

שַׁחֲרִית לַחֹל

SHACHARIT L'CHOL

Weekday Morning Connection



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Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

- a** as in father
- ai** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- '** typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon for Kabbalah4All.

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מודה אני MODEH ANI

Each morning is a new beginning, our soul is returned to us so that we may fulfill its purpose. We thank the Creator for the restoration of our soul, the One Whose faithfulness in us is abundant.

Men say Modeh /Women say Modah.

Modeh/Modah ani l'fanecha,

I offer thanks to You,

melech chai v'kayam,

ever-living Sovereign,

shehechezarta bi nishmati b'chemlah,

that You have restored my soul to me in mercy,

rabah emunatecha.

abundant is Your faithfulness.

מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ,

מֶלֶךְ חַי וְקַיִם,

שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,

רַבָּה אֱמוּנָתְךָ.

נְטִילַת יָדִים

WASHING OF THE HANDS

Our hands attract all sorts of energies, including negative energy. Water has the qualities of Chesed and purification. The word "natal" literally means "to lift." By washing our hands before we engage in any connection or meditation, we are cleansing them and raising them from their mundane tasks to sacred service.

We recite the blessing and then we wash the hands by picking up the pitcher with the left hand and pouring the water over the right hand, then with the right hand pour the water over the left. This procedure is done three times.

Baruch atah Adonai

Blessed are You Hashem,

Eloheinu melech ha-olam,

Elohim, Sovereign of the universe.

asher kid'shanu b'mitzvotav

You hallow us with Your commandments

v'tziyanu al n'tilat yadayim.

and bid us to wash our hands.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ עַל נְטִילַת יָדִים.

We stand during all of the following prayers until we get to Mah Tovv.

אֲשֶׁר יָצַר ASHER YATZAR

Through this blessing we thank the Creator for the rejuvenation of our physical faculties.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher yatzar et ha-adam b'chochmah,

Who formed the human being with wisdom,

uvara vo n'kavim n'kavim

making for us all the vessels and

chalulim chalulim.

openings of the body.

Galui v'yadua lifnei chisei ch'vodecha

It is revealed and known before the Throne of Your Glory

she-im yipatei-ach echad meihem,

that if just one of these be opened

o yisateim echad meihem,

or one of these be closed,

i efshar l'hit-kayeim

it would be impossible to exist

v'la-amod l'fanecha

and stand before You

afilu sha-ah echat.

for even one hour.

Baruch atah Adonai,

Blessed are You Hashem,

rofei chol basar,

Healer of all flesh,

umafli la-asot.

working wondrously.

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,

וּבְרָא בּוֹ נְקָבִים נְקָבִים

חֲלוּלִים חֲלוּלִים.

גָּלוּי וְיָדוּעַ לְפָנֶי כִסֵּא כְבוֹדְךָ

שֶׁאִם יִפְתָּח אֶחָד מֵהֶם,

אוֹ יִסָּתֵם אֶחָד מֵהֶם,

אִי אֶפְשָׁר לְהִתְקַיֵּם

וְלַעֲמֹד לְפָנֶיךָ

אֲפִילוֹ שָׂעָה אֶחָת.

בְּרוּךְ אַתָּה יְהוָה,

רוֹפֵא כָּל בָּשָׂר,

וּמַפְלִיא לַעֲשׂוֹת.

אלהי נשמה

ELOHAI N'SHAMA

Through this blessing we express our gratitude for the restoration of a pure soul and for keeping us in life and in health. When we recognize that the soul is pure, it can often assist us in the task of loving our neighbor.

Men say modeh/Women say modah.

Elohai,
My Elohim,
n'shamah shenatata bi t'horah hi.
the soul You have given me is pure.

Atah v'ratah, atah y'tzartah,
For You created it, You formed it,
atah n'fachta bi,
You breathed it into me,
v'atah m'sham'ra b'kirbi,
and You protect it within me,
v'atah atid lit'lah mimeni,
and You will eventually take it from me,
ulhachazirah bi le-atid lavo.
and restore it to me in the Time to Come.

Kol z'man shehan'shamah b'kirbi,
For as long as my soul is within me,
modeh\modah ani l'fanecha,
I offer thanks before You,
Adonai Elohai
Hashem, my Elohim
v'Eilohei avotai,
and the Elohim of my ancestors,
ribon kol hama-asim,
Guide of all deeds,
adon kol han'shamot.
Ruler of all souls.

Baruch atah Adonai,
Blessed are You Hashem,
asher b'yado nefesh kol chai
in Whose hands are the souls of all the living
v'ruach kol b'sar ish.
and the spirits of all flesh.

אֱלֹהֵי,
נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.

אַתָּה בָּרַאתָהּ, אַתָּה יִצְרַתָּהּ,
אַתָּה נִפְחַתָּהּ בִּי,
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי,
וְאַתָּה עֹתִיד לְטָלָהּ מִמֶּנִּי,
וּלְהַחְזִירָהּ בִּי לְעֹתִיד לְבוֹא.

כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי,
מוֹדֶה\מוֹדָה אֲנִי לְפָנֶיךָ,
יְהוָה אֱלֹהֵי
וְאֱלֹהֵי אֲבוֹתַי,
רִבּוֹן כָּל הַמַּעֲשִׂים,
אֲדוֹן כָּל הַנְּשָׁמוֹת.

בָּרוּךְ אַתָּה יְהוָה,
אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי
וְרוּחַ כָּל בֶּשָׂר אִישׁ.

ברכות השחר

BIRCHOT HASHACHAR - THE MORNING BLESSINGS

We begin our Morning connection in the world of Assiyah. In this realm we are furthest from the Creator's Light and it is easy for us to take things for granted. The word "sechvi" of the first blessing has two meanings, heart and rooster. "The rooster crows, but a person's heart reacts and understands how to deal with new situations" (Rosh). Through the Morning Blessings, we instill within ourselves appreciation for all of the blessings in our life.

The Leader recites the following blessings and the Group responds to אָמֵן Amein to each blessing.

Men say the word before / Women say the word after.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher natan lasechvi vinah
Who has given the rooster understanding
l'havchin bein yom uvein lailah.
to distinguish day from night.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לִשְׁכֵּוֹי בִּינָה
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
pokei-ach ivrim.
Who opens the eyes of the blind.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
פּוֹקֵחַ עֵוְרִים.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
matir asurim.
Who releases those who are bound.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
zokeif k'fufim.
Who straightens those who are bent over.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זוֹקֵף כְּפוּפִים.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
malbish arumim.
Who clothes the naked.

בָּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרֻמִּים.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 hanotein laya-eif ko-ach.
Who gives strength to the weary.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַנוֹתֵן לַיָּעִף כֹּחַ.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 roka ha-aretz al hamayim.
Who spreads out the earth upon the waters.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 hameichin mitz-adei gaver.
Who supports our footsteps.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַמַּכִּין מִצְעָדֵי גֶבֶר.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 she-asah li kol tzorki.
Who provides for all my needs.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 שֶׁעָשָׂה לִי כָל צָרָכִי.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 ozer Yisra-eil bigvurah.
Who strengthens Israel with might.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 עוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 oteir Yisra-eil b'tifarah.
Who crowns Israel with splendor.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 sheasani Yisra-eil.
Who has made me Israel.

בָּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 שֶׁעָשָׂנִי יִשְׂרָאֵל.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 shelo asani aved/shifchah.
Who has not made me a slave.

ברוך אתה יהוה,
 אלהינו מלך העולם,
 שלא עשני עבד\שפחה.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 she-asani b'tzelem Elohim.
Who has made me in Your image.

ברוך אתה יהוה
 אלהינו מלך העולם,
 שעשני בצלם אלהים.

Baruch atah Adonai,
Blessed are You Hashem,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 hama-avir sheinah mei-einai,
Who removes sleep from the eyes,
 utnumah mei-afapai.
slumber from the eyelids.

ברוך אתה יהוה
 אלהינו מלך העולם,
 המעביר שנה מעיני,
 ותנומה מעפעפי.

Vihi ratzon mil'fanecha Adonai,
May it be Your will Hashem,
 Eloheinu v'Eilohei avoteinu,
our Elohim and the Elohim of our ancestors,
 shetargileinu b'Toratecha
that Your Torah be woven into our daily lives
 v'dab'keinu b'mitzvatecha.
and that we cling to Your commandments.
 V'al t'vi-einu lo lidei cheit,
Lead us not into wrongdoing,
 v'lo lidei aveirah v'avon,
not into transgression nor iniquity,
 v'lo lidei nisayon,
nor into temptation,
 v'lo lidei vizayon.
nor into disgrace.
 V'al tashlet banu yeitzer hara.
Let not the evil inclination hold sway over us.
 V'harchikeinu mei-adam ra,
Keep us far from the evil person,
 umeichaveir ra.
the evil companion.
 V'dab'keinu b'yeitzer hatov
Make us cling to the good inclination
 uvma-asim tovim.
and good deed.

ויהי רצון מלפניך יהוה,
 אלהינו ואלהי אבותינו,
 שתרגילנו בתורתך
 ודבקנו במצותיך.
 ואל תביאנו לא לידי חטא,
 ולא לידי עבירה ועון,
 ולא לידי נסיון,
 ולא לידי בזיון.
 ואל תשלט בנו יצר הרע.
 והרחיקנו מאדם רע,
 ומחבר רע.
 ודבקנו ביצר הטוב
 ובמעשים טובים.

V'chof et yitzreinu l'hishtabed lach.

Subdue our inclination so that it may serve You.

Utneinu hayom uvchol yom

Help us obtain, each and every day

I'chein ulchesed ulrachamim,

grace, favor, and mercy,

b'einecha uveinei chol roeinu.

in Your eyes and in the eyes of all who behold us.

V'tigm'leinu chasadim tovim.

Bestow lovingkindness upon us.

Baruch atah Adonai,

Blessed are You Hashem,

gomeil chasadim tovim

Who bestows lovingkindness

I'amo Yisra-eil.

on Your people Israel.

Y'hi ratzon mil'fanecha,

May it be Your will,

Adonai Elohai v'Eilohei avotai,

Hashem my Elohim and Elohim of my ancestors,

shetatzileini hayom uvchol yom

that You rescue me today and every day

mei-azei fanim umei-azut panim,

from the arrogant and from arrogance,

mei-adam ra, miyeitzer ra,

from an evil person, from the evil inclination,

umeichaveir ra, umishachein ra,

and from an evil friend, and from an evil neighbor,

umipega ra, mei-ayin hara,

and from an evil mishap, from an evil eye,

milashon hara, mimalshinut,

from an evil tongue, from slander,

me-eidut sheker,

from false witness,

misinat hab'riyot,

from hatred by people,

mei-alilah, mimitah m'shunah,

from libel, from unnatural death,

meicholayim ra-im, mimikrim ra-im,

from severe illnesses, from evil occurrences,

umisatan hamashchit, midin kasheh,

from the damaging Opponent, from troublesome litigation,

umiba-al din kasheh,

and from a harsh antagonist,

bein shehu ven b'rit,

whether they are a member of the Covenant,

uvein she-eino ven b'rit,

or whether they are not a member of the Covenant,

וכף את יצרנו להשתעבד לך.

ותננו היום ובכל יום

לחן ולחסד ולרחמים,

בעיניך ובעיני כל רואינו.

ותגמלנו חסדים טובים.

ברוך אתה יהוה,

גומל חסדים טובים

לעמו ישראל.

יהי רצון מלפניך,

יהוה אלהי ואלהי אבותי,

שתצילני היום ובכל יום

מעיי פנים ומעזות פנים,

מאדם רע, מיצר רע,

ומחבר רע, ומשכן רע,

ומפגע רע, מעין הרע,

מלשון הרע, ממלשינות,

מעדות שקר,

משנאת הבירות,

מעלילה, ממיתה משנה,

מחליים רעים, ממקרים רעים,

ומשטן המשחית, מדין קשה,

ומבעל דין קשה,

בין שהוא בן ברית,

ובין שאינו בן ברית,

umidinah shel geihinom.
and from the judgement of Gehinnom.

ומדינה של גיהנום.

ברכות התורה

BLESSINGS OF THE TORAH

Hillel said that all of Torah is summed up as "Love your neighbor as yourself, all the rest is mere commentary, now go and learn." We are called to care about others and to share. These blessings assists us in connecting to the energy of the Torah so that we share the Light of the Creator with others. We must perform a mitzvah after a blessing is said, therefore the verses that follow are from both the Written and Oral Torah.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher kid'shanu b'mitzvotav,
You have sanctified us through Your commandments,
v'tziyanu la-asok b'divrei Torah.
and bid us to engage in words of Torah.

V'ha-arev na Adonai Eloheinu,
Hashem, our Elohim, may
et divrei Toratecha b'finu,
the words of Torah flow into our mouths,
uvfi am'cha beit Yisra-eil,
and into the mouths of Your people Israel,
v'nih-yeh anachnu v'tze-etza-einu,
so that we and our descendants,
v'tze-etza-ei am'cha beit Yisra-eil,
and those who flow from Your people Israel,
kulanu yod'ei sh'mecha,
shall all know Your Name,
v'lom'dei Toratecha lishmah.
and study Your Torah for its own sake.
Baruch atah Adonai,
Blessed are You Hashem,
ham'lameid Torah l'amo Yisra-eil.
Who teaches Torah to Your people Israel.

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher bachar banu mikol ha-amim
Who has chosen us from all the peoples

ברוך אתה יהוה
אלהינו מלך העולם,
אשר קדשנו במצותיו,
וצונו לעסוק בדברי תורה.

והערב נא יהוה אלהינו,
את דברי תורתך בפינו,
ובפי עמך בית ישראל,
ונהיה אנחנו וצאצאינו,
וצאצאי עמך בית ישראל,
כלנו יודעי שמך,
ולומדי תורתך לשמה.
ברוך אתה יהוה,
המלמד תורה לעמו ישראל.

ברוך אתה יהוה
אלהינו מלך העולם,
אשר בחר בנו מכל העמים

v'natan lanu et Torato.

and gave us His Torah.

Baruch atah Adonai,

Blessed are You Hashem,

notein ha-Torah.

Who gives the Torah.

Vaydabeir Adonai el Mosheh

Hashem spoke to Moses,

leimor: Dabeir el Aharon v'el

saying: Speak to Aharon and to

banav leimor koh t'var'chu et

his children saying, so shall you bless the

b'nei Yisra-eil amor lahem:

children of Israel, saying to them:

Y'varech'cha Adonai v'yishm'recha.

May Hashem bless you and protect you.

Ya-eir Adonai panav eilecha vichuneka.

May Hashem shine Its countenance upon you and give you grace.

Yisa Adonai panav eilecha v'yaseim

May Hashem lift Its countenance towards you and give

l'cha shalom.

peace to you.

V'samu et sh'mi al b'nei

And they shall place My Name upon the children

Yisra-eil va-ani avar'cheim.

of Israel and I shall bless them.

Eilu d'varim

These are the precepts

she-ein lahem shi-ur:

that have no prescribed measure:

hapei-ah v'habikurim

the corner of a field (for the poor) and the first-fruit offering

v'harayon ugmilut chasadim

and the pilgrimage and the bestowal of kindness

v'talmud Torah.

and study of Torah.

Eilu d'varim she-adam ocheil

These are the precepts of which a person enjoys

peiroteihem ba-olam hazeh

their fruits in This World,

v'hakeren kayemet lo

but whose principal remains intact for them

ונתן לנו את תורתו.

ברוך אתה יהוה,

נותן התורה.

וידבר יהוה אל משה

לאמר: דבר אל אהרן ואֶל

בניו לאמר: כה תברכו את

בני ישראל אמור להם:

יברכך יהוה וישמרך.

יאר יהוה פניו אליך ויחנך.

ישא יהוה פניו אליך וישם

לך שלום.

ושמו את שמי על בני

ישראל ואני אברכם.

אלו דברים

שאין להם שעור:

הפאה והבכורים

והראיון וגמילות חסדים

ותלמוד תורה.

אלו דברים שאדם אוכל

פרותיהם בעולם הזה

והקרן קיימת לו

la-olam haba.

in the World to Come.

V'eilu hein:

These are they:

Kibud av va-eim,

Honor father and mother,

ugmilut chasadim,

the bestowal of kindness,

v'hashkamat beit hamidrash

and early attendance at the house of study

shacharit v'arvit,

morning and evening,

v'hachnasat or'chim,

and hospitality to guests,

uvikur cholim,

and visiting the sick,

v'hachnasat kalah,

and providing for a bride,

ulvayat hameit,

and escorting the dead,

v'iyun t'filah,

and meditation in prayer,

vahava-at shalom bein adam

and bringing peace between a person

lachaveiro uvein ish l'ishto,

and their friend and between a person and their partner,

v'talmud Torah k'neged kulam.

and the study of Torah is equal to them all.

לְעוֹלָם הַבָּא,

וְאֵלֵינוּ הֵן:

כְּבוֹד אָב וָאִם,

וּגְמִילוּת חֲסָדִים,

וְהִשְׁכַּמַּת בֵּית הַמִּדְרָשׁ

שַׁחֲרִית וְעֶרְבִית,

וְהַכְנַסַּת אוֹרְחִים,

וּבִקּוּר חוֹלִים,

וְהַכְנַסַּת כַּלָּה,

וּלְוִיַּת הַמֵּת,

וְעִיּוֹן תְּפִלָּה,

וְהַבָּאת שְׁלוֹם בֵּין אָדָם

לְחֵבְרוֹ וּבֵין אִישׁ לְאִשְׁתּוֹ,

וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם.

עֲנִיפַת טָלִית

DONNING THE TALLIT

The tallit helps us to focus during our prayers and it also reminds us of the Creator's love and protection over us.

Hold the folded tallit in your hand and inspect the tzitzits and recite:

Bar'chi nafshi et Adonai,

Bless Hashem, O my soul,

Adonai Elohai gadalta m'od,

Hashem, my Elohim, how great You are,

hod v'hadar lavashta.

You are robed in glory and majesty.

Oteh or kasalmah,

You wrap Yourself in light as in a garment,

noteh shamayim kayriah.

You spread forth the heavens like a curtain.

בָּרְכֵי נַפְשִׁי אֶת יְהוָה,

יְהוָה אֱלֹהֵי גְדַלְתָּ מְאֹד,

הוֹד וְהָדָר לָבַשְׁתָּ.

עֹטָה אוֹר כְּשִׁלְמָה,

נוֹטָה שָׁמַיִם כִּיָּרִיעָה.

L'sheim yichud kudsha

For the sake of the unification of the Holy One,

b'rich hu uShchintei,

Blessed is He and His Sh'chinah,

bidchilu urchimu l'yacheid

in awe and love to unify

sheim Yud Hei b'Vav Hei b'yichuda

the Name Yud Hei with Vav Hei in unity

sh'lim b'sheim kol Yisra-eil.

that is complete, in the name of all Israel.

Unfold the tallit and hold it in readiness to wrap around yourself and recite:

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher kid'shanu b'mitzvotav,

You have sanctified us through Your commandments,

v'tzivanu l'hitateif batzitzit.

and bid us to be wrapped in the fringes.

Wrap the tallit around your head and body and recite:

Mah yakar chasd'cha,

How precious is Your kindness,

Elohim, uvnei adam

Elohim, humankind

b'tzeil k'nafecha yechesayun.

takes refuge in the shelter of Your wings.

Yirv'yun mideshen beitecha,

They will be filled from the abundance of Your House,

v'nachal adanecha tashkeim.

and You give them drink from the stream of Your delights.

Ki im'cha m'kor chayim,

For with You is the source of life,

b'or'cha nireh or.

by Your Light may we see light.

M'shoch chasd'cha l'yod'echa,

Extend Your kindness to those who know You,

v'tzidkat'cha l'yishrei leiv.

and Your charity to the upright of heart.

לְשֵׁם יְחִיד קֹדֶשׁ

בְּרִיךְ הוּא וְשְׁכִינָתָהּ,

בְּדַחֲלֵנוּ וּבְרַחֲמֵנוּ לְיִחִיד

שֵׁם י"ה בּו"ה בְּיִחְוּדָא

שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית.

מַה יָּקָר חֲסִדְךָ,

אֱלֹהִים, וּבְנֵי אָדָם

בְּצֵל כְּנָפֶיךָ יִחְסִיוּ.

יִרְוּנוּ מִדֶּשֶׁן בֵּיתְךָ,

וְנִחַל עֲדֻנֶיךָ תִּשְׁקֵם.

כִּי עֲמֶךָ מְקוֹר חַיִּים,

בְּאוֹרְךָ נִרְאָה אוֹר.

מִשׁוֹךְ חֲסִדְךָ לִידְעֶיךָ,

וְצִדְקָתְךָ לְיִשְׁרֵי לֵב.

Please note that we use the Sephardic custom of putting on Tefillin.

סדר הנחת תפילין PUTTING ON TEFILLIN

Much like a radio that has a transmitter and a receiver that can pick up radio waves and play them for us to hear, the Tefillin give us the ability to tune into spiritual radio waves and connect to the Light. The Tefillin also suggest a relationship of affection and intimacy with the Creator. Wrapping the words of Torah contained in the Tefillin fulfill the command, "secure these words as a sign upon your hand, and as an emblem in the center of your head."

Sit while putting on Tefillin. Place the arm Tefillin upon the bicep of your weaker arm with the loop closest to your body, hold it in place ready for tightening, then recite the blessing:

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher kid'shanu b'mitzvotav,
You have sanctified us through Your commandments,
v'tzivanu l'hani-ach t'filin.
and bid us to put on Tefillin.

ברוך אתה יהוה,
אלהינו מלך העולם,
אשר קדשנו במצותיו,
וצונו להניח תפילין.

Tighten the arm Tefillin and wrap the strap seven times counter-clockwise around the arm. After the seventh wrap, bring the strap to the outside of your hand and wrap it around to hold it there.

Now stand up and without any interruption whatsoever, put the head Tefillin in place, above the hairline and opposite the space between the eyes.

Tighten the head Tefillin and recite:

Baruch sheim k'vod
Blessed is Your glorious Name,
malchuto l'olam va-ed.
Your Realm is for ever and ever!

ברוך שם כבוד
מלכותו לעולם ועד.

After the head Tefillin is securely in place, recite:

Umeichachmat'cha, Eil Elyon,
From Your wisdom, Eternal One the Most High,
ta-atzil alai,
may You imbue me,
umibinat'cha t'vineini,
and from Your understanding grant me understanding,
uvchasd'cha tagdil alai,
and with Your kindness deal greatly with me,
uvigvurat'cha tatzmit
and with Your power cut down
oy'vai v'kamai.
my foes and those who rise against me.

ומיחמתיך, אל עליון,
תאציל עלי,
ומבינתיך תבינני,
ובחסדיך תגדיל עלי,
ובגבורתיך תצמית
אויבי וקמי.

V'shemen hatov tarik al

And the fine oil pour out upon

shivah k'nei ham'norah,

the seven branches of the Menorah,

I'hashpi-a tuv'cha livriyotecha.

to cause to emanate Your goodness to Your creations.

Potei-ach et yadecha,

You open Your hand,

umasbi-a l'chol chai ratzon.

and satisfy every living thing with its desire.

Wrap the strap of the hand Tefillin up to the middle finger, around the upper half of the middle finger, twice around the lower part of the middle finger, then bring it back down the way it went up, then wrap around the palm several times to form the Dalet (the 2nd letter of "Shadai"), and tuck the end of the strap under itself.

Then recite:

V'eirastich li l'olam,

And I will betroth you to Me forever,

v'eirastich li b'tzedek,

and I will betroth you to Me in righteousness,

uvmishpat uvchesed uvrachamim.

and with justice and with kindness and with mercy.

V'eirastich li be-emunah,

And I will betroth you to Me in faithfulness,

v'yada-at et Adonai.

and you will know Hashem.

וְשֶׁמֶן הַטּוֹב תָּרִיק עַל

שִׁבְעָה קְנֵי הַמְּנוֹרָה,

לְהַשְׁפִּיעַ טוֹבְךָ לְבְרִיּוֹתֶיךָ.

פּוֹתֵחַ אֶת יָדְךָ,

וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן.

וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם,

וְאֶרְשָׁתִּיךָ לִי בְצֶדֶק,

וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים.

וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה,

וַיָּדַעַתְּ אֶת יְהוָה.

מה טוב MAH TOVU

We recite the following prayer when we cross the threshold from the outer world of the everyday to the inner world of prayer, meditation and connection to the Light. Before we begin the Mah Tov and the rest of our connection, we make our intention to love our neighbor as our self.

Hareini m'kabeil alai

I am accepting upon myself

mitzvot aseih shel

the positive commandment of:

v'ahavta l'rei-acha kamocha.

"You shall love your neighbor as yourself."

הֲרִינִי מִקְבֵּל עָלַי
מִצְוֹת עֲשֵׂה שֶׁל
וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ.

Mah tovu ohalecha Ya-akov,

How lovely are your tents, O Jacob,

mishk'notecha Yisra-eil.

your dwelling places O Israel.

מַה טּוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב,
מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Va-ani b'rov chasd'cha avo veitecha,

I, by Your great love, enter Your House,

eshtachaveh el heichal

and bow down reverently

kodsh'cha b'yiratecha.

before Your holy shrine.

וְאֲנִי בְּרֹב חַסְדֶּךָ אָבוֹא בֵּיתְךָ,
אֶשְׁתַּחֲוֶה אֶל הַיְיָ
קֹדֶשְׁךָ בִּירְאָתְךָ.

Adonai ahavti m'on beitecha,

Hashem, I love Your dwelling place,

umkom mishkan k'vodecha.

the abode of Your glory.

Va-ani eshtachaveh v'echra-ah,

I will humbly bow down low,

evr'chah lifnei Adonai osi.

before Hashem my Maker.

יְהוָה אֶהְבַּתִּי מֵעוֹן בֵּיתְךָ,
וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ.
וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרַע,
אֶבְרַךְ לִפְנֵי יְהוָה עֹשֵׂי.

Va-ani t'filati l'cha

I offer my prayer to You,

Adonai eit ratzon,

Hashem, at this time of favor,

Elohim b'rov chasdecha,

Elohim, in Your great mercy,

aneini be-emet yishecha.

answer me with Your saving truth.

וְאֲנִי תְפִלָּתִי לָךְ
יְהוָה עֵת רָצוֹן,
אֱלֹהִים בְּרֹב חַסְדֶּךָ,
עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ.

אֲדוֹן עוֹלָם

ADON OLAM

This song of praise gives us a sense of security as we begin the day. It emphasizes that the Creator is timeless, infinite and omnipotent. It was Abraham that gave the title "Adon" to the Creator and proclaimed that our relationship with the Source of the entire universe can be personal. This is most apparent in the closing verse of this hymn, "Hashem is with me, I shall not fear."

Adon olam asher malach,

You are the Ruler of the Universe,

b'terem kol y'tzir nivra.

who ruled before anything was created.

L'eit na-asah v'cheftso kol,

When everything was created according to Your will,

azai melech sh'mo nikra.

then the sovereignty of Your Name was declared.

V'acharei kichlot hakol,

And after everything ceases to be,

I'vado yimloch nora.

You will majestically reign alone.

V'hu hayah v'hu hoveh,

And You were and You are,

v'hu yih-yeh b'tifarah.

and You will be forever in grandeur.

V'hu echad v'ein sheini,

And You are One and there is no second one,

I'hamshil lo I'hachbirah.

You are incomparable and unique.

B'li reishit b'li tachlit,

You are without beginning or end,

v'lo ha-oz v'hamisrah.

and to You alone are power and dominion.

V'hu Eili v'chai go-ali,

You are my Creator and my living Redeemer,

v'tzur chevli b'eit tzarah.

and You are my Rock in times of trouble and distress.

V'hu nisi umanos li,

You are my banner and refuge,

m'nat kosi b'yom ekra.

a generous benefactor when I call upon You.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֶרֶם כָּל יִצִּיר נִבְרָא.

לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כְּלֹת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נוֹרָא.

וְהוּא הָיָה, וְהוּא הוֹה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

בְּלִי רֵאשִׁית בְּלִי תַּחְלִית,

וְלֹו הָעֶז וְהַמְּשָׁרָה.

וְהוּא אֵלִי וְחִי גֹאֲלִי,

וְצוּר חֲבִלִי בְּעֵת צָרָה.

וְהוּא נֹסִי וּמִנּוֹס לִי,

מִנַּת כּוֹסִי בְּיוֹם אֶקְרָא.

B'yado afkid ruchⁱ,
Into Your hands I entrust my spirit,
 b'ei^t ishan v'a-irah.
when I sleep and when I wake.
 V'im ruchⁱ g'viyati,
And with my spirit my body also,
 Adonai li v'lo ira.
Hashem is with me and I shall not fear.

בִּידּוֹ אֶפְקִיד רוּחִי,
 בַּעֵת אִישָׁן וְאֵירָה.
 וְעִם רוּחִי גְוִיָּתִי,
 יְהוָה לִי וְלֹא אִירָא.

אָנָּה בְּכַח

ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all; this sequence of Hebrew letters is known as the 42-Letter Name of the Creator. When we pray and meditate on this prayer, we are connecting in a very powerful way to the original force of creation and drawing healing energy and protection into our lives.

אָנָּה בְּכַח גְּדוּלַת יְמִנְךָ תַּתִּיר צְרוּרָה.

CHESED
חסד

Ana b'choach g'dulat y'min'cha tatir tz'urah.

Release all those in captivity, we beseech You, Almighty One whose power sets us free.

קַבֵּל רִנַּת עַמֶּךָ שִׁגְבָּנוּ טַהֲרֵנוּ נוֹרָא.

GEVURAH
גבורה

Kabeil rinat am'cha sag'veinu tahareinu nora.

Accept the singing of all Your people Who praise and glorify You alone.

נָא גִבּוֹר דּוֹרְשֵׁי יִחּוּדְךָ כְּבַבְתָּ שְׁמֶיךָ.

TIFERET
תפארת

Na gibor dor'shei yichud'cha k'vavat shomreim.

Preserve those Who seek Your unity, guard them like the pupil of the eye.

בְּרַכְם טַהֲרֵם רַחֲמֵי צִדְקָתְךָ תָּמִיד גְּמִלֵם.

NETZACH
נצח

Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim.

Bless and purify them and always grant them Your compassionate righteousness.

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נֹהֵל עֲדָתְךָ.

HOD
הוד

Chasin kadosh b'rov tuv'cha naheil adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ.

YESOD
יסוד

Yachid gei-eh l'am'cha p'neih zoch'rei k'dushatecha.

O Exalted One, turn to Your people Who remember Your holiness.

שׁוּעַתֵּנוּ קִבֵּל וּשְׁמַע צַעֲקֹתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

MALCHUT
מלכות

Shavateinu kabeil ushma tza-akateinu yodei-a ta-alumot.

Turn to us and hear our prayers, You Who know all hidden things.

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va-ed!

Blessed is Your glorious Name, Your Realm is for ever and ever!

רבי ישמעאל

RABBI YISHMA-EIL

This passage from Gemara presents the thirteen attributes used to apply the words of the Written Torah to the teachings of the Oral Torah. It prepares us for the next section of our service in which we will connect to the world of Yetzirah.

Rabi Yishma-eil omeir,

Rabbi Yishmael says,

Bishlosh esreih midot

Through thirteen attributes

ha-Torah nidreshet:

the Torah is taught:

1) Mikal vachomer.

By lenient law and by strict law.

2) Umig'zeirah shavah.

From similarity of words.

3) Mibinyan av mikatuv echad,

From a general principle derived from one verse,

umibinyan av mish'nei k'tuvim.

and from a general principle derived from two verses.

4) Mik'lal ufrat.

From a general statement followed by a specific.

5) Umip'rat uchlal.

From a specific statement followed by a generality.

6) K'lal ufrat uchlal,

From a general followed by a specific followed by a general,

i atah dan ela k'ein hap'rat.

then you may only infer what is similar to the specification.

7) Mik'lal shehu tzarich lifrat,

From a general statement that requires a specific one that,

umip'rat shehu tzarich lichlal.

in turn, requires a general one to explain it.

8) Kol davar shehayah bichlal

Anything that was part of a general statement which was

רַבִּי יִשְׁמָעֵאל אוֹמֵר,

בְּשִׁלֹּשׁ עֶשְׂרֵה מִדּוֹת

הַתּוֹרָה נִדְרָשֶׁת:

(א) מִקָּל וְחֹמֶר.

(ב) וּמִגְזֵירָה שָׁוָה.

(ג) מִבִּנְיָן אָב מִכָּתוּב אֶחָד,

וּמִבִּנְיָן אָב מִשְׁנֵי כְּתוּבִים.

(ד) מִכָּלל וּפְרָט.

(ה) וּמִפְּרָט וְכָלל.

(ו) כָּלל וּפְרָט וְכָלל,

אִי אַתָּה דָן אֶלָּא כְּעֵין הַפְּרָט.

(ז) מִכָּלל שֶׁהוּא צָרִיךְ לְפָרֵט,

וּמִפְּרָט שֶׁהוּא צָרִיךְ לְכָלל.

(ח) כֹּל דְּבַר שֶׁהָיָה בְּכָלל

v'yatza min hak'lal l'lameid,
singled out from the general statement to teach something,
 lo l'lameid al atzmo yatza,
it was not to teach about itself that it was singled out,
 ela l'lameid al
but to teach about
 ha-k'lal kulo yatza.
the entire general statement.

9) Kol davar shehayah bichlal,
Anything that was part of a general statement,
 v'yatza liton to-an echad
which was later singled out
 shehu ch'inyano,
to discuss another claim to its context,
 yatza l'hakeil v'lo l'hachamir.
it was singled out to be more lenient and not more stringent.

10) Kol davar shehayah bichlal,
Anything that was part of a general statement,
 v'yatza liton to-an
and was later singled out in order to discuss
 acheir shelo ch'inyano,
another claim out of its context,
 yatza l'hakeil ulha-chamir.
it was singled out to be more lenient and not more stringent.

11) Kol davar shehayah bichlal,
Anything that was part of a general statement,
 v'yatza lidon badavar he-chadash,
and was singled out in order to discuss a new concept,
 i atah yachol l'ha-chaziro
you can not return to its general
 lichlalo, ad she-yachazirenu
context, unless the text returns it
 hakatuv lichlalo b'feirush.
explicitly to its general context.

12) Davar halameid mei-inyano,
A matter that is learned from its context,
 v'davar ha-lameid misofo.
and a matter that is derived from its end.

13) V'chein sh'nei ch'tuvim
And also from two verses
 hamach-chishim zeh et zeh,
that contradict each other,
 ad sheyavo hakatuv hash'lishi
until a third one comes along
 v'yachri-a beineihem.
and reconciles them.

וַיֵּצֵא מִן הַכֹּלֶל לְלַמֵּד,
 לֹא לְלַמֵּד עַל עֲצֻמוֹ יֵצֵא,
 אֲלֵא לְלַמֵּד עַל
 הַכֹּלֶל כְּלוּ יֵצֵא.
 (ט) כָּל דָּבָר שֶׁהָיָה בְּכִלְלִי,
 וַיֵּצֵא לְטַעוֹן טַעֲנָן אֶחָד
 שֶׁהוּא כְּעִנְיָנוּ,
 יֵצֵא לְהַקֵּל וְלֹא לְהַחְמִיר.
 (י) כָּל דָּבָר שֶׁהָיָה בְּכִלְלִי,
 וַיֵּצֵא לְטַעוֹן טַעֲנָן
 אַחֵר שֶׁלֹּא כְּעִנְיָנוּ,
 יֵצֵא לְהַקֵּל וּלְהַחְמִיר.
 (יא) כָּל דָּבָר שֶׁהָיָה בְּכִלְלִי
 וַיֵּצֵא לְדוֹן בַּדָּבָר הַחֲדָשׁ,
 אִי אַתָּה יָכוֹל לְהַחְזִירוֹ
 לְכִלְלוֹ, עַד שֶׁיַּחְזִירֵנוּ
 הַכָּתוּב לְכִלְלוֹ בְּפִירוּשׁ.
 (יב) דָּבָר הֵלָמֵד מֵעִנְיָנוּ,
 וְדָבָר הֵלָמֵד מִסּוּפּוֹ.
 (יג) וְכֵן שְׁנֵי כְּתוּבִים
 הַמְּכַחֲשִׁים זֶה אֶת זֶה,
 עַד שֶׁיָּבֹא הַכָּתוּב הַשְּׁלִישִׁי
 וַיַּכְרִיעַ בֵּינֵיהֶם.

שִׁיבָנָה

SHEYIBANEH

According to Kabbalah, the Holy Temple still exists in the spiritual realm but no longer exists in the physical world. Through this prayer we express our yearning to see the restoration of the Holy Temple.

Y'hi ratzon mil'fanecha,

May it be Your will,

Adonai Eloheinu v'Eilohei avoteinu,

Hashem our Elohim and Elohim of our ancestors,

sheyibaneh beit hamikdash

that You shall rebuild the holy Temple

bimheirah v'yameinu,

speedily in our day,

v'tein chelkeinu b'Toratecha.

and place our lot in Your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שְׁיִבְנָה בֵּית הַמִּקְדָּשׁ

בְּמַהֲרָה בְּיָמֵינוּ,

וְיִתֵּן חֶלְקֵנוּ בְּתוֹרַתְךָ.

קִדִּישׁ דְּרַבָּנָן

KADDISH D'RABANAN

The Kaddish D'Rabanan is said after we read from a section of Talmud or other sacred texts. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchaye d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעָלְמָא דִּי בְּרָא כְרַעוּתֵהּ,

וְיַמְלִיךְ מַלְכוּתֵהּ,

וְיַצְמַח פְּרֻקָּנֵהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

ba-agala uvizman kariv,
quickly and speedily may it come,
v'imru Amein. {Amein.}
and let us say amen. Amen.

{Y'hei sh'meih raba m'varach
Let the great Name be blessed
l'alam ulal'mei al'maya.}
forever and ever.

Yitbarach v'yishtabach v'yitpa-ar
Blessed and extolled and magnified
v'yitromam v'yitnasei v'yit-hadar
and hailed and exalted and honored
v'yit-aleh v'yit-halal
and glorified and praised
sh'meih d'kudsha {b'rich hu},
be the Holy One Whose Name is blessed,
l'eila min kol birchata v'shirata
Who is beyond all blessings or songs
tushb'chata v'nechemata,
or praises or words of consolation,
da-amiran b'al'ma,
that can be uttered in this world,
v'imru Amein. {Amein.}
and let us say amen. Amen.

Al Yisra-eil v'al rabanan,
Upon Israel and upon the teachers,
v'al talmideihon v'al kol
and upon their students and upon all
talmidei talmideihon,
the students of their students,
v'al kol man
and upon all who
d'as'kin b'Orayta,
engage themselves in the study of Torah,
di v'atra hadein v'di
who are in this place or who are
v'chol achar va-atar.
in any other place.
Y'hei l'hon ulchon sh'lama raba,
May there be for them and for you abundant peace,
china v'chisda v'rachamin,
grace and kindness and mercy,
v'chayin arichin, umzonei r'vichei,
long life, and ample nourishment,
ufurkana, min kadam avuhon di
and salvation from before their Father Who is

בַּעֲגָלָא וּבְזִמָּן קָרִיב,
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שִׁמְהָ רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל
שִׁמְהָ דְקֻדְשָׁא {בְּרִיךְ הוּא},
לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא
תְּשׁוּבָתָא וְנֶחֱמָתָא,
דְּאִמְרֵן בְּעָלְמָא,
וְאָמְרוּ אָמֵן. {אָמֵן.}

עַל יִשְׂרָאֵל וְעַל רַבָּנָן,
וְעַל תַּלְמִידֵיהוֹן וְעַל כּוֹל
תַּלְמִידֵי תַלְמִידֵיהוֹן,
וְעַל כּוֹל מָאן
דְּעָסְקִין בְּאוֹרֵיתָא,
דִּי בְּאַתְרָא הָדִין וְדִי
בְּכָל אֲתָר וְאַתָּר.
יְהֵא לְהוֹן וּלְכוּן שְׁלָמָא רַבָּא,
חֲנָא וְחֶסֶדָא וְרַחֲמִין,
וְחַיִּין אָרִיכִין, וּמְזוֹנֵי רוּיְחִי,
וּפְרָקְנָא, מִן קָדָם אַבוּהוֹן דִּי

vishmaya v'ara,
in Heaven an earth,
v'imru Amein. {Amein.}
and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be much peace from heaven,
v'chayim tovim aleinu,
and good life upon us,
v'al kol Yisra-eil,
and upon all Israel,
v'imru Amein. {Amein.}
and let us say amen. Amen.

בְּשִׁמְיָא וְאֶרְעָא,
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים טוֹבִים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן. {אָמֵן.}

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,
May the One who makes peace in the high heavens,
hu ya-aseh shalom aleinu,
bring this peace upon us,
v'al kol Yisra-eil v'al kol ha-olam,
and upon all Israel and upon all the world,
v'imru Amein. {Amein.}
and let us say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמִיו,
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,
וְאָמְרוּ אָמֵן. {אָמֵן.}

פסוקי דזמרה

P'SUKEI D'ZIMRAH - VERSES OF PRAISE

This section is similar to Haleil because it consists of Psalms and prayers which focus on the Creator's glory. It connects us to the world of Yetzirah and is a fitting preparation for the Sh'ma and the Amidah.

There are many different Psalms and prayers in this section. All of them are not recited every day. The blessings that form the foundation of this section and are always recited have a note above them.

הודו

HODU

Through the Hodu we are called to give thanks and declare the Divine Name. The first section focuses on our past redemption as a people, while the last section focuses on our future redemption.

Hodu l'Adonai kiru bishmo,
Give thanks to Hashem, declare the One's Name,
hodi-a va-amim alilotav.

make known among the peoples the One's actions.

Shiru lo, zam'ru lo,
Sing to the One, sing praise to the One,
sichu b'chol nifl'otav.

speak of all the One's wonders.

Hit-hal'lu b'sheim kodsho,
Glory in the Name of the One's Holiness,
yismach leiv m'vakshei Adonai.

glad will be the heart of those who seek Hashem.

Dirshu Adonai v'uzo,
Search out Hashem and Hashem's power,
bak'shu fanav tamid.

constantly seek the One's Presence.

Zichru nifl'otav asher asah,
Remember the wonders that were performed by the One,
mof'tav umishp'tei fi hu.

the marvels and justices of the One's mouth.

Zera Yisra-eil avdo,
O seed of Israel, servant of the Eternal One,
b'nei Ya-akov b'chirav.

O children of Jacob, chosen ones of the Eternal One.

Hu Adonai Eloheinu,
The Eternal One is Hashem our Elohim,

הודו ליהוה קראו בשמו,
הודיעו בעמים עלילתיו.
שירו לו, זמרו לו,
שיחו בכל נפלאותיו.
התהללו בשם קדשו,
ישמח לב מבקשי יהוה.
דרשו יהוה ועזו,
בקשו פניו תמיד.
זכרו נפלאותיו אשר עשה,
מפתיו ומשפטי פיהו.
זרע ישראל עבדו,
בני יעקב בחיריו.
הוא יהוה אלהינו,

b'chol ha-aretz mishpatav.

Whose justice is over all the earth

Zichru l'olam b'rity,

Remember forever the One's covenant,

davar tzivah l'elef dor.

Whose word commanded for a thousand generations.

Asher karat et Avraham,

Which was made with Abraham,

ushvuato l'Yitz-chak.

and was vowed to Isaac.

Vaya-amideha l'Ya-akov l'chok,

Which was established as a statute for Jacob,

l'Yisra-eil b'rit olam.

as an eternal covenant for Israel.

Leimor, l'cha etein erez K'na-an,

Saying, To you I shall give the land of Canaan,

chevel nachalatchem.

the lot of your inheritance.

Bih-yot'chem m'tei mispar,

When you were but few in number,

kimat v'garim bah.

hardly dwelling there.

Vayit-hal'chu migoi el goi,

And they wandered from nation to nation,

umi-mamlachah el am acheir.

from one kingdom to another people.

Lo hini-ach l'ish l'ashkam,

The Eternal One did not allow any man to rob them,

vayochach aleihem m'lachim.

and rebuked kings for their sake.

Al tig'u bimshichai,

Dare not touch My anointed ones,

uvinvi-ai al tarei-u.

and do not harm My prophets.

Shiru l'Adonai kol ha-aretz,

sing to Hashem all the earth,

bas'ru miyom el yom y'shuato.

proclaim redemption from day to day.

Sap'ru vagoyim et k'vodo,

Tell of the One's glory to the nations ,

b'chol ha-amim nifl'otav.

and to all the people the wonders.

Ki gadol Adonai umhulal m'od,

For great is Hashem and much acclaimed,

v'nora hu al kol elohim.

and Who is held in awe by all divine beings.

Ki kol elohei ha-amim elilim,

For all the gods of the peoples are idols,

בְּכֹל הָאָרֶץ מִשְׁפָּטָיו.

זָכְרוּ לְעוֹלָם בְּרִיתוֹ,

דָּבַר צִוְּהָ לְאַלְפֵי דוֹר.

אֲשֶׁר כָּרַת אֶת אַבְרָהָם,

וּשְׁבוּעָתוֹ לְיִצְחָק.

וַיַּעֲמִידָהּ לְיַעֲקֹב לְחֹק,

לְיִשְׂרָאֵל בְּרִית עוֹלָם.

לֵאמֹר, לְךָ אֶתֵּן אֶרֶץ כְּנָעַן,

חֶבֶל נַחֲלַתְכֶם.

בְּהִיּוֹתְכֶם מְתֵי מִסְפָּר,

כְּמַעַט וְגָרִים בָּהּ.

וַיִּתְהַלְכוּ מִגּוֹי אֶל גּוֹי,

וּמִמַּמְלָכָה אֶל עַם אֲחֵר.

לֹא הִנִּיחַ לְאִישׁ לְעַשְׂקָם,

וַיּוֹכַח עֲלֵיהֶם מְלָכִים.

אַל תִּגְעוּ בַּמְשִׁיחִי,

וּבַנְּבִיאֵי אֵל תִּרְעוּ.

שִׁירוּ לַיהוָה כָּל הָאָרֶץ,

בַּשָּׁרוּ מִיּוֹם אֶל יוֹם יְשׁוּעָתוֹ.

סַפְּרוּ בַּגּוֹיִם אֶת כְּבוֹדוֹ,

בְּכֹל הָעַמִּים נִפְלְאוֹתָיו.

כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד,

וְנוֹרָא הוּא עַל כָּל אֱלֹהִים.

כִּי כָל אֱלֹהֵי הָעַמִּים אֱלִילִים,

v'Adonai shamayim asah.

and Hashem made the heavens.

Hod v'hadar l'fanav,

Honor and beauty are before Hashem,

oz v'chedvah bimkomo.

in Whose place are might and delight.

Havu l'Adonai mishp'chot amim,

Ascribe to Hashem O families of the peoples,

havu l'Adonai kavod va-oz.

ascribe to Hashem's awesome power.

Havu l'Adonai k'vod sh'mo,

Ascribe to Hashem honoring the Name,

s'u minchat uvou l'fanav.

raise up an offering and come before the Eternal One.

hishtachavu l'Adonai b'hadrat kodesh. השתחוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.

bow down before Hashem in the beauty of holiness.

Chilu mipanav kol ha-aretz,

tremble before the Eternal everyone on earth,

af tikon teiveil bal timot.

indeed firmly established is the world so it cannot collapse.

Yism'chu hashamayim

The heavens will be glad

v'tageil ha-aretz,

and the earth will rejoice,

v'yom'ru bagoyim, Adonai malach.

and they will say among the nations, Hashem has reigned.

Yiram hayam umlo-o,

The sea and its fullness will roar,

ya-aloz sadai v'chol asher bo.

the field and everything that is in it will exult.

Az y'ran'nu kol atzei haya-ar,

Then all the trees of the forest will sing with joy,

milifnei Adonai,

before Hashem,

ki va lishpot et ha-aretz.

Who will have come to judge the earth.

Hodu l'Adonai ki tov,

Give thanks to Hashem Who is good,

ki l'olam chasdo.

Whose mercy endures forever.

V'imru hoshi-einu Elohei yisheinu,

And say, save us O Elohim of our salvation,

v'kab'tzeinu v'hatzileinu min hagoyim,

and gather us and rescue us from among the nations,

l'hodot l'sheim kodshecha,

to give thanks to Your holy Name,

l'hishtabei-ach bit-hilatecha.

and to be glorified in saying Your praise.

וַיְהוֹה שָׁמַיִם עָשָׂה.

הוֹד וְהַדָּר לְפָנָיו,

עַז וְחֶדְוָה בְּמִקְוֹמוֹ.

הָבוּ לַיהוָה מִשְׁפָּחוֹת עַמִּים,

הָבוּ לַיהוָה כְּבוֹד וְעֹז.

הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ,

שִׂאוּ מִנְחָה וּבֹאוּ לְפָנָיו,

הִשְׁתַּחֲווּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.

חִילוּ מִלְּפָנָיו כָּל הָאָרֶץ,

אֵף תִּכּוֹן תֵּיבֵל בֶּל תִּמּוֹט.

יִשְׂמְחוּ הַשָּׁמַיִם

וְתִגַּל הָאָרֶץ,

וַיֹּאמְרוּ בַּגּוֹיִם, יְהוָה מֶלֶךְ.

יָרַעַם הַיָּם וּמִלּוֹאוֹ,

יַעֲלֶז הַשָּׂדֶה וְכָל אֲשֶׁר בּוֹ.

אֲזַיִרְנָנוּ עֲצֵי הַיַּעַר,

מִלְּפָנֵי יְהוָה,

כִּי בָא לְשִׁפּוֹט אֶת הָאָרֶץ.

הוֹדוּ לַיהוָה כִּי טוֹב,

כִּי לְעוֹלָם חַסְדּוֹ.

וַיֹּאמְרוּ הוֹשִׁיעֵנו אֱלֹהֵי יִשְׂרָאֵל,

וְקַבְּצֵנוּ וְהַצִּילֵנוּ מִן הַגּוֹיִם,

לְהַדוֹת לְשֵׁם קֹדֶשְׁךָ,

לְהִשְׁתַּבֵּחַ בְּתִהְלָתְךָ.

