

# **Shabbat against Genocide in Palestine**

## **Siddur**



**7 November 2025, 17 Cheshvan 5786**

# ***Kabbalat Shabbat***

*Welcoming the Shabbat*

## ***Hineh Mah Tov***

Hineh mah tov umah na'im  
Shevet kulam gam yachad

**הִנֵּה מָה טֹב וּמָה נָעִים  
שְׁבָת כָּלָם גָּם יִחְדָּה**

*Behold how good and sweet it is to be together with our  
community*

## ***Kindling Lights***

Baruch ata adonai, eloheinu  
melech ha'olam  
asher kidshanu bemitzvotav  
vitzivanu l'hadlik ner shel  
Shabbat

**בָּרוּךְ אַתָּה אָדָן אֱלֹהֵינוּ  
מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְשָׁנוּ  
בְּמִצּוֹתֵינוּ וַצְוָנוּ לְהַדְלִיק נֵר  
שֶׁל שְׁבָת**

*Blessed are You, Kindler, Life of endless worlds, who shows us  
paths to holiness, and inspires us to kindle the Shabbat lights*

## ***Justice Blessing***

Baruch atah adonai, eloheinu melech  
ha'olam, asher kid'shanu b'mitzvotav  
v'tsivanu lirdof tzedek

**בָּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצּוֹתֵינוּ,  
וַצְוָנוּ לַרְדֹּף צְדָקָה**

*Blessed are we, who follow paths of holiness, and command  
ourselves to pursue justice*

# *Mah Tovu*

**מִה-טָבוֹ אֲהַלֵיךְ אֶבְרָהָם, אֲהַלֵיךְ שָׂרָה**

**מִשְׁכְנֵתֵיךְ חֲבָרִים**

**וְאַנִי בָרֵב חִסְדֶךָ אֶבוֹא בַיְתֶךָ אֲשַׁתְחֹוֹתָה**

**אֶל-הַיְכָל-קָדְשָׁךְ בַיְרָאָתָה:**

Mah tovu ohaleicha Avraham, ohaleicha

Sara, mishkenoteicha chaverim

Va'ani berov chasdecha avo veitecha,

eshtachaveh el heichal kodshecha

beyiratecha

*How fair are your tents, O Abraham, O*

*Sarah, Your dwellings, O friends*

*But I, through Your abundant love, enter*

*Your house;*

*I bow down in awe at Your holy temple.*



Artwork by Roan Boucher

## **Disturb Us**

(Source: Mishkan Tefilah, 173)

**Disturb us**, Adonai, ruffle us from our complacency; Make us dissatisfied. Dissatisfied with the peace of ignorance, the quietude which arises from a shunning of the horror, the defeat, the bitterness and the poverty, physical and spiritual, of humans.

**Shock us**, Adonai, deny to us the false Shabbat which gives us the delusions of satisfaction amid a world of war and hatred;

**Wake us**, O God, and shake us from the sweet and sad poignancies rendered by half forgotten melodies and rubric prayers of yesteryears,

**Make us** know that the border of the sanctuary is not the border of living and the walls of Your temples are not shelters from the winds of truth, justice and reality.

**Disturb us**, O God, and vex us; let not Your Shabbat be a day of torpor and slumber; let it be a time to be stirred and spurred to action.

# *When the Homeland Grows Jealous of Your Eyes*

*Shahad Dahlan (October 2025 - extracts)*

In Palestine, when a lover bids farewell to his beloved,  
he says to her, while hiding his homeland within his chest:  
“O woman of longing, O pulse of earth in my veins,  
I never knew that love could be a road to the frontlines,  
nor that the homeland could be jealous of your eyes  
until it summoned me to its fire.”

[...]

Ya Habibi...  
go now to the shore of safety,  
do not look back,  
for even your glance is an arrow  
that ignites what remains of me,  
melts my heart and lights a fire upon its fire.

Wait for me from afar,  
until I return from exile,  
when the body returns in the palm of the wind,  
when the name returns upon a white banner...  
wait for me...  
and if I do not return,  
I shall complete our meeting in another sky.  
I will ask Allah to let me meet you in His paradise,  
where love is not besieged,  
where homeland is not exiled,  
where love dwelling in my heart and eyes is not slain.

I am the lover...  
I loved you as I loved it,  
and both of you live within my blood.  
Both of you wound me,  
and both of you bring me back to myself.

