

סידור לשבת

Siddur for Shabbat

Shabbat Club

Wimbledon and District Synagogue

Welcome Songs



Hinei Mah Tov

הנה מה טוב

Hinei mah tov umah na'im,
Shevet achim, gam yachad.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים
שֵׁבֶת אַחִים גַּם-יַחַד.

Behold how good and how pleasant it is
when people dwell together in unity!

Heiveinu Shalom Aleichem

הבאנו שלום עליכם

Heiveinu shalom aleichem (3x)
Heiveinu shalom, shalom, shalom
aleichem.

הִבֵּאֵנוּ שְׁלוֹם עֲלֵיכֶם. (3)
הִבֵּאֵנוּ שְׁלוֹם שְׁלוֹם שְׁלוֹם עֲלֵיכֶם.

May peace come upon you.

Shir Shalom

שִׁיר שְׁלוֹם

[Time to share who has a birthday this month/other special news]

About Shabbat

We read about Shabbat at the very beginning of the Torah.
The Torah tells us how God created the world.
In the beginning there was only darkness and emptiness.
But each day God made something new.

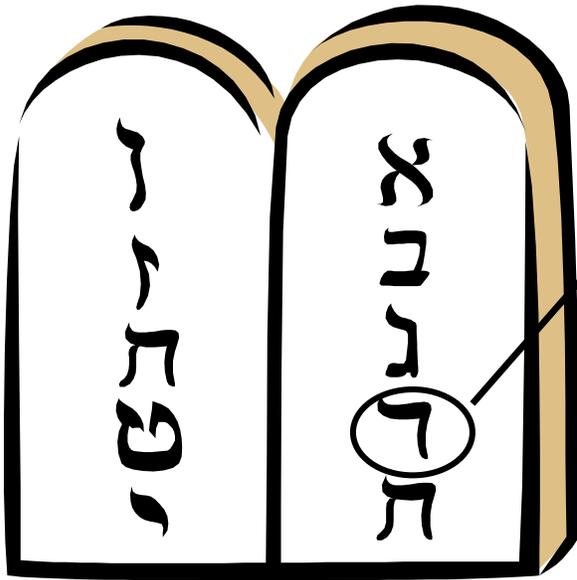
- Day 1 God created light.
- Day 2 God created the sky.
- Day 3 God made the land and the sea.
- Day 4 God created the sun, the moon, and the stars.
- Day 5 God made the fish that swim and the birds that fly.
- Day 6 God created all the animals and man and woman.
- Day 7 God rested.

For six days, God worked. And on the seventh day God rested. God blessed the seventh day and made it holy. So every seventh day - every Saturday - is a holy day, a holiday. The seventh day is called Shabbat,



the day of rest for God, for people, and even for animals.

...One of God's Ten Commandments



Remember the Shabbat,
and keep it holy.
Six days you shall labour,
and do all your work; but
the seventh day is a
Shabbat for the Lord your
God. On that day you shall
do no work..



Shema and Its Blessings

- All Rise -

[Barechu to be said if there is a Minyan of adults.
If there is no Minyan, then substitute Adoshem for Adonai.]

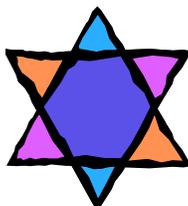
Barechu

ברכו

The most important prayers of the Service are introduced by the Barechu, which you will have a chance to say at your bar- or batmitzvah.

Leader:	בְּרַכּוּ אֶת-יְיָ הַמְּבֹרָךְ!
Barechu et Adonai ham'vorach!	
Response:	בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!
Baruch Adonai ham'vorach l'olam vaed!	

Bless the Living God whom we are called to bless. Blessed is the Living God whom we are called to bless forever and ever.



