

1. Shalom Aleichem (page 13)

Shalom aleichem malachei ha-sharet
malachei Elyon,
mi-melech malachei ha-melachim ha-
kadosh Baruch Hu.

Bo'achem le-shalom malachei ha-
shalom malachei Elyon,
mi-melech malachei ha-melachim ha-
kadosh Baruch Hu.

Barchuni le-shalom malachei ha-shalom
malachei Elyon,
mi-melech malachei ha-melachim ha-
kadosh Baruch Hu.

Tzeitechem le-shalom malachei ha-
shalom malachei Elyon,
mi-melech malachei ha-melachim ha-
kadosh Baruch Hu.

2. Yedid Nefesh (page 14)

Yedid nefesh, Av harachaman,
meshoch Avdach el Retzonach. Yarutz
avdach kemo ayal, yishtachave mul
hadarach.
Ki ye'erav lo yedidutach, minofet tsuf
vechol ta'am.

Hadur naeh ziv haolam, nafshi cholat
ahavatach.
Anah El nah refah nah lah, b'harot lah
noam zivach,
Az titchazek v'titrapeh, v'hay'tah lah
shifchat olam.

3. L'khu Neranenah (page 15)

L'khu neranenah l'Adonai, nariyah l'tzur
yisheinu (x4)
Nekad'ma fanav betodah, bizmirot
nariyah lo
Ki El gadol Adonai(x2)

*Let us go and sing to Adonai,
Let us trumpet praise to our protector.
Filled with thanks, let us greet God,
Raising our voices in song.
Great is Adonai*

4. Arbaim Shanah (page 15)

Arba'im shanah akut b'dor
Va'omar, Am to'ey levav hem
V'hem lo yad'u d'rakhai.

*The Israelites wandered in the desert for 40
years – they were not spiritually ready to
enter the Promised Land.*

5. Yismechu (page 16)

Yiram hayam um'lo-o, Yiram hayam
um'lo-o (4 times)
Yismechu Hashamayim v'tagel ha'aretz
(2 times)

*Let the heavens be glad and the earth
rejoice, the sea in its fullest roar*

6. Or Zaru'ah (page 17)

Or zaru'ah la'tzadik, u'lyishrei lev
simcha (x2)
Ki eem-cha mikor chayim, ki eem-cha
m'kor chayim, ki eem-cha m'kor chayim
b'orcha nireh or. (x2)

*Light is sown for the righteous
And joy for the upright.
Rejoice in Adonai, you righteous people,
And thank God as you say God's name.*

7. Ana B'Koach (page 20)

Ana B'koach Gedulat Yemincha Tatir
Tzerurah, Tatir Tzerurah
Kabel Rinat, Rinat Am'cha, Sagveinu
Tahareinu Nora

*If You would, may Your mighty right hand
undo the knot that ties us up.
Accept the prayers of Your people;
You who are revered, raise us up, cleanse
us.*

8. L'Kha Dodi (page 21-22)

Come, my beloved, to welcome the bride; let us greet Shabbat as she arrives.

Chorus: L'kha dodi likrat kalah, p'nei Shabbat n'kab'lah

Shamor v'zahkor b'dibur echad,
Hishmi-anu El ha-m'yuchad.
Adonai echad u-shmo echad,
L'shem u-l'tiferet v'lit-hilah

Chorus

Likrat Shabbat l'khu v'neil'khah,
Ki hi m'kor ha-b'rakhah
Meirosh mi-kedem n'sukhah,
Sof ma-aseh b'machashavah t'chilah.

Chorus

Mikdash melekh ir m'lukhah,
Kumi tze'i mitokh ha-hafeikhah.
Rav lakh shevet b'emek ha-bakha,
V'hu yachamol alayikh chemlah.

Chorus

Bo-i v'shalom ateret balah,
Gam b'simchah u-v'tzoholah
Tokh emunei am s'gulah,
Bo-i khala, bo-i khalah.

