



# úáùì øǎěň

**Siddur for Shabbat**





úáùì øǎéñ

**Siddur for Shabbat**

David Singer, Editor

Berkeley Hillel  
5763 ♦ 2003



# Contents

Preface	iv
On Usage	v
Shabbat Evening Service	1
Shabbat Morning Service	43
Havdalah	95
Supplementary Prayers	97
Songs	103

## Preface

This *siddur* was first created by the Reform *minyan* at UC Berkeley, California in the spring of 2003.

In deciding to compile this *siddur*, students embarked on an ambitious process: how could they best combine over twenty distinct creative service packets into one inclusive and comprehensive *siddur* which would suit the needs of the Berkeley Reform Jewish community's prayer in all circumstances for years to come? Further, the prayer service, while in need of energy and creativity, was also worthy of respect and in due need of a certain amount of structure which service packets could not provide.

It is our hope that this *siddur* meets that need, and accordingly that it can and will be used for *Erev* and *Shacharit* Shabbat and Havdalah services as well as song sessions. Further, it is our hope that this *siddur* will help to meet the same need in other youth and young adult *minyanim* for years to come.

We thank the many people who have helped to make this *siddur* a reality, especially to those who spent countless hours compiling and editing. To David Singer, Melissa Loeffler, Jill Cozen-Harel, Becky Gimbel, David Abraham and Athalia Markowitz special thanks are due.

The original printing of this *siddur* would not be possible if not for the generous financial support provided by Temple Beth El of Berkeley, CA.

## On Usage

This *siddur* is laid out to maximize the variations available to the service leader in choosing how he or she may like to lead a given service. Given the complexities of the layout, an explanation on usage is in order:

On the right-hand page all prayers, songs and Hebrew passages can be found.

A box surrounding prayers will denote that it is particular to festivals or Rosh Chodesh. The holiday will be noted in bold print at the top of the box.

Transliteration will be found alongside all Hebrew songs and prayers in this font.

*Below all Hebrew liturgies a translation of the text will be provided in this italicized font. All translations have been printed in a gender-sensitive fashion according to the standards set in the CCAR's "Gates of Prayer" 1992 printing.*

The left-hand pages serve to explain prayers and provide related quotes, stories and English-language prayers. All passages in this type-font are meant as supplemental readings to the regular service which may be read out loud or to one's self.

These boxes serve to explain the liturgy found throughout the *siddur*. They provide explanations about certain prayers, and explain why certain sections in this *siddur* may be different from other prayer books.

Welcoming Shabbat שַׁבָּת וְיָאָהֳבָה

Hiney Mah Tov

Hiney mah-tov umah-na'im  
shevet achim gam-yachad.

הִנֵּה-מָה טוֹב וְיָאָהֳבָה

הִנֵּה מַה-טוֹב וְיָאָהֳבָה  
שֵׁבֶת אַחִים גַּם-יַחַד.

*How good it is, and how pleasant when we dwell together in unity. (Psalm 133:1)*

Candle Blessing

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, asher kid'shanu b'mitzvotav  
v'tzivanu l'hadlik ner shel Shabbat.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ

הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

*Blessed are You, Adonai our God, Ruler of the universe, who hallows us with mitzvot,  
and commands us to kindle the lights of Shabbat.*

Lo Yisa Goy

Lo yisa goy el goy cherev,  
Lo yil'm'du od milchama.

לֹא יִשָּׂא גּוֹי

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב,  
לֹא יִלְמְדוּ עוֹד מִלְחָמָה.

*Nation shall not lift sword against nation,  
nor ever again shall they learn war any more (Isaiah 2:4).*



Traditionally, six psalms, the ancient songs of the Temple, are recited during *Kabbalat Shabbat*, then *L'cha Dodi*, and then two more psalms, before entering into the basic evening service. Here, we may additionally insert modern songs and melodies to spiritually prepare us for prayer.



As these Shabbat candles give light to all who behold them,  
So may we, by our lives, give light to all who behold us.  
As their brightness reminds us of the generations of  
Israel who have kindled light,  
So may we, in our own day, be among those who kindle light.



These lights are only flickering flames.  
Yet flames illumine our uncertain steps.  
Flames purify and renew, soften and refine;  
they brighten and make warm.  
Flames remind us of Sabbaths long past,  
and of their beauty that delighted our hearts.  
May they inspire us to work for the Great Sabbath of peace.

## Yedid Nefesh

Yedid nefesh av harachaman  
m'shoch avd'cha el r'tzonecha.  
Yarutz avdecha k'mo ayal yishtachaveh  
el mul hadarecha. Ki ye'erav lo  
y'didut'cha minofet tzuf v'kol ta'am.

Hadur na'eh ziv ha'olam naf'shi cholat  
ahavatach. Ana eil na, r'fa na lah, b'harot  
lah no'am zivach. Az tit'chazek v'ti'trapeh,  
vhayitah lah shifchat olam.

Vatik yehemu na rachamecha, v'chus  
na al bein ohavach. Ki zeh kamah  
nich'sof nich'saf lir'ot b'tiferet uzach.  
Ana eili, machmad libi, chushah na,  
v'al tit'alam.

Higa'lei na uf'ros chaviv alai, et sukat  
sh'lomach. Tair eretz mik'vodach, nagila  
v'nis'm'chah bach. Maheir ahuv ki va  
mo'eid, v'chaneini kimei olam.

*Beloved of the soul, loving God, gentle source of compassion, take my disposition and shape it to Your will. Like a darting deer will I rush to You. Before Your glorious presence I will bow. Let Your sweet love delight me with its thrill, for it is sweeter than the dripping of honeycomb, better than any taste. How splendid is Your light, illuminating the world. My soul is weary, yearning for Your love. O Please, good God, do heal her and show her to Your face, so my soul can feel the pleasure of Your presence and bathe in Your grace. She will find strength and healing in Your sight, eternal gladness will be hers. What mercy is aroused in You since days of old, My God! Be kind to me, Your beloved child, for with deep and endless longing do I yearn to see the splendor of Your embrace. To see my light in Your light, basking in Your grace. This is my heart's desire. Do not hold back Your mercy, please do not hide your light. Reveal yourself, Beloved. Spread over me your canopy of peace. Illumine the world with Your glory that all the earth may rejoice in Your light. We will celebrate You in joyous song and dance. Rush, my Love, and be bold, for the time for love has come. Let Your gentle favor grace us as in days of old. (Eliezer Azikri, 16th Century)*

## אָלעס וואָס איז גוט

יְדִיד נֶפֶשׁ אָב הַרַחֲמָן מְשׁוֹךְ  
עֲבָדְךָ אֶל רְצוֹנְךָ. יִרְוץ עֲבָדְךָ כְּמוֹ  
אֵיל יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרָךְ.  
כִּי יַעֲרֹב לוֹ יְדִידוּתְךָ מִנֹּפֶת צוּף  
וְכָל טַעַם.

הַדּוּר נָאֵה זִיו הָעוֹלָם. נַפְשִׁי חוֹלֵת  
אֲהַבָתְךָ. אֲנִי אֵל נָא רַפָּא נָא לָהּ.  
בְּהָרֹאוֹת לָהּ נֵעֵם זִיוְךָ אֲז תִּתְחַזֵּק  
וְתִתְרַפָּא. וְהִיְתָה לָהּ שְׂפַחַת עוֹלָם.

וְתִיק יִהְיֶמוּ נָא רַחֲמֶיךָ. וְחוּס נָא  
עַל בֵּין אוֹהֲבֶיךָ. כִּי זֶה כְּמָה גִּכְסִיךָ  
גִּכְסִיךָ לְרֹאוֹת בְּתַפְאֶרֶת עֲזוּךָ.  
אֲנִי אֵלִי מַחְמַד לִבִּי חוּשָׁה נָא.  
וְאַל תִּתְעַלֵּם.

הַגִּילָה נָא וּפְרוֹשׁ חֲבִיב עָלַי. אֶת־  
סִכַּת שְׁלוֹמְךָ. תֹּאִיר אֶרֶץ מִכְבֹּדְךָ.  
גִּילָה וְנִשְׁמָחָה בְּךָ מֵהֵרָ. אֲהוּב.  
כִּי בָא מוֹעֵד. וְחֲנֹנִי כִימֵי עוֹלָם.

We Praise you, Eternal One, Sovereign of the universe: You hallow us with Mitzvot, and command us to kindle the lights of Shabbat.

*May we be blessed with Shabbat Joy. Amen.*

*May we be blessed with Shabbat Peace. Amen.*

*May we be blessed with Shabbat Light. Amen.*

Our ancestors hallowed in the Sabbath day. In dark times it was refuge for them, and in times of prosperity, it gave them rest and joy. Steadfast in their faith, they bequeathed it to us.

We give thanks, therefore, for our community, where we find rest from the day's work, and refuge from our cares. May it be warm with love and companionship; may our joys be heightened and our sorrows softened by the love we give and receive.



Bless Adonai  
who spins day into dusk  
with wisdom watch the dawn gates open  
with understanding let time and seasons come and go;  
with awe perceive the stars in lawful orbit,  
morning dawns evening darkens  
darkness and light yielding  
one to the other  
yet each distinguished and unique.

Marvel at Life!  
Strive to know its ways!  
Seek Wisdom and Truth,  
the gateways to Life's mysteries!

Wondrous indeed  
it is the evening twilight.  
- Rabbi Rami M. Shapiro

L'Chu N'ranena (Psalm 95)

L'chu n'rane'na la'Adonai, na'riya l'tzur  
yishaenu. N'kadma fanav b'todah,  
bi'zmirot nariyah lo. Ki ail gadol Adonai,  
umelech gadol al kol elohim. Asher  
b'yado mech'k'rei aretz, v'to'afot harim lo.  
Asher lo hayam v'Hu asahu, v'yabeshet  
yadav ya'tzaru. Bo'u nistachaveh  
v'nichra'a, niv'rcha lifnei Adonai oseinu.  
Ki Hu Eloheinu v'anachnu am marito  
v'tzon yado: ha'yom im-b'kolo tishma'u!

*Come let us sing to the Eternal One, let our song ring to our sheltering Rock. Let us come before God with thanksgiving, our voices loud with song. For great are You, Eternal One, high above the gods that are worshipped. In Your hands are the depths of the earth; You are the mountain peaks. You made the sea, it is Yours; the dry land is the work of Your hands. You are our God and our Shepherd; we are Your people and Your flock: If only today we would listen to Your voice!*

Shiru l'Adonai (Psalm 96)

Shiru ladonai shir chadash, shiru ladonai  
kol-ha'aretz! Shiru l'Adonai bar'chu  
sh'mo, bas'ru m'yom l'yom y'shuato.  
Sapru vagoyim k'vodo, b'chol ha'amim  
nif'l'otav. Ki gadol adonai um'hulal m'od,  
Norah hu al kol elohim. Ki kol elohei  
ha'amim elilim, Va'adonai shamayim asa.  
Hod v'hadar l'fanav, Oz v'tiferet  
b'mikdasho. Havu l'adonai mish'p'chot  
amim, Havu l'adonai kavod va'oz. Havu  
l'adonai k'vod sh'mo, Se'u mincha u'vo'u  
l'chatzrotav. Hishtachavu l'adonai  
b'hadrat kodesh, chilu mipanav kol  
ha'aretz. Imru vagoyim Adonai malach,  
af tikon tevel bal timot, yadin amim  
b'meisharim. Yism'chu hashamayim  
v'tagel ha'aretz, yiram hayam um'lo'o.

āāāāāā

לְכוּ בְרִנָּה לַיהוָה. בְּרִיעָה לְצוּר  
יִשְׁעֵנוּ. נִקְדָּמָה פָּנֵינוּ בְּתוֹדָה.  
בְּזִמְרוֹת בְּרִיעַ לוֹ. כִּי אֵל גָּדוֹל יְהוָה.  
וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים. אֲשֶׁר  
בְּיָדוֹ מַחְקֵי אָרֶץ. וְתוֹעֲפוֹת הָרִים לוֹ.  
אֲשֶׁר לוֹ הַיָּם וְהוּא עָשָׂהוּ. וַיַּבֶּשֶׁת  
יָדָיו יָצְרוּ. בָּאוּ נִשְׁתַּחֲוִה וְנִכְרַעָה.  
נִבְרָכָה לִפְנֵי יְהוָה עַשְׂנוּ. כִּי הוּא  
אֱלֹהֵינוּ וְאֶנְחֵנוּ עִם מַרְעִיתוֹ וְצֹאֵן  
יָדוֹ: הַיּוֹם אִם-בְּקֻלּוֹ תִשְׁמָעוּ!

āāāā āāā

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ. שִׁירוּ  
לַיהוָה כָּל-הָאָרֶץ! שִׁירוּ לַיהוָה בְּרִכּוֹ  
שְׁמוֹ. בַּשָּׁר וּבַיּוֹם-לְיוֹם יִשׁוּעָתוֹ.  
סַפְּרוּ בְּגוֹיִם כְּבוֹדוֹ. בְּכָל הָעַמִּים  
נִפְלְאוֹתָיו. כִּי גָדוֹל יְהוָה וּמְהֻלָּל  
מְאֹד. נוֹרָא הוּא עַל כָּל אֱלֹהִים.  
כִּי כָּל אֱלֹהֵי הָעַמִּים אֱלִילִים. וַיְהוָה  
שֹׁמֵם עָשָׂה. הוֹד וְהִדָּר לִפְנֵינוּ. עַז  
וְתִפְאֶרֶת בְּמִקְדָּשׁוֹ. הָבוּ לַיהוָה  
מִשְׁפָּחוֹת עַמִּים. הָבוּ לַיהוָה כְּבוֹד  
וְעַז. הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ. שְׂאוּ  
מִנְחָה וּבָאוּ לַחֲצֹרוֹתָיו. הִשְׁתַּחֲוּ  
לַיהוָה בְּהִדְרַת קִדְשׁ. חִילוּ מִפְּנֵי כָּל  
הָאָרֶץ. אָמְרוּ בְּגוֹיִם יְהוָה מֶלֶךְ. אֲף  
תִּכּוֹן תִּבֵּל בֹּל תִּמּוֹט. יַדִּין עַמִּים  
בְּמִישָׁרִים. יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל  
הָאָרֶץ. יִרְעֹם הָיָם וּמָלְאוּ. יַעֲלֶז שָׂדֵי

“Time is the presence of God in the world of space, and it within time that we are able to sense the unity of all beings.”

- *Abraham Joshua Heshel*



I am a Jew because the faith of Israel demands of me no abdication of the mind.  
I am a Jew because the faith of Israel requires of me all the devotion of my heart.  
I am a Jew because at every time of despair, the Jew hopes.  
I am a Jew because the word of Israel is the oldest and the newest.  
I am a Jew because, for Israel, the world is not completed: we are completing it.  
I am a Jew because, for Israel, humanity is not created: we are creating it.  
I am a Jew because Israel places humanity and its unity above the nations and above Israel itself.  
I am a Jew because, above humanity, image of the divine unity, Israel places the unity which is divine.



A heathen once came before the sage Shammai. He said to him: “I will convert to Judaism if you will teach me all of the Torah while I stand on one foot.”

Shammai pushed the man away with the builder’s measure he held in his hand. The man came before Hillel and repeated his request.

Hillel said to him: “What is hateful to you do not do to your neighbor. That is the whole Torah. The rest is commentary – go and learn it.”

- *Tractate Shabbat*

Ya'aloz sadai v'chol asher bo, az yarn'nu  
kol atsei ya'ar. Lifnei Adonai ki va, ki va  
lishpot ha'arezt, yishpot tevel b'tzedek,  
v'amim b'emunato.

וְכָל אֲשֶׁר בּוֹ, אֲזִי יִרְנְנוּ כָּל עַצְמֵי יֵעָר.  
לִפְנֵי יְהוָה כִּי בָא, כִּי בָא לְשֹׁפֵט  
הָאָרֶץ. יִשְׁפֹּט תֵּבֵל בְּצֶדֶק, וְעַמִּים  
בְּאֱמוּנָתוֹ.

*Sing unto God a new song, and all the Earth will sing to the Eternal One! Sing to the Eternal One;  
Bless God's name; Tell of God's power from day to day. Declare God's glory among the nations  
and God's wonders among the peoples. For great is the Eternal One, beyond all praise; awesome,  
far above the gods that are worshipped. The other gods are but idols, but You, the Eternal One,  
made the heavens. Honor and beauty attend you, strength and splendor are in Your presence.  
Honor the Eternal One, all races and peoples. Acknowledge the Eternal One's glory and might.*

## Adonai Malach (Psalm 97)

Adonai malach tageil ha'arezt, yism'chu  
i'im rabim. Anan va'arafel s'vivav tzedek  
umish'pat m'chon kiso. Eish l'fanav  
teileich, ut'laheit saviv tzarav. He'i'iru  
b'rakav teveil, ra'ata va'tacheil ha'arezt.  
Ha'rim ca'donag namasu mili-fnei  
Adonai, milifnei adon kol ha'arezt. Higidu  
hashamayim tzid'ko, v'rau chol ha'amim  
k'vodo. Shamah vatis'mach tzion, vatag-  
elna b'not Y'hudah, l'ma'an mishpatecha,  
Adonai. Ki Ata, Adonai, elyon al-kol-  
ha'arezt: m'od na'aleita al-kol-elohim.  
Ohavei Adonai shinu ra, sho-mer nafshot  
chasedav, miyad r'sha'im yatsilem.

Or zaruah la'tzadik, ul'yishrei leiv simcha.  
Simchu tzadikim ba'Adonai, v'hodu  
l'zeicher kadsho.

יְהוָה מֶלֶךְ תִּגַּל הָאָרֶץ. יִשְׁמְחוּ  
אִיִּים רַבִּים. עָנָן וְעָרַפֶּל סְבִיבָיו.  
צֶדֶק וּמִשְׁפָּט מְכוֹן כְּסֹאוֹ. אֵשׁ לִפְנֵי  
תֵּלָהּ, וְתִלְהֵט סְבִיב צָרָיו. הָאִירוּ  
בְּרָקָיו תֵּבֵל, רָאֵתָה וַתַּחַל הָאָרֶץ. הָרִים  
כִּדְוֹנָה נִמְסּוּ מִלִּפְנֵי יְהוָה, מִלִּפְנֵי אֲדוֹן  
כָּל הָאָרֶץ. הִגִּידוּ הַשָּׁמַיִם צֶדֶקוֹ, וְרָאוּ  
כָּל הָעַמִּים כְּבוֹדוֹ. שָׁמְעָה וַתִּשְׂמַח  
צִיּוֹן. וַתִּגְלֶנָּה בְּנוֹת יְהוּדָה. לְמַעַן  
מִשְׁפָּטֶיךָ, יְהוָה. כִּי-אַתָּה, יְהוָה  
עֲלִיּוֹן עַל-כָּל-הָאָרֶץ. מָאֵד נִעְלִית  
עַל-כָּל-אֱלֹהִים. אֲהַבִּי יְהוָה שִׁנְאוֹ  
רָע, שֹׁמֵר נַפְשׁוֹת חֹסֵדָיו, מִיַּד  
רָשָׁעִים יִצִּילֵם.

אוֹר זָרָע לַצַּדִּיק, וּלְיֹשְׁרֵי לֵב שִׂמְחָה.  
שִׂמְחוּ צַדִּיקִים בַּיהוָה, וְהוֹדוּ לְזִכְרֹ  
קְדֻשּׁוֹ.

*The Eternal One reigns; let the earth rejoice, let the many isles be glad. Clouds and mist surround  
You; right and justice are the foundation of Your throne. The heavens tell of Your righteousness;  
the peoples witness Your glory. Zion hears and is glad; the cities of Judah rejoice, O God, over  
Your judgments. For You are supreme over all the earth; You are exalted far above all gods that  
are worshipped. O Lovers of God, despise evil. God guards the lives of God's devout ones, from the  
hand of the wicked God rescues them. Light dawns for the righteous, gladness for the upright in  
heart. Let the righteous rejoice in You, and give thanks to Your holy name.*

When the great Israel Baal Shem-Tov saw misfortune threatening the Jews, it was his custom to go into a certain part of the forest to meditate. There he would light a fire, say a special prayer and the miracle would be accomplished and the misfortune averted. Later, when his disciple, the celebrated Magid of Mezritch, had occasion, for the same reason, to intercede with heaven, he would go to the same place in the forest and say:

“Master of the Universe, listen! I do not know how to light a fire, but I am still able to say the prayer,” and again, the miracle would be accomplished.

Then it fell to Rabbi Israel of Rizhyn to overcome misfortune. Sitting in his armchair, his head in his hands, he spoke to God: “I am unable to light the fire and I do not know the prayer. I cannot even find the place in the forest. All I can do is tell the story, and this must be sufficient.” And it was sufficient.

We each pray to God in our own special way, overcoming any physical and mental boundaries preventing our prayers from being answered. Our encounters with God are as individual as each of us.

- Janice Elster



I am the world.  
Not separate or apart,  
Not one among many,  
But many within One.

I am the world  
Birthing and dying,  
Growing young  
And growing old.

I am the world  
Capable of sustaining  
All who need me,  
If I would but give myself away.

Mizmor Shiru (Psalm 98)

Mizmor. Shiru l'Adonai shir chadash, ki nifla'ot asa. Hodia Adonai yishuato, l'einei hagoyim gila tzid'kato. Zachar chasdo ve-emunato l'veit Yisrael. Ra'u chol afsei aretz et yishu'at Eloheinu. Hariu l'Adonai kol ha'aretz, pitz'chu ve'ran'nu vezameru. Bachatzotzrot v'kol shofar, Hariu lifnei hamelech Adonai. Yiram hayam umlo'o, teivel v'yosh'vei vah. N'harot yimcha'u chaf, Yachad harim yeraneinu. Lifnei Adonai ki va lish'pot ha'aretz, Yish'pot teivel b'tzedek, v'amim b'meisharim.

ⲙⲓⲙⲟⲣ ⲥⲓⲣⲱ

מִזְמוֹר. שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ. כִּי נִפְלְאוֹת עָשָׂה. הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ. לְעֵינֵי הַגּוֹיִם גִּלָּה צְדָקָתוֹ. זָכַר חַסְדּוֹ וְאֱמוּנָתוֹ לְבֵית יִשְׂרָאֵל. רָאוּ כֹל אַפְסֵי אֶרֶץ אֶת יְשׁוּעַת אֱלֹהֵינוּ. הֲרִיעוּ לַיהוָה כָּל הָאֶרֶץ. פִּצְחוּ וְרַנְנוּ וְזָמְרוּ. בַּחֲצֹצְרוֹת וְקוֹל שׁוֹפָר. הֲרִיעוּ לִפְנֵי הַמֶּלֶךְ יְהוָה. יִרְעַם הַיָּם וּמַלְאוּ תְהוֹם וַיִּשְׁבִּי בָהּ: נְהָרוֹת יִמְחֲאוּ כַף. יַחַד הָרִים יִרְנְנוּ. לִפְנֵי יְהוָה כִּי בָא לְשַׁפֵּט הָאֶרֶץ. יִשְׁפֹּט תְהוֹם בְּצִדָּק וְעַמִּים בְּמִישָׁרִים.

*Sing a new song to our God, who has done wonders. You have made known Your power and revealed Your justice for all to see. You have remembered Your love and faithfulness to the house of Israel. All the ends of the Earth have seen the power of God. Let the earth ring out in song to God; break forth, sing aloud, shout praise! Sound trumpet and horn before the Sovereign God. Let the sea roar and all that fills it, the world and all who dwell there. Let the rivers clap hands! Let all the mountains sing for joy before the Eternal One. For God comes to rule the earth: To rule the world with justice and the peoples with righteousness.*

Adonai Malach (Psalm 99)

Adonai malach yirg'zu amim, yoshev k'ruvim, tanut ha'aretz. Adonai b'tzion gadol, v'ram hu al kol ha'amim. Yodu shimcha: gadol v'nora kadosh Hu. V'oz melech, mish'pat ahev Atah konan'ta meisharim, Mish'pat utz'dakah b'Yaakov atah asita. Romemu Adonai Eloheinu, v'hish'tachavu l'har kad'sho, ki kadosh Adonai Eloheinu.

ⲁⲓ ⲓ ⲁⲕⲁⲉ

יְהוָה מֶלֶךְ יִרְגְּזוּ עַמִּים. יוֹשֵׁב כְּרוּבִים תִּנּוּט הָאֶרֶץ. יְהוָה בְּצִיּוֹן גָּדוֹל. וְרָם הוּא עַל כָּל הָעַמִּים. יוֹדוּ שִׁמְךָ: גָּדוֹל וְנוֹרָא קְדוֹשׁ הוּא. וְעַז מֶלֶךְ מִשְׁפָּט אָהֵב. אַתָּה כּוֹנֵנֵת מִישָׁרִים. מִשְׁפָּט וְצִדָּקָה בִּיעָקֵב אַתָּה עֲשִׂיתָ. רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קָדְשׁוֹ. כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ.

*The Eternal One reigns: let the peoples quake with awe; God sits enthroned, and the earth trembles. You are exalted in Zion, Eternal One, high above the peoples. Let them praise your name, great, awesome, and holy. Your power, O Sovereign God, is in Your love of justice. You make righteousness stand firm; justice and right take root in Jacob. We will exalt You, our Eternal God, and worship at your holy mountain for our Eternal God is holy.*



Listening comes hard to us.  
Loving comes hard to us,  
We can sing and read and look,  
Taste and smell and touch,  
But listening comes hard to us.  
Loving does, too.

Other people's joy and tragedy  
Enter our minds,  
But listening to the person behind the joy,  
Letting in the person underneath the tragedy,  
That takes hard concentration,  
A strong will.  
That takes God.

God is to listen.  
God is to be listened for.

The world looks the same,  
The people all around us look the same,  
But underneath the ordinary  
Is a special quiet which we cannot see.  
We have to listen.



Alone I marvel at the evening sky  
Gold caressing blue, blue caressing dark.

Here in prayer  
I need to see Your hand behind the sky  
Your creative words once more forming light in darkness  
I need to see the care with which You carved the moon, the stars  
Which make of fearful darkness nurturing night.  
The mixture that brings evening forth from day  
Morning from night has been shaped,  
Like Adam from the earth,

By You.  
You who mixes in the evening,  
You are praised.

Mizmor L'David (Psalm 29)

ṭāāī ṭā ā

Miz'mor l'David: Havu la'Adonai, b'nei  
eilim, Havu la'Adonai kavod va'oz. Havu  
la'Adonai k'vod shemo, Hish'tachavu  
la'Adonai b'had'rat kodesh.

מִזְמוֹר לְדָוִד: הָבוּ לַיהוָה בְּנֵי  
אֱלִים. לַיהוָה כְּבוֹד וְעֹז. הָבוּ  
לַיהוָה כְּבוֹד שְׁמוֹ. הִשְׁתַּחֲוּוּ לַיהוָה  
בְּהַדְרַת קֹדֶשׁ.

Kol Adonai al hamayim. Eil ha'kavod  
hir'im. Adonai al-mayim rabim. Kol Adonai  
bakoach, kol Adonai b'hadar, kol Adonai  
shoveir arazim, vayeshaber Adonai et  
ar'zei hal'vanon. Vayar'kidem k'mo egel  
l'vanon v'sir'yon k'mo ven, r'eimim.

קוֹל יְהוָה עַל הַמַּיִם! אֵל-הַכְּבוֹד  
הַרְעִים! יְהוָה עַל-מַיִם רַבִּים! קוֹל  
יְהוָה בַּכֹּחַ. קוֹל יְהוָה בְּהַדָּר. קוֹל  
יְהוָה שֹׁכֵר אַרְזִים. וַיִּשְׁבֹּר יְהוָה  
אֶת-אֲרָזֵי הַלְבָנוֹן. וַיַּרְקִידֵם כְּמוֹ-  
עֵגֶל לְבָנוֹן. וַיִּשְׂרִיץ כְּמוֹ בֶן-רְאֵמִים.

Kol Adonai chotzeiv lahavot eish; Kol  
Adonai yachil mid'bar; Yachil Adonai  
mid'bar kadash; Kol Adonai y'choleil ayalot,  
Vayechesof y'arot, uv'heichalo Kulo omeir:  
kavod.

קוֹל יְהוָה חֹצֵב לַהַבּוֹת אֵשׁ: קוֹל  
יְהוָה יַחֲלִי מִדְבָּר: יַחֲלִי יְהוָה מִדְבָּר  
קֹדֶשׁ: קוֹל יְהוָה יַחֲלִיל אַיָּלוֹת.  
וַיַּחֲשׁוּף יַעְרוֹת. וּבְהִיכָלוֹ כָּלוּ אֲמָר  
כְּבוֹד.

Adonai, lamabul yashav, vayeishev Adonai  
melech l'olam. Adonai oz l'amo yitein,  
Adonai yivareich et amo vashalom.

יְהוָה לַמַּבּוּל יָשָׁב. וַיַּיֶּשֶׁב יְהוָה  
מֶלֶךְ לְעוֹלָם. יְהוָה עֹז לְעַמּוֹ יִתֵּן.  
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

*Praised is the Eternal One, God of all celestial beings, God of honor and strength. Praise the  
Eternal One, whose name is great; we worship our God in the beauty of holiness. The Eternal's  
voice is heard above all the waters! The glory of God thunders through all the earth! The voice of  
God is majestic and powerful. It blows the winds that move the trees of the Earth. It kindles the  
flames that light our fires And it shakes the sands of the earth's deserts. Your voice, O God, is  
mighty and awesome. We heed the glorious sound that is the Almighty One. O Eternal One, You  
reign in the heavens; You give strength to Your people. And you bless your people with peace.*

O God, where can I find you? Your glory fills the world.  
Behold, I find You in the mind free to sail by its own star,  
In words that spring from the depth of truth,  
Where a scientist toils to unravel Your world's secrets,  
Where an artist makes beauty in Your world,  
Where men and women struggle for freedom,  
Among the lonely and the poor, the lowly and the lost.  
Wherever noble deeds are done.

I find You  
In the merry shouts of children at play.  
In the mother's lullaby, as she rocks her baby to sleep,  
In the sleep that falls on an infant's eyes,  
In the smile that falls on sleeping lips,  
And in the child as she grows to embrace a world of wonders,  
A world of fun and light, of laughter, dreams, radiance, and love.



These quiet moments of Shabbat open my soul. Blessed with another week of life, I give thanks to God who creates and sustains us.

For all the good I have known during the days that have passed, I am very grateful. I know I have not always responded with my best effort, but often I did earnestly try. I have tried to give my family love and devotion, and I pray that I may grow more loving as the years pass.

Even as I regret my weakness, I rejoice in my accomplishments. Let these achievements, Oh God, lead to many others. May I be blessed on each Shabbat with the sense of having grown in goodness and compassion. There have been times when I endeavored to help those in need. Now I ask only that I may be able to do yet more. Let my actions testify to my worth as Your partner in creation; more and more let me find my life's meaning in working with others to bless our lives by making this a better world.

## L'cha Dodi

L'cha dodi likrat kalah, p'nei  
Shabbat n'kab'lah.

Shamor v'zachor b'dibur echad,  
Hishmianu El ham'yuchad;  
Adonai echad, ush'mo echad,  
L'sheim ul-tif'eret v'lit'hilah.

Lik'rat Shabbat l'chu v'neil'chah,  
Ki hi m'kor hab'rachah  
Meirosh mikedem n'suchah,  
Sof ma'aseh b'machashava t'chila.

Mikdash melech ir m'lucha,  
Kumi tz'i mitoch ha'hafecha  
Rav lach shevet b'eimek ha'bacha,  
V'Hu yachamol alai'yich chemla.

Hit'na'ari mei'afar kumi,  
Livshi bigdei tifarteich ami,  
Al yad ben yishai beit halachmi,  
Karva el nafshi g'ala.

Hitor'ri, hitor'ri,  
Ki va oreich! Kumi ori  
Uri uri, shir dabeiri;  
K'vod Adonai alayich niglah.

Lo teivoshi v'lo tikalmi,  
Ma tish'tocha'hi u'ma tehemmi,  
Bach yechesu ani'yei ami,  
V'nivneta ir al tila.

## עֲאֵי אֵלִי

לָכָה דוּדִי לְקִרְאָת כָּלָה.  
פָּנִי שַׁבָּת נִקְבְּלָה.

שָׁמֹר וְזָכוֹר בְּדִבּוּר אֶחָד,  
הִשְׁמִיעֵנוּ אֶל הַמְיֻחָד.  
יְיָ אֶחָד, וּשְׁמוֹ אֶחָד,  
לְשֵׁם וּלְתַפְאֶרֶת וּלְתִהְיֶינָהּ.

לְקִרְאָת שַׁבָּת לָכוּ וְנִגְלָה.  
כִּי הִיא מְקוֹר הַבְּרָכָה.  
מֵרֵאשׁ מִקְדָּם נְסוּכָה,  
סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.

מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה.  
קוּמִי צְאִי מִתּוֹךְ הַחִפְכָּה.  
רַב לָךְ שַׁבָּת בְּעֶמְק הַבְּכָא,  
וְהוּא יַחֲמוֹל עָלֶיךָ חֲמָלָה.

