

Qabbalat Shabbat for Humanistic Jews

קַבֿלַּת־שַׁבָּת לַיהוּדִים הִיּוֹמָנִסְטִים

L'khah, Dodi (לְכָה, דוֹדִי - "Let Us Go, My Friend")

(Sabbath song by 16th century Qabbalist Sh'lomo ha-Levi Alkabetz)

All sing together:

L'khah, dodi, liqra`t kallah, liqra`t kallah,

p'nei Shabbat n'qabb'lah, n'qabb'lah.

L'khah, dodi, liqra`t kallah, p'nei Shabbat n'qabb'lah. (2x)

L'khi, dodati, liqra`t kallah, liqra`t kallah,

p'nei Shabbat n'qabb'lah, n'qabb'lah.

L'khi, dodati, liqra`t kallah p'nei Shabbat n'qabb'lah. (2x)

Translation: "Let us go, my friend, to greet [the Sabbath] bride; the face of Shabbat, let us receive."

(L'khah dodi = masculine singular; l'khi dodati = feminine singular)

לְכָה, דוֹדִי, לְקַרְאֵת כָּלָה

פְּנֵי שַׁבָּת נִקְבְּלָה.

לְכִי דוֹדָתִי לְקַרְאֵת כָּלָה

פְּנֵי שַׁבָּת נִקְבְּלָה.

The Blessing of Light (by Rabbi Binyamin Biber)

Leader:

The rays of the sun bring life to this world;
its light feeds the globe, its warmth sustains all.

Congregation:

**The moon and the stars inspire poetry;
they fuel passions and visions and dreams.**

Leader:

Our ancestors' fires cooked suppers and lore;
their torches dispelled threat, fear, and darkness.

Congregation:

**Flames burned through each night, winter, and ice age;
shaped clay then metals; became signs of hope.**

Leader:

Our ritual fires link us to these lights;
as we reach beyond toward the future.

Congregation:

**Our love and reason blaze and bring wholeness,
enlightening us to care and to strive.**

Leader:

Sparks of compassion ignite our spirits;
we burn for justice, yet are not consumed.

Congregation:

**This spectrum of light from heaven and earth
empowers us all our world to improve.**

Lighting Sabbath & Festival Candles

Hadlaqat Nerot Shel Shabbat (v'-Yom Tov) - (וְיוֹם טוֹב) - הַדְלָקַת נְרוֹת שֶׁל שַׁבָּת

Leader:

N'-varekh `et ha-`or

ka-`asher nigqavets b'-tsavta`

l'-hadliq nerot shel Shabbat (v'-yom tov).

B'-`or n'-varekh `et ha-haiyim.

נִבְרַךְ אֶת הָאוֹר
כְּאֲשֶׁר נִקְבַּץ בְּצוּתָא
לְהַדְלִיק נְרוֹת שֶׁל שַׁבָּת (וְיוֹם טוֹב).
בְּאוֹר נִבְרַךְ אֶת הַחַיִּים.

All read aloud together:

**Let us bless the light as we gather together to kindle Sabbath (and festival) candles.
With light let us bless life.**

(Congregant lights the candles.)

Leader:

As we rest from our work taking care of our narrower mundane concerns,
let us move toward those more expansive and transcendent.
Let us deepen our selves and renew our world by engaging in labors of love:
fostering and transforming family and friendships, community and humanity.

As we journey together through life,
may such flames as these light our ways and ever remind us to share
the warmth of our hearts and the hearths of our homes,
the rainbow of our wisdoms and the radiance of our inspirations.

Hinne, Mah Tov ("Behold, How Good") - הִנֵּה, מַה־טוֹב

(Adaptation* of T'hillah / Psalm 133.1)

All read translation together:

Behold, how good and how pleasant it is when peoples* dwell together in unity!

All sing together:

Hinne, mah tov u-mah naim

shevet ammim* gam yahad!

