

## HELLO TEMPLE SINAI and SHABBAT SHALOM!!!

Since we can't celebrate Shabbat together in person, I wanted to send you some resources and videos that might help. On Tuesday, I'll be sending another email with more information about upcoming online classes and meetings, but for this Shabbat, here is what is in this email:

- ✧ A link to a YouTube video of me doing a short (under 30 minutes) version of a FRIDAY NIGHT SERVICE with the Mi Shebeirach and Kaddish. This will be our 'virtual minyan.'  
<https://youtu.be/s5nzbduGXyE>
- ✧ Below is the text of the Shabbat service in case you don't have a Siddur at home.
- ✧ A link to the ZOOM MEETING FOR TORAH STUDY tomorrow morning at 10:30 on the BOOK OF ESTHER (join early so if you need to download zoom, you can. Make sure your microphone is enabled, or use your smart phone (it's sometimes easier) (below)
- ✧ A short YouTube video from me just saying hello.  
<https://youtu.be/S-Y1GD1DVow>
- ✧ A short YouTube video from me about handwashing using Jewish blessings to get to 20 seconds. <https://youtu.be/libGaizD33k>
- ✧ A link to an [article about ways to make Shabbat meaningful](#) at home
- ✧ A link to the [Friday Night Song Session at the URJ Biennial in December 2019](#), which was a blast!
- ✧ A link to [part of a Shabbat Service with Dan Nichols](#)
- ✧ A link to [stream Central Synagogue's service](#)
- ✧ A link to a Facebook livestream of a special service by Josh Nelson especially for this quarantine ▶:
- ✧

Please stay healthy and safe. Judaism teaches us that we must do what we can to prevent harm to others and to save lives. That is



exactly what taking this break is meant to do. Please know you can call me if you need me. My cell phone number is on my message at the synagogue. Feel free to text or call and I'll get back to you as quickly as I can. Also, I'll be setting up ZOOM video meetings for next week, but more on that later. Meanwhile. **SHABBAT SHALOM!**

## ZOOM MEETING FOR ESTHER STUDY

**David Edleson is inviting you to a scheduled Zoom meeting.**

Topic: Torah Study on the Book of Esther

Time: Mar 14, 2020 10:30 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://zoom.us/j/5616434766>

Meeting ID: 561 643 4766

One tap mobile

+19292056099,,5616434766# US (New York)

+16699006833,,5616434766# US (San Jose)

Dial by your location

+1 929 205 6099 US (New York)

+1 669 900 6833 US (San Jose)

Meeting ID: 561 643 4766

Find your local number: <https://zoom.us/u/akwUN5mrG>

# KABBALAT SHABBAT SERVICE

## CANDLES -

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

Baruch Ata Adonai, Eloheinu Melech Ha-Olam, Asher Kid'shanu b'mitzvotav,  
v'tzivanu lehadlik ner, lehadlik ner shel shabbat.

*We bless You who makes us holy through mitzvot, and commands us to light the Sabbath candles.*

## LECHU N'RANENA Psalm 95

לְכוּ נְרַנְנָה לַיהוָה נְרִיעָה לְצֹר יִשְׁעֵנוּ: נִקְדְּמָה פָּנֵינוּ בְּתוֹדָה בְּזִמְרוֹת נְרִיעַ לּוֹ:

Come, let us sing joyously to the LORD, raise a shout for our rock and deliverer;  
let us come into His presence with praise; let us raise a shout for Him in song!

1le-chu ne-ran-ne-nah la-shem; na-ri-'ah le-tzur yish-'e-nu.

2ne-kad-de-mah fa-nav be-to-v-dah; biz-mi-ro-vt na-ri-a' lo

## SHIR CHADASH Psalm 96

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ שִׁירוּ לַיהוָה כָּל-הָאָרֶץ:

Sing to the LORD a new song, sing to the LORD, all the earth.

שִׁירוּ לַיהוָה בְּרַכּוּ שְׁמוֹ בְּשָׂרוֹ מִיּוֹם-לְיוֹם יְשׁוּעָתוֹ:

Sing to the LORD, bless His name, proclaim His victory day after day.

סַפְּרוּ בְּגוֹיִם כְּבוֹדוֹ בְּכָל-הָעַמִּים נִפְלְאוֹתָיו:

Tell of His glory among the nations, His wondrous deeds, among all peoples.

כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד נֹרָא הוּא עַל-כָּל-אֱלֹהִים:

For the LORD is great and much acclaimed, He is held in awe by all divine beings.

Shiru ladonai shir chadash; shiru ladonai kol ha'aretz.

Shiru ladonai barechu shemo; basseru miyom leyom yeshu'ato.

Sapperu bagoyim kevodo; bekol ha'amim nifle'otav.

Ki gadol adonai umhullal me'od; nora hu al kol elohim.

