

סדר תהילת השם

: יְדַבֵּר פִּי :
ליקוטי תפילה לשבת

Sabbath Supplement to

**A Weekday Siddur ~ As I Can Say It
For Praying In The Vernacular**

שמע! בכל לשון שאתה שומע

Sh'ma' – in any language you can hear it and understand

RABBI ZALMAN SCHACHTER-SHALOMI

Reb Zalman Legacy Project

www.rzlp.org

YESOD, Foundation for a Jewish Future

www.yesodfoundation.org

Aleph: Alliance for Jewish Renewal

www.aleph.org

Ohalah: Association of Rabbis for Jewish Renewal

www.ohalah.org

June 2009

I, Rabbi Zalman M. Schachter-Shalomi, am the original author of The Weekday Siddur and I am licensing the following under the Creative Commons Attribution-ShareAlike 3.0 Unported License. Attribution in any derivative works may be given as 'Contributors to the Jewish Liturgy /Open Siddur Project', with the author's name Rabbi Zalman M. Schachter-Shalomi included in the contributors list.

Creative Commons License Deed
Attribution-Share Alike 3.0 Unported

You are free:

- to Share — to copy, distribute and transmit the work
- to Remix — to adapt the work



Under the following conditions:

- Attribution — You must attribute the work in the manner specified by the author or licensor (but not in any way that suggests that they endorse you or your use of the work).
- Share Alike — If you alter, transform, or build upon this work, you may distribute the resulting work only under the same, similar or a compatible license.

With the understanding that:

- Waiver — Any of the above conditions can be waived if you get permission from the copyright holder.
- Other Rights — In no way are any of the following rights affected by the license:
 - Your fair dealing or fair use rights;
 - The author's moral rights;
 - Rights other persons may have either in the work itself or in how the work is used, such as publicity or privacy rights.
- Notice — For any reuse or distribution, you must make clear to others the license terms of this work. The best way to do this is with a link to this web page.

This is a human-readable summary of the [Legal Code](#). (The full license can be read at <http://creativecommons.org/licenses/by-sa/3.0/legalcode>).

The Commons Deed is not a license. It is simply a handy reference for understanding the Legal Code (the full license) — it is a human-readable expression of some of its key terms. Think of it as the user-friendly interface to the Legal Code beneath. This Deed itself has no legal value, and its contents do not appear in the actual license.

Creative Commons is not a law firm and does not provide legal services. Distributing of, displaying of, or linking to this Commons Deed does not create an attorney-client relationship.

Shabbat Affirmations

You can add personal affirmations after reading these

I affirm that God affirmed and sanctified the Holy Shabbat;
I raise all toil, suffering, and frustration of the past week
as my sacrifice to God and let go of it.

I affirm the model of our ancestor's rest, and sanctification of Shabbat.
I affirm the perfection of what is in the world, and I surrender all the urgings
and all the strivings on the plane of action, and I offer my body to rest.
I affirm the union of my Nefesh with the Holy Queen and Bride.

I affirm the union of my Ruach with God,
the lover of the infinitesimal and the particular with, God as the Z'ayr Anpin.

I affirm the union of my Neshama with the resting Creator,
the Revealer of Sinai and the Redeemer of the days of Mashiach.
And I affirm the union of my additional soul, my Neshama Yetera
with the Ancient of Days to whom eternity is ever present.

I affirm the blessings that come down for the coming week,
and my willingness to be mindful of the Holy Shabbat even in the midst of the
week.

**L'ch'vod Shabbat,
Shabbat Shalom Oo-m'vorach.
Shabbat Nefesh, Shabbat Ruach. Shabbat N'shama,
Shabbat Shalom Ribbono Shel Olam, Shabbat Shalom.**

Y'DID NEFESH

' You who love my soul,
Compassion's gentle source,
Take my guiding motives
And shape them to Your will.
Like a darting deer
I will flee to You.
Before Your glorious Presence
Humbly I do bow.
Let Your sweet love
Delight me with its thrill,
Because no other dainty
Will my hunger still.

