

The Am Koleh
Shabbat Morning Siddur



עשה שלום במרומו הוא יעשה שלום עלינו

*The Am Kolel
Shabbat Morning Siddur*

Am Kolel Jewish Renewal Community
of
Greater Washington

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INTRODUCTORY SELECTIONS

Modeh / Modah Ani l'Fane'kha

Ruakh Khai v'Kayam

Sheheh-khezarta Bi Nishmati, b'Khemlah

Rabah Emunatekha.

I give thanks to the living God for faithfully
returning my soul to me.

מוֹדָה\מוֹדָה אֲנִי לְפָנֶיךָ
רוּחַ חַי וְקַיִם,
שֶׁהֲחַזַּרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה
רַבָּה אֱמוּנָתְךָ.

Ma Tovu Ohalekha Yaakov,

Mishk'notekha Yisrael.

How good are your tents, Jacob,
your sacred dwelling places, Israel.

מָה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב,
מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Barukh Atah Adonai

Eloheynu Melekh ha'Olam

Asher Kid'shanu b'Mitzvotav

v'Tzivanu l'Hitatef baTzitzit.

Blessing to You, the Breath of Life,
the Majesty of the Universe,
sanctifying us with Mitzvot,
enveloping us with Tzitzit, glimpses of light.

בָּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Blessings to You, Yah Eloheynu,
the Majesty of the Universe,
forming the Human with wisdom,
creating numerous openings and closings,
arteries and vessels.

May it be revealed and known
before Your Throne of Glory
that if one of them be opened or closed
improperly, it would be impossible to
exist and to stand before You.

Barukh Atah Adonai,

Rofey Khol Basar, u-Mafli laAsot.

Blessings to You, Yah,
healing all flesh and doing wonders.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,
וּבָרָא בוֹ נְקָבִים וְנִקְבִּים,
חֳלוּלִים חֳלוּלִים.
גָּלוּי וְיָדוּעַ לְפָנֶיךָ כֶּסֶף כְּבוֹדְךָ
שֶׁאִם יִפְתָּח אֶחָד מֵהֶם,
אוֹ יִסָּתֵם אֶחָד מֵהֶם,
אֵי אֲפֹשֶׁר לְהִתְקַיֵּים וּלְעֲמֹד לְפָנֶיךָ.
בָּרוּךְ אַתָּה יְהוָה,
רוֹפֵא כָּל בָּשָׂר, וּמַפְלִיא לַעֲשׂוֹת.

INTRODUCTORY SELECTIONS

*Elohai, N'shama sheNatata Bi,
T'hora Hi.
Atah b'Rata,
Atah y'Tzar'ta,
Atah n'Fakh'ta Bi,
v'Atah m'Sham'ra b'Kir'bi,
v'Atah Atid Lit'lah miMeni,
u'l'Hakhazirah Bi Le'atid Lavo.
Kol Z'man she'ha'N'shama b'Kir'bi,
Modeh / Modah Ani l'Fanekha,
Adonai Elohai v'Elohey Avotai,
Ribon Kol haMa'asim,
Adon Kol haN'Shamot.
Barukh Atah Adonai,
haMakhazir N'shamot0 Lifgarim Meytim.*

אֱלֹהֵי, נִשְׁמָה שֶׁנָּתַתָּ בִּי
טְהוֹרָה הִיא.
אַתָּה בְּרַאתָהּ,
אַתָּה יָצַרְתָּהּ,
אַתָּה נִפְחַתָּהּ בִּי,
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי,
וְאַתָּה עֲתִיד לְטַלְּהָ מִמֶּנִּי,
וּלְהַחְזִירָהּ בִּי לְעֵתִיד לְבוֹא.
כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי,
מוֹדֶה (מוֹדָה) אֲנִי לְפָנֶיךָ,
יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,
רִבּוֹן כָּל הַמַּעֲשִׂים,
אֲדוֹן כָּל הַנְּשָׁמוֹת.
בָּרוּךְ אַתָּה יְהוָה,
הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים.

My God,
the Soul You have given me is pure.
You created her,
You formed her,
You breathed her into me,
and You watch her within me,
and You will take her from me,
and restore her to me in the future.
All the time that the Soul is within me,
may I offer thanks to You,
my God and the God of my ancestors,
Sage of all creation, Mentor of all Souls.
Blessings to You,
returning Souls to the lifeless.

INTRODUCTORY SELECTIONS

Ana b'Khoakh

G'dulat y'Min'kha

Tatir Tz'rurah.

Kabel Rinat Am'kha

Sag'veynu Tahareynu Nora.

Na Gibor Dorshey Yikhud'kha

k'Vavat Shamreym.

Barkhem Tahareym Rakhameym

Tzid'kat'kha Tamid Gamley.

Khasin Kadosh B'rov Tuv'kha

Nahel Adatekha.

Yakhid Gey'eh l'Am'kha P'ney

Zokh'rey K'dushatekha.

Shav'ateynu Kabel Ush'ma

Tz'akateynu Yodea Ta'alumot.

Barukh Shem K'vod Malkhuto l'Olam Vaed.

אָנא בִּכְוֹאֵךְ

גְּדֻלַּת יְמִינְךָ

תִּתִּיר צְרוּרָה.

קָבֵל רִנַּת עַמְּךָ

שֶׁגִּבְנוּ טַהֲרָנוּ נוֹרָא.

נָא גִבּוֹר דּוֹרְשֵׁי יַחֲוּדְךָ

כְּבַבַּת שְׁמֶרֶם.

בְּרַכֵּם טַהֲרֶם רַחֲמֶם

צִדְקַתְךָ תָּמִיד גָּמְלֶם.

חֲסִין קָדוֹשׁ בְּרוּךְ טוֹבְךָ

נָהַל עֲדַתְךָ.

יַחֲדִיד גֵּאָה לַעֲמֶךָ פְּנֵה

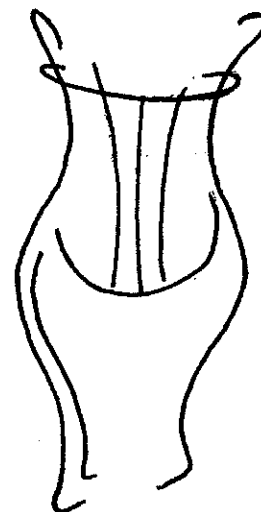
זוֹכְרֵי קִדְשֶׁתְךָ.

שׁוֹעֲתֵנוּ קָבֵל וּשְׁמַע

צַעֲקֹתֵנוּ יוֹדֵעַ תַּעֲלָמוֹת.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Please, with conviction,
the Strength of Your Justice,
release those who are bound.
Receive the joy of Your people,
lift us up and make us pure,
those seekers of oneness.
Protect Your children.
Bless them, purify them,
have compassion upon them always.
In holiness, with abundant goodness
guide Your flock.
Unify Your people, turning to those
who are mindful of Your holiness.
Receive our prayers and listen to our cries,
knowing all that is hidden.
Blessed is the honored Name,
God's Majesty is forever.



PSUKEY D'ZIMRAH—VERSES OF SONG

Barukh She'amar v'Hayah ha'Olam.

Barukh Hu. B'rukha Hi

Blessed is the One whose word
brought the world into being.

Barukh Hu

Blessed is the One who maintains creation.

B'rukha Hi

Blessed is the One who decrees and acts.

Barukh Hu

Blessed is the One who has compassion on the earth.

B'rukha Hi

Blessed is the One who rewards those respectful of life.

Barukh Hu

Blessed is the One who is Eternal.

B'rukha Hi

Blessed is the One who liberates and saves.

Barukh Hu

Blessed is the Life force.

Blessed is the Eternal Source of Being,
adorned with uplifting songs.

בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,

בָּרוּךְ הוּא. בָּרוּכָה הִיא.

בָּרוּךְ עֲשֵׂה בְּרֵאשִׁית,

בָּרוּךְ אוֹמֵר וְעֹשֶׂה,

בָּרוּךְ מְרַחֵם עַל הָאָרֶץ,

בָּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירֵאָיו,

בָּרוּךְ חַי לְעַד וְקַיָּים לְנֶצַח,

בָּרוּךְ פּוֹדֶה וּמַצִּיל,

בָּרוּךְ שְׁמוֹ.

בָּרוּךְ אַתָּה יְהוָה

אֵל מְהֻלָּל בַּתְּשַׁבְּחוֹת.

Rom'mu Adonai Eloheynu

v'Hishtakhavu l'Har Kaudsho

Ki Kadosh Adonai Eloheynu.

Acclaim the Source of life,
be humbled before the peaks of holiness.
For the Eternal, the Ineffable, our God, is sacred.

from Ps. 99

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ

וְהִשְׁתַּחֲווּ לְהַר קֹדֶשׁ

כִּי קָדוֹשׁ יְהוָה אֱלֹהֵינוּ.

Vihi Noam Adonai Eloheynu Aleynu

u-Ma'aseh Yadeynu Kon'nah Aleynu

u-Ma'aseh Yadeynu Kon'neyha.

And let your graciousness, Eternal One,
be upon us. May the work of our hands be
with good intention. May the work of our
hands be worthy.

from Ps. 90

וְיְהִי נֹעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ

וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ

וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָהּ.

Hodu La'Adonai Ki Tov Ki l'Olam Khasdo.

Give thanks to the Eternal, for creation is
good and lovingkindness endures forever.

Give thanks to ...

The God of gods,

The Mentor of mentors,

To the One alone performing wonders,

Who makes the heavens with insight,

Who expands the earth above the waters

Who makes the great lights,

The sun by day,

The moon and the stars by night,

Who strikes at oppression,

Who liberates the Soul-wrestling people,

Whose strength is awesome,

Who opens channels of birth,

Who guides Yisrael,

Who shakes off oppression,

Who leads the people on their journey,

Who strikes down high egos,

Who confronts the abuses of language

And of power and injustice,

And of inhumanity,

Who gives the earth as a sacred legacy,

A sacred legacy to Soul-wrestling people,

Who remembers us when we are down,

Who releases us from oppression,

Who provides sustenance for all.

Give thanks to the God of the heavens.

הודו ליהוה כי טוב,

כי לעולם חסדו.

הודו לאלהי האלהים

הודו לאדני האדנים

לעשה נפלאות גדלות לבדו

לעשה השמים בתבונה

לרוקע הארץ על המים

לעשה אורים גדלים

את השמש לממשלת ביום

את הירח וכוכבים

לממשלות בלילה

למכה מצרים בכוריהם

ויוצא ישראל מתוכם

ביד חזקה ובזרוע נטויה,

לגזר ים סוף לגזרים

והעביר ישראל בתוכו

ונער פרעה וחילו בים סוף

למוליך עמו במדבר

למכה מלכים גדלים

ויהרג מלכים אדירים

לסיחון מלך האמרי

ולעוג מלך הבשן

ונתן ארצם לנחלה נחלה

לישראל עבדו,

שבשפלנו זכר לנו

ויפרקנו מצרינו

נותן לחם לכל בשר

הודו לאל השמים

כי לעולם חסדו

כי לעולם חסדו

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PSUKEY D'ZIMRAH—VERSES OF SONG

Ran'nu Tzadikim ba'Adonai

Lay'Sharim Nava T'hila,

Hodu LaShem b'Khinor,

b'Nevel Asor, Zam'ru Lo.

Shiru Lo Shir Khadash,

Heytovu Nageyn biTruah.

May the righteous rejoice and the upright offer praise.

Give thanks to Life with a stringed instrument,

with the mutli-stringed Nevel offer song.

Sing to Life a New Song,

play well with sounds of joy.

Ps. 33:1-3

Nafsheyenu Khik'tah La'Adonai

Ezreyenu u-Magineynu Hu.

Ki Vo Yismakh Libeynu

Ki v'Sheym Kawdsho Vatakhnu.

Y'hi Khas'd'kha Adonai Aleynu

ka'Asher Yikhalnu Lakh.

Our soul waits for the renewing Breath of the

Creator in which we shall truly rejoice.

For we know we will be secure

within this realm of the Sacred One.

We wait and hope for Your love and care.

from Ps. 33

Mi haIsh heKhafetz Khayim

Ohev Yamim Lirot Tov.

N'Tzor Lishonkha Meyrah

u'Sfatekha miDaber Mirmah.

Sur Meyrah v'Asey Tov

Bakeysh Shalom v'Radfeyhu.

Who is the person who desires life?

Who loves life and wishes to see goodness?

You who hold your tongue from speaking harmful

words and your lips from speaking what is untrue.

