



Congregation for Humanistic Judaism  
Fairfield County, CT

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# Shabbat and Havdalah Ceremonies

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Shabbat Ceremonies for Every Occasion  
Havdalah Ceremony  
Songs

## CHJ Shabbat and Havdalah Ceremonies

*We offer these Humanistic Shabbat and Havdalah services for gatherings of family, friends, and our CHJ community. A CHJ tradition on these occasions is to set aside time during the service so that those who wish can share some personal or lifecycle event.*

### Shabbat Ceremonies for Every Occasion

- Shabbat I (a short service for the home)
- Shabbat II (a longer service for special occasions)
- Shabbat III (a favorite for community gatherings)
- Shabbat IV (for all ages – good for potlucks)
- Shabbat V (social action theme)

### Havdalah Ceremony

### Songs

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#### Credits

The drafters of these services have drawn on a variety of resources. Authors and editors include many members of the CHJ family, past and present, and members of the Society for Humanistic Judaism. Most of these services have been modified over many years. Generally, we have adopted and adapted traditional and contemporary music, poetry, and prose from diverse sources, some of which are listed below:

Marcia Falk, *The Book of Blessings* - Shabbat I, Havdalah

Rami Shapiro - Shabbat II, III

Albert Einstein - Shabbat II

Adam Chalom - Shabbat I, III, IV

Union for Reform Judaism, “K'hilat Tzedek: Creating a Community of Justice” - Shabbat V

Sidney Greenberg - Shabbat V

Stephen Sims, *River of Awareness* - Shabbat V

The 14th Dalai Lama, Tenain Gyatso - Shabbat V

# Shabbat I

## **Song: Shabbat Shalom**

*Bim— bom—,  
Bim, bim bim bom,  
Bim bim bim bim  
bim bom.*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

*Shabbat, shabbat,  
Shabbat, shabbat shalom! (repeat)*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

## **Candles**

May our hearts be lifted,  
Our spirits refreshed  
As we light the Sabbath candles.  
*(Light candles)*

## **Wine**

We celebrate nature,  
Which ripens the fruit of the vine.  
*(Pour wine)*

## **Challah**

We celebrate nature, source of all nourishment,  
Which brings forth bread from the earth.  
May we protect the bountiful earth  
That it may continue to nurture us.  
And let us seek fulfillment  
For all who dwell in the world.  
(*Share challah*)

## **Children**

**Adults:** Our children, we love you dearly.  
We wish you health, wisdom and joy, peace in your hearts,  
And the courage to work for justice throughout the world.  
May you always find loved ones to guide your way,  
Ideals to strive for, and heroes to light your path.

**Children:** Our parents, we love you and honor you.  
Together, may we work for peace in our home and love in our hearts.  
May we learn from you the importance of family, community, and all  
humankind.

## **Conclusion**

May the blessings of peace and kindness,  
Graciousness, goodness, and compassion  
Flow among us  
And all the communities of Israel,  
All the peoples of the world.

May this Shabbat bring peace and restoration.

## Shabbat II

**Song:** Mah Yafeh Hayom

*Mah yafeh ha-yom, shabbat shalom, (repeat)*

*Shabbat, shabbat shalom. (repeat)*

(How beautiful is the Sabbath day, Sabbath peace.)

**Leader:** On this Shabbat we create a moment in time. We pause to reflect upon our yesterdays and tomorrows, to renew our ties with families and friends, to restore our energies, to refresh our spirits.

As the sun descends and shadows lengthen, the distractions of the day give way to the stillness of night. It is time now for us to see not with our eyes, but with our hearts and minds. As the day gives way to evening, it is time for us to welcome Shabbat.

**Reader:** Let us pause and think of peace and quiet,  
A break from the busy week.  
Let us toss our burdens into the air.  
Let us be silent for a few moments.

**Leader:** Listen.  
In the clearing, where the mind flowers  
And the world sprouts up at every side,  
Listen  
For the sound in the bushes  
Behind the grass.

**All:** Let us take this time to create a Sabbath.  
Let us set aside the labors that define us.  
May this time of rest and renewal open my heart to joy and my mind to truth.

