

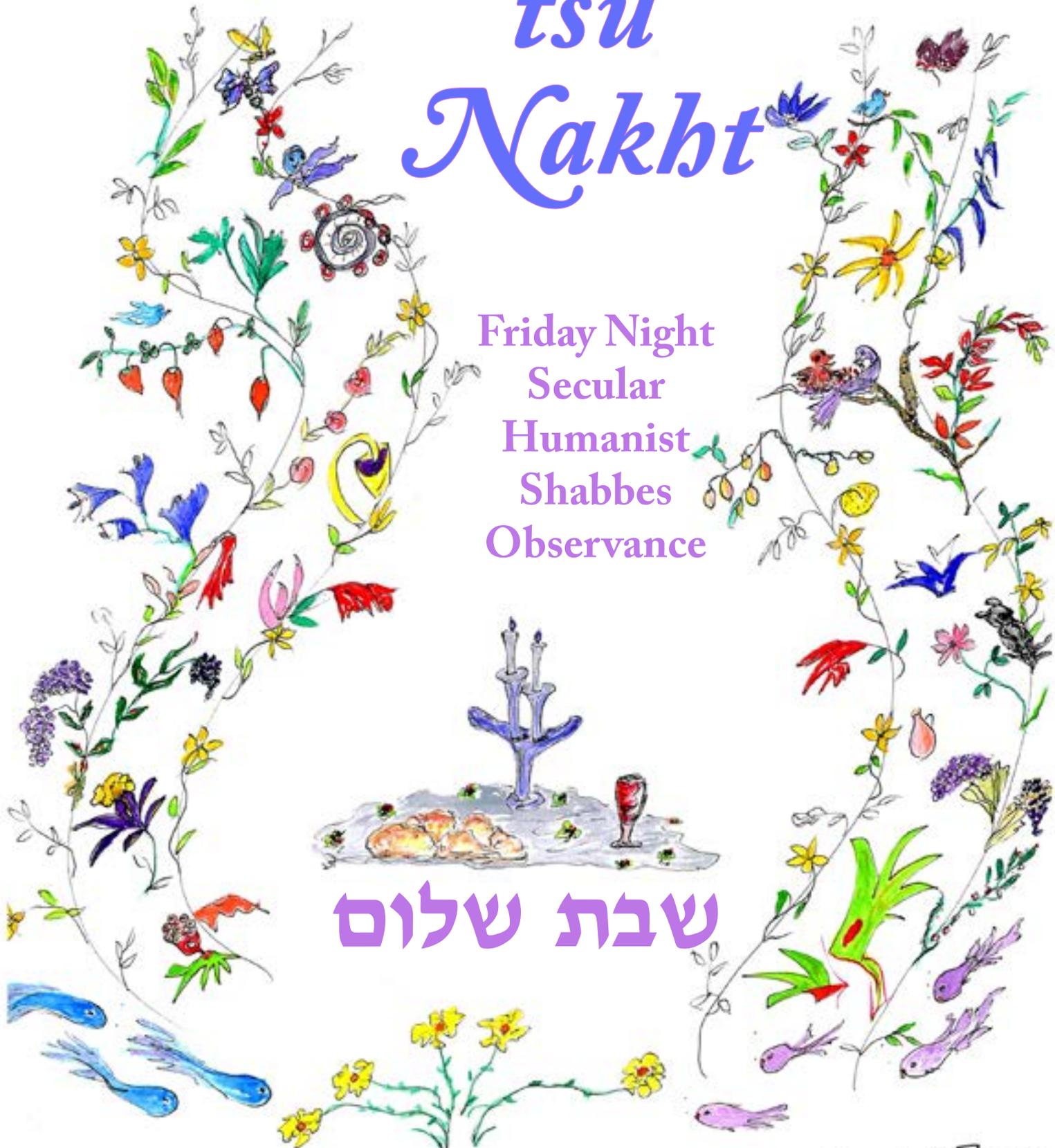


Fraytik tsu Nakht

Friday Night
Secular
Humanist
Shabbes
Observance



שבת שלום



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Friday Night Secular Humanist Shabbes Observance

