סדור
לב שלם

Siddur
Lev Shalem

לשבת ויום טוב

FOR SHABBAT
& FESTIVALS



THE RABBINICAL ASSEMBLY

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Morning Blessings

My Soul

On the day that I searched
for God—for I could not
see the Divine—
I turned to my heart and
my mind
and found Your throne
within,
a witness to You in me.

—YEHUDAH HALEVI

A Prayer to Be in God's Presence

יְהִי רָצוֹן שֶׁתִּשְׁרֶה
שְׁכִינָתְךָ עָלֵינוּ
וְנִזְכֶּה הַיּוֹם לְהִתְעַנֵּג
בְּאוֹר פָּנֶיךָ.

Spread Your wings over us
that we may delight in
Your Presence this day.

Intentions for the New Day

Master of all worlds,
may it be Your will
that the light of Your face
be reflected in mine.
May my mouth speak only
what is true,
may my eyes see the good
in all that I meet,
and may my ears be attentive
to the troubles of those
who address me.
May I breathe the awe of You,
so that I lovingly face all
I meet.
May the words I utter be
acceptable to You,
my rescuer and protector.

—based on a prayer of
NAḤMAN OF BRATZLAV

Personal Prayers upon Arising

I thank You, living and eternal sovereign, for Your kindness
in restoring my soul. How great is Your faithfulness.

Modeh/modah ani l'fanekha, melekh ḥai v'kayam, she-heḥezarta
bi nishmati b'ḥemlah, rabah emunatekha.

Some recite the following prayers upon arising;
others recite them upon arriving at the synagogue:

THE SOUL

My God, the soul that You have given me is pure.

Elohai, n'shamah she-natata bi t'horah hi.

You created it,
You formed it,
You breathed it into me;
You watch over it when it is in me.
In the future You will take it from me
but then restore it to me in the world that is coming.
As long as this soul is within me, I thank You,
ADONAI my God, God of my ancestors,
ruler of all creation, master of all souls.
Barukh atah ADONAI, who restores the soul to the lifeless form.

HAND WASHING

Barukh atah ADONAI, our God, sovereign of time and space,
who has provided us with a path to holiness through the
observance of mitzvot and has instructed us to wash
our hands.

Barukh atah Adonai, eloheinu melekh ha-olam,
asher kid'shanu b'mitzvotav v'tzivanu al n'tilat yadayim.

THE BODY

Barukh atah ADONAI, our God, sovereign of time and space,
who crafted the human body with wisdom, creating within
it many openings and passageways. It is known and revealed
to You that should even a single passageway rupture, or a
single opening close up, it would no longer be possible to
exist and stand before You. *Barukh atah ADONAI*, healer of
all flesh, who creates wondrously.

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ברכות השחר

מוֹדֶה\מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיָּם,
שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,
רַבָּה אֱמוּנָתֶךָ.

Some recite the following prayers upon arising;
others recite them upon arriving at the synagogue:

אֱלֹהַי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.
אַתָּה בְרָאתָהּ, אַתָּה יְצַרְתָּהּ, אַתָּה נְפַחְתָּהּ בִּי,
וְאַתָּה מְשַׁמְּרָהּ בְּקִרְבִּי, וְאַתָּה עָתִיד לִטְּלָהּ מִמֶּנִּי,
וּלְהַחֲזִירָהּ בִּי לֶעָתִיד לָבוֹא.
כָּל־זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי, מוֹדֶה\מוֹדָה אֲנִי לְפָנֶיךָ,
יהוה אֱלֹהַי וֵאלֹהֵי אֲבוֹתַי [וְאִמּוֹתַי],
רִבּוֹן כָּל־הַמַּעֲשִׂים, אֲדוֹן כָּל־הַנְּשָׁמוֹת.
בָּרוּךְ אַתָּה יהוה, הַמַּחֲזִיר נְשָׁמוֹת לִפְגָרִים מֵתִים.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדָיִם.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת־הָאָדָם בְּחָכְמָה
וּבָרָא בוֹ נְקָבִים נְקָבִים חֲלוּלִים חֲלוּלִים.
גָּלוּי וְיָדוּעַ לִפְנֵי כִסֵּא כְבוֹדֶךָ
שֶׁאִם יִפָּתֵחַ אֶחָד מֵהֶם אוֹ יִסָּתֵם אֶחָד מֵהֶם,
אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ.
בָּרוּךְ אַתָּה יהוה, רוֹפֵא כָל־בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

MODEH ANI ("I thank You") is an Ashkenazic prayer composed in the late Middle Ages specifically to be recited upon opening one's eyes in the morning. Since it was to be said before getting out of bed and washing one's hands, it does not include the name of God. Eliezer Schweid, a contemporary Jewish philosopher, notes that this and other prayers in this section are phrased in the first-person singular, although most blessings are phrased in the first-person plural. At this initial moment of prayer we have not yet entered a community, but our prayers express our own personal feelings of waking to a new day.

SOUL נְשָׁמָה. Jewish mystics view the soul as an actual "part of God above"; that which God blows into Adam is the presence of God's own self. Nothing humans can do will eradicate this Divine Presence from the deepest recesses of each person's heart. (*Arthur Green*)

WHO RESTORES THE SOUL TO THE LIFELESS FORM הַמַּחֲזִיר נְשָׁמוֹת לִפְגָרִים מֵתִים. According to the rabbis, sleep is a taste of death; thus, when we arise in the morning we recognize the gift of a new day. Eliezer Schweid remarks: "How does God appear to a person in this hour? As the source of all existent and eternal life, flowing now into all creation. . . ." The last *b'rakhah* recited before going to sleep is "who lights up the entire world with Your glory." Waking in the morning, the *b'rakhah* is fulfilled.

WHO CRAFTED THE HUMAN BODY WITH WISDOM אֲשֶׁר יָצַר אֶת־הָאָדָם בְּחָכְמָה. This *b'rakhah* is to be recited after taking care of one's bodily functions (Babylonian Talmud, Berakhot 60b). Upon waking in the morning, we are conscious, first of all, of the proper functioning of our bodies.

Prayer
We enter the synagogue in conversation with ourselves. And as we engage in prayer, this conversation becomes one conducted with God.

Worship with Joy
A person does not experience the presence of God through sadness or laziness, but through joy, as is written regarding Elisha, the prophet: "[He said:] 'Now bring a musician to me'—and when the musician played, the hand of God was upon him" (2 Kings 3:15).

—MIDRASH ON PSALMS

A Prayer When Entering the Synagogue
May the offerings of my lips be acceptable to You. May my thoughts be clear, may I be instructed in Your ways, and may I be at peace with myself and my neighbors.

—*based on* THE ZOHAR

Prayers upon Entering the Synagogue

How lovely are your dwellings, Jacob;
your sanctuaries, people of Israel!
As for me, through Your great kindness I enter Your house;
in awe of You, I bow toward Your holy sanctuary.
ADONAI, I love Your house, the place where Your glory dwells.
I will bow and prostrate myself, kneel before ADONAI
my creator.
My prayers are to You, ADONAI, in the hope that this is
a favorable time;
God, in Your abundant love, respond to me with faithful
deliverance.

Mah tovu ohalekha ya·akov, mishk'notekha yisrael.
Va-ani b'rov ḥasd'kha avo veitekha,
esh·taḥaveh el heikhal kodsh'kha b'yiratekha.
Adonai ahavti me'on beitekha, u-m'kom mishkan k'vodekha.
Va-ani esh·taḥaveh v'ekhra·ah, evr'khah lifnei Adonai osi.
Va-ani t'filati l'kha, Adonai, eit ratzon.
Elohim b'rov ḥasdekha, aneini be-emet yishekha.

A MEDITATION BEFORE PRAYER

At dawn I seek You, my refuge, my haven;
morning and evening, to You I pray,
though facing Your greatness, I am awed and confused,
for You know already what I would think and say.

What might in thought and speech can there be?
What power the spirit within me?
Yet, You treasure the sound of human song;
and so would I thank You, as long as Your soul is in me.

Shaḥar avakesh·kha tzuri u-misgabi
erokh l'fanekha shaḥri v'gam arbi.
Lifnei g'dulatakh emod v'ebahel
ki ein'kha tireh kol maḥsh'vot libi.
Mah zeh asher yukhal ha-lev v'halashon
la·asot u-mah ko·aḥ ruḥi b'tokh kirbi.
Hineih l'kha titav zimrat enosh al ken
od'kha b'od tihyeh nishmat elo·ah bi.

מַה טֹּבוּ אׇהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
וַאֲנִי בְּרֹב חַסְדְּךָ אָבוֹא בֵיתֶךָ,
אֶשְׁתַּחֲוֶה אֶל הֵיכַל קׇדְשְׁךָ בְּיִרְאָתֶךָ.
יהוה אָהַבְתִּי מְעוֹן בֵּיתֶךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדֶךָ.
וַאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרָעָה, אֶבְרְכָה לִפְנֵי יהוה עֹשִׂי.
וַאֲנִי תְפִלָּתִי לְךָ יהוה, עֵת רָצוֹן,
אֱלֹהִים בְּרׇב־חַסְדֶּךָ, עֲנֵנִי בֶּאֱמֶת יִשְׁעֶךָ.

שַׁחַר אֲבַקֶּשְׁךָ צוּרִי וּמִשְׂגַּבִּי
אֶעְרׇךְ לְפָנֶיךָ שַׁחֲרִי וְגַם עַרְבִּי.
לִפְנֵי גְדֻלָּתֶךָ אֶעְמֹד וְאֶבָּהֵל
כִּי עֵינְךָ תִרְאֶה כָּל מַחְשָׁבוֹת לִבִּי.
מַה זֶּה אֲשֶׁר יוּכַל הַלֵּב וְהַלָּשׁוֹן
לַעֲשׂוֹת וּמַה כֹּחַ רוּחִי בְּתוֹךְ קִרְבִּי.
הֵבֵּה לְךָ תִיטַב זִמְרַת אֱנוֹשׁ עַל כֵּן
אוֹדְךָ בְּעוֹד תִּהְיֶה נִשְׁמַת אֱלוֹהַּ בִּי.

HOW LOVELY מַה טֹּבוּ. Numbers 24:5. These words were uttered by the gentile prophet Balaam, who had been hired to curse Israel but instead blessed them. Many rabbinic readings of this verse understood the "dwellings of Jacob" (literally, "tents of Jacob") and the "sanctuaries of Israel" to refer to houses of study and prayer houses (Babylonian Talmud, Sanhedrin 105b, for instance). Interestingly, we enter the synagogue with the words of a non-Jew, here used to praise the synagogue. This verse was added to the service in the late Middle Ages, when European royal courts became more formal, which warranted a similarly formal introduction to our worship of the Sovereign of All.

AS FOR ME וַאֲנִי. Three of the verses quoted here begin with the word *ani*, "I." The worshipper enters the synagogue as an individual and then joins the community. The first verse mentions bowing toward the sanctuary; some people bow in the direction of the ark upon entering the synagogue.

I ENTER YOUR HOUSE אָבוֹא בֵיתֶךָ. Psalm 5:8. Although the verse originally referred to the Temple in Jerusalem, references describing the Temple came to be applied to the synagogue, which the sages called a *mikdash me'at*, "a minor sanctuary." In this, they were interpreting the prophet Ezekiel, who assures the exiles in Babylonia that God is with them in the "small sanctuaries" of foreign lands (Ezekiel 11:16).

I LOVE YOUR HOUSE אָהַבְתִּי מְעוֹן בֵּיתֶךָ. Psalm 26:8. Here again, the original reference was to the Temple, but it was later understood to describe the synagogue.

I WILL BOW AND PROSTRATE MYSELF וַאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרָעָה. The liturgy recasts Psalm 95:6 from the plural to the singular, as all the passages opening the service are phrased in the singular. The ancient rabbis declared that the bowing performed during the Amidah fulfilled the function of kneeling and prostration. Today, prostration takes place in the synagogue only on the High Holy Days, though some medieval pietistic practices emphasized kneeling while praying at home.

RESPOND TO ME עֲנֵנִי. Psalm 69:14. Perhaps the most primal prayer: may our words be heard and responded to.

AT DAWN I SEEK YOU שַׁחַר אֲבַקֶּשְׁךָ. This poem was written by Solomon ibn Gabirol (1021–1058, Spain) as a morning meditation to be recited by the prayer leader. It begins with a confession of human inadequacy, even to offer prayers, but ends by evoking the soul—the spirit of God in each human being, and the source of human inspiration.

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Teach Me, God, To Bless and To Pray

לַמְּדֵנִי אֱלֹהַי,
בָּרוּךְ וְהִתְפַּלֵּל
עַל סוֹד עָלֶה קָמֵל,
עַל גַּבֵּהּ פְּרִי בָּשֵׁל,
עַל הַחֲרוּת הַזֹּאת:
לִרְאוֹת, לָחוּשׁ, לִנְשׁוֹם,
לָדַעַת, לִיחֵל, לְהִכָּשֵׁל.

לַמֵּד אֶת־שִׂפְתוֹתַי
בְּרָכָה וְשִׁיר הַלֵּל
בְּהִתְחַדֵּשׁ וְמַנְּךָ עִם בֹּקֶר
וְעִם לָיִל,
לְכָל יְהִיֶה יוֹמִי הַיּוֹם
כִּתְמוֹל שִׁלְשׁוֹם,
לְכָל יְהִיֶה עָלַי יוֹמִי הֶרְגֵּל.

Teach me, God,
to bless and to pray
for the secret within the
enfolded leaf,
the glow of a ripening fruit,
and this freedom:
to see,
to sense,
to breathe,
to know,
to celebrate,
to fail.

Teach my lips how
to bless and sing praises
as Your time is renewed
with the arrival of morning
and evening,
that my day today
be not like my yesterdays,
that my day not simply
be habit.

—LEA GOLDBERG

Our Relation to Others

Rabbi Ḥanina ben Dosa would say: One with whom people are pleased, the divine spirit is pleased; and one with whom people are displeased, the divine spirit is displeased.

—PIRKEI AVOT

Putting on the Tallit

While reciting the meditation and the b'rakhah, it is customary to hold the tallit. After saying the b'rakhah we enwrap ourselves with it. Some have the custom of first wrapping the tallit around their head and body, symbolically surrounding themselves with the Presence of God, and then draping it around their shoulders.

Let me praise ADONAI—
for You, ADONAI my God, are surely great;
clothed in glory and majesty,
wrapped in a cloak of light,
You stretch out the heavens like a sheet of cloth.

Barukh atah ADONAI, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to enwrap ourselves with *tzitzit*.

Barukh atah Adonai eloheinu melekh ha-olam, asher kid'shanu b'mitzvotav v'tzivanu l'hitateif ba-tzitzit.

Just as I wrap my body in a *tallit*,
so may my soul wrap itself in the light of Your Presence.

How precious is Your kindly love, God,
that human beings are sheltered in the
shadow of Your wings!
They are sated with the abundance in Your house;
You give them drink from Your delightful streams.
You are the source of life; in Your light do we see light.

Ki im'kha m'kor ḥayim, b'or'kha nireh or.

Pour out Your love to those who would know You,
and Your righteousness to those whose hearts are true.

OUR RELATION TO OTHERS

I hereby accept the obligation
of fulfilling the Creator's mitzvah as written in the Torah:
Love your neighbor as yourself.

Hareini m'kabel/m'kabelet alai mitzvat ha-borei:
V'ahavta l'rei·akha kamokha.

עֲטִיפַת טַלִּית

While reciting the meditation and the b'rakhah, it is customary to hold the tallit. After saying the b'rakhah we enwrap ourselves with it. Some have the custom of first wrapping the tallit around their head and body, symbolically surrounding themselves with the Presence of God, and then draping it around their shoulders.

בָּרְכִי נַפְשִׁי אֶת־יהוה,
יהוה אֱלֹהַי גָּדַלְתָּ מְאֹד,
הוֹד וְהָדָר לָבָשְׁתָּ.
עֹטֶה אוֹר כַּשַּׂלְמָה,
נוֹטֶה שָׁמַיִם כַּיְרִיעָה.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִת.

כְּשֵׁם שֶׁגּוּפִי מִתְעַטֵּף בְּטַלִּית,
כָּךְ תִּתְעַטֵּף נִשְׁמָתִי בְּאוֹר שְׁכִינָתְךָ.

מַה יָּקָר חַסְדְּךָ, אֱלֹהִים,
וּבְנֵי אָדָם בְּצֵל כְּנָפֶיךָ יֶחֱסָיוּן.
יִרְוְיֻן מִדֶּשֶׁן בֵּיתֶךָ, וְנַחַל עֲדָנֶיךָ תַשְׁקֵם.
כִּי עִמְּךָ מְקוֹר חַיִּים, בְּאוֹרְךָ נִרְאֶה אוֹר.
מְשֹׁךְ חַסְדְּךָ לְיֹדְעֶיךָ, וְצִדְקָתְךָ לְיִשְׁרֵי לֵב.

הֲרֵינִי מְקַבֵּל\מְקַבֶּלֶת עָלַי מִצְוַת הַבּוֹרֵא:
וְאָהַבְתָּ לְרֵעֲךָ כָּמוֹךָ.

PUTTING ON THE TALLIT. As explained in Numbers 15:39–40, the *tzitzit*, the fringes of the *tallit*, serve to remind us of the Torah's mitzvot and of the ideal of holiness to which we are summoned.

LET ME PRAISE בָּרְכִי נַפְשִׁי. Psalm 104:1–2.

HOW PRECIOUS מַה יָּקָר. Psalm 36:8–11. These verses speak of God's protection. With their recitation, being enwrapped in the *tallit* becomes an embodiment of being enfolded in the wings of the Shekhinah. In Hebrew, the word for wing, *kanaf*, is the same as the word for corner (on which the *tzitzit* are tied). Thus, the corners of the *tallit* become symbolic of the wings of the Shekhinah, God's Presence.

ABUNDANCE מִדֶּשֶׁן. This Hebrew word is primarily used in the Torah to describe the sacrificial elements burnt on the altar. Thus, to say that we are sated by God's *deshen*, abundance, suggests that God gives us back the gifts we have offered—though in the hands of God they have been transformed: we offered a physical offering, which, rising to heaven, has been returned to us as spiritual nourishment.

LOVE YOUR NEIGHBOR וְאָהַבְתָּ לְרֵעֲךָ. Leviticus 19:18. The mystic Isaac Luria (1534–1572, Safed) began each day with this reminder of the command to love, believing that this commitment to try to love others—even if we are as yet unable to fulfill it completely—is a necessary condition of our experiencing divine love.

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Who Gives Sight to the Blind

When we thank God for giving sight to the blind, we express thankfulness not only for the literal gift of sight, but also for our capacity for insight, for our ability to be aware of the world around us, and for the capacity to understand ourselves and our world.

Rabbi Benjamin said: We are all blind until the Holy One enlightens our eyes, as the Bible records regarding Hagar, "And God opened her eyes and she saw a well" (Genesis 21:19).

—GENESIS RABBAH

Imitating God

Our prayers thanking God for the clothes we wear and for the ability to stand up and walk about are also a reminder of the imperative for us to provide clothing for the "naked," to offer help to those who are in physical need, and to defend those who are unjustifiably "bound." The ancient rabbis commented on the verse, "You shall follow Adonai your God…" (Deuteronomy 13:5)—just as God is kind and loving, so too you should be kind and loving; just as God performs acts of generosity, so should you; just as God is patient, so should you be, as it is written, "You shall make yourselves holy, for I, Adonai your God, am holy" (Leviticus 19:2).

—*based on* THE BABYLONIAN TALMUD

Blessings for a New Day

We rise.

Barukh atah ADONAI, our God, sovereign of time and space,

who enables the bird to distinguish day from night,

who made me in the divine image,

who made me free,

who made me a Jew,

who gives sight to the blind,

who clothes the naked,

Barukh atah Adonai eloheinu melekh ha-olam,
asher natan la-sekhvi vinah l'havḥin bein yom u-vein lailah.
Barukh atah Adonai eloheinu melekh ha-olam,
she-asani b'tzalmo.
Barukh atah Adonai eloheinu melekh ha-olam,
she-asani ben/bat ḥorin.
Barukh atah Adonai eloheinu melekh ha-olam,
she-asani yisrael.
Barukh atah Adonai eloheinu melekh ha-olam,
pokei·aḥ ivrim.
Barukh atah Adonai eloheinu melekh ha-olam,
malbish arumim.

בִּרְכוֹת הַשַּׁחַר

We rise.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לַשֶּׂכְוִי בִינָה לְהַבְחִין בֵּין יוֹם וּבֵין לָיְלָה.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי בְּצַלְמוֹ.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשַׂנִי בֶּן\בַּת חוֹרִין.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עִוְרִים.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.

BLESSINGS FOR A NEW DAY בִּרְכוֹת הַשַּׁחַר. As reported in the Babylonian Talmud, most of the *b'rakhot* in this collection were originally recited at home as one went through the daily acts of waking and rising (Berakhot 60b). Each passage extols God as we begin the day: on arising from sleep, on hearing the birds sing, on dressing, on taking one's first steps, and so on. Maimonides stated: "These *b'rakhot* are without a prescribed order; each is to be recited only on the appropriate occasion… and not as part of the synagogue service" (Mishneh Torah, Hilkhot Tefillah 7:7, 9). Other authorities, however, beginning with the siddur of Rav Amram Gaon in the 9th century, recommended the public recitation of these *b'rakhot*. This has been the standard Ashkenazic practice to this day; the common Sephardic practice is to recite these *b'rakhot* privately and to begin the service with the morning psalms.

BARUKH בָּרוּךְ. Many commentators argue that the word *barukh* is not a passive verb meaning "blessed," but rather an adjective descriptive of God: God is the wellspring of all blessings. (The similar-sounding Hebrew word *b'reikhah* means "pool of water.") Thus the opening words of a *b'rakhah* are an acknowledgment that God is the source of all blessings (*Meir ibn Gabbai*).

WHO ENABLES THE BIRD TO DISTINGUISH אֲשֶׁר נָתַן לַשֶּׂכְוִי בִינָה. We are a part of the natural world, responding to the morning sunlight as does all of nature. This first blessing attributes understanding to the animal realm and points to humans taking instruction from them.

The language is taken from the Book of Job (38:36), where God responds to Job out of the whirlwind, saying: "Who placed wisdom in the most hidden places? Who gave understanding to the bird? Who is wise enough to describe the heavens?" The word used for bird is *sekhvi*, and the Babylonian Talmud identifies it as a rooster (Rosh Hashanah 26a).

WHO MADE ME IN THE DIVINE IMAGE שֶׁעָשַׂנִי בְּצַלְמוֹ. This blessing and the next one ("who made me free") are versions of blessings mentioned in the Tosefta (Berakhot 6:18) and in the Babylonian Talmud (Menaḥot 43b). They have been emended in Conservative prayerbooks on the basis of manuscript fragments, found in the Cairo Genizah.

WHO MADE ME A JEW שֶׁעָשַׂנִי יִשְׂרָאֵל. This positive formulation is the wording in the Babylonian Talmud (Menaḥot 43b).

WHO GIVES SIGHT TO THE BLIND פּוֹקֵחַ עִוְרִים. Said when opening the eyes. Many of these blessings are taken from the psalmist's descriptions of God's actions: "… sets prisoners free… restores sight to the blind… makes those who are bent stand straight . . ." (Psalm 146:7–8).

WHO CLOTHES THE NAKED מַלְבִּישׁ עֲרֻמִּים. God's clothing of Adam and Eve (Genesis 3:21) was an act of kindness exhibited to these first humans, even as they were exiled from the Garden.

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Barukh atah Adonai, our God, sovereign of time and space,
who endows each and every living thing with unique capabilities and purpose,
and creates me in the divine image;
who grants me free will, and the ability to exercise it,
and blesses me with the gift and responsibility of being a Jew;
who opens my eyes to the world around and within me, blessing me with insight, awareness, and understanding,
and protects me when I feel vulnerable, exposed, or ashamed;
who frees me from all that limits or confines me,
and restores my dignity when I feel bent or broken;
who leads me back to solid ground when the world shifts beneath my feet,
and guides me along my path when I am lost or confused;
who creates me with needs, and the wherewithal to meet them,
and strengthens the people Israel with the courage to embody our beliefs;
who crowns the people Israel with a sense of mission and purpose,
and renews me each night when I am weary, that I may awake to each new day with strength.

—JAN UHRBACH

who releases the bound,
who straightens those who are bent,
who stretches out the earth over the waters,
who steadies our steps,
who has provided for all my needs,
who strengthens the people Israel with courage,
who crowns the people Israel with glory,
and who gives strength to the weary.

Barukh atah Adonai eloheinu melekh ha-olam, matir asurim.
Barukh atah Adonai eloheinu melekh ha-olam, zokef k'fufim.
Barukh atah Adonai eloheinu melekh ha-olam,
roka ha-aretz al ha-mayim.
Barukh atah Adonai eloheinu melekh ha-olam,
ha-meikhin mitzadei gaver.
Barukh atah Adonai eloheinu melekh ha-olam,
she-asah li kol tzorki.
Barukh atah Adonai eloheinu melekh ha-olam, ozer yisrael bigvurah.
Barukh atah Adonai eloheinu melekh ha-olam, oter yisrael b'tifarah.
Barukh atah Adonai eloheinu melekh ha-olam,
ha-noten laya·eif ko·aḥ.

Barukh atah Adonai, our God, sovereign of time and space,
who removes sleep from my eyes and slumber from my eyelids.

May it be Your will, our God and God of our ancestors,
that You accustom us to study Your Torah
and cling to Your mitzvot;
do not lead us into error, or transgression, or sin,
nor subject us to trials or disgrace.
Do not let the inclination to evil control us,
and distance us from people who would do us evil
and from friends who commit evil;
spur in us the yearning to do good and to act with goodness.
Bend our will and our desires to Your service.

► Today and every day, may You look upon us, and may all who see us look upon us, with eyes filled with kindness, love, and compassion. Act toward us with kindly love.
Barukh atah Adonai, who acts with kindly love to the people Israel.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
רוֹקַע הָאָרֶץ עַל הַמָּיִם.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמֵּכִין מִצְעֲדֵי גָבֶר.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂה לִי כָּל־צָרְכִּי.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בִּגְבוּרָה.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַנּוֹתֵן לַיָּעֵף כֹּחַ.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעַפָּי.
וִיהִי רָצוֹן מִלְּפָנֶיךָ, יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], שֶׁתַּרְגִּילֵנוּ בְּתוֹרָתֶךָ, וְדַבְּקֵנוּ בְּמִצְוֹתֶיךָ,
וְאַל תְּבִיאֵנוּ לֹא לִידֵי חֵטְא, וְלֹא לִידֵי עֲבֵרָה וְעָוֹן, וְלֹא
לִידֵי נִסָּיוֹן, וְלֹא לִידֵי בִזָּיוֹן, וְאַל תַּשְׁלֵט־בָּנוּ יֵצֶר הָרָע,
וְהַרְחִיקֵנוּ מֵאָדָם רָע וּמֵחָבֵר רָע. וְדַבְּקֵנוּ בְּיֵצֶר הַטּוֹב
וּבְמַעֲשִׂים טוֹבִים, וְכוֹף אֶת־יִצְרֵנוּ לְהִשְׁתַּעְבֵּד־לָךְ.
► וּתְנֵנוּ הַיּוֹם, וּבְכָל־יוֹם, לְחֵן וּלְחֶסֶד וּלְרַחֲמִים בְּעֵינֶיךָ,
וּבְעֵינֵי כָל־רוֹאֵינוּ, וְתִגְמְלֵנוּ חֲסָדִים טוֹבִים.
בָּרוּךְ אַתָּה יהוה, גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל.

WHO RELEASES THE BOUND מַתִּיר אֲסוּרִים. Releasing the fetters of wickedness, freeing the oppressed, feeding the hungry, and providing for the homeless are mentioned by the prophet Isaiah as acts that God desires of human beings (58:6).

WHO STRAIGHTENS THOSE WHO ARE BENT זוֹקֵף כְּפוּפִים. Literally, "making those who are bowed down stand upright." This phrase, as found in Psalm 146:8, is the biblical warrant for standing up straight when God's name is pronounced, after having bowed at the beginning of a blessing.

WHO STRETCHES OUT THE EARTH OVER THE WATERS רוֹקַע הָאָרֶץ עַל הַמָּיִם. Psalm 136:6. Genesis depicts dry land being formed from the splitting of the primal waters.

MAY IT BE YOUR WILL וִיהִי רָצוֹן. A prayer recorded in the Babylonian Talmud (Berakhot 60b).

TRIALS נִסָּיוֹן. The trials of life are many: confronting personal illness or tragic situations, difficult ethical dilemmas, temptations that may endanger us. In addition, because faith is often accompanied by doubt, and even the strongest faith may be vulnerable in trying times, we hope that today will affirm rather than challenge our faith.

INCLINATION TO EVIL יֵצֶר הָרָע. The ancient rabbis believed that we are subject to impulses that lead us to do good or evil. For instance, competitiveness can spur us to exert greater energy but it can also lead to hurtful behavior. The yearning for fame and the approbation of others can influence us to perform acts of kindness and to exercise leadership roles, but it can also produce egos that are never satisfied. We yearn to do good, but we are often impeded by our jealousies, our self-concern, and our desire for mastery and conquest.

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Both in Private and in Public

The Torah directs that the ark, which was to contain the tablets, be overlaid with gold both inside and out (Exodus 25:11). The ancient rabbis asked: Why must it be golden on the inside, where, after all, no one will see it? To teach us that we are like the ark—our outer lives and our inner lives should be consistent.

—BABYLONIAN TALMUD

Who We Are

The Ḥasidic master Simḥah Bunam taught: Each person should carry in his or her pockets two notes. One should read, "The world was created for me." The other should read, "I am but dust and ashes."

Descendants of Abraham

What is at stake in our lives is more than the fate of one generation. In this moment we, the living, are Israel. The tasks begun by the patriarchs and prophets, and carried out by countless Jews of the past, are now entrusted to us. No other group has superseded them. We are the only channel of Jewish tradition, those who must save Judaism from oblivion, those who must hand over the entire past to the generations to come. We are either the last, the dying, Jews or else we are those who will give new life to our tradition. Rarely in our history has so much been dependent upon one generation. We shall either forfeit or enrich the legacy of the ages.

—ABRAHAM JOSHUA HESCHEL

Living with Life's Tensions

We are caught in the tension between our roles as unique beings capable of great accomplishment, and the knowledge that we are mortal and that our fate is to die and disappear. Prayer helps mediate this tension by impressing on us a sense of thankfulness for the gift of life, the gift of a single day.

A Penitential Prayer

Both in private and in public, a person should always be in awe of heaven, acknowledging the truth, speaking truth in one's heart, and upon arising one should declare:

Master of all worlds! Not upon our merit do we rely
in pleading before You, but upon Your great compassion.
What are we? What is our life?
Our goodness? Our righteousness?
Our achievement? Our power? Our victories?
What shall we say in Your presence,
ADONAI our God and God of our ancestors?
Heroes count as nothing in Your presence,
the famous are as though they had never been,
the wise seem ignorant, the clever as lacking reason.
For the sum of our deeds is chaos;
in Your presence our lives seem futile.
Human beings have no superiority over beasts, for all is vanity.

Surely, though, we are Your people, partners to Your covenant: descendants of Abraham, who loved You, to whom You made a pledge on Mount Moriah; the seed of Isaac, his designated heir, who was bound upon the altar; the congregation of Jacob, Your firstborn son, whom You renamed Israel and Jeshurun because of the love You bore him, and the delight he gave You.

לְעוֹלָם יְהֵא אָדָם יְרֵא שָׁמַיִם בַּסֵּתֶר וּבַגָּלוּי,
וּמוֹדֶה עַל הָאֱמֶת, וְדוֹבֵר אֱמֶת בִּלְבָבוֹ, וְיַשְׁכֵּם וְיֹאמַר:

רִבּוֹן כָּל־הָעוֹלָמִים, לֹא עַל צִדְקוֹתֵינוּ אֲנַחְנוּ מַפִּילִים
תַּחֲנוּנֵינוּ לְפָנֶיךָ, כִּי עַל רַחֲמֶיךָ הָרַבִּים.
מָה אֲנַחְנוּ, מָה חַיֵּינוּ,
מָה חַסְדֵּנוּ, מַה צִדְקֵנוּ,
מַה יְשׁוּעָתֵנוּ, מַה כֹּחֵנוּ, מַה גְּבוּרָתֵנוּ.
מַה נֹּאמַר לְפָנֶיךָ,
יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
הֲלֹא כָּל־הַגִּבּוֹרִים כְּאַיִן לְפָנֶיךָ,
וְאַנְשֵׁי הַשֵּׁם כְּלֹא הָיוּ,
וַחֲכָמִים כִּבְלִי מַדָּע, וּנְבוֹנִים כִּבְלִי הַשְׂכֵּל.
כִּי כָל־מַעֲשֵׂינוּ תֹהוּ,
וִימֵי חַיֵּינוּ הֶבֶל לְפָנֶיךָ,
וּמוֹתַר הָאָדָם מִן הַבְּהֵמָה אָיִן, כִּי הַכֹּל הָבֶל.

אֲבָל אֲנַחְנוּ עַמְּךָ, בְּנֵי בְרִיתֶךָ, בְּנֵי אַבְרָהָם אֹהַבְךָ
שֶׁנִּשְׁבַּעְתָּ לוֹ בְּהַר הַמּוֹרִיָּה, זֶרַע יִצְחָק יְחִידוֹ,
שֶׁנֶּעֱקַד עַל גַּבֵּי הַמִּזְבֵּחַ, עֲדַת יַעֲקֹב בִּנְךָ בְּכוֹרֶךָ,
שֶׁמֵּאַהֲבָתְךָ שֶׁאָהַבְתָּ אוֹתוֹ, וּמִשִּׂמְחָתְךָ שֶׁשָּׂמַחְתָּ בּוֹ,
קָרָאתָ אֶת־שְׁמוֹ יִשְׂרָאֵל וִישֻׁרוּן.

A PERSON SHOULD ALWAYS BE IN AWE OF HEAVEN לְעוֹלָם יְהֵא אָדָם. This passage is taken from the 1st-millennium midrash Seder Eliyahu Rabbah (chapter 19). The midrash is interpreting Isaiah 33:18, "Your heart shall murmur in awe."

WHAT ARE WE? WHAT IS OUR LIFE? מָה אֲנַחְנוּ, מָה חַיֵּינוּ. The phrase is mentioned in the Babylonian Talmud as forming an essential formula of confession (Yoma 87b). Originally it was part of the Yom Kippur liturgy, but it was thought to be appropriate to be recited daily. Throughout the Middle Ages it was a custom of the pious to rise in the middle of the night to pray and study; this was thought to be a time when God's mercy could especially be called upon. This prayer became part of that nightly ritual, which included a confession of sins and a plea for forgiveness. Its place in this part of the prayerbook is a remnant of this penitential custom.

VANITY הֶבֶל. The word is the same as used in the opening verses of Kohelet (Ecclesiastes) and variously translated there as "vanity," "futility," and "fleeting breath."

ABRAHAM, WHO LOVED YOU בְּנֵי אַבְרָהָם אֹהַבְךָ. The phrase originates in 2 Chronicles 20:7.

TO WHOM YOU MADE A PLEDGE שֶׁנִּשְׁבַּעְתָּ לוֹ. In some traditions, the biblical passage of the binding of Isaac is read before this prayer. After the binding of Isaac, the angel promises Abraham in God's name, "I will bestow My blessing upon you and make your descendants as numerous as the stars of heaven and the sands on the seashore; and your descendants shall seize the gates of their foes. All the nations of the earth shall bless themselves by your descendants because you have obeyed My command" (Genesis 22:17–18).

WHOM YOU RENAMED ISRAEL קָרָאתָ אֶת־שְׁמוֹ יִשְׂרָאֵל. Abraham, Sarah, and Jacob all had their names changed by God as a sign of God's promise to them. In Jacob's case this name change is recorded twice—once when he wrestles with the angel, and then again when God appears to him at Bethel as he is about to descend to Egypt and blesses him: "Be fertile and increase; a nation, yes, an assembly of nations, shall descend from you…" (Genesis 35:11–12). Isaac, though, was named by God in the womb (17:19) and so always kept his name (Talmud of the Land of Israel, Berakhot 1:4).

AND JESHURUN וישרון. Another name for the people Israel (Deuteronomy 32:15, Isaiah 44:2). It is derived from the word meaning "upright."

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לְפִיכָךְ אֲנַחְנוּ חַיָּבִים לְהוֹדוֹת לְךָ וּלְשַׁבֵּחֲךָ וּלְפָאֶרְךָ
וּלְבָרֵךְ וּלְקַדֵּשׁ וְלָתֵת שֶׁבַח וְהוֹדָיָה לִשְׁמֶךָ.
◄ אַשְׁרֵינוּ, מַה טּוֹב חֶלְקֵנוּ,
וּמַה נָּעִים גּוֹרָלֵנוּ,
וּמַה יָּפָה יְרֻשָּׁתֵנוּ.
אַשְׁרֵינוּ, שֶׁאֲנַחְנוּ מַשְׁכִּימִים וּמַעֲרִיבִים,
עֶרֶב וָבֹקֶר, וְאוֹמְרִים פַּעֲמַיִם בְּכָל־יוֹם:

שְׁמַע יִשְׂרָאֵל יהוה אֱלֹהֵינוּ יהוה אֶחָד.

Recited quietly: בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

אַתָּה הוּא עַד שֶׁלֹּא נִבְרָא הָעוֹלָם,
אַתָּה הוּא מִשֶּׁנִּבְרָא הָעוֹלָם,
אַתָּה הוּא בָּעוֹלָם הַזֶּה,
וְאַתָּה הוּא לָעוֹלָם הַבָּא.
אַתָּה הוּא יהוה אֱלֹהֵינוּ בַּשָּׁמַיִם וּבָאָרֶץ,
וּבִשְׁמֵי הַשָּׁמַיִם הָעֶלְיוֹנִים.
אֱמֶת,
אַתָּה הוּא רִאשׁוֹן
וְאַתָּה הוּא אַחֲרוֹן,
וּמִבַּלְעָדֶיךָ אֵין אֱלֹהִים.
◄ קַדֵּשׁ אֶת־שִׁמְךָ עַל מְקַדִּישֵׁי שְׁמֶךָ,
וְקַדֵּשׁ אֶת־שִׁמְךָ בְּעוֹלָמֶךָ,
וּבִישׁוּעָתְךָ תָּרִים וְתַגְבִּיהַּ קַרְנֵנוּ.
בָּרוּךְ אַתָּה יהוה, מְקַדֵּשׁ אֶת־שִׁמְךָ בָּרַבִּים.

Therefore it is our duty to thank You and glorify You,
to bless and sanctify and praise Your name.
► How blessed we are:
how goodly is our portion,
how delightful our lot,
how beautiful our inheritance!
How blessed are we that twice each day, morning and evening,
as we awaken and as we end our day, we say:

Hear, O Israel, ADONAI is our God, ADONAI is one.
Sh'ma yisrael, Adonai eloheinu Adonai eḥad.

Recited quietly: Praised be the name of the one whose glorious sovereignty is forever and ever.
Barukh shem k'vod malkhuto l'olam va-ed.

You were before the world was created,
and You are since creation;
You are in this world,
and You will be in the world that is coming.
You are ADONAI our God, in the heavens and on earth,
even in the highest heavens.
Truly,
You are first and You are last,
and beside You, there is no other.
► Manifest Your holiness through those who hallow Your name, and hallow Your name in this world;
as Your deliverance arrives, raise up our heads with pride.
Barukh atah ADONAI, who sanctifies Your name through community.

The Song of "You"

Levi Yitzḥak of Berditchev used to sing a song, part of which is as follows:

Where I wander —You!
Where I ponder —You!
Only You, You again,
always You!
You! You! You!
When I am gladdened
—You!
When I am saddened
—You!
Only You, You again,
always You!
You! You! You!
Sky is You! Earth is You!
You above! You below!
In every trend,
at every end,
Only You, You again,
always You!
You! You! You!

(*translated by Olga Marx*)

HEAR, O ISRAEL שְׁמַע יִשְׂרָאֵל. Although the full Sh'ma will be recited later in the service, its first line was inserted here to fulfill the obligation of reciting the Sh'ma "when you rise up"; it was recited at home. Similarly in the evening, though the Sh'ma is recited as part of the evening service, the first paragraph is said again before retiring, in order to fulfill the scriptural obligation of reciting it "when you lie down" (Deuteronomy 6:7).

YOU WERE אַתָּה הוּא. This emphatic phrase (literally, "You are the one who…") appears a total of seven times in this passage. Given that the number seven has mystical significance, this sevenfold refrain may have served as a meditational exercise.

BEFORE THE WORLD WAS CREATED עַד שֶׁלֹּא נִבְרָא הָעוֹלָם. A credal statement to the effect that God is beyond time also follows the Sh'ma recited later in the morning service (see page 157). Both are perhaps intended as an interpretation of the meaning of God's uniqueness affirmed in the Sh'ma: the God who is one is eternal.

TRULY, YOU ARE FIRST אֱמֶת, אַתָּה הוּא רִאשׁוֹן. These words are adapted from Isaiah 44:6, where God proclaims: "I am the first and I am the last, and there is no God but Me."

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Blessings Before Study

א

One should say the blessings on the Torah in the morning as if one were once again standing at Sinai receiving the Torah from God.

—JACOB BEN ASHER

ב

The purpose of saying blessings over the Torah is to remind us that study of Torah is not only an intellectual task but also a spiritual one—study of Torah should lead to deeper and deeper spiritual experience. Through Torah study we build the Temple where heaven and earth meet.

—JOEL SIRKES

And Bestow Upon You Kindness

Some say the meaning of the phrase in the Priestly Blessing is that God will look kindly on you and grant you that which you wish. Others interpret the phrase to mean that God will bless you so that you are treated with kindness by others.

—SIFREI NUMBERS

B'rakhot Before Studying Torah

Barukh atah ADONAI, our God, sovereign of time and space, who has provided us with a path to holiness through the observance of mitzvot and has instructed us to engage with the words of Torah.

Barukh atah Adonai eloheinu melekh ha-olam,
asher kid'shanu b'mitzvotav v'tzivanu la-asok b'divrei torah.

May You make the words of Your Torah sweet in our mouths and in the mouths of the house of Israel, Your people, so that we, our children, and all the children of the house of Israel may come to know Your name and study Torah for its own sake.
Barukh atah ADONAI, who teaches Torah to Your people Israel.

Barukh atah ADONAI, our God, sovereign of time and space, who has chosen us from among all peoples, giving us the Torah.
Barukh atah ADONAI, who gives the Torah.

Passages of Study

TORAH:

May ADONAI bless and protect you.
May ADONAI's countenance shine upon you
and may ADONAI bestow kindness upon you.
May ADONAI's countenance be lifted toward you
and may ADONAI grant you peace. Numbers 6:24–26

MISHNAH:

These are the deeds for which there is no prescribed measure: leaving the produce at the corner of a field for the poor, offering the gift of first fruits to the Temple, pilgrimage offerings on the three festivals, deeds of kindness and love, and the study of Torah. Mishnah Peah 1:1

TALMUD:

These are the deeds that yield immediate fruit and continue to yield fruit in time to come: honoring parents; performing deeds of kindness and love; attending the house of study morning and evening; providing hospitality; visiting the sick; helping the needy bride; attending the dead; probing the meaning of prayer; making peace between one person and another, and between husband and wife. And the study of Torah is the most basic of them all. *based on* Babylonian Talmud, Kiddushin 39b

בִּרְכוֹת הַתּוֹרָה

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה.
וְהַעֲרֶב־נָא יהוה אֱלֹהֵינוּ אֶת־דִּבְרֵי תוֹרָתְךָ בְּפִינוּ וּבְפִי
עַמְּךָ בֵּית יִשְׂרָאֵל, וְנִהְיֶה אֲנַחְנוּ וְצֶאֱצָאֵינוּ וְצֶאֱצָאֵי עַמְּךָ
בֵּית יִשְׂרָאֵל כֻּלָּנוּ יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרָתֶךָ לִשְׁמָהּ.
בָּרוּךְ אַתָּה יהוה, הַמְלַמֵּד תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל־הָעַמִּים, וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ.
בָּרוּךְ אַתָּה יהוה, נוֹתֵן הַתּוֹרָה.

TORAH:

יְבָרֶכְךָ יהוה וְיִשְׁמְרֶךָּ.
יָאֵר יהוה פָּנָיו אֵלֶיךָ וִיחֻנֶּךָּ.
יִשָּׂא יהוה פָּנָיו אֵלֶיךָ וְיָשֵׂם לְךָ שָׁלוֹם. במדבר ו:כד-כו

MISHNAH:

אֵלּוּ דְבָרִים שֶׁאֵין לָהֶם שִׁעוּר: הַפֵּאָה וְהַבִּכּוּרִים וְהָרֳאָיוֹן
וּגְמִילוּת חֲסָדִים וְתַלְמוּד תּוֹרָה. משנה פאה א:א

TALMUD:

אֵלּוּ דְבָרִים שֶׁאָדָם אוֹכֵל פֵּרוֹתֵיהֶם בָּעוֹלָם הַזֶּה וְהַקֶּרֶן
קַיֶּמֶת לוֹ לָעוֹלָם הַבָּא, וְאֵלּוּ הֵן: כִּבּוּד אָב וָאֵם, וּגְמִילוּת
חֲסָדִים, וְהַשְׁכָּמַת בֵּית הַמִּדְרָשׁ שַׁחֲרִית וְעַרְבִית,
וְהַכְנָסַת אוֹרְחִים, וּבִקּוּר חוֹלִים, וְהַכְנָסַת כַּלָּה, וּלְוָיַת
הַמֵּת, וְעִיּוּן תְּפִלָּה, וַהֲבָאַת שָׁלוֹם בֵּין אָדָם לַחֲבֵרוֹ וּבֵין
אִישׁ לְאִשְׁתּוֹ, וְתַלְמוּד תּוֹרָה כְּנֶגֶד כֻּלָּם.

תלמוד בבלי, קדושין לט ב, עם הוספות

TO ENGAGE WITH THE WORDS OF TORAH לַעֲסוֹק בְּדִבְרֵי תוֹרָה. The blessing is not phrased "to learn Torah," as if Torah were something fixed that one could acquire. When we "engage" with Torah we become active participants: querying it, drawing out its implications, and incorporating its teachings into our lives.

TO KNOW YOUR NAME יוֹדְעֵי שְׁמֶךָ. To know God's name is to act in a holy way—justly, compassionately, truthfully.

PASSAGES OF STUDY. The ancient rabbis categorized three types of study: biblical study (*mikra*); study of the oral tradition, which became codified in the Mishnah (circa 225 C.E.); and study of the elaboration of that tradition (called in Aramaic *g'mara* and in Hebrew *talmud*). Versions of that process constitute the Talmud of the Land of Israel (edited until the year 425 C.E.) and the Babylonian Talmud (edited in the 6th–7th centuries C.E.). Having recited the blessings over studying Torah, one should then proceed to engage in study—and the traditional liturgy immediately offers examples of these three kinds of study.

LEAVING THE PRODUCE AT THE CORNER OF A FIELD FOR THE POOR הַפֵּאָה. Leaving the corner of the field for the poor may be the simplest of acts: it is entirely passive and the Mishnah teaches that the amount one leaves for the poor is totally up to each individual. Maimonides elaborates all the laws of *tzedakah* in the section of his law code dealing with this mitzvah, as if to say that *tzedakah* begins with the simplest of acts.

THESE ARE THE DEEDS THAT YIELD IMMEDIATE FRUIT אֵלּוּ דְבָרִים . . . בָּעוֹלָם הַזֶּה. This list from tractate Kiddushin was expanded through the Middle Ages (Mishneh Torah, Hilkhot Matnot Aniyim), and variations are extant in different prayerbooks; "peace between husband and wife" is one such addition.

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Kaddish D'Rabbanan

Many congregations recite Kaddish D'Rabbanan here. Traditionally, Kaddish D'Rabbanan has been recited by mourners and those observing Yahrzeit, but it may be recited by anyone who has read or heard the teaching of a text based on Torah.

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel.
And we say: *Amen.*

May God's great name be acknowledged forever and ever!

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen.*

Grant abundant peace to our people and their leaders, to our teachers and their disciples, and to all who engage in the study of Torah in this land and in all other lands. May you and they be blessed by our creator in heaven with great peace, grace and kindness, compassion and love, and long life, abundance, and deliverance. And we say: *Amen.*

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen.*

May the one who creates peace on high mercifully bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen.*

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih,
v'yamlikh malkhuteih b'ḥayeikhon u-v'yomeikhon u-v'ḥayei d'khol beit yisrael,
ba-agala u-vizman kariv, v'imru amen.

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Yitbarakh v'yishtabaḥ v'yitpa·ar v'yitromam v'yitnasei
v'yit·hadar v'yitaleh v'yit·halal sh'meih d'kudsha, b'rikh hu,
l'eila min kol [*on Shabbat Shuvah we substitute:* l'eila l'eila mikol]
birkhata v'shirata tushb'ḥata v'neḥamata da·amiran b'alma, v'imru amen.

Al yisrael v'al rabanan v'al talmideihon, v'al kol talmidei talmideihon,
v'al kol man d'askin b'oraita, di v'atra hadein v'di v'khol atar va-atar,
y'hei l'hon u-l'khon sh'lama raba, ḥina v'ḥisda v'raḥamin, v'ḥayin arikhin
u-m'zona r'viḥa, u-furkana min kodam avuhon di vi-sh'maya, v'imru amen.

Y'hei sh'lama raba min sh'maya, v'ḥayim tovim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bimromav hu b'raḥamav ya·aseh shalom
aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

קַדִּישׁ דְּרַבָּנָן

Many congregations recite Kaddish D'Rabbanan here. Traditionally, Kaddish D'Rabbanan has been recited by mourners and those observing Yahrzeit, but it may be recited by anyone who has read or heard the teaching of a text based on Torah.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא,
בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל,
בַּעֲגָלָא וּבִזְמַן קָרִיב,
וְאִמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל־ [*on Shabbat Shuvah we substitute:* לְעֵלָּא לְעֵלָּא מִכָּל־]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

עַל יִשְׂרָאֵל וְעַל רַבָּנָן, וְעַל תַּלְמִידֵיהוֹן וְעַל כָּל־תַּלְמִידֵי
תַלְמִידֵיהוֹן, וְעַל כָּל־מָאן דְּעָסְקִין בְּאוֹרַיְתָא, דִּי בְאַתְרָא
הָדֵין וְדִי בְכָל־אֲתַר וַאֲתַר, יְהֵא לְהוֹן וּלְכוֹן שְׁלָמָא רַבָּא,
חִנָּא וְחִסְדָּא וְרַחֲמִין, וְחַיִּין אֲרִיכִין, וּמְזוֹנָא רְוִיחָא,
וּפֻרְקָנָא מִן קֳדָם אֲבוּהוֹן דִּי בִשְׁמַיָּא, וְאִמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים טוֹבִים
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו הוּא בְּרַחֲמָיו יַעֲשֶׂה שָׁלוֹם
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל],
וְאִמְרוּ אָמֵן.

KADDISH D'RABBANAN. Kaddish D'Rabbanan, recited after the study of sacred texts, contains a special prayer for the well-being of teachers, their disciples, and all who study Torah.

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שִׁיר שֶׁל יוֹם לְשַׁבָּת, רֹאשׁ חֹדֶשׁ, וְרִגָלִים

Psalms from the following pages may be recited, as appropriate to the occasion. Additional psalms for weekdays may be found on pages 433–438.

Psalms from the following pages may be recited, as appropriate to the occasion. Additional psalms for weekdays may be found on pages 433–438.

SHABBAT AND FESTIVAL PSALMS. Since the late Middle Ages, it has been customary to recite a special psalm for each day of the week, a custom based on the Mishnah's report that these psalms were recited in the Temple by the Levites (Tamid 7:4). Tractate Sofrim (18:3–4), a minor tractate of the Talmud, records that on festivals, other psalms appropriate to these occasions were recited. Accordingly, we include here the traditional psalm for Shabbat and the New Moon, as well as a psalm for each of the festivals.

PSALM 92 begins by contemplating the wonder of creation and ends with a vision of the righteous flourishing in God's house. It thus celebrates two themes of Shabbat: Shabbat as the day of appreciating creation and Shabbat as a taste of redemption.

ON SHABBAT: PSALM 92

Today is Shabbat, the day on which the Levites recited this psalm in the Temple:

A PSALM: THE SONG OF THE DAY OF SHABBAT

It is good to thank You, ADONAI, and sing to Your name, Most High;
to proclaim Your love at daybreak, Your faithfulness each night.

Finger the lute, pluck the harp, let the sound of the lyre rise up.

You gladdened me with Your deeds, ADONAI,
and I shall sing of Your handiwork.

How wonderful are Your works, ADONAI,
how subtle Your designs!

The arrogant do not understand, the fool does not comprehend this:
the wicked flourish like grass and every evildoer blossoms,
only to be destroyed forever—

but You, ADONAI, are exalted for all time.

Surely Your enemies, ADONAI, surely Your enemies will perish;
all who commit evil will be scattered.

As a wild bull raises up its horn,
You raised my head high, anointed it with fresh oil.

As my enemies gather against me,
my gaze remains steady, for my ears listen and hear:

The righteous flourish like the date palm,
thrive like a cedar in Lebanon;
planted in the house of ADONAI,
they flourish in our God's courtyards.

► In old age they remain fruitful, still fresh and bountiful,
proclaiming: ADONAI is upright, my rock in whom there is no flaw.

Tzadik katamar yifraḥ, k'erez balvanon yisgeh.
Sh'tulim b'veit Adonai, b'ḥatzrot eloheinu yafriḥu.
► Od y'nuvun b'seivah, d'sheinim v'ra·ananim yihyu.
L'hagid ki yashar Adonai, tzuri v'lo avlatah bo.

Some congregations recite Mourner's Kaddish here; see page 121.

הַיּוֹם יוֹם שַׁבַּת קֹדֶשׁ, שֶׁבּוֹ הָיוּ הַלְוִיִּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת

טוֹב לְהֹדוֹת לַיהוה, וּלְזַמֵּר לְשִׁמְךָ עֶלְיוֹן,
לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ, וֶאֱמוּנָתְךָ בַּלֵּילוֹת.
עֲלֵי עָשׂוֹר וַעֲלֵי נֵבֶל, עֲלֵי הִגָּיוֹן בְּכִנּוֹר.
כִּי שִׂמַּחְתַּנִי יהוה בְּפָעֳלֶךָ, בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֵּן.
מַה גָּדְלוּ מַעֲשֶׂיךָ יהוה, מְאֹד עָמְקוּ מַחְשְׁבֹתֶיךָ.
אִישׁ בַּעַר לֹא יֵדָע, וּכְסִיל לֹא יָבִין אֶת־זֹאת.
בִּפְרֹחַ רְשָׁעִים כְּמוֹ עֵשֶׂב וַיָּצִיצוּ כָּל־פֹּעֲלֵי אָוֶן,
לְהִשָּׁמְדָם עֲדֵי עַד,
וְאַתָּה מָרוֹם לְעֹלָם יהוה.
כִּי הִנֵּה אֹיְבֶיךָ, יהוה, כִּי הִנֵּה אֹיְבֶיךָ יֹאבֵדוּ,
יִתְפָּרְדוּ כָּל־פֹּעֲלֵי אָוֶן.
וַתָּרֶם כִּרְאֵים קַרְנִי, בַּלֹּתִי בְּשֶׁמֶן רַעֲנָן.
וַתַּבֵּט עֵינִי בְּשׁוּרָי, בַּקָּמִים עָלַי מְרֵעִים תִּשְׁמַעְנָה אָזְנָי,
צַדִּיק כַּתָּמָר יִפְרָח, כְּאֶרֶז בַּלְּבָנוֹן יִשְׂגֶּה,
שְׁתוּלִים בְּבֵית יהוה, בְּחַצְרוֹת אֱלֹהֵינוּ יַפְרִיחוּ.
◄ עוֹד יְנוּבוּן בְּשֵׂיבָה, דְּשֵׁנִים וְרַעֲנַנִּים יִהְיוּ,
לְהַגִּיד כִּי יָשָׁר יהוה, צוּרִי, וְלֹא עַוְלָתָה בּוֹ.

תהלים צב

Some congregations recite Mourner's Kaddish here; see page 121.

ANOINTED IT WITH FRESH OIL בַּלֹּתִי בְּשֶׁמֶן רַעֲנָן. The Hebrew may be translated "You anointed *me* with fresh oil," but Radak (David Kimḥi, 1160–1235, Provence) suggests that the object of the verb is the speaker's head mentioned in the first part of the verse; the anointing is ceremonial, giving the speaker a special divine function and blessing. The faithful thus become God's royal entourage.

ALL WHO COMMIT EVIL WILL BE SCATTERED יִתְפָּרְדוּ כָּל־פֹּעֲלֵי אָוֶן. In this specific vision of the end-time, enemies are not destroyed, but simply made ineffective.

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Psalm 30: An Interpretive Translation

. . . Sing to the Lord you who love God; thank God from the depths of your hearts.
For though God may seem to be absent, in God's presence is eternal life.
Tears may linger when night falls, but joy arrives with the dawn.
Therefore my soul blesses God with every breath that I take.
My song will thank God forever, and my silence will be filled with God's praise.

—STEPHEN MITCHELL

FOR THE MORNING: PSALM 30

A PSALM, A SONG FOR THE DEDICATION OF THE HOUSE, FOR DAVID

I raise my voice to praise You, ADONAI,
for You have lifted me up
and not allowed my enemies to rejoice over me.
ADONAI my God, I cried out to You
and You healed me.
ADONAI, You raised me up from Sheol,
You gave me life and did not let me descend into the pit.
Sing to ADONAI, faithful people;
praise God, as you pronounce God's name.
Surely God's anger lasts but for a moment,
and when God is pleased, life is granted.
One may lie down crying at night,
but wake in the morning with joyful song.
I had said when I was tranquil,
"I shall never be undone."
ADONAI, when it pleased You, You made me a mountain of strength,
but when You hid Your face, I was terrified.
I called to You, ADONAI;
I pleaded before my Master:
"What would be the gain, were I to go down to the grave?
Can dust praise You? Can it speak of Your truth?
Hear me, ADONAI, and be kind to me;
be my helper, ADONAI."
► *You turned my mourning into a dance for me,*
You undid my sackcloth and girded me with joy—
that I might sing of Your glory and not be silent:
ADONAI my God, I thank You, always.

מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד
אֲרוֹמִמְךָ יהוה כִּי דִלִּיתָנִי,
וְלֹא שִׂמַּחְתָּ אֹיְבַי לִי.
יהוה אֱלֹהָי, שִׁוַּעְתִּי אֵלֶיךָ וַתִּרְפָּאֵנִי.
יהוה הֶעֱלִיתָ מִן שְׁאוֹל נַפְשִׁי,
חִיִּיתַנִי מִיָּרְדִי בוֹר.
זַמְּרוּ לַיהוה חֲסִידָיו,
וְהוֹדוּ לְזֵכֶר קָדְשׁוֹ.
כִּי רֶגַע בְּאַפּוֹ חַיִּים בִּרְצוֹנוֹ,
בָּעֶרֶב יָלִין בֶּכִי וְלַבֹּקֶר רִנָּה.
וַאֲנִי אָמַרְתִּי בְשַׁלְוִי,
בַּל אֶמּוֹט לְעוֹלָם.
יהוה בִּרְצוֹנְךָ הֶעֱמַדְתָּה לְהַרְרִי עֹז,
הִסְתַּרְתָּ פָנֶיךָ, הָיִיתִי נִבְהָל.
אֵלֶיךָ יהוה אֶקְרָא, וְאֶל אֲדֹנָי אֶתְחַנָּן.
מַה בֶּצַע בְּדָמִי בְּרִדְתִּי אֶל שָׁחַת,
הֲיוֹדְךָ עָפָר, הֲיַגִּיד אֲמִתֶּךָ.
שְׁמַע יהוה וְחָנֵּנִי, יהוה הֱיֵה עֹזֵר לִי.
◄ הָפַכְתָּ מִסְפְּדִי לְמָחוֹל לִי,
פִּתַּחְתָּ שַׂקִּי וַתְּאַזְּרֵנִי שִׂמְחָה.
לְמַעַן יְזַמֶּרְךָ כָבוֹד וְלֹא יִדֹּם,
יהוה אֱלֹהַי לְעוֹלָם אוֹדֶךָּ. תהלים ל

PSALM 30 precedes the section of psalms and songs called P'sukei D'zimra, "Verses of Song." In the context of the morning's prayers, its mention of being rescued from Sheol, the netherworld, might be seen as grateful acknowledgment of the blessing of awakening from sleep. In its biblical context, Psalm 30 may be viewed as a song of thanksgiving after overcoming disease and illness.

In a fashion that is true of many psalms, this poem moves between past and present, between intimations of illness and affirmations of health, and between fear and joy. Knowing how vulnerable we are and how unpredictable our fate, we can thank God that we are alive and able to pray as we wake to a new day.

Psalm 30 was added to the liturgy in the 17th century under the influence of Lurianic mysticism. It mentions the name of God ten times, and Jewish mystics saw in this a hint of the *s'firot*, the ten aspects of the Godhead.

FOR THE DEDICATION OF THE HOUSE חֲנֻכַּת הַבַּיִת. Perhaps this psalm was meant to be recited in honor of a donor for repairs or renovations of the Temple. In the later rabbinic reading, the inauguration of the "house" might be seen as the synagogue. The mystics who added this psalm to the liturgy thought that it alluded to the human resurrection of the body (that is, the house of the soul) in the morning, and to our entering the fully revealed divine house (that is, a new day). The midrash understood the psalm's superscription to be an expression of David's yearning to build the Temple, remarking that the Temple is called David's and not Solomon's (even though the latter built it)—because it was David who had yearned to build it (Numbers Rabbah 12:9).

YOU HAVE LIFTED ME UP דִּלִּיתָנִי. The Hebrew verb is used for drawing water from a well and is consonant with the image in the following verses of being raised from the pit.

GOD'S ANGER בְּאַפּוֹ. The modern Jewish theologian Abraham Joshua Heschel points out that in the Bible, God's anger is always directed against moral corruption. The anthropomorphic image is intended to evoke the sense of violation and disruption of harmony caused by injustice and ethical lapses.

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Holding On and Letting Go

Hold on and let go.
On the surface of things
contradictory counsel.
But one does not negate
the other.
The two are complementary, dialectical
two sides of one coin.

Hold on—death is not the
final word
The grave no oblivion.

Hold on in *Kaddish,*
yahrzeit, Yizkor.
No gesture, no kindness,
no smile evaporates—
Every kindness, every
embrace has its afterlife
in our minds, our hearts,
our hands.

Hold on
Not enslaving memory
that sells the future
to the past
nor recollection that
makes us passive, listless,
resigned.
But memory that releases
us for a new life.

The flow of life—
the divine process
gives and takes
retains and creates.

Return the dust to the
earth
not to bury hope
but to resurrect the will
to live.

—HAROLD M. SCHULWEIS

Mourner's Kaddish

Many congregations recite Mourner's Kaddish after completing Birkhot Ha-shaḥar, the Morning Blessings.

Mourners and those observing Yahrzeit:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen.*

Congregation and mourners:

May God's great name be acknowledged forever and ever!

Mourners:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu,* is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen.*

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen.*

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen.*

Mourners and those observing Yahrzeit:

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih,
v'yamlikh malkhuteih b'ḥayeikhon u-v'yomeikhon
u-v'ḥayei d'khol beit yisrael, ba-agala u-vizman kariv,
v'imru amen.

Congregation and mourners:

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Mourners:

Yitbarakh v'yishtabaḥ v'yitpa·ar v'yitromam v'yitnasei v'yit·hadar
v'yitaleh v'yit·halal sh'meih d'kudsha, b'rikh hu,
l'eila min kol [*on Shabbat Shuvah we substitute:* l'eila l'eila mikol] birkhata
v'shirata tushb'ḥata v'neḥamata da·amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'ḥayim aleinu v'al kol yisrael,
v'imru amen.

Oseh shalom bimromav hu ya·aseh shalom aleinu
v'al kol yisrael [v'al kol yosh'vei teiveil],
v'imru amen.

קַדִּישׁ יָתוֹם

Many congregations recite Mourner's Kaddish after completing Birkhot Ha-shaḥar, the Morning Blessings.

Mourners and those observing Yahrzeit:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא,
בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל,
בַּעֲגָלָא וּבִזְמַן קָרִיב,
וְאִמְרוּ אָמֵן.

Congregation and mourners:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Mourners:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל־ [לְעֵלָּא לְעֵלָּא מִכָּל־ *on Shabbat Shuvah we substitute:*]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל],
וְאִמְרוּ אָמֵן.

MOURNER'S KADDISH. It is sometimes difficult for a mourner to reintegrate into a community after the loss of a close relation. Equally, it may be difficult for the community to know how to receive a mourner in its midst. In reciting the Kaddish, the mourner takes a formal role in relation to the community. The mourner is able to say: "I am here in your midst, praying alongside you"; and the congregation can respond: "Along with you, we all turn our eyes to God."

The prophet Ezekiel remarks that after great tragedy, God's name will become great throughout the world (38:23); with some grammatical changes, these are the first words of the Kaddish. By the end of the Mourner's Kaddish, whatever our loss, whatever tragedy we have suffered, we look to God in hope and we hold on to a vision of some moment when we all may be at peace.

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P'sukei D'zimra: Verses of Song

Thanking God

Rabbi Yoḥanan said in the name of Rabbi Shimon bar Yoḥai: From the day that the Holy One created the world, there was no one who praised and thanked (*hodeh*) the Holy One, until Leah came and praised God. For she said: "This time will I praise and thank (*odeh*) Adonai" (Genesis 29:35), giving the name "Judah" (*y'hudah*) to her newborn son.

Thus, the name "Jew," derived from "Judah," means "thankful."

—BABYLONIAN TALMUD

Creating Through Speech

Just as divine speech created the world, so too with human speech: what we give voice to becomes more substantive, more real. Prayer, like all human speech, is a creative act. The prayers that we utter shape our inner lives. Our new consciousness causes us to relate differently to the world around us, and it thus prompts us to shape a different external reality.

It is customary to stand for the opening and closing b'rakhot of P'sukei D'zimra.

Introductory B'rakhah

Blessed is the one whose word called the world into being. — *Barukh hu.* *Blessed be the One.*

Blessed is the one who created the world. — *Barukh sh'mo. Blessed be the divine name.*

Blessed is the one who speaks and it is done. — *Barukh hu.*

Blessed is the one who decrees and fulfills. — *Barukh sh'mo.*

Blessed is the one who has compassion for the earth. — *Barukh hu.*

Blessed is the one who has compassion for all creatures. — *Barukh sh'mo.*

Blessed is the one who sends a just reward to those who revere the Divine. — ***Barukh hu.***

Blessed is the one who is eternal, who exists forever. — *Barukh sh'mo.*

Blessed is the one who redeems and rescues. — *Barukh hu u-varukh sh'mo.*

Barukh atah ADONAI, our God, sovereign of time and space, compassionate creator celebrated in Your people's voices, praised and glorified by the words of Your faithful servants and in Your servant David's songs.

