

Alyth



**SHAVUOT
MORNING SERVICE**

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.

At the beginning of the day:

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ.
מֶלֶךְ חַי וְקַיִם.
שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה.
רַבָּה אֱמוּנָתְךָ:

מוֹדָה/מוֹדָה *Modeh/modah ani l'fanecha, melech chai v'kayyam.*
Shehechezarta bi nishmati b'chemlah, rabbah emunatecha.

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 יֵצַר אֶת־הָאָדָם
בְּחָכְמָה. וּבָרָא בּוֹ נִקְבִּים נִקְבִּים.
חַלּוּלִים חַלּוּלִים: גְּלוּי וַיְדוּעַ לְפָנֶי
כִּסֵּא כְבוֹדְךָ שָׁאֵם יִפְתַּח אֶחָד
מֵהֶם. אוֹ יִסְתֵּם אֶחָד מֵהֶם. אִי
אֶפְשָׁר לְהִתְקַיֵּים וְלַעֲמוֹד לְפָנֶיךָ:
בָּרוּךְ אַתָּה יְהוָה. רוֹפֵא כָּל־בָּשָׂר.
וּמַפְלִיא לַעֲשׂוֹת:



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 umaftli la'asot

THE GIFT OF OUR SOUL

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

אֱלֹהֵי. נְשַׁמָּה שֶׁנָּתַתָּ בִי
טְהוֹרָה 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. שָׁעֲשִׂנִי בְצַלְמֵם 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 נְכָרִי/נְכָרִיָּה:

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. שָׁעֲשֵׂה-לִי כָּל-צְרָכָי:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. פּוֹקֵחַ עֵינַיִם:

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. מַלְבִּישׁ עֲרֻמִּים:

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.

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. מַתִּיר אֲסוּרִים:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. זוֹקֵף כְּפוּפִים:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. הַמְכִיז מִצְעָדֵי־גְבוּר:

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

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם. אוֹזֵר יִשְׂרָאֵל בְּגְבוּרָה:

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 לִיעֵף 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. הַמְעַבִּיר שְׁנָה מֵעֵינַי
וּתְנוּמָה מֵעַפְעָפִי:

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

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'ainai
ut'numah mei'af'appai.*

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

אֱלֹהֵי. נְשָׁמָה שֶׁנָּתַתָּ בִּי
טְהוּרָה הִיא:

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

ברוך 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.¹

ברוך אתה יהוה אלהינו
מלך העולם. אשר קדשנו
במצותיו. וצונו לעסוק
בדברי תורה:

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



Sweet as Honey (Dan Nichols)

Sweet as honey, sweet as honey, sweet as honey on our tongue
Sweet as honey, sweet as honey, sweet as honey on our tongue

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

Sweet as honey [Let us soak it up]
sweet as honey [and let it all sink in]
sweet as honey on our tongue [sweet words of Torah]

The Torah is compared to water.

Just as water is a source of life for the world, so the Torah is a source of life for the world. Just as water restores the soul, so does Torah. Just as water makes plants grow, so the words of the Torah nurture us.

Just as water comes down in drops of rain and forms rivers, so with Torah - we can learn a little today and a little tomorrow, until we become a flowing stream.

Just as water leaves a high place and flows to a low one, so the Torah leaves one whose spirit is proud and goes to one who is humble.

Just as with water, if one does not know how to swim, we can drown, so with the words of the Torah.

Based on Midrash Song of Songs Rabbah

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

יהוה מִלְךְ. יהוה מִלְךְ.

יהוה יִמְלֹךְ לְעוֹלָם וָעֶד:

וְהָיָה יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ.

בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד

וְשֵׁמוֹ אֶחָד:

הוֹשִׁיעֵנו יְהוָה אֱלֹהֵינוּ. לְהוֹדוֹת

לְשֵׁם קְדוֹשְׁךָ לְהַשְׁתַּבַּח בְּתִהְיוֹתְךָ:

בְּרוּךְ יְהוָה אֱלֹהֵי יִשְׂרָאֵל מִן-

הָעוֹלָם וְעַד הָעוֹלָם.

וְאָמַר כָּל-הָעָם אָמֵן.

הַלְלוּיָהּ:

כָּל הַנְּשָׁמָה תְהַלֵּל 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'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

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

אֲשָׂא עֵינַי אֶל־הַהָרִים מֵאֵין יְבֹא עֲזָרִי:
עֲזָרִי מֵעַם יְיָ עֲשֵׂה שָׂמִים וְאָרֶץ:

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.

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

Psalm 100:2 and 95:3 Ivdu (Or Zohar)

עֲבֹדוּ אֶת־יְהוָה בְּשִׂמְחָה בָּאוּ לִפְנֵי בְרִנָּה:
כִּי אֵל מֶלֶךְ גָּדוֹל יְהוָה

*Serve God in gladness; Come into God's Presence with joy.
For God is a great Sovereign.*

Part 1:	Part 2:
Ivdu	(Ivdu...u...u)
et Adonai b'simcha	(simcha, simcha, simcha...)
Bo'u	(Bo'u, bo'u bo'u...u)
l'fanav birna'na...ah	(na, na, na, na, na...)

