

Shabbat against Genocide in Palestine

Siddur



Kindling Lights

The Candles

As the sun sets and Shabbat begins, the candles are lit and these words are recited:

**בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל שַׁבָּת**

**Baruch ata adonai, eloheinu melech ha'olam,
asher kidshanu bemitzvotav vitzivanu
l'hadlik ner shel Shabbat.**

*We bless the source of all existence, who shows us paths to
holiness, and inspires us to kindle the Shabbat lights.*

Justice blessing

**בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ
לְרַדּוֹף צְדָקָה**

**Baruch atah adonai, eloheinu melech ha'olam, asher kid'shanu
b'mitzvotav v'tsivanu lirdof tzedek.**

*Blessed are we, who follow paths of holiness, and command ourselves to
pursue justice.*

Kabbalat Shabbat

Welcoming the Shabbat

Hineh Mah Tov

הִנֵּה מַה טוֹב וּמַה נְעִימִים

שֶׁבֶת כָּלֵם גַּם יַחַד

Hineh mah tov umah na'im

Shevet kulam gam yachad

*Behold how good and sweet it is to
be together with our community*

Mah Yafeh Hayom

מַה יָפֵה הַיּוֹם

שֶׁבֶת שְׁלוֹם

Mah yafeh hayom,

Shabbat shalom

*How lovely today is,
Shabbat shalom.*

Mah Tovu

**מַה־טוֹבוֹ אֱהָלֶיךָ אַבְרָהָם, אֱהָלֶיךָ שָׂרָה מִשְׁכַּנְתֶּיךָ חֲבֵרִים
וְאֲנִי בְּרֹב חַסְדְּךָ אָבוֹא בֵּיתְךָ אֶשְׁתַּחֲוֶה אֶל־הַיְכָל־קֹדֶשְׁךָ
בִּירְאָתְךָ:**

*Mah tovu ohaleicha Avraham, ohaleicha Sara,
mishkenoteicha chaverim*

*Va'ani berov chasdecha avo veitecha, eshtachaveh el
heichal kodshecha beyiratecha*

*How fair are your tents, O Abraham, O Sarah, Your
dwellings, O friends*

*But I, through Your abundant love, enter Your house;
I bow down in awe at Your holy temple.*

Disturb Us

(Source: Mishkan Tefilah, 173)

Disturb us, Adonai, ruffle us from our complacency; Make us dissatisfied. Dissatisfied with the peace of ignorance, the quietude which arises from a shunning of the horror, the defeat, the bitterness and the poverty, physical and spiritual, of humans.

Shock us, Adonai, deny to us the false Shabbat which gives us the delusions of satisfaction amid a world of war and hatred;

Wake us, O God, and shake us from the sweet and sad poignancies rendered by half forgotten melodies and rubric prayers of yesteryears,

Make us know that the border of the sanctuary is not the border of living and the walls of Your temples are not shelters from the winds of truth, justice and reality.

Disturb us, O God, and vex us; let not Your Shabbat be a day of torpor and slumber; let it be a time to be stirred and spurred to action.

Social Action

by Rabbi Jack Riemer (adapted)

We cannot pray to You, O God, to banish war, for You have filled the world with paths to peace, if only we would take them.

We cannot merely pray "Root out despair," For the spark of hope already waits within the human heart, for us to fan it into flame.

We must not ask of You, O God, to take the task that You have given us. We cannot shirk, we cannot flee away, Avoiding obligation for ever.

Therefore we pray to You, instead O God, For wisdom, will, and courage. To do instead of just to pray To become instead of merely to wish.



Portrait of Shatzi Weisberger by Micah Bazant

Lecha Dodi

*Come, my beloved, let us welcome the
Shabbat presence*

לְכֵה דוּדֵי לִקְרַאת כָּלָה Lecha dodi likrat kala,
פְּנֵי שַׁבַּת נִקְבְּלָה p'nei Shabbat n'kab'lah!

שְׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד Shamor v'zachor b'dibur echad,
הַשְּׁמִיעֵנוּ אֵל הַמִּיחָד Hishmi'anu el ha'meyuchad.
ה' אֶחָד וְשֵׁמוֹ אֶחָד Adonai echad u'shmo echad;
לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהִילָה L'shem ul'tiferet v'l'tehila.

