

A REACHING UP SONG

We dream
How God will bring us back to Zion.
Then shall we laugh again.
Then shall we sing again.
Then shall it be said abroad:
“How great it is!
Look at what God has done for them!
If God had done the same for us,
We too would be glad.”

O God! Why don't You bring us back?
As you bring back water
To the dried-up Negev streams?

Yes we will trust. We sowed with tears
We will reap with song.

Those who go, casting out seeds,
Sometime feel like weeping.
Yet on they go, always trusting,
That they shall come back singing,
Bearing in the harvest sheaves.

(At Wedding Feast include)

Remove all pain, all wrath take wing
Then even ones who are mute will sing
Guide us aright and far from sin
As we join in praising Aaron's kin

INVITATION AND CONSENT

Leader:

*Havey-rai n'va-reyekh.
Friends, let us give praise.*

Response:

*Y'hi sheym Adonai m'vorakh mey-ata v'ad olam.
May God's name be praised, now and forever*

Leader:

*Y'hi sheym Adonay m'vorakh mey-ala v'ad olam.
Bir'shut havey-rai, n'vareykh Eloheyenu
she-akhalnu mi-shelo.*

*May God's name be praised, now and forever.
With your consent, friends, let us praise God,
of whose food we have partaken.*

Response:

*Barukh Eloheynu she-akhalnu mi-shelo uv'tuvo
hayinu.*

*Praised be our God of whose abundance we have
partaken and by whose goodness we live.*

Leader:

*Barukh Eloheynu she-akhalnu mi-shelo uv'tuvo
hayinu.*

*Praised be our God of whose abundance we have
partaken and by whose goodness we live.*

Together:

*Barukh hu u-va-ruk sh'mo.
Praised be God, and praised be God's name.*

THANKS FOR THE FOOD AND ITS NOURISHMENT

Praise, yes, praise is Yours, O God,
Ruler of all time and space,
Who every day invites the world
To the feast of love, goodness and compassion:

You feed us--and we earned it not;
You sustain us—and we deserved it not;

You so abundantly overwhelm us with
Your Goodness.

Food you provide for all Your creatures
Whom You love so abundantly.

And because you are so good to us,
We have never lacked sustenance in the past
And we believe that we will never lack food
In the future.

This You do for Your own repute
That You may be known as:

The one who sustains,
The One who supports,
The one who provides food for each
creature's needs.

For Your feast is prepared for all,
And Your table is set for all;
You know well what each one needs,
For You did create all.

Therefore do we praise and thank You,
the One who nourishes all.

***THANKS FOR THE EXODUS,
THE TORAH, THE HOLY LAND--
AND FOR THE JOY OF EATING***

We thank You, Adonai our God, because You settled
our ancestors in a land desirable and good and wide.

You removed us, Adonai our God, from the straits
and narrow places of Egypt, and freed us from being
at home in servitude.

We thank You for the promise sealed in our flesh,
For the Torah teaching which You impart to us,
And for the limits of conduct which
You made us know;
For life,
 for beauty,
 for love,
 with which You are so generous.

And we thank You for the joy of eating which
You grant us while You nourish us, everyday,
every moment.

THANKS FOR THE GOOD EARTH AND HER PRODUCE

For all this, Our God,
We worship and thank YOU,
Whose name is praised
By ever new expressions of life.

We do this to fulfill Your command which states:
“Eat Your fill praising Adonai your God
for the earthy goodness which the Almighty
so freely gave to you.”

Therefore we say:
Praise to You O God
for the earth and for its food.

AS A MOTHER WOMBS HER CHILDREN IN MERCY

Have pity, O God, on
Israel Your people
Jerusalem Your city;
Zion Your glory's shrine
And the heir to David's throne.

And pity the Holy House
The Temple Of Grandeur
Where it was so easy
To call upon You.
Our God, Source of our being,
Mother, Father, Provider, Sustainer,
You nourish and support us,
Yet still allow us our independence.

O God, keep us free from needs that enslave us.
Permit us not to depend on gifts, handouts or loans.
For even when others offer help, what they give is
little and the indignity is great.

But may we only rely
On Your full, broadly open hand,
So we never lose self-respect,
Nor suffer shame or disgrace.

WHEN WE ALSO GIVE THANKS FOR THE SABBATH'S REST

In commanding us You share your will with us.
In commanding us You impart in us the strength
to fulfill the commandment.
We thank You for the commandment of the seventh day

the great Shabbat, the holy Shabbat, this Shabbat.
A great day it is, holy it is, a day in which we
live Your presence.
We rest on it; we relax on it, we enjoy its peace;
Loving You all the more for the limits You set
on our actions by Your will.
On this day of rest--may there be no pain,
no worry, no anguish, stress or sighing.
On this Sabbath day open our eyes to the vision
of the consolation of Zion, and the upbuilding
of Jerusalem, Your holy city.
For you are at liberty to freely give liberation
and consolation.

