

# עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה

Ivdu Et Hashem B'Simcha

Serve the Holy One with Joy

A Siddur

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Kavannah: טוב (tov) and נעים (na-eem) are spiritual counterparts. When something is pleasant it may not necessarily be good (i.e. too many sweets). When something is good it may not necessarily be pleasant (i.e. medicine). But when something is both good and pleasant, *tov oo-mana-im*, then we're in for some sweet, spiritual medicine. That's the sense of unity that comes when brothers and sisters live together in the right way.

הִנֵּה מַה־טוֹב וּמַה־נָּעִים שֶׁבֶת אַחִים גַּם־יַחַד

Hi-nay ma tov oo-ma na-eem shevet acheem gam yachad

Behold how good and pleasant it is when [brothers, sisters, friends, neighbors] can dwell together in unity

Metatranslation: Surely it's good and sweet music when Shabbos friends feel oneness.

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## הַ בִּרְחוֹת הַשַּׁחַר Birchot HaShakhar

The World of עֲשִׂיָּה Assiyah: Making  
The Attribute of Body. The Element of Earth  
The Sign of the Warrior. The Dimension of Praise

Kavannah: Rabbi Aryeh Kaplan taught, "The worship service is the key with which each individual enters through his or her own gate. We are thus taught that prayer is, 'the ladder standing on earth, with its head reaching the heavens.' (Gen. 28:12). "Our rabbis teach us that each rung on the ladder corresponds to one of the letters in Hashem's holy four-letter Name. The world of Assiyah represents our bodies, and is the first rung on the ladder represented by the lower "hay" in the Name. Rabbi Kaplan says, "You may ask why one should bind his thoughts to the Four-Letter Name more than any other Name. The reason is that this Name is the Cause of Causes, and the Source of all Sources. Included in it are all things, from Keter-Crown (the highest sefirah) to the lowliest gnat. Blessed be the Name of the glory of God's kingdom forever and ever."



← This is where prayer begins

Zaslow page 27 (1) Modeh Anee: I Give Thanks

(Chant by Shefa Gold or prayer-song by David Zaslow)  
Upon awakening; any morning service

מוֹדֶה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, מוֹדֶה women say men say

(men say Mo-deh women say Mo-dah) anee I'fa-nekha Melech chai v'kayam.  
I offer thanks to You, SOVEREIGN, LIFE OF ETERNITY.

שֶׁחֲתַזְרַתְּ בִּי נִשְׁמַתִּי בְּחֶמְלָה רַבָּה אֶמוּנָתְךָ.

Sh'heh-khe-zarta bee nishma-tee b'khem-lah, rabbah emuna-tekha.

You have mercifully restored my soul within me. Your faithfulness is great.

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(7) Mah Tov: Song

(Numbers 24:5: additional words from "Or Chadash")  
Weekday morning; Shabbat morning

מַה טוֹב אֶהְיֶיךָ יַעֲקֹב, מִשְׁכְּנֶיךָ יִשְׂרָאֵל.

Mah tovu oha-lecha Ya-akov, mishk'notecha Yisra'ayl.

How goodly are your tents, O Jacob, your dwelling places, O Israel.

מַה טוֹב אֶהְיֶיךָ שָׂרָה, מִשְׁכְּנֶיךָ רִבְקָה.

Mah tovu ohala-yich Sarah, mish-k'nota-yich Rivkah

How goodly are your tents O Sarah, your dwelling places O Rebecca.

**Awaken, Arise!** Isaiah 51:17 and 60:1 Hanna Tiferet

Awaken, Arise to the wholeness of your being.

Awaken, Arise to the beauty of your soul.

Hitor'ri Hit'or'ri ki va orekh

הִתְעוֹרְרִי הִתְעוֹרְרִי כִּי בָּא אוֹרְךָ

Kumi Ori

קוּמִי אוֹרִי

*Wake up, wake up, for your light is coming. Arise my light!*

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*Adapted by Rabbi D. Zaslow from Rabbi Marcia Prager who adapted it from Rabbi Rami Shapiro*

A tallis is a fractal of the cosmos

Its four corners are the outer reaches of the known,

Its fringes are the subtle teasing of the unknown.

To stand wrapped in tallis is to take your place upon the planet.

To stand wrapped in tallis is to take your share of responsibility

for the world, as it is written...

"One who takes a single life is as one who destroys an entire world;

one who saves a single life, is as one who saves an entire world."

I accept the awesome call to stand in tallis and tzitzit.

May I grow in mitzvot and learn the skills of living in harmony with the world.

May I grow in the ways of wisdom, that through my life I might save life.

### (11) Tallit: The Blessing

(upon putting on tallit)

*Weekday morning; Shabbat morning*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Elohaynu Melech ha-olam

You abound in blessing, ADONAI our GOD, SOURCE of all creation,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

asher kid'shanu b'mitzvotav v'tzivanu l'hit'atayf ba'tzeetzit.

for giving us ways to join ourselves to You,

and for teaching us to wrap ourselves in the tallit.

## (18) Asher Yatzar

Weekday morning; Shabbat morning

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בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,

Baruch Atah Adonai Elohaynu Melech ha-olam, asher yatzar et ha-adam b'chochmah;  
Blessed are You, YAH our GOD, SOURCE of creation, for forming us in Wisdom;

וּבְרָא בּוֹ נִקְבִּים וְנִקְבִּים, חֲלוּלִים וְחֲלוּלִים,

Oo-vara vo n'kaveem n'kaveem, chaluleem chaluleem,  
creating within us numerous openings and cavities.

גְּלוּי וְיָדוּעַ לְפָנַי כְּסֵא כְבוֹדְךָ

galui v'yadua lifnay chisay ch'vodecha,  
It is revealed and known before Your Throne of Glory

שָׂאֵם יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם,

she'im yi-patay-ach echad mayhem, oh yisataym echad mayhem,  
that if but one of them were ruptured, or if one of them were blocked,

אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ:

Ee efshar l'hitkayaym v'la-amode l'fanecha  
it would be impossible to exist or to stand before You.

בְּרוּךְ אַתָּה יְהוָה, רוֹפֵא כָּל בָּשָׂר, וּמַפְּלִיא לַעֲשׂוֹת:

Baruch Atah Yah, rofay chol basar oo-maflee la-asot.  
Blessed are You GREAT HEALER, who heals all flesh and performs wonders.

## (20) Elohai Neshamah

Weekday morning; Shabbat morning

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**Kavannah:** Envision your breath as the physical manifestation of your soul. Experience your soul as a spark of the Divine, as a particle or miniature wave of God Herself/Himself. As you say the words T'hora Hee, envision an influx of Divine life force coming to you from the world of Atzilut. As you say the words *Atah B'ratah* envision this energy coming from the world of Beri'ah. As you say the words *Atah Y'tzartah* envision the life coming from the world of Yetzirah. And, as you say the words *Atah N'fachtah bee* envision Divine energy coming from from the world of Assiyah.

**Practice:** As you chant the Elohai Neshamah notice the "ah" sound at the end of many of the words. Gently emphasize these syllables as you chant them, permitting yourself to experience your exhales as being done for you by the Holy One. This is a prayer that is not just about breath, but is intended to facilitate deep, spiritual, and mindful breathing.

אֱלֹהֵי, נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא

Elohai n'shamah shena-tata bee t'horah Hee.  
My God, the soul You have given me, She is pure.



(22) Blessings for Daily Torah Study *Weekday morning; Shabbat morning*

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בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Elohaynu Melech ha-olam

Blessed are You SOURCE of Torah, our GOD, RULER of the UNIVERSE

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְעֶסוֹק בְּדִבְרֵי תוֹרָה:

asher ki-d'shanu b'mitzvotav v'tzivanu la-asoke b'di-v'ray Torah.

who has sanctified us with mitzvot &amp; commanded us concerning words of Torah.

וְהֵעֲרַבְנָא יְהוָה אֱלֹהֵינוּ אֶת־דִּבְרֵי תוֹרָתְךָ בְּפִינוּ,

V'ha-arev na Adonai Elohaynu et di-v'ray torat'cha b'feenu

And make the teachings of Your Torah, ADONAI, our GOD pleasant in our mouth

וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל,

Oo-v'fee ah-m'cha bayt Yisra'ayl.

and in the mouth of Your people, the House of Israel,

וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ, וְצִאֲצָאֵי עַמְּךָ בֵּית יִשְׂרָאֵל,

V'ni-h'yeh anachnu v'tze-eh-tza-aynu v'tze-eh-tza-ay ah-m'cha bayt Yisra'ayl.

and may we and our children and the children of Your people, the House of Israel,

כָּלֵנוּ יוֹדְעֵי שְׁמֶךָ, וְלִוְמֵי תוֹרָתְךָ לְשִׁמְחָה:

koo-lanu yo-d'aye sh'mecha v'lo-m'day toratecha lishmah

all be knowers of Your Name and students of Your Torah for its own sake.

בְּרוּךְ אַתָּה יְהוָה, הַמְּלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל:

Baruch Atah Adonai ha-m'la-made Torah l'amo Yisra'ayl

Blessed are You SOURCE of Torah, who teaches Torah to Israel.

## (25) Morning Blessing:

(melody and words by Shefa Gold)

*Weekday morning*

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*Leader chants each line and group repeats:*

Morning will unfold for us

Life will rise from dust

*Chorus: Group rises and leader chants each line. Group repeats.*

We're rising in remembrance

Of Your love

*Everyone chants together while turning in a circle and clapping hands. Then sit.*

Halleluyah, Halleluyah!

*Leader chants and group repeats. Chorus is chanted between each line:*

You open up our eyes to see...

You have made us free

You lift us up when we are down...

You share with us Your royal crown

You guide our steps at every turn...

You teach us what we need to learn

You give us strength when we are weak

Reminding us of what we need

Beyond imagination...

Your Presence fills creation

You lift the slumber from our eyes...

You signal for the sun to rise

## (2) Baruch Sheh-amar

(translated by Reb Zalman: simultaneous Heb/Eng davvenen or call/response)

Zaslow page 44

בָּרוּךְ	Blessed One,
שָׁאֵמַר	You talked
וְהָיָה הָעוֹלָם,	the Worlds into being
בָּרוּךְ הוּא,	What a Blessing, You!
בָּרוּךְ אֹמֵר	Blessed One, Your Word
וְעוֹשֶׂה,	makes for becoming
בָּרוּךְ שְׁמוֹ.	What a blessing, Your Name.
בָּרוּךְ גּוֹזֵר וּמַקְנִים,	Blessed One, You decree and sustain
בָּרוּךְ עוֹשֶׂה בְּרֵאשִׁית,	Blessed One, All beginnings are Yours!
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ,	Blessed One, Your Compassion enwombs the Earth
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת,	Blessed One, Your Caring is kind to all creatures
בָּרוּךְ מְשַׁלֵּם שָׂכָר	Blessed One, You are generous in rewarding
טוֹב לִירְאָיו,	those who respect Your Creation
בָּרוּךְ חַי	Blessed One, Ever Alive,
לְעַד וְקַיִם לְנֶצַח	ever confirming existence.
בָּרוּךְ פּוֹדֶה וּמַצִּיל	Blessed One, You make us free, You rescue us!
בָּרוּךְ שְׁמוֹ.	When we hear Your Name we offer blessing. Amen

**Ivdu: Serve the Holy One With Joy**

(Psalm 100.2)

*Weekday morning*

עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה, בָּאוּ לִפְנֵי בְּרִנָּה

Ivdu et Hashem b'simchah. Boe-oo l'fanav beer-nanah.

Come and serve the HOLY ONE with joy. Come with joyous song.

**Psalm 92**

Mah gadelu ma'asekha adonai

me'od 'ameku mahshevotekha.

מַה-גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה

מֵאֵד עֲמָקוֹ מַחֲשַׁבְתֶּיךָ:

How great are your deeds, Eternal One,

how profound your designs.

