

Finding Our Way

Prayer is no panacea, no substitute for action. It is, rather, like a beam thrown from a flashlight before us into the darkness. It is in this light that we who grope, stumble, and climb, discover where we stand, what surrounds us, and the course which we should choose.

—ABRAHAM JOSHUA HESCHEL

Pilgrimage

We may understand our days to be a pilgrimage in time, from the six days of the work week to the experience of a day of rest, holy time. The generation that left Egypt and wandered in the wilderness never reached their destination, the place of God's "rest." But every Friday evening, we have the opportunity to make the journey anew—this time with an openness that will enable us to truly enter "the land" and come close to the Divine.

I Found

Myself Yearning

I found myself yearning
yearning without any
threshold

no threshold
at which to stop
no threshold
for peace

so I created within me
thresholds, thresholds
to stop and to see

I inscribed within myself
stairs, stairs
to see heaven

and a ray of peace
touched me

—MIRIAM BARUKH HALFI

✠

LET US GO and sing to ADONAI,
let us trumpet praise to our protector.
Filled with thanks, let us greet God,
raising our voice in song.

Great is ADONAI,
a greater sovereign than all other deities.
God's hands formed the earth's deep,
mountain crests, too, are God's work;
the sea is God's, for God made it;
dry land was fashioned by God's hands.

Come, then, let us bow and kneel,
let us bend our knees,
in the presence of ADONAI, who formed us.

continued

L'khu n'ran'nah ladonai,
nari-ah l'tzur yisheinu.
N'kadmah fanav b'todah,
bizmirot nari-ah lo.
Ki El gadol Adonai,
u-melekh gadol al kol elohim.
Asher b'yado meh'k'rei aretz,
v'to-afot harim lo.
Asher lo hayam v'hu asahu,
v'yabeshet yadav yatzaru.
Bo-u nishtahaveh v'nikhra-ah,
nivr'khah lifnei Adonai oseinu.

✠

לְכוּ נְרַנְנָה לַיהוָה,
נְרִיעָה לְצוּר יִשְׁעֵנו.
נְקַדְמָה פְּנֵינוּ בְּתוֹדָה,
בְּזִמְרוֹת נְרִיעַ לוֹ.
כִּי אֵל גָּדוֹל יְהוָה,
וּמֶלֶךְ גָּדוֹל עַל כָּל־אֱלֹהִים.
אֲשֶׁר בְּיָדוֹ מְחַקְרֵי אֶרֶץ,
וְתוֹעֵפוֹת הָרִים לוֹ.
אֲשֶׁר לוֹ הַיָּם וְהוּא עֹשֶׂהוּ,
וַיַּבֶּשֶׂת יַדָּיו יַצָּרוּ.
בְּאוֹ נִשְׁתַּחֲוֶה וְנִכְרַעָה,
נִבְרַכָּה לִפְנֵי יְהוָה עֲשׂונו.

continued

PSALM 95. We may visualize this psalm as a pilgrimage song. The leader calls upon the assembled to come on a pilgrimage, and participants join in a mood of joyous celebration. Observing the crowd, the leader then issues a warning to the participants: the generation that wandered in the wilderness had closed their hearts and covered their eyes—seeing only the difficulties, but not the majesty, of the enterprise—and so did not enter God's "resting place." The poet asks us to join this pilgrimage with the faith that, despite obstacles, we will greet the one who has fashioned heaven and earth.

TRUMPET נְרִיעָה. The root of the Hebrew word is the same as that describing the

call of the shofar: *t'ruah*. Our voices, when raised in praise, become the trumpets announcing God's arrival.

PROTECTOR לְצוּר. Literally "rock," and sometimes translated that way. In many places in the Bible God is called by this name. Protecting fortresses and city walls were built on rocky high places. Thus, in addition to suggesting solidity and reliability, the metaphor implies protection and security. The following word, *yisheinu*, comes from a root that can denote victory, successful defense, or rescue; here, the likely reference is to the secure defense that God provides.

A GREATER SOVEREIGN THAN ALL OTHER DEITIES וּמֶלֶךְ גָּדוֹל עַל כָּל־אֱלֹהִים. Literally, "the sovereign greater than all divine beings (*elohim*).” The biblical reference may be either to forces in nature worshipped as gods, or to gods worshipped by other peoples.

Siddur Lev Shalem for Shabbat and Festivals
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From the Song of Songs

הַנָּף יָפָה רַעֲיָתִי
הַנָּף יָפָה עֵינֶיךָ יוֹנִים.
הַנָּף יָפָה דוֹדִי
אֵף נָעִים
אֵף עֲרֻשְׁנוּ רַעֲנָה.
קִרּוֹת בְּתֵינוּ אֲרָזִים
רַהֲיִטְנוּ בְּרוֹתֵינוּ.
אֲנִי חִבְּצַלַת הַשָּׁרוֹן
שׁוֹשַׁנַת הָעֵמְקִים.
בְּשׁוֹשַׁנָּה בֵּין הַחוֹחִים
כֵּן רַעֲיָתִי בֵּין הַבְּנוֹת.
בְּתַפּוּיֹחַ בַּעֲצֵי הַיָּעַר
כֵּן דוֹדִי בֵּין הַבְּנִים
בְּצִלּוֹ חֲמֻדָּתִי וְיִשְׁבָּתִי
וּפְרִיּוֹ מְתוֹק לְחֻבֵּי.

You are beautiful, my beloved;
you are beautiful, with eyes
like doves.

You are handsome, my beloved,
oh so graceful!
Our couch is a flourishing
garden,
the beams of our house, the
cedars,
the rafters, the cypresses.

I am a rose of Sharon,
a lily of the valley.

Like a lily among the thorns,
so is my beloved among the
young women.

Like an apple tree in a vast
forest,
so is my beloved among the
young men:
in its shadow, desire grew in me
and I lingered,
its fruit sweet on my tongue.

—SONG OF SONGS 1:15–2:3

Bow to ADONAI in the glory of this holy place;
tremble before God’s presence, all who dwell on earth.
Announce among the nations, “ADONAI reigns”—
the land is firm and will not be moved;
peoples will be truthfully judged.

► The heavens shall be glad and the earth rejoice,
the sea in its fullness roar;
the meadows and all that grows in them exult.
Even the trees of the forest shall sing praise—
as ADONAI comes,
comes to judge the earth,
judging lands with righteousness
and peoples with divine truth.

Hishtahavu l’adonai b’hadrat kodesh,
hilu mi-panav kol ha-aretz.
Imru va-goyim Adonai malakh,
af tikon teiveil bal timot,
yadin amim b’mesharim.

► Yism’hu ha-shamayim v’tagel ha-aretz,
yiram hayam u-m’lo-o.
Ya-aloz sadai v’khol asher bo,
az y’ran’nu kol atzei ya-ar.
Lifnei Adonai ki va,
ki va lishpot ha-aretz,
yishpot teiveil b’tzedek,
v’amim be-emunato.

Psalm 96

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הַשְּׁתַחֲוּוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ,
חִילוּ מִפְּנֵי כְּלֵי־הָאָרֶץ.
אִמְרוּ בְּגוֹיִם יְהוָה מֶלֶךְ,
אֵף תִּכּוֹן תִּבְּל בְּל תַּמוּט,
יָדִין עַמִּים בְּמִישָׁרִים.

◀ יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ,
יִרְעוּ הַיָּם וּמְלֵאוֹ,
יִעֲלֹז שָׂדֵי וְכָל אֲשֶׁר בּוֹ,
אֲדוֹ יִרְנְנוּ כָּל־עֵצֵי יָעַר.
לִפְנֵי יְהוָה כִּי בָּא,
כִּי בָּא לְשַׁפֵּט הָאָרֶץ,
יִשְׁפֹּט תִּבְּל בְּצֶדֶק,
וְעַמִּים בְּאִמּוֹנָתוֹ.

תהלים צו

THIS HOLY PLACE קֹדֶשׁ. Undoubtedly, the psalmist was referring to the Temple. But those who included this psalm in the Friday night liturgy could imagine that the service they were conducting welcomed the presence of God no less than the ancient Temple service had done. Indeed, although the synagogue is called “the little Temple,” the truest successor to the “holy place” of the Temple may well be Shabbat itself (holy time) and the community of worshippers striving to fulfill God’s injunction to be a “holy nation.”

COMES TO JUDGE THE EARTH כִּי בָּא לְשַׁפֵּט הָאָרֶץ. Ultimately, the joy in God’s presence results from the reign of justice that God inaugurates.

DIVINE TRUTH בְּאִמּוֹנָתוֹ. Although the more literal biblical meaning of *emunah* may be “faithfulness,” later Judaism understood the word as “truth.” Thus, we respond to a *b’rakhah* with the word “Amen”—derived from the same root—acknowledging our agreement that the statement is true.

SONG OF SONGS 1:15–2:3 (opposite page, far left). The lovers enter into a dialogue, enchanting each other as desire and longing are building. For the rabbis, this poetic language captured their yearning for a more palpable connection with the non-corporeal God. Thus, the midrash (Song of Songs Rabbah 2:2) understands this metaphor of the delightful taste of fruit to be symbolic of Sinai, when Israel began to speak words of Torah, like fruit, sweet on our tongues.

The Voice of Adonai

At times we hear the voice of God as thunderous and shattering, as at Sinai.

At other times we hear the speaking of silence, as Elijah the prophet did when he returned to Sinai (Horev). The mystics ascribed specific emotions and feelings to the voices we may hear, in accord with the emanations of the Divine:

קול יהוה על המים.

The voice of God opens the gates of compassion and love [*Hesed*].

קול יהוה בבה.

The voice of God opens the gates of courage [*G'vurah*].

קול יהוה בהדר.

The voice of God opens the gates of shining truth [*Tiferet*].

קול יהוה שבר ארזים.

The voice of God opens the gates of endurance and patience [*Netzah*].

קול יהוה הצב

להבות אש.

The voice of God opens the gates of splendrous beauty [*Hod*].

קול יהוה יחיל מדבר.

The voice of God opens the gates of deepest connection [*Y'sod*].

קול יהוה יחולל אילות.

The voice of God opens the gates of presence [*Malkhut*].

—YAAKOV KOPPEL
LIPSHITZ OF MEZRITCH
(adapted by Aubrey Glazer)

ר

A PSALM OF DAVID

Acclaim ADONAI, children of the Divine;
acclaim ADONAI, with honor and strength.
Acclaim ADONAI, with the honor due God's name;
bow before ADONAI in the splendor of the sanctuary.

The voice of ADONAI thunders over the waters;
God, glorious, thunders—
ADONAI, over the great sea.

The voice of ADONAI, with all its power;
the voice of ADONAI, with all its majesty;
the voice of ADONAI shatters the cedars.
ADONAI shatters the cedars of Lebanon—
making the trees dance like calves,
the mountains of Lebanon and Sirion like wild bulls.

The voice of ADONAI forms flames of fire;
the voice of ADONAI convulses the wilderness,
ADONAI convulses the wilderness of Kadesh.

The voice of ADONAI makes hinds calve
and strips forests bare, and in God's sanctuary
all acknowledge the glory of God.

ADONAI was enthroned above the flood waters:
enthroned, ADONAI is eternally sovereign.
ADONAI will grant strength to God's people;
ADONAI will bless them with peace.

Mizmor l'david:

havu ladonai b'nei eilim, havu ladonai kavod va-oz.
Havu ladonai k'vod sh'mo, hishtahavu ladonai b'hadrat kodesh.
Kol Adonai al ha-mayim, El ha-kavod hirim, Adonai al mayim rabim.

Kol Adonai ba-ko-ah, kol Adonai be-hadar.
Kol Adonai shover arazim, va-y'shaber Adonai et arzei ha-l'vanon.
Va-yarkidem k'mo egel, l'vanon v'siryon k'mo ven re'eimim.
Kol Adonai hotzev lahavot esh.

Kol Adonai yahil midbar, yahil Adonai midbar kadesh.
Kol Adonai y'holel ayalot,
va-yehesof ye'arot, u-v'heikhalo kulo omer kavod.
Adonai lamabul yashav, va-yeshev Adonai melekh l'olam.
Adonai oz l'amo yiten, Adonai y'varekh et amo vashalom.

Psalm 29

ר

PSALM 29. The mystic Isaac Luria (1534–1572, Safed) would begin the Friday evening service with this psalm. Luria, like many mystics before him, believed that in welcoming Shabbat, one ushers in the very presence of God.

In Psalm 29, the phrase *kol Adonai* (“the voice of God”) is repeated seven times—understood in this context to represent the seven days of the week. The thunder and lightning described here evoke the scene of the revelation at Sinai; Kadesh, one of the places mentioned here, is identified in the Bible with the Sinai desert. In reciting this psalm, Shabbat too is imagined as a moment of divine revelation.

Biblical scholars see the psalm as a depiction of a storm coming in from the Mediterranean and passing over the mountains of Lebanon; cedars top those high mountains and are among the world's sturdiest and longest living trees, but God's voice shatters them. The storm continues to move on over fertile land to the Sinai desert, called here Kadesh.

The psalm begins with reference to the waters of the Mediterranean Sea and ends with God enthroned above the primal waters of creation. Additionally, it begins with

מזמור לדוד
הבו ליהוה בני אלים,
הבו ליהוה כבוד ועז,
הבו ליהוה כבוד שמו,
השתחוּו ליהוה בהדרת קדש.
קול יהוה על המים, אל הכבוד הרעים,
יהוה על מים רבים;
קול יהוה בבה;
קול יהוה בהדר;
קול יהוה שבר ארזים,
וישבר יהוה את־ארזי הלבנון,
וירקידם כמו עגל,
לבנון ושריץ כמו בן־ראמים;
קול יהוה חצב להבות אש;
קול יהוה יחיל מדבר, יחיל יהוה מדבר קדש;
קול יהוה יחולל אילות, ויחשף יערות,
ובהיקלו פלו אמר כבוד.
יהוה למבול ישב,
וישב יהוה מלך לעולם.
יהוה עז לעמו יתן,
יהוה יברך את־עמו בשלום.

תהלים כט

an angelic chorus praising God and, as we reach the end, mentions the human chorus praising God in the Temple. Thus earth and heaven, the realms of both the human and the Divine, come to mirror each other as creation and redemption are experienced in a single moment—again, an image of Shabbat.

CHILDREN OF THE DIVINE בני אלים. The general belief in biblical times—and in classical and medieval times, as well—was that many semi-divine beings, sometimes conceived as the forces in the heavens, acted at God's behest.

THE FLOOD WATERS למבול. An allusion either to the primal waters of creation or to the flood in the time of Noah. In the first understanding, this line continues the thought introduced at the beginning of the psalm that God is above the waters—that is, God has power over the waters that form the great mass of earth. In the second interpretation, the theme of God's judgment of sin is now introduced in the psalm.

WITH PEACE בשלום. This series of six psalms, recited on Friday night before the imagined entrance of Shabbat, began with the word *l'khu*, the call to set out together on a journey, and now ends with the word *shalom*, the blessing of peace, Shabbat peace.