הִתְנַעַרִי מֵעַפְר קוּמִי,  
לְבָשִׁי בְּגָדֵי תִפְאֶרֶתְךָ עָמִי.  
עַל יָד בֶּן יִשִּׁי בֵּית הַלַּחְמִי,  
קִרְבָּה אֶל נַפְשִׁי גָאֻלָּה.

הִתְעוֹרְרִי הִתְעוֹרְרִי,  
כִּי בָּא אוֹרְךָ-קוּמִי אוֹרִי.  
עוֹרִי עוֹרִי שִׁיר דְּבָרִי,  
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי,  
מָה תִשְׁתַּחֲוִי וּמָה תִּהְמִי.  
בְּךָ יִחְסוּ עַגְיֵי עָמִי,  
וְנִבְנְתָה עִיר עַל תִּלָּה.

A 16<sup>th</sup> Century mystical poem by Shlomo Halevi Alkabetz of Safed, sung to welcome the Sabbath Bride, *L'cha Dodi* acts to link the ordinary weekday to the holy Sabbath. During the last verse we rise and welcome the Sabbath, described here as a bride, into our lives as if we, the Jewish people, are her groom on her wedding day.



When I was young, I asked my father, “If you don’t believe in God, why do you go to the synagogue so regularly?” My father answered, “Jews go to synagogue for all kinds of reasons. My friend Garfinkle goes to synagogue to talk to God. I go to talk to Garfinkle.”

- *Harry Golden*



God, help us to make this new Shabbat.  
After noise, we seek quiet;  
After crowds of indifferent strangers,  
We seek to touch those we love;  
After concentration on work and responsibility,  
We seek freedom to meditate, to listen to our inward selves.  
We open our eyes to the hidden beauties  
and the infinite possibilities in the world You are creating;  
We break open the gates of the reservoirs  
of goodness and kindness in ourselves and in others;  
We reach toward one holy perfect moment of Shabbat.

V'hayu limshisa shosa'yich,  
V'rachaku kol m'vala'yich,  
Yasis ala'yich eloha'yich,  
Kimsos chatan al kala.

וְהָיוּ לְמִשְׁפָּה שְׂאֲסִיף.  
וְרַחֲקוּ כָּל מְבַלְעִיף.  
יִשִּׁישׁ עָלֶיךָ אֱלֹהֵיךָ.  
כְּמִשּׁוֹשׁ חֲתָן עַל כְּלָה.

V'hayu limshisa shosa'yich,  
V'rachaku kol m'valayich,  
Yasis ala'yich eloha'yich,  
Kimsos chatan al kala.

וְהָיוּ לְמִשְׁפָּה שְׂאֲסִיף.  
וְרַחֲקוּ כָּל מְבַלְעִיף.  
יִשִּׁישׁ עָלֶיךָ אֱלֹהֵיךָ.  
כְּמִשּׁוֹשׁ חֲתָן עַל כְּלָה.

Yamin us'mol tif'rotzi,  
V'et Adonai ta'aritzu,  
Al yad ish ben partzi,  
V'nis'm'cha v'nagila.

יָמִין וּשְׂמָאל תִּפְרוֹצִי.  
וְאֵת יְהוָה תַּעֲרִיצִי.  
עַל יַד אִישׁ בֶּן פֶּרֶצִי.  
וְנִשְׁמְחָה וְנִגִּילָה.

Boi v'shalom, ateret ba'lah;  
Gam b'simchah uv'tzoholah  
Toch emunei am s'gula,  
Boi chala! Boi chala!

בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה.  
גַּם בְּשִׂמְחָה וּבִצְהֻלָּה.  
תּוֹךְ אֲמוּנֵי עַם סְגֻלָּה.  
בּוֹאִי כָּלָה! בּוֹאִי כָּלָה!

*My beloved, come to greet the bride; let us receive the Sabbath. The only God caused us to hear "Keep" and "Remember" in one utterance; the Eternal is One and God's name is One, for honor and glory and praise. Come, let us go to greet the Sabbath, which is the source of blessing. From its opening it is pouring as from the beginning; the end of creation from the beginning of thought. Wake up! Wake up! For your light has come! Rise up my light! Awake! Awake! Sing! The Eternal's glory is revealed to you! Enter in peace, O Crown of Your Husband; enter in joy and exultation. Come, O Bride! Come, O Bride! To the faithful people of the treasured nation.*

Mizmor Shir (Psalm 92)

Miz'mor shir l'yom hashabat tov l'hodot  
l'Adonai, ul'zamer l'shim'cha el'yon. L'hagid  
baboker chas'decha v'emunat'cha baleilot.  
Aley asor v'alei navel aley higayon  
b'chinor.

מִזְמוֹר שִׁיר

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת טוֹב  
לְהַדוֹת לַיהוָה, וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.  
לְהַגִּיד בַּבּוֹקֶר חֶסֶדְךָ וְאֱמוּנָתְךָ  
בְּלַיְלוֹת. עַל־עֲשׂוֹר וְעַל־נָבֶל.  
עַל־הַגִּיּוֹן בְּכִנּוֹר.

How wise is our tradition  
To command us to take time to feel joy.

How wise is our tradition  
To command us to study Torah,  
And what joy it is to be guided by her words.

How wise is our tradition  
To command us to seek rest on Shabbat,  
And what joy it is for our souls to be refreshed.

How wise is our tradition to command us to kindle Shabbat candles,  
And what joy it is to marvel in their light.

How wise is our tradition  
To command us to be mindful of Shabbat,  
And what joy it is to remember G-d's holiness.

Light is sown for the righteous;  
Joy for those who are upright.

The righteous will rejoice in Adonai,  
Give Thanks, and remember G-d's holiness.  
*-Mark Frydenberg*



Man was created alone in order to teach us that if anyone causes a single soul to perish, scripture imputes to him the destruction of the entire world; and if anyone saves alive a single soul, scripture imputes him the saving alive of the entire world.

*- Tractate Sanhedrin*

Ki simach'tani, Adonai, b'fa'alecha,  
B'ma'asei yadecha aranein. Ma gad'lu  
ma'asecha, Adonai! M'od am'ku  
machsh'votecha.

כִּי שִׂמַחְתָּנִי, יְהוָה, בַּפַּעֲלֶךָ.  
בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֶּנּוּ. מַה-גָּדְלוֹ  
מַעֲשֶׂיךָ, יְהוָה מֵאֵד עֲמָקוֹ  
מַחֲשַׁבְתֶּיךָ.

Tzadik katamar yifrach, k'erez bal'vanon  
yis'geh. Sh'tulim b'veit Adonai, b'hatz'rot  
Eloheinu yaf'richu. Od y'nuvun b'seivah,  
d'sheinim v'ra'ananim y'hiyu, l'hagid ki  
yashar Adonai, tzuri v'lo av'lata bo.

צַדִּיק כַּתְמָר יִפְרַח. כְּאֶרֶז בַּלְבָּנוֹן  
יִשְׁגֶּה. שְׁתוּלִים בְּבֵית יְהוָה, בְּחִצְרוֹת  
אֱלֹהֵינוּ יִפְרִיחוּ. עוֹד יִנוּבּוּן בְּשֵׂיבָה,  
דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ, לְהַגִּיד כִּי-  
יָשָׁר יְהוָה, צוּרִי וְלֹא-עוֹלָתָהּ בּוֹ.

*It is good to give thanks to the God, to sing hymns to Your name, O Most High, to tell of Your love in the morning and Your faithfulness in the night; to play the ten-stringed lyre, to sound the lute, to hear the sounds of the harp. Your deeds, O God, fill me with gladness; Your works move me to sing. How great are Your works, O God, and how profound Your design. The foolish person cannot know, the shallow cannot understand. And though the wicked multiply like weeds and evildoers sprout all around, they are doomed to destruction, while You, O God, are exalted for all time. See Your enemies, Eternal One, see how Your Enemies are lost, how all who do evil shall be scattered. You lift up my head in pride; I am bathed in freshening oil. I shall see the defeat of my foes, my ears shall hear them fall. The righteous shall flourish like the palm trees, growing tall like the cedars in Lebanon. Rooted in the house of God, they shall forever be fresh and green, proclaiming that God is just my rock in whom there is no wrong.*

Adonai Malach (Psalm 93)

Adonai malach, gei'ut laveish; Lavesh  
Adonai, oz hitazar; af tikon teivel, bal timot.  
Nachon kis'acha mei'az, mei'olam atah.  
Nasu n'harot, Adonai, nasu n'harot kolam,  
Yisu n'harot dach'yam; Mikolot mayim  
rabim, Adirim mish'b'rei-yam, adir  
bamarom Adonai. Eidotecha ne'em'nu  
m'od; l'veit'cha na'avah kodesh, Adonai,  
l'orech yamim.

èì î ääëé

יְהוָה מֶלֶךְ. גָּאוֹת לִבֶּשׁ: לִבֶּשׁ יְהוָה  
עַד הַתְּאֶזֶר: אֶף-תִּכּוֹן תִּיבֵל בֶּל  
תִּמוֹט. נִכּוֹן כִּסְאֶךָ מֵאֶז, מֵעוֹלָם  
אָתָּה: נִשְׂאוּ נְהָרוֹת, יְהוָה, נִשְׂאוּ  
נְהָרוֹת קוֹלָם. יִשְׂאוּ נְהָרוֹת דְּכָיִם:  
מִקְלוֹת מַיִם רַבִּים. אֲדִירִים מִשְׁבָּרֵי  
יָם. אֲדִיר בְּמָרוֹם יְהוָה. עֲדֹתֶיךָ  
נִאֲמָנוּ מֵאֵד: לְבֵיתֶךָ נֶאֱוָה-קֹדֶשׁ.  
יְהוָה, לְאֶרֶץ יָמִים.

*The Eternal One is enthroned, robed in grandeur; The Eternal One is robed, girded with strength, the One who founded the solid earth to be unmoving. Ageless is Your throne, endless Your being. The oceans cry out, Eternal God, the oceans cry out their thunder, the oceans rage in their fury; but greater than the thunder of the torrents, mightier than the breakers of the sea, is the majesty of God on high! Your law stands firm; and in Your temple, O Eternal God, holiness abides to the end of time.*



You are the one, for this I pray,  
 That I may have the strength to be alone.  
 To see the world, to stand among the trees,  
 And all the living things.  
 That I may stand alone and offer prayers and talk to you;  
 You are the one to whom I do belong  
 And I'll sing my soul,  
 I'll sing my soul to you  
 And give you all that's in my heart.

May all the foliage of the field,  
 All grasses, trees, and plants,  
 Awaken at my coming this I pray,  
 And send their life into my words of prayer.  
 So that my speech, my thoughts and my prayers will be made whole,  
 And through the spirit of all growing things  
 And we know that everything is one,  
 Because we know that everything is You.

You are the One, for this I pray  
 I ask God, to hear my words  
 That pour out from my heart I stand before you;  
 I, like water lift my hands to you in prayer  
 And grant me strength, and grant me strength to stand alone.  
 You are the one to whom I do belong.  
 And I'll sing my soul, I'll sing my soul to You  
 And give you all that's in my heart.

You are the one for this I pray  
 And I sing my soul to you.  
 - Reb Nachman of Bratzlav

## Reader's Kaddish

Yitgadal v'yit'kadash sh'mei rabah.  
B'alma div'ra chirutei, v'yam'lich  
mal'chutei b'chayeichon uv'yomeichon  
uv'chaye d'chol beit Yisrael, ba'agalah  
uviz'man kariv, v'im'ru: Amen.

Y'hei sh'mei rabah m'vorach  
l'alam u'lal'mei al'maya.

Yitbarach v'yishtabach v'yitpa'ar  
v'yitromam v'yitnasei v'yit'hadar v'yitaleh  
v'yithalal sh'mei d'kudsha, b'rich Hu, l'eila  
min kol bir'chata v'shirata, tush'b'chata  
v'nechemata da'amiran b'alma v'imru:  
Amen.

*May God's great name be extolled and sanctified in the world that God created at will. May God's authority rule in our lives and days and in the life of all Israel, now and in coming times, and let us say: Amen. May God's great name be praised forever and ever. May the name of the Holy One, Blessed be God, be blessed, praised, honored, elevated, carried high, glorified, raised, and rejoiced, who is above all the blessings and songs, praises and adorations that we utter in the world. And let us say: Amen.*



## Sh'ma and Its Blessings אֱלֹהֵינוּ יְיָ אֱחָד׃

Bar'chu

Bar'chu et Adonai ham'vorach!  
Baruch Adonai hamvorach l'olam va'ed!

אֱלֹהֵינוּ

בָּרְכוּ אֶת־יְיָ הַמְּבֹרָךְ!  
בָּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

*Praised be the One, to Whom our praise is due!  
Praised be the One, to Whom our praise is due, now and forever!*

Serving to break up sections of the service, *Chatzi Kaddish* declares God's sovereignty and authority over the world. Sometimes called the *Half (Chatzi) Kaddish* because it is shorter than other *Kaddish* prayers, it is led responsively by the prayer leader. Every *Kaddish* is a *doxology*, a statement of praise to God.



When the people of Israel enter synagogues and houses of study, and answer “*Y’hei sh’maih raba m’vorach,*” “*May the Great Name be blessed,*” the Blessed Holy One nods and says, “Happy is the Ruler in whose house such praise is spoken...”

- *Tractate Brachot*



Creator of beginnings,  
as You created the world on this day,  
uniting fragments into the universe,  
so help unite our hearts of all Jews to serve You.  
Illumine our lives with the light of Your Torah,  
for by Your light do we see light.  
Grant us this year a glimpse of the light of redemption,  
the light of healing and of peace.



The *Bar’chu* is formally the first part of the service. It requires a *minyan* (ten people), calling everyone together for prayer. Together, we rise.

## Ma'ariv Aravim

Baruch Ata Adonai Eloheinu, Melech  
ha'olam, asher bid'varo ma'ariv aravim,  
b'choch'ma poteiach sh'arim, uvit'vuna  
m'shaneh itim, umachalif et haz'manim,  
um'sadeir et hakochavim, b'mishm'-  
roteihem barakia kir'tzono. Borei yom  
valaila, goleil or mip'nei choshech v'cho-  
shech mip'nei or, uma'avir yom umeivi  
laila, umav'dil bein yom uvein laila,  
Adonai tz'vaot sh'mo. El chai v'kayam,  
tamid yim'loch aleinu l'olam va'ed.  
Baruch Ata Adonai, hama'ariv aravim.

## í ááðð áááðð

ברוך אתה יי אלהינו. מלך  
העולם. אשר בדברו מעריב ערבים.  
בחקמה פותח שערים. ובתבונה  
משנה עתים. ומחליף את הזמנים.  
ומסדר את הכוכבים. במשמרותיהם  
ברקיע כרצונו. בורא יום ולילה  
גלגל אור מפני חשך וחשך מפני  
אור. ומעביר יום ומביא לילה.  
ומבדיל בין יום ובין לילה. יי  
צבאות שמו. אל חי וקים. תמיד  
ימלוך עלינו לעולם ועד. ברוך  
אתה יי. המעריב ערבים.

*Praised be our Eternal God, Ruler of the universe, whose word brings on the evening twilight. With wisdom You open heaven's gates, and with understanding You make the ages pass and the seasons alternate; Your will controls the stars as they travel through the skies. You are Creator of day and night, rolling light away from darkness and darkness from light; You cause day to pass and bring on the night; separating day from night; You command the hosts of heaven! May the living and eternal God rule us always, to the end of time! We praise You, O Eternal One, Whose word makes evening fall.*

## Ahavat Olam

Ahavat olam beit Yisrael am'cha ahav'ta:  
Torah umitzvot, chukim umish'patim otanu  
limad'ta. Al ken Adonai Eloheinu,  
beshoch'beinu uv'kumeinu nasiach  
b'chukecha, v'nis'mach b'divrei toratecha  
uv'mitz'votcha l'olam va'ed. Ki heim  
chayeinu v'orech yameinu, uvahem  
neh'geh yomam valailah. V'ahavat'cha al  
tasir mimenu l'olamim! Baruch Ata Adonai,  
ohav amo Yisrael.

## í ðáááà

אהבת עולם בית ישראל עמך  
אהבת: תורה ומצוות. חקים  
ומשפטים אותנו למדת. על כן  
יי אלהינו. בשכבנו ובקומנו נשית  
בחקך. ונשמח בדברי תורתך  
ובמצוותך לעולם ועד. כי הם חיינו  
וארך ימינו. ובהם נהנה יומם  
ולילה. ואהבתך אל-תסיר  
ממנו לעולמים. ברוך אתה יי.  
אוהב עמו ישראל.

*You've loved Israel Your people with an eternal love. You have taught us Torah and Commandments, laws and judgments. Therefore, O God, when we lie down and rise up, we will discuss Your laws and rejoice in the words of Your Torah and Commandments forever and ever. For they are our life and length of our days; we will meditate on them day and night. Do not remove Your love from us ever! Blessed are You God, Lover of the people Israel.*

God assigns structure and order to the night. Our fear of darkness is allayed by knowing that God ordains it; night must be as safe as the day. Thus we do not connect darkness to chaos, but rather understand it as part of God's plan.



We are loved by an unending love.

We are embraced by arms that find us even when we are hidden from ourselves.

We are touched by fingers that soothe us when we are too proud for soothing.

We are counseled by voices that guide us when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us even in the midst of a fall.

We are urged on by eyes that meet us even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed, and counseled... ours are the arms, the fingers, the voices; ours are the hands, the eyes, the smiles;

We are loved by an unending love.



Everlasting love,

Infinite light pouring into the soul of Israel:

There is joy in Torah and delight in mitzvot,  
and understanding wells up from their depths.

Foolish we would be to lose our way,  
close our eyes, stop our ears, freeze our hearts.

For this is our life and the length of our days,  
and we bask in its light day and night.

Sh'ma

ð ù

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!  
 בָּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד!  
 Sh'ma Yisrael Adonai Eloheinu, Adonai Echad!  
 Baruch sheim k'vod mal'chuto l'olam va'ed!

*Hear, O Israel: the Eternal One is our God, the Eternal God alone! (Deuteronomy 6:4)*  
*Blessed is God's glorious majesty forever and ever!*

V'ahavta et Adonai Elohecha, b'chol l'vav'cha  
 uv'chol naf'sh'cha uv'chol m'odecha. V'hayu  
 had'varim ha'eileh asher anochi m'tzav'cha  
 hayom al l'vavecha. V'shinantam l'vanecha  
 v'dibarta bam, b'shiv't'cha b'veitecha  
 uv'lecht'cha vaderech Uv'shoch'b'cha  
 uv'kumecha. Uk'shartam l'ot al yadecha  
 v'hayu l'totafot bein einecha. Uch'tav'tam al  
 m'zuzot beitecha uvish'arecha.

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ,  
 וּבְכָל-נַפְשֶׁךָ וּבְכָל-מְאֹדְךָ. וְהָיוּ  
 הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְּךָ,  
 הַיּוֹם עַל-לִבְּךָ. וְשִׁנַּנְתָּם לְבָנֶיךָ  
 וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ  
 וּבִלְכֹתְךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.  
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ  
 לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל-  
 מְזוּזוֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.

L'ma'an tizk'ru va'asitem et kol mitzvotai  
 vih'yitem k'doshim leiloheichem. Ani Adonai  
 Eloheichem asher hotzeiti et'chem me'eret  
 Mit'rayim lih'yot lachem leilohim. Ani Adonai  
 eloheichem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-  
 מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.  
 אֲנִי יְיָ אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי  
 אֶתְכֶם מִמִּצְרַיִם מִצְרַיִם לְהָיוֹת לָכֶם  
 לֵאלֹהִים. אֲנִי יְיָ אֱלֹהֵיכֶם.

*You shall love your Eternal God with all your heart, with all your soul, and with all your might.  
 And all these words, which I command you on this day, shall be upon your heart. And you shall  
 teach them diligently to your children. And you shall speak of them when you sit in your house,  
 when you walk by the way, and when you lie down, and when you rise up. And you shall bind them  
 for a sign upon your hand. And they shall be for frontlets between your eyes. And you shall write  
 them on the doorposts of your house and upon your gates. So that you will remember and do all My  
 commandments and be holy to your God. I am your Eternal God who led you out of Egypt to be  
 your God. I am your Eternal God. (Deuteronomy 6:5-9, Numbers 15:40-41)*

We declare our loyalty and love for God with this Torah text, a concrete example of God's love for us as mentioned in *Ahavat Olam*. We love God with everything: heart, soul, body, good and bad inclinations, and with more strength than we think we possess. We pray that there not be a moment in our lives that we do not show God this love. We also hearken to our experience as slaves in Egypt and remember that we could find freedom.



Rabbi Elazar ben Azarya once said that when our learning exceeds our deeds we are like trees whose branches are many but whose roots are few: the wind comes and uproots them. But when our deeds exceed our learning we are like trees whose branches are few but whose roots are many, so that even if all the winds of the world were to come blow against them, they would be unable to move them.



Do not think that the words of prayer  
as you say them, go up to God.

It is not the words themselves that ascend;  
it is rather the burning desire of your heart  
that rises like smoke toward heaven.

If your prayer consists only of words and letters,  
and does not contain your heart's desire  
how can it rise up to God?  
-Reb Nachman of Bratzlav

## Redemption

Emet v'emunah kol zot, v'kayam aleinu,  
ki Hu Adonai Eloheinu, v'ein zulato,  
va'anachnu Yisrael amo. Hapodeinu  
miyad m'lachim, malkenu hago'aleinu  
mikaf kol he'aritzim. Ha'oseh g'dolot ad  
ein cheker, v'nifla'ot ad ein mispar.  
Hasam nafshenu ba'chayim, v'lo natan  
lamot ragleinu. Ha'oseh lanu nisim  
un'kamah b'Pharoh, otot umof'tim  
b'ad'mat b'nei Cham. Vayotzei et amo  
Yisrael mitocham l'cheirut olam. V'rau  
vanav g'vurato, shib'chu v'hodu lishmo.  
Umal'chuto b'ratzon kib'lu aleihem,  
Moshe u'Miriam uv'nei Yisrael l'cha anu  
shira b'simcha rabah, v'amru chulam:

אֱמֶת וְאֱמוּנָה כָּל זֹאת. וְקַיָּם עָלֵינוּ.  
כִּי הוּא יְיָ אֱלֹהֵינוּ. וְאֵין זִלָּתוֹ.  
וְאִנְחֵנוּ יִשְׂרָאֵל עַמּוֹ. הַפּוֹדֵנוּ מִיַּד  
מְלָכִים. מַלְכֵנוּ הַגּוֹאֲלָנוּ מִכַּף כָּל  
הָעַרִיצִים. הָעֹשֶׂה גְדוֹלוֹת עַד אֵין  
חֶקֶר. וְנִפְלְאוֹת עַד אֵין מִסְפָּר. הַשֵּׁם  
נִפְשָׁנוּ בַּחַיִּים. וְלֹא נָתַן לָמוֹט  
רַגְלָנוּ. הָעֹשֶׂה לָנוּ נִסִּים וּנְקָמָה  
בַּפָּרֹעַ. אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת  
בְּנֵי חָם. וַיּוֹצֵא אֶת עַמּוֹ יִשְׂרָאֵל  
מִתּוֹכָם. לְחֵירוֹת עוֹלָם. וְרָאוּ בְנֵיו  
גְבוּרָתוֹ. שִׁבְּחוּ וְהוֹדוּ לִשְׁמוֹ.  
וּמַלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עָלֵיהֶם. מֹשֶׁה  
וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לֵךְ עִנּוּ שִׁירָה  
בְּשִׂמְחָה רַבָּה. וְאָמְרוּ כָלָם:

*All this we hold to be true and sure: You alone are our God, and we are Israel Your people. You are our Sovereign: You deliver us from the hand of oppressors, and save us from the fists of tyrants. You do wonders without number, marvels beyond count. You give us our life; by Your help we survive all who seek our destruction. You performed miracles for us before Pharaoh, signs and wonders in the land of Egypt; You redeemed Your people Israel from their midst to true freedom. And Your children witnessed Your strength and offered praise and thanks to Your name, and accepted Your sovereignty upon themselves. Moses and Miriam and all Israel sang to You with great rejoicing, and all of them said:*

Mi chamocha ba'eilim Adonai? Mi  
kamocha, ne'dar bakodesh, Nora t'hilot,  
oseh feleh? Malchutcha ra'u vanecha,  
boker'a yam lifnei Mosheh; "Zeh eilil!" anu  
v'am'ru: "Adonai yim'loch l'olam va'ed!"  
Vne'emar: "Ki-fada Adonai et-Ya'akov  
ug'alo miyad chazak mimenu." Baruch Ata  
Adonai, ga'al Yisrael.

מִי-כְּמוֹכָה בָּאֱלִים. יְיָ מִי כְּמוֹכָה.  
נֹאדָר בְּקֹדֶשׁ. נוֹרָא תְהִילָת.  
עֹשֶׂה פֶלֶא? מַלְכוּתְךָ רָאוּ בְנֵיךָ.  
בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה: זֶה אֱלִיל עִנּוּ  
וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!  
וְנֵאמַר: כִּי-פָדָה יְיָ אֶת-  
יַעֲקֹב וַיִּגְאֹל מִיַּד חֲזַק מִמֶּנּוּ.  
בְּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.

*Who is like You, Adonai, among the gods? Who is like You, who is majestic in holiness, awesome in splendor, who does wonders? (Exodus 15:11) Your children witnessed Your sovereignty, splitting the sea before Moses. "This is my God!" They spoke up and said, "Adonai will rule forever and ever!" (Exodus 15:2,18) It is said: Adonai rescued Jacob and redeemed him from the hand of one stronger than ourselves (Jeremiah 31:10). Blessed are You Adonai, who redeemed Israel.*



*Emet v'emunah* speaks of the third major theme of the prayer service: redemption. We pray that God's people will be redeemed. It begins: All this we hold to be true and sure. "This" refers to the *Sh'ma* that has just been recited. *Emet v'emunah* is recited only in the evening, for Psalm 92 tells us "to proclaim in the morning Your kindness, Your faithfulness (*emunah*) in the nights."



Adonai, G-d of the outstretched hand,  
Who brought our ancestors out of confinement in Egypt,  
Release all those bodily confined for the pursuit of justice.

Release us from the prisons and the calluses  
we have constructed around our hearts.  
Release our hands from the shackles we have placed on them,  
and guide them to their work.

Release our minds from the deceptions in which they are imprisoned.  
Remove exhaustion from our eyelids and our bodies.  
Release our spirits from terror and fear.

Renew us that we may be renewed,  
set us on our journey to the land we are to enter.  
- *Ellen Dannin*



After freedom from slavery, our people sang these words at the Sea of Reeds to celebrate their freedom (Exodus 15). Today, we sing them to conjure images of our own future redemption and freedom. We imagine a day when the world will be perfected.



God our creator, teach us to love freedom as we love life.  
Make us understand that only when all are free can we be free.  
Let none be masters and none be slaves.  
Then shall we sing as our people did  
when they were freed from Pharaoh's grip:

## Hashkiveinu

Hashkiveinu, Adonai Eloheinu, l'shalom  
v'ha'amideinu malkeinu l'chayim. Uf'ros  
aleinu sukat sh'lomecha, v'takneinu b'etsa  
tova milfanecha, v'hoshi'enu l'ma'an  
shm'cha. V'hagen ba'adenu, v'haser  
me'aleinu oyev, dever, v'herev, v'ra'av,  
v'yagon, v'haser satan milfaneinu ume'ach-  
areinu, uv'tsel k'nafecha tastireinu, ki El  
shomreinu umatsileinu Ata, ki El Melech  
chanun v'rachum Ata. Ushmor tsetenu  
uvo'einu, l'chayim ul'shalom m'Ata v'ad  
olam. Ufros aleinu sucat shlomecha.  
Baruch Ata, Adonai, haporeis sukat shalom  
aleinu, v'al-kol-amo-Yisrael, v'al  
yerushalayim.

*Grant O God that we may lie down in peace, and raise us up, O Guardian, to life renewed. Spread over us the shelter of Your peace, guide us with Your good counsel, and for Your name's sake, be our Help. Blessed are You, Adonai, who spreads a shelter of peace over us, over all the people Israel, and over Jerusalem.*

## V'shamru

V'sham'ru v'nei Yisrael et ha'Shabbat,  
la'asot et-ha'Shabbat l'dorotam b'rit olam.  
Beini uvein b'nei Yisrael ot hi l'olam, ki  
sheishet yamim asah Adonai et-  
hashamayim v'et-ha'arets, uveyom  
hashvi'l shavat vayinafash.

*The children of Israel shall keep the Shabbat, observing Shabbat as an eternal covenant for all generations. It is a sign forever between Me and the people of Israel, for Adonai made the heavens and earth in six days; but on the seventh day, God rested and was refreshed (Exodus 31:16-17).*

## וְאֵלֶיךָ וְאֵלֶיךָ

הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם  
וְהַעֲמִידֵנוּ מַלְכֵנוּ לְחַיִּים. וּפְרוֹשׁ  
עָלֵינוּ סִכַּת שְׁלוֹמְךָ. וְתַקֵּנֵנוּ בְּעֵצָה  
טוֹבָה מִלְּפָנֶיךָ. וְהוֹשִׁיעֵנוּ לְמַעַן  
שְׁמֶךָ. וְהָגֵן בְּעַדֵּנוּ מֵעֲלֵינוּ אוֹיֵב.  
דָּבָר, וְרָעָב, וְיָגוֹן. וְהַסֵּר שָׁטָן  
מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ. וּבְצֵל כְּנָפֶיךָ  
תִּסְתִּירֵנוּ. כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ  
אַתָּה. כִּי אֵל מֶלֶךְ חֲנוּן וְרַחוּם  
אַתָּה. וּשְׁמוֹר צִאֲתָנוּ וּבוֹאֵנוּ לְחַיִּים  
וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם: וּפְרוֹשׁ  
עָלֵינוּ סִכַּת שְׁלוֹמְךָ בְּרוּךְ אַתָּה יְיָ.  
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ. וְעַל כָּל  
עַמּוֹ יִשְׂרָאֵל. וְעַל יְרוּשָׁלַיִם.

## וְאֵלֶיךָ וְאֵלֶיךָ

וּשְׁמְרוּ בְנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת.  
לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרֹתָם בְּרִית  
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת  
הִיא לְעָלָם. כִּי-שֵׁשֶׁת יָמִים עָשָׂה  
יְיָ אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ. וּבַיּוֹם  
הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

Just as redemption requires the working of God's wonders,  
so does the earning of a livelihood;  
and just as one must earn a livelihood every day,  
so must redemption be earned every day.

- *Bereshit Rabbah* 20:9



Oh guide my steps, and help me find my way.  
I need Your shelter now; rock me in your arms and guide my steps.  
And help me make this day a song of praise to You.  
Rock me in Your arms and guide my steps.



Rabbi Elazar ben Azaryah used to say, "If there is no wisdom, there is no fear of God; if there is no fear of God, there is no wisdom. If there is no knowledge, there is no understanding; if there is no understanding, there is no knowledge."

- *Pirke Avot*



When Israel prays, they do not pray all at once.  
Rather each congregant prays by himself or herself,  
first one, then the other.  
After all the congregations furnish all their prayers,  
the angel who oversees prayer  
takes all the prayers that were said in the synagogues,  
and makes them into a crown,  
and places them on the head of the Holy One.

- *Exodus Rabbah* 21:4

# Amidah אָמִידָה אַ

אָדוֹנַי, שְׁפֹתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

*Eternal God, open my lips, that my mouth may declare Your glory (Psalms 51:17).*

Baruch Ata, Adonai Eloheinu, v'lohei  
avoteinu v'imoteinu: Elohei Avraham,  
Elohei Yitzchak, v'lohei Ya'akov. Elohei  
Sarah, Elohei Rivkah, Elohei Leah v'lohei  
Rachel. Ha'El hagadol, hagibor v'hanora  
El elyon. Gomeil chasadim tovim, v'konei  
hakol, v'zocheir chasdei avot v'imahot,  
umeivi g'ulah livnei v'neihem, l'ma'an  
sh'mo b'ahava.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ: אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי  
שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה,  
וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר  
וְהַנּוֹרָא אֵל עֲלִיּוֹן. גּוֹמֵל חֲסָדִים  
טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי  
אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה לְבָנָי  
בְּנִיחָם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

## Shabbat Shuva

Zochreinu l'chayim, melech chafetz ba'chayim.  
V'choteivu b'sefer hachayim, l'ma'ancha elohim  
chayim.

*Remember us unto life, Sovereign who delights in life, and inscribe us in the Book of Life,  
that Your will may prevail, O God of life.*

אָדוֹנַי אֱלֹהֵינוּ

זָכְרֵנוּ לְחַיִּים. מֶלֶךְ חָפֵץ בְּחַיִּים.  
וְכָתְבוּ בְּסֵפֶר הַחַיִּים, לְמַעַן  
אֱלֹהִים חַיִּים.

