

Shabbat Shalom from Temple Sinai!

This is for the Shabbat Service
for Friday, January 3, 2024.

Please follow along using these slides
if you don't have a copy
of *Mishkan T'filah*, our siddur.

Shabbat Shalom!

* Rabbi Sara Zober * Rabbi Benjamin Zober *

* Rabbi Emerita Myra Soifer *

NIGGUN

a wordless melody

as we center ourselves for Shabbat

I begin with a prayer of gratitude
for all that is holy in my life.

God needs no words, no English or Hebrew,
no semantics and no services.

But I need them.

Through prayer, I can sense my inner strength,
my inner purpose,
my inner joy, my capacity to love.

As I reach upward in prayer,
I sense these qualities in my Creator.
To love God is to love each other,
to work to make our lives better.
To love God is to love the world God created
and to work to perfect it.
To love God is to love dreams of peace and joy
that illumine all of us,
and bring that vision to life.

Baruch atah Adonai

Eloheinu, Melech haolam,

asher kid'shanu b'mitzvotav,

v'tzivanu l'hadlik

ner shel Shabbat.

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

וְצִוָּנוּ לְהַדְלִיק

נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

MAH YAFEH HAYOM

*Mah yafeh hayom,
Shabbat Shalom.*

מַה יְפֵה הַיּוֹם,
שַׁבָּת שְׁלוֹם.

How lovely today is,
Shabbat Shalom.

PSALM 95

L'chu n'ran'na l'Adonai,

nariyah l'tzur yisheinu.

N'kadmah fanav b'todah,

biz'mirot naria lo.

Ki El gadol Adonai,

uMelech gadol al kol elohim.

לְכוּ נִרְנְנָה לַיהוָה,

נָרִיעָה לְצוּר יִשְׁעֵנוּ.

נִקְדָּמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נָרִיעַ לוֹ.

כִּי אֵל גָּדוֹל יְיָ,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

Come, let us sing joyously to Adonai, raise a shout for our Rock and Deliverer;
let us come into God's presence with praise; let us raise a shout for God in song!

For Adonai is a great God, the great ruler of all divine beings.

L'CHAH DODI

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 1)

Shamor v'zachor b'dibur echad, שָׁמֹר וְזָכוֹר בְּדַבָּר אֶחָד,
hishmianu El ham'yuchad, הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,
Adonai echad ush'mo echad, l'shem יְיָ אֶחָד וּשְׁמוֹ אֶחָד,
ul'tiferet v'lit'hilah. לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה.

“Keep” and “remember”: a single command
the Only God caused us to hear;
the Eternal is One, God’s Name is One;
glory and praise are God’s.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 2)

*Likrat Shabbat l'chu v'neilcha,
ki hi m'kor hab'rachah,
meirosh mikedem n'suchah,
sof maaseh b'machashava t'chilah.*

לְקַרְאֵת שַׁבָּת לָכוּ וְנִלְכָּה,
כִּי הִיא מְקוֹר הַבְּרָכָה,
מֵרֵאשִׁית מִקֵּדֶם נְסוּכָה,
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלָה.

Come with me to meet Shabbat,
forever a fountain of blessing.
Still it flows, as from the start:
the last days, for which the first was made.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 3)

<i>Mikdash Melech, ir m'luchah,</i>	מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה,
<i>kumi tz'l mitoch hahafeichah,</i>	קוּמִי צֵאִי מִתּוֹךְ הַהִפְּכָה,
<i>rav lach shevet b'emek habacha,</i>	רַב לָךְ יָשַׁבְתְּ בְּעֵמֶק הַבְּכָא,
<i>v'hu yachamol alayich chemlah.</i>	וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.

Royal shrine, city of kings,
rise up and leave your ravaged state.

You have dwelt long enough in the valley of tears;
now God will shower mercy on you.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 4)

<i>Hitnaari, mei-afar kumi,</i>	הִתְנַעֲרִי, מֵעָפָר קוּמִי,
<i>livshi bigdei tifarteich ami,</i>	לְבִשִׁי בְּגָדֵי תִפְאַרְתְּךָ, עַמִּי,
<i>al yad ben Yishai Beit haLachmi,</i>	עַל יַד בֶּן יִשָּׁי בֵּית הַלַּחְמִי,
<i>karvah el nafshi g'alah.</i>	קִרְבָּה אֶל נַפְשִׁי גָאֲלָהּ.

