

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 מַה טוֹב וּמַה נְעִימִים

שֵׁבֶת כָּלֶם גַּם יַחַד

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 אֲדֹנָי אֱלֹהֵינוּ

מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ

בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר

שֶׁל שַׁבָּת

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 קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לִרְדּוֹף צֶדֶק

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

Mah Tovu

מֵה־טֹבוֹ אֶהְלִיךָ אַבְרָהָם, אֶהְלִיךָ שָׂרָה
מִשְׁכְּנֹתֶיךָ חֲבֵרִים
וְאֲנִי בְּרֹב חֶסֶדְךָ אָבוֹא בֵּיתְךָ אֶשְׁתַּחֲוֶה
אֶל־הַיְיכָל־קֹדֶשְׁךָ בִּירְאָתְךָ:

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.”

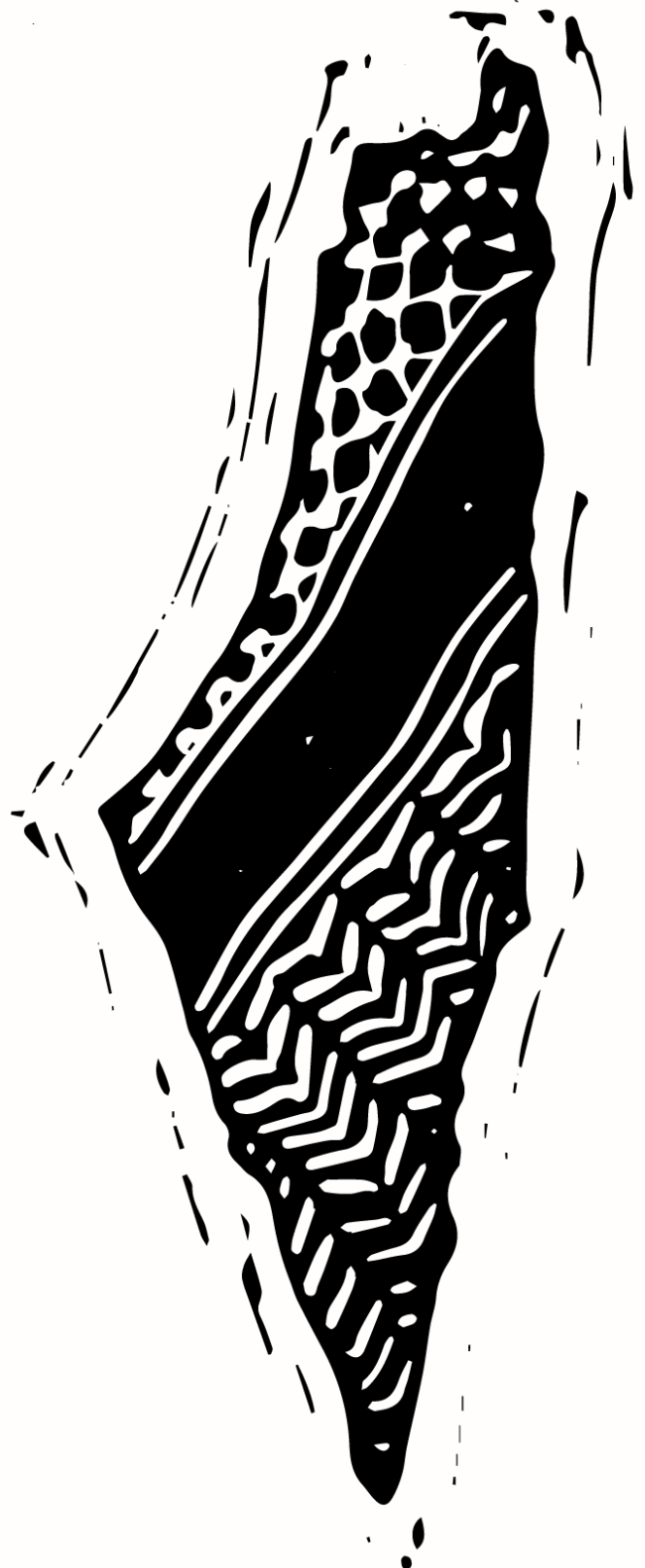
[...]

Ya Habibti...
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*

לָכָה דּוּדִי לִקְרַאת כָּלָה Lecha dodi likrat kala,
פְּנֵי שַׁבַּת נִקְבְּלָה p'nei Shabbat n'kab'lah!

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד Shamor v'zachor b'dibur echad,
הִשְׁמִיעֵנוּ אֶל הַמֵּיּוּחָד Hishmi'anu el ha'meyuchad.
ה' אֶחָד וְשֵׁמוֹ אֶחָד Adonai echad u'shmo echad;
לְשֵׁם וּלְתִפְעָלָתָהּ וּלְתִהִלָּהּ L'shem ul'tiferet v'l'tehila.