Song: Tsu dayn geburtstog	
Tsu dayn geburtstog, Tsu dayn yontev haynt, Hobn zikh farzaml Mishbokhe un gute fraynt.	<i>For your birthday, For your feast today, We got together Family and good friends.</i>
Tsu dayn geburtstog, Tsu dayn yontev haynt, Hobn zikh farzaml Mishbokhe un gute fraynt.	<i>For your birthday, For your feast today, We got together Family and good friends.</i>
Hura, hura mir vinshn dir, Hura, hura mir vinshn dir, Mir vinshn dir gezunt un glik.	<i>Hurray, hurray, we wish you, Hurray, hurray, we wish you, We wish you health and happiness!</i>

Leader: May our lives be filled with joy, peace and enlightenment.

Song: Hevenu Shalom Aleichem	
Hevenu shalom aleykhem, Hevenu shalom aleykhem, Hevenu shalom aleykhem, Hevenu shalom, shalom Shalom aleykhem.	<i>We brought peace unto you We brought peace unto you, We brought peace unto you, We brought peace, peace Peace upon you.</i>

Leader: Sholem Aleykhem
 Together: Aleykhem Sholem
 Leader: *Zayt bagrist, tayere fraynt.* Welcome, dear friends.

Welcoming Song: Hineh Ma Tov (from Psalm 133)		
Hebrew:	Hineh ma tov uma naim Shevet achim gam yachad Hineh ma tov uma naim Shevet achim gam yachad Hineh matov Shevet achim gam yachad Hineh matov Shevet achim gam yachad	<i>“Behold, how good and how pleasant it is for brethren to dwell together in unity!”</i>
Yiddish:	Oy vi gut un vi voyl iz Ven felker lebn tsuzamen Oy vi gut un vi voyl iz Ven felker lebn tsuzamen Oy vi gut un voyl Ven felker lebn tsuzamen Oy vi gut un voyl Ven felker lebn tsuzamen	<i>Oh how good and sweet it is when nations [peoples] dwell together</i>

Reader: On the eve of the traditional Jewish Shabbes, we express our gratitude for the wonders of the world: for our parents and grandparents, and for our children and the generations to come. Let us remember we are all children of the universe and need rest in order to grow. We rejoice in our heritage which gives us Shabbes, a day of rest — the first among our holidays and our gift to the world.

Reader: When we as secular humanist Jews celebrate our heritage we connect with our tradition on our own terms. We affirm the importance of human dignity and human power to make a better world. We assert our interdependence with all cultures and all the natural world.

Song: Shabbes - Shabbes		
Shabbes shabbes shabbes shabbes shabbes Zol zayn freylekh shabbes Shabbes zol zayn, shabbes zol zayn Shabbes af di gantze velt.		<i>Shabbes</i> <i>May it be a joyous Shabbes</i> <i>May it be Shabbes all around</i> <i>the world</i>
Yontev yontev yontev yontev yontev Zol zayn freylekh yontev Yontev zol zayn, yontev zol zayn Yontev af di gantse velt		<i>Holy day</i> <i>May it be a joyous holy day</i> <i>May it be a holy day all around</i> <i>the world</i>
Sholem sholem sholem sholem sholem Zol zayn vider sholem Sholem zol zayn, sholem zol zayn Sholem af di gantze velt		<i>Peace</i> <i>May there once again be peace</i> <i>May there be peace all around</i> <i>the world</i>
Shabbes shabbes shabbes shabbes shabbes Zol zayn freylekh shabbes Shabbes zol zayn Yontev zol zayn Likhtik zol zayn Un sholem af di gantze velt.		<i>May it be a joyous Shabbes</i> <i>May it be shabbes</i> <i>May it be a holy day</i> <i>May there be enlightenment</i> <i>And peace all around the world</i>

Light the Candles

Reader: As we kindle the lights of Shabbes, bringing to a close another week, we begin the transition from work to rest. We remember the generations before us who lit candles as we do, and found beauty and serenity in their light.

