



12th Annual

Jewish Recovery Retreat

השלק על ה' יהבד,
והוא יכלכלך

תהלים כ"ה

LET GO, AND LET GOD

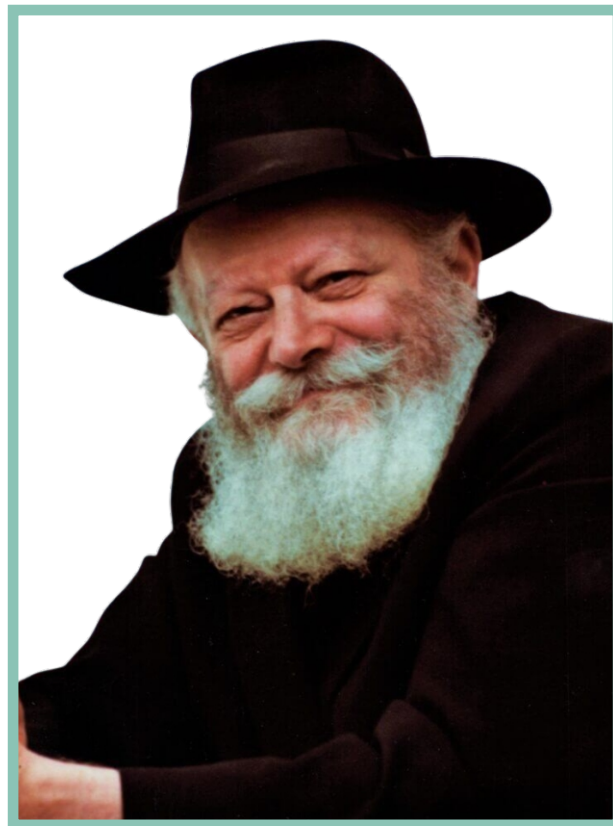
PROGRAM JOURNAL

JRC
JEWISH RECOVERY CENTER



DEDICATED

TO THE *Rebbe*



*Whose leadership, vision and example
teach us to how to live our lives
for a cause greater than ourselves.*

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DEAR PARTICIPANTS,

Welcome to the 12th annual Jewish Recovery Retreat & Shabbaton.

We would like to extend a special welcome to those who may be joining us for the first time. We sincerely appreciate your participation and we look forward to spending an incredible weekend together with you.

The Retreat Theme for this year is “Hashleich Al Hashem Yehovcho Vehu Yechalkelecho” which translates as: Cast your burden on the Lord and he will bear you. This verse is taken from Tehillim/Psalms where David is lamenting the many injustices happening all around him, and to him, concluding that one should cast his burden on God and that God will carry him through it all and sustain him.

Long before any Twelve Step Fellowship came into existence, and well before the adage; “Let Go and let God” was minted, King David was using Recovery terminology and advising others to follow suit.

Every individual burden is unique and the journey to recognize the need to “Let go and Let God” is equally unique and individualistic. The path one employs to achieve a “Let Go and Let God” mindset is less important.

At the JRC we are solution oriented and destination focused. We are less dogmatic about the route to the solution, the solution is our ultimate aim. God is infinite, burdens of any and all types are applicable for casting. The exact formula and journey of how one gets there is an individual choice.

This myriad of programs, sessions, and workshops available over the weekend provide every attendee with options and choices to find their individual way to Let Go and Let God.

This Retreat would not be possible without the exceptional generosity of a dedicated group of sponsors and dear friends of the JRC.

We would like to thank our sponsor Ben & Rach Shkop for their ongoing support of the JRC and this Annual Retreat.

Baruch Duchman has made the cause of the JRC his cause. His dedication and support are unmatched. We are deeply grateful for all that he has done and continues to do on our behalf.

A tremendous Thank You to Eli and Freida Nash for their continuous support of the JRC.

A special Thank you to Pinny and Nitza Loketch for the ongoing support of the JRC.

Thank You Emuna Goldberg for your assistance in putting this Retreat together and for all your help throughout the year.

Thank You Juda Schlass, for managing much of the technical aspects of this Retreat. Thank you Chaya Herson for the ease with which you put this journal and all other printed materials together for this retreat.

We hope this weekend will be an experience of joy, fellowship, family and friendship, and we look forward to sharing it with you.

Rabbi Meir & Frumi Kessler



RETREAT SCHEDULE

FRIDAY	3:00PM - 7:00PM	Welcome and Registration	Regency Ballroom
	3:00 PM - 7:00 PM	Hospitality Room Open	Polo D
	5:30 PM - 7:00 PM	Hape Ceremony <i>with Eli Nash and Meir Kay</i>	Polo E - F
	7:51 PM	Candlelighting - Shabbat Begins	Banayan Foyer
	7:51 PM - 8:25 PM	Friday Night Services - קבלת שבת	Gallery A - B - C
	7:50 PM - 8:25 PM	Going to Shul is Not for Me <i>with Rabbi Yacov Barber</i>	Boardroom
	7:51 PM - 8:25 PM	Women's Welcome Circle <i>with Rebbetzin Frumi Kessler and Rebbetzin Chanala Kornfeld</i>	Polo E - F
	8:30 PM - 11:00 PM	Shabbat Dinner <i>with keynote speaker Rabbi Simon Jacobson</i>	Regency Ballroom
SHABBOS	11:30 PM - 12:00 AM	Recovery Meetings	Gallery
		AA <i>chaired by a friend</i>	Polo F
		SA <i>chaired by a friend</i>	Polo E
		Alanon <i>chaired by a friend</i>	Boardroom
	11:00 PM - 1:00 AM	GA <i>chaired by a friend</i>	Polo D
		Oneg	
	7:00 AM - 8:00 AM	Torah Class <i>with Rabbi Simon Jacobson</i>	Gallery
	7:00 AM - 10:00 AM	Continental Breakfast	Regency Ballroom
	8:00 AM - 9:00 AM	Find Happiness, We Can Do It Together Torah Class <i>with Rabbi Yacov Barber</i>	Gallery
	8:00 AM - 9:00 AM	Shabbat Mevorchim Tehillim	Gallery
9:00 AM - 10:15 AM	Introduction to Breathwork <i>with Alex Myrin</i>	Polo E - F	
10:15 AM - 11:00 AM	Breathwork Process <i>with Alex Myrin</i>	Polo E - F	
9:00 AM - 11:30 AM	Shabbat Morning Services - Davening <i>sermon by Rabbi Mendy Kornfeld</i>	Gallery	
10:00 AM - 11:00 AM	Women's Torah Class <i>with Rebbetzin Chanala Kornfeld</i>	Clematis (2 nd Floor)	
11:45 AM - 12:30 PM	Kiddush	Regency Ballroom Foyer	
SHABBOS	12:45 PM - 2:00 PM	CO-CURRENT MEETINGS - WORKSHOPS	
		How to 'Let Go and Let G-d' While Taking Care of My Side of the Street <i>with Lewis Abrams, ACSW, LCSW, CSAT</i>	Polo F
		The Key to Longterm Recovery Gallery <i>with Faith Niece, MA, LMHC, LMFT, CSAT</i>	Gallery
		United in Recovery: Embracing Differences Deepening Love <i>with Moishe and Chaya Chanin</i>	Polo E
	2:15 PM - 4:15 PM	Shabbat Lunch <i>with Rabbi Simon Jacobson and comedienne Chani Lisbon</i>	Regency Ballroom
	4:30 PM - 5:45 PM	CO-CURRENT MEETINGS - WORKSHOPS	
		Moving Past Ruptures in a Relationship <i>with Faith Niece, MA, LMHC, LMFT, CSAT</i>	Gallery
		Recovery in Judaism <i>with Rabbi Simon Jacobson</i>	Polo E
		Building a Community <i>with Sonny Perlman, LMSW</i>	Polo F
	5:45 PM - 6:00 PM	Mincha - Davening	Gallery

*All schedules can be subject to change



RETREAT SCHEDULE

SHABBOS	5:45 PM – 8:00 PM	Experience, Strength, Hope <i>with Isaac D. and Eli D.</i>	<i>Regency Salon E</i>
	8:49 PM	Maariv and Havdallah	<i>Gallery</i>
	9:25 PM -12:00 AM	Grand Melava Malka Dinner <i>with comedian Sarge</i>	<i>Regency Salon C- D</i>
	12:00 AM - 1:00 AM	Ecstatic Dancing <i>with Meir Kay</i>	<i>Polo E- F</i>
	12:00 AM - 1:00 AM	Open 12 Step Recovery Meeting	<i>Gallery</i>
SUNDAY	7:00 AM - 8:00 AM	Torah Class <i>with Rabbi Simon Jacobson</i>	<i>Gallery</i>
	7:00 AM - 10:00 AM	Continental Breakfast	<i>Regency Salon E</i>
	8:00 AM - 9:30 AM	Ahdama Remembrance Mens Group <i>with Eli Nash and Meir Kay</i>	<i>Polo E - F</i>
	8:30 AM - 9:30 AM	Women's Recovery Coaching Group <i>with Moishe and Chaya Chanin</i>	<i>Polo D</i>
	9:00 AM - 9:45 AM	Morning Services - Shachrit	<i>Gallery</i>
	9:45 AM - 10:45 AM	Where Do We Go From Here?	<i>Gallery</i>
		An Interactive Process Group <i>with Sonny Perlman</i>	
	11:00 AM	Checkout	

CHILDREN'S PROGRAM

FRIDAY	7:45 PM - 8:15 PM	Children's Kabbolas Shabbos	<i>Sanibel + Baryan</i>
	8:15 PM - 9:00 PM	Children's Shabbos Dinner	
	9:00 PM - 11:00 PM	Children's Program with Staff	
	11:00 PM	CHILDREN'S PROGRAM CLOSED	
SHABBOS	9:30 AM – 10:15 AM	Children's Shacharit Service	<i>Sanibel + Baryan</i>
	10:15 AM – 11:30 AM	Children's Program with JRC Staff	
	11:30 AM – 12:30 PM	Kiddush - CHILDREN'S PROGRAM CLOSED	
	12:30 PM – 1:30 PM	SPECIAL PERFORMANCE - Magic Show	
	1:30 PM - 2:15 PM	Children's Shabbat Lunch	
	2:15 PM – 5:45 PM	Children's Program with JRC Staff	
	5:45 PM – 6:40 PM	CHILDREN'S PROGRAM CLOSED	
	6:40 PM – 7:40 PM	SPECIAL PERFORMANCE - Reptile Show	
	7:40 PM – 8:30 PM	Children's Seudat Shlishit - Dinner	
	8:30 PM	CHILDREN'S PROGRAM CLOSED	

PLEASE NOTE: *The CHILDREN'S PROGRAM ROOM closes Friday at 11:00 PM and Shabbat at 8:00 PM. Additionally, the staff will be on break on Shabbat from 11:30 AM - 12:30 PM and 5:45 PM 6:40 PM. Please make sure your children are with you during these times.*

*All schedules can be subject to change



Meet Our PRESENTERS



RABBI SIMON JACOBSON *KEYNOTE SPEAKER*

Rabbi Simon Jacobson is one of the greatest scholars and sought after speakers in the Jewish world today. He has lectured to diverse audiences on six continents and in forty states on psycho-spiritual issues and applying Jewish thought to contemporary life. His voice is rooted in the timeless teachings of Torah, yet at the same time is profoundly timely, relevant, unique, and cutting edge. For over 14 years Rabbi Jacobson, as Editor in-Chief of Vaad Hanochos Hatmimim, was responsible for publishing the talks of the late Rabbi Menachem M. Schneerson, the Lubavitcher Rebbe. He was privileged to work in close association with the Rebbe and published more than 1000 of the Rebbe's talks.