Ki El melech gadol Adonai (x4)

Psalm 59: 17-18 - Va'ani Ashir Uzecha (Josh Warshawsky)

וְאֲנִי אֲשִׁיר עֲזָךְ וְאֲרַנֵּן לְבִקְרַח חֲסִדֶּךָ
כִּי־הָיִיתָ מְשֹׁגֵב לִי וּמְנוּס בְּיוֹם צָר־לִי:
עֲזִי אֵלֶיךָ אֲזַמְּרָה

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

Uzi eileikha azameirah

*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.*

ישׁתַּבַּח Praise 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.

שׁוּמַי יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלָכְנוּ.
הָאֵל הַמֶּלֶךְ הַגָּדוֹל
וְהַקְּדוֹשׁ בְּשָׁמַיִם וּבָאָרֶץ. כִּי לָךְ
נִאֲמָה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
לְעוֹלָם וָעֶד שִׁיר וּשְׁבַחָהּ. קְדוּשָׁה
וּמְלָכוּת. בְּרַכּוֹת וְהוֹדָאוֹת לְשִׁמְךָ
הַגָּדוֹל וְהַקְּדוֹשׁ. וּמֵעוֹלָם וָעֶד
עוֹלָם אַתָּה אֵל: בָּרוּךְ אַתָּה
יְהוָה. בּוֹרֵא כָּל־הַנְּשָׁמוֹת. רַבּוֹן
כָּל־הַמַּעֲשִׂים. הַבוֹחֵר בְּשִׁירֵי
זְמֵרָה. מֶלֶךְ חַי הָעוֹלָמִים:

ישׁתַּבַּח *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'shinei zimrah, melech chei ha-olamim.*

THE *SH'MA* AND ITS BLESSINGS

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

אֶת־יְהוָה הַמְּבֹרָךְ: בְּרַכּוּ

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 הַמְּבֹרָךְ
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. 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.

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 והמפאר והמתנשא מימות עולם: אלהי עולם. ברחמיך הרבים רחם עלינו. אדון עזנו צור משגבנו. מגן ישענו. משגב בעדנו: אור חדש על-ציון תאיר ונוזפה כלנו מהרה לאורו: ברוך אתה יהוה יוצר המאורות:

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.

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. חֶמְלָה גְדוֹלָה וּיְתָרָה חֶמְלַת עָלֵינוּ: אָבִינוּ מִלְּכָנוּ. בְּעֵבוּר שְׂמֶךְ הַגְּדוֹל וּבְעֵבוּר אֲבוֹתֵינוּ שֶׁבִטְחוּ בְךָ. וְתִלְמָדִם חֻקֵי חַיִּים לְעִשׂוֹת רְצוֹנְךָ בְּלִבְבֵנוּ שְׁלֵם. כֵּן תִּחַנְּנוּ: **לֵךְ הָאֵר עֵינֵינוּ בְּתוֹרָתְךָ. וְדַבֵּק לִבְנוּ בְּמִצְוֹתֶיךָ. וְיַחַד לְבַבְנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שְׂמֶךְךָ. לְמַעַן לֹא נִבוֹשׁ וְלֹא נִכְלָם כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה.** וּבָנוּ בְּחֵרֶת מְכֹל־עַם וְלִשׁוֹן. וְקִרְבָּתָנוּ מִלְּכָנוּ לְשֶׂמֶךְ הַגְּדוֹל בְּאַהֲבָה. לְהוֹדוֹת לְךָ וּלְיַחַדְךָ וּלְאַהֲבָה אֶת־שְׂמֶךְךָ: בְּרוּךְ אַתָּה יְהוָה הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה:

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.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם
לְבִנְיָךְ וּדְבַרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ
וּבְקוּמְךָ: וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכִתְבָתָם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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

וְאַהֲבַתְּ 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.

וְהָיָה אִם-שָׁמַעַתְּ תִשְׁמְעוּ אֶל-מִצְוֹתַי
 אֲשֶׁר אֲנִי 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:

הַשְּׁמַרְוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם
 וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים
 וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף-יְהוָה
 בָּכֶם וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה
 מְטֵר וְהִיאַדְמָה לֹא תִתֵּן אֶת-יְבוּלָהּ
 וְאִבַדְתֶּם מִחַרְהָ מֵעַל הָאָרֶץ הַטֹּבָה
 אֲשֶׁר יְהוָה נָתַן לָכֶם: וְשַׁמְתֶּם
 אֶת-דְּבַרֵי אֱלֹהַ עַל-לְבַבְכֶם וְעַל-
 נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל-
 יָדְכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם:
 וּלְמַדְתֶּם אֹתָם אֶת-בְּנֵיכֶם לְדַבֵּר
 בָּם בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ
 וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-
 מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יָרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם עַל
 הָאֲדָמָה אֲשֶׁר נָשַׁבַע יְהוָה
 לְאֲבֹתֵיכֶם לֵאמֹר 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.’

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:
 דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
 אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית עַל-כַּנְפֵי
 בְּגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית
 הַכַּנָּף פִּתִּיל תְּכֵלֶת: וְהָיָה לָכֶם
 לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם
 אֶת-כָּל-מִצְוֹת יְהוָה וְעַשִּׂיתֶם
 אֹתָם וְלֹא תִתְּנוּ אַחֲרָי לְבַבְכֶם
 וְאַחֲרָי עֵינֵיכֶם אֲשֶׁר-אַתֶּם זֹנִים
 אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וְעַשִּׂיתֶם אֶת-
 כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם לְהָיוֹת לָכֶם לֵאלֹהִים 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'avchem v'acharei eineichem,
 asher attem zonim achareihem.

