

Kabbalat Shabbat Bamidbar

Al har-gavoah ali-lach

עַל הַר-גְּבוּהָ עָלִי-לָךְ

Get yourself up upon the high mountain. (Isaiah 40:9)

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Ha-lo Chochma tikra, u-t'vunah titayn kola

הֲלֹא-חִכְמָה תִקְרָא וְתִבּוּנָה תִתֵּן קוֹלָהּ

Isn't it Wisdom calling and Understanding raising her voice! (Proverbs 8:1)

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V'Haviayni l'shalom mayarba kanfot ha'aretz

Uriel! Mi'cha'el! Rafa'el! Gavri'el!

וְהִבִּיאֵנִי לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ

(Bring us in peace from the 4 corners of the Earth.)

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Sh'ma Yisroel Havaya Eloheinu Havaya Echod

Listen, (your name), the Great Mystery, All is One.

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Prayer for healing (Ana el na refa na la)

Kaddish

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B'tzilo chimad'ti v'yashavti, upiryo matok l'chiki

בְּצִלוֹ חִמַּדְתִּי וַיִּשְׁבַּתִּי

וּפְרִיּוֹ מִתּוֹק לְחִכִּי

In His shade I delight to sit, eating His sweet fruit. (Song of Songs 2:3)

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Vayasem midbarah k'eden, v'arvatah k'gan Adonai

וַיִּשֶׂם מִדְבָּרָהּ כְּעֵדֶן וְעֲרֵבְתָהּ כְּגֵן-יְהוָה

He transforms her wilderness into Delight, her wasteland into a Divine Garden.

(Isaiah 51:3)