



We Create Sacred Space

We stretch beyond the mundane, "Yaakov" aspect of our souls, allowing our "Yisra-El, God-wrestling" soul to expand. So too, the mundane "ohel" space in which we gather today becomes our "Mishkan," a sacred Place in which *Shekhinah* dwells.

מה טובו אהליך יַעֲקֹב - מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

Mah tovu oha-lecha Yaakov – Mish'k'no-techa Yisrael

How good are your tents "Yaakov" – Your sacred spaces "Yisrael"

We praise too the tents and sacred spaces of our Mothers:

Sarah, Rivkah, Rachel, Leah, Bilhah, Zilpah and all those whose names are lost to us.

מה טובו אהליך _____ מִשְׁכַּנְתֶּיךָ _____

Mah tovu oha-layich _____ Mish'k'no-ta-yich _____

וְאֲנִי בְּרַב חֲסֶדֶךָ אָבוֹא בֵּיתְךָ אֲשַׁתְּחֶה אֶל הַיָּכָל קֹדֶשְׁךָ בִּירְאָתְךָ.
יְהוָה אֶהְבְּתִי מֵעוֹן בֵּיתְךָ וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ.
וְאֲנִי אֲשַׁתְּחֶה וְאֶכְרַע אֲבָרְכָה לְפָנֶי יְהוָה עֹשִׂי.
וְאֲנִי תַפְלְתִּי לָךְ יְהוָה עֵת רְצוֹן אֱלֹהִים בְּרַב חֲסֶדֶךָ עֲנֵנִי בְּאַמַּת יִשְׁעֶךָ.

And I, with Your great love, come to this house.

I open myself to You in a place where holiness dwells, in my wonder and my awe.

Holy One, I have loved the grandeur of Your dwelling, Your cosmos, castle of Your glory.

I could worship and kneel and make blessing, before the Guide within who still makes me.

And so, my prayer is to You, Great Presence, in this moment of my desire.

יְהוָה, answer me with great loving and with saving truth.

מוֹדֶה|מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ (רוּחַ) חַי וְקַיִם
שֶׁהֶחְזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה רַבָּה אֱמוּנָתְךָ.

Modeh (men) / Modah (women) ani l'fanecha, Melech (Ruach) chay v'kayam

Sheh-heh-chezar'ta bi nish'mati b'chemlah – rabbah emunatecha

I am grateful as I face You, alive and potent Source (Spirit) of Creative Power,
who has returned my soul to me with loyal love. Great is Your faithfulness!

Presenting the Tallit

A tallit, or tallis, is a Jewish prayer shawl. The fringes, or tzitzit, on the corners represent the four corners of the world and symbolize God's omnipresence.

This tallit will keep you warm.

It will give you shelter.

It will remind you of all of us who hold you, now, before, and yet to come,

Of everyone who cares for you and all of those you care for.

It will connect you with your people now, those in the past and those yet to come.

It will remind you of the responsibility you carry.

And of the good that you will do.

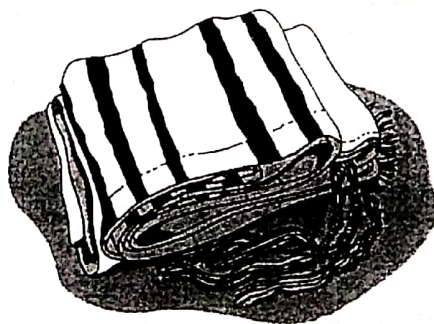
Let it be wings to lift you

And a coat of light to shine for you.

Blessed are You, Adonai,
Our God, Sovereign of the universe,
Who made us holy with Your mitzvot
and commanded us
to wrap ourselves in a fringed garment.

Ba-ruch A-tah, A-do-nai
E-lo-hei-nu me-lech ha-o-lam
a-she-
r kid'sha-nu b'mitz-vo-tav
v'tsi-va-nu
l'hit-a-teif b'tzi-tzit.

בָּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ
לְהִתְעַטֵּף בְּצִיצִית:

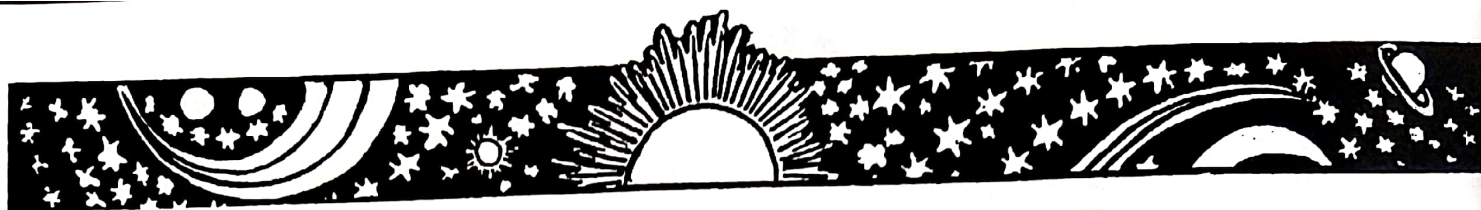


Hi-nei Ma-Tov

Hi-nei ma tov u-ma na-im
She-vet ach-im gam ya-chad.

How good it is, and pleasant
for brothers and sisters to dwell peacefully together.

הִנֵּה מָה טוֹב וּמָה נָעִים
שֵׁבֶת אֲחִים גַּם יַחַד:



Blessing the Body

I am Your creation in my bones and tissues.
You have woven me in the womb of my mother,
I thank You, You have so wonderfully made me.

Awesome wonders are all Your works.
I am known by You, to the core, to my soul.
Nothing in me was hidden from Your eyes
when I was fashioned in deepest secrecy,
beautifully twined in the womb of the earth.
I was still unborn – You had already seen me,
and all my life was in Your book
before one day of it had been shaped.

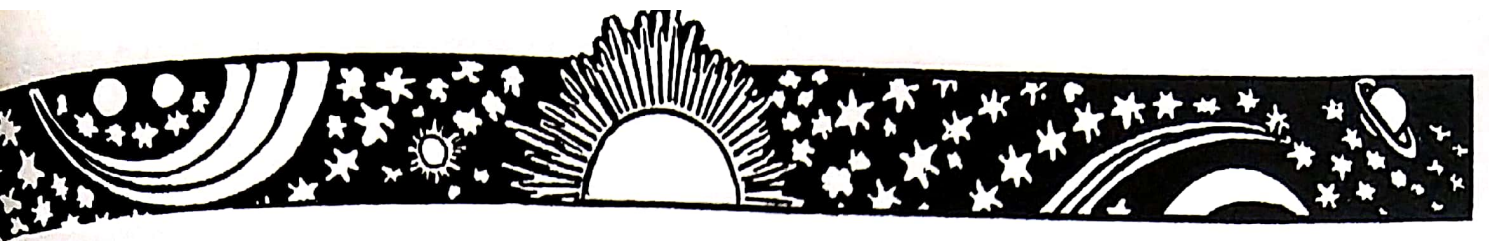
How difficult are Your thoughts to me,
my God, what a world of wisdom!
Were I to count them, they are as numerous
as the sand of the seashore, and yet –
I still know nothing about You.

(from Psalm 139; from Fifty Psalms, by Huub Ooterhuis et al)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה
וּבְרָא בּוֹ נְקָבִים נְקָבִים חַלּוּלִים חַלּוּלִים גָּלוּי וְיָדוּעַ לְפָנֶי כֹסֵא כְבוֹדְךָ
שָׁאֵם יִפְתַּח אֶחָד מֵהֶם אוֹ יִסְתֵּם אֶחָד מֵהֶם אִי אֶפְשָׁר לְהִתְקַיֵּם וּלְעֲמוֹד
לְפָנֶיךָ: בְּרוּךְ אַתָּה יְהוָה רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:

Baruch Ata יהוה Eloheynu Melech ha-Olam, asher yatzar et ha-adam b'chochmah, u-vara vo n'kaveem n'kaveem, chaluleem, chaluleem. Galui v'yadua lifney chisey ch'vodecha, sheh-im yi'pateyach echad mey-hem, o-yi'sateym echad mey-hem, ee efshar l'hit'kayeym v'la'amod l'fanecha. Baruch Ata יהוה rofey chol basar, u-maflee la'a-sote.

Baruch Ata יהוה – A Fountain of Blessings are You יהוה – who has formed us in wisdom and created within us the spark of life. Each cell does the work of its Creator. Each organ's existence is a tribute to God. If but one element of this wondrous structure were to fail in its tasks, we could not stand before You and give thanks for Your sustenance. Let us cherish this gift of flesh and blood, and honor it as God's creation.
Baruch Ata יהוה rofey chol basar u-maflee la'a-sote – who performs the miracles of creation and healing.



Blessing the Soul

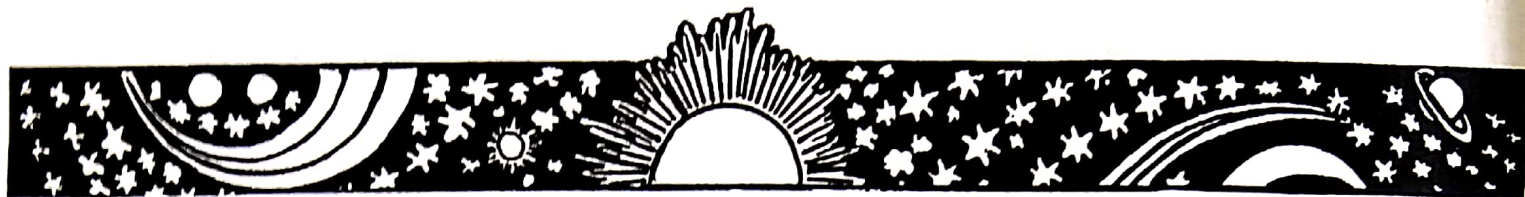
אֱלֹהֵי נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.

Elohay n'shamah sheh-na-ta-ta bi, t'horah hi

אַתָּה בְּרָאתָ אֶתָּה יִצְרָתָה אֶתָּה נִפְחָתָה בִּי
וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי וְאַתָּה עֲתִיד לְטַלָּה מִמֶּנִּי וּלְהַחְיֶיהָ בִּי לְעֵתִיד לְבוֹא.
כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי מוֹדָה (men) | מוֹדָה (women) אֲנִי לְפָנֶיךָ
יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי
רַבּוֹן כָּל הַמַּעֲשִׂים אֲדוֹן כָּל הַנִּשְׁמוֹת.
בָּרוּךְ אַתָּה יְהוָה הַמַּחְיֶה נִשְׁמוֹת לְפָגְרִים מֵתִים.

*Ata vara-tAH, ata y'tzar'tAH, ata nafach'tAH bi! V'ata m'sham'rAH b'kir'bi!
V'ata ateed leet'lAH mimeni u-l'ha-chazirAH bi, l-ateed lavoh.
Kol zman sheh-ha-n'shama b'kirbi modeh (men) / modah (women) ani l'fanecha,
יהוה Elohay v'Elohey avotay. Ribon kol ha-ma'asim! Adon kol ha-n'shamot.
Baruch Ata יהוה ha-ma'chazir n'shamot lif'garim meytim!*

My God,
The life and soul which You placed within me are pure.
You breathed of Yourself into my flesh,
creating and forming in me a deep awareness of Your Presence.
It is You who constantly arouse the desire to live within me.
Sometimes You take this hope from me,
only to renew it again and again,
That I may once more praise You, my God, and God of my people.
You are the origin of all that happens,
and every soul is a part of You.
Praised are You, יהוה
constantly renewing life within me,
with Your breath of love.



Morning Blessings

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לִשְׁכּוֹנֵי בֵּינָה לְהַבְחִין
בֵּין יוֹם וּבֵין לַיְלָה:

You make us conscious beings.

...in Your image.

... free.

...of the people Israel..

You open our eyes,

... clothe us.

... free the captive.

...straighten the bent-over.

...spread earth over water.

You give me all I need,

... make firm my steps.

...give Israel strength.

...crown us with glory.

... give endurance to the weary.

... remove sleep from my eyes and slumber from my eyelids.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעֲשֵׂנִי בְּצִלְמוֹ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעֲשֵׂנִי בֶן-|בֵּת-חוֹרִין:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעֲשֵׂנִי יִשְׂרָאֵל:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵינֵינוּ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַלְבִּישׁ עֲרֻמִּים:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפוּפִים:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שְׁעֲשֵׂה לִּי כָל צָרָכִי:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִּין מַצְעָדִי גָבֵר:

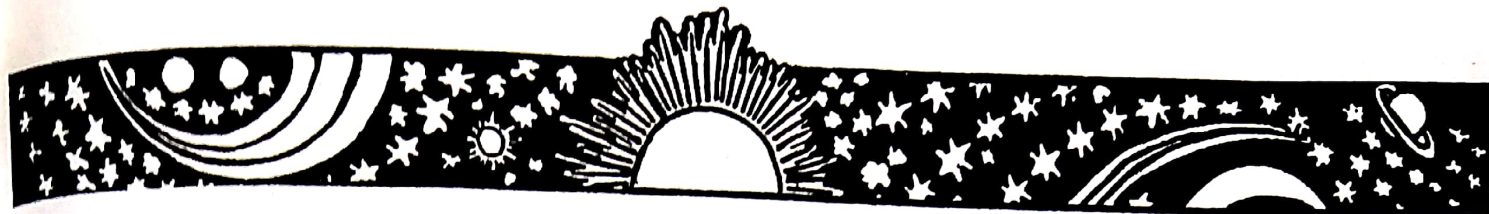
בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לִיעָף כֹּחַ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שְׁנָה מֵעֵינַי

וְתַנּוּמָה מֵעַפְעָפִי:



בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם...

Baruch Ata יהוה Eloheynu Melech ha-Olam...

A Fountain of Blessings are You, Source of Life of all the World...

Many formulations of the opening phrase of a *brachah* are possible, using either masculine or feminine language. Such as:

Baruch Ata יהוה Eloheynu Ruach ha-Olam...

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ רוּחַ הָעוֹלָם...

Bruchah At YAH-Shekhinah Elahateynu M'kor ha-Chayyim...

בְּרוּכָה אַתְּ יְהִי־שְׁכִינָה אֱלֹהֵינוּ מְקוֹר הַחַיִּים...

Bruchah at YAH-Adonay Chayyeynu, Chey ha-Olami...

בְּרוּכָה אַתְּ יְהִי־אֲדֹנֵי חַיֵּינוּ חַי הָעוֹלָמִים...

...whose Image is mirrored in my own.

...whose Freedom challenges me to be free.

...whose Teaching makes of me a Jew.

...whose Wisdom opens the blind eye.

...whose Compassion commands us to clothe the naked.

...whose Justice bids us to free the captive.

...whose Love calls us to lift the fallen.

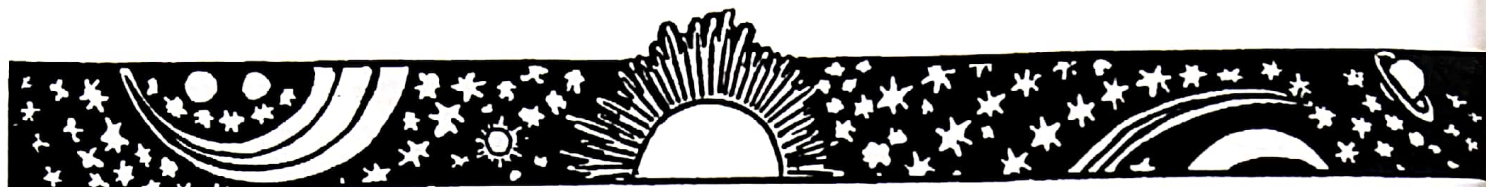
...whose Unity demands that we care for all life.

...whose Being provides us with infinite possibilities.

...whose Torah guides my every step.

...whose Wonder removes sleep from my eyes,
that I might awake to the wonder of Life!

(interpretive translation by Rabbi Rami Shapiro)



Calling on the Energy of Creation

בָּרוּךְ שֶׁאָמַר וַהֲיָה הָעוֹלָם	<i>Baruch sheh-amar v'hayah ha-olam</i>
בָּרוּךְ הוּא (בְּרוּכָה הִיא)	<i>Baruch Hu (fem: Bruchah Hi)</i>
בָּרוּךְ עֹשֶׂה בְּרָאשִׁית	<i>Baruch oseh v'rey-sheet</i>
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה	<i>Baruch omer v'oseh</i>
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם	<i>Baruch gozer u'm'kayeym</i>
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ	<i>Baruch m'racheym al ha-aretz</i>
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת	<i>Baruch m'racheym al ha-b'riyot</i>
בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירָאָיו	<i>Baruch m'shaleym sachar tov leerey-av</i>
בָּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח	<i>Baruch chay la-ad v'kayam la-netzach</i>
בָּרוּךְ פּוֹדֶה וּמַצִּיל	<i>Baruch podeh u'matzeel</i>
בָּרוּךְ שְׁמוֹ. (בְּרוּכָה שְׁמָה.)	<i>Baruch Sh'mo. (fem: Baruch Sh'mah.)</i>

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הָאֵל הָאֵב הַרְחֵמֵן הַמְהִלֵּל בְּפִי עַמּוֹ מְשַׁבַּח וּמְפָאֵר
בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו וּבִשְׂרִירֵי דָוִד עַבְדֶּךָ. נְהַלֵּלְךָ יְהוָה אֱלֹהֵינוּ בְּשִׁבְחוֹת וּבְזִמְרוֹת וּנְגִידָלְךָ
וּנְשַׁבַּחְךָ וּנְפָאֲרְךָ וְנִזְכִּיר שְׁמֶךָ וְנִמְלִיכְךָ מִלְכֵנוּ אֱלֹהֵינוּ יְחִיד חַי הָעוֹלָמִים מֶלֶךְ מְשַׁבַּח
וּמְפָאֵר עַד עַד שְׁמוֹ הַגָּדוֹל: בָּרוּךְ אַתָּה יְהוָה מֶלֶךְ מְהִלֵּל בְּתִשְׁבָּחוֹת:

A Fountain of Blessings are You, Holy One, Source of womb-like nurture. We'll praise You with your servant David's Psalms! We will call upon Your Name...You: the enduring, infinite One, Life-Force of the Universe! A Fountain of Blessings are You Holy One, to whom we sing our Psalms of praise! *Baruch Ata יהוה Melech m'hullal ba-tish'bachot.*

Blessed be the One whose speech is the world.

Blessed be the Source.

Blessed be the One forever creating.

Blessed be the One speaking and acting.

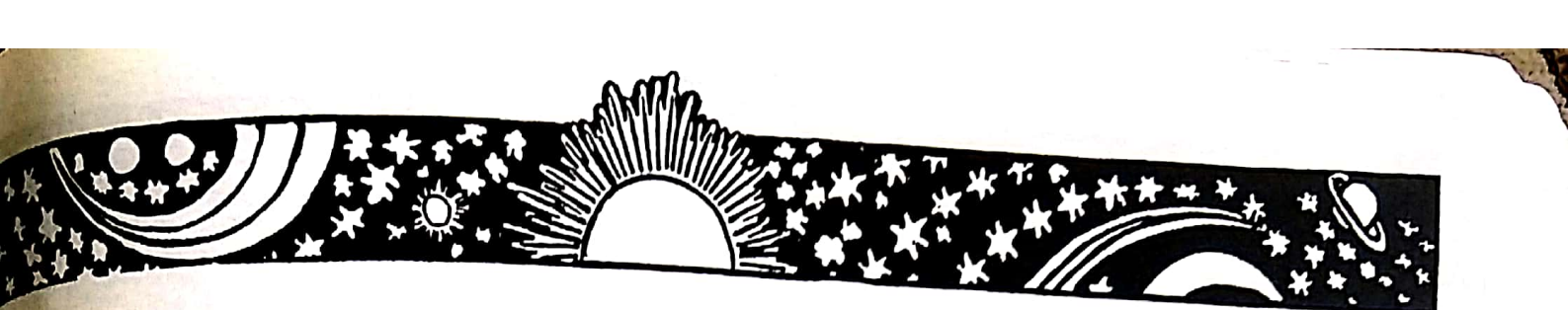
Blessed be the One separating and sustaining.

Blessed be the One whose love fills the earth.

Blessed be the One whose compassion gives life.

Blessed be the One living forever.

Blessed be the Name of the One.



