

Zeh HaYom asa Adonai; Nagila v'nis'm'cha vo.	This is the day that God has made; Let us rejoice and be happy in it.	זֶה-הַיּוֹם עָשָׂה יְהוָה נְגִילָה וְנִשְׂמְחָה בוֹ: Shefa Gold
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To light lamps in all the worlds, this is Shabbat. To light Shabbat candles, this is the leap of a soul – pregnant with hidden secrets – into a magnificent sea	containing within it the mystery of the fiery sunset. As I light the candles, my room becomes the Milky Way – and on its jeweled slope, rests my heart. Zelda
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Blessed is Shekhinah Our Goddess Queen of All, whose nature we tap with the lighting of the Shabbat candles.	Barukha at Shekhinah Eloheynu malkah ha-olam, asher kidshanu b'mitzvoetov vitzivanu l'hadlik nare shel Shabbat.	בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹהֵינוּ מַלְכָּה הָעוֹלָם, אֲנֹשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.
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Welcoming the Angels

<p>Welcome peace messengers, Angels of Oneness, Majesty that is deep within, Holiness.</p> <p>Come in peace, Angels of Oneness, Majesty that is deep within, Holiness.</p> <p>Bless us with peace Angels of Oneness, Majesty that is deep within, Holiness.</p> <p>Leave us with peace, Angels of Oneness, Majesty that is deep within, Holiness.</p>	<p>Shalom aleychem malachay ha'sharate malachay elyone me'melech malchay hamlachim ha'kadoshe barukh hoo.</p> <p>Boe'ah'chem l'shalom malachay ha'shalom malachay elyone me'melech malchay hamlachim ila'ah barukha he.</p> <p>Barkhooni l'shalom malachay ha'shalom malachay elyone me'melech malchay hamlachim ha'kadoshe barukh hoo</p> <p>Sate'chem l'shalom malachay ha'shalom malachay elyone me'melech malchay hamlachim ila'ah barukha he.</p>	<p>שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיוֹן מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:</p> <p>בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיוֹן מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, עֲלָאָה בְּרוּכָה הִיא:</p> <p>בְּרַכּוּנִי לְשָׁלוֹם מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיוֹן מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:</p> <p>צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשְּׁלוֹם מַלְאָכֵי עֲלִיוֹן מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, עֲלָאָה בְּרוּכָה הִיא:</p> <p>Transliteration and translation by Herb Levy</p>
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Come dear one to welcome the faces of Shabbat and bring Her into our Being.	<i>L'cha dodi likrat kalah penay shabbat n'kablach.</i>	לָכָה דוּדֵי לְקִרְאֵת כְּלָה פְּנֵי שַׁבָּת נִקְבְּלָה:
Notice and remember that All are small pieces of Oneness. Yah is One and the Name of All Things is One, in name, in splendor and in praise.	<i>Shamore v'zachore b'dee'bor echad Hesh'me'ah'nu ale hahm'yoo'chad Yah echad ooshmo echad L'sham ool'teef'eh'retz ool'tee'hee'lah</i>	שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד הַשְּׁמִיעֵנוּ אֵל הַמְיֻחָד יְהוָה אֶחָד וְשְׁמוֹ אֶחָד לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְלָה
Come and hurry toward Shabbat! She's a blessed taste made holy when the Universe was given its order. The last thing made, unmakingness, the first step in internal connection to Eternity.	<i>Likrat Shabbat l'choo v'nale'cah Kee hee m'koor ha'b'ra'cha May'roshe mee'kedem n'soo'kah Sofe mah'ah'she b'mah'cha'sha'vah t'kee'lah</i>	לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָה כִּי הִיא מְקוֹר הַבְּרָכָה מֵרֵאשׁ מְקֻדָּם נְסוּכָה סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תִּתְחַלָּה:
Refresh yourself, arouse yourself Light has returned, come be enlightened Wake up, wake up, fill yourself with song Holiness shines from you all the time-Notice it now.	<i>Heet'oh'rah'ree Heet'oh'rah'ree Kee vah orake koomee ohree Ohree, ohree sheer da'bay'ree Kavode Yah ah'lie'yeeek neeg'lah</i>	הַתְּעוֹרְרֵי הַתְּעוֹרְרֵי כִּי בָּא אֲוֶרֶךְ קוֹמֵי אֲוֶרֶי עוֹרֵי עוֹרֵי שִׁיר דְּבָרֵי כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה:
Come in peace, Keeper of the Divine Crown Also joy and mirth Amid the faithful, lovers of G!d Come my Shabbat bride, come my Shabbat bride!	<i>Bo'ee v'shalom ah'teh'ret bah'lah Gahm b'simcha oov'tsah'hah'lah Toke ehmooney ahm s'goo'lah Bo'ee kalah bo'ee kalah</i>	בּוֹאֵי בְּשָׁלוֹם עֲטֹרֶת בְּעֵלָה גַּם בְּשִׂמְחָה וּבְצִהְלָה תּוֹךְ אֲמוּנֵי עִם סִגְלָה בּוֹאֵי כְּלָה בּוֹאֵי כְּלָה: Transliteration and translation by Herb Levy