הִנֵּה, מַה־טוֹב וּמַה־נָּעִים
שַׁבָּת עַמִּים גַּם יַחַד!

*Originally "brothers," `ahim.

A Humanistic "Sh'ma" & Declaration of Interdependence

On Listening and Oneness - Al Sh'miah v'-`Ahdut - אֶל שְׁמִיעָה וְאַחְדוּת

(Inspired by the "Sh'ma" - D'varim / Deuteronomy 6.4)

All read aloud together:

**Hear, O Israel, please hear, O tribes, dispersed and estranged.
Let the tale of Abraham inspire us to transcend today's idols and lies.
Let us heed diverse voices and visions, seeking understanding and unity.**

**O children of Abraham, O inheritors of this world,
please hear one another, please hearken to each living being.**

B'-vaqashah:

sh'ma, shim'i, sh'manah, shim'u.

בְּבִקְשָׁה:
שְׁמַע, שְׁמְעִי, שְׁמַעְנָה, שְׁמְעוּ.

The Earth, our world, is One. All peoples, all beings, are One.

(Hebrew above means "Please: listen..." ["listen" in masculine & feminine singular, then fem. & mixed/masc. plural])

Let Us Love - Havah No`hav - הָבָה נֹאֲהָב

(Inspired by the "V'-`Ahavta" - D'varim / Deuteronomy 6.5-9)

Leader:

Let us encounter all the world with appreciative and insightful love,
deep and healing love, liberating and joyful love.
Let us rejoice in love and in the fertility it brings to the human experience.
Love expands our abilities to explore and express ourselves.
Love deepens our feelings of connectedness and individuality.
Love helps us reach across the boundaries
of ego, class, creed, ethnicity, & nation.
Love heightens our senses of meaning, beauty, and wonder.

All read aloud together:

**Let us love all the world
with all our heart, with all our soul,
and with all our might.**

Leader:

Havah no`hav `et kol ha-olam
b'-khol l'-vave-nu, b'-khol naph'she-nu,
u-v'-khol m'ode-nu.

הָבָה נֹאֲהָב אֶת כָּל הָעוֹלָם
בְּכָל לִבֵּנוֹ, וּבְכָל נַפְשֵׁנוֹ,
וּבְכָל מְאֹדֵנוֹ.

**And these words will be upon our heart always.
Let us learn them by heart with our children,
and let us speak them often -
as we sit in our homes
and walk along the way,
as we lie down and rise up.**

V'-hayu ha-d'varim ha-`eleh
al l'-vave-nu tamid.
N'shannenam im banei-nu,
vin-daber bam l'-ittim q'rovot -
b'-shivte-nu b'-veite-nu
u-v'-lekhte-nu va-derekh,
u-v'-shokhbe-nu u-v'-qume-nu.

וְהֵיוּ הַדְּבָרִים הָאֵלֶּה
עַל לִבֵּנוֹ תָּמִיד.
נִשְׁנָנָם עִם בְּנֵינוֹ
וְנִדְבַר בָּם לְעֵתִים קְרוּבוֹת -
בְּשִׁבְתֵּנוֹ בְּבֵיתוֹ,
וּבְלִכְתֵּנוֹ בְּדֶרֶךְ,
וּבְשֹׁכְבֵנוֹ וּבְקוּמֵנוֹ.

**Let us attach them as a sign to guide our minds and our hands.
Let us write them on *mezuzahs* in our home as lessons.
Let us make our every deed a labor of love.**

N'-qashram l'-`ot
l'-hadrikh `et da'atei-nu v'-`et yadei-nu.
Nikhtavam al m'zuzot
b'-veite-nu l'-shiurim.
Havah na-aseh
kol ha-ma'aseh shel-anu
avodah l'-`ahavah.

נִקְשְׁרָם לְאוֹת
לְהַדְרִיף אֶת דְּעִתֵּינוּ וְאֶת יָדֵינוּ.
נִכְתְּבָם עַל מְזוּזוֹת
בְּבֵיתוֹ לְשִׁיעוּרִים.
הָבָה נַעֲשֶׂה
כָּל מַעֲשֵׂה שֵׁלָנוּ
עֲבוֹדָה לְאַהֲבָה.