Lift yourself up! Shake off the dust!
Array yourself in beauty, O my people!
At hand is Bethlehem's David, Jesse's son,
bringing deliverance into my life.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 5)

Hitor'ri, hitor'ri,

ki va oreich, kumi ori,

uri uri shir dabeiri,

k'vod Adonai alayich niglah.

הִתְעוֹרְרִי הִתְעוֹרְרִי,
כִּי בָּא אֹרֶךְ קוֹמִי אֹרִי,
עוֹרִי עוֹרִי שִׁיר דַּבְּרִי,
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

Awake, awake,
your light has come!
Arise, shine, awake and sing:
the Eternal's glory dawns upon you.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 6)

<i>Lo teivoshi v'lo tikalmi,</i>	לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי,
<i>mah tishtochachi umah tehemi,</i>	מַה תִּשְׁתּוֹחָחִי וּמַה תִּהְיֶמִי,
<i>bach yochesu aniyei ami,</i>	בָּךְ יִחְסוּ עֲנֵי עַמִּי,
<i>v'nivn'tah ir al tilah.</i>	וְנִבְנְתָה עִיר עַל תִּלָּהּ.

An end to shame and degradation
forget your sorrow; quiet your groans.
The afflicted of my people find respite in you,
the city renewed upon its ancient ruins.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 7)

*V'hayu lim'shisah shosayich,
v'rachaku kol m'valayich,
yasis alayich Elohayich,
kimsos chatan al kalah.*

וְהָיוּ לְמַשְׁסָּה שֹׁסְאִיךָ,
וְרַחֲקוּ כָּל מְבַלְעֶיךָ,
יָשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ,
כִּמְשׁוֹשׁ חָתָן עַל כַּלָּה.

The scavengers are scattered,
your devourers have fled;
as a bridegroom rejoices in his bride,
your God takes joy in you.

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 8)

*Yamim usmol tifrotzi,
v'et Adonai taaritz,
al yad ish ben partzi,
v'nism'chah v'nagilah.*

יָמֵן וּשְׂמָאל תִּפְרוֹצִי,
וְאֶת־יְיָ תַעֲרִיצִי,
עַל יַד אִישׁ בֶּן פֶּרְצִי,
וְנִשְׁמַחַת וְנִגִּילָה.

Your space will be broad,
your worship free:
await the promised one;
we will exult, we will sing for joy!

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לְכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

(Verse 9)

*Bo-i v'shalom ateret ba'lah,
gam b'simcha uv'tzoholah,
toch emunei am s'gulah,
bo-i challah, bo-i challah.*

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָהּ,
גַּם בְּשִׂמְחָה וּבִצְהֵלָה,
תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ,
בּוֹאִי כָלָה, בּוֹאִי כָלָה.

Enter in peace, O crown of your husband;
enter in gladness, enter in joy.
Come to the people that keeps its faith.
Enter, O bride! Enter, O bride!

(Refrain)

*L'chah dodi likrat kalah,
p'nei Shabbat n'kab'lah.*

לָכָה דוֹדִי לְקַרְאֵת כַּלָּה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

Beloved, come to meet the bride;
Beloved, come to greet Shabbat.

Yitgadal v'yitkadash sh'meih raba

b'alma di v'ra chiruteih,

v'yamlich malchuteih

b'chayeichon uvyomeichon

uvchayei d'chol beit Yisrael,

baagala uvizman kariv,

v'imru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעַלְמָא דִּי בְרָא כְרַעוּתָהּ,

וַיְמַלִּיךְ מַלְכוּתָהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן.

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.

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

יְהִי שֵׁמִי רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

*Yitbarach v'yishtabach, v'yitpaar
v'yitromam v'yitnasei,
v'yit-hadar v'yitaleh v'yit-halal
sh'meih d'kudsha b'rich hu,*

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שֵׁמִי דְקֻדְשָׁא בְרִיךְ הוּא,

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,

l'eila min kol

birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma,

v'imru: Amen.