Melech ozeir umoshia umagein. Baruch  
Ata Adonai, magen Avraham v'ezrat  
Sarah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ  
אַתָּה, יְיָ, מַגֵּן אַבְרָהָם וְעֶזְרַת  
שָׂרָה.

*Blessed are You, Adonai our God and God of our ancestors: God of Abraham, God of Isaac, and  
God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel. The great,  
powerful, and awesome God, God exalted, who bestows good and kindness and controls  
everything, who remembers the kindnesses of our ancestors, and who with love brings redemption  
to their children's children for the sake of Your name; Ruler, Helper, Savior, and Protector.  
Blessed are You, Adonai, Shield of Abraham and Protector of Sarah.*

Ata gibor l'olam Adonai, m'chayei hakol  
(metim) Ata, rav l'hoshia. M'chalkel  
chayim b'chesed, m'chayei hakol (metim)  
b'rachamim rabim.

אַתָּה גִּבּוֹר לְעוֹלָם. אֲדֹנָי, מַחְיָה  
הַכֹּל (מֵתִים) אַתָּה רַב לְהוֹשִׁיעַ.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחְיָה הַכֹּל  
(מֵתִים) בְּרַחֲמִים רַבִּים.

Somech noflim, v'rofe cholim, umatir  
asurim, um'kayeim emunato lisheinei  
afar. Mi chamocha, ba'al g'vurot, umi  
domeh lach, melech meimit um'chayeh  
umatzmiach y'shua? V'ne'eman Ata  
l'hachayot hakol (metim).

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים.  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר. מִי כְמוֹךָ, בַּעַל  
גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ  
מֵמִית וּמַחְיָה וּמַצְמִיחַ יֵשׁוּעָה?  
וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).

#### Shabbat Shuva

Mi chamocha, av harachmim, zocher y'tzurav  
l'chayim b'rachamim.

וָאָתָּהּ וָאָתָּהּ  
מִי כְמוֹךָ, אָב הַרַחֲמִים. זוֹכֵר יְצוּרָב  
לְחַיִּים בְּרַחֲמִים?

*Who is like You, Merciful Parent, in mercy remembering Your creatures for life?*

Baruch Ata Adonai, m'chayeh  
hakol (hametim).

בָּרוּךְ אַתָּה יְיָ, מַחְיָה  
הַכֹּל (הַמֵּתִים).

*You are eternally mighty, O God; You give life to everything (You revive the dead), great is Your ability to save! With kindness You sustain the living, with great compassion give life to all (renewing what is dead with profound mercy), helping the fallen and healing the sick; bringing freedom to the restrained and keeping faith with those who sleep in the dust. Who is like You, Master of Might, and who is like You, O Ruler who causes death and life and the birth of salvation? You faithfully give life to all (Truly You revive what is dead). Blessed are You, Adonai, who gives life to all (who revives the dead).*

Ata kadosh v'shimcha kadosh uk'doshim  
b'chol-yom y'hal'lucha: Selah!\* Baruch Ata  
Adonai, ha'El hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוֹשִׁים  
בְּכָל-יוֹם יִהְיֶה לְלֹחַ, סֵלָה \* בָּרוּךְ  
אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

#### \*Shabbat Shuva

Baruch Ata Adonai, ha'melech hakadosh.

וָאָתָּהּ וָאָתָּהּ \*  
בָּרוּךְ אַתָּה יְיָ, הַמֶּלֶךְ הַקָּדוֹשׁ.

*Blessed are You, Adonai, our God the Holy King.*

*You are holy, Your name is holy, and holy ones shall praise You every day: Selah!  
Blessed are You Adonai, the Holy God.*

Ata kidash'ta et-yom hash'vi'l lish'mecha:  
Tach'lit ma'aseih shamayim va'aretz,  
uveirach'to mikol hayamim v'kidash'to  
mikol-haz' manim, v'chein katuv  
b'toratecha:

אַתָּה קִדַּשְׁתָּ אֶת-יּוֹם הַשְּׁבִיעִי  
לְשִׁמְךָ: תַּכְלִית מַעֲשֵׂה שָׁמַיִם  
וָאָרֶץ. וּבִרְכָּתוֹ מִכָּל הַיָּמִים  
וְקִדְשָׁתוֹ מִכָּל-הַזְּמָנִים, וְכֵן  
כָּתוּב בְּתוֹרָתְךָ:

*You sanctified the seventh day for Your name; the ultimate goal of the creation of heaven and earth. You blessed it more than other days, sanctified it more than other times.  
Thus is read in Your Torah:*

Vay'chulu hashamayim v'ha'aretz v'chol  
tz'va'am. Vay'chal Elohim bayom  
hash'vi, m'lachto asher asa. Vayishbot  
bayom hash'vi'l mikol m'lachto asher  
asa. Vay'vareich Elohim et yom hash'vi'l  
vay'kadeish oto.Ki vo shavat mikol  
m'lach'to asher bara Elohim la'asot.

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צָבָאם.  
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי, מְלַאכְתּוֹ  
אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי  
מִכָּל מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ  
אֱלֹהִים אֶת-יּוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ  
אֹתוֹ. כִּי בּוֹ שָׁבַת מִכָּל-מְלַאכְתּוֹ  
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת.

*The heavens, the earth, and all their hosts were finished. God finished the work on the seventh day which was done, and rested on the seventh day from all the work done. God blessed the seventh day and sanctified it, for on it God rested from all the work that God had created to do (Gen. 2:1-3).*

Eloheinu veilohei avoteinu v'imoteinu,  
R'tzei vim'nuchateinu. Kad'sheinu  
b'mitz'votcha, v'tein chel'keinu  
b'toratecha. Sabeinu mituvecha,  
v'sam'cheinu bishuatecha, v'taheir  
libeinu l'ov'd'cha be'emet. V'han'chileinu,  
Adonai Eloheinu, b'ahavah uv'ratzon  
shabat kod'shecha v'yanuchu vah Yisrael  
m'kad'shei sh'mecha. Baruch Ata  
Adonai, m'kadeish hashabat.

אֱלֹהֵינוּ וְאֵלֵהֵי אֲבוֹתֵינוּ  
וְאִמּוֹתֵינוּ. רְצֵה בְּמִנוּחָתֵנוּ.  
קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ  
בְּתוֹרָתְךָ. שַׁבְּעֵנוּ מִטוֹבֶךָ,  
וְשַׁמְחֵנוּ בִּישׁוּעָתְךָ, וְטַהֵר  
לִבֵּנוּ לְעִבְדְּךָ בְּאֵמֶת.  
וְהַנְחִילֵנוּ, יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה  
וּבְרַצוֹן שַׁבַּת קִדְּשְׁךָ וַיְנַחוּ  
בָּהּ יִשְׂרָאֵל מְקִדְּשֵׁי שִׁמְךָ.  
בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

*Our God and God of our ancestors, may our rest be acceptable. Sanctify us with Your mitzvot, and place our share in Your Torah. Satisfy us with Your goodness, and make us joyous with Your salvation, and purify our hearts to serve You truthfully. O Adonai our God, give us a heritage, out of love and divine will, of Your holy Sabbath, that Israel, the sanctifiers of Your name, will rest.  
Blessed are You, Adonai, who sanctifies the Sabbath.*

R'tzei, Adonai Elohienu, b'am'cha Yisrael,  
ut'filatam b'ahava t'kabeil, ut'hi l'ratzon  
tamid avodat Yisrael amecha. Eil karov  
l'chol-kor'av p'nei el avadecha v'chaneinu.  
Sh'foch ruchacha aleinu, v'techezeinah  
eineinu b'shuv'cha l'tzion b'rachamim.  
Baruch Ata Adonai, hamachazir  
sh'chinato l'tzion.

רְצֵה יי אֱלֹהֵינוּ. בְּעֶמְקְךָ יִשְׂרָאֵל.  
וּתְפַלֵּתָם בְּאַהֲבָה תִּקְבֹּל. וּתְהִי לְרָצוֹן  
תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל  
קָרוֹב לְכָל-קוֹרְאָיו פְּנֵה אֶל עַבְדְּךָ  
וְחַנּוּנוֹ. שְׁפוֹךְ רוּחְךָ עָלֵינוּ.  
וּתְחַיֵּנֵה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן  
בְּרַחֲמִים. בָּרוּךְ אַתָּה יי.  
הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

*Be favorable, Adonai our God, toward Your people Israel, and receive their prayers with love. May the worship of Israel Your people always be acceptable. God is near to all who call out. Turn to Your servants and be gracious to us. Pour out Your spirit upon us. May our eyes gaze upon Your return to Zion with mercy. Blessed are You, Adonai, whose Presence returns to Zion.*

#### Rosh Chodesh and Chol Hamo'ed

Eloheinu v'lohei avoteinu v'imoteinu, ya'aleh  
v'yavo v'yizacher zich'roneinu v'zich'ron kol-  
am'cha beit Yisrael l'fanecha, l'tovah l'chein  
l'chesed ul'rachamim, l'chayim ul'shalom b'yom

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ. יַעֲלֶה  
וְיָבֹא וְיִזְכֹּר זִכְרוֹנֵנוּ וְזִכְרוֹן כָּל-עַמָּךְ  
בֵּית יִשְׂרָאֵל לְפָנֶיךָ. לְטוֹבָה לְחַן לְחֶסֶד  
וּלְרַחֲמִים. לְחַיִּים וּלְשָׁלוֹם בְּיוֹם

**Rosh Chodesh:** rosh chodesh ha'zeh.

**Pesach:** chag hamatzot hazeh.

**Sukot:** chag hasukot hazeh.

רֹאשׁ הַחֹדֶשׁ הַזֶּה. רֹאשׁ הַחֹדֶשׁ הַזֶּה.

חַג הַמַּצּוֹת הַזֶּה. חַג הַמַּצּוֹת הַזֶּה.

חַג הַסֻּכּוֹת הַזֶּה. חַג הַסֻּכּוֹת הַזֶּה.

Zoch'reinu, Adonai Eloheinu, bo l'tovah.

U'fok'deinu vo liv'rachah.

V'hoshiyeinu vo l'chayim.

זָכְרֵנוּ יי אֱלֹהֵינוּ. בּוֹ לְטוֹבָה.

וּפְקֹדֵנוּ בּוֹ לְבִרְכָּה.

וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.

*Our God and God of our ancestors, may our existence be raised, come up and be remembered, along with the memory of all Your people Israel, for goodness, grace, kindness and compassion, for life and for peace this Rosh Chodesh/festival of Pesach/festival of Sukkot/day of Independence. Remember us today, Adonai our God, for well-being. Amen. Visit us on this day with blessing. Amen.*

*Save us on this day with life. Amen.*

Modim anach'nu lach, sha'Ata Hu Adonai  
Eloheinu veilohei avoteinu v'imoteinu l'olam  
va'ed. Tzur hayeinu magein yish'einu, Ata  
Hu l'dor vador. Nodeh lach un'sapeir  
t'hilatecha, al-chayeinu ham'surim  
v'yadecha, v'al-nish'moteinu hap'kudot  
lach, v'al nisecha sheb'chol-yom imanu,  
V'al-nif'l'otecha v'tovotecha sheb'chol-eit,  
erev vavoker v'tzoharayim. Hatov: Ki lo-  
chalu rachamecha v'ham'racheim: Ki-lo  
tamu chasadecha, mei-olam kivinu lach.  
V'al kulam yit'barach v'yit'romam shim'cha,  
mal'keinu, tamid l'olam va'ed.

מודים אנחנו לך. שאתה הוא יי  
אלהינו ואלהי אבותינו ואמותינו  
לעולם ועד. צור חיינו. מגן ישענו.  
אתה הוא לדור ודור. נוֹדֶה לך  
ונספר תהלתך. על-חיינו המסורים  
בידך. ועל-נשמותינו הפקודות לך.  
ועל-נסיך שבכל-יום עמנו. ועל-  
נפלאותיך וטובותיך שבכל-עת.  
ערב ובקר וצהרים. הטוב: כי  
לא-כלו רחמך. והרחם: כי-לא  
תמו חסדיך. מעולם קיינו לך:  
ועל כלם יתברך ויתרומם שמך.  
מלכנו. תמיד לעולם ועד.

**Shabbat Shuva**

úááù úáù

Uchtov l'chayim tovim kol-b'nei v'riteicha.

ויכתוב לחיים טובים כל-בני בריתך.

*Let life abundant be the heritage of all the children of Your covenant.*

V'chol hachayim yoducha selah, vihal'lu et  
shim'cha be'emet, Ha'el y'shuateinu  
v'ezrateinu selah. Baruch Ata Adonai, hatov  
shim'cha ul'cha na'eh l'hodot.

וכל החיים יודוך סלה. ויהללו  
את שמך באמת. האל ישועתנו  
ועזרתנו סלה. ברוך אתה יי.  
הטוב שמך ולך נאה להודות.

*We acknowledge You, for You are our God and the God of our ancestors forever and ever. You are the Rock of our life, the Protector of our salvation for each and every generation. We are thankful to You and sing Your praises; for our lives, which are delivered into Your hands, for our souls, which are under Your auspices, and for Your miraculous activities which are with us daily, and for Your wonders and acts of goodness of every time, evening morning and afternoon. The Good One, for Your compassion never ceases. The Compassionate One, for Your kindness never fails. We have hoped for You eternally. For all these things, may Your name be praised and exalted, O Ruler, always and forever. Let all who live thank You, Selah, and praise Your name in truth, O God, our Savior and Helper, Selah! Blessed are You, God, whose name is good, and to who it is befitting to give thanks.*



**Chanukah**

Al ha'nisim v'al ha'purkan, v'al hag'vurot v'al  
hatshu'ot, v'al hanechamot she'asita la'avoteinu  
ul'imoteinu bayamim hahem uv'zman haze. Bimei  
matit'yahu ben-yochanan cohen gadol,  
chashmonay u'vanav, kshe'amda malchut yavan  
harsha'a al amcha Yisrael, le'hashkicham toratecha  
ulha'aviram mechukei retzonecha. V'Ata  
b'rachameicha harabim amadta lahem be'et  
tzaratam. Masarta giborim b'yad chlashim, v'rabim  
b'yad m'atim, v'zedim b'yad oskei toratecha. Ulcha  
asita shem gadol v'kadosh b'olameicha, ul'amcha  
Yisrael asita t'shua g'dola ufurkan k'hayom haze.  
V'ataken ba'o vaneicha lidvir beitecha, ufinu et-  
heicholecha, v'tiharu et-mikdashecha, v'hidliku  
neirot b'chatzrot kodshecha, v'kav'u shmonat y'mei  
Chanukah elu, l'hodot ul'halel l'shimcha hagadol.

*In the days of old, at this season, You saved our people by wonders and mighty deeds. In the days of  
Mattathias the Hasmonean, the tyrannic Empire sought to destroy our people Israel by making them  
forget their Torah, and by forcing them to abandon their ancient way of life. Through the power of Your  
spirit the weak defeated the strong, the few prevailed over the many, and the righteous were victorious.  
Then Your children returned to Your House to purify the sanctuary and to kindle its lights. And they  
dedicated these days to give thanks and praise to Your majestic glory.*

Shalom rav al Yisrael am'cha tasim l'olam,  
ki Ata Hu melech adon l'chol-hashalom.  
V'tov b'einecha l'vareich et-am'cha Yisrael  
b'chol eit uv'chol sha'ah bish'lomecha.\*  
Baruch Ata Adonai, Ham'varech et amo  
Yisrael bashalom.

**\*Shabbat Shuva**

B'sefer chayim uvracha nikatev l'chayim tovim  
ul'shalom. Baruch Ata Adonai, oseh hashalom.

*Inscribe us in the Bok of life, blessing, and peace. Blessed are You, Adonai, the Maker of Peace.*

*Put forth an abundance of peace upon Israel, Your people; You are Ruler and Master of all the  
peace. May it be good in Your eyes to bless Your people Israel at all times and every hour with  
Your peace. Blessed are You, Adonai, who blesses Israel with peace.*

**אֵלֹהִים**

על הנסים ועל הפרקו. ועל הגבורות ועל  
התשועות. ועל הנחמות שעשית  
לאבותינו בימים ההם ובזמן הזה. בימי  
מתתיהו בן-יוחנן כהן גדול. חשמונאי  
ובניו. בשעמדה מלכות יון הרשעה  
על עמך ישראל. להשפיתם תורתך  
ולהעבירם מחקי רצונך. ואתה ברחמיך  
הרבים עמדת להם בעת צרתם. מסרת  
גבורים ביד חלשים. ורבים ביד מעטים.  
וזדים ביד עוסקי תורתך. ולך עשית שם  
גדול וקדוש בעולםך. ולעמך ישראל  
עשית תשועה גדולה ופרקו כהיום הזה.  
ואחר כן באו בניך לדביר ביתך. ופנו  
את היכלך. וטהרו את-הדליקו נרות  
בחצרות קדשך. וקבעו שמונת ימי חנכה  
אלו. להודות ולהלל לשמך הגדול.

שְׁלוֹם רַב עַל-יִשְׂרָאֵל עִמָּךְ תַּשִּׁים  
לְעוֹלָם. כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן  
לְכָל-הַשָּׁלוֹם. וטוֹב בְּעֵינֶיךָ לְבָרֵךְ  
אֶת-עַמְּךָ יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל  
שָׁעָה בְּשָׁלוֹמְךָ. \* בְּרוּךְ אַתָּה יְיָ.  
הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

**\*úáúì úáúò**

בְּסֵפֶר חַיִּים וּבִרְכָּה וּנְתִיב לְחַיִּים טוֹמִים  
לְשָׁלוֹם. בְּרוּךְ אַתָּה יְיָ. עוֹשֶׂה הַשָּׁלוֹם.

Elohai n'tzor l'shoni meira, us'fatai midabeir  
mir'ma, v'lim'kal'lai naf'shi tidom, v'naf'shi  
ke'afar lakol tihiyeh. P'tach libi b'toratecha,  
v'mitz'votcha tir'dof nafshi, v'chol  
hachosh'vim alai ra'ah, m'heirah hafar  
atzatam v'kal'keil machashav'tam. Asei  
l'ma'an sh'mecha, aseï l'ma'an y'minecha,  
aseï l'ma'an k'dushatecha, aseh l'ma'an  
toratecha. L'ma'an yechal'tzun y'didecha,  
hoshia y'min'cha vaneini.

אַלְהִי נִצֹר לְשׁוֹנִי מֵרָע. וּשְׁפָתַי  
מִדְּבַר מִרְמָה. וְלִמְקַלְלִי בְּפִשִּׁי תִדּוֹם.  
וְנִפְשִׁי כַּעֲפָר לְכָל תְּהִיָּה. פְּתַח לְבִי  
בְּתוֹרַתְךָ. וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נִפְשִׁי  
וְכָל־הַחֹשֶׁשִׁים עָלַי רָעָה. מִהֲרָה  
הַפֵּר עֲצָתָם וְקַלְקֵל מַחֲשַׁבְתָּם.  
עֲשֵׂה לְמַעַן שְׁמֶךָ. עֲשֵׂה לְמַעַן  
יִמְיִנְךָ. עֲשֵׂה לְמַעַן קִדְשֶׁתְךָ. עֲשֵׂה  
לְמַעַן תוֹרַתְךָ. לְמַעַן יִחְלְצוּן  
יְרֵידֶיךָ. הוֹשִׁיעָה יִמְיִנְךָ וְעַנֵּנִי.

*O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of  
derision, humble in the presence of all. Open my heart to Your Torah, that I may hasten to do Your  
mitzvot. Save me with Your power; in time of trouble be my answer,  
that those who love You may rejoice.*

Y'hiyu l'ratzon im'rei fi v'hegyon libi  
l'fanecha, Adonai tzuri v'goali.

יִהְיוּ לְרָצוֹן אֲמֵרֵי־פִי וְהִגְיוֹן  
לְבִי לִפְנֵיךָ. יְיָ צוּרִי וְגֹאֲלִי.

*May the words of my mouth and the meditations of my heart be acceptable to You,  
O God, my Rock and my Redeemer (Psalm 19:15).*

Oseh shalom bim'romav, Hu ya'aseh  
shalom aleinu v'al kol Yisrael v'imru:  
Amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו. הוּא יַעֲשֶׂה  
שְׁלוֹם עָלֵינוּ וְעַל־כָּל־יִשְׂרָאֵל.  
וְאָמְרוּ: אָמֵן.

*May the Maker of peace in the high places make peace descend upon us  
and upon all Israel, and let us say: Amen.*

## For Healing

ṁáũ ṁ

Mi sheberach avoteinu v'imoteinu,  
Avraham, Yitzchak v'Ya'akov, Sarah,  
Rivka, Leah v'Rachel, Hu yevarech et  
ha'cholim ba-avur she'anu mit'pal'lim ba-  
avuram. Ha'kadosh Baruch Hu yimaleh  
rachamim aleihem, l'hachalimam  
ul'rapotam ul'hachazikam, ve-yishlach la-  
hem m'heira refuah shlema min hashama-  
yim, r'fuat hanefesh u'r'fuat ha'guf, hashta  
ba'agala uviz'man kariv. V'nomar Amen.

מִי שֶׁבֵּרַךְ אֲבוֹתֵנוּ וְאִמּוֹתֵנוּ.  
אַבְרָהָם. יִצְחָק וְיַעֲקֹב. שָׂרָה. רִבְקָה.  
לֵאָה וְרָחֵל. הוּא יְבָרֵךְ אֶת הַחוֹלִים  
בְּעַבּוּר שָׁאֵנוּ מִתְּפַלְלִים בְּעַבּוּרָם.  
הַקָּדוֹשׁ בָּרוּךְ הוּא יִמְלֵא רַחֲמִים  
עֲלֵיהֶם. לְהַחֲלִימָם וּלְרַפְּאוֹתָם  
וּלְהַחְזִיקָם. וְיִשְׁלַח לָהֶם מְהֵרָה.  
רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם. רְפוּאָת  
הַגֶּשֶׁת וּרְפוּאָת הַגּוּף. הַשְׁתָּא  
בְּעִגְלָא וּבְזִמָּן קָרִיב. וְנֹאמַר אָמֵן.

*May the One who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill because we are praying on their behalf. May the Blessed Holy One be filled with compassion for their health to be restored, and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.*



מִי שֶׁבֵּרַךְ אֲבוֹתֵנוּ מְקוֹר הַבְּרָכָה לְאִמּוֹתֵנוּ.

Mi sheberach avoteinu m'kor habracha 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.

מִי שֶׁבֵּרַךְ אִמּוֹתֵנוּ מְקוֹר הַבְּרָכָה לְאִבּוֹתֵנוּ.

Mi sheberach imoteinu m'kor habracha l'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.

אֱלֹהֵינוּ

## Aleinu

Aleinu l'shabeiach la'adon hakol, lateit  
g'dula l'yotzer b'reishit, shelo asanu k'goyei  
ha'aratzot, velo samanu k'mishp'choth  
ha'adamah: shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam. Va'anachnu  
kor'im umish'tachavim umodim lif'nei  
melech mal'chei hamlachim, hakadosh  
baruch Hu.

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדוֹן הַכֹּל, לְתֵית  
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹא  
עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאָדָמָה, שֶׁלֹא שָׂם  
חֶלְקֵנוּ כֵּהֶם, וְגוֹרְלֵנוּ כְּכָל־הַמּוֹנִם.  
וְאֵנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,  
הַקָּדוֹשׁ בָּרוּךְ הוּא.

*It is our duty to praise the Master of all, to offer greatness to the Fashioner of Creation, who has not made us like the nations of the land and who has not placed us like the families of the earth, who has not placed our portion with them, nor our lot with all their multitudes. We bow and prostrate and acknowledge the Ruler, Ruler of Rulers, the Holy One, Blessed be God!*

Shehu noteh shamayim v'yoseid aretz  
umoshav y'karo bashamayim mima'al,  
ush'chinat uzo b'gov'hei m'romim. Hu  
Eloheinu ein od. Emet mal'keinu, efes  
zulato, kakatuv b'torato "V'yada'ta hayom  
v'hasheivota el-l'vavecha, ki Adonai Hu  
ha'Elohim bashamayim mima'al v'al  
ha'aretz mitachad, ein od."

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ,  
וּמוֹשֵׁב יָקָרוֹ בַּשָּׁמַיִם מִמַּעַל, וּשְׁכִינַת  
עֶזְו בְּגִבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ  
אֵין עוֹד. אֱמֶת מַלְכֵנוּ אָפֶס זֹלָתוֹ.  
כִּפְתּוּב בְּתוֹרָתוֹ וְיִדְעָתָ הַיּוֹם וְהַשְׁבָּת  
אֶל־לִבְכָּךְ, כִּי יֵי הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל וְעַל הָאָרֶץ  
מִתַּחַת, אֵין עוֹד.

V'ne'emar: v'hayah Adonai l'melech al  
kol ha'aretz; bayom hahu yih'yeh Adonai  
echad, ush'mo echad!

וְנֵאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל  
הָאָרֶץ: בַּיּוֹם הַהוּא יִהְיֶה יְיָ  
אֶחָד, וּשְׁמוֹ אֶחָד!

*God stretches out the heavens and establishes the earth (Isaiah 51:13); You are our God; there is none else. In truth You alone are our Sovereign God, as it is written in the Torah: Know this day and place it in your heart that Adonai is God in the heavens above and on the earth below; there is none else (Deuteronomy 4:39). And it has been said: Adonai be Ruler over all the earth; On that day Adonai shall be One and God's name shall be One (Zechariah 14:9).*

We acknowledge the people Israel's distinct position in the world. The Jewish people accept the one God, Creator of all. We look to the day when God and God's Name shall be one. We rise.



Rabbi Hillel said:  
If I am not for myself, who will be for me?  
But if I am only for myself, what am I?  
And if not now, when?



Rabbi Ben Zoma once said, “Who are wise? Those who learn from all people... Who are strong? Those who control their passions... Who are rich? Those who rejoice in their lot... Who are honorable? Those who honor others.”

- *Pirke Avot*



Let us adore the ever-living God!  
We render praise unto You,  
Who spread our the heavens and established the earth,  
Whose glory is revealed in the heavens above,  
and whose greatness is manifest throughout the world.  
You are are God; there is none else.

# Mourner's Kaddish

í áúéùá÷

Yitgadal v'yit'kadash sh'mei rabah.  
B'alma div'ra chirutei, v'yam'lich  
mal'chutei b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisrael, ba'agalah  
uviz'man kariv, v'im'ru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֻלְמָא דִּי-בְרָא כְרַעוּתֵהּ, וְיִמְלִיךְ  
מַלְכוּתֵהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ  
וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,  
בְּעֻגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ: אָמֵן.

Y'hei sh'mei rabah m'vorach l'alam  
u'lalmei al'maya.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם  
וּלְעָלְמֵי עָלְמַיָּא.

Yit'barach v'yish'tabach v'yit'pa'ar  
v'yit'romam v'yit'nasei v'yit'hadar  
v'yit'aleh v'yit'halal sh'meih d'kudsha,  
b'rich Hu, l'eila min kol bir'chata v'shirata  
tush'b'chata v'nechemata da'amiran  
b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרֻמֵּם וְיִתְנַשֵּׂא, וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקוּדְשָׁא  
בְּרִיךְ הוּא, לְעֵלָא מִן-כָּל-בְּרִכְתָּא  
וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנַחֲמָתָא  
דְאָמְרִין בְּעֻלְמָא, וְאָמְרוּ: אָמֵן.

Y'hei sh'lama raba min sh'maya  
v'chayim aleinu v'al kol Yisrael v'im'ru:  
Amen.

יְהִי שְׁלָמָא רַבָּא מִן-שְׁמַיָּא  
וַחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.  
וְאָמְרוּ: אָמֵן.

Oseh shalom bim'romav, Hu ya'aseh  
shalom aleinu v'al kol Yisrael v'imru:  
Amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא  
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

*Let the glory of God be extolled, let 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 praised for ever and ever. Beyond all 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 let us say: Amen.*

Zichronam livracha.

זְכוֹרָנָם לְבִרְכָּה.

*May their memories be for blessing.*

We recall the loved ones whom death has recently taken from us...  
We remember those whose names were mentioned,  
those whose names remain in our thoughts,  
and all those for whom there is no one left to say *Kaddish*.  
Loving God, we praise Your name.



Look at this day, for it is life,  
the very life of life.  
In its brief course lie all  
the realities and verities of existence,  
the bliss of growth,  
the splendor of vision,  
the power of glory –

For yesterday is but a dream, and tomorrow is only a hope.  
But today, well lived, makes every yesterday a dream of happiness,  
and every tomorrow a vision of hope.

Look well, therefore, to this day.



This prayer assures mourners that death is not the end. God remains a source of strength even as one struggles through difficult times. *Kaddish* entails interaction between mourners and community, reminding them not to retreat from society due to emotional distress. *Kaddish* takes the form of a doxology, a liturgical praise of God. In some communities only those in mourning read *Kaddish*, while in others all rise and recite *Kaddish* in respect of those who have died.



Rabbi Hillel used to say: Do not separate yourself from the community; Do not be certain of yourself until the day you die; do not judge another until you are in his position and do not say: “When I have leisure I shall study,” – you may never have any leisure.

- *Pirke Avot*



May the Source of peace send peace to all who mourn,  
and comfort to all who are bereaved. Amen.

## Adon Olam

Adon olam, asher malach b'terem kol-  
y'tzir niv'ra, l'eit na'asah v'cheftzo kol,  
azai melech sh'mo nikra.

V'acharei kich'lot hakol, l'vado yimloch  
nora; v'hu hayah, v'hu hoveh, v'hu  
yih'yeh b'tif'arah.

V'hu echad, v'ein sheini l'hamshil lo,  
l'hach'bira, bli reisheet, b'li tach'lit, v'lo  
ha'oz v'hamis'ra.

V'hu Eili, v'chai go'ali, v'tzir chev'li v'eit  
tzara, V'hu nisi umanos li, m'nat kosi  
b'yom ek'ra.

B'yado af'kid ruchy, b'eit ishan v'aira,  
V'im ruchy g'viyati, Adonai li, v'lo ira.

## יְהוָה אֱלֹהֵינוּ

אֲדוֹן עוֹלָם, אֲשֶׁר מָלַךְ בְּתֵרֶם  
כָּל-יָצִיר וְנִבְרָא, לְעֵת וְנַעֲשֶׂה  
בְּחִפְצוֹ כָּל-אֲזֵי מְלָךְ שְׁמוֹ נִקְרָא.

וְאַחֲרַי בְּכָלוֹת הַכֹּל, לְבָדּוֹ יִמְלֹךְ  
נֹרָא, וְהוּא הָיָה, וְהוּא הוֹוֶה, וְהוּא  
יִהְיֶה בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל  
לוֹ לְהַחֲבִירָהּ, בְּלִי רֵאשִׁית, בְּלִי  
תְּכָלִית, וְלֹא הָעֵז וְהַמְשָׁרָה.

וְהוּא אֱלִי, וְחִי גּוֹאֲלִי, וְצוֹר  
חֲבָלֵי בְעֵת צָרָה, וְהוּא נָסִי וּמָנוֹס  
לִי, מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא.

בְּיָדּוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעֲיָרָה,  
וְעַם-רוּחִי גּוֹיָתִי, יֵי לִי, וְלֹא אֵירָא.

*You are the Eternal God, who reigned before any being had been created; when all was done according to Your will, already then You were Sovereign. And after all has ceased to be, still 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; You 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; and with my spirit, my body also:*

*You are with me, I shall not fear.*





## Morning Blessings øçùä úăøá

### Modeh Ani

Modeh ani l'fanecha melech chai v'kayam,  
shehechezarta bi nish'mati b'chem'lah.  
Rabah emunatecha.

ⲙⲟⲉⲏ ⲁⲛⲓ

ⲙⲟⲉⲏ ⲁⲛⲓ ⲗⲉⲛⲓⲁ ⲙⲉⲗⲁⲕ ⲕⲁⲓ ⲙⲉⲗⲁⲕ,  
ⲥⲏⲏⲉⲕⲏⲉⲓⲁⲣⲧⲁ ⲃⲓ ⲛⲓⲥⲏⲙⲁⲧⲓ ⲃⲏⲕⲏⲙⲏⲗⲁ.  
ⲣⲃⲁⲏ ⲉⲙⲛⲁⲧⲉⲕⲁ.

*I give thanks unto You, O everlasting Sovereign, for You have returned my soul to me in mercy.  
Great is Your faithfulness.*

### Ma Tovv

Ma tovu ohalecha, Ya'akov,  
mishkenotecha, Yisrael! Va'ani, berov  
chasdecha avo veitecha, eshtachaveh el  
heichal kodshecha b'yiratecha. Adonai,  
ahavti m'on beitecha, u'm'kom mishcan  
c'vodecha. Va'ani eshtachaveh v'echra'ah,  
evr'cha lifnei Adonai osi. Va'ani t'filati l'cha,  
Adonai, et ratzon. Elohim, b'rov chasdecha,  
aneini b'emet yishecha.

