

Alyth



IMREI FINU

25 April 2020 / 1 Iyyar 5780

At the beginning of the day:

מוֹדָה/מוֹדָה I give thanks to You,
living and eternal Sovereign,
that You have returned
my soul to me with compassion -
great is Your faithfulness.

הַנְּנִי I prepare to wrap myself in this
Tallit to fulfil the command of my
Creator. As it is written in the
Torah: ‘Each generation shall put a
tassel on the corners of their
clothes.’² And just as I cover myself
with a robe in this world, so may my
soul deserve to be robed in a
beautiful robe in the world to come,
as in Eden. Amen.

On putting on the Tallit:

בְּרוּךְ Blessed are You, our Living
God, Sovereign of the universe,
whose commandments make us
holy and who commands us to wrap
ourselves in the *Tallit*.

At the beginning of the day:

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ.
מְלֶךְ חַי וְקַיִם.
שֶׁהַחַיּוֹת בֵּי נַשְׁמֹתַי בְּחַמְלָה.
רַבָּה אֱמוּנָתְךָ:

הַנְּנִי מִתְעַטֵּף/מִתְעַטֵּפֶת בְּטָלִית
שׁוֹלֵל צִיצִית כְּדֵי לְקַיֵּם מִצְוֹת
בוֹרְאִי. כְּפָתוּב בַּתּוֹרָה. וְעָשׂוּ
לָהֶם צִיצִית עַל כַּנְּפֵי בְּגָדֵיהֶם
לְדֹרֹתָם: וּכְשֶׁם שֶׁאֲנִי מִתְכַּפֵּה/
מִתְכַּפֵּה בְּטָלִית בְּעוֹלָם הַזֶּה. כֵּן
תִּזְכֶּה נַשְׁמֹתַי לְהִתְלַבֵּשׁ בְּטָלִית
נְאֻה לְעוֹלָם הַבָּא בְּגֵן עֵדֶן. אָמֵן:

On putting on the Tallit:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מְלֶךְ הָעוֹלָם.
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהִתְעַטֵּף בְּצִיצִית:



הַרִּינִי מִקַּבֵּל עָלַי אֶת מִצְוֹת הַבוֹרֵא וְאֶהְבֶּתְ לְרֵעֶךָ
כְּמוֹךָ

Hareini mekabel alai et mitzvot ha boreh v'ahavta l'rei'acha kamocha

Behold, I hereby take upon myself the Instruction of the Creator:
“You shall love your fellow as yourself”

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ

בְּטָרֵם כָּל-יִצִיר נִבְרָא:

אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא:

לְבַדּוֹ יִמְלֹךְ נוֹרָא:

וְהוּא יְהִיָּה בְּתַפְאָרָה:

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה:

וְלוֹ הַעוֹז וְהַמְשָׁרָה:

וְצוֹר חֲבְלֵי בְיוֹם צָרָה:

מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא:

בְּעַת אִישָׁן וְאֶעִירָה:

אֲדַנִּי לִי וְלֹא אִירָא:

לְעַת נַעֲשֶׂה כְּחַפְצוֹ כֹּל.

וְאַחֲרֵי כָכֵלּוֹת הַכֹּל.

וְהוּא הָיָה. וְהוּא הָיָה.

וְהוּא אַחַד וְאֵין שְׁנֵי

בְּלִי רֵאשִׁית בְּלִי תַכְלִית.

וְהוּא אֵלִי וְחֵי גְאֵלִי.

וְהוּא נְסִי וּמְנוּסִי.

בְּיָדוֹ אֶפְקִיד רוּחִי.

וְעַם רוּחִי גְנוּיָתִי.

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

MORNING BLESSINGS

THE GIFT OF OUR BODY

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.

ברוך אתה יהוה אלהינו מלך
 העולם. אשר יצר את־האדם
 בחכמה. וברא בו נקבים נקבים.
 חלולים חלולים: גלוי וידוע לפני
 כסא כבודך שאם יפתח אחד
 מהם. או יסתם אחד מהם. אי
 אפשר להתקיים ולעמוד לפניך:
 ברוך אתה יהוה. רופא כל־בשר.
 ומפליא לעשות:



Asher Yatzar (Dan Nichols)

Ohhh

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 umafla la'asot

THE GIFT OF OUR SOUL

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

אלהי. נשמה שנתת בי
 טהורה היא:

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

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

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

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

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

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

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

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

ברוך אתה יהוה אלהינו מלך
העולם. שעשני בצלם אלהים:

ברוך אתה יהוה אלהינו מלך
העולם. שלא עשני נכרי/נכריה:

ברוך אתה יהוה אלהינו מלך
העולם. שלא עשני עבד/שפחה:

ברוך אתה יהוה אלהינו מלך
העולם. שעשה לי כל צרכי:

ברוך אתה יהוה אלהינו מלך
העולם. פוקח עורים:

ברוך אתה יהוה אלהינו מלך
העולם. מלביש ערמים:

ברוך אתה יהוה אלהינו מלך
העולם. מתיר אסורים:

ברוך *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.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. זֹקֵף כְּפוּפִים:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. הַמְכִינן מֵצַעְדֵי־גְבוֹר:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. הַנוֹתֵן לִיעָף כֹּחַ:

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

בְּרוּךְ 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.

יְהִי Our Living God and God of our ancestors, help us to live according to Your teaching and to hold fast to Your commands. Let us not come into the power of sin or wrongdoing, temptation or disgrace. Let no evil within us control us, and keep us far from bad people and bad company. Help us hold fast to the good within us and to good deeds, and bend our will and our desires to serve You. Give us today, and every day, grace, kindness and mercy in Your sight and in the sight of all who regard us, and grant us Your love and kindness. Blessed are You God, inspiring Your people Israel with love and kindness.

לְעוֹלָם יְהִי אָדָם יִרְאֵה שָׁמַיִם
בְּסֶתֶר כְּבִגְלוּי. וּמוֹדָה עַל-הָאֵמֶת
וְדוֹבֵר אֵמֶת בְּלִבּוֹ: ◇

יְהִי רִצּוֹן מְלַפְנֶיךָ יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ. שֶׁתִּרְגְּלֵנוּ
בְּתוֹרַתְךָ וּדְבַרְךָ בְּמִצְוֹתֶיךָ. וְאֵל
תְּבִיאֵנוּ לֹא לַיָּדִי חַטָּא וְלֹא לַיָּדִי
עֲבִירָה וְלֹא לַיָּדִי נְסִיחָה וְלֹא לַיָּדִי
בְּזִיוֹן. וְאֵל תְּשַׁלֵּט-בָּנוּ יֵצֵר הָרָע.
וְהִרְחִיקֵנוּ מֵאָדָם רָע וּמְחַבְרֵי
רָע. וּדְבַרְךָ בְּיֵצֵר הַטּוֹב
וּבְמַעֲשֵׂים טוֹבִים. וְכַף אֶת-יִצְרָנוּ
לְהִשְׁתַּעֲבֹד-לָךְ. ← וְתַנְנוּ הַיּוֹם
וּבְכָל-יּוֹם לְחֵן וּלְחֶסֶד וּלְרַחֲמִים
בְּעֵינֶיךָ וּבְעֵינֵי כָל-רוֹאֵנוּ.
וְתַגְּמַלְנוּ חֲסִדִים טוֹבִים: בְּרוּךְ
אַתָּה יְהוָה. גּוֹמֵל חֲסִדִים טוֹבִים
לְעַמּוֹ יִשְׂרָאֵל:

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

יְהִי *Y'hi ratson mill'fanecha, Adonai eloheinu veilohei avoteinu, shetargileinu b'toratecha v'dabb'keinu b'mitsvotcha, v'al t'vi'einu lo lidei cheit v'lo lidei aveirah, v'lo lidei nissayon v'lo lidei vizzayon, v'al tashlet banu yeitser ha-ra, v'harchikeinu mei'adam ra umeichaveir ra. V'dabb'keinu b'yeitser ha-tov uv'ma'asim tovim, v'chof et yitsreinu l'hishta'bed lach, ut'neinu ha-yom uv'chol yom, l'chein ul'chesed ul'rachamim, b'einecha uv'einei chol ro'einu, v'tigm'leinu chasadim tovim. Baruch attah Adonai, gomeil chasadim tovim l'ammo yisra'el.*

PREPARING TO ENCOUNTER GOD

יהוה 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!¹

אֵל יְהוָה מֶלֶךְ. יְהוָה מֶלֶךְ.

יהוה יְמִלְךָ לְעוֹלָם וָעֶד:
וְהָיָה יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ.
בַּיּוֹם הַהוּא יְהָיָה יְהוָה אֶחָד
וַיִּשְׁמוּ אֶחָד:

הוֹשִׁיעֵנו יְהוָה אֱלֹהֵינוּ. לְהוֹדוֹת
לְשֵׁם קָדְשְׁךָ לְהַשְׁתַּבַּח בְּתִהְיוֹתְךָ:
בְּרוּךְ יְהוָה אֱלֹהֵי יִשְׂרָאֵל מִן-
הָעוֹלָם וְעַד הָעוֹלָם.
וְאָמַר כָּל-הָעָם אָמֵן.

הַלְלוּיָהּ:

אֵל כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה.

הַלְלוּיָהּ:

יהוה 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'enu 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.

