



Alyth

**The Big Bang
In Person**

(and Online)

Birchot Ha'Shachar Morning Blessings

Hineh Ma Tov

Hineh ma tov uma na'im shevet הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת
achim gam yachad אַחִים גַּם-יַחַד

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

Music: Ellen Allard

Hineh ma tov uma na'im shevet achim gam yachad

How good	(how good)
It is	(it is)
To be	(to be)
Together	(together - first time only)

Mah Tovu

Ma tovu ohalecha ya'akov מַה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב
mishk'notecha Yisrael. מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

How good are your tents O Jacob, and your homes, O Israel?

Modeh/Modah Ani

Modeh/Modah ani l'fanechah,	מוֹדֵה/מוֹדָה אֲנִי לְפָנֶיךָ
melech chai v'kayam,	מֶלֶךְ חַי וְקַיִם
Shehechezarta, bi nishmati,	שֶׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי בְּחַמְלָה
b'chemlah, rabbah	רַבָּה אֲמוּנָתְךָ.
emunatechah.	

*I thank You, living and eternal God, for You have returned my soul to
me in kindness, great is Your faithfulness.*

Waking up in the morning

What are we thankful for?

Baruch atah Adonai, eloheinu בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
melech ha'olam, she'asani שֶׁעָשָׂנִי בְּצַלְמֵךְ אֱלֹהִים
b'tzelem Elohim

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

Baruch atah Adonai, eloheinu בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
melech ha'olam, pokeach ivrim. הָעוֹלָם, פּוֹקֵחַ עֵוְרִים

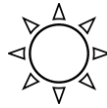
Blessed are You, our Living God, Ruler of the universe, who opens the eyes of those who do not see.

Baruch atah Adonai, eloheinu בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
melech ha'olam, malbish הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים
arumim.

Blessed are You, our Living God, Ruler of the universe, who clothes those who are naked.

Baruch atah Adonai, eloheinu בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
melech ha'olam, matir asurim. הָעוֹלָם, מַתִּיר אֲסוּרִים

Blessed are You, our Living God, Ruler of the universe, who frees those who are bound.



Baruch atah Adonai, eloheinu
melech ha'olam, zokef k'fufim

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, זוֹקֵף כְּפוּפִים

*Blessed are You, our Living God, Ruler of the universe, who lifts up
those bent low.*

Baruch atah Adonai, eloheinu
melech ha'olam,
ha'meichin mitzadei gaver.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, הַמְכִיז מִצְעָדֵי גֹבֵר

*Blessed are You, our Living God, Ruler of the universe,
who supports our human steps.*

Baruch atah Adonai, eloheinu
melech ha'olam,
ha'notein la'ya'eif koach.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַנוֹתֵן לַיָּעִיף כֹּחַ

*Blessed are You, our Living God, Ruler of the universe, who gives
strength to the weary.*

Baruch atah Adonai, eloheinu
melech ha'olam,
ha'ma'avir sheinah me'einai,
u't'numah me'afapai.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וְתַנּוּמָה
מֵעַפְעָפִי

*Blessed are You, our Living God, Ruler of the universe, who takes away
sleep from my eyes and slumber from my eyelids.*

**We prepare for prayer with song****Psalm 150**

Halleluyah!	הַלְלוּיָהּ
Hall'lu el b'kodsho,	הַלְלוּ אֵל בְּקֹדֶשׁוֹ
Hall'luhu birkiah uzo.	הַלְלוּהוּ בִּרְקִיעַ עֲזוֹ
Hall'luhu bigvurotav,	הַלְלוּהוּ בְּגִבּוֹרֹתָיו
Hall'luhu k'rov gud'loh;	הַלְלוּהוּ כְּרֹב גִּדְלוֹ
Hall'luhu b'tekah shofar,	הַלְלוּהוּ בְּתַקַּע שׁוֹפָר
Hall'luhu b'nevel v'chinor,	הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר
Hall'luhu b'tof u'machol,	הַלְלוּהוּ בְּתוֹף וּמַחֹל
Halleluhu b'minim v'ugav;	הַלְלוּהוּ בְּמִנִּים וְעוּגָב
Hall'luhu b'tziltzelei shamah,	הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע
Hall'luhu b'tziltzelei truah	הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה
Kol Han'shamah t'halel yah,	כָּל הַנְּשָׁמָה תְהַלְלֵיהָ
Halleluyah!	הַלְלוּיָהּ

