TIKKUN V’OR SIDDUR FOR ONLINE SERVICES

KABBALAT SHABBAT / EVENING SERVICE

Candlelighting 2
Blessing the Children 2
Olam Chesed Yibaneh 2
Hinei Ma Tov 3
Lcha Dodi 3-4
Ufros Aleinu 4
Shalom Aleichem 4-5
Barchu 5
Barchu Dear One 5
As We Bless (Faith Rogow) 6
Maariv Aravim 6-7
  Roll Into Light
  Maariv Aravim (Mixing the Twilight)
  Evening the Evenings (Rabbi Geela Rayzel Raphael)
Ahavah 8-9
  Ahavat Olam
  Ahavat Olam We are Loved by an Unending Love (Rabbi Rami Shapiro)
Sanctuary Song
  Adamah V’Shamayim
Shema 9
V’Ahavta 9-10
Lmaan Tizkaru 10
Mi Chamocha 10
Amidah for Friday night 11-12
Shalom Rav 12
Oseh Shalom 12
Prayers for Healing: 13
  Misheberach (Debbie Friedman)
  Healing Prayer / Al Na Refa Nala
  Healer of the Broken Hearted
Mourners’ Kaddish 14
Aleinu 14-15
Adon Olam 16
V’shamru 17
Kiddush 17
Hamotzi 18
Baruch atah Adonai Eloheinu melech ha’olam, asher kidshanu b’mitzvotav v’izivanu l’hadlik ner shel Shabbat.

Blessed are You, Adonai our God, Ruler of the Universe, who makes our lives sacred with commandments and bids us to kindle the light of the Sabbath.

BLESSING THE CHILDREN

Yisimech Elohim k’Efrayim v’Menashe.

May God inspire you to live like Ephraim and Menashe.

Yisimech Elohim k’Sarah, Rivka, Rahel, v’Leah.

May God inspire you to live like Sarah, Rebecca, Rachel, and Leah.

Yivarechecha Adonai v’yishmerecha

May God bless you and protect you

Ya’er Adonai panav eilecha vichuneka

May God show you favor and be gracious to you.

Yisa Adonai panav eilecha v’yasem lecha shalom

May God show you kindness and grant you peace.

OLAM CHESED YIBANEH

Olam chesed yibaneh...yai dai dai

I will build this world from love...yai dai dai

And you must build this world from love...yai dai dai

And if we build this world from love...yai dai dai

Then God will build this world from love...yai dai dai
HINEI MA TOV

Hineh mah tov
umah na'im
shevet achim (ach'ytot / kulam) gam yachad

How good it is to be together in peace.

LCHA DODI

לכה דודי לקראתְךָ כלְּה. כְּפֶר שֶׁבֶּת בְּכֶלֶת

שָׁמוֹר נֵפְסְךָ בְּכֶלֶת
הַשָּׂמֶרֶנָהּ אֶלֶּהָ
נַנְּאָהּ הַשָּׂמֶרֶנָהּ
לִשְׁמָהּ וְלַחַפְשָׁתָהּ וּלְתוֹאֲדוּתָּהּ

לִשְׁמָהּ וְלַחַפְשָׁתָהּ
כְּפֶר הַשָּׂמֶרֶנָהּ וְלַחַפְשָׁתָהּ
מָרַאְשׁוּ שָׁמוֹרָהּ וּלַחַפְשָׁתָהּ
סָחוּ מִשְׁמוֹ שֶׁבֶּת בְּכֶלֶת

שָׁמוֹרְרִים מְשָׁפָרָם
לִבְשֵׂי בֵּגְדֵי דְּתָהָּּּ
עַל יְהוָה נְבֶטֶת הַשָּׁמוֹרְרִים
שַׁתְנוֹרְרִי נְבֶטֶת בֵּנֵי נָפָר

שָׁמוֹרְרִים שָׁמוֹרְרִים
cיַכְּא אוֹרָהּ שָׁמוֹרְנָהּ אוֹר
נְבֶטֶת אוֹרִי שָׁמוֹרֲנָה
כְּבַדְּנַזְּלָהּ נְבֶטֶת בֵּנֵי
Go forth my love to meet the bride, Beloved come to meet Shabbat!

UFROS ALEINU

Spread over us your canopy of peace

SHALOM ALECHEM
Barchuni le-shalom malache ha-shalom malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.

