

# Transliteration of the Weekday Amidah

*While praying, concentrate on the meaning of the words, and remember that you stand before the divine presence. Before beginning the Amidah, take three steps back, then three steps forward. Recite the Amidah quietly—but audibly to yourself—while standing with feet together.*

**A-do-nai s'fa-tai** tif-tach, u-fi ya-gid t'hi-la-te-cha.

*Bend knees at Baruch; bow at atah; straighten up at Adonai:*

**Ba-ruch a-tah** A-do-nai, E-lo-hei-nu vei-lo-hei a-vo-tei-nu, E-lo-hei Av-ra-ham, E-lo-hei Yitz-chak, Vei-lo-hei Ya-a-kov, Ha-eil Ha-Ga-dol Ha-Gi-bor v'Ha-No-rah, Eil El-yon, go-meil cha-sa-dim to-vim, ko-nei ha-kol, v'zo-cheir chas-dei a-vot, u-mei-vi go-eil liv-nei v'nei-hem l'ma-an sh'mo b'a-ha-vah.

*Between Rosh Hashanah and Yom Kippur, insert:*

Zoch-reinu l'cha-yim, me-lech cha-feitz ba-cha-yim, v'chos-veinu b'sei-fer ha-cha-yim, l'ma-an-cha E-lo-him cha-yim.

Me-lech o-zeir u-mo-shi-a u-ma-gein.

*Bend knees at Baruch; bow at atah; straighten up at Adonai:*

**Ba-ruch a-tah** A-do-nai, ma-gein Av-raham.

**A-tah gi-bor** l'o-lam, A-do-nai, m'cha-yeh mei-tim a-tah, rav l'ho-shi-a,

*From the "Musaf" prayer of Shemini Atzeret in the holiday of Sukkot until the "Musaf" prayer of the first day of Passover, say:*

ma-shiv ha-ru-ach u-mo-rid ha-ga-shem.

*At other times say:*

mo-rid ha-tal.

M'chal-keil cha-yim b'che-sed, m'cha-yeh mei-tim b'ra-cha-mim ra-bim, so-meich no-f'lim v'ro-fei cho-lim u-ma-tir a-su-rim, u-m'ka-yeim e-mu-na-to li-shei-nei a-far. Mi cha-mo-cha ba-al g'vu-rot u-mi do-meh lach, me-lech mei-mit u-m'cha-yeh u-matz-mi-ach y'shu-ah,

*Between Rosh Hashanah and Yom Kippur, insert:*

**Mi cha-mo-cha, Av** Ha-Ra-cha-man, zo-cheir y'tzu-rav l'cha-yim b'ra-cha-mim.

**V'ne-e-man a-tah** l'ha-cha-yot mei-tim. Ba-ruch a-tah A-do-nai, m'cha-yei ha-mei-tim.

**A-tah ka-dosh**, v'shim-cha ka-dosh, u-k'do-shim b'chol yom y'ha-l'lu-cha se-lah. Ba-ruch atah A-do-nai, ha-Eil ha-ka-dosh. [*Between Rosh Hashanah and Yom Kippur, replace "ha-Eil ha-Kadosh" with: ha-Me-lech ha-Ka-dosh.*]

**A-tah cho-nein** l'a-dam da-at, um'la-meid le-e-nosh bi-nah. Cho-nei-nu mei-it'cha choch-mah bi-nah va-da-at. Ba-ruch a-tah A-do-nai, cho-nein ha-da-at.

**Ha-shi-vei-nu A-vi-nu** l'to-ra-te-cha, v'ka-r'vei-nu Mal-kei-nu la-a-vo-da-te-cha, v'ha-cha-zi-rei-nu bit-shu-vah sh'lei-mah l'fa-ne-cha. Ba-ruch a-tah A-do-nai, ha-ro-tzeh bit-shu-vah.

**S'lach la-nu** A-vi-nu ki cha-ta-nu, m'chol la-nu Mal-kei-nu ki fa-sha-nu, ki Eil tov v'sa-lach a-tah. Ba-ruch atah A-do-nai, cha-nun ha-mar-beh lis-lo-ach.