▷ How splendid is Your light.
Which worlds do reflect!
My soul is worn from craving
For Your love's delight.
Please, good G-d, do heal her
And show to her Your face,
So my soul can see You
And bathe in Your grace.
There she will find strength
And healing in this sight.
Her joy will be complete then
Eternal her delight.

I What pity stirs in You
Since days of old, my G-d!
Be kind to me Your own child
Begotten by Your love.
For long and longing hours
I yearned for your embrace
To see my light in Your light
Basking in Your grace.
My heart's desire is
To harmonize with Yours
Do not conceal Your pity
Hide not that light of Yours.

▷ Help, my Lover, spread
Your canopy of peace,
Enfold all human beings
Give all pain surcease.
Your presence on this earth plane
Do make known to us
And we shall respond then
With song and with dance.
Rush, my love, be quick,
The time for love is now,
Let Your gentle favor
Grace us as of old.

YAH EKHSOF

NOAM SHABBAT,

*After the Shabbat Hymn by
Reb Ahron of Karlin, The Great.*

Yah! How I long for
the bliss of the Shabbat,
united in secret
with Your own fervent wish.
Give way to Your own
deep desire to love us.
May Sabbath in Torah
be our sacred bliss.
Share Her with us
who desire to please You-
Our deep thirst for union
be met with delight

Holy Presence
filling all time and space!
Keep safe who keep Shabbat
in their longing all week.
Like a deer that seeks water
by the banks of the river,
We seek Shabbat, the secret
of Your sacred Name!
Grant us all week long
Her shimmering Presence,
So our hearts and our faith
be pure service to You!

Warmly embrace us
with Your kind compassion,
Quench quickly our thirst
for Your unending Grace.

Give us the bliss drink
from Eden's own river.
Your praises we sing
with joy on our face.

Let Jacobs gift to us-
echo all week long
Infusing our lives
with a Shabbes-filled trace.

Hail Shabbat, delight
of our souls and our Spirits.
Ecstasy life-throb
am awed by Your love,
Secure that Your caring
grants safety and nurture-
You feed us sweet nectar
from Your Source above.
As You embrace us
with Mothering comfort-
In You I take refuge
and pledge You my love.

**AN'IM Z'MIROT –
A HYMN OF GLORY**

I chant to please You,
I weave You dear songs.
For You my soul yearns,
For You she longs.
Nestled in Your palm
her love for You grows
She will not rest
until it's You she knows!

I look for words
to speak Your praises
my heart to You
its yearning raises.
Therefore I will speak
the virtues of Your Fame
And garland with excellence
the honor of Your Name.
Though I do not see You,
still I draw Your Face,
Portray Your features,
name Your Place.

Your prophets spoke,
Your servants darkly knew
In symbols and myths
they referred to You.
When describing Your pow'r
and declaring Your care
Of Your awesome compassion
they made us aware.
Yet it is not Your Being
that they could describe
Only the way Your compassion

` touches our life.
Countless their visions
of Your mysterious feats
In all their forms
Your ONEness meets.
They saw You young;
they saw You old.
They saw You patient,
They saw You bold.
Ancient of Days,
Eternally Just,
Each moment our Helper
in Whom we do trust.
Wearing Your helmet
as hero to help us
Your strong arm,
Your right hand to save us.
Your hair drenched with light drops,
all shining with brilliance.
Your Darkness is shelter,
Your love in all radiance.
How fair is Your kindness,
how splendid Your sight
May our song rise to crown You
with endearing delight
A jewel all golden
Your image sends rays
with t'fillin on forehead
we follow Your ways.
With grace and honor,
all splendid in glory
Your people sing loudly
Your triumphal story
In words of young lovers

they gaze at Your visage
the letters of Torah in black
hold Your message.
Justice Your mantle
in balance with kindness
This gives You pleasure
delight and sublimeness.
May we deserve to be scepter
in Your regal hand
A crimson royal cape,
we Your loyal band.
The burdened sufferers,
You sustained them with might
How precious You held them,
so dear to Your sight.
Your glory my pride is,
my delight for Your care
So close You are,
to answer my pray'r.
Your shining face
illumines my days
I am awed by the magic
revealed in Your ways.
To Moshe You showed
Your Head-T'fillin's knot
Your image was clear
in his mind and his thought.
Though humble Your folk,
they are Your proud fame
You're enthroned on their praises;

