

Shabbat Morning Songs and Prayers

Hareini m'kabeil

(Rabbi Isaac Luria of Ts'fat)

הַרִינִי מִקַּבֵּל/מִקְבֵּלְתָּ עָלַי מִצְוַת הַבּוֹרֵא
וְאַהֲבָתָּ לְרֵעֵךְ כְּמוֹךָ

Hareini m'kabeil/et alai mitzvat haBorei,
v'ahavta l'rei'acha kamocho, l'rei'acha kamocho
Behold, I take upon myself the commandment
of the Creator,
"you shall love your neighbor as yourself."

Ahavah Rabbah

(Cantor Marsha Attie)

אַהֲבָה רַבָּה אַהֲבַתְנוּ, אַהֲבָה רַבָּה אַהֲבַתְנוּ
אַהֲבָה רַבָּה, אַהֲבָה רַבָּה אַהֲבַתְנוּ

Ahavah rabbah ahavtanu, ahavah rabbah ahavtanu
Ahavah rabbah, ahavah rabbah ahavtanu
What a great love, great love,
What a great love You have given us (x2)

Poteiach et-yadecha

from Ashrei

(Cantor Vera Broekhuysen, 2019)

פּוֹתִיחַ אֶת יָדְךָ, וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן
צְדִיק יְיָ בְּכֹל דְּרָכָיו, וְחֶסֶד בְּכֹל מַעֲשָׂיו

Poteiach et yadecha usmasbia l'chol chai ratzon
Tzaddik Adonai b'chol d'rachav, v'chasid b'chol ma'asav
*You open Your hand and satisfy all life
The justice of Your love is in every path you make*

Mi Shebeirach

Prayer for healing
(Deborah Lynn 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 hab'racha l'avoteinu
Bless those in need of healing with r'fuah sh'leima
The renewal of body, the renewal of spirit,
And let us say: Amen

Eitz Chayim Hi

Song while the Torah is being dressed

Eitz chayyim hi lamachazikim bah
v'tom'cheha m'ushar
D'racheha darchei no'am v'chol n'tivoteha shalom
Hashiveinu Adonai eilecha v'nashuva
Chadeish yameinu k'kedem

Aleinu

(Shayndel Kahn)

May we feel Your holy power
May we feel Your holy strength
May we feel Your holy presence
Surround us in this holy place

May we feel the earth beneath our feet
As we bend and bow to You
May our bodies rise to greet You
As we feel Your Presence flowing through

It's upon us, it's upon us – to feel Your holy ground
It's upon us, it's upon us – to hear Your holy sound
It's upon us, it's upon us – to feel Your love inside
It's upon us, it's upon us – to face You, and not hide
It's upon us, it's upon us – to think, to act, to do
It's upon us, it's upon us – to do what's right and true
It's upon us, it's upon us – to reach up to the sky
It's upon us, it's upon us – to take our wings and fly

Aleinu l'shabeiach la'Adon hakol (x4)