

קבלת פנים

WELCOME!

How Good It Is הנה מה טוב

הנה מה־טוב ומה־נעים שבת אחים גם־יחד.
Hi-nei mah-tov u-mah na-im sheh-vet a-chim gam ya-chad.
How good it is, and how pleasant, to dwell together in unity.

SHALOM ALEICHEM שלום עליכם

Sha-lom a-lei-chem mal-a-chei ha-sha-reit,
Mal-a-chei el-yon,
Mi-meh-lech ma-l'chei ha-m'la-chim,
Ha-ka-dosh ba-ruch hu.

Bo-a-chem l'sha-lom, mal-a-chei ha-sha-lom, mal-a-
chei el-yon,
Mi-meh-lech ma-l'chei ha-m'la-chim,
Ha-ka-dosh ba-ruch hu.

Ba-r'chu-ni l'sha-lom, mal-a-chei ha-sha-lom, mal-a-
chei el-yon,
Mi-meh-lech ma-l'chei ha-m'la-chim,
Ha-ka-dosh ba-ruch hu.

Tzei-t'chem l'sha-lom, mal-a-chei ha-sha-lom, mal-
a-chei el-yon,
Mi-meh-lech ma-l'chei ha-m'la-chim,
Ha-ka-dosh ba-ruch hu.

שְׁלוֹם עֲלֵיכֶם, מְלֹאכֵי הַשָּׁרֵת,
מְלֹאכֵי עֲלִיּוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מְלֹאכֵי הַשָּׁלוֹם,
מְלֹאכֵי עֲלִיּוֹן,
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הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוּנִי לְשָׁלוֹם, מְלֹאכֵי הַשָּׁלוֹם,
מְלֹאכֵי עֲלִיּוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם, מְלֹאכֵי הַשָּׁלוֹם,
מְלֹאכֵי עֲלִיּוֹן,
מִמְלַךְ מַלְכֵי הַמְּלָכִים,
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Peace to you, ministering angels, O messengers of the Most High, from the supreme Sovereign, the Holy and blessed One.
Enter in peace, ministering angels, O messengers of the Most High, from the supreme Sovereign, the Holy and blessed One.
Bless us with peace, ministering angels, O messengers of the Most High, from the supreme Sovereign, the Holy and blessed One.
Depart in peace, ministering angels, O messengers of the Most High, from the supreme Sovereign, the Holy and blessed One.

הדלקת הנרות

THE KINDLING OF LIGHTS

Come let us welcome Shabbat and give thanks for its light.

May our homes shine with the lights of Shabbat and our hearts glow with Shabbat joy this week and every week.

We welcome Shabbat and give thanks for its light.

Ba-ruch a-tah, a-do-nai e-lo-hei-nu, me-lech

Ha-o-lam, a-sheer kid'sha-nu b'mitz-vo-tav

V'tzi-va-nu l'had-lik ner shel sha-bat.

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

We praise You, Eternal our God, Ruler of the universe: You sanctify us with Your mitzvot and command us to kindle the light of Shabbat.

*May we be blessed with Shabbat joy.
May we be blessed with Shabbat peace.
May we be blessed with Shabbat light.*

קבלת שבת

WELCOMING SHABBAT

תהילים צה FROM PSALM 95

לְכוּ נִרְנְנָה לַיהוָה, נְרִיעָה לְצוּר יִשְׁעֵינוּ.

CHORUS: L'chu n'ranenah - yai, lai, lai, lai, lai; Ladonai - yai, lai, lai, lai, lai

Naria - yai, lai, lai, lai, lai L'tzur yisheinu - yai, lai, lai, lai, lai

Let us sing out to God, the Maker of all, sure and strong. Let all of creation, from mountain to sea hear our song. CHORUS

For all of the wonders in all of God's light we rejoice. So now let us listen with all of our hearts to hear God's voice. CHORUS

עבודה WORSHIP

We ask You to hear us, O God.

*When we cry out loud,
and when we pray in silence.*

Open our hearts to feel Your presence and to know that You are with us.
Let Your spirit be felt in all places, here, among our people in Israel,
and in all the world.

We thank You, God, for the gift of prayer.