We will celebrate You, ADONAI our God, with praise and song; we will extol, acclaim, and glorify You, honoring Your name and declaring that You are our sovereign God.

▸ The singular one who gives life to the world—the sovereign, who is praised and glorified, forever and ever—this is Your great name.

Barukh atah ADONAI, Sovereign, celebrated with songs of praise.

Some congregations select from among the psalms and biblical texts that follow.

פסוקי דזמרא

It is customary to stand for the opening and closing b'rakhot of P'sukei D'zimra.

בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם, — **בָּרוּךְ הוּא.**
בָּרוּךְ עוֹשֶׂה בְרֵאשִׁית, — בָּרוּךְ שְׁמוֹ.
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה, — בָּרוּךְ הוּא.
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם, — בָּרוּךְ שְׁמוֹ.
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ, — בָּרוּךְ הוּא.
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת, — בָּרוּךְ שְׁמוֹ.
בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירֵאָיו, — בָּרוּךְ הוּא.
בָּרוּךְ חַי לָעַד וְקַיָּם לָנֶצַח, — בָּרוּךְ שְׁמוֹ.
בָּרוּךְ פּוֹדֶה וּמַצִּיל, — בָּרוּךְ הוּא וּ**בָרוּךְ שְׁמוֹ.**

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הָאֵל הָאָב הָרַחֲמָן, הַמְהֻלָּל בְּפִי עַמּוֹ,
מְשֻׁבָּח וּמְפֹאָר בִּלְשׁוֹן חֲסִידָיו וַעֲבָדָיו,
וּבְשִׁירֵי דָוִד עַבְדֶּךָ. נְהַלֶּלְךָ יהוה אֱלֹהֵינוּ,
בִּשְׁבָחוֹת וּבְזִמִּירוֹת, נְגַדֶּלְךָ וּנְשַׁבֵּחֲךָ וּנְפָאֶרְךָ
וְנַזְכִּיר שִׁמְךָ וְנַמְלִיכְךָ מַלְכֵּנוּ אֱלֹהֵינוּ.
◂ יָחִיד חֵי הָעוֹלָמִים, מֶלֶךְ מְשֻׁבָּח וּמְפֹאָר עֲדֵי עַד
שְׁמוֹ הַגָּדוֹל. בָּרוּךְ אַתָּה יהוה, מֶלֶךְ מְהֻלָּל בַּתִּשְׁבָּחוֹת.

Some congregations select from among the psalms and biblical texts that follow.

BARUKH SHE-AMAR. Once the inclusion of P'sukei D'zimra ("Verses of Song") was codified by the *geonim* (the rabbinic leaders of the influential Babylonian Jewish community in the latter half of the 1st millennium), they ordained that it be preceded and followed with formal blessings: the opening blessing recited here and the blessing at the section's conclusion (page 148). Most of the passages recited in this section are biblical and, therefore, this prayer calls them "the words of Your faithful servants." "David's songs" refers to the psalms, which constitute the bulk of this section; many scholars believe that Psalms 145–150 (pages 136–141) constituted the original core of P'sukei D'zimra.

CALLED THE WORLD INTO BEING וְהָיָה הָעוֹלָם. God is often referred to by the sages as "the one whose word called the world into being." This is based on the story in Genesis 1, in which all of creation emanates from God's spoken fiat. For example, on the very first day, "God said, 'Let there be light'—and there was light" (Genesis 1:3).

***BARUKH HU*, BLESSED BE THE ONE** בָּרוּךְ הוּא. The last line of the introductory call and response reads *barukh sh'mo*, "blessed be the divine name." Taken together, the first two words of response and the last two words of the series form the phrase *barukh hu u-varukh sh'mo*, "blessed be the One and blessed be the divine name," which is commonly used as a response to hearing the name of God. Practices differ as to the call and response during the recitation of this poem. A version that has recently become popular includes reciting the words printed here in gray.

COMPASSIONATE CREATOR הָאֵל הָאָב הָרַחֲמָן. The word translated here as "compassionate" comes from the root *r-ḥ-m*, which also means "womb." Thus, this particular phrase can be understood as "the fatherly womb," and wonderfully captures the way that God transcends gender.

EXTOL, ACCLAIM, AND GLORIFY YOU נְגַדֶּלְךָ וּנְשַׁבֵּחֲךָ וּנְפָאֶרְךָ. The blessing announces that the psalms to be recited in this section will be those that acclaim God, not those that express the personal plight of the psalmist. Repetition of similar sounding verbal synonyms in Hebrew is a means of creating a meditative atmosphere.

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Morning Praise

יְהִי נוֹתֵן בִּינָה לַשֶּׂכְוִי
לְזַמֵּר לִשְׁמְךָ, חֵן תְּוִי
שָׁם בִּינָה בְּעוֹף יְרוֹפֵף
אֶרֶץ בְּקוֹלוֹת תַּעֲצוּמוֹת
יְחַבְּמֵנוּ מִמְּעוֹפֵף
מַלְּפֵנוּ מִבְּהֵמוֹת
לָתֵת עוֹז וְתַעֲצוּמוֹת
לְשָׁם נְשָׁמָה תּוֹךְ גְּוִי
יְהִי נוֹתֵן בִּינָה לַשֶּׂכְוִי
לְזַמֵּר לִשְׁמְךָ, חֵן תְּוִי
אֶל שֶׂכְוִי יַבִּיט אִישׁ עָצֵל
אֲשֶׁר יוֹם יוֹם לְצוּרוֹ שָׂר
אֵין עֵיף בּוֹ וְאֵין כּוֹשֵׁל
וְלֹא אֶחָד מִסּוֹדוֹ סָר
בֵּן אִישׁ מְשִׁיר יִטַּע אֵשֶׁל
וְיוֹם וְלַיְלָה לֹא יֶחְסַר
וּמֵעוֹף יְקַבֵּל מוּסָר
וְיִהְיֶה שָׂר כְּבֵנִי לֵוִי
יְהִי נוֹתֵן בִּינָה לַשֶּׂכְוִי
לְזַמֵּר לִשְׁמְךָ, חֵן תְּוִי

You endow birds with the talent to sing
Your name; I, too, desire the same.
Birds wake the world chirping aloud,
a talent instilled in them by God.
Might I, too, learn from those who fly
and be instructed by this animal cry
to acclaim the one who created me
and who planted a soul within
my body.
You endow birds with the talent to sing
Your name; I, too, desire the same.
Tired people, look to the birds flying
in the sky
who daily sing to the creator on high.
None tires, none fails to do what the
maker asked;
none is diverted from the appointed
task.
Human beings too can plant seeds
with songs
and morning and evening for noth-
ing more need long.
Take instruction, sing to God,
bend your will,
and so a priestly role fulfill.
You endow birds with the talent to sing
Your name; I, too, desire the same.

—ISRAEL NAJARA

David's Prayer: The Dedication of the Ark

Give thanks to ADONAI, call out in God's name.
Let all peoples know of God's deeds.
Sing to God,
hymn to God,
describe all of God's wondrous acts,
exult in God's holy name.
May all who yearn for ADONAI find
rejoicing in their hearts.
Seek ADONAI, acclaim God,
constantly crave God's presence.
Remember the wonders God wrought,
God's marvelous deeds and judgment.

Seed of Israel, God's servant,
treasured children of Jacob,
ADONAI is our God:
all the earth is subject to God's law.
Always remember God's covenant—
words binding for a thousand generations—
made with Abraham,
promised to Isaac,
and affirmed in a decree to Jacob,
an everlasting covenant with Israel, saying:
I will give you the land of Canaan, as your
apportioned inheritance.

You were few in number then, hardly dwelling there.
As you wandered from people to people,
from one nation to another,
God did not let anyone oppress you,
but admonished rulers,
"Do not touch My anointed;
do not harm My prophets."

הוֹדוּ לַיהוה, קִרְאוּ בִשְׁמוֹ, הוֹדִיעוּ בָעַמִּים עֲלִילֹתָיו.
שִׁירוּ לוֹ זַמְּרוּ לוֹ, שִׂיחוּ בְּכָל־נִפְלְאֹתָיו.
הִתְהַלְלוּ בְּשֵׁם קָדְשׁוֹ, יִשְׂמַח לֵב מְבַקְשֵׁי יהוה.
דִּרְשׁוּ יהוה וְעֻזּוֹ, בַּקְּשׁוּ פָנָיו תָּמִיד.
זִכְרוּ נִפְלְאֹתָיו אֲשֶׁר עָשָׂה, מֹפְתָיו וּמִשְׁפְּטֵי פִיהוּ.

זֶרַע יִשְׂרָאֵל עַבְדּוֹ, בְּנֵי יַעֲקֹב בְּחִירָיו.
הוּא יהוה אֱלֹהֵינוּ, בְּכָל־הָאָרֶץ מִשְׁפָּטָיו.
זִכְרוּ לְעוֹלָם בְּרִיתוֹ, דָּבָר צִוָּה לְאֶלֶף דּוֹר,
אֲשֶׁר כָּרַת אֶת־אַבְרָהָם, וּשְׁבוּעָתוֹ לְיִצְחָק,
וַיַּעֲמִידֶהָ לְיַעֲקֹב לְחֹק, לְיִשְׂרָאֵל בְּרִית עוֹלָם,
לֵאמֹר: לְךָ אֶתֵּן אֶרֶץ כְּנָעַן, חֶבֶל נַחֲלַתְכֶם.

בִּהְיוֹתְכֶם מְתֵי מִסְפָּר, כִּמְעַט וְגָרִים בָּהּ.
וַיִּתְהַלְּכוּ מִגּוֹי אֶל גּוֹי, וּמִמַּמְלָכָה אֶל עַם אַחֵר.
לֹא הִנִּיחַ לְאִישׁ לְעָשְׁקָם, וַיּוֹכַח עֲלֵיהֶם מְלָכִים:
אַל תִּגְּעוּ בִּמְשִׁיחָי, וּבִנְבִיאַי אַל תָּרֵעוּ.

1 CHRONICLES 16:8–36. This first biblical text in P'sukei D'zimra is recited daily and is taken from 1 Chronicles. The Chronicler describes David bringing the ark to Jerusalem, accompanied by levitical singing commissioned by him. The song itself is a medley of verses found in the Book of Psalms and is an example of biblical texts quoting one another. The first fourteen verses are a near-quotation of Psalm 105:1–14, the next section is almost the complete text of Psalm 96, and what follows are quotations of verses from various other psalms. According to an early midrashic text, this passage was sung by the Levites when the *tamid*, the daily sacrifice, was offered (Seder Olam Rabbah, ch. 14). Similarly, our daily service, like that performed in the Temple, is accompanied by this song. One contemporary liturgical scholar, Yisrael Ta-Shma, argues that P'sukei D'zimra, literally "Verses of Song," derives its name from this prayer, which is an anthology of biblical verses, said to have been sung by the Levites.

ACCLAIM GOD וְעֻזּוֹ. Some translate this word as "God's might"—that is: the ark, which is the manifestation of God's power.

TREASURED CHILDREN OF JACOB בְּנֵי יַעֲקֹב בְּחִירָיו. *B'ḥirav* (from the root *b-ḥ-r*) can mean "chosen." Here we render it as "treasured" in light of its synonymous usage in Deuteronomy and elsewhere.

A THOUSAND GENERATIONS לְאֶלֶף דּוֹר. This biblical expression conveys the idea of endless time.

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From the Psalmist:
A Song of Adoration

My prayer can have no
other life
than in my songs.
I stand revealed
by all the songs I pray.
My songs implore,
insist,
that they be heard by You
who dwell in all the
distances
outside of time and space,
and yet,
within all things.

My songs and I,
my prayers and contem-
plations,
dream of penetrating
to the secrets of Your
name.
I search Your nomen-
clature
for my own identity
and seek my features
in the image that You
made.
I am choiceless in the
quest,
except I sing of sorrow,
praise, and exaltation.

You are before all things
and after them.
You bracket me within the
horns
of void and nothingness.
You enfold me in the
wings
of Your creation,
and then return me,
with the songs I pray,
to dust.

—PERETZ KAMINSKY

Sing to ADONAI, all the earth;
day after day tell of God's deliverance.
Tell the nations of God's glory,
speak of God's wonders among all peoples.
For ADONAI is great, surely to be praised,
more to be revered than other gods.
► For the gods of the nations are man-made idols,
but ADONAI fashioned the very heavens.

GRANDEUR AND GLORY are God's honor guard,
strength and joy where God is found.
Offer to ADONAI, peoples of the world:
offer to ADONAI honor and strength,
offer to ADONAI the honor due God's name;
bring a gift of thanksgiving and enter God's presence,
bow to ADONAI amidst the splendor of this holy place.
Tremble before God's presence, all who dwell on earth,
but the land shall remain firm and not shaken.

Let the heavens be glad
and the earth rejoice,
Yism'ḥu ha-shamayim v'tagel ha-aretz . . . yiram hayam u-m'lo·o.
as the peoples of the world declare, "ADONAI reigns."
Let the sea in its fullness roar,
let the meadow and all that grows in it exult;
let the trees of the forest sing at God's approach,
for ADONAI comes to judge the earth.

Give thanks to ADONAI, for God is good;
for God's love endures forever.
Say, "Rescue us, God of our deliverance;
gather us up and save us from amidst the nations,
that we may praise Your holy name and bow in praise of You.
Blessed be ADONAI, the God of Israel, forever and ever!"
Then all the people responded,
"Amen, may ADONAI be praised."

1 Chronicles 16:8–36

שִׁירוּ לַיהוה כָּל־הָאָרֶץ, בַּשְּׂרוּ מִיּוֹם אֶל יוֹם יְשׁוּעָתוֹ.
סַפְּרוּ בַגּוֹיִם אֶת־כְּבוֹדוֹ, בְּכָל־הָעַמִּים נִפְלְאוֹתָיו.
כִּי גָדוֹל יהוה וּמְהֻלָּל מְאֹד, וְנוֹרָא הוּא עַל כָּל־אֱלֹהִים.
◄ כִּי כָּל־אֱלֹהֵי הָעַמִּים אֱלִילִים, וַיהוה שָׁמַיִם עָשָׂה.

הוֹד וְהָדָר לְפָנָיו, עֹז וְחֶדְוָה בִּמְקֹמוֹ.
הָבוּ לַיהוה מִשְׁפְּחוֹת עַמִּים, הָבוּ לַיהוה כָּבוֹד וָעֹז.
הָבוּ לַיהוה כְּבוֹד שְׁמוֹ, שְׂאוּ מִנְחָה וּבֹאוּ לְפָנָיו,
הִשְׁתַּחֲווּ לַיהוה בְּהַדְרַת קֹדֶשׁ.
חִילוּ מִלְּפָנָיו כָּל־הָאָרֶץ, אַף תִּכּוֹן תֵּבֵל בַּל תִּמּוֹט.

יִשְׂמְחוּ הַשָּׁמַיִם וְתָגֵל הָאָרֶץ וְיֹאמְרוּ בַגּוֹיִם יהוה מָלָךְ.
יִרְעַם הַיָּם וּמְלוֹאוֹ, יַעֲלֹץ הַשָּׂדֶה וְכָל־אֲשֶׁר בּוֹ.
אָז יְרַנְּנוּ עֲצֵי הַיָּעַר,
מִלִּפְנֵי יהוה כִּי בָא לִשְׁפּוֹט אֶת־הָאָרֶץ.

הוֹדוּ לַיהוה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.
וְאִמְרוּ הוֹשִׁיעֵנוּ אֱלֹהֵי יִשְׁעֵנוּ
וְקַבְּצֵנוּ וְהַצִּילֵנוּ מִן הַגּוֹיִם,
לְהֹדוֹת לְשֵׁם קָדְשֶׁךָ לְהִשְׁתַּבֵּחַ בִּתְהִלָּתֶךָ.
בָּרוּךְ יהוה אֱלֹהֵי יִשְׂרָאֵל מִן הָעוֹלָם וְעַד הָעֹלָם,
וַיֹּאמְרוּ כָל־הָעָם אָמֵן וְהַלֵּל לַיהוה.

דברי הימים א, טז:ח-לו

FOR THE GODS OF THE NATIONS ARE MAN-MADE IDOLS אֱלֹהֵי הָעַמִּים אֱלִילִים. The biblical author is describing the pagan world surrounding Israel.

THEN ALL THE PEOPLE RESPONDED וַיֹּאמְרוּ כָל־הָעָם. The Chronicler concludes David's prayer as he installed the ark in Jerusalem with the people's assent: their response, "Amen."

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The People Israel

Israel exists not in order to be but in order to dream the dream of God. Our faith may be strained, but our destiny is anchored to the ultimate. Who can establish the outcome of our history? Out of the wonder we came and into the wonder we shall return.

—ABRAHAM JOSHUA HESCHEL

An Anthology of Verses from Psalms: The Redemption of the People Israel

Exalt ADONAI, our God;
bow down before God, the Holy One.
► *Exalt ADONAI, our God,*
and bow down at God's holy mountain,
for ADONAI our God is holy.

GOD, WHO IS COMPASSIONATE, will forgive sin
and not wreak destruction;
for again and again God acts with restraint,
refusing to let rage become all-consuming.
You, ADONAI, will not withhold Your compassion from me,
Your kindly love and Your faithfulness shall always
be my protection.
Remember Your compassion, ADONAI, and Your love,
for they are timeless.

With all your strength, greet God,
whose pride is the people Israel
and whose might is in the heavens.
Awe of You, O God, fills Your holy places;
it is You, God of Israel, who gives strength and greatness
to this people.
May God be blessed.

God of retribution, ADONAI,
God of retribution, reveal Yourself;
judge of all the earth, pass sentence—
humble the haughty.

רוֹמְמוּ יהוה אֱלֹהֵינוּ
וְהִשְׁתַּחֲווּ לַהֲדֹם רַגְלָיו, קָדוֹשׁ הוּא.
◄ רוֹמְמוּ יהוה אֱלֹהֵינוּ וְהִשְׁתַּחֲווּ לְהַר קָדְשׁוֹ,
כִּי קָדוֹשׁ יהוה אֱלֹהֵינוּ.

וְהוּא רַחוּם יְכַפֵּר עָוֹן וְלֹא יַשְׁחִית,
וְהִרְבָּה לְהָשִׁיב אַפּוֹ וְלֹא יָעִיר כָּל־חֲמָתוֹ.
אַתָּה יהוה לֹא תִכְלָא רַחֲמֶיךָ מִמֶּנִּי,
חַסְדְּךָ וַאֲמִתְּךָ תָּמִיד יִצְּרוּנִי.
זְכֹר רַחֲמֶיךָ יהוה וַחֲסָדֶיךָ, כִּי מֵעוֹלָם הֵמָּה.
תְּנוּ עֹז לֵאלֹהִים, עַל יִשְׂרָאֵל גַּאֲוָתוֹ, וְעֻזּוֹ בַּשְּׁחָקִים.
נוֹרָא אֱלֹהִים מִמִּקְדָּשֶׁיךָ,
אֵל יִשְׂרָאֵל הוּא נֹתֵן עֹז וְתַעֲצֻמוֹת לָעָם,
בָּרוּךְ אֱלֹהִים.
אֵל נְקָמוֹת יהוה, אֵל נְקָמוֹת הוֹפִיעַ.
הִנָּשֵׂא שֹׁפֵט הָאָרֶץ, הָשֵׁב גְּמוּל עַל גֵּאִים.

PSALMIC VERSES. The earliest form of poetic prayers composed after the destruction of the Second Temple contained associated biblical verses arranged in new patterns. Each verse is connected to the next through word repetition and thematic continuity. This prayer, which is an example of this form, centers on the redemption of the people Israel: it calls upon God to forgive sin—in rabbinic theology, sin was a cause of Israel's exile—and then calls for an end to the oppression of Israel by other nations. It concludes on the next page with the promised reconciliation of God and Israel.

The first two verses are taken from Psalm 99:5, 9. The italics in the translation are meant to emphasize that the verses often have an antiphonal quality; they may have originally been recited responsively, though today they may not necessarily be read that way.

BOW DOWN BEFORE GOD וְהִשְׁתַּחֲווּ לַהֲדֹם רַגְלָיו. Literally, "bow down at God's footstool." In the ancient Near East, one prostrated oneself at the footstool of the king as a sign of obeisance.

GOD, WHO IS COMPASSIONATE וְהוּא רַחוּם. Psalm 78:38. This is one of the most frequently quoted verses in the liturgy, perhaps because it is the clearest possible statement about God's mercy. Mercy, not punishment, is fundamental to God's nature. The entire verse has thirteen words, reminding us of the "Thirteen Attributes" of God's mercy disclosed in Exodus 34:6–7.

YOU, ADONAI אַתָּה יהוה. Psalm 40:12.

REMEMBER YOUR COMPASSION זְכֹר רַחֲמֶיךָ. Psalm 25:6.

WITH ALL YOUR STRENGTH, GREET GOD תְּנוּ עֹז לֵאלֹהִים. Psalm 68:35–36.

YOUR HOLY PLACES מִמִּקְדָּשֶׁיךָ. The Hebrew is plural. Before the reign of Hezekiah (late 7th century B.C.E.) there were multiple sanctuaries in the Land of Israel. In the liturgical context here, the reference may be to the synagogues throughout the world. Meiri (d. 1310, Provence) interprets the "holy places" to allude to the gatherings of the righteous and to their burial sites.

GOD OF RETRIBUTION אֵל נְקָמוֹת. Psalm 94:1–2. The context in the psalm makes clear that God's wrath is invoked against those who behave immorally—oppressing the poor, the widow, and the stranger.

DON YOUR ROBES הִנָּשֵׂא. Literally, "rise up." In the ancient Near East, the judge rose to pass sentence.

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Deliverance

Why am I not a flower,
a human flower?

Bless me, bless my spirit
with tenderness instead of
might:

allow smiles instead of
words to unfurl in me,
giving light to this world
always,

gifting love and good luck,
my hair, orchids.

Indoors, let my steps be
fingers dancing on piano
keys.

Tenderness, name of
Divinity,
be the image of God in me.

—ABRAHAM JOSHUA
HESCHEL

Deliverance is Yours, ADONAI;
may Your blessings be upon Your people forever.
ADONAI Tz'va·ot is with us.
The God of Jacob is our protection.
▸ *ADONAI Tz'va·ot*, blessed are those who trust in You.
ADONAI, deliver us!
Surely our sovereign will respond to us
in the hour of our calling.

DELIVER AND BLESS this people,
whom You have made Your own;
shepherd them and exalt them forever.
Hoshi·ah et amekha u-varekh et naḥalatekha,
u-r'eim v'naseim ad ha-olam.

We await ADONAI,
our helper and protector.
Our hearts rejoice in God;
we have faith in God's holy name.
May Your love and kindness be with us, ADONAI,
for our hope is in You.
Show us Your love and kindness,
and extend Your deliverance to us.
Arise and come to our help;
redeem us through Your kindly love.
"I am ADONAI your God who brought you up
from the land of Egypt.
Open your mouth and I will satiate you."
Joyous the people who are so favored;
joyous the people whose God is ADONAI.
▸ I trust in Your love and kindness;
my heart rejoices in Your deliverance;
I sing to ADONAI for all that God has done for me.

לַיהוה הַיְשׁוּעָה, עַל עַמְּךָ בִרְכָתֶךָ סֶּלָה.
יהוה צְבָאוֹת עִמָּנוּ, מִשְׂגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֶּלָה.
◂ יהוה צְבָאוֹת, אַשְׁרֵי אָדָם בֹּטֵחַ בָּךְ.
יהוה הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קָרְאֵנוּ.

הוֹשִׁיעָה אֶת־עַמֶּךָ וּבָרֵךְ אֶת־נַחֲלָתֶךָ,
וּרְעֵם וְנַשְּׂאֵם עַד הָעוֹלָם.
נַפְשֵׁנוּ חִכְּתָה לַיהוה, עֶזְרֵנוּ וּמָגִנֵּנוּ הוּא.
כִּי בוֹ יִשְׂמַח לִבֵּנוּ, כִּי בְשֵׁם קָדְשׁוֹ בָטָחְנוּ.
יְהִי חַסְדְּךָ יהוה עָלֵינוּ כַּאֲשֶׁר יִחַלְנוּ לָךְ.
הַרְאֵנוּ יהוה חַסְדֶּךָ, וְיֶשְׁעֲךָ תִּתֶּן־לָנוּ.
קוּמָה עֶזְרָתָה לָּנוּ וּפְדֵנוּ לְמַעַן חַסְדֶּךָ.
אָנֹכִי יהוה אֱלֹהֶיךָ הַמַּעַלְךָ מֵאֶרֶץ מִצְרָיִם,
הַרְחֶב־פִּיךָ וַאֲמַלְאֵהוּ.
אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ,
אַשְׁרֵי הָעָם שֶׁיהוה אֱלֹהָיו.
◂ וַאֲנִי בְּחַסְדְּךָ בָטַחְתִּי, יָגֵל לִבִּי בִּישׁוּעָתֶךָ,
אָשִׁירָה לַיהוה כִּי גָמַל עָלָי.

DELIVERANCE IS YOURS, ADONAI לַיהוה הַיְשׁוּעָה. Psalm 3:9. Although the next three verses are taken from various psalms (46:8, 84:13, 20:10), each with its own subject, they are connected by similar words and phrases so that they create a new, coherent composition. The same verses are found in Havdalah, recited at the conclusion of Shabbat.

FOREVER סֶּלָה. Biblical scholars are not sure of the meaning of this word. It may simply be a musical notation. The ancient rabbis thought it meant "forever."

DELIVER . . . THIS PEOPLE הוֹשִׁיעָה אֶת־עַמֶּךָ. Psalm 28:9.

OUR LIVES DEPEND UPON ADONAI נַפְשֵׁנוּ חִכְּתָה לַיהוה. Psalm 33:20–22.

SHOW US YOUR LOVE AND KINDNESS הַרְאֵנוּ יהוה חַסְדֶּךָ. Psalm 85:8. The key word *ḥesed*, here translated as "love and kindness," is mentioned three times in this and the following verses. The biblical meaning of the word *ḥesed* is love freely given, manifested in action.

ARISE AND COME TO OUR HELP קוּמָה עֶזְרָתָה לָּנוּ. Psalm 44:27.

I AM ADONAI YOUR GOD אָנֹכִי יהוה אֱלֹהֶיךָ. Psalm 81:11. The phrase recalls the first words of the Decalogue, but here God's speech continues with a promise of abundance.

OPEN YOUR MOUTH AND I WILL SATIATE YOU הַרְחֶב פִּיךָ וַאֲמַלְאֵהוּ. Literally, ". . . and I will fill it." In Psalm 81 this verse may refer to the manna that nourished Israel in the desert. In its liturgical context the verse takes on a spiritual meaning, as if God is saying: "If you open your mouths in prayer, I will provide you with appropriate words."

BLESSED IS THE PEOPLE אַשְׁרֵי הָעָם. Psalm 144:15.

I SING אָשִׁירָה. Psalm 13:6. The string of psalmic verses ends in song and an expression of thankfulness. There is also an intentional play of words: *ashrei*, "blessed," progresses to *ashirah*, "I sing."

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The Words of My Mouth

When the words that I speak are
the same as the promptings of
my heart, then my voice is pleas-
ing to God.

—JOSEPH ALBO

Nature's Speech

A prayer of Solomon—
that I not understand
the language of beasts and birds:
not hear a snort as a lament,
a yelp as a prayer,
a chirp as a psalm;
but let the melodies of the world
pass by in simplicity
and fill me with joy.

—SIVAN HAR-SHEFI

Redemption

God who creates nature, God
who instructs us, is the same
God who is capable of under-
standing the sincere, though
sometimes misstated, plaint of
the heart. Creation, now incom-
plete because of the rent in the
human soul, can be made whole
again, can be completed, as
God faces the human, hears our
speech, and forgives us. Prayer,
the articulation of the human
heart, has the power to effect
this turning. It can initiate the
reconciliation of God and cre-
ation—then I, in all my so very
human self-contradictions, may
be affirmed. God, who knows all
and sees all, can understand my
intent and find me, like the rest
of creation, good.

א

FOR THE LEADER, A SONG OF DAVID

The heavens tell of God's glory,
and the sky proclaims God's handiwork.
One day addresses another,
and one night informs the next.
There is no speech, there are no words that are not heard,
their reverberation travel over the entire earth,
their message reaches the very edges of the world.
In heaven's midst, there is a tent for the sun
who, like a bridegroom from his wedding canopy,
emerges joyously, a champion running the course,
entering at heaven's edge,
circling to the far side,
nothing escaping its heat.

The teaching of ADONAI is perfect, reviving life;
the covenant of ADONAI is enduring,
making the foolish wise;
the precepts of ADONAI are fitting, gladdening the heart;
the command of ADONAI is clear, brightening the eyes;
reverence of ADONAI is pure, forever right;
the judgments of ADONAI are true, altogether just—

Torat Adonai t'mimah, m'shivat nafesh,
eidut Adonai ne·emanah, maḥkimat peti,
pikudei Adonai y'sharim, m'samḥei lev,
mitzvat Adonai barah, me'irat einayim,
yirat Adonai t'horah, omedet la·ad,
mishp'tei Adonai emet, tzadku yaḥdav,

more precious than gold, than the finest gold,
sweeter than honey and drippings of the honeycomb.
Truly, Your servant strives to be mindful of them—
their observance is of such consequence.

Who can discern one's own errors? Cleanse me of those
I am not even conscious, and restrain Your servant from
willful sins—let them not rule me. Then shall I be
innocent, untainted by grave transgression.
▸ May the words of my mouth and the meditations of
my heart be acceptable to You, ADONAI, my rock and my
redeemer.

Psalm 19

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א

לַמְנַצֵּחַ מִזְמוֹר לְדָוִד

הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד אֵל, וּמַעֲשֵׂה יָדָיו מַגִּיד הָרָקִיעַ.
יוֹם לְיוֹם יַבִּיעַ אֹמֶר, וְלַיְלָה לְלַיְלָה יְחַוֶּה דָּעַת.
אֵין אֹמֶר וְאֵין דְּבָרִים, בְּלִי נִשְׁמָע קוֹלָם.
בְּכָל־הָאָרֶץ יָצָא קַוָּם וּבִקְצֵה תֵבֵל מִלֵּיהֶם,
לַשֶּׁמֶשׁ שָׂם אֹהֶל בָּהֶם.
וְהוּא כְּחָתָן יֹצֵא מֵחֻפָּתוֹ, יָשִׂישׂ כְּגִבּוֹר לָרוּץ אֹרַח,
מִקְצֵה הַשָּׁמַיִם מוֹצָאוֹ, וּתְקוּפָתוֹ עַל קְצוֹתָם,
וְאֵין נִסְתָּר מֵחַמָּתוֹ.
תּוֹרַת יהוה תְּמִימָה, מְשִׁיבַת נָפֶשׁ,
עֵדוּת יהוה נֶאֱמָנָה, מַחְכִּימַת פֶּתִי,
פִּקּוּדֵי יהוה יְשָׁרִים, מְשַׂמְּחֵי לֵב,
מִצְוַת יהוה בָּרָה, מְאִירַת עֵינָיִם,
יִרְאַת יהוה טְהוֹרָה, עוֹמֶדֶת לָעַד,
מִשְׁפְּטֵי יהוה אֱמֶת, צָדְקוּ יַחְדָּו,
הַנֶּחֱמָדִים מִזָּהָב וּמִפָּז רָב, וּמְתוּקִים מִדְּבַשׁ וְנֹפֶת צוּפִים.
גַּם עַבְדְּךָ נִזְהָר בָּהֶם, בְּשָׁמְרָם עֵקֶב רָב.
שְׁגִיאוֹת מִי יָבִין, מִנִּסְתָּרוֹת נַקֵּנִי.
גַּם מִזֵּדִים חֲשֹׂךְ עַבְדֶּךָ, אַל יִמְשְׁלוּ בִי,
אָז אֵיתָם וְנִקֵּיתִי מִפֶּשַׁע רָב.
◂ יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ,
יהוה צוּרִי וְגֹאֲלִי.

תהלים יט

PSALM 19. Psalm 19 is the first of seven psalms (here indicated with Hebrew letters *alef, bet,* etc.) added for Shabbat and festivals. This psalm is composed of three parts: the first celebrates the magnificence of creation, especially the light of the sun; the second is a hymn to Torah, God's teachings; and the third is a personal plea by the psalmist for God's tolerance of human shortcomings.

THE HEAVENS TELL הַשָּׁמַיִם מְסַפְּרִים. The universe is pictured as alive, singing the praises of God and all that God has created. Many different verbs are used to describe speech: the heavens "tell," the sky "proclaims," one day "addresses" another, each night "informs" the next. Nature reflects God's speech, and Torah is God's direct speech. In contrast, our own human speech originates with us and therefore has the capacity to be sinful.

THE TEACHING OF ADONAI תּוֹרַת יהוה. The word *torah* literally means "teaching." In later Judaism the word refers to the Five Books of Moses, but in biblical parlance it simply means "instruction" and is frequently used for divine instruction. The first two verses in the series speak in general terms of God's teaching and covenant; the next two, of the specific precepts and laws; and finally, the last two speak of ritual observance and the administration of justice.

THE COVENANT OF ADONAI עֵדוּת יהוה. The first Hebrew word is used in the Bible to identify the tablets, *luḥot ha-eidut,* on which the Ten Commandments were written.

MORE PRECIOUS THAN GOLD הַנֶּחֱמָדִים מִזָּהָב. The poet has used six phrases to describe God's teaching; this seventh phrase is climactic, describing the fullness and wonder of the totality.

WILLFUL SINS מִזֵּדִים. This is how later Jewish interpreters understood the verse: willful sins are here contrasted with unconscious ones, and the poem's entire focus is on internal states. But many modern scholars translate the word as "enemies," in which case the verse would read: "Separate me from enemies, that they not rule over me; then I shall remain innocent, free of great transgression." Enemies might tempt one to act out of anger, seek vengeance, destroy, or even kill.

Judge That Adonai Is Good

More literally, the phrase can be translated as "taste and see that Adonai is good." The Ḥasidic master Rabbi Joshua Heschel of Apt taught: "Through everything you encounter in this world, you can see sparks of God. Taste from this world in such a way that you will see the goodness of God, but do not eat of this world with no sense of the Divine—for then you will have nothing."

Depart From Evil and Do Good

"Depart from evil" means to stop obsessing over all the wrongs you have committed; let go of your guilt, and just go out and do good.

—SIMḤAH BUNAM

A Broken Heart

Nothing is as whole as a broken heart.

—MENAḤEM MENDEL OF KOTZK

ב

A PSALM OF DAVID, WHO FEIGNED MADNESS
BEFORE AVIMELEKH AND WAS FORCED TO FLEE

I bless ADONAI at all times, praise of God is ever on my lips;
I exult in ADONAI.
O humble people, listen and rejoice;
join me in glorifying ADONAI—let us together acclaim God's name.
I sought ADONAI, who answered me and saved me from my worst fears.
Those who look to God become radiant,
their faces will never be darkened with shame.
I, a poor person, cried out—and ADONAI heard, rescuing me from all troubles.
The angel of ADONAI encamps round those who revere God,
protecting them.
Judge for yourself and see that ADONAI is good;
blessed is the one who finds shelter in God.
Revere ADONAI, holy people,
for those who revere God experience no lack.
Starving lions may roar,
but those who seek ADONAI lack nothing that is good.
Come children, listen to me, I will teach You to revere ADONAI.
Who is the person who desires life, loving what is good all one's days?
Guard your tongue from evil, your lips from speaking deceit,
depart from evil and do good, seek peace and pursue it.
Mi ha-ish he-ḥafetz ḥayim, ohev yamim lirot tov.
N'tzor l'shon'kha mei-ra u-s'fatekha mi-dabeir mirmah.
Sur meira va-aseih tov, bakesh shalom v'rodfeihu.

The eyes of ADONAI are on the righteous;
God's ears are open to their cry.
ADONAI turns toward the evildoers, erasing their memory from the earth.
But if they cry out, ADONAI will hear them
and deliver them from all their troubles,
for ADONAI is close to the broken-hearted, rescuing those who are downcast.
Many are the troubles the righteous suffer,
but ADONAI will deliver them from all of these.
God protects their every limb, not one will be broken.
Evil will crush the evildoer;
those that despise the righteous will suffer their guilt.
► *ADONAI redeems the lives of those who serve God;*
those who turn to God for support shall not be found blameworthy.

Psalm 34

ב

לְדָוִד בְּשַׁנּוֹתוֹ אֶת־טַעְמוֹ לִפְנֵי אֲבִימֶלֶךְ וַיְגָרְשֵׁהוּ וַיֵּלֶךְ
אֲבָרְכָה אֶת־יהוה בְּכָל־עֵת, תָּמִיד תְּהִלָּתוֹ בְּפִי.
בַּיהוה תִּתְהַלֵּל נַפְשִׁי, יִשְׁמְעוּ עֲנָוִים וְיִשְׂמָּחוּ.
גַּדְּלוּ לַיהוה אִתִּי, וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.
דָּרַשְׁתִּי אֶת־יהוה וְעָנָנִי, וּמִכָּל־מְגוּרוֹתַי הִצִּילָנִי.
הִבִּיטוּ אֵלָיו וְנָהֳרוּ, וּפְנֵיהֶם אַל יֶחְפָּרוּ.
זֶה עָנִי קָרָא וַיהוה שָׁמֵעַ, וּמִכָּל־צָרוֹתָיו הוֹשִׁיעוֹ.
חֹנֶה מַלְאַךְ יהוה סָבִיב לִירֵאָיו וַיְחַלְּצֵם.
טַעֲמוּ וּרְאוּ כִּי טוֹב יהוה, אַשְׁרֵי הַגֶּבֶר יֶחֱסֶה בּוֹ.
יְראוּ אֶת־יהוה קְדֹשָׁיו, כִּי אֵין מַחְסוֹר לִירֵאָיו.
כְּפִירִים רָשׁוּ וְרָעֵבוּ, וְדֹרְשֵׁי יהוה לֹא יַחְסְרוּ כָל־טוֹב.
לְכוּ בָנִים שִׁמְעוּ לִי, יִרְאַת יהוה אֲלַמֶּדְכֶם.
מִי הָאִישׁ הֶחָפֵץ חַיִּים, אֹהֵב יָמִים לִרְאוֹת טוֹב.
נְצֹר לְשׁוֹנְךָ מֵרָע, וּשְׂפָתֶיךָ מִדַּבֵּר מִרְמָה.
סוּר מֵרָע וַעֲשֵׂה טוֹב, בַּקֵּשׁ שָׁלוֹם וְרָדְפֵהוּ.
עֵינֵי יהוה אֶל צַדִּיקִים, וְאָזְנָיו אֶל שַׁוְעָתָם.
פְּנֵי יהוה בְּעֹשֵׂי רָע, לְהַכְרִית מֵאֶרֶץ זִכְרָם.
צָעֲקוּ וַיהוה שָׁמֵעַ, וּמִכָּל־צָרוֹתָם הִצִּילָם.
קָרוֹב יהוה לְנִשְׁבְּרֵי לֵב, וְאֶת־דַּכְּאֵי רוּחַ יוֹשִׁיעַ.
רַבּוֹת רָעוֹת צַדִּיק, וּמִכֻּלָּם יַצִּילֶנּוּ יהוה.
שֹׁמֵר כָּל־עַצְמוֹתָיו, אַחַת מֵהֵנָּה לֹא נִשְׁבָּרָה.
תְּמוֹתֵת רָשָׁע רָעָה, וְשֹׂנְאֵי צַדִּיק יֶאְשָׁמוּ.
◄ פּוֹדֶה יהוה נֶפֶשׁ עֲבָדָיו, וְלֹא יֶאְשְׁמוּ כָּל־הַחֹסִים בּוֹ.

תהלים לד

PSALM 34. This is an alphabetical psalm, except that the letter *vav* is missing. The poem expresses the supplicant's yearning for God and God's response to those who turn to God in prayer. Robert Alter writes that the poet succeeds "in articulating a moving vision of hope for the desperate. Part of the spiritual greatness of the Book of Psalms, part of the source of its enduring appeal through the ages, is that it profoundly recognizes the bleakness, the dark terrors, the long nights of despair that shadow most lives, and against all this, evokes the notion of a caring presence that can reach out to the broken-hearted."

AND WAS FORCED TO FLEE וַיְגָרְשֵׁהוּ. David fled from Saul to the city of Gath, where the Philistines ruled. Realizing that he might be arrested and killed, David acted as if he were insane. The Philistine leader, seeing David, declared: "Do I lack madmen that you have brought this fellow to rave for me?" (1 Samuel 21:16). Thus David escaped Saul's wrath.

JUDGE טַעֲמוּ. The Hebrew verb is frequently translated as "taste" but here it means "discern" or "make judgments." The noun derived from the same root occurs in the heading of this psalm, where David is described as having feigned madness (*shanoto et ta·amo*)—that is, having lost rational processes of thought.

HOLY PEOPLE קְדֹשָׁיו. The term is applied to the entire congregation of Israel, which is called God's holy nation (Exodus 19:6). We are enjoined to strive to become holy through our actions (Leviticus 19:2).

LIONS כְּפִירִים. Lions populated the wilderness areas in the ancient Land of Israel.

LACK NOTHING THAT IS GOOD לֹא יַחְסְרוּ כָל־טוֹב. This astonishing claim—that the righteous never lack sustenance—is challenged elsewhere in the Bible. It might be understood spiritually, rather than physically.

GUARD YOUR TONGUE FROM EVIL נְצֹר לְשׁוֹנְךָ מֵרָע. The first requirement for being God-fearing is being careful in one's speech.

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A Man of God

Some say: Why was Moses called a man of God? Because he was able to transform God's judgment into God's compassion.

—MIDRASH ON PSALMS

Our Refuge

God is the place in which the world is located. Therefore, one of God's names is *Hamakom*, "the place."

—MIDRASH ON PSALMS

Prayers

Don't let me fall
Like a stone that drops on
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 rips
dust from the earth
Angry and howling,
Don't let me become the
last fly
Trembling terrified on a
windowpane.
Don't let me fall.
I have so much prayer,
But, as a blade of Your grass
in a distant, wild field
Loses 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.

—KADYA MOLODOWSKY
(*translated by Kathryn Hellerstein*)

ג

A PRAYER OF MOSES, MAN OF GOD

Lord, You have been our refuge in every generation:
before mountains were born, before You shaped earth and land;
from the very beginning to the end of time, You are God.

You return humans to dust, saying:
"Return, children of Adam."
In Your sight, a thousand years are but a yesterday
that has passed, a watch in the night.
People's lives flow by as in dreams:
fresh grass at daybreak; at daybreak newly sprouted,
dried up and withered in the night.
We are consumed by Your anger,
terrified by Your fury.
You set our sins before You,
our secrets before the light of Your face.

For all our days face Your wrath;
our years end like a sigh.
Seventy years are spent thus,
or if we are given strength, eighty.
Most of them filled with toil and fatigue;
the years rush by quickly and we disappear.
Who can realize the strength of Your anger?
The fear of You matches Your wrath.

Teach us to make our days count
and so acquire a heart that is wise.

Turn to us, ADONAI; how long the wait?
Comfort Your servants:
at daybreak satisfy us with Your love and kindness,
that we may sing with joy all of our days.
Grant us days of happiness equal to those we suffered,
the years we saw so much wrong.

May Your servants see Your deeds;
may Your glory be upon their children.
▸ May the peace of the Lord, our God, be with us;
may the work of our hands last beyond us,
and may the work of our hands be lasting.

Psalm 90

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ג

תְּפִלָּה לְמֹשֶׁה אִישׁ הָאֱלֹהִים
אֲדֹנָי, מָעוֹן אַתָּה הָיִיתָ לָּנוּ בְּדֹר וָדֹר.
בְּטֶרֶם הָרִים יֻלָּדוּ וַתְּחוֹלֵל אֶרֶץ וְתֵבֵל,
וּמֵעוֹלָם עַד עוֹלָם אַתָּה אֵל.

תָּשֵׁב אֱנוֹשׁ עַד דַּכָּא, וַתֹּאמֶר שׁוּבוּ בְנֵי אָדָם.
כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר,
וְאַשְׁמוּרָה בַלָּיְלָה.
זְרַמְתָּם שֵׁנָה יִהְיוּ, בַּבֹּקֶר כָּחָצִיר יַחֲלֹף.
בַּבֹּקֶר יָצִיץ וְחָלָף, לָעֶרֶב יְמוֹלֵל וְיָבֵשׁ.
כִּי כָלִינוּ בְאַפֶּךָ, וּבַחֲמָתְךָ נִבְהָלְנוּ.
שַׁתָּה עֲוֹנֹתֵינוּ לְנֶגְדֶּךָ, עֲלֻמֵנוּ לִמְאוֹר פָּנֶיךָ.
כִּי כָל־יָמֵינוּ פָּנוּ בְעֶבְרָתֶךָ, כִּלִּינוּ שָׁנֵינוּ כְמוֹ הֶגֶה.
יְמֵי שְׁנוֹתֵינוּ בָהֶם שִׁבְעִים שָׁנָה,
וְאִם בִּגְבוּרֹת שְׁמוֹנִים שָׁנָה וְרָהְבָּם עָמָל וָאָוֶן,
כִּי גָז חִישׁ וַנָּעֻפָה. מִי יוֹדֵעַ עֹז אַפֶּךָ וּכְיִרְאָתְךָ עֶבְרָתֶךָ.

לִמְנוֹת יָמֵינוּ כֵּן הוֹדַע, וְנָבִא לְבַב חָכְמָה.
שׁוּבָה יהוה, עַד מָתָי, וְהִנָּחֵם עַל עֲבָדֶיךָ.
שַׂבְּעֵנוּ בַבֹּקֶר חַסְדֶּךָ, וּנְרַנְּנָה וְנִשְׂמְחָה בְּכָל־יָמֵינוּ.
שַׂמְּחֵנוּ כִּימוֹת עִנִּיתָנוּ, שְׁנוֹת רָאִינוּ רָעָה.
יֵרָאֶה אֶל עֲבָדֶיךָ פָּעֳלֶךָ, וַהֲדָרְךָ עַל בְּנֵיהֶם.
▸ וִיהִי נֹעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ,
וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ, וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנֵהוּ.

תהלים צ

PSALM 90 contemplates human mortality and then arrives at a prayerful moment in which we ask that the accomplishments of our short lives have lasting value. Ultimately it is a prayer that the abyss between the human and the Divine be bridged. This is the only psalm ascribed to Moses.

LORD אֲדֹנָי. Both here and in the last verse of this psalm, the Hebrew does not spell out the personal name of God (*yod-hei-vav-hei*) but instead uses the substitute word *adonai*, meaning "my lord" or "my master."

REFUGE מָעוֹן. Just as in Psalm 104:22, where the same word is used to describe the lion's hidden lair deep in the forest, the term suggests hiddenness and protection.

YOU SHAPED וַתְּחוֹלֵל. The Hebrew verb describes the emptying of the mother's womb in birthing. God's act of creation is seen as the birthing of the world.

CHILDREN OF ADAM בְּנֵי אָדָם. The Hebrew phrase means "human beings." The curse of Adam and Eve in their expulsion from the Garden was mortality: "And you shall return to the ground" (Genesis 3:19).

TURN TO US, ADONAI שׁוּבָה יהוה. This is the only time in the psalm where the personal name of God is used. Earlier, the poet reminded us that humans must "return" to the earth; now, the poet, addressing God with God's personal name, calls upon God to turn to those who live on earth.

PEACE OF THE LORD נֹעַם אֲדֹנָי. Instead of God's wrath, described at the beginning of the psalm, now we meet God's beneficence. The word *no·am* is associated with delight, beauty, grace, and peace. *No·am* reverses the spelling *ma·on*, "refuge," with which the psalm began.

MAY THE WORK OF OUR HANDS BE LASTING וּמַעֲשֵׂה יָדֵינוּ כּוֹנְנָה עָלֵינוּ. The final plea of the psalmist is that we might partner with God in creation—that our work, like God's, may last and that our lives may thus have enduring meaning. We may not be immortal but we may be touched by a measure of eternity. Our experience of Shabbat may be such a moment.

Love the Ruins

With one letter of your
many names
you broke in—
and now you live
your own hot life in me.

With one sound of your
many names
you pierced yourself in me—
and now you feed
on my heart's blood.

Soon you will shatter me
from within.

Then gather up the splinters
and love the ruins, my God.

—MALKA HEIFETZ TUSSMAN
(*translated by Marcia Falk*)

A Mother's Prayer for the Journey

In the spirit of the psalm, which conveys a sense of personal care by God, we have translated the final speech in the second person. Literally, though, the final speech in the psalm is in the third person: "Because you desired Me, I shall save him." The midrash both responds to the personal quality of this prayer and the fact that the response is in the third person. It associates the prayer with a particular biblical figure, Rebecca, and understands it as filled with a mother's concern for the safety of her son, Jacob, as he leaves home. At times she addresses Jacob with words of assurance that God will protect him: "God will save you from the hidden snare…" At other times she looks to God and affirms her own faithfulness: "I call Adonai… my God, whom I trust." In the end, the Divine answers her: "Because you desired Me, I shall save him."

ד

One who abides in the sheltering secret of the one on high,
lodges in the shadow of the Almighty—

I call Adonai *my protector, my fortress, my God, whom I trust.*

God will save you from the hidden snare,
the threat of deadly plague,
God's wings will nestle you and protect you,
God's truth will be your shield and armor.

You shall not fear terror at night,
arrows flying in daylight,
pestilence stalking in the dark,
nor plague blackening the noon.
Though a thousand may fall at your side,
tens of thousands at your right hand,
nothing will reach you.
You have but to look with your own eyes,
and you shall see the recompense of evildoers.

Yes, You, Adonai, *are my protector.*

You have made the one on high your refuge—
evil shall not befall you,
nor plague approach your tent,
for God will instruct angels to guard you wherever you go.
They will carry you in the palms of their hands,
lest your foot strike a stone;
you will tread on pythons and cubs,
trample on snakes and lions.

"Because you desired Me, I shall save you.
I shall raise you up, for you were conscious of My name.
▸ When you call upon Me, I shall answer you;
I shall be with you in times of trouble,
I shall strengthen you and honor you.
I shall satisfy you with the fullness of days
and show you My deliverance;
I shall satisfy you with the fullness of days
and show you My deliverance."

Orekh yamim asbi·eihu v'areihu bishuati.

Psalm 91

ד

יֹשֵׁב בְּסֵתֶר עֶלְיוֹן, בְּצֵל שַׁדַּי יִתְלוֹנָן.
אֹמַר לַיהוה מַחְסִי וּמְצוּדָתִי, אֱלֹהַי אֶבְטַח בּוֹ.
כִּי הוּא יַצִּילְךָ מִפַּח יָקוּשׁ, מִדֶּבֶר הַוּוֹת.
בְּאֶבְרָתוֹ יֶסֶךְ לָךְ וְתַחַת כְּנָפָיו תֶּחְסֶה,
צִנָּה וְסֹחֵרָה אֲמִתּוֹ.
לֹא תִירָא מִפַּחַד לָיְלָה, מֵחֵץ יָעוּף יוֹמָם.
מִדֶּבֶר בָּאֹפֶל יַהֲלֹךְ, מִקֶּטֶב יָשׁוּד צָהֳרָיִם.
יִפֹּל מִצִּדְּךָ אֶלֶף וּרְבָבָה מִימִינֶךָ, אֵלֶיךָ לֹא יִגָּשׁ.
רַק בְּעֵינֶיךָ תַבִּיט, וְשִׁלֻּמַת רְשָׁעִים תִּרְאֶה.
כִּי אַתָּה יהוה מַחְסִי, עֶלְיוֹן שַׂמְתָּ מְעוֹנֶךָ.
לֹא תְאֻנֶּה אֵלֶיךָ רָעָה וְנֶגַע לֹא יִקְרַב בְּאָהֳלֶךָ.
כִּי מַלְאָכָיו יְצַוֶּה לָךְ לִשְׁמָרְךָ בְּכָל־דְּרָכֶיךָ.
עַל כַּפַּיִם יִשָּׂאוּנְךָ, פֶּן תִּגֹּף בָּאֶבֶן רַגְלֶךָ.
עַל שַׁחַל וָפֶתֶן תִּדְרֹךְ, תִּרְמֹס כְּפִיר וְתַנִּין.
כִּי בִי חָשַׁק וַאֲפַלְּטֵהוּ, אֲשַׂגְּבֵהוּ כִּי יָדַע שְׁמִי.
◂ יִקְרָאֵנִי וְאֶעֱנֵהוּ, עִמּוֹ אָנֹכִי בְצָרָה,
אֲחַלְּצֵהוּ וַאֲכַבְּדֵהוּ.
אֹרֶךְ יָמִים אַשְׂבִּיעֵהוּ, וְאַרְאֵהוּ בִּישׁוּעָתִי.
אֹרֶךְ יָמִים אַשְׂבִּיעֵהוּ, וְאַרְאֵהוּ בִּישׁוּעָתִי.

תהלים צא

PSALM 91. The juxtaposition of Psalms 90 and 91 richly illuminates the human condition. The previous psalm emphasized life's brevity and fear of God's judgments, concluding that, at best, we can strive to make each day count. Here, the psalmist confidently describes God's protective care, and ends with God's promise of fullness of days. At different times in our lives, perhaps even at different times of the same day, one or the other perspective—a sense of distance from God, or a feeling of God's presence—may resonate more with us.

There are three voices in this poem. A speaker (perhaps a priest in the Temple), assuring God's protection; the worshipper, who affirms belief in God (indicated in the English translation with italics); and finally God's own declaration in response (at the very end of the psalm, indicated by quotation marks), promising the supplicant fullness of days.

THE ALMIGHTY שַׁדַּי. Shaddai is a name for God that appears many times throughout the Bible. Already by rabbinic times, its original meaning had been lost and the rabbis offered a poetic explanation of its etymology as *she-dai*, "the one who declared that the works of creation were sufficiently complete (*dai*)."

GOD'S WINGS וְתַחַת כְּנָפָיו. The image of God as a bird that shelters its young is an ancient metaphor that first appears in the Bible when God speaks to Israel at the foot of Mount Sinai, saying: "You have seen . . . how I bore you on eagles' wings and brought you to Me" (Exodus 19:4).

PLAGUE BLACKENING מִקֶּטֶב יָשׁוּד. Scholars identify this disease with one that blackens the fingers and is prevalent in modern-day Arabia, causing numerous deaths.

I SHALL BE WITH YOU IN TIMES OF TROUBLE עִמּוֹ אָנֹכִי בְצָרָה. The ancient rabbis gave a radical interpretation to this verse, saying that whenever an individual suffers, God suffers with that person (Mekhilta, *Pisḥa* 14).

I SHALL SATISFY YOU WITH THE FULLNESS OF DAYS אֹרֶךְ יָמִים אַשְׂבִּיעֵהוּ. God's ultimate gift is the gift of time. The biblical psalm does not repeat this last verse, but the thought is so important that medieval authorities recommended its repetition, and so whenever this psalm is recited liturgically, the final verse is repeated.

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A Prayer for All Rulers

Do not make my destiny,
Adonai Tz'va·ot,
the infamy of a victorious hero!
But disgrace me, if my embarrassment
can bring comfort to the weak! . . .

My heart would more easily
absorb the stab of loss and defeat,
than the joy of victory.

Be the savior and guardian of defeated justice.
Let me be found guilty when joyfully triumphant.

Instead, let memories of joys brought to other hearts
be my splendid trophies.

Do not make my destiny,
Adonai Tz'va·ot,
the infamy of a victorious hero!
But disgrace me, if my embarrassment
can bring comfort to the weak!

—ABRAHAM JOSHUA HESCHEL

ה

Halleluyah! Praise God.
Praise the name ADONAI; offer praise, servants of ADONAI,
standing in this house, in the courtyards of our God.

Halleluyah! Praise God, for ADONAI is good; sing to God's name, for such singing is delightful. For God has chosen Jacob, treasured the people Israel, and I know that ADONAI is great, our lord greater than any divine power.

Whatever God desires God does: in heaven and on earth, in the sea and the very deep. God raises up clouds from the ends of the earth—lightning flashes to bring rain—releasing stormy winds from the divine vaults.

God smote Egypt's firstborn, human and beast alike, and sent signs and wonders into Egypt against Pharaoh and all his servants; indeed, God defeated many nations, slaying mighty princes: Siḥon, the king of the Amorites, Og, the king of Bashan, and all the kingdoms of Canaan. God gave their land as an inheritance, an inheritance to Israel, God's people.

ADONAI, Your name is everlasting. ADONAI—renowned in each generation. ADONAI, when You judge Your people, You shall show compassion for those who serve You.

The idols of the nations are gold and silver, the work of human hands. They have mouths that do not speak, eyes that do not see; they have ears that do not hear; surely their mouths do not breathe. Those that made them, all who put their faith in them, shall be like them.

► House of Israel, bless ADONAI.
House of Aaron, bless ADONAI.
House of Levi, bless ADONAI.
You who revere ADONAI, bless ADONAI.
From Zion, bless ADONAI, who dwells in Jerusalem:
Halleluyah! Praise God.

Psalm 135

ה

הַלְלוּיָהּ.
הַלְלוּ אֶת־שֵׁם יהוה, הַלְלוּ עַבְדֵי יהוה, שֶׁעֹמְדִים בְּבֵית יהוה, בְּחַצְרוֹת בֵּית אֱלֹהֵינוּ.

הַלְלוּיָהּ כִּי טוֹב יהוה, זַמְּרוּ לִשְׁמוֹ כִּי נָעִים. כִּי יַעֲקֹב בָּחַר לוֹ יָהּ, יִשְׂרָאֵל לִסְגֻלָּתוֹ. כִּי אֲנִי יָדַעְתִּי כִּי גָדוֹל יהוה, וַאֲדֹנֵינוּ מִכָּל־אֱלֹהִים.

כֹּל אֲשֶׁר חָפֵץ יהוה עָשָׂה, בַּשָּׁמַיִם וּבָאָרֶץ בַּיַּמִּים וְכָל־תְּהֹמוֹת. מַעֲלֶה נְשִׂאִים מִקְצֵה הָאָרֶץ, בְּרָקִים לַמָּטָר עָשָׂה, מוֹצֵא רוּחַ מֵאוֹצְרוֹתָיו.

שֶׁהִכָּה בְּכוֹרֵי מִצְרַיִם, מֵאָדָם עַד בְּהֵמָה, שָׁלַח אוֹתֹת וּמוֹפְתִים בְּתוֹכֵכִי מִצְרַיִם, בְּפַרְעֹה וּבְכָל־עֲבָדָיו. שֶׁהִכָּה גּוֹיִם רַבִּים, וְהָרַג מְלָכִים עֲצוּמִים. לְסִיחוֹן מֶלֶךְ הָאֱמֹרִי וּלְעוֹג מֶלֶךְ הַבָּשָׁן, וּלְכֹל מַמְלְכוֹת כְּנָעַן. וְנָתַן אַרְצָם נַחֲלָה, נַחֲלָה לְיִשְׂרָאֵל עַמּוֹ.

יהוה שִׁמְךָ לְעוֹלָם, יהוה זִכְרְךָ לְדֹר וָדֹר. כִּי יָדִין יהוה עַמּוֹ, וְעַל עֲבָדָיו יִתְנֶחָם.

עֲצַבֵּי הַגּוֹיִם כֶּסֶף וְזָהָב, מַעֲשֵׂה יְדֵי אָדָם. פֶּה לָהֶם וְלֹא יְדַבֵּרוּ, עֵינַיִם לָהֶם וְלֹא יִרְאוּ. אָזְנַיִם לָהֶם וְלֹא יַאֲזִינוּ, אַף אֵין יֶשׁ־רוּחַ בְּפִיהֶם. כְּמוֹהֶם יִהְיוּ עֹשֵׂיהֶם, כֹּל אֲשֶׁר בֹּטֵחַ בָּהֶם.

◄ בֵּית יִשְׂרָאֵל בָּרְכוּ אֶת־יהוה,
בֵּית אַהֲרֹן בָּרְכוּ אֶת־יהוה,
בֵּית הַלֵּוִי בָּרְכוּ אֶת־יהוה,
יִרְאֵי יהוה בָּרְכוּ אֶת־יהוה.
בָּרוּךְ יהוה מִצִּיּוֹן, שֹׁכֵן יְרוּשָׁלָיִם.
הַלְלוּיָהּ.

תהלים קלה

PSALM 135 begins with a call to those standing in the Temple to praise and bless God and ends by inviting everyone assembled in the various Temple precincts—priests, Israelites, non-Israelites—to join in. This psalm and the next are called by the ancient rabbis "The Great Hallel." They recount the events of the exodus and the march toward the promised land. Psalm 135 builds toward the thundering congregational response *ki l'olam ḥasdo*, "For God's love endures forever," that is at the heart of Psalm 136, which follows.

HALLELUYAH, PRAISE GOD הַלְלוּ יָהּ. Literally, "Praise Yah." Yah is a shortened form of the God's four-letter name, *yod-hei-vav-hei*.

IN THE COURTYARDS OF OUR GOD בְּחַצְרוֹת בֵּית אֱלֹהֵינוּ. The Temple consisted largely of open courts in which the people stood; sacrifices were offered on an upper platform.

SMOTE EGYPT'S FIRSTBORN שֶׁהִכָּה בְּכוֹרֵי מִצְרַיִם. This begins the recounting of God's deeds in the history of Israel. Smiting the firstborn is singled out because it was the ultimate plague that broke the will of the Egyptians. (*Abraham ibn Ezra*)

SIḤON, THE KING OF THE AMORITES לְסִיחוֹן מֶלֶךְ הָאֱמֹרִי. Numbers 21:21–35. Israel offered to make peace with Siḥon and Og, asking only permission to cross their land on the way to Canaan. These kings chose instead to fight, and they were defeated by the Israelites.

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For God's Love Endures Forever

The repeated refrain speaks of the eternal nature of God's *ḥesed*, translated here as "love" and elsewhere in this siddur as "kindly love." It refers to acts, freely given, motivated by love. Love is initially a feeling, but its true being in the world is in the performance of acts of compassion and empathy, freely given without any expectation of recompense.

The gods of Egypt and the God of Israel

I no longer agonize over the historicity of the plagues. Something surely happened to enable Jacob's progeny to shake off their shackles, but neither the sequence nor the substance are recoverable.… The deeper meaning of the conflict between Moses and Pharaoh lies not in the realm of history but theology. The root issue is not over who can deliver the most awesome miracle, but whose conception of God comes closer to the truth. Pharaoh mocks Moses.… The monotheism of Moses, without myth or magic and with little to say about the afterlife, could make no sense to him. This was to be a titanic struggle between two worldviews.

—ISMAR SCHORSCH

ו

We rise.

Give thanks to ADONAI, for God is good;
give thanks to God, almighty;
give thanks to the supreme sovereign: ki l'olam ḥasdo
for God's love endures forever

who alone works great wonders,
creating the heavens with wisdom,
stretching the earth over its waters; ki l'olam ḥasdo
for God's love endures forever

who formed the great lights:
the sun to rule by day,
the moon and stars by night; ki l'olam ḥasdo
for God's love endures forever

who smote the Egyptian firstborn,
and brought Israel from their midst
with a strong hand and outstretched arm; ki l'olam ḥasdo
for God's love endures forever

who split the Sea of Reeds
and brought Israel through,
but swept Pharaoh and his troops into the sea; ki l'olam ḥasdo
for God's love endures forever

who led the people in the wilderness,
smiting great kings,
slaying mighty kings:
Siḥon, King of the Amorites,
Og, King of Bashan; ki l'olam ḥasdo
for God's love endures forever

giving their land to Israel as an inheritance,
an inheritance to Israel, God's servant, ki l'olam ḥasdo
for God's love endures forever

who remembered us when we were laid low,
and rescued us from our foes; ki l'olam ḥasdo
for God's love endures forever

▶ who provides bread for all flesh; ki l'olam ḥasdo
for God's love endures forever.

give thanks to God in heaven: ki l'olam ḥasdo
for God's love endures forever.

Psalm 136

We are seated.

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ו

We rise.

הוֹדוּ לַיהוה כִּי טוֹב כִּי לְעוֹלָם חַסְדּוֹ.
הוֹדוּ לֵאלֹהֵי הָאֱלֹהִים כִּי לְעוֹלָם חַסְדּוֹ.
הוֹדוּ לַאֲדֹנֵי הָאֲדֹנִים כִּי לְעוֹלָם חַסְדּוֹ.

לְעֹשֵׂה נִפְלָאוֹת גְּדֹלוֹת לְבַדּוֹ כִּי לְעוֹלָם חַסְדּוֹ.
לְעֹשֵׂה הַשָּׁמַיִם בִּתְבוּנָה כִּי לְעוֹלָם חַסְדּוֹ.
לְרֹקַע הָאָרֶץ עַל הַמָּיִם כִּי לְעוֹלָם חַסְדּוֹ.

לְעֹשֵׂה אוֹרִים גְּדֹלִים כִּי לְעוֹלָם חַסְדּוֹ.
אֶת־הַשֶּׁמֶשׁ לְמֶמְשֶׁלֶת בַּיּוֹם כִּי לְעוֹלָם חַסְדּוֹ.
אֶת־הַיָּרֵחַ וְכוֹכָבִים לְמֶמְשְׁלוֹת בַּלָּיְלָה כִּי לְעוֹלָם חַסְדּוֹ.

לְמַכֵּה מִצְרַיִם בִּבְכוֹרֵיהֶם כִּי לְעוֹלָם חַסְדּוֹ.
וַיּוֹצֵא יִשְׂרָאֵל מִתּוֹכָם כִּי לְעוֹלָם חַסְדּוֹ.
בְּיָד חֲזָקָה וּבִזְרוֹעַ נְטוּיָה כִּי לְעוֹלָם חַסְדּוֹ.

לְגֹזֵר יַם סוּף לִגְזָרִים כִּי לְעוֹלָם חַסְדּוֹ.
וְהֶעֱבִיר יִשְׂרָאֵל בְּתוֹכוֹ כִּי לְעוֹלָם חַסְדּוֹ.
וְנִעֵר פַּרְעֹה וְחֵילוֹ בְיַם סוּף כִּי לְעוֹלָם חַסְדּוֹ.

לְמוֹלִיךְ עַמּוֹ בַּמִּדְבָּר כִּי לְעוֹלָם חַסְדּוֹ.
לְמַכֵּה מְלָכִים גְּדֹלִים כִּי לְעוֹלָם חַסְדּוֹ.
וַיַּהֲרֹג מְלָכִים אַדִּירִים כִּי לְעוֹלָם חַסְדּוֹ.
לְסִיחוֹן מֶלֶךְ הָאֱמֹרִי כִּי לְעוֹלָם חַסְדּוֹ.
וּלְעוֹג מֶלֶךְ הַבָּשָׁן כִּי לְעוֹלָם חַסְדּוֹ.