Songs of Praise

from Psalm 19

מְשִׁיבַת נֶפֶשׁ	תְּמִימָה	תּוֹרַת יְהוָה
מַחְכִּימַת פִּתִּי:	נְאֻמָּה	עֲדוּת יְהוָה
מְשַׁמְחֵי לֵב	יִשְׁרִים	פְּקוּדֵי יְהוָה
מְאִירַת עֵינַיִם:	בָּרָה	מִצְוֹת יְהוָה
עוֹמְדַת לְעַד	טְהוֹרָה	יִרְאַת יְהוָה
צִדְקוֹ יַחֲדוֹ:	אֱמֶת	מִשְׁפָּטֵי יְהוָה

Torat Adonay
Edut Adonay
Pikudey Adonay
Mitz'vat Adonay
Yir'at Adonay
Mish'p'tey Adonay

t'mimah
ne'emanah
y'sharim
barah
t'horah
emet

m'shivat nafesh
mach'kimat peh-ti
m'sam'chey lev
m'irat eynayim
omedet la-ad
tzad'ku yach'dav

The Torah of the Holy One is whole: Source of Life.
Our God's witness is trustworthy: unwisdom grows wise.
Limpid water is your law, refreshing our hearts.
Your *mitzvot* – right and reason, light to our eyes
What You promise is pure truth, only peace.
What You do is all done well, everlasting,
And as exquisite as honey, no, still more..
far more precious than pure gold is God's own word!

(adapted by Rabbi Burt Jacobson from *Fifty Psalms: A New Translation*)



from Psalm 121

אֶשָּׂא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֹא עֶזְרִי:
עֶזְרִי מֵעַם יְהוָה עֹשֶׂה שָׁמַיִם וָאָרֶץ:

Esa eynay el heh-harim mey-ayin yavo ezri
Ezri mey-im יהוה, oseh shamayim vah-aretz

I lift my eyes unto the mountain. From where will my help come?
My help comes from The One, maker of heaven and earth!



from Psalm 34

מִי־הָאִישׁ הַחֲפִיץ חַיִּים אֲהֵב יָמִים לְרֹאוֹת טוֹב:
נֹצֵר לְשׁוֹנָה מֶרֶע וּשְׁפָתָיו מִדְּבַר מְרָמָה:
סוֹר מֶרֶע וַעֲשֵׂה־טוֹב בִּקְשׁ שְׁלוֹם וְרִדְפֶהוּ:

*Mee ha-eesh heh-chafeytz chayyim, oheyv ya-meem, leer'ot tov
N'tzor l'shon-cha mey-ra, oos'fa-techa mee-dabeyr mirmah
Soor mey-ra va'asey tov, bakeysh shalom v'rod-fey-hoo*

What kind of person pursues life and desires days of seeking good?
Don't let your tongue speak evil or your lips speak lies!
Turn away from evil, do good, seek peace and follow after it.

from Psalm 90

לְמִנּוֹת יָמֵינוּ כֵּן הוֹדַע וְנָבֵא לְבַב חֲכָמָה:

*Limnot yamey-nu — Limnot yamey-nu
Limnot yamey-nu keyn hoda v'navee l'vav chochmah*

Teach us to treasure each day – Teach us to treasure each day
That we may open our hearts to your wisdom..
O Teach us to treasure each day!

•
Treasure each day,
Teach us to treasure each day.
Treasure each day!
O Teach us to treasure each day.

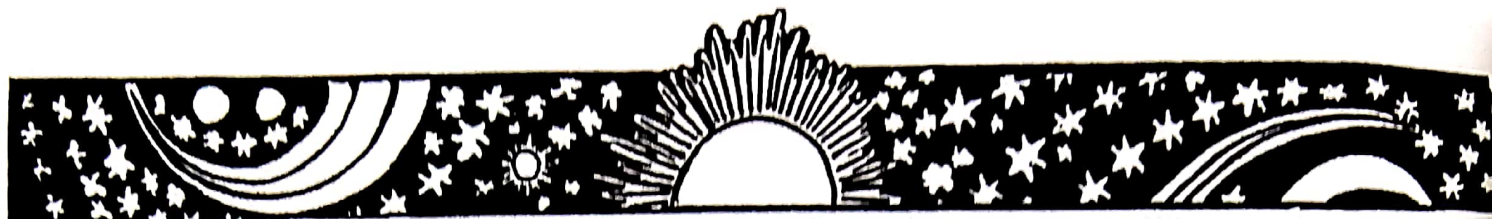
(music/lyrics Rabbi Yitzhak Husbands-Hankin)

from Psalm 91

אַרְךְ יָמִים אֲשַׁבֵּיעֶהוּ וְאַרְאֶהוּ בִישׁוּעָתִי:

Orech yamim asbee'ey-hu, v'ar'ey-hu beey'shua-tee

I will grant (to one who takes refuge in God) an abundantly long life.
That person will witness my salvation.



from Psalm 92

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת:

טוֹב לְהַדוֹת לַיהוָה	וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן:
לְהַגִּיד בַּבֶּקֶר חֶסֶדְךָ	וְאֱמוּנָתְךָ בַּלַּיְלוֹת:
עָלַי עָשׂוֹר וְעָלַי נָבֵל	עָלַי הַגִּיוֹן בְּכִנּוֹר:

Mizmor shir l'Yom ha-Shabbat:

*Tov l'hodote la-יהוה u-l'zameyr l'shim'cha elyon,
L'hagid ba-boker chas'decha, ve-emunat'cha ba-ley-lote
Aley asor, va-aley nah-vel, aley hee-gah-yon b'chinor*



A Psalm-Song for Shabbat:

It's great to give thanks to יהוה, to sing praises to Your Name, Highest One!
To tell of Your loyal love each morning, and your faithfulness every night.
With stringed instruments, and lute, with sacred music on the harp!

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה מֵאֵד עֲמָקוֹ מִחֲשַׁבְתֶּיךָ:

*Mah gadlu ma-asecha יהוה, M'od am-ku mach'sh'vo-techa
How vast are Your works יהוה, so very deep Your thoughts!*



from Psalm 145

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ עוֹד יְהַלְלוּךָ סֶלָה:

Ashrey yoshvey vey-techa, od y'hall'lu-cha! Selah!

Richly happy are all who dwell in your house. They will continually praise You!

from Psalm 148

הַלְלוּיָהּ: הַלְלוּהוּ שֶׁמֶשׁ וְיָרֵחַ הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר:

*Hall'luhu shemesh v'yarey-ach, Hall'luhu kol kochvey or
Hall'luYah, Hall'luYah, Hall'luYah hall'lu, hall'lu kol kochvey or.*

Praise (God) you sun and moon. Praise (God) all you stars of light

Eili, Eili

Hanna Sennesh, a young Jewish heroine from Hungary, wrote this song while walking along the beach in Israel. She later was killed when she was captured behind enemy lines trying to rescue Jews during World War II.

O G-d, my G-d,
I pray that these things never end:
the sand and the sea,
the rush of the waters,
the crash of the heavens,
the prayer of the heart.

אֱלֹהֵי אֱלֹהֵי
שָׁלֹא יִגְמַר לְעוֹלָם
הַחֹל וְהָיִים
רִשְׁרוּשׁ שֶׁל הַמַּיִם
בְּרַק הַשָּׁמַיִם
תִּפְּלֵת הָאָדָם:

Ei-li, Ei-li
She-lo yi-ga-meir l'o-lam
Ha-chol v'ha-yam
Rish-rush shel ha-ma-yim
B'rak ha-sha-ma-yim,
T'fi-lat ha-a-dam.

Take Time to Think

Please read responsively:

Take time to think—thoughts can be the source of wisdom.

Take time to play—play is a source of youth.

Take time to read—reading is a source of knowledge and perspective.

Take time to reflect—reflection can be a source of strength in good times and bad.

Take time to love—love and friendship make life worthwhile.

Take time to laugh—laughter is the music of the soul.

Take time to give—any day of the year is too short for selfishness.

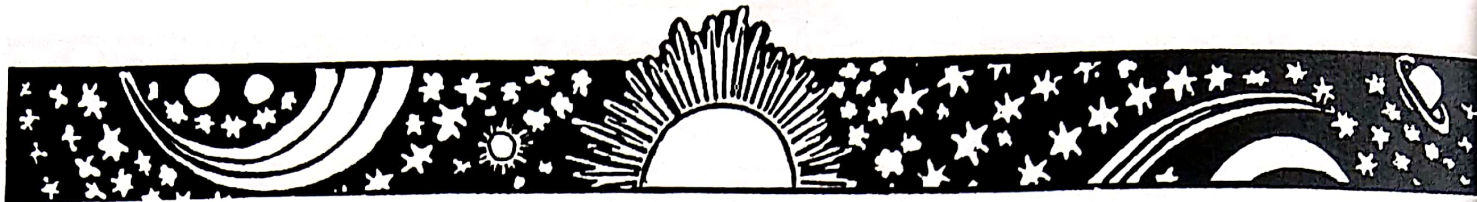
Take time to do your work well—pride in honest labor, no matter what it is, nourishes the spirit.

Take time to show appreciation—gratitude brings joy, connection, and deep satisfaction.

Return Again

Return again, return again,
Return to the land of your soul. (2x)

Return to who you are,
Return to what you are,
Return to where you are,
Born and reborn again.
(Shlomo Carlebach z"l)



from Psalm 150

הללויה *HalleluYah!*

הללויה בְּרִקיעַ עֶזוֹ	הללויה אֵל-בְּקֹדֶשׁוֹ
הללויה כְּרֹב גְּדֻלוֹ:	הללויה בְּגִבּוֹרָתוֹ
הללויה בְּנִבְל וְכִנּוֹר:	הללויה בְּתִקְע שׁוֹפָר
הללויה בְּמִנִּים וְעָגָב:	הללויה בְּתֶף וּמָחֹל
הללויה בְּצִלְצְלֵי תְרוּעָה:	הללויה בְּצִלְצְלֵי שָׁמַע
כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ הַלְלוּיָהּ.	

Hall'lu El b'kod'sho

Hall'lu-hu big'vurotav

Hall'lu-hu b'teyka shofar

Hall'lu-hu b'tof u-machol

Hall'lu-hu b'tzil'tz'ley shama

Kol ha-n'shamah t'hallel Yah! Hall'luYah!

Hall'lu-hu bir'kiya uzo

Hall'lu-hu k'rov gud'lo

Hallelu-hu b'neyvel v'chinor

Hall'lu-hu b'minim v'ugav

Hall'lu-hu b'tzil'tz'ley t'ruah

Hall'luYah!

Praise the Source in the holy space!
Praise the Source in the heights above!
Praise the Source in its infinite expanse!

Praise the Source with Shofar blast!
With lute and harp, with drum and dance,
with flute and strings, with tambourines!

Praise the Source with crashing cymbals!
Let all who breathe now praise their Source!
Let every breath now praise the Source

(Transl. Rabbi Burt Jacobson)



Tasha Turk



Praising with our Breath

נִשְׁמַת כָּל חַי תְּבָרַךְ אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ.

Nishmat kol chai t'vareych et Shimcha YAH Eloheynu

You Whose every name ---
YyyyHhhhWwwwHhhh ---
Is the Breath of Life,
The breathing of all life,
Gives joy and blessing to Your Name.

As lovers lie in each other's arms,
Whispering each the other's name,
Into the other's ear,
So we lie in Your arms,
Breathing with each breath,
Your Name, Your Truth, Your Unity.

You alone, Your Breath of Life alone,
Guides us,
Frees us,
Transforms us,
Heals us,
Nurtures us,
Teaches us.
First, Last, Future, Past,
Inward, Outward,
Beyond, Between,

You are the breathing that gives life to all the worlds.
And we do the breathing that gives life to all the worlds.

As we breathe out what the trees breathe in,
And the trees breathe out what we breathe in,
So we breathe each other into life,
We and You.

YyyyHhhhWwwwHhhh.

(Rabbi Arthur Waskow)

בְּשִׁמַּת כָּל חַי תִּבְרַךְ אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ.	All breathing life adores Your Name Yah, our God
וְרוּחַ כָּל בָּשָׂר תִּפְאָר וּתְרוֹמָם	All flesh alive is raised to ecstasy
זְכָרְךָ מִלְּכֵנוּ תָמִיד מִן הָעוֹלָם וְעַד הָעוֹלָם אַתָּה אֵל.	each time we become aware of You! Beyond endless time and space
וּמִבְּלַעֲדֶיךָ אֵין לָנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ פוֹדֶה וּמַצִּיל וּמַפְרִיֵּס וּמַרְחֵם	You are Divine only You are the One who ultimately extricates and frees
בְּכָל עֵת צָרָה וְצוּקָה. אֵין לָנוּ מֶלֶךְ אֶלָּא אַתָּה:	ransoms, saves and sustains us and cares when we are in distress
אֱלֹהֵי הָרְאוּשׁוֹנִים וְהָאַחֲרוֹנִים אֱלֹהֵ כָּל בְּרִיּוֹת	You, You alone secure our lives. You ultimate cause and ultimate effect
אֲדוֹן כָּל תּוֹלְדוֹת הַמְהַלֵּל בְּרַב הַתְּשַׁבְּחוֹת	Source of all creation You manifest in all birthing
הַמְנַהֵג עוֹלָמוֹ בְּחֶסֶד וּבְרִיּוֹתָיו בְּרַחֲמִים.	In every compliment it is You we praise You manage Your universe with kindness –
וַיְהִי לֹא יָנוּם וְלֹא יִישָׁן הַמַּעֲוֵר יְשָׁנִים וְהַמְּקִיץ נֹרְדָּמִים	with compassion for all beings in it. Yah ever awake and ever alert!
וְהַמְּשִׁיחַ אֱלָמִים וְהַמַּתִּיר אֲסוּרִים	You rouse us from the deepest sleep You give words to the speechless
וְהַסּוֹמֵךְ נוֹפְלִים וְהַזּוֹקֵף כְּפוּפִים	You release the imprisoned You support the stumbling
לָךְ לְבָדָךְ אֲנַחְנוּ מוֹדִים. אֱלֹהֵינוּ פִּינוּ מְלֵא שִׁירָה בֵּינֵנוּ	You give dignity to the downtrodden Every appreciation we offer is Yours.
וְלִשְׁוֹנֵנוּ רֶנָּה כְּהַמּוֹן גָּלִיו וְשִׁפְתוֹתֵינוּ שֶׁבַח כְּמַרְחֵבֵי רִקְיעַ	If ocean-full our mouth were with music our tongues singing like the ceaseless surf
וְעֵינֵינוּ מְאִירוֹת כְּשֶׁמֶשׁ וְכִכָּר וַיְדֵינוּ פְּרוֹשׁוֹת כְּנִשְׁרֵי שָׁמַיִם	our lips praising You to the skies our eyes blazing like sun and moon
וְרַגְלֵינוּ קָלוֹת כְּאַיִלוֹת אֵין אֲנַחְנוּ מְסַפִּיקִים לַהֲדוֹת לָךְ	our arms spread like soaring eagles our legs sprinting like those of deer
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ וְלִבְרַךְ אֶת שְׁמֶךָ עַל אַחַת מֵאַלְפֵי אֲלָף	we could not thank You enough Yah! our God and our parents' God!
אֲלֵפֵי אֲלָפִים וְרַבִּי רַבּוֹת פְּעָמִים	Neither could we celebrate by naming the times exceeding millions the places exceeding billions

הטובות שעשית עם הורינו ועמנו.
ממצרים גאלתנו יהוה אלהינו
ומבית עבדים פדיתנו
ברעב זנתנו ובשבע כלליתנו
מחרב הצלתנו ומדבר מלטתנו
ומחלים רעים ונאמנים דליתנו:
עד הגה עזרנו רחמיה
ולא עזבנו חסדיה
ואל תטשנו יהוה אלהינו לנצח.
על כן אברים שפלגת בנו
ורוח ונשמה שנפחת באפינו
ולשון אשר שמת בפינו.
הן הם יודו ויברכו
וישבחו ויפארו
וירוממו ויעריצו ויקדישו
וימליכו את שמך מלפנו
כי כל פה לך יודה
וכל לשון לך תשבע
וכל פה לך תכרע
וכל קומה לפניך תשתחוה
וכל לבבות ייראוה
וכל קרב וכליות יזמרו לשמך.
כדבר שפתיב
כל עצמותי תאמרנה
יהוה מי כמוך.
מציל עני מחזק ממנו
ועני ואביון מגזלו:
מי ידמה לך ומי ישוה לך
ומי יערה לך: האל הגדול
הגבור והנורא אל עליון
קנה שמים וארץ:
נהללה ונשבחה ונפארה
ונברך את שם קדשך. פאמור לדוד:

the favors You did

for our parents and for us.

Yah! Oh God! From oppression you redeemed us
now we can never be at home in slavery –
during famines You fed us enough to live on
You shielded us from wars and plagues
from diseases of body and mind
You pulled us out.

To this moment Your caring helped us

we never lacked Your kindness

please don't ever abandon us, God!

Our limbs want each to thank you

the air of each breath You breathed into us

their very substance bless with gratitude

with praise and celebration

honoring that exalted holiness

so majestic, that is Your fame!

Our speech is appreciation

our expression an oath of loyalty

our attitude surrender

our stance before You obedience

our feelings overwhelming awe

our inners singing scales of Your Names

As it is in Scripture:

All my essence exclaims:

Yah! Who! like You?

You inspire the gentle to stand up to the bully

The poor disempowered to stand up to the thug

No other can claim to be what You are

No other can pretend to be the Great God

The Mighty, the Awesome, the God Most High

Yet nesting in Heavens and Earth!

So we will keep celebrating and delighting

and blessing Your holy Name with David:

בְּרָכִי נַפְשִׁי אֶת יְהוָה
 וְכָל קָרְבִּי אֶת שֵׁם קָדְשׁוֹ:
 הָאֵל בְּתַעֲצוּמוֹת עֲזָה
 הַגָּדוֹל בְּכְבוֹד שְׁמָהּ.
 הַגִּבּוֹר לְנֹצֵחַ וְהַנּוֹרָא בְּנוֹרְאוֹתָיָהּ.
 הַמֶּלֶךְ הַיּוֹשֵׁב
 עַל כִּסֵּא רָם וְנִשְׂא:

Bar'chi naf'shi et יהוה v'chol k'ravay
 et Shem kodsho. Ha-El b'ta'atzumot uzecha
 ha-gadol bi'chvod sh'mecha. Ha-gibor
 la-netzach v'ha-nora b'norotecha.
 "Yahhh!" breathes my soul out to You.
 All my inners pulse with You!
 Potent God-Force. Magnanimous in Glory.
 Ever prevailing. Awesome mystery.
 Majestic One who presides over all destiny!
 Ha-Melech ha-yosheyv al kisey ram v'nisa!

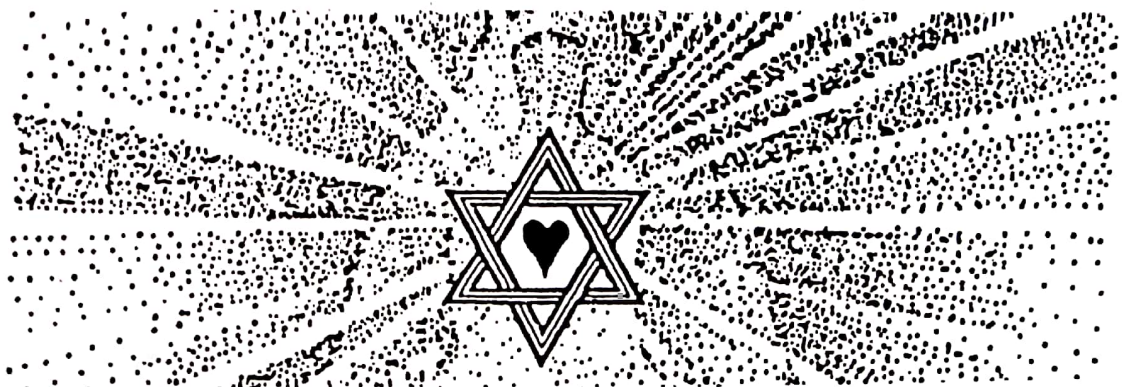
שׁוֹכֵן עַד מָרוֹם וְקָדוֹשׁ שְׁמוֹ:
 וְכָתוּב: רַנְּנוּ צְדִיקִים בִּיהוָה
 לַיִּשְׂרָאִים נְאוּה תְהִלָּה.

Shocheyn Ad Marom v'Kadosh Sh'mo!
 v'chatuv: Ran'nu tzadikim ba-יהוה,
 la-y'sharim navah t'hilah.
 Eternal Shekhinah, Holy Beyond!
 Tzadikim sing out "YAH!" with good people.

בְּפִי יִשְׂרָאִים תְּתַרְוָם.
 וּבִדְבָרֵי צְדִיקִים תִּתְבָּרָה.
 וּבִלְשׁוֹן חֲסִידִים תִּתְקַדֵּשׁ:
 וּבִקְרֹב קְדוּשִׁים תִּתְהַלֵּל.

b'fee	Y'sharim	tit'Romam
u-v'divrey	TZadikim	tit'Barach
u-vil'shon	CHasidim	tit'Kadash
u-v'kerev	K'doshim	tit'Hallal

Good people exalt You. Tzadikim are Your blessing.
 Devotees sanctify You. You delight in our inner holiness.