Avoid wrongdoing, do good, seek peace,

and pursue it.

from Ps. 34

רָנְנוּ צַדִּיקִים בַּיהוָה

לְיִשְׁרָאֵל נְאֻה תְּהִלָּה

הוֹדוּ לַיהוָה בְּכִנּוֹר

בְּנֶבֶל עֲשׂוּר זַמְרוּ לוֹ.

שִׁירוּ לוֹ שִׁיר חֲדָשׁ

הֵיטִיבוּ נֶגֶן בְּתִרְוַעָה.

נַפְשֵׁנוּ חִכְתָּה לַיהוָה

עֲזְרֵנוּ וּמִגִּנְנוּ הוּא.

כִּי בּוֹ יִשְׂמַח לִבֵּנוּ

כִּי בְשֵׁם קֹדֶשׁ בְּטַחָנוּ.

יְהִי חֲסִדְךָ יְהוָה עָלֵינוּ

כַּאֲשֶׁר יִחְלֵנוּ לָךְ.

מִי הָאִישׁ הַחֹפֵץ חַיִּים

אֲהֵב יָמִים לְרֹאוֹת טוֹב.

נִצֵּר לְשׁוֹנֵךְ מֶרֶעַ

וּשְׁפָתֶיךָ מִדִּבֵּר מִרְמָה.

סוּר מֶרֶעַ וַעֲשֵׂה טוֹב

בְּקֶשׁ שָׁלוֹם וְרַדְּפֵהוּ.

PSUKEY D'ZIMRAH—VERSES OF SONG

Mizmor Shir l'Yom haShabbat.

Tov l'Hodot La'Adonai

u-l'Zamer l'Shinkha Elyon.

L'Hagid baBoker Khasdekha

ve-Emunatkha baLeylot.

A song for the Sabbath day.

It is good to give thanks to the Eternal One,
and to sing of Your Name on High,
to recount Your lovingkindness in the morning
and Your trustworthiness at night.

Ma Gadlu ma'Asekha Yah (Adonai)

M'od Amku Makh'sh'votekha.

How great are Your works, O God,
Your thoughts are very deep.

Tzadik kaTamar Yifrakh

k'Erez ba'L'vanon Yisgeh

Sh'tulim b'Veyt Adonai

b'Khatzrot Eloheyinu Yafrikhu.

Od Y'nuvun b'Seyvah,

D'sheynim v'Ra'ananim Yihyu,

l'Hagid Ki Yashar Adonai

Tzuri v'Lo Av'latah Bo.

A just person shall flourish like the palm tree,
like a cedar in Lebanon grow tall,
planted in the Eternal House,
in the Eternal Courtyard will flourish,
still fruitful in old age,
alive, vigorous and fresh,
declaring that God is upright,
my Rock in Whom there is no wrong.

verses from Ps. 92

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת.

טוֹב לְהוֹדוֹת לַיהוָה

וּלְזַמֵּר לְשִׁמְךָ עֲלִיּוֹן.

לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ

וְאֱמוּנָתְךָ בַּלַּיְלוֹת.

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה

מֵאֵד עֲמָקוֹ מַחְשְׁבֹתֶיךָ.

צַדִּיק כַּתָּמָר יִפְרַח

כְּאַרְז בַּלְבָּנוֹן יִשְׁגָּה

שְׁתוּלִים בְּבֵית יְהוָה

בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.

עוֹד יִנּוּבּוֹן בְּשִׁיבָה

דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ

לְהַגִּיד כִּי יָשָׁר יְהוָה

צוּרִי וְלֹא עוֹלָתָהּ בּוֹ.

*Ashrey Yashvey Veytekha,
Od y'Hal'ukha Selah.
Ashrei ha'Am sheKakha Lo,
Ashrei ha'Am she'Adonai Elohav.*

Those who dwell in Your house are happy;
they will praise You forever.
Happy are the people who know the Creator,
who honor the Eternal.

A Psalm of David,

I will glorify your name forever,

All the days will I praise you.
exalting your sacred Name forever.

Great is our Life Giver
and worthy of all praise.
The generations praise Your works,
recalling Your greatness.

The Source of Life is gracious and compassionate,
overflowing with loving kindness.
The Source of Being is our helper when we struggle,
and lifts us up when we stumble.

My mouth shall open to praise You:
let all living things praise the Sacred One,
throughout all time and space.

*Va'Anakhnu n' Varekh Yah,
Me'atah v'Ad Olam Hal'luyah.
We shall praise the Breath of Life
now and forever.
Halleluyah.*

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יְהַלְלוּךָ סֵלָה.
אַשְׁרֵי הָעָם שֶׁכָּכָה לוֹ,
אַשְׁרֵי הָעָם שֶׁיְהוָה אֱלֹהָיו.

תְּהִלָּה לְדוֹר,
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,
וְאֶבְרַכָּה שְׁמֶךָ לְעוֹלָם וָעֶד.
בְּכָל יוֹם אֶבְרַכְךָ,
וְאֶהַלֵּל שְׁמֶךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְהוָה וּמְהֵלָל מְאֹד,
וְלִגְדֻלָּתוֹ אֵין חֶקֶר.
דוֹר לְדוֹר יִשְׁבַּח מַעֲשֶׂיךָ,
וְגִבּוֹרֶיךָ יִגְדְּלוּ.

חֲנוּן וְרַחוּם יְהוָה,
אֶרֶךְ אַפִּים וְגֹדֵל חֶסֶד.
סוּמֶךָ יְהוָה לְכָל הַנִּפְלִים,
וְזוֹקֵף לְכָל הַכַּפּוּפִים.

תְּהִלַּת יְהוָה יִדְבַּר פִּי,
וַיְבָרֶךְ כָּל בֶּשָׂר שֵׁם קָדְשׁוֹ,
לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרַךְ יְהוָה,
מֵעַתָּה וְעַד עוֹלָם,
הַלְלוּיָהּ.

PSUKEY D'ZIMRAH—VERSES OF SONG

Hallelu Eyl b'Kawdsho

Halleluhu biR'kiah Uzo

Halleluhu biG'vurotav

Halleluhu k'Rov Gudlo

Halleluhu b'Teykah Shofar

Halleluhu b'Neyvel b'Khinor

Halleluhu b'Tof u'Makhol

Halleluhu b'Minim v'Ugav

Halleluhu b'Tziltz'ley Shamah

Halleluhu b'Tziltz'ley T'ruah

Kol haN'shamah t'Hahlel Yah!

Kol haN'shamah t'Hahlel Yah!

הָלְלוּ אֵל בְּקֹדֶשׁוֹ

הָלְלוּהוּ בְּרִקְיעַ עֲזוֹ

הָלְלוּהוּ בְּגִבּוֹרֹתָיו

הָלְלוּהוּ כְּרֹב גְּדֻלּוֹ

הָלְלוּהוּ בְּתִקְעַ שׁוֹפָר

הָלְלוּהוּ בְּנִבָּל וְכִנּוֹר

הָלְלוּהוּ בְּתֹף וּמַחֲוֹל

הָלְלוּהוּ בְּמִנִּים וְעָגָב

הָלְלוּהוּ בְּצִלְצְלֵי שִׁמֶּעַ

הָלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

כָּל הַנְּשָׁמָה תְהַלֵּל יְיָ הַלְלוּיָהּ.

כָּל הַנְּשָׁמָה תְהַלֵּל יְיָ הַלְלוּיָהּ.

Praise to God in Sacred Space

Praise the creation of the mighty skies,

Halleluyah for this natural might.

Halleluyah for such immense and infinite greatness.

Halleluyah! Give praise with the sound of the shofar.

Halleluyah! Express thanks with the sound of stringed instruments.

Halleluyah with drums and dance.

Halleluyah with bells and winds.

Let the entire soul-breath praise the Source of Life.

Let the whole soul be thankful.

Psalm 150

PSUKEY D'ZIMRAH—VERSES OF SONG

Nishmat Kol Khai t'Varekh
Et Shimkha Adonai Eloheynu.
 The soul of every living being
 shall bless Your presence.

נִשְׁמַת כָּל־חַי תְּבָרֵךְ
 אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ.

Ilu Finu Maleh Shira baYam,
u'l'Shoneynu Rinah kha'Hamon Galav,
v'Siftoteynu Sheva kh'Merkhavey Rakiya,
v'Eyneynu M'irot ka'Shemesh v'kha'Yareyakh,
v'Yadeynu F'rusot kh'Nishrey Shamayim,
v'Ragleynu Kalot k'Ayalot ...

אֱלֹהֵינוּ מָלֵא שִׁירָה בַּיָּם
 וְלִשְׁוֹנֵנוּ רִנָּה כְּהַמוֹן גָּלִיו
 וְשִׁפְתֹתֵינוּ שֶׁבַח כְּמִרְחֵבֵי רִקְיעַ
 וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וְכִיָּרָח
 וְיָדֵינוּ פְּרוֹשׁוֹת כְּנִשְׁרֵי שָׁמַיִם
 וְרַגְלֵינוּ קְלוֹת כְּאַיָּלוֹת ...

Eyn Anakhnu Maspikim l'Hodot l'Kha
Adonai Eloheynu v'Elohey Avoteynu
v'Imoteynu u'l'Varekh Et Sh'mekha
Al Akhat Meyalef Elef Al'fey Alafim
v'Ribey R'vavot P'amim ha'Tovot
She'asita Im Avoteynu
v'Imoteynu v'Imanu.

אֵין אֲנַחְנוּ מַסְפִּיקִים לְהוֹדוֹת
 לְךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
 וְאַמּוֹתֵינוּ וּלְבָרֵךְ אֶת שְׁמֶךָ
 עַל אַחַת מֵאַלְף אֶלְף אֱלֹפִי אֱלֹפִים
 וְרַבֵּי רַבְבוֹת פְּעָמִים הַטּוֹבוֹת
 שֶׁעָשִׂיתָ עִם אֲבוֹתֵינוּ
 וְאַמּוֹתֵינוּ וְעִמָּנוּ

If our mouths were filled with song
 like the sea,
 and our tongues with joy
 like the roaring of the waves,
 and our lips with praise
 like the breadth of the firmament,
 and were our eyes as radiant
 as the sun and the moon,
 and our hands outspread
 as the eagles of the sky,
 and our feet as light as the deer,
 we could never sufficiently thank You
 for the thousands of goodnesses
 You have bestowed upon our ancestors and upon us.

Garden of Shechina

Born from the earth
Breathed by the air
Healed in the water
Kindled with prayer.
I walk through the fiery sword of truth
And listen
With all my heart.

I am the Tree of Life
In the Garden of Shechina
Singing a psalm of wonder and love
Ki hi m'kor hab'rakha.

Adonai ekhad ush'mo ekhad
L'shem ul'tiferet v'lit'hila.
Adonai ekhad ush'mo ekhad
L'shem ul'tiferet v'lit'hila.

If Spirit is both
Woman and Man
Then Heaven and Earth
Dance hand in hand.
The balance of power
Restores inner light
As we enter
The Covenant of Peace.

We are the Tree of Life
In the Garden of Shechina
Singing a psalm of wonder and love
Ki hi m'kor hab'rakha.

Adonai ekhad ush'mo ekhad
L'shem ul'tiferet v'lit'hila.
Adonai ekhad ush'mo ekhad
L'shem ul'tiferet v'lit'hila.

Rabbi Hanna Tiferet Siegel



SHAKHARIT—THE MORNING SERVICE

Shokhen Ad Marom v'Kadosh Shmo.

V'Khatuv: Ran'nu Tzadikim ba'Adonai,

lai'Sharim Nava T'hila.

This majesty is ever present, lofty, and sacred.

So it has been written: "The righteous enjoy the
Eternal Presence, upright persons offer praise."

B'Fi Yesharim Titromam.

u-v'Divrey Tzaddikim Titbarakh.

U-vi'L'shon Khassidim Titkadash

u-v'Kerev Kedoshim Tithalal.

God is exalted by the speech of the upright,
blessed by the words of the just,
sanctified by the tongue of the caring,
and extolled by the nearness of saintly people.

U-v'Mak'halot Riv'vot Am'kha Beyt Yisrael

B'rinah Yit'pa'ar Shim'kha Mal'keynu

k'Khol Dor vaDor.

The Eternal's presence is celebrated with joyful
song in the assemblies of the people, the house
of Yisrael, for generations.

Shekeyn Tovat Kol haY'tzurim l'Fanekha

Eloheynu v'Elohey Avoteynu

l'Hodot l'Halel l'Shabeyakh

l'Faer l'Romem l'Hader l'Varekh u'l'Kales

Al Kol Div'rey Shirot v'Tishb'khot

David Ben Yishai Av'd'kha m'Shikhekh.

It is the duty of all those in Your Presence
to thank, extol, honor, bless, elevate and
acclaim You, to go beyond the lyrics and songs
of David.