**Psalm 121**

אֲשָׂא עֵינַי אֶל־הָהָרִים

מֵאַיִן יָבוֹא עֲזָרִי:

עֲזָרִי מִעַם יְהוָה

עוֹשֶׂה שָׁמַיִם וָאָרֶץ:

Esa eynay el heharim

me'ayin yavo ezri.

ezri me'im adonay

oseh shamayim va'aretz.

I lift my eyes up to the hills:

from where does my help come?

My help is from THE UNSEEN ONE,

the maker of the heavens and the earth.

**Ashray: Psalm 145**

אֲשֵׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה:

Ashray yoshvay vaytecha, ode y'ha-l'lucha selah.

Happy are those who dwell in Your house; they will praise You forever.

## (16) Ashray: Psalm 145

(Line 1-Psalm 84:5, Line 2-Psalm 149:15)  
Weekday morning; Shabbat morning

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אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה:

Ashray yoshvay vaytecha, ode y'ha-l'lucha selah.

Happy are those who dwell in Your house; they will praise You forever.

אַשְׁרֵי הָעָם שֶׁכָּכָה לוֹ, אַשְׁרֵי הָעָם שִׁיהוּה אֱלֹהֵיו:

Ashray ha-am shekachah lo, ashray ha-am she-Adonai Elohav.

Happy is the people for whom this is so; happy is the people whose GOD is the ETERNAL

תְּהִלָּה לְדָוִד, אֲרוֹמְמָה אֱלֹהֵי הַמֶּלֶךְ, וְאִבְרַכָּה שְׁמֶךָ לְעוֹלָם וָעֶד:

(T'hilah l'David) Aromeem'cha Elohai hamelech,

va-ava-r'chah shimcha l'olam va-ed.

A psalm of praise of David: I will exalt You, my sovereign God, and I will bless Your Name forever.

בְּכָל יוֹם אִבְרַכָּךָ, וְאֶהְלֵלָה שְׁמֶךָ לְעוֹלָם וָעֶד:

B'chol yom ava-r-checha, va-aha-l'lah shimcha l'olam va-ed.

Every day I will bless You; and praise Your Name forever.

גָּדוֹל יְהוָה וּמִהֲלָל מְאֹד, וְלִגְדֹלְתוֹ אֵין חֶקֶר:

Gadol Adonai oo-m'hulal m'od, v'ligdulato ayn chayker.

Great is the ETERNAL and greatly to be praised; God's greatness is unsearchable.

דֹּר לְדֹר יִשְׁבַּח מַעֲשֶׂיךָ, וּגְבוּרָתֶיךָ יִגִּידוּ:

Dor l'dor y'shabach ma-asecha, oo-g'vuro-techa yageedu.

Generation to generation will praise Your deeds, and declare Your mighty acts.

הֵדָר כְּבוֹד הוֹדָךְ, וְדְבָרִי נִפְלְאוֹתֶיךָ אֲשִׁיחָה:

Hadar k'vod hodecha, v'divray nif-l'otecha asee-chah.

I will speak of the glorious splendor of Your majesty, and of Your wondrous works.

וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ וּגְדֹלְתְּךָ אֲסַפְּרָנָה:

Ve-ezuz nor'o-techa yomayru, oo-g'dulat'cha asa-p'reh-nah.

People will speak of the might of Your awesome acts; and I will declare Your greatness.

זָכַר רַב טוֹבָךָ יְבִיעִי, וְצִדְקָתְךָ יִרְנֶנוּ:

Zay-cher rav tu-v'cha yabee-oo, v'tzidka-t'cha y'ranay-nu.

They shall speak of the fame of Your great goodness, and sing of Your righteousness.

חֲנוּן וְרַחֻם יְהוָה, אַרְךָ אַפַּיִם וּגְדֹל חֶסֶד:

Chanun v'rachum Adonai, erech apayim oo-g'dol chased.

Gracious and full of compassion is the ETERNAL; slow to anger and of abundant love.

טוֹב יְהוָה לְכָל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו:

Tov Adonai lakol v'rachamav ahl kol ma-asav.

The ETERNAL is good to all; and Her tender mercies are over all creation.

יִודוּךָ יְהוָה כָּל מַעֲשֶׂיךָ, וַחֲסִידֶיךָ יְבָרְכוּכָה:

Yo-ducha Adonai kol ma-asecha, va-chaseedeche y'va-r'chu-chah.

All Your works shall praise You, Adonai, and Your pious ones will bless You.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרָתְךָ יִדְבְּרוּ:

K'vod mal-chu-t'cha yo-mayru, oo-g'vura-t'cha y'dabayru.

They shall speak of the glory of Your kingdom, and talk of Your power.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ, וּכְבוֹד הֵדָר מַלְכוּתְךָ:

L'hodee-a livnay ha-adam g'vurotav, oo-ch'vode hadar mal-chutoe.

To make known to people God's mighty acts, and the glorious majesty of His kingdom.



מַלְכוּתְךָ מְלִכּוּת כָּל עוֹלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וָדוֹר:

Malchu-t'cha malchut kol olameem, oo-memshal-t'cha b'chol dor va-dor.

Your kingdom is an everlasting kingdom,  
and Your dominion endures throughout all generations.

סוֹמֵךְ יְהוָה לְכָל הַנִּפְלִים, וְזוֹקֵף לְכָל הַכְּפוּפִים:

Somaych Adonai l'chol ha-nofleem v'zokayf l'chol ha-k'fufeem.

The ETERNAL upholds all who fall, and raises up those who are bowed down.

עֵינֵי כָל אֱלֹהִים יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ:

Ay-nay chol aylecha y'sabayru, v'atah notayn lahem et och-lam b'ito.

The eyes of all wait upon You, and You give them their food in due season.

פּוֹתֵחַ אֶת יָדְךָ, (touch & kiss arm t'fillin)

וּמִשְׁבִּיעַ לְכָל חַי רָצוֹן: (touch & kiss head t'fillin)

Potay-ach et yadecha (touch/kiss arm t'fillin)

oo-masbee-a l'chol chai ratzon. (touch/kiss head t'fillin)

You open Your hand (touch arm t'fillin), and satisfy the desire of all living things (touch head t'fillin)

צַדִּיק יְהוָה בְּכָל דְּרָכָיו, וְחַסִּיד בְּכָל מַעֲשָׁיו:

Tzadeek Adonai b'chol d'rachav, v'cha-seed b'chol ma-asav.

The ETERNAL is righteous in all ways, and gracious in all ways.

קָרוֹב יְהוָה לְכָל קֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֶהוּ בֶּאֱמֶת:

Karov Adonai l'chol ko-r'av, l'chol asher yikra-oohu ve-emet.

The ETERNAL is near to all who call; to all who call upon Her in truth.

רָצוֹן יִרְאִיו יַעֲשֶׂה, וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיִוְשִׁיעֵם:

R'tzon y'ray-av ya-aseh, v'et shav-atam yishmah v'yoshee-aym.

To those in awe, all is fulfilled; God hears their cries and delivers them.

שׁוֹמֵר יְהוָה אֶת כָּל אֹהֲבָיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד:

Shomayr Adonai et kol oh-havav v'eay kol ha-r'sha-eem yash-meed.

The ETERNAL watches over all those who love GOD, but all the wicked are destroyed.

תְּהִלַּת יְהוָה יִדְבֵּר פִּי, וַיְבָרֶךְ כָּל בָּשָׂר שֵׁם קִדְשׁוֹ, לְעוֹלָם וָעֶד:

T'hilat Adonai y'dabayr pee vee-varaych kol basar shaym kodsho l'olam va-ed.

My mouth shall speak the praise of the ETERNAL, and let all flesh bless the Holy Name forever and ever.

וְאֲנַחְנוּ נְבָרֶךְ יְיָ, מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ:

Va-anachnu n'varaych Yah mayatah v'ad olam ha-l'luyah.

And we will bless YAH from now to eternity. Halleluyah!

## (19) Psalm 150

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הַלְלוּיָהּ, הִלְלוּ אֵל בְּקֹדֶשׁוֹ, הִלְלוּהוּ בְּרָקִיעַ עֲזוֹ:

Halleluyah, hal'lu, ayl b'kodsho, hal'luhu, birkee-a oo-zo.

Halleluyah, Praise YAH in God's holiness.

Halleluyah, Praise YAH in God's firm strength

הַלְלוּהוּ בְּגִבּוֹרָתוֹ, הִלְלוּהוּ כְּרֹב גִּדְלוֹ:

Hal'luhu, big-voo-rotav, hal'luhu, k'rov gudlo.

Halleluyah, Praise YAH in God's might

Halleluyah, Praise YAH according to God's many graces

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר, הִלְלוּהוּ בִּנְבֵל וְכִנּוֹר:

Hal'luhu, b'tayka shofar, hal'luhu, b'nayvel v'chinor.

Halleluyah, Praise YAH with the blast of the Shofar

Halleluyah, Praise YAH with strings and harps

הַלְלוּהוּ בְּתוֹף וּמַחֲוֹל, הִלְלוּהוּ בְּמִנִּים וְעֶגְב:

Hal'luhu, b'tof u'machol, hal'luhu, b'mineem v'ugav.

Halleluyah, Praise YAH with drum and dance

Halleluyah, Praise YAH with every instrument with every organ

הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ, הִלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

Hal'luhu, b'tzil-tz'lay shama, hal'luhu, b'tzil-tz'lay t'ru'ah.

Halleluyah, Praise YAH with the ringing sound

Halleluyah, Praise YAH with the clanging sound

כָּל הַנְּשָׁמָה תִּהְלֵל יָהּ הַלְלוּיָהּ.

Kol han'shamah, Halleluyah, t'halayl Yah, Halleluyah.

Halleluyah, Praise YAH with every breath. Halleluyah

## (27) Half-Kaddish

Weekday morning; Erev Shabbat; Shabbat morning

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יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְּרָא כְרַעוּתִיָּה,

Yit-ga-dal v'yit-ka-dash sh-may rabba, b'alma dee vera chir-ootay

Magnified and sanctified be God's great Name in the world created according to Divine Will.

וַיִּמְלִיךָ מַלְכוּתִיָּהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ

V'yam-leech mal-chu-tay, b'cha-yay-chone oo-v'yomay-chone

And may the HOLY ONE rule the Kingdom in your lifetime and in your days

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.

בְּעִגְלָא וּבְזִמְן קָרִיב וְאַמְרוּ אָמֵן:

Oo-v'cha-yay d'chol bayt Yisra-ayl ba-agala oo-viz-man kareev v'im-ru, Amayn.

And in the lifetime of the entire house of Israel, speedily & in the near future, & let us say Amen.

יְיָ שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עָלְמֵיָא:

Y'hay sh-may rabba miva-rach l'olam ool-al-may al-maya.

May God's great Name be blessed forever and for all eternity.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם

וְיִתְנַשָּׂא וְיִתְהַדָּר וְיִתְעַלָּה וְיִתְהַלָּל

Yitba-rach v'yishta-bach v'yitpa-ar v'yitro-mam v'yitna-say, v'yit-hadar v'yit-aleh v'yitha-lall

Blessed and praised, glorified, exalted, and uplifted, honored, elevated, and extolled

שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא. לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

Sh-may d'ku-d'sha b'reech-hu. L-ayla min kol bir-chata v'shee-rata

be the Name of the blessed HOLY ONE. Above all the blessings, hymns,

תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְּאִמְרוּן בְּעָלְמָא, וְאַמְרוּ אָמֵן:

Toosh-b'cha-ta vneh-che-mata da-ameeran b'alma v'eem-ru, Amayn.

praises, and consolations which we utter in the world. And let us say Amen.