Bo'achem le-shalom malache ha-shalom malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.

Tzet'chem le-shalom malache ha-shalom malache elyon,  
Mi-melech malche ha-melachim Ha-Kadosh Baruch Hu.

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

BARCHU

Barchu, Dear One,  
Shechina, Holy Name  
When I call on the light of my soul,  
I come home
AS WE BLESS

As we bless the source of life, so we are blessed
As we bless the source of life, so we are blessed
and the blessings give us strength, and make our visions clear
And the blessings give us peace, and the courage to dare
As we bless the source of life, so we are blessed.

MA’ARIV ARAVIM

Baruch atah Adonai hama’ariv aravim.

ROLL INTO LIGHT

Roll into dark Roll into light
Night becomes day Day turns to night

Borei yom va-laila
Goleil or mip-nei cho-shech
Goleil or mip-nei cho-shech
V’cho-shech mip-nei or

Creator of day and night, rolling light into darkness, and darkness into light.

MAARIV ARAVIM (Mixing the Twilight)

We bless you, Keeper of the Universe
Baruch Ata Adonai, Eloheinu Melech Ha’Olam
You speak a word, and mix the twilight
Asheir Bidvaro maariv aravim
In wisdom, You open the gates of the sky
Bchochma poteach sh’arim
In understanding, You shift the season, the cycles of creation
Uveetvuna mshneh eteem umachla’leff et hazmaneem
You pattern the stars, and set them in their paths
Umsadare et hakochavim b’mishm’rotayhem b’arkeeya keertzono
You are creating day and night, rolling away light to make way for darkness, and darkness to make way for light
Borei yom v’leilah goleil or mipnei chosech
You are removing day and bringing night, separating between day and night
Umaaiver yom ymaaivir leilah, umavdeel bein yom uvein Layla
Adonai Tzvaot, You are a Living God, our Eternal point of reference
Adonai tzvaot shemo, el chai vikayam, tamid yimloch aleinu l’olam va-ed
We bless You, who evens the evenings.
*Baruch ata Adonai, hamaariv aravim*

**EVENING THE EVENINGS**

Rabbi Geela Rayzel Raphael

Sacred words even the evenings
Wisdom opens gates locked around our hearts
Asher bid-varo ma'ariv aravim
B'chochmah potay'ach sh'arim.

Evening, the evenings
evening the frayed edges of our lives;
Ma'ariv aravim, amen.

Understanding alters with the times
Changing seasons, cycles divine;
U- vitvunah m'shaneh e-tim
u-machlif et ha-z'manim.

Paint diamonds on the canvas called sky
Soothe our souls with a lilting lullaby;
U-misader et ha-kochavim
B'mishm'rotayhem ba-rakiah kirtzono.

Rollin', rollin' into the night
Rollin' rollin' away the light;
Golayl or mip'nay choshech,
golayl hoshech mipnay or.

Spirit of the Night we bless Your Name
Eternal light, Eternal flame;
Ayl chai v'kayam tamid yimloch ah-laynu
L'olam va-ed

**AHAVAH**

 אהבה ורחמים חסד ושלום

*Ahavah v'rachamim, chesed v'shalom*

Love and compassion, kindness and peace

**AHAVAT OLAM**

אֲהַבַּת עוֹלָם בֵּית יִשְׂרָאֵל עַמְּךָ אֲהַבְתָּ. תּוֹרָה וּמִצְוֹת חֻקִּים וּמִשְּפָתִים אוֹתָנוּ לִמַּדְתָּ. עַל כֵּן יְיָ אֱהֵינוּ בְּשָׁכְבְּנוּ וּבְקוּמֵנוּ נָשִׂיחַ בְּחֻקֶּ יְנֵשֶׁמְחַ בְּדִבְרֵי תוֹרָתְ וּבְמִצְוֹתֶי לְעוֹלָם וָעֶד. כִּי הם חַיֵּינוּ וְאוֹרֶ יָמֵינוּ וּבָהֶם נֶהְגֶּה יוֹמָם וָלָיְלָה. וְאַהֲבָתָ אֲלֵה תָּסוּר מִמֶּנּוּ לְעוֹלָמִים! בָּרוּ אַתָּה יְיָ אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*Ahavat olam beit Yisrael, amecha ahavta Torah u'mitzvot chukim u'mishpatim otanu limadeta*
Al ken Hashem Elokeinu b’shachveinu u’vekumeinu nasiach bechukecha v’nismach b’divrei Toratecha u'vemitzvotecha le'olam va'ed.