שׁוֹכֵן עַד מָרוֹם וְקָדוֹשׁ שְׁמוֹ.

וְכָתוּב: רָנְנוּ צַדִּיקִים בִּיהוָה,

לְיִשְׂרָאֵל נְאֻמָּה תְהִלָּה.

בְּפִי יִשְׂרָאֵל תִּתְרַומָם.

וּבִדְבָרֵי צַדִּיקִים תִּתְבָּרַךְ.

וּבִלְשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ

וּבִקְרִיב קְדוֹשִׁים תִּתְהַלֵּל.

וּבִמְקַהֲלוֹת רַבּוֹת עִמָּךְ בֵּית יִשְׂרָאֵל

בְּרִנָּה יִתְפָּאֵר שְׁמְךָ מְלִכֵנוּ

בְּכָל דּוֹר וָדוֹר.

שֶׁכֶּן חוֹבֵת כָּל הַיְצוּרִים לְפָנֶיךָ יְהוָה

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ

לְהוֹדוֹת לְהַלֵּל לְשַׁבֵּחַ

לְפָאֵר לְרוֹמֵם לְהַדִּיר לְבָרֵךְ לְעֲלֶה וּלְקַלֵּס

עַל כָּל דְּבָרֵי שִׁירֹת וְתַשְׁבְּחוֹת

דָּוִד בֶּן יִשִּׁי עַבְדְּךָ מְשִׁיחְךָ.

SHAKHARIT—THE MORNING SERVICE

*Yishtabakh Shimkha La'ad Malkeynu
haEyl haMelekh haGadol v'haKadosh
baShamayim u-va'Aretz.*

Praised be Your Presence forever.
You are the majesty of the universe
and the holiness in time and space.

*Ki L'kha Naeh Adonai Eloheynu
v'Elohey Avoteynu,
Shir uSh'vakha Halel v'Zimrah,
Oz u'Memshalah, Netzakh, G'dulah u'G'vurah,
T'hilah v'Tiferet, K'dusha u'Mal'khut,
B'rakhot v'Hodaot meAtah v'Ad Olam.*

It is pleasing to sing and praise,
celebrate and proclaim
Your strength, grandeur and steadfastness.

*Barukh Atah Adonai,
Eyl Melekh Gadol ba'Tish'bakhot,
Eyl haHodaot, Adon haNif'laot,
haBokher b'Shirey Zimra,
Melekh, Eyl, Khey haOlamim.*

Barukh. Blessed is the Ancient Presence,
the life of the universe,
the majesty of nature,
worthy of celebration,
revealing wonders,
and delighting in joyful song.

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלִכְנו
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ
בְּשָׁמַיִם וּבָאָרֶץ.

כִּי לְךָ נֶאֱחָה יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
שִׁיר וּשְׂבַחָה הַלֵּל וְזִמְרָה,
עֹז וּמִמְשָׁלָה, נֶצַח, גְּדֻלָּה וּגְבוּרָה,
תְּהִלָּה וְתִפְאֶרֶת, קְדוּשָׁה וּמַלְכוּת,
בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם.

בָּרוּךְ אַתָּה יְהוָה,
אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת,
אֵל הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלְאוֹת,
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה,
מֶלֶךְ, אֵל, חֵי הָעוֹלָמִים.

SHAKHARIT—THE MORNING SERVICE

Half Kaddish

*Yitgadal v'Yitkadash Shmey Rabah,
b'Alma Divra Khirutey
v'Yamlikh Malkhutey
b'Khayeykhon u'v'Yomeykhon u'v'Khayey
d'Khol Beyt Yisrael
baAgalah u'Vizman Kariv. V'Imru: Ameyn.*

*Y'Hey Shmey Rabah m'Varakh
l'Alam u'l'Almey Almaya.*

*Yitbarakh v'Yishtabakh v'Yitpaar v'Yitromam
v'Yitnasey v'Yithadar v'Yitaleh v'Yithalal
Shmey d'Kud'sha. Brikh Hu.
L'Eyla min Kol Birkhata v'Shirata
Tush'b'khata v'Nekhemata
daAmiran b'Alma. V'Imru: Ameyn.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי־בְרָא כְרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל
בְּעֻגְלָא וּבְזִמָּן קָרִיב. וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרַמֵּם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא. בְּרִיךְ הוּא.
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמָתָא
דְּאִמְרֵין בְּעֻלְמָא. וְאָמְרוּ אָמֵן.

May Creation be exalted and sanctified
in a cosmos formed according to an
incomprehensible Will.

May the Universe of Creation be recognized
in your lifetime and throughout your days,
and during the lifetime of the entire House of Yisrael,
soon.

So let us acknowledge, honor, celebrate,
and sing to the Sacred Source,
though transcendent and truly beyond human songs
and blessing.

And join in saying, amen.

SHAKHARIT—THE MORNING SERVICE

(Leader)

בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ

Barkhu Et Adonai HaMvorakh

We are called to bless the Eternal, the Source of All Blessing

(Community)

בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד

Barukh Adonai HaMvorakh L'Olam Vaed

Blessed is the Eternal, the Source of Blessing, forever

Barukh Atah Adonai,

Eloheynu Melekh haOlam,

Yotzer Ohr u-Vorey Khoshekh

Oseh Shalom u-Vorey Et haKol.

We welcome the magnificence and glory of Creation.

Blessed is the Creator of Light and Darkness,

making peace and creating all things.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

יוֹצֵר אוֹר וּבּוֹרֵא חֹשֶׁךְ

עֹשֶׂה שָׁלוֹם וּבּוֹרֵא אֶת הַכֹּל.

P'er v'Khavod Notnim LiShmo

Tzahala v'Rinah l'Zekher Malkhuto.

Glory and honor to the Creator's name.

Exult with joy over Creation.

פֶּאֶר וְכָבוֹד נוֹתְנִים לְשִׁמוֹ

צִהְלָה וְרִנָּה לְזִכָּר מַלְכוּתוֹ.

SHAKHARIT—THE MORNING SERVICE

To the Blessed Infinite One
we offer pleasant melodies,
to the living and enduring God
they chant holy songs and resound with praise.
Alone the Creator works mightily,
initiating new works, omnipotent in battles,
planting seeds of justice, blossoming into freedom,
creating cures.
So awe inspiring is this Teacher of Wonders.
Creation is continuously renewed
with inherent goodness each day.
It is said:
"Give thanks to the One who lit up the world
and imbued it with lovingkindness."

Ohr Khadash Al Tziyon Tair
v'Nizkeh Khulanu m'Heyra l'Oro.
May a new light shine upon Zion,
and may we all soon be worthy
to enjoy its brightness.
Barukh Atah Adonai, Yotzer haM'orot.
Blessed is the Creator of the heavenly lights.

לְאֵל בָּרוּךְ נְעִימוֹת יִתְּנוּ.
לְמֶלֶךְ אֵל חַי וְקַיִם, זְמִירוֹת יֹאמְרוּ
וְתִשְׁבְּחוֹת יִשְׁמְיעוּ.
כִּי הוּא לְבַדּוֹ פּוֹעֵל גְּבוּרוֹת,
עֹשֶׂה חֲדָשׁוֹת, בַּעַל מְלַחְמוֹת,
זוֹרֵעַ צְדָקוֹת, מַצְמִיחַ יְשׁוּעוֹת,
בוֹרֵא רְפוּאוֹת.
נוֹרָא תְהִלּוֹת אֲדוֹן הַנִּפְלְאוֹת.
הַמַּחְדֵּשׁ בְּטוּבוֹ בְּכָל יוֹם תָּמִיד
מַעֲשֵׂה בְּרָאשִׁית.
כְּאֲמֹר: לַעֲשֵׂה אוֹרִים גְּדֹלִים,
כִּי לְעוֹלָם חֲסִדוֹ.

אוֹר חֲדָשׁ עַל צִיּוֹן תִּאֲוֵר
וְנִזְכֶּה כָּלֵנוּ מְהֵרָה לְאוֹרוֹ.
בָּרוּךְ אַתָּה יְהוָה,
יוֹצֵר הַמְּאוֹרוֹת.

SHAKHARIT—THE MORNING SERVICE

Throughout time we have been greatly loved.
As our ancestors trusted in the One
and were taught the laws of life,
so may we be graced and instructed as well.
We call upon our eternal Parent,
our compassionate and caring Guide,
to have compassion for us,
to give our hearts the ability to understand,
to be mindful, to listen, to learn, to teach,
to preserve, to practice, and to fulfill
the words of Torah with love.

V'Haer Eyneynu b'Toratekha

v'Dabek Libeynu b'Mitzvotekha

v'Yakhed Livaveynu

l'Ahavah u'l'Yirah Et Sh'mekha.

V'Lo Neyvosh l'Olam Vaed.

We ask that our eyes be enlightened
by those teachings that attach our hearts
to doing mitzvot and right actions.
We ask that our hearts be whole
in expressions of love,
welcoming amazement and not shame.

By trusting in the Eternal One,
clothed in holiness, omnipotence, and awe,
we become fulfilled, able to rejoice and be glad.
We hope that our people can establish
itself in peace and with dignity in the land.
Our God desires harmony,
taking delight in us and drawing us near
through truth, peacemaking, and love.

Barukh Atah Adonai,

haBokher b'Amo Yisrael b'Ahavah.

Blessed is the Eternal Unifying Force,
delighting in the people Israel with love.

אֱהָבָה רַבָּה אֶהְבְּתֵנוּ, יְהוָה אֱלֹהֵינוּ,
חֲמֵלָה גְדוֹלָה וַיְתַרָה חֲמֵלָתָ עָלֵינוּ.
אֲבִינוּ מִלְכֵנוּ, בְּעָבוּר אֲבוֹתֵינוּ
שִׁבְטָחוּ בְךָ וּתְלַמְּדֵם חֻקֵי חַיִּים,
כֵּן תַּחֲנֹנֵנוּ וּתְלַמְּדֵנוּ. אֲבִינוּ,
הָאֵב הָרַחֲמָן הַמְרַחֵם, רַחֵם עָלֵינוּ,
וְתֵן בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל,
לְשֹׁמֵעַ, לְלֹמֵד וּלְלַמֵּד לְשֹׁמֵר
וּלְעֹשֵׂת וּלְקִיָּים אֶת כָּל
דְּבָרֵי תְלָמוּד תּוֹרָתְךָ בְּאַהֲבָה.

וְהָאֵר עֵינֵינוּ בְּתוֹרָתְךָ,

וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ

וַיַּחֲד לִבֵּנוּ

לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ,

וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד.

כִּי בְשֵׁם קִדְשְׁךָ

הַגְּדוֹל וְהַנּוֹרָא בְּטַחֲנוּ,

נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעָתְךָ.

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאֵרֶבֶעַ

כְּנָפוֹת הָאָרֶץ

וְתוֹלְכֵנוּ קוֹמָמִיּוֹת לְאַרְצֵנוּ.

כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אֲתָהּ

וּבָנוּ בַּחֲרֵת מְכַל עַם וּלְשׁוֹן.

וְקִרְבָּתֵנוּ לְשִׁמְךָ הַגְּדוֹל סֶלָה בְּאַמֶּת

לְהוֹדוֹת לָךְ וּלְיִחְדָּךְ בְּאַהֲבָה.

בְּרוּךְ אַתָּה יְהוָה,

הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Adonai

Adonai

Shma Yisrael YHVH Eloheynu YHVH Ekhad

Listen Israel, the Eternal is our God, the Eternal is One

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Barukh Shem Kavod Malkhuto L'Olam Vaed

Blessed is the Glory of Creation forever

V'Ahavta et Adonai Elohekha

b'Khol l'Vavkha

u-v'Khol Nafsh'kha

u-v'Khol M'odekha.

V'Hayu haD'varim haEleh

Asher Anokhi m'Tzavkha

haYom al-l'Vavekha.

V'Shinantam l'Vanekeha

v'Dibarta Bam b'Shiv't'kha b'Veitekha

u-v'Lekh't'kha vaDerekh uv'Shakh'b'kha

u-v'Kumekha.

U-k'Shantam l'Ot al-Yadekha

v'Hayu l'Totafot Beyn Eynekha .

U'Kh'tavtam al-M'zuzot Beytekha

u-vi'Sharekha.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ

בְּכָל-לְבָבְךָ

וּבְכָל-נַפְשְׁךָ

וּבְכָל-מַאֲדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה

אֲשֶׁר אֲנֹכִי מְצַוְךָ

הַיּוֹם עַל-לְבָבְךָ.

וְשִׁנַּנְתָּם לְבִנְיָךְ

וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלֶכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְכְךָ

וּבְקוּמְךָ.