לִקְרַאת שַׁבַּת לְכֹוּ וְנִלְכֵה Likrat Shabbat l'chu v'nelcha,
כִּי הִיא מְקוֹר הַבְּרָכָה Ki hi m'kor ha'bracha.
מֵרֹאשׁ מִקֵּדֶם נְסוּחָה Me'rosh mi'kedem n'sucha;
סוּף מַעֲשֵׂה בְּמַחְשְׁבֵה תַחֲלָה Sof ma'aseh b'mach'shava t'chila.

הִתְעוֹרְרִי הַתְעוֹרְרִי Hit'oreri, hit'oreri,
כִּי בָּא אֲוֶרֶךְ קוֹמֵי אֲוֶרֶךְ Ki va orech, kumi ohri.
עוֹרֵי עוֹרֵי שִׁיר דְּבָרֵי Uri, uri, shir daberu;
כְּבוֹד ה' עָלֶיךָ נִגְלָה K'vod Adonai alai'yich nigla.

בּוֹ'עֵי וְשָׁלוֹם, אֶתֶרֶת בָּא'לָה, Bo'ee v'shalom, ateret ba'ala,
גַּם בְּשִׂמְחָה וּבְצִהְלָה Gam b'simcha uv' tzhala.
תּוֹךְ אֲמוּנֵי עַם סִגְלָה Toch emunei am segula;
בּוֹ'עֵי חָלָה, בּוֹ'עֵי חָלָה Bo'ee chala, bo'ee chala.

בְּאֵי בְּשָׁלוֹם עֲטַרֶת בַּעֲלָה
גַּם בְּשִׂמְחָה וּבְצִהְלָה
תּוֹךְ אֲמוּנֵי עַם סִגְלָה
בּוֹאֵי כָלָה בּוֹאֵי כָלָה

*Stand for
this verse:*

Mizmor Shir

A song for the Shabbat

Mizmor shir l'yom ha'Shabbat
Tov l'hodot la'Adonai
Ul'zamer l'shimcha el'yon

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת:
טוֹב לְהוֹדוֹת לַיהוָה
וּלְזַמֵּר לְשִׁמְךָ עֲלִיּוֹן:

L'hagid ba'boker chasdecha
V'emunatcha ba'leilot
Alel asor va'alei'navel;
alei hee'gayon b'kinor

לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ
וְאֵמוּנָתְךָ בַּלַּיְלוֹת:
עַל־עֶשׂוֹר וְעַל־נָבֶל
עַל־י הַגָּיוֹן בְּכִנּוֹר:

Ki simachtani adonai be'foalecha;
b'ma'asei yadecha aranen.
Magadlu ma'asecha Adonai,
me'od, amku machshevotcha.

כִּי שִׂמַחְתָּנִי יְהוָה בְּפִעֲלֶךָ
בְּמַעֲשֵׂי יָדֶיךָ אֲרָנִן:
מִהַגְדִּלוֹ מַעֲשֵׂיךָ יְהוָה
מֵאֵד עֲמָקוֹ מַחְשְׁבֹתֶיךָ:

A Psalm. A song for Shabbat.

*It is good to praise God; to sing hymns to Your name, O Most High,
to proclaim Your steadfast love at daybreak, Your faithfulness each night, with a
ten-stringed harp, with voice and lyre together.*

You have gladdened me by Your deeds, O God; I shout for joy at Your handiwork.

How great are Your works, Eternal One, how very subtle Your designs!



Illustration by Zhenya Lopatnik

תְּפִלָּה יְהוּדִית לְיוֹם הַנִּכְבָּה | A Jewish Prayer for Nakba Day (יום הנקבה)

אלהנו ואלהי אבותינו,
שענה לאברהם בעת עקדת בנו,
שפקד את שרה בפתח אהלה,
שמצא את הגר במדבר בדרך אל שור,
וששמע את צעקת בנה במדבר בְּאֵר שֶׁבַע,
תזכור נא את אחינו ואחיותינו הפלסטינים,
שנהרגו,
שנעקרו,
שברחו,
שנאסר עליהם לחזור לביתם,
ושעומדים היום לאבד את בתיהם.

