

January 9, 2020

25 Tevet, 5781

Shabbat Shemot

Holden Kolodner becomes Bar Mitzvah



*It has been told to you, what is good, and what Adonai requires of you
Only to do justice, to love mercy, and to walk humbly with your God. (Micah 6:8)*

--- Morning Blessings and Psalms ---

Modeh Ani

Modeh/Modah ani l'fanecha, Melech chai v'kayam,
she-hechezarta bi nishmati b'chemlah, rabbah emunatecha.

*I offer thanks to You, ever-living Sovereign, that You have restored my soul to me in mercy:
How great is Your trust.*

מוֹדֵה/מוֹדֵה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִּים.
שְׁהַחֲזַרְתָּ בִּי נְשַׁמְתִּי, בְּחֶמְלָה. רַבָּה אֱמוּנָתְךָ:

Asher Yatzar

Baruch Atah Adonai, Eloheinu, Melech ha'olam,
asher yatzar et haadam b'chochmah uvara vo n'kavim
n'kavim, chalulim chalulim. Galui v'yadua lifnei chisei
ch'vodecha she'im y'pateiach echad meihem o yisateim
echad meihem, i efshar l'hitkayeim v'laamod l'fanecha.
Baruch Atah Adonai, rofeih chol basar umafli laasot.

*Blessed are You, Adonai our God, Sovereign of the universe, who formed the human body with skill,
creating the body's many pathways and openings. It is well known before Your throne of glory that if one
of them be wrongly opened or closed, it would be impossible to endure and stand before You.*

Blessed are you, Adonai, who heals all flesh, working wondrously.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחֹכְמָה וּבָרָא בּוֹ נְקִיבִים
נְקִיבִים, חַלּוּלִים חַלּוּלִים. גָּלוּי וְיָדוּעַ לְפָנֶיךָ כִּסֵּא
כְּבוֹדְךָ שָׂאֵם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד
מֵהֶם אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ.
בְּרוּךְ אַתָּה יְיָ רוֹפֵא כָּל בָּשָׂר וּמְפַלֵּא לַעֲשׂוֹת.

Elohai N'shamah

Elohai, n'shamah shenatata bi t'horah hi.
Atah v'ratah, Atah y'tzartah, Atah n'fachta bi,
v'Atah m'shamrah b'kirbi.

*My God, the soul You have given me is pure.
You created it, You shaped it, You breathed it into me, and You protect it within me.*

אֱלֹהֵי, נְשַׁמָּה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא.
אַתָּה בְּרַאתָהּ, אַתָּה יָצַרְתָּהּ, אַתָּה נִפְחַתָּהּ בִּי,
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי.

Psalm 92

Mizmor shir l'yom haShabbat.
Tov l'hodot l'Adonai ul'zameir l'shimcha elyon.
L'hagid baboker chasdecha, ve'emunatcha baleilot.
Alel asor va'alei navel, alei higayon b'chinor.
Ki simachtani Adonai b'foalecha b'maasei yadecha aranein.
Mah gadlu maasecha Adonai, m'od amku machsh'votcha.

*A psalm, a song for Shabbat. It is good to praise Adonai; to sing hymns to Your name, O Most High,
to proclaim Your steadfast love at daybreak, Your faithfulness each night with a ten-stringed harp, with
voice and lyre together. You have gladdened me by Your deeds, Adonai; I shout for joy at Your
handiwork. How great are Your works, Adonai, how very subtle Your designs!*

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת.
טוֹב לְהַדוֹת לַיהוָה לַיּוֹם וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.
לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ, וְאֱמוּנָתְךָ בַּלַּיְלוֹת.
עַל־יַד־עֲשׂוֹר וְעַל־יַד־נָבֶל, עַל־יַד־הַגִּיֹן בְּכִנּוֹר.
כִּי שִׂמַחְתָּנִי יְיָ בְּפֹעֲלֶיךָ בְּמַעֲשֵׂי יְדֶיךָ אֲרָנִין.
מַה־גָּדְלוֹ מַעֲשֵׂיךָ, יְיָ, מֵאֵד עֲמָקוֹ מִחֻשְׁבֹּתֶיךָ.