Amidah - עֲמִידָה (Inspired by the "Amidah" blessings, Psalms 145.14 & 146.7-9, & Isaiah 6.3)

"Standing" Up for & Acting On What We Believe In

Leader:

Since the Temple stood in Jerusalem, Jews, in a "standing" position, amidah, have idealized qualities which they attributed to their ancestors and deity. Let us stand together now to proclaim our shared ideals and our will to act upon them.

All read aloud together:

Let us remember those who have come before us, who have given us life, love, and our culture.

Such is our zikkaron hasdei 'imot v'-avot / זְכָרוֹן חֲסְדֵי אֲמוֹת וְאֲבוֹת, our remembrance of the kindness and merits of our mothers and fathers.

Let us work together in mutual aid to benefit all.

May we thus advance mutuality, g'milut hasadim / גְּמִילוּת חֲסָדִים - our best response to being parts of a vast and interdependent world.

Let us make a world of beauty to be shared by every living being.

May we thus spread pleasure in life, hephets ba-haiyim / חֶפֶץ בַּחַיִּים.

Let us be thankful for all we enjoy in life.

Havah nih'yeh modim

I'-khol she-nehenim ba-haiyim.

הָבָה נִהְיֶה מוֹדִים
לְכָל שֶׁנֶּהֱנִים בַּחַיִּים.

Let us work for peace, shalom, שְׁלוֹם -

in our relationships, our communities, and our world.

Let us recognize and celebrate our differences to better live together on this one planet.

Let us work:

**to heal the sick and sustain health,
to give to the weary strength and life renewed,
to support those who have fallen,**

Havah na-avod:

I'-rappe` holim u-I'-khalkel b'ri`ut,

la-tet la-ayeph ko'ah v'-haiyim m'-hudashim,

lismokh nophlim,

הָבָה נַעֲבֹד:
לְרַפֵּא חוֹלִים וּלְכַלֵּל בְּרִיאוֹת,
לְתֵת לַעֵיף כֹּחַ וְחַיִּים מְחֻדָּשִׁים,
לְסַמֹּךְ נוֹפְלִים,

to uplift those bowed down, to free all in bondage,

to abolish both greed and poverty, to repair and improve the world.

lizqoph k'phuphim, I'-hatir kol `asurim,

I'-vattel gam betsa v'-gam oni,

I'-taggen `et ha-olam. (Inspired by T'hillim / Psalms 145.14 & 146.7-9)

לִזְקוֹף כַּפּוּפִים, לְהַתִּיר כָּל אֲסוּרִים,
לְבַטֵּל גַּם בָּצַע וְגַם עֲנִי,
לְתַקֵּן אֶת הָעוֹלָם.

Let us commit ourselves to such deeds in this world today & every day.

Let us all be thus dedicated & appreciated, devoted & acknowledged.

Nih'yeh kula-nu -

qadosh u-q'doshah, q'doshim u-q'doshot.

נִהְיֶה כָּלֵנוּ -
קָדוֹשׁ וְקָדוֹשָׁה, קְדוֹשִׁים וְקְדוֹשׁוֹת.

Let us encounter each person as a precious presence, a sublime jewel of life.

Let us thus see & feel, hear & smell, taste & celebrate the beauty of this world:

All the Earth is full of merit & splendor, all beings full of worth & wonder.

M'lo` khol ha-`Arets kavod. (Inspired by Y'sha'yahu / Isaiah 6.3) מְלֵא כָּל-הָאָרֶץ כְּבוֹד.

Shalom Alei-khem ("Peace Upon You") - שְׁלוֹם עָלֵיכֶם

(Adaptation of Sabbath folk song from 17th century S'phardi Qabbalist tradition)
(Two stanzas of this version sung like one stanza in the original)

(Distribute wine for the blessing.)

