

**Libbi u-V'sari – My Heart and My Flesh**  
**Avraham Ibn Ezra**

All potent God! You made me  
"Alive I am," You told me  
Yet no one's eyes can see Me  
remaining flesh - alive  
my heart and my flesh  
they sing to You,  
to You the Source of Life!

**B**rought forth we were by intent  
in counsel and consent  
yet hidden is what this meant  
from us who are alive.

**R**esplendent in Your glory  
all tales are but Your story  
praise to You who is pouring  
into our souls our life!

**H**ow generous on Your side  
To teach us laws which guide  
those who by them abide  
as sources of good life!

**M**ight we be ever right  
and live all in the light  
what are we but a mite  
and yet You give us life!

**B**orn as we are of passion  
at times we lack compassion  
if only we could fashion  
a God-filled way of life!

**N**ear God to be we yearn  
From wicked ways to turn  
before bodies to dust return  
and souls to the Source of Life

**E**very way will I adore You  
my fervent prayer implore You  
to open my path before You  
to sate my soul with life!

**Z**eal filled our sires with fervor  
do rouse us from our torpor  
and help us meet our savior  
Of Jesse's stock - in Life!

**R**emember! we kept Your trust  
May Your response be just  
and being fair You must  
decree us toward life!

**A**wed am I, amazed at You  
my arms I raise in pray'r to You  
my mouth will sing its praise to You  
O Source and Soul of Life!

## **Yequm Purqan**

From Heaven let our freedom flow  
Favor Mercy and kindness show  
Ample life years, ample living  
With God's helpful blessing glow.

Generations well and strong  
Generations that belong  
To God's Mitzvot and the Torah  
Engaging in them all life long.

Teachers, Rabbis, Havurot  
Learning Torah - polyglot  
Heads of Yeshivot, magistrates  
And their students, all Torah gates.

Everyone who spends their time  
Even studying just one line  
May God's blessings fill their life  
And save them all from war and strife.

## **Yom Zeh L'Yisra'el – Your gift to those who strive with You** by Rabbi Yitzchak Luria

*This version works best when sung to a Flamenco tune and the English version is done simultaneously with the Hebrew.*

,  
Your gift  
to those who strive with You  
is joy and light  
Shabbat Menucha

‏  
Certain of Your holy ways  
You revealed to us at Sinai  
Shabbat and other holy days  
we are to keep as You commanded  
You send your healing rays  
accept our human ways

## Shabbat Menuchah

ן

Charm is Shabbat for the heart  
for the poor and broken people  
if all week we were depressed  
additional souls are ours on Shabbat  
to help our anxious moods  
breathe a relaxing sigh  
Shabbat Menuchah

ן

Consecrated bride You blessed  
all other days gave her their blessing  
in the sixth and final phase  
You finished global creation  
There found the sorrowing  
calm and security  
Shabbat Menuchah

ל

Let go of every form of toil  
You in Your kindness have commanded  
regal auras shine from us  
when we keep Shabbat as is wanted  
I offer holy gifts  
a fragrant sacrifice  
Shabbat Menuchah

ו

What songs of love could I perform  
with rhythm and harmony and music  
to please your presence holy God?  
My soul delights in her surrender  
Do keep that promise God  
to your beloved folk  
Shabbat Menuchah

ו

Receive my worship blessed God  
as if it was my life I offered  
This restful, blissful Shabbat day  
with ample joy and sweet elation  
we feel secure and loved  
in Your protection God

## Shabbat Menuchah

,

Your salvation do we trust  
Yah God most powerful and mighty  
David's heirs - do send them soon  
to those who must transcend convention  
Let Freedom be proclaimed  
and with it space that's safe  
Shabbat Menuchah

⋈

Awesome God who is most High  
do look for us and give an answer  
Redeem this troubled planet soon  
Be kind and manifest Your caring  
Revive our trust in You  
with light and blissfulness  
Shabbat Menuchah

⋈

Cherish and Renew Your house  
enough the years it was in shambles  
With Your compassion Gentle God  
console the grieving ones in sorrow  
who puts her grief aside  
to sing You Shabbat songs  
Shabbat Menuchah

⋈

Zealous to treasure this holy day  
keep us well in your remembrance  
Protect and guard us wondrous God  
this day and every other day  
Beloved do respond  
and grant deliverance  
Shabbat Menuchah

⋈

Could celebration's welcome song  
be heard by Israel and her neighbors  
when that vast vision is fulfilled  
and all the world is safe from terror  
Our light has dawned this day  
and shines in every way  
Shabbat Menuchah

## **Yedid Nefesh - You who love my soul**

‛ **Y**ou who love my soul  
Compassion's gentle source,  
Take my disposition and shape it to Your will.  
Like a darting deer I will flee to You.  
Before Your glorious Presence  
Humbly I do bow.  
Let Your sweet love  
Delight me with its thrill  
Because no other dainty  
Will my hunger still.