Blessed is the Face of G!d, the faces of All.	<i>Barkhu et Yah ha'm'vorach</i>	בְּרַכּוּ אֶת יְהוָה הַמְּבֹרָךְ:
Blessed is the Holiness in All Things	<i>Barukh Yah ha'm'vorach l'olam va-ed!</i>	בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד: Translation and transliteration by Herb Levy

The Maariv or evening service represents the all night burning of the ashes of the daily offerings upon the altar. Let my kavanah be that the evening service is a time to offer up the ashes, the remnants, the leftovers of our day, and as it is now Shabbat, the leftovers of the previous week.

Siddur HaKohanot

The Way it Is

<p>One morning you might wake up to realize that the knot in your stomach had loosened itself and slipped away, and that the pit of unfulfilled longing in your heart had gradually, and without your really noticing, been filled in—patched like a pothole, not quite the same as it was, but good enough.</p>	<p>And in that moment it might occur to you that your life, though not the way you planned it, and maybe not even entirely the way you wanted it, is nonetheless—persistently, abundantly, miraculously—exactly the way it is.</p> <p style="text-align: right;">Lynn Ungar</p>
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<p>It is a wonderful day in a life when one is finally able to stand before the long, deep mirror of one's own reflection and view oneself with appreciation, acceptance and forgiveness on that day</p>	<p>one breaks through the falsity of images and expectations which have blinded one's spirit. One can only learn to see who one is When one learns to view oneself With the most intimate and forgiving compassion.</p> <p style="text-align: right;">John O'Donohue</p>
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<p>Look, Smell, Taste, Touch, Listen: All that you experience is G!d, the Wonder of Oneness!</p>	<p><i>Shema Yisrael adonay eloheynu adonay echad.</i></p>	<p>שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:</p>
<p>Blessed be every Name, which is God's name, the Majesty of Infinite Beingness!</p>	<p><i>Barukh shem kevod malchuto le'olam va'ed.</i></p>	<p>בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֵד.</p>
<p>You fell in love with Yah, the Interbreathing of all things, with all your passion and with every fiber of your being. Let the <i>Shema</i> nest in your heart and sanctify you as a mirror of the Love between Yah and <i>Shekinah</i>, the intimate connection between the External and the Internal. Renew these vows by your every thought and action. Sometimes you will lose the Consciousness of the Connection of All Things. Symbols help as reminders of the Oneness of All.</p>	<p>Ve'ahavta et Adonay Elohecha bekole levecha uvechole nafshecha uvechole me'odecha. Veha'yu hadevarim ha'eleh asher anochi metzavecha hayome al levahvehcha. Vishinamtam levanecha vedibarta bam beshivtecha beveytecha evelechtechah vhaderek ooveshochbecha oovekumecha. Ookeshartam le'ot al yadecha vehayu letotafote beyn eynehcha ooketavtam al mezuzot beytecha oovisharecha</p>	<p>וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִנְיָהּ, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ, וְכִתְבַתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:</p> <p style="text-align: right;">Translation and transliteration by Herb Levy</p>