**R'ei na** v'on-yei-nu, v'ri-vah ri-vei-nu, ug-a-lei-nu m'hei-rah l'ma-an sh'me-cha, ki Eil go-eil cha-zak a-tah. Ba-ruch a-tah A-do-nai, go-eil Yis-ra-eil.

**R'fa-ei-nu A-do-nai** v'nei-ra-fei, ho-shi-ei-nu v'ni-va-shei-ah, ki t'hi-la-tei-nu a-tah, v'ha-a-lei a-ru-cha ur-fu-ah sh'lei-mah l'chol ma-ko-tei-nu, ki Eil me-lech ro-fei ne-e-man v'ra-cha-man a-tah. Ba-ruch a-tah A-do-nai, ro-fei cho-lei a-mo Yis-ra-eil.

**Ba-reich a-lei-nu** A-do-nai E-lo-hei-nu et ha-sha-nah ha-zot v'et kol mi-nei t'vu-a-tah, l'to-vah,

*From the third night of Passover through the afternoon of December 4th (or December 5th, if the following February will be 29 days) say:*

v'tein b'ra-cha

*From the evening of December 4th (or 5th) through the eve of Passover:*

v'tein tal u-ma-tar liv-ra-cha

al p'nei ha-a-da-mah, v'sa-b'ei-nu mi-tu-ve-cha, u-va-reich sh'na-tei-nu ka-sha-nim ha-to-vot liv-ra-cha, ki Eil tov u-mei-tiv atah, um-va-reich ha-sha-nim. Ba-ruch a-tah A-do-nai, m'va-reich ha-sha-nim.

**T'ka b'sho-far** ga-dol l'chei-ru-tei-nu, v'sa neis l'ka-beitz ga-lu-yo-tei-nu, v'ka-b'tzei-nu ya-chad mei-ar-ba kan-fot ha-a-retz l'ar-tzei-nu. Ba-ruch a-tah A-do-nai, m'ka-beitz nid-chei a-mo Yis-ra-eil.

**Ha-shi-va sho-ftei-nu** k'va-ri-sho-na, v'yo-a-tzei-nu k'va-t'chi-lah, v'ha-seir mi-me-nu ya-gon va-a-na-chah, um-loch a-lei-nu a-tah A-do-nai l'va-d'cha b'che-sed uv-ra-cha-mim, b'tze-dek uv-mish-pat. Ba-ruch a-tah A-do-nai, me-lech o-heiv tz'da-kah u-mish-pat. [*Between Rosh Hashanah and Yom Kippur, replace "melech oheiv tzedakah u-mishpat" with: ha-Me-lech ha-mish-pat.*]

**V'la-mal-shi-nim al** t'hi tik-vah, v'chol ha-mi-nim v'chol ha-zei-dim k're-ga yo-vei-du, v'chol o-y'vei a-m'cha m'hei-rah yi-ka-rei-tu, u'malchut ha-rish-a m'hei-rah t'a-keir ut-sha-beir ut-ma-geir, v'tach-ni-a bim-hei rah v'ya-mei-nu. Ba-ruch a-tah A-do-nai, sho-veir o-y'vim u-mach-ni-a zeidim.

**Al ha-tza-di-kim** v'al ha-cha-si-dim, v'al zik-nei a-m'cha beit Yis-ra-eil, v'al p'lei-tat beit so-f'rei-hem, v'al gei-rei ha-tze-dek v'a-lei-nu, ye-he-mu na ra-cha-me-cha A-do-nai E-lo-hei-nu, v'tein sa-char tov l'chol habo-t'chim b'shim-cha be-e-met, v'sim chel-kei-nu i-ma-hem, ul'o-lam lo nei-vosh ki v'cha ba-tach-nu. Ba-ruch a-tah A-do-nai, mish-an u-miv-tach la-tza-di-kim.

**V'li-ru-sha-la-yim i-r'cha** b'ra-cha-mim ta-shuv, v'tish-kon b'to-cha ka-a-sheer di-bar-ta, v'chi-sei Da-vid av-d'cha m'hei-rah b'to-chah ta-chin, uv-nei o-tah b'ka-rov b'ya-mei-nu bin-yan o-lam. Ba-ruch a-tah A-do-nai, bo-nei Y'ru-sha-la-yim.