Psalm 150

Halleluyah!

Hallelu El b'kodsho, hal'luhu birkia uzo.

Hal'luhu bigvurotav, hal'luhu k'rov gudlo.

Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinor.

Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav.

Hal'luhu b'tziltz'lei shama, hal'luhu b'tziltz'lei t'ruah.

Kol han'shamah t'haleil Yah, Hal'lu Yah!

Halleluyah! Praise God in God's sanctuary; praise God in the sky, God's stronghold. 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 timbrel and dance; praise God with lute and pipe. Praise God with resounding cymbals; praise God with loud-clashing cymbals. Let all that breathes praise God. Halleluyah!

הַלְלוּיָהּ.

הַלְלוּ אֵל בְּקֹדֶשׁוֹ. הַלְלוּהוּ בְּרַקִיעַ עֲזוֹ:

הַלְלוּהוּ בְּגִבּוֹרֹתָיו. הַלְלוּהוּ בְּרַב גְּדֻלוֹ:

הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר. הַלְלוּהוּ בְּנִבְל וְכִנּוֹר:

הַלְלוּהוּ בְּתוֹף וּמַחֲוֹל. הַלְלוּהוּ בְּמִנִּים וְעֻגָב:

הַלְלוּהוּ בְּצִלְצְלֵי שְׁמַע. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

כָּל הַנְּשָׁמָה תִהְלֵל יָהּ. הַלְלוּיָהּ!

--- Sh'ma and its Blessings ---

שמע ישראל יהוה אלהינו יהוה אחד

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

בָּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד

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

Blessed is God's glorious majesty forever and ever.

V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh asher anochi m'tzavcha 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. Ukshartam l'ot al yadecha v'hayu l'totafot bein einecha. Uchtavtam al m'zuzot beitecha uvisharecha.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim lih'yot lachem l'Elohim ani Adonai Eloheichem.

Thus you shall remember to observe all My commandments and to be holy to your God.

I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

Redemption

Mi chamocha ba'eilim Adonai! Mi kamocho nedar bakodesh, nora t'hilot, oseh feleh!

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

Shirah chadashah shib'chu g'ulim l'shimcha al s'fat hayam.

Yachad kulam hodu v'himlichu v'amru: Adonai yimloch l'olam va'ed.

With new song, inspired, at the shore of the Sea, the redeemed sang Your praise. In unison they all offered thanks. Acknowledging Your Sovereignty, they said: "Adonai will reign forever!"

מִי־כִמּוֹכָה בְּאֵלִים יְהוָה מִי כְּמוֹכָה נֹדֵד בְּקֹדֶשׁ נוֹרָא תְהִלַּת עֲשֵׂה פֶלֶא

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְכָה עַל שְׂפַת הַיָּם. יַחַד כָּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יי' יִמְלֹךְ לְעוֹלָם וָעֶד.

--- Amidah ---

GOD OF OUR ANCESTORS

Baruch Atah Adonai Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Leah. Ha'Eil hagadol hagibor v'hanora Eil elyon, gomeil chasadim tovim v'koneh hakol v'zocheir chasei avot v'imahot, umeivi g'ulah livnei veneihem l'maan shemo b'ahavah. Melech ozeir umoshia umagen. Baruch Atah, Adonai, magein Avraham v'ezrat Sarah.

Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, the great, mighty and awesome God, transcendent God, who bestows lovingkindness, creates all out of love, remembers the love of our ancestors, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

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

GOD OF MIGHT

Atah gibor l'olam Adonai, mechayeih hakol (meitim) Atah, rav l'hoshia.

Mashiv haruach umorid hagashem.

