

*Shalom
Aleichem*

שָׁלוֹם עֲלֵיכֶם

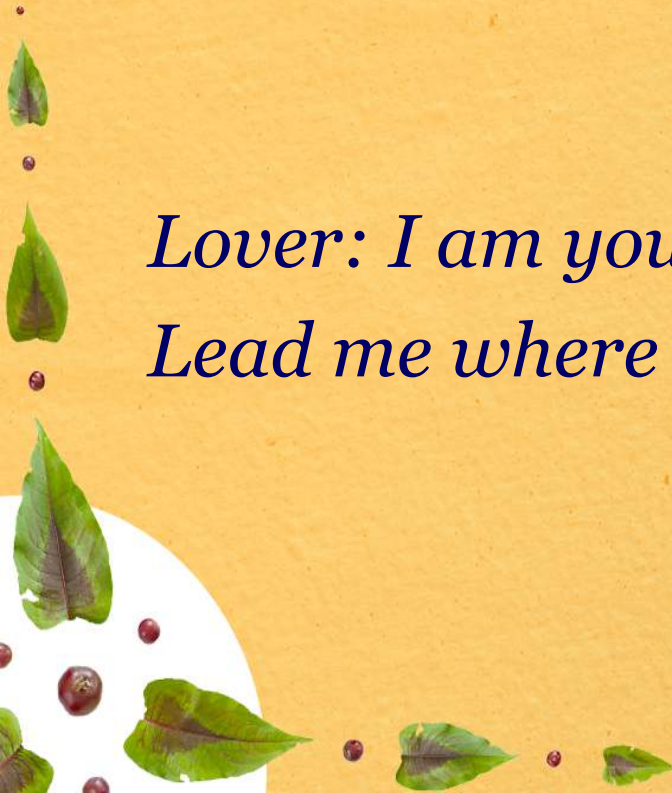
Welcome





**A'ni l'dod'i v'dod'i li ha'ro'eh
ba'sho'sha'nim**

**אֲנִי לְדוֹדִי וְדוֹדִי לִי
הָרַעָה בְּשׁוֹשַׁנִּים:**



*Lover: I am yours, as you are mine;
Lead me where the roses rise.*



Sha'lom a'lei'chem mal'ache ha'sha'lom

שָׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁלוֹם

Calling all angels! Welcome angels!

Come guide us home.

Together we will walk, on this winding road.



**Bar'uch a'tah Adonai
El'o'hei'nu ru'ach ha'olam
a'sher kid'sha'nu b'mitz'vo'tav
v'tzi'va'nu l'had'lik ner
shel Shabbat**

בָּרוּךְ אַתָּה יי

אֱלֹהֵינוּ רוּחַ הָעוֹלָם

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

וְצִוָּנוּ לְהַדְלִיק נֵר

שֶׁל שַׁבָּת

A blessing:

in the Presence of the Infinite,

we treasure our sacred tradition

as we ignite the Sabbath light.

**Or zarua latzadik
ul'yishrei leiv simcha**

אור זרע לצדיק
ולישרי לב שמחה

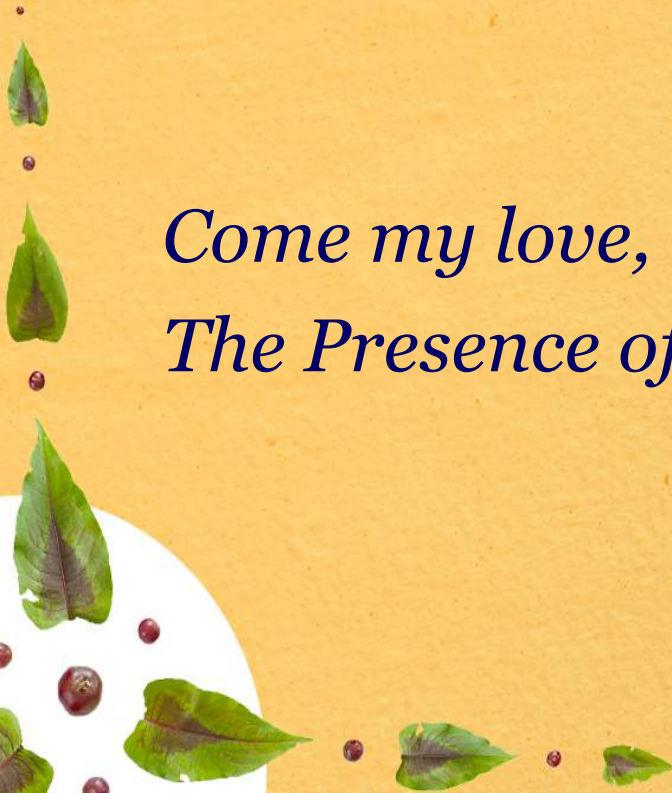
*Justice sows light within you;
Honesty plants joy in your heart.*





**Le'cha do'di li'krat ka'lah
p'nei Shabbat n'ka'bel'ah**

לָכֶּה דּוֹדִי לְקַרְאֵת כַּלָּה
פְּנֵי שַׁבָּת נִקְבְּלָה



*Come my love, let's welcome the Bride.
The Presence of Shabbat is almost here.*

Shamor v'zachor b'dibur echad
hishmi'anu el ha'meyuchad
Adonai echad u'shmo echad
l'shem ul'tiferet v'l'tehila

שָׁמֹר וְזָכוֹר בְּדַבָּר אֶחָד

הַשְּׁמִיעָנוּ אֶל הַמֵּיּוּחָד

יְיָ אֶחָד וּשְׁמוֹ אֶחָד

לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהִלָּה

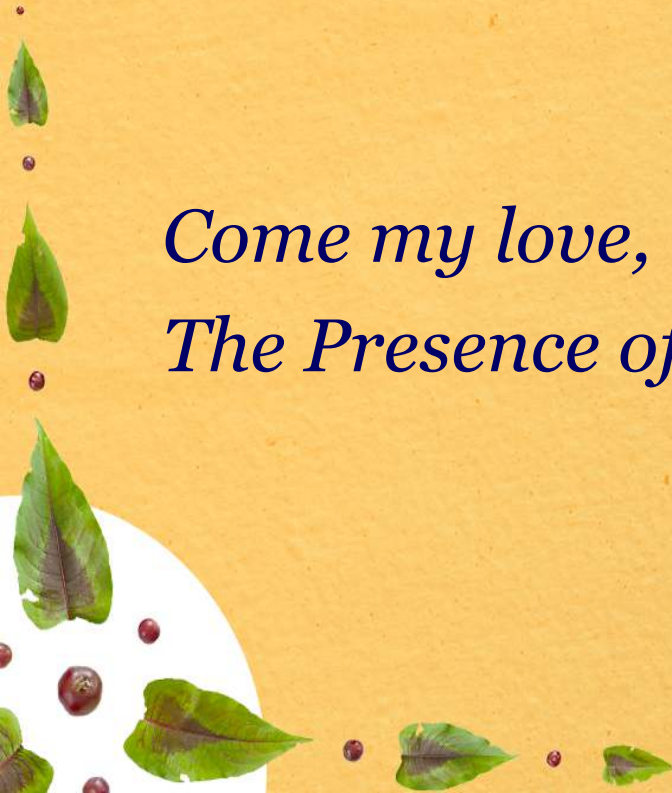
*"Keep Shabbat" and
"Remember Shabbat"
are a single breath.*

*Look: There is Beauty in everything.
All is connected. All is One.*



**Le'cha do'di li'krat ka'lah
p'nei Shabbat n'ka'bel'ah**

לָכֶּה דּוֹדִי לְקַרְאֵת כַּלָּה
פְּנֵי שַׁבָּת נִקְבְּלָה



*Come my love, let's welcome the Bride.
The Presence of Shabbat is almost here.*

Mikdash melech ir m'lucha
Kumi tze'i mi'toch ha'hafecha
rav lach shevet b'emek ha'bacha
V'hu yachmol alai'yich chemla

מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה

קוּמִי צֵאי מִתּוֹךְ הַהַפְּכָה

רַב לָךְ נִשְׁבֵּת בְּעֵמֶק הַבָּכָא

וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה

*In our center
there's a palace.
Rise up!*

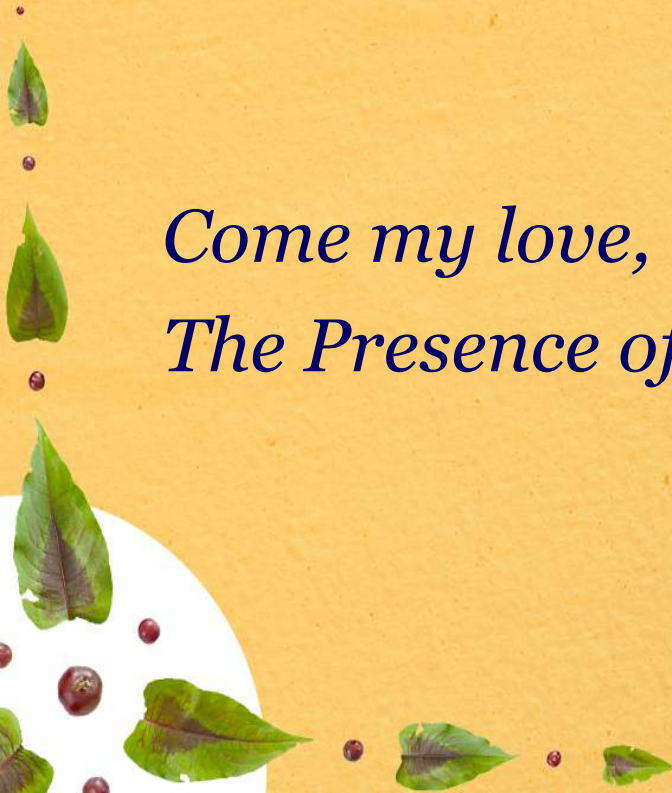
*How much time will we waste in our valley of tears?
Our Deepest Source is full of Mercy*



**Le'cha do'di li'krat ka'lah
p'nei Shabbat n'ka'bel'ah**

**לָכֶּה דּוֹדִי לְקַרְאֵת כַּלָּה
פְּנֵי שַׁבָּת נִקְבְּלָה**

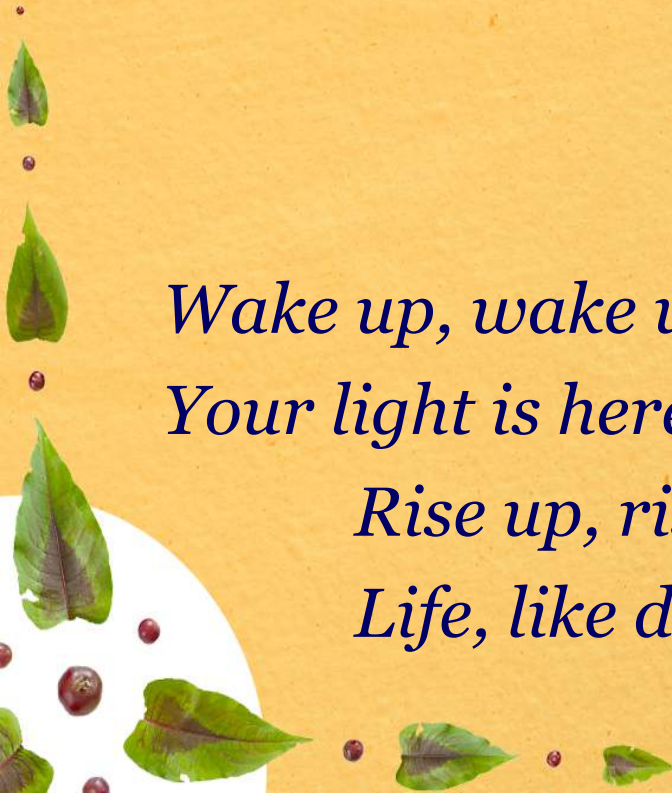
*Come my love, let's welcome the Bride.
The Presence of Shabbat is almost here.*





Hit'o're'ri hit'o're'ri
Ki va or'ech ku'mi ur'i
U'ri u'ri shir da'ber'i
K'vod Adonai a'lai'yich nig'lah

הַתְּעוֹרְרִי הַתְּעוֹרְרִי
כִּי בָּא אֹרֶךְ קוֹמִי אֹרִי
עוֹרִי עוֹרִי שִׁיר דַּבְּרִי
כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה



*Wake up, wake up!
Your light is here, like dawn.*

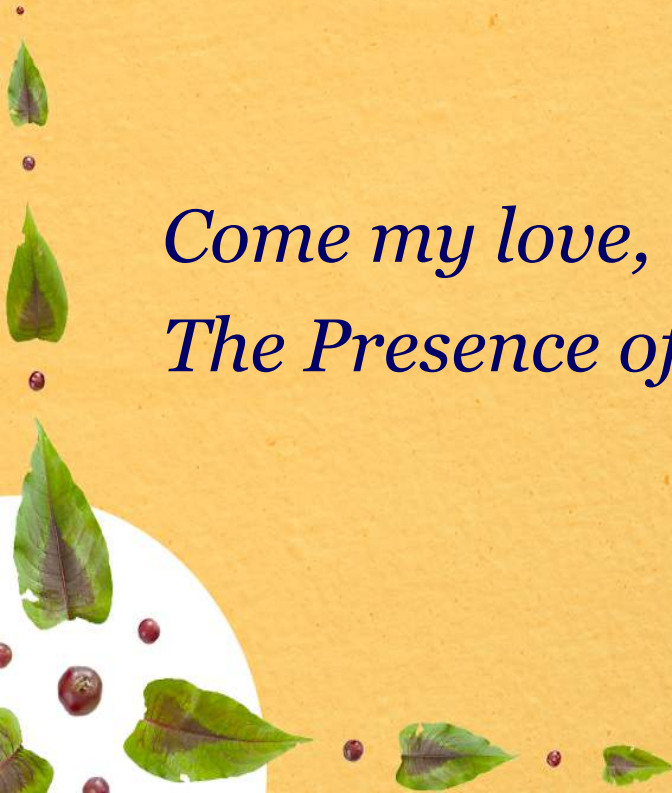
*Rise up, rise up, reveal your song!
Life, like dawn, is shining.*



**Le'cha do'di li'krat ka'lah
p'nei Shabbat n'ka'bel'ah**

**לָכֶּה דּוֹדִי לְקַרְאֵת כַּלָּה
פְּנֵי שַׁבָּת נִקְבְּלָה**

*Come my love, let's welcome the Bride.
The Presence of Shabbat is almost here.*



Bo'i v'sha'lom a'te'ret ba'a'la
gam b'sim'cha uv'tza'hala
toch e'mu'nei am se'gu'la
Bo'i ka'la bo'i ka'la

בּוֹאִי בְּשָׁלוֹם עֵטְרֶת בַּעֲלָהּ
גַּם בְּשִׂמְחָהּ וּבְצִהָלָהּ
תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ
בּוֹאִי כָלָה בּוֹאִי כָלָה

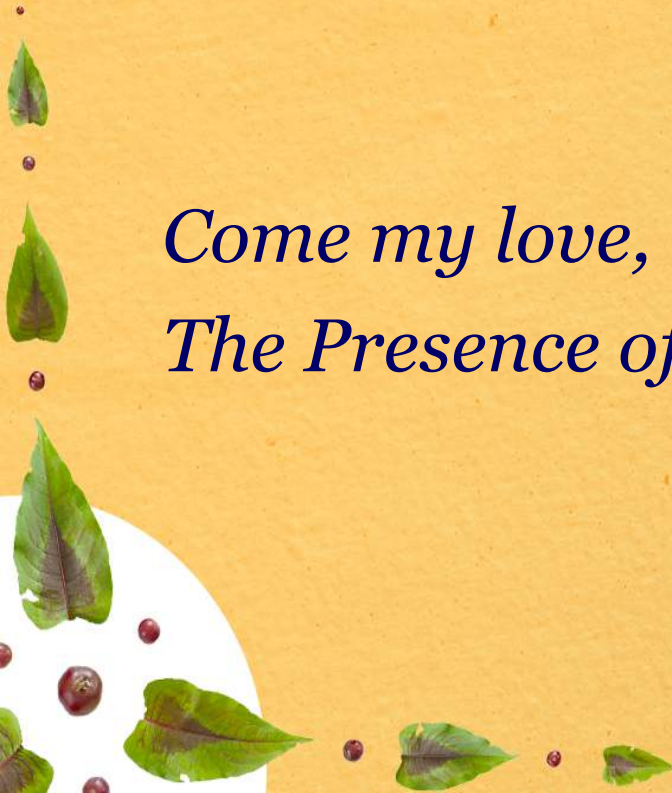
*Come in peace,
crowned in love.
Bring joy. Bring bliss.*