בָּרוּךְ שְׂאֵמַר
וְהָיָה הָעוֹלָם: בָּרוּךְ הוּא:
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה:
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם:
בָּרוּךְ עוֹשֶׂה בְּרֵאשִׁית:
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ:
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת:
בָּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו:
בָּרוּךְ מַעֲבִיר אֶפְלָה וּמְבִיא אוֹרָה:
בָּרוּךְ אֵל חַי לְעַד וְקַיֵּם לְנֶצַח:
בָּרוּךְ שְׂאֵיִן לְפָנָיו עוֹלָה
וְלֹא שְׂכָחָה וְלֹא מִשׁוּא פָּנִים
וְלֹא מִקַּח שֹׁחַד.
צְדִיק הוּא בְּכֹל-דְּרָכָיו
וְחָסִיד בְּכֹל-מַעֲשָׂיו:

בָּרוּךְ פּוֹדֶה וּמַצִּיל:
בָּרוּךְ הַמְּנַחֵל מְנוּחָה לְעַמּוֹ
יִשְׂרָאֵל בְּיוֹם שַׁבַּת קֹדֶשׁ:
בָּרוּךְ הוּא וּבְרוּךְ שְׁמוֹ:
בָּרוּךְ זָכְרוֹ 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

^א מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת:
 טוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ עֲלֵינוּ:
 לְהַגִּיד בַּבֶּקֶר חֲסִדְךָ וְאַמוּנָתְךָ בַּלַּיְלוֹת:
 ד' עֲלֵי-עֶשׂוֹר וְעֲלֵי-נָבֶל עֲלֵי הַגִּזְיוֹן בְּכַנּוֹר:
 ה' כִּי שִׁמְחַתְּנִי יְהוָה בְּפִעֲלֶיךָ בְּמַעֲשֵׂי יְדֶיךָ אֲרַנֶּן:
 ו' מִהֲגִדְלוֹ מַעֲשֵׂיךָ יְהוָה מֵאֵד עֲמָקוֹ מִחֲשֻׁבְתֶּיךָ:
 ז' אִישׁ-בְּעַר לֹא יִדַע וְכִסִּיל לֹא-יָבִין אֶת-זֹאת:
 ח' בְּפֶרֶחַ רְשָׁעִים כְּמוֹ עֵשֶׂב וַיִּצְיָצוּ כָל-פְּעֲלֵי אָוֶן לְהַשְׁמָדֵם עַד־עֵד:
 ט' וְאַתָּה מָרוֹם לְעֵלָם יְהוָה:
 י' כִּי הִנֵּה אֵיבֶיךָ יְהוָה כִּי-הִנֵּה אֵיבֶיךָ יִתְפָּרְדוּ כָל-פְּעֲלֵי אָוֶן:
 יא' וְתִרְם כְּרֵאִים קַרְנֵי בַלְתֵּי בְשֵׁמֶן רַעֲנָן:
 יב' וְתִבַט עֵינֵי בְשׁוּרֵי בְקָמִים עֲלֵי מְרַעִים תִּשְׁמַעְנָה אָזְנֵי:
 יג' צְדִיק כְּתִמֵּר יִפְרַח כְּאַרְז בַּלְכַּנּוֹן יִשְׁגָּה:
 יד' שְׁתוּלִים בְּבֵית יְהוָה בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:
 טו' עוֹד יִנוּבוֹן בְּשִׁיבָה דְשָׁנִים וְרַעֲנָנִים יִהְיוּ:
 טז' לְהַגִּיד כִּי-יִשָּׁר יְהוָה צוּרֵי וְלֹא-עוֹלָתָהּ בּוֹ: ◇

¹Mizmor shir l' yom ha-shabbat.

²Tov l' hodot l' adonai, ul' zammeir l' shimcha elyon.

³L' haggid ba-boker chasdecha, ve' emunat' cha ba-leilot.

⁴Alei asor va' alei navel, alei higgayon b' chinnor.

⁵Ki simmachtani Adonai b' fo' olecha, b' ma' asehi yadecha arannein.

⁶Mah gad' lu ma' asecha Adonai m' od am' ku machsh' v'otecha.

⁷Ish ba' ar lo yeida, uch' sil lo yavin et zot.

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

⁹V' attah marom l' olam Adonai.

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

¹¹Vatarem kir' eim karni balloti b' shemen ra' anan.

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

¹³Tsaddik ka-tamar yifrach, k' erez ba-l' vanon yisgeh.

¹⁴Sh' tulim b' veit Adonai, b' chatsrot eloheinu yafrichu.

¹⁵Od y' nuvun b' seivah, d' sheinim v' ra' ananim yihyu.

¹⁶L' haggid ki yashar Adonai, tsuri v' lo avlatah bo.

Psalm 92

¹ A Psalm to Sing for the Shabbat Day.

² טוב It is good to give thanks to the Eternal, to praise Your name,
God beyond all,

³ to tell of Your love in the morning and Your faithfulness every night.

⁴ With the ten-stringed lute, with the lyre, with the gentle sound of the harp.

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

⁶ God, how great are Your works, Your thoughts are so very deep.

⁷ The stupid do not know this, nor can the foolish understand,

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

⁹ Only You are exalted forever, Eternal.

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

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

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

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

¹⁴ Planted in the house of their Maker,
they shall flourish in the courts of our God,

¹⁵ bearing new fruit in old age still full of sap and still green,

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

¹ 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,

²Your throne was set firm long ago,
from eternity You are.

³Almighty, the floods may storm,
the floods may storm aloud,
the floods may storm and thunder.

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

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

אִיהוּה מֶלֶךְ גֵּאוֹת לְבִשׁ

לְבִשׁ יְהוּה עֹז הַתְּאֵזֶר

אֶף-תִּכּוֹן תִּבֶּל בַּל-תִּמּוֹט:

כִּי כֹחַ כִּסְאֲךָ מֵאָז

מֵעוֹלָם אַתָּה:

גַּם נִשְׂאוּ נְהַרּוֹת יְהוּה

נִשְׂאוּ נְהַרּוֹת קוֹלָם

יִשְׂאוּ נְהַרּוֹת דְּקָיִים:

ה' מִקּוֹלוֹת מַיִם רַבִּים

אֲדִירִים מִשְׁבְּרֵי-יָם

אֲדִיר בְּמָרוֹם יְהוּה:

ו' עֵדוֹתֶיךָ נֶאֱמָנוּ מְאֹד

לְבֵיתֶךָ נִאֻוְה-קֹדֶשׁ

יְהוּה לְאָרְךָ יָמִים:

¹יהוה Adonai malach gei'ut laveish,

laveish Adonai, oz hit'azzar

af tikkon teiveil bal timmot.

²Nachon kis'acha mei'az, mei'olam attah.

³Nas'u n'harot Adonai, nas'u n'harot kolam, yis-u n'harot dochyam.

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

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

ADDITIONAL PSALMS



Psalm 13:6

Ashira (Yonatan Razel)

וְאָנִי בְּחַסְדֶּךָ בְּטַחַתִּי יִגַּל לְבִי בִישׁוּעָתֶךָ
אֲשִׁירָה לַיהוָה כִּי גָמַל עָלַי:

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.

*Va'ani b'chasd'cha vatachti, yageil libbi bishuatecha
Ashira lAdonai ki gamal alai*



Based on Psalm 16:8

Shiviti - Havayah (Daphna Rosenberg)

שְׁוִיתִי יְיָ לְנֶגְדִי תָמִיד הָיְיָה אֶהְבֶּה

I have set Havayah always before me. *Havayah, Love.*

Shiviti Havayah l'negdi tamid. Havayah, ahava



Psalm 59: 17-18

Va'ani Ashir Uzecha (Josh Warshawsky)

וְאָנִי אֲשִׁיר עֲזֶךָ וְאֶרְנֶן לְבֹקֶר חַסְדֶּךָ
כִּי־הָיִיתָ מְשֹׁגֵב לִי וּמְנוּס בַּיּוֹם צָר־לִי
עֲזִי אֵלֶיךָ אֲזַמְּרָה

But I will sing of your 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.

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



Psalm 121: 1-2
Esah Einai (Dan Nichols)

אֶשָׂא עֵינַי אֶל־הַהָרִים מֵאֵין יְבֹא עֲזָרִי:
 עֲזָרִי מֵעַם יְיָ עֲשֵׂה שָׁמַיִם וָאָרֶץ:

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

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



Kanfei Ruach, Wings of Spirit
Words from Rav Kook, Orot HaKodesh 1:4:4:1
(Avigail Uziel-Amar)

בן אדם עלה למעלה עלה
 כי כח עז לך, יש לך כנפי רוח,
 יש לך כנפי רוח, כנפי נשרים אבירים.
 אל תכחש בם, פן יכחשו לך,
 דרוש אותם דרוש בן אדם וימצאו לך מיד.

Human being, ascend towards the heights, ascend!
 For you have the strength. You have wings of spirit,
 wings of mighty eagles.

Do not forsake them, lest they forsake you.
 Seek them, and they will find you immediately.