וְנָתַן אַרְצָם לְנַחֲלָה כִּי לְעוֹלָם חַסְדּוֹ.
נַחֲלָה לְיִשְׂרָאֵל עַבְדּוֹ כִּי לְעוֹלָם חַסְדּוֹ.

שֶׁבְּשִׁפְלֵנוּ זָכַר לָנוּ כִּי לְעוֹלָם חַסְדּוֹ.
וַיִּפְרְקֵנוּ מִצָּרֵינוּ כִּי לְעוֹלָם חַסְדּוֹ.

◀ נֹתֵן לֶחֶם לְכָל־בָּשָׂר כִּי לְעוֹלָם חַסְדּוֹ.
הוֹדוּ לְאֵל הַשָּׁמָיִם כִּי לְעוֹלָם חַסְדּוֹ.

תהלים קלו

We are seated.

PSALM 136 is clearly meant to be recited antiphonally: we can imagine pilgrims in the Temple responding with the singular shout *ki l'olam ḥasdo*, "for God's love endures forever," as each verse was proclaimed. (In the translation we have combined verses to provide more coherence for the English reader.) Like many psalms, although it rehearses God's favor to Israel, it ends with a universal theme: God's provision for all that lives.

WHO PROVIDES BREAD FOR ALL FLESH נֹתֵן לֶחֶם לְכָל־בָּשָׂר. This verse may seem a bit out of place, following the psalmist's magnificent and grand recitation of God's miraculous deeds: creating the world and bringing the people Israel out of slavery in Egypt, through the wilderness and then to the promised land. The psalmist, though, wishes to end on a universal note. Additionally, this verse may suggest that feeding the hungry is also an act of redemption, no less so than other miraculous acts of God (from the creation of light to our arrival in the Land of Israel).

GIVE THANKS TO THE RULER OF THE HEAVENS הוֹדוּ לְאֵל הַשָּׁמָיִם. The psalm began by praising God and ends with the same thought. Between the opening and closing, God's judgment and compassion for the inhabitants of the earth has been demonstrated. The psalm ends with praise of God in heaven who sustains all life on earth.

Sing

The Baal Shem Tov taught that the way to praise God is first to begin with words and then, as our souls rise, to give expression to the words with song. The music moves us to sing without words and, finally, our whole body wants to praise God, and we dance.

SING to ADONAI, O you righteous;
it is fitting for the upright to offer praise.

Acclaim God on the lute,
sing to ADONAI with the ten-stringed harp;
play a new song to God, and let the shofar's call inspire the music.

For ADONAI's word is true and all God's deeds are faithful.
God loves righteousness and justice,
the world is filled with ADONAI's love and kindness.

The heavens were formed with God's speech,
all their hosts with God's breath;
the sea's waters were gathered together,
the deep stored in treasure vaults.

May all the earth revere ADONAI;
may all who dwell in its lands tremble before God—
for it was God who spoke and they came into being;
it was God who commanded that they exist.

ADONAI overturns peoples' designs, foils the plans of nations,
but the designs of ADONAI endure forever;
God's counsels, for each generation.

Blessed is the people whose god is ADONAI,
the nation chosen as God's heritage.

From heaven ADONAI peers down,
observing every human being;
from where God dwells, God surveys all who live on earth:
the one who formed all their hearts discerns all they do.

A ruler is not victorious because of a great army,
a warrior is not saved through sheer might,
horses do not offer a promise of victory,
vast hosts do not ensure refuge.

For ADONAI's eyes are fixed on those who revere God,
on those who look hopefully to God's love and kindness
to save them from death, to sustain their lives amidst famine.

We await ADONAI, our helper and protector.
► We shall rejoice with God, as we have trusted in God's holy name.
May Your love and kindness, ADONAI, be with us,
for we have placed our hope in You.

Psalm 33

רַנְּנוּ צַדִּיקִים בַּיהוה, לַיְשָׁרִים נָאוָה תְהִלָּה.
הוֹדוּ לַיהוה בְּכִנּוֹר, בְּנֵבֶל עָשׂוֹר זַמְּרוּ לוֹ.
שִׁירוּ לוֹ שִׁיר חָדָשׁ, הֵיטִיבוּ נַגֵּן בִּתְרוּעָה.

כִּי יָשָׁר דְּבַר יהוה, וְכָל־מַעֲשֵׂהוּ בֶּאֱמוּנָה.
אֹהֵב צְדָקָה וּמִשְׁפָּט, חֶסֶד יהוה מָלְאָה הָאָרֶץ.
בִּדְבַר יהוה שָׁמַיִם נַעֲשׂוּ, וּבְרוּחַ פִּיו כָּל־צְבָאָם.
כֹּנֵס כַּנֵּד מֵי הַיָּם, נֹתֵן בְּאוֹצָרוֹת תְּהוֹמוֹת.

יִירְאוּ מֵיהוה כָּל־הָאָרֶץ, מִמֶּנּוּ יָגוּרוּ כָּל־יֹשְׁבֵי תֵבֵל.
כִּי הוּא אָמַר וַיֶּהִי, הוּא צִוָּה וַיַּעֲמֹד.
יהוה הֵפִיר עֲצַת גּוֹיִם, הֵנִיא מַחְשְׁבוֹת עַמִּים.
עֲצַת יהוה לְעוֹלָם תַּעֲמֹד, מַחְשְׁבוֹת לִבּוֹ לְדֹר וָדֹר.

אַשְׁרֵי הַגּוֹי אֲשֶׁר יהוה אֱלֹהָיו, הָעָם בָּחַר לְנַחֲלָה לוֹ.
מִשָּׁמַיִם הִבִּיט יהוה, רָאָה אֶת־כָּל־בְּנֵי הָאָדָם.
מִמְּכוֹן שִׁבְתּוֹ הִשְׁגִּיחַ, אֶל כָּל־יוֹשְׁבֵי הָאָרֶץ.
הַיֹּצֵר יַחַד לִבָּם, הַמֵּבִין אֶל כָּל־מַעֲשֵׂיהֶם.

אֵין הַמֶּלֶךְ נוֹשָׁע בְּרָב־חָיִל, גִּבּוֹר לֹא יִנָּצֵל בְּרָב־כֹּחַ.
שֶׁקֶר הַסּוּס לִתְשׁוּעָה, וּבְרֹב חֵילוֹ לֹא יְמַלֵּט.
הִנֵּה עֵין יהוה אֶל יְרֵאָיו, לַמְיַחֲלִים לְחַסְדּוֹ.
לְהַצִּיל מִמָּוֶת נַפְשָׁם, וּלְחַיּוֹתָם בָּרָעָב.

◄ נַפְשֵׁנוּ חִכְּתָה לַיהוה, עֶזְרֵנוּ וּמָגִנֵּנוּ הוּא.
כִּי בוֹ יִשְׂמַח לִבֵּנוּ, כִּי בְשֵׁם קָדְשׁוֹ בָטָחְנוּ.
יְהִי חַסְדְּךָ יהוה עָלֵינוּ כַּאֲשֶׁר יִחַלְנוּ לָךְ.

תהלים לג

PSALM 33 was inserted by Jewish mystics into the sequence of seven psalms culminating in Psalm 92, the Song of the Day of Shabbat. It was intended as a *kavanah*—a preparation for greeting Shabbat—beginning as it does with song and ending with heartfelt joy. There is a leitmotif of "seven" throughout the psalm: seven teachings about God, seven words indicating praise at the beginning of the psalm, and, in the last three lines, seven words ending in the suffix נוּ- (*-nu*), "we" or "us" or "our."

INSPIRE THE MUSIC הֵיטִיבוּ נַגֵּן. Or: "play it well." Several psalms mention the accompaniment of musical instruments and even include instructions to the musicians.

LOVES RIGHTEOUSNESS AND JUSTICE אֹהֵב צְדָקָה וּמִשְׁפָּט. Jewish mystics taught that when justice and righteousness are paired with love and kindness, then peace and wholeness reign in the heavens and on earth.

GATHERED TOGETHER כֹּנֵס כַּנֵּד. A reference to creation, when the waters are gathered together so that dry land appears (Genesis 1:9). God's control of nature distinguished the biblical divinity from the other gods worshipped in the ancient Near East.

HORSES DO NOT OFFER A PROMISE OF VICTORY שֶׁקֶר הַסּוּס לִתְשׁוּעָה. Chariots were a critical element of Egyptian military might. Psalms frequently contrast faith in God to belief in military might.

WE HAVE WAITED נַפְשֵׁנוּ חִכְּתָה. The biblical word *nefesh* means "person," but in later Judaism it was understood as "soul." Thus the mystics who added this psalm to the liturgy would have understood the phrase as: "Our souls have waited for Adonai."

YOU לָךְ. This is the first time in the psalm that God is addressed directly in the second person. We now realize that the psalm is not simply a song of praise, but a prayer, perhaps in time of war. The mystics read this psalm as the soul's overcoming its worldly impediments and finally relating only to God. In this way, it is an appropriate introduction to the seventh psalm in the series: The Song of the Day of Shabbat.

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שבת

When a Festival occurs on a weekday, some omit the following:

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת

טוֹב לְהֹדוֹת לַיהוה, וּלְזַמֵּר לְשִׁמְךָ עֶלְיוֹן,
לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ, וֶאֱמוּנָתְךָ בַּלֵּילוֹת.
עֲלֵי עָשׂוֹר וַעֲלֵי נֵבֶל, עֲלֵי הִגָּיוֹן בְּכִנּוֹר.
כִּי שִׂמַּחְתַּנִי יהוה בְּפָעֳלֶךָ, בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֵּן.
מַה גָּדְלוּ מַעֲשֶׂיךָ יהוה, מְאֹד עָמְקוּ מַחְשְׁבֹתֶיךָ.

אִישׁ בַּעַר לֹא יֵדָע, וּכְסִיל לֹא יָבִין אֶת־זֹאת.
בִּפְרֹחַ רְשָׁעִים כְּמוֹ עֵשֶׂב וַיָּצִיצוּ כָּל־פֹּעֲלֵי אָוֶן,
לְהִשָּׁמְדָם עֲדֵי עַד, וְאַתָּה מָרוֹם לְעֹלָם יהוה.
כִּי הִנֵּה אֹיְבֶיךָ, יהוה, כִּי הִנֵּה אֹיְבֶיךָ יֹאבֵדוּ,
יִתְפָּרְדוּ כָּל־פֹּעֲלֵי אָוֶן.

וַתָּרֶם כִּרְאֵים קַרְנִי, בַּלֹּתִי בְּשֶׁמֶן רַעֲנָן.
וַתַּבֵּט עֵינִי בְּשׁוּרָי, בַּקָּמִים עָלַי מְרֵעִים תִּשְׁמַעְנָה אָזְנָי,
◄ צַדִּיק כַּתָּמָר יִפְרָח, כְּאֶרֶז בַּלְּבָנוֹן יִשְׂגֶּה,
שְׁתוּלִים בְּבֵית יהוה, בְּחַצְרוֹת אֱלֹהֵינוּ יַפְרִיחוּ.
עוֹד יְנוּבוּן בְּשֵׂיבָה, דְּשֵׁנִים וְרַעֲנַנִּים יִהְיוּ,
לְהַגִּיד כִּי יָשָׁר יהוה, צוּרִי, וְלֹא עַוְלָתָה בּוֹ.

תהלים צב

יהוה מָלָךְ גֵּאוּת לָבֵשׁ לָבֵשׁ יהוה עֹז הִתְאַזָּר,
אַף תִּכּוֹן תֵּבֵל בַּל תִּמּוֹט.
נָכוֹן כִּסְאֲךָ מֵאָז, מֵעוֹלָם אָתָּה.
נָשְׂאוּ נְהָרוֹת יהוה,
נָשְׂאוּ נְהָרוֹת קוֹלָם,
יִשְׂאוּ נְהָרוֹת דָּכְיָם.
מִקֹּלוֹת מַיִם רַבִּים,
אַדִּירִים מִשְׁבְּרֵי יָם,
אַדִּיר בַּמָּרוֹם יהוה.
◄ עֵדֹתֶיךָ נֶאֶמְנוּ מְאֹד
לְבֵיתְךָ נַאֲוָה קֹדֶשׁ, יהוה, לְאֹרֶךְ יָמִים.

תהלים צג

PSALM 92, the Song of the Day of Shabbat, begins with the praise of the faithful and concludes with it. It remarks on the wonder of creation and on the reward of the righteous, who will be planted in God's house. Appropriately, the psalm is a song for Shabbat—for Shabbat both celebrates creation and also provides the space in which to experience the peacefulness of one's soul. The disturbing quality of a world not at ease is put aside—in the words of the psalmist, enemies are "scattered"—and one hears God's reassurance ringing in one's ear. (For more detailed commentary on this psalm, see pages 27–28.)

PSALM 93. Having completed the seven psalms culminating in Psalm 92, the Song of the Day of Shabbat, we conclude the section with a psalm announcing God as the supreme monarch. Above nature are God's laws, moral and holy "testimonies." In the Torah, the ark is sometimes called "the ark of testimony" because it contains the two tablets given on Mount Sinai.

שבת

When a Festival occurs on a weekday, some omit the following:

A PSALM: THE SONG OF THE DAY OF SHABBAT

It is good to thank You, ADONAI, and sing to Your name, Most High;
to proclaim Your love at daybreak, Your faithfulness each night.

Tov l'hodot ladonai, u-l'zamer l'shimkha elyon,
l'hagid ba-boker ḥasdekha ve-emunat'kha ba-leilot.

Finger the lute, pluck the harp, let the sound of the lyre rise up.

You gladdened me with Your deeds, ADONAI, and I shall sing of Your handiwork.

How wonderful are Your works, ADONAI, how subtle Your designs!
Mah gadlu ma·asekha Adonai, me'od amku maḥsh'votekha.
Ish ba·ar lo yeida, u-kh'sil lo yavin et zot.

The arrogant do not understand, the fool does not comprehend this: the wicked flourish like grass and every evildoer blossoms, only to be destroyed forever—

but You, ADONAI, are exalted for all time.

Surely Your enemies, ADONAI, surely Your enemies will perish;
all who commit evil will be scattered.

As a wild bull raises up its horn, You raised my head high,
anointed it with fresh oil.

As my enemies gather against me, my gaze remains steady,
for my ears listen and hear:

► *The righteous flourish like the date palm, thrive like a cedar in Lebanon;*
planted in the house of ADONAI, they flourish in our God's courtyards.
In old age they remain fruitful, still fresh and bountiful, proclaiming:
ADONAI is upright, my rock in whom there is no flaw.
► Tzadik katamar yifraḥ, k'erez balvanon yisgeh. Sh'tulim b'veit Adonai,
b'ḥatzrot eloheinu yafriḥu. Od y'nuvun b'seivah, d'sheinim v'ra·ananim yihyu.
L'hagid ki yashar Adonai, tzuri v'lo avlatah bo.

Psalm 92

ADONAI is sovereign, robed in splendor, girded in strength; the earth stands firm, not to be dislodged. From earliest time You were enthroned; You are eternal.

The rivers rise up, ADONAI, the rivers raise up their roar, the rivers raise up their waves.
Above the roar of the vast sea and the majestic breakers of the ocean,
ADONAI stands supreme in the heavens.

► In Your house, beautiful in its holiness, Your testimonies endure,
ADONAI, for all time.

Mi-kolot mayim rabim adirim mishb'rei yam, adir ba-marom Adonai.
► Eidotekha ne·emnu me'od, l'veit'kha na·avah kodesh, Adonai, l'orekh yamim.

Psalm 93

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The People Israel

Life appears dismal if not mirrored in what is more than life. Nothing can be regarded as valuable unless assessed in relation to something higher in value. Humanity's survival depends on the conviction that there is something that is worth the price of life. It depends upon a sense of the supremacy of what is lasting. That sense of conviction may be asleep, but it awakens when challenged. In some people it lives as a sporadic wish; in others it is a permanent concern.

What we have learned from Jewish history is that if a person is not more than human then he or she is less than human. Judaism is an attempt to prove that in order to be a human being, you have to be more than a single human, that in order to be a people we have be more than a people. Israel was made to be a "holy people." This is the essence of its dignity and the essence of its merit.

—ABRAHAM JOSHUA HESCHEL

God's Sovereignty: An Anthology of Biblical Verses

May the glory of ADONAI endure forever; may God rejoice in all that God created; may the name of ADONAI be blessed now and forever. From one end of the earth to the other, may ADONAI's name be acclaimed. God's glory is above the heavens, high above that of any people. ADONAI, Your name is eternal; ADONAI, You are known in every generation.

ADONAI established a throne in the heavens, ADONAI's dominion is over all. Let the heavens be glad and the earth rejoice, as the peoples of the world declare, "ADONAI reigns." ADONAI is sovereign, ADONAI has always been sovereign, ADONAI will be sovereign forever and ever. ADONAI is sovereign forever—even as peoples pass away from God's land.

ADONAI overturns peoples' designs and foils the schemes of nations. Human hearts devise many plans, but God's plans hold true for each generation. ADONAI's design endures forever; God's counsel is for each generation. It was God who spoke and brought everything into being; it was God who commanded that they exist.

ADONAI chose Zion, desiring it as a dwelling-place;
ADONAI chose Jacob, Israel as a treasured people.
ADONAI will not abandon this people, will not desert the inheritors of divine favor.

▶ God, who is compassionate, will forgive sin and not wreak destruction; for again and again God acts with restraint, refusing to let rage become all-consuming. ADONAI, help us; Sovereign, answer us when we call.

יְהִי כְבוֹד יהוה לְעוֹלָם, יִשְׂמַח יהוה בְּמַעֲשָׂיו.
יְהִי שֵׁם יהוה מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם.
מִמִּזְרַח שֶׁמֶשׁ עַד מְבוֹאוֹ, מְהֻלָּל שֵׁם יהוה.
רָם עַל כָּל־גּוֹיִם יהוה, עַל הַשָּׁמַיִם כְּבוֹדוֹ.
יהוה שִׁמְךָ לְעוֹלָם, יהוה זִכְרְךָ לְדֹר וָדֹר.

יהוה בַּשָּׁמַיִם הֵכִין כִּסְאוֹ, וּמַלְכוּתוֹ בַּכֹּל מָשָׁלָה.
יִשְׂמְחוּ הַשָּׁמַיִם וְתָגֵל הָאָרֶץ, וְיֹאמְרוּ בַגּוֹיִם יהוה מָלָךְ.
יהוה מֶלֶךְ, יהוה מָלָךְ, יהוה יִמְלֹךְ לְעֹלָם וָעֶד.
יהוה מֶלֶךְ עוֹלָם וָעֶד, אָבְדוּ גוֹיִם מֵאַרְצוֹ.

יהוה הֵפִיר עֲצַת גּוֹיִם, הֵנִיא מַחְשְׁבוֹת עַמִּים.
רַבּוֹת מַחֲשָׁבוֹת בְּלֶב־אִישׁ, וַעֲצַת יהוה הִיא תָקוּם.
עֲצַת יהוה לְעוֹלָם תַּעֲמֹד, מַחְשְׁבוֹת לִבּוֹ לְדֹר וָדֹר.
כִּי הוּא אָמַר וַיֶּהִי, הוּא צִוָּה וַיַּעֲמֹד.

כִּי בָחַר יהוה בְּצִיּוֹן, אִוָּה לְמוֹשָׁב לוֹ.
כִּי יַעֲקֹב בָּחַר לוֹ יָהּ, יִשְׂרָאֵל לִסְגֻלָּתוֹ.
כִּי לֹא יִטֹּשׁ יהוה עַמּוֹ, וְנַחֲלָתוֹ לֹא יַעֲזֹב.

◀ וְהוּא רַחוּם יְכַפֵּר עָוֹן וְלֹא יַשְׁחִית,
וְהִרְבָּה לְהָשִׁיב אַפּוֹ וְלֹא יָעִיר כָּל־חֲמָתוֹ.
יהוה הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קָרְאֵנוּ.

MAY THE GLORY OF ADONAI ENDURE FOREVER יְהִי כְבוֹד יהוה לְעוֹלָם. The earliest poetic additions to the liturgy were collections of biblical verses, such as this prayer. It is recited daily and is included in all rites. A seemingly natural poetic flow from one verse to the next is created by the presence of similar words in consecutive verses. The contemplation of God's power becomes a setting for affirming the promise of the redemption of the people Israel and the defeat of the destructive designs of nations. The verses quoted here are: Psalm 104:31, Psalm 113:2–4, Psalm 135:13, Psalm 103:19, 1 Chronicles 16:31, Psalm 10:16, Psalm 93:1, Exodus 15:18, Psalm 10:16, Psalm 33:10, Proverbs 19:21, Psalm 33:11, Psalm 33:9, Psalm 132:13, Psalm 135:4, Psalm 94:14, Psalm 78:38, and Psalm 20:10.

ADONAI IS SOVEREIGN, ADONAI HAS ALWAYS BEEN SOVEREIGN, ADONAI WILL BE SOVEREIGN FOREVER AND EVER יהוה מֶלֶךְ, יהוה מָלָךְ, יהוה יִמְלֹךְ לְעֹלָם וָעֶד. This verse is itself a collection of three phrases found elsewhere in the Bible; the three phrases together are found nowhere in the Bible.

GOD, WHO IS COMPASSIONATE, WILL FORGIVE SIN וְהוּא רַחוּם יְכַפֵּר עָוֹן. The wiping away of sin makes redemption possible. These last two verses are found frequently in Jewish liturgy, in prayers that—like this one—date from the earliest centuries of the 1st millennium C.E., and are comprised of an anthology of biblical verses. (For example, see Kedushah D'sidra, page 216, and Taḥanun, the weekday penitential prayers following the Amidah.) Similarly, these same verses precede the Bar'khu, the call to worship, in the weekday evening service (page 264). Knowing that God forgives our sins allows us to begin our prayers with a sense of purity.

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For a transliteration of Ashrei, see page 181–182.

ASHREI

Joyous are they who dwell in Your house;
they shall praise You forever.
Joyous the people who are so favored;
joyous the people whose God is ADONAI.

A SONG OF PRAISE, OF DAVID

I exalt You, my God, my sovereign; I praise Your name, always.
Every day I praise You, glorifying Your name, always.
Great is ADONAI, greatly to be praised,
though Your greatness is unfathomable.
One generation praises Your works to another, telling of Your mighty deeds.
I would speak of Your majestic glory and of Your wondrous acts.
Generations speak of Your awe-inspiring deeds;
I, too, shall recount Your greatness.
They recount Your great goodness, and sing of Your righteousness.
ADONAI is merciful and compassionate, patient, and abounding in love.
ADONAI is good to all, and God's mercy embraces all of creation.
All of creation acknowledges You, and the faithful bless You.
They speak of the glory of Your sovereignty and tell of Your might,
proclaiming to humanity Your mighty deeds,
and the glory of Your majestic sovereignty.
Your sovereignty is eternal; Your dominion endures in every generation.
ADONAI supports all who falter, and lifts up all who are bent down.
The eyes of all look hopefully to You,
and You provide them nourishment in its proper time.
Opening Your hand, You satisfy with contentment all that lives.
ADONAI is righteous in all that is done, faithful to all creation.
ADONAI is near to all who call, to all who call sincerely.
God fulfills the desire of those who are faithful,
listening to their cries, rescuing them.
ADONAI watches over all who love the Holy One,
but will destroy all the wicked.
▸ My mouth shall utter praise of ADONAI.
May all that is mortal praise God's name forever and ever.

Psalm 145

We shall praise ADONAI now and always. Halleluyah!

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶךָ, עוֹד יְהַלְלוּךָ סֶּלָה.
אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ, אַשְׁרֵי הָעָם שֶׁיְּהוָה אֱלֹהָיו.

תְּהִלָּה לְדָוִד

אֲרוֹמִמְךָ אֱלוֹהַי הַמֶּלֶךְ, וַאֲבָרְכָה שִׁמְךָ לְעוֹלָם וָעֶד.
בְּכָל־יוֹם אֲבָרְכֶךָּ, וַאֲהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד.
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֵקֶר.
דּוֹר לְדוֹר יְשַׁבַּח מַעֲשֶׂיךָ, וּגְבוּרֹתֶיךָ יַגִּידוּ.
הֲדַר כְּבוֹד הוֹדֶךָ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אָשִׂיחָה.
וֶעֱזוּז נוֹרְאוֹתֶיךָ יֹאמֵרוּ, וּגְדֻלָּתְךָ אֲסַפְּרֶנָּה.
זֵכֶר רַב טוּבְךָ יַבִּיעוּ, וְצִדְקָתְךָ יְרַנֵּנוּ.
חַנּוּן וְרַחוּם יְהוָה, אֶרֶךְ אַפַּיִם וּגְדָל־חָסֶד.
טוֹב יְהוָה לַכֹּל, וְרַחֲמָיו עַל כָּל־מַעֲשָׂיו.
יוֹדוּךָ יְהוָה כָּל־מַעֲשֶׂיךָ, וַחֲסִידֶיךָ יְבָרְכוּכָה.
כְּבוֹד מַלְכוּתְךָ יֹאמֵרוּ, וּגְבוּרָתְךָ יְדַבֵּרוּ.
לְהוֹדִיעַ לִבְנֵי הָאָדָם גְּבוּרֹתָיו, וּכְבוֹד הֲדַר מַלְכוּתוֹ.
מַלְכוּתְךָ מַלְכוּת כָּל־עֹלָמִים, וּמֶמְשַׁלְתְּךָ בְּכָל־דּוֹר וָדֹר.
סוֹמֵךְ יְהוָה לְכָל־הַנֹּפְלִים, וְזוֹקֵף לְכָל־הַכְּפוּפִים.
עֵינֵי כֹל אֵלֶיךָ יְשַׂבֵּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת־אָכְלָם בְּעִתּוֹ.
פּוֹתֵחַ אֶת־יָדֶךָ, וּמַשְׂבִּיעַ לְכָל־חַי רָצוֹן.
צַדִּיק יְהוָה בְּכָל־דְּרָכָיו, וְחָסִיד בְּכָל־מַעֲשָׂיו.
קָרוֹב יְהוָה לְכָל־קֹרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֻהוּ בֶאֱמֶת.
רְצוֹן יְרֵאָיו יַעֲשֶׂה, וְאֶת־שַׁוְעָתָם יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר יְהוָה אֶת־כָּל־אֹהֲבָיו, וְאֵת כָּל־הָרְשָׁעִים יַשְׁמִיד.
◂ תְּהִלַּת יְהוָה יְדַבֶּר־פִּי,
וִיבָרֵךְ כָּל־בָּשָׂר שֵׁם קָדְשׁוֹ לְעוֹלָם וָעֶד.

תהלים קמה

וַאֲנַחְנוּ נְבָרֵךְ יָהּ, מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.

PSALM 145 (ASHREI). This psalm, which was treasured by the ancient rabbis, is recited thrice daily. It was in liturgical use during the Second Temple period, as attested by the Dead Sea Scrolls, where it appears with a congregational response attached to each verse: "Blessed is Adonai and blessed is God's name." Psalm 145 begins and ends with personal verses of praise. In between, the author affirms God's sovereignty and insists that God's rule is one of love and compassion.

Two additional verses (Psalm 84:5 and 144:15), both of which begin with the word *ashrei*, "joyous," were added to the opening, apparently in imitation of the Book of Psalms itself, which opens with that word. The reference to God's house evokes those praying in the synagogue. Psalm 115:18 was appended to the end, transforming the prayer from the first-person singular to the plural, and thus creating a bridge to the five "Halleluyah" psalms that follow.

Ashrei is an alphabetical acrostic—although it is missing a verse beginning with the letter *nun*—and thus easy to memorize, which may help to explain its popularity in Jewish liturgy. Many readers relate to individual verses more than to the literary flow of the whole poem. It is the only psalm explicitly called a *t'hillah*, "a song of praise," though the entire Book of Psalms is called by the plural *Sefer T'hillim*.

JOYOUS אַשְׁרֵי. The Hebrew word covers a spectrum of emotions: happy, blessed, contented.

ADONAI SUPPORTS ALL WHO FALTER סוֹמֵךְ יְהוָה לְכָל־הַנֹּפְלִים. This verse marks a turning point in the psalm. Until now, the poet has praised God's greatness and splendor; now, the focus shifts to God's concern for those in need. Here, God's sovereignty is primarily manifest in love and care.

ALL THAT IS MORTAL כָּל־בָּשָׂר. In Psalm 145, there are no references to the Temple, to Israel, or to historical events. God is here depicted as the sovereign of the world who cares for all creatures.

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Adonai Secures Justice

Ethics is not the corollary of the vision of God; it is that very vision. Ethics is an optic, such that everything I know of God and everything I can hear of God's word and reasonably say to God must find an ethical expression. In the Holy Ark from which the voice of God is heard by Moses, there are only the tablets of the Law.… The knowledge of God comes to us like a commandment, like a mitzvah. To know God is to know what must be done.… The justice rendered to the Other, my neighbor, gives me an unsurpassable proximity to God.

—EMMANUEL LEVINAS

Halleluyah! Praise God.
I will praise Adonai.
I will praise Adonai as long as I live,
sing to my God as long as I am here.
Do not put your trust in the high and mighty,
people who cannot save even themselves;
their breath will depart,
they will return to the earth from which they came,
and on that day, their schemes will come to naught.

Blessed is the person whose help is Jacob's God,
who looks with hope to Adonai
who created heaven and earth,
the sea and all that is within it;
Adonai keeps faith forever,
secures justice for the oppressed,
provides food for the hungry;
releases the bound from their chains,
gives sight to the blind,
straightens those bent low,
and loves those who act justly;
▸ Adonai cares for the stranger,
sustains the orphan and the widow,
blocks the path of the wicked—
Adonai shall reign forever;
your God, O Zion, from generation to generation.
Praise God, *halleluyah!*

Psalm 146

הַלְלוּיָהּ.
הַלְלִי נַפְשִׁי אֶת־יהוה.
אֲהַלְלָה יהוה בְּחַיָּי, אֲזַמְּרָה לֵאלֹהַי בְּעוֹדִי.
אַל תִּבְטְחוּ בִנְדִיבִים, בְּבֶן־אָדָם שֶׁאֵין לוֹ תְּשׁוּעָה.
תֵּצֵא רוּחוֹ יָשֹׁב לְאַדְמָתוֹ,
בַּיּוֹם הַהוּא אָבְדוּ עֶשְׁתֹּנֹתָיו.

אַשְׁרֵי שֶׁאֵל יַעֲקֹב בְּעֶזְרוֹ, שִׂבְרוֹ עַל יהוה אֱלֹהָיו.
עֹשֶׂה שָׁמַיִם וָאָרֶץ, אֶת־הַיָּם וְאֶת־כָּל־אֲשֶׁר בָּם,
הַשֹּׁמֵר אֱמֶת לְעוֹלָם.
עֹשֶׂה מִשְׁפָּט לָעֲשׁוּקִים, נֹתֵן לֶחֶם לָרְעֵבִים,
יהוה מַתִּיר אֲסוּרִים, יהוה פֹּקֵחַ עִוְרִים,
יהוה זֹקֵף כְּפוּפִים, יהוה אֹהֵב צַדִּיקִים.
◂ יהוה שֹׁמֵר אֶת־גֵּרִים,
יָתוֹם וְאַלְמָנָה יְעוֹדֵד, וְדֶרֶךְ רְשָׁעִים יְעַוֵּת.
יִמְלֹךְ יהוה לְעוֹלָם, אֱלֹהַיִךְ צִיּוֹן לְדֹר וָדֹר.
הַלְלוּיָהּ.

תהלים קמו

PSALMS 146–150 constitute a series of five psalms, each opening and closing with the compound word *hallelu-yah*, "praise God"; these psalms bring the Book of Psalms to an exuberant conclusion. Rabbi Yose (2nd century, the Land of Israel) considered it a meritorious practice to recite these psalms, along with Psalm 145, each day (Babylonian Talmud, Shabbat 118b). These psalms constitute a celebratory way of preparing for the formal morning service, and by the end of the 1st millennium they had became a statutory part of the morning prayers, forming the core of P'sukei D'zimra, the "Verses of Song" (Sofrim 17:11).

The five psalms are interconnected. For example, God is described in Psalm 146 as ruling justly and teaching just laws to Israel; in Psalms 147 and 148, as redeeming the people Israel; and in Psalm 149, as commissioning the people Israel to bring the corrupt rulers of the world to justice. Psalms 146–149 all touch on universal themes, but each ends by describing the special relation of God to Israel. The final psalm, 150, begins with Israel's praises of God and concludes with a universal chorus: "Let every breath be praise of God."

PSALM 146 consists of two parts: the first exhorts against putting one's faith in human beings, even the most powerful, and the second contrasts God's justice and compassion with corrupt human institutions. This second section is set off by the same word so central to the previous prayer, *ashrei*, meaning happy, blessed, and contented.

THEY WILL RETURN TO THE EARTH יָשֹׁב לְאַדְמָתוֹ. The imagery is from Genesis, where Adam is told that he "will return to the earth, for from it you were taken: for dust you are, and to dust you shall return" (Genesis 3:19).

JACOB'S GOD אֵל יַעֲקֹב. This is the only time this phrase is used in the Bible, and it is hard to say why it is used here. Perhaps it is due to the fact that Jacob is a figure who suffered and died in a foreign land and yet kept faith and hope. The people Israel, suffering yet hopeful, are Jacob's descendants.

RELEASES THE BOUND יהוה מַתִּיר אֲסוּרִים. God is portrayed as compassionate, seeking justice for the weak, unlike powerful human beings whose plans may be self-serving. The qualities attributed to God in this psalm form the basis of several of the morning *b'rakhot* (pages 103–104).

ADONAI CARES FOR THE STRANGER, SUSTAINS THE ORPHAN AND THE WIDOW יהוה שֹׁמֵר אֶת־גֵּרִים יָתוֹם וְאַלְמָנָה יְעוֹדֵד. In biblical society, these were the three groups least able to fend for themselves.

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Halleluyah! Praise God.
How good to sing to our God sweet and delightful words of praise.

Adonai will rebuild Jerusalem, gather in the dispersed people of Israel;
the one who heals the broken-hearted, and binds their wounds,
the one who counts the stars and names each and every one of them
is our great sovereign, infinitely powerful.
God's designs are beyond recounting.
Adonai gives heart to the humble and throws the wicked to the ground.

Call out to Adonai in thanksgiving,
and with the music of the lyre sing to God
who covers the heavens with clouds providing rain for the earth,
that grass may flourish on the hillsides—
food for livestock and for the raven's crying nestlings.
Victorious chariots do not please God,
nor is it the warrior's strong arms that God desires.
Adonai desires those who revere the Divine,
those who look to God's love and kindness.

O Jerusalem, sing the praises of Adonai; Zion, celebrate your God.
For God has strengthened the posts of your gates,
blessed your children within, brought peace to your borders,
and satisfied you with the fat of the harvest.

God sends the divine word to earth;
how quickly these commands are obeyed:
snow piles up like fleece, frost spreads like ash,
hailstones are tossed like crumbs—
who could withstand the cold?—
then word is sent for the ice to melt;
winds cease blowing and water flows.

► God enunciates commands to Jacob,
precepts and just decrees to the people Israel.
No other nation has been so provided;
they do not know of just decrees.
Praise God, *halleluyah!*

Psalm 147

הַלְלוּיָהּ.
כִּי טוֹב זַמְּרָה אֱלֹהֵינוּ, כִּי נָעִים נָאוָה תְהִלָּה.
בּוֹנֵה יְרוּשָׁלַיִם יהוה, נִדְחֵי יִשְׂרָאֵל יְכַנֵּס.
הָרוֹפֵא לִשְׁבוּרֵי לֵב וּמְחַבֵּשׁ לְעַצְּבוֹתָם,
מוֹנֶה מִסְפָּר לַכּוֹכָבִים, לְכֻלָּם שֵׁמוֹת יִקְרָא.
גָּדוֹל אֲדוֹנֵינוּ וְרַב כֹּחַ, לִתְבוּנָתוֹ אֵין מִסְפָּר.
מְעוֹדֵד עֲנָוִים יהוה, מַשְׁפִּיל רְשָׁעִים עֲדֵי אָרֶץ.
עֱנוּ לַיהוה בְּתוֹדָה, זַמְּרוּ לֵאלֹהֵינוּ בְּכִנּוֹר,
הַמְכַסֶּה שָׁמַיִם בְּעָבִים, הַמֵּכִין לָאָרֶץ מָטָר,
הַמַּצְמִיחַ הָרִים חָצִיר,
נוֹתֵן לִבְהֵמָה לַחְמָהּ, לִבְנֵי עֹרֵב אֲשֶׁר יִקְרָאוּ.
לֹא בִגְבוּרַת הַסּוּס יֶחְפָּץ, לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה,
רוֹצֶה יהוה אֶת־יְרֵאָיו, אֶת־הַמְיַחֲלִים לְחַסְדּוֹ.

שַׁבְּחִי יְרוּשָׁלַיִם אֶת־יהוה, הַלְלִי אֱלֹהַיִךְ צִיּוֹן.
כִּי חִזַּק בְּרִיחֵי שְׁעָרָיִךְ, בֵּרַךְ בָּנַיִךְ בְּקִרְבֵּךְ.
הַשָּׂם גְּבוּלֵךְ שָׁלוֹם, חֵלֶב חִטִּים יַשְׂבִּיעֵךְ,
הַשֹּׁלֵחַ אִמְרָתוֹ אָרֶץ, עַד מְהֵרָה יָרוּץ דְּבָרוֹ,
הַנֹּתֵן שֶׁלֶג כַּצָּמֶר, כְּפוֹר כָּאֵפֶר יְפַזֵּר,
מַשְׁלִיךְ קַרְחוֹ כְּפִתִּים, לִפְנֵי קָרָתוֹ מִי יַעֲמֹד,
יִשְׁלַח דְּבָרוֹ וְיַמְסֵם, יַשֵּׁב רוּחוֹ יִזְּלוּ מָיִם,
◄ מַגִּיד דְּבָרָיו לְיַעֲקֹב, חֻקָּיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.
לֹא עָשָׂה כֵן לְכָל־גּוֹי, וּמִשְׁפָּטִים בַּל יְדָעוּם.
הַלְלוּיָהּ.

תהלים קמז

Psalm 147 is a complex mix of a hymn to God's power, an assertion of God's moral behavior, and praise of the divine teaching given to Israel as its treasure. The psalm is composed of three parts. The psalm intermixes the promise of the restoration of Jerusalem with praise of God's love to come. Those who currently exercise dominion will be defeated, for in the mind of the psalmist, acting justly represents true power.

Heals the broken-hearted הָרוֹפֵא לִשְׁבוּרֵי לֵב. In the same breath, the psalmist exalts God's strength and God's compassion.

Names each and every one of them לְכֻלָּם שֵׁמוֹת יִקְרָא. Abraham Isaac Kook (1865–1935, the Land of Israel) comments on God's ability to name each and every star and keep them all in place. From this, he derives a lesson about the people Israel, who are compared to the stars (Genesis 15:5): each person has an individual purpose and dream, but is also a part of the collective destiny of the people Israel; each adds something new and special to the collective.

Warrior's strong arms בְּשׁוֹקֵי הָאִישׁ. The Hebrew *shok* usually means "thigh," and thus it may refer here to the soldier's ability to run swiftly after the enemy. It can also sometimes refer to the shoulder, which seems more reasonable in this context: the warrior shoots arrows from his shoulder or throws spears with his powerful arms, while riding the horse or chariot.

God enunciates commands to Jacob מַגִּיד דְּבָרָיו לְיַעֲקֹב. The same Hebrew word *d'varo*, literally "[God's] word," appeared above referring to the ice, which God melts with speech. The speech of God is "heard" both in nature and in the teachings of Torah.

No other nation לֹא עָשָׂה כֵן לְכָל־גּוֹי. The psalmist argues that the people Israel's strength lies in its commitment to justice; in its imitation of God's concern for the poor and the vulnerable. In contrast, other nations presume that strength lies in military might.

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The Wonders of Creation

Why is the sky blue? Among the wavelengths of light in the sun's spectrum, blue oscillates at the highest frequency and is, therefore, scattered effectively by molecules of air in our atmosphere. This turns the sky blue. To me, this seems more amazing than ancient Mesopotamian and biblical beliefs that the sky is blue because of all the water up there. What science shows us about the evolution of our universe and our selves is as awesome to me as Genesis or the Kabbalah.

—DANIEL MATT

HALLELUYAH! Praise God.
From the heavens, offer praise to ADONAI,
on high, offer praise:
all angels, offer praise to God,
all the hosts of heaven, offer praise to God,
sun and moon, offer praise to God,
bright stars offer praise to God,
highest heavens and waters above, offer praise to God;
may all praise the name ADONAI.
For God commanded they be born,
set them in their places forever,
and fixed the boundaries they never cross.

On earth, offer praise to ADONAI:
sea monsters and ocean's deep,
lightning and hail, snow and sandstorms,
raging winds obeying God's command,
hills and high mountains,
fruit trees and evergreens,
beasts and every kind of cattle,
crawling things and winged birds,
sovereigns of the world and their peoples,
powerful princes and judges in the land,
innocent and adolescent boys and girls,
elders and youths,
offer up praise to the name ADONAI,
for God's name alone is to be exalted,
whose splendor extends over heaven and earth.

► May God raise the horn of our people
in praise of the faithful,
the children of Israel,
beloved of the Divine.
Praise God, *halleluyah!*

Psalm 148

הַלְלוּיָהּ.
הַלְלוּ אֶת־יהוה מִן הַשָּׁמַיִם, הַלְלוּהוּ בַּמְּרוֹמִים.
הַלְלוּהוּ כָּל־מַלְאָכָיו, הַלְלוּהוּ כָּל־צְבָאָיו,
הַלְלוּהוּ שֶׁמֶשׁ וְיָרֵחַ, הַלְלוּהוּ כָּל־כּוֹכְבֵי אוֹר,
הַלְלוּהוּ שְׁמֵי הַשָּׁמָיִם, וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמָיִם.
יְהַלְלוּ אֶת־שֵׁם יהוה, כִּי הוּא צִוָּה וְנִבְרָאוּ,
וַיַּעֲמִידֵם לָעַד לְעוֹלָם, חָק־נָתַן וְלֹא יַעֲבוֹר.

הַלְלוּ אֶת־יהוה מִן הָאָרֶץ, תַּנִּינִים וְכָל־תְּהֹמוֹת.
אֵשׁ וּבָרָד שֶׁלֶג וְקִיטוֹר, רוּחַ סְעָרָה עֹשָׂה דְבָרוֹ.
הֶהָרִים וְכָל־גְּבָעוֹת, עֵץ פְּרִי וְכָל־אֲרָזִים.
הַחַיָּה וְכָל־בְּהֵמָה, רֶמֶשׂ וְצִפּוֹר כָּנָף.
מַלְכֵי אֶרֶץ וְכָל־לְאֻמִּים, שָׂרִים וְכָל־שֹׁפְטֵי אָרֶץ.
בַּחוּרִים וְגַם בְּתוּלוֹת, זְקֵנִים עִם נְעָרִים.
יְהַלְלוּ אֶת־שֵׁם יהוה, כִּי נִשְׂגָּב שְׁמוֹ לְבַדּוֹ,
הוֹדוֹ עַל אֶרֶץ וְשָׁמָיִם.

◄ וַיָּרֶם קֶרֶן לְעַמּוֹ תְּהִלָּה לְכָל־חֲסִידָיו,
לִבְנֵי יִשְׂרָאֵל עַם קְרֹבוֹ, הַלְלוּיָהּ.

תהלים קמח

PSALM 148. As we approach the conclusion of the Book of Psalms and of the morning recitation of songs of praise, the rhythmic intensity increases. The key word *halleluyah*, "praise Yah," or some other form of the root *h-l-l*, "praise," appears twelve times in this psalm. Using short, rhythmic, staccato phrases, the psalmist calls upon all creatures and all parts of the universe to join in praise of the creator. The psalm is divided into two parts, which describe the fullness of praise offered in heaven and on earth. In the first part, the heavens and all that they contain are called upon to offer praise; then the earth and all its creatures are enjoined to do likewise. The psalm draws to a close with the entire human family praising God, and then ends with God's praise of the people Israel.

FIXED THE BOUNDARIES THEY NEVER CROSS חָק־נָתַן וְלֹא יַעֲבוֹר. In this image, each sphere of heaven occupies a different level. Stars, for instance, can move within their own sphere but not above or below, lest they collide with other heavenly objects.

SANDSTORMS קִיטוֹר. The Hebrew word describes a smokelike plume rising from earth to the sky, and the context implies some condition related to weather, though the specific referent is an educated guess.

EVERGREENS אֲרָזִים. Literally "cedars," the most sturdy evergreen in the Middle East. The contrast is critical here: fruit trees are seasonal but their produce is significant, while cedars are evergreens but produce no fruit. The idea of totality is expressed through a series of contrasts: wild and domesticated animals, rulers and subjects, young and old.

BELOVED OF THE DIVINE עַם קְרֹבוֹ. More literally, "those who are close to the Divine."

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Other Peoples

To be a holy nation meant, in the first place, to be separated from the pollution of the nations. In biblical terms this pollution consisted of idolatry and its concomitant moral corruption—the two being indissolubly bound in biblical thought. [But equally,] the kinship of all people as the descendants of one father and the creatures of one Creator impressed itself upon the Hebrew imagination. How can I ignore the rightful claim of my servant, cries Job, "Did not he who made me in the belly make him? Did not One fashion us both in the womb?" (Job 31:15). This passage so worked upon the Palestinian sage, Rabbi Yoḥanan, that "Whatever food he partook of he shared with his servant" (Talmud of the Land of Israel, Ketubot 5:5).

The myth of one mankind under one God in primeval times—from Adam to the Tower-builders—pressed for a complementary vision of a reunited mankind under God at the end of time. The author of that vision was the prophet Isaiah [and that vision was taken up by the later prophets]. The promise of a glorious denouement to human history, in which Israel's faith and steadfastness to its covenant would be vindicated and all men would join hands with it in subservience to their common Creator, were a beacon of hope in the vale of gloom and tears through which Israel walked for centuries.

—MOSHE GREENBERG

Double-Edged Sword

What is the double-edged sword the people Israel were given? This is the Torah—both the Written Torah and the Oral Torah. And what battles do they fight? These are the arguments over the meaning of Torah: how should we act? how should we exercise judgment?

—NUMBERS RABBAH

Halleluyah! Praise God.
Sing to Adonai a new song,
praise God amidst the congregation of the faithful.
Let Israel rejoice with its maker,
the children of Zion celebrate their sovereign.
Let them praise God's name in dance
and sing to God with timbrel and lyre.
For Adonai loves this people,
and will crown the humbled with deliverance.
Honored, the faithful shall rejoice,
exulting as they recline upon their couches.

With high praise of God on their lips
and a double-edged sword in their hands,
they shall exact retribution of the nations,
chastising the peoples of the world,
▸ locking their rulers in cuffs,
their princes in iron chains,
to carry out the decrees of justice.
Then shall all the faithful be glorified!
Praise God, *halleluyah!*

Psalm 149

הַלְלוּיָהּ.
שִׁירוּ לַיהוה שִׁיר חָדָשׁ, תְּהִלָּתוֹ בִּקְהַל חֲסִידִים.
יִשְׂמַח יִשְׂרָאֵל בְּעֹשָׂיו, בְּנֵי צִיּוֹן יָגִילוּ בְמַלְכָּם.
יְהַלְלוּ שְׁמוֹ בְמָחוֹל, בְּתֹף וְכִנּוֹר יְזַמְּרוּ לוֹ.
כִּי רוֹצֶה יהוה בְּעַמּוֹ, יְפָאֵר עֲנָוִים בִּישׁוּעָה.
יַעְלְזוּ חֲסִידִים בְּכָבוֹד, יְרַנְּנוּ עַל מִשְׁכְּבוֹתָם.
רוֹמְמוֹת אֵל בִּגְרוֹנָם, וְחֶרֶב פִּיפִיּוֹת בְּיָדָם.
לַעֲשׂוֹת נָקָמָה בַּגּוֹיִם, תּוֹכֵחוֹת בַּלְאֻמִּים.
◂ לֶאְסֹר מַלְכֵיהֶם בְּזִקִים וְנִכְבְּדֵיהֶם בְּכַבְלֵי בַרְזֶל.
לַעֲשׂוֹת בָּהֶם מִשְׁפָּט כָּתוּב, הָדָר הוּא לְכָל־חֲסִידָיו.
הַלְלוּיָהּ.

תהלים קמט

PSALM 149. This psalm helps build toward the exultant crescendo of the final psalm. The first half of the poem is replete with synonyms for song and rejoicing. Then the poet enunciates a vision of an endtime when justice is executed and corruption is repaid with the appropriate punishment. Israel, the symbol of the oppressed, will wage this war for justice.

IN DANCE בְּמָחוֹל. The accompaniment of instrumental music and dance represents the height of joyful expression. Famously, King David danced—leaping and whirling—before the ark as it was brought to Jerusalem.

AS THEY RECLINE עַל מִשְׁכְּבוֹתָם. Festive meals were celebrated with the participants lounging on couches.

A DOUBLE-EDGED SWORD IN THEIR HANDS וְחֶרֶב פִּיפִיּוֹת בְּיָדָם. The image of vengeance invoked in this psalm might be explained by its next-to-last line, where the poet evokes the promise of justice. Oppression is a product of injustice that must be fought.

LOCKING THEIR RULERS לֶאְסֹר מַלְכֵיהֶם. The midrash points out that it is the rulers of these nations who are to be punished, but not the peoples—because it is the rulers who have led these people astray (Midrash on Psalms).

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Psalm 150: An Interpretive Translation

Praise God in the depths
of the universe;
praise God in the human
heart.
Praise God's power and
beauty,
for God's all-feeling,
fathomless love.
Praise God with drums and
trumpets,
with string quartets and
guitars.
Praise God in market and
workplace,
with computer, with ham-
mer and nails.
Praise God in bedroom
and kitchen;
praise God with pots and
pans.
Praise God in the temple
of the present;
let every breath be God's
praise.

—STEPHEN MITCHELL

HALLELUYAH! Praise God.
Praise God in the sanctuary.
Praise God in the heavens, the seat of God's power.
Praise God at the triumph of the Divine.
Praise God in accord with the greatness of God.
Praise God with the call of the shofar.
Praise God with the harp and the lyre.
Praise God with timbrel and dance.
Praise God with flute and strings.
Praise God with crashing cymbals.
Praise God with rousing cymbals.
► Let every breath be praise of God;
halleluyah, praise God.
Let every breath be praise of God;
praise God, *halleluyah!*

Hal'luyah.
Hal'lu El b'kodsho, hal'luhu birkia uzo.
Hal'luhu vi-g'vurotav, hal'luhu k'rov gudlo.
Hal'luhu b'teika shofar, hal'luhu b'nevel v'khinor.
Hal'luhu b'tof u-maḥol, hal'luhu b'minim v'ugav.
Hal'luhu v'tziltz'lei shama, hal'luhu b'tziltz'lei t'ruah.
Kol ha-n'shamah t'hallel yah, hal'luyah.
Kol ha-n'shamah t'hallel yah, hal'luyah.

Psalm 150

CONCLUSION OF THE SELECTION OF PSALMS

Bless ADONAI, always, amen and amen.
From Zion, bless ADONAI who dwells in Jerusalem;
praise God, *halleluyah*.
Bless ADONAI, the God of Israel,
who alone does wondrous things.
► Blessed be God's glorious name, always;
and may God's glory encompass the entire world.
Amen and amen.

Some congregations continue with Nishmat, page 145.

הַלְלוּיָהּ,
הַלְלוּ אֵל בְּקָדְשׁוֹ, הַלְלוּהוּ בִּרְקִיעַ עֻזּוֹ.
הַלְלוּהוּ בִגְבוּרֹתָיו, הַלְלוּהוּ כְּרֹב גֻּדְלוֹ.
הַלְלוּהוּ בְּתֵקַע שׁוֹפָר, הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.
הַלְלוּהוּ בְּתֹף וּמָחוֹל, הַלְלוּהוּ בְּמִנִּים וְעֻגָב.
הַלְלוּהוּ בְצִלְצְלֵי שָׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
◄ כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּיָהּ.
כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ, הַלְלוּיָהּ.

תהלים קנ

בָּרוּךְ יהוה לְעוֹלָם, אָמֵן וְאָמֵן.
בָּרוּךְ יהוה מִצִּיּוֹן, שֹׁכֵן יְרוּשָׁלָיִם, הַלְלוּיָהּ.
בָּרוּךְ יהוה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל, עֹשֵׂה נִפְלָאוֹת לְבַדּוֹ.
◄ וּבָרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם,
וְיִמָּלֵא כְבוֹדוֹ אֶת־כָּל הָאָרֶץ,
אָמֵן וְאָמֵן.

Some congregations continue with נִשְׁמַת, page 145.

PSALM 150. This psalm brings the Book of Psalms to an exultant close. The Book of Psalms begins with the praise of the single righteous individual, "Blessed is the one who does not walk in the way of the wicked" (Psalm 1:1), and concludes with every living being praising God.

BLESS ADONAI, ALWAYS בָּרוּךְ יהוה לְעוֹלָם. The Book of Psalms is composed of five smaller "books"; each of the first four conclude with a blessing. Two of those blessings, Psalms 89:53 and 72:18–19, are quoted here, to conclude the morning recitation of the Davidic psalms. Between these two, another verse (Psalm 135:21) is added, specifying that Adonai is the God of Israel—much like a letter's address on an envelope. The selected verses all begin with the word *barukh*, "blessed." Thus, just as we began P'sukei D'zimra with a multiple repetition of "blessed" in Barukh She-amar (page 122), so too, here, we repeat that word with multiple verses. The oldest versions of P'sukei D'zimra ended here, and so the opening and closing verses of this paragraph form a conclusion by repeating the affirmative response, "Amen."

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It is customary to stand through the bottom of page 144.

DAVID'S FINAL PRAYER

David praised ADONAI in the presence of all the assembled, saying: From the beginning of time to the end of time, blessed are You ADONAI, God of our ancestor Israel. Yours, ADONAI, is the greatness, the strength and the glory, the triumph and the splendor—for everything in heaven and on earth is Yours. Sovereignty is Yours; You are raised up above all. Wealth and honor come from You; You rule over all. In Your hands are strength and deliverance; it is in Your power to give strength to all and to make everything flourish. Now we thank You, our God, and celebrate Your glorious name.

1 Chronicles 29:10–13

YOU, ADONAI alone, are the God who formed the sky, the heavens above and all their hosts, the earth and everything upon it, the seas and all within them. You grant existence to everything; even the hosts of heaven need bow to You.

You, ADONAI, are God; it was You who chose Abram, took him out of Ur of the Chaldees, changed his name to Abraham, and found him faithful.

You made a covenant with him, giving him the land of the Canaanites, the Hittites, the Amorites, the Perizites, the Jebusites, and the Girgashites, to pass on to his descendants. You kept Your word, for You are righteous. You saw the suffering of our ancestors in Egypt and heard their cry at the Sea of Reeds. You confronted Pharaoh, his court, and the entire Egyptian nation with signs and wonders—for You knew how they had oppressed Your people, and in this way You are known to this day. ▸ You split the sea before our ancestors: they crossed on dry land, but their pursuers sank in the deep like stones in a raging sea.

Nehemiah 9:6–11

It is customary to stand through the bottom of page 144.

וַיְבָרֶךְ דָּוִיד אֶת־יהוה לְעֵינֵי כָל־הַקָּהָל וַיֹּאמֶר דָּוִיד:
בָּרוּךְ אַתָּה יהוה אֱלֹהֵי יִשְׂרָאֵל אָבִינוּ, מֵעוֹלָם וְעַד
עוֹלָם. לְךָ יהוה הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתִּפְאֶרֶת וְהַנֵּצַח
וְהַהוֹד, כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ, לְךָ יהוה הַמַּמְלָכָה
וְהַמִּתְנַשֵּׂא לְכֹל לְרֹאשׁ. וְהָעֹשֶׁר וְהַכָּבוֹד מִלְּפָנֶיךָ,
וְאַתָּה מוֹשֵׁל בַּכֹּל, וּבְיָדְךָ כֹּחַ וּגְבוּרָה, וּבְיָדְךָ לְגַדֵּל
וּלְחַזֵּק לַכֹּל. וְעַתָּה אֱלֹהֵינוּ מוֹדִים אֲנַחְנוּ לָךְ,
וּמְהַלְלִים לְשֵׁם תִּפְאַרְתֶּךָ.

דברי הימים א, כט:י-יג

אַתָּה הוּא יהוה לְבַדֶּךָ, אַתָּה עָשִׂיתָ אֶת־הַשָּׁמַיִם,
שְׁמֵי הַשָּׁמַיִם וְכָל־צְבָאָם, הָאָרֶץ וְכָל־אֲשֶׁר עָלֶיהָ,
הַיַּמִּים וְכָל־אֲשֶׁר בָּהֶם, וְאַתָּה מְחַיֶּה אֶת־כֻּלָּם,
וּצְבָא הַשָּׁמַיִם לְךָ מִשְׁתַּחֲוִים. ◂ אַתָּה הוּא יהוה
הָאֱלֹהִים אֲשֶׁר בָּחַרְתָּ בְּאַבְרָם, וְהוֹצֵאתוֹ מֵאוּר כַּשְׂדִּים,
וְשַׂמְתָּ שְׁמוֹ אַבְרָהָם, וּמָצָאתָ אֶת־לְבָבוֹ נֶאֱמָן לְפָנֶיךָ.

וְכָרוֹת עִמּוֹ הַבְּרִית לָתֵת אֶת־אֶרֶץ הַכְּנַעֲנִי הַחִתִּי הָאֱמֹרִי
וְהַפְּרִזִּי וְהַיְבוּסִי וְהַגִּרְגָּשִׁי לָתֵת לְזַרְעוֹ, וַתָּקֶם אֶת־דְּבָרֶיךָ
כִּי צַדִּיק אָתָּה. וַתֵּרֶא אֶת־עֳנִי אֲבֹתֵינוּ בְּמִצְרָיִם,
וְאֶת־זַעֲקָתָם שָׁמַעְתָּ עַל יַם סוּף. וַתִּתֵּן אֹתֹת
וּמֹפְתִים בְּפַרְעֹה, וּבְכָל־עֲבָדָיו וּבְכָל־עַם אַרְצוֹ,
כִּי יָדַעְתָּ כִּי הֵזִידוּ עֲלֵיהֶם, וַתַּעַשׂ לְךָ שֵׁם כְּהַיּוֹם הַזֶּה.
◂ וְהַיָּם בָּקַעְתָּ לִפְנֵיהֶם וַיַּעַבְרוּ בְתוֹךְ הַיָּם בַּיַּבָּשָׁה,
וְאֶת־רֹדְפֵיהֶם הִשְׁלַכְתָּ בִּמְצוֹלֹת, כְּמוֹ אֶבֶן בְּמַיִם עַזִּים.

נחמיה ט:ו-יא

DAVID'S FINAL PRAYER. Originally, P'sukei D'zimra consisted only of selections from the Book of Psalms; later, a series of biblical prayers, beginning here and culminating with the Song at the Sea, was added. In these additions we re-experience our collective history: Abram's leaving his home and setting out for an unknown destination, the exodus from Egypt, and the nation's arrival in the promised land.

DAVID PRAISED וַיְבָרֶךְ דָּוִיד. This passage from 1 Chronicles forms part of David's last speech—his will and testament—as he hands his kingdom over to his son Solomon. Having just read selections from the psalms of David, we begin the closing section of P'sukei D'zimra, Verses of Song, with David's own concluding words.

BLESSED ARE YOU ADONAI בָּרוּךְ אַתָּה יהוה. This is one of only two times that this phrase, which became the formula for all Jewish *b'rakhot*, is found in the Bible. (The other is Psalm 119:12.)

WE THANK YOU מוֹדִים אֲנַחְנוּ לָךְ. These became the first words of the second-to-last *b'rakhah* of the Amidah, in which we thank God for the gifts of life.

YOU, ADONAI ALONE אַתָּה הוּא יהוה לְבַדֶּךָ. This prayer was recited in the Second Temple when the people, returning from exile, rededicated themselves under the guidance of Ezra and Nehemiah. With its recitation, each morning's prayer is an act of rededication.

CHANGED HIS NAME וְשַׂמְתָּ שְׁמוֹ. In Genesis 17:5, Abram's name is changed to Abraham, meaning the "father of many nations," as a sign of God's promise that Sarah will bear a child, Isaac. The original name "Abram" may mean "the father [meaning Torah] is exalted." A name change in the ancient world represented a change in status. (*E. A. Speiser*)

THE CANAANITES הַכְּנַעֲנִי. Listed here are six of the seven biblical nations that occupied the Land of Israel before the Israelite settlement.

From Individual to Community

Awakening to a new day, we began by reciting *modeh/modah ani*, "I thank You," in the singular. Now, at the conclusion of P'sukei D'zimra, our collective awareness and connection to each other has been truly "awakened" and so we can say *modim anaḥnu lakh*, "we thank You," in the plural. We are thus ready for the formal call to prayer, Bar'khu (page 149), to which we respond as a community.

Changed His Name to Abraham

According to the Babylonian Talmud (Berakhkot 13a), Abraham's name was changed because "in the beginning, he was a leader of Aram [i.e., av ram], and at the end, he was a leader of the whole world [avraham = av hamon, father of multitudes, Genesis 17:5]." The ancient rabbis taught that except when directly quoting Scripture, it is expressly forbidden to refer to Abraham by his former name.

This is the import of God's directive to change "Abram," which signifies leadership of the single nation of Aram, to "Abraham," father of a multitude of nations. God was saying to Abraham, "I have raised you beyond this norm of nationalism, which is but a convention and not true justice. Your heart should not be devoted exclusively to the benefit of Aram, but rather seek the peace of all God's creations. Seek out the well-being of all." Thus, "one who calls Abraham, 'Abram,' transgresses." By doing so, one causes Israel to regress to a state of nationalism, which is no more than a collective form of egoism, and thus a transgression.

—ABRAHAM ISAAC KOOK

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I Will Sing

Sometimes we sing to ourselves—no one else hears the sound, yet our minds are singing.
Sometimes we sing—our vocal chords voice a tune, and all can hear it and recognize it.
And sometimes we sing and every cell of our bodies contains the song. Such songs transform both the singer and the listener.
That is the way that the people Israel sang as they were saved, in crossing the Sea.

—NETIVOT SHALOM

Moses and the People Israel Sang

Tradition understood Moses and the Israelites to have sung this song as call and response (antiphonal singing)—Moses would sing, and the people would respond. In some communities to this day, the verses are sung antiphonally. Call and response demands both inward and outward participation. We first participate inwardly, listening to the leader's voice as it interprets the words. We then respond outwardly, assenting to and building on what we've heard. But even as we raise our voices in song, we continue to listen, to hear the voices around us, so that our communal response is harmonious and the sound of the song is full. We hear and are heard, careful not to overwhelm one another, ensuring that even the smallest voice is not drowned out. As the leader evokes our song, so too do each of us affirm and amplify each other's voice.

—MICHAEL BOINO

On that day ADONAI saved the people Israel from the hands of the Egyptians, and Israel saw the Egyptians lying dead on the shore of the sea. ▶When Israel saw the mighty arm that ADONAI had wielded against the Egyptians, the people revered ADONAI and had faith in ADONAI and in Moses, God's servant.

Exodus 14:30–31

THE SONG AT THE SEA

Then Moses and the people Israel sang this song to ADONAI:

I will sing to ADONAI, who has triumphed gloriously,
who cast horse and rider into the sea.
ADONAI is my strength and my might; God is my deliverance.
This is my God, to whom I give glory—
the God of my ancestors, whom I exalt.

ADONAI is a warrior; God's name is ADONAI.
God has cast Pharaoh's chariots and army into the sea;
Pharaoh's choicest captains have drowned in the Sea of Reeds.
The depths covered them; they sank in the deep like a stone.

Your right hand, ADONAI, singular in strength—
Your right hand, ADONAI, shatters the enemy.
With Your majestic might You crush Your foes;
You let loose Your fury, to consume them like straw.
In the rush of Your rage the waters were raised;
the sea stood motionless, the great deep congealed.
The enemy said: "I will pursue, I will capture and plunder!
I will devour them, I will draw my sword.
With my bare hands will I dispatch them."
You loosed the wind—the sea covered them.
Like lead, they sank in the swelling waters.

Who is like You, ADONAI, among the mighty?
Who is like You, majestic in holiness,
awe-inspiring in splendor, working wonders?
You stretched out Your hand—the earth swallowed them.
In Your love You lead the people You redeemed;
with Your strength You guide them to Your holy habitation.

continued

וַיּוֹשַׁע יהוה בַּיּוֹם הַהוּא אֶת־יִשְׂרָאֵל מִיַּד מִצְרָיִם וַיַּרְא
יִשְׂרָאֵל אֶת־מִצְרַיִם מֵת עַל־שְׂפַת הַיָּם: ◂ וַיַּרְא יִשְׂרָאֵל
אֶת־הַיָּד הַגְּדֹלָה אֲשֶׁר עָשָׂה יהוה בְּמִצְרַיִם וַיִּירְאוּ הָעָם
אֶת־יהוה וַיַּאֲמִינוּ בַּיהוה וּבְמֹשֶׁה עַבְדּוֹ:

שמות יד:ל-לא

אָז יָשִׁיר־מֹשֶׁה וּבְנֵי יִשְׂרָאֵל אֶת־הַשִּׁירָה הַזֹּאת לַיהוה וַיֹּאמְרוּ
לֵאמֹר אָשִׁירָה לַיהוה כִּי־גָאֹה גָּאָה סוּס
וְרֹכְבוֹ רָמָה בַיָּם: עָזִּי וְזִמְרָת יָהּ וַיְהִי־לִי
לִישׁוּעָה זֶה אֵלִי וְאַנְוֵהוּ אֱלֹהֵי
אָבִי וַאֲרֹמְמֶנְהוּ: יהוה אִישׁ מִלְחָמָה יהוה
שְׁמוֹ: מַרְכְּבֹת פַּרְעֹה וְחֵילוֹ יָרָה בַיָּם וּמִבְחַר
שָׁלִשָׁיו טֻבְּעוּ בְיַם־סוּף: תְּהֹמֹת יְכַסְיֻמוּ יָרְדוּ בִמְצוֹלֹת כְּמוֹ־
אָבֶן: יְמִינְךָ יהוה נֶאְדָּרִי בַכֹּחַ יְמִינְךָ
יהוה תִּרְעַץ אוֹיֵב: וּבְרֹב גְּאוֹנְךָ תַּהֲרֹס
קָמֶיךָ תְּשַׁלַּח חֲרֹנְךָ יֹאכְלֵמוֹ כַּקַּשׁ: וּבְרוּחַ
אַפֶּיךָ נֶעֶרְמוּ מַיִם נִצְּבוּ כְמוֹ־נֵד
נוֹזְלִים קָפְאוּ תְהֹמֹת בְּלֶב־יָם: אָמַר
אוֹיֵב אֶרְדֹּף אַשִּׂיג אַחֲלֵק שָׁלָל תִּמְלָאֵמוֹ
נַפְשִׁי אָרִיק חַרְבִּי תּוֹרִישֵׁמוֹ יָדִי: נָשַׁפְתָּ
בְרוּחֲךָ כִּסָּמוֹ יָם צָלְלוּ כַּעוֹפֶרֶת בְּמַיִם
אַדִּירִים: מִי־כָמֹכָה בָּאֵלִם יהוה מִי
כָּמֹכָה נֶאְדָּר בַּקֹּדֶשׁ נורָא תְהִלֹּת עֹשֵׂה
פֶלֶא: נָטִיתָ יְמִינְךָ תִּבְלָעֵמוֹ אָרֶץ: נָחִיתָ
בְחַסְדְּךָ עַם־זוּ גָּאָלְתָּ נֵהַלְתָּ בְעָזְּךָ אֶל־נְוֵה

continued

ON THAT DAY ADONAI SAVED וַיּוֹשַׁע. In Exodus, these verses form the introduction to the Song at the Sea and so they are quoted here.

