



Women's Study Group Retreat
Shabbat Evening Tefilah

C ONNECTIONS

Connections are made slowly,
Sometimes they grow
underground.
You cannot always tell by looking at
what is happening
More than half a tree is spread out
in the soil under your feet.
Penetrate quietly as the earthworm
that blows no trumpet.
Fight persistently as the creeper
that brings down the tree.
Spread like the squash plant that
overruns the garden
Gnaw in the dark, and use the sun
to make sugar.
Weave real connections, create
real nodes, build real houses.

Live a life you can endure: make life
that is loving.
Keep tangling and interweaving
and taking more in,
A thicket and bramble
Wilderness to the outside but to us
it is interconnected with
Rabbit runs and burrows and lairs.
This is how we are going to live for
a long time: not always.
For every gardener knows that
after the digging, after the
Planting, after the long season of
tending and growth,
The harvest comes.

- Marge Piercy

עֲזִי וְזִמְרַת יְהוָה לִי לִישׁוּעָה Ozi v'zimrat Yah vay'hi li lishuah.

My strength, with God's song will be my help.

CANDLE LIGHTING

Shabbat is a time to pause, relax and empty. You do not have to go anywhere nor do anything. Just be.

Breathe deeply, exhale fully and open to receive the light of Shabbat peace. Take all the energy of the past week and send it out into the universe. Through one or two really good exhalations give all answered and unanswered needs, hopes, and dreams to God.

Twice in the Torah we read the Ten Commandments and twice in the Torah we are reminded of Shabbat's sacred time. The two Shabbat candles correspond to these two reminders: to remember Shabbat and to keep Shabbat.

Not only do we "remember" that just as God rested after creating the world, we too need rest, we also "keep" the memory of when our people, as slaves, were unable to rest. Today, we remember and keep Shabbat taking the words of the rabbis to heart, "You are not obligated to complete the work, but neither are you free to desist from it (Avot 2:21)."

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ Baruch ata Adonai Eloheinu melech
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, ha-olam, asher kid'shanu b'mitzvotav,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת. v'tzivanu lehadlik ner shel shabbat

Gather in the light, gather in the warmth, gather in the hope of Shabbat.

Gather in the glow, gather in the calm, gather in the peace of Shabbat.





THE SHABBATH BRIDE

As we invoke the spirit of Shabbat, we awaken to the many facets of who God is in our lives; Heaven and Earth, Mother and Father, Bride and Groom, Elohim and Shechina. Blessed are the many images of God, compelling us to pause, empty and open our hearts to welcoming the multiple moods of Shabbat.

לְכֵה דוּדֵי לִקְרֹאת כַּלָּה, Lecha dodi likrat kalah
פְּנֵי שַׁבָּת נִקְבְּלָה. p'nei Shabbat n'ka'b'la

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד, Shamor v'zachor b'dibur echad
הַשְּׁמִיעֵנוּ אֵל הַמְּיַחֵד, Hishmianu El hamyuchad
יְיָ אֶחָד וְשִׁמוֹ אֶחָד, Adonai echad ush'mo echad
לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְיֶה. L'shem ul'tiferet v'litchilah

בּוֹאֵי בְּשָׁלוֹם עֲטֹרֶת בַּעֲלָה, Boi veshalom, ateret ba-ala
גַּם בְּשִׂמְחָה וּבְצַהֲלָה, Gam besimcha u-vetsohola
תּוֹךְ אֱמוּנֵי עַם סִגְלָה, Toch emunei, am segula
בּוֹאֵי כַּלָּה, בּוֹאֵי כַּלָּה. Boi chala! Boi chala!

Enter my Beloved, the Bride let's face, we welcome the Shabbat Queen into this space. "Observe" and "Remember" two words as one, whom God, the Unifier, caused us to hear. All is One in God to name, to empower with beauty and to praise. We are all One in God's grace. Enter in peace, enter in gladness, enter in joy! Enter, O bride!



THE NIGGUN

A Melody in Search of Your Soul

The Kabbalists (Jewish Mystics) refer to four “worlds” or realms: Assiyah (the physical), Yetzirah (the emotional), Beriah (the intuitive) and the highest realm, Atzilut (the realm of pure energy).

Rabbi Kalonymus Kalman Shapiro taught that one should create ladders to ascend heavenward. The niggun, a melody without words, is such a ladder. It helps us ascend from the physical world of Assiyah to the emotional realm of Yetzirah.