M'chalkel chayyim b'chesed, m'chayeh hakol (meitim) b'rachamim rabim, somech noflim, v'rofeh cholim, umatir asurim, um'kayem emunato lishenei afar. Mi chamocha ba'al g'vurot? U'mi domeh lach? Melech meimit um'chayeh, umatzmiach y'shuah.

V'neeman Atah l'hachayot hakol (meitim). Baruch Atah, Adonai, m'chayeih hakol (hameitim).

You are forever mighty, Adonai; You give life to all (revive the dead). You cause the wind to shift and rain to fall. You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust.

Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

Blessed are You, Adonai, who gives life to all (revives the dead).

אתה גבור לעולם אדני, מסיה הכל (מתים) אתה, רב להושיע. משיב הרוח ומוריד הגשם. מכלכל חיים בחסד, מסיה הכל (מתים) ברחמים רבים, סומך נוֹפְלִים, ורופא חולים, ומתיר אסורים, ומקיים אמונתו לישגי עפר, מי כמוד בעל גבורות ומי דומה לך, מלך ממית ומצמיח ומושיע? ונאמן אתה להחיות הכל (מתים). ברוך אתה יי, מסיה הכל (המתים).

GOD'S HOLINESS

N'kadesh et shimcha ba'olam k'shem shemakdishim oto bishmei marom. Kakatuv al yad n'viecha v'kara zeh el zeh v'amar: Kadosh, kadosh, kadosh Adonai tz'vaot! M'lo chol haaretz k'vodo!

Adir adireinu, Adonai adoneinu, mah adir shimcha b'chol haaretz. Baruch k'vod Adonai mim'komo!

Echad Hu Eloheinu, Hu avinu, Hu malkeinu, Hu moshieinu v'Hu yashmieinu b'rachamav l'einei kol chai. Ani Adonai Eloheichem. Yimloch Adonai l'olam Elohayich Tziyon l'dor vador. Haleluyah!

נקדש את שמך בעולם כשם שמקדישים אותך בשמי מרום. ככתוב על יד נביאך. וקרא זה אל זה ואמר: קדוש קדוש קדוש יהוה צבאות מלא כל הארץ כבודו: אדיר אדירנו יי אדנינו מה אדיר שמך בכל הארץ! ברוך כבוד יי, ממקומו. אחד הוא אלהינו, הוא אבינו, הוא מלכנו, הוא מושיענו והוא ישימענו ברחמיו לעיני כל חי אני יי אלהיכם! ימלך יי לעולם, אלהיך ציון לדור ודור, הללויה!

L'dor vador, nagid godlecha. Ul'neitzach n'tzachim, k'dushatcha nakdish, v'shivchacha Eloheinu mipinu lo yamush l'olam va'ed. Baruch Atah, Adonai, ha'Eil haKadosh.

לדור ודור נגיד גדלך וילגצח נצחתי קדשתיך נקדיש, ושבחתי אלהינו מפינו לא ימוש לעולם ועד. ברוך אתה יי, האל הקדוש.

Let us sanctify Your Name on earth, as it is sanctified in the heavens above. As it is written by Your prophet. Holy, holy, holy is Adonai Tz'vaot! God's presence fills the whole earth. Source of strength, Sovereign One, how majestic is Your presence in all the earth! Blessed is the presence of God, shining fourth from where God dwells. God alone is our God and our Creator, our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai your God! Adonai shall reign forever, your God, O Zion, from generation to generation, Hallelujah!

To all generations we will declare Your greatness, and for all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

THE HOLINESS OF SHABBAT

Yismechu v'malchut'cha shom'rei Shabbat v'korei oneg. Am m'kad'shei shvi'i, kulam yisb'u v'yitangu mituvecha. V'hashvi'i ratzita bo v'kidashto, chemdat yamim oto karata, zeicher l'maaseih v'reishit.

