

Shabbat Shira

Family Service



Worship God with joy עבדו את ה' בשמחה

Morning Blessings

Blessed are You, our Living God, מְלֶכֶּךְ אֱלֹהֵינוּ בָרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מְלֶכֶךְ
Ruler of the universe, You have made me just as You wanted me. הָעוֹלָם, שְׁעָשִׂי כְרִצּוֹנוֹ:

Baruch Attah Adonai, Eloheinu melech ha-olam, she'asani kir'tzono.

Blessed are You, our Living God, מְלֶכֶּךְ אֱלֹהֵינוּ בָרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מְלֶכֶּךְ
Ruler of the universe, make sure we are dressed. הָעוֹלָם, מִלְּבִישׁ עֲרוּמִים:

Baruch Attah Adonai, Eloheinu melech ha-olam, malbish arumim.

Blessed are You, our Living God, מְלֶכֶּךְ אֱלֹהֵינוּ בָרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מְלֶכֶּךְ
Ruler of the universe, You give strength to all of us who are tired. הָעוֹלָם, הַנּוֹתֵן לְיָעָף כֹּחַ:

Baruch Attah Adonai, Eloheinu melech ha-olam, ha-notein la-ya'eif ko'ach.

Blessed are You, our Living God, מְלֶכֶּךְ אֱלֹהֵינוּ בָרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מְלֶכֶּךְ
Ruler of the universe, You take away sleep from my eyes and slumber from my eyelids. הָעוֹלָם, הַמְעַבִּיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפֵי:

Baruch Attah Adonai, Eloheinu melech ha-olam, ha-ma'avir sheinah me-einai u-t'numah me-afapai.

Songs of Praise פְּסוּקֵי דְזִמְרָא

Blessed is God who commanded and the world came to be.

We praise You God whose word is deed, whose will is done.

We praise You God who made creation.

We praise You God, who has mercy on the earth and its inhabitants.

בָרוּךְ שְׂאֵמַר וְהָיָה הָעוֹלָם.

בָרוּךְ אוֹמֵר וְעוֹשֶׂה,

בָרוּךְ גּוֹזֵר וּמְקַיֵּם.

בָרוּךְ עוֹשֶׂה בְּרֵאשִׁית.

בָרוּךְ מְרַחֵם עַל הָאָרֶץ,

בָרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת.

שַׁחֲרִית לְשַׁבַּת SHABAT MORNING SERVICE

עֲטִיפַת טְלִית **Putting on the Tallit**

We praise You, Eternal God, Sovereign of the universe: for making us holy with Your commandments, and telling us to put on a *tallit*.

בָרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מְלֶכֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Baruch Attah Adonai, Eloheinu Melech ha-olam, asher kiddeshanu b'mitzvotav v'tzivanu l'hit'atef ba-tzitzit.

* * *

בְּרֻכּוֹת הַשַּׁחַר **Morning Prayers**

How lovely are your tents, O Jacob, your dwelling-places, O Israel!

מֵה־טֹבוֹ אֹהֲלֶיךָ, יַעֲקֹב,
מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל!

Mah tovu ohaleicha Ya'akov, mishk'notecha Yisrael

I thank You, Everlasting God, for You kindly made me all awake and full of energy.

מוֹדָה אֲנִי לְפָנֶיךָ מְלֶכֶךְ חַי וְקַיִם
שֶׁהַחַיּוּת בִּי נִשְׁמָתִי בְּחַמְלָה
רַבָּה אֲמוּנָתְךָ.

Modeh ani l'faneichah Melech chai v'kayam, shehechezarta bi nishmati b'chemlah; rabbah emunatechah.

From Psalm 92

A Psalm to sing for the Shabbat Day.

It is good to thank You
Eternal God,
and to sing to Your name,
God beyond all,
to tell of Your love
in the morning
and Your faithfulness
at night.

With the ten stringed lute,
with the lyre,
with the gentle sound of the harp.
For you made me glad
because of Your deeds,
O God, for Your handiwork
I sing out.