L'ma'an tizk'ru, va'asitem et kol mitsvotai, vihyitem k'doshim leiloheichem. Ani
 Adonai eloheichem asher hotseti etchem mei'erets mitsrayim, lihyot lachem
 leilohim, ani Adonai eloheichem.

Michael Walzer, The Door of Hope is Still Open

The "door of hope" is still open.
We still believe, or many of us do, what the Exodus first taught:
First, that wherever you live, it is probably Egypt;
Second, that there is a better place,
a world more attractive, a promised land;
And third, that "the way to the land is through the wilderness."
There is no way to get from here to there
except by joining together and marching.

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

מִי כְמוֹכָה בְּאֵלִים יְהוָה.
מִי כְמוֹכָה גְּאֻדָּר בְּקֹדֶשׁ.
נִוְרָא תְהִלַּת עֲשֵׂה פִלְא:

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.’**

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְּאוּלִּים
לְשִׁמְךָ עַל שְׁפַת הַיָּם. יַחַד כְּלָם
הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

*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.*

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. גְּאֻלְנוּ יְהוָה צְבָאוֹת
שְׁמוֹ. קְדוֹשׁ יִשְׂרָאֵל:
בְּרוּךְ אַתָּה יְהוָה גְּאֻל 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 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 אֲדֹנָי. מְחַיֶּה מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ:
מוֹרִיד הַטַּל:

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ
נוֹפְלִים. וְרוֹפֵא חוֹלִים. וּמַתִּיר אֲסוּרִים. וּמְקַיֵּם אַמוּנָתוֹ לְיִשְׂרָאֵל
עַפְרָה: מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ. מְלֶךְ 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 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 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

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכָל-יּוֹם יְהִלְלוּךָ סְלָה:
בָּרוּךְ אַתָּה יְהוָה. הָאֵל הַקְּדוֹשׁ:

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

Baruch attah Adonai ha-eil ha-kadosh.

אַתָּה You chose to love us from among all peoples and to delight in us, raising us in holiness among the nations through Your commandments.

Our Sovereign, You summoned us to serve You, bearing Your great and holy name.

With love You gave us festivals for joy and seasons of gladness: This day of Shavuot, the Festival of Weeks, the time of the giving of Torah.

A gathering together to remember the Exodus from Egypt.

אַתָּה בְּחַרְתָּנוּ מִכָּל הָעַמִּים, אֶהְבֵּתָ אֹתָנוּ וְרָצִיתָ בָּנוּ, וְרוֹמַמְתָּנוּ מִכָּל הַלְשׁוֹנוֹת, וְקִדְשָׁתָנוּ בְּמִצְוֹתֶיךָ, וְקִרְבַּתָּנוּ מִלְּפָנֶיךָ לְעִבּוֹדְתֶךָ, וְשָׂמַדְתָּנוּ לְהַגְדִּיל וְהַקְדִּישׁ עֲלֵינוּ קְרָאתָ.

וַתִּתֵּן לָנוּ יְיָ אֱלֹהֵינוּ בְּאֵהָבָה (שְׁבֻעוֹת לְמִנוּחָה וּמוֹעֲדִים) לְשִׂמְחָה, חַגִּים וְזִמְנִים לְשָׂשׂוֹן, אֶת יוֹם (הַשְּׂבֻעַת הַזֶּה וְאֶת יוֹם) חַג הַשְּׂבֻעוֹת הַזֶּה, זְמַן מִתֵּן תּוֹרָתָנוּ מִקְרָא קָדֵשׁ, זְכוֹר לִיציאת מצרים.

אַתָּה *Attah v'chartanu mikkol ha-ammim, ahavta otanu, v'ratzita banu, v'romamtanu mikkol ha-l'shonot, v'kiddashtanu b'mitzvotcha, v'keiravtanu malkeinuu la-avodatecha, v'shimcha ha-gadol v'ha-kadosh aleinu karata.*

Va-tittein lanu Adonai Eloheinu b'ahavah (shabbatot lim'nucha u')moadim l'simcha, chaggim u'z'manim 'sassion, et yom (ha-shabbat ha-zeh v'et yom) Chag Ha-Shavuot ha-zeh, z'man mattan torateinu. Mikra kodesh, zeicher litziat mitzrayim.

אֱלֹהֵינוּ Our God and God of our
ancestors, may Your regard and
concern for us and our ancestors,
for the time of our redemption, for
Jerusalem the city of Your
holiness, and for all Your people
the family of Israel, be close to
You and be pleasing to You.

Favour us all with freedom and
goodness, with grace, love and
mercy, on this day of the festival
of Shavuot.

Our Living God remember us for
good, (AMEN)
bring us Your blessing (AMEN)
and save us for a good life
(AMEN) .

Spare us and be kind to us
according to Your promise of
deliverance and mercy. Our eyes
are turned towards You, for You
are a Sovereign of mercy and
compassion.