וּבְמִקְהֵלוֹת רַבּוֹת עִמָּךְ בֵּית יִשְׂרָאֵל
 בְּרַנָּה יִתְפָּאֵר שְׁמָךְ מִלִּפְנֵי כָּל דּוֹר וְדוֹר
 שֶׁכֵּן חֹבֶת כָּל הַיְּצוּרִים לִפְנֵיךְ יְהוָה אֱלֹהֵינוּ
 וְאַלֵּהֵי הוֹרִינוּ לְהוֹדוֹת לְהִלֵּל לְשַׁבַּח לְפָאֵר
 לְרוֹמֵם לְהַדָּר לְבָרֵךְ לַעֲלֹה וּלְקַלֵּם
 עַל כָּל דְּבָרֵי שִׁירֹת וְתַשְׁבְּחוֹת
 דָּוִד בֶּן-יִשִּׁי עַבְדְּךָ מְשִׁיחָךְ:

U'v mak'halot riv'vot am'cha beyt Yisrael
 Throughout every generation, in our great
 gatherings, we Your People, the House of
 Yisrael praise Your Name with song! Every
 creature is called to give thanks to You, our
 Power and Power of our ancestors; to sing
 songs of praise beyond even the songs of
 praise that David ben Yishai, Your
 annointed servant sang!

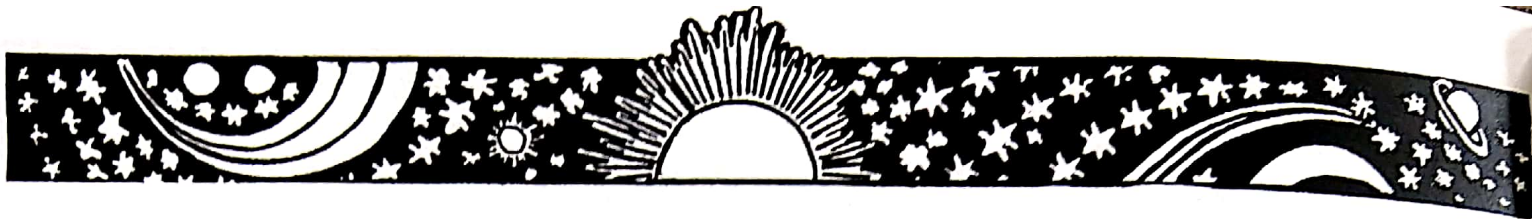
We Praise the Source of Life and Wonder

Yishtabach Shimcha

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלִכְנוּ הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְדוֹשׁ בַּשָּׁמַיִם וּבָאָרֶץ. כִּי לְךָ נָאֵה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי הָעוֹלָמוֹת: הַלֵּל וְזִמְרָה שִׁיר וְשִׁבְחָה נִצַּח גְּדֻלָּה וְגִבּוּרָה עֹז וּמִמְשָׁלָה תְּהִלָּה וְתִפְאֶרֶת קְדוּשָׁה וּמַלְכוּת. בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם. בָּרוּךְ אַתָּה יְהוָה אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת אֵל הַהוֹדָאוֹת אֲדוֹן הַנִּפְלְאוֹת הַבּוֹחֵר בְּשִׁירֵי זִמְרָה מֶלֶךְ אֵל חַי הָעוֹלָמוֹת.	<i>Yish'tabach Shim'cha la-ad Mal'keynu, ha-El ha-Melech, ha-Gadol v'ha-Kadosh ba-shamayim u-va-aretz. Ki l'cha naeh, Eloheynu v'Elohey horeynu, shir u-sh'vachah, hallel v-zimrah, oz u-mem'shalah, netzach, g'dulah u-g'vura t'hillah v'tif'eret, kedushah u'mal'chut, brachot v'hoda-ot, mey-ata v'ad olam. Baruch Ata יהוה El Melech gadol ba-tish'bachot. El ha-hoda-ot, adon ha-nif'la-ot. Ha-bocher b'shirey zim'rah! Melech El Chey ha-Olamim.</i>
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We praise Your Name / Your Essence forever,
Great and Sacred Source!
Your power fills the physical and fluid realms!
What could be more natural than to sing to You,
Song, chant and praise,
For Your greatness and power,
Your splendor, holiness and sovereignty;
Blessings and songs of gratitude to Your Great and Sacred Name!
Now, and as long as space and time endure,
You are God.

You are a Fountain of Blessings.
El-Melech / Power, Guide and Creator-of-All,
Exalted in our praises, God of thanksgivings,
Master of wonders, Creator of all souls,
Who chooses musical songs of praise!
Source of power!
Life-giver of all the worlds.



Calling Us To Community

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי בְרָא כְרַעוּתִיהּ וְיִמְלִיךָ מַלְכוּתִיהּ בְּחַיִּיכוֹן
 וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֻגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:
 יִהְיֶה שְׁמֵהּ רַבָּא מְבֹרָךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא: *y'hey shmey raba m'varach l'alam u'l'almey almay*
 יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא
 בְּרִיךְ הוּא לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאִמְרוּן בְּעָלְמָא *b'rich hu*
 וְאִמְרוּ אָמֵן: *ameyn*

As we bless the Source of Life
 So we are blessed.

And our blessings give us strength,
 and make our visions clear,
 and our blessings give us peace,
 and the courage to dare.

As we bless the Source of Life,
 So we are blessed.

(Faith Rogow)

Barchu Dear One, *Shekhinah*, Holy Name,
 When I call on the light of my soul, I come home!
 (adapted, Lev Friedman)

בְּרַכּוּ אֶת יְהוָה הַמְּבֹרָךְ:

Barchu et יהוה ha-M'vorach

בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Baruch יהוה ha-M'vorach l'Olam Va-ed

A Fountain of Blessings is the Holy One of Blessing, For Ever and Ever!

Reaching to the Realm of Light

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch Ata יהוה Eloheynu Melech ha-Olam

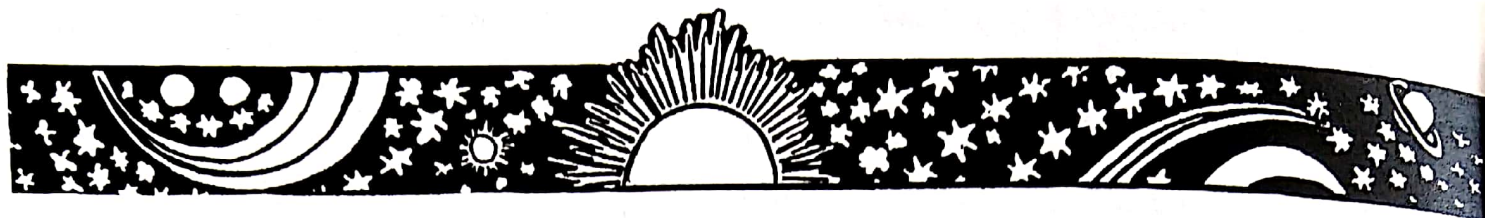
יוצר אור YO-tzeyr O-r
 ובורא חשך u'VO-rey ChO-shech
 עשה שלום O-seh ShalOm
 ובורא את הכל u'VO-rey et ha-KOL

A Fountain of Blessing are You יהוה our God, Power of Space and Time
 Forming light, creating darkness, making peace, creating all!

הכל יודוך Ha-kol yod-u-cha! All that is will thank You!
 והכל ישבחוך V'ha-kol y'shab-chu-cha! All will praise You!
 והכל יאמרו אין קדוש כיהוה V'ha-kol yom'ru: "Eyn Kadosh ka-יהוה!"
 And everything calls out: "None are Holy like יהוה!"

הכל ירוממוך סלה יוצר הכל: האל הפותח בכל יום
 דלתות שערי מזרח ובוקע חלונות רקיע מוציא חמה
 ממקומה ולבנה ממכון שביתה ומאיר לעולם כלו
 וליושביו שפרא במדת הרחמים: המאיר לארץ
 ולדורים עליה ברחמים. ובטובו מחדש בכל יום
 תמיד מעשה בראשית: המלך המרומם לבדו מאז.
 המשבח והמפאך והמתנשא מימות עולם: אלהי עולם
 ברחמיה הרבים רחם עלינו. אדון עזנו צור משגבנו
 מגן ישענו משגב בעדנו: אין כערכך ואין זולתך
 אפס בלתיך ומי דומה לך: אין כערכך יהוה אלהינו
 בעולם הזה ואין זולתך מלכנו לחיי העולם הבא.
 אפס בלתיך גואלנו לימות המשיח. ואין דומה לך
 מושיענו לתחיית המתים:

All will exalt You forever as Creator of all that exists. Source-of-All, You are the One who each day opens the doors of the Eastern gates. You burst open the windows of heaven's dome, bringing forth mother Sun's warm light from her place, and the white light of the Moon from hers. You give light to the whole world and all creatures – all created with Your *rachamim*, Your womblike compassion. You enlighten the world and all who live here with *rachamim*. Moment by moment, with infinite goodness, You create everything anew. *Melech* – Guiding Source, dwelling in primordial singularity, praised and held in awe since the dawn of time. God of all the worlds, hold us in Your *rachamim*. Source of our strength, our fortress, our rock, saving shield, shelter us! Nothing is like You! *Eyn k'er'k'-cha, v'eyn zula-techa, efes bil'techa u-mee domeh lach; Eyn k'er'k'-cha יהוה Eloheynu ba-olam ha-zeh, v'eyn zu-la-t'cha Malkeynu l'cha-yey ha-olam ha-ba. Efes bil't'cha goaleynu. leeymot ha-Mashiach. V'eyn domeh l'cha moshee-eynu, lit'chee-yat ha-meytim.* There is nothing beside You in this sphere of existence, this dimension, or any other. Nothing but You, Saving Power, fulfilling all existence, throughout all lifetimes and all worlds.



El Adon

בָּרוּךְ וּמְבָרָךְ בְּפִי כָל נִשְׁמָה:

דַּעַת וּתְבוּנָה סְבִיבִים אוֹתוֹ:

וְנִהְדָּר בְּכָבוֹד עַל הַמְרָכָה:

חֶסֶד וְרַחֲמִים לִפְנֵי כְבוֹדוֹ:

יִצְרָם בְּדַעַת בְּבִינָה וּבְהַשְׁכָּל

לְהִיּוֹת מוֹשְׁלִים בְּקֶרֶב תֵּבֵל:

נָאָה זִיוָם בְּכָל הָעוֹלָם:

עֲשִׂים בְּאֵימָה רָצוֹן קוֹנָם:

צִהְלָה וְרִנָּה לְזִכָּר מַלְכוּתוֹ:

רָאָה וְהִתְקִין צוּרַת הַלְבָּנָה:

שָׁבַח נוֹתָנִים לוֹ כָּל צָבָא מְרוֹם

תַּפְאֶרֶת וּגְדֻלָּה שְׂרָפִים וְאוֹפָנִים וְחַיּוֹת הַקֹּדֶשׁ:

אֵל אֲדוֹן עַל כָּל הַמַּעֲשִׂים

גָּדְלוֹ וְטוֹבוֹ מְלֵא עוֹלָם

הַמְתַּגָּאָה עַל חַיּוֹת הַקֹּדֶשׁ

זְכוּת וּמִישׁוֹר לִפְנֵי כֶסֶאֱו

טוֹבִים מְאֻרוֹת שֶׁבְּרָא אֱלֹהֵינוּ

כַּחַ וּגְבוּרָה נָתַן בָּהֶם

מְלָאִים זִיו וּמְפִיקִים נֶגֶה

שְׂמִיחִים בְּצִאתָם וְשָׁשִׂים בְּבוֹאָם

פֶּאֶר וְכְבוֹד נוֹתָנִים לְשָׁמוֹ

קָרָא לְשֶׁמֶשׁ וְיִזְרַח אוֹר

A gentle Lord of all that is,
Blessed and loved by each soul alive.
Great and good You fill all space.
Delight there is in knowing You.

How You transcend all holy life,
Which bears You high above any throne.
Z'khut and equity radiate from You.
Hesed and compassion the worlds reflect.

The stars and the planets You
made to give light.
You formed them all conscious,
all worthy and wise.
Knowledge and power You gave
them to shine.
Like powerful assistants
they serve You in space.

Much light and energy they radiate forth.
No place is untouched by their gentle rays.
So joyful their path is, so happy their course,
Enroute to fulfill their Creator's command.

Praising Your glory, they honor Your Name,
Singing Your Majesty's anthem of joy.
Quietly suns shine to answer Your call.
Reflections of moonlight change
size at Your word.

Seraphim, angels, and all heavenly hosts,
They praise You in concert with S'firot on high!
All elements mingle their harmonious tune
Nature and mankind in rhythm provide.

-Reb Zalman

Ayl Adon al kol ha-ma'asim

Gad'lo v'tuvo maley olam

Ha-mit'ga-eh al chayot ha-kodesh

Z'chut u-mishor lif'ney chis'oh

Tovim m'orot sheh-bara Eloheyenu

Ko-ach ug'vurah natan ba-heym

M'ley-im ziv, u-m'fikim nogah

S'mey-chim b'tzey-tam, v'sasim b'vo-am

P'ehr v'chavod notnim lee-shmo

Kara la-shemesh, va-yiz'rach or

Shevach notnim lo, kol tz'vah marom

Baruch u'm'vorach b'fi kol n'shama

Daat ut'vunah sov'vim oto

V'Neh'dar b'chavod al ha-mer'kavah

Chesed v'rachamim lif'ney ch'vo-doh

Y'tzar-am b'daat b'vina uv'has'keyl

Lih'yot mosh'lim b'kerev teyveyl.

Na-eh zivam b'chol ha-olam

Osim b'eymah r'tzon konam

Tza-hala v'rina l'zeycher malchuto

Ra-a v'hit'kin tzurat hal'vanah

Tif'eret u-g'dulah, s'rafim v'ofanim

v'chayot ha-kodesh

תְּתַבְּרַךְ צוּרֵנוּ מִלְּכֵנוּ וְגֹאֲלֵנוּ בּוֹרֵא קְדוֹשִׁים
 יִשְׁתַּבַּח שְׁמֶךָ לְעַד מִלְּכֵנוּ יוֹצֵר מִשְׁרָתִים
 וְאֲשֶׁר מִשְׁרָתֵיו כָּלָם עוֹמְדִים בְּרוּם עוֹלָם
 וּמִשְׁמִיעִים בִּירְאָה יַחַד בְּקוֹל דְּבָרֵי אֱלֹהִים
 חַיִּים וּמְלֹךְ עוֹלָם. כָּלָם אֹהֲבִים כָּלָם
 בְּרוּרִים כָּלָם גְּבוּרִים וְכָלָם עֹשִׂים בְּאֵימָה
 וּבִירְאָה רָצוֹן קוֹנֵם. וְכָלָם פּוֹתְחִים אֶת
 פִּיהֶם בְּקִדְשָׁה וּבִטְהָרָה בְּשִׁירָה וּבְזִמְרָה
 וּמְבָרְכִים וּמְשַׁבְּחִים וּמְפָאֲרִים וּמַעֲרִיצִים
 וּמְקַדִּישִׁים וּמְמַלִּיכִים:

*Tit'barach tzu-reynu, mal'keynu v'goaleynu, borey
 k'doshim yishtabach shimcha la-ad malkeynu...*

You are a Fountain of Blessings,
 Creator of the angelic realm.
 The celestial choir that stands in the cosmic heights
 proclaims Your words with awe!

All of them beloved! All of them radiant!
 All filled with power,
 All filled with holiness and purity!
 All of them lift up their voices.
 With song and psalm they sing out,
 blessing and praising, adorning and adoring,
 hallowing and crowning the Presence of the Power
 Great, Infinite, Awesome, Holy!

Each from the other in a bond of union
 they accept the dominion of God,
 giving leave each to the other,
 to call out the holiness of the Creator.

אֶת שֵׁם הָאֵל הַמְּלֹךְ הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא
 קְדוֹשׁ הוּא: וְכָלָם מְקַבְּלִים עָלֵיהֶם עַל
 מַלְכוּת שְׁמִים זֶה מִזֶּה. וְנוֹתְנִים רְשׁוּת זֶה
 לָזֶה לְהַקְדִּישׁ לְיוֹצֵרָם בְּנִחַת רוּחַ בְּשִׁפָּה
 בְּרוּרָה וּבִנְעִימָה קִדְשָׁה כָּלָם כְּאַחַד עוֹנִים
 וְאוֹמְרִים בִּירְאָה:

*Kulam ahuvim, kulam b'rurim, kulam giborim,
 v'chulam osim b'ey-mah u-v'yirah r'tzon konam.
 V'chulam pot'chim et pee-hem bik'dushah u-v'tahorah
 b'shirah u-v'zimrah, u-m'varchim u-m'shab-chim
 u-m'fa-arim u-ma-aritzim u-mak'dishim u-mam'lichim*

*et Shem ha-El ha-Melech ha-Gadol v'ha-Norah
 Kadosh Hu! V'chulam m'kablim aleyhem ol malchut
 shamayim zeh mi-zeh, v'notnim r'shut zeh la-zeh
 l'hak'dish l' yotzram. B'nachat ruach, b'safah
 b'ru-rah, u-v'n'eemah k'doshah kulam k'echad onim
 v'omrim b'yirah:*

Gentle of spirit, radiant of tongue, holy in beauty,
 responding in awe they chant and sing all together as one:

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְהוָה צְבָאוֹת מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ:

Kadosh! Kadosh! Kadosh! יהוה Tzevaot! M'loh chol ha-aretz k'vodo!

Holy! Holy! Holy! Shaper of all the Powers of the Universe!
 The whole earth radiates Your glory!



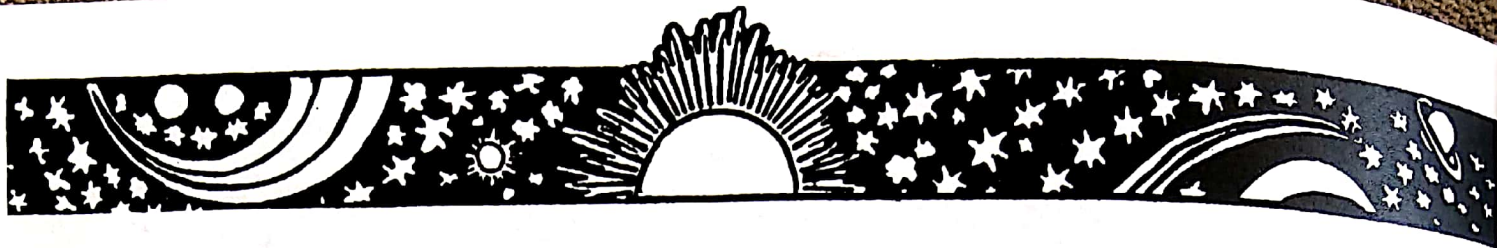
וְהָאוֹפָנִים וְחַיּוֹת הַקֹּדֶשׁ בְּרַעַשׁ גָּדוֹל
 מִתְנַשְּׂאִים לַעֲמֹת שָׂרָפִים לַעֲמֹתָם מְשַׁבְּחִים וְאוֹמְרִים:

v'ha-Ofanim v'Chayot ha-Kodesh b'ra-ash gadol mit'nasim l'umat S'rafim l'umatam m'shab'chim v'omrim:

And the Sacred Beings of the Chariot, with great stirring, rise up towards the angelic Seraphim
 singing out with praise:

בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ: *Baruch K'vod יהוה mim'komo*

A Fountain of Blessings is the Glorious Presence of God that flows from every God-place!



לֵאל בָּרוּךְ נְעִימוֹת יִתְּנוּ.

לְמֶלֶךְ אֵל חַי וְקַיִם

זְמֵרוֹת יֹאמְרוּ וְתִשְׁבְּחוֹת יִשְׁמִיעוּ.

כִּי הוּא לְבָדוּ פּוֹעֵל גְּבוּרוֹת

עֹשֶׂה חֲדָשׁוֹת בַּעַל מִלְחָמוֹת

זוֹרֵעַ צְדָקוֹת מִצְמִיחַ יְשׁוּעוֹת

בוֹרֵא רְפוּאוֹת נוֹרָא תְהִלּוֹת

אֲדוֹן הַנִּפְלְאוֹת. הֶמְחִיד בְּטוֹבוֹ

בְּכָל יוֹם תָּמִיד מַעֲשֵׂה בְּרָאשִׁית.