THE SONG AT THE SEA שִׁירַת הַיָּם. The recitation of the Song at the Sea is a later addition to P'sukei D'zimra and is not found in 1st-millennium orders of prayer, which included only psalms. The experience of the long exile may have created the need to include this triumphant song in each morning's service. The midrash associates this song with the final redemption and interprets its first word, *az* ("then"), as Moses' prophetic pronouncement that it would be sung in the future—since the verb *yashir*, understood in rabbinic Hebrew as "sang," is actually a future tense (Mekhilta, *Shirata* 1).

THIS IS MY GOD זֶה אֵלִי. Rabbinic tradition saw in the miracle of the Sea a moment of divine manifestation greater than either the exodus itself or even the revelation at Sinai. "Even a maidservant at the Sea saw God more clearly than the greatest of the prophets!" (Mekhilta, *Shirata* 3).

ADONAI IS A WARRIOR; GOD'S NAME IS ADONAI יהוה אִישׁ מִלְחָמָה יהוה שְׁמוֹ. The entire poem emphasizes God's role as warrior, triumphing over Israel's enemies. On the phrase "God's name is Adonai," the ancient rabbis remarked that God appears in many different guises: here as a warrior, elsewhere as a sage. No matter how varied God's manifestations, "God's name is Adonai"—the one God is always the same (Mekhilta, *Shirata* 4). The deliverer from oppression, the warrior who fights injustice, is the God of compassion.

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Nations hear and quake;
panic grips the dwellers of Philistia.
Edom's chieftains are seized with terror,
trembling grips the mighty of Moab,
all the citizens of Canaan are dismayed,
dread and fear descend upon them.
Your overwhelming power makes them silent as stone,
while Your people, ADONAI—the people
whom You have redeemed—pass through peacefully.
Lead them and bring them to Your lofty mountain;
the abode You fashioned, ADONAI,
the sanctuary Your hands established.
ADONAI shall reign forever and ever.

Exodus 15:1–18

Some congregations include this passage:

Then Miriam the prophet, Aaron's sister, took a timbrel in her hand and went out, followed by all the women, with timbrels and dance. And Miriam led them in response: "Sing to ADONAI who has triumphed gloriously, who cast horse and rider into the sea."

Exodus 15:20–21

Dancing with Timbrels

The righteous women of that generation had faith that the blessed Holy One would perform miracles for them, so they brought timbrels with them from Egypt, to be able to sing and dance at such a moment.

—RASHI

► For sovereignty belongs to ADONAI, who rules the nations. Deliverers shall rise on Mount Zion to judge the mountain of Esau, and dominion shall belong to ADONAI. ADONAI shall be sovereign over all the earth. On that day ADONAI shall be one, and the name of God, one.

קָדְשֶׁךָ׃ שָׁמְעוּ עַמִּים יִרְגָּזוּן חִיל
אָחַז יֹשְׁבֵי פְלָשֶׁת׃ אָז נִבְהֲלוּ אַלּוּפֵי
אֱדוֹם אֵילֵי מוֹאָב יֹאחֲזֵמוֹ רָעַד נָמֹגוּ
כֹּל יֹשְׁבֵי כְנָעַן׃ תִּפֹּל עֲלֵיהֶם אֵימָתָה
וָפַחַד בִּגְדֹל זְרוֹעֲךָ יִדְּמוּ כָּאָבֶן עַד־
יַעֲבֹר עַמְּךָ יְהוָה עַד־יַעֲבֹר עַם־זוּ
קָנִיתָ׃ תְּבִאֵמוֹ וְתִטָּעֵמוֹ בְּהַר נַחֲלָתְךָ מָכוֹן
לְשִׁבְתְּךָ פָּעַלְתָּ יְהוָה מִקְדָּשׁ אֲדֹנָי כּוֹנְנוּ
יָדֶיךָ׃ יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד׃

שמות טו:א-יח

Some congregations include this passage:

וַתִּקַּח מִרְיָם הַנְּבִיאָה אֲחוֹת אַהֲרֹן אֶת־הַתֹּף בְּיָדָהּ
וַתֵּצֶאן כָּל־הַנָּשִׁים אַחֲרֶיהָ בְּתֻפִּים וּבְמְחֹלֹת׃ וַתַּעַן לָהֶם
מִרְיָם שֵׁירוּ לַיהוָה כִּי־גָאֹה גָּאָה סוּס וְרֹכְבוֹ רָמָה בַיָּם׃

שמות טו:כ-כא

► כִּי לַיהוה הַמְּלוּכָה וּמֹשֵׁל בַּגּוֹיִם. וְעָלוּ מוֹשִׁעִים בְּהַר צִיּוֹן
לִשְׁפֹּט אֶת־הַר עֵשָׂו, וְהָיְתָה לַיהוה הַמְּלוּכָה.
וְהָיָה יהוה לְמֶלֶךְ עַל כָּל־הָאָרֶץ,
בַּיּוֹם הַהוּא יִהְיֶה יהוה אֶחָד וּשְׁמוֹ אֶחָד.

THEN MIRIAM THE PROPHET וַתִּקַּח מִרְיָם. In the Torah, this passage immediately follows the Song at the Sea, emphasizing that all of Israel—men and women—celebrated together. That sense of inclusiveness is a fitting introduction to the following passage, Nishmat Kol Ḥai, "the breath of every living being," which follows on the next page. Rashi (1040–1105, northern France), interpreting the Mekhilta (the 2nd-century commentary on Exodus), pictures Moses reciting the Song and the men repeating after him, and then Miriam reciting the Song and the women repeating after her. In commenting on Exodus 15:1, Midrash Sekhel Tov (12th century, Italy?) imagines Miriam reciting the first half of each verse and the women completing the verse. Philo (1st century C.E., Egypt) comments that the men and women, under the influence of divine inspiration, became a chorus singing hymns of thanksgiving to God—together with Moses "the prophet" leading the men, and Miriam "the prophet" leading the women. He may be reflecting the prayer practice of the Jewish community of 1st-century Egypt.

FOR SOVEREIGNTY BELONGS TO ADONAI כִּי לַיהוה הַמְּלוּכָה. Psalm 22:29. The biblical selections of P'sukei D'zimra conclude by framing the powerful climax of the Song at the Sea with verses from Psalms and the Prophets that emphasize God's sovereignty—and the universal recognition of God that will mark the end of days.

TO JUDGE THE MOUNTAIN OF ESAU לִשְׁפֹּט אֶת־הַר עֵשָׂו. Obadiah 1:21. The mountain referred to is perhaps Palmyra—the red rock, home of the "red" Esau (Genesis 25:25). Throughout Jewish history, oppressors were identified with Esau. Thus in ancient times, Rome was midrashically referred to as Esau, and in modern times Jews talked about their German oppressors using that name—throughout history, a safe way to reference a tyrannical regime. Obadiah, quoted here, predicted that though Israel and Judah were bent low in his time, redemption would come soon. Thus the victory described in the Song at the Sea is connected and turned into a vision of ever-renewed deliverance of the people Israel.

AND THE NAME OF GOD, ONE וּשְׁמוֹ אֶחָד. Zechariah 14:9. The Aleinu prayer also ends with this verse, representing a wish for universal justice and peace. In that time, religious ideals will be not only a hope and a dream but also an experienced reality. The exodus from Egypt and the Egyptians' defeat foreshadows this future time.

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NISHMAT: THE SOUL OF ALL THAT LIVES

The soul of all that lives praises Your name, ADONAI our God;
the spirit of all flesh exalts You, our sovereign, always.
From the very beginning to the very end of time, You are God.
Beside You, we have no sovereign
who redeems and liberates us, rescues and saves us,
shows us kindness and sustains us in every moment of anguish and distress;
we have no sovereign but You:
God of all ages, God of all creatures,
master of all generations,
extolled in endless praise,
who guides the world with love
and its creatures with compassion.
ADONAI neither slumbers nor sleeps,
but wakes those who sleep,
rouses those who slumber,
gives voice to those who cannot speak,
frees those who are bound up,
supports those who fall,
straightens those who are bent over.
It is You alone whom we thank.
Were our mouths filled with song as the sea,
our tongues to sing endlessly like countless waves,
our lips to offer limitless praise like the sky,
our eyes to shine like the sun and the moon,
our arms to spread heavenward like eagles' wings,
and our feet swift as deer,
we would still be unable to fully express our gratitude to You,
ADONAI our God and God of our ancestors,
or to praise Your name for even one of the myriad moments
of kindness with which You have blessed our ancestors and us.

continued

נִשְׁמַת כָּל־חַי תְּבָרֵךְ אֶת־שִׁמְךָ, יהוה אֱלֹהֵינוּ.
וְרוּחַ כָּל־בָּשָׂר תְּפָאֵר וּתְרוֹמֵם זִכְרְךָ, מַלְכֵּנוּ, תָּמִיד.
מִן הָעוֹלָם וְעַד הָעוֹלָם אַתָּה אֵל,
וּמִבַּלְעָדֶיךָ אֵין לָנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ,
פּוֹדֶה וּמַצִּיל, וּמְפַרְנֵס וּמְרַחֵם בְּכָל־עֵת צָרָה וְצוּקָה.
אֵין לָנוּ מֶלֶךְ אֶלָּא אָתָּה.
אֱלֹהֵי הָרִאשׁוֹנִים וְהָאַחֲרוֹנִים,
אֱלוֹהַּ כָּל־בְּרִיּוֹת,
אֲדוֹן כָּל־תּוֹלָדוֹת,
הַמְהֻלָּל בְּרֹב הַתִּשְׁבָּחוֹת,
הַמְנַהֵג עוֹלָמוֹ בְּחֶסֶד, וּבְרִיּוֹתָיו בְּרַחֲמִים.
וַיהוה לֹא יָנוּם וְלֹא יִישָׁן,
הַמְעוֹרֵר יְשֵׁנִים,
וְהַמֵּקִיץ נִרְדָּמִים,
וְהַמֵּשִׂיחַ אִלְּמִים,
וְהַמַּתִּיר אֲסוּרִים,
וְהַסּוֹמֵךְ נוֹפְלִים,
וְהַזּוֹקֵף כְּפוּפִים.
לְךָ לְבַדְּךָ אֲנַחְנוּ מוֹדִים.

אִלּוּ פִינוּ מָלֵא שִׁירָה כַּיָּם,
וּלְשׁוֹנֵנוּ רִנָּה כַּהֲמוֹן גַּלָּיו,
וְשִׂפְתוֹתֵינוּ שֶׁבַח כְּמֶרְחֲבֵי רָקִיעַ,
וְעֵינֵינוּ מְאִירוֹת כַּשֶּׁמֶשׁ וְכַיָּרֵחַ,
וְיָדֵינוּ פְרוּשׂוֹת כְּנִשְׁרֵי שָׁמָיִם,
וְרַגְלֵינוּ קַלּוֹת כָּאַיָּלוֹת,
אֵין אֲנַחְנוּ מַסְפִּיקִים לְהוֹדוֹת לְךָ, יהוה אֱלֹהֵינוּ וֵאלֹהֵי
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], וּלְבָרֵךְ אֶת־שְׁמֶךָ עַל אַחַת מֵאֶלֶף
אַלְפֵי אֲלָפִים וְרִבֵּי רְבָבוֹת פְּעָמִים הַטּוֹבוֹת שֶׁעָשִׂיתָ עִם
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ] וְעִמָּנוּ.

continued

NISHMAT. Nishmat is a fitting conclusion to the psalms and biblical verses that we have just recited, as well as an introduction to the *b'rakhot* that we are about to recite. The last psalm we recited, Psalm 150, ends with the line "Let every breath be praise of God," a thought that is then taken up directly in the opening line of this prayer, "the soul (*n'shamah*, literally 'breath') of all that lives praises Your name."

Following on the heels of the recitation of the Song at the Sea, Nishmat speaks of God's rescue of the people Israel from slavery in Egypt. Equally, Nishmat looks forward to the prayers that we are about to recite: in speaking of worshipping God with all of one's body and all of one's soul, it anticipates the Sh'ma, which talks of worshipping God with one's total being, and in its conclusion Nishmat includes language found in the first blessing of the Amidah.

Nishmat repeatedly moves from prose statements to rhythmic poetic lines, as if each moment of prayer becomes an occasion for song. Though the poem emphasizes the limitation of words in describing or praising God, the poet suggests that the actions of our bodies, especially our breathing, can constitute a praise of God. Indeed, in this prayer our entire body is said to praise God. Some recite as an introduction to Nishmat the poem by Solomon ibn Gabirol on page 101.

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מִמִּצְרַיִם גְּאַלְתָּנוּ, יהוה אֱלֹהֵינוּ,
וּמִבֵּית עֲבָדִים פְּדִיתָנוּ.
בְּרָעָב זַנְתָּנוּ,
וּבְשָׂבָע כִּלְכַּלְתָּנוּ,
מֵחֶרֶב הִצַּלְתָּנוּ,
וּמִדֶּבֶר מִלַּטְתָּנוּ,
וּמֵחֳלָיִם רָעִים וְנֶאֱמָנִים דִּלִּיתָנוּ.
עַד הֵנָּה עֲזָרוּנוּ רַחֲמֶיךָ,
וְלֹא עֲזָבוּנוּ חֲסָדֶיךָ,
וְאַל תִּטְּשֵׁנוּ, יהוה אֱלֹהֵינוּ, לָנֶצַח.
עַל כֵּן אֵבָרִים שֶׁפִּלַּגְתָּ בָּנוּ,
וְרוּחַ וּנְשָׁמָה שֶׁנָּפַחְתָּ בְּאַפֵּינוּ,
וְלָשׁוֹן אֲשֶׁר שַׂמְתָּ בְּפִינוּ,
הֵן הֵם יוֹדוּ וִיבָרְכוּ וִישַׁבְּחוּ וִיפָאֲרוּ וִירוֹמְמוּ
וְיַעֲרִיצוּ וְיַקְדִּישׁוּ וְיַמְלִיכוּ אֶת־שִׁמְךָ מַלְכֵּנוּ.
כִּי כָל־פֶּה לְךָ יוֹדֶה,
וְכָל־לָשׁוֹן לְךָ תִשָּׁבַע,
וְכָל־בֶּרֶךְ לְךָ תִכְרַע,
וְכָל־קוֹמָה לְפָנֶיךָ תִשְׁתַּחֲוֶה,
וְכָל־לְבָבוֹת יִירָאוּךָ,
וְכָל־קֶרֶב וּכְלָיוֹת יְזַמְּרוּ לִשְׁמֶךָ,
כַּדָּבָר שֶׁכָּתוּב:
כָּל־עַצְמוֹתַי תֹּאמַרְנָה, יהוה מִי כָמוֹךָ,
מַצִּיל עָנִי מֵחָזָק מִמֶּנּוּ, וְעָנִי וְאֶבְיוֹן מִגֹּזְלוֹ.
מִי יִדְמֶה לָּךְ,
וּמִי יִשְׁוֶה לָּךְ,
וּמִי יַעֲרָךְ־לָּךְ,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, קֹנֵה שָׁמַיִם וָאָרֶץ.
נְהַלֶּלְךָ, וּנְשַׁבֵּחֲךָ, וּנְפָאֶרְךָ, וּנְבָרֵךְ אֶת־שֵׁם קָדְשֶׁךָ, כָּאָמוּר:
לְדָוִד, בָּרְכִי נַפְשִׁי אֶת־יהוה
וְכָל־קְרָבַי אֶת־שֵׁם קָדְשׁוֹ.

EVERY TONGUE . . . EVERY KNEE וְכָל־לָשׁוֹן . . . וְכָל־בֶּרֶךְ. Based on Isaiah 45:23.

EVERY BONE IN MY BODY CRIES OUT כָּל־עַצְמוֹתַי תֹּאמַרְנָה. Psalm 35:10. This verse has been cited as the basis in Jewish tradition for bodily movement during prayer. This is the seventh occurrence in this passage of the word *kol* (meaning "all" or "every").

GREAT, MIGHTY . . . GOD הָאֵל הַגָּדוֹל הַגִּבּוֹר. This phrase anticipates the first blessing of the Amidah.

LET MY SOUL BLESS בָּרְכִי נַפְשִׁי. Psalm 103:1.

From Egypt You redeemed us, ADONAI our God,
and from the house of bondage You liberated us.
In famine, You nourished us;
in prosperity, You sustained us;
from the sword, You saved us;
from pestilence, You spared us;
and from illness, bitter and long, You raised us up.
Your compassion has maintained us to this day,
Your love has not left us;
do not abandon us, ADONAI our God, ever.

And so the organs You formed within us,
the spirit and soul You breathed into our nostrils,
the tongue You placed in our mouths—
they will all thank and bless,
praise and acclaim,
exalt and honor,
sanctify and crown Your name, our sovereign.
Let every mouth thank You,
every tongue pledge loyalty,
every knee bend to You,
every body bow before You,
every heart be loyal to You,
and every fiber of our being chant Your name,
fulfilling the song of the psalmist:
"Every bone in my body cries out,
ADONAI, who is like You:
saving the poor from the powerful,
the afflicted and impoverished from those who prey on them?"
Who resembles You?
Who is equal to You?
Who compares to You?—
great, mighty, awe-inspiring, transcendent God,
to whom heaven and earth belong.
We will praise, acclaim, and honor You,
and bless Your sacred name, fulfilling David's words:
"Let my soul bless ADONAI,
and every fiber of my being praise God's sacred name."

Bar'khi nafshi et Adonai, v'khol k'ravai et shem kodsho.

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On Festivals, the leader begins here:

הָאֵל בְּתַעֲצֻמוֹת עֻזֶּךָ,
הַגָּדוֹל בְּכְבוֹד שְׁמֶךָ,
הַגִּבּוֹר לָנֶצַח,
וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ,
הַמֶּלֶךְ הַיּוֹשֵׁב עַל כִּסֵּא רָם וְנִשָּׂא.

On Shabbat, the leader begins here:

◂ שׁוֹכֵן עַד, מָרוֹם וְקָדוֹשׁ שְׁמוֹ.
וְכָתוּב, רַנְּנוּ צַדִּיקִים בַּיהוה, לַיְשָׁרִים נָאוָה תְהִלָּה.

בְּפִי יְשָׁרִים תִּתְהַלָּל,
וּבְדִבְרֵי צַדִּיקִים תִּתְבָּרַךְ,
וּבִלְשׁוֹן חֲסִידִים תִּתְרוֹמָם,
וּבְקֶרֶב קְדוֹשִׁים תִּתְקַדָּשׁ.

וּבְמַקְהֲלוֹת רִבְבוֹת עַמְּךָ בֵּית יִשְׂרָאֵל
בְּרִנָּה יִתְפָּאַר שִׁמְךָ מַלְכֵּנוּ, בְּכָל־דּוֹר וָדוֹר.
◂ שֶׁכֵּן חוֹבַת כָּל־הַיְצוּרִים לְפָנֶיךָ יהוה אֱלֹהֵינוּ וֵאלֹהֵי
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], לְהוֹדוֹת, לְהַלֵּל, לְשַׁבֵּחַ, לְפָאֵר,
לְרוֹמֵם, לְהַדֵּר, לְבָרֵךְ, לְעַלֵּה וּלְקַלֵּס, עַל כָּל־דִּבְרֵי
שִׁירוֹת וְתִשְׁבְּחוֹת דָּוִד בֶּן־יִשַׁי עַבְדְּךָ מְשִׁיחֶךָ.

GOD הָאֵל. An anonymous early medieval poet created a short poem elaborating each of the adjectives associated with God at the beginning of the first paragraph of the Amidah (*ha-El ha-gadol ha-gibor v'ha-nora*, "Great, mighty, awe-inspiring God"), concluding with the description from the end of that Amidah blessing where God is called *melekh*, sovereign.

DWELLING FOREVER שׁוֹכֵן עַד. At this point there is a shift to the formal morning service, which is marked musically and in some cases by a change of prayer leader. On festivals, there is a more elaborate description of the relationship to God and so the shift occurs earlier at *ha-El* ("God," at the top of this page).

SING רַנְּנוּ. Psalm 33:1.

YOU ARE EXALTED IN THE SPEECH OF THE UPRIGHT בְּפִי יְשָׁרִים תִּתְרוֹמָם. The vision of God seated in heaven pans out to the chorus of the faithful singing on earth. Note that the second word of each line is an acrostic spelling out the name "Isaac" (*yitzḥak*).

On Festivals, the leader begins here:

GOD, in the fullness of Your power,
Great, in accord with your glorious name,
Mighty, in all of time,
Awesome, in your awe-inspiring deeds,
Sovereign, enthroned on high,

On Shabbat, the leader begins here:

▸ dwelling forever, exalted and holy is Your name—
as the psalmist has written:
"Sing, O you righteous, to ADONAI;
praise offered by the upright is lovely."

You are exalted in the speech of the upright;
You are blessed in the words of the righteous;
You are glorified in the language of the devoted;
You are sanctified in the midst of the holy congregation.

So the choruses of the thousands of Your people, the house of Israel, joyously glorify Your name in every generation.
▸ For it is the duty of all creation, ADONAI our God and God of our ancestors, to acknowledge and acclaim You, to bless and honor You, to exalt and glorify You, to praise, laud, and exalt You, adding our own tribute and songs to those of David, Jesse's son, Your anointed servant.

Faith in God

This faith in oneself is not merely faith in one's ability to do things. The latter is necessary as a part of mental health, and is as important as bodily health. The faith in oneself which is not only a prerequisite of faith in God, but is in a sense faith in God, implies being able to identify in oneself a principle of life which is not a derivative from one's natural capacities, but which belongs to a different order of existence. In the yearning for salvation, for life's worthwhileness, for truth, goodness, and beauty for their own sake, for freedom, justice and peace in society, a human being experiences something supra-human or supra-natural. One who experiences that yearning in one's self cannot be so vain or unreasonable as to believe that he or she is alone in the possession of such yearning. The most difficult step in achieving faith in God is thus the first one of achieving faith in oneself.

—MORDECAI M. KAPLAN

Prayer

What begins with a person's request ends with God's presence;
what starts in the narrowness of the ego, emerges into the wide expanse of humanity;
what originates in concern for the self becomes a concern for others and concern for God's concern;
what commences in petition concludes as prayer.

—SAMUEL DRESNER

The Presence of God

The prayers that you pray are the very presence of God.

—PINḤAS OF KORETZ

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Chorus of Song

The Ḥasidic master Simḥah Bunam once offered a play on the phrase *shirei zimrah*, "chorus of song." He vocalized the letters differently—Hebrew written without vowels readily allows for this—and read it as *shayarei zimrah*, "that which is left over after the singing," and suggested that God most delights in the inexpressible feelings that remain in the heart after the singing has ended.

The Duty to Praise

Maimonides, the great medieval Jewish philosopher and codifier, asserts that there is an obligation to pray. He enumerates this obligation in his list of 613 mitzvot. Other medieval authorities disagree and find no warrant for the obligation in the Torah. So why does Maimonides turn prayer into an obligation, when our common-sense view is that prayer is an offering of the heart which we choose to give?

Maimonides understands the entire system of mitzvot as fashioning human beings who are moral and who come to know God in deeper ways. Prayer inculcates a sense of appreciation and humility before the wonders of life—essential aspects of a religious path. Thus he sees prayer as an essential part of the process of religious formation.

Concluding B'rakhah

May Your name be praised, always and everywhere,
our sovereign, God, great and holy.
For it is fitting, ADONAI our God and God of our ancestors,
to sing songs of praise to You,
to ascribe strength and sovereignty, holiness and eternity
to You, to praise and exalt You,
▸ to thank and bless You,
now and forever.
Barukh atah ADONAI, Sovereign God, to whom we offer thanks and ascribe wonders, who delights in the chorus of song—the sovereign God, giving life to all worlds.

Ḥatzi Kaddish

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen.*

Congregation and Leader:

May God's great name be acknowledged forever and ever!
Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen.*

יִשְׁתַּבַּח שִׁמְךָ לָעַד מַלְכֵּנוּ, הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ
בַּשָּׁמַיִם וּבָאָרֶץ. כִּי לְךָ נָאֶה, יהוה אֱלֹהֵינוּ וֵאלֹהֵי
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
שִׁיר וּשְׁבָחָה, הַלֵּל וְזִמְרָה, עֹז וּמֶמְשָׁלָה, נֶצַח,
גְּדֻלָּה וּגְבוּרָה, תְּהִלָּה וְתִפְאֶרֶת, קְדֻשָּׁה וּמַלְכוּת.
◂ בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם. בָּרוּךְ אַתָּה יהוה,
אֵל מֶלֶךְ גָּדוֹל בַּתִּשְׁבָּחוֹת, אֵל הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלָאוֹת,
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה, מֶלֶךְ, אֵל, חֵי הָעוֹלָמִים.

חֲצִי קַדִּישׁ

Leader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ **אָמֵן**.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל־ [לְעֵלָּא לְעֵלָּא מִכָּל־ *on Shabbat Shuvah we substitute:*]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ **אָמֵן**.

MAY YOUR NAME BE PRAISED יִשְׁתַּבַּח. This *b'rakhah* marks the completion of P'sukei D'zimra, which began with Barukh She-amar on page 122. The two *b'rakhot* are considered complementary and one is not recited without the other; the psalms and biblical passages of P'sukei D'zimra are preceded and followed by these formal blessings, just as the Torah reading itself is surrounded by blessings.

ḤATZI KADDISH. In Jewish liturgical usage, the Ḥatzi (or "partial") Kaddish, calling us to praise the name of God, marks the end of a section of the service.

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The Sh'ma and Its Blessings

The Effect of Prayer

Prayer is a way of sensitizing ourselves to the wonder of life, of expressing gratitude, and of praising and acknowledging the reality of God. One need not believe that God will interfere with the ongoing process of nature to feel that prayer is worthwhile. We may have different understandings of what God is. No definition we have is sufficient or answers all doubts and questions. To be aware that God exists—that there is more in the universe than physical matter, that a moral order is inherent in creation, that humans are responsible for their conduct and can help to bring about the perfection, or at least the improvement, of the world and of life—that is sufficient reason for prayer.

—REUVEN HAMMER

A MEDITATION FOR BAR'KHU

Almighty no thing exists
without You and none
can be like You the source
of all maker and creator

You have no image eyes
observe but the soul
lodged in the heart
recognizes You and sees

Your glory's breadth
encompassing all
for in You all finds its place
but You occupy no place

my soul seeing
but unseen come thank
the seeing but unseen
and bless

Bar'khu: The Call to Worship Together

Bar'khu, the leader's invitation to prayer, is recited while standing. The leader bows when saying the word "bar'khu" (praise) and stands straight when reciting the name of God. Similarly, the congregation bows at the word "barukh" (praise) and straightens to full height at the recitation of God's name.

Leader:

Praise ADONAI, to whom all praise is directed.

Congregation, then the leader repeats:

ℓ Praise ADONAI, to whom all praise is directed forever and ever.

Barukh Adonai ha-m'vorakh l'olam va-ed.

We are seated.

The Congregation

Tabernacle and Temple gave visible assurance of God's care and accessibility. But once that locus of divine indwelling was destroyed, what could possibly replace it? The destruction of God's house should have augured the demise of Judaism. The well-known answer, of course, is that the rabbis, who replaced the priests at the helm of the nation, came up with the institution of the synagogue. But what, exactly, constituted a synagogue? How would we have recognized one? The heart of this radically new institution was neither a building nor a book, but a number. Whereas, prior to the Temple's end, holiness was ascribed to a sacred place that could not be duplicated, after 70 C.E. holiness resided inconspicuously in the quorum of ten without which basic communal rituals could not be enacted. To conduct a worship service, to recite certain prayers, to chant from the Torah or Prophets, to perform a wedding or a funeral, all required a *minyan* (Mishnah Megillah 4:3). . . . The Talmud echoes the new salience of a *minyan*. Once, Rabbi Yitzḥak asked his friend, Rav Naḥman, why he had failed to come to the synagogue to pray. "I couldn't," he responded. "So you should have gathered ten men on your own to pray," chided Rabbi Yitzḥak. "It was too troublesome." "Well, at least," needled Rabbi Yitzḥak, "you should have had a synagogue official come to inform you when exactly the congregation would be praying [so that you might join them from afar]." At which point, Rav Naḥman protested, "What's this all about?" "We have a tradition," asserted Rabbi Yitzḥak, "that goes back to Rabbi Shimon ben Yoḥai that this is the intent of the verse, 'As for me, may my prayer come to You, O Lord, at a favorable moment' (Psalm 69:14). And what indeed constitutes that 'favorable moment'? It is when the congregation is absorbed in prayer" (Babylonian Talmud Berakhot 7b–8a).

—ISMAR SCHORSCH

קריאת שמע וברכותיה

רְשׁוּת לְבָרְכוּ

מַשְׂגִּיב בְּכֹחוֹ מִי בִלְתּוֹ וְכָמֹהוּ?
כִּי הוּא מְקוֹר הַכֹּל, יִצְרוֹ וְעֹשֵׂהוּ.
כֵּן לוֹ דְּמוּת עַיִן לֹא רָאֲתָה, בִּלְתִּי
נֶפֶשׁ בְּלֵב תַּפִּיר אֹתוֹ וְתִצְפֶּהוּ;
עֹצֶם כְּבוֹדוֹ הֵכִיל כֹּל, וְכֵן נִקְרָא:
מָקוֹם לְכֹל כִּי לֹא מָקוֹם יְכִילֵהוּ,
רֹאָה וְלֹא נִרְאֵית, לְרֹאֵה וְלֹא נִרְאֶה
בְּאֵי וְהוֹדִי אֶת־אֲדֹנָי וּבָרְכֵהוּ.

Bar'khu, the leader's invitation to prayer, is recited while standing. The leader bows when saying the word בָּרְכוּ *and stands straight when reciting the name of God. Similarly, the congregation bows at the word* בָּרוּךְ *and straightens to full height at the recitation of God's name.*

Leader:

בָּרְכוּ אֶת־יהוה הַמְבֹרָךְ.

Congregation, then the leader repeats:

ℓ בָּרוּךְ יהוה הַמְבֹרָךְ לְעוֹלָם וָעֶד.

We are seated.

INTRODUCTION TO THE RECITATION OF THE SH'MA. The call to worship marks the formal beginning of the Shaḥarit (morning) service. Shaḥarit always includes two central moments: the Recitation of the Sh'ma, and the Amidah (the silent prayer). *B'rakhot* surrounding the Sh'ma serve to interpret the themes of its biblical verses. Preceding the Sh'ma, in which we declare that God is one, are two *b'rakhot*. The first affirms that God is the creator of all, further remarking on the wonder of creation and the morning light. The first paragraph of the Sh'ma speaks of the love for God, and so the second *b'rakhah* acknowledges the inverse: God's love of the people Israel as manifest in the gifts of the teachings of Torah. A single *b'rakhah* follows the morning recitation of the Sh'ma; it speaks of redemption, reflecting the theme of the exodus from Egypt, which is introduced in the third paragraph of the Sh'ma.

ALMIGHTY מַשְׂגִּיב בְּכֹחוֹ. A meditation for Bar'khu written by Yehudah Halevi (Spain, d. 1141).

BAR'KHU: THE CALL TO WORSHIP TOGETHER. The leader calls the congregation together as a *minyan*; the congregation, by responding, acknowledges its being assembled for prayer.

TO WHOM ALL PRAISE IS DIRECTED הַמְבֹרָךְ. The Talmud of the Land of Israel explains the word *ha-m'vorakh* to mean "whom all of us praise" (Berakhot 7:3).

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All Thank You

It is not you alone, or we,
or those others who pray;
all things pray, all things
pour forth their souls.
The heavens pray,
the earth prays,
every creature and
every living thing prays.
In all life, there is longing.
Creation is itself but a
longing,
a kind of prayer of the
Almighty.

—MICHA JOSEPH BERDYCZEWSKI

God of All

Everything you see enwraps holiness: take away the outer shell and gaze at the spiritual beauty.

—HILLEL ZEITLIN

First B'rakhah before the Sh'ma: The Creation of Light

Barukh atah ADONAI, our God, sovereign of time and space,
forming light and creating darkness, bringing harmony
while creating all.

On Festivals occuring on weekdays, we continue in the middle of page 152.

On Shabbat, we recite:

All thank You,
all praise You,
and all declare: "None is as holy as ADONAI."
All will praise You forever,
creator of all.

Each day, God, You raise the gates of the east,
open the windows of the sky,
bring forth the sun from its place
and the moon from where it sits,
illuminating the entire world and all its inhabitants
whom You created, with mercy.
With kindness You illumine the earth and all who dwell on it,
and in Your goodness, day after day, You renew creation.
Sovereign, You alone ruled on high from the very beginning,
praised, glorified, and exalted since earliest time.

Eternal One, in Your great mercy, have compassion on us.
Source of our strength, our protecting fortress,
our saving shield, our stronghold.
None is like You, none is beside You,
nothing exists without You,
and none can be compared to You:
none is like You, ADONAI our God, in this world,
none but You will be our sovereign in the world that is coming,
no one but You exists, who will redeem us
and usher in the messianic age,
and none can compare to You, our deliverer,
giving life to the dead.

Ein k'erk'kha v'ein zulatekha, efes bilt'kha u-mi domeh lakh.
Ein k'erk'kha . . . ba-olam hazeh v'ein zulat'kha . . . ba-olam haba.
Efes bilt'kha . . . limot ha-mashiaḥ v'ein domeh l'kha litḥiyat ha-meitim.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת־הַכֹּל.

On Festivals occuring on weekdays, we continue in the middle of page 152.

On Shabbat, we recite:

הַכֹּל יוֹדְוּךָ
וְהַכֹּל יְשַׁבְּחוּךָ,
וְהַכֹּל יֹאמְרוּ אֵין קָדוֹשׁ כַּיהוה.
הַכֹּל יְרוֹמְמוּךָ סֶּלָה,
יוֹצֵר הַכֹּל.
הָאֵל הַפּוֹתֵחַ בְּכָל־יוֹם דַּלְתוֹת שַׁעֲרֵי מִזְרָח
וּבוֹקֵעַ חַלּוֹנֵי רָקִיעַ,
מוֹצִיא חַמָּה מִמְּקוֹמָהּ וּלְבָנָה מִמְּכוֹן שִׁבְתָּהּ,
וּמֵאִיר לָעוֹלָם כֻּלּוֹ וּלְיוֹשְׁבָיו שֶׁבָּרָא בְּמִדַּת רַחֲמִים.
הַמֵּאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים
וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל־יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית.
הַמֶּלֶךְ הַמָּרוֹם לְבַדּוֹ מֵאָז,
הַמְשֻׁבָּח וְהַמְפֹאָר וְהַמִּתְנַשֵּׂא מִימוֹת עוֹלָם.
אֱלֹהֵי עוֹלָם בְּרַחֲמֶיךָ הָרַבִּים רַחֵם עָלֵינוּ,
אֲדוֹן עֻזֵּנוּ צוּר מִשְׂגַּבֵּנוּ.
מָגֵן יִשְׁעֵנוּ מְשֻׂגָּב בַּעֲדֵנוּ.
◂ אֵין כְּעֶרְכֶּךָ וְאֵין זוּלָתֶךָ,
אֶפֶס בִּלְתֶּךָ וּמִי דָּמָה לָךְ.
אֵין כְּעֶרְכֶּךָ יהוה אֱלֹהֵינוּ בָּעוֹלָם הַזֶּה
וְאֵין זוּלָתֶךָ מַלְכֵּנוּ לְחַיֵּי הָעוֹלָם הַבָּא.
אֶפֶס בִּלְתֶּךָ גּוֹאֲלֵנוּ לִימוֹת הַמָּשִׁיחַ
וְאֵין דָּמָה לְךָ מוֹשִׁיעֵנוּ לִתְחִיַּת הַמֵּתִים.

FORMING LIGHT יוֹצֵר אוֹר. This opening *b'rakhah* before the Sh'ma acknowledges that we experience God, first of all, through witnessing the miracle of creation. Praying in the morning, we are asked to pay attention to the wonder of the dawn, of sunlight, and of a new day. In the liturgy, the break of dawn is then imagined as a chorus of song in which we join.

This *b'rakhah* is adapted from a verse in Isaiah (45:7), which reads *oseh shalom u-vorei ra*, "who makes peace and creates evil." The prophet insists that both good and evil come from the one God. But in the moment of prayer, we focus on all for which we can be thankful, beginning with the light that makes life possible; therefore, the ancient rabbis transformed this biblical verse and changed the ending to read "creating all."

ALL הַכֹּל. The word *hakol*, "all," occurs five times in quick succession and refers to the totality of humanity, all earthly creatures and forces, as well as the heavenly bodies and the most distant galaxies. It echoes the last word of the opening *b'rakhah* (*borei et ha-kol*, "creating all," at the top of this page) and anticipates the affirmation of the one God, who is God of all, and whom we are about to praise in the Sh'ma.

NONE IS LIKE YOU אֵין כְּעֶרְכֶּךָ. The poet is playing with a variety of biblical verses: Isaiah 40:18, "what image can be ascribed to You"; 1 Samuel 2:2, "there is none beside You"; and Isaiah 40:25, "to whom can you compare God."

MESSIANIC AGE לִימוֹת הַמָּשִׁיחַ. The poet progresses through stages of redemption from *olam ha-ba*, the world that is coming, to *y'mot ha-mashiaḥ*, the messianic age, to *t'ḥiyat ha-meitim*, life given to the dead.

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A Prayer for the World

Let the rain come and
wash away
the ancient grudges,
the bitter hatreds
held and nurtured over
generations.
Let the rain wash away
the memory
of the hurt, the neglect.
Then let the sun come
out and
fill the sky with rainbows.
Let the warmth of the sun
heal us
wherever we are broken.
Let it burn away the fog
so that
we can see each other
clearly.
Let the warmth and
brightness
of the sun melt our
selfishness.
So that we can share the
joys and
feel the sorrows of our
neighbors.
And let the light of the sun
be so strong that we will
see all
people as our neighbors.
Let the earth, nourished
by rain,
bring forth flowers
to surround us with
beauty.
And let the mountains
teach our hearts
to reach upward to
heaven. *Amen.*

—HAROLD KUSHNER

God, master of all existence,
praised by all that breathes,
the world is filled with Your greatness and glory;
knowledge and understanding surround You.

Exalted above holy beings,
resplendent in glory on Your chariot,
integrity and mercy stand before Your throne,
love and merit accompany Your presence.

How good are the lights that our God created—
fashioned with understanding, intelligence, and insight;
endowed with the strength and power
to have dominion over earthly realms.

Fully luminous, they gleam brightly,
radiating splendor throughout the world.
Happy as they go forth, joyous on their return,
they accomplish, with awe, the will of their creator.

They give glory and honor to the name of God,
invoking God's sovereignty with joyful song.
God called forth the sun, and light dawned,
then considered and set the cycles of the moon.

And so the array of heaven,
s'rafim, *ofanim*, and holy beings,
all the heavenly hosts,
give praise, and glory, and honor to God—

El adon al kol hama·asim, barukh u-m'vorakh b'fi kol n'shamah.
Godlo v'tuvo malei olam, da·at u-t'vunah sov'vim oto.
Ha-mitga·eh al ḥayot ha-kodesh, v'nehdar b'khavod al ha-merkavah.
Z'khut u-mishor lifnei khiso, ḥesed v'raḥamim lifnei kh'vodo.
Tovim me'orot she-bara eloheinu, y'tzaram b'da·at b'vinah u-v'haskel.
Ko·aḥ u-g'vurah natan ba-hem, lihyot moshlim b'kerev teiveil.
M'lei·im ziv u-m'fikim nogah, na·eh zivam b'khol ha-olam.
S'meiḥim b'tzeitam v'sasim b'vo·am, osim b'eimah r'tzon konam.
Pe'eir v'khavod notnim lishmo, tzoholah v'rinah l'zeikher malkhuto.
Kara la-shemesh va-yizraḥ or, ra·ah v'hitkin tzurat ha-l'vanah.
Shevaḥ notnim lo kol tz'va marom,
Tiferet u-g'dulah, s'rafim v'ofanim v'ḥayot ha-kodesh.

אֵל אָדוֹן עַל כָּל־הַמַּעֲשִׂים,
בָּרוּךְ וּמְבֹרָךְ בְּפִי כָּל־נְשָׁמָה,
גְּדְלוֹ וְטוּבוֹ מָלֵא עוֹלָם,
דַּעַת וּתְבוּנָה סוֹבְבִים אוֹתוֹ.

הַמִּתְגָּאֶה עַל חַיּוֹת הַקֹּדֶשׁ,
וְנֶהְדָּר בְּכָבוֹד עַל הַמֶּרְכָּבָה,
זְכוּת וּמִישׁוֹר לִפְנֵי כִסְאוֹ,
חֶסֶד וְרַחֲמִים לִפְנֵי כְבוֹדוֹ.

טוֹבִים מְאוֹרוֹת שֶׁבָּרָא אֱלֹהֵינוּ,
יְצָרָם בְּדַעַת בִּבִינָה וּבְהַשְׂכֵּל,
כֹּחַ וּגְבוּרָה נָתַן בָּהֶם,
לִהְיוֹת מוֹשְׁלִים בְּקֶרֶב תֵּבֵל.

מְלֵאִים זִיו וּמְפִיקִים נְגַהּ,
נָאֶה זִיָּם בְּכָל־הָעוֹלָם,
שְׂמֵחִים בְּצֵאתָם וְשָׂשִׂים בְּבוֹאָם,
עֹשִׂים בְּאֵימָה רְצוֹן קוֹנָם.

פְּאֵר וְכָבוֹד נוֹתְנִים לִשְׁמוֹ,
צָהֳלָה וְרִנָּה לְזֵכֶר מַלְכוּתוֹ.
קָרָא לַשֶּׁמֶשׁ וַיִּזְרַח אוֹר,
רָאָה וְהִתְקִין צוּרַת הַלְּבָנָה.

שֶׁבַח נוֹתְנִים לוֹ כָּל־צְבָא מָרוֹם,
תִּפְאֶרֶת וּגְדֻלָּה, שְׂרָפִים וְאוֹפַנִּים וְחַיּוֹת הַקֹּדֶשׁ.

GOD, MASTER אֵל אָדוֹן. This *piyyut*, commonly attributed to mystics of the 1st millennium, uses imagery based on the visions of Ezekiel that describe a variety of heavenly hosts. It further develops the theme enunciated in the previous prayers that everything in creation praises God. Here that thought is extended to the heavenly hosts: even heavenly powers offer praise to God. The use of an alphabetical acrostic may suggest that God's word is the primary constitutive element of all creation.

HAPPY שְׂמֵחִים. Not infrequently in alphabetical poetry, the letter *sin* (ש) is substituted for the similarly sounding *samekh* (ס), as it is here. Such substitutions are even found in biblical acrostics. Most, if not all, worshippers in ancient times did not have prayerbooks, and this substitution is quite natural in an oral culture.

S'RAFIM . . . OFANIM שְׂרָפִים . . . אוֹפַנִּים. Angelic songs figure prominently in ancient mystical texts. Descriptions of different groups of angels singing hymns to God surely mirrored the seekers' own mystical experiences. The angels pictured here are closest to God's throne. In Jewish mystical thought, the *ofanim* are the wheels of God's chariot, first mentioned by the prophet Ezekiel; the *s'rafim* are the fiery angels pictured as flaming serpents in Isaiah's vision of heaven. The holy beings (*ḥayot ha-kodesh*) were thought of as the legs upholding God's throne.

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On Shabbat, we continue:

who ceased work on the seventh day and ascended the throne of praise, robed in majesty for the day of rest, calling Shabbat a delight.

Such is the distinction of the seventh day, that God ceased all work, and so the seventh day itself praises God and says, "A song of Shabbat: it is good to thank ADONAI." Let all creatures likewise celebrate and bless God, offering praise, honor, and glory to God—the ruler, creator of all, who, in holiness, grants peaceful rest to the people Israel on the holy Shabbat. May Your name, ADONAI our God, be hallowed and may the thought of You, our sovereign, be celebrated in the heavens above and on earth below, though the praise due You, our redeemer, is beyond any offered by Your handiwork or the lights You have made—may they continue always to sing Your glory.

Continue on the next page.

On Festivals occurring on weekdays, we recite:

With kindness, You illumine the earth and all who dwell on it;
in Your goodness, You renew creation day after day.
How varied are Your works, ADONAI,
all fashioned with wisdom;
the world in its entirety is Your dominion.
You alone ruled on high from the very beginning,
praised, glorified, and exalted since earliest time.
God of the universe,
with Your great kindness, have compassion on us.
Source of our strength, our protecting fortress,
our saving shield, our stronghold.

Almighty, **b**lessed, **c**reator of all who **d**well on **e**arth, the **f**irmament and **g**oodly **h**eavens are **i**lluminated with Your **j**ustice, **k**indness, and **l**ight; they **m**ake Your **n**ame an **o**bject of **p**raise; **q**uietly, **r**esolutely, **s**oulfully all **t**ell in **u**nified **v**oice of Your **w**ise, e**x**cellent, and **z**ealous care.

You are to be praised, ADONAI our God, for the wondrous work of Your hands, and for the radiant lights that You fashioned, reflecting Your glory always.

God Blessed the Seventh Day

It is written, "God blessed the seventh day" (Genesis 2:3). In what way is the seventh day blessed? On Shabbat a person's face shines differently than it does during the week.

—GENESIS RABBAH

God, the World, and Us

A Ḥasidic master taught: It is written in many books that if one wants to enter the inner world of prayer, to present speech before God, one needs, at the time of prayer, to attach oneself to all that is living and all that exists in the world. The meaning of this is as it is written in the Book of Psalms, "You created all with wisdom" (104:24)—that is, there is nothing in this world which is, God forbid, extraneous.... When a person seeking inspiration pays attention to this—reaching for an understanding of that which is clothed by everything in this world, animal life, plant life, and sheer matter, everything that was created; and arouses one's heart with this wisdom, speaks of it before God with love and reverence—then that person fulfills the will of the creator, who created the world in all its fullness.

—ZEV WOLF OF ZHITOMIR

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On Shabbat, we continue:

לָאֵל אֲשֶׁר שָׁבַת מִכָּל־מַעֲשָׂיו, בַּיּוֹם הַשְּׁבִיעִי הִתְעַלָּה
וַיָּשַׁב עַל כִּסֵּא כְבוֹדוֹ, תִּפְאֶרֶת עָטָה לְיוֹם הַמְנוּחָה, עִנֵּג
קָרָא לְיוֹם הַשַּׁבָּת. וָזֶה שֶׁבַח שֶׁל יוֹם הַשְּׁבִיעִי, שֶׁבּוֹ שָׁבַת
אֵל מִכָּל־מְלַאכְתּוֹ. וְיוֹם הַשְּׁבִיעִי מְשַׁבֵּחַ וְאוֹמֵר: מִזְמוֹר
שִׁיר לְיוֹם הַשַּׁבָּת, טוֹב לְהֹדוֹת לַיהוה. לְפִיכָךְ יְפָאֲרוּ
וִיבָרְכוּ לָאֵל כָּל־יְצוּרָיו. שֶׁבַח יָקָר וּגְדֻלָּה יִתְּנוּ לְאֵל מֶלֶךְ
יוֹצֵר כֹּל, הַמַּנְחִיל מְנוּחָה לְעַמּוֹ יִשְׂרָאֵל בִּקְדֻשָּׁתוֹ בְּיוֹם
שַׁבַּת קֹדֶשׁ. שִׁמְךָ יהוה אֱלֹהֵינוּ יִתְקַדַּשׁ, וְזִכְרְךָ מַלְכֵּנוּ
יִתְפָּאַר, בַּשָּׁמַיִם מִמַּעַל וְעַל הָאָרֶץ מִתָּחַת.
◂ תִּתְבָּרַךְ מוֹשִׁיעֵנוּ, עַל שֶׁבַח מַעֲשֵׂה יָדֶיךָ,
וְעַל מְאוֹרֵי אוֹר שֶׁעָשִׂיתָ, יְפָאֲרוּךָ סֶּלָה.

Continue on the next page.

On Festivals occurring on weekdays, we recite:

הַמֵּאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים,
וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל־יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית.
מָה רַבּוּ מַעֲשֶׂיךָ יהוה, כֻּלָּם בְּחָכְמָה עָשִׂיתָ,
מָלְאָה הָאָרֶץ קִנְיָנֶךָ.
הַמֶּלֶךְ הַמְרוֹמָם לְבַדּוֹ מֵאָז,
הַמְשֻׁבָּח וְהַמְפֹאָר וְהַמִּתְנַשֵּׂא מִימוֹת עוֹלָם,
אֱלֹהֵי עוֹלָם, בְּרַחֲמֶיךָ הָרַבִּים רַחֵם עָלֵינוּ,
אֲדוֹן עֻזֵּנוּ, צוּר מִשְׂגַּבֵּנוּ, מָגֵן יִשְׁעֵנוּ, מִשְׂגָּב בַּעֲדֵנוּ.

אֵל בָּרוּךְ, גְּדוֹל דֵּעָה,
הֵכִין וּפָעַל זִהֲרֵי חַמָּה.
טוֹב יָצַר כָּבוֹד לִשְׁמוֹ.
מְאוֹרוֹת נָתַן סְבִיבוֹת עֻזּוֹ.
פִּנּוֹת צְבָאָיו קְדוֹשִׁים,
רוֹמְמֵי שַׁדַּי, תָּמִיד מְסַפְּרִים
כְּבוֹד אֵל וּקְדֻשָּׁתוֹ.
◂ תִּתְבָּרַךְ יהוה אֱלֹהֵינוּ עַל שֶׁבַח מַעֲשֵׂה יָדֶיךָ,
וְעַל מְאוֹרֵי אוֹר שֶׁעָשִׂיתָ יְפָאֲרוּךָ סֶּלָה.

GOD, WHO CEASED WORK לָאֵל אֲשֶׁר שָׁבַת. This prayer forms a continuous narrative out of a disparate series of biblical verses and rabbinic comments. Already in the Bible, the seventh day is spoken of as affecting God's inner life: God was renewed (*va-yinafash*) on the seventh day (Exodus 31:17). The ancient rabbis pictured God as achieving full sovereignty only on Shabbat, and they personified the relationship in mutual terms: Shabbat itself praises God and chants Psalm 92, "A Song of Shabbat."

HOW VARIED ARE YOUR WORKS מָה רַבּוּ מַעֲשֶׂיךָ. Psalm 104:24.

ALMIGHTY, BLESSED אֵל בָּרוּךְ. This early anonymous acrostic poem has four beats to the line and a rhyming pattern of *aa*, *bb*, *cc*, with a concluding *b*. Joel Hoffman, a contemporary scholar, writes: "The meaning of the individual words here was never the point. They were chosen for their meter and their initial letter." In this conception, the Hebrew alphabet itself is seen as an instrument of creation. Our translation here is impelled by this idea and is alphabetical, capturing the meaning of the text in a close, but not quite literal, translation.

ALWAYS סֶּלָה. The biblical meaning of this word, which occurs frequently in the Book of Psalms, is unknown. The ancient rabbis, interpreting the biblical text, thought that it meant "forever," and that is its liturgical meaning here.

In the Beginning

In the beginning God
created
the heavens that actually
are not
and the earth that wants to
touch them.
In the beginning God
created
threads stretching between
them—
between the heavens that
actually are not
and the earth that cries out
for help.
And God created humans,
for each person is a prayer
and a thread
touching what is not
with a tender and delicate
touch.

—RIVKA MIRIAM
(*translated by David C. Jacobson*)

Angels

The Hebrew word for angel is *malakh*, which also means "messenger," one who is sent.… Unsuspecting and unaware. Consumed by their own plans and itineraries. Busy at work on their own schemes…people chosen to be messengers of the Most High rarely even know that they are God's messengers.… I do not know how many times in one's life one is also a messenger. But for everyone it is at least once.

—LAWRENCE KUSHNER

All services continue here:

KEDUSHAH D'YOTZER: THE ANGELIC PRAISE OF GOD

You are to be praised, our protector, our sovereign, our redeemer, creator of celestial beings. Our sovereign, Your name is to be acclaimed forever; You fashion beings that serve You, and Your servants all stand at the edges of the universe, proclaiming reverently with one voice the words of the living God, the sovereign of the universe.

▸ All of them loved, all of them pure, all of them mighty, and all of them in reverence and awe carry out the will of the one who has dominion over them. In purity and in holiness, all of them raise their voices, in song and chant, to praise, bless, glorify, extol, hallow, and celebrate the name of God, the great, mighty, awe-inspiring sovereign, the Holy One.
et shem ha-El, ha-melekh ha-gadol, ha-gibor v'hanora kadosh hu.

▸ Each turns to another as they proclaim their loyalty to God, and each gives permission to the other to hallow their creator; in a clear voice and with sacred speech, together as one, they respond with awe, saying:

Holy, holy, holy is *Adonai Tz'va·ot*,
the whole world is filled with God's glory.
Kadosh, kadosh, kadosh Adonai Tz'va·ot, m'lo khol ha-aretz k'vodo.

▸ With a deafening sound, the *ofanim* and other holy beings rise up opposite the *s'rafim* and proclaim their praise:
Praised is Adonai's glory wherever God dwells.
Barukh k'vod Adonai mimkomo.

They offer adulation to God, whom they bless. They chant songs and voice their praise to the sovereign, the living and enduring God. For God alone achieves victory, creates anew, masters war, sows righteousness, cultivates deliverance, effects healing, is praised with reverence, and is the author of wonders. ▸ In God's goodness, the work of creation is renewed each day, as the psalmist declared: "Thank the creator of the great lights, for God's love is everlasting." Cause a new light to shine on Zion, and may we all soon be worthy of its illumination.
Barukh atah Adonai, creator of lights.
Or ḥadash al tziyon ta·ir v'nizkeh khulanu m'heirah l'oro.

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All services continue here:

תִּתְבָּרַךְ צוּרֵנוּ מַלְכֵּנוּ וְגֹאֲלֵנוּ בּוֹרֵא קְדוֹשִׁים.
יִשְׁתַּבַּח שִׁמְךָ לָעַד מַלְכֵּנוּ, יוֹצֵר מְשָׁרְתִים,
וַאֲשֶׁר מְשָׁרְתָיו כֻּלָּם עוֹמְדִים בְּרוּם עוֹלָם
וּמַשְׁמִיעִים בְּיִרְאָה יַחַד בְּקוֹל,
דִּבְרֵי אֱלֹהִים חַיִּים וּמֶלֶךְ עוֹלָם.
◂ כֻּלָּם אֲהוּבִים, כֻּלָּם בְּרוּרִים, כֻּלָּם גִּבּוֹרִים,
וְכֻלָּם עוֹשִׂים בְּאֵימָה וּבְיִרְאָה רְצוֹן קוֹנָם.
וְכֻלָּם פּוֹתְחִים אֶת־פִּיהֶם בִּקְדֻשָּׁה וּבְטָהֳרָה,
בְּשִׁירָה וּבְזִמְרָה, וּמְבָרְכִים וּמְשַׁבְּחִים,
וּמְפָאֲרִים וּמַעֲרִיצִים, וּמַקְדִּישִׁים וּמַמְלִיכִים:

אֶת־שֵׁם הָאֵל, הַמֶּלֶךְ, הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא קָדוֹשׁ הוּא.
◂ וְכֻלָּם מְקַבְּלִים עֲלֵיהֶם עֹל מַלְכוּת שָׁמַיִם זֶה מִזֶּה,
וְנוֹתְנִים רְשׁוּת זֶה לָזֶה, לְהַקְדִּישׁ לְיוֹצְרָם בְּנַחַת רוּחַ,
בְּשָׂפָה בְרוּרָה וּבִנְעִימָה קְדוּשָׁה, כֻּלָּם כְּאֶחָד
עוֹנִים וְאוֹמְרִים בְּיִרְאָה:

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יהוה צְבָאוֹת,
מְלֹא כָל־הָאָרֶץ כְּבוֹדוֹ.

◂ וְהָאוֹפַנִּים וְחַיּוֹת הַקֹּדֶשׁ בְּרַעַשׁ גָּדוֹל מִתְנַשְּׂאִים
לְעֻמַּת שְׂרָפִים, לְעֻמָּתָם מְשַׁבְּחִים וְאוֹמְרִים:

בָּרוּךְ כְּבוֹד יהוה מִמְּקוֹמוֹ.

לְאֵל בָּרוּךְ, נְעִימוֹת יִתֵּנוּ. לַמֶּלֶךְ אֵל חַי וְקַיָּם,
זְמִירוֹת יֹאמֵרוּ, וְתִשְׁבָּחוֹת יַשְׁמִיעוּ. כִּי הוּא לְבַדּוֹ
פּוֹעֵל גְּבוּרוֹת, עוֹשֶׂה חֲדָשׁוֹת,
בַּעַל מִלְחָמוֹת, זוֹרֵעַ צְדָקוֹת,
מַצְמִיחַ יְשׁוּעוֹת, בּוֹרֵא רְפוּאוֹת,
נוֹרָא תְהִלּוֹת, אֲדוֹן הַנִּפְלָאוֹת,
◂ הַמְחַדֵּשׁ בְּטוּבוֹ בְּכָל־יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית.
כָּאָמוּר: לְעֹשֵׂה אוֹרִים גְּדֹלִים, כִּי לְעוֹלָם חַסְדּוֹ.
אוֹר חָדָשׁ עַל צִיּוֹן תָּאִיר וְנִזְכֶּה כֻּלָּנוּ מְהֵרָה לְאוֹרוֹ.
בָּרוּךְ אַתָּה יהוה, יוֹצֵר הַמְּאוֹרוֹת.

KEDUSHAH D'YOTZER קְדֻשָּׁה דְּיוֹצֵר. This version of the Kedushah, recited in the first *b'rakhah* before the Sh'ma, blesses God for the creation of the morning light. Every Kedushah is based on the mystical visions of Isaiah and Ezekiel. Each prophet described an angelic chorus. Isaiah saw them singing *kadosh, kadosh, kadosh* ("holy, holy, holy," 6:3); Ezekiel heard them reciting *barukh k'vod Adonai* ("praised is Adonai's glory," 3:12). The Kedushah is placed here, in the blessing of creation, as if to say that both heaven and earth offer praise to God. In the mind of the mystics, all of creation constitutes a praise of God; every created being, animate and inanimate, sings to God.

BEINGS THAT SERVE YOU . . . SERVANTS . . . מְשָׁרְתִים . . . מְשָׁרְתָיו. Rabbinic lore tells of two kinds of angelic creations: those who are part of God's permanent court, like the angels Michael and Gabriel, and those who are created each day to be conveyers of that day's message, and so the liturgist talks of both of them as "proclaiming … the words of the living sovereign" (Babylonian Talmud, Ḥagigah 14a).

THANK THE CREATOR OF THE GREAT LIGHTS לְעֹשֵׂה אוֹרִים גְּדֹלִים. Psalm 136:7.

ZION צִיּוֹן. The prayer takes the motif of the light of creation and of the dawn, and ties it to an image of the Temple in Jerusalem as a source of ultimate illumination.

The Blessings of the Priests before the Sh'ma

The priests in the Temple would say the following *b'rakhah* before the Sh'ma: "May the one who dwells in this House always grant you love, harmony, peace, and friendship."

—TALMUD OF THE LAND OF ISRAEL

You Have Loved Us Deeply

With a great love (*ahavah rabah*) You have loved us (*ahavtanu*). The love of God for the people Israel is declared here just before the Sh'ma. It prepares us for the Sh'ma. Now you might expect a listing of gifts to us—God's freeing us, feeding us, delivering us. Instead, we thank God for one gift: God's teaching, God's opening our minds and hearts to Torah.

What You've given us is the ability to listen to You, so we can thank and draw close to You. Your compassion is expressed in teaching our hearts to know compassion, to love You, giving us not personal freedoms but, in fact, boundaries bringing us close to the Unbounded, the One. By giving us Torah, You've shown us how to live. We can now offer thanks and say: "Hear O Israel, Adonai is our God, Adonai is one."

—JOHN J. CLAYTON

Second B'rakhah before the Sh'ma: God's Great Love

You have loved us deeply, ADONAI our God, and showered us with boundless compassion. *Avinu Malkeinu*, for the sake of our ancestors who trusted in You and to whom You taught the laws of life, so may You be gracious to us and instruct us. Kind creator, have compassion for us, open our hearts so that we may understand and discern, hear and study, observe, perform, and fulfill all the teachings of Your Torah with love. Enlighten our eyes with Your Torah; attach our hearts to Your mitzvot; unify our hearts to love and revere Your name so that we never lose hope. As we trust in Your great, holy, awe-inspiring name, we will delight and rejoice in Your deliverance.

Some gather their tzitzit before reciting this line:

► Bring us safely from the four corners of the earth, and lead us in dignity to our land, for You are the God who effects deliverance. You have chosen us from all other tongues and peoples, always drawing us nearer to Your name, that we may truly acknowledge You and lovingly proclaim Your oneness. *Barukh atah ADONAI*, who lovingly cares for the people Israel.

Ahavah rabah ahavtanu Adonai eloheinu,
ḥemlah g'dolah viteirah ḥamalta aleinu.
Avinu malkeinu, ba·avur avoteinu [v'imoteinu] she-batḥu v'kha
va-t'lamdeim ḥukei ḥayim, ken t'honeinu u-t'lamdeinu.
Avinu ha-av ha-raḥaman, ha-m'raḥeim, raḥeim aleinu, v'ten b'libeinu
l'havin u-l'haskil lishmo·a lilmod u-l'lamed lishmor v'la·asot u-l'kayem
et kol divrei talmud toratekha b'ahavah.

V'ha·eir eineinu b'toratekha, v'dabeik libeinu b'mitzvotekha
v'yaḥed l'vaveinu l'ahavah u-l'yirah et sh'mekha, v'lo neivosh l'olam va-ed.
Ki v'shem kodsh'kha ha-gadol v'hanora bataḥnu,
nagilah v'nism'ḥah bishuatekha.

Some gather their tzitzit before reciting this line:

► Va-havi·einu l'shalom mei·arba kanfot ha-aretz,
v'tolikheinu kom'miyut l'artzeinu,
ki el po·el y'shu·ot atah,
u-vanu vaḥarta mikol am v'lashon,
v'keiravtanu l'shimkha ha-gadol selah be·emet,
l'hodot l'kha u-l'yaḥedkha b'ahavah.
Barukh atah adonai, ha-boḥer b'amo yisrael b'ahavah.

אַהֲבָה רַבָּה אֲהַבְתָּנוּ, יהוה אֱלֹהֵינוּ,
חֶמְלָה גְדוֹלָה וִיתֵרָה חָמַלְתָּ עָלֵינוּ.
אָבִינוּ מַלְכֵּנוּ, בַּעֲבוּר אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ]
שֶׁבָּטְחוּ בְךָ וַתְּלַמְּדֵם חֻקֵּי חַיִּים,
כֵּן תְּחָנֵּנוּ וּתְלַמְּדֵנוּ.
אָבִינוּ, הָאָב הָרַחֲמָן, הַמְרַחֵם,
רַחֵם עָלֵינוּ וְתֵן בְּלִבֵּנוּ לְהָבִין וּלְהַשְׂכִּיל,
לִשְׁמֹעַ, לִלְמֹד וּלְלַמֵּד, לִשְׁמֹר וְלַעֲשׂוֹת
וּלְקַיֵּם אֶת־כָּל־דִּבְרֵי תַלְמוּד תּוֹרָתֶךָ בְּאַהֲבָה.

וְהָאֵר עֵינֵינוּ בְּתוֹרָתֶךָ,
וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
וְיַחֵד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שְׁמֶךָ,
וְלֹא נֵבוֹשׁ לְעוֹלָם וָעֶד.
כִּי בְשֵׁם קָדְשְׁךָ הַגָּדוֹל וְהַנּוֹרָא בָּטָחְנוּ,
נָגִילָה וְנִשְׂמְחָה בִּישׁוּעָתֶךָ.

Some gather their tzitzit before reciting this line:

◄ וַהֲבִיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ,
וְתוֹלִיכֵנוּ קוֹמְמִיוּת לְאַרְצֵנוּ,
כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אָתָּה,
וּבָנוּ בָחַרְתָּ מִכָּל־עַם וְלָשׁוֹן,
וְקֵרַבְתָּנוּ לְשִׁמְךָ הַגָּדוֹל סֶלָה בֶּאֱמֶת,
לְהוֹדוֹת לְךָ וּלְיַחֶדְךָ בְּאַהֲבָה.
בָּרוּךְ אַתָּה יהוה, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

YOU HAVE LOVED US DEEPLY אַהֲבָה רַבָּה. The Hebrew root *alef-hei-vet*, meaning "love," appears six times in this passage (both as the noun and a verb). Reuven Hammer points out that three of them speak of our love for God and three speak of God's love for us. While reciting this *b'rakhah*, the worshipper can anticipate the seventh occurrence, which is found in the first paragraph of the Sh'ma: "You shall love Adonai your God."

AVINU MALKEINU אָבִינוּ מַלְכֵּנוּ. Literally, "our father, our king." The pairing of the two words emphasizes that God is at once both intimate as a close relation and distant as a monarch. The word *av*, "father," suggests the image of God as source or progenitor, and therefore it may also be translated as "creator."

LAWS OF LIFE חֻקֵּי חַיִּים. The word "Torah" encompasses many different meanings. In its most limited usage, it refers to the Five Books of Moses. But in a larger sense it refers to all of Scripture, and even to all of later Jewish teaching. Thus, the rabbis of the Talmud spoke of the "Written Torah" and the "Oral Torah," the latter referring to the teachings of the Midrash, Mishnah, and Talmud—and even to "whatever new teaching a student of wisdom might impart until the end of time" (Leviticus Rabbah 22:1). In this prayer, "Torah" embraces the widest meaning: the laws of life—all those teachings that instruct us concerning a full ethical and religious life.

TO UNDERSTAND AND DISCERN . . . OBSERVE, FULFILL, AND PERFORM לְהָבִין וּלְהַשְׂכִּיל . . . לִשְׁמֹר וְלַעֲשׂוֹת וּלְקַיֵּם. This sequence implies that study is intimately linked with action—indeed, that study should lead to action.