Ben adam, aleh l'ma'alah aleh;
Aleh l'ma'alah aleh ben adam, aleh l'ma'alah aleh

Ki koach az l'cha, yesh l'cha kanfei ruach
Yesh l'cha kanfei ruach, kanfei n'sharim abirim
Al t'chachesh bam, pen y'chachashu l'cha
D'rosh otam, d'rosh ben adam, v'yimatzu l'cha miyad

Bat adam, ali l'ma'alah ali; Ali l'ma'alah ali bat adam, ali l'ma'alah ali
B'nei adam, alu l'ma'alah alu; Alu l'ma'alah alu b'nei adam, alu l'ma'alah alu

DAILY HALLEL - Psalms 145, 148, 150

Ps 84:5 and 144:15

Happy are those that live in Your house
and can always praise You (*selah*).
Happy the people of whom this is true!
Happy the people
whose God is the Eternal!

Psalm 145 A Psalm of Praise. David's.

אֲרוֹמְמֶךָ I will glorify You,
God my **Sovereign**,
and bless Your name forever and ever.
²Every day I will bless You
and praise Your name
forever and ever.

³Great is the Eternal and praised aloud,
Your greatness is beyond understanding.

⁴One generation shall praise Your deeds
to the next and tell of Your mighty acts.

⁵The glorious splendour of Your majesty
and Your wonders will be my theme.

⁶People will speak of the power
of Your awesome deeds,
and I will describe Your greatness.

⁷They will spread the fame
of Your great goodness
and sing out loud Your righteousness.

⁸Compassionate and merciful
is the Eternal, slow to anger,
and great in love.

⁹The Eternal is good to everyone,
Your compassion is over all You made.

¹⁰All You made
shall praise You, Eternal,
and those who love You will bless You.

אֲשֶׁר יוֹשְׁבֵי בֵיתְךָ.
עוֹד יְהַלְלוּךָ סֵלָה:
אֲשֶׁר יִהְיֶה הָעָם שְׂכֵכָה לוֹ.
אֲשֶׁר יִהְיֶה הָעָם שְׂיֵהוּהוּ אֱלֹהֵיו:

תְּהִלָּה לְדוֹר
אֲרוֹמְמֶךָ אֱלֹהֵי הַמְּלָכִים.
וְאֶבְרַכְּךָ שְׁמֶךָ לְעוֹלָם וָעֶד:
בְּכָל-יוֹם אֶבְרַכְּךָ.
וְאֶהַלְלֶה שְׁמֶךָ לְעוֹלָם וָעֶד:
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד.
וְלִגְדֻלְתּוֹ אֵין חֶקֶר:
דֹּר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ.
וַיְגַבְּרֶנִּיךָ יְגִידוֹ:
הִתְרַם כְּבוֹד הוֹדְךָ.
וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה:
וְעֲזוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ
וַיְגַדְּלֶנִּיךָ אֲסַפְּרֶנָּה:
זָכַר רַב-טוֹבְךָ יַבְיַעוּ
וְצִדְקָתְךָ יִרְנְנוּ:
חֲנוּן וְרַחֲמוֹם יְהוָה.
אָרַךְ אַפַּיִם וְגִדְּל־חַסֵּד:
טוֹב-בִּיהוָה לְכָל.
וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו:
יִוְדוּךָ יְהוָה כָּל-מַעֲשֵׂיךָ.
וְחִסְדֶּיךָ יְבָרְכֻכָּה:

¹¹They shall speak of the glory
of Your **rule** and talk about Your
power, ¹²to let all people know
of Your mighty acts
and the glorious splendour
of Your **rule**.

¹³Your **rule** is an everlasting **rule**,
Your authority for every generation.

¹⁴The Eternal supports the falling
and raises all those bent low.

¹⁵The eyes of all look to You
and You give them food when it is time.

¹⁶You open Your hand
and satisfy the needs of all living.

¹⁷Eternal, You are just
in all Your ways
and loving in all Your deeds.

¹⁸You are near to all who call You,
to all who call You sincerely.

¹⁹You fulfil the needs
of those who fear You,
hearing their cry and saving them.

²⁰You protect those who love You,
but all the wicked You destroy.

²¹My mouth will speak
the praise of the Eternal
and let all flesh bless
God's holy name forever and ever!

Ps 115:18

But we bless God
now and evermore.
Praise God!

^אכְּבוֹד מַלְכוּתְךָ יֹאמְרוּ.
וּגְבוּרַתְךָ יִדְבְּרוּ:
^בלְהוֹדִיעַ לְכָנִי הָאָדָם גְּבוּרָתוֹ.
וּכְבוֹד הַדֵּר מַלְכוּתוֹ:

^אמַלְכוּתְךָ מַלְכוּת כָּל־עוֹלָמִים.
וּמִמְשַׁלְתְּךָ בְּכָל־דֹּר וָדֹר:
^בסוֹמֵךְ יְהוָה לְכָל־הַנִּפְלָיִם.
וְזוֹקֵף לְכָל־הַכַּפּוּפִים:

^טעֵינַיִךְ כָּל־אֱלֹהִים יִשְׁבְּרוּ.
וְאַתָּה נוֹתֵן לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ:
^טפּוֹתַח אֶת־יָדְךָ.
וּמִשְׁבִּיעַ לְכָל־חַי רִצּוֹן:

^יצַדִּיק יְהוָה בְּכָל־דְּרָכָיו.
וְחַסִּיד בְּכָל־מַעֲשָׂיו:
^יקָרוֹב יְהוָה לְכָל־קֹרְאָיו.
לְכָל־אֲשֶׁר יִקְרָאֵהוּ בְּאֱמֶת:

^ירִצּוֹן־יִרְאוּ יַעֲשֶׂה.
וְאַת־שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם:
^כשׁוֹמֵר יְהוָה אֶת־כָּל־אֲהַבָּיו.
וְאֵת כָּל־הַרְשָׁעִים יִשְׁמִיד:

^כתְּהִלַּת יְהוָה יְדַבֵּר־פִּי.
וַיְבָרֶךְ כָּל־בְּשָׂר
שֵׁם קָדְשׁוֹ לְעוֹלָם וָעֶד:

וְאַנְחֵנוּ נְבָרֶךְ יְהוָה.
מֵעַתָּה וְעַד־עוֹלָם
הַלְלוּ־יְהוָה:

¹Praise God!

הללויה נ הללויה

Praise God from heaven,
give praise in the heights.

הללו את יהודה מן השמים
הללוהו במרומים:

²Praise God all you messengers,
praise God all hosts.

הללוהו כל מלאכיו
הללוהו כל צבאיו:

³Praise God, sun and moon,
praise God, shining stars.

הללוהו שמש וירח
הללוהו כל כוכבי אור:

⁴Praise God, heaven of heavens,
and waters above the sky.

הללוהו שמי השמים
והמים אשר מעל השמים:

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

יהללו את שם יהוה
כי הוא צוה ונבראו:

⁶God established them for ever and
ever by unchangeable decree.

ויצמידם לעד לעולם
חקנתן ולא יעבור:

הללויה 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

Va-ya'amideim la'ad l'olam chok natan v'lo ya'avov

¹הַלְלוּ־יְהוָה Hallelujah - Praise God!
 Give praise to God in God's holy place,
 praise in God's mighty heavens,
²praise for God's powerful deeds,
 praise for God's surpassing greatness.
³Give praise to God with the *shofar* blast;
 praise with the lyre and harp,
⁴praise with drums and dancing,
 praise with the lute and pipe.
⁵Give praise to God
 with the clash of cymbals,
 praise with the clanging cymbals.
⁶Let everything that has breath
 praise God.
 Hallelujah - Praise God!

הַלְלוּ־יְהוָה
 הַלְלוּ־אֱלֹהֵי בְּקֹדֶשׁ
 הַלְלוּ־הוּ בְּרָקִיעַ עֲזוֹ:
 הַלְלוּ־הוּ בְּגִבּוֹרֹתָיו
 הַלְלוּ־הוּ כְּרַב גְּדָלוֹ:
 הַלְלוּ־הוּ בְּתִקְעַ שׁוֹפָר
 הַלְלוּ־הוּ בְּנִבְל וְכִנּוֹר:
 הַלְלוּ־הוּ בְּתֵנָף וּמְחֹל
 הַלְלוּ־הוּ בְּמִנִּים וְעוּגָב:
 הַלְלוּ־הוּ בְּצִלְצְלֵי־שִׁמְעַ
 הַלְלוּ־הוּ בְּצִלְצְלֵי תְרוּעָה:
 כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה
 הַלְלוּ־יְהוָה

¹הַלְלוּ־יְהוָה Hal'luyah Hal'lu eil b'kodsho, hal'luhu birki'a uzzo.

²Hal'luhu bigvurotav, hal'luhu k'rov gudd'lo.

³Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinnor.

⁴Hal'luhu b'tof umachol, hal'luhu b'minnim v'ugav.

⁵Hal'luhu b'tsilts'lei shama, hal'luhu b'tsilts'lei t'ru'ah.

⁶Kol ha-n'shamah t'halleil yah. Hal'luyah.

בְּרוּךְ Blessed be God forever.
 Amen and amen.
 Blessed be Almighty God,
 the God of Israel,
 who alone works wonders.
 Blessed be the nearness
 of God's Presence forever,
 for God's Presence fills all the earth.
 Amen and amen.¹

בְּרוּךְ יְהוָה לְעוֹלָם
 אָמֵן וְאָמֵן.
 בְּרוּךְ יְהוָה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל.
 עֹשֶׂה נִפְלְאוֹת לְבָדוֹ:
 וּבְרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם.
 וַיִּמְלֵא כְבוֹדוֹ אֶת כָּל־הָאָרֶץ.
 אָמֵן וְאָמֵן:

בְּרוּךְ Baruch Adonai l'olam amen v'amen,

Baruch Adonai elohim elohei yisra'el, oseih nifla'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.