-All Sit -

Shema

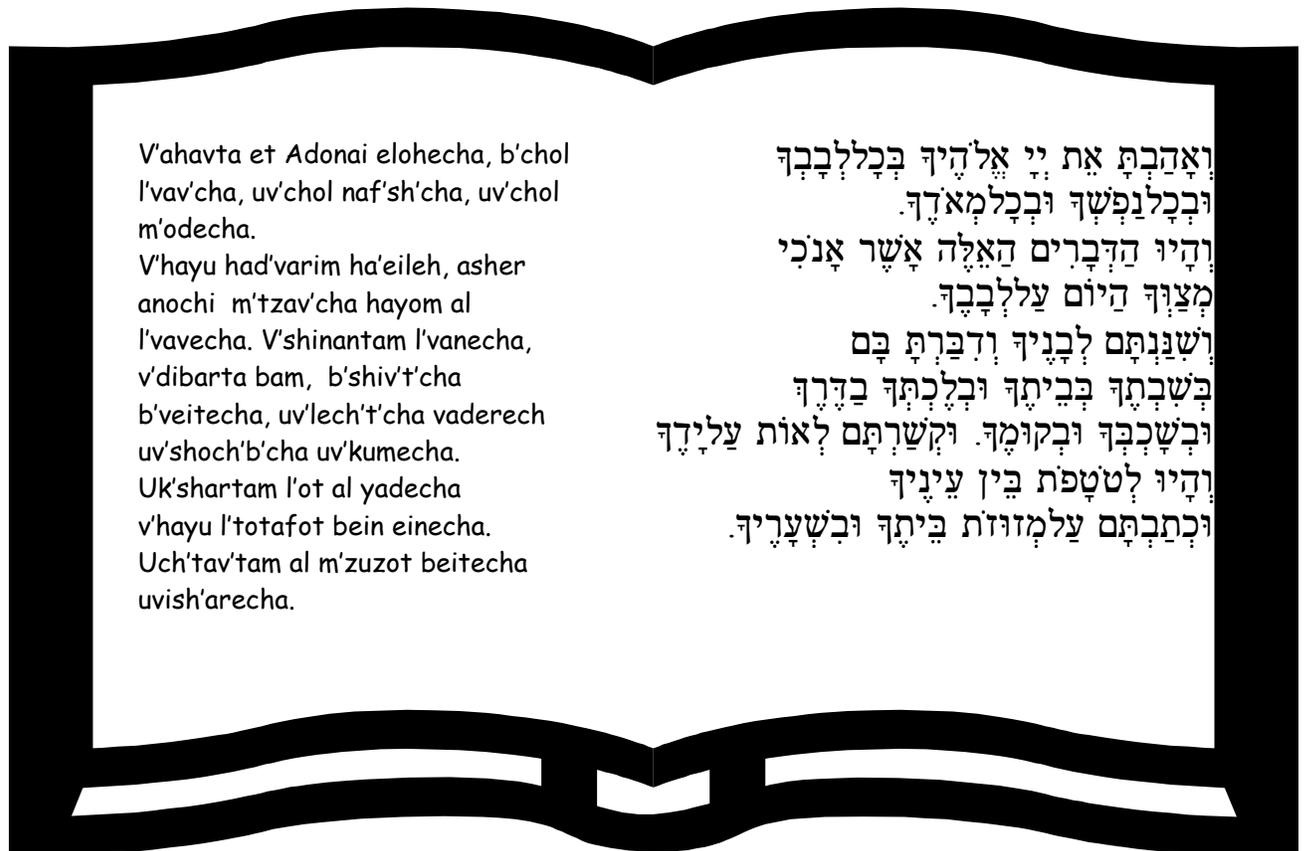
שמע

The Shema is one of the most famous prayers we recite. Many Jewish people all over the world say the Shema when they wake up in the morning and before they go to sleep at night. When we say the Shema, we are saying God is everywhere and God is one.

Shema Yisrael Adonai Eloheinu,	שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ. יְיָ אֶחָד.
Adonai Echad.	
Baruch sheim k'vod mal'chuto l'olam vaed.	בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel, the Eternal is our God, the Eternal is One. Blessed is the knowledge of God's glorious rule forever and ever.

Continuation of the Shema



Love the Eternal your God with all your heart, and all your soul, and all your might. These words that I command you today shall be upon your heart.

Repeat them to your children, and talk about them when you sit in your home, and when you walk in the street; when you lie down, and when you rise up. Secure them as a sign upon your hand, and let them be as reminders before your eyes. Write them on the doorpost of your home and your gates...



- All Stand -

Amidah

Amidah means 'Standing' prayer. We recite the prayer while standing with feet firmly together and facing towards Jerusalem to remind us of where the Temple was thousands of years ago. We often say the Amidah in silence so we can concentrate better. In it, we praise God for his great deeds, thank him for looking after us and we ask him to be kind to us and grant us a life of happiness and peace. The Amidah begins like this:

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.	אֲדֹנָי, שְׁפְתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ:
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My God, open my lips and my mouth shall declare Your praise.