## **LECHA DODI -**

*Come, My Beloved, welcome your beloved! Greet the Sabbath!* [This hymn, written by kabbalists in Safed, in the 1500's, is sung every Friday night to welcome the Sabbath.]

**CHORUS:**                    **לְכָה דוּדֵי לְקִרְאת כַּלָּה. פְּנֵי שַׁבַּת נְקִבְלָה**

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ אֵל הַמְּיֻחָד .  
ה' אֶחָד וְשֵׁמוֹ אֶחָד. לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהִלָּה :  
לְקִרְאת שַׁבַּת לָכוּ וְנִלְכָה. כִּי הִיא מְקוֹר הַבְּרָכָה .  
מֵרֵאשׁ מִקֶּדֶם נְסוּכָה. סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תְּחִלָּה :  
בּוֹאֵי בְּשָׁלוֹם עֲטֹרַת בַּעֲלָה. גַּם בְּשִׂמְחָה וּבְצַהֲלָה .  
תּוֹךְ אֲמוּנֵי עַם סִגְלָה. בּוֹאֵי כַּלָּה, בּוֹאֵי כַּלָּה :

**CHORUS: Lecha dodi likrat kala, p'nei Shabbat n'kabra**

Shamor v'zachor b'dibur echad hishmi'anu El ha-m'yuchad  
Adonai Echad u-sh'mo echad, l'shem u-l'tiferet ve-l'tehilah -**CHORUS**

Likrat shabat lechu ve-nelchah ki hi m'kor ha-b'rachah  
merosh mikedem n'suchah, b'sof ma'aseh ba-mach-shavah t'chilah - **CHORUS**

*(stand and face open entrance)*

Boi be-shalom ateret ba'alah, gam be-simchah u-ve-tzahalah  
toch emunei am segulah, *(bow left)* boi kalah, *(bow right)* boi, kalah - **CHORUS**

## **BARCHU**

בְּרָכוּ אֶת יְיָ הַמְּבָרָךְ.  
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Leader: **Barchu et Adonai ha-m'vorach**

All: *(bowing)* **Baruch Adonai ha-m'vorach l'olam va'ed.** *(leader repeats)*

## **BEYOND (Hatzi Kaddish version by Dan Nichols)**

May Your wonder be celebrated,  
may your name be consecrated  
May Your brilliance never fade  
from the magnificent world You made  
May Your ways prevail in our own days, in our own lives  
And in the life of all Israel

**And let us say, let us say, Amen. (repeat)**

May Your name receive  
the same beauty that you bring  
Though You are far beyond the sweetest song  
we could ever sing **(CHORUS)**

## **MA'ARIV ARAVIM - Evening's Dusk**

Let us pause to be give thanks for the coming of evening.  
And express our gratitude to the orderly spin of planets around their countless  
suns,  
and of moons orbiting in steady turns  
around their home worlds;  
rolling light before darkness, and darkness from light.  
Ordering the atoms in our bodies and the stars we see at night,  
Blessed are You, who brings each evening's dusk.

## **AHAVAT OLAM – Abiding Love**

And for Abiding Love that holds us in orbit around one another,  
The all-too-human gravity of families and tribes,  
That created the People Israel.  
Whose traditions express that Love in *mitzvot*.  
We thank You for blessing our lives with love.

## **SHEMA**

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

**Shema Yisrael Adonai Eloheinu Adonai Echad**

## **Hear, O Israel. Adonai, Our God, Adonai is One.**

*Baruch shem kavod, malchuto, l'olam va'ed.*

### **V'AHAVTA**

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לְבָבְךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל  
מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל  
לְבָבְךָ. וְשִׁנַּנְתָּם לְבִנְיָךָ, וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ,  
וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל  
יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ. וּכְתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים  
לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם.

V'ahavta et Adonai Elohecha, b'chol l'avvacha uv'chol nafsh'cha uv'chol m'odecha.

V'hayu had'varim ha-eileh asher anochi m'tzav'cha 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. Uk'shartam l'ot al yadecha v'hayu l'totafot  
bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.

L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem.

Ani Adonai Eloheichem, asher hotzeiti et-chem mei-eretz Mitzrayim lih'yot

lachem l'Elohim. Ani Adonai Eloheichem.

### **Shema – A Re-Creation**

Loving life

And its mysterious source

With all our heart

And all our spirit,

All our senses and strength,  
We take upon ourselves  
And into ourselves  
These promises:  
To care for the earth  
And those who live upon it,  
To pursue justice and peace,  
To love kindness and compassion.  
We will teach this to our children  
Throughout the passage of the day-  
As we dwell in our homes  
And as we go on our journeys,  
From the time we rise  
Until we fall asleep.  
And may our actions  
Be faithful to our words  
That our children's children  
May live to know:  
Truth and kindness  
Have embraced.  
Peace and justice have kissed  
And are one.

