

*The B'not Mitzvah
of*



*Katherine Hannah
Schiff*



*Rebecca Jane
Schiff*

*November 2, 2013
Sixth & I Historic Synagogue
Washington, DC*



Torah

The Torah scroll is the holiest ritual object in Jewish tradition. Containing the first five books of the Bible, it tells the story of creation, the early history of the Hebrew people, and the code of law on which Jewish practice is based. The entire Torah is read every year, beginning and ending with the holiday of Simchat Torah. Each week, a portion of the Torah is read on Shabbat in synagogues worldwide.

Haftarah

The Haftarah is a book of selections from the Writings of the Prophets in the Bible. Each Prophetic portion is related to the ideas of a Torah portion (parsha) or to the time of the year. The tradition of reading the Haftarah dates back more than 2200 years, beginning when the Jewish people were exiled in Babylon. By royal edict, Jews were forbidden to read the Torah. To circumvent this prohibition, they read from the Writings of the Prophets that were connected to the Torah parsha that would otherwise have been read that week.

Bat Mitzvah

Bat means 'daughter,' Mitzvah means 'commandments.' Bat Mitzvah literally translates as 'daughter of the commandments.' Today, we celebrate the B'not Mitzvah of Katherine and Rebecca, who will be called for the first time to read from the Torah, the Five Books of Moses. They will also read from the Haftarah, and lead some of the prayers in our service.

The Bar Mitzvah ceremony dates back thousands of years, but Bat Mitzvah is a modern-day coming of age ritual that started in the early 1970's to give girls the same opportunities as boys to read from the Torah and take part in this ritual. There is no prescription for Bar Mitzvah in the Torah, only a reference in the Talmud about 13 being the age for observance of the 613 commandments (mitzvot) in the Torah. In the old days in Jerusalem, it was the custom for the father to bring the Bar Mitzvah before the Temple priest or other Elder to receive a blessing and a prayer that 'he may be granted a portion in the Torah and that he may live a life filled with good deeds.' Today, the young person's first chanting of the blessings and the Torah, and his/her interpretation of that portion are the highlights of the Bar/Bat Mitzvah ceremony.

Becoming a Bat Mitzvah does not mark the end of religious education. In fact, this passage to maturity confers responsibility upon the student to make choices for herself about how to incorporate Judaism into her life. For some, that means choosing to fast on Yom Kippur, our Day of Atonement, and observing Passover by not eating bread. For others, it means embracing the teachings of Judaism, such as our ethical obligation of Tikkun Olam, to repair the world.



Hinei Mah Tov by Rick Recht

How good and pleasant it is when we dwell together in unity. (Psalms 133:1)

Hi-nei mah tov u-ma na-im,
She-vet a-chim gam ya-chad.

הִנֵּה מַה־טוֹב וּמַה־נְּעִים.
שֵׁבֶת אַחִים גַּם־יַחַד.

Thank you God for this day, for our family and friends whom we love, and who love us.
Thank you for the many blessings in our lives.
Help us feel Your guiding presence in all that we do.
Help us to reach our potential, to find meaning in our lives.
Bless us with contentment, with understanding and love.
Bless us with peace.

The Sh'ma and Her Blessings

בְּרַכּוּ אֶת־יְיָ הַמְּבָרָךְ!

Praised be the Lord, to whom our praise is due.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Baruch Adonai ha-m'vorach l'olam va-ed.

Praised be the Lord, to whom our praise is due, now and forever.

Judaism begins with the commandment: Hear, O Israel! But what does it really mean to “hear”?

The person who attends a concert with a mind on business, hears, but does not really hear.

The person who walks amid the songs of birds and thinks only of what will be served for dinner, hears, but does not really hear.

The person who listens to the news and thinks only of how it will affect business, hears, but does not really hear.

The person who stifles the sound of conscience and thinks, “I have done enough already,” hears, but does not really hear.

God, sharpen our ability to hear!

May we hear the music of the world, and the call for help of the lonely soul.

May we hear the words of our friends, and the dreams of our children.

May we hear within ourselves yearnings that are struggling for expression.

May we hear You, O God, for only if we hear You do we have the right to hope that You will hear us. Hear the prayers we offer to You this day, O God, and may we hear them too.

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Shema Yisrael: Adonai Eloheinu, Adonai Echad!

Hear, O Israel: the Lord is our God, the Lord is one!

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד:

Ba-ruch shem ka-vod mal-chu-to l'olam va-ed!

Blessed is God's glorious majesty forever and ever!

