

Erev Shabbat

Hineh Mah Tov

Hineh mah tov umana'im shevet achim gam Yachad

How good and pleasant for siblings to dwell together in unity.

Candles

As these candles give light to all who behold them, so may we, by our lives, give light to all who behold us. As their brightness reminds us of generations of Israel who have kindled light, so may we, in our day, be among those who kindle light.

Baruch atah Adonai, Eloheinu Melech ha'olam asher kid'shanu b'mitsvotav v'tsivanu l'hadlik ner shel Shabbat.

Blessed are you, Adonai our God, Life of the universe, who has sanctified us with mitzvot and given us the mitzvah or kindling the Shabbat lights.

Welcoming the Shabbat Angels

Shalom Aleichem

Shalom aleichem mal'achei ha-sharet mal'achei Elyon, mi-melech malchei ha-milachim ha-kadosh Baruch Hu.

Bo'achem le-shalom mal'achei ha-shalom mal'achei Elyon, mi-melech malchei ha-milachim ha-kadosh Baruch Hu.

Barchuni le-shalom mal'achei ha-shalom mal'achei Elyon, mi-melech malchei ha-milachim ha-kadosh Baruch Hu.

Tzeitchem le-shalom mal'achei ha-shalom mal'achei Elyon, mi-melech malchei ha-milachim ha-kadosh Baruch Hu.

Peace upon you, ministering angels, messengers of the Most High, sent by the king, King of Kings, the Holy One, Blessed be He. Come in peace, messengers of peace, messengers of the Most High, sent by the king, King of Kings, the Holy One, Blessed be He. Bless me with peace, messengers of peace, messengers of the Most High, sent by the king, King of Kings,

the Holy One, Blessed be He. Go in peace, messengers of peace, messengers of the Most High, sent by the king, King of Kings, the Holy One, Blessed be He.

or

B'shem Hashem

B'shem Hashem Elohei Yisrael

Mimini Michael umismoli Gavriel

Umilfanai Uriel ume'acharai Rafael

V'al roshi Shechinat El.

In the name of Hashem, God of Israel. May Michael be at my right hand, Gabriel at my left, before me Uriel, behind me Rafael, and upon my head the Presence of God.

The Divine Mind by Tehilla Lichtenstein

The expression of the Divine Mind is *always* for good, for strength, for courage, for happiness, for joy. It is in our power to make contact with God, and this contact can be made only through prayer. Every contact with God, every reaching out to the Divine Source of our being, every act of the mind that has at its core the recognition of God's presence and God's goodness, is a prayer on the part of humankind, and brings us blessing, elevation, and salvation.

Psalm 121 Esa Einai

Eсах einai el heharim, me'ayin yavo ezri?

Ezri me'im Adonai oseh shamayim va'aretz.

I will lift my eyes toward the mountains. Where will my help come from? Where will it be?

My help is from the One, Creator of heaven and earth.

Psalm for Shabbat (Selections from Psalm 92)

Mizmor shir l'yom hashabbat

Tov l'hodot l'Adonai ul'zamer l'shimcha Elyon.

L'haggid baboker chasdecha ve'emunat'cha baleylot.

Alei asor va'alei navel alei higayon b'chinor.

A song for Shabbat. It is a good thing to give thanks to Adonai, and to sing praises to your name, Most High. To demonstrate your lovingkindness in the morning, and your faithfulness in the evening, upon an instrument of ten strings, and upon the psaltery; upon the harp with a solemn sound.

Tzadik katamar yifrach k'erez balvanon yisgeh.

Sh'tulim b'veit Adonai b'chatzrot Eloheinu yafrichu.

Od y'nuvun b'seivah d'sheinim v'ra'ananim yihyu.

L'hagid ki yashar Adonai tzuri v'lo avlatah bo.

