

A Shabbat Gathering

with National Council of Jewish Women

June 24, 2023 | 5 Tammuz, 5783

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.

מוֹדָה/מוֹדֵה אָנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם.
שֶׁהֲחַזַּרְתָּ בִּי נִשְׁמָתִי, בְּחֶמְלָה. רַבָּה
אֱמוּנָתְךָ:

Mah Tov

Mah tovu ohalecha, Yaakov, mishk'notecha, Yisrael!

מַה טּוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל

Vaani b'rov chasd'cha avo veitecha,
estachaveh el heichal kodsh'cha b'yiratecha.

וְאָנִי בְּרַב חַסְדֶּךָ אָבָא בֵּיתְךָ
אֲשֶׁתַּחַוֶּה אֶל הַיְיָ כֹּדֶשְׁךָ בְּיִרְאַתְךָ.

Adonai, ahavti m'on beitecha um'kom mishkan
k'vodecha.

יְיָ אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ.
וְאָנִי אֲשֶׁתַּחַוֶּה וְאֶכְרַע אֶבְרָכָה לְפָנֶיךָ יְיָ עֲשֵׂי.

Vaani eshtachaveh v'echraah, evr'chah lifnei Adonai
osi.

וְאָנִי תַפִּילְתִּי לָךְ יְיָ עֵת רְצוֹן.
אֱלֹהִים בְּרַב חַסְדֶּךָ עֲנֵנִי בְּאַמֶּת יְשַׁעְךָ.

Vaani t'filati l'cha, Adonai, eit ratzon.

Elohim b'rov chasdecha, aneini be'emet yishecha.

How fair are your tents, O Jacob, your dwellings, O Israel! I, through Your abundant love, enter Your house; I bow down in awe at Your holy temple. Adonai, I love Your temple abode, the dwelling-place of Your glory. I will humbly bow down low before Adonai, my Maker. As for me, may my prayer come to you, Adonai, at a favorable time. O God, in Your abundant faithfulness, answer me with Your sure deliverance.

Eilu Devarim

Eilu d'varim she-ein lahem shiur, she-adam ocheil
peiroteihem baolam hazeh
v'hakeren kayemet lo laolam haba. V'eilu hein:
kibud av va-eim,
ug'milut chasadim,
v'hashkamat beit hamidrash shacharit v' ar'vit,
v'hachnasat orchim,
uvikur cholim,
v'hachnasat kalah, ul'vayat hameit, v' iyun t' filah,
vahavaat shalom
bein adam lachaveiro,
v'talmud Torah k'neged kulam.

אלו דברים שאין להם שעור
שאדם אוכל
פרותיהם בעולם הזה
ותקרו קיימת לעולם הבא, ואלו הן
כבוד אב ואם
וגמילות חסדים
והשכמת בית המדרש שחרית וערבית והכנסת
אורחים
ובקור חולים
והכנסת פלה ולגית המת ועיון תפלה והבאת
שלום
בין אדם לחברו
ותלמוד תורה כנגד כלם.

*These are things that are limitless, of which a person enjoys the fruit of this world, while the principal remains in the world to come. They are: honoring one's father and mother, engaging in deeds of compassion, arriving early for study, morning and evening, dealing graciously with guests, visiting the sick, providing for the wedding couple, accompanying the dead for burial, being devoted in prayer, and making peace among people.
But the study of Torah encompasses them all.*

Psalm 92

Mizmor shir l'yom haShabbat.
tov l'hodot l'Adonai, ul'zameir l'shimcha elyon.
L'hagid baboker chasdecha ve-emunatcha
baleilot. Alei asor va'alei navel; alei higayon
b'chinor.
Ki simachtani adonai b'foalecha b'ma'asei
yadecha aranein.
Ma gadlu ma'asecha Adonai, m'od amku
machsh'votecha.

מזמור שיר
ליום השבת.
טוב להודות ליהוה ולזמר לשמך עליון
להגיד בבקר חסדך ואמונתך
בלילות. עלי-עשור ועלי נבל עלי הגיון בכנור.
כי שמחתני יהוה בפעלך במעשי ידיך ארנו
מה-גדלו מעשיך יהוה מאד עמקו מחשבתך.

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!

Ashrei

Ashrei yoshvei veitecha, od y'hal'lucha selah.

אשרי יושבי ביתך, עוד יהללוך סלה.
Happy are those who dwell in Your house; they will sing Your praises forever.

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!

הַלְלוּיָהּ.

הַלְלוּ אֵל בְּקֹדֶשׁוֹ. הַלְלוּהוּ בְּרִקיעַ עִזּוֹ:

הַלְלוּהוּ בְּגִבּוֹרָתוֹ. הַלְלוּהוּ כְּרֹב גִּדְלוֹ:

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר. הַלְלוּהוּ בְּנִבְל וְכִנּוֹר:

הַלְלוּהוּ בְּתוֹף וּמַחּוֹל. הַלְלוּהוּ בְּמִנִּים וְעֻגָב:

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע. הַלְלוּהוּ בְּצִלְצְלֵי

תְּרוּעָה:

כָּל הַנְּשָׁמָה תִּתְהַלֵּל יָהּ. הַלְלוּיָהּ!