May all who struggle find rest on this day.  
May all who suffer find solace on this day.  
May all who hurt find healing on this day.  
May all who despair find purpose on this day.  
May all who hunger find fulfillment on this day.  
And may I live my life in such a way that this day may fulfill its promise.

## Candle Lighting

**Leader:** The candles stand before us waiting to be lit. As we seek to dispel the darkness and banish the cold, the light brings glowing softness, warmth, and safety into our homes, our hearts, our communities.

**Reader:** As Shabbat candles give light to all who behold them, so may we, by our lives, give light to all who behold us.  
As their brightness reminds us of that which is bright in our lives, so may we, by our actions, make the world a brighter and warmer place for all.  
(*Candles are lit*)

**All:** Precious is the light in the world.  
Precious is the light within each person.  
Precious is the light of Shabbat.

May the dancing flames of these candles kindle warmth within our hearts,  
wisdom in our minds, and passion in our souls.

**Song:** **Shabbat Shalom**

*Bim— bom—,  
Bim, bim bim bom,  
Bim bim bim bim  
bim bom.*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

*Shabbat, shabbat,  
Shabbat, shabbat shalom! (repeat)*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

## Wine

**Reader:** We celebrate the fruit of the vine as we lift this cup and sip. May the taste of this wine stir within us a reverence for nature and respect for the sand, the trees, the animals, the oceans, the earth and all that live upon it, and the sun, moon and stars in the sky.

**All:** Precious is nature  
Which ripens the fruit of the vine.  
(*Pour wine*)

## **Challah**

**Reader:** As the fingers of the challah intertwine, so do we join hands in our common humanity, sharing the fruits of our labors.  
We cherish that which has been created through human effort. For it is through the work of our hands, the strength of our spirit, the vision of our minds, that our dreams become real.

**All:** Precious is the work of our hands.  
Precious is the vision of our minds.  
Precious is the bread of the earth.  
(*Share challah*)

## **Children's Blessing**

**Adults:** Our children, we love you dearly.  
We wish you health, wisdom and joy, peace in your hearts,  
And the courage to work for justice throughout the world.  
May you always find loved ones to guide your way,  
Ideals to strive for, and heroes to light your path.

**Children:** Our parents, we love you and honor you.  
Together, may we work for peace in our home and love in our hearts.  
May we learn from you the importance of family, community, and all humankind.

**Leader:** May the spirit of our coming together this night grant us peace, that most precious gift, and give us the will to proclaim its message to all the peoples of the earth.

**All:** On this Shabbat:  
Let there be peace in our hearts.  
Let there be peace for the Jewish people.  
Let there be peace for all humanity.  
Let there be peace in the world.

**Song:**        **Na-a-se Shalom**  
*Na-a-se sha-lom ba-o-lam*  
*Na-a-se sha-lom a-ley-nu.*  
*V'al kol ha-o-lam*  
*V'im-ru, im ru sha-lom.*

*Na-a-se sha-lom*  
*Na-a-se sha-lom*  
*Sha-lom a-ley-nu, v'al kol ha-o-lam. (repeat)*  
(Let us bring peace upon us and upon all the world.)

## **Memorial**

**Leader:**     Let us pause now to remember those we have loved who are no longer with us, all those we have lost this year, in recent months, and through all the years.

**All:**         The light of life is a finite flame. Like the Shabbat candles, life is kindled, it burns, it glows. It is radiant with warmth and beauty. But soon it fades, its substance is consumed, and it is no more.

Yet we do not despair, for we are more than a memory slowly fading into the darkness. With our lives we give life. Something of us can never die: we move in the eternal cycle of darkness and death, of light and life.

**Reader:**     Strange is our situation here upon earth.  
Each of us comes for a short visit,  
Not knowing why,  
Yet sometimes seeming to divine a purpose.  
From the standpoint of daily living, however,  
There is one thing we know:  
That we are here for the sake of others,  
Above all, for those upon whose smile and well-being our own happiness  
Depends;  
And for the countless unknown souls  
With whose fate we are connected by a bond of sympathy.  
Many times a day I realize how much my outer and inner  
Life is built upon the labors of my fellows, both living and dead,  
And how earnestly I must exert myself in order to return as  
Much as I have received and am still receiving.

