



Central Reform Temple Boston

a progressive jewish congregation

Kindling of the Sabbath Lights

Come, let us welcome the Sabbath. May its radiance illumine our hearts as we kindle these tapers.

Light is the symbol of the divine. "The Eternal God is our light and our salvation."

Light is the symbol of the holiness within each of us. "The human spirit is the light of God."

Light is the symbol of the divine law. "For the commandment is a lamp and the Torah is a light."

Light is the symbol of Israel's mission, as it is written: "I have set you for a covenant of the people, for a light unto the nations."

Therefore, in the spirit of our ancient tradition that hallows and unites Israel in all lands and all ages, do we now kindle the Sabbath lights.

ברוך אתה יי אלהינו מלך העולם,
אשר קדשנו במצותיו,
וצינו להדליק נר של שבת.

Ba-ruch Atah Adonai Elo-hay-nu Melech ha-olam, ah-share
kid-sha-nu b'mitz-vo-tav, v'tzi-va-nu l'had-leek nayr shel Shabbat.

We praise You, Eternal God, Ruler of the universe, who hallows us through laws and ethical teachings, and commands us to kindle the Sabbath lights.

*May God bless us with Sabbath joy.
May God bless us with Sabbath holiness.
May God bless us with Sabbath peace.*

Amen.

UPB Sabbath Eve Service II

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SERVICE FOR SABBATH EVE II

Reader

On this day, holy to Israel, we have entered this sanctuary to unite with our brothers and sisters in worship. We have come here in joyous gratitude for the strength You have given us to do our work during the past week, and for the fortitude to meet challenges and temptations. May this hour of devotion awaken within us the consciousness of Your presence, and bring peace to our spirits.

Congregation

Help us to set aside our anxieties and fears, our worrying and complaining. Sustain our souls with faith. Send forth Your light that we may walk in the way of Your commandments and help us to be instruments of Your will. Through days of labor and Sabbaths of rest, through our daily tasks and our worship, may we express our devotion to You. Let the beauty of Your holiness shine into our hearts, so that we may grow more steadfast in our faith, in our love of You, and in our respect for all humanity. Amen.

SERVICE FOR SABBATH EVE II

Congregation rises

Reader

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ.

Barechu et Adonai ha-m'vo-rach.

Praise the Eternal God to whom all praise is due!

Congregation

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

Ba-ruch Adonai ha-m'vo-rach l'o-lam va-ed.

Let us praise the Eternal God to whom all praise is due
now and forever.

Reader

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדִבְרֵי מַעֲרִיב עֲרֵבִים,
בְּחִכְמָה פּוֹתֵחַ שַׁעֲרֵים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמְחַלֵּף אֶת הַזְּמַנִּים,
וּמַסְדֵּר אֶת הַפּוֹכְבִּים, בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ פְּרָצוֹנוֹ. בּוֹרָא יוֹם
וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעֲבִיר יוֹם וּמַבְיֵא
לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ עֲבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד
יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הַמַּעֲרִיב עֲרֵבִים.

Everliving God! Your majesty is proclaimed by the marvels of earth
and sky. Sun, moon and stars testify of Your power and wisdom.
Day follows day in endless succession and the years vanish, but
Your sovereignty endures. Though all things pass, Your glory will
not depart from us. Help us to become co-workers with You and
endow our fleeting days with abiding worth.

SERVICE FOR SABBATH EVE II

Congregation

All goodness and truth come from You, O God. May no
transgressions estrange us from You, nor error darken our vision of
Your purposes. Help us to discern Your justice and more fully
understand Your will. In adversity and in prosperity, may Your
Torah be a lamp unto our feet, illuminating our path. May we labor
in Your service so that our deeds become a living hymn of praise to
You.

Congregation

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

Shema Yisrael Adonai Elo-hay-nu Adonai Echad.

Hear, O Israel: The Eternal is our God,
The Eternal God is One.

or

Hear, O Israel: The Lord our God, The Lord is One.

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתָ לְעוֹלָם וָעֶד.

Ba-ruch Shem K'vod mal-chu-to l'o-lam va-ed.

Let us praise God who rules in glory forever and ever.

