

Shabbat against Genocide in Palestine

Siddur



Kabbalat Shabbat

Welcoming the Shabbat

Hineh Mah Tov

Hineh mah tov umah na'im

Shevet kulam gam yachad

הִנֵּה מַה טוֹב וּמַה נְעִים

שֵׁבֶת כָּלֶם גַּם יַחַד

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

Kindling Lights

Baruche ateh adonai

eloheinu chai ha'olamim

asher kidshetnu bemitzvotaihe

vitziyetnu l'hadlik ner shel

Shabbat

בְּרוּכָה אַתָּה יְהוָה

אֱלֹהֵינוּ חַי הָעוֹלָמִים

אֲשֶׁר קִדְּשָׁתָנוּ בְּמִצְוֹתֶיךָ

וְצִוֵּיתָנוּ לְהַדְלִיק נֵר שֶׁל

שַׁבָּת

*Blessed are You, Kindler, Life of endless worlds, who shows us
paths to holiness, and inspires us to kindle the Shabbat lights*

Justice Blessing

Baruche ateh adonai

eloheinu ru'ach ha'olamim

asher kidshetnu bemitzvotaihe

vitziyetnu lirdof tzedek

בְּרוּכָה אַתָּה יְהוָה

אֱלֹהֵינוּ רוּחַ הָעוֹלָמִים

אֲשֶׁר קִדְּשָׁתָנוּ מִצְוֹתֶיךָ

וְצִוֵּיתָנוּ לְרַדּוֹף צֶדֶק

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

Healthy

Yaffa As

We are
not meant to
be okay when
genocide is
our neighbour
that is funded
by our labour
we are
meant to be
a mess
our sleep
tearing into
reality
anxiety brewing
wondering what
is hope?

we are
meant to
tear at the seams
of reality
realising a reality
built on oppression
is bullshit
we are
meant to
realise and demand
all we are worth
self-actualisation
wholeness

things, systems
built off of genocide
can never
our response
labeled by
western capitalism
as wrong is
healthy
we move to
wholeness
always
they move to
pain, attempting
to drag us
with them

Mah Tovu

מַה־טֹבוֹ אֱהַלְיָךְ אַבְרָהָם, אֱהַלְיָךְ שָׂרָה מִשְׁכְּנֹתֶיךָ חֲבֵרִים
וְאֲנִי בְרוֹב חֲסֵדְךָ אֲבוֹא בֵיתְךָ אֶצְטַנֵּעַ
אֶל קֹהֵל קִדְשְׁךָ בִּירְאָתְךָ

Mah tovu ohaleicha Avraham, ohaleicha Sara,
mishkenoteicha chaverim

Va'ani berov chasdeche avo veiteche, etztanei'a el kahal
kodsheche beyirateche

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

*But I, with Your abundant love, enter Your house;
I'll be humble, in awe of Your holy congregation*

Disturb Us

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.



Portrait of Queer Jewish anti-zionist ancestor
Shatzi Weisberger by Micah Bazant

Social Action

by Rabbi Jack Riemer

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 pray to You
to end starvation,
for there is food enough for all,
if only we would share it.

We cannot merely pray for prejudice to cease,
for we might see the good in all
that lies before our eyes,
if only we would use 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.

Lecha Dodi

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

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

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד Shamor v'zachor b'dibur echad,
הִשְׁמִיעֵנוּ אֶל הַמֵּיּוּחָד Hishmi'anu el ha'meyuchad.
יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד Shekhinah echad u'shmo echad;
לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהִלָּה L'shem ul'tiferet v'l'tehila.

לִקְרַאת שַׁבַּת לָכוּ וְנִלְכָּה Likrat Shabbat l'chu v'nelcha,
כִּי הִיא מְקוֹר הַבְּרָכָה Ki hi m'kor ha'bracha.
מֵרֹאשׁ מִקֶּדֶם נְסוּכָה Me'rosh mi'kedem n'sucha;
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלָה Sof ma'aseh b'mach'shava t'chila.

