

שַׁחֲרִית לַעֲבֹת

SHACHARIT L'SHABBAT

Shabbat 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 Creator
- 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 before You,

melech chai v'kayam,

O Sovereign living and enduring,

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.

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,

Who heals all flesh,

umafli la-asot.

and acts wondrously.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,

וּבָרָא בּוֹ נְקָבִים נְקָבִים

חֲלוּלִים חֲלוּלִים.

גָּלוּי וְיָדוּעַ לְפָנֶי כִסֵּא כְבוֹדְךָ

שֶׁאִם יִפָּתַח אֶחָד מֵהֶם,

אוֹ יִסָּתֵם אֶחָד מֵהֶם,

אִי אֶפְשָׁר לְהִתְקַיֵּם

וְלַעֲמֹד לְפָנֶיךָ

אֲפִילוּ שָׂעָה אֶחָת.

בָּרוּךְ 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 hand are the souls of all the living
v'ru-ach kol b'sar ish.
and the spirits of all flesh.

אֱלֹהֵי,
נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.

אַתָּה בָּרַאתָהּ, אַתָּה יִצְרָתָהּ,
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 Chazzan 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 the will before You, 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,
and not into transgression nor iniquity,
 v'lo lidei nisayon,
and not into temptation,
 v'lo lidei vizayon.
and not 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.
and the evil companion.
 V'dab'keinu b'yeitzer hatov
Make us cling to the good inclination
 uvma-asim tovim.
and to good deeds.

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.

Ut-neinu hayom uvchol yom

And help us obtain, each and every day

l'chein ulchesed ulrachamim,

grace, kindness, 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 kindnesses that are beneficent

l'amo Yisra-eil.

to His 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 of 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,
Who has sanctified us with His commandments,
v'tzivanu la-asok b'divrei Torah.
and bid us to engage in words of Torah.

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

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.

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.

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 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 His countenance upon you and give you grace.

Yisa Adonai panav eilecha v'yaseim

May Hashem lift His 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 וְהַדָּר 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,

Who has sanctified us with His 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 יְחֻד קִדְשָׁא

בְּרִיךְ הוּא וּשְׁכִינָתָהּ,

בְּדַחֲלֵהוּ וּבְרַחֲמֵהוּ לְיַחַד

שֵׁם י"ה בּו"ה בְּיַחְוּדָא

שְׁלֵימ בְּשֵׁם כָּל יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית.

מַה יָּקָר חֶסֶדְךָ,

אֱלֹהִים, וּבְנֵי אָדָם

בְּצֵל כְּנָפֶיךָ יִחְסִיוּ.

יִרְוּיָן מִדֶּשֶׁן בֵּיתְךָ,

וְנִחַל עֲדֻנֶיךָ תִּשְׁקֵם.

כִּי עֲמֶךָ מְקוֹר חַיִּים,

בְּאוֹרְךָ נִרְאָה אוֹר.

מִשׁוֹךְ חֶסֶדְךָ לִידְעֶיךָ,

וְצִדְקַתְךָ לְיִשְׁרֵי לֵב.

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 the intention to love our neighbor as we love ourselves.

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 כַּמוֹךָ.

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 kindness, 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 הַיֵּיכָל
קֹדֶשְׁךָ בִּירְאָתְךָ.

Adonai ahavti m'on beitecha,

Hashem, I love Your dwelling place,

umkom mishkan k'vodecha.

and the place of the abode of Your glory.

Va-ani eshtachaveh v'echra-ah,

And I shall prostrate myself and bow,

evr'chah lifnei Adonai osi.

I shall kneel before Hashem my Maker.

יְהוָה אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ,
וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ.
וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרַע,
אֶבְרַךְ לִפְנֵי יְהוָה עֹשִׂי.

Va-ani t'filati l'cha

And as for me may my prayer to You,

Adonai eit ratzon,

Hashem, be at a favorable time,

Elohim b'rov chasdecha,

Elohim, in the abundance of Your kindness,

aneini be-emet yishecha.

answer me with the truth of Your salvation.

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 new 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,

Ruler of the universe Who reigned,

b'terem kol y'tzir nivra.

before anything was created.

L'eit na-asah v'cheftso kol,

At the time when His will created all things,

azai melech sh'mo nikra.

then as Sovereign His Name was proclaimed.

V'acharei kichlot hakol,

And after everything ceases to be,

I'vado yimloch nora.

He alone will reign, the Awesome One.

V'hu hayah v'hu hoveh,

It is He Who was, and He Who shall remain,

v'hu yih-yeh b'tifarah.

and He Who shall remain in splendor.

V'hu echad v'ein sheini,

And He is One and there is no second,

I'hamshil lo I'hachbirah.

to compare to Him or to be His equal.

B'li reishit b'li tachlit,

Without beginning without end

v'lo ha-oz v'hamisrah.

and to Him belong the power and the dominion.

V'hu Eili v'chai go-ali,

He is my Almighty One and my living Redeemer,

v'tzur chevli b'eit tzarah.

and my Fortress from pain in a time of distress.

V'hu nisi umanos li,

And He is my banner and a refuge for me,

m'nat kosi b'yom ekra.

the portion of my cup on the day I call.

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,

וְלוֹ הָעֶז וְהַמְשָׁרָה.

וְהוּא אֵלִי וְחִי גֹאֲלִי,

וְצוּר חֲבִלִי בְּעֵת צָרָה.

וְהוּא נֹסִי וּמִנוּס לִי,

מִנַּת כּוֹסִי בְּיוֹם אֶקְרָא.

B'yado afkid ruchⁱ,
Into His hand I entrust my spirit,
 b'ait ishan v'a-irah.
when I go to sleep and when I wake.
 V'im ruchⁱ g'viyati,
And with my spirit as well as my body,
 Adonai li v'lo ira.
Hashem is with me and I shall not fear.

בִּידוֹ 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'urrah.

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.

בְּרַכְּם טַהֲרֵם רַחֲמֵי צִדְקָתְךָ תָּמִיד גִּמְלֵם.

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 נֶהַל 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 קְדוּשָׁתְךָ.

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 צַעֲקֵתֵנוּ 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 the Name of His glorious realm 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

רבי ישמעאל אומר,

בשלוש עשרה מדות

התורה נדרשת:

(א) מקל וחומר.

(ב) ומגזירה שוה.

(ג) מבנין אב מכתוב אחד,

ומבנין אב משני כתובים.

(ד) מכלל ופרט.

(ה) ומפרט וכלל.

(ו) כלל ופרט וכלל,

אי אתה דן אלא כעין הפרט.

(ז) מכלל שהוא צריך לפרט,

ומפרט שהוא צריך לכלל.

(ח) כל דבר שהיה בכלל

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 הַכֹּלֵל לְלַמֵּד,
לֹא לְלַמֵּד עַל עֲצְמוֹ יֵצֵא,
אֶלָּא לְלַמֵּד עַל
הַכֹּלֵל כָּלּוֹ יֵצֵא.
(ט) כָּל דָּבָר שֶׁהָיָה בְּכִלְלִי,
וַיֵּצֵא לְטַעוֹן טַעֲנֵן אֶחָד
שֶׁהוּא כְּעֲנִינוֹ,
יֵצֵא לְהַקְלִי וְלֹא לְהַחְמִיר.
(י) כָּל דָּבָר שֶׁהָיָה בְּכִלְלִי,
וַיֵּצֵא לְטַעוֹן טַעֲנֵן
אַחֵר שֶׁלֹּא כְּעֲנִינוֹ,
יֵצֵא לְהַקְלִי וּלְהַחְמִיר.
(יא) כָּל דָּבָר שֶׁהָיָה בְּכִלְלִי
וַיֵּצֵא לְדוֹן בַּדָּבָר הַחֲדָשׁ,
אִי אַתָּה יָכוֹל לְהַחְזִירוֹ
לְכִלְלוֹ, עַד שֶׁיַּחְזִירֵנוּ
הַכָּתוּב לְכִלְלוֹ בְּפִירוּשׁ.
(יב) דָּבָר הַלָּמֵד מֵעֲנִינוֹ,
וְדָבָר הַלָּמֵד מִסּוּפּוֹ.
(יג) וְכֵן שְׁנֵי כְּתוּבִים
הַמְּכַחֲשִׁים זֶה אֶת זֶה,
עַד שֶׁיָּבֹא הַכָּתוּב הַשְּׁלִישִׁי
וַיַּכְרִיעַ בֵּינֵיהֶם.

שׂיבְנָה

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 the will before You,

Adonai Eloheinu v'Eilohai 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,

שְׂיִבְנָה 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 Chazzan, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

בְּעָלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיַמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָּנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchaye d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

בְּחַיֵּיכֹן וּבְיוֹמֵיכֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

ba-agala uvizman kariv,
speedily and at a time that comes soon,
v'imru Amein. {Amein.}
and say amen. Amen.

{Y'hei sh'meih raba m'varach
May His great Name be blessed
l'alam ulal'mei al'maya.}
forever and for all eternity.

Yitbarach v'yshtabach v'yitpa-ar
Blessed and praised and glorified
v'yitromam v'yitnasei v'yit-hadar
and exalted and raised up and honored
v'yitaleh v'yit-halal
and elevated and lauded
sh'meih d'kudsha {b'rich hu},
be the Name of the Holy One, blessed is He,
l'eila min kol birchata v'shirata
beyond more than any blessing and song
tushb'chata v'nechemata,
praise and consolation
da-amiran b'al'ma,
that are uttered in the world,
v'imru Amein. {Amein.}
and 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 Creator Who is

בַּעֲגָלָא וּבְזִמָּן קָרִיב,
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא {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
דְּעֹסְקִין 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 say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be abundant 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 say amen. Amen.

בְּשָׁמַיָּא 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 heavens,
 hu ya-aseh shalom aleinu,
may He make 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 say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמִיּוֹ,
 הוּא יַעֲשֵׂה 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 His Name,
hodi-a va-amim alilotav.
make known among the peoples His actions.
Shiru lo, zam'ru lo,
Sing to the One, sing praise to the One,
sichu b'chol nifl'otav.
speak of all His wonders.
Hit-hal'lu b'sheim kodsho,
Glory in the Name of His Holiness,
yismach leiv m'vakshei Adonai.
glad will be the heart of those who seek Hashem.
Dirshu Adonai v'uzo,
Search out Hashem and His power,
bak'shu fanav tamid.
constantly seek His Presence.
Zichru nifl'otav asher asah,
Remember the wonders that were performed by the One,
mof'tav umishp'tei fihu.
the marvels and justices of His 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'rito,

Remember forever His 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 His 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,

דָּבָר צִוָּה לְאַלֶּף דּוֹר.

אֲשֶׁר כָּרַת אֶת אַבְרָהָם,

וּשְׁבוּעָתוֹ לְיִצְחָק.

וַיַּעֲמִידָהּ לְיַעֲקֹב לְחֹק,

לְיִשְׂרָאֵל בְּרִית עוֹלָם.

לֵאמֹר, לְךָ אֶתֵּן אֶרֶץ כְּנָעַן,

חֶבֶל נַחֲלַתְכֶם.

בְּהִיּוֹתְכֶם מִתֵּי מִסְפָּר,

כְּמַעַט וְגָרִים בָּהּ.

וַיִּתְהַלְכוּ מִגּוֹי אֶל גּוֹי,

וּמִמַּמְלָכָה אֶל עַם אֲחֵר.

לֹא הִנִּיחַ לְאִישׁ לְעַשְׂקָם,

וַיּוֹכַח עֲלֵיהֶם מְלָכִים.

אֶל תִּגְעוּ בַּמְּשִׁיחִי,

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 His 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. הִשְתַּחֲוּ 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 vagoyim, 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,

הִשְתַּחֲוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.

חִילוּ מִלְּפָנָיו כָּל הָאָרֶץ,

אֵף תִּכּוֹן תֵּיבֵל בִּלְתִּי תִמּוֹט.

יִשְׂמְחוּ הַשָּׁמַיִם

וְתִגַּל הָאָרֶץ,

וַיֹּאמְרוּ בַּגּוֹיִם, יְהוָה מֶלֶךְ.

יָרַעַם הַיָּם וּמִלּוֹאוֹ,

יַעֲלֶז הַשָּׂדֶה וְכָל אֲשֶׁר בּוֹ.

אֲזִי יִרְנְנוּ עֲצֵי הַיָּעַר,

מִלְּפָנֵי יְהוָה,

כִּי בָּא לְשִׁפּוֹט אֶת הָאָרֶץ.

הוֹדוּ לַיהוָה כִּי טוֹב,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וַיֹּאמְרוּ הוֹשִׁיעֵנו אֱלֹהֵי יִשְׂרָאֵל,

וְקַבְּצֵנוּ וְהַצִּילֵנוּ מִן הַגּוֹיִם,

לְהַדוֹת לְשֵׁם קֹדֶשְׁךָ,

לְהַשְׁתַּבֵּחַ 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 His footstool,

kadosh hu.

Holy is the One.

Rom'mu Adonai Eloheinu,

Exalt Hashem our Elohim,

v'hishtachavu l'har kodsho,

and bow at His holy mountain,

ki kadosh Adonai Eloheinu.

for Hashem our Elohim is holy.

V'hu rachum, y'chapeir avon,

And He the Merciful One, forgives iniquities,

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

and He does not destroy, and He frequently withdraws

apo, v'lo ya-ir kol chamato.

His anger, and He does not arouse all His 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 mimikdashecha,

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,

וְתַעֲצֹמוֹת לָעָם,

בָּרוּךְ אֱלֹהִים.

אֵל נִקְמוֹת יְהוָה,

אֵל נִקְמוֹת הוֹפִיעַ.

הַנִּשָּׂא שִׁפְט הָאָרֶץ,

הַשֹּׁב גְּמוּל עַל גֵּאִים.

לַיהוָה הַיְשׁוּעָה,

עַל עַמֶּךָ בְּרִכְתְּךָ סֵלָה.

יְהוָה צְבָאוֹת עִמָּנוּ,

מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.

יְהוָה צְבָאוֹת,

אֲשֶׁרִי אָדָם בָּטַח בְּךָ.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קְרָאֵנוּ.

הוֹשִׁיעָה אֶת עַמֶּךָ,

וּבָרַךְ אֶת נַחֲלֹתְךָ,

וְרַעַם וְנִשְׂאִים עַד הָעוֹלָם.

נַפְשֵׁנוּ חִכְתָּה לַיהוָה,

עֲזָרָנוּ וּמִגְנָנוּ הוּא.

כִּי בּוֹ יִשְׁמַח לְבָנוּ,

כִּי בְשֵׁם קְדְשׁוֹ בִּטְחָנוּ.

יְהִי חֶסֶדְךָ יְהוָה עָלֵינוּ,

כַּאֲשֶׁר יַחֲלֵנוּ לָךְ.

הֲרֵאֵנוּ יְהוָה חֶסֶדְךָ,

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.

וְיִשְׁעֶךָ תִּתֵּן לָנוּ.
 קוּמָה עֲזֹרָתָהּ לָנוּ,
 וּפְדֵנוּ לְמַעַן חֲסֶדְךָ.
 אֲנֹכִי יְהוָה אֱלֹהֶיךָ,
 הִמַּעַלְךָ מֵאֶרֶץ מִצְרַיִם,
 הִרְחֵב פִּיךָ וְאִמְלֵאֲהוּ.
 אֲשֶׁרִי הָעָם שָׂכְכָה לוֹ,
 אֲשֶׁרִי הָעָם שִׁיְהוּהָ אֱלֹהָיו.
 וְאֲנִי בְּחֶסֶדְךָ בִּטַּחֲתִי,
 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.
 אֲרֹמְמְךָ יְהוָה כִּי דָלִיתָנִי
 וְלֹא שִׂמַּחַת אֹיְבֵי לִי.
 יְהוָה אֱלֹהֵי שׁוּעָתִי
 אֵלֶיךָ וּתְרַפְּאֵנִי.
 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,

וּלְבָקֶר רִנָּה.

וְאֲנִי אִמַּרְתִּי בְשִׁלְוִי

בֶּל אֲמוּט לְעוֹלָם.

יְהוָה בְּרִצּוֹנְךָ

הֶעֱמַדְתָּה לְהִרְרֵי עֹז,

הִסְתַּרְתָּ פָנֶיךָ הִיטִיתִי נִבְהָל.

אֵלֶיךָ יְהוָה אֶקְרָא,

וְאֶל אֲדֹנָי אֶתְחַנֵּן.

מַה בָּצַע בְּדַמִּי

בְּרִדְתִּי אֶל שַׁחַת,

הִיּוֹדֵךָ עֶפֶר הֵיגִיד אֲמִתְּךָ.

שְׁמַע יְהוָה וְחַנּוּנִי

יְהוָה הִיָּה עֹזֶר לִי.

הִפְכָּתָּ מִסִּפְדִּי לְמַחֹל לִי,

פִּתַּחְתָּ שַׁקִּי וּתְאַרְרַנִּי שִׂמְחָה.

לְמַעַן יִזְמְרְךָ כְּבוֹד וְלֹא יִדָּם,

יְהוָה אֱלֹהֵי לְעוֹלָם אֲוִדְךָ.

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.

Adonai melech, Adonai malach,

Hashem reigns, Hashem has reigned,

Adonai yimloch l'olam va-ed.

Hashem shall reign for ever and ever.

Adonai melech, Adonai malach,

Hashem reigns, 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 His 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:

הושיענו 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 min 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 קָדְשְׁךָ,

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, praise Yah.

Kol ha-n'shamah t'haleil Yah,

Let everything that has a soul praise Yah,

hal'lu-Yah.

praise Yah.

וְאָמַר כָּל הָעָם אָמֵן, הַלְלוּיָהּ.

כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ,

הַלְלוּיָהּ.

תהלים יט

PSALM 19

Lam'natzei-ach mizmor l'David.

For the conductor, a Psalm by David.

hashamayim m'sap'rim k'vod Eil,

The heavens declare the glory of the Almighty One,

uma-aseih yadav magid harakia.

of Whose handiwork the skys do tell.

Yom l'yom yabia omer,

Day upon day utters speech,

v'lailah l'lailah y'chaveh da-at.

and night upon night demonstrates knowledge.

Ein omer v'ein d'varim,

There is no speech and there are no words,

b'li nishma kolam.

their sound is unheard.

B'chol ha-aretz yatza kavam

Throughout the earth goes forth their precision

uviktzeih teveil mileihem,

and their words reach the end of the world,

l'shemesh sam ohel bahem.

in their midst He has set up a tent for the sun.

V'hu k'chatan yotzei meichupato,

And it is like a bridegroom emerging from his chamber,

yasis k'gibor larutz orach.

like a strong warrior it rejoices to run the course.

Miktzei hashamayim motzo

From the end of the heavens is its source

utkufato al k'tzotam,

its circuit encompasses the ends,

v'ein nistar meichamato.

and nothing is hidden from its heat.

Torat Adonai t'mimah

The Torah of Hashem is perfect

m'shivat nafesh,

restoring the soul,

לִמְנַצֵּחַ מִזְמוֹר לְדָוִד.

הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד אֵל,

וּמַעֲשֵׂה יָדָיו מַגִּיד הַרְקִיעַ.

יוֹם לְיוֹם יְבִיעַ אָמַר,

וּלְלַיְלָה לְלַיְלָה יַחְוֶה דַּעַת.

אֵין אָמַר וְאֵין דְּבָרִים,

בְּלִי נִשְׁמַע קוֹלָם.

בְּכָל הָאָרֶץ יֵצֵא קוֹם

וּבִקְצֵה תֵּבֵל מְלִיהֶם,

לִשְׁמֶשׁ שָׁם אָהֵל בָּהֶם.

וְהוּא כֹחֲתָן יֵצֵא מִחֻפָּתוֹ,

יִשְׁיֵשׁ כְּגִבּוֹר לְרוּץ אֶרֶח.

מִקְצֵה הַשָּׁמַיִם מוֹצֵאוֹ

וּתְקוּפָתוֹ עַל קְצוֹתָם,

וְאֵין נִסְתָּר מִחֻמָּתוֹ.

תּוֹרַת יְהוָה תְּמִימָה

מְשִׁיבַת נֶפֶשׁ,

eidut Adonai ne-emanah

the testimony of Hashem is trustworthy

machkimat peti.

making the simple one wise.

Pikudei Adonai

The precepts of Hashem

y'sharim m'sam'chei leiv,

gladden the heart,

mitzvat Adonai

the command of Hashem

barah m'irat einayim.

is clear enlightening the eyes.

Yirat Adonai

The awesomeness of Hashem

t'horah omedet la-ad,

is pure, enduring forever,

Mishp'tei Adonai emet,

the judgements of Hashem are truth,

tzad'ku yachdu.

righteous all together.

Hanechemadim mizahav umipaz rav,

They are more desirable than gold than even abundant fine gold,

umtukim midvash

and sweeter than honey

v'nofet tzufim.

and drippings from the honeycombs.

Gam avd'cha nizhar bahem,

Indeed Your servant is meticulous in them,

b'shomram eikev rav.

in observing them there is great abundance.

Sh'gi-ot mi yavin,

Who can discern errors,

ministarot nakeini.

from concealed wrongs cleanse me?

Gam mizeidim chashoch avdecha,

Also from conscious wrongdoing withhold Your servant,

al yim-sh'lo vi, az eitam,

do not let them rule me, then I shall be upright,

v'nikeiti mipesha rav.

and I will be cleansed of great transgression.

Yih-yu l'ratzon imrei fi

May they find favor, the utterance of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Hashem my Rock and my Redeemer.

עֲדוֹת יְהוָה נֶאֱמָנָה

מַחְכִּימַת פֶּתִי.

פִּקּוּדֵי יְהוָה

יִשְׁרִים מְשַׁמְּחֵי לֵב,

מִצְוֹת יְהוָה

בָּרָה מְאִירַת עֵינַיִם.

יִרְאֵת יְהוָה

טְהוֹרָה עוֹמֶדֶת לְעַד,

מְשַׁפְּטֵי יְהוָה אֱמֶת,

צְדָקוֹ יַחְדּוֹ.

הֶנְחָמָדִים מְזַהֵב וּמַפְז רָב,

וּמִתּוֹקִים מִדְּבַשׁ

וְנֹפֶת צּוּפִים.

גַּם עַבְדְּךָ נִזְהָר בָּהֶם,

בְּשֹׁמְרָם עֵקֶב רָב.

שְׂגִיאוֹת מִי יִבִּין,

מִנִּסְתָּרוֹת נִקְנִי.

גַּם מִזֵּדִים חֲשֹׁךְ עֲבָדְךָ,

אַל יִמְשְׁלוּ בִּי, אֲזֵ אֵיתָם,

וְנִקֵּיתִי מִפֶּשַׁע רָב.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לִבִּי לִפְנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

תהלים לז

PSALM 33

Ran'nu tzadikim b'Adonai,

Sing for joy in Hashem O righteous ones,

laysharim navah t'hilah.

for the upright fitting is praise.

Hodu l'Adonai b'chinor,

Give thanks to Hashem with a harp,

b'neivel asor zam'ru lo.

and with a ten-stringed lyre make music to the Eternal One.

Shiru lo shir chadash

Sing to the Eternal One a new song

heitivu nagein bitru-ah.

play well with a shout of joy.

Ki yashar d'var Adonai,

For the word of Hashem is upright,

v'chol ma-aseihu be-emunah.

and His deeds are all done with faithfulness.

Oheiv tz'dakah umishpat,

He loves righteousness and justice,

chesed Adonai mal'ah ha-aretz.

the lovingkindness of Hashem fills the earth.

Bidvar Adonai shamayim na-asu,

Through the word of Hashem were the heavens made,

uvru-ach piv kol tz'va-am.

and through the breath of His mouth all their hosts.

Koneis kaneid mei hayam,

He assembles like a mound the waters of the sea,

notein b'otzarot t'homot.

and places the deep waters in vaults.

Yir'u mei-Adonai kol ha-aretz,

Let all of the earth be in awe of Hashem,

mimenu yaguru kol yosh'vei teiveil.

before Him let all the inhabitants of the world quake.

Ki hu amar vayehi,

For He spoke and it came to be,

hu tzivah vaya-amod.

He commanded and it endured.

Adonai hefir atzat goyim,

Hashem annuls the counsel of nations

heini machsh'vot amim.

and thwarts the designs of peoples.

Atzat Adonai l'olam ta-amod,

The counsel of Hashem will endure forever,

רָנְנוּ צְדִיקִים בַּיהוָה,

לַיֹּשְׁרִים נָאוֹה תְהִלָּה.

הוֹדוּ לַיהוָה בְּכִנּוֹר,

בְּנֶבֶל עֶשׂוֹר זַמְרוּ לוֹ.

שִׁירוּ לוֹ שִׁיר חֹדֶשׁ

הֵיטִיבוּ נֶגֶן בְּתִרְעָה.

כִּי יֵשֶׁר דְּבַר יְהוָה,

וְכָל מַעֲשָׂהוּ בְּאֱמוּנָה.

אֱהֵב צְדָקָה וּמִשְׁפָּט,

חֶסֶד יְהוָה מְלֵאָה הָאָרֶץ.

בְּדַבַּר יְהוָה שָׁמַיִם נַעֲשׂוּ,

וּבְרוּחַ פִּיו כָּל צֶבָאִם.

כּוֹנֵס כִּנֹּד מִי הַיָּם,

נֹתֵן בְּאוֹצְרוֹת תְּהוֹמוֹת.

יִירָאוּ מִיהוָה כָּל הָאָרֶץ,

מִמֶּנּוּ יִגּוּרוּ כָּל יֹשְׁבֵי תֵבֵל.

