

Alyth



Shabbat Service of Wellbeing

Morning Blessings

I am so grateful to You,
The Great One of life and time
That You return my soul each
morning
How great is your faithfulness to me.

*Modeh ani l'fanecha
Melech chai v'kayam
Shehechezarta bi
nishmati bechemla
Rabba emunatecha*

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ.
מֶלֶךְ חַי וְקַיִם.
שְׁהַחֲזַרְתָּ בִּי נְשַׁמְתִּי בַּחֲמִלָּה.
רַבָּה אֱמוּנָתְךָ:

*Baruch attah Adonai eloheinu melech ha-
olam, asher yatsar et ha-adam b'chochmah,
uvara vo n'kavim n'kavim, chalulim chalulim.
Galui v'yadu'a lifnei chissei ch'vodecha she'im
yippatei'ach echad meihem, o yissateim
echad meihem, i efshar l'hitkayyeim v'la'amod
l'fanecha.*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר
יָצַר אֶתְהָאָדָם בְּחָכְמָה. וַיְבָרָא בּוֹ נְקָבִים
נְקָבִים. חֲלוּלִים חֲלוּלִים: גְּלוּי וַיְדוּעַ לְפָנֶי
כֹּסֵא כְבוֹדְךָ שָׂאֵם יַפְתַּח אֶחָד מֵהֶם. אוֹ יִסְתֵּם
אֶחָד מֵהֶם. אִי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמוֹד
לְפָנֶיךָ:

*Baruch attah Adonai, rofei chol basar, umaflī
la'asot.*

בְּרוּךְ אַתָּה יְהוָה. רוֹפֵא כָּל-לֶבָשָׁר. וּמַפְלִיא
לַעֲשׂוֹת:

Blessed are You, Eternal One our God, Ruler of the universe, who has formed the human being with wisdom.

You created in the human body openings upon openings and cavities upon cavities. It is clear and well-known that if just one of these unique valves within the complexity of each body was blocked or ruptured, it would be impossible to survive. May the day come when it is also obvious and evident that if just one unique body within the complexity of Your world is blocked or ruptured, if just one of us is not allowed to make our distinctive beauty manifest in the world, then it is impossible for all of Your creation to thrive and rise each day joyfully before You. Blessed are You, Source of all life and form, who implanted within us the ability to shape and reshape ourselves – moulding, changing, transitioning, and adorning our bodies – so that the diversity of our souls can be revealed.

Blessed are You, Eternal One, who has made me Your partner in daily completing the task of my own formation.

My God, the soul
You have given me is pure,
for You created it,
You formed it
and You made it live within me.
You watch over it within me,

*Elohai, n'shamah shennatatta
bi
t'horah hi.
Attah v'ratah,
attah y'tsartah,
attah n'fachtah bi,
v'attah m'shamm'rah b'kirbi
Baruch attah Adonai, ha-
machazir n'shamot la-meitim*

אֱלֹהֵי. נְשַׁמָּה שֶׁנָּתַתָּ בִּי
טְהוֹרָה הִיא:
אַתָּה בְּרָאתָה.
אַתָּה יָצַרְתָּה.
אַתָּה נִפְחַתָּה בִּי.
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.
בְּרוּךְ אַתָּה יְהוָה.
הַמַּחְזִיר נְשַׁמוֹת לַמֵּיתִים:

Blessed are You God, giving
new life to our bodies each day.

Help me, O God,
To find still moments,
Quiet spaces within to refresh my soul;
Cease my questions, my inner debates,
And let me meditate on Your goodness.

Help me, O God,
To nurture my courage,
Recalling moments of strength.
Let me remember days of fortitude
And the certainty of your regard.

Help me, O God,
To turn to the light,
To feel the warmth of Your touch,
My own face and fingers outstretched,
Alive, alive in Your sight.

Blessed are You, our Living God,
Sovereign of the universe, who
has made me in the image of
God.

*Baruch attah Adonai
eloheinu melech ha-olam,
she'asani b'tselem elohim.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. שְׁעָשִׂנִי בְצַלְמֶם
אֱלֹהִים:

Blessed are You, our Living God,
Sovereign of the universe, who
has not made me a stranger to
You.

*Baruch attah Adonai
eloheinu melech ha-olam,
shelo asani
nochri/nochriyah.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. שְׁלֹא עָשִׂנִי
נֹכְרִי/נֹכְרִיָּה:

Blessed are You, our Living God,
Sovereign of the universe, who
has not enslaved me.

*Baruch attah Adonai
eloheinu melech ha-olam,
shelo asani aved/shifchah.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. שְׁלֹא עָשִׂנִי
עֶבֶד/שִׁפְחָה:

Blessed are You, our Living God,
Sovereign of the universe, You
provide for my every need.

*Baruch attah Adonai
eloheinu melech ha-olam,
she'asah li kol tsorki.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. שְׁעָשָׂה לִי כֹל
צֹרְכִי:

Blessed are You, our Living God,
Sovereign of the universe, You
open eyes that cannot see.

*Baruch attah Adonai
eloheinu melech ha-olam,
pokei'ach ivrim.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. פִּקַּח עֵינַיִם:

Blessed are You, our Living God,
Sovereign of the universe, You
clothe the naked.

*Baruch attah Adonai
eloheinu melech ha-olam,
malbish arumim.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. מַלְבִּישׁ עֲרֻמִּים:

Blessed are You, our Living God, Sovereign of the universe, You free those who are bound.

*Baruch attah Adonai
eloheinu melech ha-olam,
mattir asurim.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם. מַתִּיר אֲסוּרִים :

Blessed are You, our Living God, Sovereign of the universe, You lift up those bent low.

*Baruch attah Adonai
eloheinu melech ha-olam,
zokeif k'fufim.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. זוֹקֵף כְּפוּפִים :

Blessed are You, our Living God, Sovereign of the universe, You support our human steps.

*Baruch attah Adonai
eloheinu melech ha-olam,
ha-meichin mits'adei gaver.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. הַמְכִינׇן מִצְעָדֵי־גֹבֵר :

Blessed are You, our Living God, Sovereign of the universe, You fortify Israel with strength.

*Baruch attah Adonai
eloheinu melech ha-olam,
ozeir yisra'el bigvurah.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. אוֹזֵר יִשְׂרָאֵל
בְּגִבּוּרָה :

Blessed are You, our Living God, Sovereign of the universe, You crown Israel with glory.

*Baruch attah Adonai
eloheinu melech ha-olam,
oteir yisra'el b'tif'arah.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. עוֹטֵר יִשְׂרָאֵל
בְּתִפְאָרָה :

Blessed are You, our Living God, Sovereign of the universe, You give strength to the weary.

*Baruch attah Adonai
eloheinu melech ha-olam,
ha-notein laya'eif ko'ach.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. הַנוֹתֵן לַיָּעִף כֹּחַ :

Blessed are You, our Living God, Sovereign of the universe, You take away sleep from my eyes and slumber from my eyelids.

*Baruch attah Adonai
eloheinu melech ha-olam,
ha-ma'avir sheinah mei'einai
ut'numah mei'af'appai.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. הַמַּעֲבִיר שְׁנָה מֵעֵינַי
וּתְנוּמָה מֵעַפְעָפְי :



P'sukei D'zimra

Blessed are You, our Living God, Sovereign of the universe, great and holy in power, Source of mercy; praised by Your people; worshipped and glorified by the tongue of all who love and serve You. Therefore we praise You with the psalms of Your servant David; with prayers and songs we declare Your glory, Your greatness, Your splendour, and Your majesty. We proclaim Your name, our Sovereign, our God, who alone is the life of all existence, and whose name is worshipped and glorified forever and ever.
Blessed are You God, the Sovereign praised in all worship.

Baruch attah Adonai eloheinu melech ha-olam, ha-melech ha-gadol v'ha-kadosh, av ha-rachaman, m'hullal b'fi ammo, m'shubbach um'fo'ar bilshon kol chasidav va'avadav. Uv'shirei david avd'cha n'hallelcha Adonai eloheinu, bishvachot uvizmirot n'hod'cha, n'gaddelcha, n'fa'ercha, v'namlich'cha, v'nazkir shimcha malkeinu eloheinu, yachid chei ha-olamim, m'shubbach um'fo'ar sh'mo adei ad. Baruch attah Adonai, melech m'hullal ba-tishbachot.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ. אָב הַרַחֲמָן. מְהַלֵּל בְּפִי עַמּוֹ. מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן כָּל-לִבְשֵׁי דָוִד עַבְדְּךָ וְעַבְדֵיךָ: וּבְשִׁירֵי דָוִד עַבְדְּךָ נְהַלְלֶךָ יְהוָה אֱלֹהֵינוּ. בְּשִׁבְחוֹת וּבְזִמְרוֹת נְהוֹדֶךָ נְגַדְלֶךָ נְפָאֶרְךָ וְנַמְלִיכֶךָ וְנַזְכִּיר שִׁמְךָ מַלְכֵנוּ אֱלֹהֵינוּ. יָחִיד חַי הָעוֹלָמִים. מְשַׁבַּח וּמְפָאֵר שְׁמוֹ עַדְי עַד: בְּרוּךְ אַתָּה יְהוָה. מֶלֶךְ מְהַלֵּל בַּתְּשַׁבְּחוֹת:

Psalm 121

Pilgrim Song

I lift up my eyes to the hills;
where shall I find my help?
My help is from God alone,
Maker of heaven and earth.

