

Welcome to Der Freylekher Shabes 2020/ 5780 !

Nahalat Shalom's *heimishe* (homey) old-country danced & participatory service *with*

Nahalat Shalom's Cantor & music director Beth Cohen

ALAVADOS ENSEMBLE: Jeff Brody, Barbara Friedman, Ilene Dunn, Gabrielle Rosen;

RIKUD DANCERS: Ann Abrams, Penina Ballen, Linda Brody, Michele Diel, Elizabeth Etigson,

Judy Fry, Lisa Jacobs, Pamela McBride, Michelle Vogler & Nessa Weinberg

Rabbi Mendl of Kotsk would tell his students,

"Close your eyes...

Now imagine you are standing perfectly balanced at the very edge of the abyss...

Now dance!"

From Jeff Warschauer & Deborah Strauss (trad.):

Gut Shabes! (x6)

Lomir Zingen Gut Shabes! Lomir Shrayern Gut Shabes! Zogt shoyrn kinderlech gut Shabes!

A NIGUN (yai, bai, bai...): Khevre nit gezorgt! – Shabes Licht

Ana Bekoakh text by Rabbi Nekhuniah Ben HaKaneh (a tanna in the 1st century during the era of the second temple).

Melody collected by Max Eisikovits, Maramures, Romania (1938-39), Arranged & adapted by Cr. Beth Cohen 2019

Ono, ono, oy, ono, ono, oy, ono, ono, ono

Bechoyach, choyach, bechoyach, choyach, bechoyach, choyach, choyach.

// Gedulas (x7), Yemincho (x7), Tatir (x6), Tz'ruro. // (repeat)

Nigun: "Nakhes fun Kinder"...yai, dai, dai....

Vizhnitser Rebbe's Nign – Viznicja, Ukraine:

Shabes Koydesh Shabes! Shrayt zhe ale yidelekh gut Shabes! Gut Shabes!

BUEN SHABAT (by Flory Jagoda)– **WALTZ/ GAS-NIGN/ ZHOK** – *procession to light the candles:*

Lai, lai, lai.. Buen Shabat, Buen Shabat, kun salud i vida

Buen Shabat, Buen Shabat por toda la familia...Lai, lai, lai ...

We light the Sabbath candles, circle our hands in the light 3 times, cover our eyes and say this blessing:

**Baruch a-ta A-do-nai Elo-hei-nu me-lech ha-o-lam, a-sheer kid'-sha-nu
b'-mitz-vo-tav, v'-tzi-va-nu l'-had-leek ner shel *Shabat Kodesh. Lai, lai...***

*Blessed are you, Adonai our God, Ruler of the universe, who has sanctified us with the commandments,
and commanded us to kindle the lights of the Holy Shabbat.*

BUEN SHABAT – **WALTZ/ GAS-NIGN/ ZHOK** – *dance to carry the holy light within us...*

Lai, lai, lai... Buen Shabat, Buen Shabat, kun salud i vida

Anyus munchus, anyus munchus, con paz i alegria ...Lai, lai, lai ...

We honor our Casa Sefarad & heritage with a Sephardic melody & Terkische dance welcoming the Angels:

Shalom Aleichem, malachei hashareit, malachei Elyon,
//mimelech malchei ham'lachim//x2 , HaKadosh Baruch Hu; *lai, lai...*
Bo-achem l'shalom, malachei ha-shalom, malachei Elyon,
//mimelech malchei ham'lachim//x2 , HaKadosh Baruch Hu. *lai, lai...*

Bar'chuni l'shalom, malachei hashalom, malachei Elyon,
//mimelech malchei ham'lachim//x2 , HaKadosh Baruch Hu; *lai, lai...*
Tzeit'chem l'shalom, malachei hashalom, malachei Elyon,
//mimelech malchei ham'lachim//x2 , HaKadosh Baruch Hu. *lai, lai...*

L'cha Dodi Text by: Rabbi Shlomo Halevi Alkabetz 16th cent. Safed/ Tzfat.
Melody is Bukharan-Uzbekistan with a dance to welcome the Sabbath Bride:

Come, my Beloved, to meet the Bride; let us welcome the Shabbat!

- #1 "Observe" and "Remember," the one and only God caused us to hear in a single utterance;
The Lord is One and The Name is One, for renown, for glory and for praise.
#2 Come, let us go to welcome the Shabbat, for it is the source of blessing;
from the beginning, from aforesaid, it was chosen; last in creation, first in [God's] thought.
#8 To the right and to the left you shall spread out, and the Lord you shall extol.
And we shall rejoice and exult, through the man who is a descendant of Peretz.
#9 Come in peace, O crown of her Husband, both with songs and gladness;
among the faithful, the beloved people, come, O Bride, come, O Bride. **Come, my Beloved...**

CHORUS: // L'cha dodi likrat kala, p'nei Shabbat n'kab'lah! // x2

#1 Shamor v'zachor b'dibur echad, Hishmi'anu el ha'meyuchad.
Adonai echad u'shmo echad; L'sheym ul'tiferet v'l'tehila. *L'cha dodi...*

#2 Likrat Shabbat l'chu v'neilcha, Ki hi m'kor ha'b'racha.
Mei'rosh mi'kedem n'sucha; Sof ma'aseh b'machashava t'chila. *L'cha dodi...*