Blessed are You, our God,	
God of Abraham, Isaac, and Jacob, and Leah.	God of Sarah, Rebecca, Rachel, and Leah.
God who is high up in the heavens,	Yet close enough to hear us.

At the end of the Amidah, we say Oseh Shalom.

Oseh Shalom

Oseh shalom bimromav Hu ya'aseh shalom aleinu V'al kol Yisra'el: V'imru, Amen.	עֲשֵׂה שָׁלוֹם בְּמִרְמֵי הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל וְאָמְרוּ, אָמֵן.
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עושה שלום

May God who makes peace in the heavens bring peace to us and to Jews everywhere. Amen.

Torah Service



The highlight of the Saturday morning synagogue service is the Torah Service. The Sefer Torah - or Scroll of the Law containing the Five Books of Moses - is very special to us and we dress it up in a beautiful cloak and keep it in an Ark, just as the Israelites kept the two tablets of stone given to Moses on Mount Sinai in an Ark or chest. We celebrate and honour the Torah when we take it out of the Ark each week to read it. That is why, as the Sefer Torah is paraded around the Shul, people touch it with their tallit and then kiss their tallit.

- Please stand up as the Torah is taken from the Ark -

[Two children open the Ark. One child takes the Torah and leads the procession. All children can join in the procession.]

Songs for the Procession

David Melech Yisra'el

דוד מלך ישראל

David, Melech Yisrael, chai chai vekayam. וְדָוִד מֶלֶךְ יִשְׂרָאֵל, חַי חַי וְקַיָּים.

ד

David, King of Israel, lives on!

Hava Nagila

הבה נגילה

Hava nagila (3x) v'nism'cha	הִבֵּה נִגִּילָה (3x) וְנִשְׂמְחָה
Hava n'ran'na (3x) v'nism'cha	הִבֵּה נִרְנְנָה (3x) וְנִשְׂמְחָה
Uru, uru achim	עוּרוּ, עוּרוּ אַחִים
Uru achim b'lev same'ach (4x)	עוּרוּ אַחִים בְּלֵב שָׂמֵחַ (4x)
Uru achim (2x) b'lev same'ach	עוּרוּ אַחִים (2x) בְּלֵב שָׂמֵחַ

Let us rejoice and be happy! Rise up, O brothers, with a joyful heart!

Before we can read from the Scroll, we have to undress it. We take off the pointer (Yad), the bells (Rimonim), the breastplate and the cloak.

[Two children undress the Torah.]

- All remain standing as the Torah is lifted –

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Everyone in Shul wishes to see the words of the Torah so we lift it up and turn it around for all to see.

V'zot ha'torah asher sam Moshe lifnei	וְזֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה לְפָנָי
b'nei Yisrael, al pi Adonai b'yad Moshe.	בְּנֵי יִשְׂרָאֵל, עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

This is the Torah that Moses set before the children of Israel, given by God through Moses.



Every week of the year, we read a portion or parasha from the Torah. It takes us a whole year to read the Torah.

[Story/Discussion of the Portion]

After we have read from the Sefer Torah we dress it and return it to the Ark.

- All rise as the Torah is returned to the Ark -

[One child takes the Torah back. Two children close the Ark.]

Hashiveinu Adonai eilecha, v'nashuva. Chadesh yameinu k'kedem.	הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקֶדֶם.
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Turn us back to You, Eternal One, and we shall return; renew our lives as of old.



CONCLUSION



- All are seated -

Ein Keloheinu

אין כאלהינו

Ein keiloheinu, ein kadoneinu,
ein k'mal'keinu, ein k'moshi'einu.
Mi cheiloheinu? Mi chadoneinu?
Mi ch'mal'keinu? Mi
ch'moshi'einu?
Nodeh leilohienu, nodeh
ladoneinu,
nodeh l'mal'keinu, nodeh
l'moshi'einu.
Baruch Eloheinu, baruch
Adoneinu,
baruch Mal'keinu, baruch
Moshi'einu.
Ata Hu Eloheinu, Ata Hu
Adoneinu,
Ata Hu Mal'keinu, Ata Hu
Moshi'einu.