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נְשַׁמַּת כָּל חַי,	All breathing life
תְּבָרֵךְ אֶת שְׁמֶךָ	adores Your Name
יְהוָה אֱלֹהֵינוּ.	YAH, our GOD -
וְרוּחַ כָּל בָּשָׂר,	All flesh alive
תִּפְאָרַת וְתְרוּמָה	is raised to ecstasy
זְכוֹרָה מִלְּפָנֶיךָ תָּמִיד,	each time we become aware of You!
מִן הָעוֹלָם וְעַד הָעוֹלָם	Beyond endless Time and Space that's vast
אַתָּה אֵל.	You are Divine
וּמַבְלִעֲדֶיךָ אֵין לָנוּ	Only You are the One Who
מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ,	ultimately extricates and frees
פּוֹדֶה וּמַצִּיל וּמַפְרִיֵּס	ransoms, saves and sustains us
וּמְרַחֵם, בְּכָל עֵת צָרָה וְצוּקָה,	and cares when we are in distress
אֵין לָנוּ מֶלֶךְ אֵלָּא אַתָּה.	You, You alone secure our lives.
אֱלֹהֵי הָרְאוּשׁוֹנִים וְהָאַחֲרוֹנִים,	You ultimate CAUSE and ultimate EFFECT,
אֱלֹהֵי כָל בְּרִיּוֹת,	SOURCE of all Creation
אֲדוֹן כָּל תּוֹלְדוֹת,	You manifest in all birthing
הַמְהַלֵּל בְּרַב הַתְשַׁבְּחוֹת,	In every compliment it is You we praise
הַמְנַהֵג עוֹלָמוֹ בְּחַסֵּד,	You manage Your universe with kindness -
וּבְרִיּוֹתָיו בְּרַחֲמִים.	with compassion all beings in it.
וְיֵהוּהָ לֹא יָנוּם וְלֹא יִישָׁן,	YAH ever awake and ever alert!
הַמְעוֹרֵר יְשָׁנִים וְהַמְקִיץ נִרְדָּמִים,	You rouse us from the deepest sleep
וְהַמְשִׁיחַ אֲלֵמִים,	You give words to the speechless
וְהַמְתִּיר אֲסוּרִים,	You release the imprisoned
וְהַסּוֹמֵךְ גּוֹפְלִים,	You support the stumbling
וְהַזּוֹקֵף כְּפוּפִים,	You give dignity to the downtrodden
לָךְ לְבָדָּךְ אֲנַחְנוּ מוֹדִים.	Every appreciation we offer is Yours.
אֵלֵינוּ פִּינוּ מֵלֵא שִׁירָה פִּים,	If ocean-full our mouth were with music
וְלִשְׁוֹנֵנוּ רִנָּה כְּהַמּוֹן גִּלְיוֹ,	Our tongues singing like the ceaseless surf
וּשְׁפֹתֵינוּ שֹׁבַח כְּמִרְחֵבֵי רִקִּיעַ,	Our lips praising You to the skies
וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וְכִירָח,	Our eyes blazing like sun and moon
וְיָדֵינוּ פְּרוּשׁוֹת כְּנֹשָׁרֵי שָׁמַיִם,	Our arms spread like soaring eagles
וְרַגְלֵינוּ קָלוֹת כְּאַיִלוֹת,	Our legs sprinting like those of deer
אֵין אֲנַחְנוּ מְסַפִּיקִים, לְהוֹדוֹת לָךְ	We could not thank You enough
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ	YAH! Our God, our parents' God!
וּלְבָרֵךְ אֶת שְׁמֶךָ	Neither could we celebrate by naming
עַל אַחַת מֵאַלְפֵי אֲלָפֵי אֲלָפִים	the times exceeding millions
וּרְבֵי רַבָּבוֹת פְּעָמִים,	the places exceeding billions
הַטּוֹבוֹת שְׁעָשִׂיתָ	the favors You did
עִם הוֹרֵינוּ וְעִמָּנוּ.	for our parents and for us.
מִמַּצָּרִים גָּאֵלְתָּנוּ יְהוָה אֱלֹהֵינוּ,	YAH! Oh God! From oppression You redeemed us
וּמִבֵּית עֲבָדִים פָּדִיתָנוּ,	Now we can never be at home in slavery -
בְּרָעַב זִנְתָּנוּ, וּבְשָׂבַע כָּלִלְתָּנוּ,	During famines You fed us enough to live on
מִחֶרֶב הִצַּלְתָּנוּ, וּמִדָּבָר מְלַטְתָּנוּ,	You shielded us from wars and plagues

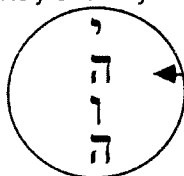
וּמַחֲלִים רָעִים וְנֶאֱמָנִים  
 דִּלִּיתָנוּ:  
 עַד הֵנָּה עֲזָרוּנוּ רַחֲמֶיךָ,  
 וְלֹא עֲזָבוּנוּ חֶסְדֶּיךָ  
 וְאַל תִּטְּשֵׁנוּ יְהוָה אֱלֹהֵינוּ לְנֶצַח.  
 עַל כֵּן אֲבָרִים שְׁפִלְגַת בָּנוּ,  
 וְרוּחַ וְנִשְׁמָה שְׁנִפְחַת בְּאַפֵּינוּ,  
 הֵן הֵם יוֹדוּ וַיְבָרְכוּ  
 וַיִּשְׂבְּחוּ וַיְפָאֲרוּ  
 וַיְרֹמְמוּ וַיַּעֲרִיצוּ וַיְקַדִּישׁוּ  
 וַיִּמְלִיכוּ אֶת שְׁמֶךָ מִלְּכֵנוּ,  
 כִּי כָל פֶּה לָּךְ יוֹדֶה,  
 וְכָל לָשׁוֹן לָּךְ תִּשְׁבַּע,  
 וְכָל בֶּרֶךְ לָּךְ תִּכְרַע,  
 וְכָל קוֹמָה לִפְנֶיךָ תִּשְׁתַּחֲוֶה,  
 וְכָל לִבָּבוֹת יִירָאוּךָ,  
 וְכָל קָרֵב וְכָלִיּוֹת יִזְמְרוּ לְשִׁמְךָ.  
 כַּדְבָּר שְׁכָתוֹב,  
 כָּל עֲצָמוֹתַי תֹּאמְרָנָה  
 יְהוָה מִי כָמוֹךָ.  
 מִצִּיל עֲנִי מִחֲזֹק מַמְּנוּ,  
 וְעֲנִי וְאֲבִיוֹן מִגְּזֹלוֹ:  
 מִי יִדְמֶה לָּךְ, וּמִי יִשְׁוֶה לָּךְ  
 וּמִי יַעֲרֶךְ לָּךְ: הָאֵל הַגָּדוֹל  
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן  
 קִנְיָ שָׁמַיִם וָאָרֶץ:  
 נְהַלֵּלְךָ וְנִשְׁבַּחְךָ וְנִפְאֶרְךָ  
 וְנִבְרַךְ אֶת־שֵׁם קְדוֹשְׁךָ. כָּאֲמֹר,  
 \*לְדוֹד, בְּרָכִי נַפְשִׁי אֶת יְהוָה,  
 וְכָל קֶרְבִּי אֶת שֵׁם קְדוֹשׁוֹ:  
 הָאֵל בְּתַעֲצֻמוֹת עֲזָה,  
 הַגָּדוֹל בְּכָבוֹד שְׁמֶךָ.  
 הַגִּבּוֹר לְנֶצַח  
 וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ.  
 הַמֶּלֶךְ הַיּוֹשֵׁב עַל כִּסֵּא רֵם וְנִשָּׂא:  
 \*שׁוֹכֵן עַד, מְרוֹם וְקְדוֹשׁ שְׁמוֹ:  
 וְכָתוּב, רִנְנוּ צְדִיקִים בַּיהוָה,  
 לַיִּשְׂרָאֵל נְאֻוָּה תְהִלָּה.  
 בְּפִי יִשְׂרָאֵל תִּתְהַלֵּל.  
 וּבְדַבְּרֵי צְדִיקִים תִּתְפָּרֵךְ.  
 וּבְלִשׁוֹן חֲסִידִים תִּתְרֹמֵם.  
 וּבִקְרֵב קְדוֹשִׁים תִּתְקַדֵּשׁ:

From diseases of body and mind  
 you pulled us out.  
 To this moment Your caring helped us  
 We never lacked Your kindness  
 – Please don't ever abandon us GOD!  
 Our limbs want each to thank you  
 The air of each breath You breathed into us  
 Their very substance bless with gratitude  
 with praise and celebration  
 honoring that exalted holiness  
 so majestic, that is Your fame!  
 Our speech is appreciation  
 our expression an oath of loyalty  
 our attitude surrender  
 our stance before You obedience  
 our feelings overwhelming awe  
 our inners singing scales of Your Names  
 As it is in Scripture:  
 All my very essence exclaims:  
 YAH! Who? Like You?  
 You inspire the gentle to stand up to the bully  
 The poor disempowered to stand up to the thug.  
 No other can claim to be what You are  
 No other can pretend to be THE GREAT GOD  
 THE MIGHTY, THE AWESOME, THE GOD, MOST HIGH  
 Yet nesting in Heavens and Earth!  
 So we will keep celebrating and delighting  
 and blessing YOUR HOLY NAME with David:  
 "Yahhhh! breathes my soul out to You.  
 all my inners pulse with You!"  
 POTENT GOD FORCE!  
 Magnanimous in Glory  
 Ever prevailing  
 AWESOME MYSTERY!  
 MAJESTIC ONE, who presides over all destiny!  
 Eternal SHECHINNAH, Holy Beyond  
 Saints sing YAH!  
 In harmony with decent folks.  
 Good people exalt You  
 Saints are Your blessing  
 Devotees sanctify You  
 You delight in our inner holiness.

# Bar'chu through the Shema

**The World of בְּרִיָּה Beri'ah/Creation**  
**The Attribute of Mind. The Element of Air**  
**The Sign of the Scholar. The Dimension of Declaration**

**Kavannah:** In Pirke Avot (2:4 ) we read, "Fulfill God's will as you would your own will, so that the Holy One may fulfill your will as though it were His/Her own will. Set aside your will because of God's will, so that the Holy One may set aside the will of others before your will."



This is the dimension of mind

★ Symbol before title indicates that the prayer is added to the Shabbat service and not davenned weekdays

## (1) Bar'chu: Call & Reponse Chant

(adaption by Lev Freidman. Movements by Hanna Tiferet Siegel & Miriam Minkoff)

בְּרָכּוֹ

Bar'chu,  
 DEAR ONE, SHEKHINAH, HOLY NAME,  
 when I call on the Light of my Soul, I come home.

## (2) As We Bless: A Song

(by Faith Rogow)

As we bless the Source of Life, so we are blessed.  
 And the blessing gives us strength, and makes our vision clear,  
 And the blessing brings us peace, and the courage to dare.

## (3) We Are Opening: A Chant

(Sufi)

We are opening up in sweet surrender  
 to the luminous love light of the One.  
 We are opening, we are opening...

Please stand as the reader chants:

בְּרָכּוֹ אֶת יְהוָה הַמְּבָרֵךְ:

(bow) Bar'chu et (rise) (Adonai or Yah) ha-m'vorach  
 We bless the SOURCE OF BLESSING Who is to be blessed.

Congregation responds and reader repeats:

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד:

Baruch (Adonai or Yah) ha-m'vorach l'olam va-ed.  
 Blessed is the SOURCE OF BLESSING forever and ever.

**Birkat Yotzer (Morning)**

(Ps. 104:24)

*Please be seated**Weekday morning; Shabbat morning*

Blessed are You, Adonai, our God, SOVEREIGN of all time and space  
 who forms light and creates darkness, who makes peace and creates all things.  
 In mercy You give light to the earth and to those who live on it,  
 and in Your goodness You renew each day continually the work of creation.  
 How manifold are Your works, ETERNAL ONE, You have made them all with Wisdom;  
 the earth is full of Your possessions.

*Davven the following on weekdays & Shabbat:*

Touch hand t'fillin when saying יוצר אור "Maker of Shalom."