כְּאִמּוֹר לַעֲשֵׂה אוֹרִים גְּדוֹלִים

כִּי לְעוֹלָם חֲסֵדוֹ:

L'El Baruch n'imot yiteynu. L'Melech El Chay v'Kayam z'miroi yomeru v'tishbachot yash-mi-u.

To the Source of all Blessings

they sing hymns of praise;

to the Mighty Shaper,

Source of All That Is New;

who combats evil and plants decency

so the power to heal and save can flourish;

To the Source of all Healing, who with goodness

makes Creation new again at every moment.

As we read in the Psalms:

"Thank the One who made the great lights,
whose loyal love endures forever."

Ki Hu l'vado po-eyl gevurot oseh chadashot baal milchamot zoreya tz'dakot matzmiach y'shuot, borey r'fuot, norah t'heelot, Adon ha-nifla-ot. Ha-m'chadeysh b'tuvo b'chol yom tamid ma-aseh v'reysheet. Ka'amur: "L'oseh orim g'dolim ki l'olam chasdo."

אוֹר חֲדָשׁ עַל צִיּוֹן תֵּאִיר וְנִזְכֶּה כְּלָנוּ מִהֶרָה לְאוֹרוֹ:

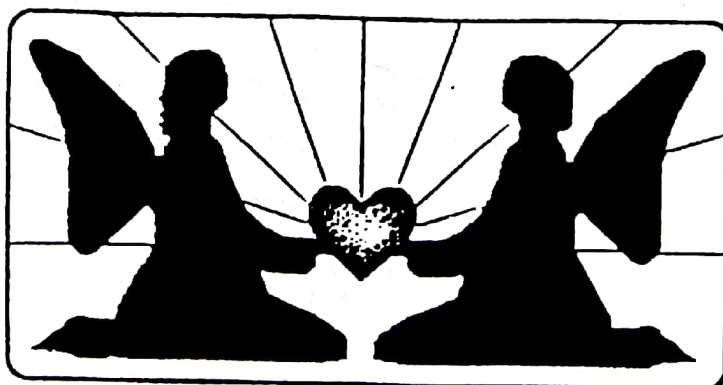
Or chadash al Tzion ta-eer, v'niz-keh chulanu m'hey-rah l'oro!

Let a new light shine on Zion, and may we soon be worthy of its light!

בָּרוּךְ אַתָּה יְהוָה יוֹצֵר הַמְּאוֹרוֹת:

Baruch Ata יהוה Yotzer ha-m'orot!

A Fountain of Blessings are You יהוה, who crafts the lights.





Entering the Love Song

Calling on the Presence of *Ahavah* in Creation

We are loved by an unending love.

We are embraced by arms that find us,
even when we are hidden from ourselves.
We are touched by fingers that soothe us,
even when we are too proud for soothing.
We are counseled by voices that guide us,
even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us,
even in the midst of a fall.
We are urged on by eyes that meet us,
even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed, and counseled,
ours are the arms, the fingers, the voices;
ours are the hands, the eyes, the smiles;

We are loved by an unending love.

(Rabbi Rami Shapiro)



אַהֲבַה רַבָּה אַהַבְתָּנוּ

Ahavah Rabbah Ahavtanu

יְהוָה אֱלֹהֵינוּ חֲמֵלָה גְדוֹלָה וַיִּתֶּרָה חֲמֵלָתָ עָלֵינוּ. אָבִינוּ מִלְּפָנֶיךָ בַּעֲבוּר הוֹרֵינוּ
שֶׁבִטָּחוּ בְּךָ וַתִּלְמַדְם חֻקֵּי חַיִּים כֵּן תַּחֲנִנֵנוּ וַתִּלְמַדְנוּ. אָבִינוּ הָאֵב הַרְחֵמֵנוּ
הַמְרַחֵם רַחֵם עָלֵינוּ וְתֵן בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל לְשִׁמְעַ לְלַמֵּד וּלְלַמֵּד לְשִׁמֵּר
וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל דְּבָרֵי תִלְמוּד תּוֹרָתְךָ בְּאַהֲבָה.

You keep such great love flowing toward us, our mother-father-Source! Along with our ancestors who knew such security with You, pour Your nurturing love upon us too! Open our hearts to receive with total awareness! Let us know, comprehend, learn, teach, hear and become extensions of Your guidance, Your Torah, with love!

וְהָאֵר עֵינֵינוּ בְּתוֹרָתְךָ וּדְבֵק לִבֵּנוּ בְּמִצְוֹתֶיךָ

V'ha-er eyneynu b'Toratecha, v'dabeyk libeynu b'mit'vzotecha.

וַיַּחַד לִבֵּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ

V'yacheyd l'vaveynu, l'ahavah u'l'yirah et sh'mecha.

וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד:

V'lo neyvosh l'olam va-ed.

כִּי בְשֵׁם קְדוּשָׁתְךָ הַגָּדוֹל וְהַנּוֹרָא בְּטַחְנוּ

נִגִּילָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ.

Ki v'shem kod'sh'cha, ha-gadol, v'ha-norah batach'nu.

Nagilah v'nis'm'chah biy'shua-techa.

May our eyes be bright with Your Torah and our hearts embrace Your *mitzvot*. Join our hearts and minds to your Essence in love and awe. We will never be ashamed, for our security lies in You...

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ וְתוֹלְכֵנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אֶתָּה וּבָנוּ
בְּחֵרָת מְכַל עַם וְלִשׁוֹן. וְקִרְבָּתָנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאַמֶּת לְהוֹדוֹת לָךְ וּלְיַחְדְּךָ בְּאַהֲבָה. בָּרוּךְ אַתָּה
יְהוָה (הַבוֹחֵר בְּ -) (הַמְקָרֵב אֶת) עַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

Va-havi-eynu l'shalom mey-ar'ba kan'fot ha-aretz, v'toli-cheynu kom'miy'yut l'ar'tzeynu, ki El poel y'shuot Ata, u-vanu vacharta mi-kol am v'lashon. V'key-rav-tanu l'shim'cha ha-gadol, selah veh-emet, l'hodot l'cha v'l'yached'cha b'ahavah. Gather us in peace from the four corners of the earth... Source of Blessing, You (choose us) (draw us close to You) in love.



Listening to the Voice of Creation

The *Shema* and Her Blessings

Listen – Listen – Listen to my heart-song
I will never forget you. I will never forsake you.

אֶחָד יָחִיד וּמְאֶחָד

Echad Yachid, u-M'uchad

One • Every single one • Each one joined and united in the One!

אֵל *El*

מֶלֶךְ *Melech*

נֶאֱמָן *Ne'eman*

God is the Enduring Source

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Eloheynu, Echad !

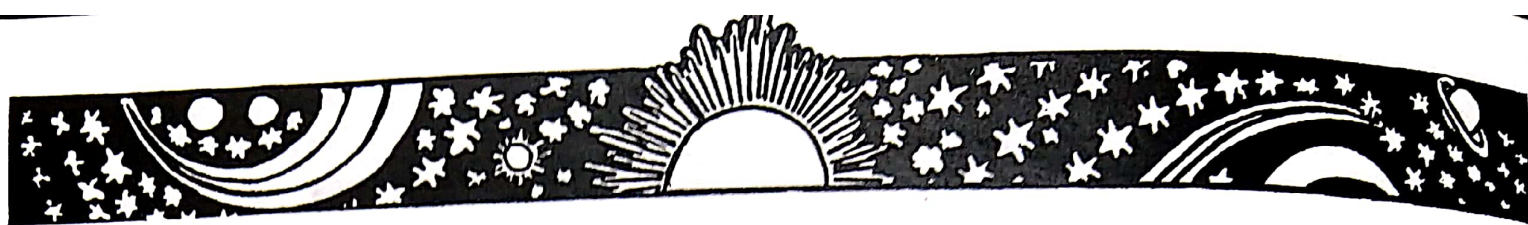
Baruch Shem K'vod Malchuto l'Olam Va-ed

Comprehend with a Total Comprehension,
all of you who “*Yisra-El* – Wrestle-with-God,”

יְהוָה, The-Breath-of-Life-of-all-Being, Is Our God

יְהוָה is the Eternal Infinite Oneness! All That Exists!

Through Time and Space Your Glory Shines Majestic One!



Calling Forth Our Own Love in Response

On the Way

And you must love יהוה your God with all your passions, with every breath, with every fiber of your being. Take these words by which I join myself to you today, into your heart. Pattern your days on them so that your children will discover Torah within you. Make your life into a voice of God, both in your stillness and in your movement. Renew these words each evening and morning with devotion. Bind them as *t'fillin* on your forehead and arm, as symbols of thoughts and acts sacred to Me. Write them in *m'zzuzot* at the entrances to your home, as a sign that all people may discover Me as they enter your home and your life.

(transl: Rabbi Burt Jacobson)

וְאַהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם
עַל-לִבְבְּךָ:
וְשִׁנַּנְתָּם לְבִנְיָךְ וְדִבַּרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֻתְךָ
בְּדֶרֶךְ וּבִשְׁכֻבְךָ וּבְקוּמְךָ.
וְקִשַּׁרְתָּם לְאוֹת עַל-יָדְךָ.
וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ:

V'ahavta et יהוה Elohecha, b'chol l'vav'cha, u-v'chol naf'sh'cha, u-v'chol m'odecha. V'hayu ha-d'varim ha-eyleh, asher Anochi m'tzav'cha ha-yom, al l'va-ve-cha. V'shinan'tam l'vanecha, v'dibar'ta bam, b'shiv't'cha b'vey-techa, u-v'lech't'cha va-derech, u-v'shoch-b'cha u-v'kumecha. U-k'shar'tam l'ot al yadecha, v'hayu l'totafot beyn eynecha. U-ch'tav'tam al m'zuzot beytecha, u-vi-sh'arecha.



With the earth

It came to pass and will come to pass when we live by our word to love יהוה, the rains came in their season; the earth offered her fruits; cattle ate from the grassy fields; we worked hard and tasted the fruits of our labor and were satisfied. But then there was a turning-away. We came to revere many things without end. יהוה's anger came like a harvest fire among us. Harsh grew the wind. We reaped fear and violence. War estranged us from the land. So we carried this memory in our hearts, we made signs upon our hands and between our eyes to remember. We taught our children to speak loving Torah, to remember the way of יהוה, and what happened to our ancestors, to increase the days of our children upon the earth.

In our living

It came to pass and will come to pass that we wore *tzitzit* / fringes on the corners of our clothing – *tzitzit* with a twine of blue, to remember God in our deeds. And when we come to want things without end, we grasp the corners of our *tzitzit* and fly to the sacred ground to remember יהוה in our living, I am יהוה your God when I call you out of the narrow places / the *Mitzrayim* of your lives, so that I can become the sacred power among you.

(transl: Rabbi Lynn Gottlieb)

Ani יהוה Elohey-chem asher ho-tzey-tee et'chem mey-eretz Mitz'rayim
lih'yot la-chem l'Elohim. Ani יהוה Elohey-chem.

וְהָיָה אִם-שָׁמַעַתְּ שְׁמִיעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי
מְצַוֶּה אֶתְכֶם הַיּוֹם לֵאמֹר אֶת יְהוָה אֱלֹהֵיכֶם
וְלַעֲבֹדוֹ בְּכָל-לִבְבְּכֶם וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי
מִטֶּר-אַרְצְכֶם בְּעֵתוֹ יוֹרֶה וּמִלְקוֹשׁ וְאִסְפַּת דְּגָנָה
וְתִירֹשָׁה וְיִצְהָרָה. וְנָתַתִּי עֵשֶׂב בַּשָּׂדֶה לְבִהֶמְתְּךָ
וְאָכַלְתָּ וְשָׂבַעְתָּ. הִשְׁמָרוּ לָכֶם פֶּן-יִפְתָּה לְבַבְכֶם
וְסָרְתֶם וַעֲבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
לָהֶם. וְחָרָה אַף-יְהוָה בָּכֶם וְעָצַר אֶת-הַשָּׁמַיִם
וְלֹא-יִהְיֶה מִטֶּר וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ
וְאָבַדְתֶּם מִהָרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה
נָתַן לָכֶם: וְשָׁמַתֶּם אֶת דְּבָרֵי אֱלֹהֵי-לִבְבְּכֶם
וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אִתָּם לְאוֹת עַל-יְדֵיכֶם
וְהָיוּ לְטוֹטָפֹת בֵּין עֵינֵיכֶם: וְלִמְדַתֶּם אִתָּם
אֶת-בְּנֵיכֶם לֵדַבֵּר בָּם בַּשַּׁבָּת בְּבֵיתְךָ וּבִלְכַתְּךָ
בַּדֶּרֶךְ וּבְשֹׁכְכָהּ וּבְקוֹמָהּ: וְכִתַּבְתֶּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם
עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְרָהָם לֵאמֹר
לָהֶם כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי
יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם: וַעֲשׂוּ לָהֶם צִיצִית
עַל-כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית הַכֹּנֶף
פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ
וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא
תָּתוּרוּ אַחֲרֵי לִבְבְּכֶם וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר-אַתֶּם
זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי
יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לֵהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:

Shema Yisrael

(Interpretive translation by Reb Zalman Schacter-Shalomi)

Listen you *Yisrael* person, יהוה who Is, is our God.
יהוה who Is, is One, Unique, All there Is.

Through Time and Space Your Glory Shines Majestic One!

Love יהוה, who is your God,
in what your heart is in, in what you aspire to,
in what you have made your own.
May these values which I connect with your life
be implanted in your feelings.

May they become the norm for your children,
addressing them in the privacy of your home,
on the errands your run.

May they help you relax,
and activate you to be productive.
Display them visibly on your arm.

Let them focus your attention.

See them at all transitions,
at home and in your environment

וְהוֹדָה
וְדָד

How good it will be when you really listen
and hear my directions which I give you today,
for loving יהוה who is your God,
and acting Godly with feeling and inspiration.

אֱמֶן

Your earthly needs will be met at the right time,
appropriate to the season.

You will reap what you have planted
for your delight and health.

Also your animals will have ample feed.

All of you will eat and be content.

שְׂמַח
וְדָד

Be careful – watch out!

Don't let your cravings delude you.

Don't become alienated.

Don't let your cravings become your gods.

Don't debase yourself to them,
because the God-sense within you will become distorted.

Heaven will be shut to you. Grace will not descend.
Earth will not produce.
Your rushing will destroy you!
And Earth will not be able to recover her good balance,
in which God's gifts manifest.

May these values of mine reside in your feelings and aspirations,
marking what you produce, guiding what you perceive.
Teach them to your children,
so that they be addressed by them in making their homes,
in how they deal with traffic;
when they are depressed, and when they are elated.
Mark your entrances and exits with them,
so you will be more aware.

Then you and your children will live out on earth,
that divine promise given to your ancestors,
to live heavenly days right here on this earth.

יהוה who Is said to Moshe
"Speak, telling the *Yisrael* folks to make *tzitzit*
on the corners of their garments,
so they will have generations to follow them.

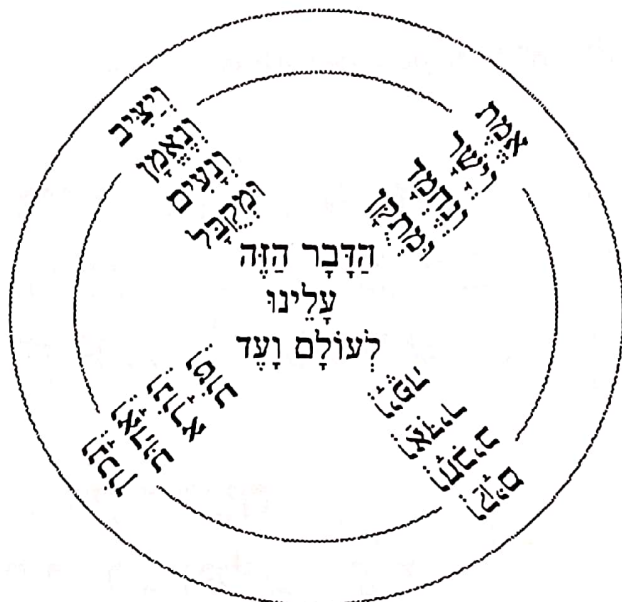
On each *tzitzit*-tassel let them set a blue thread.
Glance at it, and in your seeing,
remember all the other directives of **יהוה** who Is,
and act on them!

This way you will not be led astray,
craving to see and want,
and then prostitute yourself for your cravings.
This way you will be mindful to actualize my directions
for becoming dedicated to your God,
to be aware that I AM **יהוה** who is your God –
the One who freed you from the oppression
in order to God you.
I am **יהוה** your God.

That is the truth!



Emet v'Yatziv – True and Enduring



אֵמֶת	וִי־צִיב	<i>Emet</i>	<i>v'yatziv</i>
וְנֶחֱמַד	וְנֶכֶח	<i>v'nachon</i>	<i>v'kayam,</i>
וְנֶאֱמָן	וְיָשָׁר	<i>v'yashar</i>	<i>v'ne'eman,</i>
וְנֶחֱבִיב	וְנֶאֱהוּב	<i>v'ahoove</i>	<i>v'chaviv,</i>
וְנֶחֱמַד	וְנֶעִים	<i>v'nech'mad</i>	<i>v'na-im,</i>
וְנֶחֱמַד	וְנֶחֱמַד	<i>v'norah</i>	<i>v'adir,</i>
וְנֶחֱמַד	וְנֶחֱמַד	<i>u'm'tukan</i>	<i>u'm'kubal,</i>
וְנֶחֱמַד	וְנֶחֱמַד	<i>v'tov</i>	<i>v'yafeh</i>

הַדָּבָר הַזֶּה עָלֵינוּ *ha-davar ha-zeh aleynu*
לְעוֹלָם וָעֶד *l'olam va-ed!*

This meditative "mantra-style" text is a stream of Hebrew words of praise: True, enduring, correct, straight and true, firm, beloved....sweet, pleasant, precious... is Your teaching forever.

**You are First and Last! True and Everlasting Power for us and our ancestors!
Source of Creation, Redemption and Deliverance! You are the One Source!**

עַל הָרִאשׁוֹנִים וְעַל הָאַחֲרוֹנִים	<i>Al ha-rishonim v'al ha-acharonim</i>
דָּבָר טוֹב וְקִיָּם לְעוֹלָם וָעֶד.	<i>davar tov v'kayam l'olam va-ed!</i>
אֵמֶת וְאַמוּנָה חֶק וְלֹא יַעֲבֹר.	<i>Emet ve-munah, chok v'lo ya'avov.</i>
אֵמֶת שְׁאֵתָהּ הוּא יְהוָה אֱלֹהֵינוּ	<i>Emet, shah-Ata hu Eloheynu,</i>
וְאֱלֹהֵי הוֹרֵינוּ	<i>v'Eylohey ho-reynu.</i>
מִלְכֵנוּ מֶלֶךְ הוֹרֵינוּ גֹאֲלֵנוּ	<i>Mal'keynu Melech ho-reynu, goaleynu,</i>
גֹּאֵל אֲבוֹתֵינוּ וְאַמּוּתֵינוּ	<i>Goel avoteynu v'imoteynu,</i>
יוֹצֵרֵנוּ צוּר יִשׁוּעֵתֵינוּ	<i>yotz'reynu tzur y'shua-teynu,</i>
פוֹדֵנוּ וּמַצִּילֵנוּ מֵעוֹלָם שְׂמֵךְ	<i>podeynu u-matzileynu, mey-olam Sh'mecha!</i>
אֵין אֱלֹהִים זוֹלָתָהּ.	<i>Eyn Elohim zulatecha!</i>
אֵמֶת אַתָּה הוּא רִאשׁוֹן	<i>Emet Ata hu rishon</i>
וְאַתָּה הוּא אַחֲרוֹן	<i>v'Ata hu acharon!</i>
וּמִבְלָעָדֶיךָ אֵין לָנוּ מֶלֶךְ	<i>u-mi-bal'adecha eyn lanu Melech</i>
גּוֹאֵל וּמוֹשִׁיעַ.	<i>Goel u'Moshia!</i>

The Once and Future Promise

As we stand on the shore of the Sea of Reeds the waters part before our eyes!
We join with Miriam and Moshe to sing our song of joy to You!

Mi chamocha ba-eylim יהוה
Mi kamocha nedar ba-kodesh
Norah t'hilot oseh feleh

Who is like You among the powers!
Who is like You, awesome in holiness,
author of wonders!

Shirah chadashah
shib'chu g'ulim l'Shim-cha
Al sfat ha-yam, yachad kulam hodu
v'him'lichu v'amru:

At the shore of the Sea, the redeemed ones
sang a new song of praise to Your Name.
Together all called out:

"*yim'loch l'olam va-ed. יהוה*"
"יהוה" will be our Power as long
as space and time endure!"