אֱלֹהֵינוּ *Eloheinu veilohei avoteinu ya'aleh v'yavo v'yagi'a v'yera'eh v'yeiratseh*
v'yishama v'yippakeid v'yizzacheir zichroneinu ufikdoneinu, v'zichron avoteinu
v'zichron mashi'ach ben david avdecha, v'zichron y'rushalayim ir kodshecha
v'zichron kol amm'cha beit yisra'el l'fanecha lifleitah ul'tovah, l'chein ul'chesed
ul'rachamim, l'chayyim ul'shalom, b'yom Chag ha-shavuot ha-zeh.

Zochreinu Adonai eloheinu bo l'tovah (AMEN),

U'fokdeinu vo livrachacha (AMEN)

V'hoshi'einu vo l'chayyim tovim (AMEN).

Uvidvar y'shua'ah v'rachamim chus v'chonneinu, ki eilecha eineinu, ki eil melech
channun v'rachum attah.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ. יַעֲלֶה
וַיָּבֵא וַיַּגִּיעַ וַיֵּרָא וַיֵּרָצֶה וַיִּשְׁמַע
וַיִּפְקֹד וַיִּזְכֹּר וַיִּזְכְּרֵנוּ וַיִּפְקְדֵנוּ
וַיִּזְכְּרוֹן אֲבוֹתֵינוּ וַיִּזְכְּרוֹן מְשִׁיחַ בֶּן
דָּוִד עַבְדְּךָ. וַיִּזְכְּרוֹן יְרוּשָׁלַיִם עִיר
קְדְשְׁךָ וַיִּזְכְּרוֹן כָּל-עַמְּךָ בֵּית
יִשְׂרָאֵל לְפָנֶיךָ.

לְפָלִיטָה וּלְטוֹבָה לְחַן וּלְחַסֵּד
וּלְרַחֲמִים לְחַיִּים וּלְשָׁלוֹם
בְּיוֹם חַג הַשְּׁבוּעוֹת הַזֶּה.

זְכֹרֵנוּ יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה אֲמֵן
וּפְקֹדֵנוּ בּוֹ לְבִרְכָה אֲמֵן
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים טוֹבִים אֲמֵן

וּבְדָבַר יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּן.
כִּי אֵלֶיךָ עֵינֵינוּ. כִּי אֵל מֶלֶךְ חַנּוּן
וְרַחוּם אַתָּה.

וְהַשִּׂיָּאֲנוּ Bestow on us the blessing of Your festivals, and make us worthy of the new life, joy and peace that You promised us. Make us holy through your commands and let us share in the work of Your Torah. Satisfy us 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 festivals with joy and happiness and may all Israel who seek holiness find their happiness fulfilled in You.

Blessed are You God, who makes Israel and the festivals holy.

וְהַשִּׂיָּאֲנוּ *V'hassiyeynu Adonai eloheinu et birkat mo'adecha, l'chayyim u'l'shalom, l'simchah u'l'sasson, ka-asher ratzita v'amarta l'varcheinu. Kaddsheinu b'mitzvatecha, sim chelkeinu b'toratecha, sabbeinu mi'tuvecha, samcheinu bishuatecha, v'taheir libeinu l'ovd'cha be'emet. V'hanchileinu Adonai eloheinu b'ahavah uv'ratson, b'simcha u'v'sasson (shabbat u') mo'adei kodshecha. V'yism'chu v'cha yisrael m'kaddshei sh'mecha. Baruch attah Adonai, m'kaddeish (ha-shabbat v') yisrael v'ha-z'manim*

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 *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.*

וְהַשִּׂיָּאֲנוּ, יי אֱלֹהֵינוּ, אֶת בְּרַכַּת מוֹעֲדֶיךָ, לְחַיִּים וְלִשְׁלוֹם, לְשִׂמְחָה וְלִשְׁשׂוֹן, כְּאֲשֶׁר רָצִיתָ וְאָמַרְתָּ לְבָרְכָנוּ.

קִדְשָׁנוּ בְּמִצְוֹתֶיךָ, שִׂים חֵלְקֵנוּ בְּתוֹרָתֶךָ, שִׂבְעֵנוּ מִטּוֹבֶךָ, שִׂמְחָנוּ בִישׁוּעָתֶךָ, וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן בְּשִׂמְחָה וּבְשְׂשׂוֹן (שֶׁבֶת ו) מוֹעֲדֵי קִדְשֶׁךָ, וְיִשְׁמְחוּ בְךָ יִשְׂרָאֵל מִקִּדְשֵׁי שְׁמֶךָ.

בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ (הַשֶּׁבֶת ו) יִשְׂרָאֵל וְהַזְּמָנִים.

רְצֵה יהוה אֱלֹהֵינוּ בְּעַמֶּךָ יִשְׂרָאֵל. וְלִתְפִלָּתְם שְׂעֵה. וּבְרַחֲמֶיךָ הַרְבִּים תַּחַפֵּץ בָּנוּ וְתִשְׂרֶה שְׁכִינָתְךָ עַל צִיּוֹן.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבֶךָ לְצִיּוֹן בְּרַחֲמִים: בְּרוּךְ אַתָּה יהוה. הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

