

## Beshallach

*Hareyni m'kabeyl alai et mitzvat ha-borey*

*V'ahavta l'reyacha kamocha* (Leviticus 19:18)

Behold I am ready to accept upon myself, the instruction of the creator  
You shall love your fellow person as yourself

עֲזִי וְזִמְרַת יְהוָה וְיִהְיֶה לִּי לִישׁוּעָה

*Ozi v'Zimrat Yah Vayahi li lishuah* (Psalm 118:14 and Exodus 15:2)

My Strength (balanced) with the Song of God will be my salvation.

וְנָהָר יֵצֵא מֵעֵדֶן לְהַשְׁקוֹת אֶת הַגָּן

*V'nahar yotzei me'Eden, l'hashkot et haGan.* (Genesis 2:10)

A river comes forth from Eden to water the garden.

שִׁירוּ לַיהוָה כָּל הָאָרֶץ בַּשָּׁרׁוּ מִיּוֹם אֶל יוֹם יְשׁוּעָתוֹ

*Shiru Ladonay kol ha'aretz, Ba's'ru mi'yom eyl yom y'shuato*

*Shiru la'shechina kol ha'aretz, Ba's'ru mi'yom eyl yom y'shuata*

*Hallelu, Hallelu, Hallelu, Hallelu, Hallelu, HalleluYah!*

(Chronicles 16:23, Psalm 96)

Sing to the Yah, all the Earth, Announce His Salvation daily!

Sing to the Indwelling Divine Presence, Announce Her Salvation daily!

Praise Yah!

אֱלֹהֵינוּ יי שְׁמֶךָ אֶת תְּבַרְךָ, חַי כָּל נְשָׁמַת .

*Nishmat kol chai, t'vah-raych et shim-chah, HaVaYah Elohaynu*

The Neshama (soul) of all life praises your Name,  
that Compassion aspect, our God

אֶהְבְּתֶנוּ רַבָּה אֶהְבָּה

*Ahavah rabbah ahavtanu*

with boundless love You have loved us

*Shma yisra'el havaya/adonai elohainu havaya/adonai echad*

Listen! you who struggle with the Infinite,  
the Ground of Being is Oneness and that is our God

V'AHAVTA et Adonai Elohecha,  
b'chol l'vav'cha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu had'varim ha-eileh  
asher anochi mitzavcha hayom al  
l'vavecha. V'hinastam l'vavecha v'dibarta  
b'am b'bhiv'cha b'veitecha uv'lechl'cha  
vaderech uv'hochl'cha uv'kumecha.  
Ukhasrtam l'ot al yadecha v'hayu  
frontot bein einocha. Uchitavtam  
al miznot beitecha uvsh'arecha.

וְאֶהְבֵת אֶת יי אֱלֹהֶיךָ  
בְּכָל לֵבָבְךָ וּבְכָל נַפְשְׁךָ וּבְכָל  
מַאֲדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
אֲשֶׁר אֲנֹכִי מִצְוֶה הַיּוֹם עֲלֶיךָ  
לְבָבְךָ: וּשְׂנֵאתֶם לְבָבְךָ וְדַבַּרְתֶּם  
בְּאָמְךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:  
וּקְשַׁרְתֶּם לְאוֹת עַל יָדְךָ וְהָיוּ  
לְטִטּוֹת בֵּין עֵינֶיךָ: וְכִתַּבְתֶּם  
עַל מִזְוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

עָלִי בְּאֵר עֲנֹדָה

*Ali v'er ehnu-lah* (Bamidbar 21:17)

Rise up, Oh Well, Chant Her up

*Ana Eyl Na R'fa na la*

Heal our bodies, Open our hearts, Awaken our minds

*E'h'yeh*

לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדַי

*L'takayn Olam b'malchut Shaddai*

Healing the World through the Majesty of Nurture (Alaynu)