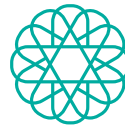


Shabbat Shalom!



Hamalakh Hago-el

Sung during the children's blessing on Friday night

Hamalakh hago-el oti mikol ra
yevarekh et han'arim
vikareh bahem shemi
Veshem avotai Avraham veYitzhak
veyidgu larov bekerev ha-arets.

הַמַּלְאָךְ הַגָּאֵל אֹתִי מִכָּל-רָע
יְבָרֵךְ אֶת-הַנְּעָרִים
וַיְקָרָא בָהֶם שְׁמִי
וְשֵׁם אֲבֹתֵי אַבְרָהָם וַיְצַחֵק
וַיִּדְּגוּ לָרֹב בְּקֶרֶב הָאָרֶץ

May the Angel who has redeemed me from all harm, bless these children; and let my name be named in them, and the name of my fathers Abraham and Isaac; and may they grow into a multitude on the earth.

Ashorer Shirah

Sung after the Torah is taken out of the Ark and is being carried through the Sanctuary

Ashorer shirah likhvod hatorah
Mipaz yekarah zakah u'varah

אֲשׁוּרֵר שִׁירָה לְכָבוֹד הַתּוֹרָה
מִפֹּז יִקְרָה זָכָה וּבָרָה

Ne'eman shemo bahar be'amo
Lih'yot lo lishmo ummah nivharah

נֶאֱמַן שְׁמוֹ בַּחַר בְּעַמּוֹ
לֵהֱיוֹת לוֹ לְשְׁמוֹ אֲמָה נִבְחָרָה

Niglah bikhvodo, al sinai hodo
Kara le'avdo, lekabbel torah

נִגְלָה בְּכָבוֹדּוֹ, עַל סִינֵי הוֹדּוֹ
קָרָא לְעַבְדּוֹ, לְקַבֵּל תּוֹרָה

Nittenah lanu al yad ro'enu
Mosheh rabbenu behir ha'umma

נִתְּנָה לָנוּ עַל יַד רוֹעֵנוּ
מֹשֶׁה רַבֵּנוּ בַּחִיר הָאֻמָּה

Rabbah ne'imah torah temimah
Peti mahkimah ayin me'irah

רַבָּה נְעִימָה תּוֹרָה תְּמִימָה
פִּתִּי מַחְכִּימָה עֵינַי מְאִירָה

I will compose songs to honor the Torah
More precious than gold, bright and pure

It was given to us by our shepherd
Our teacher, Moses, chosen one of the nation

The Faithful One chose His nation
To be His nation chosen for His name

The perfect Torah is very delightful
Making fools wise, lighting up eyes

He revealed His majesty at Sinai in His glory
He called His servant to receive the Torah

—Translation by Abigail Denmark

Refa Tziri

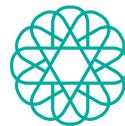
Sung as part of the healing blessing during the Shabbat morning Torah service

Refa tziri El ne-eman / ki ata rofe uman
At roshi shur halshi / veten koah lenafshi

רָפָא צִירִי אֵל נֶאֱמַן / כִּי אַתָּה רוֹפֵא אָמֵן
אֶת רֹאשִׁי שׁוּר חָלְשִׁי / וְתֵן כּוֹחַ לְנַפְשִׁי

Heal my pain, steadfast God, for you are an artful healer.
Guide me, see my weakness, and strengthen my soul.

—Rabbi Raphael Antebi Tabbush (Aleppo, 1830-1918)



Yafa veTama Torah temima hane'ima
Mi yukhal lea'amik besodekh sod Elohim hayyim

יָפָה וְתָמָה תּוֹרָה תְּמִימָה הַנְּעִימָה
מִי יוּכַל לְהַעֲמִיק בְּסוֹדֶךָ סוֹד אֱלֹהִים חַיִּים

Or ziv zahorekh bo'er tokh kirbi
Tamid yidreshu otakh rabbim hukim umitzvot tovim
Et kol libbot malhivim ne-ehavim vegam nisgavim
Ukhpatisht yefotzetz sela'im veharim
Hen dadyikh yarvu bekhof 'et Torat emet
Mipikh anu hayyim miyain sod Elohim hayyim.