The congregation is seated following the singing of the Shema

SERVICE FOR SABBATH EVE II

Reader or Congregation

וְאֶהְיֶה אֵת יְיָ אֱלֹהֵינוּ, בְּכָל-לְבָבֵנוּ, וּבְכָל-נַפְשֵׁנוּ, וּבְכָל-מְאֹדֵנוּ. וְהָיוּ
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנִי מְצַוֶּה הַיּוֹם, עַל-לְבָבֵנוּ. וְשִׁנְתָם לְבִנְיָהּ,
וְדִבְרָתָם בָּם בְּשִׁבְתָּךְ בְּבֵיתְךָ, וּבְלִכְתָּךְ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֶשֶׁת בֵּין עֵינֶיךָ, וּכְתֻבָתָם עַל מְזוֹזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם
קְדוֹשִׁים לֵאלֹהֵיכֶם. אָמֵן יְיָ אֱלֹהֵיכֶם.

V'ah-hav-ta eit Adonai Elo-he-chah b'chol l'va-v'chah u-v'chol naf-
sh'chah u-v'chol m'o-de-chah. V'ha-yu ha-d'va-rim ha-ay-leh ah-
shayr ano-chi m'tza-v'chah ha-yom al l'vah-ve-chah. V'she-nan-tam
l'va-ne-chah, v'dee-bar-tah bam. B'shiv-t'chah b'vay-te-chah,
uv'lech-t'chah va-de-rech u-v'shoch-b'chah uv-ku-me-chah. Uk-
shar-tam l'ot al ya-de-chah. V'ha-yu l'to-ta-fot bayn ey-ne-chah.
Uch-tav-tam al m'zu-zot bay-te-chah u'vish-ah-re-chah. L'ma-an
tiz-k'ru va-ah-see-tem et kol mitz-vo-tai, ve-yee-tem k'do-shim
lay-lo-hay-chem. Ani Adonai Elo-hei-chem.

Congregation

You shall love the Eternal God, with all your heart, with all your
soul and with all your might. And these words, which I command
you this day, shall be upon your heart. You shall teach them
diligently unto your children, and shall speak of them when you sit
in your house, when you walk by the way, when you lie down, and
when you rise up. You shall bind them for a sign upon your hand,
and they shall be a symbol before your eyes. You shall write them
upon the doorposts of your house and upon your gates, that you may
remember and do all My commandments and be holy unto your
God.

SERVICE FOR SABBATH EVE II

Responsive Reading

In truth, the Eternal One alone is our Redeemer.

*God is the Refuge of the oppressed, the Deliverer of the
persecuted.*

Let us praise the One who gives rest unto the weary and hope to the
despondent.

*Let us ever acknowledge God as our Ruler, and hold fast
unto the Torah.*

Blessed is the Sabbath, the queen of days, which brings unto our
people enrichment of the soul.

*Even as Israel has kept the Sabbath, so the Sabbath has
kept Israel.*

Happy are they who observe the Sabbath, and sanctify it with
prayer, with study and with friendship.

*Let us rejoice in the Eternal God, and delight in the
heritage of our people.*

May our homes be filled with light and gladness. May our hearts be
steadfast, trusting in the Eternal One.

The love of God is our strength.

Choir or Congregation

מִי כְמוֹכָה בָּאֱלֹהִים יְיָ? מִי כְמוֹכָה נֹאדָר בְּקִדְּשׁ?
נוֹרָא תְהִילָת, עֲשֵׂה פֶלֶא?

Me cha-mo-chah ba-ay-leem Adonai? Me ka-mo-chah ne-dar
ba-ko-desh. No-rah t'he-lot, o-say feleh?

Who is like You, Eternal One? Who is like You, glorious in
holiness, awe-inspiring, working wonders?

SERVICE FOR SABBATH EVE II

מְלִכּוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מִשְׁחָה, זֶה אֱלֹהֵי עָנּוּ וְאָמְרוּ

Mal-chut-chah ra-u va-ne-chah. Zeh ay-lee ah-nu v'am-ru:

Your children acknowledged Your sovereign power and exclaimed:

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Adonai yim-loch l'o-lam va-ed

The Eternal God shall reign forever and ever.