Rabbi Jacobson also heads The Meaningful Life Center, which bridges the secular and the spiritual, through a wide variety of live and on-line programming. The Meaningful Life Center presents to people of all backgrounds the universal teachings of Torah as a blueprint for life. He is the author of the best-selling book *Toward a Meaningful Life*, a publication that has sold over 300,000 copies to date and has been translated into 14 languages.



FAITH NIECE *MA, LMHC, LMFT, CSAT*

Faith Niece, MA, LMHC, LMFT, CSAT is a therapist in Boca Raton, FL, who helps clients to lead healthier, happier, more fulfilling lives. Faith firmly believes that everyone has the right and ability to break free from destructive patterns and transform their lives for the better. Faith specializes in helping clients suffering from trauma, as well as couples and families looking to build a happier and more loving life together. Faith has worked in the field of addiction counseling since 2007 and has been a private-practice therapist since 2013, helping hundreds of clients transform their lives using carefully structured techniques selected to meet the needs of each individual. Faith is also trained in holistic wellness modalities and emphasizes the role of healthy lifestyle choices in promoting long-term mental health. In addition to providing therapy and healing services, Faith Niece is a skilled speaker on podcasts and other media forms, she presents at professional conferences and regularly facilitates a variety of therapeutic and educational workshops.

Meet Our PRESENTERS



MOISHE DOV & CHAYA CHANIN

Moische Dov is a transformative Life Coach, drawing from over 11.5 years of personal recovery experience to empower individuals on their journey to healing and growth. His profound insights and unwavering support have helped countless individuals break free from the grips of addiction and step into lives of purpose and possibility. As the visionary host of the Neshamos podcast, he fearlessly tackles the complexities of mental health, sparking meaningful conversations and offering invaluable wisdom to listeners worldwide. Alongside his wife, Chaya, and two close friends, he co-founded The Gathering, a vibrant Jewish retreat community.

Chaya is a visionary entrepreneur and Co-founder of The Frock NYC, Kohelet Girls High School, and The Gathering, retreats & community. She is the a Mom of four and a vibrant creative. Through her influential platform on Instagram, she passionately challenges societal norms and dispels the stigmas surrounding relationships with individuals in recovery. With a deep commitment to authenticity, she fearlessly shares her own journey as a supportive partner to her husband, Moische Dov, inspiring others to embrace vulnerability and find strength in their stories.



SONY PERLMAN *LCSW*

Sony Perlman LMSW is the Founder and Director of Our Village Sober Community, located in Pomona NY. Our Village is a multi stage Transitional Living with an innovative and creative approach to recovery from addiction. For the past 20 years Sony has been the Director of Our Place New York, which is a full service drop-in center for young men struggling with addiction, mental health issues and other life challenges. Sony has been treating clients as a Psychotherapist since 2007, both one on one and in group settings. Sony has worked in several Inpatient Rehabilitation Centers, he also has experience with Foster Care and Mentoring. Sony was educated in The New School of Social Research and has his graduate degree from Wurzweiler School of Social Work. In all the time that Sony Perlman has been working, and the thousands of people that he has worked with, he has not met anyone that was not capable of healing themselves.

Meet Our PRESENTERS



CHANI LISBON

Chani Lisbon is a stand up comedian, motivational speaker, and performer. She produces the consistently sold-out UnOrthodox Comedy show in NYC and Florida. Chani has entertained audiences in Tucson, Los Angeles, Oakland, Miami, Boca Raton, Oxnard, Guatemala and Israel. She headlined a sold-out show at StandUp NY and was most recently seen at the Laugh Factory in LA. She is a frequent speaker/performer at colleges, Chabad Houses, private events, and rehab facilities. She is the co Producer of the popular recovery / comedy podcast called "Hi My Name Is". Born and raised in LA, Chani currently lives in Florida.



MEIR KAY

Meir Kay is a breathwork facilitator, Co-founder of Ahdama, a Jewish Men's Retreat and creator of the Kids Show "Mak and Friendz". He's on a mission to connect people with their hearts through various somatic and embodiment practices. Meir travels the world facilitating breathwork and ecstatic dance workshops. In 2023 Meir partnered up with Eli Nash to create the Ahdama Remembrance- a Jewish Men's retreat where a safe space is created for men to stretch past their limiting beliefs, remember who they are and connect with brothers who are on a similar path.



RABBI MEIR KESSLER *FOUNDER, JRC*

Rabbi Meir Kessler is the Director of the Jewish Recovery Center in Boca Raton Florida. He was ordained in 2001 by the Chief Rabbi of Jerusalem. Rabbi Kessler began his Rabbinical career as a pulpit Rabbi in Delray Beach. Before long he came to the realization that the area is inhabited by a very unique and special population, people in treatment and those in early recovery. Rabbi Kessler & his wife Frumi decided to dedicate their lives to serving this community and founded the Jewish Recovery Center for this purpose.

Meet Our PRESENTERS



ELI NASH *ENTREPRENEUR, SPEAKER, ACTIVIST*

Eli Nash is a serial connector, seasoned communicator, experienced entrepreneur and committed activist. As the founder and CEO of JEG & Sons Inc. he helped to bring no contract and unlocked phones to US e-tailers and retailers.

In addition to his business accomplishments, Eli has taken active role in the non-profit world through his involvement in numerous non-profits ranging from education to child sexual abuse awareness and various Chabad organizations. Having experience sexual abuse as a child Eli is passionate about empowering others to speak up and to use their voice to be an agent of change in their community.

In 2019, Eli delivered a Tedx talk titled 'Escaping Porn Addiction' that has been seen millions of times. In 2020 Eli started the "In Search Of More" podcast to connect with and invite listeners to explore with him on his life's journey.

Eli lives in Miami, Florida with his wife, Fraida, and their 3 children.



ALEX AND JACQUELIN MYRIN

Alex and Jacquelin Myrin are plant medicine practitioners and co-founders of the Tikkun Healing Center in Loxahatchee, Florida. Their intention is to empower you to be your absolute best by creating a safe space for you to heal and integrate mind, body, and spirit.

Jacquelin's love for health and wellness began at a young age, which helped inspire her decision to turn these passions into a career. She is a certified fitness trainer and has received several specialized certifications including a 200-hour yoga trainer certification. She is very passionate about infusing your life with new energy and has a wealth of knowledge to share.

Alex was introduced to yoga and breathwork after a profound experience with plant medicine. He found that breathwork and meditation helped integrate these experiences and allowed him to tap into altered states of consciousness without the assistance of the plants. He was inspired to dive deeper and completed several teacher trainings including a 200-hour yoga teacher training, breathwork training, and a Yoga Nidra training, which are deeply transformative practices. Alex's intention as a plant medicine practitioner and breathwork teacher is to hold a healing and safe space, a space where a person can dive as deep as they need to heal, rest, and receive.

Meet Our PRESENTERS



RABBI YACOV BARBER *MOTIVATIONAL SPEAKER, LIFE COACH*

Rabbi Yacov Barber was born to Holocaust survivors. He is the father of six children and a proud grandfather. He has lived and studied in Israel, Canada, and Melbourne. He was a pulpit Rabbi for close to thirty years and a senior Dayan (Judge) on the Melbourne Beth Din (Rabbinic Court).

He is currently living in New York where he serves as the senior Rabbi of Chabad of Long Island and heads the Beth Din Mishpat Tzedek in Brooklyn. He is one of a handful of Rabbis in the Diaspora approved by the Israeli Rabbinate to facilitate conversions and to establish Jewish identity. Having received both Rabbinic Ordination and Judiciary Ordination, he has also completed courses in palliative care, mediation, family violence, and arbitration.

Rabbi Barber is an internationally acclaimed motivational speaker and a much sought-after communicator on ethics as well as spiritual and personal growth. He has lectured across the United States, Europe, Israel, Australia, and Canada. His lectures on Chabad.Org have more than a million hits.

He is the author of *Generation to Generation: Insights into the Haggadah*; *Wit & Wisdom: Sermons on the Weekly Torah Reading*; *Pearls of Wisdom*, a translation of insights of Reb Yehonatan Eybeshitz on the weekly portion and the festivals; and *Sparks of Wisdom*, Reb Yehonatan Eybeshitz's insights on a wide range of topics, including modern-day applications.



SARGE *COMEDIAN*

Sarge Pickman is an extraordinary entertainer. SARGE has performed worldwide to adoring audiences. His sidesplitting comedy, touching vocals and stunning display of dexterity as a pianist have wowed crowds for decades. He is one of the highest energy, multi-talented acts in show business today.

Not only a hysterical stand-up comedian, SARGE sings in his own voice and a dozen others including Harry Connick, Jr., Sammy Davis, Jr., Lionel Richie and Stevie Wonder. Additionally, his dead-on impressions of Marv Albert, Mike Tyson, Kermit the Frog and Gilbert Gottfried leave audiences howling and clamoring for more. SARGE has been clean and sober since December 26, 1990, and he has dedicated himself to assisting others who are facing the battle of addiction.