Our God, and God of our ancestors,
who answered Avraham when his son was bound on the altar,
who remembered Sarah's prayers in her tent for a child,
and who found Hagar in the wilderness on the road to Shur,
and who heard the cries of her child in the wilderness of Be'er Sheva,
may He remember our Palestinian brothers and sisters
who were killed,
who were expelled,
who fled,
who were not allowed to return home,
and those who are still at risk of losing their homes.

שמע תפילותיהם
לאיחוד משפחות מופרדות באדמת אבותיהם
והם יכולים לחזור באושר לארצם
שנכתב "בשמחה" לביתם
ובששון" לעירם".

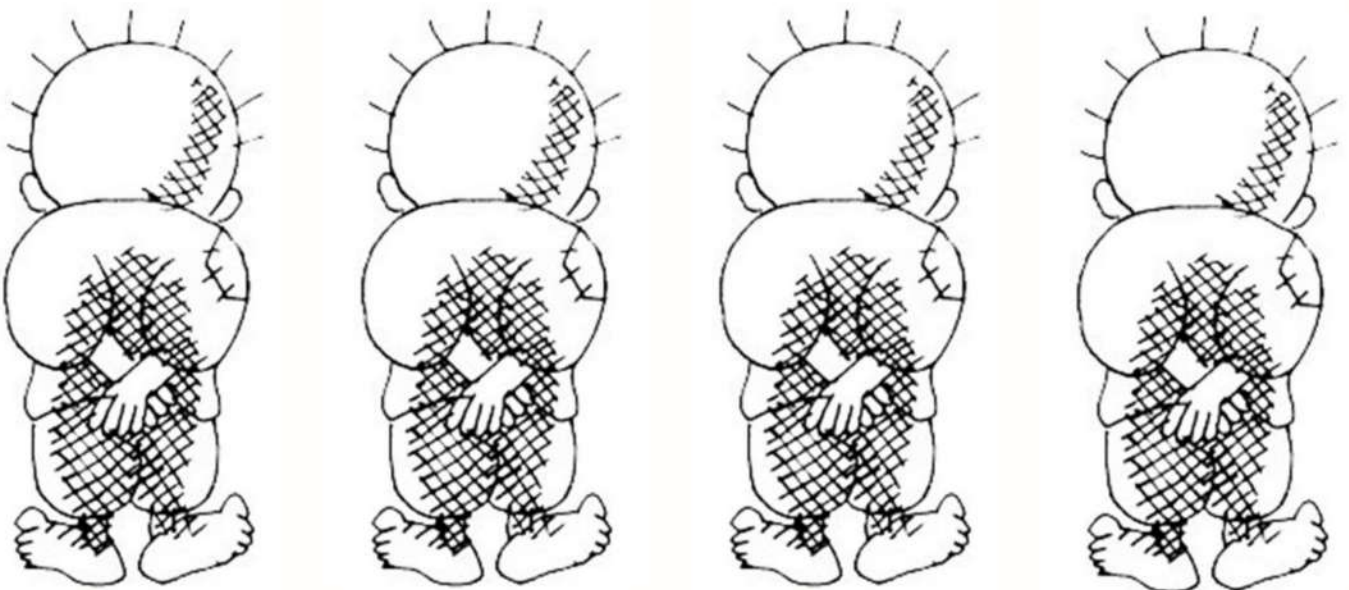
May their prayers be heard
so that families be re-united in the land of their ancestors,
and they can return in happiness to their land
and in joy to their homes,
in the cities, in the villages, and outside the villages.

"וישבתם על הארץ לבטח"
ולעלות בשלום לעיר קודשך
ותן שנגור ביחד
בְּצֶדֶק וּבִמְשָׁפֵט
וּבְחַסֵּד וּבְרַחֲמִים.

May they dwell securely in the land, without fear of being uprooted,
and may they be free to go up to Your holy city
and may we all dwell together
with righteousness and with justice
and with kindness and with mercy.