V'ahavta

You shall love your Eternal God with all your heart, with all your soul, and with all your might. And all these words which I command you on this day shall be upon your heart. And you shall teach them diligently to your children. And you shall speak of them when you sit in your house, when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand. And they shall be for frontlets between your eyes. And you shall write them on the doorposts of your house and upon your gates so that you will remember and do all My commandments and be holy to your God. I am your Eternal God who led you out of Egypt to be your God. I am your Eternal God. (Deuteronomy 6:4-9, Numbers 15:40-41)

V'ahavta et Adonai elohecha b'chol l'vav'cha
uv'chol naf'sh'cha uv'chol m'odecha.
V'hayu had'varim ha'eileh asher anochi
m'tzav'cha hayom al l'vavecha.
V'shinantam l'vanecha v'dibarta bam
b'shiv't'cha b'veitecha uv'lech't'cha vaderech
uv'shoch'b'cha uv'kumecha.
Uk'shartam l'ot al yadecha
v'hayu l'totafot bein einecha
uch'tav'tam al m'zuzot beitecha uvish'arecha.
L'ma'an tizk'ru va'asitem et kol
mitz'votai v'hiyitem k'doshim leiloheichem.
Ani Adonai eloheichem
asher hotzeiti et'chem me'eretz mitz'rayim
l'hiyot lachem leilohim.
Ani Adonai eloheichem.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ
וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי
מְצַוֶּךָ הַיּוֹם עַל-לִבְבְּךָ.
וְשָׁנַנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹחַ
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ
וְכָתַבְתָּם עַל-מְזוּזֹת בֵּיתְךָ וּבְשַׁעַר
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-
מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם
אֲנִי יְיָ אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לְהִיּוֹת לָכֶם לֵאלֹהִים.
אֲנִי יְיָ אֱלֹהֵיכֶם.

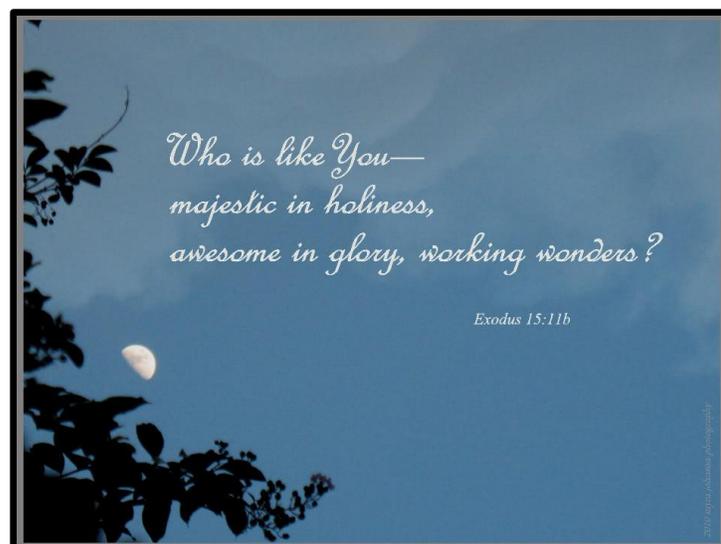
Mi Chamocha by Debbie Friedman

Who is like You, Eternal One, majestic in holiness, awesome in splendor, doing wonders? (Exodus 15:11)

Yai lai's...

Mi chamochah, ba-eilim Adonai?
Mi-kamochah, ne'dar bakodesh,
Nora t'hilot, oseh feleh?

מִי-כַמּוֹכָה בְּאֵלִים, יְיָ?
מִי כַמּוֹכָה, נֹאדָר בַּקֹּדֶשׁ.
נֹרָא תְהִלָּת. עֹשֶׂה פֶלֶא?



T'filah – Prayer

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח. וּפִי יִגִּיד תְּהִלָּתְךָ:

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Eternal God, open my lips, that my mouth may declare Your glory.

Avot V'Imahot – God of All Generations

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Leah and God of Rachel; Great, Mighty, and Awesome God, God Supreme! You remember the faithfulness of our ancestors, and in love bring redemption to their children's children. You are our Sovereign and our Help, our Redeemer and Shield. We praise You, Adonai, Shield of Abraham, Protector of Sarah.

Baruch atah Adonai eloheinu
veilohei avoteinu v'imoteinu.
Elohei Avraham, elohei Yitzchak,
velohei Ya'akov. Elohei Sarah, elohei
Rivkah, elohei Leah, velohei Rachel.
Hael hagadol, hagibor v'hanora el elyon.
Gomeil chasadim tovim, v'konei hakol,
v'zocheir chasdei avot v'imahot,
umeivi g'ulah liv'nei v'neihem,
l'ma'an sh'mo b'ahava.
Melech ozeir umoshia umagein.
Baruch atah, Adonai,
magein Avraham v'ezrat Sarah.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן.
גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל.
זוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת.
וּמְבִיא גְאֻלָּה לְבָנָי בְּנֵיהֶם.
לְמַעַן שְׂמוֹ בְּאַהֲבָה.
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בְּרוּךְ אַתָּה יְיָ,
מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

G'vurot – God's Power

You are forever mighty, Adonai; You give life to all. With love You sustain the living, with great compassion You give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like you Mighty One? Who is like You, Source of mercy? In compassion, You sustain the life of Your children. We praise You, Eternal God, the Source of life.

Atah gibor l'olam Adonai,
m'chayei hakol atah, rav l'hoshia.
M'chalkeil chayim b'chesed, m'chayei hakol
b'rachamim rabim. Someich noflim,
v'rofeh cholim,umatir asurim,
um'kayeim emunato lisheinei afar.
Mi chamocha, ba'al g'vurot,
umi domeh lach,
melech meimit um'chayeh umatzmiach y'shua?
V'ne'eman atah l'hachayot hakol.
Baruch atah, Adonai, m'chayeh hakol.

