

Our praise gives strength to the
Shaper of Life. Every soul is
blessed and rooted in the Divine.
Our teaching of truth is to know
we must hallow all life.

Aleynu l'shabei-ah עֲלֵינוּ לְשִׁבְחָהּ
la-Adon ha-kol, לְאֲדוֹן הַכֹּל,
lateit g'dulah לְתֵת גְּדֻלָּה
l'yotzeir b'reishit. לְיוֹצֵר בְּרֵאשִׁית.

We bend our knees, bow,
acknowledge and surrender,
lifting our hearts in praise, joy
and thanks to the Life within all
life, The Holy Blessed One.

Va'anahnu kor'im וְאֲנַחְנוּ כּוֹרְעִים
u-mishtahavim u-modim וּמִשְׁתַּחֲוִים וּמוֹדִים,
lifnei Melekh לְפָנֵי מֶלֶךְ
mal'khei ha-m'lakhim מַלְכֵי הַמַּלְכִּים,
Ha-Kadosh Barukh Hu. הַקְּדוֹשׁ בָּרוּךְ הוּא.

There will come a time when the forces of destruction and distortion
of ego - the broken whole - will be reconnected into one sacred vessel.

The One will be truly One. We hold to this vision.

We will not be swayed.

Though despair and pain is great, change is possible!

We will work to bring the day that holy guidance directs the world.

On that day all will know, experience and live the Unity.



TAKEYN OLAM [singable English from R. Tirzah Firestone]

Takeyn Olam b'mal'khut Shaddai. תִּקֵּן עוֹלָם בְּמַלְכוּת שַׁדַּי.

To heal the world, we must feel the world.

Heal the world with the power of Shaddai.

AND THEN based on Judy Chicago's translation

And then, and then....all men and women will be gentle.

And then, and then....all women and men will be strong.

And they will be so varied, rich and free.

And everywhere will be called Eden once again.

As Zechariah [14:9] said:

And **YHVH** will be Sovereign
over all the Earth.

On that day **YHVH** will be One
and God's Name will be One!

V'ne'emar v'ha-ya Adonai וְנֵאמַר, וְהָיָה יְהוָה
l'melekh al kol ha-aretz! לְמֶלֶךְ עַל כָּל הָאָרֶץ,
Ba-yom ha-hu yih-yeh בַּיּוֹם הַהוּא יִהְיֶה
Adonai ehad u-she'mo ehad! יְהוָה אֶחָד, וּשְׁמוֹ אֶחָד:

Yitgadal v'yitkadash sh'mei raba. **Amein.** יִתְגַּדַּל וְיִתְקַדַּשׁ שֵׁמֶה רַבָּא. אָמֵן.

b'alma di v'ra khirutei. בְּעֻלְמָא דִּי בְּרָא כִּרְעוּתֵיהּ.

V'yamlikh malkhutei, וְיַמְלִיךְ מַלְכוּתֵיהּ.

b'hayekhon u-v'yomeykhon בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן.

u-v'hayei d'khol beit Yisrael, וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.

ba'agala u-vizman kariv, בְּעֻגְלָא וּבְזִמָּן קָרִיב.

V'imru: **Amein.** וְאָמְרוּ אָמֵן.

Y'hei sh'mei raba m'vorakh יְהִי שֵׁמֶה רַבָּא מְבֹרָךְ.

I'olam u-l'almei almaya. לְעֵלָם וּלְעֻלְמֵי עֻלְמַיָּא.

May the Great Name grow exalted and sanctified in the world created as the expression of the Divine.
May Divine Reality be revealed in your lifetimes and in your days, and in the lifetimes of the House of Israel
swiftly and soon, and say: **Amen. May the Great Name be blessed forever and ever.**

Yitbarakh v'yishtabah v'yitpa'ar יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר.

v'yitromam v'yitnasei וְיִתְרֹמַם וְיִתְנַשֵּׂא.

v'yithadar v'yitaleh v'yithalal וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל.

sh'mei d'**Kudsha Brikh Hu.** שֵׁמֶה דְקֻדְשָׁא בְּרִיךְ הוּא.

Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be
the Name of the **Holy One of Blessing.**

L'eila u-l'eila mi kol לְעֵלָא וּלְעֵלָא מִכָּל.

birkhata v'shirata tush'b'hata v'nehemata בִּרְכַּתָּא וְשִׁירָתָא תִּשְׁבַּחְתָּא וְנִחְמַתָּא.

da'amiran b'alma. V'imru: **Amein.** דָּאֲמִירָן בְּעֻלְמָא. וְאָמְרוּ אָמֵן.

Blessed is the One beyond and above all blessing and song, praise and consolation
that are uttered in the world, and say: **Amen.**

Y'hei sh'lama raba min sh'maya, יְהִי שְׁלָמָא רַבָּא מִן שָׁמַיָּא.

v'hayim aleynu v'al kol Yisra-eil, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

V'imru: **Amein.** וְאָמְרוּ אָמֵן.

May great peace come from Heaven, bringing life to us and all Israel,
and say: **Amen.**

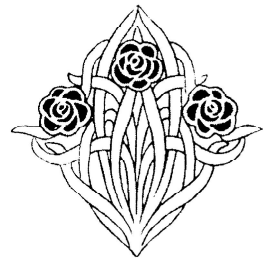
Ose shalom bi-m'romav, עֹשֶׂה שָׁלוֹם בְּמִרְוֹמָיו.