Touch head t'fillin when saying ובורא חשך "Creator of the whole."

**בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,**

**Baruch Atah Adonai Elohaynu melech ha-olam**

You abound in blessings, ADONAI, SOURCE of all creation,

**יוצֵר אֹר, וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל:**

**yotzayr ohr oo-voray cho-shech oseh shalom oo-voray et ha-kol.**

FORMER of light, CREATOR of darkness, MAKER of shalom, and CREATOR of the whole.

**A·ha·vah rab·bah a·hav·ta·nu,**

A·do·nai E·lo·héi·nu.

Chem·lah g'do·lah vi·tei·rah cha·mál·ta a·léi·nu.

**אַהֲבָה רַבָּה אֶהְבְּתֵנוּ,****יְיָ אֱלֹהֵינוּ.****חֶמְלָה גְדוֹלָה וִיתְרָה חֶמְלַת עָלֵינוּ.**

A·ví·nu mal·kéi·nu,

ba·a·vur a·vo·téi·nu she·ba·t'chu v'cha,

va·t'lam·m'deim chuk·kei chay·yim,

kein t'chon·néi·nu u·t'lam·m'déi·nu.

A·ví·nu, ha·av ha·ra·cha·man,

ham·ra·cheim, ra·cheim a·léi·nu.

**אָבִינוּ מֶלֶכְנוּ,****בַּעֲבוּר אֲבוֹתֵינוּ שֶׁבִטְחוּ בְךָ,****וְתַלְמִידֵם חֻקֵי חַיִּים,****כֵּן תַּחֲנֹנֵנוּ וְתַלְמִידֵנוּ.****אָבִינוּ, הָאֵב הָרַחֲמָן,****הַמְרַחֵם, רַחֵם עָלֵינוּ.**

V'tein b'lib·béi·nu l'ha·vin, u·l'has·kil,

lish·mó·a, lil·mod, u·l'lam·meid,

lish·mor, v'la·a·sot, u·l'kay·yeim

et kol div·rei tal·mud to·ra·té·cha, b'a·ha·vah.

**וְתֵן בְּלִבֵּנוּ לְהִבִּין, וּלְהַשְׁכִּיל,****לְשִׁמְעַ, לְלַמֵּד, וּלְלַמֵּד,****לְשִׁמּוֹר, וּלְעֲשׂוֹת, וּלְקַיֵּם****אֶת כָּל דְּבָרֵי תְלִמוּד תּוֹרַתְךָ, בְּאַהֲבָה.**



With great love do You love us,  
Adonai our God.  
You shower overflowing compassion on us.

Loving parent, compassionate ruler,  
because our ancestors trusted in You  
You taught them life-sustaining rules.  
May You make Your teachings  
and Your compassion  
accessible to us as well.

May we have the willingness to understand,  
to follow, to learn, to teach,  
to observe, and to fulfill lovingly  
all the teachings of Your Torah.

## TRANSLATION:

A-ha-vah rab-bah

**V'ha-eir ei-nei-nu b'to-ra-té·cha,**  
v'dab·beik lib·béi-nu b'mitz·vo·té·cha,  
v'ya·cheid l'va·véi-nu  
l'a·ha·vah u·l'yir·ah et sh'mé·cha.

V'lo nei·vosh l'o·lam va·ed,  
ki v'sheim kod·sh'cha  
ha·ga·dol v'ha·no·ra ba·tách·nu,  
na·gí·lah v'nis·m'chah bi·shu·a·té·cha.

*Gather tzitzit for the Sh'ma while reciting**"mei-ar·ba kan·fot – from the four corners"***Va·ha·vi·éi-nu l'sha·lom**

mei·ar·ba kan·fot ha·á·retz,  
v'to·li·chéi-nu ko·m'mi·yut l'ar·tzéi-nu,  
ki Eil po·eil y'shu·ot Át·tah.

May we gain enlightenment through Your Torah.  
May we internalize Your precepts.

<sup>1</sup> May we integrate our understanding of You  
so that we love and revere You simultaneously.

Because we trust in You  
and Your redemptive power,  
we will never experience rejection,  
but we will rejoice in Your salvation.

*Gather tzitzit for the Sh'ma while  
reciting "from the four corners:"*

You will bring us  
from the four corners of the earth,  
gathering us in peace and dignity in our land,  
for You work salvation in amazing ways.

## TRANSLATION:

V'ha-eir ei-nei-nu

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,  
וְדַבַּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,  
וְיַחַד לְבַבְנוּ  
לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ.

וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד,  
כִּי בִשְׁם קִדְשְׁךָ  
הַגָּדוֹל וְהַנּוֹרָא בְּטַחְנוּ,  
נִגְלִיָּה וְנִשְׁמָחָה בִּישׁוּעָתְךָ. ←

*Gather tzitzit for the Sh'ma while reciting**"מֵאַרְבַּע כַּנְפוֹת – from the four corners"*

וְהִבֵּיאֵנוּ לְשָׁלוֹם  
מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ,  
וְתוֹלֵכְנוּ קוֹמָמִיּוֹת לְאַרְצֵנוּ,  
כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה.

**(11) Ayl Melech Neh-eman** (Chanted when praying alone or without a minyan)

אֵל מֶלֶךְ נֶהֱמָן

**Ayl Melech Neh-eman**

GOD, RULER, FAITHFUL (Amayn!)

**(12) Shema** (Deuteronomy 6:4) *Weekday morning; Erev Shabbat; Shabbat morning*

Spiritual Practice: (1) Cover your eyes when chanting the Shema. Reb Shlomo reminds us that we are so close to God at this moment that it is beyond physical seeing. When two people kiss the eyes shut. The moment of the Shema is a spiritual kiss between each of us and the Beloved, the Holy One Blessed Be S/He; (2) Each time you say the Shema, envision a different place, moment, being, or object as God's dwelling.

Learning: Marcia Falk writes, "Hear, O Israel, The Divine abounds everywhere and dwells in everything; the many are One."

שְׁמַע יִשְׂרָאֵל – לַאֱלֹהִים אֱלֹהִים אֶחָד  
שְׁכִינָתָהּ, רַבּוּי פָּנֶיהָ אֶחָד

שְׁמַע יִשְׂרָאֵל  
יְהוָה אֱלֹהֵינוּ  
יְהוָה אֶחָד

**Shema Yisrael Adonai (or Yah) Elohaynu Adonai (or Yah) Echad**

Hear O' Israel, the LORD is our GOD, The LORD, is ONE

or

Listen Godwrestlers, the Unity Beyond Names is our God,  
the UNITY BEYOND NAMES IS ALL ONE.

or Reb Zalman's translation:

Listen you Yisrael person, YAH who is, is our GOD, YAH who is, is ONE:  
Unique – All there is.

**The Oneness of All**

(Words and melody by Allen Kenner)

Let us bless all that binds us together  
And delight in the differences between us  
May Shalom flow, may G-d's words echo through our souls  
Rejoice, Rejoice in the Oneness of All

## (13) Baruch Shem

*Weekday morning; Erev Shabbat; Shabbat morning***Kavannah:** be like an angel and chant in a whisper

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch shem k'vod mal-chuto l'olam va-ed

Blessed is the Name of God's glorious kingdom forever and ever.

*or Reb Zalman's translation:*

Through time and space Your glory shines Majestic One

## (14) V'ahavta

(First paragraph of Shema. Deuteronomy 6:5)

*Weekday morning; Erev Shabbat; Shabbat morning*

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ, בְּכָל-לִבְּךָ, וּבְכָל-נַפְשֶׁךָ,

V'ahavta et Adonai Elohecha b'chol l'va-v'cha oo-v'chol naf-sh'cha

You shall love Adonai, Your God, with all your heart, with all your soul,

וּבְכָל-מְאֹדֶךָ.

Oo-v'chol m'oh-decha.

and with all your might .

וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל-לִבְּךָ:

V'hayu ha-d'vareem ha-ayleh asher anochi m'tza-v'cha ha-yome ahl l'va-vecha

And these words which I command you today shall be upon your heart.

וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ,

V'shee-nantam l'banecha v'deebarta bam b'shiv-t'cha b'vaytecha

And teach them diligently to your children

and you shall discuss them when you sit at home

וּבְלַכְתְּךָ בַּדֶּרֶךְ, וּבְשָׁכְבְּךָ, וּבְקוּמָךְ.

Oo-v'lech-t'cha va-derech Oo-v'shoch-b'cha oo-v'kumecha.

And when you travel on the road, and when you lie down and when you rise.

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ,

Oo-k'shartam l'ote ahl ya-decha v'ha-yoo l'tota-fote bayn ay-necha.

And you shall tie them as a sign upon your hand

and they shall be t'fillin between your eyes.

וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Oo-ch'tavtam ahl m'zuzote baytecha oo-vish-arecha.

And you shall write them in mezuzzot on the doorposts of your house

and on your gateways.

**(21) G'ulah**(Exodus 15:10) *Weekday morning; Shabbat morning*

17

תְּהִלּוֹת לְאֵל עֶלְיוֹן, בָּרוּךְ הוּא וּמְבוֹרָךְ.

T'heelote l'ayi Elyon baruch hu oo-m'vorach.

Praises to the most HIGH ALMIGHTY, blessed be the BLESSED ONE.

מֹשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל

Mosheh, oo-Miryam, oo-v'nay Yisra'ayi

Moses, and Miriam, and the children of Israel

לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כָּלֵם:

l'cha anu sheerah b'simchah rabah v'ah-m'roo chu-lam.

sang a song to You with great joy and they all proclaimed:

מִי כָמֹכָה בְּאֵלִים יְהוָה, מִי כָמֹכָה נֶאֱדָר בְּקֹדֶשׁ,

Mee chamochah ba-ayleem Adonai, mee kamochah nedar bakodesh

Who is like You among the gods that are worshipped?

Who is like You glorious and holy?

נִוְרָא תְהִלַּת עֲשֵׂה פֶלֶא.

Nora t'heelot osay feleh.

Awesome in splendor, amazing in miracles?

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִּים לְשִׁמְךָ עַל שְׁפַת הַיָּם

Sheerah chadashah shi-b'chu g'uleem l'shimcha ahl s'fat hayam.

With a new song the redeemed people praised Your Name at the seashore.

יַחַד כָּלֵם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יְהוָה יִמְלֹךְ לְעוֹלָם וָעַד...

yachad kulam hodu v'him-leechu v'a-m'ru: "Adonai yimloch l'olam va-ed"

All of them as one gave thanks, proclaimed Your rule and said

"The ETERNAL will reign forever and ever!"

**(22) G'ulah: Two Readings**

(Adapted by R. Aryeh Hirschfield from the 1945 Reconstructionist Siddur)

We acknowledge as true and trustworthy that there is but one universal God,  
and that to GOD's service Israel stands eternally committed.

*We recognize in God the power that has enabled us to triumph over  
defeat, persecution, and oppression.*

It was God who redeemed us from Egyptian bondage,  
and delivered us from the despotism of the pharaohs.

*For God wills that we be free to use our powers in holy service,  
and not be bound to the arbitrary rule of any mortal.*

Whenever human rulers usurp divine authority, and exploit the people,  
those tyrants hearts are hardened, their own arrogance writes their doom.

*Therefore we will never be discouraged nor dismayed  
when unrighteous powers rise up to destroy us.*

Though enemy hosts pursue us, we shall remember how our ancestors  
were saved at the Sea of Reeds.