כִּי הוּא אָמַר וַיְהִי,

הוּא צִוָּה וַיַּעֲמֵד.

יְהוָה הִפִּיר עֲצַת גּוֹיִם,

הִנִּיא מַחֲשָׁבוֹת עַמִּים.

עֲצַת יְהוָה לְעוֹלָם תַּעֲמֵד,

machsh'vot libo l'dor vador.

and the designs of Whose heart from generation to generation.

Ashrei hagai asher

Happy are the people that

Adonai Elohav,

Hashem is their Elohim,

ha-am bachar l'nachalah lo.

the people whom He chose as a heritage.

Mishamayim hibit Adonai,

From the heavens Hashem looks down,

ra-ah et kol b'nei ha-adam.

and sees all humankind.

Mim'chon shivto hishgi-ach,

From the place of His dwelling,

el kol yosh'vei ha-aretz.

He watches over all the inhabitants of the earth.

Hayotzeir yachad libam,

He Who fashions together their hearts,

hameivin el kol ma-aseihem.

Who comprehends all their deeds.

Ein ha-melech nosha b'rov chayil,

A sovereign is not saved by a great army,

gibor lo yinatzeil b'rov ko-ach.

a hero is not rescued by great strength.

Sheker hasus litshu-ah,

Illusory is the horse for salvation,

uvrov cheilo lo y'maleit.

neither does it escape by its great power.

Hineih ein Adonai el y'rei-av,

Behold the eye of Hashem is on those that are reverent,

lamyachalim l'chasdo.

on His kindness for which they hope.

L'hatzil mimavet nafsham,

To rescue their soul from death,

ulchayotam bara-av.

and to sustain them in famine.

Nafsheinu chik'tah l'Adonai,

Our soul is waiting for Hashem,

ezreinu umagineinu hu.

Who is our help and our shield.

Ki vo yismach libeinu,

For in Him our hearts will be gladdened,

ki v'sheim kodsho vatachnu.

for in His Holy Name we trusted.

Y'hi chasd'cha Adonai aleinu,

May Your kindness be upon us Hashem,

ka-asher yichalnu lach.

just as we place our hope in You.

מַחֲשָׁבוֹת לְבוֹ לְדֹר וָדֹר.

אֲשֶׁרִי הַגִּי אֲשֶׁר

יְהוָה אֱלֹהֵינוּ,

הָעָם בָּחַר לְנַחֲלָה לוֹ.

מִשְׁמַיִם הִבִּיט יְהוָה,

רָאָה אֶת כָּל בְּנֵי הָאָדָם.

מִמְכוֹן שְׁבִתּוֹ הִשְׁגִּיחַ,

אֶל כָּל יוֹשְׁבֵי הָאָרֶץ.

הַיּוֹצֵר יַחַד לִבָּם,

הַמְבִּין אֶל כָּל מַעֲשֵׂיהֶם.

אֵין הַמֶּלֶךְ נוֹשֵׁעַ בְּרֹב חַיִּל,

גִּבּוֹר לֹא יִנָּצֵל בְּרֹב כֹּחַ.

שֶׁקֶר הַסּוֹס לְתִשׁוּעָה,

וּבְרֹב חַיִּלוֹ לֹא יִמָּלֵט.

הִנֵּה עֵין יְהוָה אֶל יִרְאָיו,

לְמִי־חַלִּים לְחַסְדּוֹ.

לְהַצִּיל מִמּוֹת נַפְשָׁם,

וּלְחַיּוֹתָם בְּרָעַב.

נַפְשֵׁנוּ חִכָּתָהּ לַיהוָה,

עֲזָרְנוּ וּמִגְנָנוּ הוּא.

כִּי בּוֹ יִשְׂמַח לִבֵּנוּ,

כִּי בְשֵׁם קֹדֶשׁוֹ בִּטְחָנוּ.

יְהִי חַסְדְּךָ יְהוָה עָלֵינוּ,

כַּאֲשֶׁר יִחַלְנוּ לָךְ.

תהלים לר

PSALM 34

L'David, b'shanoto et tamo
By David, when he disguised his reason
 lifnei Avimelech,
before Abimelech,
 vaygar'sheihu vayeilach.
who drove him out and he left.
 Avar'chah et Adonai b'chol eit,
I shall bless Hashem at all times,
 tamid t'hilato b'fi.
Whose praise is always in my mouth.
 B'Adonai tit-haleil nafshi,
My soul shall find praise in Hashem,
 yishm'u anavim v'yismachu.
may the humble ones hear and be glad.
 Gad'lu l'Adonai iti,
Exalt Hashem with me,
 unrom'mah sh'mo yachdu.
His Name let us extol together.
 Darashti et Adonai v'anani,
I sought out Hashem Who answered me,
 umikol m'gurotai hitzilani.
and delivered me from all my fears.
 Hibitu eilav v'naharu,
Those who look to Him will become radiant,
 ufneihem al yechparu.
and their faces will not be disgraced.
 Zeh ani kara v'Adonai shamei-a,
This poor man calls out to Hashem and is heard,
 umikol tzarotav hoshio.
and is saved from all his troubles.
 Choneh malach Adonai
The angel of Hashem encamps
 saviv lirei-av, vaychal'tzeim.
around those in awe of Him, and He delivers them.
 Ta-amu uru ki tov Adonai,
Taste and see the goodness of Hashem,
 ashrei hagever yecheseh bo.
happy is the person who finds shelter in Him.
 Y'ru et Adonai k'doshav,
Give honor to Hashem O holy ones,
 ki ein machsor lirei-av.
for there is no lack for those who revere Him.

לְדָוִד, בְּשָׁנוֹתָו אֶת טַעְמוֹ
 לִפְנֵי אֲבִימֶלֶךְ,
 וַיִּגְרְשֵׁהוּ וַיֵּילֶךְ.
 אֲבָרְכָה אֶת יְהוָה בְּכָל עֵת,
 תָּמִיד תְּהִלָּתוֹ בִּפִּי.
 בִּיהוָה תִּתְהַלֵּל נַפְשִׁי,
 יִשְׁמְעוּ עֲנָוִים וַיִּשְׂמְחוּ.
 גִּדְּלוּ לַיהוָה אֲתִי,
 וְנִרְמְמָה שְׁמוֹ יַחְדָּו.
 דָּרַשְׁתִּי אֶת יְהוָה וַעֲנֵנִי,
 וּמִכָּל מְגֻרֹתַי הִצִּילָנִי.
 הִבִּיטוּ אֵלָיו וְנָהָרוּ,
 וּפְנֵיהֶם אֵל יִחְפְּרוּ.
 זֶה אֲנִי קָרָא וַיהוָה שָׁמַע,
 וּמִכָּל צָרוֹתָיו הוֹשִׁיעָו.
 חֲנֶה מַלְאָךְ יְהוָה
 סָבִיב לִירְאָיו, וַיַּחֲלֵצֵם.
 טַעְמוּ וּרְאוּ כִּי טוֹב יְהוָה,
 אֲשֶׁרִי הַגֵּבֶר יַחְסֶה בּוֹ.
 יִרְאוּ אֶת יְהוָה קְדָשָׁיו,
 כִּי אֵין מַחְסוֹר לִירְאָיו.

K'firim rashu v'ra-eivu,
 Young lions may become deprived and hungry,
 v'dor'shei Adonai lo
 but those who seek Hashem will not
 yachs'ru kol tov.

lack any good.

L'chu vanim shimu li,
 Come children listen to me,
 yirat Adonai alamedchem.

I will teach you the awesomeness of Hashem.

Mi ha-ish hechafeitz chayim,
 Who is the man who desires life,
 oheiv yamim lirot tov.

who loves days of seeing good.

N'tzor l'shon'cha meira,
 Guard your tongue from evil,
 usfatecha midabeir mirmah.

and your lips from speaking deceit.

Sur meira va-aseih tov,

Turn from evil and do good,

bakeish shalom v'rodfeihu.

seek peace and pursue it.

Einei Adonai el tzadikim,
 The eyes of Hashem are toward the righteous,
 v'oznav el shavatam.

and His ears are toward their cry.

P'nei Adonai b'osei ra,

The face of Hashem is turned away from those who do evil,

l'hachrit mei-eret zichram.

to cut off their memory from the earth.

Tza-aku v'Adonai shamei-a,

The righteous cry out and Hashem hears,

umikol tzarotam hitzilam.

and rescues them from all their troubles.

Karov Adonai l'nishb'rei leiv,

Near is Hashem to the brokenhearted,

v'et dakei ru-ach yoshi-a.

and saves those crushed in spirit.

Rabot ra-ot tzadik,

Many are the mishaps of the righteous,

umikulam yatzilenu Adonai.

but from them all Hashem rescues them.

Shomeir kol azmotav,

He guards all their bones,

achat meiheinah lo nishbarah.

even one of them was not broken.

T'moteit rasha ra-ah,

Evil causes the wicked to die,

כפירים רשו ורעבו,

ודרשי יהוה לא

יחסרו כל טוב.

לכו בנים שמעו לי,

יראת יהוה אלמדכם.

מי האיש החפץ חיים,

אוהב ימים לראות טוב.

נצר לשונך מרע,

ושפתך מדבר מרמה.

סור מרע ועשה טוב,

בקש שלום ורדפהו.

עיני יהוה אל צדיקים,

ואזניו אל שועתם.

פני יהוה בעשי רע,

להכרית מארץ זכרם.

צעקו ויהוה שמע,

ומכל צרותם הצילם.

קרוב יהוה לנשכרי לב,

ואת דכאי רוח יושיע.

רבות רעות צדיק,

ומכלם יצילנו יהוה.

שמר כל עצמותיו,

אחת מהנה לא נשברה.

תמותת רשע רעה,

v'shon'ei tzadik yeshamu.

and the foes of the righteous shall be desolate.

Podeh Adonai nefesh avadav,

The soul of the one who serves Hashem is redeemed,

v'lo yesh'mu kol hachosim bo.

and all those who find shelter in Him will not be condemned.

וְשֹׁנֵי צַדִּיק יֵאָשְׁמוּ.

פֹּדֶה יְהוָה נֶפֶשׁ עַבְדּוֹ,

וְלֹא יֵאָשְׁמוּ כָּל הַחֹסִים בּוֹ.

תהלים צ

PSALM 90

T'filah l'Mosheh ish ha-Elohim,

A prayer by Moses the man of Elohim,

Adonai, ma-on atah hayita

O Eternal One, You have been a shelter

lanu b'dor vador.

in generation after generation.

B'terem harim yuladu

Before the mountains were born

ut'choleil gretz v'teiveil,

and You had not fashioned the earth and its inhabitants,

umei-olam ad olam atah Eil.

and from this world to the next You are Almighty.

Tasheiv enosh ad daka,

You turn people back from being crushed,

vatomer shuvu b'nei adam.

and say, Return O children of humankind.

Ki elef shanim b'einecha

For a thousand years in Your eyes

k'yom etmol ki ya-avor,

are like yesterday that passes,

v'ashmurah valailah.

and like a watch in the night.

Z'ramtam sheinah yih-yu,

You flood them away and they become sleeplike,

baboker kechatzir yachalof.

by morning they are like grass that withers.

Baboker yatzitz v'chalaf,

In the morning it blossoms and is rejuvenated,

la-grev y'moleil v'yaveish.

by evening it is cut down and dried out.

Ki chalinu v'apecta,

For we are consumed by Your anger,

uva-chamat'cha nivhalnu.

and by Your wrath we are confounded.

תִּפְלֶה לְמֹשֶׁה אִישׁ הָאֱלֹהִים,

אֲדֹנָי, מִעוֹן אַתָּה הָיִיתָ

לָנוּ בְּדֹר וּדֹר.

בְּטֶרֶם הָרִים יֻלְּדוּ

וּתְחִלָּל אֶרֶץ וְתֵבֶל,

וּמִעוֹלָם עַד עוֹלָם אַתָּה אֵל.

תָּשִׁיב אָנוּשׁ עַד דָּכָא,

וּתֹאמַר שׁוּבוּ בְנֵי אָדָם.

כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ

כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר,

וְאַשְׁמוּרָה בַּלַּיְלָה.

זֶרְמַתָּם שִׁנָּה יִהְיוּ,

בַּבֹּקֶר כְּחִצִּיר יִחַלֵּף.

בַּבֹּקֶר יִצִּיץ וְיִחַלֵּף,

לָעֶרֶב יִמּוֹלֵל וְיֵאָבֵשׁ.

כִּי כָלִינוּ בְּאַפְּךָ,

וּבַחֲמַתְךָ נִבְהָלְנוּ.

Shatah azonoteinu l'negdecha,
 You have set our iniquities before Yourself,
 alumeinu limor panecha.
 our immaturity before the Light of Your Countenance.
 Ki kol yameinu panu v'evratecha,
 For all our days pass away in Your rage,
 kilinu shaneinu ch'mo hegeh.
 we consumed our years like a fleeting thought.
 Y'mei sh'noteinu vahem
 The days of our years among them
 shivim shanah,
 are seventy years,
 v'im bigvurot sh'monim shanah,
 and in case of strength, eighty years,
 v'rahbam amal va-aven,
 yet their greatness is but toil and pain,
 ki gaz chish vana-ufah.
 for it is cut off swiftly and we fly away.
 Mi yodej-a oz apecha,
 Who can grasp the power of Your anger,
 uch-yirat'cha evratecha.
 as You are feared so is Your rage.
 Limnot yameinu kein hoda,
 So teach us to count our days,
 v'navi l'avav chochmah.
 then we shall acquire a heart of wisdom.
 Shuvah Adonai ad matai,
 Return Hashem! O for how much longer?
 v'hinacheim al avadecha.
 Relent concerning Your servants.
 Sab'einu vaboker chasdecha,
 Satisfy us in the morning with Your kindness,
 unran'nah v'nism'chah b'chol yameinu.
 then shall we sing out and rejoice all of our days.
 Sam'cheinu kimot initanu,
 Make us glad just like the days You afflicted us,
 sh'not ra-inu ra-ah.
 the years when we saw evil.
 Yeira-eh el avadecha fa-olecha,
 May Your deeds be visible to Your servants,
 vahadar'cha al b'neihem.
 and Your glory over their children.
 Vihi no-am Adonai Eloheinu aleinu,
 May the pleasantness of the Elohim our Elohim be upon us,
 uma-aseih yadeinu kon'nah aleinu,
 and establish the work of our hands upon us,
 uma-aseih yadeinu kon'neinu.
 and establish the work of our hands.

שתה עונתינו לנגדך,
 עלמנו למאור פניך.
 כי כל ימינו פנו בעברתך,
 כלינו שנינו כמו הגה.
 ימי שנותינו בהם
 שבעים שנה,
 ואם בגבורת שמונים שנה,
 ורהבם עמל ואון,
 כי גז חיש ונעפה.
 מי יודע עז אפך,
 וכיראתך עברתך.
 למנות ימינו כן הודע,
 ונבא לבב חכמה.
 שובה יהוה עד מתי,
 והנחם על עבדיך.
 שבענו בבקר חסדך,
 ונרננה ונשמחה בכל ימינו.
 שמחנו כימות עניתנו,
 שנות ראינו רעה.
 יראה אל עבדיך פעלך,
 והדרך על בניהם.
 ויהי נעם אדני אלהינו עלינו,
 ומעשה ידינו כוננה עלינו,
 ומעשה ידינו כוננהו.

תהלים צא

PSALM 91

Yosheiv b'seiter Elyon,
 Whoever sits in the refuge of the Most High,
 b'tzeil Shadai yit-lonan.
 in the shadow of the Almighty shall they dwell.
 Amar l'Adonai machsi umtzudati,
 I will speak of Hashem my refuge and my fortress,
 Elohai evtach bo.
 my Elohim in Whom I put my trust.
 Ki hu yatzil'cha mipach yakush,
 For He shall deliver you from the snare that traps,
 midever havot.
 from devastating pestilence.
 B'evrato yasech lach,
 You shall be covered by His wings,
 v'tachatz k'nafav techseh,
 and beneath His wings you will be protected,
 tzinah v'socheirah amito.
 His truth is an armor and shield.
 Lo tira mipachad lailah,
 You shall not fear the terror of night,
 meicheitz ya-uf yomam.
 nor the arrow that flies by day.
 Midever ba-ofel yahaloch,
 Nor the pestilence that walks around in darkness,
 miketev yashud tzahorayim.
 nor the destroyer who lays waste at noon.
 Yipol mitzid'cha elef
 A thousand may fall victim at your side
 urvavah miminecha,
 and a myriad at your right hand,
 eilecha lo yigash.
 but to you it shall not approach.
 Rak b'einecha tabit,
 Just behold with your eyes,
 v'shilumat r'sha-im tireh.
 and you will see the retribution of the wicked.
 Ki atah Adonai machsi,
 Because you said, You Hashem are my refuge,
 Elyon samta m'onecha.
 in the Most High have you set as your abode.
 Lo t'neh eilecha ra-ah,
 Evil will not happen to you,

יֵשֵׁב בְּסִתֵּר עֲלִיוֹן,
 בְּצֵל שְׁדֵי יִתְלוֹנֵן.
 אָמַר לַיהוָה מַחְסִי וּמְצוּדָתִי,
 אֱלֹהֵי אֲבֹטְחָ בּוֹ.
 כִּי הוּא יִצִּילֶךָ מִפֶּחַ יְקוֹשׁ,
 מִדֶּבֶר הַוּוֹת.
 בְּאַבְרָתּוֹ יִסֹּךְ לָךְ,
 וְתַחַת כְּנָפָיו תִּחָּסֶה,
 צִנְהָ וּסְחִירָהּ אָמִיתוֹ.
 לֹא תִירָא מִפַּחַד לַיְלָה,
 מִחֶץ יְעוֹף יוֹמָם.
 מִדֶּבֶר בְּאַפִּלְיָה לָךְ,
 מִקֵּטֶב יִשׁוּד צָהֳרָיִם.
 יִפֹּל מִצִּדְּךָ אֶלֶף
 וּרְבָבָה מִיְּמִינְךָ,
 אֵלֶיךָ לֹא יִגַּשׁ.
 רַק בְּעֵינֶיךָ תִּבְיֹט,
 וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.
 כִּי אַתָּה יְהוָה מַחְסִי,
 עֲלִיוֹן שָׁמָּה מְעוֹנְךָ.
 לֹא תִנֶּה אֵלֶיךָ רָעָה,

v'nega lo yikrav b'aholecha.
 nor will plague come near your dwelling.
 Ki malachav y'tzaveh lach,
 For He will assign angels for you,
 lishmorcha b'chol d'rachecha.
 to protect you in all your ways.
 Al kapayim yisa-un'cha,
 On their palms they will carry you,
 pen tigof ba-even raglecha.
 lest you strike your foot against a stone.
 Al shachal vafeten tidroch,
 Upon the lion and the viper you will tread,
 tirmos k'fir v'tanin.
 you will trample the young lion and the crocodile.
 Ki vi chashak va-afal'teihu,
 Because for Me you have yearned,
 asag'veihu ki yada sh'mi.
 I will elevate you because you know My Name.
 Yikra-eini v'e-eneihu,
 You will call upon Me and I will answer you,
 imo anochi v'tzarah,
 I am with you in distress,
 achal'tzeihu va-achab'deihu.
 I will release you and I will bring you honor.
 Orech yamim asbi-eihu,
 With long life will I satisfy you,
 v'areihu bishu-ati.
 and I will show you my salvation.
 Orech yamim asbi-eihu,
 With long life will I satisfy you,
 v'areihu bishu-ati.
 and I will show you my salvation.

וְנִגַּע לֹא יִקְרַב בְּאַהֲלֶךָ.
 כִּי מַלְאָכָיו יִצְוֶה לָךְ,
 לְשֹׁמְרֶךָ בְּכֹל דְּרָכֶיךָ.
 עַל כַּפַּיִם יִשְׂאוּנֶךָ,
 פֶּן תִּגּוֹף בְּאַבֶּן רַגְלֶךָ.
 עַל שַׁחַל וּפֶתֶן תִּדְרֹךְ,
 תִּרְמֹס כְּפִיר וְתַנִּין.
 כִּי בִי חָשַׁק וְאַפְלָטֶהוּ,
 אֲשַׁגְבֶּהוּ כִּי יָדַע שְׁמִי.
 יִקְרָאֵנִי וְאֶעֱנֶהוּ,
 עִמּוֹ אֲנֹכִי בְצָרָה,
 אֲחַלְצֶהוּ וְאֶכְבֶּדֶהוּ.
 אֶרְךְ יָמִים אֲשַׁבֵּיעֶהוּ,
 וְאֶרְאֶהוּ בִישׁוּעָתִי.
 אֶרְךְ יָמִים אֲשַׁבֵּיעֶהוּ,
 וְאֶרְאֶהוּ בִישׁוּעָתִי.

תהלים צח

PSALM 98

Mizmor.
 A psalm.
 Shiru l'Adonai shir chadash,
 Sing to Hashem a new song,
 ki nifla-ot asah,
 for He has worked wonders,
 hoshi-ah lo y'mino
 saved Him have His own right hand

מִזְמוֹר.
 שִׁירוּ לַיהוָה שִׁיר חָדָשׁ,
 כִּי נִפְלְאוֹת עָשָׂה,
 הוֹשִׁיעָה לוֹ יְמִינוֹ

uzro-a kodsho.

and His holy arm.

Hodi-a Adonai y'shu-ato,

Hashem has made known His salvation,

l'einei hagoyim gilah tzidkato.

in the site of the nations has revealed His righteousness.

Zachar chasdo ve-emunato

He recalled the His kindness and faithfulness

l'beit Yisra-eil,

to the House of Israel,

ra-u chol afsei aretz

all the ends of the earth have seen

eit y'shu-at Eloheinu.

the salvation of our Elohim.

Hari-u l'Adonai kol ha-aretz,

Shout with joy to Hashem all the earth,

pi-tz'chu v'ran'nu v'zameiru.

open your mouths and sing joyfully and play music.

Zam'ru l'Adonai b'chinar,

Play to Hashem with the harp,

b'chinar v'kol zimrah.

with the harp and the voice of music.

Bachatzotz'rot v'kol shofar,

with trumpets and the sound of the horn,

hari-u lifnei hamelech Adonai.

call out before the Sovereign Hashem.

Yiram hayam um'lo-o,

Let the sea thunder in its fullness,

teiveil v'yosh'vei vah.

the world and all who live in it.

N'harot yimcha-u chaf,

Let the rivers clap their hands,

yachad harim y'raneinu.

let the mountains sing out as one.

Lifnei Adonai

Before Hashem

ki va lishpot ha-aretz,

Who comes to judge the earth,

yishpot teiveil b'tzedek,

judging the world with righteousness,

v'amim b'meisharim.

and the people with justice.

וּזְרוּעֵ קֹדֶשׁוֹ.

הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ,

לְעֵינֵי הַגּוֹיִם גִּלָּה צְדָקָתוֹ.

זָכַר חֶסֶדּוֹ וְאֱמוּנָתוֹ

לְבֵית יִשְׂרָאֵל,

רָאוּ כָּל אַפְסֵי אֶרֶץ

אֶת יְשׁוּעַת אֱלֹהֵינוּ.

הָרִיעוּ לַיהוָה כָּל הָאָרֶץ,

פָּצְחוּ וְרַנְּנוּ וְזָמְרוּ.

זָמְרוּ לַיהוָה בְּכִנּוֹר,

בְּכִנּוֹר וְקוֹל זִמְרָה.

בַּחֲצֹצְרוֹת וְקוֹל שׁוֹפָר,

הָרִיעוּ לְפָנֵי הַמֶּלֶךְ יְהוָה.

יָרַעַם הַיָּם וּמִלְאוּ,

תִּבֵּל וַיִּשְׁבִּי בָּהּ.

נָהָרוֹת יִמְחֲאוּ כָף,

יַחַד הָרִים יִרְנְנוּ.

לְפָנֵי יְהוָה

כִּי בָּא לְשַׁפֵּט הָאָרֶץ,

יִשְׁפֹּט תִּבֵּל בְּצֶדֶק,

וְעַמִּים בְּמִישָׁרִים.

תהלים קכא

PSALM 121

Shir lama-alot,

A song of ascents,

esah einai el heharim,

I lift my eyes to the mountains,

mei-ayin yavo ezri.

from where does my help come?

Ezri mei-in Adonai,

My help comes from Hashem,

oseih shamayim va-aretz.

Maker of heaven and earth.

Al yitein lamot raglecha,

He will not allow your foot to slip,

al yanum shom'recha.

your Guardian will not slumber.

Hineih lo yanum v'lo yishan,

It is so that neither slumbers nor sleeps,

shomeir Yisra-eil.

the Guardian of Israel.

Adonai shom'recha,

Hashem is your Guardian,

Adonai tzil'cha al yad y'minecha.

Hashem is your shelter at your right hand.

Yomam hashemen lo yakekah,

The sun will not strike you by day,

v'yarei-ach balailah.

nor the moon by night.

Adonai yishmorchu mikol ra,

Hashem will protect you from evil,

yishmor et nafshecha.

and will protect your soul.

Adonai yishmor tzeit'cha uvo-echa,

Hashem will guard your departure and your arrival,

mei-atah v'ad olam.

from this time and unto eternity.

שִׁיר לַמַּעֲלוֹת,

אֶשָּׂא עֵינַי אֶל הַהָרִים,

מֵאֵין יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

אֵל יִתֵּן לַמּוֹט רַגְלְךָ,

אֵל יָנוּם שֹׁמֵרְךָ.

הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן,

שׁוֹמֵר יִשְׂרָאֵל.

יְהוָה שֹׁמֵרְךָ,

יְהוָה צִלְךָ עַל יַד יְמִינְךָ.

יוֹמָם הַשֶּׁמֶשׁ לֹא יִכָּכֶה,

וַיָּרֶחַ בַּלַּיִל.

יְהוָה יִשְׁמְרְךָ מִכָּל רָע,

יִשְׁמֹר אֶת נַפְשְׁךָ.

יְהוָה יִשְׁמֹר צֵאתְךָ וּבֹאֶךָ,

מֵעַתָּה וְעַד עוֹלָם.

תהלים קכב

PSALM 122

Shir hama-alot I'David,
A song of ascents by David,
 Samachti b'omrim li,
I rejoiced when they said to me,
 beit Adonai neilech.
let us go to the House of Hashem.
 Om'dot hayu ragleinu,
Our feet stood firm,
 bisharayich Y'rushalayim.
within your gates O Jerusalem.
 Y'rushalayim hab'nuyah,
Jerusalem is built up,
 k'ir shehub'rah lah yachdav.
like a city that is united together.
 Shesham alu sh'vatim,
For there ascended the tribes,
 shivtei Yah eidut I'Yisra-eil,
the tribes of Yah, a testimony for Israel,
 I'hodot I'sheim Adonai.
to give thanks to the Name of Hashem.
 Ki shamah yashvu
For there sat
 kisot I'mishpat,
thrones of judgement,
 kisot I'veit David.
thrones for the House of David.
 Sha-alu sh'lom Y'rushalayim,
Pray for the peace of Jerusalem,
 yishlayu ohavayich.
serene will be those who love you.
 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 brethren and my comrades,
 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.

שִׁיר הַמַּעֲלוֹת לְדָוִד,
 שָׂמַחְתִּי בְּאִמְרִים לִי,
 בֵּית יְהוָה נֵלֵךְ.
 עֲמֻדֹת הָיוּ רַגְלֵינוּ,
 בְּשַׁעְרֶיךָ יְרוּשָׁלַיִם.
 יְרוּשָׁלַיִם הִבְנוּיָהּ,
 כְּעִיר שֶׁחִבְּרָה לָהּ יַחְדָּו.
 שֵׁשָׁם עָלוּ שְׁבָטִים
 שְׁבָטֵי יִשְׂרָאֵל
 לְהוֹדוֹת לְשֵׁם יְהוָה.
 כִּי שָׁמָּה יָשְׁבוּ
 כִּסְאוֹת לְמִשְׁפָּט,
 כִּסְאוֹת לְבֵית דָּוִד.
 שְׁאַלוּ שְׁלוֹם יְרוּשָׁלַיִם,
 יִשְׁלִי אֶהְבִּיךָ.
 יְהִי שְׁלוֹם בְּחֵילֶךָ,
 שְׁלוֹה בְּאַרְמְנוֹתֶיךָ.
 לְמַעַן אֲחִי וְרֵעִי,
 אֲדַבֶּרָה נָא שְׁלוֹם בָּךְ.
 לְמַעַן בֵּית יְהוָה אֱלֹהֵינוּ,
 אֲבַקֶּשֶׁה טוֹב לָךְ.

תהלים קכג

PSALM 123

Shir hama-alot,

A song of ascents,

Eilecha nasati et einai,

To You I have raised my eyes,

hayosh'vi ba-shamayim.

You Who dwell in the heavens.

Hineih k'einei avadim

Behold as the eyes of servants

el yad adoneihem,

turn toward the hand of their master,

k'einei shifchah el yad g'virtah,

as the eyes of a maid to the hand of her mistress,

kein eineinu el Adonai Eloheinu,

so our eyes are toward Hashem our Elohim,

ad shey'chaneinu.

until we are favored by Him.

Chaneinu Adonai chaneinu,

Favor us Hashem, favor us,

ki rav savanu vuz.

for we have been abundantly filled with scorn.

Rabat sav'ah lah nafssheinu,

Our soul has been abundantly filled,

hala-ag hashah-ananim,

with the scoffing of those who are complacent,

habuz ligei yonim.

with the contempt of the arrogant.

שִׁיר הַמַּעֲלוֹת,

אֵלַיִךְ נָשָׂאתִי אֶת עֵינַי,

הַיֹּשֵׁבִי בַשָּׁמַיִם.

הִנֵּה כְעֵינֵי עֲבָדִים

אֶל יַד אֲדֹנֵיהֶם,

כְּעֵינֵי שִׁפְחָה אֶל יַד גְּבוֹרָתָהּ,

כֵּן עֵינֵינוּ אֶל יְהוָה אֱלֹהֵינוּ,

עַד שִׁיִּחָנֵנוּ.

חָנֵנוּ יְהוָה חָנֵנוּ,

כִּי רַב שָׁבַעְנוּ בּוֹז.

רַבַּת שִׁבְעָה לָּהּ נַפְשֵׁנוּ,

הַלְעֵג הַשְׂאֲנָנִים,

הַבּוֹז לְגֵאֵי יוֹנִים.

תהלים קכד

PSALM 124

Shir hama-alot I'David,

A song of ascents by David,

Lulei Adonai shehayah lanu,

Had not Hashem been with us,

yomar na Yisra-eil.

Israel should now declare it.

Lulei Adonai shehayah lanu,

Had not Hashem 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 overwhelmed 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'tananu teref l'shineihem.

Who did not present us as prey for their teeth.

Nafsheinu k'tzipor

Our soul is like a bird

niml'tah mipach yok'shim,

escaped from the snare of the hunters,

hapach nishbar,

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 בְּלַעֲוֹנוּ,

בַּחֲרוֹת אַפָּם בָּנוּ.

אֲזִי הַמַּיִם שְׁטָפוּנוּ,

נַחֲלָה עָבַר עַל נַפְשֵׁנוּ.

אֲזִי עָבַר עַל נַפְשֵׁנוּ,

הַמַּיִם הַזֵּידוֹנִים.

בָּרוּךְ יְהוָה,

שֶׁלֹא נִתַּנּוּ טֶרֶף לְשִׁנֵּיהֶם.

נַפְשֵׁנוּ כְּצִפּוֹר

נִמְלְטָה מִפֶּחַ יוֹקְשִׁים,

הַפֶּחַ נִשְׁבַּר,

וְאִנַּחְנוּ נִמְלָטְנוּ.

עֲזָרְנוּ בְּשֵׁם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

תהלים קלה

PSALM 135

Hal'lu-Yah,

Praise Yah,

Hal'lu et sheim Adonai,

Praise the Name of Hashem,

hal'lu avdei Adonai.

praise O you servants of Hashem.

She-om'dim b'veit Adonai,

They who stand in the House of Hashem,

b'chatzrot beit Eloheinu.

in the courtyards of the House of our Elohim.

Hal'lu-Yah ki tov Adonai,

Praise Yah, for Hashem is good,

zam'ru lishmo ki na-im.

Sing to His Name for It is pleasant.

Ki Ya-akov bachar lo Yah,

For Jacob was selected by the Eternal One,

Yisra-eil lisgulato.

Israel as His precious treasure.

Ki ani yadati ki gadol Adonai,

For I know that Hashem is great,

va-Adoneinu mikol elohim.

and our Ruler than all heavenly powers.

Kol asher chafeitz Adonai asah,

Anything that Hashem wished was done,

bashamayim uva-aretz,

in the heavens and on earth,

bayamim v'chol t'homot.

in the seas and all the depths.

Ma-aleh n'si-im miktzeih ha-aretz,

He raises clouds from the end of the earth,

b'rakim lamatar asah,

and made lightning bolts for the rain,

motzei ru-ach mei-otz'rotav.

and from His treasures brings forth the wind.

Shehikah b'chorei mitzrayim,

It is He Who struck the firstborn of Egypt,

mei-adam ad b'heimah.

from human to beast.

Shalach otot umof'tim

He sent signs and wonders

b'tocheichi mitzrayim,

into your midst O Egypt,

הַלְלוּיָהּ,

הַלְלוּ אֶת שֵׁם יְהוָה,

הַלְלוּ עַבְדֵי יְהוָה.

שֹׁעֲמֵדִים בְּבֵית יְהוָה,

בְּחִצְרוֹת בֵּית אֱלֹהֵינוּ.

הַלְלוּיָהּ כִּי טוֹב יְהוָה,

זָמְרוּ לְשִׁמוֹ כִּי נָעִים.

כִּי יַעֲקֹב בָּחַר לוֹ יְהוָה,

יִשְׂרָאֵל לְסִגְלָתוֹ.

כִּי אֲנִי יָדַעְתִּי כִּי גָדוֹל יְהוָה,

וְאֲדֹנֵינוּ מִכָּל אֱלֹהִים.

כָּל אֲשֶׁר חָפֵץ יְהוָה עָשָׂה,

בַּשָּׁמַיִם וּבָאָרֶץ,

בַּיָּמִים וּכְלֵ תְהוֹמוֹת.

מֵעַלָּה נִשְׁאִים מִקְצֵה הָאָרֶץ,

בְּרָקִים לַמָּטָר עָשָׂה,

מוֹצֵא רוּחַ מֵאֲצִרוֹתָיו.

שֶׁהִכָּה בְּכוֹרֵי מִצְרַיִם,

מֵאָדָם עַד בְּהֵמָה.

שָׁלַח אוֹתוֹת וּמִפְתִּים

בְּתוֹכֵכִי מִצְרַיִם,

b'faroh uvchol avadav.

upon Pharaoh and upon all of his servants.

Shehikah goyim rabim,

It was He Who smote the many nations,

v'harag m'lachim atzumim.

and slew mighty kings.

L'sichon melech ha-emori,

Sihon, King of the Amorites,

ulog melech ha-bashan,

and Og, King of Bashan,

ulchol maml'chot k'na-an.

and all the kingdoms of Canaan.

V'natan artzam nachalah,

And He gave their land as a heritage,

nachalah l'Yisra-eil amo.

as a heritage for Israel, His people.

Adonai shimcha l'olam,

Hashem Your Name endures forever,

Adonai zichr'cha l'dor vador.

Hashem Your reminder is from generation to generation.

Ki yadin Adonai amo,

For Hashem will judge the cause of His people,

v'al avadav yitnecham.

and will reconsider regarding His servants.

Atzabei ha-goyim kesef v'zahav,

The idols of the nations 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 they do not speak,

einayim lahem v'lo yiru.

they have eyes, but they do not see.

Oznayim lahem v'lo ya-azinu,

The have ears, but they do not hear,

af ein yesh ru-ach b'fihem.

neither is there any breath in their mouth.

K'mohem yih-yu oseihem,

May they who make them become like them,

kol asher botei-ach bahem.

everyone who puts their trust in them.

Beit Yisra-eil bar'chu et Adonai,

O House of Israel bless Hashem,

beit Aharon bar'chu et Adonai.

O House of Aaron bless Hashem.

Beit ha-Leivi bar'chu et Adonai,

O House of Levi bless Hashem,

yirei Adonai bar'chu et Adonai.

O those in awe of Hashem bless Hashem.

בַּפֶּרֶעָה וּבְכָל עַבְדָּיו.

שֶׁהִכָּה גוֹיִם רַבִּים,

וְהָרַג מְלָכִים עֲצוּמִים.

לְסִיחוֹן מֶלֶךְ הָאֱמֹרִי,

וּלְעוֹג מֶלֶךְ הַבָּשָׁן,

וּלְכָל מַמְלָכוֹת כְּנָעַן.

וְנָתַן אֶרֶצָם נַחֲלָה,

נַחֲלָה לְיִשְׂרָאֵל עַמּוֹ.

יְהוָה שִׁמְךָ לְעוֹלָם,

יְהוָה זִכְרְךָ לְדֹר וָדֹר.

כִּי יִדִּין יְהוָה עַמּוֹ,

וְעַל עַבְדָּיו יִתְנַחֵם.

עֲצָבֵי הַגּוֹיִם כֶּסֶף וְזָהָב,

מַעֲשֵׂה יְדֵי אָדָם.

פֶּה לָהֶם וְלֹא יִדְבְּרוּ,

עֵינַיִם לָהֶם וְלֹא יִרְאוּ.

אָזְנִים לָהֶם וְלֹא יִאָזִינוּ,

אִף אֵין יֵשׁ רוּחַ בְּפִיהֶם.

כְּמוֹהֶם יִהְיוּ עֹשֵׂיהֶם,

כָּל אֲשֶׁר בָּטַח בָּהֶם.

בֵּית יִשְׂרָאֵל בָּרְכוּ אֶת יְהוָה,

בֵּית אַהֲרֹן בָּרְכוּ אֶת יְהוָה.

בֵּית הַלֵּוִי בָרְכוּ אֶת יְהוָה,

יִרְאֵי יְהוָה בָּרְכוּ אֶת יְהוָה.

Baruch Adonai mi-Tziyon

Blessed is Hashem from Zion

shochein Y'rushalayim, hal'lu-Yah.

Who dwells in Jerusalem, praise Yah.

ברוך יהוה מִצִּיּוֹן
שֹׁכֵן יְרוּשָׁלַיִם, הַלְלוּיָהּ.

ברוך שְׁאָמַר *Stand until after Baruch Sheamar*

תהלים קלו

PSALM 136

Hodu l'Adonai ki tov,

Give thanks to Hashem Who is good,

ki l'olam chasdo.

for His kindness endures forever.

Hodu l'Eilohei ha-eilohim,

Give thanks to Elohim who is above all gods,

ki l'olam chasdo.

for His kindness endures forever.

Hodu la-Adonei ha-adonim,

Give thanks to the Ruler of all rulers,

ki l'olam chasdo.

for His kindness endures forever.

L'oseih nifla-ot g'dolot l'vado,

To He Who alone does great wonders,

ki l'olam chasdo.

for His kindness endures forever.

L'oseih hashamayim bitvunah,

To He Who made the heavens with understanding,

ki l'olam chasdo.

for His kindness endures forever.

L'roka ha-aretz al hamayim,

To He Who stretched the earth over the waters,

ki l'olam chasdo.

for His kindness endures forever.

L'oseih orim g'dolim,

To He Who made the great lights,

ki l'olam chasdo.

for His kindness endures forever.

Et hashemesh l'memshelet bayom,

The sun to reign by day,

ki l'olam chasdo.

for His kindness endures forever.

Et hayarei-ach v'chochavim

The moon and the stars

l'memsh'lot balailah,

to reign by night,

הוֹדוּ לַיהוָה כִּי טוֹב,
כִּי לְעוֹלָם חַסְדּוֹ.
הוֹדוּ לֵאלֹהֵי הָאֱלֹהִים,
כִּי לְעוֹלָם חַסְדּוֹ.
הוֹדוּ לַאֲדֹנֵי הָאֲדֹנִים,
כִּי לְעוֹלָם חַסְדּוֹ.
לַעֲשֵׂה נִפְלְאוֹת גְּדֻלוֹת לְבָדּוֹ,
כִּי לְעוֹלָם חַסְדּוֹ.
לַעֲשֵׂה הַשָּׁמַיִם בְּתִבּוּנָה,
כִּי לְעוֹלָם חַסְדּוֹ.
לְרוֹקַע הָאָרֶץ עַל הַמַּיִם,
כִּי לְעוֹלָם חַסְדּוֹ.
לַעֲשֵׂה אוֹרִים גְּדֻלִּים,
כִּי לְעוֹלָם חַסְדּוֹ.
אֶת הַשֶּׁמֶשׁ לְמִשְׁלַת בַּיּוֹם,
כִּי לְעוֹלָם חַסְדּוֹ.
אֶת הַיָּרֵחַ וְכּוֹכָבִים
לְמִשְׁלַת בַּלַּיְלָה,

ki l'olam chasdo.

for His kindness endures forever.

L'makeih Mitzrayim bivchoreihem,

To He Who smote Egypt in their firstborn,

ki l'olam chasdo.

for His kindness endures forever.

Vayotzei Yisra-eil mitocham,

And took Israel out from among them,

ki l'olam chasdo.

for His kindness endures forever.

B'yad chazakah uvizro-a n'tuyah,

With strong hand and outstretched arm,

ki l'olam chasdo.

for His kindness endures forever.

L'gozeir yam suf ligzarim,

To He Who parted the Red Sea,

ki l'olam chasdo.

for His kindness endures forever.

V'he-evir Yisra-eil b'tocho,

And caused Israel to pass through it,

ki l'olam chasdo.

for His kindness endures forever.

V'ni-eir par-oh v'cheilo v'yam suf,

And threw Pharoah and his host into the Red Sea,

ki l'olam chasdo.

for His kindness endures forever.

L'molich amo vamidbar,

To He Who led Its people through the wilderness,

ki l'olam chasdo.

for His kindness endures forever.

L'makeih m'lachim g'dolim,

To He Who smote great kings,

ki l'olam chasdo.

for His kindness endures forever.

Vayaharog m'lachim adirim,

To He Who slew mighty kings,

ki l'olam chasdo.

for His kindness endures forever.

L'sichon melech ha-emori,

Sihon, king of the Amorites,

ki l'olam chasdo.

for His kindness endures forever.

Ulog melech ha-bashan,

And Og king of Bashan,

ki l'olam chasdo.

for His kindness endures forever.

V'natan artzam l'nachalah,

And gave their land as an inheritance,

כִּי לְעוֹלָם חֶסֶדּוֹ.

לְמַכָּה מִצְרַיִם בְּבְכוֹרֵיהֶם,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וַיּוֹצֵא יִשְׂרָאֵל מִתּוֹכָם,

כִּי לְעוֹלָם חֶסֶדּוֹ.

בְּיַד חֲזָקָה וּבִזְרוֹעַ נְטוּיָה,

כִּי לְעוֹלָם חֶסֶדּוֹ.

לְגַזֵּר יָם סוּף לְגַזְרִים,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וְהַעֲבִיר יִשְׂרָאֵל בְּתוֹכוֹ,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וַנַּעַר פַּרְעֹה וְחִילוֹ בַיָּם סוּף,

כִּי לְעוֹלָם חֶסֶדּוֹ.

לְמוֹלִיךְ עַמּוֹ בַּמִּדְבָּר,

כִּי לְעוֹלָם חֶסֶדּוֹ.

לְמַכָּה מְלָכִים גְּדֹלִים,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וַיַּהַרֵּג מְלָכִים אַדִּירִים,

כִּי לְעוֹלָם חֶסֶדּוֹ.

לְסִיחֹן מֶלֶךְ הָאֱמֹרִי,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וּלְעוֹג מֶלֶךְ הַבַּשָּׁן,

כִּי לְעוֹלָם חֶסֶדּוֹ.

וַנָּתַן אֶרְצָם לְנַחֲלָה,

ki l'olam chasdo.

for His kindness endures forever.

Nachalah l'Yisra-eil avdo,

An inheritance to Israel Its servant,

ki l'olam chasdo.

for His kindness endures forever.

Sheb'shif-leinu zachar lanu,

Who remembered us in our low state,

ki l'olam chasdo.

for His kindness endures forever.

Vayif-r'keinu mitzreinu,

And released us from our foes,

ki l'olam chasdo.

for His kindness endures forever.

Notein lechem l'chol basar,

Who gives food to all creatures,

ki l'olam chasdo.

for His kindness endures forever.

Hodu l'Eil hashamayim,

Give thanks to the Almighty One of all heaven,

ki l'olam chasdo.

for His kindness endures forever.

כִּי לְעוֹלָם חֶסֶדּוֹ.
נִחַלָּה לְיִשְׂרָאֵל עַבְדּוֹ,
כִּי לְעוֹלָם חֶסֶדּוֹ.
שֶׁב־שָׁפַלְנוּ זָכַר לָנוּ,
כִּי לְעוֹלָם חֶסֶדּוֹ.
וַיַּפְּרֵקֵנוּ מִצָּרֵינוּ,
כִּי לְעוֹלָם חֶסֶדּוֹ.
נֹתֵן לֶחֶם לְכֹל בָּשָׂר,
כִּי לְעוֹלָם חֶסֶדּוֹ.
הוֹדוּ לֵאלֹהֵי הַשָּׁמַיִם,
כִּי לְעוֹלָם חֶסֶדּוֹ.

The following is always recited on Shabbat in silence:

הַאֲדֶרֶת וְהָאֱמוּנָה

HA-ADERET V'HA-EMUNAH

This song of the angels is normally recited by them when Israel recites Baruch Sheamar. However, on Shabbat they do not sing their usual praises and so we recite it silently. We are only permitted to recite it aloud on Yom Kippur.

This must be recited silently.

הַאֲדֶרֶת וְהָאֱמוּנָה, לְחַי עוֹלָמִים.

Ha-aderet v'ha-emunah, l'chai olamim.

Power and faithfulness To He Who lives eternally.

הַבִּינָה וְהַבְּרָכָה, לְחַי עוֹלָמִים.

Habinah v'hab'rachah, l'chai olamim.

Understanding and blessing To He Who lives eternally.

הַגָּאוּה וְהַגְּדֻלָּה, לְחַי עוֹלָמִים.

Haga-avah v'hag'dulah, l'chai olamim.

Grandeur and greatness To He Who lives eternally.

הַדַּעַה וְהַדִּבּוּר, לְחַי עוֹלָמִים.

Hadei-ah v'ha-dibur, l'chai olamim.

Knowledge and speech To He Who lives eternally.

הַהוֹד וְהַהַדָּר, לְחַי עוֹלָמִים.

Hahod v'hehadar, I'chai olamim.

Honor and majesty To He Who lives eternally.

הַנֶּעַד וְהַנִּתְּקוּת, לְחַי עוֹלָמִים.

Haya-ad v'havatikut, I'chai olamim.

Assembly and authority To He Who lives eternally.

הַנֶּזֶךְ וְהַזֹּהָר, לְחַי עוֹלָמִים.

Hazach v'hazohar, I'chai olamim.

Radiance and brilliance To He Who lives eternally.

הַחַיִּל וְהַחֲסֵן, לְחַי עוֹלָמִים.

Hachayil v'hachosen, I'chai olamim.

Accomplishment and might To He Who lives eternally.

הַטָּכֶס וְהַטָּהָר, לְחַי עוֹלָמִים.

Hateches v'hatohar, I'chai olamim.

Adornment and purity To He Who lives eternally.

הַיְּחוּד וְהַיִּרְאָה, לְחַי עוֹלָמִים.

Hayichud v'hayirah, I'chai olamim.

Oneness and awe To He Who lives eternally.

הַכֶּתֶר וְהַכְּבוֹד, לְחַי עוֹלָמִים.

Haketer v'hakavod, I'chai olamim.

Crown and glory To He Who lives eternally.

הַלֶּקַח וְהַלְּבוּב, לְחַי עוֹלָמִים.

Halekach v'halibuv, I'chai olamim.

Teaching and insight To He Who lives eternally.

הַמְּלֹכָה וְהַמְּשָׁלָה, י עוֹלָמִים.

Ham'luchah v'hamemshalah, I'chai olamim.

Sovereignty and dominion To He Who lives eternally.

הַנּוֹי וְהַנֶּצֶחַ, לְחַי עוֹלָמִים.

Hanoi v'haneitzach, I'chai olamim.

Beauty and victory To He Who lives eternally.

הַסְּגוּי וְהַשִּׁגְבּ, לְחַי עוֹלָמִים.

Hasigui v'hasegev, I'chai olamim.

Supremacy and transcendence To He Who lives eternally.

הַעֲזָז וְהָעֲנָוָה, לְחַי עוֹלָמִים.

Ha-oz v'ha-anavah, I'chai olamim.

Strength and humility To He Who lives eternally.

הַפְּדוֹת וְהַפָּאֵר, לְחַי עוֹלָמִים.

Hap'dut v'hap'eir, l'chai olamim.

Redemption and magnificence To He Who lives eternally.

הַצְּבִי וְהַצְּדֵק, לְחַי עוֹלָמִים.

Hatz'vi v'hatzedek, l'chai olamim.

Desire and righteousness To He Who lives eternally.

הַקְּרִיָּאָה וְהַקְּדוּשָׁה, לְחַי עוֹלָמִים.

Hak'ri-ah v'hak'dusha, l'chai olamim.

Acclaim and holiness To He Who lives eternally.

הָרֶן וְהַרֹמֶמּוּת, לְחַי עוֹלָמִים.

Haron v'haromeimut, l'chai olamim.

Jubilation and exaltation To He Who lives eternally.

הַשִּׁיר וְהַשְּׁבַח, לְחַי עוֹלָמִים.

Hashir v'hashevach, l'chai olamim.

Song and praise To He Who lives eternally.

הַתְּהִלָּה וְהַתְּפָאֶרֶת, לְחַי עוֹלָמִים.

Hat'hilah v'hatiferet, l'chai olamim.

Laudation and splendor To He Who lives eternally.

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 uShchintei,

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 וּשְׁכִינָתִיהָ,
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 He Who spoke and the world came to be,

Baruch hu.

Blessed is He!

Baruch omeir v'oseh.

Blessed is He Who creates by speaking.

Baruch gozeir umkayeim.

Blessed is He Who sustains by decreeing.

Baruch oseh v'reishit.

Blessed is He Who continues creating.

Baruch m'racheim al ha-aretz.

Blessed is He Who has mercy on the earth.

Baruch m'racheim al hab'riot.

Blessed is He Who has mercy on all beings.

Baruch m'shaleim

Blessed is He Who gives

sachar tov lirei-av.

a good reward to those in awe.

Baruch chai la-ad v'kayam lanetzach.

Blessed is He Who lives forever, always being.

Baruch podeh umatzil.