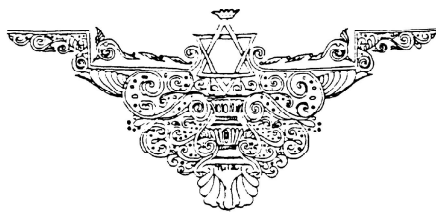
Hu ya'ase shalom aleynu הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ.

v'al kol Yisra'eil, וְעַל כָּל יִשְׂרָאֵל.

v'al kol yoshvei tevel, v'imru: **Amein.** וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן.

The One who makes peace in the heights, will make peace upon us, upon all Israel,
and upon all who dwell on earth, and say: **Amen.**





ADON OLAM

Master of the Universe: who reigned before any form was created. At the moment when all was made by Divine Will, then could God's Name be called Sovereign.

And, after all things will cease to be, the Awesome One will reign alone. God was, is and will be – always in beauty.

God is One; there is no second. None can compare or share God's place. Without beginning and without end, strength and royal grace are God's.

Eli, my God, is my living Redeemer, my Rock in times of suffering and distress. God is my miracle and my refuge, filling my vessel on the day I call out.

I entrust my spirit into God's hand when I go to sleep and when I awaken. As with my soul, so with my body: *Adonai* is with me and I shall not fear.

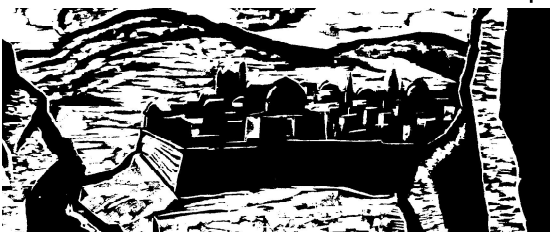
אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, **Adon olam asher malakh,**
בְּטֶרֶם כָּל יִצְיֵיר גְּבֻרָא. **b'terem kol y'tzir nivra.**
לֵעֵת נַעֲשָׂה בְּחֶפְצוֹ כָּל, **L'eit na'asah v'heftzo kol,**
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא. **azai Melekh sh'mo nikra.**

וְאַחֲרֵי כָּכָל הַכֹּל, **V'aharei kikhlot ha-kol**
לְבַדּוֹ יִמְלֹךְ נֹרָא. **I'vado yimlokh Nora.**
וְהוּא הָיָה, וְהוּא הוֹוֶה, **V'Hu hayah, v'Hu hoveh,**
וְהוּא יִהְיֶה, בְּתִפְאָרָה. **v'Hu yih'yeh b'tifarah.**

וְהוּא אֶחָד וְאֵין שֵׁנִי, **V' Hu ehad v'ein sheini,**
לְהַמְשִׁיל לוֹ לְהַחֲבִירָה. **I'hamshil lo, I'hah'biyrah.**
בְּלִי רֵאשִׁית בְּלִי תְּכֵלִית, **B'li reishit, b'li takhlit,**
וְלֹא הָעֵז וְהַמְשָׁרָה. **v'lo ha-oz v'hamisrah.**

וְהוּא אֵלִי וְחִי גִּאֲלִי, **V'Hu Eili, v' hai go'ali,**
וְצוּר חֲבִלִי בְּעֵת צָרָה. **v'tzur hevli, b'eit tzarah.**
וְהוּא נָסִי וּמְנוּס לִי, **V' Hu nisi u-manos li**
מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא. **m'nat kosi b'yom ekra.**

בְּיָדוֹ אֶפְקִיד רוּחִי, **B'yado afkid ruhi**
בְּעֵת אִישָׁן וְאַעִּירָה. **b'eit iyshan v'a'iyrah.**
וְעִם רוּחִי גִּוִּיתִי, **V'im ruhi g'viyati,**
יְהוּדָה לִי וְלֹא אִירָא. **Adonai li v'lo iyra.**



AḤAT SHA'ALTI [Psalm 27:4]

Aḥat sha'alti me'eit Ha-Shem (4x) אַחַת שְׁאַלְתִּי מֵאֵת הַשֵּׁם,
Otah avakeish shivti b'veit Ha-Shem (4x) אוֹתָהּ אֲבַקֵּשׁ שִׁבְתִּי בְּבֵית הַשֵּׁם
Kol y'mei ḥayai la'hazot b'no'am Ha-Shem (3x) כָּל יְמֵי חַיִּי לַחַזוֹת בְּנוֹעַם הַשֵּׁם
U-l'vakeir b'heykhalo: וְלִבְקֹר בְּהֵיכָלוֹ:

**Only one thing I ask of you, O Lord
Only one thing I ask of you, O Lord
That I should dwell in Your house, Hashem
Dwell in Your house all the days of my life**

KAVEH [Psalm 27:14]

Kaveh kaveh kaveh el Ha-Shem קָוֵה, קָוֵה, קָוֵה אֶל הַשֵּׁם
Kaveh kaveh kaveh el Ha-Shem קָוֵה, קָוֵה, קָוֵה אֶל הַשֵּׁם
Kaveh el HaShem, ḥazak v'ya'ameitz libekha קָוֵה אֶל הַשֵּׁם, חֲזַק וַיֵּאֲמֵץ לִבָּךְ
V'kaveh el Ha-Shem. וְקָוֵה אֶל הַשֵּׁם.
Hope to Hashem; be strong and you will be given heart. Hope to Hashem!



OD YAVO SHALOM ALEINU

May peace yet come, to us
and to all,
Salaam...
to us and to the entire world!
Salaam! Shalom!

Od yavo shalom aleynu ...עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ...
ve'al kulam, ...וְעַל כּוֹלָם...
Salaam ...סָלָאם...
Aleynu ve'al kol ha'olam, ...עָלֵינוּ וְעַל כָּל הָעוֹלָם...
Salaam, shalom. !! סָלָאם, שָׁלוֹם. !!