ⲙⲁ ⲧⲟⲩⲱ

ⲙⲁ-ⲧⲟⲩⲱ ⲟⲏⲁⲗⲉⲕⲁ, ⲙⲁⲕⲟⲩⲱ,  
ⲙⲓⲥⲕⲏⲟⲧⲉⲕⲁ, ⲙⲓⲥⲗⲁⲓⲗ! ⲙⲁⲛⲓ, ⲃⲏⲣⲟⲩ  
ⲕⲁⲥⲁⲇⲉⲕⲁ ⲁⲩⲟ ⲙⲉⲧⲉⲕⲁ, ⲉⲥⲏⲧⲁⲕⲁⲩⲉⲏ ⲉⲗ  
ⲏⲉⲓⲕⲁⲗ ⲕⲟⲇⲥⲏⲕⲁ ⲃⲏⲙⲓⲣⲉⲕⲁ. ⲁⲇⲟⲛⲁⲓ,  
ⲁⲏⲁⲩⲧⲓ ⲙⲏⲟⲛ ⲃⲉⲓⲧⲉⲕⲁ, ⲱⲙⲏⲙⲏⲕⲟⲙ ⲙⲓⲥⲕⲁⲛ  
ⲕⲟⲩⲱⲇⲉⲕⲁ. ⲙⲁⲛⲓ ⲉⲥⲏⲧⲁⲕⲁⲩⲉⲏ ⲙⲏⲉⲕⲏⲁⲏⲁⲗ,  
ⲉⲩⲩⲏⲕⲁ ⲗⲓⲑⲛⲉⲓ ⲁⲇⲟⲛⲁⲓ ⲟⲥⲓ. ⲙⲁⲛⲓ ⲧⲑⲓⲗⲁⲧⲓ ⲗⲏⲁ,  
ⲁⲇⲟⲛⲁⲓ, ⲉⲧ ⲣⲁⲧⲣⲟⲛ. ⲉⲗⲟⲏⲓ, ⲃⲏⲣⲟⲩ ⲕⲁⲥⲁⲇⲉⲕⲁ,  
ⲁⲛⲉⲓⲛⲓ ⲃⲏⲙⲉⲧ ⲙⲓⲥⲏⲕⲁ.

*How lovely are your tents, O Jacob, your dwelling-places, O Israel! In your abundant loving kindness, O God, let me enter your house, reverently to worship in Your holy temple. Adonai, I love Your house, the place where Your glory dwells. So I would worship with humility, I would seek blessing in the presence of God, my maker. To You, then, Adonai, does my prayer go forth. May this be a time of joy and favor. In Your great love, O God, answer me with Your saving truth.*

Master of the universe, grant me the ability to be alone:  
May it be my custom to go outdoors each day,  
among the trees and grasses, among all growing things,  
there to be alone and enter into prayer.  
There may I express all that is in my heart,  
talking with the One to whom I belong.  
And may all grasses, trees and plants awaken with me.  
Send the power of their life into my prayer, making whole my heart and my  
speech through the life and spirit of growing things.  
Then, O God, would I pour out the words of my heart  
before Your presence.  
- Reb Nachman of Bratzlav



A wandering tent in the wilderness,  
glorious Temple in Jerusalem,  
sanctuary of the soul, humble or majestic;  
drawn by Your love, I enter.



If you always assume  
the person sitting next to you  
is the Messiah  
waiting for some simple human kindness --  
You will soon come to weigh your words  
and watch your hands.  
And if he or she chooses  
not to be revealed  
in your time -  
It will not matter.

## For Torah

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, asher k'dishanu b'mitzvotav  
v'tzivanu la'asok b'divrei Torah.

*Blessed are You, Adonai our God, Ruler of the universe, who hallows us with mitzvot,  
and commands us to engage in the study of Torah.*

Eilu d'varim sh'ein lahem shiur, sh'adam  
ochel peroteihem ba'olam haze hakeren  
kayemet lo la'olam ha'ba, v'eilu hein:  
kibud av v'eim, u'g'milut chasadim,  
v'hashcamat beit ha'midrash shacharit  
v'aravit, v'hachnasat orchim, u'vikur  
cholim, v'hachnasat kallah ul'vayat  
hameit, v'iyun t'filah, v'hava'at shalom  
bein adam l'chavero; v'talmud Torah  
k'neged kulam.

*These are the obligations without measure; their fruit we eat now, their essence remains for us in  
the life to come: Honoring father and mother; to perform acts of love and kindness; to attend the  
house of study daily; to welcome the stranger; to visit the sick; to rejoice with the bride and  
groom; to console the bereaved; to pray with sincerity; to make peace where there is strife.*

*But the study of Torah is equal to them all.*

## For The Soul

Elohai, n'shama shenatata bi t'horah hi!  
Ata b'rata, Ata y'tzarta, Ata n'fachta bi,  
v'Ata m'shamra b'kirbi. Kol-z'man  
shehanshama b'kirbi, modeh ani  
l'fanecha, Adonai Elohai v'lohei avotai,  
ribbon kol-hama'asim, adon kol hansha-  
mot. Baruch Ata, Adonai, asher b'yado  
nefesh kol-chai v'ruach kol-b'sar-ish.

*My God, the soul that You have given me is pure! You created it, You fashioned it, You have  
breathed it into me, and You protect it within me. So long as I have breath, therefore, I will give  
thanks to You, O Lord my God and God of all ages, Master of all creation, Lord of every human  
spirit. Blessed are You, Adonai, in whose hands are the souls of all life and the spirits of all flesh.*

äœáú œœää ÷ ãñòì

ברוך אתה, יי אלהינו, מלך  
העולם, אשר קדשנו במצותיו  
וצונו לעסוק בדברי תורה.

אלו דברים שאין להם שעור,  
שאדם אוכל פרותיהם בעולם  
הזה הקרן קימת לו לעולם הבא,  
ואלו הן: כבוד אב ואם,  
וגמילות חסדים, והשפמת בית  
המדרש, שחרית וערבית, והכנסת  
אורחים, ובקור חולים, והכנסת  
כלה, ולוית המת, ועיון תפלה,  
והבאת שלום בין אדם לחברו;  
ותלמוד תורה כנגד כלם.

âî ùœâî à

אלהי, נשמה שנתת בי טהורה  
היא! אתה בראתה, אתה יצרתה,  
אתה נפתתה בי, ואתה משמרה  
בקרבי, מודה אני לפניך, יי אלהי  
ואלהי אבותי, רבום כל-הממעשים,  
אדום כל-הנשמות. ברוך אתה,  
יי, אשר בידו נפש כל-חי,  
ורוח כל-בשר-איש.

These are the obligations without measure,  
whose reward, too, is without measure:

*to honor mother and father;  
to perform acts of love and kindness;  
to attend the house of study daily;  
to welcome the stranger;  
to visit the sick;  
to rejoice with bride and groom;  
to console the bereaved;  
to pray with sincerity;  
to make peace when there is strife.*

And the study of Torah is equal to them all, because it leads to them all.



Don't let me fall  
As a stone fall upon the hard ground.  
And don't let my hands become dry  
As the twigs of a tree  
When the wind beats down the last leaves.  
And when the storm raises dust from the earth  
With anger and howling,  
Don't let me become the last fly  
Trembling on a windowpane.  
Won't let me fall.  
I have asked for so much,  
But as a blade of Your grass in a distant wild field  
Let's drop a seed in the lap of the earth  
And dies away,  
Sow in me Your living breath,  
As You sow a seed in the earth.

## Daily Blessings

í æí éá í œð

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, natan las'chvi vina l'hav'chin  
bein yom u'vein lailah.

ברוך אתה, יי אלהינו, מלך העולם,  
נתן לשכוי בינה להבחין בין יום  
ובין לילה.

*Blessed are You, Adonai, Ruler of the universe, who has given the mind the ability to  
distinguish day from night.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, she'asani Yisrael.

ברוך אתה, יי אלהינו, מלך העולם,  
שעשני ישראל.

*Blessed are You, Adonai, Ruler of the universe, who has made me a Jew.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, she'asani ben/bat chorin.

ברוך אתה, יי אלהינו, מלך העולם,  
שעשני בן/בת חורין.

*Blessed are You, Adonai, Ruler of the universe, who has made me to be free.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, pokeach ivrim.

ברוך אתה, יי אלהינו, מלך העולם,  
פוקח עורים.

*Blessed are You, Adonai, Ruler of the universe, who helps the blind to see.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, malbish arumim.

ברוך אתה, יי אלהינו, מלך העולם,  
מלביש ערומים.

*Blessed are You, Adonai, Ruler of the universe, who clothes the naked.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, matir asurim.

ברוך אתה, יי אלהינו, מלך העולם,  
מתיר אסורים.

*Blessed are You, Adonai, Ruler of the universe, who frees the captive.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, zokef k'fufim.

ברוך אתה, יי אלהינו, מלך העולם,  
זוקף כפופים.

*Blessed are You, Adonai, Ruler of the universe, who lifts up the fallen.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, rokea ha'aretz al hamayim.

ברוך אתה, יי אלהינו, מלך העולם,  
רוקע הארץ על המים.

*Blessed are You, Adonai, Ruler of the universe, who spreads the earth upon the waters.*

Blessed are hands that have embraced with love and friendship.  
Blessed are hands that have planted new seeds.  
Blessed are hands that have harvested ripe fields.  
Blessed are hands that have cleaned, washed, mopped, and scrubbed.  
Blessed are hands that have held pain.  
Blessed are hands that have become knotty with age.  
Blessed are hands that are wrinkled and scarred from doing justice.  
Blessed are hands that hold the promise of the future.  
Blessed are the works of Your hands, O Holy One.



To love God is to love each other,  
to work to make our lives better.

To love God is to love the world the Holy One created and to work to perfect it.

To love God is to love dreams of peace and joy that illumine all of us,  
and to bring that vision to life.



Attention is love, what we must give children,  
mothers, fathers, pets, our friends, the news,  
the woes of others.

What we want to change we curse  
and then pick up a tool.

Bless whatever you can with eyes  
and hands and tongue.

If you can't bless it, get ready to make it new.

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, ha'mevin metzadei gaver.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
הַמְכִין מַצְעָדֵי גֶבֶר.

*Blessed are You, Adonai, Ruler of the universe, who makes firm our steps.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, ozer Yisrael b'givura.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
אֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

*Blessed are You, Adonai, Ruler of the universe, who girds Israel with strength.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, oter Yisrael b'tifara.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

*Blessed are You, Adonai, Ruler of the universe, who crowns Israel with splendor.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, hanoten l'ya'ef koach.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
הַנוֹתֵן לַיָּעִיף כֹּחַ.

*Blessed are You, Adonai, Ruler of the universe, who gives strength to the weary.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, she'asani b'tzelem Elohim.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
שֶׁעָשָׂנִי בְצֶלֶם אֱלֹהִים.

*Blessed are You, Adonai, Ruler of the universe, who has made me in the image of God.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, hama'avir sheina me'einai  
utnuma me'afapai.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וּתְנוּמָה  
מֵעַפְעָפִי.

*Blessed are You, Adonai, Ruler of the universe, who removes sleep from the eyes,  
slumber from the eye lids.*

Ashreinu!

Ma-tov chelkeinu,

U'ma-na'im goraleinu,

U'ma-yafa yerushateinu!

אֲשֶׁרֵינוּ!

מַה־טוֹב חֶלְקֵנוּ.

וּמַה־נְּעִים גּוֹרָלֵנוּ.

וּמַה־יָּפֶה יְרֻשָּׁתֵנוּ!

*How greatly we are blessed! How good is our portion!  
How pleasant is our lot! How beautiful our heritage!*



We praise the One, Source of Eternity,  
for insight and wisdom.

We praise the One, Source of Eternity,  
for clothing and for shelter.

We praise the One, Source of Eternity,  
for the courage to reach ever higher.

We praise the One, Source of Eternity,  
for ordering the universe.

We praise the One, Source of Eternity,  
for an earth blessed with abundance.

We praise the One, Source of Eternity,  
for paths and callings.

We praise the One, Source of Eternity,  
for hope in the face of despair.

We praise the One, Source of Eternity,  
for the mystery of creation unfolding.



How greatly we are blessed!  
How good is our portion!  
How pleasant is our lot!  
How beautiful our heritage!

# Poems of Praise äøí æ é:ãô

Romemu Adonai Eloheinu, v'hish'tachavu  
l'har kad'sho, ki kadosh Adonai Eloheinu.

רוממו יהוה אלהינו והשתחוו להר  
קדשו. כי קדוש יהוה אלהינו.

*We will exalt You, our Eternal God, and worship at your holy mountain  
for our Eternal God is holy.*

Mizmor Shir (Psalm 92)

œú øí æ

Miz'mor shir l'yom hashabat tov l'hodot  
l'Adonai, ul'zamer l'shim'cha el'yon. L'hagid  
baboker chas'decha v'emunat'cha baleilot.  
Aley asor v'alei navel aley higayon  
b'chinor.

מזמור שיר ליום השבת טוב  
להודות ליי. ולזמר לשמך עליון.  
להגיד בבוקר חסדך ואמונתך  
בלילות. עלי-עשור ועלי גבל.  
עלי הגיון בכנור.

Bachatzotzrot v'kol shofar, Hariu lifnei  
hamelech Adonai. Yiram hayam umlo'o,  
teivel v'yosh'vei vah. N'harot yimcha'uchaf,  
Yachad harim yeraneinu. Lifnei Adonai ki  
va lish'pot ha'aretz, Yish'pot teivel b'tzedek,  
v'amim b'meisharim.

בחצצרות וקול שופר. הריעו לפני  
המלך יהוה. ירעם הים ומלאו. תבל  
וישבי בה: נהרות ימחאו כף. יחד  
הרים ירגנו. לפני יהוה כי בא  
לשפט הארץ. ישפט תבל בצדק  
ועמים במישרים.

*Sing a new song to our God, who has done wonders. You have made known Your power and  
revealed Your justice for all to see. You have remembered Your love and faithfulness to the house  
of Israel. All the ends of the Earth have seen the power of God. Let the earth ring out in song to  
God; break forth, sing aloud, shout praise! Sound trumpet and horn before the Sovereign God. Let  
the sea roar and all that fills it, the world and all who dwell there. Let the rivers clap hands! Let all  
the mountains sing for joy before the Eternal One. For God comes to rule the earth: To rule the  
world with justice and the peoples with righteousness.*

Ashrei yoshvei veitecha,  
od yechalucha sela.  
Ashrei ha'am shekacha lo,  
ashrei ha'am she'Adonai Elohai.

אשרי יושבי ביתך.  
עוד יהללוך סלה.  
אשרי העם שככה לו.  
אשרי העם שיי אלהיו.

*Happy are those who dwell in Your house; they will sing Your praise for ever. Happy the people  
whom such blessing falls; happy the people whose God is the Lord.*

*P'sukei D'zimra*, Poems of Praise, might be viewed as “prayer before prayer.” It functions as the warm-up for the morning service, recognition that prayerfulness cannot be summoned on demand.



Teach my lips a prayer, poem or song  
When my time renews itself in mourn or eve.  
Teach my lips a prayer, poem or song  
When Your time renews itself in morn or eve,  
So that my day today should be unlike tomorrow...



Sing the Eternal a new song!  
Sing hallel with words and in breath.  
Sing hallel in all actions,  
Sing hallel in sorrow and joy,  
Sing hallel with music and dance,  
With bodies delighting for freedom  
and all the earth join in harmony.  
Let there be a melody for all God's creatures,  
a dance to the song of truth and peace.

T'hila l'David (Psalm 145)

תְּהִלָּה לְדָוִד

T'hila l'David.

תְּהִלָּה לְדָוִד.

Aromimecha, Elohai hamelech;  
va'avarcha shimcha l'olam va'ed.

אֲרוֹמִמְךָ, אֱלֹהֵי הַמֶּלֶךְ.  
וְאַבְרַכָּה שִׁמְךָ לְעוֹלָם וָעֶד.

B'chol-yom avarchecha,  
va'al'lecha shimcha l'olam va'ed.

בְּכָל-יוֹם אֲבָרְכְּךָ,  
וְאַהֲלֶלְךָ שִׁמְךָ לְעוֹלָם וָעֶד.

*I will exalt You, my Sovereign God; I will bless Your name for ever.  
Every day will I bless You; I will extol Your name for ever.*

Gadol Adonai umhulal me'od,  
v'ligdulato ein cheker.

גָּדוֹל יְיָ וּמְהַלֵּל מְאֹד.  
וְלִגְדֻלָּתוֹ אֵין חֶקֶר.

Dor l'dor y'shabach ma'asecha,  
ugvurotecha yagidu.

דֹּר לְדֹר יִשְׁבַּח מַעֲשֶׂיךָ.  
וּגְבוּרָתְךָ יִגִּידוּ.

*Great is God and worthy of praise; God's greatness is infinite. One generation shall acclaim Your work to the next; they shall tell of Your might yacts.*

Hadar k'vod hodecha,  
v'divrei nifli'otecha asicha.

הַדָּר כְּבוֹד הוֹדֶךָ.  
וּדְבָרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

*They shall consider Your radiant glory; they shall reflect on Your wonderous works.*

V'ezuz nor'otecha yomeru,  
ugdulatecha asp'reina.

וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ.  
וּגְדֻלָּתְךָ אֲסַפְּרֶנָּה.

Zecher rav-tuvecha yabi'u,  
V'tsidkatcha y'raneinu.

זֵכֶר רַב-טוֹבְךָ יִבְיְעוּ.  
וְצִדְקָתְךָ יִרְנְנוּ.

*They shall speak of Your awesome might, and make known Your greatness.  
They shall tell the world of Your great goodness, and sing of Your righteousness.*

Chanun v'rachum Adonai,  
erech apayim ugdal chesed.

חַנּוּן וְרַחוּם יְיָ.  
אָרֶךְ אַפַּיִם וּגְדֹל-חֶסֶד.

Tov-Adonai l'kol,  
v'rachamav al-kol-ma'asav.

טוֹב-יְיָ לְכֹל.  
וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו.

*God is gracious and compassionate, endlessly patient, overflowing with love. God is good to all,  
God's compassion shelters all God's creatures.*

The discipline of blessings is to taste  
each moment, the bitter, the sour, the sweet  
and the salty, and be glad for what does not hurt.

The art is in compressing attention  
to each little and big blossom of the tree  
of life, to let the tongue sing each fruit,  
its savor, its aroma and its use.



God, our Creator and Creator of the world, we sing Your praises in every season.

*Your presence is known to us in autumn, when shimmering golden leaves catch  
our eye; we stand in the hushed forest and are filled with awe.*

You cover us with a blanket of soft white snow, as a mother her child.

*The fresh awakening of spring stirs within us gladness. Each spring You give us  
rebirth; we are cleansed as the earth in a spring rain.*

And summer's full blossoming and gentle breezes is an overflowing of joy and  
beauty.

Yud'ucha Adonai kol-ma'asecha,  
vachasidecha y'varchucha.

יְיָ כָּל-מַעֲשֵׂיךָ.  
וַחֲסִידֶיךָ יְבָרְכֶכָה.

*All Your works, O God, shall thank You; Your faithful shall bless You.*

K'vod malchutca yomeru,  
ugvuratecha yedaberu.  
L'hodi'a livnei ha'adam g'vurotav,  
uchvod hadar malchuto.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,  
וְגִבּוֹרֶתְךָ יְדַבְּרוּ.  
לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֹתֶיךָ,  
וְכְבוֹד הַדָּר מַלְכוּתוֹ.

*They shall speak of the glory of Your kingdom, and tell of Your strength,  
to reveal Your power to the world, and the glorious splendor of Your kingdom.*

Malchutcha malchut kol-olamim,  
umemshaltecha b'chol dor vador.

מַלְכוּתְךָ מַלְכוּת כָּל-עוֹלָמִים.  
וּמִמְשַׁלְתְּךָ בְּכָל-דּוֹר וָדוֹר.

*Your kingdom is an everlasting kingdom; Your dominion endures through all generations.*

Somech Adonai l'chol hanoflim,  
v'zokef l'chol hak'fuim.  
Einei kol eleicha y'sabeiru,  
v'Ata noten-lahem et-achlam b'ito.

סוֹמֵךְ יְיָ לְכָל-הַנוֹפְלִים,  
וְזוֹקֵף לְכָל-הַכּוֹפְּסִים.  
עֵינֵי כָל אֱלֹיךָ יִשְׁבְּרוּ,  
וְאַתָּה נוֹתֵן-לָהֶם אֶת-אֲחֻלָּם בְּעֵתוֹ.

*God, You support the falling; You raise up all who are bowed down. The eyes of all are turned to  
You; You sustain them in time of need.*

Pote'ach et-yadecha,  
umasbi'a l'chol-chai ratson.  
Tsadik Adonai b'chol d'rachav,  
v'chasid b'chol-ma'asav.

פּוֹתֵחַ אֶת-יָדְךָ,  
וּמַשְׁבִּיעַ לְכָל-חַי רָצוֹן.  
צַדִּיק יְיָ בְּכָל-דְּרָכָיו,  
וַחֲסִיד בְּכָל-מַעֲשָׁיו.

*You open Your hand to fulfill the needs of all the living. God, You are just in all  
Your paths, loving in all Your deeds.*

Karov Adonai l'chol kor'av,  
l'chol asher yikrahu v'emet.

קָרוֹב יְיָ לְכָל-קוֹרְאָיו,  
לְכָל אֲשֶׁר יִקְרְאוּ בְּאֵמֶת.

*God is near all who call to God, to all who call upon God in truth.*

On high, I am Unity,  
But below, I am the multiple...  
Oh high, I am God,  
In the stream, I am the prayer.

On high, I am Unity,  
But below, I am the multiple.  
From the stream gazes back at me  
My likeness, repeating.

On high, I am the truth  
But in the deep, illusion.  
From the stream looks up to me  
The boken image of my intended mission.

Aboce, I am wrapped in Silence,  
In the deep, I sing and chant.  
On high, I am God,  
In the stream, I am the prayer.  
- *Adapted from Leah Goldberg*



Your unspoken name is Holy.  
Your unnamed essence is Peace.  
Your radiance is sun pouring down over my head,  
coming up close against me;  
moonlight widening my eyes.  
It is ocean around us and vapor rising;  
the journey of a rock.  
It is unspoken in motion.  
Your unspoken name is Holy.  
Your unnamed essence is Peace.

Ratson-y're'av ya'ase,  
v'et-shav'atam yishma v'yoshi'em.

Shomer Adonai et-kol-ohavav,  
v'et kol-harsha'im yashmid.

רָצוֹן-יִרְאִיו יַעֲשֶׂה.  
וְאֶת-שׁוֹעֲתָם יִשְׁמַע וַיְיוֹשִׁיעֵם.  
שׁוֹמֵר יְיָ אֶת-כָּל-אֹהֲבָיו.  
וְאֶת כָּל-הָרָשָׁעִים יִשְׁמִיד.

*God will fulfill the hope of all who revere God; God will hear their cry and help them.. God preserves all those who love God, but the lawless God brings to grief.*

T'hilat Adonai y'daber-pi  
vivarech kol-bashar shem kodsho  
l'olam va'ed. Va'anachnu n'varech ya  
m'Ata v'ad-olam. Halleluyah!

תְּהִלַּת יְיָ יְדַבֵּר-פִּי  
וַיְבָרֶךְ כָּל-בָּשָׂר שֵׁם קֹדֶשׁוֹ לְעוֹלָם וָעֶד.  
וְאֲנַחְנוּ נְבָרְכְךָ יְיָ  
מִעַתָּה וְעַד-עוֹלָם. הַלְלוּיָהּ!

*My lips shall declare the glory of God; let all flesh bless God's holy name for ever and ever. We will bless God now and always. Halleluyah!*

Halleluyah! (Psalm 150)

Halleluyah!

Halelu-El b'kosho,  
Haleluhu birkiya uzo.  
Haleluhu bigvurotav,  
Haleluhu k'rov gudlo.  
Haleluhu b'teka shofar,  
Haleluhu b'nevel v'chinor.  
Haleluhu b'tof umachol,  
Haleluhu b'minim v'ugav.  
Haleluhu b'tsiltslei-shama,  
Haleluhu b'tsiltslei t'ru'a.  
Kol hashama, t'ha'lel ya.  
Halleluyah!

הַלְלוּיָהּ  
הַלְלוּ-אֱלֹהִים בְּקוֹשׁוֹ.  
הַלְלוּהוּ בְּרִקְיָה עֶזּוֹ.  
הַלְלוּהוּ בְּגִבּוּרֹתָיו.  
הַלְלוּהוּ בְּרֹב גִּדְלוֹ.  
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר.  
הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.  
הַלְלוּהוּ בְּתוֹף וּמַחּוֹל.  
הַלְלוּהוּ בְּמִנִּים וְעָגָב.  
הַלְלוּהוּ בְּצִלְצְלֵי-שָׁמַע.  
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.  
כָּל הַנְּשָׁמָה תְהַלֵּל יְיָ.  
הַלְלוּיָהּ!

*Halleluyah! Praise God in God's sanctuary; Praise God whose power the heavens proclaim. Praise God for God's mighty acts; Praise God for God's surpassing greatness. Praise God with shofar blast; Praise God with harp and lute. Praise God with drum and dance; Praise God with strings and pipe. Praise God with cymbals sounding; Praise God with symbols resounding. Let every soul praise God. Halleluyah!*



Praise the world –  
Praise its fullness  
and its longing,  
its beauty and its grief.

Praise stone and fire,  
lilac and river,  
and the solitary bird  
at the window.

Praise the moment  
when the whole  
bursts through pain  
and the moment  
when the whole  
bursts forth joy.

Praise the dying beauty  
with all your breath  
and, praising, see

The beauty of the world  
is your own.



A psalm of thanks.  
Sound *t'ruah* call to God, all the earth!  
Serve God with joy, come with song into the holy presence!  
Know that the Eternal is God,  
That God, not we, created us.  
We are God's people, nurtured as a flock in holy pastures.  
So come into God's gates with thanks,  
Into the holy courts with praise,  
Offer songs of thanks, sing blessings to God's name.  
For God is good, God's mercy is eternal!  
As long as generations last  
So long will be the faithfulness of God.

Reader's Kaddish

ùö÷ öç

Yitgadal v'yit'kadash sh'mei rabah  
b'alma div'ra chirutei, v'yam'lich  
mal'chutei b'chayeichon uv'yomeichon  
uv'chaye d'chol beit Yisrael, ba'agalah  
uviz'man kariv, v'im'ru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא  
בְּעָלְמָא דִּי-כְרָא כְרֻעוּתָהּ, וְיִמְלִיךְ  
מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
וּבְחַיֵּי כָּל-בֵּית יִשְׂרָאֵל. בְּעָגְלָא  
וּבְזִמְן קָרִיב וְאָמְרוּ: אָמֵן.

Y'hei sh'mei rabah m'vorach  
l'alam u'lal'mei al'maya.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

Yitbarach v'yishtabach v'yitpa'ar  
v'yitromam v'yitnasei v'yit'hadar  
v'yitaleh v'yithalal sh'mei d'kudsha,  
b'rich Hu, l'eila min kol bir'chata  
v'shirata, tush'b'chata v'nechemata  
da'amiran b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרֹמֶם וְיִתְנַשֵּׂא. וְיִתְהַדַּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקוּדְשָׁא.  
בְּרִיךְ הוּא, לְעָלָא מִן-כָּל-בְּרִכָּתָא  
וְשִׁירָתָא. תְּשַׁבַּחְתָּא וְנַחֲמָתָא  
דְּאִמְרֵן בְּעָלְמָא, וְאָמְרוּ: אָמֵן.

*May God's great name be extolled and sanctified in the world that God created at will. May God's authority rule in our lives and days and in the life of all Israel, now and in coming times, and let us say: Amen. May God's great name be praised forever and ever. May the name of the Holy One, Blessed be God, be blessed, praised, honored, elevated, carried high, glorified, raised, and rejoiced, who is above all the blessings and songs, praises and adorations that we utter in the world. And let us say: Amen.*

God who fills my lungs with breath,  
each breath from You is a special gift.  
*Ruach*, Breath, Spirit, Life.

Just for today, just for Shabbat,  
I give up to You my yesterdays,  
and my tomorrows.  
They were, and have gone.  
They will be, but are not. Yet.

Just for today, will I live, for today.  
I give You thanks.  
Just for today, I will live in today,  
Your Shabbat.

I sing Your praise.

Today, oh my God, my body and my spirit are one, *shalem*, whole.



Serving to break up sections of the service, the *Chatzi Kaddish* declares God's sovereignty and authority over the world. Sometimes called the Half (*Chatzi*) *Kaddish* because it is shorter than other *Kaddish* prayers, it is led responsively by the prayer leader. Every *Kaddish* is a doxology, a statement of praise to God.



The Rabbi of Berdchev saw a man hurrying along the street, looking neither right nor left. "Why are you rushing so much?" he asked the man.  
"I'm rushing after my livelihood," the man answered.  
"And do you know," said the rabbi, "that your livelihood is running on before you so that you have to rush after it? Perhaps it is behind you and all you need to do is stand still."

- *Tales of Hassidic Rabbi Levi Isaac ben Meir of Berdichev*

# Sh'ma and Its Blessings äéúæøáå òí ù

Bar'chu

æøá

Bar'chu et Adonai ham'vorach!

ברכו את־י' המברך!

Baruch Adonai hamvorach l'olam va'ed!

ברוך י' המברך לעולם ועד!

*Praised be the One, to Whom our praise is due!  
Praised be the One, to Whom our praise is due, now and forever!*

Creation

øöæé

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, yotzer or u'vorei choshech, oseh  
shalom u'vorei et hakol. Hameir la'aretz  
v'ladarim aleha b'rachamim, uvtuvo  
m'chadesh b'chol yom tamid ma'aseh  
v'reishit. Ma rabu ma'asecha, Adonai!  
Kulam b'chochma asita, mala ha'aretz  
kinyanecha. Titbarach, Adonai Eloheinu, al  
shevach ma'aseh yadecha, v'al me'orei or  
she'asita y'fa'arucha. Selah! Baruch Ata  
Adonai, yotzer hame'orot.

ברוך אתה יי אלהינו, מלך העולם.  
יוצר אור ובורא חשך, עשה שלום  
ובורא את־הכל. המאיר לארץ  
ולדרים אליה ברחמים, ובטובו  
מחדש בכל־יום תמיד מעשה  
בראשית. מה רבו מעשיך, יי כלם  
בחקמה עשית. מלאה הארץ קניינך.  
תתברך, יי אלהינו, על־שבח  
מעשה ידך, ועל־מאורי־אור  
שעשית: יפארוך. סלה. ברוך אתה  
יי, יוצר המאורות.

*Blessed are You, Adonai our God, Ruler of the universe, who makes light and creates darkness, who ordains peace and fashions all things. With compassion God gives light to the earth and all who dwell there; with goodness God renews the work of creation continually, day by day. How manifold are Your works, Adonai; in wisdom You have made them all; the earth is full of Your creations. Let all bless You, Adonai our God, for the excellence of Your handiwork, and for the glowing stars that You have made: let them glorify You forever.*

*Blessed are You, Adonai, the Maker of light.*

The *Bar'chu* is formally the first part of the service. It requires a *minyan* (ten people), calling everyone together for prayer. Together, we rise.



What does it mean to be called to worship? All serious activity requires preparation, warming up. Entering into prayer requires focus; the prayers and blessings that precede *Barchu* are warm-ups for the individual. Now, each individual enters formally into communal prayer. The leader invites, Are we ready to bless? Are we all together? And we respond as one, Yes! Let us bless!

The dynamic between leader and congregation helps each other to soar in prayer. Were the leader to be uninspired, the congregation might simply respond by rote. Were the congregation's response passive, the leader might be discouraged. Together, this prayer-team urges each other ever-higher.



The meaning of Shabbat is to celebrate time rather than space. On Shabbat, we try to become attuned to holiness in time. It is a day to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world.

- Abraham Joshua Heschel

## Revelation

Ahavah rabah ahavtanu, Adonai Eloheinu,  
chemlah g'dolah viterah chamalta aleinu.  
Avinu malkeinu, ba'avur avoteinu  
v'imoteinu shebatchu v'cha, vat'lamdeim  
chukei chayim, ken t'choneinu ut'lamdeinu.  
Avinu, ha'av harachaman, hamracheim,  
racheim aleinu v'tein b'libeinu l'havin  
ulhaskil, lishmo'ah lilmod ul'lamed, lishmor  
v'la'asot ul'kayeim et-kol-divrei ׀ m ova  
toratecha, b'ahavah.

V'ha'er eineinu b'toratecha, v'dabek libeinu  
b'mitzvotcha, v'yacheid l'vaveinu l'ahavah  
ulyirah et-sh'mecha. V'lo-nevosh l'olam  
va'ed, ki v'sheim kodsh'cha hagadol  
v'hanora batachnu. Nagilah v'nism'chah  
bishuatecha.

