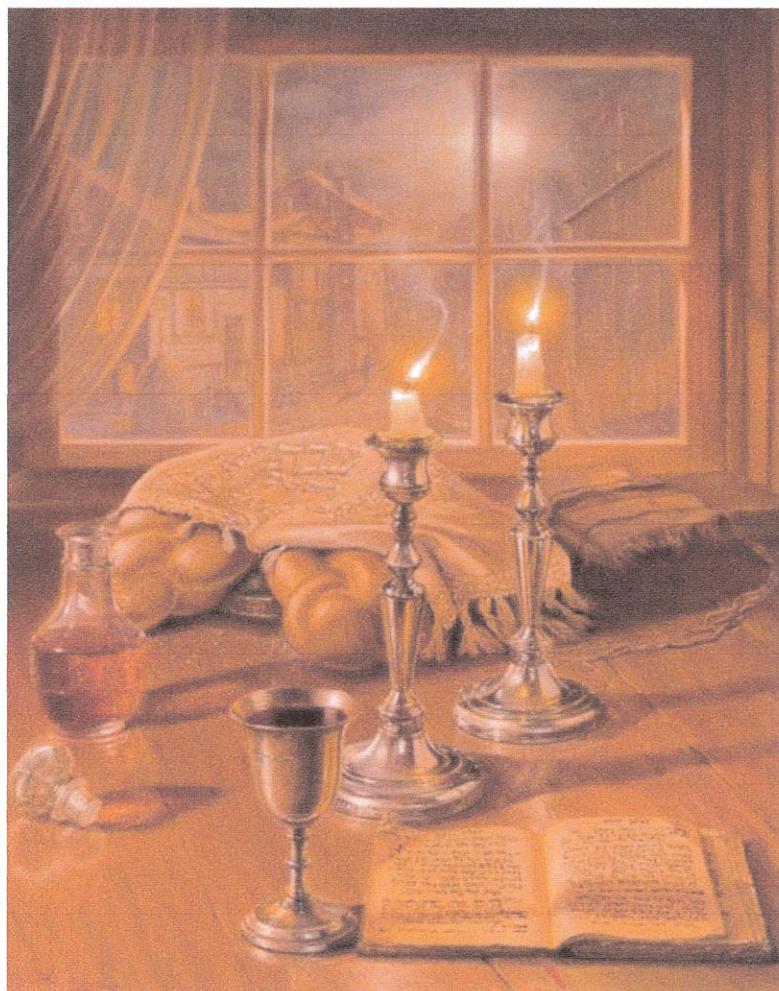


# Shabbes Tisch

Temple Israel Portsmouth



ברוך אתה ייְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר  
קָדַשְׁנוּ בְמִצְוֹתָיו וַצְוָנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Barukh atah Adonai Eloheinu melekh ha'olam asher kid'shanu b'mitzvotav v'tzivanu l'hadlik ner shel Shabbat.*

Blessed are You, Lord our God, Ruler of the Universe, who has sanctified us with commandments, and commanded us to light Shabbat candles.



## Shalom Aleichem

*Shalom aleichem, malachei hashareit, malachei elyon,  
mimelech mal'chei hamlachim, HaKadosh Baruch Hu.*

Peace be to you, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.

*Bo-achem l'shalom, malachei hashalom, malachei elyon,  
mimelech mal'chei hamlachim, HaKadosh Baruch Hu.*

Enter in peace, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.

*Bar'chuni l'shalom, malachei hashalom, malachei elyon  
mimelech mal'chei hamlachim, HaKadosh Baruch Hu.*

Bless me with peace, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.

*Tzeit'chem l'shalom, malachei hashalom, malachei elyon  
mimelech mal'chei hamlachim, HaKadosh Baruch Hu.*

Depart in peace, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.

