



Chochmat HaLev
חכמת הלב

Ma'ariv / Evening Service for Shiva

Bar'khu Dear One

Bar'khu, Dear One, Shekhinah, Holy Name.

When I call on the light of my soul, I come home.

Bar'khu et Adonai ham'vorakh.

בָּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

Barukh Adonai ham'vorakh l'olam va'ed.

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Praise Adonai to whom praise is due forever!

Praise be Adonai to whom praise is due, now and forever!

Ma'ariv Aravim

*Barukh atah Adonai, eloheinu melech
ha'olam, asher bidvaro ma'ariv aravim,
b'chochmah potei'ach sh'arim, u'vitvona
m'shaneh itim, u'machalif et haz'manim
um'sadeir et hakokhavim, b'mishm'roteihem
ba'raki'ah kirtzono. Borei yom valailah, goleil
or mip'nei choshekh, v'khoshekh mip'nei or.
u'ma'avir yom u'meivi lailah, u'mavdil bein
yom u'vein lailah, Adonai tz'vaot sh'mo. Eil
chai v'kayam, tamid yimlokh aleinu l'olam
va'ed. Barukh atah Adonai, ha'ma'riv aravim.*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
בְּדַבְּרוֹ מַעְרִיב עֶרְבִים, בְּחִכְמָה פּוֹתַח שַׁעֲרִים,
וּבְתַבּוּנָה מְשַׁנֵּה עֵתִים, וּמַחְלִיף אֶת הַיָּמִים,
וּמְסַדֵּר אֶת הַפּוֹכְבִים, בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ
כְּרִצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמְבִיא לַיְלָה,
וּמְבַדֵּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ. אֵל
חַי וְקַיָּם, תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עֶרְבִים:

Praised are You, Adonai our God, Ruler of the universe, who speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons, and arranges the stars in their heavenly courses according to plan.

You are Creator of day and night, rolling light away from darkness and darkness from light, transforming day into night and distinguishing one from the other. Adonai Tz'vaot is Your Name. Truly a living presence brings order to the cosmos. We bless the One who brings the evening dusk.

Ahava V'Rachamim

Ahava v'rachamim chesed v'shalom.

אַהֲבָה וְרַחֲמִים חֶסֶד וְשָׁלוֹם.

Love and compassion; lovingkindness and peace.

Shema

Shema Yisraeil Adonai Eloheinu Adonai Echad

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

(in a whisper):

Barukh sheim kavod malkhuto l'olam va'ed.

(in a whisper):

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Listen, Ones-Who-Wrestle-With-God: Adonai is our God. Adonai is one.

Blessed is the name of Its radiant domain, for all eternity.

V'Ahavta

V'ahavta et Adonai elohekha b'khol-l'vavkha
u'v'khol nafsh'kha u'v'khol m'odekha. V'hayu
had'varim ha'eileh, asher anokhi m'tzav'kha
hayom, al-l'vavekha. V'shinantam l'vanekha,
v'dibarta bam b'shiv't'kha b'veitekha,
uv'lekh't'kha vaderekh uv'shokhb'kha,
uv'kumekha. Uk'shartam l'ot al-yadekha,
v'hayu l'totafot bein einekha, ukhtavtam al
m'zuzot beitekha u'visharekha.

וְאַהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכֹל-לְבָבְךָ, וּבְכֹל-
נַפְשְׁךָ, וּבְכֹל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל-לְבָבְךָ: וְשָׁנַנְתָּם
לְבִנְיָךָ, וְדִבַּרְתָּ בָם בְּשַׁבְתְּךָ בְּבֵיתְךָ, וּבִלְכַתְּךָ
בַּדֶּרֶךְ וּבְשֹׁכֶבְךָ, וּבְקוּמְךָ. וְקִשְׁרְתָם לְאוֹת |
עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין | עֵינֶיךָ, וּכְתַבְתָּם |
עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Loving Life and its mysterious source
with all our heart and our senses and strength,
we take upon ourselves these promises:
to care for the earth and those who live upon it,
to pursue justice and peace,
to love kindness and compassion.

