



# *Lehillah Shabbat*

IN THE SANTA YNEZ VALLEY

*a guide to*

*Shabbat Blessings  
Reflections  
and  
Prayers*



Can't recall  
why that night  
of all our nights  
why that night  
was special  
Why mom  
took the twin  
brass candle sticks  
from their forsaken  
perch on the liquor  
cabinet and carried  
them to our kitchen  
table before dinner  
and then two white  
wax candles from  
God knows  
where  
there  
appear  
standing within  
the rounded hollows  
of her Bubby Hava's  
old golden gift gone  
to patina's brown  
She strikes the  
match head  
and we  
three  
boys  
see  
she  
lights  
the one  
next other  
As they burn  
we watch mom  
no words—her hands  
wave circles through flame  
three times to face gone glow  
then palms cup her eyes closed  
We three stand wholly rapt.

Can't recall  
why that night  
of all our nights  
why that night  
was special  
Why mom  
took the twin  
brass candle sticks  
from their forsaken  
perch on the liquor  
cabinet and carried  
them to our kitchen  
table before dinner  
and then two white  
wax candles from  
God knows  
where  
there  
appear  
standing within  
the rounded hollows  
of her Bubby Hava's  
old golden gift gone  
to patina's brown  
She strikes the  
match head  
and we  
three  
boys  
see  
she  
lights  
the one  
next other  
As they burn  
we watch mom  
no words—her hands  
wave circles through flame  
three times to face gone glow  
then palms cup her eyes closed  
We three stand wholly rapt.

# Table of Contents

- 1 Abraham Joshua Heschel on Prayer  
Hineih MaTov  
Blessing over Shabbat Candles  
Shabbat Evening Kiddush
- 2 Blessing over Bread  
For Our Loved Ones and the Next Generation
- 3 L'chah Dodi
- 4 Shalom Aleichem  
Hashkiveinu
- 5 Mi Shebeirach—Prayer for Healing  
A Reflection
- 6 Prayer for Peace  
Prayer for our Congregation
- 7 Prayer for Israel  
Shehecheyanu—Blessing for the New  
T'Filat Haderech—Prayer for Journeys
- 8 Reflections before Kaddish
- 9 Mourners' Kaddish
- 10 Birkat HaMazon—Blessing After Meals
- 11 Havdalah Blessings

## Abraham Joshua Heschel on Prayer

When you pray, know before whom you stand. In prayer there is danger of relying on the word, of depending upon the text, of forgetting that the word is a challenge to the soul rather than a substitute for the outburst of the heart...

Prayer is a way of speaking, is a way that leads nowhere. The text must never be more important than inner devotion, *kavanah*. The life of prayer depends not so much upon loyalty to custom as upon inner participation; not so much upon the length as upon the depth of the service.

Those who run hastily through the liturgy, rushing in and out of the prayer texts, as if the task were to cover a maximum of space in a minimum of time, will derive little from worship. To be able to pray is to know how to stand still and to dwell upon a word. This is how some worshippers of the past would act: "They would repeat the same word many times, because they loved and cherished it so much that they could not part from it."

There is a classical principle in regard to prayer: "Better is a little with inner devotion than much without it."

## *Hineih MaTov*

הִנֵּה מַה טוֹב וּמַה נְעִים שֵׁבֶת אַחִים גַּם יַחַד.

*Hineih ma tov u'mah na'im shevet achim gam yachad.*

Behold, how wonderful it is for people to dwell together in unity.

## Blessing over Shabbat Candles

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שִׁבְת.

*Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat*

Blessed are You, Eternal our God, Source of all the world, Who hallows us with Your mitzvot and enjoins us to kindle the lights of Shabbat.