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטֶפֶת בֵּין עֵינֶיךָ.

וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ

וּבְשַׁעְרֶיךָ.

And you shall love the Ineffable, the Life Giver, with all your heart, with all your soul, and with all that you have. And these words addressed to you today shall be upon your heart, and you shall teach them well to your children, speaking of them when you sit in your house, when you travel, when you lie down and when you rise up. And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes. And you shall inscribe them on the doorposts of your house and upon your gates.

Deuteronomy 6:4-9

וְהָיָה אִם-שָׁמַעַתְּ תִשְׁמְעוּ אֶל-מִצְוֹתַי, אֲשֶׁר אֲנֹכִי מִצְוֶה אֶתְכֶם הַיּוֹם, לְאַהֲבָה אֶת-יְהוָה אֱלֹהֵיכֶם, וּלְעֲבֹדוֹ בְּכָל-לִבְבְּכֶם וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי מִטְר־אֲרָצְכֶם בְּעֵתוֹ, יוֹרֶה וּמִלְקוֹשׁ, וְאֶסַּפְתִּי דִגְנֶךָ וְתִירֶשֶׁךָ וַיִּצְהָרְךָ. וְנָתַתִּי עֵשֶׂב בַּשָּׂדֶךְ לְבְהֶמְתְּךָ, וְאָכַלְתָּ וּשְׂבַעְתָּ. הִשְׁמְרוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם, וְסִרְתֶּם וַעֲבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וַחֲרָה אִף-יְהוָה בָּכֶם, וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מִטְר, וְהִיאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֲבֹדְתֶם מִהָרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם.

It shall come to pass, if you attend to My mitzvot which I establish for you this day ... to love Creation, to serve it with all your heart, and with all your soul ... then there will be rain upon your land in its season, the former rain and the latter rain, so that you may gather in your corn, and your wine, and your oil. And there will be grass in your fields for your cattle, and all shall eat and be satisfied. Now guard yourselves that your heart not be deceived and you turn aside, and serve other gods, and submit to them. For the displeasure of Creation will be roused against you, and the heavens be closed, so that there be no rain, and the ground not yield its fruit; and you perish quickly from the good land which has been given you.

Deuteronomy 11:13-17

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵּאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִית עַל-כְּנָפֵי בְגָדֵיהֶם לְדֹרֹתָם, וְנִתְּנוּ עַל-צִיצִית הַכֶּנֶף פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרֵי לִבְבְּכֶם וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר-אַתֶּם זֹנִים אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְהוָה אֱלֹהֵיכֶם.

And the Ineffable spoke to Moshe, saying: Speak unto the children of Israel, and instruct them to make fringes, tzitzit, on the corners of their garments throughout the generations ... that you may remember to do all My Mitzvot, and become holy unto your God. I am the Eternal your God who brought you out of the land of Mitzrayim to be your God; I am the Eternal your God.

Numbers 15:37-41

Adonai

YHVH Eloheykhem Emet

It is true that the Life Force is Eternal.

יְהוָה אֱלֹהֵיכֶם אֱמֶת.

SHAKHARIT—THE MORNING SERVICE

One who is attentive to mitzvot and torah teachings
and listens to the heart is fortunate.

The ancient covenant calls upon us to be partners
with the Holy One of Being. We offer praises to the
Most High, the One to whom blessing is due.
With great joy Moses and Miriam and the children of
Israel sang a song to You. We, also, proclaim:

Mi Khamokhah baEylim Adonai

Mi Kamokha Nedar baKodesh

Norah Tehilot Osey Feleh!

Who is like You among the mighty?

Who is like You dressed in holiness,

deserving awefilled praise, who performs wonders?

Shira Khadasha Shib'khu G'ulim

I'Shimkha Al S'fat ha Yam

Yakhad Kulam Hodu v'Himlikhu v'Amru:

Adonai Yimlokh l'Olam Vaed.

With a new song the freed rejoiced and
honored You at the shore of the Sea of Reeds.

In unison they gave thanks saying:

The Eternal will govern always.

Tzur Yisrael

Kuma b'Ezrat Yisrael

u'F'dey Khinumekha Yehuda v'Yisrael.

Goaleynu Adonai Tz'vaot Shmo,

K'dosh Yisrael.

Barukh Atah Adonai

Ga'al Yisrael.

We call upon the Enduring Rock of the people Israel
to rise and help redeem our people today,
to help all the inhabitants of Judah and Israel
know the source of their redemption.
Blessed is the Eternal, redeeming Israel.

אֲשֶׁר־יֵאֵשׁ שִׁישְׁמַע לְמִצְוֹתֶיךָ
וְתוֹרָתְךָ וּדְבָרְךָ יִשִּׁים עַל לִבּוֹ.

תְּהִלּוֹת לְאֵל עֲלִיוֹן
בְּרוּךְ הוּא וּמְבֹרָךְ.
מִשֶּׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ שִׁירָה
בְּשִׂמְחָה רַבָּה וְאָמְרוּ כָלָם.

מִי־כְמֹכָה בָּאֵלִים יְהוָה,
מִי כְמֹכָה נֶאֱדָר בְּקֹדֶשׁ,
נִרְאָה תְּהִלָּת עֲשֵׂה פֶלֶא.

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים
לְשִׁמְךָ עַל שְׂפַת הַיָּם,
יַחַד כָּלֵם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

צוּר יִשְׂרָאֵל,
קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כְּנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל.
גְּאֻלָּנוּ יְהוָה צְבָאוֹת שְׁמוֹ
קָדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה יְהוָה,
גֹּאֲלֵי יִשְׂרָאֵל.

AMIDAH—THE STANDING MEDITATION

Adonai S'fatai Tiftakh u-Fi Yagid T'hilatekha.

O God, open up my lips as my mouth offers
grateful prayer.

אֲדֹנָי שְׁפָתַי תִּפְתָּח

וּפִי יַגִּיד תְּהִלָּתְךָ.

Barukh Atah Adonai Eloheynu

v'Elohey Avoteynu v'Elohey Imoteynu,

Elohey Avraham, Elohey Yitzkhak,

v'Elohey Ya'akov, Elohey Sarah, Elohey Rivka,

Elohey Rakhel, v'Elohey Leah.

HaEyl haGadol haGibor v'haNora Eyl Eylon

Gomel Khasadim Tovim v'Koneh haKol

v'Zokher Khasdey Avot v'Imahot

u'Meyvi Goel Livney v'Neyhem

l'Maan Shmo b'Ahavah.

Melekh Ozer u-Moshtah u-Mageyn.

Barukh Atah Adonai

Mageyn Avraham u-Fokeyd Sarah.

בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאֱלֹהֵי אִמּוֹתֵינוּ,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,

וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,

אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,

גּוֹמֵל חֲסָדִים טוֹבִים, וְקֹנֵה הַכֹּל,

וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת,

וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה,

מַגֵּן אַבְרָהָם וּפּוֹקֵד שָׂרָה.

We are grateful for Life's eternal spirit,
our Origin and the God of our ancestors,
the vision and promise to Avraham,
the aloneness of Yitzkhak,
the spiritual wrestling of Yaakov,
the surprise of Sarah, the wisdom of Rivka,
the patience of Rakhel, the fruitfulness of Leah.
Expansive, Powerful, Awesome, Highest God,
loving kindnesses, owning everything,
remembering our ancestors' caring,
their concern for the future fulfillment
of their children's children,
for the sake of Creation with love.
The Ineffable is known as "Ruler,"
"Helper," "Saving Power," or "Protector."
Here we address and bless You as the
Protecting Power of our ancestors.

AMIDAH—THE STANDING MEDITATION

Atah Gibor l'Olam Adonai,

m'Khayeh Meytim Atah

Rav l'Hoshiah.

(In the winter months:

Mashiv haRuakh u-Morid haGashem.)

M'Khalkeyl Khayim b'Khesed,

m'Khayeh Meytim b'Rakhamim Rabim,

Someykh Noflim v'Rofey Kholim,

u-Matir Asurim, u-m'Kayeym Emunato

liSheyney Afar.

Mi Khamokha Baal G'vurot

u-Mi Domeh Lakh.

Melekh Meymeet u-m'Khayeh

u-Matzmiakh Yeshuah.

V'Ne-ehman Atah laHakhayot Meyteem.

Barukh Atah Adonai, m'Khayeh haMeyteem.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,

מְחַיֶּה מֵתִים אַתָּה,

רַב לְהוֹשִׁיעַ.

(בַּחֹרֶף:

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.)

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ

לִישְׁנֵי עָפָר.

מִי כְמוֹךָ בַּעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ,

מֶלֶךְ מַמְיֵת וּמְחַיֶּה

וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְיָהוָה, מְחַיֶּה הַמֵּתִים.

You are the Eternality of Time,
giving life to the dead, renewed life to the living,
hopefulness, deliverance.

(In the winter months:

Causing the wind to blow and the rain to fall.)

Let us know that Life is sustained through
lovingkindness,

the dormant renewed with much compassion.

For the fallen there is support,

for the sick there is healing,

for the imprisoned there can be release,

and only faith for those who sleep in the dust.

Who can be compared do this Renewing Power?

We trust that the renewal of life will continue.

Blessed is the Eternal, renewing life.

AMIDAH—THE STANDING MEDITATION

*N'Kadesh Et Shimkha baOlam,
K'Shem Shemakdishim Avoto biSh'mey Marom,
Kakatuv Al Yad N'viyekha,
v'Kara Zeh Eyl Zeh v'Amar:*

*Kadosh, Kadosh, Kadosh,
Adonai Tz'vaot m'Lo Kol haAretz K'vodo.*

*Oz b'Kol Ra'ash Gadol Adir v'Khazak
Mashmiyim Kol, Mitnas'im l'Umat
S'rafin, l'Umatam Barukh Yomeru.*

Barukh K'vod Adonai mi'M'komo.

*Mim'kom'kha Malkeynu Tofi-a v'Timlokh
Aleynu Ki m'Khakim Anakhnu Lakh.
Matay Timlokh b'Tziyon,
B'Karov B'Yameynu L'Olam Vaed Tishkon.
Titgadal v'Titkadesh b'Tokh Y'rushalayim Irkha
L'Dor vaDor ul'NetzachN'tzakhim.
V'Eyneynu Tirehna Malkhutekha
kaDavar haAmur b'Shirey Uzekha
Al Y'dey David M'Shiakh Tzidkekha.
Yimlokh Adonai l'Olam, Elohayikh Tziyon,
l'Dor vaDor, Halleluyah.
L'Dor vaDor Nagid Gadlekha u'l'Netzach
N'tzakhim K'dushatekha Nakdish
v'Shiv'khakha Eloheynu miPinu Lo Yamush
l'Olam Vaed. Ki Eyl Melekh
Gadol v'Kadosh Atah.
Barukh Atah Adonai HaEyl HaKadosh.*

נִקְדַּשׁ אֶת שִׁמְךָ בְּעוֹלָם,
בְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,
כְּפָתוּב עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ
יְהוָה צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

אֲז בְּקוֹל רֵעַשׁ גָּדוֹל אֲדִיר וְחָזָק
מְשִׁמְיָעִים קוֹל, מְתַנַּשְׂאִים לַעֲמַת
שְׂרָפִים, לַעֲמַתָּם בְּרוּךְ יֹאמְרוּ.

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

מִמְּקוֹמְךָ מְלִכְנוּ תוֹפִיעַ וְתִמְלֹךְ
עָלֵינוּ כִּי מַחֲכִים אֲנִיחֵנוּ לָךְ.
מִתִּי תִמְלֹךְ בְּצִיּוֹן,
בְּקָרוֹב בְּיָמֵינוּ לְעוֹלָם וָעֶד תִּשְׁכֹּן.
תִּתְגַּדֵּל וְתִתְקַדֵּשׁ בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ
לְדוֹר וָדוֹר וּלְנֶצַח נִצְחִים.
וְעֵינֵינוּ תִרְאֶינָה מַלְכוּתְךָ
כְּדָבָר הָאָמוּר בְּשִׁירֵי עֲזָרָה
עַל יְדֵי דָוִד מְשִׁיחַ צִדְקָה.
יִמְלֹךְ יְהוָה לְעוֹלָם. אֱלֹהֶיךָ צִיּוֹן
לְדֹר וָדֹר, הִלְלוּיָהּ.
לְדֹר וָדֹר נָגִיד גָּדֹלְךָ וּלְנֶצַח
נִצְחִים קִדְשְׁתָּךְ נִקְדִּישׁ
וְשִׁבְחְךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ
לְעוֹלָם וָעֶד כִּי אֵל מֶלֶךְ
גָּדוֹל וְקָדוֹשׁ אַתָּה.
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

AMIDAH—THE STANDING MEDITATION

We sanctify Your name on earth as it is in the heavens above.