לְעֵלָא מִן כָּל

בִּרְכָתָא וְשִׁירָתָא,

תְּשׁוּבָתָא וְנֶחֱמָתָא,

דְּאִמְרֵן בְּעֵלְמָא,

וְאָמְרוּ: אָמֵן.

Beyond the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

Barchu et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam vaed!

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ!

בָּרוּךְ יְיָ הַמְּבָרָךְ

לְעוֹלָם וָעֶד!

Praise Adonai to whom praise is due forever!

Praised be Adonai to whom praise is due,
now and forever!

Praise to You, Adonai our God,
from whom the evening flows.
Your wisdom sets the way
on which time and season glide;
Your breath guides the sail of the stars.
Creator of the tide of time and light,
You guide the current of day into night.
As heaven spans to infinity,
You set its course for eternity.
Praise to You, Adonai our God,
from whom the evening flows.

בָּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֶרְבִים.

Baruch atah Adonai, hama'ariv aravim.

Everlasting Love You offered Your people Israel
by teaching us Torah and mitzvot, laws and precepts.
Therefore, Adonai our God,
when we lie down and when we rise up,
we will meditate on your laws and your commandments.
We will rejoice in Your Torah forever.
Day and night we will reflect on them
for they are our life and doing them lengthens our days.
Never remove Your love from us.
Praise to You, Adonai, who loves Your people Israel.

בָּרוּךְ אַתָּה יְיָ, אֹהֵב עַמּוֹ יִשְׂרָאֵל.

Baruch atah Adonai, oheiv amo Yisrael.

Sh'ma, Yisrael:

Adonai Eloheinu,

Adonai echad!

Baruch shem k'vod

malchuto l'olam va-ed.

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ,

יְהוָה אֶחָד.

בָּרוּךְ שֵׁם כְּבוֹד

מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel, Adonai is our God, Adonai is One!
Blessed is God's glorious majesty, forever and ever.

*V'ahavta et Adonai Elohecha,
b'chol l'vavcha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu had'varim
ha-eileh asher anochi m'tzav'cha
hayom al l'vavecha.*

וְאַהֲבָתָה אֶת יְיָ אֱלֹהֶיךָ,
בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ,
וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ
הַיּוֹם, עַל לִבְבְּךָ.

You shall love Adonai your God with all your heart,
with all your soul, and with all your might.
Take to heart these instructions with which I charge you this day.

V'shinantam l'vanecha, v'dibarta

bam, b'shivt'cha b'veitecha,

uv'lecht'cha vaderech,

uv'shochb'cha uv'kumecha.

Uk'shartam l'ot al yadecha, v'hayu

l'totafot bein einecha. Uch'tavtam

al m'zuzot beitecha uvish'arecha.

וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ

בָּם, בְּשִׁיבְתְּךָ בְּבֵיתְךָ,

וּבְלֶכְתְּךָ בַּדֶּרֶךְ,

וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.

וְקִשַּׁרְתָּם לְאוֹת עַל יָדְךָ, וְהָיוּ

לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם

עַל מְזֻזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

L'maan tizk'ru, vaasitem et

kol mitzvotai, vih'yitem k'doshim

l'Eloheichem. Ani Adonai Eloheichem,

asher hotzeiti et-chem mei-eretz

Mitzrayim lih'yot lachem l'Elohim

ani Adonai Eloheichem.

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

Thus you shall remember to observe all My commandments and to be holy to your God. I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

Standing on the parted shores of history
we still believe what we were taught
before ever we stood at Sinai's foot;

that wherever we go, it is eternally Egypt
that there is a better place, a promised land;
that the winding way to that promise
passes through the wilderness.

That there is no way to get from here to there
except by joining hands, marching
together.

Mi chamochah ba'eilim, Adonai,

Mi kamochah nedar bakodesh,

nora t'hilot, oseih fele!

מִי כַמֹּכָה בְּאֵלִים יְיָ,

מִי כַמֹּכָה נֶאֱדָר בִּקְדֹשׁ,

נֹרָא תְהִלֹת, עֹשֶׂה פִלֵּא.