-Marcia Falk

**MI CHAMOCHA** - Rabbi /All -*Having fled the brutality of slavery in Egypt, our ancestors arrived at a sea they could not cross. When it parted and they were safe on the other side, Miriam led the people in singing this, among the oldest poems in the Hebrew Bible.*

מִי כַמֹּכָה בְּאֱלִים יְיָ, מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא  
תְּהִילֹת, עֲשֵׂה פְּלֵא :

Mi chamocha ba'elim Adonai,  
Mi kamocho nedar bakodesh  
Nora t'hilot, oseh fele.

Safe from Pharoah's army, they cried – “Zeh Eli” - “This is my  
God” and sang:

**“Adonai yimloch l’olam va’ed.”**

*“The Divine will reign forever.”*

### **V'SHOMRU –**

*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.*

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם  
בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת  
יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת  
וַיִּנְפֹּשׁ.

**V'shamru v'nei Yisrael et HaShabbat, laasot et HaShabbat l'dorotam  
b'rit olam.**

- Beini u'vein b'nei Yisrael ot hi l'olam,
- Ki sheishet yamim asah Adonai et hashamayim v'et haaretz,
- u'vayom hashvi-i shavat vayinafash.

**AMIDA** – *These prayers, the heart of every Jewish service, took the place of the sacrifices made in the ancient temple. They are recited while standing.*

**AVOT**, For our ancestors

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי  
אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי  
רַבֵּקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר  
וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקֹנֵה הַכֹּל, וְזוֹכֵר  
חֲסָדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא גְּאֻלָּה לְבְנֵי בְּנֵיהֶם, לְמַעַן  
שְׁמוֹ בְּאַהֲבָה.

מְלֶכֶךְ עֹזֵיר וּמוֹשִׁיעַ וּמַגִּן. בְּרוּךְ אַתָּה יי, מִגֵּן אֲבֹרָהִם וְעֹזֵרֵת  
שָׂרָה.

Baruch atah, Adonai Eloheinu  
v'Elohei avoteinu v'imoteinu,  
Elohei Avraham, Elohei Yitzchak v'Elohei Yaakov,  
Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah.  
Ha-El hagadol hagibor v'hanora, El elyon,  
Gomeil chasadim tovim, v'koneih hakol,  
v'zocheir chasdei avot v'imahot,  
u-meivi g'ulah liv'nei v'neihem l'maan sh'mo b'ahavah.  
Melech ozeir umoshia umagen.  
Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

### **G'VUROT** – the power of life.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה, רַב  
לְהוֹשִׁיעַ.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל (מֵתִים) בְּרַחֲמִים רַבִּים,  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם  
אֲמוּנָתוֹ לַיִּשְׁנָי עֶפֶר, מִי כְמוֹךְ בַּעַל גִּבּוֹרוֹת וּמִי דְּוֹמָה לָךְ,  
מְלֶכֶךְ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

וּנְאֻמָּן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים). בְּרוּךְ אַתָּה יי, מְחַיֶּה  
הַכֹּל (הַמֵּתִים).

Atah gibor l'olam, Adonai,  
m'chayeih hakol atah, rav l'hoshia.  
M'chalkeil chayim b'chesed,  
m'chayeih hakol b'rachamim rabim,  
someich noflim, v'rofei cholim, umatir asurim,  
um'kayeim emunato lisheinei afar.  
Mi chamoach baal g'vurot umi domeh lach,

melech meimit um'chayeh umatzmiach y'shuah.  
V'ne-eman atah l'hachayot hakol.  
Baruch atah, Adonai, m'chayeih hakol.

Great is the power of Life that runs through us;  
You give life to all. You sustain life through love,  
giving life to all 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 Life's force?  
Who resembles You? Causing deliverance to spring up and faithfully giving life to  
all?  
Who is like You, Compassionate One,  
who mercifully remembers Your creatures for life?

### **OSEH SHALOM –**

*May the One who makes peace to rule the heavens let peace descend on us,  
all Israel, and all people. Amen.*

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ, וְעַל כָּל  
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Oseh shalom bim'romav, hu ya'aseh shalom aleinu, v'al kol yisra'el v'al kol  
yoshvei tevel v'imru, v'imru amen. (repeat) Yai lai le lai lai.....

