



#StaySafeWithAlyth

Erev Shabbat Supplement

25 September 2020 / 8 Tishrei 5781

Yah Ribbon

Words: Rabbi Yisrael Najara

Music: Josh Warshawsky

יְהוָה רַבּוֹן עָלַם וְעֹלָמֵיָא.
אַתָּה הוּא מַלְכָּא מְלִךְ מַלְכֵיָא:
עוֹבֵד גְּבוּרְתֶךָ וְתַמְהֵיָא.
שְׁפִיר קְדָמְךָ לְהַחֲוִיָּה:

Sovereign of the world and timeless master,

You rule above all rulers we obey. Many deeds of Your might, and Your wonders, it delights You to display.

Yah ribbon, yah ribbon alam, v'almaya, ant hu malka ant hu malka melech malchaya x2

Yah ribbon alam, v'almaya, ant hu malka melech malchaya

Ovad g'vurteich v'timhaya, shappir kodamach l'hachavayah x2

Nachman of Bratslav

Let the person who wishes to merit *Teshuvah* make it a practice to recite Psalms. There are many barriers to doing *Teshuvah*. One person may not be sufficiently awake and even he who arouses himself faces many barriers, for the gates of *Teshuvah* are shut in the face of many. There are others who do not know how to do it, and pass their days without having done *Teshuvah*. But, even if a man is not awake for *Teshuvah*, he will merit the awakening, by the reciting of Psalms, and will open all the closed gates and come into the gate of *Teshuvah* that belongs to his particular soul, until he merits a complete *Teshuvah*.

Yism'chu HaShamayim

Words: Psalm 96:11

Music: Craig Taubman

יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ
יִרְעוּ הַיָּם וּמְלֵאוֹ:

Let the heavens rejoice and the earth delight, let the sea thunder in its fullness.

Yism'chu hashamayim vitagel ha'aretz yir'am hayam umlo'o.

Ya'aloz Sadai

Words: Psalm 96:12

Music: Navot Ben Barak & Yoel Sykes

יַעֲלֹז שָׂדֵי וְכָל־אֲשֶׁר־בוֹ
אֲז יִרְנְנוּ כָּל־עֵצֵי־עֵר:

Let the field be glad and all within it, let all trees of the forest sing out!

Ya'aloz sadai v'chol asher bo

Az y'ran'nu kol atzei ya'ar

Blessing on lighting Shabbat candles

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו. וְצִוָּנוּ לְהַדְלִיק נֵיר שֶׁל שַׁבָּת:

Blessed are You, our Living God, Sovereign of the universe, whose commandments make us holy, and who commands us to light the Sabbath candles.

Baruch attah Adonai eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav, v'tsivvanu l'hadlik neir shel shabbat.

Samson Raphael Hirsch

The first step towards repentance, which is the most essential and at the same time the most difficult, is confession, or rather 'the admission to oneself' that one has sinned. It is not God who needs an avowal or confession from us, for God knows us through and through; in fact, much better than we know ourselves. But we ourselves stand very much in need of honest and unreserved confession; it is to our own selves that we must admit that we have done wrong.

Ana El Na

Words: based on Numbers 12:13

Music: Daphna Rosenberg and Naveh Agmon

Ana El na, r'fa na la

Please God, please bring healing.

אָנָּא אֵל נָא רַפָּא נָא לָהּ