

Psalm 133:1

הִנֵּה מֵה-טוֹב וּמֵה-נְעִים שְׁכֶת אַחִים גַּם-יַחַד:
How good and how pleasant it is when brothers and sisters
live in unity together.
Hinei mah tov u-mah na'im shevet achim gam yachad.

Psalm 118:14

עֲזִי וְזִמְרַת יְהוָה נִיְהִי לִי לִישׁוּעָה:
God the Eternal is my strength and song and has become
my salvation!
Ozi v'zimrat yah vay'hi li lishu'ah.

Psalm 121

שִׁיר לַמַּעֲלֹת
אֲשָׁא עֵינַי אֶל־הַהָרִים מֵאֵין יבֹא עֲזָרִי:
עֲזָרִי מִעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:
אֶל־יִתֵּן לַמוֹט רִגְלֶךָ אֶל־יָנוּם שֹׁמְרֶךָ:
הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
יְהוָה שֹׁמְרֶךָ יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ:
יוֹמָם הִשְׁמֵשׁ לֹא־יִכָּפֶה וְיָרֵחַ בַּלַּיְלָה:
יְהוָה יִשְׁמְרֶךָ מִכָּל־רָע יִשְׁמַר אֶת־נַפְשְׁךָ:
יְהוָה יִשְׁמַר־צִאתְךָ וּבּוֹאֶךָ מֵעַתָּה וְעַד־עוֹלָם:

A Pilgrim Song
I lift up my eyes to the hills; where shall I find my help?
My help is from God alone, Maker of heaven and earth.
God will not allow your foot to slip, for your Guardian does
not slumber. Know that the Guardian of Israel never
slumbers and never sleeps. God is your Guardian, God is
shade at your right hand. The sun will not strike you by day
nor the moon by night. God will guard you from all evil,
guarding your soul. God will guard your going out and your
coming in now and for evermore.
Shir lama'alot.
Essa einai el he-harim, mei'ayin yavo ezri.
Ezri mei'im Adonai, oseih shamayim va'arets.
Al yittein lammot raglecha, al yanum shom'recha.
Hineih lo yanum v'lo yishan shomeir Yisra'el.
Adonai shom'recha, Adonai tsill'cha al yad y'minecha.
Yomam ha-shemesh lo yakkekkah, v'yarei'ach ba-lailah.
Adonai yishmorcha mikkol ra, yishmor et nafshecha.
Adonai yishmor tsei't'cha uvo'e'cha, mei'attah v'ad olam.

Psalm 148: 1-6

הַלְלוּיָהּ
הָלָלוּ אֶת־יְהוָה מִן־הַשָּׁמַיִם הַלְלוּהוּ בַּמְרוֹמִים:
הַלְלוּהוּ כָל־מַלְאָכָיו הַלְלוּהוּ כָל־צַבָּאָיו:
הַלְלוּהוּ שְׁמֶשׁ וְיָרֵחַ הַלְלוּהוּ כָל־כּוֹכָבֵי אוֹר:
הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם וְהַמַּיִם אֲשֶׁר מַעַל הַשָּׁמַיִם:
יְהַלְלוּ אֶת־שֵׁם יְהוָה כִּי הוּא צִוָּה וּנְבָרָאוּ:
וַיַּעֲמִידֵם לְעַד לְעוֹלָם חֶק־נָתַן וְלֹא יַעֲבוֹר:

Praise God!
Praise God from heaven, give praise in the heights.
Praise God all you messengers, praise God all hosts.
Praise God, sun and moon, praise God, shining stars.
Praise God, heaven of heavens, waters above the sky.
Let them praise the name of their Creator, who commanded,
and they were formed. God established them for ever and
ever by unchangeable decree.
Halleluyah
Hal'lu et Adonai min ha-shamayim, hal'luhu bam'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'avor

Illu Finu (from P'sukei d'Zimra)

אֵלּוּ פִּינוּ מִלֵּא שִׁירָה כִּיָּם. וּלְשׁוֹנֵנוּ רִנָּה כְּהִמּוֹן גָּלִיו:
If our mouths were full of song as the sea,
our tongues with joyful sounds like the roar of its waves.
Illu finu malei shirah cha-yam,
ul'shoneinu rinnah ka-hamon gallav