שְׁמַחַת נְשִׁמַת כָּל־חַי תְּבָרַךְ אֶת־
שְׁמַחַת יְהוָה אֱלֹהֵינוּ.
רוּחַ כָּל־בְּשָׂר תִּפְאָר וּתְרוּמָה
זְכוּרָה מִלְּפָנֶיךָ תָּמִיד: מִן
הָעוֹלָם וְעַד־הָעוֹלָם אֶתְּךָ
אֵל. וּמִבְּלַעַד־יָדְךָ אֵין לָנוּ מִלְּךָ
גּוֹאֵל וּמוֹשִׁיעַ פּוֹדֶה וּמַצִּיל
וְעוֹנֶה וּמְרַחֵם. בְּכָל־עֵת צָרָה
וְצוּקָה אֵין לָנוּ מִלְּךָ עוֹזֵר
וְסוֹמֵךְ זוֹלָתְךָ: אֱלֹהֵי הָרְאשׁוֹנִים
וְהָאַחֲרוֹנִים. אֱלוֹהֵי כָּל־בְּרִיּוֹת.
אֲדוֹן כָּל־תּוֹלְדוֹת. הַמְּהַלֵּל
בְּכָל־הַתְּשׁוּבָחוֹת. הַמְּנַהֵג עוֹלָמוֹ
בְּחֶסֶד וּבְרִיּוֹתָיו בְּרַחֲמִים: וַיְהוֶה
לֹא יָנוּם וְלֹא יִישָׁן. הַמְּעוֹרֵר
יְשׁוּנִים וְהַמְּקִיץ נֹרְדָּמִים. 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.

וְאֵלֹהֵינוּ 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.

וְאֵלֹהֵינוּ פִּינוּ מְלֵא שִׁירָה כַּיָּם.
 וְלִשׁוֹנֵינוּ רִנָּה כְּהַמוֹן גְּלוֹי. ◇
 וּשְׂפֹתֵינוּ שִׁבַּח כְּמִרְחֵבֵי רָקִיעַ.
 וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וְכִכְיֹחַ.
 וְיָדֵינוּ פְּרוּשׁוֹת כְּנֹשְׂרֵי שָׁמַיִם.
 וְרַגְלֵינוּ קָלוֹת כְּאַיָּלוֹת.
 אֵינָם אֲנֵנוּ מְסַפְּקִים
 לְהוֹדוֹת לְךָ יְהוָה אֱלֹהֵינוּ.
 וּלְבָרֵךְ אֶת שִׁמְךָ מִלְּכָנוּ.
 עַל אַחַת מֵאַלְפֵי אֲלָפִים
 וְרִבֵּי רִבּוֹת פְּעָמִים הַטּוֹבוֹת.
 שְׁעָשִׂיתָ עִם־אֲבוֹתֵינוּ וְעִמָּנוּ:

וְאֵלֹהֵינוּ *V'illu finu malei shirah cha-yam, ul'shoneinu rinnah ka-hamon
 gallav, v'siftoteinu shevach k'merchavei raki'a, v'eineinu m'irov ka-shemesh
 v'cha-yarei'ach, v'yadeinu frusot 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.*

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.
 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:

מִמְצָרִים גָּאֲלָתָנוּ יְהוָה אֱלֹהֵינוּ.
 וּמִבַּיִת עֲבָדִים פָּדִיתָנוּ.
 בְּרָעַב זִנַּתָּנוּ.
 וּבְשָׂבַע כִּלְכַּלְתָּנוּ.
 מִחַרְבַּ הִצַּלְתָּנוּ.
 וּמִדָּבָר מְלֻטָּתָנוּ.
 וּמִחַלְלִים רְעִים וְרַבִּים דָּלִיתָנוּ:
 עַד הַנְּהָ עֲזָרוֹנוּ רַחֲמֶיךָ.
 וְלֹא עֲזָבוֹנוּ חֲסָדֶיךָ.
 עַל־כֵּן אֲבָרִים שִׁפְלַגְתָּ בָנוּ.
 וְרוּחַ וּנְשָׁמָה שִׁנַּפַּחְתָּ בְּאַפֵּינוּ.
 וְלִשׁוֹן אֲשֶׁר שָׂמַתָּ בְּפִינוּ.
 הֵן הֵם יוֹדוּ וַיְבָרְכוּ וַיִּשְׁבַּחוּ
 וַיִּפְאָרוּ וַיְשׁוּרוּ אֶת־שִׁמְךָ
 מִלְּכָנוּ תָמִיד:
 כִּי כָל־פֶּה לְךָ יוֹדֶה.
 וְכָל־לִשׁוֹן לְךָ תִּשְׁבַּח.
 וְכָל־עַיִן לְךָ תִּצְפֶּה.
 וְכָל־בֶּרֶךְ לְךָ תִּכְרַע.
 וְכָל־קוֹמָה לְפָנֶיךָ תִּשְׁתַּחֲוֶה.
 וְכָל־הַלְּבָבוֹת יִירָאוּךָ.
 וְכָל־קֶרֶב וְכָל־יֹתֵז יִזְמְרוּ לְשִׁמְךָ.
 כַּדָּבָר שֶׁנֶּאֱמַר.

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, 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'avot yira'ucha, v'chol kerev uch'layot y'zamm'ru lishmecha, ka-davar shene'emar,

‘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?’¹
 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?

כָּל-עַצְמוֹתַי תֹּאמְרָנָה.
 יהוה מי כְּמוֹךָ.
 מַצִּיל עַנִּי מִחֲזַק מִמְּנוּ.
 וְעַנִּי וְאֲבִיוֹן מִגְזֹלוֹ:
 מִי יִדְמֶה-לְךָ.
 וּמִי יִשׁוּהֶ-לְךָ וּמִי יַעֲרֹךְ-לְךָ:
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא.
 אֵל עֲלִיוֹן קִנְיָה שָׁמַיִם וָאָרֶץ:

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.

OUR PRAISE OF GOD

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.’²

שׁוֹכֵן עַד. מְרוֹם וְקָדוֹשׁ
 שְׁמוֹ: וְכָתוּב.
 רַנְּנוּ צְדִיקִים בִּיהוָה.
 לְיִשְׁרָיִם נְאוּה תְהִלָּה:

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.

בְּפִי יִשְׁרָיִם תִּתְרוֹמֵם.
 וּבִדְבָרֵי צְדִיקִים תִּתְבָּרַךְ.
 וּבִלְשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ.
 וּבִקְרֹב קְדוֹשִׁים תִּתְהַלָּל:

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.

יְשֻׁתַּבַּח. 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.

שְׁמִי יְשֻׁתַּבַּח לְעַד מְלָכְנוּ.
הָאֵל הַמֶּלֶךְ הַגָּדוֹל
וְהַקְּדוֹשׁ בְּשָׁמַיִם וּבָאָרֶץ. כִּי לָךְ
נָאֵה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
לְעוֹלָם וָעֶד שִׁיר וּשְׁבָחָה. קְדוּשָׁה
וּמְלָכוּת. בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ
הַגָּדוֹל וְהַקְּדוֹשׁ. וּמְעוֹלָם וָעֶד
עוֹלָם אַתָּה אֵל: בְּרוּךְ אַתָּה
יְהוָה. בּוֹרֵא כָּל־הַנְּשָׁמוֹת. רְבוֹן
כָּל־הַמַּעֲשִׂים. הַבוֹחֵר בְּשִׁירֵי
זְמֵרָה. מְלֶךְ חַי הָעוֹלָמִים:

יְשֻׁתַּבַּח *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.*

THE *SH'MA* AND ITS BLESSINGS

בְּרַכּוּ Bless the Living God אֶת־יְהוָה הַמְּבֹרָךְ:
whom we are called to bless.

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

בְּרוּךְ Blessed is the Living בְּרוּךְ יְהוָה הַמְּבֹרָךְ
God whom we are called to לְעוֹלָם וָעֶד:
bless forever and ever.

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 בהכמה
 עשית. מלאה הארץ קנייך:
 המלך המרום לבדו מאז.
 המשבח והמפאר 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'yav, 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. 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.

אלהי עולם. ברחמיך הרבים
 רחם עלינו. אדון עזנו צור
 משגבנו. מגן ישענו. משגב
 בעדנו: אור חדש על-ציון
 תאיר ונזכה כלנו מהרה לאורו:
 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.*

אֶהְבָּהּ 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.

אֶהְבָּהּ רַבָּה אֶהְבְּתָנוּ יְהוָה אֱלֹהֵינוּ. חֲמֵלָה גְדוֹלָה וַיִּתְרָה חֲמֵלָתָ עָלֵינוּ: אָבִינוּ מִלְכָּנוּ. בְּעֵבוֹר שְׂמֶךְ הַגְּדוֹל וּבְעֵבוֹר אֲבוֹתֵינוּ שֶׁבִטְחוּ בְךָ. וַתִּלְמַדְם חֻקֵי חַיִּים לַעֲשׂוֹת רְצוֹנְךָ בְּלִבְבֵנוּ שְׁלֵם. כֵּן תִּחַנְּנוּ: **בְּ** הָאָרֶץ עֵינֵינוּ בְּתוֹרָתְךָ. וְדַבַּק לְבָנוּ בְּמִצְוֹתֶיךָ. וַיַּחַד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שְׂמֶךְךָ. לְמַעַן לֹא נִבוֹשׁ וְלֹא נִפְלֵם כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה. וּבָנוּ בְּחַרְתָּ מְכֹל־עַם וְלָשׁוֹן. וְקָרַבְתָּנוּ מִלְכָּנוּ לְשְׂמֶךְ הַגְּדוֹל בְּאַהֲבָה. לְהוֹדוֹת לְךָ וּלְיִחְדָּךְ וּלְאַהֲבָה אֶת־שְׂמֶךְךָ: בְּרוּךְ אַתָּה יְהוָה הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה:

אֶהְבָּהּ *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.