God will not allow your foot to slip,
for your Guardian does not
slumber.

Know that the Guardian of Israel
never slumbers and never sleeps.

God is your Guardian,
God is your shade at your right
hand.

The sun will not strike you by day
nor the moon by night.

God will guard you from all evil,
guarding your soul.

God will guard your going out and
your coming in now and for
evermore.

Shir lama'alot.

¹*Essa einai el he-harim,
mei'ayin yavo ezri.*

²*Ezri mei'im Adonai, oseih
shamayim va'arets.*

³*Al yittein lammot raglecha,
al yanum shom'recha.*

⁴*Hineih lo yanum v'lo yishan
shomeir Yisra'el.*

⁵*Adonai shom'recha, Adonai
tsill'cha al yad y'minecha.*

⁶*Yomam ha-shemesh lo
yakkekkah, v'yarei'ach ba-
lailah.*

⁷*Adonai yishmorcha mikkol
ra, yishmor et nafshecha.*

⁸*Adonai yishmor tseit'cha
uvo'echa, mei'attah v'ad
olam.*

^אשִׁיר לַמַּעְלוֹת

אָשָׂא עֵינַי אֶל-הַהָרִים
מֵאֵינן יבֹא עֲזָרִי:

^בעֲזָרִי מֵעַם יְהוָה

עֲשֵׂה שָׁמַיִם וָאָרֶץ:

^גאֲלֵי־תֵן לְמוֹט רַגְלֶךָ

אֲלֵי־נוֹם שְׁמֶרְךָ:

^דהִנֵּה לֹא־יִנּוֹם וְלֹא יִישָׁן

שׁוֹמֵר יִשְׂרָאֵל:

^היְהוָה שְׁמֶרְךָ

יְהוָה צִלְךָ עַל־יַד יְמִינֶךָ:

יּוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְּכָה

וַיַּרְחַ בַּלַּיְלָה:

^ויְהוָה יִשְׁמְרֶךָ מִכָּל־לִרְעַ

יִשְׁמַר אֶת־נַפְשֶׁךָ:

^זיְהוָה יִשְׁמְרֶךָ רֵצְאָתְךָ

וּבּוֹאֶךָ

מֵעַתָּה וְעַד־עוֹלָם:

The Holy One said to the Jews: "I have said to you – when you pray, pray in the synagogue in your city. If you cannot pray in the synagogue, pray in your field. If you cannot pray in your field pray in your house. And if you cannot pray in your house, pray on your bed. And if you cannot pray on your bed, reflect in your heart."

Midrash, Psalm 4:9

Naso – *to raise*

The Sidra Naso contains the most famous of all benedictions; it is called the Priestly Blessing or the Threefold Benediction. The blessings grow in richness, culminating in Shalom – a word meaning wholeness, harmony, peace. *May God bless you and keep you. May God smile upon you and be gracious to you. May God look with favour upon you and give you peace.* According to ancient interpreters, these blessings comprise both material and spiritual well-being. The gift of gifts is to be born. Never take it for granted. And when we unfold that gift, how many more are waiting to be enjoyed.

Day by Day Chaim Stern

The days come and go like muffled and veiled figures sent from a distant friendly party, but they say nothing and if we do not use the gifts they bring, they carry them as silently away.

Ralph Waldo Emerson

Nishmat kol chai t'vareich et shimcha Adonai eloheinu, v'ru'ach kol basar t'fa'eir ut'romeim zichr'cha malkeinu tamid. Min ha-olam v'ad ha-olam attah eil, umibal'adecha ein lanu melech go'eil umoshi'a podeh umatsil, v'oneh um'racheim, b'chol eit tsarah v'tsukah, ein lanu melech ozeir v'someich zulatecha. Elohei harishonim v'ha-acharonim, elo'ah kol b'riot, adon kol toladot, ha-m'hullal b'chol ha-tishbachot, ha-m'naheig olamo b'chesed uvri'otav b'rachamim. Vadonai lo yanum v'lo yishan, ha-m'oreir y'sheinim v'ha-meikits nirdamim, m'chayeh meitim v'rofei cholim, pokei'ach ivrim v'zokeif k'fufim, l'cha l'vadd'cha anachnu modim.

נְשִׁמַת כּוֹל חַיִּי תִבְרַךְ אֶת־
שְׁמֶךָ יְהוָה אֱלֹהֵינוּ. וְרוּחַ כּוֹל־לְבָשָׁר תִּפְאֶר
וְתִרְוָמָם זְכָרְךָ מִלְּפָנֶיךָ תָּמִיד: מִן הָעוֹלָם
וְעַד־הָעוֹלָם אַתָּה אֵל. וּמִבְּלִעְדֶיךָ אֵין לָנוּ
מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ פּוֹדֶה וּמַצִּיל וְעוֹנֶה
וּמְרַחֵם. בְּכֹל־לַעֲת צָרָה וְצוּקָה אֵין לָנוּ מֶלֶךְ
עוֹזֵר וְסוֹמֵךְ זוֹלָתְךָ: אֱלֹהֵי הַרְאֵשׁוֹנִים
וְהָאַחֲרוֹנִים. אֱלֹהֵי כּוֹל־לְבָרִיּוֹת. אֲדוֹן
כּוֹל־לְתוֹלְדוֹת. הַמְהַלֵּל בְּכֹל־לְהִתְשַׁבְּחוֹת.
הַמְנַהֵג עוֹלָמוֹ בְּחֶסֶד וּבְרִיּוֹתָיו בְּרַחֲמִים:
וְיְהוָה לֹא יָנוּם וְלֹא יִישָׁן. הַמְעוֹרֵר יְשָׁנִים
וְהַמְקִיץ נֹרְדָמִים. מַחְיֶה מֵתִים וְרוֹפֵא חוֹלִים.
פוֹקֵחַ עוֹרִים וְזוֹקֵף כְּפוּפִים. לֵךְ לְבִדְךָ אֲנַחְנוּ
מוֹדִים:

When the night slides under with the last dimming star
And the red sky lightens between the trees,
And the heron glides tipping heavy wings in the river,
When crows stir and cry out their harsh joy,
And swift creatures of the night run toward their burrows,
And the deer raises her head and sniffs the freshening air,
And the shadows grow more distinct and then shorten,

Then we rise into the day still clean as new snow.
The cat washes its paw and greets the day with gratitude.
Leviathan salutes breaching with a column of steam.
The hawk turning in the sky cries out a prayer like a knife.
We must wonder at the sky now thin as a speckled eggshell,
That now piles up its boulders of storm to crash down,
That now hangs a furry grey belly into the street.

Every day we find a new sky and a new earth
With which we are trusted like a perfect toy.
We are given the salty river of our blood
Winding through us, to remember the sea and our
Kindred under the waves, the hot pulsing that knocks
In our throats to consider our cousins in the grass
And the trees, all bright scattered rivulets of life.

Marge Piercy

וְאֵלֹהֵי פִינּוּ מְלֵא שִׁירָה כָּיִם. וְלִשְׁוֹנֵנוּ רְנָה כְּהַמוֹן גִּלְיֹו.

V'illu finu malei shirah cha-yam, ul'shoneinu rinnah ka-hamon gallav,

God of Eternality, give me patience.

I am a wanderer; the path before me is long and uncertain.

God of Strength, give me the wisdom to understand

That results are not immediate

But that every day is a victory.

Help me to live each day as a gift

You have set before me.

God of Fortitude, give me the courage to endure,

And in my darkest hours,

Remind me that we are all created in Your image.

God of Eternality, give me patience.

I have become a wanderer in time and space.

The waiting and the endless travel from place to place

Leave me on a path that is long and unsure.

Perhaps this is truly what a leap of faith feels like,

A singular step, one after the other,

With no clear sense of progress,

Uncertainty and hope as my companions on this journey.

God of Strength, let time become a source of wisdom.

Teach me to live each day as best as I can endure.

God of Fortitude, give me courage in my darkest hours.

God of Eternity, give me patience.

I have become a wanderer in time and space.

The waiting and the endless travel

Leave me on a path that is long and unsure.

