

Guide to Friday Evening Services

Welcome to Temple Har Zion! We're glad that you are here.
Here are a few things to know that will help
you better navigate this evening's services.



THE PRAYERBOOK

The smaller red book, titled *Lev Shalem*, is our book of prayers, called a *siddur* in Hebrew. Hebrew is an ancient Near Eastern language that is read from right to left. That means that the book will seem to open backwards relative to most books in English. In order to show that the Hebrew on the right side and the English on the left side are the same prayer, the same page number is on both facing pages. Under the English on the left side of the page, there is red print with the Hebrew words transliterated into English characters for most prayers that are sung aloud by the congregation. In the right margin there are commentaries about the prayer, and on the left margin there are alternative readings that relate to the prayer.

KABBALAT SHABBAT - P. 10-30

The first part of the service is *Kabbalat Shabbat*, where we welcome Shabbat, the Jewish Sabbath that begins Friday night. It starts with six Biblical psalms, 95-99 and 29 (p. 11-21). These take us on a spiritual journey representing the six days of the week.

We stand for Psalm 29 on page 21, a psalm about the power of God's Voice. Next is *L'cha Dodi* (p. 23-25), which was written in the 1500s. It is a mystical prayer with nine verses that elaborate an ancient theme of Shabbat as the Heavenly Bride that bestows blessing on the world on this day. At the last stanza we rise and turn toward the entrance of the room, where we bow left and right on the last line, welcoming in Shabbat.

ARVIT / MA'ARIV - P. 39-62

We stand for *Barchu* (p. 39), our call to worship that begins the daily evening prayer service. This is followed by *HaMa'ariv Aravim* (p. 39), a prayer praising God for creating the world, and *Ahavat Olam* (p. 40), a prayer thanking God for revealing the Torah.

Next is the *Shema* (p. 41-42), our most beloved prayer declaring God's oneness, our obligations to God and a righteous life, and our faith in the Divine. Many people will cover their eyes for the first line of the *Shema* to help them focus on these words.

After this we sing *Mi Chamocha* (p. 43-44), thanking God for redeeming us from Egypt, and *Hashkiveinu* (p. 45), asking for Divine protection from the frightening unknowns of the night. The prayer after that is *V'shamru* (p. 46), a quote from the Bible (Ex. 31:16-17) about God's gift of Shabbat (we stand for this prayer and keep standing), and then the *Hatzi Kaddish* (p. 46), marking a transition within the service.

This is followed by a long silent prayer called the *Amidah* (p. 47-52). This prayer, considered our moment of private communion with God, is said standing. One can read the English and/or silently speak our own prayers to God.

The service concludes with the *Kiddush* (p. 55), where we bless the Sabbath with a blessing over a cup of grape juice or wine; *Aleinu* (p. 56-67) where we pray for the healing of the world; *Mourner's Kaddish* (p. 58), a prayer recited by those mourning or observing the death anniversary of a loved one; and sometimes *Yigdal* (p. 62) a hymn that paraphrases Jewish philosophy's descriptions of God's attributes.

The Prayers the Children Are Doing

BLESSING THE SABBATH CANDLES

Baruch ata Adonai, eloheinu melech ha'olam, asher b'mitzvotav v'tzivanu l'hadlik neir shel Shabbat.

Praised are You, Lord our G-d, ruler of the universe, who has sanctified us through the Shabbat lights. Beloved of my soul, I run to you like a gazelle, for I find your love to be sweeter than any honey.

Y'SMCHU HASHAMAYIM

Y's'mchu hashamayim v'tageil ha-aretz, yir-am hayam umlo-oh.

Let the heavens rejoice and the earth be glad, the sea and all that's in it.

L'CHA DODI

L'cha dodi, likrat kallah, p'nei Shabbat n'kab'lah.

Come my beloved to greet the Shabbat bride.

TOV L'HODOT

Tov L'hodot ladonai ulzamer l'shimcha elyon.

It is good to give thanks to G-d and to sing to the One On High.

HASHKIVEINU

Hashkiveinu Adonai eloheinu l'shalom v'ha'amideinu malkeinu l'chayim

Help us lie down in peace and rise up to life in the morning.

OSEH SHALOM

Oseh shalom bimromav, hu ya'aseh shalom aleinu, v'al kol Yisrael, v'imru amen.

May the One who made peace in the heavens make peace for us on earth, and let us say Amen.

HINEI MA TOV

Hinei ma tov umanayim, shevet achim gam yachad.

How good it is for people to dwell together.

SHALOM CHAVEIRIM

Shalom chaverim, l'hitra'ot.

Good-bye my friends; we will see you later.