Blessed is He 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 His 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 Creator,

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,

עַדִּי עַד שְׁמוֹ הַגָּדוֹל.

ברוך אַתָּה יְהוָה,

מֶלֶךְ מְהַלֵּל בַּתְּשִׁבְחוֹת. אָמֵן.

The following is always recited on Shabbat:

תהלים צב

PSALM 92

Mizmor shir l'yom ha-Shabbat.

A psalm to sing for the day of Shabbat.

Tov l'hodot la-Adonai,

It is good to give thanks to Hashem,

ulzameir l'shimcha elyon.

and to sing praise to Your Name Most High.

L'hagid baboker chasdecha,

To declare Your kindness in the morning,

ve-emunat'cha ba-leilot.

and Your faithfulness during the nights.

Alei asor va-alei navel,

With stringed instruments and with lyre,

alei higayon b'chinor.

with singing accompanied by a harp.

Ki simachtani Adonai b'fa-olecha,

For You make me rejoice in Your deeds Hashem,

b'ma-asei yadecha aranein.

I exult in the work of Your hands.

Mah gad'lu ma-asecha Adonai,

How great are Your works Hashem,

m'od am'ku mach-sh'votecha.

Your thoughts are exceedingly profound.

Ish ba-ar lo yeida,

The ignorant do not know this,

uchsil lo yavin et zot.

and a fool cannot understand this.

Bifro-ach r'sha-im k'mo eisev,

When the wicked spring up like grass,

vayatztzu kol po-alei aven,

they may seem to flourish,

l'hisham'dam adei ad.

but their end will be destruction.

V'atah marom l'olam Adonai.

For You are supreme forever Hashem.

Ki hinei oy'vecha Adonai,

For behold Your enemies Hashem,

מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת.

טוֹב לְהוֹדוֹת לַיהוָה,

וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.

לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ,

וְאֱמוּנַתְךָ בַּלַּיְלוֹת.

עָלַי עָשׂוֹר וְעָלַי נָבֶל,

עָלַי הִגָּיוֹן בְּכִנּוֹר.

כִּי שִׂמַּחְתָּנִי יְהוָה בְּפִעֲלֶךָ,

בְּמַעֲשֵׂי יָדֶיךָ אֲרָנִן.

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה,

מֵאֵד עֲמָקוֹ מַחְשְׁבֹתֶיךָ.

אִישׁ בְּעֵר לֹא יֵדַע,

וְכָסִיל לֹא יִבִּין אֶת זֹאת.

בַּפֶּרֶחַ רָשָׁעִים כְּמוֹ עֵשֶׂב,

וַיִּצְיָצוּ כָּל פְּעֲלֵי אוֹן,

לְהַשְׁמָדָם עַד־עַד.

וְאַתָּה מָרוֹם לְעֹלָם יְהוָה.

כִּי הִנֵּה אֹיְבֶיךָ, יְהוָה,

ki hinei oy'vecha yoveidu,

for behold Your enemies shall perish,

yitpar'du kol po-alei aven.

and all who do evil shall be scattered.

Vatarem kireim karni,

But You have exalted me like the horn of an ox,

baloti b'shemen ra-anan.

I am anointed with rich oil.

Vatabeit eini b'shurai,

My eyes have seen the downfall of my foes,

bakamim alai m'rei-im

and those who rose up to harm me,

tishmanah oznai.

my ears have heard their end.

Tzadik katamar yifrach,

The righteous shall flourish like the date-palm,

k'erez ba-L'vanon yisgeh.

grow tall like a cedar in Lebanon.

Sh'tulim b'veit Adonai,

Planted in the house of Hashem,

b'chatzrot Eloheinu yafrichu.

they shall flourish in the courts of our Elohim.

Od y'nuvun b'seivah,

They shall bear fruit in old age,

d'sheinim v'ra-ananim yih-yu.

they shall ever be fresh and fragrant.

L'hagid ki yashar Adonai,

They shall proclaim that Hashem is just,

tzuri v'lo avlatah bo.

my Rock in whom there is no wrong.

כִּי הִנֵּה אֵיבֶיךָ יֵאָבְדוּ,

יִתְפָּרְדוּ כָּל פְּעֵלֵי אָוֶן.

וְתָרַם כְּרָאִים קַרְנִי,

בִּלְתִּי בְשֶׁמֶן רֵעַנָּן.

וְתִבֵּט עֵינַי בְּשׁוּרֵי,

בְּקָמִים עָלַי מְרַעִים

תִּשְׁמַעְנָה אָזְנִי.

צַדִּיק כִּתְמָר יִפְרַח,

כְּאַרְז בַּלְבָּנוֹן יִשְׁגֶּה.

שְׁתוּלִים בְּבֵית יְהוָה,

בְּחֲצֹרֹת אֱלֹהֵינוּ יִפְרִיחוּ.

עוֹד יִנוּבּוֹן בְּשֵׁיבָה,

דְּשָׁנִים וְרֵעַנָּנִים יִהְיוּ.

לְהַגִּיד כִּי יָשָׁר יְהוָה,

צוּרִי וְלֹא עוֹלָתָהּ בּוֹ.

The following is always recited on Shabbat:

תהלים צג

PSALM 93

This Psalm continues the theme of the previous one and reminds us that the grandeur and majesty of the Creator is eternal.

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 dochyam.

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 תיבל 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

לביתיך נאווה קדש,

יהוה לארך ימים.

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 reigns, 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 His 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 machshavot 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 He spoke and it came to be,
hu tzivah vaya-amod.
He commanded and it endured.
Ki vachar Adonai b'Tziyon,
For Hashem has chosen Zion,
ivah l'moshav lo.
and for He has desired it as a habitation.
Ki Ya-akov bachar lo Yah,
For Jacob was selected as His own by Yah,
Yisra-eil lisgulato.
Israel as His precious treasure.
Ki lo yitosh Adonai amo,
Because His people Hashem will not forsake,
v'nachalato lo ya-azov.
whose heritage He will not abandon.
V'hu rachum y'chapeir avon,
And He the Merciful One forgives iniquities,
v'lo yash-chit,
and He does not destroy,
v'hirbah l'hashiv apo,
and He frequently withdraws His anger,
v'lo ya-ir kol chamato.
and does not arouse all His 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 עֲצַת גוֹיִם,
 הִנִּיא מַחֲשָׁבוֹת עַמִּים.
 רַבּוֹת מַחֲשָׁבוֹת בְּלֵב אִישׁ,
 וְעֲצַת יְהוָה הִיא תִקּוּם.
 עֲצַת יְהוָה לְעוֹלָם תַּעֲמֹד,
 מַחֲשָׁבוֹת לְבוֹ לְדוֹר וָדוֹר.
 כִּי הוּא אָמַר וַיְהִי,
 הוּא צִוָּה וַיַּעֲמֹד.
 כִּי בָחַר יְהוָה בְּצִיּוֹן,
 אֶבְיָה לְמוֹשָׁב לּוֹ.
 כִּי יַעֲקֹב בָּחַר לּוֹ יְהוָה,
 יִשְׂרָאֵל לְסִגְלָתוֹ.
 כִּי לֹא יִטֹּשׁ יְהוָה עַמּוֹ,
 וְנִחַלְתּוֹ לֹא יַעֲזֹב.
 וְהוּא רַחוּם יְכַפֵּר עֲוֹן
 וְלֹא יִשְׁחִית,
 וְהִרְבָּה לְהַשִּׁיב אָפוֹ,
 וְלֹא יַעֲרִיר כָּל חַמָּתוֹ.
 יְהוָה הוֹשִׁיעָה,
 הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קִרְאָנוּ.

אשרי

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 Elohim, 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.
His 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 nor'otecha yomeiru,
They shall speak of the might of Your awesome acts,
ugdulat'cha asap'renah.
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.

אשרי יושבי ביתך,
עוד יהללוך סלה.

אשרי העם שככה לו,
אשרי העם שיהוה אלהיו.

תהלה לדוד,
ארוםמך 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.

Chanun v'rachum Adonai,
Gracious and merciful is Hashem,
erech apayim ugdol chesed.
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 פותח

Potei-ach et yadecha,
You open You 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.

חנון ורחום יהוה,
 ארך אפים וגדל חסד.
 טוב יהוה לכל,
 ורחמיו על כל מעשיו.
 יודוך יהוה כל מעשיך,
 וחסידריך ברכוכה.
 כבוד מלכותך יאמרו,
 וגבורתך ידברו.
 להודיע לבני האדם גבורתך,
 וכבוד הדר מלכותך.
 מלכותך מלכות כל עולמים,
 וממשלתך בכל דור ודור.
 סומך יהוה לכל הנפלים,
 וזוקף לכל הכפופים.
 עיני כל אליך ישברו,
 ואתה נותן להם
 את אכלם בעתו.

פותח את ידך,
 ומשביע לכל חי רצון.
 צדיק יהוה בכל דרכיו,
 וחסיד בכל מעשיו.
 קרוב יהוה לכל קרְאו,
 לכל אשר יקראהו באמת.

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 Yah.

רְצוֹן יִרְאוּ יַעֲשֶׂה,
 וְאֵת שׁוֹעֲתָם 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 Yah,
 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.
 אֶהְלֶלָה יְהוָה בְּחַיִּי,
 אֶזְמָרָה לֵאלֹהֵי בְעוֹדִי.
 אַל תִּבְטְחוּ בַּנְּדִיבִים,
 בֶּן אָדָם שָׁאִין לוֹ תְּשׁוּעָה.
 תֵּצֵא רוּחוֹ יֵשֶׁב לְאֲדָמָתוֹ,
 בַּיּוֹם הַהוּא אֲבָדוּ עֲשֵׂתָנוֹתָיו.
 אֲשֶׁרִי שָׁאֵל 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.

He safeguards truth forever.

Oseh mishpat la-asukim,
He makes justice for the exploited,
 notein lechem lareivim,
He gives food to the hungry,

He 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 Yah.

עֲשֵׂה שָׁמַיִם וָאָרֶץ,
 אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם,
 הַשֹּׁמֵר אֶמֶת לְעוֹלָם.
 עֲשֵׂה מִשְׁפָּט לַעֲשׂוּקִים,
 נֹתֵן לֶחֶם לָרָעִבִים,
 יְהוָה מַתִּיר אֲסוּרִים.
 יְהוָה פֹּקֵחַ עִוְרִים,
 יְהוָה זֹקֵף כְּפוּפִים,
 יְהוָה אֹהֵב 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 Yah,

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,
He is the Healer of the brokenhearted,
 umchabeish l'atz'votam.
and He bandages their sorrows.
 Moneh mispar la-kochavim,
He counts the number of the stars,
 l'chulam sheimot yikra.
and assigns a name to them all.
 Gadol Adoneinu v'rov 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.
 Ham'chaseh shamayim b'avim,
It is He who covers the heavens with clouds,
 hameichin la-aretz matar,
He prepares rain for the earth,
 hamatzmi-ach harim chatzir.
He makes grass grow on the mountains.
 Notein livheimah lachmah,
He 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 He 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 Him,
 et hamyachalim l'chasdo.
and those who yearn for His 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 He has strengthened the bars of your gates,

בונה יְרוּשָׁלַיִם יְהוָה,
 נִדְחֵי יִשְׂרָאֵל יַכְנִס.
 הַרּוֹפֵא לְשִׁבְרוֹי לֵב,
 וּמַחְבֵּשׁ לְעֲצָבוֹתָם.
 מוֹנֶה מִסְפָּר לְכוֹכָבִים,
 לְכֹל שְׁמוֹת יִקְרָא.
 גָּדוֹל אֲדוֹנֵינוּ וְרַב כֹּחַ,
 לְתַבּוּנָתוֹ אֵין מִסְפָּר.
 מְעוֹדֵד עֲנָוִים יְהוָה,
 מַשְׁפִּיל רָשָׁעִים עַדִּי אֶרֶץ.
 עֲנוּ לַיהוָה בְּתוֹדָה,
 זַמְּרוּ לֵאלֹהֵינוּ בְּכִנּוֹר.
 הַמַּכְסֶּה שָׁמַיִם בְּעָבִים,
 הַמְכִּין לָאָרֶץ מָטָר,
 הַמַּצְמִיחַ הָרִים חֲצִיר.
 נוֹתֵן לְבֵהֱמָה לַחֲמָה,
 לְבְנֵי עֵרֵב אֲשֶׁר יִקְרָאוּ.
 לֹא בְגִבּוֹרַת הַסּוּס יִחַפֵּץ,
 לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.
 רוֹצֶה יְהוָה אֶת יִרְאָיו,
 אֶת הַמֵּיחָלִים לְחֶסֶדּוֹ.
 שִׁבְּחֵי יְרוּשָׁלַיִם אֶת יְהוָה,
 הֲלֵלִי אֱלֹהֶיךָ צִיּוֹן.
 כִּי חֲזַק בְּרִיחֵי שְׁעָרֶיךָ,

beirach banayich b'kirbeich.

and has blessed your children in your midst.

Ha-sam g'vuleich shalom,

He makes your borders peaceful,

cheilev chitim yasbi-eich.

and satisfies you with the finest wheat.

Hasholei-ach imrato aretz,

He dispatches His utterance to the earth,

ad m'heirah yarutz d'varo.

His word runs swiftly.

Ha-notein sheleg ka-tzamer,

He gives snow like fleece,

k'for ka-eifer y'fazeir.

and scatters frost like ashes.

Mashlich karchu ch'fitim,

He hurls ice like crumbs,

lifnei karato mi ya-amod.

before His cold, who could stand?

Yishlach d'varo v'yamseim,

He sends out a command and it melts them,

yasheiv rucho yiz'lu mayim.

He blows the wind and the waters flow.

Magid d'varav l'Ya-akov,

He relates His words to Jacob,

chukav umishpatav l'Yisra-eil.

and His statutes and judgements to Israel.

Lo asah chein l'chol goi,

He did not do so for any other nation,

umishpatim bal y'da-um,

such judgements they know them not,

Hal'lu-Yah.

Praise Yah.

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

תהלים קמח

PSALM 148

Hal'lu-Yah,

Praise Yah,

Hal'lu et Adonai min hashamayim,

Praise Hashem from the heavens,

hal'luhu bam'romim.

praise Him in the supernal realms.

Hal'luhu chol malachav,

Praise Him all you angels,

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

hal'luhu kol tz'va-av.

praise Him all you hosts.

Hal'luhu shemesh v'yarei-ach,

Praise Him, sun and moon,

hal'luhu kol koch'vei or.

praise Him, all shining stars.

Hal'luhu sh'mei hashamayim,

Praise Him, 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.

He commanded and they were created.

Vaya-amideim la-ad l'olam,

And He established them forever and ever,

chok natan v'lo ya-avor.

He 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 His 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 erez v'chol l'umim,

Sovereigns of the earth and all peoples,

sarim v'chol shof'tei erez.

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 nisgav sh'mo l'vado,

Whose Name is exalted alone,

hodo al erez 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,

רֶמֶשׂ וְצִפּוֹר כָּנָף.

מַלְכֵי אֶרֶץ וְכָל לְאֻמִּים,

שָׂרִים וְכָל שְׂפָטֵי אֶרֶץ.

בַּחֲוָרִים וְגַם בְּתוֹלוֹת,

זְקֵנִים עִם נְעָרִים.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ,

הוֹדוֹ עַל אֶרֶץ וּשְׁמַיִם.

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

וַיָּרֶם קֶרֶן לְעַמּוֹ,
 תְּהִלָּה לְכֹל חֲסִידָיו,
 לְבְנֵי יִשְׂרָאֵל עִם קְרֵבּוֹ,
 הַלְלוּיָהּ.

תהלים קמ"ט

PSALM 149

Hal'lu-Yah,
Praise Yah,
 Shiru l'Adonai shir chadash,
Sing to Hashem a new song,
 t'hilato bikchal chasidim.
His 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,
His 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 Hashem desires His people,
 y'fa-eir anavim bishu-ah.
He 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,

הַלְלוּיָהּ,
 שִׁירוּ לַיהוָה שִׁיר חָדָשׁ,
 תְּהִלָּתוֹ בְּקַחַל חֲסִידִים.
 יִשְׂמַח יִשְׂרָאֵל בְּעֹשָׁיו,
 בְּנֵי צִיּוֹן יִגִּילוּ בַּמֶּלֶכָם.
 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 His devout ones a splendor it will be,

Hal'lu-Yah.

Praise Yah.

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

תהלים קנ PSALM 150

Hal'lu-Yah,

Praise Yah,

Hal'lu Eil b'kodsho,

Praise to the Almighty in the sanctuary,

hal'luhu birki-a uzo.

praise Him whose power the heavens proclaim.

Hal'luhu bigvurotav,

Praise Him for powerful deeds,

hal'luhu k'rov gudlo.

praise Him for surpassing greatness.

Hal'luhu b'teika shofar,

Praise Him with the blast of the shofar,

hal'luhu b'neivel v'chinar.

praise Him with the lyre and harp.

Hal'luhu b'tof umachol,

Praise Him with drums and dancing,

hal'luhu b'minim v'ugav.

praise Him with the lute and pipe.

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

Praise Him with cymbals sounding,

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

Praise Him with cymbals resounding.

Kol han'shamah t'haleil Yah,

Let everything that has breath praise Yah.

Hal'lu-Yah.

praise Yah.

Kol han'shamah t'haleil Yah,

Let everything that has breath praise Yah.

Hal'lu-Yah.

Praise Yah.

הַלְלוּיָהּ,
הַלְלוּ אֵל בְּקֹדֶשׁוֹ,
הַלְלוּהוּ בְּרִקְיעַ עֶזּוֹ.
הַלְלוּהוּ בְּגִבּוֹרָתוֹ,
הַלְלוּהוּ כְּרֹב גִּדְלוֹ.
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,
הַלְלוּהוּ בְּנִבֵּל וְכִנּוֹר.
הַלְלוּהוּ בְּתוֹף וּמַחּוֹל,
הַלְלוּהוּ בְּמִנִּים וְעָגָב.
הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה
הַלְלוּיָהּ.
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה
הַלְלוּיָהּ.

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.



ברוך יהוה לעולם, אמן ואמן.
Baruch Adonai l'olam, amein v'amein.
Blessed is Hashem forever, amen and amen.



ברוך יהוה מציון, שכן ירושלים, הללויה.
Baruch Adonai mi-Tziyon, shochein Y'rushalayim, hal'lu-Yah.
Blessed from Zion is Hashem, Who dwells in Jerusalem, praise Yah.



ברוך יהוה אלהים אלהי ישראל, עשה נפלאות לבדו.
Baruch Adonai Elohim Elohei Yisra-eil, oseih nifla-ot l'vado.
Blessed is Hashem Elohim Elohim of Israel, Who alone does wonders.



וברוך שם כבודו לעולם, וימלא כבודו את כל הארץ,
אמן ואמן.

Uvaruch sheim k'vodo l'olam, v'yimalei ch'vodo et kol ha-aretz,
amein v'amein.

*And Whose glorious Name is blessed forever, and Whose glory may the entire earth be filled,
amen and amen.*

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 Creator,

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 Chazzans.

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 נֶאֱמָן 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 אֶתֹת 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 אֶרְצוֹ,
כִּי יָדַעְתָּ כִּי הִזִּידוּ עֲלֵיהֶם,
וַתַּעַשׂ לָךְ שֵׁם כְּהַיּוֹם הַזֶּה.
וְהָיָם 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 His 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 שֵׁפַת הַיָּם.
וַיֵּרָא יִשְׂרָאֵל אֶת הַיָּד הַגְּדוֹלָה
אֲשֶׁר עָשָׂה יְהוָה בְּמִצְרַיִם
וַיִּירְאוּ הָעָם אֶת יְהוָה,
וַיֵּאֱמִינוּ בַּיהוָה
וּבַמֶּשֶׁה 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 Yah,
 vayhi li lishu-ah,
has become my salvation,
 zeh Eili v'anveihu,
Who is my Almighty One and I will make a dwelling,
 Elohei avi va-arom'menhu.
my Creator's Elohim I will extol.

Adonai ish milchamah,
Hashem is a master of battle,
 Adonai sh'mo.
Hashem is His Name.

Mark'vot paroh v'cheilo
Pharoah's chariots and his army
 yarah bayam, umivchar shalishav
has Him 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 bimtzolet 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,
 ויאמרו לאמר,
 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 גד 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

His Sovereignty endures

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

forever and for all eternity.

Ki va sus paroh

When the horse of Pharaoh

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 His Name will be one.

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

יהוה מַלְכוּתָהּ קָאֵם

לְעֹלָם וּלְעֹלָמֵי עֲלֵמִיא.

כִּי בָא סוֹס פָּרֹעַה

בְּרִכְבוֹ וּבַפָּרָשִׁיו 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 וּשְׁמוֹ אֶחָד.

נִשְׁמַת NISHMAT

This prayer is the conclusion of the psalms and praises of P'sukei D'Zimrah and ushers us in to the final prayer of Yishtabach.

Nishmat kol chai,
The soul of all living,
 t'vareich et shimcha
shall bless Your Name
 Adonai Eloheinu,
Hashem our Elohim,
 v'ru-ach kol basar,
the spirit of all flesh,
 t'fa-eir utromeim zichr'cha
shall glorify and extol Your memorial
 malkeinu tamid.
always, our Sovereign.
 Min ha-olam v'ad ha-olam
From this world to the next
 atah Eil,
You are Almighty,
 umibaladecha ein lanu
and besides You we have no
 melech go-eil umoshi-a.
sovereign that redeems and saves.
 Podeh umatzil umfarneis umracheim
You liberate and rescue, sustain and show mercy
 b'chol eit tzarah v'tzukah,
at every occasion of trouble and distress,
 ein lanu melech ela atah.
we have no Sovereign but You.
 Elohei harishonim v'ha-acharonim,
Elohim of the first and of the last,
 Eloha kol b'riyot,
Elohim of all creatures,
 Adon kol toladot,
Ruler of all generations,
 ham'hulal b'rov hatishbachot,
Who is extolled through a multitude of praises,
 ham'naheig olamo b'chesed,
Who guides Your world with kindness,
 uvriyotav b'rachamim.
and all Your creatures with mercy.
 v'Adonai lo yanum v'lo yishan.
and Hashem does not slumber nor sleep.

נִשְׁמַת כָּל חַי,
 תְּבָרֵךְ אֶת שִׁמְךָ
 יְהוָה אֱלֹהֵינוּ,
 וְרוּחַ כָּל בָּשָׂר,
 תְּפַאֵר וְתִרְוּמִים זִכְרְךָ
 מְלַכְנוּ תָּמִיד.
 מִן הָעוֹלָם וְעַד הָעוֹלָם
 אַתָּה אֵל,
 וּמִבְּלַעַדֶיךָ אֵין לָנוּ
 מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ.
 פּוֹדֶה וּמַצִּיל וּמַפְרִיֵּס וּמְרַחֵם
 בְּכָל עֵת צָרָה וְצוּקָה,
 אֵין לָנוּ מֶלֶךְ אֵלָּא אַתָּה.
 אֱלֹהֵי הָרִאשׁוֹנִים וְהָאַחֲרוֹנִים,
 אֱלֹהֵי כָל בְּרִיּוֹת,
 אֲדוֹן כָּל תּוֹלְדוֹת,
 הַמְּהַלל בְּרֹב הַתִּשְׁבָּחוֹת,
 הַמְּנַהֵג עוֹלָמוֹ בְּחֶסֶד,
 וּבְרִיּוֹתָיו בְּרַחֲמִים.
 וַיְהוֶה לֹא יָנוּם וְלֹא יִישָׁן.

Ham'oreir y'sheinim,
He arouses those who sleep,
 v'hameikitz nirdamim,
and awakens those who slumber,
 v'hameisi-ach il'mim,
causes the mute to speak,
 v'hamatir asurim,
and unties those who are bound,
 v'hasomeich nof'lim,
supports those who are fallen,
 v'hazukeif k'fufim,
and makes to stand tall those who are bent over,
 I'cha I'vad'cha anachnu modim.
to You alone we give thanks.
 Ilu finu malei shirah kayam,
Were our mouth filled with song as the ocean,
 ulshoneinu rinah kahamon galav,
and our tongue with joyful song as the swarm of its waves,
 v'siftoteinu shevach
and our lips with praise
 k'merchavei rakia,
as the breadth of the heavens,
 v'eineinu m'iroi
and our eyes as brilliant
 kashemesh v'chayarei-ach,
as the sun and the moon,
 v'yadeinu f'rusot
and our hands as outspread
 k'nishrei shamayim,
as eagles of the sky,
 v'ragleinu kalot ka-ayalot,
and our feet as swift as deer,
 ein anachnu maspikim
we would not suffice
 I'hodot I'cha,
to thank You,
 Adonai Eloheinu,
Hashem our Elohim,
 v'Eilohei avoteinu,
and Elohim of our ancestors,
 ulvareich et shimcha,
and to bless Your Name,
 al achat mei-alef elef alfei
for even one thousandth of the thousand
 alafim v'ribai r'vavot p'amim,
millions and manifold myriads of occasions,
 hatovot she-asita im
the favors that You performed for

הַמְעוֹרֵר יְשָׁנִים,
 וְהַמְקִיץ נִרְדָּמִים,
 וְהַמְשִׁיחַ אֲלֻמִּים,
 וְהַמַּתִּיר אֲסוּרִים,
 וְהַסּוֹמֵךְ נוֹפְלִים,
 וְהַזּוֹקֵף כְּפוּפִים,
 לְךָ לְבַדְּךָ אֲנַחְנוּ מוֹדִים.
 וְאֵלֹהֵינוּ מָלֵא שִׁירָה כַּיָּמ,
 וּלְשׁוֹנֵנוּ רִנָּה כַּהֶמוֹן גִּלְיוֹ,
 וּשְׂפֹתֵינוּ שֶׁבַח
 כְּמֶרְחָבֵי רַקִּיעַ,
 וְעֵינֵינוּ מְאִירוֹת
 כְּשֶׁמֶשׁ וְכִיָּרָח,
 וַיְדֵינוּ פְרוּשׁוֹת
 כְּנִשְׂרֵי שָׁמַיִם,
 וְרַגְלֵינוּ קְלוֹת כַּאֲיָלוֹת,
 אֵין אֲנַחְנוּ מַסְפִּיקִים
 לְהוֹדוֹת לְךָ,
 יְהוָה אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ,
 וּלְבָרֶךְ אֶת שְׁמֶךָ,
 עַל אַחַת מֵאַלְפֵי אֲלָפֵי
 אֲלָפִים וְרַבֵּי רַבָּבוֹת פְּעָמִים,
 הַטּוֹבוֹת שֶׁעָשִׂיתָ עִם

avoteinu v'imanu.

our ancestors and for us.