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*Shabbat:
Israel's Partner*

Rabbi Shimon ben Lakish taught: The day of Shabbat came before the Holy One and said, "Creator of the world, every day has a partner (Sunday has Monday...) but I have no partner?" The Holy One replied, "Israel shall be your partner." And when Israel stood at Sinai, God said to them, "Remember My promise to Shabbat that 'Israel will be your partner.'" Thus it is written, "Remember the day of Shabbat to keep it holy" (Exodus 20:8).

—GENESIS RABBAH

L'kha Dodi

*Come, my beloved, to welcome the bride;
let us greet Shabbat as she arrives.*

"Observe" and "remember" were uttered as one, we heard it thus from the singular One. God's name is one and God is one, renowned with honor and deserving of praise.

Come, my beloved . . .

Let us go out to greet Shabbat, sacred wellspring of blessing, conceived at the beginning of time, finally formed at the end of six days.

Come, my beloved . . .

Shrine of our sovereign, royal city, rise up from destruction and fear no more. End your dwelling in the tear-filled valley, for with God's compassion you will be upraised.

Come, my beloved . . .

continued

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

Shamor v'zakhor b'dibur ehad,
hishmi-anu El ha-m'yuhad.
Adonai ehad u-shmo ehad,
l'shem u-l'tiferet v'lit-hilah.

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

Likrat shabbat l'khu v'nei'khah,
ki hi m'kor ha-b'rakhah.
Meirosh mi-kedem n'sukhah,
Sof ma-aseh b'mahashavah t'hilah.

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

Mikdash melekh ir m'lukhah,
kumi tze'i mitokh ha-hafeikhah.
Rav lakh shevet b'emek ha-bakha,
v'hu yahamol alayikh hemlah.

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

לְכָה דוּדִי

לְכָה דוּדִי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד
הַשְּׁמִיעֵנוּ אֵל הַמִּיחָד.

יְהוָה אֶחָד וְשִׁמוֹ אֶחָד,
לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְיֶיהָ.

לְכָה דוּדִי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.

לְקִרְאֵת שַׁבַּת לָבוּ וְנִלְכָה
כִּי הִיא מְקוֹר הַבְּרָכָה.

מֵרֵאשׁ מְקֻדָּם נְסוּכָה
סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תִּתְחַלָּה.

לְכָה דוּדִי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.

מְקֻדָּשׁ מְלֶךְ עִיר מְלוּכָה,
קוּמִי צְאִי מִתּוֹךְ הַהֶפְכָּה.

רַב לָךְ שַׁבַּת בְּעֵמֶק הַבְּכָא,
וְהוּא יַחְמוֹל עָלֶיךָ חֲמֻלָּה.

לְכָה דוּדִי לְקִרְאֵת כְּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.

continued

which was the start of the Friday evening service in many rites, before the introduction of Kabbalat Shabbat.

COME, MY BELOVED לְכָה דוּדִי. The "beloved" who is invited here may refer to the soul, to others within the community of Israel, or to an aspect of the Divine. The first half of this refrain contains fifteen letters and the second half contains eleven, which are respectively the numerical equivalents of *yod-hei* and *vav-hei*, spelling out the name of God.

"OBSERVE" AND "REMEMBER" שָׁמֹר וְזָכוֹר. The Decalogue appears twice in the Torah, with minor differences of wording. In Exodus (20:8), the fourth commandment opens with the verb *zakhor*, "remember" the Sabbath day; the Deuteronomy (5:12) version begins *shamor*, "observe" the Sabbath day. Harmonizing them, a midrash states that God uttered both words at once (Mekhilta, *Bahodesh* 7). Evoking that midrash here, the poet thus alludes to the unity established by Shabbat; for God, thought and action are one. And on Shabbat we, too, may feel as if who we are and how we behave are more unified.

LET US GO OUT TO GREET SHABBAT לְקִרְאֵת שַׁבַּת לָבוּ וְנִלְכָה. This verse alludes to the practice of leaving the synagogue and going out into the fields to welcome Shabbat, the custom followed by the mystics of Safed, based on their interpretation of the Babylonian Talmud (Shabbat 119a).

SHRINE OF OUR SOVEREIGN מְקֻדָּשׁ מְלֶךְ. This verse and the next five all build on the theme of Israel's exile and her promised redemption. Shabbat is seen as a manifestation of the Shekhinah (God's presence in the world), which is in exile with Israel. At the same time, Shabbat is also a foretaste of the redemptive time.

L'KHA DODI became a favorite Friday night hymn almost as soon as it was written. Its author, Shlomo Halevi Alkabetz (d. 1576), was a participant in the mystic circle in Safed, associated with the great master, Moses Cordovero. The poem is one of many written by Safed poets in which Shabbat, God, and Israel are intertwined and related through love. The depiction of Shabbat as bride and as queen has a long history of talmudic origin. The stanzas form an acrostic spelling out the author's name, Shlomo Halevi.

L'kha Dodi juxtaposes two simultaneous movements: reaching toward the Divine and the Divine reaching toward the human. Thus, we are invited to go and greet Shabbat as she comes to us. The mystics added that this drawing close was not only between God and the human, but described an inner process of Divinity.

The poem serves as an introduction to Psalm 92, "The Song of the Day of Shabbat,"

Come, My Beloved

“You shall call Shabbat a delight” (Isaiah 58:13)—what does “call” mean? It means that one should invite her . . . as one invites a guest to one’s home. “A delight”—one should invite her, as a guest, to a home that is ready with a prepared table with food and drink, more than on other days.

—ZOHAR

Your despoilers shall be despoiled,
your tormentors removed far away.
God and you will celebrate together,
a bride and groom in joyful embrace.

*Come, my beloved, to welcome the bride;
let us greet Shabbat as she arrives.*

You will spread out to the left and the right,
acclaiming ADONAI our God with delight.
Redeemed by the scion of Peretz’s line,
we shall joyously chant songs of praise.

Come, my beloved . . .

We rise and turn toward the entrance.

Come in peace, crown of your spouse,
surrounded by gladness and joyous shouts.
Come to the faithful, the people You treasure with pride,
come, my bride; come, my bride . . .

Come, my beloved . . .

V'hayu lim-shisah shosayikh,
v'rahaku kol m'valayikh.
Yasis alayikh elohayikh,
kimsos hatan al kalah.

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

Yamin usmol tifrotzi,
v'et Adonai ta-aritzi.
Al yad ish ben partzi,
v'nism'hah v'nagilah.

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

Bo-i v'shalom ateret balah,
gam b'simhah u-v'tzoholah,
tokh emunei am s'gulah,
bo-i khalah, bo-i khalah.

L'kha dodi likrat kalah, p'nei shabbat n'kab'lah.

וְהָיוּ לְמִשְׁפָּה שְׂאֵסִיף
וְרָחֲקוּ כָּל־מְבַלְעֵיָהּ.
יָשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ
בְּמִשׁוֹשׁ חֲתָן עַל כַּלָּה.

לְכָה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

יָמִין וּשְׂמֹאל תִּפְרָצִי
וְאֶת־יְהוָה תִּעְרִיצִי,
עַל יַד אִישׁ בֶּן־פְּרָצִי,
וְנִשְׁמַחָה וְנִגִּילָה.

לְכָה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

We rise and turn toward the entrance.

בּוֹאֵי בְּשָׁלוֹם עֹטְרֵת בַּעֲלָה,
גַּם בְּשִׂמְחָה וּבְצַחָה,
תּוֹךְ אֲמוּנֵי עַם סְגֻלָּה,
בּוֹאֵי כַלָּה, בּוֹאֵי כַלָּה.

לְכָה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

YOU WILL SPREAD OUT תִּפְרָצִי. The subject here is ambiguous: “you” can simultaneously refer both to the Shekhinah and to the people Israel.

SCION OF PERETZ’S LINE אִישׁ בֶּן־פְּרָצִי. At the end of the Book of Ruth, David’s genealogy is traced back to Peretz, one of Judah’s sons. The verb *p-r-tz* (which also appears in the word *tifrotzi*, “spread out,” in the first line of this stanza) means “to break through,” and the use of this name, “son of Peretz,” for the Messiah has a dual meaning here. The human “fall” from the Garden of Eden came about by breaking God’s command, and the redemption will come by breaking through the world of sin.

FACING THE ENTRANCE. Shabbat has been personified throughout this poem. At this point, it is as if that personification, the bridal queen, enters the synagogue. The congregation turns toward the entrance and bows to greet her. Then, as she moves to the forefront of the synagogue and takes her place on the *bimah*, the congregation turns toward the front and bows as she is enthroned next to the ark. Shabbat has arrived and the service proceeds with Psalm 92, “The Song of the Day of Shabbat.”

Siddur Lev Shalem for Shabbat and Festivals
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The Song of Shabbat

Rabbi Levi taught: Adam was created on the sixth day, the eve of Shabbat. In the first hour, he came into being as a thought; in the second hour, God consulted the ministering angels; in the third, God gathered the dust; in the fourth, God kneaded the dust; in the fifth, God made the form; in the sixth, God joined the parts; in the seventh, God blew breath into him; in the eighth, God stood him on his feet; in the ninth, God commanded him; in the tenth, he sinned; in the eleventh, he was brought to judgment; in the twelfth, he was driven out and condemned to death. Shabbat arrived and became Adam's advocate, saying to the Holy One: "During the six days of creation, no one suffered punishment. Would you begin it with me? Is this my holiness? Is this my rest?" And so Adam was saved from destruction that day by Shabbat's plea.

When Adam saw the power of Shabbat, he was about to sing a hymn in her honor. But Shabbat said to Adam: "Would you sing a hymn to me? Let us—you and I—sing a hymn to the Holy One." Hence it is said, "The Song of the Day of Shabbat: It is good to thank You, Adonai" (Psalm 92:1-2); Shabbat sings and we sing.

—MIDRASH ON PSALMS
(translated by
William G. Braude)

From the Book of Psalms

A PSALM: THE SONG OF THE DAY OF SHABBAT

It is good to thank You, ADONAI,
and sing to Your name, Most High;
to proclaim Your love at daybreak,
Your faithfulness each night.

*Finger the lute, pluck the harp,
let the sound of the lyre rise up.*

You gladdened me with Your deeds, ADONAI,
and I shall sing of Your handiwork.

*How wonderful are Your works, ADONAI,
how subtle Your designs!*

The arrogant do not understand,
the fool does not comprehend this:
the wicked flourish like grass
and every evildoer blossoms,
only to be destroyed forever—

but You, ADONAI, are exalted for all time.

continued

Mizmor shir l'yom ha-shabbat.

Tov l'hodot ladonai, u-l'zamer l'shimkha elyon.

L'hagid ba-boker hasdekha, ve-emunat'kha baleilot.

Alei asor va-alei na-vel, alei higayon b'kchinor.

Ki simahtani Adonai b'fo-olekha,

b'ma-asei yadekha aranen.

Mah gadlu ma-asekha Adonai, me'od amku mahsh'votekha.

Ish ba-ar lo yeida, u-kh'sil lo yavin et zot.

Bifro-ah r'sha-im k'mo esev va-yatzitzu kol po-alei aven,

l'hishamdami adei ad.

V'atah marom l'olam Adonai.

מְזֻמֹּר שִׁיר יְהוָה לְיוֹם הַשַּׁבָּת

מְזֻמֹּר שִׁיר יְהוָה לְיוֹם הַשַּׁבָּת,
טוֹב לְהַדוֹת לַיהוָה,
וּלְזַמֵּר לְשִׁמְךָ עֲלֵינוּ,
לְהַגִּיד בַּבֹּקֶר חֲסִדְךָ,
וְאֶמְוִנְתְּךָ בְּלֵילוֹת.
עָלִי עֲשׂוֹר וְעָלִי נָבֶל,
עָלִי הַגִּיּוֹן בְּכַנּוֹר.
כִּי שִׁמְחַתְּנִי יְהוָה בְּפִעֲלֶיךָ,
בְּמַעֲשֵׂי יְדִידֶךָ אֲרַנֶּנּוּ.
מֵה גָדְלוֹ מַעֲשֵׂיךָ יְהוָה,
מֵאֵד עֲמָקוֹ מִחֲשַׁבְתֶּיךָ.
אִישׁ בְּעַר לֹא יָדַע,
וּכְסִיל לֹא יָבִין אֶת־זֹאת.
בְּפִרוֹחַ רְשָׁעִים כְּמוֹ עֵשֶׂב
וַיִּצְיָצוּ כָּל־פְּעָלֵי אֲנוֹן,
לְהַשְׁמָדֵם עַד־יְעַד,
וְאַתָּה מְרוֹם לְעֵלָם יְהוָה.

continued

PSALM 92 begins by contemplating the wonder of creation and ends with a vision of the righteous flourishing in God's house. It thus celebrates two themes of Shabbat: Shabbat as the day of appreciating creation and Shabbat as a taste of the time of redemption.

IT IS GOOD TO THANK YOU טוב ליהדות. Appropriately, the song of Shabbat begins with a reminder of the human need to express gratitude. As Abraham Joshua Heschel taught, "the soul is endowed with a sense of indebtedness," which we "unlock" through our sense of wonder and awe. Thus, as the psalmist asks us to heighten our appreciation of the wonders of creation, we may feel how "good" it is to have the opportunity to express gratitude.

FINGER THE LUTE, PLUCK THE HARP, LET THE SOUND

OF THE LYRE RISE UP עלי הגייון נבל, עלי עשור וְעָלִי נָבֶל. Rather than an actual line in the poem, some scholars maintain that this is an instruction to the orchestra, and that the conductor's notes—originally written in the margin—were copied into the body of the text.

THE ARROGANT איש בער. In the Book of Proverbs (12:1), this term is used for one who does not accept anyone else's instruction or criticism.

*In Old Age They
Remain Fruitful*

One who lives with a sense for the Presence knows that to get older does not mean to lose time but rather to gain time. And, also, that in all of one's deeds, a person's chief task is to sanctify time. All it takes to sanctify time is *God, a soul, and a moment. And the three are always here.*

—ABRAHAM JOSHUA
HESCHEL (adapted)

Surely Your enemies, ADONAI,
surely Your enemies will perish;
all who commit evil will be scattered.

*As a wild bull raises up its horn,
You raised my head high,
anointed it with fresh oil.*

As my enemies gather against me,
my gaze remains steady,
for my ears listen and hear:

► *The righteous flourish like the date palm,
thrive like a cedar in Lebanon;
planted in the house of ADONAI,
they flourish in our God's courtyards.*

In old age they remain fruitful,
still fresh and bountiful,
proclaiming: ADONAI is upright,
my rock in whom there is no flaw.