לִקְרַאת שַׁבַּת לָכוּ וְנִלְכָּה Likrat Shabbat l'chu v'nelcha,
כִּי הִיא מְקוֹר הַבְּרָכָה Ki hi m'kor ha'bracha.
מֵרֹאשׁ מִקֶּדֶם נְסוּחָה Me'rosh mi'kedem n'sucha;
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תַּחֲלָה Sof ma'aseh b'mach'shava t'chila.

הִתְעוֹרְרִי הִתְעוֹרְרִי Hit'oreri, hit'oreri,
כִּי בָּא אוֹרֶךְ קוּמִי אוֹרִי Ki va orech, kumi ohri.
עוֹרִי עוֹרִי שִׁיר דַּבְּרִי Uri, uri, shir daberi;
כְּבוֹד ה' עָלֶיךָ נִגְלָה K'vod Adonai alai'yich nigla.

*Stand for
this verse:*

בּוֹ'עֵי וְשָׁלוֹם, אֶתֶרֶת בָּאָלָה, Bo'ee v'shalom, ateret ba'ala,
גַּם בְּשִׂמְחָה וּבִצְהָלָה Gam b'simcha uv' tzhala.
תּוֹךְ אֲמוּנִי עִם סִגְלָה Toch emunei am segula;
בּוֹאִי כָלָה בּוֹאִי כָלָה Bo'ee chala, bo'ee chala.

A Jewish Prayer for Nakba Day

ליום הנִּכְבָּה / יום הנִּכְבָּה

by Sara M (adapted)

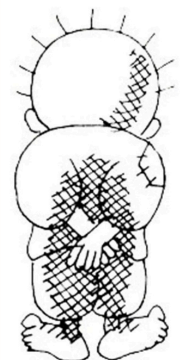
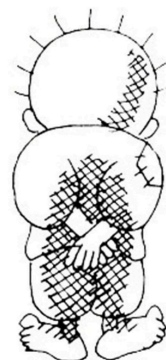
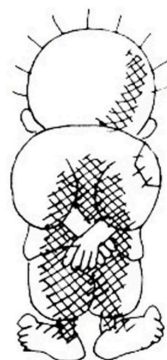
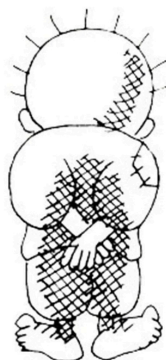
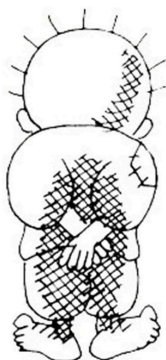
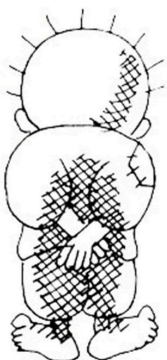


אלהנו ואלהי אבותינו, Our God, and God of our ancestors,
שענה לאברהם בעת עקדת בנו, who answered Avraham when his son was bound on the altar,
שפקד את שרה בפתח אהלה, who remembered Sarah's prayers in her tent for a child,
שמצא את הגר במדבר בדרך אל שור, and who found Hagar in the wilderness on the road to Shur,
וששמע את צעקת בנה במדבר בְּאֶר שָׁבַע, and who heard the cries of her child in the wilderness of Be'er Sheva,
תזכור נא את אחינו ואחיותינו הפלסטינים, may God remember our Palestinian siblings
שנהרגו, who were killed,
שנעקרו, who were expelled,
שברחו, who fled,
שנאסר עליהם לחזור לביתם, who were not allowed to return home,
ושעומדים היום לאבד את בתיהם. and those who are still at risk of losing their homes.

שמע תפילותיהם May their prayers be heard
לאיחוד משפחות מופרדות באדמת 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" לביתם and in joy to their homes,
ובששון" 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
ותן שנגור ביחד and may we all dwell together
בְּצֶדֶק וּבִמְשָׁפֹט with righteousness and with justice
וּבְחֶסֶד וּבְרַחֲמִים and with kindness and with mercy.

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



"Handala was born 10 years old,... It was at that age that I left my homeland." (Naji al-Ali)

