

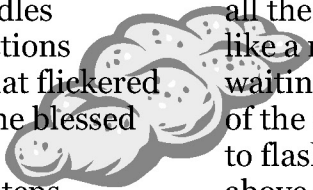
## Bim Bam

Bim Bam, Bim Bim Bim Bam.  
Bim Bim Bim Bim Bim Bam.  
Shabbat Shalom, Shabbat Shalom.  
Shabbat, Shabbat Shabbat Shabbat Shalom.

A Sabbath of Peace.

## Bread and Benedictions

In my mother's house  
she baked breads  
swollen with breaths  
of yeast,  
and she lit candles  
saying benedictions  
through lips that flickered  
like the light she blessed  
saying sounds  
that talked in steps  
sewn like stitches in a cloth.



She gave me her needle  
whose swift slender shaft  
went straight to my heart  
where it has lodged  
all these years  
like a restive splinter  
waiting for the flicker  
of the ancient lights  
to flash again  
above the benedictions  
told over bread  
in dreams of innocence.

- Larry Levine

## הדלקת נרות—Candlelighting

BA-ROOKH HA-OR BA-O-LAM

בְּרוּךְ הָאוֹר בְּעוֹלָם

BA-ROOKH HA-OR BA-A-DAM

בְּרוּךְ הָאוֹר בְּאֲדָם

BA-ROOKH HA-OR BA-SHA-BAT

בְּרוּךְ הָאוֹר בְּשַׁבָּת

Radiant is light in the world.  
Radiant is the light in each person.  
Radiant is the light of Shabbat.



## פרי הגפן - Fruit of the Vine

SAVRI MARANAN	סְבָרֵי מַרְנָן וְרַבְּנָן דְּאֵתְמוּל
V'RABANAN D'-ETMOL:	קִדְשָׁנוּ אֶת הַיַּיִן.
KIDASHNU ET HA-YAYIN	סְבָרֵי מַרְנָן וְרַבְּנָן דְּהַיּוֹם
SAVRI MARANAN	בְּרוּכִים הַבּוֹרְאִים פְּרֵי הַגֶּפֶן.
V'RABANAN D'-HA-YOM:	
BROOKHEEM HA-BOREEM	
PRI HA-GAFEN	
HA-SHABBAT M'-SAMKHEINU	הַשַּׁבָּת מְשַׂמְּחֵנוּ.
HA-SHABBAT M'-RAPEINU	הַשַּׁבָּת מְרַפֵּינוּ
LE-GUFOTEINU	לְגַפּוֹתֵינוּ וּלְנַפְשׁוֹתֵינוּ.
U-L'NAFSHOTEINU	הַשַּׁבָּת מְאַשְׂרֵינוּ.
HA-SHABBAT M'-ASHREINU	
BROOKHEEM HA-SHOMREEM	בְּרוּכִים הַשּׁוֹמְרִים
ET YOM HA-SHABBAT	אֶת יוֹם הַשַּׁבָּת.

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The Rabbis and Sages of old proclaimed: We sanctify this wine.  
The Rabbis and Sages of today proclaim:  
Blessed is the fruit of the vine.  
The Shabbat makes us joyful,  
The Shabbat heals us in body and in spirit.  
The Shabbat enriches us.  
Blessed are those who keep the Shabbat.

*Morris Sukenik*

## שלום - Shalom – Greetings

“Shalom” is Hebrew for “Hello.”

Greetings are more important than we realize. How we greet another demonstrates affection, shows concern, expresses good wishes, or even exudes anger. A smiling face usually sees one in return, and a grim nod is reciprocated. Greeting can become a ritual without meaning. Yet a genuine smile, the use of a name, a sincere “it’s good to see you:” these are the beginnings of meaningful experiences.

The Jewish philosopher Martin Buber wrote that we are always in one of two relationships: I-It and I-You. When we treat people only as an ‘it,’ something to be greeted and forgotten, we have missed an opportunity. Genuine life is an I-You relation, when our minds and hearts are open to others. When we take the time to replace the simple “Hi” with the Hebrew “Shalom,” we create a meaningful connection. It is the unexpected, the unpredictable, that shows that we care.