וְאֶהְבֶּתְךָ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ: וְשָׁנַנְתָּם
לְבָנֶיךָ וּדְבַרְתָּ בָם בְּשֹׁבְתֶךָ בְּבֵיתְךָ וּבְלִכְתֹּךָ בַּדֶּרֶךְ וּבְשׁוֹכְבְּךָ
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

וְאֶהְבֶּתְךָ *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.*

וְאֶהְבֶּתְךָ 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.¹

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

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

לְמַעַן יָרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל
 הָאֲדָמָה אֲשֶׁר נָשַׁבַע יְהוָה
 לְאֲבֹתֵיכֶם לֵאמֹר לְהֵם 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.¹

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

לְמַעַן תִּזְכְּרוּ וְעַשִּׂיתֶם 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. לדור ודור
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'mitsvotecha, 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
כָּלֵם:

מִי־כַמֹּכָה בְּאֱלֹהִים יְהוָה.
מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ.
נֹרָא תְהִלַּת עֲשֵׂה פִלְא:

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים
לְשִׁמְךָ עַל שְׁפַת הַיָּם. יַחַד כָּלֵם
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 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.



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 kamocha 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 שְׁפֹתַי תִּפְתָּח וּפִי יִגִּיד 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 רֵבֶקָה 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 מְגֵן 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 הַרְיָח 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 מִמִּית 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.

Personal Kedushah - for individual Amidah

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוּשֵׁים בְּכָל-יּוֹם יְהִלְלוּךָ 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.

יְשָׁמַח 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:

יְשָׁמַח מֹשֶׁה בְּמַתַּנַּת חֶלְקוֹ.
 כִּי עָבַד נְאֻמָּן קָרָאתָ לוֹ. כְּלִיל
 תְּפָאֶרֶת בְּרָאשׁוֹ נָתַתָּ. בְּעִמְדוֹ
 לְפָנֶיךָ עַל הַר סִינַי: וּשְׁנֵי לוחֹת
 אֲבָנִים הוֹרִיד בְּיָדוֹ. וְכָתוּב בָּהֶם
 שְׁמִירַת שַׁבָּת. וְכֵן כָּתוּב בְּתוֹרָתְךָ:

יְשָׁמַח *Yismach mosheh b'mattnat 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 לְעֵשׂוֹת אֶת־הַשַּׁבָּת
 לְדוֹרֹתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין
 בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעֹלָם
 כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
 אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ וּבַיּוֹם
 הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ:

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 ואלֹהֵי אֲבוֹתֵינוּ.
רְצֵה־נָא בְּמִנוּחֵינוּ. קִדְּשָׁנוּ
בְּמִצְוֹתֶיךָ. שִׁים חֻלְקָנוּ
בְּתוֹרַתְךָ. שְׂבַעְנוּ מִטוֹבְךָ. שְׂמַח
נַפְשֵׁנוּ בִישׁוּעַתְךָ. וְטַהַר לְבָנוּ
לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחֵילְנוּ יְהוָה
אֱלֹהֵינוּ בְּאַהֲבָה וּבְרִצּוֹן שְׁבַת
קִדְשֶׁךָ. וְיִנּוּחוּ בָּהּ כָּל־יִשְׂרָאֵל
מִקִּדְשֵׁי שְׁמֶךָ: 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.

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמֶּךָ יִשְׂרָאֵל.
וּלְתַפְלָתָם שְׂעֵה. וּבְרַחֲמֶיךָ הַרְבִּים
תַּחֲפֹץ בָּנוּ וְתִשְׂרָה שְׂכִינְתְּךָ
עַל צִיּוֹן.

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

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן
בְּרַחֲמִים: בְּרוּךְ אַתָּה יְהוָה.
הַמַּחְזִיר שְׂכִינְתוֹ 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 וְנִסְפָּר תְּהִלָּתְךָ
 עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ.
 וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָּךְ.
 וְעַל נְסִיךְ שְׂפֹכְל־יּוֹם עִמָּנוּ.
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
 שְׂפֹכְל־עֵת עֶרֶב וּבֹקֵר וְצַהֲרָיִם:
 הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ.
 הַמְּרַחֵם כִּי לֹא תָמוּ חַסְדֶּיךָ.
 כִּי מֵעוֹלָם 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־מַעֲשֵׂי יְדְוֶיךָ וְיִתְרוֹמָם
 וְיִתְנַשְׂא תְּמִיד שְׂמֶךָ מִלְּפָנֶיךָ
 לְעוֹלָם וָעֶד:
 וְכָל־הַחַיִּים יוֹדוּךָ סֶלָה. וַיְהִלְלוּ
 וַיְבָרְכוּ אֶת שְׂמֶךָ הַגָּדוֹל בְּאֱמֶת.
 הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סֶלָה:
 בְּרוּךְ אַתָּה יְהוָה. הַטּוֹב שְׂמֶךָ 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 אָבִינוּ כְּלָנוּ יַחַד בְּאוֹר
 פְּנִיָּךְ. כִּי בְאוֹר פְּנִיָּךְ נִתְּתָ לָנוּ
 יְהוָה אֱלֹהֵינוּ תּוֹרָה וְחַיִּים.
 אֱהָבָה וְחֶסֶד. צְדָקָה וְרַחֲמִים.
 בְּרָכָה וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ
 לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל בְּכָבֶד
 וּבְשְׁלוֹם: בְּרוּךְ אַתָּה יְהוָה.
 הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

שִׁים *Sim shalom tovah uv'rachah chayyim chein vacheses, 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 vacheses, 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 חֵן וְחֶסֶד וְרַחֲמִים.
 חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ עַמְּךָ.

Grant peace, goodness, blessing, grace, kindness and mercy
 to us, Your people.

*Sim shalom tovah uv'rachah chein vacheses v'rachamim aleinu
 chein vacheses v'rachamim aleinu amm'cha.*

אלהי 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.

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

אלהי Elohaim n'tsor l'shoni meira, v'siftotai middabbeir mirmah, v'limkal'lai nafshi tiddom, v'nafshi ke'afar la-kol tiyeh. 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. Yihyu l'ratson imrei fi, v'hegyon libbi l'fanecha, Adonai tsuri v'go'ali.

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

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

HALLEL

ברוך Blessed are You, our Living God, Sovereign of the universe, whose commandments make us holy who commands us to read the *Hallel*, the psalms of joy.

Baruch attah Adonai eloheinu melech ha-olam, asher kidd'shanu b'mitsvotav v'tsivvanu likro et ha-halleil.

אלהי נצור לשוני מרע. ושפתותי מדבר מרמה. ולמקללי נפשי תדם. ונפשי כעפר לכל תהיה: פתח לבי בתורתך. ואחרי מצותיך תרדוף נפשי. וכל-הקמים עלי לרעה מהרה הפר עצתם וקלקל מחשבותם:

יהיו לרצון אמרי-פי. והגיון לבי לפניך. יהוה צורי וגואלי:

עשה שלום במרומו. הוא יעשה שלום עלינו ועל כל-ישראל ועל-כל-העולם. ואמרו. אמן:

הללויה^א Praise God!

הללויה^א

Servants of the Eternal,
 praise the name of the Eternal!
²May the name of the Eternal be blessed
 now and evermore.
³From the rising of the sun to its setting
 praised be the name of the Eternal.
⁴High above all nations is the Almighty,
 whose glory is beyond the heavens.
⁵Who is like our Living God,
 who lives so far beyond,
⁶who dwells so close within
 to watch the heavens and the earth?
⁷Who raises the weak from the dust,
 lifts the poor from the dirt
⁸to set them with the noble,
 with the noble of God's people.
⁹who gives the childless wife a home
 as the happy mother of children.
 Praise God!

הללו עבדי יהוה
 הללו את שם יהוה:
 יהי שם יהוה מְבֹרָךְ
 מֵעַתָּה וְעַד-עוֹלָם:
^אמִמְזֶרֶח שֶׁמֶשׁ עַד מְבוֹאֵו
 מְהַלֵּל שֵׁם יְהוָה:
^ברַם עַל-כָּל-גּוֹיִם יְהוָה
 עַל הַשָּׁמַיִם כְּבוֹדוֹ:
^גמִי כִיְהוָה אֱלֹהֵינוּ
 הַמְגִבִּיהִי לְשָׁבֶת:
^דהַמְשִׁפִּילִי לְרָאוֹת
 בַּשָּׁמַיִם וּבָאָרֶץ:
^המְקִימִי מֵעַפְרֵי דָל
 מֵאֲשַׁפֵּת יָרִים אֲבוֹיָן:
^ולְהוֹשִׁיבֵי עִם נְדִיבִים
 עִם נְדִיבֵי עַמּוֹ:
^זמוֹשִׁיבֵי עֵקֶרֶת הַבַּיִת
 אִם הַבְּנִיִּים שְׂמֵחָה
 הַלְלוֹיָהּ:

הללויה^א Hal'luyah.