Blessing the Children

יבָרֶכְךָ יְהוָה וַיִּשְׁמַרְךָ  
יֵאֶר יְהוָה פָנָיו אֲלֵיכָ וַיִּחְנֶןָ  
יִשְׁאָה יְהוָה פָנָיו אֲלֵיכָ וַיִּשְׁם לְךָ שָׁלוֹם

*Y'varech'cha Adonai v'yishmar'echa  
Ya'er Adonai panav eilecha vi'y'chuneka  
Yisah Adonai panav eliecha v'yasem l'cha shalom*

*May God bless you and guard you.  
May God show you favor and be gracious to you.  
May God turn the divine face toward you and grant you peace.  
(Numbers 6:24-26)*



# Lecha Dodi

Lecha dodi likrat kala,  
p'nei Shabbat n'kabelah!

Shamor v'zachor b'dibur echad,  
Hishmi'anu el ha'meyuchad.  
Adonai echad u'shmo echad;  
L'shem ul'tiferet v'l'tehila.

Lecha dodi likrat kala,  
p'nei Shabbat n'kabelah!

Mikdash melech, ir m'lucha,  
Kumi, tze'i mi'toch ha'hafecha.  
Rav lach shevet b'emek ha'bacha;  
V'hu yachmol alai'yich chemla.

Lecha dodi likrat kala,  
p'nei Shabbat n'kabelah!

Hit'oreri, hit'oreri,  
Ki va orech, kumi uri.  
Uri, uri, shir daberi;  
K'vod Adonai alai'yich nigla.

Lecha dodi likrat kala,  
p'nei Shabbat n'kabelah!

Yamin u'smol tifrotzi,  
V'et Adonai ta'aritzi.  
Al yad ish ben Partzi;  
V'nism'cha v'nagila!

Lecha dodi likrat kala,  
p'nei Shabbat n'kabelah!

Bo'i v'shalom, ateret ba'ala,  
Gam b'simcha uv' tzhala.  
Toch emunei am segula;  
Bo'i chala, bo'i chala.

Lecha dodi likrat kala,  
p'nei Shabbat n'kabelah!

לְכָה דּוֹדִי לְקַרְאַת בָּלָה.  
פִּנֵּי שֶׁבֶת נְקַבָּלה:

שְׁמֹר אֲכֹר בְּדָבָר אֶחָד,  
הַשְׁמִיעָנוּ אֶל הַמִּיחָד.  
ה' אֶחָד וְשְׁמוֹ אֶחָד.  
לִשְׁם וְלִתְפָּאָרָת וְלִתְהָלָה:

לְכָה דּוֹדִי לְקַרְאַת בָּלָה.  
פִּנֵּי שֶׁבֶת נְקַבָּלה:

מִקְדָּשׁ מֶלֶךְ עִיר מְלוֹכוֹתָה.  
קָוָמי צָאי מִתּוֹךְ הַהֲפָכָה.  
רָב לְךָ שֶׁבֶת בְּעַמְקַבָּחָא.  
וְהוּא יְחֻמּוֹל עַלְיךָ חִמָּלָה:

לְכָה דּוֹדִי לְקַרְאַת בָּלָה.  
פִּנֵּי שֶׁבֶת נְקַבָּלה:

הַתְּעוֹרֶרֶי הַתְּעוֹרֶרֶי.  
כִּי בָא אָוֹרֶךְ קָוָמי אָוֹרֶי.  
עָוָרֶי עָוָרֶי שִׁיר דָּבָרֶי.  
כְּבָוד ה' עַלְיךָ נְגַלָּה.

לְכָה דּוֹדִי לְקַרְאַת בָּלָה.  
פִּנֵּי שֶׁבֶת נְקַבָּלה:

ימִין וּשְׂמָאל תְּפַרְצֵץ.  
וְאַתָּה תְּעִרְיצֵץ.  
עַל יְד אִישׁ בְּן פְּרָצֵץ.  
וּנְשָׁמָחָה וּנְגִילָה.