All sing together:

Shalom alei-khem,
mal`akhei ha-shalom,
shomrei shalom.

Shalom alei-khem,
rod^phei ha-shalom.
Shalom alei-khem.

Bo`a-khem b'-shalom,
`ohavei ha-shalom.
Shevet-khem b'-shalom.

Tse`t-khem b'-shalom,
mal`akhei ha-shalom.
Shalom alei-khem.

Translation:

Peace upon you,
the messengers of peace,
guardians of peace.

Peace upon you,
the pursuers of peace.
Peace upon you.

May your coming be in peace,
lovers of the peace.
May your dwelling
(or sitting down) be in peace.

May your going be in peace,
the messengers of peace.
Peace upon you.

שְׁלוֹם עָלֵיכֶם,
מַלְאָכֵי הַשָּׁלוֹם,
שׁוֹמְרֵי שָׁלוֹם.

שְׁלוֹם עָלֵיכֶם,
רוֹדְפֵי הַשָּׁלוֹם,
שְׁלוֹם עָלֵיכֶם.

בּוֹאֲכֶם בְּשָׁלוֹם,
אוֹהָבֵי הַשָּׁלוֹם.
שִׁבְתְּכֶם בְּשָׁלוֹם.

צֵאתְכֶם בְּשָׁלוֹם,
מַלְאָכֵי הַשָּׁלוֹם.
שְׁלוֹם עָלֵיכֶם.

Qiddush - "Dedication" to Being an Open & Caring Community - קִידּוּשׁ

All read aloud together:

Wine:

**symbol of pleasure and sorrow,
symbol of passion and the blood of life,
symbol of plenty and of excess.
Let us bless our lives with community
by sharing our joy, our spirit, and our bounty,
by inviting visitors to join us,
by welcoming the stranger,
by caring for those in need.**

**Let us dedicate ourselves to creating a healthy community.
The fruit of the vine - with it, let us drink "To Life!"**

Leader:

Naqdish atsme-nu livro` qahal bari`.

P'ri ha-gap^hen - `itto, nishteh "L'-Haiyim!"

All read aloud together and raise our glasses in a toast to life:

"L'-Haiyim!"

**נִקְדִּישׁ עֲצָמֵנוּ לְבְּרוּא קֹהֵל בָּרִיא.
פְּרִי הַגֶּפֶן - אֶתּוֹ נִשְׁתֶּה "לְחַיִּים!"**

"לְחַיִּים!"

Breaking Bread & Making Peace: A Covenant for a Better World

(Distribute hallah for the blessing.)

Leader:

Breaking bread together, *b'rit lehem*,
was an ancient Jewish custom for making a pact of peace, *b'rit shalom*.
Today, we break bread with all kinds of people to transform this world
by fostering understanding, peace, and justice.

A Blessing for Breaking Bread (inspired by "Ha-Motsi", meaning "the one who brings forth")

Let Us Bring Forth Food - Notsi` Lehem - נוציא לחם

All read aloud together:

Each time we break bread,
let us appreciate our bounty and share it with others.

Each time we break bread,
let us nourish ourselves to work for peace and justice.

Each time we break bread,
let us commit ourselves to a covenant for a better world.

Leader:

Notsi` lehem min ha`arets -
k'dei she-nistapeq v'-nit-kalkel kula-nu.

נוציא לחם מן הארץ
כדי שנסתפק ונתכלכל כלנו.

All read aloud together:

Let us bring forth food from the land
so we all may be satisfied and sustained.

(Enjoy the hallah.)

Shabbat Shalom - A Sabbath of Peace

May the warm glow of the Sabbath candles light up our lives and our world.
May the good spirit we share and the bread we break together,
remind us of our connections to each other here in this community, and to all people.
Let us turn to one another and wish each other
a "Sabbath of Peace," Shabbat Shalom.

שבת שלום! Shabbat Shalom!
גוט שבת! Gut Shabbes!