Rock of Yisrael, ARISE
to help your people Yisrael,
Fulfill Your promise
of redemption for
Yehudah and Yisrael.
"Shaper of all the Powers
of the Universe" is Your Name,
Holy One of Yisrael.

Baruch Ata יהוה, Gaal Yisrael.

A Fountain of Blessing are You יהוה
Redeeming Power of Yisrael.

מִי־כִמְכָּה בְּאֵלִים יְהוָה
מִי כִמְכָּה נֶאֱדָר בִּקְדֹשׁ
נֹרָא תִהְיֶה עֹשֶׂה פֶלֶא.

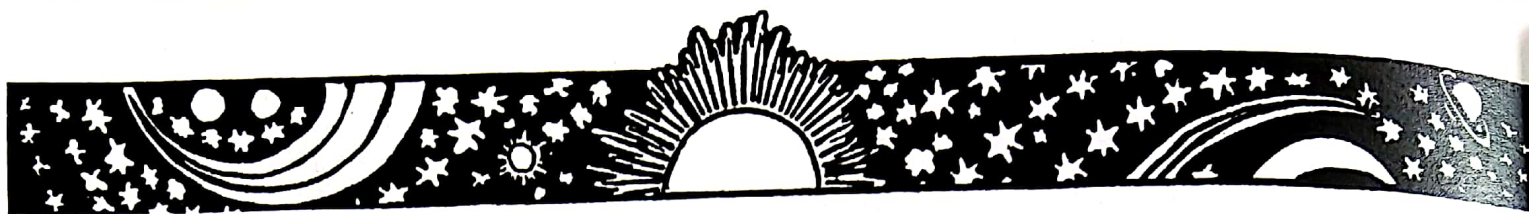
שִׁירָה חֲדָשָׁה
שִׁבְחוּ גְאוּלִּים לְשִׁמְךָ
עַל שִׁפְתַּי הָיִם יַחַד כָּלֵם הוֹדוּ
וְהִמְלִיכוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

צִוֵּר יִשְׂרָאֵל קוֹמָה
בְּעֶזְרַת יִשְׂרָאֵל
וּפִדָה כְּנַאֲמָךְ
יְהוּדָה וְיִשְׂרָאֵל.
גְּאֻלָּנוּ יְהוָה צְבָאוֹת שְׁמוֹ
קְדוֹשׁ יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְהוָה
גָּאֵל יִשְׂרָאֵל:





Amidah

עמידה

Standing Prayer

The *Shabbat Amidah* has seven blessings, seven opportunities for laying bare our most vulnerable private self before the One Self with whom pretense is useless. This is one of the most powerful meditations in Jewish spiritual practice. The Hebrew text, when memorized and softly chanted (or *davvened*), is an hypnotic mantra enabling the “*davven-er*” to use its images as aids to deep inner work. Seven is the number of *Shabbat*: creation completed, creation’s purpose fulfilled. To aid your journey, three versions of the *Amidah* are here: A Hebrew *Amidah*, an interpretive *Amidah* for English *davvenen*’, and an image-oriented *Amidah* using visualizations. Of course, *Amidah* time can also be used for the personal, silent meditation of your heart.

Amidah for Hebrew *davvenen*’

אֲדַנִּי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonay s'fatay tif'tach, u-fi yagid t'hilatecha

Open up my lips (widen the river banks of my soul) and I will sing Your praises!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי שָׂרָה
אֱלֹהֵי יִצְחָק אֱלֹהֵי רִבְקָה
וְאֱלֹהֵי יַעֲקֹב אֱלֹהֵי רָחֵל
וְאֱלֹהֵי לֵאָה

A Fountain of Blessings are You יהוה
God to each of us and our ancestors
*Baruch Ata יהוה, Eloheynu v'Elohey
avoteynu v'imoteynu: Elohey
Avraham; Elohey Yitzhak,
v'Elohey Yaakov.*

*Elohey Sarah; Elohey Rivkah;
Elohey Rachel; v'Elohey Leah.*

Great! Mighty! Awesome!
Ancient Source of Kindness.

*Ha-El, ha-Gadol, ha-Gibor,
v'ha-Norah – El Elyon!*

*Gomel chasadim tovim
v'koneh ha-kol;*

*v'zocher chasdey avot v'ima-hot,
u'may-vee g'ulah livney v'neyhem;
l'ma'an Sh'mo b'ahavah!*

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא - אֵל עֲלִיוֹן
גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה כָּל
וְזוֹכֵר חֲסֵדֵי אֲבוֹת וְאִמָּהוֹת

וּמְבִיא גְאֻלָּה לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

(on Shabbat Shuvah add)

זְכַרְנוּ לְחַיִּים מֶלֶךְ חַפֵּץ בְּחַיִּים וְכֹתֵבנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים.)

*Melech Ozeyr, u-Moshia u-Mageyn.
Baruch Ata יהוה, mageyn Avraham,
v'ezrat Sarah!*

A Fountain of Blessings are You,
Holy One, Shield of Avraham,
Protector of Sarah!

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן:
בָּרוּךְ אַתָּה יְהוָה מָגֵן אַבְרָהָם וְעִזְרַת שָׂרָה:

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי
מַחֲיָה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ:
(in summer add: מוֹרֵד הַטָּל)
(in winter add: מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם)

Ata gibor l'olam Adonay
M'chayey meytim Ata, rav l'hoshia
You are the Mighty Power who
brings life to the deadened with
your loyal love and nurturance.
(Moreed ha-tal) (Masheev ha-ruach
u'moreed ha-gashem)

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מַחֲיָה מֵתִים בְּרַחֲמִים רַבִּים.
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים.
וּמְקִיִּם אֱמוּנָתוֹ לִישׁוּעֵי עָפָר. מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֵה לָךְ. מְלֶךְ מַמְיֵת וּמַחְיָה וּמַצְמִיחַ יְשׁוּעָה:
(on Shabbat Shuvah add: מִי כְמוֹךָ אֵב הַרְחֵמִים זֶכֶר יְצוּרֵי לְחַיִּים בְּרַחֲמִים)
וְנִאֲמָן אַתָּה לְהַחְיֹת מֵתִים.
בָּרוּךְ אַתָּה יְהוָה מַחְיָה הַמֵּתִים:

M'chalkeyl chayim b'chesed, m'chayey
meytim b'rachamim rabim, someych
noflim, v'rofev cholim, u-matir asurim,
u-m'kayeym emunato liy'sheyney afar.
Mi chamocha ba'al g'vurot,
u-mi domeh lach. Melech mey-meet
u-m'chayeh u-matz-mi-ach y'shuah.
V'ne'eman Ata l'ha-chayot meytim.
Baruch Ata יהוה, m'chayey ha-meytim

You sustain all that lives with loyal love,
You give new life to the dead, raise up
those who fall, heal the sick, free the
captive, and remain faithful to all life.
Who compares to YOU, Source of life
and death, who makes salvation sprout
anew! A Fountain of Blessings are You,
Holy One, giving new life to the deadened.

קדושה The Communal Kedusha

נִקְדַּשׁ אֶת שְׁמֶךָ בְּעוֹלָם כְּשֵׁם שְׁמֶךָ דִּישִׁים אוֹתוֹ
בְּשִׁמִּי מָרוֹם כִּפְתוּב עַל יַד נְבִיאָךְ
וְקָרָא זֶה אֵל זֶה וְאָמַר:

N'kadeysh et Shim-cha ba-olam
k'shem sheh-mak'dishim oto
b'shmev marom—kaktuv al yad
n'vee-echa v'kara zeh el zeh, v'amar:
KADOSH! KADOSH! KADOSH!
יהוה TZ'VAOT –
M'LOH CHOL HA-ARETZ K'VODO
Az b'kol ra-ash gadol adir v'chazak
mash'mi-im kol mit'nasim l'umat s'rafim
l'u-matam baruch yomeyru:
BARUCH K'VOD יהוה MIM'KOMO!

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה צְבָאוֹת
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

Let us declare Your Name holy
throughout the expanses of time and space,
In the physical realm and far beyond,
just like in the vision of (Ezekiel)
the Prophet: "And the angelic S'rafim
called one to the other:
Holy! Holy! Holy! is the Living Source
of Multiplicity! Everything is saturated
with the Divine Presence! With a stirring
mighty chorus the angels call to the S'rafim:
"A Fountain of Blessings flows from
the Place of יהוה!"

אִזּוּ בְּקוֹל רַעַשׁ גָּדוֹל אֲדִיר וְחִזְק מְשִׁמִּיעִים קוֹל
מִתְנַשְּׂאִים לְעֶמֶת שְׂרָפִים לְעֶמֶתָם בָּרוּךְ יֹאמְרוּ:
בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

Reveal Yourself! Establish Your dwelling
among us, in Zion, in Jerusalem,
for all eternity. Mim'kom'cha mal'keynu
tofee-ah v'tim'loch aleynu ki m'chakim
anachnu lach. Matay tim'loch b'tzion
b'karov b'yameynu l'olam va-ed tishkon.
Tit'gadal v'tit'kadash b'toch Y'rushalayim
ir-cha l'dor va-dor u-l'netzach n'tzachim.

מִמְּקוֹמָךְ מְלִכְנוּ תוֹפִיעַ וְתִמְלֹךְ עָלֵינוּ כִּי מִחֲפִים
אֲנִיחְנוּ לָךְ. מִתִּי תִמְלֹךְ בְּצִיּוֹן בְּקָרוֹב בְּיָמֵינוּ
לְעוֹלָם וָעֶד תִּשְׁכּוֹן. תִּתְגַּדֵּל וְתִתְקַדַּשׁ בְּתוֹךְ
יְרוּשָׁלַיִם עִירָךְ לְדוֹר וָדוֹר וּלְנֶצַח נֶצְחִים.

וְעֵינֵינוּ תִּרְאֶינָה מַלְכוּתָהּ כְּדָבָר הָאָמֹר בְּשִׁירֵי עֲזָרָה
עַל יְדֵי דָוִד מְשִׁיחַ צִדְקָה:
יִמְלֹךְ יְהוָה לְעוֹלָם אֱלֹהֵינוּ צִיּוֹן לְדֹר וָדֹר הַלְלוּיָהּ.

*V'ey-ney-nu tir'enah mal'chu-techa
ka-davar ha-amur b'sh'rey uzecha
al y'dey David m'shiach tzid'kecha:
Yimloch יהוה l'olam, Elohayich tzion,
l'dor va'dor, HALL'LU-YAH!*
Let our eyes witness Your Malchut
– Your Shekhinah/Presence, just as
David sang: "Your God, Zion, will
manifest in each generation! Halleluyah!"

לְדֹר וָדֹר נָגִיד גָּדְלָהּ
וְלִנְצַח נִצָּחִים קִדְּשָׁתָהּ נִקְדִּישׁ
וְשִׁבְחָהּ אֱלֹהֵינוּ מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

*L'dor va-dor nagid god'lecha
u-l'netzach n'tzachim kedushat'cha
nak'desh. V'shiv'cha-cha Eloheynu
me-pee-nu lo yamoosh l'olam va-ed.
Ki-El Melech gadol v'kadosh Ata!
Baruch Ata יהוה ha-El ha-Kadosh!*
We'll tell of Your greatness and holiness
throughout the generations. Our mouths
won't cease! You are a Fountain
of Blessings, a Great and Holy Power!

בָּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

(הַמְלִיכָה הַקָּדוֹשׁ: on Shabbat Shuvah conclude)

Short kedusha bracha for use in private davvenen':

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקָדוֹשִׁים בְּכָל יוֹם
יְהַלְלוּךָ סֵלָה. בָּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

(הַמְלִיכָה הַקָּדוֹשׁ: on Shabbat Shuvah conclude)

*Ata kadosh v'shimcha kadosh
u-k'doshim b'chol yom y'hall'lu-cha,
selah. Baruch Ata יהוה ha-El ha-Kadosh.*
You are Holy and all holy beings
praise You continually!

יִשְׁמַח מֹשֶׁה בְּמִתְנַת חֻלְקוֹ כִּי עֶבֶד נֶאֱמָן קָרָאתָ
לוֹ. כָּלִיל תִּפְאָרֶת בְּרָאשׁוֹ נָתַתָּ בְּעַמְּדוֹ לְפָנֶיךָ
עַל הָרֹם סִינִי. וְשָׁנִי לִוְחוֹת אֲבָנִים הוֹרִיד בְּיָדוֹ
וּכְתוּב בָּהֶם שְׁמִירַת שַׁבָּת. וְכֵן כָּתוּב בְּתוֹרָתָהּ:

Moshe your true servant, rejoiced before
you on Mt. Sinai, bringing to us the two
tablets which said: "Be guardians of
Shabbat in every generation..."

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת
הִיא לְעֹלָם כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

*V'shamru B'ney Yisrael et ha-Shabbat,
la'asot et ha-Shabbat l'dorotam
brit olam. Beyni u'veyn B'ney Yisrael,
ot hee l'olam ki sheshet yamim asah יהוה
et ha-shamayim v'et ha-aretz u-va-yom
ha-sh'vee-ee shavat va-yinafash.*

The Children of Yisrael will be guardians
of Shabbat for all generations! It is a
covenant for as long as space and time
endure, between Me and the Children of
Yisrael. For in six "days" יהוה made
the physical realms; and on the seventh day
Shabbat unfurled, and soul was imparted
to the world.

עִם מְקַדְּשֵׁי שְׁבִיעִי כָּלֵם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מְטוֹבָה
וּבְשִׁבְעֵי רְצִיתָ בּוֹ וְקִדְּשָׁתוּ תְּמִידָת יָמִים אוֹתוֹ
קָרָאתָ זִכָּר לְמַעֲשֵׂה בְּרָאשִׁית.

May everyone who keeps Shabbat holy
be filled with delight. For You also took
pleasure in the seventh day, calling it
the most desirable of days, a reminder of
the flaring-forth of Creation.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ רְצֵה בְּמִנוּחָתָנוּ.
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתוֹ חֻלְקָנוּ בְּתוֹרָתְךָ שְׂבַעֲנוּ מִטּוֹבָךָ
וְשִׂמְחָנוּ בִּישׁוּעָתְךָ וְטִהַר לִבָּנוּ לְעִבְדֶּךָ בְּאַמֶּת
וְהִנְחִילָנוּ יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קִדְּשֶׁךָ
וַיְנַוְחוּ בָּהּ יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ.
בְּרוּךְ אַתָּה יְהוָה מִקִּדְּשׁ הַשַּׁבָּת:

God of our parents, accept our rest.
Help us be sacred beings through the
guidance of Your spiritual practices,
Your *mitzvot*, Your Torah, so we
will feel fully nourished by Your
goodness. Purify our hearts to serve
You in truth. Let us inherit Your
sacred *Shabbat* with love and desire.
Sacred Essence, A Fountain of
Blessings are You, making *Shabbat*
holy.

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וְלֵהֱב תְּפִלָּתָם
בְּאַהֲבָה תִּקְבֹּל בְּרָצוֹן וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת
יִשְׂרָאֵל עַמְּךָ.

Take pleasure in *Yisrael* Your people
lovingly accept our passionate
prayer.

(When Shabbat coincides with Rosh Chodesh or a Festival add:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ יַעֲלֶה וַיְבֹא וַיַּגִּיעַ וַיִּרְאֶה וַיִּרְצֶה וַיִּשְׁמַע וַיִּפְקֹד וַיִּזְכֹּר
זְכוּרֵנוּ וּפְקֻדּוֹתֵנוּ וְזִכְרוֹן אֲבוֹתֵינוּ וְזִכְרוֹן מֹשֶׁה בֶּן דָּוִד עֲבָדֶךָ וְזִכְרוֹן יְרוּשָׁלַיִם עִיר
קִדְּשֶׁךָ וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לִפְנֵיךָ לִפְלִיטָה לְטוֹבָה לְחַן וּלְחֶסֶד וּלְרַחֲמִים
לְחַיִּים וּלְשָׁלוֹם בְּיוֹם

(on Rosh Chodesh) רֹאשׁ הַחֹדֶשׁ

(on Pesach) חַג הַמַּצּוֹת

(on Sukkot) חַג הַסֻּכּוֹת (on Shavuot) חַג הַשְּׁבוּעוֹת

הַזֶּה. זְכוּרֵנוּ יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה וּפְקֻדּוֹתֵנוּ בּוֹ לְבִרְכָּה וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים וּבְדִבְרֵי
יְשׁוּעָה וּרְחֻמִּים חַס וְחֶסֶד וְרַחֲמֵינוּ עָלֵינוּ וְהוֹשִׁיעֵנוּ כִּי אֱלֹהֵי עֵינֵינוּ כִּי אֵל מֶלֶךְ חַנּוּן
וְרַחוּם אַתָּה.

On *Rosh Chodesh* and Festivals:

God of our ancestors, remember us
just as you remembered those who
came before us. Remember David
Your servant, Jerusalem Your city,
and all Your people everywhere.
Grant us safety, well-being,
compassion, life and peace on this
Festival of:— *Rosh Chodesh*

— The Feast of *Matzah*

— *Sukkot* — *Shavuot*

Remember us today for good and
grant us a life filled with blessing.

וְתִחַזְּיָנָה עֵינֵינוּ בְּשׁוּבָךָ לְצִיּוֹן בְּרַחֲמִים.
בְּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

May our eyes behold Your return
to Zion. A Fountain of Blessings
are You, bringing Your *Shekhinah*
home to Zion.

מוֹדִים אֲנִיחָנוּ לָּךְ שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ
אַתָּה הוּא לְדוֹר וָדוֹר נֹדֶה לָּךְ וְנִסְפָּר תְּהִלָּתְךָ. עַל
חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ וְעַל גְּשָׁמוֹתֵינוּ הַפְּקוּדוֹת לָּךְ
וְעַל גְּסִיךָ שְׂבָכָל יוֹם עֲמָנוּ וְעַל גְּפִלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שְׂבָכָל עֵת עָרֵב וּבֹקֶר וְצַהֲרָיִם. הַטּוֹב כִּי לֹא כָלוּ
רַחֲמֶיךָ וְהִמְרָחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קוִינֵנוּ
לָּךְ. וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְּרוּמָם שְׁמֶךָ מִלְּפָנֶיךָ תָּמִיד
לְעוֹלָם וָעֶד. (on Shabbat Shuvah add) וְכָתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ.)

We thank You, for You are The
Breath of Life, our Source, God
of our ancestors - firm, enduring
Source of Life! We give praise
for our lives, our souls, for daily
miracles, and the wonder of it all!
Source of ceaseless nurturance,
we align ourselves with You.

For all this, may Your Holy Name
be blessed and raised high forever



וְכָל הַחַיִּים יוֹדוּךָ סֶלָה וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת
הָאֵל יִשְׁוּעַתָּנוּ וְעִזְרָתָנוּ סֶלָה.
בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ וְלָךְ נָאָה לְהוֹדוֹת.

Each living thing praises You
and sings *Hall'lu* in its unique way,
with its own truth. A Fountain of
Blessings are You Holy One,
goodness is Your essence,
and to thank You is pleasure.

שָׁמַיִם שְׁלוֹם טוֹבָה וּבִרְכָּה בְּעוֹלָם חַן וְחֶסֶד וִרְחָמִים
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עֲמָךְ.

*Sim shalom, tova u-v'racha
ba-olam, cheyn, va-chesed
v'rachamim aleynu v'al kol
Yisrael amecha.*

Place peace, good and blessing,
loyal love and compassion upon us.

בְּרִכְנוּ אָבִינוּ כְּלָנוּ כְּאַחַד בְּאוֹר פְּנִיָּךְ
כִּי בְּאוֹר פְּנִיָּךְ נִתַּתָּ לָנוּ יְהוָה אֱלֹהֵינוּ
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד וְצִדְקָה וּבִרְכָּה
וִרְחָמִים וְחַיִּים וְשְׁלוֹם
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמָּךְ יִשְׂרָאֵל
בְּכָל יֵצֶת וּבְכָל שַׁעַר בְּנִשְׁלוֹמָךְ.

*Barcheynu avinu kulanu
k'echad v'or panecha.*

Our Source, bless us all
together in Your Light, for that
is the Light of Torah, Life, Love,
Loyalty, Correct Action,
Blessing, Nurturance, Wholeness,
Completeness and Peace.

on Shabbat Shuvah add) - בְּסִפּוֹר חַיִּים בְּרִכָּה וְשְׁלוֹם וּפְרִנְסָה טוֹבָה
נִזְכֵּר וְנִפְתָּח לְפָנֶיךָ אֲנַחְנוּ וְכָל עַמָּךְ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וְלִשְׁלוֹם.