הִתְעוֹרְרִי הִתְעוֹרְרִי Hit'oreri, hit'oreri,
כִּי בָּא אוֹרֶךְ קוּמִי אוּרִי Ki va orech, kumi ohri.
עוּרִי עוּרִי שִׁיר דַּבְּרִי Uri, uri, shir daberi;
כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה K'vod Shekhinah alai'yich nigla.

*Stand for
this verse:*

בֹּאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה Bo'ee v'shalom, ateret ba'ala,
גַּם בְּשִׂמְחָה וּבִצְהִלָּה Gam b'simcha uv'tzohola.
תּוֹךְ אֲמוּנֵי עַם סִגְלָה Toch emunei am segula;
בּוֹאִי כָלָה בּוֹאִי כָלָה Bo'ee chala, bo'ee chala.



Graphic from Ha'aretz

I Often Think

Mosab Abu Toha

I often think of the places I will not be able to show my children or my grandchildren, the memories I will not be able to share: the kindergarten I attended in Al-Shati refugee camp, the nearby field where I did cartwheels as a kid, the streets in Beit Lahia where I used to ride my bike at sunset. The soccer field where I used to play with my colleagues in the evenings, the hall where I had my wedding party. The mulberry tree where I played marbles with my childhood friends. Some of those friends have been killed.”

A Jewish Prayer for Nakba Day

ליום הנִּכְבָּה / יום הנִּכְבָּה

by Sara M (adapted)



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 בְּאֶרֶץ 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 God remember our Palestinian siblings
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".

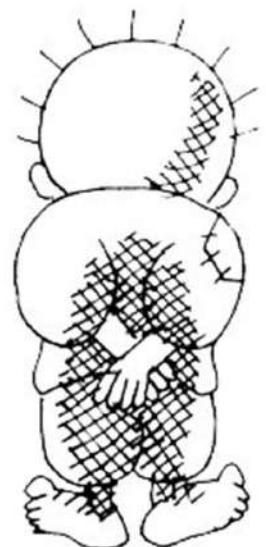
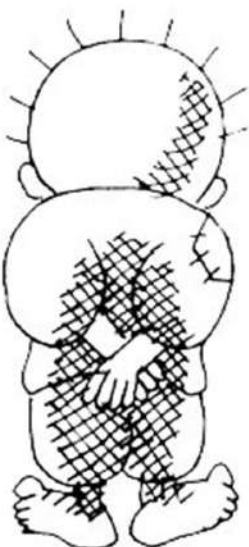
May their prayers be heard
so that families be re-united in the land of their ancestors,
and they can return in happiness to their land
and in joy to their homes,
in the cities, in the villages, and outside the villages.

"וישבתם על הארץ לבטח",
ולעלות בשלום לעיר קודשך
ותן שנגור ביחד
בְּצֶדֶק וּבִמְשָׁפֹט
וּבְחֶסֶד 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*