GATHERING THE TZITZIT. Many observe the custom, originating in the late Middle Ages, of gathering the four *tzitziyot* (plural of *tzitzit*) of the *tallit* while reciting the words "bring us safely from the four corners of the earth," thus symbolizing Israel's unity and ingathering. The *tzitziyot* are then held through the third paragraph of the Sh'ma, and kissed when reciting the word *tzitzit* (which appears three times in that paragraph). By this practice, we indicate that we are lovingly undertaking to observe these words of Torah, and we hope that our commitment to strive for holiness will lead to greater unity. We are also gathering within us all our positive intentions.

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Hear, O Israel

The core of our worship is not a prayer at all, but a cry to our fellow Jews and fellow humans. In it we declare that God is one—which is also to say that humanity is one, that life is one, that joys and sufferings are all one—for God is the force that binds them all together. There is nothing obvious about this truth, for life as we experience it seems infinitely fragmented. Human beings seem isolated from one another, divided by all the fears and hatreds that make up human history. Even within a single life, one moment feels cut off from the next, memories of joy and fullness offering us little consolation when we are depressed or lonely. To assert that all is one in God is our supreme act of faith. No wonder that the Sh'ma, the first "prayer" we learn in childhood, is also the last thing we are to say before we die.

—ARTHUR GREEN

The Challenge of Faith

The Israeli poet Yoram Nissonovitch remarks that religious questions may not constitute the subversion of our faith; rather, they may help us get past tired notions that narrow our vision, and it may open our souls to new and deeper understandings. His colleague Elḥanan Nir adds: Doubts lead to a strong, surprising, and deep faith that cannot be compared with classical faith. This is a faith for which nothing is taken for granted.

Recitation of the Sh'ma

Some people may wish to pause here for a moment. Some may close their eyes; others may place a hand over their eyes. The intention is to concentrate on God's oneness.
The following words are added in the absence of a minyan:
God is a faithful sovereign.

Hear, O Israel, ADONAI is our God, ADONAI is one.
Sh'ma yisrael, Adonai eloheinu Adonai eḥad.

Recited quietly: Praised be the name of the one whose glorious sovereignty is forever and ever.

You shall love ADONAI your God with all your heart,
with all your soul, and with all that is yours.
These words that I command you this day
shall be taken to heart.
Teach them again and again to your children;
speak of them when you sit in your home,
when you walk on your way,
when you lie down,
and when you rise up.
Bind them as a sign upon your hand
and as a symbol above your eyes;
inscribe them upon the doorposts of your home
and on your gates.
Deuteronomy 6:4–9

V'ahavta et Adonai elohekha b'khol l'vav'kha u-v'khol nafsh'kha
u-v'khol me'odekha. V'hayu ha-d'varim ha-eileh asher anokhi m'tzav'kha
ha-yom al l'vavekha. V'shinantam l'vanekha v'dibarta bam, b'shivt'kha
b'veitekha u-v'lekht'kha va-derekh u-v'shokhb'kha u-v'kumekha.
U-k'shartam l'ot al yadekha v'hayu l'totafot bein einekha.
U-kh'tavtam al m'zuzot beitekha u-visharekha.

קְרִיאַת שְׁמַע

Some people may wish to pause here for a moment. Some may close their eyes; others may place a hand over their eyes. The intention is to concentrate on God's oneness.
In the absence of a minyan, we add the following: אֵל מֶלֶךְ נֶאֱמָן.

שְׁמַע יִשְׂרָאֵל יהוה אֱלֹהֵינוּ יהוה אֶחָד.

Recited quietly: בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאָהַבְתָּ אֵת יהוה אֱלֹהֶיךָ בְּכָל־לְבָבְךָ וּבְכָל־נַפְשְׁךָ
וּבְכָל־מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ
הַיּוֹם עַל־לְבָבֶךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ
בְּבֵיתֶךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשָׁכְבְּךָ וּבְקוּמֶךָ:
וּקְשַׁרְתָּם לְאוֹת עַל־יָדֶךָ וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךָ:
וּכְתַבְתָּם עַל־מְזוּזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ:
דברים ו:ד-ט

THE RECITATION OF THE SH'MA. Rabbinic literature refers to the Sh'ma as a *k'riah*, a reading aloud of a passage of the Torah. Later it became a meditation as well, a way to focus on God's "oneness"—so much so that for some it became a moment to experience a mystical union with God. The Babylonian Talmud reports: Rabbi Judah the Prince was teaching and needed to stop, since the hour for reciting the Sh'ma was passing, so he covered his eyes for a moment and then continued teaching (Berakhot 13b). In this story, reciting the Sh'ma was but a momentary interruption. Later, Rabbi Judah's act of covering his eyes came to be seen as a sign of deep contemplation, and so it became the custom of many to cover the eyes while reciting the Sh'ma, as a moment to meditate on God's unity.

GOD IS A FAITHFUL SOVEREIGN אֵל מֶלֶךְ נֶאֱמָן. These words form an acronym of *amen*. When we recite the Sh'ma with a *minyan*, the leader concludes with the words *Adonai eloheikhem emet*, "Your God truly"; when, in the absence of a *minyan*, that affirmation is not recited, we add this private affirmation at the beginning of the Sh'ma. The Kabbalists noted that the Sh'ma contained 245 words and so, by adding three additional words, we reach 248—the number of limbs in the body, according to the belief of the ancient rabbis. Thus we affirm, whether by adding words at the beginning or the end of the Sh'ma, that our entire being is dedicated to God.

SH'MA YISRAEL שְׁמַע יִשְׂרָאֵל. To whom are these words addressed? Certainly, we are speaking to ourselves, enjoining ourselves to truly hear what our lips are saying. We may also be speaking to each other—the collective people Israel—reminding each other that we are a people united by values, nurturing our own sense of peoplehood. A moving midrash imagines these words recited by Jacob's sons, addressed to their father Jacob/Israel, reassuring him on his deathbed that they remain true to his teachings, and that the God of Jacob is and will remain "their God" (Genesis Rabbah 98:3). And so, we too may be speaking to our forebears, reassuring our ancestors (all the way back to Jacob!) that their legacy continues in us.

ONE אֶחָד. The Hebrew word *eḥad*, "one," has been variously interpreted. It can mean that God is totally unified and not made up of parts, as is the case with everything else we encounter in the universe. It can mean unique, that God is different from all else we encounter. It can mean "only," that there is no other being who is divine. Mystics interpret it as meaning that God is one with the universe—or in another formulation, present throughout the universe.

PRAISED BE THE NAME בָּרוּךְ שֵׁם. This phrase is not part of the biblical text but was the customary response of those assembled to hearing the name of God as part of priestly prayers in the Temple. To differentiate it from the actual biblical text, it is recited silently. In the legend mentioned above, this sentence constituted Jacob's response to his children's affirmation, and so it is voiced differently.

INSCRIBE THEM UPON THE DOORPOSTS וּכְתַבְתָּם עַל מְזוּזוֹת. The observant Jew lives a life surrounded by the Sh'ma: reciting it in the morning upon arising and at night before going to sleep, walking past its inscription on the *mezuzah* when entering one's home, and even adorning oneself with the words on weekday mornings upon one's head and near one's heart when putting on *t'fillin*, phylacteries.

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וְהָיָה אִם־שָׁמֹעַ תִּשְׁמְעוּ אֶל־מִצְוֹתַי אֲשֶׁר אָנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת־יהוה אֱלֹהֵיכֶם וּלְעָבְדוֹ בְּכָל־לְבַבְכֶם וּבְכָל־נַפְשְׁכֶם: וְנָתַתִּי מְטַר־אַרְצְכֶם בְּעִתּוֹ יוֹרֶה וּמַלְקוֹשׁ וְאָסַפְתָּ דְגָנֶךָ וְתִירֹשְׁךָ וְיִצְהָרֶךָ: וְנָתַתִּי עֵשֶׂב בְּשָׂדְךָ לִבְהֶמְתֶּךָ וְאָכַלְתָּ וְשָׂבָעְתָּ: הִשָּׁמְרוּ לָכֶם פֶּן־יִפְתֶּה לְבַבְכֶם וְסַרְתֶּם וַעֲבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף־יהוה בָּכֶם וְעָצַר אֶת־הַשָּׁמַיִם וְלֹא־יִהְיֶה מָטָר וְהָאֲדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ וַאֲבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יהוה נֹתֵן לָכֶם: וְשַׂמְתֶּם אֶת־דְּבָרַי אֵלֶּה עַל־לְבַבְכֶם וְעַל־נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל־יֶדְכֶם וְהָיוּ לְטוֹטָפֹת בֵּין עֵינֵיכֶם: וְלִמַּדְתֶּם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתֶךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשָׁכְבְּךָ וּבְקוּמֶךָ: וּכְתַבְתָּם עַל־מְזוּזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ: לְמַעַן יִרְבּוּ יְמֵיכֶם וִימֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יהוה לַאֲבֹתֵיכֶם לָתֵת לָהֶם כִּימֵי הַשָּׁמַיִם עַל־הָאָרֶץ:

דברים יא:יג-כא

וַיֹּאמֶר יהוה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִת עַל־כַּנְפֵי בִגְדֵיהֶם לְדֹרֹתָם וְנָתְנוּ עַל־צִיצִת הַכָּנָף פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִת וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יהוה וַעֲשִׂיתֶם אֹתָם וְלֹא תָתוּרוּ אַחֲרֵי לְבַבְכֶם וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתָי וִהְיִיתֶם קְדֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יהוה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יהוה אֱלֹהֵיכֶם:

במדבר טו:לז-מא

אֱמֶת

When there is a minyan, the leader adds:

◄ יהוה אֱלֹהֵיכֶם – אֱמֶת –

וְיַצִּיב וְנָכוֹן וְקַיָּם וְיָשָׁר וְנֶאֱמָן וְאָהוּב וְחָבִיב וְנֶחְמָד וְנָעִים וְנוֹרָא וְאַדִּיר וּמְתֻקָּן וּמְקֻבָּל וְטוֹב וְיָפֶה הַדָּבָר הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד.

IF YOU WILL HEAR וְהָיָה אִם שָׁמֹעַ. This paragraph suggests a direct relationship between the righteousness of our acts and our fate. If we are good, God will be good to us, and vice versa. That theology was questioned throughout the ages and even by biblical writers themselves, most sharply in the Book of Job. Nevertheless, it does speak to a deep human need to see a world as containing a moral balance between good and evil. What is expressed here in concrete terms may be understood more broadly: moral and immoral actions have consequences, both seen and unseen.

TZITZIT צִיצִת. The biblical scholar Israel Knohl, expanding a medieval Jewish comment, suggests that the word *tzitzit* may derive from *tzitz*, a headband worn by the High Priest and tied in back with a *p'til t'khelet*, a "thread of blue." On it were the words קדש ליהוה (*kodesh ladonai*), "holy before Adonai." Wearing the *tzitzit* (literally, the "little *tzitz*"), we are asked to serve God in a holy way, much as the High Priest did; thus the paragraph commands us to be "holy before your God." The act of wearing *tzitzit* turns us all, metaphorically, into High Priests.

TRULY אֱמֶת. The tradition read the word *emet*, "truly," as referring both backward and forward: it is the first word of the following paragraph and is also recited as if it were the last word of the preceding paragraph.

continued

Other Gods

What is an idol? A thing, a force, a person, a group, an institution or an ideal, regarded as supreme. God alone is supreme.

—ABRAHAM JOSHUA HESCHEL

To Love and Revere God

When one contemplates the wonders of God's creation and sees in them God's infinite wisdom, one immediately loves, praises, and craves to know God's great name, as David sang, "I thirst for the living God" (Psalm 42:3). But as one contemplates these things one is immediately struck dumb and becomes fearful, for one knows that a person is only a tiny part of the vastness of creation—humble and ignorant, standing with little understanding before the fullness of knowledge, as David lamented, "When I gaze at Your heavens, Your handiwork, what are mortals that You care for them?" (Psalm 8:4–5).

—MAIMONIDES

If you will hear and obey the mitzvot that I command you this day, to love and serve ADONAI your God with all your heart and all your soul, then I will grant the rain for your land in season, rain in autumn and rain in spring. You shall gather in your grain and wine and oil; I will provide grass in your fields for your cattle and you shall eat and be satisfied. Take care lest your heart be tempted, and you stray and serve other gods and bow to them. Then ADONAI's anger will flare up against you, and God will close up the sky so that there will be no rain and the earth will not yield its produce. You will quickly disappear from the good land that ADONAI is giving you. Therefore, impress these words of mine upon your heart and upon your soul. Bind them as a sign upon your hand and as a symbol above your eyes; teach them to your children, by speaking of them when you sit in your home, when you walk on your way, when you lie down and when you rise up. Inscribe them upon the doorposts of your home and on your gates. Then your days and the days of your children, on the land that ADONAI swore to your ancestors to give them, will be as many as the days the heavens are above the earth.

Deuteronomy 11:13–21

ADONAI said to Moses: Speak to the people Israel, and instruct them that in every generation they shall put *tzitzit* on the corners of their garments, placing a thread of blue on the *tzitzit*, the fringe of each corner. That shall be your *tzitzit*; you shall look at it and remember all the mitzvot of ADONAI, and fulfill them, and not be seduced by your eyes and heart as they lead you astray. Then you will remember and fulfill all My mitzvot, and be holy before your God. I am ADONAI your God, who brought you out of the land of Egypt to be your God. I am ADONAI your God—

Numbers 15:37–41

Truly

When there is a minyan, the leader adds:

► ADONAI your God—truly—

this teaching is constant, well-founded and enduring, righteous and trustworthy, beloved and cherished, desirable and pleasing, awe-inspiring and majestic, well-ordered and established, good and beautiful, and so incumbent on us forever.

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Redemption

What might redemption mean in our time? Gordon Tucker, a contemporary rabbi, points out that in the Bible, when an object is redeemed, it returns to its original state. Following a teaching of the Ḥasidic master Avraham Mordecai of Gur (*Imrei Emet*, *parashat Emor*), he remarks that there was a moment after leaving Egypt and crossing the Sea when we experienced freedom and the infinite possibility signalled by the limitless horizon of the desert. It was the time before the giving of the Torah on Mount Sinai, yet it was a special moment of being with God. Jeremiah records God saying, "I remember the generosity of your young days, the love you exhibited when we were first engaged, walking with Me in the desert" (2:2). We can hope that our religious life will lead us back to a moment of innocence, when we feel free and in unselfconscious relation to God.

Truly, the God of the universe, our sovereign, is the stronghold of Jacob and our protecting shield.

In every generation God is present, God's name endures, God's throne is established, and God's sovereignty and faithfulness abide.

God's teaching is living and enduring, truthful and beloved throughout all time.

As our ancestors accepted it as incumbent on them, we accept it as incumbent on us, and on our children, and all the future seed of the house of Israel who serve You. Both for our ancestors and our descendants, it is a goodly teaching, enduring forever, a constant truth, a never-changing principle.

▸ *Truly*, You are Adonai our God and the God of our ancestors, our sovereign and our ancestors' sovereign, our redeemer and our ancestors' redeemer. You are our creator, and the rock of our deliverance, our redeemer and help. So You are known throughout time, for there is no God but You.

You were always the help of our ancestors, a shield and deliverer for their descendants in every generation.

You abide at the pinnacle of the universe—

Your judgment and Your righteousness extend to the ends of the earth.

Blessed are the ones who attend to Your mitzvot and place Your teaching and words on their hearts.

Truly, You are the ruler of Your people, a mighty sovereign, who takes up their cause.

Truly, You were at the beginning and You will be at the end—aside from You we have no ruler who can redeem and deliver.

אֱמֶת אֱלֹהֵי עוֹלָם מַלְכֵּנוּ, צוּר יַעֲקֹב מָגֵן יִשְׁעֵנוּ.
◂ לְדוֹר וָדוֹר הוּא קַיָּם וּשְׁמוֹ קַיָּם, וְכִסְאוֹ נָכוֹן
וּמַלְכוּתוֹ וֶאֱמוּנָתוֹ לָעַד קַיֶּמֶת.
וּדְבָרָיו חַיִּים וְקַיָּמִים, נֶאֱמָנִים וְנֶחֱמָדִים,
לָעַד וּלְעוֹלְמֵי עוֹלָמִים, עַל אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ]
וְעָלֵינוּ, עַל בָּנֵינוּ וְעַל דּוֹרוֹתֵינוּ, וְעַל כָּל־דּוֹרוֹת
זֶרַע יִשְׂרָאֵל עֲבָדֶיךָ. עַל הָרִאשׁוֹנִים וְעַל הָאַחֲרוֹנִים
דָּבָר טוֹב וְקַיָּם לְעוֹלָם וָעֶד,
אֱמֶת וֶאֱמוּנָה חֹק וְלֹא יַעֲבֹר.
◂ אֱמֶת שָׁאַתָּה הוּא יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], מַלְכֵּנוּ, מֶלֶךְ אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
גּוֹאֲלֵנוּ גֹּאֵל אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], יוֹצְרֵנוּ, צוּר יְשׁוּעָתֵנוּ,
פּוֹדֵנוּ וּמַצִּילֵנוּ, מֵעוֹלָם שְׁמֶךָ אֵין אֱלֹהִים זוּלָתֶךָ.

עֶזְרַת אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ] אַתָּה הוּא מֵעוֹלָם,
מָגֵן וּמוֹשִׁיעַ לִבְנֵיהֶם אַחֲרֵיהֶם בְּכָל־דּוֹר וָדוֹר.
בְּרוּם עוֹלָם מוֹשָׁבֶךָ,
וּמִשְׁפָּטֶיךָ וְצִדְקָתְךָ עַד אַפְסֵי אָרֶץ.
אַשְׁרֵי אִישׁ שֶׁיִּשְׁמַע לְמִצְוֹתֶיךָ,
וְתוֹרָתְךָ וּדְבָרְךָ יָשִׂים עַל לִבּוֹ.
אֱמֶת אַתָּה הוּא אָדוֹן לְעַמֶּךָ,
וּמֶלֶךְ גִּבּוֹר לָרִיב רִיבָם.
אֱמֶת אַתָּה הוּא רִאשׁוֹן, וְאַתָּה הוּא אַחֲרוֹן,
וּמִבַּלְעָדֶיךָ אֵין לָנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ.

continued

Read forward, the word affirms what follows: credal statements spelling out the implications of the Sh'ma; each statement is preceded by the word *emet*, thus articulating a kind of Jewish creed. Read backward, it refers to God, who is identified with truth.

The phrase is based on the words of Jeremiah, "Adonai is true (*Adonai emet*), is truly the living God, and the sovereign of time and the world" (10:10). Additionally, another biblical meaning of the word *emet* is steadfastness or faithfulness. In this interpretation, what is affirmed is that God will always be present for us.

TRULY THIS TEACHING IS CONSTANT אֱמֶת וְיַצִּיב. Reuven Kimelman, a contemporary liturgical scholar, contends that the "teaching" referred to in this assertion is the Decalogue, which originally preceded the recitation of the Sh'ma in the ancient synagogue. The recitation of the Decalogue was dropped from the liturgy because the rabbis were afraid that people would consider only those commandments as obligatory, as many Christians did. In its current context, the liturgical affirmation refers to the constancy of the entire Torah.

HELP OF OUR ANCESTORS [עֶזְרַת אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ. Two contrasting theological concepts are at work in this blessing. The first emphasizes the value of personal observance of Torah and mitzvot ("Blessed are the ones who attend to Your mitzvot . . ."); the second emphasizes communal redemption and the need for God to destroy oppression, with the exodus from Egypt serving as a paradigm for all future redemptions. The first is non-violent, speaking of personal practice and virtue through performing acts of love and care; the second insists that God must war against evil in order to root it out. These two views echo a talmudic argument as to whether the future redemption will be achieved peacefully or will come through war.

TRULY, YOU WERE AT THE BEGINNING AND YOU WILL BE AT THE END אֱמֶת, אַתָּה הוּא רִאשׁוֹן, וְאַתָּה הוּא אַחֲרוֹן. A similar expression, "I am the alpha and omega, the beginning and the end," is quoted three times in the Christian testament. The wording of this prayer may have been deliberately polemical at the time it was written in antiquity, and intended to oppose Christian theological claims, which were emerging as a rival to Judaism.

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מִמִּצְרַיִם גְּאַלְתָּנוּ יהוה אֱלֹהֵינוּ
וּמִבֵּית עֲבָדִים פְּדִיתָנוּ.
כָּל־בְּכוֹרֵיהֶם הָרָגְתָּ וּבְכוֹרְךָ גָּאָלְתָּ
וְיַם סוּף בָּקַעְתָּ וְזֵדִים טִבַּעְתָּ
וִידִידִים הֶעֱבַרְתָּ
וַיְכַסּוּ מַיִם צָרֵיהֶם, אֶחָד מֵהֶם לֹא נוֹתָר.
עַל זֹאת שִׁבְּחוּ אֲהוּבִים, וְרוֹמְמוּ אֵל,
וְנָתְנוּ יְדִידִים זְמִירוֹת שִׁירוֹת וְתִשְׁבָּחוֹת,
בְּרָכוֹת וְהוֹדָאוֹת לַמֶּלֶךְ אֵל חַי וְקַיָּם,
רָם וְנִשָּׂא, גָּדוֹל וְנוֹרָא,
מַשְׁפִּיל גֵּאִים וּמַגְבִּיהַּ שְׁפָלִים
מוֹצִיא אֲסִירִים וּפוֹדֶה עֲנָוִים
וְעוֹזֵר דַּלִּים
וְעוֹנֶה לְעַמּוֹ בְּעֵת שַׁוְּעָם אֵלָיו.
◂ תְּהִלּוֹת לְאֵל עֶלְיוֹן בָּרוּךְ הוּא וּמְבֹרָךְ.
מֹשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה,
וְאָמְרוּ כֻלָּם:

מִי כָמֹכָה בָּאֵלִם יהוה, מִי כָּמֹכָה נֶאְדָּר בַּקֹּדֶשׁ,
נוֹרָא תְהִלֹּת, עֹשֵׂה פֶלֶא.

◂ שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְּאוּלִים לְשִׁמְךָ עַל שְׂפַת הַיָּם,
יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

צוּר יִשְׂרָאֵל,
קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,
וּפְדֵה כִנְאֻמֶךָ יְהוּדָה וְיִשְׂרָאֵל.
גֹּאֲלֵנוּ, יהוה צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.
בָּרוּךְ אַתָּה יהוה, גָּאַל יִשְׂרָאֵל.

The Amidah for Festivals is found on page 306.

MOSES, MIRIAM, AND THE PEOPLE ISRAEL מֹשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל. The Torah is emphatic that Moses led the men and Miriam led the women, so that all the people Israel sang the Song at the Sea. (See page 144.)

WHO IS LIKE YOU מִי כָמֹכָה. The Sh'ma was preceded by the song of the angels, "Holy, holy, holy . . .," and now is followed by our singing a praise of God from the Song at the Sea. Through the recitation of the Sh'ma, our song and the angels' song become a common chorus.

ADONAI WILL REIGN יהוה יִמְלֹךְ. Exodus 15:18.

ISRAEL יִשְׂרָאֵל. The name "Israel" is repeated four times before the conclusion of the *b'rakhah*, emphasizing the plea for the redemption of the people Israel.

OUR REDEEMER גֹּאֲלֵנוּ. Isaiah 47:4.

LIBERATED THE PEOPLE ISRAEL גָּאַל יִשְׂרָאֵל. This *b'rakhah*, in contrast to most, concludes with a verb in the past tense. We can properly bless God for the redemptive acts that have already occurred—not those we still hope and pray for (Babylonian Talmud, Pesaḥim 117b).

SH'MA AND THE AMIDAH. The Babylonian Talmud links this last *b'rakhah* of the Recitation of the Sh'ma, mentioning God's redeeming the people Israel from Egypt, to the personal prayers that now follow in the Amidah, and recommends that there be no verbal interruption at this point (Berakhot 9b). It is as if to say that the possibility of prayer flows out of our experience of God's love as exhibited in freeing us from slavery.

The Violence at the Sea

The Ḥasidic master Shalom Shakhna taught: That which results in the good cannot take place without opposition.

Blessing of Redemption

Let us bless the source
of life,
source of faith and daring,
wellspring of new song
and the courage to mend.

—MARCIA FALK

ADONAI our God, You redeemed us from Egypt
and freed us from the house of bondage.
Their firstborn You slayed, Your firstborn You redeemed,
You split the sea, You drowned the wicked,
You rescued Your beloved.
The waters engulfed their oppressors; not one of them survived.
Then they sang in praise, acclaiming God for all that had occurred.
The beloved people offered songs of thanksgiving, hymns of praise, and blessings to the sovereign ever-living God,
who is transcendent, powerful, and awe-inspiring,
humbling the haughty, raising up the lowly,
freeing those in chains, redeeming the poor,
helping the weak, and answering God's people
when they cry out.

▸ Our homage is to God on high, who is ever praised.
Moses, Miriam, and the people Israel joyfully sang
this song to You:

"Who is like You, ADONAI, among the mighty!
Who is like You, adorned in holiness,
revered in praise, working wonders!"

Mi khamokha ba-eilim Adonai, mi kamokha nedar bakodesh,
nora t'hilot, oseh feleh.

▸ At the edge of the Sea, the rescued sang a new song of praise to Your name; together, as one, they thanked You and acclaimed Your sovereignty, saying:

"ADONAI will reign forever and ever."

Adonai yimlokh l'olam va-ed.

Stronghold of the people Israel,
arise and help the people Israel!
Redeem, as You promised, Judah and the people Israel.
Our redeemer is called *ADONAI Tz'va·ot*,
the Holy One of the people Israel.

Tzur yisrael, kumah b'ezrat yisrael,
u-f'deih khinumekha y'hudah v'yisrael.
Go·aleinu Adonai Tz'va·ot sh'mo, k'dosh yisrael.

Barukh atah ADONAI, who liberated the people Israel.

The Amidah for Festivals is found on page 306.

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The Shabbat Morning Amidah

Prayer

Rabbi Ami taught: One's prayer is answered only if one takes one's heart into one's hands, as it is said, "Let us lift up our heart with our hands" (Lamentations 3:41).

—BABYLONIAN TALMUD

One should pray as a beggar knocking on a door and wish for a time of generosity.

—*based on* ḤAYIM IBN ATTAR

Prayer is for one's soul what nourishment is for one's body. The blessing of one's prayer lasts until the time of the next prayer, just as the strength derived from one meal lasts until another.... During the time of prayer, one cleanses the soul of all that has passed over it and prepares it for the future.

—YEHUDAH HALEVI

Songs to God not only express joy; they express pain as well. There is no greater prayer than pouring out one's heart over the distance one feels from God.

—SHALOM NOAḤ BERZOVSKY

A transliteration of the opening b'rakhot of the Amidah may be found on page 466. When a minyan is present, some communities repeat the Amidah after it is recited silently; others recite the first three blessings (including the Kedushah on page 161) aloud and the rest of the Amidah silently. The Amidah concludes on page 166.

ADONAI, open my lips that my mouth may speak Your praise.

First B'rakhah: Our Ancestors

With Patriarchs:

ℸ *Barukh atah* ADONAI,
our God and God of our ancestors,
God of Abraham, God of Isaac, and God of Jacob,
great, mighty, awe-inspiring, transcendent God,
who acts with kindness and love, and creates all,
who remembers the loving deeds of our ancestors,
and who will lovingly bring a redeemer to their children's children for the sake of divine honor.

With Patriarchs and Matriarchs:

ℸ *Barukh atah* ADONAI,
our God and God of our ancestors,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
great, mighty, awe-inspiring, transcendent God,
who acts with kindness and love, and creates all,
who remembers the loving deeds of our ancestors,
and who will lovingly bring a redeemer to their children's children for the sake of divine honor.

On Shabbat Shuvah we add:

Remember us for life, Sovereign who delights in life,
and inscribe us in the Book of Life, for Your sake, God of life.

תפילת העמידה לשחרית לשבת

A transliteration of the opening b'rakhot of the Amidah may be found on page 466. When a minyan is present, some communities repeat the Amidah after it is recited silently; others recite the first three blessings (including the Kedushah on page 161) aloud and the rest of the Amidah silently. The Amidah concludes on page 166.

אֲדֹנָי שְׂפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתֶךָ.

With Patriarchs:

ℸ בָּרוּךְ אַתָּה יהוה,
אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וֵאלֹהֵי יַעֲקֹב, הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אָבוֹת, וּמֵבִיא גּוֹאֵל
לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ
בְּאַהֲבָה.

With Patriarchs and Matriarchs:

ℸ בָּרוּךְ אַתָּה יהוה,
אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל, וֵאלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אָבוֹת [וְאִמָּהוֹת],
וּמֵבִיא גּוֹאֵל לִבְנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

On Shabbat Shuvah we add:

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים,
וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַנְךָ אֱלֹהִים חַיִּים.

AMIDAH. The Amidah, literally "the prayer said while standing," is a moment of personal meditation and is also known as the "Silent Prayer." It always contains three introductory *b'rakhot* and three concluding *b'rakhot*. On Shabbat and festivals, a middle *b'rakhah* focuses on distinctive themes of the day. Before the Amidah begins we take three steps forward, approaching God's presence. (If there is no room, we first take three steps backward.)

ADONAI, OPEN MY LIPS אֲדֹנָי שְׂפָתַי תִּפְתָּח. Psalm 51:17, where prayer is exalted over sacrifice. Rabbi Yoḥanan (3rd century) recommended that this verse precede the Amidah (Talmud of the Land of Israel, Berakhot 4:4).

BENDING THE KNEES AND BOWING. Bowing is both a symbolic acknowledgment that our prayers are to God and also a sign of humility on our part. We stand up straight when we reach God's name, however, for we speak to God face to face (Babylonian Talmud, Berakhot 12a). The Talmud records disagreement about how deeply one should bow: some say that one should fully bend over, some that one should feel one's spine bending, and others that one should bow only one's head (Berakhot 28b). The Talmud confined bowing to the beginning and end of this first *b'rakhah*, as well as to the beginning and end of the next-to-last *b'rakhah*, which thanks God for the gift of life (Berakhot 34a). The sign ℸ indicates the place to bow.

GOD OF ABRAHAM אֱלֹהֵי אַבְרָהָם. God uses this language when first addressing Moses, at the burning bush (Exodus 3:5–6). Its inclusion here at the beginning of the Amidah may remind us of the focus and attentiveness that we need to sense God's presence.

REDEEMER גּוֹאֵל. Judaism's messianic impulse reminds us that the world, as broken as it sometimes appears, is ultimately perfectible; God's teachings, carried out by us, will help the world achieve such perfection. Some liberal prayerbooks use the word *ge'ullah*, "redemption," in place of "redeemer," to de-emphasize the role of any single individual in facilitating the world's healing.

REMEMBER US זָכְרֵנוּ. This brief prayer is the first of four additions to the Amidah during the Ten Days of Repentance. Each of the four phrases of this short addition ends with the word *ḥayim*, "life."

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God of Our Ancestors

The God we know seems so much greater, so much vaster, than the God of former generations. The universe we live in is so much more known and charted; we measure distances in light years and send persons and machines coursing through space. The lenses through which we see the small as well as the vast have forever changed our way of viewing the world; the pace at which we seek and find knowledge has changed our way of learning. To say "our God and God of our ancestors" is to assert that the One of whom we speak in such an age is the same One as the God of small-town Jewish scholars and shopkeepers of a hundred years ago. This is no small admission, no small act of humbling, for such as ourselves.

—ARTHUR GREEN

Life to the Dead

A Ḥasidic master taught: There are parts of ourselves that have become deadened. When we pray this blessing we should ask ourselves, "What part of myself needs to be awakened? What should I be concerned with, that I have forgotten?"

With Patriarchs:

You are the sovereign
who helps and saves
and shields.
ך *Barukh atah* ADONAI,
Shield of Abraham.

With Patriarchs and Matriarchs:

You are the sovereign
who helps and guards,
saves and shields.
ך *Barukh atah* ADONAI,
Shield of Abraham and
Guardian of Sarah.

Second B'rakhah: God's Saving Care

You are ever mighty, ADONAI—
You give life to the dead—
great is Your saving power:

From Sh'mini Atzeret until Pesaḥ:
You cause the wind to blow and the rain to fall,

[*From Pesaḥ until Sh'mini Atzeret, some add:*
You cause the dew to fall,]

You sustain the living through kindness and love,
and with great mercy give life to the dead,
You support the falling, heal the sick,
loosen the chains of the bound,
and keep faith with those who sleep in the dust.
Who is like You, Almighty,
and who can be compared to You?
The sovereign who brings death and life
and causes redemption to flourish.

M'khalkel ḥayim b'ḥesed, m'ḥayeih meitim b'raḥamim rabim,
somekh noflim v'rofei ḥolim u-matir asurim,
u-m'kayem emunato lisheinei afar.
Mi khamokha ba-al g'vurot umi domeh lakh,
melekh meimit u-m'ḥayeh u-matzmiaḥ y'shuah.

On Shabbat Shuvah we add:
Who is like You, source of compassion,
who remembers with compassion Your creatures for life?

You are faithful in bringing life to the dead.
Barukh atah ADONAI, who gives life to the dead.

When the Amidah is recited silently, continue on page 162 with "Holy are You."

With Patriarchs:

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן.
ך בָּרוּךְ אַתָּה יהוה,
מָגֵן אַבְרָהָם.

With Patriarchs and Matriarchs:

מֶלֶךְ עוֹזֵר וּפוֹקֵד
וּמוֹשִׁיעַ וּמָגֵן.
ך בָּרוּךְ אַתָּה יהוה,
מָגֵן אַבְרָהָם וּפוֹקֵד שָׂרָה.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מְחַיֵּה מֵתִים אַתָּה,
רַב לְהוֹשִׁיעַ.

From Sh'mini Atzeret until Pesaḥ: מַשִּׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם,
[*From Pesaḥ until Sh'mini Atzeret, some add:* מוֹרִיד הַטָּל,]

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֵּה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישֵׁנֵי עָפָר.
מִי כָמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דְּוֹמֶה לָּךְ,
מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

On Shabbat Shuvah we add:
מִי כָמוֹךָ אַב הָרַחֲמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת מֵתִים.
בָּרוּךְ אַתָּה יהוה, מְחַיֵּה הַמֵּתִים.

When the Amidah is recited silently, continue on page 162 with אַתָּה קָדוֹשׁ.

SHIELD OF ABRAHAM מָגֵן אַבְרָהָם. This phrase is derived from Genesis 15:1, the first time we hear Abraham speak to God. There Abraham—the paragon of faith—expresses to God his fears, skepticism, and insecurity about the fulfillment of God's promises. Authentic prayer may encompass feelings of doubt as well as faith, challenge and frustration as well as praise and gratitude. Some who include the matriarchs at the beginning of this prayer conclude with this ending, so as not to change the received wording of the conclusion of a *b'rakhah*.

GUARDIAN OF SARAH וּפוֹקֵד שָׂרָה. Or: "the one who remembered Sarah" (after Genesis 21:1). We, who stand here today, are the fruit of God's promise to Abraham and Sarah.

SUPPORT THE FALLING סוֹמֵךְ נוֹפְלִים. After Psalm 145:14. For centuries, human rulers have defined "power" as the ability to exert control over others, often through the threat of physical injury. Quite differently, God's power is described here as manifested as *ḥesed*, love and generosity, especially to those who are most vulnerable. The other attributes describing God in this paragraph are also taken from biblical texts: Exodus 15:26 ("heal the sick"), Psalm 146:7 ("loosen the chains of the bound"), and 1 Samuel 2:6 ("brings death and life").

GIVES LIFE TO THE DEAD מְחַיֵּה הַמֵּתִים. Over the millennia, many Jewish perspectives on the afterlife have been proposed. Many sages (including Saadiah Gaon, 10th century, and Maimonides, 12th century) caution against speculation about the specific implications of the doctrine of bodily resurrection of the dead. They understand it to be an articulation of God's supreme power: God cares even for the dead. Some moderns understand that the lives of those who died before us are a part of the stream of life, continuing to affect us, though we can never know precisely how.

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Third B'rakhah: God's Holiness

THE KEDUSHAH

The Kedushah is recited only with a minyan.

We hallow Your name in this world as it is hallowed in the high heavens, as Your prophet Isaiah described: Each cried out to the other:

"Holy, holy, holy is *Adonai Tz'va·ot*, the whole world is filled with God's glory!"

Kadosh, kadosh, kadosh Adonai Tz'va·ot, m'lo khol ha-aretz k'vodo.

Then in thunderous voice, rising above the chorus of *serafim*, other heavenly beings call out words of blessing:

"Praised is Adonai's glory wherever God dwells."

Barukh k'vod Adonai mimkomo.

Our sovereign, manifest Yourself from wherever You dwell, and rule over us, for we await You. When shall You rule in Zion? Let it be soon, in our day, and throughout all time. May You be exalted and sanctified in Jerusalem, Your city, from one generation to another, forever and ever. May our eyes behold Your dominion, as described in the songs of praise offered to You by David, rightfully anointed:

"Adonai will reign forever; your God, O Zion, from generation to generation. Halleluyah!"

Yimlokh Adonai l'olam, elohayikh tziyon l'dor vador, hal'luyah.

From generation to generation we will declare Your greatness, and forever sanctify You with words of holiness. Your praise will never leave our lips, for You are God and Sovereign, great and holy. *Barukh atah Adonai*, the Holy God.

On Shabbat Shuvah we substitute:
Barukh atah Adonai, the Holy Sovereign.

We continue on the next page with the Fourth B'rakhah, "Moses rejoiced."

The Kedushah is recited only with a minyan.

נְקַדֵּשׁ אֶת־שִׁמְךָ בָּעוֹלָם,
כְּשֵׁם שֶׁמַּקְדִּישִׁים אוֹתוֹ בִּשְׁמֵי מָרוֹם,
כַּכָּתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר:
קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יהוה צְבָאוֹת,
מְלֹא כָל־הָאָרֶץ כְּבוֹדוֹ.

אָז בְּקוֹל רַעַשׁ גָּדוֹל אַדִּיר וְחָזָק מַשְׁמִיעִים קוֹל,
מִתְנַשְּׂאִים לְעֻמַּת שְׂרָפִים, לְעֻמָּתָם בָּרוּךְ יֹאמֵרוּ:
בָּרוּךְ כְּבוֹד יהוה מִמְּקוֹמוֹ.

מִמְּקוֹמְךָ מַלְכֵּנוּ תוֹפִיעַ, וְתִמְלֹךְ עָלֵינוּ, כִּי מְחַכִּים אֲנַחְנוּ
לָךְ. מָתַי תִּמְלֹךְ בְּצִיּוֹן, בְּקָרוֹב בְּיָמֵינוּ, לְעוֹלָם וָעֶד תִּשְׁכּוֹן.
תִּתְגַּדַּל וְתִתְקַדַּשׁ בְּתוֹךְ יְרוּשָׁלַיִם עִירֶךָ,
לְדוֹר וָדוֹר וּלְנֵצַח נְצָחִים. וְעֵינֵינוּ תִרְאֶינָה מַלְכוּתֶךָ,
כַּדָּבָר הָאָמוּר בְּשִׁירֵי עָזֶּךָ, עַל יְדֵי דָוִד מְשִׁיחַ צִדְקֶךָ:
יִמְלֹךְ יהוה לְעוֹלָם, אֱלֹהַיִךְ צִיּוֹן לְדֹר וָדֹר, הַלְלוּיָהּ.

לְדוֹר וָדוֹר נַגִּיד גָּדְלֶךָ, וּלְנֵצַח נְצָחִים קְדֻשָּׁתְךָ נַקְדִּישׁ.
וְשִׁבְחֲךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד,
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אָתָּה.
בָּרוּךְ אַתָּה יהוה, הָאֵל הַקָּדוֹשׁ.

On Shabbat Shuvah we substitute:
בָּרוּךְ אַתָּה יהוה, הַמֶּלֶךְ הַקָּדוֹשׁ.

We continue on the next page with the Fourth B'rakhah, יִשְׂמַח מֹשֶׁה.

KEDUSHAH קְדֻשָּׁה. In this ancient prayer, composed by Jewish mystics, we imitate the angelic glorification of God. Although it appears in several versions, the Kedushah of the Amidah always contains three biblical quotations: "Holy, holy, holy" (Isaiah 6:3), "Praised is Adonai's glory wherever God dwells" (Ezekiel 3:12), and "Adonai will reign forever" (Psalm 146:10). The liturgy surrounding these verses varies, being more elaborate and expansive on Shabbat and festivals than on weekdays. Because the Kedushah is a call-and-response, it is appropriately recited only with a *minyan*. (*adapted from Reuven Hammer*)

HOLY קָדוֹשׁ. These are the words that Isaiah heard the angels utter during the profound experience that initiated his prophetic calling (6:3). Holiness is God's essential quality, a quality of which humans can partake when dedicated to God and when acting in imitation of God's mercy and love.

THE WHOLE WORLD IS FILLED WITH GOD'S GLORY מְלֹא כָל־הָאָרֶץ כְּבוֹדוֹ. There are two contrasting themes in the Kedushah: God is to be found everywhere, and God is hidden from us. The paradox of the religious life is that at times we feel a divine presence close at hand and at other times God's absence is terribly palpable.

SERAFIM שְׂרָפִים. On the variety of angelic forms, see page 153.

PRAISED IS ADONAI'S GLORY WHEREVER GOD DWELLS בָּרוּךְ כְּבוֹד יהוה מִמְּקוֹמוֹ. Ezekiel heard this cry as he was being carried away by a wind, which transported him to preach to his fellow exiles in Babylonia (3:12).

For We Await You

Is it really true that we only await You? Rather, the prayer is a plea: Give us the wisdom to learn to await You.

—SOLOMON HAKOHEN RABINOWITZ

Holiness

Rabbi Ḥama the son of Rabbi Ḥanina taught: What is the meaning of the verse, "Walk in the path of Adonai, your God" (Deuteronomy 13:5)? Is it possible for a human being to behave like the Shekhinah? And hasn't the Torah also taught us, "For Adonai your God is a consuming fire" (Deuteronomy 4:24)? Rather, the verse teaches you to imitate the virtues of the Holy One—

Just as the Holy One clothes the naked, as it is written, "And Adonai, God, made garments of leather, and clothed them [Adam and Eve when they were expelled from the Garden of Eden]" (Genesis 3:21), so too are you to clothe the naked.

Just as the Holy One visits the sick, as it is written, "Adonai appeared to him in the grove of Mamre [as Abraham was recovering from his circumcision]" (Genesis 18:1), so too are you to visit the sick.

Just as the Holy One comforts the mourners, as it is written, "And it came to pass after the death of Abraham that God blessed Isaac, his son" (Genesis 25:13), so too are you to comfort the mourner.

And the Holy One buried the dead as well, as it is written "And [God] buried him [Moses] in the valley" (Deuteronomy 34:6), so too are you to bury the dead.

—BABYLONIAN TALMUD

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The following paragraph is said only when the entire Amidah is recited silently:

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וּקְדוֹשִׁים בְּכָל־יוֹם יְהַלְלוּךָ סֶּלָה.
בָּרוּךְ אַתָּה יהוה, הָאֵל הַקָּדוֹשׁ.

On Shabbat Shuvah we substitute:

בָּרוּךְ אַתָּה יהוה, הַמֶּלֶךְ הַקָּדוֹשׁ.

All continue here:

יִשְׂמַח מֹשֶׁה בְּמַתְּנַת חֶלְקוֹ,
כִּי עֶבֶד נֶאֱמָן קָרָאתָ לוֹ.
כְּלִיל תִּפְאֶרֶת בְּרֹאשׁוֹ נָתַתָּ,
בְּעָמְדוֹ לְפָנֶיךָ עַל הַר סִינָי.
וּשְׁנֵי לוּחוֹת אֲבָנִים הוֹרִיד בְּיָדוֹ,
וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת,

וְכֵן כָּתוּב בְּתוֹרָתֶךָ:
וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יהוה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפַשׁ.

MOSES REJOICED יִשְׂמַח מֹשֶׁה. This passage is an addition to the Shabbat morning Amidah of unknown origin. These verses are a fragment of a larger alphabetical acrostic but only the *yod* through *lamed* lines survive. (The word *sh'nei* ["two"] was probably added later to the *luḥot* ["tablets"] line.) This prayer is not found among the fragments of liturgical remains of the Land of Israel in the Cairo Genizah. The *geonim* of Babylonia recommended that it be said, but its inclusion was contested by Rashi (1040–1105, northern France), among others. Nevertheless, it was adopted soon afterward by all rites.

What caused Moses to be joyful? A midrash maintains that the very notion of Shabbat was first suggested by Moses: in Egypt, Moses argued that even slaves needed a day of rest in order to survive and Pharaoh granted them Shabbat (Exodus Rabbah 1:28). Moses was happy that his suggestion became incorporated in the Decalogue. Medieval commentators add another interpretation: that Moses was overjoyed to be God's servant, appointed to communicate the law of Shabbat to Israel. Others say that the prayer celebrates the giving of the Torah, which Moses was happy to receive. According to a midrashic source, the Torah was given on Shabbat and the Torah is called God's gift, *matanah*—the same word used in this prayer to describe Moses' "portion" in the afterworld, where his share is assured (Babylonian Talmud, Shabbat 10b). Some remark, regarding the future tense, that the future alluded to is not the world that is coming, but each generation in which Shabbat is observed and this prayer is recited: Moses' joy stems from the fact that the descendants of the Israelites of his own generation (whom he instructed) continue to observe what he taught.

A FAITHFUL SERVANT עֶבֶד נֶאֱמָן . Based on Numbers 12:7, where God tells Miriam and Aaron that Moses is totally trusted (*ne·eman*) in God's house. In Deuteronomy 34:5 Moses is referred to as "God's servant." And so yet another explanation of Moses' joy is that he was happy to be called a "faithful servant."

CROWN כְּלִיל. When Moses descended from the mountain, his face shone with God's light (Exodus 34:29).

THE PEOPLE ISRAEL SHALL OBSERVE וְשָׁמְרוּ. Exodus 31:16–17.

The following paragraph is said only when the entire Amidah is recited silently:

Holy are You and holy is Your name;
holy ones praise You each day.
Barukh atah Adonai, the Holy God.

On Shabbat Shuvah we substitute:
Barukh atah Adonai, the Holy Sovereign.

All continue here:

Fourth B'rakhah: The Holiness of Shabbat

Moses rejoiced in his portion,
for You called him a faithful servant.
You adorned his head with a brilliant crown
when he stood before You on Mount Sinai.
He carried down two tablets of stone,
inscribed with the instruction to observe Shabbat.

Yismaḥ moshe b'matnat ḥelko
ki eved ne·eman karata lo.
K'lil tiferet b'rosho natata,
b'omdo l'fanekha al har sinai.
U-shnei luḥot avanim horid b'yado,
v'khatuv bahem sh'mirat shabbat,
v'khen katuv b'toratekha.

And it is written in Your Torah:
The people Israel shall observe Shabbat, to maintain it as an everlasting covenant throughout all generations. It is a sign between Me and the people Israel for all time, that in six days Adonai made the heavens and the earth, and on the seventh day, ceased from work and rested.

V'shamru v'nei yisrael et ha-shabbat,
la·asot et ha-shabbat l'dorotam b'rit olam.
Beini u-vein b'nei yisrael ot hi l'olam,
ki sheishet yamim asah Adonai et ha-shamayim v'et ha-aretz,
u-vayom ha-sh'vi·i shavat vayinafash.

The Blessing of Shabbat
During the week we build, we fashion objects, we aim for mastery, we fulfill responsibilities, and in all the busyness we easily lose sight of ourselves. On Shabbat we may uncover what is hidden to us in our busyness—going for a walk we see a bird's nest; the flowers in our neighbor's garden refresh and delight us; we notice a tree planted in another century; rain is experienced as a blessing. On Shabbat we enter this world of gentleness, of appreciation, of welcome. We join in community, not of people striving with or against one another, but of people finding each other. In giving up striving, we can move away from self-judgment, no longer bound by an accounting of failure or assertions of great success and power. We can simply "be," enjoy, "be with." On Shabbat our souls can remember how to be open.

On weekdays we may be too distracted, too involved with our work and our responsibilities to see the holiness of everyday life. The gift of Shabbat is that all we experience, every meal, every meeting with another person, every joy can be seen as holy.

—SHALOM NOAḤ BERZOVSKY

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Some omit:

But, ADONAI our God, You have not given it to the nations of the world,
nor, our Sovereign, have You bestowed it on idol worshippers,
nor do the uncircumcised find rest on this day, for

With love, You have given Shabbat to the people Israel, the descendants of Jacob, whom You have chosen. The people who sanctify the seventh day shall feel fulfilled and shall delight in Your goodness, for You Yourself were pleased with the seventh day and sanctified it, calling it the most beloved of days, a symbol of the work of creation.

Our God and God of our ancestors, embrace our rest.
Make us holy through Your mitzvot and let the Torah be our portion.
Fill our lives with Your goodness and gladden us with Your deliverance.
Purify our hearts to serve You truly.
ADONAI our God, lovingly and willingly grant that we inherit Your holy Shabbat, that the people Israel, who make Your name holy, may find rest on this day.

Kad'sheinu b'mitzvotekha v'ten ḥelkeinu b'toratekha,
sabeinu mi-tuvekha v'samḥeinu bishuatekha,
v'taheir libeinu l'ovd'kha be-emet,
v'hanḥileinu Adonai eloheinu b'ahavah u-v'ratzon shabbat kodshekha,
v'yanuḥu vah yisrael m'kad'shei sh'mekha.

Barukh atah ADONAI, who makes Shabbat holy.

Fifth B'rakhah: The Restoration of Zion

ADONAI our God, embrace Your people Israel and their prayer. Restore worship to Your sanctuary. May the prayers of the people Israel be lovingly accepted by You, and may our service always be pleasing.

On Rosh Ḥodesh and Ḥol Ha-mo·ed we add:

Our God and God of our ancestors, may the thought of us rise up and reach You. Attend to us and accept us; hear us and respond to us. Keep us in mind, and keep in mind the thought of our ancestors, as well as the Messiah, the descendant of David; Jerusalem, Your holy city; and all Your people, the house of Israel. Respond to us with deliverance, goodness, compassion, love, life, and peace, on this

On Rosh Ḥodesh: Rosh Ḥodesh. *On Pesaḥ:* Festival of Matzot. *On Sukkot:* Festival of Sukkot.

Remember us for good;
respond to us with blessing;
redeem us with life.
Show us compassion and care with words of kindness and deliverance;
have mercy on us and redeem us. Our eyes are turned to You,
for You are a compassionate and caring sovereign.

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Some omit:

וְלֹא נָתַתּוֹ יהוה אֱלֹהֵינוּ לְגוֹיֵי הָאֲרָצוֹת,
וְלֹא הִנְחַלְתּוֹ מַלְכֵּנוּ לְעוֹבְדֵי פְסִילִים,
וְגַם בִּמְנוּחָתוֹ לֹא יִשְׁכְּנוּ עֲרֵלִים,

כִּי לְיִשְׂרָאֵל עַמְּךָ נָתַתּוֹ בְּאַהֲבָה, לְזֶרַע יַעֲקֹב אֲשֶׁר בָּם בָּחָרְתָּ. עַם מְקַדְּשֵׁי שְׁבִיעִי, כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטּוּבֶךָ, וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ, חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ, זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], רְצֵה בִמְנוּחָתֵנוּ, קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ, שַׂבְּעֵנוּ מִטּוּבֶךָ, וְשַׂמְּחֵנוּ בִּישׁוּעָתֶךָ, וְטַהֵר לִבֵּנוּ לְעָבְדְּךָ בֶּאֱמֶת, וְהַנְחִילֵנוּ יהוה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קָדְשֶׁךָ, וְיָנוּחוּ בָהּ יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ. בָּרוּךְ אַתָּה יהוה, מְקַדֵּשׁ הַשַּׁבָּת.

רְצֵה, יהוה אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם, וְהָשֵׁב אֶת־הָעֲבוֹדָה לִדְבִיר בֵּיתֶךָ, וּתְפִלָּתָם בְּאַהֲבָה תְקַבֵּל בְּרָצוֹן, וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךָ.

On Rosh Ḥodesh and Ḥol Ha-mo·ed we add:

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], יַעֲלֶה וְיָבֹא, וְיַגִּיעַ וְיֵרָאֶה, וְיֵרָצֶה וְיִשָּׁמַע, וְיִפָּקֵד וְיִזָּכֵר זִכְרוֹנֵנוּ וּפִקְדּוֹנֵנוּ, וְזִכְרוֹן אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], וְזִכְרוֹן מָשִׁיחַ בֶּן־דָּוִד עַבְדֶּךָ, וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קָדְשֶׁךָ, וְזִכְרוֹן כָּל־עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לִפְלֵיטָה, לְטוֹבָה, לְחֵן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם

On Rosh Ḥodesh: רֹאשׁ הַחֹדֶשׁ הַזֶּה. *On Pesaḥ:* חַג הַמַּצּוֹת הַזֶּה. *On Sukkot:* חַג הַסֻּכּוֹת הַזֶּה.

זָכְרֵנוּ, יהוה אֱלֹהֵינוּ בּוֹ לְטוֹבָה,
וּפָקְדֵנוּ בּוֹ לִבְרָכָה,
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.
וּבִדְבַר יְשׁוּעָה וְרַחֲמִים, חוּס וְחָנֵּנוּ, וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,
כִּי אֵלֶיךָ עֵינֵינוּ, כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אָתָּה.

BUT . . . YOU HAVE NOT GIVEN IT וְלֹא נָתַתּוֹ. These phrases and the sentences that follow do not appear in early Ashkenazic liturgy. They were probably added in the High Middle Ages, due to the competition between Judaism and Christianity and the persecution in the time of the Crusades and after. A sharp distinction was thus drawn: we are the inheritors of God's wonderful gift, Shabbat, but our persecutors do not participate with us in this special moment. Our situation today is quite different, and we welcome non-Jews to join with us in celebrating Shabbat. As the prophet Isaiah declared, Judaism's gifts are not a secret treasure to be hoarded, but a divine blessing to be shared with all who would join in receiving them.

TO YOUR SANCTUARY לִדְבִיר בֵּיתֶךָ. Literally, the "innerchamber," as in 1 Kings 6:19, "within the Temple, on the inside." We pray for access to the innermost reaches of the divine realm; for the most intimate relationship with God. Yet this intimacy is not silence. The word *d'vir* connects to *davar*, "word." In the *d'vir*, God hears our voice, and we hear that of the Divine. (*Jill Jacobs*)

MAY THE THOUGHT OF US RISE UP AND REACH YOU יַעֲלֶה וְיָבֹא. This paragraph, recited on every festival and New Moon, asks God—and by implication, us—to see the New Moon or the festival as a time to focus on renewal and redemption.

Gratitude

My instincts are from You,
my body was fashioned
by You,
the songs I sing reach up
to You,
and with offerings of
thanksgiving I greet You.

The air I breathe is Yours,
the light in my eyes reflects
Your glory,
my insights are formed
from Your mystery,
the guideposts of my life
are thoughts of You.

Whenever my love calls to
You, my heart finds You.
But my mind cannot con-
tain You.
And my thoughts and
conceptions can never
truly picture You,
or my errors and mistakes
ever diminish You.

—*after* YEHUDAH HALEVI

Thanking God

David prayed, "For all is from You, and from Your own hand I give to You" (1 Chronicles 29:14).

May our eyes behold Your compassionate return to Zion.
Barukh atah ADONAI, who restores Your Divine Presence to Zion.

Sixth B'rakhah: Gratitude for Life and Its Blessings

When the Amidah is recited silently, we read the following paragraph. When the Amidah is chanted aloud, the leader reads this paragraph as the congregation reads the next passage.

We thank You, for You are ever our God and the God of our ancestors; You are the bedrock of our lives, the shield that protects us in every generation. We thank You and sing Your praises—for our lives that are in Your hands, for our souls that are under Your care, for Your miracles that accompany us each day, and for Your wonders and Your gifts that are with us each moment—evening, morning, and noon.
► You are the one who is good, whose mercy is never-ending; the one who is compassionate, whose love is unceasing. We have always placed our hope in You.

This paragraph is recited by the congregation when the full Amidah is repeated by the leader, by custom remaining seated and bowing slightly.

We thank You for the ability to acknowledge You. You are our God and the God of our ancestors, the God of all flesh, our creator, and the creator of all. We offer praise and blessing to Your holy and great name, for granting us life and for sustaining us. May You continue to grant us life and sustenance. Gather our dispersed to Your holy courtyards, that we may fulfill Your mitzvot and serve You wholeheartedly, carrying out Your will. May God, the source of gratitude, be praised.

On Ḥanukkah we add Al Hanissim on page 430.

For all these blessings may Your name be praised and exalted, our sovereign, always and forever.

On Shabbat Shuvah we add:
And inscribe all the people of Your covenant for a good life.

May all that lives thank You always, and faithfully praise Your name forever, God of our deliverance and help.
Barukh atah ADONAI, Your name is goodness and praise of You is fitting.

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וְתֶחֱזֶינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יהוה, הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

When the Amidah is recited silently, we read the following paragraph. When the Amidah is chanted aloud, the leader reads this paragraph as the congregation reads the next passage.

מוֹדִים אֲנַחְנוּ לָךְ שֶׁאַתָּה הוּא יהוה אֱלֹהֵינוּ וֵאלֹהֵי
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ] לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לְךָ וּנְסַפֵּר תְּהִלָּתֶךָ, עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדֶךָ וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נִסֶּיךָ
שֶׁבְּכָל־יוֹם עִמָּנוּ וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל־עֵת,
עֶרֶב וָבֹקֶר וְצָהֳרָיִם. ◄ הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,
וְהַמְרַחֵם, כִּי לֹא תַמּוּ חֲסָדֶיךָ מֵעוֹלָם קִוִּינוּ לָךְ.

This paragraph is recited by the congregation when the full Amidah is repeated by the leader, by custom remaining seated and bowing slightly.

מוֹדִים אֲנַחְנוּ לָךְ שֶׁאַתָּה הוּא יהוה אֱלֹהֵינוּ וֵאלֹהֵי
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], אֱלֹהֵי כָל־בָּשָׂר, יוֹצְרֵנוּ, יוֹצֵר
בְּרֵאשִׁית. בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ,
עַל שֶׁהֶחֱיִיתָנוּ וְקִיַּמְתָּנוּ. כֵּן תְּחַיֵּנוּ וּתְקַיְּמֵנוּ, וְתֶאֱסוֹף
גָּלְיוֹתֵינוּ לְחַצְרוֹת קָדְשֶׁךָ, לִשְׁמוֹר חֻקֶּיךָ וְלַעֲשׂוֹת רְצוֹנֶךָ,
וּלְעָבְדְּךָ בְּלֵבָב שָׁלֵם, עַל שֶׁאֲנַחְנוּ מוֹדִים לָךְ.
בָּרוּךְ אֵל הַהוֹדָאוֹת.

On Ḥanukkah we add Al Hanissim on page 430.

וְעַל כֻּלָּם יִתְבָּרַךְ וְיִתְרוֹמַם שִׁמְךָ מַלְכֵּנוּ תָּמִיד לְעוֹלָם וָעֶד.

On Shabbat Shuvah we add:
וּכְתוֹב לְחַיִּים טוֹבִים כָּל־בְּנֵי בְרִיתֶךָ.

וְכֹל הַחַיִּים יוֹדוּךָ סֶּלָה, וִיהַלְלוּ אֶת־שִׁמְךָ בֶּאֱמֶת,
הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֶלָה.
בָּרוּךְ אַתָּה יהוה, הַטּוֹב שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת.

WHO RESTORES YOUR DIVINE PRESENCE TO ZION הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן. In the Land of Israel in the 1st millennium, this blessing ended with the words שֶׁאוֹתְךָ לְבַדְּךָ בְּיִרְאָה נַעֲבוֹד (*she-ot'kha l'vad'kha b'yirah na·avod*), "You alone shall we worship in awe." The vision of the return to Zion is a vision of a religious life not yet attained.

YOUR DIVINE PRESENCE שְׁכִינָתוֹ. The Hebrew word *shekhinah* has been used for centuries to refer to God's immanence, the presence of God that is felt in the world. The word *shekhinah* is grammatically feminine. Accordingly, Jewish mystical tradition has tended to personify the Divine Presence as female.

WE THANK מוֹדִים (*the congregational response*). A second version of Modim, the *b'rakhah* expressing gratitude, was created by the ancient rabbis to be recited by the congregation individually while the leader chanted the official prayer (Babylonian Talmud, Sotah 40a). In this way, the leader and the congregation simultaneously offer thanksgiving to God. The central idea expressed in this congregational response is *modim anaḥnu lakh . . . al she-anaḥnu modim lakh*, "we thank You for the ability to thank You." The ability to express gratitude is seen as a special gift to humanity. The attitude of thankfulness connects us to the world with a sense of humility and a joyful spirit of openness.

MAY YOUR NAME BE PRAISED AND EXALTED יִתְבָּרַךְ וְיִתְרוֹמַם שִׁמְךָ. In the language of the Bible and the prayerbook, "God's name is exalted" when we acknowledge God, recognize God's goodness in creation, and act to enable God's justice and compassion to be visible in the world.

AND INSCRIBE וּכְתוֹב. This is the third of the four special insertions in the Amidah for the Ten Days of Repentance.

Be Like the Students of Aaron

Hillel would teach: "Be like the students of Aaron: loving peace and pursuing peace, loving every living being and drawing them near to the Torah." What would Aaron do? When two people were fighting with each other, he would go and sit near the first and say, "My child, you should only know how disturbed and embarrassed your friend is about having offended you," and thus his anger would be quieted. Then Aaron would go to the second one, sit next to him and say, "My child, I've just spoken with your friend and you should realize how disturbed and embarrassed he is about having offended you." And Aaron would sit with him until his anger had dissipated. When the two met, they would hug each other and kiss. That is why it is written that when Aaron died, the entire house of Israel mourned for thirty days (Numbers 20:29), but when Moses died it does not say the whole house of Israel mourned.

—AVOT D'RABBI NATAN

Peace

Hezekiah said in the name of Ḥori: Great is peace, for regarding all the journeys of the Israelites in the desert it is written that they journeyed in contention and encamped with contention. But when they came to Mount Sinai they encamped as one, as it is written, "And Israel encamped there" (Exodus 19:1). The Torah does not say "the children of Israel" but rather "Israel," to teach you that there were no differences but they came there as one. The Holy One then said: "This is the hour that I can give the Torah to My children."

—LEVITICUS RABBAH

Seventh B'rakhah: Prayer for Peace

During the silent Amidah, continue with "Grant peace" below.
During the repetition of the Amidah, the leader recites the Priestly Blessing.

Our God and God of our ancestors,
bless us with the threefold blessing of the Torah
written by Moses Your servant,
recited by Aaron and his descendants, the *kohanim*,
the consecrated priests of Your people:

May ADONAI bless and protect you.
So may it be God's will. Ken y'hi ratzon.
May ADONAI's countenance shine upon you
and may ADONAI bestow kindness upon you.
So may it be God's will. Ken y'hi ratzon.
May ADONAI's countenance be lifted toward you
and may ADONAI grant you peace.
So may it be God's will. Ken y'hi ratzon.

Grant peace to the world, goodness and blessing, grace, love, and compassion, for us and for all the people Israel. Bless us, our creator, united as one with the light of Your presence; by that light, ADONAI our God, You have given us a guide to life, the love of kindness, righteousness, blessing, compassion, life, and peace. May it please You to bless Your people Israel at every season and at all times with Your gift of peace.

Sim shalom ba-olam, tovah u-v'rakhah, ḥen va-ḥesed v'raḥamim aleinu v'al kol yisrael amekha. Bar'kheinu avinu kulanu k'eḥad b'or panekha, ki v'or panekha natata lanu, Adonai eloheinu, torat ḥayim v'ahavat ḥesed, u-tzedakah u-v'rakhah v'raḥamim v'ḥayim v'shalom. V'tov b'einekha l'varekh et am'kha yisrael, b'khol eit u-v'khol sha·ah bishlomekha.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it:

May we and the entire house of Israel be called to mind and inscribed for life, blessing, sustenance, and peace in the Book of Life. *Barukh atah ADONAI*, who brings peace.

Barukh atah ADONAI, who blesses Your people Israel with peace.

During the silent Amidah, continue with שִׂים שָׁלוֹם below.
During the repetition of the Amidah, the leader recites Birkat Kohanim.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
בָּרְכֵנוּ בַּבְּרָכָה הַמְשֻׁלֶּשֶׁת
בַּתּוֹרָה הַכְּתוּבָה עַל יְדֵי מֹשֶׁה עַבְדֶּךָ,
הָאֲמוּרָה מִפִּי אַהֲרֹן וּבָנָיו, כֹּהֲנִים, עַם קְדוֹשֶׁךָ, כָּאָמוּר:

יְבָרֶכְךָ יהוה וְיִשְׁמְרֶךָ. כֵּן יְהִי רָצוֹן.
יָאֵר יהוה פָּנָיו אֵלֶיךָ וִיחֻנֶּךָּ. כֵּן יְהִי רָצוֹן.
יִשָּׂא יהוה פָּנָיו אֵלֶיךָ וְיָשֵׂם לְךָ שָׁלוֹם. כֵּן יְהִי רָצוֹן.

שִׂים שָׁלוֹם בָּעוֹלָם, טוֹבָה וּבְרָכָה,
חֵן וָחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל עַמֶּךָ.
בָּרְכֵנוּ אָבִינוּ כֻּלָּנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ,
כִּי בְאוֹר פָּנֶיךָ נָתַתָּ לָּנוּ, יהוה אֱלֹהֵינוּ,
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל
בְּכָל־עֵת וּבְכָל־שָׁעָה בִּשְׁלוֹמֶךָ.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it:

בְּסֵפֶר חַיִּים, בְּרָכָה, וְשָׁלוֹם, וּפַרְנָסָה טוֹבָה,
נִזָּכֵר וְנִכָּתֵב לְפָנֶיךָ, אֲנַחְנוּ וְכָל־עַמְּךָ בֵּית יִשְׂרָאֵל,
לְחַיִּים טוֹבִים וּלְשָׁלוֹם.
בָּרוּךְ אַתָּה יהוה, עוֹשֵׂה הַשָּׁלוֹם.

בָּרוּךְ אַתָּה יהוה, הַמְבָרֵךְ אֶת־עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

MAY ADONAI BLESS AND PROTECT YOU יְבָרֶכְךָ יהוה וְיִשְׁמְרֶךָ. Numbers 6:24–26. This biblical blessing, known as *Birkat Kohanim* (the Priestly Blessing), is prescribed in the Torah to be recited by Aaron and his descendants, the *kohanim* (priests). Mishnah Tamid (5:1) reports that each day after the morning Sh'ma was recited, the prayers in the Temple concluded with the Priestly Blessing. On Shabbat an additional blessing was added for the *kohanim* who began their service in the Temple that week: "May the one who dwells in this house cause love, unity, and peace to dwell among you" (Babylonian Talmud, Berakhot 12a).