אין כאלהינו. אין כַּאדוֹנֵינוּ.
אין כְּמַלְכֵנוּ. אין כְּמוֹשִׁיעֵנוּ.
מִי כְּאֱלֹהֵינוּ? מִי כַּאדוֹנֵינוּ?
מִי כְּמַלְכֵנוּ? מִי כְּמוֹשִׁיעֵנוּ?
נוֹדֶה לְאֱלֹהֵינוּ. נוֹדֶה לְאדוֹנֵינוּ.
נוֹדֶה לְמַלְכֵנוּ. נוֹדֶה לְמוֹשִׁיעֵנוּ.
בְּרוּךְ אֱלֹהֵינוּ. בְּרוּךְ אַדוֹנֵינוּ.
בְּרוּךְ מַלְכֵנוּ. בְּרוּךְ מוֹשִׁיעֵנוּ.
אַתָּה הוּא אֱלֹהֵינוּ. אַתָּה הוּא אַדוֹנֵינוּ.
אַתָּה הוּא מַלְכֵנוּ. אַתָּה הוּא מוֹשִׁיעֵנוּ.

There is none like our God; there is none like our Lord; there is none like our Sovereign; there is none like our Saviour.

Who is like our God; who is like our Lord; who is like our Sovereign; who is like our Saviour?

We give thanks to our God; we give thanks to our Lord; we give thanks to our Sovereign, we give thanks to our Saviour.

Blessed is our God; blessed is our Lord; blessed is our Sovereign; blessed is our Saviour.

You are our God; You are our Lord; You are our Sovereign; You are our Saviour.

- All rise -

Aleinu

עלינו

In Aleinu we thank God for choosing to give the Torah to the Jews.

Aleinu l'shabeiach la'adon hakol,
lateit g'dullah l'yotseir b'reishit,
asher bachar banu mikkol ha-
ammim, v'natan lanu et torato,
va'anachnu kor'im umishtachavim
umodim, lifnei melech malcehi
ha-m'lachim, ha-kadosh baruch
hu.

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל,
לִתֵּת גְּדֻלָּה לַיּוֹצֵר בְּרֵאשִׁית,
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים
וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ.
וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
מִלְּפָנֶיךָ מֶלֶכִי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

It is our duty to praise the Ruler of all, to recognise the greatness of the Creator of first things, who has chosen us from all peoples by giving us the Torah. Therefore we bend low and submit, and give thanks before the supreme Sovereign, the Holy One, who is blessed.



Unique and One, no other is to be compared, to stand beside, neither before,
nor following, alone the source of power and might.

This is my God, who saves my life, the rock I grasp, in deep despair, the flag
I wave, the place I hide, who shares my cup the day I call.

In my Maker's hand I lay my soul both when I sleep and when I wake, and
with my soul my body too, my God is close, I shall not fear.

Kiddush



V'Shamru

V'sham'ru v'nei Yisrael et hashabat,
la'asot et hashabat l'dorotam b'rit olam.
Beini uvein b'nei Yisrael ot hi l'olam,
ki sheishet yamim asa Adonai
et hashamayim v'et ha'aretz,
uvayom hash'vii shavat vayinafash.

ושמרו

וְשָׁמְרוּ וּבְנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת.
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם
בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת
הִיא לְעֹלָם
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ.
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

The people of Israel shall keep the Shabbat, observing the Shabbat as a timeless covenant for all generations. It is a sign between Me and the children of Israel forever. For in six days the Creator made heaven and earth and on the seventh day ceased from work and was at rest.

Blessings over Wine and Bread



Baruch ata Adonai,
Eloheinu melech
haolam, hamotzi
lechem min
ha'aretz

Blessed are You, our
Living God, Sovereign
of the universe, who
brings forth food out
of the earth.

Blessed are You, our
Living God, Sovereign
of the universe, who
creates the fruit of
the vine.

Baruch ata Adonai,
Eloheinu melech
haolam, borei p'ri
hagafen.

Songs

Bim Bam

בִּים בָּם

Bim bam, bim bim bim bam,	בִּים בָּם, בִּים בָּים בָּים בָּם,
Bim bim bim bim bim bam.	בִּים בָּים בָּים בָּים בָּים בָּם.
Shabbat Shalom, Shabbat Shalom,	שַׁבַּת שְׁלוֹם, שַׁבַּת שְׁלוֹם.
Shabbat Shabbat Shabbat Shabbat Shalom.	שַׁבַּת שַׁבַּת שַׁבַּת שַׁבַּת שְׁלוֹם.

[Announcements including date of next Shabbat Club]

Happy Birthday/Yom Huledet Sameach

יּוֹם הַוּלְדֵת שִׂמְחָה



Shabbat Shalom to Everyone Song שַׁבַּת שְׁלוֹם

שִׁיר

שבת שלום!

Shabbat Shalom!