Perhaps this is truly what a leap of faith feels like,

A singular step, one after the other, with no clear

Sense of progress.

Uncertainty and hope are my companions on this journey.

God of Strength, let this path become a source of wisdom.

Help me as I live each day as best as I can endure.

God of Fortitude, give me courage in my darkest hours.

וְאֵלֹהֵי פִינּוּ מְלֵא שִׁירָה כָּיִם. וְלִשְׁוֹנֵנוּ רְנָה כְּהַמוֹן גִּלְיֹו.

V'illu finu malei shirah cha-yam, ul'shoneinu rinnah ka-hamon gallav

Silent Reflection

To Come Home to Yourself

May all that is unforgiven in you
Be released

May your fears yield
Their deepest tranquilities

May all that is unlived in you
Blossom into a future
Graced with love.

For Solitude

May you recognise in your life the presence,
Power and light of your soul.

May you realise that you are never alone,
That your soul in its brightness and belonging
Connects you intimately with the rhythm of the universe.

May you have respect for your individuality and difference.

May you realise that the shape of your soul is unique,
That you have a special destiny here,
That behind the facade of your life
There is something beautiful and eternal happening.

May you learn to see your self
With the same delight,
Pride, and expectation
With which God sees you in every moment.

For Suffering

May you be blessed in the holy names of those
Who, without you knowing it,
Help to carry and lighten your pain.

May you know serenity
When you are called
To enter the house of suffering.

May a window of light always surprise you.

May you be granted the wisdom
To avoid false resistance;
When suffering knocks on the door of your life,

May you glimpse its eventual gifts.

May you be able to receive the fruits of suffering.

May memory bless and protect you
With the hard-earned light of past travail;
To remind you that you have survived before
And though the darkness now is deep,
You will soon see approaching light.

May the grace of time heal your wounds.

May you know that though the storm might rage,
Not a hair of your head will be harmed.

For One who is Exhausted

When the rhythm of the heart becomes hectic,
Time takes on the strain until it breaks;
Then all the unattended stress falls in
On the mind like an endless, increasing weight.

The light in the mind becomes dim.
Things you could take in your stride before
Now become laboursome events of will.

Weariness invades your spirit.
Gravity begins falling inside you,
Dragging down every bone.

The tide you never valued has gone out.
And you are marooned on unsure ground.
Something within you has closed down;
And you cannot push yourself back to life.

You have been forced to enter empty time.
The desire that drove you has relinquished.
There is nothing else to do now but rest
And patiently learn to receive the self
You have forsaken in the race of days.

At first your thinking will darken
And sadness take over like listless weather.
The flow of unwept tears will frighten you.
You have travelled too fast over false ground;
Now your soul has come to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.

Become inclined to watch the way of rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of colour
That fostered the brightness of day.

Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.

Stay clear of those vexed in spirit.
Learn to linger around someone of ease
Who feels they have all the time in the world.
Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far with in slow time.

For Loneliness

When the light lessens,
Causing colours to lose their courage,
And your eyes fix on the empty distance
That can open on either side
Of the surest line
To make all that is
Familiar and near
Seem suddenly foreign.

When the music of talk
Breaks apart into noise
And you hear your heart louden
While the voices around you
Slow down to leaden echoes
Turning the silence
Into something stony and cold,

When the old ghosts come back
To feed on everywhere you felt sure,
Do not strengthen their hunger
By choosing to fear;
Rather, decide to call on your heart
That it may grow clear and free
To welcome home your emptiness
That it may cleanse you
Like the clearest air
You could ever breathe.

Allow your loneliness time
To dissolve the shell of dross
That had closed around you;
Choose in tis sever silence
To hear the one true voice
Your rushed life fears;
Cradle yourself like a child
Learning to trust what emerges,
So that gradually
You may come to know
That deep in that black hole
You will find the blue flower
That holds the mystical light
Which will illuminate in you
The glimmer of springtime.

On coming out of Dark Places

Creator
I have been in such dark places
A flashlight was useless
I have felt fear
No words could comfort me
I seemed lost
And yet
Through Your compassion and lovingkindness
I am here, now
Blessed are You
The Guardian of all
Who carries me
To a safe place.



Praised be Your name forever, for You are the God who is the great and holy Sovereign in heaven and on earth. Therefore, our God and God of our ancestors, song and praise, holiness and majesty, blessing and gratitude belong to Your great and holy name forever and ever. From age to age You are God. Blessed are You God, Creator of every living being, the power behind all actions, who chooses songs and psalms, Sovereign, life of all existence.

Yishtabbach shimcha la'ad malkeinu, ha-eil ha-melech ha-gadol v'ha-kadosh ba-shamayim uva'arets, ki l'cha na'eh Adonai eloheinu veilohei avoteinu l'olam va'ed, shir ush'vachah, k'dushah umalchut, b'rachot v'hoda'ot l'shimcha ha-gadol v'ha-kadosh, umei'olam v'ad olam attah eil. Baruch attah Adonai, borei chol ha-n'shamot, ribon kol ha-ma'asim, habocheh b'shrei zimrah, melech chei ha-olamim.

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלָכְנוּ.
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ
בַּשָּׁמַיִם וּבָאָרֶץ. כִּי לְךָ נֶאֱדָה
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
לְעוֹלָם וָעֶד שִׁיר וְשִׁבְחָה.
קְדוּשָׁה וּמְלָכוּת. בְּרָכוֹת
וְהוֹדָאוֹת לְשִׁמְךָ הַגָּדוֹל
וְהַקְּדוֹשׁ. וּמְעוֹלָם וָעֶד עוֹלָם
אַתָּה אֵל: בְּרוּךְ אַתָּה יְהוָה.
בוֹרֵא כֹּל לַיהֲנֻשָׁמוֹת. רִבּוֹן
כֹּל לַיהֲמַעֲשִׂים. הַבּוֹחֵר
בְּשִׁירֵי זִמְרָה. מֶלֶךְ חַי
הָעוֹלָמִים:

Shema and blessings

Am I awake?
Am I prepared?
Are you listening to my prayer?

Can you hear my voice?
Can you understand?
Am I awake?
Am I prepared?

בְּרַכּוּ אֶת־יְהוָה הַמְּבָרָךְ:
Bar'chu et Adonai ha-m'vorach.

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד
Baruch Adonai ha-m'vorach l'olam va'ed.

Blessed are You, our Living God, Sovereign of the universe, who forms light yet creates darkness, who makes peace yet creates all. All things proclaim You, all things honour You, and all say 'None is holy like God!'. The One who gives light to all the world and those who live in it renews in goodness the work of creation day by day. God, how great are Your works; You made them all in wisdom; the earth is full of Your creatures. You are the only Sovereign exalted from the beginning of time, who has been worshipped, praised and glorified since days of old. Everlasting God, in Your great mercy have mercy upon us; Source of our strength, Rock of our protection, Shield of our safety, our true Protector. Cause a new light to shine upon Zion, and may we all be worthy soon to enjoy its brightness. Blessed are You God, who creates the lights of the universe.

Baruch attah Adonai, eloheinu melech ha-olam, yotseir or uvorei choshech, oseh shalom uvorei et ha-kol. Ha-kol yoducha v'ha-kol y'shabb'chucha, v'ha-kol yomm'ru ein kadosh kadonai. Ha-mei'ir la-olam kullo ul'yosh'vav, uv'tuvo m'chadeish b'chol yom tamid ma'aseih v'reishit. Mah rabbu ma'asecha Adonai, kullam b'chochmah asita, mal'ah ha-arets kinyanecha. Ha-melech ha-m'romam l'vaddo mei'az, ha-m'shubbach v'ha-m'fo'ar v'ha-mitnassei mimot olam. Elohei olam, b'rachamecha ha-rabbim racheim aleinu, adon uzzeinu tsur misgabbeinu, magein yish'einu, misgav ba'adeinu. Or chadash al-tzion ta'ir v'nizkeh kullanu m'heirah l'oro. Baruch attah Adonai yotseir ha-m'orot.