As it was written by Your prophet, as the angels called out to one another:

Holy, Holy, Holy, O Ineffable Force

The whole earth is full of Your glory.

We will sanctify You as do the angels in the highest heavens.

Blessed is the glory of the Sacred that fills the universe.

We hope for the Creator's blessings to be received in Zion soon, in our time.

May we sing praises to the Eternal in Jerusalem from the songs of David,

and may the righteous be blessed.

The Eternal reigns forever, for all generations,

Halleluyah!

May every generation tell of Your greatness,
and eternally speak of Life's sanctity. We will
sanctify life. May words of praise never depart
from our mouths.

You are majestic and You are Kadosh.

Blessed is the Eternal and Holy Presence.

*V'Shamru V'ney Yisrael Et haShabbat,
La'asot Et haShabbat l'Dorotam B'rit Olam,
Beyni u-Veyn B'ney Yisrael Ot Hi l'Olam,
Ki Sheyshet Yamim Asah Adonai Et
haShamayim v'Et haAretz,
u-vaYom haShvi-i, Shavat vayiNafash.*

וְשָׁמְרוּ בְנֵי-יִשְׂרָאֵל אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעָלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת
הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

And the children of Israel shall protect the
Sabbath, making the Sabbath a covenant
for all the generations, a sign between Me
and the children of Israel forever that on six
days the heaven and the earth were
created, and on the seventh day,
rest and renewal of the spirit.

Ex 31:16-17

AMIDAH—THE STANDING MEDITATION

Our Source of Being and Lifegiver of our
ancestors, desire our renewal,
sanctify us with Mitzvot and give us
a portion of Your Teaching,
satisfy us with Goodness
and help us be happy and fulfilled.
May our hearts become pure to serve in truth,
and may we inherit with love and desire
the holy Sabbath,
and may all Israel find renewal therein,
sanctifying Life.
Barukh. Blessed is the Creator,
for making the Sabbath holy.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
רְצֵה נָא בְּמִנוּחֵינוּ,
קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ וְתֵן
חֶלְקֵנוּ בְּתוֹרָתְךָ,
שְׂבַעֲנוּ מִטּוֹבְךָ וְשִׂמְחָנוּ בִּישׁוּעָתְךָ,
וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת,
וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרָצוֹן שְׁבַת קִדְּשֶׁךָ,
וְיִנוּחוּ בוֹ כָּל יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ.
בָּרוּךְ אַתָּה יְהוָה,
מִקִּדְּשֵׁי הַשְּׁבַת.

We hope that our understanding
of God, of life, will be desirable,
that the people Yisrael
and their meditations, and this sacred service,
be received with love and with pleasure.
May our eyes behold the return
of Compassion to Zion.
Blessed is the Eternal,
restoring the Shekhinah to Zion.

רְצֵה יְהוָה אֱלֹהֵינוּ
בְּעַמֶּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם
וְהִשָּׁב אֶת־הָעֲבוּדָה
לְדָבִיר בֵּיתְךָ וְאֲשֵׁי יִשְׂרָאֵל
וּתְפִלָּתָם בְּאַהֲבָה תִקְבֹּל בְּרָצוֹן.
וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ
וְתִחְזֶנָּה עֵינֵינוּ בְּשׁוּבְךָ
לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יְהוָה
הַמְּחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן.

AMIDAH—THE STANDING MEDITATION

*For Rosh Khodesh and intermediate days of festivals
we say the following:*

Our God and God of our ancestors,
May there rise, come, reach and be seen,
be desired, heard and considered,
and remembered – our remembrances,
the remembrances of our ancestors,
and the yearnings for Messianic time,
the vision of Jerusalem, a City of Peace,
a Sacred City, and the remembrances
of the entire family of Israel,
for liberation and goodness,
for grace, for loving kindness and for compassion,
for life and for peace – on this day of
(Rosh Khodesh)
(the Festival of Matzot)
(the Festival of Sukkot)
may we be remembered for goodness,
may we be considered for blessing,
and may we be helped in life
with fulfillment and compassion.

בראש-חדש ובחול-המועד אומרים
כאן "יעלה ויבא":

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וַיָּבֹא,
וַיִּגִּיעַ, וַיִּרְאֶה, וַיִּרְצֶה, וַיִּשְׁמַע, וַיִּפְקֹד,
וַיִּזְכֹּר זְכוֹרֹנוּ וּפְקֻדוֹנוּ,
וְזִכְרוֹן אֲבוֹתֵינוּ,
וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עֲבֻדָּךְ,
וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,
וְזִכְרוֹן כָּל עַמֶּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ,
לְפִלִּיטָה, לְטוֹבָה,
לְחַן וּלְחַסֵּד וּלְרַחֲמִים,
לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם
(ראש החדש הזה)
(חג המצות הזה)
(חג הסוכות הזה)
זְכַרְנוּ, יְהוֹה, אֱלֹהֵינוּ, בּוֹ לְטוֹבָה,
וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה,
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים,
וּבְדָבַר יְשׁוּעָה וּרְחֻמִּים,
חוּס וְחַנּוּן, וּרְחַם עָלֵינוּ וְהוֹשִׁיעֵנוּ,
כִּי אֱלֹהֶיךָ עֵינֵינוּ,
כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

AMIDAH—THE STANDING MEDITATION

We are thankful that we have this understanding
concerning the Source of Life,
an awareness that has been passed down
from one generation to the next
forming the foundation of our lives and
insuring our fulfillment.
We feel appreciative
and we recount with psalm-songs
our lives that have been committed
to the hands of Eternity,
our souls entrusted to the Holy One of Being.
And we are thankful for those miracles,
those wonders, and those welcome surprises provided
us at all times, evening, morning, or noon.
Goodness and compassion have never been denied.
Mercy and caring never cease when hope
eternally exists.

So, for everything
may this Reality be forever blessed and exalted.
Let all the living sincerely be thankful to God
for liberating and helping us. Selah!
Blessed is the Ineffable,
The "Good" is also Your name.
And so we are grateful.

מוֹדִים אֲנִחנוּ לָךְ
שְׁאַתָּה הוּא יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד,
צוֹר חַיֵּינוּ, מִגֵּן יִשְׁעֵנוּ
אַתָּה הוּא לְדוֹר וָדוֹר.
נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,
וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ.
וְעַל נְסִיךְ שְׂפָכֶל יוֹם עֲמָנוּ,
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שֶׁבְּכָל עֵת, עֶרֶב וּבֹקֶר וְצַהֲרָיִם.
הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ,
וְהַמְּרַחֵם כִּי לֹא תִמּוּ חַסְדֶּיךָ
מֵעוֹלָם קִוִּינוּ לָךְ.

וְעַל כָּלֶם יִתְבָּרַךְ וְיִתְרוֹמֵם שְׁמֶךָ
מִלְּפָנֶינוּ תָּמִיד לְעוֹלָם וָעֶד.
וְכָל הַחַיִּים יוֹדוּךָ סֶלָה
וְיִהְלִלוּ אֶת שְׁמֶךָ בְּאַמֶּת
הָאֵל יִשְׁוַעְתָּנוּ וְעִזְרָתָנוּ סֶלָה.
בָּרוּךְ אַתָּה יְהוָה,
הַטּוֹב שְׁמֶךָ וְלָךְ נִאֶה לְהוֹדוֹת.

AMIDAH—THE STANDING MEDITATION

Shalom Rav Al Yisrael Amkha

Tasim l'Olam

Ki Atah Hu Melekh Adon l'Khol haShalom.

v'Tov b'Eynekha l'Varekh Et Amkha Yisrael

b'Khol Et u'v'Khol Shah-ah Bishlomekha.

May abundant peace be granted

Yisrael, Your people, forever.

It is good in Your soul eyes

to bless Your people Yisrael

at all times and at all hours

with Your peace.

Barkheyenu Avinu Kulanu k'Ekhad b'Ohr

Panekha. Ki Vor Panekha Natata Lanu,

Adonai Eloheyenu, Torat Khayim v'Ahavat

Khesed, u'Tz'dakah u'V'rakhah v'Rakhamim

v'Khayim v'Shalom. V'Tov b'Eynekha l'Varekh

Et Amkha Yis'rael b'Khol et uv'Khol

Sha'ah b'Shlomekha.

May we be blessed with the light of Your Presence. By this light we are given the teaching of life, lovingkindness, justice, blessedness, compassion, life and wholeness. And may we, the people of Israel, be worthy in Your sight, to be blessed at all times and at every moment with wholeness, with Shalom.

Barukh Atah Adonai, Oseh haShalom.

Blessed is the Eternal, maker of the peace.

Oseh Shalom Bimromav

Hu Yaaseh Shalom Aleynu

v'Al Kol Yisrael v'Al Kol Yashvey Teyvel.

v'Imru: Ameyn.

May the One making harmony in the heavenly spheres help us to make peace here, for all Israel and for all humankind.

And let us say, Amen.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ

תָּשִׁים לְעוֹלָם,

כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל

בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

בְּרַכְנוּ אֲבִינוּ כָּלֵנוּ כְּאַחַד בְּאוֹר

פְּנִיךָ, כִּי בְּאוֹר פְּנִיךָ נִתְּתָה לָנוּ,

יְהוָה אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת

חֶסֶד, וְצִדְקָה וּבְרָכָה וְרַחֲמִים

וְחַיִּים וְשָׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל

שָׁעָה בְּשָׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה, עוֹשֵׂה הַשָּׁלוֹם.

עוֹשֵׂה שָׁלוֹם בְּמִרְמֵי

הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵּבֵל

וְאָמְרוּ אָמֵן.

TORAH SERVICE

*Eyn Kamokha va'Elohim Adonai
v'Eyn k'ma'Asekha.*

*Malkhut'kha Malkhut Kol Olamim
u-Memshalt'kha b'Khol Dor vaDor.*

*Adonai Melekh Adonai Malakh
Adonai Yimlokh l'Olam Vaed.
Adonai Oz l'Amo Yiteyn,
Adonai yiVarekh Et Amo vaShalom.*

*Eyl haRakhamim Heytiva vi-R'tzon'kha
Et Tziyon
Tivneh Khomot Yerushalayim.
Ki v'Kha l'Vad baTakhnu
Melekh Eyl Ram v'Nisa
Adon Olamim.*

There is nothing comparable to Adonai,
to the works of creation.
The majesty of Existence is Eternal,
to be revered by all the generations.
May we become strong in acknowledging the
Source of All.
May we be deserving of blessing and peace.
We ask for compassion and reconciliation for Zion,
that the vision of Yerushalayim, the City of Peace,
be restored.
We trust in the redemptive process and the most
exalted Guide of All Worlds.

(The Ark is opened)
*Ki mi'Tzion Tetzey Torah,
u'D'var Adonai miRushalayim.
Barukh sheNatan Torah
l'Amo Yisrael bi'K'dushato.*

For out of Zion shall go forth the Teaching
and the word of the Eternal from Jerusalem.
Praised is the One who with holiness gave Torah to
the people Israel.

אֵין כַּמּוֹד בְּאֱלֹהִים אֲדֹנִי
וְאֵין כַּמַּעֲשִׂיךְ.
מְלֻכּוֹתֶךָ מְלֻכּוֹת כָּל-עֲלָמִים
וּמַמְשִׁלְתֶּךָ בְּכָל-דּוֹר וְדוֹר.

יְהוָה מֶלֶךְ יְהוָה מֶלֶךְ
יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.
יְהוָה עֹז לְעַמּוֹ יִתֵּן
יְהוָה יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם.

אֵל הַרְחָמִים הַיְטִיבָה בְּרָצוֹנֶךָ
אֶת-צִיּוֹן
תִּבְנֶה חוֹמוֹת יְרוּשָׁלָּיִם.
כִּי בָךְ לְבַד בְּטַחֲנוּ
מֶלֶךְ אֵל רַם וְנִשָּׂא
אֲדוֹן עוֹלָמִים.

(The Ark is opened)
כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה
וּדְבַר יְהוָה מִירוּשָׁלָּיִם.
בָּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשׁוֹ.

TORAH SERVICE

(Leader, then community)

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Shma Yisrael Adonai Eloheynu Adonai Ekhad

Listen Israel, the Eternal, Our God, is One

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵנוּ קָדוֹשׁ שְׁמוֹ

Ekhad Eloheynu Gadol Adoneynu Kadosh Shmo

Our God is One, Our Guiding Power is Great and Sacred

Gadlu La'Adonai Iti

u-n'Rom'ma Shmo Yakhdav.