Mimitzrayim g'altanu,

You redeemed us from Egypt,

Adonai Eloheinu,

Hashem our Elohim,

umibeit avadim p'ditanu.

and from the house of bondage You liberated us.

B'ra-av zantanu

In famine You nourished us

uvsava kil-kaltanu,

and in plenty sustained us,

Mei-cherēv hitzaltanu

You saved us from the sword

umidever milat-tanu,

and let us escape from pestilence,

Umeicholayim ra-im

And from diseases that are severe

v'ne-emanim dilitanu.

and enduring You spared us.

Ad heinah azarunu rachamecha,

Until now Your mercies have helped us,

v'lo azavunu chasadecha,

and Your kindnesses have not abandoned us,

v'lo tit'sheinu,

and do not forsake us,

Adonai Eloheinu, lanetzach.

Hashem our Elohim, for eternity.

Al kein eivarim shepilagta banu,

Therefore, the organs that You have grouped within us,

v'ru-ach unshamah

and the spirit and soul

shenafachta b'apeinu,

that You have breathed into our nostrils,

v'lashon asher samta b'finu,

and the tongue that You have placed in our mouths,

hein heim yodu vivar'chu

they themselves shall give thanks and bless

vishab'chu vifa-arū virom'mu

and praise and glorify and extol

v'ya-aritzu v'yakdishu v'yamlichu

and venerate and sanctify and proclaim sovereignty

et shimcha malkeinu.

to Your Name our Sovereign.

Ki chol peh l'cha yodeh,

For to You every mouth should give thanks,

v'chol lashon l'cha tishava,

and every tongue shall swear allegiance to You,

אבותינו ועמנו.

ממצרים גאלתנו,

יהוה אלהינו,

ומבית עבדים פדיתנו.

ברעב זנתנו

ובשבע כלכלתנו,

מחרב הצלתנו

ומדבר מלטתנו,

ומחלים רעים

ונאמנים דליתנו.

עד הנה עזרונו רחמך,

ולא עזבונו חסדיך,

ואל תטשנו,

יהוה אלהינו, לנצח.

על כן אברים שפלגת בנו,

ורוח ונשמה

שנפחת באפינו,

ולשון אשר שמת בפינו,

הן הם יודו ויברכו

וישבחו ויפארו וירוממו

ויעריצו ויקדישו וימליכו

את שמך מלכנו.

כי כל פה לך יודה,

וכל לשון לך תשבוע,

v'chol berech l'cha tichra,
and every knee shall bend to You
 v'chol komah l'fanecha tishtachaveh,
and every upright spine shall prostrate before You,
 v'chol l'vavot yira-ucha,
and every heart shall revere You,
 v'chol kerev uchlayot
and all innermost feelings and thoughts
 y'zam'ru lishmecha,
shall sing out to Your Name,
 kadavar shekatuv,
as it is written,
 kol atzmotai tomarnah,
All my bones shall say,
 Adonai, mi chamocha,
Hashem, who is like You?
 matzil ani meichazak mimenu,
Who delivers the poor from one stronger than they,
 v'ani v'evyon migoz'lo.
and the poor and the needy from those that would rob them.
 Shavat aniyim atah tishma,
The outcry of the poor You hear,
 tza-akat hadal takshiv v'toshi-a.
the scream of the destitute You listen to and hear.
 V'chatuv, ran'nu tzadikim b'Adonai,
And it is written: Sing for joy in Hashem O righteous ones,
 laysharim nava t'hilah.
praising Whom is desirable for the upright.

וְכָל בֶּרֶךְ לְךָ תִּכְרַע,
 וְכָל קוֹמָה לְפָנֶיךָ תִּשְׁתַּחֲוֶה,
 וְכָל לֵבָבוֹת יִירָאוּךָ,
 וְכָל קֶרֶב וְכָלִיּוֹת
 יִזְמְרוּ לְשִׁמְךָ.
 כַּדָּבָר שֶׁכָּתוּב,
 כָּל עֲצְמוֹתַי תּוֹמְרָנָה,
 יְהוָה, מִי כָמוֹךָ,
 מַצִּיל אֲנִי מִחֲזָק מִמֶּנּוּ,
 וְאֲנִי וְאֶבְיוֹן מִגּוֹזְלוֹ.
 שׁוֹעֵת עֲנִיִּים אַתָּה תִּשְׁמַע,
 צַעֲקַת הַדָּל תִּקְשִׁיב וְתוֹשִׁיעַ.
 וְכָתוּב, רַנְּנוּ צַדִּיקִים בַּיהוָה,
 לִישָׁרִים נָאוֹה תְהִלָּה.

יִצְחָק וּרְבֵקָה YITZ-CHAK V'RIVKAH

When Isaac prayed for Rebecca, she conceived and had a child. Kabbalah teaches that this illustrates the importance of praying for others. At this point in our connection we pray for others who are in need.

B'fi y'sharim titromam,
By the mouth of the upright You shall be extolled,
 uvsiftei tzadikim titbarach,
by the lips of the righteous You shall be blessed,
 uvilshon chasidim titkadash,
by the tongue of the pious You shall be sanctified
 uvkerev k'doshim tit-halal.
and within the midst of the holy You shall be praised.

בְּפִי יִשָּׁרִים תִּתְרוֹמַם,
 וּבְשִׁפְתַי צַדִּיקִים תִּתְבָּרַךְ,
 וּבְלִשׁוֹן חֲסִידִים תִּתְקַדָּשׁ,
 וּבְקֶרֶב קְדוֹשִׁים תִּתְהַלַּל.

Uvmakhalot riv'vot

In the assemblies of the myriads

am'cha beit Yisra-eil,

of Your people, the House of Israel,

b'rinah yitpa-ar shimcha malkeinu,

with joyous song shall Your Name be glorified our Sovereign,

b'chol dor vador.

throughout every generation to generation.

Shekein chovat kol hay'tzurim,

For such is the duty of all creatures,

I'fanecha Adonai Eloheinu,

before You Hashem our Elohim,

v'Eilohei avoteinu, I'hodot,

and Elohim of our ancestors, to thank,

I'haleil, I'shabei-ach, I'fa-eir,

to laud, to praise, to glorify,

I'romeim, I'hadeir ulnatzei-ach,

to exalt, to honor and to render triumphant,

I'vareich, I'aleih ulkaleis,

to bless, to elevate and to sing praises,

al kol divrei shirot

beyond all the words of song

v'tishb'chot David ben Yishai

and praise of David the son of Yishai

avd'cha m'shichecha.

Your servant, Your anointed one.

וּבְמִקְהֵלוֹת רִבְבוֹת

עֲמֹךְ בֵּית יִשְׂרָאֵל,

בְּרִנָּה יִתְפָּאֵר שְׁמְךָ מִלְכֵּנוּ,

בְּכָל דּוֹר וָדוֹר.

שֶׁכֶּן חֹבֶת כָּל הַיְּצוּרִים,

לִפְנֵיךָ יְהוָה אֱלֹהֵינוּ,

וְאֱלֹהֵי אֲבוֹתֵינוּ, לְהוֹדוֹת,

לְהַלֵּל, לְשַׁבַּח, לְפָאֵר,

לְרוֹמֵם, לְהַדִּיר וּלְנַצֵּחַ,

לְבָרֵךְ, לְעֲלֶה וּלְקַלֵּס,

עַל כָּל דְּבָרֵי שִׁירוֹת

וְתִשְׁבַּחוֹת דָּוִד בֶּן יִשַׁי

עַבְדְּךָ מְשִׁיחֶךָ.

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 יה (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 I'cha na-eh,

Because to You are fitting,

Adonai Eloheinu,

Hashem our Elohim,

וּבְכֵן יִשְׁתַּבַּח שְׁמְךָ

לְעַד מִלְכֵּנוּ,

הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ,

בַּשָּׁמַיִם וּבָאָרֶץ.

כִּי לְךָ נֶאֱדָה,

יְהוָה אֱלֹהֵינוּ

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,
 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'shrei zimrah,
 Who chooses songs of praise that are melodious,
 melech yachid Eil chei ha-olamim.
 Sovereign, Unique One, Almighty One, Life-giver of the worlds.
 Amein.
 Amen.

ואלהי אבותינו,
 לעולם ועד,
 שיר ושבח, הלל וזמרה,
 עז וממשלה,
 נצח גדלה וגבורה,
 תהלה ותפארת,
 קדשה ומלכות,
 ברכות והודאות לשמך
 הגדול והקדוש,
 ומעולם ועד עולם אתה אל.
 ברוך אתה יהוה,
 אל מלך גדול
 ומהלל בתשבחות,
 אל ההודאות,
 אדון הנפלאות,
 בורא כל הנשמות,
 רבון כל המעשים,
 הבוחר בשירי זמרה,
 מלך יחיד אל חי העולמים.
 אמן.

חצי קדיש 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 Chazzan, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

be the Name of the Holy One, blessed is He,

l'eila min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru Amein. {Amein.}

and say amen. Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְּרַעוּתָהּ,

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

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

לְעָלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנֶחֱמָתָא,

דְּאִמְרֵין בְּעֲלָמָא,

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 בָּרְכוּ Bar'chu and בָּרוּךְ Baruch we stand upright at ה' the Name of Hashem.

ברכו

BAR'CHU

The Chazzan says the first line.

בָּרְכוּ אֶת יְהוָה הַמְּבָרֵךְ!

Bar'chu et Adonai ham'vorach!

Bless Hashem Who is blessed!

Everyone responds with the second line, and then it is repeated by the Chazzan.

בָּרוּךְ יְהוָה הַמְּבָרֵךְ 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 Elohim, Sovereign of the universe,

yotzeir or uvorei choshech,

Who forms light and creates darkness,

oseh shalom uvorei et hakol.

Who makes peace and creates all.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

יוצר אור ובורא חֹשֶׁךְ,

עֹשֶׂה שָׁלוֹם ובורא אֶת הַכֹּל.

Hakol yoducha, v'hakol y'shab'chucha,
All should thank You, and all should praise You,
 v'hakol yom'ru,
and all should declare,
 ein kadosh k'Adonai.

nothing is as holy as Hashem.

Hakol y'rom'mucha selah,
All should exalt You forever,
 yotzeir hakol.

You Who creates everything.

Ha-Eil hapotei-ach b'chol yom

You are the Almighty One Who opens every day

daltot sha-arei mizrach,

the doors of the gateways of the east,

uvokei-a chalonei raki-a,

and splits open the windows of the firmament,

motzi chamah mim'komot,

Who removes the sun from its place,

ulvanah mim'chon shivtah,

and the moon from the site of its dwelling,

umei-ir la-olam kulo ulyosh'vav,

and Who illuminates all of the world and its inhabitants,

shebara b'midat harachamim.

which You created with the attribute of mercy.

Hamei-ir la-aretz v'ladarim

You are He Who illuminates the earth and those who dwell

aleha b'rachamim,

upon it with mercy,

uvtuvo m'chadeish b'chol yom

and in His goodness renews each day

tamid ma-aseih v'reishit.

continually the work of Creation.

Mah rabu ma-asecha Adonai,

How abundant are Your works Hashem,

kulam b'chochmah asita,

all of them You made with wisdom,

mal'ah ha-aretz kinyanecha.

the earth is filled with Your possessions.

Hamelech ha-m'romam l'vado mei-az,

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

Ham'shubach v'ham'fo-ar

Who is praised and glorified

v'hamitnaseih mimot olam.

and extolled since days of old.

הכל יודוך, והכל ישבֹחוך,
 והכל יאמרו,

אין קדוש כיהוה.

הכל ירוממוך סלה,
 יוצר הכל.

האל הפותח בכל יום

דלתות שערי מזרח,

ובוקע חלוני רקיע,

מוציא חמה ממקומה,

ולבנה ממכון שבתה,

ומאיר לעולם כלו וליושביו,

שברא במדת הרחמים.

המאיר לארץ ולדירים

עליה ברחמים,

ובטובו מחדש בכל יום

תמיד מעשה בראשית.

מה רבו מעשיך יהוה,

כלם בחכמה עשית,

מלאה הארץ קניינך.

המלך המרום לבדו מאז,

המשבח והמפאר

והמתנשא מימות עולם.

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.

Ein aroch l'cha, v'ein zulatecha,

There is none like You, and none apart from You,

efes bil-techa, umi domeh lach.

nothing exists without You, and who resembles You?

Ein aroch l'cha, Adonai Eloheinu,

There is none like You, Hashem our Elohim,

ba-olam hazeh, v'ein zulat'cha

in this world, there is none apart from You,

malkeinu l'chayei ha-olam haba.

our Sovereign, in the life of the world to come.

Efes bilt'cha go-aleinu

Nothing exists without You, our Redeemer,

limot ha-Mashiach,

in the days of the Messiah,

v'ein domeh l'cha moshi-einu

and there is nothing like You, our Savior,

litchiyat hameitir.

in the days of the Revival of the Dead.

אֱלֹהֵי עוֹלָם,

בְּרַחֲמֶיךָ הַרְבִּים רַחֵם עָלֵינוּ,

אֲדוֹן עֲזֵנוּ צוּר מִשְׁגָּבֵנוּ,

מָגֵן יִשְׁעֵנוּ, מִשְׁגָּב בַּעֲדָנוּ.

אֵין עֲרוּךְ לָךְ, וְאֵין זוֹלָתְךָ,

אֶפֶס בִּלְתֶּךָ, וּמִי דוֹמֶה לָךְ.

אֵין עֲרוּךְ לָךְ, יְהוָה אֱלֹהֵינוּ,

בָּעוֹלָם הַזֶּה, וְאֵין זוֹלָתְךָ

מַלְכֵנוּ לְחַיֵּי הָעוֹלָם הַבָּא.

אֶפֶס בִּלְתֶּךָ גּוֹאֲלֵנוּ

לְיָמֹת הַמָּשִׁיחַ,

וְאֵין דוֹמֶה לָךְ מוֹשִׁיעֵנוּ

לְתַחֲיַת הַמֵּתִים.

אל אדון EIL ADON

The 22 verses in this prayer connect us to the 22 letters of the Hebrew alefbet. They help us to connect to the energy of Creation and bring renewal and order to our lives.

Eil Adon al kol hama-asim,

Almighty One, Ruler over all works,

baruch umvorach b'fi

Blessed One Who is blessed through the mouth

kol ha-n'shamah,

of every soul,

gadol uvtuvo malei olam,

His greatness and goodness fill the world,

da-at utvunah sov'vim hodo.

His glory is surrounded by knowledge and insight.

Hamitga-eh al chayot ha-kodesh,

He Who is exalted above the holy Chayot,

יֵאל אֲדוֹן עַל כָּל הַמַּעֲשִׂים,

בָּרוּךְ וּמְבָרָךְ בְּפִי

כָּל הַנְּשָׁמָה,

גָּדֹל וְטוֹבוֹ מְלֵא עוֹלָם,

דַּעַת וְתְבוּנָה סְבִיבִים הוֹדוֹ.

הַמִּתְגַּאֵה עַל חַיּוֹת הַקֹּדֶשׁ,

v'nehdar b'chavod al ha-merkavah,
and is esteemed in glory above the Merkavah,
z'chut umishor lifnei kiso,
in front of His throne are merit and uprightness,
chesed v'rachamim malei k'vodo.

His glory is filled with kindness and mercy.

Tovim m'orot shebara

Good are the luminaries created

Eloheinu, y'tzaram b'da-at

by our Elohim, Who fashioned them with knowledge

b'vinah uvhaskeil,

with insight and discernment,

ko-ach ugvurah natan bahem,

Who placed with in them strength and might,

lih-yot mosh'lim b'kerev teiveil.

that they may have dominion within the world.

M'lei-im ziv umfikim nogah,

Filled with brilliance and radiating brightness,

na-eh zivam b'chol ha-olam,

their brilliance is pleasing over all the world,

s'meichim b'tzeitam

they are glad at their rising

v'sasim b'vo-am,

and rejoice at their setting,

osim b'eimah r'tzon konam.

they fulfill with awe the will of their Creator.

P'eir v'chavod not'nim lishmo,

To His Name they assign splendor and glory,

tzaholah v'rinah l'zeicher malchuto,

at the mention of His Sovereignty, exultation and glad song,

kara l'shemesh vayizrach or,

He Who called out to the sun and it shone forth light,

ra-ah v'hitkin tzurat hal'vanah.

and saw fit to arrange the form of the moon.

Shevach not'nim lo kol tz'va

Praise do they bestow on Him all the hosts

marom, tiferet ugduhah,

on high, splendor and greatness,

s'rafim v'chayot v'ofanei hakodesh.

give the Seraphim and Chayot and holy Ofanim.

וְנִהְדָּר בְּכָבוֹד עַל הַמֶּרְכָּבָה,
זְכוּת וּמִישׁוֹר לְפָנֵי כִסְאוֹ,
חֶסֶד וְרַחֲמִים מְלֵא כְבוֹדוֹ.
טוֹבִים מְאֻרוֹת שֶׁבָּרָא
אֱלֹהֵינוּ, יִצְרָם בְּדַעַת
בְּבִינָה וּבְהַשְׂכֵּל,
כֹּחַ וּגְבוּרָה נָתַן בָּהֶם,
לְהִיּוֹת מוֹשְׁלִים בְּקֶרֶב תֵּיבֵל.
מְלֵאִים זִיו וּמִפִּיקִים נֹגֵה,
נֶאֱהָ זִיוָם בְּכֹל הָעוֹלָם,
שֶׁמֶחִים בְּצֵאתָם
וְשִׂשִׁים בְּבוֹאָם,
עֲשִׂים בְּאֵימָה רְצוֹן קוֹנֵם.
פֶּאֶר וְכָבוֹד נוֹתְנִים לְשִׁמוֹ,
צִהֹלָה וְרִנָּה לְזִכָּר מַלְכוּתוֹ,
קָרָא לְשֶׁמֶשׁ וַיִּזְרַח אוֹר,
רָאָה וַהֲתִקִּין צוּרַת הַלְּבָנָה.
שִׁבַּח נוֹתְנִים לוֹ כָּל צָבָא
מְרוֹם, תִּפְאֶרֶת וּגְדֻלָּה,
שְׂרָפִים וַחַיֹּת וְאוֹפְנֵי הַקֹּדֶשׁ.

לאֵל אֶשֶׁר

LA-EIL ASHER

These verses remind us that the Creator rested on Shabbat, after the six days of Creation.

La-Eil asher shavat

To the Almighty One Who rested

mikol hama-asim,

from all works,

bayom hash'vi-i nitalah

He Who on the Seventh Day ascended

v'yashav al kisei ch'vodo,

and sat upon His Throne of Glory,

tiferet atah l'yom ham'nuchah,

and He Who enveloped the day of rest,

oneg kara l'yom ha-Shabbat.

and He Who called the day of Shabbat a delight.

Zeh shir shevach shel

This is the song of praise of

yom hash'vi-i,

of the Seventh Day,

shebo shavat Eil mikol m'lachto,

from His work on which the Almighty One rested,

v'yom hash'vi-i m'shabei-ach v'omeir,

and the Seventh Day gives praise saying:

Mizmor shir l'yom ha-Shabbat,

A Psalm, a song for the day of Shabbat,

tov l'hodot l'Adonai.

it is good to thank Hashem.

L'fichach y'fa-aruvivar'chu la-Eil

Therefore they should glorify and bless the Almighty One,

kol y'tzurav,

all of them were created by Him,

shevach y'kar ugdulah v'chavod yit'nu

praise, honor, greatness, and glory they should render

la-Eil melech yotzeir kol,

to the Almighty One Sovereign Who created everything,

hamanchil m'nuchah l'amo

Who gives a heritage of rest to His people

Yisra-eil bikdushato,

Israel in holiness,

b'yom Shabbat kodesh.

on the day of the holy Shabbat.

Shimcha Adonai Eloheinu yitkadash,

May Your Name be sanctified Hashem our Elohim,

לֵאלֹהֵי אֲשֶׁר שָׁבַת

מִכָּל הַמַּעֲשִׂים,

בַּיּוֹם הַשְּׁבִיעִי נִתְעַלָּה

וַיָּשָׁב עַל כִּסֵּא כְבוֹדוֹ,

תִּפְאֶרֶת עֲטָה לַיּוֹם הַמְּנוּחָה,

עֲנֵג קָרָא לַיּוֹם הַשְּׁבִית.

זֶה שִׁיר שִׁבְחָ שֶׁל

יוֹם הַשְּׁבִיעִי,

שָׁבוּ שָׁבַת אֵל מִכָּל מַלְאָכָיו,

וַיּוֹם הַשְּׁבִיעִי מְשַׁבַּח וְאוֹמֵר,

מִזְמוֹר שִׁיר לַיּוֹם הַשְּׁבִית,

טוֹב לְהוֹדוֹת לַיהוָה.

לְפִיכָךְ יִפְאָרוּ וַיְבָרְכוּ לֵאלֹהֵי

כָּל יְצוּרָיו,

שִׁבְחָ יִקָּר וַיִּגְדֹּל וַיְכַבֹּד וַיִּתְּנוּ

לֵאלֹהֵי מֶלֶךְ יוֹצֵר כָּל,

הַמְּנַחֵל מְנוּחָה לְעַמּוֹ

יִשְׂרָאֵל בְּקֹדֶשׁוֹ,

בַּיּוֹם שֶׁבַת קֹדֶשׁ.

שִׁמְךָ יְהוָה אֱלֹהֵינוּ יִתְקַדֵּשׁ,

v'zichr'cha malkeinu yitpa-ar,
 and may Your remembrance our Sovereign be glorified,
 bashamayim mima-al
 in the heavens above
 v'al ha-aretz mitachat.
 and upon the earth below.
 Titbareich moshi-einu al kol
 May You be blessed our Savior for all
 shevach ma-aseih yadecha,
 the excellent work of Your hands,
 v'al m'orei or sheyatzarta
 and for the luminaries of light that You have formed
 heimah y'fa-arucha selah.
 may they glorify You forever.

וְזָכַרְךָ מַלְכֵנוּ יִתְפָּאֵר,
 בְּשָׁמַיִם מִמָּעַל
 וְעַל הָאָרֶץ מִתַּחַת.
 תִּתְבָּרַךְ מוֹשִׁיעֵנוּ עַל כָּל
 שִׁבְחַ מַּעֲשֵׂה יְדֶיךָ,
 וְעַל מְאֹרֵי אוֹר שִׁיצַרְתָּ
 הֵמָּה יְפָאֲרוּךְ סֵלָה:

תתברך TITBARACH

This previous prayer expressed our human praise of the Creator, whereas 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 His 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,

תִּתְבָּרַךְ לְנֶצַח צוּרֵנוּ
 מַלְכֵנוּ וְגֹאֲלֵנוּ,
 בּוֹרֵא קְדוֹשִׁים.
 יִשְׁתַּבַּח שִׁמְךָ לְעַד מַלְכֵנוּ,
 יוֹצֵר מְשֻׁרְתִּים,
 וְאֲשֶׁר מְשֻׁרְתֵּיו כֻּלָּם
 עוֹמְדִים בְּרוֹם עוֹלָם,
 וּמְשֻׁמְעִים 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 One, the great Sovereign,

hagibor v'hanorah, kadosh hu.

Who is mighty and Who is awesome, holy is He.

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 קוֹנֵיָהֶם.

וְכָלֶם פּוֹתְחִים אֶת פִּיהֶם

בְּקִדּוּשָׁה וּבְטַהֲרָה,

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,

קִדְּשָׁה 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 His glory.

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ,

יְהוָה צְבָאוֹת,

מִלֵּא כָּל הָאָרֶץ כְּבוֹדּוֹ.

Chazzan 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'rafim,

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 שְׂרָפִים,
לְעַמָּתָם מִשְׁבַּחִים וְאוֹמְרִים:

Everyone says this part together:

Baruch k'vod Adonai mim'komo.

Blessed is the glory of Hashem from His 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,

lamelech Eil chai v'kayam z'mirot

to the Sovereign the living and enduring Almighty One, hymns

yomeiru v'tishbachot yashmi-u,

do they sing and praise do they proclaim,

ki hu l'vado marom v'kadosh,

for He alone, Who is exalted 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 y'shu-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,
לַמֶּלֶךְ אֵל חַי וְקַיִם זְמֵרוֹת
יֹאמְרוּ וְתִשְׁבַּחוֹת יִשְׁמְיעוּ,
כִּי הוּא לְבַדּוֹ מָרוֹם וְקָדוֹשׁ,
פוֹעֵל גְּבוּרוֹת,
עֹשֶׂה חֲדָשׁוֹת,
בֹּעֵל מִלְחָמוֹת,
זֹרֵעַ צְדָקוֹת,
מַצְמִיחַ יְשׁוּעוֹת,
בוֹרֵא רְפוּאוֹת,
נוֹרָא תְהִילוֹת,
אֲדוֹן הַנִּפְלְאוֹת,

ham'chadeish b'tuvo b'chol yom

in His goodness renews every day

tamid ma-aseih v'reishit.

perpetually the work of Creation.

