



Central Reform Temple Boston

a progressive jewish congregation

UPB Sabbath Eve Service III

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SERVICES FOR SABBATH EVE

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.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

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.

SERVICE FOR SABBATH EVE III

Reader

Creator of the universe, we have entered our sanctuary on this Sabbath to hallow Your name and to offer unto You our prayers of thanksgiving. The week of toil has ended. The time of rest has come. You have given us the blessing of labor, so that by our work, we may fashion things of use and beauty. May the fruits of our labors be acceptable to You.

Congregation

May each new Sabbath find us going from strength to strength, so that through Your guiding spirit, we may be helped to ever worthier work. Make us conscious of our obligation to You and of the opportunities for service which You have put within our reach. Help us to use our powers for the benefit of others, so that the lives of many people may be made better through the work of our hands.

Responsive Reading

I rejoiced when they said to me: Let us go to the house of God.

How shall I come before God? How shall I express praise and gratitude to our Creator?

We have been told what is good, and what God requires of us.

To do justly, to love mercy, and to walk humbly with our God.

Have we not all one Maker? Did not one God create us all?

Why do we behave divisively, setting one against the other?

Proclaim liberty throughout the land unto all the inhabitants thereof.

Let justice well up as the waters and righteousness like a mighty stream.

SERVICE FOR SABBATH EVE III

Congregation rises

Reader

בָּרְכוּ אֶת יְיָ הַמְבָרֵךְ.

Barechu et Adonai ha-m'vo-rach.

Praise the Eternal God to whom all praise is due!

Congregation

בָּרוּךְ יְיָ הַמְבָרֵךְ 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

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדָבָרוֹ מַעְרִיב עַרְבִים,
בְּחֻכְמָהּ פּוֹתֵחַ שְׁעָרִים, וּבְחִבּוּנָהּ מְשַׁנָּה עֵתִים, וּמַחְלִיף אֶת הַיּוֹמִים,
וּמַסְדֵּר אֶת הַפּוֹכְבִּים, בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרֻצּוֹ. בּוֹרֵא יוֹם
וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי הַשֶּׁשׁ, וְרוֹשֵׁף מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמַבְיֵא
לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ עֲבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד
יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עַרְבִים.

SERVICE FOR SABBATH EVE III

Reader

O God, how can we know You? Where can we find You? You are as close to us as breathing and yet are farther than the most distant star. You are as mysterious as the vast solitudes of the night and yet are as familiar to us as the light of the sun. Even to Moses You said: "You cannot see my face, but I will make all My goodness pass before you." Thus does Your goodness pass before us in the realm of nature and in the varied experiences of our lives.

Congregation

When justice burns like a flame within us, when love evokes willing sacrifice from us, when, to the last full measure of selfless devotion, we proclaim our belief in the ultimate triumph of truth and righteousness, we are truly doing Your will. You live in our hearts, even as You pervade our world. Through righteous action, we offer living testimony to Your presence.

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.

SERVICE FOR SABBATH EVE III

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ 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

Reader or Congregation

וְאַהֲבַת אֵת יְיָ אֱלֹהֶיהָ, בְּכָל-לֵבָהּ, וּבְכָל-נַפְשָׁהּ, וּבְכָל-מַאֲדָהּ, וְהָיוּ
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לֵבָבְךָ. וְשָׁנַנְתָּם לְבִנְיָהּ,
וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלֶכְתְּךָ בְּדַרְךָ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ, וּכְתֻבָּתָם עַל מְזוּזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם
קֹדְשִׁים לֵאלֹהֵיכֶם. אֲנִי 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.

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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.

Responsive Reading

The eternal truth is that You alone are God and there is none else.

May the righteous of all nations rejoice in Your love and exult in Your justice.

Let them beat their swords into plowshares and their spears into pruning hooks.

Let nation not lift up sword against nation nor learn war any more.

You shall not hate your brother or your sister in your heart.

The stranger that sojourns with you shall be accepted as your equal. For you were strangers in the land of Egypt.

"Why do you crush My people and oppress the poor?" asks God.

We know that the Eternal One defends the poor and upholds the rights of the needy.

SERVICE FOR SABBATH EVE III

Choir or Congregation

מי כְּמוֹכָה בָּאֵלִים יְיָ מִי כְּמוֹכָה נֶאֱדָר בְּקֹדֶשׁ?
נוֹרָא תְהִי־לִית, 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?

מְלֹכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה, וְהָ אֱלֹהֵי עַנּוּ 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 וְיִמְלֹךְ לְעֹלָם וָעֶד.

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

The Eternal God shall reign forever and ever.

Reader or Choir

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מְלָכֵנוּ לְחַיִּים וּפְרוֹשׁ עָלֵינוּ
סֶפֶת שְׁלוֹמָךְ, וְתִקְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֹךְ,
וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעֲלֵינוּ אוֹיֵב, דָּבָר, וְחָרָב, וְרָעַב וְיָגוֹן, וְהִסֵּר שָׁטָן
מִלִּפְנֵינוּ וּמֵאַחֲרֵנוּ, וּבָצַל כְּנָפֶיךָ תַּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ
אַתָּה, כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה, וּשְׁמוּר צִדְקָתֵנוּ וּבּוֹאֵנוּ, לְחַיִּים
וּלְשָׁלוֹם, מֵעַתָּה וְעַד עֹלָם. וּפְרֹשׁ עָלֵינוּ סֶפֶת שְׁלוֹמָךְ, בְּרוּךְ אַתָּה יְיָ,
הַפּוֹרֵשׁ סֶפֶת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל.

Reader

Cause us, Eternal God, to lie down in peace and to awaken each morning to renewed life and strength. Spread over us the shelter of Your peace. Help us to order our lives by Your counsel and lead us in the paths of righteousness. Be a shield about us, protecting us from hatred and war, from pestilence and sorrow.