(On Shabbat Shuvah— *B'sefer chayyim,
bracha v'shalom, u-far'nasah tovah,
nizacheyr v'ni-kateyv l'fanecha.
Anachnu v'chol am-cha beyt Yisrael,
l'chayyim tovim u-l'shalom.*)

בְּרוּךְ אַתָּה יְהוָה הַמְּבַרֵּךְ אֶת עַמּוֹ יִשְׂרָאֵל
וְכָל יוֹשְׁבֵי תֵּיֶל בְּנִשְׁלוֹם.

You are a Fountain of Blessings,
blessing Your people and all
who dwell on earth with *Shalom*.

سَلاَم

(continue on p. 44)

שְׁאַלוּ שְׁלוֹם יְרוּשָׁלַיִם - שְׁלוֹם - שְׁלוֹם

Sha'alu Shalom Y'rushalayim.....Shalom, Shalom.....Salaam

Pray for the peace of *Yisrael*. Pray for the peace of *Yishmael*.

Pray for the peace of all the world.

The whole world shall live in peace

שְׁלוֹם

(song by Joseph and Nathan Segal.)

(Both we who are *Yisrael*/Jews and the children of *Yishmael*/Arabs are descendants of our ancestor Abraham.
We pray for peace for both our peoples, and for Jerusalem, City of Peace.)

The Amidah in Guided Imagery

adapted from "Amidah in Movement" by Talia de Lone in P'nai Or Religious Fellowship Siddur Or Chadash 1989

1. Avot : We call upon our Ancestors for Support in our Journey.

The image

Visualize Avraham and Sarah standing before you. They can be seen as two radiant light sources. Extend from them two rays of interwoven light. The light forms a chain that comes down through the generations into you. Receive the light from your feet. Connect it to the ground. Allow the light to grow up around you, following your spine until it comes to rest on the crown of your head. Spiral it down until you are enclosed in this light. The light is your protection.

Once you have established the image, chant its blessing:

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ אַתָּה יְהוָה מִגֵּן אֲבִרָהֶם וְעֲזֶרֶת שָׂרָה:

Melech Ozeyr u'Moshia u'Mageyn. Baruch Ata יהוה, mageyn Avraham v'ezrat Sarah.
Helping, saving and protecting Power! A Fountain of Blessing are You, Holy One, protector of Avraham, supporter of Sarah.

2. Chesed and Gevurah : We Open to Divine Expansiveness and Power.

The Image

See yourself in a time of your life in which you felt lost, confused, despairing. See a light come into your heart. Allow it to grow until you shine with your own Source. Imagine yourself lying down at first, and gradually, as the light fills you, you come to standing.

The Blessing

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה מַחְיֵה הַמֵּתִים:

V'ne-eman Ata l'ha-chayot meytim. Baruch Ata יהוה, m'chayey ha-meytim.

Loyal restorer of life! A Fountain of Blessing are You, Holy One, restorer of life to the deadened.

(The Amidah in imagery continues on next page)

3. *Kedushat Ha-Shem: We Name the Holy*

The Image

Breathe in and out, seeing the purity of your breath come into your body. Breathe out slowly, allowing all impurities to leave you. Experience the wholeness and completeness of each breath. Feel its circularity, its roundness, its holiness. God's Name is in each breath.

The Blessing

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשִׁים בְּכָל יוֹם יִהְלְלוּךָ. סְלֵה.
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

Ata kadosh, v'shimcha kadosh, u'k'doshim b'chol yom y'hall'lu-cha. Selah.

Baruch Ata יְהוָה, ha-El ha-Kadosh.

You are Holy, Your name is Holy. All holy beings hail You each day. A Fountain of Blessing are You, Holy One, Breath-of-Life, Sacred Power.

4. *Kedushat Ha-Yom: We Open Ourselves to the Sacred in Shabbat*

The Image

Rabbi Abraham Joshua Heschel taught: "The meaning of Shabbat is to turn from the results of creation to the mystery of creation; from the world of creation to the creation of the world."

Look around the space you are in. Allow your eyes to see each object, each person fresh and new, as if you were seeing them for the first time. Appreciate with delight the creation process that brought all this into being. Can you feel how, by your very looking, you are creating the world you see? Rest in your delight in this way of seeing.

The Blessing

בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת:

Baruch Ata יְהוָה, m'kadeysh ha-Shabbat!

A Fountain of Blessing are You, Holy One, making *Shabbat* sacred.

(The Amidah in imagery continues on next page)

5. Avodah : We Open Ourselves to Sacred Service

The Image

See yourself as a flame, offering yourself to God. Feel the flame burning inside you. Feel your longing, your desire to know God, to serve God. Experience the great yearning that rests in that flame.

The Blessing

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים
בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

V'teche-zenah eyneynu b'shuv-chah l'Tzion b'rachamim.

Baruch Ata יְהוָה, ha-machazir Shekhinahto l'Tzion.

May our eyes behold Your loving homecoming to Zion.

A Fountain of Blessing are You, Holy One, who brings Your *Shekhinah* home.

[*Shekhinah* is our name for the Divine Feminine, that aspect of God which dwells most closely and most intimately with us, and which most profoundly feels the pain of being exiled by our hardness of heart and alienation.]

6. Modim : We Open Ourselves to Gratitude

The Image

See yourself as being grounded in the earth and touching heaven. Know that you are a vessel for miracles. Contemplate for yourself some simple miracles that occur in your daily life. Find one that has happened to you this very day.

The Blessing

וְכָל הַחַיִּים יוֹדוּךָ סֶלָה. בָּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׂמֵחַ וְלֶךְ נָאָה לְהוֹדוֹת.

V'chol ha-chayim yoducha, Selah. Baruch Ata יְהוָה, ha-tov shimcha, u-l'cha na-eh l'hodot.

Let all life acknowledge you! A Fountain of Blessing are You, Holy One, Your Name is Goodness and it gives us pleasure to give You thanks.

(The Amidah in imagery continues on next page)

7. *Shalom*: We Open Ourselves to Wholeness, Completeness, Fulfillment and Peace.

The Image

Visualize yourself bathed in light. The light is a rainbow of contentment, moving from your heart out to the people around you: into the ones you love, out into the community and beyond. See the light bathing the earth in love and peace. See what your world might look like filled with *shalom*: wholeness, completeness, perfection. Picture yourself in a place of true peace. Allow one image to grow colorful, clear and radiant. Rest in that image of yourself in *shalom*.

The Blessing

בְּרוּךְ אַתָּה יְהוָה הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Baruch Ata יהוה, ha-m'vareych et amo Yisrael ba-Shalom.

A Fountain of Blessing are You, Holy One, You bless us with *Shalom*.

(continue on pg. 44)



Silent Meditation after the Amidah

אֱלֹהֵי נִצּוֹר לְשׁוֹנִי מִרָע. וּשְׁפָתַי מִדַּבֵּר מִרְמָה: וְלִמְקַלְלִי בְּנַפְשִׁי תִּדּוּם וּבְנַפְשִׁי כֶּעָפָר לְכֹל תִּהְיֶה. פֶּתַח לִבִּי בְּתוֹרַתְךָ וּבְמִצְוֹתֶיךָ תִּרְדּוּף בְּנַפְשִׁי.	<i>Elohay n'tzor l'shoni mey-ra, U-s'fatay mi-daber mirmah (2x) V'lim'kal'lay nafshi ti-dom, V'nafshi keh-afar la-kol tih'yeh. P'tach libi b'Tora-techa U'v'mitzvo-techa tirdof nafshi.</i>
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וְכָל הַחוֹשְׁבִים עָלַי רָעָה מִהֲרָה הִפֵּר עֲצָתָם וְקִלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמָךְ. עֲשֵׂה לִמְעַן יְמִינְךָ. עֲשֵׂה לִמְעַן קִדְשֶׁךָ. עֲשֵׂה לִמְעַן תּוֹרַתְךָ. לִמְעַן יִחַלְצוּן יְדִידֶיךָ הַוְשִׁיעָה יְמִינְךָ וְעֲנֵנִי. יִהְיוּ לְרִצּוֹן אֲמָרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ יִהְיֶה צוּרִי וְגֹאֲלִי.	My God, Guard my tongue from all evil, And my lips from spouting lies. May I think before I begin to speak, May my words be gentle and wise. Help me ignore those who wish me ill. Help me be humble before all. Open my heart to Your Torah. That I know how to answer Your call.
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(Juliet Spitzer)

May You guard my tongue from evil,
 and my lips from speaking lies.
 Help me ignore the taunts of my foes,
 and to forgive those who wrong me.
 Open my heart to the wisdom of Torah,
 so that my soul will follow the path of righteousness.
 May all who study destruction have their designs frustrated.
 May this happen for the sake of the holiness of the world.
 May the words of my mouth and the meditations of my heart,
 remain true and loving, and be acceptable in Your sight.

עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
 וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵּבֵל וְאָמְרוּ: אָמֵן.

*Oseh shalom bim'romav. Hu ya'aseh shalom aleynu,
 v'al kol Yisrael, v'al kol yosh'vey teyveyl. V'imru: Amen!*

May Your light show us the way to bring peace to all.

Encountering Revelation

Here I have come.
I find my whole life in the scroll of a book
I desire to do what You long for, my God,
for Your Torah lives within me
(Psalm 40:8-9 • transl: Rabbi Burt Jacobson)



אֵין כָּמוֹךָ בָּאֱלֹהִים יְהוָה וְאֵין כְּמַעֲשֶׂיךָ.
מַלְכוּתְךָ מַלְכוּת כָּל-עֲלָמִים וּמַמְשָׁלְתְךָ בְּכָל-דּוֹר וָדוֹר.
יְהוָה מֶלֶךְ - יְהוָה מֶלֶךְ - יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.
יְהוָה עֹז לְעַמּוֹ יִתֵּן - יְהוָה יְבָרֶךְ אֶת-עַמּוֹ בְּשָׁלוֹם.

Eyn kamocha va-Elohim יְהוָה, v'eyn k'ma-asecha!
Mal'chut'cha malchut kol olamim, u-mem'shal-t'cha b'chol dor va-dor!
יהוה – Melech! יהוה – Malach! יהוה – Yimloch l'olam va-ed!
יהוה oz l'amo yiteyn, יהוה y'vareych et amo va-shalom.

There is none like You among the Powers, Eternal One, and nothing like Your works!
You infuse all existence with Your Essence. Every generation receives Your guidance.
You breathe Past, Present and Future into being. You give us strength and bless us with peace.

אָב (מְקוֹר) הַרַחֲמִים
הֵיטִיבָה בְּרָצוֹנְךָ אֶת-צִיּוֹן. תִּבְנֶה חוֹמוֹת יְרוּשָׁלַיִם.
כִּי בָּךְ לִבִּד בְּטַחְנוּ מֶלֶךְ אֵל רַחֵם וְנִשְׂא
אֲדוֹן עוֹלָמִים.

Av (M'kor) ha-Rachamim,
heyteevah vir'tzoncha et-Tzion. Tiv'neh chomot Y'rushalayim!
Ki v'cha l'vad batach'nu! Melech El Rahm v'Nisa, Adon Olamim.

Source of Nurturing Compassion, desire what is good for Zion – heal the brokenness of Jerusalem.
We trust only in You, Highest Source, Guiding Artist of all the seen and unseen worlds.

וַיְהִי בְּנִסּוּעַ הָאָרֶן וַיֹּאמֶר מֹשֶׁה
 קוּמָה יְהוָה וַיִּפְצוּ אִיבֵיהֶּ וַיִּנָּסוּ מִשְׁנֵאֵיהֶּ מִפָּנֶיהֶּ:
 כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה וּדְבַר־יְהוָה מִירוּשָׁלַיִם:
 בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשְׁתּוֹ:

Va-y'hi bin'soa ha-aron va-yomer Moshe:
"Kuma יהוה v'ya-futzu oy'vecha, v'ya-nusu m'san'echa mi-panecha!
Ki mi-Tzion teytzey Torah! U'dvar יהוה mi Y'rushalayim!"
Baruch sheh-natan Torah l'amo Yisrael bi'k'dushato!

When the Ark traveled Moshe used to call out: "Rise up יהוה and may all the forces of negativity be scattered! For Torah is coming from Zion and the word of יהוה from Jerusalem! A Fountain of Blessings is the One who gives Torah to Yisrael!"

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 From the Zohar:

בֵּה אָנָּה רַחֵץ. וְלִשְׁמֵהּ קִדִּישָׁא יִקְרָא אָנָּה אִמַּר תִּשְׁבְּחוּ.  
 יְהֵא רַעְוָא קַדְמָךְ דְּתַפְתַּח לְבָאֵי בְּאוֹרֵיתָא וְתִשְׁלִים מִשְׁאֲלִין דְּלְבָאֵי.  
 וְלְבָא דְּכָל עַמְךָ יִשְׂרָאֵל. לְטַב וּלְחַיִּין וְלִשְׁלָם: (אִמֵּין)

*Beyh ana racheytz. V'lish'mey kadisha yakirah ana amar tush'b'chan.*  
*Y'hey ra-avah kadamach d'tif'tach lee-ba-ee b'oraita. V'tash'lim mish'alim d'li-ba-ee,*  
*v'liba d'chol amach Yisrael. L'tav u-l'chayyin v'lish'lam. (Ameyn.)*

We trust in You, and praise Your Holy and glorious Name. Open our hearts to Torah and fulfill the wishes of our hearts and the hearts of all the people Yisrael for the good, for life and for peace.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד *Shema Yisrael, יהוה Eloheynu, יהוה Echad.*  
 אֶחָד אֱלֹהֵינוּ גָּדוֹל אֲדוֹנֵנוּ קְדוֹשׁ שְׁמוֹ *Echad Eloheynu, Gadol Adoneynu, Kadosh Sh'mo!*  
 גָּדְלוֹ לִיהוָה אֲתִי וְנִרְמָמָה שְׁמוֹ יַחְדוֹ *Gadlu la-יהוה eetee u-n'rom'mah Sh'mo yach'dav.*

Fully Comprehend Yisrael, יהוה is our Power! יהוה is Infinite.  
 Our Power is the great and holy unity of all that is! Enlarge your consciousness of יהוה with me!  
 Let's raise up the Holy Name together!

לָךְ יִהְיֶה הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוּד  
 כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ: לָךְ יִהְיֶה הַמְּלָכָה וְהַמִּתְנַשֵּׂא לְכָל לְרֹאשׁ:  
 רוֹמְמוֹ יִהְיֶה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּ לְהָדוֹם רַגְלָיו קְדוֹשׁ הוּא:  
 רוֹמְמוֹ יִהְיֶה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּ לְהָר קְדִשׁוֹ כִּי קְדוֹשׁ יִהְיֶה אֱלֹהֵינוּ:

*L'cha יהוה ha-g'dulah v'ha-g'vurah v'ha-tiferet v'ha-netzach v'ha-hod.*

*Ki chol ba'shamayim u'va-aretz. L'cha יהוה ha-mamlacha v'ha-mitnasey l'chol l'rosh.*

*Romm'mu יהוה Eloheynu, v'hish'tachavu la-hadom raglav kadosh hu!*

*Romm'mu יהוה Eloheynu v'hish'tachavu l'har kodsho, ki kadosh יהוה Eloheynu!*

**To you belong the Gedulah (Chesed), Gevurah, Tiferet, Netzach and Hod..**

**Everything in the fluid and physical realms!**

**Exalt יהוה and surrender your ego...**

**for יהוה Eloheynu is Holy!**



The person reading Torah or calling the Aliyot calls the individuals or groups up to the Torah:



וַיַּעֲזֹר וַיִּגֹּן וַיּוֹשִׁיעַ לְכָל הַחוֹסִים בּוֹ וְנֹאמַר אָמֵן.  
 הַכֹּל הָבּוֹ גָּדֹל לְאֱלֹהֵינוּ וְתָנוּ כְּבוֹד לַתּוֹרָה.  
 יַעֲמֹד / תַּעֲמֹד / יַעֲמֹדוּ .... name(s) or aliyah theme ....  
 בְּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.  
 וְאַתֶּם הַדֹּבָקִים בִּיהוָה אֱלֹהֵיכֶם חַיִּים כְּלָכֶם הַיּוֹם.

May the Holy One help, protect and save all the faithful ones. Amen! Let's honor the greatness of God and Torah! Let (the person or group) come up! A Fountain of Blessings is the One who gives Torah to Yisrael. *V'atem ha-d'vey-kim ba-יהוה Eloheychem, chayyim kul'chem ha-yom.* And all of you who attach yourselves to יהוה are the ones who are really alive, right here today!



# Torah Brachot

It is a custom in Jewish renewal communities to encourage both feminine and masculine "God-language," along with inclusive, non-triumphalist language in prayer. The wording of the Torah *brachot* has become a focus of this kind of creative exploration. These renditions of the Torah blessings offer some examples of how this is being done.

## BEFORE THE TORAH READING

**Those who come up for an *aliyah* chant:**

*Barchu et יהוה ha-m'vorach*

בְּרַכּוּ אֶת יְהוָה הַמְּבֹרָךְ.

Call out *brachot* of praise to יהוה the Source of Blessing!

**The community calls back:**

*Baruch יהוה ha-m'vorach l'olam va-ed. בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד.*

A Fountain of Blessing is יהוה, Source of blessing as long as time and space endure!

**Those who have come up for the *aliyah* respond:**

Traditional version

– highlights the uniqueness of the Jewish People, chosen to receive Torah –

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:  
בָּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה.

*Baruch Ata יהוה, Eloheynu Melech ha-Olam,  
asher bachar banu mi-kol ha-amim, v'natan lanu et Torato.  
Baruch Ata יהוה, noteyn ha-Torah.*

A Fountain of Blessings are You יהוה, Sourcing Power of Time and Space,  
Who has chosen us from among all the Peoples to give us Torah.  
A Fountain of Blessings are You יהוה, Giver of Torah!

## AFTER THE TORAH READING

Those who have come up for the *aliyah* chant:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ:  
( בְּרוּךְ אַתָּה יְהוָה נֹתֵן הַתּוֹרָה: ) traditional masculine ending )  
( בְּרוּכָה אַתָּה יְיָ-שְׁכִינָה/נֹתֶנֶת הַתּוֹרָה: ) feminine God-language )

*Baruch Ata יהוה Eloheynu Melech ha-Olam,*  
*asher natan lanu Torat emet, v'cha-yey olam natah b'tocheynu.*

- masculine: *Baruch Ata יהוה noteyn ha-Torah*
- feminine: *Bruchah At יְיָ Yah* (or *יְיָ-שְׁכִינָה Yah-Shekhinah*) *notenet ha-Torah*

A Fountain of Blessings are You, Holy One, Sourcing Power of Time and Space, Who has given us a Torah of truth, and planted eternal life within us.

Note: The kabbalists teach that in any *bracha* when we see the unpronounceable Holy Name יהוה and say aloud the Holy Name *Adonay*, which represents *Shekhinah*, we are bringing together the masculine and feminine aspects of the One in a perfect unity. We can hold this intention in our hearts when we use the traditional language to offer any blessing.

## *Birkat ha-Gomeyl* בִּרְכַּת הַגּוֹמֵל

For someone who has completed a major journey, or survived illness or danger.

That person comes up to the Torah and calls out:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת שְׂגַמְלָנִי כָּל טוֹב:

*Baruch Ata יהוה Eloheynu Melech ha-Olam, ha-gomeyl l'chayavim tovot, sheh-g'malani kol tov.*

The community responds:

מִי (שְׂגַמְלָהּ) (שְׂגַמְלָהּ) (שְׂגַמְלָהּ) כָּל טוֹב הוּא (יְגַמְלָהּ) (יְגַמְלָהּ) כָּל טוֹב סֵלָה:

*Mi (sheh-g'malcha) (sheh-g'maleych) kol tov, Hu (yig'mal-cha) (yig'ma-leych) kol tov, Selah.*

A Fountain of Blessings are You, Holy One of Blessings, Sourcing Power of Time and Space, You bestow goodness on us beyond what we deserve, and You have bestowed every goodness upon me! The community responds: May the ultimate bestower of goodness, grant goodness to you!



## Blessing for the Sick

May You Who blessed our ancestors,  
Abraham, Isaac, and Jacob,  
Sarah, Rebecca, Rachel and Leah,

You who bless  
those who are ill,

bless \_\_\_\_\_,  
son/daughter of \_\_\_\_\_.

Comfort him/her, Holy One,

bless him/her,

have compassion on him/her,

restore him/her

to good health

## מי שברך לחולה

מי שברך אבותינו ואמותינו

אברהם יצחק ויעקב

שרה רבקה רחל ולאה

הוא יברך

את החולה/החולה

יברך את \_\_\_\_\_

בן/בת \_\_\_\_\_.