Who is like You, O God, among the gods that are worshipped?

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

*Malchut'cha ra-u vanecha,
bokei-a yam lifnei Moshe.
Zeh Eli, anu v'amru,
Adonai yimloch l'olam va-ed!*

מַלְכוּתְךָ רָאוּ בְנֶיךָ,
בֹּקַעַיִם לִפְנֵי מֹשֶׁה,
זֶה אֱלֹהֵינוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Your children witnessed Your sovereignty,
the sea splitting before Moses and Miriam.

“This is our God!” they cried.

“Adonai will reign forever and ever!”

V'ne-emar:

ki fadah Adonai et Yaakov,

ug'alo miyad chazak mimenu.

Baruch atah, Adonai, gaal Yisrael.

וְנֵאמָר:

כִּי פָדָה יְיָ אֶת יַעֲקֹב,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בָּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל.

Thus it is said, “Adonai redeemed Jacob,
from a hand stronger than his own.”

Praised are You, Adonai, for redeeming Israel.

Grant, O God, that we lie down in peace,
and raise us up, our Guardian, to life renewed.
Spread over us the shelter of Your peace.
Guide us with Your good counsel; for Your Name's sake, to be our help.
Shield and shelter us beneath the shadow of Your wings.
Defend us against enemies, illness, war, famine and sorrow.
Distance us from wrongdoing.
For You, God, watch over us and deliver us.
For You, God, are gracious and merciful.
Guard our going and coming, to life and to peace, evermore.

Blessed are you, Adonai, Guardian of Israel,
whose shelter of peace is spread over us,
over all Your people Israel, and over Jerusalem.

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלָּיִם.

*Baruch atah Adonai, haporeis sukat shalom aleinu
v'al kol amo Yisrael v'al Yerushalayim.*

<i>V'shamru v'nei Yisrael et HaShabbat,</i>	וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
<i>laasot et HaShabbat l'dorotam</i>	לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם
<i>b'rit olam.</i>	בְּרִית עוֹלָם.
<i>Beini u'vein b'nei Yisrael</i>	בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
<i>ot hi l'olam,</i>	אֹת הִיא לְעוֹלָם,
<i>ki sheishet yamim asah Adonai</i>	כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ
<i>et hashamayim v'et haaretz,</i>	אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
<i>u'vayom hashvi-i shavat vayinafash.</i>	וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

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.

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

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

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

*Baruch atah, Adonai Eloheinu
v'Elohei avoteinu v'imoteinu,
Elohei Avraham, Elohei Yitzchak,
v'Elohei Yaakov, Elohei Sarah,
Elohei Rivkah, Elohei Rachel
v'Elohei Leah.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.

Blessed are You, Adonai our God, 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 Rachel, and God of Leah.

Ha-El 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'maan sh'mo b'ahavah.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,

וְקוֹנֵה הַכּוֹל, וְזוֹכֵר

חֲסֵדֵי אָבוֹת וְאִמָּהוֹת,

וּמְבִיא גְאֻלָּה לְבְנֵי בְנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

the great, mighty and awesome God, transcendent God who
bestows loving kindness, creates everything out of love, remembers the
love of our fathers and mothers, and brings redemption to their children's
children for the sake of the Divine Name.

Melech ozeir umoshia umagein.

Baruch atah Adonai,

magein Avraham v'ezrat Sarah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְיָ,

מַגֵּן אַבְרָהָם וְעֲזֶרֶת שָׂרָה.

Sovereign, Deliverer, Helper and Shield,

Blessed are You, Adonai,

Sarah's Helper, Abraham's Shield.

*Atah gibor l’olam, Adonai,
m’chayeih hakol [meitim] atah,
rav l’hoshia.*

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה,
רַב לְהוֹשִׁיעַ.

*Mashiv haruach
umorid hagashem.*

מַשִּׁיב הָרוּחַ
וּמוֹרִיד הַגֶּשֶׁם.

You are forever mighty, Adonai;
You give life to all (revive the dead).
and have a great ability to save.
You cause wind to shift and rain to fall.