The niggun. Hear it. Feel it. See it. The breath, your image of God and the niggun. Let it become one. One voice. Your voice. All voices.



B ARCHU AND SHEMA

The Barchu helps us to ascend to Beriyah, the intuitive world. In the Barchu, we bless the One who blesses us. This prayer prepares us for the Shema. We repeat the words God spoke to the Israelites in the desert: Shema, listen, hear; Yisrael, to your Godwrestling; Adonai Eloheinu, the God that is within you; Adonai Echad, is at One with the God in the universe.

The Shema is more than a unity statement. When you feel Divinity within, a sense of separation dissolves and your life is in balance.

Barchu. Dear One.

Shechína. Holy Name.

When I call on the light of my soul, I come home.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ. Bar'chu et Adonai ham'vorach!

בָּרוּךְ יְיָ הַמְּבָרָךְ Baruch Adonai ham'vorach

לְעוֹלָם וָעֶד. l'olam va-ed!

שְׁמַע יִשְׂרָאֵל Sh'ma Yisrael,
יְיָ אֱלֹהֵינוּ יְיָ אֶחָד Adonai Eloheinu, Adonai Echad!

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ Baruch shem k'vod malchuto
לְעוֹלָם וָעֵד Polam va-ed.

Listen Israel, God our God, our God is One.
Through time and space Your glory shines.

וְאַהֲבַת אֵת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָהּ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ
בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ וְהָיוּ
לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכִתַּבְתָּם עַל-מַזְזוֹת בֵּיתְךָ וּבְשַׁעֲרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ
אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ
אֱלֹהֵיכֶם.

And love God, your God - however you imagine God to be - with an open heart, a healthy body, and a clear mind. Let the things that God shares with you today touch your heart. And teach the children how they too can hear and be touched by God. Speak words of godliness in the privacy of your home, and you walk the path; when you are asleep and when you are awake. And let these words be a sign upon your hands [in service] and between your eyes [in vision], and write them on the doorposts of your homes and gates of your soul.

M I CHAMOCHA

מי־כְּמֹכָה בְּאֵלִים יְיָ, Mi chamochah ba-eilim, Adonai!
מי כְּמֹכָה נְאֻדָּר בְּקִדְשׁ, Mi kamochah nedar bakodesh,
נוֹרָא תְהִלַּת עֲשֵׂה פֶלֶא. nora t'hilot, oseh fele!

Who is like You, O God, among all the gods that are worshipped? Who is like You majestic in holiness, awesome in splendor, working wonders?



Our Limitations

No one of us escapes limitations. Some people are gifted with their hands; some people are gifted in the realm of art or music, some people are gifted in the realm of abstract ideas. Almost no one is gifted in all three realms. We are all limited, and we must accept ourselves with our limitations, recognizing that we can do what others cannot do, that we can contribute where others cannot contribute.

To accept ourselves with our limitations means also that we will recognize how variable and flexible our lives can be. The great thing about life is that as long as we live we have the privilege of growing. We can learn new skills, engage in new kinds of work, devote ourselves to new causes, make new friends if only we will exercise a little initiative and refuse to become fixed, and rigid...Let us, then, learn how to accept ourselves--accept the truth that we are capable in some directions and limited in others, that genius is rare, that mediocrity is a portion of almost all of us, but that all of us can contribute from the storehouse of our skills to the enrichment of our common life. Let us accept our emotional frailties, knowing that every person has some phobia lurking within her mind and that the normal person is willing to accept life with its limitations and its opportunities joyfully and courageously.

- Rabbi Joshua Loeb Liebman



HEALING

We take the energy we have thus far received through prayer and give it, as a healing, to those in need. We recite the words of Moses (Numbers 12:13) when he witnessed his sister Miriam's transformation as she stepped into the well of living waters.

אֵל נָא רְפָא נָא לָהּ! El na r'fa na la!

Refuat hanefesh, refuat haguf
Refuah shleimah, refuah shleimah
We sing these healing words for you,
we sing these words for you.



A PRAYER

I need strength, humility, courage, patience.
Strength to control my passions,
humility to assess my own worth,
courage to rise above defeats,
patience to cleanse myself of imperfections.
And wisdom: to learn and live by our sacred teachings.

Let me not be discouraged by my failings.
Let me take heart
from all that is good and noble in my character.
Keep me from falling victim to cynicism.
Teach me sincerity and enthusiasm.
Endow me with perception and courage,
that I may serve others with compassion and love.

- From Mishkan Tefilah



ASHKIVEINU

הַשְּׂפִיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים, וּפְרוּשׁ
עָלֵינוּ סִכַּת שְׁלוֹמְךָ ... וְשָׁמֹר
צִאתָנוּ וּבֹאֵנוּ, לְחַיִּים
וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.

Hashkiveinu Adonai eloheinu l'shalom,
v'ha-amideinu malkeinu l'hayim. Ufros
aleinu sukat sh'lomecha ...
Ushmor tzeiteinu uvo-einu l'hayim
ul'shalom mei-ata v'ad olam.

Lay us down, God, in peace,
and raise us up again, to life renewed.
Spread over us Your shelter of peace...
Shelter us in the shadow of Your wings,
guard our going out and our coming in,
and grant us life and peace,
now and always.



A MIDAH

אֲדֹנָי שִׁפְתַי תִּפְתָּח Adonai, s'fatai tiftach,
וּפִי יַגִּיד תְּהִלָּתֶךָ. ufi yagid t'hilatecha.

Adonai open my lips that my mouth may declare Your praise.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי Baruch atah, Adonai Eloheinu v'Elohei
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, avoteinu v'imoteinu, Elohei Avraham,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, Elohei Yitzchak, v'Elohei Yaakov,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי Elohei Sarah, Elohei Rivkah, Elohei
רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל Rachel, v'Elohei Lei-ah. Ha-El hagadol
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן. גּוֹמֵל hagibor v'hanora, El elyon. gomeil
חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, chasadim tovim, v'koneih hakol,
וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת, v'zocheir chasdei avot v'imahot,
וּמְבִיא גְּאֻלָּה לְבָנֵי בְּנֵיהֶם לְמַעַן umeivi g'ulah liv'nei v'neihem l'maan
שְׁמוֹ בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ sh'mo b'ahavah. Melech ozeir umoshia
וּמַגִּין. בָּרוּךְ אַתָּה יי, umagein. Baruch atah, Adonai,
מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה. magein Avraham v'ezrat Sarah.

Blessed are You, God of our ancestors: God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Rachel, and God of Leah. The Source of all things, Your creation thrives in the gifts of love and compassion. We recall the devotion of those past, present and yet to be born. Blessed are you, Shield of Abraham and Sarah.

This We Know

This we know.

The earth does not belong to us,
we belong to the earth.

This we know.

All things are connected like the
blood which unites one family.

All things are connected.

Whatever befalls the earth, befalls
the sons and daughters of the earth.

We did not weave the web of life,
we are merely a strand in it.

Whatever we do to the web,
we do to ourselves.

- Chief Seattle

For Reflection

Dear God, I come to you to express awe for all that You have already given me and for all that I am. I know that everything I experience is to further my growth. I thank You, God, for the myriad experiences You present me each day.

- Yvonne Dayan

For Surrendering to God

God, I come to You, the One, to surrender my emotions. I drop in front of You and melt down my defenses, letting you transform and lift me to a higher place. I let go and surrender to You all the thoughts, feelings, and actions previous to this moment - whatever they may have been - to You in peace, serenity and bliss. Blessed are You, Holy One of the Universe who embraces the one who surrenders to You.

- Yvonne Dayan

For Tikkun Olam

I acknowledge the Oneness of the universe and am deeply moved by the workings of nature, and the marvels of the world. May You, Source of Light and Darkness, bless me with wisdom, understanding, compassion, strength, harmony, success, beauty, creativity, and nobility to do Your will and serve as a sacred vehicle for tikkun olam.

- Yvonne Dayan

For Life with Others

Loving God, how much I need the balm of friendship and the warmth of understanding. How greatly I need to be needed and cherished. I pray therefore that my soul may know that joy of love given and received. Open my eyes to the beauty within all who walk the earth. When I feel lonely and forsaken, let the faith that You are with me give me strength. and the solace of friendship bring me courage. Keep me from imagined hurts, from seeing only foes where friends are to be found. And give me insight into my own heart, that I may uproot my weaknesses. Help me to be patient when I am misunderstood, open to the thoughts of others, and quick to forgive hurts. As a friend to others, may I neither judge them too harshly, nor slavishly follow them in paths that are not mine. And as we walk through life together, let me and my dear ones go with that integrity which leads to peace, that love which brings deep harmony and joy, that regard whose fruit is enduring friendship. Amen.