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי.
מְחַיֶּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל
בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים. וּמַתִּיר אֲסוּרִים.
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ, בַּעַל גְּבוּרוֹת.
וּמִי דוֹמֶה לָךְ.
מֶלֶךְ מְמִית וּמְחַיֶּה
וּמְצַמִּיחַ יְשׁוּעָה?
וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל.

Kedusha – Sanctification

Where is holiness?

There is holiness when we strive to be true to the best we know.

There is holiness when we are kind to someone who cannot possibly be of service to us.

There is holiness when we promote family harmony.

There is holiness when we forget what divides us and remember what unites us.

There is holiness when we are willing to be laughed at for what we believe in.

There is holiness when we love – truly, honestly, and unselfishly.

There is holiness when we share – our bread, our ideas, our enthusiasms.

There is holiness when we gather to pray to God who gave us the power to pray.

L'dor Vador – From Generation to Generation

We thank You, God, for our family and for what we mean and bring to one another.

We are grateful for the bonds of loyalty and affection which sustain us, and which keep us close to one another no matter how far apart we may be.

We thank You, God, for implanting within us a deep need for each other, and for giving us the capacity to love and to care. Help us to be modest in our demands of one another, but generous in our giving to each other.

May we always be grateful that we have one another and that we are able to express our love in acts of kindness. Keep us gentle in our speech. When we offer words of criticism, may they be chosen with care and spoken softly. May we waste no opportunity to speak words of sympathy, of appreciation, of praise.

Bless our family with health, happiness, and contentment. Bless our family with joy and peace.

V'shamru by Moshe Rothblum

The people of Israel shall keep the Sabbath, observing the Sabbath in every generation as a covenant with God who made the heavens and earth in six days, but on the seventh day, rested and was refreshed.. (Exodus 31:16-17)

V-sham-ru v'nei Yis-ra-eil et ha-Shab-bat

La-a-sot et ha-Shab-bat l'do-ro-tam

b'rit olam

וְשָׁמְרוּ וּבְנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת.

לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרֹתָם

בְּרִית עוֹלָם

Bei-ni u'vein b'nei Yis-ra-eil

Ot hi l'olam

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אוֹת הִיא לְעוֹלָם.

Ki shei-shet yamim, a-sah Adonai,

et ha-sha-ma-yim v-et ha-aretz

כִּי-שֵׁשֶׁת יָמִים עָשָׂה יְיָ

אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ.

U'va-yom hash-vi-i, sha-vat va-yi-na-fash

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׂ:

Modim Anachnu Lach – A Prayer of Thanks by Naomi Levy

Thank You, God, for the sands and the stars,
for the oceans and the mountains,
for all the living creatures whose spirits
are somehow connected to my own.

Thank You for the forests and the flowers,
for the fertile soil and the power to grow.

Thank You for life's rhythms,
the seasons and the phases of the moon,
for the sky above me,
and the soul within me.

Thank You, God, for making this beautiful world
and for making me a part of it.

~ Silent Meditation ~

Oseh Shalom by Nurit Hirsch

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

Oseh shalom bim-ro-mav
hu ya-a-seh shalom a-lei-nu
V'al kol Yis-ra-eil v'im-ru, im-ru amen

עֲשֵׂה שְׁלוֹם בְּמַרוֹמָיו.
הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן:



Torah Service

Praised is Our God who with holiness gave Torah to the people Israel.

Ki mitziyon teitzei Torah (2x)
ud'var-Adonai mi'rushalayim

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה.
וּדְבַר-יְהוָה מִירוּשָׁלַיִם:

Baruch shenatan Torah (Torah) (2x)
l'amo Yisrael bik'dushato

בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Shema Yisrael: Adonai Eloheinu, Adonai Echad!
Hear, O Israel: the Lord is our God, the Lord is one!

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדֹנֵינוּ, קְדוֹשׁ שְׁמוֹ.

Echad Eloheinu, Gadol Adoneinu, Kadosh Sh'mo!
Our God is One; Adonai is great; holy is God's name.

Al Sh'losa D'varim by Chaim Tzur

The world is sustained by three things: Torah, worship, and acts of loving kindness.

Al sh'lo-sha d'-va-rim, al sh'lo-sha d'-va-rim,
al sh'lo-sha sh'lo-sha d'-va-rim
ha-o-lam, ha-o-lam o-meid

על-שלושה דברים

העולם עומד

Al ha-To-rah v'-al ha-a-vod-dah
v'-al g'-mi-lut cha-sa-dim.

על התורה ועל העבודה
ועל גמילות חסדים

Tree of Life by Richard Silverman

It is a tree of life to them that hold fast to it
and all its supporters are (clap) happy

Shalom, shalom (clap 4x) (4x)

שלום

Etz chaim hi la-ma-cha-zi-kim bah
v'tom-che-ha mi-u-shar

עץ-חיים היא למחזיקים בה.
ותמכה מאשר

The Power to Grow by Naomi Levy

You have blessed me with many gifts, God, but I know it is my task to realize them.
May I never underestimate my potential: may I never lose hope.
May I find the strength to strive for better, the courage to be different, the energy
to give all that I have to offer.
Help me, God, to live up to all of the goodness that resides within me.
Fill me with the humility to learn from others, and with the confidence to trust my own instincts.
Thank You, God, for the power to grow. Amen.