בשכר זה/זאת הקדוש

ברוך הוא/היא

ימלא רחמים עליו/עליה

להחלימו/להחלימה

ולרפאתו/ולרפאתה

## Mi shebeirach

*Mi she-bei-rach a-vo-tei-nu*

*M'kor ha-bra-cha l'i-mo-tei-nu,*

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.

*Mi she-bei-rach i-mo-tei-nu*

*M'kor ha-bra-cha la'a-vo-tei-nu*

Bless those in need of healing

with *r'fu'a sh'lei-ma*

The renewal of body,

the renewal of spirit,

and let us say, Amen.

# Blessing of the New Month - Rosh Chodesh

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ  
וְאֲמוֹתֵינוּ שֶׁתְּחַדֵּשׁ עָלֵינוּ אֶת הַחֹדֶשׁ הַזֶּה לְטוֹבָה  
וְלִבְרָכָה וְתִתֵּן לָנוּ חַיִּים אַרְוִפִּים חַיִּים שֶׁל שְׁלוֹם חַיִּים  
שֶׁל טוֹבָה חַיִּים שֶׁל בְּרָכָה חַיִּים שֶׁל פְּרֻסָּה חַיִּים שֶׁל  
חֲלוּץ עֲצָמוֹת חַיִּים שֶׁיֵּשׁ בָּהֶם יִרְאַת שָׁמַיִם וְיִרְאַת  
חֹטֵא: חַיִּים שֶׁאֵין בָּהֶם בּוֹשָׁה וּכְלָמָה חַיִּים שֶׁל עֶשֶׂר  
וְכָבוֹד חַיִּים שֶׁתִּהְיֶה בָנוּ אֶהְבֵּת תּוֹרָה וְיִרְאַת שָׁמַיִם  
חַיִּים שֶׁיִּמְלֹא יְהוָה מִשְׁאָלוֹת לְבָנוּ לְטוֹבָה אָמֵן סֵלָה:

מִי שֶׁעָשָׂה נִסִּים לְאֲבוֹתֵינוּ וְאֲמוֹתֵינוּ וְגָאֵל אוֹתָם  
מֵעֲבָדוֹת לְחֵרוֹת הוּא יְגָאֵל אוֹתָנוּ בְּקִרְבֵּי וּיְקַבֵּץ נִדְחֵינוּ  
מֵאַרְבַּע כְּנָפּוֹת הָאָרֶץ. חֲבֵרִים כָּל יִשְׂרָאֵל וְנֹאמַר אָמֵן:

רֹאשׁ חֹדֶשׁ \_\_\_\_\_ יְהִיָּה בְּיוֹם \_\_\_\_\_  
הַבָּא עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל לְטוֹבָה:

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בְּרוּךְ הוּא עָלֵינוּ  
וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל לְחַיִּים וּלְשָׁלוֹם.  
לְשִׁשּׁוֹן וּלְשִׁמְחָה. לִישׁוּעָה וּלְנִחְמָה.  
וְנֹאמַר אָמֵן:

May it be Your desire, Holy One,  
God to us and to our ancestors, that  
You renew this month for us, for  
goodness and for blessing. Gift us  
with long life; lives of peace,  
goodness and blessing, nourishment  
and sustenance. May we enjoy  
healthy bodies, and lives filled with  
awe and reverence so that we shun  
wrong-doing. May our lives be free of  
shame and reproach; lives filled with  
abundance and honor, love of Torah  
and awe of Heaven, in which all the  
desires of our hearts are fulfilled for  
goodness. Amen.

May the One who made miracles for  
our ancestors, and redeemed them  
from slavery into freedom, continue  
to redeem us, and gather us from all  
four corners of the world, for all  
Yisrael is one fellowship

The New Month of \_\_\_\_\_  
will begin on \_\_\_\_\_.

Rosh Chodesh \_\_\_\_\_  
yih'yeh b'yom \_\_\_\_\_.

Ha-ba aleynu v'al kol Yisrael  
l'tovah!

May it come upon us and all Yisrael  
for goodness!

Y'chad'shey-hu Ha-Kadosh-  
Baruch-Hu aleynu v'al kol amo beyt  
Yisrael l'chayyim u-l'shalom, l'sasson  
u-l'simchah, li-shuah, u-l'nechamah.  
V'nomar Ameyn

## The Hebrew Months:

תִּשְׁרֵי / Tishrey

חֶשְׁוֵן / Cheshvan

כֶּסֶלֶב / Kislev

טֵבֵת / Tevet

שֶׁבַט / Shevat

אֲדָר / Adar \*

(\*In a leap year אֲדָר א / Adar Aleph; אֲדָר ב / Adar Bet)

נִיסָן / Nisan

אֵיָר / Iyar

סִיָּוֵן / Sivan

תַּמּוּז / Tamuz

אָב / Av

אֵלּוּל / Elul



# Haftarah Brachot

## Before reading the Haftarah

ברוך אתה יהוה אלהינו מלך העולם  
אשר בחר בנביאים טובים  
ורצה בדבריהם הנאמרים באמת.  
ברוך אתה יהוה הבוחר בתורה ובמשה עבדו  
ובישראל עמו ובנביאי האמת וצדק.

Baruch Ata יהוה Eloheynu Melech ha-Olam,  
asher bachar bin'vi-im tovim v'ratzah  
b'divrey-hem ha-ne'emanim be-emet.  
Baruch Ata יהוה ha-bocheyr ba-Torah  
uv'Moshe av'do uv'Yisrael amo,  
u-vin'vi-ey ha-emet va-tzedek.  
A Fountain of Blessings are You יהוה,  
who chooses special ones through  
whom the truth bursts forward.  
You choose Torah, enlightened prophets  
like Moshe, and deep listeners who  
bring truth and model righteousness.

## After the Haftarah

ברוך אתה יהוה אלהינו מלך העולם  
צור כל העולמים צדיק בכל הדורות  
האל הנאמן האומר ועשה המדבר ומקיים  
שכל דבריו אמת וצדק.  
נאמן אתה הוא יהוה אלהינו ונאמנים דבריו  
ודבר אחד מדבריו אחר לא ישוב ריקם  
כי אל מלך נאמן ורחמן אתה.  
ברוך אתה יהוה האל הנאמן בכל דבריו.

Baruch Ata יהוה Eloheynu Melech ha-Olam  
tzur kol ha-olamim, tzadik b'chol ha-dorot,  
ha-El ha-ne'eman ha-omeyr v'oseh,  
ha-m'dabeyr u-m'kayeym,  
sheh-kol d'varav emet va-tzedek.  
A Fountain of Blessings are You יהוה,  
Our God and Guide, pouring creation-  
energy into the unfolding universe.  
You are faithful with your power,  
You speak and physicality emerges.  
All Your manifestations are true and righteous.  
A Fountain of Blessings are You Holy One,  
faithful in fulfilling Your word.

רחם על ציון כי היא בית חיינו ולעלובת נפש  
תושיע במהרה בימינו.  
ברוך אתה יהוה משמח ציון בבניה.

Have compassion on Zion,  
for she is the dwelling-place of our lives.  
A Fountain of Blessings are You Holy One,  
who lets Zion rejoice with her children.

שמחנו יהוה אלהינו באליהו הנביא עבדך  
ובמלכות בית דוד משיחך במהרה יבא ויגל לבנו  
על כסאו לא ישוב זר ולא ינחלו עוד אחרים את כבודו  
כי בשם קדשך נשבעת לו שלא יכפה גרו לעולם ועד.  
ברוך אתה יהוה מגן דוד.

Let us rejoice with *Eliyahu Ha-Navi*,  
Your servant, and with the whole House  
of David, Your *Mashiach*. May *Eliyahu*  
come soon and bring joy to our hearts.  
You promised that David's light would  
never go out! May no unworthy one  
occupy his throne!  
A Fountain of Blessings are You יהוה,  
*Mageyn David* – Shield of David.

על התורה ועל העבודה ועל הנביאים  
ועל יום השבת הזה (ועל יום חג המצות - חג השבעות -

We thank You for Torah,  
for the sacred service of this day,  
for the enlightened  
prophets and seers, for *Shabbos*  
of holiness and rest, glory and delight,  
(and for this Feast of *Matzah*; *Shavuot*;  
*Sukkot*; *Shemini Atzeret*).  
May Your Name be praised by all life.  
A Fountain of Blessings are You יהוה,  
making *Shabbos* (*Yisrael*, and Festivals) holy.

חג הסוכות - השמיני חג העצרת הזה)  
שנתת לנו יהוה אלהינו לקדשה ולמנוחה  
(לששון ולשמחה) לכבוד ולתפארת.  
על הכל יהוה אלהינו אנחנו מודים לך ומברכים אותך  
יתברך שמה בכל חי תמיד לעולם ועד.  
ברוך אתה יהוה מקדש השבת (וישראל והזמנים).

# Returning the Torah Scroll to the Ark

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא כְרַעוּתִיהּ וַיִּמְלִיךְ מַלְכוּתִיהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל. בְּעֶגְלָא וּבְזֶמֶן קָרִיב וְאָמְרוּ אָמֵן:

יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא: y'hey shmey raba m'varach l'alam u'l'almey almay  
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא  
בְּרִיךְ הוּא לְעֵלָּא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאֲמִירָן בְּעֶלְמָא  
וְאָמְרוּ ameyn אָמֵן: b'rich hu

Raising the Scroll – הַגְבָּהָה Hag'bah-hah

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם מֹשֶׁה  
לִפְנֵי בְנֵי יִשְׂרָאֵל עַל פִּי יְהוָה בְּיַד מֹשֶׁה:

V'zoht ha-Torah asher sam Moshe lif'ney b'ney Yisrael al pi יהוה b'yad Moshe!

This is the Torah given by Moshe to the children of Yisrael,  
the word of God transmitted through Moshe.

*Hafarah reading can be placed here*

יְהַלְלוּ אֶת שֵׁם יְהוָה כִּי נִשְׁגַּב שְׁמוֹ לְבָדּוֹ.  
הוֹדוּ עַל אֶרֶץ וּשְׁמַיִם וַיֵּרָם קֶרֶן לְעַמּוֹ  
תְּהַלֶּה לְכָל חֲסִידָיו לְבְנֵי יִשְׂרָאֵל עִם קְרוּבוֹ  
הַלְלוּיָהּ.

Y'hall'lu et shem יהוה ki nisgav sh'mo l'vado.  
Hodu al eretz v'shamayim va-yarem keren l'amo.  
T'hee-lah l'chol chasidav liv'ney Yisrael am k'ro-vo.  
Hall'lu-Yah!

Let us all praise the Name of the One, alone to be exalted!  
Whose Glory fills the earth and the heavens, and Who has raised our people's strength.  
Praise to all the fervent ones! To the Children of Yisrael, people near to God!  
Hall'lu-Yah!





Psalm 29

מִזְמוֹר לְדָוִד

הָבוּ לַיהוָה כְּבוֹד וְעֹז:  
הַשְׁתַּחֲוּוּ לַיהוָה בְּהִדְרַת קֹדֶשׁ:  
אֵל הַכְּבוֹד הַרְעִים יְהוָה עַל מַיִם רַבִּים:

הָבוּ לַיהוָה בְּנֵי אֱלִים  
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ  
קוֹל יְהוָה עַל הַמַּיִם

Mizmor l'David

Havu la-יהוה b'ney eylim,  
Havu la-יהוה k'vod sh'mo,  
Kol יהוה al ha'mayim,

Havu la-יהוה kavod va-ohz.  
Hish'ta-cha-vu la-יהוה b'hadrat kodesh.  
El ha-kavod hir'im, יהוה al mayim rabim.

קוֹל יְהוָה בְּהִדְרָה:  
וַיִּשְׁבֵּר יְהוָה אֶת אֲרָזֵי הַלְבָּנוֹן  
לְבָנוֹן וּשְׂרִיּוֹן כְּמוֹ בֶן רֵאמִים

קוֹל יְהוָה בִּפְתָּח  
קוֹל יְהוָה שֹׁבֵר אֲרָזִים  
וַיִּרְקִידֵם כְּמוֹ עֵגֶל

Kol יהוה ba-koach,  
Kol יהוה shoveyr arazim,  
Va-yar'kideym k'mo eygel,

Kol יהוה beh-hadar  
Va-y'shabeyr יהוה et ar'zey hal'vanon.  
L'vanon v'siryon k'mo ven r'eymim.

קוֹל יְהוָה יַחֲלִיל מִדְּבַר  
קוֹל יְהוָה יַחֲלִיל אֵילֹת  
וַיִּחַשֵּׁף יַעֲרוֹת וּבִהֲיָכְלוֹ כָּלוּ אֲמֵר כְּבוֹד:  
יְהוָה לַמַּבּוּל יָשָׁב  
יְהוָה עַז לְעֲמֹ יִתֵּן

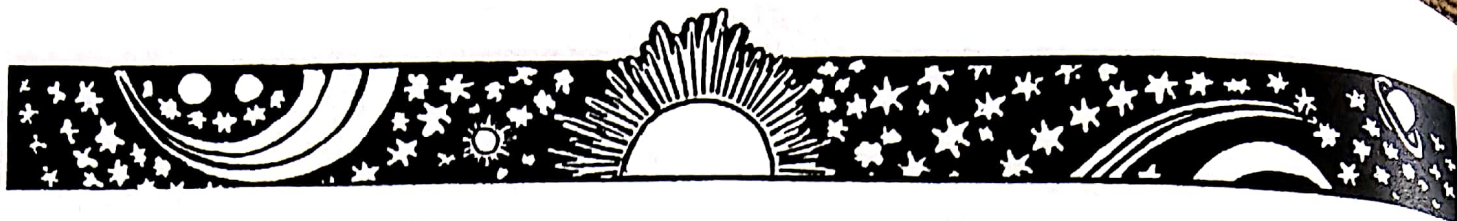
וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם:  
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם:



Kol יהוה chotzeyv la-havot eysh,  
Yacheel יהוה mid'bar kadeysh,  
Va-yeh-cheh-sof y'arot u-v'heychalo kulo omeyr kavod:  
יהוה la-mabul yashav,  
יהוה ohz l'amo yiteyn,

Kol יהוה yacheel mid'bar  
Kol יהוה y'choleyl ayalot  
Va-yey-sheyv יהוה Melech l'olam.  
יהוה y'vareych et amo va-shalom.

To יהוה belongs the Glory and the Power! The voice of יהוה thunders over the waters, full of might. The voice of יהוה shatters the cedars of Lebanon, making mountains leap like cattle! The voice of יהוה carves out flames of fire. The desert tremble, oak trees dance and the forests are stripped bare! In the Temple, everything proclaims God's Presence. יהוה ruled over the Flood and will rule forever. May יהוה give strength to us and bless us with peace!



יִשְׂרָאֵל וְאוֹרֵיתָא וְקֻדְשָׁא בְּרִיךְ הוּא חַד הוּא:  
תּוֹרָה אוֹרָה הַלְלוּיָהּ!

*Yisrael, v'Oraita, v'Kudsha-Brich-Hu chad hu. Torah orah, hall'lu-Yah.*

*Yisrael, Torah and The Holy-One-of-Blessing are One!  
Torah is Light! Hall'luYah !*

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ וְתוֹמְכִיהָ מְאֻשָּׁר:  
דְּרָכֶיהָ דְּרָכֵי נֹעַם וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם:  
הַשִּׁיבֵנוּ יְהוּה אֵלֵינוּ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