How can anyone be as great as the Whole! Whose holiness, praiseworthiness and wondrous actions equal everyone's?	<i>Mi chamokah ba'elim Adonay. Mi chamokah nedor bakodesh, Nora tehilot osey feleh.</i>	מי כמִכָּה בְּאֵלִים יְהוָה מי כמִכָּה נֶאֱדָר בְּקֹדֶשׁ, נוֹרָא תְהִילֹת, עֲשֵׂה פְלָא: Translation/transliteration by Herb Levy
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עֲמִידָה Amidah

Blessed are You, our God, God of our ancestors!	Barukh atah Yah Elohenu ay'lohay avotenu v'emoetaynu	בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ אֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ
Blessed are You, the shield of Abraham and help of Sarah!	Barukh at Yah magane Avraham v'ehzraht Sarah.	בְּרוּךְ אַתָּה יְהוָה מָגֵן אֲבֹרָהִם וְעֲזָרַת שָׂרָה:
Blessed are You who bestows life on all the living!	Barukh atah Yah m'khai'yay khol khai.	בְּרוּךְ אַתָּה יְהוָה מַחְיֵה כָּל חַיִּי:
Blessed are You Ruler of the Earth who sanctifies Shabbat!	Barukh at Yah Malkah ol kol ha'aretz m'kadashe ha'Shabbat.	בְּרוּךְ אַתָּה יְהוָה מְלַכָּה עַל כָּל הָאָרֶץ מְקַדֵּשׁ הַשַּׁבָּת:
Blessed are You whose presence can be felt in Zion!	Barukh atah Yah ha'makhazeer sh'khee'na'to l'tsion	בְּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.
Blessed is the One whose Name is Goodness and to whom we give thanks!	Barukh at Yah ha'tov sheemkha ulkha na'eh l'hodot	בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׂמֵךְ וְלֵךְ נְאֻה לְהוֹדוֹת.
Blessed are You who makes peace.	Barukh atah Yah oseh shalom.	בְּרוּךְ אַתָּה יְהוָה עוֹשֵׂה הַשְּׁלוֹם.

Seven Breath Meditation

Breathing in, I take breath into myself. Breathing out, I join the web of being. Breathing in, I rest in the present. Breathing out, I am part of past and future. Breathing in, I honor the shrine of my body. Breathing out, I honor the shrine of the cosmos. Breathing in, Presence fills me. Breathing out, Presence enfolds me.	Breathing in, I witness what is broken. Breathing out, I bow to what is perfect. Breathing in, I offer gratitude for what is. Breathing out, I accept that all changes. Breathing in, I pray for peace for myself. Breathing out, I pray for peace for all beings. <p align="right">From Siddur HaKohanot</p>
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Self Gives Thanks

The world wears light like a robe
 above the earth, the sky is spread like a canopy
 in the shadow of these wings
 we feast on the abundance of the trees
 and bathe in the coral fountains of the deep
 we see ourselves by all this radiance

Jill Hammer

Shining the heart's empathy upon the times I have tried too hard or given up too soon softens my chest and calms the fear whose tickle is always	present in the belly: that I won't make it won't do what I was sent to do, won't touch the truth. Help me know the constant heat	of that Great Star, which radiates even when I'm facing the other way, even when the night sky appears only empty, cold and distant. <p align="right">Diane Elliot</p>
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God's only desire is to reveal unity through diversity
 That is, to reveal that all of reality is unique
 In all of its levels and in all of its details,
 And nevertheless united in a fundamental oneness