**Et tze-mach Da-vid** av-d'cha m'hei-rah tatz-mi-ach, v'kar-no ta-rum bi-shu-a-te-cha, ki li-shu-a-t'cha ki-vi-nu kol ha-yom. Ba-ruch a-tah A-do-nai, matz-mi-ach ke-ren y'shu-ah.

**Sh'ma ko-lei-nu** A-do-nai E-lo-hei-nu, Av Ha-Ra-cha-man racheim aleinu, v'ka-beil b'ra-cha-mim uv-ra-tzon et t'fi-la-tei-nu, ki Eil sho-mei-a t'fi-lot v'ta-cha-nu-nim a-tah,

u-mi-l'fa-ne-cha Mal-kei-nu rei-kam al t'shi-vei-nu, ki a-tah sho-mei-a t'fi-lat kol peh. Ba-ruch a-tah A-do-nai, sho-mei-a t'fi-lah.

**R'tzei, A-do-nai** E-lo-hei-nu, b'a-m'cha Yis-ra-eil, v'li-t'fi-la-tam sh'ei, v'ha-sheiv ha-a-vo-dah lid-vir bei-te-cha, v'i-shei Yis-ra-eil ut'fi-la-tam b'a-ha-va t'ka-beil b'ra-tzon, u-t'hi l'ra-tzon ta-mid a-vo-dat Yis-ra-eil a-me-cha.

*This paragraph is inserted on Rosh Chodesh and on the intermediate days of festivals:*

**E-lo-hei-nu vei-lo-hei** a-vo-tei-nu, ya-aleh v'ya-vo, v'ya-gia v'yei-ra-eh, v'yei-ra-tzeh v'yi-sha-ma, v'yi-pa-keid v'yi-za-cheir, zich-ro-nei-nu u-fik'do-nei-nu, v'zich-ron avo-tei-nu, v'zich-ron ma-shi-ach ben da-vid av-de-cha, v'zich-ron Y'ru-sha-la-yim ir kod-she-cha, v'zich-ron kol a-m'cha beit Yis-ra-eil l'fa-ne-cha, li-flei-tah l'to-vah, l'chein ul-che-sed ul-ra-cha-mim ul-cha-yim to-vim ul-sha-lom, b'yom

*On Rosh Chodesh say:* Rosh Ha-cho-desh ha-zeh.

*On Pesach say:* Chag Ha-ma-tzot ha-zeh.

*On Sukkot say:* Chag ha-su-kot ha-zeh.

Zoch-rei-nu A-do-nai E-lo-hei-nu bo l'to-vah, u-fok-dei-nu vo liv-ra-cha, v'ho-shi-ei-nu vo l'cha-yim to-vim. U-vid-var y'shu-ah v'ra-cha-mim, chus v'cho-nei-nu, v'ra-cheim alei-nu v'ho-shi-ei-nu, ki ei-le-cha ei-nei-nu, ki eil melech cha-nun v'ra-chum a-tah.

**V'te-che-ze-na ei-nei-nu** b'shu-v'cha l'Tzi-yon b'ra-cha-mim. **Ba-ruch a-tah** A-do-nai, ha-ma-cha-zir sh'chi-na-to l'Tzi-yon.

*Bow at Modim; arise at Adonai:*

**Mo-dim a-nach-nu** lach, sha-a-ta hu A-do-nai E-lo-hei-nu vei-lo-hei a-vo-tei-nu l'olam va-ed. Tzur cha-yei-nu, ma-gein yish-ei-nu, a-tah hu l'dor va-dor, no-deh l'cha un-sa-peir t'hi-la-te-cha, al cha-yei-nu ha-m'su-rim b'ya-de-cha, v'al nish-mo-tei-nu ha-p'ku-dot lach, v'al ni-se-cha she-b'chol-yom i-ma-nu, v'al nif-l'o-te-cha v'to-vo-te-cha, she-b'chol eit, e-rev va-vo-ker v'tza-ho-ra-yim. **Ha-tov ki** lo cha-lu ra-cha-me-cha, ha-m'ra-cheim ki lo ta-mu

cha-sa-de-cha, ki mei-o-lam ki-vi-nu lach. **V'al ku-lam**, yit-ba-reich v'yit-ro-mam v'yit-na-sei shim-cha Mal-kei-nu, ta-mid l'o-lam va-ed.