We will teach this to our children throughout the passage of the day
as we dwell in our homes and as we go on our journeys,
from the time we rise until we fall asleep.
And may our actions be faithful to our words
that our children's children may live to know:
Truth and kindness have embraced,
peace and justice have kissed
and are one.

— Marcia Falk

Mi Khamokha

*Mi khamokha ba'eilim Adonai,
mi kamokha nedar bakodesh,
nora t'hilot oseih feleh.*

*Malkhut'kha ra'u vanekha, bokei'a yam lifnei Moshe,
zeh eili v'amru:*

Adonai yimlokh l'olam va'ed.

*V'ne'emar: Ki fada Adonai et Ya'akov,
u'g'alo mi'yad chazak mimenu.*

Barukh ata Adonai, ga'al Yisraeil.

מי כמִכָּה בְּאֵלִים יי,
מי כמִכָּה נֶאֱדָר בְּקֹדֶשׁ,
נֹרָא תְהִילָת, עֲשֵׂה פְּלֵא:
מַלְכוּתְךָ רָאוּ בְּנֵיךָ, בּוֹקַע יָם לְפָנֵי מֹשֶׁה,
זֶה אֵלֵינוּ וְאָמְרוּ:
יי יִמְלֹךְ לְעוֹלָם וָעֶד.
וְנֹאמַר: כִּי פָדָה יי אֶת יַעֲקֹב,
וְגָאֵל מִיַּד חֲזָק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יי, גָּאֵל יִשְׂרָאֵל:

"Who is like You among the powers, O God;
who is like You, transcendent in holiness, awesome in splendor, working wonders!"
We experienced your power as the sea split before Moses.
"This is our God!", we exclaimed, "the Unity of all time and space!"
This is why it is said: "For certain, the Source of Miracles can liberate the downtrodden,
rescuing them from all oppression."
Blessed are You, Adonai, Redeemer of Yisraeil.

Ufros Aleinu

Ufros aleinu sukkat sh'lomekha.

וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

*Barukh atah Adonai, haporeis sukkat shalom
aleinu v'al kol amo Yisraeil v'al Yerushalayim.*

בְּרוּךְ אַתָּה יי, הַפּוֹרֵשׂ סִכַּת שְׁלוֹם עָלֵינוּ וְעַל
כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

O Blessed One, spread the *sukkah* of Your compassion and peace over us,
over all Yisraeil and over Yerushalayim.

Contemplative Amidah

*You are invited to rise in body or spirit
to enter into silent contemplation,
and to connect to the prayers that are in your heart.*

Oseh Shalom

*Oseh shalom bimromav hu ya'aseh shalom
aleinu va'l kol Yisra'eil, v'al kol Yishmael,
v'al kol ha'olam.*

עֹשֵׂה שְׁלוֹם בְּמִרְוּמָיו הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יִשְׁמַעֵאל,
וְעַל כָּל הָעוֹלָם.

May the One who makes peace above, make peace upon all who dwell on the earth.

Mourner's Kaddish

*Yitgadal v'yitkadash sh'meih raba. B'alma di
v'ra khirutei, v'yamlikh malkhutei b'chayaykhon
uvyomeikhon uv'chayei d'khol bet Yisraeil.
Ba'agala u'vizman kariv v'imru: Amen*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא
כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּיכּוֹן וּבְיוֹמֵיכּוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב
וְאָמְרוּ אָמֵן:

*Y'hei sh'meih raba m'vorakh l'olam ulalmei
almaya.*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא:

*Yitbarakh v'yishtabach, v'yitpa'ar v'yitromam
v'yitnaseih v'yithadar b'yitaleh v'yithalal sh'mei
d'kudsha b'rikh hu l'eila min kol birkhata
v'shirata, tush'b'chata v'nechemata, da'amiran
b'alma, v'imru: Amein.*

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ
הוּא לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבַּחְתָּא וְנַחֲמְתָּא, דְאָמִירָן בְּעֵלְמָא, וְאָמְרוּ
אָמֵן:

*Y'hei sh'lama raba min sh'maya v'chayim aleinu
v'al kol Yisraeil, v'imru: Amein.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

*Oseh shalom b'mromav hu ya'aseh shalom
aleinu v'al kol Yisraeil, v'imru: Amein.*

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Look around us, search above us, below, behind.