בְּרוּךְ אַתָּה יְהוָה. אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ. עוֹשֵׂה שְׁלוֹם וּבוֹרֵא אֶת הַכּוֹל: הַכּוֹל יוֹדוּךָ וְהַכּוֹל יִשְׁבְּחוּךָ. וְהַכּוֹל יֹאמְרוּ אֵין קָדוֹשׁ כִּיְהוָה: הַמְאִיר לְעוֹלָם כְּלוּ וּלְיוֹשְׁבָיו. וּבְטוֹבוֹ מְחַדֵּשׁ בְּכֹל לַיּוֹם תָּמִיד מַעֲשֵׂה בְרָאשִׁית: מַה רַבּוּ מַעֲשֵׂיךָ יְהוָה. כָּלֵם בְּחֹכְמָה עָשִׂיתָ. מְלָאָה הָאָרֶץ קִנְיָנְךָ: הַמְלֹךְ הַמְרוֹמֵם לְבִדּוֹ מְאֹד. הַמְשַׁבַּח וְהַמְפָאֵר וְהַמְתַנַּשֵּׂא מִימּוֹת עוֹלָם: אֱלֹהֵי עוֹלָם. בְּרַחֲמֶיךָ הַרְבִּים רַחֵם עָלֵינוּ. אֲדוֹן עֲזֵנוּ צוּר מְשַׁגְּבֵנוּ. מְגִן יִשְׁעֵנוּ. מְשַׁגֵּב בְּעַדְנוּ: אוֹר חֹדֵשׁ עַל־צִיּוֹן תְּאִיר וְנִזְכָּה כְּלָנוּ מִהֲרָה לְאוֹרוֹ: בְּרוּךְ אַתָּה יְהוָה יוֹצֵר הַמְאוֹרוֹת:

O God, Inspiration and Guide for all,
You have spoken in a thousand tongues for us to hear.
In every land and every age,
Your children have heard You and imagined You in separate ways.
And yet, O God, You are One, Unifier of humanity.

We give thanks for the sages and teachers
Who bring us understanding of Your will.
Gratefully we recall the lawgivers and prophets,
The psalmists and sages of Israel
And joyfully we remember that from the dawn of Israel's life,
We would turn to You and find purpose.

May the teachings of our ancestors live on in our minds,
And their passion for righteousness stir our hearts.
Help us to live so that our daily conduct
Reveals the beauty and wisdom of your truth.

בְּרוּךְ אַתָּה יְהוָה הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה
Baruch atah Adonai, habocheir b'amo Yisrael b'ahava.

Blessed are you God, you chose your people Israel in love.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד :

Sh'ma yisra'el, Adonai eloheinu Adonai echad

בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד :

Baruch sheim k'vod malchuto l'olam va'ed.

*V'ahavta eit Adonai elohecha, b'chol l'vav'cha,
uv'chol nafsh'cha, uv'chol m'odecha. V'hayu ha-
d'varim ha-eilleh, asher anochi m'tsav'cha ha-
yom al l'vavecha. V'shinnantam l'vanecha,
v'dibbarta bam, b'shivt'cha b'veitecha,
uv'lecht'cha vaderech, uv'shochb'cha
uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu
l'totafot bein einecha. Uch'tavtam al m'zuzot
beitecha uvisharecha.*

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכֹחַ לִבְּךָ-
לְבַבְךָ וּבְכֹחַ לִנְפְשְׁךָ וּבְכֹחַ לְמַאֲדָּךָ :
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי
מְצַוְךָ הַיּוֹם עַל-לְבַבְךָ : וְשִׁנַּנְתָּם
לְבִנְיָן וְדַבַּרְתָּ בָּם בְּשַׁבְּתְּךָ בְּבֵיתְךָ
וּבְלֶכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ :
וְקִשַּׁרְתָּם לְאוֹת עַל-יְדֶיךָ וְהָיוּ
לְטָטְפוֹת בֵּין עֵינֶיךָ : וְכִתְבְּתָם עַל-
מְזוּזוֹת בְּיֹתֶיךָ וּבְשַׁעְרֶיךָ :

So you shall love what is holy
With all your courage, with all your passion
With all your strength.
Let the words that have come down
Shine in our words and our actions.
We must teach our children to know and understand them.
We must speak about what is good
And holy within our homes
When we are working, when we are at play,
When we lie down and when we get up.
Let the work of our hands speak of goodness.
Let it run in our blood
And glow from our doors and windows.

We should love ourselves, for we are of God.
We should love our neighbours as ourselves.
We should love the stranger, for we
Were once strangers in the land of Egypt
And have been strangers in all the lands of the world since.
Let love fill our hearts with its clear precious water.
Heaven and earth observe how we cherish or spoil our world.
Heaven and earth watch whether we choose life or choose death.
We must choose life so our children's children may live.
Be quiet and listen to the still small
Voice within that speaks in love.
Open to that voice, hear it, heed it and work for life.
Let us remember and strive to be good.

Let us remember to find what is holy

Within and without.

Marge Piercy

This will happen if you listen carefully to My commands which I give you today, to love and to serve the Eternal your God with all your heart and all your soul. I shall then give your land rain at the right time, the autumn rain and the spring rain, so that each one of you can harvest your own grain, wine and oil. I shall also give grass in your fields for your cattle, and you will eat and be satisfied.

Take care that your heart is not deceived into straying, obeying other gods and worshipping them. God's anger will then blaze out against you. God will shut up the sky. There will be no rain. The land will not produce, and you will quickly be destroyed from the good land which God gives you. So put these words of Mine in your heart and in your soul, and secure them as a sign upon your hand and as reminders before your eyes. Teach them to your children, and talk about them 'when you sit each of you in your home, and when you walk in the street, when you lie down and when you rise up. Write them on the doorposts of your home and at your gates.'

Then you and your children may live long on the land that God promised to give your ancestors as long as there is a sky over the earth.¹

V'hayah im shamo'a tishm'u el mitsvotai, asher anochi m'tsaveh etchem ha-yom, l'ahavah et Adonai eloheichem ul'ovdo, b'chol l'avchem uv'chol nafsh'chem. V'natatti m'tar arts'chem b'itto, yoreh umalkosh, v'asafta d'ganecha v'tirosh'cha v'yits-harecha. V'natatti eisev b'sad'cha livhemtecha, v'achalta v'sava'ta. Hisham'ru lachem, pen yifteh l'avchem, v'sartem va'avadtem elohim acheirim v'hishtachavitem lahem. V'charah af Adonai bachem, v'atsar et ha-shamayim, v'lo yihyeh matar, v'ha-adamah lo tittein et y'vulah, va'avadtem m'heirah mei'al ha-arets hatovah, asher Adonai notein lachem. V'samtem et d'varai eilleh al l'avchem v'al nafsh'chem, uk'shartem otam l'ot al yedchem, v'hayu l'totafot bein eineichem. V'limmadtem otam et b'neichem l'dabbeir bam, b'shivt'cha b'veitecha, uv'lecht'cha va-derech, uv'shochb'cha uv'kumecha. Uch'tavtam al m'zuzot beitecha uvisharecha. L'ma'an yirbu y'meichem vimev v'neichem, al ha-adamah asher nishba Adonai la'avoteichem lateit lahem, kimev ha-shamayim al ha-arets.

וְהָיָה אִם־שָׁמַעְתֶּם אֶת־מִצְוֹתַי אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם לְאַהֲבָה אֶת־יְהוָה אֱלֹהֵיכֶם וְלָעֹבְדוֹ בְּכֹחַ לִלְבַבְכֶם וּבְכֹחַ־לִי נַפְשְׁכֶם: וְנָתַתִּי מִטָּר אֶרְצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקֹשׁ וְאֶסְפָּתִי דְגַנְךָ וְתִירֹשְׁךָ וְיִצְהַרְךָ: וְנָתַתִּי יַעֲשֶׂב בְּשָׂדֶךָ לְבְהִמְתֵּךָ וְאָכַלְתָּ וְשָׂבַעְתָּ: הַשָּׁמַיִם וְלָכֵן פְּרִי־פִתְיֹהֶם לְבַבְכֶם וְסִרְתֶּם וְעַבַדְתֶּם אֱלֹהֵי־אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף־יְהוָה בְּכֶם וְעִצְרָה אֶת־הַשָּׁמַיִם וְלֹא־יִהְיֶה מִטָּר וְהָאָדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ וְאֶבְדֶּתֶם מִהַר מֵעַל־הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נֹתֵן לָכֶם: וְשָׂמַתֶּם אֶת־דְּבָרַי אֵלֶיךָ עַל־לִבְבְכֶם וְעַל־נַפְשְׁכֶם וְקִשְׁרַתֶּם אִתְּכֶם לְאוֹתֶיךָ עַל־יְדֵיכֶם וְהָיָה לְטוֹטַפְתְּכֶם בַּיּוֹם עֵינֵיכֶם: וְלִמְדֶתְכֶם אֶת־אֶת־בְּנֵיכֶם לְדַבְּרֵם בְּבֵיתְךָ וּבְיָקְחֶתְךָ וּבְשָׂבַעְךָ וּבְכַבֵּדְךָ: מִזֶּמֶר יוֹת בֵּיתְךָ וּבְשַׁעֲרֶיךָ:

לְמַעַן יִרְבּוּ יְמֵיכֶם וְיָמֵי
בְּנֵיכֶם עַל הָאָדָמָה
אֲשֶׁר נִשְׁבַּע יְהוָה
לְאַבְתִּיכֶם לְתַתֵּן לָהֶם
כִּימֵי הַשָּׁמַיִם עַל־הָאָרֶץ:

The Eternal said to Moses: 'Speak to the children of Israel and tell them that each generation shall put tassels on the corner of their clothes, and put a blue thread on the corner tassel. Then when this tassel catches your eye, you will remember all the commands of the Eternal and do them. Then you will no longer wander after the desires of your heart and your eyes which led you to lust.