## Shabbat Evening Kiddush

*Kiddush is the Hebrew word meaning to "sanctify" or "to make holy." The Kiddush is recited over a cup of wine or grape juice. This is one way that we make Shabbat holy, separating it from the rest of the week. The Shabbat blessing reminds us that we are created in the divine image. We therefore raise the cup in thanksgiving:*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

*Baruch ata Ado-nai Elo-hei-nu melech h-'o-lam, bo-rei p'ri ha'ga-fen.*

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְרָצָה בָּנוּ,  
 וְשִׁבַּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,  
 זְכוֹר לְמַעֲשֵׂה בְּרֵאשִׁית.  
 כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קִדְּשׁ,  
 זְכוֹר לִיצִיאַת מִצְרַיִם,  
 כִּי בָנוּ בְּחֵרְפָה וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל הָעַמִּים,  
 וְשִׁבַּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.  
 בָּרוּךְ אַתָּה יי, מִקִּדְּשׁ הַשִּׁבְתָּ.

*Ba-ruch a-ta Ado-nai Elo-he-inu mel-ech ha-ol-am, a-sher kid'sha-nu b'mitz-vo-tav v'ra-tzah va-nu, v'Sha-bat kod-sho b'a-ha-vah u-v'ra-tzon hin-chi-la-nu, zi-ka-ron l'maaseih v'reisheet. Ki hu yom t'chi-la l'mik-ra-ei ko-desh, zei-cher li-tzi-at Mitz-ra-yim; Ki va-nu va-cha-rta v'ot-anu kid-ash-ta mi'kol ha-am-im, v'Sha-bat kod-sh-echa be'ah-a-vah -v'ra-tzon hin-chal-tanu. Bar-uch a-ta Ado-nai Me-kad-esh Ha-Sha-bat.*

Blessed is Adonai our God, Sovereign of the universe, Creator of the fruit of the vine. Blessed is Adonai our God, Sovereign of the universe, who hallows us with Your mitzvot and takes delight in us. In Your love and favor You have made Your holy Sabbath our heritage, as a reminder of the work of Creation. It is first among our sacred days, a remembrance of the Exodus from Egypt. O God, You have chosen us and set us apart from all peoples by giving us this Sabbath day, in love and favor, as a sacred inheritance. Blessed is Adonai, who sanctifies the Sabbath.

## Blessing over Bread

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.  
*Baruch Atah Adonai, Eloheinu Melech ha'olam, Hamotzi lechem min ha'aretz*  
 Blessed are You, Eternal our God, Source of all the world, Who brings forth bread from the earth.

## For Our Loved Ones and the Next Generation

*On Shabbat evening there is the opportunity of blessing other adults or children. Before or after you recite these ancient words, you might share a blessing in your own words to express something you appreciate about others at your table.*

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

*Y'varech'cha Adonai v'yishm'recha*  
May God bless you and keep you

יְאֵר יְהוָה פְּנֵיו אֵלֶיךָ וַיַּחַנְדֵּךְ

*Ya'eir Adonai panav eilecha vichuneka*  
May God's light shine upon you and be gracious onto you.

יֵשָׂא יְהוָה פְּנֵיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שְׁלוֹם

*Yisa Adonai panav eilacha v'yasem lecha shalom*  
May God's Presence be with you and may you experience wholeness and peace.

## **L'chah Dodi**

לְכֶה דוּדֵי לְקִרְאֵת כְּלָה. פְּנֵי שֵׁבֶת נִקְבְּלָה :

*L'chah dodi likrat kallah P'nei Shabbat n'kablach.*

Beloved, come to meet the bride; beloved come to greet Shabbat.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֶל הַמִּיחָד. יְיָ אֶחָד וַשְּׁמוֹ אֶחָד. לְשֵׁם  
וּלְתַפְאֵרֶת וּלְתִהְלָה... לְכֶה... .

*Shamor v'zachor b'dibur echad, Hishmi'anu Eil hamyuchad. Adonai echad ush'mo  
echad. L'sheim ultiferet v'lithilah. . . L'chah. . .*

“Keep” and “remember”: a single command the Only God caused us to hear; the Eternal is One, God's Name is One; honor and glory and praise are God's. . . Beloved...

*For those who choose: When you reach this final verse, rise and turn to the entrance of  
the room, as if to greet the Presence of Shabbat.*

בּוֹאֵי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָהּ. גַּם בְּשִׂמְחָה וּבְצִהְלָה. תּוֹךְ אֲמוּנֵי עַם סֻגְלָה. בּוֹאֵי  
כְּלָה, בּוֹאֵי כְּלָה... לְכֶה... .