### **ALEINU - It is our obligation**

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,  
שֶׁלֹּא שָׂם חֶלְקֵנוּ כִּהֵם, וְגָרְלָנוּ כְּכֹל הַמוֹנִים, וְאִנְחָנוּ  
כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מַלְךְ מַלְכֵי הַמַּלְכִּים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

Aleinu l'shabe'ach la'adon hakol, latet g'dula l'yotser breishit, she lo asanu k'goyei ha-aratzot, v'lo samanu k'mishpachot ha-adama, shelo sam cheklkeinu ka-hem, v'goraleinu k'chol a monam:

*It is our obligation to praise Creation and Creator, who has given each of us unique skills and responsibilities, talents and destinies:*

**Bowing: Va-anachnu kor'im u'mishtachavim u'modim-**

**Standing: Lifnei melech, malchei ha-m'lachim ha-Kadosh, baruch hu.**

*And we bend the knee, bow and thank before the Divine Ruler of All, whom we call Holy.*

וְנֹאמֵר, וְהָיָה יי לְמִלְכָּךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִי יי  
אֶחָד, וּשְׁמוֹ אֶחָד.

V'ne'emar, v'haya Adonai l'melech al kol ha'aretz

**Bayom hahu, bayom hahu, yih'yeh Adonai echad, u'shmo, u'shmo, u'shmo echad.**

*On that day, the world will be united, word and deed will be one, and the Divine and Mundane will be unified.*

## **MOURNER'S KADDISH -**

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דֵּי בְרָא  
כְּרַעוּתָהּ. וַיִּמְלִיךָ מַלְכוּתָהּ. בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְזַמַּן קָרִיב.  
וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמַיָּא:

וַיִּתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא  
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִידָ  
הוּא. לְעֵלָא (וּלְעֵלָא) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא  
תְּשַׁבַּחְתָּא וְנִתְחַמְתָּא דְאֲמִירָן בְּעֲלָמָא. וְאָמְרוּ אָמֵן:  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

Yit-gadal v'yit-kadash sh'may raba b'alma dee-v'ra che-ru-tei, ve'yam-lich mal-chutei b'chai-yay-chon uv'yo-may-chon uv-cha-yei d'chol beit Yisrael, ba-agala u'vize-man ka-riv, ve'imru **amen**.

### **Y'hei sh'mei raba me'vorach le-alam ul-almei alma-ya. (Yitbarach)**

**Yit-barach** v'yish-tabach, v'yit-pa-ar v'yit-rom

am v'yit-nasei, v'yit-hadar v'yit-aleh v'yit-halal sh'mei d'koo-d'shah, **b'rich hoo**.  
layla meen kol beer-chata v'she-rata, toosh-b'chata v'neh-ch'mata, da-a meran  
b'alma, ve'imru **amen**.

Y'hei sh'lama raba meen sh'maya v'cha-yim aleynu v'al kol Yisrael, ve'imru  
**amen**.

**Oseh Shalom Bimromav Hu Ya'aseh Shalom, Aleinu, v'al kol Yisrael, v'al kol  
yoshvei tevel, v'imru amen.**

## **CLOSING SONGS**

### **HEVEINU SHALOM ALEICHEM**

*Bring peace to us!*

Heveinu Shalom Aleichem (3x)

Heveinu shalom shalom shalom Aleichem.

### **BLESSINGS BEFORE DINNER**

*Before eating a special meal, it is traditional to say two blessings, the “Kiddush” over wine and the “Motzi” over bread. To this we have added the blessing for a special occasion, the “Shehecheyanu.”*

#### **MOTZI -**

“Motzi” means “who brings out of”, in this case, bread from the earth in the form of cultivated grains. This blessing is often said over a challah, a sweet bread that is often braided, from which a portion has been burnt as an offering, a tradition from the times of the ancient temple.

*Baruch Atah Adonai, Eloheinu Melech ha-olam, ha-motzi lechem min ha-aretz.*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Blessed are you, Adonai, our God, Ruler of the Universe, and who brings forth bread from the earth.

#### **KIDDUSH**

*Blessed are You, Adonai our God, Sovereign of all, Creator of the fruit of the vine.*

*Blessed are You, Adonai our God, Sovereign of all, who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of Creation. As first among our sacred days, it recalls the Exodus from Egypt. You chose us and set us apart from the peoples. In love and favor You have given us Your holy Shabbat as an inheritance. Blessed are You, Adonai, who sanctifies Shabbat.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי  
וְרָצָה בָּנוּ, וְשַׁבַּת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ זְכוֹר  
לְמַעֲשֵׂה בְּרֵאשִׁית, כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ, זְכוֹר  
לְיִצְיַאת מִצְרָיִם, כִּי בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל  
הָעַמִּים, וְשַׁבַּת קֹדֶשׁ בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ  
אַתָּה יי, מִקְדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.

Baruch atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav  
v'ratzah vanu, v'Shabbat kodsho b'ahavah uv'ratzon hinchilanu, zikaron  
l'maaseih v'reishit. Ki hu yom t'chilah l'mikra-ei kodesh, zecher litziat  
Mitzrayim. Ki vanu vacharta, v'otanu kidashta, mikol haamim. V'Shabbat  
kodsh'cha b'ahavah uv'ratzon hinchaltanu. Baruch atah, Adonai, m'kadeish  
haShabbat.