*We therefore repeat the words of triumph  
with which they gave thanks for their deliverance.*

(by Rabbi Burt Jacobson)

Praise Adonai! We have been released, set free from Egypt; dominion of bondage, dependency, submission; the cage we cherished as our only home. Apparitions of the past marched after us through the desert night of memory to reclaim or destroy. Then we came to the sea of separation and halted; caught between desire for the unknown and desire to return, fear of the unknown and fear of return. To say Yes to God, to enter unfathomed waters, to really make the crossing is to witness the past drowning and to embrace the freedom of the unknown, whatever it may demand, wherever it may lead. The waters of death became the waters of new life! The waters of death became the waters of new life! Then sang Moses, Miriam, and the Children of Israel this song to Adonai: I will sing to Adonai so high in glory, horse and rider, hurled into the sea. Adonai is my strength and my song, and has become my liberation. This is my God; the power of my ancestors. Adonai the passionate, this is God's Name. Adonai will liberate forever and ever!

**Tzur Yisrael: Rock of Israel**

צוֹר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל

Tzur Yisrael, kumah b'ezrat Yisrael  
O Rock of Israel, come to Israel's help.

וּפְדֵה כְּנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל.

Oof-day chee-n'oo-mecha Yehudah v'yisrael  
Fulfill Your promise of redemption for Judah and Israel.

גָּאֲלֵנוּ יְהוָה צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.

Go-alaynu Adonai tz'va-ote shemo k'dosh Yisrael.  
Our REDEEMER is the LORD OF HOSTS, the HOLY ONE of Israel.

בְּרוּךְ אַתָּה יְהוָה גָּאֵל יִשְׂרָאֵל:

Baruch Atah Adonai ga-al Yisrael  
Blessed are You SOURCE OF COURAGE, REDEEMER OF ISRAEL.

**INTRODUCTION TO THE AMIDAH**

Dear God,  
Open the blocked passageways to you,  
The congealed places.

Roll away the heavy stone from the well as your servant  
Jacob did when he beheld his beloved Rachel.

Help us open the doors of trust that have been jammed with  
hurt and rejection.

As you open the blossoms in spring,  
Even as you open the heavens in storm,  
Open us—to feel your great, awesome, wonderful presence.

Sheila Peltz Weinberg

## ***Amidah 1: Shabbat***

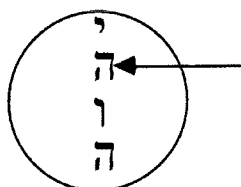
**The World of אצילות Atzilut: Emanation**  
**The Attribute of Spirit. The Element of Fire**  
**The Sign of the King & Queen The Dimension of Petition**

**Weekday Amidah, page 97**

**Weekday Amidah with Visualizations, page 110**

**Kavannah:** Rebbe Nachman teaches, "You are like a warrior who is prepared to breach a mighty wall...The main thing is speech. Use it and you will win every spiritual battle. You might find it difficult to speak to God. But this difficulty is mere foolishness. It indicates sluggishness, and a lack of virtuous boldness. You are about to use your speech to overcome the great battle against the evil within you. You are on the verge of victory, and are about to break down the walls with your words. The gates are ready to fly open. Will you then not speak because of mere bashfulness? Will you hold back because of a minor barrier like this? "

**Learning:** There is a midrash that gives a reason why we have eighteen petitions or benedictions in the Amidah. It states, "Moses was asked, 'How do we know how many prayers to offer?' Moses answered, 'See how many times the Ineffable Name occurs in Psalm 29. Eighteen times, therefore we offer eighteen petitions.'" Eighteen also represents life, and Tefillah gives life!



This is the dimension of soul

### ***Entering God's Presence***

*Please stand*

**Kavannah:** We are mindful that we prepare ourselves to stand before the Shekhinah, the Presence of God. We try to remove all distracting thoughts and give kavannah (concentration & intention) to as many of our words as possible. On a deeper level it is almost as if we are asking Hashem to "pray through us," so that it is God who opens our lips and speaks through us.

### **Rebbe Nachman's Prayer**

Oh God, as I stand before You I ask for strength and courage.  
 As I take time to look at myself may I open my lips in prayer.  
 And God, as I stand alone I pray my heart will sing out to You.  
 So many thoughts and fears that I have. May I open my lips in prayer.

*As we enter The Holy Presence we take three steps back to prepare ourselves, then three steps forward to enter. While we take these six steps we chant the following words:*

**אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ**

**Adonai, s'fatai tif-tach oo-fee yageed t'hilatecha**  
 Open up my lips O Yah that I may sing Your praise

*or a chant (words and melody) by Rabbi Hannah Tiferet Siegel*

**Oh God open my lips as I begin to pray**



**(1) The Ancestors: Avot v'Imahote**

בָּרוּךְ: אַתָּה (bend knees) יְהוָה (stand up)

Baruch (bend knees) Atah (bow) Adonai (stand up)

Blessed (bend knees) are You (bow) ADONAI (stand up)

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

Elohaynu vaylo-hay avo-taynu v'imo-taynu

our GOD, GOD of our fathers and mothers,

אֱלֹהֵי אַבְרָהָם וְשָׂרָה, אֱלֹהֵי יִצְחָק וְרִבְקָה,

וְאֱלֹהֵי יַעֲקֹב רַחֵל וְלֵאָה.

Elohay Avraham v'Sarah, Elohay Yitzchak v'Rivkah,

vay'lohay Ya'akov, Rachel, v'Lay'ah

GOD of Abraham & Sarah, God of Isaac & Rebecca,

GOD of Jacob, Rachel & Leah.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן,

Ha-Ayl ha-gadol, ha-gibor v'ha-nora, El Elyon.

The God of all that is great, Mighty, and Awesome, the Almighty-Most High.

גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,

Gomayl chasa-deem toveem, v'konay ha-kol,

Who bestows loving goodness. In Whom is everything.

וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת, וּמַבִּיא גּוֹאֵל לְבָנֵי בְנֵיהֶם

V'zochayr chas-day avot v'i-ma-hote oo-mayvee go-ayl livnay v'nay-hem

Who is mindful of the kindness of the fathers and mothers

and Who brings redemption to their children's children

לְמַעַן שְׁמוֹ בְּאַהֲבָה:

l'ma-an sh'mo b'ahavah.

for the sake of the HOLY NAME with love.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:

Melech ozayr oo-moshee-ah oo-magayn.

SOVEREIGN, HELPER, SAVIOR, and SHIELD:

בָּרוּךְ: אַתָּה (bend knees) יְהוָה (stand up) מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

Baruch (bend knees) Atah (bow) Adonai (stand up) ma-gayn Avraham vezrat Sarah.

Blessed (bend knees) are You (bow), ADONAI (stand up), SHIELD of Abraham and help of Sarah.

בעש"ית: זְכַרְנוּ לַחַיִּים, מֶלֶךְ חַפֵּץ בַּחַיִּים, וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ אַתָּה יְהוָה, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

**(2) Divine Might: Gevurot**

**Learning:** The Baal Shem Tov reminds us that when we petition Hashem with the words מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם "cause the wind to blow and the rain to fall" in the Fall we ought to be thinking מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם "cause our spirituality to increase" and its "realization in the physical realm to fall."

אַתָּה גִּבּוֹר לְעוֹלָם אֲדָנִי, מַחֲיָה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ:

Atah gibor l'olam, Adonai, m'chayay may-teem Atah, rav l'hosheea

Eternal is your might, ADONAI. You are the REINCARNATOR of the dead.

Great is Your salvation.



*Fall & Winter. Chanted from Shemini Atzeret to Pesach*

**מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם:**

**Masheev haru-ach oo-moreed ha-gashem**

Cause the wind to blow and the rain to fall.

**מְכַלְכֵּל חַיִּים בְּחַסֵּד, מַחְיֶה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,**

**M'chal-kayl cha-yeem b'chesed m'chayay may-teem b'racha-meem rabeem.**

**So-maych nof-leem**

SUSTAINER of life with kindness, REVIVER of the dead with great mercy,

SUPPORTER of the fallen,

**וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמַקְיֵם אֲמוֹנָתוֹ לְיֹשְׁנֵי עָפָר**

**v'ro-fay choleem oo-mateer asoo-reem oo-m'kayaym emoo-natoe l'shay-nay afar.**

HEALER of the sick, Releaser of the imprisoned, and Fulfiller of faithfulness

to those who sleep in the dust.

**מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ,**

**Mee cha-mocha ba-al g'voo-rote oo-mee doe-meh lach.**

Who is like You, HIGHEST POWER? Who can be compared to You?

**מֶלֶךְ מַמְיֵת וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה**

**Melech may-meet oo-m'chayeh oo-matzmee-ach y'shu-ah**

SOURCE of life and death, who makes salvation grow?

בעשׂיית: מִי כְמוֹךָ אֵל הַרְחָמִים, זֹכֵר יְצוּרֵי לְחַיִּים בְּרַחֲמִים:

**וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.**

**V'neh-eman Atah la-ha-cha-yote may-teem.**

Faithful are You to bring to life the dead.

**בָּרוּךְ אַתָּה יְהוָה, מַחְיֶה הַמֵּתִים:**

**Baruch Atah Adonai m'cha-yay ha-may-teem**

Blessed are You ADONAI Who brings the dead to life.

### **(3) Holiness: Kedushah**

*When praying alone or silently say:*

**אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ, סְלָה.**

**Atah kadosh v'shimcha kadosh oo-k'dosheem b'chol yom y'ha-l'lucha selah.**

You are holy, Your Name is holy, and holy ones praise You daily. Selah.

**בָּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ:**

**Baruch Atah Adonai ha-Ayl hakadosh.**

Blessed are You ADONAI, the ALMIGHTY, the HOLY ONE

**(7) Prayer for Peace: Birkat Shalom****(A) Sim Shalom (Morning)**

(Melody by D. Zaslow)

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חַן וְחֶסֶד וְרַחֲמִים,

Sim shalom tovah oo-v'rachah, chayn va-chesed v'racha-meem  
Grant peace, goodness, and blessing, grace, mercy, and compassion

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עֲמָךְ.

Alaynu v'ai kol Yisrael amecha.  
Upon us and all of Israel, Your people.

**(B) Bar'chaynu (Morning)**

בְּרַכְנוּ, אָבִינוּ, כָּלָנוּ כְּאַחַד בְּאוֹר פָּנֶיךָ,

Ba-r'chaynu Aveenu kulanu k'echad b'or pa-necha.  
Bless us our FATHER, all of us as one, with the radiant light of Your face.

כִּי בְאוֹר פָּנֶיךָ נָתַתָּ לָנוּ, יְהוֹה אֱלֹהֵינוּ, תּוֹרַת חַיִּים

Kee v'or pa-necha natata lanu, Adonai Elohaynu, torat cha-yeem,  
For by the light of Your face You, ADONAI Elohaynu, gave us the Torah of life

וְאַהֲבַת חֶסֶד, וְצִדְקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם,

V'ahavat chesed, v'tzidakah, oo-v'rachah, v'racha-meem, v'shalom.

and the love of kindness, and righteousness, and blessing, and compassion, and life, & peace.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל

v'tov bay-necha l'va-raych et amcha Yisrael  
And it is good in Your sight to bless Your people Israel

בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.

b'chol ate oo-vchol sha-ah beesh-lomecha.  
at all times and in every moment with Your shalom.

בעשׂיית: בְּסִפּוּר חַיִּים, בְּרָכָה, וְשְׁלוֹם, וּפְרִנָּסָה טוֹבָה,  
נִזְכָּר וְנִבְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וְלְשְׁלוֹם.

בָּרוּךְ אַתָּה יְהוֹה, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Baruch Atah Adonai ham-varaych et amo Yisrael ba-shalom.  
Blessed are You, ADONAI, who blesses Your people Israel with Shalom.

**(8) Leaving the Holy Presence**

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וְכָל הַחֹשְׁבִים עָלַי רָעָה, מְהֵרָה הִפֵּר עֲצָתָם וְקָלַקְל מַחֲשַׁבְתָּם.  
 עֲשֵׂה לְמַעַן שְׁמִי, עֲשֵׂה לְמַעַן יְמִינִי, עֲשֵׂה לְמַעַן קִדְשִׁי.  
 עֲשֵׂה לְמַעַן תּוֹרָתִי.  
 לְמַעַן יִחְלְצוּן יְדֵיךָ, הוֹשִׁיעָה יְמִינִי וְעֲנֵנִי.