*Bo'i v'shalom ateret ba'lah, Gam b'simchah uvtzoholah. Toch emunei am s'gullah,  
Bo'ee challah, boee challah. . . L'chah..*

Enter in peace, O crown of your husband; enter in gladness, enter in joy.  
Come to the people that keeps its faith. Enter, O bride! Enter, O bride!  
Beloved...

## Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיּוֹן,  
מִמְלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא :

*Shalom aleichem, malachei hashareit, malachei Elyon,  
mi Melech Mal'chei haM'lachim, Hakadosh baruch Hu.*

Peace be to you, O ministering angels, messengers of the Most High, Majesty of majesties, the Blessed Holy One.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,  
מִמְלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא :

*Boachem l'shalom, malachei hashalom, malachei El-yon,  
mi Melech Mal'chei haM'lachim, Hakadosh baruch Hu.*

Enter in peace, O messengers of peace, angels of the Most High, Majesty of majesties, the Blessed Holy One.

בְּרַכּוּנֵי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,  
מִמְלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא :

*Bar'chuni l'shalom, malachei hashalom, malachei Elyon,  
mi Melech Mal'chei haM'lachim, Hakadosh baruch Hu.*

Bless me with peace, O messengers of peace, angels of the Most High, Majesty of majesties, the Blessed Holy One.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן,  
מִמְלַךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא :

*Tzeitchem l'shalom, malachei hashalom, malachei Elyon,  
mi Melech Mal'chei haM'lachim, Hakadosh baruch Hu*

Depart in peace, O messengers of peace, angels of the Most High, Majesty of majesties, the Blessed Holy One.

## Hashkiveinu

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּפָנֵי לְחַיִּים, פָּרוֹשׁ עֲלֵינוּ סִפְתָּ  
שְׁלוֹמָךְ, וּפְרוֹשׁ עֲלֵינוּ סִפְתָּ שְׁלוֹמָךְ, אָמֵן, אָמֵן.

*Hashkiveinu Adonai Eloheinu, leshalom, leshalom; v'haamideinu malkeinu l'chayim.  
fros aleinu sukat sh'lomecha, ufros aleinu sukat sh'lomecha. Amen, Amen*

Shelter us beneath Thy wings, Oh Adonai. Guard us from all harmful things, Oh Adonai. Keep us safe throughout the night, til we wake with morning's light. Teach us Ei-li wrong from right. Amen. Amen.

## ***Mi Shebeirach*—Prayer For Healing**

מִי שְׁבִירַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

*Mi shebeirach avoteinu, m'kor habrachah l'imoteinu,*

May the Source of strength who blessed the ones before us help us find the courage to make our lives a blessing and let us say, Amen.

מִי שְׁבִירַךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

*Mi shebeirach imoteinu, M'kor habrachah la-avoteinu*

Bless those in need of healing with *r'fuah sh'leimah*, the renewal of body, the renewal of spirit, and let us say, Amen

## **A Reflection**

We sit in community:

elbow to elbow, eye to eye,

So close, perhaps, we brush against each other

as we move to prayer.

Ears filled with the voices of friends, teachers, fellow travelers—

who pray with us from the next seat, from across the room.

We come to silence,

Rhythm of words, shared melody, hushed.

Connected first one to one to all,

we now let go.

To be alone

with the Holy One.

To speak in mind, and heart, and soul,

but not with lips.

The prayers we weave together cannot replace  
that private conversation.

God, our partner, awaits us:

One by one,

a miracle.

Mishkan T'filah

## Prayer for Peace

Let us live in peace, God.

Let children live in peace, in homes free from brutality and abuse.

Let them go to school in peace, free from violence and fear.

Let them play in peace, God, in safe parks, in safe neighborhoods; watch over them.

Let husbands and wives love in peace, in marriages free from cruelty.

Let men and women go to work in peace, with no fears of terror or bloodshed.