GRANT PEACE שִׂים שָׁלוֹם. The wording of this paragraph is related directly to the Priestly Blessing, both in its mention of the blessings of peace and in its reference to the light of God's countenance. Thus, the Sim Shalom *b'rakhah* is traditionally recited at all services at which the Priestly Blessing occurs when the Amidah is recited in the Land of Israel. An alternative version of this blessing, Shalom Rav, is recited in the Amidah on most afternoons and in the evening. In the words of the midrash, "Great is peace, for all prayers conclude with a plea for peace" (Leviticus Rabbah 9:9).

TO THE WORLD בָּעוֹלָם. In accord with the text of the 10th-century prayerbook of Saadiah Gaon, Conservative Movement prayerbooks insert this word (*ba-olam*) to emphasize that Jewish prayers for peace are universalistic and encompass the entire world.

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In This Stillness

In this expanse
of quiet, stillness,
I reach out and reach in,
seeking myself
and seeking You.
I am grateful
for the breath of life,
the unending miracles
of Your creation.

How may I best sustain
the light in this world?
How may I heal
my wounded heart,
soften and salve the pain
which is too often
my companion?

I beseech You to protect
and guard me,
I and my household,
all my loved ones,
the children of Israel,
all of Your children
everywhere.
Grant us life, health,
sustenance, peace.

May this Shabbat offer
sweet blessings,
and may it be a foretaste
of the week to come.

—MALKA ALIZA
BAT LEIBA

The silent recitation of the Amidah concludes with a personal prayer or one of the following:

א

My God, keep my tongue from evil, my lips from deceit.
Help me ignore those who would slander me.
Let me be humble before all.
Open my heart to Your Torah, that I may pursue Your mitzvot.
Frustrate the designs of those who plot evil against me;
nullify their schemes.
Act for the sake of Your name, act for the sake of Your triumph,
act for the sake of Your holiness, act for the sake of Your Torah.
Answer my prayer for the deliverance of Your people.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

ב

Grant me the liberating joy of Shabbat, the ability to truly taste its delights. May my heart not be weighed down by sorrow on this holy Shabbat. Fill the soul of Your servant with gladness—for to You, ADONAI, I offer my entire being. Help me to increase the joys of Shabbat and to extend its joyful spirit to the other six days of the week. Show me the path of life, that I may be filled with the joy of being in Your presence, the delight of being close to You forever.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Yihyu l'ratzon imrei fi v'hegyon libi lfanekha Adonai tzuri v'go·ali.

Oseh shalom bimromav hu ya·aseh shalom aleinu
v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

When the Amidah is to be repeated aloud, we turn back to page 159. On Shabbat Ḥol Ha-mo·ed, Shabbat Rosh Ḥodesh, and Ḥanukkah, we continue with Hallel on page 316.

The silent recitation of the Amidah concludes with a personal prayer or one of the following:

א

אֱלֹהַי, נְצוֹר לְשׁוֹנִי מֵרָע, וּשְׂפָתַי מִדַּבֵּר מִרְמָה, וְלִמְקַלְלַי
נַפְשִׁי תִדֹּם, וְנַפְשִׁי כֶּעָפָר לַכֹּל תִּהְיֶה. פְּתַח לִבִּי בְּתוֹרָתֶךָ,
וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי. וְכָל־הַחוֹשְׁבִים עָלַי רָעָה,
מְהֵרָה הָפֵר עֲצָתָם וְקַלְקֵל מַחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ,
עֲשֵׂה לְמַעַן יְמִינֶךָ, עֲשֵׂה לְמַעַן קְדֻשָּׁתֶךָ, עֲשֵׂה לְמַעַן
תּוֹרָתֶךָ. לְמַעַן יֵחָלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וַעֲנֵנִי.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יהוה צוּרִי וְגוֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל], וְאִמְרוּ אָמֵן.

ב

זַכֵּנִי לְשִׂמְחָה וְחֵרוּת שֶׁל שַׁבָּת, לִטְעֹם טַעַם עֹנֶג שַׁבָּת
בֶּאֱמֶת. זַכֵּנִי שֶׁלֹּא יַעֲלֶה עַל לִבִּי עַצְבוּת בְּיוֹם שַׁבַּת
קֹדֶשׁ. שַׂמֵּחַ נֶפֶשׁ מְשָׁרְתֶךָ, כִּי אֵלֶיךָ אֲדֹנָי נַפְשִׁי אֶשָּׂא.
עָזְרֵנִי לְהַרְבּוֹת בְּתַעֲנוּגֵי שַׁבָּת, וּלְהַמְשִׁיךְ הַשִּׂמְחָה שֶׁל
שַׁבָּת לְשִׁשֶּׁת יְמֵי הַחוֹל. תּוֹדִיעֵנִי אֹרַח חַיִּים, שִׂבַע
שְׂמָחוֹת אֶת־פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ נֶצַח.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יהוה צוּרִי וְגוֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל], וְאִמְרוּ אָמֵן.

When the Amidah is to be repeated aloud, we turn back to page 159. On Shabbat Ḥol Ha-mo·ed, Shabbat Rosh Ḥodesh, and Ḥanukkah, we continue with Hallel on page 316.

MY GOD אֱלֹהַי. One opinion voiced in the Babylonian Talmud states that every Amidah must be accompanied by a personal prayer (Berakhot 29b). The prayer that is printed here is offered by the Babylonian Talmud (Berakhot 17a) as an example of such a personal prayer; it is attributed to Mar son of Ravina (4th century).

MAY THE WORDS יִהְיוּ לְרָצוֹן. Psalm 19:15. Rabbi Yoḥanan (3rd century, the Land of Israel) recommended that the Amidah conclude with this verse (Talmud of the Land of Israel, Berakhot 4:4).

GRANT זַכֵּנִי. A prayer of Naḥman of Bratzlav (Ukraine, 1772–1810), translated by Jules Harlow.

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Tilling the Soil

Why did Moses ask that his "teaching drip down like rain" (Deuteronomy 32:2)? A Ḥasidic master notes that rain is only beneficial for plants, enabling them to grow, if the earth has first been plowed and sowed; if the area has not been properly prepared, the rain will produce only mud. So too with Torah, which is most beneficial to those who are properly prepared to receive it.

As we conclude our Shaḥarit service and turn to the public reading of the Torah, we hope that our prayers have done just that: tilled and plowed our consciousness, loosening our hearts and minds, so that the words of Torah might drip down deep within, nourishing the seeds our prayers have planted. As Louis Finkelstein once noted, "Our love for the Torah is only in part rationalistic; in the main, we need not be ashamed to confess it, it is emotional, intuitive and mystic." Prayer prepares us for the words of Torah to penetrate deep within us.

Kaddish Shalem

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen.*

Congregation and Leader:

May God's great name be acknowledged forever and ever!
Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen.*

May the prayers and pleas of all Israel be accepted by their creator in heaven. And we say: *Amen.*

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen.*

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen.*

קַדִּישׁ שָׁלֵם

Leader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא, **בְּרִיךְ הוּא,**
לְעֵלָּא מִן כָּל־ [לְעֵלָּא לְעֵלָּא מִכָּל־ *on Shabbat Shuvah we substitute:*]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

תִּתְקַבַּל צְלוֹתְהוֹן וּבָעוּתְהוֹן דְּכָל־יִשְׂרָאֵל קֳדָם אֲבוּהוֹן
דִּי בִשְׁמַיָּא **וְאִמְרוּ אָמֵן.**

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל],
וְאִמְרוּ אָמֵן.

KADDISH SHALEM. Every service that features an Amidah is brought to a close with Kaddish Shalem, the complete Kaddish, so called because in addition to the words of the Kaddish recited at other times in the service, it adds a line asking God to accept our prayers: "May the prayers and pleas of all Israel be accepted by their creator in heaven." Here, the placement of Kaddish Shalem marks the end of the morning Shaḥarit prayers. The liturgy now moves on to the Torah service.

In a formal sense, though introduced and followed by *b'rakhot* and prayers, the reading of the Torah and the *haftarah* constitutes study, not prayer. For the ancient rabbis, prayer was quintessentially defined by the Amidah, which we have now completed.

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The Shabbat Torah Service

Torah

Next to human life, that which is most sacred to Jews is the Torah (the Five Books of Moses). Written by hand on parchment with a quill and permanent ink, the words of these five books depict the formative narratives of Jewish identity and self-understanding and the fundamental regulations of Jewish practice, the 613 mitzvot. Later rabbinic teaching presents itself as but an elaboration of these words—midrash.

Because the Torah is written as a continuous scroll, only a part of the text of the Torah can be seen at any one time. Metaphorically, this reminds us that the meaning of Torah is always partially revealed and partially hidden, and its teaching is constantly unfolding; even so, it is one continuous, integrated whole.

To Whom Is the Torah Addressed?

Rabbi Levi taught that when God appeared on Mount Sinai, each person believed that God was speaking directly to him or her. That is why the Decalogue begins, "I am Adonai *your* God" (Exodus 20:2; "your" is singular).

Rabbi Yose the son of Ḥanina added: The divine word came to each person in accord with that individual's own capacity.

—PESIKTA D'RAV KAHANA

Taking Out the Torah

None compares to You, ADONAI,
and nothing is like Your creation.
Ein kamokha va-elohim Adonai, v'ein k'ma·asekha.

Your sovereignty is eternal;
Your dominion endures in every generation.
ADONAI is sovereign, ADONAI has always been sovereign,
ADONAI will be sovereign forever and ever.
ADONAI, give strength to Your people;
ADONAI, bless Your people with peace.
Malkhut'kha malkhut kol olamim, u-memshalt'kha b'khol dor vador.
Adonai melekh, Adonai malakh, Adonai yimlokh l'olam va-ed.
Adonai oz l'amo yitein, Adonai y'varekh et amo va-shalom.

Compassionate creator,
may it be Your will that Zion flourish;
build the walls of Jerusalem,
for in You alone do we put our trust,
transcendent sovereign—master of all time.
Av ha-raḥamim,
heitivah virtzon'kha et tziyon, tivneh ḥomot yerushalayim.
Ki v'kha l'vad bataḥnu, melekh El ram v'nisa, adon olamim.

We rise as the ark is opened.

As the ark was carried forward, Moses would say:
ADONAI, rise up and scatter Your foes,
so that Your enemies flee Your presence.
Va-y'hi binso·a ha-aron, va-yomer moshe:
Kumah Adonai v'yafutzu oyvekha,
v'yanusu m'sanekha mi-panekha.

Torah shall go forth from Zion,
and the word of ADONAI from Jerusalem.
Praised is the one who gave Torah to the people Israel
in holiness.
Ki mi-tziyon teitzei torah, u-dvar Adonai mirushalayim.
Barukh she-natan Torah l'amo yisrael bikdushato.

סדר קריאת התורה לשבת

הוֹצָאַת הַתּוֹרָה

אֵין כָּמוֹךָ בָאֱלֹהִים, אֲדֹנָי, וְאֵין כְּמַעֲשֶׂיךָ.

מַלְכוּתְךָ מַלְכוּת כָּל־עֹלָמִים,
וּמֶמְשַׁלְתְּךָ בְּכָל־דּוֹר וָדוֹר.
יהוה מֶלֶךְ, יהוה מָלָךְ, יהוה יִמְלֹךְ לְעֹלָם וָעֶד.
יהוה עֹז לְעַמּוֹ יִתֵּן, יהוה יְבָרֵךְ אֶת־עַמּוֹ בַשָּׁלוֹם.

אַב הָרַחֲמִים, הֵיטִיבָה בִרְצוֹנְךָ אֶת־צִיּוֹן,
תִּבְנֶה חוֹמוֹת יְרוּשָׁלָיִם, כִּי בְךָ לְבַד בָּטָחְנוּ,
מֶלֶךְ אֵל רָם וְנִשָּׂא, אָדוֹן עוֹלָמִים.

We rise as the ark is opened.

וַיְהִי בִּנְסֹעַ הָאָרֹן וַיֹּאמֶר מֹשֶׁה:
קוּמָה יהוה וְיָפֻצוּ אֹיְבֶיךָ, וְיָנֻסוּ מְשַׂנְאֶיךָ מִפָּנֶיךָ.

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר יהוה מִירוּשָׁלָיִם.
בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בִּקְדֻשָּׁתוֹ.

THE TORAH SERVICE סֵדֶר קְרִיאַת הַתּוֹרָה. Opening the ark, carrying the Torah in a procession through the congregation, and reading aloud from the scroll are all symbolic moments when the presence and will of the Divine may be especially felt. It is as if with the opening of the ark, the doorway to heaven itself is opened.

Since there is no physical representation of God in Judaism, the Torah has come to be seen as the most significant expression of the presence of God—it is the representation of God's voice, God's call to us. Taking out the Torah has come to be seen as a representation of divine sovereignty, and so it has taken on the drama of a royal procession. Thus, the Torah is adorned with a crown, and its cover is kissed as it passes through the congregation, as was the custom for kissing the hem of the king's garments. Additionally, the Torah is dressed with accoutrements of the High Priest, including a breastplate and bells (originally used to signal his presence). In short, how we treat the Torah scroll combines the three "crowns" about which the ancient rabbis spoke: the crown of sovereignty, the crown of priesthood, and the crown of Torah (Pirkei Avot 4:17).

NONE COMPARES TO YOU אֵין כָּמוֹךָ. Psalm 86:8. As etiquette in Europe's royal courts became more elaborate (12th–14th centuries), the Ashkenazic Torah service incorporated verses emphasizing God's sovereignty, as if to say that God alone—and no earthly ruler—is the ultimate sovereign. The next verse, "Your sovereignty," is Psalm 145:13; "Adonai, give strength" is Psalm 29:11.

ADONAI IS SOVEREIGN יהוה מֶלֶךְ. This sentence is a compilation of biblical phrases about God's sovereignty stitched together to form a creed: God has ruled the world since before creation and will continue to rule eternally.

COMPASSIONATE CREATOR אַב הָרַחֲמִים. This address, followed by a verse that calls for Jerusalem's reconstruction (Psalm 51:20), is all that remains from prayers for forgiveness that were recited during the Torah service in an earlier era.

AS THE ARK WAS CARRIED FORWARD וַיְהִי בִּנְסֹעַ הָאָרֹן. Numbers 10:35 depicts the ark as the seat of divine protection, leading the march and warding off the fledgling nation's enemies. One interpretation is that upon realizing that it is God whom they are fighting, enemies will flee and warfare will become unnecessary (Abraham ibn Ezra).

TORAH SHALL GO FORTH FROM ZION כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה. From Isaiah 2:3: "And many peoples shall come and say, 'Let us go up to the mountain of Adonai, to the House of the God of Jacob, for Adonai shall teach us God's ways, that we may walk in that path; for Torah shall go forth . . . ." As the ark is opened, we express our belief that Torah contains ideals of ethics, politics, and wisdom that affect all humanity.

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The Zohar's Introduction to B'rikh Sh'meih

As soon as the Torah scroll is placed on the reading desk, the whole congregation below should assume an attitude of awe and fear, of trembling and quaking, as though they were at the moment of standing at Mount Sinai to receive the Torah, and they should pay attention and listen carefully; for it is not permitted then to open one's mouth, even for discussing the Torah, still less other subjects. All must be in awe and fear, as though they were speechless, as it is written: "And when he [Ezra] opened it, all the people stood up," and also "And the ears of all the people were attentive to the Torah scroll" (Nehemiah 8:5 and 8:3). Rabbi Shimon said: "When the Torah scroll is taken out to be read before the congregation, the heavenly gates of mercy are opened, the attribute of love is stirred up, and each one should then recite the following prayer: 'Ruler of the universe, praised be Your name and Your sovereignty . . .'"

A Mystical Prayer Before the Open Ark

Ruler of the universe, praised be Your name and Your sovereignty. May You desire Your people Israel forever, and may Your liberating power be revealed to them in Your sanctuary. Extend to us the goodness of Your light and with compassion accept our prayers. May it be Your will to grant us long life and well-being; may I be counted among the righteous, and in Your compassion protect me, my family, and all the people Israel. You are the one who nourishes and sustains all life. You rule over all, You have dominion over rulers, for true sovereignty is Yours.

I am a servant of the Holy One, whom I revere and whose precious Torah I revere in every time and place. Not on mortals, nor on angels do I rely, but rather on the God of heaven, the God of truth, whose Torah is truth and whose prophets are true and who abounds in deeds of goodness and truth.

► It is in God that I put my trust, and it is to Your holy and precious name that I utter praise. May it be Your will that You open my heart to Your Torah, and that You fulfill the desires of my heart and the hearts of all Your people Israel, for goodness, for life, and for peace. *Amen*.

► Beih ana raḥeitz,
v'lishmeih kadisha yakira ana eimar tushb'ḥan.
Y'heih ra·ava kodamakh d'tiftaḥ libi b'oraita,
v'tashlim mishalin d'libi v'liba d'khol amakh yisrael,
l'tav u-l'ḥayin v'lishlam. Amen.

בְּרִיךְ שְׁמֵהּ דְּמָרֵא עָלְמָא,
בְּרִיךְ כִּתְרָךְ וְאַתְרָךְ.
יְהֵא רְעוּתָךְ עִם עַמָּךְ יִשְׂרָאֵל לְעָלַם,
וּפָרְקַן יְמִינָךְ אַחֲזֵי לְעַמָּךְ בְּבֵית מַקְדְּשָׁךְ,
וּלְאַמְטוּיֵי לָנָא מִטּוּב נְהוֹרָךְ,
וּלְקַבֵּל צְלוֹתָנָא בְּרַחֲמִין.
יְהֵא רַעֲוָא קָדָמָךְ דְּתוֹרִיךְ לָן חַיִּין בְּטִיבוּתָא,
וְלֶהֱוֵי אֲנָא פְּקִידָא בְּגוֹ צַדִּיקַיָּא,
לְמִרְחַם עֲלַי וּלְמִנְטַר יָתִי וְיָת כָּל־דִּי לִי וְדִי לְעַמָּךְ יִשְׂרָאֵל.
אַנְתְּ הוּא זָן לְכֹלָּא, וּמְפַרְנֵס לְכֹלָּא.
אַנְתְּ הוּא שַׁלִּיט עַל כֹּלָּא,
אַנְתְּ הוּא דְּשַׁלִּיט עַל מַלְכַיָּא, וּמַלְכוּתָא דִּילָךְ הִיא.

אֲנָא עַבְדָּא דְקֻדְשָׁא בְּרִיךְ הוּא,
דְּסָגִידְנָא קַמֵּהּ, וּמְקַמֵּי דִּיקָר אוֹרַיְתֵהּ בְּכָל־עִדָּן וְעִדָּן.
לָא עַל אֱנָשׁ רָחֵיצְנָא, וְלָא עַל בַּר אֱלָהִין סָמֵיכְנָא,
אֶלָּא בֶּאלָהָא דִשְׁמַיָּא, דְּהוּא אֱלָהָא קְשׁוֹט,
וְאוֹרַיְתֵהּ קְשׁוֹט, וּנְבִיאוֹהִי קְשׁוֹט,
וּמַסְגֵּא לְמֶעְבַּד טָבָוָן וּקְשׁוֹט.

◄ בֵּהּ אֲנָא רָחֵץ
וְלִשְׁמֵהּ קַדִּישָׁא יַקִּירָא אֲנָא אֵמַר תֻּשְׁבְּחָן.
יְהֵא רַעֲוָא קָדָמָךְ דְּתִפְתַּח לִבִּי בְּאוֹרַיְתָא,
וְתַשְׁלִים מִשְׁאָלִין דְּלִבִּי, וְלִבָּא דְכָל־עַמָּךְ יִשְׂרָאֵל,
לְטָב וּלְחַיִּין וְלִשְׁלָם. אָמֵן.

PRAISED BE YOUR NAME
בְּרִיךְ שְׁמֵהּ. The mystic Isaac Luria (1534–1574, Safed) recommended that this prayer be recited before the open ark. It appears in printed editions of the Zohar (II:206a), where the passage that appears in the left-hand column of the facing page serves as an introduction, but it is not found in earlier manuscripts. One manuscript attributes it to the writings of Moses Naḥmanides (1194–1270, Spain). Although its provenance is disputed, it has been cherished by many rites.

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Procession of the Torah

We remove the Torah scroll from the ark and the leader faces the congregation. The following two lines are recited by the leader and we then repeat them:

Hear, O Israel, ADONAI is our God, ADONAI is one.
Sh'ma yisrael, Adonai eloheinu, Adonai eḥad.

Our God is one; great is our sovereign; holy is God's name.
Eḥad eloheinu, gadol adoneinu, kadosh sh'mo.

Leader, facing the ark:
Join me in glorifying ADONAI; let us together acclaim God's name.

The Torah is carried in a circuit around the congregation.
Yours, ADONAI, is the greatness, the strength, the glory,
the triumph, and the splendor—for everything in heaven
and on earth is Yours.
Yours, ADONAI, is the sovereignty and the majesty above all.
Exalt ADONAI, our God; bow down before God, the Holy One.
Exalt ADONAI, our God, and bow down at God's holy mountain,
for ADONAI our God is holy.
L'kha Adonai ha-g'dulah v'ha-g'vurah v'ha-tiferet v'ha-netzaḥ v'hahod, ki khol
ba-shamayim uva-aretz. L'kha Adonai ha-mamlakhah v'ha-mitnasei l'khol l'rosh.
Rom'mu Adonai eloheinu v'hishtaḥavu la-hadom raglav, kadosh hu.
Rom'mu Adonai eloheinu v'hishtaḥavu l'har kodsho, ki kadosh Adonai eloheinu.

Reading from the Torah

The Torah is placed on the reading table.

A PRAYER FOR JEWISH COMMUNITIES IN DISTRESS

May the one who is the source of compassion recall the covenant with our ancestors and have compassion on this people borne by God. May the Divine rescue us in difficult times, remove the impulse to commit evil from those who bear it, and grant us enduring relief. May our requests be met with favor, deliverance, and compassion.

BEFORE THE FIRST ALIYAH

Leader:
May You help, shield, and save all who trust in You, and let us say: *Amen.*
Let us all declare the greatness of God and give honor to the Torah as [*the first to be called to the Torah*] comes forward. Praised is God, who gave Torah to the people Israel in holiness.

Congregation and Leader:
You who cling to ADONAI your God have all been sustained to this day.
V'attem ha-d'veikim badonai eloheikhem ḥayim kul'khem hayom.

We remove the Torah scroll from the ark and the leader faces the congregation. The following two lines are recited by the leader and we then repeat them:

שְׁמַע יִשְׂרָאֵל, יהוה אֱלֹהֵינוּ, יהוה אֶחָד.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קָדוֹשׁ שְׁמוֹ.

Leader, facing the ark:
גַּדְּלוּ לַיהוה אִתִּי, וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

The Torah is carried in a circuit around the congregation.

לְךָ יהוה הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתִּפְאֶרֶת וְהַנֵּצַח וְהַהוֹד,
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ, לְךָ יהוה הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא
לְכֹל לְרֹאשׁ. רוֹמְמוּ יהוה אֱלֹהֵינוּ, וְהִשְׁתַּחֲווּ לַהֲדֹם רַגְלָיו,
קָדוֹשׁ הוּא. רוֹמְמוּ יהוה אֱלֹהֵינוּ, וְהִשְׁתַּחֲווּ לְהַר קָדְשׁוֹ,
כִּי קָדוֹשׁ יהוה אֱלֹהֵינוּ.

The Torah is placed on the reading table.

אַב הָרַחֲמִים, הוּא יְרַחֵם עַם עֲמוּסִים, וְיִזְכֹּר בְּרִית אֵיתָנִים,
וְיַצִּיל נַפְשׁוֹתֵינוּ מִן הַשָּׁעוֹת הָרָעוֹת, וְיִגְעַר בְּיֵצֶר הָרַע מִן
הַנִּשּׁוּאִים, וְיָחֹן אוֹתָנוּ לִפְלֵיטַת עוֹלָמִים, וימַלֵּא
מִשְׁאֲלוֹתֵינוּ בְּמִדָּה טוֹבָה יְשׁוּעָה וְרַחֲמִים.

Leader:

וַיַּעֲזֹר וַיָּגֶן וַיּוֹשִׁיעַ לְכֹל הַחוֹסִים בּוֹ, וְנֹאמַר אָמֵן.
הַכֹּל הָבוּ גֹדֶל לֵאלֹהֵינוּ וּתְנוּ כָבוֹד לַתּוֹרָה.
(כֹּהֵן קָרֹב, יַעֲמֹד ____ בֶּן ____ הַכֹּהֵן.)
(בַּת כֹּהֵן קִרְבִי, תַּעֲמֹד ____ בַּת ____ הַכֹּהֵן.)
(יַעֲמֹד ____ בֶּן ____ רִאשׁוֹן.)
(תַּעֲמֹד ____ בַּת ____ רִאשׁוֹנָה.)
בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בִּקְדֻשָּׁתוֹ.

Congregation and Leader:

וְאַתֶּם הַדְּבֵקִים בַּיהוה אֱלֹהֵיכֶם, חַיִּים כֻּלְּכֶם הַיּוֹם.

ACCLAIM גַּדְּלוּ. Psalm 34:4. This verse, asking the congregation to acknowledge Adonai, and the following verses, which form the congregational response, mark the oldest section of the Torah service. Since Judaism avoids any iconic representations of God, the Torah represents the most concrete symbol of God's presence on earth. When we bow in the direction of the Torah, we are acknowledging God's presence among us. In this vein, the Torah procession concludes with verses that speak of bowing before God.

YOURS, ADONAI לְךָ יהוה. 1 Chronicles 29:11. These verses are presented as part of David's last speech to the people Israel.

ALIYOT. A person called to the Torah is an *oleh/olah la-torah*, one who "goes up" to the Torah, since in the Middle Ages the reading table was on a raised platform. It is considered an honor to be called up to the Torah, to publicly recite the blessings over the reading. During the talmudic era, each person called to the Torah would chant the assigned passage directly from the scroll. Today, each person called to the Torah recites the *b'rakhot* and the Torah is chanted by a designated reader. (To this day, Yemenite Jews called to the Torah read their own *aliyah*.) The ancient rabbis instituted a practice of calling a *kohen* for the first *aliyah* and a *levi* for the second, in order to mitigate arguments about who deserved the opening honors. Some congregations retain this practice; others call congregants to *aliyot* without regard to status. It has become customary that each person called to the Torah uses either the corner of the *tallit* or the Torah binder to touch the scroll at the starting place (indicated by the reader) and then kisses the *tallit* or binder, reciting the *b'rakhah* while holding the wooden handles of the Torah rollers. When the reading is completed, this gesture is repeated.

YOU WHO CLING וְאַתֶּם הַדְּבֵקִים. Deuteronomy 4:4. From Moses' speech to Israel in the wilderness. In its context here, the verse is an assertion that it is through Torah that the fullness of life can be achieved.

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From Sephardic Practice

Before reciting the Torah blessings, the honoree(s) turn(s) to the congregation with a word of blessing (in accord with the language of greeting found in Ruth 2:4), and the congregation then responds in recognition:

Honoree(s):

יְהוָה עִמָּכֶם.

May God be with you.
Adonai imakhem.

Congregation:

יְבָרֶכְךָ\יְבָרֵךְ\יְבָרֶכְכֶם יְהוָה.

May God bless you.
Y'varekh-kha/y'var'kheikh/y'var'kheim Adonai.

Shabbat: Resting-Place on Our Journey

Each Shabbat is its own revelation, but each leads us further on the road to eternity. Each Shabbat is a resting place, an oasis on the journey that is the life of Torah. Each Shabbat's Torah reading looks forward to yet another week—another revelation.

Studying Torah

Once a young man who wanted to become a Ḥasid arrived at the court of Isaac Meir, the rebbe of Gur. The rabbi asked him if he had learned Torah. The young man didn't know what to answer. He had studied Torah but didn't want to appear too bold and answer "Yes," as if he knew all of Torah; nor could he say "No," for he would then be lying. So he responded, "I know a little." The rabbi replied, "Can anyone know more than a little?"

Blessings Recited by Those Called Up to the Torah

The person who is honored with an aliyah recites the following before the Torah is read:

Praise ADONAI, to whom all praise is directed.

Bar'khu et Adonai ha-m'vorakh.

The congregation responds:

Praise ADONAI, to whom all praise is directed forever and ever.

Barukh Adonai ha-m'vorakh l'olam va-ed.

The person who is honored repeats the above response, then continues:

Barukh atah ADONAI, our God, sovereign of time and space, who has chosen us from among all peoples, giving us the Torah.
Barukh atah ADONAI, who gives the Torah.

Barukh atah Adonai eloheinu melekh ha-olam,
asher baḥar banu mikol ha-amim, v'natan lanu et torato.
Barukh atah Adonai, noten ha-torah.

The person who is honored recites the following after the Torah is read:

Barukh atah ADONAI, our God, sovereign of time and space, who has given us a teaching of truth, planting eternal life in our midst.
Barukh atah ADONAI, who gives the Torah.

Barukh atah Adonai eloheinu melekh ha-olam,
asher natan lanu torat emet, v'ḥayei olam nata b'tokheinu.
Barukh atah Adonai, noten ha-torah.

Mi Sheberakh: Blessing for Those Called to the Torah

May the one who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah,
bless _____,
who has/have ascended today to honor God and the Torah and Shabbat.
May the blessed Holy One protect him/her/them and his/her/their entire family, bring blessing and success to all the works of his/her/their hands, together with all his/her/their fellow Jews, and let us say: *Amen*.

For additional Mi Sheberakh prayers for special occasions, see pages 439–445.

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בִּרְכוֹת הַתּוֹרָה

The person who is honored with an aliyah recites the following before the Torah is read:

בָּרְכוּ אֶת־יְהוָה הַמְבֹרָךְ.

The congregation responds:

בָּרוּךְ יְהוָה הַמְבֹרָךְ לְעוֹלָם וָעֶד.

The person who is honored repeats the above response, then continues:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל־הָעַמִּים וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ.
בָּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

The person who is honored recites the following after the Torah is read:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בָּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה.

מִי שֶׁבֵּרַךְ לְעוֹלֶה לַתּוֹרָה

For an individual:

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרֵךְ אֵת _____
שֶׁעָלָה\שֶׁעָלְתָה הַיּוֹם לִכְבוֹד הַמָּקוֹם וְלִכְבוֹד הַתּוֹרָה,
וְלִכְבוֹד הַשַּׁבָּת. הַקָּדוֹשׁ בָּרוּךְ הוּא יִשְׁמֹר אוֹתוֹ\אוֹתָהּ
וְאֶת־כָּל־מִשְׁפַּחְתּוֹ\מִשְׁפַּחְתָּהּ, וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה
בְּכָל־מַעֲשֵׂה יָדָיו\יָדֶיהָ, עִם כָּל־יִשְׂרָאֵל אֶחָיו
וְאַחְיוֹתָיו\אֶחֶיהָ וְאַחְיוֹתֶיהָ, וְנֹאמַר אָמֵן.

For a group of people:

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרֵךְ אֵת כָּל־אֵלֶּה שֶׁעָלוּ
הַיּוֹם לִכְבוֹד הַמָּקוֹם וְלִכְבוֹד הַתּוֹרָה, וְלִכְבוֹד הַשַּׁבָּת.
הַקָּדוֹשׁ בָּרוּךְ הוּא יִשְׁמֹר אוֹתָם וְאֶת־כָּל־מִשְׁפְּחוֹתֵיהֶם,
וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה בְּכָל־מַעֲשֵׂה יְדֵיהֶם, עִם
כָּל־יִשְׂרָאֵל אֲחֵיהֶם וְאַחְיוֹתֵיהֶם, וְנֹאמַר אָמֵן.

For additional Mi Sheberakh prayers for special occasions, see pages 439–445.

THE READING. In the Land of Israel in the 1st millennium, the Torah was read on a cycle of three-and-a-half years and divided into more than 150 portions. In Babylonia, the Torah was divided into larger portions, called *parashiyot*, which are read in sequence on Shabbat mornings throughout a single year. (The number of these portions was eventually fixed at 54.) Because some years are leap years and in some years festivals fall on Shabbat, certain *parashiyot* may be read together, so that the weekly readings remain coordinated with the calendar. Today, we follow the Babylonian custom, though some congregations read one-third of each *parashah* each week, thus completing a full Torah reading in three years.

The trope, the musical notation with which the Torah is chanted, is the oldest form of musical notation still in use; it dates at least to the end of the 1st millennium. Trope serve as syntactical signposts and provide interpretive meaning to the text.

WHO HAS CHOSEN US בָּחַר בָּנוּ. At the moment of approaching the Torah, one may feel especially chosen and may also experience the moment as being directly commanded.

HAS GIVEN US . . . WHO GIVES THE TORAH וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ . . . נוֹתֵן הַתּוֹרָה. The Hebrew moves from the past tense to the present. The meaning of the words of Torah not only derive from the past, but each reading may offer a new revelation.

Prayers for Healing

Mi sheberakh avoteinu
m'kor ha-b'rakhah l'imoteinu,
May the Source of strength
who blessed the ones
before us
help us find the courage
to make our lives a blessing,
and let us say: *Amen*.

Mi sheberakh imoteinu
m'kor ha-b'rakhah la-avoteinu,
bless those in need of
healing
with *r'fuah sh'leimah*:
the renewal of body,
the renewal of spirit,
and let us say: *Amen*.

—DEBBIE FRIEDMAN
AND DRORAH SETEL

Moses' Prayer

אֵל נָא רְפָא נָא
לָהּ\לוֹ\לָהֶם.

God, please heal
her/him/them.
El na r'fa na lah/lo/lahem.

— *based on* NUMBERS 12:13

Meaning of Healing

Healing may be different than "cure." Healing is a process that concerns not only the physical aspect of our reality, but our mental, emotional, and spiritual states as well. We pray, in part, for inner peace, calm, a cessation of torment and suffering. The gift is to be able to deal with our fate, remain whole, and be at peace. This realization is important not only for the person who is ill but for caregivers as well, for they should know that they can be a source not only of cure but more especially of healing.

Mi Sheberakh: Prayer for Healing

May the one who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bring blessing and healing to _____. May the Holy One mercifully restore him/her/them to health and vigor, granting him/her/them spiritual and physical well-being, together with all others who are ill, and may God grant strength to those who tend to them. Though Shabbat is a time to refrain from crying out, we yet hope and pray that healing is at hand. And let us say: *Amen*.

On Joyous Occasions

Barukh atah ADONAI, our God, sovereign of time and space, who is good and who bestows goodness.
Barukh atah Adonai eloheinu melekh ha-olam, hatov v'hameitiv.

The congregation responds:
Offer thanks to ADONAI, for God is good; God's love endures forever.
Hodu ladonai ki tov, ki l'olam ḥasdo.

Birkat Ha-Gomel: On Being Saved from Danger

This b'rakhah is recited by one who has recovered from a serious illness or survived a life-threatening crisis.

Barukh atah ADONAI, our God, sovereign of time and space, who bestows goodness on us despite our imperfections, and who has treated me so favorably.
Barukh atah Adonai eloheinu melekh ha-olam,
ha-gomel l'ḥayavim tovot, she-g'malani kol tov.

We respond:
May the one who has shown such favor to you continue to bestow all that is good upon you, forever.
for a male: Mi she-g'mal'kha kol tov, hu yigmolkha kol tov, selah.
for a female: Mi she-g'maleikh kol tov, hu yigm'leikh kol tov, selah.
for a group: Mi she-g'malkhem kol tov, yigmolkhem kol tov, selah.

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מִי שֶׁבֵּרַךְ לַחוֹלִים

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב,
וְאִמּוֹתֵינוּ שָׂרָה רִבְקָה רָחֵל וְלֵאָה,
הוּא יְבָרֵךְ וִירַפֵּא אֶת־[הַחוֹלֶה\הַחוֹלָה\הַחוֹלִים]

(names of loved ones and friends may be added here)

_____ בֶּן\בַּת _____.

הַקָּדוֹשׁ בָּרוּךְ הוּא יְמַלֵּא רַחֲמִים

For a male:
עָלָיו, לְהַחֲזִיקוֹ וּלְרַפְּאוֹתוֹ, וְיִשְׁלַח לוֹ

For a female:
עָלֶיהָ, לְהַחֲזִיקָהּ וּלְרַפְּאוֹתָהּ, וְיִשְׁלַח לָהּ

For a group:
עֲלֵיהֶם, לְהַחֲזִיקָם וּלְרַפְּאוֹתָם, וְיִשְׁלַח לָהֶם

מְהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם, רְפוּאַת הַנֶּפֶשׁ
וּרְפוּאַת הַגּוּף, בְּתוֹךְ שְׁאָר הַחוֹלִים, וְחַזֵּק אֶת יְדֵי
הָעוֹסְקִים בְּצָרְכֵיהֶם, שַׁבָּת הִיא מִלְּזְעוֹק וּרְפוּאָה
קְרוֹבָה לָבוֹא, הַשְׁתָּא בַּעֲגָלָא וּבִזְמַן קָרִיב, וְנֹאמַר אָמֵן.

הַכָּרַת הַטּוֹב

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַטּוֹב וְהַמֵּטִיב.

The congregation responds:
הוֹדוּ לַיהוה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.

בִּרְכַּת הַגּוֹמֵל

This b'rakhah is recited by one who has recovered from a serious illness or survived a life-threatening crisis.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַגּוֹמֵל לְחַיָּבִים טוֹבוֹת, שֶׁגְּמָלַנִי כָּל־טוֹב.

We respond for a male:
מִי שֶׁגְּמָלְךָ כָּל־טוֹב, הוּא יִגְמָלְךָ כָּל־טוֹב, סֶלָה.

for a female:
מִי שֶׁגְּמָלֵךְ כָּל־טוֹב, הוּא יִגְמָלֵךְ כָּל־טוֹב, סֶלָה.

for a group:
מִי שֶׁגְּמָלְכֶם כָּל־טוֹב, הוּא יִגְמָלְכֶם כָּל־טוֹב, סֶלָה.

PRAYER FOR HEALING. Traditionally, the prayer for healing is said in synagogue when the Torah is read. Ellen Frankel, a contemporary writer, remarks that through the recitation of this prayer, we summon support from all those who care about our welfare. Some follow the tradition of using only the mother's name, suggesting God's Shekhinah/In-dwelling "Feminine" aspect, which, according to our tradition, hovers over the bed of one who is ill and represents protection, care, and nurturing. (*Simcha Weintraub*)

ON JOYOUS OCCASIONS. The rabbis of the Talmud insisted that recognizing the good in our lives was an important aspect of our worship of God and our own self-understanding and spiritual growth; they called this religious obligation *hakarat ha-tov* and formulated this blessing to be recited on these occasions (Mishnah Berakhot 9). Abaye (late 3rd century, Babylonia) insisted that the *b'rakhah* be said in the presence of a *minyan*. In this spirit, we have included a line (from Psalm 136) to be recited as a congregational response.

BIRKAT HA-GOMEL בִּרְכַּת הַגּוֹמֵל. In thanking God for having been saved from danger and calamity, we are conscious of the fragility of our lives and the gratitude with which we should meet each day of our lives.

SELAH סֶלָה. The meaning of this biblical word is unclear. The ancient rabbis understood it to mean "forever."

Revealed and Concealed

The Torah may be compared to a beautiful maiden, beautiful in form and appearance, concealed secretly in her palace. She has a single lover unknown to anyone—except to her.... Knowing that her lover is constantly circling her gate, what does she do? She opens a little window in that secret palace where she resides, reveals her face to her lover, and quickly withdraws, concealing herself.... So it is with a word of Torah: she reveals herself only to her lover. Torah knows that one who is wise of heart circles her gate every day. What does she do? From the palace, she reveals her face to the one who longs for her and signals a hint, then swiftly withdraws to her place, hiding away.... Thus Torah reveals and conceals herself, approaching her lover, lovingly arousing her lover.

—ZOHAR

Ḥatzi Kaddish is recited before the maftir aliyah is called to the Torah.

Ḥatzi Kaddish

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God's great name be acknowledged forever and ever!

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

Lifting the Torah

Two individuals are called to raise and tie the Sefer Torah after it is read. As the Torah is lifted, we rise and recite:

This is the Torah, God's word by Moses' hand, which Moses set before the people Israel.

V'zot ha-torah asher sam moshe lifnei b'nei yisrael al pi Adonai b'yad moshe.

Ḥatzi Kaddish is recited before the maftir aliyah is called to the Torah.

חֲצִי קַדִּישׁ

Leader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל־ [לְעֵלָּא לְעֵלָּא מִכָּל־ *on Shabbat Shuvah we substitute:*]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

הַגְבָּהַת הַתּוֹרָה

Two people are called up for Hagbah and Gelilah, lifting and tying the Sefer Torah. As the Torah is lifted, we rise and recite:

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לִפְנֵי בְּנֵי יִשְׂרָאֵל,
עַל פִּי יהוה בְּיַד מֹשֶׁה.

ḤATZI KADDISH. A Kaddish is recited here to mark the completion of the required reading of the Torah; we now prepare for the reading of the *haftarah*, a reading taken from a different section of the Bible, the Prophets. So that the person called to chant the *haftarah* may also be honored with some words from the Torah scroll itself, another reading, called the *maftir* or "concluding reading," is added. On Shabbat it is usually a simple repetition of the last few verses of the required reading.

LIFTING AND WRAPPING THE TORAH. Tractate Sofrim (9th–10th century) instructs that the Torah be lifted, that three columns of text be unrolled, and that the writing be displayed to the entire congregation (14:8). In Sephardic practice this is done before the Torah reading begins; in Ashkenazic services the Torah is lifted here upon the conclusion of the reading. Out of respect, the congregation remains standing while the Torah is wrapped—a ceremony that imitates the practice of royalty.

THIS IS THE TORAH וְזֹאת הַתּוֹרָה. The liturgists combined Deuteronomy 4:44 and Numbers 9:23 in this line, underscoring that our entire Torah came from Moses as dictated by God. This theological claim is not made in the Bible itself. Since this passage conflates two biblical verses, the 20th-century Orthodox Jewish thinker Joseph B. Soloveitchik, for instance, did not recite it.

When reciting this passage, some people hold up or kiss the *tzitzit* of their *tallit*, to affirm their own active fulfillment of the Torah.

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Priest and Prophet

Indeed, the sort of crimes and even the amount of delinquency that fill the prophets of Israel with dismay do not go beyond that which we regard as normal, as typical ingredients of social dynamics. To us a single act of injustice—cheating in business, exploitation of the poor—is slight; to the prophets, a disaster. To us injustice is injurious to the welfare of the people to the prophets it is a deathblow to existence: to us, an episode; to them, a catastrophe, a threat to the world.

—ABRAHAM JOSHUA HESCHEL

It is otherwise with the Priest. He appears on the scene at a time when prophecy has already succeeded in hewing out a path for its idea . . . . The Priest also fosters the idea and desires to perpetuate it; but he is not of the race of giants. He has not the strength to fight continually against necessity and actuality; his tendency is rather to bow to the one and come to terms with the other. . . . Not what ought to be, but what can be is what he seeks.

—AḤAD HA-AM
(*translated by Leon Simon*)

B'rakhah Before the Haftarah

Barukh atah ADONAI, our God, sovereign of time and space, who chose worthy prophets and was pleased by their words, spoken in faithfulness.
Barukh atah ADONAI, who has chosen the Torah, Your servant Moses, Your people Israel, and the prophets of truth and justice.

B'rakhot After the Haftarah

Barukh atah ADONAI, our God, sovereign of time and space, eternal protector, righteous in all generations, the faithful God who fulfills what is promised, who accomplishes what is spoken, whose every word is true and just. Faithful are You, ADONAI, and Your words are trustworthy; not one of Your words will prove empty, for You are a faithful and compassionate sovereign.
Barukh atah ADONAI, God who faithfully fulfills all Your words.

Show compassion to Zion, our true home, and speedily, in our time, bring deliverance to those sad in spirit.
Barukh atah ADONAI, who makes Zion happy with her children.

Make us joyful, ADONAI our God, with Elijah the prophet, Your servant, and with the kingdom of David, Your anointed—may he soon come, making our hearts rejoice. May no stranger sit on his throne and may no other inherit his glory, for You have promised him, by Your holy name, that his light shall never be extinguished.
Barukh atah ADONAI, Shield of David.

For all this we thank You and praise You, ADONAI our God: for the Torah, for the ability to worship, for the prophets, for the Shabbat that You have given us, ADONAI our God, for holiness and for rest, for honor and for glory. May Your name be blessed by all that is living, always and forever, and may Your promise prove true and everlasting.
Barukh atah ADONAI, who makes Shabbat holy.

בְּרָכָה לִפְנֵי הַהַפְטָרָה

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בִּנְבִיאִים טוֹבִים,
וְרָצָה בְּדִבְרֵיהֶם הַנֶּאֱמָרִים בֶּאֱמֶת.
בָּרוּךְ אַתָּה יהוה, הַבּוֹחֵר בַּתּוֹרָה וּבְמֹשֶׁה עַבְדּוֹ
וּבְיִשְׂרָאֵל עַמּוֹ וּבִנְבִיאֵי הָאֱמֶת וָצֶדֶק.

בְּרָכוֹת לְאַחַר הַהַפְטָרָה

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל־הָעוֹלָמִים,
צַדִּיק בְּכָל־הַדּוֹרוֹת, הָאֵל הַנֶּאֱמָן הָאוֹמֵר וְעֹשֶׂה, הַמְדַבֵּר
וּמְקַיֵּם, שֶׁכָּל־דְּבָרָיו אֱמֶת וָצֶדֶק. נֶאֱמָן אַתָּה הוּא יהוה
אֱלֹהֵינוּ, וְנֶאֱמָנִים דְּבָרֶיךָ, וְדָבָר אֶחָד מִדְּבָרֶיךָ אָחוֹר לֹא
יָשׁוּב רֵיקָם, כִּי אֵל מֶלֶךְ נֶאֱמָן וְרַחֲמָן אָתָּה.
בָּרוּךְ אַתָּה יהוה, הָאֵל הַנֶּאֱמָן בְּכָל־דְּבָרָיו.

רַחֵם עַל צִיּוֹן כִּי הִיא בֵּית חַיֵּינוּ, וְלֶעָלוּבַת נֶפֶשׁ תּוֹשִׁיעַ
בִּמְהֵרָה בְיָמֵינוּ. בָּרוּךְ אַתָּה יהוה, מְשַׂמֵּחַ צִיּוֹן בְּבָנֶיהָ.

שַׂמְּחֵנוּ, יהוה אֱלֹהֵינוּ בְּאֵלִיָּהוּ הַנָּבִיא עַבְדֶּךָ וּבְמַלְכוּת
בֵּית דָּוִד מְשִׁיחֶךָ, בִּמְהֵרָה יָבֹא וְיָגֶל לִבֵּנוּ. עַל כִּסְאוֹ לֹא
יֵשֶׁב זָר וְלֹא יִנְחֲלוּ עוֹד אֲחֵרִים אֶת־כְּבוֹדוֹ, כִּי בְשֵׁם
קָדְשְׁךָ נִשְׁבַּעְתָּ לוֹ שֶׁלֹּא יִכְבֶּה נֵרוֹ לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יהוה, מָגֵן דָּוִד.

עַל הַתּוֹרָה וְעַל הָעֲבוֹדָה וְעַל הַנְּבִיאִים וְעַל יוֹם הַשַּׁבָּת
הַזֶּה שֶׁנָּתַתָּ לָּנוּ יהוה אֱלֹהֵינוּ לִקְדֻשָּׁה וְלִמְנוּחָה, לְכָבוֹד
וּלְתִפְאֶרֶת. עַל הַכֹּל יהוה אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לָךְ,
וּמְבָרְכִים אוֹתָךְ. יִתְבָּרַךְ שִׁמְךָ בְּפִי כָּל־חַי תָּמִיד לְעוֹלָם
וָעֶד. בָּרוּךְ אַתָּה יהוה, מְקַדֵּשׁ הַשַּׁבָּת.

HAFTARAH. The Hebrew Bible is composed of three divisions, in descending order of revelation: (1) the Five Books of Moses, known as the Torah; (2) the Prophets, both the historical books from Judges through Kings and the three major and twelve minor prophets; and (3) the Writings, including Psalms, the Five Megillot, Job, Proverbs, Daniel, and the late historical works of Ezra, Nehemiah, and Chronicles. In the ancient synagogue in the Land of Israel, passages were read from all three sections on each Shabbat. Probably because of time constraints, the custom of a third reading died away, and today we read only from the Torah and the Prophets. The latter reading is called the *haftarah*, meaning "the parting" or "the conclusion," and it usually complements themes in the day's Torah reading. The custom of reading from the Writings remains on the festivals: on the intermediate Shabbat of Pesaḥ we read the Song of Songs, on Shavuot we read the Scroll of Ruth, and on Sukkot we read Ecclesiastes.

The *haftarah* need not be read from a parchment scroll. Some older synagogues, though, have two smaller arks beside the main ark containing the Torah scrolls. To the right is a recess containing a scroll of the prophetic readings and to the left is another one containing the five scrolls read on festivals, Tishah B'av, and Purim.

B'RAKHOT AFTER THE HAFTARAH. A series of *b'rakhot* concludes the reading from the Prophets. The earliest synagogue services probably centered on the public reading of biblical passages, and so the prayers concluding the *haftarah* reading may have constituted the core of the most ancient synagogue service. These prayers mention the sanctity of the day, express messianic longing, and speak of God's faithfulness in keeping the divine promise—themes also included in the Amidah for Shabbat.

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יְקוּם פֻּרְקָן מִן שְׁמַיָּא, חִנָּא וְחִסְדָּא וְרַחֲמֵי וְחַיֵּי אֲרִיכֵי
וּמְזוֹנֵי רְוִיחֵי וְסַיְעָתָא דִשְׁמַיָּא, וּבַרְיוּת גּוּפָא וּנְהוֹרָא
מַעֲלָיָא, זַרְעָא חַיָּא וְקַיָּמָא, זַרְעָא דִי לָא יִפְסָק, וְדִי
לָא יִבְטֵל, מִפִּתְגָּמֵי אוֹרַיְתָא, לְכָל־קְהָלָא קַדִּישָׁא הָדֵין,
רַבְרְבַיָּא עִם זְעֵרָיָא. מַלְכָּא דְעָלְמָא יְבָרֵךְ יָתְכוֹן, יַפֵּישׁ
חַייֵכוֹן, וְיַסְגֵּא יוֹמֵיכוֹן וְיִתֵּן אַרְכָא לִשְׁנֵיכוֹן, וְתִתְפָּרְקוּן
וְתִשְׁתֵּזְבוּן, מִן כָּל־עָקָא, וּמִן כָּל־מַרְעִין בִּישִׁין.
מָרָן דִּי בִשְׁמַיָּא יְהֵא בְסַעְדְּכוֹן, כָּל־זְמַן וְעִדָּן,
וְנֹאמַר: אָמֵן.

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרֵךְ אֶת כָּל־הַקָּהָל
הַקָּדוֹשׁ הַזֶּה, עִם כָּל־קְהִלּוֹת הַקֹּדֶשׁ, הֵם וּמִשְׁפְּחוֹתֵיהֶם
וְכֹל אֲשֶׁר לָהֶם, וּמִי שֶׁמְּיַחֲדִים בָּתֵּי כְנֵסִיּוֹת לִתְפִלָּה,
וּמִי שֶׁבָּאִים בְּתוֹכָם לְהִתְפַּלֵּל, וּמִי שֶׁנּוֹתְנִים נֵר לַמָּאוֹר
וְיַיִן לְקִדּוּשׁ וּלְהַבְדָּלָה, וּפַת לָאוֹרְחִים וְלֶחֶם לָרְעֵבִים
וּצְדָקָה לָעֲנִיִּים וּמִכְסֶה לְחַיִּים בָּרְחוֹב, ◂ וְכָל־מִי
שֶׁעוֹסְקִים בְּצָרְכֵי צִבּוּר וּבְבִנְיַן אֶרֶץ יִשְׂרָאֵל בֶּאֱמוּנָה.
הַקָּדוֹשׁ בָּרוּךְ הוּא יְשַׁלֵּם שְׂכָרָם, וְיָסִיר מֵהֶם כָּל־מַחֲלָה,
וְיִרְפָּא לְכָל־גּוּפָם, וְיִסְלַח לְכָל־עֲוֹנָם, וְיִשְׁלַח בְּרָכָה
וְהַצְלָחָה בְּכָל־מַעֲשֵׂה יְדֵיהֶם, עִם כָּל־יִשְׂרָאֵל אֲחֵיהֶם
וְאַחָיוֹתֵיהֶם, וְנֹאמַר אָמֵן.

COMMUNITY CONCERNS. The Torah service became an occasion for expressing communal concerns. Y'kum Purkan is written in Aramaic, the common language of Jewish communities of the Eastern Mediterranean and Babylonia during much of the 1st millennium. It originated in Babylonia and the text has evolved over time. It petitions God on behalf of the local synagogue community, and is followed by a Hebrew prayer (Mi Sheberakh) of similar purpose. The first prayer expresses the hope that all may enjoy long, prosperous lives; the second singles out those who give of their means and time to support Jewish communal institutions and needy individuals.

A Prayer for the Congregation

May heaven bestow deliverance on this holy congregation, the adults and their children: may kindness, love, and compassion, a long life, abundant provision, and sustenance from heaven, bodily health, and spiritual enlightenment be their lot. May their children thrive, never ceasing to speak words of Torah nor ever neglecting them. May the sovereign of the universe bless you, accord you a full life, add to your days, and grant you a long life. May you be freed of all distress and difficult circumstance, now and always. May the master in heaven sustain you at all times and seasons, and let us say: *Amen*.

A Prayer for Those Who Serve the Community

May the one who blessed our ancestors, Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless this entire congregation, together with all other holy congregations: they, their families, and all that is theirs; along with those who devote themselves to establish synagogues for prayer, as well as those who enter them to pray, and those who provide for their maintenance, wine for Kiddush and Havdalah, food for guests, bread for the hungry, tzedakah for the poor, and shelter for the homeless; ▸ and all who faithfully devote themselves to the needs of this community and the Land of Israel. May the Holy One reward them, remove sickness from them, heal them, and forgive their sins. May God bless them by making all their worthy endeavors prosper, as well as those of the entire people Israel, their brothers and sisters. And let us say: *Amen*.

An Alternate Prayer for the Community

May the one who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel and Leah, bless this holy congregation, men and women, sons and daughters, and all that is ours. May it be Your will to bless us, to hear our voices raised in prayer, and to protect us from any trouble and difficulty. Spread over us the divine canopy of peace and plant within us love and unity, peace and friendship; banish all hate among us. May the words of Torah be fulfilled: "Do not wrong one another, but fear your God . . . that you may dwell upon the land securely" (Leviticus 25:17–18). And so may it be Your will, and let us say: *Amen*.

Community

The individual . . . and group must learn to overcome those tendencies toward selfishness and antagonism, and re-orient their minds to see life not as a hunt for pleasure, but as an engagement for service; not as a race involving victories and defeat, but as a pursuit of goals that transcend the interests of single nations and generations.

—LOUIS FINKELSTEIN

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תְּפִלָּה לִשְׁלוֹם הָאָרֶץ

רִבּוֹנוֹ שֶׁל עוֹלָם, אֲשֶׁר בְּיָדְךָ נֶפֶשׁ כָּל־חַי וְרוּחַ כָּל־בְּשַׂר אִישׁ, הַנְחִילֵנוּ שַׁבָּת מְנוּחָה, יוֹם לִשְׁבּוֹת בּוֹ מִכָּל־מְלָאכָה. בְּכָל־תְּחוּשָׁה, נַבִּיר וְנֵדַע אֶת־הוֹד יְצִירָתְךָ. שַׂבְּעֵנוּ מִטּוּבֶךָ שֶׁנִּהְיֶה עֵדִים לְגֹדֶל מַעֲשֶׂיךָ. חַזְּקֵנוּ לִהְיוֹת עִמְּךָ שׁוּתָפִים נֶאֱמָנִים, לִשְׁמוֹר עַל עוֹלָמְךָ בַּעֲבוּר הַדּוֹרוֹת הַבָּאִים. ◂ יְהִי רָצוֹן מִלְּפָנֶיךָ יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, שֶׁתְּבָרֵךְ אֶת־עוֹלָמְךָ בְּיָמֵינוּ כִּימֵי קֶדֶם.

תְּפִלָּה לִשְׁלוֹם הַמְּדִינָה

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, קַבֵּל נָא בְּרַחֲמִים אֶת־תְּפִלָּתֵנוּ בְּעַד אַרְצֵנוּ וּמֶמְשַׁלְתָּהּ. הָרֵק אֶת־בִּרְכָתְךָ עַל הָאָרֶץ הַזֹּאת, עַל תּוֹשָׁבֶיהָ, עַל רֹאשָׁהּ, שׁוֹפְטֶיהָ, וּפְקִידֶיהָ הָעוֹסְקִים בְּצָרְכֵי צִבּוּר בֶּאֱמוּנָה. הָבִינֵם מִשְׁפְּטֵי צִדְקֶךָ לְמַעַן לֹא יָסוּרוּ מֵאַרְצֵנוּ שָׁלוֹם וְשַׁלְוָה, אֲשֶׁר וָחֹפֶשׁ כָּל־הַיָּמִים.

אָבָּא יהוה, אֱלֹהֵי הָרוּחוֹת לְכָל־בָּשָׂר, שְׁלַח רוּחֲךָ עַל כָּל־תּוֹשָׁבֵי אַרְצֵנוּ. עֲקֹר מִלִּבֵּנוּ שִׂנְאָה וְאֵיבָה, קִנְאָה וְתַחֲרוּת, וְטַע בֵּין בְּנֵי הָאָמוֹת וְהָאֻמּוֹנוֹת הַשּׁוֹנוֹת הַשּׁוֹכְנִים בָּהּ אַהֲבָה וְאַחֲוָה, שָׁלוֹם וְרֵעוּת. כִּי עַד צֶדֶק יָשׁוּב מִשְׁפָּט בְּבָתֵּי דִּינֵנוּ, וְחָנֵּנוּ מֵאִתְּךָ דֵּעָה לִשְׁפֹּט בְּצֶדֶק וּבִבְינָה, לִפְעֹל בְּחֶסֶד וּבְרַחֲמִים, בְּשֵׂכֶל טוֹב וּבְאֹמֶץ לֵב, לַעֲקוֹר עֲנִיּוּת מֵאַרְצֵנוּ.

וּבְכֵן יְהִי רָצוֹן מִלְּפָנֶיךָ שֶׁתְּהִי אַרְצֵנוּ בְּרָכָה לְכָל־יוֹשְׁבֶי תֵבֵל, וְתַשְׂרֶה בֵּינֵיהֶם רֵעוּת וְחֵרוּת, וְקָיֵם בְּמְהֵרָה חֲזוֹן נְבִיאֶיךָ: לֹא יִשָּׂא גוֹי אֶל גּוֹי חֶרֶב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה. וְנֶאֱמַר: כִּי כוּלָּם יֵדְעוּ אוֹתִי לְמִקְטַנָּם וְעַד גְּדוֹלָם. וְנֹאמַר אָמֵן.

PRAYER FOR THE RENEWAL OF CREATION. Concerns about our environment are as much a part of our consciousness as are the issues that were historically raised in this part of the service. This prayer, written by Daniel Nevins, expresses the hope that by ceasing to labor on Shabbat, by being able to appreciate and be grateful for life and its gifts, we will increase our awareness of the need to be responsible caretakers of the natural world.

PRAYER FOR OUR COUNTRY. It has been customary since medieval times to include in the liturgy a prayer for the welfare of the government. Secure governments were seen as providing safety for the Jewish community, and a biblical warrant for such prayers was found in Jeremiah's instruction to Israel to "seek the welfare of the city to which I have exiled you and pray to Adonai on its behalf; for in its prosperity you shall prosper" (29:7). Early versions of this prayer referred to God as "the one who gives dominion to kings" and reflected the anxiety that Jews felt as a beleaguered minority. The text here is based on a prayer composed in the 1920s by Professor Louis Ginzberg, which transforms what had formerly been "A Prayer for the Government" into "A Prayer for Our Country" and for its people, the source of authority in a democracy. Whereas earlier prayers asked that the monarch be compassionate to the Jewish people, this prayer expresses the hope that the leaders of the country will be fair and just to all, helping to bring the world closer to a vision of peace and justice. The prayer ends with two prophetic verses: Isaiah 2:4 ("Nation shall not lift up sword...") and Jeremiah 31:33 ("For all of them . . .").

Alternative Prayer for Our Country

Our God and God of our ancestors, grant to our country the will and wherewithal to fulfill its calling to justice, liberty, and equality.

May each of us fulfill our responsibilities of citizenship with care, generosity, and gratitude, ever conscious of the extraordinary blessing of freedom, ever mindful of our duties to one another. Bless those who volunteer to labor on behalf of us all; may they find the strength and courage to complete their tasks and fulfill their dreams.

May our judges, elected leaders, and all who hold public office exercise their responsibilities with wisdom, fairness, and justice for all. Fill them with love and kindness, and bless them that they may walk with integrity on the paths of peace and righteousness.

Creator and protector of all, watch over our armed forces and all those entrusted with our safety, as they daily put their lives at risk to protect us and our freedoms. Be with them in times of danger; give them courage to act with honor and dignity, as well as insight to do what is right in Your eyes.

Fill us all with the gifts of love and courage, that we may create a world that reflects Your glory. May we each respond to the charge of Your prophet, "For what does Adonai demand of You—but to act justly, to love kindness, and to walk humbly with Your God" (Micah 6:8). May the one who brings peace on high bring peace and prosperity to our world and keep us in safety. And let us say: *Amen*.

A Prayer for the Renewal of Creation

Master of the universe, in whose hand is the breath of all life and the soul of every person, grant us the gift of Shabbat, a day of rest from all our labors. With all of our senses may we perceive the glory of Your works. Fill us with Your goodness, that we may attest to Your great deeds. Strengthen us to become Your faithful partners, preserving the world for the sake of future generations. ▸ Adonai our God and God of our ancestors, may it be Your will to renew Your blessing of the world in our day, as You have done from the beginning of time.

A Prayer for Our Country

Our God and God of our ancestors, with mercy accept our prayer on behalf of our country and its government. Pour out Your blessing upon this land, upon its inhabitants, upon its leaders, its judges, officers, and officials, who faithfully devote themselves to the needs of the public. Help them understand the rules of justice You have decreed, so that peace and security, happiness and freedom, will never depart from our land.

Adonai, God whose spirit is in all creatures, we pray that Your spirit be awakened within all the inhabitants of our land. Uproot from our hearts hatred and malice, jealousy and strife. Plant love and companionship, peace and friendship, among the many peoples and faiths who dwell in our nation. Grant us the knowledge to judge justly, the wisdom to act with compassion, and the understanding and courage to root out poverty from our land.

May it be Your will that our land be a blessing to all who dwell on earth, and may You cause all peoples to dwell in friendship and freedom. Speedily fulfill the vision of Your prophets: "Nation shall not lift up sword against nation, neither shall they learn war anymore." "For all of them, from the least of them to the greatest, shall know Me." And let us say: *Amen*.

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תְּפִלָּה לִשְׁלוֹם מְדִינַת יִשְׂרָאֵל

אָבִינוּ שֶׁבַּשָּׁמַיִם, צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ, בָּרֵךְ אֶת־מְדִינַת יִשְׂרָאֵל [שֶׁתְּחִלָּא] רֵאשִׁית צְמִיחַת גְּאֻלָּתֵנוּ. הָגֵן עָלֶיהָ בְּאֶבְרַת חַסְדֶּךָ וּפְרֹשׂ עָלֶיהָ סֻכַּת שְׁלוֹמֶךָ, וּשְׁלַח אוֹרְךָ וַאֲמִתְּךָ לְרָאשֶׁיהָ שָׂרֶיהָ וְיוֹעֲצֶיהָ, וְתַקְּנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ. חַזֵּק אֶת־יְדֵי מְגִנֵּי אֶרֶץ קָדְשֵׁנוּ, וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה, וַעֲטֶרֶת נִצָּחוֹן תְּעַטְּרֵם. וְנָתַתָּ שָׁלוֹם בָּאָרֶץ וְשִׂמְחַת עוֹלָם לְיוֹשְׁבֶיהָ, וְנֹאמַר: אָמֵן.

תְּפִלָּה לְשָׁלוֹם

יְהִי רָצוֹן מִלְּפָנֶיךָ יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, שֶׁתְּבַטֵּל מִלְחָמוֹת וּשְׁפִיכוּת דָּמִים מִן הָעוֹלָם וְתַשְׁפִּין שָׁלוֹם בָּעוֹלָם, וְלֹא יִשָּׂא גוֹי אֶל גּוֹי חֶרֶב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

יַכִּירוּ וְיֵדְעוּ כָּל־יוֹשְׁבֵי תֵבֵל שֶׁלֹּא בָאנוּ לָעוֹלָם בִּשְׁבִיל רִיב וּמַחֲלֹקֶת, וְלֹא בִּשְׁבִיל שִׂנְאָה וְקִנְאָה וְקִנְתּוּר וּשְׁפִיכוּת דָּמִים. רַק בָּאנוּ לָעוֹלָם כְּדֵי לְהַכִּיר אוֹתְךָ, תִּתְבָּרַךְ לָנֶצַח.

וּבְכֵן תְּרַחֵם עָלֵינוּ וְיִקַּיֵם בָּנוּ מִקְרָא שֶׁכָּתוּב: וְנָתַתִּי שָׁלוֹם בָּאָרֶץ וּשְׁכַבְתֶּם וְאֵין מַחֲרִיד, וְהִשְׁבַּתִּי חַיָּה רָעָה מִן הָאָרֶץ וְחֶרֶב לֹא תַעֲבֹר בְּאַרְצְכֶם. וְיִגַּל כַּמַּיִם מִשְׁפָּט, וּצְדָקָה כְּנַחַל אֵיתָן. כִּי מָלְאָה הָאָרֶץ דֵּעָה אֶת־יהוה כַּמַּיִם לַיָּם מְכַסִּים.

PRAYER FOR THE STATE OF ISRAEL. Upon Israel's independence in 1948, many prayers were circulated for the well-being of the new state. This one was composed by Israel's chief rabbis and was then slightly edited by the writer S.Y. Agnon.

THAT IT MAY BE שֶׁתְּחִלָּא. This Hebrew word was added by the Chief Rabbi of England, Immanuel Jakobovits, turning the phrase "the beginning of the redemption" into an expression of hope, rather than a statement of fact.

A PRAYER FOR PEACE. Rabbi Nathan Sternharz, a student of the Ḥasidic master Naḥman of Bratzlav (1772–1810, Ukraine), recorded this prayer. The version here has been adapted and translated by Jules Harlow.

NATION WILL NOT THREATEN לֹא יִשָּׂא גוֹי. Isaiah 2:4.

I WILL BRING PEACE וְנָתַתִּי שָׁלוֹם. Leviticus 26:6.

LET JUSTICE AND RIGHTEOUSNESS FLOW וְיִגַּל כַּמַּיִם מִשְׁפָּט. Amos 5:24.

FILL THE EARTH כִּי מָלְאָה הָאָרֶץ. Isaiah 11:9.