Hal'lu avdei Adonai, hal'lu et sheim Adonai.

²Y'hi sheim Adonai m'vorach mei'attah v'ad olam.

³Mimmizrach shemesh ad m'vo'o m'hullal sheim Adonai.

⁴Ram al kol goyim Adonai, al ha-shamayim k'vodo.

⁵Mi kadanai eloheinu ha-magbihi lashavet.

⁶Ha-mashpili lir'ot ba-shamayim uva'arets.

⁷M'kimi mei'afar dal, mei'ashpot yarim evyon.

⁸L'hoshivi im n'divim, im n'divei ammo.

⁹Moshivi akeret ha-bayit eim ha-banim s'meichah.

Hal'luyah.

¹בְּצֵאתִי When Israel came out of Egypt,
the family of Jacob
from a people of foreign tongue,
²then Judah became God's holy place,
Israel were those God ruled.

אֵל בְּצֵאתִי יִשְׂרָאֵל מִמִּצְרַיִם
בֵּית יַעֲקֹב מֵעַם לֵעֶז:
בְּהִיְתָהּ יְהוּדָה לְקֹדֶשׁוֹ
יִשְׂרָאֵל מִמְּשֻׁלֹתָיו:

³The sea saw it and ran away,
Jordan turned back its course,
⁴the mountains skipped like rams,
the hills like young lambs.

גַּהֵם רָאָה וַיָּנֹס
הַיַּרְדֵּן יָסֹב לְאַחֹר:
דְּהַרִים רָקְדוּ כְּאַיִלִים
גְּבָעוֹת כְּבְנֵי צֹאן:

⁵Sea! why do you run away,
Jordan! why turn back your course,
⁶mountains, why do you skip like rams,
hills like young lambs?

הִמָּה לָךְ הָיָם כִּי תָנוֹס
הַיַּרְדֵּן תִּסָּב לְאַחֹר:
וְהַרִים תִּרְקְדוּ כְּאַיִלִים
גְּבָעוֹת כְּבְנֵי צֹאן:

⁷Earth, tremble before the Mighty One,
before the God of Jacob,
⁸who turns the rock into a pool,
the flint into a spring of water.

זְמַלְפָּנֵי אֲדוֹן חוּלֵי אֶרֶץ
זְמַלְפָּנֵי אֱלֹהֵי יַעֲקֹב:
חַהֲפֵכֵי הַצּוּר אֲגָם מַיִם
חִלְמֵיֶשׁ לְמַעַיְנוֹ מַיִם:

¹בְּצֵאתִי B'tseit yisra'el mimitsrayim, beit ya'akov mei'am lo'eiz.

²Hay'tah y'hudah l'kodsho, yisra'el mamsh'lotav.

³Ha-yam ra'ah vayanos, ha-yardein yissov l'achor.

⁴He-harim rak'du ch'eilim, g'va'ot kivnei tson.

⁵Mah l'cha ha-yam ki tanus, ha-yardein tissov l'achor.

⁶He-harim tirk'du ch'eilim, g'va'ot kivnei tson.

⁷Millifnei adon chuli arets, millifnei elo'ah ya'akov.

⁸Ha-hofchi ha-tsur agam mayim, challamish l'ma'y'no mayim.

¹²God remembers us to bless us,
 blessing the house of Israel,
 blessing the house of Aaron,
¹³blessing all God-fearing people,
 small and great alike!

¹⁴May the Eternal increase you,
 you and your children.

¹⁵You are blessed by God,
 by the Maker of heaven and earth -

¹⁶heaven is the heaven of God
 who gave the earth for human beings.

¹⁷The dead do not praise God,
 nor all who go down into silence,

¹⁸but we bless God
 now and evermore.

Praise God!

יְיָ יִהְיֶה זְכוֹרְנוּ יְבָרֵךְ
 יְבָרֵךְ אֶת בֵּית יִשְׂרָאֵל
 יְבָרֵךְ אֶת בֵּית אַהֲרֹן:
 יְבָרֵךְ יְרֵאֵי יְהוָה
 הַקְּטָנִים עִם הַגְּדֹלִים:
 יִסַּף יְהוָה עָלֵיכֶם
 עָלֵיכֶם וְעַל בְּנֵיכֶם:
 בְּרוּכִים אַתֶּם לַיהוָה
 עֹשֵׂה שָׁמַיִם וָאָרֶץ:
 הַשָּׁמַיִם שָׁמַיִם לַיהוָה
 וְהָאָרֶץ נָתַן לְבְנֵי אָדָם:
 לֹא הַמֵּתִים יְהַלְלוּ יְהוָה
 וְלֹא הַכּוֹלְיָדֵי דוּמָה
 וְאֲנַחְנוּ נְבָרֵךְ יְהוָה
 מֵעַתָּה וְעַד עוֹלָם
 הַלְלוּיָהּ:

¹²Adonai z'charanu y'vareich, y'vareich et beit yisra'el, y'vareich et beit aharon.

¹³Y'vareich yir'ei Adonai, ha-k'tannim im ha-g'dolim.

¹⁴Yoseif Adonai aleichem, aleichem v'al b'neichem.

¹⁵B'ruchim attem ladonai, oseih shamayim va'arets.

¹⁶Ha-shamayim shamayim ladonai, v'ha-arets natan livnei adam.

¹⁷Lo ha-meitim y'hal'luyah, v'lo kol yor'dei dumah.

¹⁸Va'anachnu n'vareich yah mei'attah v'ad olam. Hal'luyah.

¹²What can I return to my Maker
for all the kindness shown me?
¹³I will lift up the cup of salvation
and call on the name of the Eternal.
¹⁴I will fulfil my promises to the Eternal
in the presence of godly people.
¹⁵Precious in the sight of our Creator
are those who die, devoted to God.
¹⁶Because I am Your servant, God,
I am Your servant,
the child of a woman who served You,
You freed me from my bonds.
¹⁷To You I offer the offering of gratitude
and call on the name of the Eternal.
¹⁸I will fulfil my promises to the Eternal
in the presence of all God's people,
¹⁹in the courts of the house of the Eternal,
in your midst, Jerusalem!

Praise God!

^כמָה־אָשִׁיב לַיהוָה
כָּל־תַּגְּמוּלוֹהִי עָלַי:
^{כ"ג}כּוֹס־יְשׁוּעוֹת אֶשָּׂא
וּבְשֵׁם יְהוָה אֶקְרָא:
^{כ"ד}נִדְרֵי לַיהוָה אֲשַׁלֵּם
נִגְדָה־נָּא לְכָל־עַמּוֹ:

^{טו}יָקָר בְּעֵינֵי יְהוָה
הַמּוֹתָה לַחֲסִידָיו:
^{טז}אָנָּה יְהוָה כִּי־אֲנִי עַבְדְּךָ
אֲנִי־עַבְדְּךָ בְּנ־אִמְתְּךָ
פָּתַחַת לְמוֹסְרֵי:
^{י"ז}לְךָ־אֶזְבַּח זֶבַח תּוֹדָה
וּבְשֵׁם יְהוָה אֶקְרָא:
^{י"ח}נִדְרֵי לַיהוָה אֲשַׁלֵּם
נִגְדָה־נָּא לְכָל־עַמּוֹ:
^{י"ט}בְּחִצְרוֹת בֵּית יְהוָה
בְּתוֹכְכִי יְרוּשָׁלַיִם
הַלְלוּיָהּ:

¹²Mah ashiv ladonai kol tagmulohi alai.

¹³Kos y'shu'ot essa, uv'sheim Adonai ekra.

¹⁴N'darai ladonai ashalleim, negdah na l'chol ammo.

¹⁵Yakar b'einei Adonai ha-mav'tah lachasidav.

¹⁶Anna Adonai ki ani avdecha, ani avd'cha ben amatecha, pitachta l'moseirai.

¹⁷L'cha ezbach zevach todah, uv'sheim Adonai ekra.

¹⁸N'darai ladonai ashalleim, negdah na l'chol ammo.

¹⁹B'chatsrot beit Adonai, b'tocheichi yerushalayim.

Hal'luyah.

¹הַלְלוּ Praise the Creator, all nations,
glorify God, all peoples!

²Whose love for us is strong,
whose truth is eternal.

Praise God!

אֵל הַלְלוּ אֶת יְהוָה כָּל-גּוֹיִם
שֶׁבַחְהוּ כָּל-הָאֲמִים:
כִּי גָבַר עָלֵינוּ חַסְדּוֹ
וְאֶמֶת יְהוָה לְעוֹלָם

הַלְלוּיָהּ:

¹הַלְלוּ *Hal'lu et Adonai kol goyim, shabb'chuhu kol ha-ummim.*

²*Ki gavar aleinu chasdo, ve'emet Adonai l'olam.*

Hal'luyah.

¹הוֹדוּ Give thanks to God who is good,
whose love is everlasting.

²Let Israel now say:

‘whose love is everlasting.’

³Let the house of Aaron now say:

‘whose love is everlasting.’

⁴Let all who fear God now say:

‘whose love is everlasting.’