Reader

The Sabbath has descended, enfolding us in its mantle of peace. It brings to us the precious gift of time: time to embrace family and friends, to reflect more deeply on the meaning and purpose of our lives, and to worship in the beauty of holiness. May our Sabbaths always be sanctuaries of love and devotion, bringing contentment to our hearts, happiness to our homes and blessings to our people.

Choir or Congregation

יְשִׁמְחוּ בְּמִלְכּוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג. עַם מְקֻדְּשֵׁי שְׁבִיעֵי כָּלֵם
יְשַׁבְּעוּ וְיִתְעַנְּגוּ מִטּוֹבְךָ. וְדוֹשְׁבֵּי עֵי רְצִיתָ בּוֹ וְקִדְּשָׁתוּ. הִמְדַּת יָמִים
אוֹתוֹ קִרְאָתָּהּ, יִזְכָּר לְמַעֲשֵׂה בְּרֵאשִׁית.

Yis-m'chu v'mal-chut'chah shom-ray Shabbat, v'ko-r'ay oneg. Am
m'kah-d'shay sh've-ee. Ku-lam yis-b'u v'yit-an-gu me-tu-ve-chah.
V'ha-sh've-ee ra-tzi-tah bo v'kee-dash-to, chem-dat ya-meem o-to
ka-ra-tah, zay-cher l'ma-ah-say v'ray-sheet.

SERVICE FOR SABBATH EVE II

Those who keep the Sabbath and call it a delight rejoice in Your creation. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of Creation.

Reader

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאַלֹהֵי אֲבוֹתֵינוּ וְאַמּוֹתֵינוּ. אֱלֹהֵי אֲבֹרָהֵם,
וְאַלֹהֵי שָׂרָה, וְכָל דּוֹרוֹתָם. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,
גּוֹמֵל חֲסִדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאַמּוֹת. וּמִבֵּיא
וְנִאֲלָה לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֹּן.
בְּרוּךְ אַתָּה יְיָ, מִגֹּן אֲבֹרָהֵם וְעֹזֶרְתָּ שָׂרָה.

Ba-ruch Atah Adonai Elo-hay-nu vay-lo-hay avo-tay-nu v'ee-mo-
tay-nu, Elo-hay Av-ra-ham, vay-lo-hay Sa-rah, v'chol do-ro-tam.
Ha-eyl ha-ga-dol ha-gi-bor v'ha-no-rah. Eyl el-yon. Go-mayl
cha-sa-deem to-veem, v'ko-nay ha-kol, v'zo-chayr chas-day ah-vot
v'ee-ma-hot. U-may-vee g'u-lah liv-nay v'nay-hem, l'ma-an sh'mo
b'ah-ha-vah. Me-lech o-zayr u-mo-she-ah u-mah-gayn. Ba-ruch
Atah Adonai, ma-gayn Av-ra-ham, v'ez-rat Sa-rah.

Responsive Reading

God of ages past and future, God of this day, as You were with our mothers and fathers, be with us as well.

As you strengthened them, strengthen us. As You were their Guide, be ours as well.

Grant that we too may be bearers of Your teaching, teachers of Your truth.

Then our tradition shall endure and our people Israel will live. From mother and father to daughter and son, and all who follow them.

SERVICE FOR SABBATH EVE II

One generation comes, one generation passes. Each of us is a link in the endless chain of our heritage.

Students of the Torah become teachers. Our people and our ideals endure. Our people and our values live on.

Congregation

Eternal is Your power, O God. You are mighty to save. In loving kindness, You sustain the living. In the multitude of Your mercies, You preserve us all. You uphold the falling and heal the sick, free the captives and keep faith with Your children, in death as in life. Who is like You, Almighty God, Author of life and death, Source of salvation? We praise You, for You have implanted within us eternal life.

Reader

Almighty God, You have called our people Israel to Your service and have found us worthy to bear witness unto Your truth among the people of the earth. Give us grace to fulfill our mission with enthusiasm and with joy, always tempered by wisdom and guided by respect for other people's faiths and ideals.