Ki hineih oyvekha Adonai,
ki hineih oyvekha yoveidu,
yitpardu kol po-alei aven.
Va-tarem kireim karni,
baloti b'shemen ra-anan.
Va-tabeit eini b'shurai,
bakamim alai m'rei-im tishmanah oznai.
► Tzadik katamar yifrah,
k'erez balvanon yisgeh.
Sh'tulim b'veit Adonai,
b'hatzrot eloheinu yafrihu.
Od y'nuvun b'seivah,
d'sheinim v'ra-ananim yihyu.
L'hagid ki yashar Adonai,
tzuri v'lo avlatah bo.

Psalm 92

Siddur Lev Shalem for Shabbat and Festivals
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כִּי הִנֵּה אֵיבֶיךָ יְהוָה,
כִּי הִנֵּה אֵיבֶיךָ יֹאבְדוּ,
יִתְפָּרְדוּ כָּל־פְּעֻלֵי אָוֶן.
וְתָרֵם בְּרָאִים קַרְנֵי,
בְּלַתִּי בְּשִׁמּוֹן רַעְנָן.
וְתַבֵּט עֵינַי בְּשׁוּרֵי,
בְּקַמִּים עָלַי מִרְעִים תִּשְׁמַעְנָה אָזְנִי,
צְדִיק כְּתֹמֵר יִפְרַח,
כְּאֶרֶז בְּלִבְנוֹן יִשְׁגָה,
שְׁתוּלִים בְּבַיִת יְהוָה,
בְּחֲצֵרוֹת אֶלְהֵינוּ יִפְרִיחוּ.
עוֹד יִנּוּבוּן בְּשׂוּרֵי,
דְּשָׁנִים וְרַעְנָנִים יִהְיוּ,
לְהַגִּיד כִּי יֵשֶׁר יְהוָה,
צוּרֵי, וְלֹא עוֹלָתָהּ בּוֹ.

תהלים צב

ALL WHO COMMIT EVIL
WILL BE SCATTERED יִתְפָּרְדוּ
כָּל־פְּעֻלֵי אָוֶן. In this pacific
vision of the end-time,
those who commit evil are
not destroyed, but simply
made ineffective.

WILD BULL כְּרָאִים. Through-
out the Bible, the raising up
of the horn of this animal
is a metaphoric symbol
of strength and honor.
Scholars, though, have had
difficulty identifying the
animal intended in the
Hebrew. Because the psalm
refers to a single horn, early
translators identified it with
the mythical unicorn. Some
modern commentators
maintain that the animal
referred to is the aurochs, a
wild bovine considered to
be the ancestor of all cattle.
The aurochs had elongated
horns and long legs. It was
both more agile and more
dangerous than modern

bovines. The last aurochs was seen in Europe in the 17th century.

ANOINTED IT WITH FRESH OIL בְּלַתִּי בְּשִׁמּוֹן רַעְנָן. The Hebrew may
be translated "You anointed *me* with fresh oil," but Radak (David
Kimḥi, 1160–1235, Provence) suggests that the object of the verb
is specifically the speaker's head mentioned in the first part of the
verse; the anointing is ceremonial, giving the speaker a divinely
ordained function and blessing.

STEADY בְּשׁוּרֵי. From the root meaning "row" or "straight." Thus,
some understand this word as a noun and translate it as the
phalanx of an army, row upon row of soldiers. Others see it, as we
do here, as a modifier of the verb, meaning that the gaze is focused
straight ahead.

DATE PALM . . . CEDAR כְּאֶרֶז . . . כְּתֹמֵר. The righteous are compared
to both date palms and cedars. Palm trees grow in the Jericho
Valley, one of the lowest places on earth; cedars grow on the
mountaintops of Lebanon, the highest peaks in the Middle East.
Palm trees grow straight up, losing their leaves each year; cedars
grow wide and are evergreens. Palms yield dates, one of the most
nutritious fruits, but their fibrous wood is almost useless. Cedars
bear no fruit, though their wood is precious; Solomon built the
Temple out of the cedars of Lebanon. Both will be planted in God's
house, for all difference is united in the one God. Righteousness
manifests itself in many forms.

Evening Service: The Sh'ma and Its Blessings

The Community and Prayer

Prayer does not depend on “religion” in an institutional sense, nor on dogma or creed, but rather on true heartfelt feelings that arise when a person recognizes that one’s surroundings and one’s friends are not there solely for one’s own happiness, but instead, these relationships give rise to an obligation whose source is in life itself.

—ELIEZER SCHWEID

God and Nature: An Interpretive Translation

Beloved are You, eternal God,
by whose design the evening falls,
by whose command dimensions open up
and eons pass away and stars spin in their orbits.

*You set the rhythms of day and night;
the alternation of light and darkness
sings Your creating word.*

In rising sun and in spreading dusk,
Creator of all, You are made manifest.

Eternal, everlasting God, may we always be aware of Your dominion.

Beloved are You, Adonai,
for this hour of nightfall.

—ANDRÉ UNGAR

Bar'khu: The Call to Worship Together

We rise as we are called by the leader’s words of invitation to prayer. The leader bows when saying the word “Bar’khu” (“praise”) and stands up straight when pronouncing “Adonai.” Similarly, the congregation bows at the word “barukh” (“praise”) and straightens to full height at “Adonai.”

An alternate version of this b'rakhah may be found on the following page.

Leader:

Praise ADONAI, to whom all praise is directed.

Congregation, then the leader repeats:

פָּרְסֵי אֲדֹנָי, לְפָנֶיךָ אֱלֹהֵינוּ, לְעוֹלָם וָעֶד.

Barukh Adonai ha-m'vorakh l'olam va-ed.

We are seated.

First B'rakhah before the Sh'ma: The Coming of Evening Light

Barukh atah ADONAI, our God, sovereign of time and space,
whose word brings the evening dusk,
whose wisdom opens the gates of dawn,
whose understanding changes the day’s division,
whose will sets the succession of seasons
and arranges the stars in their places in the sky,
who creates day and night,
who rolls light before darkness and darkness from light,

▶ who makes day pass into night,
who distinguishes day from night;
Adonai Tz'va-ot is Your name.

Living and ever-present God,
may Your rule be with us, forever and ever.

Barukh atah ADONAI, who brings each evening’s dusk.

We continue with the Second B'rakhah on page 40.

ערבית: קריאת שמע וברכותיה

We rise as we are called by the leader’s words of invitation to prayer. The leader bows when saying the word בָּרַכְךָ (“praise”) and stands up straight when pronouncing יהוה (Adonai). Similarly, the congregation bows at the word בְּרוּךְ (“praise”) and straightens to full height at יהוה (Adonai).

An alternate version of this b'rakhah may be found on the following page.

Leader:

בָּרַכְנוּ אֶת־יְהוָה הַמְּבַרְךָ.

Congregation, then the leader repeats:

פָּרְסֵי אֲדֹנָי, לְפָנֶיךָ אֱלֹהֵינוּ, לְעוֹלָם וָעֶד.

We are seated.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בְּדָבָרוֹ מַעֲרִיב עֲרָבִים,
בְּחֻכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבְתִבּוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת־הַזְּמַנִּים,

וּמַסְדִּיר אֶת־הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרֻצּוֹנוֹ.
בוֹרֵא יוֹם וָלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי הַשֶּׁמֶשׁ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.

◀ וּמַעֲבִיר יוֹם וּמַבְיֵא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוָה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם, תְּמִיד יְמַלֵּךְ עָלֵינוּ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה, הַמַּעֲרִיב עֲרָבִים.

We continue with the Second B'rakhah on page 40.

response is their indication that they are ready to follow the service leader and participate in the service.

WHOSE WISDOM OPENS THE GATES OF DAWN שְׁעָרִים פּוֹתֵחַ שְׁעָרִים. Some liturgical texts, such as this one, reflect ancient understandings of how the heavenly bodies operate—for instance, this depiction of the sun exiting the sky through gates in the west. Although contemporary science provides us with different understandings, we can still feel an underlying sense of wonder and awe as we too gaze at the setting sun and the star-filled sky. These liturgical images, then, become metaphors for our own understanding of the passage of time, reminding us of the uniqueness of each moment.

THE SH'MA AND ITS BLESSINGS קריאת שמע וברכותיה. Every evening service (Arvit) includes two climactic moments: the Sh'ma (page 41) and the Amidah (page 47). The Sh'ma, the affirmation of faith in the one God, has often been called Judaism's essential creed.

Two b'rakhot precede the Sh'ma: the first reflects on God's presence in the passage of time, while the second acknowledges God's love, represented by the gift of Torah, divine instruction as to how we should live. Two b'rakhot also follow the Sh'ma: the first acknowledges the exodus from Egypt, the signal event that has formed us as a people and set us on the path of freedom and responsibility; the second speaks to our concrete concerns for safety in the darkness of night. The Amidah, the silent personal prayer, then follows.

PRAISE בָּרַכְנוּ. The formal synagogue evening service begins with the leader's call, signalling to the congregation that the moment of communal prayer has arrived. The congregation's

Loving Humanity

Before reciting the Sh'ma, we may choose to think about how we need to prepare ourselves to make room for the listening that the Sh'ma demands.

Teach me, Lord, teach me how to deal with people to show them how to convert the evil within the good.

And if human beings are only wild animals, may I be able to turn them toward mildness and humility.

At the circus, I saw a man tame a tiger, defang a snake; would You make me so skilled?

Bless me with patience, make me strong as steel. that I might demonstrate to humanity the same such wonders.

—ABRAHAM REISEN

To Love the World

When we act with love, Franz Rosenzweig remarks, “the neighbor represents all the world and thus distorts the eye’s view. Prayer, however, pleads for enlightenment and thereby, without overlooking the neighbor, sees beyond the neighbor, sees the whole world . . .”

Second B'rakhah before the Sh'ma: Torah and God's Love

With timeless love, You have loved Your people, the house of Israel:

You have taught us Torah and mitzvot, statutes and laws.

Therefore, ADONAI our God, as we lie down and as we rise up, we shall speak of Your laws, rejoicing in the words of Your Torah and in Your mitzvot forever and ever.

For they are our life and the fullness of our days, and on them we shall meditate day and night.

► Do not ever withdraw Your love from us.

Barukh atah ADONAI, who loves the people Israel.

Ahavat olam beit yisrael am'kha ahavta, torah u-mitzvot, hukim u-mishpatim otanu limadta.

Al ken Adonai eloheinu, b'shokhveinu u-v'kumeinu nasi-ah b'hukekha,

v'nismah b'divrei toratekha u-v'mitzvotekha l'olam va-ed.

Ki hem hayeinu v'orekh yameinu, u-vahem nehgeh yomam va-lailah.

► *V'ahavat'kha al tasir mimenu l'olamim.*

Barukh atah Adonai, ohev amo yisrael.

Siddur Lev Shalem for Shabbat and Festivals
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אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל
עִמָּךְ אַהֲבָתְךָ,
תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים
אוֹתָנוּ לְמַדְתָּ.
עַל כֵּן יְהוָה אֱלֹהֵינוּ,
בְּשִׂכְבְּנוּ וּבְקוּמָנוּ
נְשִׂיחַ בְּחֻקֶיךָ,
וְנִשְׂמַח בְּדַבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ
לְעוֹלָם וָעֶד.
כִּי הֵם חַיֵּינוּ
וְאַרְךָ יָמֵינוּ,
וּבְהֵם נִהְגָה יוֹמָם וְלַיְלָה,
◀ וְאַהֲבָתְךָ אֵל תַּסִּיר מִמֶּנּוּ לְעוֹלָמִים.
בְּרוּךְ אַתָּה יְהוָה, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

TORAH AND GOD'S LOVE. The second verse of the Sh'ma, which we are about to recite, speaks of our love of God: "You shall love Adonai your God. . . ." The ancient rabbis chose to precede that statement with a *b'rakhah* that emphasizes God's love for us. The rabbis understood love as the essential quality of the divine-human relationship, and they understood love to be primarily defined by behavior. God's love is expressed in giving the Torah, instruction on how to live; our love is expressed in the performance of mitzvot, our behavior in the world. In this way, the human and the Divine are bound together.

AS WE LIE DOWN AND AS WE RISE UP, WE SHALL SPEAK OF YOUR LAWS. This phrase anticipates the instruction in the Sh'ma to "speak of [these words] . . . when you lie down and when you rise up." This prayer expands the biblical command and speaks of the need to integrate Torah into our lives throughout the day.

FOR THEY ARE OUR LIFE. By living a life in accord with divine teaching (Torah), we elevate our days from mere existence to a life filled with meaning.

Sh'ma: A Re-creation

Loving life and its mysterious source with all our heart and all our spirit, all our senses and strength, we take upon ourselves and into ourselves these promises: to care for the earth and those who live upon it, to pursue justice and peace, to love kindness and compassion. We will teach this to our children throughout the passage of the day—as we dwell in our homes and as we go on our journeys, from the time we rise until we fall asleep. And may our actions be faithful to our words that our children's children may live to know: Truth and kindness have embraced, peace and justice have kissed and are one.

—MARCIA FALK

Love

Judaism commands love, for its goal is to teach human beings to love.

—ERIC L. FRIEDLAND

You Shall Love

“You shall love Adonai your God with all your heart, with all your soul, and with all that is yours.” You shall love—what a paradox this embraces! Can love then be commanded? . . . Yes of course, love cannot be commanded. No third party can command it or extort it. No third party can, but the One can. The commandment to love can only proceed from the mouth of the lover.

—FRANZ ROSENZWEIG

Recitation of the Sh'ma

Some people may wish to pause here for a moment. Some may close their eyes; others may place a hand over their eyes. The intention is to concentrate on our relationship with God's oneness. In the absence of a minyan, we add the following: God is a faithful sovereign.

Hear, O Israel, ADONAI is our God, ADONAI is one.

Sh'ma yisrael, Adonai eloheinu, Adonai ehad.

Recited quietly: Praised be the name of the one whose glorious sovereignty is forever and ever.

You shall love ADONAI your God with all your heart, with all your soul, and with all that is yours.

These words that I command you this day shall be taken to heart.

Teach them again and again to your children; speak of them when you sit in your home, when you walk on your way, when you lie down, and when you rise up.

Bind them as a sign upon your hand and as a symbol above your eyes; inscribe them upon the doorposts of your home and on your gates.

Deuteronomy 6:4–9

V'ahavta et Adonai elohekha b'khol l'vav'kha u-v'khol nafsh'kha u-v'khol me'odekha. V'hayu ha-d'varim ha-eileh asher anokhi m'tzav'kha hayom al l'vavekha. V'shinantam l'vanekha v'dibarta bam, b'shivt'kha b'veitekha u-v'lekht'kha va-derekh u-v'shokhb'kha u-v'kumekha. U-k'shartam l'ot al yadekha v'hayu l'totafot bein einekha. U-kh'tavtam al mezuzot beitekha u-visharekha.

קריאת שמע

Some people may wish to pause here for a moment. Some may close their eyes; others may place a hand over their eyes. The intention is to concentrate on our relationship with God's oneness. In the absence of a minyan, we add the following: אל מלך נאמן.

שמע ישראל יהוה אלהינו יהוה אחד.