לְכָה דּוֹדִי לְקַרְאַת בָּלָה.  
פִּנֵּי שֶׁבֶת נְקַבָּלה:

בָּאוּ בְשָׁלוֹם עַטְרוֹת בָּעֵלה.  
גַם בְשָׁמָחָה וּבְצָהָלה.  
תוֹךְ אָמֹנוֹי עִם סָגָה.  
בָּאוּ בָלָה, בָּאוּ בָלָה:

לְכָה דּוֹדִי לְקַרְאַת בָּלָה.  
פִּנֵּי שֶׁבֶת נְקַבָּלה:



## Come, My Beloved

*Come, my beloved, to meet the bride;  
let us welcome the presence of the Sabbath.*

“Observe” and “Remember the Sabbath day,” that God caused us to hear in a single utterance : God is One, and God's name is One in renown, glory and praise.

*Come, my beloved...*

O sanctuary of our Sovereign, O regal city, arise, go forth from thy overthrow; long enough have you dwelt in the valley of weeping; God will have compassion on thee.

*Come, my beloved...*

Arouse thyself, arouse thyself, for thy light is come: arise, shine; awake, awake; give forth a song; the glory of the Lord is revealed upon thee.

*Come, my beloved...*

Spread abroad on the right and on the left, and you shall revere the Divine. Through the offspring of Perez we also shall rejoice and be glad.

*Come, my beloved...*

Come in peace, thou crown of thy husband, with rejoicing and with cheerfulness, in the midst of the faithful of the chosen people: Come, O bride; Come, O bride.



# All the Hemispheres

*Leave the familiar for a while.  
Let your senses and bodies stretch out*

*Like a welcomed season  
Onto the meadow and shores and hills.*

*Open up to the Roof.  
Make a new watermark on your excitement  
And love.*

*Like a blooming night flower,  
Bestow your vital fragrance of happiness  
And giving  
Upon our intimate assembly.*

*Change rooms in your mind for a day.*

*All the hemispheres in existence  
Lie beside an equator  
In your heart.*

*Greet Yourself  
In your thousand other forms  
As you mount the hidden tide and travel  
Back home.*

*All the hemispheres in heaven  
Are sitting around a fire  
Chatting*

*While stitching themselves together  
Into the Great Circle inside of  
You.*

(Hafiz)

## מִזְמוֹר שִׁיר לַיּוֹם הַשְׁבָת

טֹב לְהַדּוֹת לֵي וְלִזְמֶר לְשִׁמְךָ עֶלְיוֹן  
לְהַגִּיד בַּבָּקָר חָסְדֶךָ וְאֶמְוֹנָתֶךָ בְּלִילּוֹת

### *Mizmor Shir L'yom HaShabbat*

*Tov l'hodot l'Adonai u'l'zameir l'shimkha Elyon;  
L'hagid baboker chasdekha, V'emunatkha baleilot.*

### A Psalm for Shabbat

It is good to give thanks to God, and to sing to Your exalted Name;  
to tell of Your kindness in the morning and Your faith at night.

### Intro to Kiddush

וַיְהִי עֶרֶב וַיְהִי בָּקָר יוֹם הַשְׁשִׁי.

וַיָּכֹלוּ הַשָּׁמְמִים וְהַאֲرֹץ וְכָל צְבָאָם. וַיָּכֹל אֱלֹהִים בַּיּוֹם הַשְׁבִּיעִי מִלְאַכְתּוֹ אֲשֶׁר  
עָשָׂה, וַיִּשְׁבַּת בַּיּוֹם הַשְׁבִּיעִי, מִכֶּל מִלְאַכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךָ אֱלֹהִים אֶת יוֹם  
הַשְׁבִּיעִי וַיִּקְדֶּשׁ אֹתוֹ, כִּי בָז שְׁבַת מִכֶּל מִלְאַכְתּוֹ, אֲשֶׁר בָּרָא אֱלֹהִים לְעַשׂוֹת.

*Va'yehi erev va'yehi voker yom hashishi.*

*Vay'khulu hashamayim v'ha-aretz v'khel tz'va-am. Vay'khal Elohim bayom hash'vi-i  
m'lakhto asher asah. Vayishbot bayom hash'vi-i mikol m'lakhto asher asah. Vay'varekh  
Elohim et yom hash'vi-i vay'kadeish oto, ki vo shavat mikol m'lakhto asher bara Elohim  
la'asot.*

And there was evening and there was morning, the sixth day.  
The heaven and the earth were finished, and all their array. On the seventh day God  
finished the work that God had been doing, and God ceased on the seventh day from  
all the work that God had done. And God blessed the seventh day and declared it holy,  
because on it God ceased from all the work of creation that God had done.

