



Shabbat for the Soul



Mount Zion Temple

הִנֵּה מִה־טוֹב וּמִה־נְעִים שֶׁבֶת אַחִים גַּם־יַחַד.

Hinei ma tov u-manaim shevit achim gam yachad.

Just to be together, ah, that is something. - Not exactly the translation of Psalm 133:1

יְהוָה רַבּוֹן עֲלַם וְעֹלָמָיָא, אַנְתָּ הוּא מַלְכָּא מְלִיךְ מַלְכָּיָא.

Ya ribon olam v'al'maya ant hu malka melech malchaya.

God, Master of the Universe, You are the Ruler, above all rulers.

Your mighty deeds and wonders, it is beautiful to declare before You.

הַגִּלֵּה נָא וּפְרֹשׁ, חֲבִיבִי, עָלַי אֶת סִכַּת שְׁלוֹמֶךָ.

Hi-gale na u-fros, cha-vivi, a-lai et sukat shlo-mecha.

Reveal (to) me and spread over me, Beloved, your shelter of peace.

L'cha Dodi: Welcoming the Sabbath

On the final verse, please rise and turn to face the doors, symbolically welcoming Shabbat.

לָכָה דוֹדֵי לְקִרְאָת כֶּלֶה פָּנֵי שַׁבָּת נִקְבְּלָה.

L'cha Dodi likrat kalah. P'nei Shabbat n'kab'la.

Come out my Beloved, the Bride to meet; the inner light of Shabbat, let us greet.

Shamor v'zachor b'dibur echad, hish-mianu eil ham'yu-chad.

Adonai echad oo-sh'mo echad. L'sheim ul-tiferet v'li-t'hilah *L'cha Do-di...*

Likrat Shabbat l'chu v'neil-cha. Ki hi m'kor ha-bracha.

Meirosh mi-kedem n'su-cha. Sof ma-a-seh b'mach-shavah t'chi-lah: *L'cha Do-di...*

Hit-or'ri, hit-or'ri, ki va o-reich kumi ori! Uri uri, shir da-beiri.

K'vod Adonai a-layich nigla. *L'cha Do-di...*

Bo-i l'sha-lom a-teret ba-ala. Gam b-simcha u-v'tso-hola.

Toch e-munay am s'gulah. Bo-i chala, boi chala. *L'cha Do-di...*

AWAKENING

Am I awake? Am I prepared? Are you listening to my prayer?
Can you hear my voice? Can you understand? Am I awake? Am I prepared?

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ

Praise the One to whom praise is due!

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד

Baruch Adonai ha-me-vo-rach l'olam va'ed.

Praised be the One to whom praise is due, now and forever!

AT-ONE-MENT

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael: Adonai Eloheinu, Adonai Echad!

Hear, O Israel: the Eternal One is our God, the Eternal God alone!

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod mal-chuto l'olam va-ed!

Blessed be God's glorious majesty for ever and ever!

ACTING: Our response to God's love, **V'ahavta:** Please join on page 36.

ACTUALIZING: Our knowledge that redemption will come.

מִי כְמוֹכָה בָּאֱלִים יְיָ, מִי כְמוֹכָה נִאֲדָר בְּקִדְשׁ, נוֹרָא תְהִלָּתוֹ, עֲשֵׂה פֶלֶא.

Mi chamocha ba-eilim Adonai? Mi kamocha ne-edar ba-kodesh? Nora t'hilot osei feleh.

Who is like You, Adonai, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, working wonders?

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתֵם בְּרִית עוֹלָם.

V'shamru, v'nei Yisrael et haShabbat, la'asot et haShabbat l'do-ro-tam brit olam.

Bei-ni u-vein b'nei Yisrael ot hi l'olam.

Ki shei-shet ya-mim asa Adonai et ha-sha-mayim v'et ha'aretz.

U-va-yom ha-shvi'i sha-vat vayinafash.

... and on the seventh day God ceased from work and was refreshed.

Amidah (Standing Prayer): We turn to Mishkan T'filah, Page 46.

Healing Prayer: Eil na r'fa na la/lanu. אֵל נָא רְפָא נָא לָהּ/לָנוּ.

Please God, pray heal her. - Numbers 12:13 / Please God, pray heal us.