Mizmor shir l'yom ha-Shabbat. Tov l'hodot la-Adonai u-l'zamer l'shimcha elyon. L'hagid ba-boker chasdecha v'eimuna'cha ba-leilot. Alei asor va-alei navel alei higayon b'chinor. Ki simachtani Adonai b'fo'alecha b'ma'asei yadecha aranein. Mah gad'lu ma'asecha Adonai m'od am'ku machshevotecha.

The Shema and its Benedictions שְׁמַע וּבְרָכוּתֶיהָ

בְּרַכּוּ אֶת־יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Bar'chu et Adonay ha-m'vorach.
Baruch Adonay ha-m'vorach l'olam va-ed*

Bless the Living God whom we are called to bless.

Blessed is the Living God whom we are called to bless forever and ever.

We praise You God, who dispels
darkness and brings on light.
We praise You God, who saves
and redeems us.

בְּרוּךְ מַעֲבִיר אֲפֵלָה וּמְבִיא
אוֹרָה. בְּרוּךְ פּוֹדֶה וּמַצִּיל,
בְּרוּךְ שְׁמוֹ.

*Baruch she-amar v'haya ha-olam, baruch Hu.
Baruch omer v'oseh, baruch gozer u-m'kayem.
Baruch oseh v'reishit.*

*Baruch m'rachem al ha-aretz, baruch m'rachem al ha-briyot.
Baruch ma'avir afeilah u-meivi orah.
Baruch podeh u-matzil, baruch shemo.*

Psalm 150

Halleluyah!
Praise God in the sanctuary;
Praise God in the sky,
Praise God for mighty acts
Praise God for God's
exceeding greatness.
Praise God with blasts of the horn;
Praise God with harp and lyre.
Praise God with timbre and dance;
Praise God with lute and pipe.
Praise God with
resounding cymbals;
Praise God with
loud-clashing cymbals.
Let all that breathe praise God.
Halleluyah!

הַלְלוּיָהּ
הַלְלוּ-אֱלֹהִים בְּקֹדֶשׁוֹ
הַלְלוּהוּ בְּרָקִיעַ עֲזוֹ;
הַלְלוּהוּ בְּגִבוּרֹתָיו
הַלְלוּהוּ כְּרֹב גְּדִלוֹ;
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר
הַלְלוּהוּ בְּנֵבֶל וּבְנֹר;
הַלְלוּהוּ בְּתֹף וּמְחוֹל
הַלְלוּהוּ בְּמִנִּים וְעוּגָב;
הַלְלוּהוּ בְּצִלְצְלֵי-שִׁמְעַ
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה;
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ:

*Halleluyah!
Hall'lu El b'kodsho, hall'luhu birki'ah uzo. Hall'luhu bigvurotav,
hall'luhu k'rov gud'loh. Hall'luhu b'tekar shofar, hall'luhu b'nevel
v'chinor. Hall'luhu v'tof u-machol, hall'luhu b'minim v'ugav; Hall'luhu
v'tziltzelei shamah, hall'luhu b'tziltzelei tru'ah. Kol ha-n'shamah
t'halel Yah, Halleluhayh!*

Who of the gods people worship is like You, Eternal One? Who is like You? You are full of glory and holiness, awe and splendour. You do wonderful things.

מִי־כִמְכָה בְּאֵלִים יְהוָה?
מִי־כִמְכָה, נְאֻדָּר בְּקֹדֶשׁ, נוֹרָא
תְּהִלָּתוֹ, עֲשֵׂה פִלְאָא?

*Mi chamocha ba-eilim Adonai,
Mi chamocha ne'dar ba-kodesh,
Nora t'hillot, oseih fele?*

תְּפִלָּה Tefillah

אֲדַנִּי שְׁפֹתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.
Eternal God, open my lips, and my mouth shall declare Your praise.

Adonai, s'fatai tif'tach u-fi yaggid t'hillateicha.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Hear, O Israel: the Eternal One is our God,
the Eternal God is One.

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד

We praise God, whose wonderful rule is for ever and ever.

