



Welcoming Shabbat

Beloved of the Soul

Beloved of the soul, Source of Compassion,
draw Your servant to Your Will;
then Your servant will hurry like a deer
to bow before Your majesty;
Your friendship will be sweeter
than the dripping of the
honeycomb and any taste.

Majestic, Beautiful, Radiance of the Universe,
my soul pines for Your love.

Please, O God, heal her now
by showing her the pleasantness
of Your radiance;
then she will be strengthened and healed,
and eternal gladness will be hers.

Kabbalat Shabbat

Yedid Nefesh

Yedid Nefesh av harakhaman,
meshokh avdekhah el retzonekhah,
ya'arutz avdekhah kemo ayal,
yishtakhveh el mul hadarekha,
ye'erav lo yedidutekha,
minofet tzuf v'khol ta'am.

Hadur na'e ziv ha'olam,
nafshi kholat ahavatekha,
ana el na refa na lah,
beharot lah noam zivekha,
az titkhazek v'titra'peh,
vehayta lah simkhat olam.



קבלת שבת

ידיד נפש

יְדִיד נֶפֶשׁ אָב הַרְחָמָן.
מְשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.
יָרוּץ עַבְדְּךָ כְּמוֹ אַיִל.
יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרֶךְ.
יַעֲרַב לוֹ יְדִידוּתְךָ.
מִנוֹפֶת צוּף וְכֹל טַעַם.

הַדּוּר נָאֵה זִיו הָעוֹלָם.
נַפְשִׁי חוֹלֵת אַהֲבָתְךָ.
אָנָּה אֵל נָא רְפֵא נָא לָהּ.
בְּהִרְאוֹת לָהּ נֶעַם זִיּוֹן.
אֲז תִּתְחַזֵּק וְתִתְרַפֵּא.
וְהִיְתָה לָהּ שִׂמְחַת עוֹלָם:

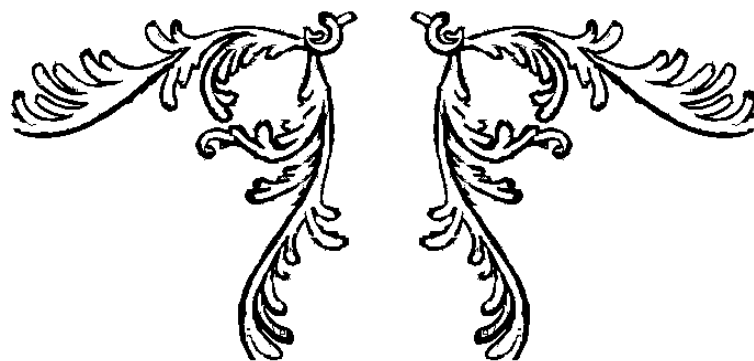
Enduring One, may Your mercy be aroused
and please take pity on the son of Your beloved,
because it is so very long that
I have yearned intensely
to see speedily to splendour of Your strength;
only these my heart desired,
so please take pity and do not conceal Yourself.

Please, my Beloved, reveal
Yourself and spread upon me
the shelter of Your peace;
illuminate the earth with Your glory,
that we may rejoice and be glad with You;
hasten, show love, for the time has come.
Let Your gentle favor grace us as of old.

Vatik yehemu na rakhamekha,
vekhusa na al bein ahuvekha,
ki ze kama nikhsaf nikhsaf,
lirot be'tiferet uzekha,
ana eli khamdah libi,
khusa na ve'al titalam.

Higaleh na ufros khaviv alai,
et sukat shelomekha,
ta'ir eretz mikh'vodekha,
nagila ve'nismekha bakh.
maher ahoov ki va mo'ed
vekhaneynu kimei olam.

וְתִיק יְהֵמוּ נָא רַחֲמֶיךָ.
וְחֹסֶה נָא עַל בֶּן אֲהוּבֶךָ.
כִּי זֶה כַּמָּה נִכְסוּף נִכְסוּף.
לְרֵאוֹת בְּתַפְאֵרֶת עֲזֶךָ.
אָנָּה אֱלֹהֵי חֲמֹדֶת לְבָבִי.
חֹסֶה נָא וְאַל תִּתְעַלֶּם:
הַגְּלֵה נָא וּפְרוֹשׁ חֶבִיב עָלַי.
אֶת סִבַּת שְׁלוֹמֶךָ.
תְּאִיר אֶרֶץ מִכְּבוֹדֶךָ.
נִגְלֵה וְנִשְׂמַחָה בְּךָ.
מַהֵר אֲהוּב כִּי בָא מוֹעֵד.
וְחַנְּנוּ בִימֵי עוֹלָם:



Psalm 95

Come, let us sing to Adonai, and shout for joy to the Rock of our deliverance. Let us come into Adonai's presence with thanks; let us shout for joy to Adonai with song.

For Adonai is a great God, and a great sovereign above all gods. In God's hands are the depths of the earth, and the peaks of the mountains are God's. The sea is God's, for God made it; and God's hands shaped the dry land.

Come, let us bow down and bend the knee; let us kneel before Adonai our maker,

For Adonai is our God, and we are the people that God shepherds, the flock of God's hand . Today, if you would but listen to God's voice!

Harden not your heart, as at Meribah, as on the day of Massah, in the wilderness;

When your ancestors tested and tried Me, even though they saw My work.

For forty years, I was weary with that generation and said: This is a people confused at heart,

that do not know My ways. For that reason, I swore in My anger, that they would never enter My resting place.

It is all You: the valleys, the mountains, the shore, and the sea, it is all You. And so am I—this fragile reed with beating heart and jumping mind, this thinking bellow breathed and breathing, all You. From You comes each, and to You each returns.