Then you will remember all My commands and do them and you will be set apart for your God. I am the Eternal your God who brought you out of the land of Egypt, to be your own God. I, the Eternal, am your God.'

Vayomer Adonai el mosheh leimor: dabbeir el b'nei yisra'el v'amarta aleihem, v'asu lahem tsitsit al kanfei vigdeihem l'dorotam, v'nat'nu al tsitsit ha-kanaf p'til t'cheilet. V'hayah lachem l'tsitsit, ur'item oto, uz'chartem et kol mitsvot Adonai, va'asitem otam, v'lo taturu acharei l'avchem v'acharei eineichem, asher attem zonim achareihem. L'ma'an tizk'ru, va'asitem et kol mitsvotai, vihyitem k'doshim leiloheichem. Ani Adonai eloheichem asher hotseiti etchem mei'erets mitsrayim, lihyot lachem leilohim, ani Adonai eloheichem.

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִיֹת עַל־כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם וְנָתַנּוּ עַל־צִיצִיֹת הַכְּנָף פֶּתִיל תְּכֵלֶת: וְהָיְתָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתָם וְזָכַרְתֶּם אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא תִתְּוּרוּ אַחֲרָי לְבַבְכֶם וְאַחֲרָי עֵינֵיכֶם: אֲשֶׁר־אֲתָם זִנִּים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֹתָם

כָּל־לְמִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרָיִם מִצְרָיִם לְהִיְוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:



They say cold feet are a sign of turning back,
 The failure of internal will –
 But I say it can be the other way,
 The body's anticipation of things to come.
 Whether demons are nipping at your heels
 Or gnawing within, here's the thing:
 Settle quietly, close your eyes,
 Then take the most deliberate, deep breath,
 As though it were the very first –
 And when you can feel it penetrate every bit of your being,
 Making the rest of your life possible,
 You open your eyes
 And take that first step out into the sea of reeds.
 Watered feet are just the price of coming home.

**'God, who is like You among the gods people worship!
 Who, like You, is majestic in holiness, awesome in praise, working wonders!'**

On the shore of the sea, those who were rescued sang a new song in Your praise. Together all of them thanked You and proclaimed you as Sovereign:

'God alone will rule forever and ever.'

Rock of Israel, rise up to the aid of Your people Israel. The Creator of all, the Holy One of Israel rescues us. Blessed are You God, who rescues Israel.

*Mi chamocha ba-eilim
 Adonai
 mi kamocha ne'dar ba-kodesh
 nora t'hillot oseih fele.*

*Shirah chadashah shibb'chu
 g'ulim l'shimcha al s'fat ha-yam,
 yachad kullam hodu v'himlichu v'am'ru.*

Adonai yimloch l'olam va'ed.

*Tsur yisra'el, kumah b'ezrat yisra'el,
 go'aleinu Adonai ts'va'ot sh'mo,
 k'dosh yisra'el. Baruch attah Adonai ga'al yisra'el.*

מִי־כֹמֶכָה בְּאֵלִים יְהוָה.
 מִי־כֹמֶכָה נִאֲדָר בְּקֹדֶשׁ.
 נוֹרָא תְהִלַּת עֲשֵׂה פֶלְאָ:

שִׁירָה חֲדָשָׁה שִׁבְּחוּ
 גְּאוּלִּים לְשִׁמְךָ עַל שִׁפְתֵי
 הַיָּם. יַחַד כְּלֵם הוֹדוּ
 וְהִמְלִיכוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

צוּר יִשְׂרָאֵל. קוּמָה בְּעֶזְרַת
 יִשְׂרָאֵל. גְּאֹלֵנוּ יְהוָה
 צְבָאוֹת שְׁמוֹ. קְדוֹשׁ
 יִשְׂרָאֵל:
 בְּרוּךְ אַתָּה יְהוָה גְּאֹל
 יִשְׂרָאֵל:



A Prayer for Prayer

O my God
My soul's companion
My heart's precious friend
I turn to You.
I need to close out the noise
To rise above the noise
The noise that interrupts
The noise that separates
The noise that isolates.
I need to hear you again.

In the silence of my innermost being,
In the fragments of my yearned-for wholeness
I hear whispers of Your presence
Echoes of the past when You were with me
When I felt Your nearness
When together we walked
When You held me close, embraced me in Your love,
laughed with me in my joy.
I yearn to hear You again.

In Your oneness, I find healing.
In the promise of Your love, I am soothed.
In Your wholeness, I too can
become whole again.

Please listen to my call
help me find the words
help me find the strength within
help me shape my mouth,
my voice, my heart
so that I can direct my spirit and
find You in prayer
In words only my heart can speak
In songs only my soul can sing
Lifting my eyes and heart to You.

Adonai s'fatai tiftach
open my lips, precious God
so that I can speak with You again

Rabbi Sheldon Zimmerman

Amidah

אֲדַנִּי שְׂפַתֵי תִפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ :
Adonai s'fatai tiftach ufi yaggid t'hillatecha

My God, open my lips and my mouth shall declare Your praise

Blessed are You, our God, and God of our ancestors, God of Abraham, God of Sarah, God of Isaac, God of Rebecca, and God of Jacob, God of Rachel and God of Leah, the great, the mighty, and the awesome God, God beyond, generous in love and kindness, and possessing all. You remember the good deeds of those before us, and therefore in love bring rescue to the generations, for such is Your being. The Sovereign who helps and saves and shields. Blessed are You God, who shields Abraham who remembers Sarah.

Baruch attah Adonai eloheinu veilohei avoteinu veilohei immoteinu. elohei avraham, elohei yitschak, veilohei ya'akov, elohei sarah, elohei rivkah, elohei rachel veilohei le'ah. Ha'eil ha-gadol, ha-gibbor v'ha-nora, eil elyon, gomeil chasadim tovim, koneih ha-kol. V'zocheir chasdei avot v'immahot u'meivi go'eil livnei v'neihem l'ma'an sh'mo b'ahavah. Melech ozeir u'moshi'a umagein. Baruch attah Adonai, magein avraham pokeid 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 עֲלִיּוֹן. גּוֹמֵל חַסְדִּים טוֹבִים קוֹנֵה הַפֶּל. וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם פּוֹקֵד שָׂרָה:

We place ourselves in the great chain of life, drawing strength from those who came before us, and sharing our love and learning with those who will come after.

Who do we remember who inspired us in life?
 What did they teach me?
 What in their legacy do I cherish?



You are the endless power that renews life beyond death; You are the greatness that saves. causing the dew to fall. You care for the living with love. You renew life beyond death with unending mercy. You support the falling, and heal the sick. You free prisoners, and keep faith with those who sleep in the dust. Who can perform such mighty deeds, and who can compare with You, a Sovereign who brings death and life, and renews salvation? You are faithful to renew life beyond death. Blessed are You God, who renews life beyond death.

Attah gibbor l'olam Adonai, mechayyeih meitim attah rav l'hoshi'a. Morid ha-tal. M'chalkeil chayyim b'chesed, m'chayyeih meitim b'rachamim rabbim, someich noflim, v'rofeih cholim, umattir asurim, um'kayyeim emunato lisheinei afar. Mi chamocha ba'al g'vurot, umi domeh lach, melech meimit um'chayyeh, u'matsmi'ach y'shu'ah. V'ne'eman attah l'hachayot meitim. Baruch attah Adonai, m'chayyeih ha-meitim.

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי. מְחַיֶּה מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ: מוֹרִיד הַטָּל: מְכַלְכֵּל חַיִּים בְּחֶסֶד. מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים. וְרוֹפֵא חוֹלִים. וּמַתִּיר אֲסוּרִים. וּמְקַיֵּם אֱמוּנָתוֹ לְיֹשְׁנֵי עָפָר: מִי כָמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ. מְלֶכֶךְ מֵמִית וּמְחַיֶּה וּמְצַמֵּיחַ יְשׁוּעָה: וְנֶאֱמָן אַתָּה לְהַחַיֹּת מֵתִים. בְּרוּךְ אַתָּה יְהוָה. מְחַיֶּה הַמֵּתִים:

As I walk the path of my life today, let me remember from time to time to look up to the stars, but let me not miss the flowers growing along the road – on both sides.