M’chalkeil chayim b’chesed

m’chayei hakol [meitim]

b’rachamim rabim,

someich noflim,

v’rofei cholim,

umatir asurim,

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל (מֵתִים)

בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים,

וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

You sustain life through love, giving life to all (reviving the dead)
through great compassion, supporting the fallen, healing the sick,
freeing the captive,

um’kayeim emunato lisheinei afar,

Mi chamochah baal g’vurot

umi domeh lach, Melech meimit

um’chayeh umatzmiach y’shuah.

V’ne-eman atah

l’hachayot hakol (meitim).

וּמִקַּיִם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כַמוֹךְ בַּעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית

וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמָן אַתָּה

לְהַחְיֹת הַכֹּל (מֵתִים).

keeping faith with those who sleep in the dust.

Who is like You, Source of mighty acts? Who resembles You,
a Sovereign who takes and gives life, causing deliverance to spring up
and faithfully giving life to all (reviving that which is dead)?

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

Baruch atah Adonai, m'chayeih hakol (hameitim).

Blessed are You, Adonai, who gives life to all (who revives the dead).

Atah kadosh v'shimcha kadosh

uk'doshim b'chol yom

y'hal'lucha selah.

Baruch atah Adonai,

Ha-El hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקַדּוֹשִׁים בְּכָל יוֹם

יְהִלְלוּךָ סֵלָה.

בָּרוּךְ אַתָּה יי,

הָאֵל הַקָּדוֹשׁ.

You are holy, Your name is holy,
and those who are holy praise you every day.
Blessed are You, Adonai, the holy God.

We take a moment
for silent prayer.

If you have your own copy of the siddur,
please continue silently to page 62.

*Oseh shalom bimromav,
hu ya'aseh shalom aleinu,
v'al kol Yisrael,
v'al kol yoshvei teivel,
v'imru: Amen.*

עֹשֶׂה שָׁלוֹם בְּמִרְמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תֵבֶל,
וְאָמְרוּ אָמֵן.

May the One who makes peace in the high heavens make peace for us,
for all of Israel and all who inhabit the earth. Amen.

Assemble the people, men, women, and children,
and the strangers in your cities,
to hear, to learn, to revere Adonai your God,
to observe faithfully the words of this Torah.
And let their children, who do not yet know it, hear,
that they, too, may learn to revere Adonai your God.

*Baruch atah, Adonai,
Eloheinu melech haolam,
asher kid'shanu b'mitzvotav,
v'tzivanu laasok b'divrei Torah.*

בָּרוּךְ אַתָּה, יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to engage with words of Torah.

Mi shebeirach avoteinu

M'kor hab'rachah l'imoteinu.

מִי שֶׁבִּרַךְ אֲבוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

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 laavoteinu.

מִי שֶׁבִּרַךְ אִמּוֹתֵינוּ

מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Bless those in need of healing with *r'fuah sh'leimah*,
The renewal of body, the renewal of spirit,
And let us say, Amen.

SERMON

Tova McGilvray and
John Luis Gomez

Aleinu l'shabei-ach laadon hakol,

lateit g'dulah l'yotzeir b'reishit,

shelo asanu k'goyei haaratzot,

v'lo samanu k'mishp'chot haadamah.

Shelo sam chelkeinu kahem,

v'goraleinu k'chol hamonam.

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,

שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.

שֶׁלֹא שָׂם חֵלְקֵנוּ כִּהֶם,
וְגָרְלָנוּ כְּכָל־הַמּוֹנִם.

Let us now praise the Sovereign of the universe, and proclaim the greatness
of the Creator who has set us apart from the other families of the earth,
giving us a destiny unique among the nations.

*Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech
mal'chei hamlachim
HaKadosh Baruch Hu.*

וַאֲנַחֲנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ,
מַלְכֵי הַמְּלָכִים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

We bend the knee and bow,
acknowledging the supreme Sovereign,
the Holy One of Blessing.

Yakiru v’yeidu kol yoshvei teivel,

ki l’cha tichra kol berech,

tishava kol lashon.

L’fanecha Adonai Eloheinu yichr’u

v’yipolu.