As for all those who plot evil against me,  
 hasten to annul their counsel and frustrate their design.  
 Let them be as chaff before the wind.

Let the angel of ADONAI thrust them away.

May Your beloved ones be delivered. Help with Your right hand and answer me.  
 Do it for the sake of Your Name; do it for the sake of Your right hand;  
 do it for the sake of Your Torah; do it for the sake of Your holiness.

יְהִי לְרָצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְהוֹה צוּרִי וְגֹאֲלִי.

**Yee-h'yoo l'ratzon eemray fee v'heg-yone leebee l'fanecha Adonai tzuree  
 v'go-alee**

May the words of my mouth and the meditations of my heart be acceptable in Your sight, ADONAI,  
 my Rock and my REDEEMER.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנִי מִרָע. וּשְׁפָתִי מִדְּבַר מְרֻמָּה:

**Elohai n'tzor l'shonee mayra oo-sifa-tie meeda-bayr meer-mah**

My God, guard my tongue from evil and my lips from speaking deceitfully.

וְלִמְקַלְלֵי נַפְשִׁי תִדָּם, וְנַפְשִׁי כְּעָפָר לִכְל תִּהְיֶה.

**v'leemka-l'lye n afshee tee-dome v'nafshee ke-afar lakol tee-h'yeh.**

Let my soul be silent to those who curse me; let my soul be as dust to all.

פֶּתַח לִבִּי בְּתוֹרָתֶךָ, וּבְמִצּוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.

**P'tach leebee b'toratecha oo-v'mitz-votecha teer-dofe nafshee.**

Open my heart to Your Torah, and let my soul eagerly pursue Your mitzvot.

*Bow in three directions (left, forward, right) while taking three steps backward  
 as you leave the Holy Presence of the Shekhinah*

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עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם

**Oseh shalom bimro-mav hu ya-aseh shalom**

May the ONE who makes peace in the highest places make peace

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,

**alaynu v'ahl kol Yisra'ayl**

for all of us and for all of Israel,

וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאָמְרוּ אָמֵן

**v'ahl kol yoshvay tayvayl, v'im-roo, Amayn.**

and for the whole world, and let us say Amen.

**Learning:** This is the moment to be seated, to meditate, and to receive private answers from God to our prayers. As Reb Zalman said, "You've been talking to God – now sit down and listen for an answer. Too often after the Amidah, just as God is about to speak to us we hang up the phone!"



## 5. Torah Service

יִשְׂרָאֵל יִשְׂרָאֵל וְאוֹרֵייתָא חַד הוּא

Yisra'ayl, Yisra'ayl, v'o-ryta chad hu.

Israel and the Torah are one.

תּוֹרָה אוֹרָה תּוֹרָה אוֹרָה הַלְלוּיָהּ

Torah orah, Torah orah, Hallelu-Yah.

The Torah is light, Praise YAH!

קוֹדֶשׁא בְּרִיךְ הוּא, יִשְׂרָאֵל, וְאוֹרֵייתָא חַד הוּא. תּוֹרָה אוֹרָה הַלְלוּיָהּ

**Learning:** In the Zohar it is written, "The Holy One Blessed Be He, Israel, and Torah are one. Torah is light, halleluyah!" Since Torah is light, and we are one with Torah, that means that we too are light. As the Torah is being chanted today imagine that the reader is reading light, and that your own personal light is merging with Torah's light.

And Moses gathered all of us together before Horev, which is Mount Sinai, to hear the words of the HOLY ONE that we might learn to live in awe throughout our lives, and that we might hand down this teaching to our children in the years and ages to come.

And we came near and stood at the foot of the mount, while it blazed with a fire that streamed toward the very heart of the heavens, and streamed into the depth of our hearts.

And the Voice spoke to us from the midst of the fire.

We saw the sounds of words, yet there was no form, only the Voice, only the Word.

### (1) *Preparing to take Torah from Her Ark*

(A)

אֵין כָּמוֹךָ בָּאֱלֹהִים, יְהוָה, וְאֵין כְּמַעֲשֶׂיךָ.

Ayn kamocho va-Eloheem Adonai, v'ayn k'ma-ah-secha.

מַלְכוּתְךָ מְלֻכּוֹת כָּל עֲלָמִים, וּמִמְשַׁלְתְּךָ בְּכָל דֹּר וָדֹר.

Malchut'cha malchoot kol oh-lameem, oo-memshalt'cha b'chol dor va'dor

יְהוָה מֶלֶךְ, יְהוָה מֶלֶךְ, יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.

Adonai melech, Adonai malach, Adonai yimloch l'olam va-ed

(B) (from Psalm 29)

יְהוָה עֹז לְעַמּוֹ יִתֵּן יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם:

Adonai oze l'amo yitayn. Adonai y'varaych et amo va-shalom!

YAH will bless all the people with shalom!

אֲב הָרַחֲמִים, הִיטִיבָה בְּרִצּוֹנָהּ אֶת צִיּוֹן, תִּבְנֶה חוֹמוֹת יְרוּשָׁלַיִם.

Av ha-rachameem, hay-teevah vir-tzon'cha et Tziyon. Tiv-neh chomote Y'rushalayim.

כִּי בָהּ לְבַד בְּטַחֲנוּ, מֶלֶךְ אֵל רֵם וְנִשָּׂא, אֲדוֹן עוֹלָמִים.

Ki v'cha l'vad ba-tachnu, melech ayl rom v'nisa, Adon olameem.

(c) וַיְהִי בְּנִסּוֹעַ הָאָרֶן וַיֹּאמֶר מֹשֶׁה,

Va-y'hee binso'a ha-aron va-yomer Moshe

And it came to pass when the ark would travel that Moses said:

קוּמָה יְהוָה, וַיִּפְצוּ אִיבֶיךָ, וַיִּנָּסוּ מִשְׁנֵאֶיךָ מִפְּנֶיךָ:

Kumah Adonai v'ya-futzu oh-y'vecha v'ya-nusu m'san-echa mi-panecha.

Arise, ADONAI, and Your enemies will be dispersed and Your foes will flee before You.

(d) כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר יְהוָה מִירוּשָׁלַיִם:

Kee mitziyon taytzay Torah oo-d'var Adonai mee-roosha-layim.

For out of Zion shall go forth the teaching and the word of the HOLY ONE from Jerusalem.

And many peoples will go and say;

"Come let us go up to the Holy Mountain to the house of the God of Jacob.

And we will learn the way, and we will walk in Your paths."

בְּרוּךְ שָׁנַתְּנוּ תוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:

Baruch sheh-natan Torah l'amo Yisra'ayl bik-dushato.

Blessed is the HOLY ONE who gave the Torah to the people Israel.

"As for Me, this is My covenant with them," says ADONAI:

"My spirit and the words I have placed in your mouth will not depart from you nor from your children  
nor from your children's children from this time and forever."

We are the servants of the HOLY BLESSED ONE, whom we revere and whose Torah we revere at all times.

Not upon human beings do we rely, not upon angels do we depend, but upon the God of Eternity,  
the God of Truth, whose Torah is truth, whose prophets spoke truth,  
and Who abounds in deeds of goodness and truth.

In this God do we put our trust; to whose holy and precious being do we utter praise.

Open our hearts to Your Torah.

Answer our prayers and the prayers of all Your people Israel,  
and the prayers of Your people from every nation,  
for goodness, for life, and for peace. Amen.

(from the Zohar)

בְּרִיךְ שְׁמָה דְּמָרָא עֲלֵמָא. בְּרִיךְ כְּתָרָה וְאַתְרָה.

יְהֵא רַעוּתָה עִם עַמָּךְ יִשְׂרָאֵל לְעֵלַם,

וּפְרָקוֹן יְמִינָה אַחְזִי לְעַמָּךְ בְּבֵית מִקְדָּשְׁךָ וּלְאַמְטוּי לָנָא מְטוֹב נְהוּרָה,

וּלְקַבֵּל צְלוֹתָנָא בְּרַחֲמִין.

יְהֵא רַעוּא קְדָמָךְ דְּתוֹרִיךְ לֹן חַיִּין בְּטִיבוּתָא...

...בֵּיה אָנָּא רַחֲמִין. וְלִשְׁמָה קְדִישָׁא יְקִירָא אָנָּא אִמַּר תְּשַׁבְּחֵן.

I place my trust in God, and to the holy, honored Name I speak out praises.

יְהֵא רַעוּא קְדָמָךְ דְּתַפְתַּח לְבָאִי בְּאוֹרֵיתָא

May it be Your will to open my heart to Torah,

וְתַשְׁלִים מְשָׁאֲלִין דְּלְבָאִי.

and to complete the yearnings of my heart,

וּלְבָא דְּכָל עַמָּךְ יִשְׂרָאֵל. לְטֹב וּלְחַיִּין וּלְשָׁלָם:

and the heart of all Your people Israel for goodness, for life, and for peace.



**(2) The Shema**

*An honoree holds the Torah, faces congregation, and chants alone; congregation repeats first two lines:*

**שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.**

**Sh'ma Yisra'ayl Adonai Elohaynu Adonai echad**

Hear O Israel, the Eternal is our God, The Eternal is One.

*Honoree chants alone; congregation repeats:*

**אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ שְׁמוֹ.**

**Echad Elohaynu gadol Adonaynu kadosh sh'mo.**

One is our God, great is our Master, whose Name is One.

*Honoree turns to face ark, bends knees, bows, and chants alone:*

**גִּדְּלוּ לַיהוָה אֱתִי, וְנִרְמְמָה שְׁמוֹ יַחְדָּו.**

**Gadlu l'Adonai itee oo-n'ro-m'mah sh'mo yachdav.**

Declare God's greatness with me, and together we will exalt God's Name.

**(3a) Torah Procession**

**לֵךְ יְהוָה הַגְדֵּלָה וְהַגְבוּרָה וְהַתְפָּאֶרֶת וְהַנִּצָּח וְהַהוֹד,**

**L'chah Adonai, hag'dulah v'hag'vurah v'hatif'eret, v'ha-naytzach v'hahod.**

**כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ:**

**Kee chol ba-shamayim oo-va-aretz.**

**לֵךְ יְהוָה הַמְּמַלְכָּה וְהַמְתַּנְשֵׂא לְכָל לְרֹאשׁ:**

**L'chah Adonai ha-mam-lachah v'ha-mit-nasay l'chol l'rosh.**

**רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהַשְׁתַּחֲוּוּ לְהָדוֹם**

**Rom'mu, rom'mu, Adonai Elohaynu, v'hish-tachavu, v'hish-tachavu la-ha-dome**

**רַגְלֵיו קְדוֹשׁ הוּא:**

**rahg-lahv kadosh hu.**

**רוֹמְמוּ יְהוָה אֱלֹהֵינוּ, וְהַשְׁתַּחֲוּוּ לֵהָר קֹדֶשׁ,**

**Rom'mu, rom'mu, Adonai elohaynu, v'hish-tachavu, v'hish-tachavu, l'har kodsho,**

**כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ:**

**kee kadosh Adonai Elohaynu.**

**אֵב הַרְחֵמֵם, הוּא יִרְחֵם עִם עַמּוּסִים, וְיִזְכּוֹר בְּרִית אֵיתָנִים, וְיַצִּיל נַפְשׁוֹתֵינוּ מִן הַשָּׁעוֹת הָרָעוֹת,  
(וְיַגְדֵּר בְּיָצָר הָרַע מִן הַנְּשׂוּאִים, וְיַחֲוֹן אֶתְנוּ לְפָלִיטָה עוֹלָמִים, וְיַמְלֵא מַשְׁאֲלוֹתֵינוּ בְּמִדָּה טוֹבָה יְשׁוּעָה וְרַחֲמִים:**