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

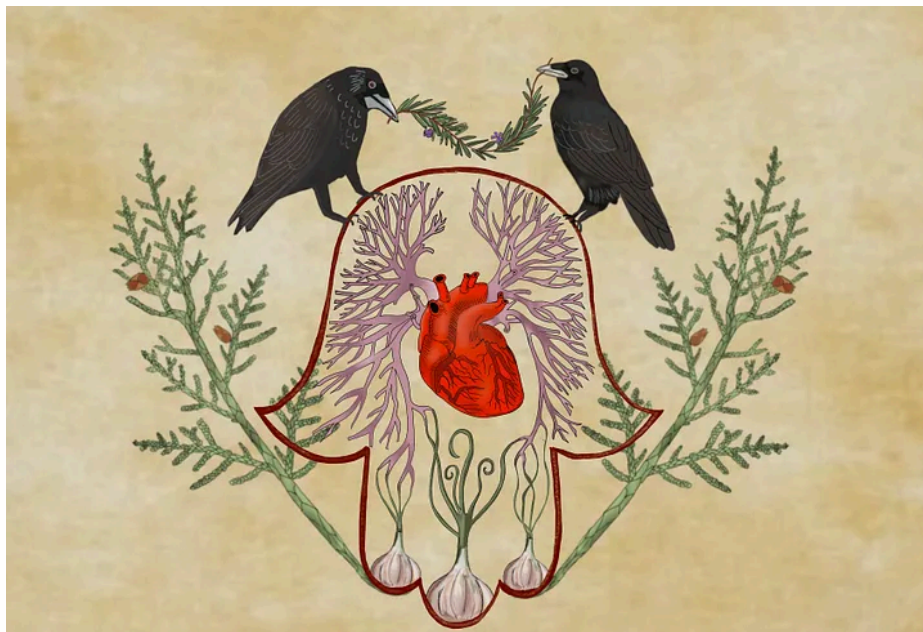
Sh'ma

Hear!

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

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.

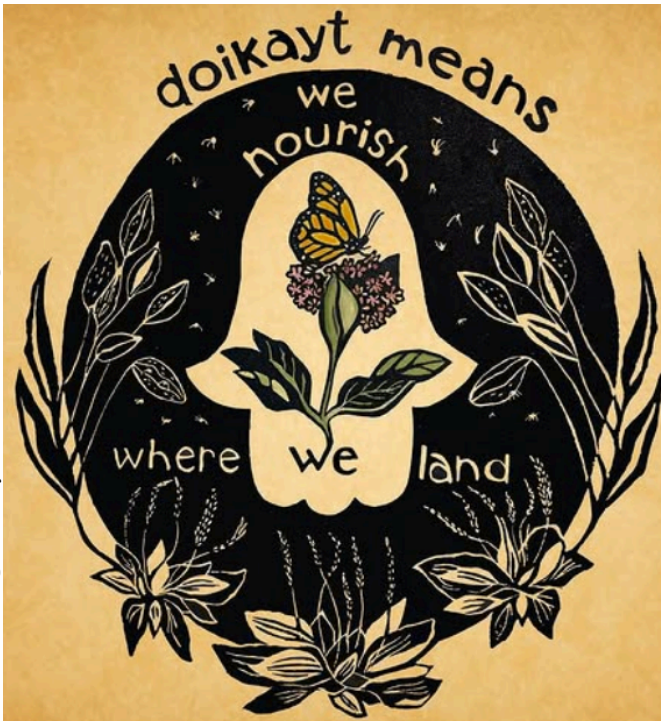
Look up at them, God. Let them see your face.
And, as if for the first time, grant them peace.



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.

מִי כָמֹכָה בְּאֵלִים יְהוָה
מִי כָמֹכָה נֶאֱדָר בְּקֹדֶשׁ
נֹרָא תִהְיֶה עֹשֶׂה פֶלֶא

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”

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ

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.

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב
לֹא יִלְמְדוּ עוֹד מִלְחָמָה.

*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.



Artwork by @bypeoni

Ahava/Alhub

ahava v'rachamim
chesed v'shalom

אַהֲבָה וְרַחֲמִים
חֶסֶד וְשָׁלוֹם

alhub warahma
alateef wasalaam

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

The Mourner's Kaddish is
written in Aramaic, an
ancestor language to
both Hebrew and Arabic

(רַבָּא שְׁמִיהּ יִתְקַדֵּשׁ יִתְגַּדַּל [אמן]) 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 kariv, v'im'ru: **Amen**

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

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

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

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

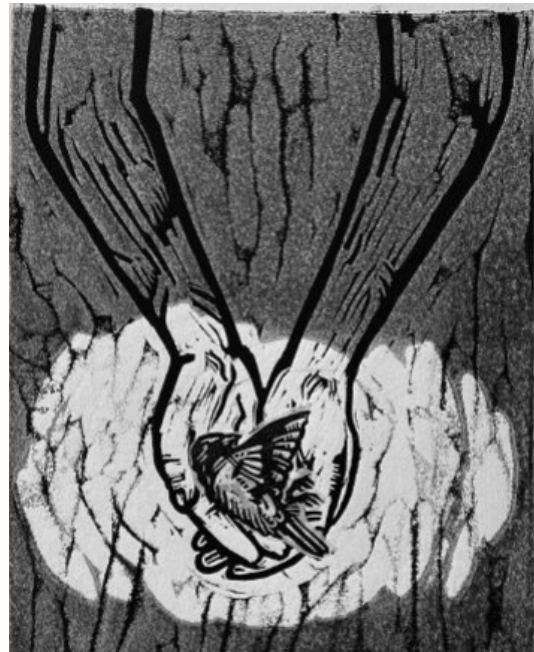
da'amiran b'alma, v'im'ru: **Amen**

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

Od Yavo

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ

וְעַל כָּלֵם.

סָלָאֵם

עָלֵינוּ וְעַל כָּל הָעוֹלָם

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

email: sajewsforfreepalestine@gmail.com

facebook: SAJFP

instagram: [@sajewsforfreepalestine](https://www.instagram.com/sajewsforfreepalestine)