*Between Rosh Hashanah and Yom Kippur, insert:*

**Uch-tov l'cha-yim** to-vim kol b'nei v'ri-te-cha.

**V'chol ha-cha-yim** yo-du-cha se-lah, vi-ha-l'lu shim-cha ha-ga-dol l'o-lam ki tov, ha-Eil y'shu-a-tei-nu v'ez-ra-tei-nu se-lah, ha-Eil ha-tov.

*Bend knees at Baruch; bow at atah; straighten up at Adonai:*

**Ba-ruch a-tah** A-do-nai, ha-tov shim-cha ul'cha na-eh l'ho-dot.

**Sim sha-lom** to-va uv-ra-cha, cha-yim, chein va-che-sed v'ra-cha-mim, a-lei-nu v'al kol Yis-ra-eil a-me-cha. Ba-r'chei-nu a-vi-nu, ku-la-nu k'e-chad, b'or pa-ne-cha, ki v'or pa-ne-cha na-ta-ta la-nu, A-do-nai E-lo-hei-nu, To-rat cha-yim v'a-ha-vat che-sed, utz-da-ka uv-ra-cha v'ra-cha-mim, v'cha-yim v'sha-lom, v'tov b'ei-ne-cha l'va-reich et a-m'cha Yis-ra-eil b'chol eit uv-chol sha-ah bish-lo-me-cha.

*Between Rosh Hashanah and Yom Kippur, insert:*

**Uv-sei-fer cha-yim**, b'ra-cha v'sha-lom, u-far-na-sah to-vah, y'shu-ah v'ne-cha-mah ug-zei-rot to-vot, ni-za-cheir v'ni-ka-teiv l'fa-ne-cha, a-nach-nu v'chol a-m'cha beit Yis-ra-eil, l'cha-yim to-vim ul-sha-lom.

Ba-ruch a-tah A-do-nai, ham-va-reich et a-mo Yis-ra-eil ba-sha-lom.

**Yih-yu l'ra-tzon** im-rei fi v'heg-yon li-bi l'fa-ne-cha, A-do-nai tzu-ri ve-go-a-li.

**E-lo-hai n'tzor** l'sho-ni mei-ra, us-fa-tai mi-da-beir mir-mah, v'lim-ka-l'lai naf-shi ti-dom, v'naf-shi ke-a-far la-kol tih-yeh. P'tach li-bi b'to-ra-te-cha, uv-mitz-vo-te-cha tir-dof naf-shi, ve-chol ha-cho-sh'vim a-lai ra-ah, m'hei-rah ha-feir a-tza-tam v'kal-keil ma-cha-shav-tam. Yih-yu k'motz lif-nei ru-ach u-mal-ach A-do-nai do-cheh. L'ma-an yei-cha-l'tzun y'di-de-cha, ho-shi-ah y'mi-n'cha va-a-nei-ni. A-sei l'ma-an sh'me-cha, a-sei l'ma-an y'mi-ne-cha, a-sei l'ma-an To-ra-te-cha, a-sei l'ma-an k'du-sha-te-cha. Yih-yu l'ra-tzon im-rei fi v'heg-yon li-bi l'fa-ne-cha, A-do-nai tzu-ri v'go-a-li.

*Take three steps back, then bow left saying Oseh shalom bimromav, bow forward saying hu, bow right saying yaaseh shalom aleinu, and bow forward during the rest:*

**O-seh sha-lom** bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kol Yis-ra-eil, v'im-ru a-mein.

**Y'hi ra-tzon** mi-l'fa-ne-cha, A-do-nai E-lo-hei-nu vei-lo-hei a-vo-tei-nu, she-yi-ba-neh Beit ha-Mik-dash bim-hei-rah v'ya-mei-nu, v'tein chel-kei-nu b'to-ra-te-cha.