*Shema Yisrael Adonai Eloheynu, Adonai echad (4x).
Baruch Shem kevod, Shem kevod malchuto, l'olam va'ed. (4x)*

You shall love the Eternal One, your God, with all your heart, with all your soul, with all your might. Let these words, which I command you this day, be always in your heart. Teach them carefully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be like signs between your eyes; write them on the doorposts of your house, and on your gates.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל־לִבְבְּךָ וּבְכָל־נַפְשְׁךָ
וּבְכָל־מְאֹדְךָ: וְהָיָה הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל־לִבְבְּךָ: וְשָׁנַנְתָּם לְבְנֵיךָ
וּדְבַרְתָּ בָּם בְּשֹׁבְתְךָ בְּבֵיתְךָ
וּבְלֻכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ: וְקִשַּׁרְתָּם לְאוֹת
עַל־יְדֹךָ וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל־מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:

*V'ahavtah et Adonai Elohecha b'chol l'vav'v'cha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu ha-d'varim ha-eleh, asher anochi m'tzavcha
ha-yom al l'vavecha. V'shinantam l'vanecha v'dibarta bam, b'shivt'cha
b'veitecha, uv'lecht'cha va-derech u-vshochb'cha uv-kumecha.
U-kshartam l'ot al yadecha, v'hayu l'totafot bein einecha. U'chtavtam al
mezuzot beitecha, uvisharecha.*

You are endlessly mighty, Eternal One; You give eternal life and great is Your power to redeem.

Lovingly You sustain the living; with kindness You grant us eternal life. You support those who fall and heal those who are sick; You free those who are captive and care for those who sleep in the dust.

Who is like You Mighty God? Who is like You, You bring life and death? You want goodness on the earth.

Because we trust in You, we can see life beyond death.

We praise You, O God, Giver of life.

*Attah gibor l'olam, Adonai, m'chayeh meitim Attah rav l'hoshi'a.
M'chalkel chayyim b'chesed, m'chayeh meitim b'rachamim rabbim;
someich noflim v'rofeh cholim, u'matir asurim, u-m'kayem emunato
lishei'nei afar. Mi chamocha ba'al gevurot, umi domeh lach, melech
meimit u-m'chayeh u-matzmi'ach yeshu'ah.
V'ne'eman Attah l'hachayot meitim.
Baruch Attah Adonai, m'chayeh ha-meitim.*

אתה גבור לעולם, אדוני, מחיה
מתים אתה, רב להושיע.

מכלכל חיים בחסד, מחיה
מתים ברחמים רבים. סומך
נופלים, ורופא חולים, ומתיר
אסורים, ומקים אמונתו לישגי
עפר.

מי כמוך, בעל גבורות, ומי
דומה לך, מלך ממית ומחיה
ומצמיח ישועה?

ונאמן אתה להחיות מתים.

ברוך אתה יי, מחיה המתים.

We praise You, Eternal One, our God and God of our ancestors: of Abraham, Isaac, and Jacob; of Sarah, Rebecca, Rachel, and Leah; the great, mighty, and revered God; most high God You deal kindly with us and embrace us all. You remember the faithfulness of our ancestors, and in love bring a redeemer to their children's children for the sake of Your name.

You are our Sovereign and Helper, our Redeemer and Shield.

We praise You, O God, Shield of Abraham and Protector of Sarah.

*Baruch Attah Adonai, Eloheinu v'elohei avoteinu v'imoteinu.
Elohei Avraham, Elohei Sara, Elohei Yitzchak, Elohei Rivkah v'Elohei
Ya'akov, Elohei Rachel v'Elohei Leah. Ha'El ha-gadol, ha-gibor
v'ha-norah, El Elyon; gomel chasadim tovim, v'koneh ha-kol, v'zocher
chasdei avot v'imahot, u-meivi go'el liv'nei v'neihem, l'ma'an sh'mo
b'ahavah. Melech ozer u'moshi'ah u'magen.
Baruch Attah, Adonai, Magen Avraham pokeid Sarah*