they honor Your Name.
Truth is Your Word,
enduring its worth
From parent to child
its message flows forth.
I cannot sing
Your praises complete,
May those that I do sing
and reach You be sweet.
Like perfume and incense
may my singing rise high
A paean to crown You,
a poor lover's sigh.
My poor song devoid is
of all artifice
still this loving song
is my best sacrifice.
My blessings are lifting
to rise to new heights,
To make fertile the birth
of the Tzaddik with might.
And with these blessings,
these love words so fond.
With a nod of Your head,
I ask You: Respond.
Regard please these poor words
that I blush to recite
My soul's ardent longing
to give You delight.

EL ADON

κ A gentle Lord of all that is
ζ Blessed and loved by each soul alive.
λ Great and good You fill all space.
τ Delight there is in knowing You.

η How You transcend all holy life
ι Which bears You high
above any throne
τ *Zekhut* and equity radiate from You
η *Hesed* and compassion
the worlds reflect.

υ The stars and the planets
You made to give light
ι You formed them all conscious,
all worthy and wise
ɔ Knowledge and power
You gave them to shine
η Like powerful assistants
they serve You in space.

η Much light and energy
they radiate forth
ι No place is untouched
by their gentle rays
ο So joyful their path is,
so happy their course
υ Enroute to fulfill their
Creator's command.

ο Praising Your glory,
they honor Your name
υ Singing Your Majesty's
anthem of joy.
η Quietly suns shine to answer Your call
η Reflections of moonlight
change size at Your word.

υ Seraphim, angels,
and all heavenly hosts
η They praise You in concert
with *Sfirot* on high
All elements Mingle
their harmonious tune
Nature and mankind the rhythm provide.

ADON OLAM

You were cosmic Lord *Adonay Malakh*
Before there even was a world
Then Your will all things did make
Adonay Melekh we call you now.

Once when all things will cease to be
Adonay Yimlokh still true will be
You were, You are, eternally
Resplendent to infinity.

You alone, there are not two
To join as friends, as lovers do.

Beginningless and without end
You keep all one
by plan and strength.

You are my G-d, Redeemer,
Life Protecting me in war, in strife.
My holy haven and my flag
My cup of health for what I lack.

Into Your hand I trust my breath
You breathe in me by night by day.
My body is Your tool, Your gift.
With You as mine I'm not afraid.

HYMN

Oh Lord, Oh Lord, come into my heart
Build there your shrine
and never depart

Let every passion spring from you
Let every song be new.

Oh Lord, Oh Lord, come into my sight
Consume the veil that hides
Your Light
With holy joy and grace divine
Let every moment shine.

Oh Lord, transform this lowly sphere
That boundaries may disappear
In mutual dependency
Let every soul be free.

Our burden Lord, is great indeed
For everywhere are people in need
Reply, respond, with healing word
Let every call be heard.

Oh Lord, Oh Lord, come into our lives
With peace that blesses,
love that revives
The unity of all in all
Let every thought recall.

Oh Lord, let people be slaves no more
Fling open wide Messiah's door
Salvation's boundless benefit
Let every breath admit.

Oh Lord, may we be ever one
A world of friends with quarrels none
Let every person know his soul
Let every heart be whole.
Halleluya! Halleluya!

Psalm 104

Bless YAH, breath of mine.

*YAH my God, You are so vast and great
All veiled in pride and glory!*

You are wrapped in Light.

The sky You spread like a sheet.

*Your upper chambers are water roofed
As You bestride clouds.*

You waft on the wings of wind.

The breezes You send are Your aides,

Your helpers - blazing flames.

You founded Earth so sound

To outlast time itself.

The abyss You covered like a mantle

Water! On mountains rests.

You sound a roar and they flee.

Your thunder makes them shake.

Mountains high and valleys low

Their places they assume.

You set them limits they cannot pass

Never again to flood the land.

Springs - flow into brooks

and snake between the mountains.