Celebrate the greatness of the Source of Being
with me.

L'Kha Adonai haG'dula v'haG'vurah

v'haTiferet v'haNeytzakh v'haHod,

Ki Khol baShamayim u'vaAretz.

L'Kha Adonai haMam'lakha

v'haMitnasey l'Khol l'Rosh.

Ro'm'mu Adonai Eloheynu

v'Hishtakhavu l'Hadom Raglav

Kadosh Hu.

Ro'm'mu Adonai Eloheynu

v'Hishtakhavu l'Har Kaudsho

Ki Kadosh Adonai Eloheynu.

Yours is the greatness, the might, the honor,
the victory, and the beauty.
For everything in heaven and on earth is Yours.
Your majesty is above all.
Praise the Mystery of Creation,
and be humbled before the Sacred Heights,
for the Eternal, our Life Force, is Sacred.

גִּדְלוּ לַיהוָה אֶתִּי

וְנִרְוַמָּה שְׁמוֹ יַחְדָּו.

לְךָ יְהוָה הַגְדֻלָּה וְהַגְבוּרָה

וְהַתְפָּאֶרֶת וְהַנִּצָּח וְהַהוֹד,

כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.

לְךָ יְהוָה הַמַּמְלָכָה

וְהַמְתַּנְשָׂא לְכָל לְרֹאשׁ.

רוֹמָמוֹ יְהוָה אֱלֹהֵינוּ

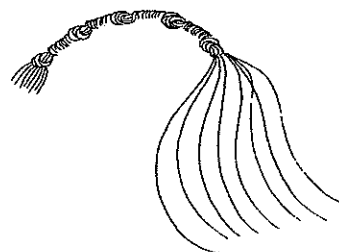
וְהַשְׁתַּחֲוּוּ לַהֲדוֹם רַגְלָיו

קָדוֹשׁ הוּא.

רוֹמָמוֹ יְהוָה אֱלֹהֵינוּ

וְהַשְׁתַּחֲוּוּ לְהַר קָדְשׁוֹ

כִּי קָדוֹשׁ יְהוָה אֱלֹהֵינוּ.



TORAH SERVICE

Blessings for those called to the Torah

Before the reading

(Reader)

Barkhu Et Adonai haMvorakh

(All)

Barukh Adonai haMvorakh l'Olam Vaed

(Reader)

Barukh Atah Adonai

Eloheynu Melekh haOlam (Khayei Olam)

Asher Keravtanu laAvodato.

V'Natan Lanu Et Torato.

Barukh Atah Adonai, Noteyn haTorah.

Blessed are You, Eternal Presence,
Our God, Life of the universe,
who has drawn us near to Your service
and who has given us the Torah of truth.
Blessed are You, Adonai, giving the Torah.

After the reading

Barukh Atah Adonai

Eloheynu Melekh haOlam (Khayei Olam)

Asher Natan Lanu Torat Emet

v'Khayei Olam Nata b'Tokheynu.

Barukh Atah Adonai, Noteyn haTorah.

Blessed are You, the Eternal our God,
Life of the universe,
who has implanted life within us.
Blessed are You, Eternal Presence, giving the Torah.

When lifting the Torah

V'Zot haTorah Asher Sam Moshe

Lif'ney B'ney Yisrael,

Al Pi Adonai b'Yad Moshe.

(Reader)
בָּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ
(All)
בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד
(Reader)
בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם (חַיֵּי עוֹלָם)
אֲשֶׁר קָרַבְתָּנוּ לְעַבְדוּתְךָ.
וְנָתַן לָנוּ אֶת תּוֹרָתְךָ.
בְּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם (חַיֵּי עוֹלָם)
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בְּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
לִפְנֵי בְנֵי יִשְׂרָאֵל,
עַל פִּי יְהוָה בְּיַד מֹשֶׁה.

TORAH SERVICE

The Eternal is just in all ways,
loving the works of creation.
All who address the Eternal presence sincerely
are drawn near to the One.
The will of those who are in awe of God
will be fulfilled, their cry heard.
And they will be freed.
The Eternal One guards the lovers of creation
and will destroy wickedness.
My mouth will utter praise to the Source of Existence,
and all creatures will bless this sacred presence
forever.

Va-Anakhnu n'Varekh Yah meyAtah v'Ad Olam.

Let us bless Yah from this time forth.

Halleluyah.

Ps. 145:17-22

צַדִּיק יְהוָה בְּכָל-דְּרָכָיו
וְחֹסֵיד בְּכָל-מַעֲשָׁיו.
קָרוֹב יְהוָה לְכָל-קֹרְאָיו
לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.
רְצוֹן יִרְאֵיו יַעֲשֶׂה
וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.
שׁוֹמֵר יְהוָה אֶת כָּל אֲהָבָיו,
וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד.
תִּהְיֶה יְהוָה יְדָבָר פִּי
וַיִּבְרַךְ כָּל בָּשָׂר שֵׁם קָדְשׁוֹ
לְעוֹלָם וָעֶד.
וְאֲנַחְנוּ נִבְרַךְ יְהי מַעֲתָה וְעַד עוֹלָם.
הַלְלוּיָהּ.

Returning the Torah to the Ark

Yehal'lu Et Shem Adonai

Ki Nisgav Sh'mo l'Vado.

The people will praise the Name,
the Ineffable Life Force, alone exalted.

Hodu Al Eretz v'Shamayim

vaYarem Keren l'Amo.

Tehilah l'Khol Khasidav

Livney Yisrael Am k'Rovo.

Halleluyah, Halleluyah.

יְהַלְלוּ אֶת-שֵׁם יְהוָה
כִּי-נִשְׁגָּב שְׁמוֹ לְבָדּוֹ.

הוֹדוּ עַל-אֶרֶץ וְשָׁמַיִם
וַיָּרֶם קֶרֶן לְעַמּוֹ.
תִּהְיֶה לְכָל-חֹסִידָיו
לְבִנֵי יִשְׂרָאֵל עַם קָרְבּוֹ.
הַלְלוּיָהּ.

Give thanks to all of Creation,
that we have been enlightened and raised up.
Praise to the people of kindness
among the children of Israel,
a people drawn near unto the Eternal One.
Halleluyah!

TORAH SERVICE

Mizmor L'David

*Havu La'Adonai B'ney Eylim,
Havu La'Adonai Kavod vaOz,
Havu La'Adonai K'vod Shmo,
Hishtakhavu La'Adonai b'Hadrat Kodesh.*

*Kol Adonai Al haMayim,
Eyl haKavod Hirim,
Adonai Al Mayim Rabim.*

*Kol Adonai baKoakh,
Kol Adonai beHadar,
Kol Adonai Shoveyr Arazim,
VaShaber Adonai et Arzey haLevanon.*

*VaYarkideym K'mo Eygel,
L'vanon v'Siryon, K'mo Ven R'eymim.*

*Kol Adonai Khotzev Lahavot Eysh,
Kol Adonai Yakhil Midbar,
Yakhil Adonai Midbar Kadesh,
Kol Adonai y'Kholeyl Ayalot.*

*Vayeh'Khesof y'Arot,
u-v'Heykhalo Kulo Omeyr Kavod.*

*Adonai laMabul Yashav,
vaYeshev Adonai Melekh l'Olam,
Adonai Oz l'Amo Yiteyn,
Adonai Yivarekh Et Amo vaShalom.*

A Psalm of David.

Give to the Eternal honor and might,
humble yourselves down to your knees
in these holy places!

The Voice of the Ineffable is upon the
waters, thunderous over the waters.

The Voice of the Ineffable is powerful.

The Voice of the Ineffable is majestic,

The Voice of the Creator breaks the cedars.

The mountains prance
like calves and young buffalo.

מִזְמוֹר לְדָוִד

הָבוּ לַיהוָה בְּנֵי אֱלִים
הָבוּ לַיהוָה כְּבוֹד וָעֹז.
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ
הִשְׁתַּחֲווּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.
קוֹל יְהוָה עַל הַמַּיִם
אֵל הַכְּבוֹד הָרָעִים
יְהוָה עַל מַיִם רַבִּים.

קוֹל יְהוָה בַּכַּחַ
קוֹל יְהוָה בְּהַדָּר.
קוֹל יְהוָה שֹׁבֵר אֲרָזִים
וַיִּשְׁבֵּר יְהוָה אֶת אֲרָזֵי הַלְּבָנוֹן,
וַיַּרְקִידֵם כְּמוֹ עֵגֶל
לְבָנוֹן וַשִּׁרְיוֹן כְּמוֹ בֶן רֵאמִים,
קוֹל יְהוָה חֹצֵב לְהַבּוֹת אֵשׁ,
קוֹל יְהוָה יַחִיל מִדְּבָר,
יַחִיל יְהוָה מִדְּבַר קֹדֶשׁ
קוֹל יְהוָה יַחֲלֹל אֵילֹת.
וַיַּחֲשֹׁף יַעְרֹת
וַיַּהֲכִלּוּ כָּלֹ אִמֵּר כְּבוֹד.
יְהוָה לַמַּבּוּל יָשָׁב
וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם,
יְהוָה עֹז לְעַמּוֹ יִתֵּן
יְהוָה יִבְרַךְ אֶת עַמּוֹ בְּשָׁלוֹם.

The Voice of the Creator carves with fire,
The Voice of the Eternal One
shakes the wilderness,

The Voice of the Creator startles the rams
and strips the forest,

but in God's Palace all proclaim honor.

The Eternal sat on a throne at the Flood,
and sits upon a throne forever.

The Eternal gives strength to the people,
blessing the people with peace.

Ps. 29

TORAH SERVICE

Etz Khayim Hi

laMakhazikim Bah

v'Tomkheha m'Ushar.

D'Rakheha Darkhey Noam,

v'Khol n'Tivoteha Shalom.

HaShiveynu Adonai, Eylekha v'Nashuva,

Khadesh Yameynu k'Kedem.

עֵץ חַיִּים הִיא
לְמַחְזִיקִים בָּהּ,
וְתוֹמְכֶיהָ מְאֹשֶׁר.
דְּרָכֶיהָ דְּרָכֵי נֹעַם
וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם.
הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנָשׁוּבָה,
חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

The Torah is a tree of life to those who grasp it.

Those who support it are fortunate.

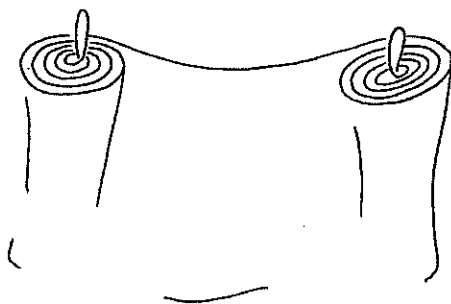
Its ways are ways of pleasantness

and all its paths lead toward peace.

May we return to the Sacred Presence.

Yes, we will return.

May our lives be renewed as a new beginning.



Mi Shebeyrach

Mi shebeyrach avotaynu, mikor ha'bracha l'imoteynu

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 shebeyrach imoteynu, mikor ha'bracha l'avoteynu

Bless those in need of healing with refuah shleymah

A renewal of body, a renewal of spirit,

And let us say, Amen.

— Debbie Friedman, based upon *Mishebeyrach* prayer

Kaddish Shalem

*Yitgadal v'Yitkadash Shmey Rabah,
b'Alma Divra Khirutey
v'Yamlikh Malkutey
b'Khayeykhon u'v'Yomeykhon u'v'Khayey
d'Khol Beyt Yisrael baAgalah
u'Vizman Kariv. V'Imru: Ameyn.*

*Y'Hey Shmey Rabah m'Varakh l'Alam
u'l'Almey Almaya.*

*Yitbarakh v'Yishtabakh v'Yitpaar v'Yitromam
v'Yitnasey v'Yithadar v'Yitaleh v'Yithalal
Shmey d'Kud'sha. Brikh Hu.*

*L'Eyla u'l'Eyla miKol Birkhata v'Shirata
Tush-b'khata v'Nekhemata daAmiran b'Alma.
V'Imru: Ameyn.*

*Titkabeyl Tz'lot'hon u'Va'ut'hon d'Khol
(Beyt) Yisrael Kadam Avuhon Di vi'Sh'maya
V'Imru: Ameyn.*

*Y'hey Shlama Raba Min Sh'maya
v'Khayim Aleynu v'Al Kol Yisrael.
V'Imru: Ameyn.*

*Oseh Shalom Bimromav
Hu Ya'aseh Shalom Aleynu
v'Al Kol Yisrael, V'Imru: Ameyn.*

קדוש שלם

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָהּ דִּי בְּרָא כְרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ,
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל, בְּעֻגְלָא
וּבְזִמְן קָרִיב. וְאָמְרוּ אַמֵּן:
יְהֵא שְׁמֵהּ רַבָּה מְבָרַךְ לְעָלַם
וּלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא. בְּרִיךְ הוּא.
לְעֵלָא (וּלְעֵלָא) מְכַל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְּאַמִּירָן בְּעֻלְמָא.
וְאָמְרוּ אַמֵּן:

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוּתְהוֹן דְּכָל
(בֵּית) יִשְׂרָאֵל קָדָם אַבוּהוֹן דִּי בְּשְׁמַיָּא
וְאָמְרוּ אַמֵּן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אַמֵּן:

עֲשֵׂה שְׁלוֹם בְּמִרְמִיּוֹ,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵנוּ
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אַמֵּן:

May the Universe of Creation be recognized in your lifetime and throughout
your days, and during the lifetime of the entire House of Yisrael, soon.