אֵל הוֹדוּ לַיהוָה כִּי-טוֹב
כִּי לְעוֹלָם חַסְדּוֹ:
בִּיאֲמַר-נָא יִשְׂרָאֵל
כִּי לְעוֹלָם חַסְדּוֹ:
גִּיאֲמַר-וּנָא בֵּית-אַהֲרֹן
כִּי לְעוֹלָם חַסְדּוֹ:
דִּיאֲמַר-וּנָא יְרֵאֵי יְהוָה
כִּי לְעוֹלָם חַסְדּוֹ:

¹הוֹדוּ *Hodu ladonai ki tov, ki l'olam chasdo.*

²*Yomar na yisra'el, ki l'olam chasdo.*

³*Yom'ru na veit Aharon, ki l'olam chasdo.*

⁴*Yom'ru na yir'ei Adonai, ki l'olam chasdo.*

⁵Closed in by troubles
 I called on the Eternal,
 who answered me and set me free.
⁶The Eternal is for me, I shall not fear.
 What can people do to me?
⁷The Eternal is for me,
 my source of help,
 so I confront those who hate me!
⁸It is better to trust in the Eternal
 than to rely on people.
⁹It is better to trust in the Eternal
 than to rely on leaders.
¹⁰All nations surrounded me -
 but by the name of the Eternal
 I cut them down.
¹¹They swarmed and surrounded me -
 but by the name of the Eternal
 I cut them down.
¹²They swarmed around me like bees,
 they were quenched like a fire among
 thorns - but by the name of the Eternal
 I cut them down.
¹³You pressed me so that I nearly fell,
 but the Eternal helped me.
¹⁴God is my strength and song,
 Always there to save me.
¹⁵Shouts of joy and triumph
 are in the tents of the just:
 'God's right hand works mightily!
¹⁶God's right hand is raised!
 God's right hand works mightily!
¹⁷I shall not die, but live
 and declare the acts of God.
¹⁸God has taught me sharply
 but has not surrendered me to death.

^המִן הַמַּצָּר קָרָאתִי יְהוָה
 עָנְנִי בַמֶּרְחֹב יְהוָה:
 יְהוּוֹה לִי לֹא אִירָא
 מֶה יַעֲשֶׂה לִי אָדָם:
 יְהוּוֹה לִי בְעֶזְרִי
 וְאֲנִי אֲרָאָה בְשֹׁנְאָי:
^הטוֹב לְחַסוֹת בַּיהוָה
 מִבְּטֹחַ בְּאָדָם:
^טטוֹב לְחַסוֹת בַּיהוָה
 מִבְּטֹחַ בְּנְדִיבִים:
^יכָּל־גּוֹיִם סָבְבוּנִי
 בְּשֵׁם יְהוּוֹה כִּי אֲמִילָם:
^{יא}סָבְבוּנִי גַם־סָבְבוּנִי
 בְּשֵׁם יְהוּוֹה כִּי אֲמִילָם:
^{יב}סָבְבוּנִי כַדְבָּרִים
 דַּעְכוּ כְּאֵשׁ קוֹצִים
 בְּשֵׁם יְהוּוֹה כִּי אֲמִילָם:
 דָּחָה דָּחִיתַנִּי לְנַפְלִי
 וַיהוָה עֲזָרַנִּי:
^{יג}עֲזֵי וּזְמַרְתִּי יְהוָה
 וַיהוָה לִי לִישׁוּעָה:
^{טו}קוֹל רִנָּה וַישׁוּעָה
 בְּאָהָלֵי צְדִיקִים
 יִמֵּין יְהוּוֹה עֲשֶׂה חַיִּל:
^{טז}יִמֵּין יְהוּוֹה רוּמָמָה
 יִמֵּין יְהוּוֹה עֲשֶׂה חַיִּל:
^{יז}לֹא־אָמוֹת כִּי־אָחִיָּה
 וְאֲסַפֵּר מַעֲשֵׂי יְהוָה:
^{יח}יִסֵּר יִסְרֵנִי יְהוָה
 וְלִמּוֹת לֹא נִתְּנִנִּי:

⁵Min ha-meitsar karati yah, anani vamerchav yah.

⁶Adonai li lo ira, mah ya'aseh li adam.

⁷Adonai li b'ozrai, va'ani er'eh v'son'ai.

⁸Tov lachasot badonai mib'to'ach ba-adam.

⁹Tov lachasot badonai mib'to'ach bindivim.

¹⁰Kol goyim s'vavuni b'sheim Adonai ki amilam.

¹¹Sabbuni gam s'vavuni b'sheim Adonai ki amilam.

¹²Sabbuni chidvorim, do'achu k'eish kotsim, b'sheim Adonai ki amilam.

¹³Dacho d'chitani linpol, vadonai azarani.

¹⁴Ozzi v'zimrat yah vay'hi li lishu'ah.

¹⁵Kol rinnah viyshu'ah b'oholei tsaddikim, y'min Adonai osah chayil.

¹⁶Y'min Adonai rommeimah, y'min Adonai osah chayil.

¹⁷Lo amut ki echyeh, va'asapeir ma'asei yah.

¹⁸Yassor yiss'ranni yah, v'la-mavet lo n'tanani.

¹⁹Open the gates of justice for me,

I shall enter them

and thank the Eternal.

²⁰This is the gate of the Eternal,

the just may enter in.

²¹I thank You, for You answered me,

it was You who saved me.

²²A stone the builders rejected

has become the corner-stone itself.

²³Through God this came about,

this wonder to our eyes.

²⁴This is the day God has made,

let us be glad and rejoice on it.

פְּתַחוּ-לִי שַׁעַר־צְדָקָה

אֲבֹא בָם אֹדֶה יְהוָה:

זֶה-הַשַּׁעַר לַיהוָה

צְדִיקִים יָבֹאוּ בוֹ:

אֹדֶךָ כִּי עָנִיתָנִי

וַתִּשְׁוַעַה לִּי:

אָבֵן מָאֶסוּ הַבּוֹנִים

הֵיטָה לְרֹאשׁ פִּנֵּה:

מֵאֵת יְהוָה הֵיטָה זֹאת

הִיא נִפְלְאוֹת בְּעֵינֵינוּ:

זֶה-הַיּוֹם עָשָׂה יְהוָה

נִגִּילָה וְנִשְׂמְחָה בוֹ:

¹⁹Pitchu li sha'arei tsedek, avo vam, odeh yah.

²⁰Zeh ha-sha'ar ladonai, tsaddikim yavo'u vo.

²¹Od'cha ki anitani, vatt'hi li lishu'ah.

²²Even ma'asu ha-bonim hay'tah l'rosh pinnah.

²³Mei'eit Adonai hay'tah zot, hi niflat b'eineinu.

²⁴Zeh ha-yom asah Adonai, nagilah v'nism'chah vo.

²⁵God, we beseech You, save us now

God, we beseech You, let us prosper

now!

אֲנָא יְהוָה הוֹשִׁיעָה נָא:

אֲנָא יְהוָה הַצְלִיחָה נָא:

²⁵Anna Adonai hoshi'ah na. Anna Adonai hatslichah na.

²⁶Blessed is the one
who comes in God's name,
we bless you from the house of God.

כ"ב בְּרוּךְ הַבָּא בְּשֵׁם יְהוָה
בְּרַכְנוּכֶם מִבֵּית יְהוָה:

²⁷God is the Creator who gives us light.
(Form the procession with the branches
up to the horns of the altar.)

כ"ג אֵל יְהוָה וַיֵּאָר לָנוּ
אֶסְרוּ-חַג בְּעַבְתֵּימִים
עַד-קַרְנֹת הַמִּזְבֵּחַ:

²⁸You are my God and I thank You.
My God, I praise You!

כ"ד אֵלֵי אַתָּה וְאוֹדֶךָ
אֱלֹהֵי אֲרוֹמָמְךָ:

²⁹Thank the Eternal, who is good,
whose love is everlasting.

כ"ה הוֹדוּ לַיהוָה כִּי טוֹב
כִּי לְעוֹלָם חַסְדּוֹ:

²⁶*Baruch ha-ba b'sheim Adonai, beirachnuchem mibbeit Adonai.*

²⁷*Eil Adonai vaya'eir lanu, isru chag ba'avotim ad karnot ha-mizbei'ach.*

²⁸*Eili attah v'odeka, elohai arom'meka.*

²⁹*Hodu ladonai ki tov, ki l'olam chasdo.*

After the Hallel, the following blessing may be said.

יְהוָה יְהוָה! Our Living God, all Your
works shall praise You; and all who
love You, the righteous who do
Your will, and all Your people, the
family of Israel, shall thank You
with joyful song; and bless and
praise and sanctify You, accepting
You as our Sovereign. It is good to
thank You and it is right to sing to
Your name, for You are God from
everlasting to everlasting. Blessed
are You God, the Sovereign praised
in all worship.

