

# Alyth



**IMREI FINU**  
**ONLINE AND IN-PERSON**



וְאֲנִי אֲשִׁיר וְאֲנִי אֲשִׁיר  
 strength, extol each morning your  
 lovingkindness; For you have been my  
 haven, my refuge in my time of trouble.  
 O my strength, to You I will sing.

וְאֲנִי אֲשִׁיר עֶזְךָ וְאֲרַנֵּן לְבַקֶּךָ  
 חֲסֶדְךָ כִּי־הָיִיתָ מְשֹׁגֵב לִי  
 וּמְנוּס בְּיוֹם צָר־לִי  
 עֲזִי אֵלֶיךָ אֲזַמְּרָה

וְאֲנִי אֲשִׁיר *Va'ani ashir uzecha va'aranein la-boker chasdecha, ki hayyita misgav li, u'manos l'yom tzar-li. Uzi eileikha azameirah*

## MORNING BLESSINGS

### THE GIFT OF OUR BODY

בָּרוּךְ Blessed are You, our Living  
 God, Sovereign of the universe, who  
 formed human beings in wisdom,  
 creating within them openings and  
 vessels. It is revealed and known  
 before the throne of Your glory that  
 if one of them is opened or one of  
 them closed it would be impossible  
 to remain alive and stand before  
 You. Blessed are You God, who  
 heals all flesh and performs such  
 wonders.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם. אֲשֶׁר יָצַר אֶת־הָאָדָם  
 בְּחָכְמָה. וּבָרָא בּוֹ נְקָבִים נְקָבִים.  
 חַלּוּלִים חַלּוּלִים: גְּלוּי וַיְדוּעַ לְפָנַי  
 כִּסֵּא כְבוֹדְךָ שָׁאֵם יִפְתַּח אֶחָד  
 מֵהֶם. אוֹ יִסָּתֵם אֶחָד מֵהֶם. אִי  
 אֶפְשֶׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ:  
 בָּרוּךְ אַתָּה יְהוָה. רוּפֵא כָּל־בָּשָׂר.  
 וּמִפְּלִיא לַעֲשׂוֹת:

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

### ASHER YATZAR (DAN NICHOLS)



I thank you for my life, body and soul;  
 Help me realise I am beautiful and whole  
 I'm perfect the way I am and a little broken too  
 I will live each day as a gift I give to you  
*Baruch atah Adonai rofei chol basar umafli la'asot*

THE GIFT OF OUR SOUL

אֱלֹהֵי My God, the soul  
You have given me is pure,

אֱלֹהֵי. נְשַׁמָּה שֶׁנָּתַתָּ בִי  
טְהוּרָה הִיא:

אֱלֹהֵי Elohai, n'shamah shennatatta bi t'horah hi.

THE GIFT OF BLESSINGS

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. שָׁעֲשֵׂנִי בְצַלְמֶךָ אֱלֹהִים:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. שְׁלֹא עָשִׂנִי נְכַרִי/נְכַרְיָה:

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

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.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. שְׁעָשִׂה לִּי כָל-צְרֻכָי:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. פּוֹקֵחַ עֵינָי:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. מְלַבֵּשׁ עֲרֻמִּים:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. מַתִּיר אֲסוּרִים:

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

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

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

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

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

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

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

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. זֹקֵף כְּפוּפִים:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. הַמְכִינן מַצְעַדֵי־גְבֹר:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה:

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

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.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. הַנוֹתֵן לִיעֵף כֹּחַ:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם. הַמַּעְבִּיר שְׁנָה מֵעֵינַי  
וּתְנוּמָה מֵעַפְעָפִי:

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

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

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

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

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

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

אֱלֹהֵי My God, the soul  
You have given me is pure,

אֱלֹהֵי. נְשָׁמָה שְׁנַתַּת בִּי  
טְהוֹרָה הִיא:

אֱלֹהֵי *Elohai, n'shamah shennatatta bi t'horah hi.*

לְעוֹלָם We should always be in awe  
of God in private as well as in  
public; speak the truth aloud and  
mean it in our heart.

לְעוֹלָם *L'olam y'hei adam y'rei shamayim ba-seiter k'va-galui, umodeh al ha-emet, v'doveir emet bilvavo.*

לְעוֹלָם יִהְיֶה אָדָם יִרָא שָׁמַיִם  
בְּסֵתֶר כְּבִגְלוּי. וּמוֹדֵה עַל-הָאֱמֶת  
וְדוֹבֵר אֱמֶת בְּלִבָּבוֹ:

## PREPARING TO ENCOUNTER GOD

יְהוָה God **rules**, God has **ruled**,  
God **shall rule** forever and ever.

When the rule of God is  
acknowledged throughout the earth,  
on that day God shall be One, and  
known as One.

Save us, our Living God, to  
proclaim Your holy name and be  
honoured in praising You.

Blessed is the Eternal One, the  
God of Israel from everlasting  
to everlasting.

Let all the people say: Amen!

Praise God!

Let everything that has breath  
praise God.

Hallelujah!<sup>1</sup>

יְהוָה יְהוָה מֶלֶךְ. יְהוָה מֶלֶךְ.

יְהוָה יְמִלְךָ לְעוֹלָם וָעֶד:

וְהָיָה יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ.

בַּיּוֹם הַהוּא יְהָיָה יְהוָה אֶחָד

וְשִׁמוֹ אֶחָד:

הוֹשִׁיעֵנו יְהוָה אֱלֹהֵינוּ. לְהוֹדוֹת

לְשֵׁם קְדוֹשׁךָ לְהַשְׁתַּבַּח בְּתַהֲלֹתֶיךָ:

בְּרוּךְ יְהוָה אֱלֹהֵי יִשְׂרָאֵל מְן-

הָעוֹלָם וְעַד הָעוֹלָם.

וְאָמַר כָּל-הָעָם אָמֵן.

הַלְלוּיָהּ:

יְהוָה כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה.

הַלְלוּיָהּ:

יְהוָה *Adonai melech, Adonai malach, Adonai yimloch l'olam va'ed.*

*V'hayah Adonai l'melech al kol ha-arets, ba-yom ha-hu yih'yeh Adonai echad ush'mo echad. Hoshi'einu Adonai eloheinu, l'hodot l'sheim kodshecha l'hishtabei'ach bit'hillatecha. Baruch Adonai elohei yisra'el min ha-olam v'ad ha-olam, v'amar kol ha-am amen, hal'luyah. Kol ha-n'shamah t'halleil yah, hal'luyah.*

## VERSES OF SONG

בָּרוּךְ Blessed be the One,  
at whose word the world exists.  
Blessed be the One,  
whose word is deed.  
Blessed be the One,  
whose command stands firm.  
Blessed be the One,  
who causes creation.  
Blessed be the One,  
who has mercy on the earth.  
Blessed be the One,  
who has mercy on creation.  
Blessed be the One, who gives  
a good reward to the faithful.  
Blessed be the One, who takes away  
darkness and brings on light.  
Blessed be the One,  
who exists before time itself  
and endures for eternity.  
Blessed be the One in whom there is  
no fault and no forgetfulness, who  
shows no favour and takes no bribe,  
whose ways are righteous  
and all of whose deeds are love.  
Blessed be the One,  
who redeems and rescues.  
Blessed be the One, who gives rest  
to this people Israel on the holy  
Shabbat day.  
Blessed be the One,  
and blessed be God's name  
and blessed be the knowledge  
of God for all eternity.

בְּרוּךְ שֶׁאָמַר  
וְהָיָה הָעוֹלָם: בְּרוּךְ הוּא:  
בְּרוּךְ אוֹמֵר וְעוֹשֶׂה:  
בְּרוּךְ גּוֹזֵר וּמְקַיֵּם:  
בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית:  
בְּרוּךְ מְרַחֵם עַל הָאָרֶץ:  
בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת:  
בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו:  
בְּרוּךְ מַעֲבִיר אֶפְלָה וּמְבִיא אוֹרָה:  
בְּרוּךְ אֵל חַי לְעַד וְקַיֵּם לְנֶצַח:  
בְּרוּךְ שֶׁאֵינְ לִפְנֵי עוֹלָה  
וְלֹא שִׁכְחָה וְלֹא מִשׁוּא פָּנִים  
וְלֹא מִקַּח שֹׁחַד.  
צְדִיק הוּא בְּכֹל-דְּרָכָיו  
וְחֹסֵד בְּכֹל-מַעֲשָׂיו:  
בְּרוּךְ פּוֹדֶה וּמְצִיל:  
בְּרוּךְ הַמְּנַחֵל מְנוּחָה לְעַמּוֹ  
יִשְׂרָאֵל בַּיּוֹם שֶׁבַת קָדֵשׁ:  
בְּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:  
וּבְרוּךְ זְכוֹרוֹ לְעוֹלָמֵי עֵד:

ברוך *Baruch she'amar v'hayah ha-olam.*

*Baruch hu. Baruch omeir v'oseh.*

*Baruch gozeir um'kayyeim.*

*Baruch oseh v'reishit.*

*Baruch m'racheim al ha-arets.*

*Baruch m'racheim al ha-b'riot.*

*Baruch m'shaleim sachar tov lirei'av.*

*Baruch ma'avir afeilah umeivi orah.*

*Baruch eil chai la'ad v'kayam lanetsach.*

*Baruch she'ein l'fanav avlah v'lo shich'chah v'lo masso fanim,  
v'lo mikkach shochad, tsaddik hu b'chol d'rachav v'chasic b'chol ma'asav.*

*Baruch podeh umatsil.*

*Baruch ha-manchil m'nuchah l'ammo yisra'el b'yom shabbat kodesh.*

*Baruch hu u'varuch sh'mo, uvaruch zichro l'olmei ad.*

ברוך 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.

