

L'CHA DO DI / SHABBOS SONG *by Rob Tobias*

L'CHA DO DI LI KRAT KA LA P'NEI SHABBAT NI KAB' LA x2

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Shabbat Shalom, Shabbat Shalom Shabbat - Shalom x2

Shabbat, Shabbat, Shabbat Shalom Shabbat, Shabbat, Shalom x2

It's such a joy, it's such a joy, to sing on a shabbos song
Lift up your voice, lift up your voice and sing on a shabbos song
Ly, ly ly ly... Ly, ly ly ly...

SHALOM ALEYCHEM Trad. R. Aryeh Hirshfield
Shalom Aleychem, malachey hasharet Malachey elyon
Mi-melech, malachey ham'lachim, Ha-Kadosh baruchhu

Peace to you, Angels of Peace
Angels of the most High
From the Blessed Holy One
Source of all Life

Bo'achem l'shalom, malachey hashalom Malachey elyon
Mi-melech, malachey ham'lachim, Ha-Kadosh baruchhu

Come in Peace, Angels of Peace
Angels of the most High
From the Blessed Holy One
Source of all Life

B'archuni l'shalom, malachey hashalom Malachey elyon
Mi-melech, malachey ham'lachim, Ha-Kadosh baruchhu

Bless me with Peace, Angels of Peace
Angels of the most High
From the Blessed Holy One
Source of all Life

T'zachem l'shalom, malachey hashalom Malachey elyon
Mi-melech, malachey ham'lachim, Ha-Kadosh baruchhu

Depart in (Leave us in) Peace, Angels of Peace
Angels of the most High
From the Blessed Holy One
Source of all Life (2-3X)

CANDLE BLESSING

Baruch atah adonai, (B'richa at Shekhina) eloheinu melech ha'olam,
asher kid'shanu b'mitzvotav v'zivanu l'hadlik ner shel Shabbat.

Priestly Blessing (Birkat Kohanim)

Yevarechecha Adonai, V'Yishmerecha
Ya'er Adonai Panav Eleycha, Vichuneka
Yisa Adonai Panav Eleycha, V'yasim Lecha Shalom

*(May the Source of all Blessing bless you and protect you
May the Source of all Blessing shine the Divine face toward you and love you
May Source of all Blessing lift up the Divine face toward you and Grant you Peace)*

BLESSING OF THE CHILDREN (Birchat Yaldah v'Yeled Y'ladim)

from The Book of Blessings by Marcia Falk,
& adapted from "Talking to God" by R. Naomi Levy

Be who you are
And may you be blessed
in all that you are 2x

Hayi asher tihyi....Vahayi b'rucha
Ba'asher tihyi, ba'asher tihyi (fem.)

Heyeyh asher tihyeh....Veheyeyh baruch
Ba'asher tihyeh, ba'asher tihyeh, (masc.)

May all the gifts hidden inside you
find their way into the world,
May all the kindness of your thoughts
be expressed in your deeds,
May all your learning lead to wisdom,
May all your efforts lead to success,
May all the love in your heart
be returned to you,

Be who you are
And may you be blessed
in all that you are.
In all that you are

May we be who we are
And may we be blessed
In all that we are
In all that we are

May God bless your body with health
and your soul with joy.
May God watch over you night and day
and protect you from harm,
May all your prayers be answered,
May all your dreams come true,
And let us say...

Be who you are
And may you be blessed
in all that you are.
In all that you are

May we be who we are
And may we be blessed
In all that we are
In all that we are

And let us say
AMEN

BEDTIME SH'MA Melissa Crabbe
(based on the traditional Hebrew prayer)

My day is coming to a close
I now open my heart to those
Who touched my life today.
Even those who caused me pain
by accident or by design
Let their hearts and also mine
Now be whole again.

Sh'ma Yisrael, Sh'ma Yisrael 2X+

Blessed is the Source of Life
Who makes sleep fall upon my eyes,
Hold me in your wings.
Let not my dreams make me afraid
Nor my sometimes foolish thoughts
Guard my bed all through the night
And wake me in the dawn

Sh'ma Yisrael, Sh'ma Yisrael 2X+

We must love the Source of Life

Every moment, day or night,
With every breath we take.
God helps us to lie down in peace
And then arise again to life
Remove from me all enmity
Blessed Holy One

Sh'ma Yisrael, Sh'ma Yisrael 2X+
Adonai Eloheynu, Adonai Echad

SH'MA YISRAEL ADONAI ELOHEYNU, ADONAI ECHAD

(deep breaths / short silent meditation)

V'ahavta et adonay elochecha...
And you shall love,
Turn toward love.