All the wild of field drink there.

The beasts slake there their thirst.

By their shores dwell birds that soar,

Sounding calls through leaves and reeds.

You drench the hills

from Your Upper Chambers.

From Your hands' produce

The Earth is filled.

You grow fodder for the tamed beasts

And herbs with human labor,

To bring forth bread from Earth.

And wine - to delight the sad ones,

Even the trees You sate with sap,

The cedars You planted on the Lebanon.

There birds find their nesting.

There storks find homes to rest.

Antelopes bound on the heights.

Marmots hide behind rocks.

The Moon pulls tides and seasons.

The sun knows where to set.

You darken dusk to night,

The forest's night life stirs.

The big cats cry for prey,

Praying God for their food.

They return at the rising of the sun

To crouch once more in lairs.

While humans go out to work,

To their toil - up to night.

How many things You do!

So wisely are they made.

All Earth at Your command.

This vast sea beyond all grasp,

Countless are the creatures in her,

Tiny ones and giant whales.

There go stately ships,

This Leviathan You shaped

To play and romp therein.

They all rely on Your care,

To feed them well each time.

You give to them and they take it.

Your hand's gifts sate them well.

You hide Your face, they panic.

You recall their breaths, they die.

They return to their dust.

You send Your spirit and they are re-created.

My Yah, I am Your tune.

So too, You renew life on Earth.

Let my talking give You joy.

Let Your glory, Yah, fill time and space.

I am so happy, my Yah!

Take Joy, O Yah, in what You do!

I wish no sin exist on Earth

You look at Earth and she trembles,

All wickedness were gone.

Hills You touch and they smoke.

Bless that Yah, my soul, my breath.

I live Your song, my Yah,

HALLELU—YAH!

Psalm 139

(I prefer this one as the 9th Of R'Nachman's 10)
Conductor - David's prayer set to music.

Yah! You have scanned me
And discerned me.
You know when I am relaxed
or agitated.
From afar
You comprehend my fantasies.
You design my conduct and my repose.
You direct my paths so I can manage.

Before my mouth opens
You know what I am about to say.
You have shaped my past and my future.
Your hand, gently on my shoulder.

All this awes my awareness.
It is beyond my skills to fathom.

Whereto can I withdraw from Your spirit?
Flee from facing You?

If I would mount up to Heaven
There are You.
If I make my bed in Hell
You are there too.

Soaring on the wings of the dawn,
To find shelter in the setting sun,
It would be Your hand,
that would carry me,
Your right hand, holding me safe.

If I want to find oblivion in darkness,
Trading light for darkness,
To You, it would still not be dark.
Night is as bright as day for You.
Dark and light - the same in Your sight.
You have designed my innards,
shaped me in the my mother's womb .

I am overcome with thanks
At Your awesome wonders,
Your astonishing works,
Of which my soul is aware.
My essence is not hidden from You,
Who have made me in concealment,
Who has knitted me beneath the surface.

Your eyes have seen me as embryo.
My days--are all inscribed
in Your ledger--
Days not yet shaped -
each one of them counted.

How precious are Your stirrings
in me Oh God!
How powerful their impact!
I can't number them –
beyond all sand grains.
When I emerge from my reflection
I am still with You.

If You, God, would only rid us
from our evil!
If only the cruelty would disappear!
And defiance of You vanish,
Forgiveness overtaking enmity!

I detest hatred of You - Yah!
Quarrelsomeness repels me.
I loathe hostility to the utmost.

God! I open myself to Your scrutiny.
Know what is in my heart.
Examine and know my longings.
See and remove any defiance from me
And guide me in the way
that serves Your intent for our Earth.

Libbi uv'sari

Ibn Ezra

All potent G-d! You made me
"Alive I am," You told me
Yet no one's eyes can see Me
remaining flesh - alive

my heart and my flesh
they sing to You,
to You the Source of Life!