The righteous will flourish like a palm tree and grow mighty like a cedar of Lebanon. Planted in the house of Adonai, they flourish in the courts of our God. In old age they will bear fruit, remaining fresh and fragrant forever, that they may declare, "The Eternal is always just, my Rock, the everlasting.

Bar'chu

Bar'chu et Adonai ham'vorach.

Bless Adonai, the Source of all blessings.

Baruch Adonai ham'vorach l'olam va'ed.

Blessed is Adonai, the Source of all blessings forever and ever.

Blessing the Source of All (from Psalm 19)

The heavens declare the glory of God; and the firmament tells of God's handywork. Day unto day utters speech, and night unto night declares knowledge. There is no speech nor language, their voice is not heard. Their line is gone out through all the earth, and their words to the end of the world. In them has God set a tent for the sun, which is like a bridegroom coming out of his chamber, and rejoices as a strong man to run a race. His going forth is from the end of the heavens, and his circuit to the ends of it: and there is nothing hidden from its heat.

Baruch atah Adonai, hama'ariv aravim.

Blessed are you, Adonai, who brings on the evening.

Blessing for God's Loving Instruction (from Psalm 19)

The Torah of Adonai is perfect, restoring the soul: the testimony of Adonai is sure, making wise the simple. The statutes of Adonai are right, rejoicing the heart: the commandment of Adonai is pure, enlightening the eyes. The fear of Adonai is clean, enduring forever: the judgments of Adonai are true and righteous altogether. More to be desired are they than gold, than much fine gold: sweeter also than honey and the honeycomb.

Baruch atah Adonai, ohev amo Yisrael.

Blessed are you, Adonai, loving Israel, your people.

What Does God Say to Humanity? by Tehilla Lichtenstein

Those who have heard the voice of God, those who have listened for it and therefore have heard it, know that there are two things which God says to humanity. First, God says, *I am*. And then God says, *I am in you*. The voice of God the Creator, God who dwells about us; this is the voice that says *I am*. But God, the same God who dwells *within* us, is the voice of love, the voice of goodness, the voice of forgiveness, of pity, of charity, of amity, of brotherliness, of harmony, of humaneness, and it is that voice that speaks most urgently to us, that says: the rule of God, the rule of *good*, is in humanity's hands. Humanity must bring about the victory of good, the kingdom of God on earth, through obedience to the inner promptings of the soul.

Shema

Shema Yisrael, Adonai Eloheinu, Adonai echad!

Baruch shem k'vod malchuto l'olam va'ed.

Listen Israel, the Eternal One is our God, the Eternal God is One!

Blessed is the name of God's glorious kingdom forever and ever.

V'ahavta et Adonai Elohecha, b'kol l'vav'cha, uv'kol nafsh'cha, uv'kol m'odecha. V'hayu had'varim ha'eileh, asher anochi m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha. V'dibarta bam, b'shivt'cha b'veitecha, uv'lecht'cha vaderech, uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha. Uch'tavtam al mezuzot beitecha uvisharecha.

L'maan tizk'ru va'asitem et kol mitzvotai, vihyitem k'doshim leiloheichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim, lihyot lachem leilohim. Ani Adonai Eloheichem.

Adonai Eloheichem Emet!

You shall love Adonai your God with all your heart, with all your soul, and with all your strength. And these words which I command you today will be upon your heart. Teach them to your children. Speak of them when you are at home and when you go on your way, when you lie down, and when you rise up. Bind them upon your hand and between your eyes as a sign. Write them upon the doorposts of your house and on your gates.

Remember and do all my mitzvot, and you will be holy to your God. I am Adonai your God, who took you from the land of Egypt to be your God. I am Adonai your God.

Adonai your God is Truth!

The Ten Commandments

For private contemplation

I am Adonai your God, who brought you out of the land of Egypt, out of the house of bondage.

You shall have no other gods before me. You shall not make any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them, nor serve them: for I, Adonai, your God am an impassioned God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and showing mercy to thousands [of generations] of them that love me, and keep my commandments.

