



“A Prayer Before Candle Lighting”

By Rabbi Sonja K. Pilz

Creator of light, Source of wisdom, You know the depth of the human soul. As You filled this world with the glance of Your presence, so let me fill my world with the calm wisdom that love does not ask “what” but instead asks “whom?”

May we, as we watch the two flames of memory and practice enlighten this space, remember all parts of our stories, and make space for all that we are.

Creator of light, Source of wisdom, may Your light fill every inch of our bodies, and may it exceed all forms.

*Baruch Atah, Adonai
Eloheinu Melech Ha'olam
Asher kid'shanu b'mitzvotav
V'tzivanu l'hadlik neir shel Shabbat.*

בְּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

“Come”

By Chava Mirel and Stacey Zissok Robinson

Come, come all of you, come all of us
And bless the One who blesses.

Blessed is the blessed One,
Blessed is the Giver of blessings,
Blessed in this moment now
And every now to come.

*Bar'chu et Adonai ham'vorach!
Baruch Adonai ham'vorach l'oam va-ed!*

“You Are The Open Door”

By Debbie Perlman

You are the Open Door
That beckons me in;
Peeking around the door frame,
I begin to enter into Your glory.

You move me forward, O Eternal,
To step beyond self-made boundaries:
Lift my foot over the threshold
That I might abide with You.

In the house of the Eternal,
I found my questions:
Waiting to be posed,
They filled me with wonder.

Sit with me, Eternal Teacher,
Encourage my seeking:
As I fill my hours with Your mitzvot,
So shall I be filled.

Send me through Your door
Stretching up to honor Your Name,
Sharing out this wonder,
Enriching myself in the giving.

“We Are Loved”

By Shir Yaakov and Rami Shapiro

We are embraced by arms that find us
Even when we are hidden from ourselves.
We are touched by fingers that soothe us
Even when we are too proud for soothing.
We are counseled by voices that guide us
Even when we are too embittered to hear.

We are loved, loved, loved by unending love, and unending love.

We are supported by hands that uplift us
Even in the midst of a fall
We are urged on by eyes that meet us
Even when we are too weak for meeting.

Embraced, touched, soothed, and counseled,
Ours are the arms, the fingers, the voices;
Ours are the hands, the eyes, the smiles;
We are loved by an unending love.

“Yihyu l'ratzon”

By Michelle Citrin

*Yihyu l'ratzon imrei fi
V'hegyon libi l'fanecha
Adonai tzuri v'goali.*

יְהִי לְרָצוֹן אִמְרֵי פִי
וְהִגְיוֹן לְבִי לְפָנֶיךָ
יְהוָה צוּרִי וְגֹאֲלִי.

Go inside your heart, just be.
Go inside your heart and see
What it yearns, what it needs,
What it means when you breathe.
Go inside your heart and see.
May the words of my mouth
And the meditations of my heart
Be kind, be true.
May they be acceptable to You,
My Rock and my Redeemer.