Ka-amur:

As it is stated:

L'oseih orim g'dolim,

Give thanks To Him Who makes the great luminaries,

ki l'olam chasdo.

for His kindness endures forever.

Baruch atah Adonai,

Blessed are You Hashem,

yotzeir ham'rot.

Who creates the luminaries.

{Amein.}

{Amen.}

הַמַּחֲדִּישׁ בְּטוּבוֹ בְּכָל יוֹם

תָּמִיד מַעֲשֵׂה בְּרָאשִׁית.

כְּאִמּוֹר:

לַעֲשֵׂה אוֹרִים גְּדֹלִים,

כִּי לְעוֹלָם חֶסֶדּוֹ.

בָּרוּךְ אַתָּה יְהוָה,

יוֹצֵר הַמְּאוֹרוֹת.

{אָמֵן.}

The Chazzan may choose to use the Sefard version below or the Ashkenaz version on page 92.

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, Father Who is merciful,

אַהֲבַת עוֹלָם אֶהְבְּתֵנוּ,

יְהוָה אֱלֹהֵינוּ,

חֶמְלָה גְּדוֹלָה וַיִּתֶּרָה

חֶמְלַת עָלֵינוּ.

אֲבִינוּ מַלְכֵנוּ,

בַּעֲבוּר שִׁמְךָ הַגָּדוֹל,

וּבַעֲבוּר אֲבוֹתֵינוּ שֶׁבִטְחוּ בְּךָ,

וַתְּלַמְּדֵם חֻקֵּי חַיִּים,

לַעֲשׂוֹת רְצוֹנְךָ בְּלֵב בָּשִׁלִים,

כֵּן תְּחַנֵּנוּ וַתְּלַמְּדֵנוּ.

אֲבִינוּ, אָב הַרַחֲמָן,

ham'racheim, racheim aleinu,
 and Who acts mercifully, 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 בִינָה,
 לְהַבִּין וּלְהַשְׁכִּיל, לְשִׁמּוֹעַ,
 לְלַמּוֹד וּלְלַמֵּד, לְשִׁמּוֹר
 וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל
 דְּבָרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.
 וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,
 וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
 וַיַּחַד לִבֵּנוּ לְאַהֲבָה
 וּלְיִרְאָה אֶת שְׁמֶךָ,
 לְמַעַן לֹא נִבּוֹשׁ וְלֹא נִקְלָעִם
 וְלֹא נִקְשָׁע לְעוֹלָם וָעֶד.
 כִּי בְשֵׁם קֹדֶשְׁךָ הַגָּדוֹל
 הַגִּבּוֹר וְהַנּוֹרָא בָטַחְנוּ,
 נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעַתְךָ.
 וְרַחֲמֶיךָ יְהוָה אֱלֹהֵינוּ,
 וְחַסְדֶּיךָ הָרַבִּים,
 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 the Almighty One Who performs salvations is You,
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 with love.

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

Ashkenaz version:

אהבה רבה AHAVAH RABAH

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

Ahavah rabah ahavtanu,
Deep is Your love for us,
Adonai Eloheinu,
Hashem our Eloheinu,
chemlah g'dolah viteirah
with a compassion that is
chamalta aleinu.
great and exceeding.
Ba-avur avoteinu
For the sake of our ancestors
shebat'chu v'cha,
who trusted in You,
vat'lam'deim chukei chayim,
and to whom You taught the laws of life,
ken t'choneinu utlam'deinu.
so may You be gracious to us and teach us.

אַהֲבָה רַבָּה אֶהְבַּתָּנוּ,
יְהוָה אֱלֹהֵינוּ,
חֶמְלָה גְּדוֹלָה וִיטִירָה
חֶמְלַת עָלֵינוּ.
בַּעֲבוּר אֲבוֹתֵינוּ
שֶׁבִטְחוּ בְּךָ,
וּתְלַמְּדֵם חֻקֵּי חַיֵּיהֶם,
כֵּן תַּחֲנֵנוּ וּתְלַמְּדֵנוּ.

Ham'ra^{ch}eim, ra^{ch}eim a^{le}inu,
 Source of mercy, have mercy upon us,
 v'tein b'libeⁱⁿu l'havin ul-haskil,
 and instill in our hearts to understand and comprehend,
 lishmo^a, lilmod ul'lameid,
 to listen, to learn and to teach,
 lishmor v'la-asot ulkayeim et kol
 to observe and to perform and to fulfill all
 divrei talmud Torate^{ch}a b'ahavah.
 the words of the teaching of Your Torah in love.
 V'ha-eir eineinu b'Torate^{ch}a,
 Enlighten our eyes in Your Torah,
 v'dabeik libeⁱⁿu b'mitzvot^{eh}a,
 fix our hearts to Your commandments,
 v'yacheid l'vaveⁱⁿu l'ahavah
 and unify our hearts to love
 ulyirah et sh'me^{ch}a,
 and revere Your Name,
 v'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 Your Name which is holy great
 v'hanora bata^{ch}nu,
 and awesome do we put our trust,
 nagilah v'nism'chah bishu-ate^{ch}a.
 may we exult and rejoice in Your salvation.

*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.*

Vahavi-eⁱⁿu l'shalom
 Bring us in peace
 mei-arba kanfot ha-are^tz,
 from the four corners of the world,
 v'toliceⁱⁿu m'heirah
 and lead us speedily
 kom'miyut l'artzeⁱⁿu.
 with independence to our land.
 Ki eil po-eil y'shu-ot atah,
 For the Almighty One Who performs salvations is You,
 uvanu vacharta v'keiravtanu
 and You have chosen to draw us near
 l'shimcha hagadol selah be-emet,
 to Your Name that is forever great, in truth,
 l'hodot l'cha ul-yachedcha b'ahavah.
 to offer thanks to You and proclaim Your oneness in love.

הַמְרַחֵם, רַחֵם עָלֵינוּ,
 וְתֵן בְּלִבֵּנוּ לְהַבִּין וּלְהַשְׁכִּיל,
 לְשִׁמְעַ, לְלַמֵּד וּלְלַמֵּד,
 לְשִׁמּוֹר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל
 דְּבָרֵי תַלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.
 וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,
 וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
 וַיַּחַד לְבָבֵנוּ לְאַהֲבָה
 וּלְיִרְאָה אֶת שְׁמֶךָ,
 וְלֹא נִבּוֹשׁ וְלֹא נִקְלָעִים
 וְלֹא נִכְשָׁל לְעוֹלָם וָעַד.
 כִּי בְשֵׁם קֹדֶשְׁךָ הַגָּדוֹל
 וְהַנּוֹרָא בְּטַחֲנוּ,
 נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעָתְךָ.

וְהַבִּיאֵנוּ לְשָׁלוֹם
 מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ,
 וְתוֹלִיכֵנוּ מִהֲרָה
 קוֹמְמִיּוֹת לְאַרְצֵנוּ.
 כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה,
 וּבָנוּ בְּחִרְתָּ וּקְרַבְתָּנוּ
 לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאֵמֶת,
 לְהוֹדוֹת לָךְ וּלְיַחְדְּךָ בְּאַהֲבָה.

Baruch atah Adonai,

Blessed are You Hashem,

habocheir b'amo Yisra-eil b'ahavah.

Who chooses Your people Israel with love.

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 עֵד, 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 the One and Only!

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

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

Blessed is the Name of His glorious realm 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 לְבָנֶיךָ וְדִבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֹתְךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבִשְׁעָרֶיךָ:

Everyone continues together:



V'hayah im sham-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.

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ
אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי
מְצַוֶּה אֶתְכֶם הַיּוֹם
לְאַהֲבָה אֶת-יְהוָה
אֱלֹהֵיכֶם וּלְעֹבְדוֹ
בְּכָל-לִבְבְּכֶם וּבְכָל-נַפְשְׁכֶם:

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'avchem 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.

וְנָתַתִּי מִטֶּרֶם-אֶרְצְכֶם בְּעֵתוֹ

יֹרֶה וּמַלְקוֹשׁ וְאַסַּפְתָּ דִגְנְךָ

וְתִירֹשְׁךָ וְיִצְהַרְךָ:

וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבִהֲמֹתֶךָ

וְאָכַלְתָּ וְשָׂבַעְתָּ:

הַשְׁמִירוּ לָכֶם פֶּן-יִפְתֶּה

לְבַבְכֶם וְסִרְתֶּם וַעֲבַדְתֶּם

אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם

לָהֶם:

וַחֲרָה אַף יְהוָה בְּכֶם וְעָצַר

אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מִטֶּר

וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ

וְאֲבַדְתֶּם מִהֲרָה מֵעַל הָאָרֶץ

הַטּוֹבָה 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.

וְשַׁמַּתֶּם אֶת־דְּבָרֵי אֱלֹהִים

עַל־לִבְבְּכֶם וְעַל־נַפְשְׁכֶם

וְקִשַּׁרְתֶּם אֹתָם לְאוֹת

עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת

בֵּין עֵינֵיכֶם:

וְלַמַּדְתֶּם אֹתָם אֶת־בְּנֵיכֶם

לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ

וּבְקוּמְךָ:

וְכָתַבְתֶּם עַל־מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל־הָאָדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם 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.

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.

Focus on the mitzvah to remember the Exodus from Egypt.

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 הַכָּנָף 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

קְדוּשִׁים לֵאלֹהֵיכֶם:

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר

הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

לְהֵיוֹת 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 Chazzan 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 He endures,
ushmo kayam, v'chiso nachon,
and His Name endures, and His throne is established,
umalchuto ve-emunato
and His sovereignty and His faithfulness
la-ad kayamet.
forever endure.

Udvarav chayim v'kayamim,
And His 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'Eilohei avoteinu,

our Elohim and 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 Torah 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 אֶרֶץ.

אֱמֶת, אֲשֶׁרִי אִישׁ

שִׁשְׁמַע לְמִצְוֹתֶיךָ,

וְתוֹרָתְךָ וְדְבָרְךָ יִשִּׁים עַל לְבוֹ.

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 His people

Yisra-eil b'eit shavam eilav.

Israel at the time they cry out to Him.

וּמִבְּלַעַדֶּיךָ אֵין לָנוּ מֶלֶךְ
גּוֹאֵל וּמוֹשִׁיעַ.

אֱמֶת, מִמִּצְרַיִם גָּאַלְתָּנוּ,
יְהוָה אֱלֹהֵינוּ,

וּמִבֵּית עֲבָדִים פָּדִיתָנוּ.

כָּל בְּכוֹרֵיהֶם הָרַגְתָּ,

וּבְכוֹרְךָ יִשְׂרָאֵל גָּאַלְתָּ,

וַיִּם סוּף לָהֶם בָּקַעְתָּ,

וַיִּזְדִּים טַבַּעְתָּ,

וַיִּדְיִדִים הָעֲבָרְתָּ,

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 שׁוֹעַם אֱלָיו.

T'hilot l'Eil Elyon go-alam,
Praise to the Almighty One Most High, their Redeemer,
baruch hu umvorach.
blessed is He 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 עֲלִיּוֹן גּוֹאֲלֵם,
 בָּרוּךְ הוּא וּמְבָרָךְ.
 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
 כְּנָאֲמָךְ יְהוּדָה וְיִשְׂרָאֵל.
 גְּאֲלֵנוּ יְהוָה צְבָאוֹת שְׁמוֹ,
 קְדוֹשׁ יִשְׂרָאֵל.

בָּרוּךְ אַתָּה יְהוָה,
 גָּאֵל 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 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 Chazzan 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 Chazzan is chanting them. At the end of each blessing Everyone responds with אָמֵן "Amen".

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 יִגִּיד תְּהִלָּתְךָ.

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

Adonai 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 Who is great,

hagibor v'hanora, Eil elyon,

powerful and awesome, supreme Almighty One

gomeil chasadim tovim,

Who bestows beneficial kindnesses,

v'koneih hakol,

and creates everything,

v'zocheir chasdei avot,

and Who recalls the kindnesses of the Patriarchs

umeivi go-eil livnei v'neihem,

and brings a Redeemer to the children of their children,

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

for the sake of His Name with love.

Melech ozeir umoshi-a umagein.

O Sovereign, Who is a Helper, Savior, and Shield.

*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 לְבָנֵי בְנֵיהֶם,
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה,
מַגֵּן אַבְרָהָם וְעֹזֶרֶת 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 mighty eternally O Ruler,
m'chayeih meitim atah,
You are the One Who revives the dead,
rav l'hoshi-ah.
abundantly able to save.

Pesach-Sukkot: Morid hatal.
Who brings down the dew.

Sh'mini Atzeret-Pesach: Mashiv haru-ach,
Who makes the wind blow
umorid hagashem.
and brings down the rain.

M'chal-keil chayim b'chesed,
Who sustains the living with kindness,
m'chayeih meitim b'rachamim rabim,
reviving the dead with abundant mercy,
someich nof'lim, v'rofei cholim,
Who supports the fallen, and Who heals the sick,
umatir asurim,
and Who releases those who are bound,
umkayeim emunato lisheinei afar.
and Who keeps His faith to those who sleep in the dust.
Mi chamocha, ba-al g'vurot!
Who is like You, O Master of mighty deeds!
Umi domeh lach, melech meimit
And who can compare to You, Sovereign Who causes death
umchayeh umatzmi-ach y'shu-ah.
and restores life and and makes sprout salvation.

V'ne-eman atah l'hachayot meitim.
And You are faithful to revive the dead

Baruch atah Adonai,
Blessed are You Hashem,
m'chayeih hameitim.
Who revives the dead.

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

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

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

בָּרוּךְ אַתָּה יְהוָה,
מַחְיֵה הַמֵּתִים.

*The following blessing is said only during the Chazzan's repetition.
The Chazzan may choose to use the Sefard version below or the Ashkenaz version on page 107.*

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 קְדוּשָׁה, קְדוּשָׁה, קְדוּשָׁה Kadosh, kadosh, kadosh
and בְּרוּךְ כְּבוֹד Baruch k'vod, and יִמְלֹךְ Yimloch.*

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:

נְקַדִּישְׁךָ וְנַעֲרִיצְךָ,
כְּנֻעַם שְׁיַח סוֹד שְׂרָפֵי קֹדֶשׁ,
הַמְשַׁלְּשִׁים לְךָ קְדוּשָׁה,
כִּכְתוּב עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

Everyone:

קְדוּשָׁה, קְדוּשָׁה, קְדוּשָׁה, יְהוֹה צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.
Kadosh, kadosh, kadosh, Adonai tz'va-ot, m'lo chol ha-aretz k'vodo.
Holy, holy, holy, is Hashem of the heavenly hosts, the entire world is full of His glory.

Chazzan Continues:

Az b'kol ra-ash gadol
Then with a sound of great noise
adir v'chazak,
mighty and powerful,
mashmi-im kol,
they make heard a voice,
mitnas'im l'umat s'rafim,
raising themselves toward the Seraphim,
l'umatam m'shab'chim v'om'rim:
facing them they offer praise and proclaim:

אֶז בְּקוֹל רָעַשׁ גָּדוֹל
אֲדִיר וְחָזָק,
מְשַׁמְעִים קוֹל,
מִתְנַשְּׂאִים לְעַמַּת שְׂרָפִים,
לְעַמָּתָם מְשַׁבְּחִים וְאוֹמְרִים:

Everyone:

בְּרוּךְ כְּבוֹד יְהוֹה מִמְּקוֹמוֹ.
Baruch k'vod Adonai mim'komo.
Blessed is the glory of Hashem in His place.

Chazzan Continues:

Mim'kom'cha malkeinu tofi-a,
 From Your place, our Sovereign, may You appear,
 v'timloch aleinu,
 and reign over us,
 ki m'chakim anachnu lach.
 because for You do we await.
 Matai timloch b'Tziyon,
 When will You reign in Zion?
 b'karov b'yameinu,
 soon in our days,
 l'olam va-ed tishkon.
 for ever and ever may You dwell.
 Titgadeil v'titkadeish b'toch
 May You be exalted and sanctified within
 Y'rushalayim ir'cha,
 Jerusalem Your city,
 l'dor vador ulneitzach n'tzachim.
 generation after generation and for all eternity.
 V'eineinu tirenah malchutecha,
 And may our eyes see Your realm,
 kadavar ha-amur b'shrei uzecha,
 as this matter is expressed in the songs of Your might,
 al y'dei David m'shi-ach tzidkecha:
 by the hand of David Your righteous anointed one:

מִמֶּקוֹמְךָ מַלְכֵנוּ תוֹפִיעַ,
 וְתִמְלֹךְ עָלֵינוּ,
 כִּי מַחְכִּים אֲנַחְנוּ לָךְ.
 מַתַּי תִּמְלֹךְ בְּצִיּוֹן,
 בְּקָרוֹב בְּיָמֵינוּ,
 לְעוֹלָם וָעֶד תִּשְׁכֹּן.
 תִּתְגַּדֵּל וְתִתְקַדֵּשׁ בְּתוֹךְ
 יְרוּשָׁלַיִם עִירְךָ,
 לְדוֹר וָדוֹר וּלְנֶצַח נִצָּחִים.
 וְעֵינֵינוּ תִרְאֶינָה מַלְכוּתְךָ,
 כַּדָּבָר הָאָמוּר בְּשִׁירֵי עַזְרָךְ,
 עַל יְדֵי דָוִד מְשִׁיחַ צִדְקָךְ:

Everyone:

יְמִלֹךְ יְהוָה לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן, לְדוֹר וָדוֹר, הַלְלוּיָהּ.
 Yimloch Adonai l'olam, Elohayich Tziyon, l'dor vador, hal'lu-Yah.
 May Hashem reign forever, your Elohim O Zion, from generation to generation, praise Yah.

Ashkenaz version:

N'kadeish et shimcha ba-olam,
 We will sanctify Your Name in this world,
 k'sheim shemakdishim oto
 just as it is made holy
 bishmei marom,
 in the highest heavens.
 kakatuv al yad n'vi-echa,
 as it is written by the hand of Your prophet,
 v'kara zeh el zeh v'amar:
 and as one called to another saying:
 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.
 Adir adireinu, Adonai adoneinu
 Our Mighty One, Hashem our Ruler,
 mah adir shimcha b'chol ha-aretz.
 how mighty is Your Name in all of the earth.
 Baruch k'vod Adonai mimkomo.
 Blessed is the honor of Hashem on high.
 Echad hu Eloheinu, hu avinu,
 Our Elohim. He is One, He is our Father,
 hu malkeinu, hu moshi-einu,
 our Sovereign, our Redeemer,
 v'hu yashmi-einu b'rachamav
 and He will redeem us in mercy
 l'einei kol chai.
 in the presence of every living being.
 Ani Adonai Eloheichem.
 I am Hashem Your Elohim.
 Yimloch Adonai l'olam, Elohayich
 May Hashem reign forever, your Elohim
 tzi-yon l'dor vador hal'luyah.
 O Zion from generation to generation, praise Yah.
 L'dor vador nagid god-lecha,
 In every generation we will tell of Your greatness,
 ulneitzach n'tzachim
 and we will forever
 k'dushat'cha nakdish.
 devote ourselves to Your holiness.
 V'shivchacha, Eloheinu,
 And Your praise, our Elohim,
 mipinu lo yamush l'olam va-ed.
 will never depart from our lips.

נִקְדֵּשׁ אֶת שִׁמְךָ בְּעוֹלָם,
 כְּשֵׁם שֶׁמִּקְדִּישִׁים אוֹתוֹ
 בְּשֵׁמֵי מְרוֹם,
 כַּכָּתוּב עַל יַד נְבִיאֶךָ,
 וְקָרָא זֶה אֶל זֶה וְאָמַר:
 קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ,
 יְהוָה צְבָאוֹת,
 מְלֵא כָּל הָאָרֶץ כְּבוֹדּוֹ.
 אֲדִיר אֲדִירֵנוּ, יְהוָה אֲדוֹנֵנוּ
 מַה אֲדִיר שִׁמְךָ בְּכָל הָאָרֶץ.
 בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.
 אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,
 הוּא מֶלֶכְנוּ, הוּא מוֹשִׁיעֵנוּ,
 וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו
 לְעֵינֵי כָּל חַי.
 אֲנִי יְהוָה אֱלֹהֵיכֶם.
 יִמְלֹךְ יְהוָה לְעוֹלָם, אֱלֹהֶיךָ
 צִיּוֹן לְדוֹר וָדוֹר הַלְלוּיָהּ.
 לְדוֹר וָדוֹר נִגִּיד גֹּדְלֶךָ,
 וְלִנְצַח נִצָּחִים
 קְדֹשְׁתְּךָ נִקְדִּישׁ.
 וְשִׁבְחֶךָ, אֱלֹהֵינוּ,
 מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד.

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

בָּרוּךְ אַתָּה יְהוָה,
 הָאֵל הַקָּדוֹשׁ.

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, Selah,
 ki Eil melech gadol v'kadosh atah.
for a great and holy Sovereign are You, O Almighty One.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
 וְקְדוֹשִׁים בְּכָל יוֹם
 יְהַלְלֶנּוּךָ סֵלָה,
 כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

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

בָּרוּךְ אַתָּה יְהוָה,
 הָאֵל הַקָּדוֹשׁ

קְרוּשַׁת הַיּוֹם

K'DUSHAT HAYOM

Yismach Moshe b'mat'nat chelko,

Moses rejoiced in the gift of his portion,

ki eved ne-eman karata lo.

for You called him a faithful servant.

K'lil tiferet b'rosho natata lo,

A crown of splendor on his head did You place for him,

b'amdo l'fanecha al har sinai.

when he stood before You on Mount Sinai.

Ushnei luchot avanim

Two Tablets of stone

horid b'yado,

did he bring down in his hand,

v'chatuv bahem sh'mirat Shabbat,

and inscribed upon them was the observance of Shabbat,

v'chein katuv b'Toratecha:

as it is written in Your Torah:

V'sham'ru v'nei Yisra-eil

The children of Israel shall observe

et ha-Shabbat,

Shabbat,

la-asot et ha-Shabbat

making Shabbat

l'dorotam b'rit olam.

for their generations a covenant for eternity.

Beini uvein b'nei Yisra-eil

Between Me and the children of Israel

ot hi l'olam,

it is a sign forever.

ki sheishet yamim asah Adonai

for in six days Hashem made

et hashamayim v'et ha-aretz,

the heavens and the earth,

uvayom hash'vi-i shavat vayinafash.

and on the Seventh Day He rested and was refreshed.

V'lo n'tato Adonai Eloheinu

And You did not give (Shabbat) Hashem our Elohim

l'goyei ha-aratzot, v'lo hinchalto

to the nations of the lands, nor did You make it inheritance,

malkeinu l'ov'dei f'silim,

our Sovereign, to the worshippers of idols,

v'gam bimnuchato lo yishk'nu

and also in its rest will not be sheltered

יִשְׂמַח מֹשֶׁה בְּמַתָּנַת חֵלְקוֹ,

כִּי עָבַד נְאֻמָּן קְרָאתָ לוֹ.

כְּלִיל תְּפָאֶרֶת בְּרָאשׁוֹ נָתַתָּ לוֹ,

בְּעֲמָדוֹ לְפָנֶיךָ עַל הַר סִינַי.

וּשְׁנֵי לוחֹת אֲבָנִים

הוֹרִיד בְּיָדוֹ,

וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת,

וְכֵן כָּתוּב בְּתוֹרָתְךָ:

וּשְׁמְרוּ בְנֵי יִשְׂרָאֵל

אֶת הַשַּׁבָּת,

לַעֲשׂוֹת אֶת הַשַּׁבָּת

לְדוֹרָתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אוֹת הִיא לְעוֹלָם,

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה

אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

וְלֹא נָתַתּוּ יְהוָה אֱלֹהֵינוּ

לְגוֹיֵי הָאָרָצוֹת, וְלֹא הִנְחַלְתּוֹ

מִלְכָּנוּ לְעוֹבְדֵי פְסִילִים,

וְגַם בְּמִנוּחָתוֹ לֹא יִשְׁכָּנוּ

areilim. Ki l'Yisra-eil am'cha
the uncircumcised. For to Israel Your people
 n'tato b'ahavah, l'zera Ya-akov
have You given it in love, to the seed of Jacob
 asher bam bacharta.
whom You have chosen.

Yism'chu v'malchut'cha shomrei
They shall rejoice in Your Sovereignty, those who keep
 Shabbat v'korei oneg,
Shabbat and call it a delight,
 am m'kad'shei sh'vi-i,
the people who sanctify the Seventh Day,
 kulam yisb'u v'yitan'gu mituvecha,
will all be satisfied and delighted with Your goodness,
 uvash'vi-i ratzita bo v'kidashto,
and You were pleased with the Seventh Day and hallowed it,
 chemdat yamim oto karata,
You called it the most precious of days,
 zeicher l'ma-aseih v'reishit.
in remembrance of the work of Creation.