שים רוח אחוה וחמלה עלינו
שנאמר "והסרתי את לב האבן מבשרכם
ונתתי לכם לב בשר."
"ונאמר "אמן"

Help us all to have compassion for one another,
as it is written, "and I will take your heart of stone,
and replace it with a heart of flesh."
and we will say, **Amen.**"



Either Stand or remain sitting. Some cover their eyes while saying the Sh'ma

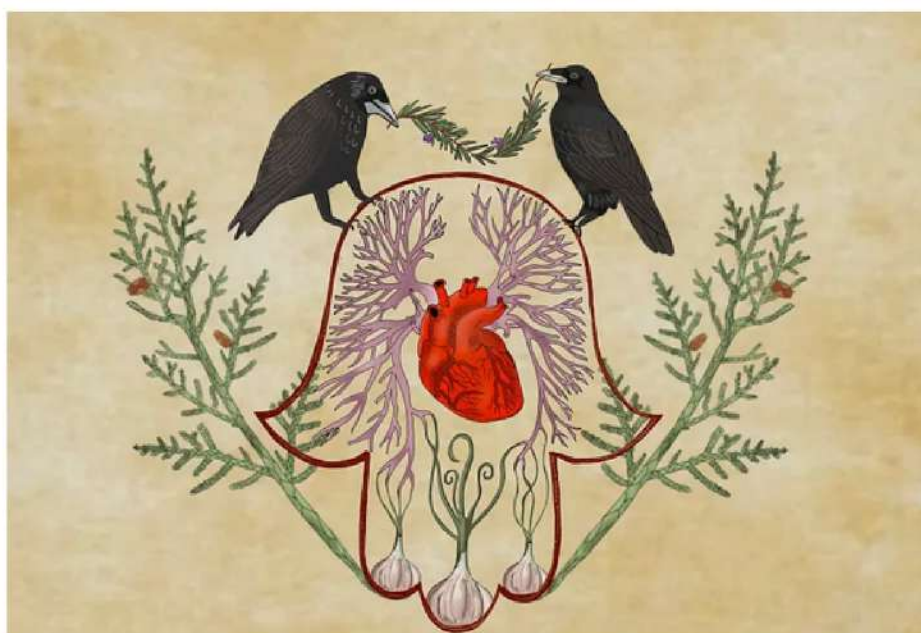
Sh'ma

Hear!

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Sh'ma Yisra'el, Adonai eloheinu, Adonai echad
Baruch shem k'vod malchuto l'olam va'ed

*Hear O' Israel, Adonai is our God, Adonai is One
Blessed is God's glorious majesty forever and ever.*



Art by Wendy Elishveva Somerson

V'Ahavta

And You shall Love...

***V'Ahavta* by Aurora Levins Morales**

Say these words when you lie down and when you rise up,
when you go out and when you return.

In times of mourning and in times of joy.

Inscribe them on your doorposts,
embroider them on your garments,

tattoo them on your shoulders,

teach them to your children,

your neighbors, your enemies,

recite them in your sleep, here in the cruel shadow of empire:

Another world is possible.

Mi Chamocha

מי כמכה באלים יהוה
מי כמכה נאדר בקדש
נורא תהלת עשה פלא

Mi chamocha ba'eilim Adonai?

Mi chamocha ne'dar bakodesh?

Nora t'hilot oseh feleh.

Shechinah, soften our hearts and the hearts of our enemies. Help us to dream new paths to freedom, so that the next sea-opening is not also a drowning; so that our singing is never again their wailing. So that our freedom leaves no one orphaned, childless, gasping for air

Prayer for the Diaspora

Shekhinah, Great Mystery, you have come with us on our journeys through the earth, forced from place to place.

Great Mystery, may you bless us in this place, here, now. On a stolen land we don't claim, we build a new home, forged and bound together, in struggle and in joy with our neighbours.

Shekhinah, who guided our ancestors, may you guide us as we embrace our doikayt, our hereness, and all those standing in opposition to colonialism, nationalism and assimilation.

Great Mystery, twist these threads of home: our commitment to what is and is not ours, the strangeness of others, and our strangeness to others

Shekhinah, as we forge strong coalitions, wrap us in your diaspora, so we may be home wherever we land



Doikayt fun Undzer Tsayt (Hereness of Our Times)

Yiddish text reads: “dos land gehert nisht tsu undz, mir shafn a heym tsuzamen / mir darfn an etishn golus/ in farband mit undzere shkhenim (we don't own the land, we create home together / we need an ethical diaspora / united/bound together with our neighbors). Artwork by Etai @tsukunst

A Prayer for Gaza's Children

God who is the creator of all children, hear our prayer this accursed day.
God whom we call Blessed, turn your face to these,
the children of Gaza, that they may know your blessings, and your shelter,
that they may know light and warmth,
where there is now only blackness and smoke,
and a cold which cuts and clenches the skin.

