



Kabbalat Shabbat Service

קבלת שבת

SHABBAT CANDLES - הדלקת נרות

Barukha ruach ha'adam. Blessed is the spirit of humanity that inspires our people to create light: The light of truth, the light of love, the light of Shabbat.

KIDDUSH - קדוש

Barukha ruach ha'adam. Blessed is the spirit of humanity which rejoices in leisure with the fruit of the vine. Blessed is the web of life; blessed are the knowledge of labor and humanity which create the cup of wine for our enjoyment.

HAMOTZI - המוציא

Barukha ruach ha'adam, hamotzi lechem min ha'arets. Blessed is the spirit of humanity, which brings forth bread from the earth.

Hevenu Shalom Aleichem / Bim Bam...Shabbat Shalom

MEDITATION

In every age, in every era, we face the challenges of survival and mortality. We face the demons of the mind.

*** On Shabbat, we pause to rest, to cherish, and nurture health of body, peace of mind, strength of spirit.

In every age, in every era, we pursue the odysseys of the spirit, posing questions, seeking answers.

*** On Shabbat, we pause to rest, to cherish and nourish health of body, peace of mind, strength of spirit.

Today, at this gathering, we touch our neighbor's hand and share the warmth of life. Our hearts connect with unspoken fears and hopes.

*** On Shabbat, we pause to rest, to cherish and nourish health of body, peace of mind, strength of spirit.

Together we embrace Shabbat as a sphere of respite, a shrine of refuge. Even as we release, we embrace. We sense that our very vulnerability can yet be a source of strength.

*** On Shabbat, we pause to rest, to cherish and nourish health of body, peace of mind, strength of spirit.

And in the contrasts and balance of the universe, all things come full circle. And in the comfort and peace of Shabbat we are restored.

PSALM NINETY-EIGHT

Sing the praises of life! With guitar and drum dance joyfully before the world.

*** Let the wind whistle a melody and the sea beat a rhythm. Entice the rivers to warble a cheerful song and the forests to hum a jubilant psalm.

Shout with glee, all the earth! The reign of goodness will arrive with justice and equity for all people!

AHAVA - LOVE - אהבא

With great love our forebears created, preserved, studied, and expounded the Torah. Their search for truth and righteousness they handed down to us through our scriptures, traditions, and literature; art, food, and music. In gratitude for the gift of our culture, we will study what they created;

we will meditate on what they taught; and we will create our own gifts for our descendants in a great chain of tradition and love. **Blessed are those who teach others with love.**

SHEMA YISRAEL - שמע ישראל

Hear us, Israel; We as Humanistic Jews, affirm our ability and responsibility to lead ethical lives of personal fulfillment that aspire to the greater good of humanity.

V'ahavta - ואהבת - Love your neighbor as yourself. Love the stranger as yourself. And do not do to another what you would not want done to yourself. **This is the entire Torah.** Take these principles to heart. Teach them to your children. Meditate on them at home and when you travel, when you lie down and rise up.

Let them be expressed through your actions and bind your hands with them. Write them upon the doorposts of your house. Thus shall you remember to seek peace and pursue justice.

HASHKIVINU - השכיבנו - Evening Meditation

We lie down in peace in the hope of rising up to renewed life. We take shelter in peace and good counsel. May we be shielded from hatred, disease, war, and hunger. May our inclination to evil be subdued by the goodness within us. And let us walk now and always on the paths of life and peace. **Blessed is the spirit of humanity, which creates peace.**

ALEINU - עלינו

May all who live acknowledge the rule of justice and swear loyalty to a life of goodness. And may the establishment of the just and compassionate society come soon and in our day. On that day, goodness shall weigh over all the earth; and humanity shall be one.

MI SHEBEIRACH - מי שברך (for healing)

Mi she-bei-rach a-vo-tei-nu, me-kor ha-b'ra-cha le-imo-tei-nu...

May the source of strength we carry deep inside us, help us find the courage to make our lives a blessing. And let us say: **Amen.**

Mi she-bei-rach i-mo-tei-nu, me-kor ha-b'ra-cha l'avoteinu...

To those in need of healing, **re-fu-ah she-lei-ma**: the renewal of body, the renewal of spirit, and let us say: **Amen.**

MOURNERS' KADDISH - קדיש יתום

We remember our loved ones who are no longer with us. We remember the martyrs of our people who were killed in the Shoah, in pogroms, crusades, and violent attacks. We remember all those who died for the sake of goodness, truth, justice, compassion, and human dignity. We honor all those who have died, while acknowledging the inevitability and finality of death.

May all who mourn find peace and comfort, and may there be peace for us, for all Israel, and for the whole world.

SONGS - שירים

1. **Hinney ma tov, oo-ma-na-yeem, she-vet a-heem gam ya-had.**
2. **Na-a-ase shalom ba-olam, na-a-se shalom a-lay-noo. V'al kol ha-olam. V'ee-moo shalom.**
3. **Lo yis-sa goy, el goy he-rev. Lo yil-mil-doo od mil-ha-ma.**

4. Ayfo oree? O-ree bee / Ayfo tik-va-tee? Tik-va-tee bee / Ayfo ko-khee? Ko-khee bee / V'gam bakh, v'gam bakh.

Where is my light? My light is within me, Where is my hope? My hope is in me. Where is my strength? My strength is within me. And in you.

5. Peace be with you, wherever you go; peace be with you whatever you do; peace be with you till we meet again; peace be with you, my friend. (Repeat with “joy” and then “love, and then “Shalom Aleichem.”

HAVDALA - הַבְּדִלָּה

Twisted Candle: Blessed is the light of this place. And may it shine throughout the world. Barukh ha-or ba-makom hazeh. Va-yehi or b'kol ha-olam.

A Cup of Wine: May our lips be filled with love, happiness, and peace. And wine shall gladden the heart. To Life! V'yayin yismach l'vac ey-nosh L'Chaim!

The Spicebox: We smell the spices so the sweetness of Shabbat will linger, even after the day is ended. Let us remember the joy of our friendships and of life's journey. And a pleasing fragrance enlivens the soul. V' rey-akh ni-cho-ach, m'chafe naf-shot. (Douse candle in the wine and sing)

Shavua Tov (8x) -A good week, a week of peace. May gladness reign and joy increase.