“Shalom” has many meanings. “Hello” can be the most powerful.

### Ma Yafeh Ha-Yom

MA YA-FEH HA-YOM

מָה יָפֵה הַיּוֹם.

SHA-BAT SHA-LOM

שַׁבַּת שְׁלוֹם.

How Beautiful is the day.  
A Sabbath of Peace.

## להשלים - L'Hashleem – To Complete

“L’Hashleem” is the Hebrew for “To Complete.”

Complete is a verb of doing: What can I complete? Sometimes we volunteer too much, believe too much in our own efficiency. Or we are too cautious, taking on only what we can complete with ease. We must stretch ourselves, and we must know how far we can stretch. Accepting a task is simple; it is completing the task that gives honor and a sense of accomplishment.

Complete is also a verb of being: What do I need to complete me? As in the story of the Garden of Eden, “It is not good for humanity to be alone.” Being complete requires other people. Completion is not simply a matter of deadlines. Completion is a state of being that is reflected in what we do.

“Shalom” is impossible without a sense of wholeness, a feeling of completion. We must fulfill our obligations in order to feel fulfilled, and we are never complete without the love of others.

### Hayameem Kholfeem

HA-YA-MEEM KHOL-FEEM	הַיָּמִים חוֹלְפִים
SHA-NA OH-VER-ET	שָׁנָה עוֹבֶרֶת.
A-VAL HA-MAN-GEE-NA	אֶבֶל הַמְּנַגֵּינָה
A-VAL HA-MAK-HAY-LA	אֶבֶל הַמְּקַהֵלָה
A-VAL HA-KHEV-RA-YA	אֶבֶל הַחֲבֵרָיָה
TA-MEED NEESH-EH-RET	תָּמִיד נִשְׁאָרֶת.

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Days pass and years go by  
Ever and ever. (2x)  
And as our voices ring  
Ring with the songs we sing  
Life is a joyous thing

Ever and ever. *Folk song (adapted)*

## שלימות - Sh'laymoot – Perfection

“Shlaymoot” is Hebrew for “Perfection.”

Perfection is a goal that defies achievement. Human existence is always a compromise between what we desire and what we cannot avoid. Mathematics can be precise to decimal places, but how can a caress? Some look for perfection beyond our world, demanding that something be perfect if we are not. Yet do we really need one perfect way to love and to live?

We have a choice. We can strive for precise perfection, imagine the one true and satisfying existence, and be destined for disappointment. Or we can strive for human perfection in all its variety, admit that ‘nobody’s perfect,’ and treat the adversities of life with a shrug or a laugh.

“Shlaymoot” is a goal that is failed and achieved at the same time. If we have done the best we could do, that is our perfection.

### Sakhakee

SA-KHA-KEE SA-KHA-KEE	שְׁחָקִי שְׁחָקִי עַל הַחֲלוּמוֹת
AL HA-KHA-LO-MOT	
ZOO AH-NEE HA-KHO-LAYM SAKH	זוֹ אֲנִי הַחֲלוּלִים שָׁת.
SA-KHA-KEE KEE	
VA-AH-DAM AH-AH-MEEN	שְׁחָקִי כִּי בְּאָדָם אֲאִמֵּן
KEE OH-DEN-NEE	
MA-A-MEEN BAKH	כִּי עוֹדֵנִי מֵאִמֵּן בְּךָ.

Laugh at all my dreams, my brother.  
Laugh and I repeat anew.  
That I still believe in people.  
As I still believe in you.

- Shaul Tchernikowsky

## לשלם - L'Shalem – To Repay

“L’Shalem” is Hebrew for “To Repay.”

When we owe someone, to what can they be compared? They are like a hole in the sand: they appear entirely natural, but we know that something is missing. The sand that the hole lacks is all around us. It is our effort to replenish the hole that has not yet begun.

“L’Shalem,” to pay back, is to fill that hole, to complete the other.

