



Reader: Eternal God, in whose service we are enlisted and in whose name we have gathered, lift our thoughts so that we may renew our minds and souls. On this Shabbat draw us closer to You and closer to each other.

Group: O Lord, we have come together to pray. Yet each of us is solitary in Your presence.

Reader: Each of us comes before You with special hopes and dreams. Each of us has personal worries and concerns.

Group: Each of us has a prayer no one else can utter. Each of us brings praise no one else can offer.

Reader: Each of us feels a joy no one else can share. Each of us has regrets others cannot know.

Group: And so we pray. If we are weary, give us strength. If we are discouraged, give us hope. If our hearts have been chilled with indifference, warm them with Your mercy, and inspire us with the glowing spirit of this Shabbat.

Behold how good and how pleasant it is for us to dwell together in unity. This is our hope. This is our truth. This is our song.

Heney ma-tov u-ma-na-im, shevet achim gam yachad.

*Hine Mah Tov
U-mah Na im
Shevet achim
Gam Ya-chad*

הִנֵּה מְה־טוֹב וּמְה־נָּאִים
נְעִים שֶׁבֶת אַחִים גַּם יַחְדָּד.

On this Shabbat, let us remember that even an artist must sometimes pause as he paints, lay aside his brush, look away from his canvas and seek new inspiration. Our life is a canvas. Everything we do, every thought we think, is a stroke of the brush. And ours is the power to make that picture meaningful.

Let us pause to see what we have painted in the week now gone. Then with a new sense of purpose, renewed and refreshed, let us return to life's canvas and paint a coming week filled with beauty and goodness.

It is the vision of our highest selves, a vision of perfection that we call by the name of God and we glorify his Name with the She'ma

שמע ישראל יהוה אחד יהוה אחד

Shema Yisrael, Adonai Eloheynu, Adonai ehad.

Hear O Israel, the Lord our God, the Lord is One.

God created the world in six days. On Shabbat He rested and gave the world a soul.

V-shamru

שמרו בני ישראל את השבת לעשות את השבת
לדורותם ברית עולם ביני ובין בני ישראל זאת היא
לעולם ביששת ימים עשה את השמים ואת הארץ
וביום השביעי שבת ונפש

*Vshamru v'ney yisrael et ha-shabbat, la-asot et ha-shab-
bat l'dorotam b'rit olam. Bey-ni uveyn b'ney yisrael et
hi l'olam. Ki shey-she't yamim asa Adonai et ha-shama-
yim v'et ha-aretz u-va-yom ha-sh'vi-i shavat va-yina-fash.*

The people of Israel shall observe the Shabbat, maintaining it throughout their generations as an everlasting covenant. It is a sign between Me and the people of Israel for all time; in six days the Lord made heaven and earth, and on the seventh day He ceased His work and rested.

The Prayer for Healing is Always in our Hearts

MI SHEBEIRACH

מי שברך

Mi she-bei-rach a-vo-tei-nu
M'-kor ha-b'-ra-chah l'-i-mo-tei-nu
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: A-mein

מי שברך אבותינו
מקור הברכה לאבותינו

Mi she-bei-rach i-mo-tei-nu
M'-kor ha-b'-ra-chah la-a-vo-tei-nu
Bless those in need of healing with r'-fu-a sh'-lei-mah
The renewal of body the renewal of spirit
And let us say: Amein

מי שברך אמותינו
מקור הברכה לאבותינו

We know there is no greater gift than peace and that You alone are its source. Help us to find the peace that comes from Your love. Help us to find peace in ourselves and for all people.

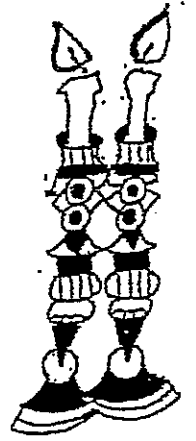
Praised are You, O Lord; You bless Your people Israel with peace.

Oseh Shalom

עשה שלום במרומי, הוא יעשה שלום עלינו ועל כל-
ישראל, ואמרו אמן.

*Oseh shalom bimromav, Hu ya-aseh shalom alaynu, v'al kol Yisrael
v'imru Amein.*

May we be blessed as we go on our way.
May we be guided in peace.
May we be blessed with health and joy
May this be our blessing. Amen.
May we be sheltered by the wings of peace.
May we be kept in safety and in Love
May grace and compassion find their way to every soul.
May this be our blessing, Amen.



בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוֵּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch atah adonay eloheynu melech ha'olam asher kideshanu
bemitzvotav vetzivanu lehadlik ner shel shabbat.

Blessed are You, Eternal our God, Ruler of the universe,
who has made us holy with your *mitzvot*, and commanded us
to kindle the *Shabbat* light.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
בוֹרֵא פְּרֵי הַגָּפֶן.

Baruch atah adonay eloheynu melech ha'olam
borey peri hagafen.

Blessed are You, Eternal our God, Ruler of the universe,
who creates the fruit of the vine.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah adonay eloheynu melech ha'olam
hamotzi lechem min ha'aretz.

Blessed are You, Eternal our God, Ruler of the universe
who brings forth bread from the earth.

*The Sabbath is a queen
whose coming changes
the humblest home into
a palace.*

Babylonian Talmud Shabbat 119a