May our lives attest to the strength of our convictions. May our conduct toward our neighbors, our faithfulness in every sphere of duty, our compassion for those in need, and our patience under trial, show that the One whose law we obey is indeed the God of all goodness, the Loving Parent of all people, that to serve God is perfect freedom and to worship God the soul's purest delight.

SERVICE FOR SABBATH EVE II

Congregation

Open our eyes that we may see and welcome all truth, whether shining from the wisdom of ancient revelations or reaching us through the prophets of our own time. For You continue to shed Your light on every generation that yearns for You and seeks Your guidance.

Reader or Choir

הַשְׁפִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלִּפְנֵי לְחַיִּים וּפְרוֹשׁ עָלֵינוּ
סִכַּת שְׁלוֹמְךָ, וְתַקְּנֵנוּ בַּעֲצָה טוֹבָה מִלִּפְנֵיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֹךְ,
וְהַגֵּן בְּעַדָּנוּ, וְהוֹסֵר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחֶרֶב, וְרָעָב וְיָגוֹן, וְהוֹסֵר שָׁטָן
מִלִּפְנֵינוּ וּמֵאַחֲרֵנוּ, וּבָצֵל כְּנֻפִיךָ תַּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילָנוּ
אַתָּה, כִּי אֵל מֶלֶךְ חַסֵּד וְרַחוּם אַתָּה, וְשִׁמּוֹר צִאתָנוּ וּבּוֹאָנוּ, לְחַיִּים
וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם. וּפָרַשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ. בְּרוּךְ אַתָּה יְיָ,
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל כָּל הָעַמִּים.

Reader

Grant that we may lie down in peace and that we may rise up again unto life. Spread over us the shelter of Your peace. Guide us with wise counsel. Be a shield about us, protecting us from hatred and war, from pestilence and sorrow. Curb within us the inclination to do evil, and shelter us within the embrace of Your love. Guard our going out and our coming in unto life and peace, from this time forth and forever. We praise You, God, whose shelter is spread over us and over all those who dwell on earth.

SERVICE FOR SABBATH EVE II

Congregation or Choir

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ תָּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכָל הַשְּׁלֹמִים. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמָּךְ יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים
בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ. בְּרוּךְ אַתָּה יְיָ, עֹשֶׂה הַשְּׁלֹמִים.

Sha-lom rav al Yis-ra-el am-chah ta-seem l'o-lam. Ke Atah hu
Melech A-don l'chol ha-sha-lom. V'tov b'ay-ne-chah l'va-raych et
am-chah Yis-ra-el, b'chol eit u-v'chol sha-ah bish-lo-me-chah.
Ba-ruch Atah Adonai, o-say ha-sha-lom.

O Sovereign God of peace, let Your people know enduring peace,
for it is good in Your sight continually to bless us with your peace.
We praise the Eternal One, who blesses our people Israel and all
people with peace.

Silent Prayer

or such other prayer or meditation as the heart may prompt

God, keep my tongue from evil and my lips from speaking guile. Be
my support when grief silences my voice and my comfort when woe
bends my spirit. Implant humility in my soul, and strengthen my
heart with perfect faith in You. Help me to be strong in trial and
temptation and to be patient and forgiving when others wrong me.
Guide me by the light of Your counsel that I may ever find strength
in You, my Rock and my Redeemer. Amen.

SERVICE FOR SABBATH EVE II

Or Psalm 23

The Lord is my shepherd, I shall not want. He maketh me to lie
down in green pastures. He leadeth me beside the still waters. He
restoreth my soul. He guideth me in straight paths for His name's
sake. Yea, though I walk through the valley of the shadow of death,
I will fear no evil, for Thou art with me. Thy rod and Thy staff, they
comfort me. Thou preparest a table before me in the presence of
mine enemies. Thou hast anointed my head with oil. My cup
runneth over. Surely goodness and mercy shall follow me all the
days of my life, and I shall dwell in the house of the Lord forever.

Choir and Congregation

יְהוָה לִרְצוֹן אֲמַר־יָּ פִי וְהִגִּידוֹן לִיבִי לְפָנֶיךָ, יְהוָה, צוּרִי וְגֹאֲלִי.