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 נְשׂוֹתֵינוּ הַפְּקוּדוֹת לָּךְ.
 וְעַל נְסִיךְ שְׂפָכְל־יּוֹם עִמָּנוּ.
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
 שְׂפָכְל־עֵת עֲרֹב וְבִקְרָה וְצִהָרִים:
 הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ.
 הַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ.
 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־מַעֲלָמוֹת וְיִתְרוֹמָם
 וְיִתְנַשְׂא תְּמִיד שְׂמִיךְ מַלְכָּנוּ
 לְעוֹלָם וָעֶד:
 וְכָל־הַחַיִּים יוֹדוּךָ סֶלָה. וַיְהִלְלוּ
 וַיְבָרְכוּ אֶת שְׂמִיךְ הַגָּדוֹל בְּאֱמֶת.
 הָאֵל יִשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֶלָה:
 בְּרוּךְ אַתָּה יְהוָה. הַטּוֹב שְׂמִיךְ וְלָךְ
 נְאֻה 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.*

אֱלֹהֵינוּ Our God and God of our
ancestors, bless us with the three-
fold blessing written in the Torah by
Moses Your servant, spoken by the
mouth of Aaron and his sons, the
priests of Your holy people.

May God bless you and keep you.
May this be God's will!

May God's face shine upon you
and be gracious to you.
May this be God's will!

May God's face turn towards you
and give You peace.
May this be God's will!

אֱלֹהֵינוּ *Eloheinu veilohei avoteinu, bar'cheinu va-b'rachah ha-m'shulleshet
ba-torah ha-k'tuvah al y'dei mosheh avdecha, ha-amurah mippi aharon uvanav
kohanim am k'doshecha, ka'amur:*

Y'varech'cha Adonai v'yishm'recha. Kein y'hi ratson.

Ya'eir Adonai panav eilecha vichunneka. Kein y'hi ratson.

Yissa Adonai panav eilecha, v'yaseim l'cha shalom. Kein y'hi ratson.

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 *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.*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ.
בְּרַכְנוּ בְּבְרָכָה הַמְּשֻׁלֶּשֶׁת בַּתּוֹרָה
הַכְּתוּבָה עַל יְדֵי מֹשֶׁה עַבְדְּךָ.
הָאֲמֹרָה מִפִּי אַהֲרֹן וּבְנָיו כֹּהֲנִים
עִם קְדוֹשֶׁךָ. כָּאֲמֹר.

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ.

כֵּן יְהִי רְצוֹן

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ.

כֵּן יְהִי רְצוֹן

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ

וַיִּשֶׂם לְךָ שָׁלוֹם.

כֵּן יְהִי רְצוֹן

שִׁים וְשִׁים שְׁלוֹם טוֹבָה וּבְרָכָה
חַיִּים חַן וְחֶסֶד צְדָקָה וְרַחֲמִים
עָלֵינוּ. וּבְרַכְנוּ אֲבוֹתֵינוּ כְּלָנוּ יַחַד
בְּאוֹר פְּנִיךָ. כִּי בְּאוֹר פְּנִיךָ נִתְּתָה
לָנוּ יְהוָה אֱלֹהֵינוּ תּוֹרָה וְחַיִּים.
אַהֲבָה וְחֶסֶד. צְדָקָה וְרַחֲמִים.
בְּרָכָה וְשָׁלוֹם. וְטוֹב בְּעֵינֶיךָ
לְבָרְךָ אֶת-עַמֶּךָ יִשְׂרָאֵל בְּרֶכֶּ-עֹז
וּבְשָׁלוֹם: בְּרוּךְ אַתָּה יְהוָה.
הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם:

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

אֱלֹהֵי נִצּוֹר לְשׁוֹנֵי מְרָע.
 וְשִׁפְתוֹתַי מִדְּבַר מְרָמָה. וְלִמְקַלְלֵי
 נַפְשֵׁי תָדָם. וְנַפְשֵׁי כַּעֲפָר לְכֹל
 תְּהִיָּה: פֶּתַח לִבִּי בְּתוֹרָתְךָ. וְאַחֲרֵי
 מִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל־
 הַקָּמִים עָלַי לְרָעָה מִהֲרָה הִפֵּר
 עֲצָתָם וְקַלְקַל מַחְשְׁבוֹתָם: יְהִי
 לְרָצוֹן אִמְרֵי־פִי. וְהִגִּיזֶן לִבִּי
 לְפָנֶיךָ. יְהוּה צוּרִי וְגוֹאֲלִי:

אֱלֹהֵי Elohai 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.

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

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

PREPARATION FOR HALLEL

Gratitude is very important in the liberation process.

Like acceptance, gratitude roots us in the present moment. It is a spiritual tool that frees us from the human tendency to suffer because of our unfulfilled desires and cravings.

The bondage of dissatisfaction can be broken with praise and gratitude for what we have received. This unleashes energy, produces happiness, and leads to more gratitude.

Hallel is about praising God, not about self-satisfaction. The latter makes us complacent and lethargic, but the former can only expand our dedication to the principles that God's goodness represents in our lives. Our praise of God can motivate us to do God's work in the world – the work of liberation, love and justice.

Sheila Peltz Weinberg

A SELECTION FROM HALLEL

Before reciting the Hallel

בָּרוּךְ 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.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְקַרְא אֶת־הַהֲלֵל:

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

Psalm 118:14

עֲזִי God is my strength and song,
always there to save me.