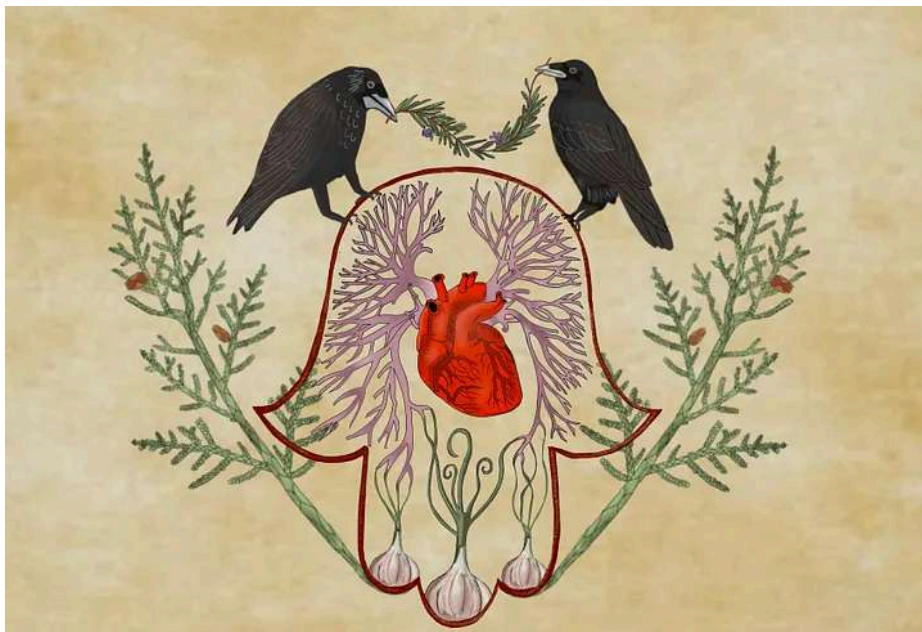
Shim'eh

Hear!

שְׁמַעְהָ יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
בָּרוּךְ שֵׁם כְּבוֹד מַמָּשֶׁה לְעוֹלָם וָעֶד

Shim'eh Yisra'el, Shekhinah eloheinu, Adonai ached
Baruch shem k'vod mamasheh l'olam va'ed

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



Art by Wendy Elisheva Somerson

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.

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 here-ness, 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

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



Doikayt fun Undzer Tsayt (Here-ness 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

Mi Chamoche

מִי כָמוֹכָה בְּאֵלִים יְהוָה
מִי כָמוֹכָה נִאֲדָרָה בְּקֹדֶשׁ
נוֹרָאָה תְהִלַּת עֲשֵׂה פֶלֶא

Mi chamoche ba'eilim Adonai?
Mi chamoche nedereh bakodesh?
Nora'eh t'hilot oseh feleh.

A Prayer for Gaza's Children

byBradley Burston

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!

Stand during
the Amidah

The Amidah

“The Standing Prayer”

אֲדֹנָי שְׁפָתַי תִּפְתָּח 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 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

“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

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

Lo yisa 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 Natasha Vally



Artwork designed by a member of the Black-Jewish Alliance UK

Ahava/Alhub

*Love and Compassion,
Kindness and Peace*

אַהֲבָה וְרַחֲמִים
חֶסֶד וְשָׁלוֹם

ahava v'rachamim
chesed v'shalom

الحب والرحيم
اللطيف والسلام

alhub warahma
alateef wasalaam

Od Yavo

עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ
וְעַל כָּל.
סָלָאם
עָלֵינוּ וְעַל כָּל הָעוֹלָם

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.*

Aleinu

"It is upon us"

A Prayer for Reparation and Restoration

by Rabbi Brant Rosen

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.

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.***

Not Just Passing

Heda Abu Nada

Yesterday, a star said to the little light
in my heart,

We are not just transients passing.

Do not die. Beneath this glow
some wanderers go on walking.

You were first created out of love,
so carry nothing but love
to those who are trembling.

One day, all gardens sprouted
from our names, from what remained
of hearts yearning.

And since it came of age, this ancient
language has taught us how to heal
others with our longing,

how to be a heavenly scent
to relax their tightening lungs: a
welcome sigh, a gasp of oxygen.