Ki El po'eil y'shu'ot Ata, uvanu bacharta  
v'keirav'tanu l'shimcha hagadol selah  
be'emet, l'hodot l'cha ul'yached'cha  
b'ahavah. Baruch Ata Adonai, habocheir  
b'amo Yisrael b'ahavah.

*Deep is Your love for us, Adonai our God, and great is Your compassion. Our Maker and Ruler, our ancestors trusted in You, and You taught them the laws of life: be gracious now to us, and teach us. Have compassion upon us, O Source of mercy, and guide us to know and understand, learn and teach, observe and uphold with love all the teachings of Your Torah. Enlighten us with Your Teaching, help us to hold fast to Your mitzvot, and unite our hearts to love and revere Your name. Then shall we never be shamed, for we shall put our trust in You, the great, holy and awesome One. We shall rejoice and be glad in Your salvation, for You, O God, are the Author of many deliverances. In love You have chosen us and drawn us near to You to serve You in faithfulness and to proclaim Your unity. Blessed are You, Adonai our God, You have chosen Your people Israel in love.*

äáøääää

אָהבָה רַבָּה אַהַבְתָּנוּ, יְיָ אֱלֹהֵינוּ.  
חֶמְלָה גְדוֹלָה וַיְתִירָה חֶמְלַתְּ עָלֵינוּ.  
אָבִינוּ מַלְכֵנוּ, בַּעֲבוּר אֲבוֹתֵינוּ  
וְאִמּוֹתֵינוּ שֶׁבָּטְחוּ בְךָ וַתְּלַמְּדֵם חֻקֵּי  
חַיִּים, כֵּן תַּחֲנוּנוּ וַתְּלַמְּדֵנוּ. אָבִינוּ  
הָאֵב הָרַחֲמָן, הַמְּרַחֵם, רַחֵם עָלֵינוּ  
וְתֵן בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל, לְשֹׁמֵעַ  
לְלַמֵּד וּלְלַמֵּד, לְשֹׁמֵר וּלְעֹשֶׂה שְׂוֵת  
וּלְקַיֵּם אֶת-כָּל-דְּבָרֵי תִלְמוּד תּוֹרָתְךָ.  
בְּעֲהֲבָה.

וְהָאֵר עֵינֵינוּ בְּתוֹרָתְךָ, וְדַבֵּק לִבֵּנוּ  
בְּמִצְוֹתֶיךָ, וַיַּחַד לִבֵּנוּ לְאַהֲבָה  
וּלְיִרְאָה אֶת-שְׁמֶךָ, וְלֹא-יִבּוֹשׁ  
לְעוֹלָם וָעֶד, כִּי בְשֵׁם קִדְשְׁךָ הַגָּדוֹל  
וְהַנּוֹרָא בְּטַחְנוּ. נִגִּילָה וְנִשְׁמַחָה  
בִּישׁוּעָתְךָ.

כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה, וּבָנוּ  
בְּחֵרָת וּמִרְבָּתָנוּ לְשֹׁמֵךְ הַגָּדוֹל סֵלָה  
בְּאַמֶּת, לְהוֹדוֹת לָךְ וּלְיַחֲדֶךָ בְּאַהֲבָה.  
בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל  
בְּאַהֲבָה.

Let us affirm our faith in Torah,  
our people's legacy of learning and faith.

*There are no words more challenging than "You shall be holy!"  
No command more basic than "You shall love!"*

There is no vision more hopeful than "They shall beat their swords into  
plowshares," and no summons more demanding than "Justice, justice  
shall you pursue!"

*These words have outlived monuments and empires;  
we want them to live through us, for all time.*

We owe it to our ancestors to keep Torah alive;  
they struggled and suffered to preserve our way of life,  
knowing this to be their most precious gift to us.

*We owe it to our children to keep Torah alive;  
why should they be spiritually impoverished  
when they can inherit the riches of this heritage?*

We owe it to the world to keep Torah alive;  
this is a message which the world needs to hear.



Flood us with light,  
let Torah seize our hearts,  
and unite us to revere Your name.  
Infuse our deeds with holiness,  
radiant with passion for life.  
May Your mercy ever sustain us  
with the wisdom of Torah  
O Holy One, we bless You,  
for Your blessed gift of love.

Sh'ma

ó ù

שְׁמַע יִשְׂרָאֵל: יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!  
 בָּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד!  
 Sh'ma Yisrael Adonai Eloheinu, Adonai Echad!  
 Baruch sheim k'vod mal'chuto l'olam va'ed!

*Hear, O Israel: the Eternal One is our God, the Eternal God alone! (Deuteronomy 6:4)*  
*Blessed is God's glorious majesty forever and ever!*

V'ahavta et Adonai Elohecha, b'chol l'vav'cha  
 uv'chol naf'sh'cha uv'chol m'odecha. V'hayu  
 had'varim ha'eileh asher anochi m'tzav'cha  
 hayom al l'vavecha. V'shinantam l'vanecha  
 v'dibarta bam, b'shiv't'cha b'veitecha  
 uv'lecht'cha vaderech Uv'shoch'b'cha  
 uv'kumecha. Uk'shartam l'ot al yadecha  
 v'hayu l'totafot bein einecha. Uch'tav'tam al  
 m'zuzot beitecha uvish'arecha.

וְאַהֲבַתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ,  
 וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ. וְהָיוּ  
 הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְךָ,  
 הַיּוֹם עַל-לִבְּךָ. וְשִׁנַּנְתָּם לְבָנֶיךָ  
 וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ  
 וּבִלְכֹתְךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ.  
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ  
 לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכָתַבְתָּם עַל-  
 מְזוּזוֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.

L'ma'an tizk'ru va'asitem et kol mitzvotai  
 vih'yitem k'doshim leiloheichem. Ani Adonai  
 Eloheichem asher hotzeiti et'chem me'eretz  
 Mit'rayim lih'yot lachem leilohim. Ani Adonai  
 eloheichem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-  
 מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.  
 אֲנִי יְיָ אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי  
 אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לֵהָיוֹת לָכֶם  
 לֵאלֹהִים. אֲנִי יְיָ אֱלֹהֵיכֶם.

*You shall love your Eternal God with all your heart, with all your soul, and with all your might.  
 And all these words, which I command you on this day, shall be upon your heart. And you shall  
 teach them diligently to your children. And you shall speak of them when you sit in your house,  
 when you walk by the way, and when you lie down, and when you rise up. And you shall bind them  
 for a sign upon your hand. And they shall be for frontlets between your eyes. And you shall write  
 them on the doorposts of your house and upon your gates. So that you will remember and do all My  
 commandments and be holy to your God. I am your Eternal God who led you out of Egypt to be  
 your God. I am your Eternal God. (Deuteronomy 6:5-9, Numbers 15:40-41)*



Rabbi Elazar ben Azarya once said that when  
our learning exceeds our deeds we are like trees  
whose branches are many but whose roots are few:  
the wind comes and uproots them.  
But when our deeds exceed our learning  
we are like trees whose branches are few but whose  
roots are many, so that even if all the winds of the  
world were to come blow against them,  
they would be unable to move them.



We declare our loyalty and love for God with this Torah text, a concrete example of God's love for us. We love God with everything: heart, soul, body, good and bad inclinations, and with more strength than we think we possess. We pray that there not be a moment in our lives that we do not show God this love. We also hearken to our experience as slaves in Egypt and remember that we could find freedom.



O God,  
we all stood at the mountain's base  
and we swore ourselves to your commands.  
Though Moses stuttered horribly,  
we all listened with utmost care  
to every Torah word.

It was so good to be gone from Egypt!

But now we are slaves again,  
and mitzvot are slow to be done.

Be patient with our outward hesitation.  
We have not forgotten the Agreement;  
You are not alone.

## Redemption

äì äâä

Emet v'yatsiv, v'ahuv v'chaviv, v'nora  
v'adir, v'tov v'yafe hadavar haze aleinu  
l'olam va'ed. Emet, Elohai olam  
malkeinu, tsur Ya'akov magen yisheinu.  
L'dor vador Hu kayam, ushmo kayam,  
v'chis'o, nachon, umalchuto v'emunato  
la'ad kayamet. Udvarav chayim  
v'kayamim, ne'emanim v'nechemadim,  
la'ad ulolmei olamim.

אֱמֶת וַיַּצִּיב, וְאָהוּב וְחָבִיב, וְנֹרָא  
וְטוֹב וַיִּפֶּה הַדָּבָר הַזֶּה עֲלֵינוּ  
לְעוֹלָם וָעֶד. אֱמֶת, אֱלֹהֵי עוֹלָם  
מַלְכֵנוּ, צוּר יַעֲקֹב מִגֵּן יִשְׁעֵנוּ.  
לְדוֹר וָדוֹר הוּא קַיָּם, וּשְׁמוֹ קַיָּם,  
וְכִסְאוֹ נָכוֹן, וּמַלְכוּתוֹ וְאֱמוּנָתוֹ  
לְעַד קַיָּמֶת. וּדְבָרָיו חַיִּים  
וְקַיָּמִים, נְאֻמָּנִים וְנַחֲמָדִים, לְעַד  
וְלְעוֹלָמֵי עוֹלָמִים.

Mimitsrayim g'altanu, Adonai Eloheinu,  
umibeit avadim p'ditanu. Al zot shibchu  
ahuvim v'romeimu El, v'natnu y'didim  
z'mirot, shirot v'tishbachot, b'rachot  
v'hoda'ot lamelech, El chai v'kayam.  
Ram v'nisa, gadol v'nora, mashpil  
ge'im umagbi'a sh'falim, motsi asirim  
ufode anavim, v'ozar dalim, v'oneh  
l'amo b'et shavu'am eilav. T'hilot l'El  
elyon, baruch Hu umvorach. Moshe  
uv'nei Yisrael l'cha anu shira b'simcha  
rabah, v'amru kulam:

מִמִּצְרַיִם גָּאֲלָתָנוּ, יְיָ אֱלֹהֵינוּ.  
וּמִבֵּית עֲבָדִים פָּדִיתָנוּ. עַל־זֹאת  
שִׁבְחוּ אֱהוּבִים וְרוֹמְנוּ אֵל, יִנְתְּנוּ  
יְדִידִים וְזִמְרוֹת, שִׁירֹת וְתִשְׁבָּחוֹת.  
בְּרָכוֹת וְהוֹדָאוֹת לַמֶּלֶךְ, אֵל חַי וְקַיָּם.  
רָם וְנִשָּׂא, גָּדוֹל וְנֹרָא, מַשְׁפִּיל גָּאִים  
וּמַגְבִּיָּה שְׁפָלִים, מוֹצִיא אֲסִירִים  
וּפּוֹדֶה עֲנָוִים, וְעוֹזֵר דָּלִים, וְעוֹנֶה  
לְעַמּוֹ בְּעֵת שׁוּעָם אֱלֹיו. תְּהִלַּת לְאֵל  
עֲלִיוֹן, בְּרוּךְ הוּא וּמְבָרֵךְ. מֹשֶׁה  
וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ שִׁירָה  
בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כָלָם:

*True and firm, right and faithful, beloved and precious, good and beautiful is this Your teaching unto us for ever and ever. It is true that the God of the universe is our Master, and the Rock of Jacob is our shield. Through all generations God endures and God's name endures; God's throne is established, and God's kingdom and God's faithfulness are eternal. God's words have living and abiding power, they are forever trustworthy and for all time precious. From Egypt You redeemed us, O God. And from the house of bondage You did deliver us. You revealed Your saving power at the Red Sea so that the children of Israel passed through in safety. Wherefore they praised and extolled You, O God. They offered thanksgiving to You, their living God. Moses and the children of Israel sang unto You with joy:*

*Emet v'yatziv* is an affirmation of the *Sh'ma*. We join the last words of the *Sh'ma* to *Emet* as a statement of our ongoing commitment to their truth. The Exodus is our template for life: the journey is always just beginning. There are daunting obstacles. Yet God's word is the promise: we will survive evil and we will uphold the visions of freedom and peace.



In a world torn by violence and pain, a world so far from wholeness, a world waiting still to be redeemed, give us, O Source of good, the courage to say: There is one God in heaven and earth.

*The high heavens declare Your glory; may earth reveal Your justice and Your love.*

From Egypt, the house of bondage, we were delivered; at Sinai, amid peals of thunder, we bound ourselves to Your purpose. Inspired by prophets and instructed by sages, we survived oppression and exile, time and again overcoming the forces that would have destroyed us.

*Our failings are many – our faults are great – yet it has been our glory to bear witness to our God, and to keep alive in dark ages the vision of a world redeemed.*

May this vision never fade; let us continue to work for the day when the nations will be one and at peace. Then shall sing with one accord, as Moses, Miriam and all Israel sang at the shores of the Sea.

Mi chamocha ba'eilim Adonai?

מִי־כַמֹּכָה בָּאֵלִים, יְיָ? מִי כַמֹּכָה.

Mi kamocha, ne'dar bakodesh, nora

נֶאֱדָר בְּקֹדֶשׁ, נֹרָא תְהִלַּת.

t'hilot, oseh feleh?

עֹשֶׂה פִּלְאָא?

*Who is like You, Adonai, among the gods? Who is like You, who is majestic in holiness, awesome in splendor, who does wonders? (Exodus 15:11)*

Shira chadasha shib'chu g'ulim

שִׁירָה חֲדָשָׁה שִׁבְּחוּ

l'shim'cha al s'fat hayam, yachad kulam

גְּאוּלִּים לְשִׁמְךָ עַל שְׂפַת הַיָּם.

hodu v'him'lichu v'amru: "Adonai yim'loch

יַחַד כָּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

l'olam va'ed!"

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"

*A new song the redeemed sang to Your name. At the shore of the Sea, saved from destruction, they proclaimed Your sovereign power "Adonai will rule forever and ever!" (Exodus 15:2,18)*

Tzur Yisrael, kumah be'ezrat Yisrael,

צֹר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל.

ufdei k'numecha Y'hudah v'Yisrael.

וּפְדֵה כְּנֻמְךָ יְהוּדָה וְיִשְׂרָאֵל. גְּאֻלָּנוּ

Go'aleinu Adonai tz'va'ot sh'mo, k'dosh

יְיָ צְבָאוֹת שְׁמוֹ, קָדוֹשׁ יִשְׂרָאֵל.

Yisrael. Baruch Ata Adonai, ga'al Yisrael.

בָּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל.

*O Rock of Israel, come to Israel's help. Fulfill Your promise of redemption for Judah and Israel. Our Redeemer is the God of Hosts, the Holy One of Israel. Blessed are You, Adonai our God, the Redeemer of Israel.*

After freedom from slavery, our people sang these words at the Sea of Reeds to celebrate their freedom (Exodus 15). Today, we sing them to conjure images of our own future redemption and freedom. We imagine a day when the world will be perfected.



Might we have gone backward into slavery,  
had we chosen to forsake Moses?

Who is like you, O God,  
Who has delivered destiny into our own hands?

Of all the wonders You have wrought,  
We praise Your name for this:

That You have created a world whose workings  
we can probe with the marvelous tool of our minds,  
and alter with the skillful work of our hands,

That You in Your love  
have given us the awesome gifts  
of freedom and responsibility to choose our own ways.

Why must we enter the desert  
to hear your voice?  
Listen...

# Amidah אָמִידָה

אֲדֹנָי, שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתֶךָ.  
Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

*Eternal God, open my lips, that my mouth may declare Your glory (Psalms 51:17).*

Baruch Ata Adonai Eloheinu v'lohei  
avoteinu v'imoteinu: Elohei Avraham,  
Elohei Yitzchak, v'lohei Ya'akov. Elohei  
Sarah, Elohei Rivkah, Elohei Leah v'lohei  
Rachel. Ha'El hagadol, hagibor v'hanora  
El elyon. Gomeil chasadim tovim, v'konei  
hakol, v'zocheir chasdei avot v'imahot,  
umeivi g'ulah livnei v'neihem, l'ma'an  
sh'mo b'ahava.

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ: אֱלֹהֵי אַבְרָהָם.  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי  
שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה,  
וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר  
וְהַנּוֹרָא אֵל עֲלִיּוֹן. גּוֹמֵל חֲסָדִים  
טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסֵדֵי  
אֲבוֹת וְאִמּוֹת. וּמְבִיא גְאֻלָּה לְבָנָי  
בְּנִיחָם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

## Shabbat Shuva

Zochreinu l'chayim, melech chafetz ba'chayim,  
v'choteivu b'sefer hachayim, l'ma'ancha elohim  
chayim.

*Remember us unto life, Sovereign who delights in life, and inscribe us in the Book of Life,  
that Your will may prevail, O God of life.*

ṁáũ ṁáũ

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בְּחַיִּים.  
וְכָתְבוּ בְּסֵפֶר הַחַיִּים, לְמַעַן  
אֱלֹהִים חַיִּים.

Melech ozeir umoshia umagein. Baruch  
Ata Adonai, magen Avraham v'ezrat  
Sarah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ  
אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעִזְרַת  
שָׂרָה.

*Blessed are You, Adonai our God and God of our ancestors: God of Abraham, God of Isaac, and  
God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel. The great,  
powerful, and awesome God, God exalted, who bestows good and kindness and controls  
everything, who remembers the kindnesses of our ancestors, and who with love brings redemption  
to their children's children for the sake of Your name; Ruler, Helper, Savior, and Protector.  
Blessed are You, Adonai, Shield of Abraham and Protector of Sarah.*

Ata gibor l'olam, Adonai, m'chayei hakol  
(metim) Ata, rav l'hoshia. M'chalkel  
chayim b'chesed, m'chayei hakol (metim)  
b'rachamim rabim.

אתה גבור לעולם. אֲדֹנָי, מְחַיֶּה  
הַכֹּל (מֵתִים) אַתָּה רַב לְהוֹשִׁיעַ.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל  
(מֵתִים) בְּרַחֲמִים רַבִּים.

Somech noflim, v'rofe cholim, umatir  
asurim, um'kayeim emunato lisheinei  
afar. Mi chamocha, ba'al g'vurot, umi  
domeh lach melech meimit um'chayeh  
umatzmiach y'shua? V'ne'eman Ata  
l'hachayot hakol (metim).

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים.  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ  
לִישְׁנֵי עָפָר. מִי כְמוֹךָ, בַּעַל  
גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ  
מֵמִית וּמַחְיֶה וּמַצְמִיחַ יֵשׁוּעָה?  
וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).

#### Shabbat Shuva

Mi chamocha, av harachmim, zocher y'tzurav  
l'chayim b'rachamim.

úáúì úáúì

מִי כְמוֹךָ, אָב הַרַחֲמִים, זוֹכֵר יְצוּרָיו  
לְחַיִּים בְּרַחֲמִים?

*Who is like You, Merciful Parent, in mercy remembering Your creatures for life?*

Baruch Ata Adonai, m'chayeh  
hakol (hametim).

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה  
הַכֹּל (הַמֵּתִים).

*You are eternally mighty, O God; You give life to everything (You revive the dead), great is Your ability to save! With kindness You sustain the living, with great compassion give life to all (renewing what is dead with profound mercy), helping the fallen and healing the sick; bringing freedom to the restrained and keeping faith with those who sleep in the dust. Who is like You, Master of Might, and who is like You, O Ruler who causes death and life and the birth of salvation? You faithfully give life to all (Truly you revive what is dead). Blessed are You, Adonai, who gives life to all (who revives the dead).*

N'kadesh et-shimcha ba'olam, k'shem  
shemakdishim oto bishmei marom,  
kakativ al-yad n'viyecha: V'kara zeh el  
zeh v'amar:

נִקְדָּשׁ אֶת-שִׁמְךָ בְּעוֹלָם, כְּשֵׁם  
שִׁמְךָ דִּישִׁים אוֹתוֹ בְּשֵׁמֵי מָרוֹם.  
כְּכָתוּב עַל-יַד נְבִיאֶךָ: וְקָרָא  
זֶה אֶל-זֶה וְאָמַר:

Kadosh, kadosh, kadosh, Adonai tz'vaot,  
M'lo kol ha'arets k'vodo.

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאוֹת.  
מְלֵא כָל-הָאָרֶץ כְּבוֹדוֹ.

Adir adireinu, Adonai adoneinu,  
ma-adir shimcha b'chol-ha'aretz!

אָדיר אַדירֵינוּ, ייִ אָדוֹנֵינוּ,  
מֵה-אָדיר שְׁמְךָ בְּכָל-הָאֶרֶץ!

Baruch k'vod-Adonai mimkomo.

בָּרוּךְ כְּבוֹד-ייִ מִמְקוֹמוֹ.

Echad Hu Eloheinu, Hu avinu, Hu  
malkeinu, Hu moshieinu: v'Hu  
yashmieinu b'rachamav l'eini kol-chai:

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,  
הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ: וְהוּא  
יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָל-חַי:

"Ani Adonai Eloheichem!"

”אֲנִי ייִ אֱלֹהֵיכֶם!”

Yimloch Adonai l'olam, Elohayich tziyon,  
l'dor vador. Hallelujah!

יִמְלֹךְ ייִ לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן,  
לְדוֹר וָדוֹר. הַלְלוּיָהּ!

L'dor vador nagid gadlecha, u'len'tzach  
n'tzachim k'dushatcha nakdish.  
V'shivchacha, Eloheinu, mipinu lo  
yamush l'olam va'ed.\* Baruch Ata  
Adonai, ha'el hakadosh.

לְדוֹר וָדוֹר נִגִּיד גְּדַלְךָ, וּלְנִצָּח  
נִצְחִים קִדְשְׁתָּךְ נְקַדִּישׁ, וְשִׁבַּחְךָ,  
אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם  
וָעֵד.\* בָּרוּךְ אַתָּה ייִ, הָאֵל  
הַקָּדוֹשׁ.

**\*Shabbat Shuva**

Baruch Ata Adonai, ha'melech hakadosh.

**\*אָדוֹנַי אֱלֹהֵינוּ\***

בָּרוּךְ אַתָּה, ייִ, הַמֶּלֶךְ הַקָּדוֹשׁ.

*Blessed are You, the Holy King.*

*We sanctify Your name on earth, even as all things, to the ends of time and space, proclaim Your holiness; and in the words of the prophet we say: Holy, Holy, Holy is Adonai of Hosts; the fullness of the whole earth is God's glory! Source of our strength, Sovereign God, how majestic is Your presence in all the earth! Blessed is the glory of God in heaven and earth. Adonai alone is our God and our Creator, God is our ruler and our Helper, and in God's mercy Adonai reveals God in the sight of all the living: I AM ADONAI YOUR GOD! Adonai shall reign for ever; your God, O Zion, from generation to generation. Hallelujah! To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.*



Yism'chu v'malchutcha shom'rei Shabbat  
v'korei oneg. Am m'kadshei shevi'I kulam  
yisb'u v'yitangu mituvecha. Chemdat  
yamim oto karata, zecher l'ma'aset  
bereshit.

יִשְׁמְחוּ בַּמַּלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת  
וְקוֹרְאֵי עֹנֵג. עִם מְקַדְּשֵׁי שְׁבִיעִי  
כָּלֵם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטּוֹבְךָ.  
חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ.  
זֵכֶר לַמַּעֲשֵׂה בְּרֵאשִׁית.

*Those who keep the Sabbath and call it a delight shall rejoice in Your deliverance. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of creation.*

Eloheinu v'lohei avoteinu v'imoteinu, retse  
beminuchatenu. Kadshenu bemitsvateicha  
v'ten chelkenu betoratecha. Shabe'enu  
mituvecha, v'shamchenu miyu'atecha,  
v'taher libenu l'avedcha b'emet.  
V'hanchilinu, Adonai Eloheinu, b'ahava  
uvratson Shabbat kadshecha, v'yanuchu  
va Yisrael m'kadshei shmecha. Baruch Ata  
Adonai, m'kadeish ha'Shabbat.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ.  
רְצֵה בְּמִנוּחַתֵּנוּ. קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ  
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ. שְׂבַעְנוּ מִטּוֹבְךָ.  
וְשִׁמְחֵנוּ בִּישׁוּעָתְךָ. וְטַהֵר לִבֵּנוּ  
לְעִבְדֶּךָ בְּאֵמֶת. וְהַנְּחִילֵנוּ, יְיָ  
אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרַצּוֹן שַׁבָּת  
קַדְּשָׁךָ. וְיִנּוּחוּ כָּה יִשְׂרָאֵל  
מִקְדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה, יְיָ.  
מְקַדֵּשׁ הַשַּׁבָּת.

*Our God, God of our fathers and our mothers, may our rest on this day be pleasing in Your sight. Satisfy us with Your mitzvot, and let Your Torah be our way of life. Satisfy us with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. In Your gracious love, Eternal God, let Your holy Sabbath remain our heritage, that all Israel, hallowing Your name, may find rest and peace. We praise You, O God, for the Sabbath and its holiness.*

R'tzei, Adonai Elohienu, b'am'cha Yisrael,  
ut'filatam b'ahava t'kabeil, ut'hi l'ratzon  
tamid avodat Yisrael amecha. Eil karov  
l'chol-kor'av p'nei el avadecha v'chaneinu.  
Sh'foch ruchacha aleinu, v'techezeinah  
eineinu b'shuv'cha l'tzion b'rachamim.  
Baruch Ata Adonai, hamachazir  
sh'chinato l'tzion.

רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל.  
וּתְפַלֵּתָם בְּאַהֲבָה תִּקְבֹּל. וְתִהְיֶה לְרַצּוֹן  
תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל  
קָרוֹב לְכָל-קוֹרְאָיו פָּנֶה אֶל עַבְדֶּיךָ  
וְחַנּוּנוֹ. שְׁפוּךְ רוּחְךָ עָלֵינוּ.  
וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן  
בְּרַחֲמִים. בְּרוּךְ אַתָּה, יְיָ, הַמַּחֲזִיר  
שְׁכִינָתוֹ לְצִיּוֹן.

*Be favorable, Adonai our God, toward Your people Israel, and receive their prayers with love. May the worship of Israel Your people always be acceptable. God is near to all who call out. Turn to Your servants and be gracious to us. Pour out Your spirit upon us. May our eyes gaze upon Your return to Zion with mercy. Blessed are You, Adonai, whose Presence returns to Zion.*

Modim anach'nu lach, sha'Ata Hu Adonai  
Eloheinu veilohei avoteinu v'imoteinu l'olam  
va'ed. Tzur hayeinu magein yish'einu, Ata  
Hu l'dor vador. Nodeh lach un'sapeir  
t'hilatecha, al-chayeinu ham'surim  
v'yadecha, v'al-nish'moteinu hap'kudot  
lach, v'al nisecha sheb'chol-yom imanu,  
V'al-nif'l'otecha v'tovotecha sheb'chol-eit,  
erev vavoker v'tzoharayim. Hatov: Ki lo-  
chalu rachamecha v'ham'racheim: Ki-lo  
tamu chasadecha, mei-olam kivinu lach.  
V'al kulam yit'barach v'yit'romam shim'cha,  
mal'keinu, tamid l'olam va'ed.

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֲתָהּ הוּא יי  
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ  
לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ. מָגֵן יִשְׁעֵנוּ.  
אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לָךְ  
וְנִסְפֹּר תְהִלָּתְךָ, עַל-חַיֵּינוּ הַמְּסוּרִים  
בְּיָדְךָ, וְעַל-נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ.  
וְעַל-נִסְיָךְ שֶׁבְּכָל-יוֹם עִמָּנוּ, וְעַל-  
נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל-עֵת.  
עָרֵב וּבֹקֵר וְצֹהָרִים. הַטּוֹב: כִּי לֹא-  
כָלוּ רַחֲמֶיךָ, וְהִמְרָחֵם: כִּי-לֹא  
תָמוּ חַסְדֶּיךָ, מֵעוֹלָם קִיֵּינוּ לָךְ.  
וְעַל כָּל־מַלְכֵנוּ וְיִתְרוֹמָם שְׂמֶךָ.  
מְלִכְנוּ, תִּמְדֵּנוּ לְעוֹלָם וָעֶד.

# Shabbat Shuva

Uchtov l'chayim tovim kol-b'nei v'r'iteicha.

*Let life abundant be the heritage of all the children of Your covenant.*

úáúì úáúú

וְכָתוּב לְחַיִּים טוֹבִים כָּל-בְּנֵי בְרִיתְךָ.

V'chol hachayim yoducha selah, vihal'lu et  
shim'cha be'emet, ha'el y'shuateinu  
v'ezrateinu selah. Baruch Ata Adonai, hatov  
shim'cha ul'cha na'eh l'hodot.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וְיִהְלְלוּ  
אֶת שְׁמֶךָ בְּאֵמֶת. הָאֵל יִשְׁוֹעֵתֵנוּ  
וְעִזְרָתֵנוּ סֵלָה. בָּרוּךְ אַתָּה יי.  
הַטּוֹב שְׂמֶךָ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

*We acknowledge You, for You are our God and the God of our ancestors forever and ever. You are the Rock of our life, the Protector of our salvation for each and every generation. We are thankful to You and sing Your praises; for our lives, which are delivered into Your hands, for our souls, which are under Your auspices, and for Your miraculous activities which are with us daily, and for Your wonders and acts of goodness of every time, evening morning and afternoon. The Good One, for yYur compassion never ceases. The Compassionate One, for Your kindness never fails. We have hoped for You eternally. For all these things, may Your name be praised and exalted, O Ruler, always and forever. Let all who live thank You, Selah, and praise Your name in truth, O God, our Savior and Helper, Selah! Blessed are You, Adonai, whose name is good, and to who it is befitting to give thanks.*

# Chanukah

Al ha'nisim v'al ha'purkan, v'al hag'vurot v'al  
hatshu'ot, v'al hanechamot she'asita la'avoteinu  
ul'imoteinu bayamim hahem uv'zman haze.  
Bimei matit'yahu ben-yochanan cohen gadol,  
chashmonay u'vanav, kshe'amda malchut yavan  
harsha'a al amcha Yisrael, le'hashkicham  
toratecha ulha'aviram mechukei retzonecha.  
V'Ata b'rachameicha harabim amadta lahem  
be'et tzaratam. Masarta giborim b'yad chlashim,  
v'rabim b'yad m'atim, v'zedim b'yad oskei  
toratecha. Ulcha asita shem gadol v'kadosh  
b'olameicha, ul'amcha Yisrael asita t'shua g'dola  
ufurkan k'hayom haze. V'ataken ba'o vaneicha  
lidvir beitecha, ufinu et-heicholecha, v'tiharu et-  
mikdashhecha, v'hidliku neirot b'chatzrot  
kodshecha, v'kav'u shmonat y'mei Chanukah  
elu, l'hodot ul'halel l'shimcha hagadol.

*In the days of old, at this season, You saved our people by wonders and mighty deeds. In the days of  
Mattathias the Hasmonian, the tyrannic Empire sought to destroy our people Israel by making them  
forget their Torah, and by forcing them to abandon their ancient way of life. Throught the power of  
Your spirit the weak defeated the strong, the few prevailed over the many, and the righteous were  
victorious. Then Your children returned to Your House to purify the sanctuary and to kindle its lights.  
And they dedicated these days to give thanks and praise to Your majestic glory.*

Sim shalom tova uv'racha, chen  
vachesed v'rachamim, aleinu v'al kol  
Yisrael amecha. Bar'cheinu avinu kulanu  
ke'echad b'or paneicha, ki v'or panecha  
nata'ta lanu Adonai Eloheinu torat  
chayim v'ahavat chesed, u'tzda'kha  
uv'racha v'racha'mim v'chayim v'shalom.  
V'tov b'einecha l'vareich et am'cha  
Yisrael b'chol-eit uv'chol sha'a  
bish'lomecha.\* Baruch Ata Adonai,  
ham'vareich et amo yis'raeil bashalom.

äëäñ

על הנסים ועל הפרקו. ועל הגבורות ועל  
התשועות. ועל הנחמות שעשית  
לאבותינו בימים ההם ובזמן הזה. בימי  
מתתיהו בן-יוחנן כהן גדול. חשמונאי  
ובניו. בשעמדה מלכות יון הרשעה  
על עמך ישראל. להשפיתם תורתך  
ולהעבירם מחקי רצונך. ואתה ברחמך  
הרבים עמדת להם בעת צרתם. מסרת  
גבורים ביד חלשים. נרבים ביד מעטים.  
וזדים ביד עוסקי תורתך. ולך עשית שם  
גדול וקדוש בעולםך. ולעמך ישראל  
עשית תשועה גדולה ופרקו כהיום הזה.  
ואחר כן באו בניך לדביר ביתך. ופנו  
את היכלך. וטהרו את-הדליקו נרות  
בחצרות קדשך. וקבעו שמונת ימי חנכה  
אלו. להודות ולהלל לשמך הגדול.