Recited quietly: שם כבוד מלכותו לעולם ועד.

ואהבת את יהוה אלהיך בכל לבבך ובכל נפשך ובכל מאדך: והיו הדברים האלה אשר אנכי מצוך היום על לבבך: ושננתם לבניך ודברתם בם בשבתך בביתך ובולכתך בדרך ובשכבך ובקומך: וקשרתם לאות על ידך והיו לטטפת בין עיניך: וכתבתם על מזוזות ביתך ובשעריך:

דברים ו:ד-ט

words, the Sh'ma is recited twice daily, in both the evening and in the morning.

HEAR שמע. Seeing emphasizes the external; hearing, the internal. We are asked to internalize our experience of God. The point is emphasized by the custom of covering one's eyes during the recitation of the Sh'ma.

ONE אחד. As an affirmation about God, the word *ehad* can be understood in multiple ways. This translation emphasizes the unity of God. Some translate *ehad* as “unique,” emphasizing God's otherness and singularity. Still others translate it as “alone,” emphasizing Judaism's monotheistic claim.

Mystic commentators expand the meaning of “one,” interpreting it as describing the unity of heaven and earth, saying that we are ultimately all part of the One. In a similar vein, some rabbinic authorities recommended that when reciting the Sh'ma, one should meditate on all four directions, as well as above and below, in acknowledgment that God is everywhere (Babylonian Talmud, Berakhot 13b).

PRAISED BE THE NAME שם כבוד. According to the Mishnah, when God's name was pronounced by the High Priest on Yom Kippur, the people would respond, “Praised be the name . . .” (Yoma 3:8). Since this is a response but not part of the biblical text, it is normally not recited out loud, in order not to interrupt the flow of biblical verses—though the memory of how it was recited in the Temple remains with us in a whisper.

YOU SHALL LOVE ואהבת. Repeatedly the Torah instructs us to love: to love God, to love our neighbor, and to love the stranger. We might well take the word “love” to imply an intense inner emotion, but the ancient rabbis frequently understood the biblical injunction to “love” in a more concrete and behavioral sense: love consists of acts of empathy, care, and kindness as well as behavior toward others that is just and righteous. To love God is certainly to recognize our conscious relationship to God. Equally, it may mean that we behave in ways that are pleasing to God—acting morally and fulfilling what God desires of us, to walk through life lovingly.

THE SH'MA. The Sh'ma comprises three paragraphs from the Torah, selected because they express basic Jewish beliefs and behaviors. According to the ancient rabbis, the first of the three paragraphs proclaims recognition of the sovereignty of heaven, עול מלכות שמים (*ol malkhut shamayim*); the second speaks to our behavior, עול מצוות (*ol mitzvot*); and the third reminds us of the exodus, יציאת מצרים (*y'tzi-at mitzrayim*), our primary sacred story.

Because the first paragraph itself commands us to speak these words when we lie down and when we arise, and the second paragraph repeats these very

- ▶ willingly accepting God's sovereignty.

Then Moses, Miriam, and the people Israel joyfully sang to You:

- ▶ U-malkhuto b'ratzon kiblu aleihem, moshe u-miryam u-v'nei yisrael l'kha anu shirah, b'simḥah rabah v'amru khulam:

“Who is like You, ADONAI, among the mighty!
Who is like You, adorned in holiness,
revered in praise, working wonders!”

Mi khamokha ba-eilim Adonai, mi kamokha nedar bakodesh,
nora t'hilot, oseh feleh.

Your children recognized Your sovereignty, as You split the sea before Moses. “This is my God,” they responded, and said:

“ADONAI will reign forever and ever.”

Malkhut'kha ra'u vanekha, bokei-a yam lifnei moshe,
zeh eili anu v'amru: Adonai yimlokh l'olam va-ed.

- ▶ And so it is written: “ADONAI has rescued Jacob and redeemed him from the hand of those more powerful than he.”

Barukh atah ADONAI, who redeemed the people Israel.

◀ ומלכותו ברצון קבלו עליהם,
משה ומרים ובני ישראל לך ענו שירה
בשמחה רבה, ואמרו כלם:

מי כמכה באלם יהוה,
מי כמכה נאדר בקדש,
נורא תהלת, עשה פלא.

מלכותך ראו בניה, בוקע ים לפני משה,
זה אלי ענו ואמרו:

יהוה ימלך לעלם ועד.

◀ ונאמר: כי פדה יהוה את יעקב,
וגאלו מיד חזק ממנו.
ברוך אתה יהוה, גאל ישראל.

ענו ואמרו JOYFULLY SANG. Literally, “they responded and said.” Basing himself on the 1st-century report of Philo of Alexandria, the modern scholar Reuven Kimelman argues that the verb *anu*, “responded,” refers to the antiphonal male and female choruses in the ancient synagogue. Thus, the men would say *Adonai yimlokh*, “Adonai will reign”; the women would respond: *l'olam va-ed*, “forever and ever.”

MIRIAM מרים. The Torah tells us that after the deliverance at the Sea, Moses led the men in song; Miriam, in response, led the women in joyous singing.

WHO IS LIKE YOU מי כמכה יהוה. Exodus 15:11.

ADONAI WILL REIGN יהוה ימלך. Exodus 15:18.

ADONAI HAS RESCUED יהוה פדה. Jeremiah 31:11.

REDEEMED גאל. The verb is in the past tense, unlike all the other *b'rakhot* of the Sh'ma, which are in the present tense. It is as if a community that truly is able to recite the Sh'ma together must already have been redeemed. (based on Franz Rosenzweig)

Shelter Me in a Leaf

Shelter me in a leaf,
Shelter me in a stone,
I envy them their sure peace.
Shelter me, God,
Protect and conceal me.
Enclose me in your fences.

Pick me up from the dust
That turns me gray.
Embrace me with your
eternity

Like a leaf and a stone
Nourished with dew.

Make me a path of
permanence,
My heart is shadowed.
Anoint me with your dazzle
Which I feel in my breath.

Wash away my trembling.
Wash away doubt.
The nights are ephemeral,
The days, filled with pain. . . .
Send Your help, God . . .

—KADYA MOLODOWSKY
(translated by
Kathryn Hellerstein)

The Canopy of Peace, the Sukkah of Peace

Peace comes to us in the recognition that when we allow ourselves to be vulnerable, when we recognize that we cannot control everything, redemption can be achieved. The central image in this prayer is the “*sukkah* of peace.” The *sukkah* is a fragile structure, open to the elements. Peace is pictured not as a temple, solidly built, gilded, perhaps ornate, but rather as created out of the most fragmentary of materials, leaving us vulnerable and at risk.

Second B'rakhah after the Sh'ma: Peace in the Night

Allow us, ADONAI our God, to sleep peacefully;
awaken us to life, O sovereign.
Spread over us Your canopy of peace,
restore us with Your good counsel,
and save us for the sake of Your name.
Shield us.

Some omit on Shabbat:

Remove from us enemies, pestilence, sword, starvation,
and sorrow; remove the evil forces that surround us.

Shelter us in the shadow of Your wings,
for You, God, watch over and deliver us,
and You, God, are sovereign, merciful, and compassionate.

► Ensure our going and coming for life and peace,
now and forever.

May You spread over us Your canopy of peace.
Barukh atah ADONAI, who spreads the canopy of peace
over us, over all the people Israel, and over Jerusalem.

Hashkiveinu Adonai eloheinu l'shalom,
v'ha-amideinu malkeinu l'hayim.
U-fros aleinu sukkat sh'lomekha,
v'takneinu b'eitzah tovah milfanekha,
v'hoshi-einu l'ma-an sh'mekha.

V'hagein ba-adeinu,

Some omit on Shabbat:

v'haseir mei-aleinu oyev, dever, v'herev, v'ra-av, v'yagon,
v'haseir satan mi-l'faneinu u-mei-ahareinu,

u-v'tzeil k'nafekha tastireinu,

ki El shomreinu u-matzileinu atah,

ki El melekh hanun v'rahum atah,

► u-sh'mor tzeiteinu u-vo-einu l'hayim u-l'shalom,
mei-atah v'ad olam.

U-fros aleinu sukkat sh'lomekha.

Barukh atah Adonai, ha-poreis sukkat shalom aleinu

v'al kol amo yisrael, v'al yerushalayim.

הַשְּׂכִיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ מִלִּפְנֵי לְחַיִּים,
וּפְרוֹשׁ עָלֵינוּ סֶפֶת שְׁלוֹמְךָ,
וְתַקְנֵנוּ בְּעֵצָה טוֹבָה מִלִּפְנֵיךָ,
וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ.
וְהִגֵּן בְּעַדֵּנוּ,

Some omit on Shabbat:

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחָרֵב, וְרָעַב, וְיָגוֹן,
וְהִסֵּר שָׁטָן מִלִּפְנֵינוּ וּמֵאַחֲרֵינוּ,

וּבְצֵל כְּנָפֶיךָ תִּסְתֵּרֵנוּ,
כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,
כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה,
◀ וְשִׁמּוֹר צִאתָנוּ וּבוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם,
מֵעַתָּה וְעַד עוֹלָם.

וּפְרוֹשׁ עָלֵינוּ סֶפֶת שְׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְהוָה, הַפּוֹרֵשׁ סֶפֶת שְׁלוֹם עָלֵינוּ
וְעַל כָּל־עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

ALLOW US . . . TO SLEEP
הַשְּׂכִיבֵנוּ. Nighttime may
provoke fear: What may
happen to us when we are
asleep? Will we wake up?
Each phrase in the opening
of this prayer begins not
with a noun as a subject,
but rather with a verb,
creating a powerful drama
of motion and movement,
an expression of the will
to live.

וְהִסֵּר מֵעָלֵינוּ. Some Sephardic
rites follow the custom
of changing the weekday
liturgy to accord with the
spirit of Shabbat. Accord-
ingly they remove the line
“Remove from us enemies,
pestilence, sword, starva-
tion . . .”—not wanting to
even mention on Shabbat
sources of evil that might
direct our attention away
from the peacefulness that
Shabbat accords. Ashke-
nazic authorities, however,
feared that if the liturgy

changed on Shabbat, congregants would be confused as to the proper language of this blessing and would cease to include the passage on weekdays. In a society that depended on memorization, this may have been a reasonable fear.

EVIL FORCES שָׁטָן. Literally “Satan.” In the Bible, this term is generally used to refer either to evil impulses or to a celestial adversary, but never to a fallen angel.

YOUR CANOPY OF PEACE שְׁלוֹמְךָ. The weekday version of this *b'rakhah* ends with the words *shomer amo yisrael la-ad*, “eternal guardian of Your people Israel.” Medieval commentators quote the Talmud of the Land of Israel to the effect that Shabbat itself guards the people Israel, and so the prayer is changed on Shabbat. (Oddly, however, the extant versions of the Talmud of the Land of Israel do not contain this passage.)

The phrase *sukkat shalom*, “canopy (*sukkah*) of peace,” is seemingly original to this prayer. It is not found in the Bible but may allude to Amos 9:11, where the prophet sees the rebuilding of the fallen *sukkah* of David as an image of redemption; or to Psalm 27:5, where the poet prays to be hidden in God’s *sukkah*, protected from enemies, while gazing peacefully at God’s countenance.

JERUSALEM יְרוּשָׁלָּיִם. In Jewish thought, the peace of Jerusalem symbolizes univer-
sal peace.

Siddur Lev Shalem for Shabbat and Festivals
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Vayinafash

Do not read *shavat* as a verb, but as the subject: the day of Shabbat. And do not construe the verb *vayinafash* as “rested,” but rather as “refreshing souls.” Thus, the phrase may be read as: “Shabbat refreshes all souls.” What is Shabbat compared to? It is like a fountain in the midst of a garden: when the fountain flows, the entire garden flourishes.

—SEFER HABAHIR

N’shamah Y’tairah

Our tradition speaks of a very interesting phenomenon concerning Shabbat. During the week everyone has a *n’shamah*, a soul. But on Shabbat we receive a *n’shamah y’tairah*, an “additional soul.” This suggests that there is some kind of undeveloped facet of personality, a spiritual dimension, of which we remain unaware in the normal course of events. On Shabbat we are given the time to enrich ourselves by developing or creating this extra spiritual dimension.

—PINCHAS PELI

Biblical Sanctification of the Day

We recite the following biblical passages while standing.

On Shabbat:

The people Israel shall observe Shabbat, maintaining it as an everlasting covenant throughout all generations. It is a sign between Me and the people Israel for all time, that in six days ADONAI made the heavens and the earth, and on the seventh day, ceased from work and rested.

V’shamru v’nei yisrael et ha-shabbat, la-asot et ha-shabbat l’dorotam b’rit olam.

Beini u-vein b’nei yisrael ot hi l’olam, ki sheishet yamim asah Adonai et ha-shamayim v’et ha-aretz, u-vayom ha-sh’vi-i shavat vayinafash.

On Festivals:

Thus Moses proclaimed the festivals of ADONAI to the people Israel.

Hatzi Kaddish

Leader:

May God’s great name be exalted and hallowed throughout the created world, as is God’s wish. May God’s sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God’s great name be acknowledged forever and ever! Y’hei sh’meih raba m’varakh l’alam u-l’almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b’rikh hu*, is truly [on Shabbat Shuvah we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

*On Shabbat, we continue with the Amidah on the next page.
On Festivals, we continue with the Amidah on page 306.*

We recite the following biblical passages while standing.

On Shabbat:

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

On Festivals:

וַיְדַבֵּר מֹשֶׁה אֶת־מוֹעֲדֵי יְהוָה, אֶל בְּנֵי יִשְׂרָאֵל.

חֲצִי קָדִישׁ

Leader:

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא,
בְּעֵלְמָא דִּי בְּרָא, בְּרַעוּתָהּ,
וַיְמַלִּיף מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזָמַן קָרִיב, וְאַמְרוּ אָמֵן.

Congregation and Leader:

יְהִיא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.

Leader:

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקָדְשָׁא, בְּרִיף הוּא,
[on Shabbat Shuvah we substitute: לְעֵלְא מִן כָּל־ לְעֵלְא לְעֵלְא מְבָל־
בְּרַכְתָּא וְשִׁירְתָּא וְתַשְׁבַּחְתָּא וְנַחֲמַתָּא דְאַמְרִין בְּעֵלְמָא,
וְאַמְרוּ אָמֵן.]

*On Shabbat, we continue with the Amidah on the next page.
On Festivals, we continue with the Amidah on page 306.*

THE PEOPLE ISRAEL SHALL OBSERVE בני ישראל Exodus 31:16–17.

THUS MOSES PROCLAIMED וַיְדַבֵּר מֹשֶׁה Leviticus 23:44.

