



# Shabbat

## ON THE BEACH

1) Hallelujah!

הַלְלוּיָהּ

Hallelujah!

There is so much magnificence. Near the Ocean  
The waves are coming in, the waves are coming in.

2) Hinei mah tov

הִנֵּה מַה טוֹב וּמַה נְעִים שֶׁבַת אַחִים גַּם יַחַד

Behold how good it is that brothers and sisters can sit together.  
*Hinei mah tov umah naim shevet achim gam yachad.*

3) L'chu n'rann'nah

לְכוּ בְרַנְנָה לַיהוָה נְרִיעָה לְצוּר יִשְׁעָנוּ: נִקְדְּמָה פָּנָיו בְּתוֹדָה בְּזִמְרוֹת נְרִיעַ לּוֹ:  
Come let us sing out to the Eternal, call out to the Rock of our safety.  
Let us come before God with thanks, call out to God with song.  
*L'chu n'rann'nah l'adonai, nari'ah l'tsur yish'einu.  
N'kadd'mah fanav b'todah, bizmirot nari'a lo.*

4) Bo-i chalah

בּוֹאֵי כְלָה, בּוֹאֵי כְלָה:

Come forth my beloved; come forth my beloved!  
*bo-i chalah, bo-i, chalah;*

לֵךְ דוּדֵי לְקִרְאָת כְּלָה. פָּנֵי שַׁבַּת נִקְבְּלָה:

Go forth my beloved to meet the bride. Shabbat's reception has arrived!  
*L'chah dodi, likrat kalah p'nei Shabbat n'kab'lah*

5) Am I awake

Am I awake, am I prepared, are you listening to my prayer?  
Can you hear my voice, can you understand, am I awake, am I prepared?

6) Bar'chu

בָּרְכוּ אֶת יְיָ הַמְּבָרֵךְ

Bless the Living God whom we are called to bless.  
*Bar'chu et Adonai ha-m'vorach.*

בָּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד

Blessed is the Living God whom we are called to bless forever and ever.  
*Baruch Adonai ha-m'vorach l'olam va'ed.*

7) Roll into dark

בּוֹרָא יוֹם וְלַיְלָה, גּוֹלֵל אֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אֹר  
Roll into dark, roll into light. Night becomes day, day turns to night.  
Roll into dark, roll into light. Night becomes day, day turns to night.  
*Borei yom va-laila, Goleil or mip-nei cho-shech.  
Goleil or mip-nei cho-shech, V'cho-shech mip-nei or*

8) Sh'ma Yisra'el

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear O Israel, the Eternal is our God, the Eternal is One. Blessed is God's name, forever and ever.  
*Sh'ma Yisra'el, Adonai Eloheinu Adonai Echad. Baruch Shem kevod mal'chuto l'olam va'ed.*

- 9) Hashkiveinu      הַשְּׂפִיבְנוּ יי אֱלֹהֵינוּ הַשְּׂפִיבְנוּ לְשָׁלוֹם וְהַעֲמִידְנוּ שׁוֹמְרֵינוּ לְחַיִּים וּפְרוּשׁ עָלֵינוּ סִבַּת שְׁלוֹמֶךָ  
Let there be love, and understanding among us. Let peace and friendship be our shelter from life's storms.  
*Hashkiveinu Adonai Eloheinu Hashkiveinu L'shalom V'ha'amideinu Shomreinu L'chayim U'fros Aleinu sukkat shlomecha*
- 10) Oseh shalom      עֲשֵׂה שְׁלוֹם בְּמִרְמֵי הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל הָעוֹלָם, וְאָמְרוּ אָמֵן  
May the One who makes peace bring peace down! Aleinu (Upon us!)  
*Oseh shalom bimromav, Hu ya'aseh shalom aleinu v'al kol Yisrael, v'al kol ha-olam V'imru: Amen.*
- 11) Shehecheyanu      בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֵחֵינּוּ וְקִיַּמְנוּ וְהִגַּעְנוּ לְזִמְנֵה הַזֶּה  
Blessed are You, our living God, who has given us life, sustained us, and enabled us to reach this day of joy  
*Baruch Atah, Adonai Eloheinu, Melech haolam, shehecheyanu v'kiy'manu v'higianu laz'man hazeh*
- 12) Havah Nashira      הִבֵּה נְשִׁירָה, שִׁיר הַלְלוּיָהּ!  
Come, let us sing Halleluyah  
*Havah Nashira Shir Halleluyah*
- 13) Bring in the light      Bring in the light, bring in the light Bring in the light of Shabbat  
We light the lights of Shabbat  
Bring in the light, bring in the light Bring in the light of Shabbat  
*L'hadlik ner shel Shabbat*
- Shabbat shalom, May you have a peaceful day  
Shabbat shalom, May you have a restful day
- Shabbat shalom, as we watch the candles shine  
Shabbat shalom, Cover the challah, pour the wine
- Shabbat shalom, time to take a big deep breath...  
Shabbat shalom, special day for us to rest
- 14) Candle lighting      בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי, וְצִוְּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.  
*Baruch Atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat*
- 15) Kiddush      בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.  
Blessed are You, our Living God, Sovereign of the universe, who creates the fruit of the vine  
*Baruch Atah, Adonai Eloheinu, Melech Haolam, borei pri hagafen.*
- 16) Motzi      בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ  
Blessed are You, our Living God, Sovereign of the universe, Who brings forth food out of the earth.  
*Baruch Atah Adonai, Eloheinu Melech HaOlam HaMotzi Lechem min ha'aretz*
- 17) Bim Bam      *Bim Bam, Bim Bim Bim Bam, Bim Bim Bim Bim Bim Bam*  
*Shabbat Shalom (Hey)*  
*Shabbat Shalom (Hey)*  
*Shabbat Shabbat Shabbat Shabbat Shalom*  
*Shabbat Shabbat Shabbat Shabbat Shalom*

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