יִכְּיִרוּ וַיֵּידְעוּ כָּל יוֹשְׁבֵי תֵבֵל,

כִּי לָךְ תִּכְרַע כָּל בֶּרֶךְ,

תִּשָּׁבַע כָּל-לָשׁוֹן:

לְפָנֶיךָ יִי אֱלֹהֵינוּ יִכְרְעוּ

וַיִּפְּלוּ.

Let's all who dwell on earth acknowledge
that unto You every knee must bend and every tongue swear loyalty.
Before you, Adonai, our God, let them pay homage.

V’lichvod shimcha y’kar yiteinu.

Vikablu chulam et ol malchutecha,

v’timloch aleihem m’heirah l’olam

va-ed.

וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְּנוּ.
וְיִקַּבְּלוּ כָלָם אֶת עוֹל מַלְכוּתְךָ,
וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם
וָעֶד.

Let them give glory to your honored Name.

Let all accept the yoke of Your rain,
that You may rule over us soon and forever.

*Ki hamalchut chelcha hi,
ul’olmei ad timloch b’chavod,
kakativ b’Toratecha:
Adonai yimloch l’olam va-ed.*

כִּי הַמַּלְכוּת שְׁלָךָ הִיא,
וְלְעוֹלָמֵי עַד תִּמְלֹךְ בְּכָבוֹד,
כַּכָּתוּב בְּתוֹרָתְךָ:
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד:

For Sovereignty is Yours
and to all eternity You will reign in glory,
as it is written in Your Torah:
Adonai will reign forever and ever.

V’ne-emar, V’hayah Adonai

I’Melech al kol Haaretz.

Bayom hahu yih’yeh Adonai echad

ush’mo echad.

וְנֵאמַר, וְהָיָה יְיָ

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יְהִי יְיָ אֶחָד

וּשְׁמוֹ אֶחָד.

Thus it has been said:

Adonai will become Sovereign of all the earth.

On that day Adonai will become One and God's Name will be One.

V'ne-emar, v'hayah Adonai

l'Melech al kol Haaretz.

Bayom hahu yih'yeh

Adonai echad ush'mo echad.

וְנֵאמַר, וְהָיָה יְיָ

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai
will be Sovereign over all the earth.
On that day, Adonai will be one,
and God's Name will be one.”

Zichronam livrachah —

— זְכוֹרָנוּם לְבִרְכָּה

May their memories be a blessing.

Yitgadal v'yitkadash sh'meih raba,

b'alma di v'ra chiruteih.

V'yamlich malchuteih

b'chayeichon uvyomeichon,

uvchayei d'chol-beit Yisrael,

baagala uvizman kariv.

V'imru: Amen.

Y'hei sh'meih raba m'varach

l'alam ul-almei almaya.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעַלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיַמְלִיךְ מַלְכוּתָהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei

v'yit-hadar v'yitaleh v'yit-halal

sh'meih d'kudsha, B'rich Hu,

l'eila min kol

birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma.

V'imru: Amen.

יְתַבְּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלָא מִן כָּל

בִּרְכָתָא וְשִׁירָתָא,

תְּשֻׁבָתָא וְנֶחֱמָתָא,

דְּאִמְרֵינוּ בְּעֻלְמָא.

וְאָמְרוּ: אָמֵן.

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

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

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

עֹשֶׂה שָׁלוֹם בְּמִרְמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.

May the Source of peace send peace to all who mourn,
and comfort to all who are bereaved. Amen.

Announcements

// Friday, January 3 //

-- 7:30 pm Kabbalat Shabbat Service led by
Tova McGilvray and John Luis Gomez

We're grateful to Tova McGilvray and John Luis Gomez for leading our Shabbat Service and to Michael Gorden for ensuring our livestream runs smoothly. Special thanks to our anonymous 'Renewal Oneg Challenge' donor for sponsoring this week's Oneg. *Todah rabbah* to all who made this Shabbat special!

Volunteer to chant Torah at our Shabbat service! No experience needed. Practice recordings available. Contact the Rabbis Zober (rabbi@sinaireno.org) or Marilyn Roberts (cfo@sinaireno.org) to sign up.

If you are interested in joining the Shabbat livestream tech team, please contact Michael Gorden (vp@sinaireno.org).