Eloheinu v'Eilohei avoteinu,
Our Elohim and the Elohim of our ancestors,
 r'tzeih na vimnuchateinu,
may our rest be pleasing to You,
 kad'sheinu b'mitzvatecha,
sanctify us with Your commandments,
 v'tein chelkeinu b'Toratecha,
and grant us a share in Your Torah,
 sab'einu mituvecha,
fill us with Your goodness,
 v'samach nafsheinu bishu-atecha,
and let our souls know the joy of Your salvation,
 v'taheir libeinu l'ovd'cha be-emet,
and purify our hearts to serve You in truth,
 v'hanchileinu Adonai Eloheinu
and bestow upon us Hashem our Elohim
 b'ahavah uvratzon
in Your love and goodwill
 Shabbat kodshecha,
a holy Shabbat,
 v'yanuchu vah kol Yisra-eil,
and may all of Israel rest on it,
 m'kad'shei sh'mecha.
who hallows Your Name.

Baruch atah Adonai,
Blessed are You Hashem,
 m'kadeish ha-Shabbat.
who sanctifies Shabbat.

עַרְלִים. כִּי לְיִשְׂרָאֵל עַמְּךָ
 נָתַתּוּ בְּאַהֲבָה, לְזֶרַע יַעֲקֹב
 אֲשֶׁר בָּם בָּחַרְתָּ.

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי
 שַׁבָּת וְקוֹרְאֵי עֹנֵג,
 עִם מְקַדְּשֵׁי שְׁבִיעִי,
 כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ,
 וּבְשִׁבְעֵי רָצִיתָ בּוֹ וְקִדַּשְׁתּוּ,
 חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ,
 זִכָּר לְמַעֲשֵׂה בְרֵאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 רְצֵה נָא בְּמִנוּחָתֵנוּ,
 קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ
 וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,
 שִׂבְעֵנוּ מִטוֹבְךָ,
 וְשִׂמַּח נַפְשֵׁנוּ בִּישׁוּעָתְךָ,
 וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת,
 וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ
 בְּאַהֲבָה וּבְרָצוֹן
 שַׁבָּת קֹדֶשְׁךָ,
 וְיִנּוּחוּ בָּהּ כָּל יִשְׂרָאֵל,
 מְקַדְּשֵׁי שְׁמֶךָ.

בָּרוּךְ אַתָּה יְהוָה,
 מְקַדֵּשׁ הַשַּׁבָּת.

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,
 ut-hi l'ratzon tamid,
and may it always be to Your favor,
 avodat Yisra-eil amecha.
the service of Your people Israel.

רצה, יהוה אלהינו,
 בעמך ישראל,
 ולתפלתם שעה,
 והשב את העבודה
 לדביר ביתך,
 ואשי ישראל,
 ותפלתם מהרה באהבה
 תקבל ברצון,
 ותהי לרצון תמיד
 עבודת ישראל עמך.

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 there 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, remembrance of us
 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 the House of Israel
 l'fanecha, lif-leitah, l'tovah,
before You, for deliverance, for good,

אלהינו ואלהי אבותינו,
 יעלה ויבא ויגיע ויראה
 וירצה וישמע ויפקד
 ויזכר וזכרוננו
 ופקדוננו וזכרון אבותינו,
 וזכרון משיח בן דוד עבדך,
 וזכרון ירושלים עיר קדשך,
 וזכרון כל עמך בית ישראל
 לפניך, לפליטה, לטובה,

I'chein ulchesed ulrachamim,
 for grace, and for kindness and for compassion,
 ulchayim ulshalom,
 and for life and for peace,
 b'jom Rosh ha-Chodesh hazeh.
 on this day of Rosh Chodesh.
 Zochreinu, Adonai Eloheinu,
 Remember us, Hashem our Elohim,
 bo l'tovah,
 on it for goodness,
 ufakdeinu vo livrachah,
 and consider us on it for blessing,
 v'hoshi-einu vo l'chayim.
 and save us on it for life.
 uvid'var y'shu-ah v'rachamim,
 with the words of salvation and mercy,
 chus v'chaneni,
 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 look to You,
 ki Eil melech chanun
 for O Almighty Sovereign gracious
 v'rachum atah.
 and compassionate are 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 His Sh'chinah to Zion.

לַחֵן וּלְחֶסֶד וּלְרַחֲמִים,
 וּלְחַיִּים וּלְשָׁלוֹם,
 בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.
 זְכוּרֵנוּ, 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.

וְתַחֲזִינָה 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 the Name of Hashem at which point we straighten up.*

Modim anachnu lach,
We give thanks to You,
sha-atah hu Adonai Eloheinu,
for it is You Who 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.
You are from generation to generation,
Nodeh l'cha unsapeir t'hilatecha,
We will thank You and tell Your praises,
al chayeinu ham'surim b'yadecha,
for our lives which are placed into Your hands,
v'al nishmoteinu hap'kudot lach,
and for our souls which are entrusted to You,
v'al nisecha sheb'chol yom imanu,
and for Your miracles that are with us every day,
v'al nifl'otecha v'tovotecha,
and for Your wonders and Your favors,
sheb'chol eit,
that are at all times,
erev vavoker v'tzahorayim.
evening and morning and afternoon.
Hatov, ki lo chalu rachamecha,
You are goodness, for Your mercies never cease,
v'ham'racheim,
and the Compassionate One,
ki lo tamu chasadecha,
for Your kindnesses have never ended,
mei-olam kiyinu lach.
for always we have placed our hope in You.

מוֹדִים אֲנַחְנוּ לָךְ,
שְׂאֵתָה הוּא, יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
לְעוֹלָם וָעֶד.
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר.
נוֹדֶה לָךְ וְנִסְפֹּר תְהִלָּתְךָ,
עַל חַיֵּינוּ הַמְסוּרִים 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 חֲסְדֶיךָ,
מֵעוֹלָם קִוִּינוּ לָךְ.

During Chanukah add the following.

Al hanisim, v'al hapurkan,
(We thank You) for the miracles, and for the deliverance,

עַל הַנִּסִּים, וְעַל הַפְּרָקָן,

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.

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 meihukei 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,
 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 asita
 and for Your people Israel You performed
 t'shu-ah g'dolah ufurkan
 a victory of great magnitude and a salvation

ועל הגבורות, ועל
 התשועות, ועל המלחמות,
 שעשית לאבותינו
 בימים ההם בזמן הזה.
 בימי מתתיהו בן יוחנן
 כהן גדול, חשמונאי ובניו,
 כשעמדה מלכות יון
 הרשעה על עמך ישראל
 להשכיחם תורתך,
 ולהעבירם מחקי רצונך,
 ואתה ברחמיך הרבים
 עמדת להם בעת צרתם,
 רבת את ריבם,
 דנת את דינם,
 נקמת את נקמתם,
 מסרת גבורים ביד חלשים,
 ורבים ביד מעטים,
 וטמאים ביד טהורים,
 ורשעים ביד צדיקים,
 וזדים ביד עוסקי תורתך.
 ולך עשית שם גדול
 וקדוש בעולמך,
 ולעמך ישראל עשית
 תשועה גדולה ופִּרְקָן

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 neirot

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.

כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ

בְּנֵיךָ לְדָבִיר בֵּיתְךָ,

וּפָנּוּ אֶת הַיְכָלְךָ,

וּטְהָרוּ אֶת מִקְדָּשְׁךָ,

וְהִדְלִיקוּ נֵרוֹת

בְּחִצְרוֹת קֹדֶשְׁךָ,

וְקָבְעוּ שְׁמוֹנַת יָמֵי

חֲנֻכָּה אֵלֶּיךָ, לְהוֹדוֹת וּלְהַלֵּל

לְשִׁמְךָ הַגָּדוֹל.

V'al kulam yitbarach v'yitromam

And for all these, blessed and exalted

v'yitnasei shimcha malkeinu

and raised up may Your Name be, our Sovereign,

tamid l'olam va-ed.

continually for ever and ever.

וְעַל כָּלם יִתְבָּרַךְ וְיִתְרומם

וְיִתְנַשֵּׂא שִׁמְךָ מַלְכֵנוּ

תָּמִיד לְעוֹלָם וָעֶד.

V'chol hachayim yoducha selah,

Everything alive will give thanks to 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 One of our salvation and of our help forever,

ha-Eil hatov.

the Almighty One Who is benevolent.

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

the Benevolent One is Your Name

ul-cha na-eh l'hodot.

and to You it is fitting to give thanks.

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שִׁמְךָ

וְלָךְ נֶאֱדָה לְהוֹדוֹת.

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

ברכת כהנים BIRKAT KOHANIM

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

The Chazzan 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 His 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 His 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.}

יֵאָר יְהוָה פָּנָיו אֵלֶיךָ וִיחַנֶּנְךָ.
{כֵּן יְהִי רָצוֹן.}

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וְיַשִּׁם
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,
Establish peace goodness and blessing,
chein va-chesed v'rachamim,
grace and kindness and compassion,
aleinu v'al kol Yisra-eil amecha.
upon us and upon all of Your people Israel.

Bar'cheinu ayinu

Bless us our Father

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

Adonai Eloheinu,

Hashem our Elohim,

Torat chayim v'ahavat chesed,
the Torah of life and a love of kindness,

utzdakah uvracha v'rachamim
and righteousness and blessing and compassion

v'chayim v'shalom.

and life and peace.

V'tov b'einecha l'vareich

And may it be good in Your eyes to bless

et am'cha Yisra-eil b'chol eit

Your people Israel at all occasions

uvchol sha-ah bishlomecha.

and at every hour, with Your peace.

Baruch atah Adonai,

Blessed are You Hashem,

ham'vareich et amo

Who blesses His people

Yisra-eil bshalom.

Israel with peace.

Yih-yu l'ratzon imrei fi

May they find favor, the utterance of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Hashem my Rock and my 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,

וְצִדְקָה וּבְרָכָה וְרַחֲמִים

וְחַיִּים וְשְׁלוֹם,

טוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת

וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשְׁלוֹם.

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,
My Elohim, please protect my tongue from evil,
 usfatai midabeir mirmah,
and my lips from speaking deceit,
 v'limkal'lai nafshi tidom,
and let my soul remain silent to those who curse me,
 v'nafshi ke-afar lakol tih-yeh.
and let my soul be like dust to everyone.
 P'tach libi b'Toratecha,
Open my heart to Your Torah,
 v'acharei mitzvotcha tirdof nafshi.
and may my soul pursue Your commandments.
 V'chol hachosh'vim alai l'ra-ah,
And all who plan to do evil against me,
 m'heirah hafeir atzatham
speedily annul their counsel
 v'kalkeil machashavtam.
and spoil their intention.
 Aseih l'ma-an sh'mecha,
Act for the sake of Your Name,
 aseih l'ma-an y'minecha,
act for the sake of Your power,
 aseih l'ma-an Toratecha,
act for the sake of Your Torah,
 aseih l'ma-an k'dushatecha.
act for the sake of Your holiness.
 L'ma-an yeichal'tzun y'didecha,
So that Your beloved one may be released,
 hoshi-ah y'min'cha va-aneini.
save with Your right hand and answer me.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנִי מֵרָע,
 וּשְׂפָתַי מִדְּבַר מִרְמָה,
 וְלִמְקַלְלֵי נַפְשִׁי תִדּוּם,
 וְנַפְשִׁי כְּעָפָר לְכֹל תִּהְיֶה.
 פֶּתַח לְבִי בְּתוֹרַתְךָ,
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
 וְכֹל הַחוֹשִׁים עָלַי לְרָעָה,
 מְהֵרָה הִפֵּר עֲצָתָם
 וְקָלְקַל מַחֲשַׁבְתָּם.
 עֲשֵׂה לִמְעַן שְׁמֶךָ,
 עֲשֵׂה לִמְעַן יְמִינְךָ,
 עֲשֵׂה לִמְעַן תּוֹרַתְךָ,
 עֲשֵׂה לִמְעַן קְדוּשַׁתְךָ.
 לִמְעַן יִחְלְצוֹן יְדִידְךָ,
 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 they find favor, the utterance of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Hashem my Rock and my Redeemer.

יְהִי לְרָצוֹן אִמְרֵי פִי
וְהִגִּיוֹן לִבִּי 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 heavens,

hu ya-aseh shalom aleinu,

may He make 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 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 the will before You,

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 days,

v'tein chelkeinu b'Toratecha.

and place our lot in Your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ,
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
שֶׁיִּבְנֶה בֵּית הַמִּקְדָּשׁ
בְּמַהֲרָה בְּיָמֵינוּ,
וְיִתֵּן חֵלְקֵנוּ בְּתוֹרָתְךָ.

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

When Shabbat coincides with Rosh Chodesh, continue here. Otherwise, continue on page 129.

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).

The Chazzan 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,

Who has sanctified us through His commandments,

v'tzivanu lik-ro et ha-Haleil. {Amein.}

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

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ לְקַרֵּא אֶת הַהִלֵּל. {אָמֵן.}

חסד

CHESED

Hal'luyah, hal'lu avdei Adonai,

Praise Yah, 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 go-yim Adonai,

High above all nations is Hashem,

al hashamayim k'vodo.

above the heavens is His 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,
He raises the needy from the dust,
 mei-ashpot yarim ev-yon.
from the rubbish He lifts the destitute.
 L'hoshivi im n'divim,
To seat them with nobles,
 im n'divei amo.
with the nobles of His people.
 Moshivi akeret habayit,
He transforms the barren woman of the house,
 eim habanim s'meichah, hal'lu-Yah.
into a joyous mother of children, Praise Yah.

הַמַּשְׁפִּילִי לְרֹאוֹת,
 בַּשָּׁמַיִם וּבָאָרֶץ.
 מְקִימִי מֵעַפָּר דָּל,
 מֵאֲשָׁפֹת יָרִים אֶבְיוֹן.
 לְהוֹשִׁיבִי עִם נְדִיבִים,
 עִם נְדִיבֵי עַמּוֹ.
 מוֹשִׁיבִי עֶקְרֶת הַבַּיִת,
 אֵם הַבָּנִים שְׂמִיחָה, 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 His sanctuary,
 Yisra-eil mamsh'lotav.
Israel His 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 מִמְּשָׁלוֹתָיו.
 הַיָּם רָאָה וַיָּנֹס,
 הַיַּרְדֵּן יָסַב לְאַחֹר.
 הַהָרִים רָקְדּוּ כְּאֵילִים,
 גְּבָעוֹת כְּבָנֵי צֹאן.
 מַה לְּךָ הַיָּם כִּי תָנוּס?
 הַיַּרְדֵּן תָּסַב 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.
הַהֹפֵכִי הַצּוּר אֶגֶם מַיִם,
חֲלָמִישׁ לְמַעַיְנו מַיִם.

This following is omitted on Rosh Chodesh (except Rosh Chodesh Tevet).

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 hago-yim,

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 pleases Him He 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 חַסְדֶּךָ עַל אֱמֶתְךָ.
לָמָּה יֹאמְרוּ הַגּוֹיִם,
אֵיךְ נָא אֱלֹהֵיהֶם.
וְאֱלֹהֵינוּ בַּשָּׁמַיִם,
כֹּל אֲשֶׁר חָפֵץ עָשָׂה.
עֲצֻבֵיהֶם כֶּסֶף וְזָהָב,
מַעֲשֵׂה יְדֵי אָדָם.
פֶּה לָהֶם וְלֹא יִדְבְּרוּ,
עֵינַיִם לָהֶם וְלֹא יִרְאוּ.
אָזְנוֹתֵיהֶם לָהֶם וְלֹא יִשְׁמְעוּ,
אֵף לָהֶם וְלֹא יִרְיחוּ.
יָדֵיהֶם וְלֹא יִמִּישׁוּן,
רַגְלֵיהֶם וְלֹא יִהְלְכוּ,
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 וּמִגְנָם הוּא.

בֵּית אַהֲרֹן בְּטַחוּ בַּיהוָה,

עֲזָרָם וּמִגְנָם הוּא.

יְרֵאֵי יְהוָה בְּטַחוּ בַּיהוָה,

עֲזָרָם וּמִגְנָם הוּא.

נִצְחָה

NETZACH

Adonai z'charanu y'vareich,

Hashem who has remembered us will bless us,

y'vareich et beit Yisra-eil,

He will bless the House of Israel,

y'vareich et beit Aharon.

He will bless the House of Aharon.

Y'vareich yir-ei Adonai,

He 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 of 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 He has given to humankind.

Lo hameitim y'hal'lu Yah,

Neither the dead can He,

v'lo kol yordei dumah.

nor any who descended into silence.

Va-anachnu n'vareich Yah,

But we will bless the Yah,

mei-atah v'ad olam, hal'luyah.

from this time until eternity, Praise Yah.

יְהוָה זָכָרְנוּ יְבָרֶךְ,

יְבָרֶךְ אֶת בֵּית יִשְׂרָאֵל,

יְבָרֶךְ אֶת בֵּית אַהֲרֹן.

יְבָרֶךְ יְרֵאֵי יְהוָה,

הַקְטָנִים עִם הַגְּדֹלִים.

יִסֵּף יְהוָה עֲלֵיכֶם,

עֲלֵיכֶם וְעַל בְּנֵיכֶם.

בְּרוּכִים אַתֶּם לַיהוָה,

עֹשֵׂה שָׁמַיִם וָאָרֶץ.

הַשָּׁמַיִם שָׁמַיִם לַיהוָה,

וְהָאָרֶץ נָתַן לְבְנֵי אָדָם.

לֹא הַמֵּתִים יְהַלְלוּ יְהוָה,

וְלֹא כָל יֹרְדֵי דוּמָה.

וְאֲנַחְנוּ נְבָרֶךְ יְהוָה,

מֵעַתָּה וְעַד עוֹלָם, הַלְלוּ יְהוָה.

This following is omitted on Rosh Chodesh (except Rosh Chodesh Tevet).

הוד HOD

Ahavti ki yishma Adonai,
I love for Hashem hears,
 et koli tachanunai.
my voice and my supplications.
 Ki hitah azno li,
For He has inclined His ear to me,
 uvyamai ekra.
so in my days shall I call.
 Afafuni chevlei mavet,
The pains of death have encircled me,
 umtzarei sh'ol m'tza-uni,
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 He 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.

אֶהְבֵּתִי כִּי יִשְׁמַע יְהוָה,
 אֶת קוֹלִי תַחֲנוּנָי.
 כִּי הִטָּה אָזְנוֹ לִי,
 וּבִימֵי אֶקְרָא.
 אֶפְפוּנִי חֲבֵלֵי מוֹת,
 וּמִצָּרֵי שְׂאוֹל מִצְאוּנִי,
 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 מִמוֹת,
 אֶת עֵינַי מִן דִּמְעָה,
 אֶת רַגְלִי מִדַּחִי.
 אֶתְהַלֵּךְ לִפְנֵי יְהוָה,
 בְּאַרְצוֹת הַחַיִּים.
 הֶאֱמַנְתִּי 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 He has bestowed upon 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 His entire people.
 Yakar b'einei Adonai,
Difficult in the eyes of Hashem,
 hamavta lachasidav.
is the death of His 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 His 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, praise Yah.

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

מלכות MALCHUT

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

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

הודו HODU

Each verse is recited by the Chazzan, 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 His goodness, for His kindness is forever.

יֹאמַר נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חַסְדּוֹ.

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

Let Israel now say, for His 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 His 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 His kindness is forever.

מִן הַמֵּצָר 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 Yah,

anani vamer'chav Yah.

the Yah 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 go-yim 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.

Azi v'zimrat Yah,

My might and my praise is Yah,

vayhi li lishu-ah.

and He was for me a salvation.

מִן הַמֵּצָר קָרָאתִי יְהוָה,

עֲנֵנִי בַמֶּרְחֹב יְהוָה.

יְהוָה לִי לֹא אִירָא,

מָה יַעֲשֶׂה לִי אָדָם.

יְהוָה לִי בְעֲזָרִי,

וְאֲנִי אֶרְאֶה בְשֹׁנָאִי.

טוֹב לְחַסוֹת בַּיהוָה,

מִבְּטַח בָּאָדָם.

טוֹב לְחַסוֹת בַּיהוָה,

מִבְּטַח בְּנְדִיבִים.

כָּל גּוֹיִם סָבְבוּנִי,

בְּשֵׁם יְהוָה כִּי אֲמִילָם.

סָבְבוּנִי גַם סָבְבוּנִי,

בְּשֵׁם יְהוָה כִּי אֲמִילָם.

סָבְבוּנִי כְּדִבְרִים דֹּעֵכוּ כְּאֵשׁ

קוֹצִים, בְּשֵׁם יְהוָה כִּי אֲמִילָם.

דָּחָה דְּחִיתָנִי לְנָפֹל,

וַיְהוֶה עֲזָרָנִי.

עָזִי 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 Yah.

Yasor yisrani Yah,

Yah has chastised me exceedingly,

v'lamanet lo n'tanani.

but He 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 Yah.

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.

Chazzan:

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.

Chazzan:

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 Chazzan and then by Everyone:

בָּרוּךְ הַבָּא בְּשֵׁם יְהוָה, בִּרְכוֹנוֹכֶם 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.

אֵלִי אַתָּה וְאוֹדֶךָ, אֱלֹהֵי אֲרוֹמְמֶךָ.

Eili atah v'odecha, Elohai arom'meka.

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

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חֶסֶדוֹ.

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

Give thanks to Hashem for His goodness, for His kindness is forever.

Chazzan:

הודו ליהוה כי טוב, כי לעולם חסדו.

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

Give thanks to Hashem for Its goodness, for His 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 His 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 amcha 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 Almighty.

Baruch atah Adonai,

Blessed are You Hashem,

melech m'hulal batishbachot, amen.

the Sovereign Who is lauded 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..

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 Chazzan, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchaye d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

be the Name of the Holy One, blessed is He,

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְּרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָּנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרומם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלָּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

l'eila min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru Amein. {Amein.}

and 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 say amen. Amen.

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

May there be abundant 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 say amen. Amen.

לְעֵילָא מִן כָּל בִּרְכָתָא

וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא,

דְּאַמִּירָן בְּעָלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבַעוֹתְהוֹן

דְּכָל בֵּית יִשְׂרָאֵל קָדָם

אַבוּהוֹן דִּי בְּשָׁמַיָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,

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 heavens,

hu ya-aseh shalom aleinu,

may He make 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 say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֹי,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאָמְרוּ אָמֵן. {אָמֵן.}

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.

SHABBAT

הַיּוֹם יוֹם שַׁבַּת קֹדֶשׁ,

שְׁבוּ הַיּוֹם הַלְלוּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom Shabbat kodesh,
shebo hayu hal'viyim om'rim b'veit hamikdash:

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

תהלים צב

PSALM 92

This Psalm, which connects us to the energy of Shabbat, proclaims the Creator's might and sovereignty which has continued from creation to this very day. The first three lines connect us to the very first Shabbat and the remaining lines connect us to the future Shabbat when all will live in peace and harmony.

Mizmor shir l'yom ha-Shabbat.

A psalm to sing for the day of Shabbat.

Tov l'hodot l'Adonai,

It is good to give thanks to Hashem,

ulzameir l'shimcha elyon.

and to sing praise to Your Name Most High.

L'hagid baboker chasdecha,

To declare Your kindness in the morning,

ve-emunat'cha ba-leilot.

and Your faithfulness during the nights.

Alei asor va-alei navel,

With stringed instruments and with lyre,

alei higayon b'chinor.

with singing accompanied by a harp.

Ki simachtani Adonai b'fa-olecha,

For You make me rejoice in Your deeds Hashem,

b'ma-asei yadecha aranein.

I exult in the work of Your hands.

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת.

טוֹב לְהוֹדוֹת לַיהוָה,

וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.

לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ,

וְאֱמוּנַתְךָ בַּלַּיְלוֹת.

עָלֵי עֲשׂוֹר וְעָלֵי נָבֶל,

עָלֵי הַגִּיּוֹן בְּכִנּוֹר.

כִּי שִׂמַּחְתָּנִי יְהוָה בַּפְעֻלָּךְ,

בַּמַּעֲשֵׂי יְדֶיךָ אֲרָנִן.

Mah gad'lu ma-asecha Adonai,
 How great are Your works Hashem,
 m'od am'ku mach-sh'votecha.
 Your thoughts are exceedingly profound.
 Ish ba-ar lo yeida,
 The ignorant do not know this,
 uch-sil lo yavin et zot.
 and a fool cannot understand this.
 Bifro-ach r'sha-im k'mo eisev,
 When the wicked spring up like grass,
 vayatzitzu kol po-alei aven,
 they may seem to flourish,
 l'hisham'dam adei ad.
 but their end will be destruction.
 V'atah marom l'olam Adonai.
 For You are supreme forever Hashem.
 Ki hinei oy'vecha Adonai,
 For behold Your enemies Hashem,
 ki hinei oy'vecha yoveidu,
 for behold Your enemies shall perish,
 yitpar'du kol po-alei aven.
 and all who do evil shall be scattered.
 Vatarem kireim karni,
 But You have exalted me like the horn of an ox,
 baloti b'shemen ra-anan.
 I am anointed with rich oil.
 Vatabeit eini b'shurai,
 My eyes have seen the downfall of my foes,
 ba-kamim alai m'rei-im
 and those who rose up to harm me,
 tishmanah oznai.
 my ears have heard their end.
 Tzadik katamar yifrach,
 The righteous shall flourish like the date-palm,
 k'erez ba-L'vanon yisgeh.
 grow tall like a cedar in Lebanon.
 Sh'tulim b'veit Adonai,
 Planted in the house of Hashem,
 b'chatzrot Eloheinu yafrichu.
 they shall flourish in the courts of our Elohim.
 Od y'nuvun b'seivah,
 They shall bear fruit in old age,
 d'sheinim v'ra-ananim yih-yu.
 they shall ever be fresh and fragrant.
 L'hagid ki yashar Adonai,
 They shall proclaim that Hashem is just,
 tzuri v'lo avlatah bo.
 my Rock in whom there is no wrong.