AND RESTED וַיִּנְפֹּשׁ. Or: “was refreshed.” The basic root meaning of this verb is “to breathe”; it is related to the noun *nefesh*, meaning “person” (i.e., the species in whom God has blown the breath of life). When one rests, one infuses oneself with a new breath of life. The peculiarity of the phrasing of this verse gave birth to the idea of the *n’shamah y’tairah*, the “additional soul” granted us on Shabbat. (Reuven Hammer, adapted)

HATZI KADDISH. As remarked upon earlier, the evening service consists of two central moments: the recitation of the Sh’ma, and the Amidah (the silent personal prayer). The Hatzi Kaddish separates the two sections. Its central line, *y’hei sh’meih raba m’varakh*, “May God’s great name be acknowledged,” expresses the same thought as the call to worship, *Bar’khu*, with which the evening service began. It is as if the leader is calling us to a new service of personal prayer that begins here.

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The Friday Night Amidah

Pronounce the Divine Holy Name

Midnight at the Rabbi's door the Creator listens intently to know by which of His names will He be called tonight.

—RIVKA MIRIAM (translated by Linda Stern Zisquit)

The Silent Amidah

On Shabbat the Amidah includes seven blessings, just as seven blessings are recited at a wedding.

—JACOB EMDEN

Cartographies of Silence, no. 3

The technology of silence The rituals, etiquette

the blurring of terms silence not absence

of words or music or even raw sounds

Silence can be a plan rigorously executed

the blueprint to a life

It is a presence it has a history a form

Do not confuse it with any kind of absence

—ADRIENNE RICH

Before the Amidah begins, it is customary to take three steps forward, symbolic of approaching God's presence. If there is no room, we first take three steps backward. The sign ¶ indicates the places to bow. The Amidah concludes on page 52.

ADONAI, open my lips that my mouth may speak Your praise.

First B'rakhah: Our Ancestors

With Patriarchs:

¶ *Barukh atah ADONAI, our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, great, mighty, awe-inspiring, transcendent God, who acts with kindness and love, and creates all, who remembers the loving deeds of our ancestors, and who will lovingly bring a redeemer to their children's children for the sake of divine honor.*

With Patriarchs and Matriarchs:

¶ *Barukh atah ADONAI, our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, great, mighty, awe-inspiring, transcendent God, who acts with kindness and love, and creates all, who remembers the loving deeds of our ancestors, and who will lovingly bring a redeemer to their children's children for the sake of divine honor.*

תפילת העמידה לערבית לשבת

Before the Amidah begins, it is customary to take three steps forward, symbolic of approaching God's presence. If there is no room, we first take three steps backward. The sign ¶ indicates the places to bow. The Amidah concludes on page 52.

אֲדַנִּי שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

With Patriarchs and Matriarchs:

¶ בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, [וְאִמּוֹתֵינוּ], אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת, וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

With Patriarchs:

¶ בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת, וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

middle b'rakhah focuses on distinctive themes of the day. While the Amidah in the morning and afternoon is repeated aloud by the service leader, the evening Amidah is only recited silently—a practice originating in ancient times, perhaps so that congregants would not be unduly delayed in getting home after dark.

ADONAI, OPEN MY LIPS תִּפְתָּח אֲדַנִּי שְׁפָתַי תִּפְתָּח. The Amidah begins with a personal prayer taken from Psalm 51:17, where prayer is exalted over sacrifice.

BENDING THE KNEES AND BOWING. The Babylonian Talmud confined bowing to the beginning and end of this first b'rakhah, as well as to the beginning and end of the next-to-last b'rakhah, which thanks God for the gift of life (Berakhot 34a). We stand up straight when we reach God's name. In bowing, we recognize God's majesty; when we address God directly, we do so face to face (Berakhot 12a).

OUR GOD AND GOD OF OUR ANCESTORS [וְאִמּוֹתֵינוּ] אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. Most blessings refer to God as *melekh ha-olam*, "sovereign of time and space." The Amidah, the "service of the heart," is an exception, thereby setting the stage for personal prayer. Here, God is not "sovereign of time and space," a being transcendent, abstract, or remote, but rather utterly immanent, intimate, particular, and proximate, relating to individuals. And with this opening, we pray, imply, and perhaps quite brazenly demand, that just as God was for our patriarchs and matriarchs—comforting, caring, and close—so will God be for us. (Michelle Dardashti)

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Who Is Like You, Almighty?

Who can know the wondrousness of all You have fashioned? You formed our bodies in ways that can serve You: giving us eyes to see Your miracles, ears to hear of Your awe-inspiring deeds, a mind to understand some of Your mysteries, a mouth to speak Your praise, and a tongue that can speak of Your deliverance.

Today, I, Your servant, child of Your handmaiden, describe according to the meagerness of my ability, a bit of Your greatness, a fraction of Your ways.

—SOLOMON IBN GABIROL

On Shabbat Shuvah we add:

Remember us for life, Sovereign who delights in life, and inscribe us in the Book of Life, for Your sake, God of life.

With Patriarchs:

You are the sovereign who helps and saves and shields.

† Barukh atah ADONAI, Shield of Abraham.

With Patriarchs and Matriarchs:

You are the sovereign who helps and guards, saves and shields.

† Barukh atah ADONAI, Shield of Abraham and Guardian of Sarah.

Second B'rakhah: God's Saving Care

You are ever mighty, ADONAI— You give life to the dead— great is Your saving power:

From Sh'mini Atzeret until Pesah:

You cause the wind to blow and the rain to fall,

[From Pesah until Sh'mini Atzeret, some add: You cause the dew to fall,]

You sustain the living through kindness and love, and with great mercy give life to the dead, You support the falling, heal the sick, loosen the chains of the bound, and keep faith with those who sleep in the dust. Who is like You, Almighty, and who can be compared to You? The sovereign who brings death and life and causes redemption to flourish.

On Shabbat Shuvah we add:

Who is like You, source of compassion, who remembers with compassion Your creatures for life?

You are faithful in bringing life to the dead. *Barukh atah ADONAI,* who gives life to the dead.

On Shabbat Shuvah we add:

זָכְרֵנוּ לְחַיִּים, מְלֶךְ הַפֶּיץ בְּחַיִּים, וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַנְךָ אֱלֹהִים חַיִּים.

With Patriarchs and Matriarchs:

מְלֶךְ עוֹזֵר וּפּוֹקֵד וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְהוָה, מְגִן אַבְרָהָם וּפּוֹקֵד שָׂרָה.

With Patriarchs:

מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְהוָה, מְגִן אַבְרָהָם.

אַתָּה גְּבוּר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

From Sh'mini Atzeret until Pesah: מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם, [From Pesah until Sh'mini Atzeret, some add: מוֹרִיד הַטֶּל,]

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקִיִּים אֲמוֹנָתוֹ לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ, מְלֶךְ יַמְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

On Shabbat Shuvah we add:

מִי כְמוֹךָ אֵב הַרְחָמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וּנְאֻמָּן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

15:26; “loosen the chains of the bound,” Psalm 146:7; “brings death and life,” 1 Samuel 2:6 (Hannah’s prayer).

GIVES LIFE TO THE DEAD מְחַיֶּה הַמֵּתִים. The ancient rabbis who composed this *b'rakhah* certainly believed in bodily resurrection in the end-time. But they also understood this phrase spiritually: that which we thought dead inside us can come to life again. Hannah’s prayer, quoted in part in this paragraph, reads in full: “God causes death and life, brings down and raises up.” Hannah thinks of her childlessness before Samuel’s birth as a kind of death-in-life, and her giving birth as her own coming into a life. This can be a model of prayer for the healing or revitalization of any aspect of ourselves that has become lifeless. We all have spiritual needs; realizing them—even in part—can give energy and meaning to our lives.

REMEMBER US זָכְרֵנוּ. This brief prayer is the first of four additions to the Amidah during the Ten Days of Repentance.

SHIELD OF ABRAHAM מְגִן אַבְרָהָם. After Genesis 15:1.

GUARDIAN OF SARAH פּוֹקֵד שָׂרָה. Or: “the one who remembered Sarah” (after Genesis 21:1).

YOU CAUSE THE WIND TO BLOW AND THE RAIN TO FALL מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם. The prayer is connected to the climate of the Land of Israel, which depends on winter rainfall since summer is an entirely dry season.

SUPPORT THE FALLING סוֹמֵךְ נוֹפְלִים. This paragraph, called *G'vurot* (God’s strength or God’s victory), emphasizes God’s compassion and goodness. Unlike secular conceptions of “might,” strength is here characterized by concern and support for the weakest and most vulnerable members of society, and even the weakest of all: the dead. Each of these characterizations of God is based on biblical verses: “support the falling,” Psalm 145:14; “heal the sick,” Exodus

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Holiness

The holy is the mystery of being that cannot be apprehended by the senses.

—YEHUDAH HALEVI

Shabbat moment

... Untie the knots of the will. Loosen your clenched grip, barren hills of bone. Here, no edges to hone, only the palm fallen open as a rose about to toss its petals.

—MARGE PIERCY

To Serve You Truly

The Hasidic master Yehudah Aryeh Leib of Gur remarked that it is only on Shabbat that we can truly experience God's presence. An artist has to step back from the canvas in order to see if the brushwork captures the artistic conception that inspired it. Sometimes we get so involved with the work we do that we can no longer see what we have done. On Shabbat, we have the opportunity to step back from what we have been preoccupied with in daily life, see what we do in a new perspective, and recover the inner truths that inspire us and that should animate our going out to the world again.

Shabbat: The Culmination of Creation

A Hasidic teaching: We build a house in order to live in it. Until we live in it, it is not really a home. So, too, it is with creation: God formed the world in six days, but on Shabbat, God came to dwell within it. And on each Shabbat, the world once again becomes God's home.

Third B'rakhah: God's Holiness

Holy are You and holy is Your name; holy ones praise You each day. *Barukh atah ADONAI*, the Holy God.

On Shabbat Shuvah we substitute:

Barukh atah ADONAI, the Holy Sovereign.

Fourth B'rakhah: The Holiness of Shabbat

You dedicated the seventh day to Your name, the culmination of the creation of heaven and earth, blessing it above all other days, sanctifying it beyond other times, as it is written in Your Torah:

The heavens and the earth, and all they contain, were completed.

On the seventh day God finished the work, ceasing from all work on the seventh day. Then God blessed the seventh day, making it holy—for on it, God ceased from all the work of creation.

Our God and God of our ancestors, embrace our rest.

Make us holy through Your mitzvot and let the Torah be our portion.

Fill our lives with Your goodness and gladden us with Your deliverance.

Purify our hearts to serve You truly.

ADONAI our God, lovingly and willingly grant that we inherit Your holy Shabbat, that the people Israel, who make Your name holy, may find rest on this day.

Barukh atah ADONAI, who makes Shabbat holy.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וְקָדוֹשִׁים בְּכָל־יוֹם יִהְיֶה לְלוֹךְ סְלָה.
בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ.

On Shabbat Shuvah we substitute:

בְּרוּךְ אַתָּה יְהוָה, הַמְלִיךְ הַקָּדוֹשׁ.

אַתָּה קָדְשָׁתָּ אֶת־יוֹם הַשְּׁבִיעִי לְשִׁמְךָ,
תְּכַלִּית מַעֲשֵׂה שָׁמַיִם וָאָרֶץ,
וּבְרַכְתּוֹ מִכָּל־הַיָּמִים,
וְקָדְשָׁתוֹ מִכָּל־הַיָּמִינִים,
וְכֵן כְּתוּב בְּתוֹרָתְךָ:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צְבָאָם.
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ,
כִּי בּוֹ שָׁבַת מְכָל־מְלַאכְתּוֹ,
אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],

רְצֵה בְּמִנוּחֵינוּ,

קַדְשֵׁנוּ בְּמִצְוֹתֶיךָ,

וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,

שִׁבְעֵנוּ מִטּוֹבֶיךָ,

וְשִׁמְחֵנוּ בִּישׁוּעֶתְךָ,

וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת,

וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן

שַׁבַּת קְדֻשָּׁה,

וַיְנוּחוּ בָּהּ יִשְׂרָאֵל מִקְדָּשֵׁי שְׁמֶךָ.

בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת.

from those moments when we sense God's presence in the world.

PURIFY OUR HEARTS לְטַהֵר לִבֵּנוּ. The Hasidic master Zadok Hakohen of Lublin remarks that on Shabbat, in the central prayer of the Amidah, we pray for our souls.

HOLY קָדוֹשׁ. Each of us is created in the very image of God and has the capacity to incorporate holiness into our life. The tradition maintains that we do so when we imitate God's qualities: "As God is called 'merciful,' so should you be merciful; as God is called 'righteous' and 'loving,' so should you be righteous and loving" (Lekah Tov, *Re'ei*h).

SANCTIFYING IT BEYOND OTHER TIMES וְקָדְשָׁתוֹ וְקָדְשָׁתוֹ מִכָּל־הַיָּמִינִים. For instance, according to rabbinic law, while cooking and carrying are permitted on the festival, they are restricted on Shabbat.

THE HEAVENS AND THE EARTH וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ. Genesis 2:1–3. This passage appears in the Torah as the culmination of the account of the creation of the universe.

FILL OUR LIVES... GLADDEN US שִׁבְעֵנוּ... וְשִׁמְחֵנוּ. It is possible to think of this prayer as focusing on our needs: enough physical bounty to satisfy our physical needs. In another sense, though, we might understand these words to be addressed to our internal response to experiencing the Divine in our lives. That is, we pray to in fact be fully satisfied by whatever goodness and blessing we have, without constantly craving more. The prayer then continues: may our greatest joy be derived

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Fifth B'rakhah: The Restoration of Zion

ADONAI our God, embrace Your people Israel and their prayer. Restore worship to Your sanctuary. May the prayers of the people Israel be lovingly accepted by You, and may our service always be pleasing.

On Rosh Hodesh and Hol Ha-mo-ed we add:

Our God and God of our ancestors, may the thought of us rise up and reach You. Attend to us and accept us; hear us and respond to us. Keep us in mind, and keep in mind the thought of our ancestors, as well as the Messiah, the descendant of David; Jerusalem, Your holy city; and all Your people, the house of Israel. Respond to us with deliverance, goodness, compassion, love, life, and peace, on this

On Rosh Hodesh: Rosh Hodesh. *On Pesah:* Festival of Matzot. *On Sukkot:* Festival of Sukkot.

Remember us for good; respond to us with blessing; redeem us with life. Show us compassion and care with words of kindness and deliverance; have mercy on us and redeem us. Our eyes are turned to You, for You are a compassionate and caring sovereign.

May our eyes behold Your compassionate return to Zion.
Barukh atah ADONAI, who restores Your Divine Presence to Zion.

Sixth B'rakhah:

Gratitude for Life and Its Blessings

† We thank You, for You are ever our God and the God of our ancestors; You are the bedrock of our lives, the shield that protects us in every generation.

We thank You and sing Your praises—for our lives that are in Your hands, for our souls that are under Your care, for Your miracles that accompany us each day, and for Your wonders and Your gifts that are with us each moment—evening, morning, and noon.