*Halleluyah! Praise God in God's sanctuary;
 Praise God in the sky, God's stronghold. Praise God for mighty acts;
 Praise God for God's exceeding greatness.
 Praise God with blasts of the horn; Praise God with harp and lyre.
 Praise God with timbrel and dance; Praise God with lute and pipe.
 Praise God with resounding cymbals;
 Praise God with clashing cymbals.
 Let all that breathes praise God. Halleluyah!*

Psalm 92, Verse 13

Tzadik katamar yifrach; k'erez	צַדִּיק כַּתְמָר יִפְרַח,
balvanon yisgeh	כְּאֶרֶז בְּלְבָנוֹן יִשְׁגֶּה.

*The righteous shall flourish like the palm tree;
 grow tall like a cedar in Lebanon.*

Sh'ma u'virchotecha Sh'ma & its blessings

Bar'chu

Bar'chu et Adonai ha-m'vorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ

Baruch Adonai ha-m'vorach
l'olam va-ed

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Bless God whom we are called to bless.

Blessed be God whom we are called to bless forever and ever

From the blessings before the Shema

Mah Rabbu

Mah rabbu (Mah rabbu)

מָה רַבּוּ

Mah rabbu (Mah rabbu)

מָה רַבּוּ

Mah rabbu ma'asecha Adonai

מָה רַבּוּ מַעֲשֵׂיךָ יְהוָה.

Kulam b'chochmah asitah x3

כָּלֵם בְּחָכְמָה עָשִׂיתָ

Mah rabbu

God, how great are Your works? You made them all in wisdom

Sh'ma u'virchotecha Sh'ma & its blessings

Sh'ma

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד :

Shema Yisrael, Adonai Eloheinu, Adonai echad.
Hear, O Israel, the Eternal is our God, the Eternal is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד :

Baruch shem k'vod malchuto l'olam va'ed.
Blessed be God's glorious kingdom forever and ever.

V'ahavta et Adonai Elohecha
b'chol l'vav'v'cha u'vchol nafshcha
u'vchol m'odecha.

V'hayu hadvarim ha'eleh, asher
anochi m'tzavcha hayom al
l'vavecha.

V'shinantam l'vanecha v'dibarta
bam, b'shivt'cha b'veitecha,
uvlecht'cha vaderech

uvshochb'cha uvkumecha.

Ukshartam l'ot al yadecha, v'hayu
l'totafot bein einecha. U'chtavtam
al mezuzot beitecha, uvisharecha.

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-
לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ :
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי
מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ :

וְשִׁנַּנְתָּם לְבָנֶיךָ וּדְבַרְתָּ בָּם
בְּשֹׁבְתְךָ בְּבֵיתְךָ וּבְלִכְתּוֹךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ : וְקָשַׁרְתָּם
לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין
עֵינֶיךָ :

וְכָתַבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ :

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. Hold fast to 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.

(Deuteronomy 6:4-9)

Sh'ma u'virchotecha Sh'ma & its blessings

In place of a second paragraph, we take time to think about how our actions affect those around us...

How can you be kind next week?

Who do you know that might need some help?

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

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר:
דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצֵת עַל־כַּנְפֵי
בְּגָדֵיהֶם לְדֹרֹתָם וּנְתַנּוּ עַל־צִיצֵת
הַכַּנָּף פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם
לְצִיצֵת וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם
אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם
אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם
וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים
אַחֲרֵיהֶם:

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

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.'