Almighty who makes exceptions, which we call miracles,
make an exception of the children of Gaza.
Shield them from us. Spare them. Heal them.
Let them stand in safety.
Deliver them from hunger and horror and fury and grief.

Restore to them
their stolen childhoods, their birthright,
which is a taste of heaven.

Allah, whose name we call Elohim,
who gives life, who knows the value and the fragility
of every life, send these children your angels.
Save them, the children of this place,
Gaza the most beautiful, and Gaza the damned.

In this day, when the trepidation and rage and
mourning that is called war, seizes our hearts and
patches them in scars, we call to you, God, whose name is Peace:

Bless these children, and keep them from harm.

Turn Your face toward them, God.
Show them, as if for the first time, light and kindness,
and overwhelming graciousness.

Look up at them, God. Let them see your face.
And, as if for the first time, grant them peace.



FREE, FREE, FREE PALESTINE!

Image courtesy of Palestine Art for Protests

The Amidah

“The Standing Prayer”

אֲדֹנָי שְׁפָתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ

Adonai s'fatai tiftach, ufi yagid t'hilatecha

Eternal one, open my lips, so that my mouth may declare Your praise

“Hate evil and love good, and establish justice in the gate... Let justice well up like water, righteousness like an unfailing stream”
Amos 5:15,24

“Anyone who is able to protest against the transgressions of the entire world and does not is punished for the transgressions of the entire world”
Shabbat 54b

For the Amidah we take a moment for silent prayer and reflection. You may focus on the kavanah (intention) set by the service leader or the prophetic quotes on this page

“Woe to those who make unjust laws, to those who issue oppressive decrees, to deprive the poor of their rights and withhold justice from the oppressed of my people”
Isaiah 10:1

“Shun evil and do good, seek amity and pursue it”
Psalm 34:15

“You shall not stand idly by the blood of another”
Leviticus 19:16

“You have been told, O mortal, what is good, And what God requires of you: Only to do justice, And to love goodness, And to walk wisely with your God”
Micah 6:8

Lo Yisa Goy

Lo yis-a goy el goy cherev
Lo yilm'du od milchama.

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב
לֹא יִלְמְדוּ עוֹד מִלְחָמָה.

*Nation shall not take up sword against nation,
They shall never again know war.*



Artwork by Roan Boucher

*Don't stop after beating the swords
into ploughshares, don't stop!
Go on beating and make musical
instruments out of them.
Whoever wants to make war again
Will have to turn them into
ploughshares first.*

– Yehuda Amichai

Yih'yu

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן
לְבִי לְפָנֶיךָ יְהוָה צוּרִי וְגֹאֲלִי

Yih'yu Pratzon imrei fi v'hegyon libi
l'fanecha, Adonai tzuri v'goali.

*May the words of my mouth
and the prayer of my heart
be acceptable to You,
Infinite One, my rock and my
redeemer.*

Oseh Shalom

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל הָעוֹלָם
וְאָמְרוּ: אָמֵן

Oseh Shalom bimromav,
Hu ya'ase shalom aleinu
V'al kol haolam,
V'imru Imru. Amen

*May the one who makes peace
in heaven,
make peace for all who inhabit
the earth*

Aleinu

“It is upon us”

A Prayer for Reparation and Restoration

To the One who demands justice:
inspire us to become *rodfei tzedek*,
pursuers of justice
in our lives and in our communities.
Give us the strength to resist power
wielded with fear and dread;
fill us with the vision and purpose
to build a power yet greater,
a power rooted in solidarity,
liberation and love.

Grant us the courage to dismantle
systems of oppression –
and when they are no more,
let us dedicate our wealth and resources
toward the well-being of all.

May we abolish all forms of state violence
that we might make way for a world
free of racism and militarisation,
a world where no one profits
off the misery of others,

a world where the bills owed those
who have been
colonised, enslaved and dispossessed
are finally paid in full.

Inspire us with the knowledge
that real justice is indeed at hand,
that we may realise
the world we know is possible,
right here, right now,
in our own day.

May our thoughts and our hopes,
our words and our deeds
guide us toward a future of reparation,
of restoration, of justice,
al kol yoshvei teivel
for all who dwell on earth,
amen.