ברוך אתה יהוה אלהינו מלך  
העולם. המלך הגדול והקדוש.  
אב הרחמן. מהלל בפני עמו.  
משבח ומפאר בלשון כל-  
חסידיו ועבדיו: ובשירי דוד  
עבדך נהללך יהוה אלהינו.  
בשכחות ובזמירות נהודך  
נגדלך נפאריך ונמליכך ונזכיר  
שמך מלכנו אלהינו.

יחיד חי העולמים. משבח  
ומפאר שמו עדי עד:

ברוך אתה יהוה.

מלך מהלל בתשבחות:

ברוך *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'shinei 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.*

## THE SHABBAT PSALMS, 92 and 93

צב

<sup>א</sup> מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת:  
 בֵּטוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ עֲלֵינוּ:  
 גִּלְהַגִּיד בַּבֶּקֶר חֲסִדְךָ וְאַמוֹנַתְךָ בַּלַּיְלוֹת:  
 דִּעֲלֵי-עֶשׂוֹר וְעֲלֵי-נָבֶל עֲלֵי הַגִּיּוֹן בְּכַנּוֹר:  
 הִכִּי שִׁמְחַתְנִי יְהוָה בְּפִעֲלֶךָ בְּמַעֲשֵׂי יְדֶיךָ אֲרַנֶּן:  
 וּמַה-גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה מֵאֵד עֲמָקוֹ מִחֲשַׁבְתֶּיךָ:  
 זֵאִישׁ-בְּעַר לֹא יִדַע וְכִסִּיל לֹא-יֵבִין אֶת-זֹאת:  
 חֲבַפְרַח רְשָׁעִים כְּמוֹ עֵשֶׂב וַיִּצְיָצוּ כָּל-פְּעֲלֵי אָוֶן לְהַשְׁמָדֵם עַד־עֵד:  
 ט וְאַתָּה מָרוֹם לְעֵלָם יְהוָה:  
 י כִּי הִנֵּה אֵיבֶיךָ יְהוָה כִּי-הִנֵּה אֵיבֶיךָ יִתְפָּרְדוּ כָּל-פְּעֲלֵי אָוֶן:  
 יא וְתִרְם כְּרָאִים קַרְנֵי בַלְתֵּי בְשֵׁמֶן רַעְנָן:  
 יב וְתִבַט עֵינֵי בְשׁוּרֵי בְקָמִים עֲלֵי מְרַעִים תִּשְׁמַעְנָה אָזְנֵי:  
 יג צְדִיק כְּתִמֵּר יִפְרַח כְּאֲרוֹז בַּלְכַּנּוֹן יִשְׁגָּה:  
 יד שְׁתוּלִים בְּבֵית יְהוָה בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:  
 טו עוֹד יִנוּבוֹן בְּשִׁיבָה דְשָׁנִים וְרַעֲנָנִים יִהְיוּ:  
 טז לְהַגִּיד כִּי-יִשָּׁר יְהוָה צוּרֵי וְלֹא-עוֹלָתָה בּוֹ: ◇

<sup>1</sup>Mizmor shir l' yom ha-shabbat.

<sup>2</sup>Tov l' hodot l'adonai, ul'zammeir l' shimcha elyon.

<sup>3</sup>L' haggid ba-boker chasdecha, ve'emunat'cha ba-leilot.

<sup>4</sup>Alei asor va'alei navel, alei higgayon b'chinnor.

<sup>5</sup>Ki simmachtani Adonai b'fo'olecha, b'ma'asei yadecha arannein.

<sup>6</sup>Mah gad'lu ma'asecha Adonai m'od am'ku machsh'votecha.

<sup>7</sup>Ish ba'ar lo yeida, uch'sil lo yavin et zot.

<sup>8</sup>Bifro'ach r'sha'im k'mo eisev vayatsitsu kol po'alei aven l'hisham'dam adei ad.

<sup>9</sup>V'attah marom l'olam Adonai.

<sup>10</sup>Ki hinnei oy'vecha Adonai, ki hinnei oy'vecha yoveidu yitpar'du kol po'alei aven.

<sup>11</sup>Vatarem kir'eim karni balloti b'shemen ra'anan.

<sup>12</sup>Vatabbeit eini b'shurai, ba-kamim alai m'rei'im tishma'na oznai.

<sup>13</sup>Tsaddik ka-tamar yifrach, k'erez ba-l'vanon yisgeh.

<sup>14</sup>Sh'tulim b'veit Adonai, b'chatsrot eloheinu yafrichu.

<sup>15</sup>Od y'nuvun b'seivah, d'sheinim v'ra'ananim yihyu.

<sup>16</sup>L'haggid ki yashar Adonai, tsuri v'lo avlatah bo.



*Psalm 92*

<sup>1</sup> A Psalm to Sing for the Shabbat Day.

<sup>2</sup>טוב It is good to give thanks to the Eternal,  
to praise Your name, God beyond all,  
<sup>3</sup>to tell of Your love in the morning  
and Your faithfulness every night.

<sup>4</sup>With the ten-stringed lute, with the lyre, with the gentle sound of the harp.

<sup>5</sup>For You made me rejoice in Your deeds, O God,  
at the works of Your hand I sing out.

<sup>6</sup>God, how great are Your works, Your thoughts are so very deep.

<sup>7</sup>The stupid do not know this, nor can the foolish understand,

<sup>8</sup>that when the wicked flourish they are only like grass  
and when all who do evil spring up their end is always destruction.

<sup>9</sup>Only You are exalted forever, Eternal.

<sup>10</sup>For see Your enemies, God! see how Your enemies shall perish,  
all who do evil shall scatter.

<sup>11</sup>But You exalted my strength like an ox,  
anointed me with fresh oil.

<sup>12</sup>My eyes saw the fate of my enemies; and those who rose up to harm me,  
my ears have heard their end.

<sup>13</sup>The righteous shall flourish like the palm tree,  
grow tall like a cedar in Lebanon.

<sup>14</sup>Planted in the house of their Maker,  
they shall flourish in the courts of our God,

<sup>15</sup>bearing new fruit in old age still full of sap and still green,

<sup>16</sup>to declare that the Creator is faithful,  
my Rock in whom there is no wrong.

<sup>1</sup>יהוה The Creator reigns robed in pride,  
God is robed in power, clothed in  
strength.

So the world was set firm and cannot be  
shaken,

<sup>2</sup>Your throne was set firm long ago,  
from eternity You are.

<sup>3</sup>Almighty, the floods may storm, the  
floods may storm aloud, the floods may  
storm and thunder.

<sup>4</sup>But even above the roar of great waves,  
mighty breakers of the ocean, supreme  
is the might of the Creator.

<sup>5</sup>The proofs You give are very sure,  
holiness is the mark of Your house,  
God, as long as time endures.

אִיהוה מֶלֶךְ גֵּאוּת לְבִשׁ

לְבִשׁ יְהוה עֹז הַתְּאֵזֶר

אֶף־תִּכּוֹן תִּבְּל בַּל־תִּמּוֹט:

כִּנְכוֹן כְּסֵאֶךָ מֵאֶז

מֵעוֹלָם אָתָּה:

נִשְׂאוּ נְהַרּוֹת יְהוה

נִשְׂאוּ נְהַרּוֹת קוֹלָם

יִשְׂאוּ נְהַרּוֹת דְּכִיָּם:

מִמְקוֹלוֹת מַיִם רַבִּים

אֲדִירִים מִשִּׁבְרֵי־יָם

אֲדִיר בְּמָרוֹם יְהוה:

עֲדוֹתֶיךָ נֶאֱמָנוּ מְאֹד

לְבֵיתֶךָ נֶאֱוָה־קֹדֶשׁ

יְהוה לְאָרְךָ יָמִים:

<sup>1</sup>יהוה Adonai malach gei'ut laveish, laveish Adonai, oz hit'azzar

af tikkon teiveil bal timmot. <sup>2</sup>Nachon kis'acha mei'az, mei'olam attah.

<sup>3</sup>Nas'u n'harot Adonai, nas'u n'harot kolam, yis-u n'harot dochyam.

<sup>4</sup>Mikkolot mayim rabbim addirim mishb'rei yam, addir ba-marom Adonai.

<sup>5</sup>Eidotecha ne'emnu m'od, l'veit'cha na'avah kodesh, Adonai l'orech yamim.

## ADDITIONAL PSALMS

PSALM 13:6 - ASHIRA (YONATAN RAZEL)

♪

וְאֲנִי בְּחַסְדֶּךָ As for me, I trust in  
Your faithfulness; My heart will  
exult in Your deliverance.

I will sing to the Eternal, for God  
has been good to me.