Y'he-yu l'ra-tzon im-ray fee v'heg-yon lee-bee l'fa-ne-chah, Adonai
tzu-ri v'go-ah-lee.

May the words of my mouth and the meditations of my heart be
acceptable unto You, O God, my Rock and my Redeemer. Amen.

For the concluding prayers turn to page page 293

Me Sh'bay-rach

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ
מִי שֶׁבֵּרַךְ אֲמוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Me sh'bay-rach ah-vo-tay-nu
M'kor ha-b'ra-chah l'ee-mo-tay-nu

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.

Me sh'bay-rach ee-mo-tay-nu
M'kor ha-b'ra-chah l'ah-vo-tay-nu

Bless those in need of healing
With r'fu-ah sh'lay-mah,
The renewal of body,
The renewal of spirit,
And let us say: amen.

Aleinu - The Adoration

Let us adore the everliving God, and render praise unto You; Who spread out the heavens, and established the earth. Your glory is revealed in the heavens above, and Your greatness is manifest throughout the world. You are our God, there is none else!

וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֶי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

Va-a-nach-nu ko-r'im u-mish-ta-cha-vim u-mo-dim, lif-nei me-
lech mal-chei ha-m'la-chim, Ha-Kadosh Ba-ruch Hu.

We bow our heads in reverence before the Eternal One, Source of all life.

May the time not be distant O God, when those who worship You by many Names throughout the world, will live together in justice and peace; when fanaticism of belief will disappear, and the error of hatred and violence in Your Name will be no more. Fervently we pray that the day may come when all people shall invoke You in this spirit; when corruption and evil shall give way to integrity and goodness, when superstition shall no longer enslave the mind, nor the idolatry of wealth and power blind the eye; when all who dwell on earth shall know that to You, as the God of all humanity, every heart shall be open, and every tongue give praise.

May all, created in Your image, recognize that we are brothers and sisters – so that one in spirit and one in harmony, we may be forever united before You. Then shall your Spirit embrace the entire world, and the purpose of Creation be fulfilled; Humanity will live together in Your image, as one family, forever and ever!

CONCLUDING PRAYERS

Congregation

בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד, וּשְׁמוֹ אֶחָד.

Ba-yom ha-hu y'he-yeh Adonai echad, u-sh'mo echad.

On that day God shall be One and God's name shall be One.

I

All you who mourn the loss of loved ones and, at this hour, remember the sweet companionship and the cherished hopes that have passed away with them, listen to these words of comfort spoken in the name of God: Only the body has died and has been laid in the dust. The spirit lives on in the shelter of God's love and mercy. Our loved ones continue in the remembrance of those to whom they were precious. Their deeds of loving kindness, the true and beautiful words they spoke, are treasured as incentives to conduct, by which the living honor the dead.

And when we ask in our grief: From where shall come our help and our comfort? Then, in the strength of our faith, let us answer with the Psalmist: My help comes from God. The Eternal One will not forsake us nor abandon us in our grief. Upon God we cast our burden and God will grant us strength according to the days which have been apportioned to us.

All life comes from God. All souls are in God's keeping. Come then, and in the midst of sympathizing fellow worshippers, let us rise and hallow the name of God.

II

"The Eternal gives, the Eternal takes away, blessed is the Name of God." As we recall our beloved who have passed away, these words bring healing to the anguish that death has wrought. Our loved ones have answered the summons that sounds for all human beings, for we are sojourners upon the earth, and our times are in God's hands. We lose our hold upon life when our time has come, as the leaf falls from the bough when its day is done. The deeds of the righteous enrich the lives of others as the fallen leaf enriches the soil beneath. The dust returns to the earth, the spirit lives on in God's eternal years. Like the stars by day, our beloved may no longer be seen by mortal eyes, but they shine on in the untroubled firmament of endless time. Let us be thankful for the companionship that continues in love that is stronger than death, and which spans the gulf of the grave. Cherishing their memories, let us, in the presence of the congregation, sanctify the name of God.

III

In nature's ebb and flow, God's eternal law abides. When tears dim our vision and grief clouds our understanding, we often lose sight of the Eternal's plan. Yet we know that both growth and decay, life and death, all reveal God's purpose.

