

WELCOME TO



KABBALAT SHABBAT

Thank you for adding your voice, your prayers, your presence, to our Friday night worship. Our community is strengthened by every individual who joins us in prayer. If you are new to Temple Chai, we invite you to take it in, enjoy and participate. This guide will provide you with an overview of the structure of our service.

Our Kabbalat Shabbat service is designed to help us transition from the workweek to the beauty and holiness of Shabbat, our day of rest. The songs, prayers and moments of silence encourage us to review the week that has passed and move toward renewal and refreshment. By the end of the service, we hope you will have experienced a balance of joy, contemplation and spiritual uplift. We hope that, even if only for an hour, you are able to set aside tension and stress that have built up during the week and enjoy a few moments of healing, harmony and hope. That's the feeling of Shabbat washing over you...That's what we call "Shabbat Shalom," the wholeness of Shabbat.

Why all the Hebrew? This has been a long-standing Temple Chai tradition that connects us to the modern state of Israel and to the ancient language of our tradition. If this feels unfamiliar - hang in there! Know that it is **not** a requirement to read, speak or understand Hebrew to be a part of our community or to fall in love with our service. Don't worry about following every word – that will come with time.

Our rabbis and cantor would be very happy to meet with you to answer any questions you may have. Please call during the week to make an appointment with any of us. We will point out a few lines that are "anchors" of the service and help you navigate through the various sections. We look forward to spending some time with you discussing Shabbat, one of our favorite topics!

From our hearts to yours - Shabbat Shalom.

P. 1	Yedid Nefesh	This opening song expresses the love between God and the Jewish people.
PP. 2-9	Psalms 95-99, 29	Six psalms represent the six days of creation leading up to Shabbat. An opportunity to consider and review the six days of your week that have brought you to Shabbat.
PP. 10-11	Lecha Dodi	This prayer imagines Shabbat as a bride. It is customary to rise on the final verse and face the door, symbolically welcoming the Shabbat bride. When we do so, it is the climactic moment of the Kabbalat Shabbat section of the service (the beginning through page 13). We tap into the excitement, joy, love and hope experienced immediately before a wedding.
PP. 12-13	Psalm 92	This Psalm is uniquely associated with Shabbat.
P. 14	Chatzi Kaddish	The Chatzi or Half-Kaddish is a praise of God written in Aramaic. Its presence in the service always indicates a transition. Here we move from the Kabbalat Shabbat section to the Ma'ariv/Evening service.
P. 15	Bar'chu and Ma'ariv Aravim	The Bar'chu is the ancient call to prayer. The paragraph follows expresses the presence of the Creator in the beauty of creation.
P. 16	Ahavat Olam	This prayer focuses on God's love of the people of Israel especially as reflected in the gift of Torah.
PP. 16- 18	Sh'ma and V'ahavta	The fundamental statement of the Oneness of God, traditionally followed by three Torah texts. Our custom is to recite the first and last paragraph of the V'ahavta out loud with a pause for silent praying of the middle paragraphs.
P. 19	Mi Chamocha	Echoes the words of praise sung by our ancestors as they fled Egyptian slavery and safely passed through the Red Sea.
P. 20	Hashkivenu/Ufros	Prayers for a peaceful evening and a restful night.

P. 21	V'shamru	These words, taken from Torah text, express the mitzvah (commandment) of honoring Shabbat.
PP. 21-28	Amidah	Standing, silent prayer is included in every service. This is an opportunity for individual prayer.
PP. 36-37	Prayer for the State of Israel	Our thoughts turn towards the Holy Land as we pray for the nation and its inhabitants.
D'var Torah		Reflections on the weekly Torah portion, an upcoming holiday, an important community issue or other inspiring themes are included in our Shabbat gathering.
P. 28	Mi Shebeirach	Prayers for healing are included in our service. You will have an opportunity to mention the names of friends and loved ones who are in need of blessings and support.
PP. 29-30	Aleinu	We rise for this prayer which reminds us of our commitment to praise God and to work toward a time of peace and whole-ness.
P. 31	Mourner's Kaddish	The best known form of the Kaddish (p. 14), this prayer is led by those in mourning, as they affirm their faith in the Holy One in the face of loss.
P. 32	Kiddush	Wine is a symbol of the celebration and joy which characterizes our observance of Shabbat.
	CLOSING SONG	As our time together draws to a close, we sing a final song and invite our youngest participants to come forward and share this joyous moment.

TEMPLE CHAI INSPIRES AND IGNITES ROBUST JEWISH LIFE

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