וְאֲנִי בְּחַסְדֶּךָ בְּטַחְתִּי

יִגַּל לְבִי בִישׁוּעָתֶךָ

אֲשִׁירָה לַיְי כִּי גָמַל עָלַי:

וְאֲנִי בְּחַסְדֶּךָ Va'ani b'chasd'cha vatachti, yageil libbi bishuatecha

Ashira lAdonai ki gamal alai

אֶשָׂא עֵינַי I lift my eyes to the  
hills, from where will my help  
come? My help is from God alone,  
maker of heaven and earth.

אֶשָׂא עֵינַי אֶל-הַהָרִים  
מֵאֵיִן יְבֵא עֲזָרִי:  
עֲזָרִי מֵעַם יי עֲשֵׂה שָׁמַיִם וָאָרֶץ:

אֶשָׂא עֵינַי *Esah Einai el he-harim, Mei'ayin yavo ezri. Ezri mei'im Adonai oseh  
shamayim va'aretz*

Esah Einai el he-harim, Esah Einai el he-harim  
Mei'ayin yavo, yavo ezri; Mei'ayin yavo, yavo ezri  
My help will come from God, Maker of heaven and earth.

## DAILY HALLEL - Psalms 148, 150

*Psalm 148: 1-6*

קמח

<sup>1</sup>Praise God!

הַלְלוּהָ<sup>א</sup>

Praise God from heaven,  
give praise in the heights.

הַלְלוּ אֶת-יְהוָה מִן-הַשָּׁמַיִם  
הַלְלוּהוּ בְּמְרוֹמִים:

<sup>2</sup>Praise God all you messengers,  
praise God all hosts.

הַלְלוּהוּ כָּל-מַלְאָכָיו  
הַלְלוּהוּ כָּל-צְבָאוֹ:

<sup>3</sup>Praise God, sun and moon,  
praise God, shining stars.

הַלְלוּהוּ שֶׁשֶׁם וַיִּרַח  
הַלְלוּהוּ כָּל-כּוֹכְבֵי אוֹר:

<sup>4</sup>Praise God, heaven of heavens,  
and waters above the sky.

הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם  
וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם:

<sup>5</sup>Let them praise the name of their  
Creator, who commanded, and they  
were formed.

הִי־הִלְלוּ אֶת-שֵׁם יְהוָה  
כִּי הוּא צִוָּה וַיִּבְרָאוּ:

<sup>6</sup>God established them for ever and  
ever by unchangeable decree.

וַיַּעֲמִידֵם לְעַד לְעוֹלָם  
חֶק-נִתֵּן וְלֹא יַעֲבוֹר:

<sup>1</sup>הַלְלוּהָ *Hal'luyah Hal'lu et Adonai min ha-shamayim, hal'luhu ba-m'romim.*

*Hal'luhu kol mal'achav, hal'luhu kol ts'va'av. Hal'luhu shemesh v'yare'ach, hal'luhu  
kol kochvei or. Hal'luhu sh'mei ha-shamayim, v'ha-mayim asher mei'al ha-shmayim.*

*Y'hal'lu et sheim Adonai ki hu tsivvah v'niv'ra'u; V-ya'amideim la'ad l'olam chok  
natan v'lo ya'avov*

<sup>1</sup>הַלְלוּיָהּ Hallelujah - Praise God!

הַלְלוּיָהּ<sup>א</sup>

Give praise to God in God's holy place,  
praise in God's mighty heavens,

הַלְלוּ-אֵל בְּקֹדְשׁוֹ

<sup>2</sup>praise for God's powerful deeds,

הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ:

praise for God's surpassing greatness.

הַלְלוּהוּ בְּגִבּוֹרֹתָיו

<sup>3</sup>Give praise to God with the *shofar* blast;

הַלְלוּהוּ כְּרֹב גְּדִלּוֹ:

praise with the lyre and harp,

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר

<sup>4</sup>praise with drums and dancing,

הַלְלוּהוּ בְּנִבְלָ וּכְנֹר:

praise with the lute and pipe.

הַלְלוּהוּ בְּתֶף וּמַחֲוֹל

<sup>5</sup>Give praise to God

הַלְלוּהוּ בְּמַנִּים וְעוּגָב:

with the clash of cymbals,

הַלְלוּהוּ בְּצִלְצְלֵי-שִׁמְעַ

praise with the clanging cymbals.

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

<sup>6</sup>Let everything that has breath

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה

praise God.

הַלְלוּיָהּ

Hallelujah - Praise God!

<sup>1</sup>הַלְלוּיָהּ Hal'luyah Hal'lu eil b'kodsho, hal'luhu birki'a uzzo. <sup>2</sup>Hal'luhu bigvurotav, hal'luhu k'rov gudd'lo. <sup>3</sup>Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinnor.

<sup>4</sup>Hal'luhu b'tof umachol, hal'luhu b'minnim v'ugav. <sup>5</sup>Hal'luhu b'tsilts'lei shama, hal'luhu b'tsilts'lei t'ru'ah. <sup>6</sup>Kol ha-n'shamah t'halleil yah. Hal'luyah.

בְּרוּךְ בְּרוּךְ Blessed be God forever.

בְּרוּךְ יְהוָה לְעוֹלָם

Amen and amen.

אָמֵן וְאָמֵן.

Blessed be Almighty God,  
the God of Israel,

בְּרוּךְ יְהוָה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל.

who alone works wonders.

עֲשֵׂה נִפְלְאוֹת לְבִדּוֹ:

Blessed be the nearness

וּבְרוּךְ שֵׁם כְבוֹדוֹ לְעוֹלָם.

of God's Presence forever,

וַיִּמְלֵא כְבוֹדוֹ אֶת כָּל-הָאָרֶץ.

for God's Presence fills all the earth.

אָמֵן וְאָמֵן:

Amen and amen.<sup>1</sup>

בְּרוּךְ Baruch Adonai l'olam amen v'amen,

Baruch Adonai elohim elohei yisra'el, oseih nijla'ot l'vaddo.

Uvaruch sheim k'vodo l'olam, v'yimmalei ch'vodo et kol ha-arets, amen v'amen.

נְשִׁמַת The breath of life in every creature shall bless You, God our Creator, and the spirit of all flesh ever recalls Your beauty and Your greatness. From everlasting to everlasting You are God. Besides You we have no power that can rescue and save us, free and deliver us, and answer and care for us. At all times of trouble and distress there is no ruler who can help and support us but You. God of the first and of the last ages, God of all creatures, acknowledged in every generation, adored in all worship - You guide Your universe with love, and Your creatures with mercy. God neither slumbers nor sleeps, but wakes the sleepers, and rouses the uncaring, restoring life beyond death, healing the sick, giving sight to the unseeing and raising up those bent low. To You alone we declare our gratitude.

נְשִׁמַת כָּל־חַי תְּבָרַךְ אֶת־  
שְׁמֶךָ יְהוָה אֱלֹהֵינוּ.  
רוּחַ כָּל־בֶּשֶׂר תִּפְאָר וּתְרוּמָה  
זְכוּרָךְ מִלְּפָנֶיךָ תָּמִיד: מִן  
הָעוֹלָם וְעַד־הָעוֹלָם אֶתְּךָ  
אֵל. וּמִבְּלַעַד־יָד אֵין לָנוּ מִלֶּךְ  
גּוֹאֵל וּמוֹשִׁיעַ פּוֹדֶה וּמַצִּיל  
וְעוֹנֶה וּמְרַחֵם. בְּכָל־עֵת צָרָה  
וְצוּקָה אֵין לָנוּ מִלֶּךְ עוֹזֵר  
וְסוֹמֵךְ זוֹלָתְךָ: אֱלֹהֵי הָרְאשׁוֹנִים  
וְהָאַחֲרוֹנִים. אֱלוֹהֵי כָּל־בְּרִיּוֹת.  
אֲדוֹן כָּל־תּוֹלְדוֹת. הַמְהַלֵּל  
בְּכָל־הַתְּשׁוּבָחוֹת. הַמְנַהֵג עוֹלָמוֹ  
בְּחֶסֶד וּבְרִיּוֹתָיו בְּרַחֲמִים: וַיְהוֶה  
לֹא יָנוּם וְלֹא יִישָׁן. הַמְעוֹרֵר  
יְשׁוּנִים וְהַמְקִיץ נֹרְדָמִים. מְחַיֶּה  
מֵתִים וְרוֹפֵא חוֹלִים. פּוֹקֵחַ  
עֲוִרִים וְזוֹקֵף כְּפוּפִים. לֵךְ לְבַדְּךָ  
אֲנַחֲנוּ מוֹדִים:

נְשִׁמַת 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 ha-rishonim v'ha-acharonim, elo'ah kol b'riot, adon kol toladat, 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.

וְאֵלֵינוּ If our mouths  
 were full of song as the sea,  
 our tongues with joyful sounds  
 like the roar of its waves,  
 our lips with praise  
 as the outspread sky,  
 our eyes shining  
 like the sun and the moon,  
 our hands stretched out  
 like eagles' wings in the air,  
 our feet as swift as the wild deer;  
 we still could not thank You  
 enough, God our Creator,  
 or bless Your name, our Sovereign,  
 for even one  
 of the thousands upon thousands  
 of the countless good deeds  
 You did for our ancestors and for us.  
 Our Redeemer,  
 You rescued us from Egypt,  
 freed us from the camp of slavery.  
 In times of famine You fed us.  
 In times of plenty You supported us.  
 From violence You delivered us,  
 from plagues You saved us,  
 and from many terrible diseases  
 You rescued us.  
 Until now Your love has been our  
 help and Your kindness has not left  
 us.