Aharon HaLevi Horowitz

Lord make me an instrument of your peace Where there is hatred, let me sow love Where there is injury, pardon Where there is doubt, faith Where there is despair, hope Where there is darkness, light And where there is sadness, joy	O Divine Master, grant that I may not so much seek To be consoled as to console To be understood as to understand To be loved as to love For it is giving that we receive It is in pardoning that we are pardoned And it is in dying that we are born to eternal life. <p align="right">Francis of Assisi</p>
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<p>May the one who creates harmony above make peace for us and for all Israel, and for all who dwell on earth. And say: Amen.</p>	<p><i>Oseh shalom bimromav hu ya'aseh shalomaleyenu ve'al kol Yisrael ve'al kol yoshvey tavale ve'imru amen.</i></p>	<p>עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו הוא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֶל וְאָמְרוּ אָמֵן:</p>
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<p>Aleynu leshabe'ah la'adon hakol Letet gedulah leytzer bereshit shenatan lanu torat emet vekhayey olam nata betohenu</p> <p>Va'anachnu korim, u'mishtachavim, u'modim, lifnei melekh, malkhei ham'lakhim, hakadosh barukh Hu. She'hu noteh shamayim, ve'yoseid aretz, u' moshav yikaro bashamayim mi-ma'al, u'sh'khinat u-zo u'sh'khinat u- zo be'gavhei me'romim. Hu Eloheinu, ein od.</p> <p>Emet malkeinu, efes zulato. Kakatur be'torato, ve'yadata hayom, ve'yadata hayom ve'yadata hayom ve'hashevota Eil le'vavekha. Ki Adonai, Hu ha-Elohim, bashamayim mi-ma'al, ve'al ha'aretz, ve'al ha'aretz mi- takhat. Ein od. Ein od.</p> <p>V' neheymar, v'hawyaw Adoenoy l'melek ol kole ha'ahretz. B'yome hahoo, b'yome hahoo, yee-heh-yeah Ahdoenoy ehkhad, oo'shmoe, oo'shmoe, oo'shmoe ehkhad.</p>	<p>עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שָׁנַתָּנוּ לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ; וְאֶנְחָנוּ כְּזִרְעִים וּמְשִׁתַּחֲוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ, מַלְכֵי הַמַּלְאָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשֵׁב יִקְרוּ בְּשָׁמַיִם מִמַּעַל, וְשִׁכְנֵת עָזוֹ בְּגַבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מְלַכְנוּ אֶפֶס זִוְלָתוֹ, כְּכַתוּב בְּתוֹרָתוֹ: וַיִּדְעַת הַיּוֹם וְהִשְׁבַּת אֶל לְבַבָּךְ, כִּי יְיָ הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד: וְנֹאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ: בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד וְשֵׁמוֹ אֶחָד.</p>
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Death is not a punishment, nor does it lead to punishment. Reward and punishment after death assumes that there is a “you” that survives the return. This is simply your egoic self insisting that it cannot die, even if eternal life means eternal torment. But such thinking is in error. There is no “you” separate from the One, just as there is no wave separate from the ocean. When you die, you are still what you were and are: God.

Rami Shapiro

Kaddish

<p>The great essence will flower in our lives and expand throughout the world. May we learn to let it shine through so we can augment its glory. We praise, we continue to praise, and yet, whatever it is we praise is quite beyond the grasp of all these words & symbols that point us towards it. We know, and yet we do not know. May great peace pour forth from the heavens for us, for all Israel, for all who struggle toward truth. May that which makes harmony in the cosmos above, bring peace within and between us, and to all who dwell on this earth, and let us say, Amen.</p> <p style="text-align: right;">Burt Jacobson</p>	<p>Yitgadal v'yit'kadash shemay rabah. Be'alma divra chirutey veyamleech malchutey Bekhayaychone uvyomaycone uvkhahyay dekhole beyt yisrael Ba'agalah uvizman kariv ve'imru amen. Yehey shemey raba mevarak le-alam ulalmeiy almayah. Yitbarak veyishtabakh veyitpa'ar veyitromam veyitnasey veyit-hadar v'yeet'ah'leh veyithahlal shemey dekudsha bereek hu. Le'ela meekol birkhata veshirata tushbekhata venekhemata da- amiran be'alma ve'imru amen. Yehay sh'lamah rahbah meen sh'may'yah v'khaim aleynu v'al kal Yisrael ve'imru amen. Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol Yisrael ve'al kol Yishmael ve'al kol yoshvey tavale ve'imru amen.</p>	<p>יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזַמַּן קָרִיב וְאָמְרוּ אָמֵן: יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא: יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא לְעָלָא מְכָל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְאִמְרוּן בְּעֵלְמָא, וְאָמְרוּ אָמֵן: יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן: עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יִשְׁמָאֵל וְעַל כָּל יוֹשְׁבֵי תַבֵּל וְאָמְרוּ אָמֵן:</p>
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<p>What a beautiful day. Good Shabbos!</p>	<p><i>Mah ya-feh ha-yom Shabbat shalom!</i></p>	<p>מָה יָפָה הַיּוֹם שַׁבַּת שְׁלוֹם</p>
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