#8 Yamin us'mol tifrotzi, V'et Adonai ta-a-ritzi.
Al yad ish ben Partzi; V'nism'cha v'nagila! *L'cha dodi...*

#9 Bo'i v'shalom, ateret ba-ala, Gam b'simcha u'v'tzahala.
Toch emuney am s'gula; (face the front door & bow:)
Bo'i chala, bo'i chala (Rise) *L'cha dodi...*

May the One who blessed /Misheberakh: A Prayer & Dance for Healing:

Music by Beth Cohen, Text from Numbers 12:13 & Y'did Nefesh (R' Elazar ben Moshe Azikri 1533-1600 Tzfat)

Eyl Na R'fa Na La Please, God, please heal her (literal: God, please, heal, please her)

Kaddish Yatom – The Mourner’s Kaddish – May their memories be for a blessing z”l

Yitgadal v'yitkadash sh'mey raba (**Amen**)
B'alma di v'ra chirutey,
v'yamlich malchutey,
b'chayeychon uv'yomeychon
uv'chayey d'chol beyt Yisrael,
ba'agala uviz'man kariv. V'im'ru: **Amen**.

**Y'hey sh'mey raba m'varach
l'olam ul'almey almaya.**

Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasey,
v'yit'hadar v'yitaleh v'yit'halal
sh'mey d'kud'sha **B'rich Hu,**
l'eyla min kol birchata v'shirata,
tushb'chata v'nechemata,
da'amiran b'alma. V'imru: **Amen**.

Y'hey sh'lama raba min sh'maya,
v'chayim aleynu v'al kol Yisrael,
V'imru: **Amen**.

Oseh shalom bimromav,
Hu ya-aseh shalom aleynu,
v'al kol Yisrael, v'al kol yoshvey teyveyl,
V'imru: **Ameyn**.

Exalted and hallowed be God's great name (**Amen**)
in the world which God created,
according to plan.
May God's majesty be revealed,
in the days of our lifetime and the life of all Israel,
speedily, imminently, to which we say: **Amen**.

Blessed be God's great name to all eternity.

Blessed, praised, honored,
exalted, extolled,
glorified, adored, and lauded
be the name of the Holy **Blessed One**,
beyond all earthly words and songs of blessing,
praise, and comfort.
To which we say: **Amen**.

May there be abundant peace from heaven,
and life, for us and all Israel,
To which we say: **Amen**.

May the One who creates harmony on high,
bring peace to us,
and to all Israel, and to all the world,
To which we say: **Amen**

A Yiddishe Prayer & Dance for Peace, Shabes & Joy for the Whole World – MAY IT BE SOON:

Yai-bai-bai... // **Sholem** // (x5) **Zol shoy'n zayn Sholem.**
// **Sholem zol zayn, Sholem zol zayn; Sholem af di gantse velt** //
Repeat with: **Shabes... Freylekhes...**

Kiddush - sanctification:

Baruch a-ta A-do-nai Elo-hei-nu me-lech ha-o-lam, borei p'ri ha-gafen.

Blessed are You, L-rd our G-d, Ruler of the universe, Who creates the fruit of the vine.

N'tilat Yadayim “raising of the hands”:

**Baruch a-ta A-do-nai Elo-hei-nu me-lech ha-o-lam, asher Kidshanu b'mitzvotav,
v'tzivanu, al N'tilat Yadayim.**

Blessed are You, L-rd our G-d, Ruler of the Universe, who has sanctified us with Your commandments,
and commanded us concerning the washing of the hands.

Ha-Motzee:

Baruch a-ta A-do-nai Elo-hei-nu me-lech ha-o-lam, ha-motzee lechem min ha-aretz.

Blessed are You, L-rd our G-d, Ruler of the Universe, Who brings forth bread from the earth.

BLESSINGS AFTER THE MEAL

Hebrew: Deuteronomy 8:6 ; English: Hanna Tiferet Siegel,

V'a-chal-tah, V'sa-va-tah, Oo-vay-rach-tah

We ate when we were hungry
And now we're satisfied
We thank the Source of Blessing
For all that It provides. *V'achal-tah...*

Hunger is a yearning
In body and soul
Earth Air Fire Water
And Spirit makes us whole. *V'achal-tah...*

Giving and receiving
We open up our hands
From Seedtime through Harvest
We're partners with the land. *V'achal-tah...*

We all share a vision
Of wholeness and release
Where every child is nourished
And we all live in peace. *V'achal-tah...*

From The Talmud: HEB ONLY Music by Noah Aronson/ HEB-ENG ver. Music by Rabbi Shefa Gold & Hazzan Jack Kessler:

//B'RIKH RAKHAMANA malka di alma maarey d'hai pitah//x2 (maarey d'hai pitah)

// You are the source of life for all that is and Your blessing flows through me // x2

**AFTER THE MEAL, Please join us for MORE DANCING with Rikud to Klezmer
MUSIC by The Nahalat Shalom Community Klezmer Band**

**BEFORE YOU LEAVE please help clean up, and if you are able--
Put your chair away & help fold up the tables.**

**DON'T FORGET to take home your cookware & the things that you brought!!
Todah Rabah! - A Sheynem dank! - !Munchas Gracias! - Thank You!
Shabat Shalom!**