We have obligations owed to those who have helped us.

*N’shalem – We will repay them.*

We have commitments made to those who depend on us.

*N’shalem – We will fulfill them.*

We have a responsibility to ourselves: to constantly improve and grow.

*N’shalem – We will not cheat ourselves.*

We are part of a world of people who need our help.

*N’shalem – We will not forget them*

Others have given us the love we needed to live and to grow.

*N’shalem – We will repay them with our love.*

Others have given of themselves as tokens of their affection.

*N’shalem - We will complete them with our love.*

## Hinnay Ma Tov

HIN-NAY MA TOV OO-MA-NA-YEEM      הִנֵּה מְהֵטוֹב וּמְהֵנָּעִים  
SHEH-VET A-KHEEM GAM YA-KHAD      שֶׁבֶת אֶחָיִם גַּם יַיְחָד

Behold, how good and how pleasant it is  
For brothers and sisters to dwell together.

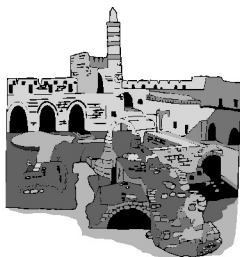
*Psalm 133:1*

## ירושלים - Yerushalayim – Jerusalem

“Yerushalayim” is Hebrew for Jerusalem, the center of Jewish hopes and fears.

Today, when “Yerushalayim” is translated as “Foundation of Peace,” it is more ironic than inspiring. Yet it is adversity that produces dreams, and it was for Jerusalem that our ancestors imagined peace. We can envision a time, in our days, when Arabs and Jews might solve their disputes and learn to share the land and the city they both love. As Herzl said, “If you will it, it is no dream.”

Yerushalayim may not yet be the City of Peace, but we can still dream that Shalom will triumph Next Year in Jerusalem.



## Musical Meditation - Poetry by Yehuda Amichai

### Ecology of Jerusalem

The air over Jerusalem is saturated with prayers and dreams  
like the air over industrial cities.  
It's hard to breathe.

And from time to time a new shipment of history arrives  
and the houses and towers are its packing materials.  
Later these are discarded and piled up in dumps.

And sometimes candles arrive instead of people,  
and then it's quiet.  
And sometimes people come instead of candles,  
and then there's noise.

And in enclosed gardens heavy with jasmine  
foreign consulates,  
like wicked brides that have been rejected,  
lie in wait for their moment.



### An Arab Shepherd is Searching for His Goat on Mount Zion

An Arab shepherd is searching for his goat on Mount Zion  
and on the opposite mountain I am searching  
for my little boy.  
An Arab shepherd and a Jewish father  
both in their temporary failure.  
Our voices meet  
above the Sultan's Pool in the valley between us.  
Neither of us wants  
the child or the goat to get caught in the wheels  
of the terrible Had Gadya machine.



Afterward we found them among the bushes  
and our voices came back inside us, laughing and crying.

Searching for a goat or a son  
has always been the beginning  
of a new religion in these mountains.



## Jerusalem of Gold

A-VEER HA-REEM TSA-LOOL KA-YA-YEEN

V'-RAY-AKH OH-RA-NEEM

NEE-SA BA-ROO-AKH HA-AR-BY-YEEM

EEM KOL PA-AH-MO-NEEM

OO-V'-TAR-DEH-MAT EE-LAN VA-EH-VEN

SH'-VOO-YA BA-KHA-LO-MA

HA-EER AH-SHER BA-DAD YO-SHEH-VET

OO-V'-LEE-BAH KHO-MA

אָויר-הָרִים צָלִיל בֵּינָן

וְרִיחַ אֲרָנִים

נִשָּׂא בְרוֹחַ הָעֶרְבִים

עִם קוֹל פְּעֻמוֹנִים.

וּבַת־רִדְמַת אֵילָן וְאֶבֶן

שְׁבוּיָהּ בַּחֲלוּמָהּ

הָעִיר אֲשֶׁר בָּרַד יוֹשְׁבֵיהָ

וּבִלְבָבָהּ חוּמָהּ.