ישמחו במלכותך שומרי שבת וקוראי ענג. עם מקדשי שבועי. כלם ישבעו ויתענגו מטובך. ובשבועי רציתי בו וקדשתי חמדת ימים אותו קראת. וזכר למעשה בראשית

Those who keep Shabbat by calling it a delight will rejoice in Your realm. The people that hallows Shabbat will delight in Your goodness. For, being pleased with the Seventh Day, You hallowed it as the most precious of days, drawing our attention to the work of Creation.

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 sheshet yamim asah Adonai et hashamayim v'et haaretz, uvayom hashvi'i shavat vayinafash.

ושמרו בני ישראל את השבת לעשות את השבת לדורתם ברית עולם: בני ובין בני ישראל אות הוא לעולם כיששית ימים עשה יהוה את השמים ואת הארץ וביום השביעי שבת וינפש:

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

Eloheinu v'Elohei avoteinu v'imoteinu, r'tzeih vimnuchateinu. Kadsheinu b'mitzvatecha v'tein chelkeinu b'Toratecha, sabeinu mituvecha, v'samcheinu bishuatecha, v'taheir libeinu l'ovd'cha be'emet, v'hanchileinu Adonai Eloheinu, b'ahavah uv'ratzon Shabbat kodshecha v'yanuchu vah Yisrael, m'kad'shei sh'mecha. Baruch Atah, Adonai, m'kadeish HaShabbat.

אלהינו ואלהי אבותינו ואמותינו רצה במנוחתנו. קדשנו במצותך ומן חלקנו בתורתך. שבענו מטובך ושמחנו בישועתך. וטהר לבנו לעבדך באמת. והנחילנו יי אלהינו באהבה וברחון שבת קדשך וננוחו בה ישראל מקדשי שמך: ברוך אתה יי. מקדש השבת:

Our God and God of our ancestors, be pleased with our rest. Sanctify us with Your mitzvot, and grant us a share in Your Torah. Satisfy us with Your goodness and gladden us with Your salvation. Purify our hearts to serve You in truth. In Your gracious love, Adonai our God, grant us Your holy Shabbat as a heritage. May Israel who sanctifies Your Name rest on Shabbat. Blessed are You, Adonai, who sanctifies Shabbat.

AVODAH

R'tzei Adonai Eloheinu, b'amcha Yisrael, ut'filatam b'ahavah t'kabeil, ut'hi l'ratzon tamid avodat Yisrael amecha. Eil karov l'chol kor'av, p'nei el avadecha v'choneinu, sh'foch ruchacha aleinu. V'techezenah eineinu b'shuv'cha l'Tzion b'rachamim. Baruch Atah, Adonai, hamachazir Sh'chinato l'Tzion.

רצה יי אלהינו בעמך ישראל ובתפלתם באהבה תקבל, ותהי לרצון תמיד עבודת ישראל עמך: אל קרוב לכל קראיו, פנה אל עבדיך ותנונו, שפוך רוחך עלינו. ותתזינה עינינו בשובך לציון ברחמים: ברוך אתה יי. המחזיר שכנינו לציון:

*Find favor, Adonai, our God, with Your people Israel and accept their prayer in love.
May the worship of Your people Israel always be acceptable. God who is near to all who call, turn
lovingly to Your servants. Pour out Your spirit upon us.*

Let our eyes behold Your loving return to Zion. Blessed are You, Adonai, whose Presence returns to Zion.

HODAAH

Modim anachnu lach, shaAtah hu Adonai Eloheinu v'Elohei
avoteinu v'imoteinu l'olam va'ed. Tzur chayeinu, magein
yisheinu, Atah hu l'dor vador. Nodeh l'cha un'sapeir t'hilatecha.
Al chayeinu ham'surim b'yadecha, v'al nishmoteinu hap'kudot
lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha
v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim.
Hatov ki lo chalu rachamecha, v'ham'racheim ki lo tamu
chasadecha, mei'olam kivinu lach.

V'al kulam yitbarach v'yitromam shimcha, Malkeinu, tamid
l'olam va'ed. V'chol hachayim yoducha selah, viy'hal'lu et
shimcha be'emet, Ha'Eil y'shuateinu v'ezrateinu selah.