Brought forth we were by intent
in counsel and consent
yet hidden is what this meant
from us who are alive

Resplendent in Your glory
all tales are but Your story
praise to You who is pouring
into our souls our life

How generous on Your side
To teach us laws which guide
those who by them abide
as sources of good life

Might we be ever right
and live all in the light
what are we but a mite
and yet You give us life

Born as we are of passion
at times we lack compassion
if only we could fashion
a God-filled way of life

Near G-d to be we yearn
From wicked ways to turn
before bodies to dust return
and souls to the Source of Life

Every way will I adore You
my fervent prayer implore You
to open my path before You
to sate my soul with life.

Zeal filled our sires with fervor
do rouse us from our torpor
and help us meet our saviour
Of Jesse's stock - in Life

Remember ! we kept Your trust
May Your response be just
and being fair You must
decree us toward life

Awed am I, amazed at You
my arms I raise in pray'r to You
my mouth will sing its praise to You
Oh Source and Soul of Life!

Nishmat

All breathing life
adores Your Name
Yah, our God -
All flesh alive
is raised to ecstasy
each time we become aware of You!
Beyond endless Time
and Space that's vast
You are Divine
Only You are the One who
ultimately extricates and frees
ransoms, saves and sustains us
and cares when we are in distress
You, You alone secure our lives.

You ultimate Cause and ultimate Effect,
Source of all Creation
You manifest in all birthing
In every compliment it is You we praise
You manage Your universe
with kindness -
with compassion all beings in it.

Yah ever awake and ever alert!
You rouse us from the deepest sleep
You give words to the speechless
You release the imprisoned
You support the stumbling
You give dignity to the downtrodden
Every appreciation we offer is Yours.

If ocean-full our mouth were with music

Our tongues singing
like the ceaseless surf
Our lips praising You to the skies
Our eyes blazing like sun and moon
Our arms spread like soaring eagles
Our legs sprinting like those of deers
We could not thank You enough
Yah! Our God, our parents' God!
Neither could we celebrate by naming
the times exceeding millions
the places exceeding billions

the favors You did
for our parents and for us.

Yah! Oh God!

From oppression You redeemed us
Now we can never be at home in slavery -
During famines You fed us
enough to live on
You shielded us from wars and plagues
From diseases of body and mind
You pulled us out.
To this moment Your caring helped us
We never lacked Your kindness
- Please don't ever abandon us God!.-

Our limbs want each to thank You
The air of each breath
You breathed into us
Their very substance bless with gratitude

with praise and celebration
honoring that exalted holiness
so majestic, that is Your fame!

Our speech is appreciation
our expression an oath of loyalty
our attitude surrender
our stance before You obedience
our feelings overwhelming awe
our inners singing scales of Your Names
As it is in Scripture:
All my very essence exclaims:
Yah! Who? Like You?
You inspire the gentle
to stand up to the bully
The poor disempowered
to stand up to the thug.

No other can claim to be what You are
No other can pretend to be
THE GREAT GOD
THE MIGHTY, THE AWESOME,
THE GOD, MOST HIGH
Yet nesting in Heavens and Earth!
So we will keep celebrating
and delighting

and blessing Your Holy Name
with David:
"Yahhh! breathes my soul out to You.
all my inners pulse with You!"
Potent God Force!

Magnanimous in Glory
Ever prevailing
Awesome Mystery!
Majestic One, who presides over all destiny!
Eternal Sh'khinnah, Holy Beyond
Saints sing Yah!
In harmony with decent folks.

Good people exalt You
Saints are Your blessing
Devotees sanctify You
You delight in our inner holiness.

Ahavat Olam

From ever
You have loved us into life.
Yah—our G-d
You nourished us with kindness
and abundance.

Holy One!
for the sake of Your plan
for Your honor,
and because we know
that our parents trusted You,
and You, in turn, taught them
how to live life
so as to be serving Your purpose.
We ask You to share with us
in the same way.
God, kind Parent,
we live in the embrace
of Your caring.
Make ours an understanding heart,
To become aware and
be careful and effective,
in this way to make real
what You speak to us in Torah
And with so much love.

When we study Torah—
May we see clearly
what is meant for us to know.
When we do Mitzvot,
may all our feelings
sit harmonious in our heart.

Focus all our hearts' longing
to that moment
when we stand in Your Presence
in both awe and adoration .