A Prayer for the State of Israel

Avinu she-ba-shamayim, stronghold and redeemer of the people Israel: Bless the State of Israel, [that it may be] the beginning of our redemption. Shield it with Your love; spread over it the shelter of Your peace. Guide its leaders and advisors with Your light and Your truth. Help them with Your good counsel. Strengthen the hands of those who defend our holy land. Deliver them; crown their efforts with triumph. Bless the land with peace and its inhabitants with lasting joy. And let us say: *Amen*.

Avinu she-ba-shamayim, tzur yisrael v'go·alo, bareikh et m'dinat yisrael [she-t'hei] reishit tz'miḥat ge'ulateinu. Hagen aleha b'evrat ḥasdekha u-f'ros aleha sukkat sh'lomekha, u-sh'laḥ or'kha va-amit'kha l'rasheha sareha v'yo·atzeha, v'takneim b'eitzah tovah milfanekha. Ḥazeik et y'dei m'ginei eretz kodsheinu, v'hanḥileim eloheinu y'shu·ah, va-ateret nitzaḥon t'atreim. V'natata shalom ba-aretz v'simḥat olam l'yosh'veha, v'nomar: amen.

A Prayer for Peace

May we see the day when war and bloodshed cease,
when a great peace will embrace the whole world.
Then nation will not threaten nation,
and the human family will not again know war.
For all who live on earth shall realize
we have not come into being to hate or to destroy.
We have come into being to praise, to labor, and to love.
Compassionate God, bless the leaders of all nations
with the power of compassion.
Fulfill the promise conveyed in Scripture:
I will bring peace to the land,
and you shall lie down and no one shall terrify you.
I will rid the land of vicious beasts
and it shall not be ravaged by war.
Let justice and righteousness flow like a mighty stream.
Let God's peace fill the earth as the waters fill the sea.
And let us say: *Amen*.

A Prayer for the State of Israel

רִבּוֹנוֹ שֶׁל עוֹלָם, קַבֵּל נָא בְּרַחֲמִים וּבְרָצוֹן אֶת־ תְּפִלּוֹתֵינוּ בְּעַד מְדִינַת יִשְׂרָאֵל.

Sovereign of the universe, accept in lovingkindness and with favor our prayers for the State of Israel, her government, and all who dwell within her boundaries and under her authority. Open our eyes and our hearts to the wonder of Israel, and strengthen our faith in Your power to work redemption in every human soul. Grant us also the fortitude to keep ever before us those ideals upon which the State of Israel was founded. Grant courage, wisdom, and strength to those entrusted with guiding Israel's destiny to do Your will. Be with those on whose shoulders Israel's safety depends and defend them from all harm. Spread over Israel and all the world Your shelter of peace, and may the vision of Your prophet soon be fulfilled: "Nation shall not lift up sword against nation, neither shall they learn war anymore" (Isaiah 2:4).

לֹא יִשָּׂא גוֹי אֶל גּוֹי חֶרֶב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

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Prayer for the New Month

May the new month bring
renewal to our lives:
a renewal of wonder
a renewal of freedom
a renewal of love
a renewal of justice
a renewal of friendship
a renewal of holiness.
Amen.

Renewal

The midrash teaches that while the Israelites were still in Egypt, God showed Moses the new moon, saying, "When the moon renews itself like this, it will be the beginning of the month for you." The German Orthodox thinker Samson Raphael Hirsch understood this as a sign that the Jewish people would continually renew itself. Just as the rainbow was a sign to Noah that humanity would have a new future, in the same way, in Egypt, at the threshold of the new Jewish future, God called Moses and Aaron into the open, showed them the silver crescent of the new moon, and said, "The renewal of this moon is a sign of the call to continuous renewal."

Announcing the New Month

Recited on the Shabbat before Rosh Ḥodesh (except Tishrei). We rise.

May it be Your will,
ADONAI our God and God of our ancestors,
grant that this coming month bring us
goodness and blessing,
and bestow on us a long life,
a life that is peaceful,
a life that is good,
a life that is blessed,
a life with proper sustenance,
a life with physical vitality,
a life conscious of heaven's demands and wary of sin,
a life free of shame and reproach,
a life of abundance and honor,
a life of love of Torah, conscious of heaven's demands,
a life in which the worthy desires of our hearts are fulfilled.
Amen.

The Sefer Torah is brought forward, and the leader holds it while announcing the new month:

May God who wrought miracles for our ancestors, redeeming them from slavery to freedom, redeem us soon and gather our dispersed from the four corners of the earth. May the entire people Israel be united in friendship, and let us say: *Amen.*

The new month of _____ will begin on _____.
May it hold blessing for us and for all the people Israel.
Rosh Ḥodesh _____ yihyeh b'yom _____ haba aleinu v'al kol yisrael l'tovah.

The congregation repeats the announcement of the month, and the leader then continues:

May the Holy One bless this new month
for us and for the entire people, the house of Israel,
with life and peace, *Amen*
joy and gladness, *Amen*
deliverance and consolation. And let us say: *Amen.*
Y'ḥadsheihu ha-kadosh barukh hu aleinu v'al kol amo beit yisrael,
l'ḥayim u-l'shalom, (amen,) l'sason u-l'simḥah, (amen,)
lishuah u-l'neḥamah, v'nomar: amen.

בִּרְכַּת הַחֹדֶשׁ

Recited on the Shabbat before Rosh Ḥodesh (except Tishrei). We rise.

יְהִי רָצוֹן מִלְּפָנֶיךָ,
יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
שֶׁתְּתַחֵדֵּשׁ עָלֵינוּ אֶת־הַחֹדֶשׁ הַבָּא
לְטוֹבָה וְלִבְרָכָה,
וְתִתֶּן־לָנוּ חַיִּים אֲרֻכִּים, חַיִּים שֶׁל שָׁלוֹם,
חַיִּים שֶׁל טוֹבָה, חַיִּים שֶׁל בְּרָכָה,
חַיִּים שֶׁל פַּרְנָסָה, חַיִּים שֶׁל חִלּוּץ עֲצָמוֹת,
חַיִּים שֶׁיֵּשׁ בָּהֶם יִרְאַת שָׁמַיִם וְיִרְאַת חֵטְא,
חַיִּים שֶׁאֵין בָּהֶם בּוּשָׁה וּכְלִמָּה,
חַיִּים שֶׁל עֹשֶׁר וְכָבוֹד,
חַיִּים שֶׁתְּהֵא בֵּנוּ אַהֲבַת תּוֹרָה וְיִרְאַת שָׁמַיִם,
חַיִּים שֶׁיְּמַלְּאוּ מִשְׁאֲלוֹת לִבֵּנוּ לְטוֹבָה, אָמֵן סֶלָה.

The Sefer Torah is brought forward, and the leader holds it while announcing the new month:

מִי שֶׁעָשָׂה נִסִּים לַאֲבוֹתֵינוּ [וּלְאִמּוֹתֵינוּ], וְגָאַל אוֹתָם
מֵעַבְדוּת לְחֵרוּת, הוּא יִגְאַל אוֹתָנוּ בְּקָרוֹב, וִיקַבֵּץ
נִדָּחֵינוּ מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ, חֲבֵרִים כָּל־יִשְׂרָאֵל,
וְנֹאמַר: אָמֵן.

רֹאשׁ חֹדֶשׁ _____ יִהְיֶה בְּיוֹם _____ הַבָּא
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל לְטוֹבָה.

The congregation repeats the announcement of the month, and the leader then continues:

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בָּרוּךְ הוּא עָלֵינוּ
וְעַל כָּל־עַמּוֹ בֵּית יִשְׂרָאֵל,
לְחַיִּים וּלְשָׁלוֹם, אָמֵן,
לְשָׂשׂוֹן וּלְשִׂמְחָה, אָמֵן,
לִישׁוּעָה וּלְנֶחָמָה, וְנֹאמַר: אָמֵן.

THE HEBREW CALENDAR. Since biblical times the Hebrew calendar has been based on the lunar year. Months were declared by the sighting of the new moon. The Mishnah describes an elaborate system of communication whereby the sighting of the new moon was announced from hilltop to hilltop by lighting signal fires (Rosh Hashanah 2:2–4). In the middle of the 1st millennium a perpetual calendar was instituted and the declaration of the month was no longer made on the basis of visual sighting. The time of the new month could then be announced in advance, in the synagogue. The Hebrew calendar runs on a nineteen-year cycle. Lunar months are actually 29½ days, so some months are 29 and others 30 days. The lunar year is 354 days, and in order to keep the lunar calendar in sync with the solar year, an extra lunar month—a second Adar—is added in the spring, seven times during the nineteen-year cycle.

BESTOW ON US שֶׁתְּתַחֵדֵּשׁ עָלֵינוּ. The Babylonian Talmud (Berakhot 16b) mentions that this prayer was recited by Rav (3rd century) as a conclusion to the Amidah. Later liturgists incorporated it as a prayer for the new moon.

CONSCIOUS OF HEAVEN'S DEMANDS יִרְאַת שָׁמַיִם. Literally, "the fear of heaven." This common rabbinic phrase has many shades of meaning. It implies a consciousness of God's presence in one's life, so that one does that which is right in the eyes of God.

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After reading the Torah, we recite the line "joyous are they who dwell in Your house," inviting us to ponder what truly makes God—and us—feel at home.

Dreaming of Home

We want so much to be in
that place
where we are respected
and cherished,
protected, acknowledged,
nurtured, encouraged,
heard.

And seen, seen
in all our loveliness,
in all our fragile strength.

And safe, safe in all our
trembling
vulnerability. Where we
are known
and safe, safe and known—
is it possible?

—MERLE FELD

ASHREI

Joyous are they who dwell in Your house;
they shall praise You forever.
Joyous the people who are so favored;
joyous the people whose God is ADONAI.

A SONG OF PRAISE, OF DAVID

I exalt You, my God, my sovereign; I praise Your name, always.
Every day I praise You, glorifying Your name, always.
Great is ADONAI, greatly to be praised,
though Your greatness is unfathomable.
One generation praises Your works to the next,
telling of Your mighty deeds.
I would speak of Your majestic glory
and of Your wondrous acts.
Generations speak of Your awe-inspiring deeds;
I, too, shall recount Your greatness.
They recount Your great goodness,
and sing of Your righteousness.
ADONAI is merciful and compassionate,
patient, and abounding in love.
ADONAI is good to all, and God's mercy embraces
all of creation.
All of creation acknowledges You,
and the faithful bless You.

continued

Ashrei yosh'vei veitekha, od y'hal'lukha selah.
Ashrei ha-am she-kakhah lo, ashrei ha-am she-Adonai elohav.
T'hilah l'david.
Aromim·kha elohai ha-melekh, va-avar'kha shimkha l'olam va-ed.
B'khol yom avar'kheka, va-ahal'lah shimkha l'olam va-ed.
Gadol Adonai u-m'hulal me'od, v'ligdulato ein ḥeiker.
Dor l'dor y'shabaḥ ma·asekha, u-g'vurotekha yagidu.
Hadar k'vod hodekha, v'divrei niflotekha asiḥah.
Ve·ezuz norotekha yomeiru, u-g'dulat'kha asaprenah.
Zeikher rav tuv'kha yabiu, v'tzidkat'kha y'raneinu.
Ḥanun v'raḥum Adonai, erekh apayim u-g'dol ḥased.
Tov Adonai lakol, v'raḥamav al kol ma·asav.
Yodukha Adonai kol ma·asekha, va-ḥasidekha y'var'khukha.

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶךָ, עוֹד יְהַלְלוּךָ סֶּלָה.
אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ, אַשְׁרֵי הָעָם שֶׁיְּהוָה אֱלֹהָיו.

תְּהִלָּה לְדָוִד

אֲרוֹמִמְךָ אֱלוֹהַי הַמֶּלֶךְ, וַאֲבָרְכָה שִׁמְךָ לְעוֹלָם וָעֶד.
בְּכָל־יוֹם אֲבָרְכֶךָּ, וַאֲהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד.
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֵקֶר.
דּוֹר לְדוֹר יְשַׁבַּח מַעֲשֶׂיךָ, וּגְבוּרֹתֶיךָ יַגִּידוּ.
הֲדַר כְּבוֹד הוֹדֶךָ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אָשִׂיחָה.
וֶעֱזוּז נוֹרְאוֹתֶיךָ יֹאמֵרוּ, וּגְדֻלָּתְךָ אֲסַפְּרֶנָּה.
זֵכֶר רַב טוּבְךָ יַבִּיעוּ, וְצִדְקָתְךָ יְרַנֵּנוּ.
חַנּוּן וְרַחוּם יְהוָה, אֶרֶךְ אַפַּיִם וּגְדָל־חָסֶד.
טוֹב יְהוָה לַכֹּל, וְרַחֲמָיו עַל כָּל־מַעֲשָׂיו.
יוֹדוּךָ יְהוָה כָּל־מַעֲשֶׂיךָ, וַחֲסִידֶיךָ יְבָרְכוּכָה.

continued

ASHREI. According to Rabbi Eleazar (3rd century, Land of Israel) speaking in the name of his teacher, Abina, the daily recitation of Psalm 145 opens a pathway to eternity. The Babylonian Talmud explains that it is an alphabetical acrostic (although it is missing one letter, *nun*) that symbolically encompasses the variety of praises of God, and that it contains an especially appropriate description of the thankfulness with which we are to approach God: "You open Your hand, satisfying all the living with contentment" (Berakhot 4b).

An additional reason for its frequent use in the liturgy is that the psalm expresses a dual posture of faithfulness. "I" express my faithfulness to God, and the psalm then describes that God faithfully cares for those devoted to God. The two themes are interwoven throughout the psalm, which then concludes with a final assertion that not only "I" but "all that is mortal" will praise God. It is this expression of a covenantal relationship, in which God and humanity respond to each other, that makes Ashrei both an appropriate introduction to prayer (as it is in Minḥah), and an appropriate conclusion to prayer (as it is in the weekday Shaḥarit service). Here, it serves in both of those roles: concluding Shaḥarit and the Torah service, and simultaneously introducing Musaf. For synagogue use, two verses were added to the beginning of Psalm 145, both of which begin with the word *ashrei*, "joyous" (Psalms 84:5 and 144:15), and it was these additional verses that gave the name "Ashrei" to this prayer. The first verse, which speaks of those who "dwell in Your house," is especially appropriate in the context of synagogue prayer. Similarly, at the end, the verse "we shall praise Adonai now and always" was appended from Psalm 115:18.

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God's Mystery

I called to You to reveal the mysteries
never hidden from You,
instead, I uncovered the deep within me
and did not depart empty-handed
for in the songs I sang to You, I saw
a vision of a ladder.
I offer thanks for Your wonders
though I do not understand them
but I will not forget what You whispered to me
as my heart dreamed its dream.

—SOLOMON IBN GABIROL

They speak of the glory of Your sovereignty
and tell of Your might,
proclaiming to humanity Your mighty deeds,
and the glory of Your majestic sovereignty.
Your sovereignty is eternal;
Your dominion endures in every generation.
ADONAI supports all who falter,
and lifts up all who are bent down.
The eyes of all look hopefully to You,
and You provide them nourishment in its proper time.
Opening Your hand, You satisfy with contentment all that lives.
ADONAI is righteous in all that is done, faithful to all creation.
ADONAI is near to all who call, to all who call sincerely.
God fulfills the desire of those who are faithful,
listening to their cries, rescuing them.
ADONAI watches over all who love the Holy One,
but will destroy all the wicked.
▸ My mouth shall utter praise of ADONAI.
May all that is mortal praise God's name forever and ever.

K'vod malkhut'kha yomeiru, u-g'vurat'kha y'dabeiru.
L'hodia livnei ha-adam g'vurotav, u-kh'vod hadar malkhuto.
Malkhut'kha malkhut kol olamim, u-memshalt'kha b'khol dor vador.
Somekh Adonai l'khol ha-noflim, v'zokef l'khol ha-k'fufim.
Einei khol elekha y'sabeiru, v'atah noten lahem et okhlam b'ito.
Potei·aḥ et yadekha, u-masbia l'khol ḥai ratzon.
Tzadik Adonai b'khol d'rakhav, v'ḥasid b'khol ma·asav.
Karov Adonai l'khol korav, l'khol asher yikra·uhu ve-emet.
R'tzon y'rei·av ya·aseh, v'et shavatam yishma v'yoshi·eim.
Shomer Adonai et kol ohavav, v'et kol ha-r'sha·im yashmid.
▸ T'hilat Adonai y'daber pi,
vi-vareikh kol basar shem kodsho l'olam va-ed.

Psalm 145

We shall praise ADONAI now and always. Halleluyah!

Va-anaḥnu n'varekh yah, mei-atah v'ad olam. Hal'luyah.

בְּבוֹד מַלְכוּתְךָ יֹאמֵרוּ, וּגְבוּרָתְךָ יְדַבֵּרוּ.
לְהוֹדִיעַ לִבְנֵי הָאָדָם גְּבוּרֹתָיו, וּכְבוֹד הֲדַר מַלְכוּתוֹ.
מַלְכוּתְךָ מַלְכוּת כָּל־עֹלָמִים, וּמֶמְשַׁלְתְּךָ בְּכָל־דּוֹר וָדֹר.
סוֹמֵךְ יהוה לְכָל־הַנֹּפְלִים, וְזוֹקֵף לְכָל־הַכְּפוּפִים.
עֵינֵי כֹל אֵלֶיךָ יְשַׂבֵּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת־אָכְלָם בְּעִתּוֹ.
פּוֹתֵחַ אֶת־יָדֶךָ, וּמַשְׂבִּיעַ לְכָל־חַי רָצוֹן.
צַדִּיק יהוה בְּכָל־דְּרָכָיו, וְחָסִיד בְּכָל־מַעֲשָׂיו.
קָרוֹב יהוה לְכָל־קֹרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֻהוּ בֶאֱמֶת.
רְצוֹן יְרֵאָיו יַעֲשֶׂה, וְאֶת־שַׁוְעָתָם יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר יהוה אֶת־כָּל־אֹהֲבָיו, וְאֵת כָּל־הָרְשָׁעִים יַשְׁמִיד.
◂ תְּהִלַּת יהוה יְדַבֶּר־פִּי,
וִיבָרֵךְ כָּל־בָּשָׂר שֵׁם קָדְשׁוֹ לְעוֹלָם וָעֶד.
תהלים קמה

וַאֲנַחְנוּ נְבָרֵךְ יָהּ, מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.

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God's Voice

What would it mean for us to hear God's voice?

The Bible offers two different scenes of revelation. The people Israel hear God's voice on Sinai amidst thunder and lightning (Exodus 19). Yet, pointedly, Elijah, the only prophet (other than Moses) who also experiences a revelation at Sinai, comes to understand that God is not in the thunder and lightning, but in the "still small voice"—or, as in the current Jewish Publication Society translation, "a soft murmuring sound," or perhaps as an alternate translation would have it, in "the thin sound of silence" (1 Kings 19:12)—the profusion of translations indicating in themselves the plurality of ways we each may hear what impels us from within, or without.

The voice we hear may come to us as a surprise—in moments of distress, at times when we are still and alone, when we are on a journey. Or we may hear the voice when we have engaged in extensive preparations, meditating, thinking, praying, or fasting. We may hardly hear it, yet it can be shattering, thunderous—sending us on our way, impelling us, allowing us to see clearly what we had not seen before at all.

Returning the Torah

We rise as the ark is opened.

Leader:

Celebrate the name of ADONAI; God's name alone is exalted.

Congregation:

God's glory encompasses heaven and earth; God extols the faithful—raising up Israel, the people God keeps close. Halleluyah!

Hodo al eretz v'shamayim, va-yarem keren l'amo, t'hilah l'khol ḥasidav, livnei yisrael am k'rovo. Hal'luyah!

A PSALM OF DAVID

Acclaim ADONAI, children of the Divine; acclaim ADONAI, with honor and strength.

Acclaim ADONAI, with the honor due God's name; bow before ADONAI in the splendor of the sanctuary.

The voice of ADONAI thunders over the waters; God, glorious, thunders—ADONAI, over the great sea.

The voice of ADONAI, with all its power; the voice of ADONAI, with all its majesty; the voice of ADONAI shatters the cedars.

ADONAI shatters the cedars of Lebanon—making the trees dance like calves, the mountains of Lebanon and Sirion like wild bulls.

The voice of ADONAI forms flames of fire; the voice of ADONAI convulses the wilderness, ADONAI convulses the wilderness of Kadesh.

The voice of ADONAI makes hinds calve and strips forests bare, and in God's sanctuary all acknowledge the glory of God.

ADONAI was enthroned above the flood waters: enthroned, ADONAI is eternally sovereign.

ADONAI will grant strength to God's people; ADONAI will bless them with peace.

Mizmor l'david.
Havu ladonai b'nei eilim, havu ladonai kavod va-oz.
Havu ladonai k'vod sh'mo, hishtaḥavu ladonai b'hadrat kodesh.
Kol Adonai al ha-mayim, El ha-kavod hirim, Adonai al mayim rabim.
Kol Adonai ba-ko·aḥ, kol Adonai be-hadar, kol Adonai shover arazim, va-y'shabeir Adonai et arzei ha-l'vanon. Va-yarkidem k'mo eigel, l'vanon v'siryon k'mo ven re'eimim. Kol Adonai ḥotzev lahavot esh, kol Adonai yaḥil midbar, yaḥil Adonai midbar kadesh. Kol Adonai y'ḥolel ayalot. Va-yeḥesof y'arot u-v'heikhalo kulo omer kavod.
Adonai la-mabul yashav, va-yeishev Adonai melekh l'olam.
Adonai oz l'amo yiten, Adonai y'varekh et amo va-shalom.

Psalm 29

הַכְנָסַת הַתּוֹרָה

We rise as the ark is opened.

Leader:

יְהַלְלוּ אֶת־שֵׁם יהוה כִּי נִשְׂגָּב שְׁמוֹ לְבַדּוֹ.

Congregation:

הוֹדוֹ עַל אֶרֶץ וְשָׁמָיִם. וַיָּרֶם קֶרֶן לְעַמּוֹ,
תְּהִלָּה לְכָל־חֲסִידָיו, לִבְנֵי יִשְׂרָאֵל עַם קְרֹבוֹ, הַלְלוּיָהּ.

מִזְמוֹר לְדָוִד

הָבוּ לַיהוה בְּנֵי אֵלִים, הָבוּ לַיהוה כָּבוֹד וָעֹז,
הָבוּ לַיהוה כְּבוֹד שְׁמוֹ, הִשְׁתַּחֲווּ לַיהוה בְּהַדְרַת קֹדֶשׁ.
קוֹל יהוה עַל הַמָּיִם,
אֵל הַכָּבוֹד הִרְעִים, יהוה עַל מַיִם רַבִּים.
קוֹל יהוה בַּכֹּחַ,
קוֹל יהוה בֶּהָדָר, קוֹל יהוה שֹׁבֵר אֲרָזִים,
וַיְשַׁבֵּר יהוה אֶת־אַרְזֵי הַלְּבָנוֹן.
וַיַּרְקִידֵם כְּמוֹ עֵגֶל, לְבָנוֹן וְשִׂרְיוֹן כְּמוֹ בֶן־רְאֵמִים.
קוֹל יהוה חֹצֵב לַהֲבוֹת אֵשׁ,
קוֹל יהוה יָחִיל מִדְבָּר, יָחִיל יהוה מִדְבַּר קָדֵשׁ,
קוֹל יהוה יְחוֹלֵל אַיָּלוֹת.
וַיֶּחֱשֹׂף יְעָרוֹת, וּבְהֵיכָלוֹ כֻּלּוֹ אֹמֵר כָּבוֹד.
יהוה לַמַּבּוּל יָשָׁב, וַיֵּשֶׁב יהוה מֶלֶךְ לְעוֹלָם.
יהוה עֹז לְעַמּוֹ יִתֵּן, יהוה יְבָרֵךְ אֶת עַמּוֹ בַשָּׁלוֹם.

תהלים כט

EXTOL יְהַלְלוּ. Psalm 148:13–14. The practice of reciting these verses while returning the Torah to the ark is mentioned in the earliest prayerbooks.

PSALM 29. Psalm 29 was chosen to accompany the procession of the Torah as it is returned to the ark on Shabbat morning because of the predominant image of the voice of God. The phrase *kol Adonai* ("the voice of God")—which was identified by the ancient rabbis with the revelation of God's word on Sinai—is repeated seven times in this psalm. The thunder and lightning described here evoke the scene of the revelation at Sinai in Exodus 19; the Bible identifies Kadesh with the Sinai desert.

Biblical scholars see the psalm as a depiction of a storm coming in from the Mediterranean, passing over the mountains of Lebanon—cedars top those high mountains and are among the world's sturdiest and longest-lived trees—and moving over the fertile land and then through the desert.

The psalm begins with reference to the waters of the Mediterranean Sea and ends with God enthroned above the primal waters of creation. It also begins with an angelic chorus praising God and toward the end mentions the human chorus praising God in the Temple. Thus earth and heaven, the human and the Divine, are joined.

We began the Torah service with verses marking a royal procession and now, as the Torah is returned to the ark after it has been read to the congregation, we end with verses depicting God as enthroned as the "eternal sovereign."

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Returning the Torah

Returning the Torah to the ark may be a bittersweet moment. On the one hand, we may feel satisfaction that we have been instructed through the Torah service, that we have read its teaching and engaged with it; on the other hand, we may feel that we have not had enough, that a friend is leaving us, as if returning home after having spent just an hour with us. Perhaps that is why so many of the verses chosen for this moment are those of longing—longing for redemption, longing for a time gone by. Equally, there is the knowledge that the Torah is a scroll, that there are chapters now hidden that have yet to be unrolled. What we have glimpsed is only a partial view of the Teaching; more is yet to be revealed.

The Torah scroll is placed in the ark. Personal meditations, such as those found on page 169, may also be recited here.

Whenever the ark was set down, Moses would say:
ADONAI, may You dwell among the myriad families of the people Israel.
Return, ADONAI, to Your sanctuary, You and Your glorious ark.
Let Your priests be robed in righteousness,
and Your faithful sing for joy.
For the sake of David, Your servant,
do not turn away from Your anointed.
▶ I have given you a precious inheritance:
do not forsake My teaching.
It is a tree of life for those who grasp it,
and all who hold onto it are blessed.
Its ways are pleasant, and all its paths are peace.
Turn us toward You, ADONAI, and we will return to You;
make our days seem fresh, as they once were.

▶ Ki lekaḥ tov natati lakhem, torati al ta·azovu.
Etz ḥayim hi la-maḥazikim bah, v'tom'kheha me'ushar.
D'rakheha darkhei no·am, v'khol n'tivoteha shalom.
Hashiveinu Adonai eilekha v'nashuvah, ḥadesh yameinu k'kedem.

The ark is closed.

Ḥatzi Kaddish

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen.*

Congregation and Leader:

May God's great name be acknowledged forever and ever!
Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world.
And we say: *Amen.*

The Torah scroll is placed in the ark. Personal meditations, such as those found on page 169, may also be recited here.

וּבְנֻחֹה יֹאמַר: שׁוּבָה יְהוָה רִבְבוֹת אַלְפֵי יִשְׂרָאֵל.
קוּמָה יְהוָה לִמְנוּחָתֶךָ, אַתָּה וַאֲרוֹן עֻזֶּךָ.
כֹּהֲנֶיךָ יִלְבְּשׁוּ צֶדֶק, וַחֲסִידֶיךָ יְרַנֵּנוּ.
בַּעֲבוּר דָּוִד עַבְדֶּךָ, אַל תָּשֵׁב פְּנֵי מְשִׁיחֶךָ.
◀ כִּי לֶקַח טוֹב נָתַתִּי לָכֶם, תּוֹרָתִי אַל תַּעֲזֹבוּ.
עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתֹמְכֶיהָ מְאֻשָּׁר.
דְּרָכֶיהָ דַרְכֵי נֹעַם, וְכָל־נְתִיבוֹתֶיהָ שָׁלוֹם.
הֲשִׁיבֵנוּ יְהוָה אֵלֶיךָ וְנָשׁוּבָה, חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

The ark is closed.

חֲצִי קַדִּישׁ

Leader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל־ [*on Shabbat Shuvah we substitute:* לְעֵלָּא לְעֵלָּא מִכָּל־]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

WHENEVER THE ARK WAS SET DOWN וּבְנֻחֹה יֹאמַר. Numbers 10:36. As the Torah completes its circuit through the synagogue, we recall Moses' words when the people finished a stage in their journey through the wilderness and came to rest in a new camp. This verse and the ones that follow (Psalm 132:8–10 and Proverbs 4:2) can also serve to refer to our own inner journey: we are accompanied now by Torah.

Only the first and last verse are recited in all rites; the others were added in many communities in the late Middle Ages.

IT IS A TREE OF LIFE FOR THOSE WHO GRASP IT עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ. Proverbs 3:18. The Torah handles are called *atzei ḥayim*, "trees of life," and this verse is the source of the custom of holding on to them as we recite the *b'rakhot* over the Torah. Thus, by studying Torah and by physically holding on to it, we both figuratively and literally "grasp" the tree of life.

ITS WAYS ARE PLEASANT, AND ALL ITS PATHS ARE PEACE דְּרָכֶיהָ דַרְכֵי נֹעַם וְכָל־נְתִיבוֹתֶיהָ שָׁלוֹם. Proverbs 3:17. In their context, these two verses from Proverbs refer to wisdom, *ḥokhmah*. The ancient rabbis associated wisdom with Torah. As we put away the Torah, we pray that our study of Torah should provide us with the wisdom to promote a life characterized by pleasantness and the pursuit of peace.

TURN US TOWARD YOU, ADONAI הֲשִׁיבֵנוּ יְהוָה אֵלֶיךָ. Significantly, this final verse is taken from Lamentations (5:21), the book of mourning for the destruction of Jerusalem. We end the Torah service with a prayer for the reconciliation of God and Israel.

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The Musaf Amidah for Shabbat

A transliteration of the opening b'rakhot of the Amidah may be found on page 466. When a minyan is present, some communities repeat the Amidah after it is recited silently; in others, the leader recites the first three blessings (including the Kedushah) aloud and the Amidah is then recited silently (a practice called "heicha kedushah" in Yiddish). The sign ☩ indicates the places to bow. The Amidah concludes on page 192.

[*Leader:* As I proclaim the name ADONAI, give glory to our God.]
ADONAI, open my lips that my mouth may speak Your praise.

First B'rakhah: Our Ancestors

With Patriarchs:

☩ *Barukh atah* ADONAI,
our God and God of our ancestors,
God of Abraham, God of Isaac, and God of Jacob,
great, mighty, awe-inspiring, transcendent God,
who acts with kindness and love, and creates all,
who remembers the loving deeds of our ancestors,
and who will lovingly bring a redeemer to their children's children for the sake of divine honor.

WIth Patriarchs and Matriarchs:

☩ *Barukh atah* ADONAI,
our God and God of our ancestors,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
great, mighty, awe-inspiring, transcendent God,
who acts with kindness and love, and creates all,
who remembers the loving deeds of our ancestors,
and who will lovingly bring a redeemer to their children's children for the sake of divine honor.

On Shabbat Shuvah we add:

Remember us for life, Sovereign who delights in life,
and inscribe us in the Book of Life, for Your sake, God of life.

God of Our Ancestors

God can be perceived in almost infinite ways. Certainly each of our biblical ancestors experienced God differently, and the Kabbalists understood their personal stories as reflecting different understandings of the Divine. In their thinking, Abraham's kindly love and compassion, demonstrated by his welcoming of strangers and his defense of the righteous who may have been living in Sodom, came to personify God's love and kindness. Isaac's binding personifies the perception of an aspect of God as awe-inspiring and as placing limits on existence. Jacob was able to achieve balance: he led a troubled life yet survived, and was able to experience joy and fulfillment at the end of his life. In Kabbalah, that balance was understood to be at the very center of the nature of the Divine.

Added to these, we might imagine other human traits that are also Godly. We can picture Sarah as someone who perseveres and then appreciates her blessing and guards it carefully—emulating the God who is a protector and redeemer; Rebecca as one who takes the lead, knowing what needs to be done—the mover of history; Leah as a woman who suffers in life yet sustains a family—symbolizing the God who is with us in our suffering; and Rachel as one who has a short but passionate life—reflecting the God who loves deeply. Each of us experiences the universe and the presence of God differently. Our biblical ancestors reflect different ways of walking with God—and provide us with different models for our own journeys.

מוסף לשבת: עמידה

A transliteration of the opening b'rakhot of the Amidah may be found on page 466. When a minyan is present, some communities repeat the Amidah after it is recited silently; in others, the leader recites the first three blessings (including the Kedushah) aloud and the Amidah is then recited silently (a practice called "heicha kedushah" in Yiddish). The sign ☩ indicates the places to bow. The Amidah concludes on page 192.

[*Leader:* כִּי שֵׁם יהוה אֶקְרָא, הָבוּ גֹדֶל לֵאלֹהֵינוּ.
אֲדֹנָי שְׂפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתֶךָ.

With Patriarchs:

☩ בָּרוּךְ אַתָּה יהוה,
אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וֵאלֹהֵי יַעֲקֹב, הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל,
וְזוֹכֵר חַסְדֵי אָבוֹת,
וּמֵבִיא גּוֹאֵל לִבְנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

With Patriarchs and Matriarchs:

☩ בָּרוּךְ אַתָּה יהוה,
אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל, וֵאלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חַסְדֵי אָבוֹת [וְאִמָּהוֹת],
וּמֵבִיא גּוֹאֵל לִבְנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

On Shabbat Shuvah we add:

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים,
וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַנְךָ אֱלֹהִים חַיִּים.

THE MUSAF AMIDAH. On Shabbat and festivals, an extra sacrifice was offered in the Temple. Since the destruction of the Temple, we offer a gift of prayer to mark the specialness of the day: an additional service called Musaf, which consists entirely of an Amidah, a personal moment of prayer. The Amidah always contains three introductory *b'rakhot* and three concluding *b'rakhot*. On Shabbat, a middle *b'rakhah* celebrates the specialness and sanctity of the day.

AS I PROCLAIM כִּי שֵׁם יהוה אֶקְרָא. Deuteronomy 32:3. Most likely, this verse was originally inserted into the Amidah as an instructional phrase to be recited by the leader, asking the congregation to respond with "Amen" to the *b'rakhot* that follow. Thus it means: "When I proclaim God's name, 'Adonai,' you should respond by acknowledging God as well"—that is, by answering "Amen" to each *b'rakhah* and by responding when God's personal name (Adonai) is mentioned: *barukh hu u-varukh sh'mo* ("Blessed be God and blessed be God's name").

GREAT, MIGHTY, AWE-INSPIRING הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא. This phrase is a quotation from Deuteronomy 10:17–18, where God is described as impartial, not favoring anyone.

TRANSCENDENT GOD אֵל עֶלְיוֹן. This name for God, *El Elyon*, is first used in the Torah (Genesis 14:18–19) by Melchizedek, the King of Salem, which classical Jewish commentators identified with Jerusalem. Including his words in our prayer thus hints at a vision of a restored Jerusalem, welcoming all who call upon God by whatever name.

LOVINGLY בְּאַהֲבָה. So much of this blessing has been about love: God's love and kindness for all, our ancestors' acts of love and kindness, and the redemption that will be achieved through love. To emphasize this idea, the Hebrew text places the word *ahavah*, "love," as the very last word of this opening sentence.

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The First and Second B'rakhot

The 20th-century talmudist Joseph B. Soloveitchik notes that the first two blessings of the Amidah evoke distinctly different ways of relating to the Divine. In the first blessing (*Avot*/Our Ancestors), we see ourselves as heirs. We address God with the dignity and confidence—as well as responsibility—of a covenantal partner. God blessed our ancestors and will continue to bless us, for we inherit what they wrought. In the second blessing, our situation is radically altered: we experience our human vulnerability and our dependence on God; we call upon God for help. Our service to God emerges from both ways of deliberating on the human condition—our own inner sense of dignity and confidence, and the consciousness of our vulnerability and finitude—often experienced at the same time.

With Patriarchs:
You are the sovereign
who helps and saves
and shields.
ך *Barukh atah* ADONAI,
Shield of Abraham.

With Patriarchs and Matriarchs:
You are the sovereign
who helps and guards,
saves and shields.
ך *Barukh atah* ADONAI,
Shield of Abraham and
Guardian of Sarah.

Second B'rakhah: God's Saving Care

You are ever mighty, ADONAI—
You give life to the dead—
great is Your saving power:

From Sh'mini Atzeret until Pesaḥ:
You cause the wind to blow and the rain to fall,

[*From Pesaḥ until Sh'mini Atzeret, some add:*
You cause the dew to fall,]

You sustain the living through kindness and love,
and with great mercy give life to the dead,
You support the falling, heal the sick,
loosen the chains of the bound,
and keep faith with those who sleep in the dust.
Who is like You, Almighty,
and who can be compared to You?
The sovereign who brings death and life
and causes redemption to flourish.

M'khalkel ḥayim b'ḥesed,
m'ḥayeih meitim b'raḥamim rabim,
somekh noflim v'rofei ḥolim u-matir asurim,
u-m'kayem emunato lisheinei afar.
Mi khamokha ba-al g'vurot umi domeh lakh,
melekh meimit u-m'ḥayeh u-matzmiaḥ y'shuah.

On Shabbat Shuvah we add:
Who is like You, source of compassion,
who remembers with compassion Your creatures for life?

You are faithful in bringing life to the dead.
Barukh atah ADONAI, who gives life to the dead.

When the Amidah is recited silently, continue on page 188a with "Holy are You."

With Patriarchs:
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן.
ך בָּרוּךְ אַתָּה יהוה,
מָגֵן אַבְרָהָם.

With Patriarchs and Matriarchs:
מֶלֶךְ עוֹזֵר וּפוֹקֵד
וּמוֹשִׁיעַ וּמָגֵן.
ך בָּרוּךְ אַתָּה יהוה,
מָגֵן אַבְרָהָם וּפוֹקֵד שָׂרָה.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מְחַיֵּה מֵתִים אַתָּה,
רַב לְהוֹשִׁיעַ.

From Sh'mini Atzeret until Pesaḥ: מַשִּׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם,
[*From Pesaḥ until Sh'mini Atzeret, some add:* מוֹרִיד הַטָּל,]

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֵּה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישֵׁנֵי עָפָר.
מִי כָמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דּוֹמֶה לָּךְ,
מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

On Shabbat Shuvah we add:
מִי כָמוֹךָ אַב הָרַחֲמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת מֵתִים.
בָּרוּךְ אַתָּה יהוה, מְחַיֵּה הַמֵּתִים.

When the Amidah is recited silently, continue on page 188a with אַתָּה קָדוֹשׁ.

SHIELD OF ABRAHAM מָגֵן אַבְרָהָם. After Genesis 15:1.

GUARDIAN OF SARAH וּפוֹקֵד שָׂרָה. After Genesis 21:1.

YOU ARE MIGHTY אַתָּה גִּבּוֹר. This second *b'rakhah* describes God's presence and activity in the world, centering on God's kindness and care for the vulnerable and powerless. It first describes God as nurturing all of life, then more specifically as concerned with injustice. The *b'rakhah* concludes with mention of the dead, for even they—the most powerless—are in God's care.

GIVE LIFE TO THE DEAD מְחַיֵּה מֵתִים. To be sure, the primary use of this phrase was in reference to the afterlife, but the rabbis of the Talmud also understood it to refer to a spiritual revival in this world. Thus, the *b'rakhah* recited upon greeting a friend whom one has not seen for a year utilizes this phrase, "who gives life to the dead" (Babylonian Talmud, Berakhot 58b). Similarly, Ḥasidic texts speak of reviving the parts of ourselves that have lost their vitality, as bringing life to that which has been deadened.

SHABBAT SHUVAH. On the Shabbat between Rosh Hashanah and Yom Kippur, we add prayers asking that we may be granted a good and long life.

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Where Is the Place of God's Glory?

Once, the Ḥasidic master Menaḥem Mendel of Kotzk startled his Ḥasidim by asking, "Where is God's dwelling place?" Some answered that it is in heaven. Some simply said that no human can know. Menaḥem Mendel then said, "It is wherever we will let God in."

Return, O My Soul

Return, O my soul, to
your resting place,
sit beside the divine
throne, always,
spurn earthly places,
ascend on high,
take what you can from
there,
bow to God, honor the
Divine,
supplant the angels giving
praise.

—YEHUDAH HALEVI

Third B'rakhah: God's Holiness

THE KEDUSHAH

The Kedushah is recited standing. Indeed, since we imitate the song of the angels, the tradition recommends standing like angels, with feet together. It is recited only with a minyan.

We revere and sanctify You on earth as Your name is sanctified in heaven, as Your prophet Isaiah described:
Each cried out to the other:

"Holy, holy, holy is *Adonai Tz'va·ot*, the whole world is filled with God's glory!"

Kadosh, kadosh, kadosh Adonai Tz'va·ot, m'lo khol ha-aretz k'vodo.

God's glory fills the universe. One angelic chorus asks, "Where is the place of God's glory?" Another responds:

"Praised is Adonai's glory wherever God dwells."

Barukh k'vod Adonai mimkomo.

From where God dwells, may God turn with compassion toward the people who twice each day, evening and morning, lovingly proclaim God's oneness, reciting the Sh'ma:

"Hear, O Israel, Adonai is our God, Adonai is one."

Sh'ma yisrael, Adonai eloheinu, Adonai eḥad.

The Holy One is our God, our creator, our sovereign, our redeemer. Yet again, God will in mercy proclaim to us before all that lives: "I, Adonai, am your God."

Hu eloheinu, hu avinu, hu malkeinu, hu moshi·einu,
v'hu yashmi·einu b'raḥamav sheinit l'einei kol ḥai,
lihyot lakhem leilohim. Ani Adonai eloheikhem.

As the psalmist sang: "Adonai will reign forever; your God, O Zion, from generation to generation. Halleluyah!"

Yimlokh Adonai l'olam, elohayikh tziyon l'dor vador, hal'luyah.

From generation to generation we will declare Your greatness, and forever sanctify You with words of holiness. Your praise will never leave our lips, for You are God and Sovereign, great and holy.

L'dor vador nagid godlekha, u-l'netzaḥ n'tzaḥim k'dushat'kha nakdish,
v'shivḥakha eloheinu mi-pinu lo yamush l'olam va-ed,
ki El melekh gadol v'kadosh atah.

Barukh atah Adonai, the Holy God.

On Shabbat Shuvah we substitute: *Barukh atah Adonai*, the Holy Sovereign.

We continue on the next page with the Fourth B'rakhah, "You established Shabbat."

The Kedushah is recited standing. Indeed, since we imitate the song of the angels, the tradition recommends standing like angels, with feet together. It is recited only with a minyan.

נַעֲרִיצְךָ וְנַקְדִּישְׁךָ כְּסוֹד שִׂיחַ שַׂרְפֵי קֹדֶשׁ הַמַּקְדִּישִׁים
שִׁמְךָ בַּקֹּדֶשׁ, כַּכָּתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר:

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יהוה צְבָאוֹת,
מְלֹא כָל־הָאָרֶץ כְּבוֹדוֹ.

כְּבוֹדוֹ מָלֵא עוֹלָם, מְשָׁרְתָיו שׁוֹאֲלִים זֶה לָזֶה,
אַיֵּה מְקוֹם כְּבוֹדוֹ, לְעֻמָּתָם בָּרוּךְ יֹאמֵרוּ:

בָּרוּךְ כְּבוֹד יהוה מִמְּקוֹמוֹ.

מִמְּקוֹמוֹ הוּא יֶפֶן בְּרַחֲמִים, וְיָחֹן עַם הַמְיַחֲדִים שְׁמוֹ עֶרֶב
וָבֹקֶר בְּכָל־יוֹם תָּמִיד, פַּעֲמַיִם בְּאַהֲבָה שְׁמַע אוֹמְרִים:

שְׁמַע יִשְׂרָאֵל, יהוה אֱלֹהֵינוּ, יהוה אֶחָד.

הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מַלְכֵּנוּ, הוּא מוֹשִׁיעֵנוּ,
וְהוּא יַשְׁמִיעֵנוּ בְּרַחֲמָיו שֵׁנִית לְעֵינֵי כָל־חָי,
לִהְיוֹת לָכֶם לֵאלֹהִים.

אֲנִי יהוה אֱלֹהֵיכֶם.

וּבִדְבְרֵי קָדְשְׁךָ כָּתוּב לֵאמֹר:

יִמְלֹךְ יהוה לְעוֹלָם, אֱלֹהַיִךְ צִיּוֹן לְדֹר וָדֹר, הַלְלוּיָהּ.

לְדוֹר וָדוֹר נַגִּיד גָּדְלֶךָ, וּלְנֵצַח נְצָחִים קְדֻשָּׁתְךָ נַקְדִּישׁ,
וְשִׁבְחֲךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד,
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אָתָּה.
בָּרוּךְ אַתָּה יהוה, הָאֵל הַקָּדוֹשׁ.

On Shabbat Shuvah we substitute: בָּרוּךְ אַתָּה יהוה, הַמֶּלֶךְ הַקָּדוֹשׁ.

We continue on the next page with the Fourth B'rakhah, תִּכּוֹנֶנְתָּ שַׁבָּת.

THE KEDUSHAH is composed of an interweaving of two prophetic visions: that of Isaiah, who witnessed the angels singing "Holy, holy, holy," and that of Ezekiel, who heard the angels cry "Praised is Adonai's glory wherever God dwells." In heaven, one chorus of angels responds to another; on earth, leader and congregation respond to each other. Additionally, in the version of the Kedushah recited at each Musaf service, Israel's recitation of the Sh'ma is offered as a counterpoint to the angelic praise. Ultimately, our prayer brings heaven and earth into a momentary unity, when we recite the angelic prayer while proclaiming Israel's credo of one God. The quotation from Isaiah, remarking that "each cries out to the other," thus has a dual meaning in the liturgy: one chorus of angels responds to the other in agreement, and heaven and earth stand in agreement with each other, both acknowledging God's presence.

WHEREVER GOD DWELLS מִמְּקוֹמוֹ. As noted above, the Kedushah combines two different prophetic visions: that of Isaiah and that of Ezekiel. By placing these biblical verses side by side, the Kedushah acknowledges both God's immanence, a palpable presence, and God's transcendence, the knowledge that the Divine is beyond our understanding. Thus, we say "The whole world is filled with God's glory," and we then immediately praise God "wherever God dwells."

WILL . . . PROCLAIM וְהוּא יַשְׁמִיעֵנוּ. The relationship of God and humanity is manifested by a reciprocal call and response. On the one hand, God calls to us and we respond to that calling. At the same time, we call to God and God responds by bringing redemption.

YET AGAIN שֵׁנִית. Literally, "a second time." The first redemption was the exodus from Egypt. Much of Jewish theology maintains the perspective that we exist between the promise of freedom announced in the exodus and its eventual fulfillment in the messianic era.

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A Meditation

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], יַעֲלֶה לְפָנֶיךָ
זִכְרוֹן אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ]
בִּימֵי קֶדֶם, בְּעָמְדָם לְפָנֶיךָ
בְּחַצְרוֹת קָדְשֶׁךָ.
מָה רַבָּה אַהֲבָתָם לָךְ, בַּהֲבִיאָם
לְפָנֶיךָ אֶת־קָרְבְּנוֹתֵיהֶם מִדֵּי
שַׁבָּת בְּשַׁבָּתוֹ.
אָנָּא יהוה אֱלֹהֵינוּ, הַאֲצֵל
עָלֵינוּ מֵרוּחָם רוּחַ דַּעַת
וְיִרְאַת יהוה.
כֵּן נִזְכֶּה לְמַלֵּא חוֹבוֹתֵינוּ
לְבִנְיַן אַרְצְךָ וּלְחַדּוּשׁ בֵּית
חַיֵּינוּ, וְיִתְבָּרְכוּ בָּנוּ כָּל־
מִשְׁפְּחוֹת הָאֲדָמָה.

Our God and God of our ancestors, may You call to mind our ancestors as they appeared in Your holy Temple, in ancient times: how deep their love of You as they brought their offerings to You each Shabbat. Please, Adonai our God, grant us a similar spirit to be in relation to You and in awe of You. May we fulfill our duty toward the rebuilding of Your holy land, renewing the wellsprings of our lives, that we may ever be a blessing to all the peoples of the earth.

—ROBERT GORDIS

The Meaning of Sacrifices for the Contemporary Believer

Most contemporaries understand the demand for the return of sacrifice metaphorically. It may mean, as William James offered, "the sacrifice of the heart, the sacrifice of the inner ego." Even traditionalists who believe in the efficacy of sacrifice might say that atonement for sin and the soul's purification, the aim of sacrifice, can be achieved through the overcoming of arrogance and the diminution of the ego. As Martin Buber expressed it, "Truly there is no cosmos for the human being except when the totality is made home, a temple in which one offers one's sacrifice."

—ADMIEL KOSMAN

The following paragraph is said only when the entire Amidah is recited silently:

Holy are You and holy is Your name;
holy ones praise You each day.
Barukh atah ADONAI, the Holy God.

On Shabbat Shuvah we substitute:
Barukh atah ADONAI, the Holy Sovereign.

Fourth B'rakhah: The Celebration of Shabbat

For an alternate version of this b'rakhah, not centered on sacrifices, continue on the next page.

SHABBAT AND THE TEMPLE SERVICE

You established Shabbat and desired its offerings. You prescribed the details of its service and the order of the libations. Those who take pleasure in Shabbat inherit eternal glory. Those who savor Shabbat truly merit life; those who love its teachings have chosen to join in its greatness. ADONAI our God, it was at Sinai that You commanded its observance and commanded our ancestors to offer an additional appropriate sacrifice on Shabbat.

May it be Your will, ADONAI our God and God of our ancestors, who restores their descendants to their land, to lead us there in joy and to plant us in our borders, where our ancestors once offered to You their sacrifices: the daily sacrifices in their proper order, as well as the additional offerings prescribed for holy days. Lovingly, the additional Shabbat sacrifices were offered there as You commanded, fulfilling the words spoken in revelation and written down by Moses, your servant, in Your Torah:

> On Shabbat: two yearling lambs without blemish, together with two-tenths of a measure of choice flour with oil mixed in as a meal offering and with the proper libation—a burnt offering for every Shabbat, in addition to the daily burnt offering and its libation.

We continue on page 189.

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The following paragraph is said only when the entire Amidah is recited silently:

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וּקְדוֹשִׁים בְּכָל־יוֹם יְהַלְלוּךָ סֶּלָה.
בָּרוּךְ אַתָּה יהוה, הָאֵל הַקָּדוֹשׁ.

On Shabbat Shuvah we substitute:
בָּרוּךְ אַתָּה יהוה, הַמֶּלֶךְ הַקָּדוֹשׁ.

For an alternate version of this b'rakhah, not centered on sacrifices, continue on the next page.

תִּכַּנְתָּ שַׁבָּת רָצִיתָ קָרְבְּנוֹתֶיהָ,
צִוִּיתָ פְּרוּשֶׁיהָ עִם סִדּוּרֵי נְסָכֶיהָ.
מְעַנְּגֶיהָ לְעוֹלָם כָּבוֹד יְנָחֲלוּ, טוֹעֲמֶיהָ חַיִּים זָכוּ,
וְגַם הָאוֹהֲבִים דְּבָרֶיהָ גְּדֻלָּה בָּחָרוּ.
אָז מִסִּינַי נִצְטַוּוּ עָלֶיהָ וַתְּצַוֵּם יהוה אֱלֹהֵינוּ
לְהַקְרִיב בָּהּ קָרְבַּן מוּסַף שַׁבָּת כָּרָאוּי.

יְהִי רָצוֹן מִלְּפָנֶיךָ יהוה אֱלֹהֵינוּ וֵאלֹהֵי
אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], הַמֵּשִׁיב בָּנִים לִגְבוּלָם,
שֶׁתַּעֲלֵנוּ בְשִׂמְחָה לְאַרְצֵנוּ וְתִטָּעֵנוּ בִּגְבוּלֵנוּ,
שָׁשָׁם עָשׂוּ אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ] לְפָנֶיךָ
אֶת־קָרְבְּנוֹתֵיהֶם, תְּמִידִים כְּסִדְרָם וּמוּסָפִים כְּהִלְכָתָם.
וְאֶת־מוּסַף יוֹם הַשַּׁבָּת הַזֶּה עָשׂוּ וְהִקְרִיבוּ
לְפָנֶיךָ בְּאַהֲבָה כְּמִצְוַת רְצוֹנֶךָ, כַּכָּתוּב בְּתוֹרָתֶךָ,
עַל יְדֵי מֹשֶׁה עַבְדֶּךָ מִפִּי כְבוֹדֶךָ כָּאָמוּר:

וּבְיוֹם הַשַּׁבָּת, שְׁנֵי כְבָשִׂים בְּנֵי שָׁנָה תְּמִימִם,
וּשְׁנֵי עֶשְׂרֹנִים סֹלֶת מִנְחָה בְּלוּלָה בַּשֶּׁמֶן וְנִסְכּוֹ.
עֹלַת שַׁבַּת בְּשַׁבַּתּוֹ, עַל עֹלַת הַתָּמִיד וְנִסְכָּהּ.

We continue on page 189.

YOU ESTABLISHED SHABBAT תִּכַּנְתָּ שַׁבָּת. A reverse alphabetical acrostic celebrating Shabbat. In one version it concludes with the words אָז מִסִּינַי נִצְטַוּוּ צִוִּיתָ פְּעָלֶיהָ כָּרָאוּי, "it was at Sinai that You commanded its proper service"—thus incorporating into the acrostic not only the twenty-two letters of the Hebrew alphabet, but also the five "final" letters—the ones that have a distinct shape when they appear as the last letter of a word.

DESIRED ITS OFFERINGS רָצִיתָ קָרְבְּנוֹתֶיהָ. Although slaughter and sacrifice would normally be considered a violation of the laws of Shabbat, God is pleased with this offering on Shabbat—for the sacrifices are offered in the service of God. (*Jacob Emden*)

THOSE WHO TAKE PLEASURE IN SHABBAT מְעַנְּגֶיהָ. The language of this paragraph is based on midrashim interpreting the verse from Isaiah: "If you call Shabbat a delight (*oneg*), Adonai's holy day honored . . . then you shall rejoice with Adonai…" (58:13–14).

SPOKEN IN REVELATION מִפִּי כְבוֹדֶךָ. More literally, "spoken by Your glory." The Book of Exodus describes God's "glory" (*kavod*), perhaps imagined as a dense cloud, descending on Mount Sinai. A voice is heard through the cloud but God is not seen. The liturgy follows the biblical text in putting a veil between God's revelation and human understanding.

ON SHABBAT וּבְיוֹם הַשַּׁבָּת. Numbers 28:9–10.

The Gift of Shabbat

A Ḥasidic teaching: On Shabbat, the hidden light of the world is revealed.

A Shabbat Meditation

בְּיוֹם שַׁבָּת קֹדֶשׁ זֶה,
אַתָּה, אֱלֹהַי, צִלִּי,
צֵל חוֹבֵק אֶת בּוּדִּי
גּוּפִי שָׁט בְּמַעֲבֵה רוּחֲךָ
וִיהִי רָצוֹן שֶׁאַקְבִּיץ
רוּחֲךָ בְּקִרְבִּי
לְמַעַן תִּהְיֶה לִי מַצְפֵּן
וּתְכַוֵּן לִי דַּרְכִּי
כִּי תַגְעֶנָה רַגְלַי עוֹד
עֲלֵי אֲדָמוֹת
וְהֲלָאָה אֵלֵךְ—

On this day of rest, the holy Shabbat,
You are my shadow,
a shadow completely enveloping me.
My body moves within Your spirit.
May it be Your will that I gather Your spirit within me
so that You be my compass
pointing my way,
as my feet again touch ground
and I move on—

—EDWARD FELD

AN ALTERNATE

Fourth B'rakhah: The Celebration of Shabbat

THE DREAM OF REDEMPTION

You established Shabbat, exalted its holiness,
prescribed its observance, bestowed it as Your treasured delight.
Those who take pleasure in Shabbat inherit eternal glory;
those who savor Shabbat truly merit life;
those who love its teaching have chosen to join in its greatness.
For at Sinai the shoot of redemption was planted for us and for the world.

May it be Your will, ADONAI our God and God of our ancestors,
that we may be led to our land,
and planted within our borders, in wholeness and in peace,
singing joyfully with voices of gladness,
filled with love and friendship.
May we walk together by the light of Your countenance,
all of us living lives of righteousness and justice,
love and compassion,
as Your prophet Isaiah proclaimed:
"There shall not be evil or destruction on My holy mountain,
for the world shall be filled with the knowledge of God,
as the waters fill the sea."
"Thus shall ADONAI be an eternal light for us, and your God shall be your glory."

AN ALTERNATE

תְּכַבְּדָתְּ שַׁבָּת, רוֹמַמְתְּ קְדֻשָּׁתָהּ, צִוִּיתְ פִּקּוּדֶיהָ,
עֵדֶן סְגֻלָּתְךָ נָתַתָּ. מְעַנְּגֶיהָ לְעוֹלָם כָּבוֹד יִנְחָלוּ,
טוֹעֲמֶיהָ חַיִּים זָכוּ, וְגַם הָאוֹהֲבִים דְּבָרֶיהָ גִּדְּלָה בָּחֲרוּ.
אָז מִסִּינַי נִטַּע צִיץ פְּדוּת לָנוּ וּלְעוֹלָמֶיךָ.

יְהִי רָצוֹן מִלְּפָנֶיךָ, יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
[וְאִמּוֹתֵינוּ], שֶׁתּוֹלִיכֵנוּ לְאַרְצֵנוּ וְתִטָּעֵנוּ בִּגְבוּלֵנוּ,
בִּתְמִימוּת וּבְשָׁלוֹם בִּרְנָנָה וּבְקוֹל שִׂמְחָה,
מְלֵאִים אַהֲוָה וְאַהֲבָה.
נֵלֵךְ יַחַד בְּאוֹר פָּנֶיךָ,
וְנִחְיֶה כֻּלָּנוּ בְּצֶדֶק וּבְמִשְׁפָּט,
בְּחֶסֶד וּבְרַחֲמִים,
וְכֵן כָּתוּב עַל יַד נְבִיאֶךָ:
לֹא יָרֵעוּ וְלֹא יַשְׁחִיתוּ בְּכָל־הַר קָדְשִׁי,
כִּי מָלְאָה הָאָרֶץ דֵּעָה אֶת־יהוה, כַּמַּיִם לַיָּם מְכַסִּים.
וְהָיָה לָךְ יהוה לְאוֹר עוֹלָם וֵאלֹהַיִךְ לְתִפְאַרְתֵּךְ.

ALTERNATE BLESSING. Both the Rabbinical Assembly's *Siddur Sim Shalom* and the Israeli Masorti *Siddur Va'ani Tefillati* have offered revisions of this *b'rakhah* emphasizing elements of universal redemption rather than the restoration of Temple offerings. The accompanying prayers written by Simcha Roth and Ze'ev Kainan, under the direction of the editors of this volume, follow in that tradition.

This alternate rendering emphasizes Shabbat as a taste of redemption, and it sees the return to the land as an opportunity to fulfill the prophetic vision of redemption, in which the world will be characterized by peace and justice.

YOU ESTABLISHED SHABBAT תְּכַבְּדָתְּ שַׁבָּת. A reverse alphabetical acrostic celebrating Shabbat, which concludes with four of the five Hebrew letters that are written differently when they occur at the end of a word.

TRULY MERIT LIFE חַיִּים זָכוּ. The fullness of life is only experienced when we develop our spiritual capacities. It is on Shabbat that we come to understand what this fullness might contain, for on Shabbat we stand back to ponder, study, and pray; our community gathers; we meet with friends and family; and we feel rested and sated.

MAY IT BE YOUR WILL יְהִי רָצוֹן מִלְּפָנֶיךָ. Musaf is recited at the height of the day, when we experience ourselves as fully encompassed by Shabbat. Classically this was a time that stirred messianic yearnings, for the peacefulness of this moment evoked dreams of a more permament peace. Based on prophetic visions of the future, this alternate *b'rakhah* expresses our own yearnings for a time when justice and compassion will reign, when the people Israel will be reconciled with one another and with the world, and when peace will be established—a lasting peace that is not merely a cessation of war and armed conflict, but a peace that brings joy to every inhabitant of the world and reflects the light of God shining on earth. According to Rav (3rd century, Babylonia), one should include in the Musaf Amidah some thought that was not expressed earlier in the Arvit or Shaḥarit Amidah (Talmud of the Land of Israel, Berakhot 4:6).

SINGING JOYFULLY WITH VOICES OF GLADNESS בְּרִנָּנָה וּבְקוֹל שִׂמְחָה. The prophets announce that the return to Zion will be accompanied with song and shouts of joy. The language here resonates with Isaiah 51:3, "gladness and joy shall abide there . . . and the sound of music."

RIGHTEOUSNESS AND JUSTICE בְּצֶדֶק וּבְמִשְׁפָּט. From Hosea 2:21. Hosea further declares (6:6): "For it is kindly love that I desire, not sacrifice; the knowledge of God more than burnt offerings."

THERE SHALL NOT BE EVIL לֹא יָרֵעוּ. From Isaiah 11:9.

THUS SHALL ADONAI וְהָיָה לָךְ יהוה. From Isaiah 60:19.

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What We Strive For

The realm of mystery tells us, You live in a world full of light and life.

Know the great reality, the richness of existence that you always encounter. Contemplate its grandeur, its beauty, its precision and its harmony . . .

The perception that dawns on a person to see the world not as finished, but as in the process of continued becoming, ascending, developing—this changes him from being "under the sun" to being "above the sun," from the place where there is nothing new to the place where there is nothing old, where everything takes on new form. The joy of heaven and earth abides in him as on the day they were created . . .

In every corner where you turn, you are dealing with realities that have life; you always perform consequential acts, abounding with meaning and with the preciousness of vibrant life. In everything you do, you encounter sparks full of life and light, aspiring to rise toward the heights. You help them and they help you . . .

The time that is an uninterrupted Sabbath on which eternal peace shines, is the day when, by the nature of its creation, there pulsates a continued thrust for newness. It needs no end, no termination. It is the choicest of days, an ornament of beauty, the source of all blessings.

—ABRAHAM ISAAC KOOK
(*translated by Ben Zion Bokser*)

All services continue here:

Those who observe Shabbat and call it a delight shall rejoice in Your sovereignty. The people who sanctify the seventh day shall all be fulfilled and shall delight in Your abundant goodness. You have loved the seventh day and sanctified it, calling it the most beloved of days, a symbol of the work of creation.

Yism'ḥu v'malkhut'kha shomrei shabbat v'korei oneg, am m'kadshei sh'vi·i, kulam yisbe'u v'yitangu mi-tuvekha, u-va-sh'vi·i ratzita bo v'kidashto, ḥemdat yamim oto karata, zeikher l'ma·aseih v'reishit.

Our God and God of our ancestors, embrace our rest. Make us holy through Your mitzvot and let the Torah be our portion. Fill our lives with Your goodness and gladden us with Your deliverance.

Kad'sheinu b'mitzvotekha v'ten ḥelkeinu b'toratekha,
sabeinu mi-tuvekha v'samḥeinu bishuatekha,
v'taheir libeinu l'ovd'kha be-emet.

Purify our hearts to serve You truly.
ADONAI our God, lovingly and willingly grant that we inherit Your holy Shabbat, that the people Israel, who make Your name holy, may find rest on this day.
Barukh atah ADONAI, who makes Shabbat holy.

Fifth B'rakhah: The Restoration of Zion

ADONAI our God, embrace Your people Israel and their prayer. Restore worship to Your sanctuary. May the prayers of the people Israel be lovingly accepted by You, and may our service always be pleasing. May our eyes behold Your compassionate return to Zion.
Barukh atah ADONAI, who restores Your Divine Presence to Zion.

All services continue here:

יִשְׂמְחוּ בְמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֶג,
עַם מְקַדְּשֵׁי שְׁבִיעִי, כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטּוּבֶךָ,
וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ,
חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ, זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
רְצֵה בִמְנוּחָתֵנוּ,
קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ,
שַׂבְּעֵנוּ מִטּוּבֶךָ, וְשַׂמְּחֵנוּ בִּישׁוּעָתֶךָ,
וְטַהֵר לִבֵּנוּ לְעָבְדְּךָ בֶּאֱמֶת,
וְהַנְחִילֵנוּ יהוה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קָדְשֶׁךָ,
וְיָנוּחוּ בָהּ יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ.
בָּרוּךְ אַתָּה יהוה, מְקַדֵּשׁ הַשַּׁבָּת.

רְצֵה, יהוה אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם,
וְהָשֵׁב אֶת־הָעֲבוֹדָה לִדְבִיר בֵּיתֶךָ,
וּתְפִלָּתָם בְּאַהֲבָה תְקַבֵּל בְּרָצוֹן,
וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךָ.
וְתֶחֱזֶינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יהוה, הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

THOSE WHO OBSERVE SHABBAT SHALL REJOICE יִשְׂמְחוּ בְמַלְכוּתְךָ. The Musaf liturgy here conceives of Shabbat as a symbol of the world we hope to achieve: a world at peace, in which we feel fulfilled and satiated with goodness.

OUR GOD AND GOD OF OUR ANCESTORS אֱלֹהֵינוּ וֵאלֹהֵי [וְאִמּוֹתֵינוּ] אֲבוֹתֵינוּ. The blessing culminates in a series of requests, all of a spiritual nature.

GLADDEN US WITH YOUR DELIVERANCE שַׂמְּחֵנוּ בִּישׁוּעָתֶךָ. In the Sephardic version of this prayer, we ask that God "gladden our soul" (וְשַׂמַּח נַפְשֵׁנוּ). Similarly, Rav Amram's siddur (9th century) has the word "heart." God's deliverance is seen as a spiritual victory.

GRANT THAT WE INHERIT וְהַנְחִילֵנוּ. Shabbat is seen as a gift.

EMBRACE רְצֵה. Intimacy with God, a sense of God's closeness and embrace, an existential realization that we are not alone—these are the answers to our prayers, not the specific fulfillment of a verbal request. (*Bradley Shavit Artson*)

RESTORE WORSHIP TO YOUR SANCTUARY וְהָשֵׁב אֶת־הָעֲבוֹדָה לִדְבִיר בֵּיתֶךָ. In exile, our relationship with God cannot be fulfilled. Yearning for the restoration of the Temple expresses the wish for a more direct relationship with God.

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Thanksgiving

How great my joy that I
dwell with You—
and thinking of You, my
troubles flee.
For Your love and kindness
I owe so much,
but all I can offer are
prayers recited thank-
fully.

Heavens cannot contain
You;
how could my ideas?
Teach me what may please
You,
that I may do what to You
is dear.
Take my praise as a rightful
offering,
consider it as sacrifices
of old.
Pure of Vision, open Your
eyes to my suffering,
let Your light illumine
what I fail to see.
Let Your kindness and love
favor me.
Let them cover my sins,
that they not be seen.

And as Your name is held
in my heart,
may my spirit in Your
hands be.