But love, in my homeland,  
has become an unforgivable crime,  
a crime written in the ink of blood.  
The lover became a martyr before the war,  
the dream became an exile,  
and the heart... tormented.



# Lecha Dodi

*Come, my beloved, let us welcome the  
Shabbat presence*

**לְכָה דָּוִדִּי לִקְרָאת כֶּלֶה** Lecha dodi likrat kala,  
**פָּנִי שְׁבָת נְקָבָלה** p'nei Shabbat n'kab'lah!

**שְׁמֹר וְזָכֵר בְּדִבּוֹר אֶחָד** Shamor v'zachor b'dibur echad,  
**הַשְׁמִיעָנוּ אֶל הַמִּיחָד** Hishmi'anu el ha'meyuchad.  
**ה' אֶחָד וְשַׁמוּ אֶחָד** Adonai echad u'shmo echad;  
**לִשְׁמָה וְלִתְפָּאָרָת וְלִתְהִלָּה** L'shem ul'tiferet v'l'tehila.

**לִקְרָאת שְׁבָת לְכוּ וְנַלְכָה** Likrat Shabbat l'chu v'nelcha,  
**כִּי הִיא מִקּוֹר הַבָּרָכָה** Ki hi m'kor ha'bracha.  
**מִרְאָשׁ מִקְדָּם נְסֹכָה** Me'rosh mi'kedem n'sucha;  
**סָוףּ מְעָשָׂה בְּמַחְשָׁבָה תְּחִילָה** Sof ma'aseh b'mach'shava t'chila.

**הַתְּעוֹרֵרִי הַתְּעוֹרֵרִי** Hit'oreri, hit'oreri,  
**כִּי בָא אָרֶךְ קֻומִי אָוָרִי** Ki va orech, kumi ohri.  
**עוֹרִי עֹוָרִי שִׁיר דָבָרִי** Uri, uri, shir daberi;  
**כְּבָדָה ה' עַלְיָךְ נְגַלָּה** K'vod Adonai alai'yich nigla.

Stand for  
this verse:

**בָּאֵי בְּשִׁלּוֹם עַטְרָת בְּעֵלָה** Bo'ee v'shalom, ateret ba'ala,  
**גַּם בְּשִׁמְמָחָה וּבְצָהָלָה** Gam b'simcha uv' tzhala.  
**תוֹךְ אִמּוֹנִי עַם סְגָלָה** Toch emunei am segula;  
**בָּזָאֵי כֶּלֶה בָּזָאֵי כֶּלֶה** Bo'ee chala, bo'ee chala.

# A Jewish Prayer for Nakba Day

## ליום הנכבה / يوم النكبة

by Sara M (adapted)

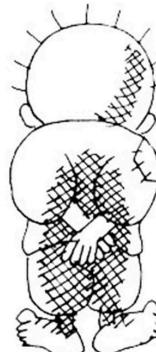
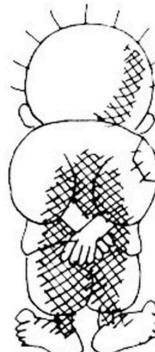
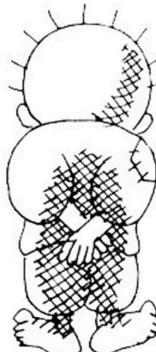
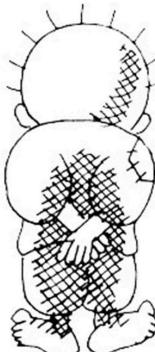
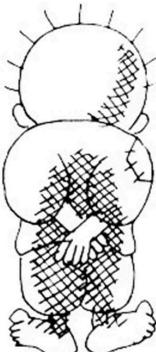
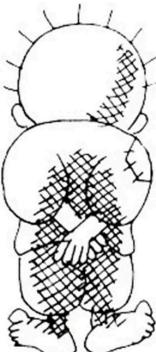


Our God, and God of our ancestors,  
who answered Avraham when his son was bound on the altar,  
who remembered Sarah's prayers in her tent for a child,  
and who found Hagar in the wilderness on the road to Shur,  
and who heard the cries of her child in the wilderness of Be'er Sheva,  
may God remember our Palestinian siblings  
who were killed,  
who were expelled,  
who fled,  
who were not allowed to return home,  
and those who are still at risk of losing their homes.