FROM PSALM 96 תהילים צו

שִׁירוּ לַיהוָה כָּל-הָאָרֶץ! שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ.

Shi-ru la-do-nai kawl ha-a-retz! Shi-ru la-do-nai shir cha-dash;

Sing unto God all the earth, a new song.
I will sing unto God a new song.
Sing unto God and we'll all sing along.
All the earth a new song unto God.

MAY WE LIE DOWN IN PEACE השכיבנו

Let there be love and understanding among us;
let peace and friendship be our shelter from life's storms.

May we be blessed to have good friends,
to have hope in our hearts
and kind words on our lips.

*May our days be joyful
and our nights be peaceful.*

We thank You, God, for watching over us, over all our people Israel, and over Jerusalem.

PSALM 99 תהילים צט

Ro-me-mu a-do-nai e-lo-hei-nu
V'hish-ta-cha-vu l'har kawd-sho,
Ki ka-dosh a-do-nai e-lo-hei-nu.

רוֹמְמוּ יי אֱלֹהֵינוּ,
וְהִשְׁתַּחֲווּ לְהַר קָדְשׁוֹ,
כִּי קָדוֹשׁ יי אֱלֹהֵינוּ.

"Exalt the Eternal One and worship at God's holy mountain, for the Eternal our God is holy."

ON THE SEVENTH DAY? A MIDRASH

"And God completed the work of creation on the seventh day."

On the seventh day? Is the seventh day a day of work? An explanation: A King made for himself a *chuppah*. He painted and panelled it. When the work was done, one thing was lacking in his life: a bride to enter it.

In the same way, when God had completed the work of creation, one thing was lacking in the world: a bride to enter it. So God brought the work of creation to an end not *on* the seventh day, but *with* the seventh day. Shabbat is Israel's bride.

May the joy and serenity of Shabbat descend upon us; may the peace of Shabbat fill our souls and renew our spirits as we welcome the Sabbath Bride.

COME MY BELOVED לכה דודי

L'cha do-di li-krat ka-lah,
P'nei sha-bat n'ka-b'la.

לְכָה דוּדִי לְקִרְאֵת כָּלָה,
פְּנֵי שַׁבַּת נִקְבְּלָה.

Sha-mor v'za-chor, b'di-bur e-chad,
Hish-mi-a-nu eil ha-m'yu-chad;
A-do-nai e-chad u-sh'mo e-chad,
L'sheim u-l'tif-e-ret v'li-t'hi-la.

שְׁמֹר וְזָכוֹר, בְּדַבּוּר אֶחָד,
הִשְׁמִיעֵנוּ אֵל הַמַּיְחָד.
יְיָ אֶחָד וְשִׁמוֹ אֶחָד,
לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְיֶינָהּ.

Lik-rat Sha-bat l'chu v'neil-chah,
Ki hi m'kor ha-b'ra-chah.
Mei-rosh mi-ke-dem n'su-chah,
Sof ma-a-seh b'ma-cha-sha-va t'chi-lah.

לְקִרְאֵת שַׁבַּת לְכוּ וְנִלְכָה,
כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֵאשׁ מִקֶּדֶם נְסוּכָה,
סוּף מֵעֵשָׂה בְּמַחְשָׁבָה תִּחְלָה.

Hit-o-r'ri, hit-o-r'ri,
Ki va o-reich! ku-mi, o-ri,
U-ri u-ri, shir da-bei-ri;
K'vod a-do-nai a-la-yich nig-la.

הִתְעוֹרְרִי, הִתְעוֹרְרִי,
כִּי בָּא אֲוִרְךָ! קוּמִי, אֲוִרִי,
עוֹרִי עוֹרִי, שִׁיר דַּבְּרִי;
כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה.

Bo-i v'sha-lom, a-teh-ret ba-a-lah,
Gam b'sim-chah u-v'tzaw-haw-lah,
Toch eh-mu-nei am s'gu-lah,
Bo-i cha-lah! bo-i cha-lah!

בּוֹאִי בְּשָׁלוֹם עֲטֵרֶת בַּעֲלָהּ,
גַּם בְּשִׂמְחָה וּבְצִיָּהּ לָהּ,
תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ,
בּוֹאִי כָּלָה! בּוֹאִי כָּלָה!