You shall not bear the name of Adonai your God in vain; for Adonai will not hold him guiltless that bears his name in vain.

Remember the sabbath day, to keep it holy. Six days shall you labour, and do all your work: But the seventh day is the sabbath of Adonai your God: in it you shall not do any work, you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates: For in six days Adonai made heaven and earth, the sea, and all that is in them, and rested the seventh day: wherefore Adonai blessed the sabbath day, and hallowed it.

Honour your father and your mother: that your days may be long upon the land which Adonai your God gives you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house, you shall not covet your neighbour's spouse, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is your neighbour's.

Blessing for Redemption (Psalm 114)

When Israel went out of Egypt, the house of Jacob from a people of strange language; Judah was God's sanctuary, and Israel God's dominion. The sea saw it and fled: the Jordan was driven back. The mountains skipped like rams, and the little hills like lambs. What ailed you, Sea, that you fled? Jordan, that you were driven back? Mountains, that you skipped like rams; and you little hills, like lambs? Stand in awe, Earth, at the Glory of Adonai, at the Presence of the God of Jacob; Which turned the rock into water, the flint into a fountain of waters.

Mi chamocha ba'eilim, Adonai? Mi kamocha nedar bakodesh? Nora tehillot, oseh fele.

Malchut'cha ra'u vanecha, bokei'a yam lifnei Moshe, "Zeh Eli" anu, v'amru: "Adonai yimloch l'olam va'ed."

V'ne'emar: "Ki fadah Adonai et Yaakov, ug'alo miyad chazak mimenu."

Who is like you among the so-call gods? Who is like you, majestic in holiness? You are awesome, doing amazing deeds. Your children saw your kingship when you split the sea before Moses. "This is my God!" they responded. And they said, "Adonai will rule forever and ever." As it is said, "For Adonai redeemed Jacob and saved him from those who were stronger."

Baruch atah Adonai, ga'al Yisrael.

Blessed are you, Adonai, Redeemer of Israel.

V'shamru

V'shamru v'nei Yisrael et hashabbat, la'asot et hashabbat l'dorotam b'rit olam.

Beini uvein b'nei Yisrael ot hi l'olam,

Ki sheishet yamim asah Adonai et hashamayim v'et ha'aretz,

Uvayom hash'vi'i shavat vayinafash.

And the children of Israel will keep Shabbat, making Shabbat for all generations as an eternal covenant. Between me and the children of Israel it is an eternal sign, for in six days Adonai made heaven and earth, and on the seventh day God rested and was refreshed.

Reflection on Prayer by Rabbi Morris Lichtenstein

One must never become oblivious of the truth that love is the attribute of the Creator. God's relation to humanity is therefore, in human terms, that of the parent to the child. The parent loves the child and desires its good and its happiness. The appeal of a child to his parent is simple and direct, and the child strikes a sympathetic chord, no matter what he may express. For his appeal is to one who loves him and desires his well-being.

Amidah

Baruch atah Adonai, Eloheinu v'elohei avoteinu Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivka, Elohei Rachel, v'Elohei Leah. Ha'El ha'gadol ha'gibor v'ha'nora El Elyon, gomel chasadim tovim v'koneh ha'kol, V'zocher chasdei avot v'imahot Umevi go'el livnei v'neihem l'ma'an sh'mo b'ahavah. Melech ozer umoshiya umagen.

Baruch atah Adonai, magen Avraham v'ezrat Sarah.

Blessed are you, Adonai, our God and God of our ancestors, God of Abraham, Isaac, and Jacob; God of Sarah, Rebecca, Rachel, and Leah. The great, mighty, and awesome God, God Most High, doing good and loving acts for all. You remember the love of our ancestors and will bring a redeemer to their children's children for the sake of your name in love. You are a sovereign who helps, saves, and protects.

Blessed are you, Adonai, Shield of Abraham and Help of Sarah.