Together:

Na-eh ha-or ba-olam. נְאֶה הָאוֹר בְּעוֹלָם.	Vi sheyn zaynen di likht fun menshlekhhkayt.	<i>How wonderful is the light of</i> <i>human decency.</i>
Na-eh ha-or b'shalom. נְאֶה הָאוֹר בְּשָׁלוֹם.	Vi sheyn zaynen di likht fun sholem.	<i>How radiant are the candles</i> <i>of peace.</i>
Na-eh ha-or b'shabbat. נְאֶה הָאוֹר בְּשַׁבָּת.	Vi sheyn zaynen di likht fun shabbes.	<i>How beautiful are the lights</i> <i>of Shabbes.</i>

Reader: As we focus on the light of these candles, we take time to rest and reflect on our own light and the light of others. We honour the good, the just and the caring. We praise the healers, the builders and the dreamers. We celebrate the peacemakers, those who teach, those who nurture, those who love, those who share and those who create for humanity.

Leader: Does anyone have anything special to say about candles or light?

Song:	Sunrise, Sunset
	Sunrise, sunset Sunrise, sunset Swiftly fly the years One season following another Laden with happiness and tears.
	Sunrise, sunset Sunrise, sunset Swiftly flow the days Seedlings turn overnight to sunflowers Blossoming even as we gaze.
	Sunrise, sunset Sunrise, sunset Swiftly fly the years One season following another Laden with happiness and tears.

Yiddish Word of the Month

Serve the Wine

Reader: Wine is a symbol of life's pleasures and the joys of community. Shabbes is the time every week when we savour life's sweetness. Let us raise our cups to the fullness of life.

Together:

Na-eh pri hagafen. נָאָה פְּרִי הַגָּפֶן.	Vi sheyn iz di frukht fun der vaynshtok.	<i>How wonderful is the fruit of the vine.</i>
Na-a chaverut ba-adam. נָאָה חֵבְרוּת בְּאָדָם.	Vi sheyn iz di khavershaft tsvishn ale menshn.	<i>How glorious is fellowship among all people.</i>
Na-a simchah b'shabbat. נָאָה שִׂמְחָה בְּשַׁבָּת.	Vi sheyn iz di simkhe fun shabbes.	<i>How beautiful is the joy of Shabbes.</i>

Leader: Does anyone have anything special to say about wine?

Leader: Let us now drink the wine

Song: Tayere Malke (Beloved Queen)	
<p>Tayere Malke Gezunt zolstu zayn! Gis on dem bekher, Dem bekher mit vayn.</p> <p><i>Chorus: Bim bam, oy bim bam, Bim bam bim bam Bim bam, oy bim bam Bim bam bam bam</i></p> <p>Fun dem dozikn bekher, Er glantst, azoy sheyn Hot getrunken mayn zeyde, Mayn zeyde aleyn.</p> <p><i>Chorus</i></p> <p>S'iz geven shlekhte tsaytn, Vi es makht zikh amol, Nor dem bekher hot er gehaltn, Ayzn un shtol</p> <p><i>Chorus</i></p>	<p><i>Beloved [Shabbes] Queen Good health to you! Fill up the goblet, Fill it with wine.</i></p> <p><i>From this very goblet Which is shining so bright My dear dear grandpa would drink</i></p> <p><i>When things went wrong, As happened at times, He held on to the goblet Through thick and thin [literally, iron and steel].</i></p>

Pass the challah around

Reader: As the strands of the challah intertwine, so do our lives connect with one another. May the sharing of the challah strengthen our bonds with our community and with all humanity. May there come a day when no human being suffers the pangs of hunger, or the desolation of loneliness and homelessness.