## Conclusion

**Leader:** May we live to see our world fulfilled  
May our destiny be for things still to come  
And may we value generations past and trust in those yet to be.

May our hearts be filled with intuition and our words be filled with insight.  
May our vision lead us to righteousness.

**All:** May we live to see our world fulfilled  
May our destiny be for things still to come  
And may we value generations past and trust in those yet to be.

In our time, may we realize the power of compassion.  
May love and justice flow like a mighty river.  
Let peace fill the earth as waters fill the sea.

**Song: Eem Ayn Anee Lee**

*Eem ayn a-nee lee, mee lee?  
Uo-kh'-she-a-nee l'ats-mee mah a-nee?*

*Eem lo akh-shav  
Ey-ma-tie? Ey-ma-tie?  
(If I am not for myself, who will be for me?  
If I am only for myself, what am I?  
If not now, when? -Hillel)*

**Song: Od Yavo'**

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom.  
Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom. (repeat entire song many times.)  
(May we see peace among us, and for all the world.)*

## Shabbat III

**Song:**           **Shabbat Shalom**

*Bim— bom—,  
Bim, bim bim bom,  
Bim bim bim bim  
bim bom.*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

*Shabbat, shabbat,  
Shabbat, shabbat shalom! (repeat)*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

**Leader:**       As the sun descends and shadows lengthen,  
the distractions of the day give way to the stillness of night.  
It is time now for us to see not with our eyes, but with our hearts and  
minds. As the day gives way to evening, it is time for us to welcome  
Shabbat.

Let us be silent for a few moments. Let us focus on the meaning of  
Shabbat, in our community and in ourselves.

Listen.  
In the clearing, where the mind flowers  
And the world sprouts up at every side,  
Listen  
For the sound in the bushes  
Behind the grass.

*(Silent reflection)*

## Candle Lighting

**Leader:** May our hearts be lifted, our spirits refreshed  
As we light the Sabbath candles.

May the dancing flames of these candles kindle warmth within our hearts,  
wisdom in our minds, and passion in our souls.

**All:** May there be such light  
to shine the way  
for all who are not yet free.

*(Candles are lit)*

## Wine

**Reader:** We celebrate the fruit of the vine and the bounty of nature as we lift this  
cup and sip its wine. For we are part of nature, which gave us birth and  
continues to sustain us.

May the taste of this wine upon our lips stir within us a reverence for  
nature and respect for human endeavor.

**All:** May there be such wine  
To quench the thirst  
Of all who are still parched.

*(Wine is sipped)*

## **Bread**

**Reader:** May the sharing of this challah strengthen our bonds with others who walk upon this earth. As the fingers of the challah intertwine, so are we interwoven in our common humanity.

We cherish that which has been created through human effort. We are grateful to all who have helped bring bread to our table, and we vow to respond in turn to those in need.

**All:** May there be such bread  
To purge the emptiness  
Of all those who yet hunger.

*(Bread is shared)*

## **Children**

**Leader:** Our children are our most valuable legacy. They are the future of this world. Tonight we say to them:

**All:** May you have courage, strength, and compassion.  
May you live in peace and free from suffering.  
May you be wise and happy. May you feel great love.  
May you care for those less fortunate, and  
may you live as an example to your children,  
and to all the peoples of the world.

**Leader:** Let us take this time to create a Sabbath.  
Let us set aside the labors that define us.  
May this time of rest and renewal open my heart to joy  
and my mind to truth.

**All:** May all who struggle find rest on this day.  
May all who suffer find solace on this day.  
May all who hurt find healing on this day.  
May all who despair find purpose on this day.  
May all who hunger find fulfillment on this day.  
And may I live my life in such a way that this day may fulfill its promise.

## Personal Sharing

### Conclusion

**All:** May we lie down this night in peace,  
And rise up with life renewed.  
May night spread over us a shelter of peace,  
Of calm and quiet, the blessing of rest.

There will come a time  
When morning will bring no word of war, or famine, or anguish;  
There will come a day of happiness, and contentment, and peace.

Precious is the source of joy within us.  
Precious is the night and its rest,  
And its promise of peace.