עֲזִי וְזִמְרַת יְהוָה וַיְהִי־לִי לִישׁוּעָה:

עֲזִי *Ozzi v'zimrat yah vay'hi li lishu'ah.*

Psalm 115: 12-18

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 זְכוֹרָנוּ יְבָרֵךְ
 יְבָרֵךְ אֶת בַּיִת יִשְׂרָאֵל
 יְבָרֵךְ אֶת בַּיִת אַהֲרֹן:
 יְבָרֵךְ יְרֵאֵי יְהוָה
 הַקְּטָנִים עִם הַגְּדֹלִים:
 יִסֹּף יְהוָה עֲלֵיכֶם
 עֲלֵיכֶם וְעַל בְּנֵיכֶם:
 בְּרוּכִים אַתֶּם לַיהוָה
 עֹשֵׂה שָׁמַיִם וָאָרֶץ:
 הַשָּׁמַיִם שָׁמַיִם לַיהוָה
 וְהָאָרֶץ נָתַן לְבְנֵי אָדָם:
 לֹא הַמֵּתִים יְהַלְלוּ יְיָ
 וְלֹא כָל-יִרְדֵי דוּמָה
 וְאַנְחֵנוּ נְבָרֵךְ יְיָ
 מֵעַתָּה וְעַד עוֹלָם
 הַלְלוּ יְיָ:

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.

Psalm 118: 1-4

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

הוֹדוּ לַיהוָה כִּי־טוֹב
כִּי לְעוֹלָם חַסְדּוֹ:

²Let Israel now say:
‘whose love is everlasting.’

יֹאמְרוּ־נָא יִשְׂרָאֵל
כִּי לְעוֹלָם חַסְדּוֹ:

³Let the house of Aaron now say:
‘whose love is everlasting.’

יֹאמְרוּ־נָא בֵּית־אַהֲרֹן
כִּי לְעוֹלָם חַסְדּוֹ:

⁴Let all who fear God now say:
‘whose love is everlasting.’

יֹאמְרוּ־נָא יְרֵאֵי יְהוָה
כִּי לְעוֹלָם חַסְדּוֹ:

¹הוֹדוּ *Hodu l'adonai 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.*

TORAH SERVICE



Psalm 133:1 Hineh Ma Tov (Elana Arian)

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שֶׁבֶת אַחִים גַּם־יַחַד:

A) Hineh ma tov uma na'im shevet achim gam yachad

B) How good it is (How good it is); How sweet it is (How sweet it is);
To be together on this day

C) Shalom aleichem, salaam aleikum

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



The Thirteen Attributes of God (Exodus 34: 6-7)

יהוה יהוה אל רחום וחנון ארך אפים ורב־חסד ואמת: ז נצר חסד
 לאֱלֹפִים נשא עון ופֶשַׁע וְחַטָּאָה וְנִקְיָה

*Adonai, Adonai, eil rachum v'channun, erech apayim v'rav chesed
 ve'emet.*

Notseir chesed la'alafim, noseih avon vafesha v'chata'ah v'nakeih.

The One, the Eternal, a God of mercy and compassion, slow to anger,
 generous in love and truth, showing love
 to thousands, forgiving sins, wrong and failure; who pardons.

From Akdamut

Before I read the Ten Commandments I ask your permission to say some
 words.

I tremble as I speak in the presence of the One who carries the world
 through time. Endless is the power of God!

If all the skies were parchment and all the forests pens, if all the seas were
 ink and the pools filled with water, if the people all were scribes ready to
 write the words, still they could not set down the glory of heaven's Ruler,
 the Sovereign of the world.

A feast is prepared for the righteous! May you who hear this prayer be
 placed in such company. May you be worthy to sit among the greatest
 because you kept the Ten Commandments.

Exulted is God without end who accepted us and chose us and gave us
 Torah

FIRST TORAH READING FOR SHAVUOT
THE TEN COMMANDMENTS (EXODUS 20: 1-14)

עשרת הדברות

וַיְדַבֵּר אֱלֹהִים אֶת כָּל־הַדְּבָרִים הָאֵלֶּה לְאָמֹר:

א אֲנֹכִי יְהוָה אֱלֹהֶיךָ אֲשֶׁר הוֹצֵאתִיךָ מֵאֶרֶץ מִצְרַיִם מִבֵּית עַבְדִּים:

ב לֹא־יִהְיֶה לְךָ אֱלֹהִים אֲחֵרִים עַל־פָּנָי: לֹא־תַעֲשֶׂה לְךָ פֶסֶל וְכָל־תְּמוּנָה אֲשֶׁר בַּשָּׁמַיִם מִמַּעַל וְאֲשֶׁר בָּאָרֶץ מִתַּחַת וְאֲשֶׁר בַּמַּיִם מִתַּחַת לָאָרֶץ: לֹא־תִשְׁתַּחֲוֶה לָהֶם וְלֹא תַעֲבֹדֵם כִּי אֲנֹכִי יְהוָה אֱלֹהֶיךָ אֵל קַנָּא פֶקֶד עֹן אָבֹת עַל־בָּנִים עַל־שְׁלֵשִׁים וְעַל־רְבַעִים לְשֹׁנָאִי: וְעָשִׂה חֶסֶד לְאֶלְפִים לְאֹהְבֵי וּלְשֹׁמְרֵי מִצְוֹתַי:

ג לֹא תִשָּׂא אֶת־שֵׁם־יְהוָה אֱלֹהֶיךָ לְשׁוֹא כִּי לֹא יִנְקָה יְהוָה אֶת אֲשֶׁר־יִשָּׂא אֶת־שְׁמוֹ לְשׁוֹא:

ד זְכוֹר אֶת־יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ: שֵׁשֶׁת יָמִים תַּעֲבֹד וְעָשִׂיתָ כָּל־מְלָאכְתָּךְ: וַיּוֹם הַשְּׁבִיעִי שַׁבָּת לַיהוָה אֱלֹהֶיךָ לֹא־תַעֲשֶׂה כָל־מְלָאכָה אַתָּה וּבִנְךָ וּבִתֶּךָ עַבְדְּךָ וְאִמָּתְךָ וּבְהֵמָתְךָ וּגְרֶךָ אֲשֶׁר בְּשַׁעְרֶיךָ: כִּי שֵׁשֶׁת־יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ אֶת־הַיָּם וְאֶת־אֲשֶׁר־בָּם וַיִּנַּח בַּיּוֹם הַשְּׁבִיעִי עַל־כֵּן בֵּרַךְ יְהוָה אֶת־יוֹם הַשַּׁבָּת וַיְקַדְּשֵׁהוּ:

ה כָּבֹד אֶת־אָבִיךָ וְאֶת־אִמְךָ לְמַעַן יָאָרְכוֹן יָמֶיךָ עַל הָאָדָמָה אֲשֶׁר־יְהוָה אֱלֹהֶיךָ נָתַן לְךָ:

ו לֹא תִרְצַח

ז לֹא תִנְאָף

ח לֹא תִגְנֹב

ט לֹא־תַעֲנֶה בְרַעְףְ עַד שֹׁקֶר:

י לֹא תַחְמֹד בֵּית רֵעֶךָ. לֹא־תַחְמֹד אִשֶׁת רֵעֶךָ וְעַבְדּוֹ וְאִמָּתוֹ וְשׁוֹרוֹ וְחֲמֹרוֹ וְכָל אֲשֶׁר לְרֵעֶךָ:

וַיְדַבֵּר Then God spoke all these words:

1. I am the Eternal your God who brought you out of the land of Egypt, out of the camp of slavery.
2. You shall have no other gods but Me. You shall not make yourself an idol in the likeness of anything which is in the sky above or on the earth below, or in the deeps under the earth. You shall not worship them nor serve them, for I the Eternal your God am a demanding God, burdening the children down to the third and fourth generations with their fathers' guilt, if they hate Me, but showing kindness to thousands of generations if they should love Me, and keep My commands.
3. You shall not use the name of the Eternal your God falsely, for the Eternal will not excuse anyone who uses the divine name falsely.
4. Remember the Sabbath day and keep it holy. You have six days to labour and do all your work. But the seventh shall be a Sabbath for the Eternal your God. That day you shall do no work, neither you, nor your son, nor your daughter, nor your servant, man or woman, nor your cattle, nor the stranger who lives in your home. For in six days the Eternal made heaven and earth, the seas and all that is in them, and rested on the seventh day. Therefore, God blessed the Sabbath day and made it holy.
5. Respect your father and your mother so that the days of your life be fulfilled on the land which the Eternal your God gives you.
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not give false evidence against your neighbour.
10. You shall not covet your neighbour's house, you shall not covet your neighbour's wife, nor his servant, man or woman, nor his ox, nor his ass, nor anything that is your neighbour's.

SECOND TORAH READING FOR SHAVUOT
DEUTERONOMY 16: 9-12

שְׁבַע שָׁבָעַת תִּסְפְּרֶנָּה מִהַחֵל חֲרַמְשׁ בְּקַמָּה תַחֵל לְסַפֵּר שְׁבַעַה
שָׁבָעוֹת: וְעָשִׂיתָ חֵג שְׁבַעוֹת לַיְי אֱלֹהֶיךָ מִסֵּת נְדָבַת יָדְךָ אֲשֶׁר תִּתֵּן
כְּאֲשֶׁר יִבְרַכְךָ יְי אֱלֹהֶיךָ: וְשִׂמַּחְתָּ לִפְנֵי | יְי אֱלֹהֶיךָ אֶתָּה וּבִנְךָ וּבִתְּךָ
וְעַבְדְּךָ וְאִמְתְּךָ וְהַלְוִי אֲשֶׁר בְּשַׁעְרֶיךָ וְהַגֵּר וְהִיתוּם וְהַאֲלֻמָּנָה אֲשֶׁר
בְּקִרְבְּךָ בְּמָקוֹם אֲשֶׁר יִבְחַר יְי אֱלֹהֶיךָ לְשַׁכֵּן שְׁמוֹ שָׁם:
וְזָכַרְתָּ כִּי־עַבְדָּ הָיִיתָ בְּמִצְרַיִם וְשִׂמַּרְתָּ וְעָשִׂיתָ אֶת־הַחֻקִּים הָאֵלֶּה:

You shall count off seven weeks; start to count the seven weeks when the sickle is first put to the standing grain. Then you shall observe the Feast of Weeks for the Eternal your God, offering your freewill contribution as the Eternal your God has blessed you. You shall rejoice before the Eternal your God with your son and daughter, your male and female slave, the Levite in your communities, and the stranger, the fatherless, and the widow in your midst, at the place where the Eternal your God will choose to establish the divine name. Bear in mind that you were slaves in Egypt, and take care to obey these laws.