Tehilim 95

Lekhu neranenah l'Adonai
nariyah letzur yishehnu.
Nekadmah fanav be'todah
Be'zmirot nariyah lo.

Ki el gadol Adonai umelekh
gadol al kol elohim.
Asher beyado mekh'karei aretz
veto'afot harim lo.
Asher lo hayam vehu asa'hu
veyabeshet yadav yatzru.

Bo'u nishtakhaveh venikhra'a
nivrekha lifnei Adonai oseinu

ki hu Eloheyenu ve'anakhnu
am mar'ito vetzon yado.
Ha'yom im bekolo tishma'u.

Al takshu levavkhem kimriva
keyom masa bamidbar.

Asher nisuni avotekhem
bekhanuni gam ra'u po'alai.

Arba'im shana akut bedor
va'omar am to'ey lehvav hem

vehem lo yad'u derakhai. Asher
nishbati be'api im yevo'un el menukhati.



And in between is You as well. You in anger and You in song, You in play and You in pain, You in danger and You in salvation; it is all You, and You are all it is. I sing the wonders of all You are and the simple truth of You is known.

תהילים צה

לְכוּ נִרְנְנָה לַיהוָה נְרִיעָה לְצוּר יִשְׁעֵנוּ:

נִקְדְּמָה פָּנָיו בְּתוֹדָה בְּזִמְרוֹת נְרִיעָה לוֹ:

כִּי אֵל גָּדוֹל יְהוָה וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים:

אֲשֶׁר בְּיָדוֹ מַחְקְרֵי אָרֶץ וְתוֹעֵפוֹת הָרִים לוֹ:

אֲשֶׁר לוֹ הַיָּם וְהוּא עָשָׂהוּ. וַיַּבֶּשֶׂת יַדָּיו יַעֲרוּ:

בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעַה. נִבְרַכָּה לְפָנָי יְהוָה
עֲשֵׂנוּ:

כִּי הוּא אֱלֹהֵינוּ וְאַנְחָנוּ עִם מְרִעִיתוֹ וְצֵאן יָדָיו.

הַיּוֹם אִם בְּקִלּוֹ תִשְׁמָעוּ:

אֵל תִּקְשׁוּ לִבְבָבְכֶם כְּמַרְיָבָה בַּיּוֹם מִסָּה
בַּמִּדְבָּר:

אֲשֶׁר נִסּוּנִי אֲבוֹתֵיכֶם בְּחַנוּנַי גַּם רָאוּ פְעֻלָּי:

אַרְבָּעִים שָׁנָה אָקוּט בְּדוֹר וְאָמַר עִם תַּעֲי
לִבִּבְהֶם.

וְהֵם לֹא יָדְעוּ דַרְכֵי אֲשֶׁר נִשְׁבַּעְתִּי בְּאָפִי אִם
יִבְאוּן אֶל מְנוּחָתִי:

Psalm 96

Sing to Adonai a new song;
sing to Adonai, all the earth.
Sing to Adonai, bless God's name;
proclaim God's deliverance day after day.

Tell of God's glory among the nations,
God's wonderful acts among all peoples.
For Adonai is great and highly praised;
awesome is God, above all gods.

For all the gods of the peoples are
only idols, but Adonai made the heavens.

Honor and majesty in God's presence;
strength and beauty in God's sanctuary.

Grant to Adonai, O families of peoples,
grant to Adonai glory and strength.
Grant to Adonai the glory due God's name;
bring an offering, and come into God's courts.

Bow down to Adonai in the beauty of holiness;
tremble in God's presence, all the earth.

Say among the nations: "Adonai reigns."
The earth holds firm and cannot be shaken;

God judges the peoples with fairness.

Let the heavens be glad and the earth rejoice;
let the sea roar, and all within it and all within it.

Let the field exult, and all inside it.

Then all the trees of the wood will shout for joy
before Adonai, who is coming. For God is
coming to judge the earth; God will judge the
earth with righteousness and the peoples with
God's faithfulness.

Tehilim 96

Shiru l'Adonai shir khadash
shiru l'Adonai kol ha'aretz.
Shiru l'Adonai barkhu shemo
basru miyom leyom yeshuato

sapru va'goyim kevodo
be'kol ha'amim nifle'otav.
Ki gadol Adonai u'mehulal me'od
nora hu al kol ehlohim.

Ki kol Elohei ha'amim elilim
Ve'Adonai shamayim asah.

Hod vehadar lefanav
Oz vetiferet bemikdasho.

Havu l'Adonai mishpekhos amim
havu l'Adonai kavod va'oz.
Havu l'Adonai kevod shemo
Se'u minkha uvo'u lekhatzrotav.

Hishtakhavu l'Adonai behadrat kodesh
khilu mipanav kol ha'aretz.

Imru bagoyim Adonai malakh
Af tikon tevel bal timot.

Yadin amim bemeyasharim.

Yismekhu hashamayim vetagel ha'aretz
yir'am hayam umlo'o

Ya'aloz sadai vekol asher bo

Az yeranenu kol atzey ya'ar
lifnei Adonai ki va ki va lishpot ha'arehtz yishpot
tevel betzedek ve'amim be'emunato.

תהילים צו

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ. שִׁירוּ לַיהוָה כָּל הָאָרֶץ:

שִׁירוּ לַיהוָה בְּרִכּוֹ שָׁמוֹ.

בְּשִׁירוֹ מִיּוֹם לַיּוֹם יִשׁוּעַתּוֹ

סִפְרוּ בְּגוֹיִם כְּבוֹדוֹ. בְּכָל הָעַמִּים נִפְלְאוֹתָיו:

כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד.