May we never have to be apologetic
for our love for You

Trusting You
We are happy to see
Your beneficent plan unfolding.

May Your kindness and compassion
Be available to us
Please hurry
Bring blessing and peace to us.
Gather us, so we not be scattered
all over the world.
Lift the hold of estrangement from us.
Lead us to live in this world
so that we feel at home in it.

You can do this for us.
You have assigned us
To do our special work in life
You brought us close to You
We are grateful.
We hold You special.
And are filled with love for You
Barukh attah Yah
Who relates to us in Love
Amen

Sh'ma'

Listen You Yisrael person,
(Say Your own name here.)

Yah who Is, is our God,
Yah who Is,
is One, Unique, All there Is.

Through time and space
Your glory shines, Majestic One.

Love Yah, who is Your God,
in what Your heart is,
in what You aspire to,
in what You have made Your own.

May these values
which I connect with Your life
be implanted in Your feelings
May they become the norm
for Your children:

Address them
in the privacy of Your home,
And on the errands You run.
May they help You relax
and activate You to be productive.
Display them visibly on Your arm.
Let them focus Your attention.
See them at all transitions at home
and in Your environment

How good it will be
when You really listen
and hear my directions
which I give to You today

for loving Yah who is Your God
and to act Godly

with feeling and inspiration.
Your earthly needs will be met
at the right time,
appropriate to the season.

You will reap what You planted
for Your delight and health.

Also Your animals will have ample feed.
All of You will eat and be content.

Be careful - watch out!
Don't let Your cravings delude You;
don't become alienated;

don't let Your cravings
become Your Gods;
don't debase Yourself to them,
because the God-sense within You
will become distorted.

Heaven will be shut to You,
grace will not descend,
Earth will not yield her produce.
Your rushing will destroy You!
And Earth will not be able
to recover her good balance
in which God's gifts manifest.

May these values of Mine reside
in Your feelings and aspirations:
marking what You produce,
guiding what You perceive.

Teach them to Your children
so that they are instructed
how to make their homes sacred;
and how they deal with traffic.

*(May these values of Mine reside
in Your feelings and aspirations)*
even when You are depressed,
and when You are elated.

Mark Your entrances and exits
with them,
so You will be more aware.

Then, You and Your children
and their children,
will live out on earth
that divine promise
given to Your ancestors
to live heavenly days
right here on this earth. --

Yah who Is, said to Moses
“Speak, telling the Israel folks
to make tzitzit
on the corners of their garments,
so they will have generations
to follow them.
On each tzitzit tassel let them set
a blue thread.
These tzitzit are for Your benefit!
Glance at them.

And in Your seeing remember
all the other directives of Yah who Is,
and act on them!
This way You will not be led astray,
craving to see and want
and then prostitute Yourself
for Your cravings.
This way You will be mindful
to actualize my directions
for becoming dedicated to Your God;
to be aware that
I Am Yah Who is Your God,
Who is the one who freed You
from oppression
in order to God You.
I am Yah who is Your God.”
That is the truth! --

You, Yah, who saved our ancestors
May You soon
bring redemption
to us also.

The Amidah for Shabbat

ברוך אתה ה'

I bow before You, Yah,
Our indwelling God, Our parents' God,
Abraham and Sarah's God,
Isaac and Rebeccah's God,
Jacob and Leah and Rachel's God,
Great, Powerful and Awesome God.
God transcendent.

You nurture us gently
And are kind to us.
You, who posesses it all.
You remember
How our parents loved You.

Yes, we trust that You
Will bring redemption
To us, their children's children,
Who chant Your name
And love You...
Our Prince, Our Helper,
Our Protector.

ברוך אתה ה'
Barukh attah Yah
Magen Avraham U'foked Sarah

You are powerful with worlds *Adonay*.
What is dead, you can make live.
You are really capable of helping.
You give dew (and rain)
To parched earth and souls.
You feed all life with gentleness.
You invigorate bodies
With mercy's flow.
You support us in falling.
You heal us in sickness.
You free us from compulsion.
You keep faith
With those now dead.
In Your might,
No one can compare with You.

You deal out life and death.

