

Morning Blessings for Glacier Jewish Community/B'nai Shalom

Modeh(for males)/Modah(for females)
ani l'fanecha, melech chai v'kayyam, sheh-
he'che'zarta be nishmati b'chemlah
rabbah emunatecha.

מודה/for males מודה/for females
מלך חי וקיים, שהחזרת בי נשמתתי
בְּחֵמְלָה, רַבָּה אֲמוּנָתְךָ.

I offer thanks to You, every-living Sovereign,
that You have restored my soul to me in mercy: How great is Your faith.

Baruch atah Adonai eloheinu melech ha-
olam, asher yatzar et ha-adam
b'choch'mah, uvara vo n'kavim n'kavim,
chalulim chalulim. Galu'i v'yadua lifnei
chisei ch'vodecha, sheim yipatei-ach
echad meihem, o yisateim echad meihem,
i efshar l'hitkayem v'la-amod l'fanecha.
Baruch atah Adonai, rofei chol basar
umafli la-asot.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
יָצַר אֶת הָאָדָם בְּחֵכְמָה, וַיְבָרָא בּוֹ נִקְבִּים
נִקְבִּים, חֲלוּלִים חֲלוּלִים. גָּלוּי וַיְדוּעַ לִפְנֵי
כֶּסֶף כְּבוֹדְךָ, שֶׁאִם יִפְתַּח אֶחָד מֵהֶם, אוֹ
יִסְתֵּם אֶחָד מֵהֶם, אֵי אֲפֹשֶׁר לְהִתְקַיֵּם
וְלַעֲמוֹד לִפְנֵיךָ. בְּרוּךְ אַתָּה יי, רוֹפֵא כָּל
בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Blessed are You, Holy One, who has formed the human body with
wisdom--an intricate network of channels, vessels and openings. This
wondrous structure, and the flow of life within us, allows us to serve
You and give thanks. Let us cherish this gift of flesh and blood, honor
it as God's creation.

We praise You, Holy One, for wondrous acts of creation and healing.

Elohai, n'shamah shenatata bi t'horah
hi. Atah v'ratah, atah y'tzartah, atah
n'fachtah bi, v'atah m'sham'rah
b'kirbi, v'atah atid lit'lah mimeni,
ul'hachazirah bi le-atid lavo. Kol z'man
shehan'shamah v'kirbi, modeh ani
l'fanecha, Adonai elohai veilohei avotai,
ribon kol hama-asim, adon kol
han'shamot. Baruch atah Adonai,
hamachazir n'shamot lifgarim meitim.

אֱלֹהֵי, נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.
אַתָּה בְּרָאתָה, אַתָּה יָצַרְתָּה, אַתָּה
נִפְחַתָּה בִּי, וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי,
וְאַתָּה עֲתִיד לְטַלְהָ מִמֶּנִּי, וְלְהַחְזִירָה בִּי
לְעֲתִיד לְבוֹא. כָּל זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי,
מוֹדֶה אֲנִי לִפְנֵיךָ, יי אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,
רִבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשַׁמּוֹת.
בְּרוּךְ אַתָּה יי, הַמַּחְזִיר נְשַׁמּוֹת לִפְגָּרִים
מֵתִים.

Pure, my God, is the soul You gave me.

**You formed it. You shaped it. You breathed it into me. You keep it
safe within me.** Someday, when this soul returns to You, I will find a
place in eternity. But as long as spirit breathes within me, I place
before You my thanks, Eternal my God and God of my ancestors,
Creator of all creation, Sovereign of all souls.

We give You praise, Adonai: all life is in Your hand; and in Your care,
the soul of every human being.