*Those who yearn for you are waiting.
Enter my love. Enter my love!*

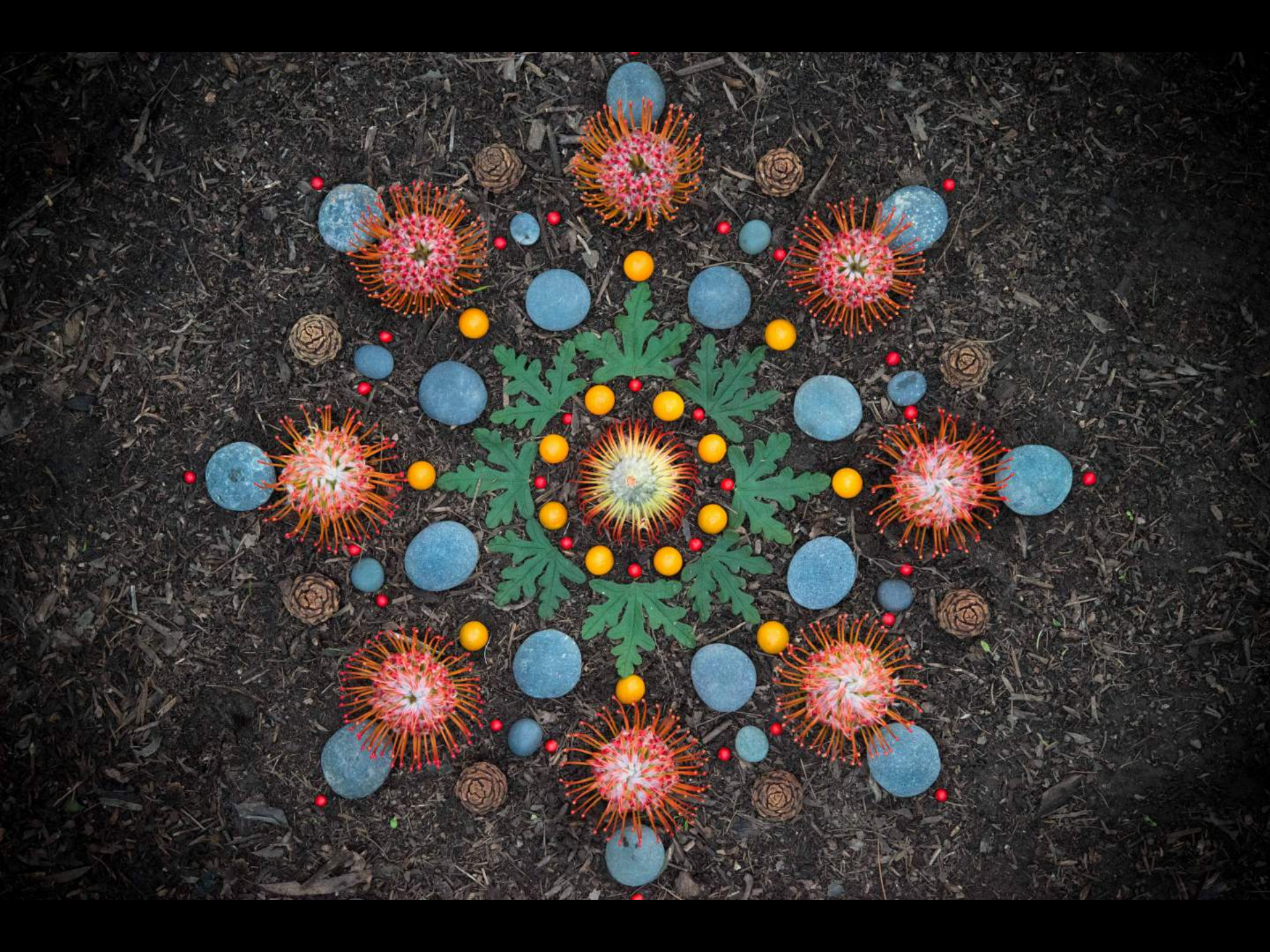


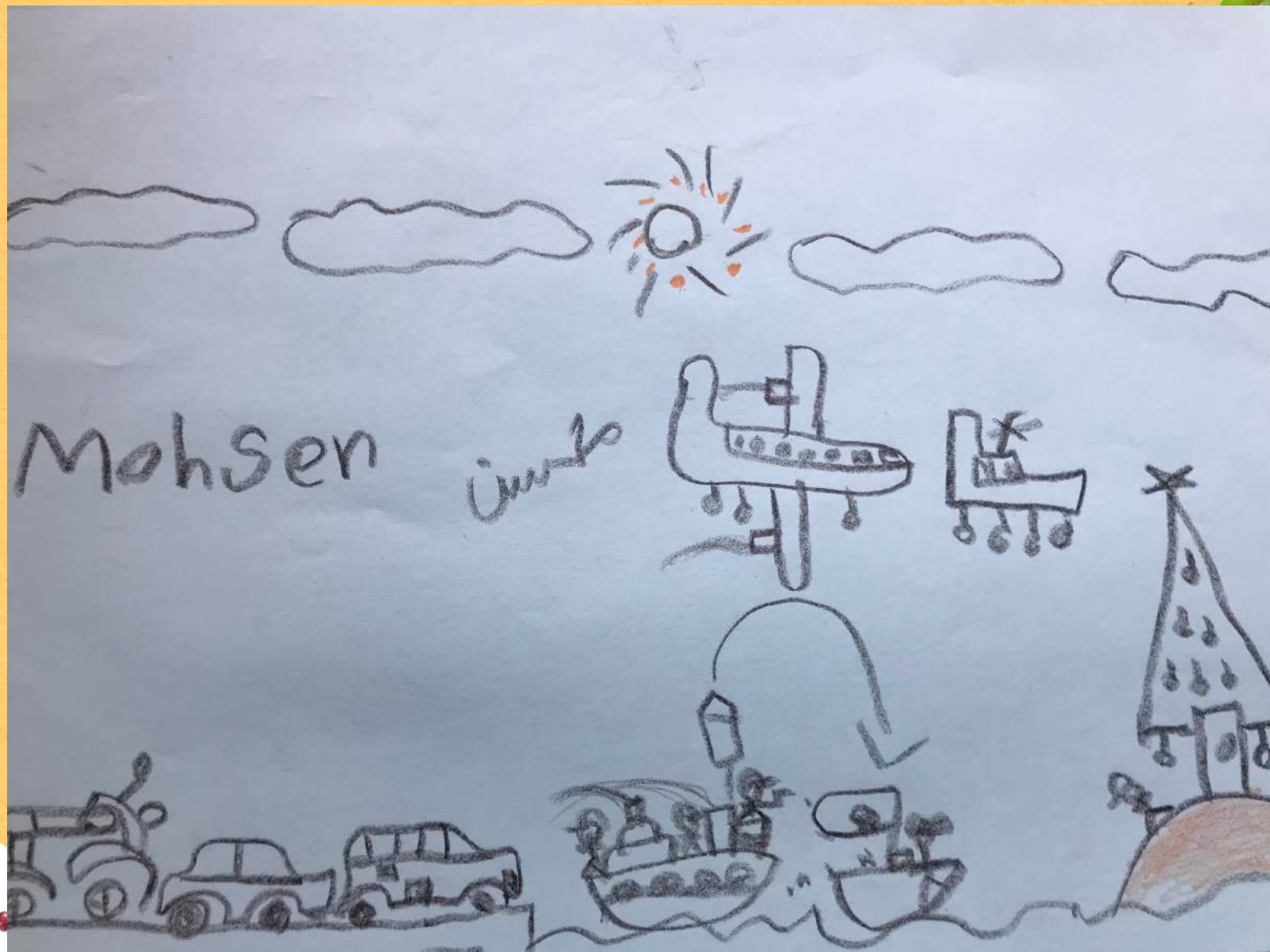
**Le'cha do'di lik'rat ka'lah
p'nei Shabbat n'ka'bel'ah**