Baruch Adonai Elohei Yisra-eil min

Blessed is Hashem, the Elohim of Israel from

ha-olam v'ad ha-olam,

this world to the world to come,

vayom'ru kol ha-am, amein,

and let all the people say, amen,

v'haleil l'Adonai.

and praise to Hashem.

Rom'mu Adonai Eloheinu,

Exalt Hashem our Elohim,

v'hishtachavu lahadom raglav,

and bow down at the One's footstool,

kadosh hu.

Holy is the One.

Rom'mu Adonai Eloheinu,

Exalt Hashem our Elohim,

v'hishtachavu l'har kodsho,

and bow at the One's holy mountain,

ki kadosh Adonai Eloheinu.

for Hashem our Elohim is holy.

V'hu rachum, y'chapeir avon,

And the Eternal One is merciful, forgives iniquities,

v'lo yash-chit, v'hirbah l'hashiv

and does not destroy, frequently withdraws

apo, v'lo ya-ir kol chamato.

anger, and does not become full of wrath.

Atah Adonai,

You Hashem,

lo tichla rachamecha mimeni,

do not withhold Your mercy from me,

chasd'cha va-amit'cha tamid yitz'runi.

may Your mercy and truth always protect me.

Z'chor rachamecha

Remember Your mercies

Adonai vachasadecha,

Hashem and Your kindnesses,

ki mei-olam heimah.

for they are eternal.

T'nu oz Leilohim,

Acknowledge unsurpassable might to Elohim,

al Yisra-eil ga-avato,

Whose grandeur is upon Israel,

v'uzo bash'chakim.

and Whose might is in the skies.

Nora Elohim mimikdashcha,

You are awesome O Elohim from Your Temples,

Eil Yisra-eil, hu notein oz

Eternal One of Israel, Who grants might

ברוך יהוה אלהי ישראל מן

העולם ועד העולם,

ויאמרו כל העם, אמן,

והלל ליהוה.

רוממו יהוה אלהינו,

והשתחוו להדום רגליו,

קדוש הוא.

רוממו יהוה אלהינו

והשתחוו להר קדשו,

כי קדוש יהוה אלהינו.

והוא רחום, יכפר עון,

ולא ישחית, והרבה להשיב

אפו, ולא יעיר כל חמתו.

אתה יהוה,

לא תכלא רחמיך ממני,

חסדיך ואמתך תמיד יצרוני.

זכר רחמיך

יהוה וחסדיך,

כי מעולם המה.

תנו עז לאלהים,

על ישראל גאותו,

ועזו בשחקים.

נורא אלהים ממקדשיך,

אל ישראל, הוא נותן עז

v'ta-atzumot la-am,

and power to the people,

baruch Elohim.

blessed is Elohim.

Eil n'kamot Adonai,

O Eternal One of retributions Hashem,

Eil n'kadmot hofi-a.

O Eternal One of retributions appear.

Hinasei shofeit ha-aretz,

Arise O Judge of the earth,

hasheiv g'mul al gei-im.

repay the arrogant with their due.

L'Adonai hayshu-ah,

Salvation belongs to Hashem,

al am'cha birchatecha selah.

upon Your people is Your blessing, selah.

Adonai tz'va-ot imanu,

Hashem of Hosts is with us,

misgav lanu Elohai Ya-akov selah.

and the Elohim of Jacob is our strength selah.

Adonai tz'va-ot,

Hashem of Hosts,

ashrei adam botei-ach bach.

happy is the person who puts their trust in You.

Adonai hoshi-ah,

Hashem save us,

ha-melech ya-aneinu b'yom koreinu.

the Sovereign shall answer us on the day we call.

Hoshiah et amecha,

Save Your nation,

uvareich et nachalatecha,

and bless Your inheritance,

ureim v'nas'eim ad ha-olam.

tend them and raise them up forever.

Nafsheinu hik'tah l'Adonai,

Our soul longed for Hashem,

ezreinu umagi-einu hu.

Who is our help and our shield.

Ki vo yismach libeinu,

For in Whom our hearts rejoice,

ki v'sheim kodsho vatachnu.

because in Whose Holy Name we have put our trust.

Y'hi chasd'cha Adonai aleinu,

May Your kindness be upon us Hashem,

ka-asher yichalnu lach.

for we have placed our trust in You.

Hareinu Adonai chasdecha,

Show us Your kindness Hashem,

ותעצמות לעם,

ברוך אלהים.

אל נקמות יהוה,

אל נקמות הופיע.

הנשא שפט הארץ,

השב גמול על גאים.

ליהוה הישועה,

על עמך ברכתך סלה.

יהוה צבאות עמנו,

משגב לנו אלהי יעקב סלה.

יהוה צבאות,

אשרי אדם בטח בך.

יהוה הושיעה,

המלך יעננו ביום קראנו.

הושיעה את עמך,

וברך את נחלתך,

ורעים ונשאים עד העולם.

נפשנו חכתה ליהוה,

עזרנו ומגננו הוא.

כי בו ישמח לבנו,

כי בשם קדשו בטחנו.

יהי חסדך יהוה עלינו,

כאשר יחלנו לך.

הראנו יהוה חסדך,

v'yeslach titen lanu.
and grant us Your salvation.
Kumah ezratah lanu,
Arise and help us,
ufdeinu l'ma-an chasdecha.
and redeems us for the sake of Your kindness.
Anochi Adonai Elohecha,
I am Hashem Your Elohim,
hama-alcha mei-eret mitzrayim,
Who raised you from the land of Egypt,
harchev picha va-amaleihu.
open wide your mouth and I will fill it.
Ashrei ha-am shekachah lo,
Happy is the people for whom all this is true,
ashrei ha-am she-Adonai Elohav.
happy is the people that Hashem is their Elohim.
Va-ani b'chasd'cha vatachti,
And I have trusted in Your kindness,
yageil libi bishuatecha,
my heart will exult in Your salvation,
ashirah l'Adonai,
I will sing to Hashem,
ki gamal alai.
Who has dealt kindly with me.

וְיִשְׁלַח תִּתֵּן לָנוּ.
קוּמָה עֲזָרְתָהּ לָנוּ,
וּפְדֵנוּ לְמַעַן חֲסֵדְךָ.
אֲנֹכִי יְהוָה אֱלֹהֶיךָ,
הִמַּעַלְךָ מֵאֶרֶץ מִצְרַיִם,
הִרְחֵב פִּיךָ וְאִמְלֵאֲהוּ.
אֲשֶׁר־י הָעָם שָׂכָכָה לוֹ,
אֲשֶׁר־י הָעָם שִׁיְהוּהָ אֱלֹהָיו.
וְאֲנִי בְּחֶסֶדְךָ בִּטַּחְתִּי,
יִגַּל לִבִּי בִישׁוּעָתְךָ,
אֲשִׁירָה לַיהוָה,
כִּי גָמַל עָלַי.

תהלים ל

PSALM 30

Mizmor shir chanukat
A psalm a song for the dedication of
habayit l'David.
the Temple by David.
Aromimcha Adonai ki dilitani,
I will exalt You Hashem for You have raised me up,
v'lo simachta oy'vai li.
and not let my foes rejoice over me.
Adonai Elohai shivati,
Hashem my Elohim I cried out,
Eilecha vatirpa-eini.
to You and You healed me.
Adonai he-elita min sh'ol nafshi,
Hashem You have raised up from the lower world my soul,
chiyitani miyardi vor.
You have preserved me from my descent to the grave.

מִזְמוֹר שִׁיר חֲנֻכַּת
הַבַּיִת לְדָוִד.
אֲרוֹמְמְךָ יְהוָה כִּי דָלִיתָנִי
וְלֹא שִׂמַּחַת אֹיְבֵי לִי.
יְהוָה אֱלֹהֵי שׁוּעָתִי
אֵלַיךָ וּתְרַפָּאֲנִי.
יְהוָה הֶעֱלִיתָ מִן שְׂאוֹל נַפְשִׁי,
חַיִּיתָנִי מִיַּרְדֵּי בּוֹר.

Zam'ru l'Adonai chasidav,

Sing to Hashem devout ones,

v'hodu l'zeicher kodsho.

and give thanks the Holy Name.

Ki rega b'apo,

For but a moment endures Your anger,

chayim birtzono.

Your will is life.

Ba-erev yalin bechi

At evening one lies down weeping,

v'laboker rinah.

but with dawn a cry of joy.

Va-ani amarti b'shalvi

I had said in my serenity

bal emot l'olam.

I would not falter ever.

Adonai birzton'cha

Hashem through Your favor

he-emadtah l'har'ri oz,

You supported my mountain to be mighty

histarta fanecha hayiti nivhal.

when You concealed Your face I was confounded.

Eilecha Adonai ekra,

To You Hashem I would call,

v'el Adonai etchanan.

and to You I would appeal.

Mah betza b'dami

What gain is there in my death

b'ridti el shachat,

in my descent to the pit,

hayod'cha afar hayagid amitecha.

will the dust acknowledge You, will it declare Your truth?

Sh'ma Adonai v'choneini

Hear O Hashem and favor me

Adonai he-yeih ozeir li.

Hashem; be my Helper.

Hafachta misp'di l'machol li,

You have transformed my lament into dancing for me,

pitachta saki vat'az'reini simchah.

You undid my sackcloth and You girded me with gladness.

L'ma-an y'zamercha chavod v'lo yidom,

So that I may sing to You my glory and not be silenced,

Adonai Elohai l'olam odecha.

Hashem my Elohim I will thank You.

זָמְרוּ לַיהוָה חֲסִידָיו

וְהוֹדוּ לְזֵכֶר קֹדְשׁוֹ.

כִּי רָגַע בְּאַפּוֹ,

חַיִּים בְּרִצּוֹנוֹ.

בַּעֲרֵב יֵלִין בְּכִי,

וּלְבֹקֶר רִנָּה.

וְאֲנִי אֶמְרָתִי בְשִׁלְוִי

בֶּל אֲמוֹט לְעוֹלָם.

יְהוָה בְּרִצּוֹנְךָ

הֶעֱמַדְתָּה לְהַרְרִי עוֹז,

הִסְתַּרְתָּ פָנֶיךָ הֵייתִי נִבְהָל.

אֵלֶיךָ יְהוָה אֶקְרָא,

וְאֶל אֲדֹנָי אֶתְחַנֵּן.

מַה בָּצַע בְּדָמִי

בְּרִדְתִּי אֶל שַׁחַת,

הֵיּוֹדֵךָ עֶפֶר הֵיגִיד אֲמִתְּךָ.

שְׁמַע יְהוָה וְחַנּוּנִי

יְהוָה הִיָּה עֹזֶר לִי.

הִפְכָּתָּ מִסִּפְדִּי לְמַחּוֹל לִי,

פִּתַּחְתָּ שַׁקִּי וּתְאַרְרַנִּי שִׂמְחָה.

לְמַעַן יִזְמְרְךָ כְּבוֹד וְלֹא יִדָּם,

יְהוָה אֱלֹהֵי לְעוֹלָם אֲוֹדְךָ.

The following is always recited:

יהוה מלך ADONAI MELECH

Through this blessing we affirm the eternity of the Creator's reign. The Zohar teaches that that angels say these words of praise every morning.

*We stand during this prayer.
It is recited twice.*

Adonai melech, Adonai malach,

Hashem is Sovereign, Hashem has reigned,

Adonai yimloch l'olam va-ed.

Hashem shall reign for ever and ever.

Adonai melech, Adonai malach,

Hashem is Sovereign, Hashem has reigned,

Adonai yimloch l'olam va-ed.

Hashem shall reign for ever and ever.

V'hayah Adonai l'melech

And Hashem will be Sovereign

al kol ha-aretz,

over the entire earth,

bayom hahu yih-yeh

and on that day

Adonai echad ushmo echad.

Hashem will be One and Whose Name will be One.

יהוה מֶלֶךְ, יהוה מֶלֶךְ,

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

יהוה מֶלֶךְ, יהוה מֶלֶךְ,

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

וְהָיָה יְהוה לְמֶלֶךְ

עַל כָּל הָאָרֶץ,

בַּיּוֹם הַהוּא יִהְיֶה

יְהוה אֶחָד וּשְׁמוֹ אֶחָד.

The following is always recited:

הוֹשִׁיעֵנו HOSHIEINU

These verses were added to the liturgy by the Ari. We ask that we may be gathered together from all the nations so we may lead the world in giving praise to the Creator.

We stand during this prayer.

Hoshi-einu Adonai Eloheinu,

Save us Hashem our Elohim,

v'kab'tzeinu mi hagoyim,

and gather us from the nations,

l'hodot l'sheim kodshecha,

that we may give thanks to Your Holy Name,

l'hishtabei-ach bit-hilatecha.

and to be glorified in Your praise.

Baruch Adonai Elohei Yisra-eil min

Blessed is Hashem, the Elohim of Israel from

ha-olam v'ad ha-olam,

this world to the world to come,

הוֹשִׁיעֵנו יְהוה אֱלֹהֵינוּ,

וְקַבְּצֵנוּ מִן הַגּוֹיִם,

לְהוֹדוֹת לְשֵׁם קֹדֶשְׁךָ,

לְהַשְׁתַּבֵּחַ בְּתִהְלָתְךָ.

בָּרוּךְ יְהוה אֱלֹהֵי יִשְׂרָאֵל מִן

הָעוֹלָם וְעַד הָעוֹלָם,

v'amar kol ha-am amein, hal'lu-Yah.

and let all the people say amen, halleluYah.

Kol ha-n'shamah t'haleil Yah,

Let everything that has a soul praise the Eternal One,

hal'lu-Yah.

halleluYah.

וְאָמַר כָּל הָעָם אָמֵן, הַלְלוּיָהּ.

כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ,

הַלְלוּיָהּ.

למנצח

LAM'NATZEIACH

Rav David Aburraham said that anyone who recites this Psalm and concentrates on it in the form of the menorah (on the following page) is considered to have lit the menorah in the Temple.

לְמַנְצֵחַ בְּנִינּוֹת מִזְמוֹר שִׁיר.

Lam'natzei-ach bingiot mizmor shir.

For the Chief Musician, a Psalm, a song.

אֱלֹהִים יַחֲנֵנוּ וַיְבָרְכֵנוּ, יָאֵר פָּנָיו אֶתָּנוּ סֵלָה.

Elohim y'chaneinu vivar'cheinu, ya-eir panav itanu selah.

May the Elohim be gracious unto us and bless us, may Its face shine upon us selah.

CHESED

חסד

לְדַעַת בְּאֶרֶץ דְּרָכָךְ, בְּכָל גּוֹיִם יִשׁוּעָתָךְ.

Lada-at ba-aretz darkecha, b'chol goyim y'shuatecha.

That Your way may be known upon earth, and Your salvation among all nations.

GEVURAH

גבורה

יִוְדוּךְ עַמִּים, אֱלֹהִים, יִוְדוּךְ עַמִּים כָּלָם.

Yoducha amim, Elohim, yoducha amim kulam.

Let Your peoples give thanks to You, O Elohim, let all the peoples give thanks to You.

TIFERET

תפארת

יִשְׂמְחוּ וַיִּרְנְנוּ לְאָמִים, כִּי תִשְׁפּוֹט עַמִּים מִיָּשׁוֹר,

וּלְאָמִים בְּאֶרֶץ תַּנְחֵם סֵלָה.

Yism'chu viran'nu l'umim, ki tishpot amim mishor,

ulumim ba-aretz tanheim selah.

Let the nations rejoice and exult, for You will judge the peoples with equity, and lead the nations upon the earth selah.

NETZACH

נצח

יִוְדוּךְ עַמִּים, אֱלֹהִים, יִוְדוּךְ עַמִּים כָּלָם.

Yoducha amim, Elohim, yoducha amim kulam.

Let Your peoples give thanks to You, O Elohim, let all the peoples give thanks to You.

HOD

הוד

אֶרֶץ נִתְּנָה יְבוּלָהּ, יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ.

Eretz nat'nah y'vulah, y'var'cheinu Elohim Eloheinu.

The earth has yielded her increase, Elohim bless us, our Elohim.

YESOD

יסוד

יְבָרְכֵנוּ אֱלֹהִים, וַיִּירָאוּ אוֹתוֹ כָּל אִפְסֵי אֶרֶץ.

Y'var'cheinu Elohim, v'yir'u oto kol afsei aretz.

The Elohim shall bless us, and all the ends of the earth will fear It.

MALCHUT

מלכות

34

The following is always recited:

ברוך שׂאמר BARUCH SHE-AMAR

This blessing connects us to Yetzirah, the World of Formation and to the Thirteen Attributes which are part of that world. As we transform our ego nature, the connection to this world helps to guide us and assist us with our tikun.

Before we continue with the Baruch She-amar, we recite the following Kabbalistic declaration of intent:

Hareini m'zameir et pi l'hodot

I now prepare my mouth to thank

ulhaleil ulshabei-ach et bor'i.

and to laud and to praise my Creator.

L'sheim yichud kudsha

For the sake of the unification of the Holy One,

b'rich hu uShchinteh,

blessed be He and His Sh'chinah,

al y'dei hahu tamir v'nelam,

through the One Who is hidden and Who is inscrutable,

b'sheim kol Yisra-eil.

in the name of all Israel.

הֲרִינִי מְזַמֵּן אֶת פִּי לְהוֹדוֹת
וּלְהַלֵּל וּלְשַׁבֵּחַ אֶת בּוֹרְאִי.
לְשֵׁם יְחִוּד קִדְשָׁא
בְּרִיךְ הוּא וּשְׁכִינָתִיה,
עַל יְדֵי הַהוּא טָמִיר וְנֶעְלָם,
בְּשֵׁם כָּל יִשְׂרָאֵל.

*While saying this blessing, the front two tzitzit of the talit are held in the hand,
and upon completion they are kissed.*

Baruch she-amar v'hayah ha-olam.

Blessed is the One who spoke and the world came to be,

Baruch hu.

Blessed is the One!

Baruch omeir v'oseh.

Blessed is the One, who creates by speaking.

Baruch gozeir umkayeim.

Blessed is the One, who sustains by decreeing.

Baruch oseh v'reishit.

Blessed is the One, who continues creating.

Baruch m'racheim al ha-aretz.

Blessed is the One, who has mercy on the earth.

Baruch m'racheim al hab'riot.

Blessed is the One, who has mercy on all beings.

Baruch m'shaleim

Blessed is the One, who gives

sachar tov lirei-av.

a good reward to those in awe.

Baruch chai la-ad v'kayam lanetzach.

Blessed is the One, who lives forever, always being.

Baruch podeh umatzil.

Blessed is the One, who saves by redeeming.

בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
בָּרוּךְ הוּא.
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה.
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם.
בָּרוּךְ עוֹשֶׂה בְּרֵאשִׁית.
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ.
בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת.
בָּרוּךְ מְשַׁלֵּם
שָׂכָר טוֹב לִירְאָיו.
בָּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח.
בָּרוּךְ פּוֹדֶה וּמַצִּיל.

Baruch sh'mo.

Blessed is the Name.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim Sovereign of the universe,

ha-Eil Av harachamav,

Almighty and merciful Father,

ham'hulal b'feh amo,

Who is praised by the mouth of Your people,

m'shuvach umfo-ar bilshon

praised and glorified by the tongue

chasidav va-avadav,

of Your pious ones and servants,

uvshirei David avdecha.

and by the songs of David Your servant.

N'halelcha Adonai Eloheinu,

We will praise You Hashem our Elohim,

bishvachot uvizmirot.

with praises and chants.

N'gadelcha unshabeichacha unfa-ercha

We will exalt, praise and glorify You

v'namlich'cha v'nazkir shimcha,

and affirm Your sovereignty and announce Your Name,

malkeinu Eloheinu.

our Sovereign and our Elohim.

Yachid, chei ha-olamim,

The Unique One, the life of the worlds,

melech m'shubach umfo-ar,

the praised and glorified Sovereign,

adei ad sh'mo hagadol.

Whose great Name is never-ending.

Baruch atah Adonai,

Blessed are You Hashem,

melech m'hulal batishbachot. Amein.

Sovereign praised in songs of glory. Amen.

ברוך שְׁמוֹ.

ברוך אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הָאֵל אֲבִי הַרַחֲמָן,

הַמְהַלֵּל בְּפִה עַמּוֹ,

מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן

חֲסִידָיו וְעַבְדָּיו,

וּבְשִׁירֵי דָוִד עַבְדְּךָ.

נְהַלֵּלְךָ יְהוָה אֱלֹהֵינוּ,

בְּשִׁבְחוֹת וּבְזִמְרוֹת,

נְגַדְלְךָ וְנִשְׁבַּיְחְךָ וְנִפְאֲרְךָ

וְנִמְלִיכְךָ וְנִזְכִּיר שִׁמְךָ,

מִלְכֵנוּ אֱלֹהֵינוּ.

יְחִיד, חֵי הָעוֹלָמִים,

מֶלֶךְ מְשַׁבַּח וּמְפָאֵר,

עַד עַד שְׁמוֹ הַגָּדוֹל.

ברוך אַתָּה יְהוָה,

מֶלֶךְ מְהַלֵּל בְּתִשְׁבָּחוֹת. אָמֵן.

The following is recited daily:

תהלים ק PSALM 100

There are 42 words in this Psalm which form a connection to the 42-letter Name of the Creator.

Mizmor l'todah

A song of thanksgiving,

hariu l'Adonai kol ha-aretz.

Shout in triumph to Hashem, all the earth.

Ivdu et Adonai b'simchah,

Serve Hashem with joy,

bo-u l'fanav birnanah.

come before the Eternal with happiness.

D'u ki Adonai hu Elohim,

Know that Hashem is the Elohim,

hu asunu, v'lo anachnu,

the One who made us, and to whom we belong,

amo v'tzon mar-ito.

the people, the flock of the Eternal's pasture.

Bo-u sh'arav b'todah,

Enter the Eternal's gates with thanksgiving,

chatzeirotav bit-hilah.

the Eternal's courts with praise.

Hodu lo, bar'chu sh'mo.

Thank the Eternal, praise the Name.

Ki tov Adonai, l'olam chasdo,

For Hashem is good, mercy everlasting,

v'ad dor vador emunato.

faithfulness, enduring through all generations.

מִזְמוֹר לְתוֹדָה,
הִרְיֵעוּ לַיהוָה כָּל הָאָרֶץ.
עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה,
בָּאוּ לִפְנֵי בִרְנָנָה.
דַּעוּ כִּי יְהוָה הוּא אֱלֹהִים,
הוּא עֲשָׂנוּ, וְלֹא אֲנַחְנוּ,
עַמּוֹ וְצֹאן מִרְעִיתוֹ.
בָּאוּ שְׁעָרָיו בְּתוֹדָה,
חֲצֵרֹתָיו בְּתִהְלָה.
הוֹדוּ לוֹ, בָּרְכוּ שְׁמוֹ.
כִּי טוֹב יְהוָה, לְעוֹלָם חַסְדּוֹ,
וְעַד דֹּר וָדֹר אֱמוּנָתוֹ.

יהי כבוד Y'HI CH'VOD

The eighteen verses in this prayer express the sovereignty of the Creator and our role as Yisrael.

Y'hi ch'vod Adonai l'olam,
May the glory of Hashem endure forever,
yismach Adonai b'ma-asav.
in Whose works Hashem will rejoice.
Y'hi sheim Adonai m'vorach,
May the Name of Hashem be blessed,
me-atah v'ad olam.
from now until eternity.
Mimizrach shemesh ad m'vo-o,
From the rising of the sun to its setting,
m'hulal sheim Adonai.
the Name of Hashem is praised.
Ram al kol goyim Adonai,
High above all nations is Hashem,
al hashamayim k'vodo.
Whose glory is above the heavens.
Adonai shimcha l'olam,
Hashem Your Name endures forever,
Adonai zich-r'cha l'dor vador.
Hashem Your memorial is from generation to generation.
Adonai ba-shamayim heichin kiso,
The throne of Hashem is established in the heavens,
umalchuto bakol mashalah.
and Whose sovereignty rules over all.
Yism'chu hashamayim
The heavens will be glad
v'tageil ha-aretz,
and the earth will rejoice,
v'yom'ru ba-goyim,
and they will say among the peoples,
Adonai malach.
Hashem has reigned.
Adonai melech, Adonai malach,
Hashem is Sovereign, Hashem has reigned,
Adonai yimloch l'olam va-ed.
Hashem shall reign for ever and ever.
Adonai melech olam va-ed,
Hashem is Sovereign forever and ever,
av'du goyim mei-artzo.
from Whose earth the nations will have vanished.

יהי כבוד יהוה לעולם,
ישמח יהוה במעשיו.
יהי שם יהוה מברך,
מעתה ועד עולם.
ממזרח שמש עד מבואו,
מהלל שם יהוה.
רם על כל גוים יהוה,
על השמים כבודו.
יהוה שמך לעולם,
יהוה זכרך לדור ודור.
יהוה בשמים הכין כסאו,
ומלכותו בכל משלה.
ישמחו השמים
ותגל הארץ,
ויאמרו בגוים,
יהוה מלך.
יהוה מלך, יהוה מלך,
יהוה ימלך לעלם ועד.
יהוה מלך עולם ועד,
אבדו גוים מארצו.

Adonai heifir atzat goyim,

Hashem annuls the counsel of nations

heini machsh'vot amim.

and thwarts the designs of peoples.

Rabot machashavot b'lev ish,

Many may be the designs in a person's heart,

va-atzat Adonai hi takum.

but the counsel of Hashem is that which shall prevail.

Atzat Adonai l'olam ta-amod,

The counsel of Hashem shall endure forever,

machsh'vot libo l'dor vador.

the designs of Whose heart from generation to generation.

Ki hu amar vayehi,

For the Eternal One spoke and it came to be,

hu tzivah vaya-amod.

the Eternal One commanded and it endured.

Ki vachar Adonai b'Tziyon,

For Hashem has chosen Zion,

ivah l'moshav lo.

and for Whom has desired it as a habitation.

Ki Ya-akov bachar lo Yah,

For Jacob was selected as the One's own by the Eternal One,

Yisra-eil lisgulato.

Israel as the One's precious treasure.

Ki lo yitosh Adonai amo,

Because Whose people Hashem will not forsake,

v'nachalato lo ya-azov.

Whose heritage the One will not abandon.

V'hu rachum y'chapeir avon,

And the Eternal One is merciful and forgives iniquities,

v'lo yash-chit,

and does not destroy,

v'hirbah l'hashiv apo,

frequently withdraws anger,

v'lo ya-ir kol chamato.

and does not become full of wrath.

Adonai hoshi-ah,

Hashem save us,

ha-melech ya-aneinu b'yom koreinu.

the Sovereign shall answer us on the day we call.

יהוה הפיר עצת גוים,

הניא מחשבות עמים.

רבות מחשבות בלב איש,

ועצת יהוה היא תקום.

עצת יהוה לעולם תעמד,

מחשבות לבו לדור ודור.

כי הוא אמר ויהי,

הוא צוה ויעמד.

כי בחר יהוה בציון,

אזה למושב לו.

כי יעקב בחר לו יה,

ישראל לסגולתו.

כי לא יטש יהוה עמו,

ונחלתו לא יעזב.

והוא רחום יכפר עון

ולא ישחית,

והרבה להשיב אפו,

ולא יעיר כל חמתו.

יהוה הושיעה,

המלך יעננו ביום קראנו.

The following is always recited:

אֲשֶׁרִי ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling.

Ashrei yosh'vei veitecha,
Happy are those who dwell in Your house,
od y'hal'lucha selah.
they will forever praise You.

Ashrei ha-am shekachah lo,
Happy the people whose portion is this,
ashrei ha-am she-Adonai Elohav.
happy the people for whom Hashem is their Elohim.

T'hilah l'David,
A Psalm of David,
Aromimcha Elohai ha-melech,
I shall exalt You, my Eternal One, the Sovereign,
va-avar'chah shimcha l'olam va-ed.
and I shall bless Your name forever and ever.

B'chol yom avar'cheka,
I shall bless You every day,
va-ahal'lah shimcha l'olam va-ed.
and I shall praise Your name forever and ever.

Gadol Adonai umhulal m'od,
Great is Hashem and exceedingly praised,
v'ligdulato ein cheiker.
the Eternal's greatness is unfathomable.

Dor l'dor y'shabach ma-asecha,
Generation to generation shall praise Your actions,
ugvurotecha yagidu.
and recount Your mighty deeds.

Hadar k'vod hodecha,
The brilliance of Your splendid glory,
v'divrei nifl'otecha asichah.
and the wonders of Your acts, I shall speak of.

Ve-ezuz norotecha yomeiru,
They shall speak of the might of Your awesome acts,
ugdulat'cha asaprenah.
and I shall tell of Your greatness.

Zecher rav tuv'cha yabiyu,
They shall remember Your abundant goodness,
v'tzidkat'cha y'raneinu.
and Your righteousness they shall joyfully proclaim.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יִהְלְלוּךָ סֵלָה.
אֲשֶׁרִי הָעַם שְׂכַנְךָ לוֹ,
אֲשֶׁרִי הָעַם שִׁיהוּה אֱלֹהָיו.
תְּהִלָּה לְדָוִד,
אֲרֹמֶמְךָ אֱלֹהֵי הַמֶּלֶךְ,
וְאֶבְרַכָּה שִׁמְךָ לְעוֹלָם וָעֶד.
בְּכָל יוֹם אֶבְרַכְךָ,
וְאֶהְלֵלָה שִׁמְךָ לְעוֹלָם וָעֶד.
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,
וְלִגְדֻלְתּוֹ אֵין חֶקֶר.
דּוֹר לְדּוֹר יִשְׁבַּח מַעֲשֶׂיךָ,
וְגִבּוֹרֹתֶיךָ יִגִּידוּ.
הַדָּר כְּבוֹד הוֹדְךָ,
וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
וְעֲזוֹז נִזְרָאוֹתֶיךָ יֹאמְרוּ,
וְגִדְלָתְךָ אֲסַפְּרָנָה.
זֵכֶר רַב טוֹבְךָ יִבְיְעוּ,
וְצִדְקָתְךָ יִרְנְנוּ.

Chanun v'rachum Adonai,
Gracious and merciful is Hashem,
erech apayim ugdol chasad.
slow to anger and great in kindness.
 Tov Adonai lakol,
Hashem is good to all,
 v'rachamav al kol ma-asav.
Your compassion extended to all of Your creatures.
 Yoducha Adonai kol ma-asecha,
All that You have made shall thank You Hashem,
 vachasidecha y'var'chuchah.
and Your pious ones shall bless You.
 K'vod malchut'cha yomeiru,
They shall speak of the glory of Your realm,
 ugvurat'cha y'dabeiru.
and talk of Your mighty deeds.
 L'hodiya livnei ha-adam g'vurotav,
Your mighty deeds You make known to all humankind,
 uchvod hadar malchuto.
and the glory of Your splendid realm.
 Malchut'cha malchut kol olamim,
Yours is the realm of all worlds,
 umemshalt'cha b'chol dor vador.
and Your reign extends to each and every generation.
 Someich Adonai l'chol hanof'lim,
Hashem supports all those who fall,
 v'zokeif l'chol hak'fufim.
and holds upright all those who are bent over.
 Einei chol eilecha y'sabeiru,
The eyes of all look hopefully towards You,
 v'atah notein lahem
and You give them their food
 et ochlam b'ito.
at its proper time.

We concentrate intently and open our hands while reciting the verse Potei-ach פוֹתֵחַ

Potei-ach et yadecha,
You open Your hand,
 umasbiya l'chol chai ratzon.
and satisfy every living thing with its desire.
 Tzadik Adonai b'chol d'rachav,
Hashem is righteous in every way,
 v'chasid b'chol ma-asav.
and virtuous in all deeds.
 Karov Adonai l'chol kor'av,
Hashem is close to all who call,
 l'chol asher yikra-uhu ve-emet.
and to all who call in truth.

חֲנוּן וְרַחוּם יְהוָה,
 אֶרֶךְ אַפַּיִם וְגָדֹל חַסֵּד.
 טוֹב יְהוָה לְכָל,
 וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.
 יוֹדוּךָ יְהוָה כָּל מַעֲשֶׂיךָ,
 וְחֹסִידֶיךָ יְבָרְכוּכָה.
 כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,
 וְגִבּוֹרֹתֶךָ יִדְבְּרוּ.
 לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֹתֶיךָ,
 וְכְבוֹד הַדָּר מַלְכוּתוֹ.
 מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,
 וּמִמְשַׁלְתֶּךָ בְּכָל דּוֹר וָדוֹר.
 סוֹמֵךְ יְהוָה לְכָל הַנִּפְלִיִּים,
 וְזוֹקֵף לְכָל הַכְּפוּפִים.
 עֵינֵי כָל אֱלֹהֶיךָ יִשְׁבְּרוּ,
 וְאַתָּה נוֹתֵן לָהֶם
 אֶת אֳכֻלָּם בְּעֵתוֹ.

פוֹתֵחַ אֶת יָדְךָ,
 וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן.
 צַדִּיק יְהוָה בְּכָל דְּרָכָיו,
 וְחֹסִיד בְּכָל מַעֲשָׂיו.
 קָרוֹב יְהוָה לְכָל קוֹרְאֵיו,
 לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

R'tzon y'rei-av ya-aseh,
You fill the desires of all who revere You,
 v'et shavatam yishma v'yoshi-eim.
You respond to us with the promise of redemption.
 Shomeir Adonai et kol ohavav,
Hashem You protect all who love You,
 v'eit kol har'sha-im yashmid.
and You destroy all the wicked.
 T'hilat Adonai y'dabeir pi,
My lips utter the praise of Hashem,
 vivareich kol basar sheim kodsho
and may all flesh praise the holy Name
 l'olam va-ed.
for ever and ever.
 Va-anachnu n'vareich Yah,
And we shall bless You Eternal One,
 mei-atah v'ad olam, hal'lu-Yah.
from this time until eternity, praise the Eternal One.

רְצוֹן יִרְאוּ יַעֲשֶׂה,
 וְאֵת שְׁוַעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם.
 שׁוֹמֵר יְהוָה אֶת כָּל אוֹהָבָיו,
 וְאֵת כָּל הָרָשָׁעִים יַשְׁמִיד.
 תְּהִלַּת יְהוָה יְדַבֵּר פִּי,
 וַיְבָרֶךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ
 לְעוֹלָם וָעֶד.
 וַאֲנַחְנוּ נְבָרֶךְ יְיָ,
 מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

תהלים קמו

PSALM 146

Hal'lu-Yah,
Praise the Eternal One,
 hal'li nafshi et Adonai.
Praise Hashem O my soul.
 Ahal'lah Adonai b'chayai,
I will praise Hashem while i live,
 azam'rah l'Eilohai b'odi.
I will chant praise to my Elohim throughout my existence.
 Al tivt'chu bindivim,
Do not rely on princes,
 b'ven adam she-ein lo t'shu-ah.
nor on a human being because they hold no salvation.
 Teitzei rucho yashuv l'admato,
their spirit shall depart and they shall return to their earth,
 bayom hahu av'du eshtonotav.
on that day all their plans perish.
 Ashrei she-Eil Ya-akov b'ezro,
Happy is the one whom the Almighty of Jacob is their help,
 sivro al Adonai Elohav.
their expectation is toward Hashem their Elohim.

הַלְלוּיָהּ,
 הַלְלִי נַפְשִׁי אֶת יְהוָה.
 אֶהְלֹלָה יְהוָה בְּחַיִּי,
 אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי.
 אַל תִּבְטְחוּ בַּנְּדִיבִים,
 בֶּן אָדָם שֶׁאֵין לוֹ תְּשׁוּעָה.
 תֵּצֵא רוּחוֹ יָשׁוּב לְאֲדָמָתוֹ,
 בַּיּוֹם הַהוּא אֲבָדוּ עֲשֵׂתָנוֹתָיו.
 אֲשֶׁרִי שָׂאֵל יַעֲקֹב בְּעֶזְרוֹ,
 שִׁבְרוּ עַל יְהוָה אֱלֹהָיו.

Oseh shamayim va-aretz,
The Maker of heaven and earth,
 et hayam v'et kol asher bam,
the sea and all that is in them,
 hashomeir emet l'olam.
the One safeguards truth forever.
 Oseh mishpat la-asukim,
Who does justice for the exploited,
 notein lechem lareivim,
Who gives food to the hungry,
 Adonai matir asurim.
Hashem releases those who are bound.
 Adonai pokei-ach ivrim,
Hashem gives sight to the blind,
 Adonai zokeif k'fufim,
Hashem makes those who are bent over stand tall,
 Adonai oheiv tzadikim.
Hashem loves the righteous.
 Adonai shomeir et geirim,
Hashem protects strangers,
 yatom v'almanah y'odeid,
and upholds the orphan and widow,
 v'derech r'sha-im y'aveit.
but contorts the way of the wicked.
 Yimloch Adonai l'olam,
Hashem will reign forever,
 Elohayich Tziyon,
Your Elohim OZion,
 l'dor vador,
from generation to generation,
 Hal'lu-Yah.
praise the Eternal One.

עֲשֵׂה שָׁמַיִם וָאָרֶץ,
 אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם,
 הַשֹּׁמֵר אֱמֶת לְעוֹלָם.
 עֲשֵׂה מִשְׁפָּט לַעֲשׂוּקִים,
 נֹתֵן לֶחֶם לָרָעִבִים,
 יְהוָה מַתִּיר אֲסוּרִים.
 יְהוָה פֹּקֵחַ עִוְרִים,
 יְהוָה זֹקֵף כְּפוּפִים,
 יְהוָה אוֹהֵב צַדִּיקִים.
 יְהוָה שׁוֹמֵר אֶת גֵּרִים,
 יְתוֹם וְאַלְמָנָה יַעֲזִיד,
 וְדֶרֶךְ רָשָׁעִים יַעֲוֶה.
 יִמְלֹךְ יְהוָה לְעוֹלָם,
 אֱלֹהֶיךָ צִיּוֹן,
 לְדֹר וָדֹר,
 הַלְלוּיָהּ.

תהלים קמז

PSALM 147

Hal'lu-Yah,
Praise the Eternal One,
 Ki tov zam'rah Eloheinu,
For it is good to make music to our Elohim,
 ki na-im, navah t'hilah.
for pleasant, and befitting is praise.

הַלְלוּיָהּ,
 כִּי טוֹב זָמְרָה אֱלֹהֵינוּ,
 כִּי נָעִים, נָאֻה תְּהִלָּה.

Boneih Y'rushalayim Adonai,

Hashem is the Builder of Jerusalem,

nidchei Yisra-eil y'chaneis.

Who will gather in the outcasts of Israel.

Ha-rofei lishvurei leiv,

The One is the Healer of the brokenhearted,

umchabeish l'atz'votam.

and the One Who bandages their sorrows.

Moneh mispar la-kochavim,

The One counts the number of the stars,

l'chulam sheimot yikra.

and assigns a name to them all.

Gadol Adoneinu v'rav ko-ach,

Great is our Ruler and abundant in power,

litvunato ein mispar.

Whose understanding is beyond calculation.

M'odeid anavim Adonai,

Hashem encourages the humble,

mashpil r'sha-im adei aretz.

and lowers the wicked down to the ground.

Enu l'Adonai b'todah,

Call out to Hashem with thanks,

zam'ru l'Eiloheinu b'chinor.

chant praises to our Elohim with the harp.

Ha-m'chaseh shamayim b'avim,

It is the One who covers the heavens with clouds,

hameichin la-aretz matar,

Who prepares rain for the earth,

hamatzmi-ach harim chatzir.

Who makes grass grow on the mountains.

Notein livheimah lachmah,

The One gives to an animal its food,

livnei oreiv asher yikra-u.

to young ravens that cry out.

Lo bigvurat ha-sus yechpatz,

Not the strength of the horse does the One desire,

lo b'shokei ha-ish yirtzeh.

nor favors the thighs of man.

Rotzeh Adonai et y'rei-av,

Hashem desires those who are in awe of the One,

et hamyachalim l'chasdo.

and those who yearn for the One's kindness.

Shab'chi Y'rushalayim et Adonai,

Praise Hashem O Jerusalem,

hal'li Elohayich Tziyon.

praise your Elohim O Zion.

Ki chizak b'richei sh'arayich,

For the One has strengthened the bars of your gates,

בוֹנֵה יְרוּשָׁלַיִם יְהוָה,

נִדְחֵי יִשְׂרָאֵל יַכְנִס.

הַרֹפֵא לְשִׁבְרֵי לֵב,

וּמַחְבֵּשׁ לְעֲצָבוֹתָם.

מוֹנֶה מִסְפָּר לַכּוֹכָבִים,

לְכֹל שְׁמוֹת יִקְרָא.

גָּדוֹל אֲדוֹנֵינוּ וְרַב כֹּחַ,

לְתַבּוּנָתוֹ אֵין מִסְפָּר.

מְעוֹדֵד עֲנָוִים יְהוָה,

מַשְׁפִּיל רָשָׁעִים עַדִּי אָרֶץ.

עֲנֵנוּ לַיהוָה בְּתוֹדָה,

זַמְּרוּ לֵאלֹהֵינוּ בְּכִנּוֹר.

הַמְכַסֶּה שָׁמַיִם בְּעָבִים,

הַמְכִּין לָאָרֶץ מָטָר,

הַמַּצְמִיחַ הָרִים חֲצִיר.

נוֹתֵן לְבֵהֶמָּה לַחֲמָה,

לְבָנֵי עֵרֵב אֲשֶׁר יִקְרָאוּ.

לֹא בַגְבוּרַת הַסּוּס יִחַפֵּץ,

לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.

רוֹצֶה יְהוָה אֶת יִרְאָיו,

אֶת הַמִּיַּחֲלִים לְחֶסֶדּוֹ.

שִׁבְּחֵי יְרוּשָׁלַיִם אֶת יְהוָה,

הִלְלֵי אֱלֹהֶיךָ צִיּוֹן.

כִּי חֲזַק בְּרִיחֵי שַׁעְרֶיךָ,

beirach banayich b'kirbeich.

and has blessed your children in your midst.

Ha-sam g'vuleich shalom,

Who makes your borders peaceful,

cheilev chitim yasbi-eich.

and satisfies you with the finest wheat.

Hasholei-ach imrato aretz,

Who dispatches the One's utterance to the earth,

ad m'heirah yarutz d'varo.

Whose word runs swiftly.

Ha-notein sheleg ka-tzamer,

Who gives snow like fleece,

k'for ka-eifer y'fazeir.

and scatters frost like ashes.

Mashlich karchu ch'fitim,

Who hurls ice like crumbs,

lifnei karato mi ya-amod.

before the One's cold, who could stand?

Yishlach d'varo v'yamseim,

The One sends out a command and it melts them,

yasheiv rucho yiz'lu mayim.

Who blows the wind and the waters flow.

Magid d'varav l'Ya-akov,

Who relates the One's words to Jacob,

chukav umishpatav l'Yisra-eil.

and the One's statutes and judgements to Israel.

Lo asah chein l'chol goi,

The One did not do so for any other nation,

umishpatim bal y'da-um,

such judgements they know them not,

Hal'lu-Yah.

Praise the Eternal One.

בִּרְךְ בְּנֶיךָ בְּקִרְבֶּךָ.
הַשֵּׁם גְּבוּלְךָ שָׁלוֹם,
חֵלֶב חֲטִיִּים יִשְׂבִּיעֶךָ.
הַשִּׁלַּח אִמְרָתוֹ אֶרֶץ,
עַד מִהֲרָה יֵרוּץ דְּבָרוֹ.
הַנִּתֵּן שֶׁלֶג כַּצֶּמֶר,
כַּפּוֹר כַּאֲפֹר יִפֹּז.
מִשְׁלִיךְ קָרְחוֹ כִּפְתִּיִּים,
לִפְנֵי קָרְתוֹ מִי יַעֲמֹד.
יִשְׁלַח דְּבָרוֹ וַיִּמָּסֶם,
יֵשֵׁב רוּחוֹ וַיִּזְלוּ מַיִם.
מִגִּיד דְּבָרָיו לִיַּעֲקֹב,
חֲקִיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.
לֹא עָשָׂה כֵן לְכָל גּוֹי,
וּמִשְׁפָּטִים בַּל יָדְעוּם,
הַלְלוּיָהּ.

תהלים קמח

PSALM 148

Hal'lu-Yah,

Praise the Eternal One,

Hal'lu et Adonai min hashamayim,

Praise Hashem from the heavens,

hal'luhu bam'romim.

praise the One in the supernal realms.

Hal'luhu chol malachav,

Praise the One all you angels,

הַלְלוּיָהּ,
הַלְלוּ אֶת יְהוָה מִן הַשָּׁמַיִם,
הַלְלוּהוּ בַּמְּרוֹמִים.
הַלְלוּהוּ כָּל מַלְאָכָיו,

hal'luhu kol tz'va-av.

praise the One all you hosts.

Hal'luhu shemesh v'yarei-ach,

Praise the One, sun and moon,

hal'luhu kol koch'vei or.

praise the One, all shining stars.

Hal'luhu sh'mei hashamayim,

Praise the One, the highest heavens,

v'hamayim asher mei-al hashamayim.

and the waters that are above the heavens.

Y'hal'lu et sheim Adonai,

Let them praise the Name of Hashem,

ki hu tzivah v'nivra-u.

Who commanded and they were created.

Vaya-amideim la-ad l'olam,

And Who established them forever and ever,

chok natan v'lo ya-avor.

Who issued a decree that will not be broken.

Hal'lu et Adonai min ha-aretz,

Praise Hashem from the earth,

taninim v'chol t'homot.

great sea creatures and all the depths.

Eish uvarad sheleg v'kitor,

Fire and hail, snow and vapor,

ru-ach s'arah osah d'varo.

stormy wind fulfilling the One's word.

heharim v'chol g'va-ot,

The mountains and all the hills,

eitz p'ri v'chol arazim.

trees yielding fruit and all cedars.

Hachayah v'chol b'heimah,

Beasts and all cattle,

remes v'tzipor kanaf.

crawling things and birds with wings.

Malchei ertz v'chol l'umim,

Sovereigns of the earth and all peoples,

sarim v'chol shof'tei ertz.

officers and all judges on earth.

Bachurim v'gam b'tulot,

Young men as well as maidens,

z'keinim im n'arim.

elders together with youths.

Y'hal'lu et sheim Adonai,

Let them praise the Name of Hashem,

ki nishgav sh'mo l'vado,

Whose Name is exalted alone,

hodo al ertz v'shamayim.

Whose glory is above earth and heaven.

הַלְלוּהוּ כָּל צְבָאָיו.

הַלְלוּהוּ שֶׁמֶשׁ וַיָּרֵחַ,

הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר.

הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם,

וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי הוּא צִוָּה וַנִּבְרָאוּ.

וַיַּעֲמִידֵם לְעַד לְעוֹלָם,

חֶק נָתַן וְלֹא יַעֲבוֹר.

הַלְלוּ אֶת יְהוָה מִן הָאָרֶץ,

תַּנִּינִים וְכָל תְּהוֹמוֹת.

אֵשׁ וּבָרָד שֶׁלֵּג וְקִיטוֹר,

רוּחַ סַעֲרָה עֹשֶׂה דְבָרוֹ.

הַהָרִים וְכָל גְּבְעוֹת,

עֵץ פֶּרִי וְכָל אֲרָזִים.

הַחַיָּה וְכָל בְּהֵמָה,

רֶמֶשׁ וְצִפּוֹר כָּנָף.

מַלְכֵי אֶרֶץ וְכָל לְאֻמִּים,

שָׂרִים וְכָל שֹׁפְטֵי אֶרֶץ.

בַּחֲוָרִים וְגַם בְּתוֹלוֹת,

זָקֵנִים עִם נְעָרִים.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ,

הוֹדוֹ עַל אֶרֶץ וּשְׁמַיִם.

Vayarem keren l'amo,
Who has exalted the pride of the One's people,
 t'hilah l'chol chasidav,
bringing praise for all the One's devout ones,
 livnei Yisra-eil am k'rovo,
with whom the One is intimate,
 Hal'lu-Yah.
Praise the Eternal One.

וַיָּרֶם קֶרֶן לְעַמּוֹ,
 תְּהִלָּה לְכֹל חֲסִידָיו,
 לְבְנֵי יִשְׂרָאֵל עִם קְרֹבוֹ,
 הִלְלוּיָהּ.

תהלים קמט PSALM 149

Hal'lu-Yah,
Praise the Eternal One,
 Shiru l'Adonai shir chadash,
Sing to Hashem a new song,
 t'hilato bikchal chasidim.
Whose praise is in the congregation of the devout.
 Yismach Yisra-eil b'osav,
Let Israel rejoice in its Maker,
 b'nei Tziyon yagilu v'malkam.
let the Children of Zion rejoice in their Sovereign.
 Y'hal'lu sh'mo v'machol,
Whose Name let them praise with dancing,
 b'tof v'chinor y'zam'ru lo.
with drums and harp let them make music.
 Ki rotzeh Adonai b'amo,
For Whose people Hashem desires,
 y'fa-eir anavim bishu-ah.
Who adorns the humble with salvation.
 Yal'zu chasidim b'chavod,
Let the devout exult in glory,
 y'ran'nu al mishk'votam.
let them sing joyously upon their beds.
 Rom'mot Eil bigronam,
The lofty praises of the Eternal One are in their throats,
 v'cherev pifiyot b'yadam.
and a double-edged sword is in their hand.
 La-asot n'kamah ba-goyim,
To execute vengeance among the nations,
 tocheichot balumim.
rebukes among the peoples.
 Lesor malcheihem b'zikim,
To bind their sovereigns with chains,

הִלְלוּיָהּ,
 שִׁירוּ לַיהוָה שִׁיר חָדָשׁ,
 תְּהִלָּתוֹ בְּקַחַל חֲסִידִים.
 יִשְׂמַח יִשְׂרָאֵל בְּעֹשָׁיו,
 בְּנֵי צִיּוֹן יִגִּילוּ בַּמֶּלֶכֶם.
 יִהְלְלוּ שְׁמוֹ בְּמַחּוֹל,
 בַּתֶּף וּכְנֹר יִזְמְרוּ לוֹ.
 כִּי רוֹצֶה יְהוָה בְּעַמּוֹ,
 יַפְאֵר עֲנָוִים בִּישׁוּעָה.
 יַעֲלִזוּ חֲסִידִים בְּכָבוֹד,
 יִרְנְנוּ עַל מִשְׁכְּבוֹתָם.
 רוֹמְמוֹת אֵל בְּגִרְוֹנָם,
 וְחֶרֶב פִּיפְיוֹת בְּיָדָם.
 לַעֲשׂוֹת נִקְמָה בַּגּוֹיִם,
 תּוֹכִיחוֹת בַּלְּאֲמִים.
 לְאַסֹּר מַלְכֵיהֶם בַּזָּקִים,

v'nichb'deihem b'chavlei varzel.

and their nobles with shackles of iron.