*(Source: Yedid Nefesh: Poetry and Liturgy
by Rabbi Brant Rosen JVP Rabbinic Council)*

Mi Shebeirach

Mi Shebeirach avoteinu

M’kor habrachah l’imoteinu

*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.***

Mi Shebeirach imoteinu

M’kor habrachah la’avoteinu

*Bless those in need of healing with r’fuah sh’leimah
The renewal of body, the renewal of spirit,
And let us say, **Amen.***

Mourner's Kaddish

(רַבָּא שְׁמֵיהּ יִתְקַדֵּשׁ יִתְגַּדַּל [אמן]) Glorified and sanctified by God's great name.....)

Yitgadal v'yitkadsh sh'mei raba

b'alma div'ra chirutei v'yamlich malchutei

B'chayeichon uvyomeichon uvchayei d'chol ha'olam,

ba'agala uvizman kariv, v'im'ru: **Amen**

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach, v'yitpa'ar v'yitroman v'yitnaseh,

V'yithadar v'yit'aleh v'yithalal sh'mei d'kud'sha, **b'rich hu,**

L'eila minkolbirschata v'shirata, tushb'chata v'nechemata –

da'amiran b'alma, v'im'ru: **Amen**

Y'hei shlama raba min-sh'maya v'chayim aleinu v'al-kol-ha'olam, v'im'ru: **Amen**

Oseh shalom bimromav, hu ya'aseh shalom aleinu

v'al kol ha'olam, v'imru: **Amen**



Artwork by Andrea Marcos

Od Yavo

עוד יבוא שלום עלינו
ועל כלם.
סלאם
עלינו ועל כל העולם

Od yavo shalom aleinu
Ve'al kulam
Salaam
Aleinu ve'al kol ha'olam

*Peace will come upon us, yet.
And upon everyone.
Peace*

Upon us and upon the whole world.



Artwork by Natasha Vally

Shalom Aleichem

שְׁלוֹם עֲלֵיכֶם מַלְאֲכֵי הַשָּׁרֵת מַלְאֲכֵי עֲלִיּוֹן Shalom aleichem mal'achei ha-sharet mal'achei Elyon,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא mi-melech malchei ha-milachim ha-kadosh Baruch Hu.

בּוֹאֲכֶם לְשֵׁלוֹם מַלְאֲכֵי הַשָּׁלוֹם מַלְאֲכֵי עֲלִיּוֹן Bo'achem l'shalom mal'achei ha'shalom mal'achei Elyon,
מִמְלַךְ מַלְכֵי הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא mi'melech malchei ha'milachim ha-kadosh Baruch Hu.

בְּרַכּוּנִי לְשֵׁלוֹם ... Barchuni l'shalom

צִיִּתְחֶם לְשֵׁלוֹם ... Tzeitchem l'shalom

*Peace upon you, ministering angels, messengers of the Most
High, Majesty of majesties, Holy One of blessing.*

*Come in peace, messengers of peace, messengers of the Most
High, Majesty of majesties, Holy One of blessing.*

Bless me in peace

Go in peace

Kiddush

for before the meal...



haGafen: Wine or Grape Juice

raise the cup and recite:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגָּפֶן

Baruch ata Adonai, Eloheinu Melech ha'olam,

borei peri hagafen.

*Blessed are You, Compassionate One,
Who creates the fruit of the vine.*



Netilat Yadayim: Ritual Hand Washing

recite after washing each hand:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל

נְטִילַת יָדַיִם

Baruch ata Adonai, Eloheinu Melech ha'olam, asher kiddeshanu

bemitzvotav vetzivanu al netilat yadayim.

*Blessed are You, Foundation of the universe, who has sanctified us with Your
commandments, and commanded to wash our hand.*



haMotzei: Challah

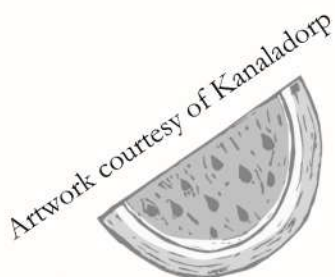
recited over two loaves of bread or kitke:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch ata Adonai, Eloheinu Melech ha'olam,

hamotze lechem min ha'aretz.

*Blessed are You, Foundation,
Who creates bread from the earth.*



Kindly return your siddur at the end of the service