Shabbat is a day of freedom and peace,  
A celebration of life and creation.  
May it open our eyes to the goodness we have attained,  
And our hearts to the goodness we may yet achieve.

**Song:** **Mah Yafeh Hayom**

*Mah yafeh ha-yom, shabbat shalom, (repeat)*  
*Shabbat, shabbat shalom. (repeat)*  
(How beautiful is the Sabbath day, Sabbath peace.)

## Shabbat IV

**Leader:** Shabbat Shalom!

**All:** Shabbat Shalom!

**Song:** **Shabbat Shalom**

*Bim— bom—,  
Bim, bim bim bom,  
Bim bim bim bim  
bim bom.*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

*Shabbat, shabbat,  
Shabbat, shabbat shalom! (repeat)*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

**Leader:** Welcome to this celebration of Shabbat. We are grateful to be here together, and we give special thanks to (*hosts are named*) for opening their home to us tonight.

In a busy week, free time, quiet time, is very valuable. The chance to catch our breath, to step back from our work and think about our lives from a distance, to spend time in our home with our family: Shabbat offers all of these, and more.

We welcome Shabbat by saying, “Shabbat Shalom.” Shabbat connects us to the whole world. Here we are part of our Congregation family. We are also part of the Jewish family, linked to every home in the chain of our tradition. And we are part of the human family and part of the natural world around us. When we greet Shabbat, we can say, “Shalom, Shabbat! Hello, Shabbat!” And we say to each other, “Shabbat Shalom!” Others may say Salaam. Together we welcome the peace of Shabbat.

**Song: Od Yavo'**

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom.  
Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom. (repeat entire song many times.)  
(May we see peace among us, and for all the world.)*

## **Candle Lighting**

**Reader:** As the sun sets, and the day gives way to night, the candles stand waiting to be lit. May their flames bring warmth to our hearts, wisdom to our minds, passion to our souls.

**All:** Precious is the light in the world.  
Precious is the light within each person.  
Precious is the light of Shabbat.

*(Candles are lit)*

## **Wine**

**Reader:** Wine is sweet. Wine helps us taste the sweetness of life. When we share wine, we celebrate our heritage and our happiness today. Wine is a symbol of life, and a symbol of the power of people.

*(All share wine or grape juice saying "L'chaim! To life!")*

## **Bread**

**Reader:** Food is a building block of life and the seed of human connection. If we can eat and drink together, we can live and love together. The sharing of food is the beginning of generosity, and “breaking bread” is how we learn to care for one another. We learn this lesson every Shabbat by sharing food in the spirit of home and family.

**All:** Precious is the work of our hands.  
Precious is the vision of our minds.  
Precious is the bread of the earth.

*(All share challah)*

## **Children’s Blessing**

**Adults:** Our children, we love you dearly.  
We wish you health, wisdom and joy, peace in your hearts,  
And courage to work for justice throughout the world.  
May you always find loved ones to guide your way,  
Ideals to strive for, and heroes to light your path.

**Children:** Our parents, we love you and honor you.  
Together, may we work for peace in our home and love in our hearts.  
May we learn from you the importance of family, community, and all humankind.

## **Conclusion**

**Reader:** Once upon a time a hiker walking in a forest became lost. She wandered for hours trying to find her way back to town, but no path led out of the forest. Suddenly she came upon another hiker walking through the woods. “Thank goodness!” she cried as she hailed the man. “Can you show me the way back to town?”

The fellow smiled at her and shook his head from side to side. “I, too, am lost,” he said. “But we can still help each other. We can tell each other the paths we have taken but which have failed us. That will help us find the one that leads out.”

Each of us knows the feeling of being lost. Shabbat is a time for us to meet, to share the paths we have taken so that together we might find our way home again.

**Leader:** Reach out your hand—stretch from shoulder to nail... ahh.

But there is a limit to our reach,  
a space just beyond our grasp.  
So take ONE other hand, extended, stretched and limited,  
and reach from their reach, doubling the effort,  
pushing back the beyond.  
But still there is that space not touched, that place not grasped.  
So take yet another hand and reach yet another length,  
adding arms and merging efforts  
until all are held and all are holding:  
the first embracing the last,  
and the last embracing the first.  
And suddenly there is no reach and no reacher;  
United as one, we find the beyond to be within.