Let us travel in peace; protect us, God, in the air, on the seas, along whatever road we take.

Let nations dwell together in peace, without the threat of war hovering over them.

Help us, God. Teach all people of all races and faiths, in all the countries all over the world, to believe that the peace that seems so far off is in fact within our reach.

Let us all live in peace, God. And let us say, Amen.

Naomi Levy

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל יִשְׂרָאֵל  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאָמְרוּ, אָמֵן

*Oseh Shalom bimromav, hu ya-aseh Shalomaleyenu, V'al Kol Yisrael, V'al kol yoshvey teiveil, V'imru, Amen.*

Let the one who makes peace in the heavens make peace for us, all Israel and all who inhabit the earth. Amen.

## Prayer for our Congregation

Source of all being:

May the children of this community learn these passions from us:

Love of Torah, devotion in prayer, and support of the needy.

May we guide with integrity, and may our leadership be in Your service.

May those who teach and nourish us be blessed with satisfaction, and may we appreciate their time and their devotion.

בְּרוּךְ אַתָּה יְיָ, שְׂאוֹתֶךָ לְבַדְּךָ בִּירְאָה נְעִבּוֹד.

*Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.*

Bless us with the fruits of wisdom and understanding, and may our efforts bring fulfillment and joy.

## Prayer for Israel

My God,

In this sacred moment, give us hope for Israel and her future.

Renew our wonder at the miracle of the Jewish State.

In the name of the pioneers who made the deserts bloom—give us the tools to cultivate a diversity of Jewish expression in Israel.

In the name of our fallen soldiers—give us courage to stand up to the words and ways of zealots. Those in our own midst and those among our neighbors.

In the name of Israeli inventors who have amazed the world with their innovations—helps us apply the same ingenuity to finding a path to peace.

In the name of all these individuals—grant us strength to conquer doubt and despair in Israel.

Replacing doubt with action. Replacing despair with hope.

And let us say: Amen.

Anat Hoffman

## *Shehecheyanu*—Blessing for the New

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Ba-ruch ata Adonai, Ehloheinu melech ha-o-lam, sheh-heh-cheh-ya-nu, v'ki-y'ma-nu v'hi-gi-a-nu la-z'man ha-zeh.*

We praise You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

## T'Filat Haderech—Prayer for Journeys

May we be blessed as we go on our way.

May we be guided in peace.

May we be blessed with health and joy.

May this be our blessing. Amen.

May we be sheltered by the wings of peace.

May we be kept in safety and in love.

May grace and compassion find their way to every soul.

May this be our blessing. Amen.

## Reflections before Kaddish

I, may I rest in peace—I, who am still living, say,  
May I have peace in the rest of my life.  
I want peace right now while I'm still alive.  
I don't want to wait until that pious man who wished for one leg  
of the gold chair of Paradise, I want four-legged chair  
right here, a plain wooden chair. I want the rest of my peace now.  
I have lived out my life in wars of every kind: battles without  
and within, close combat, face-to-face, the faces always  
my own, my lover-face, my enemy-face.  
Wars with the old weapons—sticks and stones, blunt axe, words,  
dull ripping knife, love and hate,  
and wars with newfangled weapons—machine gun, missile,  
words, land mines exploding, love and hate.  
I don't want to fulfill my parents' prophecy that life is war.  
I want peace with all my body and all my soul  
Rest me in peace.

Yehudah Amichai

To the living—  
Death is a wound.  
Its name is grief.  
Its companion is loneliness.  
Whenever it comes—whatever its guise,  
Even when there are no tears—  
Death is a wound.

But death belongs to life—  
as night belongs to day  
as darkness belongs to light  
as shadows belong to substance—  
As the fallen leaf to the tree,  
Death belongs to life.

It is not our purpose to live forever.  
It is only our purpose to live.  
It is no added merit that a person lives long.  
It is of merit only that a person's life is good.