***WE REMEMBER OTHERS AS
WE REMEMBER JERUSALEM***

We ate and drank
Yet we forget not that
there is exile, destruction,
famine, fear and want.
Please, forget us not,
But in remembering us,
Remember all in want.
Make this world
A place of holiness,
Now in our lifetime,
As you rebuild Jerusalem
Praised are you, O God,
Who in building up mercy
Builds Jerusalem.
Amen—do as we believe!

**WHEN WE CELEBRATE
HOLY SEASONS**

Our God and God of our ancestors,
May this prayer we offer to You,

Rise and come and reach You,
Be noted and accepted and
Heard by You;
Be remembered and acted upon:

As You become aware of us
As You remember us.

You remembered our parents,
You will remember the Mashiach
David's son,
You are mindful of Jerusalem
Your city,
You are mindful of Israel
Your people.

Allow them all to find their way
To goodness, to grace, to kindness,
to mercy, to life, and to peace.

On this:

New Moon Day
Pesach
Sukkot
Shemini Atzeret
Shavuot
Rosh Hashana

Think well of this day
Be mindful on it for our blessing
Grant us the good life on it.

And as concerns such matters as
salvation and mercy
Pity us, be kind, save us, be gentle,
For our eyes look to You--
Divine, Majestic One
Yet also Kind and Gentle.

***WE THANK YOU FOR ALL
THAT YOU ARE TO US***

Praise, yea praise to You, O God,
Source of our being
Merciful Mother
Mighty Father
Powerful Ruler
Redeeming Creator
Holy Artist,
Jacob's Sanctifier,
Guiding Shepherd,
Israel's Shepherd,
Sovereign who is good to all.

In Your goodness you do not discriminate,
Doing good day by day according to that day's
needs.

So You did act out of goodness in the past,
And so will You deal with us in the future.

You give of Your Self,
You gave of your Self,
You will give of Your Self
Freely and completely
kindly and mercifully
generously and abundantly
to save us,
to prosper us,
to bless us,
to redeem us
to console us
to sustain and support us—

in mercy, life and in goodness,
while not diminishing
the good You hold in store for us for eternity.

***WE PRAY FOR THE MESSIANIC AGE AND
TIMES OF PEACE***

Compassionate One!
Help us
so that we may be worthy of being alive
when Mashiach finally arrives.
Grant strength and loving kindness to Mashiach,
to David's descendants,
to the very ends of time.

O God!
We know that You can make peace on high:
That is not too difficult.
Grant peace to us and to all Israel:
That is more difficult:
Grant us peace!

INVOCATION FOR THE FUTURE

Harahaman Hu

Kind-hearted One!

Rule over us always.

Caring One!

*Be involved with our heaven
and on our earth.*

Feeling One!

*You who are praised from one
generation to the next,
Take pride in us always.
May our lives honor You
in this world and in the next.*

Merciful One!

Grant us an honorable livelihood.

Warm-hearted One!

*Break the restraints that make
us strangers. Lead us home with dignity.*

Generous One!

*Send abundant blessing to this
home and to this table.*

One who grants

Pleasant Surprises

*Send Elijah the prophet--of
blessed memory--
To bring good news of liberation
and consolation.*

Compassionate One!

*Bless and protect all of us,
our loved ones and our families,
our endeavors and our possessions.*

*May we all be blessed
like Abraham--with everything
like Sarah--with faithfulness
like Isaac--by everyone
like Jacob--in every way
like Rachel--with warmth
like Leah--with love.*

And to all this let us say, Amen!

Sublime One!

*Interpret our act as prompted by
good intentions, as an act of
surrender, worthy of blessing from You.*

*And even if we are no, deemed worthy,
then accept our act of thanksgiving
as a kind favor on Your part.
O Helping God!*

*May we ever be found pleasant and wise
by you God
and by all our fellow human beings.*

WE ENCOURAGE ONE ANOTHER BEFORE LEAVING THE TABLE

Fear Our God, you who make God holy!
Fearing only God, what will you lack?

Those who are self-sufficient, like young lions,
May starve in relying on their own strength.

But those who seek Only God
Shall not lack all that is good.

Give thanks to God who is so good,
Whose kindness is ever wise to the world.

Blessed are they who trust in God,
For God will ever be their guarantor.

I was young, now I'm old
Yet never saw a Zaddik so forsaken
That their child seeks only bread.

How can this be? How could this happen?
Surely blessings will be heaped on those
Who are really righteous, fair and just.

May what we ate
 be a source of satisfaction
What we drank
 A source of health
What we left a source
 a source of blessing.

According to Scripture:
 "The host set food before them,
 They ate and left enough for others,
 As God has spoken."

God will surely give strength to our people
God will bless our folk with SHALOM!