So let us acknowledge, honor, celebrate, and sing to the Sacred Source,
though transcendent and truly beyond human songs and blessing.

May the Source of peace grant us peace, and let us say: Amen.

Eyn Keyloheynu

*Eyn Keyloheynu, Eyn Kadoneynu,
Eyn k'Malkeynu, Eyn k'Moshi-eynu.*

*Mi Kheyloheynu, Mi Khadoneynu,
Mi Kh'malkeynu, Mi Kh'moshi-eynu.*

*Nodeh l'Eyloheynu, Nodeh La'Adoneynu,
Nodeh l'Malkeynu, Nodeh l'Moshi-eynu.*

*Barukh Eloheynu, Barukh Adoneynu,
Barukh Malkeynu, Barukh Moshi'eynu.*

*Atah Hu Eloheynu, Atah Hu Adoneynu,
Atah Hu Malkeynu, Atah Hu Moshi'eynu.*

There is none like our Creator,
master of our soul, our ruler, our liberator.

Who is like our Creator, our soul guide,
our ruler, our liberator?

Let us thank our Creator, our soul teacher,
our ruler, our liberator.

Blessed is our Creator, our soul master,
our ruler, our liberator.

You are our Creator, our soul master,
our ruler, our liberator.

*L'Ma'an Akhai v'Reyai
Adabrah Nah Shalom Bakh.
L'Ma'an Beyt Adonai Eloheynu
Avaksha Tov Lakh.*

For the sake of my brothers and friends,
for the sake of my sisters and friends,
all that I ask, all that I say, is peace unto you.
For the sake of God's House, I wish the best for
you.

אין כאלהינו

אין כאלהינו, אין כַּאדוֹנֵינוּ,
אין כַּמְלִכְנוּ, אין כַּמוֹשִׁיעֵנוּ.

מִי־כַאלֵהֵינוּ, מִי־כַאדוֹנֵינוּ,
מִי־כַמְלִכְנוּ, מִי־כַמוֹשִׁיעֵנוּ.

נוֹדֶה לְאֱלֹהֵינוּ, נוֹדֶה לְאֲדוֹנֵינוּ,
נוֹדֶה לְמַלְכֵנוּ, נוֹדֶה לְמוֹשִׁיעֵנוּ.

בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ,
בָּרוּךְ מַלְכֵנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.

אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,
אַתָּה הוּא מַלְכֵנוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.

לְמַעַן אַחֵי וְרֵעֵי
אֲדַבְּרָה נָא שְׁלוֹם בָּךְ.
לְמַעַן בֵּית יְהוָה אֱלֹהֵינוּ
אֲבַקֶּשֶׁה טוֹב לָךְ.

Aleynu

*Aleynu l'Shabeyakh l'Adon haKol
Lateyt G'dulah l'Yotzer B'reysheet.*

*VaAnakhnu Korim
u'Mishtakhavim u'Modim
Lifney Melekh Mal'khey haM'lakhim
HaKadosh Barukh Hu.*

It is our duty and privilege to acknowledge and ascribe greatness to the Artist within Creation.

So we bend our knees, bow our heads, and give thanks before the greatest of rulers, the Holy One of Being.

We put our hope in this awareness and in the promise that there will come a time when greed and injustice will be gone from the earth.

We hope for a world repaired,
when we turn to each other
in reconciliation and understanding.

*V'Ne'emar: v'Hayah Adonai,
l'Melekh Al Kol haAretz.
Bayom Hahu, Bayom Hahu, Yihyeh Adonai Ekhad
u'Shmo Ekhad.*

It has been said: "The Eternal Source of Being will govern over the entire earth. On that day all peoples will realize their unity."

עלינו

עלינו לשבח לאדון הכל
לתת גְּדֻלָּה ליוצר בְּרֵאשִׁית.

ואנחנו כורעים
ומשתחווים ומודים
לפני מֶלֶךְ מְלִכֵי הַמְּלָכִים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

על כֵּן נִקְוֶה לָךְ יְהוֹה אֱלֹהֵינוּ
לראות מְהֵרָה בְּתַפְאֶרֶת עֶזְךָ,
לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ
וְהָאֱלִילִים כָּרוֹת יִכְרְתוּן.
לְתַקֵּן עוֹלָם בְּמַלְכוּת שִׁדְי.

ונֹאמַר: וְהָיָה יְהוֹה
לְמֶלֶךְ עַל כָּל הָאָרֶץ,
בְּיוֹם הַהוּא יִהְיֶה יְהוֹה אֶחָד
וּשְׁמוֹ אֶחָד.

Mourner's Kaddish

קדוש יתום

*Yitgadal v'Yitkadash Shmey Rabah,
b'Alma Divra Khirutey
v'Yamlikh Malkhutey
b'Khayeykhon u'v'Yomeykhon u'v'Khayey
d'Khol Beyt Yisrael
baAgalah u'Vizman Kariv.
V'Imru: Ameyn.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָהּ דִּי כָּרָא כְּרֻעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי
דְּכָל בֵּית יִשְׂרָאֵל,
בְּעֻגְלָא וּבְזִמָּן קָרִיב.
וְאָמְרוּ אָמֵן.

*Y'Hey Shmey Rabah m'Varakh l'Alam
u'l'Almey Almaya.*

יְהֵא שְׁמֵהּ רַבָּה מְבָרַךְ לְעָלָם
וּלְעָלְמֵי עֲלֵמָיָא.

*Yitbarakh v'Yishtabakh v'Yitpaar v'Yitromam
v'Yitnasey v'Yithadar v'Yitaleh v'Yithalal
Shmey d'Kud'sha. Brikh Hu.
L'Eyla min Kol Birkhata v'Shirata
Tush'b'khata v'Nekhemata daAmiran b'Alma.
V'Imru: Ameyn.*

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא. בְּרִיךְ הוּא.
לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְּאִמְרֵינָן בְּעֻלְמָא.
וְאָמְרוּ אָמֵן.

*Y'hey Shlama Raba Min Sh'maya
v'Khayim Aleynu v'Al Kol Yisrael.
V'Imru: Ameyn.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן.

*Oseh Shalom Bimromav
Hu Ya'aseh Shalom
Aleynu v'Al Kol Yisrael.
v'Al Kol Yohvey Teyvel V'Imru: Ameyn.*

עֹשֶׂה שְׁלוֹם בְּמִרְוּמָיו
הוּא יַעֲשֶׂה שְׁלוֹם
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן.

May the Universe of Creation be recognized in your lifetime
and throughout your days, and during the lifetime
of the entire House of Yisrael, soon.

So let us acknowledge, honor, celebrate, and sing to the Sacred Source,
though transcendent and truly beyond human songs and blessings.

May the Source of peace grant us peace, and let us say: Amen.

Adon Olam

*Adon Olam Asher Malakh, b'Terem Kol y'Tzir Nivra,
l'Ayt Naasa b'Kheftzo Kol, Azay Melekh Shmo Nikra.*

*V'Akharey kiKhlot haKol l'Vado Yimlokh Norah,
v'Hu Hayah v'Hu Hoveh v'Hu Yiheyeh b'Tifarah.*

*V'Hu Ekhad v'Eyn Sheni l'Hamshilo l'Hakhbirah,
b'Li Reshit b'Li Takhlit v'Lo haOz v'Hamisrah.*

*V'Hu Eli v'Khay Goali, v'Tzur Khevli b'Et Tzarah,
v'Hu Nisi u'Manos Li, m'Nat Kosi b'Yom Ekra.*

*B'Yado Afkid Rukhi b'Et Ishan v'a'Tra,
v'Im Rukhi G'viyati Adonai Li v'Lo Ira.*

The Ancient Teacher, the Eternal Spirit, has reigned
since before the Creation.

We recall the independence of the Eternal,
the Greatness of the One,
unique, infinite and majestic.

We are confident that this Spirit is so very near,
that each of us can call upon this One
as the sole source of life and strength.

From the infinite Source of Being,
we are given a portion in life and in death.

We are sustained in troubled times,
offered guidance and protection.
If we are able to call upon the One ...
we are given the sacred hand,
whether asleep or awake,
entrusting our bodies and our spirits
to the Source of Life,
the Mystery of Creation,
with whom we ought have no fear.

אדון עולם

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ
בְּטֶרֶם כָּל יִצִּיר נִבְרָא.
לֵעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל
אֲזֵי מָלָךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָכָלּוֹת הַכֹּל
לְבַדּוֹ יִמְלֹךְ נוֹרָא.
וְהוּא הָיָה וְהוּא הוּא
וְהוּא יִהְיֶה בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית
וְלוֹ הָעוֹז וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גְאֻלִּי
וְצוּר חֲבֻלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמְנוּס לִי
מִנֵּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי
בְּעֵת אִישָׁן וְאַעֲיָרָה.
וְעַם רוּחִי גְּוִיָּתִי
יְהוּה לִי וְלֹא אִירָא.

SUPPLEMENT

From Elul until Hoshana Rabbah:

L'David

Adonai Ori v'Yish'i Mimi Ira

Adonai Ma'oz Khai'Adonai Mimi Efkhad.

Ekhat Sha'alti Me'et Adonai

Otah Avakesh Shivti B'Veyt Adonai

Kol Y'may Khai'Adonai

Lakhzot b'Noam Adonai

u-l'Vaker b'Heykhalo.

Kaveh Eyl Adonai

Khazak v'Ya'ametz Libekha

v'Kaveh Eyl Adonai.

לְדָוִד

יְהוָה אֱוֹרִי וַיִּשְׁעֵי מִמִּי אִירָא
יְהוָה מַעֲזוֹז חַיְהוּהָ מִמִּי אֶפְחָד.

אֶחָת שְׁאַלְתִּי מֵאֵת יְהוָה,
אוֹתָהּ אֶבְקֶשׁ שְׁבִתִּי בְּבֵית יְהוָה,

כָּל יְמֵי חַיְהוּהָ לְחַזוֹת בְּנֹעַם יְהוָה
וּלְבַקֵּר בְּהֵיכָלוֹ.

קְוֶה אֶל יְהוָה,
חֲזֹק וַיֵּאֲמֶץ לְבָבְךָ
וְקְוֶה אֶל יְהוָה.

A Psalm of David

The Eternal is my light and my salvation.

What should I fear?

The Creator is the strength of my life.

Why should I be afraid?

One thing only do I ask of my Creator,
that I may dwell in the house of the
Eternal One all the days of my life,
and receive graciousness, and enter into
the sanctuary.

The Ineffable brings hope. Let us gather
strength, and courage to our hearts, from the
hope we gain from the Eternal.

verses from Ps 27

SUPPLEMENT

Anim Z'mirot

v'Shirim Eh-erog

Ki Eylekha Nafshi Ta'a'rog

Nafshi Khamdah b'Tzeyl Yadekha

laDaat Kol Raz Sodekha.

אֲנֵעִים זְמִירוֹת

וְשִׁירִים אֶאְרוֹג

כִּי אֶלֶיךָ נַפְשִׁי תַעְרוֹג

נַפְשִׁי חֲמָדָה בְּצֵל יָדְךָ

לְדַעַת כָּל רֶז סוּדְךָ.

Midey Dabri biKh'vodekha

Homeh Libi Eyl Dodekha.

Al Keyn Adaber b'Kha Nikhbadot

v'Shimkha Akhabeyd b'Shirey y'Didot.

מִדֵּי דַבְרִי בְּכַבּוֹדְךָ

הוֹמָה לִבִּי אֶל רוּדִיךָ

עַל כֵּן אֲדַבֵּר בָּךְ נִכְבְּדוֹת

וְשִׁמְךָ אֶכְבֵּד בְּשִׁירֵי יְדִידוֹת.