Torah Blessing *before* the reading of the Torah

*Praise Adonai, to whom our praise is due! Praised be Adonai, to whom our praise is due, now and forever!
Blessed is Adonai our God, who has given us the Torah.*

Bar'chu et Adonai ha'm'vorach!
Baruch Adonai ha'm'vorach l'olam va'ed!
Baruch Atah, Adonai Eloheinu, melech ha'olam,
asher bachar banu mi-kol ha'amim
v'natan lanu et torato.
Baruch Atah, Adonai, no-tein ha'torah.

ברכו את-י' המברך!
ברוך י' המברך לעולם ועד!
ברוך אתה, יי אלהינו, מלך
העולם, אשר בחר-בנו מכל
העמים, ונתן-לנו את-תורתו.
ברוך אתה, יי, נותן התורה.

Torah Blessing *after* the reading of the Torah

Blessed is Adonai our God, Ruler of the universe, who has given us a Torah of truth. Blessed is Adonai, Giver of the Torah.

Baruch Atah Adonai Eloheinu melech ha'olam,
asher natan lanu torat emet
v'chayei olam nata b'tocheinu.
Baruch Atah, Adonai, no-tein ha'torah.

ברוך אתה, יי אלהינו, מלך העולם
אשר נתן לנו תורת אמת
וחיי עולם נטעם, בתוכנו:
ברוך אתה, יי, נותן התורה:

Genesis 28: 10-22

י וַיֵּצֵא יַעֲקֹב, מִבְּעַר שֶׁבַע; וַיֵּלֶךְ, חָרָנָה.

10 And Jacob went out from Beer-sheba, and went toward Haran.

יא וַיִּפְגַּע בַּמָּקוֹם וַיֵּלֶן שָׁם, כִּי-בָא הַשֶּׁמֶשׁ, וַיִּקַּח מֵאֲבָנֵי הַמָּקוֹם, וַיִּשָּׁם מֵרֵאשִׁיתוֹ; וַיִּשְׁכַּב, בַּמָּקוֹם הַהוּא.

11 And he lighted upon the place, and tarried there all night, because the sun was set; and he took one of the stones of the place, and put it under his head, and lay down in that place to sleep.

יב וַיַּחְלֹם, וַהֲנִה סֹלָם מְצֹב אֶרְצָה, וְרֹאשׁוֹ, מִגִּיעַ הַשָּׁמַיְמָה; וַהֲנִה מַלְאָכָי אֱלֹהִים, עֹלִים וְיֹרְדִים בּוֹ.

12 And he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven; and behold the angels of God ascending and descending on it.

יג וַהֲנִה יְהוָה נֹצֵב עָלָיו, וַיֹּאמֶר, אֲנִי יְהוָה אֱלֹהֵי אַבְרָהָם אָבִיךָ, וְאֱלֹהֵי יִצְחָק; הָאָרֶץ, אֲשֶׁר אַתָּה שֹׁכֵב עָלֶיהָ--לְךָ אֶתְנַנָּה, וְלִזְרַעֲךָ.

13 And, behold, the LORD stood beside him, and said: 'I am the LORD, the God of Abraham thy father, and the God of Isaac. The land whereon thou liest, to thee will I give it, and to thy seed.'

יד וְהָיָה זֶרְעֲךָ כַּעֲפַר הָאָרֶץ, וּפְרָצְתָּ יָמָה וְקִדְמָה וְצַפְנָה וְנִגְבָּה; וְנִבְרְכוּ בְךָ כָּל-מִשְׁפָּחֹת הָאָדָמָה, וּבְזֶרְעֲךָ.

14 And thy seed shall be as the dust of the earth, and thou shalt spread abroad to the west, and to the east, and to the north, and to the south. And in thee and in thy seed shall all the families of the earth be blessed.

טו וַהֲנִה אֲנֹכִי עִמָּךְ, וּשְׁמַרְתִּיךָ בְּכָל אֲשֶׁר-תֵּלֵךְ, וְהִשְׁבַּתִּיךָ, אֶל-הָאָדָמָה הַזֹּאת: כִּי, לֹא אֶעֱזָבְךָ, עַד אֲשֶׁר אִם-עָשִׂיתִי, אֵת אֲשֶׁר-דִּבַּרְתִּי לְךָ.

15 And, behold, I am with thee, and will keep thee whithersoever thou goest, and will bring thee back into this land; for I will not leave thee, until I have done that which I have spoken to thee of.'

טז וַיִּיקָץ יַעֲקֹב, מִשְׁנָתוֹ, וַיֹּאמֶר, אַכֹּן יֵשׁ יְהוָה בַּמָּקוֹם הַזֶּה; וְאֲנֹכִי, לֹא יָדַעְתִּי.

16 And Jacob awaked out of his sleep, and he said: 'Surely the LORD is in this place; and I knew it not.'

יז וַיִּירָא, וַיֹּאמֶר, מַה-נֹּרָא, הַמָּקוֹם הַזֶּה: אֵין זֶה, כִּי אִם-בַּיִת אֱלֹהִים, וְזֶה, שַׁעַר הַשָּׁמַיִם.