Y'-ROO-SHA-LIE-YEEM SHEL ZA-HAV

V'-SHEL N'-KHO--SHET V'-SHEL OR

HA-LO L'-KHOL SHEE-RIE-HIKH

A-NEE KIN-NOR

יְרוּשָׁלַיִם שֶׁל זָהָב

וְשֶׁל נְחוֹשֶׁת וְשֶׁל אוֹר,

הֵלֵא לְכֹל שִׁירֶיךָ

אֲנִי כְנֹר.

The olive trees that stand in silence  
Upon the hills of time  
To hear the voices of the city  
As bells of evening chime.  
The shofar sounding from the temple  
To call the world to care  
The shepherd pauses in the valley  
And peace is everywhere.

O, Jerusalem of gold, of brass, and of light  
For all your songs of love let me be your harp.

- Naomi Shemer

## שלום - Shalom – Peace

“Shalom” is also Hebrew for Peace.

Shalom was a dream and a vision, a goal postponed until the end of days because many thought that true Shalom was Shlaymoot, Perfection. The Hebrew prophets prayed for Shalom, and they dreamed not of victory but of an end to violence. After a century of terrible destruction, the world has begun to realize that there is no alternative to Shalom.

Yet an end to war is not Shalom. Violence is not only found in battle. Hunger and poverty are violence. Oppression and abuse are violence. We cannot wait to solve these problems; they are our problems, and their solution is in our hands. Shalom is Completion, Perfection, Repaying our debts and Realizing our dreams.

When we vow to create Shalom, we take up our most sacred banner. We can have no higher obligation.

### Na'ase Shalom

NA-A-SE SHALOM BA-O-LAM

NA-A-SE SHA-LOM A-LAY-NOO

V`-AL KOL HA-O-LAM

V`-EEM-ROO SHA-LOM

נַעֲשֶׂה שָׁלוֹם בְּעוֹלָם

נַעֲשֶׂה שָׁלוֹם עָלֵינוּ

וְעַל כָּל הָעוֹלָם

וְאָמְרוּ שָׁלוֹם

Let us make peace for all the world.

- *Siddur (adapted)*

## עליהם השלום – Alayhem Hashalom – Peace be Upon Them

“Alayhem HaShalom” is Hebrew for “May Peace be upon them.”

When we remember those who loved us and wish for them “Shalom,” what do we mean? Do we hope that they are judged favorably for the life beyond? No, for life does not need a final reward to have meaning; living a courageous life gives meaning. Our memories do not change them, but they must change us.

When we remember our loved ones and say “Alayhem ha-Shalom,” we really say, “May their memory bring us peace.”

### Zekher Tsadikem

זְכָר צְדִיקִים לְבִרְכָה

ZE-KHER TSA-DEE-KEEM LEE-V'-RA-KHA

The memory of good people blesses us

### Special Music

### Shabbat Message

## שלום - Shalom – Goodbye

One can never really say “Goodbye” in Hebrew.

Shalom means goodbye and hello, peace and completion, fulfilling obligations and dreams. As we say “Goodbye,” we also mean “Fare well.” Shalom is not just a phrase or a state of mind or a political situation. Shalom is a connection to others and to community. Shalom is a connection to history and to the future.

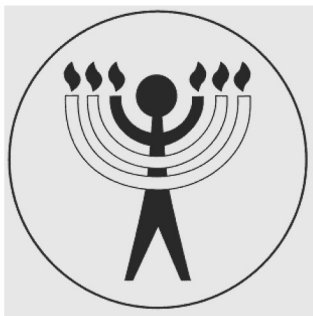
As we wish each other a Shabbat Shalom, we know that this not a parting; it is an invitation to return.

## Hayvaynoo Shalom Aleikhem

הַבְּאֵנוּ שְׁלוֹם עֲלֵיכֶם

HAY-VAY-NOO SHA-LOM A-LAY-KHEM

May we bring you peace.



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