ברוך אתה יי, אלהינו ואלהי
אבותינו ואמותינו: אלהי
אברהם, אלהי יצחק ואלהי
יעקב; אלהי שרה, אלהי
רבקה, אלהי רחל ואלהי
לאה; האל הגדול הגבור
והנורא אל עליון. גומל
חסדים טובים וקונה הכל,
וזוכר חסדי אבות ואמהות,
ומביא גואל לבני בניהם,
למען שמו באהבה.
מלך עוזר ומושיע ומגן.
ברוך אתה יי, מגן אברהם
פוקד שרה.

Our God and God of our ancestors, bless us with the threefold benediction of the Torah:

God bless you and keep you.

May this be God's will.

God look kindly upon you, and be gracious to you.

May this be God's will.

God reach out to you in tenderness, and give you peace.

Amen. May this be God's will.

Eloheinu v'eilohei avoteinu. Bar'cheinu bab'rachah ha-m'shuleshet ha-k'tuvah ba-Torah.

Y'varech'cha Adonai v'yishm'recha. Ken y'hi ratzon

Ya'er Adonai pnav elecha v'chuneka - Ken y'hi ratzon

Yisa Adonai panav eleicha v'yasem l'cha shalom. Amen - Ken y'hi ratzon

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Peace will come upon us and upon everyone.

עוד יבוא שלום עלינו ועל כלם
סלאם עלינו ועל כל העולם.

Od yavo shalom aleinu (2x)

Od yavo shalom aleinu v'al kulam

Salam, (2x) aleinu v'al kol ha-olam, salam, salam

Torah Service קריאת התורה

The Children of Israel shall keep the Shabbat, observing the Shabbat as a timeless covenant for all generations. 'It is a sign between Me and the Children of Israel forever'. For in six days God made heaven and earth, and on the seventh day ceased from work and was at rest.

(Exodus 31:16-17)

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 sheshet yamim asah Adonai, et ha-shamayim v'et ha-aretz. U'va-yom ha-sh'vi'i shavat va-yinafash.

Give us and to all Israel Your people peace, blessing, life, love and mercy. Bless us like a parent with Your love, Eternal God.

We praise You, O God, You gives us peace.

Sim shalom tovah u-v'rachah, chayyim, chen va-chesed v'rachamim, aleinu v'al kol Yisrael amecha. Barchenu avinu kulanu k'echad. Baruch Attah Adonai, oseh ha-shalom.

* * *

(All children shelter under their parents' tallit)

אלהינו ואלהי אבותינו,
ברכנו בברכה המושלשת
הכתובה בתורה:

יברכך יהוה וישמרך.

כן יהי רצון.

יאר יהוה פניו אליך ויחנך.

כן יהי רצון.

ישא יהוה פניו אליך וישם לך

שלום. אמן. כן יהי רצון.

ושמרו בני ישראל את השבת
לעשות את השבת לדורתם ברית

עולם: ביני וביני בני ישראל אות

הוא לעולם כיששת ימים עשה

יהוה את השמים ואת הארץ

וביום השביעי שבת וינפש:

שים שלום, טובה וברכה, חן
וחסד ורחמים, עלינו ועל
כל ישראל עמך. ברכנו, אבינו,
בלנו כפאחד.

ברוך אתה יי, עושה השלום.

The tasteful style was the
ultimate in good design
And this is why it caught the
eye
A king would stop and stare

And when Joseph tried it on
He knew his sheepskin days
were gone
Such a dazzling coat of many
colours

How he loved his coat of
many colours
In a class above the rest
It even went well with his vest
Such a stunning coat of
many colours
How he loved his coat of
many colours
It was red and yellow and
green and brown and blue

Joseph's brothers weren't too
pleased with what they saw
They had never liked him all
that much before
And now this coat
Has got their goat
They feel life is unfair

And when Joseph graced the
scene
His brothers turned a shade
of green
His astounding clothing took
the biscuit

Quite the smoothest person
in the district
He looks handsome, he looks
smart
He's a walking work of art
Such a dazzling coat of many
colours
How he loves his coat of
many colours

It was red and yellow and
green and brown
And scarlet and black and
ochre and peach
And ruby and olive and violet
and fawn
And lilac and gold and
chocolate and mauve
And cream and crimson and
silver and rose
And azure and lemon and
russet and grey
And purple and white and
pink and orange
And red and yellow and
green and brown and blue

On three things does the
world depend: on learning,
worship and loving deeds.