Song of Songs 2:16, 3:6

דּוֹדִי לִי וָאֲנִי לוֹ הָרָעָה בְּשׁוֹשָׁנִים:
מִי זֹאת עִלָּה מִן־הַמִּדְבָּר:
מִקְטָרֶת מֹר וּלְבוֹנָה:

My beloved is mine and I am my beloved's, who browses
among the lilies
Who is this who comes up from the desert, in clouds of myrrh
and frankincense?
Dodi li v'ani lo, ha-ro'eh ba-shoshanim
Mi zot olah min ha-midbar
M'kuteret mor u'l'vonah

TORAH SERVICE
Psalm 150

הַלְלוּיָהּ
הַלְלוּ־אֵל בְּקֹדֶשׁוֹ
הַלְלוּהוּ בְּגִבּוֹרָתוֹ
הַלְלוּהוּ בְּתַקַּע שׁוֹפָר
הַלְלוּהוּ בְּתֵף וּמַחּוֹל
הַלְלוּהוּ בְּצִלְצְלֵי־שִׁמְעַ
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה
הַלְלוּהוּ בְּרָקִיעַ עֲזוֹ:
הַלְלוּהוּ כָּרֵב גְּדֹלוֹ:
הַלְלוּהוּ בְּנִבָּל וְכִנּוֹר:
הַלְלוּהוּ בְּמִנִּים וְעוּגָב:
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
הַלְלוּיָהּ:

Halleluyah! Praise God in God's sanctuary;
Praise God in the sky, God's stronghold.
Praise God for God's 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 loud-clashing cymbals.
Let all that breathes praise God. Halleluyah!
Halleluyah!
Hall'lu el b'kodsho, Hall'luhu birkiah uzo.
Hall'luhu bigvurotav, Hall'luhu k'rov gud'loh;
Hall'luhu b'tekah shofar, Hall'luhu b'nevel v'chinar,
Hall'luhu b'tof u'machol, Halleluhu b'minim v'ugav;
Hall'luhu b'tziltzelei shamah, Hall'luhu b'tziltzelei truah
Kol Han'shamah t'halel yah, Halleluyah!

Blessing before reading Haftarah

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לָנוּ בַת
קוֹל שְׁאֲמַרְהָ אֵלֶּיךָ וְאֵלֶּיךָ דְּבָרֵי חֲכָמָה: בְּרוּךְ אַתָּה יְהוָה
הַבּוֹחֵר בַּתּוֹרָה וּבְמִשְׁשָׁה עֶבְדּוֹ וּבְיִשְׂרָאֵל עַמּוֹ וּבְחַכְמֵי
אַמֶּת וְצֶדֶק:

Blessed are You, our Living God, Sovereign of the universe,
who gave to us a heavenly voice to say that “These *and*
these” are words of wisdom. Blessed are You God, You
chose the Torah, Moses Your servant, Israel Your people and
true and righteous Sages.

*Baruch attah Adonai eloheinu melech ha-olam, asher natan lanu
bat kol she'amrah eilu va'eilu divrei chochmah. Baruch attah
Adonai, ha-bocheir ba-torah, uv'mosheh avdo, uv'yisrael ammo,
uv'chachmei emet va-tzedek.*

Blessing after reading Haftarah

עַל הַתּוֹרָה וְעַל הַעֲבוּדָה וְעַל דְּבָרֵי חֲכָמָה וְעַל יוֹם
הַכִּפּוּרִים הַזֶּה. שְׁנַתָּה לָנוּ יְהוָה אֱלֹהֵינוּ לְמַחִילָה
וְלִסְלִיחָה וּלְכַפֵּרָה לְכָבוֹד וּלְתַפְאֶרֶת. עַל הַכֹּל יְהוָה
אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לָךְ וּמְבַרְכִים אוֹתְךָ. יִתְבָּרַךְ שְׁמֶךָ
בְּפִי כָל־חַי תָּמִיד לְעוֹלָם וָעֶד. וּדְבָרְךָ אַמֶּת וְקִיָּם לְעַד.
בְּרוּךְ אַתָּה יְהוָה מֶלֶךְ מוֹחֵל וְסוֹלֵחַ לַעֲוֹנוֹתֵינוּ וְלַעֲוֹנוֹת
עַמּוֹ בֵּית יִשְׂרָאֵל וּמַעֲבִיר אֲשֶׁמוֹתֵינוּ בְּכָל שָׁנָה וְשָׁנָה.
מֶלֶךְ עַל כָּל הָאָרֶץ מְקַדֵּשׁ יִשְׂרָאֵל וְיוֹם הַכִּפּוּרִים:

For the Torah, for the service, for words of wisdom, and for
this Day for Atonement which You gave us, our Living God,
for pardon, forgiveness and atonement, for glory and beauty
- for all these, God our Creator, we thank and bless You. May
Your name be blessed by the mouth of all living forever and
ever. For your word is true and endures forever. Blessed are
You God, Sovereign who pardons and forgives our sins, and
the sins of People Israel, and removes our guilt from year to
year. Sovereign over all the earth, who makes Israel and the
Day for Atonement holy.

*Al ha-torah v'al ha-avodah, v'al divrei chochmah, v'al yom ha-
kippurim ha-zeh, shennatatta lanu, Adonai eloheinu, lim'chilah
v'lis'lichah ul'chapparrah, l'chavod ul'tif'aret, al ha-kol Adonai
eloheinu, anachnu modim lach um'var'chim otach, yitbarach
shimcha b'fi chol chai tamid l'olam va'ed. U'd'var'cha emet
v'kayyam la'ad. Baruch attah Adonai, melech mocheil v'solei'ach
la-avonoteinu v'la-avonot ammo beit Yisrael, u'ma'avir ashmoteinu
b'chol shanah v'shanah. Melech al kol ha-aretz, m'kaddeish Yisrael
v'yom ha-kippurim.*

Pirkei d'Rabbi Eliezer, 43 – A Rabbinic Story about Repentance

בן עזאי אומ' תדע לך כח התשובה בא וראה מר' שמעון בן
לקיש שהיה הוא ושני ריעיו בהרים גזולין וחומסין כל אשר
יעבור עליהם בדרך, מה עשה ר' שמעון הניח לשני ריעיו
שודדין בהרים ושב לאלהי אבותיו בכל לבו בצום ובתפלה
והיה משכים ומעריב לבית הכנסת לפני הב"ה והיה עוסק
בתורה כל ימיו ובמתנות עניים ולא שב על מעשיו הרעים עוד,
ונתרצית תשובתו, וביום שמת מתו שני רעיו השודדים בהרים
ונתנו לר' שמעון באוצר החיים ולשני רעיו בשאול התחתונה
ואמרו שני רעיו לפני הב"ה רבון כל העולמים יש לפניך משוא
פנים, זה היה עמנו שודד בהרים והוא באוצר החיים ואנו
בשאול תחתית אמ' להם זה עשה תשובה בחייו ואתם לא
עשיתם תשובה, הנח לנו ואנו עושים תשובה גדולה, אמ' להם
אין תשובה אלא עד יום המיתה

Ben Azzai said: Know the power of *teshuvah*.

Come and see from the example of Rabbi Shimon ben
Lakish. He, with two of his friends in the mountains, used to
rob and oppress all who passed them on the way.

What did Rabbi Shimon do?

He forsook his two companions who were plundering in the
mountains, and he returned to the God of his ancestors
with all his heart, with fasting and prayer. He rose early and
stayed late in the Beit Knesset, before the Holy One,
studying Torah all of his days, and giving gifts to those in
need. He did not return again to his evil deeds, and his
repentance was accepted.

On the day that he died, his two companions, who were
robbing in the mountains, also died. They [the ministering
angels] gave to Rabbi Shimon a place in the treasury of the
living, but his two companions were placed in the lowest of
Sheol [the underworld].

The two companions said before the Holy One, “Sovereign
of all the universe! There is favouritism happening here
before you! This one was with us, plundering in the
mountains, and now he is in the treasury of the living, and
we are in the lowest of *Sheol*.”

God said to them, “This one made *teshuvah* in his lifetime,
but you have not made *teshuvah*.”

They said to God, “Give us the opportunity, and we will
make great *teshuvah*.”

God said to them “*Teshuvah* is possible only up until the
day of one's death.”

Alyth



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