-- Yism'zoom (for those who are online)

Join us on Zoom for a virtual Oneg with live video after service. Visit SinaiReno.org/LIVE for details to participate.

To host an in-person Oneg at Temple Sinai, sign up at www.SinaiReno.org/Oneg.

// Saturday, January 4 //

-- 10:00 am Torah Study via Zoom (Visit SinaiReno.org/TorahStudy for details.)

Announcements

(Continued)

// Saturday, January 4 //

-- 10:00 am Torah Study via Zoom Resumes

// Sunday, January 5 //

-- 3:00 pm Purimspiel Rehearsal

// Wednesday, January 8 //

-- 7:00 pm Temple Board Meeting (All
members welcome.)

// Thursday, January 9 //

-- 12:00 pm Celebration of Life for Les
Cohen in the Temple Sinai social hall

// Friday, January 10 //

-- 5:30 Tot Shabbat Service (in person only)

-- 7:30 pm Kabbalat Shabbat Service

// Saturday, January 11 //

-- 10:00 Torah Study via Zoom

Announcements

(Continued)

// Sunday, January 12 //

-- 9:30 Sinai School and Weekday Family
Service Resume

-- 1:00 pm Interfaith "Table Talks" with
Nathan Bakken

-- 1:00 pm Novel Noshers

-- 3:00 pm Purimspiel Rehearsal

// Tuesday, January 14 //

-- 12:00 pm Lunch with the Rabbis

-- 6:00 pm Movie Night in the Temple Sinai
Library

// Thursday, January 16 //

-- 4:15 pm Torah for Tots

// Friday, January 17 //

-- 7:30 pm Kabbalat Shabbat Service with the
Oneg Shabbat hosted by Darryl and Vita
Dworkin in celebration of their 50th
Wedding Anniversary on January 18th

// Saturday, January 18 //

-- 10:00 am Torah Study via Zoom

Announcements

(Continued)

// Sunday, January 19 //

-- 9:30 Sinai School and Weekday Family Service

-- 3:00 pm Purimspiel Rehearsal

-- 4:00 pm “Together We Shine” 39th Annual Interfaith MLK Jr. Memorial Service

// Tuesday, January 21 //

-- 7:00 pm Crafter Schmooze

// Friday, January 24 //

-- 7:30 pm Kabbalat Shabbat Service with the Oneg Shabbat sponsored by Ronan and Renee Kerr in celebration of Renee’s birthday

// Saturday, January 25 //

-- 10:00 am Torah Study via Zoom

// Renewal Oneg Challenge //

-- Accept our “Year of Renewal Oneg Challenge” and sign up to host or sponsor an Oneg Shabbat. Visit SinaiReno.org/Oneg for information.

// Sinai Library //

-- Visit the Library Online Public Access Catalog (OPAC) to browse the entire library catalog at SinaiReno.org/Catalog. For more information, send an email to sinairenolibrary@gmail.com.

Announcements

(Continued)

Support Us by Donating via...

- Credit Card: SinaiReno.org/Donate
- Check: Temple Sinai, 3405 Gulling Road, Reno, NV 89503

Staying In Touch...

As always, you can contact Temple Sinai and stay in touch through the Temple Office, email, our website, on Facebook, and on Instagram.

Contact Mike in the Temple office at admin@sinaireno.org or 775-747-5508 to have a name added to our Mi Shebeirach list. Also, contact Mike if you are not already on our email list and would like to receive our updates, or visit SinaiReno.org/newsletter and click the link to add your name.

Become a Temple Member...

- Email our Membership Chair at Membership@SinaiReno.org
- Visit our Membership page at: SinaiReno.org/Membership
- Rabbi Benjamin Zober - 775-629-6011, rabbibenjamin@sinaireno.org
- Rabbi Sara Zober - 775-629-6159, rabbisara@sinaireno.org
- Tova McGilvray, President – 775-223-9519, president@sinaireno.org
- Mike Stombaugh, Temple Administrator - 775-747-5508, admin@sinaireno.org

Additional information can
be found online at:

www.SinaiReno.org

ADON OLAM

Adon olam asher malach,

b'terem kol y'tzir nivra.