La-asot bahem mishpat katuv,

To execute upon them the judgement that was written,

hadar hu l'chol chasidav,

for all Whose devout ones a splendor it will be,

Hal'lu-Yah.

Praise the Eternal One.

וְנִכְבְּדֵיהֶם בְּכַבְלֵי בַרְזֵל.
לַעֲשׂוֹת בָּהֶם מִשְׁפָּט כָּתוּב,
הָדָר הוּא לְכֹל חֲסִידָיו,
הַלְלוּיָהּ.

תהלים קנ PSALM 150

Hal'lu-Yah,

Praise the Eternal One,

Hal'lu Eil b'kodsho,

Praise to the Almighty in the sanctuary,

hal'luhu birki-a uzo.

praise the One whose power the heavens proclaim.

Hal'luhu bigvurotav,

Praise the One for powerful deeds,

hal'luhu k'rov gudlo.

praise the One for surpassing greatness.

Hal'luhu b'teika shofar,

Praise the One with the blast of the shofar,

hal'luhu b'neivel v'chinar.

praise the One with the lyre and harp.

Hal'luhu b'tof umachol,

Praise the One with drums and dancing,

hal'luhu b'minim v'ugav.

praise the One with the lute and pipe.

Hal'luhu b'tzil-tz'lei shama,

Praise the One with cymbals sounding,

hal'luhu b'tzil-tz'lei t'ru-ah.

Praise the One with cymbals resounding.

Kol han'shamah t'haleil Yah,

Let everything that has breath praise the Eternal One.

Hal'lu-Yah.

Praise the Eternal One.

Kol han'shamah t'haleil Yah,

Let everything that has breath praise the Eternal One.

Hal'lu-Yah.

Praise the Eternal One.

הַלְלוּיָהּ,
הַלְלוּ אֵל בְּקֹדֶשׁוֹ,
הַלְלוּהוּ בִּרְקִיעַ עֶזּוֹ.
הַלְלוּהוּ בְּגִבּוֹרָתוֹ,
הַלְלוּהוּ כְּרֹב גְּדֻלּוֹ.
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,
הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.
הַלְלוּהוּ בְּתוֹף וּמַחּוֹל,
הַלְלוּהוּ בְּמִנִּים וְעָגָב.
הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ,
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה
הַלְלוּיָהּ.
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה
הַלְלוּיָהּ.

The following is always recited:

ברוך לעולם BARUCH L'OLAM

Each of these four verses is a channel to the four letters of the Divine Name and helps us to ascend higher in our connection.

We stand during this prayer.

Baruch Adonai l'olam,
Blessed is Hashem forever,
amein v'amein.
amen and amen.

ברוך יהוה לעולם,
אמן ואמן.

Baruch Adonai mi-Tziyon,
Blessed from Zion is Hashem,
shochein Y'rushalayim, hal'lu-Yah.
Who dwells in Jerusalem, praise the Eternal One.

ברוך יהוה מציֹן,
שֹׁכֵן יְרוּשָׁלַיִם, הַלְלוּיָהּ.

Baruch Adonai Elohim
Blessed is Hashem Elohim
Elohei Yisra-eil,
Elohim of Israel,
oseih nifla-ot l'vado.
Who alone does wonders.

ברוך יהוה אֱלֹהִים
אֱלֹהֵי יִשְׂרָאֵל,
עֹשֶׂה נִפְלְאוֹת לְבַדּוֹ.

Uvaruch sheim k'vodo l'olam,
And Whose glorious Name is blessed forever,
v'yimalei ch'vodo et kol ha-aretz,
and Whose glory may the entire earth be filled,
amein v'amein.
amen and amen.

וּבְרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם,
וַיִּמְלֵא כְבוֹדוֹ אֶת כָּל הָאָרֶץ,
אמן ואמן.

ויברך דויד

VAYVARECH DAVID

We stand during this prayer.

Vayvarech David et Adonai,

Then David blessed Hashem,

l'einei kol hak-hal,

before the eyes of the entire congregation,

vayomer David,

and David said,

Baruch atah Adonai

Blessed are You Hashem

Elohei Yisra-eil Avinu,

Elohim of Israel our Father,

mei-olam v'ad olam.

forever and ever.

L'cha Adonai ha-g'dulah v'hag'vurah

To You Hashem belong the greatness and the might

v'hatiferet v'haneitzach v'hahod,

and the splendor and the victory and the majesty,

ki chol bashamayim uva-aretz.

for all is in the heavens and the earth.

L'cha Adonai hamamlachah,

To You Hashem belongs the sovereignty,

v'hamitnaseih l'chol l'rosh.

and You are superior over all leaders.

V'ha-oshet v'hakavod mil'fanecha,

And riches and honor come before You,

v'atah mosheil bakol,

and You rule over all,

uvyad'cha ko-ach ugvurah,

and in Your Hand are power and might,

uvyad'cha l'gadeil ulchazeik lakol.

and in Your Hand to make great and to give strength to all.

V'atah Eloheinu modim anachnu

And now our Elohim we give thanks

l'cha umhal'lim l'sheim tifartecha.

to You and praise Your splendorous Name.

Vivar'chu sheim k'vodecha,

And they shall bless the Name of Your glory,

umromam al kol b'rachah ut-hilah.

exalted above all blessing and praise.

Atah hu Adonai l'vadecha,

You alone are Hashem,

atah asita et hashamayim,

You made the heavens,

ויברך דויד את יהוה,

לעיני כל הקהל,

וילאמר דויד,

ברוך אתה יהוה

אלהי ישראל אבינו,

מעולם ועד עולם.

לך יהוה הגדלה והגבורה

והתפארת והנצח וההוד,

כי כל בשמים ובארץ.

לך יהוה הממלכה,

והמתנשא לכל לראש.

והעשיר והכבוד מלפניך,

ואתה מושל בכל,

ובידך כח וגבורה,

ובידך לגדל ולחזק לכל.

ועתה אלהינו מודים אנחנו

לך ומהללים לשם תפארתך.

ויברכו שם כבודך,

ומרומם על כל ברכה ותהלה.

אתה הוא יהוה לבדך,

אתה עשית את השמים,

sh'mei hashamayim,
 the highest heavens,
 v'chol tz'va-ot,
 and all their hosts,
 ha-aretz v'chol asher aleha,
 the earth and all that is upon it,
 hayamim v'chol asher bahem,
 the seas and all that they contain,
 v'atah m'chayeh et kulam,
 and You sustain life in them all,
 utzva hashamayim
 and the hosts in the heavens
 l'cha mishtacharim.
 prostrate themselves before You.
 Atah hu Adonai ha-Elohim,
 It is You Hashem the Elohim,
 asher bacharta b'Avram,
 Who chose Avram,
 v'hotzeito mei-ur kasdim,
 and You brought him out of Ur Kasdim,
 v'samta sh'mo Avraham.
 and made his name Abraham.
 Umatzata et l'vavo ne-emen l'fanecha
 You found his heart faithful before You
 v'charot imo ha-b'rit lateit
 and You established the covenant with him to give
 et eretz ha-k'na-avi,
 the land of the Canaanite,
 ha-chiti, ha-emori, v'ha-p'rizi,
 the Hittites, the Amorites, and the Perizzites,
 v'hayvusi, v'ha-girgashi,
 and the Jebusites, and the Girgashites,
 lateit l'zaro,
 to give it to his seed,
 vatakem et d'varecha,
 and You have fulfilled Your words,
 ki tzadik atah.
 for You are righteous.
 V'teire et ani
 And You saw the affliction
 avoteinu b'mitzrayim,
 of our ancestors in Egypt,
 v'et za-akatam shamata
 and You heard their cry
 al yam suf.
 at the Red Sea.
 Vatitein otot umof'tim b'faroh,
 And You gave signs and wonders against Pharaoh,

שְׁמֵי הַשָּׁמַיִם,
 וְכָל צְבָאָם,
 הָאָרֶץ וְכָל אֲשֶׁר עָלֶיהָ,
 הַיָּמִים וְכָל אֲשֶׁר בָּהֶם,
 וְאַתָּה מְחַיֶּה אֶת כָּלָם,
 וּצְבֵא הַשָּׁמַיִם
 לְךָ מִשְׁתַּחֲוִים.
 אַתָּה הוּא יְהוָה הָאֱלֹהִים,
 אֲשֶׁר בָּחַרְתָּ בְּאַבְרָם,
 וְהוֹצֵאתוֹ מֵאוּר כַּשְׁדִּים,
 וְשִׁמְתָּ שְׁמוֹ אֲבְרָהָם.
 וּמָצָאתָ אֶת לְבָבוֹ נֶאֱמֵן לְפָנֶיךָ
 וְכָרוֹת עִמּוֹ הַבְּרִית לָתֵת
 אֶת אֶרֶץ הַכְּנַעֲנִי,
 הַחִטִּי, הָאֱמֹרִי, וְהַפְּרִזִּי,
 וְהַיְבוּסִי, וְהַגִּרְגָּשִׁי,
 לָתֵת לְזָרְעוֹ,
 וְתָקַם אֶת דְּבָרֶיךָ,
 כִּי צַדִּיק אַתָּה.
 וְתִירָא אֶת עָנִי
 אֲבוֹתֵינוּ בְּמִצְרַיִם,
 וְאֶת זַעֲקָתָם שָׁמַעְתָּ
 עַל יַם סוּף.
 וְתִתֵּן אֹתוֹת וּמִפְתִּים בְּפָרֹעַה,

uvchol avadav,
and against all his servants,
uvchol am artzo,
and against the entire nation of his land,
ki yadata ki heizidu aleihem,
for You knew that they acted iniquitously against them,
vata-as l'cha sheim k'hayom hazeh.
and You made a name for Yourself as this very day.
V'hayam bakata lifneihem,
And You split the sea in front of them,
vaya-avru b'toch hayam bayabashah,
and they went through inside the sea on dry ground,
v'et rod'feihem
and their pursuers
hishlachta bimtzolot
You threw into the depths
k'mo even b'mayim azim.
as a stone into fierce waters.

וּבְכָל עֲבָדָיו,
וּבְכָל עַם אֶרֶצוֹ,
כִּי יָדַעְתָּ כִּי הִזִּידוּ עֲלֵיהֶם,
וַתַּעַשׂ לָךְ שֵׁם כְּהַיּוֹם הַזֶּה.
וְהָיִים בַּקָּעַת לִפְנֵיהֶם,
וַיַּעֲבְרוּ בְּתוֹךְ הַיָּם בַּיַּבָּשָׁה,
וְאֶת רֹדְפֵיהֶם
הִשְׁלַכְתָּ בְּמַצּוֹלֹת
כְּמוֹ אֶבֶן בְּמַיִם עֲזִיִּים.

שִׁירַת הַיָּם

SHIRAT HAYAM

We should sing this song with great joy as if we were standing on the shores of the sea witnessing the great miracle of its splitting.

Vayosha Adonai bayom hahu
And Hashem on that day
et Yisra-eil miyad mitzrayim,
saved Israel from the hand of the Egyptians,
vayar Yisra-eil et mitzrayim
and Israel saw the Egyptians
meit al s'fat hayam.
dead at the edge of the sea.
Vayar Yisra-eil et hayad hag'dolah
And Israel saw the great hand
asher asah Adonai b'mitzrayim
that Hashem had set in motion against the Egyptians
vayir'u ha-am et Adonai,
and the people were in awe of Hashem,
vaya-aminu b'Adonai
and they believed in Hashem
uv-Mosheh avdo.
and Moses the One's servant.
Az yashir Mosheh uvnei Yisra-eil
Then Moses and the children of Israel decided to sing

וַיּוֹשַׁע יְהוָה בַּיּוֹם הַהוּא
אֶת יִשְׂרָאֵל מִיַּד מִצְרַיִם,
וַיֵּרָא יִשְׂרָאֵל אֶת מִצְרַיִם
מֵת עַל שִׁפְתַּת הַיָּם.
וַיֵּרָא יִשְׂרָאֵל אֶת הַיָּד הַגְּדוֹלָה
אֲשֶׁר עָשָׂה יְהוָה בְּמִצְרַיִם
וַיִּירְאוּ הָעָם אֶת יְהוָה,
וַיֵּאֱמִינוּ בַּיהוָה
וּבְמֹשֶׁה עַבְדּוֹ.
אֲזַיִּשִׁיר מֹשֶׁה וּבְנֵי יִשְׂרָאֵל

et hashirah hazot l'Adonai,

this song to Hashem,

vayom'ru leimor,

and it said as follows:

Ashirah l'Adonai ki ga-oh ga-ah,

I will sing to Hashem Who is most highly exalted,

sus v'roch'vo ramah bayam.

Who has thrown the horse and its rider into the sea.

Ozi v'zimrat Yah,

The power and retribution of the Eternal One,

vayhi li lishu-ah,

has become my salvation,

zeh Eili v'anveihu,

Who is my Almighty and I will make a dwelling,

Elohei avi va-arom'menhu.

my father's Elohim Whom I will extol.

Adonai ish milchamah,

Hashem is a master of battle,

Adonai sh'mo.

Whose Name is Hashem.

Mark'vot paroh v'cheilo

Pharaoh's chariots and his army

yarah bayam, umivchar shalishav

has the One thrown into the sea, and his choicest captains

tub'u v'yam suf.

were drowned in the Red Sea.

T'homot y'chasyumu,

The depths covered them,

yar'du bimtzolot k'mo aven.

they went down to the depths as a stone.

Y'min'cha Adonai nedari bako-ach,

Your right hand Hashem is glorious in power,

y'min'cha Adonai tiratz oyeiv.

Your right hand Hashem breaks the enemy.

Uvrov g'on'cha taharos kamecha,

And in Your abundant greatness You overthrow Your foes,

t'shalach charon'cha yochleimu kakash.

You sent forth Your fury, it consumed them as stubble.

Uvru-ach apecha ne-ermu mayim,

And with the blast of Your nostrils the waters were heaped up,

nitz'vu ch'mo neid noz'lim,

the running waters stood upright as a wall,

kaf'u t'homot b'lev yam.

the depths congealed in the heart of the sea.

Amar oyeiv, erdof asig,

The enemy had said I will pursue, I will overtake,

achaleik shalal,

I will divide the spoils,

את השירה הזאת ליהוה,

וילאמרו ללאמר,

אשירה ליהוה כי גאה גאה,

סוס ורכבו רמה בים.

עזי וזמרת יה,

ויהי לי לישועה,

זה אלי ואנוהו,

אלהי אבי וארממנהו.

יהוה איש מלחמה,

יהוה שמו.

מרפכת פרעה וחילו

ירה בים, ומבחר שלשיו

טבעו בים סוף.

תהמת יכסימו,

ירדו במצולת כמו אבן.

ימינך יהוה נאדרי בכח,

ימינך יהוה תרעץ אויב.

וברב גאונך תהרס קמיה,

תשלח חרנך יאכלמו כקש.

וברוח אפיה נערמו מים,

נצבו כמו יד נזלים,

קפאו תהמת בלב ים.

אמר אויב, ארדף אשיג,

אחלק שלל,

timla-eimo nafshi, arik charbi,
my will shall be fulfilled from them, I will draw my sword,
torisheimo yadi.

my hand shall destroy them.

Nashafta v'ruchacha kisamo yam,
You blew with Your wind, the sea covered them,
tzal'lu ka-oferet

they sank as lead

b'mayim adirim.

the sea covered them.

Mi chamochah ba-eilim Adonai,
Who is like You Hashem?

Mi kamochah nedar bakodesh,
Who is like You among the gods that are worshipped,
nora t'hilot, oseih fele.

extolled in praises, working wonders?

Natita y'min'cha, tivla-eimo aretz.
You moved Your right hand, the earth swallowed them.

Nachita v'chasd'cha am zu ga-alta,
In Your kindness, You lead the people whom You have redeemed,

Neihalta v'oz'cha el n'veih kodshecha.
You guide them in Your strength to Your holy habitation.

Sham'u amim yirgazun,
Peoples hear and are shaken,

chil achaz yosh'vei p'lashet.
shuddering seizes the inhabitants of Philistia.

Az nivhalu alufei edom,
Then the chiefs of Edom are dismayed,

eilei mo-av yochazeimo ra-ad,
the mighty men of Moab, trembling takes hold of them,
namogu kol yosh'vei ch'na-an.
all the inhabitants of Canaan melt away.

Tipol aleihem eimatah vafachad,
Fear and dread fall upon them,

bigdol z'ro-acha yid'mu ka-aven,
by the greatness of Your arm they become silent as a stone,

ad ya-avor am'cha Adonai,
until Your people passes over Hashem,

ad ya-avor am zu kanita.
until the people You have chosen pass over.

T'vi-eimo v'tita-eimo
You shall bring them in and plant them

b'har nachalat'cha,
in the mountain of Your inheritance,

machon l'shivt'cha pa-alta Adonai,
the place which You have made for Your dwelling Hashem,

mik'dash, Adonai, kon'nu yadecha.
the Sanctuary which Your hands have established, O Ruler.

תמלאמו נפשי, אריק חרבי,
תורישמו ידי.

נשפת ברוחך כסמו ים,
צללו כעופרת
במים אדירים.

מי כמכה באלם יהוה,

מי כמכה נאדר בקדש,

נורא תהלת, עשה פלא.

נטית ימינך, תבלעמו ארץ.

נחית בחסדך עם זו גאלת,

נהלת בעזך אל נוה קדשך.

שמעו עמים ירגזון,

חיל אחז ישבי פלשת.

אז נבהלו אלופי אדום,

אילי מואב יאחזמו רעד,

נמגו כל ישבי כנען.

תפל עליהם אימתה ופחד,

בגדל זרועך ידמו כאבן,

עד יעבר עמך יהוה,

עד יעבר עם זו קנית.

תבאמו ותטעמו

בהר נחלתך,

מכון לשבתך פעלת יהוה,

מקדש, אדני, כוננו ידיך.

Adonai yimloch l'olam va-ed.

Hashem will reign forever and ever.

Adonai yimloch l'olam va-ed.

Hashem will reign forever and ever.

Adonai malchuteih ka-eim

Hashem's Sovereignty endures

l'alam ul-al'mei al'maya.

forever and for all eternity.

Ki va sus paroh

When the horse of Pharoah

b'richbo uvfarashav bayam,

came with his chariots and with his horsemen into the sea,

vayashev Adonai

then Hashem

aleihem et mei hayam,

let the waters of the sea turn back upon them,

uvnei Yisra-eil hal'chu

but the children of Israel walked

vayabashah b'toch hayam.

on dry ground inside the sea.

Ki l'Adonai ham'luchah,

For sovereignty belongs to Hashem,

umosheil ba-goyim.

Who governs the nations.

V'alu moshi-im b'har Tziyon

And deliverers will ascend Mount Zion

lishpot et har eisav,

to render judgement on Mount Eisav,

v'hay'tah l'Adonai ham'luchah.

and sovereignty will belong to Hashem.

V'hayah Adonai l'melech

And Hashem will be Sovereign

al kol ha-aretz,

over all the earth,

bayom hahu yih-yeh,

On that day,

Adonai echad, ushmo echad.

Hashem will be one, and Hashem's Name will be one.

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

יהוה מַלְכוּתָהּ קָאֵם

לְעֹלָם וְלְעֹלָמֵי עֲלֵמִיא.

כִּי בָא סוֹס פֶּרָעָה

בְּרִכְבוֹ וּבִפְרָשָׁיו בַּיָּם,

וַיֵּשֶׁב יְהוָה

עֲלֵהֶם אֶת מֵי הַיָּם,

וּבְנֵי יִשְׂרָאֵל הָלְכוּ

בַּיַּבֶּשֶׁה בְּתוֹךְ הַיָּם.

כִּי לַיהוָה הַמְּלוּכָה,

וּמַשִּׁיל בַּגּוֹיִם.

וְעָלוּ מוֹשְׁעִים בְּהַר צִיּוֹן

לְשַׁפֵּט אֶת הַר עִשָּׂו,

וְהָיְתָה לַיהוָה הַמְּלוּכָה.

וְהָיָה יְהוָה לְמֶלֶךְ

עַל כָּל הָאָרֶץ,

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה אֶחָד וְשְׁמוֹ אֶחָד.

The following is always recited:

ישתבח

YISHTABACH

This prayer concludes P'sukei D'Zimrah. The fifteen praises in the first part is the Gematria of the Divine Name יָהּ (Yah), which remind us that everything belongs to the Creator.

Uvchein yishtabach shimcha

And so may Your Name be praised

la-ad malkeinu,

forever our Sovereign,

ha-Eil ha-melech hagadol v'hakadosh,

the Almighty, the Sovereign Who is great and holy,

bashamayim uva-aretz.

in heaven and on earth.

Ki l'cha na-eh,

Because to You are fitting,

Adonai Eloheinu,

Hashem our Elohim,

v'Eilohei avoteinu,

and Elohim of our ancestors,

l'olam va-ed,

forever and ever,

shir ushvachah, haleil v'zimrah,

song and praise, laudation and melody,

oz umemshalah,

power and dominion,

netzach g'dulah ugvurah,

triumph, greatness and strength,

t'hilah v'tiferet,

praise and glory,

k'dushah umalchut,

holiness and sovereignty,

b'rachot v'hoda-ot l'shimcha

blessings and thanksgivings to Your Name

hagadol v'hakadosh,

which is great and holy,

umei-olam v'ad olam atah Eil.

and from this world to the world to come You are Almighty.

Baruch atah Adonai,

Blessed are You Hashem,

Eil melech gadol

Almighty Sovereign Who is exalted

umhulal batishbachot,

and lauded through praises,

וּבְכֵן יִשְׁתַּבַּח שְׁמֶךָ

לְעַד מְלָכְנוּ,

הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ,

בַּשָּׁמַיִם וּבָאָרֶץ.

כִּי לְךָ נָאֵה,

יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

לְעוֹלָם וָעֶד,

שִׁיר וּשְׁבָחָה, הַלֵּל וְזִמְרָה,

עֹז וּמִמְשָׁלָה,

נִצָּח גְּדֻלָּה וּגְבוּרָה,

תְּהִלָּה וְתִפְאָרֶת,

קְדוּשָׁה וּמַלְכוּת,

בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ

הַגָּדוֹל וְהַקָּדוֹשׁ,

וּמֵעוֹלָם וָעֶד עוֹלָם אֲתָה אֵל.

בָּרוּךְ אַתָּה יְהוָה,

אֵל מֶלֶךְ גָּדוֹל

וּמְהֻלָּל בַּתִּשְׁבָּחוֹת,

Eil hahoda-ot,

Almighty of thanksgivings,

Adon hanifla-ot,

Ruler of wonders,

Borei kol han'shamot,

Creator of all souls,

Ribon kol hama-asim,

Master of all deeds,

ha-bocheir b'shirei zimrah,

Who chooses songs of praise that are melodious,

melech yachid Eil chei ha-olamim.

Sovereign, Unique One, Almighty, Life-giver of the worlds.

Amein.

Amen.

אֵל הַהוֹדָאוֹת,

אֲדוֹן הַנִּפְלְאוֹת,

בּוֹרֵא כָּל הַנְּשָׁמוֹת,

רִבּוֹן כָּל הַמַּעֲשִׂים,

הַבּוֹחֵר בְּשִׁירֵי זִמְרָה,

מֶלֶךְ יַחִיד אֵל חַי הָעוֹלָמִים.

אָמֵן.

חֲצִי קַדִּישׁ CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֶה רַבָּא.

{אָמֵן.}

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָּנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שֵׁמֶה דְקָדְשָׁא {בְּרִיךְ הוּא},

לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשַׁבַּחְתָּא וְנֶחֱמָתָא,

דְּאִמְרֵין בְּעֶלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

ברכות קריאת שמע

BLESSINGS OF THE SH'MA

Before we enter the world of B'riyah, we recite the Bar'chu. Kabbalah teaches that during the night a part of our soul leaves us. As we say the last line of the Bar'chu, the missing part of our soul returns to us.

We bow first at our knees and then at our waist as we say בְּרָכוּ Bar'chu and בְּרוּךְ Baruch we stand upright at ה' the Name of Hashem.

ברכו

BAR'CHU

The Leader says the first line.

בְּרָכוּ אֶת יְהוָה הַמְּבֹרָךְ!

Bar'chu et Adonai ham'vorach!

Bless Hashem Who is blessed!

Everyone responds:

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

Baruch Adonai ham'vorach l'olam va-ed!

Blessed is Hashem Who is blessed for ever and ever!

יוצר אור

YOTZEIR OR

This blessing reminds us that the Creator made both light and darkness. Kabbalah teaches that within us is an equal measure of them both and it is because of our free will that we are able to choose between the two. This blessing begins our series of connections in the world of B'riyah.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Eternal One, Sovereign of the universe,

yotzeir or uvorei choshech,

Creator of light and darkness,

oseh shalom uvorei et hakol.

You make peace and create all things.

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

יוצר אור ובֹרֵא חֹשֶׁךְ,

עֹשֶׂה שָׁלוֹם וּבֹרֵא אֶת הַכֹּל.

Hamei-ir la-aretz

You light up the world

v'ladarim aleha b'rachamim,

and those who live upon it with mercy,

uvtuvo m'chadeish b'chol yom

and in Your mercy you renew each day

tamid ma-aseih v'reishit.

the eternal creation.

Mah rabu ma-asecha Adonai,

How great are Your works Hashem,

kulam b'chochmah asita,

with wisdom You have formed them all,

mal'ah ha-aretz kinyanecha.

filling the world with Your creatures.

Hamelech ham'romam l'vado mei-az,

You are the Sovereign Who was exalted in solitude before time.

ha-m'shubach v'ham'fo-ar

Who is praised and glorified

v'hamitnaseih mimot olam.

and extolled since days of old.

Elohei olam,

Elohim of eternity,

b'rachamecha harabim racheim aleinu,

with Your abundant mercy, have mercy on us,

Adon uzeinu tzur misgabeinu,

O Ruler of our power, our rocklike stronghold,

magein yisheinu, misgav ba-adeinu.

Shield of our salvation, Who is a stronghold for us.

Eil baruch g'dol dei-ah,

The blessed Eternal One Who is great in knowledge,

heichin ufa-al zahorei chamah,

prepared and produces the rays of the sun,

tov yatzar kavod lishmo,

the Beneficent One Who made all that honors the One's Name,

m'orot natan s'vivot uzo,

Who placed lights all around the One's power.

pinot tz'va-ot k'doshim,

The leaders of Whose hosts, holy ones,

rom'mei Shadai,

exalt the Almighty,

tamid m'sap'rim

constantly tell

k'vod Eil ukdushato.

the honor of the Eternal One and the One's holiness.

Titbarach Adonai Eloheinu

Be blessed Hashem our Elohim

הַמַּאִיר לָאָרֶץ

וְלִדְרֹתַי עָלֶיהָ בְּרַחֲמִים,

וּבִטּוּבוֹ מְחַדֵּשׁ בְּכָל יוֹם

תָּמִיד מַעֲשֵׂה בְּרֵאשִׁית.

מַה רַבּוּ מַעֲשֵׂיךָ יְהוָה,

כָּלם בְּחִכְמָה עָשִׂיתָ,

מִלְאָה הָאָרֶץ קִנְיָנְךָ.

הַמֶּלֶךְ הַמְרוֹמָם לְבַדּוֹ מֵאֶז,

הַמְשֻׁבָּח וְהַמְפָּאָר וְהַמְתְּנֵשׂא

מִימֹת עוֹלָם.

אֱלֹהֵי עוֹלָם,

בְּרַחֲמֶיךָ הַרְבִּים רַחֵם עָלֵינוּ,

אֲדוֹן עֲזָנוּ צוּר מְשַׁגְּבֵנוּ,

מִגֵּן יִשְׁעֵנוּ מְשַׁגֵּב בַּעֲדָנוּ.

אֵל בָּרוּךְ גָּדוֹל יָדְעָה,

יֵחֵין וּפָעַל זִהְרֵי חֲמָה,

טוֹב יַצַּר כְּבוֹד לְשִׁמוֹ,

מְאֻרוֹת נָתַן סְבִיבוֹת עֲזוֹ,

פְּנוֹת צְבָאֵיו קְדוֹשִׁים,

רוֹמְמֵי שַׁדַּי,

תָּמִיד מְסַפְּרִים

כְּבוֹד אֵל וְקִדְשָׁתוֹ.

תִּתְבָּרַךְ יְהוָה אֱלֹהֵינוּ

bashamayim mima-al

in the heavens above

v'al ha-aretz mitachat,

and on the earth below,

al kol shevach ma-aseih yadecha,

for all the praiseworthy work of Your hands,

v'al m'orei or sheyatzarta,

and for the lights You fashioned,

heimah y'fa-arucha selah.

which crown You forever.

בְּשָׁמַיִם מִמָּעַל
וְעַל הָאָרֶץ מִתַּחַת,
עַל כָּל שִׁבְחַ מַּעֲשֵׂה יְדֶיךָ,
וְעַל מְאֹרֵי אוֹר שִׁיצַרְתָּ,
הֵמָּה יְפָאֲרוֹךְ סֵלָה.

תְּתַבָּרַח TITBARACH

This prayer expresses the praise of the angels.

Titbarach lanetzach tzureinu

May You be blessed for eternity our Rock,

malkeinu v'go-aleinu,

our Sovereign, and our Redeemer,

borei k'doshim.

Creator of holy ones.

Yishtabach shimcha la-ad malkeinu,

May Your Name be praised forever our Sovereign,

yotzeir m'shar'tim,

O Maker of ministering angels,

va-asher m'shar'tav kulam

and whose ministering angels all

om'dim b'rum olam,

stand at the summit of the universe,

umashmi-im b'yirah

and proclaim with awe

yachad b'kol, divrei

together loudly, the words

Elohim chayim umelech olam.

of the living Elohim and Sovereign of the universe.

Kulam ahuvim, kulam b'rurim,

They are all beloved, they are all flawless,

kulam giborim, kulam k'doshim,

they are all mighty, they are all holy,

תְּתַבָּרַךְ לְנֶצַח צוּרֵנוּ
מַלְכֵנוּ וְגֹאֲלֵנוּ,
בּוֹרֵא קְדוֹשִׁים.
יִשְׁתַּבַּח שִׁמְךָ לְעַד מַלְכֵנוּ,
יוֹצֵר מְשֻׁרָתִים,
וְאֲשֶׁר מְשֻׁרָתָיו כֻּלָּם
עוֹמְדִים בְּרוֹם עוֹלָם,
וּמְשַׁמְיָעִים בִּירְאָה
יַחַד בְּקוֹל, דְּבָרֵי
אֱלֹהִים חַיִּים וּמֶלֶךְ עוֹלָם.
כֻּלָּם אֲהוּבִים, כֻּלָּם בְּרוּרִים,
כֻּלָּם גִּבּוֹרִים, כֻּלָּם קְדוֹשִׁים,

v'kulam osim b'eimah

and they all do with awe

uvyirah ratzon koneihem.

and reverence, the will of their Maker.

V'kulam pot'chim et pihem

And they all open their mouths

bikdushah uvtacharah,

with holiness and purity,

b'shirah uvzimrah,

in song and melody,

umvar'chin umshab'chin,

and they bless and they praise,

umfa-arin uma-aritzin,

and they glorify and they revere,

umakdishin umamlichin.

and they sanctify and they enthrone.

Et sheim ha-Eil, hamelech hagadol,

Of the Name of the Almighty, the great Sovereign,

hagibor v'hanorah, kadosh hu.

who is mighty and who is awesome, holy is the Eternal.

V'kulam m'kab'lim aleihem ol

And they all accept upon themselves the yoke

malchut shamayim zeh mizeh,

of the sovereignty of heaven one from the other,

v'not'nim r'shut zeh lazeh,

and grant permission one to another,

l'hakdish l'yotz'ram b'nachat ruach,

to sanctify the One who formed them with calmness of spirit,

b'safah v'rurah uvinimah,

with articulation that is clear and with sweet melody,

k'dushah kulam k'echad onim

they sanctify, all of them as one, they proclaim

b'eimah v'om'rim b'yirah:

and say with awe and reverence:

וְכָלֶם עֹשִׂים בְּאֵימָה

וּבִירָאָה רָצוֹן קוֹנֵיהֶם.

וְכָלֶם פּוֹתְחִים אֶת פִּיהֶם

בְּקִדְשָׁה וּבְטָהָרָה,

בְּשִׁירָה וּבְזִמְרָה,

וּמְבָרְכִין וּמְשַׁבְּחִין,

וּמְפַאֲרִין וּמַעֲרִיצִין,

וּמְקַדִּישִׁין וּמְמַלִּיכִין.

אֶת שֵׁם הָאֵל, הַמֶּלֶךְ הַגָּדוֹל,

הַגִּבּוֹר וְהַנּוֹרָא, קָדוֹשׁ הוּא.

וְכָלֶם מְקַבְּלִים עֲלֵיהֶם עַל

מַלְכוּת שָׁמַיִם זֶה מִזֶּה,

וְנוֹתְנִים רְשׁוּת זֶה לָזֶה,

לְהַקְדִּישׁ לַיּוֹצֵרָם בְּנִחַת רוּחַ,

בְּשָׁפָה בְּרוּרָה וּבְנִעִימָה,

קִדְשָׁה כָּלֶם כְּאַחַד עוֹנִים

בְּאֵימָה וְאוֹמְרִים בִּירָאָה:

Everyone says this part together:

Kadosh, kadosh, kadosh,

Holy, holy, holy

Adonai tz'va-ot,

is Hashem the Ruler of Hosts,

m'lo kol ha-aretz k'vodo.

the whole world is filled with the Eternal's glory.

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ,

יְהוָה צְבָאוֹת,

מִלֵּא כָּל הָאָרֶץ כְּבוֹדוֹ.

Leader continues:

V'ha-ofanim v'chayot hakodesh

Then the Ofanim and the holy Chayot

b'ra-ash gadol mitnas'im

with great noise raise themselves

I'umat s'farim,

toward the Seraphim,

I'umatam m'shab'chim v'om'rim:

facing them, they offer praise and proclaim:

וְהָאוֹפָנִים וְחַיֹּת הַקֹּדֶשׁ
בְּרַעַשׁ גָּדוֹל מִתְנַשְּׂאִים
לְעַמַּת שֶׁרָפִים,
לְעַמָּתָם מִשְׁבַּחִים וְאוֹמְרִים:

Everyone says this part together:

Baruch k'vod Adonai mim'komo.

Blessed is the glory of Hashem in Its place.

בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

לאל ברוך LA-EIL BARUCH

This prayer reaffirms that the Creator continuously renews the work of Creation.

La-Eil baruch n'imot yiteinu,

To the Almighty who is blessed sweet melodies do they offer,

la-melech Eil chai v'kayam z'mirot

to the Sovereign the living and enduring Almighty, hymns

yomeiru v'tishbachot yashmi-u,

do they sing and praise do they proclaim,

ki hu I'vado marom v'kadosh,

for the Eternal One, who is lofty and holy,

po-eil g'vurot,

performs mighty deeds,

oseh chadashot,

makes new things,

ba-al milchamot,

the Ruler of battles,

zorei-a tz'dakot,

sows righteousness,

matzmi-ach yshu-ot,

brings about salvation,

borei r'fu-ot,

creates remedies,

nora t'hilot,

is awesome beyond praise,

adon hanifla-ot,

the Ruler of wonders,

לְאֵל בָּרוּךְ נְעִימוֹת יִתְּנוּ,
לְמֶלֶךְ אֵל חַי וְקַיִם זְמֵרוֹת
יֹאמְרוּ וְתִשְׁבַּחוֹת יִשְׁמִיעוּ,
כִּי הוּא לְבָדוֹ מָרוֹם וְקָדוֹשׁ,
פוֹעֵל גְּבוּרוֹת,
עֹשֶׂה חֲדָשׁוֹת,
בֹּעֵל מִלְחָמוֹת,
זֹרֵעַ צְדָקוֹת,
מַצְמִיחַ יְשׁוּעוֹת,
בוֹרֵא רְפוּאוֹת,
נוֹרָא תְהִלּוֹת,
אֲדוֹן הַנִּפְלְאוֹת,

ham'chadeish b'tuvo b'chol yom

who in goodness renews every day

tamid ma-aseih v'reishit.

forever the work of Creation.

Ka-amur:

As it is stated:

L'oseih orim g'dolim,

Give thanks to the One who makes the great luminaries,

ki l'olam chasdo.

for the Eternal's kindness endures forever.

Baruch atah Adonai,

Blessed are You Hashem,

yotzeir ham'orot.

Creator of the lights.

Amein.

הַמַּחֲדִּישׁ בְּטוּבוֹ בְּכָל יוֹם

תָּמִיד מַעֲשֵׂה בְּרָאשִׁית.

כְּאִמּוֹר:

לַעֲשֵׂה אוֹרִים גְּדֹלִים,

כִּי לְעוֹלָם חֶסֶדּוֹ.

בָּרוּךְ אַתָּה יְהוָה,

יוֹצֵר הַמְּאוֹרוֹת.

אָמֵן.

אהבת עולם

AHAVAT OLAM

Through this prayer we are reminded of the Creator's eternal love for us, the expression of which is through the gift of Torah. It moves us to love others as we have been loved.

Ahavat olam ahavtanu,

With an eternal love You have loved us,

Adonai Eloheinu,

Hashem our Elohim,

chemlah g'dolah viteirah

with a great and exceeding compassion

chamalta aleinu.

have You shown compassion to us.

Avinu malkeinu,

Our Father, our Sovereign,

ba-avur shimcha hagadol,

for the sake of Your great Name,

uva-avur avoteinu shebat'chu v'cha,

and for the sake of our ancestors who trusted in You,

vat'lam'deim chukei chayim,

and to whom You taught the principles of life,

la-asot r'tzon'cha b'leivav shaleim,

to do Your will wholeheartedly,

kein t'chaneinu utlam'deinu.

so may You be gracious to us and teach us.

Avinu, Av harachaman,

Our Father, Merciful Father,

אַהֲבַת עוֹלָם אֲהַבְתָּנוּ,

יְהוָה אֱלֹהֵינוּ,

חֶמְלָה גְּדוֹלָה וַיִּתֶּרָה

חֶמְלַת עָלֵינוּ.

אָבִינוּ מַלְכֵנוּ,

בְּעִבּוֹר שִׁמְךָ הַגָּדוֹל,

וּבְעִבּוֹר אֲבוֹתֵינוּ שֶׁבָּטְחוּ בְּךָ,

וַתִּלְמְדֵם חֻקֵּי חַיִּים,

לַעֲשׂוֹת רְצוֹנְךָ בְּלִבָּב שְׁלֵם,

כֵּן תִּחַנֶּנּוּ וַתִּלְמְדֵנּוּ.

אָבִינוּ, אָב הַרְחָמָן,

ham'racheim, racheim aleinu,
 Who is merciful, have mercy upon us,
 v'tein b'libeinu binah,
 and place understanding within our hearts,
 l'havin ulhaskil, lishmo-a,
 to understand and to comprehend, to listen,
 lilmod ul'lameid, lishmor
 to learn and to teach, to observe
 v'la-asot ulkayeim et kol
 and to perform and to fulfill all
 divrei talmud Toratecha b'ahavah.
 the words of the teaching of Your Torah with love.
 V'ha-eir eineinu b'Toratecha,
 Enlighten our eyes with Your Torah,
 v'dabeik libeinu b'mitzvotcha,
 and attach our hearts to Your mitzvot,
 v'yacheid l'vaveinu l'ahavah
 and unify our hearts to love
 ulyirah et sh'mecha,
 and to be in awe of Your Name,
 l'ma-an lo neivosh v'lo nikaleim
 so that we not be ashamed nor be disgraced
 v'lo nikasheil l'olam va-ed.
 nor stumble for ever and ever.
 Ki v'sheim kodsh'cha hagadol
 For in the Name of Your holiness that is great,
 hagibor v'hanora batachnu,
 mighty, and awesome we put our trust,
 nagilah v'nism'chah bishu-atecha.
 may we be glad and rejoice in Your salvation.
 V'rachamecha Adonai Eloheinu,
 And may Your compassion, Hashem our Elohim,
 vachasadecha harabim,
 and Your abundant kindness,
 al ya-azvunu netzach selah va-ed.
 not forsake us eternally, for ever and ever.
 Maheir v'havei aleinu b'rachah
 Hasten and bring upon us blessing
 v'shalom m'heirah
 and peace speedily,

*Bring together the four corners of the Tallit and hold the Tzitzit between
 the fourth and fifth fingers of the left hand and continue to do so through the Sh'ma.*

mei-arba kanfot ha-aretz,
 from the four corners of the world,
 ushvor ol hagoyim
 and break the yoke of the nations

הַמְּרַחֵם, רַחֵם עָלֵינוּ,
 וְתֵן בְּלִבֵּנוּ בִּינָה,
 לְהַבִּין וּלְהַשְׁכִּיל, לְשִׁמּוֹעַ,
 לְלַמּוֹד וּלְלַמֵּד, לְשִׁמּוֹר
 וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל
 דְּבָרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.
 וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,
 וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
 וַיַּחֲד לְבָבֵנוּ לְאַהֲבָה
 וּלְיִרְאָה אֶת שְׁמֶךָ,
 לְמַעַן לֹא נִבּוֹשׁ וְלֹא נִקְלָעִם
 וְלֹא נִקְשָׁע לְעוֹלָם וָעֶד.
 כִּי בְּשֵׁם קֹדֶשְׁךָ הַגָּדוֹל
 הַגִּבּוֹר וְהַנּוֹרָא בָּטַחְנוּ,
 נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעַתְךָ.
 וְרַחֲמֶיךָ יְהוָה אֱלֹהֵינוּ,
 וַחֲסִדֶּיךָ הֵרַבִּים,
 אַל יַעֲזֹבוּנוּ נָצַח סֶלָה וָעֶד.
 מְהֵרָה וְהֵבֵא עָלֵינוּ בְּרָכָה
 וְשָׁלוֹם מְהֵרָה

מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ,
 וַיִּשְׁבֹּר עַל הַגּוֹיִם

mei-al tzavareinu,
from upon our necks,
 v'tolicheinu m'heirah
and lead us speedily
 kom'miyut l'artzeinu.
with independence to our land.
 Ki eil po-eil y'shu-ot atah,
For You work wonders,
 uyanu vacharta mikol am v'lashon.
and You have chosen us from among all peoples and tongues.
 V'keiravtanu malkeinu l'shimcha
And You have brought us close, our Sovereign to Your Name
 hagadol selah be-emet b'ahavah,
that is great forever in truth, in love,
 l'hodot l'cha ulyachedcha b'ahavah,
to offer thanks to You and proclaim Your Oneness with love,
 ul-ahavah et sh'mecha.
and to love Your Name.

Baruch atah Adonai,
Blessed are You Hashem,
 habocheir b'amo Yisra-eil b'ahavah.
Who chooses Your people Israel in love.

מֵעַל צְוָארֵנוּ,
 וְתוֹלִיכֵנוּ מִהֵרָה
 קוֹמְמִיּוֹת לְאַרְצֵנוּ.
 כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה,
 וּבָנוּ בַּחֲרַת מִכָּל עַם וְלָשׁוֹן.
 וְקִרְבַּתָּנוּ מִלְּכֵנוּ לְשִׁמְךָ
 הַגָּדוֹל סֶלָה בְּאֵמֶת בְּאַהֲבָה,
 לְהוֹדוֹת לְךָ וּלְיַחְדְּךָ בְּאַהֲבָה,
 וּלְאַהֲבָה אֶת שְׁמֶךָ.
 בָּרוּךְ אַתָּה יְהוָה,
 הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.



THE SH'MA

The Sh'ma is an affirmation of faith. It both expresses our love for the Creator, and also serves as an ode to the divinity of the soul. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation. It brings the Creator's Oneness into our consciousness and reminds us that we must extend unconditional love to all.

The enlarged letters ע and ד form the word עד, which means witness. By saying the Sh'ma, we bear witness to the Creator's unity as we declare it to the world. The second verse we say in a whisper because it is the prayer of the angels and we are not ordinarily in a state to say it as they do.

Just as the previous blessing expressed the Creator's love for us, the blessings that follow the Sh'ma express our love for the Creator. Each section corresponds to one of the letters of the Divine Name.

*It is important to say each word clearly and not to run words together.
We recite the first verse aloud while covering the eyes with the right hand.*

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisra-eil, Adonai Eloheinu, Adonai Echad!

Hear O Israel, Hashem is our Elohim, Hashem is One!

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va-ed!

Blessed is Your glorious Name, Your Realm is for ever and ever!



V'ahavta eit Adonai Elohecha

You shall love Hashem Your Elohim,

b'chol l'vav'cha uvchol naf-sh'cha

with all your heart and with all your soul,

uvchol m'odecha.

and with all your being.

V'hayu had'varim ha-eileh asher

And these words which

anochi m'tzav'cha hayom al l'vavecha.

I command you on this day shall be upon your heart.

V'shinantam l'vanecha v'dibarta bam

And you shall teach them to your children and speak of them,

b'shivt'cha b'veitecha uvlecht'cha

and while sitting in your house and while walking along

vaderech uvshochb'cha, uvkumecha.

the way and upon lying down and upon rising.

Ukshartam l'ot al yadecha

And you shall bind them as a sign upon your hand

v'hayu l'totafot bein einecha.

and they shall be as frontlets between your eyes.

Uchtavtam al m'zuzot

And you shall write them upon the doorposts

beitecha uvisharecha.

of your house and your gates.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ

בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ

וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר

אֲנִי מְצַוְּךָ הַיּוֹם עַל-לִבְּךָ:

וְשִׁנַּנְתָּם לְבְנֶיךָ וְדִבַּרְתָּ בָּם

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ

בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ:

וְכָתַבְתָּם עַל-מְזוֹזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Everyone continues together:

ה

V'hayah im shamo-a tishm'u

And it shall happen if you listen attentively

el mitzvotai asher anochi

to my mitzvot, which I am

m'tzaveh etchem hayom

commanding you this day,

l'ahavah et Adonai

to love Hashem

Eloheichem ulovdo

to serve your Elohim

b'chol l'vavchem uvchol nafsh'chem.

with all of your heart and with all of your soul.

V'natati m'tar artz'chem b'ito

And I shall provide rain for your land in its proper time,

yoreh umalkosh v'asafta d'ganecha

first rain and last rain and so you may gather your grain

v'tirosh'cha v'yitzharecha.

and your wine and your oil.

V'natati eisev b'sad'cha livhemtecha

And I shall provide also grass in your fields for your cattle

v'achalta v'savata.

and you shall eat and be satisfied.

Hisham'ru lachem pen yifteh

Be careful for yourselves lest seduced

l'vavchem v'sartem va-avad'tem

be your heart and you turn away and serve

elohim acheirim v'hishtachavitem

other deities and bow down

lahem.

to them.

V'charah af Adonai bachem v'atzar

Then the anger of Hashem shall be upon you and He shall seal

et hashamayim v'lo yih-yeh matar

the heavens and there shall be no more rain

v'ha-adamah lo titein et y'vulah

and the earth will no longer yield its produce

va-avad'tem m'heirah mei-al ha-aretz

and you shall be banished quickly from the good land

hatovah asher Adonai notein lachem.

that Hashem has given you.

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ

אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי

מְצַוֶּה אֶתְכֶם הַיּוֹם

לְאַהֲבָה אֶת-יְהוָה

אֱלֹהֵיכֶם וּלְעֲבֹדוֹ

בְּכָל-לִבְבְּכֶם וּבְכָל-נַפְשְׁכֶם:

וְנָתַתִּי מְטֶר-אֲרָצְכֶם בְּעֵתוֹ

יּוֹרֵה וּמִלְקוֹשׁ וְאִסַּפְתִּי דִגְנְךָ

וְתִירְשֶׁךָ וְיִצְהַרְךָ:

וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבִהֶמְתֶּךָ

וְאָכַלְתָּ וּשְׂבַעְתָּ:

הַשְׁמִירוּ לָכֶם פֶּן-יִפְתָּה

לִבְבְּכֶם וְסִרְתֶּם וְעַבַּדְתֶּם

אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם

לָהֶם:

וְחָרָה אַף יְהוָה בָּכֶם וְעָצַר

אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר

וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ

וְאֲבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ

הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם:

ר

V'samtem et d'varai eileh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

ukshartem otam l'ot

and secure them as a sign upon

al yedchem v'hayu l'totafot

upon your hand and as reminders

bein eineichem.

before your eyes.

V'limad'tem otam et b'neichem

And you shall teach them to to your children

l'dabeir bam b'shivt'cha b'veitecha

to discuss and as you sit in your home

uvlecht'cha vaderech uvshochb'cha

and as you walk along the way and as you lie down

uvkumecha.

and as you rise up.

Uchtavtam al m'zuzot

And write them upon the doorposts

beitecha uvisharecha.

of your house and upon your gates.

L'ma-an yirbu y'meichem vimei

Then you will prolong your days and the days

v'neichem al ha-adamah asher

of your children upon the land that

nishba Adonai la-avoteichem lateit

Hashem swore to your ancestors to give

lahem kimei hashamayim

to them like the days of heaven

al ha-aretz.

on earth.

וּשְׁמַתֶּם אֶת־דְּבָרֵי אֱלֹהִים

עַל־לִבְבְּכֶם וְעַל־נַפְשְׁכֶם

וְקִשְׁרֹתֶם אֹתָם לְאוֹת

עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת

בֵּין עֵינֵיכֶם:

וּלְמַדְתֶּם אֹתָם אֶת־בְּנֵיכֶם

לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלַכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְּךָ

וּבְקוּמְךָ:

וְכָתַבְתֶּם עַל־מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבּוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל הָאָדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לֵאמֹר

לָהֶם כִּי־יְמֵי הַשָּׁמַיִם

עַל־הָאָרֶץ:

*The Tzitzit which have been held in the left hand are now also taken in the right hand.
At each mention of the Tzitzit and at the end of the paragraph, kiss the Tzitzit.
At the words וּרְאִיתֶם אֹתוֹ Uritem Oto, glance at the Tzitzit*



Vayomer Adonai el Mosheh leimor:

Hashem talked to Moses, saying:

Dabeir el b'nei Yisra-eil v'amarta

Speak to the children of Israel and say

aleihem v'asu lahem tzitzit

to them that they are to make for themselves tassels

al kanfei vigdeihem l'dorotam

on the corners of their clothes in every generation

v'nat'nu al tzitzit hakanaf p'til

and they shall put on the corner fringe a thread

t'cheilet.

of blue.

V'hayah lachem l'tzitzit uritem

And it shall constitute for you tassels and that you may see

oto uzchartem et kol mitzvot

them and remember all the commandments

Adonai va-asitem otam

of Hashem and do them

v'lo taturu acharei l'avchem

and not follow after your heart

v'acharei eineichem, asher atem

and after your eyes which draw you astray

zonim achareihem.

leading to lust.

The Leader and Group continue aloud here:

L'ma-an tizk'ru va-asitem

In order that you may remember

et kol mitzvotai vih-yitem

all of My commandments and be

k'doshim l'Eiloheichem.

holy to your Elohim.

Ani Adonai Eloheichem asher

I am Hashem your Elohim who

hotzeiti etchem mei-eret Mitzrayim

brought you out of the land of Egypt

lih-yot lachem l'Eilohim

of Egypt to be your own Elohim

ani Adonai Eloheichem: Emet...

I am Hashem your Elohim: It is true...

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ

אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית

עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרֹתָם

וְנָתַנוּ עַל-צִיצִית הַכֶּנֶף פֶּתִיל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת

יְהוָה וַעֲשִׂיתֶם אֹתָם

וְלֹא תִתְּנוּ אַחֲרֵי לְבַבְכֶּם

וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר-אֲתֶם

זִנִּים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהִייתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם:

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר

הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

לְהִיּוֹת לָכֶם לֵאלֹהִים

אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

This blessing connects us to the energy of desire. This blessing fulfills the requirement to recall the Exodus during the morning and evening connections. It contains the word "certain", which reflects our gratitude for already existing kindness.

The Leader continues:

Adonai Eloheichem emet,
Hashem your Elohim is true...
v'yatziv, v'nachon v'kayam,
and certain, and established and enduring,
v'yashar v'ne-eman, v'ahuv v'chaviv,
and fair and faithful, and beloved and cherished,
v'nechmad v'na-im, v'nora v'adir,
and desirable and pleasant, and awesome and powerful,
umtukan umkubal, v'tov v'yafeh
and correct and accepted, and good and beautiful
hadavar hazeh aleinu l'olam va-ed.
is this affirmation to us forever.

Emet Elohei olam malkeinu,
True the Elohim of the Universe is our Sovereign,
tzur Ya-akov, magein yisheinu,
the Rock of Jacob, is the Shield of our salvation,
l'dor vador hu kayam,
generation after generation the One endures,
ushmo kayam, v'chiso nachon,
and Whose Name endures, and Whose throne is established,
umalchuto ve-emunato
and Whose sovereignty and faithfulness
la-ad kayamet.
forever endure.

Udvarav chayim v'kayamim,
And Whose words are living and enduring,
ne-emanim v'nechemadim
faithful and desirable
la-ad ul-ol'mei olamim.
forever and to all eternity.

al avoteinu v'aleinu,
for our ancestors and for us,
al baneinu v'al doroteinu,
for our children and for our generations,
v'al kol dorot zera
and for all the generations of the offspring
Yisra-eil avadecha.
of Israel who are Your servants.

Al harishonim
For the earlier generations
v'al ha-acharonim,
and for the later generations,
davar tov v'kayam l'olam va-ed,
the matter is good and enduring for ever and ever,

יהוה אלהיכם אמת,
ויציב, ונכון וקיים,
וישר ונאמן, ואהוב וחביב,
ונחמד ונעים, ונורא ואדיר,
ומתקן ומקבל, וטוב ויפה
הדבר הזה עלינו לעולם ועד.
אמת אלהי עולם מלכנו,
צור יעקב, מגן ישענו,
לדר ודר הוא קיים,
ושמו קיים, וכסאו נכון,
ומלכותו ואמונתו
לעד קיימת.
ודבריו חיים וקיימים,
נאמנים ונחמדים
לעד ולעולמי עולמים.
על אבותינו ועלינו,
על בנינו ועל דורותינו,
ועל כל דורות זרע
ישראל עבדיך.
על הראשונים
ועל האחרונים,
דבר טוב וקיים לעולם ועד,

emet v'emunah chok v'lo ya-avor.

it is true and faithful, a decree that cannot be breached.

Emet sha-atah hu Adonai

It is true that You are Hashem

Eloheinu v'Eilohi avoteinu,

our Elohim and the Elohim of our ancestors,

malkeinu melech avoteinu,

our Sovereign and the Sovereign of our ancestors,

go-aleinu go-eil avoteinu,

our Redeemer and the Redeemer of our ancestors,

yotz'reinu tzur y'shuateinu,

our Molder the Rock of our salvation,

podeinu umatzileinu mei-olam

our Liberator and our Rescuer always

hu sh'mecha, v'ein lanu od

has this been Your Name, and we have no other

Elohim zulatecha, selah.

Elohim but You, forever.

Ezrat avoteinu

Assistance to our ancestors

atah hu mei-olam, magein

You have always given, You were the shield

umoshi-a lahem v'livneihem

and redeemer of them and their children

achareihem b'chol dor vador.

after them for every generation.

B'rum olam moshavecha,

At the zenith of the universe is Your dwelling,

umishpatecha v'tzidkat'cha

and Your justice and Your righteousness

ad afsei aretz.

extend to the ends of the earth.

Emet, ashrei ish

It is true, happy are those

sheyishma l'mitzvatecha,

who hear Your commandments,

v'Torat'cha udvar'cha yasim al libo.

and set Your teachings and Your word upon their heart.

Emet, atah hu Adon l'amecha,

It is true, that You are the Ruler for Your people,

umelech gibor lariv rivam

and a mighty Sovereign to champion their cause

l'avot uvanim.

for the parents and their children.

Emet, atah hu rishon

It is true, that You are the first

v'atah hu acharon,

and that You are the last,

אמת ואמונה חק ולא יעבר.

אמת שאַתָּה הוּא יְהוָה

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

מַלְכֵנוּ מֶלֶךְ אֲבוֹתֵינוּ,

גֹּאֲלֵנוּ גֹּאֵל אֲבוֹתֵינוּ,

יוֹצֵרֵנוּ צוּר יְשׁוּעָתֵנוּ,

פוֹדֵדֵנוּ וּמַצִּילֵנוּ מֵעוֹלָם

הוּא שְׁמֶךָ, וְאֵין לָנוּ עוֹד

אֱלֹהִים זוֹלָתְךָ, סֵלָה.

עֲזֶרֶת אֲבוֹתֵינוּ

אַתָּה הוּא מֵעוֹלָם, מָגֵן

וּמוֹשִׁיעַ לָהֶם וּלְבָנֵיהֶם

אַחֲרֵיהֶם בְּכָל דּוֹר וָדוֹר.

בְּרוֹם עוֹלָם מוֹשֶׁבֶךָ,

וּמִשְׁפָּטֶיךָ וְצִדְקָתְךָ

עַד אַפְסֵי אָרֶץ.

אֱמֶת, אֲשֶׁרִי אִישׁ

שִׁשְׁמַע לְמִצְוֹתֶיךָ,

וְתוֹרָתְךָ וּדְבָרְךָ יִשִּׁים עַל לִבּוֹ.

אֱמֶת, אַתָּה הוּא אֲדוֹן לְעַמְּךָ,

וּמֶלֶךְ גִּבּוֹר לְרִיב רִיבֶם

לְאֲבוֹת וּבָנִים.

אֱמֶת, אַתָּה הוּא רִאשׁוֹן

וְאַתָּה הוּא אַחֲרוֹן,

umibaladecha ein lanu melech

and besides You we have no other Sovereign

go-eil umoshi-a.

who saves and redeems us.

Emet, mimitzrayim g'altanu,

It is true, that from Egypt You delivered us,

Adonai Eloheinu,

Hashem our Elohim,

umibeit avadim p'ditanu.

and redeemed us from the house of slavery.

Kol b'choreihem haragta,

All their first born You slew,

uvchor'cha Yisra-eil ga-alta,

but Your firstborn, Israel, You redeemed,

v'yam suf lahem bakata,

and the Sea of Reeds for them You split,

v'zeidim tibata,

the evildoers You drowned,

vididim he-evarta,

the dear ones You brought across,

vaychasu mayim tzareihem,

and the water covered their foes,

echad meihem lo notar.

even one of them was not left.

Al zot shib'chu ahuvim

For this, the beloved ones praised

v'rom'mu la-Eil,

and exalted the Almighty One,

v'nat'nu y'didim z'mirot

and the dear ones offered hymns,

shirov v'tishbachot,

songs and praises,

b'ruchot v'hoda-ot,

blessings and thanksgivings,

l'melech Eil chai v'kayam,

to the Sovereign, the Almighty One Who is living and enduring,

ram v'nisa, gadol v'nora,

exalted and uplifted, great and awesome,

mashpil gei-im adei aretz,

Who humbles the haughty to the ground,

umagbi-ah sh'falim adei marom,

and lifts the lowly to the heights,

motzi asirim, ufodeh anavim,

frees the captive, and liberates the humble,

v'ozeir dalim, v'oneh l'amo

and helps the poor, and Who responds to the One's people

Yisra-eil b'eit shavam eilav.

Israel at the time they cry out to the One.

וּמִבְּלַעַדֶּיךָ אֵין לָנוּ מֶלֶךְ
גּוֹאֵל וּמוֹשִׁיעַ.

אֱמֶת, מִמִּצְרַיִם גְּאֻלְתָּנוּ,
יְהוָה אֱלֹהֵינוּ,

וּמִבֵּית עֲבָדִים פְּדִיתָנוּ.

כָּל בְּכוֹרֵיהֶם הֲרַגְתָּ,

וּבְכוֹרְךָ יִשְׂרָאֵל גְּאֻלְתָּ,

וַיִּם סוּף לָהֶם בָּקַעְתָּ,

וַיִּזְדִּים טַבַּעְתָּ,

וַיִּדְיִדִים הֶעֱבַרְתָּ,

וַיִּכְסּוּ מַיִם צָרֵיהֶם,

אֶחָד מֵהֶם לֹא נֹתַר.

עַל זֹאת שִׁבְּחוּ אֱהוּבִים

וְרוֹמְמוּ לְאֵל,

וְנָתַנוּ יְדִידִים זִמְרוֹת

שִׁירוֹת וְתִשְׁבָּחוֹת,

בְּרֻכּוֹת וְהוֹדָאוֹת,

לְמֶלֶךְ אֵל חַי וְקַיִם,

רַם וְנִשָּׂא, גָּדוֹל וְנוֹרָא,

מַשְׁפִּיל גֵּאִים עַדִּי אֶרֶץ,

וּמַגְבִּיָּה שְׁפָלִים עַדִּי מָרוֹם,

מוֹצִיא אֲסִירִים, וּפּוֹדֶה עֲנָוִים,

וְעוֹזֵר דָּלִים, וְעוֹנֶה לְעַמּוֹ

יִשְׂרָאֵל בְּעֵת שׁוֹעֵם אֵלָיו.

T'hilot l'Eil Elyon go-alam,
Praise to the Almighty One Most High, their Redeemer,
baruch hu umvorach.
the blessed One Who is blessed.
 Mosheh uvnei Yisra-eil l'cha anu
Moses and the Children of Israel to You proclaimed
shirah b'simchah rabah,
a song with great joy,
v'am'ru chulam:
and all of them said:

Mi chamochah ba-eilim Adonai,
Who is like You Hashem,
Mi kamochah nedar bakodesh,
Who is like You among the gods that are worshipped,
nora t'hilot, oseh fele.
extolled in praises, working wonders.

Shirah chadashah shib'chu g'ulim
A new song was sung by the redeemed
l'shimcha hagadol al s'fat hayam,
to Your great Name on the shore of the sea,
yachad kulam hodu
together they gave thanks
v'himlichu v'am'ru:
and proclaimed You as Sovereign as they cried out:
Adonai yimloch l'olam va-ed.
Hashem will reign for ever and ever.

Tzur Yisra-eil,
Rock of Israel,
kumah b'ezrat Yisra-eil, ufdeih
rise up to the aid of Your people Israel,
chinumecha Y'hudah v'Yisra-eil.
redeem Judah and Israel as You promised.
Go-aleinu Adonai tz'va-ot sh'mo,
Our Redeemer Hashem, Protecting One is Your Name,
k'dosh Yisra-eil.
Holy One of Israel.

Baruch atah Adonai,
Blessed are You Hashem,
ga-al Yisra-eil.
Redeemer of Israel.

תְּהִלּוֹת לְאֵל עֶלְיוֹן גּוֹאֲלֵם,
 בָּרוּךְ הוּא וּמְבֹרָךְ.
 מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ
 שִׁירָה בְּשִׂמְחָה רַבָּה,
 וְאָמְרוּ כֻלָּם:

מִי כַמּוֹכָה בָּאֵלִים יְהוָה,
 מִי כַמּוֹכָה נֶאֱדָר בְּקֹדֶשׁ,
 נוֹרָא תְהִלָּתְךָ, עֹשֶׂה פִלֵּא.

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְּאוּלִּים
 לְשִׁמְךָ הַגָּדוֹל עַל שִׁפְתֵי הַיָּם,
 יַחַד כֻּלָּם הוֹדוּ
 וְהִמְלִיכוּ וְאָמְרוּ:
 יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

צוּר יִשְׂרָאֵל,
 קוּמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפְדֵה
 כְּנָאֲמְךָ יְהוּדָה וְיִשְׂרָאֵל.
 גְּאֲלֵנוּ יְהוָה צְבָאוֹת שְׁמוֹ,
 קְדוֹשׁ יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְהוָה,
 גּוֹאֵל יִשְׂרָאֵל.

Stand for the Amidah.

עמידה

THE AMIDAH

Amidah comes from the word "Amad" which literally means "to stand" and is therefore known as the Standing Prayer. It connects us to Atzilut, the world of Ein Sof. It is also connects us to the Creator's Light both as individuals and as a community in a powerful and intimate way.

Through the opening verse we ask the Creator to speak through us so that our prayers are coming from our higher selves rather than from our ego selves. The first three blessings pay homage to the Creator, the middle blessings consist of the sanctification of the day on Shabbat, and the final three blessings express our gratitude. Through the closing prayers, we ask that we be kept in a state of spiritual awareness and we reiterate that all of the words we have uttered have come from the heart. The Amidah is complete as we send peace out to the community and to the entire world.

Since the Amidah is considered to be a person's opportunity to approach the Creator in private prayer, it is first recited silently by each individual. Afterwards the Leader repeats it on behalf of the entire community.

In the repetition, Everyone says the words of each blessing in a soft tone at the same time the Leader is chanting them. At the end of each blessing Everyone responds with אָמֵן "Amein".

The entire Amidah should be said without interruption, therefore the prefaces to the prayers are not read aloud during this section.

We take three steps backward that represent withdrawing our attention from the physical world.

With complete concentration, we take three steps forward which signify stepping into the land of Israel, into the city of Jerusalem, and into the Kadosh Hakadashim (the Holy of Holies).

אֲדֹנָי שְׁפָתַי

ADONAI S'FATAI

אֲדֹנָי שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

אבות AVOT

The first blessing of the Amidah is associated with Avraham and the s'firah of Chesed. Through it we acknowledge the Creator's great mercy which was revealed to us through our ancestors.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,
then straighten up at ה' the Name of Hashem.*

Baruch atah Adonai Eloheinu

Blessed are You Hashem our Elohim

v'Eilohei avoteinu,

and Elohim of our ancestors,

Elohei Avraham, Elohei Yitzchak,

Elohim of Abraham, Elohim of Isaac,

Elohei Ya-akov, Elohei Sarah,

Elohim of Jacob, Elohim of Sarah,

Elohei Rivkah, Elohei Racheil,

Elohim of Rebecca, Elohim of Rachel,

v'Eilohei Lei-ah. Ha-Eil hagadol

and Elohim of Lei-ah. The Almighty the Great One

hagibor v'hanora, Eil elyon,

the Mighty One and the Awesome One, Supreme Almighty One

gomeil chasadim tovim,

the One who bestows loving-kindness and goodness,

v'koneih hakol,

embracing all,

v'zocheir chasdei avot,

and remembering the loving-kindness of our ancestors,

umeivi go-eil livnei v'neihem,

and bringing a redeemer to their descendants,

l'ma-an sh'mo b'ahavah.

lovingly for the sake of Your Name.

Melech ozeir umoshi-a umagein.

Sovereign who helps and saves and shields.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,
then straighten up at ה' the Name of Hashem.*

Baruch atah Adonai,

Blessed are You Hashem,

magein Avraham v'ezrat Sarah.

shield of Abraham and helper of Sarah.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,
אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל,
וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים,
וְקֹנֵה הַכֹּל,
וְזוֹכֵר חֲסֵדֵי אֲבוֹת,
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה,
מָגֵן אַבְרָהָם וְעֲזֶרֶת שָׂרָה.

גְּבוּרוֹת G'VUROT

The second blessing of the Amidah is associated with Yitzchak and the s'firah of Gevurah. Through it we acknowledge the Creator's great might and mention the revival of the dead five times which is an allusion to the five levels of the soul.

Atah gibor l'olam Adonai,
You are forever mighty Hashem,
m'chayeih meitim atah,
You renew life beyond death,
rav l'hoshi-ah.
abundantly able to save.

Pesach-Sukkot: Morid hatal.
Causing dew to fall.

Sh'mini Atzeret-Pesach: Mashiv haru-ach,
Making the wind blow,
umorid hagashem.
and the rain to fall.

M'chal-keil chayim b'chesed,
You care for the living with mercy,
m'chayeih meitim b'rachamim rabim,
You renew life beyond death with compassion,
someich nof'lim, v'rofei cholim,
supporting the fallen, healing the sick,
umatir asurim,
and releasing the captive,
umkayeim emunato lisheinei afar.
and keeping faith with those who sleep in the dust.
Mi chamocha, ba-al g'vurot!
who is like You, Source of might!
Umi domeh lach, melech meimit
And who resembles You, Sovereign of death
umchayeh umatzmi-ach y'shu-ah.
and of life and who sows deliverance.

V'ne-eman atah l'hachayot meitim.
Faithful are You in renewing life beyond death.

Baruch atah Adonai,
Blessed are You Hashem,
m'chayeih hameitim.
who renews life beyond death.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מַחְיֶה מֵתִים אַתָּה,
רַב לְהוֹשִׁיעַ.

בְּקִיץ: מוֹרִיד הַטָּל.
בַּחֹרֶף: מַשְׁיֵב הָרוּחַ,
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחְיֶה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ, בֹּעֵל גְּבוּרוֹתָיו!
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מָמִית
וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְהוָה,
מַחְיֶה הַמֵּתִים.

The following blessing is said only during the Leader's repetition.

קְדוּשָׁה K'DUSHAH

The third blessing of the Amidah is associated with Ya-akov and Tiferet. Through it we acknowledge the Creator's holiness.

Stand with feet together.

*Rise on toes when saying קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ Kadosh, kadosh, kadosh
and בְּרוּךְ כְּבוֹד יְמִלֹךְ Baruch k'vod, and יְמִלֹךְ Yimloch.*

Each section is said by the Group and repeated by the Leader.

Nakdishach v'na-aritzach,
We shall sanctify You and we shall revere You,
k'no-am si-ach sod sarfei kodesh,
like the sweet speech of the assembly of the holy Seraphim,
hamshal'shim l'cha k'dushah,
who threefold acclaim to You Holy,
kakatuv al yad n'vi-echa,
as it is written by the hand of Your prophet,
v'kara zeh el zeh v'amar:
and each one calls to another and says:

Kadosh, kadosh, kadosh,
Holy, holy, holy
Adonai tz'va-ot,
is Hashem the Ruler of Hosts,
m'lo chol ha-aretz k'vodo.
the whole world is filled with the Eternal's glory.
L'umatam m'shab'chim v'om'rim:
Facing them they offer praise and proclaim:

Baruch k'vod Adonai mim'komo.
Blessed is the glory of Hashem in Its place.
Uvdivrei kodsh'cha katuv leimor:
And in Your holy Writings it is written saying:

Yimloch Adonai l'olam,
Hashem shall reign forever,
Elohayich Tziyon,
Your Elohim O Zion,
l'dor vador, hal'lu-Yah.
from generation to generation, praise to the Eternal One!

נִקְדִּישְׁךָ וְנַעֲרִיצְךָ,
בְּנֵעָם שִׁיחַ סוּד שְׂרָפֵי קֹדֶשׁ,
הַמְשַׁלְּשִׁים לְךָ קְדוּשָׁה,
כִּכְתוּב עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ,
יְהוָה צְבָאוֹת,
מֵלֵא כָּל הָאָרֶץ כְּבוֹדּוֹ.
לְעַמָּתָם מְשַׁבְּחִים וְאוֹמְרִים:

בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.
וּבְדִבְרֵי קֹדֶשׁ כָּתוּב לֵאמֹר:

יְמִלֹךְ יְהוָה לְעוֹלָם,
אֱלֹהֶיךָ צִיּוֹן,
לְדֹר וָדֹר, הַלְלוּיָהּ.

קְדוּשַׁת הַשֵּׁם K'DUSHAT HASHEIM

Atah kadosh v'shimcha kadosh,
You are holy and Your Name is holy,
 ukdoshim b'chol yom
and each day the blessed ones
 y'hal'lucha selah,
sing praises to You forever,
 ki Eil melech gadol v'kadosh atah.
for a great and holy Sovereign are You, O Eternal One.

Baruch atah Adonai,
Blessed are You Hashem,
 ha-Eil hakadosh.
the holy Almighty One.

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

THE MIDDLE BLESSINGS

בִּינָה BINAH (INSIGHT)

Atah chonein l'adam da-at,
You endow humans with knowledge,
 umlameid le-enosh binah.
and teach mortals understanding.
 Chaneinu mei-it'cha chochmah
Graciously share with us Your wisdom
 binah v'haskeil.
understanding and discernment.

Baruch atah Adonai,
Blessed are You Hashem,
 chonein hada-at.
gracious Giver of knowledge.

אַתָּה חוֹנֵן לְאָדָם דַּעַת,
 וּמְלַמֵּד לְעֹנֹשׁ בִּינָה.
 חַנּוּנוֹ מֵאִתְּךָ חֹכְמָה
 בִּינָה וְהַשְׂכָּל.
 בָּרוּךְ אַתָּה יְהוָה,
 חוֹנֵן הַדַּעַת.

תשובה

T'SHUVAH (RETURN)

Hashiveinu avinu l'Toratecha,
Return us our Creator to Your Torah,
 v'kar'veinu malkeinu la-avodatecha,
and draw us our Sovereign to Your service,
 v'hachazireinu bitshuvah sh'leimah
and in complete return restore us
 l'fanecha.
to Your Presence

Baruch atah Adonai,
Blessed are You Hashem,
 harotzeh bitshuvah.
Who welcomes those who return.

הַשִּׁיבֵנוּ אֲבִינוּ לְתוֹרַתְךָ,
 וְקַרְבֵּנוּ מַלְכֵנוּ לַעֲבוֹדָתְךָ,
 וְהַחְזִירֵנוּ בְּתִשְׁבּוּבָה שְׁלֵמָה
 לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה,
 הַרוֹצֵה בְּתִשְׁבּוּבָה.

סליחה

S'LICHAH (FORGIVENESS)

While saying חטאנו "chatanu" and פשענו "fashanu" gently strike the left side of the chest with the right fist.

S'lach lanu, avinu, ki chatanu,
Forgive us, our Creator, for our negativity,
 m'chal lanu, malkeinu, ki fashanu,
pardon us, our Sovereign, for our misdeeds,
 ki Eil tov v'solei-ach atah.
for You are the One Who is good and forgiving.

Baruch atah Adonai,
Blessed are You Hashem,
 chanun hamarbeh lislo-ach.
the gracious One Who abundantly forgives.

סְלַח לָנוּ, אֲבִינוּ, כִּי חָטָאנוּ,
 מַחֵל לָנוּ, מַלְכֵנוּ, כִּי פָשַׁעְנוּ,
 כִּי אֵל טוֹב וְסוֹלֵחַ אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,
 חֲנוּן הַמְרַבֵּה לְסִלָּה.

גאולה

G'ULAH (REDEMPTION)

R'eih na v'onyeinu, v'rivah riveinu,
Please look upon our affliction, and defend our cause,
 ugaleinu m'heirah l'ma-an sh'mecha,
and redeem us speedily for the sake of Your Name,
 ki go-eil chazak atah.
for You are a powerful Redeemer.

Baruch atah Adonai,
Blessed are You Hashem,
 go-eil Yisra-eil.
Redeemer of Israel.

רֵאֵה נָא בְּעֵינֵינוּ, וְרִיבָה רִיבָנוּ,
 וּגְאַלֵּנוּ מִהֶרָה לְמַעַן שְׁמֶךָ,
 כִּי גֹאֵל חֲזָק אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,
 גֹּאֵל יִשְׂרָאֵל.

רפואה

R'FUAH (HEALING)

R'fa-einu, Adonai, v'neirafei,
Heal us, Hashem, and let us be healed,
 hoshi-einu v'nivashei-ah,
save us and let us be saved,
 ki t'hilateinu atah,
for the One we praise is You,
 v'ha-aleih r'fu-ah sh'leimah
and bring healing that is complete
 l'chol machoteinu.
for all our ailments.

Y'hi ratzon mil'fanecha,
May it be Your will,
 Adonai Eloheinu v'Eilohei avoteinu,
Hashem our Elohim and Elohim of our ancestors,
 shetishlach m'heirah r'fu-at
that You swiftly send them renewal,
 sh'leimah min hashamayim,
which is complete, from up above,
 r'fu-at hanefesh, urfuat haguf,
renewal of soul, and renewal of body,
 l'cholim (names)
to those who are ill (names)
 ben/bat (mother's name).
son/daughter of (mother's name).

רַפְּאֵנוּ, יְהוָה, וְנִרְפָּא,
 הוֹשִׁיעֵנוּ וְנִשְׁעָה,
 כִּי תִהְלֹתֵנוּ אַתָּה,
 וְהַעֲלֵה רְפוּאָה שְׁלֵמָה
 לְכֹל מַכּוֹתֵינוּ.

יְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 שֶׁתִּשְׁלַח מִהֶרָה רְפוּאָה
 שְׁלֵמָה מִן הַשָּׁמַיִם,
 רְפוּאָה הַנֶּפֶשׁ, וְרְפוּאָה הַגּוּף,
 לְחוֹלִים (פְּלוּנִי)
 בֶּן\בַּת (פְּלוּנִית).

Ki Eil melech v'rofei

For O Eternal One, a Sovereign and a Healer

ne-eman v'rachaman atah.

Who is faithful and compassionate are You.

Baruch atah Adonai,

Blessed are You Hashem,

rofei hacholim.

Who heals the sick.

כִּי אֵל מֶלֶךְ רוֹפֵא

נֶאֱמָן וְרַחֲמָן אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,

רוֹפֵא הַחֹלִים.

ברכת השנים

BIRKAT HASHANIM (YEAR OF PROSPERITY)

Summer is recited from Chol Hamoed Pesach through Minchah of December 4th (Dec. 5th in a year before a civil leap year). Winter is recited from Maariv on December 4th (Dec. 5th in a year before a civil leap year) through Shacharit of Pesach Day 1.

Bareich aleinu, Adonai Eloheinu,

Bless on our behalf, Hashem our Elohim,

et hashanah hazot et

this year and

kol minei t'vu-atah l'tovah,

and its abundant crops for good,

Summer: v'tein b'rachah

and give a blessing

Winter: v'tein tal umatar livrachah

and give dew and rain for a blessing

al p'nei ha-adamah,

upon the face of the earth,

v'sab'einu mituvecha, uvareich

and satisfy us with Your goodness, and bless

sh'nateinu kashanim

our year like the years

hatovot livrachah,

that were good for blessing,

ki Eil tov umeitiv atah,

for O Almighty One, good and beneficent are You,

umvareich hashanim.

the One Who blesses the years.

Baruch atah Adonai,

Blessed are You Hashem,

m'vareich hashanim.

Who blesses the years.

בָּרַךְ עָלֵינוּ, יְהוָה אֱלֹהֵינוּ,

אֶת הַשָּׁנָה הַזֹּאת וְאֶת

כָּל מִינֵי תְבוּאָתָה לְטוֹבָה,

בְּקִיץ: וְתֵן בְּרָכָה

בְּחֹרֶף: וְתֵן טַל וּמָטָר לְבְרָכָה

עַל פְּנֵי הָאֲדָמָה,

וּשְׂבַעֲנוּ מִטוֹבָךְ, וּבָרַךְ

שְׁנָתֵנוּ כַּשָּׁנִים

הַטּוֹבוֹת לְבְרָכָה,

כִּי אֵל טוֹב וּמַטִּיב אַתָּה,

וּמְבָרַךְ הַשָּׁנִים.

בָּרוּךְ אַתָּה יְהוָה,

מְבָרַךְ הַשָּׁנִים.

קבוץ גלויות

KIBUTZ GALUYOT (INGATHERING OF EXILES)

T'ka b'shofar gadol l'cheiruteinu,
Sound the great shofar to proclaim our freedom,
 v'sa neis l'kabeitz galuyoteinu,
raise a banner to gather in our exiles,
 v'kab'tzeinu yachad mei-arba
and gather us together from the four
 kanfot ha-aretz l'artzeinu.
corners of the earth to our land.

Baruch atah Adonai,
Blessed are You Hashem,
 m'kabeitz nidchei amo Yisra-eil.
Who gathers the dispersed of Your people Israel.

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתֵנוּ,
 וְשֵׂא נֵס לְקִבּוּץ גְּלוּיֹתֵינוּ,
 וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע
 כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

בָּרוּךְ אַתָּה יְהוָה,
 מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

דין

DIN (RESTORATION OF JUSTICE)

Hashivah shof'teinu k'varishonah
Restore our judges as they were in earliest times
 v'yo-atzeinu k'vatchilah,
and our advisors as at the beginning,
 v'haseir mimenu yagon va-anachah,
and remove from us grief and sighing,
 umloch aleinu m'heirah atah,
and may You reign over us speedily,
 Adonai, l'vad'cha
Hashem, alone
 b'chesed uvrachamim,
with kindness and compassion,
 v'tzad'keinu b'tzedek uvmishpat.
and justify us through righteousness and justice.

Baruch atah Adonai,
Blessed are You Hashem,
 melech oheiv tz'dakah umishpat.
Sovereign Who loves righteousness and justice.

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְּרֵאשׁוֹנָה
 וַיּוֹעֲצֵינוּ כְּבִתְחִלָּה,
 וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה,
 וּמִלֹּחַ עָלֵינוּ מְהֵרָה אַתָּה,
 יְהוָה, לְבִדָּךְ
 בְּחֶסֶד וּבְרַחֲמִים,
 וַצְדִּיקָנוּ בְּצֶדֶק וּבִמִּשְׁפָּט.

בָּרוּךְ אַתָּה יְהוָה,
 מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

ברכת המינים

BIRKAT HAMINIM (AGAINST EVIL)

V'lamalshinim al t'hi tikvah,
And for the slanderers may there be no hope,
 v'chol haminim k'rega yoveidu,
and may all who sow evil perish in an instant,
 v'chol oy'vei am'cha
and may all enemies of Your people
 m'heirah yikareitu,
speedily be cut down,
 v'hazeidim m'heirah t'akeir utshabeir
and the rule of evil may You speedily uproot and break
 utmageir utchaleim v'tashpileim
and cast down and destroy and pull down
 v'tachni-eim bimheirah v'yameinu.
and humble speedily in our days.

Baruch atah Adonai,
Blessed are You Hashem,
 shoveir oy'vim umachni-a zeidim.
Who breaks enemies and humbles evildoers.

וְלַמְלַשְׁינִים אֵל תְּהִי תִקְוָה,
 וְכָל הַמִּינִים כְּרֵגָע יִאֲבְדוּ,
 וְכָל אוֹיְבֵי עַמְּךָ
 מְהֵרָה יִכָּרְתוּ,
 וְהַזֵּדִים מְהֵרָה תִּעְקַר וְתִשָּׁבַר
 וְתִמָּגֵר וְתִכָּלֵם וְתִשְׁפִּילֵם
 וְתִכְנִיעֵם בְּמְהֵרָה בְּיָמֵינוּ.
 בָּרוּךְ אַתָּה יְהוָה,
 שׁוֹבֵר אוֹיְבִים וּמַכְנִיעַ זֵדִים.

צדיקים

TZADIKIM (THE RIGHTEOUS)

Al hatzadikim v'al hachasidim
Upon the righteous and upon the devout
 v'al ziknei am'cha beit Yisra-eil,
and upon the sages of Your people Israel,
 v'al p'leitat beit sof'reihem,
and upon the remnant of the house of their scholars,
 v'al geirei ha-tzedek v'aleinu,
and upon the converts who are righteous and upon us,
 yehemu na rachamecha,
may Your compassion be stirred,
 Adonai Eloheinu,
Hashem our Eternal One,
 v'tein sachar tov l'chol
and grant a good reward to all
 habot'chim b'shimcha be-emet,
who put their trust in Your Name with truth,
 v'sim chelkeinu imahem,
and number us among them forever,

עַל הַצַּדִּיקִים וְעַל הַחֲסִידִים
 וְעַל זִקְנֵי עַמְּךָ בֵּית יִשְׂרָאֵל,
 וְעַל פְּלִיטַת בֵּית סוֹפְרֵיהֶם,
 וְעַל גְּרֵי הַצֶּדֶק וְעָלֵינוּ,
 יִהְיוּ נָא רַחֲמֶיךָ,
 יְהוָה אֱלֹהֵינוּ,
 וְתֵן שָׂכָר טוֹב לְכָל
 הַבּוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,
 וְשִׁים חֶלְקֵנוּ עִמָּהֶם,

ul-olam lo neivosh
and may we never feel ashamed
 ki v'cha batachnu.
for in You we have put our trust.

Baruch atah Adonai,
Blessed are You Hashem,
 mishan umivtach latzadikim.
the support and assurance of the righteous.

וְלְעוֹלָם וְלֹא נִבּוֹשׁ
 כִּי בְךָ בָּטַחְנוּ.

בָּרוּךְ אַתָּה יְהוָה,
 מִשֵּׁעַן וּמִבְטָח לַצַּדִּיקִים.

בִּנְיָן יְרוּשָׁלַיִם

BINYAN Y'RUSHALAYIM (REBUILDING JERUSALEM)

V'lirushalayim ir'cha
And to Jerusalem Your city
 b'rachamim tashuv,
in compassion may You return,
 v'tishkon b'tochah
and may You rest within it,
 ka-asher dibarta,
as You have spoken.
 uvnei otah b'karov b'yameinu
And may You rebuild it soon in our days
 binyan olam, v'chisei David avd'cha
as an eternal edifice, and the throne of David Your servant
 m'heirah l'tochah tachin.
may You establish speedily within it.

Baruch atah Adonai,
Blessed are You Hashem,
 boneih Y'rushalayim.
Who rebuilds Jerusalem.

וְלִירוּשָׁלַיִם עִירְךָ
 בְּרַחֲמִים תָּשׁוּב,
 וְתִשְׁכּוֹן בְּתוֹכָהּ
 כַּאֲשֶׁר דִּבַּרְתָּ,
 וּבְנֶה אוֹתָהּ בְּקָרוֹב בְּיָמֵינוּ
 בִּנְיָן עוֹלָם, וְכִסֵּא דָוִד עַבְדְּךָ
 מְהֵרָה לְתוֹכָהּ תַּכְיִן.

בָּרוּךְ אַתָּה יְהוָה,
 בּוֹנֵה יְרוּשָׁלַיִם.

מלכות בית דוד

MALCHUT BEIT DAVID (DAVIDIC REIGN)

Et tzemach David avd'cha
The offspring of David Your servant
 m'heirah tatzmi-ach,
may You cause to flourish speedily,
 v'karno tarum bishuatecha,
and may his power flourish through Your salvation,
 ki lishuat'cha kivinu kol hayom.
because for Your salvation do we hope all the day long.

Baruch atah Adonai,
Blessed are You Hashem,
 matzmi-ach keren y'shuah.
Who causes salvation to flourish.

אֶת צֶמַח דָּוִד עֲבֹדְךָ
 מְהֵרָה תִצְמִיחַ,
 וְקִרְנוֹ תָרוּם בִּישׁוּעָתְךָ,
 כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְהוָה,
 מַצְמִיחַ קֶרֶן יְשׁוּעָה.

קבלת תפלה

KABBALAT T'FILAH (ACCEPTANCE OF PRAYER)

Av harachaman,
Merciful Creator,
 sh'ma koleinu, Adonai Eloheinu,
Hear our voice, Hashem our Elohim,
 chus v'racheim aleinu,
take pity and have compassion on us,
 v'kabeil b'rachamim uvratzon
and accept with compassion and favor
 et t'filateinu, ki Eil shomei-a
our prayer, for the Almighty One who hears
 t'filot v'tachanunim atah,
prayers and supplications is You,
 umil'fanecha, malkeinu,
from before Yourself, our Sovereign,
 reikam al t'shi-einu.
do not turn us away empty-handed.
 Ki atah shomei-a t'filat
For You hear the prayer
 am'cha Yisra-eil b'rachamim.
of Your people Israel with compassion.

Baruch atah Adonai,
Blessed are You Hashem,
 shomei-a t'filat.
Who hears prayer.

אָב הַרַחֲמָן,
 שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ,
 חוּס וְרַחֵם עָלֵינוּ,
 וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן
 אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ
 תְּפִלוֹת וְתַחֲנוּנִים אַתָּה,
 וּמִלְפָּנֶיךָ, מַלְכֵנוּ,
 רֵיקָם אַל תְּשִׁיבֵנוּ.
 כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת
 עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,
 שׁוֹמֵעַ תְּפִלָּה.

עבודה AVODAH

The first final blessing of the Amidah is associated with Moshe and the s'firah of Netzach. Through it we ask that the Creator be pleased with Yisrael and restore the Temple service.

R'tzeih, Adonai Eloheinu,
Be pleased, Hashem our Elohim,
 b'am'cha Yisra-eil,
with Your people Israel,
 v'litfilatam sh'eih,
and turn toward their prayer,
 v'hasheiv et ha-avodah
and restore the service
 lidvir beitecha,
to the Holy of Holies of Your Temple,
 v'ishei Yisra-eil,
and the fire-offerings of Israel,
 utfilatam m'heirah b'ahavah
and their prayer speedily with love
 t'kabeil b'ratzon,
accept with favor,
 uthi l'ratzon tamid,
and may it always be to Your favor,
 avodat Yisra-eil amecha.
the service of Your people Israel.

רְצֵה, יְהוָה אֱלֹהֵינוּ,
 בְּעַמְּךָ יִשְׂרָאֵל,
 וּלְתַפִּלָּתָם שְׁעֵה,
 וְהָשִׁב אֶת הָעֲבוֹדָה
 לְדָבִיר בֵּיתְךָ,
 וְאִשֵּׁי יִשְׂרָאֵל,
 וּתַפִּלָּתָם מְהֵרָה בְּאַהֲבָה
 תִּקְבֹּל בְּרָצוֹן,
 וְתִהְיֶה לְרָצוֹן תָּמִיד
 עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

We say the following only when Shabbat falls on Rosh Chodesh.

Eloheinu v'Eilohei avoteinu,
Our Elohim and Elohim of our ancestors,
 ya-aleh v'yavo v'yagi-a v'yeira-eh
may it rise and come and arrive and appear
 v'yeiratzeh v'yishama v'hipakeid
and find favor and be heard and be considered
 v'yizacheir zichroneinu
and be remembered, our remembrance
 ufikdoneinu v'zichron avoteinu,
and the remembrance of our ancestors,
 v'zichron Mashiach ben David avdecha,
and the remembrance of Mashiach ben David, Your servant,
 v'zichron Y'rushalayim ir kodshecha,
and the remembrance of Jerusalem Your holy city,
 v'zichron kol am'cha beit Yisra-eil
and the remembrance of Your entire people Israel
 l'fanecha, lif-leitah, l'tovah,
before You, for deliverance, for good,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 יַעֲלֶה וְיָבֹא וְיָגִיעַ וְיִירָאֶה
 וְיִרְצֶה וְיִשְׁמַע וְיִפָּקֵד
 וְיִזְכֹּר זְכוֹרֵנוּ
 וּפְקֻדוֹתֵנוּ וְזִכְרוֹן אֲבוֹתֵינוּ,
 וְזִכְרוֹן מָשִׁיחַ בֶּן דָּוִד עַבְדְּךָ,
 וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,
 וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל
 לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,

I'chein ulchesed ulrachamim,
 for grace, kindness and compassion,
 ulchayim ulshalom,
 for life and for peace,
 b'yom Rosh ha-Chodesh hazeh.
 on this day of Rosh Chodesh.
 Zochreinu, Adonai Eloheinu,
 Remember us, Hashem our Eternal One,
 bo l'tovah,
 on it for goodness,
 ufakdeinu vo livrachah,
 and consider us on it for blessing,
 v'hoshi-einu vo l'chayim.
 and deliver us on it for life.
 uvidvar y'shu-ah v'rachamim,
 with the words of deliverance and mercy,
 chus v'chaneeinu,
 take pity and be gracious to us,
 v'racheim aleinu v'hoshi-einu,
 and have mercy upon us and save us,
 ki Eilecha eineinu,
 for our eyes turn to You,
 ki Eil melech chanun
 for the One, the Sovereign Who is gracious
 v'rachum atah.
 and compassionate is You.

V'techezenah eineinu b'shuv'cha
 And may our eyes witness Your return
 l'Tziyon b'rachamim.
 to Zion with compassion.

Baruch atah Adonai,
 Blessed are You Hashem,
 hamachazir Sh'chinato l'Tziyon.
 Who restores Your Sh'chinah to Zion.

לַחֵן וּלְחֶסֶד וּלְרַחֲמִים,
 וּלְחַיִּים וּלְשָׁלוֹם,
 בַּיּוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.
 זָכוּרֵנוּ, יְהוָה אֱלֹהֵינוּ,
 בּוֹ לְטוֹבָה,
 וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה,
 וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.
 וּבְדִבְרֵי יְשׁוּעָה וּרַחֲמִים,
 חוּס וְחַנּוּן,
 וּרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,
 כִּי אֵלֶיךָ עֵינֵינוּ,
 כִּי אֵל מֶלֶךְ חַנוּן
 וּרְחוּם אַתָּה.

וְתִחְזֶינָה עֵינֵינוּ בְּשׁוּבְךָ
 לְצִיּוֹן בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

הודאה HODA-AH

The final second blessing of the Amidah is associated with Aharon and the s'firah of Hod. Through it we offer gratitude to the Creator for our lives, for all the visible and invisible miracles that occur, and for sustaining us in every moment.

*We bow first at our knees and then at our waist as we say מוֹדִים Modim
until ה' the Name of Hashem at which point we straighten up.*

Modim anachnu lach,
We give You thanks,
sha-atah hu Adonai Eloheinu,
for You are Hashem our Elohim,
v'Eilohei avoteinu,
and the Elohim of our ancestors,
l'olam va-ed.
for ever and ever.
Tzur chayeinu, magein yisheinu,
Rock of our life, Shield of our salvation,
atah hu l'dor vador,
are You from generation to generation,
nodeh l'cha unsapeir t'hilatecha,
we thank You and sing Your praises,
al chayeinu ham'surim b'yadecha,
for our lives which are in Your hands,
v'al nishmoteinu hap'kudot lach,
and for our souls which are in Your keeping,
v'al nisecha sheb'chol yom imanu,
and for the signs of Your Presence that are with us everyday,
v'al nifl'otecha v'tovotecha,
and for Your wonders and Your goodness,
sheb'chol eit,
in every moment,
erev vavoker v'tzahorayim.
evening and morning and noon.
Hatov, ki lo chalu rachamecha,
You are goodness, for Your mercy has no end,
v'ham'racheim,
You are compassionate,
ki lo tamu chasadecha,
for Your love has no limit,
mei-olam kiyinu lach.
for ever our hope is in You.

מוֹדִים אֲנַחְנוּ לָךְ,
שְׂאֵתָהּ הוּא, יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
לְעוֹלָם וָעֶד.
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר,
נוֹדֶה לָךְ וְנִסְפֹּר תְהִלָּתְךָ,
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,
וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,
וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שֶׁבְּכָל עֵת,
עֶרֶב וּבֹקֶר וְצַהֲרָיִם.
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,
וְהַמְּרַחֵם,
כִּי לֹא תָמוּ חֲסָדֶיךָ,
מֵעוֹלָם קִיֵּינוּ לָךְ.

*During the festivals of Chanukah or Purim continue on the next page,
otherwise continue on page 93 with וְעַל כָּלֵם V'al kulam.*

CHANUKAH/PURIM

Chanukah and Purim connect us to the energy of miracles. The following blessings help us to harness the power of miracles so that we can create them in our life whenever they are truly needed.

Al hanisim, v'al hapurkan,
(We thank You) for the miracles, and for the deliverance,
v'al hag'vurot, v'al
and for the heroic acts, and for
ha-t'shu-ot, v'al hamilchamot,
the salvation, and for the victories,
she-asita la-avoteinu
that You performed for our ancestors
bayamim hahem baz'man hazeh.
in those days past at this season.

עַל הַנִּסִּים, וְעַל הַפְּרָקָן,
 וְעַל הַגְּבוּרוֹת, וְעַל
 הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת,
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

CHANUKAH

Bimei Matit-yahu ben Yochanan
In the days of Matityahu the son of Yochanan
kohein gadol, chashmonai uvanav,
the high priest, the Hasmonean, and his sons,
k'she-am'dah malchut Yavan
when the kingdom of Greece rose up
harsha-ah al am'cha Yisra-eil
-which was wicked- against your people Israel
l'hashkicham Toratecha,
to make them forget Your Torah,
ul-ha-aviram meihukey r'tzonecha,
and to compel them to stray from the statutes of Your will,
v'atah b'rachamecha harabim
but You in Your mercy which is abundant
amadta lahem b'eit tzaratam,
stood up for them in the time of their distress,
ravta et rivam,
You championed their cause,
danta et dinam,
judged their claim,
nakamta et nikmatam,
and You avenged their wrong,
masarta giborim b'yad chalashim,
You delivered the strong into the hands of the weak,
v'rabim b'yad m'atim,
and the many into the hands of the few,
utmei-im b'yad t'horim,
and the pure into the hands of the pure,

בִּימֵי מַתִּיתְיָהוּ בֶן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַאי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרָשָׁעָה עַל עַמֶּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבַּת אֶת רִיבָם,
 דָּנַת אֶת דִּינָם,
 נִקְמַת אֶת נִקְמָתָם,
 מַסַּרְתָּ גִבּוֹרִים בְּיַד חֲלָשִׁים,
 וְרַבִּים בְּיַד מְעַטִּים,
 וְטְמְאִים בְּיַד טְהוֹרִים,

ursha-im b'yad tzadikim,
and the wicked into the hands of the righteous,
 v'zeidim b'yad os'kei Toratecha.
and the wrongdoers into the hands of the students of Your Torah.
 Ulcha amita sheim gadol
For Yourself you made a name that is great
 v'kadosh b'olamecha,
and holy in Your world,
 ulam'cha Yisra-eil amita
and for Your people Israel You performed
 t'shu-ah g'dolah ufurkan
a victory of great magnitude and a salvation
 k'hayom hazeh. V'achar kein ba-u
as this very day. Thereafter came
 vanecha lidvir beitecha,
Your children to the Holy of Holies of Your House,
 ufinu et heichalecha,
and cleansed Your Temple,
 v'tiharu et mikdashecha,
and purified the site of Your Holiness,
 v'hidliku neiro
and kindled lights
 b'chatzrot kodshecha,
in the courtyards of Your Sanctuary,
 v'kav'u sh'monat y'mei
and they established the eight days
 Chanukah eilu, l'hodot ul-haleil
of Chanukah -these-, to express thanks and praise
 l'shimcha hagadol.
to Your Name which is great.

וְרָשָׁעִים בְּיַד צַדִּיקִים,
 וְזֵדִים בְּיַד עוֹסְקֵי תוֹרַתְךָ.
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ,
 וּלְעַמְּךָ יִשְׂרָאֵל עָשִׂיתָ
 תְּשׁוּעָה גְדוֹלָה וּפְרָקָן
 כְּהַיּוֹם הַזֶּה. וְאַחֵר כֵּן בָּאוּ
 בְנֶיךָ לְדַבֵּר בֵּיתְךָ,
 וּפָנּוּ אֶת הֵיכָלְךָ,
 וטִהָּרוּ אֶת מִקְדָּשְׁךָ,
 וְהִדְלִיקוּ נֵרוֹת
 בְּחִצְרוֹת קֹדֶשְׁךָ,
 וקִבְּעוּ שְׁמוֹנֶת יָמֵי
 חֲנֻכָּה אֵלֶּיךָ, לְהוֹדוֹת וּלְהַלֵּל
 לְשִׁמְךָ הַגָּדוֹל.

PURIM

Bimei Mord'chai v'Estair
In the days of Mordechai and Esther
 b'Shushan habirah,
in the capital of Shushan,
 k'she-amad aleihem Haman harasha,
when Haman the wicked rose up against them,
 bikeish l'hashmid laharog ul-abeid
and he sought to destroy, slay, and exterminate
 et kol hay'hudim,
all the Jews,
 mina-ar v'ad zakein, taf v'nashim,
from young to old, infants and women,
 b'yom echad, bish-loshah asar
in one day, on the thirteenth

בְּיָמֵי מֶרְדֵּכַי וְאַסְתֵּר
 בְּשׁוּשַׁן הַבִּירָה,
 כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,
 בִּקֵּשׁ לְהַשְׁמִיד לַהֲרֹג וּלְאַבֵּד
 אֶת כָּל הַיְּהוּדִים,
 מִנֶּעַר וְעַד זָקֵן, טַף וְנָשִׁים,
 בְּיוֹם אֶחָד, בְּשִׁלּוֹשָׁה עָשָׂר

l'chodesh sh'neim asar,

of the twelfth month,

hu chodesh Adar,

which is the month of Adar,

ush-lalam lavoz.

and their possessions to be plundered.

V'atah b'rachamecha harabim

But You in Your abundant mercy

heifarta et atzato,

nullified his counsel,

v'kilalta et machashavto,

and frustrated his intention,

vahasheivota lo g'mulo b'rosho,

and returned to him his recompense upon his own head,

v'talu oto v'et banav

and they hanged him and his sons

al haetz.

at the gallows.

לְחֹדֶשׁ שְׁנַיִם עָשָׂר,

הוּא חֹדֶשׁ אָדָר,

וְשָׁלָלָם לְבוֹז.

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים

הִפְרַתָּ אֶת עֲצָתוֹ,

וְקִלַּקְלַתָּ אֶת מַחְשַׁבְתּוֹ,

וְהִשְׁבֹּתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,

וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו

עַל הָעֵץ.

V'al kulam yitbarach v'yitromam

For all these, blessed and exalted

shimcha malkeinu

may Your Name be, our Sovereign,

tamid l'olam va-ed.

continually for ever and ever.

וְעַל כָּל־מִלְכּוּתְךָ וְיִתְרוֹמָם

שִׁמְךָ מַלְכֵּנוּ

תָּמִיד לְעוֹלָם וָעֶד.

V'chol hachayim yodu'cha selah,

Everything that has life will gratefully acknowledge You forever,

vi-hal'lu vivar'chu et

and praise and bless

shimcha hagadol be-emet,

Your great Name with sincerity,

l'olam ki tov,

forever for it is good,

ha-Eil y'shu-ateinu v'ezrateinu selah,

O Almighty of our salvation and of our help forever,

ha-Eil hatov.

the Almighty One Who is good.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהַלְלוּ וַיְבָרְכוּ אֶת

שִׁמְךָ הַגָּדוֹל בְּאֵמֶת,

לְעוֹלָם כִּי טוֹב,

הָאֵל יְשׁוּעָתֵנוּ וְעֲזָרָתֵנוּ סֵלָה,

הָאֵל הַטוֹב.

Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,

then straighten up at הוּא the Name of Hashem.

Baruch atah Adonai,

Blessed are You Hashem,

hatov shimcha

Your name is goodness

ulcha na-eh l'hodot.

and You are worthy of thanksgiving.

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שִׁמְךָ

וְלָךְ נֶאֱחָה לְהוֹדוֹת.

The following blessing is said only during the Leader's repetition.

ברכת כהנים BIRKAT KOHANIM

Recited by the Leader, Everyone responds with the words in { }.

The Leader faces right at וְיִשְׁמְרֶךָ V'yishm'recha;

faces left at פָּנָיו אֵלֶיךָ Panav eilecha,

and faces East for the remainder of the blessings.

Eloheinu v'Eilohei avoteinu,
Our Elohim and Elohim of our ancestors,
bar'cheinu va-b'rachah ham'shuleshet
bless us with the threefold blessing
ba-Torah ha-ketuvah al
in the Torah written by
y'dei Mosheh avdecha,
the hand of Moses Your servant,
ha-amurah mipi Aharon uvanav,
uttered from the mouth of Aaron and his sons,
kohanim am k'dushecha, ka-amur:
the Kohanim, Your holy people, as it is said:

Y'varech'cha Adonai v'yishm'recha.
May Hashem bless you and protect you.
{Kein y'hi ratzon.}
{Whose will may it be.}

Ya-eir Adonai panav eilecha vichuneka.
May Hashem shine Its countenance upon you and give you grace.
{Kein y'hi ratzon.}
{Whose will may it be.}

Yisa Adonai panav eilecha v'yaseim
May Hashem lift Its countenance towards you and give
l'cha shalom.
peace to you.
{Kein y'hi ratzon.}
{Whose will may it be.}

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
בִּרְכָנוּ בִּבְרָכָה הַשְּׁלֵשֶׁת
בַּתּוֹרָה הַכְּתוּבָה עַל
יְדֵי מֹשֶׁה עַבְדְּךָ,
הָאֲמוּרָה מִפִּי אַהֲרֹן וּבָנָיו,
כֹּהֲנִים עִם קְדוּשָׁתְךָ, כְּאֲמוּר:

יְבָרְכְךָ יְהוָה וְיִשְׁמְרֶךָ.
{כֵּן יְהִי רָצוֹן.}

יֵאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ.
{כֵּן יְהִי רָצוֹן.}

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם
לְךָ שָׁלוֹם.
{כֵּן יְהִי רָצוֹן.}

שלום

SHALOM

The final third blessing of the Amidah is associated with Yosef and the s'firah of Yesod. Through it we pray for lasting peace, which should be the ultimate aim of all of our pursuits.

Sim shalom tova uvrachah,
May peace goodness and blessing,
 chein va-chesed v'rachamim,
grace and mercy and compassion,
 aleinu v'al kol Yisra-eil amecha.
descend upon us and all of Israel and all the world.

Bar'cheinu Avinu

Bless us our Father

kulanu k'echad b'or panecha,
all of us together as one with the Light of Your Countenance,
 ki v'or panecha natata lanu,
for by that Light of Your Countenance You give to us,

Adonai Eloheinu,

Hashem our Elohim,

Torat chayim v'ahavat chesed,
the Torah of life and to love mercy,
 utzdakah uvracha v'rachamim
and charity and blessing and compassion
 v'chayim v'shalom.
and life and peace.

V'tov b'einecha l'vareich

For it is good in Your eyes to bless

et am'cha Yisra-eil b'chol

Your people Israel in every

eit uvchol sha-ah bishlomecha.

season and in every hour for the sake of Your Name.

Baruch atah Adonai,

Blessed are You Hashem,

ham'vareich et amo

Who blesses Your people

Yisra-eil bshalom.

Israel with peace.

Yih-yu l'ratzon imrei fi

May the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart be acceptable to You,

Adonai tzuri v'go-ali.

Hashem my Rock and Redeemer.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,
 חֵן וְחֶסֶד וְרַחֲמִים,
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.
 בְּרַכְנוּ אֲבִינוּ
 כָּלֵנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ,
 כִּי בְּאוֹר פָּנֶיךָ נָתַתָּ לָנוּ,
 יְהוָה אֱלֹהֵינוּ,
 תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
 וּצְדָקָה וּבְרָכָה וְרַחֲמִים
 וְחַיִּים וְשָׁלוֹם,
 וטוֹב בְּעֵינֶיךָ לְבָרֵךְ
 אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל
 עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי פִי

וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

אלהי נצור

ELOHAI N'TZOR

As we complete the Amidah, we now ask that we may be strengthened to make our prayers a reality through personal integrity and by opening our hearts to Torah.

Elohai, n'tzor l'shoni meira,
Elohim, please keep my tongue from causing harm,
 usfatai midabeir mirmah,
and my lips from telling lies,
 v'limkal'lai nafshi tidom,
and let me be silent if people curse me,
 v'nafshi ke-afar lakol tih-yeh.
and let my soul be quiet and at peace with all.
 P'tach libi b'Toratecha,
Open my heart to Your teaching,
 v'acharei mitzvotcha tirdof nafshi.
and give my soul the will to practice it.
 V'chol hachosh'vim alai l'ra-ah,
and all my foes who plot to do me harm,
 m'heirah hafeir atzatham
may their plans and schemes
 v'kalkeil machashavtam.
come to nothing.
 Aseih l'ma-an sh'mecha,
For the sake of Your Name,
 aseih l'ma-an y'minecha,
for the sake of Your power,
 aseih l'ma-an Toratecha,
for the sake of Your Torah,
 aseih l'ma-an k'dushatecha.
for the sake of Your holiness.
 L'ma-an yeichal'tzun y'didecha,
Rescue Your beloved,
 hoshi-ah y'min'cha va-aneini.
and save me by Your right hand.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנִי מֵרַע,
 וּשְׂפָתַי מִדְּבַר מִרְמָה,
 וְלִמְקַלְלִי נֶפֶשִׁי תִדּוּם,
 וְנֶפֶשִׁי כְּעָפָר לְכֹל תִּהְיֶה.
 פֶּתַח לְבִי בְּתוֹרַתְךָ,
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
 וְכֹל הַחֹשֶׁשִׁים עָלַי לְרָעָה,
 מֵהֲרָה הִפֵּר עֲצָתָם
 וְקָלְקַל מַחֲשַׁבְתָּם.
 עֲשֵׂה לִמְעַן שְׁמֶךָ,
 עֲשֵׂה לִמְעַן יְמִינְךָ,
 עֲשֵׂה לִמְעַן תּוֹרַתְךָ,
 עֲשֵׂה לִמְעַן קְדֻשַּׁתְךָ.
 לִמְעַן יַחְלִצוּן יְדֵיֶיךָ,
 הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

We pause here to say an additional blessing that relates to us personally. Kabbalah teaches that each person's name corresponds to a verse in the Tanach (Hebrew Scriptures). We now recite that verse silently which states our name will always be remembered when our soul leaves this world.

Yih-yu l'ratzon imrei fi

May the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart be acceptable to You,

Adonai tzuri v'go-ali.

Hashem my Rock and Redeemer.

יְהִי לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

We now take three steps backward as we retreat from the Divine Presence.

We bow left and say עֲשֵׂה שָׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

You may use the part in parenthesis in place of v'al kol ha-olam.

Oseh shalom bimromav,

May the One who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

(v'al kol yosh'vei teiveil,)

(and upon all the inhabitants of the earth,)

v'imru amen.

and let us say amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמֹוֹ,

הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

(וְעַל כָּל יוֹשְׁבֵי תֵבֵל),

וְאָמְרוּ אָמֵן.

Y'hi ratzon mil'fanecha,

May it be Your will,

Adonai Eloheinu v'Eilohei avoteinu

Hashem our Elohim and Elohim of our ancestors,

sheyibaneh beit hamikdash

that You shall rebuild the holy Temple

bimheirah v'yameinu,

speedily in our day,

v'tein chelkeinu b'Toratecha.

and place our lot in Your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁיִּבְנֶה בֵּית הַמִּקְדָּשׁ

בְּמַהֲרָה בְּיָמֵינוּ,

וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ.

Stand in place for a few moments and then take three steps forward.

Haleil is only recited on Festivals. On Rosh Chodesh we recite Chatzi Haleil, see instructions below.

הלל

HALEIL

Haleil literally means "to glorify" or "to praise." Haleil is said on Rosh Chodesh and Festivals. There are seven parts which correspond to the seven S'firot that affect our world.

This blessing is omitted on Rosh Chodesh (except Rosh Chodesh Tevet) and on the last six days of Pesach.

The Leader says the blessing, after Everyone says אָמֵן Amein, they repeat the blessing.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher kid'shanu b'mitzvotav,

You have sanctified us through Your commandments,

v'tzivanu likro et ha-Haleil. {Amein.}

and bid us to recite the Haleil. {Amen.}

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְקַרֵּא אֶת הַהִלֵּל. {אָמֵן.}

חסד

CHESED

Hal'luyah, hal'lu avdei Adonai,

Halleluyah, give praise you servants of Hashem,

hal'lu et sheim Adonai.

praise the Name of Hashem.

Y'hi sheim Adonai m'vorach,

Let the Name of Hashem be blessed,

mei-atah v'ad olam.

from this time to eternity.

Mimiz'rach shemesh ad m'vo-o,

From the rising of the sun to its setting,

m'hulal sheim Adonai.

praised is the Name of Hashem.

Ram al kol goyim Adonai,

High above all nations is Hashem,

al hashamayim k'vodo.

above the heavens Its glory.

Mi k'Adonai Eloheinu,

Who is like Hashem our Elohim,

hamagbihi lashavet.

who on high is enthroned.

הַלְלוּיָהּ, הַלְלוּ עַבְדֵי יְהוָה,

הַלְלוּ אֶת שֵׁם יְהוָה.

יְהִי שֵׁם יְהוָה מְבֹרָךְ,

מֵעַתָּה וְעַד עוֹלָם.

מִמֶּזְרַח שֶׁמֶשׁ עַד מְבֹאוֹ,

מְהֻלָּל שֵׁם יְהוָה.

רַם עַל כָּל גּוֹיִם יְהוָה,

עַל הַשָּׁמַיִם כְּבוֹדוֹ.

מִי כִיְהוָה אֱלֹהֵינוּ,

הַמַּגְבִּיהִי לְשֹׁבֵת.

Hamashpili lir-ot,
Yet deigns to look,
 bashamayim uva-aretz.
upon the heavens and the earth.
 M'kimi mei-afar dal,
It raises the needy from the dust,
 mei-ashpot yarim ev-yon.
from the rubbish It lifts the destitute.
 L'hoshivi im n'divim,
To seat them with nobles,
 im n'divei amo.
with the nobles of Its people.
 Moshivi akeret habayit,
It transforms the barren woman of the house,
 eim habanim s'meichah, hal'lu-Yah.
into a joyous mother of children, halleluyah.

הַמַּשְׁפִּילִי לְרֹאוֹת,
 בַּשָּׁמַיִם וּבָאָרֶץ.
 מְקִימִי מֵעֶפְרָדָּל,
 מֵאֲשָׁפוֹת יָרִים אֶבְיוֹן.
 לְהוֹשִׁיבִי עִם נְדִיבִים,
 עִם נְדִיבֵי עַמּוֹ.
 מוֹשִׁיבִי עֶקְרֶת הַבַּיִת,
 אֵם הַבָּנִים שְׂמֵיחָהּ, הַלְלוּיָהּ.

גְּבוּרָה

GEVURAH

B'tzeit Yisra-eil mimitzrayim,
When Israel went out of Egypt,
 beit Ya-akov mei-am lo-eiz.
Jacob's household from a people of foreign tongue.
 Hay'tah Y'hudah l'kodsho,
Judah became the Eternal's sanctuary,
 Yisra-eil mamsh'lotav.
Israel Its dominion.
 Hayam ra-ah vayanos,
The sea saw it and fled,
 hayardein yisov l'achor.
the Jordan turned backward.
 Heharim rakdu ch'eilim,
The mountains skipped liked rams,
 g'va-ot kivnei tzon.
and the hills like lambs.
 Mah l'cha hayam ki tanus?
Why is it, sea, that you flee?
 Ha-Yardein tisov l'achor?
Why, O Jordan, do you turn backward?
 Heharim tirk'du ch'eilim?
You mountains, why do you skip like rams?
 G'va-ot kivnei tzon?
You hills why do you leap like lambs?
 Milifnei adon chuli aretz,
O Earth, tremble at the presence of the Ruler,

בְּצֵאת יִשְׂרָאֵל מִמִּצְרַיִם,
 בֵּית יַעֲקֹב מֵעַם לֹעִז,
 הָיְתָה יְהוּדָה לְקֹדֶשׁוֹ,
 יִשְׂרָאֵל מִמְּשֹׁלוֹתָיו.
 הַיָּם רָאָה וַיִּנָּס,
 הַיַּרְדֵּן יָסֹב לְאַחֹר.
 הַהָרִים רָקְדּוּ כְּאֵילִים,
 גְּבָעוֹת כְּבָנֵי צֹאן.
 מַה לְּךָ הַיָּם כִּי תִנוּס?
 הַיַּרְדֵּן תִּסֹּב לְאַחֹר?
 הַהָרִים תִּרְקְדּוּ כְּאֵילִים?
 גְּבָעוֹת כְּבָנֵי צֹאן?
 מִלְּפָנֵי אֲדוֹן חוֹלֵי אֶרֶץ,

milifnei Eloha Ya-akov.

at the presence of the Elohim of Jacob.

Hahofchi hatzur agam mayim,

Who turns the rock into a pond of water,

chalamish I'may'no mayim.

the flint into a flowing fountain.

מִלִּפְנֵי אֱלֹהֵי יַעֲקֹב.
הֵהֲפֹכִי הַצּוּר אֶגַם מַיִם,
חֲלָמִישׁ לְמַעַיְנו מַיִם.

On Rosh Chodesh (except Rosh Chodesh Tevet) and on the last six days of Pesach, the following is omitted.

תפארת

TIFERET

Lo lanu, Adonai, lo lanu,

Not for our sake, Hashem, not for our sake,

ki I'shimcha tein kavod,

but for Your Name's sake give glory,

al chasd'cha al amitecha.

for Your kindness and Your truth.

Lamah yom'ru hagoyim,

Why should the nations say,

ayeih na Eloheihem.

where now is their Elohim.

V'Eiloheinu bashamayim,

Our Elohim is in the heavens,

kol asher chafeitz asah.

whatever It pleases It does.

Aztabeihem kesef v'zahav,

Their idols are silver and gold,

ma-aseih y'dei adam.

the work of human hands.

Peh lahem v'lo y'dabeiru,

They have a mouth but cannot speak,

einayim lahem v'lo yiru.

they have eyes but cannot see.

Oznayim lahem v'lo yishma-u,

They have ears but they cannot hear,

af lahem v'lo y'richun.

a nose but they cannot smell.

Y'deihem v'lo y'mishun,

Their hands cannot feel,

ragleihem v'lo y'haleichu,

their feet cannot walk,

lo yeh-gu bigronam.

they cannot utter a sound from their throat.

K'mohem yih-yu oseihem,

Those who make them should become like them,

kol asher botei-ach bahem.

all who put their trust in them.

לֹא לָנוּ, יְהוָה, לֹא לָנוּ,
כִּי לְשִׁמְךָ תֵּן כְּבוֹד,
עַל חַסְדְּךָ עַל אֱמֶתְךָ.
לָמָּה יֹאמְרוּ הַגּוֹיִם,
אֵיִה נָא אֱלֹהֵיהֶם.
וְאֱלֹהֵינוּ בַּשָּׁמַיִם,
כֹּל אֲשֶׁר חָפֵץ עָשָׂה.
עֲצֹבֵיהֶם כֶּסֶף וְזָהָב,
מַעֲשֵׂה יְדֵי אָדָם.
פֶּה לָהֶם וְלֹא יִדְבְּרוּ,
עֵינַיִם לָהֶם וְלֹא יִרְאוּ.
אֲזָנַיִם לָהֶם וְלֹא יִשְׁמְעוּ,
אֵף לָהֶם וְלֹא יִרְיחוּ.
יְדֵיהֶם וְלֹא יִמִּישּׁוּן,
רַגְלֵיהֶם וְלֹא יִהְלִכוּ,
לֹא יִהְיוּ בִּגְרוֹנָם.
כְּמוֹתָם יִהְיוּ עֹשֵׂיהֶם,
כֹּל אֲשֶׁר בֹּטַח בָּהֶם.

Yisra-eil b'tach b'Adonai,
O Israel trust in Hashem,
 ezram umaginam hu.
who is their help and their shield.
 Beit Aharon bitchu b'Adonai,
House of Aaron trust in Hashem,
 ezram umaginam hu.
who is their help and their shield.
 Yirei Adonai bitchu b'Adonai,
You who are in awe of Hashem trust in Hashem,
 ezram umaginam hu.
who is their help and their shield.

יִשְׂרָאֵל בְּטַח בַּיהוָה,
 עֲזָרָם וּמַגִּנָּם הוּא.
 בֵּית אַהֲרֹן בִּטְחוּ בַיהוָה,
 עֲזָרָם וּמַגִּנָּם הוּא.
 יִרְאֵי יְהוָה בִּטְחוּ בַיהוָה,
 עֲזָרָם וּמַגִּנָּם הוּא.

נֶזַח

NETZACH

Adonai z'charanu y'vareich,
Hashem who has remembered us will bless us,
 y'vareich et beit Yisra-eil,
It will bless the House of Israel,
 y'vareich et beit Aharon.
It will bless the House of Aharon.
 Y'vareich yirei Adonai,
It will bless those who are in awe of Hashem,
 hak'tanim im hagdolim.
the small as well as the great.
 Yoseif Adonai aleichem,
May Hashem increase upon you,
 aleichem v'al b'neichem.
upon you and upon your children.
 B'ruchim atem l'Adonai,
Blessed are you by Hashem,
 oseih shamayim va-aretz.
Maker heaven and earth.
 Hashamayim shamayim l'Adonai,
As for the heavens, the heavens are for Hashem,
 v'ha-aretz natan livnei adam.
but the earth It has given to humankind.
 Lo hameitim y'hal'lu Yah,
Neither the dead can praise the Eternal One,
 v'lo kol yordei dumah.
nor any who descended into silence.
 Va-anachnu n'vareich Yah,
But we will bless the Eternal One,
 mei-atah v'ad olam, hal'luyah.
from this time until eternity, halleluyah.

יְהוָה זָכָרְנוּ יְבָרֵךְ,
 יְבָרֵךְ אֶת בֵּית יִשְׂרָאֵל,
 יְבָרֵךְ אֶת בֵּית אַהֲרֹן.
 יְבָרֵךְ יִרְאֵי יְהוָה,
 הַקְּטָנִים עִם הַגְּדֹלִים.
 יוֹסֵף יְהוָה עֲלֵיכֶם,
 עֲלֵיכֶם וְעַל בְּנֵיכֶם.
 בְּרוּכִים אַתֶּם לַיהוָה,
 עֹשֵׂה שָׁמַיִם וָאָרֶץ.
 הַשָּׁמַיִם שָׁמַיִם לַיהוָה,
 וְהָאָרֶץ נָתַן לְבְנֵי אָדָם.
 לֹא הַמֵּיתִים יְהַלְלוּ יְהוָה,
 וְלֹא כָל יֹרְדֵי דוּמָה.
 וַאֲנַחְנוּ נְבָרֵךְ יְהוָה,
 מֵעַתָּה וְעַד עוֹלָם, הַלְּלוּיָהּ.

On Rosh Chodesh (except Rosh Chodesh Tevet) and on the last six days of Pesach, the following is omitted.

הוד HOD

Ah^{av}ti ki yishma Adonai,
I love for Hashem hears,
 et koli tachanunai.
my voice and my supplications.
 Ki hitah azno li,
For It has inclined Its ear to me,
 uvyamai ekra.
so in my days shall I call.
 Afaf^{un}i chevlei mavet,
The pains of death have encircled me,
 umtzarei sh'ol m'tza^{un}i,
and the confines of the grave have found me,
 tzarah v'yagon em'tza.
distress and grief I would find.
 Uvsheim Adonai ekra,
Then the Name of Hashem I would invoke,
 anah Adonai mal'tah nafshi.
please Hashem save my soul.
 Chanun Adonai v'tzadik,
Hashem is compassionate and righteous,
 v'Eiloheinu m'racheim.
and our Elohim is merciful.
 Shomeir p'tayim Adonai,
Hashem is the protector of the simple,
 daloti v'li y'hoshi-a.
I was brought low but It saved me.
 Shuvi nafshi limnuchay'chi,
Return my soul to your rest,
 ki Adonai gamal alay'chi.
for Hashem has rewarded you.
 Ki chilatz'ta nafshi mimavet,
For You have delivered my soul from death,
 et eini min dimah,
my eyes from tears,
 et ragli midechi.
my feet from stumbling.
 Et-haleich lifnei Adonai,
I shall walk before Hashem,
 b'ar'tzot ha-chayim.
in the lands of the living.
 He-emanti ki adabeir,
I have kept faith although I say,
 ani aniti m'od.
I suffer exceedingly.

אֶהְבֶּתִּי כִּי יִשְׁמַע יְהוָה,
 אֶת קוֹלִי תַחֲנוּנָי.
 כִּי הִטָּה אָזְנוֹ לִי,
 וּבִימֵי אֶקְרָא.
 אֶפְפוּנֵי חֲבֵלֵי מוֹת,
 וּמִצָּרֵי שְׂאוֹל מִצָּאוּנִי,
 צָרָה וַיִּגּוֹן אֶמָּצָא.
 וּבִשְׁם יְהוָה אֶקְרָא,
 אָנָּה יְהוָה מַלְטָה נַפְשִׁי.
 חַנוּן יְהוָה וְצַדִּיק,
 וְאֱלֹהֵינוּ מְרַחֵם.
 שׁוֹמֵר פְּתָאִים יְהוָה,
 דַּלּוֹתִי וְלִי יְהוֹשִׁיעַ.
 שׁוּבִי נַפְשִׁי לְמִנוּחַיִכִּי,
 כִּי יְהוָה גָּמַל עָלַיִכִּי.
 כִּי חִלַּצְתָּ נַפְשִׁי מִמּוֹת,
 אֶת עֵינַי מִן דִּמְעָה,
 אֶת רַגְלִי מִדַּחִי.
 אֶתְהַלֵּךְ לִפְנֵי יְהוָה,
 בְּאַרְצוֹת הַחַיִּים.
 הָאֵמַנְתִּי כִּי אֲדַבֵּר,
 אֲנִי עֲנִיתִי מְאֹד.

Ani amarti b'chafzi,
I said in my haste,
 kol ha-adam kozeiv.
all humankind is deceitful.

אֲנִי אִמַּרְתִּי בְּחַפְזִי,
 כָּל הָאָדָם כּוֹזֵב.

יסוד YESOD

Mah ashiv l'Adonai,
How can I repay Hashem,
 kol tagmulohi alai.
for the kindnesses It has bestowed on me?
 Kos y'shu-ot esa,
I will raise the cup of salvation,
 uvsheim Adonai ekra.
and invoke the Name of Hashem.
 N'darai l'Adonai ashaleim,
I will pay my vows to Hashem,
 negdah na l'chol amo.
now in the presence of Its entire people.
 Yakar b'einei Adonai,
Difficult in the eyes of Hashem,
 hamavta lachasidav.
is the death of Its devout ones.
 Anah Adonai ki ani avdecha,
Please Hashem for I am Your servant,
 ani avd'cha ben amatecha,
I am Your servant son of Your handmaiden,
 pitachta l'moseirai.
You have released my bonds.
 L'cha ezbach zevach todah,
To You I will sacrifice an offering of thanks,
 uvsheim Adonai ekra.
and invoke the Name of Hashem.
 N'darai l'Adonai ashaleim,
I will pay my vows to Hashem,
 negdah na l'chol amo.
now in the presence of Its entire people.
 B'chatzrot beit Adonai,
In the courtyards of the House of Hashem,
 b'tocheichi Y'rushalayim, hal'luyah.
in your midst O Jerusalem, halleluyah.

מָה אֲשִׁיב לַיהוָה,
 כָּל תַּגְמוּלוֹהִי עָלַי.
 כּוֹס יְשׁוּעוֹת אֶשָּׂא,
 וּבְשֵׁם יְהוָה אֶקְרָא.
 נִדְרֵי לַיהוָה אֲשַׁלֵּם,
 נִגְדָה נָא לְכָל עַמּוֹ.
 יִקָּר בְּעֵינֵי יְהוָה,
 הַמּוֹתָה לַחֲסִידָיו.
 אָנָּה יְהוָה כִּי אֲנִי עַבְדְּךָ,
 אֲנִי עַבְדְּךָ בֶּן אִמְתְּךָ,
 פִּתַּחַת לְמוֹסְרִי.
 לְךָ אֶזְבַּח זֶבַח תּוֹדָה,
 וּבְשֵׁם יְהוָה אֶקְרָא.
 נִדְרֵי לַיהוָה אֲשַׁלֵּם,
 נִגְדָה נָא לְכָל עַמּוֹ.
 בְּחִצְרוֹת בֵּית יְהוָה,
 בְּתוֹכִי יְרוּשָׁלַיִם, הַלְלוּיָהּ.

מלכות MALCHUT

Hal'lu et Adonai, kol goyim,
Praise Hashem, all nations,
 shab'chuhu, kol ha-umim.
extol It, all the peoples.
 Ki gavar aleinu chasdo,
For Its kindness has overwhelmed us,
 ve-emet Adonai l'olam, hal'lu-Yah.
and the truth of Hashem is eternal, halleluyah.

הִלְלוּ אֶת יְהוָה, כָּל גּוֹיִם,
 שִׁבְּחוּהוּ, כָּל הָאֻמִּים.
 כִּי גָבַר עָלֵינוּ חַסְדּוֹ,
 וְאֵמֶת יְהוָה לְעוֹלָם, הִלְלוּיָהּ.

הודו HODU

Each verse is recited by the Leader, after each verse Everyone responds with the first line.

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.

Hodu l'Adonai ki tov, ki l'olam chasdo.

Give thanks to Hashem for Its goodness, for the Eternal's kindness is forever.

יֹאמַר נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חַסְדּוֹ.

Yomar na Yisra-eil, ki l'olam chasdo.

Let Israel now say, for the Eternal's kindness is forever.

יֹאמְרוּ נָא בֵּית אַהֲרֹן, כִּי לְעוֹלָם חַסְדּוֹ.

Yom'ru na beit Aharon, ki l'olam chasdo.

Let the House of Aaron now say, for the Eternal's kindness is forever.

יֹאמְרוּ נָא יִרְאֵי יְהוָה, כִּי לְעוֹלָם חַסְדּוֹ.

Yom'ru na yirei Adonai, ki l'olam chasdo.

Let those who are in awe of Hashem now say, for the Eternal's kindness is forever.

מִן הַמֵּיצָר MIN HAMEITZAR

It is important that we call upon the Creator at all times and not just during the times we experience difficulty in our lives.

Min hameitzar karati Yah,
From the straits did I call upon the Eternal One,
 anani vamer'chav Yah.
the Eternal One answered me with immensity.
 Adonai li lo ira,
Hashem is with me I have no fear,
 mah ya-aseh li adam.
how can any person affect me?
 Adonai li b'ozrai,
Hashem is with me through my helpers,
 va-ani ereh v'sonai.
therefore I can face my foes
 Tov lachasot b'Adonai,
It is better to take refuge in Hashem,
 mib'to-ach ba-adam.
than to rely on people.
 Tov lachasot b'Adonai,
It is better to take refuge in Hashem,
 mib'to-ach bindivim.
than to rely on nobles.
 Kol goyim s'vayuni,
All the nations surround me,
 b'sheim Adonai ki amilam.
it is in the Name of Hashem that I cut them down.
 Sabuni gam s'vayuni,
They encircle me also they surround me,
 b'sheim Adonai ki amilam.
it is in the Name of Hashem that I cut them down.
 Sabuni kidvorim do-achu k'eish
They encircle me like bees but they are extinguished as a fire
 kotzim, b'sheim Adonai ki amilam.
of thorns, it is in the Name of Hashem that I cut them down.
 Dachoh d'chitani linpol,
You push me hard that I might fall,
 v'Adonai azarani.
but Hashem assisted me.
 Ozi v'zimrat Yah,
My might and my praise is the Eternal One,
 vayhi li lishu-ah.
and It was for me a salvation.

מִן הַמֵּיצָר קָרָאתִי יְהוָה,
 עֲנֵנִי בַמַּרְחֵב יְהוָה.
 יְהוָה לִי לֹא אִירָא,
 מַה יַּעֲשֶׂה לִי אָדָם.
 יְהוָה לִי בְעֲזָרִי,
 וְאֲנִי אֶרְאֶה בְשֹׁנָאִי.
 טוֹב לְחַסוֹת בִּיהוָה,
 מִבִּטָּח בָּאָדָם.
 טוֹב לְחַסוֹת בִּיהוָה,
 מִבִּטָּח בְּנָדִיבִים.
 כָּל גּוֹיִם סְבִיבּוֹנִי,
 בְּשֵׁם יְהוָה כִּי אֲמִילֵם.
 סְבִיבּוֹנִי גַם סְבִיבּוֹנִי,
 בְּשֵׁם יְהוָה כִּי אֲמִילֵם.
 סְבִיבּוֹנִי כְּדִבְרִים דֹּעֲכּוֹ כְּאֵשׁ
 קוֹצִים, בְּשֵׁם יְהוָה כִּי אֲמִילֵם.
 דָּחָה דְחִיתָנִי לְנָפֹל,
 וַיְהוֶה עֲזָרָנִי.
 עֲזִי וְזִמְרַת יְהוָה,
 וַיְהִי לִי לִישׁוּעָה.

Kol rinah vishu-ah b'ahalei

The sound of rejoicing and salvation is in the tents

tzadikim, y'min Adonai osah chayil.

of the righteous, the right hand of Hashem does mighty deeds.

Y'min Adonai romeimah,

The right hand of Hashem is raised triumphantly,

y'min Adonai osah chayil.

the right hand of Hashem does mighty deeds.

Lo amut ki echyeh,

I shall not die but I shall live,

va-asapeir ma-asei Yah.

and relate the deeds of the Eternal One.

Yasor yisrani Yah,

The Eternal One has chastised me exceedingly,

v'lamanet lo n'tanani.

but It did not give me over to death.

Pitchu li sha-arei tzedek,

Open for me the gates of righteousness,

avo vam odeh Yah.

I will enter them and thank the Eternal One.

Zeh hasha-ar l'Adonai,

This is the gate of Hashem,

tzadikim yavo-u vo.

the righteous shall enter through it.

קול רנה וישועה באהלי

צדיקים, ימין יהוה עשה חיל.

ימין יהוה רוממה,

ימין יהוה עשה חיל.

לא אמות כי אחיה,

ואספר מעשי יה.

יסר יסרני יה,

ולמות לא נתנני.

פתחו לי שערי צדק,

אבא במ אודה יה.

זה השער ליהוה,

צדיקים יבאו בו.

Each of the following verses is recited twice by Everyone:

י אודך כי עניתני, ותהי לי לישועה.

Od'cha ki anitani, vat'hi li lishu-ah.

I thank You for You have answered me, and You have become for me a salvation.

ה אבן מאסו הבונים, היתה לראש פנה.

Even ma-asu habonim, hay'tah l'rosh pinah.

The stone rejected by the builders, has become the cornerstone.

ו מאת יהוה היתה זאת, היא נפלאת בעינינו.

Mei-eit Adonai hay'tah zot, hi niflat b'eineinu.

From Hashem this emanated, it is wondrous in our eyes.

ה זה היום עשה יהוה, נגילה ונשמחה בו.

Zeh hayom asah Adonai, nagilah v'nism'chah vo.

This day Hashem made, let us rejoice and be glad on it.

Leader:

אָנאָ יְהוָה הוֹשִׁיעָה נָא.

Ana Adonai hoshi-ah na.

*Please Hashem save now.**Everyone:*

אָנאָ יְהוָה הוֹשִׁיעָה נָא.

Ana Adonai hoshi-ah na.

*Please Hashem save now.**Leader:*

אָנאָ יְהוָה הַצְלִיחָה נָא.

Ana Adonai hatz-lichah na.

*Please Hashem bring success now.**Everyone:*

אָנאָ יְהוָה הַצְלִיחָה נָא.

Ana Adonai hatz-lichah na.

*Please Hashem bring success now.**Each of the next four lines is recited by the Leader and then by Everyone:*

בָּרוּךְ הַבָּא בְּשֵׁם יְהוָה, בִּרְכוֹנְכֶם מִבֵּית יְהוָה.

Baruch haba b'sheim Adonai, beirachnuchem mibeit Adonai.

Blessed is the one who comes in the Name of Hashem, we bless you from the House of Hashem.

אֵל יְהוָה וַיֵּאָר לָנוּ, אֶסְרוּ חַג בַּעֲבֹתֵים עַד קַרְנוֹת הַמִּזְבֵּחַ.

Eil Adonai vaya-er lanu, isru chag ba-avotim ad karnot
hamizbei-ach.*The Almighty is Hashem who illuminated for us, bind the festival offering with cords unto the corners
of the altar.*

אֵלֵי אַתָּה וְאוֹדְךָ, אֱלֹהֵי אֲרוֹמְמֶךָ.

Eili atah v'odecha, Elohai arom'meka.

My Eternal One You are and I will thank you, my Elohim I will exalt You.

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חֶסֶדּוֹ.

Hodu l'Adonai ki tov, ki l'olam chasdo.

Give thanks to Hashem for Its goodness, for the Eternal's kindness is forever.

Leader:

הודו ליהוה כי טוב, כי לעולם חסדו.

Hodu l'Adonai ki tov, ki l'olam chasdo.

Give thanks to Hashem for Its goodness, for the Eternal's kindness is forever.

Everyone:

הודו ליהוה כי טוב, כי לעולם חסדו.

Hodu l'Adonai ki tov, ki l'olam chasdo.

Give thanks to Hashem for Its goodness, for the Eternal's kindness is forever.

Y'hal'lucha Adonai Eloheinu

They shall praise You Hashem our Elohim,

kol ma-asecha, vachasidecha

for all of Your works, and Your devout ones

tzadikim omei r'tzonecha,

the righteous who do Your will,

v'chol am'cha beit Yisra-eil b'rinah

and all of Your people the House of Israel with glad song

yodu vivar'chu vishab'chu vifa-aru

will thank and bless and praise and glorify

virom'mu v'ya-aritzu v'yakdishu

and exalt and extol and sanctify

vayamlichu et shimcha malkeinu.

and proclaim the sovereignty of Your Name, our Sovereign.

Ki l'cha tov l'hodot

For to You it is good to give thanks

ulshimcha na-eh l'zameir,

and to sing praises unto Your name,

ki mei-olam v'ad olam atah Eil.

for from this world to the world to come You are the Eternal.

Baruch atah Adonai,

Blessed are You Hashem,

melech m'hulal batishbachot, amen.

who is lauded the Sovereign with praises, amen.

יהללוך יהוה אלהינו,

כל מעשיך, וחסידך,

צדיקים עושי רצונך,

וכל עמך בית ישראל ברנה

יודו ויברכו וישבחו ויפארו

וירוממו ויעריצו ויקדישו

וימליכו את שמך מלכנו.

כי לך טוב להודות

ולשמך נאה לזמר,

כי מעולם ועד עולם אתה אל.

ברוך אתה יהוה,

מלך מהלל בתשבחות, אמן.

The following is said on Rosh Chodesh:

ואברהם זקן בא בימים, ויהוה ברך את אברהם בכל.

V'Avraham zakein ba bayamim, v'Adonai beirach et Avraham bakol.

Now Abraham was old, well on in years, and Hashem had blessed Abraham with everything..

*The Torah is read on Mondays and Thursdays and on Rosh Chodesh.
On days when the Torah is not read, continue with ASHREI on page 117.*

קריאת התורה

READING OF THE TORAH

The Torah is described as the Tree of Life, but only to those who hold onto it. It is not enough to look at it, we must embrace it. The more we study Torah, the more we are able to see the face of the Creator and the more we are able to get the most out of life.

הוצאת ספר תורה

REMOVAL OF THE TORAH FROM THE ARK

*The following short blessing is recited before the Torah reading on Monday and Thursday.
It is omitted on Festivals (including Chol Hamo-ed) including Rosh Chodesh.*

Eil erech apayim

O Eternal One, slow to anger

v'ra^v chesed ve-emet,

and abundant in kindness and truth,

al b'ap'cha tochicheinu.

do not chastise us in Your anger.

Chusah Adonal al amecha,

Have pity on Your people O Hashem,

v'hoshi-einu mikol ra.

and save us from all evil.

Chatanu l'cha Adon,

O Ruler we have erred against You,

s'lach na k'rov rachamecha, Eil.

please forgive us according to Your abundant merch, Eternal One.

אֵל אֶרֶךְ אַפַּיִם

וְרַב חֶסֶד וְאֱמֶת,

אֵל בְּאַפְּךָ תוֹכִיחֵנוּ.

חֹסֶה יְהוָה עַל עַמֶּךָ,

וְהוֹשִׁיעֵנוּ מִכָּל רָע.

חַטָּאנוּ לְךָ אֲדֹנָי,

סְלַח נָא כְרוֹב רַחֲמֶיךָ, אֵל.

וַיְהִי בִּנְסוּעַ VAYHI BINSOA

Vayhi binso-a ha-aron

It would be when the Ark traveled

vayomer Mosheh,

Moses would say:

Kumah, Adonai, v'yafutzu oy'necha,

Arise Hashem, and let Your enemies scatter,

v'yanusu m'sanecha mipanecha.

Your adversaries will flee from before You.

Ki mi-Tziyon teitzei Torah,

For from out of Zion will come Torah,

udvar Adonai mi-Y'rushalayim.

and the word of Hashem from Jerusalem.

וַיְהִי בִּנְסוּעַ הָאָרֶן

וַיֹּאמֶר מֹשֶׁה,

קוּמָה, יְהוָה, וַיִּפְּצוּ אֹיְבֶיךָ,

וַיִּנָּסוּ מִשְׁנֵאֶיךָ מִפָּנֶיךָ.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה,

וּדְבַר יְהוָה מִירוּשָׁלַיִם.

בְּרִיךְ שְׁמֶה B'RICH SH'MEIH

This blessing is taken from the Zohar, through it we are able to draw down aspects of the original Light through the reading of the Torah. Shimon Bar Yochai said, "When we take out the Torah in public to read, all the gates of mercy in heaven are open, and we awaken a love from above."

B'rich sh'meih d'marei al'ma,

Blessed is the Name of the Ruler of the world,

b'rich kitrach v'atrach.

blessed is Your crown and Your place.

Y'hei r'utach

May Your love exist

im amach Yisra-eil l'alam,

with Your people Israel for ever,

ufurkan y'minach achazei

and may the salvation of Your right hand may you display

l'amach b'veit makd'shach,

to Your people in Your holy Temple,

ulamtuyei lana mituv n'horach,

to extend to us the goodness of Your Light,

ulkabeil tz'lotana b'rachamin.

and to accept our prayers with mercy.

Y'hei ra-ava kodamach

May it be the will before You

d'torich lan chayin b'tivuta,

that You extend for us life with goodness,

v'lehevei ana f'kida b'go tzadikaya,

and it should be that I am counted among the righteous,

בְּרִיךְ שְׁמֶה דְּמַרְא עֲלֵמָא,

בְּרִיךְ כְּתָרְךָ וְאַתְרְךָ.

יְהֵא רְעוּתְךָ

עִם עַמְךָ יִשְׂרָאֵל לְעֹלָם,

וּפְרָקֵן יְמִינְךָ אַחֲזִי

לְעַמְךָ בְּבֵית מִקְדָּשְׁךָ,

וְלֹאֲמַטְוֵי לָנָא מְטוּב נְהוֹרְךָ,

וְלִקְבֹּל צְלוֹתָנָא בְּרַחֲמִין.

יְהֵא רְעוּא קְדָמְךָ

דְּתוֹרִיךָ לָן חַיִּין בְּטִיבוּתָא,

וְלֵהוּי אָנָּא פְּקִידָא בְּגוּ צְדִיקָא,

l'mircham alai ulminter yati v'yat

that You have mercy on me and protect me and

kol di li v'di l'amach Yisra-eil.

all that is mine and all that belongs to Your people Israel.

Ant hu zan l'chola,

It is You Who nourishes all,

umfarneis l'chola.

and sustains all.

Ant hu shalit al kola,

It is You who rules over everything,

ant hu d'shalit al malchaya,

it is You who rules over sovereigns,

umalchuta dilach hi.

and sovereignty is Yours.

Ana avda d'kudsha b'rich hu,

I am a servant of the Holy One Who is Blessed,

d'sagidna kameih,

and prostrate myself before the One,

umikama dikar Oraytei

and before the glory of the One's Torah

b'chol idan v'idan.

at all times.

La al enash rachitzna,

Not in any person do I put trust,

v'la al bar elahin samichnah,

nor on any angel do I rely,

ela be-Eloha dishmaya,

only on the Elohim of heaven,

d'hu Eloha k'shot,

Who is the Elohim of truth,

v'Orayteih k'shot,

Whose Torah is truth,

unvi-ghi k'shot,

and Whose prephets are true,

umasgei l'mebad tav-van ukshot.

and Who abundantly acts with kindness and truth.

Beih ana rachitz,

In the One I trust,

v'lishmeih kadisha yakira

and to Whose Name holy and glorious

ana eimar tushb'chan.

I declare praises.

y'hei ra-ava kodamach

May it be the will before You

d'tiftach liba-i b'Orayta,

that You open my heart to Torah,

v'tashlim mishalin d'liba-i,

and that You fulfill the wishes of my heart,

לְמִרְחָם עָלַי וּלְמִנְטָר יְתִי וַיֵּת
כָּל דֵּי לִי וְדֵי לְעַמִּי יִשְׂרָאֵל.

אַנְתָּה הוּא זֶן לְכֹלָא,

וּמִפְרִינֵס לְכֹלָא.

אַנְתָּה הוּא שְׁלִיט עַל כֹּלָא,

אַנְתָּה הוּא דְשְׁלִיט עַל מַלְכֵיָא,

וּמַלְכוּתָא דִּילָךְ הִיא.

אַנָּא עֲבָדָא דְקֻדְשָׁא בְּרִיךְ הוּא,

דְּסָגִידְנָא קָמֵיהּ,

וּמִקָּמָא דִּיקָר אֲוֵרִיתָהּ

בְּכָל עֵדֶן וְעֵדֶן.

לֹא עַל אָנָּשׁ רַחֲיִצְנָא,

וְלֹא עַל בַּר אֱלֹהִין סְמִיכְנָא,

אַלָּא בְּאֱלֹהָא דְשִׁמְיָא,

דְּהוּא אֱלֹהָא קְשׁוּט,

וְאֲוֵרִיתָהּ קְשׁוּט,

וּנְבִיאָוּהִי קְשׁוּט,

וּמִסְגָּא לְמַעַבְד טְבוּן וּקְשׁוּט.

בֵּיהּ אַנָּא רַחֲיִץ,

וְלִשְׁמֵהּ קְדִישָׁא יְקִירָא

אַנָּא אֵמַר תְּשַׁבְּחֶן.

יְהֵא רַעְוָא קְדָמָךְ

דְּתַפְתַּח לְבָאִי בְּאֲוֵרִיתָא,

וְתַשְׁלִים מִשְׁאַלִין דְּלְבָאִי,

v'liba d'chol amach Yisra-eil,
and the heart of all Your people Israel,
I'tav ulchayin v'lishlam. Amein.
for good and for life and for peace. Amen.

וּלְבָא דְכָל עַמְךָ יִשְׂרָאֵל,
לְטַב וּלְחַיִּין וּלְשָׁלָם. אָמֵן.

גִּדְּלוּ לַיהוָה אֱתִי, וְנִרְוַמָּה שְׁמוֹ יַחְדָּו.

Gad'lu l'Adonai iti, unrom'mah sh'mo yachdav.

Declare the greatness of Hashem with me, and let us exalt the Name.

L'cha Adonai hag'dulah v'hag'vurah
Yours Hashem is the greatness and the power
v'hatiferet v'haneitzach v'hahod,
and the truth and the victory and the glory,
ki chol bashamayim uva-aretz,
for all that is in heaven and on earth is Yours,
l'cha Adonai hamamlachah,
to You Hashem is the reign,
v'hamitnasei l'chol l'rosh.
You are supreme over all.

לָךְ יְהוָה הַגְּדֻלָּה וְהַגְּבוּרָה
וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ,
לָךְ יְהוָה הַמַּמְלָכָה,
וְהַמִּתְנַשֵּׂא לְכָל לְרֹאשׁ.

Rom'mu Adonai Eloheinu,
Exalt Hashem our Elohim,
v'hishtachavu lahadom raglav,
and bow down at the Eternal One's footstool,
kadosh hu.
the One Who is holy.
Rom'mu Adonai Eloheinu,
Exalt Hashem our Elohim,
v'hishtachavu lahar kodsho,
and bow down at the mount of the Eternal One's holiness,
ki kadosh Adonai Eloheinu.
for holy is Hashem our Elohim.

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ,
וְהִשְׁתַּחֲווּ לַהֲדוֹם רַגְלָיו,
קָדוֹשׁ הוּא.
רוֹמְמוּ יְהוָה אֱלֹהֵינוּ,
וְהִשְׁתַּחֲווּ לְהַר קֹדְשׁוֹ,
כִּי קָדוֹשׁ יְהוָה אֱלֹהֵינוּ.

Av harachamim,
Merciful Father,
hu y'racheim am amusim,
may You have mercy on the nation that is borne by You,
v'yizkor b'rit eitanim,
and may You remember the covenant of the mighty ones,
v'yatzil nafshoteinu min
and may You rescue our souls from
hasa-ot hara-ot,
from negative times,
v'yigar b'yeitzer hara min han'su-im,
and denounce the evil inclination from those carried by You,
v'yachon otanu lifleitat olamim,
and graciously grant us eternal deliverance,

אֲבִי הַרַחֲמִים,
הוּא יְרַחֵם עַם עַמּוּסִים,
וַיִּזְכֹּר בְּרִית אֵיתָנִים,
וַיַּצִּיל נַפְשֹׁתֵינוּ מִן
הַשְּׁעוֹת הָרָעוֹת,
וַיִּגְעַר בַּיֵּצֶר הָרָע מִן הַנְּשׁוּאִים,
וַיַּחֲזֵן אוֹתָנוּ לְפִלִּיטַת עוֹלָמִים,

vimalei mishaloteinu

and fulfill our requests

b'midah tovah y'shu-ah v'rachamim. וימלא משאלותינו במדה טובה ישועה ורחמים.

in good measure with salvation and mercy.

ברכות העולה לתורה

TORAH BLESSINGS

Before the reading:

Bar'chu et Adonai ham'vorach!

Praise Hashem to Whom praise is due!

Baruch Adonai ham'vorach

Praised be Hashem to Whom praise is due,

l'olam va-ed!

now and forever!

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher bachar banu mikol ha-amim

who has chosen us from all the peoples

v'natan lanu et Torato.

giving us this Teaching.

Baruch atah Adonai,

Blessed are You Hashem,

notein ha-Torah.

who gives the Torah.

בִּרְכוּ אֶת יְהוָה הַמְּבָרֵךְ.

בָּרוּךְ יְהוָה הַמְּבָרֵךְ

לְעוֹלָם וָעֶד.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

בָּרוּךְ אַתָּה יְהוָה,

נוֹתֵן הַתּוֹרָה.

After the reading:

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher natan lanu Torat emet,

who has given us a Torah of truth,

v'chayei olam nata b'tocheinu.

implanting within us eternal life.

Baruch atah Adonai,

Blessed are You Hashem,

notein ha-Torah.

who gives the Torah.

בָּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

בָּרוּךְ אַתָּה יְהוָה,

נוֹתֵן הַתּוֹרָה.

מי שברך

MI SHEBEIRACH

Mi shebeirach avoteinu,
May the One who blessed our ancestors,
Avraham Yitzchak v'Ya-akov,
Abraham, Isaac, and Jacob,
Sarah Rivkah Racheil v'Lei-ah,
Sarah, Rebecca, Rachel, and Leah,
hu y'vareich et ha-cholim (names)
bles and heal those who are ill (names)
ben/bat (mother's name).
son/daughter of (mother's name).
Hakadosh baruch hu
May the Holy Blessed One
yimalei rachamim aleihem,
be filled with compassion towards them,
l'hachalimam ulrapotam
for their health to be restored
ul-hachazikam.
and their strength to be revived.
V'yishlach lahem m'heirah r'fu-at
May the Eternal One swiftly send them complete renewal
sh'leimah min hashamayim,
from up above,
r'fu-at hanefesh, urfuat haguf,
renewal of soul, and renewal of body,
hashta ba-agala uvizman kariv.
quickly and speedily may it come.
V'nomar amein.
And let us say, amen.

מי שברך אבותינו,
 אברהם יצחק ויעקב,
 שרה רבקה רחל ולאה,
 הוא יברך את החולים (פלוגי)
 בן\בת (פלוגית).
 הקדוש ברוך הוא
 ימלא רחמים עליהם,
 להחלימם ולרפאתם
 ולהחזיקם.
 וישלח להם מהרה רפואה
 שלמה מן השמים,
 רפואה הנפש, ורפואת הגוף,
 השתא בעגלא ובזמן קריב.
 ונאמר אמן.

חֲצִי קָדִישׁ CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yitaleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One Whose Name is blessed,

l'eila min kol birchata v'shirata

Who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָּנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

לְעָלָא מִן כָּל בִּרְכָתָא וּשְׁיִרָתָא

תְּשֻׁבָּתָא וְנֶחֱמָתָא,

דְּאִמְרֵין בְּעֶלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

הגבהה וגלילה

HAGBAHAH V'GELILAH

Everyone stands.

V'zot ha-Torah asher sam Mosheh

This is the Torah which Moses placed

lifnei b'nei Yisra-eil,

before the children of Israel,

al pi Adonai b'yad Mosheh.

Hashem's word through the hand of Moses.

Eitz chayim hi lamachazikim bah,

A tree of life it is for those who grasp it,

v'tom'cheha m'ushar.

and all its supporters are praiseworthy.

D'racheha darchei no-am,

Its ways are ways of pleasantness,

v'chol n'tivoteha shalom.

and all its paths are peace.

Orech yamim biminah,

Length of days are at its right,

bismolah osher v'chavod.

at its left are wealth and honor.

Adonai chafeitz l'ma-an tzidko,

Hashem desired for the sake of righteousness,

yagdil Torah v'yadir.

that the Torah be made great and glorious.

וזאת התורה אשר שם משה

לפני בני ישראל,

על פי יהוה ביד משה.

עץ חיים היא למחזיקים בה,

ותמכה מאשר.

דרכיה דרכי נעם,

וכל נתיבותיה שלום.

ארך ימים בימינה,

בשמאלה עשר וכבוד.

יהוה חפץ למען צדקו,

יגדיל תורה ויאדיר.

אשרי

ASHREI

This concluding section of Shacharit is recited every day.

Ashrei yosh'vei veitecha,
Happy are those who dwell in Your house,
od y'hal'lucha selah.
they will forever praise You.

Ashrei ha-am shekachah lo,
Happy the people whose portion is this,
ashrei ha-am she-Adonai Elohav.
happy the people for whom Hashem is their Elohim.

T'hilah l'David,
A Psalm of David,

Aromimcha Elohai ha-melech,
I shall exalt You, my Eternal One, the Sovereign,
va-avar'chah shimcha l'olam va-ed.
and I shall bless Your name forever and ever.

B'chol yom avar'checha,
I shall bless You every day,
va-ahal'lah shimcha l'olam va-ed.
and I shall praise Your name forever and ever.

Gadol Adonai umhulal m'od,
Great is Hashem and exceedingly praised,
v'ligdulato ein cheiker.
the Eternal's greatness is unfathomable.

Dor l'dor y'shabach ma-asecha,
Generation to generation shall praise Your actions,
ugvurotecha yagidu.
and recount Your mighty deeds.

Hadar k'vod hodecha,
The brilliance of Your splendid glory,
v'divrei nifl'otecha asichah.
and the wonders of Your acts, I shall speak of.

Ve-ezuz norotecha yomeiru,
They shall speak of the might of Your awesome acts,
ugdulat'cha asaprenah.
and I shall tell of Your greatness.

Zecher rav tuv'cha yabiyu,
They shall remember Your abundant goodness,
v'tzidkat'cha y'raneinu.
and Your righteousness they shall joyfully proclaim.

Chanun v'rachum Adonai,
Gracious and merciful is Hashem,
erech apayim ugdol chesed.
slow to anger and great in kindness.

אשרי יושבי ביתך,
עוד יהללוך סלה.
אשרי העם שככה לו,
אשרי העם שיהוה אלהיו.
תהלה לדוד,
ארוממך אלוהי המלך,
ואברכה שמך לעולם ועד.
בכל יום אברכך,
ואהללה שמך לעולם ועד.
גדול יהוה ומהלל מאד,
ולגדלתו אין חקר.
דור לדור ישבח מעשיך,
וגבורתיך יגידו.
הדר כבוד הודך,
ודברי נפלאתיך אשיחה.
ועזוז נוראותיך יאמרו,
וגדלתך אספרנה.
זכר רב טובך יביעו,
וצדקתך ירננו.
חנון ורחום יהוה,
ארך אפים וגדל חסד.

Tov Adonai lakol,
Hashem is good to all,
 v'rachamav al kol ma-asav.
Your compassion extended to all of Your creatures.
 Yoducha Adonai kol ma-asecha,
All that You have made shall thank You Hashem,
 vachasidecha y'var'chuchah.
and Your pious ones shall bless You.
 K'vod malchut'cha yomeiru,
They shall speak of the glory of Your realm,
 ugkurat'cha y'dabeiru.
and talk of Your mighty deeds.
 L'hodiya livnei ha-adam g'vurotav,
Your mighty deeds You make known to all humankind,
 uchvod hadar malchuto.
and the glory of Your splendid realm.
 Malchut'cha malchut kol olamim,
Yours is the realm of all worlds,
 umemshalt'cha b'chol dor vador.
and Your reign extends to each and every generation.
 Someich Adonai l'chol hanof'lim,
Hashem supports all those who fall,
 v'zokeif l'chol hak'fufim.
and holds upright all those who are bent over.
 Einei chol eilecha y'sabeiru,
The eyes of all look hopefully towards You,
 v'atah notein lahem
and You give them their food
 et ochlam b'ito.
at its proper time.

We concentrate intently and open our hands while reciting the verse Potei-ach פוֹתֵי־אֵח

Potei-ach et yadecha,
You open Your hand,
 umasbiya l'chol chai ratzon.
and satisfy every living thing with its desire.
 Tzadik Adonai b'chol d'rachav,
Hashem is righteous in every way,
 v'chasid b'chol ma-asav.
and virtuous in all deeds.
 Karov Adonai l'chol kor'av,
Hashem is close to all who call,
 l'chol asher yikra-uhu ve-emet.
and to all who call in truth.
 R'tzon y'rei-av ya-aseh,
You fill the desires of all who revere You,
 v'et shavatam yishma v'yoshi-eim.
You respond to us with the promise of redemption.

טוב יהוה לכל,
 ורחמיו על כל מעשיו.
 יודוך יהוה כל מעשיך,
 וחסידך יברכוכה.
 כבוד מלכותך יאמרו,
 וגבורתך ידברו.
 להודיע לבני האדם גבורתו,
 וכבוד הדר מלכותו.
 מלכותך מלכות כל עולמים,
 וממשלתך בכל דור ודור.
 סומך יהוה לכל הנפלים,
 וזוקף לכל הכפופים.
 עיני כל אליך ישגרו,
 ואתה נותן להם
 את אכלם בעתו.

פוֹתֵי־אֵת יָדְךָ,
 ומשביע לכל חי רצון.
 צדיק יהוה בכל דרכיו,
 וחסיד בכל מעשיו.
 קרוב יהוה לכל קרָאוֹ,
 לכל אשר יקראֶהוּ באֱמֶת.
 רצון יראיו יעשה,
 ואת שׁוֹעֲתָם יִשְׁמַע וְיֹשִׁיעֵם.

Shomeir Adonai et kol ohavav,
Hashem You protect all who love You,
 v'et kol har'sha-im yashmid.
and You destroy all the wicked.
 T'hilat Adonai y'dabeir pi,
My lips utter the praise of Hashem,
 vivareich kol basar sheim kodsho
and may all flesh praise the holy Name
 l'olam va-ed.
for ever and ever.
 Va-anachnu n'vareich Yah,
And we shall bless You Eternal One,
 mei-atah v'ad olam, hal'lu-Yah.
from this time until eternity, praise the Eternal One.

שׁוֹמֵר יְהוָה אֶת כָּל אֲהָבָיו,
 וְאֵת כָּל הָרָשָׁעִים יַשְׁמִיד.
 תְּהִלַּת יְהוָה יְדַבֵּר פִּי,
 ויְבָרֵךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ
 לְעוֹלָם וָעֶד.
 וְאֲנַחְנוּ נְבָרֵךְ יְיָ,
 מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

*Psalm 20 is omitted on Rosh Chodesh, Erev Pesach, Chol HaMoed, Tisha B'Av,
 Chanukah, Purim, Shushan Purim, and the 14th and 15th of Adar I (Leap Year).*

תהלים כ

PSALM 20

Lam'natzei-ach mizmor l'David.
For the conductor, a psalm by David.
 Ya-ancha Adonai b'yom tzarah,
May Hashem answer you on the day of distress,
 y'sagevcha sheim Elohei Ya-akov.
may you be made invincible by the Name of the Elohim of Jacob.
 Yishlach ezh'cha mikodesh,
May the One dispatch your help from the Sanctuary,
 umi-Tziyon yisadeka.
and from Zion support you.
 Yizkor kol minchotecha,
May the One remember all of your offerings,
 v'olat'cha y'dash'neh selah.
and your burnt offerings may the One accept with favor, selah.
 Yiten l'cha chilvavecha,
May the One grant you your heart's desires,
 v'chol atzat'cha y'malei.
and all of your plans may the One fulfill.
 N'ran'nah bishu-atecha,
May we sing for joy at your salvation,
 uvsheim Eloheinu nidgol,
and in the Name of our Elohim raise our banner,
 y'malei Adonai kol mishalotecha.
may Hashem fulfill all of your requests.
 Atah yadati,
Now I know,

לִמְנַצֵּחַ מִזְמוֹר לְדָוִד.
 יַעֲנֵךְ יְהוָה בְּיוֹם צָרָה,
 יִשְׁגְּבֶךָ שֵׁם אֱלֹהֵי יַעֲקֹב.
 יִשְׁלַח עֲזָרְךָ מִקֹּדֶשׁ,
 וּמִצִּיּוֹן יִסְעֶדֶךָ.
 יִזְכֹּר כָּל מִנְחֹתֶיךָ,
 וְעוֹלֹתֶיךָ יִדְשֶׁנָּה סֵלָה.
 יִתֵּן לְךָ כִּלְבָבְךָ,
 וְכָל עֲצָתְךָ יִמְלֵא.
 נִרְנֶנָּה בִישׁוּעֶתְךָ,
 וּבְשֵׁם אֱלֹהֵינוּ נִדְגֹל,
 יִמְלֵא יְהוָה כָּל מִשְׁאֲלוֹתֶיךָ.
 עַתָּה יָדַעְתִּי,

ki hoshi-a Adonai m'shicho,
that Hashem has saved His Anointed one,
ya-aneihu mish'mei kodsho,
He will answer him from His sacred heaven,
bigvurot yeisha y'mino.

with the omnipotent victories of His right arm.

Eileh varechev,

Some with chariots,

v'eileh vasusim,

and some with horses,

va-anachnu b'sheim Adonai

but we in the Name of Hashem

Eloheinu nazkir.

our Elohim call out.

Heimah kar'u v'nafalu,

They dropped to their knees and fell,

va-anachnu kamnu vanitodad.

but we arose and were invigorated.

Adonai hoshi-ah,

Hashem grant salvation,

hamelech ya-aneinu b'yom koreinu.

may the Sovereign answer us on the day we call.

כִּי הוֹשִׁיעַ יְהוָה מְשִׁיחוֹ,
יַעֲנֶהוּ מִשָּׁמַי קֹדֶשׁוֹ,
בְּגִבּוֹרוֹת יְשַׁע יְמִינוֹ.

אֵלֶּה בָּרֶכֶב,

וְאֵלֶּה בַּסּוּסִים,

וְאִנַּחְנוּ בְּשֵׁם יְהוָה

אֱלֹהֵינוּ נִזְכִּיר.

הֵמָּה כָּרְעוּ וְנָפְלוּ,

וְאִנַּחְנוּ קָמְנוּ וְנִתְעוֹדַד.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קִרְאָנוּ.

ובא לציון

UVA L'TZIYON

Uvah l'Tziyon go-eil,

A redeemer shall come to Zion,

ulshavei fasha b'Ya-akov,

and to those who turn away from misdeed among Jacob,

n'um Adonai.

so says Hashem.

Va-ani zot b'riti

And as for me this is my covenant

otam amar Adonai,

with them said Hashem,

ruchi asher alecha,

my Spirit which is upon you,

udvarai asher samti b'ficha

and my words that I have put in your mouth

lo yamushu mipicha, umipi

shall not depart for your mouth, the mouths

zaracha, umipi zera zaracha,

of your children, or the mouths of children's children,

amar Adonai, mei-atah v'ad olam.

said Hashem, from now and forever.

וּבָא לְצִיּוֹן גּוֹאֵל,

וְלֹשֶׁבִי פָשַׁע בִּיעֲקֹב,

נֹאם יְהוָה.

וְאֲנִי זֹאת בְּרִיתִי

אַתֶּם אָמַר יְהוָה,

רוּחִי אֲשֶׁר עָלַיִךְ,

וְדִבְרֵי אֲשֶׁר שָׂמַתִּי בְּפִיִּךְ

לֹא יִמּוּשׁוּ מִפִּיִּךְ, וּמִפִּי

זֶרַעֶךָ, וּמִפִּי זֶרַע זֶרַעֶךָ,

אָמַר יְהוָה, מֵעַתָּה וְעַד עוֹלָם.

V'atah kadosh,

And You are holy,

yosheiv t'hilot Yisra-eil.

and await the praises of Israel.

V'kara zeh el zeh v'amar,

And one called to the other and said,

Kadosh kadosh kadosh

Holy, holy, holy

Adonai tz'va-ot

is Hashem of hosts

m'lo kol ha-aretz k'vodo.

the entire earth is full of Hashem's glory.

Umkab'lin dein min dein,

And they receive consent from one another,

v'am'rin kadish,

and say Holy,

bishmei m'roma

in the highest heavens

ila-ah beit Sh'chintei

is the abode of the Shechinah

kadish al ara

holy upon the earth

ovad g'vurtei,

is the work of Hashem's valor,

kadish l'alam ulal'mei al'maya,

holy for ever and for all eternity,

Adonai tz'va-ot malya

Hashem of hosts the entire earth is filled with

kol ara ziv y'kareih.

the splendor of Your glory.

Vatasa-eini ru-ach,

And a wind carried me,

va-esh'ma acharai kol ra-ash gadol,

and from behind me I heard a great thunderous voice,

Baruch k'vod Adonai mim'komo.

Blessed is the glory of Hashem from Hashem's abode.

Untalatni ruha,

And a wind carried me,

v'shimeit bat-rai kol zi-a sagi,

and from behind me I heard a great thunderous voice,

di m'shab'chin v'am'rin,

giving praise and saying,

b'rich y'kara d'Adonai

blessed is the glory of Hashem

mei-atar beit Sh'chintei.

from the abode of the Shechinah.

Adonai yimloch l'olam va-ed.

Hashem shall reign for ever and ever.

Adonai malchuteih ka-eim

Hashem's kingdom is established

וְאַתָּה קָדוֹשׁ,

יוֹשֵׁב תְּהִלֹּת יִשְׂרָאֵל.

וְקָרָא זֶה אֶל זֶה וְאָמַר,

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ

יְהוָה צְבָאוֹת,

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

וּמִקְבָּלֵי דֵין מִן דֵין,

וְאֹמְרִין קָדִישׁ,

בְּשֵׁמִי מְרוֹמָא

עֲלֵאָה בֵּית שְׁכִינָתָהּ,

קָדִישׁ עַל אֲרֻעָא

עוֹבֵד גְּבוּרָתָהּ,

קָדִישׁ לְעֵלָם וּלְעֵלְמֵי עֲלַמְיָא,

יְהוָה צְבָאוֹת מְלִיא

כָּל אֲרֻעָא זִיו יְקָרָהּ.

וְתַשְׁאֲנִי רוּחַ,

וְאַשְׁמַע אַחֲרֵי קוֹל רַעַשׁ

גָּדוֹל,

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

וְנִטְלַתְנִי רוּחָא,

וְשִׁמְעַת בְּתַרִּי קוֹל זִיעַ סָגִיא,

דִּי מְשַׁבְּחִין וְאֹמְרִין,

בְּרִיךְ יְקָרָא דִּיהוָה

מֵאֲתַר בֵּית שְׁכִינָתָהּ.

יְהוָה יִמְלֹךְ לְעֵלָם וָעַד.

יְהוָה מַלְכוּתָהּ קָאִם

l'alam ulal'mei al'maya.

for ever and for eternity.

Adonai Elohei Avraham

Hashem, Elohim of Abraham

Yitz-chak v'Yisra-eil avoteinu,

Isaac and Israel, our ancestors,

shomra zot l'olam,

safeguard this forever,

l'yeitzer machsh'vot l'vav amecha,

for the sake of the thoughts in the hearts of Your nation,

v'hachein l'vavam Eilecha.

and direct their hearts toward You.

V'hu rachum,

And the Eternal is merciful,

y'chapeir avon v'lo yashchit,

and forgives misdeeds and shall not destroy,

v'hirba l'hashiv apo v'lo ya-ir

and the Eternal frequently thwarts wrath and will never

kol chamato.

arouse all anger.

Ki atah Adonai tov v'salach,

For You Hashem are good and forgiving,

v'rav chesed, l'chol kor'echa.

and abundant in kindness, to all who call to You.

Tzidkat'cha tzedek l'olam,

Your righteousness is an everlasting justice,

v'Torat'cha emet.

and Your Torah is true.

Titein emet l'Ya-akov,

You give truth to Jacob,

chesed l'Avraham asher nishbata

and kindness to Abraham as You have vowed

la-avoteinu mimei kedem.

to our ancestors since the earliest days.

Baruch Adonai, yom yom ya-amos

Blessed is Hashem, who every day bears burdens

lanu, ha-Eil y'shu-ateinu selah.

for us, the Eternal of our salvation selah.

Adonai tz'va-ot imanu,

Hashem of hosts is with us,

misgav lanu, Elohei Ya-akov selah.

a stronghold for us, is the Elohim of Jacob selah.

Adonai tz'va-ot,

Hashem of hosts,

ashrei adam botei-ach bach.

joyful is the person who trusts in You.

Adonai hoshi-ah,

Hashem save us,

לְעֵלָם וּלְעֵלָמִי עֲלָמִיא.

יְהוָה אֱלֹהֵי אַבְרָהָם

יִצְחָק וְיִשְׂרָאֵל אֲבוֹתֵינוּ,

שֹׁמְרָה זֹאת לְעוֹלָם,

לִיַּצֵּר מַחְשְׁבוֹת לִבִּב עַמֶּךָ,

וְהִכֵּן לִבָּבָם אֵלֶיךָ.

וְהוּא רַחוּם,

יִכַּפֵּר עוֹן וְלֹא יִשְׁחִית,

וְהִרְבֵּה לְהַשִּׁיב אָפוֹ וְלֹא יַעֲדִיר

כָּל חַמָּתּוֹ.

כִּי אַתָּה אֲדֹנָי טוֹב וְסֹלֶחַ,

וְרַב חֶסֶד, לְכֹל קוֹרְאֶיךָ.

צְדִקְתֶּךָ צֶדֶק לְעוֹלָם,

וְתוֹרַתֶּךָ אֱמֶת.

תִּתֵּן אֱמֶת לִיעֲקֹב,

חֶסֶד לְאַבְרָהָם אֲשֶׁר נִשְׁבַּעְתָּ

לְאַבוֹתֵינוּ מִיָּמֵי קֶדֶם.

בָּרוּךְ אֲדֹנָי, יוֹם יוֹם יַעֲמֹס

לָנוּ, הָאֵל יִשׁוּעַתָּנוּ סֵלָה.

יְהוָה צְבָאוֹת עִמָּנוּ,

מִשְׁגָּב לָנוּ, אֱלֹהֵי יַעֲקֹב סֵלָה.

יְהוָה צְבָאוֹת,

אַשְׁרֵי אָדָם בֹּטֵחַ בָּךְ.

יְהוָה הוֹשִׁיעָה,

ha-melech ya-aneinu b'yom koreinu.
 the Sovereign shall answer us on the day when we call.
 Baruch hu Eloheinu,
 Blessed is our Elohim,
 sheb'ra-anu lichvodo,
 who created us for the sake of the Eternal's glory,
 v'hivdilanu min hato'im,
 who separated us from those who have been led astray,
 v'natan lanu Torat emet,
 who gave us the Torah of truth,
 v'chayei olam nata b'tocheinu,
 and who implanted within us eternal life,
 hu yiftach libeinu b'Torato
 may our hearts be open to Torah
 v'yaseim b'libeinu ahavato v'yirato,
 and be placed within our hearts love and awe of the Eternal,
 v'la-asot r'tzono ulovdo
 to fulfill the will of and to serve the Eternal
 b'leivav shaleim,
 wholeheartedly,
 l'ma-an lo niga larik,
 may we not toil in vain,
 v'lo neileid labealah.
 nor give birth to panic.
 Y'hi ratzon mil'fanecha,
 May it be Your will,
 Adonai Eloheinu v'Eilohai avoteinu,
 Hashem our Elohim and Elohim of our ancestors,
 shenishmor chukecha ba-olam hazeh,
 that we should keep your statutes in this world,
 v'nizkeh v'nichyeh v'nireh,
 and may we merit and live and see,
 v'nirash tova uvrachah,
 and inherit goodness and blessing,
 lishnei y'mot ha-Mashiach,
 in the years and times of the Mashiach,
 l'chayei ha-olam haba.
 for the life in the world to come.
 L'ma-an y'zamercha kavod
 So that my glory may sing praise to You
 v'lo yidom,
 and not be silent,
 Adonai Elohai l'olam odecha.
 Hashem my Elohim I shall ever give You thanks.
 Baruch ha-gever asher
 Blessed is the person who
 yivtach b'Adonai,
 puts their trust in Hashem,

המלך יעֲנֵנו בְּיוֹם קִרְאָנוּ.
 בָּרוּךְ הוּא אֱלֹהֵינוּ,
 שֶׁבְּרָאֵנוּ לְכְבוֹדוֹ,
 וְהִבְדִּילָנוּ מִן הַתּוֹעִים,
 וְנָתַן לָנוּ תּוֹרַת אֱמֶת,
 וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ,
 הוּא יִפְתַּח לִבֵּנוּ בְּתוֹרָתוֹ
 וַיִּשֶׂם בְּלִבֵּנוּ אֶהְבָּתוֹ וַיִּירָאָתוֹ,
 וְלַעֲשׂוֹת רְצוֹנוֹ וּלְעֹבְדוֹ
 בְּלֵבָב שָׁלֵם,
 לְמַעַן לֹא נִיָּגַע לְרִיק,
 וְלֹא נֵלֵד לְבִהָלָה.
 יְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 שֶׁנִּשְׁמַר חֻקֶּיךָ בְּעוֹלָם הַזֶּה,
 וְנִזְכֶּה וְנִחְיֶה וְנִרְאֶה,
 וְנִירָשׁ טוֹבָה וּבְרָכָה,
 לְשֵׁנֵי יָמֹת הַמָּשִׁיחַ,
 וְלַחַיֵּי הָעוֹלָם הַבָּא.
 לְמַעַן יִזְמְרֶךָ כְּבוֹד
 וְלֹא יִדָּם,
 יְהוָה אֱלֹהֵי לְעוֹלָם אֻדָּךְ.
 בָּרוּךְ הַגֶּבֶר אֲשֶׁר
 יִבְטַח בִּיהוָה,

v'hayah Adonai mivtacho.

then Hashem will be their security.

Bitchu b'Adonai adei ad,

Trust in Hashem forever,

ki b'Yah Adonai tzur olamim.

for in the Eternal One Hashem is the strength of the worlds.

V'yivt'chu v'cha yod'ei sh'mecha,

And they will trust in You those who know Your Name,

ki lo azavta dor'shecha Adonai.

for You have not forsaken those who seek You Hashem.

Adonai chafeitz l'ma-an tzidko,

Hashem desired for the sake of righteousness,

yagdil Torah v'yadir.

to make the Torah great and glorious.

וְהָיָה יְהוָה מְבִטָּחוּ.

בְּטָחוּ בַיהוָה עַד עַד,

כִּי בַיָּהּ יְהוָה צוּר עוֹלָמִים.

וַיִּבְטְחוּ בְךָ יוֹדְעֵי שְׁמֶךָ,

כִּי לֹא עֲזַבְתָּ דֹרֶשֶׁיךָ יְהוָה.

יְהוָה חָפֵץ לְמַעַן צְדָקוֹ,

יַגְדִּיל תּוֹרָה וַיֹּאדִיר.

On Rosh Chodesh and Chol Hamoed, continue with Chatzi Kaddish on page 126.

קדיש שלם

KADDISH SHALEIM

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetime and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

יִתְגַּדֵּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעָלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ,

וַיַּצְמַח פְּרֻקָנֵיהּ

וַיַּקְרִיב מְשִׁיחֵהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהִיא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

Yitbarach v'ishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yitaleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

l'eila min kol birchata

who is beyond all blessings

v'shirata tushb'chata v'nechemata,

or songs or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Titkabeil tz'lot'hon uva-ut'hon

May the prayers and supplications be accepted

d'chol beit Yisra-eil kadam

of the entire House of Israel before

avuhon di vishmaya,

their Father who is in heaven,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,

May there be much peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-eil,

and upon all Israel,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,

May the One who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָּא מִן כָּל בִּרְכָתָא

וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא,

דְּאִמְרֵן בְּעָלְמָא,

וְאִמְרוּ אָמֵן. {אָמֵן.}

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן

דְּכָל בֵּית יִשְׂרָאֵל קָדָם

אֲבוּהוֹן דִּי בְּשָׁמַיָא,

וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל,

וְאִמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמִרְמִיּוֹ,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאִמְרוּ אָמֵן. {אָמֵן.}

Said only on Rosh Chodesh in place of Kaddish Shaleim.

חצי קדיש CHATZI KADDISH

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chir-uteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha b'rich hu,

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שֵׁמֶה רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָּנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שֵׁמֶה רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שֵׁמֶה דְקָדְשָׁא בְרִיךְ הוּא,

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשַׁבַּחְתָּא וְנַחֲמָתָא,

דְאָמִירָן בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

On Rosh Chodesh, continue with Psalm 104 as the Song of The Day on page 143.

הכנסת ספר תורה

RETURNING THE TORAH

We now stand as we close the Torah and return it to its resting place in the Ark.

Y'hal'lu et sheim Adonai,

Let them praise the Name of Hashem,

ki nishgav sh'mo l'vado.

for Whose Name is exalted alone.

Hodo al eretz v'shamayim.

Whose glory is above earth and heaven.

Vayarem keren l'amo,

Who has exalted the pride of the One's people,

t'hilah l'chol chasidav,

bringing praise for all the One's devout ones,

livnei Yisra-eil am k'rovo,

with whom the One is intimate,

Hal'lu-Yah.

Praise the Eternal One.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.

וַיָּרֶם קֶרֶן לְעַמּוֹ,

תְּהִלָּה לְכֹל חֲסִידָיו,

לְבְנֵי יִשְׂרָאֵל עַם קְרוֹבוֹ,

הַלְלוּיָהּ.

תהלים קכד

PSALM 124

Shir hama-alot l'David.

A song of ascents by David.

Lulei Adonai shehayah lanu,

Had Hashem not been with us,

yomar na Yisra-eil.

declare it now Israel.

Lulei Adonai shehayah lanu,

Had Hashem not been with us,

b'kum aleinu adam.

when people rose up against us.

Azai chayim b'la-unu,

Then they would have swallowed us up alive,

bacharot apam banu.

when their anger flared up against us.

Azai hamayim sh'tafunu,

Then the waters would have flooded us,

nachlah avar al nafsheinu.

the current would have surged across our soul.

Azai avar al nafsheinu,

Then they would have surged across our soul,

hamayim hazeidonim.

the treacherous waters.

Baruch Adonai,

Blessed is Hashem,

shelo n'tanenu teref l'shineihem.

Who did not present us as prey for their teeth.

Nafsheinu k'tzipor niml'tah

Our soul is like a bird escaped

mipach yok'shim, hapach nishbar,

from the snare of the hunters, the snare broke,

va-anachnu nimlatnu.

and we escaped.

Ezreinu b'sheim Adonai,

Our help is in the Name of Hashem,

oseih shamayim va-aretz.

Maker of heaven and earth.

שִׁיר הַמַּעֲלוֹת לְדָוִד.

לוֹלֵי יְהוָה שְׁהִיָּה לָנוּ,

יֹאמַר נָא יִשְׂרָאֵל.

לוֹלֵי יְהוָה שְׁהִיָּה לָנוּ,

בְּקוֹם עָלֵינוּ אָדָם.

אֲזִי חַיִּים בְּלַעֲוֵנוּ,

בַּחֲרוֹת אָפֶם בָּנוּ.

אֲזִי הַמַּיִם שְׁטַפּוּנוּ,

נַחֲלָה עָבַר עַל נַפְשֵׁנוּ.

אֲזִי עָבַר עַל נַפְשֵׁנוּ,

הַמַּיִם הַזֵּידוֹנִים.

בָּרוּךְ יְהוָה,

שֶׁלֹא נִתַּנּוּ טָרֶף לְשִׁנֵּיהֶם.

נַפְשֵׁנוּ כְּצִפּוֹר נִמְלְטָה

מִפֶּחַ יוֹקְשִׁים, הַפֶּחַ נִשְׁבַּר,

וְאֲנַחְנוּ נִמְלָטְנוּ.

עֲזָרָנוּ בְּשֵׁם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

שִׁיר עַל יוֹם

SONG OF THE DAY

At the end of the daily morning Temple service, the Levites would chant a psalm that was suited to the significance of that day of the week. The song of the day also serves as a countdown of the days of the week to the forthcoming Shabbat.

THE FIRST DAY (SUNDAY)

הַיּוֹם יוֹם רִשׁוֹן בַּשַּׁבָּת,
שְׁבוּ הַיּוֹם הַלְלוּ אֱמוּנָתָם בְּבֵית הַמִּקְדָּשׁ:
Hayom yom rishon ba-Shabbat,
shebo hayu hal'viyim om'rim b'veit hamikdash:
*Today is the first day to Shabbat,
on which the Levites would recite in the Holy Temple:*

תהלים כד PSALM 24

This psalm reminds us that everything belongs to the Creator, because on the first day of Creation, the Creator was all that existed.

L'David mizmor.

By David, a psalm.

L'Adonai ha-aretz umlo-ah,

Hashem's is the earth and its fulness,

teiveil v'yosh'vei vah.

the inhabited land and those who dwell in it.

Ki hu al yamim y'sadah,

For the Eternal One founded it upon the seas,

v'al n'harot y'chon'neha.

and upon rivers established it.

Mi ya-aleh v'har Adonai,

Who may ascend the mountain of Hashem,

umi yakum bimkom kodsho.

and who may stand in the place of the Eternal One's sanctity.

N'ki chapayim uvar leivav,

One with clean hands and pure heart,

asher lo nasa lashav nafshi,

who has not sworn in vain by My soul,

לְדוֹד מִזְמוֹר.
לַיהוָה הָאָרֶץ וּמְלוֹאָהּ,
תִּבֶּל וַיֵּשְׁבִי בָהּ.
כִּי הוּא עַל יַמִּים יִסְדָּהּ,
וְעַל נְהָרוֹת יִכּוֹנְנֶהּ.
מִי יַעֲלֶה בְּהַר יְהוָה,
וּמִי יִקּוּם בְּמִקְוֹם קֹדֶשׁוֹ.
נְקִי כַפַּיִם וּבֵר לֵבָב,
אֲשֶׁר לֹא נָשָׂא לִשְׁוֹא נַפְשִׁי,

v'lo nishba l'mirmah.

and has not sworn deceitfully.

Yisa v'rachah mei-eit Adonai,

They will receive a blessing from Hashem,

utzdakah mei-Elohei yisho.

and just kindness from the Elohim of their salvation.

Zeh dor dor'shav,

This is the generation of those who seek the Eternal One,

m'vakshei panecha Ya-akov selah.

those who strive for Your Presence, Jacob's House, selah.

S'u sh'arim rasheichem,

O gates raise up your heads,

v'hinas'u pitchei olam,

and be uplifted you eternal entrances,

v'yavo melech hakavod.

so that the Eternal One may enter, the Sovereign of glory.

Mi zeh melech hakavod,

Who is this Sovereign of glory,

Adonai izuz v'gibor,

Hashem the mighty and the strong,

Adonai gibor milchamah.

Hashem the strong in battle.

S'u sh'arim rasheichem,

O gates raise up your heads,

usu pitchei olam,

and raise up you eternal entrances,

v'yavo melech hakavod.

so that the Eternal One may enter, the Sovereign of glory.

Mi hu zeh melech hakavod,

Who is this One, the Sovereign of glory,

Adonai tz'va-ot,

Hashem of hosts,

hu melech hakavod selah.

is the Sovereign of glory, selah.

וְלֹא נִשְׁבַּע לְמַרְמָה.

יִשָּׂא בְרָכָה מֵאֵת יְהוָה,

וְצִדְקָה מֵאֱלֹהֵי יִשְׁעוֹ.

זֶה דּוֹר דּוֹר שֹׁכֵן,

מִבְּקָשֵׁי פָנֶיךָ יַעֲקֹב סֵלָה.

שָׂאוּ שַׁעֲרֵימָהְרָא שִׁיכְמָהְ,

וְהִנֵּשָׂאוּ פֶתְחֵי עוֹלָם,

וַיָּבֹא מֶלֶךְ הַכְּבוֹד.

מִי זֶה מֶלֶךְ הַכְּבוֹד,

יְהוָה עֶזְרוֹ וְגִבּוֹר,

יְהוָה גִּבּוֹר מִלְחָמָה.

שָׂאוּ שַׁעֲרֵימָהְרָא שִׁיכְמָהְ,

וְשָׂאוּ פֶתְחֵי עוֹלָם,

וַיָּבֹא מֶלֶךְ הַכְּבוֹד.

מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד,

יְהוָה צְבָאוֹת,

הוּא מֶלֶךְ הַכְּבוֹד סֵלָה.

Continue with Hoshieinu on page 140.

THE SECOND DAY (MONDAY)

הַיּוֹם יוֹם שְׁנֵי בַּשַּׁבָּת,

שָׁבוּ הָיוּ הַלְוִיִּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom sheini ba-Shabbat,

shebo hayu hal'viyim om'rim b'veit hamikdash:

Today is the second day to Shabbat,
on which the Levites would recite in the Holy Temple:

תהלים מח

PSALM 48

On the second day the Creator separated the heavens and the earth. The kabbalists teach that this began the strife between the Upper and Lower worlds. This idea is reflected in this psalm.

Shir mizmor livnei Korach.

A song, a psalm by the sons of Korach.

Gadol Adonai umchulal m'od,

Great is Hashem and very praised,

b'ir Eloheinu har kodsho.

in the city of our Elohim Mount of the Eternal One's Holiness.

Y'feih nof m'sos kol ha-aretz,

Fairest of all sites, joy of all the earth,

har Tziyon yark'tei tzafon,

Mount Zion on the northern side,

kiryat melech rav.

city of the great king.

Elohim b'arm'noteha

Elohim in the city's palaces

noda l'misgav.

is known as the Stronghold.

Ki hineih ham'lachim no-adu,

For behold the kings assembled,

av'ru yachdav.

they came together.

Heimah ra-u kein tamahu,

They saw and indeed were astounded,

nivhalu nechpazu

they were confounded and quickly fled.

R'adah achazatam sham,

Trembling gripped them there,

chil kayoleidah.

convulsions like a woman in birth travail.

B'ru-ach kadim,

With a wind from the east,

t'shabeir aniyot tarshish.

You smashed the ships of Tarshish.

Ka-asher shamenu kein ra-inu

As we heard so we saw

b'ir Adonai tz'va-ot,

in the city of Hashem of hosts,

b'ir Eloheinu.

in the city of our Elohim.

שִׁיר מִזְמוֹר לְבְנֵי קֹרַח.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,

בְּעִיר אֱלֹהֵינוּ הַר קֹדֶשׁ.

יִפְהַ נֹף מְשֹׁשׁ כָּל הָאָרֶץ,

הַר צִיּוֹן יִרְכָּתִי צָפוֹן,

קִרְיַת מֶלֶךְ רָב.

אֱלֹהִים בְּאַרְמְנוֹתֶיהָ

נוֹדַע לְמִשְׁגָּב.

כִּי הִנֵּה הַמְּלָכִים נוֹעְדוּ,

עָבְרוּ יַחְדָּו.

הִמָּה רָאוּ כֵן תִּמְהוּ,

נִבְהָלוּ נִחְפְּזוּ.

רַעְדָּה אַחֲזָתָם שָׁם,

חֵיל כִּיּוֹלֶדָה.

בְּרוּחַ קָדִים,

תִּשְׁבֵּר אֲנִיּוֹת תַּרְשִׁישׁ.

כַּאֲשֶׁר שָׁמַעְנוּ כֵּן רָאִינוּ

בְּעִיר יְהוָה צְבָאוֹת,

בְּעִיר אֱלֹהֵינוּ,

Elohim y'chon'neha ad olam selah.

May Elohim establish it to eternity, selah.

Diminu Elohim chasdecha,

We hoped O Elohim for Your kindness,

b'kerev heichalecha.

in the midst of Your Temple.

K'shimcha Elohim kein t'hilat'cha

As Your Name O Elohim so is Your praise

al katzvei eretz,

to the ends of the earth,

tzedek mal'ah y'minecha.

righteousness fills Your right hand.

Yismach har Tziyon,

May Mount Zion be gladdened,

tageilnah b'not Y'hudah,

rejoice the daughters of Judah,

l'ma-an mishpatecha.

for the sake of Your judgements.

Sobu Tziyon v'hakifuha,

Walk about Zion and encircle her,

sifru migdaleha.

count her towers.

Shitu lib'chem l'cheilah,

Mark her ramparts well in your hearts,

pas'gu arm'noteha,

raise up her palaces,

l'ma-an t'sap'ru l'dor acharon.

so that you may recount it to the succeeding generation.

Ki zeh Elohim Eloheinu

For this is Elohim our Elohim

olam va-ed,

for ever and ever,

hu y'nahageinu al mut.

He will guide us eternally.

אֱלֹהִים יְכוֹנֶנֶה עַד עוֹלָם סֵלָה.

דִּמִּינוּ אֱלֹהִים חַסְדְּךָ,

בְּקֶרֶב הַיִּכְלָךְ.

כְּשִׁמְךָ אֱלֹהִים כֵּן תְּהִלַּתְךָ

עַל קְצוֵי אֶרֶץ,

צֶדֶק מְלֵאָה יְמִינְךָ.

יִשְׂמַח הַר צִיּוֹן,

תִּגְלֶנָּה בָּנוֹת יְהוּדָה,

לְמַעַן מִשְׁפָּטֶיךָ.

סִבּוּ צִיּוֹן וְהִקִּיפוּהָ,

סִפְרוּ מִגְדָּלֶיהָ.

שִׁיתוּ לְבַבְכֶּם לְחִילָה,

פָּסְגוּ אֲרָמְנוֹתֶיהָ,

לְמַעַן תִּסְפְּרוּ לְדוֹר אַחֲרוֹן.

כִּי זֶה אֱלֹהִים אֱלֹהֵינוּ

עוֹלָם וָעֶד,

הוּא יְנַהֲגֵנוּ עַל מוֹת.

Continue with Hoshieinu on page 140.

THE THIRD DAY (TUESDAY)

הַיּוֹם יוֹם שְׁלִישִׁי בַּשַּׁבָּת,

שָׁבוּ הָיוּ הַלְוִיִּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom sh'lishi ba-Shabbat,

shebo hayu hal'viyim om'rim b'veit hamikdash:

*Today is the third day to Shabbat,
on which the Levites would recite in the Holy Temple:*

תהלים פב

PSALM 82

On the third day the Creator caused the dry land to become visible and fit for habitation. The kabbalists teach that the Creator did this so people would follow the precepts of Torah and deal justly with others.

Mizmor l'Asaf,

A psalm by Asaph,

Elohim nitzav ba-adat eil,

Elohim stands in the Divine assembly,

B'kerev Elohim yishpot.

in the midst of judges shall the Elohim judge.

Ad matai tishp'tu avel,

Until when will you judge lawlessly,

ufnei r'sha-im tisu selah.

and the presence of the wicked will you favor, selah?

Shiftu dal v'yatom,

Dispense justice for the needy and the orphan,

ani varash hatzdiku.

vindicate the poor and impoverished.

Pal'tu dal v'evyon,

Rescue the needy and the destitute,

miyad r'sha-im hatzilu.

from the hand of the wicked deliver them.

Lo yad'u v'lo yayinu,

They do not know nor do they understand,

bachasheichah yit-halachu,

that they walk in darkness,

yimotu kol mos'dei aretz.

all the foundations of the earth collapse.

Ani amarti Elohim atem,

I said Angelic are you,

uvnei Elyon kul'chem.

all of you are children of the Most High.

Achein k'adam t'mutun,

But like mortals you shall die,

uch-achad hasarim tipolu.

and like one of the princes you shall fall.

Kumah Elohim shaftah ha-aretz,

Arise O Elohim, judge the earth,

ki atah tinchal b'chol hagoyim.

for You allot the portion of all the nations.

מִזְמוֹר לְאַסָּף,

אֱלֹהִים נִצָּב בְּעֵדֶת אֵל,

בְּקֶרֶב אֱלֹהִים יִשְׁפֹּט.

עַד מָתִי תִשְׁפָּטוּ עוֹל,

וּפְנֵי רָשָׁעִים תִּשְׂאוּ סֵלָה.

שְׁפֹטוּ דָל וְיָתוֹם,

עָנִי וְרֹשׁ הַצְדִּיקוּ.

פָּלְטוּ דָל וְאֶבְיוֹן,

מִיַּד רָשָׁעִים הַצִּילוּ.

לֹא יָדְעוּ וְלֹא יִבִּינוּ,

בַּחֲשֵׁכָה יִתְהַלְכוּ,

יִמוּטוּ כָּל מוֹסְדֵי אֶרֶץ.

אֲנִי אָמַרְתִּי אֱלֹהִים אַתֶּם,

וּבְנֵי עֲלִיוֹן כְּלִכֶּם.

אֲכֵן כְּאָדָם תָּמוּתוּן,

וּכְאֶחָד הַשָּׂרִים תִּפְלוּ.

קוּמָה אֱלֹהִים שְׁפֹטָה הָאָרֶץ,

כִּי אַתָּה תִּנְחַל בְּכָל הַגּוֹיִם.

Continue with Hoshieinu on page 140.

THE FOURTH DAY (WEDNESDAY)

הַיּוֹם יוֹם רְבִיעִי בַּשַּׁבָּת,

שֶׁבוּ הָיוּ הַלְוִיִּים אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom r'vi-i ba-Shabbat,
shebo hayu hal'viyim om'rim b'veit hamikdash:*Today is the fourth day to Shabbat,
on which the Levites would recite in the Holy Temple:*

תהלים צד

PSALM 94:1-95:3

On the fourth day, the Creator created the sun, moon, and stars. At one point, humanity came to regard the luminaires as independent gods that should be worshipped. This psalm speaks of the Creator's retaliation against those who do evil and reassures us that goodness will prevail in the end.

Eil n'kamot Adonai,

O Eternal One of retaliation, Hashem,

Eil n'kamot hofi-a.

*O Eternal One of retaliation appear.*Hinaseih shofeit ha-aretz,*Arise O Judge of the earth,*

hasheiv g'mul al gei-im.

render retribution to the haughty.

Ad matai r'sha-im, Adonai,

*Until when will the wicked, O Hashem,*ad matai r'sha-im ya-alozu.*until when will the wicked rejoice.*

Yayi-u y'dab'ru atak,

*They utter, they speak malicious falsehood,*yitam'ru kol po-alei aven.*they glorify themselves all doers of evil.*

Am'cha Adonai y'dak'u,

Your people Hashem they crush,

v'nachlat'cha y'anu.

*and Your heritage they afflict.*Almanah v'geir yaharogu,*The widow and the stranger they slay,*vitomim y'ratzeichu.*and the orphans they murder.*

Vayom'ru, lo yireh Yah,

And they say, the Eternal One will not see,

v'lo yavin Elohei Ya-akov.

and the Elohim of Jacob will not understand.

אֵל נִקְמוֹת יְהוָה,

אֵל נִקְמוֹת הוֹפִיעַ.

הַנֶּשֶׂא שֹׁפֵט הָאָרֶץ,

הַשֹּׁב גְּמוּל עַל גִּבּוֹרִים.

עַד מָתַי רְשָׁעִים, יְהוָה,

עַד מָתַי רְשָׁעִים יַעֲלֹזוּ.

יִבְיְעוּ יִדְבְּרוּ עֲתָק,

יִתְאַמְרוּ כָּל פֹּעֲלֵי אָוֶן.

עֲמֹךְ יְהוָה יִדְכָּאוּ,

וְנַחֲלַתְךָ יַעֲנוּ.

אֶלְמָנָה וְגֵר יִהָרְגוּ,

וְיִתּוּמִים יִרְצָחוּ.

וַיֹּאמְרוּ, לֹא יִרְאֶה יְהוָה,

וְלֹא יִבִּין אֱלֹהֵי יַעֲקֹב.

Binu bo-arim ba-am,

Understand you ignorant among the people,

uchsilim matai taskilu.

and you fools when will you gain wisdom?

Hanota ozen halo yishma,

Will the One Who implants the ear not hear,

im yotzeir ayin halo yabit.

and the One Who creates the eye not see?

Hayoseir goyim halo yochi-ach,

Will the One Who chastises nations not punish,

ham'lameid adam da-at.

it is the One Who teaches humanity knowledge.

Adonai yodei-a machsh'vot adam,

Hashem knows the thoughts of humanity,

ki heimah havel.

that they are futile.

Ashrei hagever asher t'yasrenu Yah,

Happy is the person whom the Eternal One disciplines,

umi-Torat'cha t'lamdenu.

and from Your Torah You teach them.

L'hashkit lo mimei ra,

To give them rest from the days of evil,

ad yikareh l'rosha shachat.

while a pit is dug for the wicked.

Ki lo yitosh Adonai amo,

Because Hashem will not forsake His people,

v'nachalato lo ya-azov.

and will not abandon His heritage.

Ki ad tzedek yashuv mishpat,

For justice shall revert to righteousness,

v'acharav kol yishrei leiv.

and all upright of heart will follow it.

Mi yakum li im m'rei-im,

Who will rise up for me against those who do evil,

mi yityatzeiv li im po-alei aven.

who will stand up for me against the evildoers.

Lulei Adonai ezratah li,

Had not Hashem been a help to me,

kimat shachnah dumah nafshi.

in a moment my soul would have dwelt in the silent grave.

Im amarti matah ragli,

If I said, "my foot falters,"

chasd'cha Adonai yisadeini.

Your kindness Hashem supported me.

B'rov sarapai b'kirbi,

When my forebodings were abundant within me,

tanchumecha y'sha-ashu nafshi.

Your comforts cheered my soul.

בִּינוּ בְּעָרִים בְּעַם,

וְכַסִּילִים מָתִי תִשְׁכִּילוּ.

הֲנִטֵּעַ אָזֶן הֲלֹא יִשְׁמַע,

אִם יֵצֵר עֵין הֲלֹא יִבִּיט.

הֲיֹסֵר גּוֹיִם הֲלֹא יוֹכִיחַ,

הַמְלַמֵּד אָדָם דָּעַת.

יְהוּה יֵדַע מַחְשְׁבוֹת אָדָם,

כִּי הֵמָּה הֶבֶל.

אַשְׁרֵי הַגֶּבֶר אֲשֶׁר תִּיִסְרֶנּוּ יְהוָה,

וּמִתּוֹרַתְךָ תִּלְמַדֶּנּוּ.

לְהַשְׁקִיט לוֹ מִיָּמֵי רָע,

עַד יִכָּרֶה לָרָשָׁע שַׁחַת.

כִּי לֹא יִטֹּשׁ יְהוּה עַמּוֹ,

וְנִחַלְתּוֹ לֹא יַעֲזֹב.

כִּי עַד צֶדֶק יָשׁוּב מִשְׁפָּט,

וְאַחֲרָיו כָּל יִשְׂרָאֵל.

מִי יָקוּם לִי עִם מְרֹעִים,

מִי יִתִּיצֵב לִי עִם פֹּעֲלֵי אָוֶן.

לֹאֲלִי יְהוּה עֲזָרְתָה לִּי,

כַּמַּעַט שָׁכְנָה דוּמָה נַפְשִׁי.

אִם אֶמְרֹתִי מָטָה רַגְלִי,

חֲסִדְךָ יְהוּה יִסְעֶדְנִי.

בְּרֹב שְׂרָעַפִּי בְּקִרְבִּי,

תַּנְחוּמֶיךָ יִשְׁעֵשְׂעוּ נַפְשִׁי.

Haychavr'cha kisei havot,
 Can the throne of destruction be associated with You,
 yotzeir amal alei chok.
 those who make evil into a statue?
 Yagodu al nefesh tzadik,
 They join together against the soul of the righteous,
 v'dam naki yarshi-u.
 and they condemn innocent blood.
 Vayhi Adonai li l'misgav,
 Then Hashem became a stronghold for me,
 v'Eilohai l'tzur machsi.
 and my Elohim the Rock of my refuge.
 Vayashev aleihem et onam,
 He turned their own violence upon them,
 uvra-atam yatzmiteim,
 and He will cut them off with their own evil,
 yatzmiteim Adonai Eloheinu.
 Hashem our Elohim will cut them off.
 L'chu n'ran'na l'Adonai,
 Come let us sing with joy to Hashem,
 nariyah l'tzur yisheinu.
 let us call out to the Rock of our salvation.
 N'kad'mah fanav b'todah,
 Let us greet the Eternal with thanks,
 bizmirot nari-a lo.
 let us call out with music to the One.
 Ki Eil gadol Adonai,
 For Hashem is a great Almighty One,
 umelech gadol al kol elohim.
 and a great Sovereign of all divine beings.

הִיִּחַבְרָךְ כִּסֵּא הַוּוֹת,
 יוֹצֵר עֲמָל עָלֵי חֹק.
 יִגְדּוּ עַל נֶפֶשׁ צַדִּיק,
 וְדַם נָקִי יִרְשִׁיעוּ.
 וַיְהִי יְהוָה לִי לְמִשְׁגָּב,
 וְאֱלֹהֵי לְצוּר מַחְסִי.
 וַיֵּשֶׁב עֲלֵיהֶם אֶת אֹנָם,
 וַיַּבְרַעְתֵּם יִצְמִיתֵם,
 יִצְמִיתֵם יְהוָה אֱלֹהֵינוּ.
 לִכּוּ נִרְנְנָה לַיהוָה,
 נָרִיעָה לְצוּר יִשְׁעֵנוּ.
 נִקְדָּמָה פָּנֵינוּ בְּתוֹדָה,
 בְּזִמְרוֹת נָרִיעֵ לוֹ.
 כִּי אֵל גָּדוֹל יְהוָה,
 וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

Continue with Hoshieinu on page 140.

THE FIFTH DAY (THURSDAY)

היום יום חמישי בשבת,

שבו היו הלויים אומרים בבית המקדש:

Hayom yom chamishi ba-Shabbat,
shebo hayu hal'viyim om'rim b'veit hamikdash:*Today is the fifth day to Shabbat,
on which the Levites would recite in the Holy Temple:*

תהלים פא

PSALM 81

On the fifth day the Creator made the birds and the fish, which bring joy to the world. Humanity is moved to praise Creator with song upon observing the beauty and variety of creation.

Lamnatzei-ach al hagiti l'asaf.

For the conductor on the gittis by Asaph.

Harninu Leilohim uzeinu,

Sing joyously to Elohim our strength,

hari-u Leilohei Ya-akov.

call out to the Elohim of Jacob.

S'u zimrah utnu tof,

Raise up a song and sound the drum,

kinor na-im im navel.

the sweet harp with the lyre.

Tiku vachodesh shofar,

Blow the shofar at the moon's renewal,

bakeseh l'yom chageinu.

at the appointed time for the day of our festivals.

Ki chok l'Yisra-eil hu,

Because it is a decree for Israel,

mishpat Leilohei Ya-akov.

a judgement day for the Elohim of Jacob.

Eidut biHoseif samu,

As a testimony for Joseph was it appointed,

b'tzeito al erez mitzrayim,

when He went out over the land of Egypt,

s'fat lo yadati eshma.

a language unknown to me I heard.

Hasiroti miseivel shichmo,

I removed his shoulder from the burden,

kapav midud ta-avornah.

from the kettle his hands passed.

לִמְנַצֵּחַ עַל הַגִּתִּי לְאַסָּף.

הֲרַנִּינוּ לֵאלֹהִים עוֹזֵנֵינוּ,

הָרִיעוּ לֵאלֹהֵי יַעֲקֹב.

שִׂאוּ זִמְרָה וּתְנוּ תֹף,

כִּנּוֹר נָעִים עִם נָבֶל.

תִּקְעוּ בַחֹדֶשׁ שׁוֹפָר,

בַּכֶּסֶה לְיוֹם חַגֵּנוּ.

כִּי חֹק לְיִשְׂרָאֵל הוּא,

מִשְׁפָּט לֵאלֹהֵי יַעֲקֹב.

עֵדוּת בִּיהוֹסֵף שָׁמוּ,

בְּצֵאתוֹ עַל אֶרֶץ מִצְרַיִם,

שִׁפְתֹּי לֹא יָדַעְתִּי אֲשֶׁמַּע.

הִסִּירוֹתַי מִסָּבֵל שִׁכְמוֹ,

כַּפָּיו מִדוּד תַּעֲבֹרְנָה.

Batzarah karata va-achal'tzecha,

In distress you called out and I released you,

e-enchā b'seter ra-am,

I answered you privately with a thunderous reply.

Evchancha al mei m'rivah selah.

I tested you at the Waters of Strife, selah.

Sh'ma ami v'a-idah bach,

Listen My people and I will attest to you,

Yisra-eil im tishma li.

O Israel if you would but listen to Me.

Lo yihyeh b'cha eil zar,

There shall not be within you any strange god,

v'lo tishtachaveh l'eil neichar.

nor shall you bow before an alien god.

Anochi Adonai Elohecha,

I am Hashem Your Elohim,

hama-alcha mei-eret mitzrayim,

Who raised you from the land of Egypt,

harchev picha va-amaleihu.

open wide your mouth and I will fill it.

V'lo shama ami l'koli,

But My people did not listen to My voice,

v'Yisra-eil lo avah li.

and Israel did not desire me.

Va-ashal'cheihu bishrirut labam,

So I let them pursue the fantasies of their heart,

yeil'chu b'mo-atzoteihem.

that they might follow their own counsels.

Lu ami shomei-a li,

If only My people would heed Me,

Yisra-eil bidrachai y'haleichu.

if only Israel would walk in My ways.

Kimat oy'veihem achni-a,

In an instant their foes I would subdue,

v'al tzareihem ashiv yadi.

and I would turn against their tormentors.

M'sanei Adonai y'chachashu lo,

Those who hate Hashem would lie to him,

vihi itam l'olam.

but their time would be forever.

Vaya-achileihu meicheilev chitah,

And He would feed them with the choicest wheat,

umitzur d'vash asbi-echa.

and I would sate you with honey from a rock.

בַּצָּרָה קָרָאתָ וְאֶחֱלָצְךָ,

אֶעֱנֶךָ בְּסֵתֶר רָעַם,

אֶבְחַנְךָ עַל מֵי מְרִיבָה סֵלָה.

שָׁמַע עָמִי וְאָעִידָה בְּךָ,

יִשְׂרָאֵל אִם תִּשְׁמַע לִי.

לֹא יִהְיֶה בְּךָ אֵל זָר,

וְלֹא תִשְׁתַּחֲוֶה לְאֵל נָכָר.

אֲנֹכִי יְהוָה אֱלֹהֶיךָ,

הִמָּעַלְךָ מֵאֶרֶץ מִצְרַיִם,

הִרְחַב פִּיךָ וְאִמְלֵאֵהוּ.

וְלֹא שָׁמַע עָמִי לְקוֹלִי,

וְיִשְׂרָאֵל לֹא אָבָה לִי.

וְאֶשְׁלַחֵהוּ בַּשְּׂרִירוֹת לְבָם,

יֵלְכוּ בְּמוֹעֲצוֹתֵיהֶם.

לֹו עָמִי שָׁמַע לִי,

יִשְׂרָאֵל בְּדַרְכֵי יִהְלְכוּ.

כִּמְעַט אוֹיְבֵיהֶם אֶכְנִיעַ,

וְעַל צָרֵיהֶם אָשִׁיב יָדִי.

מִשְׁנָאֵי יְהוָה יִכְחָשׁוּ לוֹ,

וְיִהְיֶה עֲתָם לְעוֹלָם.

וַיֹּאכִילֵהוּ מִחֶלֶב חֹטָה,

וּמִצּוֹר דְּבַשׁ אֶשְׂבִּיעֶךָ.

Continue with Hoshieinu on page 140.

THE SIXTH DAY (FRIDAY)

היום יום ששי בשבת,

שבו היו הלויים אומרים בבית המקדש:

Hayom yom shishi ba-Shabbat,
shebo hayu hal'viyim om'rim b'veit hamikdash:*Today is the sixth day to Shabbat,
on which the Levites would recite in the Holy Temple:*

תהלים צג

PSALM 93

On the sixth day the Creator completed the six days of Creation. This psalm speaks of Creator donning grandeur and reminds us that Shabbat is very near.

Adonai malach gei-ut laveish,

Hashem has reigned donned with grandeur,

laveish Adonai oz hitazar,

donned and girded with strength is Hashem,

af tikon teiveil bal timot.

also has shown that the world is firm that it should not topple.

Nachon kisacha mei-az,

Established is Your throne from of old,

mei-olam atah.

eternal are You.

Nas'u n'harot Adonai,

The rivers have lifted up, Hashem,

nas'u n'harot kolam,

the rivers have lifted up their voice,

yisu n'harot dach-yam.

the rivers lift up their waves.

Mikolot mayim rabim,

Above than the roars of many waters,

adirim mishb'rei yam,

mightier than the waves of the sea,

adir bamarom Adonai.

mighty on high are You Hashem.

Eidotecha ne-emnu m'od

Your testimonies are exceedingly trustworthy

l'veit'cha na-avah kodesh,

regarding Your House the Sacred Dwelling,

Adonai l'orech yamim.

O Hashem for length of days.

יהוה מלך גאות לבש,

לבש יהוה עז התאזר,

אף תכון תבל בל תמוט.

נכון כסאך מאז,

מעולם אתה.

נשא נהרות יהוה,

נשא נהרות קולם,

ישאו נהרות דכים.

מקלות מים רבים

אדירים משברי ים,

אדיר במרום יהוה.

עדתיך נאמנו מאד

לביתך נאווה קדש,

יהוה לארך ימים.

Continue with Hoshieinu on page 140.

הוֹשִׁיעֵנו HOSHIEINU

Hoshi-einu Adonai Eloheinu,
Save us Hashem our Elohim,
 v'kab'tzeinu min hagoyim,
and gather us from among the nations,
 l'hodot l'sheim kodshecha,
to thank the Name of Your holiness,
 l'hishtabei-ach bit-hilatecha.
and to glory in Your praise.
 Baruch Adonai Elohei Yisra-eil,
Blessed is Hashem Elohim of Israel,
 min ha-olam v'ad ha-olam,
from this world to the world to come,
 v'amar kol ha-am amen, hal'lu-Yah.
and let all the people say Amen! Hallelu-Yah.
 Baruch Adonai mi-Tziyon,
Blessed is Hashem from Zion,
 shochein Y'rushalayim, hal'lu-Yah.
the One Who dwells in Jerusalem, hallelu-Yah.
 Baruch Adonai Elohim
Blessed is Hashem Elohim
 Elohei Yisra-eil,
Elohim of Israel,
 oseih nifla-ot l'vado.
Who alone does wondrous things.
 Uvaruch sheim k'vodo l'olam,
And Whose Name of glory is blessed forever,
 v'yimalei ch'vodo et kol ha-aretz,
and may Whose glory fill all the earth,
 amen v'amen.
amen and amen.

הוֹשִׁיעֵנו יְהוָה אֱלֹהֵינוּ,
 וְקַבְּצֵנוּ מִן הַגּוֹיִם,
 לְהוֹדוֹת לְשֵׁם קֹדֶשְׁךָ,
 לְהַשְׁתַּבֵּחַ בְּתִהְלֹתֶיךָ.
 בָּרוּךְ יְהוָה אֱלֹהֵי יִשְׂרָאֵל,
 מִן הָעוֹלָם וְעַד הָעוֹלָם,
 וְאָמַר כָּל הָעָם אָמֵן, הַלְלוּיָהּ.
 בָּרוּךְ יְהוָה מִצִּיּוֹן,
 שׁוֹכֵן יְרוּשָׁלַיִם, הַלְלוּיָהּ.
 בָּרוּךְ יְהוָה אֱלֹהִים
 אֱלֹהֵי יִשְׂרָאֵל,
 עֹשֶׂה נִפְלְאוֹת לְבַדּוֹ.
 וּבָרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם,
 וַיִּמְלֵא כְבוֹדוֹ אֶת כָּל הָאָרֶץ,
 אָמֵן וְאָמֵן.

This Psalm is recited from Rosh Chodesh Elul until Hoshanah Rabah.

תהלים כז

PSALM 27

L'David.

By David.

Adonai ori v'yishi mimi ira,
Hashem is my Light and my salvation, whom shall I fear?

Adonai ma-oz chayai mimi efchad.
Hashem is the strength of my life, whom shall I dread?

Bikrov alai m'rei-im,
When there would approach against me those who do evil,

le-echol et b'sari tzarai v'oy'vai li,
to devour my flesh, my enemies and my foes against me,

heimah kash'lu v'nafalu.
it is they who stumble and fall.

Im tachaneh alai machaneh
Even if an army were to encamp against me

lo yira libi,
my heart would not fear,

im takum alai milchamah,
even if a war were to arise against me,

b'zot ani votei-ach.
in this I trust.

Achat sha-alti mei-eit Adonai,
One thing I asked of Hashem,

otah avakeish
that I shall seek,

shivti b'veit Adonai,
would that I dwell in the House of Hashem,

kol y'mei chayai lachazot b'no-am
all the days of my life to behold the delight

Adonai ulvakeir b'heichalo.
of Hashem and in Whose Sanctuary to contemplate.

Ki yitzp'neini b'sukoh b'yom ra-ah,
Indeed He will hide me in His shelter on the day of evil,

yastireini b'seiter ahalo
He will conceal me in the hidden space of His tent,

b'tzur y'rom'meini.
upon a rock will He lift me up.

V'atah yarum roshi,
Now elevated is my head,

al oy'vai s'vivotai,
above my enemies around me,

v'esb'chah v'ahalo zivchei t'ru-ah,
and I will sacrifice offerings in His tent with shouts,

לְדָוִד.

יְהוָה אֱוֹרִי וַיִּשְׁעֵי מִמִּי אִירָא,

יְהוָה מִעֹז חַיִּי מִמִּי אֶפְחָד.

בִּקְרֹב עָלַי מְרֵעִים,

לֶאֱכֹל אֶת בְּשָׁרִי צָרִי וְאֹיְבֵי לִי,

הֵמָּה כְּשָׁלוּ וְנָפְלוּ.

אִם תַּחֲנֶנָּה עָלַי מַחֲנֶה

לֹא יִירָא לִבִּי,

אִם תִּקְוֶם עָלַי מִלְחָמָה,

בְּזֹאת אֲנִי בֹטָח.

אֶחָת שְׁאַלְתִּי מֵאֵת יְהוָה,

אוֹתָהּ אֲבַקֵּשׁ

שְׁבִתִּי בְּבֵית יְהוָה,

כָּל יְמֵי חַיִּי לַחֲזוֹת בְּנֹעַם

יְהוָה וּלְבַקֵּר בְּהִיכָלוֹ.

כִּי יִצְפֶּנִּי בְּסֻכָּה בְּיוֹם רָעָה,

יִסְתִּירֵנִי בְּסֵתֶר אֹהֶלוֹ

בְּצֹר יִרְוֶמֶנִּי.

וְעַתָּה יְרוֹם רֹאשִׁי,

עַל אֹיְבֵי סְבִיבוֹתַי,

וְאֶזְבְּחָה בְּאֹהֶלוֹ זִבְחֵי תְרוּעָה,

ashirah va-azam'rah l'Adonai.

I will sing and chant praise to Hashem.

Sh'ma Adonai koli ekra,

Hashem hear my voice when I call,

v'chaneini v'aneini.

and show me favor and answer me.

L'cha amar libi, bak'shu fanai,

On Your behalf my heart has said, Seek my Face,

et panecha Adonai avakeish.

Your Countenance Hashem do I seek.

Al tasteir panecha mimeni,

Do not conceal Your Countenance from me,

al tat b'af avdecha,

do not repel Your servant in anger,

ezerati hayita,

My Helper You have been,

al tit'sheini v'al ta-azveini,

do not abandon me and do not forsake me,

Elohei yishi.

O Elohim of my salvation.

Ki avi v'imi azayuni,

Though my father and my mother have forsaken me,

va-Adonai ya-asfeini.

Hashem will gather me in.

Horeini Adonai darkecha,

Teach me Your ways Hashem,

uncheini b'orach mishor,

and lead me on the path of integrity,

l'ma-an shor'rai.

because of my watchful foes.

Al tit'neini b'nefesh tzarai,

Do not deliver me to the wishes of my enemies,

ki kamu vi eidei sheker,

for false witnesses have risen against me,

vifei-ach chamas.

and those who breathe violence.

Lulei he-emanti,

Had I not trusted

lirot b'tuv Adonai

that I would see the goodness of Hashem

b'erez chayim.

in the land of life.

Kaveih el Adonai,

Place your hope in Hashem,

chazak v'ya-ameitz libecha,

strengthen yourself and He will instill courage in your heart,

v'kaveih el Adonai.

and place your hope in Hashem.

אֲשִׁירָה וְאֶזְמָרָה לַיהוָה.

שְׁמַע יְהוָה קוֹלִי אֶקְרָא,

וְחַנּוּנִי וְעֲנֵנִי.

לְךָ אָמַר לִבִּי, בִקְשׁוּ פָנַי,

אֶת פָּנֶיךָ יְהוָה אֲבַקֵּשׁ.

אַל תַּסְתֵּר פָּנֶיךָ מִמֶּנִּי,

אַל תֵּט בְּאַף עַבְדְּךָ,

עֲזָרְתִּי הָיִיתָ,

אַל תַּטְשֵׁנִי וְאַל תַּעֲזֹבֵנִי,

אֱלֹהֵי יִשְׁעֵי.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי,

וַיהוָה יֶאֱסַפֵּנִי.

הוֹרֵנִי יְהוָה דִּרְכְּךָ,

וְנַחֲנִי בְּאַרְחַ מִישׁוֹר,

לְמַעַן שְׁׁרָרִי.

אַל תַּתֵּנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ בִי עֲדֵי שָׁקֶר,

וַיִּפַּח חָמָס.

לֹא הֶאֱמַנְתִּי,

לִרְאוֹת בְּטוֹב יְהוָה

בְּאַרְץ חַיִּים.

קִוֵּה אֶל יְהוָה,

חֲזַק וַיֶּאֱמָץ לִבְךָ,

וְקִוֵּה אֶל יְהוָה.

This Psalm is only recited on Rosh Chodesh and is used in place of the Song of The Day.

תהלים קד PSALM 104

The following Psalm is used as the Song of The Day on Rosh Chodesh because of the allusion to the New Moon contained within it. We are reminded that the Creator has total mastery over all of creation through the waxing and waning of the moon. Nothing else in nature convey's this message as powerfully as the moon's cycle.

Bar'chi nafshi et Adonai,

O my soul bless Hashem,

Adonai Elohai gadalta m'od,

Hashem my Elohim You are very great,

hod v'hadar lavashta.

majesty and splendor You have worn.

Oteh or kasalmah,

You wrap Yourself in light as in a garment,

noteh shamayim kayriah.

You spread forth the heavens like a curtain.

Ham'kareh vamayim aliyotav,

The Eternal One Who roofs with water His upper chambers,

hasam avim r'chuvo,

the Eternal One Who sets clouds as His chariot,

ham'haleich al kanfei ru-ach.

the Eternal One Who walks on wings of wind.

Oseh malachav ruchot,

The Eternal One Who makes His messengers the winds,

m'shar'tav eish loheit.

His attendants the fire flaming.

Yasad eretz al m'choneha,

He established the earth upon its foundations,

bal timot olam va-ed.

that it not topple for ever and ever.

T'hom kal'vush kisito,

The watery deep as with a garment You covered it,

al harim ya-amdu mayim.

upon the mountains would stand water.

Min ga-arat'cha y'nusun,

From Your rebuke they flee,

min kol ra-am'cha yeichafeizun.

from the sound of Your thunder they rush away.

Ya-alu harim yeir'du v'ka-ot,

They ascend mountains, they descend to valleys,

el makom zeh yasadta lahem

to the special place whose foundation You laid for them.

G'vul samta bal ya-avorun,

A boundary You set they cannot overstep,

בְּרַכִּי נַפְשִׁי אֶת יְהוָה,

יְהוָה אֱלֹהֵי גְדֹלַת מְאֹד,

הוֹד וְהַדָּר לְבִשְׁתָּ.

עָטָה אֹר כְּשִׁלְמָה,

נוֹטָה שָׁמַיִם כִּירִיעָה.

הִמָּקְרָה בַּמַּיִם עֲלִיּוֹתָיו,

הַשָּׁם עָבִים רְכוּבוֹ,

הִמָּהִלָּךְ עַל כַּנְפֵי רוּחַ.

עָשָׂה מַלְאָכָיו רוּחוֹת,

מְשַׁרְתָּיו אֵשׁ לֹהֵט.

יָסַד אֶרֶץ עַל מְכוּנֶיהָ,

בֹּל תִּמּוֹט עוֹלָם וָעֶד.

תִּהְיוּם כִּלְבוּשׁ כִּסִּיתוֹ,

עַל הָרִים יַעֲמְדוּ מַיִם.

מִן גִּעְרָתְךָ יִנוּסוּן,

מִן קוֹל רַעֲמֶךָ יִחְפְּזוּן.

יַעֲלוּ הָרִים יִרְדּוּ בְּקַעֲוֹת,

אֶל מְקוֹם זֶה יִסְדַּתָּ לָהֶם.

גְּבוּל שָׁמַתָּ בֹּל יַעֲבֹרוּן,

bal y'shuvun l'chasot ha-aretz.

they cannot return to cover the earth.

Ham'shalei-ach mayanim ban'chalim,

The Eternal One sends the springs into the streams,

bein harim y'haleichun.

between mountains they flow.

Yashku kol chayto sadai,

They water every beast of the field,

yishb'ru f'ra-im tz'ma-am.

they quench the wild creatures' thirst.

Aleihem of hashamayim yishkun,

Near them birds of the heavens dwell,

mibein afa-im yit'nu kol.

from among the branches they give forth song.

Mashkeh harim mei-alivotav,

The Eternal One waters the mountains from His upper chambers,

mip'ri ma-asecha tisba ha-aretz.

from the fruit of Your works the earth is satisfied.

Matzmi-ach chatzir lab'heimah

The Eternal One cause vegetation to sprout for the animal

v'eisev la-avodat ha-adam,

and plants through the labor of humanity,

l'chotzi lechem min ha-aretz.

to bring forth bread from the earth.

V'yayin y'samach l'vav enosh,

And wine that gladdens the heart of humankind,

l'hatz-hil panim mishamen,

to make the face glow from oil,

v'lechem l'vav enosh yisad.

and through bread the heart of humankind is sustained.

Yisb'u atzei Adonai,

Sated are the trees of Hashem,

arzei l'vanon asher nata.

the cedars of Lebanon that He has planted.

Asher sham tziparim y'kaneinu,

That there the birds do nest,

chasidah b'roshim beita.

the stork makes its home among the cypresses.

Harim hag'vohim lay'eilim,

High mountains for the wild goats,

s'la-im machseh lash'fanim.

rocks as refuge for the gophers.

Asah yarei-ach l'mo-adim,

The Eternal One made the moon for Festivals,

shemesh yada m'vo-o.

the sun knows its destination.

Tashet choshech yihi lailah,

You make darkness and it is night,

בַּל יִשְׁבוּן לְכַסּוֹת הָאָרֶץ.

הַמִּשְׁלַח מַעֲיָנִים בַּנְּחָלִים,

בֵּין הָרִים יִהְיוּ.

יִשְׁקוּ כָּל חַיְתוֹ שָׂדֵי,

יִשְׁבְּרוּ פְּרָאִים צְמָאִם.

עֲלֵיהֶם עוֹף הַשָּׁמַיִם יִשְׁכּוּן,

מִבֵּין עֲפָאִים יִתְּנוּ קוֹל.

מִשְׁקֵה הָרִים מֵעֲלִיּוֹתָיו,

מִפְּרֵי מַעֲשֵׂיךָ תִּשְׂבַּע הָאָרֶץ.

מִצְמִיחַ חֲצִיר לַבְּהֵמָה

וְעֹשֶׂב לַעֲבֹדַת הָאָדָם,

לְהוֹצִיא לֶחֶם מִן הָאָרֶץ.

וַיַּיֵּן יִשְׁמַח לִבֵּב אָנוּשׁ,

לְהַצְהִיל פָּנִים מִשָּׁמֶן,

וּלְחֶם לִבֵּב אָנוּשׁ יִסְעֵד.

יִשְׂבְּעוּ עֵצֵי יְהוָה,

אַרְזֵי לְבָנוֹן אֲשֶׁר נָטַע.

אֲשֶׁר שָׁם צִפֹּרִים יִקְנְנוּ,

חֲסִידָה בְּרוֹשִׁים בֵּיתָהּ.

הָרִים הַגְּבוּהִים לִיעֲלִים,

סִלְעִים מַחֲסֵה לַשִּׁפְּנִים.

עָשָׂה יָרַח לְמוֹעֲדִים,

שֶׁמֶשׁ יָדַע מְבוֹאוֹ.

תִּשֶׁת חֹשֶׁךְ וַיְהִי לַיְלָה,

bo tirmosh kol chayto ya-ar.

in which stirs every beast of the forest.

Hak'firim sho-agim lataref,

The young lions roar after their prey,

ulvakeish mei-Eil achlam.

and to seek from the Eternal One their food.

Tizrach hashemesh yei-aseifun,

The sun rises and they are gathered in,

v'el m'onotam yirbatzun.

and in their dens they crouch.

Yeitzei adam l'fa-alo,

Humans go forth to their work,

v'la-avodato adei arev.

and to their labor until evening.

Mah rabu ma-asecha Adonai,

How abundant are Your works Hashem,

kulam b'chochmah asita,

You made all of them with wisdom,

mal'ah ha-aretz kinyanecha.

full is the earth with Your possessions.

Zeh hayam gadol urchav yadayim,

This is the sea great and broad of measure,

sham remes v'ein mispar,

there creeping things are without number,

chayot k'tanot im g'dolot.

creatures small as well as great.

Sham aniyot y'haleichun,

There ships travel,

livyatan zeh yatzarta l'sachek bo.

this Leviathan You fashioned to sport with.

Kulam eilecha y'sabeirun,

All of them look to You with hope,

lateit achlam b'ito.

to provide their food in its proper time.

Titein lahem yilkotun,

You give to them, they gather it in,

tiftach yad'cha yisb'un tov.

You open Your hand, they are satisfied with good.

Tastir panecha yibaheilun,

When You hide Your Face they are terrified,

toseif rucham yigva-un,

when You retrieve their spirit, they perish,

v'et afaram y'shuvun.

and to their dust they return.

T'shalach ruchacha yibarei-un,

When You send forth Your breath they are created,

utchadeish p'nei adamah.

and You renew the surface of the earth.

בו תִּרְמֹשׁ כָּל חַיְתוֹ יַעַר.

הַכְּפִירִים שֹׁאֲגִים לַטָּרֶף,

וּלְבִקֵּשׁ מֵאֵל אֲכָלָם.

תִּזְרַח הַשֶּׁמֶשׁ יֹאסְפוֹן,

וְאֵל מְעוֹנָתָם יִרְבְּצוֹן.

יֵצֵא אָדָם לַפֶּעֶלּוֹ,

וְלַעֲבֹדָתוֹ עַדִּי עֶרֶב.

מַה רַבּוּ מַעֲשֵׂיךָ יְהוָה,

כָּל־ם בְּחִכְמָה עָשִׂיתָ,

מְלֵאָה הָאָרֶץ קִנְיָנְךָ.

זֶה הַיָּם גָּדוֹל וְרָחֵב יָדָיִם,

שָׁם רָמַשׁ וְאֵין מִסְפָּר,

חַיּוֹת קְטָנוֹת עִם גְּדֹלוֹת.

שָׁם אָנִיּוֹת יִהְלָכוּן,

לְוִיתָן זֶה יִצְרָתָ לְשַׁחֵק בּוֹ.

כָּל־ם אֵלֶיךָ יִשְׁבָּרוּן,

לְתֵת אֲכָלָם בְּעֵתוֹ.

תִּתֵּן לָהֶם יִלְקֻטוֹן,

תִּפְתַּח יָדְךָ יִשְׂבְּעוֹן טוֹב.

תַּסְתִּיר פָּנֶיךָ יִבְהִילוּן,

תִּסְף רוּחָם יִגְוְעוּן,

וְאֵל עֶפְרָם יִשׁוּבוּן.

תִּשְׁלַח רוּחְךָ יִבְרָאוּן,

וּתַחַד־שׁ פָּנֶי אֲדָמָה.

Y'hi ch'vod Adonai l'olam,
May the glory of Hashem endure forever,
 yismach Adonai b'ma-asav.

let Hashem rejoice in His works.

Hamabit la-aretz vatirad,
He looks toward the earth and it trembles,
 yiga beharim v'ye-eshanu.

He touches the mountains and they smoke.

Ashirah l'Adonai b'chayai,
I will sing to Hashem while I live,
 azam'rah Leilohai b'odi.

I will sing praises to my Elohim while I endure.

Ye-erav alav sichi,
May my words be sweet to the Eternal One,
 anochi eshmach b'Adonai.

I will rejoice in Hashem.

Yitamu chata-im min ha-aretz,
Those who do wrong will perish from the earth,
 ursha-im od einam,

and the wicked will be no more,

bar'chi nafshi et Adonai,
O my soul bless Hashem,
 hal'lu-Yah.

praise to the Eternal One.

יְהִי כְבוֹד יְהוָה לְעוֹלָם,
 יִשְׂמַח יְהוָה בְּמַעֲשָׁיו.
 הַמִּבִּיט לָאָרֶץ וַתִּרְעַד,
 יִגַּע בַּהָרִים וַיֶּעֱשָׁנוּ.
 אֲשִׁירָה לַיהוָה בְּחַיִּי,
 אֲזַמְּרָה לֵאלֹהֵי בְעוֹדִי.
 יַעֲרַב עָלָיו שִׁיחִי,
 אֲנֹכִי אֶשְׂמַח בַּיהוָה.
 יִתָּמוּ חַטָּאִים מִן הָאָרֶץ,
 וְרִשְׁעִים עוֹד אֵינָם,
 בָּרַכִּי נַפְשִׁי אֶת יְהוָה,
 הַלְלוּ־יָהּ.

קדיש יתום

KADDISH YATOM (MOURNER'S KADDISH)

We turn our thoughts to those who have departed this earth: our own loved ones and those whom we have drawn into our hearts as our own, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death.

זְכוֹרָנָם לְבִרְכָּה.

Zichronam livracha.

May their memories be for blessing.

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetime and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

בְּעֲלָמָא דִּי בְּרָא כְרֻעוּתָהּ,

וַיִּמְלִיךְ מַלְכוּתָהּ,

וַיַּצְמַח פְּרֻקָנָהּ

וַיִּקְרֵב מְשִׁיחָהּ. {אָמֵן}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר

v'yitromam v'yitnasei v'yit-hadar
and hailed and exalted and honored

v'yitaleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,

May there be much peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-eil,

and upon all of Israel,

v'imru Amein. {Amein.}

and let us say amen. Amen.

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵילָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשׁוּבָתָא וְנֶחֱמָתָא,

דְּאֻמְרָן בְּעָלְמָא,

וְאֻמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כּוֹל יִשְׂרָאֵל,

וְאֻמְרוּ אָמֵן. {אָמֵן.}

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כּוֹל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,

May the One who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

וְעַל כּוֹל יִשְׂרָאֵל וְעַל כּוֹל הָעוֹלָם,

וְאֻמְרוּ אָמֵן. {אָמֵן.}

On Rosh Chodesh continue with Musaf on the next page.

Tefillin must be removed before Musaf,

they should not be rolled up at this time so that there is no delay between Kaddish and Musaf.

On all other days continue with Ein Keiloheinu on page 169.

מוסף לראש חודש

MUSAF FOR ROSH CHODESH

Musaf means “added” or “addition.” In our current exile, it replaces the additional sacrifice which was offered in the Holy Temple on Rosh Chodesh. It connects us to Atzilut, the world of Ein Sof. It also connects us to the Creator’s Light both as individuals and as a community in a powerful and intimate way.

Since the Musaf is considered to be a person’s opportunity to approach the Creator in private prayer, it is first recited silently by each individual. Afterwards the Leader repeats it on behalf of the entire community.

In the repetition, Everyone says the words of each blessing in a soft tone at the same time the Leader is chanting them. At the end of each blessing Everyone responds with אָמֵן “Amein”.

The entire Musaf should be said without interruption, therefore the prefaces to the prayers are not read aloud during this section.

We take three steps backward that represent withdrawing our attention from the physical world.

With complete concentration, we take three steps forward which signify stepping into the land of Israel, into the city of Jerusalem, and into the Kadosh Hakadashim (the Holy of Holies).

אֲדֹנָי שְׁפָתַי

ADONAI S’FATAI

אֲדֹנָי שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

אבות AVOT

The first blessing of the Musaf Amidah is associated with Avraham and the s'firah of Chesed. Through it we acknowledge the Creator's great mercy which was revealed to us through our ancestors.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,
then straighten up at ה' the Name of Hashem.*

Baruch atah Adonai Eloheinu

Blessed are You Hashem our Elohim

v'Eilohei avoteinu,

and Elohim of our ancestors,

Elohei Avraham, Elohei Yitzchak,

Elohim of Abraham, Elohim of Isaac,

Elohei Ya-akov, Elohei Sarah,

Elohim of Jacob, Elohim of Sarah,

Elohei Rivkah, Elohei Racheil,

Elohim of Rebecca, Elohim of Rachel,

v'Eilohei Lei-ah. Ha-Eil hagadol

and Elohim of Lei-ah. The Almighty the Great One

hagibor v'hanora, Eil elyon,

the Mighty One and the Awesome One, Supreme Almighty One

gomeil chasadim tovim,

the One who bestows loving-kindness and goodness,

v'koneih hakol,

embracing all,

v'zocheir chasdei avot,

and remembering the loving-kindness of our ancestors,

umeivi go-eil livnei v'neihem,

and bringing a redeemer to their descendants,

l'ma-an sh'mo b'ahavah.

lovingly for the sake of Your Name.

Melech ozeir umoshi-a umagein.

Sovereign who helps and saves and shields.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,
then straighten up at ה' the Name of Hashem.*

Baruch atah Adonai,

Blessed are You Hashem,

magein Avraham v'ezrat Sarah.

shield of Abraham and helper of Sarah.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,
אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל,
וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים,
וְקֹנֵה הַכֹּל,
וְזוֹכֵר חֲסֵדֵי אֲבוֹת,
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה,
מַגֵּן אַבְרָהָם וְעֲזֶרֶת שָׂרָה.

גְּבוּרוֹת G'VUROT

The second blessing of the Musaf Amidah is associated with Yitzchak and the s'firah of Gevurah. Through it we acknowledge the Creator's great might and mention the revival of the dead five times which is an allusion to the five levels of the soul.

Atah gibor l'olam Adonai,
You are forever mighty Hashem,
m'chayeih meitim atah,
You renew life beyond death,
rav l'hoshi-ah.
abundantly able to save.

Pesach-Sukkot: Morid hatal.
Causing dew to fall.

Sh'mini Atzeret-Pesach: Mashiv haruach,
Making the wind blow,
umorid hagashem.
and the rain to fall.

M'chal-keil chayim b'chesed,
You care for the living with mercy,
m'chayeih meitim b'rachamim rabim,
You renew life beyond death with compassion,
someich nof'lim, v'rofei cholim,
supporting the fallen, healing the sick,
umatir asurim,
and releasing the captive,
umkayeim emunato lisheinei afar.
and keeping faith with those who sleep in the dust.
Mi chamocha, ba-al g'vurot!
who is like You, Source of might!
Umi domeh lach, melech meimit
And who resembles You, Sovereign of death
umchayeh umatzmi-ach y'shu-ah.
and of life and who sows deliverance.

V'ne-eman atah l'hachayot meitim.
Faithful are You in renewing life beyond death.

Baruch atah Adonai,
Blessed are You Hashem,
m'chayeih hameitim.
who renews life beyond death.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מַחֲיֵה מֵתִים אַתָּה,
רַב לְהוֹשִׁיעַ.

בְּקִיץ: מוֹרִיד הַטָּל.
בַּחֹרֶף: מַשְׁיֵב הָרוּחַ,
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחֲיֵה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כָמוֹךָ, בָּעַל גְּבוּרוֹתָיו!
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית
וּמַחְיֶה וּמַצְמִיחַ יְשׁוּעָה.
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְהוָה,
מַחֲיֵה הַמֵּתִים.

The following blessing is said only during the Leader's repetition.

קְדוּשָׁה K'DUSHAH

The third blessing of the Musaf Amidah is associated with Ya-akov and Tiferet. Through it we acknowledge the Creator's holiness.

Stand with feet together.

*Rise on toes when saying קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ Kadosh, kadosh, kadosh
and בְּרוּךְ בְּרוּךְ בְּרוּךְ Baruch k'vod, and יִמְלֹךְ Yimloch.*

Each section is said by the Group and repeated by the Leader.

Keter yit'nu l'cha Adonai Eloheinu,
A crown they will give You, Hashem our Elohim,
malachim hamonei malah,
the angels, the multitudes of above,
im am'cha Yisra-eil, k'vutzei matah.
together with Your people Israel, assembled below.

כֶּתֶר יִתְּנוּ לְךָ יְהוָה אֱלֹהֵינוּ,
מַלְאָכִים הַמֹּנִי מַעְלָה,
עִם עַמֶּךָ יִשְׂרָאֵל, קְבוּצֵי מַטָּה.

Yachad kulam k'dushah
Together all of them holy
l'cha y'shaleishu
to You will recite three times,
kadavar ha-amur al yad n'vi-echa,
as the statement spoken by Your prophet,
v'kara zeh el zeh v'amar:
and as one called to another saying:

יַחַד כֻּלָּם קְדוּשָׁה
לְךָ יִשְׁלֹשׁוּ,
כַּדָּבָר הָאָמוּר עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

Kadosh, kadosh, kadosh,
Holy, holy, holy,
Adonai tz'va-ot,
is Hashem of the heavenly hosts,
m'lo chol ha-aretz k'vodo.
the entire world is full of His glory.
K'vodo malei olam,
Whose glory fills the world,
m'shar'tav sho-alim zeh lazeh,
Whose ministering angels ask one another,
ayeih m'kom k'vodo l'ha-aritzo,
where is the place of His glory to revere Him?
l'umatam m'shab'chim v'om'rim:
facing them they offer praise and proclaim:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ,
יְהוָה צְבָאוֹת,
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.
כְּבוֹדוֹ מְלֵא עוֹלָם,
מִשְׁרְתָּיו שׁוֹאֲלִים זֶה לָזֶה,
אֵיִה מְקוֹם כְּבוֹדוֹ לְהַעֲרִיצוֹ,
לְעִמָּתָם מְשַׁבְּחִים וְאוֹמְרִים:

Baruch k'vod Adonai mim'komo.
Blessed is the glory of Hashem in His place.
Mim'komo hu yifen
From His place may He turn

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.
מִמְּקוֹמוֹ הוּא יִפֵּן

b'rachamav l'amo, v'yachon

with compassion to His people, and be gracious

am ham'yachadim sh'mo

to the people who declare the Oneness of His Name

erev vavoker b'chol yom tamid,

evening and morning, every day always,

pa-amayim b'ahavah sh'ma om'rim:

twice with love, Sh'ma they proclaim:

Sh'ma Yisra-eil,

Hear O Israel,

Adonai Eloheinu, Adonai echad.

Hashem our Elohim, Hashem is One.

Hu Eloheinu, hu avinu,

The One is our Elohim, the One is our Father,

hu malkeinu, hu moshi-einu,

the One is our Sovereign, the One is our Redeemer,

v'hu yoshi-einu v'yigaleinu sheinit,

and the One will save us and redeem us a second time,

v'yashmi-einu b'rachamav sheinit

and will let us hear in His compassion for a second time

l'einei kol chai, leimor:

before the eyes of all the living, as follows:

Hein ga-alti etchem

Indeed I have redeemed you

acharit k'reishit,

in the end as at the beginning,

lihyot lachem Leilohim,

to be for you an Elohim,

Ani Adonai Eloheichem.

I am Hashem Your Elohim.

Uvdivrei kodsh'cha katuv leimor:

And in Your holy Writings it is written saying:

Yimloch Adonai l'olam,

May Hashem reign forever,

Elohayich Tziyon,

your Elohim O Zion,

l'dor vador, hal'lu-Yah.

from generation to generation, praise the Eternal One.

בְּרַחֲמָיו לְעַמּוֹ, וַיַּחֲזֶן

עִם הַמַּיְחָדִים שְׁמוֹ

עֶרֶב וּבֹקֶר בְּכָל יוֹם תָּמִיד,

פַּעַמַּיִם בְּאַהֲבָה שְׁמַע אוֹמְרִים:

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,

הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ,

וְהוּא יוֹשִׁיעֵנוּ וַיְגַאֲלֵנוּ שֵׁנִית,

וַיַּשְׁמִיעֵנוּ בְּרַחֲמָיו שֵׁנִית

לְעֵינֵי כָל חַי, לֵאמֹר:

הֵן גָּאֲלֵתִי אֶתְכֶם

אַחֲרִית כְּרֵאשִׁית,

לְהִיּוֹת לָכֶם לֵאלֹהִים,

אֲנִי יְהוָה אֱלֹהֵיכֶם.

וּבְדִבְרֵי קֹדֶשׁ כָּתוּב לֵאמֹר:

יִמְלֹךְ יְהוָה לְעוֹלָם,

אֱלֹהֶיךָ צִיּוֹן,

לְדֹר וָדֹר, הַלְלוּיָהּ.

קְדוּשַׁת הַשֵּׁם K'DUSHAT HASHEIM

Atah kadosh v'shimcha kadosh,
You are holy and Your Name is holy,
ukdoshim b'chol yom
and each day the blessed ones
y'hal'lucha selah,
sing praises to You forever,
ki Eil melech gadol v'kadosh atah.
for a great and holy Sovereign are You, O Eternal One.

Baruch atah Adonai,
Blessed are You Hashem,
ha-Eil hakadosh.
the holy Almighty One.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וְקְדוֹשִׁים בְּכָל יוֹם
יְהַלְלוּךָ סֵלָה,
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.
בָּרוּךְ אַתָּה יְהוָה,
הָאֵל הַקָּדוֹשׁ

קְדוּשַׁת הַיּוֹם K'DUSHAT HAYOM

Rashei chadashim l'am'cha natata,
New Moons to Your people You have given,
z'man kaparah l'chol tol'dotam,
a time of atonement for all their offspring,
bihyotam makrivim l'fanecha
when they would sacrifice before You
zivchei ratzon,
offering for favor,
usirei chatat l'chapeir ba-adam,
and goats of sin-offerings to atone on their behalf,
zichron l'kulam yihyu,
as a remembrance for them all they would serve,
utshu-at nafsham miyad sonei.
and as a salvation for their soul from the hand of the enemy.
Mizbei-ach chadash b'Tziyon tachin,
May You establish an altar that is new in Zion,
v'olat rosh chodesh na-aleh alav,
and upon it may we bring the elevation-offering of the New Moon,
usirei izim na-aseh v'ratzon,
and he-goats may we prepare with favor,
uva-avodat beit hamikdash
and in the service of the Holy Temple

רָאשֵׁי חֳדָשִׁים לְעַמְּךָ נָתַתָּה,
זְמַן כַּפָּרָה לְכָל תּוֹלְדוֹתָם,
בְּהֵיוֹתָם מַקְרִיבִים לְפָנֶיךָ
זִבְחֵי רָצוֹן,
וְשִׁעִירֵי חַטָּאת לְכַפֵּר בְּעַדָּם,
זִכְרוֹן לְכֻלָּם יִהְיוּ,
וּתְשׁוּעַת נַפְשָׁם מִיַּד שׂוֹנֵא.
מִזְבֵּחַ חָדָשׁ בְּצִיּוֹן תַּכִּין,
וְעוֹלַת רֹאשׁ חֹדֶשׁ נִעְלָה עָלָיו,
וְשִׁעִירֵי עֲזִים נַעֲשֶׂה בְּרָצוֹן,
וּבַעֲבֹדַת בֵּית הַמִּקְדָּשׁ

nismach kulanu, uvshirei David
 may we rejoice all together, and in the songs of David
 avdecha hanishma-im b'irecha,
 Your servant that are heard in Your City,
 ha-amurim lifnei mizb'checha,
 when they are recited before Your Altar,
 ahavat olam tavi lahem,
 a love that is eternal may You bring them,
 uvrit avot labanim tizkor.
 and upon the children recall the covenant of the ancestors.
 Y'hi ratzon mil'fanecha,
 May it be the will before You,
 Adonai Eloheinu v'Eilohei avoteinu,
 Hashem our Elohim and Elohim of our ancestors,
 sheta-aleinu v'simchah l'artzeinu,
 that You bring us up with gladness to our land,
 v'tita-einu bigvuleinu,
 and plant us within our boundaries,
 vahavi-einu l'Tziyon ir'cha b'rinah,
 and may You bring us to Zion Your city in glad song,
 v'Lirushalayim beit mikdash'cha
 and to Jerusalem, Your Holy Temple
 b'simchat olam, v'sham na-aseh
 in rejoicing that is eternal, and there we will perform
 l'fanecha et korb'not chovoteinu,
 before You the offerings of our obligations,
 t'midim k'sidram,
 the continual offerings in their order
 umusafim k'hil-chatam.
 and the musaf offerings according to their practices.
 V'et musaf
 And the musaf offerings
 yom Rosh ha-Chodesh hazeh,
 of this day of the New Moon,
 na-aseh v'nakriv l'fanecha b'ahavah,
 we will perform and offer before You with love,
 k'mitzvat r'tzonecha,
 as Your will commanded,
 k'mo shekatavta aleinu b'Toratecha,
 as You have written for us in Your Torah,
 al y'dei Mosheh avdecha,
 by the hand of Your servant Moses,
 mipi ch'vodecha, ka-amur:
 from Your glorious mouth, as it is said:
 Uvrashei chadsheichem takrivu
 On the first of your months you shall bring
 olah l'Adonai,
 an elevation-offering to Hashem,

נְשַׂמַּח כָּלָנוּ, וּבְשִׁירֵי דָוִד
 עֲבַדְךָ הַנִּשְׁמָעִים בְּעִירְךָ,
 הָאֲמוּרִים לִפְנֵי מִזְבְּחֶךָ,
 אֶהְבֵּת עוֹלָם תָּבִיא לָהֶם,
 וּבְרִית אֲבוֹת לַבָּנִים תִּזְכּוֹר.
 יְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 שְׁתַּעֲלֵנוּ בְּשִׂמְחָה לְאַרְצֵנוּ,
 וְתַטְעֵנוּ בְּגְבוּלָנוּ,
 וְהַבִּיאֵנוּ לְצִיּוֹן עִירְךָ בְּרִנָּה,
 וּלְיְרוּשָׁלַיִם בֵּית מִקְדָּשְׁךָ
 בְּשִׂמְחַת עוֹלָם, וְשָׁם נַעֲשֶׂה
 לְפָנֶיךָ אֶת קֶרְבָּנוֹת חוּבוֹתֵינוּ,
 תְּמִידִים כְּסִדְרָם,
 וּמוֹסָפִים כְּהִלְכָתָם.
 וְאֵת מוֹסֵף
 יוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה,
 נַעֲשֶׂה וְנִקְרִיב לְפָנֶיךָ בְּאַהֲבָה,
 כְּמִצְוַת רָצוֹנְךָ,
 כְּמוֹ שֶׁכָּתַבְתָּ עָלֵינוּ בְּתוֹרָתְךָ,
 עַל יְדֵי מֹשֶׁה עַבְדְּךָ,
 מִפִּי כְבוֹדְךָ, כַּאֲמוֹר:
 וּבְרָאשֵׁי חֳדָשֵׁיכֶם תִּקְרִיבוּ
 עֹלָה לַיהוָה,

parim b'nei vakar sh'nayim,

two young bulls of the herd,

v'ayil echad, k'vasim

one ram, lambs

b'nei shanah shivah, t'mimim.

in their first year, seven unblemished.

Uminchatam v'niskeihem kimdubar,

And their meal-offerings and their wine libations as mentioned,

sh'loshah esronim lapar,

three tenths for each bull,

ushnei esronim la-ayil,

and two tenths for each ram,

v'isaron lakeves, v'yayin k'nisko,

and one tenth for each lamb, and wine according to requirement,

v'sa-ir l'kapeir,

a he-goat for atonement,

ushnei t'midim k'hilchatam.

and two continual offerings according to their law.

Everyone responds אָמֵן Amein, as indicated in { }.

Eloheinu v'Eilohei avoteinu,

Our Elohim and the Elohim of our ancestors,

chadeish aleinu

and renew for us

et ha-chodesh hazeh,

and this month,

l'tovah v'livracha {amein},

for good and for blessing {amen},

l'sason ulsimchah {amein},

for joy and for gladness {amen},

lishu-ah ulnechamah {amein},

for salvation and for consolation {amen},

l'farnasah ulchal-kalah {amein},

for sustenance and for support {amen},

l'chayim tovim ulshalom {amein},

for good life and for peace {amen},

limchilat cheit

for pardon of misdeeds

v'li-slichat avon {amein}

and forgiveness of iniquity {amen}

During a Jewish Leap Year, add:

ulchaparot pasha {amein}.

and for atonement of willful negative actions {amen}.

Vihi hachodesh hazeh sof

May it be this month the end

v'keitz l'chol tzaroteinu,

and the termination of all our troubles,

t'chilah varosh l'fidyon nafsheinu.

the start and the beginning for the redemption of our soul.

פָּרִים בְּנֵי בָקָר שְׁנַיִם,

וְאֵיל אֶחָד, כְּבָשִׁים

בְּנֵי שָׁנָה שִׁבְעָה, תְּמִימִם.

וּמִנְחָתָם וְנִסְכֵּיהֶם כַּמְדָּבָר,

שְׁלֹשָׁה עֶשְׂרֹנִים לַפָּר,

וּשְׁנֵי עֶשְׂרֹנִים לְאֵיל,

וְעֶשְׂרוֹן לְכֶבֶשׂ, וַיֵּין כַּנִּסְכּוֹ,

וְשַׁעִיר לְכִפּוּר,

וּשְׁנֵי תְּמִידִים כַּהִלְכָתָם.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

חֲדַשׁ עָלֵינוּ

אֶת הַחֹדֶשׁ הַזֶּה,

לְטוֹבָה וּלְבִרְכָּה {אָמֵן},

לְשָׂשׂוֹן וּלְשִׂמְחָה {אָמֵן},

לְיִשׁוּעָה וּלְנִחְמָה {אָמֵן},

לְפִרְנָסָה וּלְכִלְכָּלָה {אָמֵן},

לְחַיִּים טוֹבִים וּלְשָׁלוֹם {אָמֵן},

לְמַחֲלַת חַטָּא

וּלְסְלִיחַת עוֹן {אָמֵן}

בשנת העבור:

וּלְכִפּוּרַת פָּשָׁע {אָמֵן}.

וַיְהִי הַחֹדֶשׁ הַזֶּה סוֹף

וְקֵץ לְכָל צָרוֹתֵינוּ,

תְּחִלָּה וְרֵאשׁ לְפִדְיוֹן נַפְשֵׁנוּ.

Ki b'am'cha Yisra-eil bacharta

For Your people Israel You have chosen

mikol ha-umot,

from all the nations,

v'chukey rashei chadashim

and the statutes of the New Moons

lahem kavata.

to them You set forth.

Baruch atah Adonai,

Blessed are You Hashem,

m'kadeish Yisra-eil

Who sanctifies Israel

v'rashei chadashim.

and the New Moons.

כִּי בְעַמְּךָ יִשְׂרָאֵל בַּחֲרָתָ

מִכָּל הָאֻמוֹת,

וְחֻקֵּי רָאשֵׁי חֲדָשִׁים

לָהֶם קִבַּעְתָּ.

בָּרוּךְ אַתָּה יְהוָה,

מְקַדֵּשׁ וְיִשְׂרָאֵל

וְרָאשֵׁי חֲדָשִׁים.

עבודה AVODAH

The first final blessing of the Musaf Amidah is associated with Moshe and the s'firah of Netzach. Through it we ask that the Creator be pleased with Yisrael and restore the Temple service.

R'tzeih, Adonai Eloheinu,
Be pleased, Hashem our Elohim,
 b'am'cha Yisra-eil,
with Your people Israel,
 v'litfilatam sh'eih,
and turn toward their prayer,
 v'hasheiv et ha-avodah
and restore the service
 lidvir beitecha,
to the Holy of Holies of Your Temple,
 v'ishei Yisra-eil,
and the fire-offerings of Israel,
 utfilatam m'heirah b'ahavah
and their prayer speedily with love
 t'kabeil b'ratzon,
accept with favor,
 uthi l'ratzon tamid,
and may it always be to Your favor,
 avodat Yisra-eil amecha.
the service of Your people Israel.

רְצֵה, יְהוָה אֱלֹהֵינוּ,
 בְּעַמְּךָ יִשְׂרָאֵל,
 וּלְתַפִּלָּתָם שְׁעֵה,
 וְהָשִׁב אֶת הָעֲבוֹדָה
 לְדָבִיר בֵּיתְךָ,
 וְאִשֵּׁי יִשְׂרָאֵל,
 וּתַפִּלָּתָם מְהֵרָה בְּאַהֲבָה
 תִּקְבֹּל בְּרָצוֹן,
 וְתִהְיֶה לְרָצוֹן תָּמִיד
 עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

We say the following only when Shabbat falls on Rosh Chodesh.

Eloheinu v'Eilohei avoteinu,
Our Elohim and Elohim of our ancestors,
 ya-aleh v'yavo v'yagi-a v'yeira-eh
may it rise and come and arrive and appear
 v'yeiratzeh v'yishama v'hipakeid
and find favor and be heard and be considered
 v'yizacheir zichroneinu
and be remembered, our remembrance
 ufikdoneinu v'zichron avoteinu,
and the remembrance of our ancestors,
 v'zichron Mashiach ben David avdecha,
and the remembrance of Mashiach ben David, Your servant,
 v'zichron Y'rushalayim ir kodshecha,
and the remembrance of Jerusalem Your holy city,
 v'zichron kol am'cha beit Yisra-eil
and the remembrance of Your entire people Israel
 l'fanecha, lif-leitah, l'tovah,
before You, for deliverance, for good,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 יַעֲלֶה וְיָבֹא וְיָגִיעַ וְיִירָאֵה
 וְיִרְצֶה וְיִשְׁמַע וְיִפָּקֵד
 וְיִזְכֹּר זִכְרוֹנֵנוּ
 וּפְקֻדוֹנֵנוּ וְזִכְרוֹן אֲבוֹתֵינוּ,
 וְזִכְרוֹן מָשִׁיחַ בֶּן דָּוִד עַבְדְּךָ,
 וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,
 וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל
 לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,

I'chein ulchesed ulrachamim,
 for grace, kindness and compassion,
 ulchayim ulshalom,
 for life and for peace,
 b'yom Rosh ha-Chodesh hazeh.
 on this day of Rosh Chodesh.
 Zochreinu, Adonai Eloheinu,
 Remember us, Hashem our Eternal One,
 bo l'tovah,
 on it for goodness,
 ufakdeinu vo livrachah,
 and consider us on it for blessing,
 v'hoshi-einu vo l'chayim.
 and deliver us on it for life.
 uvidvar y'shu-ah v'rachamim,
 with the words of deliverance and mercy,
 chus v'chaneinu,
 take pity and be gracious to us,
 v'racheim aleinu v'hoshi-einu,
 and have mercy upon us and save us,
 ki Eilecha eineinu,
 for our eyes turn to You,
 ki Eil melech chanun
 for the One, the Sovereign Who is gracious
 v'rachum atah.
 and compassionate is You.

V'techezenah eineinu b'shuv'cha
 And may our eyes witness Your return
 l'Tziyon b'rachamim.
 to Zion with compassion.

Baruch atah Adonai,
 Blessed are You Hashem,
 hamachazir Sh'chinato l'Tziyon.
 Who restores Your Sh'chinah to Zion.

לַחֵן וּלְחֶסֶד וּלְרַחֲמִים,
 וּלְחַיִּים וּלְשָׁלוֹם,
 בַּיּוֹם רֵאשׁ הַחֹדֶשׁ הַזֶּה.
 זָכְרֵנוּ, יְהוָה אֱלֹהֵינוּ,
 בּוֹ לְטוֹבָה,
 וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה,
 וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.
 וּבְדִבַּר יְשׁוּעָה וּרְחֻמִּים,
 חוּס וְחַנּוּן,
 וּרְחַם עָלֵינוּ וְהוֹשִׁיעֵנוּ,
 כִּי אֵלֶיךָ עֵינֵינוּ,
 כִּי אֵל מֶלֶךְ חַנּוּן
 וּרְחוּם אַתָּה.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ
 לְצִיּוֹן בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

הודאה HODA-AH

The final second blessing of the Musaf Amidah is associated with Aharon and the s'firah of Hod. Through it we offer gratitude to the Creator for our lives, for all the visible and invisible miracles that occur, and for sustaining us in every moment.

*We bow first at our knees and then at our waist as we say מוֹדִים Modim
until ה' the Name of Hashem at which point we straighten up.*

Modim anachnu lach,
We give You thanks,
sha-atah hu Adonai Eloheinu,
for You are Hashem our Elohim,
v'Eilohei avoteinu,
and the Elohim of our ancestors,
l'olam va-ed.
for ever and ever.
Tzur chayeinu, magein yisheinu,
Rock of our life, Shield of our salvation,
atah hu l'dor vador,
are You from generation to generation,
nodeh l'cha unsapeir t'hilatecha,
we thank You and sing Your praises,
al chayeinu ham'surim b'yadecha,
for our lives which are in Your hands,
v'al nishmoteinu hap'kudot lach,
and for our souls which are in Your keeping,
v'al nisecha sheb'chol yom imanu,
and for the signs of Your Presence that are with us everyday,
v'al nifl'otecha v'tovotecha,
and for Your wonders and Your goodness,
sheb'chol eit,
in every moment,
erev vavoker v'tzahorayim.
evening and morning and noon.
Hatov, ki lo chalu rachamecha,
You are goodness, for Your mercy has no end,
v'ham'racheim,
You are compassionate,
ki lo tamu chasadecha,
for Your love has no limit,
mei-olam kiyinu lach.
for ever our hope is in You.

מוֹדִים אֲנַחְנוּ לָךְ,
שְׂאֵתָהּ הוּא, יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
לְעוֹלָם וָעֶד.
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר,
נוֹדֶה לָךְ וְנִסְפֹּר תְּהִלָּתְךָ,
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,
וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,
וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שֶׁבְּכָל עֵת,
עֶרֶב וּבֹקֶר וְצַהֲרָיִם.
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,
וְהַמְּרַחֵם,
כִּי לֹא תָמוּ חֲסָדֶיךָ,
מֵעוֹלָם קִיֵּינוּ לָךְ.

*During the festivals of Chanukah or Purim continue on the next page,
otherwise continue on page 175 with וְעַל כָּלֵם V'al kulam.*

CHANUKAH/PURIM

Chanukah and Purim connect us to the energy of miracles. The following blessings help us to harness the power of miracles so that we can create them in our life whenever they are truly needed.

Al hanisim, v'al hapurkan,
(We thank You) for the miracles, and for the deliverance,
v'al hag'vurot, v'al
and for the heroic acts, and for
ha-t'shu-ot, v'al hamilchamot,
the salvation, and for the victories,
she-asita la-avoteinu
that You performed for our ancestors
bayamim hahem baz'man hazeh.
in those days past at this season.

עַל הַנִּסִּים, וְעַל הַפְּרָקָן,
 וְעַל הַגְּבוּרוֹת, וְעַל
 הַתְּשׁוּעוֹת, וְעַל הַמִּלְחָמוֹת,
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

CHANUKAH

Bimei Matit-yahu ben Yochanan
In the days of Matityahu the son of Yochanan
kohein gadol, chashmonai uvanav,
the high priest, the Hasmonean, and his sons,
k'she-am'dah malchut Yavan
when the kingdom of Greece rose up
harsha-ah al am'cha Yisra-eil
-which was wicked- against your people Israel
l'hashkicham Toratecha,
to make them forget Your Torah,
ul-ha-aviram meihukey r'tzonecha,
and to compel them to stray from the statutes of Your will,
v'atah b'rachamecha harabim
but You in Your mercy which is abundant
amadta lahem b'eit tzaratam,
stood up for them in the time of their distress,
ravta et rivam,
You championed their cause,
danta et dinam,
judged their claim,
nakamta et nikmatam,
and You avenged their wrong,
masarta giborim b'yad chalashim,
You delivered the strong into the hands of the weak,
v'rabim b'yad m'atim,
and the many into the hands of the few,
utmei-im b'yad t'horim,
and the pure into the hands of the pure,

בִּימֵי מַתִּיתְיָהוּ בֶן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַאי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרָשָׁעָה עַל עַמֶּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבַּת אֶת רִיבָם,
 דָּנַת אֶת דִּינָם,
 נִקְמַת אֶת נִקְמָתָם,
 מַסַּרְתָּ גִבּוֹרִים בְּיַד חֲלָשִׁים,
 וְרַבִּים בְּיַד מְעַטִּים,
 וְטְמְאִים בְּיַד טְהוֹרִים,

ursha-im b'yad tzadikim,
and the wicked into the hands of the righteous,
 v'zeidim b'yad os'kei Toratecha.
and the wrongdoers into the hands of the students of Your Torah.
 Ulcha amita sheim gadol
For Yourself you made a name that is great
 v'kadosh b'olamecha,
and holy in Your world,
 ulam'cha Yisra-eil amita
and for Your people Israel You performed
 t'shu-ah g'dolah ufurkan
a victory of great magnitude and a salvation
 k'hayom hazeh. V'achar kein ba-u
as this very day. Thereafter came
 vanecha lidvir beitecha,
Your children to the Holy of Holies of Your House,
 ufinu et heichalecha,
and cleansed Your Temple,
 v'tiharu et mikdashecha,
and purified the site of Your Holiness,
 v'hidliku neiro
and kindled lights
 b'chatzrot kodshecha,
in the courtyards of Your Sanctuary,
 v'kav'u sh'monat y'mei
and they established the eight days
 Chanukah eilu, l'hodot ul-haleil
of Chanukah -these-, to express thanks and praise
 l'shimcha hagadol.
to Your Name which is great.

וְרָשָׁעִים בְּיַד צַדִּיקִים,
 וְזֵדִים בְּיַד עוֹסְקֵי תוֹרַתְךָ.
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ,
 וּלְעַמְּךָ יִשְׂרָאֵל עָשִׂיתָ
 תְּשׁוּעָה גְדוֹלָה וּפְרִקָן
 כְּהַיּוֹם הַזֶּה. וְאַחֵר כֵּן בָּאוּ
 בְנֶיךָ לְדַבֵּר בֵּיתְךָ,
 וּפָנּוּ אֶת הֵיכָלְךָ,
 וְטָהְרוּ אֶת מִקְדָּשְׁךָ,
 וְהִדְלִיקוּ נֵרוֹת
 בְּחִצְרוֹת קֹדֶשְׁךָ,
 וְקָבְעוּ שְׁמוֹנֶת יָמֵי
 חֲנֻכָּה אֵלָיו, לְהוֹדוֹת וּלְהַלֵּל
 לְשִׁמְךָ הַגָּדוֹל.

PURIM

Bimei Mord'chai v'Estair
In the days of Mordechai and Esther
 b'Shushan habirah,
in the capital of Shushan,
 k'she-amad aleihem Haman harasha,
when Haman the wicked rose up against them,
 bikeish l'hashmid laharog ul-abeid
and he sought to destroy, slay, and exterminate
 et kol hay'hudim,
all the Jews,
 mina-ar v'ad zakein, taf v'nashim,
from young to old, infants and women,
 b'yom echad, bish-loshah asar
in one day, on the thirteenth

בְּיָמֵי מֶרְדֵּכַי וְאֶסְתֵּר
 בְּשׁוּשַׁן הַבִּירָה,
 כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,
 בִּקֵּשׁ לְהַשְׁמִיד לַהֲרֹג וּלְאַבֵּד
 אֶת כָּל הַיְּהוּדִים,
 מִנָּעַר וְעַד זָקֵן, טַף וְנָשִׁים,
 בְּיוֹם אֶחָד, בְּשִׁלּוֹשָׁה עָשָׂר

l'chodesh sh'neim asar,

of the twelfth month,

hu chodesh Adar,

which is the month of Adar,

ush-lalam lavoz.

and their possessions to be plundered.

V'atah b'rachamecha harabim

But You in Your abundant mercy

heifarta et atzato,

nullified his counsel,

v'kilalta et machashavto,

and frustrated his intention,

vahasheivota lo g'mulo b'rosho,

and returned to him his recompense upon his own head,

v'talu oto v'et banav

and they hanged him and his sons

al haetz.

at the gallows.

לְחֹדֶשׁ שְׁנַיִם עָשָׂר,

הוּא חֹדֶשׁ אָדָר,

וְשָׁלַלְם לַבּוֹז.

וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים

הִפַּרְתָּ אֶת עֲצָתוֹ,

וְקִלַּקְלַת אֶת מַחְשַׁבְתּוֹ,

וְהִשְׁבוֹתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,

וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו

עַל הָעֵץ.

V'al kulam yitbarach v'yitromam

For all these, blessed and exalted

shimcha malkeinu

may Your Name be, our Sovereign,

tamid l'olam va-ed.

continually for ever and ever.

וְעַל כָּל־ם יִתְבָּרַךְ וְיִתְרֹמַם

שִׁמְךָ מַלְכֵּנוּ

תָּמִיד לְעוֹלָם וָעֶד.

V'chol hachayim yoducha selah,

Everything that has life will gratefully acknowledge You forever,

vi-hal'lu vivar'chu et

and praise and bless

shimcha hagadol be-emet,

Your great Name with sincerity,

l'olam ki tov,

forever for it is good,

ha-Eil y'shu-ateinu v'ezrateinu selah,

O Almighty of our salvation and of our help forever,

ha-Eil hatov.

the Almighty One Who is good.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהַלְלוּ וַיְבָרְכוּ אֶת

שִׁמְךָ הַגָּדוֹל בְּאֵמֶת,

לְעוֹלָם כִּי טוֹב,

הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה,

הָאֵל הַטוֹב.

Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,

then straighten up at ה' the Name of Hashem.

Baruch atah Adonai,

Blessed are You Hashem,

hatov shimcha

Your name is goodness

ulcha na-eh l'hodot.

and You are worthy of thanksgiving.

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שִׁמְךָ

וְלָךְ נֶאֱחָה לְהוֹדוֹת.

The following blessing is said only during the Leader's repetition.

ברכת כהנים BIRKAT KOHANIM

Recited by the Leader, Everyone responds with the words in { }.

The Leader faces right at וְיִשְׁמְרֶךָ V'yishm'recha;

faces left at פָּנָיו אֵלֶיךָ Panav eilecha,

and faces East for the remainder of the blessings.

Eloheinu v'Eilohei avoteinu,
Our Elohim and Elohim of our ancestors,
bar'cheinu va-b'rachah ham'shuleshet
bless us with the threefold blessing
ba-Torah ha-ketuvah al
in the Torah written by
y'dei Mosheh avdecha,
the hand of Moses Your servant,
ha-amurah mipi Aharon uvanav,
uttered from the mouth of Aaron and his sons,
kohanim am k'dushecha, ka-amur:
the Kohanim, Your holy people, as it is said:

Y'varech'cha Adonai v'yishm'recha.
May Hashem bless you and protect you.
{Kein y'hi ratzon.}
{Whose will may it be.}

Ya-eir Adonai panav eilecha vichuneka.
May Hashem shine Its countenance upon you and give you grace.
{Kein y'hi ratzon.}
{Whose will may it be.}

Yisa Adonai panav eilecha v'yaseim
May Hashem lift Its countenance towards you and give
l'cha shalom.
peace to you.
{Kein y'hi ratzon.}
{Whose will may it be.}

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
בִּרְכָנוּ בְּבִרְכָּה הַמְּשֻׁלֶּשֶׁת
בַּתּוֹרָה הַכְּתוּבָה עַל
יְדֵי מֹשֶׁה עַבְדְּךָ,
הָאֲמוּרָה מִפִּי אַהֲרֹן וּבָנָיו,
כֹּהֲנִים עִם קְדוּשָׁתְךָ, כְּאֲמֹר:

יְבָרְכְךָ יְהוָה וְיִשְׁמְרֶךָ.
{כֵּן יְהִי רָצוֹן.}

יֵאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ.
{כֵּן יְהִי רָצוֹן.}

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם
לְךָ שָׁלוֹם.
{כֵּן יְהִי רָצוֹן.}

שלום

SHALOM

The final third blessing of the Musaf Amidah is associated with Yosef and the s'firah of Yesod. Through it we pray for lasting peace, which should be the ultimate aim of all of our pursuits.

Sim shalom tova uvrachah,
May peace goodness and blessing,
 chein va-chesed v'rachamim,
grace and mercy and compassion,
 aleinu v'al kol Yisra-eil amecha.
descend upon us and all of Israel and all the world.

Bar'cheinu Avinu

Bless us our Father

kulanu k'echad b'or panecha,
all of us together as one with the Light of Your Countenance,
 ki v'or panecha natata lanu,
for by that Light of Your Countenance You give to us,

Adonai Eloheinu,

Hashem our Elohim,

Torat chayim v'ahavat chesed,
the Torah of life and to love mercy,
 utzdakah uvracha v'rachamim
and charity and blessing and compassion
 v'chayim v'shalom.
and life and peace.

V'tov b'einecha l'vareich

For it is good in Your eyes to bless

et am'cha Yisra-eil b'chol

Your people Israel in every

eit uvchol sha-ah bishlomecha.

season and in every hour for the sake of Your Name.

Baruch atah Adonai,

Blessed are You Hashem,

ham'vareich et amo

Who blesses Your people

Yisra-eil bshalom.

Israel with peace.

Yih-yu l'ratzon imrei fi

May the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart be acceptable to You,

Adonai tzuri v'go-ali.

Hashem my Rock and Redeemer.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,
 חֵן וְחֶסֶד וְרַחֲמִים,
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

בְּרַכְנוּ אֲבִינוּ

כָּלנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ,

כִּי בְּאוֹר פָּנֶיךָ נָתַתָּ לָנוּ,

יְהוָה אֱלֹהֵינוּ,

תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,

וּצְדָקָה וּבְרָכָה וְרַחֲמִים

וְחַיִּים וְשָׁלוֹם,

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל

עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי פִי

וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

אלהי נצור

ELOHAI N'TZOR

As we complete the Musaf Amidah, we now ask that we may be strengthened to make our prayers a reality through personal integrity and by opening our hearts to Torah.

Elohai, n'tzor l'shoni meira,
Elohim, please keep my tongue from causing harm,
 usfatai midabeir mirmah,
and my lips from telling lies,
 v'limkal'lai nafshi tidom,
and let me be silent if people curse me,
 v'nafshi ke-afar lakol tih-yeh.
and let my soul be quiet and at peace with all.
 P'tach libi b'Toratecha,
Open my heart to Your teaching,
 v'acharei mitzvotcha tirdof nafshi.
and give my soul the will to practice it.
 V'chol hachosh'vim alai l'ra-ah,
and all my foes who plot to do me harm,
 m'heirah hafeir atzatham
may their plans and schemes
 v'kalkeil machashavtam.
come to nothing.
 Aseih l'ma-an sh'mecha,
For the sake of Your Name,
 aseih l'ma-an y'minecha,
for the sake of Your power,
 aseih l'ma-an Toratecha,
for the sake of Your Torah,
 aseih l'ma-an k'dushatecha.
for the sake of Your holiness.
 L'ma-an yeichal'tzun y'didecha,
Rescue Your beloved,
 hoshi-ah y'min'cha va-aneini.
and save me by Your right hand.

אלהי, נצור לשוני מרע,
 ושפתי מדבר מרמה,
 ולמקללי נפשי תדם,
 ונפשי כעפר לכל תהיה.
 פתח לבי בתורתך,
 ואחרי מצותיך תרדוף נפשי.
 וכל החושבים עלי לרעה,
 מהרה הפר עצתם
 וקלקל מחשבתם.
 עשה למען שמך,
 עשה למען ימינך,
 עשה למען תורתך,
 עשה למען קדשך.
 למען יחלצון ידיך,
 הושיעה מינך וענני.

We pause here to say an additional blessing that relates to us personally. Kabbalah teaches that each person's name corresponds to a verse in the Tanach (Hebrew Scriptures). We now recite that verse silently which states our name will always be remembered when our soul leaves this world.

Yih-yu l'ratzon imrei fi

May the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart be acceptable to You,

Adonai tzuri v'go-ali.

Hashem my Rock and Redeemer.

יְהִי לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

We now take three steps backward as we retreat from the Divine Presence.

We bow left and say עֲשֵׂה שָׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

You may use the part in parenthesis in place of v'al kol ha-olam.

Oseh shalom bimromav,

May the One who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

(v'al kol yosh'vei teiveil,)

(and upon all the inhabitants of the earth,)

v'imru amein.

and let us say amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמֹוֹ,

הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

(וְעַל כָּל יוֹשְׁבֵי תֵבֶל),

וְאָמְרוּ אָמֵן.

Y'hi ratzon mil'fanecha,

May it be Your will,

Adonai Eloheinu v'Eilohei avoteinu

Hashem our Elohim and Elohim of our ancestors,

sheyibaneh beit hamikdash

that You shall rebuild the holy Temple

bimheirah v'yameinu,

speedily in our day,

v'tein chelkeinu b'Toratecha.

and place our lot in Your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁיִּבְנֶה בֵּית הַמִּקְדָּשׁ

בְּמַהֲרָה בְּיָמֵינוּ,

וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ.

Stand in place for a few moments and then take three steps forward.

קדיש שלם

KADDISH SHALEIM

The Ari revealed that the Full Kaddish has the power of twice Light. One of them is the Light within us all. The second Light is known as "Or Makif" or "surrounding Light". The Kaddish Shaleim is the tool which links these two Lights together.

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetime and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yitaleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעָלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָנָהּ

וְיִקְרִיב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יְתְּבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרומם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלָּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

l'eila min kol birchata

who is beyond all blessings

v'shirata tushb'chata v'nechemata,

or songs or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Titkabeil tz'lot'hon uva-ut'hon

May the prayers and supplications be accepted

d'chol beit Yisra-eil kadam

of the entire House of Israel before

avuhon di vishmaya,

their Father who is in heaven,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,

May there be much peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-eil,

and upon all Israel,

v'imru Amein. {Amein.}

and let us say amen. Amen.

לְעֵילָא מִן כָּל בִּרְכָתָא

וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא,

דְּאִמְרֵן בְּעָלְמָא,

וְאִמְרוּ אָמֵן. {אָמֵן.}

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן

דְּכָל בֵּית יִשְׂרָאֵל קָדָם

אֲבוּהוֹן דִּי בְּשָׁמַיָא,

וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל,

וְאִמְרוּ אָמֵן. {אָמֵן.}

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,

May the One who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵיךָ,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאִמְרוּ אָמֵן. {אָמֵן.}

אין כאלהינו

EIN KEILOHEINU

This blessing connects us to Assiyah, the world of Action. As we finish all of our spiritual connections for the morning, we want to secure all of the energy that we have obtained. Through this blessing we travel through the Upper Worlds to the Light of Ein Sof. This secures the energy and closes it up so that no negativity can enter.

Kaveih el Adonai,

Place hope in Hashem,

chazak v'ya-ameitz libecha,

make your heart strong and courageous,

v'kaveim el Adonai.

and place your hope in Hashem.

Ein kadosh k'Adonai,

There is none as holy as Hashem,

ki ein biltecha,

for there is none besides You,

v'ein tzur k'Eiloheinu.

and there is no rock to compare to our Eternal One.

Ki mi Elohai mibaladei Adonai,

For who is the Elohim besides Hashem,

umi tzur zulati Eloheinu.

and who is a rock besides our Elohim?

Ein k'Eiloheinu,

There is none like our Elohim,

ein kadoneinu,

there is none like our Ruler,

ein k'malkeinu,

there is none like our Sovereign,

ein k'moshi-einu.

there is none like our Redeemer.

Mi chEiloheinu,

Who is like our Elohim,

mi chadoneinu,

who is like our Ruler,

mi ch'malkeinu,

who is like our Sovereign,

mi ch'moshi-einu.

who is like our Redeemer.

Nodeh l'Eiloheinu,

We shall give thanks to our Elohim,

nodeh ladoneinu,

we shall give thanks to Ruler,

nodeh l'malkeinu,

we shall give thanks to our Sovereign,

קִנְיָה אֶל יְהוָה,

חֲזַק וַיֵּאֱמֵץ לִבְךָ,

וְקִנְיָה אֶל יְהוָה.

אֵין קָדוֹשׁ כִּיְהוָה,

כִּי אֵין בְּלִתֵּךְ,

וְאֵין צוּר כְּאֱלֹהֵינוּ.

כִּי מִי אֱלֹהִים מִבְּלַעֲדֵי יְהוָה,

וּמִי צוּר זִולָתִי אֱלֹהֵינוּ.

אֵין כְּאֱלֹהֵינוּ,

אֵין כְּאֲדוֹנֵינוּ,

אֵין כְּמַלְכֵנוּ,

אֵין כְּמוֹשִׁיעֵנוּ.

מִי כְּאֱלֹהֵינוּ,

מִי כְּאֲדוֹנֵינוּ,

מִי כְּמַלְכֵנוּ,

מִי כְּמוֹשִׁיעֵנוּ.

נוֹדָה לְאֱלֹהֵינוּ,

נוֹדָה לְאֲדוֹנֵינוּ,

נוֹדָה לְמַלְכֵנוּ,

nodeh l'moshi-einu.

we shall give thanks to our Redeemer.

Baruch Eiloheinu,

Blessed is our Elohim,

baruch adoneinu,

blessed is our Ruler,

baruch malkeinu,

blessed is our Sovereign,

baruch moshi-einu.

blessed is our Redeemer.

Atah hu Eiloheinu,

You are our Elohim,

atah hu adoneinu,

You are our Ruler,

atah hu malkeinu,

You are our Sovereign,

atah hu moshi-einu.

You are our Redeemer.

Atah toshi-einu,

You shall redeem us,

atah takum t'racheim Tziyon,

You shall rise and have mercy on Zion,

ki eit l'chen'nah ki va mo-eid.

for it is time to favor her, the appointed time has come.

Atah hu Adonai Eloheinu

You are Hashem our Elohim

vEilohei avoteinu,

and Elohim of our ancestors,

shehiktiru avoteinu l'fanecha

before Whom our ancestors burned

et k'toret hasamim.

the incense of spices.

נוֹדֶה לְמוֹשִׁיעֵנוּ.

בָּרוּךְ אֱלֹהֵינוּ,

בָּרוּךְ אֲדוֹנֵינוּ,

בָּרוּךְ מַלְכֵנוּ,

בָּרוּךְ מוֹשִׁיעֵנוּ.

אַתָּה הוּא אֱלֹהֵינוּ,

אַתָּה הוּא אֲדוֹנֵינוּ,

אַתָּה הוּא מַלְכֵנוּ,

אַתָּה הוּא מוֹשִׁיעֵנוּ.

אַתָּה תוֹשִׁיעֵנוּ,

אַתָּה תִּקּוּם תְּרַחֵם צִיּוֹן,

כִּי עֵת לְחֻנָּה כִּי בָּא מוֹעֵד.

אַתָּה הוּא יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁהִקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ

אֶת קֶטֶרֶת הַסַּמִּים.

פטום הקטרת PITUM HA-K'TORET

These verses from the Talmud connect us to the incense offering in the Holy Temple which, according to Kabbalah, was the greatest of offerings. We recite this section with extra intent since it helps us to infuse Light into every area of our lives.

Pitum ha-k'toret:

The blending of the incense:

(1) hatzori,

balm,

(2) v'hatziporen,

and onycha,

(3) hachel-b'nah

galbanum

(4) v'hal'vonah,

and frankincense,

mishkal shivim shivim maneh.

each weighing seventy maneh.

(5) Mor,

Myrrh,

(6) uktzi-ah,

and cassia,

(7) shiboleit neird,

spikenard,

(8) v'charkom, mishkal

and saffron, each weighing

shishah asar shishah asar maneh.

each weighing sixteen maneh.

(9) Hakosht sh'neim asar,

Costus, twelve,

(10) v'kilufah sh'loshah,

and aromatic bark, three,

(11) v'kinamon tishah.

and cinnamon, nine.

Borit karshinah tishah kabin,

Added was Carshina lye, nine kav,

yein kafrisin s'in t'lata v'kabin

Cyprus wine, three seah and kav

t'lata, v'im ein lo yein kafrisin,

three, if one could not get Cyprus wine,

meivi chamar chivaryan atik,

they would bring old white wine,

melach s'domit rova hakav,

a quarter of a kab of Sodom salt,

ma-aleh ashan kol shehu.

and a small amount of a smoke-raising ingredient.

פטום הקטרת:

(א) הַצֹּרִי,

(ב) וְהַצִּפֹּרֶן,

(ג) הַחֶלְבָּנָה,

(ד) וְהַלְבֹנָה,

מִשְׁקַל שִׁבְעִים שִׁבְעִים מָנָה.

(ה) מֹר,

(ו) וְקִצְיָה,

(ז) שִׁבְלֵת נֵיֶרֶד,

(ח) וְכַרְכֹּם, מִשְׁקַל

שִׁשָּׁה עָשָׂר שִׁשָּׁה עָשָׂר מָנָה.

(ט) הַקֹּשֶׁט שְׁנַיִם עָשָׂר,

(י) וְקִלּוּפָה שְׁלֹשָׁה,

(יא) וְקִנְמֹן תִּשָּׁעָה.

בְּרִית כְּרִשְׁיָנָה תִּשָּׁעָה קָבִין,

יַיִן קַפְרִיסִין סָאִין תְּלָתָא וְקָבִין

תְּלָתָא, וְאִם אֵין לוֹ יַיִן קַפְרִיסִין,

מִבִּיא חֲמַר חוֹרִין עֲתִיק,

מֶלַח סְדוֹמִית רְבַע הֶקֶב,

מַעֲלָה עֲשָׂן כָּל שְׁהוּא.

Rabi Natan ha-Bavli omeir:

Rabbi Natan the Babylonian says:

Af kipat hayardein kol shehu.

Also a small amount of Jordan amber.

V'im natan bah d'vash, p'salah,

If one placed honey in it, they invalidated it,

v'im chisar achat mikol samaneha,

and if one omitted one of its spices,

chayav mitah.

the connect themselves to death.

Raban Shimon ben Gamliel omeir:

Rabban Shimon ben Gamliel says:

Hatzori eino ela s'raf

The balm is exclusively the sap

hanoteif mei-atzei ha-k'taf.

that drips from the balsam trees.

Borit karshinah sheshafin bah

Carshina lye was to rub with it

et hatziporen k'dei shet'hei na-ah,

the onycha so that it should be pleasing,

yein kafrisin sheshorin bo

Cyprus wine was to soak in it

et hatziporen k'dei shet'hei azah,

the onycha so that it should be pungent,

vahalo mei raglayim yafin lah,

although urine is more suitable for the above,

ela she-ein machnisin mei raglayim

nevertheless they do not bring urine

ba-azarah mip'nei hakavod.

one may not bring it into the Temple out of respect.

רבי נתן הבבלי אומר:

אף כפת הירדן כל שהוא.

ואם נתן בה דבש, פסלה,

ואם חסר אחת מכל סמניה,

חייב מיתה.

רבן שמעון בן גמליאל אומר:

הצרי אינו אלא שרף

הנוטף מעצי הקטף.

ברית כרשינה ששפין בה

את הצפורן כדי שתהא נאה,

יין קפריסין ששורין בו

את הצפורן כדי שתהא עזה,

והלא מי רגלים יפין לה,

אלא שאין מכניסין מי רגלים

בעזרה מפני הכבוד.

תנא דבי אליהו

TANA D'VEI ELIYAHU

These verses from the Talmud connect us to the energy of peace. Anyone who learns and studies Torah brings peace to the entire world.

Tana d'vei Eliyahu:

It was taught in the school of Elijah:

Kol hashoneh halachot b'chol yom,

Whoever studies Torah practices each day,

muvtach lo shehu ben olam haba,

trust that they shall be a member in the world to come,

shene-emar: Halachot olam lo.

as it is said: The practices of the world belong to the One.

תנא דבי אליהו:

כל השונה הלכות בכל יום,

מבטח לו שהוא בן עולם הבא,

שנאמר: הליכות עולם לו.

Al tikrei halichot, ela halachot.

Do not read "ways", but "practices."

Amar Rabi Elazar amar

Rabbi Elazar said in the name of

Rabi Chanina: Talmidei chachamim

Rabbi Chanina: Torah students

marbim shalom ba-olam,

bring an abundance of peace into the world,

shene-emar:

as it is said:

V'chol banayich limudei Adonai,

And all your children shall be students of Hashem,

v'rav sh'lom banayich.

and your children will have abundant peace.

Al tikrei banayich ela bonayich.

Do not read "your children", but "your builders."

Shalom rav l'ohavei Toratecha,

There is abundant peace to those who love Your Torah,

v'ein lamo michshol.

and they have no stumbling block.

Y'hi shalom b'cheileich,

May there be peace within your walls,

shalvah b'arm'notayich.

serenity within your palaces.

L'ma-an achai v'rei-ai,

For the sake of my neighbors and companions,

adab'rah na shalom bach.

I shall speak of peace in your midst.

L'ma-an beit Adonai Eloheinu,

For the sake of the House of Hashem our Elohim,

avakshah tov lach.

I will request good for you.

Adonai oz l'amo yitein,

Hashem will give strength to Hashem's people,

Adonai y'vareich et amo va-shalom.

and Hashem will bless them with peace.

אל תקרי הליכות, אלא הלכות.

אמר רבי אלעזר אמר

רבי חנינא: תלמידי חכמים

מרבים שלום בעולם,

שנאמר:

וכל בניך למודי יהוה,

ורב שלום בניך.

אל תקרי בניך אלא בוניך.

שלום רב לאהבי תורתך,

ואין למו מכשול.

יהי שלום בְּחִילְךָ,

שלוה בארמנותיך.

למען אחי ורעי,

אדברה נא שלום בך.

למען בית יהוה אלהינו,

אבקשה טוב לך.

יהוה עז לעמו יתן,

יהוה יברך את עמו בשלום

קדיש דרבנן

KADDISH D'RABANAN

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchayeit d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One Whose Name is blessed,

l'eila min kol birchata v'shirata

Who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָּנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרֻמֶּם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנֶחֱמָתָא,

דְּאִמְרֵן בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

Al Yisra-eil v'al rabanan,

Upon Israel and upon the teachers,

v'al talmideihon v'al kol

and upon their students and upon all

talmidei talmideihon,

the students of their students,

v'al kol man

and upon all who

d'as'kin b'Orayta,

engage themselves in the study of Torah,

di v'atra hadein v'di

who are in this place or who are

v'chol achar va-atar.

in any other place.

Y'hei l'hon ulchon sh'lama raba,

May there be for them and for you abundant peace,

china v'chisda v'rachamin,

grace and kindness and mercy,

v'chayin arichin, umzonei r'vichei,

long life, and ample nourishment,

ufurkana, min kadam avuhon di

and salvation from before their Father Who is

vishmaya v'ara,

in Heaven an earth,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,

May there be much peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-eil,

and upon all Israel,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,

May the One Who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

עַל יִשְׂרָאֵל וְעַל רַבָּנָן,

וְעַל תַּלְמִידֵיהוֹן וְעַל כָּל

תַּלְמִידֵי תַלְמִידֵיהוֹן,

וְעַל כָּל מָאן

דְּעֹסְקִין בְּאוֹרֵיתָא,

דִּי בְּאַתְרָא הָדִין וְדִי

בְּכָל אֶתֶר וְאַתֶּר.

יְהֵא לְהוֹן וּלְכוֹן שְׁלָמָא רַבָּא,

חֲנָא וְחֶסֶדָא וְרַחֲמִין,

וְחַיִּין אָרִיכִין, וּמְזוֹנֵי רוּיְחִי,

וּפְרָקְנָא, מִן קָדָם אַבוּהוֹן דִּי

בְּשָׁמַיָא וְאַרְעָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שָׁמַיָא,

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל,

וְאָמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאָמְרוּ אָמֵן. {אָמֵן.}

עלינו

ALEINU

All of our prayers, according to the Kabbalists, have drawn inner Light. The Aleinu is a magnet for external Light which seals and protects them, blocking out any negative forces.

Stand while saying the Aleinu.

Aleinu l'shabei-ach la-adon hakol,
It is our duty praise the Ruler of all,
lateit g'dulah l'yotzeir b'reishit,
to recognize the greatness of the Creator of first things,
shelo asanu k'goyei ha-aratzot,
for we were not made like the nations of other lands,
v'lo samanu k'mishp'chot
and did not make us the same as other families
ha-adamah, shelo sam chelkeinu
of the earth, we were not placed in the same situations
kahem, v'goraleinu k'chol hamonam.
as others, and our destiny is not the same as anyone else.

עֲלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל,
 לַתֵּת גְּדֻלָּה לַיּוֹצֵר בְּרֵאשִׁית,
 שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
 הָאָדָמָה, שֶׁלֹא שָׂם חֵלְקֵנוּ
 כִּהֶם, וְגָרְלָנוּ כְּכֹל הַמּוֹנִם.

We bow first at our knees and then at our waist as we say
וְאַנַּחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים *Va-anachnu kor'im umishtachavim*

Va-anachnu kor'im,
Therefore we kneel,
umishtachavim umodim,
and bow and give thanks,
lifnei melech malchei ham'lachim,
before the Sovereign, Sovereign of all sovereigns,
hakadosh baruch hu.
the Holy and Blessed One.

וְאַנַּחְנוּ כּוֹרְעִים,
 וּמִשְׁתַּחֲוִים וּמוֹדִים,
 לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
 הַקָּדוֹשׁ בָּרוּךְ הוּא.

Shehu noteh shamayim
The One who spread out the heavens
v'yoseid aretz, umoshav y'karo
and established the earth, and whose precious dwelling
bashamayim mima-al,
is in the heavens above,
ush-chinat uzo b'govhei m'romim,
and whose powerful Presence is in the highest heights,
hu Eloheinu ein od.
is our Elohim and there is no other.
Emet malkeinu, efes zulato,
Our Sovereign is truth, and nothing else compares,
kakatuv b'Torato:
as it is written in Your Torah:

שֶׁהוּא נוֹטֵה שָׁמַיִם
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ
 בַּשָּׁמַיִם מִמַּעַל,
 וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים,
 הוּא אֱלֹהֵינוּ אֵין עוֹד.
 אֱמֶת מַלְכֵנוּ, אֵפֶס זולָתוֹ,
 כִּכְתוּב בְּתוֹרָתוֹ:

v'yadata hayom vahasheivota

"And you shall know today and take

el l'avvecha, ki Adonai hu

to heart, that Hashem is

ha-Elohim bashamayim mima-al,

the Elohim in the heavens above,

v'al ha-aretz mitachat ein od.

and on earth below and there is no other.

V'al kein n'kaveh l'cha

Therefore we put our hope in you

Adonai Eloheinu,

Hashem our Elohim,

lirot m'heirah b'tiferet uzecha,

let us witness the glory of Your power,

l'ha-avir gilulim min ha-aretz,

to remove worship of material things from the earth.

v'ha-elilim karot yikareitun,

and superstition and prejudice shall at last be cut off,

l'takein olam b'malchut Shadai,

to perfect the universe through the reign of the Almighty,

v'chol b'nei vasar yikr'u vishmecha,

and all humanity will call upon Your Name,

l'hafnot eilecha kol rishei aretz.

and all the wicked of the earth shall turn to You.

Yakiru v'yeid'u kol yosh'vei teiveil,

May all the inhabitants of the world know and recognize You,

ki l'cha tichra kol berech,

that to You every knee should bend,

tishava kol lashon.

and every tongue pledge.

L'fanecha Adonai Eloheinu

In Your Presence, Hashem our Elohim,

yichr'u v'yipolu,

they will kneel and bow down,

v'lichvod shimcha y'kar yiteinu,

and they will give honor to the glory of Your Name,

vikab'lu kulam et ol malchutecha,

and all will accept they yoke of Your Sovereignty,

v'timloch aleihem

that You may reign over them

m'heirah l'olam va-ed.

very soon forever and ever.

Ki ha-malchut shel'cha hi,

For the kingdom is Yours,

ul-ol'mei ad timloch b'chavod,

forever and ever You will reign in glory,

kakatuv b'Toratecha:

as it is written in Your Torah:

וידעת היום והשבת

אל לבבך, כי יהוה הוא

האלהים בשמים ממעל,

ועל הארץ מתחת, אין עוד.

ועל כן נקוה לך

יהוה אלהינו,

לראות מהרה בתפארת עזך,

להעביר גלולים מן הארץ,

והאלילים כרות יכרתון,

לתקן עולם במלכות שדי,

וכל בני בשר יקראו בשמך,

להפנות אליך כל רשעי ארץ.

יכירו וידעו כל יושבי תבל,

כי לך תכרע כל ברך,

תשבע כל לשון.

לפניך יהוה אלהינו

יכרעו ויפלו,

ולכבוד שמך יקר יתנו,

ויקבלו כלם את עול מלכותך,

ותמלך עליהם

מהרה לעולם ועד.

כי המלכות שלך היא,

ולעולמי עד תמלוך בכבוד,

ככתוב בתורתך:

Adonai yimloch l'olam va-ed.

Hashem will reign forever and ever.

V'ne-emar, v'hayah Adonai

Thus it has been said, Hashem will be

I'melech al kol ha-aretz.

Sovereign over all the earth,

Bayom hahu yih-yeh,

On that day,

Adonai echad, ushmo echad.

Hashem will be one, and Hashem's Name will be one.

יהוה ימלך לעולם ועד.

ונאמר, והיה יהוה

למלך על כל הארץ.

ביום ההוא יהיה

יהוה אחד, ושמו אחד.

קדיש יתום

KADDISH YATOM (MOURNER'S KADDISH)

We turn our thoughts to those who have departed this earth: our own loved ones and those whom we have drawn into our hearts as our own, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death.

זכרונם לברכה.

Zichronam livracha.

May their memories be for blessing.

Recited by the Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetime and in our days

יתגדל ויתקדש שמה רבא.

{אמן}

בעלמא די ברא כרעותיה,

וימליך מלכותיה,

ויצמח פרקניה

ויקרב משיחה. {אמן}

בחייו וביומיכון

uvchayei d'chol beit Yisra-eil,
and in the lives of the entire house of Israel,
ba-agala uvizman kariv,
quickly and speedily may it come,
v'imru Amein. {Amein.}
and let us say amen. Amen.

{Y'hei sh'meih raba m'varach
Let the great Name be blessed
l'alam ul-al'mei al'maya.}
forever and ever.

Yitbarach v'yishtabach v'yitpa-ar
Blessed and extolled and magnified
v'yitromam v'yitnasei v'yit-hadar
and hailed and exalted and honored
v'yit-aleh v'yit-halal
and glorified and praised
sh'meih d'kudsha {b'rich hu},
be the Holy One Whose Name is blessed,
l'eila min kol birchata v'shirata
Who is beyond all blessings or songs
tushb'chata v'nechemata,
or praises or words of consolation,
da-amiran b'al'ma,
that can be uttered in this world,
v'imru Amein. {Amein.}
and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be much peace from heaven,
v'chayim tovim aleinu,
and good life upon us,
v'al kol Yisra-eil,
and upon all of Israel,
v'imru Amein. {Amein.}
and let us say amen. Amen.

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,
May the One Who makes peace in the high heavens,
hu ya-aseh shalom aleinu,
bring this peace upon us,
v'al kol Yisra-eil v'al kol ha-olam,
and upon all Israel and upon all the world,
v'imru Amein. {Amein.}
and let us say amen. Amen.

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֶגְלָא וּבְזְמַן קָרִיב,
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ
לְעַלְמֵם וּלְעַלְמֵי עַלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},
לְעַלָּא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשֻׁבָּתָא וְנַחֲמָתָא,
דְּאִמְרֵן בְּעַלְמָא,
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים טוֹבִים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמִרְמֹו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,
וְאָמְרוּ אָמֵן. {אָמֵן.}

אל תירא

AL TIRA

According to the Midrash, these verses were quoted by three Jewish children to Mordechai during the time preceding the miracle of Purim. They connect us to the energy of protection against all dangers.

Al tira mipachad pitom,
Do not be afraid of a sudden terror,
umisho-at r'sha-im ki tavo.
or of the devastation of the wicked that may come.

Utzu eitzah v'tufar,
Plan a conspiracy and it will be annulled,
dab'ru davar v'lo yakum,
speak your speech and it shall not stand,
ki imanu Eil.
for the Almighty is with us.

V'ad ziknah ani hu,
Even until your old age I remain unchanged,
v'ad seivah ani esbol,
even until your elder years shall I carry you,
ani asiti va-ani esa,
I created you and I shall bear you,
va-ani esbol va-amaleit.
I shall carry you and rescue you.

Ach tzadikim yodu lishmecha,
Indeed, let the righteous give thanks to Your Name,
yeish'vu y'sharim et panecha.
the sincere will rest in Your Presence.

אַל תִּירָא מִפֶּחַד פֶּתָאם,
וּמִשְׂאֵת רְשָׁעִים כִּי תָבֹא.

עֲצוּ עֵצָה וְתִפָּר,
דַּבְּרוּ דָּבָר וְלֹא יִקּוּם,
כִּי עִמָּנוּ אֵל.

וְעַד זִקְנָה אֲנִי הוּא,
וְעַד שֵׁיבָה אֲנִי אֶסְבֵּל,
אֲנִי עָשִׂיתִי וְאֲנִי אֶשָּׂא,
וְאֲנִי אֶסְבֵּל וְאֶמְלִיט.

אֲךְ צַדִּיקִים יוֹדוּ לְשִׁמְךָ,
יֵשְׁבוּ יֹשְׁרִים אֶת פָּנֶיךָ.