KIDDUSH

Birchat Hamazon



KIDDUSH

for Friday Evening

Shalom Aleichem

Shalom Alei'chem, Mal'achai ha'sha'ret,
Mal'achai elyon, Mimelech Mal'chei ham'lachim
hakadosh baruch hu. **Repeat 3 times**

שְׁלוֹם עֲלֵיכֶם מְלֹאכֵי הַשָּׁרֵת מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Bo'achem L'shalom Mal'achei Hashalom,
Mal'achai elyon, Mimelech Mal'chei ham'lachim
hakadosh baruch hu. **Repeat 3 times**

בּוֹאֲכֶם לְשָׁלוֹם מְלֹאכֵי הַשָּׁלוֹם מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Barchuni l'shalom Mal'achei Hashalom,
Mal'achai elyon, Mimelech Mal'chei ham'lachim
hakadosh baruch hu. **Repeat 3 times**

בְּרַכּוּנִי לְשָׁלוֹם מְלֹאכֵי הַשָּׁלוֹם מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא

Tzeitchem l'shalom Mal'achei Hashalom,
Mal'achai elyon, Mimelech Mal'chei ham'lachim
hakadosh baruch hu. **Repeat 3 times**

צֵאתְכֶם לְשָׁלוֹם מְלֹאכֵי הַשָּׁלוֹם מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בְּרוּךְ הוּא



Eishet Chayil

Eishet Chayil mi yimtza, vrachok mi'pninim michrah.
 Batach bah lev ba'alah, vshalal lo yechar.
 G'malathu tov v'lo ra kol y'mei chayeha.
 Darsha tsemer ufishtim, vata'as b'chefetz kapeha.
 Hay'tah ka-oniyot socher, mimerchak tavi lachma.
 Vatakom b'od laila, V'titen teref l'veitah v'chok l'na'aroteha.
 Zam'mah sadeh v'tikachehu, mi'pri khapeha nat'ah karem.
 Chag'rah b'oz motneha, vat'ametz z'ro'oteha.
 Ta'ama ki tov sachrah, lo yichbe valayla nerah.
 Yadeha shilcha v'kishor, v'khapeha tam'chu phalech.
 Kapah par'sah l'ani, v'yadehah shil'cha la-eyyon.
 Lo tira l'veitah mishaleg, ki khol beitat lavush shanim.
 Marvadim as'tah lah, shesh v'argaman l'vushah.
 Nodah bash'arim ba'alah, b'shivto im ziknei aretz.
 Sadin as'tah vatimkor, v'chagor nat'nah la'kna'ani.
 Oz v'hadar l'vushah, vatischak l'yom acharon.
 Piha pat'cha b'chochmah, v'torat chesed al l'shonah.
 Tsofiya halichot beita, v'lechem atzlut lo tochel.
 Kamu vaneha v'y'ashruhah, ba'alah vay'hal'lah.
 Rabot banot asu chayil, v'at alit al kulanah.
 Sheker hachen v'hevel hayofi, ishah yir'at adonai hi tithalal.
 T'nu lah mip'ri yadeha, vihal'luha bash'arim ma'aseha.

אִשֶׁת חַיִל מִי יִמְצָא, וְרַחֵק מִפְּנִינִים מְכַרָּה.
 בָּטַח בָּהּ לֵב בְּעֵלָהּ, וְשָׁלַל לֹא יִחְסֹר.
 גָּמְלָתָהּ טוֹב וְלֹא רָע, כֹּל יְמֵי חַיֶּיהָ.
 דָּרְשָׁה צָמֵר וּפְשָׁתִים, וַתַּעַשׂ בְּחֶפֶץ כַּפֵּיהָ.
 הִיְתָה כְּאֻנְיֹת סוֹחֵר, מִמְרַחֵק תְּבִיא לַחֲמָה.
 וַתִּקְוֶם בְּעוֹד לַיְלָה,
 וַתִּתֵּן טָרֵף לְבֵיתָהּ וְחֵק לְנִעֲוֹתֶיהָ.
 זָמְמָה שָׂדֵה וַתִּקְחָהּ, מִפְּרֵי כַּפֵּיהָ נִטְעָה כָּרֶם.
 חֲגָרָה בְּעוֹז מִתְנִיָּה, וַתֵּאֱמַץ זְרוּעֹתֶיהָ.
 טָעַמָּה כִּי טוֹב סַחְרָהּ, לֹא יִכְבֶּה בְּלִילָה גֵרָה.
 יָדֶיהָ שָׁלְחָה בְּכִישׁוֹר, וְכַפֵּיהָ תָמְכוּ פְלֵד.
 כַּפָּה פָּרְשָׁה לְעֵנִי, וַיְדִיָּה שְׁלַחָה לְאֲבִיוֹן.
 לֹא תִירָא לְבֵיתָהּ מִשָּׁלֵג,
 כִּי כָל־בֵּיתָהּ לְבֶשׂ שָׁנִים.
 מִרְבָּדִים עָשְׂתָהּ־לָּהּ, שֵׁשׁ וְאַרְגָּמָן לְבוּשָׁה.
 נוֹדַע בְּשַׁעְרִים בְּעֵלָהּ, בְּשִׁבְתּוֹ עִם זְקֵנֵי־אֶרֶץ.
 סָדִין עָשְׂתָהּ וַתִּמְכֹּר, וַחֲגוֹר נָתַןָּהּ לְפִנְעֵנִי.
 עוֹז וְהִדָּר לְבוּשָׁהּ, וַתִּשְׁחַק לְיוֹם אַחֲרוֹן.
 פִּיהָ פָּתְחָה בְּחִכְמָהּ, וַתּוֹרַת חֶסֶד עַל לְשׁוֹנָהּ:
 צוּפִיָּה הִלִּיכּוֹת בֵּיתָהּ, וְלָחֶם עֲצָלוֹת לֹא תֹאכֵל:
 קָמוּ בְנֵיהָ וַיֵּאֲשְׁרוּהָ, בְּעֵלָהּ וַיְהַלְלָהּ:
 רַבּוֹת בָּנוֹת עָשׂוּ חַיִל, וְאֵת עֲלִית עַל כָּל־נָה:
 שָׁקַר הַחַן וְהַבֵּל הַיָּפִי,
 אִשָּׁה יִרְאֵת ה' הִיא תִתְהַלֵּל:
 תָּנוּ לָהּ מִפְּרֵי יְדֶיהָ, וַיְהַלְלוּהָ בְּשַׁעְרִים מַעֲשֵׂיהָ:

Kiddush

Yom ha-shishi. Vay'chulu hashamayim v'ha-aretz
v'chol tz'va'am. Vay'chal Elohim bayom hash'vi'i
milachto asher asa. Vayishbot bayom hash'vi'i mikol
milachto asher asa. Vay'varech Elohim et yom
hash'vi'i vay'kadesh oto. Kee vo shabbat
mi-kol m'lachto asher bara Elohim la'asot.

Savri maranan.

Baruch ata Adonai, Eloheinu melech ha-olam, borei p'ri hagafen.

Baruch ata Adonai, Eloheinu melech ha-olam,
asher kid'shanu b'mitzvotav v'ratza vanu, v'shabbat kod'sho
b'ahava uv'ratzon hinchilanu, zikaron l'ma'aseh b'reishit.

L'mikra-ay kodesh, zaycher l'tziat mitzrayim.

Ki vanu vacharta v'otanu kidashta mikol ha'amim.

V'shabbat kod-shi-cha b'ahava uv'ratzon hinchal tanu.

Baruch ata Adonai, mi'kadesh ha Shabbat.

יום הששי. ויכלו השמים והארץ וכל צבאם
ויכל אלהים ביום השביעי מלאכתו אשר עשה.
וישבת ביום השביעי מכל מלאכתו אשר עשה
ויברך אלהים את יום השביעי ויקדש אתו.
כי בו שבת מכל מלאכתו אשר ברא אלהים לעשות

סברי מרנן

ברוך אתה אדני אלהינו
מלך העולם בורא פרי הגפן

ברוך אתה ה' אלהינו מלך העולם.
אשר קדשנו במצותיו ורצה בנו.
ושבת קדשו באהבה וברצון הנחילנו.
זכרון למעשה בראשית.

תחלה למקראי קדש זכר ליציאת מצרים.
כי בנו בחרת ואותנו קדשת מכל העמים
ושבת קדשך באהבה וברצון הנחלתנו
ברוך אתה אדני מקדש השבת



KIDDUSH

for Shabbat Day

Mizmor L'David

Mizmor le'Dovid, Hashem roei lo echsar.
Binos desheh yarbitzaini, al mei menuchos yenhaleini.
Nafshi yeshovev yancheini bemagalei tzedek
lema'an shemo. Gam ki elech be'gei tzalmaves, lo
iraw ra ki ata imadi, shivtecha u'mishantecha hema
yenachamuni. Ta'aroch lefanai shulchan neged tzoriroi
dishanta vashemen roshi, cosi rivaya.
Ach tov va'chesed yirdifuni kol yemei chayoi ve'shavti
be'veis Hashem l'orech yamim.

מִזְמוֹר לְדָוִד, ה' רֹעִי לֹא אֶחְסָר.
בְּנֵאוֹת דָּשָׂא יִרְבִּיצָנִי, עַל-מִי מְנַחוֹת יִנְהַלְנִי.
נַפְשִׁי יִשׁוּבֵב, יִנְחֵנִי בְּמַעְגְלֵי-צְדָק לְמַעַן שְׂמוֹ.
גַּם כִּי-אֵלֶךְ בְּגִיא צַלְמוֹת לֹא-אֵירָא רַע
כִּי-אַתָּה עִמָּדִי, שְׁבֹטְךָ וּמִשְׁעֲנֵתְךָ הֵמָּה
יִנְחֵמְנִי. תַּעֲרֹךְ לִפְנֵי שַׁלְחֹן נֶגֶד צָרָרִי,
דִּשְׁנֵת בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רוּיָה.
אֵךְ, טוֹב וְחֶסֶד יִרְדְּפוּנִי כָּל-יְמֵי חַיִּי,
וְשִׁבְתִּי בְּבֵית-ה' לְאַרְךָ יָמִים.

Atkinu Se'udata

Atkinu seudata dimehemnuta shelemata chedvata
demalka kadisha. Atkinu seudata de malka.
Da hi seudata dechakal tapuchin kadishin
Uzeir anpin veatika kadisha atian lesaadah
bahadeh

אֶתְקִינוּ סְעוּדָתָא דְמַהֲמֵנוּתָא שְׁלִימָתָא.
חֲדוּתָהּ דְּמַלְכָּה קַדִּישָׁא.
אֶתְקִינוּ סְעוּדָתָא דְּמַלְכָּה.
דָּא הִיא סְעוּדָתָא דְּחַקְל תְּפוּחִין קַדִּישִׁין.
וְזַעִיר אֲנַפִּין וְעֵתִיקָא קַדִּישָׁא אֶתִּין לְסַעְדָּה בְּהֵדִיָּה.

V'Shamru

Ve'shameru benai Yisrael et ha'shabbat, laasot et
ha'shabbat le'dorotam berit olam:
Beini u'vein beni yisrael, ot-hee leolam, ki sheshet
yamim asa hashem et ha shamaim ve'et ha'aretz,
u'vayom ha'shvi'i shabbat va'yinafash.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת, לַעֲשׂוֹת
אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעָלָם,
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יי אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפַשׁ.