Atah gibor l'olam Adonai, m'chayei metim atah rav l'hoshia. M'chalkel chayim b'chesed, m'chayei metim b'rachamim rabim. Somech nof'lim, v'rofei cholim, umatir asurim. Um'kayem emunato lisheinei afar. Mi chamocha ba'al g'vurot, umi domeh lach? Melech memit um'chayei umatzmiach y'shuah. V'ne'eman atah l'hachayot metim.

Baruch atah Adonai, m'chayei hametim.

You are eternally mighty, Adonai, you give life to the dead. Your deliverance is great. You nourish the living with loving kindness, you give life to the dead in abundant mercy. You support the falling, heal the sick, and release the bound. You fulfill your promises to those who are gone. Who is like you, Master of might, and who can compare to you? You are Sovereign of death and life, bringer of salvation. You faithfully give life to the dead.

Blessed are you, Adonai, who gives life to the dead.

Atah Kadosh v'shimcha Kadosh uk'doshim b'kol yom y'hal'lucha, selah.

Baruch atah, Adonai, ha-El hakadosh.

You are holy, and your name is holy, and holy ones praise you every day. Blessed are you, Adonai, the holy God.

Recite the following silently or offer your personal prayers

Our God and God of our ancestors, your will is for our rest and sanctification through your mitzvot, and you have given us an inheritance in your Torah. We are filled with your goodness and rejoice in your salvation. You purify our hearts to worship you in truth. According to your will, you have given us your holy Shabbat in love. May Israel and all who sanctify your name find rest in your holy Shabbat.

Blessed are you, Adonai, who sanctifies Shabbat.

Your desire is for your people Israel and their prayers. You receive our worship in this holy sanctuary, and the prayers of your children are accepted in love.

Blessed are you, Adonai, who will restore your Presence to Zion.

We give thanks to you, Adonai, our God and God of our ancestors. You are the Rock of our lives and shield of our salvation from generation to generation. We thank you and sing your praises for our lives in your hands and our souls in your keeping. We are grateful for your miracles that are with us every day and for your wonders at all times, evening, morning, and afternoon. You are Goodness and Compassion for your mercy and kindness never ends. For all these, we will bless and exalt your name, our Sovereign, forever and ever.

Grant abundant peace to Israel, your people, forever. For you are the Eternal Sovereign, Master of all peace. It is good in your eyes to bless your people Israel, and all who dwell on earth, at all times and moments with your peace.

Blessed are you, Adonai, who blesses your people Israel with peace.

Oseh Shalom

Oseh shalom bimromav, hu ya'aseh shalom aleinu, v'al kol Yisrael, v'im'ru Amen.

The one who makes peace in the highest heavens will make peace for us and for all Israel, and we say, Amen.

Jewish Science Affirmations (lightly adapted)

I am calm and cheerful. I hate no one; I envy no one. There is no worry or fear in me. I trust in God all the time.

The God-consciousness in me expresses itself in health, in calmness, in peace, in power, in happiness, and in love.

D'var Torah

Prayer for Healing

God is our healer, and we place our trust in God's faithful goodness and love. We pray now for the healing of the members of this community, our families, and our friends. (Listing of names) As God has granted blessing, health, and eternal life to our ancestors, we rest in the assurance that God will provide these blessings for us. Please join me in chanting the prayer taught us by Moshe Rabbenu:

El na refah na la, El na refah na lo, El na refah na lahem, El na refah na lahen.

God, please heal her, heal him, and heal them.

Psalm 23

Adonai is my shepherd, I shall not want. He makes me lie down in green pastures. He leads me beside the still waters. He restores my soul. He guides me in straight paths for his name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for you are with me. Your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil. My cup runs over. Surely, goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of Adonai forever.