# Kiddush

*Baruch atah Adonai  
Eloheinu, Melech ha'olam  
borei p'ri hagafen.*

**בָּרוּךְ אֱתָה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
בּוֹרֵא פְּרִי הַגָּפָן.**

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

**בָּרוּךְ אֱתָה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קָדַשְׂנוּ בְמִצּוֹתָיו וְרָצָה בְּנֵינוּ,  
וִשְׁבַת קָדְשׁוֹ  
בְּאֶחָבָה וּבְרָצֹן הַנְּחִילָנוּ,  
זָפְרֹן לְמַעַשָּׂה בְּרָאשִׁית.  
כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָא קָדֵשׁ,  
זָכָר לִיצְיאַת מִצְרָיִם.  
כִּי בְּנֵינוּ בְּחִרְפָּתָה, וְאוֹתָנוּ קָדְשָׁתָה  
מְכֻלָּה הַעֲמִים.  
וִשְׁבַת קָדְשָׁךְ  
בְּאֶחָבָה וּבְרָצֹן הַנְּמִלְתָּנוּ.  
**בָּרוּךְ אֱתָה, יְיָ, מֶקְדֵּשׁ הַשְּׁבָת.****



Praise to You, Adonai our G-d, Sovereign of the universe,  
Creator of the fruit of the vine.

Praise to You, Adonai our G-d, Sovereign of the universe  
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.  
Praise to You, Adonai, who sanctifies Shabbat.

## HANDWASHING

**בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְשָׁנוּ בְמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדִים**

*Baruch atah Adonai, Eloheinu Melech ha-olam,  
asher kidshnu b'mitzvotav vitzivanu al n'tilat yadayim.*

Blessed are You, Adonai our God, Sovereign of the universe, who has sanctified us  
with Your commandments, and commanded us  
concerning the washing of the hands.

### We wash...

After the washing of hands, some people have the custom of remaining silent until  
bread is eaten. Prior to eating the bread, the following blessing is recited.

## BLESSING ON BREAD / HAMOTZEE

**בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמּוֹצִיא לְחֵם מִן הָאָרֶץ**

*Baruch atah Adonai, Eloheinu Melech ha-olam, hamotzi lechem min ha'aretz.*

Blessed are You, Adonai our God, Sovereign of the universe,  
who has brought forth bread from the earth.

## Mourner's Kaddish

יְתִגְדָּל וַיְתִקְדַּשׁ שֵׁםָה רֶבֶּא.  
בְּעַלְמָא דִּי בֶּרֶא כְּרוּוֹתָה, וַיְמַלֵּיד מֶלֶכְתָּה בְּחִיכָּנוֹן וּבְיוּמִיכָּנוֹן  
וּבְחִיכָּי ذָכָל בֵּית יִשְׂרָאֵל. בְּעַגְלָא וּבְזָמָן קָרִיב וְאָמָרוּ אָמָנוֹ:  
יְהָא שֵׁםָה רֶבֶּא מְבָרֵךְ לְעוֹלָם וּלְעַלְמִי עַלְמִיאָ:  
יְתִפְאַר וַיְשַׁתְּבַח, וַיְתִפְאַר וַיְתִרְומַם וַיְתִנְשַׁא  
וַיְתַהְקַר וַיְתַעַלָּה וַיְתַהְקַלֵּל שֵׁםָה זְגָדָשָׁא קָרִיךְ הִיא  
לְעַלָּא מַן כָּל בְּרָכָתָא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנִסְמָחָתָא, דְּאָמִינוֹ בְּעַלְמָא, וְאָמָרוּ אָמָנוֹ:  
יְהָא שְׁלָמָא רֶבֶּא מַן שְׁמִיאָ וְחַיִם עַלְינָנוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמָרוּ אָמָנוֹ:  
עֲשֵׂה שְׁלוֹם בְּמַרְומָיו הַוָּא יַעֲשֵׂה שְׁלוֹם עַלְינָנוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמָרוּ אָמָנוֹ:

Yitgadal v'yitkadas sh'mei raba.

b'alma di-v'ra chirutei, v'yamlich malchutei  
b'chayeichon uvyomeichon uvchayei d'chol beit yisrael,  
ba'agala uvizman kariv, v'im'ru: amen.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach, v'yitpa'ar, v'ytromam, v'yitnaseh,  
v'yithadar, 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 da'amiran b'alma, v'im'ru: amen.