—SOLOMON IBN GABIROL

Thanksgiving

The older we get, the greater becomes our inclination to give thanks, especially heavenwards. We feel more strongly than we could possibly have ever felt before that life is a gift. . . .

But we also feel, again and again, an urge to thank our fellow, even if he or she has not done anything special for us. For what, then? For being truly present when we are together; for opening his eyes, and not mistaking me for someone else; for opening her ears, and listening carefully to what I had to say to her; indeed, for opening up to me what I really wanted to address—a securely locked heart.

—MARTIN BUBER (*adapted*)

Sixth B'rakhah: Gratitude for Life and Its Blessings

When the Amidah is recited silently, we read the following paragraph. When the Amidah is chanted aloud, the leader reads this paragraph as the congregation reads the next passage.

We thank You, for You are ever our God and the God of our ancestors; You are the bedrock of our lives, the shield that protects us in every generation. We thank You and sing Your praises—for our lives that are in Your hands, for our souls that are under Your care, for Your miracles that accompany us each day, and for Your wonders and Your gifts that are with us each moment—evening, morning, and noon.

► You are the one who is good, whose mercy is never-ending; the one who is compassionate, whose love is unceasing. We have always placed our hope in You.

This paragraph is recited by the congregation when the full Amidah is repeated by the service leader, by custom remaining seated and bowing slightly.

We thank You for the ability to acknowledge You. You are our God and the God of our ancestors, the God of all flesh, our creator, and the creator of all. We offer praise and blessing to Your holy and great name, for granting us life and for sustaining us. May You continue to grant us life and sustenance. Gather our dispersed to Your holy courtyards, that we may fulfill Your mitzvot and serve You wholeheartedly, carrying out Your will. May God, the source of gratitude, be praised.

On Ḥanukkah we add Al Hanissim on page 430.

For all these blessings may Your name be praised and exalted, our sovereign, always and forever.

On Shabbat Shuvah we add:

And inscribe all the people of Your covenant for a good life.

May all that lives thank You always, and faithfully praise Your name forever, God of our deliverance and help.

Barukh atah Adonai, Your name is goodness and praise of You is fitting.

When the Amidah is recited silently, we read the following paragraph. When the Amidah is chanted aloud, the leader reads this paragraph as the congregation reads the next passage.

מוֹדִים אֲנַחְנוּ לָךְ, שָׁאַתָּה הוּא יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ] לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ מָגֵן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לְךָ וּנְסַפֵּר תְּהִלָּתֶךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדֶךָ וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נִסֶּיךָ שֶׁבְּכָל־יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל־עֵת, עֶרֶב וָבֹקֶר וְצָהֳרָיִם. ◄ הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְרַחֵם, כִּי לֹא תַמּוּ חֲסָדֶיךָ מֵעוֹלָם קִוִּינוּ לָךְ.

This paragraph is recited by the congregation when the full Amidah is repeated by the service leader, by custom remaining seated and bowing slightly.

מוֹדִים אֲנַחְנוּ לָךְ שָׁאַתָּה הוּא יהוה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ], אֱלֹהֵי כָל־בָּשָׂר, יוֹצְרֵנוּ, יוֹצֵר בְּרֵאשִׁית. בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ, עַל שֶׁהֶחֱיִיתָנוּ וְקִיַּמְתָּנוּ. כֵּן תְּחַיֵּנוּ וּתְקַיְּמֵנוּ, וְתֶאֱסוֹף גָּלְיוֹתֵינוּ לְחַצְרוֹת קָדְשֶׁךָ, לִשְׁמוֹר חֻקֶּיךָ וְלַעֲשׂוֹת רְצוֹנֶךָ, וּלְעָבְדְךָ בְּלֵבָב שָׁלֵם, עַל שֶׁאֲנַחְנוּ מוֹדִים לָךְ. בָּרוּךְ אֵל הַהוֹדָאוֹת.

On Ḥanukkah we add Al Hanissim on page 430.

וְעַל כֻּלָּם יִתְבָּרַךְ וְיִתְרוֹמַם שִׁמְךָ מַלְכֵּנוּ תָּמִיד לְעוֹלָם וָעֶד.

On Shabbat Shuvah we add: וּכְתוֹב לְחַיִּים טוֹבִים כָּל־בְּנֵי בְרִיתֶךָ.

וְכֹל הַחַיִּים יוֹדוּךָ סֶּלָה,
וִיהַלְלוּ אֶת־שִׁמְךָ בֶּאֱמֶת,
הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֶּלָה.
בָּרוּךְ אַתָּה יהוה, הַטּוֹב שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת.

THE SIXTH B'RAKHAH. The penultimate *b'rakhah* of the Amidah has two versions. The first is recited during the silent Amidah, or by the leader when the Amidah is recited aloud by the leader. This version reflects on the miracles of daily life. When the Amidah is recited out loud, the congregation accompanies the leader with a different version of the blessing, one that remarks on the very ability to give thanks. The central idea it expresses is *modim anaḥnu lakh . . . al she-anaḥnu modim lakh*, "we thank You for the ability to thank You." The prayer may be understood as an expression of appreciation for being part of a religious tradition that values gratitude. More radically, this prayer may be understood as expressing the thought that our prayers may be addressed to God, but God is the Source of All—even the prayers we speak. The very ability to thank is thus a manifestation of the presence of God within us.

WE THANK YOU מוֹדִים. Our gratitude is expressed in universal terms, without reference to Jewish particularity. Here we reflect on the very basis of life itself. God's wonders are found in the cycles of the planets, the rhythm of the seasons, the resurgence of life. We may come to realize that gratitude is a self-creating blessing: the more we cultivate gratitude, the more we are aware of all that we receive for which we may be grateful, the more we blossom as human beings. (*Bradley Shavit Artson*)

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Peace

שַׁאֲלוּ שְׁלוֹם יְרוּשָׁלִַם
יִשְׁלָיוּ אֹהֲבָיִךְ.
יְהִי שָׁלוֹם בְּחֵילֵךְ שַׁלְוָה
בְּאַרְמְנוֹתָיִךְ.
לְמַעַן אַחַי וְרֵעָי אֲדַבְּרָה
נָּא שָׁלוֹם בָּךְ.
לְמַעַן בֵּית יהוה אֱלֹהֵינוּ
אֲבַקְשָׁה טוֹב לָךְ.

Pray for the peace of
Jerusalem.
May those who love her be
tranquil;
may there be peace on
your ramparts,
tranquility in your citadels.
For the sake of my friends
and my kin
I pray for peace.
For the sake of the house
of Adonai our God,
I seek your welfare.

Sha·alu sh'lom yerushalayim
yishlayu ohavayikh.
Y'hi shalom b'ḥeilekh shalvah
b'arm'notayikh.
L'ma·an aḥai v'rei·ai adabrah na
shalom bakh.
L'ma·an beit Adonai eloheinu
avakshah tov lakh.

—PSALM 122:6–9

Seventh B'rakhah: Prayer for Peace

During the silent Amidah, we continue with "Grant Peace," below.
When the Amidah is repeated, the leader recites the Priestly Blessing.

Our God and God of our ancestors, bless us with the threefold blessing of the Torah written by Moses Your servant, recited by Aaron and his descendants, the *kohanim*, the consecrated priests of Your people:

May ADONAI bless and protect you.
So may it be God's will. Ken y'hi ratzon.
May ADONAI's countenance shine upon you
and may ADONAI bestow kindness upon you.
So may it be God's will. Ken y'hi ratzon.
May ADONAI's countenance be lifted toward you
and may ADONAI grant you peace.
So may it be God's will. Ken y'hi ratzon.

Grant peace to the world, goodness and blessing, grace, love, and compassion, for us and for all the people Israel. Bless us, our creator, united as one with the light of Your presence; by that light, ADONAI our God, You have given us a guide to life, the love of kindness, generosity, blessing, compassion, life, and peace. May it please You to bless Your people Israel at every season and at all times with Your gift of peace.

Sim shalom ba-olam tovah u-v'rakahah, ḥen va-ḥesed v'raḥamim, aleinu v'al kol yisrael amekha. Bar'kheinu avinu kulanu k'eḥad b'or panekha, ki v'or panekha natata lanu, Adonai eloheinu, torat ḥayim v'ahavat ḥesed, u-tzedakah u-v'rakhah v'raḥamim v'ḥayim v'shalom. V'tov b'einekha l'varekh et am'kha yisrael b'khol eit u-v'khol sha·ah bishlomekha.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it:

May we and the entire house of Israel be called to mind and inscribed for life, blessing, sustenance, and peace in the Book of Life. *Barukh atah* ADONAI, who brings peace.

Barukh atah ADONAI, who blesses Your people Israel with peace.

When the Amidah is recited aloud by the leader, we continue with Kaddish Shalem on page 203.

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During the silent Amidah, we continue with שִׂים שָׁלוֹם below.
When the Amidah is repeated, the leader recites the Birkat Kohanim.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ [וְאִמּוֹתֵינוּ],
בָּרְכֵנוּ בַּבְּרָכָה הַמְשֻׁלֶּשֶׁת
בַּתּוֹרָה הַכְּתוּבָה עַל יְדֵי מֹשֶׁה עַבְדֶּךָ,
הָאֲמוּרָה מִפִּי אַהֲרֹן וּבָנָיו, כֹּהֲנִים, עַם קְדוֹשֶׁךָ, כָּאָמוּר:

יְבָרֶכְךָ יהוה וְיִשְׁמְרֶךָ. כֵּן יְהִי רָצוֹן.
יָאֵר יהוה פָּנָיו אֵלֶיךָ וִיחֻנֶּךָּ. כֵּן יְהִי רָצוֹן.
יִשָּׂא יהוה פָּנָיו אֵלֶיךָ וְיָשֵׂם לְךָ שָׁלוֹם. כֵּן יְהִי רָצוֹן.

שִׂים שָׁלוֹם בָּעוֹלָם טוֹבָה וּבְרָכָה,
חֵן וָחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל עַמֶּךָ.
בָּרְכֵנוּ אָבִינוּ כֻּלָּנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ,
כִּי בְאוֹר פָּנֶיךָ נָתַתָּ לָּנוּ, יהוה אֱלֹהֵינוּ,
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל
בְּכָל־עֵת וּבְכָל־שָׁעָה בִּשְׁלוֹמֶךָ.

On Shabbat Shuvah we recite the following paragraph, in place of the line that follows it:

בְּסֵפֶר חַיִּים, בְּרָכָה, וְשָׁלוֹם, וּפַרְנָסָה טוֹבָה,
נִזָּכֵר וְנִכָּתֵב לְפָנֶיךָ, אֲנַחְנוּ וְכָל־עַמְּךָ בֵּית יִשְׂרָאֵל,
לְחַיִּים טוֹבִים וּלְשָׁלוֹם.
בָּרוּךְ אַתָּה יהוה, עוֹשֵׂה הַשָּׁלוֹם.

בָּרוּךְ אַתָּה יהוה, הַמְבָרֵךְ אֶת־עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

When the Amidah is recited aloud by the leader, we continue with Kaddish Shalem on page 203.

THE PRIESTLY BLESSING (Numbers 6:24–26) was recited by the priests at the conclusion of every Temple service at which the people assembled. In the Hebrew, it begins with the word for blessing (*y'varekh'kha*) and ends with the word for peace (*shalom*). The style of the blessing is expansive, spreading outward: the first line contains three words; the second line, five; and the last line, seven. The text of the Priestly Blessing has been found on silver amulets in Jerusalem that date from the 7th century B.C.E., the only known inscription of a biblical text predating the Babylonian exile.

BESTOW KINDNESS וִיחֻנֶּךָּ. This phrase is open to at least two interpretations: that God be kind to you, or that God grant you the capacity for kindness. The latter interpretation is attested to by the midrash: "May God grant you the understanding to be kind to one another" (Numbers Rabbah 11:6).

GRANT PEACE שִׂים שָׁלוֹם. The final blessing of the Amidah is a prayer for peace. There are, however, two versions of this blessing; this particular version is recited only when the *kohanim* would have traditionally ascended the *bimah* to bless the congregation. The words *sim shalom*, "grant peace," are related directly to the conclusion of Birkat Kohanim, the Priestly Blessing: "May God grant you peace." Additionally, the paragraph speaks of the light of God's face as bestowing blessing, a metaphor taken directly from the Priestly Blessing. The midrash says that God's name is peace (Sifrei Numbers 42), and the Priestly Blessing looks to God bestowing on us the almost-divine ability to extend peace and kindly love to others.

The Way to God

There are three starting points of contemplation about God; three trails that lead to God. The first is the way of sensing the presence of God in the world, in things; the second is the way of sensing God's presence in the Bible; the third is the way of sensing God's presence in sacred deeds. These three ways are intimated in three Biblical passages:

"Lift up your eyes on high and see, Who created these?" (Isaiah 40:26)

"I am the Lord thy God." (Exodus 20:2)

"We shall do and we shall hear." (Exodus 24:7)

These three ways correspond in our tradition to the main aspects of religious existence: worship, learning, and action. The three are one, and we must go all three ways to reach the one destination. For this is what Israel discovered: the God of nature is the God of history, and the way to know God is to do God's will.

—ABRAHAM JOSHUA HESCHEL

The silent recitation of the Amidah concludes with a personal prayer or one of the following:

א

My God, keep my tongue from evil, my lips from deceit.
Help me ignore those who would slander me.
Let me be humble before all.
Open my heart to Your Torah, that I may pursue Your mitzvot.
Frustrate the designs of those who plot evil against me;
nullify their schemes.
Act for the sake of Your name, act for the sake of Your triumph,
act for the sake of Your holiness, act for the sake of Your Torah.
Answer my prayer for the deliverance of Your people.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

ב

Grant me the liberating joy of Shabbat, the ability to truly taste its delights. May my heart not be weighed down by sorrow on this holy Shabbat. Fill the soul of Your servant with gladness—for to You, ADONAI, I offer my entire being. Help me to increase the joys of Shabbat and to extend its joyful spirit to the other six days of the week. Show me the path of life, that I may be filled with the joy of being in Your presence, the delight of being close to You forever.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Yihyu l'ratzon imrei fi v'hegyon libi l'fanekha, Adonai tzuri v'go·ali.

Oseh shalom bimromav hu ya·aseh shalom aleinu
v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

When the Amidah is to be repeated aloud, we turn back to page 185.
Otherwise, we continue with Kaddish Shalem on page 203.
An individual praying without a minyan may turn to Ein Keiloheinu, page 204.

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The silent recitation of the Amidah concludes with a personal prayer or one of the following:

א

אֱלֹהַי, נְצוֹר לְשׁוֹנִי מֵרָע, וּשְׂפָתַי מִדַּבֵּר מִרְמָה, וְלִמְקַלְלַי
נַפְשִׁי תִדֹּם, וְנַפְשִׁי כֶּעָפָר לַכֹּל תִּהְיֶה. פְּתַח לִבִּי בְּתוֹרָתֶךָ,
וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי. וְכָל־הַחוֹשְׁבִים עָלַי רָעָה,
מְהֵרָה הָפֵר עֲצָתָם וְקַלְקֵל מַחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ,
עֲשֵׂה לְמַעַן יְמִינֶךָ, עֲשֵׂה לְמַעַן קְדֻשָּׁתֶךָ, עֲשֵׂה לְמַעַן
תּוֹרָתֶךָ. לְמַעַן יֵחָלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וַעֲנֵנִי.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יהוה צוּרִי וְגוֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל], וְאִמְרוּ אָמֵן.

ב

זַכֵּנִי לְשִׂמְחָה וְחֵרוּת שֶׁל שַׁבָּת, לִטְעֹם טַעַם עֹנֶג שַׁבָּת
בֶּאֱמֶת. זַכֵּנִי שֶׁלֹּא יַעֲלֶה עַל לִבִּי עַצְבוּת בְּיוֹם שַׁבַּת
קֹדֶשׁ. שַׁמֵּחַ נֶפֶשׁ מְשָׁרְתֶךָ, כִּי אֵלֶיךָ אֲדֹנָי נַפְשִׁי אֶשָּׂא.
עָזְרֵנִי לְהַרְבּוֹת בְּתַעֲנוּגֵי שַׁבָּת, וּלְהַמְשִׁיךְ הַשִּׂמְחָה שֶׁל
שַׁבָּת לְשִׁשֶּׁת יְמֵי הַחוֹל. תּוֹדִיעֵנִי אֹרַח חַיִּים, שִׂבַע
שְׂמָחוֹת אֶת־פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ נֶצַח.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יהוה צוּרִי וְגוֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל], וְאִמְרוּ אָמֵן.

When the Amidah is to be repeated aloud, we turn back to page 185.
Otherwise, we continue with Kaddish Shalem on page 203.
An individual praying without a minyan may turn to Ein Keiloheinu, page 204.

MY GOD אֱלֹהַי. One opinion voiced in the Babylonian Talmud states that every Amidah must be accompanied by a personal prayer (Berakhot 29b). This prayer is offered by the Babylonian Talmud (Berakhot 17a) as an example; it is attributed to Mar son of Ravina (4th century).

MAY THE WORDS יִהְיוּ לְרָצוֹן. Psalm 19:15. Rabbi Yoḥanan (3rd century, the Land of Israel) recommended that the Amidah conclude with this verse (Talmud of the Land of Israel, Berakhot 4:4).

GRANT זַכֵּנִי. A prayer of Naḥman of Bratzlav, translated by Jules Harlow.

The Greatness of God and the Greatness of the Human Soul

Just as the Divine suffuses the entire world, so the soul suffuses the entire body.
Just as the Divine sees but is not seen, so the soul sees but is not seen.
Just as the Divine sustains the whole world, so the soul sustains our existence.
Just as the Divine is pure, so the soul is pure.
Just as Divinity dwells in the innermost sanctuary of the universe, so the soul dwells in the innermost sanctuary of human beings.
Let that which has these five qualities praise the one who has these five qualities.

—BABYLONIAN TALMUD

Kaddish Shalem

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen.*

Congregation and Leader:

May God's great name be acknowledged forever and ever!
Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world.
And we say: *Amen.*

May the prayers and pleas of all Israel be accepted by their creator in heaven. And we say: *Amen.*

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen.*

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth].
And we say: *Amen.*

קַדִּישׁ שָׁלֵם

Leader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא, **בְּרִיךְ הוּא,**
לְעֵלָּא מִן כָּל־ [לְעֵלָּא לְעֵלָּא מִכָּל־ *on Shabbat Shuvah we substitute:*]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

תִּתְקַבַּל צְלוֹתְהוֹן וּבָעוּתְהוֹן דְּכָל־יִשְׂרָאֵל קֳדָם אֲבוּהוֹן
דִּי בִשְׁמַיָּא וְאִמְרוּ **אָמֵן.**

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאִמְרוּ **אָמֵן.**

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל], וְאִמְרוּ **אָמֵן.**

KADDISH SHALEM. The Kaddish Shalem (literally, "Full Kaddish") ends the Musaf service. It is called the "Full Kaddish" because it includes a plea, omitted from other forms of the Kaddish, that the prayers we have offered be acceptable.

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Concluding Prayers

סיום התפילה

Ein Keiloheinu: A Ladino Version

Ein keiloheinu,
ein kadoneinu,
ein k'malkeinu,
ein k'moshi·einu.
Non como muestro dio,
non como muestro señor,
non como muestro re,
non como muestro salvador.

Mi kheiloheinu,
mi khadoneinu,
mi kh'malkeinu,
mi kh'moshi·einu.
Ken como muestro dio,
ken como muestro señor,
ken como muestro re,
ken como muestro salvador.

Nodeh leiloheinu,
nodeh ladoneinu,
nodeh l'malkeinu,
nodeh l'moshi·einu.
Loaremos a muestro dio,
loaremos a muestro señor,
loaremos a muestro re,
loaremos a muestro salvador.

Barukh eloheinu,
barukh adoneinu,
barukh malkeinu,
barukh moshi·einu.
Bendicho muestro dio,
bendicho muestro señor,
bendicho muestro re,
bendicho muestro salvador.

Atah hu eloheinu,
atah hu adoneinu,
atah hu malkeinu,
atah hu moshi·einu.
Tu el muestro dio,
tu el muestro señor,
tu el muestro re,
tu el muestro salvador.

Ein Keiloheinu

None compares to our God. None compares to our master.
None compares to our sovereign. None compares to our deliverer.
Who compares to our God? Who compares to our master?
Who compares to our sovereign? Who compares to our deliverer?
Let us thank our God. Let us thank our master.
Let us thank our sovereign. Let us thank our deliverer.
Blessed is our God. Blessed is our master.
Blessed is our sovereign. Blessed is our deliverer.
You are our God. You are our master.
You are our sovereign. You are our deliverer.
You are the one to whom our ancestors offered fragrant incense.

Ein keiloheinu, ein kadoneinu, ein k'malkeinu, ein k'moshi·einu.
Mi kheiloheinu, mi khadoneinu,
mi kh'malkeinu, mi kh'moshi·einu.
Nodeh leiloheinu, nodeh ladoneinu,
nodeh l'malkeinu, nodeh l'moshi·einu.
Barukh eloheinu, barukh adoneinu,
barukh malkeinu, barukh moshi·einu.
Atah hu eloheinu, atah hu adoneinu,
atah hu malkeinu, atah hu moshi·einu.
Atah hu she-hiktiru avoteinu l'fanekha et k'toret ha-samim.

A Final Teaching

Rabbi Eleazar said in the name of Rabbi Ḥanina: Students of Torah increase peace in the world, as the prophet Isaiah said: "All your children shall be taught by ADONAI, and your children shall increase peace." Do not read the word as *banayikh*, "your children," but rather as *bonayikh*, "your builders."
May those who love your Torah find great peace; may they not stumble.
May there be peace within your walls, tranquility in your citadels.
For the sake of my brothers and friends, pray for peace in your midst.
For the sake of the house of ADONAI our God, I seek your welfare.
May God grant strength to God's people; may God grant God's people peace.

In some congregations, the service continues with Kaddish D'Rabbanan, page 111.

אֵין כֵּאלֹהֵינוּ, אֵין כַּאדוֹנֵינוּ,
אֵין כְּמַלְכֵּנוּ, אֵין כְּמוֹשִׁיעֵנוּ.
מִי כֵאלֹהֵינוּ, מִי כַאדוֹנֵינוּ,
מִי כְמַלְכֵּנוּ, מִי כְמוֹשִׁיעֵנוּ.
נוֹדֶה לֵאלֹהֵינוּ, נוֹדֶה לַאדוֹנֵינוּ,
נוֹדֶה לְמַלְכֵּנוּ, נוֹדֶה לְמוֹשִׁיעֵנוּ.
בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ,
בָּרוּךְ מַלְכֵּנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.
אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,
אַתָּה הוּא מַלְכֵּנוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.
אַתָּה הוּא שֶׁהִקְטִירוּ אֲבוֹתֵינוּ
לְפָנֶיךָ אֶת־קְטֹרֶת הַסַּמִּים.

NONE COMPARES TO OUR GOD אֵין כֵּאלֹהֵינוּ. This 1st-millennium prayer was originally composed as a mystical meditation: the repetitions served to bring the devotee to an ecstatic visionary state. Because of its simplicity and ease of recall, it became a favorite prayer with which to conclude a service and, in the Sephardic liturgy, it forms part of the conclusion of every morning service. The first three stanzas spell out the acrostic *amen* and the next two begin with the first two words of every blessing: *barukh atah*.

RABBI ELEAZAR SAID אָמַר רַבִּי אֶלְעָזָר. In the ancient synagogue, prayer services concluded with Torah study. This passage is a remnant of that tradition; it is a passage quoted extensively in the Talmud. In reciting it, we express the hope that the teaching and learning we have experienced today will help create a world of peace. It is through the teaching of the values that Torah represents that we ultimately achieve security.

אָמַר רַבִּי אֶלְעָזָר אָמַר רַבִּי חֲנִינָא: תַּלְמִידֵי חֲכָמִים
מַרְבִּים שָׁלוֹם בָּעוֹלָם, שֶׁנֶּאֱמַר: וְכָל־בָּנַיִךְ לִמּוּדֵי יהוה,
וְרַב שְׁלוֹם בָּנָיִךְ. אַל תִּקְרָא בָּנָיִךְ אֶלָּא בּוֹנָיִךְ.
שָׁלוֹם רָב לְאֹהֲבֵי תוֹרָתֶךָ, וְאֵין לָמוֹ מִכְשׁוֹל.
יְהִי שָׁלוֹם בְּחֵילֵךְ, שַׁלְוָה בְּאַרְמְנוֹתָיִךְ.
◄ לְמַעַן אַחַי וְרֵעָי, אֲדַבְּרָה נָּא שָׁלוֹם בָּךְ.
לְמַעַן בֵּית יהוה אֱלֹהֵינוּ, אֲבַקְשָׁה טוֹב לָךְ.
יהוה עֹז לְעַמּוֹ יִתֵּן, יהוה יְבָרֵךְ אֶת־עַמּוֹ בַשָּׁלוֹם.

In some congregations, the service continues with Kaddish D'Rabbanan, page 111.

ALL YOUR CHILDREN SHALL BE TAUGHT BY ADONAI וְכָל־בָּנַיִךְ לִמּוּדֵי יהוה. Isaiah 54:13. The rabbis see the teachers of Torah as "builders" and their disciples as their children.

MAY THOSE WHO LOVE YOUR TORAH FIND GREAT PEACE שָׁלוֹם רָב לְאֹהֲבֵי תוֹרָתֶךָ. Psalm 119:165. This verse begins a series of verses, all of which contain a prayer for peace—thus offering for study a fitting conclusion to the service.

MAY THERE BE PEACE WITHIN YOUR WALLS יְהִי שָׁלוֹם בְּחֵילֵךְ. Psalm 122:7.

FOR THE SAKE OF MY BROTHERS . . . FOR THE SAKE OF THE HOUSE OF ADONAI לְמַעַן אַחַי…לְמַעַן בֵּית יהוה. Psalm 122:8–9. These verses seek the peace and welfare of Jerusalem.

MAY GOD GRANT STRENGTH TO GOD'S PEOPLE יהוה עֹז לְעַמּוֹ יִתֵּן. Psalm 29:11.

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I Spread Out God's Names in Front of Me

I spread out God's names
in front of me
on the floor of my chilly
room.
The name by which I
called him when his
spirit breathed in me.
And the name by which I
called him when I was a
young girl.
The name by which I
called him when I was
given to a man.
And the name when I was
again permitted to all.
The name by which I
called him when my
parents were a roof over
me. And the name when
I had no ceiling.
The name by which I
called him so that I
would fear him. And the
name by which I called
him so that I would not
be afraid.
The name by which I
called him so that he
would remember me.
And the name so that
he would refrain from
remembering.
In the heat of day I will
prostrate myself
on the floor of my chilly
room.

—RIVKA MIRIAM
(*translated by Linda Stern Zisquit*)

Aleinu

We rise:

It is for us to praise the ruler of all,
to acclaim the Creator,
who has not made us merely a nation,
nor formed us as all earthly families,
nor given us an ordinary destiny.
ʃ And so we bow, acknowledging the supreme sovereign,
the Holy One, who is praised—
who spreads out the heavens and establishes the earth,
whose glory abides in the highest heavens,
and whose powerful presence resides in the highest heights.
This is our God, none else; ours is the true sovereign,
there is no other.
As it is written in the Torah:
"Know this day and take it to heart,
that ADONAI is God in heaven above and on earth below;
there is no other."

Aleinu l'shabei·aḥ la-adon hakol,
lateit g'dulah l'yotzer b'reishit,
shelo asanu k'goyei ha-aratzot,
v'lo samanu k'mishp'ḥot ha-adamah,
shelo sam ḥelkeinu kahem,
v'goraleinu k'khol hamonam.
ʃ Va·anaḥnu korim u-mishtaḥavim u-modim,
lifnei melekh malkhei ha-m'lakhim, ha-kadosh barukh hu.
Shehu noteh shamayim v'yosed aretz,
u-moshav y'karo ba-shamayim mima·al,
u-sh'khinat uzo b'govhei m'romim,
hu eloheinu ein od.
Emet malkeinu efes zulato,
ka-katuv b'torato:
v'yadata ha-yom vahasheivota el l'vavekha, ki Adonai hu ha-elohim
bashamayim mima·al, v'al ha-aretz mitaḥat, ein od.

We rise:

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל,
לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׂמָנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה,
שֶׁלֹּא שָׂם חֶלְקֵנוּ כָּהֶם,
וְגֹרָלֵנוּ כְּכָל־הֲמוֹנָם.
ʃ וַאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.
שֶׁהוּא נוֹטֶה שָׁמַיִם וְיֹסֵד אָרֶץ,
וּמוֹשַׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל,
וּשְׁכִינַת עֻזּוֹ בְּגָבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד.
אֱמֶת מַלְכֵּנוּ אֶפֶס זוּלָתוֹ,
כַּכָּתוּב בְּתוֹרָתוֹ:
וְיָדַעְתָּ הַיּוֹם וַהֲשֵׁבֹתָ אֶל לְבָבֶךָ,
כִּי יְהוָה הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל,
וְעַל הָאָרֶץ מִתָּחַת, אֵין עוֹד.

ALEINU עָלֵינוּ. Since the 12th or 13th century, the Aleinu prayer has acquired a special pride of place in Ashkenazic liturgy and is recited at the conclusion of every service; it does not play the same role in the Sephardic liturgy.

The origin of this popular prayer is a matter of debate. Some medieval sources (e.g. Rokeaḥ, early 13th century, Germany) ascribed it to Joshua. The liturgical scholar Joseph Heinemann thought that it dates back to the time of the Temple service. Other scholars have argued that it originated in 2nd- or 3rd-century mystical circles. Its first known use in the formal liturgy is as an introduction to the Malkhuyot ("Sovereignty") section of the Rosh Hashanah Musaf service.

Aleinu articulates a progression of ideas. In the first paragraph, we are asked to express our gratitude for the special fate and role of the Jewish people in history. In the second, we look forward to the day when differences among peoples will be harmonized and there will be a common recognition that all of humanity is embraced by God. This vision recognizes that God is not exclusively the God of Israel, but that God rules over all of us. On that day, when justice, morality, and common spiritual affinity will reign on earth, God's name will truly be one.

Some have objected to what may sound like exclusivist language in this prayer, in particular the phrases describing the uniqueness of the people Israel: "who has not made us merely a nation, nor formed us as all earthly families, nor given us an ordinary destiny." The Israeli Masorti Movement offers an alternative formulation quoting Micah 4:5: "For the people of every nation shall walk in the name of their god, but we shall walk in the name of Adonai, our God, forever." Whether articulated with this wording or the standard text, Aleinu both asserts a pride in Jewish destiny and challenges us to go out to the world committed to Jewish spiritual values.

AND SO WE BOW וַאֲנַחְנוּ כּוֹרְעִים. The prayer mentions a variety of forms of bowing. In ancient times, *korim* meant touching the floor with one's knees, and *mishtaḥavim* meant bending at the waist. However, the ancient rabbis minimized the bowing that takes place in the service, and so today it is customary to simply bow one's head or slightly bend one's body at this point in the prayer.

KNOW THIS DAY וְיָדַעְתָּ הַיּוֹם. Deuteronomy 4:39.

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In the Days to Come

In the days to come,
the Mount of Adonai's
house shall stand firm
above the mountains,
and it shall tower over the
hills.
The peoples shall gaze on
it with joy,
and many nations shall go
and shall say,
"Come, let us go up to the
Mount of Adonai,
to the House of the God
of Jacob;
that God may instruct us in
God's ways, and that we
may walk in God's paths."
For instruction shall come
forth from Zion,
and the word of Adonai
from Jerusalem.
Thus God will judge
among the many peoples,
and arbitrate for the multi-
tude of nations, however
distant.
They shall beat their
swords into plowshares
and their spears into prun-
ing hooks.
Nation shall not lift up
sword against nation,
neither shall they learn
war anymore;
but everyone shall sit
under their grapevine or
fig tree
with no one to disturb
them.
For it was Adonai of Hosts
who has spoken.
For the people of every
nation shall walk in the
name of their god, but
we shall walk in the
name of Adonai, our
God, forever.

—MICAH 4:1–5

And so, ADONAI our God, we await You,
that soon we may behold Your strength revealed in full glory,
sweeping away the abominations of the earth,
obliterating idols,
establishing in the world the sovereignty of the Almighty.
All flesh will call out Your name—
even the wicked will turn toward You.
Then all who live on earth will understand and know
that to You alone every knee must bend,
all allegiance be sworn.
They will bow down and prostrate themselves before You,
ADONAI our God,
treasure Your glorious name,
and accept the obligation of Your sovereignty.
May You soon rule over them forever and ever,
for true dominion is Yours;
and You will rule in glory until the end of time.

► As is written in Your Torah:
"ADONAI will reign forever and ever."
And as the prophet said:
"ADONAI shall be acknowledged sovereign of all the earth.
On that day ADONAI shall be one, and the name of God, one."

V'ne·emar: v'hayah Adonai l'melekh al kol ha-aretz,
bayom hahu yihyeh Adonai eḥad, u-sh'mo eḥad.

We are seated.

עַל כֵּן נְקַוֶּה לְךָ יהוה אֱלֹהֵינוּ,
לִרְאוֹת מְהֵרָה בְּתִפְאֶרֶת עֻזֶּךָ,
לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ,
וְהָאֱלִילִים כָּרוֹת יִכָּרֵתוּן,
לְתַקֵּן עוֹלָם בְּמַלְכוּת שַׁדַּי,
וְכָל־בְּנֵי בָשָׂר יִקְרְאוּ בִשְׁמֶךָ,
לְהַפְנוֹת אֵלֶיךָ כָּל־רִשְׁעֵי אָרֶץ.
יַכִּירוּ וְיֵדְעוּ כָּל־יוֹשְׁבֵי תֵבֵל,
כִּי לְךָ תִכְרַע כָּל־בֶּרֶךְ,
תִּשָּׁבַע כָּל־לָשׁוֹן.
לְפָנֶיךָ יהוה אֱלֹהֵינוּ יִכְרְעוּ וְיִפֹּלוּ,
וְלִכְבוֹד שִׁמְךָ יְקָר יִתֵּנוּ,
וְיקַבְּלוּ כֻּלָּם אֶת־עֹל מַלְכוּתֶךָ.
וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד,
כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא,
וּלְעוֹלְמֵי עַד תִּמְלֹךְ בְּכָבוֹד.

◄ כַּכָּתוּב בְּתוֹרָתֶךָ: יהוה יִמְלֹךְ לְעֹלָם וָעֶד.
וְנֶאֱמַר: וְהָיָה יהוה לְמֶלֶךְ עַל כָּל־הָאָרֶץ,
בַּיּוֹם הַהוּא יִהְיֶה יהוה אֶחָד, וּשְׁמוֹ אֶחָד.

We are seated.

ESTABLISHING IN THE WORLD THE SOVEREIGNTY OF THE ALMIGHTY לְתַקֵּן עוֹלָם בְּמַלְכוּת שַׁדַּי. Beginning in the 19th century, this phrase came to be seen as similar to Isaiah's call to be a "light unto the nations," and it was thus interpreted as a call to universal justice. In this vein, the phrase *l'takken olam* was understood to mean "to repair the world"—that is, to be partners with God in achieving a time of peace and righteousness. Even earlier, Maimonides (12th century) had argued that the single most important characteristic of messianic times would be an end to one people dominating another (Mishneh Torah, Hilkhot Melakhim 12:2).

ADONAI WILL REIGN FOREVER AND EVER יהוה יִמְלֹךְ לְעוֹלָם וָעֶד. Exodus 15:18.

ON THAT DAY ADONAI SHALL BE ONE בַּיּוֹם הַהוּא יִהְיֶה יהוה אֶחָד. Zechariah 14:9. In reciting the Sh'ma, we declare that God is one. Through our prayer, we hope to make God one with the world. As this prayer marks the conclusion of the service, it ends with a vision of the future.

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Kaddish: The Year

Loss steals language; you have nothing to say.

A loving community buttresses you, feeding you, telling you when to stand and sit, thrusting into your slack hand the prayer book containing the chanted words that, until now, only other people knew by heart.

—NESSA RAPOPORT

Yahrzeit: The Years

To my astonishment, my father returns, sometimes daily, with a power that is revelatory. In the immediacy of grief, the idea that he would be "only a thought away" or "always with me" seemed a not-believable comfort. Now, four years later, my sisters and I are amazed by his presence. We use his expressions; we laugh at his voice in our heads, for we can hear exactly what he would say.

—NESSA RAPOPORT

Mourner's Kaddish

Mourners and those observing Yahrzeit:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen.*

Congregation and mourners:

May God's great name be acknowledged forever and ever!

Mourners:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu,* is truly [*on Shabbat Shuvah we add:* far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen.*

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen.*

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen.*

Mourners and those observing Yahrzeit:
Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih, v'yamlikh malkhuteih b'ḥayeikhon u-v'yomeikhon u-v'ḥayei d'khol beit yisrael, ba·agala u-vizman kariv, v'imru amen.

Congregation and mourners:
Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Mourners:
Yitbarakh v'yishtabaḥ v'yitpa·ar v'yitromam v'yitnasei v'yit·hadar v'yitaleh v'yit·halal sh'meih d'kudsha, b'rikh hu, l'eila min kol [*on Shabbat Shuvah we substitute:* l'eila l'eila mikol] birkhata v'shirata tushb'ḥata v'neḥamata da·amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'ḥayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bimromav hu ya·aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

Some congregations recite Anim Z'mirot here; see page 208.
Some congregations conclude with Adon Olam on page 211; others conclude with other Shabbat songs (see pages 212 and 82–85).

קַדִּישׁ יָתוֹם

Mourners and those observing Yahrzeit:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא,
בְּעָלְמָא דִּי בְרָא, כִּרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל,
בַּעֲגָלָא וּבִזְמַן קָרִיב,
וְאִמְרוּ אָמֵן.

Congregation and mourners:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

Mourners:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן כָּל־ [*on Shabbat Shuvah we substitute:* לְעֵלָּא לְעֵלָּא מִכָּל־]
בִּרְכָתָא וְשִׁירָתָא תֻּשְׁבְּחָתָא וְנֶחֱמָתָא דַּאֲמִירָן בְּעָלְמָא,
וְאִמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאִמְרוּ אָמֵן.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵבֵל],
וְאִמְרוּ אָמֵן.

Some congregations recite Anim Z'mirot here; see page 208.
Some congregations conclude with Adon Olam on page 211; others conclude with other Shabbat songs (see pages 212 and 82–85).

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Some congregations recite this song at the conclusion of the service.

A Song of Glory: Anim Z'mirot

I shall chant melodies and weave together verses,
for my soul thirsts for You.
My soul longs to live in the shadow of Your hand,
that I might learn the secrets of Your mysterious being.
Even before speaking any words describing Your glory,
already my heart sings of Your love.
I would, therefore, ever glorify You,
and honor Your name with songs of love.
Though I have never seen You, I would tell of Your glory:
I imagine You, I describe You, but I know You not.
In the words of Your prophets and mysteries revealed to the faithful,
You provided images of glorious majesty.
Your greatness and Your power
were pictured in accord with Your deeds.
They portrayed You not as You truly are,
but imagined You from what You had created.
In endless visions and countless metaphors they described You,
but through it all, You are the singular one.
They represented You as old and as young,
with graying hair and in the prime of youth:
as an elder on the Day of Judgment, and as a youth in time of war,
as a soldier who was fully armed,
and with a victory helmet on Your head,
having won battles with Your right hand and holy arm—

continued

Anim z'mirot v'shirim e·erog, ki eilekha nafshi ta·arog.
Nafshi ḥamdah b'tzel yadekha, lada·at kol raz sodekha.
Midei dabri bikhvodekha, homeh libi el dodekha.
Al ken adabeir b'kha nikhbadot, v'shimkha akhabeid b'shirei y'didot.
Asaprah kh'vodkha v'lo re'itikha, adam'kha akhankha v'lo y'datikha.
B'yad n'vi·ekha b'sod avadekha, dimita hadar k'vod hodekha.
G'dulat'kha u-g'vuratekha, kinu l'tokef pe'ulatekha.
Dimu ot'kha v'lo kh'fi yeshkha, v'yashvukha l'fi ma·asekha.
Himshilukha b'rov ḥezyonot, hin'kha eḥad b'khol dimyonot.
Va-yeḥezu v'kha ziknah u-vaḥarut, u-sar rosh'kha b'seivah v'shaḥarut.
Ziknah b'yom din u-vaḥarut b'yom krav,
k'ish milḥamot yadav lo rav.
Ḥavash kova y'shu·ah b'rosho, hoshi·ah lo y'mino u-zro·a kodsho.

Some congregations recite this song at the conclusion of the service.

שִׁיר הַכָּבוֹד: אַנְעִים זְמִירוֹת

אַנְעִים זְמִירוֹת וְשִׁירִים אֶאֱרֹג, כִּי אֵלֶיךָ נַפְשִׁי תַעֲרֹג.
נַפְשִׁי חָמְדָה בְּצֵל יָדֶךָ, לָדַעַת כָּל־רָז סוֹדֶךָ.
מִדֵּי דַבְּרִי בִּכְבוֹדֶךָ, הוֹמָה לִבִּי אֶל הוֹדֶיךָ.
עַל כֵּן אֲדַבֵּר בְּךָ נִכְבָּדוֹת, וְשִׁמְךָ אֲכַבֵּד בְּשִׁירֵי יְדִידוֹת.
אֲסַפְּרָה כְבוֹדְךָ וְלֹא רְאִיתִיךָ, אֲדַמְּךָ אֲכַנְּךָ וְלֹא יְדַעְתִּיךָ.
בְּיַד נְבִיאֶיךָ בְּסוֹד עֲבָדֶיךָ, דִּמְּיתָ הֲדַר כְּבוֹד הוֹדֶךָ.
גְּדֻלָּתְךָ וּגְבוּרָתֶךָ כִּנּוּ לְתֹקֶף פְּעֻלָּתֶךָ.
דִּמּוּ אוֹתְךָ וְלֹא כְּפִי יֶשְׁךָ, וַיְשַׁוּוּךָ לְפִי מַעֲשֶׂיךָ.
הִמְשִׁילוּךָ בְּרוֹב חֲזִיוֹנוֹת, הִנְּךָ אֶחָד בְּכָל־דִּמְיוֹנוֹת.
וַיֶּחֱזוּ בְךָ זְקֻנָה וּבַחֲרוּת, וּשְׂעַר רֹאשְׁךָ בְּשֵׂיבָה וְשַׁחֲרוּת.
זְקֻנָה בְּיוֹם דִּין וּבַחֲרוּת בְּיוֹם קְרָב,
כְּאִישׁ מִלְחָמוֹת יָדָיו לוֹ רָב.
חָבַשׁ כּוֹבַע יְשׁוּעָה בְּרֹאשׁוֹ,
הוֹשִׁיעָה לּוֹ יְמִינוֹ וּזְרוֹעַ קָדְשׁוֹ.

continued

A SONG OF GLORY שִׁיר הַכָּבוֹד. Sometimes called by its first two words, Anim Z'mirot is ascribed to Judah the Pious of Regensburg (d. 1217), one of the most important figures of *Ḥasidei Ashkenaz*, the 13th-century German pietist movement. The poem asserts that human beings cannot grasp God's mysterious nature, but that prophetic metaphors and rabbinic allusions allow us to imagine God's glory, *kavod*, and to see a "shadow" of the Divine. Many of these images were significant for the spiritual vocabulary of *Ḥasidei Ashkenaz*. For instance, the light emanating from God's head and God's crown were important images of mystic contemplation.

The first four verses of the poem constitute an introduction. This is followed by an enumeration of images in verses arranged in an alphabetic acrostic. The concluding verses of the poem are a personal plea that God hear our prayers. Some recite Shir Hakavod on each Shabbat; others include it only on festivals. Some recite it here, others at the conclusion of Shaḥarit, and many others at the beginning of the entire service.

YOUR GLORY בִּכְבוֹדֶךָ. As noted above, God's "glory" frequently has a technical meaning in medieval Jewish mystical thought: it is that aspect of God which is accessible to humans. The Bible reports that at Sinai God's "glory" descended on the mountain (Exodus 24:15), and similarly Moses asks to see God's "glory" (Exodus 33:18).

YOUR PROPHETS נְבִיאֶיךָ. The poet will use only metaphors previously offered by prophets and sages—that is, those that were adduced by divine inspiration.

IN ACCORD WITH YOUR DEEDS כִּנּוּ לְתֹקֶף פְּעֻלָּתֶךָ. No human being can have a direct encounter with God's essence (God's "face"), but we can experience God's impact in the world (God's "back").

YOU ARE THE SINGULAR ONE הִנְּךָ אֶחָד. The word *eḥad* (literally "one") references the Sh'ma. Jewish mystics, while eloquently describing the myriad manifestations of God, insist that God is ultimately "one."

AS OLD AND AS YOUNG זְקֻנָה וּבַחֲרוּת. In commenting on the first words of the Decalogue, "I am Adonai, your God, who took you out of the land of Egypt," Rashi (1040–1105, northern France), reprising the midrash, writes: "Do not think that because I appear to you in different guises—at Sinai as an elder and at the Sea as a young warrior—there are multiple deities; it is I who took you out."

THE PRIME OF YOUTH וּשְׂעַר רֹאשְׁךָ בְּשֵׂיבָה וְשַׁחֲרוּת. As vocalized, the Hebrew means "youthful." However, the word also contains the same letters as the word for "black" (*shaḥor*), as opposed to gray hair as a sign of age.

A VICTORY HELMET כּוֹבַע יְשׁוּעָה. The image is taken from the language of Isaiah: "God donned righteousness like a coat of mail, with a helmet of victory on God's head" (59:17).

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Your curls are full of drops of light,
Your locks wet with the dew of the night.
God will have pride in me, for God delights in me,
and will be for me a crown of glory.
The image of God's face is pure shining gold,
the forehead inscribed with the divine holy name.
In love, in honor, to express the height of glory,
this people fashioned God's kingly crown.
The locks on God's head are
a youth's long black curls.
May the abode of righteousness, the height of God's glory,
be God's greatest delight.
God's treasured people shall be held as a garland in God's hand,
a royal wreath of beauty and glory,
carried on high, adorned with a crown,
honored with what is most precious in Divinity's eyes.
God's splendor shall be mine and mine shall be God's;
for God is near to me as I cry out.
God is radiant and ruddy, dressed in red,
having come from Edom, treading the winepress.
Humble Moses viewed the knot of God's tefillin
as he beheld God's very image.
God delights in this humble people and will raise them up in glory;
God shall dwell amidst their praises, glorified through them.

continued

Tal'lei orot rosho nimla, k'vutzotav r'sisei lailah.
Yitpa·eir bi ki ḥafetz bi, v'hu yihyeh li la-ateret tz'vi.
Ketem tahor paz d'mut rosho, v'ḥak al metzaḥ k'vod shem kodsho.
L'ḥen u-l'khavod tz'vi tifarah, umato lo itrah atarah.
Maḥl'fot rosho k'vimei v'ḥurot, k'vutzotav taltalim sheḥorot.
N'vei ha-tzedek tz'vi tifarto, ya·aleh na al rosh simḥato.
S'gulato t'hi v'yado ateret, u-tz'nif m'lukhah tz'vi tiferet.
Amusim n'sa·am ateret indam, mei-asher yakru v'einav kibdam.
Pe'eiro alai u-fe'eiri alav, v'karov eilai b'kori eilav.
Tzaḥ v'adom lilvusho adom, purah v'dorkho b'vo·o mei-edom.
Kesher t'filin herah le-anav, t'munat Adonai l'neged einav.
Rotzeh v'amo anavim y'fa·eir, yoshev t'hilot bam l'hitpa·eir.

טַלְלֵי אוֹרוֹת רֹאשׁוֹ נִמְלָא, קְוֻצּוֹתָיו רְסִיסֵי לָיְלָה.
יִתְפָּאֵר בִּי כִּי חָפֵץ בִּי, וְהוּא יִהְיֶה לִי לַעֲטֶרֶת צְבִי.
פֶּתֶם טָהוֹר פָּז דְּמוּת רֹאשׁוֹ,
וְחַק עַל מֵצַח כְּבוֹד שֵׁם קָדְשׁוֹ.
לְחֵן וּלְכָבוֹד צְבִי תִפְאָרָה, אָמְתוֹ לוֹ עִטְרָה עֲטָרָה.
מַחְלְפוֹת רֹאשׁוֹ כִּבְימֵי בְחֻרוֹת,
קְוֻצּוֹתָיו תַּלְתַּלִּים שְׁחוֹרוֹת.
נְוֵה הַצֶּדֶק צְבִי תִפְאַרְתּוֹ, יַעֲלֶה נָּא עַל רֹאשׁ שִׂמְחָתוֹ.
סְגֻלָּתוֹ תְּהִי בְיָדוֹ עֲטֶרֶת, וּצְנִיף מְלוּכָה צְבִי תִפְאֶרֶת.
עֲמוּסִים נְשָׂאָם עֲטֶרֶת עִנְּדָם, מֵאֲשֶׁר יָקְרוּ בְעֵינָיו כִּבְּדָם.
פְּאֵרוֹ עָלַי וּפְאֵרִי עָלָיו, וְקָרוֹב אֵלַי בְּקָרְאִי אֵלָיו.
צַח וְאָדוֹם לִלְבוּשׁוֹ אָדוֹם, פּוּרָה בְדָרְכּוֹ בְּבוֹאוֹ מֵאֱדוֹם.
קֶשֶׁר תְּפִלִּין הֶרְאָה לֶעָנָו, תְּמוּנַת יהוה לְנֶגֶד עֵינָיו.
רוֹצֶה בְעַמּוֹ עֲנָוִים יְפָאֵר, יוֹשֵׁב תְּהִלּוֹת בָּם לְהִתְפָּאֵר.

continued

DROPS OF LIGHT טַלְלֵי אוֹרוֹת. Here the poet changes imagery and begins talking of God's head and God's crown.

CROWN OF GLORY לַעֲטֶרֶת צְבִי. The phrase refers to a deer's antlers (see Isaiah 28:5). The deer raising its antlers is a graceful demonstration of strength and readiness. In this and in two verses below (*tifarah*, "the height of glory"), the poet articulates a mutuality: God crowns Israel with glory and Israel crowns God with glory.

FOREHEAD INSCRIBED וְחַק עַל מֵצַח. The High Priest wore a gold band on his forehead on which the words "Holy unto Adonai" were engraved. The ancient rabbis imagined God inscribed with a corresponding insignia.

WITH LONG BLACK CURLS תַּלְתַּלִּים שְׁחוֹרוֹת. This is the way the male lover is depicted in the Song of Songs (5:11).

THE ABODE OF RIGHTEOUSNESS נְוֵה הַצֶּדֶק. In this section the poet moves to ideas of redemption, and emphasizes Israel's loyalty to God as a manifestation of God's glory. The midrash declares that in the end of days, the tribe of Levi will no longer bless Israel, but rather God alone will, as it is written: "Adonai, the abode of righteousness, will bless you..." (Midrash Tanḥuma, Lekh L'kha 5, quoting Jeremiah 31:22).

GOD'S SPLENDOR פְּאֵרוֹ. *T'fillin* are called by the rabbis *pe'eir*, "splendor." Thus "God's splendor is on me" can be read as: "I am adorned with God's *t'fillin*." According to the rabbinic imagination, God too wears *t'fillin*—which, in turn, glorify Israel. The verse inscribed inside God's *t'fillin* is: "Is there a single nation like you in the world, O Israel?" (2 Samuel 7:23). In this view, when Moses saw God's back (but not God's face), he saw the *t'fillin* knot on the back of God's head—that is, God's splendor (Babylonian Talmud, Berakhot 6a).

DRESSED IN RED לִלְבוּשׁוֹ אָדוֹם. The poet draws on the imagery of Isaiah: "Who is this coming from Edom? . . . It is I who speak of righteousness, surely triumphant. Why is Your clothing so red? Your garments like someone who treads grapes? I trod out a vintage alone . . . there was no one with Me. I trod them down in My anger . . . their life-force bespattered My garments, and all My clothing was stained" (63:1–3). Isaiah's imagery is a play on the name "Edom," derived from the Hebrew word for "red." In Jewish tradition, Edom became the name for all those empires that would oppress Israel. Thus, the Talmud refers to Rome as Edom, and refugees from Germany in the 1930s reported that they were sustained by preachers who referred to the downfall of Edom.

TREADING THE WINEPRESS פּוּרָה בְדָרְכּוֹ. Meaning to stomp on the Edomites, the oppressors of the people Israel.

HUMBLE MOSES לֶעָנָו. Moses is said to be the most humble of all human beings (Numbers 12:3).

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As you called the world into being, You uttered truth from the first;
in each generation You seek the people who seek You.
Place my many songs before You
and let my prayers reach You.
May my songs be a crown on Your head,
and accept my prayers as a savory offering.
May the song of one without merit
be to You like those sung over the sacrifices You received.
Take account of my praise, Sustainer,
Creator, Life-giver, Supremely Righteous One.
Nod agreement to my blessings;
receive them as choice perfume upon Your head.
May my words please You,
for my soul thirsts for You.

Yours, ADONAI, is the greatness, the strength and the glory,
the triumph and the splendor—for everything in heaven and
on earth is Yours.
Yours, ADONAI, is the sovereignty and the majesty above all.
► Who can tell of ADONAI's power?
Who can proclaim all of God's praises?

Rosh d'varkha emet korei mei-rosh,
dor vador am doresh'kha d'rosh.
Sheet hamon shirai na alekha, v'rinati tikrav eilekha.
T'hilati t'hi l'rosh'kha ateret, u-t'filati tikon k'toret.
Tikar shirat rash b'einekha, ka-shir yushar al korbanekha.
Birkhati ta·aleh l'rosh mashbir, m'ḥoleil u-molid tzadik kabir.
U-v'virkhati t'na·ana li rosh, v'otah kaḥ l'kha
ki-v'samim rosh.
Ye·erav na siḥi alekha, ki nafshi ta·arog eilekha.

Read quietly: L'kha Adonai ha-g'dulah v'ha-g'vurah v'ha-tiferet
v'ha-netzaḥ v'ha-hod, ki khol ba-shamayim uva·aretz,
l'kha Adonai ha-mamlakhah v'ha-mitnasei l'khol l'rosh.
► *All together:* **Mi y'maleil g'vurot Adonai, yashmi·a kol t'hilato.**

Some congregations recite Mourner's Kaddish here; see page 207.

רֹאשׁ דְּבָרְךָ אֱמֶת קוֹרֵא מֵרֹאשׁ,
דּוֹר וָדוֹר עַם דּוֹרְשֶׁךָ דְּרוֹשׁ.
שִׁית הֲמוֹן שִׁירַי נָא עָלֶיךָ, וְרִנָּתִי תִּקְרַב אֵלֶיךָ.
תְּהִלָּתִי תְּהִי לְרֹאשְׁךָ עֲטֶרֶת, וּתְפִלָּתִי תִּכּוֹן קְטֹרֶת.
תִּיקַר שִׁירַת רָשׁ בְּעֵינֶיךָ, כַּשִּׁיר יוּשַׁר עַל קָרְבָּנֶיךָ.
בִּרְכָתִי תַּעֲלֶה לְרֹאשׁ מַשְׁבִּיר, מְחוֹלֵל וּמוֹלִיד צַדִּיק כַּבִּיר.
וּבִבְרָכָתִי תְּנַעֲנַע לִי רֹאשׁ, וְאוֹתָהּ קַח לְךָ כִּבְשָׂמִים רֹאשׁ.
יֶעֱרַב נָא שִׂיחִי עָלֶיךָ, כִּי נַפְשִׁי תַּעֲרֹג אֵלֶיךָ.

לְךָ יהוה הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתִּפְאֶרֶת וְהַנֵּצַח וְהַהוֹד,
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ, לְךָ יהוה הַמַּמְלָכָה,
וְהַמִּתְנַשֵּׂא לְכֹל לְרֹאשׁ.
◄ מִי יְמַלֵּל גְּבוּרוֹת יהוה, יַשְׁמִיעַ כָּל־תְּהִלָּתוֹ.

Some congregations recite Mourner's Kaddish here; see page 207.

YOU UTTERED TRUTH FROM THE FIRST רֹאשׁ דְּבָרְךָ אֱמֶת. The poet is quoting Psalm 119:160, sometimes translated as: "The essence of Your teaching is truth." (See above, page 117, at the psalm for Shavuot.) The poet may mean that God's promise to redeem Israel holds true in every generation. Also, the last letters of the first three words of Genesis (בְּרֵאשִׁי**ת** בָּרָ**א** אֱלֹהִי**ם**) are *alef*, *mem*, and *tav*, which spell the word אֱמֶת (*emet*), "truth."

Since this verse repeats the letter *reish* and seems to introduce a thought not otherwise developed in the poem, there are some scholars who think that it is a later interpolation.

A SAVORY OFFERING תְּכוֹן קְטֹרֶת. Psalm 141:2: "Take my prayer as an incense offering . . ."

NOD AGREEMENT תְּנַעֲנַע לִי רֹאשׁ. A reference to an anthropomorphic story from the Babylonian Talmud, in which God responds to a sage's blessing with a nod of God's head (Berakhot 7a). The same word, *rosh*, is used to indicate the "choice perfume" that was used for anointing in the sanctuary.

MY SOUL THIRSTS נַפְשִׁי תַּעֲרֹג. The poet draws on the language of Psalm 42:2, concluding the poem with the same image of yearning with which it began.

YOURS, ADONAI, IS THE GREATNESS לְךָ יהוה הַגְּדֻלָּה. 1 Chronicles 29:11. This verse inspired the mystics who developed the system of the *s'firot*, aspects of God that human beings perceive. Many of the names of the *s'firot* are drawn from this verse, including *G'vurah* (triumph), *Tiferet* (glory), *Netzaḥ* (eternity), and *Hod* (splendor). Similarly, to evoke the variety of the aspects of God, this verse is chanted when the Torah scroll is removed from the ark and carried in a procession around the sanctuary.

WHO CAN TELL מִי יְמַלֵּל. Psalm 106:2.

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The service concludes with a song. Two choices are given here, but other songs may be selected, such as those on pages 82–85.

א

ADON OLAM

Before creation shaped the world,
eternally God reigned alone;
but only with creation done
could God as Sovereign be known.
When all is ended, God alone
will reign in wondrous majesty.
God was, God is, always will be
glorious in eternity.
God is unique and without peer,
with none at all to be compared.
Without beginning, endlessly,
God's vast dominion is not shared.
But still—my God, my only hope,
my one true refuge in distress,
My shelter sure, my cup of life,
with goodness real and limitless.
I place my spirit in God's care;
my body too can feel God near.
When I sleep, as when I wake,
God is with me, I have no fear.

Adon olam asher malakh
L'et na·asah v'ḥeftzo kol
V'aḥarei ki-kh'lot ha-kol
V'hu hayah v'hu hoveh
V'hu eḥad v'ein sheni
B'li reishit b'li takhlit
V'hu eli v'ḥai go·ali
V'hu nisi u-manos li
B'yado afkid ruḥi
V'im ruḥi g'viyati
b'terem kol y'tzir nivra.
azai melekh sh'mo nikra.
l'vado yimlokh nora.
v'hu yihyeh b'tifarah.
l'hamshil lo l'haḥbirah.
v'lo ha-oz v'ha-misrah.
v'tzur ḥevli b'et tzarah.
m'nat kosi b'yom ekra.
b'eit ishan v'a·irah
Adonai li v'lo ira.

The service concludes with a song. Two choices are given here, but other songs may be selected, such as those on pages 82–85.

א

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל־יְצִיר נִבְרָא.
לְעֵת נַעֲשָׂה בְחֶפְצוֹ כֹּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.
וְאַחֲרֵי כִּכְלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה וְהוּא הֹוֶה, וְהוּא יִהְיֶה בְּתִפְאָרָה.
וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֹז וְהַמִּשְׂרָה.
וְהוּא אֵלִי וְחַי גּוֹאֲלִי, וְצוּר חֶבְלִי בְּעֵת צָרָה.
וְהוּא נִסִּי וּמָנוֹס לִי, מְנָת כּוֹסִי בְּיוֹם אֶקְרָא.
בְּיָדוֹ אַפְקִיד רוּחִי, בְּעֵת אִישַׁן וְאָעִירָה.
וְעִם רוּחִי גְּוִיָּתִי, יהוה לִי וְלֹא אִירָא.

ADON OLAM אֲדוֹן עוֹלָם. It is unclear who authored this thousand-year-old poem, but it appears in the beginning of the morning service, at the conclusion of the Musaf (additional) service, and also at the end of evening services, in both the Ashkenazic and Sephardic liturgies. (The latter version, however, contains several more verses than are found in the former.) The poem is composed of two parts. The first half of the poem is a series of philosophic or credal statements about God. But as it moves toward its conclusion, the poem changes in mood and becomes a personal statement of faith and even of intimacy with God. This idea is expressed in the penultimate line with the words *b'yado afkid ruḥi*, "I place my spirit in God's care."

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ב

FORGET NOT SHABBAT

Forget not Shabbat;
inhale it like sweet-smelling incense.
The dove found rest on Shabbat,
as can anyone who is tired.

This day is honored by those faithful to the covenant,
a day of which parents and children are carefully observant.
It was engraved as law on the two tablets of stone
by the great, mighty, and powerful Holy One.
The dove . . .

As they entered the covenant, Israel stood together as one.
"We will do and we will obey," they then said as one.
"God is one," they answered clearly;
blessed is God who gives strength to the weary.
The dove . . .

In holiness, on the Mount of Myrrh, God did say:
"Remember and keep the seventh day."
So gather together, study its precepts at length:
gird up your loins and apply all your strength.
The dove . . .

The people who like lost sheep wander
shall God's covenant and their own promise remember.
May no evil circumstance obstruct their way,
as You swore upon the retreating waters in Noah's day.
The dove . . .

Yom shabbaton ein lishko·aḥ,
zikhro k'rei·aḥ ha-niḥo·aḥ,
Yonah matzah vo mano·aḥ,
v'sham yanuḥu y'gi·ei kho·aḥ.

Ha-yom nikhbad livnei emunim,
z'hirim l'shomro avot uvanim,
ḥakuk bishnei luḥot avanim,
mei-rov onim v'amitz ko·aḥ.
Yonah matzah . . .

U-va·u khulam bivrit yaḥad,
na·aseh v'nishma amru k'eḥad,
u-fatḥu v'anu Adonai eḥad,
barukh ha-noten laya·eif ko·aḥ.
Yonah matzah . . .

Dibber b'kodsho b'har hamor,
Yom hash'vi·i zakhor v'shamor,
V'khol pikudav yaḥad ligmor,
Ḥazek motnayim v'ametz ko·aḥ.
Yonah matzah . . .

Ha-am asher na katzon ta·ah,
yizkor l'fokdo b'rit u-shvu·ah,
l'val ya·avor bam mikreh ra·ah,
Ka-asher nishbata al mei no·aḥ
Yonah matzah . . .

ב

יוֹם שַׁבָּתוֹן אֵין לִשְׁכּוֹחַ,
זִכְרוֹ כְּרֵיחַ הַנִּיחוֹחַ,
יוֹנָה מָצְאָה בוֹ מָנוֹחַ,
וְשָׁם יָנוּחוּ יְגִיעֵי כֹחַ.

הַיּוֹם נִכְבָּד לִבְנֵי אֱמוּנִים,
זְהִירִים לְשָׁמְרוֹ אָבוֹת וּבָנִים,
חָקוּק בִּשְׁנֵי לֻחוֹת אֲבָנִים,
מֵרֹב אוֹנִים וְאַמִּיץ כֹּחַ.
יוֹנָה מָצְאָה בוֹ מָנוֹחַ,
וְשָׁם יָנוּחוּ יְגִיעֵי כֹחַ.

וּבָאוּ כֻלָּם בִּבְרִית יַחַד,
נַעֲשֶׂה וְנִשְׁמָע אָמְרוּ כְאֶחָד,
וּפָתְחוּ וְעָנוּ יהוה אֶחָד,
בָּרוּךְ הַנּוֹתֵן לַיָּעֵף כֹּחַ.
יוֹנָה מָצְאָה בוֹ מָנוֹחַ,
וְשָׁם יָנוּחוּ יְגִיעֵי כֹחַ.

דִּבֶּר בְּקָדְשׁוֹ בְּהַר הַמּוֹר,
יוֹם הַשְּׁבִיעִי זָכוֹר וְשָׁמוֹר,
וְכָל־פִּקָּדָיו יַחַד לִגְמוֹר,
חַזֵּק מָתְנַיִם וְאַמֵּץ כֹּחַ.
יוֹנָה מָצְאָה בוֹ מָנוֹחַ,
וְשָׁם יָנוּחוּ יְגִיעֵי כֹחַ.

הָעָם אֲשֶׁר נָע בַּצֹּאן תָּעָה,
יִזְכּוֹר לְפָקְדוֹ בְּרִית וּשְׁבוּעָה,
לְבַל יַעֲבָר־בָּם מִקְרֶה רָעָה,
כַּאֲשֶׁר נִשְׁבַּעְתָּ עַל מֵי נֹחַ.
יוֹנָה מָצְאָה בוֹ מָנוֹחַ,
וְשָׁם יָנוּחוּ יְגִיעֵי כֹחַ.

FORGET NOT SHABBAT יוֹם שַׁבָּתוֹן. This song focuses on Shabbat as a covenant between God and Israel. The chorus references the dove that was sent out by Noah after the flood. Back and forth it flew, until finally it returned to the ark with an olive branch, on Shabbat. Having performed its task, it was then able to rest. When Noah left the ark, God made a covenant with him and his family that there would never again be a flood. Thus, the dove became a sign for the first covenant: God would not destroy the earth. The poet connects this covenant with the one later made with Israel at Mount Sinai, thus pointing to both Israel's attachment to the covenant and to the universal significance of the observance of Shabbat. In this way, the poet asserts the special place that the people of Israel hold in the scheme of creation and redemption.

The poem was written by Yehudah Halevi (Spain, 1075?–1141). His name is spelled in the acrostic of the initial letters of each stanza.

GOD IS ONE יהוה אֶחָד. Referencing the Sh'ma, where all of Israel announces, "God is one." The poet has the people Israel reciting the Sh'ma in response to the revelation at Sinai.

MOUNT OF MYRRH. This is a pun on the name Mount Moriah, identified by the rabbis with the site of the Temple in Jerusalem (Genesis Rabbah 55:7).

APPLY ALL YOUR STRENGTH וְאַמֵּץ כֹּחַ. These words, *ameitz ko·aḥ*, are a pun on a classic refererence to God as being Almighty, *amitz ko·aḥ* (Isaiah 40:26). Most of the poem has emphasized a covenantal relation with God; this line hints at a deep connection between human achievement and divine attributes.

UPON THE . . . WATERS IN NOAH'S DAY עַל מֵי נֹחַ. Reaching the end of the poem, Halevi completes his identification of the fate of the people Israel with the fate of humanity, as noted above. When the flood waters had receded, God promised Noah that never again would there be such devastation. Halevi understands that equally as a promise to the people Israel, that they will not be destroyed.

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