Kiddush

Zachor es yom ha-Shabbos le-kadesh.
Sheishes yamim ta'avod ve-asisa kol melach'techa.
Ve-yom ha-shevi'i Shabbos la'Adonoy Elohecha,
lo ta'aseh chol melacha ata u-vincha u-vitecha
avdecha va-amasecha vehem'techa ve-geirecha asher
bi-she'arecha. Ki sheishes yamim asa Adonoy es
ha-shamayim ve-es ha-aretz es ha-yam ve-es kol asher bam,
va-yanach ba-yom ha-shevi'i.
Al kein beirach Adonoy es yom ha-Shabbos va-yekadisheihu.
Savri maranan ve-rabanan ve-rabosai:
Baruch ata Adonoy, Eloheinu melech ha-olam, borei peri ha gafen.
Amen

זָכוֹר אֶת־יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ: שֵׁשֶׁת יָמִים תַּעֲבֹד
וְעֵשִׂיתָ כָּל־מְלָאכְתְּךָ: וַיּוֹם הַשְּׁבִיעִי שָׁבַת |
לֵי אֱלֹהֶיךָ לֹא־תַעֲשֶׂה כָּל־מְלָאכָה אַתָּה |
וּבַנֶּזֶק וּבַתֵּדָה עֲבַדְךָ וְאִמְתְּךָ וּבַהֲמִתְךָ וְגֵרְךָ אֲשֶׁר
בְּשַׁעְרֶיךָ: כִּי שֵׁשֶׁת־יָמִים עָשָׂה יי אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ אֶת־הַיָּם וְאֶת־כָּל־אֲשֶׁר־בָּם וַיִּנַּח
בַּיּוֹם הַשְּׁבִיעִי

עַל־כֵּן בֵּרַךְ יי אֶת־יוֹם
הַשַּׁבָּת וַיִּקְדְּשֶׁהוּ:

סְבִרֵי מְרִנָּה
בְּרוּךְ אַתָּה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן

Birchat Hamazon

Shir hama-alot beshuv Ado-n-ai et shivat tzion,
hayinu k'cholmim. Az yimaleh s'chok pinu, u'lshoneinu
rinah. Az yomru bagoyim, higdil Ado-nai la'asot im eleh.
Higdil Ado-nai la'asot iman, hayinu simechim. Shuvah
Ado-nai et shevitenu ka'afikim bangev. Hazorim bedimah
berinah yiktzoru. Haloch yelech u'vacho, noseh meshech
hazara, bo yavo berinah noseh alumotav.

Liv'nay korach mizmor shir y'sudoso b'har'ray kodesh. Ohayv
adonoy sha-arei tziyon mikol mish-k'nos ya-akov. Nich-bodos
m'dubor boch ir ha-elohim selah. Azkir rahav uvovel l'yo-d'oy
hinay f'leshes v'tzor im kush zeh yulad shom. Ul'tziyon yay-omar
ish v'ish yulad boh v'hu y'cho-n'neho elyon. Adonoy yispor bich'sov
amim zeh yulad shom seloh. V'shorim k'cho-l'lim kol ma-yonai boch.

Avo-r'choh es adonoy b'chol ays tomid t'hiloso b'fi.
Sof dovor ha-kol nishmo es ho-elohim y'ro v'es
mitzvosov sh'mor ki zeh kol ho-odom. T'hilas adonoy
y'daber pi, vivo-rech kol basar shem kad-shoh
l'olam va-ed. Va-anachnu n'voraych yoh may-atoh
v'ad olam hal'luyoh,

שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ אֶת-שִׁיבַת צִיּוֹן הָיִינוּ
כְּחֹלְמִים: אֲזַי יִמְלֵא שְׂחֹק פִּינוֹ וְלִשְׁוֹנֵנוּ רִנָּה
אֲזַי וְאָמְרוּ בַּגּוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת עִם-אַלְהָה:
הַגְּדִיל יְיָ לַעֲשׂוֹת עִמָּנוּ הֵייוֹ שְׂמֵחִים:
שׁוּבָה יְיָ אֶת-שְׁבוֹתֵנוּ שְׁבִיתֵנוּ כְּאֶפְיָקִים בְּנֶגֶב:
הַזְרְעִים בְּדַמְעָה בְּרִנָּה יִקְצְרוּ: הֲלוֹךְ יֵלֵךְ |
וּבִכָּה נִשְׂא מִשְׁדֵּי-הַזֶּרַע בְּאֵיבָא בְּרִנָּה נִשְׂא אֶלְמַתָּיו:

לְבַנְי-קֶרַח, מִזְמוֹר שִׁיר: יְסוּדָתוֹ,
בְּהַרְרֵי-קֹדֶשׁ. אֲהַב יְהוָה, שְׁעָרֵי צִיּוֹן
מִכָּל, מִשְׁכָּנוֹת יַעֲקֹב. נִכְבְּדוֹת, מְדַבֵּר בְּךָ
עִיר הָאֱלֹהִים סֶלָה. אֲזַכִּיר, רַהֵב וּבְבֶל
עַי: הִנֵּה פִלְשֶׁת וְצַר עִם-כּוּשׁ; זֶה,
יְלֵד-שָׁם. וְלִצִּיּוֹן, יֹאמְרוּ-- אִישׁ וְאִישׁ,
יְלֵד-בָּהּ; וְהוּא יְכוֹנְנֶה עָלֵינוּ. יְהוָה
יִסְפֹּר, בְּכַתּוּב עַמִּים: זֶה יְלֵד-שָׁם סֶלָה
וְשָׂרִים כְּחַלְלִים-- כָּל-מַעֲיָנֵי בְּךָ.

אֲבָרְכָה אֶת-יְיָ בְּכָל-עֵת. תָּמִיד תִּהְלֶתוּ בְּפִי:
סוּף דְּבַר הַכָּל נִשְׁמָע. אֶת-הָאֱלֹהִים יִרְא וְאֶת-
מִצְוֹתָיו שָׁמֹר, כִּי-זֶה כָּל-הָאָדָם: תִּהְלֶת יְיָ יְדַבֵּר
פִּי. וַיְבָרֵךְ כָּל-בֶּשֶׂר שֵׁם קֹדְשׁוֹ לְעוֹלָם וָעֶד:
וְאֶנְחֵנוּ נִבְרָךְ יְיָ מֵעַתָּה וְעַד-עוֹלָם הַלְלוּיָהּ:

Before washing the fingertips say: Zeh chaylek odom rosho may-olhim v'nachlas imro may-ayl

After washing the fingertips say: Va-y'dabayr aylai zeh ha-shulchon asher lif'nay adonoy.

The leader begins: Rabo-sai mir vel'n ben-tsh'n.

Others answer: Y'hi shaym adonoy m'voroch may-atoh v'ad olom.

The leader continues: Y'hi shaym adonoy m'voroch

may-atah v'ad olom. Bir'shus mo-ronom v'rabonon v'rabosai n'voraych (with ten men add: Elohaynu) she-ochalnu mi-shelo.

The others answer, followed by the leader:

Boruch (elohaynu)she-ochalnu mi-shelo uv'tuvo choyinu.

Ba-ruch a-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam,

Ha-zan et ha-o-lam ku-lo, b'tu-vo,

b'chein b'che-sed uv-ra-cha-mim,

hu no-tein le-chem l'chawl ba-sar, ki l'o-lam chas-do.

Uv-tu-vo ha-ga-dol i-ma-nu, ta-mid lo cha-seir la-nu,

v'al yech-sar la-nu, ma-zon l'o-lam va-ed.

Ba-a-vur sh'mo ha-ga-dol, ki hu Eil zan um-far-neis la-kol,

u-mei-tiv la-kol, u-mei-chin ma-zon

l'chawl b'ri-yo-tav a-sher ba-ra.

Ka-a-mur: Po-tei-ach et ya-de-cha, u-mas-bi-a l'chawl

chai ra-tson. Ba-ruch a-tah A-do-nai, ha-zan et ha-kol.

(A-mein.)

No-deh l'cha A-do-nai E-lo-hei-nu, al she-hin-chal-ta

la-a-vo-tei-nu e-rets chem-dah to-vah ur-cha-vah.

V'al she-ho-tsei-ta-nu A-do-nai E-lo-hei-nu

mei-e-rets mits-ra-yim, uf-di-ta-nu mi-beit a-va-dim,

v'al b'ri-t'cha she-cha-tam-ta biv-sa-rei-nu,

v'al to-ra-t'cha she-li-mad-ta-nu,

v'al chu-ke-cha she-ho-da-ta-nu,

v'al chai-yim chein va-che-sed she-cho-nan-ta-nu,

v'al a-chi-lat ma-zon sha-a-tah zan um-far-neis

o-ta-nu ta-mid, b'chawl yom uv-chawl eit

uv-chawl sha-ah.

אם מברכים בזימון המברך אומר: רבתי מיר וועלן בענטשן:

המסובים עונים: יהי שם "מברך מעתה ועד עולם:

המברך אומר: ברשות מרנן ורבנן ורבתי נברך

(בעשרה: אלהינו) שאכלנו משלו:

המסובים עונים: ברוך (בעשרה: אלהינו) שאכלנו

משלו ובטובו חיינו:

ברוך אתה "אלהינו מלך העולם. הן את

העולם כלו. בטובו בחן בחסד וברחמים.

הוא נותן לחם לכל בשר. כי לעולם חסדו:

ובטובו הגדול תמיד לא חסר לנו ואל יחסר

לנו מזון לעולם ועד. בעבור שמו הגדול.

כי הוא אל זן ומפרנס לכל ומטיב לכל ומכין

מזון לכל בריותיו אשר ברא: כאמור פותח

את-ידך ומשביע לכל-חי רצון: ברוך אתה

" הן את הכל:

נודה לך "אלהינו. על שהנחלת לאבותינו

ארץ חמדה טובה ורחבה. ועל שהוצאתנו

אלהינו מארץ מצרים. ופדיתנו מבית עבדים.

ועל בריתך שחתמת בבשרנו. ועל תורתך

שלמדתנו. ועל חקיך שהודעתנו. ועל חיים חן

וחסד שחוננתנו. ועל אכילת מזון שאתה זן

ומפרנס אותנו תמיד. בכל יום ובכל עת ובכל שעה:

V'al ha-kol A-do-nai E-lo-hei-nu a-nach-nu mo-dim lach,
um-va-r'chim o-tach, yit-ba-reich shim-cha b'fi kawl
chai ta-mid l'o-lam va-ed. Ka-ka-tuv: v'a-chal-ta v'sa-va-ta,
u-vei-rach-ta et A-do-nai E-lo-he-cha, al ha-a-rets ha-to-vah
a-sher na-tan lach. Ba-ruch a-tah A-do-nai,
al ha-a-rets v'al ha-ma-zon. (A-mein.)

Ra-cheim A-do-nai E-lo-hei-nu al Yis-ra-eil a-me-cha,
v'al Y'ru-sha-la-yim i-re-cha, v'al Tsi-yon mish-kan
k'vo-de-cha, v'al mal-chut beit Da-vid m'shi-che-cha,
v'al ha-ba-yit ha-ga-dol v'ha-ka-dosh she-nik-ra
shim-cha a-lav. E-lo-hei-nu A-vi-nu r'oi-nu zo-nei-nu
par-n'sei-nu v'chal-k'lei-nu v'har-vi-chei-nu,
v'har-vach la-nu A-do-nai E-lo-hei-nu m'hei-rah
mi-kawl tsa-ro-tei-nu. V'na al tats-ri-chei-nu A-do-nai
E-lo-hei-nu, lo li-dei ma-t'nat ba-sar v'dam, v'lo li-dei
hal-va-a-tam, ki im l'ya-d'cha ha-m'lei-ah ha-p'tu-chah
ha-k'do-shah v'ha-r'cha-vah, she-lo nei-vosh v'lo
ni-ka-leim l'o-lam va-ed.