Yet in all this,
You make salvation grow.
Barukh attah Yah, M'chayeh Hametim.

You are Holy, Your name is Sacred.
And those who daily aspire to be holy,
Sing your *Halleluyah* all day.

Indeed, You are
the Great and Holy God.
ברוך אתה ה'
Ha'el hakkadosh.

You, God,
have implanted
in the heart of women and men
and in our society
the need and wish
to rest one day each week.
How blessed are we –
how good is our destiny –
how beautiful our legacy.

We are blissful
to have been given
to rest on, the seventh day,
so too is it written in Your Torah;
**“Yisrael’ descendants
are to observe the Shabbat
to make of the Shabbat
an enduring contract
signifying a lasting connection
between Me and B’nai Yisrael
for by means of six periods
did YaH make heaven and earth to be
and in the seventh period
S/He rested and breathed out.”**

And through the Prophets in Your service You

stated:

"If you restrain your weekday habits because of the Shabbat and do not pursue your business on My holy day and evoke your delight in Shabbat celebrating it as the day sanctified to YaH and shall honor it by not engaging in your business nor having meaningless conversation. Then you shall discover your delight in YaH and I will make you sit on top of the world and fill you with the heritage of Jacob, your ancestor;"

This is what came from YaH's mouth.

May it please You, God,
that we see the day
when all beings
who are weary and exhausted find rest –
then all of us will be fulfilled
and blissful recipients
of Your goodness.
That seventh day
that you have signified and sanctified ,
the most delightful of days
You have called it so we may
remember and honor Your creation.

Our God, our parents God
Take pleasure as You see us rest
When we do Your Mitzvot
Let them bring us to Holiness
When the study Your Torah
Help us find the part
that is addressed to us

Where we are hungry
feed us gently
Were we have despaired
give us joy
When we serve you
May it be with a pure heart.
Grant us Yah, our God,
the boon
Of love and good will
To feel at home
in Your sacred Shabbas
And in this way to celebrate
Your holiness
Baruch attah Yah Mekaddesh Hashabat.

Take pleasure God,
In our way of praying.
Teach us to encounter Your Presence.
May we merit
To pray in Your Temple in Zion.
Barukh attah Yah
Hammachazir Sh'chinnato L'tzion.

Modim Anachnu Lach

We are grateful God
and count our blessings
(here in your words detail your gratitude for events in your life)
Barukh attah Yah
HaTov Shimcha U'l'cha Na'eh L'hodot.

We pray for Peace

(in your own words)
Barukh attah Yah
HaM'varech et Ammo Yisrael Bashalom

Yom Zeh L-Yisra'el Orah

V-simcha: Shabbat Menuchah

Rabbi Yitzchak Luria

This version works best when sung to a Flamenco tune and the English version is done simultaneously with the Hebrew.

YOM SEH L-YISR'AEL ORAH--

V'SHIMCHAH SHABBAT MENUCHAH

¶

Your gift
to those who strive with You
is joy and light
Shabbat Menucha

YOM SEH L-YISR'AEL ORAH--

V'SHIMCHAH SHABBAT MENUCHAH

¶

Consecrated bride You blessed
all other days gave her their blessing
in the sixth and final phase
You finished global creation
There found the sorrowing
calm and security
Shabbat Menuchah

¶

Certain of Your holy ways
You revealed to us at Sinai
Shabbat and other holy days
we are to keep as You commanded
You send your healing rays
accept our human ways
Shabbat Menuchah

¶

Let go of every form of toil
You in Your kindness have commanded
regal auras shine from us
when we keep Shabbat as is wanted
I offer holy gifts
a fragrant sacrifice
Shabbat Menuchah

¶

Charm is Shabbat for the heart
for the poor and broken people
if all week we were depressed
additional souls are ours on Shabbat
to help our anxious moods
breathe a relaxing sigh
Shabbat Menuchah

¶

What songs of love could I perform
with rhythm and harmony and music
to please your presence holy God?
My soul delights in her surrender
Do keep that promise God
to your beloved folk
Shabbat Menuchah