אוֹר זֵיו זָהָרְךָ בּוֹעֵר תּוֹךְ קִרְבִּי
תָּמִיד יִדְרְשׁוּ אוֹתְךָ רַבִּים חֻקִּים וּמִצְוֹת טוֹבִים
אֶת כָּל לִבּוֹת מַלְהִיבִים נְאֻהִים וְגַם נִשְׁגָּבִים
וּכְפֻטִּישׁ יְפוֹצֵץ סֵלָעִים וְהָרִים
חֵן דְּדִיךָ יָרוּוּ בְּכָל עֵת תּוֹרַת אֱמֶת
מִפִּיךָ אָנוּ חַיִּים מֵיָּאִן סוֹד אֱלֹהִים חַיִּים

Ma tov dodayikh ahoti kalla
Nofet tzuf devash sefatayikh gan na'ul delatayikh
Re-ah tov begadayikh dodayikh yefi 'einayikh
Hama ulvana kulam 'amdu me-orekh
Ki orekh yamim biminekh 'osher bismolekh
Barukh bor-ekh beyofyekh vahadarekh El hai ha'olamim

מָה טוֹב דּוֹדִיךְ אַחוֹתִי כָלָה
נֹפֶת צוּף דְּבַשׁ שְׁפָתֶיךָ גֶּן נְעוּל דְּלֹתֶיךָ
רֵיחַ טוֹב בְּגָדֶיךָ דּוֹדֶיךָ יָפִי עֵינֶיךָ
חֲמָה וּלְבָנָה כָּלֵם עֲמָדוֹ מְאוֹרֶךְ
כִּי אֶרֶךְ יָמִים בִּימֶיךָ עֶשֶׂר בְּשִׁמְאַלְךָ
בָּרוּךְ בּוֹרְאֵךְ בִּיפְיֶךָ וְהַדְרֶךְ אֵל חַי הַעוֹלָמִים

Lovely and whole is Torah.
You are upright, our delight.
Who can fathom your secrets, the secrets of the God of life?

Your luminous light is aflame within me.
Many seek you. Your decrees, with goodness
to wake all hearts, are loved, set above us,
hammers to break stones and mountains.
Torah of truth, we drink deep of your milk.
Your voice, like sweet wine, gives life: secrets of the God of life.

How good is your love, my sister, my bride.
Your lips are sweet honey; your locked doors enclose gardens.
Your raiment is fragrant; your love brings delight.
How splendid your eyes!
Your light shines, surpassing the sun and the moon.
Your right hand holds full life; your left hand, abundance.
Blessed is the Maker of your beauty and glory:
the living God of all worlds.

—Translation: Jenny Golub

Prayer for those being held in captivity

מִי שֶׁבֶרֶךְ אֲבוֹתֵינוּ אֲבָרָהֶם יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרְךָ וַיְשַׁמְרֵךְ
וַיִּנָּצֵר אֶת כָּל אַחֵינוּ וְאַחֵיוֹתֵינוּ הַנֶּעֱדָרִים הַנִּתְּוֹנִים בְּצָרָה וּבְשִׁבְיָה. הַקְדּוֹשׁ בְּרוּךְ הוּא יִמְלֹא רַחֲמִים
עֲלֵיהֶם, וַיּוֹצִיאֵם מִחֲשָׁךְ וְצִלְמוֹת, וּמוֹסְרוֹתֵיהֶם יִנָּתֵק, וּמִמַּצּוֹקוֹתֵיהֶם יוֹשִׁיעֵם, וַיְשִׁיבֵם מִהֲרָה לְחִיק
מִשְׁפָּחוֹתֵיהֶם. וַיִּקֵּם בָּהֶם מִקְרָא שְׁפָתוֹב: וּפְדוּיֵי ה' יִשָּׁבוּן, וּבָאוּ צִיּוֹן בְּרִנָּה, וְשִׁמְחַת עוֹלָם עַל-רֵאשָׁם,
שִׁשׁוֹן וְשִׁמְחָה יִשְׁגּוּ, וְנָסוּ יָגוֹן וְאַנְחָה: וְנֹאמַר אָמֵן.

May the Holy One who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless,
protect and guard our missing brothers and sisters who are in distress and captivity. May the Holy Compassionate
One, bring them out of darkness and the shadow of death; may God break their bonds, deliver them from their
distress, and bring them swiftly back to their families' embrace. May there be fulfilled in them the verse: "Those
redeemed by God will return; they will enter Zion with singing, and everlasting joy will crown their heads. Gladness
and joy will overtake them, and sorrow and sighing will flee away." And let us say: Amen.

Torah Portion

March 29-30, 2024

Tzav

Shabbat Parah

Etz Hayim: p. 617 | Leviticus 7:11-7:38

1: 7:11-7:15
2: 7:16-7:18
3: 7:19-7:21
4: 7:22-7:27
5: 7:28-7:31
6: 7:32-7:34

7: 7:35-7:38
Maftir: Numbers 19:1-19:22
Haftarah: Ezekiel 36:16-36:38