שמע תפילותיהם May their prayers be heard  
לaicוד משפחות מופרדות באדמות אבותיהם so that families be re-united in the land of their ancestors,  
והם יכולים לחזור באושר לארצם and they can return in happiness to their land  
שנכתב "בשמחה" לbijtem and in joy to their homes,  
ובשנון" לעירם" in the cities, in the villages, and outside the villages.

וישבתם על הארץ לבטח" May they dwell securely in the land, without fear of being uprooted,  
ולעלות בשלום לעיר קודשך and may they be free to go up to Your holy city  
וותן שנגור ביחד and may we all dwell together  
בצדקה ובמשפט" with righteousness and with justice  
ובחסד וברחמים" and with kindness and with mercy.

שים רוח אחותה וחמלה علينا Help us all to have compassion for one another,  
שנאמר "והסרתי את לב האבן מבריכם as it is written, "and I will take your heart of stone,  
ונתני לכם לבبشر" and replace it with a heart of flesh."  
ונאמר "אמן" and we will say, **Amen.**"



*Either Stand or remain  
sitting. Some cover  
their eyes while saying  
the Sh'ma*

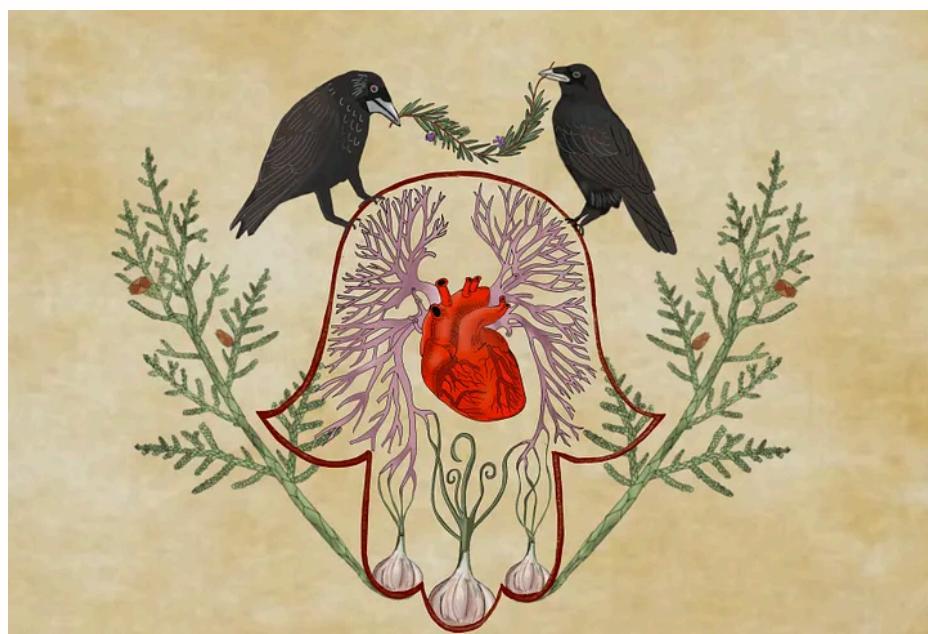
# **Sh'ma**

*Hear!*

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד  
בָּרוּךְ שֵׁם כְּבָד מֶלֶכְתּוּ לְעוֹלָם וְעַד

Sh'ma Yisra'el, Adonai eloheinu, Adonai echad  
Baruch shem k'vod malchuto l'olam va'ed

*Hear O' Israel, Adonai is our God, Adonai is One  
Blessed is God's glorious majesty forever and ever.*



Art by Wendy Elisheva Somerson

# **V'Ahavta**

*And You shall Love...*

## **V'Ahavta by Aurora Levins Morales**

Say these words when you lie down and when you rise up,  
when you go out and when you return.

In times of mourning and in times of joy.

Inscribe them on your doorposts,  
embroider them on your garments,  
tattoo them on your shoulders,  
teach them to your children,  
your neighbors, your enemies,  
recite them in your sleep, here in the cruel shadow of empire:  
*Another world is possible.*

# **A Prayer for Gaza's Children**

Bradley Burston

God who is the creator of all children, hear our prayer this accursed day.  
God whom we call Blessed, turn your face to these,  
the children of Gaza, that they may know your blessings, and your shelter,  
that they may know light and warmth,  
where there is now only blackness and smoke,  
and a cold which cuts and clenches the skin.