Baruch Atah, Adonai, hatov shimcha ul'cha na'eh l'hodot.

*We acknowledge with thanks that You are Adonai, our God and the God of our ancestors, forever. You
are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise
You – for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that
we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning
and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we
forever put our hope in You. For all these things, O Sovereign, let Your Name be forever praised and
blessed. O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth.*

Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

SHALOM

Sim Shalom tovah uvrachah, chein vachessed v'rachamim, aleinu
v'al kol Yisrael amecha. Bar'cheinu, yotzreinu, kulanu k'echad
b'or panecha, ki v'or panecha natata lanu, Adonai Eloheinu, Torat
chayim v'ahavat chesed, utz'dakah uv'rachah v'rachamim
v'chayim v'shalom. V'tov b'einecha l'vareich et amcha Yisrael
b'chol eit uv'chol shaah bishlomecha.

Baruch Atah, Adonai, ham'vareich et amo Yisrael bashalom.

*Grant peace, goodness and blessing, grace, kindness and mercy, to us and to all Your people Israel. Bless
us, our Creator, all of us together, through the light of Your Presence. Truly through the light of Your
Presence, Adonai our God, You gave us a Torah of life - the love of kindness, justice and blessing, mercy,
life, and peace. May You see fit to bless Your people Israel at all times, at every hour, with Your peace.*

Praised are You, Adonai, who blesses Your people Israel with peace.

Oseh shalom bimromav, Hu yaaseh shalom aleinu v'al
kol Yisrael, v'al kol yoshvei teivel. V'imru: Amen.

May the One who brings us peace bring this peace before us unto all of Israel, unto all the nations. Amen.

Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha,
Adonai tzuri v'go-ali.

יהיו לרצון אמרי פי והגיון לבי לפניך,
יְיָ צוּרִי וְגוֹאֲלִי.

*May the words of my mouth and the meditations of my heart
be acceptable to You, my Rock and my Redeemer.*

--- Seder Kriat HaTorah: Reading of the Torah ---

Holden Kolodner becomes Bar Mitzvah

לְדוֹר וָדוֹר נִגְדַתְּ גְדֻלָּתְךָ וְלִנְצַחַת נִצְחֵיךָ קִדְשָׁתְךָ נִקְדִּישׁ

L'dor vador nagid godlecha, ul'neitzach n'tzachim k'dushatcha nakdish.

From generation to generation we will declare Your greatness, and for all eternity proclaim Your holiness.

שמע ישראל יהוה אלהינו יהוה אחד
Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!
Hear, O Israel, Adonai is our God, Adonai is One!

Before the Reading of Torah

Reader: Bar'chu et Adonai ham'vorach.

Congregation: **Baruch Adonai ham'vorach l'olam va'ed.**

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

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher bachar banu mikol haamim, v'natan lanu et Torato.

Baruch Atah, Adonai, notein haTorah.

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

בָּרַכְנוּ אֶת יְיָ הַמְּבָרָךְ
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר
בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנו אֶת תּוֹרָתוֹ.
בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה

Torah read by our Bat Mitzvah, Holden Kolodner

Exodus 1:1-20

After the Reading of Torah

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher natan lanu Torat emet v'chayei olam nata b'tocheinu.

Baruch Atah, Adonai, notein haTorah.

Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, who gives the Torah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן
לָנו תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם בְּטֵעַ בְּתוֹכֵנוּ.
בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה

Etz Chaim: Tree of Life

Etz chaim hi l'machazikim bah, v'tom'cheha m'ushar.

D'racheha darchei noam v'chol n'tivotcha shalom.

Hashiveinu Adonai, eilecha, v'nashuvah. Chadeish yameinu k'kedem.

It is a tree of life to those who hold fast to it, and all of its supporters are happy.

Its ways are ways of pleasantness and all its paths are peace.

Return us to You, Adonai, and we will return; renew our days as of old.