וְאֵלֵינוּ פִּינוּ מְלֵא שִׁירָה כִּיָּם.  
 וְלִשְׁוֹנֵנוּ רִנָּה כְּהַמוֹן גְּלוּיוֹ. ◇  
 וּשְׁפֹתֵינוּ שִׁבַּח כְּמִרְחֵבֵי רְקִיעַ.  
 וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וְכִכְרֵחַ.  
 וַיִּדְּיֵנוּ פְרוֹשׁוֹת כְּנֹשְׂרֵי שָׁמַיִם.  
 וְרַגְלֵינוּ קָלוֹת כְּאַיְלוֹת.  
 אֵינן אָנוּ מִסְפִּיקִים  
 לְהוֹדוֹת לְךָ יְהוָה אֱלֹהֵינוּ.  
 וּלְבָרֶךְ אֶת שְׁמֶךָ מְלֻכָּנוּ.  
 עַל אַחַת מֵאַלְפֵי אֲלָפִים  
 וְרַבֵּי רִבּוֹת פְּעָמִים הַטּוֹבוֹת.  
 שְׁעָשִׂיתָ עִם־אֲבוֹתֵינוּ וְעִמָּנוּ:  
 מִמִּצְרַיִם גָּאַלְתָּנוּ יְהוָה אֱלֹהֵינוּ.  
 וּמִבֵּית עֲבָדִים פָּדִיתָנוּ.  
 בְּרָעַב זִנְתָּנוּ. וּבְשָׂבַע כָּלְכַלְתָּנוּ.  
 מִחַרְבַּב הִצַּלְתָּנוּ. וּמִדָּבָר מְלֻטְטָנוּ.  
 וּמִמְחֹלָיִם רָעִים וְרַבִּים דָּלִיתָנוּ:  
 עַד הֵנָּה עֲזָרוֹנוּ רַחֲמֶיךָ.  
 וְלֹא עֲזָבוֹנוּ חֲסָדֶיךָ.

וְאֵלֵינוּ *V'illu finu malei shirah cha-yam, ul'shoneinu rinnah ka-hamon gally, v'siftoteinu shevach k'merchavei raki'a, v'eineinu m'irov ka-shemesh v'cha-yarei'ach, v'yadeinu f'rusot k'nishrei shamayim, v'ragleinu kallot ka-ayalot, ein anu maspikim l'hodot l'cha Adonai eloheinu, ul'vareich et shimcha malkeinu, al achat mei'elef alfei alafim, v'ribbei r'avot p'amim ha-tovot, she'asita im avoteinu v'immanu.*

*Mimmitsrayim g'altanu Adonai eloheinu, umibbeit avadim p'ditanu, b'ra'av zantanu, uv'sava kilkaltanu, meicherev hitsaltanu, umiddever millat'tanu, umeicholayim ra'im v'rabbim dillitanu. Ad heinnah azarunu rachamecha, v'lo azavunu chasadecha,*

Therefore the limbs You formed in us,  
 the spirit and soul  
 You breathed into us  
 and the tongue You set in our mouth,  
 ever shall they  
 thank, bless, praise, glorify and sing  
 to Your name,  
 our Ruler.

For every mouth shall thank You,  
 every tongue praise You,  
 every eye look to You,  
 every knee bend to You  
 and our pride  
 shall bow low before You.  
 All hearts shall fear You  
 and our innermost being  
 sing praises to Your name,  
 as it is said:

‘All my bones shall say,  
 God who is like You,  
 who frees the poor  
 from those too strong for them,  
 the poor and needy  
 from their exploiter?’<sup>1</sup>  
 Who is like You, who is equal to You,  
 who can be compared to You,  
 the great, mighty and awesome God,  
 transcendent God,  
 Creator of heaven and earth?

עַל־כֵּן אֲבָרִים שִׁפְלַגְתָּ בָנוּ.  
 רוּחַ וְנִשְׁמָה שִׁנְפַחְתָּ בְּאַפֵּינוּ.  
 וְלִשׁוֹן אֲשֶׁר שִׁמַּתָּ בְּפִינוּ.  
 הֵן הֵם יוֹדוּ וַיְבָרְכוּ וַיִּשְׁבְּחוּ  
 וַיִּפְאָרוּ וַיִּשְׁוֹרוּ אֶת־שִׁמְךָ  
 מִלְּכֵנוּ תָמִיד:  
 כִּי כָל־פֶּה לְךָ יוֹדֶה.  
 וְכָל־לִשׁוֹן לְךָ תִּשְׁבַּח.  
 וְכָל־עַיִן לְךָ תִּצְפֶּה.  
 וְכָל־בֵּרֶךְ לְךָ תִּכְרַע.  
 וְכָל־קוֹמָה לְפָנֶיךָ תִּשְׁתַּחֲוֶה.  
 וְכָל־הַלְּבָבוֹת יִירָאוּךָ.  
 וְכָל־קֶרֶב וּכְלִיּוֹת יִזְמְרוּ לְשִׁמְךָ.  
 כַּדָּבָר שֶׁנֶּאֱמַר.

כָּל־עֲצָמוֹתַי תֹּאמְרָנָה.  
 יְהוָה מִי כָמוֹךָ.  
 מַצִּיל עָנִי מִחֲזַק מַמְנֹו.  
 וְעָנִי וְאֲבִיּוֹן מִגְזֵלוֹ:  
 מִי יִדְמֶה־לְךָ.  
 וּמִי יִשׁוּה־לְךָ וּמִי יַעֲרֹךְ־לְךָ:  
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא.  
 אֵל עֲלִיּוֹן קִנְיָה שָׁמַיִם וָאָרֶץ:

*Al kein eivarim shepilagta banu, v'ru'ach un'shamah shenafachta b'apeinu, v'lashon asher samta b'finu, hein heim yodu viyvar'chu viyshabb'chu viyfa'aru, viyshor'ru et shimcha malkeinu tamid.*

*Ki chol peh l'cha yodeh, v'chol lashon l'cha t'shabei'ach, v'chol ayin l'cha titspeh, v'chol berech l'cha tichra, v'chol komah l'fanecha tishtachaveh, v'chol ha-l'vavot yira'ucha, v'chol kerev uch'layot y'zamm'ru lishmecha, ka-davar shene'emar,*

*kol atsmotai tomarna, Adonai mi chamocha, matsil ani meichazak mimennu, v'ani v'evyon miggozlo. Mi yidmeh lach, umi yishveh lach, umi ya'aroch lach. Ha-eil ha-gadol ha-gibbor v'ha-nora, eil elyon, koneih shamayim va'arets.*

שׁוֹכֵן God is the One who dwells in  
eternity, whose being is high and  
holy. So it is written in the Psalms:  
'You righteous rejoice in the Eternal!  
It is right for honest people to pray.'<sup>2</sup>

By the mouth of the upright  
You are exalted,  
by the words of the righteous  
You are blessed,  
by the tongue of the pious  
You are honoured,  
and among the holy  
You are sanctified.

שׁוֹכֵן עַד. מְרוֹם וְקָדוֹשׁ שְׁמוֹ:  
וְכַתוּב.  
רָנְנוּ צְדִיקִים בִּיהוָה.  
לְיִשְׂרָאֵל נְאוּה תְהִלָּה:

בְּפִי יִשְׂרָאֵל תִּתְרוֹמֵם.  
וּבְדַבְרֵי צְדִיקִים תִּתְבָּרַךְ.  
וּבְלִשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ.  
וּבְקִרְבַּי קְדוּשֵׁים תִּתְהַלֵּל:

שׁוֹכֵן *Shochein ad, marom v'kadosh sh'mo. V'chatuv, rann'nu tsaddikim badonai, la-y'sharim navah t'hillah. B'fi y'sharim titromam, uv'divrei tsaddikim titbarach, uvilshon chasidim titkadash, uv'kerev k'doshim tit-hallal.*

יְשִׁתַּבַּח 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.

יְשִׁתַּבַּח שְׁמֶךָ לְעַד מְלָכְנוּ.  
הָאֵל הַמְּלִיךְ הַגָּדוֹל  
וְהַקָּדוֹשׁ בְּשָׁמַיִם וּבָאָרֶץ. כִּי לְךָ  
נְאוּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
לְעוֹלָם וָעֶד שִׁיר וּשְׁבַחָהּ. קְדֻשָּׁה  
וּמְלָכוּת. בְּרִכּוֹת וְהוֹדָאוֹת לְשִׁמְךָ  
הַגָּדוֹל וְהַקָּדוֹשׁ. וּמֵעוֹלָם וָעֶד  
עוֹלָם אַתָּה אֵל: בְּרוּךְ אַתָּה  
יְהוָה. בּוֹרֵא כָּל־הַנְּשָׁמוֹת. רַבּוֹן  
כָּל־הַמַּעֲשִׂים. הַבּוֹחֵר בְּשִׁירֵי  
זְמִרָה. מְלִיךְ חַי הָעוֹלָמִים:

יְשִׁתַּבַּח *Yishtabbach shimcha la'ad malkein, 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'shinei zimrah, melech chei ha-olamim.*



## THE *SH'MA* AND ITS BLESSINGS

בְּרַכּוּ Bless the Living God  
whom we are called to bless.