**לָכֶּה דּוֹדִי לְקַרְאֵת כַּלָּה
פְּנֵי שַׁבָּת נִקְבְּלָה**



*Come my love, let's welcome the Bride.
The Presence of Shabbat is almost here.*

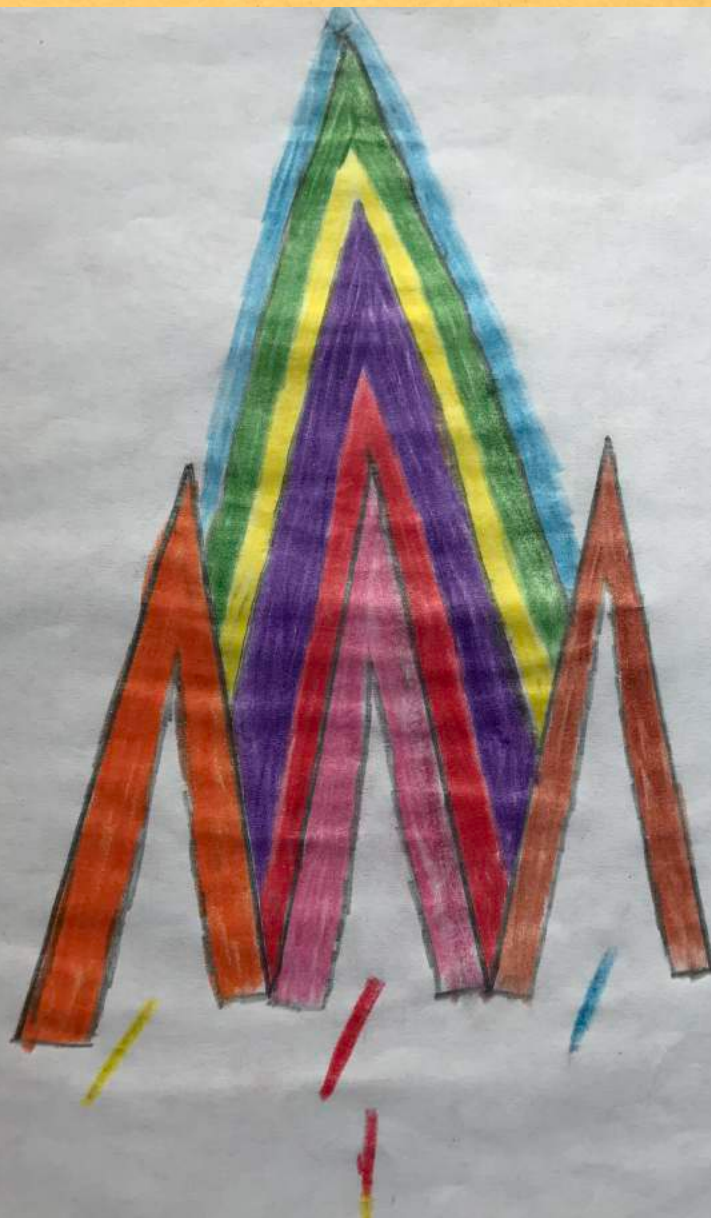




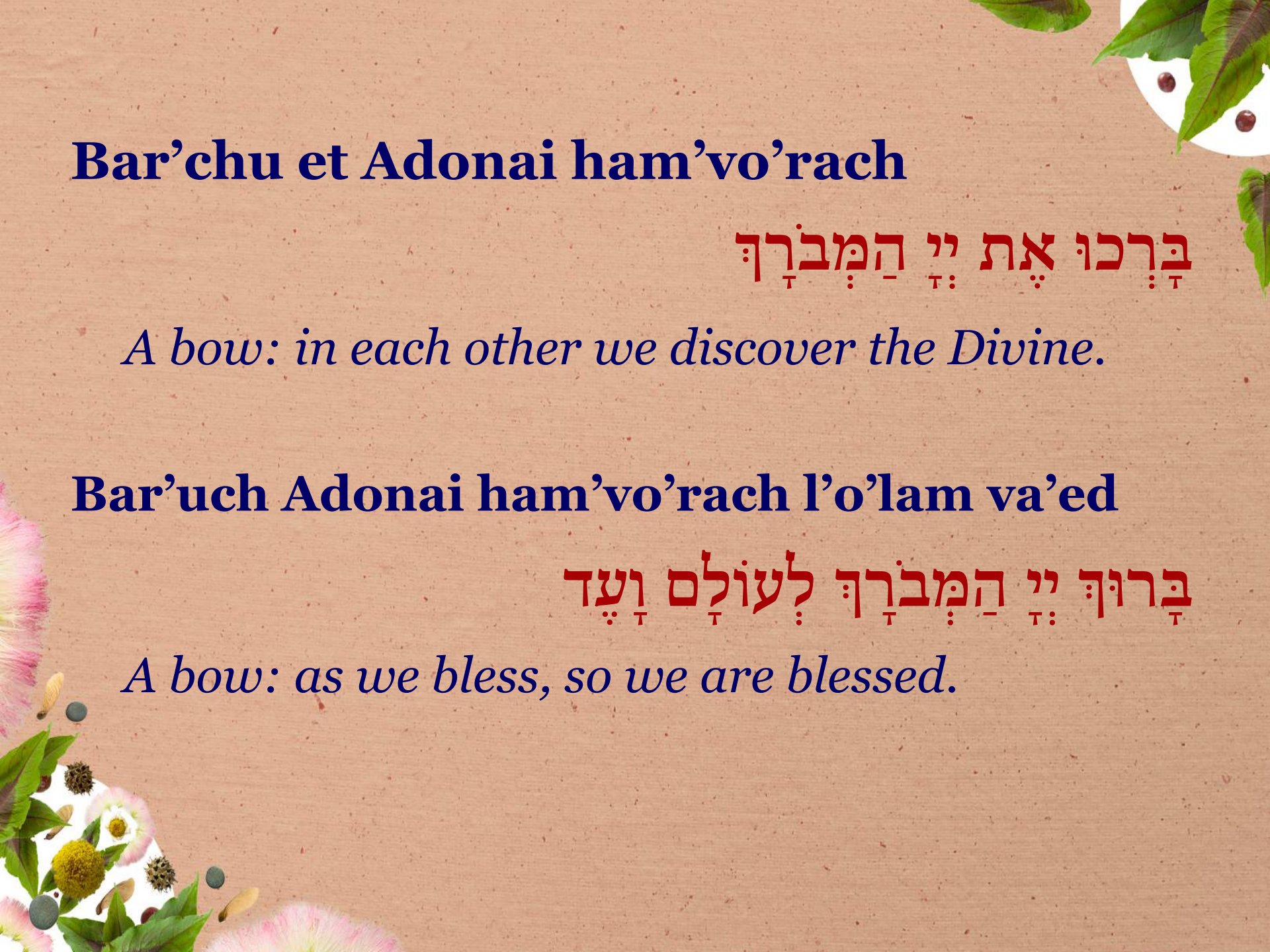
Mohsen

جمله

Musa







Bar'chu et Adonai ham'vo'rach

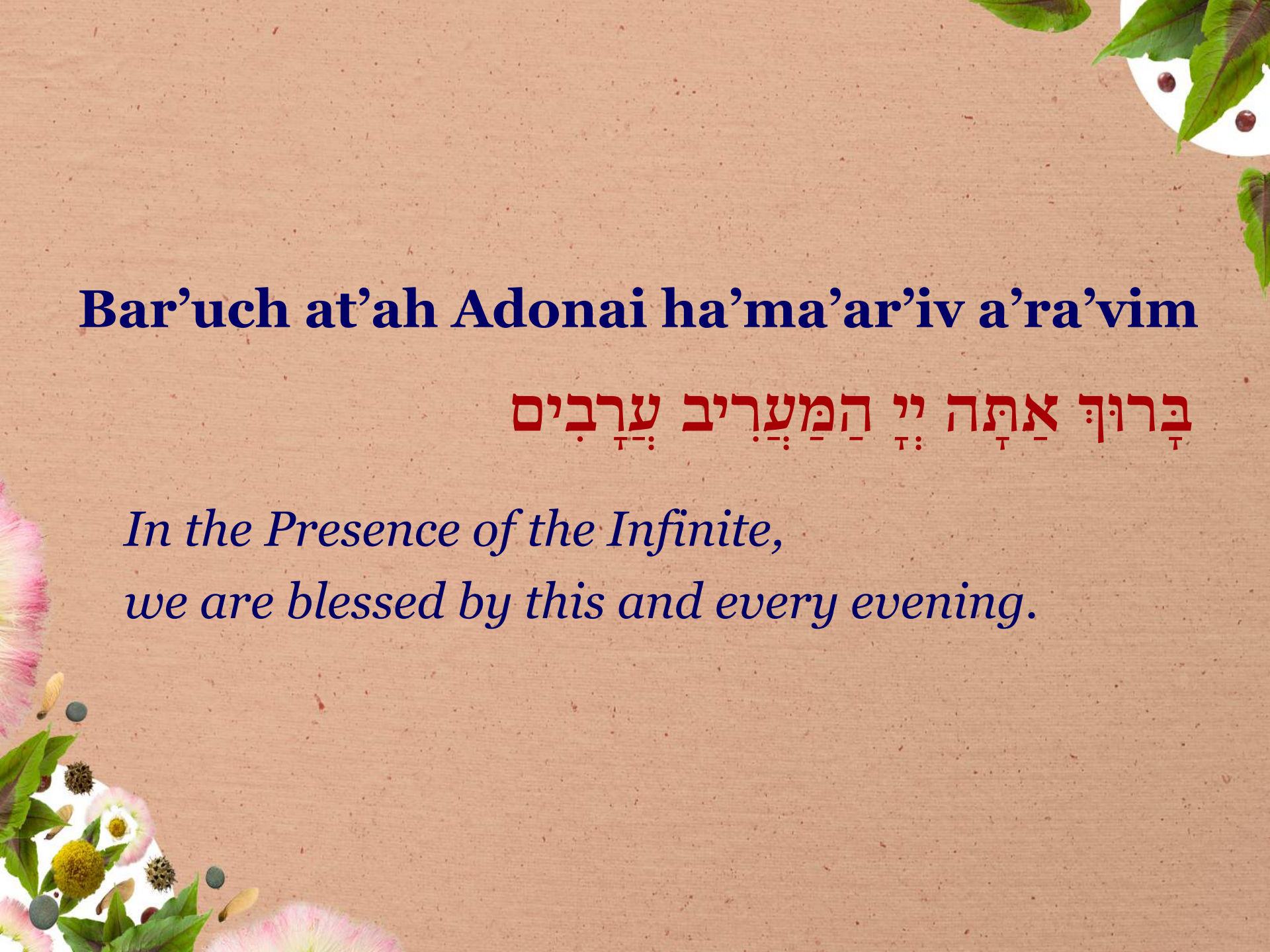
בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ

A bow: in each other we discover the Divine.

Bar'uch Adonai ham'vo'rach l'o'lam va'ed

בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד

A bow: as we bless, so we are blessed.

The image features a textured, light brown background. In the top right corner, there are green leaves and small red berries. In the bottom left corner, there are pink and yellow flowers, green leaves, and small dark berries. The text is centered on the page.

Bar'uch at'ah Adonai ha'ma'ar'iv a'ra'vim

בָּרוּךְ אַתָּה יְיָ הַמַּעֲרִיב עֶרְבִים

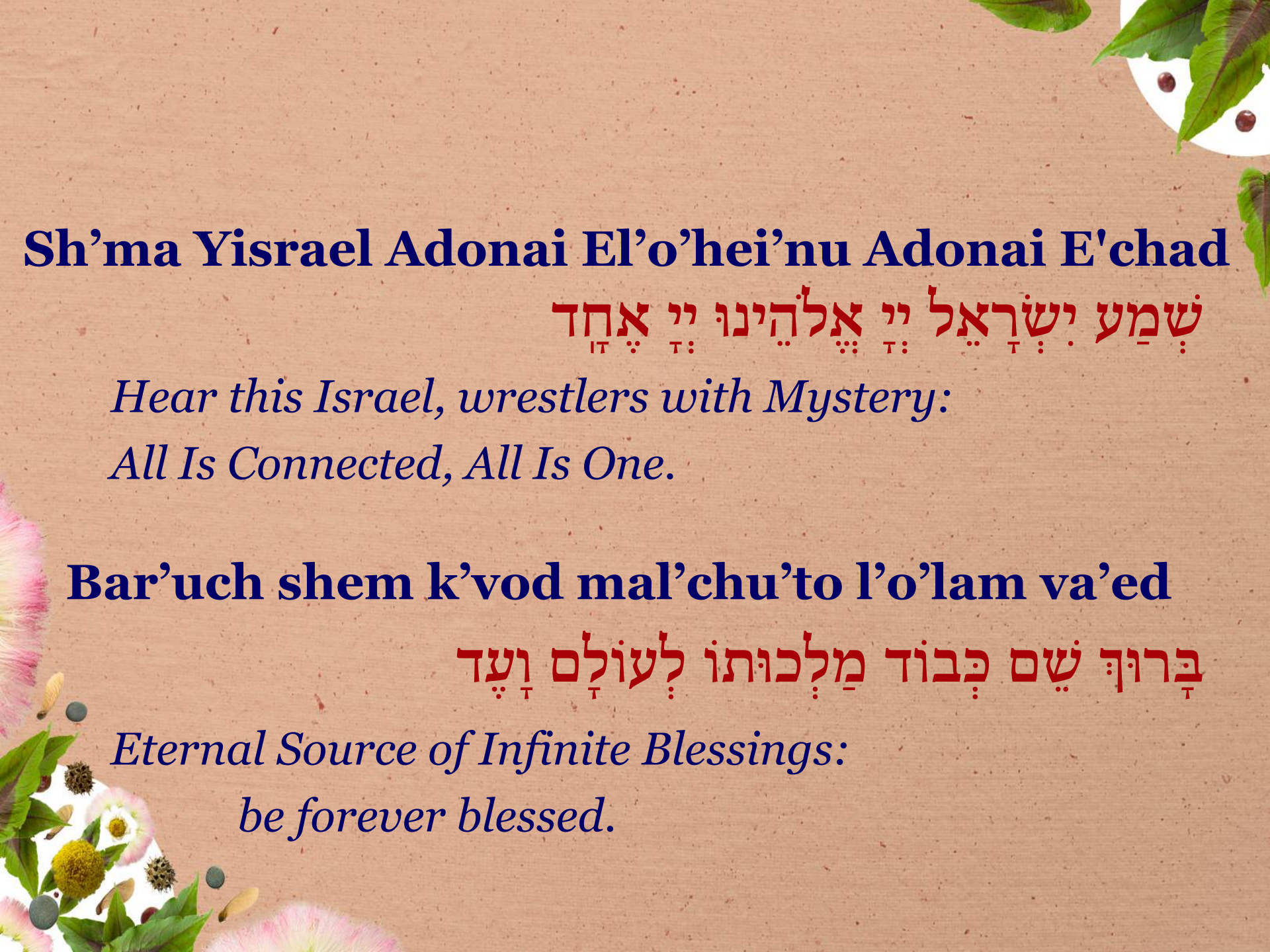
*In the Presence of the Infinite,
we are blessed by this and every evening.*

**Bar'uch at'ah Adonai
ha'bo'cheir ba'nu b'a'ha'vah**

בְּרוּךְ אַתָּה יי