R'tsei v'ha-cha-li-tsei-nu A-do-nai E-lo-hei-nu
b'mits-vo-te-cha, uv-mits-vat yom ha-sh'vi-i
ha-sha-bat ha-ga-dol v'ha-ka-dosh ha-zeh,
ki yom zeh ga-dol v'ka-dosh hu l'fa-ne-cha,
lish-bawt bo v'la-nu-ach bo b'a-ha-vah k'mits-vat
r'tso-ne-cha, u-vir-tso-n'cha ha-ni-ach la-nu
A-do-nai E-lo-hei-nu, she-lo t'hei tsa-rah v'ya-gon
va-a-na-chah b'yom m'hu-cha-tei-nu, v'har-ei-nu
A-do-nai E-lo-hei-nu b'ne-che-mat Tsi-yon i-re-cha,
uv-vin-yan Y'ru-sha-la-yim ir kawd-she-cha,
ki a-tah hu ba-al ha-y'shu-ot u-va-al ha-ne-cha-mot.

ועל הכל יי אלהינו אנחנו מודים לך ומברכים
אותך. יתברך שמך בפי כל חי תמיד לעולם
ועד: כפתוב. ואכלת ושבעת וברכת את יי
אלהיך על הארץ הטבה אשר נתן לך:
ברוך אתה יי. על הארץ ועל המזון:

רחם יי אלהינו על ישראל עמך. ועל ירושלים
עירך. ועל ציון משכן כבודך. ועל מלכות בית
דוד משיחך. ועל הבית הגדול והקדוש שנקרא
שמך עליו: אלהינו. אבינו. רענו זוננו פרנסנו
וכלכלנו והרויחנו. והרוח לנו יי אלהינו מהרה
מפל צרותינו. ונא אל תצריכנו יי אלהינו לא
לידי מתנת בשר ודם ולא לידי הלואתם. כי
אם ליך המלאה. הפתוחה. הקדושה והרחבה.
שלא גבוש ולא נכלם לעולם ועד

רצה והחליצנו יהוה אלהינו במצותיך
ובמצות יום השביעי השבת הגדול והקדוש
הזה כי יום זה גדול וקדוש הוא לפניך לשבות
בו ולנוח בו באהב ה כמצות רצונך וברצונך
הניח לנו יהוה אלהינו שלא תה אצרה ודאגה
ויגון ואנחה ביום מנוחתנו והראנו יהוה אלהינו
בנחמת ציון עירך ובבנין ירושלים עיר קדשך
כי אתה הוא בעלה ישועות ובעל הנחמות:

Uv-nei Y'ru-sha-la-yim ir ha-ko-desh bim-hei-rah
v'ya-mei-nu. Ba-ruch a-tah A-do-nai, bo-nei
b'ra-cha-mav Y'ru-sha-la-yim. A-mein. (A-mein.)

ובנה ירושלים עיר הקדש במהרה בימינו.
ברוך אתה יי. בונה ברחמי ירושלים: אמן:

Ba-ruch a-tah A-do-nai, E-lo-hei-nu Me-lech Ha-o-lam,
ha-Eil a-vi-nu mal-kei-nu a-di-rei-nu bor-ei-nu
go-a-lei-nu yots-rei-nu k'do-shei-nu k'dosh Ya-a-kov,
ro-ei-nu, ro-ei Yis-ra-eil, ha-me-lech ha-tov
v'ha-mei-tiv la-kol, b'chawl yom va-yom hu hei-tiv
la-nu, hu mei-tiv la-nu, hu yei-tiv la-nu.
Hu g'ma-la-nu, hu gom-lei-nu, hu yig-m'lei-nu
la-ad, l'chein ul-che-sed ul-ra-cha-mim ul-re-vach,
ha-tsa-lah v'hats-la-chah, b'ra-cha vi-shu-ah,
ne-cha-mah par-na-sah v'chal-ka-lah, v'ra-cha-mim
v'chai-yim v'sha-lom v'chawl tov, u-mi-kawl tuv
l'o-lam al y'chas-rei-nu.

ברוך אתה יי אלהינו מלך העולם. האל. אבינו.
מלכנו. אדירנו. בוראנו. גואלנו. יוצרנו.
קדושנו קדוש יעקב. רוענו רועה ישראל.
המלך הטוב והמטיב לכל. שבכל יום ויום הוא
הטיב הוא מטיב הוא ייטיב לנו. הוא גמלנו הוא
גומלנו הוא יגמלנו לעד לחן ולחסד ולרחמים
ולרוח. הצלה והצלחה. ברכה וישועה. נחמה.
פרנסה וכלכלה. ורחמים וחיים ושלוש וכל טוב.
ומכל טוב לעולם אל יחסרנו:

Ha-ra-cha-man, hu yim-loch a-lei-nu l'o-lam va-ed.
Ha-ra-cha-man, hu yit-ba-reich ba-sha-ma-yim
u-va-a-rets.
Ha-ra-cha-man, hu yish-ta-bach l'dor do-rim,
v'yit-pa-eir ba-nu la-ad ul-nei-tsach n'tsa-chim,
v'yit-ha-dar ba-nu la-ad ul-ol-mei o-la-mim.
Ha-ra-cha-man, hu y'far-n'sei-nu b'cha-vod.
Ha-ra-cha-man, hu yish-bor ol hago-yim mei-al
tsa-va-rei-nu, v'hu yo-li-chei-nu ko-m'mi-yut
l'ar-tsei-nu.
Ha-ra-cha-man, hu yish-lach b'ra-chah m'ru-bah
b'-va-yit zeh, v'al shul-chan zeh she-a-chal-nu a-lav.

הרחמן הוא מלך עלינו לעולם ועד:
הרחמן הוא יתברך בשמים ובארץ:
הרחמן הוא ישתבח לדור דורים. ויתפאר בנו
לעד ולנצח נצחים. ויתהדר בנו לעד ולעולמי
עולמים: הרחמן הוא יפרנסנו בכבוד: הרחמן
הוא ישבר עלנו מעל צוארנו והוא יוליכנו
קוממיות לארצנו: הרחמן הוא ישלח לנו ברכה
מרהב בבית הזה ועל שלחן זה שאכלנו עליו:

Ha-ra-cha-man, hu yish-lach la-nu et Ei-li-ya-hu
ha-na-vi, za-chur la-tov, vi-va-ser la-nu

הַרְחַמֵּן הוּא יִשְׁלַח לָנוּ אֶת אֱלֹהֵינוּ הַנְּבִיא זְכוּר לְטוֹב
וַיִּבְשֹׂר לָנוּ בְּשׂוֹרוֹת טוֹבוֹת יְשׁוּעוֹת וְנִחְמוֹת:

Ha-ra-cha-man, hu y'va-reich et a-vi mo-ri ba-al
ha-ba-yit ha-zeh, v'et i-mi mo-ra-ti ba-a-lat
ha-ba-yit ha-zeh, o-tam v'et bei-tam v'et zar-am
v'et kawl a-sheer la-hem, o-ta-nu v'et kawl a-sheer
la-nu, k'mo she-berach et a-vo-tei-nu Av-ra-ham
Yits-chak v'Ya-a-kov ba-kol mi-kol kol, kein
y'va-reich o-ta-nu, ku-la-nu ya-chad, biv-ra-chah
sh'lei-mah, v'no-mar a-mein.

הַרְחַמֵּן הוּא יְבָרֵךְ אֶת אָבִי מוֹרֵי בַּעַל הַבַּיִת הַזֶּה
וְאֶת אִמִּי מוֹרְתֵי בַּעֲלַת הַבַּיִת הַזֶּה. אוֹתָם וְאֶת
בֵּיתָם וְאֶת זְרַעָם וְאֶת כָּל אֲשֶׁר לָהֶם. אוֹתָנוּ וְאֶת
כָּל אֲשֶׁר לָנוּ. כְּמוֹ שֶׁנִּתְבָּרְכוּ אֲבוֹתֵינוּ אֲבָרָהֶם יִצְחָק
וַיַּעֲקֹב, בְּכָל מַכְּל. כָּל כֵּן יְבָרֵךְ אוֹתָנוּ כְּלָנוּ יַחַד
בְּבִרְכָה שְׁלֵמָה. וְנֹאמַר אָמֵן:

Mi-ma-rom y'lam-du a-lav v'-a-lei-nu z'chut,
shet-hei l'mish-me-ret sha-lom. V'ni-sa v'ra-chah
mei-eit A-do-nai, uts-da-kah mei-E-lo-hei
yish-ei-nu, v'nim-tsa chein v'sei-chel tov b'ei-nei
E-lo-him v'a-dam.

מִמְרוֹם יִלְמְדוּ עֲלֵיהֶם וְעֲלֵינוּ זְכוּת שְׁתֵּהָא לְמִשְׁמֶרֶת
שְׁלוֹם. וְנִשְׂא בְּרָכָה מֵאֵת יי. וַיְצַדֵּקָה מֵאֵלֵהֵי יְשַׁעֲנוּ.
וְנִמְצָא חֵן וְשָׂכַל טוֹב בְּעֵינֵי אֱלֹהִים וְאָדָם:

Ha-ra-cha-man, hu yan-chi-lei-nu l'yom she-ku-lo
Sha-bat um-nu-chah l'chai-yei ha-o-la-mim.

הַרְחַמֵּן הוּא יִנְחִילָנוּ לַיּוֹם שְׁכָלוּ שַׁבַּת וּמְנוּחָה
לְחַיֵּי הָעוֹלָמִים

Ha-ra-cha-man, hu y'za-kei-nu li-mot ha-ma-shi-ach
ul-chai-yei ha-o-lam ha-ba. Mig-dol y'shu-ot mal-ko
v'o-seh che-sed lim-shi-cho, l'Da-vid ul-zar-o ad o-lam.
O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom
a-lei-nu v'al kawl Yis-ra-eil, v'im-ru a-mein.