Together:

Na-eh amal ka-pay-nu. נָאָה עֲמַל כְּפִינוּ.	Vi sheyn iz di arbet fun unzere hent.	<i>How beautiful is the work of our hands.</i>
Na-eh lechem min ha-aretz נָאָה לֶחֶם מִן הָאָרֶץ.	Vi sheyn iz dos broyt fun di erd.	<i>How wonderful is the bread of the earth.</i>
Na-eh ha-motsi lechem min ha-aretz. נָאָה הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ	Vi sheyn zaynen ale vos akern un farzeyen, un ale vos greytn unzer esn.	<i>How honourable are those who grow our food and those who prepare our meals..</i>

Leader: Does anyone have anything special to say about bread or food?

Leader: Let us now eat the challah

Song:	Sholem Lid
	<p>Lomir ale freylekh zayn, Lomir ale zingen. Lomir ale freylekh zayn, Lomir ale zingen.</p> <p>Zingen far sholem, Zingen far broyt. Boyen a morgn On has un on noyt Zingen far sholem, Zingen far broyt. Boyen a morgn on noyt, Boyen a morgn on noyt.</p>
	<p><i>Let us all rejoice Let us all sing</i></p> <p><i>Sing for peace, Sing for bread. Build a future Without hate or need.</i></p>

Dvar Torah

Leader: Let us say together the humanist Sh'ma:

Humanist sh'ma

Sh'ma Yisrael, echad amaynu, adam
echad.

שמע ישראל, אחד עמנו, אדם אחד.

*Hear O Israel! Our people are one;
all humanity is one!*

Baruch ha-olam, am Yisrael chai,
l'olam va-ed.

ברוך העולם, עם ישראל חי, לעולם ועד

*Precious is the world! May the Jewish
people live forever and ever!*

Leader: On this Shabbes, let us keep in mind our people's vision of
a besere un shenere velt far ale menshn:
a better and more beautiful world for all people.

Song: Un Mir Zaynen Shvester Brider

Un mir zaynen shvester, brider
Oy yoy shvester, brider
Un mir zingen freylekhe lider
Oy - yoy - yoy.

*We're all sisters and brothers
And we sing happy songs*

Un mir haltn zikh in eynem
Oy yoy zikh in eynem
Azelkhes iz nito bay keynem
Oy - yoy - yoy.

*And we consider ourselves as one
There's nobody else like us*

Chorus: *Ay yay yay yay yay yay.....*

Un mir zaynen ale eynik
Oy yoy ale eynik
Tsi mir zaynen fil tsi veynik
Oy - yoy - yoy.

*We are all united
Whether we are many or few*

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Un Mir Zaynen Shvester Brider continuation

Un mir libn zikh dokh ale
Oy yoy zikh dokh ale
Vi a khosn mit a kale
Oy - yoy - yoy.

*And we feel love for one another
Just like a bride and groom*

Chorus

Un mir zaynen shvester, brider
Oy yoy shvester, brider
Un mir zingen freylekhe lider
Oy - yoy - yoy.

Un mir zaynen freylekh munter
Oy yoy freylekh munter
Zingen lider tantsn unter
Oy - yoy - yoy.

*And we're happy and lively
We dance and sing along*

Chorus

Leader May the week be full of light
 May our hopes be ever bright
 May love and beauty fill every heart
 And may we always know the sholem of Shabbat.

Song: Volt ikh gehat koyekh

Volt ikh gehat koyekh
volt ikh gelofn in di gasn
volt ikh geshrign sholem
 sholem, sholem, sholem

*If I had the strength
I would run through the streets
Crying peace, peace, peace*

Leader: Let there be peace. *Shabbat Shalom.*
 Gut Shabbes. And a gutn apetit.

Song: Shabbat Shalom, A peaceful Shabbes