עֵץ חַיִּים הִיא לַמְחַזְקִים בָּהּ. וְתִמְכֶיהָ מְאֻשָּׁר.
דַּרְכֶיהָ דַּרְכֵי נֹעַם וְכָל נְתִיבֹתֶיהָ שְׁלוֹם.
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה. חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Blessing before the Haftarah

Baruch Atah, Adonai Eloheinu, Melech haolam, asher bachar bin'vi'im tovim, v'ratzah v'divrei hem hane'amarim be'emet.

Baruch Atah, Adonai, habocheh baTorah uv'Moshe avdo, uv'Yisrael amo, uvinvi'ei ha'emet vatzedek.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen faithful prophets to speak words of truth. Blessed are You, Adonai, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness.

ברוך אתה יי אלהינו מלך העולם, אשר בחר
בנביאים טובים, ורצה בדבריהם הנאמרים
באמת, ברוך אתה יי, הבוחר בתורה ובמשה עבדו,
ובישראל עמו, ובנביאי האמת וצדק.

Blessing after the Haftarah

Baruch Atah, Adonai Eloheinu, Melech haolam, tzur kol ha'olamim, tzadik b'chol hadorot, Ha'Eil hane'eman, ha'omeir v'oseh, ham'dabeir um'kayeim, shekol d'varav emet vatzedek. Al haTorah, v'al ha'avodah, v'al han'vi'im, v'al yom HaShabbat hazeh, shenatata lanu Adonai Eloheinu, likdushah v'limnuchah, l'chavod ul'tif'aret. Al hakol Adonai Eloheinu, anachnu modim lach, um'varchim otach, yitbarach shimcha b'fi chol chai tamid l'olam va'ed.

Baruch Atah, Adonai, m'kadeish HaShabbat.

Blessed are You, Adonai our God, Sovereign of the universe, Rock of all creation, Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, Adonai our God, have given us. For holiness and rest, for honor and glory: we thank and bless you. May Your name be blessed for ever by every living being. Blessed are You, Adonai, for the Sabbath and its holiness.

ברוך אתה יי אלהינו מלך העולם, צור כל
העולמים, צדיק בכל הדורות, האל הנאמן האומר
ועשה, המדבר ומקיים, שכל דבריו אמת וצדק. על
התורה, ועל העבודה, ועל הנביאים, ועל יום השבת
הזה, שנתת לנו, יי אלהינו, לקדשה ולמנוחה, לכבוד
ולתפארת. על הכל, יי אלהינו, אנחנו מודים
לך, ומברכים אותך, תברך שמך בפי כל חי תמיד
לעולם ועד.

ברוך אתה יי מקדש השבת.

Siman Tov u'Mazal Tov!

Siman tov u'mazal tov, u'mazal tov v'siman tov!
Y'hei lanu ul'chol Yisrael!

סימן טוב ומזל טוב ומזל טוב וסימן טוב
יהא לנו ולכל ישראל!

This is a good and lucky sign for us and all Israel!

R'fuah Sh'leimah

Suzanne Allender, Emily Alpern-Fisch, Frank Anderson, Alan Appel, Ronni Behar, Janice Berlin, Elaine Brown, Ellen Buckley, Don Elisburg, Netanel Felber, Chelo Fournier, Sonya Glixman, Mel Goldberg, Carole Greenberg, Edward Greenberg, Richard Greenfield, Cindy Bosco Hill, Dusty Kaplan, Dorothy Kirby, Joan Kupferberg, Kimberly Lackey, Philip Levine, Sam Levinson, Dan Lutenegger, Avital Manor, Cheryl Mitchell, Gustavo Pabon, Rebecca Prigal, David Ransohoff, Lois Rosen, Eric Rosenberg, Barry Rubens, Rabbi Steve Sager, Terry Samuel, Francie Schwartz, Mary Schwartz, Joan Schwarz, George Scott, Paul Shapiro, Kristen Surya, Betty Ustun, Maria Young

Heal Us Now *Music and English lyrics by Cantor Leon Sher*

R'faeinu Adonai v'neirafei, hoshieinu v'nivasheia
Eil karov l'chol korav, ach karov lireiav, yish'o

רפאנו יי ונרפא הושיענו ונשעה
אל קרוב לכל-קרואי, אף קרוב ליראיו ישעו

We pray for healing of the body, we pray for healing of the soul,
For strength of flesh and mind and spirit, we pray to once again be whole...