Almighty who makes exceptions, which we call miracles,

make an exception of the children of Gaza.

Shield them from us. Spare them. Heal them.

Let them stand in safety.

Deliver them from hunger and horror

and fury and grief.

Restore to them

their stolen childhoods, their birthright,

which is a taste of heaven.

Allah, whose name we call Elohim,

who gives life, who knows the value and the fragility

of every life, send these children your angels.

Save them, the children of this place,

Gaza the most beautiful, and Gaza the damned.

In this day, when the trepidation and rage and

mourning that is called war, seizes our hearts and

patches them in scars, we call to you, God, whose name is Peace:

Bless these children, and keep them from harm.

Turn Your face toward them, God.

Show them, as if for the first time, light and kindness,

and overwhelming graciousness.

Look up at them, God. Let them see your face.

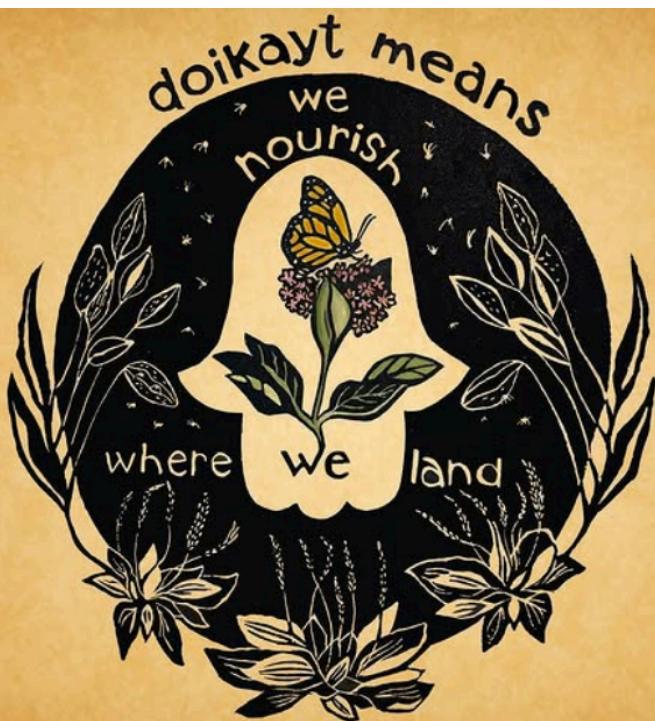
And, as if for the first time, grant them peace.



Artwork by @tiril.valeur

# Oy, Ir Narishe Tsionistn

by Ts. Lakhman (1931)



Oh, you foolish little Zionists  
With your utopian mentality  
You'd better go down to the factory  
And learn the worker's reality

You want to take us to Jerusalem  
So we can die as a nation  
We'd rather stay in Russia  
And fight for our liberation!

## *Mi Chamocha*

Mi chamocha ba'eilim Adonai?  
Mi chamocha ne'dar bakodesh?  
Nora t'hilot oseh feleh.

מֵי כָמָכָה בָּאֵלִים יְהֹוָה  
מֵי כָמָכָה נָאָדָר בָּקָדְשׁ  
נוֹרָא תְּהִלָּת עֲשָׂה פָּלָא

## **Dreaming Beyond Resistance**

Will Shoki (March 2025 - extracts)

Here is the paradox of liberation. Struggle is necessary, but struggle does not sanctify. Oppression wounds, but it does not purify. Suffering does not automatically make us humane.

Sylvia Wynter reminds us that liberation must be more than just a shift in power—it must be a reinvention of what it means to be human.

The world does not just oppress; it teaches us to see ourselves through the lens of our oppression. If we do not unlearn this gaze, if we do not cultivate new ways of being, we risk reproducing the very systems we claim to resist.

This, Fanon knew. He saw the liberator risk becoming the new master.

He warned that decolonization must be more than changing hands at the top—it must be a remaking of the self.

This, Cabral insisted. That revolution is not just about taking power, but about preparing ourselves to wield it differently.

We insist that the new world must be nurtured now, in our words, our actions, in how we hold one another. We fight for the future. And we live as if it has already begun.