You are the one who is good, whose mercy is never-ending; the one who is compassionate, whose love is unceasing. We have always placed our hope in You.

On Hanukkah we add Al Hanissim on page 430.

Gratitude

My God, open my eyes and my heart that I might always merit to see the good in the world and the good that You have bestowed upon me, even as I experience difficulties and am troubled. May no physical ailment or spiritual despair cause me to forget the blessings You have granted me in life. May Your love and Your compassion ever be before me.

—based on a prayer of
NAHMAN OF BRATZLAV

רצה, יהוה אלהינו, בעמך ישראל ובתפלתם, והשב אתה עבודה לדביר ביתך, ותפלתם באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך.

On Rosh Hodesh and Hol Ha-mo-ed we add:

אלהינו ואלהי אבותינו [ואמותינו], יעלה ויבא, ויגיע ויראה, וירצה וישמע, ויפקד ויזכר זכרוננו ופקדוננו, וזכרון אבותינו [ואמותינו], וזכרון משיח בן דוד עבדך, וזכרון ירושלים עיר קדשך, וזכרון כל עמך בית ישראל לפניך, לפליטה, לטובה, לחן ולחסד ולרחמים, לחיים ולשלום, ביום

On Sukkot: חג הסוכות. *On Pesah:* חג המצות. *On Rosh Hodesh:* ראש החודש

הזה. וזכרנו, יהוה אלהינו, בו לטובה, ופקדנו בו לברכה, והושיענו בו לחיים. ובדבר ישועה ורחמים, חוס וחסנו, ורחם עלינו והושיענו, פי אליך עינינו, פי אל מלך חנון ורחום אתה.

ותחזינה עינינו בשובך לציון ברחמים. ברוך אתה יהוה, המחזיר שכינתו לציון.

† מודים אנחנו לך, שאתה הוא יהוה אלהינו ואלהי אבותינו [ואמותינו] לעולם ועד. צור חיינו, מגן ישענו, אתה הוא לדור ודור. נודה לך וגספר תהלתך, על חיינו המסורים בידיך, ועל נשמותינו הפקודות לך, ועל נסיה שבכל יום עמנו, ועל נפלאותיך וטובותיך שבכל עת, ערב ובקר וצהרים. הטוב, פי לא כלו רחמיה, והמרחם, פי לא תמו חסדיך, מעולם קיינו לך.

On Hanukkah we add Al Hanissim on page 430.

RESTORE WORSHIP TO YOUR SANCTUARY והשב את העבודה לדביר ביתך. The destruction of the Temples in Jerusalem, first by the Babylonians in 587/586 B.C.E. and then by the Romans in 70 C.E., were cataclysmic events in early Jewish history. The prayer for restoring the Temple service expresses our longing to recover the sense of immediate connection with God that is believed to have characterized the Temple service.

WHO RESTORES YOUR DIVINE PRESENCE TO ZION המחזיר שכינתו לציון. In the Land of Israel in the 1st millennium, this blessing ended with the words שאותך לבדך ביראה נעבד, "You alone shall we worship in awe."

FOR YOUR MIRACLES ועל נסיהך. Miracles need not be supernatural events. Natural events—sunrise and sunset, the morning dew, life itself—may all be experienced with a sense of wonder.

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Pursuing Peace

Hezekiah taught: Great is peace, for all other mitzvot of the Torah are conditional: “If you see...” (Exodus 23:5), “If you meet...” (Exodus 23:4), “If you happen upon...” (Deuteronomy 22:6). If the circumstance comes your way then you must perform the mitzvah, but if not, there is no obligation to fulfill it. But regarding peace it is written, “Seek peace and pursue it” (Psalm 34:15). Seek peace wherever you find yourself, and pursue it in other places, as well.

—TRACTATE
DEREKH ERETZ

Shalom Rav

Spread Your peace over us like a vast quilt crafted by strong and patient hands. Plant it deep within us like a million seeds claiming life in the heart’s moist soil. Grant it now. To those born Your people, to those who have walked winding paths to become so; to those still burdened by history, to those with no memory of want or fear; grant a generous peace. To those who reach for it through the steady breath of the body; to those who grasp for it in a child home from the reserves; to those on the streets for the rights of others; to those on guard for the safety of their own; with abundant gentle blessing, Master of Peace, kiss all of us goodnight.

—TAMARA COHEN

For all these blessings may Your name be praised and exalted, our sovereign, always and forever.

On Shabbat Shuvah we add:

And inscribe all the people of Your covenant for a good life.

May all that lives thank You always, and faithfully praise Your name forever, God of our deliverance and help.

† *Barukh atah ADONAI*, Your name is goodness and praise of You is fitting.

Seventh B'rakhah: Prayer for Peace

Grant abundant and lasting peace to Your people Israel and all who dwell on earth, for You are the sovereign master of all the ways of peace. May it please You to bless Your people Israel at all times with Your gift of peace.

Shalom rav al yisrael am'kha v'al kol yosh'vei teiveil tasim l'olam, ki atah hu melekh adon l'khol ha-shalom.

V'tov b'einekha l'varekh et am'kha yisrael b'khol eit u-v'khol sha-ah bishlomekha.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it, and then continue on the next page:

May we and the entire house of Israel be called to mind and inscribed for life, blessing, sustenance, and peace in the Book of Life.

Barukh atah ADONAI, who brings peace.

Barukh atah ADONAI, who blesses Your people Israel with peace.

וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְרוֹמַם שְׁמֶךָ מִלְּפָנֵינוּ תַּמִּיד לְעוֹלָם וָעֶד.

On Shabbat Shuvah we add:

וּבְכוֹתוֹב לְחַיִּים טוֹבִים כָּל־בְּנֵי בְרִיתְךָ.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהִלְלוּ אֶת־שְׁמֶךָ בְּאַמַּת,

הָאֵל יִשׁוּעַתָּנוּ וְעֲזַרְתָּנוּ סֵלָה.

† בְּרוּךְ אַתָּה יְהוָה, הַטּוֹב שְׁמֶךָ וְלֵךְ נֶאֱדָה לְהוֹדוֹת.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ וְעַל כָּל־יְשׁוּבֵי תֵיבַל תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל־הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרַךְ אֶת־עַמְּךָ יִשְׂרָאֵל בְּכָל־עֵת וּבְכָל־שָׁעָה בְּשָׁלוֹמְךָ.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it, and then continue on the next page:

בְּסֹפֵר חַיִּים, בְּרָכָה, וְשָׁלוֹם, וּפְרִינָסָה טוֹבָה, נְדָבָר וְנִפְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל־עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וְלְשָׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה, עוֹשֵׂה הַשָּׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה, הַמְּבָרַךְ אֶת־עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

MAY YOUR NAME BE
PRAISED AND EXALTED

יִתְבָּרַךְ וַיִּתְרוֹמַם שְׁמֶךָ. In the worldview of the Bible and the liturgy, when we say “God’s name is exalted,” we are acknowledging God, recognizing God’s goodness in creation, and acting to enable God’s justice and compassion to be visible in the world.

WHO BLESSES YOUR PEOPLE

ISRAEL WITH PEACE הַמְּבָרַךְ יִשְׂרָאֵל בְּשָׁלוֹם. The midrash notes, “Great is peace, for all prayers conclude with pleas for peace” (Leviticus Rabbah 9:9). Just as the Amidah concludes with a prayer for peace, so too do the Grace After Meals, the Priestly Blessing, Kaddish Shalem, the Mourner’s Kaddish, and the evening Sh’ma and Its Blessings. Similarly, the entire Mishnah concludes with the word *shalom*, noting that God “could not find any vessel that could contain Israel, except that of peace” (Uktzin 3:12). Peace enables all blessings to be fully appreciated and enjoyed.

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Who Am I?

We do not step out of the world when we pray; we merely see the world in a different setting. The self is not the hub, but the spoke of the revolving wheel.

—ABRAHAM JOSHUA HESCHEL

A Concluding Meditation

My God, have compassion on me and help me always to yearn to live a holy life, each day to find some sparks of holiness in the world. Help me as I turn inward to express my yearning for You, and help me in my going out to uncover Your presence in the world.

—based on a prayer of NAHMAN OF BRATZLAV

The silent recitation of the Amidah concludes with a personal prayer or one of the following:

א

My God, keep my tongue from evil, my lips from deceit.

Help me ignore those who would slander me.

Let me be humble before all.

Open my heart to Your Torah, that I may pursue Your mitzvot.

Frustrate the designs of those who plot evil against me;

nullify their schemes.

Act for the sake of Your name; act for the sake of Your triumph;

act for the sake of Your holiness; act for the sake of Your Torah.

Answer my prayer for the deliverance of Your people.

May the words of my mouth and the meditations of my heart

be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

ב

Grant me the liberating joy of Shabbat, the ability to truly taste its delights. May my heart not be weighed down by sorrow on this holy Shabbat. Fill the soul of Your servant with gladness—for to You, ADONAI, I offer my entire being. Help me to increase the joys of Shabbat and to extend its joyful spirit to the other six days of the week. Show me the path of life, that I may be filled with the joy of being in Your presence, the delight of being close to You forever.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Yihyu l'ratzon imrei fi v'hegyon libi l'fanekha, Adonai tzuri v'go-ali.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

The silent recitation of the Amidah concludes with a personal prayer or one of the following:

א

אֱלֹהֵי, נִצּוּר לְשׁוֹנֵי מֵרַע, וּשְׁפָתֵי מִדְּבַר מִרְמָה, וְלִמְקַלְלֵי נַפְשֵׁי תְדוּם, וְנַפְשֵׁי בְּעַפְרָא לְכָל תְּהִיָּה. פָּתַח לְבִי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל־הַחוֹשְׁבִים עָלַי רָעָה, מִהֲרָה הִפֵּר עֲצָתָם וְקִלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינְךָ, עֲשֵׂה לְמַעַן קִדְשֶׁךָ, עֲשֵׂה לְמַעַן תּוֹרָתְךָ. לְמַעַן יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעַנְנֵי.

יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְהוּה צוּרִי וְגוֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֲשֵׂה שְׁלוֹם בְּמִרְוּמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל], וְאִמְרוּ אָמֵן.

ב

זַכַּנִּי לְשִׁמְחָה וְחֵירוּת שֶׁל שַׁבָּת, לְטַעַם טַעַם עֲנֵג שַׁבָּת בְּאַמְתָּ. זַכַּנִּי שְׁלֵא יַעֲלֶה עַל לְבִי עֲצָבוֹת בְּיוֹם שַׁבָּת קִדְשׁ. שִׁמַּח נַפְשׁ מִשְׁרָתְךָ, כִּי אֵלֶיךָ אֲדַנִּי נַפְשִׁי אֲשָׂא. עֲזַרְנִי לְהִרְבוֹת בְּתַעֲנוּגֵי שַׁבָּת, וּלְהַמְשִׁיךְ הַשְׁמִיחָה שֶׁל שַׁבָּת לְשֵׁשֶׁת יְמֵי הַחֹל. תוֹדִיעֵנִי אֶרְחַח חַיִּים, שִׁבְעַ שְׁמַחוֹת אֶת־פָּנֶיךָ, נְעִימוֹת בְּיַמִּינְךָ נִצַּח.

יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְהוּה צוּרִי וְגוֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֲשֵׂה שְׁלוֹם בְּמִרְוּמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל], וְאִמְרוּ אָמֵן.

MY GOD אֱלֹהֵי. One opinion voiced in the Babylonian Talmud states that every Amidah must be accompanied by a personal prayer (Berakhot 29b). The prayer that is printed here is offered by the Babylonian Talmud (Berakhot 17a) as an example of such a personal prayer; it is attributed to Mar son of Ravina (4th century). Unlike the rest of the Amidah, these personal prayers are distinguished by the use of the first-person singular. Worshippers might use this time as a moment for prayers that express thoughts and concerns not articulated for them by the formal liturgy.

ACT FOR THE SAKE OF YOUR TRIUMPH יְמִינְךָ. Literally, “Your right hand.” God’s right hand is associated with redemption and with God’s ultimate triumph. The psalmist sings, “The right hand of Adonai is triumphant” (118:15–16).

MAY THE WORDS יְהִיו לְרָצוֹן. Psalm 19:15. The Amidah is preceded by a brief prayer to be able to pray, and it closes here with a prayer that our prayers—even those that remain in our hearts, unexpressed—have been heard. Bracketing the Amidah with these biblical quotations was suggested by Rabbi Yohanan (Talmud of the Land of Israel, Berakhot 4:4).

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Angels Accompany You

By reciting the passage describing God's relation to creation, one shares the partnership of God and the world.

Rabbi Hamnuna said: The Torah treats one who prays on the eve of Shabbat and recites *Va-y'khulu* ("the heavens and the earth, and all they contain, were completed") as though that person had become a partner with the Holy One in the creation.... Hisda said in Mar Ukba's name: When one prays on the eve of Shabbat and recites *Va-y'khulu*, the two ministering angels who accompany a person place their hands on that person's head and say, "Now that these words have touched your lips, your sins shall be wiped away, and your transgressions atoned" (Isaiah 6:7). *Having received Shabbat, we stand before God innocent and pure.*

—BABYLONIAN TALMUD

Symbolic Repetition of the Amidah

The following biblical passage is recited while standing:

The heavens and the earth, and all they contain, were completed. On the seventh day God finished the work, ceasing from all work on the seventh day. Then God blessed the seventh day, making it holy—for on it, God ceased from all the work of creation.

Va-y'khulu ha-shamayim v'ha-aretz v'khol tz'va-am. Va-y'khal Elohim bayom ha-sh'vi-i m'lakhto asher asah, vayishbot bayom ha-sh'vi-i mikol m'lakhto asher asah. Va-y'varekh Elohim et yom ha-sh'vi-i va-y'kadesh oto, ki vo shavat mikol m'lakhto, asher bara Elohim la-asot.

The following passages are recited only with a minyan.

With Patriarchs:

Barukh atah ADONAI,
our God and God of our
ancestors, God of Abraham,
God of Isaac, and God of
Jacob, great, mighty, awe-
inspiring, transcendent God,
creator of heaven and earth.

With Patriarchs and Matriarchs:

Barukh atah ADONAI,
our God and God of our
ancestors, God of Abraham,
God of Isaac, and God of
Jacob, God of Sarah, God of
Rebecca, God of Rachel, and
God of Leah, great, mighty,
awe-inspiring, transcendent
God, creator of heaven and
earth.

God, who promised protection to our ancestors and assures life to the dead, the incomparable holy God [*on Shabbat Shuvah we substitute: holy Sovereign*], desired to give rest to the people Israel and so provided them with the holy Shabbat. We worship in awe and reverence in God's presence and offer thanks to God's name, each day, always. The source of blessings, the master of peace, God, to whom all thanks are due, sanctifies Shabbat and blesses the seventh day, providing sacred rest to a people filled with joy, celebrating it as a symbol of the work of creation.

