

Group 6 to Bima – Readers 19-22

הַשְׁכִּיבֵנוּ, יי אֱלֹהֵינוּ,
 לְשָׁלוֹם, וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים,
~~וְכַרְשׁ עָלֵינוּ סִפְתָּ שְׁלוֹמָךְ,
 וְתִשְׁנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,
 וְהוֹשִׁיעֵנו לְמַעַן שְׁמֹךְ.
 וְהִגּוּ בְּעַדֵּנוּ,
 וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,
 וְחָרֵב, וְרָעַב, וְגִזּוֹן,
 וְהִרְחִיק מִמֶּנּוּ עוֹן וּפְשָׁע.
 וּבְצֵל כְּנָפֶיךָ תִּסְעִירֵנוּ,
 כִּי אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה,
 כִּי אֵל חַנּוּן וְרַחוּם אַתָּה.
 וְשָׁמֵר צֵאתֵנוּ וּבֹאֵנוּ
 לְחַיִּים וּלְשָׁלוֹם
 מֵעַתָּה וְעַד עוֹלָם.
 בְּרוּךְ אַתָּה, יי,
 הַפּוֹרֵשׁ סִפְתָּ שְׁלוֹם עָלֵינוּ
 וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.~~

Reader 19 (optional)

ברכי
 מצריב ערבים
 אהבת עולם
 שמע
 ואהבת
 למען תזכרו
 אמת ואמונה
 מייבמה
 השכיבנו
 ושמר

GRANT, O GOD, that we lie down in peace,
 and raise us up, our Guardian, to life renewed.
 Spread over us the shelter of Your peace.
 Guide us with Your good counsel; for Your Name's sake, be our help.
 Shield and shelter us beneath the shadow of Your wings.
 Defend us against enemies, illness, war, famine and sorrow.
 Distance us from wrongdoing.
 For You, God, watch over us and deliver us. For You, God, are gracious and merciful.
 Guard our going and coming, to life and to peace, evermore.

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us,
 over all Your people Israel, and over Jerusalem.

בְּרוּךְ אַתָּה, יי, הַפּוֹרֵשׁ סִפְתָּ שְׁלוֹם עָלֵינוּ
 וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Grant, O God, that we lie down in peace . . . Following a reading from Seder Rav Amram, our first known comprehensive prayerbook, circa 860 C.E.

Bar'chu

Maariv Aravim

Ahavat Olam

Shima

V'ahava

Umaan tizk'ru

Emet Ve-Emunah

Mi Chamochab

Hashkiveinu

V'shamru

~~LET THERE BE love and understanding among us.
Let peace and friendship be our shelter from life's storms.
Adonai, help us to walk with good companions,
to live with hope in our hearts and eternity in our thoughts,
that we may lie down in peace and rise up waiting to do Your will.~~

~~בְּרוּךְ אַתָּה, יְיָ הַפּוֹרֵשׁ סִבְתַּת שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.~~

Reader 19 GIVE US A PLACE TO REST, Adonai, our God.

Bring us into shelter

in the soft, long, evening shadows of Your truth.

For with You are true protection and safety,

and in Your Presence are acceptance and gentle love.

Watch over us as we go forth.

Prepare for us as we return.

Spread over us Your shelter of peace,

over all we love — over our Jerusalem and Yours.

Cantor or Student

reads/chants.

בְּרוּךְ אַתָּה, יְיָ הַפּוֹרֵשׁ סִבְתַּת שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Cantor leads V'shamru or Yism'chu

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל
 אֶת־הַשַּׁבָּת,
 לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם
 בְּרִית עוֹלָם.
 בְּיָמֵי וּבֵין בְּנֵי יִשְׂרָאֵל
 אֹת הִיא לְעָלָם,
 כִּי־שִׁשָּׁת יָמִים עָשָׂה יי
 אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ.

בָּרְכוּ
 מְעֲרִיב עָרְבִים
 אֲחֵבֵת עוֹלָם
 שְׁמַע
 וְאֲחֵבֵת
 לְמַעַן תִּזְכְּרוּ
 אֲמֵת וְאֲמִינָה
 מִי־כַמְכָה
 הַשְׂכִּיבֵנו
 וְשִׁמְרוּ

~~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.~~

~~יִשְׁמְחוּ בְּמַלְכוּתְךָ
 שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵי
 עִם מְקַדְּשֵׁי שְׁבִיעִי,
 כֻּלָּם יִשְׂבְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ.
 וְהַשְּׁבִיעִי רָצִיתָ מִן וְקֹדְשִׁתּוֹ,
 חֲמֻדָּת יָמִים אֹתוֹ קָרָאתָ,
 זִכְרֵךְ לַמַּעֲשֵׂה בְּרֵאשִׁית.~~

~~THOSE WHO KEEP SHABBAT by calling it a delight
 will rejoice in Your realm.
 The people that hallow 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.~~

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל V'shamru u'nei Yisrael . . . The people of Israel shall keep . . . Exodus 31:16-17

יִשְׁמְחוּ Yism'chu contains twenty-four Hebrew words said to correspond to the twenty-four hours of Shabbat.

אבות ואמהות
גבורות
קדשה
קדשת היים
עבודה
הודאה
שלום
תפלת הלב

תפילה

T'FILAH

1 Reader 20 says: "We continue on Page 164 with T'fillah.
Please rise." (wait)

אֲדֹנָי, שִׁפְתַי תִּפְתָּח,
וּפִי יגִיד תְּהִלָּתְךָ. Readers 20

Readers 20

ADONAI, open up my lips,
that my mouth may declare Your praise.