שים שלום טובה וברכה. חן וחסד  
ורחמים. עלינו ועל כל-ישראל  
עמך. ברכנו אבינו. כָּלְלוּ כְּאַחַד.  
בְּאוֹר פְּנִיךָ. כִּי בְּאוֹר פְּנִיךָ נִתְּנָה  
לָנוּ. יְיָ אֱלֹהֵינוּ. תּוֹרַת חַיִּים.  
וְאַהֲבַת חֶסֶד. וְצִדְקָה וּבְרָכָה  
וְרַחֲמִים. וְחַיִּים וְשָׁלוֹם. וטוב  
בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל  
בְּכָל-עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.\*  
בְּרוּךְ אַתָּה יְיָ. הַמְּבָרֵךְ אֶת-עַמּוֹ  
יִשְׂרָאֵל בְּשָׁלוֹם.

**\*Shabbat Shuva**

**\*וְשָׁלוֹם וְרַחֲמִים\***

B'sefer chayim uvracha nikatev l'chayim tovim  
ul'shalom. Baruch Ata Adonai, oseh hashalom.

בְּסֵפֶר חַיִּים וּבְרַכָּה נִכְתָּב לְחַיִּים טוֹבִים  
לְשָׁלוֹם. בָּרוּךְ אַתָּה יְיָ, עוֹשֶׂה הַשָּׁלוֹם.

*Inscribe us in the Bok of life, blessing, and peace. Blessed are You Adonai, Maker of peace.*

*Place peace, goodness, and blessing, grace, kindness and mercy upon us and upon all Israel, Your people. Bless us, O God, all of us, with the light of Your countenance, for with the light of Your countenance, You gave us, Adonai our God, a Torah of life, love of kindness, righteousness, blessing, mercy, life, and peace. May it be worthy in Your eyes to bless Your people Israel, at every time and hour, with peace. Blessed are You, Adonai, who blesses the people Israel with peace.*

Elohai n'tzor l'shoni meira, us'fatai midabeir  
mir'ma, v'lim'kal'lai naf'shi tidom, v'naf'shi  
ke'afar lakol tihyeh. P'tach libi b'toratecha,  
v'mitz'votcha tir'dof nafshi, v'chol  
hachosh'vim alai ra'ah, m'heirah hafar  
atzatam v'kal'keil machashav'tam. Asei  
l'ma'an sh'mecha, asei l'ma'an y'minecha,  
asei l'ma'an k'dushatecha, aseh l'ma'an  
toratecha. L'ma'an yechal'tzun y'didecha,  
hoshia y'min'cha vaneini.

אֱלֹהֵי נִצֹר לְשׁוֹנִי מֵרָע. וּשְׁפֹתַי  
מִדַּבֵּר מִרְמָה. וְלִמְקַלְלִי נִפְשִׁי תִדּוֹם.  
וְנִפְשִׁי כַּעֲפָר לְכָל תְּהִיָּה. פְּתַח לְבִי  
בְּתוֹרַתְךָ. וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נִפְשִׁי  
וְכָל־הַחֹשֶׁשִׁים עָלַי רָעָה. מִהֲרָה  
הִפֹּר עֲצָתָם וְקַלְקֵל מַחֲשַׁבְתָּם.  
עֲשֵׂה לְמַעַן שְׁמֶךָ. עֲשֵׂה לְמַעַן  
יִמְיִנְךָ. עֲשֵׂה לְמַעַן קִדְשָׁתְךָ. עֲשֵׂה  
לְמַעַן תּוֹרַתְךָ: לְמַעַן יִחַלְצוּן  
יְרֵידֶיךָ. הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

*O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of derision, humble in the presence of all. Open my heart to Your Torah, that I may hasten to do Your mitzvot. Save me with Your power; in time of trouble be my answer, that those who love You may rejoice.*

Y'hiyu l'ratzon im'rei fi v'hegyon libi  
l'fanecha, Adonai tzuri v'goali.

יְהִיּוּ לְרָצוֹן אִמְרֵי־פִי וְהִגְיוֹן  
לְבִי לְפָנֶיךָ. יְיָ צוּרִי וְגֹאֲלִי.

*May the words of my mouth and the meditations of my heart be acceptable to You,  
O God, my Rock and my Redeemer (Psalm 19:15).*

Oseh shalom bim'romav, Hu ya'aseh  
shalom aleinu v'al kol Yisrael v'imru:  
Amen.

עוֹשֶׂה שָׁלוֹם בְּמְרוֹמָיו. הוּא יַעֲשֶׂה  
שָׁלוֹם עָלֵינוּ וְעַל־כָּל־יִשְׂרָאֵל.  
וְאָמְרוּ: אָמֵן.

*May the Maker of peace in the high places make peace descend upon us  
and upon all Israel, and let us say: Amen.*

Do not think the words of prayer as you say them go up to God.  
It is not the words themselves that ascend; it is rather the burning desire of your heart that rises like smoke toward heaven.  
If your prayer consists only of words and letters, and does not contain your heart's desire – how can it rise up to God?

*-Reb Nachman of Bratzlav*



Watch over me  
That I may speak kindly to others.

Protect me from harm's way.

Guide me with Your teachings  
that all that I say  
and all that I do  
give honor to Your Name.

Accept my prayers,  
my thoughts,  
and my meditations.

Bless all who live on earth with peace.  
*- Mark Frydenberg*



May the Creator of peace and harmony in the Universe, create peace in our world as well, peace for us, peace for all Israel, peace for all people and peoples. Amen!  
*- Joe Rosenstein*

# Torah Service äøáü üàø÷ øãñ

Ein-kamocha ba'elohim Adonai, v'ein  
kema'aseicha. Malchutecha, malchut kol-  
olamim, u'memshaltecha b'chol-dor va'dor.  
Adonai melech, Adonai malach, Adonai  
yimloch, l'olam va'ed. Adonai oz l'amod  
yiten, Adonai yivarech et m ova'shalom

אֵין-כְּמוֹךְ בָּאֱלֹהִים. אֲדֹנִי, וְאֵין  
כְּמַעֲשֶׂיךָ. מַלְכוּתְךָ מְלָכּוּת כָּל-  
עוֹלָמִים. וּמִמְשַׁלְתְּךָ בְּכָל-דּוֹר וְדוֹר.  
יְהוָה מֶלֶךְ. יְהוָה מַלְאָךְ. יְהוָה יִמְלֹךְ.  
לְעוֹלָם וָעֶד. יְהוָה עֹז לְעַמּוֹ יִתֵּן.  
יְהוָה יְבָרֶךְ אֶת-עַמּוֹ בְּשָׁלוֹם.

*There is none like You, Eternal One, among the gods that are worshipped, and there are no deeds like Yours. Your sovereignty is everlasting; You reign through all generations. God rules; God will reign for ever and ever. Eternal God, give strength to Your people; Eternal God, bless Your people with peace.*

El ha'rachamim, heitiva virtsoncha et-  
tzion; tivnei chomot y'rushalayim. Ki  
v'cha l'vad batachnu, melech el ram  
v'nisa, adon olamim.

אֵל רַחֲמִים. הֵיטִיבָה בְּרַצוֹנְךָ  
אֶת צִיּוֹן; תִּבְנֶה חוֹמוֹת  
יְרוּשָׁלַיִם. כִּי בְךָ לְבָד בְּטַחֲנוּ.  
מֶלֶךְ אֵל רַם וְנִשָּׂא. אֲדוֹן עוֹלָמִים.

*Source of mercy, let Your goodness be a blessing to Zion; let Jerusalem be rebuilt. In You alone do we trust, O Sovereign God, high and exalted, Ruler of all the worlds.*

Ki mitziyon teitzei Torah ud'var-Adonai  
mi'rushalayim. Baruch shenatan Torah  
l'amo Yisrael bik'dushato.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה, וּדְבַר-  
יְהוָה מִירוּשָׁלַיִם. בָּרוּךְ שֶׁנָּתַן  
תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשְׁתּוֹ.

*For from Zion shall Torah go forth, the word of God from Jerusalem. Blessed is the One who in holiness gave Torah to the people Israel.*

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!  
אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדֹנֵינוּ, קְדוֹשׁ שְׁמוֹ!  
Sh'ma Yisrael Adonai Eloheinu, Adonai Echad!  
Echad Eloheinu, gadol Adoneinu, kadosh sh'mo!

*Hear, O Israel: The Eternal One is our God, the Eternal God alone! Our God is One; great and holy is the Eternal One!*

Gad'lu L'Adonai iti, un'rom'mah  
sh'mo yach'dav.

גָּדְלוּ לַיְיָ אִתִּי, וְנִרְמַמָּה  
שְׁמוֹ יַחְדָּו.

*Proclaim the greatness of God with me, and let us elevate God's name together.*

Happy is the one who finds wisdom,  
the one who gains understanding;  
for its fruits are better than silver,  
its yield than fine gold.  
It is more precious than rubies;  
No treasure can match it.



Assembled at a mountain,  
our people,  
still bent from oppression,  
found You,  
found Your Torah,  
found Your truth  
and embraced the destiny  
that has shaped worlds.

Help us still to shape the world  
according to Your will;  
help us to teach and to learn,  
to hear Your word anew,  
and to find in it our path to goodness and truth.



Enlighten our eyes to the divine lessons of our tradition,  
attach our hearts to the imperatives of our faith,  
and let our minds be one to love and venerate  
all that is good, high and holy.

L'cha, Adonai, hag'dulah v'hag'vurah  
v'hatif'eret v'haneitzach v'hahod, ki chol  
bashamayim uva'aretz, l'cha Adonai hama  
m'lacha v'hamit'nasei l'chol l'rosh.

לְךָ, יְיָ, הַגְדֵּלָה וְהַגְבוּרָה וְהַתְפָּאֶרֶת  
וְהַנִּצָּח וְהַהוֹד, כִּי כָל בְּשָׁמַיִם  
וּבָאָרֶץ, לְךָ, יְיָ, הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא  
לְכָל לְרֹאשׁ.

*Yours, O God, is the greatness, the power, the glory, the victory, and the majesty:  
for all that is in heaven and earth is Yours.*

Rom'mu Adonai Eloheinu,  
v'hishtachavu l'har kodsho,  
ki kadosh Adonai Eloheinu.

רוֹמְמוּ יְיָ אֱלֹהֵינוּ.  
וְהִשְׁתַּחֲווּ לְהַר קֹדְשׁוֹ.  
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

*Exalt the Eternal our God, and bow down before the holy mountain,  
for holy is the Eternal our God.*

Al sh'loshah d'varim ha'olam omeid: Al  
ha'Torah, v'al ha'avodah, v'al g'milut  
chasadim.

עַל שְׁלוֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:  
עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה, וְעַל  
גְּמִילוּת חֲסָדִים.

*The world is sustained on three things: on Torah, on worship, and on loving deeds (Avot 1:2).*



### *Blessing Before the Reading of the Torah*

Bar'chu et Adonai ham'vorach!  
Baruch Adonai ham'vorach l'olam va'ed!  
Baruch Ata, Adonai Eloheinu, melech  
ha'olam, asher bachar-banu mikol-  
ha'amim v'natan lanu et-torato. Baruch Ata  
Adonai, noten hatorah.

בָּרְכוּ אֶת-יְיָ הַמְּבָרָךְ!  
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!  
בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-  
הָעַמִּים וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ.  
בָּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

*Praise Adonai to Whom our praise is due!*

*Praised be Adonai to Whom our praise is due, now and forever!*

*Praised be Adonai our God, Ruler of the Universe, who has chosen us from all peoples by giving us  
the Torah. We praise You, Adonai, Giver of the Torah.*



As you taught Torah to those whose names I bear,  
 teach me Torah, too.  
 Its mystery beckons,  
 yet I struggle with its truth.  
 You meant Torah for me:  
 did You mean the struggle for me, too?  
 Don't let me struggle alone;  
 help me  
 to understand,  
 to be wise, to listen, to know...  
 Lead me into the mystery.



If you study Torah in order to learn and do God's will, you acquire many merits,  
 and not only that, but the whole world is indebted to you.

*You will be cherished as a friend, a lover of God and of people.*

It clothes you with humility and reverence; it enables you to become righteous  
 and saintly, upright and faithful.

*It keeps you far from sin, and brings you near to virtue.*

You benefit humanity with counsel and knowledge, wisdom and strength.

*It gives you a commanding personality and an ability to judge.*

Its secrets are revealed to you. You become like a gushing fountain, like a never-  
 failing river.

*You are modest, slow to anger, and forgiving of insults; and it magnifies and  
 exalts you above all things.*

- Pirke Avot

# **Blessing After the Reading of the Torah**

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, asher natan lanu Torat emet  
v'chayei olam nata b'tocheinu. Baruch Ata  
Adonai, notein hatorah.

ברוך אתה, יי אלהינו, מלך  
העולם, אשר נתן לנו תורת  
אמת וחיי עולם נטע בתוכנו.  
ברוך אתה, יי, נותן התורה.

*Praised be our Eternal God, Ruler of the universe, who has given us a Torah of truth, implanting within us eternal life. We praise You, Adonai, Giver of the Torah.*



V'zot hatorah asher-sam Moshe lifnei  
b'nei Yisrael, al-pi Adonai b'yad-Moshe.

וזאת התורה אשר-שם משה לפני  
בני ישראל, על-פי יי ביד-משה.

*This is the Torah that Moses placed before the people of Israel to fulfill the word of God.*

## For Healing

Mi sheberach avoteinu v'imoteinu,  
Avraham, Yitzchak v'Ya'akov, Sarah, Rivka,  
Leah v'Rachel, Hu yevarech et ha'cholim  
ba-avur she'anu mit'pal'lim ba-avuram.  
Ha'kadosh baruch Hu yimaleh rachamim  
aleihem, l'hachalimam ul'rapotam  
ul'hachazikam, ve-yishlach la-hem m'heira  
refuah shlema min hashamayim, r'fuat  
hanefesh u'r'fuat ha'guf, hashta ba'agala  
uviz'man kariv. V'nomar Amen.

éœáú é

מי שברך אבותינו ואמותנו,  
אברהם, יצחק ויעקב, שרה, רבקה,  
לאה ורחל, הוא יברך את החולים  
בעבור שאנו מתפללים בעבורם.  
הקדוש ברוך הוא ימלא רחמים  
עליהם, להחלימם ולרפאתם  
ולחזקם, וישלח להם מהרה,  
רפואה שלמה מן השמים, רפואת  
הגוף ורפואת הגוף, השתא  
בעגלא ובזמן קרוב. ונאמר אמן.

*May the One who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill because we are praying on their behalf. May the blessed Holy One be filled with compassion for their health to be restored, and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.*

The myriads of letters in the Torah stand for the myriads of souls in Israel. If one single letter is left out of the Torah, it becomes unfit for use; if one single soul is left out of the union of Israel, the Divine Presence will not rest upon it. Like the letters, so the souls must unite and form a union. But why is it forbidden for one letter in the Torah to touch its neighbor? Because every soul of Israel must have hours when it is alone with its maker.

- *Martin Buber*



מִי שְׁפִירָךְ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ.

Mi sheberach avoteinu m'kor habracha 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.

מִי שְׁפִירָךְ אֲמוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאַבוֹתֵינוּ.

Mi sheberach imoteinu m'kor habracha l'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.



Torah may be compared to a beautiful and stately maiden who is secluded in an isolated chamber of a palace, and has a lover of whose existence she alone knows. For love of her he passes by her gate unceasingly and turns his eyes in all directions to discover her. She is aware that he is forever hovering about the palace and what does she do? She thrusts open a small door in her secret chamber, for a moment reveals her face to her lover, then quickly withdraws it. He alone, none else notices it; but he is aware it is from love of him that she has revealed herself to him for that moment, and his heart and soul and everything within him are drawn to her. So it is with Torah, who discloses her innermost secrets only to them who love her... Hence, people should pursue the Torah with all their might, so that they might come to be her lovers.

- *Zohar*

### ***Blessing Before the Reading of the Haftarah***

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, ahser bachar binvi'im tovim,  
v'ratza b'dibrihem hane'emarim be'emet.  
Baruch Ata Adonai, habocher batorah,  
uv'moshe avdo, uv'Yisrael amo uvinvi'ei  
ha'emet vatzedek.

ברוך אתה, יי אלהינו, מלך  
העולם, אשר בחר בנביאים טובים,  
ורצה בדבריהם הנאמרים באמת.  
ברוך אתה, יי, הבוחר בתורה,  
ובמשה עבדו, וב ישראל עמו  
ובנביאי האמת וצדק.

*Blessed are You, Adonai our God, Ruler of the universe, who has called faithful prophets to speak words of truth. We praise You for the revelation of the Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and righteousness.*

### ***Blessing After the Reading of the Haftarah***

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, tzur kol-ha'olamim, tzadik b'chol-  
hadorot, ha'el ha'ne'eman, ha'omer  
v'oseh, ha'medaber u'mekayem, shekol  
d'varav, emet vatzedek.

ברוך אתה, יי אלהינו, מלך  
העולם, צור כל-העולמים,  
צדיק בכל-הדורות, האל הנאמן,  
האומר ועושה, המדבר ומקיים,  
שכל-דבריו אמת וצדק.

Al ha'Torah, v'al ha'avoda, v'al ha'nevi'im  
v'al-yom ha'Shabbat ha'ze, shenatat-  
lanu, Adonai Eloheinu, lik'dusha  
v'limenucha, l'chavod ultif'aret, al-hakol,  
Adonai Eloheinu, anachnu modern lach,  
umvarchim otach. Yitbarach shimcha befi  
kol-chai tamid l'olam va'ed. Baruch Ata  
Adonai, m'kadesh ha'Shabbat.

על-התורה ועל-העבודה ועל-  
הנביאים ועל-יום השבת הזה,  
שנתת לנו, יי אלהינו, לקדשה  
ולמנוחה, לכבוד ולתפארת, על-  
הכל, יי אלהינו, אנחנו מודים לך  
ומברכים אותך. יתברך שמך בפני  
כל-חי תמיד לעולם ועד. ברוך  
אתה, יי, מקדש השבת.

*Blessed are You, Adonai our God, Ruler of the universe, the Rock of all creation, the Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, our Eternal God, have given us for holiness and rest, for honor and glory, we thank and praise You. May Your name be praised for ever by every living being. Blessed are You, Adonai, for the Shabbat and its holiness.*

Blessed is the Name of the Master of the universe.  
Blessed is Your crown and Your place.  
May Your love be with Your people Israel forever.  
May You be willing to open my heart to Your Teaching.  
And fulfill the wishes of our hearts  
for good, for life, and for peace.



When Torah entered the world, freedom entered it.  
The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.  
What is hateful to you, do not do to any person.

That is the whole Torah; all the rest is commentary. Go and learn it.  
Those who study Torah are the true guardians of civilization.

Honoring one another, doing acts of kindness,  
And making peace: these are the highest duties.  
But the study of Torah is equal to the all,  
because it leads to them all.

Let us learn in order to teach.  
Let us learn in order to do!



God's Torah is perfect, reviving the soul.  
God's teaching is sure, making wise the simple.  
God's precepts are right, delighting the mind;  
God's mitzvot are clear, giving light to the eyes.  
God's word is pure, enduring forever;  
God's judgements are true and altogether just.

Y'hal'lu et shem Adonai,  
ki nishgav sh'mo l'vado.

יְהַלְלוּ אֶת שֵׁם יְיָ  
כִּי נִשְׁגָּב שְׁמוֹ לְבָדּוֹ.

*Let them praise the Name of the Eternal, for that Name alone shall have been exalted!*

Hodo al eretz v'shamayim.  
V'yarem keren l'amo, tehila l'chol  
chasidav, livnei Yisrael am k'rovo.  
Halleluyah!

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.  
וַיָּרֶם קֶרֶן לְעַמּוֹ, תְּהִלָּה לְכָל  
חֲסִידָיו, לְבְנֵי יִשְׂרָאֵל עַם קְרוּבוֹ.  
הַלְלֵיָּהּ!

*God's majesty is above the earth and heaven, and God is the strength of our people, making God's faithful ones, Israel, a close people to the Eternal. Halleluyah!*

Ki lekach tov natati lachem, Torati  
al ta'azova.

כִּי לָקַח טוֹב נָתַתִּי לָכֶם, תּוֹרָתִי  
אַל תֵּעָזְבוּ.

*"For I have given you a good instruction; do not abandon My Teaching."*

Eitz chayim hi lamachazikim bah,  
v'tom'cheha m'ushar. D'racheha dar'chei  
no'am v'chol n'tivotiha shalom.  
Hashiveinu Adonai eilecha, v'nashuvah.  
Chadeish yameinu k'kedem.

עֵץ-חַיִּים הִיא לַמַּחְזִיקִים בָּהּ,  
וְתִמְכֶּיהָ מֵאֲשֹׁר. דְּרָכֶיהָ  
דְּרָכֵי-נֶעֱם, וְכָל-נְתִיבוֹתֶיהָ  
שָׁלוֹם. הֲשִׁיבֵינוּ יְיָ אֵלֵינוּ,  
וְנִשְׁוֹבָה. חַדֵּשׁ יָמֵינוּ כְּקֵדֶם.

*It is a tree of life to those who hold fast to it, and all of its supporters are happy. Its ways are ways of pleasantness and all its paths are peace. Help us to return to You, Adonai; then truly shall we return. Renew our days as in the past.*

**For our congregation:**

Eternal God, we pray for You for the whole House of Israel, scattered over the earth, yet bound together by a common history and united by a common heritage of faith and hope.

Bless this holy congregation and all who serve it, together with all other holy congregations, in all lands near and far. Uphold us, shield us, and bestow upon us abundant life and health in peace and happiness. Bring to fulfillment the blessing of Moses: May the Eternal One, your God, make you a thousand times as many as you are, and bless you.

O God, send Your healing to the sick, Your comfort to all who are in pain or anxiety, Your tender love to the sorrowing hearts among us. Be their refuge through their time of trial, as they pass from weakness to strength, from suffering to consolation, from lonely fear to the courage of faith: *Amen*.

**For our nation:**

We pray for all who hold positions of leadership and responsibility in our national life. Let Your blessing rest upon them, and make them responsive to Your will, so that our nation may be to the world an example of justice and compassion.

Deepen our love for our country and our desire to serve it. Strengthen our power of self-sacrifice for our nation's welfare. Teach us to uphold its good name by our own right-conduct.

Make us to see that the well-being of our nation is in the hands of all its citizens; imbue us with zeal for the cause of liberty in our own land and in all lands; and help us always to keep our homes safe from affliction, strife, and war: *Amen*.

**For the State of Israel:**

We pray for the land of Israel and its people. May its borders know peace, its inhabitants tranquility. And may the bonds of faith and fate which unity the Jews of all lands be a source of strength to Israel and to us all. God of all lands and ages, answer our constant prayer with a Zion once more aglow with light for us and for all the world, and let us say: *Amen*.

# Aleinu

Aleinu l'shabeiach la'adon hakol, lateit  
g'dula l'yotzer b'reishit, shelo asanu k'goyei  
ha'aratzot, velo saman u k'mishp'choth  
ha'adamah; shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam. Va'anachnu  
kor'im umish'tachavim umodim lif'nei  
melech mal'chei hamlachim, hakadosh  
baruch Hu.

אֱלֹהֵינוּ

עֲלֵינוּ לְשַׁבֵּחַ לְאֲדֹנָי הַכֹּל, לְתֵית  
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹא  
עָשָׂנוּ כְּגֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ  
כְּמִשְׁפְּחוֹת הָאֲדָמָה: שֶׁלֹא שָׂם  
חֵלְקֵנוּ כֶּהֱם, וְגֹרְלֵנוּ כְּכָל־הַמּוֹנִם.  
וְאֵנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים  
וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים.  
הַקָּדוֹשׁ בָּרוּךְ הוּא.

*It is our duty to praise the Master of all, to offer greatness to the Fashioner of Creation, who has not made us like the nations of the land and who has not placed us like the families of the earth, who has not placed our portion with them, nor our lot with all their multitudes. We bow and prostrate and acknowledge the Ruler, Ruler of Rulers, the Holy One, Blessed be God!*

Shehu noteh shamayim v'yoseid aretz  
umoshav y'karo bashamayim mima'al,  
ush'chinat uzo b'gov'hei m'romim. Hu  
Eloheinu ein od. Emet mal'keinu, efes  
zulato, kakatuv b'torato "V'yada'ta hayom  
v'hasheivota el-l'vavecha, ki Adonai Hu  
ha'Elohim bashamayim mima'al v'al  
ha'arezt mitachad, ein od."

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ.  
וּמוֹשֵׁב יָקָרוֹ בַּשָּׁמַיִם מִמַּעַל, וּשְׁכִינַת  
עֶזְו בְּגִבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ  
אֵין עוֹד. אֱמֶת מַלְכֵנוּ אָפֶס זֹלָתוֹ.  
כְּפָתוּב בְּתוֹרָתוֹ "וַיָּדַעַת הַיּוֹם וְהִשְׁבַּתָּ  
אֶל־לִבְכָּךְ, כִּי יְיָ הוּא הָאֱלֹהִים  
בַּשָּׁמַיִם מִמַּעַל וְעַל הָאֶרֶץ  
מִתַּחַת. אֵין עוֹד."

V'ne'emar: v'hayah Adonai l'melech al  
kol ha'arezt; bayom hahu yih'yeh Adonai  
echad, ush'mo echad!

וְנֵאמַר: וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל  
הָאֶרֶץ: בַּיּוֹם הַהוּא יִהְיֶה יְיָ  
אֶחָד, וּשְׁמוֹ אֶחָד!

*God stretches out the heavens and establishes the earth (Isaiah 51:13); You are our God; there is none else. In truth You alone are our Sovereign God, as it is written in the Torah: Know this day and place it in your heart that Adonai is God in the heavens above and on the earth below; there is none else (Deuteronomy 4:39). And it has been said: Adonai be Ruler over all the earth; On that day Adonai shall be One and God's name shall be One (Zechariah 14:9).*



We acknowledge the people Israel's distinct position in the world. The Jewish people accept the one God, Creator of all. We look to the day when God and God's Name shall be one. We rise.



And then all that has divided us will merge;  
And then compassion will be wedded to power;  
And then softness will come to a world that is harsh and unkind;  
And then both men and women will be gentle;  
And then both women and men will be strong;  
And then no person will be subject to another's will;  
And then all will be rich and free and varied;  
And then the greed of some will give way to the needs of many;  
And then all will share equally in earth's abundance;  
And then all will care for the sick and the weak and the old;  
And then all will nourish the young;  
And then all will cherish life's creatures;  
And then all will live in harmony with each other and the earth;  
And then everywhere will be called Eden once again.

- *Judy Chicago*



Light breaks upon the heart,  
and on the sea,  
on sky, on stone.  
It's falling is great,  
beautiful and new.  
And now in silent song  
the angel's glow,  
and you are blessed,  
addressed and unknown.  
- *"On the Doorposts of Your House"*

# Mourner's Kaddish

í áúéúœ÷

Yitgadal v'yit'kadash sh'mei rabah.  
B'alma div'ra chirutei, v'yam'lich  
mal'chutei b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisrael, ba'agalah  
uviz'man kariv, v'im'ru: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֻלְמָא דִּי-בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ  
מַלְכוּתָהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל,  
בְּעֻגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ: אָמֵן.

Y'hei sh'mei rabah m'vorach l'alam  
u'lalmei al'maya.

יְהִי שְׁמֵהּ רַבָּא מְבָרָךְ לְעָלַם  
וּלְעָלְמֵי עָלְמַיָּא.

Yit'barach v'yish'tabach v'yit'pa'ar  
v'yit'romam v'yit'nasei v'yit'hadar  
v'yit'aleh v'yit'halal sh'meih d'kudsha,  
b'rich Hu, l'eila min kol bir'chata v'shirata  
tush'b'chata v'nechemata da'amiran  
b'alma v'imru: Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרֻמֵּם וְיִתְנַשֵּׂא, וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא  
בְּרִיךְ הוּא. לְעֵלָא מִן-כָּל-בְּרִכְתָּא  
וְשִׁירְתָּא, תְּשַׁבַּחְתָּא וְנַחֲמָתָא  
דְאָמִירָן בְּעֻלְמָא, וְאָמְרוּ: אָמֵן.

Y'hei sh'lama raba min sh'maya  
v'chayim aleinu v'al kol Yisrael v'im'ru:  
Amen.

יְהִי שְׁלָמָא רַבָּא מִן-שְׁמַיָּא  
וַחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,  
וְאָמְרוּ: אָמֵן.

Oseh shalom bim'romav, Hu ya'aseh  
shalom aleinu v'al kol Yisrael v'imru:  
Amen.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא  
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל  
יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

*Let the glory of God be extolled, let 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 praised for ever and ever. Beyond all 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 let us say: Amen.*

Zichronam livracha.

זְכוֹרָנָם לְבִרְכָּהּ.

*May their memories be for blessing.*

We recall the loved ones whom death has recently taken from us...

We remember those whose names were mentioned,  
those whose names remain in our thoughts,  
and all those for whom there is no one left to say *Kaddish*.  
Loving God, we praise Your name:



This prayer assures mourners that death is not the end. God remains a source of strength even as one struggles through difficult times. *Kaddish* entails interaction between mourners and community, reminding them not to retreat from society due to emotional distress. *Kaddish* takes the form of a doxology, a liturgical praise of God. In some communities only those in mourning read *Kaddish*, while in others all rise and recite *Kaddish* in respect of those who have died.



Each of us has a name given by God and given by our parents.

Each of us has a name given by our stature and our smile and given  
by what we wear.

Each of us has a name given by the mountains and given by our walls.

Each of us has a name given by the stars and given by our neighbors.

Each of us has a name given by our sins and given by our longing.

Each of us has a name given by our enemies and given by our love.

Each of us has a name given by our celebrations and given by our work.

Each of us has a name given by the seasons and given by our blindness.

Each of us has a name given by the sea and given by our death.

- *Zelda (translated by Marcia Falk)*



May the Source of peace send peace to all who mourn,  
and comfort to all who are bereaved. Amen.

## Adon Olam

Adon olam, asher malach b'terem kol-  
y'tzir niv'ra, l'eit na'asah v'cheftzo kol,  
azai melech sh'mo nikra.

V'acharei kich'lot hakol, l'vado yimloch  
nora; v'hu hayah, v'hu hoveh, v'hu  
yih'yeh b'tif'arah.

V'hu echad, v'ein sheini l'hamshil lo,  
l'hach'bira, bli reisheet, b'li tach'lit, v'lo  
ha'oz v'hamis'ra.

V'hu Eili, v'chai go'ali, v'tzir chev'li v'eit  
tzara, V'hu nisi umanos li, m'nat kosi  
b'yom ek'ra.

B'yado af'kid ruchi, b'eit ishan v'aira,  
V'im ruchi g'viyati, Adonai li, v'lo ira.

## אֲדֹנָי אֱלֹהֵינוּ

אֲדֹנָי עֹלָם. אֲשֶׁר מָלַךְ בְּטֶרֶם  
כָּל-יָצִיר וְנִבְרָא. לְעֵת נַעֲשֶׂה  
בְּחִפְצוֹ כָּל-אֲזֵי מְלָךְ שְׁמוֹ נִקְרָא.

וְאַחֲרַי כְּכֹלֹת הַכֹּל. לְבָדּוֹ יִמְלֹךְ  
נֹרָא; וְהוּא הָיָה. וְהוּא הוֹבֵה. וְהוּא  
יִהְיֶה בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי. לְהַמְשִׁיל  
לוֹ לְהַחְבִּירָה. בְּלִי רֵאשִׁית. בְּלִי  
תְּכֵלִית. וְלֹא הָעֵז וְהַמְשָׁרָה

וְהוּא אֵלִי. וְחֵי גּוֹאֲלִי. וְצוֹר  
חֲבָלִי בְּעֵת צָרָה. וְהוּא נָסִי וּמְנוֹס  
לִי. מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא.

בְּיָדּוֹ אֶפְקִיד רוּחִי בְּעֵת אִישָׁן וְאַעֲיָרָה.  
וְעַם-רוּחִי גּוֹיִתִּי. יֵי לִי. וְלֹא אֵירָא.

*You are the Eternal God, who reigned before any being had been created; when all was done according to Your will, already then You were Sovereign. And after all has ceased to be, still 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; You 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; and with my spirit, my body also:  
You are with me, I shall not fear.*



Hinei el y'shu'ati, evtach v'lo efchad.  
 Ki ozi v'zimrat Ya Adonai, vay'hi li lishua.  
 Ush'avtem mayim b'sason mima'aynei  
 hayeshua. La'Adonai ha'yeshu'a, al-  
 amcha birchatecha selah. Adonai tzva'ot  
 imanu, misgav lanu Ehlohai Ya'akov,  
 selah. Adonai tzva'ot, ashrei adam  
 botei'ach bach! Adonai hoshi'a hamelech  
 ya'aneinu v'yom koreinu. La'yehudim  
 hayta ora v'simcha v'sason vicar; kein  
 tihiye lanu. Kos yeshu'ot esa, uv'sheim  
 Adonai ekra.