הַרְחַמֵּן הוּא יִזְכְּנוּ לַיּוֹמֹת הַמְּשִׁיחַ וְלַחַיֵּי הָעוֹלָם
הַבָּא: מִגְדוֹל יְשׁוּעוֹת מִלְּפֹו וְעֵשָׂה חֶסֶד לְמִשְׁיָחוֹ
לְדוֹד וּלְזָרְעוֹ עַד עוֹלָם: עֵשָׂה שְׁלוֹם בְּמְרוֹמָיו
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ
אָמֵן:

Y'ru et A-do-nai, k'do-shav, ki ein mach-sor li-rei-av.
K'fi-rim ra-shu v'ra-ei-vu, v'dor-shei A-do-nai lo
yach-s'ru chawl tov. Ho-du La-do-nai ki tov, ki
l'o-lam chas-do. Po-tei-ach et ya-de-cha, u-mas-bi-a
l'chawl chai ra-tson. Ba-ruch ha-ge-ver a-sher
yiv-tach ba-do-nai, v'ha-yah A-do-nai miv-ta-cho

יִרְאוּ אֶת יי קְדוֹשֵׁיוּ כִּי אֵין מַחְסוֹר לִירְאָיו:
כְּפִירִים רָשׁוּ וְרַעְבוּ וְדוֹרְשֵׁי יי לֹא יִחְסְרוּ כָּל טוֹב:
הוֹדוּ ליי כִּי טוֹב כִּי לְעוֹלָם חֲסִדוֹ: פּוֹתֵחַ אֶת יָדָךְ
וּמְשַׁבֵּיעַ לְכָל חַי רְצוֹן: בְּרוּךְ הַגֹּבֵר אֲשֶׁר יְבָטַח
בִּי וְהָיָה יי מְבֹטָחוֹ:





SONGS

Melodies

Koh Echsof

Yah Echsof Noam Shabbat Hamete'emet Umitachedet
B'segulatecha, Mishoch noam yiratecha L'am Mivakshei
Ritzonecha

Kadshem B'Kedushat HaShabbat Hamitachedet
B'Toratecha

Ptach Lahem Noam V'ratzon Liftoach Sha'arey Ritzonecha.

Yah Echsof Noam Shabbat Hamete'emet Umitachedet
B'segulatecha.

Hayah hoveh shomer shomrei umesafim shabbat
kodshecha

Kemo ayal ta'arog al afikei mayim.

Ken nafsham ta'arog lekabel noam kedushat shabbat
hamitachedet beshem kodshecha.

Hatzel meacharei lifrosh min hashabat.

Levilti tihyeh sagur mehem.

Shisha yamim hamekabelim kedusha mishabat kodshecha

Vetaher libam be'emet uve'emunah leavdecha

Yah Echsof Noam Shabbat Hamete'emet Umitachedet
B'segulatecha.

Veyihyu rachamecha mitgolelim (al midotecha veyihyu
rachamecha mitgolelim) al am kodshecha.

Lehashekot tzeme'ei chasdecha minahar hayotzeh
me'eiden

Leater et yisrael betiferet hamefarim otcha beyom
hashabat

al yedei shabat kodshecha.

Kol shisha yamim lehanchilam nachalat ya'akov bechirech.

Yah Echsof Noam Shabbat Hamete'emet Umitachedet
B'segulatecha.

Hashabbat noam haneshamot, behashvi'i oneg haruchot
ve'eden hanefashot, lehitaden be'ahavatecha uviratecha

Shabbat kodesh nafshi cholat ahavatecha

Shabbat koshesh nafshot yisrael betzel kenafecha
yechesayun, yirveyun mideshen beitecha.

Yah Echsof Noam Shabbat Hamete'emet Umitachedet
B'segulatecha.

י-ה אַכְסוֹף נועם שַׁבַּת הַמִּתְאַמֶּת וּמִתְאַחֶדֶת
בְּסִגְלָתָךְ, מִשׁוֹךְ נועם יְרֵאָתְךָ לְעַם מְבַקְשֵׁי רְצוֹנְךָ.

קִדְשֵׁם בְּקִדְשַׁת הַשַּׁבָּת הַמִּתְאַחֶדֶת בְּתוֹרָתְךָ.

פָּתַח לָהֶם נועם וְרָצוֹן לְפָתוּחַ שְׁעָרֵי רְצוֹנְךָ.

י-ה אַכְסוֹף נועם שַׁבַּת הַמִּתְאַמֶּת וּמִתְאַחֶדֶת

בְּסִגְלָתְךָ

הִיָּה הוּא שְׁמוֹר שׁוֹמְרֵי וּמְצַפִּים שַׁבַּת קִדְשְׁךָ.

כְּמוֹ אֵיל תַּעֲרַג עַל אֲפִיקֵי מַיִם, כֵּן נַפְשֵׁם תַּעֲרַג

לְקַבֵּל נועם קְדוּשַׁת שַׁבַּת הַמִּתְאַחֶדֶת בְּשֵׁם

קִדְשְׁךָ. הִצַּל מְאַחֲרֵי לְפָרֵשׁ מִן הַשַּׁבָּת, לְבַלְתִּי

תִּהְיֶה סְגוּר מֵהֶם. שִׁשָּׁה יָמִים הַמְקַבְּלִים קִדְשָׁה

מִשַּׁבַּת קִדְשְׁךָ, וְטִהַר לָבַם בְּאַמֶּת וּבְאַמוּנָה

לְעַבְדְּךָ. י-ה אַכְסוֹף נועם שַׁבַּת הַמִּתְאַמֶּת

וּמִתְאַחֶדֶת בְּסִגְלָתְךָ.

וַיְהִי רַחֲמֶיךָ מִתְגַּלְגְּלִים עַל עַם קִדְשְׁךָ, לְהַשְׁקוֹת

צָמְאֵי חֶסֶדְךָ מִנְהַר הַיּוֹצֵא מֵעֵדֶן. לְעֵטֵר אֶת

יִשְׂרָאֵל בְּתַפְאֵרַת הַמַּפְאָרִים אוֹתְךָ (בְּיוֹם שַׁבָּת)

עַל יְדֵי שַׁבַּת קִדְשְׁךָ.

כֹּל שִׁשָּׁה יָמִים לְהַנְחִילֵם נַחֲלַת יַעֲקֹב בְּחִירְךָ.

י-ה אַכְסוֹף נועם שַׁבַּת הַמִּתְאַמֶּת וּמִתְאַחֶדֶת

בְּסִגְלָתְךָ

הַשַּׁבָּת נועם הַנְּשָׁמוֹת, וְהַשְּׂבִיעֵי עֲנֵג הַרוּחוֹת

וְעֵדֶן הַנְּפֹשׁוֹת, לְהַתְעַדֵּן בְּאַהֲבָתְךָ וּבִירְאָתְךָ,

שַׁבַּת קִדְשׁ נַפְשֵׁי חוֹלַת אַהֲבָתְךָ,

שַׁבַּת קוֹדֵשׁ נַפְשׁוֹת יִשְׂרָאֵל בְּצֵל כְּנָפֶיךָ יַחְסִיוֹן,

יְרוּיֹן מִדְּשׁוֹן בֵּיתְךָ. י-ה אַכְסוֹף נועם שַׁבַּת

הַמִּתְאַמֶּת וּמִתְאַחֶדֶת בְּסִגְלָתְךָ

Kol M'Kadesh Shvi'i

Kol m'kadeish sh'vi-i koro-ui lo, kol shoimeir shabbos, kados meichal'loi, s'choroi harbeih m'oid al pi fo'oloi, ish al machaneihu v'ish al digloi.

Oihavei adoinoy ham'chakim l'vinyan ari-eil, b'yoim hashabbos sisu v'simchu kimkablei matan nachali-eil, gam s'u y'daychem koidesh v'imru lo'eil, baruch adoinoi asher nosan m'nuchoh l'amoi yisro-el.

Doirshei adoinai zera avrohom oihavoi, ham-acharim lotzeis min hashabbos um'maharim lavoi, usmeichim l'shomroi ul-oreiv eiruvo, zeh ha-yoim osoh adoinoi nogiloh v'nismechoh voi.

Zichru toiras moisheh b'mitzvas shabbos gerusah, charusoh la-yoim ha'shivi-i, k'chaloh bein rei-oiseihoh m'shubotzoh, t'hoirim yiroshuho vikadshuho b'ma-amar kol asher osoh, vay-chal eloihim ba-yoim ha'shivi-i m'lach'toi asher osoh.

Yoim kodoish hu m'boi-oi v'ad tzeisoi, kol zera ya'akoiv y'chabduhu kidvar hamelech v'dosoi, lonuach boi v'lismoiach be-sa'anug ochoil v'shosoi, kol adas yisro-eil ya'asu oisoi.

M'shoich chasd'cha l'yodecho eil kano v'nokeim, notrei yom ha'shvi-i zachor v'shamor lehakeim, samcheim b'vinyan tavhikeim, yirv'yun mideshen beisecha v'nachal adanecha sashkeim.

Azoir lashoivsim bashvi-i bechorish u'vakotzir l'oilamim, pois-im boi p'sioh ketanoh soi-adim boi l'voreich shalosh pe'amim, tzidkosom tatzhir k'oir shiv-as hayomim, adoinoi eloihei yisro-eil hovoh somim, adoinoi eloihei yisro-eil t'shu-as oilomim.

כָּל מְקַדֵּשׁ שְׁבִיעֵי כְּרָאוּי לוֹ, כָּל שִׁמְר שַׁבַּת כְּדַת מַחֲלֹלוֹ, שְׁכָרוּ הַרְבֵּה מְאֹד עַל פִּי פְעָלוֹ, אִישׁ עַל מַחֲנֵהוּ וְאִישׁ עַל דִּגְלוֹ.

אוֹהֲבֵי ה' הַמְּחַכִּים לְבַנְיָן אֲרָאֵל, בְּיוֹם הַשַּׁבָּת שִׁישׁוּ וְשִׁמְחוּ כַּמְקַבְּלֵי מִתֵּן נַחֲלִיאֵל, גַּם שְׂאֵו יְדִיכֶם קִדְשׁ אָמְרוּ לְאֵל, בְּרוּךְ ה' אֲשֶׁר נָתַן מְנוּחָה לְעַמּוֹ יִשְׂרָאֵל דּוֹרְשֵׁי ה' זֶרַע אֲבָרְהָם אֲהַבּוּ, הַמְּאַחֲרִים לְצִאת מִן שַׁבַּת וּמִמְהָרִים לְבֹא, וְשִׁמְחִים לְשִׁמְרוֹ וְלַעֲרַב עֲרוּבוֹ, זֶה הַיּוֹם עֲשֵׂה ה' נְגִילָה וְנִשְׁמָחָה בּוֹ זְכָרוֹ תּוֹרַת מֹשֶׁה בְּמִצְוֹת שַׁבַּת גְּרוּסָה, חֲרוּתָה לְיוֹם הַשְּׁבִיעִי כְּכֹלָה בֵּין רַעוּתֶיהָ מִשְׁבָּצָה, טְהוּרִים יִירָשׁוּהָ וְיִקְדְּשׁוּהָ בְּמֵאֵמַר כָּל אֲשֶׁר עֲשֵׂה, וְיִכַל אֱלֹהִים בְּיוֹם הַשְּׁבִיעִי מְלֹאכְתּוֹ אֲשֶׁר עֲשֵׂה