בְּרַכּוּ אֶת־יְהוָה הַמְּבָרָךְ:

בְּרַכּוּ *Bar'chu et Adonai ha-m'vorach.*

בְּרוּךְ Blessed is the Living  
God whom we are called to  
bless forever and ever.

בְּרוּךְ יְהוָה הַמְּבָרָךְ  
לְעוֹלָם וָעֶד:

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



**Music: Noah Aronson**

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?  
Bar'chu et Adonai ha-m'vorach.  
Baruch Adonai ha-m'vorach l'olam va-ed

ברוך 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.

ברוך אתה יהוה. אלהינו מלך העולם. יוצר אור ובורא חשך. עשה שלום ובורא את הכל: הכל יודוך והכל ישבחוך. והכל יאמרו אין קדוש כיהוה: המאיר לעולם כלו וליושביו. ובטובו מחדש בכל-יום תמיד מעשה בראשית: מה רבו מעשיך יהוה. כלם בחכמה עשית. מלאה הארץ קניינך: המלך המרום לבדו מאז. המשבח והמפאך והמתנשא מימות עולם:

ברוך *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.*

אלהי 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.

אלהי עולם. ברחמיך הרבים רחם עלינו. אדון עזנו צור משגבנו. מגן ישענו. משגב בעדנו:

Cause a new light to shine upon Zion, and may we all be worthy soon to enjoy its brightness.

אור חדש על-ציון תאיר ונזכה כלנו מהרה לאורו:

Blessed are You God, who creates the lights of the universe.

ברוך אתה יהוה יוצר המאורות:

אלהי *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.*

אֶהְבָּה With deep love You have loved us, and with great and overflowing tenderness You have taken pity on us. Source of our life and our Sovereign, show us compassion because of Your own greatness, and because of our ancestors who trusted in You, for You taught them rules to live by, to do Your will with their whole heart. Let our eyes see the light of Your teaching and our hearts embrace Your commands. Give us integrity to love You and fear You. So shall we never lose our self-respect, nor be put to shame, for You are the power which works to save us. You chose us from all peoples and tongues, and in love drew us near to Your own greatness - to honour You, to declare Your unity, and to love You. Blessed are You God, who chooses Your people Israel in love.

אֶהְבָּה רַבָּה אֶהְבַּתָּנוּ יְהוָה אֱלֹהֵינוּ. חֲמֵלָה גְדוֹלָה וּיְתָרָה חֲמֵלַת עָלֵינוּ: אָבִינוּ מִלְּפָנָיו. בְּעֶבֶר שְׂמֵךְ הַגְּדוֹל וּבְעֶבֶר אֲבוֹתֵינוּ שֶׁבִטְחוּ בְךָ. וְתִלְמָדִים חֲקֵי חַיִּים לְעִשׂוֹת רְצוֹנְךָ בְּלֶכֶב שְׁלָם. כֵּן תִּחַנְּנוּ: הָאֵר עֵינֵינוּ בְּתוֹרָתְךָ. וּדְבִק לִבֵּנוּ בְּמִצְוֹתֶיךָ. וַיַּחַד לְבַבְנוּ לְאֶהְבָּה וּלְיִרְאָה אֶת־שְׁמֶךָ. לְמַעַן לֹא נִבּוֹשׁ וְלֹא נִפְלֵם כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה. וּבָנוּ בְּחַרְתָּ מְכֹל־עַם וְלָשׁוֹן. וְקָרַבְתָּנוּ מִלְּפָנָיו לְשִׂמְךָ הַגְּדוֹל בְּאֶהְבָּה. לְהוֹדוֹת לְךָ וּלְיִחְדָּךְ וּלְאֶהְבָּה אֶת־שְׁמֶךָ: בְּרוּךְ אַתָּה יְהוָה הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאֶהְבָּה:

אֶהְבָּה *Ahavah rabbah ahavtanu Adonai eloheinu, chemlah g'dolah viteirah chamalta aleinu. Avinu malkeinu, ba'avur shimcha ha-gadol uva'avur avoteinu shebat'chu vach, vat'lamm'deim chukkei chayyim la'asot r'tson'cha b'leivav shaleim, kein t'chonneinu. Ha'eir eineinu b'toratecha, v'dabbeik libbeinu b'mitsvotecha, v'yacheid l'vaveinu l'ahavah ul'yir'ah et sh'mecha, l'ma'an lo neivosh v'lo nikkaleim, ki eil po'eil y'shu'ot attah, uvanu vacharta mikkol am v'lashon, v'keiravtanu malkeinu l'shimcha ha-gadol b'ahavah, l'hodot l'cha ul'yachedcha ul'ahavah et sh'mecha. Baruch attah Adonai ha-bocheir b'ammo yisra'el b'ahavah.*

# SH'MA

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה | אֶחָד:

*Sh'ma yisra'el, Adonai eloheinu Adonai echad*

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

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

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

בְּרוּךְ Blessed is the knowledge of God's glorious rule forever and ever.

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ: וּשְׁנַנְתָּם  
לְבִנְיָךְ וּדְבַרְתָּ בָם בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ  
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:  
וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

וְאָהַבְתָּ *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.*

וְאָהַבְתָּ Love the Eternal your God with all your heart, and all your soul, and all your might. These words that I command you today shall be upon your heart. Repeat them to your children, and talk about them when you sit in your home, and when you walk in the street; when you lie down, and when you rise up. Secure them as a sign upon your hand, and let them be as reminders before your eyes. Write them on the doorposts of your home and at your gates.

וְהָיָה 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.<sup>1</sup>

וְהָיָה אִם-שָׁמַעַתְּ תִשְׁמְעוּ אֶל-מִצְוֹתַי  
 אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם  
 לְאַהֲבָה אֶת-יְהוָה אֱלֹהֵיכֶם וּלְעַבְדּוֹ  
 בְּכָל-לְבַבְכֶם וּבְכָל-נַפְשְׁכֶם: וְנָתַתִּי  
 מְטָר-אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמְלֶקֶת  
 וְאִסַּפְתִּי דְגָנְךָ וְתִירְשֶׁךָ וַיִּצְהַרְךָ: וְנָתַתִּי  
 עֵשֶׂב בַּשָּׂדֶךְ לְבַהֲמֹתֶךָ וְאָכַלְתָּ  
 וּשְׂבַעְתָּ:

הַשָּׁמַר וְלָכֵן פֶּן-יִפְתָּה לְבַבְכֶם  
 וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים  
 וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף-יְהוָה  
 בָּכֶם וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה  
 מְטָר וְהִיאַדְמָה לֹא תִתֵּן אֶת-יְבוּלָהּ  
 וְאִבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה  
 אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׁמַתֶּם  
 אֶת-דְּבָרֵי אֱלֹהַ עַל-לְבַבְכֶם וְעַל-  
 נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל-  
 יָדְכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם:  
 וּלְמַדְתֶּם אֹתָם אֶת-בְּנֵיכֶם לְדַבֵּר  
 בָּם בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ  
 וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-  
 מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יָרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל  
 הָאֲדָמָה אֲשֶׁר נָשַׁבַע יְהוָה  
 לְאַבְרָהָם לֵאמֹר לְתַת לָהֶם כִּימֵי הַשָּׁמַיִם  
 עַל-הָאָרֶץ:

וַיֹּאמֶר 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.<sup>1</sup>

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:  
 דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ  
 אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל-כַּנְּפֵי  
 בְּגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית  
 הַכֶּנֶף פֶּתִיל תְּכֵלֶת: וְהָיָה לָכֶם  
 לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם  
 אֶת-כָּל-מִצְוֹת יְהוָה וַעֲשִׂיתֶם  
 אֹתָם וְלֹא תִתְּוּרוּ אַחֲרַי לְבַבְכֶם  
 וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם זֹנִים  
 אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-  
 כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים  
 לְאֱלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם  
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ  
 מִצְרַיִם לְהִיּוֹת לָכֶם לְאֱלֹהִים אֲנִי  
 יְהוָה אֱלֹהֵיכֶם:

וַיֹּאמֶר 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'vavchem 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.

**אמת** True is Your word forever. It is certain for us, it is firm, accepted and good.

It is true that the Eternal God is our Sovereign; the strength of Jacob, the defender of our safety. God endures from generation to generation. God's rule and faithfulness stand firm forever.

It is true that You are the Faithful One, our God, and God of our ancestors, who rescues and delivers us. So were You ever known. There is no God besides You.

It is You who always helped our ancestors. In every generation You were the shield and saviour for them and their children after them. Happy indeed are those who hear Your commands, and set Your teaching and Your word upon their hearts.

It is true that You are the first and that You are the last, and besides You we have no Sovereign who rescues and saves us. From Egypt You delivered us, Eternal our God, and redeemed us from the camp of slavery.