With everlasting love You loved the house of Israel. You revealed to us a Law and commandments, statutes and judgments. Therefore, our God, when we lie down and when we rise up we shall attend to Your statutes. We shall rejoice in the words of Law and in Your commandments forever and ever.

AHAVAT OLAM: We are Loved by an Unending Love  
Rabbi Rami Shapiro

We are loved by an unending love.  
We are embraced by arms that find us even when we are hidden from ourselves.

We are touched by fingers that soothe us even when we are too proud for soothing.  
We are counseled by voices that guide us even when we are too embittered to hear.  
We are loved by an unending love.

We are supported by hands that uplift us even in the midst of a fall.  
We are urged on by eyes that meet us even when we are too weak for meeting.  
We are loved by an unending love.

Embraced, touched, soothed, and counseled, ours are the arms, the fingers, the voices; ours are the hands, the eyes, the smiles; We are loved by an unending love.

SANCTUARY SONG  
Randy Scruggs

Yah prepare me to be a sanctuary  
Pure and holy, tried and true  
And with thanksgiving I'll be a living Sanctuary for you.

V’asu li mikdash  
v'shachanti b'tocham

Make me a sanctuary that I may dwell among you
ADAMAH V’SHAMAYIM (Earth and Sky)

Earth and sky
The heat of fire
The sound of water
I feel it in my body
In my spirit, in my soul

La la la la lala lala
Lala lala lala lo
La la la la lala lala
Lala lala lala lo

SHEMA

שְׁמַע יִשְׂרָאֵל, יְהֹוָה אֱהֶֽי, בְּכָל לְבָבְ, וּבְכָל נַפְשְׁ, וּבְכָל מְאֹדֶֽ. וְהָיוּ הַדְּבָרִים הָאֵֽלֶּֽה, אֲשֶׁר
אָנֹכִי מְצַוְּ הַיּוֹם, עַל לְבָבֶֽ. וְשִׁנַּנְתָּם לְבָנֶֽי, וְדִבַּרְתָּ בָּם, בְּשִׁבְתְּ בְּבֵיתֶֽ, וּבְלֶכְתְּ בַדֶּֽרֶךְ, וּבְשָׁכְבְּ, וּבְקָוָם בָּם, וְקְשַׁרְתָּם לְאוֹת עַל יָדֶֽ. וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶֽי. וּכְתַבְתָּם עַל מְזֻזוֹת בֵּיתֶֽ וּבִשְׁעָרֶֽי.

V’AHAVTA

וְאָהַבְתָּ אֵת יְהֹוָה אֱהֶֽי, בְּכָל לְבָבְ, וּבְכָל נַפְשְׁ, וּבְכָל מְאֹדֶֽ. וְהָיוּ הַדְּבָרִים הָאֵֽלֶּֽה, אֲשֶׁר
אָנֹכִי מְצַוְּ הַיּוֹם, עַל לְבָבֶֽ. וְשִׁנַּנְתָּם לְבָנֶֽי, וְדִבַּרְתָּ בָּם, בְּשִׁבְתְּ בְּבֵיתֶֽ, וּבְלֶכְתְּ בַדֶּֽרֶךְ, וּבְשָׁכְבְּ, וּבְקָוָם בָּם, וְקְשַׁרְתָּם לְאוֹת עַל יָדֶֽ. וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶֽי. וּכְתַבְתָּם עַל מְזֻزوֹת בֵּיתֶֽ וּבִשְׁעָרֶֽי.

V’ahavta eit Adonai Elohecha b’chol l’vavcha uv’chol nafshecha uv’chol me’odecha. Vhayu had’varim ha’eileh asher anochi m’zavcha hayom al l’vavecha. V’shinantam l’vanecha v’dibarta bam b’shivtecha b’vitecha uv’lechtecha vaderech uv’shochbecha uvekumenecha. Uk’shartam le’ot al yadecha v’hayu l’totafot bein einecha. Uch’tavtam al mezuzot beitecha uvisharecha.
Love your God with every heartbeat
with every breath, with every conscious act.
Keep in mind the words I command you today.
Teach them to your children, talk about them at work;
whether you are tired or you are rested.