*Stand during  
the Amidah*

## ***The Amidah***

*“The Standing Prayer”*

**אָדָנִי שְׁפָטִי תִּפְתַּח וּפִי יָגִיד תְּהִלְתָּךְ**

Adonai s'fatai tiftach, ufi yagid t'hilatecha

*Eternal one, open my lips, so that my mouth may declare Your praise*

“Hate evil and love good, and establish justice in the gate... Let justice well up like water, righteousness like an unfailing stream”  
Amos 5:15,24

“Anyone who is able to protest against the transgressions of the entire world and does not is punished for the transgressions of the entire world”  
Shabbat 54b

***For the Amidah we take a moment for silent prayer and reflection. You may focus on the prophetic quotes on this page or one of the following kavanah (intention):***

***How will you cultivate a new way of being?***

***How will you fight for the future?***

***How will you live as if it has already begun?***

“Woe to those who make unjust laws, to those who issue oppressive decrees, to deprive the poor of their rights and withhold justice from the oppressed of my people”  
Isaiah 10:1

“You have been told, O mortal, what is good, And what God requires of you: Only to do justice, And to love goodness, And to walk wisely with your God”  
Micah 6:8

# *Lo Yisa Goy*

Lo yis-a goy el goy cherev  
Lo yilm'du od milchama.

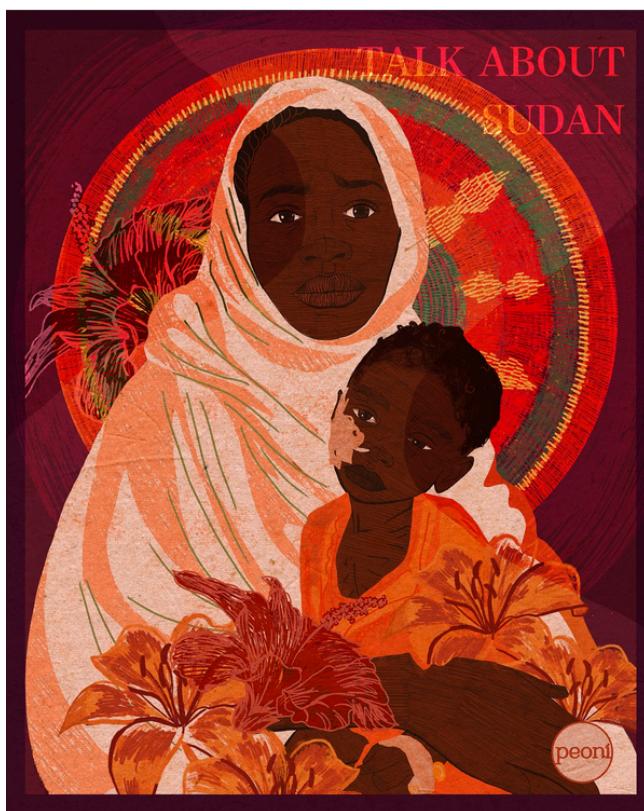
לא ישא גוי אל גוי חרב  
לא ילמדו עוד מלחמה.

*Nation shall not take up sword against nation,  
They shall never again know war.*

## **A Cry for Sudan, Congo, Gaza, and More**

*Saffie (August 2025)*

In dark places where silence hurts, Sudan cries with broken dreams.  
Homes destroyed by war's cruel fire, children are lost in endless pain.  
Congo's land is torn apart, mines stained with blood, and hope fades.  
Women carry heavy burdens; Their pain echoes, long ignored.  
Gaza's sky drops bombs and sorrow, trapped by walls, no peace in sight.  
People beg for help, their voices drowned in waves of suffering.  
And more—Ukraine's cold, Yemen's hunger, lives marked  
by grief on maps of endless war where light fades into night.  
The world keeps turning, cold and blind, while hearts break deep inside.  
What can I do, just one small voice, in this massive web of fear and loss?  
Should I pray into the dark, or speak out loud to share their pain?  
Give what I can to ease their load, or fight for change in a world so cold?  
Yet I can speak, their stories share, Lift their voices through the air.  
Give what I have—time, a dime— To ease the weight of their climb.



## ***Ahava/Alhub***

ahava v'rachamim

chesed v'shalom

alhub warahma

alateef wasalaam

אהבה ורחמים

חסד ושלום

الحب والرحيم

اللطيف والسلام

*Love and Compassion,  
Kindness and Peace*

# Aleinu

*“It is upon us”*

## *A Prayer for Reparation and Restoration*

*by Rabbi Brant Rosen*

To the One who demands justice:  
inspire us to become *rodfei tzedek*,  
pursuers of justice  
in our lives and in our communities.  
Give us the strength to resist power  
wielded with fear and dread;  
fill us with the vision and purpose  
to build a power yet greater,  
a power rooted in solidarity,  
liberation and love.