**אמת** ויציב וקיים ומקבל  
וטוב הדבר הזה  
עלינו לעולם ועד:

**אמת** אלהי עולם מלפנו. צור  
יעקב מגן ישענו. לדר ודר  
הוא קיים. ומלכותו ואמונתו  
לעד קיימת.

**אמת** שאתה הוא יהוה אלהינו  
ואלהי אבותינו. פודנו ומצילנו  
מעולם הוא שמך. אין  
אלהים זולתך:

עזרת אבותינו אתה הוא  
מעולם. מגן ומושיע להם  
ולבניהם אחריהם בכל-דור  
ודור: אשרי איש שישמע  
למצותיך. ותורתך ודברך ישים  
על-לבו:

**אמת** אתה הוא ראשון ואתה  
הוא אחרון. ומבלעדיך אין לנו  
מלך גואל ומושיע: ממצרים  
גאלתנו יהוה אלהינו. ומבית  
עבדים פדיתנו.

**אמת** Emet v'yatsiv v'kayyam um'kubbal v'tov ha-davar ha-zeh aleinu l'olam va'ed.  
Emet elohei olam malkeinu, tsur ya'akov magein yish'einu, l'dor vador hu kayyam,  
umalchuto ve'emunato la'ad kayyamet.  
Emet she'attah hu Adonai eloheinu veilohei avoteinu, podeinu umatsileinu mei'olam  
hu sh'mecha, ein elohim zulatecha.  
Ezrat avoteinu attah hu mei'olam, magein umoshi'a lahem v'livneihem achareihem  
b'chol dor vador. Ashrei ish sheyishma l'mitsvotcha, v'torat'cha ud'var'cha yasim  
al libbo.  
Emet attah hu rishon v'attah hu acharon, umibbal'adecha ein lanu melech go'eil  
umoshi'a. Mimmitsrayim g'altanu Adonai eloheinu, umibbeit avadim p'ditanu,

Moses and Miriam and the children of Israel responded to You in song with great joy, all of them saying:

**‘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.’**

← מִשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לָךְ  
עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ  
כֻלָּם:

מִי כְמוֹכָה בְּאֱלֹהִים יְהוָה.  
מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ.  
נֹרָא תְהִלַּת עֲשֵׂה פִלְא:

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים  
לְשִׁמְךָ עַל שְׁפַת הַיָּם. יַחַד כֻּלָּם  
הִדְדוּ וְהִמְלִיכוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

*Mosheh umiryam uv'nei yisra'el l'cha anu shirah b'simchah rabbah v'am'ru chullam.*

*Mi chamocha ba-eilim Adonai mi kamocho 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.*



### **Mi Chamocha/Walking in the Light of God**

We are walking in the light of God, we are walking in the light of God  
We are walking, we are walking, we are walking in the light of God

Siyahambe kukhanyen kwenkos, Siyahambe kukhanyen kwenkos,  
Siyahambe, Siyahambe, Siyahambe kukhanyen kwenkos,

Mi chamocha ba-eilim Adonai, Mi kamocho nedar ba-kodesh,  
Norah t'hillot oseh feileh

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.

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

*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.*



## AMIDAH

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

*Adonai s'fatai tiftach ufi yaggid t'hillatecha.*

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

**בְּרוּךְ** אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱלֹהֵי אֲמוֹתֵינוּ.

אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב  
אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.  
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא. אֵל עֲלִיּוֹן. גּוֹמֵל חַסְדִּים טוֹבִים  
קוֹנֵה הַכֹּל. וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת וּמֵבִיא גּוֹאֵל לְבְנֵי  
בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה: מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:  
בְּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם פּוֹקֵד שָׂרָה:

*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.*

Blessed are You, our God, and God of our ancestors,

God of Abraham, God of Isaac, and God of Jacob;

God of Sarah, God of Rebecca, 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.

**אַתָּה** גְּבוּר לְעוֹלָם אֲדוֹנָי. מְחַיֶּה מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ:

*In winter* מְשִׁיב הַרְוּחַ וּמוֹרִיד הַגֶּשֶׁם:

*In summer* מוֹרִיד הַטָּל:

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים. וְרוֹפֵא חוֹלִים. וּמַתִּיר אֲסוּרִים. וּמְקַיֵּם אַמוּנָתוֹ לִישְׁנֵי עֶפְרָ: מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ. מְלֵךְ יַמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה:

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה. מְחַיֶּה הַמֵּתִים:

*Attah gibbor l'olam Adonai, mechayyeih meitim attah rav l'hoshi'a.*

*In winter: Mashiv ha-ru'ach, u'morid ha-gasheh. In summer: 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.*

You are the endless power that renews life beyond death; You are the greatness that saves.

*In winter months from Shemini Atzeret to Pesach: making the wind blow and the rain fall. In summer months from Pesach to Shemini Atzeret: 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.

אַתָּה קָדוֹשׁ וְשִׂמְךָ קָדוֹשׁ וּקְדוּשֵׁים בְּכָל-יוֹם יְהַלְלֶיךָ סְלָה:  
בָּרוּךְ אַתָּה יְהוָה. הָאֵל הַקָּדוֹשׁ:

*Attah kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha sela.*

*Baruch attah Adonai ha-eil ha-kadosh.*

יְשִׁמַּח Moses rejoiced at the gift of his destiny for You called him a faithful servant. You set a radiance about his head when he stood before You on Mount Sinai, bringing down in his hand the two tablets of stone on which is written the Shabbat command, and so it is written in Your Torah:

יְשִׁמַּח מֹשֶׁה בְּמַתְנַת חֶלְקוֹ.  
כִּי עָבַד נְאֻמָּן קָרָאתָ לוֹ. כְּלִיל  
תְּפִאֲרֹת בְּרָאשׁוֹ נָתַתָּ. בְּעִמְדוֹ  
לְפָנֶיךָ עַל הַר סִינַי: וְשֵׁנֵי לוחות  
אֲבָנִים הוֹרִיד בְּיָדוֹ. וְכָתוּב בָּהֶם  
שְׁמִירַת שַׁבָּת. וְכֵן כָּתוּב בְּתוֹרָתְךָ:

יְשִׁמַּח *Yismach mosheh b'matnat chelko, ki eved ne'eman karata lo, k'lil tif'eret b'rosho natatta, b'omdo l'fanecha al har sinai. Ushnei luchot avanim horid b'yado, v'chatuv bahem sh'mirat shabbat, v'chein katuv b'toratecha.*

וְשָׁמְרוּ 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.

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת  
לְעֲשׂוֹת אֶת־הַשַּׁבָּת לְדוֹרֹתָם  
בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי  
יִשְׂרָאֵל אֹת הִיא לְעֹלָם כִּי־שֵׁשֶׁת  
יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם  
וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי  
שָׁבַת וַיִּנְפָּשׁ:

וְשָׁמְרוּ *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.*

אֱלֹהֵינוּ Our God and God of our  
ancestors, may our rest be pleasing to  
You. Make us holy by doing Your  
commands and let us share in the  
work of Your Torah. Make us content  
with Your goodness and let our souls  
know the joy of Your salvation. Purify  
our hearts to serve You in truth. In  
Your love and goodwill let us inherit  
Your holy Shabbat and may all Israel  
who seek holiness find in it their rest.  
Blessed are You God, who makes the  
Shabbat holy.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ.  
רְצֵה־נָא בְּמִנוּחֵינוּ. קִדְּשָׁנוּ  
בְּמִצְוֹתֶיךָ. שִׁים חֶלְקֵנוּ  
בְּתוֹרַתְךָ. שְׂבַעְנוּ מִטוֹבְךָ. שְׂמַח  
נַפְשֵׁנוּ בִישׁוּעַתְךָ. וְטַהַר לְבָנוּ  
לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחֵילְנוּ יְהוָה  
אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שְׁבַת  
קִדְשֶׁךָ. וְיִנוּחוּ בָּהּ כָּל־יִשְׂרָאֵל  
מִקִּדְשֵׁי שְׂמֹךְ: בְּרוּךְ אַתָּה יְהוָה.  
מִקִּדְשׁ הַשְּׁבַת:

אֱלֹהֵינוּ *Eloheinu veilohei avoteinu, r'tseih na vimnuchateinu, kadd'sheinu*  
*v'mitsvotcha, sim chelkeinu v'toratecha, sab'einu mittuvecha, sammach nafsheinu*  
*vishu'atecha, v'taheir libeinu l'ovd'cha b'emet. V'hanchileinu Adonai eloheinu*  
*b'ahavah uv'ratson shabbat kodshecha. V'yanuchu vah kol yisra'el m'kadd'shei*  
*sh'mecha. Baruch ata Adonai m'kaddeish ha-shabbat.*

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

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמֶּךָ יִשְׂרָאֵל.  
וְלִתְפִלָּתָם שְׂעֵה. וּבְרַחֲמֶיךָ הָרַבִּים  
תַּחֲפֹץ בָּנוּ וְתִשְׂרֶה שְׂכִינְתְּךָ  
עַל צִיּוֹן.  
וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן  
בְּרַחֲמִים: בְּרוּךְ אַתָּה יְהוָה.  
הַמְּחַזֵּיר שְׂכִינְתּוֹ לְצִיּוֹן.