Pleasant melodies will I create
For You are my soul's delight and mate.
Oh how my soul within me yearns
Your secret mysteries to know and learn.

The measure of my speech glorifies Your Name,
My heart filled with love for You I claim.
I speak of You with wonder and honor,
With songs of love, of yearning and desire.

adapted from The Hymn of Glory

HALLEL (for festival days)

*Barukh Atah Adonai Eloheynu,
Melekh ha'Olam,
Asher Kid'shanu b'Mitz'votav
v'Tzivanu Lik'ro Et haHalel.*

Blessed is the Eternal, majesty of the universe,
instructing us to chant the Hallel.

*B'tzeyt Yis'rael miMitz'rayim, Beyt Ya'akov Me'am Lo'ez.
Hay'tah Y'hudah l'Kawd'sho, Yis'rael maM'sh'lotav.
Hayam Ra'ah Vayanos, haYarden yiSov l'Akhor.
Heharim Rak'du Kh'eylim, G'va'ot kiV'ney Tzion.
Ma L'kha haYam Ki Tanus, haYarden tiSov l'Akhor.
Heharim Tir'k'du kh'Eylim, G'va'ot kiV'ney Tzion.
MiLif'ney Adon Khuli Aretz, MiLif'ney Eloha Ya'akov.
HaHof'khi haTzur Agam Mayim, Khalamish l'Ma'y'no Mayim.*

When Israel left the place of constriction
and the people of Jacob became free,
The land of Judah became a holy place,
and Adonai was worshipped in the land.

The sea retreated from the shore
and the Jordan ran upstream to the mountains.
The mountains leapt like rams at play,
the hills frolicked like little lambs.

Why does the sea retreat from the land,
the Jordan run upstream?
Why do the mountains leap like rams,
and the hills like little lambs?

Even the earth trembles at the majesty of the Creator,
who turns the rock into a quiet pool,
the stone into a bubbling spring.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְקַרֵּא אֶת הַהֶלֶל.

בְּצֵאת יִשְׂרָאֵל מִמִּצְרַיִם,
בֵּית יַעֲקֹב מֵעַם לֵעָז.

הֵיְתָה יְהוּדָה לְקֹדֶשׁוֹ,
יִשְׂרָאֵל מִמְּשֻׁלּוֹתָיו.

הֵיִם רָאָה וַיֵּנֶס,
הַיַּרְדֵּן יָסֹב לְאַחֹר.

הַהָרִים רָקְדּוּ כְּאֵילִים,
גְּבָעוֹת כְּבָנֵי צֹאן.

מָה לָּךְ הֵיִם כִּי תִנוּס,
הַיַּרְדֵּן תִּסָּב לְאַחֹר.

הַהָרִים תִּרְקְדּוּ כְּאֵילִים,
גְּבָעוֹת כְּבָנֵי צֹאן.

מִלִּפְנֵי אֲדוֹן חוֹלֵי אֶרֶץ,
מִלִּפְנֵי אֱלֹהֵי יַעֲקֹב.

הַהֶפְכִי הַצּוּר אֶגַם מַיִם,
חֲלָמִישׁ לְמַעַיְנֵנוּ מַיִם.

HALLEL

*Hal'lu Et Adonai Kol-Goyim,
Shab'khuhu Kol haUmin.
Ki Gavar Aleynu Khas'do,
ve'Emet Adonai l'Olam.
Hal'luyah.*

Let all peoples praise the Creator,
whose love and truth is with us forever.
Halleluyah.

from Ps. 117

*Hodu LaAdonai Ki Tov Ki l'Olam Khas'do.
Y'Omar Na Yis'rael, Ki l'Olam Khas'do.
Yom'ru Na Beyt Aharon, Ki l'Olam Khas'do.
Yomru Na Yirey Adonai, Ki l'Olam Khas'do.*

Praise the Eternal, for
goodness and love are forever.
Let all who are in awe of Creation say that
loving kindness endures forever.

*Min haMetzar Karati Yah,
Anani vaMer'khav Yah.*

In my distress I call out to the
Source of All. Answer me
in Your expansive love.

Azi v'Zim'ra Yah, vaY'hi Li liShuah.
The Eternal is my strength,
redeeming me.

verses from Ps. 118

הָלְלוּ אֶת יְהוָה כָּל גּוֹיִם,
שִׁבְּחוּהוּ כָּל הָאֲמִיּוֹת.
כִּי גָבַר עָלֵינוּ חֲסֶדּוֹ,
וְאֵמֶת יְהוָה לְעוֹלָם.
הָלְלוּהָ.

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חֲסֶדּוֹ.
יֹאמֶר נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חֲסֶדּוֹ.
יֹאמְרוּ נָא בֵּית אַהֲרֹן, כִּי לְעוֹלָם חֲסֶדּוֹ.
יֹאמְרוּ נָא יְרֵאֵי יְהוָה, כִּי לְעוֹלָם חֲסֶדּוֹ.

מִן הַמֶּצָר קָרָאתִי יְהוָה,
עֲנֵנִי בַמֶּרְחָב יְהוָה.

עֲזִי וְזִמְרַת יְהוָה, וַיְהִי לִי לִישׁוּעָה.

HALLEL

*Kol Rinah viShuah b'Ahaley Tzadikim,
y'Min Adonai Osah Khayil.
Y'Min Adonai Romemah, y'Min Adonai Osah Khayil.
Lo Amut Ki Ekh'yeh, va'Asaper ma'Asey Yah.
Yasor Yis'rani Yah, v'Lamavet Lo n'Tanani.
Pit'khu Li Sha'ari Tzedek, Avo Vam Odeh Yah.
Zeh haSha'ar LaAdonai, Tzadikim Yavo'u Vo.*
The tents of the righteous ring out with songs of
freedom and deliverance.
The power of the Eternal One is great indeed.
Generation upon generation shall tell of the acts
of the Creator, who is with us always.
May the gates of justice open to me,
that I may enter and give thanks.
Here are the gates of the Eternal One;
May those who are righteous pass within.

*Barukh haBa b'Shem Adonai,
Berakhnuhem miBeyt Adonai.*
Blessed is the Eternal Name,
Blessings to You from the sacred dwelling
of the Ineffable.

*Eyli Atah v'Odekha, Elohay Arom'mekha.
Hodu LaAdonai Ki Tov, Ki l'Olam Khas'do.*
We give thanks, and exalt creation, for it is
good, and love and kindness endure.

verses from Ps. 118.

קול רנה וישועה באהלי צדיקים,
ימין יהוה עשה חיל.
ימין יהוה רוממה,
ימין יהוה עשה חיל.
לא אמות כי אֶחְיֶה,
וְאֶסַּפּר מַעֲשֵׂי יְהוָה.
יִסֹּר יִסְרָנִי יְהוָה,
וְלִמּוֹת לֹא נִתְּנָנִי.
פִתְחוּ לִי שַׁעְרֵי צֶדֶק,
אֲבֹא בָם אֹדֶה יְהוָה.
זֶה הַשַּׁעַר לַיהוָה,
צְדִיקִים יָבֹאוּ בוֹ.

ברוך הבא בשם יהוה,
ברכנוכם מבית יהוה.

אלי אתה ואורך אֱלֹהֵי אֲרוֹמְמְךָ.
הודו ליהוה כי טוב,
כי לעולם חסדו.

HALLEL

*Y'Hal'lukha Adonai Eloheynu Kol ma'Aseykha,
va'Khasideykha Tzaadikim Osey R'tzonekha,
v'Khol Am'kha Beyt Yis'rael b'Rinah
Yodu viVar'khu viShab'khu viFa'aru
viRom'mu v'Ya'aritzu v'Yak'dishu v'Yam'likhu
Et Shim'kha Mal'keynu, Ki l'Kha Tov
l'Hodot u'l'Shim'kha Na'eh l'Zamer,
Ki me'Olam V'ad Olam Atah Eyl.
Barukh Atah Adonai,
Melekh m'Hulal baTish'bakhot.*

May all the works of Creation give praise to the One.
Let all who care for justice and righteousness,
and those who cherish our earthly heritage
bless and praise and exalt the Source of All.
In all ages, the generations offer thanks, blessing,
and praise for the gifts they have been given.
Blessings to You, the Ineffable Source of Being,
deserving much praise.

יְהַלְלוּךָ יְהוָה אֱלֹהֵינוּ כָּל מַעֲשֶׂיךָ,
וְחַסִּידֶיךָ צַדִּיקִים עוֹשֵׂי רְצוֹנְךָ,
וְכָל עַמֶּךָ בֵּית יִשְׂרָאֵל בְּרִנָּה
יִודּוּ וַיְבָרְכוּ וַיִּשְׁבְּחוּ וַיְפָאֲרוּ
וַיְרַמְּמוּ וַיַּעֲרִיצוּ וַיְקַדִּישׁוּ וַיְמַלִּיכוּ
אֶת שִׁמְךָ מַלְכֵנוּ, כִּי לְךָ טוֹב
לְהוֹדוֹת וּלְשַׁמֵּךְ נָאֶה לְזַמֵּר,
כִּי מֵעוֹלָם וְעַד עוֹלָם אַתָּה אֵל.
בָּרוּךְ אַתָּה יְהוָה,
מֶלֶךְ מְהַלֵּל בַּתִּשְׁבָּחוֹת.

ROSH KHODESH

Prayers for the new month

ברכת החודש

*Y'hi Ratzon mi'l'Fanekha Adonai Eloheynu
v'Elohey Avoteynu v'Elohey Imoteynu,
Shet'khadesh Aleynu Et haKhodesh haZeh.
V'Titen Lanu Khayim Shel Shalom,
Khayim Shel Tovim, Khayim Shel Brakha,
Khayim She't'heh Vanu Ahavat Torah,
Khayim She'y'male Adonai miSh'a'lot
Libenu l'Tovah. Ameyn Selah.*

May it be the Creator's will to renew our lives in the coming month. May we be given a life of peace, a life of goodness and blessing, a life filled with learning and caring, in which our hearts' yearning for peace will be fulfilled. Ameyn.

*Mi She'asah Nisim la'Avoteynu v'Ga'al Avotam
me'Av'dot l'Kherut, Hu Yig'al Otanu b'Karov,
viKabetz Nidakheyenu Me'arba Kan'fot haAretz.
Khaverim Kol Yis'rael, v'Nomar Ameyn.*

May the One who brought life and freedom to our ancestor bless and redeem us and all peoples throughout the world. And we say, Ameyn.

*Rosh Khodeseh ... Yihiyeh baYom ...
Haka Aleynu v'Al Kol Yisrael l'Tovah.*

The new month of ... will begin on May it bring blessing and goodness to us and to all peoples.

*Y'Khad'she'hu HaKadosh Barukh Hu,
Aleynu v'Al Kol Amo Beyt Yis'rael,
l'Khayim u'l'Shalom, l'Sason u'l'Simkha,
liShuah u'l'Nekhamah. V'Nomar Ameyn.*

May the Creator who brought blessing and loving kindness to the entire world help us to enjoy life, peace and joy in the new month. And we say, Ameyn.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱלֹהֵי אִמּוֹתֵינוּ,
שֶׁתַּחַדֵּשׁ עָלֵינוּ אֶת הַחֹדֶשׁ הַזֶּה.
וְתִתֵּן לָנוּ חַיִּים שְׁלֵמִים שְׁלֹם,
חַיִּים שֶׁל טוֹבָה, חַיִּים שֶׁל בְּרָכָה,
חַיִּים שֶׁתִּהְיֶה בָנוּ אֲהֻבַת תּוֹרָה,
חַיִּים שֶׁיִּמְלֵא יְהוָה מִשְׁאָלוֹת
לִבְנוֹ לְטוֹבָה. אָמֵן סְלָה.

מִי שֶׁעָשָׂה נִסִּים לְאֲבוֹתֵינוּ,
וְגָאֵל אוֹתָם מֵעֲבָדוֹת לְחֵירוֹת,
הוּא יִגָּאֵל אוֹתָנוּ בְּקָרוֹב,
וְיִקְבֹּץ נִדְחֵינוּ מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ.
חֲבֵרִים כָּל יִשְׂרָאֵל, וְנֹאמַר אָמֵן.

רֹאשׁ חֹדֶשׁ ... יִהְיֶה בַּיּוֹם ... הַבֹּא עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל
יּוֹשְׁבֵי תֵּבֵל לְטוֹבָה.

יַחַד שֶׁהוּא הַקָּדוֹשׁ בְּרוּךְ הוּא,
עָלֵינוּ וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל,
לְחַיִּים וּלְשְׁלֹם, לְשִׂשׁוֹן וּלְשִׂמְחָה,
לִישׁוּעָה וּלְנִחְמָה. וְנֹאמַר אָמֵן.