Y'hei shlama raba min-sh'maya  
v'chayim aleinu v'al-kol-yisrael, v'im'ru: amen.

Oseh shalom bimromav, hu ya'asez shalom aleinu  
v'al kol-yisrael, v'imru: amen.

# Tzur Mishelo צור משלו

Tzur Mishelo Achalnu, Bar'chu Emunai,  
Sava'anu vehotarnu kidvar Adonai.

Hazan et olamo roeinu avinu,  
achalnu et lachmo vyeino shatinu,  
al kein nodeh lishmo unhal'lo b'finu  
amarnu v'aninu ein kadosh kadonai.

Tzur...

B'shir v'kol todah n'verech leloheinu,  
al eretz chemdah tovah shehinchil  
lavoteinu. Mazon v'tzeidah hisbia  
l'nafsheinu,  
chasdo gavar aleinu v'emet Adonai.

Tzur...

Rachem b'chasdecha Al am'cha Tsureinu,  
al Tsion mishkan k'vodecha z'vul beit  
tifarteinu.  
Ben David avdecha yavo v'yig'aleinu,  
ruach apeinu m'shiach Adonai.

Tzur...

Yibaneh hamikdash ir tsion timaleh,  
visham nashir shir chadash uvirnanah  
na'aleh.  
harachaman hanikdash yibarach v'yitaleh  
al kos yayin maleh k'birkat Adonai.

Tzur...

The Lord, Our Rock, whose food we have eaten,  
let us bless Him  
We are satiated and there is still food left over,  
as God has instructed

He nourishes His world, our Shepherd, our Father  
We have eaten of His bread and drunk from His wine  
Therefore we will thank Him and speak His praise  
We said and respond:  
there is no one holy like our Lord

With song and gratitude we will give praise to God  
For the desirable good land He bequeathed to our  
fathers  
With nourishment and sustenance He has satisfied  
us. His grace has overwhelmed us as has His truth.

צור משלו אָכְלָנו בָּרַכוּ אֶמְנוֹן,  
שָׁבַעֲנוּ וְהִזְמָרְנוּ בְּדָבָר יְיָ.

הָז אֵת עַולְמָוּ רָוּעָנוּ אָבִינוּ,  
אָכְלָנוּ אֵת לְחָמָו וַיְיִנּוּ שְׁתִינּוּ, עַל בָּן נָוָה  
לְשָׁמוֹ וְגַהְלָלוּ בְּפִינוּ,  
אָמְרָנוּ וְעַנְינוּ אֵין קָדוֹשׁ פִּי.

בָּשִׁיר וּקְול תֹּקֶה נִבְרָךְ לְאֱלֹהִינוּ,  
עַל אָרֶץ חִמְדָה טֻבָה שְׁהַנְחֵיל לְאָבוֹתֵינוּ,  
מִזּוֹן וְצִדָּה הַשְׁבִּיעַ לְנִפְשָׁנוּ,  
סִסְדוֹ גָּבָר עַלְינוּ וְאֶמְתָּה יְיָ.

רָחֵם בְּחִסְדָךְ עַל עַמּוֹן צָוָרָנוּ,  
עַל צִיּוֹן מִשְׁבָּנוּ כְּבָדָךְ זְבוֹל בֵּית תִּפְאָרָתָנוּ,  
בְּנוּ דָוד עַבְדָּךְ בָּיוֹא וְיִגְּאָלָנוּ,  
רוֹחַ אָפִינוּ מִשְׁיחָה יְיָ.