PSALM 92 תהילים צב

A SONG TO THE SABBATH DAY

Tov l'ho-dot la-do-nai,
U-l'za-meir l'shim-cha el-yon...

טוֹב לְהַדוֹת לַיהוָה,
וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן.

On this, the day of days
My lips shall sing Your praise
For I know that You'll always be
Here surrounding me.

My spirit takes release
I close my eyes in peace
And from my soul heard far above
Springs a song of love.

I wish to understand
The wonders of Your hand,
For all the blessings that are mine,
Rise from Your design

ברכת שלום PEACE

Bless us with peace, O God,
*in our homes and in our hearts,
in our country and in all lands.*

May we, Your people Israel and all people,
here and everywhere,
live in peace.

We thank You, God, for the blessing of Peace.

בתר צלותא SILENT PRAYER

O-seh sha-lom bim'ro-mav,
Hu ya-a-seh sha-lom a-lei-nu v'al
Kawl yis-ra-eil, v'i-m'ru: a-mein.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

May God who causes peace to reign in the heavens let peace descend on us, on all Israel and all the world.
Amen.

MI SHEBEIRACH PRAYERS

FOR THE CAREGIVERS

May the One who blessed and led our ancestors be with those who provide help for the ill and troubled among us. May they be granted fortitude and courage, sympathy and compassion, as they give strength to those at their side. May they fight against despair and continue to find within themselves the will to reach out to those in need. And in their love of others, may they feel the blessings of community and faith in each hour of the day's passing.

FOR THE ILL AND THE DISTRESSED

May the One who blessed our ancestors, Sarah and Abraham, Rebecca and Isaac, Leah, Rachel, and Jacob bless... along with all those who are ill and afflicted among us. Grant insight to those who bring healing, courage, and faith to those who are sick and in anguish, love and strength to us and all who love them. God, let Your spirit rest upon all who are ill or in distress, and comfort them. May they and we soon know a time of complete healing, a healing of body and a renewal of spirit, and let us say: Amen.

Mi she-bei-rach a-vo-tei-nu מי שְׁבַרְךָ אֲבוֹתֵינוּ
M'kor ha-b'ra-chah l'i-mo-tei-nu מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ
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 she-bei-rach i-mo-tei-nu מי שְׁבַרְךָ אִמּוֹתֵינוּ
M'kor ha-b'ra-chah la-vo-tei-nu מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ
Bless those in need of healing
With רְפוּאָה שְׁלֵמָה *r'fu-ah sh'lei-mah*,
The renewal of body,
The renewal of spirit,
And let us say, *Amen*.

תפילה למשפחה FOR OUR FAMILIES

We thank You, O God, for our families and for what we mean and bring to one another. We are grateful for the bonds of loyalty and affection which sustain us, and which keep us close to one another no matter how far apart we may be.

We thank You for implanting within us a deep need for each other, and for giving us the capacity to love and to care.

Help us to be modest in our demands of one another, but generous in our giving to each other. May we never measure how much love or encouragement we offer; may we never count the times we forgive. Rather, may we always be grateful that we have one another and that we are able to express our love in acts of kindness.

Keep us gentle in our speech. When we offer words of criticism, may they be chosen with care and spoken softly. May we waste no opportunity to speak words of sympathy, of appreciation, of praise. Bless our families with health, happiness, and contentment. Above all, grant us the wisdom to build joyous and peaceful homes in which your spirit will always abide. Amen.

Sidney Greenberg, adapted

קדוש לערב השבת KIDDUSH FOR EREV SHABBAT

The seventh day is consecrated to the Eternal our God. With wine, our symbol of joy, we celebrate this day and its holiness. We give thanks for all our blessings, for life and health, for work and rest, for home and love and friendship. On Shabbat, eternal sign of creation, we remember that we are created in the divine image. We therefore lift the cup in thanksgiving:

Ba-ruch a-ta, Adonai
 Elo-hei-nu, me-lech ha-o-lam,
 bo-rei p'ri ha-ga-fen.
 Ba-ruch a-ta Adonai,
 Eh-lo-hei-nu meh-lech ha-o-lam,
 a-sher ki-d'sha-nu b'mitz-vo-tav
 v'ra-tza va-nu, v'Shabbat kod-sho
 b'a-ha-va u-v'ra-tzon hin-chi-la-nu,
 zi-ka-ron l'ma-a-sei v'rei-sheet.
 Ki hu yom t'chi-la
 l'mik-ra-ei ko-desh,
 zei-cher li-tzi-at Mitz-ra-yim.
 Ki va-nu va-char-ta v'o-ta-nu
 ki-dash-ta mi-kol ha-a-mim,
 v'Shabbat kod-sh'cha b'a-ha-va
 u-v'ra-tzon hin-chal-ta-nu.
 Ba-ruch a-ta Adonai, m'ka-deish ha-Shabbat.

בְּרוּךְ אַתָּה יי,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 בּוֹרֵא פְרֵי הַגֶּפֶן.
 בְּרוּךְ אַתָּה יי,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
 וְרָצָה בָּנוּ, וְשַׁבַּת קִדְּשׁוֹ
 בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
 זְכוֹרוֹן לְמַעֲשֵׂה בְרֵאשִׁית.
 כִּי הוּא יוֹם תְּחִלָּה
 לְמִקְרָאֵי קִדְּשׁ,
 זָכָר לִיצִיאַת מִצְרָיִם.
 כִּי־בָנוּ בְּחִרְתָּ וְאוֹתָנוּ
 קִדְּשָׁתָּ מִכָּל־הָעַמִּים,
 וְשַׁבַּת קִדְּשְׁךָ בְּאַהֲבָה
 וּבְרָצוֹן הִנְחַלְתָּנוּ.
 בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

We praise You, Eternal our God, Ruler of the universe, creator of the fruit of the vine.
 We praise You, Eternal our God, Ruler of the universe: You call us to holiness with the Mitzvah of Shabbat—
 a sign of Your love, a reminder of Your creative work, and of our liberation from Egyptian bondage—our day
 of days. On Shabbat especially, we hearken to Your call to serve You as a holy people. We praise You, O
 God, for the holiness of Shabbat.

REMEMBRANCE אִזְכָּרָה

In the rising of the sun and in its going down, we remember them.

In the blowing of the wind and in the chill of winter, we remember them.

In the opening of buds and in the rebirth of spring, we remember them.

In the blueness of the sky and in the warmth of summer, we remember them.

In the rustling of leaves and in the beauty of autumn, we remember them.

In the beginning of the year and when it ends, we remember them.

When we are weary and in need of strength, we remember them.

When we are lost and sick at heart, we remember them.

When we have joys we yearn to share, we remember them.

So long as we live, they too shall live, for they are now a part of us, as we remember them.

MOURNER'S KADDISH קדיש יתום

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba
b'al-ma di-v'ra chi-r'u-tei,
v'yam-lich mal-chu-tei
b'cha-yei-chon u-v'yo-mei-chon
u-v'cha-yei d'chawl beit Yis-ra-eil,
ba-a-ga-la u-vi-z'man ka-riv,
v'i-m'ru: A-mein.

Y'hei sh'mei ra-ba m'va-rach
l'a-lam u-l'al-mei al-ma-ya.

Yit-ba-rach v'yish-ta-bach,
v'yit-pa-ar v'yit-ro-mam v'yit-na-sei,
v'yit-ha-dar v'yit-a-leh v'yit-ha-lal
sh'mei d'kud'sha,

b'rich hu,

l'ei-la min kawl bir-cha-ta v'shi-ra-ta,
tush-b'cha-ta v'ne-che-ma-ta
da-a-mi-ran b'al-ma, v'i-m'ru: A-mein.

Y'hei sh'la-ma ra-ba min sh'ma-ya
v'cha-yim a-lei-nu v'al kawl Yis-ra-el,
v'im'ru: A-mein.

O-seh sha-lom bim'ro-mav,
hu ya-a-seh sha-lom a-lei-nu v'al
kawl Yis-ra-eil, v'i-m'ru: A-mein.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ,
וְנִמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח,
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקוּדְשָׁא,

בְּרִיךְ הוּא,

לְעָלְמָא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבְּחָתָא וְנִחְמָתָא
וְדַאמִירָן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא,
וְחַיִּים, עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל-יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

Let the glory of God be extolled, and God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel, and let us say: Amen. Let God's great name be blessed forever and ever. Beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say: Amen. For us and for all Israel, may the blessing of peace and the promise of life come true, and let us say: Amen. May the One who causes peace to reign in the high heavens, let peace descend on us, on all Israel, and all the world, and let us say: Amen.