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

**מוֹדִים** 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.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֲתָהּ הוּא  
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
 לְעוֹלָם וָעֶד. צוּרָנוּ צוּר חַיֵּינוּ  
 וּמִגֵּן יִשְׁעֵנוּ אַתָּה הוּא: לְדוֹר  
 וָדוֹר נוֹדֶה לָּךְ וְנִסְפֵּר תְּהִלָּתְךָ  
 עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ.  
 וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָּךְ.  
 וְעַל נְסִיךְ שְׂפֹכְלֵי-יוֹם עִמָּנוּ.  
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
 שְׂפֹכְלֵ-עֵת עֶרֶב וּבֹקֵר וְצַהֲרָיִם:  
 הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ.  
 הַמְּרַחֵם כִּי לֹא תָמוּ חַסְדֶיךָ.  
 כִּי מַעֲוֹלָם קִוִּינוּ לָּךְ.

**מוֹדִים** *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.*

**וְעַל** 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.

וְעַל כָּל־מַעֲוֹתֵינוּ וְיִתְרוֹמָם  
 וְיִתְנַשָּׂא תְּמִיד שְׁמֶךָ מִלְּפָנֵינוּ  
 לְעוֹלָם וָעֶד:  
 וְכָל־הַחַיִּים יוֹדוּךָ סֶלְהָ. וַיְהִלְלוּ  
 וַיְבָרְכוּ אֶת שְׁמֶךָ הַגָּדוֹל בְּאֱמֶת.  
 הָאֵל יִשׁוּעַתָּנוּ וְעִזְרָתָנוּ סֶלְהָ:  
 בְּרוּךְ אַתָּה יְהוָה. הַטּוֹב שְׁמֶךָ וְלָךְ  
 נֶאֱדָה לְהוֹדוֹת:

**וְעַל** *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.*

שִׁים 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.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה חַיִּים חֵן וְחֶסֶד צְדָקָה וְרַחֲמִים עָלֵינוּ. וּבְרַכְנוּ אֲבִינוּ כְּלָנוּ יַחַד בְּאוֹר פְּנִיךָ. כִּי בְאוֹר פְּנִיךָ נִתַּת לָנוּ יְהוָה אֱלֹהֵינוּ תוֹרָה וְחַיִּים. אֱהָבָה וְחֶסֶד. צְדָקָה וְרַחֲמִים. בְּרָכָה וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל בְּרִבְעוֹז וּבְשְׁלוֹם: בְּרוּךְ אַתָּה יְהוָה. הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

שִׁים *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.*

אֱלֹהֵי 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.

אֱלֹהֵי נִצּוֹר לְשׁוֹנֵי מִרְעָה. וְשִׁפְתוֹתַי מִדְּבַר מְרָמָה. וְלִמְקַלְלֵי נַפְשִׁי תִדָּם. וְנַפְשִׁי כַּעֲפָר לְכָל תְּהִיָּה: פֶּתַח לְבָבִי בְּתוֹרָתְךָ. וְאַחֲרַי מִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל־הַקָּמִים עָלַי לְרַעַה מִהֲרֵה הָפֵר עֲצָתָם וְקַלְקַל מַחְשְׁבוֹתָם:

אֱלֹהֵי *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 atsatom, v'kalkeil machsh'votam.*

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

יְהִי־יָּ לְרָצוֹן אִמְרֵי־פִי. וְהִגִּיוֹן  
לְבִי לְפָנֶיךָ. יְהוּה צוּרִי וְגוֹאֲלִי:

יְהִי־יָּ *Yihyu l'ratson imrei fi, v'hegyon libbi l'fanecha, Adonai tsuri v'go'ali.*

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

עֲשֵׂה־יָּ שְׁלוֹם בְּמְרוֹמָיו. הוּא  
יַעֲשֵׂה־יָּ שְׁלוֹם עָלֵינוּ וְעַל  
כָּל־יִשְׂרָאֵל וְעַל־כָּל־הָעוֹלָם.  
וְאִמְרוּ. אָמֵן:

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

## TORAH SERVICE

*Psalm 133:1*

הֵנָּה־יָּ How good it is  
and how pleasant  
when brothers live in unity together.

הֵנָּה־יָּ מְהֵטוֹב וּמְהֵנָּעִים  
שֵׁבֶת אַחִים גַּם־יַחַד:

*Hineh mah tov u'ma-na'im  
Shevet achim gam yachad.*

*BLESSING BEFORE THE STUDY OF TORAH*

בְּרוּךְ־יָּ Blessed are You, our Living God,  
Sovereign of the universe, whose  
commandments make us holy, and who  
commands us to devote ourselves to the  
study of Torah.

בְּרוּךְ־יָּ אַתָּה יְהוּה אֱלֹהֵינוּ  
מִלְךָ־הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו. וְצִוָּנוּ לְעִסּוֹק  
בְּדַבְרֵי תוֹרָה:

בְּרוּךְ־יָּ *Baruch attah Adonai eloheinu melech ha-olam,  
asher kidd'shanu b'mitsvotav, v'tsivvanu la'asok b'divrei Torah.*



*BLESSING AFTER THE STUDY OF TORAH*

וְהֵעֲרַב־נָא Our Living God,  
 make the words of Your Torah  
 sweet in our mouths,  
 and in the mouths of Your people,  
 the family of Israel,  
 then we and our descendants,  
 and the descendants of Your people  
 the family of Israel,  
 shall all know Your name and study  
 Your Torah for its own sake.  
 Blessed are You God,  
 You teach Torah to Your people Israel.

וְהֵעֲרַב־נָא יהוה אֱלֹהֵינוּ  
 אֶת־דְּבָרֵי תוֹרַתְךָ בְּפִינוּ.  
 וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל.  
 וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ.  
 וְצִאֲצָאֵי עַמְּךָ בֵּית יִשְׂרָאֵל.  
 כְּלָנוּ יוֹדְעֵי שְׁמֶךָ.  
 וְלִוְמְדֵי תוֹרַתְךָ לְשִׁמְחָה:  
 בְּרוּךְ אַתָּה יהוה.  
 הַמְלַמֵּד תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל:

וְהֵעֲרַב־נָא *V'ha'arev na Adonai eloheinu et divrei torat'cha b'finu, uv'fi amm'cha  
 beit yisra'el, v'nih'yeh anachnu v'tse'etsa'einu v'tse'etsa'ei amm'cha beit yisra'el,  
 kullanu yod'ei sh'mecha, v'lom'dei torat'cha lishmah. Baruch attah Adonai,  
 ha-m'lammeid torah l'ammo yisra'el.*

**PRAYER FOR HEALING**

*ANA EL NA - BASED ON NUMBERS 12:13  
 (Daphna Rosenberg and Naveh Agmon)*

אָנָּא Please God,  
 please bring healing

אָנָּא אֵל נָא רַפָּא נָא לָהּ

אָנָּא *Ana El na, r'fa na la*



## KADDISH D'RABBANAN

יִתְגַּדֵּל 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.**

For Israel and for the rabbis, for their pupils, and the pupils of their pupils, who devote themselves to the study of Torah, in this place and every other place; let there be for them and for you great peace and favour, love and mercy, a life of fulfilment and of plenty, and redemption from their father who is in heaven. **Amen.**

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא (אָמֵן)  
בְּעֵלְמָא דִּי-בְרָא כְרְעוּתָהּ: וְיִמְלִיךְ  
מְלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן  
וּבְחַיֵּי דִי-כָּל-בֵּית יִשְׂרָאֵל בְּעֵגְלָא  
וּבְזִמְן קָרִיב. וְאִמְרוּ אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלַם וּלְעָלְמֵי עָלְמֵיָא:  
יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם  
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דִּי-קְדוּשָׁא. בְּרִיךְ הוּא.  
לְעֵלְא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא  
תְּשַׁבַּחְתָּא וְנַחֲמְתָּא דִּי-אִמְרִין  
בְּעֵלְמָא. וְאִמְרוּ אָמֵן:  
עַל יִשְׂרָאֵל וְעַל רַבְּנָן וְעַל  
תַּלְמִידֵיהוֹן וְעַל כָּל-תַּלְמִידֵי  
תַּלְמִידֵיהוֹן וְעַל כָּל-מִן דִּי עֶסְקִין  
בְּאוּרֵיתָא דִּי בְּאַתְרָא הָדָן  
וְדִי בְּכָל-אַתְר וְאַתְר  
יְהֵא לְהוֹן וּלְכוּן שְׁלָמָא רַבָּא חֲנָא  
וְחֶסֶדָא וְרַחֲמִין וְחַיִּין אַרְיִכִין  
וּמְזוֹנָא וְרִיחָא וּפְרָקְנָא מִן-קִדְּם  
אַבוּהוֹן דִּי בְּשִׁמְיָא. וְאִמְרוּ אָמֵן:

יִתְגַּדֵּל *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'alum 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. Al yisra'el, v'al rabbanan, v'al talmideihon, v'al kol talmidei talmideihon, v'al kol man di askin b'orayta di b'atra hadein v'di b'chol atar v'atar, y'hei l'hon ul'chon, sh'lama rabba, chinna v'chisda, v'rachamin v'chayyin arichin, um'zona r'vicha ufarkana, min kodam avuhon di vishmaya, v'imru 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.**

*Y'hei sh'lama rabba min sh'maya, v'chayyim tovim 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.*

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים  
טוֹבִים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.  
וְאָמְרוּ אָמֵן:

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה  
שְׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל  
וְעַל-כָּל-הָעוֹלָם. וְאָמְרוּ אָמֵן:

*Proverbs 3:18,17*

It is a tree of life to all who grasp it  
and those who hold fast to it are happy.  
Its ways are ways of pleasantness  
and all its paths are peace.