You are holy and Your name is holy, and those who seek holiness praise You day by day. Blessed are You, the holy God.

Attah kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha sela. Baruch attah Adonai ha-eil ha-kadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקָדוֹשִׁים בְּכֹל יְמֵי הַיּוֹם יְהַלְלוּךָ סְלָה: בְּרוּךְ אַתָּה יְהוָה. הָאֵל הַקָּדוֹשׁ:

If I take a wrong turning today, may I find others who can direct me. Even if paths diverge, we might walk together a little while, a pleasant walk along a way I might not have seen had I not gone astray.

Not everything that is faced can be changed; but nothing can be changed until it is faced.
James Baldwin

The children of Israel shall keep the Shabbat, observing the Shabbat as a timeless covenant for all generations. It is a sign between Me and the children of Israel forever. For in six days the Creator made heaven and earth and on the seventh day ceased from work and was at rest.

V'sham'ru v'nei yisra'el et ha-shabbat, la'asot et ha-shabbat l'dorotam b'rit olam. Beini uvein b'nei yisra'el ot hi l'olam, ki sheishet yamim asah Adonai et ha-shamayim v'et ha-arets, uva-yom ha-sh'vi'i shavat vayinnafash.

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל לְאֶת־
הַשַּׁבָּת לַעֲשׂוֹת אֶת־
הַשַּׁבָּת לְדֹרוֹתֵם בְּרִית
עוֹלָם: בֵּינִי וּבֵין בְּנֵי־
יִשְׂרָאֵל אֲנִי הָיָה לַעֲלֹמִים
כִּי־שֵׁשֶׁת יָמִים עָשָׂה
יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־
הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנָּפֵשׁ:

What a blessing it is to work, and then to rest. Especially today I feel rich in blessing – the blessing of Your spirit that pervades all things living and inanimate, the joy of family love and the gift of friendship. Give me always a heart grateful as in my sunniest days, a soul thankful as in the hour of my highest joy.

Author Unknown

Our Living God be pleased with Your people Israel and listen to their prayers. In Your great mercy delight in us so that Your presence may rest upon Zion.

R'tseih Adonai eloheinu b'amm'cha yisra'el, v'litfillatam sh'eih. Uv'rachamecha ha-rabbim tachpots banu v'tashreh sh'chinat'cha al tsiyyon.

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמֶּךָ
יִשְׂרָאֵל. וְלִתְפִלָּתְךָ שְׁעֵה.
וּבְרַחֲמֶיךָ הַרְבִּים תַּחֲפֹץ
בָּנוּ וְתִשְׁרַח שְׁכִינָתְךָ עַל
צִיּוֹן.

Our eyes look forward to Your return to Zion in mercy! Blessed are You God, ever restoring Your presence to Zion.

V'techezenah eineinu b'shuv'cha l'tsiyyon b'rachamim. Baruch attah Adonai ha-machazir sh'chinato l'tsiyyon.

וְתִחַזְּנֵנָה עֵינֵינוּ בְּשׁוּבְךָ
לְצִיּוֹן בְּרַחֲמִים: בָּרוּךְ
אַתָּה יְהוָה. הַמְחַזֵּיר
שְׁכִינָתוֹ לְצִיּוֹן.

We declare with gratitude that You are our God and the God of our ancestors. You are our rock, the rock of our life and the shield that saves us. In every generation we thank You and recount Your praise for our lives held in Your hand, for our souls that are in Your care, and for the signs of Your presence that are with us every day. At every moment, at evening, morning and noon, we experience Your wonders and Your goodness. You are goodness itself, for Your mercy has no end. You are mercy itself, for Your love has no limit. Forever have we put our hope in You.

And for all these things may Your name, our Sovereign, be blessed, exalted and honoured forever and ever.

May every living being thank You; may they praise and bless Your great name in truth for You are the God who saves and helps us. Blessed are You God, known as goodness, whom it is right to praise.

Modim anachnu lach, she'attah hu Adonai eloheinu veilohei avoteinu l'olam va'ed, tsureinu tsur chayyeinu umagein yish'einu attah hu. L'dor vador nodeh l'cha un'sappeir t'hillatecha, al chayyeinu ha-m'surim b'yadecha, v'al nishmoteinu ha-p'kudot lach, v'al nissecha sheb'chol yom immanu, v'al nifl'otecha v'tovotecha sheb'chol eit, erev va'voker v'tsohorayim. Ha-tov ki lo chalu rachamecha, ha-m'racheim ki lo tammu chasadecha, ki mei'olam kivvinu lach.

V'al kullam yitbarach v'yitromeim v'yitnassei tamid shimcha malkeinu l'olam va'ed.

V'chol ha-chayyim yoducha selah, vihal'lu vivar'chu et shimcha ha-gadol be'emet, ha-eil y'shu'ateinu v'ezrateinu selah. Baruch attah Adonai, ha-tov shimcha ul'cha na'eh l'hodot.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָהּ
הוא יהוה אֱלֹהֵינוּ וְאֵלֵהֶי
אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוֹרֵנוּ
צוֹר חַיֵּינוּ וּמִגֵּן יִשְׁעֵנוּ אֵתָהּ
הוא: לְדוֹר וָדוֹר נֹדֵה לָךְ
וְנִסְפָּר תְּהִלָּתְךָ עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ.

וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת
לָךְ. וְעַל נְסִיךְ שְׂבִכְךָ לְ-
יוֹם עָמְנוּ.

וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שְׂבִכְךָ לְעֵת עָרֵב וּבִקְר
וְצַדִּיק וְהַיְשָׁרִים: הַטוֹב כִּי
לֹא כָלוּ רַחֲמֶיךָ. הַמְּרַחֵם כִּי
לֹא תָמוּ חֲסְדֶיךָ. כִּי מְעוֹלָם
קִוִּינוּ לָךְ.

וְעַל כָּלֶם יִתְבַּרְךָ וְיִתְרוֹמַם
וְיִתְנַשֵּׂא תִמְיֵד שְׁמֶךָ מִלְּכָנוּ
לְעוֹלָם וָעֶד

וְכֹל לַיְהוּדִים יוֹדוּךָ סְלָה.
וַיְהִלּוּ וַיְבָרְכוּ אֶת שְׁמֶךָ
הַגָּדוֹל בְּאֵמֶת. הָאֵל
יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סְלָה:
בְּרוּךְ אַתָּה יְהוָה. הַטוֹב
שְׂמֶךָ וְלָךְ נִאֲהָ לְהוֹדוֹת:

When from our better selves we have too long
Been parted by the hurrying world, and droop,
Sick of its business, of its pleasures tired,
How gracious, how benign, is Solitude!

William Wordsworth

If there was a gift to take away from the weeks of lockdown and living through the coronavirus pandemic, surely it was the ability to stop from the hurrying world, to droop, to reflect, to repair the world in many way, to repair ourselves and to take stock of what is important in life – however hard, however difficult our own circumstances. We are in the same storm, but in different boats and we need to learn to drive the boat successfully.

Grant us peace, goodness and blessing; life, grace and kindness; justice and mercy. Source of our life, bless us all together with the light of Your presence, for in the light of Your presence You give us, our Living God, law and life, love and kindness, justice and mercy, blessing and peace. And in Your eyes it is good to bless Your people Israel with the strength to make peace.

Blessed are You God, blessing Your people Israel with peace.

Sim shalom tovah uv'rachah chayyim chein vachessed, ts'dakah v'rachamim aleinu, uvar'cheinu avinu kullanu yachad b'or panecha, ki v'or panecha natatta lanu Adonai eloheinu torah v'chayyim, ahavah vachessed, ts'dakah v'rachamim, b'rachah v'shalom, v'tov b'einecha l'vareich et amm'cha yisra'el b'rov oz uv'shalom.

Baruch attah Adonai, ha-m'vareich et ammo yisra'el ba-shalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה
חַיִּים חַן וְחֶסֶד צְדָקָה
וְרַחֲמִים עָלֵינוּ. וּבְרָכָנוּ
אֲבֵינוּ כְּלָנוּ יַחַד בְּאוֹר
פְּנֵיךָ. כִּי בְאוֹר פְּנֵיךָ נִתְּתָה
לָנוּ יְהוָה אֱלֹהֵינוּ תּוֹרָה
וְחַיִּים. אֶהְבֶּה וְחֶסֶד. צְדָקָה
וְרַחֲמִים. בְּרָכָה וְשְׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־
עַמּוֹךָ יִשְׂרָאֵל בְּרֹב־עֹז
וּבְשְׁלוֹם:
בְּרוּךְ אַתָּה יְהוָה. הַמְבָרֵךְ
אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

Peace is not the absence of conflict.
Peace is dealing with conflict
while honouring justice.
Peace is not the absence of anger.
Peace is expressing anger while honouring compassion.
Peace is not the absence of desire.
Peace is allowing for desire without
the fantasy that fulfilment brings happiness.
Peace is not the absence of fear.
Peace is knowing how to move through fear.
Peace is not the absence of self.
Peace is knowing that the self is absent.
May I cultivate the skills to live in peace:
to live with honour,
to live with justice.
to live with compassion,
to live with desire.
to live with fear.
to live with self.
to live with emptiness.