TREE OF LIFE by Rob Tobias

Breath in, breath out, breath in	Breath out, breath in, breath out
Etz Chaim, Tree of life, Etz Chaim	Etz Chaim, Tree of life, Etz Chaim
What the tree breathes in, I breath out	What I breath out, the tree breathes in
Etz Chaim, Tree of life, Etz Chaim	Etz Chaim, Tree of life, Etz Chaim
And I reach and I turn, I teach and I learn	I'm reaching for the highest branch I see
I reach and I turn, I teach and I yearn	I'm reaching for the branches of that tree

TODAY I TURN TOWARD LOVE by Grisha Stewart

<i>chorus 1</i> Today I turn toward love	I Open up and listen
I let abundant love	Guide my intuition
We live in a land of plenty	There's plenty to go around
I don't have the answer	But I'm sure one can be found
I met my neighbor's neighbor	We are not in this alone
We dance upon the land from which tomorrow's garden grows	
<i>chorus 2</i> Today I turn toward love	My fear is in remission
We dance, we dance to love	We open up and listen
We don't bring the sunshine	We don't make the seeds
We choose what to nourish	What to plant and what to weed
We didn't choose the soil in which	Our seeds were planted down
The only thing that we can do	Is choose what to do now
<i>chorus 1</i> Today I turn toward love	I Open up and listen

	I let abundant love	Guide my intuition
<i>chorus 2</i>	Today I turn toward love	My fear is in remission
	We dance, we dance to love	We open up and listen
	Today I turn toward love	Today I turn toward love

PARABLE OF THE TREE *by Royce Jones and Rob Tobias*

There was once a man, who took the seed from a tiny tree, and planted it, in the ground.

A stranger came by, and saw him working, he said, "That tree will never grow. The soil here, is just too rough."

But the man said, "The seed is strong." Then another man came by, and said, "Other trees have been planted here, but they've all died."

"But I will water this tree," the man replied, "while it's young and tender, And I'll cover it, and protect it from the cold."

And so, the strangers went away, and the years passed, and slowly, the roots took hold

At first the tree grew quickly, but then one bitter night, cold descended upon the land, and the winds blew.

In spite of all the man's efforts, the little tree was damaged, and the man wept. He wept for fear that the tree would not survive.

On and on he labored, with great effort, supporting that tree, not knowing if it would be enough.

Another winter passed, and one day the man noticed a new strength in that tree, and there were signs that it was about to bloom.

And bloom it did! Its leaves sprouted, hanging gracefully from its limbs, and it stood firm, against the wind.

In grateful joy, the man sat down under the tree and listened to the music made by the wind, blowing through its branches,

And he marveled at the protection, the tree gave him, from the heat of the sun. "How glad I am that I found that seed and planted it and tended to it

At that moment, one of the strangers, who scoffed at the man's endeavors happened by and said, "I remember when this tree was planted. You know, I never thought it would survive."

He said, If the man who planted that tree were here today, I'd tell him how wrong I was." "I am that man," said the man who'd planted the tree."

And as he rose from the tree and approached the stranger, "You?", the stranger said, Looking him up and down. "Why, you're nothing like the man who planted the tree.

Your body is thick and strong and your skin is tanned and tough from the wind and sun. And the way you walk, with such confidence and grace."

"Yes," said the man who'd planted the tree. "All the time I've been tending the tree,

The tree has been tending to me." The tree has been tending to me."

A NEW YEAR *by Michael Hunter Ochs*

May this be a year of love and kindness. May strangers come to be friends.
May truth and compassion always guide us. A - - men

May this be a year of hope and healing for all of those in need
May all of our deeds be a blessing A - - men

A new year, a good year, A chance to start all over
A new year, a sweet year, A chance to bring us closer

May this be a year of selfless giving May this be a year of peace
And may we forgive and be forgiven A - - men

A new year, a good year, A chance to start all over
A new year, a sweet year, A chance to bring us closer. x2

Closer to the ones we love A world we can be proud of
as long as there are stars above There comes a new year A - - men

MI SHEBEIRACH *by Debbie Friedman*

Mi shebeirach avoteinu
M'kor hab'racha 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 l'avoteinu
Bless those in need of healing
with re'fuah sh'leimah,
The renewal of body,
the renewal of spirit,
And let us say, Amen.

TREES GROW SLOW *by Laurence Cole*

Trees grow slow and trees grow strong
And trees sway with the wind their whole lives long

And trees hold the ground as they reach for the sky
And fallen trees, still feed the seeds, they cast before they died

BROTHERS & FRIENDS

Lema'an achai vere'ay,
lema'an ach'yotai vere'ay
Adabera-na, adabera-na, shalom bach
Lema'an beyt adonay eloheynu,
avakshah tov lach

For the sake of my brothers and friends
For the sake of my sisters and friends
Please let me ask, please let me say
Peace to you

This is the house, the House of Love,
I wish(seek) the best for you,
This is the house of Light and Love,
I wish(seek) the best for you.

(May all beings be happy and free
Safe and peaceful, too
LOK-AAH SA-MA-STA
SUK-HINO BHA-VANTU)

WINGS OF PEACE by. R. Aryeh Hirshfield

Ufros aleynu sukkat shalom
Spread over us
Wings of Peace, SHALOM

Draw water in joy from the living well
Draw water in joy from the living well
Mayim Chayim, Waters of Life
SHALOM