BLESSING AFTER THE STUDY OF TORAH

וְהֵעֵר בִּנְאֵי וְהֵעֵר בִּנְאֵי
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.

וְהֵעֵר בִּנְאֵי יְהוָה אֱלֹהֵינוּ
אֶת־דְּבָרֵי תוֹרַתְךָ בְּפִינוּ.
וּבְפִי עַמְּךָ בֵּית יִשְׂרָאֵל.
וְנִהְיֶה אֲנַחְנוּ וְצִאֲצָאֵינוּ.
וְצִאֲצָאֵי עַמְּךָ בֵּית יִשְׂרָאֵל.
כֻּלָּנוּ יוֹדְעֵי שְׁמֶךָ.
וְלוֹמְדֵי תוֹרַתְךָ לְשִׁמְחָה:
בְּרוּךְ אַתָּה יְהוָה.
הַמְלַמֵּד תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל:

וְהֵעֵר בִּנְאֵי 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.

PRAYERS FOR HEALING

I

Words: based on Numbers 12:13

Music: Daphna Rosenberg and Naveh Agmon

אָנָּאָ Please God,
please bring healing

אָנָּאָ אֵל נָא רַפָּא נָא לָהּ

אָנָּאָ *Ana El na, r'fa na la*

II

Words: Debbie Friedman and Drorah Setel

Music: Debbie Friedman

מִי May the source of strength,
Who blessed the ones before us,
help us find the courage to make our
lives a blessing
and let us say: Amen.

מִי שֶׁבְּרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ

מִי *Mi sheberach avoteinu,*
M'kor hab'racha l'immoteinu

מִי Bless those in need of healing
with *r'fuah sh'leimah*,
the renewal of body,
the renewal of spirit,
and let us say: Amen.

מִי שֶׁבְּרַךְ אֲמוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

מִי *Mi sheberach immoteinu,*
M'kor hab'racha la-avoteinu

Joshua 1:8

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

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.'¹

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל.
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים.
וְנָתַן-לָנוּ אֶת-תּוֹרָתוֹ: וְאָנַחְנוּ
כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים
לְפָנָי מִלֶּךְ מַלְכֵי הַמְּלָכִים
הַקְּדוֹשׁ בְּרוּךְ הוּא: שֶׁהוּא נוֹטֵה
שָׁמַיִם וְיוֹסֵד אָרֶץ. וּמוֹשֵׁב יְקָרוֹ
בְּשָׁמַיִם מְמַעַל. וּשְׂכִינַת עֶזוֹ
בְּגִבְהֵי מְרוֹמִים: הוּא אֱלֹהֵינוּ
אֵין עוֹד. אֱמֶת מַלְכָּנוּ אָפֶס
זוּלָתוֹ: כִּפְתוּב בְּתוֹרָתוֹ. וַיִּדְעַתָּ
הַיּוֹם וְהֵשַׁבַּתְתָּ אֶל לְבַבְךָ. כִּי
יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם
מְמַעַל 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.*

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 וְשִׁמוֹ 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 and upon all Israel **Amen.**

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא (אָמֵן)
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ:
וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דִי-כָּל-בֵּית
יִשְׂרָאֵל בְּעֵגְלָא וּבְזִמְן קָרִיב.
וְאָמְרוּ אָמֵן: יְהֵא שְׁמֵהּ רַבָּא
מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא:
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל
שְׁמֵהּ דִּי-קְדֻשָּׁא. בְּרִיךְ הוּא.
לְעֵלְא מִן-כָּל-בְּרַכְתָּא
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנִחְמְתָא
דִּי-אֲמִירָן בְּעֵלְמָא. וְאָמְרוּ אָמֵן:
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן:
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא
יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל-יִשְׂרָאֵל 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'imru amen.

אֲדוֹן עוֹלָם אֲשֶׁר מְלַךְ

בְּטָרֵם כָּל־יִצִיר נִבְרָא:

אֲזִי מְלַךְ שְׁמוֹ נִקְרָא:

לְבַדּוֹ יִמְלֹךְ נוֹרָא:

וְהוּא יְהִיָּה בְּתַפְאָרָה:

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה:

וְלוֹ הַעוֹז וְהַמְשָׁרָה:

וְצוֹר חֲבְלֵי בְיוֹם צָרָה:

מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא:

בְּעַת אִישָׁן וְאַעֲרָה:

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'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 umaniusi, 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.



Od Yavo Shalom Aleinu (Moshe ben Ari)

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

עוֹד יְבוֹא שְׁלוֹם עָלֵינוּ
וְעַל כָּלֶם:
סְלָאָם.
עָלֵינוּ וְעַל-כָּל-הָעוֹלָם.
סְלָאָם סְלָאָם:

עוֹד *Od yavo shalom aleinu, od yavo shalom aleinu,*
od yavo shalom aleinu, v'al kulam.

Salaam, aleinu v'al kol ha-olam, salaam, salaam.

Salaam, aleinu v'al kol ha-olam, salaam, salaam.

Od yavo shalom aleinu, od yavo shalom aleinu, od yavo shalom aleinu, v'al kulam.

Psalm 29:11

יְהוָה God, give strength to Your people,
bless Your people with peace.

יְהוָה עֹז לְעַמּוֹ יִתֵּן
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם:

יְהוָה *Adonai oz l' ammo yittein, Adonai y'vareich et ammo va-shalom.*