My God, keep my tongue from causing harm and my lips from telling lies. Let me be silent if people curse me, my soul still humble and at peace with all. Open my heart to Your teaching, and give me the will to practise it. May the plans and schemes of those who seek my harm come to nothing.

*Elohai n'tsor l'shoni meira,
v'siftotai middabbeir mirmah,
v'limkal'lai nafshi tiddom,
v'nafshi ke'afar la-kol tihyeh.
P'tach libbi b'toratecha,
v'acharei mitsvotecha tirdof
nafshi, v'chol ha-kamim alai
l'ra'ah, m'heirah hafeir atsatam,
v'kalkeil machsh'votam.*

אֱלֹהֵי נְצוּר לְשׁוֹנֵי מִרְעָ.
וְשִׁפְתוֹתַי מִדַּבֵּר מִרְמָה.
וְלִמְקַלְלֵי נַפְשִׁי תִדּוֹם. וְנַפְשִׁי
כְּעַפְר לְכָל תְּהִיָּה: פֶּתַח לִבִּי
בְּתוֹרַתְךָ. וְאַחֲרֵי מִצְוֹתֶיךָ
תִּרְדּוֹף נַפְשִׁי. וְכֹל-
הַקָּמִים עָלַי לְרָעָה מִהֲרָה
הִפֵּר עֲצָתָם וְקַלְקַל
מַחֲשַׁבוֹתָם:

Merciful God, during those times in my life when I suffer, grant the strength to endure the challenges I face, even as I may feel provoked and angry. Give me a gentle tongue to refrain from responding with slander. Help me to remember that thrashing in a sea of hostile impulses will only lead me to spiritual drowning, when instead I can choose to swim toward the safety of Your shelter. Thank you for Your precious gifts of life and love, and for my tender heart, which is in Your care. Blessed are You, source of sustenance.

May the words of my mouth and the meditation of my heart be acceptable to You, O God, my Rock and my Redeemer.

*Yihyu l'ratson imrei fi,
v'hegyon libbi l'fanecha,
Adonai tsur v'go'ali.*

יְהִי לְרִצּוֹן אִמְרֵי-פִי. וְהִגְיוֹן
לִבִּי לְפָנֶיךָ. יְהוָה צוּרִי
וְגֹאֲלִי:

Prayers for healing

Fountainhead of all life,

You who rained Your blessings on our mothers
Sarah, Rebecca, Leah, and Rachel
And on our fathers
Abraham, Isaac, and Jacob,

Causing their seed to sprout and grow and thrive
Not only in a land flowing,
But in the desert places too;

May You likewise shower us, their offspring,
And those near to us,
With a recovery of wholeness,
A restoration of the vessel and its contents.

May you pour Your healing into the barren furrows
When we are parched by illness and pain,
Dried out by distancing and despair.

As You have given us Your Torah,
The waters of life,

As a source of help for all time,
Send the waters of healing to all
Who thirst for peace, wholeness, for *shleimut*

Mi shebeirach avoteinu
M'kor hab'racha l'imoteinu
May the source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
and let us say, Amen.

Mi shebeirach imoteinu
M'kor habrachah l'avoteinu
Bless those in need of healing with r'fuah sh'leimah,
The renewal of body,
the renewal of spirit,
And let us say, Amen

May the Maker of peace in the
highest bring this peace upon
us and upon all Israel and
upon all the world. Amen.

Oseh shalom bimromav hu
ya'aseh shalom aleinu
v'al kol yisra'el v'al kol ha-
olam, v'imru amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמָיו. הוּא
יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל-
יִשְׂרָאֵל וְעַל-כָּל-לְהֶעוֹלָם.
וְאָמְרוּ. אָמֵן :

Torah Service

Blessing Before Reading the Torah

Bless Adonai, whom we are called to bless.

Blessed be Adonai, whom we are called to bless forever and ever.

Blessed are You, Adonai our God, ruler of the universe who chose us from all peoples to give us the Torah.

Blessed are You, Adonai who gives us the Torah.

Bar'chu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va'ed.

Baruch atah Adonai eloheinu melech ha'olam, asher bachar banu mikol ha'amim v'natan lanu et Torato.

Baruch atah Adonai, noten ha'Torah.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם
וָעֶד

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר בָּחַר-בְּנוּ
מִכָּל-הָעַמִּים וְנָתַן-לָנוּ אֶת
תּוֹרָתוֹ: בְּרוּךְ אַתָּה יְיָ, נוֹתֵן
הַתּוֹרָה

Blessing After Reading the Torah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן-לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכְנוּ: בְּרוּךְ אַתָּה
יְיָ, נוֹתֵן הַתּוֹרָה

Baruch atah Adonai eloheinu melech ha'olam, asher natan lanu Torat emet v'chayei olam nata b'tocheinu. Baruch atah Adonai, noten ha'Torah.

Naso Numbers 6:1 - 8

א וַיְדַבֵּר יְיָ אֶל-מֹשֶׁה לֵאמֹר: ב דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם אִישׁ
אִדְאֵשׁ הַכִּי יִפְלֹא לְנַדָּר נְזָדָר נְזָדָר לְהִזְדָּר לִי: ג מִיֵּזֶן וְשָׁכַר יִזְדָּר
ח מִיֵּזֶן וְחִמְצָה שָׁכַר לֹא יִשְׁתֶּה וְכָל-מִשְׁרַת עֲנָבִים לֹא יִשְׁתֶּה
וְעֲנָבִים לְחֵיִם וַיִּבְשְׁיֵם לֹא יֹאכַל: ד כֹּל יְמֵי נְזָדָר מְלֵא אֵשׁ יַעֲשֶׂה
מִגֶּזֶן הֵיזֶן מִחֲרָצֵיִם וְעֵדֻזִים לֹא יֹאכַל: ה כָּל-יְמֵי נְזָדָר נְזָדָר תֵּעָר לֹא-
יַעֲבֹר עַל-דֹּאשׁוֹ עַד-מְלֵאת הַיָּמִים אֲשֶׁר-יִזְדָּר לִי קִדְּשׁ יְהִי הַגֶּזֶל פְּרַע
שָׁעֵר רֹאשׁוֹ: ו כָּל-יְמֵי הַזִּירָה לִי עַל-נַפְשׁ מֵת לֹא יָבֹא: ז לְאָבִיו וְלֵאמֹר
לְאָחִיו וְלֵאחֹתוֹ לֹא-יִטְמָא לְהָאֵם בְּמַתָּהֵם כִּי נִזְדָּר אֱלֹהֵי עַל-דֹּאשׁוֹ:
ח כֹּל יְמֵי נְזָדָר קִדְּשׁ הוּא לִי:

God spoke to Moses, saying: Speak to the children of Israel and say to them: If a man or woman sets himself apart by making a nazirite vow to abstain for the sake of God: They must abstain from new wine and intoxicating wine. They may not drink vinegar made from new wine or intoxicating wine. They may not drink anything in which grapes have been soaked. They may not eat fresh grapes or dried one. All the days of the

nazirite vow they may not eat any product of the grapevine, from its seeds to its skins. All the days of the nazirite vow, no razor may pass over the head, until the completion of the period of abstinence for the sake of God. The hair will be sacred and they should allow the hair on the head to grow wild. All the days of the nazirite vow for God, they may not come into contact with the dead. Even if a father, mother, brother or sister dies they may not allow themselves to become ritually impure for the crown of God is upon their head. All the days of the nazirite vow, they are holy to God.

Concluding prayers and songs

It is our duty to praise the Ruler of all, to recognise the greatness of the Creator of first things, who has chosen us from all peoples by giving us Torah. Therefore we bend low and submit, and give thanks before the supreme Sovereign, the Holy One, who is blessed, who extends the limits of space and makes the world firm; whose glory extends through the universe beyond, and whose strength into farthest space. This is our God and no other; in truth this is our Sovereign and none else. It is written in God's Torah: 'Realise this today and take it to heart; that God is Sovereign in the heavens above and on the earth beneath; no other exists.'