Let them guide the work of your hands;
keep them in the forefront of your vision.
Do not leave them at the doorway of your house, or outside your gate.
They are reminders to do all of My mitzvot,
so that you can be holy for God.
I am Adonai your God.

I led you out of Egypt to become your God.
I am Adonai your God!

L’MA’AN TIZKIRU

Thus may you remember to fulfill all My commandments and be holy to your God. I am Adonai your God who brought you out of the land of Egypt to be your God; I, Adonai, am your God. Truth.

MI CHAMOCHA

Thus may you remember to fulfill all My commandments and be holy to your God. I am Adonai your God who brought you out of the land of Egypt to be your God; I, Adonai, am your God. Truth.
Who is like You, O God, among the gods that are worshipped?

Who is like You, majestic in holiness, awesome in splendor, working wonders?

Your children witnessed Your sovereignty, the sea splitting before Moses and Miriam. "This is our God!" they cried out, "Adonai will reign forever!"

AMIDAH

שְׂפָתַיָּהוּ תְּפַתֵּח, וּפִי יַגִּיד תְּהִלָּתָֽךְ

Open my lips, Eternal One, and let my mouth declare Your praise.

בָּרוּ אַתָּה יְהֹוָה אֱהֵֽינוּ וֵאֱֽהֶֽינוּ, אֱֽהֵֽינוּ אֱֽהֵֽינוּ, אֱֽהֵֽינוּ אֱֽהֵֽינוּ

Blessed are You, Adonai our God and God of our ancestors;

God of Abraham, God of Isaac and God of Jacob;

God of Sarah, God of Rebecca, God of Rachel and God of Leah.

God the great, the mighty and the awesome, God on high, who rewards righteous goodness, maker of all, who remembers the righteousness of our ancestors and brings redemption before them, for the sake of Your name, in love.

מֶֽלֶּה עֻזֵּר וּמָגוֹן: בָּרוּ אַתָּה יְהֹוָה מָגוֹן אַבְרָהָם וּעֶזְרַת שָֹרָה

Sovereign, helper, deliverer and guardian, blessed are You Adonai, shield of Abraham, helper of Sarah.
Atah gibor l’olam Adonai, m’chaye hakol Atah rav l’hoshia. You are forever powerful, Almighty One, abundant in Your saving acts. You send down the dew. In loyalty, You sustain the living, nurturing the life of every thing, upholding those who fall, healing the sick, freeing the captive and remaining faithful to all life held dormant on the earth. Who can compare to You, Almighty God? Who can compare to You, source of all mercy, remembering all creatures mercifully, decreeing life. Faithful are You in giving life to every living thing.

V’ne’eman atah lehachayot hakol. Baruch atah Adonai m’chaye hakol.

SHALOM RAV

V’tov b’einecha l’vareich et amcha Yisrael b’chol eit uv’chol sha’ah bishlomecha
Grant abundant peace eternally for Israel, Your people, for You are the sovereign source of all peace. So, may it be a good thing in your eyes to bless Your people Israel, and all who dwell on earth, in every time and hour, with Your peace.

OSEH SHALOM

Oseh shalom bimromav, hu ya’aseh shalom aleinu, v’al kol Yisrael, v’imru amein. 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.
PRAYERS FOR HEALING

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.

HEALING PRAYER

Ana el na refa nala

HEALER OF THE BROKEN-HEARTED

Healer of the broken-hearted
Binder of their wounds
Counter of uncountable stars
You know where they are

Healer of the broken-hearted
Binder of our wounds
Counter of uncountable stars
You know who we are

Ha·ro·fei lish·vu·rei lev
Um·cha·besh le·â'tz·vo·tam.
Mo·neh mis·par la·ko·cha·vim
Le·chu·lam she·mot yik·ra

Ha·le·lu YAH Ha·le·lu YAH x2
A·na EL na Re·fa na lah
A·na EL na re·fa na lah x2
Ha·le·lu YAH x2
MOURNERS KADDISH

Yitgadal v’yitkadash sh’mei rabah

B’alma d’vra chirutei v’yamlich malchutei, b’chayeichon uv’yomeichon uv’chaiyei d’chol beit Yisrael ba’agalah uviz’man kariv. V’imru: Amen.