L'kha dodi likrat kalah, p'nei Shabbat n'kab'lah

9. Ahavat Olam (page 29)

*You keep loving us, as You have always loved us. Adonai, Our God.
You impart to us: Torah and Mitzvot,
To know reality and justice.*

Ahavat olam beit Yisra'el amcha
ahavta, Torah umitzvot chukim
umishpatim otanu limad'ta.

Al ken Adonai Eloheinu
b'shochveinu uv'kumeinu
nasi'ach b'chukecha,
venis'mach b'divrei torat'cha
uv'mitzvotcha le'olam va'ed.

10. Mi Chamocha (page 32)

Mi chamocha ba'eilim, Adonai?
Mi kamocha, ne'edar bakodesh,
Nora t'hilot, oseh feleh? (x2)

*"Who is like You, Adonai, among the mighty?
Who is like You, adorned in holiness,
Revered in praise, working wonders?"*

11. Hashkivenu (page 32)

Cause us to lie down in peace, Adonai our God, and awaken us to life, our King.

Hashkiveinu Adonai Eloheinu l'shalom,
v'ha'amideinu malkeinu l'hayyim (x2)

All my life I've been waiting for
I've been praying for
For the people to say
That we don't wanna fight no more
There will be no more wars
And our children will play
One day (x6)

12. V'Shamru (page 34)

V'shamru v'nei Yisrael et HaShabbat,
la'asot 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.

13. Am I awake/Adonai S'fatai (page 35)

Am I awake?
Am I prepared?
Are you listening to my prayer?
Can you hear my voice?
Can you understand?
Am I awake?
Am I prepared?

Adonai, s'fatai tiftach u'fi yagid
t'hilatecha

Adonai, open my lips, so I may speak Your praise.

14. Oseh Shalom

Oseh Shalom Bimromav,
Hu Ya-aseh shalom aleinu
V'al Kol Yisroel
V'al Kol Yoshvei Teivel
V'imru, Amen

*May the one who creates peace on high
bring peace to us and to all Israel and to all
who dwell on earth. And we say Amen.*

15. Aleinu

Aleinu leshabeach la-Adon haKol, laTet
g'dulah l'yotzer b'reshit
She'lo asanu k'goyei haAratzot, ve'lo
samanu k'mishpachot haAdama
She'lo sam chelkeinu kahem
VeGoraleinu k'chol hamonam
VaAnachnu korim uMistachavim
uModim
Lifnei Melech Malchei haM'lachim
haKadosh Baruch Hu.

(call and response)

Vahashevotah
el levav'cha
Ki Adonai
Hu HaElohim

Vene'emar: vehayah adonai lemelech al
kol ha'aretz, bayom hahu yiheyeh
adonai echad u'shemo echad.

16. Mishebeirach

*Mi shebeirach avoteinu
M'kor hab'racha l'imoteinu
May the source of strength,
Who blessed the ones before us,
Help us find the courage to make our
lives a blessing, and let us say, Amen.*

*Mi shebeirach imoteinu
M'kor habrachah l'avoteinu
Bless those in need of healing
with r'fuah sh'leimah,
The renewal of body, the renewal of
spirit, And let us say, Amen*

17. Adon Olam (page 54)

A-don o-lam, a-sher ma-lach, b'teh-rem
kol y'tzir niv-ra.
L'et na'asah b'cheftzo kol azai melech
sh'mo nikra.

V'acharei kichlot hakol l'vado yimloch
nora.
V'hu hayah, v'hu hoveh, v'hu yihyeh
b'tifarah.

V'hu echad v'ein sheni l'hamishil lo
l'hachbirah.
B'li reishi b'li tachlit, v'lo haoz
v'hamisra.

V'hu eili v'chai goali v'tsur chevli b'eit
tsrah.
V'hu nisi umanos li, m'nat kosi b'yom
ekrah.

B'yado afkid ruchi b'et ishan v'airah.
V'im ruchi g'viati Adonai li v'lo irah.

A-don o-lam, a-sher ma-lach, b'teh-rem
kol y'tzir niv-ra.
L'et na'asah b'cheftzo kol azai melech
sh'mo nikra.