- On the Door Posts of Your House, CCAR Press New York, 1994

For Our Children

Dear God, help us hold our children in loving arms that stretch wide as the world, so they may grow safe and sure and healthy. May You secure them in their persons, at one with their hearts and souls. Blessed are You, God, who embraces children with heavenly spirits.

- Mariana Harari

For Disappointments

Dear God, help me get through these moments of frustration and disappointment. Please give me the patience to be still enough to feel Your love pulsating through the rhythm of my aching heart. Please give me the courage to move forward from my disappointments so that I may move forward with my life. And please, God, help me lift my head with faith to see the unexpected miracles falling from heaven's way. Amen.

For the Gift of Maturity

As I look back over the years that have gone, I ask to see life as a continuum from youth to age. What lies before me now? I look ahead to knowing what will be given me to see. Sustain me, Eternal God, Fountain of Life, with faith that the best is yet to be, for opportunities now await me. There is blessing that only the maturity of age can bring; there is ripeness that experience alone can yield. May I find the sweetness of that joy which is reserved for those who serve others through the counsel and guidance learned in the school of life. Out of the lessons drawn from disappointment and success alike, may I be able to help discover value in life's struggles, and find joy and triumphs that endure.

- On the Door Posts of Your House, CCAR Press New York, 1994

A Prayer for our Loved Ones

May you know yourself safe, secure and dearly loved for the precious being you are. May you be surrounded by the light of a thousand angels who watch over and protect your every moment. Never doubt that love goes with you everywhere and that you shine even in the darkest night.

- Mariana Harari

For Joyous Occasions

God, Bless this joy and delight we feel as we gather together with our loved ones. May our hearts ever sing Your praises, God. And may we carry the warm and smiling memories of this day with us forever. Blessed are you, God, who showers us with joy.

- Mariana Harari

וְעַל זֶה אָנִי מוֹדֶה
V'al zeh ani modeh

And for this, we are thankful



עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, Oseh shalom bimromav,
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ hu yaaseh shalom aleinu,
וְעַל כָּל יִשְׂרָאֵל, v'al kol Yisrael,
(וְעַל כָּל יוֹשְׁבֵי תֵיבֵל) (v'al kol yoshvei teiveil)
וְאָמְרוּ: אָמֵן. v'imru: Amen.

May the One who causes peace to reign in the high heavens let peace descend upon us, on all Israel, and all the world.

A LEINU

Just as we began our service with Barchu and Shema and declared God's oneness, we imagine a our world as One as God.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא עָשָׂנוּ כְּגוֹיֵי
הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ כָּהֵם, וְגִרְלָנוּ כְּכֹל
הַמוֹנִם. וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.

We praise You the Source of All. You formed us with all creation, and made us one with all life. Our lives are a testament to all that was, is and is yet to be. May we bend and bow in gratitude to Your greatness, and may we continue to recognize that You are the Source around which the world evolves and unfolds. You give us each day to know You are in our hearts and see Your wonders in our lives. There will come a day when all will know You are One and Your name is One.

K ADDISH

We thank our ancestors, teachers, friends and loved ones whose souls have returned to Eden, for their essence will always be with us.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵיהּ רַבָּא בְּעַלְמָא
דִּי-בְרָא כְרַעוּתֵיהּ, וְיַמְלִיךְ מַלְכוּתֵיהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל
בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזַמַּן קָרִיב,
וְאָמְרוּ: אָמֵן.

Yitgadal v'yitkadash sh'mei raba. B'alma
di v'ra chirutei, v'yamlich malchuteih,
b'chayeichon uv'yomeichon uv'chayei d'chol
beit Yisrael, baagala uviz'man kariv.
v'im'ru: **Amen.**

יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ לְעָלַם
וּלְעָלְמֵי עָלְמַיָּא.