הַבוֹחֵר בָּנוּ בְּאַהֲבָה

*A breath: In the Presence of the Infinite,
we are grateful for being chosen to live
this life, with love.*



Sh'ma Yisrael Adonai El'o'hei'nu Adonai E'chad

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד

*Hear this Israel, wrestlers with Mystery:
All Is Connected, All Is One.*

Bar'uch shem k'vod mal'chu'to l'o'lam va'ed

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

*Eternal Source of Infinite Blessings:
be forever blessed.*

V'a'hav'ta et Adonai el'o'he'cha
b'chol l'vav'cha u'v'chol naf'sh'cha
u'v'chol m'o'decha

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ
בְּכָל לִבְבְּךָ וּבְכָל נַפְשְׁךָ
וּבְכָל מְאֹדְךָ

*And let us love the Source of Life
with all our heart
with all our soul
with all our being.*

V'ha'yu ha'd'va'rim ha'ei'leh
a'sher a'no'chi m'tzav'cha
hay'om al l'va've'cha
V'shi'nan'tam l'va'ne'cha
v'di'bar'ta bam

*Let these words we chant today
live firmly in our hearts.
Let our lives be examples
for our children,*

וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מְצַוְךָ
הַיּוֹם עַל לְבָבְךָ
וְשִׁנַּנְתָּם לְבָנֶיךָ
וְדִבַּרְתָּ בָם