*Eytz chayim hee, la-macha-zikim bah, v'tomchey-hah m'ushar,*

*D'rachey-hah darchey noam, v'chol n'tee-vo-teha Shalom!*

*Ha-shee-veynu יהוה eylecha v'nashuvah! Chadeysh yameynu k'kedem!*

She is a Tree of Life to all who hold fast to her. Everyone who upholds her is fortunate!  
Her ways are pleasantness and all her paths are peace.  
Let us return to You! May a time of renewal come!

~~~~~

She is a Tree of Life,
More precious than gold.
Hold her in your heart and you will understand,
עֵץ חַיִּים הִיא *Eytz chayim hee*
Her roots are deep and wise. Her branches filled with light.
And all her pathways are peace.

(Hanna Tiferet Siegel)



We Rise to Praise and Weave the Dream *Aleynu*

עֲלֵינוּ לְשַׁבַּח לַאֲדוֹן הַכֹּל לְזֵאת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית

alternative wordings

אֲשֶׁר נָתַן לָנוּ	שָׁלוֹ * עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת
תּוֹרַת אֱמֶת	וְלוֹ * שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה
וְחַיֵּי עוֹלָם	שָׁלוֹ * שָׁם חֵלְקֵנוּ כָּהֶם
נִטַּע בְּתוֹכֵנוּ:	וְגֵרְלָנוּ כָּכָל הָעוֹלָם

וְאַנַּחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא.

Aleynu l'shabeyach la-Adon ha-kol, lateyt gedulah l'Yotzer B'reysheet
Asher natan lanu Sheh Lo asah-nu k'goyey ha-ara-tzot,
Torat emet v'Lo samanu k'mishpachot ha-adamah
V'cha-yey olam Sheh Lo sam chelkeynu ka-hem,
Nata b'tocheynu v'goraleynu k'chol ha-olam

We rise to praise You, Source of All. (You give us a Torah of Truth, and plant eternal life within us)
 (You have made us a unique people, as are all the nations of the earth whose destiny we share).

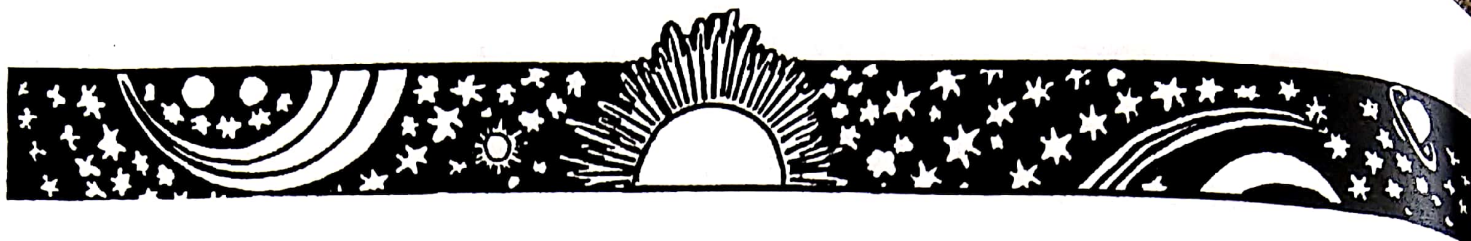
Va-anachnu kor'eem (we bend our knees with humility) *u'mish'tacha-veem* (and bow)
u'modeem (offer our gratitude) *lifney Melech Malchey ha-M'lacheem, ha-Kadosh-Baruch-Hu!*
 – before the Holy One of Blessing, the Ultimate *Melech* – Sourcing Power.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ וּמוֹשֵׁב יִקְרוּ בְּשָׁמַיִם מִמַּעַל וּשְׂכִינֵת עֲזוֹ
 בְּגִבְהֵי מְרוֹמִים הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מִלִּפְנֵי אָפֶס זִוְלָתוֹ פִּכְתוּב
 בְּתוֹרָתוֹ: וַיִּדְעַת הַיּוֹם וְהַשַּׁבָּת אֶל לִבָּהּ כִּי יְהוָה הוּא הָאֱלֹהִים בְּשָׁמַיִם
 מִמַּעַל וְעַל הָאָרֶץ מִתַּת אֵין עוֹד:

עַל כֵּן נִקְוֶה לָּהּ יְהוָה אֱלֹהֵינוּ לְרֹאוֹת מְהֵרָה בְּתַפְאֶרֶת עֲזָה לְהַעֲבִיר גְּלוּלֵינוּ
 מִן הָאָרֶץ וְהָאֱלִילִים כְּרוֹת יִפְרֹתוֹן. לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי וְכָל בְּנֵי
 בָּשָׂר יִקְרְאוּ בְּשִׁמָּה. לְהַפְנוֹת אֵלֵיהָ כָּל רִשְׁעֵי אֶרֶץ. יִפְרִי וַיִּדְעוּ כָּל יוֹשְׁבֵי
 תִּבְלָה כִּי לָהּ תִּכְרַע כָּל בָּרָה תִּשָּׁבַע כָּל לִשׁוֹן: לִפְנֵיהּ יְהוָה אֱלֹהֵינוּ יִכְרַעוּ
 וַיִּפְּלוּ. וְלִכְבוֹד שְׁמָהּ יִקְרָ יִתְנוּ. וַיִּקְבְּלוּ כָּלֶם אֶת עוֹל מַלְכוּתָהּ. וְתִמְלֹךְ
 עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד. כִּי הַמַּלְכוּת שֶׁלָּהּ הִיא וְלְעוֹלָמֵי עֵד תִּמְלֹךְ
 בְּכָבוֹד: פִּכְתוּב בְּתוֹרָתָהּ יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

For God stretched forth the heavens and laid the foundations of the Earth. As is written in Torah: know fully with mind and heart – יהוה is our God! There is none other.

We trust that the day will come when the many gods of divisiveness and distortion – the broken pieces of the whole – will be re-united in the One, and true Godliness will shine throughout the world.



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 share equally in the earth's abundance,
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 each other and the earth,
And then everywhere will be called Eden once again.

(Judy Chicago)

וְנֵאמַר וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא יְהִיָּה יְהוָה אֶחָד וּשְׁמוֹ אֶחָד:

V'ne-emar, v'hayah יְהוָה *l'melech al kol ha-aretz.*

Ba-yom ha-hu yih-yeh יְהוָה *echad u-sh'mo echad!*

As it is written: The Source will be the center around which the world will turn.
On that day the Eternal will truly be One, with all shapes and forms of its glory.

* note: Without altering the pronunciation, in this version the Hebrew spelling of שְׁלוֹ *sheh-lo* changes the meaning of the traditional text from "שֵׁלָא – who has not" (...made us like other nations) to "שְׁלוֹ – who has made us God's" (implying – with the other nations) making the text more universalistic and inclusive. -Reb Zalman
(To make this inclusivity more emphatic, Reb Zalman and others have begun to say עִם as in עִם גּוֹיֵי הָאָרְצוֹת - *with all the nations*)

We Remember Them

In the rising sun and in its going down,
we remember them.

In the blowing of the wind and in the chill of winter,
we remember them.

In the opening of buds and in the rebirth of spring,
we remember them.

In the blueness of the sky and in the warmth of summer,
we remember them.

In the rustling of leaves and in the beauty of autumn,
we remember them.

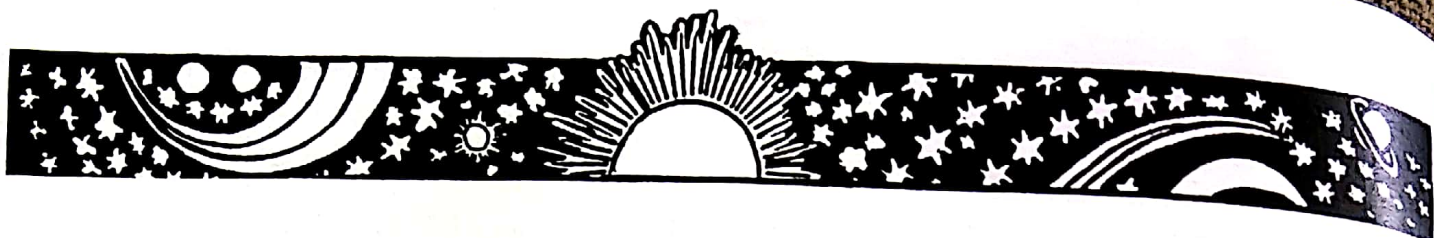
In the beginning of the year and when it ends,
we remember them.

When we are weary and in need of strength,
we remember them.

When we are lost and sick at heart,
we remember them.

When we have joys we yearn to share,
we remember them.

So long as we live, they too shall live,
for they are now a part of us
as we remember them.



Mourner's

קדיש יתום

Kaddish

Yit' gadal v' yit' kadash
Sh'mey Rabba
b'al'ma dee vra chee-r'ootey
v'yam'leech mal'chutey
b'cha-yey-chon uv'yomey-chon
uv'cha-yey d'chol Beyt Yisrael
ba-a-ga-la u-vee-zman kareev, v'eem-roo:

Ameyn

Y'hey Sh'mey Rabba m'va-rach
l'alam, ul'al'mey al'maya
Yit'barach v'yish-ta-bach
v'yit'pa-ar, v'yit'romam, v'yit'nasey
v'yit'hadar, v'yit'aleh, v'yit'halal
Sh'mey d'Kud'sha, Brich Hu!
L'eyla meen kol
(on High Holidays: L'eyla ul'eyla mee-kol)
birchata v'shirata
tush'b'chata v'nechemata
da-amiran b'alma v'imroo:

Ameyn

Y'hey shlama rabba min sh'maya
v'chayyim aleynu v'al kol Yisrael, v'imroo

Ameyn

Oseh shalom bim'ro-mav
Hu ya'aseh shalom
aleynu, v'al kol Yisrael
v'al kol yoshvey tevel,
v'imroo
Ameyn

יִתְגַּדַּל וְיִתְקַדַּשׁ
שְׁמֵהּ רַבָּא
בְּעָלְמָא דִּי בְּרָא כְרַעוּתָהּ
וְיִמְלִיךָ מַלְכוּתָהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעָגְלָא וּבְזִמְנֵן קָרִיב וְאָמְרוּ
אָמֵן:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:
יְתַבְרַךְ וְיִשְׁתַּבַּח
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא
לְעָלְמָא (וְלְעָלְמָא מְכָל) מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאָמִירוֹן בְּעָלְמָא וְאָמְרוּ
אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו
הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֶל
וְאָמְרוּ
אָמֵן:

May God's essence
be revealed as great and holy
throughout the universes
that were created by divine desire.

May the realm of the sacred be completed in our lifetime.

May the Holy Name be blessed as long as worlds endure:

hailed, praised and exalted though beyond any song or praise or description we could utter!
May there be universal peace, life for us, for all Yisrael, and all who dwell on earth.

Amen.



Eyn K'Eloheynu

אין כַּאדוֹנֵינוּ Eyn ka-do-neynu,
אין כְּמוֹשִׁיעֵנוּ. Eyn k'mo-shi-eynu.

אין כַּאֱלֹהֵינוּ Eyn keylo-heynu,
אין כְּמַלְכֵנוּ. Eyn k'mal'keynu,

מִי כַּאדוֹנֵינוּ Mi cha-do-neynu
מִי כְּמוֹשִׁיעֵנוּ. Mi ch'mo-shi-eynu.

מִי כַּאֱלֹהֵינוּ Mi cheylo-heynu,
מִי כְּמַלְכֵנוּ. Mi ch'mal'keynu,

נוֹדֶה לַאדוֹנֵינוּ Nodeh la-do-neynu,
נוֹדֶה לְמוֹשִׁיעֵנוּ. Nodeh l'mo-shi-eynu.

נוֹדֶה לַאֱלֹהֵינוּ Nodeh leylo-heynu,
נוֹדֶה לְמַלְכֵנוּ. Nodeh l'mal'keynu,

בָּרוּךְ אַדוֹנֵינוּ Baruch ado-neynu,
בָּרוּךְ מוֹשִׁיעֵנוּ. Baruch mo-shi-eynu.

בָּרוּךְ אֱלֹהֵינוּ Baruch Eloheynu,
בָּרוּךְ מַלְכֵנוּ. Baruch mal'keynu,

אֲתָה הוּא אַדוֹנֵינוּ Ata hu ado-neynu,
אֲתָה הוּא מוֹשִׁיעֵנוּ. Ata hu mo-shi-eynu.

אֲתָה הוּא אֱלֹהֵינוּ Ata hu Eloheynu,
אֲתָה הוּא מַלְכֵנוּ. Ata hu mal'keynu,

אֲתָה הוּא שֶׁהִקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ אֶת קְטֹרֶת הַסַּמִּים.

Ata Hu sheh-hik'tiru avo-teynu l'fanecha et k'toret ha-samim.

There is none like Our God, our Adon, our Melech, our Saving Power!
Who is like Our God, our Adon, our Melech, our Saving Power!
Let us thank Our God, our Adon, our Melech, our Saving Power!
Let us praise Our God, our Adon, our Melech, our Saving Power!
You are Our God, our Adon, our Melech, our Saving Power!
You are the One before whom our ancestors once burned
the fragrant incense.

Eyn K'Eloheynu with Ladino verses

אין פֿאַדוֹיִנען	אין פֿאַדוֹיִנען	אין פֿאַדוֹיִנען	אין פֿאַדוֹיִנען
מי פֿאַדוֹיִנען	מי פֿאַדוֹיִנען	מי פֿאַדוֹיִנען	מי פֿאַדוֹיִנען
נוֹדֶה לִפְנֵי	נוֹדֶה לִפְנֵי	נוֹדֶה לִפְנֵי	נוֹדֶה לִפְנֵי
פֿאַדוֹיִנען	פֿאַדוֹיִנען	פֿאַדוֹיִנען	פֿאַדוֹיִנען
אַתָּה הוּא אֱלֹהֵינוּ	אַתָּה הוּא אֱלֹהֵינוּ	אַתָּה הוּא אֱלֹהֵינוּ	אַתָּה הוּא אֱלֹהֵינוּ

Eyn keylo-heynu, Eyn ka-do neynu, Eyn k'mal-keynu, Eyn k'mo-shi-eynu.

**Non como nuestro Dio, Non como nuestro Señor
Non como nuestro Rey, Non como nuestro Salvador**

Mi cheylo-heynu, Mi cha-do-neynu, Mi ch'mal-keynu, Mi ch'mo-shi-eynu.

**Quien como nuestro Dio, Quien como nuestro Señor
Quien como nuestro Rey, Quien como nuestro Salvador**

Nodeh leylo-heynu, Nodeh la-do-neynu, Nodeh l'mal-keynu, Nodeh l'mo-shi-eynu.

**Loaremos a nuestro Dio, Loaremos a nuestro Señor
Loaremos a nuestro Rey, Loaremos a nuestro Salvador**

Baruch Eloheynu, Baruch ado-neynu, Baruch mal-keynu, Baruch mo-shi-eynu.

**Bendicho nuestro Dio, Bendicho nuestro Señor
Bendicho nuestro Rey, Bendicho nuestro Salvador**

Ata hu Eloheynu, Ata hu ado-neynu, Ata hu mal-keynu, Ata hu mo-shi-eynu.

**Tu el nuestro Dio, Tu el nuestro Señor
Tu el nuestro Rey, Tu el nuestro Salvador**

(Ladino is rooted in medieval Spanish, which accounts for the divergence from modern Spanish spelling, ie. nuestro vs. nuestro)

Eyn K'Eyloheynu

sung to the melody of *Ha-Tikvah*

intermediary Arabic and English verse:

لَا إِلَهَ إِلَّا اللَّهُ

La Ilah-ha Illah Allah-hu (2x)

Brothers and sisters, our God is One (2x)



Adon Olam

בְּטֶרֶם כָּל יִצִּיר נִבְרָא.
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.
לְבַדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא יִהְיֶה בְּתַפְאֲרָה.
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
וְלוֹ הָעֹז וְהַמְּשָׁרָה.
וְצוּר חֲבִלִי בְּעֵת צָרָה.
מִנָּת כּוֹסִי בְּיוֹם אֶקְרָא.
בְּעֵת אִישׁוֹן וְאַעִּירָה.
יִהוּה לִי וְלֹא אִירָא.

*Adon Olam asher malach
b'terem kol y'tzir nivra,
L'eyt na'asah v'cheftzo kol,
azay Melech Sh'mo nikra.*

*V'acharey kichlot ha-kol,
l'va-do yimloch norah,
V'Hu hayah, v'Hu hoveh,
v'Hu yih-yeh b'tif'arah.*

*V'Hu echad v'eyn shayni,
l'hamshil lo l'hachbira,
B'li reyshit, b'li tachlit,
v'lo ha-oz v'ha-misra.*

*V'Hu Eli v'chay goali,
v'tzur chevli b'eyt tzarah,
V'Hu ni-si, u-manos li,
m'nat kosi b'yom ekrah.*

*B'yado afkeed ruchi,
b'eyt ishan, v'a-irah,
V'im ruchi, g'vi-ya-ti,
יהוה li, v'lo irah.*

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ
לַעֲת נַעֲשֶׂה בְּחֶפְצוֹ כָּל
וְאַחֲרֵי כָכָלּוֹת הַכֹּל
וְהוּא הָיָה וְהוּא הָיָה
וְהוּא אֶחָד וְאֵין שֵׁנִי
בְּלִי רֵאשִׁית בְּלִי תַכְלִית
וְהוּא אֵלִי וְחִי גֹאֲלִי
וְהוּא נָסִי וּמָנוֹס לִי
בְּיָדוֹ אֶפְקִיד רוּחִי
וְעַם רוּחִי גְּוִיָּתִי

*Adon Olam: Master of Time and Space,
who "malach" – sourced and sustained all –
before any form was created;
When Your desire brought all into being,
Then your Name was called Melech:
Source of Power!
After all has ceased to be, You,
Awesome One, "yimloch" alone.
Was-ness, Is-ness, and Will-be-ness, in splendor!
Perfect Oneness without other to compare
or declare equal!
Beginningless, Endless! Power and Dominion!
My God, Living Source of saving power:
Anchoring rock for my pain in time of distress,
My banner, my refuge,
The portion in my cup on the day I call out!
Into your hand I entrust my life-breath,
When I sleep and when I wake,
So too my physical body.
יהוה is with me. I shall not fear.*

עֹד יִהְיֶה שְׁלֹה: אֲשֶׁר יוֹשְׁבֵי בֵיתְךָ
 אֲשֶׁר הָעַם שִׁפְכָה לוֹ אֲשֶׁר יוֹשְׁבֵי בֵיתְךָ
 תִּהְיֶה לְדָוִד אֲרוֹמֶמְךָ אֱלֹהֵי הַמָּלָךְ
 וְאֶבְרַכְךָ בְּכָל-יוֹם אֶבְרַכְךָ
 וְאֶהְלֶלְךָ שְׁמֶךָ לְעוֹלָם וָעֶד: גָּדוֹל יְהוָה וּמִהְלָל מְאֹד
 וְלִגְדָּלְתוֹ אֵין חֶקֶר: דּוֹר לְדוֹר יִשְׁבַּח מִעֲשֵׂיךָ
 וּגְבוּרָתֶיךָ יִגְדֹּד: הָרַר כְּבוֹד הוֹדָה
 וְדַבְּרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה: וְעֲזוֹז נוֹרְאוֹתֶיךָ יֹאמְרוּ
 וּגְדָלְתֶךָ אֲסַפְּרֶנָּה: זָכַר רַב-טוֹבָךָ יִפְיֶעוּ
 וּגְדָלְתֶךָ יִרְגְּנוּ: חֲנֹן וְרַחוּם יְהוָה
 אֲרָךְ אֲפִים וּגְדָל־חֶסֶד: טוֹב־יְהוָה לְכָל
 וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו: יִדְוֶה יְהוָה כָּל-מַעֲשָׂיךָ
 וְחֲסִדֶיךָ יִבְרַכְּכָה: —

Ashrey yoshvey veyteha od yehaleluha selah.
 Ashrey ha'am shekahah lo ashrey ha'am she'adonay elohav.
 Tehilah ledavid.
 Aromimeha elohay hameleh va'avarehah shimeha le'olam va'ed.
 Behol yom avareheka va'ahalela shimeha le'olam va'ed.
 Gadol adonay umhulal me'od veligdulato cyn heker.
 Dor ledor yeshabah ma'aseha ugvuroteha yagidu.
 Hadar kevod hodeha vedivrey nifle'oteha asihah.
 Ve'ezuz noroteha yomeru ugdulateha asaperenah.
 Zehar rav tuveha yabi'u vetzidkateha yeranenu.
 Hanun verahum adonay ereh apayim ugdol hased.
 Tov adonay lakol verahamav al kol ma'asav.
 Yoduh adonay kol ma'aseha vehasideha yevarehuhah.

COMMENTARY. Psalm 145 is an alphabetical acrostic. The translation roughly preserves the sound of the Hebrew initials of each line. The line for the letter nun is missing from this psalm, for unknown reasons. J.R.

Happy are they who dwell within your house,
 may they continue to give praise to you.
 Happy is the people for whom life is thus,
 happy is the people with THE EVERLASTING for its God!

A Psalm of David

- א All exaltations do I raise to you, my sovereign God,
 and I give blessing to your name, forever and eternally.
 ב Blessings do I offer you each day,
 I hail your name, forever and eternally.
 ג Great is THE ETERNAL, to be praised emphatically,
 because God's greatness has no measure.
 ד Declaring praises for your deeds one era to the next,
 people describe your mighty acts.
 ה Heaven's glorious splendor is my song,
 words of your miracles I eagerly pour forth.
 ו Wondrous are your powers—people tell of them,
 and your magnificence do I recount.
 ז Signs of your abundant goodness they express,
 and in your justice they rejoice.
 ח How gracious and how merciful is THE ABUNDANT ONE,
 slow to anger, great in love.
 ט To all God's creatures, goodness flows,
 on all creation, divine love.
 י Your creatures all give thanks to you,
 your fervent ones bless you emphatically.

אשrey...סלה / Happy...you (Psalm 84:5).
 אשrey...אלהין / Happy...God (Psalm 144:15).

וְגִבּוֹרֹתָהּ יִדְבְּרוּ:
 וְכְבוֹד הָדָר מְלָכוּתוֹ:
 וּמִמְשָׁלֶתָהּ בְּכָל־דּוֹר וָדוֹר:
 וְזִמְנָהּ לְכָל־הַכְּפוּפִים:
 וְאַתָּה נוֹתֵן־לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ:
 וּמִשְׁפִּיעַ לְכָל־חַי רִצּוֹן:
 וְחֹסֵד בְּכָל־מַעֲשָׂיו:
 לְכָל אֲשֶׁר יִקְרָאָהוּ בְּאֵמֶת:
 וְאַתָּה שׁוֹעֵתֶם יִשְׁמַע וְיִשְׁיַעֵם:
 וְאַתָּה כָּל־הַרְשָׁעִים יִשְׁמִיד:
 וְיִכְרֹךְ כָּל־בָּשָׂר שֶׁם קָדְשׁוֹ
 לְעוֹלָם וָעֶד:
 מַעֲתָה וְעַד־עוֹלָם הַלְלוּיָהּ:
 כְּבוֹד מְלָכוּתָהּ יִאֲמְרוּ
 לְהוֹדִיעַ לְבָנֵי הָאָדָם גִּבּוֹרֹתָיו
 מְלָכוּתָהּ מְלָכוּת כְּלִיעָלְמִים
 סוּמָד יְהוָה לְכָל־הַנִּפְלִים
 עֵינֵי כָל אֱלֹיָהּ יִשְׁבְּרוּ
 פֹתַח אֶת־יָדָהּ
 צְדִיק יְהוָה בְּכָל־דְּרָכָיו
 קְרוֹב יְהוָה לְכָל־קוֹרְאָיו
 רִצּוֹן יִרְאֵיו יַעֲשֶׂה
 שׁוֹמֵר יְהוָה אֶת־כָּל־אֲהָבָיו
 *תִּהְיֶלֶת יְהוָה יִדְבֹּר פִּי

Kevod malhuteha yomeru ugevurateha yedaberu.
 Lehodi'a livney ha'adam gevurotav uhvod hadar malhuto.
 Malhuteha malhut kol olamim umemshalteha behol dor vador.
 Someh adonay lehol hanofelim vezokef lehol hakefufim.
 Eyney hol eleha yesaberu
 ve'atah noten lahem et ohlam be'ito.
 Pote'ah et yadeha umasbi'a lehol hay ratzon.
 Tzadik adonay behol derahav vehasid behol ma'asav.
 Karov adonay lehol korav lehol asher yikra'uhu ve'emet.
 Retzon yere'av ya'aseh ve'et shavatam yishma veyoshi'em.
 Shomer adonay et kol ohavav ve'et kol harsha'im yashmid.
 Tehilat adonay yedaber pi
 vivareh kol basar shem kodsho le'olam va'ed.
 Va'anahnu nevareh yah me'atah ve'ad olam halleluyah.

כ Calling out the glory of your sovereignty,
 of your magnificence they speak,
 ל Letting all people know your mighty acts,
 and of your sovereignty's glory and splendor.
 מ May your sovereignty last all eternities,
 your dominion for era after era.
 ס Strong support to all who fall,
 GOD raises up the humble and the lame.
 ע All hopeful gazes turn toward you,
 as you give sustenance in its appointed time.
 פ Providing with your open hand,
 you satisfy desire in all life.
 צ So just is God in every way,
 so loving amid all the divine deeds.
 ק Close by is God to all who call,
 to all who call to God in truth.
 ר Responding to the yearning of all those who fear,
 God hears their cry and comes to rescue them.
 ש Showing care to all who love God, THE ETERNAL
 brings destruction to all evildoers.
 ת The praise of THE ALL-KNOWING does my mouth declare,
 and all flesh give blessing to God's holy name, unto
 eternity.

Psalms 145

And as for us, we bless the name of Yah,
 from now until the end of time. Halleluyah!

ואנחנו...הללויה / And...Halleluyah! (Psalm 115:18).