17 And he was afraid, and said: 'How full of awe is this place! This is none other than the house of God, and this is the gate of heaven.'

יח וַיִּשְׁכֶּם יַעֲקֹב בַּבֹּקֶר, וַיִּקַּח אֶת-הָאֶבֶן אֲשֶׁר-שָׂם מִרְאֲשֵׁתוֹ, וַיִּשָּׂם אֹתָהּ, מִצְבָּה; וַיִּצַק שָׁמֶן, עַל-רֹאשָׁהּ.

18 And Jacob rose up early in the morning, and took the stone that he had put under his head, and set it up for a pillar, and poured oil upon the top of it.

יט וַיִּקְרָא אֶת-שֵׁם-הַמָּקוֹם הַהוּא, בֵּית-אֵל; וְאוּלָם לוֹז שֵׁם-הָעִיר, לְרֵאשִׁנָּה.

19 And he called the name of that place Beth-el, but the name of the city was Luz at the first.

כ וַיִּדַּר יַעֲקֹב, נֶדֶר לְאָמֹר: אִם-יְהִי אֱלֹהִים עִמָּדִי, וַיִּשְׁמְרֵנִי בַדֶּרֶךְ הַזֶּה אֲשֶׁר אֲנֹכִי הוֹלֵךְ, וְנָתַן-לִי לֶחֶם לֶאֱכֹל, וּבִגְד לְלַבֵּשׁ.

20 And Jacob vowed a vow, saying: 'If God will be with me, and will keep me in this way that I go, and will give me bread to eat, and raiment to put on,

כא וְיָשִׁבְתִּי בְשָׁלוֹם, אֶל-בֵּית אָבִי; וְיְהִי יְהוָה לִי, לֵאלֹהִים.

21 so that I come back to my father's house in peace, then shall the LORD be my God,

כב וְהָאֶבֶן הַזֹּאת, אֲשֶׁר-שָׂמְתִי מִצְבָּה--יְהִיָּה, בֵּית אֱלֹהִים; וְכֹל אֲשֶׁר תִּתֶּן-לִי, עֲשֵׂר אֶעֱשְׂרֶנּוּ לָךְ.

22 and this stone, which I have set up for a pillar, shall be God's house; and of all that Thou shalt give me I will surely give the tenth unto Thee.'

Genesis 31: 1-13

א וַיִּשְׁמַע, אֶת-דְּבָרֵי בְנֵי-לָבָן לְאָמֹר, לָקַח יַעֲקֹב, אֶת כָּל-אֲשֶׁר לְאָבִינוּ; וּמֵאֲשֶׁר לְאָבִינוּ--עָשָׂה, אֶת כָּל-הַכֶּבֶד הַזֶּה.

1 And he heard the words of Laban's sons, saying: 'Jacob hath taken away all that was our father's; and of that which was our father's hath he gotten all this wealth.'

ב וַיִּרְא יַעֲקֹב, אֶת-פְּנֵי לָבָן; וְהִנֵּה אֵינָנו עִמוֹ, כְּתִמּוֹל שְׁלֹשׁוֹם.

2 And Jacob beheld the countenance of Laban, and, behold, it was not toward him as beforetime.

ג וַיֹּאמֶר יְהוָה אֶל-יַעֲקֹב, שׁוּב אֶל-אֶרֶץ אֲבוֹתֶיךָ וּלְמוֹלְדֹתֶיךָ; וְאֶהְיֶה, עִמָּךְ.

3 And the LORD said unto Jacob: 'Return unto the land of thy fathers, and to thy kindred; and I will be with thee.'

ד וַיִּשְׁלַח יַעֲקֹב, וַיִּקְרָא לְרָחֵל וּלְלֵאָה, הַשָּׂדֶה, אֶל-צֹאנֹו.

4 And Jacob sent and called Rachel and Leah to the field unto his flock,

ה וַיֹּאמֶר לָהֶן, רְאֵה אֲנֹכִי אֶת-פְּנֵי אָבִיכֶן, כִּי-אֵינְנוּ אֵלַי,
כַּתְּמֹל שְׁלֹשָׁם; וְאֱלֹהֵי אָבִי, הִזָּה עִמָּדִי.

5 and said unto them: 'I see your father's countenance, that it is not toward me as before time; but the God of my father hath been with me

ו וְאַתֶּנָּה, יָדַעְתָּן: כִּי, בְּכָל-כֹּחִי, עָבַדְתִּי, אֶת-אָבִיכֶן.

6 And ye know that with all my power I have served your father.

ז וְאָבִיכֶן הִתֵּל בִּי, וְהִחֲלֹף אֶת-מִשְׁכָּרְתִּי עֲשָׂרַת מָנִים
וְלֹא-נִתְּנוּ אֵלֵהֶם, לְהַרְעֵ עִמָּדִי.