L'eit naasah v'cheftzo kol,

azai Melech sh'mo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֶרֶם כָּל יִצְיִר נִבְרָא.

לְעֵת נַעֲשָׂה בְּחֶפְצוֹ כָּל,

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

You are our Eternal God,
who reigned before any being had been created;
when all was done according to Your will,
then You were called Ruler.

V'acharei kichlot hakol,

I'vado yimloch nora.

V'hu hayah, v'hu hoveh,

v'hu yih'yeh, b'tifarah.

וְאַחֲרֵי כְּלֹת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נֹרָא.

וְהוּא הָיָה, וְהוּא הוֹבֵה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

And after all ceases to be, You alone will rule in majesty.

You have been, are yet, and will be in glory.

V'hu echad v'ein sheini.

L'hamshil lo l'hachbirah.

B'li reishit b'li tachlit,

v'lo hoaz v'hamisrah.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַּחֲלִית,
וְלֹא הָעֵז וְהַמְשָׁרָה.

And You are One; none other can compare to or consort with You.

You are without beginning, without end.

To You belong power and dominion.

*V'hu Eli v'chai go-ali,
v'tzur chevli b'eit tzarah.
V'hu nisi umanos li
m'nat kosi b'yom ekra.*

וְהוּא אֱלֹהֵי וְחַי גָּאֵלִי,
וְצוּר חֶבְלֵי בְּעֵת צָרָה.
וְהוּא נִסִּי וּמָנוֹס לִי
מִנַּת כּוֹסִי בְּיוֹם אֶקְרָא.

And You are my God, my living Redeemer,
my Rock in times of trouble and distress.
You are my standard bearer and my refuge,
my benefactor when I call on You.

*B'yado afkid ruchy,
b'eit ishan v'a-irah.
V'im ruchy g'viyati,
Adonai li v'lo ira.*

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאֶעֱרָה.
וְעִם רוּחִי גְּוִיָּתִי,
יְיָ לִי וְלֹא אִירָא.

Into Your hands I entrust my spirit,
when I sleep and when I wake,
and with my spirit my body also;
Adonai is with me and I shall not fear.

Baruch atah Adonai

Eloheinu Melech haolam,

borei p’ri hagafen.

Baruch atah Adonai

Eloheinu Melech haolam,

asher kid’shanu b’mitzvotav

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

Praise to You, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe who,
finding favor with us, sanctified us with mitzvot,

V'ratzah vanu,

וְרָצָה בָּנוּ,

V'shabbat kodsho b'ahavah

וְשַׁבַּת קֹדֶשׁוֹ בְּאַהֲבָה

Uv'ratzon hinchilanu

וּבְרָצוֹן הִנְחִילָנוּ

Zikaron l'maaseh v'reishit,

זִכָּרוֹן לַמַּעֲשֵׂה בְּרֵאשִׁית,

Ki hu yom t'chilah

כִּי הוּא יוֹם תְּחִלָּה

L'mikra-ei kodesh,

לְמִקְרָאֵי קֹדֶשׁ,

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,

*Zeicher l'tzi-at Mitzrayim,
Ki vanu vacharta v'otanu
Kidashta mikol ha-amim,
V'shabbat kodsh'cha b'ahavah
Uv'ratzon hinchaltanu.
Baruch atah Adonai
M'kadeish hashabbat.*

זֵכֶר לִיצִיאַת מִצְרָיִם,
כִּי בָנוּ בְּחֶרֶף וְאוֹתָנוּ
קִדְּשָׁתָּ מִכָּל הָעַמִּים,
וְשַׁבַּת קִדְּשְׁךָ בְּאַהֲבָה
וּבְרָצוֹן הִנֵּחְתָּנוּ.
בָּרוּךְ אַתָּה יְיָ,
מְקַדֵּשׁ הַשַּׁבָּת.

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. Praise to You, Adonai, who sanctifies Shabbat.

HAMOTZI

Baruch atah, Adonai Eloheinu,

Melech haolam,

hamotzi lechem min haaretz.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,

מֶלֶךְ הָעוֹלָם,

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,
who brings forth bread from the earth.



SHABBAT SHALOM

from Temple Sinai!

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