



Central Reform Temple Boston

a progressive jewish congregation

UPB Sabbath Eve Service V

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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.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק נֵר 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 naysr 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 V

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 blessing to our people.

Congregation

Source of light and truth, Creator of the eternal law of goodness, and of the impulse within us for justice and mercy, we pray that this hour of worship may be one of vision and inspiration. Help us to find knowledge by which to live. Lead us to take the words we shall speak into our hearts and our lives.

Bless all who enter this sanctuary in search and in need, all who bring to this place the offering of their hearts. May our worship here lead us to fulfill our words and our hopes with acts of kindness, peace and love. Amen.

Meditation

In this quiet hour of worship, I reflect upon the meaning of my life. I cherish a vision of my highest self, a dream of what I could and should become. May I pursue this vision and labor to make real my dreams.

An artist in the course of painting will pause, lay aside the brush, step back from the canvas, and consider what needs to be done, what direction is to be taken. So does each of us pause to reflect.

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As I hope to make my life a work of art, so may this hour of worship help me to turn back to the canvas of life to paint the portrait of my highest self. May my efforts to grow in moral stature bring me the joy of achievement. And may I always hold before my eyes the vision of perfection we call by the name of God, and grow toward The Source of all goodness.

Responsive Reading

Come, let us sing unto God. Let us raise our voices in joy to the Rock of our salvation.

Let us come into God's presence with thanksgiving. Let our voices ring out in joyful song.

Sing unto the Eternal. Let us proclaim God's saving power from day to day.

Honor and majesty are before You. Strength and beauty are in Your sanctuary.

Worship the Eternal One in the beauty of holiness. Let all the earth give praise to our Creator.

Let the heavens be glad, and the earth rejoice. Let the field exult, and all that is therein.

Let the righteous be glad in God's Presence, and give thanks to God's everlasting name.

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Congregation rises

Reader

בָּרַכְנוּ 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

We praise You, Ruler of the world, by whose law the shadows of evening fall and the gates of each new day are opened. In wisdom, You have established the changes of times and seasons and ordered the ways of the stars in their heavenly courses. Creator of heaven and earth, Source of all life, rule over us forever. We thank You, for the day and its work and for the night and its rest.

Congregation

Infinite as is Your power, even so is Your love. You have manifested it through the history of our people Israel. By laws and commandments, by statutes and ordinances, You have led us in the way of righteousness and brought us to the light of truth. Therefore, at our lying down and our rising up, we will meditate on Your teachings and find in Your Torah true life and length of days. May Your love never depart from our hearts. We thank You, O God, for You have revealed Your love through Israel.

SERVICE FOR SABBATH EVE V

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 מְלֻכוֹתוֹ 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

וְאֵהָבָה אֶת יְיָ אֱלֹהֵינוּ, בְּכָל-לֵבָבָה, וּבְכָל-נַפְשָׁה, וּבְכָל-מְאֹדָה. וְהָיוּ
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנִי מְצִוֶּה הַיּוֹם, עַל-לֵבָבְךָ. וְשָׁנַנְתָּם לְבִנְיָה,
וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבִלְכֻתְךָ בְּדֶרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֶטֶפֶת בֵּין עֵינֶיךָ, וּכְתִבְתָּם עַל מְחוֹזֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם
קוֹדְשִׁים לֵאלֹהֵיכֶם. אֲנִי יְיָ אֱלֹהֵיכֶם.

SERVICE FOR SABBATH EVE V

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.

Responsive Reading

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

Through Your power alone has Israel been redeemed from the hand of oppressors.

Great deeds have You wrought on our behalf and wonders without number.

You have kept us in life. You have not let our footsteps falter.

SERVICE FOR SABBATH EVE V

You have been with us during the long years of oppression. Our faith sustained us even when our people suffered the deepest of anguish.

And now that we live in this land of freedom, may we continue to be faithful to You and Your Torah.

May Your teachings guide the lives of all Your children, and Your truth unite our hearts in peace.

O God, our refuge and our hope, we glorify Your name now as did our people in ancient days.

Choir or Congregation

מִי כְמוֹכָה בְּאֱלִים יְיָ? מִי כְמוֹכָה נֶאֱדָר בְּקִדְשׁ?
נוֹרָא וְנוֹהִילֵת, עֲשֵׂה פִלָּא?

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?

מְלִכּוֹתֶיךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מִשְׁחָה, וְזֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ:

Mal-chu-t'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.

SERVICE FOR SABBATH EVE V

Congregation

As You have redeemed Israel and saved us from arms stronger than our own, so may You redeem all who are oppressed and persecuted. We praise You, God, Redeemer of Israel.

Reader

O God, You give meaning to our hopes, to our struggles and to our strivings. Without You we would be lost, our lives empty. When all else fails us, we turn to You. In the stillness of the night, when the outer darkness enters the soul, in the press of the crowd, when we walk alone though yearning for companionship, and when in agony we are bystanders to our own confusion, we look to You for hope and peace.