(Numbers 15: 37-41)

Sh'ma u'virchotecha Sh'ma & its blessings

Ge'ulah

Mimitsrayim g'altanu Adonai מִמִּצְרַיִם גָּאֲלָתָנוּ, יְיָ אֱלֹהֵינוּ,
eloheinu, umibbeit avadim וּמִבֵּית עֲבָדִים פְּדִיתָנוּ.
p'ditanu,
Mosheh u'Miryam uv'nei yisra'el מֹשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לָךְ
l'cha anu shirah b'simchah עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה,
rabbah v'am'ru chullam. וְאָמְרוּ כֻלָּם

From Egypt You delivered us, Eternal our God, and redeemed us from the camp of slavery. Moses and Miriam and the children of Israel responded to You in song with great joy, all of them saying.

Who is like you, Adonai?

Mi chamocha ba-eilim Adonai mi מִי כְמוֹכָה בְּאֱלֹהִים יְיָ, מִי כְמוֹכָה
kamocha ne'dar ba-kodesh נִאֲדָר בְּקֹדֶשׁ,
nora t'hillot oseih fele. נוֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא.

Shirah chadashah shibb'chu שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלָּיִם
g'ulim l'shimcha al s'fat ha-yam, לְשִׁמְךָ עַל שִׁפְתֵי הַיָּם, יַחַד
yachad kullam hodu himlichu כֻּלָּם הִוְדוּ וְהִמְלִיכוּ וְאָמְרוּ:
v'am'ru.

Adonai yimloch l'olam va'ed. יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

*'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.'



Amidah

אֲדֹנָי שְׁפַתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ :

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

Adonai, open my lips, and my mouth shall declare Your praise.

Avot – our ancestors

Baruch attah Adonai Eloheinu
v'elohei avoteinu v'elohei
imoteinu. Elohei Avraham, elohei
Yitzchak v'elohei Ya'akov;
Elohei Sara, elohei Rivkah elohei
Rachel, v'elohei Leah.
Ha'el hagadol, hagibor v'hanorah,
El elyon; gomel chasadim tovim,
koneh hakol, v'zocher chasdei
avot v'imahot, u'meivi go'el liv'nei
v'neihem, l'ma'an sh'mo b'ahavah.
Melech ozer u'moshiah u'magein.
Baruch attah, Adonai, magein
Avraham pokeid Sara.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאֱלֹהֵי אִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
רָחֵל וְאֱלֹהֵי לֵאָה.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל
עֲלִיּוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,
קֹנֵה הַכּוֹל, וְזוֹכֵר חֲסָדֵי אֲבוֹת
וְאִמָּהוֹת, וּמְבִיא גּוֹאֵל לְבָנָי
בְּנֵיהֶם, לְמַעַן שְׂמוֹ בְּאַהֲבָה.
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:
בְּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם
פוֹקֵד שָׂרָה:

Blessed are You, Adonai our God, and God of our ancestors, God of Abraham, God of Isaac, God of Jacob, God of Sarah, God of Rebecca, God of Rachel, God of Leah, the great, the mighty, and the awesome God, God beyond, generous in love and kindness, and possessing all. God remembers the deeds of our ancestors, and therefore in love brings rescue to the generations, for such is divine love. The Sovereign who helps, saves and shields. Blessed are You Adonai, the shield of Abraham who remembers Sarah.



Gevurot – God's power

Atah gibbor l'olam, Adonai,
m'chayeh metim attah rav
l'hoshia.

In summer: Morid HaTal

In winter: Mashiv ha'ruach u'morid
ha'gashem;

Mechalkel chayim b'chesed ,
mechayeh metim b'rachamim
rabbim; somech noflim v'rofeh
cholim, u'matir asurim,
u'mekayem emunato lishenei
afar. Mi chamocha ba'al gevurot,
umi domeh lach, melech memit
u'mechayeh u'matzmiach
yeshuah. V'ne'eman attah
l'hachayot metim. Baruch attah,
Adonai, m'chayeh hametim.