Aleinu l'shabbei'ach la'adon ha-kol, lateit g'dullah l'yotseir b'reishit, asher bachar banu mikkol ha-ammim, v'natan lanu et torato, va'anachnu kor'im umishtachavim umodim, lifnei melech malchei ha-m'lachim, ha-kadosh baruch hu, shehu noteh shamayim v'yoseid arets, umoshav y'karo ba-shamayim mimma'al ush'chinat uzzo b'govhei m'romim. Hu eloheinu, ein od, emet malkeinu, efes zulato, ka-katuv b'torato: V'yadata ha-yom vahashevota el l'vavecha, ki Adonai hu ha-elohim bashamayim mimma'al v'al ha-arets mittachat ein od.

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכּוֹל.
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.
אֲשֶׁר בְּחָרָבָנוּ מִכָּל-
הָעַמִּים. וְנִתְּנָנוּ אֶת-תּוֹרָתוֹ:
וְאִנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים לְפָנָי מֶלֶךְ מַלְכֵי
הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא:
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד
אָרֶץ. וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם
מִמַּעַל. וּשְׁכִינַת עֲזוֹ
בְּגִבְרֵי מְרוֹמִים: הוּא
אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת
מִלְכָנוּ אָפֶס זולָתוֹ: כְּכַתוּב
בְּתוֹרָתוֹ. וְיִדְעָתָּ הַיּוֹם
וְהִשְׁבַּתְתָּ אֶל לְבָבְךָ. כִּי יְהוָה
הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל
וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד:

We look to the future with hope. So many dreams have faded in the accusing light of day, so many visions of better times have turned into nightmares and blood. We have been disappointed too often. And yet still we hope. We hope for transformation: for societies where prejudice and superstition, fear and unrest give way to fullness of life, and the humble recognition of our common humanity. We are in this together. We need each other and we need to affirm our hope. For goodness is real, and justice is possible, and life on earth can be enhanced by those filled with an awareness of the eternal and a knowledge of their own transience.

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 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 one another and the Earth
 And then everywhere will be called Eden once again.

So it is prophesied: 'The Eternal shall be Sovereign over all the earth. On that day the Eternal shall be One, and known as One.'	V'ne'emar: v'hayah Adonai l'melech al kol ha-arets, ba-yom ha-hu yihyeh Adonai echad ush'mo echad.	וְנֵאמָר. וְהָיָה יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ. בַּיּוֹם הַהוּא יִהְיֶה יְהוָה אֶחָד וּשְׁמוֹ אֶחָד
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When I die give what's left of me away
 To children and old men that wait to die.
 And if you need to cry,
 Cry for your brother walking the street beside you.
 And when you need me, put your arms around anyone
 And give them what you need to give me.

I want to leave you something,
 Something better than words or sounds.
 Look for me in the people I've known or loved,
 And if you cannot give me away,
 At least let me live in your eyes and not in your mind.

You can love me best by letting hands touch hands,
 And by letting go of children that need to be free.
 Love doesn't die, people do.
 So, when all that's left of me is love,
 Give me away.

Merrit Malloy

There are stars up above,
 So far away we only see their light
 Long, long after the star itself is gone.
 And so it is with people that we loved –
 Their memories keep shining ever brightly
 Though their time with us is done.
 But the stars that light up the darkest night,
 These are the lights that guide us.
 As we live our days, these are the ways we remember.

Let us magnify and let us sanctify in this world the great name of God whose will created it. May God's reign come in your lifetime, and in your days, and in the lifetime of the family of Israel - quickly and speedily may it come.

Amen.

May the greatness of God's being be blessed from eternity to eternity.

Let us bless and let us extol, let us tell aloud and let us raise aloft, let us set on high and let us honour, let us exalt and let us praise the Holy One, whose name is blessed, who is far beyond any blessing or song, any honour or any consolation that can be spoken of in this world. Amen.

May great peace from heaven and the gift of life be granted to us

and to all the family of Israel. Amen.

May the Maker of peace in the highest bring this peace upon us and upon all Israel and upon all the world.

Amen.

Yitgaddal v'yitkaddash sh'meih rabba (amen),

b'alma di v'ra chiruteih,

v'yamlich malchuteih,

b'chayyeichon uv'yomeichon

uv'chayyei di chol beit yisra'el,

ba'agala u'vizman kariv,

v'imru amen.

Y'hei sh'meih rabba m'varach,

l'alam ul'almei almaya.

Yitbarach v'yishtabbach v'yitpa'ar

v'yitromam v'yitnassei v'yit-haddar

v'yit'alleh v'yit-hallal,

sh'meih di kudsha,

b'rich hu,

l'eilla min kol birchata

v'shirata tushb'chata v'nechemata,

di amiran b'alma,

v'imru amen.

Y'hei sh'lama rabba min sh'maya,

v'chayyim aleinu v'al kol yisra'el,

v'imru amen.

Oseh shalom bimromav,

hu ya'aseh shalom

aleinu v'al kol yisra'el,

v'al kol ha-olam,

v'imru amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא
(אָמֵן)

בְּעֵלְמָא דִּי־בְרָא כְרַעוּתָהּ :

וְיִמְלִיךְ מַלְכוּתָהּ

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דִי־כֹּל לְבֵית

יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן

קָרִיב.

וְאָמְרוּ אָמֵן :

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא :

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דִּי־קֻדְשָׁא.

בְּרִיךְ הוּא.

לְעָלְמָא מִן־כֹּפֶּץ לְבִרְכָתָא

וְשִׁירָתָא תְּשַׁבַּחְתָּא

וְנִחְמָתָא דִּי־אֲמִירָן

בְּעֵלְמָא.

וְאָמְרוּ אָמֵן :

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא

וְחַיִּים עָלֵינוּ וְעַל־כֹּפֶּץ לְ-

יִשְׂרָאֵל. וְאָמְרוּ אָמֵן :

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו

הוּא יַעֲשֵׂה שְׁלוֹם

עָלֵינוּ וְעַל כֹּפֶּץ לְיִשְׂרָאֵל

וְעַל־כֹּפֶּץ לְהַעוֹלָם.

וְאָמְרוּ אָמֵן :

Eternal God who ruled alone
before creation of all forms,
at whose desire all began
and as the Sovereign was
proclaimed.

*Adon olam asher
malach, b'terem kol y'tsir
nivra.
L'ait na'asah k'cheftso
kol, azai melech sh'mo
nikra.*

אֲדוֹן עוֹלָם אֲשֶׁר מְלֶכֶךְ
בְּטֶרֶם כָּל־יִצְרִיר
נִבְרָא :
לְעֵת נִעְשָׂה כְּחֶפְצוֹ כָּל־
אֲזֵי מְלֶכֶךְ שְׁמוֹ נִקְרָא :

Who, after everything shall end
alone, in awe, will ever reign,
who was and is for evermore,
the glory that will never change.

*V'acharei kichlot ha-kol,
l'vaddo yimloch nora.
V'hu hayah v'hu hoveh,
v'hu yihyeh b'tif'arah.*

וְאַחֲרֵי כְּכֹלוֹת הַכֹּל.
לְבַדּוֹ יִמְלֹךְ נֹרָא :
וְהוּא הָיָה. וְהוּא הוֹיָה.
וְהוּא יִהְיֶה בְּתִפְאָרָה :

Unique and One, no other is
to be compared, to stand beside,
neither before, nor following,
alone the source
of power and might.

*V'hu echad v'ein sheini,
l'hamshil lo l'hachbirah.
B'li reishit b'li tachlit, v'lo
ha-oz v'ha-misrah.*

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

This is my God, who saves my life,
the rock I grasp in deep despair,
the flag I wave, the place I hide,
who shares my cup the day I call.

*V'hu eili v'chai go'ali,
v'tsur chevli b'yom
tsarah.
V'hu nissi umaniusi, m'nat
kosi b'yom ekra.*

וְהוּא אֵלֵי וְחַי גֹּאֲלִי.
וְצוּר חֲבֵלֵי בְיוֹם צָרָה :
וְהוּא נֹסִי וּמְנוּסִי.
מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא :

*B'yado afkid ruchy,
b'ait ishan v'a'irah.
V'im ruchy g'vi'ati,
Adonai li v'lo ira.*

בְּיָדוֹ אֶפְקִיד רוּחִי.
בְּעֵת אִישָׁן וְאָעִירָה :
וְעַם רוּחִי גְוִיָּתִי.
אֲדַנִּי לִי וְלֹא אִירָא :

The Priestly Benediction for Each Other

יְבָרְכֶךָּ יְיָ וְיִשְׁמְרֶךָּ : ס
יְאֵר יְיָ | פְּנֵי־יְיָ אֶלְיָךְ וְיִחַנְּךָ : ס
יִשְׁׁא יְיָ | פְּנֵי־יְיָ אֶלְיָךְ וְיִשְׁׁם לְךָ שְׁלוֹם :

May God bless you and protect you!
May God deal kindly and graciously with you!
May God bestow the Eternal's favour upon you and grant you Peace!