**All:** Together let us bring peace to the world.  
Together let us bring peace to ourselves.  
Together let us say: Amen.

**Song:** **Hevenu Shalom Alechem**

*Hevenu shalom alechem*  
*Hevenu shalom alechem*

*Hevenu shalom alechem*  
*Hevenu shalom, shalom*  
*Shalom alechem. (repeat all)*  
(We bring peace to you.)

## Shabbat V

**Leader:** Where has the past week gone?  
It is lost forever.  
And now Shabbat has come.  
Will it be a retreat from the grasp of a busy life?  
Let us all learn to pause. Let us find peace on this day.  
Let Shabbat help us to focus on what is important.

**Song:** **Mah Yafeh Hayom**

*Mah yafeh ha-yom, shabbat shalom, (repeat)*  
*Shabbat, shabbat shalom. (repeat)*  
(How beautiful is the Sabbath day, Sabbath peace.)

**Leader:** This Shabbat is a special opportunity to consider the social action responsibilities of our congregation and ourselves. As we relish the break with the concerns of the ordinary, we strengthen our energies to work for Tikkun Olam, or healing the world.

In keeping with Jewish tradition, secular and religious, we embrace the responsibilities and opportunities to work for the betterment of our congregation, our community and our world. We commit ourselves to become ever more informed, as Jews and as citizens. Thus do we gain the understanding and wisdom to act decisively and effectively in promoting greater social justice.

**Reader:** Much as we need something to live with, we need even more something to live for.

If our lives are not to become spiritual dustbowls, we need regular replenishment from the waters of study, reverence and unselfishness.

There is no adventure as exciting as the adventure of a mind and soul that never stops growing. There is no better exercise for the spirit than bending down to lift someone up.

**Reader:** Let us remember that happiness resides not in things, but in ourselves, and that happiness belongs to those whose attention is turned to the happiness of others, not their own. True peace is not about getting but about giving.

Let us sing the words of the ancient sage, Hillel.

**Song:** **Eem Ayn Anee Lee**

*Eem ayn a-nee lee, mee lee?  
Uo-kh'-she-a-nee l'ats-mee mah a-nee?*

*Eem lo akh-shav  
Ey-ma-tie? Ey-ma-tie?*

**All:** If I am not for myself, who will be for me?  
If I am only for myself, what am I?  
If not now, when?

## **Candle Lighting**

**Reader:** Light is the symbol of life. Light is the symbol of the spiritual. Light is the symbol of truth.

**All:** There is darkness in the world.  
There is darkness in ourselves.

**Reader:** Light dispels the darkness around us.  
Friends dispel the darkness in us.  
We celebrate the triumph of light over darkness.

**All:** Together, may we come to know the blessings of light, friendship,  
freedom, dignity, and truth.  
*(Candles are lit)*

## **Wine**

**Reader:** The Shabbat wine is a symbol of the wholeness of life.  
There are times when we drink from bitter cups, yet there are also times  
when we savor the sweetness and happiness that exalt and celebrate life.

**All:** The wine reminds us that life is both joy and sorrow.  
We accept them both, and so, all that life offers.  
*(Wine is sipped)*

## Challah

**Reader:** May this bread we are about to share bring us together with a common vision and purpose.

**All:** May we enjoy the fruits of our labor, the work of our hands.  
May it remind us that there is hunger in the world.  
And let us also remember that humankind does not live by bread alone.  
(*Challah is shared*)

## Conclusion

**All:** May I become at all times, both now and forever  
A protector for those without protection  
A guide for those who have lost their way  
A ship for those with oceans to cross  
A bridge for those with rivers to cross  
A sanctuary for those in danger  
A lamp for those without light  
A place of refuge for those who lack shelter  
And a servant to all in need.

**Leader:** May we lie down this night in peace,  
And rise up with life renewed.  
May night spread over us a shelter of peace,  
Of calm and quiet, the blessing of rest.

There will come a time  
When morning will bring no word of war, or famine, or anguish;  
There will come a day of happiness, and contentment, and peace.