Magen avot bidvaro, m'hayeih meitim b'ma-amaro, ha-El [on Shabbat Shuvah we substitute: ha-melech] ha-kadosh she-ein kamohu, ha-meini-ah l'amo b'yom shabbat kodsho, ki vam ratzah l'hani-ah lahem. L'fanav na-avod b'yirah vafahad, v'nodeh lishmo b'khol yom tamid. Me'on ha-b'rakhot, El ha-hoda-ot, adon ha-shalom, m'kadesh ha-shabbat u-m'varekh sh'vi-i, u-meini-ah bikdushah l'am m'dushnei oneg, zeikher l'ma-aseih v'reishit.

מעין שבע

The following biblical passage is recited while standing:

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צְבָאָם.
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה,
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ,
כִּי בּו שְׁבֹת מְכַלְמְלַאכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

The following passages are recited only with a minyan.

With Patriarchs and Matriarchs:

בְּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה,
אֱלֹהֵי רַחֵל, וְאֱלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, קוֹנֵה שָׁמַיִם
וְאָרֶץ.

With Patriarchs:

בְּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, קוֹנֵה שָׁמַיִם
וְאָרֶץ.

מִגֵּן אֲבוֹת בְּדַבְּרוֹ, מְחִיָּה מֵתִים בְּמֵאֲמָרוֹ,

הָאֵל הַקְּדוֹשׁ [הַמְּלֹךְ הַקְּדוֹשׁ: *on Shabbat Shuvah we substitute:*
שָׂאִין כְּמוֹהוּ, הַמְּנִיחַ לְעַמּוֹ בַּיּוֹם שֶׁבֶת קָדְשׁוֹ,
כִּי בָם רָצָה לְהַנִּיחַ לָהֶם. לְפָנָיו נַעֲבֹד בְּיִרְאָה וּפְחָד,
וְנוֹדָה לְשִׁמּוֹ בְּכָל-יוֹם תָּמִיד. מֵעוֹן הַפְּרֻכּוֹת,
אֵל הַהוֹדָאוֹת, אֲדוֹן הַשְּׁלוֹם, מְקַדֵּשׁ הַשְּׁבֹת וּמְבָרֵךְ
שְׁבִיעִי, וּמְנִיחַ בְּקִדְשָׁהּ לְעַם מְדֻשְׁנֵי עֲנָג,
זָכָר לְמַעֲשֵׂה בְּרֵאשִׁית.

SYMBOLIC REPETITION. The Amidah is never repeated aloud in any evening service, but on Shabbat we celebrate the day by including each of the themes of the Amidah in a single *b'rakhah*, which we chant or sing aloud after the conclusion of the silent Amidah.

THE HEAVENS AND THE EARTH וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ. Genesis 2:1–3. The Babylonian Talmud recommends that this passage be recited as a testament to Shabbat and to God's creation (Shabbat 119b). It is traditionally recited while standing, for in a Jewish court one's testimony is offered while standing.

PROTECTION TO OUR ANCESTORS מִגֵּן אֲבוֹת. This paragraph is a poetic reworking of the seven blessings of the Amidah.

Siddur Lev Shalem for Shabbat and Festivals
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Two Kinds of Peace

The Ḥasidic master Naḥman of Bratzlav distinguished between two kinds of peace. The first is peace within one's self, which arises out of a sense of awe and humility. The second kind of peace derives from prayer—a vision of universal peace, when there shall be peace in all the world.

The Song

On your journey you will come to a time of waking.

The others may be asleep. Or you may be alone.

Immediacy of song moving the titled

Visions of children and the linking stars.

You will begin then to remember. You Hear the voice relating after late listening.

You remember even falling asleep, or a dream of sleep.

For now the song is given and you remember.

At every clear waking you have known this song The cities of this music identified

By the white springs of singing, and their fountains

Reflected in windows, in all the human eyes.

The wishes, the need growing. The song growing.

—MURIEL RUKEYSER

► Our God and God of our ancestors, embrace our rest. Make us holy through Your mitzvot and let the Torah be our portion. Fill our lives with Your goodness and gladden us with Your deliverance. Purify our hearts to serve You truly. ADONAI our God, lovingly and willingly grant that we inherit Your holy Shabbat, that the people Israel, who make Your name holy, may find rest on this day. *Barukh atah ADONAI*, who makes Shabbat holy.

Kad'sheinu b'mitzvotekha v'ten ḥelkeinu b'toratekha, sabeinu mi-tuvekha v'samḥeinu bishuatekha, v'taher libeinu l'ovd'kha be-emet, v'hanḥileinu Adonai eloheinu b'ahavah u-v'ratzon shabbat kodshekha, v'yanuḥu vah yisrael m'kad'shei sh'mekha.

Kaddish Shalem

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God's great name be acknowledged forever and ever! *Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.*

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [on *Shabbat Shuvah* we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

May the prayers and pleas of all Israel be accepted by their creator in heaven. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teivail], v'imru amen.

On Festivals, Kiddush is recited, page 79.

◀ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ [וְאֲמוֹתֵינוּ], רְצֵה בְּמִנוּחָתָנוּ.
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ,
שְׂבַעְנוּ מִטוֹבֶךָ, וְשִׂמְחָנוּ בִישׁוּעָתֶךָ,
וְטַהַר לִבָּנוּ לְעִבְדֶּךָ בְּאֵמֶת,
וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרִצּוֹן שְׁבֵת קִדְּשֶׁךָ,
וְיִנוּחוּ בָּהּ יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ.
בְּרוּךְ אַתָּה יְהוָה, מִקִּדְּשֵׁי הַשְּׁבֵת.

קִדְּשֵׁי שָׁלֵם

Leader:

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵךָ רַבָּא, בְּעֵלְמָא דִּי בְּרָא, בְּרַעוּתָהּ,
וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵךָ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵךָ דְקִדְּשָׁא, בְּרִיךְ הוּא,
לְעֵלְמָא מִן כָּל־ [לְעֵלְמָא לְעֵלְמָא מְכָל־] [on *Shabbat Shuvah* we substitute:
בְּרַבְתָּא וְשִׁירְתָּא תִּשְׁבַּחְתָּא וְנִחַמְתָּא דְאַמִּירָן בְּעֵלְמָא,
וְאָמְרוּ אָמֵן.

תִּתְקַבֵּל צְלוֹתָהוֹן וּבְרַעוּתָהוֹן דְּכָל־יִשְׂרָאֵל קֳדָם אֲבוּהוֹן
דִּי בְּשַׁמְיָא, וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא, וְחַיִּים עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל], וְאָמְרוּ אָמֵן.

On Festivals, Kiddush is recited, page 79.

In our prayers, we may move among various understandings of "Israel": Israel as Jewish community, Israel as national home, and Israel as emblematic of all those who uphold an ethical universe.

KADDISH SHALEM קִדְּשֵׁי שָׁלֵם. In the ancient synagogue, Kaddish Shalem marked the conclusion of the service. The congregation responded to the leader's invitation to praise God's name at the beginning of the service, and it does so here as well, at the conclusion of the service.

The request that the prayers of all Israel be received favorably and that peace reign is an appropriate conclusion of the service. In the late Middle Ages, a more elaborate ending to the service was considered fitting and so the songs and prayers that follow were appended; to this day, some rites conclude here.

AND TO ALL WHO DWELL ON EARTH וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל. The inclusion of these words follows the liturgical practice of many Conservative prayerbooks and congregations of including a universalist dimension to certain prayers for peace, which would otherwise mention only Israel. The prayer thus prompts us to envision an expanding peace, beginning with ourselves and radiating outward: first to all the people Israel, and then to all created beings.

The 20th-century philosopher Emmanuel Levinas asserts that the designation "Israel" includes most broadly all human beings who are committed to the ethical care of the stranger.

Concluding Prayers

We rise.

Aleinu

It is for us to praise the ruler of all,
to acclaim the Creator,
who has not made us merely a nation,
nor formed us as all earthly families,
nor given us an ordinary destiny.

† And so we bow, acknowledging the supreme sovereign,
the Holy One, who is praised—
who spreads out the heavens and establishes the earth,
whose glory abides in the highest heavens,
and whose powerful presence resides in the highest heights.
This is our God, none else;
ours is the true sovereign, there is no other.
As it is written in the Torah:
“Know this day and take it to heart,
that ADONAI is God in heaven above and on earth below;
there is no other.”

*Aleinu l'shabei-ah la-adon hakol,
lateit g'dulah l'yotzer b'reishit,
shelo asanu k'goyei ha-aratzot,
v'lo samanu k'mishp'hot ha-adamah,
shelo sam helkeinu kahem,
v'goraleinu k'khol hamonam.*

† *Va-anahnu korim u-mishtaḥavim u-modim,
lifnei melekh malkhei ha-m'lakhim, ha-kadosh barukh hu.*

*Shehu noteh shamayim v'yosed aretz,
u-moshav y'karo ba-shamayim mima'al,
u-sh'kхинat uzo b'govhei m'romim,
hu eloheinu ein od.*

*Emet malkeinu efes zulato,
ka-katuv b'torato:*

*v'yadata hayom va-hashevota el l'vavekha, ki Adonai hu ha-elohim
ba-shamayim mima'al v'al ha-aretz mitaḥat, ein od.*

סיום התפילה

We rise.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה,
שֶׁלֹא שָׁם חֻלְקָנוּ כִּהֵם,
וְגַרְלָנוּ כְּכָל־הַמוֹנָם.

† וְאַנְהֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וּשְׁכִינֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד.
אֲמַת מְלַפְנוּ אָפֶס זוֹלָתוֹ,
כְּפִתּוּב בְּתוֹרָתוֹ:

וְיִדְעֵתָ הַיּוֹם וְהַשַּׁבָּת אֶל לְבָבְךָ, כִּי יְהוָה הוּא הָאֱלֹהִים
בְּשָׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

ALEINU עלינו. This prayer was originally composed for the *Malkhuyot* (“Sovereignty”) section of the Rosh Hashanah Musaf service. Since the late Middle Ages, it has acquired a special pride of place in Ashkenazic liturgy (but not in most Sephardic rites) and is recited as part of the conclusion of every service. It is customary to physically bow from the waist when we recite the line *va-anahnu korim*, “And so we bow.”

NOR FORMED US AS ALL EARTHLY FAMILIES ולא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה. The historic continuity of the Jewish people defies the story of most nations. Nevertheless, the Jewish exceptionalism emphasized in this prayer has been a matter of controversy, and the current Israeli Masorti Movement has offered the

option of reciting instead the lines from the prophet Micah: “For the people of every nation shall walk in the name of their god, but we shall walk in the name of Adonai, our God, forever” (4:5).

KNOW THIS DAY וְיִדְעֵתָ הַיּוֹם. Deuteronomy 4:39, from Moses’ speech enunciating the meaning of God’s revelation at Sinai.

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And so, ADONAI our God, we await You,
 that soon we may behold Your strength revealed in full glory,
 sweeping away the abominations of the earth,
 obliterating idols,
 establishing in the world the sovereignty of the Almighty.
 All flesh will call out Your name—
 even the wicked will turn toward You.
 Then all who live on earth will understand and know
 that to You alone every knee must bend,
 all allegiance be sworn.
 They will bow down and prostrate themselves before You,
 ADONAI our God,
 treasure Your glorious name,
 and accept the obligation of Your sovereignty.
 May You soon rule over them forever and ever,
 for true dominion is Yours;
 and You will rule in glory until the end of time.

► As is written in Your Torah:
 “ADONAI will reign forever and ever.”
 And as the prophet said:
 “ADONAI shall be acknowledged sovereign of all the earth.
 On that day ADONAI shall be one, and the name of God, one.”
*V’ne-emar: v’hayah Adonai l’melekh al kol ha-arets,
 bayom hahu yihyeh Adonai ehad, u-sh’mo ehad.*

We are seated.

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עַל כֵּן נִקְוָה לְךָ יְהוָה אֱלֹהֵינוּ,
 לְרֵאוֹת מְהֵרָה בְּתַפְאֶרֶת עֲזֹרָה
 לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ,
 וְהַאֲלִילִים כָּרוֹת יִפְרֹתוּן,
 לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי,
 וְכָל־בְּנֵי בָשָׂר יִקְרְאוּ בְּשִׂמְחָה
 לְהַפְנוֹת אֵלֶיךָ כָּל־רִשְׁעֵי אָרֶץ.
 יִפִּירוּ וַיִּדְעוּ כָּל־יֹשְׁבֵי תֵבֵל,
 כִּי לְךָ תִּכְרַע כָּל־בָּרָה,
 תִּשָּׁבַע כָּל־לֶשׁוֹן.
 לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ יִכְרְעוּ וַיִּפְּלוּ,
 וְלִכְבוֹד שִׁמְךָ יִקָּר יְהוָה,
 וַיִּקְבְּלוּ כָּלֶם אֶת־עַל מַלְכוּתְךָ.
 וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד,
 כִּי הַמַּלְכוּת שְׁלֹךְ הִיא,
 וְלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד.

◀ כַּפְתּוֹב בְּתוֹרַתְךָ: יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.
 וְנֹאמַר: וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל־הָאָרֶץ.
 בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד, וּשְׁמוֹ אֶחָד.

We are seated.

ESTABLISHING IN THE WORLD THE SOVEREIGNTY OF THE ALMIGHTY לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי. Beginning in the 19th century, this phrase was interpreted as a call to universal justice, similar to Isaiah’s call to Israel to be “a light unto the nations.” In this vein, the phrase *l’takken olam* was understood to mean “to repair the world,” to be partners with God in achieving a world filled with peace and righteousness. Even earlier, Maimonides (12th century) had argued that the single most important characteristic of messianic times would be an end to one people’s dominating another (Mishneh Torah, Hilkhhot Melakhim 12:2).

ADONAI WILL REIGN FOREVER AND EVER יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד. From the Song at the Sea, Exodus 15:18.

ON THAT DAY ADONAI SHALL BE ONE בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד. Zechariah 14:9. When the Sh’ma was recited earlier, we declared that God is one. Now, at the end of the service, we express our hopes that through our prayer, we have brought the created world a little closer to oneness with the One God. (Lawrence Kushner)

A Kavanah for Kaddish

Grant that the memories of those who have gone before us be a source of strength for me and for everyone of the house of Israel. May the souls of our departed find peace in Your sheltering care, and may we all be blessed with peace, tranquility, and the fullness of life.

The Blessing of Memory

It is hard to sing of oneness when our world is not complete, when those who once brought wholeness to our life have gone, and nothing but memory can fill the emptiness their passing leaves behind. But memory can tell us only what we were, in company with those we loved; it cannot help us find what each of us, alone, must now become. Yet no one is really alone; those who live no more echo still within our thoughts and words, and what they did is part of what we have become. We do best homage to our dead when we live our lives most fully, even in the shadow of our loss. Each life is a whole world; in each is the breath of the Divine. In affirming God we affirm the worth of each one whose life, now ended, brought us closer to the source of life, in whose unity no one is alone and every life finds purpose.