עַל שְׁלוֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל
גְּמִילוּת חַסְדִּים.

*Al sh'loshah d'varim ha-olam omed.
Al ha-Torah, v'al ha-avodah v'al g'milut chasadim.*

* * *

Joseph's Coat (the Coat of Many Colours)

Joseph's mother, she was
quite my favourite wife
I never really loved another
all my life
And Joseph was my joy
because
He reminded me of her

Through young Joseph,
Jacob lived his youth again
Loved him, praised him, gave
him all he could, but then
It made the rest feel second
best
And even if they were –

Being told they're also-rans
Does not make them Joseph
fans
But where they have really
missed the boat is

They're great guys but
no-one seems to notice
Joseph's charm and winning
smiles
Fail to slay them in the aisles
And his father couldn't see
the danger
He could not imagine any
danger
He just saw in Joseph all his
dreams come true

Jacob wanted to show the
world he loved his son
To make it clear that Joseph
was the special one
So Jacob bought his son a
coat
A multi-coloured coat to wear

Joseph's coat was elegant,
the cut was fine

Prayer for healing

May God who blessed our ancestors Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah bless and heal all those who are ill. Oh God, heal them.

מי שִׁבְרָךְ אֲבוֹתֵינוּ אֲבָרְהָם, יִצְחָק וְיַעֲקֹב, שָׂרָה רִבְקָה, רָחֵל וְלֵאָה, הוּא יְבָרְךָ וְיִרְפֶּה אֶת הַחֹלִים. אֵל נָא רַפָּא נָא לָהּ:

Mi she-berach avteinu Avraham, Yitzchak, v'Ya'akov, Sarah, Rivka, Rachel v'Leah, Hu y'varech v'rapeh et ha-cholim. El na, refa na lah

Birthdays

May it be a good and lucky sign for us and for all Israel.

סִימָן טוֹב וּמְזַל טוֹב, וּמְזַל טוֹב וְסִימָן טוֹב, יְהִי לָנוּ וּלְכָל יִשְׂרָאֵל.

Siman tov, u-mazzal tov, u-mazzal tov v'siman tov, y'hei lanu u-l'chol Yisrael
* * *

Concluding Song

Eternal God, who reigned before
Your will had caused the world to be,
Already then You reigned supreme
In undisputed sovereignty.

אֲדוֹן עוֹלָם אֲשֶׁר מִלְּפָנֶיךָ,
בְּטֶרֶם כָּל-יִצִיר נִבְרָא,
לֵעֵת נַעֲשֶׂה בְּחִפְצוֹ כֹּל,
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

*Adon olam asher malach, beterem kol yitzir nivra,
L'et na-asah v'cheftzo kol, azay melech sh'mo nik'ra.*

The story of Joseph

Any Dream Will Do

[Joseph]

A. I closed my eyes, drew back the curtain
To see for certain what I thought I knew
Far far away, someone was weeping
But the world was sleeping
Any dream will do

[Joseph & Children]

B. I wore my coat, with golden lining
Bright colours shining, wonderful and new
And in the east, the dawn was breaking
And the world was waking
Any dream will do

[Joseph]

C. A crash of drums, a flash of light
My golden coat flew out of sight
The colours faded into darkness
I was left alone

[Joseph & Children]

D. May I return to the beginning
The light is dimming, and the dream is too
The world and I, we are still waiting
Still hesitating
Any dream will do

Repeat C and D

or

Puff the kosher dragon

Puff the *kosher* dragon lived in Palestine
and frolicked in the Synagogue and drank Israeli wine
little Rabbi Goldberg loved that *kosher* Puff
and fed him *lox* and *matzo* balls and other *kosher* stuff