**All:** Precious is the source of joy within us.  
Precious is the night and its rest,  
And its promise of peace.

Shabbat is a day of freedom and peace,  
A celebration of life and creation.  
May it open our eyes to the goodness we have attained,  
And our hearts to the goodness we may yet achieve.

**Song: Od Yavo'**

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom.  
Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom. (repeat entire song many times.)  
(May we see peace among us, and for all the world.)*

# Havdalah

**Leader:** Havdalah means “separation.” A separation between rest and activity, between sunlight and darkness, between the busy-ness of daily routine and the privilege of private reflection, it impresses upon us the reality of moral distinctions in the universe.

**Leader:** The symbols of the Havdalah observance are wine, the twisted candle (one candle made up of at least two wicks), and the fragrant spices.

**Reader:** Havdalah signifies the separation between the ongoing human struggle to make moral and ethical choices in an often-unfriendly world and the quiet contemplation of an ever-elusive ideal.

## CANDLE

**Reader:** As the great light of the sun recedes on the horizon, leaving behind shadows that become night, we bring forth this candle to relieve the darkness with its warm glow.

**Reader:** All that is obscure and vague in life, all that frightens and confounds, finds home in unlit spaces. So often, human beings have succumbed to the shadows and lost their way in the darkness.

**Reader:** This twisted Havdalah candle represents the many sources of light which, when combined, bring joy to our hearts, wisdom to our minds, and peace to our lives. Even as these intertwined strands of wax come together in the warm glow of a single flame, so do goodness and knowledge, joy and hope blend to nourish and enrich our lives.

**All:** Precious is the light in the world.  
Precious is the light within us.  
*(The candle is lit.)*

May our hearts be lifted,  
Our spirits refreshed  
As we light this Havdalah candle.

## WINE

**Reader:** Wine is our symbol of joy. With it we celebrate the fruit of the vine and the bounty of nature. Wine is the symbol of the wholeness of life. It reminds us that life is both joy and sorrow. We accept them both, and so, all that life offers.

## SPICES

**Reader:** These spices represent the fragrant beauty of all that is good and true in life. We inhale the aroma of these spices with the hope that the days to come may be complete with the sweetness of health, the joy of fulfillment.  
*(The spices are passed around the room.)*

**Song:** **Hayamim Cholefim**

*Hayamim cho-le-fim*

*Shana o-ve-ret*

*Hayamim cho-le-fim*

*Shana o-ve-ret*

*Aval ha-man-gee-nah*

*Aval ha-man-gee-nah*

*Aval ha-man-gee-nah*

*Le-o-lam nish-e-ret. (repeat all)*

*(Days pass, years go by, but the melody goes on forever.)*

**All:** We are grateful for the week that now is ending and for the chance to be together as we contemplate the week to come.  
We are grateful for tonight's reminder of our quest for peace and joy, rest for the body, and refreshment for the soul.  
May something of its meaning and message remain with us as we enter the new week, inspiring us to work with a new heart for the benefit of all the world.

**Leader:** As we savor this break from the everyday,  
let us recite our hopes for the coming week, and every week.

**All:** In the coming week, and in all our weeks  
Let there be enlightenment and knowledge.

**Leader:** Where there are prejudice and hatred,

**All:** Let there be acceptance and love.

**Leader:** Where there are fear and suspicion,

**All:** Let there be confidence and trust.

**Leader:** Where there are tyranny and oppression,

**All:** Let there be freedom and justice.

**Leader:** Where there are poverty and disease,

**All:** Let there be prosperity and health.

**Leader:** Where there is hatred, strife, and killing,

**All:** Let there be peace!

**All:** In the coming week, and all the weeks:  
May we seek the truth more devotedly,  
That we may act more wisely;  
May we reflect more searchingly,  
That we may know ourselves more completely;  
May we love more freely,  
That we may forgive more quickly;  
May we act more courageously,  
That we may live more nobly.

*(Some wine is poured into a dish and the candle is dipped in the wine and extinguished. The lights go on.)*

**Leader:** **Blessing for the New Week**

May blessing abound –  
In the city and in the field

In the home  
And on the journey

In the work of the mind  
And the work of the hands

In the fruit of the body  
And the fruit of the land

May it be a fruitful week.