—CHAIM STERN

Mourner's Kaddish

In the season when Psalm 27 is recited, some congregations wait to say Kaddish until the completion of Psalm 27 (on page 59).

Mourners and those observing Yahrzeit:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and mourners:

May God's great name be acknowledged forever and ever!

Mourners:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [on *Shabbat Shuvah* we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Mourners and those observing Yahrzeit:

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih, v'yamlikh malkhuteih b'hayeikhon u-v'yomeikhon u-v'hayei d'khol beit yisrael, ba-agala u-vizman kariv, v'imru amen.

Congregation and mourners:

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Mourners:

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnasei v'yit-hadar v'yitaleh v'yit-halal sh'meih d'kudsha, b'rikh hu, l'eila min kol [on *Shabbat Shuvah* we substitute: l'eila l'eila mikol] birkhata v'shirata tushb'hata v'nehamata da-amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'hayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

קדיש יתום

In the season when Psalm 27 is recited, some congregations wait to say Kaddish until the completion of Psalm 27 (on page 59).

Mourners and those observing Yahrzeit:

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא,
בְּעֵלְמָא דִּי בְּרָא, פְּרַעֲוִיתָהּ,
וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ אָמֵן.

Congregation and mourners:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵיָא.

Mourners:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא, בְּרִיךְ הוּא,
לְעָלְמָא מִן כָּל- [לְעָלְמָא לְעָלְמָא מְכָל-
[on *Shabbat Shuvah* we substitute:
בְּרִכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחַמְתָּא דְּאִמְרוּן בְּעֵלְמָא,
וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים
עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל [וְעַל כָּל-יּוֹשְׁבֵי תַבְּלָ],
וְאָמְרוּ אָמֵן.

Siddur Lev Shalem for Shabbat and Festivals
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KADDISH קָדִישׁ. The custom for mourners to recite Kaddish began sometime after the 11th century. Though its origin is obscure, it has become an essential element of Jewish prayer. The Kaddish is not a private prayer; rather, it is recited in community with a *minyan* present. In that context, the mourner affirms that tragedy has not separated him or her from God or the Jewish people, and, in turn, the communal response then constitutes an acknowledgment of the mourner.

*A Prayer Upon Leaving
the Synagogue*

I thank You, God, for all the good You have provided for me and for all of creation. May it be Your will, Master of peace, that You bless me and keep me in mind, that I may find favor in my own eyes and in the eyes of all whom I meet. May I receive Your Shabbat with great joy. May we be spared illness and pain on this day and may we not be the instruments of sin. May Your angels of peace accompany me and may they bring blessings of life and peace to me, my family, and to us all.

ג

YIGDAL

Glorify and praise the living God who exists, but not in time—singular and unique, hidden and unbounded, having no body, not a physical being: we cannot describe God's distinctness. God existed before every thing; first of all—but with no beginning. This is the master of the world; all of creation points to God's greatness and sovereignty. Prophetic inspiration was bestowed upon the people God treasured and honored. There never arose in Israel another like Moses, a prophet able to see the very likeness of the Divine. By the hand of this prophet, trusted in God's house, Torah, a truthful teaching, was given to God's people. God will never alter the divine law, nor change it for another. God knows our innermost thoughts, and foresees their consequence from the start. God repays the righteous for their deeds; punishes evildoers in accord with their transgressions. The Divine will send us our Messiah at the end of days, redeeming those who wait for the time of God's triumph. God, with great mercy, will give life to the dead—may God's name be praised forever.

Yigdal elohim hai v'yishtabah, nimtza v'ein eit el m'tzi-uto.
Ehad v'ein yahid k'yihudo, nelam v'gam ein sof l'ahduto.
Ein lo d'mut ha-guf v'eino guf, lo na-arokh eilav k'dushato.
Kadmon l'khol davar asher nivra, rishon v'ein reishit l'reishito.
Hino adon olam, v'khol notzar, yoreh g'dulato u-malkhuto.
Shefa n'vu:ato n'tano, el anshei s'gulato v'tifarto.
Lo kam b'yisrael k'mosheh od, navi u-mabit et t'munato.
Torat emet natan l'amo El, al yad n'vi-o ne-eman beito.
Lo ya'alif ha-El v'lo yamir dato, l'olamim l'zulato.
Tzofeh v'yodei-a s'tareinu, mabit l'sof davar b'kadmato.
Gomel l'ish hesed k'mifalo, noten l'rasha ra k'rishato.
Yishlah l'keitz yamin m'shiheinu, lifdot m'hakei keitz y'shu-ato.
Meitim y'hayeh El b'rov hasdo, barukh adei ad shem t'hilato.

ג

יגדל

יגדל אלהים חי וישתבח,
נמצא ואין עת אל מציאותו.
אחד ואין יחיד פיהודו,
נעלם, וגם אין סוף לאחדותו.
אין לו דמות הגוף ואינו גוף,
לא נערוף אליו קדשתו.
קדמון לכל דבר אשר נברא,
ראשון ואין ראשית לראשיתו.
הנו אדון עולם וכל-נוצר
יורה גדלתו ומלכותו.
שפע נבואתו נתנו
אל אנשי סגלתו ותפארתו.
לא קם בישראל כמשע עוד
נביא ומביט את-תמונתו.
תורת אמת נתן לעמו אל,
על יד נביאו נאמן ביתו.
לא יחליף האל ולא ימיר דתו
לעולמים לזולתו.
צופה ויודע סתרינו,
מביט לסוף דבר בקדמתו.
גומל לאיש חסד כמפעלו,
נותן לרשע רע כרשעתו.
ישלח לקץ ימין משיחנו,
לפדות מחפי קץ ישועתו.
מתים יחיה אל ברוב חסדו,
ברוף עדי עד שם תהלתו.

YIGDAL יגדל. This song is believed to be an adaptation by Daniel ben Judah of Rome (14th century) of a longer poem by Immanuel of Rome (1261?–1335?). It is a poetic summary of Maimonides' thirteen articles of faith.

Although it has become a popular hymn, recited both before the morning blessings and at the conclusion of many services, there have always been objections to its use since many have argued that Judaism cannot be reduced to thirteen articles of faith. Some have altered the last lines, objecting to the affirmation that the dead will one day be resurrected.

In at least one of the cities of Hungary, the *hevra kadisha* (burial society) would proceed from house to house on the 7th day of Adar, the legendary anniversary of the birth and death of Moses, and would sing Yigdal, repeating the last stanza declaiming the resurrection of the dead. (based on Macy Nulman)

Siddur Lev Shalem for Shabbat and Festivals
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For Shabbat candlelighting, see page 4.

Greeting the Heavenly Guests: Shalom Aleikhem

Peace to you, ministering angels,
messengers of the Most High,
sent by the Sovereign, the sovereign of all sovereigns,
the Holy One, whom we bless.

Come in peace, angels of peace,
messengers of the Most High . . .

Bless me with peace, angels of peace,
messengers of the Most High . . .

Go in peace, angels of peace,
messengers of the Most High . . .

Shalom aleikhem, malakhei ha-shareit, malakhei elyon,
mi-melekh malkhei ha-m'lakhim, ha-kadosh barukh hu.
Bo-akhem l'shalom, malakhei ha-shalom, malakhei elyon . . .
Bar'khuni l'shalom, malakhei ha-shalom, malakhei elyon . . .
Tzeit'khem l'shalom, malakhei ha-shalom, malakhei elyon . . .

Blessing Those at Our Table

✠

EISHET HAYIL: A WOMAN OF MANY TALENTS

Would that one finds a woman of many talents!
Far beyond rubies is her worth.
The heart of her husband trusts in her and he never lacks for luxuries.
She does him good, not harm, all the days of her life.
She seeks out flax and wool and works them as she wills.
She is like a merchant's fleet bringing food from afar.
She rises while it is still night, preparing meals for her children
and daily fare for her maidservants.

continued

Eishet hayil mi yimtza, v'rahok mi-p'ninim mikhrah.
Batah bah lev balah, v'shalal lo yehsar.
G'malat-hu tov v'lo ra, kol y'mei hayeha.
Darshah tzemer u-fishtim, vata-as b'heifetz kapeha.
Haitah ko-oniyot soher, mi-merhak tavi lahmah.
Va-takom b'od lailah, va-titein teref l'veitah v'hok l'na-aroteha.

For Shabbat candlelighting, see page 4.

שְׁלוֹם עֲלֵיכֶם

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲבֵם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן,
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

✠

אִשֶּׁת חַיִּל

אִשֶּׁת חַיִּל מִי יִמְצָא, וְרַחֵק מִפְּנִינִים מְכָרָה.
בְּטַח בָּהּ לֵב בְּעֵלָהּ, וְשָׁלַל לֹא יַחְסֶר.

גְּמַלְתָּהּ טוֹב וְלֹא רָע, כֹּל יְמֵי חַיֶּיהָ.

דְּרָשָׁה צִמְר וּפְשִׁתִּים, וּתְעַשׂ בְּחֶפֶץ פְּפִיָּהּ.

הֵיטָה פְּאֻנִיּוֹת סוּהַר, מִמְּרַחֵק תָּבִיא לַחֲמָה.

וּתְקוֹם בְּעוֹד לַיְלָה, וּתְתַן טָרֵף לְבֵיתָהּ וְחֵק לְנַעֲרֹתֶיהָ.

continued

SHALOM ALEIKHEM is a popular song based on the talmudic description of angels that accompany people on Shabbat from the synagogue to their home, and bless those observing the day. (For more on this legend, see page 3.) Of unknown authorship, it probably dates from the 16th century.

EISHET HAYIL אִשֶּׁת חַיִּל. In kabbalistic theology, the Shekhinah, God's presence, is called *eishet hayil*, the strong woman. Sixteenth-century Kabbalists would come home from prayers welcoming Shabbat and sing this passage to their wives, as the physical embodiment of that Divine Presence.

HER CHILDREN לְבֵיתָהּ. Literally, "her household." Our translation follows the classical Jewish interpreter Rashi (1040–1105, northern France), who understands the word here to mean "her children." The Hebrew translated as "meals" may specifically refer to meat.

Kiddush

God makes Shabbat holy,
and in response Israel
acknowledges Shabbat
as holy.

—based on a
TALMUDIC TEACHING

I Lift My Cup

על אֲהַבְתָּךְ אֲשֶׁתָּה גְבִיעֵי
שְׁלוֹם לְךָ שְׁלוֹם יוֹם
הַשְּׁבִיעִי
מֵה נִעְמָה לִי עֵת בֵּין
הַשְּׁמֵשׁוֹת
לְרֵאוֹת פְּנֵי שַׁבָּת פְּנִים
הַדְּשׁוֹת
בְּאוֹ בְּתַפְרוּחִים הַרְבּוּ
אֲשִׁישׁוֹת
זֶה יוֹם מְנוּחָי זֶה דְּוָדִי
וְרַעִי.

I lift my cup to celebrate
my love for you,
and say:
shalom to you,
shalom, seventh day.

How pleasing to me
this moment of twilight,
ushering in Shabbat,
the world's new face,
beginning tonight.
Come, enter this orchard,
eat of its fruit,
for this is my companion,
my friend,
my time of quietude.

Al ahavatekha eshteh g'vi-i
shalom l'kha shalom yom
ha-sh'vi-i
mah na-amah li eit bein
ha-sh'mashot
lirot p'nei shabbat panim
hadashot
bo-u v'tapuhim harbu ashishot
zeh yom m'nuhi zeh dodi v'rei-i.

—YEHUDAH HALEVI

On Festivals, Kiddush is recited on page 79.

Kiddush for Shabbat Evening

We rise.

With the assent of my friends:

Barukh atah ADONAI, our God, sovereign of time and space,
who creates the fruit of the vine.

Barukh atah Adonai eloheinu melekh ha-olam, borei pri ha-gafen.

Barukh atah ADONAI, our God, sovereign of time and space,
who has desired us and has provided us with a path to
holiness through the observance of mitzvot,
and who lovingly and willingly has bestowed on us Shabbat,
a measure of God's holiness, a symbol of the work of creation.

For it is the first of sacred times,
a symbol of the exodus from Egypt.

You have chosen us, and sanctified us among all peoples by
lovingly and willingly bestowing on us Your holy Shabbat.

Barukh atah ADONAI, who makes Shabbat holy.

Barukh atah adonai eloheinu melekh ha-olam,
asher kid'shanu b'mitzvotav v'ratzah vanu,
v'shabbat kodsho b'ahavah u-v'ratzon hinhilanu
zikaron l'ma-aseih v'reishit,
ki hu yom t'hilah l'mikra-ei kodesh,
zeikher litziat mitzrayim,
ki vanu vaharta v'otanu kidashta mikol ha-amim,
v'shabbat kodsh'kha b'ahavah u-v'ratzon hinhaltanu.
Barukh atah Adonai, m'kadeish ha-shabbat.

Between Pesah and Shavuot, we turn to page 63 for the Counting of the Omer.

On Festivals, Kiddush is recited on page 79.

קִדּוּשׁ לְלֵיל שַׁבָּת

We rise.

סְבָרֵי הַחֲבֵרוֹתִי:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ

זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית,

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,

זְכוֹר לְיִצְיַאת מִצְרַיִם,

כִּי בָנוּ בַּחֲרֵת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל־הָעַמִּים,

וְשַׁבַּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ.

בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת.

Between Pesah and Shavuot, we turn to page 63 for the Counting of the Omer.

synagogue, since some of those present might not have had the opportunity to properly celebrate Shabbat at home. As we have just recited the biblical passage about God resting on Shabbat (Genesis 2:1–3, *Va-y'khulu*), the synagogue Kiddush does not include it, although the home ritual does (see page 76). If everyone is participating in a home or synagogue meal, then Kiddush is not recited at the service, but only at the dinner table.

LOVINGLY . . . LOVINGLY בְּאַהֲבָה . . . בְּאַהֲבָה. The words of Kiddush emphasize that Shabbat represents a loving relationship between God and Israel.

FIRST OF SACRED TIMES לְמִקְרָאֵי קִדְּשׁ. In the enumeration of holidays in Leviticus, Shabbat is listed first and then the festivals follow. Also, Shabbat was the first ritual to be ordained after the exodus from Egypt. In fact, instructions and exhortations regarding the observance of Shabbat preceded the revelation at Sinai. When Israel was told about the manna that was to feed them in the desert, they were instructed to collect a double share on Friday so that they would not go out and collect food on Shabbat.

A SYMBOL OF THE EXODUS FROM EGYPT זְכוֹר לְיִצְיַאת מִצְרַיִם. In the version of the Decalogue in Exodus (20:8), Shabbat is said to be a commemoration of the creation of the world, but in the version in Deuteronomy (5:12), Shabbat is said to symbolize the exodus from Egypt. The liturgy combines both thoughts.

Siddur Lev Shalem for Shabbat and Festivals
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