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה
מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ:

In summer

מוֹרִיד הַטַּל

In winter

מְשִׁיב הַרְרוּחַ וּמוֹרִיד הַגָּשֶׁם

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה
מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר
אֲסוּרִים, וּמְקִים אֲמוּנָתוֹ לְיֹשְׁנֵי
עָפָר, מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי
דוֹמֵה לָךְ, מְלֵךְ מֵמִית וּמְחַיֶּה
וּמְצַמִּיחַ יְשׁוּעָה:
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.
בְּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַמֵּתִים:

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

*[In winter: Making the wind blow and the rain fall; In summer: 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 Ruler
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.*



Kedushah – God's holiness

Attah kadosh, v'shimcha kadosh,
u'k'doshim b'chol yom y'hal'lucha
selah
Baruch attah Adonai, ha'Eil
ha'kadosh

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקְדוֹשִׁים בְּכָל-יוֹם יִהְלְלוּךָ
סְלָה.
בְּרוּךְ אַתָּה יְהוָה. הָאֵל הַקְּדוֹשׁ.

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

Kedushat Hayom – the holiness of Shabbat

V'shamru, v'nei Yisrael, et
haShabbat la'asot et haShabbat
l'dorotam b'rit olam.
Beini uvein b'nei Yisrael ot hi
l'olam.
Ki sheshet yamim asah Adonai,
et ha'shamayim v'et ha'aretz.
U'vayom ha'sh'vi'ee shavat
va'yeenafash.

וְשָׁמְרוּ בְּנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת
לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרוֹתָם
בְּרִית עוֹלָם
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא
לְעוֹלָם
כִּי-שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת-
הַשָּׁמַיִם וְאֶת-הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

*The Israelites shall keep Shabbat, observing Shabbat as a timeless
covenant for all generations. It is a sign between Me and Israel forever.
For in six days the Creator made heaven and earth, and on the
seventh day ceased from work and was at rest.
(Exodus 31:16-17)*

In place of middle paragraphs of the Amidah, we take some
time to think about...

What makes this day special?

How can we make it feel different to the rest of the week?

What are you thankful for?

How do you show that you are grateful?



Giving Thanks

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּרֵנוּ צוּר חַיֵּינוּ וּמִגֵּן יִשְׁעֵנוּ אֵתָהּ הוּא לְדוֹר וָדוֹר: נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ. וְעַל נְשְׁמוֹתֵנוּ הַפְּקוּדוֹת לָךְ. וְעַל נְסִיךְ שְׂבָכָל-יוֹם עִמָּנוּ. וְעַל נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל-עֵת עָרֵב וּבֹקֵר וְצַהֲרַיִם: הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ. הַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ. כִּי מַעֲוֹלָם קוֹיֵנוּ לָךְ:

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם וְיִתְנַשֵּׂא תָמִיד שְׁמֶךָ מְלַכְנוּ לְעוֹלָם וָעֶד: וְכָל-הַחַיִּים יוֹדוּךָ סִלָּה. וְיִהְלְלוּ וְיִבְרְכוּ אֶת-שְׁמֶךָ הַגָּדוֹל בְּאֱמֶת. הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סִלָּה: בְּרוּךְ אַתָּה יְהוָה. הַטּוֹב שְׁמֶךָ וְלָךְ נִאֶה לְהוֹדוֹת:

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

And for all these things may Your name, our Sovereign, be blessed, exalted and honoured forever and ever. May every living being thank You; may they praise and bless Your great name in truth for You are the God who saves and helps us. Blessed are You God, known as goodness, whom it is right to praise.

Asking for Peace

שִׁים שְׁלוֹם טוֹבָה וּבִרְכָה חַיִּים חַן וְחֶסֶד צְדָקָה וְרַחֲמִים עָלֵינוּ. וּבְרַכְנוּ אָבִינוּ כְּלָנוּ יַחַד בְּאוֹר פְּנִיךָ. כִּי בְּאוֹר פְּנִיךָ נִתְּתָ לָנוּ יְהוָה אֱלֹהֵינוּ תוֹרָה וְחַיִּים. אֶהְבֶּה וְחֶסֶד. צְדָקָה וְרַחֲמִים. בְּרַכָּה וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרַךְ אֶת-עַמְּךָ יִשְׂרָאֵל בְּרַב-עֵז וּבְשְׁלוֹם: בְּרוּךְ אַתָּה יְהוָה. הַמְּבָרַךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

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 great strength to make peace. Blessed are You God, blessing Your people Israel with peace.