עֵץ-חַיִּים הִיא לְמַחְזְקִים  
בָּהּ. וְתַמְכִּיָּהּ מְאֹשֶׁר:  
דְּרָכֶיהָ דְרָכֵי-נֵעָם.  
וְכָל-נְתִיבוֹתֶיהָ שְׁלוֹם:

*Eits chayyim hi la-machazikim bah, v'tom'cheha m'ushar.  
D'racheha darchei no'am, v'chol n'tivotaha shalom.*

*Lamentations 5:21*

Turn us back to You, Eternal,  
and we shall return; renew our  
lives as of old.

הֲשִׁיבֵנו יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה.  
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם:

*Hashiveinu Adonai eilecha v'nashuvah, chaddeish yameinu k'kedem.*

## ALEINU

עֲלֵינוּ 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.'

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל.  
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.  
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים.  
וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ: וְאָנְחָנוּ  
כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים  
לְפָנָי מִלֶּךְ מַלְכֵי הַמְּלָכִים  
הַקְּדוֹשׁ בְּרוּךְ הוּא: שֶׁהוּא נוֹטֵה  
שָׁמַיִם וְיוֹסֵד אֶרֶץ. וּמוֹשֵׁב יְקוּוֹ  
בְּשָׁמַיִם מִמַּעַל. וּשְׂכִינַת עֲזוֹ  
בְּגִבְהֵי מְרוֹמִים: הוּא אֱלֹהֵינוּ  
אֵין עוֹד. אֱמֶת מַלְכָּנוּ אָפְס  
זוּלָתוֹ: כִּפְתּוּב בְּתוֹרָתוֹ. וַיִּדְעַתָּ  
הַיּוֹם וְהֵשַׁבַּתְתָּ אֶל לְבַבְךָ. כִּי  
יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם  
מִמַּעַל וְעַל הָאָרֶץ מִתַּחַת  
אֵין עוֹד:

עֲלֵינוּ *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.*

עַל־כֵּן Therefore, Almighty God, we put our hope in You. Soon let us witness the glory of Your power; when the worship of material things shall pass away from the earth, and prejudice and superstition shall at last be cut off; when the world will be set right by the rule of God, and all humanity shall speak out in Your name, and all the wicked of the earth shall turn to You. Then all who inhabit this world shall meet in understanding, and shall know that we are all partners in the repairing of Your world. For Yours alone is the true reign, and only the glory of Your rule endures forever.

So it is written in Your Torah:

‘The Eternal shall rule forever and ever.’

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.’<sup>1</sup>

עַל־כֵּן נִקְוָה לְךָ יְהוָה  
 אֱלֹהֵינוּ לְרֵאוֹת מְהֵרָה  
 בְּתַפְאֵרַת עֲזָדְךָ. לְהַעֲבִיר  
 גִּלְוִלִים מִן הָאָרֶץ וְהַאֲלִילִים  
 כְּרוֹת יִכְרְתוּן: לְתִקֵּן עוֹלָם  
 בְּמַלְכוּת שְׁדִי. וְכָל־בְּנֵי  
 בְּשָׂר יִקְרְאוּ בְשִׁמְךָ.  
 לְהַפְנוֹת אֵלֶיךָ כָּל־רְשָׁעֵי  
 אָרֶץ: יִכְירוּ וַיִּדְעוּ  
 כָּל־יֹשְׁבֵי תֵבֵל כִּי שְׁתַּפִּים  
 כְּלָנוּ בְּתִקּוֹן עוֹלָמְךָ. כִּי  
 הַמַּלְכוּת שְׁלֹךְ הִיא וּלְעוֹלָמֵי  
 עַד תִּמְלֹךְ בְּכָבוֹד: כְּכַתוּב  
 בְּתוֹרָתְךָ. יְהוָה יִמְלֹךְ  
 לְעוֹלָם וָעֶד: וְנֶאֱמַר. וְהָיָה  
 יְהוָה לְמֶלֶךְ עַל־כָּל־הָאָרֶץ.  
 בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד  
 וַיִּשְׁמוּ אֶחָד:

עַל־כֵּן *Al kein n'kavveh l'cha Adonai eloheinu lir'ot m'heirah b'tif'eret uzzecha, l'ha'avir gillulim min ha-arets, v'ha-elilim karot yikareitun, l'takkein olam b'malchut shaddai v'chol b'nei vasar yikr'u vishmecha, l'hafnot eilecha kol rish'ei arets. Yakiru v'yeid'u kol yosh'vei teiveil, ki shuttafim kullanu b'tikkun olamecha, ki ha-malchut shell'cha hi, ul'ol'mei ad timloch b'chavod, ka-katuv b'toratecha: Adonai yimloch l'olam va'ed. V'ne'emar: v'hayah Adonai l'melech al kol ha-arets, ba-yom ha-hu yihyeh Adonai echad ush'mo echad.*

## MOURNERS' KADDISH

יִתְגַּדֵּל 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, upon all Israel and upon all  
the world **Amen.**

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא (אָמֵן)  
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ:  
וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיִּיכוּן  
וּבְיוֹמֵיכוּן וּבְחַיֵּי דִי-כָּל-בֵּית  
יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן קָרִיב.  
וְאָמְרוּ אָמֵן: יְהֵא שְׁמֵהּ רַבָּא  
מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:  
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר  
וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר  
וַיִּתְעַלֶּה וַיִּתְהַלֵּל  
שְׁמֵהּ דִּי-קְדֻשָּׁא. בְּרִיךְ הוּא.  
לְעֵלְא מִן-כָּל-בְּרַכְתָּא  
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנִחְמְתָּא  
דִּי-אֲמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן:  
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.  
וְאָמְרוּ אָמֵן:  
עֲשֵׂה שְׁלוֹם בְּמִרְוּמֵי הוּא  
יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל  
כָּל-יִשְׂרָאֵל וְעַל-כָּל-הָעוֹלָם.  
וְאָמְרוּ אָמֵן:

*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.*

# אֲדוֹן עוֹלָם אֲשֶׁר מְלַךְ

בְּטָרֵם כָּל־יִצִיר נִבְרָא:

אֲזִי מְלַךְ שְׁמוֹ נִקְרָא:

לְבַדּוֹ יִמְלֹךְ נוֹרָא:

וְהוּא יְהִיָּה בְּתַפְאָרָה:

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה:

וְלוֹ הַעֲזוֹז וְהַמְשָׁרָה:

וְצוֹר חֲבְלֵי בְיוֹם צָרָה:

מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא:

בְּעֵת אִישָׁן וְאֶעִירָה:

אֲדַנִּי לִי וְלֹא אִירָא:

לְעֵת נַעֲשֶׂה כְּחַפְצוֹ כֹּל.

וְאַחֲרֵי כָכֵלּוֹת הַכֹּל.

וְהוּא הָיָה. וְהוּא הָיָה.

וְהוּא אֶחָד וְאֵין שְׁנֵי

בְּלִי רֵאשִׁית בְּלִי תַכְלִית.

וְהוּא אֵלִי וְחֵי גְאֵלִי.

וְהוּא נְסִי וּמְנוּסִי.

בְּיָדוֹ אֶפְקִיד רוּחִי.

וְעַם רוּחִי גְיוּתִי.

אֲדוֹן *Adon olam asher malach, b'terem kol y'tsir nivra.*

*L'eit na'asah k'chefiso kol, azai melech sh'mo nikra.*

*V'acharei kichlot ha-kol, l'vaddo yimloch nora.*

*V'hu hayah v'hu hoveh, v'hu yihyeh b'tif'arah.*

*V'hu echad v'ein sheini, l'hamshil lo l'hachbirah.*

*B'li reishit b'li tachlit, v'lo ha-oz v'ha-misrah.*

*V'hu eili v'chai go'ali, v'tsur chevli b'yom tsarah.*

*V'hu nissi umani, m'nat kosi b'yom ekra.*

*B'yado afkid ruchy, b'eit ishan v'a'irah.*

*V'im ruchy g'vi'ati, Adonai li v'lo ira.*

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

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

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

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.

In my Maker's hand I lay my soul both when I sleep and when I wake,  
and with my soul my body too, my God is close, I shall not fear.

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

עֲשֵׂה שְׁלוֹם בְּמִרְמִיּוֹ. הוּא יַעֲשֶׂה  
שְׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל  
וְעַל־כָּל־הָעוֹלָם. וְאָמְרוּ. אָמֵן:

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

Peace will come to us  
Peace will come to us, and everyone.  
Salaam, peace for us and for all the  
world, peace, peace.

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כָּלָם  
סְלָאָם. עָלֵינוּ וְעַל־כָּל־הָעוֹלָם.  
סְלָאָם סְלָאָם:

*Od yavo shalom aleinu, od yavo shalom aleinu, od yavo shalom aleinu, v'al kulam.  
Salaam, aleinu v'al kol ha-olam, salaam, salaam (x2).*

How good it is and how pleasant  
when brothers live in unity together.

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שֶׁבֶת  
אָחִים גַּם־יַחְדָּ:

*Hineh mah tov u-mah na'im  
Shevet achim gam yachad*