**Song:** **Shavua Tov**

*Sha-vu-a tov, sha-vu-a tov (repeat to melody)*  
*A gut vokh, a gut vokh. (repeat to melody)*  
(A good week. A week of peace.)

**All:** *Shavua tov!*

## Songs

### Eem Ayn Anee Lee

*Eem ayn a-nee lee, mee lee?  
Uo-kh'-she-a-nee l'ats-mee mah a-nee?*

*Eem lo akh-shav  
Ey-ma-tie? Ey-ma-tie?*

(If I am not for myself, who will be for me?  
If I am only for myself, what am I?  
If not now, when? -Hillel)

### Hayamim Cholefim

*Hayamim cho-le-fim  
Shana o-ve-ret  
Hayamim cho-le-fim  
Shana o-ve-ret  
Aval ha-man-gee-nah  
Aval ha-man-gee-nah  
Aval ha-man-gee-nah  
Le-o-lam nish-e-ret. (repeat all)*

(Days pass, years go by, but the melody goes on forever.)

### Hevenu Shalom Alechem

*Hevenu shalom alechem  
Hevenu shalom alechem  
Hevenu shalom alechem  
Hevenu shalom, shalom  
Shalom alechem. (repeat all)*

(We bring peace to you.)

## **Hineh Ma Tov**

*Hi-neh ma tov u-ma na-eem  
She-vet a-cheem gam ya-chad. (repeat)*

(Behold how good and pleasant it is to dwell together in unity.)

## **Lo Yisa Goy**

*Lo yi-sa goy el goy kher-ev,  
Lo yil-mi-du od mil-kha-ma. (repeat)*

*Lo yi-sa goy el goy kher-ev,  
Lo yil-mi-du od mil-kha-ma. (repeat)*

(Nation shall not lift up sword against nation;  
neither shall they learn war any more.)

## **Mah Yafeh Hayom**

*Mah yafeh ha-yom, shabbat shalom, (repeat)  
Shabbat, shabbat shalom. (repeat)*

(How beautiful is the Sabbath day, Sabbath peace.)

## **Na-a-se Shalom**

*Na-a-se sha-lom ba-o-lam  
Na-a-se sha-lom a-ley-nu.  
V'al kol ha-o-lam  
V'im-ru, im ru sha-lom.*

*Na-a-se sha-lom  
Na-a-se sha-lom  
Sha-lom a-ley-nu, v'al kol ha-o-lam. (repeat)*

(Let us bring peace upon us and upon all the world.)

## **Od Yavo'**

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Od yavo' shalom aleinu  
Ve al kulam.*

*Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom.*

*Salaam.  
Aleinu ve al kol ha olam  
Salaam, Shalom. (repeat entire song many times.)*

(Again peace will come upon us  
and on all the world. Peace, peace.)

## **Shabbat Shalom**

*Bim— bom—,  
Bim, bim bim bom,  
Bim bim bim bim  
bim bom.*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

*Shabbat, shabbat,  
Shabbat, shabbat shalom! (repeat)*

*Shabbat shalom!  
Shabbat shalom!  
Shabbat shabbat shabbat,  
Shabbat shalom! (repeat)*

(Sabbath peace.)

## **Shalom Chaverim**

*Shalom chaverim*  
*Shalom chaverim*  
*Shalom shalom*

*L'hit-ra-ot*  
*L'hit-ra-ot*

*Shalom, shalom. (repeat all)*

(Goodbye, my friends. Peace be with you.)

## **Shavua Tov**

*Sha-vu-a tov, sha-vu-a tov (repeat to melody)*  
*A gut vokh, a gut vokh. (repeat to melody)*

(A good week. A week of peace.)

## **Zay-kher Tza-dee-keem**

*Zay-kher tza-dee-keem, lee-v'ra-kha.*  
*Zay-kher tza-dee-keem, lee-v'ra-kha.*  
*Lee-v'ra-kha, lee-v'ra-kha.*  
*Zay-kher tza-dee-keem, lee-v'ra-kha.*

(The remembrance of righteous people is a blessing to us.)