Personal Meditation

My God, keep my tongue from causing harm and my lips from telling lies.

We take some time to think about...

How do we use our words?

Do we ever tell lies?

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

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

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

Our Prayer for Peace

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

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו. הוּא
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל וְעַל־כָּל־הָעוֹלָם.
וְאָמְרוּ. אָמֵן:

*May God who makes peace in the highest
bring this peace upon us, upon all Israel, and upon all the world. Amen*



Blessing for study

Sweet As Honey

Dan Nichols

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

Baruch atah Adonai Eloheinu

Melech ha'olam asher k'dishanu

b'mitzvotav v'tzivanu

La'asok b'divrei Torah

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ

הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

וְצִוָּנוּ לְעִסֵּק בְּדַבְרֵי-תוֹרָה

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

Celebrating together

Siman tov u'mazal tov

Yihyeh lanu

U'l'chol Yisrael

סִימָן טוֹב וּמַזָּל טוֹב

יְהִיֵּה לָנוּ

וּלְכָל-יִשְׂרָאֵל

*A good sign and good luck
For us and for all Israel.*



Aleinu

Aleinu l'shabeach la'adon ha'kol,
lateit g'dulah l'yotzer b'reishit asher
bachar banu mikol ha'amim.
V'natan lanu et torato.

V'anachnu korim, u'mishtachavim,
u'modim lifnei melech malchei
hamlachim, haKadosh Baruch Hu.

Shehu noteh shamayim v'yosed
aretz, u'moshav y'karo bashamayim
mi'ma'al. U'shchinat uzo, b'govhei
m'romim. Hu eloheinu, ein od.

Emet malkeinu, efes zulato,
kakatuv b'Torato. V'yadata hayom
v'hashevota el l'vavecha ki Adonai,
Hu ha'elohim bashamayim mima'al,
v'al ha'aretz mitachat ein od.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים.
וְנָתַן-לָנוּ אֶת תּוֹרָתוֹ.
וְאֲנַחְנוּ כֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וְשׁוֹכֵנֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד. אֵמֶת
מִלְּפָנָיו, אָפֶס זוּלָּתוֹ, כִּפְתוּב
בְּתוֹרָתוֹ: וְיָדַעְתָּ הַיּוֹם וְהַשְּׁבַת
אֶל לְבָבְךָ כִּי יי הוּא הָאֱלֹהִים
בְּשָׁמַיִם מִמַּעַל וְעַל-הָאָרֶץ
מִתַּחַת אֵין עוֹד.

*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 Ruler, 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; no other exists.
Our Ruler is truth; the rest is nothing.
It is written in God's Torah:
Realise this today and take it to heart;
that God is Ruler in the heavens above and on the earth beneath,
no other exists.*

**Second Paragraph of the Aleinu****Everyone will know that God is One**

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

וְהִשְׁבֹּתָ אֶל לְבָבְךָ. כִּי יְהוָה
הוּא הָאֱלֹהִים:

V'ne'emar: v'hayah Adonai l'melech
al kol ha-arets,
ba-yom ha-hu yihyeh Adonai echad
ush'mo echad

וְנֹאמַר. וְהָיָה יְהוָה לְמֶלֶךְ עַל-
כָּל־הָאָרֶץ.
בַּיּוֹם הַהוּא יִהְיֶה יְהוָה אֶחָד
וּשְׁמוֹ אֶחָד:

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



Kaddish

Yitgadal v'yitkadash sh'mei raba,
b'alma div'ra chirutei, v'yamlich
malchutei. B'chayeichon
Uv'yomeichon Uv'chayei dichol beit
yisrael ba'agala uvizman kariv,
V'imru **Amen.**

**Y'hei sh'mei raba m'varach, L'alam
ulalmei almaya.**

Yitbarach v'yishtabach, v'yitpaar,
v'yitromam v'yitnasei, v'yithadar,
v'yitalei, v'yithalal, sh'mei dikudsha,
b'rich hu.