**(3b) A Processional Chant**

*(Isaiah 27:13 Music by Shlomo Carlebach)*

**וְהָיָה בַּיּוֹם הַהוּא יִתְקַע בְּשׁוֹפָר גָּדוֹל**

**And it shall come to pass in that day, that the great shofar shall be blown,**

**...וּבָאוּ הָאֲבָדִים בְּאֶרֶץ אַשּׁוּר וְהַנִּדְחִים בְּאֶרֶץ מִצְרַיִם**

**And those shall come who were lost in the land of Assyria,**

**and those who were lost in the land of Egypt,**

**וְהַשְׁתַּחֲוּוּ לַיהוָה בְּהַר הַקֹּדֶשׁ בִּירוּשָׁלַיִם:**

**and shall worship Adonai in the holy mount in Jerusalem.**

*The person who calls the first honoree or group to the Torah chants the following:*

וַיַּעֲזֹר וַיִּגָּן וַיּוֹשִׁיעַ לְכָל הַחוֹסִים בּוֹ, וְנֹאמַר אָמֵן.  
הַכֹּל הָבוּ גִדּוֹל לְאַלְהֵינוּ וְתִנּוּ כְבוֹד לַתּוֹרָה:

Everyone declare the greatness of our God and give honor to the Torah  
For all honorees being called to the Torah:

יַעֲמֹד/תַּעֲמֹד/יַעֲמְדוּ בֶן/בֵּת \_\_\_\_\_ (הַכֹּהֵן) לְעֵלְיָה  
[הָרִאשׁוֹנָה, הַשְּׁנִיָּת, הַשְּׁלִישִׁית, הָרְבִיעִית,  
הַחֲמִישִׁית, הַשִּׁשִּׁית, הַשְּׁבִיעִית, לְהוֹסֵפָה/לְמַפְטִיר]

*Reader chants:*

בָּרוּךְ שָׁנַתָּן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ

Baruch shena-tan Torah l'amo Yisra'ayi bik-dushato.

Blessed is the HOLY ONE who gave the Torah to the people Israel.

*Group chants:*

וְאַתֶּם הַדֹּבְקִים בִּיהוָה אֱלֹהֵיכֶם, חַיִּים כָּלְכֶם הַיּוֹם

V'atem ha-d'vaykeem ba-Adonai Elohay-chem, chayeem kul-chem ha-yom

You who cling to ADONAI are all alive this day!

#### (4) Torah Blessings

*:When called to the Torah you chant the following*

(A) בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ:

Ba-r'chu et Adonai ha-m'vorach.

Blessed is the CREATOR, the SOURCE of blessing.

*The congregation chants this second line. You repeat second line after the congregation:*

(B) בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Baruch Adonai ha-m'vorach l'olam va-ed.

Blessed is the CREATOR, the SOURCE of blessing forever and ever.

*You chant the following alone:*

(C) בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Elohaynu Melech ha-olam

Blessed are You, HOLY ONE, our GOD, RULER OF THE UNIVERSE.

אֲשֶׁר בָּחַר בָּנוּ (עִם כָּל or מִכָּל) הָעַמִּים

asher bachar banu (im kol or mi-kol) ha-ameem

You have chosen (with all or from all) peoples

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ: בָּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה:

v'natan lanu et torato. Baruch Atah Adonai notayn hatorah.

and gives us Torah. Blessed are You, ADONAI, Giver of the Torah.

*After the Torah is read you chant this blessing alone:*

**בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, (ס)**

Baruch Atah Adonai Elohaynu Melech ha-olam  
Blessed are You, ADONAI, our GOD, RULER OF THE UNIVERSE.

**אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,**

asher natan lanu torat emet  
You have given us a Torah of Truth,

**וְחַיֵּי עוֹלָם נִטָּע בְּתוֹכֵנוּ: בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:**

V'cha-yay olam nata b'tochaynu. Baruch Atah Adonai notayn ha-Torah.  
and implanted eternal life within us. Blessed are You, ADONAI, Giver of the Torah.

*When a book of the Torah is completed the congregation rises and chants together:*

**(E) חֲזַק חֲזַק וְנִתְחַזֵּק**

Chazak, chazak v'nit-hazake  
Strength to strength we go in strength

### **(5) Birkat Hagomayl**

*Those who have safely completed a major journey, recovered from a serious illness, or have been released from captivity recite the following:*

**בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,**

Baruch Atah Adonai Elohaynu Melech ha-olam  
Blessed are You SOURCE of RESCUE, our GOD, RULER OF THE UNIVERSE

**הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת, שֶׁגָּמְלָנִי כָּל טוֹב:**

ha-gomayl l'chayaveem tovot she-g'mala-nee kol tov  
Who grants goodness to the unworthy. Who has bestowed every goodness upon me.

*The congregation responds:*

**מִי שֶׁגָּמְלָךְ כָּל טוֹב, הוּא יְגַמְלָךְ כָּל טוֹב סֵלָה.**

Mee she-g'malcha kol tov. Hu yi-g'malcha kol tov selah.  
May the ONE Who bestows all good, bestow all goodness to you, selah!

Reb Shlomo asks, "Do you know the difference between a restaurant and a hospital? In a restaurant, there is one menu, and everybody eats the same food. In a hospital, everybody gets different medicine made especially for them. Torah is the same. God makes it special, just for you!"

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai Elohaynu Melech ha-olam,  
Blessed are You ADONAI our GOD, SOVEREIGN of all time and space

שְׁפַטְרָנִי מֵעֲנֹשׁ (הִלְזָהּ for a bar mitzvah) (הִלְזָאת) for a bat mitzvah)

sheh-p-ta-rani may-onesh (ha-la-zeh or ha-la-zote)

Who has released me from the consequences of my (son's or daughter's) actions.

## (12) Returning Torah to Her Ark

*Please stand*

(A)

יְהַלְלוּ אֶת שֵׁם יְהוָה, כִּי נִשְׁגָּב שְׁמוֹ לְבָדּוֹ

Y'ha-l'lu et shem Adonai, kee nishgav sh'mo l'vadoe

Let us praise the Name of ADONAI, whose Name alone is exalted.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם: וַיֶּרֶם קֶרֶן לְעַמּוֹ

Hodoe al eretz v'shamayim va-yarem keren l'amo

God's splendor covers heaven and earth, the strength of our people,

תְּהַלֶּה לְכָל חֲסִידָיו לְבְנֵי יִשְׂרָאֵל עִם קָרְבּוֹ הִלְלוּיָהּ:

T'hilah l'chol chaseedav livnay Yisra'ayl am k'rovo. Ha-l'luyah

making glorious Israel, the faithful ones. Hallelu YAH.

*Psalm 29 (page 145) may be read here, or chant:*

The whole Torah exists only to establish peace.

Her highest teaching is love and kindness.

As Rabbi Akiva said, "What is hateful unto you, do not do to any person"

and as Torah commands, "You shall love your neighbor as yourself."

Her ultimate vision is of a unified humanity where all people

will worship the one Source of Being, each in his or her own way.

As it is written, "I will bring them to My holy mountain;

I will cause them to rejoice in My house of prayer.

My house will be called a house of prayer for all people."

May it be so in our time. Amen!

(B)

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתוֹמְכֶיהָ מְאֻשָּׁר:

Aytz chayeem hee lama-chazee-keem bah, v'toe-m'che-ha m'ooshar

She is a tree of life to those who hold fast to Her, and all Her supporters are happy.

דְּרָכֶיהָ דְּרָכֵי נֹעֵם, וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם:

D'ra-che-ha darchay no-am v'chol n'teevo-teh-ha shalom

Her ways are ways of pleasantness and all Her paths are peace.

(C)

הַשִּׁיבֵנוּ יְהוָה אֵלֵינוּ וְנָשׁוּבָה חֲדָשׁ יִמֵּינוּ כְּקֶדֶם:

Hasheevaynu Adonai aylecha v'nashuva. Chadaysh yamaynu k'kedem.

Return us to You ADONAI and we shall be returned. Renew our days to purity.

**(6) Merger: A Vision of the Future**

(by Judy Chicago)

Zaslow page 220

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

**(13b) Yavo Shalom Alaynu**

(music and lyrics by Moshe ben Ari of שבע Sheva)

Zaslow page 11

עוד יבוא שלום עלינו. עוד יבוא שלום עלינו  
 עוד יבוא שלום עלינו ועל כולם  
 סאלאם עלינו ועל כל העולם, סאלאם, סאלאם

Ode Yavo shalom alaynu. Ode yavo shalom alay-nu.

Ode Yavo shalom alaynu v'ahl kulam. Salaam alaynu v'ahl kol ha-olam. Salaam, salaam

## 27. Mourner's Kaddish

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ,

Yit-ga-dal v-yit-ka-dash sh'may rabba, b'alma dee v'ra chir-ootay

Magnified and sanctified be God's great Name in the world created according to Divine Will.

וַיְמַלִּיךָ מַלְכוּתָהּ בְּתַיִּיכוֹן וּבְיוֹמֵיכוֹן

V'yam-leech mal-chu-tay, b'cha-yay-chone oo-v'yomay-chone

And may the HOLY ONE rule the Kingdom in your lifetime and in your days

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא וּבְזִמָּן קָרִיב וְאִמְרוּ אָמֵן

Oo-v'cha-yay de-chol bayt Yisrael ba-agala oo-viz-man kareev v'im-roo, Amayn.

And in the lifetime of the entire house of Israel, speedily and in the near future, and let us say Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עָלְמַיָּא

Y'hay sh'may rabba miva-rach l'alam ool-al-may al-maya.

May God's great Name be blessed forever and for all eternity.

יְתַבְּרַךְ וַיְשַׁתַּבַּח, וַיְתַפְּאֵר וַיְתַרְוֶמֶם וַיְתַנְשֵׂא

Yitba-rach v'yishta-bach v'yitpa-ar v'yitro-mam v'yitna-say,

Blessed and praised, glorified, exalted, and uplifted,

וַיְתִהְדָּר וַיְתַעֲלֶה וַיְתַהַלֵּל שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא

v'yit-hadar v'yit-aleh v'yitha-lall sh'may d'k-oo-d'sha b'reech-hu.

be the Name of the blessed HOLY ONE

לְעֵלְא מִן כָּל בִּרְכָתָא וְשִׁירָתָא, תְּשַׁבְּחָתָא

Le-ayla min kol bir-chata v'shee-rata toosh-b'chata

honored, elevated, and extolled above all the blessings, hymns, praises

וּנְחֻמָּתָא, דְּאִמְרוּ בְּעֶלְמָא, וְאִמְרוּ אָמֵן

V'neh-che-mata da-amee-ran b'alma ve-imru, Amayn.

and consolations which we utter in the world. And let us say Amen.

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

Y'hay sh'lama rabba min sh'maya v'cha-yeem alaynu v'al kol Yisra'ayl v'im-roo, Amayn.

May there be abundant peace from heaven and life for us and all Israel, and let us say, Amen.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,

Oseh shalom bimro-mav hoo ya-aseh shalom alaynu v'al kol Yisra'ayl

May the ONE who makes peace in the heavens make peace for all of us, and for all of Israel,

וְעַל כָּל יוֹשְׁבֵי תֵבֵל, וְאִמְרוּ אָמֵן

v'ahl kol yoshvay tayvayl, v'im-roo, Amayn.

and for the whole world, and let us say Amen.



## Sephardic Kaddish in Ladino

## בריד שמה

Bendicho su nombre de el sinior de el mundo, bendicha su corona y su lugar, sea su voluntad con su Pueblo Israel para siempre, y rezgate de tu derecha, amostra a tu pueblo en casa de tu santidad, y para contrayer a nos, de buendad de tu claridad, y por recibir nuestras tefiloth con piadades, sea voluntad delante de ti, que alarges a nos vidas con bien, y por seer nosotros tus siervos, guadrados entre los justos, por apiadar a nos, y por guardar a nos, y a todo lo que a nos, y lo que a tu pueblo Israel.