Turn page and continue

For those who choose: Before reciting תפילה *T'filah*, one takes three steps forward.

אֲדֹנָי, שִׁפְתַי תִּפְתָּח *Adonai, ifatai tiftach* . . . *Adonai, open up my lips* . . . Psalm 51:17

Readers 20

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי
 אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,
 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
 רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל
 חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר
 חֲסָדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא גְאֻלָּה
 לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

אבות ואמהות
 גבורות
 קדושה
 קדושת היום
 עבודה
 הודאה
 שלום
 תפלת הלב

~~SHABBAT SHUVAH* — זְכַרְנוּ לְחַיִּים,~~

~~מֶלֶךְ חַפֵּץ בַּחַיִּים
 וְקִבְּלֵנוּ בְּסֵפֶר הַחַיִּים,
 לְמַעַן אֱלֹהִים חַיִּים.~~

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגֹן.
 בָּרוּךְ אַתָּה, יי,
 מְגֹן אַבְרָהָם וְעִזְרַת שָׂרָה.

One Reader 21 says: "Page 168."

BLESSED ARE YOU, Adonai our God, God of our fathers at
 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 loving kindness, creates everything out of love,
 remembers the love of our fathers and mothers,
 and brings redemption to their children's children for the sake of the Divine Name.

*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,
 and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,
 Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

בָּרוּךְ אַתָּה, יי, מְגֹן אַבְרָהָם וְעִזְרַת שָׂרָה.

*SHABBAT SHUVAH: The Shabbat between Rosh HaShanah and Yom Kippur.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows from the waist at the word בָּרוּךְ *Baruch* and stands straight at the word יי *Adonai*.

אבות ואמהות *Avot v'imahot* . . . As God has been gracious to our forebears, so may we receive divine favor.

Readers 21

אבות ואמהות
גבורות
קדשה
קדשת היום
עבודת
הודאה
שלוש
תפלת הלב

אתה גבור לעולם, אדני,
מחיה הכל (מתים) אתה,
רב להושיע.

WINTER* — משיב הרוח
ומוריד הגשם.

SUMMER* — מוריד הטל.

מכלכל חיים בחסד,
מחיה הכל (מתים)
ברחמים רבים, סומך נופלים,
ורופא חולים, ומתיר אסורים,
ומקים אמונתו לישני עפר.
מי כמוך בעל גבורות
ומי דומה לך, מלך ממית
ומחיה ומצמיח ישועה.

— SHABBAT SHUVAH

מי כמוך אב רחמים,
זכר יצוריו לחיים ברחמים.

ונאמן אתה להחיות הכל (מתים)
ברוך אתה, יי, מחיה הכל (מתים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

WINTER — You cause the wind to shift and rain to fall.

SUMMER — You rain dew upon us.

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)?

SHABBAT SHUVAH — Who is like You, Compassionate God,
who mercifully remembers Your creatures for life?

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

ברוך אתה, יי, מחיה הכל (המתים).

משיב הרוח / מוריד הטל *Mashiv haruach / Morid hatal* — with these words, we join our Israeli brothers and sisters in their prayers for seasonal rains in the Land of Israel.

מוריד הטל *Morid hatal* . . . *You rain dew upon us* . . . A seasonal insertion into the *Givurot* acknowledges God as the Source of the power of nature. The variations in climate like growth and decay, birth and death, are part of the fixed pattern of the universe created by God. In his prayerbook, *Minhag America*, Isaac Mayer Wise used the prayer for dew and rain as a permanent part of this benediction.

*WINTER: *Shmini Atzeret / Simchat Torah to Pesach*. SUMMER: *Pesach to Shmini Atzeret / Simchat Torah*.

Avot v'Imahot

G'uurot

K'dushah

K'dushat HaYom

Avodah

Hodaah

Shalom

T'filat HaLev

~~DAYS PASS and the years vanish, and we walk sightless among miracles.
 God, fill our eyes with seeing and our minds with knowing;
 let there be moments when Your Presence, like lightning,
 illumines the darkness in which we walk.
 Help us to see, wherever we gaze, that the bush burns unconsumed.
 And we, clay touched by God, will reach out for holiness, and exclaim in wonder:
 How filled with awe is this place, and we did not know it!~~

Blessed is the Eternal One, the Holy God!

בְּרוּךְ אַתָּה, יי, הָאֵל הַקְדוֹשׁ.

Page 171

Reader 22

WHERE might I go to find You,
 Exalted, Hidden One?
 Yet where would I not go to find You,
 Everpresent, Eternal One?

My heart cries out to You:
 Please draw near to me.
 The moment I reach out for You,
 I find You reaching in for me.

~~יְהוָה אֱלֹהֵי אֲמִצְיָה
 מְקוֹמָהּ נִעְלָה וְנִעְלָם
 וְאֵינָהּ לֹא אֲמִצְיָה
 בְּבוֹדָה מְלֵא עוֹלָם.
 וְנִשְׁתִּי קִרְבָּתֶךָ
 בְּכֹל לְבִי קִרְבָּתֶךָ
 וּבְצִמְתִּי לְקִרְבָּתֶךָ
 לְקִרְבָּתִי מִצִּמְתֶּךָ.~~

בְּרוּךְ אַתָּה, יי, הָאֵל הַקְדוֹשׁ.

Cantor or Student
reads/chants.

reader 22 says: "Please be seated."

Group 6 Returns to Seats

Holines when power and goodness co-exist in perfect harmony.

adapted from Mordecai Kaplan

How shall we sanctify God's name? By being holy ourselves. How do we accomplish this? Let our prayers bring us to sacred deed, to actions that promote justice, harmony and peace.