Grant us the courage to dismantle  
systems of oppression –  
and when they are no more,  
let us dedicate our wealth and resources  
toward the well-being of all.

May we abolish all forms of state violence  
that we might make way for a world  
free of racism and militarisation,  
a world where no one profits  
off the misery of others,

a world where the bills owed those  
who have been  
colonised, enslaved and dispossessed  
are finally paid in full.

Inspire us with the knowledge  
that real justice is indeed at hand,  
that we may realise  
the world we know is possible,  
right here, right now,  
in our own day.

May our thoughts and our hopes,  
our words and our deeds  
guide us toward a future of reparation,  
of restoration, of justice,  
*al kol yoshvei teivel*  
for all who dwell on earth,  
amen.

## *Mi Shebeirach*

**Mi Shebeirach avoteinu**

**M’kor habrachah l’imoteinu**

*May the source of strength Who blessed the ones before us  
Help us find the courage to make our lives a blessing,  
And let us say, **Amen.***

**Mi Shebeirach imoteinu**

**M’kor habrachah la’avoteinu**

*Bless those in need of healing with r’fuah sh’leimah  
The renewal of body, the renewal of spirit,  
And let us say, **Amen.***

# Mourner's Kaddish

רְبָא שְׁמָה יְתִקְדֵּשׁ יְתִגְדֵּל [אָמֵן] (Glorified and sanctified by God's great name.....)

Yitgadal v'yitkadsh sh'mei raba

b'alma div'ra chirutei v'yamlich malchutei

B'chayeichon uvyomeichon uvchayei d'chol ha'olam,

ba'agala uvizman kari, v'im'ru: **Amen**

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach, v'yitpa'ar v'ytroman v'yitnaseh,

V'yithadar v'yt'aleh v'yithalal sh'mei d'kud'sha, **b'rich hu**,

L'eila minkolbirchata v'shirata, tushb'chata v'nechemata –

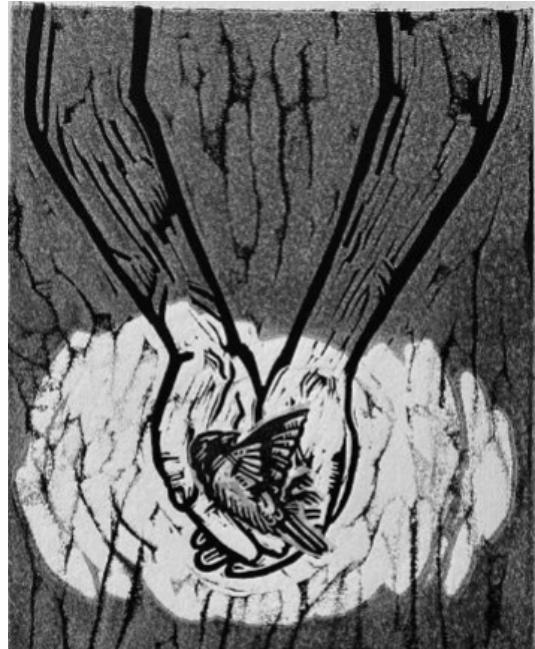
da'amiran b'alma, v'im'ru: **Amen**

Y'hei shlama raba min-sh'maya v'chayim aleinu

v'al-kol-ha'olam, v'im'ru: **Amen**

Oseh shalom bimromav, hu ya'aseh shalom aleinu

v'al kol ha'olam, v'imru: **Amen**



Artwork by Andrea Marcos



Artwork by Natasha Vally

## Od Yavo

עַד יָבוֹא שָׁלוֹם עֲלֵינוּ  
וְעַל כָּלִים.

סְלָام  
עֲלֵינוּ וְעַל כָּל הַעוֹלָם

Od yavo shalom aleinu

Ve'al kulam

Salaam

Aleinu ve'al kol ha'olam

*Peace will come upon us, yet.  
And upon everyone.  
Peace, Upon us and upon the  
whole world.*



**Thank you for joining our Shabbat against Genocide in Palestine!**

website: [sajfp.org.za](http://sajfp.org.za)

email: [sajewsforfreepalestine@gmail.com](mailto:sajewsforfreepalestine@gmail.com)

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