**b'shiv't'cha b'vei'te'cha
u'v'lech't'cha va'der'ech
u'v'shoch'b'cha uv'ku'me'cha**

בְּשִׁיבְתְּךָ בְּבֵיתְךָ
וּבְלֶכְתְּךָ בַּדֶּרֶךְ
וּבְשֹׁחַבְךָ וּבְקוֹמְךָ

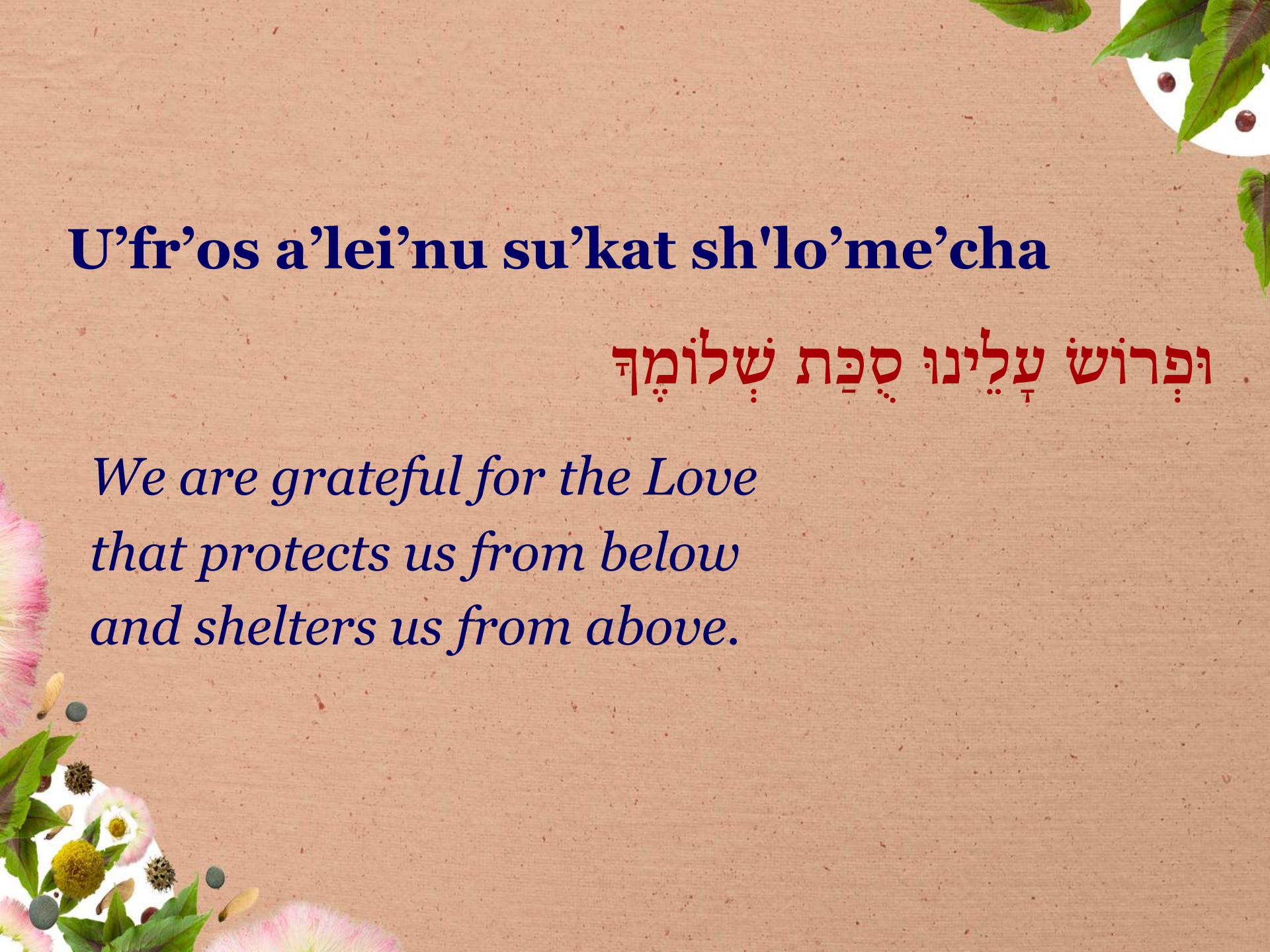
*echoed in our homes and out,
from the moment we rise
to when we rest again.*

Uk'shar'tam l'ot al ya'de'cha
v'hay'u l'to'ta'fot bein ei'ne'cha
u'ch'tav'tam al m'zu'zot
bei'te'cha u'vi'sha're'cha

וְקִשְׂרֹתֶם לְאוֹת עַל יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ
וְכִתְבֹתֶם עַל מְזֻזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ

*Let us wear these words proudly,
on our arms and foreheads,*

*marking them with every transition -
upon the thresholds of space and time.*

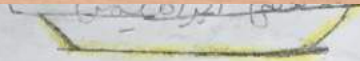


U'fr'os a'lei'nu su'kat sh'lo'me'cha

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

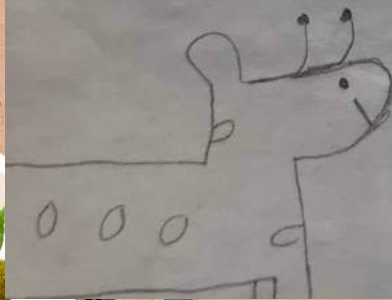
*We are grateful for the Love
that protects us from below
and shelters us from above.*





Mostafa

Mostafa



**Ha'sh'ki'vei'nu Adonai El'o'hei'nu
l'shalom v'ha'am'i'dei'nu l'cha'yim**

**הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ
לְשָׁלוֹם וְהַעֲמִידֵנוּ לְחַיִּים**

*Source of Peace, let us sleep tonight in peace
and rise tomorrow with ease, eager for another day.*

U'fr'os al'ei'nu su'kat sh'lo'me'cha
v'tak'nei'nu b'ei'tzah
To'vah mil'fa'ne'cha v'ho'shi'ei'nu

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ

וְתַקְנֵנוּ בְּעֵצָה

טוֹבָה מִלְּפָנֶיךָ וְהוֹשִׁיעֵנוּ

Each and every evening is a privilege.

We are grateful for the Love

that protects us from below

and shelters us from above.

L'ma'an sh'me'cha
v'ha'gein ba'adei'nu v'ha'seir
mei'a'lei'nu oy'eiv de'ver
v'che'rev v'ra'av v'ya'gon v'ha'seir
Sa'tan mil'fa'nei'nu
u'may'a'cha'rei'nu

לְמַעַן שְׁמֶךָ

*Let us be protected
from fear and hate,
from disease and despair,
accident, enemies, and wars;
may we be safe from violence,
within and beyond,
and may we come and go in peace.*

וְהָגֵן בְּעֵדְנוּ וְהַסֵּר

מֵעֲלֵינוּ אוֹיֵב דָּבָר

וְחָרֵב וְרָעַב וְיָגוֹן וְהַסֵּר

שָׂטָן מִלְּפָנֵינוּ

וּמֵאַחֲרֵינוּ

Bar'uch a'tah Adonai
ha'po'reis su'kat sha'lom a'lei'nu
v'al kol a'mo Yisrael
v'al kol yosh'vey tey'vel
v'al Yerushalayim v'al ha'o'lam

בָּרוּךְ אַתָּה יי

הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל

וְעַל כָּל יוֹשְׁבֵי תֵבֶל

וְעַל יְרוּשָׁלַיִם וְעַל הָעוֹלָם

*In the Presence of the Infinite,
Let a shelter of peace
extend over Jerusalem,*

our community, and all the people of earth.