נִרְאָה הוּא עַל כָּל אֱלֹהִים:

כִּי כָל אֱלֹהֵי הָעַמִּים אֱלִילִים.

וַיהוָה שָׁמַיִם עָשָׂה:

הוֹד וְהָדָר לְפָנָיו. עוֹז וְתַפְאֵרֶת בְּמִקְדָּשׁוֹ:

הִבּוּ לַיהוָה מִשְׁפָּחוֹת עַמִּים. הִבּוּ לַיהוָה כְּבוֹד וְעוֹז:

הִבּוּ לַיהוָה כְּבוֹד שָׁמוֹ.

שִׂאוּ מִנְחָה וּבִאוּ לְחַצְרוֹתָיו:

הַשִּׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת קִדְשׁוֹ.

חִילוּ מִפְּנֵי כָּל הָאָרֶץ:

אָמְרוּ בְּגוֹיִם יְהוָה מֶלֶךְ.

אֵף תִּבּוֹן תִּבַּל בַּל תִּמוֹט.

יִדִין עַמִּים בְּמִישָׁרִים:

יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ.

יִרְעַם הַיָּם וּמְלֵאוּ:

יַעֲלֶז שָׂדֵי וְכָל אֲשֶׁר בּוֹ.

אֲזַי יִרְנְנוּ כָּל עֵצֵי יַעַר:

לְפָנֵי יְהוָה כִּי בָא בִּי בָא לְשֹׁפֵט הָאָרֶץ.

יִשְׁפֹּט תִּבַּל בְּצַדֶּק וְעַמִּים בְּאַמוּנָתוֹ:

Sing and awake. Sing the never-before-sung, sing a new song to God, from God, as God. I still my mind and calm my heart. I soften my breath and fill my belly with air. I hold that fullness in tension, to be released only when the spirit moves.



My breath is transformed from silence to sound, from mystery to music and back to mystery again. For breath is the conduit to God, and song the sound of breath in love.

Psalm 97

Adonai reigns: let the earth rejoice;
let the many islands be glad.
Clouds and darkness encircle God;
righteousness and justice support God's throne.

A fire goes before God and
burns up God's circling enemies.
God's lightning illuminates the earth;
the earth sees and trembles.

The mountains melt like wax at the
presence of Adonai, in the presence
of the Master of all the earth.
The heavens declares God's
righteousness, and all the
peoples see God's glory.

Tehilim 97

Adonai malakh tagel ha'aretz
yismekhu i'yim rabim.
Anan va'arafel sevivav
tzedek umishpat mekhon kis'o.

Esh lefanav telekh ut'lahet saviv tzarav.
He'iru berakav tevel ra'ata vatakhel ha'aretz.

Harim kadona'g namasu milifnei Adonai
milifnei adon kol ha'aretz.
Higidu hashamayim tzidko
vera'u kol ha'amim kevodo.

תהילים צו

יהוה מלך תגל הארץ. ישמחו איים רבים:
ענן וערפל סביבו.
צדק ומשפט מכון בסאו:

אש לפניו תלה. ותלהט סביב צריו:
האירו ברקו תבל. ראתה ותחל הארץ:

הרים בדונג נמסו מלפני יהוה.
מלפני אדון כל הארץ:
הגידו השמים צדקו.
וראו כל העמים כבודו:

Ashamed are all those that
serve carved images, that praise
themselves for their false gods;
bow down to God, all you gods.

Zion hears and is gladdened,
and the towns of Judah rejoice,
because of Your judgments, Adonai.
For You, Adonai, are high above all the earth;
You are raised far above all gods.

O You who love, Adonai,
hate evil — God preserves the souls
of God's pious ones and delivers them
from the hand of the wicked.

Light is sown for the righteous,
and gladness for the upright in heart.

Rejoice in Adonai, O righteous ones, and give
thanks to God's holy name.

Yevoshu kol avdei pesel hamit'halelim ba'elilim
hishtakhavu lo kol ehlohim.

Sham'a vatismakh tziyon vatagelna benot Yehuda
lema'an mishpatekha Adonai.

Ki ata Adonai elyon al kol ha'aretz
Me'od na'aleita al kol elohim.

Ohavei Adonai sin'u ra
shomer nafshot khasidav miyad resha'im
yatzilem.

Or zaru'a latzadik ulyishrei lehv simkha.

Simkhu tzadikim ba'Adonai vehodu lezekehr
kadsho.

יבשו כל עבדי פסל המתהללים באילים.
השתחוּו לו כל אלהים:

שמעה ותשמח ציון ותגלנה בנות יהודה.
למען משפט־יך יהוה

כי אתה יהוה עליון על כל הארץ.
מאד נעלית על כל אלהים:

אהבי יהוה שנאו רע.
שמר נפשות חסידיו מיד רשעים יצילים:

אור זרע לצדיק ולישרי לב שמחה:

שמחו צדיקים ביהוה והודו לזכר קדשו:

*Embedded in my heart, a melody beats, awaiting the conductor's
call. I hear it now and again, faintly. It disturbs my quest for
power with hints of grace. It haunts my dreams of control with
intimations of selflessness. It stays my hand lifted in anger and
calms my heart tight with rage. It whispers to me of justice and
sings to me of compassion. It is the song of God, and I shall sing
it yet. But not alone. We each bear the song; we each need the*



*choir. Some day the song will rise in our mouths, and we will
sing together in harmony. Mountains of discord will melt before
us; idols of ego, tribe, and boundary will give way as we weave a
song of wonder, celebrating the many and the One. Together we
will sing the world awake, bringing light to the dark places and
letting the shadows dance once more. Light is sown for the
righteous, joy for those who embrace it; and song is a chariot to
both.*

Psalm 98

A Psalm. Sing to Adonai a new song,
for God has done wonders.