7 And your father hath mocked me, and changed my wages ten times; but God suffered him not to hurt me.

ח אִם-כֹּה יֹאמֶר, נִקְדָּיִם יִהְיֶה שְׁכָרְךָ--וַיִּלְדּוּ כָל-הַצֹּאן, נִקְדָּיִם;
וְאִם-כֹּה יֹאמֶר, עֲקָדָיִם יִהְיֶה שְׁכָרְךָ--וַיִּלְדּוּ
כָל-הַצֹּאן, עֲקָדָיִם.

8 If he said thus: The speckled shall be thy wages; then all the flock bore speckled; and if he said thus: The streaked shall be thy wages; then bore all the flock streaked.

ט וַיִּצַל אֱלֹהִים אֶת-מִקְנֵה אָבִיכֶם, וַיִּתֶּן-לִי.

9 Thus God hath taken away the cattle of your father, and given them to me.

י וַיְהִי, בְּעֵת יַחַם הַצֹּאן, וְאִשָּׁא עֵינַי וָאֲרָא, בְּחִלּוּם; וְהִנֵּה
הָעֵתֵדָיִם הָעֹלִיִם עַל-הַצֹּאן, עֲקָדָיִם נִקְדָּיִם וּבְרָדָיִם.

10 And it came to pass at the time that the flock conceived, that I lifted up mine eyes, and saw in a dream, and, behold, the he-goats which leaped upon the flock were streaked, speckled, and grizzled.

יא וַיֹּאמֶר אֵלַי מַלְאָךְ הָאֱלֹהִים, בְּחִלּוּם--יַעֲקֹב; וָאֹמַר, הִנְנִי.

11 And the angel of God said unto me in the dream: Jacob; and I said: Here am I.

יב וַיֹּאמֶר, שָׂא-נָא עֵינֶיךָ וּרְאֵה כָּל-הָעֵתֵדָיִם הָעֹלִיִם עַל-הַצֹּאן,
עֲקָדָיִם נִקְדָּיִם, וּבְרָדָיִם: כִּי רָאִיתִי, אֵת כָּל-אֲשֶׁר לָבֹן עֲשָׂה לָךְ.

12 And he said: Lift up now thine eyes, and see, all the he-goats which leap upon the flock are streaked, speckled, and grizzled; for I have seen all that Laban doeth unto thee.

יג אֲנֹכִי הָאֵל, בֵּית-אֵל, אֲשֶׁר מָשַׁחְתָּ שָׁם מִצְבֵּה, אֲשֶׁר נָדַרְתָּ לִּי
שָׁם נָדַר; עֲתָה, קוּם צֵא מִן-הָאָרֶץ הַזֹּאת, וְשׁוּב, אֶל-אָרֶץ
מוֹלְדְּתְךָ.

13 I am the God of Beth-el, where thou didst anoint a pillar, where thou didst vow a vow unto Me. Now arise, get thee out from this land, and return unto the land of thy nativity.'

V'zot ha'torah asher sam Moshe lifnei
b'nei Yisrael, al pi Adonai b'yad Moshe

וזאת התורה אשר-שם משה לפני
בני ישראל, על-פי יי ביד-משה.

This is the Torah God gave to Moses and Moses to the people of Israel.

Blessing *before* the reading of the Haftarah

Praise to You, Adonai our God, who has chosen faithful prophets to speak words of truth. Praise to You, Adonai, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness.

Baruch Atah, Adonai,
Eloheinu, Melech haolam,
asher bachar bin'vi-im tovim,
v'ratzah v'divreihem
hane-emarim be-emet.
Baruch Atah, Adonai,
habocheh baTorah uv'Moshe avdo,
uv'Yisrael amo, uvin'vi-ei ha-emet vatzedek.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מִלְּךָ הָעוֹלָם,
אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים, וְרָצָה בְּדַבְרֵיהֶם
הַנְּאֻמִּים בְּאַמְתּוֹ. בָּרוּךְ אַתָּה, יי, הַבוֹחֵר בְּתוֹרָה
וּבְמֹשֶׁה עַבְדּוֹ, וּבְיִשְׂרָאֵל עַמּוֹ, וּבְנְבִיאֵי הָאֱמֻת וְצַדִּיק.

Blessing *after* the reading of the Haftarah

Praise to You, Adonai our God! For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You have given us for holiness and rest, for honor and glory: we thank and bless You. Praise to You, Adonai, for the Sabbath and its holiness.

Baruch Atah, Adonai
Eloheinu, Melech haolam,
tzur kol haolamim,
tzaddik b'chol hadorot,
HaEl hane-eman, haomeir v'oseh,
ham'dabeir um'kayeim,
shekol d'varav emet vatzedek.
Al haTorah, v'al haavodah, v'al han'vi-im,
v'al yom HaShabbat hazeh, shenatata lanu Adonai Eloheinu,
anachnu modim lach, um'var'chim otach, yitbarach shimcha b'fi kol
chai tamid l'olam va-ed. Baruch Atah, Adonai, m'kadeish HaShabbat

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מִלְּךָ הָעוֹלָם, צוּר כָּל
הָעוֹלָמִים, צַדִּיק בְּכָל הַדּוֹרוֹת, הָאֵל הַנְּאֻמָּן,
הַאֹמֵר וְעָשָׂה, הַמְדַבֵּר וּמְקַיֵּם, שְׁכָל דְּבָרָיו אֱמֻת וְצַדִּיק.
עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה, וְעַל הַנְּבִיאִים, וְעַל יוֹם
הַשַּׁבָּת הַזֶּה, שֶׁנִּתְּתָ לָנוּ יי אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים
לָךְ, וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל חַי
תָּמִיד לְעוֹלָם וָעֵד. בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

Eitz Chayim

It is a tree of life to those who hold it fast, and all who cling to it find happiness. Its ways are ways of pleasantness, and all its paths are peace. Help us to return to You, Adonai; then truly shall we return. Renew our days as in the past.