Congregation

Curb within us the inclination to do evil, and shelter us with 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, O God, whose shelter of peace is spread over us, over our people Israel and over all the world.

Congregation or Choir

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם, כִּי שָׁשֶׁת יָמִים עָשָׂה יי
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

V'sham-ru v'nay Yis-ra-el et ha-Shabbat, la-ah-sot et ha-Shabbat
l'do-ro-tam, b'reet o-lam. Bay-ne u-vayn b'nay Yis-ra-el ot he
l'o-lam. Ke shay-shet ya-meem ah-sah Adonai et ha-sha-ma-yeem
v'et ha-ah-retz, u-va-yom ha-sh'zee-ee sha-vat va-y'na-fash.

The people of Israel shall keep the Sabbath, observing the Sabbath throughout the generations as a perpetual covenant. It is a sign between Me and the people of Israel forever.

Reader

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם,
וְאֱלֹהֵי שָׂרָה, וְכָל דּוֹרוֹתָם. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן,
גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמוֹת. וּמְבִיא
גְּאֻלָּה לְבָנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה. מְלֶכֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.
בָּרוּךְ אַתָּה יי, מִגֵּן אַבְרָהָם וְעִזְרַת 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.

We praise You, God of our mothers and fathers, God of Abraham and Sarah, and all their generations. You bestow loving kindness upon all Your children. You remember the devotion of those who came before us. In Your love, You bring redemption to their descendants for the sake of Your name. You are our Ruler and Helper, our Savior and Protector. We praise You, Eternal One, Shield of Abraham and Help of Sarah.

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.

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Reader

Eternal Source of knowledge, You have endowed us with reason and understanding. We pray for the light of Your truth, for insight into Your ways, and for the strength to banish from our hearts every unworthy desire. Forgive us when we sin and pardon our failings. May those who have lost their way come again to know Your love, and turn to You in newness of heart.

Congregation

Our God and God of our mothers and fathers, grant that our worship on this Sabbath be acceptable unto You. Sanctify us through Your commandments that we may share in the blessings of Your word. Teach us to be satisfied with the gifts of Your goodness, and gratefully to rejoice in all Your blessings. Purify our hearts that we may serve You in truth. Help us to preserve the Sabbath as Israel's heritage from generation to generation, that it may ever bring rest and joy, peace and comfort to our lives, and through it Your name be hallowed in all the earth. We praise You, Eternal God, who sanctifies the Sabbath.

Reader

Creator of all the world, You have blessed us with noble powers. Teach us to make wise use of them. You have called us to be Your partners in the work of creation. We thank You for the power to choose the path devoted to Your service and dedicated to the well-being of those around us. May all that we do bring nearer the coming of Your reign on earth.

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Congregation

May all people find their way and help establish peace on earth. Let them cultivate that good will which may bring enduring peace. Let the nations realize that the triumphs of war turn to ashes, that justice and right are better than conquest and dominion. May they come to see that it is not by might and not by power, but by Your spirit that life prevails. Bless our land with plenty, and our nation with peace. May righteousness abide with us, and virtue bring us happiness. Blessed is the Eternal God, who hearkens to prayer.

Reader or Choir

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל וְאֶת כָּל הָעַמִּים
בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמָךְ. בְּרוּךְ אַתָּה יְיָ, עֹשֶׂה הַשְּׁלוֹם.

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.

Meditation

We give thanks for the freedom that is ours, and we pray for those in other lands who are persecuted and oppressed. Help them to bear their burdens, and keep alive in them the love of freedom and the hope for deliverance. Uphold also the hands of our brothers and

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sisters in the land of Israel. Cause a new light to shine upon Zion and upon us all, that the time may come again when Your Torah will go forth from the House of Israel, Your word from the tents of Jacob. Blessed is our God, whose presence gives life to our people Israel.

Silent Prayer

or such other prayer or meditation as the heart may prompt

In this moment of silent prayer, a still, small voice speaks in the depths of my spirit. It speaks to me of what I must try to do to attain holy kinship with You and to grow more in Your likeness. May I do my allotted tasks with faithfulness even though no taskmaster's eye is upon me. May I be more gentle in the face of ingratitude or when slander distorts my noblest motives. May I come to the end of each day with the feeling that I have used its gifts well and faced its trials courageously. O God, help me to be ever more like You, holy for You are holy, loving for You are loving. Speak to me as I seek You again and again in the stillness of meditation, until Your guidance shall at last become for me a cherished and familiar way of life, that I may live on in deeds that bless the lives of others, leaving behind me the heritage of a good name. Amen.

Choir and Congregation

יְהוָה לְרִצּוֹן אֲמָרֵי-פִי וְהִגִּיוֹן לִיבִי לְפָנֶיךָ, יְיָהוָה, 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 לְאִבּוֹתֵינוּ

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. בְּעֻלְמָא דִּי בְּרָא כְרַעֲוִיתָהּ, וְיִמְלִיךָ
מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְכָל בֵּית יִשְׂרָאֵל. בְּעֻלְמָא וּבְזִמְנָא
קָרִיב וְאָמְרוּ 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 uv'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.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וְלְעַלְמֵי עָלְמָיָא.

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

וְיִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרַומֵּם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא 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.

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאָמְרִין בְּעֻלְמָא
וְאָמְרוּ אָמֵן.

Le'i-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

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ 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 שְׁלֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ
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 קדשו באהבה וברצון הנחילנו ופרון למעשה בראשית, כי
הוא יום תחלה למקראי קדש, וזכר ליציאת מצרים, כי בנו בחרת
ואותנו קדשת מכל העמים, ושבת קדשך 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.