Adonai s'fa'tai ti'f'tach u'fi ya'gid t'hi'la'te'cha

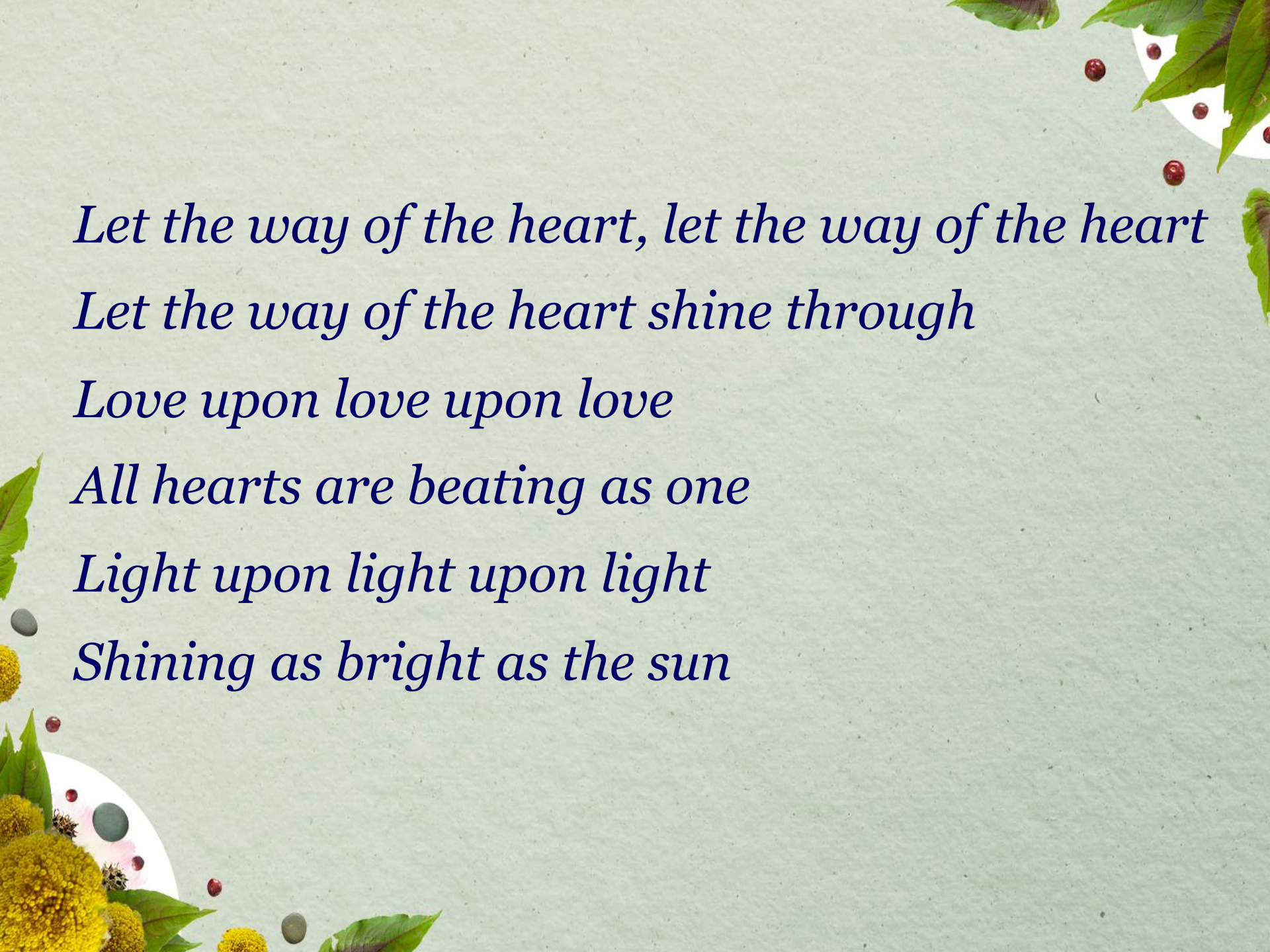
יְיָ שִׁפְתֵי תִפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ



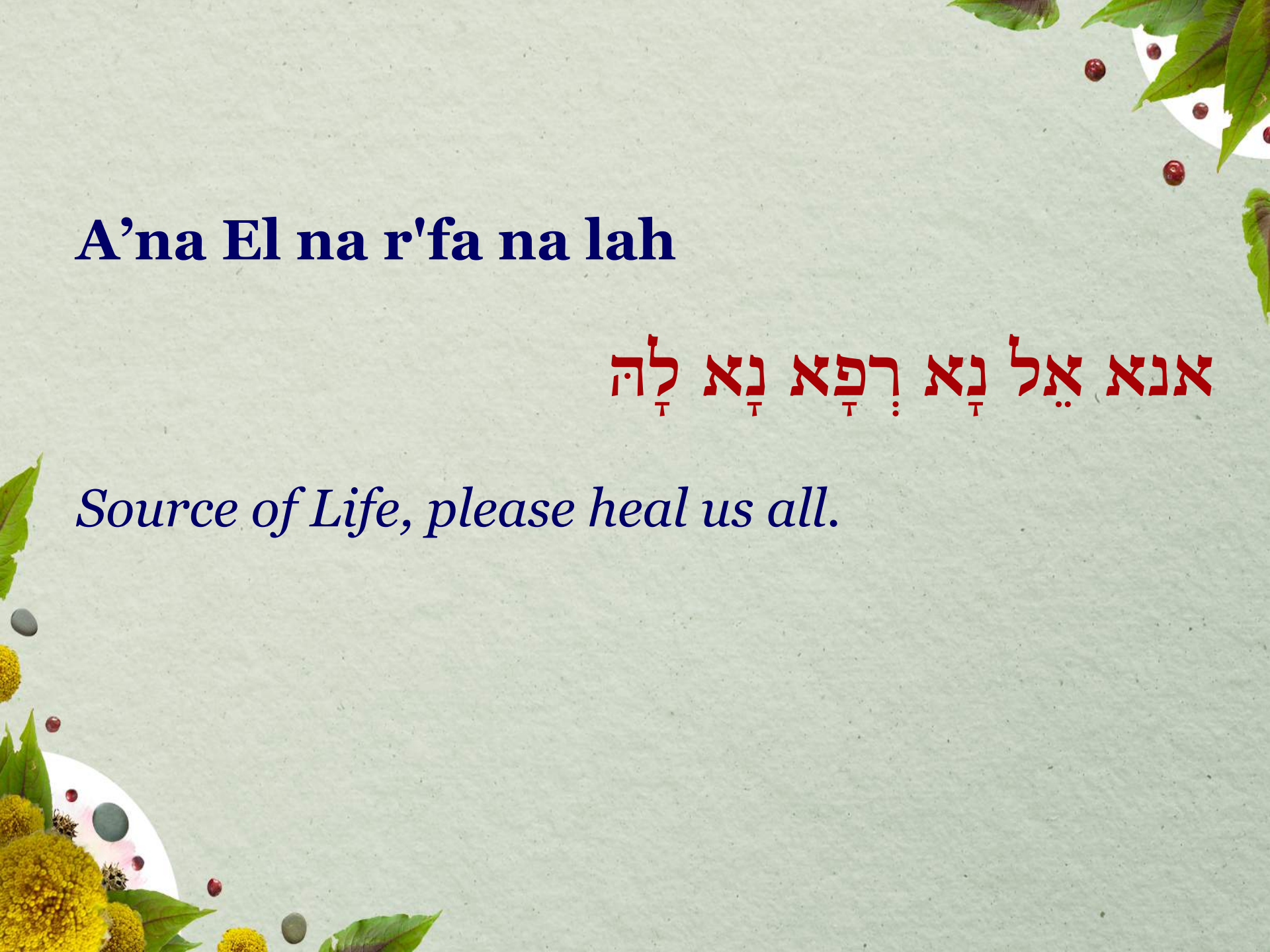
My Deepest Source:

open up my mouth, let my lips speak praise.



The page features a light green textured background. In the top right corner, there are green leaves and small red berries. In the bottom left corner, there are yellow flowers, green leaves, and small grey and red stones. The text is centered in a dark blue, italicized serif font.

*Let the way of the heart, let the way of the heart
Let the way of the heart shine through
Love upon love upon love
All hearts are beating as one
Light upon light upon light
Shining as bright as the sun*

The image features a light green, textured background. In the top right corner, there are green leaves and small red berries. In the bottom left corner, there are yellow flowers, green leaves, and small grey stones. The text is centered on the page.

A'na El na r'fa na lah

אָנאַ אֵל נָא רַפָּא נָא לָהּ

Source of Life, please heal us all.