God's right hand, God's holy arm,
has brought deliverance for God.
Adonai has proclaimed God's salvation;
God's righteousness is revealed in
the eyes of the nations.

God has remembered mercy
and faithfulness toward the House of Israel;
All the ends of the earth have seen
the deliverance of our God.
Shout to Adonai, all the earth;
break forth and sing for joy.
Sing praises to Adonai with the harp,
with the harp and the voice of melody.
With trumpets and sound of the horn,
shout before Adonai, the Sovereign.

Let the sea roar, and all within it;
the world, and all dwelling in it.
Let the rivers clap their hands, and let the
mountains sing together for joy;
before Adonai, for God is coming
to judge the earth. God will judge the world
rightly, and the peoples fairly.

*Sing to God, for song is the highway to heaven.
Sing a new song, for newness is the gift of humankind.
Sing to God a new song
whose words not yet written speak a joy not yet felt;
whose melody not yet composed
evokes a harmony not yet imagined.
Sing to God a new song.
To sing a new song, I must sing with a new voice.
I must let go the known and embrace the unknown,
for the new is always a surprise.*

Tehilim 98

Mizmor shiru l'Adonai shir khadash ki nifla'ot asa

hoshiya lo yemino uzro'a kadsho.

Hodi'a Adonai yeshuato
le'einei hagoyim gila tzidkato.

Zakhar khasdo ve'emunato leveit yisra'el.

Ra'u kol afsei aretz et yeshu'at Eloheyenu.

Hari'u l'Adonai kol ha'aretz
pitzkhu veranenu vezameru.
zamru l'Adonai bekhinor, bekhinor vekol zimra.

Bakhatzotzrot vekol shofar hari'u
lifnei hamelekh Adonai

Yiram hayam umlo'o tevel veyoshvei va. Neharot
yimkha'u khaf yakhad harim yeraneinu.

Lifnei Adonai ki va lishpot ha'aretz. Yishpot tevel
betzedek ve'amim bemeysarim.



תהילים צח

מְזִמּוֹר, שִׁירוּ לַיהוָה שִׁיר חָדָשׁ
כִּי נִפְלְאוֹת עָשָׂה.

הוֹשִׁיעָה לּוֹ יְמִינוּ וְזִרְעֵךָ קִדְשׁוֹ:
הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ.
לְעֵינֵי הַגּוֹיִם גְּלָה צְדָקָתוֹ:

זָכַר חֲסֵדוֹ וְאַמּוּנָתוֹ לְבַיִת יִשְׂרָאֵל.

רְאוּ כָּל אַפְסֵי אֶרֶץ אֵת יְשׁוּעַת אֱלֹהֵינוּ:

הֲרִיעוּ לַיהוָה כָּל הָאָרֶץ. פְּצְחוּ וְרַנְּנוּ וְזַמְרוּ:

זַמְרוּ לַיהוָה בְּכִנּוֹר. בְּכִנּוֹר וְקוֹל זְמֵרָה:

בְּחִצְצֹרוֹת וְקוֹל שׁוֹפָר. הֲרִיעוּ לִפְנֵי הַמֶּלֶךְ
יְהוָה

יָרַעַם הַיָּם וּמְלֵאוֹ. תִּבֵּל וַיִּשְׁבִּי בָּהֶ: נְהָרוֹת
מִחֲאוּרָה. יַחַד הָרִים יִרְנְנוּ:

לִפְנֵי יְהוָה כִּי בָּא לְשֹׁפֵט הָאָרֶץ. יִשְׁפֹּט תִּבֵּל
בְּצֶדֶק וְעִמִּים בְּמִישָׁרִים:

*To sing a new song, I must open myself to wonder.
I must embrace the fullness of the mind and body.
I must wash myself in the totality of Life,
its births and its deaths, its risings and its passings.
I must let go the boxes into which I stuff the stuff of life
and allow what is to speak its truth.
And then I shall take that truth and sing it aloud.
With lyre and with drum, with voice and with silence,
I will sing a song that surprises even God.
And in that surprise will be a great deliverance.*

Psalm 99

Adonai rules: let the peoples tremble.

God is enthroned upon cherubim;
let the earth shake.

Adonai is great in Zion, and
high above all the peoples.

Let them praise Your name
as great and awesome; holy is God.

The mighty ruler who loves justice,
You have established fairness;
You have done justice and
righteousness in Jacob.

Lift up Adonai our God, and bow
low at God's footstool, for God is holy.

Moses and Aaron among God's priests,
and Samuel among those who
called upon God's name.

When they called on Adonai,
God answered them. God spoke
to them in a pillar of cloud;
they kept God's testimonies,
and the decree that God gave them.

Adonai our God, You answered them;

You were a forgiving God to them,
though You took retribution for their misdeeds.

Lift up Adonai our God,
and bow low at God's holy mountain,
for Adonai our God is holy.

*The true God is beyond imagining. The true God is Nameless.
The One who is All cannot Itself be any. And yet this One who
is no things speaks through all things. Oceans rumble, thunder
rattles, great cedars fall with a crash—this is the voice of God
and this, too, God's silence. Nations crumble under their own
audacity. People despair from their own greed. This is the voice
of God's justice, no evil is prevented and no consequence softened.
We reap what we sow.*

Tehilim 99

Adonai malakh yirgezu amim

yoshev keruvim tanut ha'arets.

Adonai betziyon gadol veram hu al kol ha'amim.

Yodu shimkha gadol venora kadosh hu.

Ve'oz melekh mishpat aheiv ata konanta
meyasharim mishpat utz'daka be'Ya'akov ata
asita.

Romemu Adonai Eloheynu vehishtakhavu
lahadom raglav kadosh hu.