L'elah min kol birchata v'shirata
tushb'chata v'nechemata, d'amiran
b'alma, v'imru **Amen**

Y'hei sh'lama raba min sh'maya
v'chayim alenu, v'al kol yisrael,
V'imru **Amen.**

Oseh shalom bimromav, Hu ya'asei
shalom, aleinu v'al kol yisrael, v'al
kol ha-olam. V'imru **Amen.**

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְחַיֵּי דִי-כָּל בֵּית
יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ
אָמֵן

**יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ. לְעֵלָם
וּלְעֵלְמֵי עֵלְמָיָא**

יִתְבָּרַךְ. וְיִשְׁתַּבַּח. וְיִתְפָּאֵר.
וְיִתְרוֹמַם. וְיִתְנַשֵּׂא. וְיִתְהַדָּר.
וְיִתְעַלֶּה. וְיִתְהַלַּל שְׁמֵהּ דִּי-קְדֻשָּׁא
בְּרִיךְ הוּא.

לְעֵלָא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבְּחָתָא וְנַחֲמָתָא דִּי-אַמְרִין
בְּעֵלְמָא וְאָמְרוּ **אָמֵן.**

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

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו. הוּא יַעֲשֶׂה
שְׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל וְעַל-
כָּל-הָעוֹלָם וְאָמְרוּ **אָמֵן.**

Let us magnify and sanctify the great name of God in the world which God created according to God's will. May God's kingdom come in your lifetime, and in your days, and in the lifetime of all the family of Israel - quickly and speedily may it come. Amen. May the greatness of God's being be blessed always. Let us bless and extol, let us tell aloud and raise aloft, let us set on high and honour, let us exalt and praise Adonai - blessed be God! - though God 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 God who makes peace in the highest bring peace to us, to all Israel and to all the world. Amen.



Adon Olam

Adon olam, asher malach, b'terem
kol y'tzir nivra.

L'et na'asah k'cheftzo kol, azai
melech sh'mo nikra.

V'acharey kichlot hakol, l'vado
yimloch nora.

V'hu haya, v'hu hoveh, v'hu yih'yeh
b'tifara.

V'hu echad, v'eyn sheni l'hamshilo,
l'hachbira.

B'li reishit, b'li tachlit, v'lo ha'oz
v'hamisrah.

V'hu Eli, v'chai go'ali, v'tzur chevli
b'yom tzarah.

V'hu nisi u'manusi, m'nat kosi
b'yom ekra.

B'yado afkid ruchi b'et ishan
v'a'irah.

V'im ruchi g'viyati, Adonai li v'lo ira.

אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל-
יְצִיר נִבְרָא.

לְעֵת נַעֲשֶׂה כְּחֶפְצוֹ כָּל, אַזֵּי מְלֶךְ
שְׁמוֹ נִקְרָא.

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ
נֹרָא.

וְהוּא הָיָה, וְהוּא הוֹוֶה, וְהוּא יִהְיֶה,
בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁילוֹ
לְהַחְבִּירָה.

בְּלִי רֵאשִׁית בְּלִי תַחְלִית, וְלוֹ הָעֵז
וְהַמְשָׁרָה.

וְהוּא אֵלִי וְחֵי גּוֹאֲלִי, וְצוֹר חֻבְלִי
בְּיוֹם צָרָה.

וְהוּא נָסִי וּמְנוּסִי מִנַּת כּוֹסֵי בְּיוֹם
אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן
וְאֶעִירָה.

וְעַם רוּחִי גְוִיַּתִּי, יֵי לִי וְלֹא אִירָא.

*Eternal God who ruled alone before creation of all forms, at whose desire
all began and as the Ruler 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.*

Alyth



Tefillah for all