Eil Na, r'fa na; O please heal us now

R'fuat hanefesh, r'fuat haguf, r'fuah sh'leimah – Heal us now

Hoshia et amecha, uvarech et nachalatecha,
ureim v'naseim ad ha'olam
Mi shebeirach avoteinu, mi shebeirach imoteinu,
Ana, Adonai, hoshia na

הושיעה את-עמך וברך את-נחלתך
ורעם ונשאם עד-העולם
מי שברך אבותינו, מי שברך אמותינו,
אנא יי הושיעה נא

We pray for healing of our people, we pray for healing of the land,
And peace for every race and nation, every child, every woman, every man...

We Remember a Few of Far Too Many Lives Lost to COVID-19

Bassam Saba, 62, flautist and proponent of Arabic music, Beirut, Lebanon
Sarah Simental, 18, dog rescue volunteer, student, enjoyed fuzzy socks, Tinley Park, Illinois
Debra Covington, Micah House alumna, Washington, DC

We Remember Those Lost to Violence in Washington, DC

William Johnson, 64, SE DC; Kaailyah Rainey, 22, SE DC; Joseph Simmons, 22, SE DC

Condolences

Marilyn Bender, sister-in-law of Carole Hirschmann; Debra Covington, Micah House alumna;
Mark Lichtenstein, uncle of Lou Kolodner

Shiva

Frank Anderson, husband of Ruth Simon; Bernard David Kane, stepfather of Julie Kubal;
Wes Harris, relative of Randi and David Braverman and Stacy and Emily Cloyd

Yahrzeit

Robert Allen, Celia Berman, Sophie Fresco, Jeanette Gilberg, Alice Martha Goldman, Benjamin Goldsmith,
Ruth Kobrin, Edna Levine, John T. Libby, Rebecca Lister, Lois Lurie, Eleanor Mazur, Bertha Newman,
Louise Pasarew, Oscar Patcher, David E. Rosenbaum, Dorothy Schreck, Lorraine Berner Sher,
Israel (Sonnie) Shulman, Margaret Siebel, Otto Strass, Walter Tritell, David H. White

Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchuteih, b'chayeichon
uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala uvizman
kariv. V'imru: 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'yit'aleh v'yit'halal sh'mei d'kud'sha,
b'rich Hu.

L'eila min kol birchata v'shirata, tushb'chata v'nechemata,
daamiran 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 yaaseh shalom aleinu, v'al kol
Yisrael, v'al kol yoshvei tevel. 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 to us and to all Israel, and to all who dwell on earth. To which we say Amen.

תגדל ויתקדש שמה רבא.
בעלמא די ברא כרעותה ונמליד מלכותה בתייכון
וביומיו ובחיי דכל בית ישראל בעגלא ובזמן קריב,
ואמרו אמן.
יהא שמה רבא מברך לעלם ולעלמי עלמא.
יתברך וישתבח ויתפאר ויתרום ויתנשא ויתחדר
ויתעלה ויתהלל שמה דקדשא.
ברוך הוא.
לעלא מן כל ברכתא ושירתא תשבחתא ונחמתא
דאמירן בעלמא. ואמרו אמן.
יהא שלמא רבא מן שמיא וחיים עלינו ועל כל
ישראל. ואמרו אמן.
עשה שלום במרומו הוא יעשה שלום עלינו ועל כל
ישראל ועל כל יושבי תבל. ואמרו אמן.

Shabbat Shalom!