Our Connection to God by Rabbi Lichtenstein

Human beings are but a spark of the Divine Mind expressed in flesh and blood. The real essence of a person, their soul, is Divine in its very nature. A person's life, their soul, is a ray of the Divine Light. The ray of Light which is in humanity can never be extinguished; this essence can never die, for its fountain is eternal. Human beings are immortal because the Source of their being, of which they are an integral part, is immortal.

This week, we honor the memories of..... May their memories be a blessing.

Mourners' Kaddish

Yitgadal v'yitkadash sh'mei raba. B'alma di v'ra chirutei, v'yamlich malchutei, b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, baagala uviz'man kariv. V'im'ru: **Amen**.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal sh'mei d'Kud'sha **B'rich Hu**, l'eila min kol birchata v'shirata, tushb'chata v'nechemata, da'amiran b'alma. V'imru: **Amen**.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: **Amen**.

Oseh shalom bimromav, Hu ya'aseh shalom aleinu, v'al kol Yisrael. V'imru: **Amen**

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel—speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: Amen.

May the One who creates harmony on high, bring peace us and to all Israel. To which we say: Amen.

Final Song

Mah yafeh hayom, Shabbat shalom

How beautiful this day is. Shabbat shalom.

or

Kol ha-olam kulo, gesher tzar meod, v'ha'ikar lo l'fached klal

The whole entire world is a very narrow bridge, and the main thing is to have no fear at all

or

Psalms 150

Halleluyah!

Hallelu El b'kodsho

Halleluhu birkia uzo

Halleluhu vigvurotav

Halleluhu k'rov gudlo

Halleluhu b'teika shofar

Halleluhu b'neivel v'chinor

Halleluhu b'tof umachol

Halleluhu b'minim v'ugav

Halleluhu v'tziltzeley shama

Halleluhu b'tziltzeley t'ruah

Kol han'shamah t'hallel Yah

Halleluyah!

Praise Adonai. Praise God in his sanctuary: praise him in the firmament of his power. Praise him for his mighty acts: praise him according to his excellent greatness. Praise him with the sound of the trumpet: praise him with the psaltery and harp. Praise him with the timbrel and dance: praise him with stringed instruments and organs. Praise him upon the loud cymbals: praise him upon the high sounding cymbals. Let everything that has breath praise Adonai. Praise the Eternal God!

Final Blessing

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

Ya'er Adonai panav eilecha vichuneka. (*Ken y'hi ratzon.*)

Yisa Adonai panav eilecha v'yaseim l'cha shalom. (*Ken y'hi ratzon.*)

Adonai will bless and protect you.

Adonai's face will shine on you with compassion.

Adonai will lift his face to you and grant you peace.

The Ten Fundamentals of Jewish Science

For private contemplation

1. The Jewish Faith is the only faith we acknowledge. *Jewish Science is the application of the Jewish Faith to the practice of life.*
2. We believe wholeheartedly in the efficacy of prayer. We believe that no prayer, when properly offered, goes unanswered.
3. We shall endeavor every day of our lives to keep serene; to check all tendencies to violence and anger; to keep calm even in the face of unpleasant and discouraging circumstances.
4. We shall strive to be cheerful every day of our lives. The Talmud says that the Divine Presence departs from one who is in gloom. It is God's design that man should find joy and cheer in his existence on earth.
5. We shall seek to cultivate an attitude of love and goodwill towards everyone. We shall make no room in our heart for hatred and bitterness. The world was created on a plan of divine love, and to admit thoughts of hatred or malice is to violate the plan of God.
6. We shall cultivate a disposition of contentment, envying no one, and praising God for the good he has already bestowed on us. Contentment is the greatest friend of happiness; envy its greatest enemy.
7. We shall make conscious effort to banish worry and fear from our lives. We regard these two as the greatest enemies of mankind and give them no place in our consciousness.

8. We shall trust in God's goodness in every circumstance of our life.
9. We believe that death is an elevation to eternal life, and not a cessation of existence.
10. We believe that God is the Source of health and the Restorer of health.