Moshe ve'Aharon bekhohanav
u'Shmu'el bekorei shemo

korim el Adonai vehu ya'anehm.
Be'amud anan yedaber alei'hem

Shomru eidotav vekhok natan lamo. Adonai
Eloheynu ata anitam

el noseh haita lahem ve'nokeim al alilotam.

Romemu Adonai Eloheynu vehishtakhavu lehar
kadsho ki kadosh Adonai Eloheynu.



תהילים צט

יהוה מֶלֶךְ יִרְגְּזוּ עַמִּים.
יֹשֵׁב כְּרוּבִים תְּנוּט הָאָרֶץ:

יהוה בְּצִיּוֹן גָּדוֹל. וְרַם הוּא עַל כָּל הָעַמִּים:

יֹדוּ שִׁמְךָ גָּדוֹל וְנֹרָא. קָדוֹשׁ הוּא:

וְעַז מֶלֶךְ מִשְׁפָּט אָהֵב. אֶתָּה בּוֹנֵנֵת מִיִּשְׂרָאֵל.
מִשְׁפָּט וְצִדְקָה בִּיעֲקֹב אֶתָּה עֲשִׂית:

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ
לְהַדֹּם רַגְלָיו. קָדוֹשׁ הוּא:

מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו
וְשִׁמּוּאֵל בְּקֹרְאֵי שְׁמוֹ.

קֹרְאִים אֵל יְהוָה וְהוּא יַעֲנֵם:
בְּעַמּוּד עָנָן יְדַבֵּר אֲלֵיהֶם.

שָׁמְרוּ עֵדוּתָיו וְחֹק נְתַן לָמוֹ:
יְהוָה אֱלֹהֵינוּ אֶתָּה עֲנִיתָם.

אֵל נִשְׂא הֵייתָ לָהֶם. וְנָקַם עַל עֲלִילוֹתָם:

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קָדְשׁוֹ בִּי
קָדוֹשׁ יְהוָה אֱלֹהֵינוּ:

In the Temple, all say "Glory!"

In the streets, all cry "Chaos!"

*Who can see the order in the whirlwind? Who can see the
pattern in the wilderness?*

Who dares cry "Glory" in the midst of chaos?

Still the heart and attend to Chaos;

Still the mind and bear the Glory.

Still the soul and whisper Amen.

In this there is salvation. In this and this alone.

Psalm 29

A Psalm of David. Grant to Adonai,
O children of might,
Grant to Adonai glory and strength.
Grant to Adonai the glory of God's name;
Bow low to Adonai in the beauty of holiness.

The voice of Adonai is over the waters,
The glory of God thunders;
Adonai is over many waters.
The voice of Adonai in strength,
the voice of Adonai in majesty,
The voice of Adonai breaks the cedars,
Adonai shatters the cedars of Lebanon.
Adonai makes them skip like a calf,
Lebanon and Sirion like a wild ox.

The voice of Adonai sparks flames of fire.
The voice of Adonai shakes the wilderness;
Adonai shakes the wilderness of Kadesh.

The voice of Adonai moves the deer to birth
and strips bare the forests,
While in God's sanctuary, all say: "Glory!"

Adonai reigned at the Flood;
Adonai will reign as sovereign forever.
Adonai will give strength to God's people;
Adonai will bless God's people with peace.

Tehilim 29

Mizmor le'David havu l'Adonai benei elim.

Havu l'Adonai kavod va'oz.

Havu l'Adonai kevod shemo

Hishtakhavu l'Adonai behadrat kodesh.

Kol Adonai al hamayim

el hakavod hir'im Adonai al mayim rabim.

Kol Adonai bako'akh.

Kol Adonai be'hadar.

Kol Adonai shover arazim

vayeshaber Adonai et arzei halvanon.

Vayarkidem kemo egel

levanon ve'siryon kemo ben re'eimim.

Kol Adonai khotzev lahavot esh.

Kol Adonai yakhil midbar
yakhil Adonai midbar kadesh.

Kol Adonai yekholel ayalot
vayekhesof ye'arot

Uv'hekhalo, kulo omehr kavod.

Adonai lamabul yashav vayeisheiv

Adonai melekh le'olam.

Adonai oz le'amo yiten

Adonai yevarekh et amo vashalom.

תהילים כט

מִזְמוֹר לְדָוִד הָבוּ לַיהוָה בְּנֵי אֱלֹהִים:

הָבוּ לַיהוָה כְּבוֹד וְעֹז:

הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ.

הִשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ:

קוֹל יְהוָה עַל הַמַּיִם.

אֵל הַכְּבוֹד הַרְעִים יְהוָה עַל מַיִם רַבִּים:

קוֹל יְהוָה בַּכַּחַח:

קוֹל יְהוָה בְּהַדָּר:

קוֹל יְהוָה שִׁבַר אֲרָזִים.

וַיִּשְׁבַּר יְהוָה אֶת אֲרָזֵי הַלְּבָנוֹן:

וַיִּרְקִידֵם כְּמוֹ עֵגֶל. לְבָנוֹן וְשִׁרְיוֹן כְּמוֹ בֶן רְאֵמִים:

קוֹל יְהוָה חִצָּב לַהֲבוֹת אֵשׁ:

קוֹל יְהוָה יַחִיל מִדְּבָר. יַחִיל יְהוָה מִדְּבָר

קֹדֶשׁ:

קוֹל יְהוָה יַחֲלִיל אֵילֹת. וַיַּחֲשֹׁף יַעְרוֹת,

וּבְהִיכָלוֹ, כֵּלֹ אָמַר כְּבוֹד:

יְהוָה לַמַּבּוּל יָשָׁב וַיֵּשֶׁב יְהוָה מִלֶּךְ לְעוֹלָם:

יְהוָה עֹז לְעַמּוֹ יִתֵּן יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם:



We Implore

We implore, with the power of Your great right hand, release the impediment.