יּוֹם קָדוֹשׁ הוּא מְבֹאֵאוֹ וְעַד צֵאתוֹ, כָּל זֶרַע יַעֲקֹב יִכְבְּדוּהוּ כְּדַבַּר הַמְּלֶךְ וְדָתוֹ, לְנוּחַ בּוֹ וְלִשְׁמַח בְּתַעֲנוּג אָכוֹל וְשֵׁתוֹ, כָּל עַדַּת יִשְׂרָאֵל יַעֲשׂוּ אוֹתוֹ מִשְׁךְ חֲסִדָּךְ לְיִוְדְעֶיךָ אֵל קְנוּא וְנִקֵּם, נוֹטְרֵי יוֹם הַשְּׁבִיעִי זְכוּר וְשִׁמּוֹר לְהִקֵּם, שְׁמַחֵם בְּבַנְיָן שְׁלָם, וּבְאֹר פְּנִיךָ תְּבַהֲיֵם, יְרוּיָן מִדְּשָׁן בֵּיתְךָ וְנַחַל עַדְנִיךָ תִּשְׁקֵם עֲזוֹר לְשׁוֹבְתִים בְּשְׁבִיעֵי בְּחָרִישׁ וּבְקִצִיר עוֹלָמִים, פּוֹסְעִים בּוֹ פְּסִיעָה קִטְנָה, סוֹעֲדִים בּוֹ לְבָרְךָ שְׁלֵשׁ פְּעָמִים, צְדִקְתֶּם תִּצְהִיר כְּאֹר שַׁבַּעַת הַיָּמִים, ה' אֱלֹהֵי יִשְׂרָאֵל הִבֵּה תָמִים, ה' אֱלֹהֵי יִשְׂרָאֵל, תְּשׁוּעַת עוֹלָמִים

Baruch Kel Elyon

Barukh eil elyon asher natan m'nuha,
l'nafsheinu fidyon misheit va'anaha.
V'hu yidroshe l'tsiyon ir hanidaha.
ad ana tugyon nefesh ne'enaha?
Hashomeir shabbat, habein im habat,
la'eil yeiratsu k'mincha al mahavat.

Rokheiv ba'aravot, melekh olamim,
et amo lishbot izein ban'imim.
B'ma'akhalot areivot, b'minei mat'amim,
b'malbushei khavod zevah mishpaha.

V'ashrei kol hokheh l'tashlumei kheifel,
mei'eit kol sokheh shokhein ba'arafel.
Nahala lo yizkeh bahar uvashafel,
nahala um'nuha, kashemesh lo zar'ha.

Kol shomeir shabbat kadat meihal'lo,
hein hakhsheir hibat kodesh goralo.
V'im yeitsei hovot hayom ashrei lo,
l'eil adon m'hol'lo mincha hi sh'luha.

Hemdat hayamim k'ra'o eili tsur,
v'ashrei litmimim im yihye natsur.
Keter hilumim al rosham yatsur,
tsur ha'olamim ruho bam naha.

Zakhor et yom hashabbat l'kad'sho,
karno ki gav'ha neizer al rosho.
Al kein yitein ha'adam l'nafsho
oneg v'gam simha, bahem lo l'mosh'ha.

Kodesh hi lakhem shabbat hamalka,
el tokh bateikhem l'haniah b'rakha.
B'khol mosh'voteikhem lo ta'asu m'lakha,
b'neikhem uv'noteikhem, eved v'gam shifha.

תְּמַדַּת הַיָּמִים / קָרָאוּ אֵלֵי צוּר
וְאֲשֵׁרֵי לְתַמִּימִים / אִם-יִהְיֶה נְצוּר
כְּתֵר הַלּוּמִים / עַל-רֹאשׁוֹ יְצוּר
צוּר הָעוֹלָמִים / רוּחוֹ בָּם נָחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

זְכוּר אֶת-יּוֹם הַשַּׁבָּת לְקִדְשׁוֹ
קִרְנוּ כִּי גִבְהָה / גִּזַּר עַל-רֹאשׁוֹ
עַל-כֵּן יִתֵּן / הָאֲדָם לְנִפְשׁוֹ
עֲנֵג וְגַם-שְׂמֵחָה / בָּהֶם לֹא לְמִשְׁחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

קִדְשׁ הֵיא לָכֶם / שַׁבָּת הַמִּלְכָּה
אֶל-תּוֹךְ בְּתִיכֶם / לְהַנִּיחַ בְּרַכָּה
בְּכָל-מוֹשְׁבוֹתֵיכֶם / לֹא תַעֲשׂוּ מְלֹאכָה
בְּנִיכֶם וּבְנֹתֵיכֶם / עֶבֶד וְגַם-שִׁפְחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

בְּרוּךְ אֵל עֲלִיּוֹן / אֲשֶׁר נָתַן מְנוּחָה
לְנַפְשֵׁנוּ פְדִיּוֹן / מִשְׁאֵת וְאֲנָחָה
וְהוּא יְדַרְשׁ לְצִיּוֹן / עִיר הַנִּדְחָה
עַד-אֲנָה תּוֹגִיּוֹן / נָפֶשׁ נְאֻנָּחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

רוֹכֵב בְּעַרְבוֹת / מְלֶךְ עוֹלָמִים
אֶת-עַמּוֹ לְשַׁבָּת / אֲזֵן בְּנִעִימִים
בְּמֵאֲכָלוֹת עַרְבוֹת / בְּמִינֵי מִטְעָמִים
בְּמַלְבוּשֵׁי כְבוֹד / זְבַח מִשְׁפָּחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

וְאֲשֵׁרֵי כָל-חֹכְהָ / לְתַשְׁלוּמֵי כָּפָל
מֵאֵת כָּל סוּכָה / שׁוֹכֵן בְּעֶרְפֶּל
נִחְלָה לוֹ יְזַכֶּה / בְּהָר וּבְשָׂפֵל
נִחְלָה וּמְנוּחָה / כְּשִׁמְשׁ לוֹ זָרְחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

כָּל-שׁוֹמֵר שַׁבָּת / כְּדַת מַחְלָלוֹ
הֵן הַקָּשֶׁר חַבַּת / קִדְשׁ גּוֹרְלוֹ
וְאִם יֵצֵא חוֹבַת / הַיּוֹם אֲשֶׁרֵי לוֹ
לְאֵל אֲדוֹן מַחְוִלָּו / מִנְחָה הֵיא שְׁלוּחָה

הַשׁוֹמֵר שַׁבָּת / הֵבֵן עִם הַבַּת
לְאֵל יִרְצוּ / כְּמִנְחָה עַל-מַחְבַּת

Yom Zeh M'Chubad

Yom Zeh M'chubad Mikol yamim, ki vo shavat tsur olamim.
Sheshet yamim ta'ase m'lachtecha, v'yom ha'shvi'i l'elohecha,
Shabbat lo ta'ase vo m'lacha ki chol asah sheshet yamim.

Yom Zeh M'chubad Mikol yamim, ki vo shavat tsur olamim.

Rishon hu l'mikraei kodesh, yom shabbaton yon shabbat
kodesh, ak kein kol ish b'yeino y'kadesh al shtei lechem
yivtz'u t'mimim.

Yom Zeh M'chubad Mikol yamim, ki vo shavat tsur olamim.

Echol mashmanim shteh mamtakim ki El yiten l'chol bo
d'vekim, beged l'ilbosh, lechem chukim basar v'dagim
v'chol mat'amim.

Yom Zeh M'chubad Mikol yamim, ki vo shavat tsur olamim.

Lo techsar kol bo v'achalta v'savata, et Adonai elohecha
asher ahavta ki verach'cha mikol ha'amim.

Yom Zeh M'chubad Mikol yamim, ki vo shavat tsur olamim.

Hashamayim m'sap'rim k'vodo, v'gam ha'aretz mal'ah
chasdo, r'u ki kol eleh as'tah yado ki hu hatsur pa'olo tamim.

Yom Zeh M'chubad Mikol yamim, ki vo shavat tsur olamim.

יום זה מכבד מכל ימים כי בו שבת צור
עולמים .

ששת ימים תעשה מלאכתך ויום השביעי
לאלהיך שבת לא תעשה בו מלאכה כי כל
עשה ששת ימים

יום זה...

ראשון הוא למקראי קדש יום שבתון יום
, שבת קדש על כן כל איש ביינו יקדש
על שתי לחם יבצעו תמימים

יום זה...

אכול משמנים שמה ממתקים כי אל יתן
לכל בו דבקים בגד ללבוש לחם חקי
בשר ודגים וכל מטעמים

יום זה...

לא תחסר כל בו ואכלת ושבעת וברכת את
. יי אלהיך אשר אהבת כי ברך מכל העמים

יום זה...

השמים מספרים כבודו וגם הארץ מלאה
, חסדו ראו כי כל אלה עשתה ידו
כי הוא הצור פעלו תמים

יום זה...

Elokai Neshama

Elo-kai neshama she-na-sa-ta bee tehorah hee.
Atah bira-tah. Atah yi-tzar-tah. Atah nifach-tah bee.
V'atah m'sham-rah b'kir-bee. V'atah atid lit-lah mee-me-ni.
Oo-li-ha-cha-zee-rah bee le'atid la-voh.

אֱלֹהֵי. נְשָׁמָה שְׁנַתַּת בִּי טְהוֹרָה הִיא.
אַתָּה בְּרֵאתָה. אַתָּה יִצְרָתָה. אַתָּה נִפְחָתָה בִּי.
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.
וְאַתָּה עֲתִיד לִטְלֹה מִמֶּנִּי.
וְלִהְיוֹתִי בִּי לְעֵתִיד לְבוֹא

Hashlech

Gol Hashem dar-kechah, evtach alav v'hu ya-aseh.
Hash-laych al Hashem y'hov'cho, v'hu y'chalk'lechah.

גֹּל ה' עַל דְּרֹכְךָ וּבִטַח עָלִיו וְהוּא יַעֲשֶׂה
הַשֶּׁלֶךְ עַל ה' יִהְיֶה וְהוּא יִכְלֹךְ

Mishoach No'am

Mishoch noam yiratecha L'am Mivakshei Ritzonecha
Veyihyu rachamecha mitgolelim al am kodshecha.
Ptach Lahem Ptach Lahem Noam
V'ratzon Liftoach Sha'arey Ritzonecha.

מְשׁוֹךְ נוֹעַם יִרְאֲתְךָ - לַעַם מִבְּקֵשֵׁי רִצּוֹנְךָ
וְיִהְיוּ רַחֲמֶיךָ מִתְּגוֹלְלִים... מִתְּגוֹלְלִים... עַל עַם קֹדֶשְׁךָ
פֶּתַח לָהֶם פֶּתַח לָהֶם נוֹעַם וְרִצּוֹן
לְפֶתוּחַ שַׁעְרֵי רִצּוֹנְךָ

Asisi L'Chanonoch

Asisi L'Chananach B'lev Koruah U'murtach
Bakesh Rachamim K'Ani BaPesach Galgel
Rachamecha V'Din Al Timtach

אתיתי לחננך בלב קרוע ומורתח
בקש רחמים כעני בפתח גלגל
רחמיק ודין אל תמתח

The Little Bird is Calling

The little bird is calling,
It wishes to return.
The little bird is wounded,
It cannot fly but yearn.
It's captured by the vultures,
Crying bitterly,
Oh, to see my nest again,
Oh, to be redeemed.