הִנֵּה אֵל יְשׁוּעָתִי, אֶבְטַח וְלֹא אֶפְחָד.  
 כִּי-עֲזִי וְזִמְרַת יְהוָה יְהוּה, וַיְהִי-לִי  
 לִישׁוּעָה. וּשְׁאַבְתֶּם-מַיִם בְּשִׂשׁוֹן  
 מִמַּעַיְנֵי הַיְשׁוּעָה. לַיהוּה הַיְשׁוּעָה.  
 עַל-עַמֶּךָ בִּרְכָתֶךָ, סֶלָה. יְהוּה  
 צָבָאוֹת עִמָּנוּ, מִשְׁגֵּב-לָנוּ אֱלֹהֵי  
 יַעֲקֹב, סֶלָה. יְהוּה צָבָאוֹת, אֲשֶׁר־  
 אָדָם בֵּטַח בָּךְ! יְהוּה הוֹשִׁיעָה:  
 הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם-קִרְאָנוּ. לַיְהוּדִים  
 הָיְתָה אוֹרָה וְשִׂמְחָה וְשִׂשׁוֹן וִיקָר:  
 כֵּן תְּהִיָּה לָנוּ! כּוֹס-יְשׁוּעוֹת אֶשָּׂא.  
 וּבִשְׁם יְהוּה אֶקְרָא.

*Behold, God is my Help; trusting in the Eternal One, I am not afraid. For the Eternal One is my strength and my song, and has become my salvation. With joy we draw water from the wells of salvation. The eternal One brings deliverance, and blessing to the people. The God of the hosts of heaven is with us; the God of Jacob is our stronghold. God of the hosts of heaven, happy is the one who trusts in You! Save us, Eternal One; answer us, when we call upon You. Give us light and joy, gladness and honor, as in the happiest days of our people's past. Then shall we lift up the cup to rejoice in Your saving power, and call out Your name in praise.*

Baruch Ata, Adonai Eloheinu, melech  
 ha'olam, borei p'ri hagafen.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
 בּוֹרֵא פְרֵי הַגָּפֶן.

*Blessed are You, Adonai our God, Ruler of the Universe, Creator of the fruit of the vine.*

Baruch Ata, Adonai Eloheinu, melech  
 ha'olam, boreh minay visamim.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
 בּוֹרֵא מִיְנֵי הַבָּשָׂמִים.

*Blessed are You, Adonai our God, Ruler of the Universe, Creator of all kinds of spices.*

Baruch Ata, Adonai Eloheinu, melech  
 ha'olam, boreh mi'oray ha'esh.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
 בּוֹרֵא מֵאוֹרֵי הָאֵשׁ.

*Blessed are You, Adonai our God, Ruler of the Universe, Creator of the lights of fire.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, hamavdil bein kodesh l'hol, bein  
or l'hoshech, bein Yisrael la'amin, bein  
yom hashvi'i l'sheishet y'mei hama'aseh.  
Baruch Ata Adonai, hamavdil bein  
kodesh l'hol.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אוֹר  
לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם  
הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה. בָּרוּךְ  
אַתָּה, יְיָ, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

*Blessed are You, Adonai our God, Ruler of the Universe, who distinguishes between sacred and ordinary, between light and darkness, between Israel and the nations, between the seventh day and the six days of creation. Blessed are You, Adonai, who distinguishes between sacred and ordinary.*

Hamavdil bein kodesh l'chol, chatoteinu  
hu yimchol, zareinu v'chaspeinu yarbeh  
kachol v'chakochavim balaila.

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, חַטֹּאתֵינוּ  
הוּא יִמְחֹל, זֵרַעֲנוּ וְכִסְפָּנוּ יִרְבֶּה כְּחֹל,  
וְכַפּוֹכָבִים בַּלַּיְלָה.

*You teach us to distinguish between the commonplace and the holy: teach us also to transform our sins to merits. Let those who love You be numerous as the sands, and the stars of heaven.*

Shavua tov. Shavua tov...

שָׁבוּעַ טוֹב, שָׁבוּעַ טוֹב...

A good week, a week of peace.  
May gladness reign and joy increase.

Eliyahu Hanavi

אֵלִיָּהוּ הַנָּבִיא

Eiliyahu hanavi, Eiliyahu hatishbi, Eiliyahu,  
Eiliyahu, Eiliyahu hagiladi. Bim'heira  
v'yameinu, yavo eileinu; im mashiach ben  
David, im mashiach ben David.

אֵלִיָּהוּ הַנָּבִיא, אֵלִיָּהוּ הַתִּשְׁבִּי,  
אֵלִיָּהוּ, אֵלִיָּהוּ הַגִּלְעָדִי. בְּמַהֲרָה  
בְּיָמֵינוּ, יָבֹא אֵלֵינוּ, עִם מָשִׁיחַ  
בֶּן דָּוִד, עִם מָשִׁיחַ בֶּן דָּוִד.

*Elijah the prophet, Elijah the Tishbite. Elijah of Gilead. Soon, in our days, Elijah will come with the Messiah, the son of David.*

## Kiddush for Erev Shabbat

### Candle Lighting

Baruch Ata Adonai, Eloheinu melech  
ha'olam, asher kid'shanu b'mitzvotav  
v'tzivanu l'hadlik ner shel Shabbat.

úâñâúâ ÷ ì âä

ברוך אתה יי אלהינו מלך  
העולם. אשר קדשנו במצותיו  
וצונו להדליק נר של שבת.

*Blessed are You, Adonai our God, Ruler of the universe, who hallows us with mitzvot,  
and commands us to kindle the lights of Shabbat.*

### Shalom Aleichem

Shalom aleichem malachei hashareit,  
malachei elyon, mimelech mal'chei  
ham'lachim hakadosh baruch Hu.

í êë ò í â ù

שלום עליכם. מלאכי השרת.  
מלאכי עליון. ממלך מלכי  
המלכים. הקדוש ברוך הוא.

Boachem l'shalom malachei hashareit,  
malachei elyon, mimelech mal'chei  
ham'lachim hakadosh baruch Hu.

בואכם לשלום. מלאכי השרת.  
מלאכי עליון. ממלך מלכי  
המלכים. הקדוש ברוך הוא.

Bar'chuni l'shalom malachei hashareit,  
malachei elyon, mimelech mal'chei  
ham'lachim hakadosh baruch Hu.

ברכוני לשלום. מלאכי השרת.  
מלאכי עליון. ממלך מלכי  
המלכים. הקדוש ברוך הוא.

Tzeitchem l'shalom malachei hashareit  
malachei elyon, mimelech mal'chei  
ham'lachim hakadosh baruch Hu.

צאתכם לשלום. מלאכי השרת.  
מלאכי עליון. ממלך מלכי  
המלכים. הקדוש ברוך הוא.

*Peace be to you, ministering angels, messengers of the Most High, of the supreme Sovereign, the Holy One, ever to be praised. Enter in peace, O messengers of the Most High, of the supreme Sovereign, the Holy One, ever to be praised. Bless us with peace, O messengers of the Most High, of the supreme Sovereign, the Holy One, ever to be praised. Depart us in peace, O messengers of the Most High, of the supreme Sovereign, the Holy One, ever to be praised.*



## Vay'chulu

Yom hashishi. Vay'chulu hashamayim  
v'ha'aretz v'chol tzeva'am. Vay'chal  
Elohim bayom hash'vi, m'lachto asher  
asa. Vayishbot bayom hash'vi'i mikol  
m'lachto asher asa. Vay'vareich Elohim  
et yom hash'vi'i vay'kadeish oto. Ki vo  
shavat mikol-m'lach'to asher-bara Elohim  
la'asot.

*The sixth day. The heavens, the earth, and all their hosts were finished. God finished the work on the seventh day which was done, and rested on the seventh day from all the work done. God blessed the seventh day and sanctified it, for on it God rested from all the work that God had created to do.*

ä ää

יום הששי. ויכלו השמים והארץ  
וכל-צבאם. ויכל אלהים ביום  
השביעי, מלאכתו אשר עשה. וישבת  
ביום השביעי מכל מלאכתו אשר  
עשה. ויברך אלהים את-יום  
השביעי ויקדש אתו. כי בו שבת  
מכל מלאכתו אשר-ברא אלהים  
לעשות.

## Kidush

Baruch Ata Adonai, Eloheinu melech  
ha'olam, borei p'ri hagafen.

ü ää÷

ברוך אתה יי אלהינו מלך  
העולם, בורא פרי הגפן.

Baruch Ata Adonai, Eloheinu melech  
ha'olam, asher kid'shanu b'mitzvotav  
v'ratza vanu, v'shabat kod'sho b'ahava  
uv'ratzon hinchilanu, zikaron l'ma'asei  
v'reisheet. Ki Hu yom t'chila l'mikra'ei  
kodesh, zeicher litziat Mitzrayim. Ki vanu  
vacharta v'otanu kidashta mikol ha'amim,  
v'shabat kod'sh'cha b'ahava uv'ratzon  
hin'chaltanu. Baruch Ata Adonai, m'kadeish  
hashabat.

*Blessed are You, Adonai our God, Ruler of the universe, Creator of the fruit of the vine. Blessed are You, Adonai our God, Ruler of the universe: You call us to holiness with the Mitzvah of Shabbat, the sign of Your love, a reminder of Your creative work, and the liberation from Egyptian bondage: our day of days. On Shabbat especially, we hearken to Your call to serve You as a holy people. Blessed are You, Adonai, for the holiness of Shabbat.*

ברוך אתה יי אלהינו מלך  
העולם, אשר קדשנו במצותיו  
ורצה בנו, ושבבת קדשו באהבה  
וברצון הנחילנו, זכרון למעשה  
בראשית. כי הוא יום תחלה  
למקראי קדש. זכר ליציאת  
מצרים. כי-בנו בחרת ואותנו  
קדשת מכל-העמים, ושבבת  
קדשך באהבה וברצון הנחלתנו.  
ברוך אתה יי מקדש השבת.

## Hand Washing

Baruch Ata Adonai, Eloheinu melech  
ha'olam, asher kid'shanu b'mitzvotav  
v'tzivanu al n'tilat yadayim.

í æéúì æōī ò

ברוך אתה יי אלהינו מלך  
העולם. אשר קדשנו במצותיו  
וצונו על נטילת ידים.

*Blessed are You, Adonai our God, Ruler of the universe, You hallow us with mitzvot,  
and command us to wash our hands.*



## Kiddush for Shabbat Morning

### V'shamru

V'sham'ru v'nei Yisrael et ha'Shabbat,  
la'asot et-ha'Shabbat l'dorotam b'rit olam.  
Beini uvein b'nei Yisrael ot hi l'olam, ki  
sheishet yamim asah Adonai et-  
hashamayim v'et-ha'aretz, uvayom  
hash'vi'i shavat vayinafash.

æā ùā

ושמרו בני ישראל את-השבת.  
לעשות את-השבת לדורתם ברית  
עולם. ביני ובין בני ישראל אות  
היא לעולם. כי-ששת ימים עשה  
יי את-השמים ואת-הארץ. וביום  
השביעי שבת וינפש.

*The children of Israel shall keep the Shabbat, observing Shabbat as an eternal covenant for all  
generations. It is a sign forever between Me and the people of Israel, for Adonai made the heavens  
and earth in six days; but on the seventh day, God rested and was refreshed (Exodus 31:16-17).*

### Kidush

Baruch Ata Adonai, Eloheinu melech  
ha'olam, borei p'ri hagafen.

ùæā÷

ברוך אתה יי אלהינו מלך  
העולם. בורא פרי הגפן.

*Blessed are You, Adonai our God, Ruler of the universe, Creator of the fruit of the vine.*



### Motzi

Baruch Ata Adonai, Eloheinu melech  
ha'olam, hamotzi lechem min ha'aretz.

àæā

ברוך אתה יי אלהינו מלך  
העולם. המוציא לחם מן הארץ.

*Blessed are You, Adonai our God, Ruler of the universe, You bring forth the bread from the earth.*

# Birkat Ha'mazon

īāēā ūēōā

## Shabbat

Shir Hama'alot, b'shuv Adonai et shivat  
Tzion hayinu k'cholmim. Az y'malei s'chok  
pinu ulshoneinu rina, az yomru vagoyim:  
"Higdil Adonai la'asot im eileh." Higdil  
Adonai la-asot imanu, hayinu s'meichim.  
Shuva Adonai et sh'viteinu ka'afikim  
banegev. Hazor'im b'dima b'rina yiktzoru.  
Haloch yeileich uvacho, nosei meshech  
hazara. Bo yavo v'rina nosei alumotav.

úāú

שִׁיר הַמַּעֲלוֹת. בְּשׁוּב יְיָ אֶת-שִׁיבַת  
צִיּוֹן הָיִינוּ כְּחֹלְמִים. אַזּ יִמְלֵא שְׂחֹק  
פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה. אַזּ יֹאמְרוּ בְּגוֹיִם:  
"הִגְדִּיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵי." הִגְדִּיל  
יְיָ לַעֲשׂוֹת עִמָּנוּ. הָיִינוּ שְׂמֵיחִים.  
שׁוּבָה יְיָ אֶת-שְׁבִיתֵנוּ כְּאַפִּיקִים  
בְּנֶגֶב. הַזֹּרְעִים בְּדִמָּעָה בְּרִנָּה יִקְצְרוּ.  
הַלֹּךְ יֵלֵךְ וּבִכָּה. נֹשֵׂא מִשְׁךְ-הַזֶּרַע.  
בֹּא יְבֹא בְּרִנָּה נֹשֵׂא אֲלֻמֹּתָיו.

*A song of ascents. When Adonai brought the exiles back to Zion it was like a dream. Then our mouths were filled with laughter and our tongues with song. Then was it said among the nations: "Adonai has done great things for them." Truly Adonai has done great things for us, and we rejoiced. Bring us from exile, Adonai, as the streams return to the Negev; those who sow in tears shall reap in joy. Those who go out weeping, bearing sacks of seeds, shall return with joy, bearing their sheaves.*

Chaveirai n'vareich.

חֲבֵרַי נִבְרַךְ.

Y'hi sheim Adonai m'vorach me'Ata v'ad  
olam.

יְהִי שֵׁם יְיָ מְבֹרָךְ מִעַתָּה וְעַד  
עוֹלָם.

Y'hi sheim Adonai m'vorach me'Ata v'ad  
olam. Birshut chaveirai n'vareich Eloheinu  
she'achalnu mishelo.

יְהִי שֵׁם יְיָ מְבֹרָךְ מִעַתָּה וְעַד  
עוֹלָם. בְּרִשְׁוֹת חֲבֵרַי נִבְרַךְ  
אֱלֹהֵינוּ שֶׁאֲכָלְנוּ מִשְׁלוֹ.

Baruch Eloheinu she'achalnu mishelo  
uvtuvo chayinu.

בָּרוּךְ אֱלֹהֵינוּ שֶׁאֲכָלְנוּ מִשְׁלוֹ  
וּבִטְוֹבוֹ חַיֵּינוּ.

Baruch Eloheinu she'achalnu mishelo  
uvtuvo chayinu.

בָּרוּךְ אֱלֹהֵינוּ שֶׁאֲכָלְנוּ מִשְׁלוֹ  
וּבִטְוֹבוֹ חַיֵּינוּ.

Baruch Hu u'varuch sh'mo.

בָּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ.

*Let us thank God. Blessed is the name of God now and forever. With your permission, let us thank God whose food we have eaten. Blessed is God whose food we have eaten and through whose goodness we live. Blessed is God and blessed is God's name.*

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, hazan et ha'olam kulo b'tuvo  
b'chein b'chesed uv-rachamim, Hu  
notein lechem l'chol-basar, ki l'olam  
chasdo, Uvtuvo hagadol tamid lo chasar  
lanu v'al yechsar lanu mazon l'olam  
va'ed. Ba'avur sh'mo hagadol, ki Hu Eil  
zan um-farneis lakol, umeitiv lakol  
umeichin mazon l'chol-b'riyotav asher  
bara. Baruch Ata Adonai, hazan et hakol.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם.  
הֵזֶן אֶת-הָעוֹלָם כֻּלּוֹ בְּטוֹבוֹ בְּחֵן  
בְּחֶסֶד וּבְרַחֲמִים. הוּא נוֹתֵן לָחֶם  
לְכָל-בָּשָׂר כִּי לְעוֹלָם חֶסֶדוֹ.  
וּבטוֹבוֹ הַגָּדוֹל תָּמִיד לֹא חָסַר לָנוּ  
וְאֵל יַחְסֹר-לָנוּ מִזֶּזֶן לְעוֹלָם וָעֶד.  
בְּעֲבוּר שְׁמוֹ הַגָּדוֹל, כִּי הוּא אֵל זֶן  
וּמַפְרִיֵּס לְכָל, וּמֵיטִיב לְכָל וּמַכִּין  
מִזֶּזֶן לְכָל-בְּרִיּוֹתָיו אֲשֶׁר בָּרָא:  
בָּרוּךְ אַתָּה, יְיָ, הֵזֶן אֶת-הַכֹּל.

*Blessed are You, Adonai our God, Ruler of the universe, who sustains the entire world with goodness, kindness and mercy. God gives food to all creatures, for God's mercy is everlasting. With abundant goodness we have never lacked, and may we never lack sustenance forever in God's great name. God sustains all, does good to all, and provides food for all the creatures created. Blessed are You, Adonai, who provides food for all.*

V'al hakol Adonai Eloheinu anachnu  
modim lach umvarchim otach yitbarach  
shimcha b'fi chol chai tamid l'olam va'ed,  
kakativ: "V'achalta v'savata uveirachta et-  
Adonai Elohecha al ha-arets hatova asher  
natan lach." Baruch Ata Adonai, al ha'arets  
v'al hamazon.

וְעַל הַכֹּל יְיָ אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים  
לָךְ וּמְבָרְכִים אוֹתָךְ. יִתְבָּרַךְ שְׁמֶךָ  
בְּפִי כָל-חַי תָּמִיד לְעוֹלָם בְּעֶד.  
כִּפְתּוּב: "וְאָכַלְתָּ וּשְׂבַעְתָּ וּבִרְכַּתָּ  
אֶת-יְהוָה אֱלֹהֶיךָ עַל הָאֶרֶץ הַטּוֹבָה  
אֲשֶׁר נָתַן לָךְ." בָּרוּךְ אַתָּה, יְיָ, עַל  
הָאֶרֶץ וְעַל הַמָּזוֹן.

*For all these blessings we thank Adonai our God with praise. May God's name be praised by every living being forever, as it is written: "When you have eaten your fill, give thanks to Adonai your God for the good land which God has given you." Blessed are You Adonai, for the land and its produce.*

Uvnei Y'rushalayim ir hakodesh bimheira  
v'yameinu. Baruch Ata Adonai, boneh  
v'rachamav Y'rushalayim. Amen.

וּבְנֵי יְרוּשָׁלַיִם עִיר הַקֹּדֶשׁ בְּמִהֲרָה  
בְּיָמֵינוּ. בָּרוּךְ אַתָּה, יְיָ, בּוֹנֵה  
בְּרַחֲמָיו יְרוּשָׁלַיִם. אָמֵן.

*May God rebuild Jerusalem, the holy city, speedily in our lifetime. Blessed are You Adonai, who restores Jerusalem with mercy. Amen.*

Harachaman Hu yimloch aleinu l'olam  
va'ed

הַרְחַמֵּן, הוּא יִמְלֹךְ עָלֵינוּ לְעוֹלָם  
וָעֶד.

*May the Merciful One reign over us forever and ever.*

Harachaman, Hu yitbarach bashamayim  
uva'aretz.

הַרְחַמֵּן, הוּא יִתְבָּרֵךְ בַּשָּׁמַיִם  
וּבָאָרֶץ.

*May the Merciful One be extolled in heaven and on earth.*

Harachaman, Hu yishlach b'racha m'ruba  
babayit hazeh v'al shulchan zeh  
she'achalnu alav.

הַרְחַמֵּן, הוּא יִשְׁלַח בְּרָכָה מְרֻבָּה  
בְּבֵית הַזֶּה וְעַל שֻׁלְחָן זֶה שֶׁאֲכָלְנוּ  
עָלָיו.

*May the Merciful One send abundant blessing upon this dwelling  
and the table at which we have eaten.*

**Rosh Chodesh**

Harachaman Hu y'chadeish aleinu et  
hachodesh hazeh l'tova v'livracha.

úāç úàø  
הַרְחַמֵּן הוּא יַחְדֹּשׁ עָלֵינוּ אֶת-  
הַחֹדֶשׁ הַזֶּה לְטוֹבָה וְלִבְרָכָה.

*May the Merciful One grant us this new month for good and blessing.*

**Shabbat**

Harachaman, Hu yanchileinu yom shekulo  
Shabbat umnucha l'chayei ha'olamim.

úáú  
הַרְחַמֵּן, הוּא יַנְחִילֵנוּ יוֹם שְׁכָלוֹ  
שַׁבָּת וּמְנוּחָה לְחַיֵּי הָעוֹלָמִים.

*May the Merciful One grant us a world that shall be entirely Shabbat and eternal rest.*

Oseh shalom bimromav Hu ya'aseh  
shalom aleinu v'al kol-Yisrael, v'imru:  
Amen.

עוֹשֵׂה שָׁלוֹם בְּמִרְמְיוֹ הוּא יַעֲשֶׂה  
שָׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ:  
אָמֵן.

*May the One who makes peace in the heavens let peace descend on all us  
and all of Israel, and let us say: Amen.*

Adonai oz l'amo yitein Adonai y'vareich  
et amo vashalom.

יְהוָה עֹז לְעַמּוֹ יִתֵּן יְהוָה יְבָרֵךְ  
אֶת-עַמּוֹ בְּשָׁלוֹם.

*May Adonai give strength to our people; may Adonai bless our people with peace.*

Abanibi

אָבֵבֵב

Abanibi oboheibeiv!

אָבֵבֵב אָבֵבֵב

Abanibi oboheibeiv obotabach!

אָבֵבֵב אָבֵבֵב אָבֵבֵב!

K'shehayinu y'ladim, ahavnu b'sodei

כְּשֶׁהָיִינוּ יְלָדִים, אָהַבְנוּ בְּסוּדֵי

sodot. El mi hayinu nech'madim?

סוּדוֹת. אֶל מִי הָיִינוּ נֶחֱמָדִים?

Rak l'dodim ul'dodot.

רַק לְדוֹדִים וּלְדוֹדוֹת.

V'habanot hamisk'not sav'lu,

וְהַבְנוֹת הַמִּסְכְּנוֹת סָבְלוּ.

Ham'tukot hein rak makot kib'lu.

הַמְתוּקוֹת הֵן רַק מַכּוֹת קִבְּלוּ.

V'et mah shehircashnu be'emet,

וְאֵת מָה שֶׁהִרְגָּשְׁנוּ בְּאֵמֶת.

Lachashnu rak bis'fat habeit.

לְחַשְׁנוּ רַק בְּשִׁפְתַּי הַבַּיִת.

Ahavah hi milah yafah, Hi

אָהָבָה הִיא מִלָּה יָפָה, הִיא

t'filah yafah, hi safah. Ahavah

תְּפִלָּה יָפָה, הִיא שְׂפָה. אָהָבָה

hi eilai tovah, Hi tamid

הִיא אֵלַי טוֹבָה, הִיא תָּמִיד

tit'gabeir, uvis'fat ahavah n'dabeir.

תִּתְגַּבֵּר, וּבִשְׁפַת אָהָבָה נִדְבֹר.

Ani choleim v'kam shalosh milim.

אֲנִי חוֹלֵם וְכֵם שְׁלוֹשׁ מִלִּים.

Umahu ha'olam? Shalosh milim.

וּמָהוּ הָעוֹלָם? שְׁלוֹשׁ מִלִּים.

V'zeh mah she'ani margish ka'eit:

זֶה מָה שֶׁאֲנִי מִרְגִּישׁ כְּעֵת:

Mamash k'mo az s'fat habeit!

מְמַשׁ כְּמוֹ אֶז שִׁפְתַּי הַבַּיִת!

When we were very little kids, we never ever spoke of love.

And if we ever shared a kiss, it was with a relatuv! And every week we fell for someone new, we used to giggle over who loved who. At school when I would tell you who I met, we only spoke in "S'fat habet!"

"Ahavah" is the word for love. It's the stars above. It's puppy love! He's the Romeo, to my Juliet, but it gets us so flustered, that we only can say it in "Bet".

*When we were children we loved in secret secrecy. To whom were we nice? Only to uncles and aunts. And the poor girls suffered, the sweeties receiving only slaps. And what we truly felt we whispered only in the language of the "bet". Love is a beautiful word. She is a beautiful prayer. She is a language. Love has been good to me, always growing stronger and in the language of love we will speak. I dream and think of three words. And what is the world? Three words. And this is what I am feeling right now. Just then, the language of the "bet". I love you!*  
(Hebrew Words and Music: Ehud Manor, English Words: William Dreskin)

Am Yisrael Chai

עַם יִשְׂרָאֵל חַי

Am Yisrael chai. Od avinu chai.

עַם יִשְׂרָאֵל חַי. עוֹד אָבִינוּ חַי.

*The Jewish people lives! Our Father yet lives!*

Ani V'ata

אֲנִי וְאַתָּה

Ani v'ata n'shaneh et ha'olam.

אֲנִי וְאַתָּה נִשְׁנֶה אֶת-הָעוֹלָם.

Ani v'ata az yavou k'var kulam.

אֲנִי וְאַתָּה אֶז יָבוֹאוּ כָּבֹד כָּלָם.

Am'ru et zeh kodem l'fanai zeh lo  
m'shaneh.

אָמְרוּ אֶת זֶה קִדְּם: לִפְנֵי.  
זֶה לֹא מִשְׁנֶה.

Ani v'ata n'naseh meihat'chalah,  
Yih'yeh lanu ra ein davar zeh lo nora.

אֲנִי וְאַתָּה נִנְסֶה מִהֲתַחֲלָה, יִהְיֶה  
לָנוּ רָע אֵין דָּבָר זֶה לֹא נוֹרָא.

*You and I will change the world and then all will follow. Others have said it before but that doesn't matter. It will be difficult from the start, but that doesn't matter. It's not so bad. (Words: Arik Einstein, Music: Miki Gabriellov)*

Arise Devorah!

Arise, Arise Devorah, Arise, Arise and sing a song!  
Uri, uri dabri shir.

Devorah the prophet was a judge in Israel.  
She sat beneath her palm tree on a hill.  
And people came from everywhere,  
Just to hear her judgements honest and fair.  
Devorah the prophet, Devorah a mother in Israel!

Devorah the prophet was curageous strong and wise.  
Her people lived in peace for forty years.  
The twelve tribes lived together as one  
For the first time since the world had begun.  
Devorah the prophet, Devorah a mother in Israel!

Devorah the prophet, a women of fire her torch in hand,  
She led the Israelites to victory.  
Barak said "Devorah, I cannot fight  
Unless you are standing right by my side!"  
Devorah the prophet, Devorah a mother in Israel!

*(Adapted by Debbie Friedman based on Exodus 15)*

## Artik Menta

äèð ÷æøà

Artik: menta, shokolad, banana.

אַרְטִיק: מֶנְטָה, שׁוֹקוֹלָד, בָּנָנָה.

Artik: menta, shokolad, limon.

אַרְטִיק: מֶנְטָה, שׁוֹקוֹלָד, לִימון.

O-o-o: shokolad, banana.

אוּ-אוּ-אוּ: שׁוֹקוֹלָד, בָּנָנָה.

O-o-o: shokolad, limon.

אוּ-אוּ-אוּ: שׁוֹקוֹלָד, לִימון.

*Artik™: mint, chocolate, banana. Artik™: mint chocolate, lemon. O-o-o: chocolate, banana.*

*O-o-o: chocolate, lemon! (Words: Israeli Popsicle Jingle; Music: Black Spiritual)*

## Ashrei

00uà

Ashrei yosh'vei veitecha; od y'hal'lucha

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ; עוֹד יִהְלְלוּךָ

selah. Ashrei ha'am shekachah lo;

סֵלָה. אַשְׁרֵי הָעָם שֶׁכָּכָה לוֹ;

ashrei ha'am she-Adonai Elohohav.

אַשְׁרֵי הָעָם שֶׁיְהוָה אֱלֹהָיו.

*Happy are those who dwell in Your house; they will sing Your praise forever.*

*Happy the people to whom such blessing falls, happy the people of the Eternal God.*

## Avadim Hayinu

0000 í 00á0

Avadim hayinu, hayinu!

עֲבָדִים הָיינוּ. הָיינוּ!

Ata b'nei chorin, b'nei chorin!

עַתָּה בְּנֵי חוֹרִין. בְּנֵי חוֹרִין!

Avadim, hayinu! Ata, ata, b'nei chorin,

עֲבָדִים, הָיינוּ! עַתָּה, עַתָּה.

b'nei chorin!

בְּנֵי חוֹרִין. בְּנֵי חוֹרִין!

*Once we were slaves, but now we are free! (From the Haggadah)*

## Bashana Haba'ah

äàää ä0uá

Bashana haba'a neishev al hamirpeset

בַּשָּׁנָה הַבָּאָה נִשְׁבַּע עַל הַמִּרְפֶּסֶת

v'nispor tziporim nod'dot y'ladam

וְנִסְפֹר צִפּוֹרִים נוֹדְדוֹת

b'chuf'sha y'sachaku tofeset

יִלְדִים בְּחֻפְשָׁה יִשְׁחָקוּ תוֹפֶסֶת

bein habayit l'vein hasadot.

בֵּין הַבַּיִת לְבֵין הַשָּׂדוֹת.

Od tireh, od tireh kama tov yih'yeh

עוֹד תִּרְאֶה עוֹד תִּרְאֶה כַּמָּה

bashana bashana haba'a.

טוֹב יִהְיֶה בַּשָּׁנָה בַּשָּׁנָה הַבָּאָה.

*Next year, we'll sit on the porch, and count migrating birds. Children on vacation will play tag between the house and the fields. Next year, when peace will come, we shall return to see simple pleasures of life so long denied us. You will see, you will see, oh how good it will be--next year.*

*(Music: Nurit Hirsh; Text Ehud Manor)*



## Bay Anah

Bay anah rachetz, v'lishme kadisha  
yakira, ana ana amar tush'bechan.

Y'hay ra'avah kadamach, d'tiftach lib'i  
b'oraitah.

à0à àá

בַּה אָנָה רַחֵץ. וְלִשְׁמֵה קַדִּישָׁא  
יַקִּירָא אָנָה אָמַר תּוּשׁבְּחָן.

יְהֵא רַעֲוָא קַדְמָךְ דְּתִפְתַּח לִבִּי  
בְּאוֹרַיְתָא.

*Open my heart to Torah. Help me to fulfill the wishes of my heart.  
(Music: Craig Taubman; Words: Talmud)*

## By the Waters of Babylon

By the waters, the waters, of babylon,  
We lay down and wept and wept for the Zion.  
We remember thee, remember thee, remember thee Zion.

*(Words from Psalms 137:1; Music by Don Mclean and Lee Hays)*

## Chag Purim

Chag Purim, chag Purim, chag gadol hu  
lay'hudim, maseichot ra'ashanim, z'mirot  
r'kudim. Hava narisha: "rash, rash, rash!"  
Bara'ashanim!

í 00â âç

חַג פּוּרִים. חַג פּוּרִים. חַג גָּדוֹל  
לַיהוּדִים. מַסְכּוֹת. רַעֲשָׁנִים.  
זְמֵרוֹת. רִקּוּדִים. הִבָּה נִרְעִישָׁה:  
"רֶשׁ רֶשׁ רֶשׁ!" בְּרַעֲשָׁנִים!

*The holiday of Purim, the holiday of Purim, a big holiday for the Jewish People.  
Chapters, noisemakers, songs, and dancing. Come let's make noise:  
"Rash rash rash!" with the noisemakers!*

## Chazak Chazak

Candles burn in the window on this Friday night.  
Listen close and look within; be part of our light.  
We're singing joyfully, passing love along .  
Shabbos keeps our family -- week by week we're growing strong!

Chazak chazak v'nit'chazek, chazak chazak v'nit'chazek,  
Be strong, be strong, and we shall be strengthened,  
Chazak chazak v'nit'chazek.

As we're teaching our children, they'll be teaching us too.  
Book by book from the Torah each one reads like new.  
A tree is a life of growing -- it started from a seed.  
We give it love and caring, it gives us the strength we need.

Grass grows through the sidewalk between the tiny cracks  
Sun pokes through on the grayest day and shines upon our backs  
Strength comes not from power -- strength is being whole  
Fall asleep feeling empty and wake up with a brand new soul!

Life may offer you hurdles; stumble, bruise your pride.  
Pick yourself up; now you know,  
The strength you need comes from inside!

*(Hebrew Text from the benediction recited after completing a book of the Torah;  
Music and English Words: Julie Silver)*

David Melech Yisrael

יְהוָה אֱלֹהֵינוּ

David, melech Yisrael, chai, chai v'kayam!

דָּוִד מֶלֶךְ יִשְׂרָאֵל, חַי, חַי וְקַיָּם!