Receive the joy of Your people; empower us, purify us, Awesome one.

Please Mighty one, seekers of Your unity, like the pupil of the eye guard them.

Bless, purify, and have compassion on them, deal justly with them, ever provide for them.

Holy one of power, in Your manifold goodness, guide Your congregation.

Alone, exalted, turn to Your people; who remember your holiness.

Receive our plea, and listen to our cry, knowing all that has been and will be.

Blessed is the honored name of your kingdom forever and ever.

Ana Bekho'akh

Ana bekho'akh gedulat yeminkha tatir tzerura.

Kabel rinat amkha sagveinu tahareinu nora.

Na gibor dorshei yikhudkha kevavat shomrem.

Barkhem taharem rakhamei
tzidkatekha tamid gamleim.

Khasin kadosh berov tuvkhah
nahel adatekha.

Yakhid gei'eh le'amkha peneh
zokhrei kedushatekha.

Shav'atenu kabel ushma tza'akateinu
yode'a ta'alumot.

Barukh shem kevod malkhuto le'olam va'ed.

אנא בכח

אָנָא בְּכַח גְּדוּלַת יְמִינְךָ. תַּתִּיר צָרוּרָה:

קַבֵּל רִנַּת עַמְּךָ. שְׂגַבְנוּ טַהַרְנוּ נוֹרָא:

נָא גִבּוֹר. דּוֹרְשֵׁי יַיְחֻדְךָ. בְּבִבַּת שְׁמֵרִם:

בְּרַכֵּם טַהַרְם. רַחֲמֵי צְדִקְתֶּךָ. תָּמִיד גְּמִלִים:

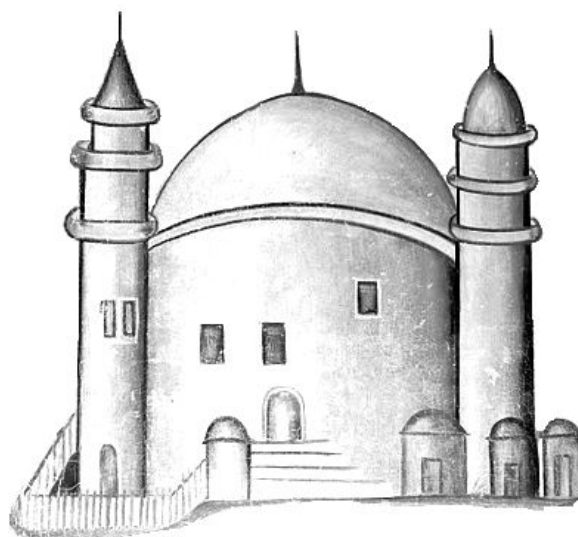
חֲסִין קְדוֹשׁ. בְּרוּב טוֹבְךָ. נִהַל עֲדוּתְךָ:

יַחֲדִיד גֵּי'עַה. לְעַמְּךָ פְּנֵה. זֹכְרֵי קִדְשֶׁתְּךָ:

שְׂוַעֲתֵנוּ קַבֵּל.

וּשְׁמַע צַעֲקוֹתֵנוּ. יוֹדַע תַּעֲלָמוֹת:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:



Come My Beloved

Lekha Dodi

לכה דודי



Lekha Dodi is the heart and soul of Kabbalat Shabbat. Composed around 1548 by Rabbi Shlomo Ha'Levi Alkabetz, *Lekha Dodi* likens the arrival of Shabbat to the arrival of a beloved and honored guest. Alkabetz composed the song as an acrostic, with the first letter of each stanza spelling out his own name, Shlomo Ha'Levi. *Lekha Dodi* reflects the practice of Safed kabbalists who used to go into the fields on Friday afternoons to meet the "Sabbath Queen" in meditation and song. This practice was based on the Talmudic account of how the Sages welcomed Shabbat.



Come, my beloved, to meet the bride; let us
welcome the presence of the Sabbath.
Keep and remember in a single word,
We were made to hear by the unifying God,
God is one and God's Name is one,
In fame and splendor and song. Come ...

Towards Shabbat let's go, let's travel,
For she is the wellspring of blessing,
From the start, from long ago she was chosen,
Last made, but first planned. Come ...

Lekha dodi likrat kallah p'nei Shabbat nekablah
Shamor vezachor bedibur ekhad
hishmi'anu El hameyu'khad
Adonai ekhad ushemo ekhad
lesheim uletiferet velit'hilah. Lekha ...

Likrat Shabbat lekhu venelkhah
ki hi mekor habrakhah
merosh mikedem nesukhah
sof ma'aseh bemakhashavah t'khilah. Lekha ...

לכה דודי לקראת כלה פני שבת נקבלה.

שמור וזכור בדבור אחד.
השמיענו אל המיחד.
יהוה אחד ושמו אחד.
לשם ולתפארת ולתהלה. לכה ...

לקראת שבת לכו ונלכה.
כי היא מקור הברכה.
מראש מקדם נסוכה.
סוף מעשה במחשבה תחלה.
לכה ...

Sanctuary of the Sovereign, royal city,
Arise! Leave from the midst of the turmoil;
Long enough have you sat in the valley of tears
God will be greatly compassionate
upon you. Come ...

Mikdash melekh ir melukha
kumi tze'i mitokh ha'hafeikha
rav lakh shevet be'emek habakha
vehu ya'khamol ala'yikh khemlah. Lekha ...

מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה.
קוּמִי צְאִי מִתּוֹךְ הַהֶפְכָּה.
רַב לָךְ שִׁבְתְּ בְעֵמֶק הַבְּכָא.
וְהוּא יַחֲמוֹל עָלֶיךָ חֲמֵלָה. .
לָכֵה ...

Shake yourself free, rise from the dust,
Dress in your garments of splendor, my people,
By the hand of Jesse's son, of Bethlehem,
Redemption draws near to my soul. Come ...

Hitna'ari me'afar kumi
livshi bigdei tif'arteikh ami
al yad ben Yishai beit ha'lakhmi
karvah el nafshi ge'alah. Lekha ...

הִתְנַעְרִי מֵעָפָר קוּמִי.
לְבָשִׁי בְגָדֵי תִפְאָרֶתְךָ עַמִּי.
עַל יַד בֶּן יִשָּׂי בֵּית הַלְחֲמִי.
קִרְבָּה אֶל נַפְשִׁי גְאֻלָּה. לָכֵה ...

Rouse yourselves! Rouse yourselves!
Your light is coming, rise up and shine.
Awaken! Awaken! utter a song,
The glory of God is revealed upon you.
Come ...

Hit'oreri hit'oreri
ki va orekh kumi ori
uri uri shir dabeiri
kevod Adonai alayikh niglah. Lekha ...

הִתְעוֹרְרִי הִתְעוֹרְרִי.
כִּי בָא אֲוֶרֶךְ קוּמִי אֲוֶרִי.
עוּרִי עוּרִי שִׁיר דַּבְרִי.
כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה. . לָכֵה ...

Do not be embarrassed! Do not be ashamed!
Why be downcast? Why moan?
All my afflicted people will find shelter within you
And the city shall be rebuilt on her hill. Come ...

Lo tevoshi velo tikalmi
mah tishtokhaxhi umah teh'hemi
bakh yekhesu ani'yei ami
venivnetah ir al tilah. Lekha ...

לֹא תִבוֹשִׁי וְלֹא תִכְלָמִי.
מָה תִשְׁתַּחֲחִי וּמָה תִהְיִי עֲמִי.
בְּךָ יִחְסוּ עַנְיֵי עַמִּי.
וְנִבְנְתָה עִיר עַל תֵּלָה. . לָכֵה ...

Your despoilers will become spoil,
Far away shall be any who would devour you,
Your God will rejoice in you,
As a groom rejoices in a bride. Come ...

Vehayu limshisah shosayikh
verakhaku kol meval'ayikh
yasis ala'yikh Eloha'yikh
kimsos khatan al kalah. Lekha ...

וְהָיוּ לְמִשְׁסָה שְׂאֵסִיךָ.
וְרָחֲקוּ כָל מְבַלְעֶיךָ.
יִשִּׁישׁ עָלֶיךָ אֱלֹהֶיךָ.
כְּמִשׁוֹשׁ חָתָן עַל בְּלָה. . לָכֵה ...

To your left and your right you will burst forth,
And God will you revere
By the hand of a child of Peres,
We will rejoice and sing happily. Come ...

Yamin usmol tifrotzi
ve'et Adonai ta'aritz
al yad ish ben Partzi
venismekhah venagilah. Lekha ...

יָמִין וּשְׂמָאל תִפְרוֹצִי.
וְאֵת יְהוָה תִעַרִיצִי.
עַל יַד אִישׁ בֶּן פְּרָצִי.
וְנִשְׂמַחָה וְנִגִּילָה. לָכֵה ...

FOR SOME IT IS CUSTOMARY TO RISE AND TURN TOWARD THE ENTRANCE OF THE SANCTUARY WHEN THE COMMUNITY RECITES THE NEXT VERSE, AS IF TO GREET THE PRESENCE OF SHABBAT. IT MAY BE YOUR CUSTOM TO GREET THE SABBATH BRIDE BY BOWING AND TURNING WHEN SAYING THE WORDS בּוֹאִי כָלָה / BO'I KHALAH / COME O BRIDE.

Come in peace, crown of her husband,
Both in happiness and in jubilation
Amidst the faithful of the treasured nation
Come, O Bride! Come, O Bride! Come ...

Bo'i veshalom ateret ba'alah
gam besimkhah uvetzahalah
tokh emunei am segulah
bo'i khalah boi khalah. Lekha ...

בוֹאִי בְּשָׁלוֹם עֵטֶרֶת בַּעֲלָהּ.
גַּם בְּשִׂמְחָה וּבְצִהָלָה.
תּוֹךְ אֲמוּנֵי עַם סְגֻלָּה.
בוֹאִי כָלָה. בוֹאִי כָלָה. לְכֵה ...

In Jewish tradition, mourners do not observe mourning customs publicly on Shabbat. If mourners attend Shabbat services during *shiva*, the seven days following the burial of a close loved one, they enter services after Lekha Dodi. The congregation receives them with this greeting:

הַמָּקוֹם יִנַּחֵם אֶתְכֶם בְּתוֹךְ שְׂאֵר אַבְלֵי צִיּוֹן וִירוּשָׁלַיִם
Hamakom yenakhem etkhem betokh sh'ar avelei tzion vi'yerushalayim
May the Ominpresent comfort you among the other mourners of Zion and Jerusalem.





The custom of reciting Psalm 92 is ancient – the Talmud notes that this Psalm was chanted by the Levites in the Temple service on Shabbat. On the surface, it is not clear why this Psalm is the one dedicated for Shabbat – it contains no explicit mention of Shabbat. The commentator Rashi tells us that the song refers to “the world to come, an unending Sabbath.”