Eitz chayim hee l'machazikim ba,
v'tomcheha m'ushar.
D'racheha dar'chei no'am
v'chol n'tivoteha shalom
Hashiveinu Adonai eilecha, v'nashuva.
Chadesh yameinu k'kedem.

עֵץ-חַיִּים הִיא לַמַּחְזִיקִים בָּהּ,
וְתִמְכֶיהָ מְאֻשָּׁר:
דְּרָכֶיהָ דְרָכֵי-נֵעָם.
וְכָל-נְתִיבוֹתֶיהָ שְׁלוֹם:
הַשִּׁיבֵנוּ יי אֱלֹהֵינוּ, וְנִשׁוּבָה:
חֲדָשׁ יָמֵינוּ כְּקֶדֶם

Shehecheyanu by Tzvika Pik

Praised be You, O God, Who has kept us in life, sustained us and permitted us to reach this season.

Baruch Atah Adonai
Eloheinu Melech ha-olam
Shehecheyanu v'kiyimanu
v'higianu lazman hazeh
Amen

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.
שֶׁהֵחֵינּוּ וְקִיַּמְנוּ
וְהִגִּיעֵנוּ לְזֶמֶן הַזֶּה:

Aleinu

And it has been said: The Eternal God shall rule over all the earth; On that day You shall be One and Your name shall be One.

We pray with all our hearts: let there be no more fighting and violence and war. Let the time come soon when people will be kind to each other, when no one will be hungry or homeless, when everyone will be free. We praise Adonai, the Eternal God, who has called us as partners to heal our world.

Aleinu l'shabei-ach la-Adon hakol,
lateit g'dulah l'yotzer b'reishit,
shelo asanu k'goyei ha-aratzot,
velo samanu k'mishp'chot ha-adamah;
shelo sam chelkeinu kahem,
v'goraleinu k'chol-hamonam.

עֲלֵינוּ לְשִׁבַח לְאֲדוֹן הַכֹּל.
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת.
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה;
שֶׁלֹא שָׂם חֵלְקֵנוּ כֵּהֵם.
וְגוֹרְלֵנוּ כְּכֹל-הַמּוֹנֵם.

Va-Anachnu kor'im umish'tachavim umodim
lif'nei Melech Mal'chei ham'lachim,
haKadosh Baruch Hu.

וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים.
הַקְּדוֹשׁ בְּרוּךְ הוּא.

V'ne-emar: v'hayah Adonai
l'Melech al-kol -ha-aretz;
bayom ha-hu (2x)
yih'yeh Adonai echad,
ush'mo (3x) echad!

וְנֹאמַר: וְהָיָה יי
לְמֶלֶךְ עַל-כָּל-הָאָרֶץ;
בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד.
וְשְׁמוֹ אֶחָד!



There are stars whose radiance is visible on earth long after the star itself is gone... and so it is with people that we loved. Their memories keep shining ever brightly, though their time with us is done. But the stars that light up the darkest night: these are the lights that guide us.
(Hannah Senesh)

In the rising of the sun and in its going down, we remember them.

In the blowing of the wind and in the chill of winter, we remember them.

In the opening of the buds and in the rebirth of spring, we remember them.

In the blueness of the sky and in the warmth of summer, we remember them.

In the rustling of the leaves and in the beauty of autumn, we remember them.

In the beginning of the year and when it ends, we remember them.

When we are weary and in need of strength, we remember them.

When we have joys we yearn to share, we remember them.

So long as we live, they too shall live, for they are now a part of us
as we remember them. (Sylvia Kamens and Jack Riemer)

Kaddish

Let the glory of God be extolled and God's great name be praised forever and ever.

Yit'gadal v'yit'kadash sh'meih raba.
B'alma di-v'ra chir'uteih,
v'yam'lich mal'chutei. B'chayeichon
uv'yomeichon uv'chayei d'chol beit Yisrael,
ba-agala uviz'man kariv, v'im'ru: Amen.
Y'hei sh'meih raba m'vorach
l'alam ul'almei al'maya.
Yit'barach v'yish'tabach v'yit'pa-ar
v'yit'romam v'yit'nasei v'yit'hadar v'yit'aleh
v'yit'halal sh'meih d'kud'sha, B'rich Hu,
l'eila min-kol-bir'chata v'shirata
tush'b'chata v'nechemata da-amiran
B'alma, v'imru: Amen.
Y'hei sh'lama raba min-sh'maya
v'chayim aleinu v'al kol Yisrael,
v'im'ru: Amen.
Oseh shalom bim'romav,
Hu ya-aseh shalom
Aleinu v'al kol Yisrael, v'imru: Amen