יִבְנֵה הַמִּקְדָּשׁ, עִיר צִיּוֹן תִּמְלָא,  
וְשָׁם נִשְׁיר שִׁיר חֶדֶשׁ וּבְרִנְנָה נְעָלה,  
קְרֹבָמָנוּ הַנִּקְדָּשׁ יִתְבָּרֵךְ וַיַּתְעַלֵּה,  
עַל כֹּסֶן יְיָ מְלָא פְּבָרֶת יְיָ.

Have mercy in Your graciousness  
on Your nation, Lord, Our Rock  
And upon Zion the dwelling place of Your honor,  
the Temple of our splendor  
And the son of David, Your servant,  
will come and redeem us  
The breath of our life, The Messiah of God

The Temple will be rebuilt;  
the City of Zion will be restored  
And there we will sing a new song and journey up  
The Merciful and the Sanctified One  
will be blessed and exalted  
Over a full glass of wine, according to God's blessing

## יה רבון Yah Ribon

Yah ribon alam v'al'maya  
ant hu malka melekh malkhaya.  
Ovad g'vur'teikh v'timhaya  
sh'far kodamakh l'hahavaya.

Yah ribon alam v'al'maya  
ant hu malka melekh malkhaya.

Sh'vehin asadeir tsafra v'ramsha  
lakh elaha kadisha di v'ra kol nafsha,  
irin kadishin uv'nei enasha,  
heivat bara, v'ofei sh'maya.

Yah ribon alam v'al'maya  
ant hu malka melekh malkhaya.

Ravr'vin ov'deikh v'takifin,  
makhikh r'maya v'zakif k'fifin.  
Lu yihyeh g'var sh'nin alfin  
la yei'ol g'vur'teikh b'hushb'naya.

Yah ribon alam v'al'maya  
ant hu malka melekh malkhaya.

Elaха di leih y'kar ur'vuta,  
p'rok yat anakh mipum aryavata.  
V'apeik yat amakh migo galuta,  
ameikh di v'hart mikol umaya.

Yah ribon alam v'al'maya  
ant hu malka melekh malkhaya.

L'mikd'sheikh tuv ul'kodesh kudshin,  
atar di veih yehedun ruhin v'nafshin.  
Vizam'run lakh shirin v'rahashin,  
birush'leim karta d'shufraya.

Yah ribon alam v'al'maya  
ant hu malka melekh malkhaya.

יה רבון עולם ועלמיה,  
אנת הוא מלכא מלך מלכיה,  
עובד גבורתך ותמהיה,  
שפר קדמן להחניה.

שבחו אסדור צפרא ורמשא,  
לך אלה קדישא די ברא כל נפשא,  
עירין קדשין ובני אנשא,  
חיות ברא ועופי שמיה.

רבביון עובדייך ותקיפיו,  
מבקיך רמייא זקיף בפיפו,  
לו יתחיה גבר שני אלפיו,  
לא יעול גבורתך בחשכניה.

אלקה די לה יקר ורבותא,  
פרקית ענד מפום ארונותא,  
ואפיקית עטף מגו גלותא,  
עטף די בחרת מבל אמייא.

למקdash טוב ולקדש קדשוין,  
אתיך די בה ייחדו רוחינו ונפשינו,  
ויזמרוון לך שירינו ורפסינו,  
בירושלים קרפתא דשופרא.

Translation:

God, Sovereign of all the Worlds, You are the Ruler, above all rulers. Your mighty deeds and wonders, it is beautiful to declare before You. I speak your praises both morning and evening, to You, Holy Gd, who created all Life: Sacred spirits and human beings, beasts of the field and birds of the sky.

Great and mighty are Your deeds, humbling the proud and raising the humble. Even if one were to live a thousand years, these would not suffice to fathom Your might.

O Gd, to whom glory and greatness belong, save Your flock from the lions' jaws. Bring Your people out of exile, the people which You chose from among all nations.

Return to Your Temple and to the Holy of Holies, the place where spirits and souls can rejoice. They will sing to You songs and melodies in Jerusalem, city of beauty.