We stand in a great web of being joined together.

Let us praise, let us love the life we are lent
passing through us in the body of Israel
and our own bodies, let's say amen.

Time flows through us like water.

The past and the dead speak through us.

We breathe out our children's children, blessing.

Blessed is the earth from which we grow,

Blessed the life we are lent,

blessed the ones who teach us,

blessed the ones we teach,

blessed is the word that cannot say the glory
that shines through us and remains to shine

flowing past distant suns on the way to forever.

Let's say amen.

Blessed is light, blessed is darkness,

but blessed above all else is peace

which bears the fruits of knowledge

on strong branches, let's say amen.

Peace that bears joy into the world,

peace that enables love, peace over Israel

everywhere, blessed and holy is peace, let's say amen.

– Marge Piercy

El Na Refa Na La

*El na refa na la!
R'fu'ah sh'leimah.*

אֵל נָא רְפָא נָא לָהּ!
רְפוּאָה שְׁלֵמָה!

Please, God, heal this one!
A full, complete healing.

Psalm 23 (Mizmor L'David)

(translation by Betty Bracha Stone)

You, oh Beloved Friend, are my guide. I desire nothing more.
We lie together in the fresh greens of spring and You lead me straight to the quiet waters.
You summon my soul into Your embrace.
And, in Your sweet name, I walk the paths of righteousness. I fear nothing for You are with me.
Even when I walk in the Valley of the Shadow of Death
my power is Yours and I will lean on Your staff. I am comforted.
You prepare a feast and invite me to sit down with all my fears and demons.
We receive Your blessings and my cup overflows with joy.
Oh! Goodness and kindness will surely keep me in their sight for all the days of my life.
And it is in Your house that I will rest for eternity.

Esai Einai (from Psalm 121)

*Esa einai el-he'harim mei'ayin yavo ezri,
ezri me'im HaShem, oseh shamayim
va'aretz.*

אֲשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין יָבֹא עֲזָרִי,
עֲזָרִי מֵעַם יְיָ עֹשֶׂה שָׁמַיִם וָאָרֶץ:

A song of ascents: I lift my eyes to the hills.
From where does my help come?
It comes from the Divine, Creator of heaven and earth.

Limnot Yameinu (from Psalm 90)

*Limnot yameinu kein hoda
v'navi l'vav chochmah.*

לִמְנוֹת יָמֵינוּ כֵּן הוֹדַע וְנֹבֵא לְבַב חֲכָמָה:

Teach us to treasure each day, teach us to treasure each day
That we may open our hearts to Your wisdom
Teach us to treasure each day.

Mourner's Kaddish for Every Day

by Debra Cash

Build me up of memory
loving and angry, tender and honest.
Let my loss build me a heart of wisdom,
compassion for the world's many losses.

Each hour is mortal
and each hour is eternal
and each hour is our testament.
May I create worthy memories
all the days of my life.

– Debra Cash

Life After Death

by Laura Gilpin

These things I know:
How the living go on living
and how the dead go on living with them
so that in a forest
even a dead tree casts a shadow
and the leaves fall one by one
and the branches break in the wind
and the bark peels off slowly
and the trunk cracks
and the rain seeps in through the cracks
and the trunk falls to the ground
and the moss covers it
and in the spring the rabbits find it
and build their nest inside the dead tree
so that nothing is wasted in nature
or in love

Comforting the Mourners

*Hamakom y'nacheim etchem
b'tokh sh'ar aveilei Tzion vi'Yerushalayim.*

הַמְקוֹם יְנַחֵם אֶתְכֶם
בְּתוֹךְ שְׂאֵר אֲבֵלֵי צִיּוֹן וִירוּשָׁלַיִם.

May the One Who dwells in every place
comfort you and bring you peace with all those who mourn.