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ.
וְיַמְלִיךְ מַלְכוּתָהּ: בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל.
בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ: אָמֵן.
יְהִי שְׁמֵהּ רַבָּא מְבֹרָךְ
לְעַלְמֵם וּלְעַלְמֵי עָלְמַיָּא.
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמַם. וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא.
לְעֵלָא מִן-כָּל-בְּרַכְתָּא וְשִׁירָתָא.
תְּשׁוּבָתָא וְנַחֲמָתָא דְאִמְרִין
בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.
יְהִי שְׁלָמָא רַבָּא מִן-שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.
עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

L'chi Lach by Debbie Friedman

L'chi lach, to a land that I will show you.
Lech l'cha, to a place you do not know.
L'chi lach, on your journey I will bless you.
And you shall be a blessing (3x), L'chi lach.

L'chi lach, and I shall make your name great.
Lech l'cha, and all shall praise your name.
L'chi lach, to a place that I will show you.
L'simchat chayim (3x), L'chi lach.
And you shall be a blessing (3x), L'chi lach.

Havdalah

The Havdalah ceremony marks the separation between the Sabbath day of rest, and the rest of the week. With Havdalah, we say goodbye to Shabbat, but we hope that the sweetness and holiness of the day will remain with us during the coming week.

Yai lai lai lai lai lai lai lai (3x), Lai lai lai lai lai lai lai

We usher in the new week by saying a blessing over a full cup of wine, a symbol of joy, to sanctify the moment. (We wait until the havdalah ceremony is complete before drinking the wine.)

**Baruch ata Adonai, Eloheinu melech ha'olam,
borei p'ri hagafen.**

ברוך אתה יי אלהינו מלך העולם.
בורא מיני בשמים:

We praise You, Eternal God, Sovereign of the universe: Creator of the fruit of the vine.

Yai lai lai lai lai lai lai lai (3x), Lai lai lai lai lai lai lai

The fragrant spices signify our hope for a week filled with sweetness. (The spices are shaken and passed around for all to enjoy their aroma.)

**Baruch ata Adonai, Eloheinu melech ha'olam,
borei minei v'samim.**

ברוך אתה יי אלהינו מלך העולם.
בורא פרי הגפן:

We praise You, Eternal God, Sovereign of the universe: Creator of the world's spices.

Yai lai lai lai lai lai lai lai (3x), Lai lai lai lai lai lai lai

The light of the candle expresses our hope for a week of brightness and joy. The candle's multiple wicks remind us that we are all connected. At Havdalah, we hope that our actions in the coming week will have a positive impact upon the world around us. (We say the blessing over the light, extending our hands towards the candle with our palms facing us, observing the reflection of the light in our fingernails and the shadow upon our hands. As we curl our fingers towards us, we hold onto a little bit of the light, and a little bit of Shabbat.)

**Baruch ata Adonai, Eloheinu melech ha'olam,
borei m'orei ha'eish.**

ברוך אתה יי אלהינו מלך העולם.
בורא מאורי האש:

We praise You, Eternal God, Sovereign of the universe: Creator of fire.

Yai lai lai lai lai lai lai lai (3x), Lai lai lai lai lai lai lai

As we experience the separation between the holiness of Shabbat and the everyday, we are reminded that we have the ability to bring Shabbat with us into the week that lies ahead. May we be inspired to infuse ordinary moments with sparks of holiness!

**Baruch ata Adonai, Eloheinu melech ha'olam,
hamavdil bein kodesh l'chol, bein or l'choshech,
bein Yisraeil la'amim, bein yom hash'vi'i
l'sheishet y'mei hama'aseh. Baruch ata Adonai,
hamavdil bein kodesh l'chol.**

ברוך אתה יי אלהינו מלך העולם.
המבדיל בין קדש לחול, בין אור לחושך
בין ישראל לעמים, בין יום השביעי
לששת ימי המעשה: ברוך אתה יי
המבדיל בין קדש לחול:

We praise You, Eternal God, Sovereign of the universe:
You call us to distinguish the commonplace from the holy.

(At the conclusion of this blessing, we drink the wine, and then extinguish the candle in the wine. Listen for the sizzle!)

As we make the transition back to our week, we invoke the name of the prophet Elijah, whose arrival is said to herald the coming of the messianic era, a time of justice and peace throughout the world. Some add that Miriam the prophetess will lead the Jewish people in joyful song and dance to a time of perfection. Shabbat is a taste of that perfection, but our work in the world is needed to bring it about.

**Eliyahu hanavi, Eliyahu hatishbi,
Eliyahu, Eliyahu, Eliyahu hagiladi
Bimheirah v'ya-mei'nu ya-vo eileinu,
Im mashiach ben David**

אלהיו הנביא, אליהו התשבי,
אלהיו, אליהו, אליהו, הגלעדי
במהרה בימינו, יבא אלינו,
עם משיח בן דוד, עם משיח בן דוד:

Shabbat has now ended. We wish one another, "Shavua tov, a good week!"

Shavua Tov! (8x) A good week, a week of peace, may gladness reign and joy increase! (2x)

שבוע טוב