Alvin Fine

## Mourners' Kaddish—קדיש יתום

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא  
כְּרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ, בְּחַיִּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ  
אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֵלְמַיָּא.  
יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא, בְּרִיךְ הוּא.  
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנַחֲמַתָּא,  
דְּאָמְרוּן בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל יִשְׂרָאֵל, וְכָל יוֹשְׁבֵי תַבְּלָא, וְאָמְרוּ אָמֵן.

*Yit-gadal v'yit-kadash sh'me rabba, b'al-ma di v'ra chiruti, v'yam-likh mal-khu-tay,  
b'chayye-khon uv'yo-may-khon uv'cha-yeh d'khol beit Yisrael, ba'agalah u'veez-man ka-  
reev v'imru Amen.*

*Y'hei sh'mei rabba m'va-rakh l'a-lam ul'al-may al-maya.*

*Yit-ba-rakh, v'yish-ta-bakh, v'yit-pa'ar, v'yit-romam, v'yit-na-seh, v'yit-ha-dar, v'yit-a-  
leh, v'yit-ha-lahl sh'mei d'kud'sha, b'rikh hu.*

*L'eila min kol bir-kha-ta v'shi-ra-ta, toosh-b'kha-ta v'ne-khe-ma-ta, da'ami-ran b'al-ma  
v'imru Amen.*

*Y'hei sh'lama rabba min sh'ma-ya v'cha-yim aleinu v'al kol Yisrael v'imru Amen.*

*Oseh shalom bim-ro-mahv, hu ya'a-seh shalom aleinu v'al kol Yisrael, v'kol yoshvei  
teiveil, v'imru Amen.*

Let the glory of God be extolled, let God's great name be hallowed, in the world whose creation God willed. May God's rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say, Amen.

Let God's great name be blessed forever and ever.

Let the name of the Blessed Holy One be glorified, exalted and honored, though God is above all the praises, songs and adorations that we can utter, and let us say, Amen.

For us and all Israel, may the blessing of peace and the promise of life come true, and let us say, Amen.

May the One who causes peace to reign in the high heavens let peace descend upon us, on all Israel, and all the world, and let us say, Amen.

## Birkat HaMazon—Blessing After Meals

Leader

*Chaveirei, n'varech!*  
Let us praise God.

חֲבֵרֵי נְבָרְךָ!

Group

*Y'hi shem Adonai m'vorach mei-atah v'ad olam*. יהי שם יי מְבָרְךָ מֵעַתָּה וְעַד עוֹלָם.  
Praised be the name of God, now and forever!

Leader

יהי שם יי מְבָרְךָ מֵעַתָּה וְעַד עוֹלָם. בְּרִשׁוֹת חֲבֵרֵי, נְבָרְךָ אֱלֹהֵינוּ שְׂאֲכָלְנוּ מִשְּׁלוֹ.  
*Y'hi shem Adonai m'vorach mei-atah v'ad olam, bir'shoot chaverei*  
*n'varech Eloheinu she-achainu mishelo.*  
Praise be the name of God, now and forever! Praise be to God, of whose abundance we have eaten.

Group

בָּרוּךְ אֱלֹהֵינוּ שְׂאֲכָלְנוּ מִשְּׁלוֹ וּבִטְוִבוֹ חַיֵּינוּ.  
*Baruch Eloheinu sheachalnu mishelo uv'tuvo chayinu.*  
Praised be our God, of whom abundance we have eaten, and by whose goodness we live.

Leader

בָּרוּךְ אֱלֹהֵינוּ שְׂאֲכָלְנוּ מִשְּׁלוֹ וּבִטְוִבוֹ חַיֵּינוּ. בָּרוּךְ הוּא וּבָרוּךְ שְׁמוֹ.  
*Baruch Eloheinu she-achalnu mishelo uv'tuvo chayinu. Barch hu uvaruch sh'mo.*  
Praised be our God, of whose abundance we have eaten and by whose goodness we live.  
Praised be God and praised be God's name.