Tu sos que mantienes a todos, y governas a todos, tu sos que podestas sovre lo todo, tu sos que podestas sovre los reyes, y el reynado tuyo es, nosotros somos esclavos del santo bendicho el, que nos omilliamos delante de el, y delante onra de su ley, en cada ora y ora, non sovre varon mos enfeuziamos, y no sovre angeles de los cielos mos asufrimos, salvo en el dio de los cielos, que el es dio de verdad, y su ley verdad, y sus profetas verdad, y muchigua por azer bienes y verdades, en el mosotros mos enfeuziamos, y a su nombre el preciado el santo, nosotros dicimos alavaciones, sea voluntad delante de ti, que avras nuestros corazones en tu ley, y cumplas demandas de nuestros corazones, y corazon de tu pueblo Israel, por bien y por vidas y por pas, Amen.

KADDISH YATOM /  
THE MOURNERS' KADDISH

*Reader:* Let God's name be made great and holy in the world that was created as God willed. May God complete the holy realm in your own lifetime, in your days, and in the days of all the house of Israel, quickly and soon. And say: Amen.

*Congregation:* May God's great name be blessed, forever and as long as worlds endure.

*Reader:* May it be blessed, and praised, and glorified, and held in honor, viewed with awe, embellished, and revered; and may the blessed name of holiness be hailed, though it be higher than all the blessings, songs, praises, and consolations that we utter in this world. And say: Amen.

May Heaven grant a universal peace, and life for us, and for all Israel. And say: Amen.

May the one who creates harmony above, make peace for us and for all Israel, and for all who dwell on earth. And say: Amen.

## קדיש יתום

יתגדל ויתקדש שמה רבא בעלמא די ברא כרעותה וימליך מלכותה בחייכון וביומיוכון ובחיי דכל בית ישראל בעגלא ובזמן קריב ואמרו אמן:

יהא שמה רבא מברך לעלם ולעלמי עלמיא:

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתהדר ויתעלה ויתהלל שמה דקדשא בריך הוא

לעלא מן כל ברכתא ושירתא תשבחתא ונחמתא דאמרו בעלמא ואמרו אמן:

יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל ואמרו אמן: עושה שלום במרומו הוא יעשה שלום עלינו ועל כל ישראל ועל כל יושבי תבל ואמרו אמן:

*Reader:* Yitgadal veyitkadash shemey raba  
be'alma divra hirutey veyamliḥ malḥutey  
beḥayeyḥon uvyomeyḥon uvḥayey deḥol beyt yisra'el  
ba'agala uvizman kariv ve'imru amen.

*Congregation:* Yehey shemey raba mevarah le'alam ulalmey almay.

*Reader:* Yitbarah veyishtabah veyitpa'ar veyitromam  
veyitnasey veyit-hadar veyitaleḥ veyit-halal  
shemey dekudsha berih hu  
le'ela min kol birḥata veshirata  
tushbeḥata veneḥemata da'amiran be'alma ve'imru amen.

Yehey shelama raba min shemaya veḥayim aleynu ve'al kol yisra'el ve'imru amen.

Oseh shalom bimromav hu ya'aseh shalom aleynu ve'al kol yisra'el ve'al kol yoshvey tevel ve'imru amen.

## (4) Adon Olam

(by Solomon Ibn Gabirol. Music by Michael Shapiro)  
Try singing to the melody of Shendoah, Amazing Grace,  
or any other melody that fits.

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטֶרֶם כָּל יִצְיֵר נִבְרָא.

Adon olam asher malach, b'terem kol yitzeer nivra.

MASTER of the Universe who reigned before any creature was created

לֵּעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

L'ate na-asah b'chef-tzo kol, ah-zye Melech s'hmo nikra.

At the time when all was made by Divine Will, then was God's Name called SOVEREIGN.

וְאַחֲרֵי כָּל־לֹחַ הַכֹּל, לְבַדּוֹ יִמְלֹךְ נֹרָא.

V'ah-charay kich-lothe ha-kol, l'vado yim-loch no-ra:

And after all things will cease to be, the AWESOME ONE will reign alone

וְהוּא הָיָה, וְהוּא הָיָה, וְהוּא יִהְיֶה, בְּתִפְאָרָה.

V'hu ha-yah v'hu ho-veh, v'hu yi-h'yeh b'tif-arah.

Who was, Who is, and Who shall be in beauty.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

V'hu echad v'ayn shay-nee l'ham-sheel lo l'hach-bee-rah,

Who is ONE, Who has no comparison to which we can associate.

בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלֹו הָעוֹז וְהַמְשָׁרָה.

B'lee ray-sheet b'lee tach-leet, v'lo ha-oze, v'ha-mis-rah.

Without beginning and without end, power and dominion are God's.

וְהוּא אֵלִי וְחִי גֹאֲלִי, וְצוּר חֲבָלִי בַּעַת צָרָה.

V'hu aylee v'chai go-alee, v'tzoor chev-lee b'ate tza-rah.

YAH is my God and my living REDEEMER, the ROCK of my destiny in times of distress.

וְהוּא נֹסִי וּמְנוּס לִי מִנֶּת כּוֹסִי בְּיוֹם אֶקְרָא.

V'hu ni-see oo-manos lee. m'nat ko-see b'yom ekra.

GOD is my flag and my refuge; the portion of my cup on the day I call.

בִּידּוֹ אֶפְקִיד רוּחִי, בַּעַת אִישָׁן וְאַעִּירָה.

B'yado afkeed ru-chee b'ate ee-shan v'ah-ee-rah.

Into God's hands I entrust my soul, when I sleep and when I awaken.

וְעִם רוּחִי גִוִּיתִי, יְהוֹה לִי וְלֹא אִירָא.

V'im ru-chee g'vee-yatee. Adonai lee v'lo ee-ra.

As with my spirit my body too. ADONAI is with me, I shall not fear.

## (5) Adon Olam: Hymn or Responsive Chant

(by Rabbi Zalman Schachter-Shalomi)

You were cosmic LORD, YAH Malakh, before there even was a world  
Then Your will all things did make, YAH Melekh we call You now.  
Once when all things will cease to be YAH Yimlokh still true will be  
You were, You are, eternally resplendent to infinity.  
You alone, there are not two to join as friends, as lovers do.  
Beginningless and without end You keep all one by plan and strength.  
You are my GOD, REDEEMER, Life Protecting me in war, in strife.  
My holy haven and my flag, my cup of health for what I lack.  
Into Your hand I trust my breath, You breathe in me by night by day.  
My body is Your tool, Your gift. With You as mine I'm not afraid.

## (3) Yigdal: A Hymn or Responsive Chant (by Daniel Ben Yehudah. Adapted - Gates of Prayer)

Zaslow page 28

We praise You living God, forever praise Your Name.  
*Who was and is and is to be forever the same.*  
 The One Eternal God, before our world appears.  
*And there can be no end of time beyond HaShem's years.*  
 God is beyond all form. This we cannot comprehend.  
*The measure of God's love for us is without an end.*  
 Adonai is God of all. Creation speaks the Name.  
*The human race and all that lives, Divine Will obeys.*  
 God knows our every thought; our birth and death ordains.  
*God understands our fervent dreams, our hopes, and our pains.*  
 Eternal life God has implanted in our soul.  
*We dedicate our lives to God; God's way is our goal.*

יְגִדֵּל אֱלֹהִים חַי וְיִשְׁתַּבַּח, נִמְצָא, וְאֵין עֵת אֶל מְצִיאֹתוֹ

Yigdal eloheem chai, v'yishtabach, nimitza v'ayn ayt el m'tzee-oo-toe.

Exalted and praised is the Living God. Whose very being is not bound time

אֶחָד וְאֵין יַחֲיד כִּיחֻדּוֹ, נֶעְלָם, וְגַם אֵין סוֹף לְאַחֲדוּתוֹ

Echad v'ayn yacheed k'yichudoe, neh-ih-lam v'gam ayn sof l'akh-dootoe.

God is One - and there's no unity like Hers - Mysterious and infinite is His Oneness

אֵין לוֹ דְמוּת הַגּוּף וְאֵינוֹ גּוּף, לֹא נִעְרֹךְ אֵלָיו קִדְשָׁתוֹ

Ayn lo d'moot hagoof v'ayno goof, lo na-aroach aylav k'dushatoe.

She has no semblance of body nor is He physical - nor is Its holiness at all comparable

קִדְמוֹן לְכָל דָּבָר אֲשֶׁר נִבְרָא, רֵאשׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ

Kadmon l'chol davar asher nivra, rishon v'ayn raysheet l'raysheetoe.

He preceded every being that was created - the First, and nothing precedes Its precedence

הֵנוּ אֲדוֹן עוֹלָם, לְכָל נֹצֵר. יוֹרֵה גְדֻלָּתוֹ וּמַלְכוּתוֹ

Hino Adon Olam l'chol notazr, yoreh g'dulato oo-malchutoe.

Behold! He is Master of the worlds to all that exists. She demonstrates greatness and sovereignty

שָׁפַע נְבוֹאָתוֹ נִתְּנוּ, אֶל אַנְשֵׁי סְגוּלָתוֹ וְתַפְאֲרָתוֹ

Shefa n'vu'ah to n'tano, el anshay s'gulato v'tif-artoe.

He granted flow of prophecy - to the treasured, beautiful people;

לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד, נָבִיא וּמַבִּיט אֶת תְּמוּנָתוֹ

Lo kam b'yisra'ayl k'Moshe ode, navee oo-mabeet et t'mu-natoe.

In Israel, none like Moses arose again - a prophet who perceived God's vision clearly

תּוֹרַת אֱמֶת נָתַן לְעַמּוֹ, אֵל, עַל יַד נְבִיאָיו נֶאֱמַן בֵּיתוֹ

Torat emet natan l'amo ayl, al yad n'vee'o neh-eman baytoe.

God gave His people a Torah of truth - by the prophet, the most faithful of Her house

לֹא יַחֲלִיף הָאֵל וְלֹא יִמָּר דָּתוֹ. לְעוֹלָמִים, לְזוּלָתוֹ

Lo ya-chaleef ha-ayl v'lo yameer dato, l'olameem l'zulahtoe.

God will never amend nor exchange knowledge - for any other one, forever;

צוּפֶה וְיוֹדֵעַ סִתְרֵינוּ, מִבֵּית לְסוֹף דָּבָר בְּקִדְמָתוֹ

Tzofeh v'yoday'ah s'taraynu, mabeet l'sofe davar b'kadma-toe.

He searches and knows our innermost secrets and perceives a matter's end at its start

גּוֹמֵל לְאִישׁ חֶסֶד כְּמַפְעָלוֹ, נוֹתֵן לְרָשָׁע רַע כְּרִשְׁעָתוֹ

Gomayl l'eesh hesed k'meef-ah-lo, notayn l'rasha ra k'risha-toe.

She gives kindness to fit to our deeds, and to the wicked according to their deeds

יִשְׁלַח לְקֶץ הַיָּמִין מְשִׁיחֵנוּ, לְפָדוֹת מִחֲכֵי קֶץ יְשׁוּעָתוֹ

Yishlach l'kaytz ha-yameen m'shee-chaynu, lif-dote m'cha-kay kaytz y'shu'atoe.

By the End of Days Messiah will be sent to redeem those longing for salvation;

מֵתִים יַחֲיֶה אֵל בְּרוּב חֶסֶדּוֹ, בְּרוּךְ עֲדֵי עַד שֵׁם תְּהִלָּתוֹ

Mayteem y'chayeh ayl b'rov hasdo, barukh ah-day ahd shem t'hilahtoe.

God will revive the dead in His abundant kindness - Praised forever is Her blessed Name

# Citations

Unless otherwise noted, the prayer texts come from:

*Ivdu Et Hashem B'Simcha, Serve the Holy One with Joy*

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