Then one day it happened , Puff was eating pork
so little Rabbi Goldberg took that dragon for a walk
Gently he explained that dragons don't eat meat
that comes from little piggies who have dirty filthy feet

Chorus

Then Puff became Bar Mitzvah, laid *t'fillin* every day
wrapped up in his *tallit*, that's the way he used to pray
Made *b'rachot* before eating, *bensched* after every meal,
Imagine how religious it made that dragon feel

Chorus

Now Puff that *kosher* dragon found himself a bride
Now little *kosher* dragons are his source of joy and pride
They'll grow up doing *mitzvot*, learning Torah, praying too
And little Rabbi Goldberg teaches them what they should do.

Chorus

Oh, you who may be listening may think I'm making fun
but deep down in this story is a moral for everyone,
if Puff can wear a *kippah*, keep Torah and *kosher* too,
then you can learn like Puff did how to be a
real Jew.

* * *

Concluding Blessing

And when the universe has ceased,
You still will reign in majesty,
For as You were, so will You be
From now until eternity.

וְאַחֲרֵי כְּכֹלֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נֹרָא;
וְהוּא הָיָה וְהוּא הוֹה,
וְהוּא יִהְיֶה בְּתַפְאֲרָה.

*V'acharei kich'lot ha-kol, l'vado yimloch nora,
V'Hu hayah, v'Hu hoveh, v'Hu yih'yeh b'tif'arah.*

And You are One, there is none else,
No equal standing at Your side,
Without beginning, without end,
All might and rule in You reside.

וְהוּא אֶחָד, וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ, לְהַחְבִּירָה,
בְּלִי רֵאשִׁית, בְּלִי תְּכֵלִית,
וְלוֹ הָעֹז וְהַמְשָׁרָה.

*V'Hu echad, v'ein sheni, l'ham'shil lo l'hach'birah,
B'li reishit, b'li tachlit, v'lo ha-oz v'ha-misrah.*

My living and redeeming God,
My shelter on a stormy day,
My banner and my refuge still,
My cup of comfort when I pray.

וְהוּא אֱלֹהֵי וְחַי גֹּאֲלִי,
וְצוּר חֻבְלֵי בַּעַת צָרָה,
וְהוּא נֹסֵי וּמְנוּס לִי,
מִנֵּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

*V'Hu Eli, v'Hu Go'ali, v'tzur chevli b'et tzarah,
V'Hu nisi u-manos li, m'nat kosi b'yom ekra.*

Into Your hand I place my soul,
Asleep, awake, for You are near,
And with my soul, my body too:
You are my God, I shall not fear.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בַּעַת אִישָׁן וְאַעִירָה,
וְעַם רוּחִי גְּוִיָּתִי;
יְיָ לִי, וְלֹא אִירָא.

*B'yado afkid ruchi, b'et ishan v'a'irah,
v'im ruchi g'viyati, Adonai li, v'lo ira.*

May God bless you with all good, and keep you from all evil.

May God teach your heart the meaning of life, and grant you knowledge.

May God reach out to you with tenderness, that you may have enduring peace.

יְבָרְכֶךָ בְּכֹל טוֹב,
וְיִשְׁמֹרְכָה מִכּוֹל רָע,
וְיֵאִיר לְבָבְךָ בְּשֵׂכֶל חַיִּים,
וְיַחְוֶנְכָה בְּרַעַת עוֹלָמִים,
וְיִשָּׂא פָנָיו חֲסָדָיו לְכָה
לְשָׁלוֹם עוֹלָמִים.

KIDDUSH

Blessing for wine

Blessed are You, Eternal One
our God, Sovereign of the
universe, who creates the fruit of
the wine.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.

Blessing for bread

Blessed are You, Eternal One
our God, Sovereign of the
universe, who brings forth food
from the earth.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמוֹצֵיא לֶחֶם מִן
הָאָרֶץ.

* * *