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!

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

Bar'chu

Bar'chu et Adonai, ham'vorach!

Praise Adonai to whom praise is due!

בְּרַכּוּ אֶת-יְיָ הַמְבָרָךְ!

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

Praise Adonai to whom praise is due, now and forever!

בָּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

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 מַלְכוּתוֹ 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.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל לִבְבְּךָ וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ : וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל לִבְבְּךָ : וְשִׁנַּנְתָּם לְבִנְיָךָ וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְיֹצֵאתְךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ : וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ : וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ .

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.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי , וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם . אֲנִי יְיָ אֱלֹהֵיכֶם , אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם , לְהָיוֹת לְכֶם לֵאלֹהִים , אֲנִי יְיָ אֱלֹהֵיכֶם .

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.

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

מִי־כַמֹּכָה בְּאֵלִים יְהוָה מִי כַמֹּכָה נִאֲדָר בְּקֹדֶשׁ נוֹרָא תְהִלַּת עֹשֶׂה פִלְא!

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

Hinei Ma Tov

Hinei ma tov u'ma na-im shevet achim gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֵׁבֶת אַחִים גַּם-יַחַד .

How good it is; how sweet it is, to be together on this day.

Lo Yisa Goy

Lo yisa goi el goi cherev, V'lo yilm'du od milchamah.

לֹא-יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב, וְלֹא-יִלְמְדוּ עוֹד מִלְחָמָה .

Nation shall not take up sword against nation; they shall never again study war. (Isaiah 2:4)

Olam Chesed Yibaneh

Olam chesed yibaneh.

עוֹלָם חֶסֶד יִבְנֶה .

I will build this world from love... ta da dai dai ya da da dai

And you must build this world from love... ta dai dai...

And if we build this world from love... Then God will build this world from love...

Chazak

We have come from near and far
to raise our voice in song,
And the more we join in the refrain,
the more we feel strong.
Chazak, chazak v'nitchazek
There is a power in this place and time,
it shapes the rest of our lives,
For when we return each year we find
a truth we can't deny.

Chorus:

Be strong, let us strengthen one another.
Be strong, let us celebrate our lives.
Be strong, let us strengthen one another.
Chazak, chazak v'nitchazek!

חַזַק חַזַק וְנִתְחַזַק!

As we sing we link ourselves,
to those who came before,
And we're one with all those yet to come,
our strength it will endure.

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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְנָן
קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֲלְמֵיָא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקַדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחַמְתָּא
דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.
עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

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.

Reading 1: A Prayer for Reproductive Freedom

God of our ancestors—
Elohei Emoteinu v'Avoteinu —

We affirm that you have created each of us in Your sacred image, endowed with the inherent right to dignity and autonomy

We ask that you guide us towards a caring and loving community and nation that reveres this dignity in each of us.

We affirm that reproductive freedom— the sacred right to own the personhood of one's own body—is a fundamental part of the just society for which we strive in Your name.

We ask that you endow us with the strength and resolve we need because the path that lays ahead is challenging and we all need resilience, strength and courage.

We ask that you protect the most impacted and marginalized among us, because it is they who are most at risk.

We do this work in your name, O God, because we are the compassionate loving creations of a compassionate, loving and just God. It is holy, sacred work.

May our country become a place of liberty and justice for all, and may our care for one another include care and respect for each other's right to good and affordable healthcare, including abortion care, and right to live safely and securely as we each follow our path of conscience and the God we each do or do not believe in.

AMEN.

Reading 2: A Prayer for Those Denied Abortion Care

May you be safe— may a canopy of safety and peace, health and care cover you, despite everything you are now forced to endure.

May you find ways to own your body, your agency, and your dignity despite everything the government has taken from you.

May you be surrounded by a community of caring hands and loving hearts, who can hold you.

May you always know that you are holy, sacred, and your will—your autonomy—matters, should be respected as such.

May you be protected in all ways, able to weather the material, physical, emotional and spiritual hardships that come your way.

May you find within yourself resilience, strength, and bravery.

May you know that you are not alone.

Reading 3: A Prayer for Those Harmed by Abortion Bans

As we light this candle, we mourn everyone harmed by abortion bans.

We mourn for millions of people, stripped of agency and dignity.

We mourn those brought into or trapped in poverty, and those unable to leave abusers because they could not access abortion care.

We mourn those who haven't had access for decades – denied essential care by structural misogyny, racism, homophobia, transphobia, ableism, and hate.

We mourn for those mandated by the state to be pregnant and give birth. We mourn for those whose health was endangered by abortion bans.

We mourn for those facing legal consequences for providing, or helping someone seek, abortion care.

We mourn for those who wanted to bring a child into this world and have been impacted by bans—including those now scared to get pregnant, those denied miscarriage care, and those now with barriers to fertility treatment.

We mourn for those who died giving birth, disproportionately Black women, and for all those who suffered pregnancy complications.

We mourn for those killed by abusive partners – since the leading cause of death of pregnant women in the United States is, in fact, homicide.

We mourn for all those whose stories we know and for all those whose stories we don't.

Abortion access saves lives.

With this light, we recommit to the fight for reproductive freedom for all. Amen.



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