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

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם
וְיִתְנַשֵּׂא, וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵיהּ
דְּקֻדְשָׁא, בְּרִיךְ הוּא,

Yitbarach v'yishtabach v'yitpaar v'yitromam
v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal
sh'mei d'Kud'sha **B'rich Hu,**

לְעֵילָא מִן-כָּל-בִּרְכָתָא וְשִׁירָתָא,
וְנִשְׁבַּחְתָּא וְנִחַמְתָּא דְאַמִּירוֹן בְּעַלְמָא,
וְאָמְרוּ: אָמֵן.

l'eila min kol birchata v'shirata, tushb'chata
v'nechemata, daamiran b'alma, v'imru:
Amen.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא וְחַיִּים עָלֵינוּ
וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Y'hei sh'lama raba min sh'maya, v'chayim
aleinu v'al kol Yisrael. V'imru: **Amen.**

עֲשֵׂה שְׁלוֹם בְּמִרְוַמַי, הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Oseh shalom bimromav, Hu yaaseh shalom
aleinu, v'al kol Yisrael. v'imru: **Amen.**



HALOM ALEICHEM

שְׁלוֹם עֲלֵיכֶם, מְלֻאָכֵי Shalom Aleicheim Mal'achei
הַשָּׁרֵת, מְלֻאָכֵי עֲלִיּוֹן, מִמְּלֶךְ Hasharet Mal'achei elyon, Mimelech
מְלֻכֵי הַמְּלָכִים, הַקְּדוֹשׁ Mal'chei ham'lachim hakadosh
בְּרוּךְ הוּא. baruch hu.

בּוֹאֲכֶם לְשָׁלוֹם, מְלֻאָכֵי Bo'achem L'shalom Mal'achei
הַשָּׁלוֹם, מְלֻאָכֵי עֲלִיּוֹן, Hashalom, Mal'achei elyon,
מִמְּלֶךְ מְלֻכֵי הַמְּלָכִים, Mimelech Mal'chei ham'lachim
הַקְּדוֹשׁ בְּרוּךְ הוּא. hakadosh baruch hu.

בְּרַחֲנוּי לְשָׁלוֹם, מְלֻאָכֵי Barchuni l'shalom Mal'achei
הַשָּׁלוֹם, מְלֻאָכֵי עֲלִיּוֹן, Hashalom, Mal'achei elyon,
מִמְּלֶךְ מְלֻכֵי הַמְּלָכִים, Mimelech Mal'chei ham'lachim
הַקְּדוֹשׁ בְּרוּךְ הוּא. hakadosh baruch hu.

צֵאתְכֶם לְשָׁלוֹם, מְלֻאָכֵי Tzeitchem l'shalom Mal'achei
הַשָּׁלוֹם, מְלֻאָכֵי עֲלִיּוֹן, Hashalom, Mal'achei elyon,
מִמְּלֶךְ מְלֻכֵי הַמְּלָכִים, Mimelech Mal'chei ham'lachim
הַקְּדוֹשׁ בְּרוּךְ הוּא. hakadosh baruch hu.

Four-fold Blessing

May Micha-el, the energy of love, be on my right side.

May Gavri-el, the energy of courage, be on my left side.

May Uri-el, the energy of vision, be in front of me.

May Rafa-el, the energy of healing, be behind me.

Shekhinat El: May Your energy surround me.

- Translated by Rabbi David Wolfe-Blank

Kiddush

ברוך אתה יי אלהינו מלך העולם, Baruch atah, Adonai Eloheinu,
בורא פרי הגפן. Melech haolam, borei p'ri hagafen.

ברוך אתה יי אלהינו, Baruch atah, Adonai Eloheinu,
מלך העולם, אשר קדשנו Melech haolam, asher kid'shanu
במצותיו ורצה בנו, b'mitzvotav v'ratzah vanu,
ושבת קדשו באהבה v'Shabbat kodsho b'ahavah
וברצון הנחילנו זכרון uv'ratzon hinchilanu, zikaron
למעשה בראשית, כי הוא יום l'maaseih v'reishit. Ki hu yom
תחלה למקראי קדש, זכר t'chilah l'mikra-ei kodesh, zecher
ליציאת מצרים, כי בנו בחרת, litziat Mitzrayim. Ki vanu vacharta,
ואותנו קדשת מכל העמים, v'otanu kidashta, mikol haamim.
ושבת קדשך באהבה V'Shabbat kodsh'cha b'ahavah
וברצון הנחלתנו. ברוך אתה, uv'ratzon hinchaltanu. Baruch atah,
יי, מקדש השבת. Adonai, m'kadeish haShabbat.

HaMotzi

ברוך אתה יי אלהינו Baruch atah Adonai, Eloheinu
מלך העולם, המוציא לחם Melech HaOlam Hamotzi lechem
מן הארץ. min haaretz.