*David, King of Israel, lives on! (Talmud Bavli, Rosh Hashanah 25a)*

Dayeinu

אֱלֹהֵינוּ

Ilu hotzi-hotzianu, hotzianu, mi'Mitz'rayim,  
hotzianu, mi'Mitz'rayim, dayeinu.

אֱלֹהֵינוּ הוֹצֵאנוּ מִמִּצְרַיִם, הוֹצֵאנוּנוּ.  
מִמִּצְרַיִם, הוֹצֵאנוּנוּ, מִמִּצְרַיִם, דַּיְנוּ.

Dai-dayeinu, dai-dayeinu, dai-dayeinu,  
dayeinu, dayeinu!

דַּיְנוּ, דַּיְנוּ, דַּיְנוּ, דַּיְנוּ.  
דַּיְנוּ, דַּיְנוּ!

Ilu natan, natan lanu, natan lanu et  
ha'Shabbat Natan lanu, et ha'Shabbat,  
dayeinu.

אֱלֹהֵינוּ נָתַן לָנוּ, נָתַן לָנוּ, נָתַן לָנוּ אֶת  
הַשַּׁבָּת, נָתַן לָנוּ, אֶת הַשַּׁבָּת, דַּיְנוּ.

Ilu natan, natan lanu, natan lanu et  
haTorah Natan lanu, et haTorah, dayeinu.

אֱלֹהֵינוּ נָתַן לָנוּ, נָתַן לָנוּ, נָתַן לָנוּ אֶת  
הַתּוֹרָה, נָתַן לָנוּ, אֶת הַתּוֹרָה, דַּיְנוּ.

*Had we only been brought out of Egypt, that would have been enough.  
If only we had been given the Sabbath, that would have been enough.  
If only we had been given the Torah, that would have been enough.*

## Dodi Li

é 00á

Dodi li va'ani lo haro'eh bashoshanim. Mi  
zot olah min hamid'bar. M'kuteret mor  
ul'vonah. Libav'tini achoti chala. Uri  
tzafon uvo'i teiman.

דודי לי ואני לו הרועה בשושנים.  
מי זאת עולה מן המדבר. מקטרת  
מור ולבונה. לבבתיני אחותי  
כלה. עורי צפון ובואי תימן.

*My Beloved is mine, and I am His. The Shepherd among the lilies. (Song of Songs 2:16)*

*Who is she that arises from the desert, crowned with myrrh and frankincense? (3:6)*

*You have ravished my heart my sister, my bride. (4:9)*

*Awake, O North wind, come, O South wind. (4:16)*

## Dreamer

For our hands are strong and our hearts are young  
and the dreamer keeps a dreamin' ages long.

What'd we do when we needed corn?  
We ploughed and we sowed 'til the early morn.  
What'd we do when we needed corn?  
We ploughed and we sowed 'til the early morn.

What'd we do when we needed a town?  
We hammered and we nailed 'til the sun went down.  
What'd we do when we needed a town?  
We hammered and we nailed 'til the sun went down.

What do we do when it's peace that we want?  
When it's more than a man can build or plant?  
We'll gather friends from the ends of the earth,  
To lend a hand in its hour of birth.

We'll plough, we'll sow, we'll hammer and we'll nail.  
We'll work, all day, 'til peace is real.

*(Lorre Wyeth)*

## Eileh Chamdah Libi

00í ääî ç äì à

Eileh chamdah libi, chusah na v'al na  
titaleim. Eileh chamdah, chamdah libi,  
chusah na v'al na titaleim.

אֵלֶּה חֲמַדָּה לְבִי. חוֹסֶה נָא וְאַל  
נָא תִתְעַלֵּם. אֵלֶּה חֲמַדָּה. חֲמַדָּה  
לְבִי. חוֹסֶה נָא וְאַל נָא תִתְעַלֵּם.

*God! My heart took pleasure in these. Have pity and do not vanquish!*

*(Music source unknown; Text source: Y'did Nefesh-Elizer Azkari)*

Eili Eili

Eili Eili, shelo y'gamer l'olam hachol v'hayam,  
rish-rush shel hamayim  
B'rak hashamayim t'filat ha'adam.

é à é à

אֱלֹהִי אֱלֹהִי שְׁלֹא יִגְמַר לְעוֹלָם  
הַחֹל וְהָיִים רִשְׁרוּשׁ שֶׁל הַמַּיִם  
בְּרַק הַשָּׁמַיִם תְּפִלַּת הָאָדָם.

O Lord, my God, I pray that these things never end:  
The sand and the sea, the rush of the water,  
The crash of the heavens, the prayer of the heart.

(Words by Hannah Sennesh; Music by David Zahavi)

Ein Keloheinu

Ein keiloheinu, ein kadoneinu,  
ein k'mal'keinu, ein k'moshi'einu.

אֵין כֵּלֹהֵינוּ

אֵין כְּאֹדֹנֵינוּ אֵין כְּמֹשִׁיעֵנוּ.

Mi cheiloheinu? Mi chadoneinu?  
Mi ch'mal'keinu? Mi ch'moshi'einu?

מִי כֵּלֹהֵינוּ? מִי כְּאֹדֹנֵינוּ?  
מִי כְּמֹשִׁיעֵנוּ? מִי כְּמֹשִׁיעֵנוּ?

Nodeh leilohienu, nodeh ladoneinu,  
nodeh l'mal'keinu, nodeh l'moshi'einu.

נוֹדֶה לְאֱלֹהֵינוּ. נוֹדֶה לְאֹדֹנֵינוּ.  
נוֹדֶה לְמֹשִׁיעֵנוּ. נוֹדֶה לְמֹשִׁיעֵנוּ.

Baruch Eloheinu, baruch Adoneinu,  
baruch Mal'keinu, baruch Moshi'einu.

בָּרוּךְ אֱלֹהֵינוּ. בָּרוּךְ אֹדֹנֵינוּ.  
בָּרוּךְ מֶלֶכֵנוּ. בָּרוּךְ מוֹשִׁיעֵנוּ.

Ata Hu Eloheinu, Ata Hu Adoneinu,  
Ata Hu Mal'keinu, Ata Hu Moshi'einu.

אַתָּה הוּא אֱלֹהֵינוּ. אַתָּה הוּא אֹדֹנֵינוּ.  
אַתָּה הוּא מֶלֶכֵנוּ. אַתָּה הוּא מוֹשִׁיעֵנוּ.

*There is none like our God, there is none like Adonai, there is none like our Sovereign, there is none like our Savior. Who is like our God? Who is like Adonai? Who is like our Sovereign? Who is like our Savior? We will give thanks to our God, we will give thanks to Adonai, we will give thanks to our Sovereign, we will give thanks to our Savior. Blessed is our God, blessed is Adonai, blessed is our Sovereign, blessed is our Savior. You are our God, You are Adonai, You are our Sovereign, You are our Savior.*

## Eitz Chayim

Shalom, shalom, shalom, shalom!  
Eitz chayim hi lamachazikim bah,  
v'tom'cheha m'ushar.

ò- 000 í

שְׁלוֹם, שְׁלוֹם, שְׁלוֹם, שְׁלוֹם!  
עֵץ-חַיִּים הִיא לְמַחְזִיקִים בָּהּ,  
וְתִמְכֶּיהָ מְאֻשָּׁר.

It is a tree of life to them that hold fast to it, and all of its supporters are, happy!

## Eliyahu Hanavi

Eiliyahu hanavi, Eiliyahu hatishbi, Eiliyahu,  
Eiliyahu, Eiliyahu hagiladi. Bim'heira  
v'yameinu, yavo eileinu; im mashiach ben  
David, im mashiach ben David.

à 000 000 à

אֵלִיָּהוּ הַנָּבִיא, אֵלִיָּהוּ הַתִּשְׁבִּי,  
אֵלִיָּהוּ, אֵלִיָּהוּ הַגִּלְעָדִי. בְּמַהֲרָה  
בְּיָמֵינוּ, יָבֹא אֵלֵינוּ, עִם מָשִׁיחַ  
בֶּן דָּוִד, עִם מָשִׁיחַ בֶּן דָּוִד.

*Elijah the prophet, Elijah the Tishbite. Elijah of Gilead. Soon, in our days,  
Elijah will come with the Messiah, the son of David.*

## Gesher Tzar Me'od

Kol ha'olam kulo gesher tzar m'od.  
V'haikar lo l'facheid k'lal.

ââî 000 00â

כָּל-הָעוֹלָם כָּלוֹ גֶּשֶׁר צָר  
מְאֹד. וְהֶעָקָר לֹא לִפְחֹד כָּלֹל.

The whole world is a very narrow bridge,  
and the most important part is not to be afraid!

*(Rav Nachman of Bratzlav)*

## Haporeis Sukat Shalom

Baruch Ata, Adonai, haporeis sukat  
shalom, shalom aleinu v'al-kol-amo-  
Yisrael v'al y'rushalayim v'al-kol-amo  
v'al y'rushalayim shalom.

í â ù ú 00ñ ù 000ââ

בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם,  
שְׁלוֹם עָלֵינוּ, וְעַל-כָּל-עַמּוֹ-  
יִשְׂרָאֵל, וְעַל יְרוּשָׁלַיִם וְעַל-כָּל-  
עַמּוֹ וְעַל יְרוּשָׁלַיִם שְׁלוֹם.

*Blessed are You, Adonai, whose shelter of peace is spread over us,  
over all Your people Israel, and over Jerusalem.*

## Harachaman

Harachaman, Hu yishlach lanu  
et-Eliyahu hanavi, zachur latov,  
vivaser-lanu b'sorot tovot  
y'shu-ot v'nechamot.

îî çøä

הַרְחֵם, הוּא יִשְׁלַח לָנוּ  
אֶת-אֱלֹהֵינוּ הַנָּבִיא, זָכוֹר לְטוֹב,  
וַיְבָרֵךְ-לָנוּ בְּשׂוֹרוֹת טוֹבוֹת  
יְשׁוּעוֹת וְנִחְמוֹת.

*May the Merciful One send Elijah the prophet to us,  
and may he bear good tidings of salvation and comfort.*

## Hatikvah

Kol od baleivav p'nima nefesh Y'hudi  
homiya. Ul'fa'atei, miz'rach kadima ayin  
l'tziyon tzofia. Od lo av'da tik'vateinu,  
hatikvah sh'not alpayim. Lih'yot am  
chofshi b'artzenu, eretz tziyon  
virushalayim.

äâ-úä

כָּל-עוֹד בַּלֵּב פְּנִימָה נֶפֶשׁ יְהוּדִי  
הוֹמִיָּה. וּלְפָאֵתֵי, מִזְרַח קְדִימָה עֵין  
לְצִיּוֹן צוֹפִיָּה. עוֹד לֹא אֲבָדָה  
תְּקִוַּתֵּנוּ, הַתְּקִוָּה שְׁנוֹת אֲלָפִים.  
לְהֵיוֹת עַם חֲפָשִׁי בְּאַרְצֵנוּ, אֶרֶץ צִיּוֹן  
וִירוּשָׁלַיִם.

*So long as still within the inmost heart a Jewish spirit sings, so long as the eye looks eastward,  
gaazing toward Zion, our hope is not lost--that hope of two millenia, to be a free people in our land,  
the land of Zion and Jerusalem. (Israeli National Anthem)*

## Havah Nagilah

Havah nagilah, v'nis'm'chah!  
Havah n'ran'nah, v'nis'm'chah!  
Uru, uru achim!  
Uru achim b'leiv samei'ach, uru  
achim, uru achim, b'leiv samei'ach!

àl 00äää

הָבָה נִגִּילָה, וְנִשְׁמְחָה!  
הָבָה נִרְנְנָה, וְנִשְׁמְחָה!  
עוֹרוּ, עוֹרוּ אַחִים!  
עוֹרוּ אַחִים בְּלֵב שְׂמִיחָה, עוֹרוּ  
אַחִים, עוֹרוּ אַחִים, בְּלֵב שְׂמִיחָה!

*Come, let us be glad and rejoice; let us sing; awake, friends, with a joyful heart!  
(Words and Music: Moshe Nathanson)*

## Hei Artzeinu

Hei artzeinu eretz moledet ranu ranu ranu.  
Ranu ranu ranu ranu ranu.

000ä ä

הֵי אֶרְצֵנוּ אֶרֶץ מוֹלֶדֶת רָנוּ רָנוּ רָנוּ  
רָנוּ. רָנוּ רָנוּ רָנוּ רָנוּ רָנוּ.

*Sing out for Israel our homeland. (African Melody)*

Heiveinu Shalom

Heiveinu shalom aleichem,  
Aleichem heiveinu shalom!

í ä ù ääaä

הִבֵּאנוּ שְׁלוֹם עֲלֵיכֶם,  
עֲלֵיכֶם הִבֵּאנוּ שְׁלוֹם!

*We welcome you in peace. (Music by Rabbi David Feingold)*

Hiney Ma Tov

Hiney mah tov umah na'im  
shevet achim gam yachad.

äæ äî äöä

הִנֵּה מַה טוֹב וּמַה נְּעִים  
שֶׁבֶת אַחִים גַּם יַחַד.

*How good it is, and how pleasant when we dwell together in unity. (Psalm 133:1)*

Vayar Elohim

Vayar Elohim et kol asher asa v'hiney  
tov m'od.

í ää ä à0ä

וַיַּרְא אֱלֹהִים אֵת כָּל אֲשֶׁר עָשָׂה  
וַיִּהְיֶה טוֹב מְאֹד.

There was evening, there was morning.

Vayehi erev, vayehi boker tov m'od.

וַיְהִי עֶרֶב, וַיְהִי בֹקֶר טוֹב מְאֹד.

*And God saw all that God had created, and it was very good.  
(Music: Gordon Lustig; Words: Genesis 1:31)*

Im Tirtzu

Im tirtzu, im tirtzu,  
Ein zo agadah, ein zo agadah!  
L'hiyot am chofshi b'artzeinu  
B'erezt tziyon virushalayim.

ä00ú í à

אִם תִּרְצוּ, אִם תִּרְצוּ,  
אֵין זֶה אֲגָדָה, אֵין זֶה אֲגָדָה!  
לְהִיְוֹת עַם חֲפְשִׁי בְּאַרְצֵנוּ  
בְּאַרְצַן צִיּוֹן וִירוּשָׁלַיִם.

*If you will it, it is no dream (Theodor Hertzl)  
To be a free people in our land of Zion and Jerusalem (Naftali Imber)(Music: Debbie Friedman)*

## Just Another Foreigner

Sitting in a hall in Kiryat Shmoneh with Jews from Syria,  
from Yemen and Iran. The only Ashkenazi in Kiryat Shmoneh,  
I can hear their laughter but I cannot understand.

Just another foreigner in another foreign land,  
But these strangers are my brothers as they take me by the hand  
Singing, "Aleikem salaam, salaam aleikem."  
Hem sharu, "Bruchim haba'im, shalom aleichem."

I met a man from Addis Ababa, his skin was black and his  
features kind of strange.  
He showed me a book that he said was the Torah,  
And spoke of his people and Falasha was their shame.

Just another foreigner in another foreign land,  
But I knew he was my brother when he took me by the hand  
Singing, "O Tanasteli, shalom aleichem."  
Hu shir, "Bruchim haba'im, shalom aleichem."  
A woman returns from the streets of Odessa,  
From lookin' for a job in the cold Russian wind.  
It's been five hungry years while she waits for a visa.  
She still lights the candles when the Shabbos begins.

Just another foreigner in another foreign land,  
But she's joining all her people as she follows God's commands.  
Singing, "O Zdharovia, shalom aleichem."  
Hee shirah, "Bruchim haba'im, shalom aleichem."

Welcome my brothers, welcome one and all.  
Welcome my sisters, welcome one and all.  
Bruchim haba'im, shalom aleichem.

*(Words and Music: Joel Sussman)*



## L'chi Lach

L'chi lach, to a land that I will show you.  
 Lech l'cha, to a place you do not know.  
 L'chi lach, on your journey I will bless you.  
 And you shall be a blessing, lechi lach.

L'chi lach, and I shall make you name great.  
 Lech l'cha, and all shall praise your name.  
 L'chi lach, to place that I will show you.  
 L'simchat chayim, lechi lach.

*(Words and Music by Savina Yeubal and Debbie Friedman, based on Genesis 12:1-3)*

## Lo Alecha

Lo alecha ham'lacha ligmor, lo alecha  
 ligmor. V'lo ata ben chorin l'hibateil  
 mimena, v'lo ata ben chorin.

êé ò àì  
 לא עליך המלאכה לגמור לא עליך  
 לגמור. ולא אתה בן-חורין להבטיל  
 ממנה. ולא אתה בן-חורין.

*It is not your duty to complete the work. Neither are you free to desist from it.  
 (Music by Jeff Klepper and Daniel Freeland; Text from Pirkei Avot 2:16,15)*

## Lo Yisa Goy

Lo yisa goy el goy cherev,  
 Lo yil'm'du od milchama.

000àùéàì  
 לא ישא גוי אל גוי חרב.  
 לא ילמדו עוד מלחמה.

*Nation shall not lift sword against nation,  
 nor ever again shall they learn war any more. (Isaiah 2:4)*

## Mah Yafeh Hayom

Mah yafeh hayom, Shabbat shalom.  
 Shabbat, Shabbat shalom...

í 00 ä ôéäì  
 מה יפה היום. שבת שלום.  
 שבת. שבת שלום...

*What a beautiful day, Shabbat shalom.*

## Maoz Tzur

000 000

Maoz tzur y'shuati, l'cha na'eh l'shabei'ach;  
Tikon beit t'filati, v'sham toda n'zabei'ach.  
L'eit tachin mat'-bei'ach, mitzar  
ham'nabei'ach. Az eg'mor, b'shir miz'mor  
chanukat hamiz'bei'ach.

מָעוֹז צוֹר יְשׁוּעָתִי, לָךְ נֹאֶה  
לְשִׁבְתִּי; תִּכּוֹן בֵּית תְּפִלָּתִי.  
וְשֵׁם תּוֹדָה נִזְכֵּר. לְעֵת תְּכִין  
מִטְבַּח. מִצָּר הַמִּנְבַּח. אֶז אֶגְמֹר.  
בְּשִׁיר מִזְמוֹר חֲנֻכַּת הַמִּזְבֵּחַ.

*Rock of Ages, let out song, praise Thy saving power; Thou amidst the raging foes, wast our  
sheltering tower. Furious they assailed us, but thine arm availed us.  
And Thy word broke their sword, when our own strength failed us.*

## Mitzvah Goreret Mitzvah

000 000 000 000

Mitzvah goreret mitzvah.  
Aveirah goreret aveirah.  
Mitzvah goreret mitzvah,  
Goreret mitzvah. Ya la la la la!  
L'hiyot tzadik, zeh tov! Zeh tov! (2x)

מִצְוָה גּוֹרֶרֶת מִצְוָה.  
עֲבֵרָה גּוֹרֶרֶת עֲבֵרָה.  
מִצְוָה גּוֹרֶרֶת מִצְוָה.  
גּוֹרֶרֶת מִצְוָה. יָהּ לָהּ לָהּ לָהּ לָהּ!  
לְהִיּוֹת צַדִּיק, זֶה טוֹב! זֶה טוֹב! (2x)

*One commandment leads to another. One transgression leads to another.  
To be a righteous person, this is good. (Adapted from: Pirkei Avot 4:2 by Rabbi Andy Vogel)*

## Mizmor Shir

00u 00 æ

Miz'mor shir l'yom hashabat tov l'hodot  
l'Adonai, ul'zamer l'shim'cha el'yon. L'hagid  
baboker has'decha v'emunat'cha baleilot.  
Aley asor v'alei navel aley higayon  
b'chinor.

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת טוֹב  
לְהַדוֹת לַיְי, וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.  
לְהַגִּיד בַּבּוֹקֶר חֲסִדְךָ וְאֱמוּנָתְךָ  
בַּלַּיְלוֹת. עָלֶי-עֲשׂוֹר וְעָלֶי נָבֵל.  
עָלֶי יִי הַגִּיּוֹן בְּכִנּוֹר.

*It is good to give thanks to Adonai, to sing hymns to Your name, O Most High! To tell of Your love  
in the morning, to sing at night of Your faithfulness; to pluck the strings, to sound the lute,  
to make the harp vibrate.*

Od Yishama

0í 0éã0

Od yishama b'arey y'hudah

עוד ישמע בְּעֵרֵי יְהוּדָה

Uv'chutztot, Y'rushalayim,

ובְּחֻצוֹת יְרוּשָׁלַיִם.

Kol sason v'kol sim'cha

קול שִׂשׂוֹן וְקול שִׂמְחָה

Kol chatan v'kol kalah.

קול חָתָן וְקול כֻּלָּה.

*Still can be heard in the hills of Judah and in the courtyards of Jerusalem the sound of gladness  
and the sound of joy, the voice of the groom and the voice of the bride.*

*(Words: Jeremiah 33:10-11; Music: Rav Shlomo Carlebach)*

Or Zarua

00000000

Or zarua latzadik ul'yish'rei-leiv simchah,

אור זָרַע לְצַדִּיק, וְלִישְׂרֵי-לֵב

ul'yish'rei-lev simchah.

שִׂמְחָה, וְלִישְׂרֵי-לֵב שִׂמְחָה.

*Light is sown for the righteous, and gladness for the upright at heart.*

*(Words: Psalm 97:11; Music: Jeff Klepper)*

Oseh Shalom

í 0í 0ü äü0

Oseh shalom bim'romav, Hu ya'aseh

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה

shalom aleinu v'al kol Yisrael v'imru:

שְׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל,

Amen.

וְאָמְרוּ: אָמֵן.

*May the Maker of peace in the high places make peace descend upon us*

*and upon all Israel, and let us say: Amen.*

Od Yavo Shalom

í 0í 0ü àääéã0

Od yavo shalom aleinu v'al kulam.

עוד יבוא שְׁלוֹם עָלֵינוּ וְעַל כָּלָם.

Salaam, aleinu v'al kol ha'olam!

סָלָאָם, עָלֵינוּ וְעַל כָּל-הָעוֹלָם!

Salaam, salaam!

סָלָאָם סָלָאָם!

*Peace be on us, on everyone. Peace, on us and all over the world. Peace, Peace! ("Sheva")*

# Shehechheyanu

Baruch Ata, Adonai Eloheinu, melech  
ha'olam, shehecheyanu v'kimanu v'higianu  
laz'man hazeh.

𐤁𐤓𐤕𐤁𐤏𐤁𐤏

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ  
הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ  
לְזֶמֶן הַזֶּה.

*Blessed are You, Adonai our God, Ruler of the universe,  
Who has kept us in life, sustained us and permitted us to reach this season.*

## Shiru L'Adonai

Shiru l'Adonai, shir chadash,  
shiru l'Adonai kol ha'arets.  
Shiru l'Adonai bar'chu sh'mo,  
bas'ru m'yom l'yom y'shuato.

𐤔𐤓𐤓𐤏𐤁𐤏𐤁𐤏 𐤁𐤓𐤕𐤁𐤏𐤁𐤏

שִׁירוּ לַיהוָה, שִׁיר חֲדָשׁ,  
שִׁירוּ לַיהוָה כָּל הָאָרֶץ.  
שִׁירוּ לַיהוָה בְּרַכּוּ שְׁמוֹ,  
בְּשָׁרוּ מִיוֹם לְיוֹם יְשׁוּעָתוֹ.

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.

*Sing a new song to God; all the earth sing to God.  
Sing to God, bless God's name, tell of God's power day after day. (Psalm 96)*

## Shir L'shalom

T'nu lashemesh la'alot laboker l'ha'ir,  
Hazaka sh'bat'filot otanu lo tach'zir.  
Mi asher kava neiro uve'afar nit'man  
Bechi mar lo ya'iro lo yach'ziro l'chan.

𐤔𐤓𐤓𐤏𐤁𐤏𐤁𐤏 𐤁𐤓𐤕𐤁𐤏𐤁𐤏

תָּנוּ לַשֶּׁמֶשׁ לְעֹלֹת לְבֹקֶר לְהָאֵיר,  
הִזְכָּה שְׁבַת־פִּילֹת אוֹתָנוּ לֹא תַחְזִיר.  
מִי אֲשֶׁר כָּבֵה נֵרוֹ וּבְעֶפֶר נִטְמָן בְּכִי  
מִר לֹא יַעֲרֹר לֹא יַחְזֹר לְכָאֵן.

Ish otanu lo yashiv mibor tach'tit afeil,  
kan lo yo'ilu lo shirai hanitzachon v'lo  
shirei hallel.

אִישׁ אוֹתָנוּ לֹא יָשִׁיב מִבוֹר תַּחְתִּית  
אֶפֶל, כָּאֵן לֹא יוֹעִילוּ לֹא שִׁירֵי  
הַנִּצְחָן וְלֹא שִׁירֵי הַלֵּל.

Lachen rak shiru shir lashalom al  
til'chashu t'filah, lachen rak shiru shir  
lashalom bitz'akah g'dolah.

לֵכֵן רַק שִׁירוּ שִׁיר לְשָׁלוֹם אַל  
תִּלְחָשׁוּ תְּפִילָּה, לֵכֵן רַק שִׁירוּ  
שִׁיר לְשָׁלוֹם בְּצַעֲקָה גְּדוֹלָה.

T'nu lashemesh lachador miba'ad  
laprachim al tabitu l'achor, hanichu  
laholchim, s'u einaiyim b'tikva lo derech  
kavanot shiru shir la'ahava v'lo  
lamilchamot.

תָּנוּ לַשֶּׁמֶשׁ לַחֲדוֹר מִבְּעַד לַפְּרָחִים  
אַל תִּבְיטוּ לְאַחֹר. הִנִּיחוּ  
לְהוֹלְכִים. שִׂאוּ עֵינַיִם בְּתִקְוָה  
לֹא דֶרֶךְ כְּוָנוֹת שִׁירֹו שִׁיר  
לְאַהֲבָה וְלֹא לְמִלְחָמוֹת.

Al tagidu yom yavo havi'u et hayom  
ki lo chalom Hu uv'chol hakikarot  
hari'u lashalom.

אַל תִּגִּידוּ יוֹם יָבֹא הִבִּיאוּ אֶת  
הַיּוֹם כִּי לֹא חֶלֶם הוּא וּבְכָל  
הַכִּיכָרוֹת הָרִיעוּ לְשָׁלוֹם.

*Let the sun rise and the morning shine, the finest of prayers can bring us back no more. And he whose flame has been put out, who's buried in the ground no bitter wails will wake him, will him restore. No one will bring us back from the dark grave. Here neither joy of victory can be of use nor paeans for the brave. Just sing therefore a song of peace. Don't whisper prayers. Better sing a song of peace. Shout it loud. Let the sun in through the flowers. Don't look back. Let the fallen rest. Raise your eyes in hope, not through the sights of a gun. Sing a song of love and of victories. Don't say a day will come. Go bring forth a day, for it is not a dream. In all the streets and squares just clamour peace. (Ya'akov Rotblitt)*

## Tree Song

We grow, we grow, we grow (2x)  
Tu tu tu tu...(4x), Tu B'shevat! (2x)  
Tree, tree, tree, tree, tree, tree, Tu B'shevat!

I've gotta friend, (I've gotta friend)  
Who comforts me! (who comforts me)  
I'm a kid, (I'm a kid)  
And he's a Tree! (and he's a tree!)

On my birthday, (on my birthday)  
We eat alot! (we eat alot)  
On her birthday (on her birthday)  
It's Tu B'shevat! (it's Tu B'shevat!)

*(Words and music by Josh Miller)*

## Torah

00á

Torah (x7), tziva lanu Moshe!  
Torah (x5), tziva lanu Moshe!

תּוֹרָה (x7) צִוָּה לָנוּ מֹשֶׁה!  
תּוֹרָה (x5) צִוָּה לָנוּ מֹשֶׁה!

*This is the Torah which Moses commanded to us! (Deut. 33:4)*

## Twisted Candle

The twisted candle brightens our hearts,  
as together we watch the Sabbath depart.  
We smell the spices, taste the wine,  
As the stars in the sky begin to shine.

Shavua tov, may you have a good week!  
May you find the happiness you seek.  
Shavua tov, may your week be fine.  
May it be as sweet as the Sabbath wine.

We say goodbye to a special friend,  
as another Shabbat has come to an end.  
Shavua tov are the words we speak,  
to say "May you have a happy week!"

## U'faratz'ta

ú 0000

U'faratz'ta, u'faratz'ta, u'faratz'ta, u'faratz'ta,  
yama, vakeid'ma, tzafona, vaneg'ba!  
Uuuuu'fartz'ta yama, vaked'ma,  
Uuuuu'fartz'ta tzafona vaneg'ba!  
Au, au, aufaratzta!  
U'faratzta, u'faratz'ta, u'faratz'ta, u'faratz'ta.  
Yama, vakeid'ma, tzafona, vaneg'ba!

וּפָרַצְתָּ, וּפָרַצְתָּ, וּפָרַצְתָּ, וּפָרַצְתָּ.  
יָמָה, וְקִדְמָה, צְפוֹנָה, וְנִגְבָּה!  
וּוּוּוּוּ וּפָרַצְתָּ, יָמָה, וְקִדְמָה,  
וּוּוּוּוּ וּפָרַצְתָּ, צְפוֹנָה וְנִגְבָּה!  
אֶו אֶו אֶו וּפָרַצְתָּ!  
וּפָרַצְתָּ, וּפָרַצְתָּ, וּפָרַצְתָּ, וּפָרַצְתָּ.  
יָמָה, וְקִדְמָה, צְפוֹנָה, וְנִגְבָּה!

*And you shall spread forth to the west, to the east, so the north and to the south! (Genesis 28:14)*

## Wherever You Go

Wherever you go, there's always someone Jewish.  
You're never alone when you say you're a Jew.  
So when you're not home, and you're somewhere kinda new-ish  
The odds are, don't look far, 'cause they're Jewish too.

Some Jews live in tents, and some live in pagodas,  
And some Jews pay rent, 'cause the city's not free.  
Some Jews live on farms in the hills of Minnesota,  
And some Jews wear no shoes and sleep by the sea.

Amsterdam, Disneyland, Tel Aviv -- Oh, they're miles apart  
But when we light the candles on the Sabbath eve,  
We share in the prayer in each one of our hearts.

Some Jews wear hats, and some Jews wear sombreros,  
And some wear k'fiah's to keep out the sun.  
Some Jews live on rice, and some live on potatoes,  
Or waffles, falafels, or hamburger buns.

So... The odds are, don't look far, there're Jews just like you.

(Words and Music by Rabbi Larry Milder)

# Yerushalayim Shel Zahav

Avir harim tzalul kayayin v'reiach oranim,  
nisa b'ruach ha-arbayim im kol  
paamonim. Uvtardeimat ilan va-even  
sh'vuya bachaloma, ha'ir asher badad  
yoshevet uvliba choma.

Y'rushalayim shel zahav,  
V'shel n'choshet v'shel or,  
Halo l'chol shirayich ani kinor.

Ach b'vo'i hayom lashir lach, v'lach  
likshor k'tarim, katonti mitzir banayich  
umei'acharon ham'shor'rim. Ki sh'meich  
tzoreiv et has'fatayim kinshikat saraf,  
Im esh'kacheich Y'rushalayim asher kula  
zahav.

*Mountain air as clear as wine and the scent of pine, borne on the evening, wind with the sound of bells. And in the slumber of trees and stone, imprisoned in her dream is the city which dwells alone, a wall within her heart. Jerusalem of gold, of copper and of light, behold I am a harp for all your songs. But when I come today to sing unto you and to bind garlands for you, I become smaller than the youngest of your sons, or the least of the poets. For your name burns the lips like the kiss of a seraph, let me not forget thee O Jerusalem that is all of gold.*

(Music and words: Naomi Shemer)

# ääæ ù í é ùæ

אוֹר הָרִים צָלוּל כַּיָּיִן וְרֵיַח  
אֲרָנִים. נִשָּׂא בְרוּחַ הָאַרְבָּיִם עִם  
קוֹל פְּאַעְמוֹנִים. וּבְתַרְדֵּמַת אֵילָן  
שְׁבוּיָה בַּחֲלוֹמָה. הָעִיר  
אֲשֶׁר בְּדָד יוֹשֶׁבֶת וּבִלְבָּה חוֹמָה.

יְרוּשָׁלַיִם שֶׁל זָהָב,  
וְשֶׁל נְחֹשֶׁת וְשֶׁל אוֹר,  
הֲלֹא לְכֹל-שִׁירֶיךָ אֲנִי כִנּוֹר.

אָךְ בְּבוֹאֵי הַיּוֹם לְשִׁיר לְךָ וּלְךָ  
לְקֶשֶׁר כְּתָרִים. קִטְנֹתִי מְצַעִיר  
בְּנִיךָ וּמֵאַחֲרוֹן הַמְּשׁוֹרְרִים. כִּי  
שִׁמְךָ צוּרֵב אֶת-הַשְּׁפָתִים כְּנֹשִׁיקַת  
שֶׁרֶף. אִם אֲשַׁכַּח יְרוּשָׁלַיִם אֲשֶׁר  
כָּלָה זָהָב.