A Psalm, a song, for the Sabbath day.
It is good to thank Adonai,
and to sing to Your name, O Most High;
To tell of Your lovingkindness
in the morning, and Your faithfulness by night;
With ten strings, with the lyre,
with a solemn sound upon the harp.
For You have made me glad
through Your works, Adonai;
I exult in the works of Your hands.
How great are Your works, Adonai!
How very deep are Your thoughts!
The senseless do not know,
nor does a fool understand this:
When the wicked blossom like grass,
and when all those who work ill flourish,
it is that they may be destroyed forever.
But You are placed on high for all time.
Look, for Your enemies, Adonai.
See, for Your enemies shall perish:
All who work ill shall be scattered.
And my horn You have raised like the wild-ox;
I am anointed with rich oil.

Mizmor shir leyom hashabbat. Tov le'hodot
la'Adonai ul'zamer leshimkha elyon.

Lehagid baboker khasdekha.
Ve'emunatekha baleilot.
Alel asor ve'aley navel.
Alel higa'yon bekhinor.
Ki simakhtani Adonai befo'alekha
bema'asei yadeikha aranen.

Ma gadlu ma'aseykha Adonai
me'od amku makhshevotekha.
Ish ba'ar lo yedah
ukhsil lo yavin et zot.
Bifro'akh reshayim kemo esev
va'yatzizu kol po'alei aven

lehishamdani adei ad.
Ve'ata marom le'olam Adonai
Ki hinei oyveikha Adonai
Ki hinei oyveikha yovedu
yitpardu kol po'alei aven.
Va'tarem kireim karni
baloti bashemen ra'anani.

מזמור שיר ליום השבת: טוב להודות
ליהוה. ולזמר לשמך עליון:
להגיד בבוקר חסדך. ואמונתך בלילות:
עלי עשור ועלי נבל. עלי הגיון בכנור:
כי שמחתני יהוה בפעלך. במעשי ידיך ארנן:
מה גדלו מעשיך יהוה. מאד עמקו מחשבתך:
איש בער לא ידע. וכסיל לא יבין את זאת:
בפרח רשעים כמו עשב.
ויצו כל פעלי און.
להשמדם עדי עד:
ואתה מרום לעולם יהוה
כי הנה איבך יהוה. כי הנה איבך יאבדו.
יתפרדו כל פעלי און:
ותרם כראים קרני. בלתי בשמן רענן:

My eye shall gaze upon them that
 lie in wait for me; my ears shall hear
 the downfall of the wicked that rise against me.
 The righteous shall flourish like the palm tree
 and grow like a cedar in Lebanon.
 Planted in the House of Adonai,
 they shall flourish in the courts of our God.
 They shall still bring forth fruit in old age;
 they shall be full of sap and richness,
 To declare that Adonai is upright,
 my rock, in whom there is no wrong.

Vatabet eini beshurai bakamim
 alai mre'im tishmana ozna'i.

Tzadik katamar yifrah
 ke'erez balvanon yisgeh.
 Shetulim be'veit Adonai
 bekhatzrot Eloheynu yafrikhu.
 Od yenuvun beseivah
 desheinim vera'ananim yih'yu.
 Lehagid ki yashar Adonai
 tzuri velo avlatah bo.

וּתְבַט עֵינַי בְּשׁוּרַי בְּקַמִּים עָלַי מְרַעִים
 תִּשְׁמַעְנָה אָזְנִי:
 צְדִיק כְּתֹמֵר יִפְרָח. כְּאֶרֶז בְּלְבָנוֹן יִשְׁגֶּה:
 שְׁתוּלִים בְּבֵית יְהוָה. בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:
 עוֹד יִנּוּבוּן בְּשֵׁיבָה. דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ:
 לְהַגִּיד כִּי יָשָׁר יְהוָה. צוּרִי וְלֹא עוֹלָתָהּ בּוֹ:



Psalm 93

Adonai reigns, robed in majesty.
 Adonai is robed, girded with strength.
 The earth holds firm and cannot be shaken.
 Your throne holds firm from old;
 You are from everlasting.
 The rivers have lifted up, Adonai,
 the rivers have lifted up their voices;
 The rivers lift up their roaring.
 Above the roaring of the mighty waters,
 the mighty breakers of the sea,
 Adonai is exulted, on high.
 Your testimonies are surely faithful,
 and holiness becomes Your House, Adonai,
 for all days to come.

Tehilim 93

Adonai malakh ge'ut lavesh.
 lavesh Adonai oz hit'azar.
 af tikon tevel bal timot.
 Nakhon kis'akha me'az me'olam ata.
 Nas'u neharot Adonai nas'u neharot kolam
 yis'u neharot dakhyam.
 Mikolot mayim rabim adirim mishberei yam
 adir bamarom Adonai edotekha ne'emenu me'od
 leveitkha
 Na'ava kodesh Adonai le'orekh yamim.

תהילים צג

יְהוָה מָלַךְ גָּאוֹת לְבֹשׁ.
 לְבֹשׁ יְהוָה עֵז הַתְּאֲזָר.
 אֶף תִּכּוֹן תֵּבֵל כֹּל תִּמּוֹט:
 נָכוֹן כְּסֵאֶךָ מֵאֶז. מֵעוֹלָם אָתָּה:
 נִשְׂאוּ נְהַרֹת יְהוָה. נִשְׂאוּ נְהַרֹת קוֹלָם.
 יִשְׂאוּ נְהַרֹת דְּבָרֶיךָ:
 מִקְלוֹת מַיִם רַבִּים אֲדִירִים מִשְׁבְּרֵי יָם.
 אֲדִיר בְּמָרוֹם יְהוָה עֲדֹתֶיךָ נֶאֱמְנוּ מְאֹד לְבֵיתֶךָ
 נֶאֱוָה קִדְשׁ. יְהוָה לְאֶרֶץ יָמִים: