

# SHABBAT MORNING



MODEH / MODAH ani l'fanecha,  
Melech chai v'kayam,  
she-hechezarta bi nishmati b'chemlah,  
rabbah emunatecha.

מָזְדָה / מָזְדָה אַנִי לְפָנֶיךָ,  
מֶלֶךְ פֵּי וְקִים,  
שְׁחַנְצָרָת בְּיַ נְשָׁמָתִי בְּחִמְלָה,  
רַבָּה אַמְוִינָתָךְ.

I OFFER THANKS to You,  
ever-living Sovereign,  
that You have restored my soul to me in mercy:  
How great is Your trust.

Hineih mah tov umah na-im  
shevet achim gam yachad /  
shevet achayot gam yachad.

הִנֵּה מָה טֹב וּמָה נָעִים  
שְׁבָת אֶחָדים גַם יְחִידָה/  
שְׁבָת אֶחָdot גַם יְחִידָה.

How good and how pleasant it is that brothers/sisters dwell together.

(Psalm 133:1)

Mah gadlu maasecha Yah,  
m'od amku machsh'vetcha. Hal'lu Yah.

מָה גָּדוֹלָה מְעַשֵּׂיךְ יְהָה,  
מִאָד עַמְקָיו מְחַשְׁבָּתְךָ. הַלְלוּיָה.

How great are Your works, Adonai. How very profound Your designs! Hallelujah.

(Psalm 92:6)

Esa einai el heharim, mei-ayin yavo ezri?  
Ezri mei-im Adonai, oseih shamayim vaaretz.

אֲשֶׁא עִינִי אֶל הַהֲרִים, מַאיִן יָבָא עַזְרִי?  
עַזְרִי מִעֵם יְיָ, עֲשָׂה שְׁמָיִם וְאָرֶץ.

I turn my eyes to the mountains; from where will my help come?

My help comes from God, Maker of heaven and earth.

(Psalm 121:1–2)

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**MAH TOVU** ohalecha, Yaakov,  
mishk'notecha, Yisrael!

Vaani b'rov chasd'cha  
avo veitecha,  
eshtachaveh el heichal kodsh'cha  
b'yiratecha.

Adonai, ahavti m'on beitecha  
um'kom mishkan k'vodecha.

Vaani eshtachaveh v'echraah,  
evr'chah lifnei Adonai osi.

Vaani t'filati l'cha, Adonai,  
eit ratzon.

Elohim b'rov chasdecha,  
aneini be-emet yishecha.

**HOW FAIR** are your tents, O Jacob,  
your dwellings, O Israel.

I, through Your abundant love, enter Your house;  
I bow down in awe at Your holy temple.

Adonai, I love Your temple abode,  
the dwelling-place of Your glory.

I will humbly bow down low before Adonai, my Maker.

As for me, may my prayer come to You, Adonai, at a favorable time.  
O God, in Your abundant faithfulness, answer me with Your sure deliverance.

**מה-טוב אֶחָלֵךְ, יַעֲקֹב,**  
**מִשְׁכְּנָתֵיךְ, יִשְׂרָאֵל!**

**וְאַנְיִ בְּרַב מִסְדָּךְ**  
**אָבֹא בֵּיתְךָ,**  
**אִשְׁתְּחוֹה אֶל-הַיכָּל קָדְשָׁךְ**  
**בִּירָאָתֶךָ.**

**יְיָ, אַהֲבָתִי מַעֲוֹן בֵּיתְךָ**  
**וִمְקוּם מִשְׁפָּנוֹ כְּבוֹדְךָ.**

**וְאַנְיִ אִשְׁתְּחוֹה וְאַכְרָעָה,**  
**אָבָרָכה לְפִנֵּי יְיָ עָשָׂי.**

**וְאַנְיִ תִּפְלַתְיֵלָךְ, יְיָ,**  
**עַת רָצְוָה.**

**אֱלֹהִים, בְּרַב-מִסְדָּךְ,**  
**עָנָנִי בָּאָמָת יִשְׁעָךְ.**

# SHABBAT MORNING



**BARUCH ATAH**, Adonai

Eloheinu, Melech haolam,  
asher yatzar et haadam b'chochmah  
uvara vo n'kavim n'kavim,  
chalulim, chalulim.  
Galui v'yadua lifnei chisei ch'vodecha  
she-im y'patei-ach echad meihem  
o yisateim echad meihem,  
i efshar l'hitkayeim  
v'laamod l'fanecha.  
Baruch atah, Adonai,  
rofei chol basar umafli laasot.

**ברוך אתה, ייְהוָה,**  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר יָצַר אֶת הָאָדָם בִּחַכְמָה  
וּבָרָא בּוֹ נְקָבִים נְקָבִים,  
סְלִילִים חָלוּלִים.  
**גָּלוּי וַיְדַע לִפְנֵי כְּסֵא כְּבוֹדְךָ**  
שָׁם יִפְתַּח אֶחָד מִתְּהָמִם  
אוֹ יִשְׁתַּחַווּ אֶחָד מִתְּהָמִם,  
אֵי אִפְּשָׁר לְהַתְּקִין  
וּלְעַמְּדָה לִפְנֵיךְ.  
**ברוך אתה, ייְהוָה,**  
**רֹופָא כָּל בָּשָׂר וּמַפְלִיא לְעָשׂוֹת.**

**PRAISE TO YOU**, Adonai our God,  
Sovereign of the universe,  
who formed the human body with skill,  
creating the body's many pathways and openings.  
It is well known before Your throne of glory  
that if one of them be wrongly opened or closed,  
it would be impossible to endure and stand before You.  
Blessed are You, Adonai, who heals all flesh, working wondrously.

**ברוך אתה, ייְהוָה,** **רֹופָא כָּל בָּשָׂר וּמַפְלִיא לְעָשׂוֹת.**

Baruch atah, Adonai, rofei chol basar umafli laasot.

# SHABBAT MORNING



ELOHAI, n'shamah shenatata bi  
t'horah hi.

Atah v'ratah, atah y'tzartah,  
atah n'fachtah bi,  
v'atah m'shamrah b'kirbi.  
Kol z'man shehan'shamah b'kirbi,  
modeh/modah ani l'fanecha,  
Adonai Elohai  
v'Elohei avotai v'imotai,  
Ribon kol hamaasim,  
Adon kol han'shamot.  
Baruch atah, Adonai,  
asher b'yado nefesh kol chai  
v'ruach kol b'sar ish.

אֱלֹהֵי, נְשָׁמָה שְׁפַתְתָּ בִּי  
טָהוּרָה הִיא.  
אַתָּה בָּרוּךְ אַתָּה יְצָרָתֶךָ,  
אַתָּה נְפַחֲתָה בִּי,  
וְאַתָּה מִשְׁפָּרָה בְּקָרְבֵּי.  
כָּל זָמָן שְׁהַפְּשָׁמָה בְּקָרְבֵּי,  
מוֹדָה / מוֹדָה אַנְיָ לְפָנֶיךָ,  
יְיָ אֱלֹהֵי  
וְאֱלֹהֵי אֲבוֹתֵי וְאֶפְוֹתֵי,  
רַבּוֹן כָּל הַמְּעָשִׂים,  
אֲדוֹן כָּל הַגְּנִישָׁמּוֹת  
בָּרוּךְ אַתָּה, יְיָ,  
אֲשֶׁר בָּיִדוֹ נֶפֶשׁ כָּל חַי  
וְרוּחַ כָּל בָּשָׂר אִישׁ.

My GOD, the soul You have given me is pure.  
You created it, You shaped it, You breathed it into me,  
and You protect it within me.  
For as long as my soul is within me,  
I offer thanks to You,  
Adonai, my God  
and God of my ancestors,  
Source of all Creation, Sovereign of all souls.  
Praised are You, Adonai,  
in whose hand is every living soul and the breath of humankind.

בָּרוּךְ אַתָּה, יְיָ, אֲשֶׁר בָּيִדוֹ נֶפֶשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.  
Baruch atah, Adonai, asher b'yado nefesh kol chai v'ruach kol b'sar ish.

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**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
asher natan lasechvi vinah  
l'havchin bein yom uvein lailah.

ברוך אתה, ייְהוָה  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לְשָׁכּוּן בִּינָה  
לְהַבְּחִין בֵּין יוֹם וּבֵין לְילָה.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has given the mind the ability to distinguish day from night.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
pokei-ach ivrim.

ברוך אתה, ייְהוָה  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
פֹזֵק עָוֹרִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who opens the eyes of the blind.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
matir asurim.

ברוך אתה, ייְהוָה  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַתִּיר אֲסּוּרִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who frees the captive.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
zokeif k'fufim.

ברוך אתה, ייְהוָה  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
זָקֵף כְּפֻפִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who lifts up the fallen.

# SHABBAT MORNING



BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
roka haaretz al hamayim.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמִּימִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who stretches the earth over the waters.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
hameichin mitzadei gaver.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמְכִין מִצְעָדִי גָּבָר.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who strengthens our steps.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
malbish arumim.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עֲרָמִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who clothes the naked.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
hanotein laya-eif ko-ach.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַפּוֹתֵן לִיעַר בָּת.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who gives strength to the weary.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
hamaavir sheinah mei-einai,  
ut'numah mei-afapai.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמְעַבֵּר שְׁנָה מְעִינִי,  
וַתְּנוּמָה מַעֲפָעִי.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who removes sleep from the eyes, slumber from the eyelids.

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BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
she-asani b'tzelem Elohim.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנוּ בְּצַלְמֵן אֱלֹהִים.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who made me in the image of God.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani ben/bat chorin.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנוּ בֶן/בָת חֹרִין.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has made me free.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani Yisrael.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנוּ יִשְׂרָאֵל.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has made me a Jew.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
ozeir Yisrael bigvurah.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who girds Israel with strength.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
oteir Yisrael b'tifarrah.

ברוך אתה, ייְהוָה,  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who crowns Israel with splendor.

**EILU** d'varim she-ein lahem shiur,  
 she-adam ocheil peiroteihem  
 baolam hazeh  
 v'hakeren kayemet lo laolam haba.  
 V'eilu hein:  
 kibud av va-eim,  
 ug'milut chasadim,  
 v'hashkamat beit hamidrash  
 shacharit v'arvit,  
 v'hachnasat orchim,  
 uvikur cholim,  
 v'hachnasat kalah,  
 ul'veyat hameit,  
 v'iyun t'filah,  
 vahavaat shalom bein adam lachaveiro.  
 V'talmud Torah k'neged kulam.

**אלו** דברים שאין להם שיעור,  
 שאדם אוכל פרותיהם  
 בעולם הזה  
 ומקשו קיימת לו לעולם הבא.  
 ואלו הן:  
 כבוד אב ונם,  
 וجمילות חסדים,  
 והשכמת בית המדרש  
 שפרית וערבית,  
 והכnestת אורחים,  
 ובקור חולים,  
 והכnestת פלה,  
 ולנחת הפטות,  
 ועיזון תפלה,  
 וקבאת שלום בין אדם לחברו.  
 ומלאמוד תורה בנגד כלם.

THESE ARE THINGS that are limitless,  
 of which a person enjoys the fruit of the world,  
 while the principal remains in the world to come.  
 They are: honoring one's father and mother,  
 engaging in deeds of compassion,  
 arriving early for study, morning and evening,  
 dealing graciously with guests, visiting the sick,  
 providing for the wedding couple,  
 accompanying the dead for burial,  
 being devoted in prayer,  
 and making peace among people.  
 But the study of Torah encompasses them all.

# SHABBAT MORNING



**BARUCH** she-amar v'hayah haolam,

Baruch hu.

Baruch oseh v'reishit,

baruch omeir v'osch,

baruch gozeir um'kayeim,

baruch m'racheim al haaretz,

baruch m'racheim al hab'riyot,

baruch m'shaleim sachar tov lirei-av.

Baruch chai laad v'kayam lanetzach.

Baruch podeh umatzil, baruch sh'mo.

Bishvachot uvizmirot n'gadelcha  
un'shabeichacha un'fa-ercha v'nazkir  
shimcha v'namlich'cha, Malkeinu Eloheinu.  
Yachid, chei haolamim, Melech m'shubach  
um'fo-ar, adei ad sh'mo hagadol.

Baruch atah, Adonai,

Melech m'hulal batishbachot.

**ברוך** שֶׁאָמַר וְהִיא הָעוֹלָם,  
בָּרוּךְ הוּא.

**ברוך** עֹשֶׂה בְּרָאשִׁית,  
**ברוך** אֹמֵר וְעֹשֶׂה,

**ברוך** גּוֹזֵר וּמַקִּים,  
**ברוך** מַרְחָם עַל הָאָרֶץ,

**ברוך** מַרְחָם עַל הַבְּرִיּוֹת,  
**ברוך** מַשְׁלָם שָׁכֵר טֹוב לִירָאִין.

**ברוך** חַי לָעֵד וּקְיָם לְנִצְחָה.

**ברוך** פּוֹדֵה וּמַצִּיל, **ברוך** שְׁמוֹ.

**בָּשְׁבָחוֹת וּבְזִמְרוֹת נְגַדֵּל**

**וּנְשַׁבְּחָה וּנְפַאֲךָ וּנְזַכֵּר**

**שְׁמֵךְ וּנְמַלְיכָה, מֶלֶכְנוּ אֱלֹהִינוּ**

**יחִידָה, חַי הָעוֹלָםִים, מֶלֶךְ מִשְׁבָּחָה**

**וּמַפְאָר, עָזֵי עד שְׁמוֹ הַגָּדוֹלָה**

**ברוך אֱתָה, ייְהוָה,**

**מֶלֶךְ מְהֻלָּל בְּתִשְׁבָחוֹת.**

**BLESSED** is the One who spoke and the world came to be. Blessed is the One! Blessed is the One who continually authors creation. Blessed is the One whose word is deed; blessed is the One who decrees and fulfills. Blessed is the One who is compassionate towards the world; blessed is the One who is compassionate towards all creatures. Blessed is the One who rewards the reverent; blessed is the One who exists for all time, ever-enduring. Blessed is the One who redeems and saves; blessed is God's Name! With songs of praise, we extol You and proclaim Your Sovereignty, for You are the Source of life in the universe. One God, Life of the Universe, praised and glorious Ruler, Your Name is Eternal.

Blessed are You, Adonai, Sovereign who is glorified through praise.

**ברוך אֱתָה, ייְהוָה, מֶלֶךְ מְהֻלָּל בְּתִשְׁבָחוֹת.**

Baruch atah, Adonai, Melech m'hulal batishbachot.

## HAL'LU YAH!

Hal'lu El b'kodsho,  
hal'luhu birkia uzo.  
  
Hal'luhu bigvurotav,  
hal'luhu k'rov gudlo.  
  
Hal'luhu b'teika shofar,  
hal'luhu b'neivel v'chinor.  
  
Hal'luhu b'tof umachol,  
hal'luhu b'minim v'ugav.  
  
Hal'luhu b'tziltz'lei shama,  
hal'luhu b'tziltz'lei t'ruah.  
  
Kol han'shamah t'haleil Yah,  
Hal'lu Yah!

**הַלְלוּ יְהָ!**

הַלְלוֹאֵל בְּקָדְשׁוֹ,  
הַלְלוֹהוּ בְּרִקְיעַ עֹזׁוֹ.  
הַלְלוֹהוּ בְּגָבוֹרֶתְיוֹ,  
הַלְלוֹהוּ כַּרְבָּ גָּדוֹלָוּ.  
הַלְלוֹהוּ בְּתַקְעַ שׂוֹפֵר,  
הַלְלוֹהוּ בְּנַבְלָ וּכְנוֹרָ.  
הַלְלוֹהוּ בְּתַנְפִּים וּמַחְזָלָ,  
הַלְלוֹהוּ בְּמַנִּים וּעֲוֵגָבָ.  
הַלְלוֹהוּ בְּצָלָצְלִי-שְׁמָעָ,  
הַלְלוֹהוּ בְּצָלָצְלִי-תְּרוּעָהָ.  
כָּל הַפְּשָׁמָה תִּהְלֶל יְהָ,  
הַלְלוֹזִיהָ!

## HALLELUJAH!

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

# SH'MA & BLESSINGS



**YITGADAL** v'ytikdash sh'meih raba  
b'alma di v'ra chiruteih,  
v'yamlich malchuteih  
b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisrael,  
baagala uvizman kariy,  
v'imru: Amen.

Y'hei sh'meih raba m'varach  
l'alam ul'almei almaya.  
  
Yitbarach v'yishtabach v'yitpaar  
v'ytromam v'ytinasei,  
v'yt'hadar v'ytaleh v'yt'halal  
sh'meih d'kudsha b'rich hu,  
l'eila min kol birchata v'shirata,  
tushb'chata v'nechemata,  
daamiran b'alma, v'imru: Amen.

**וַיְתַגֵּדֶל וַיְתַקְדִּשׁ שְׁמָה רְبָא**  
בְּעַלְמָא דִי בָּרָא כְּרוּוֹתָה,  
וַיְמַלֵּךְ מֶלֶכֶתָה  
בְּחַיִכָּו וּבְיוֹמִיכָּו  
וּבְמִימִי דָכָל בֵּית יִשְׂרָאֵל,  
בְּעֲגָלָא וּבְזִמוּן קָרִיב,  
וְאָמְרוּ אָמְנוּ.

הִנֵּה שְׁמָה רְבָא מִבְרָךְ  
לְעַלְםָם וּלְעַלְמָי עַלְמָיָא.  
יִתְבָּרֵךְ וַיְשַׁפְּנֵחַ וַיִּתְפָּאֵר  
וַיִּתְרוֹםֵס וַיִּתְנְשָׁא,  
וַיִּתְהַדֵּר וַיִּתְעַלֵּה וַיִּתְהַלֵּל  
שְׁמָה דְקָדְשָׁא בְּרִיךְ הוּא,  
לְעַלְאָ מָן כָּל בְּרִכְתָּא וַיִּשְׁקְרָתָא,  
תְשִׁבְחָתָא וַנְחַמְּתָא,  
דָאָמִירָו בְּעַלְמָא, וְאָמְרוּ אָמְנוּ.

**EXALTED** and hallowed be God's great name,  
in the world which God created, according to plan.  
May God's majesty be revealed in the days of our lifetime  
and the life of all Israel —  
speedily, imminently.  
To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted,  
extolled, glorified, adored, and lauded  
be the name of the Holy Blessed One,  
beyond all earthly words and songs of blessing, praise, and comfort.  
To which we say: Amen.

# SH'MA & BLESSINGS

**BAR'CHU** et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

**PRAISE ADONAI** to whom praise is due forever!

Praised be Adonai to whom praise is due,  
now and forever!

**ברוך אתה יי' המברך!**

**ברוך יי' המברך!**

**לעולם ועד!**

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,  
yotzeir or uvorei choshech,  
oseh shalom uvorei et hakol.

Hamei-ir laaretz

v'ladarim aleha b'rachamim,  
uv'tovo m'chadeish b'chol yom tamid  
maaseih v'reishit.

Mah rabu maasecha, Adonai,  
kulam b'chochmah asita,  
mal'ah haaretz kinyanecha.

Titbarach, Adonai Eloheinu,  
al shevach maaseih yadeca  
v'al m'orei or she-asita,  
y'faarucha selah.

Or chadash al Tzion tair,  
v'nizkeh chulanu m'heirah l'oro.

Baruch atah, Adonai, yotzeir ham'orot.

**ברוך אתה יי' המברך!**  
 אלְהַיִנּוּ מֶלֶךְ הָעוֹלָם,  
 יוֹצֵר אֹור וּבּוֹרָא חֶשֶׁךְ,  
 עֲשָׂה שָׁלוֹם וּבּוֹרָא אַתְ-הַכְלָל.  
 הַמְפַאֵּיר לְאָרֶץ  
 וְלְזָרִים עַלְיהָ בְּרַחְמִים,  
 וּבְטוּבוֹ מְחֻדָּשׁ בְּכָל יוֹם תְּמִיד  
 מְעָשָׂה בְּרָאשִׁית  
 מִהָּרְבֵּי מְעָשֵׂיךְ, יי',  
 פְּלָלִים בְּחִכְמָה עֲשִׂיתָה,  
 מְלָאָה הָאָרֶץ קְנִינִיתָה.  
 תִּתְבְּרֹךְ, יי' אֱלֹהֵינוּ,  
 עַל שְׁבַח מְעָשָׂה יְדֵיךְ  
 וְעַל מְאוּרֵי אֹור שְׁעָשִׂיתָה.  
 יְפָאֹרוּךְ סָלָה.  
 אֹור חֶדֶשׁ עַל צִיּוֹן תְּאֵיר,  
 וְנִזְכָּה כָּלֵנוּ מִהְרָה לְאוֹרוֹ.  
**ברוך אתה יי', יוֹצֵר הַמְפַאֵּיר!**

**PRAISED ARE YOU**, Adonai our God, Sovereign of the universe,  
Creator of light and darkness, who makes peace and fashions all things.

In mercy, You illumine the world and those who live upon it.

In Your goodness You daily renew creation.

How numerous are Your works, Adonai!

In wisdom, You formed them all, filling the earth with Your creatures.

Be praised, Adonai our God, for the excellent work of Your hands,  
and for the lights You created, may they glorify You.

Shine a new light upon Zion, that we all may swiftly merit its radiance.

Praised are You, Adonai, Creator of all heavenly lights.

# SH'MA & BLESSINGS



**AHAVAH** rabah ahavtanu, Adonai Eloheinu,  
chemlah g'dolah viteirah chamalta aleinu.  
Ba-avur avoteinu v'imoteinu shebat'chu v'cha  
vat'lamdeim chukei chayim, kein t'choneinu  
ut'lamdeinu. Ham'racheim, racheim aleinu,  
v'tein b'libeinu l'havin ul'haskil, lishmo-a,  
lilmod ul'lameid, lishmor v'laasot ul'kayeim  
et kol divrei talmud Toratecha b'ahavah.

**אַהֲבָה** רַבָּה אֶחָדְתָנוּ, יְיָ אֱלֹהֵינוּ,  
חִמְלָה גְּדוֹלָה וַיְתַרֵּה חִמְלָת עָלֵינוּ.  
בְּעַבּוֹר אֶבְוֹתָנוּ וְאֶמְזָתָנוּ שְׁבָטָחוּ בָּכֶן  
וְתַלְמִידָם חָקִי מִים, כֵּן תַּחֲנִינוּ  
וְתַלְמִידָנוּ. הַמְּרֻחָם, רְחֵם עָלֵינוּ,  
וַתֵּן בְּלֵבָנוּ לְהַבִּין וְלְהַשְּׁפֵיל, לְשָׁמָעַ  
לְלִמּוֹד וְלִלְמֹד, לְשִׁמְרָה וְלִעְשֹׂת וְלִקְיָם  
אַתְּכָלְדָבָרִי תַּלְמוֹד תָּזְרַתָּךְ בְּאַהֲבָה.

**HOW DEEPLY** You have loved us Adonai, our God, gracing us with surpassing compassion! On account of our forebears whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and, lovingly, to observe, perform, and fulfill all that is in Your Torah.

V'ha-eir eineinu b'Toratecha,  
v'dabeik libeinu b'mitzvoteka,  
v'yacheid l'veineinu l'ahavah  
ul'yirah et sh'mecha,  
v'lo neivosh v'lo nikaleim,  
v'lo nikasheil l'olam va-ed.  
  
Ki v'sheim kodsh'cha hagadol v'hanora  
batachnu, nagilah v'nism'chah bishuatecha.  
Vahavi-einu l'shalom mei-arba kanfot  
haaretz, v'tolicheinu kom'miyut l'artzeinu.  
Ki El po-eil y'shuot atah, uvanu vacharta  
v'keiravtanu l'shimcha hagadol selah be-emet,  
l'hodot l'cha ul'yachedcha b'ahavah.  
  
Baruch atah, Adonai,  
habocheir b'amo Yisrael b'ahavah.

וְהִיאר עִינֵינוּ בְתֻורְתָה,  
וְדַבֵּק לְבָנוּ בְמִצְוֹתִיךְ,  
וַיִּיחַד לְבָנוּ לְאַהֲבָה  
וְלִירָא אַתְשָׁמָךְ,  
וְלֹא נִבּוֹשׁ וְלֹא נִכְלַם,  
וְלֹא נִכְשַׁל לְעוֹלָם וְעַד.

פִי בָּשָׂם קָדְשָׁךְ הַגָּדוֹל וְהַנּוֹרָא  
בְּטַחְנוּ, נְגִילָה וְנִשְׁמָחָה בִּישׁוּעָתָךְ.  
וּנְבִיאָנוּ לְשָׁלוֹם מִאַרְבָּע פָּנִים  
הָאָרֶץ, וְתוֹלִיכָנוּ קַוְמִימִית לְאַרְצָנוּ  
פִי אֶל פּוֹעֵל יְשֻׁועָת אַתָּה, וְבָנו בְּחִרְתָּךְ  
וְקְרַבְתָנוּ לְשָׁמֶךְ הַגָּדוֹל סְלָה בְּאַמְתָה,  
לְהִזְדֹות לְךָ וְלִיחַד בְּאַהֲבָה.  
בָּרוּךְ אַתָּה, יְיָ,  
הַבּוֹחר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

Enlighten our eyes with Your Torah, focus our minds on Your mitzvot, unite our hearts in love and reverence for Your Name. Then we will never feel shame, never deserve rebuke, and never stumble. Having trusted in Your great and awesome holiness, we shall celebrate Your salvation with joy.

Gather us in peace from the four corners of the earth and lead us upright to our land. For You, O God, work wonders. You chose us. Truly, You drew us near to Your Great Name, that we might acknowledge You, declaring You One in love. Praised be You, Adonai, who chooses Your people Israel in love.

**שְׁמָע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!**

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

**בָּרוּךְ שֵׁם כְּבוֹד מַלְכֹותּוּ לְעוֹלָם וְעַד.**

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.

*V'ahavta et Adonai Elohecha,  
b'chol l'vav'cha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu had'varim ha-eileh  
asher anochi m'tzav'cha hayom al  
l'vevecha. V'shinantam l'venecha v'dibarta  
bam b'shivt'cha b'veitecha uv'lecht'cha  
vaderech uv'shochb'cha uv'kumecha.  
Uk'shartam l'ot al yadecha v'hayu  
l'totafot bein einecha. Uch'tavtam  
al m'zuzot beitecha uvish'arecha.*

*L'maan tizk'ru vaasitem et  
kol mitzvotai vih'yitem k'doshim  
l'Eloheichem. Ani Adonai Eloheichem,  
asher hotzeiti et-chem mei-eretz  
Mitzrayim lih'yot lachem l'Elohim  
ani Adonai Eloheichem.*

**וְאַהֲבָתְּ אֶת יְהוָה  
בְּכָל־לִבְבָּךְ וּבְכָל־נְפָשָׁךְ וּבְכָל־  
מַאֲדָךְ: וְהִי מִדְבָּרִים הָאֶלְהָה  
אֲשֶׁר אָنֹכִי מַצְוָה הַיּוֹם עַל־  
לִבְבָּךְ: וְשָׁנְגַתָּם לְבָנֶיךָ וְדִבְרָתָ  
בָּם בְּשִׁבְתָּךְ בְּבִיתְךָ וּבְלִכְתָּךְ  
בְּדָרְךָ וּבְשִׁכְבָּךְ וּבְקִומָּמֶךָ:  
וְקִשְׁרָתָם לְאֹתָן עַל־ידֶךָ וְהִי  
לְטֻטְבָּת בֵּין עֵינֶיךָ: וְכִתְבָּתָם  
עַל־מִזּוֹזֶת בִּיתְךָ וּבְשַׁעֲרָיךָ:**

**לְמַעַן תִּזְכְּרוּ וְעַשְׁיַתֶּם אֶת־  
כָּל־מִצְוֹתִי וְהִיְתֶם קָדְשִׁים  
לְאֱלֹהִיכֶם: אַנְיִי יְהוָה  
אֲשֶׁר הַזְּعָמָתִי אֶתֶּכָם מִאֶרֶץ  
מִצְרַיִם לְהִיוֹת לְכֶם לְאֱלֹהִים  
אַנְיִי יְהוָה אֱלֹהִיכֶם:**

# SH'MA & BLESSINGS



YOU SHALL LOVE Adonai your God with all your heart,  
with all your soul, and with all your might.  
Take to heart these instructions with which I charge you this day.  
Impress them upon your children.  
Recite them when you stay at home and when you are away,  
when you lie down and when you get up.  
Bind them as a sign on your hand and let them serve as a symbol  
on your forehead;  
inscribe them on the doorposts of your house and on your gates,  
so that you shall remember to observe all My commandments and to be holy  
to your God.  
I am Adonai, your God, who brought you out of the land of Egypt to be  
your God:  
I am Adonai your God.

יְהֹוָה יְהֹוָה אֶתְמָתָה.  
Adonai Eloheichem EMET.

**מֵיכָמָכָה בְּאַלְמָם,** יי'  
מֵיכָמָכָה נָאֶדֶר בְּקָדֵשׁ,  
נוֹרָא תִּהְלָתָךְ, עֲשָׂה פָּלָא!

שִׁירָה חֲדָשָׁה שְׁבַחֲךָ גָּאוֹלִים  
לְשֻׁמְךָ עַל שְׂפַת הַיּוֹם.  
יְחִידָה קָלָם הַזָּדוֹ וְהַמֶּלֶיךְ וְאִמְרָא  
יי' יְמָלֵךְ לְעוֹלָם נְעָד.

צָור יִשְׂרָאֵל, קוֹמָה בְּעִזּוֹת יִשְׂרָאֵל  
וּפְרָדָה כְּנָאָמָךְ יְהוָה וּיִשְׂרָאֵל.  
גָּאַלְנוּ יי' צְבָאות שְׁמוֹ,  
קָדוֹשׁ יִשְׂרָאֵל.  
ברָכוֹת אַתָּה, יי', גָּאַל יִשְׂרָאֵל.

WHO IS LIKE YOU, O God,  
among the gods that are worshipped?  
Who is like You, majestic in holiness,  
awesome in splendor, working wonders?

With new song, inspired,  
at the shore of the Sea, the redeemed sang Your praise.  
In unison they all offered thanks.  
Acknowledging Your Sovereignty, they said:  
“Adonai will reign forever!”

Rock of Israel, rise in support of Israel  
and redeem Judah and Israel as You promised.  
Our Redeemer, *Adonai Tz'vaot* is Your Name.  
Blessed are You, Adonai, for redeeming Israel.

**בָּרוּךְ אַתָּה,** יי', גָּאַל יִשְׂרָאֵל  
Baruch atah, Adonai, gaal Yisrael.

**Mi Chamochah** ba-eilim, Adonai!

Mi kamochah nedar bakodesh,  
nora t'hilot, oseih fele!

Shirah chadashah shib'chu g'ulim  
l'shimcha al s'fat hayam.

Yachad kulam hodu v'himlichu v'amru:  
Adonai yimloch l'olam va-ed.

Tzur Yisrael, kumah b'ezrat Yisrael  
uf'deih chinumecha Y'hudah v'Yisrael.  
Go-aleinu Adonai Tz'vaot sh'mo,  
k'dosh Yisrael.  
Baruch atah, Adonai, gaal Yisrael.

# AMIDAH



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

אָדֹנִי, שְׁפַתִּי תִּפְתַּח,  
וְפִי יִגְיד תְּהַלֵּתְךָ.

ADONAI, open up my lips,  
that my mouth may declare Your praise.

*Baruch atah, Adonai Eloheinu  
v'Elohei avoteinu v'imoteinu, Elohei  
Avraham, Elohei Yitzchak v'Elohei Yaakov,  
Elohei Sarah, Elohei Rivkah, Elohei  
Rachel v'Elohei Leah. Ha-El hagadol  
hagibor v'hanora, El elyon, gomeil  
chasadim tovim, v'koneih hakol, v'zocheir  
chasdei avot v'imahot, umeivi g'ulah  
liv'nei v'neihem l'maan sh'mo b'ahavah.*

*Melech ozeir  
umoshia umagein.  
Baruch atah, Adonai,  
magein Avraham v'ezrat Sarah.*

בָּרוּךְ אַתָּה יְהָוָה  
יְהָוָה אֱבֹתֵינוּ וְאֶמְתֵינֵנוּ אֱלֹהִי  
אֲבָרָהָם אֱלֹהִי יִצְחָק וְאֱלֹהִי יַעֲקֹב  
אֱלֹהִי שָׂרָה אֱלֹהִי רַבָּה אֱלֹהִי  
רָחֵל וְאֱלֹהִי לֵאָה הָאֵל הַגָּדוֹל  
הַגָּבוֹר וְהַנּוֹרָא אֵל עַלְיוֹן גּוֹמֵל  
חֲסִידִים טוֹבִים וּקְוִינה הַכָּל וּזְכָר  
חֲסִידִי אֶבֶוֹת וְאֶמְהוֹת וּמְבֵיא גָּאֵלה  
לְבָנֵי בְּנֵיהֶם לִמְעֵן שְׁמוֹ בְּאַחֲבָה.

מֶלֶךְ עֹזֵר  
וּמֹשִׁיעֵן וּמַגֵּן  
בָּרוּךְ אַתָּה יְהָוָה  
מַגֵּן אֲבָרָהָם וּעֲזֹרֶת שָׂרָה.

BLESSED ARE You, Adonai, our God,  
God of our fathers and mothers,  
God of Abraham, God of Isaac, and God of Jacob,  
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,  
the great, mighty, and awesome God,  
transcendent God who bestows lovingkindness,  
creates everything out of love,  
remembers the love of our fathers and mothers,  
and brings redemption to their children's children for the sake  
of the Divine Name.

Sovereign, Deliverer, Helper, and Shield,  
Blessed are You, Adonai, Abraham's Shield, Sarah's Helper.

# AMIDAH



*Atah gibor l'olam, Adonai,  
m'chayeih hakol (meitim) atah,  
rav l'hoshia.*

*In Winter: Mashiv haruach umorid hagashem.*

*In Summer: Morid hatal.*

*M'chalkeil chayim b'chesed,  
m'chayeih hakol (meitim)  
b'rachamim rabim, someich nof'lim,  
v'rofei cholim, umatir asurim,  
um'kayeim emunato lisheinei afar.*

*Mi chamocha baal g'vurot  
umi domeh lach, melech meimit  
um'chayeh umatzmiach y'shuah.*

*V'ne-eman atah l'hachayot hakol (meitim).*

*Baruch atah, Adonai, m'chayeih hakol  
(hameitim).*

אתה גיבור לעולם, אָדָנִי,  
מחיה הַכָּל (מְתִים) אתה,  
רב להוֹשֵׁיעַ.

*In Winter* משב הרום ומוריד הגשם.  
*In Summer* מוריד הטל.

מכלכֶל חַיִם בְּחַסֵד,  
מחיה הַכָּל (מְתִים)  
ברחמים רבים, סומך נופלים,  
ורופא חולמים, ומתייר אסורים,  
ומקיים אמונה לישני עבר.  
מי כמוך בעל גבורות  
ומי דומה לך, מלך ממית  
ומחייה ומצמיח ישועה.

ונאמן אתה להחיות הַכָּל (מְתִים).  
ברוך אתה ייְהוָה, מחיה הַכָּל  
(המְתִים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

*In Winter:* You cause the wind to shift and rain to fall.

*In Summer:* You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving the dead)?

Blessed are You, Adonai, who gives life to all (revives the dead).

# AMIDAH



**N'KADEISH** et shimcha baolam,  
k'shem shemakdishim oto bishmei marom,  
kakatuv al yad n've-echa,  
v'kara zeh el zeh v'amar:

Kadosh, kadosh, kadosh Adonai tz'vaot,  
m'lo chol haaretz k'vodo.

Adir adireinu, Adonai Adoneinu,  
mah adir shimcha b'chol haaretz.

Baruch k'vod Adonai mimkomo.

Echad hu Eloheinu, hu Avinu,  
hu Malkeinu, hu Moshi-einu,  
v'hu yashmi-einu b'rachamav l'einei kol chai.  
Ani Adonai Eloheichem.

Yimloch Adonai l'olam, Elohayich Tzion  
l'dor vador, hal'uyah.

נִקְדֵּשׁ אֶת שְׁמָךְ בַּעוֹלָם,  
בִּשם שְׁמַקְדִּישִׁים אֹתוֹ בְּשֵׁמֵי מָרוֹם,  
כְּפֻתִיבָה עַל יָד נְבִיאָה,  
וּקְרָא זֶה אֶל זֶה וְאָמֵר:  
קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאות,  
מֶלֶא כָּל הָאָרֶץ כְּבוֹדָה.  
אֲדִיר אֲדִירנוּ, יְיָ אֲדוֹנוּ,  
מֶה אֲדִיר שְׁמָךְ בְּכָל הָאָרֶץ.  
בָּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ.  
אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,  
הוּא מֶלֶכֶנוּ, הוּא מֹשִׁיעֵנוּ,  
וּהוּא יְשִׁמְעֵנוּ בְּרַחְמֵיו לְעִינֵי כָּל חַי.  
אַנְיָה יְיָ אֱלֹהֵיכֶם.  
יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֵיךְ צִיּוֹן  
לִזְרָן, הַלְלֵיָה.

**LET US SANCTIFY** Your Name on earth, as it is sanctified in the heavens above.  
As it is written by Your prophet:

Holy, holy, holy is *Adonai Tz'vaot!* God's presence fills the whole earth.

Source of our strength, Sovereign One, how majestic is Your presence in all the earth!

Blessed is the presence of God, shining forth from where God dwells.

God alone is our God and our Creator, our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai your God!

Adonai shall reign forever, your God, O Zion,  
from generation to generation, Hallelujah!

L'dor vador nagid godlecha ul'neitzach n'tzachim  
k'dushat-cha nakdish, v'shivchacha Eloheinu,  
mipinu lo yamush l'olam va-ed.\*  
Baruch atah, Adonai, Ha-El hakadosh.

לִזְרָן נְגִיד גָּדְלָה וּלְגִנְצָח נְצָחִים  
קְדֹשַׁתְךָ נִקְדִּישׁ, וְשִׁבְחָתָךְ, אֱלֹהֵינוּ,  
מִפְנֵינוּ לֹא יִמּוֹשׁ לְעוֹלָם וְעַד.  
בָּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

TO ALL GENERATIONS we will declare Your greatness, and for all eternity  
proclaim Your holiness. Your praise, O God, shall never depart from our lips.\*

Blessed are You, Adonai, the Holy God.

# AMIDAH



**YISM'CHU** v'malchut'cha  
shomrei Shabbat v'korei oneg.  
Am m'kad'shei sh've-i,  
kulam yisb'u v'yitangu mituvecha.  
V'hashvi-i ratzita bo v'kidashto,  
chemdat yamim oto karata,  
zeicher l'maaseih v'reishit.

**שְׁמֹחוּ בִּמְלֹכּוֹתָךְ**  
שׁוֹמְרֵי שְׁבָתָן וּקְרוֹרְאֵי עֶנֶג.  
עַם מִקְדְּשֵׁי שְׁבִיעֵי,  
**כָּלָם יִשְׁבָּעוּ וַיַּתְעַנְגּוּ מַטּוּבָה.**  
וְהַשְׁבִּיעֵי רָצִית בָּזֶה וּקְדֻשָּׁתוֹ,  
חַמְדַת יָמִים אַזְנוֹ קָרָאת,  
זָכָר לְמַעֲשָׂה בִּרְאָשָׁית.

**THOSE WHO KEEP** Shabbat by calling it a delight will rejoice in Your realm.  
The people that hallows Shabbat will delight in Your goodness.  
For, being pleased with the Seventh Day, You hallowed it  
as the most precious of days, drawing our attention to the work of Creation.

**V'SHAMRU** v'nei Yisrael et HaShabbat,  
laasot et HaShabbat l'dorotam  
b'rit olam.  
Beini u'vein b'nei Yisrael  
ot hi l'olam,  
ki sheshet yamim asah Adonai  
et hashamayim v'et haaretz,  
u'vayom hashvi-i shavat vayinafash.

**וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת-הַשְׁבָּת,**  
**לְעֹשֹׂת אֶת-הַשְׁבָּת לְדוֹרָתָם**  
**בְּרִית עוֹלָם.**  
בֵּין וּבֵין בְּנֵי יִשְׂרָאֵל  
אָזֶת הִיא לְעֹלָם,  
כִּי-שְׁשַׁת יָמִים עֲשָׂה יְהָוָה  
אֶת-הַשָּׁמִים וּאֶת-הָאָרֶץ,  
וּבַיּוֹם הַשְׁבִּיעֵי שְׁבָת נִיפְשָׁר.

**THE PEOPLE OF ISRAEL** shall keep Shabbat,  
observing Shabbat throughout the ages as a covenant for all time.  
It is a sign for all time between Me and the people of Israel.  
For in six days Adonai made heaven and earth,  
and on the seventh day God ceased from work and was refreshed.

# AMIDAH

**ELOHEINU v'Elohei**

avoteinu v'imoteinu,  
r'tzeih vim'nuchateinu.  
  
Kad'sheinu b'mitzvotcha  
v'tein chelkeinu b'Toratcha,  
sabeinu mituvecha,  
v'sam'cheinu bishuatecha,  
v'taheir libeinu l'ovd'cha b'emet,  
v'hanchileinu Adonai Eloheinu,  
b'ahavah uv'ratzon Shabbat kodshecha  
v'yanuchu vah Yisrael, m'kad'shei sh'mecha.  
Baruch atah, Adonai, m'kadeish HaShabbat.

**אֱלֹהֵינוּ וְאֱלֹהֵינוּ  
אֲבוֹתֵינוּ וְאָמוֹתֵינוּ  
רָצַח בְּמִנּוֹחָתֵנוּ  
קְדָשֵנוּ בְּמִצְוֹתֵךְ  
וַתִּתְּנוּ חֶלְקֵנוּ בְּתֻרוֹתֵךְ  
שְׁבָעֵנוּ מַטוֹּבָךְ,  
וְשָׁמְחֵנוּ בִּישְׁוּעָתֵךְ  
וְטָהֵר לְבָנֵנוּ לְעַבְדֵךְ בְּאַמְתָה  
וְהַנְחִילֵנוּ ייְהוָה אֱלֹהֵינוּ  
בְּאֶחָבָה וּבְרָצֹן שְׁבָט קְדָשֵךְ  
וַיְנִיחֵנוּ בָהּ יִשְׂרָאֵל, מַקְדֵשֵיכְיַי שְׁמֵךְ.  
**בָּרוּךְ אַתָּה, ייְהוָה מַקְדֵשֵׁ הַשְׁבָט.****

**OUR GOD** and God of our ancestors,  
be pleased with our rest.  
Sanctify us with Your mitzvot,  
and grant us a share in Your Torah.  
Satisfy us with Your goodness  
and gladden us with Your salvation.  
Purify our hearts to serve You in truth.  
In Your gracious love, Adonai our God,  
grant us Your holy Shabbat as a heritage.  
May Israel who sanctifies Your Name rest on Shabbat.  
Blessed are You, Adonai, who sanctifies Shabbat.

**בָּרוּךְ אַתָּה, ייְהוָה מַקְדֵשֵׁ הַשְׁבָט**

Baruch atah, Adonai, m'kadeish HaShabbat.

**R'TZEI**, Adonai Eloheinu, b'amcha Yisrael,  
ut'filatam b'ahavah t'kabeil,  
ut'hi l'ratzon tamid  
avodat Yisrael amecha.  
El karov l'chol korav,  
p'nei el avadecha v'choneinu,  
sh'foch ruchacha aleinu.  
  
V'techezenah eineinu b'shuv'cha  
l'Tzion b'rachamim.

**רָצָח, ייְהוָה אֱלֹהֵינוּ, בְּעַמָּךְ יִשְׂרָאֵל,  
וַתִּפְלַתֵּם בְּאֶחָבָה תִּקְבֵּל,  
וַתֵּתְהִי לְרָצֹן תִּמְדֵיד  
עֲבוֹזֶת יִשְׂרָאֵל עַמָּךְ.  
אֶל קָרוֹב לְכָל קָרְאֵי,  
פִּנְהָא אֶל עַבְדֵיךְ וְחַנְנוּ,  
שְׁפֹזֵךְ רָוחֵךְ עַלְינָה.  
  
וַתִּחְזִיןֵה עַיִינֵינוּ בְּשׁוֹבֵךְ  
לִצְיוֹן בְּרַחֲמִים.**

# AMIDAH



FIND FAVOR, Adonai, our God, with Your people Israel  
and accept their prayer in love.  
May the worship of Your people Israel always be acceptable.  
God who is near to all who call, turn lovingly to Your servants.  
Pour out Your spirit upon us.

LET OUR EYES BEHOLD Your loving return to Zion.  
Blessed are You, Adonai, whose Presence returns to Zion.

Baruch atah, Adonai,  
hamachazir Shechinato l'Tzion.

ברוך אתה יי' ה' ממחזיר שכינתו לציון.

**MODIM** anachnu lach, shaatah hu  
Adonai Eloheinu v'Elohei avoteinu v'imoteinu  
l'olam va-ed. Tzur chayeinu, magein yisheinu,  
atah hu l'dor vador.

Nodeh l'cha un'sapeir t'hilatecha. Al chayeinu  
ham'surim b'yadeca, v'al nishmoteinu  
hap'kudot lach, v'al nisecha sheb'chol yom  
imanu, v'al niflotecha v'tovotecha  
sheb'chol eit, erev vavoker v'tzohorayim.

Hatov ki lo chalu rachamecha, v'ham'racheim  
ki lo tamu chasadecha, mei-olam kivinu lach.

**МОדים** אנחנו לך, שאטה הוא  
יי אלהינו ואלהי אבותינו ואמותינו  
לעולם ועד. צור חיינו, מגן ישענו,  
אתה הוא לדור ועדור.

נודה לך ונספר תהלהך. על חיינו  
המסורים בידך, ועל נשמותינו  
הפקודות לך, ועל נסיך שבכל יום  
עפננו, ועל נפלאותיך וטובותיך  
שבכל עת, ערב ובקר וצחרים.

הטוב כי לא כלו רם מיך, וממרחים  
בי לא תפנו מסדיך, מעולם קיינו לך.

**WE ACKNOWLEDGE** with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise You — for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You.

O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

ברוך אתה יי' הטוב שמח לך נאה להוזות.

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

# AMIDAH



**SIM SHALOM** tovah uv'rachah,  
chein vachesed v'rachamim,  
aleinu v'al kol Yisrael amecha.  
Bar'cheinu, yotzreinu, kulanu k'echad  
b'or panecha,  
ki v'or panecha natata lanu,  
Adonai Eloheinu,  
Torat chayim v'ahavat chesed,  
utz'dakah uv'rachah v'rachamim  
v'chayim v'shalom.  
V'tov b'einecha l'vereich et amcha Yisrael  
b'chol eit uv'chol shaah bishlomecha.  
Baruch atah, Adonai,  
ham'vareich et amo Yisrael bashalom.

שָׁים שְׁלֹום טוּבָה וַבְרָכָה,  
טוֹן וִחְסֵד וְרַחֲמִים,  
עַלְיָנוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.  
בְּרַכָּנוּ, יוֹצְרָנוּ, בָּלָנוּ כֶּאָחֵד  
בָּאוֹר פְּנִים,  
פִּי בָּאוֹר פְּנִים נִתְתַּחַת לְנוּ,  
יְיָ אֱלֹהֵינוּ,  
תּוֹרַת מִיִּם וְאַהֲבַת חֶסֶד,  
וְצִדְקָה וַבְרָכָה וְרַחֲמִים  
וּמִיִּם וְשְׁלֹום.  
וְטוֹב בְּעִינֵיכֶם לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל  
בְּכָל עַת וּבְכָל שָׁעה בְּשְׁלֹום.  
בָּרוּךְ אַתָּה, יְיָ,  
הַמְּבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּשְׁלֹום.

**GRANT PEACE**, goodness and blessing, grace, kindness and mercy,  
to us and to all Your people Israel.  
Bless us, our Creator, all of us together, through the light of Your Presence.  
Truly through the light of Your Presence, Adonai our God,  
You gave us a Torah of life —  
the love of kindness, justice and blessing, mercy, life, and peace.  
May You see fit to bless Your people Israel  
at all times, at every hour, with Your peace.  
Praised are You, Adonai, who blesses Your people Israel with peace.

# AMIDAH

ELOHAI, n'tzor l'shoni meira us'fatai  
 midabeir mirmah, v'limkal'lai nafshi  
 tidom, v'nafshi ke-afar lakol tih'yeh.  
 P'tach libi b'Toratecha, uv'mitzvotecha  
 tirdof nafshi. V'chol hachoshvim  
 alai raah, m'heirah hafeir atzatam  
 v'kalkeil machashavtam. Aseih l'maan  
 sh'mecha, aseih l'maan y'minecha, aseih  
 l'maan k'dushatecha, aseih l'maan  
 Toratecha. L'maan yeichaltzun y'didecha,  
 hoshiah y'mincha vaaneini.

**My God,** guard my speech from evil and my lips from deception.  
 Before those who slander me, I will hold my tongue; I will practice humility.  
 Open my heart to Your Torah, that I may pursue Your mitzvot.  
 As for all who think evil of me, cancel their designs and frustrate their schemes.  
 Act for Your own sake, for the sake of Your Power,  
 for the sake of Your Holiness, for the sake of Your Torah,  
 so that Your loved ones may be rescued.  
 Save with Your power, and answer me.

Yih'yu l'ratzon imrei fi v'hegyon libi  
 l'fanecha, Adonai tzuri v'go-ali.

May the words of my mouth and the meditations of my heart  
 be acceptable to You, Adonai, my Rock and my Redeemer.

Oseh shalom bimromav,  
 hu yaaseh shalom aleinu,  
 v'al kol Yisrael, v'al kol yosh'vei teiveil,  
 v'imru: Amen.

אֱלֹהִי, נָצֵר לְשׂוֹנִי מֶרֶע וְשַׁפְתִּי  
 מְדֻבֵּר מְרֻמָּה, וְלִמְקַלְלִי נְפָשִׁי  
 תְּדוֹסָם, וְנְפָשִׁי בַּעֲפָר לְפָל תְּהִיהָ.  
 פַּתְח לְבִי בְּתוֹرַתְךָ, וּבְמִצְוֹתְךָ  
 תְּרַדוֹף נְפָשִׁי. וְכָל הַחֽוֹשְׁבִים  
 עַלְיָה, מִמְהֻרָה הַפָּר עַצְתָּם  
 וְקָלָקָל מִחְשַׁבְתָּם. עֲשָׂה לְמַעַן  
 שְׁמָךְ, עֲשָׂה לְמַעַן יְמִינָה, עֲשָׂה  
 לְמַעַן קָדְשָׁתָךְ, עֲשָׂה לְמַעַן  
 תּוֹרַתְךָ. לְמַעַן יְחִלּוֹן יְדִידִיכָּךְ,  
 הַזְּשִׁיעָה יְמִינָךְ וְעַגְגִּינִי.

יְהִי לְرָצֵן אָמְרֵי פִי וְהַגִּיוֹן לְבִי  
 לְפָנֶיךָ, יְהִי צָוֵרִי וְגֹאֵלִי.

עֲשָׂה שְׁלוֹם בְּמָרוּמָיו,  
 הוּא יְعַשֵּׂה שְׁלוֹם עַלְינוּ,  
 וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תּוֹבֵל,  
 וְאָמְרוּ: אָמֵן:

May the One who makes peace in the high heavens  
 make peace for us, all Israel and all who inhabit the earth. Amen.

# TORAH SERVICE



**WHEN TORAH ENTERED** the world, freedom entered it.

The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.

What is hateful to you, do not do to any person.

That is the whole Torah; all the rest is commentary. Go and learn it.

Those who study Torah are the true guardians of civilization.

Honoring one another, doing acts of kindness,  
and making peace: these are our highest duties.  
But the study of Torah is equal to them all,  
because it leads to them all.

Let us learn in order to teach.

Let us learn in order to do!

**EIN KAMOCHA** vaElohim Adonai,  
v'ein k'maasecha.  
  
Malchut'cha malchut kol olamim,  
umemshalt'cha b'chol dor vador.  
  
Adonai melech, Adonai malach,  
Adonai yimloch l'olam va-ed.  
  
Adonai oz l'amo yitein,  
Adonai y'vereich et amo vashalom.  
  
Av harachamim,  
heitivah virtzoncha et Tzion,  
tivneh chomot Y'rushalayim.  
  
Ki v'cha l'vad batachnu,  
Melech El ram v'nisa, Adon olamim.

**THERE IS NONE LIKE YOU** among the gods,  
and there are no deeds like Yours.  
You are Sovereign over all worlds,  
and Your dominion is in all generations.  
Adonai reigns, Adonai has reigned,  
Adonai will reign forever and ever.  
Adonai will give strength to our people,  
Adonai will bless our people with peace.

אֵין כִּמְוֹךָ בָּאֱלֹהִים אֲדֹנִי,  
וְאֵין כִּמְעַשִּׂיךְ.  
מֶלֶכְיוֹתְךָ מֶלֶכְותָּךְ כָּל-עוֹלָמִים,  
וּמֶמְשִׁלְתְּךָ בְּכָל-דָּרְבֶּךָ.  
יְהִי מֶלֶךְ, יְהִי מֶלֶךְ,  
יְהִי יְמֶלֶךְ לְעוֹלָם וְעַד.  
יְהִי עַז לְעַמּוֹ יִתְנוּ,  
יְהִי יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.  
אָב הַרְחָמִים,  
הַיְטִיבָה בְּרָצֹנְךָ אֶת צִיּוֹן,  
פָּבָנָה חֻמּוֹת יְרוּשָׁלָם.  
פִּי בָּךְ לִבְדֵ בְּטוּחָנוֹ,  
מֶלֶךְ אֵל רַם וַנְשָׁא, אֲדֹן עוֹלָמִים.

Source of mercy: favor Zion with your goodness;  
rebuild the walls of Jerusalem.  
For in You alone do we trust,  
Sovereign, high and exalted, God Eternal.

# TORAH SERVICE



KI MITZIYON teitzei Torah,  
ud'var Adonai miYrushalayim.

בַּיְמִצְיוֹן תֵּצֶא תֹּרָה,  
וְדִבְרֵיִי מִירוּשָׁלָם.

FOR FROM OUT OF ZION will come the Torah,  
and the word of Adonai from Jerusalem.

BARUCH shenatan Torah  
l'amo Yisrael bikdushato.

בָּרוּךְ שֶׁפְתַּנְתָּן תֹּרָה  
לְעַמּוֹ יִשְׂרָאֵל בְּקָדוֹשָׁתוֹ.

BLESSED IS GOD who in holiness gave the Torah to the people Israel.

שָׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR, O ISRAEL, Adonai is our God, Adonai is One.

Echad Eloheinu gadol Adoneinu,  
kadosh sh'mo.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנוּנוּ,  
קָדוֹשׁ שָׁמוֹ.

OUR GOD IS ONE, Adonai is great, holy is God's Name.

Gadlu l'Adonai iti,  
un'rom'mah sh'mo yachday.

גָּדוֹל לִי אַתִּי,  
וַיְרֻומֶּמֶה שָׁמוֹ יִחְדָּו.

EXALT ADONAI with me, let us extol God's Name together.

L'cha Adonai hag'dulah v'hag'vurah  
v'hatiferet v'haneitzach v'hahod,  
ki chol bashamayim uvaaretz.  
  
L'cha Adonai hamamlachah  
v'hamitnasei l'chol l'rosh.

לְךָ יְיָ מְגַדֵּלה וּמְגַבּוּרָה  
וּמְתִפְאָרֶת וּמְנִצָּחָה וּמְהֹזָּדָה,  
בַּיְכָל בְּשָׁמַיִם וּבָאָרֶץ.  
לְךָ יְיָ מֶמְלָכָה  
וּמְמַתְּנָשָׁא לְכָל לְרָאשׁ.

YOURS, ADONAI, is the greatness, might, splendor, triumph, and majesty —  
yes, all that is in heaven and on earth.  
To You, Adonai, belong sovereignty and preeminence above all.

# TORAH SERVICE



Rom'mu Adonai Eloheinu,  
v'hishtachavu l'har kodsho,  
ki kadosh Adonai Eloheinu.

רָזְמָמוּ יְיָ אֱלֹהֵינוּ,  
וְהַשְׁתַּחֲווּ לְהָרָקְדָשׁוּ,  
כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

EXALT ADONAI our God and bow down toward God's holy mountain,  
for Adonai our God is holy.

Al sh'loshah d'varim haolam omeid:  
al HaTorah v'al haavodah  
v'al g'milut chasadim.

על נִשְׁלֶשֶׁה דְּבָרִים הַעוֹלָם עוֹמֵד:  
על הַתּוֹרָה וְעַל הַעֲבוֹדָה  
וְעַל גְּמִילוֹת חֲסִידִים.

THE WORLD is sustained by three things: Torah, worship and loving deeds.



## BLESSING BEFORE THE READING OF THE TORAH

**BAR'CHU** et Adonai ham'vorach.  
Baruch Adonai ham'vorach l'olam va-ed.  
Baruch atah, Adonai  
Eloheinu, Melech haolam,  
asher bachar banu mikol haamim,  
v'natan lanu et Torato.  
Baruch atah, Adonai, notein haTorah.

**ברכו** את יי' המברך.  
ברוך יי' המברך לעולם ועד.  
ברוך אתה, יי'  
אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחר בְּנֵנוּ מֶלֶךְ הָעָםִים,  
וַנֵּתֶן לָנוּ את תּוֹרַתּוּ.  
ברוך אתה, יי', נוֹתֵן הַתּוֹרָה.

**BLESS ADONAI** who is blessed.

Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

# TORAH SERVICE



## BLESSING AFTER THE READING OF THE TORAH

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,  
asher natan lanu Torat emet,  
v'chayei olam nata b'tocheinu.

Baruch atah, Adonai, notein haTorah.

ברוך אתה ייְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לְנוּ תּוֹرַת אֶמֶת,  
וּמִי עֹלָם נָטוּ בְּתוּכֵנוּ.  
ברוך אתה ייְהוָה ייְהוָה נָתַן הַתּוֹרָה.

**BLESSED ARE YOU**, Adonai our God, Sovereign of the universe,  
who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.

**MI SHEBEIRACH** avoteinu v'imoteinu,  
Avraham, Yitzchak v'Yaakov, Sarah, Rivkah,  
Rachel v'Lei-ah, hu y'vereich et hacholim  
[names]. HaKadosh Baruch Hu yimalei  
rachamim aleihem, l'hachalim ul'rapotam  
ul'hachazikam, v'yishlach lahem m'heirah  
r'fuah, r'fuah shleimah min hashamayim,  
r'fuat hanefesh ur'fuat haguf, hashta  
baagala uviz'man kariv. V'nomar: Amen.

מי שברך אבותינו ואמותינו,  
אברהם יצחק ויעקב, שרה רבקה,  
רחל וילאה, והוא יברך את החולמים  
[names]. הקדוש ברוך הוא י מלא  
רחמים עליהם, להחילם ולרפאתם  
ולחיזיקם, וישלח להם מ הרה  
רפאיה, רפואה שלמה מן השמים,  
רפואת הנפש ורפואת הגוף, השטא  
בעגלא ובזמנו קרייב. ונאמר: אמן.

**MAY THE ONE** who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless and heal those who are ill [names]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived.  
May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

**MI SHEBEIRACH** avoteinu  
M'kor hab'rachah l'imoteinu.

מי שברך אבותינו  
מקור הברכה לאמותינו.

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 shebeirach imoteinu  
M'kor hab'rachah laavoteinu.

מי שברך אמותינו  
מקור הברכה לאבותינו.

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

# TORAH SERVICE



## FOR OUR CONGREGATION

**SOURCE** of all being,

may the children of this community learn these passions from us:  
love of Torah, devotion in prayer, and support of the needy.

May we guide with integrity, and may our leadership be in Your service.

May those who teach and nourish us be blessed with satisfaction,  
and may we appreciate their time and their devotion.

Bless us with the fruits of wisdom and understanding,  
and may our efforts bring fulfillment and joy.

**ברוך אתה, ייִשְׁאָוֹתֶךָ לְבַדְךָ בַּיְרָאָה נָעֹבֶד.**

Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

## FOR OUR COUNTRY

**THUS SAYS ADONAI**, This is what I desire:

to unlock the fetters of wickedness, and untie the cords of lawlessness;  
to let the oppressed go free, to break off every yoke.

Share your bread with the hungry, and take the wretched poor into your home.  
When you see the naked, give clothing, and do not ignore your own kin.

If you banish the yoke from your midst, the menacing hand, the evil speech;  
if you offer compassion to the hungry and satisfy the famished creature —  
then your light shall shine in darkness.

**O GUARDIAN** of life and liberty,

may our nation always merit Your protection.

Teach us to give thanks for what we have  
by sharing it with those who are in need.

Keep our eyes open to the wonders of creation,  
and alert to the care of the earth.

May we never be lazy in the work of peace;

may we honor those who have died in defense of our ideals.

Grant our leaders wisdom and forebearance.

May they govern with justice and compassion

Help us all to appreciate one another,

and to respect the many ways that we may serve You.

May our homes be safe from affliction and strife,  
and our country be sound in body and spirit.

Amen.

# TORAH SERVICE



**V'ZOT** haTorah asher sam Moshe  
lifnei b'nei Yisrael,  
al pi Adonai b'yad Moshe.

**זאת** התורה אשר שם משה  
לפני בני ישראל,  
על פי ייִשְׂרָאֵל.  
**על-פי ייִשְׂרָאֵל מֹשֶׁה.**

**THIS IS THE TORAH** which Moses placed  
before the people of Israel,  
God's word through the hand of Moses.

**Y'HALLU** et shem Adonai,  
ki nisgav sh'mo l'vado.

**הַלְלוּ אֶת שְׁמָה יְיָ,**  
**כִּי נָשָׁגַב שְׁמוֹ לְבָדוֹ.**

**LET US PRAISE** the Name of Adonai,  
for God's Name alone is exalted!

**HODO** al eretz v'shamayim.  
Vayarem keren l'amo,  
t'hilah l'chol chasidav,  
liv'nei Yisrael am k'rovo.  
Hal'lu Yah!

**הַזּוֹד עַל אָרֶץ וּשְׁמָיִם.**  
וַיַּרְאֶם קָרְנוֹ לְעַמּוֹ,  
תִּתְהַלֵּה לְכָל-חֲסִידֵי,  
לְבָנֵי יִשְׂרָאֵל עַם-קָרְבוֹ.  
**הַלְלוּ-יְהִי!**

**GOD'S MAJESTY** is above the earth and heaven; and God is the strength of our people, making God's faithful ones, Israel, a people close to the Eternal. Halleluyah!

**KI LEKACH** tov natati lachem,  
Torati al taazovu.

**בַּיְלָקֵחْ טֹוב נָתַתִּי לְכֶם,**  
**תוֹרָתִי אֶל פָּעָזֶבֶת.**

Eitz chayim hi lamachazikim bah,  
v'tom'cheha m'ushar.  
D'rachehah darchei no-am,  
v'chol n'tivoteha shalom.

**עֵץ חַיִם הִיא לְמִחְזִיקִים בָּהּ,**  
**וְתִמְכִיכָה מְאֹשֶר.**  
**דָּرְכֵיכָה דָּרְכֵי נָעַם,**  
**וְכָל נְתִיבוֹתֶיךָ שָׁלוֹם.**

Hashiveinu Adonai eilecha v'nashuvah,  
chadeish yameinu k'kedem.

**חַשְׁיבֵנּוּ ייִשְׂרָאֵל וְנִשְׁוֹבֵתָה,**  
**מִזְדֵש יְמִינָה בְּקָדָם.**

**FOR I HAVE GIVEN YOU** good instruction; do not abandon My Torah.

**IT IS A TREE OF LIFE** for those who hold fast to it, and all its supporters are happy.  
Its ways are ways of pleasantness and all its paths are peace.  
Return us to You, Adonai, and we will return; renew our days as of old.

# HAFTARAH BLESSINGS



## BLESSING BEFORE THE HAFTARAH

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,  
asher bachar binvi-im tovim,  
v'ratzah v'divreihem  
hane-emarim be-emet.  
  
Baruch atah, Adonai, habocher baTorah  
uv'Moshe avdo, uv'Yisrael amo,  
uviniyi ha-emet vatzedek.

**ברוך** אתה, ייְ אֱלֹהֵינוּ,  
מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחר בָּנְבִיאִים טוֹבִים,  
וּרְצָח בְּדִבְרֵיהֶם  
הַנְּאָמָרִים בָּאָמָת.  
  
**ברוך** אתה, ייְ, הַפֹּתֵח בְּתוֹרָה  
וּבְמִשְׁה עֲבֹדוֹ, וּבִשְׁرָאֵל עָמוֹ  
וּבָנְבִיאֵי הָאָמָת וְצִדְקָה.

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who has chosen faithful prophets to speak words of truth.  
Praise to You, Adonai, for the revelation of Torah, for Your servant Moses,  
for Your people Israel and for prophets of truth and righteousness.

## BLESSING AFTER THE HAFTARAH

**BARUCH** atah, Adonai Eloheinu, Melech

haolam, tzur kol haolamim, tzaddik  
b'chol hadorot, HaEl hane-eman,  
haomeir v'oseh, ham'dabeir um'kayeim,  
shekol d'varav emet vatzedek.

Al haTorah, v'al haavodah, v'al  
han'vei-im, v'al yom HaShabbat hazeh,  
shenatata lanu Adonai Eloheinu, likdushah  
v'limnuchah, l'chavod ul'tifaret.

Al hakol Adonai Eloheinu, anachnu modim  
lach, um'var'chim otach, yitbarach shimcha  
b'fi chol chai tamid l'olam va-ed.

Baruch atah, Adonai, m'kadeish HaShabbat.

**ברוך** אתה, ייְ אֱלֹהֵינוּ, מֶלֶךְ  
הָעוֹלָם, צור כָּל הָעוֹלָמִים, צִדְקָה  
בְּכָל הַדָּרוֹת, הַאֵל הַנְּאָמָן,  
הַאֹמֵר וּעָשָׂה, הַמִּדְבָּר וּמִקְדָּשָׁים,  
שָׁכֵל דִּבְרֵיו אָמָת וְצִדְקָה.

עַל הַתּוֹרָה, וְעַל הַעֲבוֹדָה, וְעַל  
הַנְּבִיאִים, וְעַל יוֹם הַשְׁבָּת הַזֶּה,  
שְׁנִתְתַּת לְנוּ ייְ אֱלֹהֵינוּ, לְקַדְשָׁה  
וְלִמְנוּחָה, לְכֻבּוֹד וּלְתִפְאָרָת.

עַל הַכָּל ייְ אֱלֹהֵינוּ, אָנֹחָנוּ מַזְדִּים  
לְהָ, וּמַבָּרְכִים אֶזְמָךְ, יַתְבִּרְכֵ שְׁמֶךְ  
בְּפִי כָּל נִי תִּמְדִיד לְעוֹלָם וְעַד.  
**ברוך** אתה, ייְ, מַקְדֵּשׁ הַשְׁבָּת.

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
Rock of all creation, Righteous One of all generations,  
the faithful God whose word is deed, whose every command is just and true.  
For the Torah, for the privilege of worship, for the prophets,  
and for this Shabbat that You, Adonai our God, have given us  
for holiness and rest, for honor and glory: we thank and bless You.  
May Your name be blessed forever by every living being.  
Praise to You, Adonai, for the Sabbath and its holiness.

**ALEINU** l'shabei-ach laadon hakol,  
 lateit g'dulah l'yetzeir b'reishit,  
 shelo asanu k'goyei haaretz,  
 v'lo samanu k'mishp'chot haadamah.  
 Shelo sam chelkeinu kahem,  
 v'goraleinu k'chol hamonam.

Vaanachnu kor'im  
 umishtachavim umodim,  
 lifnei Melech malchei ham'lachim  
 HaKadosh Baruch Hu.

**עֲלֵינוּ לְשָׁבֵח לְאַדְוֹן הַכָּל,**  
**לִתְתֵּן גָּדוֹלָה לִיּוֹצֵר בִּרְאָשִׁית,**  
**שֶׁלֹּא עָשָׂנוּ כָּגֹויִי הָאָרֶץ,**  
**וְלֹא שָׁמְנָנוּ בִּמְשֻׁפְחוֹת הָאָדָםָה.**  
**שֶׁלֹּא שֵׁם חָלְקָנוּ כְּהָם,**  
**וְגַרְלָנוּ בְּכָל-הַמּוֹנוֹם.**  
**וְאַנַּחֲנוּ כּוֹרְעִים**  
**וּמְשֻׁתְּחִווּם וּמוֹזִידִים,**  
**לִפְנֵי מֶלֶךְ מֶלֶכִים הַמֶּלֶכִים**  
**הַקָּדוֹשׁ בָּרוּךְ הוּא.**

**LET US NOW PRAISE** the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

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Alternate version of *Aleinu*

**ALEINU** l'shabei-ach laadon hakol,  
 lateit g'dulah l'yetzeir b'reishit,  
 shehu noteh shamayim v'yoseid aretz,  
 umoshav y'karo bashamayim mimaal,  
 ush'chinat uzo b'govhei m'romim,  
 hu Eloheinu ein od.

Vaanachnu kor'im  
 umishtachavim umodim,  
 lifnei Melech mal'chei ham'lachim  
 HaKadosh Baruch Hu.

**עֲלֵינוּ לְשָׁבֵח לְאַדְוֹן הַכָּל,**  
**לִתְתֵּן גָּדוֹלָה לִיּוֹצֵר בִּרְאָשִׁית,**  
**שֶׁהָוָא נוֹתֵה שְׁמִים וַיִּסְדֶּד אָרֶץ,**  
**וּמוֹשֵׁב יְקָרוּ בְּשָׁמִים מִפְּעָל,**  
**וּשְׁכִינַת עָזָז בְּגַבְבָּהִי מְרוֹזִים,**  
**הָוָא אֱלֹהֵינוּ אֵין עוֹד.**  
**וְאַנַּחֲנוּ כּוֹרְעִים**  
**וּמְשֻׁתְּחִווּם וּמוֹזִידִים,**  
**לִפְנֵי מֶלֶךְ מֶלֶכִים הַמֶּלֶכִים**  
**הַקָּדוֹשׁ בָּרוּךְ הוּא.**

**LET US NOW PRAISE** the Sovereign of the universe, and proclaim the greatness of the Creator who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. You are our God; there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

**SHEHU** noteh shamayim v'yoseid aretz,  
 umoshav y'karo bashamayim mimaal  
 ush'chinat uzo b'govhei m'romim.  
 Hu Eloheinu ein od,  
 emet Malkeinu efes zulato.  
 Kakatuv b'Torato, V'yadata hayom  
 v'hashevota el l'vevecha,  
 ki Adonai hu HaElohim  
 bashamayim mimaal,  
 v'al haaretz mitachat, ein od.

**שֶׁהוּא** נוֹתָה שָׁמַיִם וַיֵּסֶד אָרֶץ  
 וְמוֹשֵׁב יִקְרֹא בְּשָׁמַיִם מִפְּעָל  
 וְשִׁכְנַת עֹז בְּגַבְּהִי מְרוּמִים.  
 הוּא אֱלֹהֵינוּ אֵין עוֹד,  
 אֶמֶת מֶלֶכֶנוּ אֶפְסָז וּלְתֹזֵז.  
 כְּפָתֻוב בְּתוֹרָתוֹ, וַיַּדְעַת הַיּוֹם  
 וְחִשְׁבַּתְּ אֶל לְבָבֶךָ,  
 כִּי יְהוָה הָאֱלֹהִים  
 בְּשָׁמַיִם מִפְּעָל,  
 וְעַל הָאָרֶץ מִתְחַת, אֵין עוֹד.

**FOR YOU SPREAD OUT THE HEAVENS** and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: Know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

Al kein n'kaveh l'cha Adonai Eloheinu,  
 lirot m'heirah b'tiferet uzecha,  
 l'haavirgilulim min haaretz  
 v'ha-elilim karot yikareitun.  
 L'takein olam b'malchut Shaddai,  
 v'chol b'nei vasar yikr'u vishmecha.  
 L'hafnot eilecha kol rishei aretz.

עַל כֵּן נִקְרֵה לְךָ יְהוָה אֱלֹהֵינוּ,  
 לְרֹאשׁוֹת מִהְרָה בְּתִפְאָרָת עָזָה,  
 לְהַעֲבֵיר גִּלְוָלִים מִן הָאָרֶץ  
 וְהָאֱלִילִים פְּרוֹת יִכְרְתָוּן.  
 לְתַקֵּן עֲוֹלָם בְּמַלְכֹות שָׁדַי,  
 וְכָל בְּנֵי בָּשָׂר יִקְרָאוּ בְּשָׁמֶן.  
 לְהַפְּנוּת אֶלְיךָ כָּל רְשָׁעֵי אָרֶץ.

We therefore hope in You, Adonai our God, may we soon behold the glory of Your might: sweeping away the false gods of the earth that idolatry be utterly destroyed; perfecting the world under the rule of God that all humanity invoke Your name; turning all the wicked of the earth toward You.

V'ne-emar, v'hayah Adonai  
 l'Melech al kol haaretz.  
 Bayom hahu yih'yeh Adonai echad  
 ush'mo echad.

וַיֹּאמֶר, וְהִיא יְהוָה  
 לְמֶלֶךְ עַל כָּל הָאָרֶץ.  
 בַּיּוֹם הַהוּא יְהִיא יְהוָה אֶחָד  
 וְשַׁמוֹ אֶחָד.

Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one, and God's Name will be one.

# KADDISH



*Yitgadal v'yitkadas sh'mei raba,  
b'alma di v'ra chir'uteih,  
v'yamllich malchuteih,  
b'chayeichon uv'yomeichon  
uv'chayei d'chol beit Yisrael,  
baagala uviz'man kariv. V'imru: Amen.*

*Y'hei sh'mei raba m'varach  
l'alam ul'almei almaya.*

*Yitbarach v'yishtabach v'yitpaar  
v'yitromam v'yitnasei,  
v'yit'hadar v'yitaleh v'yit'halal  
sh'mei d'Kudsha B'ruch Hu,  
l'eila [l'eila] min kol birchata  
v'shirata, tushb'chata v'nechamata,  
daamiran b'alma. V'imru: Amen.  
Y'hei sh'lama raba min sh'maya,  
v'chayim aleinu v'al kol Yisrael.*

*V'imru: Amen.*

Oseh shalom bimromav,  
hu yaaseh shalom aleinu,  
v'al kol Yisrael, v'al kol yoshvei teiveil,  
v'imru: Amen.

**EXALTED** and hallowed be God's great name

in the world that God created, according to plan.

May God's majesty be revealed in the days of our lifetime

and the life of all Israel—speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded  
be the name of the Holy Blessed One, beyond all earthly words and songs  
of blessing, praise, and comfort. To which we say: Amen.

May there be abundant peace from heaven, and life, for us and all Israel.  
to which we say: Amen.

וַתָּגַדְלֵי וַיִּתְקַדֵּשׁ שְׁמָה רֶבֶא,  
בְּעַלְמָא דִי בָּרָא, כְּרוּוֹתָה,  
וַיִּמְלַיךְ מֶלֶכְוָתָה  
בְּחַיִיכָן וּבְיוּמִיכָן  
וּבְחַיִי דְּכָלְבֵית יִשְׂרָאֵל,  
בְּעֲגָלָא וּבְזָמָן קָרִיב. וְאָמָרוּ אָמָן.

יְהָא שְׁמָה רֶבֶא מִבְרָךְ  
לְעַלְםָ וּלְעַלְמִי עַלְמִיא.  
וַיִּתְבָּרֵךְ וַיִּשְׁתַּבְחָ, וַיִּתְפָּאֵר  
וַיִּתְרֹומֵס וַיִּתְנִישָׁא,  
וַיִּתְהַדֵּר וַיִּתְעַלֵּה וַיִּתְהַלֵּל  
שְׁמָה דְּקָדְשָׁא בָּרֵךְ הוּא,  
לְעַלָּא [לְעַלָּא] מִכְלִיבָּרְכָתָא  
וּשְׁירָתָא תְּשִׁבְחָתָא וּנְחַמְתָּא  
דְּאָמִרָן בְּעַלְמָא. וְאָמָרוּ אָמָן.

יְהָא שְׁלָמָא רֶבֶא מִן שְׁמִיא  
וּמִים עַלְינוּ וּעַל כָּל־יִשְׂרָאֵל.  
וְאָמָרוּ אָמָן.

עֲשָׂה שָׁלוֹם בְּמִרְוָמִיו,  
הָוּא יִעֲשֶׂה שָׁלוֹם עַלְינוּ  
וּעַל כָּל יִשְׂרָאֵל, וּעַל כָּל יוֹשְׁבֵי תְּבִלָּה,  
וְאָמָרוּ אָמָן.

May the One who makes peace in the high heavens  
make peace for us, for all Israel and all who inhabit the earth. Amen.

*May God grant peace to those who mourn and comfort to those who are bereaved.*

# CLOSING SONGS & BLESSINGS



**ברוך אתה, ייְ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בָּרוּא פַּרִי הַגָּפָן.**

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.

Praise to You, Adonai our God, Sovereign of the universe,

Creator of the fruit of the vine.

Baruch atah, Adonai Eloheinu,  
Melech haolam,  
hamotzi lechem min haaretz.

**ברוך אתה, ייְ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,**  
**הַמּוֹצִיא לְחֵם מִן הָאָרֶץ.**

Our praise to You, Adonai our God, Sovereign of the universe,  
who brings forth bread from the earth.

Ein k'Eloheinu, ein k'Adoneinu,  
ein k'Malkeinu, ein k'Moshi-einu.  
  
Mi ch'Eloheinu, mi ch'Adoneinu,  
mi ch'Malkeinu, mi ch'Moshi-einu?  
  
Nodeh l'Eloheinu, nodeh l'Adoneinu,  
nodeh l'Malkeinu, nodeh l'Moshi-einu.  
  
Baruch Eloheinu, baruch Adoneinu,  
baruch Malkeinu, baruch Moshi-einu.  
  
Atah hu Eloheinu, atah hu Adoneinu,  
atah hu Malkeinu, atah hu Moshi-einu.

**אֵין כָּאֱלֹהֵינוּ, אֵין כָּאֲדוֹנֵינוּ,**  
**אֵין כָּמֶלֶכֶנוּ, אֵין כָּמוֹשִׁיעֵנוּ.**  
**מֵי כָּאֱלֹהֵינוּ, מֵי כָּאֲדוֹנֵינוּ,**  
**מֵי כָּמֶלֶכֶנוּ, מֵי כָּמוֹשִׁיעֵנוּ?**  
**נוֹזֵה לְאֱלֹהֵינוּ, נוֹזֵה לְאֲדוֹנֵינוּ,**  
**נוֹזֵה לִמְלֶכֶנוּ, נוֹזֵה לִמוֹשִׁיעֵנוּ.**  
**בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ,**  
**בָּרוּךְ מֶלֶכֶנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.**  
**אָתָּה הוּא אֱלֹהֵינוּ, אָתָּה הוּא אֲדוֹנֵינוּ,**  
**אָתָּה הוּא מֶלֶכֶנוּ, אָתָּה הוּא מוֹשִׁיעֵנוּ.**

There is none like our God; there is none like our Eternal One;  
There is none like our Ruler; there is none like our Redeemer.

Who is like our God? Who is like our Eternal One?  
Who is like our Ruler? Who is like our Redeemer?

We will give thanks to our God; we will give thanks to our Eternal One  
We will give thanks to our Ruler; we will give thanks to our Redeemer.

Praised be our God; praised be our Eternal One;  
Praised be our Ruler; praised be our Redeemer.

You are our God; You are our Eternal One;  
You are our Ruler; You are our Redeemer.

# CLOSING SONGS & BLESSINGS



Adon olam asher malach,  
b'terem kol y'tzir nivra.  
Leit naasah v'cheftzo kol,  
azai Melech sh'mo nikra.

V'acharei kichlot hakol,  
l'vedo yimloch nora.  
V'hu hayah, v'hu hoveh,  
v'hu yih'yeh, b'tifaroh.

V'hu echad v'ein sheini,  
l'hamshil lo l'hachbirah.  
B'li reishit b'li tachlit,  
v'lo haoz v'hamisrah.

V'hu Eli v'chai go-ali,  
v'tzur chevli b'beit tzarah.  
V'hu nisi umanos li  
m'nat kosi b'yom ekra.

B'yado afkid ruchi,  
b'beit ishan v'a-irah.  
V'im ruchi g'viyati,  
Adonai li v'lo ira.

You are our Eternal God, who reigned before any being had been created;  
when all was done according to Your will, then You were called Ruler.

And after all ceases to be, You alone will rule in majesty.  
You have been, are yet, and will be in glory.

And You are One; none other can compare to or consort with You.  
You are without beginning, without end. To You belong power and dominion.

And You are my God, my living Redeemer, my Rock in times of trouble and distress.  
You are my standard bearer and my refuge, my benefactor when I call on You.

Into Your hands I entrust my spirit, when I sleep and when I wake,  
and with my spirit my body also; Adonai is with me and I shall not fear.

אדון עולם אשר מלך,  
בטרם כל יציר נברא.  
לעת נעשה בחרפוץ כל  
איי מלך שמו נקרא.

ואחריו פכלות הפל,  
לבדו ימלוך נורא.  
וهو תהה, והוא הוה,  
וهو יהה, בתפארה.

וهو אחד ואין שני,  
להמשיל לו להחכירה.  
בלי ראשית בלי תכלית,  
ולו העז והמשרה.

וهو אליו ומי פאלוי,  
וכור חבלוי בעת צרה.  
וهو גשי ומונס לי  
מנת כוסי ביום אקראי.

בידו אפקיד רוחי,  
בעת אישן ואעינה.  
עם רוחי גויתני,  
יי לי ולא אירא.