The little bird of silver,
So delicate and rare,
Still chirps amongst the vultures,
Outshining all that's there.
How long, how long it suffers,
How long will it be,
When will come the eagle,
And set the little bird free.

The little bird is Yisroel,
The vultures are our foes,
The painful wound is Golus,
Which we all feel and know,
The nest is Yerushalayim,
Where we yearn to be once more,
The eagle is the Moshiach,
Whom we are waiting for.

Lord, Get Me High

Lord get me high, get me high, get me high.

Lord get me high, get me higher. (2X)

Higher and higher, higher and higher...

Just One Shabbos

The Western Wall on Friday night
His first time ever there
Strapped into his knapsack
With his long and curly hair
He stood there for a while,
Broke out with a smile
Emotion overwhelming joy with tears

The men were dancing there
Their hearts so full of love
They sang such happy tunes
To thank the One Above
For showing them the way
For giving them a day
To rest rejoice with peace of mind to pray

Just one Shabbos and we'll all be free
Just one Shabbos come and join with me
We'll sing and dance to the sky
With our spirits so high
We'll show them all it's true
Let them come and join us too

I said hello my friend
You seem to be amused
He said much more than that
I am a bit confused
I know I am a Jew
I was bar mitzvahed too
But Shabbos in our home who ever knew

He asked to join with us
To understand and see
He spent some time with us
In total ecstasy
Next Shabbos came along
His feelings grew so strong
He first began to feel that he belonged

He found this treasure
Made some changes in his life
A brand new family his children and his wife
They learn new things each day
To live the Torah way
The message of the Shabbos they will relay

Now every Friday night they go down to the Wall
Invite some people home and they will tell them all
We'll teach you this new song
So join and sing along
And soon we'll all be free it won't be long

Memories

By Nosson Zand

You came and you went like a bird in the sky
You were in mid-flight but then so was I
Some people caught feelings but my feelings caught me
You gave me the key and it set me free
Everybody seems to know that the world goes
round and round
and to pick yourself up when you're down
It's easy to say but it's so hard to do
When you feel that pain but I still thank G-d for you...

CHORUS

Ohhh oohh ohhhh
I used to live life fast
Now I take it slow
Ohhh oohh ohhhh
I'm so sad it's your time to go...

Thanks for the memory of a bluer sky
So don't forget me... It was do or die
You never let me commit suicide
When I felt empty... It was you and I
Now it's a memory but in truth the light
has never left me now I'm choosing life
And it's a blessing... If I do I'll cry
about the best things that happened through the fight

A lost little boy and a lost little girl
Born at different times but they changed the world
Now the little boy's gone and the little girl too
Growing up's the hardest thing that we'll ever do
Everybody seems to know that I once was upside down
Now I'm right-side up for you now
Every day's a gift and I know it's true
I finally grew up and that's why I thank G-d for you

CHORUS

We don't need to say goodbye
When I close my eyes I can see your face
And it's still shines bright
You're the one who showed me the way
I always heard if you save one life
You save a whole world and I know you saved mine
And I owe you my thanks My thanks... So thanks...

CHORUS



Thank You

TO OUR
GENEROUS
SPONSORS



'THESE ARE SOME OF THE MOST IMPORTANT CONVERSATIONS
HAPPENING TODAY...'
'THESE WORDS HAVE A REAL IMPACT AND ARE TRULY INSPIRING...'
'I'VE NEVER FELT SO VALIDATED/SEEN'
'THIS HAS BEEN COMPLETELY LIFE-CHANGING...'



PARTNER

SOME PEOPLE ARE LUCKY TO HAVE A LOVING FAMILY,
SOME PEOPLE ARE LUCKY TO HAVE A CLOSE FRIEND,
SOME PEOPLE ARE LUCKY TO HAVE A TRUSTED RABBI,

HOW INCREDIBLY LUCKY ARE WE?

IN HONOR OF

RABBI AND
FRUMI KESSLER

*With Love,
Pinny and Nitza Loketch*

PARTNER

WITH MUCH LOVE
TO ALL OF YOU



**MATIS & RONIT
BLISKO**

DIAMOND



כָּל הַמְּקִיִּים נֶפֶשׁ אַחַת מִיִּשְׂרָאֵל,
מֵעַלָּה עָלָיו הַכְּתוּב כְּאֵלוּ קִיִּים עוֹלָם מְלֵא

IN HONOR OF OUR DEAR FRIEND

RABBI MEIR KESSLER

FOR HIS LIFESAVING WORK!



Mendy and Chanie Fischer
North Miami Beach, Florida

DIAMOND

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*"Jews often find themselves battling addiction and the associated stigma. Caron Renaissance offers world-class clinical treatment that truly recognizes and values the patient's spiritual needs. I have worked closely with Caron Renaissance and Ocean Drive to provide their Jewish patients and families with the crucial spiritual guidance they need to achieve **Recovery for Life.**"*

Rabbi Meir Kessler
Director, Boca Raton Jewish Recovery Center

For over 50 years, Caron has helped patients and their families understand the complex disease of addiction and recover physical and spiritual wellness.

In honoring Jewish traditions while in treatment, clients and families have the ability to meet with a Rabbi regularly, keep Shabbos, yom tov and kosher with the highest standards of kashrut.

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PLATINUM



YASHER KOACH TO

RABBI MEIR KESSLER
(AND HIS REBBETZIN!)

WHO IS A TZADDIK AND A TRUE FRIEND.



Love,
The Duchman and Kuflik families

PLATINUM



IN HONOR OF

RABBI AND MRS
MEIR KESSLER

KEEP UP THE GREAT
LIFE SAVING WORK.

CHAZAK!

Yochanon & Peri Brook

PLATINUM

GOLD

THE JEWISH GATOR NATION

salutes

RABBI MEIR & FRUMI KESSLER JEWISH RECOVERY CENTER

*For their dedication and passion to help and love a fellow Jew!
True examples and inspiration amongst us.*

*Rabbi Akiva says that, "To love your fellow as yourself"
is a great basic principle of the Torah Leviticus 19:18, Midrash*

May you go from strength to strength. Amen!



RABBI BERL & CHANIE GOLDMAN
Gainesville, FL

'Saving One Person is Like Saving the World'

IN HONOR OF THE MOST WONDERFUL
AND COMPASSIONATE RABBI

RABBI MEIR KESSLER

*It is with great pride that we pay this well-deserved
tribute in recognition of your dedication and
commitment to one of the foremost organizations:*

JEWISH RECOVERY RETREAT

*Your boundless unconditional love to everyone is
recognized throughout the United States and the world.
Loving, cherishing and standing up for what's right with
heart and soul.*

*May you be granted strength and lots of success to continue
your much needed and benevolent deeds for all times to come.*

CHABAD OF POWAY

GOLD

THANK YOU

MEIR AND FRUMI

*for your tireless efforts on behalf of
the entire community.*

*The impact of your holy work reverberates
throughout the entire South Florida Jewish Community.*

CHABAD OF NORTH BROWARD
& SOUTH PALM BEACH

*Rabbi Yosef. Y & Bayla Biston
Rabbi Shuey & Sarah Biston*

THANK YOU, FOR ALL YOU DO
FOR OUR COMMUNITY!

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GOLD



עוד ישמע

In honor of Rabbi Meir Kessler



With appreciation for your
unwavering support and help for

Cheder Chabad Florida

In recognition for your genuine support and care
for the expansion of Jewish education, School choice,
and advocating for people's rights and freedom.



WITH MUCH THANKS

AND APPRECIATION FOR THE GREAT
WORK OF YOUR ORGANIZATION
AND YOUR TIRELESS EFFORTS AT
HELPING THOSE IN NEED.

Chezky & Dobie Thaler

GOLD

IN HONOR OF

RABBI MEIR AND
FRUMI KESSLER

THANK YOU FOR ALL YOU DO!



Levi Cohen

CHABAD OF WEST BOYNTON &
CHABAD OF WEST LAKE
SALUTES

RABBI MEIR KESSLER

FOR HIS AMAZING WORK IN ALWAYS BEING THERE
FOR ANYONE WHO NEEDS HIS HELP!

ובפרט המשרד לעזר שלוחים
העשוקים ובאופן דדידן נצח

*May we merit the time of true peace in the
world with the Geulah now!*

*Rabbi Yosef Y & Shainy Raichik
Rabbi Zash & Malky Itkin*

SILVER

WISHING

JRC &
THE KESSLER FAMILY

CONTINUED SUCCESS IN THEIR
LIFE SAVING AVODAS HASHEM

Fishel & Ettie Zaklos

SILVER

CHABAD WEST PALM BEACH

proudly salutes the

JEWISH RECOVERY CENTER

their tireless & indefatigable leaders,

**RABBI MEIR &
FRUMI KESSLER,**

*and all the amazing staff, for the incredible
life-saving work they do 24 hours a day,
every day of the year!*

וכולם משתוממים מעבודתם החיונית

RABBI YOEL & CHAYA GANCZ

SILVER

WITH APPRECIATION TO
**RABBI MEIR AND
FRUMI KESSLER**

*We congratulate the Jewish Recovery Center
on its 12th retreat Shabbaton.*

*The selfless and dedicated care performed by
the Kessler's towards the Jewish Recovery
Community is fulfilling a great unmet need.*

*May Hashem give them strength
to continue this great work*

*With much thanks,
The Klein Family*

SILVER

IN HONOR OF
the life saving work of

**RABBI MEIR &
FRUMI KESSLER**

*may you continue to make the moves on behalf
of Shluchim and Am Yisrael*



CHAIM LIPSKAR

SILVER

TO

RABBI AND
FRUMI KESSLER

THANK YOU FOR ALWAYS BEING THERE FOR US
AS MENTORS AND FRIENDS.

*Bentzy, Emunah,
Bella, Naomi,
and Yisroel Goldberg*

"ONE WHO SAVES A SINGLE LIFE SAVES THE ENTIRE WORLD"

KOL HAKAVOD TO

RABBI MEIR &

FRUMI KESSLER

AND THE ENTIRE

JEWISH RECOVERY CENTER

**FOR THEIR MANY ACTS OF LOVING
KINDNESS AND CHESSED.**

MAY YOU GO FROM STRENGTH TO STRENGTH.

*With our deepest respect for what you do,
Lillian and Joseph Frank*

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and the entire Jewish Recovery Center
THANK YOU for your remarkable work and dedication.**

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FULL



HALF

THANK YOU

RABBI MEIR KESSLER

AND ALL THE GREAT
WORK HE DOES!

הצלחה רבה

Sholom and Mashie Laine

12th Annual

Jewish Recovery Center

RETREAT AND SHABBATON