‛ **H**ow splendid is Your light  
Which worlds do reflect!  
My soul is worn from craving  
For Your love's delight.  
Please, good God, do heal her  
And show to her Your face,  
So my soul can see You  
And bathe in Your grace.  
There she will find strength  
And healing in this sight.  
Her joy will be complete then  
Eternal her delight.

‛ **W**hat pity stirs in You  
Since days of old, my God!  
Be kind to me Your own child  
Begotten by Your love.  
For long and longing hours  
I yearned for Your embrace  
To see my light in Your light  
Basking in Your grace.  
My heart's desire is  
To harmonize with Yours  
Do not conceal Your pity  
Hide not that light of Yours.

‛ **H**elp, my Lover, spread  
Your canopy of peace.  
Enfold all human beings  
Give all pain surcease.  
Your presence on this earth plane  
Do make known to us  
And we shall respond then  
With song and with dance.

Rush, my love, be quick,  
The time for love is now,  
Let Your gentle favor  
Grace us as of old...

## Yom Shabbaton eyn lishko'ach

י     **Y**ou, dear Shabbat, are always here for me;  
How fragrant you linger in my awareness.  
Noah's dove found rest and so can we,  
Weary ones from the toil of the week.

ה     **H**onored are you by us, the believers,  
Parents and children, who keep you with zeal.  
Powerful is its message on the Tablets of stone;  
We sing your praises in prayer and at meals.

י     **W**hen at the Mount Sinai in covenant we pledged  
We promised in one voice to do and to listen,  
Responding to Your challenge we answered together:  
You God are the One who imbues us with strength.

י     **D**ear and Holy at Sinai you spoke to us;  
**“Remember and Keep** this Day one of Seven,  
When fully you keep the Shabbat together,  
You will be refreshed and with vigor imbued.

ה     **H**ow just like a lost sheep, so aimless, you wandered  
**Remember the Shabbat** your promise and pledge  
No evil will hurt you if you keep the Shabbat  
My rainbow will hold you in safety forever.”

Tzur mishelo

**Hashem you fed us dinner  
Let us all give thanks  
We ate and are sated  
The gift of your hands**

**You nurture us and others  
Our shepherd and our host  
We ate of your bounty  
And drank of your vineyards  
Now we give our thank-yous  
With the mouth that ate your food  
Singing and praising  
Your holy repute**

**We sing to You our God  
We offer You our thanks  
For earth and her harvest  
With which we are gifted  
Our souls are also glad  
For the plenty that we had  
Your love fills our being  
Your truth fills our mind**

**We need Your kind attention  
So needy are Your folk  
To come to Your Temple  
On Zion's holy Hill  
May David's heir redeem us  
May he soon arrive  
We long for his redeeming  
To reinvigorate our life.**

**Your holy house rebuild now  
Let Zions streets be filled  
New music will we make  
New songs we all will sing  
Compassionate of Blessings  
We sing to you our grace  
And raise our cup of thankfulness  
For Your presence in our lives.**



## For An Accomplished Woman

(Proverbs 31:10-31)

\*\*\*

י : אִשֶּׁת חַיִּל מִי יִמָּצָא וְרַחֵק מִפְּנִינִים מְכָרָה

**A**n accomplished woman who can find;  
beyond pearls is your worth.

יא : בְּטַח בָּהּ לֵב בַּעֲלָהּ וְשָׁלָל לֹא יִחָסֵר

**B**y your integrity your husband's heart is  
secure;

nothing is lacking where you are in charge.