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

Yitbaruch v’yishtabach v’yitpa’ar v’yitromam v’yitnasei, v’yit’hadar v’yitaleh v’yithalal shemei d’Kudsha B’rich hu,

Le’eila min mikol birchata v’shirata, tushb’chata v’nechemata da’amiran b’alma. V’imru: Amen.


Exalted and hallowed be God’s great name in the world which God created, according to plan.

May God’s majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently. To which we say: Amen.

Blessed be God’s great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: Amen.

May the One who creates harmony on high, bring peace to us and to all Israel and to all who dwell on earth. To which we say: Amen.
ALEINU

It is ours to praise the beauty of the world, even as we discern its tatteredness.
For nothing is whole that is not first rent and out of the torn we make whole again.
May we live with promise in creation’s lap, redemption budding in our hands.
It is up to us to hallow creation, to respond to Life with the fullness of our lives.
It is up to us to meet the world, to embrace the whole even as we wrestle with its parts.
- Interpretive translation by Marcia Falk

Therefore we bend the knee and shake off the stiffness that keeps us from the subtle graces of life and the supple gestures of love. With reverence and thanksgiving we accept our destiny and set for ourselves the task of redemption.
- Interpretive translation by Rabbi Rami Shapiro

V’ne’emar, v’haya Adonai l’melech al kol ha’aretz. Bayom hahu, yihiyeh Adonai echad, u’shmo echad.
And it is written: “Adonai will reign as sovereign over all the earth. On that day shall Adonai be one, God’s name be one!”
וּהוּ הָיָה. וּהוּ הָוֶה. וּהוּ יִהְיֶה בְּתִפְאָרָה וּהוּ אֶחָד וּאֵין שֵׁנִי. לְהַמְשִׁיל לו לְהַחְבִּירָה בְּלִי רֵאשִׁית בְּלִי תַכְלִית. וְלוּהָעז וְהַמִּשְרָה וּהוּ אֵלִי וְחַי גואֲלִי. וְצָוַר חֶבְלִי בְּעֵת צָרָה וּהוּ בְּעֵת בְּיָדו אַפְקִיד רוּחִי. בְּעֵת אִישָׁן וְאוֹרָה וְעִם רוּחִי גְּוִיָּתִי. ה’ לִי וּלְאָרִא אֲדֹנָי לְהַמְשִׁיל לו לְהַחְבִּירָה בְּלִי רֵאשִׁית בְּלִי תַכְלִית. וְלוּהָעז וְהַמִּשְרָה וּהוּ אֵלִי וְחַי גואֲלִי. וְצָוַר חֶבְלִי בְּעֵת צָרָה וּהוּ בְּעֵת בְּיָדו אַפְקִיד רוּחִי. בְּעֵת אִישָׁן וְאוֹרָה וְעִם רוּחִי גְּוִיָּתִי. ה’ לִי וּלְאָרִא אֲדֹנָי

Adon olam asher malach
Beterem kol yitzur nivra
Li-ait nasa becheftizo kol
Azai Melech shemo nikra

Viacharei Kkchlot hakol
Levado yimloch nora
Vehu haya vehu hove
Vehu yihyeey beteefarah

Vehu echad veayn shayni
Lehamshilo lehachbira

Beli rayshit beli tachlit
Velo ha’oz vehamisra

Vehu eili vechai go’ali
Vetzur chevli be’a’it tzara
Vehu neesi umanos li
Menat kosi beyom ekra

Beyado afkid ruchi
Beait eeshan veoeera
Ve’eem ruchi geviyati
Adon-nay li velo eera

OD NAVI SHALOM ALEINU

Od navi sh-alom a-lei-nu,
Od navi sh-alom a-lei-nu
Od navi sh-alom a-lei-nu, Ve’al ku-lam] (2x)
Salaam, A-lei-nu ve-al kol ha-o-lam, Sa-laam, Sa-laam (2x)
V'SHAMRU

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.

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.

HAMOTZI

ברוך אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעָלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah Adonai Eloheinu melech ha’olam, hamotzi lechem min ha’aretz.

Blessed are You, Adonai our God, sovereign of all, who brings forth bread from the earth.