Group

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַזֵּן אֶת הָעוֹלָם כֵּלּוֹ בְּטוֹבוֹ בְּחֵן בְּחָסֵד וּבְרַחֲמִים,  
הוּא נוֹתֵן לָחֵם לְכֹל בֶּשֶׂר כִּי לְעוֹלָם חֶסֶד. וּבְטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ, וְאֵל  
יְחָסֵר לָנוּ מִזֹּון לְעוֹלָם וְעַד. בְּעִבּוֹר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֶן וּמִפְרִיָס לְכֹל וּמִטִּיב  
לְכֹל, וַיִּמְכֵּן מִזֹּון לְכֹל בְּרִיּוֹתָיו אֲשֶׁר בָּרָא. בָּרוּךְ אַתָּה יי, הַזֵּן אֶת הַכֹּל.  
*Baruch atah, Adonai Eloheinu, melech haolam, hazan et ha'olom kulo b'ruvo, b'chein*  
*b'chesed uv'rachamim. Hu notein lechem l'chol basar, ki l'olam chasdo. Uv'ruvo hagzdol*  
*tamid lo chasar lanu, v'al yechar lanu mazon l'olam va-ed. Baavur sh'mo hagadol, ki hu*  
*El zan um'farneis lakol, umeitiv lakol, umeichin mazon l'chol bb'riyotav asher bara.*  
*Baruch atah, Adonai, hazan et hakol.*

Sovereign God of the universe, we praise You. Your goodness sustains the world. You are the God of grace, love, and compassion, the Source of bread for all who live; for Your love is everlasting. In Your great goodness we need never lack for food. You provide food enough for all. We praise You, O God, Source of food for all who live.

ב

## **HAVDALAH BLESSINGS**

*Havdalah (literally, separation or distinction) concludes Shabbat. On Shabbat we are given an extra soul; at Havdalah we relinquish that extra soul, but hope that the sweetness and holiness of the day will remain with us during the week. We take a cup of wine, a box of spices, and a braided Havdalah candle, and we sing or recite the blessings.*

*These blessings speak to the distinction between the holy and the everyday, between light and darkness, between the people Israel and the other peoples of the earth, and between the seventh day of rest and the six days of work. With the candle lighting we begin creating again and invest ourselves in our work again. As we make the transition back to our week, we also make the connection between creation and the messianic era (a time of justice and peace) by invoking the prophet Elijah. Tradition teaches that he will herald the coming of the Messiah.*

### **[Holding up the wine cup]**

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

*Baruch ata Adonai, Eloheinu Melekh ha-olam, borei peri ha-gafen.*

Blessed are You, Adonai our God, Ruler of the universe, Creator of the fruit of the vine.

### **[Holding up the spices]**

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְיָ בְּשָׂמִים.

*Baruch ata Adonai, Eloheinu Melekh ha-olam, borei minei v'samim.*

Blessed are You, Adonai our God, Ruler of the universe, Creator of many kinds of spices.

### **[Holding up the havdalah candle]**

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.

*Baruch ata Adonai, Eloheinu Melekh ha-olam, borei m'orei ha-eish.*

Blessed are You, Adonai our God, Ruler of the universe, Creator of the fire's light.

*Baruch ata Adonai, Eloheinu Melekh ha-olam, ha-mavdil bein kodesh l'chol, bein or-le'choshekh, bein Yisrael la-amim, bein yom ha-shevi'i l'sheshet y'mai ha-ma'aseh.*

*Baruch ata Adonai, ha-mavdil bein kodesh l'chol.*

Blessed are You, Eternal our God, Ruler of the universe, Who distinguishes between the sacred and the profane, between light and darkness, between Israel and other people of the world, between the seventh day and the six days of the week. Blessed are You, Who distinguishes between the sacred and the profane.



The meaning of the Sabbath  
is to celebrate time rather than space.  
Six days a week we live under  
the Tyranny of things of space;  
on the Sabbath we try to become  
attuned to holiness in Time.  
It is a day on which we are called  
upon to share in what is eternal  
in time, to turn from the results  
of creation to the mystery of  
creation, from the world of creation  
to the creation of the world.

- Abraham Joshua Heschel

Artwork  
Barry Chersky and Susan Silverberg

Compilation  
Rabbi Larry Raphael and Steve Braff

In Memory  
Sam Fraider