יב : גַּמְלָתְהוּ טוֹב וְלֹא-רָע כֹּל יְמֵי חַיֶּיךָ

**G**ood are you to me, never vexing,  
all your days (and especially our nights).

יג : דָּרָשָׁה צֹמֵר וּפְשֻׁתִים וַתַּעֲשֵׂ בְּחֶפְזָן כַּפֵּיהָ

**D**esigning in wool and linen,  
your hands do your bidding with alacrity.

יד : הִיְתָה כְּאֶנְיֹת סוֹחֵר מִמְּרָחֵק תָּבִיא לַחֲמָה

**H**igh business acumen is yours,  
like that of a world trader,  
importing food from afar.

טו : וַתָּקָם בְּעוֹד לַיְלָה וַתִּתֵּן טָרֵף לְבֵיתָהּ וְחֵן קָ

לְבַעַר תִּיהָ

**W**ell before dawn you rise

to apportion meals for our family  
and tasks for your helpers.

טז: זְמָמָה שׁוֹדָה וַתִּקְחֶהוּ מִפְּרֵי כַפֵּיהָ נִטְעָה פָּרֶם

**Z**ealously you assess your purchases before  
buying;

a vineyard you plant, the fruit of your hands

יז: חֲגָרָה בְּעוֹז מְתַנֶּיָּה וַתֵּאֱמַץ זְרוּעֵ תִּיהָ

**H**ow mightily you gird your loins.

Your embraces are warm and strong.

יח: טְעָמָה כִּי-טוֹב סִחְרָה לֹא-יִכְבֶּה בַּלַּיְלָה גֵּרָה

**T**astily, you offer your wares;  
your light radiates undimmed through the  
night.

יט: יָדֶיהָ שְׁלָחָה בְּכִישׁוֹר וְכַפֵּיהָ תִמְכוּ פָלֶךְ

**Y**our hands are firm in what they weave  
together;  
your palms support the spinning wheels.

כ: כַּפֵּה פָּרֶשָׁה לְעַנֵּי וַיָּדֶיהָ שְׁלָחָה לְאַבְיוֹן

**K**indly, you support the poor,  
your hands at the service of the needy.  
כא: לֹא-תִירָא לְבֵיתָהּ מִשְׁלֵג כִּי כָל-בֵּיתָהּ לְבֹשׁ שָׁנִים

**L**ily white clean is our home  
and brightly colored its appointments.

כב: מֵרִבְדִּים עָשׂוּ תָהּ-לָהּ שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁהּ

Many textured are your weaves;  
you wear silks and purples in elegance.  
כג: נודע בַּשְּׁעָרִים בַּעֲלָהּ בְּשִׁבְתּוֹ עִם-זְקֵנֵי-אֶרֶץ

Named and known am I as your husband  
when I sit in the councils of the elders.

כד: סְדִין עֲשֵׂתָ וְתִמְכֹּר וְחִגּוֹר נְתָנָה לְפִנְעָנִי

Sheer are the garments you design;  
your enterprise is valued by the people.

כה: עוֹז-וְהֶדָּר לְבוּשָׁה וְתִשׁ חֶק לְיוֹם אַחֲרוֹן

On you dresses become beauty and strength,  
and your future is happily assured.

כו: פִּיהָ פְּתִיחַהּ בְּחִכְמָהּ וְתוֹרַת-חֶסֶד עַל-לְשׁוֹנָהּ

Pearls of wisdom come from your lips;  
your speech is gentle and kind.

כז: צוֹפִיָּה הִלְיִיכוֹת בֵּיתָהּ וְלֶחֶם עֲצָלוֹת לֹא תֵאָכֵל

Certain is the way you conduct our home,  
and immaculate is our kitchen.

כח: קָמוּ בְּנֵיהָ וַיֵּאֱשְׁרוּהָ בַּעֲלָהּ וַיְהִלְלֶהּ

Courteous are your relatives and friends in  
their praise of you,  
and your husband raves about you.

כט: רַבּוֹת בָּנוֹת עֲשׂוּ חֵיל וְאַתְּ עָלִית עַל-כָּלָנָהּ

Ravishing and skillful are many good women,

but you are even more stunning than they.  
ל: שְׁקָר הַחַן וְהַבֶּל הֵי פִי אִשָּׁה יִרְאַת-יְהוָה הִיא תִתְהַלָּל

**S**hameless is mere charm and mere dazzling is  
vain.

How you are in God awareness, that is worth  
extolling!

לא: תִּנּוּ-לָהּ מִפְּרֵי יָדֶיהָ וִיהִלְלוּהָ בִּשְׁעָרִים מֵעַשְׂיָהּ

**T**housandfold may you reap your rewards  
for your fame deserves to be widely  
acknowledged.

## **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!