CLOSING SONGS

עולם חסד יבנה OLAM CHESED YIBANEH

עולם חסד יבנה...

O-lam che-sed yi-ba-neh, dai dai dai dai dai (2x)

I will build this world from love, dai dai dai dai dai...

And you must build this world from love, dai dai dai dai dai...

And if we build this world from love, dai dai dai dai dai...

Then God will build this world from love, dai dai dai dai dai...

עוד יבוא שלום OD YAVO SHALOM

Od ya-vo sha-lom a-lei-nu 3x

V'al ku-lam,

Sa-lam a-lei-nu v'al ha-o-lam.

Sa-lam, sha-lom

Peace will yet come, for us and for all. Peace be upon us and on the whole world.

עוד יבוא שלום עלינו

ועל כלם,

שלום עלינו ועל העולם.

שלום, שלום.

אדון עולם ADON OLAM

A-don o-lam, a-sheer ma-lach,

B'te-rem kawli y'tzir niv-ra,

L'eit na-a-sah v'chef-tzo kol,

A-zai me-lech sh'mo nik-ra.

אדון עולם, אשר מלך,

בשרם כל-יציר נברא,

לעת נעשה בחפצו כל,

אזי מלך שמו נקרא.

V'a-cha-rei kich-lot ha-kol,

L'va-do yim-loch no-ra;

V'hu ha-yah, v'hu ho-veh,

V'hu yih'yeh b'tif-a-rah.

ואחרי ככלות הכל,

לבדו ימלוך נורא;

והוא היתה, והוא הנה,

והוא יהיה בתפארה.

V'hu e-chad, v'ein shei-ni,

L'ham-shil lo, l'hach-bi-rah,

B'li rei-shit, b'li tach-lit,

V'lo ha-oz v'ha-mis-rah.

והוא אחד, ואין שני,

להמשיל לו, להחבירה,

בלי ראשית, בלי תכלית,

ולו העז והמשרה.

V'hu ei-li, v'chai go-a-li,

V'tzur chev-li b'eit tza-rah,

והוא אלי, וחי גואלי,

וצור חבלי בעת צרה,

V'hu ni-si u-ma-nos li,
M'nat ko-si b'yom ek-ra.

וְהוּא נְסִי וּמְנוּס לִי,
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.

B'ya-do af-kid ru-chi,
B'eit i-shan v'a-i-rah,
V'im ru-chi g'vi-ya-ti;
A-do-nai li, v'lo i-ra.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאֶעֱרָה,
וְעַם רוּחִי גְוִיֹּתִי;
יִי לִי, וְלֹא אֵירָא.

Eternal God, You reigned before any being had been created; when all was done according to Your will, already then you held sway. And after all has ceased to be, still will You reign in solitary majesty. You were, You are, You will be in glory. And You are One; none other can compare to You, or consort with You; You are without beginning, without end; Yours alone are power and dominion. And You are my God, my living Redeemer, my Rock in time of trouble and distress; You are my banner and my refuge, my benefactor when I call on You. Into Your hands I entrust my spirit, when I sleep and when I wake; my body also: You are with me, I shall not fear.

BENEDICTION

Y'va-re-che-cha A-do-nai v'yish-m're-cha

Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-cha

Yi-sa A-do-nai pa-nav ei-le-cha v'ya-seim l'cha sha-lom.

יְבָרְכֶךָ יי וַיְשַׁמְרֶךָ
יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְךָ
יֵשֵׂא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם.

May God bless you and keep you.

May God's light shine upon you and may God be gracious to you.

May God look upon you with favor and grant you peace.

FOR BREAD

Ba-ruch a-ta, A-do-nai

E-lo-hei-nu, me-lech ha-o-lam,

ha-mo-tzi le-chem min ha-a-retz.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמוֹצֵיא לֶחֶם מִן הָאָרֶץ.

We praise You, Eternal our God, Ruler of the universe for the bread You bring forth from the earth.