יְהוָה יְהוָה אֱלֹהֵינוּ כָּל-מַעֲשֵׂיךָ.
וְחַסְדֵיךָ צְדִיקִים עוֹשֵׂי רְצוֹנְךָ
וְכָל-עַמְּךָ בֵּית יִשְׂרָאֵל בְּרַנָּה יוֹדוּ
וַיְבָרְכוּ וַיִּשְׂבְּחוּ וַיִּפְאָרוּ וַיְרוֹמְמוּ
וַיְעַרְצוּ וַיְקַדְּשׁוּ וַיְמַלִּיכוּ אֶת-
שְׁמֶךָ מְלַכְנוּ. כִּי לָךְ טוֹב לְהוֹדוֹת
וּלְשַׁמְּךָ נֶאֱדָה לְזַמֵּר כִּי מֵעוֹלָם וְעַד
עוֹלָם אַתָּה אֵל: בְּרוּךְ אַתָּה יְהוָה
מֶלֶךְ מְהֻלָּל בְּתִשְׁבָּחוֹת:

יְהוָה יְהוָה! *Y'hal'lucha Adonai eloheinu kol ma'asecha, vachasidecha tsaddikim osei r'tsonecha, v'chol amm'cha beit yisra'el, b'rinnah yodu vivar'chu vishabb'chu vifa'aru virom'mu v'ya'aritsu v'yakdishu v'yamlichu et shimcha malkeinu, ki l'cha tov l'hodot, ul'shimcha na'eh l'zammeir, ki mei'olam v'ad olam attah eil. Baruch attah Adonai melech m'hullal ba-tishbachot.*

TORAH SERVICE

Psalm 133:1

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

הִנֵּה מְה־טוֹב וּמְה־נִּיעִים
שֶׁבֶת אַחִים גַּם־יַחַד:

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

BLESSING BEFORE THE STUDY OF TORAH

בָּרוּךְ 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.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם. אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו. וְצִוָּנוּ לְעִסּוֹק
בְּדַבְּרֵי תוֹרָה:

בָּרוּךְ *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

וְהֵעֵרְבָנָא 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.

וְהֵעֵרְבָנָא יְהוָה אֱלֹהֵינוּ
אֶת־דְּבַרֵי תוֹרַתְךָ בְּפִינוּ.
וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל.
וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ.
וְצִאֲצָאֵי עַמְּךָ בֵּית יִשְׂרָאֵל.
כֻּלָּנוּ יוֹדְעֵי שְׁמֶךָ.
וְלִמְדֵי תוֹרַתְךָ לְשִׁמְךָ:
בָּרוּךְ אַתָּה יְהוָה.
הַמְלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל:

וְהֵעֵרְבָנָא *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.*

KADDISH D'RABBANAN

יְתַגְדֵּל 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.

יְתַגְדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא (אָמֵן)
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ:
וְיִמְלִיךְ מַלְכוּתָהּ
בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דִי-כָּל-בֵּית יִשְׂרָאֵל
בְּעֵגְלָא וּבְזִמְן קָרִיב.
וְאָמְרוּ אָמֵן:
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וּלְעָלְמֵי עָלְמֵיָא:
יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דִּי-קִדְשָׁא.
בְּרִיךְ הוּא.
לְעֵלְא מִן-פְּלִי-בְרַכְתָּא
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמָתָא
דִּי-אֲמִירָן בְּעֵלְמָא.
וְאָמְרוּ אָמֵן:

יְתַגְדֵּל Yitgaddal v'yiikkaddash 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.

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.

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.

עַל יִשְׂרָאֵל וְעַל רַבָּנָן
 וְעַל תַּלְמֵי דִיהוֹן
 וְעַל כָּל-תַּלְמֵי דִי תַלְמֵי דִיהוֹן
 וְעַל כָּל-מִן דִּי עֲסָקִין בְּאוֹרֵי תַא דִּי
 בְּאַתְרָא הָדָן
 וְדִי בְכָל-אַתְר וְאַתְר יְהֵא לְהוֹן
 וְלִכּוֹן שְׁלָמָא רַבָּא חֲנָא וְחֲסָדָא
 וְרַחֲמִין וְחַיִּין אַרְיִכִין וּמְזוֹנָא
 רוּיְחָא וּפְרָקְנָא
 מִן-קָדָם אַבוּהוֹן דִּי בְשָׁמַיָא.
 וְאַמְרוּ אַמֵּן:
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא
 וְחַיִּים טוֹבִים עָלֵינוּ
 וְעַל-כָּל-יִשְׂרָאֵל.
 וְאַמְרוּ אַמֵּן:
 עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
 הוּא בְּרַחֲמָיו יַעֲשֵׂה שְׁלוֹם
 עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל
 וְעַל-כָּל-הָעוֹלָם.
 וְאַמְרוּ אַמֵּן:

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. Y'hei sh'lama rabba min sh'maya, v'chayyim tovim aleinu v'al kol yisra'el, v'imru amen. Oseh shalom bimromav, hu b'rachamav ya'aseh shalom aleinu v'al kol yisra'el, v'al kol ha-olam, v'imru amen.

Joshua 1:8

לא This Book of the Torah shall not
depart from your mouth; but you
shall meditate on it day and night.¹

לא־יִמוּשׁ סֵפֶר הַתּוֹרָה הַזֶּה מִפִּיךָ
וְהִגִּיתָ בוֹ יוֹמָם וְלַיְלָה:

לא *Lo yamush seifer ha-torah ha-zeh mippicha, v'hagita bo yomam valaylah.*

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. וְתִמְכֶּיָּה מְאֹשֶׁר:
דְּרָכֶיהָ דְרָכֵי־נֹעַם.
וְכָל־נְתִיבוֹתֶיהָ שְׁלוֹם:

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

Lamentations 5:21

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

הַשִּׁיבֵנוּ 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.
וְנִתַּן-לָנוּ אֶת-תּוֹרָתוֹ: וְאִנְחָנוּ
כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים
לְפָנָי מִלֶּךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא: שֶׁהוּא נוֹטֵה
שָׁמַיִם וְיוֹסֵד אָרֶץ. וּמוֹשֵׁב יְקוּוֹ
בְּשָׁמַיִם מִמַּעַל. וּשְׂכִינַת עֶזוֹ
בְּגִבְהֵי מְרוֹמִים: הוּא אֱלֹהֵינוּ
אֵין עוֹד. אֵמֶת מַלְכָּנוּ אָפֶס
זוּלָתוֹ: כִּפְתּוֹב בְּתוֹרָתוֹ. וַיִּדְעַתָּ
הַיּוֹם וְהִשְׁבַּתְתָּ 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 to You alone each one shall submit, and pledge themselves in every tongue. In Your presence, Almighty God, they shall bow down and be humble, honouring the glory of Your being. All shall accept the duty of building Your reign, so that Your reign of goodness shall come soon and last forever. 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.’

עַל־כֵּן נִקְוָה לְךָ יְהוָה אֱלֹהֵינוּ
לְרֹאוֹת מְהֵרָה בְּתַפְאֵרֶת עֲזֻדְךָ.
לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ
וְהָאֱלִילִים כְּרוֹת יִכְרֹתוּן:
לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדִי.
וְכָל־בְּנֵי בֶשֶׁר יִקְרְאוּ בְּשִׁמְךָ.
לְהַפְנוֹת אֱלִיךָ כְּלֹא־רְשָׁעֵי אָרֶץ:
יִכְירוּ וַיִּדְעוּ כְּלֹא־יֹשְׁבֵי תֵבֵל
כִּי לְךָ תִּכְרַע כָּל־בְּרֵךְ. תִּשְׁבַּע
כָּל־לְשׁוֹן: לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ
יִכְרְעוּ וַיִּפְלוּ. וְלִכְבוֹד שִׁמְךָ
יִקְרֹ יִתְנוּ. וַיִּקְבְּלוּ כָּלֵם
אֶת־עוֹל מַלְכוּתֶךָ. וְתִמְלֹךְ
עָלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד. כִּי
הַמַּלְכוּת שְׁלֶךָ הִיא וְלְעוֹלָמִי
עַד תִּמְלוֹךְ בְּכִבוֹד: כִּפְתוּב
בְּתוֹרַתְךָ. יְהוָה יִמְלֹךְ לְעוֹלָם
וָעֶד: וְנֶאֱמַר. וְהָיָה יְהוָה לְמֹלֶךְ
עַל־כָּל־הָאָרֶץ. בַּיּוֹם הַהוּא
יְהִיָּה יְהוָה אֶחָד וְשִׁמוֹ אֶחָד:

עַל־כֵּן *Al kein n'kavveh l'cha Adonai eloheinu lir'ot m'heirah b'tiferet uzzecha, l'ha'avir gillulum min ha-arets, v'ha-elilim karot yikkareitun, 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 teveil, ki l'cha tichra kol berech tishava kol lashon. L'fanecha Adonai eloheinu, yichr'u v'yippolu, v'lichvod shimcha y'kar yitteinu, vikabb'lu chullam et ol malchutecha, v'timloch aleihem m'heirah l'olam va'ed, 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.*

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.

Judy Chicago

Va'hasheivota

וְהִשְׁבֵּת אֵל לְבַבְךָ. כִּי יְהוָה הוּא הָאֱלֹהִים

Realise this today and take it to heart; that the Eternal One is God.

Va'hasheivota el l'vavecha, ki Adonai hu ha-Elohim

וְנֹאמַר.
 וְהָיָה יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ.
 בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד:

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*

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-קְדִישָׁא. בְּרִיךְ הוּא.
לְעֵלְא מִן-כָּל-בְּרַכְתָּא
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנִחְמָתָא
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:

אֲזֵי 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 אַחַד וְאֵין שְׁנֵי

בְּלִי רֵאשִׁית בְּלִי תַכְלִית.

וְהוּא אֵלִי וְחֵי גְאֻלִּי.

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.