

SHABBAT SHALOM!

This abbreviated, Kabbalat Shabbat siddur has been compiled by Rabbi Nina H. Mandel, for Congregation Beth El, Sunbury PA, for use during the Corona Virus epidemic, 2020/5780, on FB Live Streaming.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק
 נֵר שֶׁל שַׁבָּת

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

Blessed are you Adonai, our God, who made us holy, and commanded us to seek holiness and to light the candles of Shabbat.

MAH TOVU

מַה טּוֹבוֹ אֹהֶלְיָךְ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל

Mah tovu ohalekha Yaakov, mishkenotekha Yisrael

How good are your tents, Jacob; your dwelling places, Israel.

SHALOM ALEICHEM

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן
 מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא
 בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
 מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא
 בְּרִכּוֹנֵי לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
 מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא
 צֵאתְכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
 מְמַלְךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

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.

Peace be with you, ministering angels, messengers of the Most High, Messengers of the King of Kings, the Blessed Holy One.

Come in peace, messengers of peace, messengers of the Most High, Messengers of the King of Kings, the Blessed Holy One.

Bless us with peace, messengers of peace, messengers of the Most High, Messengers of the King of Kings, the Blessed Holy One.

Go in peace, messengers of peace, messengers of the Most High, Messengers of the King of Kings, the Blessed Holy One.

PSALM 92, for Shabbat

כְּאֶרֶז בְּלִבְנוֹן יִשְׁגֶּה :
 בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ :
 דְּשֵׁנִים וְרַעְנָנִים יִהְיוּ :
 צוּרֵי וְלֹא עוֹלָתָהּ בּוֹ .

צְדִיק כַּתָּמַר יִפְרַח
 שְׁתוּלִים בְּבַיִת יי
 עוֹד יִנוּבּוֹן בְּשִׁיבָה
 לְהַגִּיד כִּי יֵשֶׁר יי

*Tzadik katamar yifrah, ke'erez balvanon yisgeh.
 Shetulim beveyt adonay, behatzrot eloheyenu yafrihu.
 Od yenuvun beseyvah, deshenim vera'ananim yihyu.
 Lehagid ki yashar adonay, tzuri velo avlatah bo.*

The righteous will flourish like the palm tree, they will thrive like the cedar of Lebanon. Planted in the house of the Lord, they will flourish in the courts of our God. Even in old age, they will bear fruit, retaining their vigor and their strength, proclaiming that the Lord is just, My Rock, in whom there is no unrighteousness.

SHEMA

שְׁמַע יִשְׂרָאֵל, יי אֱלֹהֵינוּ, יי אֶחָד

Shema Yisrael Adonai Eloheyenu, Adonai ekhad

Listen, Israel: Adonai is our God, Adonai is One

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד .

Blessed is God's holiness forever.

*Barukh shem
 k'vod malkhuto l'olam va'ed*

VAHAVTA

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ, בְּכֹל לְבָבְךָ, וּבְכֹל נַפְשְׁךָ, וּבְכֹל מְאֹדְךָ. וְהָיָה
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל לְבָבְךָ. וְשִׁנְנֵתָם לְבָנֶיךָ,
וּדְבַרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתּוֹךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.
וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ, וְהָיָה לְטֹטְפֹת בֵּין עֵינֶיךָ. וּכְתַבְתָּם עַל מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ

*V'ahavta yet Adonai Elohekha, b'khol l'vavkha, uv'khol nafsh'kha, uv'khol m'odekha. V'hayu had'varim
ha'eyleh, asher anokhi m'tzav'kha hayom al l'vavekha. V'shinontam l'vanekha, v'dibarta bam b'shiv't'kha b'vey
tekha, uv'lekht'kha vaderekh, uv'shokh'bkha uv'kumekha. Uk'shartam l'ot al yadekha, vhayu l'totafot beyn
eynekha. Ukh'tavtam al m'zuzot beytekha uvisharekha.*

You shall love the Adonai your God with all your heart, with all your soul, and with all that you have in you. You shall take to heart these words which I command you today. You shall be careful to teach them to your children when you are home, when you are away, when you go to bed at night, and when you get up in the morning. Make them a sign on your arm and a reminder above your eyes. Write them on the doorposts and gates of your homes.

MISHEBERAKH (Adapted from Debbie Friedman)

MiSheberakh avoteinu, mkor habrakha, l'imoteinu

May the Source of Strength who blessed the ones before us, help us find the courage and make our lives a blessing. And let us say:
Amen

MiSheberakh imoteinu mkor habrakha, l'avoteinu

Bless those in need of healing, with *refuah sh'leyma*, the renewal of body, the renewal of spirit, and let us say: Amen

VESHAMERU

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם׃
 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא לְעֹלָם כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי' אֶת־
 הַשָּׁמַיִם וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ׃

Veshameru b'nei Yisrael et haShabbat la'asot et hashabbat l'dorotam berit olam. Beyni uveyn b'nei Yisrael ot hi l'olam ki sheshet yamim asah Adonai et hashamyim v'et ha'arets uvayom hash'vi'l shavat vayinafash.

And the People Israel shall keep Shabbat as a sign of the covenant for all generations eternally. It is an everlasting sign between Me and the People Israel, for in six days Adonai made the heavens and the earth and on the seventh day ceased and was refreshed.

AMIDAH-SILENT REFLECTION



Oseh Shalom

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן

Oseh shalom bimromav, hu ya'aseh shalom aleyinu v'al kol Yisrael, v'imeru: Amen

May the maker of peace in the Heavens make peace for all of us, for all people of Israel and for all who dwell on earth. To that we say: Amen.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ
אָמֵן :

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא :

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחָתָא
וְנַחֲמָתָא, דְאָמְרִין בְּעֶלְמָא, וְאָמְרוּ אָמֵן :

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן :
עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ
אָמֵן :

Reader: *Yitgadal veyitkadash shemey raba (amen) be'alma divra hirutey veyamliah malhutey behayeyhon uvyomeyhon uvhayey dehol beyt yisra'el ba'agala uvizman kariv ve'imru amen.*

Congregation: *Yehey shemey raba mevarah le'alam ulalmey almaya.*

Reader: *Yitbarah veyishtabah veyitpa'ar veyitromam veyitnasey veyithadar veyitaleh veyithalal shemey dekudsha berih hu le'ela min kol birhata veshirata tushbehata venehemata da'amiran be'alma ve'imru amen.*

Yehey shelama raba min shemaya vehayim aleynu ve'al kol yisra'el ve'imru amen.

Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol yisra'el ve'al kol yoshvey tevel ve'imru amen.

Magnified and sanctified be God's great name in the world which God created according to the Divine Will. God, establish Your kingdom soon, in our lifetime. Let us say: Amen

May God's great name be praised to all eternity.

Hallowed and honored, extolled and exalted, adored and acclaimed be the name of the Holy One, though You are above all the praises, hymns, and songs of adoration which human beings can utter. Let us say: Amen

May God grant abundant peace and life to us and to all Israel. Let us say: Amen

May the One who ordains harmony in the universe grant peace to us, to all Israel, and to all who dwell on earth. And let us say: Amen