God, who is our support in the struggles of life, is also our hope in death. We have set the Eternal before us and shall not despair. In God's hands are the souls of all the living and the spirits of all women, men and children. Under God's protection we abide and by God's love we are comforted.

O Life of our life, Soul of our soul, cause Your light to shine into our hearts and fill our spirits with abiding trust in You.

IV

Birth is a beginning and death is a destination.
 And life is a journey:
 From childhood to maturity
 And youth to age;
 From innocence to awareness
 And ignorance to knowing;
 From foolishness to discretion
 And then, perhaps, to wisdom;
 From weakness to strength
 Or strength to weakness
 And, often, back again;
 From health to sickness
 And back, we pray, to health again;
 From offense to forgiveness,
 From loneliness to love,
 From joy to gratitude,
 From pain to compassion,
 And grief to understanding.
 From fear to faith;
 From defeat to defeat to defeat
 Until, looking backward or ahead,
 We see that victory lies
 Not at some high place along the way,
 But in having made the journey, stage by stage,
 A sacred pilgrimage.
 Birth is a beginning
 And death is a destination and life is a journey,
 A sacred pilgrimage to life everlasting.

V

When cherished ties are broken and fond hopes shattered, only faith and confidence can lighten the heaviness of the heart. The pain of separation is hard to bear, but to become despondent from our sorrow will only embitter our grief. The Psalmist said that in his affliction he learned the law of God. Indeed, not unavailing will be our grief, if it sends us back to serve and bless the living. We learn how to counsel and comfort those who, like ourselves, are sorrow-stricken. Though absent, the departed still nurture our spirits, teaching us greater patience, faithfulness and devotion. In the remembrance of their virtues and affections, the best and purest parts of their nature lie eternally enshrined. Let us lift our heads in hope, and summon our strength to carry on. We dwell in the shelter of the Eternal God, who is our Refuge and our Fortress.

VI

God, the Source of life, the Fountain of all good, has given us dear ones. We rejoice in their love, grow stronger through their care, and are ennobled by their influences. God also has established a natural end for life and earthly companionship. Often we cannot comprehend the larger purpose, yet we trust in God nevertheless. Though the longing within us may seem more than we can bear, we must understand that our grief is according to our blessing. The sorrow of separation is the inevitable price for days and years of precious love. Tears are the tender tribute of yearning affection for those who have passed away but will not be forgotten. Death is not the end. The earthly body vanishes; the immortal spirit lives on with God. In our hearts, also, our loved ones never die. Their love and memory abide as lasting inspiration, moving us to noble deeds and blessing us evermore. In humble gratitude for their lives and love, and with steadfast faith, let us sanctify God's name.

Before Kaddish

Our thoughts now turn to those who have departed this earth; our own loved ones, those whom our friends and neighbors have lost, the martyrs of our people, the Six Million who perished in the Shoah, and those of every race, nation and faith whose lives have been a blessing to humanity.

The departed whom we now remember have entered into the peace of life eternal. They still live on earth in the acts of goodness they performed and in the hearts of those who cherish their memory. May the beauty of their lives abide among us as a loving benediction.

CLOSING PRAYERS

KADDISH

(Congregation rises)

The Kaddish According to the Contemporary Pronunciation

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ, וְיִמְלִיךָ
מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא וּבְזִמְן
קָרִיב וְאַמְרוּ אָמֵן.

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba. B'al-ma di-v'ra chir-u-tei,
v-yam-lich mal-chu-tei. B'cha-yei-chon u'yo-mei-chon u-v'cha-yei
d'chol beit Yis-ra-eil, ba-a-ga-la u'viz-man ka-riv. V'im-ru: A-mein.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי וּלְעֵלְמֵי עָלְמָיָא.

Y'hei sh'mei ra-ba m'vo-rach, l'a-lam u-l'al-mei al-mei-ya.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרַומֶּם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא.

Yit-ba-rach v'yish-ta-bach, v'yit-pa-ar, v'yit-ro-mam, v'yit-na-sei.
V'yit-ha-dar, v'yit-a-le, v'yit-ha-lal, sh'mei d'ku-d'sha. B'rich hu.

לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאַמְיִין בְּעֶלְמָא,
וְאַמְרוּ אָמֵן.

L'ei-la min kol bir-cha-ta v'shi-ra-ta, tush-b'cha-ta
v'ne-che-ma-ta, da-a-me-ran b'al-ma. V'im-ru: A-mein.

CLOSING PRAYERS

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

Ye'hei sh'la-ma ra-ba min sh'ma-ya v'cha-yim,
a-lei-nu v'al kol Yis-ra-eil. V'im-ru: A-mein.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאַמְרוּ
אָמֵן.

O-sei sha-lom bim-ro-mav. Hu ya-a-seh sha-lom a-lei-nu, v'al kol
Yis-ra-eil. V'im-ru: A-mein.

Translation of the Kaddish

Let the glory of God be extolled. May God's greatness be revered in
the world whose creation God willed. Mayn God's dominion soon
prevail, in our own day, in our own lives, and in the life of all Israel,
and let us say: Amen.

Let God's greatness be praised forever and ever.

Let the Holy One be glorified, exalted and honored, though God is
beyond all praises, songs and adorations that we can speak, and let us
say: Amen.

For us and for all Israel, may the blessing of peace, and the promise of
life, come true, and let us say: Amen.

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

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

*The Kiddush**The cup of wine is raised*

The Sabbath teaches us that all life is sacred, that all our work and joys can be dedicated to God, and that we find the truest happiness in serving the Eternal One.

Let us praise God with this symbol of joy, as we express gratitude for all the blessings of the past week; for life and health, for home and love and friendship, for the happiness that has come to us out of our labors. You have ennobled us by the blessings of work, and have sanctified us with Sabbath rest, as it is written in the Torah: "Six days shall you labor and do all your work, but the seventh day is the Sabbath to be devoted to the Eternal God."

ברוך אתה יי אלהינו מלך העולם, בורא פרי הגפן.

Ba-ruch Atah Adonai Elo-hay-nu Melech ha-olam,
bo-ray p'ree ha-ga-fen.

Let us praise the Eternal God, Ruler of the Universe,
who creates the fruit of the vine.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו ורצה בנו,
ושבת קדש באהבה וברצון הנחילנו זכרון למעשה בראשית, כי
הוא יום תחלה למקראי קדש, וזכר ליציאת מצרים, כי בנו בחרת
ואותנו קדשת מכל העמים, ושבת קדש באהבה וברצון הנחלתנו.
ברוך אתה יי מקדש השבת.

Ba-ruch Atah Adonai, Elo-hay-nu Melech ha--olam, ah-share
kid-sha-nu b'mitz-vo-tav v'ra-tzah va-nu. V'Shabbat kod-sho,
b'ah-ha-vah uv-ra-tzon hin-chee-la-nu, zee-ka-ron l'ma-ah-say
v'ray-sheet. Ke hu yom t'chee-lah, l'mik-ra-ay ko-desh, zay-cher
lee-tzee-aht mit-ra-yeem. Ke va-nu va-chart-ta v'oh-ta-nu
kee-dash-ta, me-kol ha-ah-meem, v'Shabbat kod-sh'cha b'ah-ha-vah
uv'ra-tzon hin-chal-ta-nu. Ba-ruch Atah Adonai, m'ka-daysh
ha-Shabbat.

Translation of the Kiddush

Blessed is the Eternal God, Ruler of the Universe, who hallows us through the commandments and takes delight in us. In love and favor, God has made the holy Sabbath our heritage, as a reminder of the work of creation. It is first among our sacred days, a remembrance of the Exodus from Egypt. O God, You have called us from among all people, and in love and favor have given us the Sabbath day as a sacred inheritance. We thank you, O God, for the Sabbath and its holiness.

Blessing over the Challah

ברוך אתה יי אלהינו מלך העולם, המוציא לחם מן הארץ.

Ba-ruch Atah Adonai Elo-hay-nu Melech ha-olam
ha-mo-tzee le-chem min ha-ah-retz.

Let us praise the Eternal God, Ruler of the Universe,
who brings forth bread from the earth.