Congregation

We do not ask for a life of ease, for happiness without pain or disappointment. Instead, we ask You to teach us to be uncomplaining and unafraid. In our darkness, help us to find Your light. In our loneliness, may we discover that many spirits are akin to our own. Give us strength to face the future with hope and courage, so that even from life's discords and conflicts we may draw blessing. Make us understand that we are called upon not only to enjoy the richness of the earth, but to exult in heights attained after the toil of climbing.

Let our darkness be dispelled by Your love, that we may rise above fear and failure, our steps sustained by faith. You give meaning to our lives. You are our support and our trust.

SERVICE FOR SABBATH EVE V

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 וַיְנַפֵּשׁ.

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'vee-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

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאַלֹהֵי אֲבוֹתֵינוּ וְאַמּוֹתֵינוּ. אֱלֹהֵי אֲבֹרָהִם, וְאַלֹהֵי שָׂרָה, וְכָל דּוֹרוֹתָם. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסִדִּים טוֹבִים, וְקוֹנֵה הַכּוֹל, וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאַמּוֹת. וּמְבִיא גְּאֻלָּה לְבְנֵי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה. מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בְּרוּךְ אַתָּה יי, מְגַן אֲבֹרָהִם וְעוֹזֵר 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.

SERVICE FOR SABBATH EVE V

Responsive Reading

Our God and God of our fathers, God of Abraham, Isaac and Jacob, a heritage has come down to us along through the long journey our people has traveled.

Our God and God of our mothers, God of Sarah, Rebekah, Leah and Rachel, a great legacy has been passed down to us.

When others worshipped gods indifferent to goodness, our mothers and fathers turned to the One whose laws united all people in justice and love.

When knowledge was the secret lore of princes and priests, our sages opened their doors to all who sought understanding.

In a world where the weak were tormented by oppressors, our Torah taught us to love the poor and the stranger.

Where the sword was sovereign, we were taught to seek peace and pursue it.

All this now is ours. Ours the teaching, ours the task, to make our heritage live.

For it is our life and the length of our days.

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 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.

SERVICE FOR SABBATH EVE V

Reader

You are with us in our prayer, in our love and our doubt, in our longing to feel Your presence and do Your will. You are the still, clear voice within us. Therefore, when doubt troubles us, when anxiety makes us tremble, and pain clouds the mind, we look inward for the answer to our prayers. There may we find You, and there find courage, insight and endurance. May our worship bring us closer to one another, that all Israel, and all who seek You, may find new strength for Your service.

Congregation

Our God and God of ages past, 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 Torah. 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 bring rest and joy, peace and comfort, and that through it Your name may be hallowed in all the earth. We praise You, O God, who sanctifies the Sabbath.

Reader

Bless our nation and its inhabitants. Prosper us in all worthy endeavors. Be with those whom we have chosen to lead us, that they may strive to establish justice and opportunity for all, and may they labor to bring peace to the family of nations.

SERVICE FOR SABBATH EVE V

Congregation

Bless all who enter this house. May the worship offered within its walls be worthy of Your greatness and Your love; that all who seek Your presence may find it here. For the joy of community, the gift of human diversity, and the vision of universal harmony, we offer our grateful thanks.

Reader

Bless the entire household of our people Israel wherever we dwell. May Your favor rest upon the land of Israel, its diverse people and faith communities. Protect Israel against hatred and war. Grant that the promise of its origins soon may be fulfilled in peace and harmony. Be with us here, where we worship You in freedom. May those who continue to live under oppressive conditions find release and liberty speedily in our own day. Amen.

Reader

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

SERVICE FOR SABBATH EVE V

Silent Prayer

or such other prayer or meditation as the heart may prompt

O Eternal God, in Your abundant goodness, we have been preserved
during the past week. Through all our days flow the refreshing
waters of Your loving kindness, yet we often forget the Source. May
this hour awaken within us a sense of our dependence upon You.
Create in us a clean heart and renew Your spirit within us that we
may face our daily duties with greater courage and clarity of
purpose. May we discover that in loving and serving others, we are
loving and serving You. Guard us and our dear ones in the coming
week. May we live together in love and unselfishness, so that
happiness and peace may abide within our homes. May the spirit of
the Sabbath envelop our lives with its blessings of peace. Amen.

Choir and Congregation

יְהִי לְרָצוֹן אֲמִרֵי-פִי וְהִגִּיזֵן 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 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.

CONCLUDING PRAYERS

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.

CONCLUDING PRAYERS

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

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְּרָא כְרַעֲיָתָהּ, וְיִמְלִיךָ
מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֻלְמָא וּבְזִמְנָא
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 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.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמָא וְלְעֵלְמֵי עֻלְמָא.

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

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דִּקְדוּשָׁא 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.

לְעֻלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנַחֲמָתָא, דְּאַמְרִין בְּעֻלְמָא
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 שְׁלֹמִים בְּמִרְמָיו הוּא יַעֲשֵׂה שְׁלֹמִים 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.

OBSERVANCES FOR THE HOME

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 ובברצון הנחילנו ופרון למעשה בראשית, כי
הוא יום תחלה למקראי קדש, וקר ליציאת מצרים, כי בנו בחרת
ואותנו קדשת מכל העמים, ושבת קדשך באהבה ובברצון הנחלתנו.
ברוך אתה יי, מקדש השבת.

OBSERVANCES FOR THE HOME

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.