¶

Receive my worship blessed God
as if it was my life I offered
This restful, blissful Shabbat day
with ample joy and sweet elation
we feel secure and loved
in Your protection God
Shabbat Menuchah

¶

Cherish and Renew Your house
enough the years it was in shambles
With Your compassion Gentle God
console the grieving ones in sorrow
who puts her grief aside
to sing You Shabbat songs
Shabbat Menuchah

¶

Your salvation do we trust
Yah God most powerful and mighty
David's heirs - do send them soon
to those who do transcend convention
Let Freedom be proclaimed
and with it space that's safe
Shabbat Menuchah

¶

Zealous to treasure this holy day
keep us well in your remembrance
protect and guard us
wondrous God
This day and every other day
Beloved do respond
and grant deliverance
Shabbat Menuchah

¶

Awesome God who is most High
do look for us and give an answer
redeem this troubled planet soon
be kind and manifest Your caring
revive our trust in You
with light and blissfulness
Shabbat Menuchah

¶

Could celebration's welcome song
be heard by Israel and her neighbors
When that vast vision is fulfilled
and all the world is safe from terror
Our light has dawned this day
and shines in every way
Shabbat Menuchah

Yom Shabbaton Eyn Lishko'ach

Yehudah Halevi

¶

You, dear Shabbat,
are always here for me;
How fragrant
you linger in my awareness.
Noah's dove found rest and so can we,
Weary ones from the toil of the week.

¶

Honored are you by us,
the believers, Parents and children,
who keep you with zeal.
Powerful is its message
on the Tablets of stone;
We sing your praises
in prayer and at meals.

¶

When at the Mount Sinai
in covenant we pledged
We promised in one voice
to do and to listen,
Responding to Your challenge
we answered together:
You God are the One
who imbues us with strength.

¶

Dear and Holy at Sinai
You spoke to us;
"Remember and Keep
this Day one of Seven,
When fully you keep
the Shabbat together,
You will be refreshed
and with vigor imbued.

¶

How just like a lost sheep, so aimless, you wandered
Remember the Shabbat
your promise and pledge
No evil will hurt you
if you keep the Shabbat
My rainbow will hold you
in safety forever."

Here you say some of these blessings to those you davened with and to your own day

El Shaddai bless you,
Make you fruitful, give you the increase,
that will become a
source of harmony for people.

From El, your parents God, help for you!
From Shaddai, all the blessings;
Sky blessings from above,
Blessings from the deepest strata below,
Blessings of fertility and nurture.

May G-d fulfill the blessing
to Abraham in you,
and in your loved ones,
along with you.
Wherever, like Abraham,
you once were a stranger there,
in that place,
may you be at home.
Blessings of your parents (Jacob),
to add more force
to those of their parents,
(Isaac and Abraham),
to cap the desires of the ancient hills,
be they upon your head (Joseph),
and surround the heads of your siblings.
God loves You.

God blesses and increases you.
God blesses your family and your land,
your income and your holdings,
right here on Earth,
as God promised your parents.
All peoples will bless you.
You and your possessions,
will all prosper.
May God remove all illness and pain,
all tensions and pressures
you have known...

The angel who redeemed me,
from all that was corrupt,
may that one bless these children.

May my name,
that of Abraham and Isaac,
be associated with theirs.

Be blessed in the city.
Be blessed in the country.
Blessed as you arrive,
Blessed as you are leaving.

God decree for you blessing
in what you have stored up
for yourself from before,
through your hands' work now,
right here on Earth.
This be your gift from God.
May God open for you,
treasures of heavenly goodness,
of earthly timeliness,
to succeed in what you do.
May you have good credit,
and not need it.
God be with you and help you
at all times.
May you not ever
have to feel shame or blame.

Go in joy, arrive in peace.
Mountains and hills sing you on your way.
Trees in the meadows applaud your trip.
Draw waters of Joy
from the source of help.
May you live to the day
that God be so present,
the way we hoped, Yah,
to be present to us all along,
a real help in our lives!
How we will then celebrate
God's helpfulness!
So you say to each other, L'chayim!
To you, Shalom, to your home, Shalom.
All of yours, Shalom!