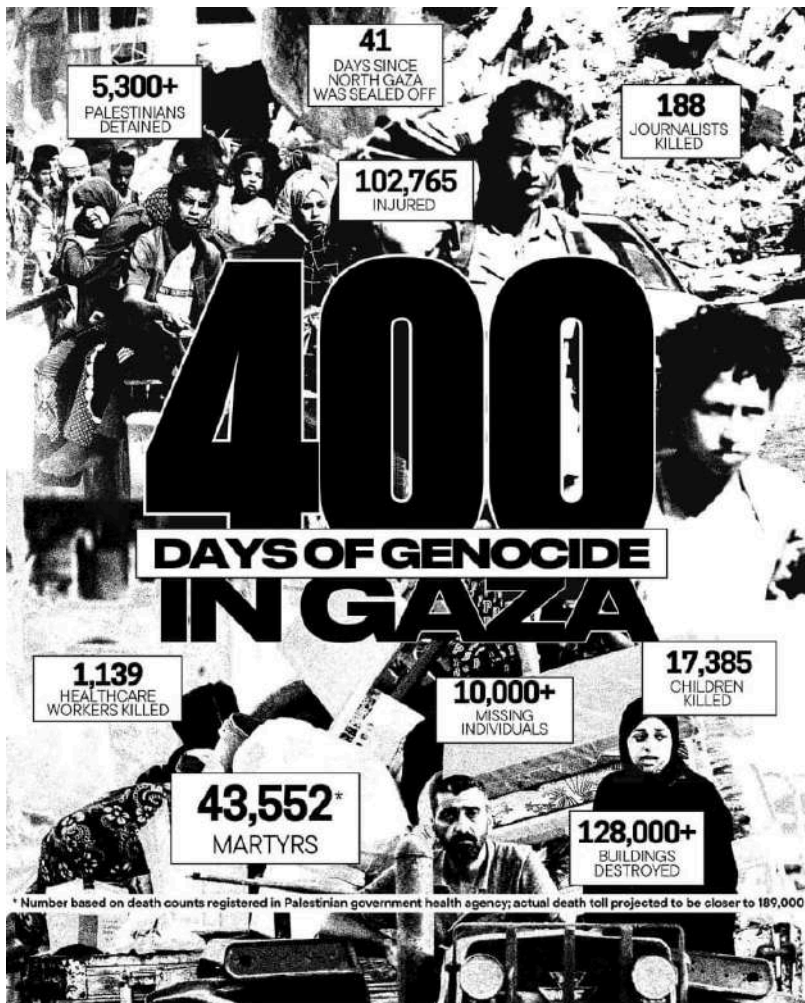
Softly, we pass over wounds,
like purposeful gauze, a hint of relief,
an aspirin.

O little light in me, don't die,
even if all the galaxies of the world
close in.

O little light in me, say:
Enter my heart in peace.
All of you, come in!



Artwork by Roan Boucher



Graphic from @palestinianyouthmovement

Mourner's Kaddish

The Mourner's Kaddish is
written in Aramaic, an
ancestor language to
both Hebrew and Arabic

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

Yitgadal v'yitkadsh sh'mei raba (**Amen**)

b'alma div'ra chirutei v'yamlich malchutei

B'chayeichon uv'yomeichon uv'chayei 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 min kol birchata 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

Shalom Aleichem

Shalom aleichem mal'achei ha-sharet mal'achei Elyon,
mi-melech malchei ha-milachim ha-kadosh Baruch Hu.

שְׁלוֹם עֲלֵיכֶם מַלְאָכֵי הַשָּׁרֵת מַלְאָכֵי עֲלִיּוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Bo'achem l'shalom mal'achei ha'shalom mal'achei Elyon,
mi-melech malchei ha'milachim ha-kadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם מַלְאָכֵי הַשָּׁלוֹם מַלְאָכֵי עֲלִיּוֹן
מִמֶּלֶךְ מַלְכֵי הַמַּלְאָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא

Barchuni l'shalom

בְּרַכּוּנִי לְשָׁלוֹם ...

Tzeitchem l'shalom

צֵאתְכֶם לְשָׁלוֹם ...

*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 הַגֶּפֶן

Baruch ata Adonai, Eloheinu Melech ha'olam,

borei peri hagafen.

We bless the Compassionate One,

Who creates the fruit of the vine.

haMotzei: Challah

recited over two loaves of bread or kitke:

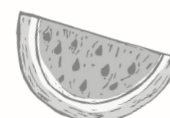
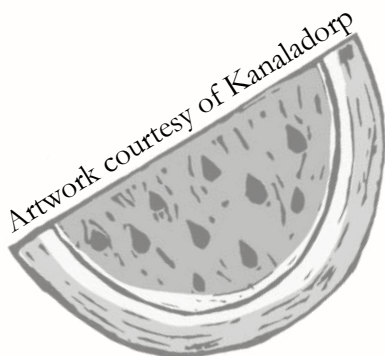
בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Baruch ata Adonai, Eloheinu Melech ha'olam,

hamotze lechem min ha'aretz.

We bless the Foundation of the World,

Who creates bread from the earth.



Artwork courtesy of Kanaladorp