A'lei'nu

עלֵינוּ

It's On Us



Yit'ga'dal v'yit'ka'dash sh'meih ra'ba
B'al'ma di v'ra chi'ru'teih
v'yam'lich mal'chu'teih
b'cha'yei'chon
uv'yo'mei'chon

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

בְּעֲלָמָא דְּבָרָא כְּרַעוּתֵיהּ

וְיִמְלִיךְ מַלְכוּתֵיהּ

בְּחַיֵּינוּ

וּבְיוֹמֵינוּ

*May our lives reflect
the Greatness of the Divine Name
throughout the world,
sparks within the Process of Creation.*



uv'cha'yei d'chol beit Yisrael
ba'a'ga'la u'viz'man ka'riv
v'im'ru a'mein

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעֵגְלָא וּבְזִמָּן קָרִיב
וְאָמְרוּ אָמֵן



*May the world be guided
by our highest aspirations, soon, in our lifetimes.
And let us say, Amen.*



**Y'hei sh'meih ra'ba m'va'rach
l'a'lam ul'al'mei al'ma'ya**

**יְהִי שֵׁמֶה רַבָּא מְבָרַךְ
לְעַלְמָא וְלְעַלְמֵי עַלְמֵיָא**



*May the Divine Name be known
as a Fountain of Blessings:*

Yit'ba'rach v'yish'ta'bach
v'yit'pa'ar v'yit'ro'mam v'yit'na'sei
v'yit'ha'dar v'yit'a'leh v'yit'ha'lal
sh'meih d'kud'sha
b'rich hu

יְתַבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרַמֵּם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא

בְּרִיךְ הוּא

*May the Divine Name
be known as a
Fountain of Blessings:*

*praised, honored, beautified,
elevated, and exalted*



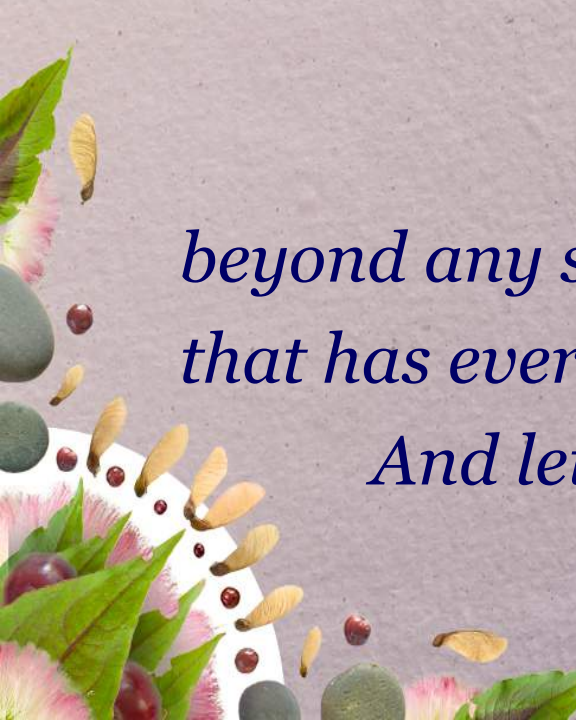
**l'ei'la min kol bir'cha'ta v'shi'ra'ta
tush'b'chata v'ne'che'ma'ta
da'a'mi'ran b'al'ma
v'im'ru a'mein**

לְעֵלָא מִן כָּל בִּרְכָּתָא וְשִׁירָתָא

תְּשֻׁבָּחָתָא וְנֶחֱמָתָא

דְּאִמְרוּן בְּעֵלְמָא

וְאָמְרוּ אָמֵן



*beyond any song or description
that has ever been uttered.*

And let us say, Amen.

Y'hei sh'la'ma ra'ba min sh'ma'ya
v'cha'yim a'lei'nu v'al kol Yisrael
v'al kol yosh'vey te'vel
v'im'ru a'mein

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא

וְחַיִּים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל

וְעַל כָּל יוֹשְׁבֵי תֵבֶל

וְאָמְרוּ אָמֵן

*May an all-embracing peace
shower down from the heavens,
refreshing the lives of all
the people on earth.*

And let us say, Amen.

O'seh sha'lom bim'ro'mav
hu ya'a'seh sha'lom a'lei'nu
v'al kol Yisrael
v'al kol yosh'vey te'vel
v'im'ru a'mein

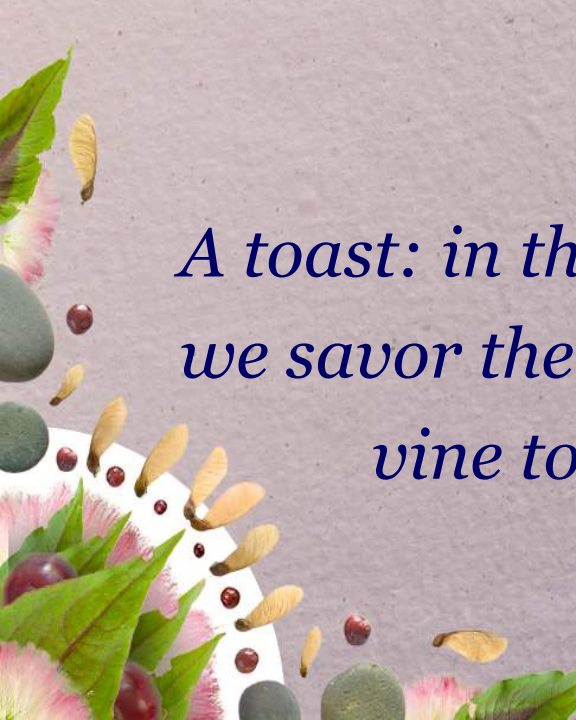
*May the Source of Peace
inspire us to make peace
for ourselves,
for our community,
and for all the people on earth.
And let us say, Amen.*

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ אָמֵן



**Bar'uch a'tah Adonai
El'o'hei'nu ru'ach ha'o'lam
bo'rei p'ri ha'ga'fen**

**בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
בוֹרֵא פְּרִי הַגָּפֶן**

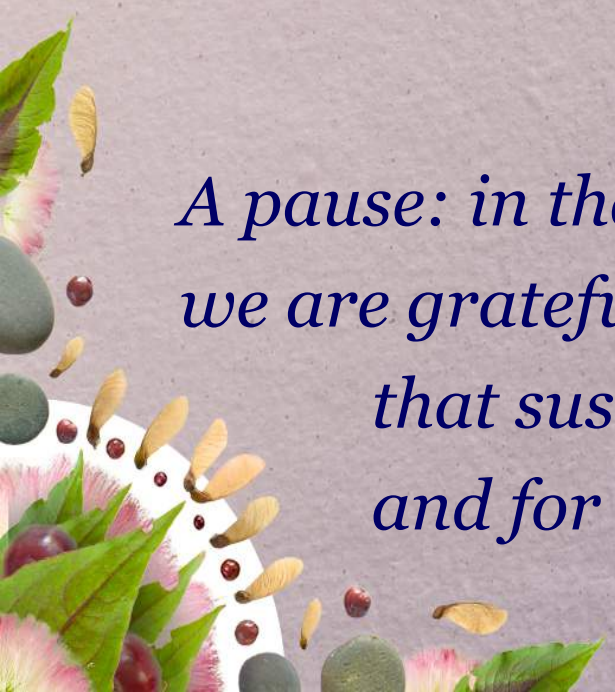


*A toast: in the Presence of the Infinite,
we savor the blessing of transformation:
vine to wine.*



**Bar'uch a'tah Adonai
El'o'hei'nu ru'ach ha'o'lam
ha'mo'tzi le'chem min ha'ar'etz**

**בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ רוּחַ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ**



*A pause: in the Presence of the Infinite,
we are grateful for the earth
that sustains us with bread,
and for every hand that works to feed us.*

**Stand By Me - by Ben E. King,
Jerry Leiber and Mike Stoller**

*When the night has come
And the land is dark
And the moon is the only light we'll see
No I won't be afraid, no I won't be afraid
Just as long as you stand, stand by me*

*So darlin', darlin', stand by me,
oh stand by me
Oh stand by me, stand by me*



*If the sky that we look upon
Should tumble and fall
Or the mountains should crumble to the sea
I won't cry, I won't cry, no I won't shed a tear
Just as long as you stand, stand by me*



*And darlin', darlin', stand by me,
oh stand by me
Oh stand now, stand by me, stand by me*



*And darlin', darlin', stand by me,
oh stand by me*

Oh, stand now by me, stand by me, stand by me

*Whenever you're in trouble won't you stand by me
Oh stand by me, won't you stand by*



Sabbath Queen Ritual Leaders:

*Rabbi Amichai Lau-Lavie, Naomi Less,
Rabbi Emily Cohen, Elsa Nilsson (flute),
Caroline Rothstein (poetry)*

Compositions by:

*Yofiya, Eitan Katz, Mikey Pauker, R. Shir Ya'akov Feit,
Yoel Sykes, Solomon Sulzer, Rainbow Gathering,
Ben E. King, Jerry Leiber and Mike Stoller,
and original improvisational music by Elsa Nilsson.*

Lab/Shul Office:

*Rabbi Amichai Lau-Lavie, Sarah Sokolic, Naomi Less,
Shira Kline, Rabbi Emily Cohen, Ezra Bookman,
Sarah Strnad, Greta Rosenstock, Marijke Silberman*

*Shabbat
Shalom*

שַׁבַּת שְׁלוֹם

*Shabbat
Shalom*