מה גדלו מעשיך יהוה,
 מאד עמקו מחשבתך.
 איש בער לא ידע,
 וכסיל לא יבין את זאת.
 בפרח רשעים כמו עשב,
 ויציצו כל פעלי און,
 להשמדם עדי עד.
 ואתה מרום לעלם יהוה.
 כי הנה איביך, יהוה,
 כי הנה איביך יאבדו,
 יתפרדו כל פעלי און.
 ותרם כראים קרני,
 בלתי בשמן רענן.
 ותבט עיני בשורי,
 בקמים עלי מרעים
 תשמענה אזני.
 צדיק כתמר יפרח,
 כארז בלבנון ישגה.
 שתולים בבית יהוה,
 בחצרות אלהינו יפריחו.
 עוד ינובון בשיבה,
 דשנים ורעננים יהיו.
 להגיד כי ישר יהוה,
 צורי ולא עולתה בו.

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,
 לְהִשְׁתַּבֵּחַ בְּתִהְלֶכְךָ.
 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.

קדיש יתום

KADDISH YATOM (MOURNER'S KADDISH)

זְכוֹרָנָם לְבִרְכָּה.

Zichronam livracha.

May their memories be for blessing.

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

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

וְיִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיַצְמַח פְּרֻקָּנֵהּ

וְיִקְרֵב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

{יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.}

וְיִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרומם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

sh'meih d'kudsha {b'rich hu},
be the Name of the Holy One, blessed is He,
 l'eila min kol birchata v'shirata
beyond more than any blessing and song
 tushb'chata v'nechemata,
praise and consolation
 da-amiran b'al'ma,
that are uttered in the world,
 v'imru Amein. {Amein.}
and say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be abundant 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 say amen. Amen.

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},
 לְעֵילָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא
 תִּשְׁבְּחָתָא וְנֶחֱמָתָא,
 דְּאִמְרָן בְּעָלְמָא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
 וְחַיִּים טוֹבִים עָלֵינוּ
 וְעַל כּוֹל 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 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 heavens,
 hu ya-aseh shalom aleinu,
may He make 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 say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵיךָ,
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כּוֹל יִשְׂרָאֵל וְעַל כּוֹל הָעוֹלָם,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

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 מְעוֹז חַיִּי מִמִּי אֶפְחָד.

בִּקְרֹב עָלַי מְרֵעִים,

לֶאֱכֹל אֶת בְּשָׁרִי צָרִי וְאֹיְבֵי לִי,

הֵמָּה כָּשְׁלוּ וְנָפְלוּ.

אִם תַּחֲנֶנָּה עָלַי מַחֲנֶנָּה

לֹא יִירָא לִבִּי,

אִם תִּקּוּם עָלַי מִלְחָמָה,

בְּזֹאת אֲנִי בּוֹטָח.

אֶחָת שְׁאַלְתִּי מֵאֵת יְהוָה,

אוֹתָהּ אֶבְקֶשׁ

שְׁבִתִּי בְּבֵית יְהוָה,

כָּל יְמֵי חַיִּי לַחֲזוֹת בְּנֹעַם

יְהוָה וּלְבַקֵּר בְּהִיכָלוֹ.

כִּי יִצְפֶּנִּי בְּסֻכֹּה בְּיוֹם רָעָה,

יִסְתַּרְנִי בְּסֵתֶר אֹהֶלוֹ

בְּצוּר יְרוֹמָמֵנִי.

וְעַתָּה יְרוּם רֹאשִׁי,

עַל אֹיְבֵי סְבִיבוֹתַי,

וְאֶזְבְּחָהּ 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,

eizrati 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 Creator 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,

וְחַנְּנִי וְעֲנֵנִי.

לְךָ אָמַר לְבִי, בִּקְשׁוּ פָנַי,

אֶת פָּנֶיךָ יְהוָה אֲבַקֵּשׁ.

אַל תַּסְתֵּר פָּנֶיךָ מִמֶּנִּי,

אַל תֵּט בְּאַף עַבְדְּךָ,

עֲזַרְתִּי הָיִיתָ,

אַל תַּטְשֵׁנִי וְאַל תַּעֲזֹבֵנִי,

אֱלֹהֵי יִשְׁעֵי.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי,

וַיהוָה יֶאֱסֹפֵנִי.

הוֹרֵנִי יְהוָה דִּרְכְּךָ,

וְנַחֲנִי בְּאַרְחַ מִישׁוֹר,

לְמַעַן שׁוֹרְרֵי.

אַל תִּתְּנֵנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ בִּי עֲדֵי שָׁקֶר,

וַיִּפַּח חָמָס.

לוֹלֵא הָאֲמָנָתִי,

לִרְאוֹת בְּטוֹב יְהוָה

בְּאֶרֶץ חַיִּים.

קִוֵּה אֶל יְהוָה,

חֲזַק וַיֶּאֱמַץ לְבָבְךָ,

וְקִוֵּה אֶל יְהוָה.

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.

Atah horeita lada-at,

You have been shown to know,

ki Adonai hu ha-Elohim,

that Hashem He is the Elohim,

ein od mil'vado.

there is none other besides Him.

Ein kamocha va-elohim,

There is none like You among the powers,

Adonai, v'ein k'ma-asecha.

Hashem, and there is none like Your works.

Malchut'cha malchut kol olamim,

Your Realm is a realm that pervades all the worlds,

umemshalt'cha b'chol dor vador.

and Your dominion endures in every generation.

Adonai melech, Adonai malach,

Hashem reigns, Hashem has reigned,

Adonai yimloch l'olam va-ed.

Hashem will reign for ever and ever.

Adonai oz l'amo yitein,

Hashem will give strength to His people,

Adonai yivareich et amo vashalom.

Hashem will bless His people with peace.

Av harachamim,

Source of mercy,

heitivah virtzon'cha et Tziyon,

favor Zion with Your goodness,

tivneh chomot Y'rushalayim.

rebuild the walls of Jerusalem.

Ki v'cha l'vad batachnu,

For in You alone do we put our trust,

melech Eil ram v'nisa,

Sovereign, high and exalted One,

Adon olamim.

Ruler of worlds.

אתה הִרְאֵתָ לַדַּעַת,

כִּי יְהוָה הוּא הָאֱלֹהִים,

אֵין עוֹד מִלְּבַדּוֹ.

אֵין כָּמוֹךָ בָּאֱלֹהִים,

יְהוָה, וְאֵין כְּמַעֲשֶׂיךָ.

מַלְכוּתְךָ מַלְכוּת כָּל עֲלָמִים,

וּמַמְשִׁלְתְּךָ בְּכָל דּוֹר וָדוֹר.

יְהוָה מֶלֶךְ, יְהוָה מַלְאָךְ,

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.

יְהוָה עֹז לְעַמּוֹ יִתֵּן,

יְהוָה יְבָרֶךְ אֶת עַמּוֹ בְּשָׁלוֹם.

אֲבֵ הַרְחָמִים,

הֵיטִיבָה בְּרִצּוֹנְךָ אֶת צִיּוֹן,

תְּבַנֶּה חוֹמוֹת יְרוּשָׁלַיִם.

כִּי בְּךָ לְבַד בִּטְחָנוּ,

מֶלֶךְ אֵל רָם וְנִשָּׂא,

אֲדוֹן עוֹלָמִים.

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.

Baruch shenatan Torah

Blessed is He Who gave the Torah

I'amo Yisra-eil bikdushato.

to His people Israel in His holiness.

וַיְהִי בְּנִסּוּעַ הָאָרֶן

וַיֹּאמֶר מֹשֶׁה,

קוּמָה, יְהוָה, וַיִּפְּצוּ אֹיְבֶיךָ,

וַיִּנָּסוּ מִשְׁנֵאֶיךָ מִפְּנֶיךָ.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה,

וּדְבַר יְהוָה מִירוּשָׁלַיִם.

בְּרוּךְ שֶׁנָּתַן תּוֹרָה

לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשְׁתּוֹ.

ברוך שמה

B'RICH SH'MEIH

The Zohar states that when the congregation prepares to read from the Torah, all the gates of mercy in heaven are opened, and we awaken the Creator's love for Israel.

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

Blessed is the Name of the Ruler of the universe,

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

I'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,

I'mircham alai ulmintar yati v'yat

that You have mercy on me and protect me and

בְּרִיךְ שְׁמֵהּ דְּמָרָא עֲלֵמָא,

בְּרִיךְ כְּתָרְךָ וְאַתְרְךָ.

יְהֵא רְעוּתְךָ

עִם עַמְךָ יִשְׂרָאֵל לְעֵלָם,

וּפְרָקֵן יְמִינְךָ אַחֲזִי

לְעַמְךָ בְּבֵית מִקְדָּשְׁךָ,

וְלֹא־מִטּוֹיֵי לָנָא מְטוּב נְהוֹרְךָ,

וּלְקַבֵּל צְלוֹתָנָא בְּרַחֲמִין.

יְהֵא רְעוּא קְדָמְךָ

דְּתוֹרִיךְ לָן חַיִּין בְּטִיבוּתָא,

וְלֵהוּי אָנָּא פְּקִידָא בְּגוֹ צְדִיקָיָא,

לְמַרְחָם עָלֵי וּלְמַנְטֵר יְתִי וִית

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, Blessed is He,

d'sagidna kameih,

and prostrate myself before Him,

umikama dikar Oraitei

and before the glory of His 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'Oraitei k'shot,

and Whose Torah is truth,

unvi-ghi k'shot,

and Whose prophets are true,

umasgei l'mebad tav-van ukshot.

and Who abundantly acts with kindness and truth.

Beih ana rachitz,

In Him 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'Oraita,

that You open my heart to the Torah,

v'tashlim mishalin d'liba-i,

and that You fulfill the wishes of my heart,

v'liba d'chol amach Yisra-eil,

and the heart of all Your people Israel,

l'tav ulchayin v'lishlam. {Amein.}

for good and for life and for peace. {Amen.}

כָּל דִּי לִי וְדִי לְעַמְּךָ יִשְׂרָאֵל.

אַנְתָּ הוּא זֶן לְכֹלָא,

וּמִפְרִינֵס לְכֹלָא.

אַנְתָּ הוּא שְׁלִיט עַל כֹּלָא,

אַנְתָּ הוּא דְשְׁלִיט עַל מַלְכֵיָא,

וּמַלְכוּתָא דִּילָךְ הִיא.

אַנָּא עֲבָדָא דְקֻדְשָׁא בְּרִיךְ הוּא,

דְּסָגִידְנָא קָמֵהּ,

וּמִקָּמָא דִּיקָר אִוְרֵיתָהּ

בְּכֹל עֵדֶן וְעֵדֶן.

לֹא עַל אִנָּשׁ רַחֲיִצְנָא,

וְלֹא עַל בַּר אֱלֹהִין סְמִיכְנָא,

אַלָּא בְּאֱלֹהָא דְשִׁמְיָא,

דְּהוּא אֱלֹהָא קְשׁוּט,

וְאִוְרֵיתָהּ קְשׁוּט,

וּנְבִיאֹהֵי קְשׁוּט,

וּמִסְגָּא לְמַעַבְד טַבּוֹן וְקְשׁוּט.

יְהִי אַנָּא רַחֲיִץ,

וְלִשְׁמֵהּ קְדִישָׁא יְקִירָא

אַנָּא אִמַּר תְּשַׁבְּחֵן.

יְהִי רַעְוָא קְדָמְךָ

דְּתַפְתַּח לְבָאִי בְּאִוְרֵיתָא,

וְתַשְׁלִים מִשְׁאַלִּין דְּלְבָאִי,

וְלְבָא דְכֹל עַמְּךָ יִשְׂרָאֵל,

לְטַב וְלַחַיִּין וְלְשָׁלָם. {אָמֵן.}

שִׁמַּע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

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

Hear O Israel, Hashem is our Elohim, Hashem is the One and Only!

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קָדוֹשׁ שְׁמוֹ.

Echad Eloheinu, gadol Adoneinu, kadosh sh'mo.

One is our Elohim, great is our Ruler, holy is His Name.

גִּדְּלוּ לַיהוָה אִתִּי וְנִרְמָמָה שְׁמוֹ יַחְדָּו.

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

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

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.

and the sovereignty over every Chazzan.

Rom'mu Adonai Eloheinu,

Exalt Hashem our Elohim,

v'hishtachavu l'hadom raglav,

and bow down at His footstool,

kadosh hu.

Holy is He.

Rom'mu Adonai Eloheinu,

Exalt Hashem our Elohim,

v'hishtachavu l'har kodsho,

and bow down at the mountain of His holiness,

ki kadosh Adonai Eloheinu.

for holy is Hashem our Elohim.

לֵךְ יְהוָה הַגְּדֹלָה וְהַגְּבוּרָה

וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,

כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ,

לֵךְ יְהוָה הַמְּמֻלָּכָה,

וְהַמְּתַנַּשֵּׂא לְכֹל לְרֹאשׁ.

רֹמְמוּ יְהוָה אֱלֹהֵינוּ,

וְהִשְׁתַּחֲווּ לַהֲדָם רַגְלָיו,

קָדוֹשׁ הוּא.

רֹמְמוּ יְהוָה אֱלֹהֵינוּ,

וְהִשְׁתַּחֲווּ לְהַר קֹדְשׁוֹ,

כִּי קָדוֹשׁ יְהוָה אֱלֹהֵינוּ.

Al hakol yitgadal v'yitkadash

For everything may it be exalted and sanctified

v'yishtabach v'yitpa-ar

and praised and glorified

v'yitromam v'yitnasei, sh'mo

and exalted and upraised, the Name

shel melech malchei ham'lachim,

of the Sovereign over sovereigns of sovereigns,

hakadosh baruch hu,

the Holy One, Blessed is He,

ba-olamot shebara,

in the worlds that He has created,

ha-olam hazeh v'ha-olam haba,

this World and the World to Come,

kirtzono v'chirtzon y'rei-av,

according to His will, according to the will of those in awe of Him,

v'chirtzon kol beit Yisra-eil.

and according to the will of the entire House of Israel.

Tzur ha-olamim,

Rock of the worlds,

adon kol hab'riyot,

Ruler of all creatures,

Eloha kol han'fashot,

Elohim of all souls,

hayosheiv b'merchavei marom,

Who sits in the expanses on high,

hashochein bishmei sh'mei kedem.

Who rests in the loftiest ancient heavens.

K'dushato al hachayot,

His holiness is upon the Chayot,

ukdushato al kisei hakavod.

and His holiness is upon the Throne of glory.

Uvchein yitkadash shimcha banu,

And so sanctified be Your Name within us,

Adonai Eloheinu l'einei kol chai.

Hashem our Elohim, in the sight of all the living.

V'nomar l'fanav shir chadash,

And may we recite before Him a new song,

kakatuv: Shiru Leilohim zam'ru

as it is written: Sing to Elohim, make music

sh'mo, solu larocheiv ba-aravot,

to His Name, extol the One Who rides upon the heights,

b'Yah sh'mo, v'ilzu l'fanav.

with Yah His Name, and exult before Him.

V'nir-eihu ayin b'ayin,

And may we see Him eye to eye,

b'shuvo el naveihu,

upon His return to His abode,

עַל הַכֹּל יִתְגַּדַּל וְיִתְקַדַּשׁ

וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא, שְׁמוֹ

שֶׁל מֶלֶךְ מַלְכֵי הַמְּלָכִים,

הַקָּדוֹשׁ בְּרוּךְ הוּא,

בְּעוֹלָמוֹת שֶׁבָּרָא,

הָעוֹלָם הַזֶּה וְהָעוֹלָם הַבֹּא,

כְּרִצּוֹנוֹ וְכְרִצּוֹן יִרְאָיו,

וְכְרִצּוֹן כָּל בֵּית יִשְ�רָאֵל.

צוּר הָעוֹלָמִים,

אֲדוֹן כָּל הַבְּרִיּוֹת,

אֱלֹהֵי כָּל הַנְּפָשׁוֹת,

הַיּוֹשֵׁב בְּמִרְחַבֵּי מְרוֹם,

הַשּ�וֹכֵן בְּשָׁמַי שְׁמַי קֶדֶם.

קֹדְשָׁתוֹ עַל הַחַיּוֹת,

וְקֹדְשָׁתוֹ עַל כִּסֵּא הַכְּבוֹד.

וּבִכֵּן יִתְקַדַּשׁ שְׁמֶךָ בָּנוּ,

יְהוָה אֱלֹהֵינוּ לְעֵינֵי כָּל חַי.

וְנֹאמַר לְפָנָיו שִׁיר חָדָשׁ,

כַּכְּתוּב: שִׁירוּ לֵאלֹהִים זִמְרוּ

שְׁמוֹ, סִלּוּ לְרוֹכֵב בְּעֲרָבוֹת,

בְּיָה שְׁמוֹ, וְעִלְזוּ לְפָנָיו.

וְנִרְאֶהוּ עֵין בְּעֵין,

בְּשׁוּבוֹ אֶל נְוֵהוּ,

kakativ: Ki ayin b'ayin yiru,
as it is written: For eye to eye they shall see,
b'shuv Adonai Tziyon.

the return of Hashem to Zion.

V'ne-emar, v'niglah kavod Adonai,

And it is said, Revealed shall be the glory of Hashem,

v'ra-u chol basar yachdav,

and all flesh shall see together,

ki pi Adonai dibeir.

that the mouth of Hashem has spoken.

Av harachamim,

Father of compassion,

hu y'racheim am amusim,

may He have mercy on the nation that it borne,

v'yizkor b'rit eitanim,

and may He remember the covenant of the enduring,

v'yatzil nafshoteinu,

and may He rescue our souls,

min hasha-ot hara-ot,

from the bad times,

v'yigar b'yeitzer hara

and denounce the Evil Inclination

min han'shu-im,

from those carried by Him,

v'yachon otanu lifleitat olamim,

and graciously grant us eternal deliverance,

vimalei mishaloteinu

and fulfill our requests

b'midah tova y'shu-ah v'rachamim.

in good measure with salvation and mercy.

כַּכַּתוּב: כִּי עֵין בְּעֵין יִרְאוּ,
בְּשׁוּב יְהוָה צִיּוֹן.

וְנֵאמַר, וְנִגְלָה כְבוֹד יְהוָה,

וְרָאוּ כָל בָּשָׂר יַחְדָּו,

כִּי פִי יְהוָה דִּבֶּר.

אֲב הַרְחָמִים,

הוא יִרְחַם עִם עַמּוּסִים,

וְיִזְכֹּר בְּרִית אֵיתָנִים,

וְיִצִּיל נַפְשֹׁתֵינוּ,

מִן הַשָּׁעוֹת הָרָעוֹת,

וְיִגְעֹר בַּיֵּצֶר הָרָע

מִן הַנְּשׁוּאִים,

וְיַחֵן אוֹתָנוּ לְפִלִּיטַת עוֹלָמִים,

וְיִמְלֵא מִשְׁאֲלוֹתֵינוּ

בְּמִדָּה טוֹבָה יְשׁוּעָה וְרַחֲמִים.

ברכות העולה לתורה

TORAH BLESSINGS

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

*Before the reading:
The Chazzan says the first line.*

בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ!
Bar'chu et Adonai ham'vorach!
Bless Hashem Who is Blessed!

Everyone responds, followed by:

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!
Baruch Adonai ham'vorach l'olam va-ed!
Blessed is Hashem Who is Blessed for ever and ever!

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.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ 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.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בְּרוּךְ אַתָּה יְהוָה,
נוֹתֵן הַתּוֹרָה.

מי שברך

MI SHEBEIRACH

Mi shebeirach avoteinu v'imoteinu,

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) (פלונים) הוא יברך את החולים

bless and heal those who are ill (names)

ben/bat (mother's name).

son/daughter of (mother's name).

Hakadosh baruch hu

May the Holy One, Blessed is He,

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. {Amein.}

And say, amen. {Amen.}

מי שברך אבותינו ואמותינו,

אברהם יצחק ויעקב,

שרה רבקה רחל ולאה,

הוא יברך את החולים (פלונים)

בן\בת (פלונית).

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. {אמן.}

הגבהת וגלילה

HAGBAHAH AND GELILAH

Everyone stands and says together:

וזאת התורה אשר שם משה לפני בני ישראל,
על פי יהוה ביד משה.

V'zot ha-Torah asher sam Mosheh lifnei b'nei Yisra-eil,
al pi Adonai b'yad Mosheh.

*This is the Torah which Moses placed before the children of Israel,
His word through the hand of Moses.*

ברכה קדם ההפטרה

BLESSING BEFORE THE HAFTARAH

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher bachar bin'vi-im tovim,
who has chosen good prophets,
v'ratzah b'divreihem
and took pleasure with their words
hane-emarim be-emet.

that were uttered with truth.

Baruch atah Adonai,
Blessed are You Hashem,
habocheir ba-Torah uv-Mosheh avdo,
who chooses the Torah and Moses Your servant,
uv-Yisra-eil amo,
and Your people Israel,
uvin'vi-ei ha-emet vatzedek.
and the prophets of truth and righteousness.

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

ברכות לאחר ההפטרה

BLESSINGS AFTER THE HAFTARAH

Baruch atah Adonai,
Blessed are You Hashem,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
tzur kol ha-olamim,
Rock of all eternities,
tzadik b'chol hadorot,
righteous in all generations,

ברוך אתה יהוה
אלהינו מלך העולם,
צור כל העולמים,
צדיק בכל הדורות,

ha-Eil hane-eman ha-omeir v'oseh,
the trustworthy One who says and does,
 ham'dabeir umkayeim,
who speaks and fulfills,
 shekol d'varav emet vatzedek.
all of whose words are true and righteous.
 Ne-eman atah hu Adonai Eloheinu,
Trustworthy are You Hashem our Elohim,
 v'ne-emanim d'varecha,
and trustworthy are Your words,
 v'davar echad midbarecha
and even one word of Your words
 achor lo yashuv reikam,
will never turn back unfulfilled,
 ki Eil melech ne-eman
for an Almighty Sovereign, trustworthy
 v'rachaman atah.
and merciful are You.
 Baruch atah Adonai,
Blessed are You Hashem,
 ha-Eil hane-eman b'chol d'varav.
the Almighty Who is trustworthy in all His words.

Racheim al Tziyon
Have mercy on Zion
 ki hi beit chayeinu,
for it is the place that is the focus of our life,
 v'la-aluvat nefesh
and to (Israel) who is humiliated to her very soul
 toshi-a bimheirah v'yameinu.
bring salvation speedily in our days.
 Baruch atah Adonai,
Blessed are You Hashem,
 m'samei-ach Tziyon b'vaneha.
Who makes Zion glad through her children.

Sam'cheinu, Adonai Eloheinu,
Gladden us, Hashem our Elohim,
 b'Eiliyahu hanavi avdecha,
with Elijah the prophet Your servant,
 uvmalchut beit David m'shichecha,
and with the realm of the House of David Your anointed,
 bimheirah yavo v'yageil libeinu,
speedily may he come and then our hearts will rejoice,
 al kiso lo yeishev zar,
on his throne may there never sit any stranger,
 v'lo yinchalu od
and let not inherit any longer

הַאֵל הַנֶּאֱמָן הַאֹמֵר וְעֹשֶׂה,
 הַמְדַּבֵּר וּמְקַיֵּם,
 שְׁכֹל דְּבָרָיו אֱמֶת וְצֶדֶק.
 נֶאֱמָן אַתָּה הוּא יְהוָה אֱלֹהֵינוּ,
 וְנֶאֱמָנִים דְּבָרֶיךָ,
 וְדָבָר אֶחָד מִדְּבָרֶיךָ
 אַחֲרָיו לֹא יָשׁוּב רֵיקָם,
 כִּי אֵל מֶלֶךְ נֶאֱמָן
 וְרַחֲמָן אַתָּה.
 בָּרוּךְ אַתָּה יְהוָה,
 הַאֵל הַנֶּאֱמָן בְּכָל דְּבָרָיו.

רַחֵם עַל צִיּוֹן
 כִּי הִיא בֵּית חַיֵּינוּ,
 וְלַעֲלוּבַת נֶפֶשׁ
 תּוֹשִׁיעַ בְּמַהֲרָה בְּיָמֵינוּ.
 בָּרוּךְ אַתָּה יְהוָה,
 מְשַׂמֵּחַ צִיּוֹן בְּבָנֶיהָ.

שִׂמְחָנוּ, יְהוָה אֱלֹהֵינוּ,
 בְּאֵלֵיהּ הַנָּבִיא עַבְדְּךָ,
 וּבְמַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ,
 בְּמַהֲרָה יָבֹא וַיְגַל לִבֵּנוּ,
 עַל כִּסְאוֹ לֹא יֵשֵׁב זָר,
 וְלֹא יִנְחֲלוּ עוֹד

acheirim et k'vodo,
others his honor,
 ki v'sheim kodsh'cha nishbata lo
for by the Name of Your Holiness You swore to him
 shelo yichbeh neiro l'olam va-ed.
that his lamp would never be extinguished forever and ever.
 Baruch atah Adonai,
Blessed are You Hashem,
 magein David.
Shield of David.

Al ha-Torah, v'al ha-avodah,
For the Torah, for the service,
 v'al han'vi-im,
and for the Prophets,
 v'al yom ha-Shabbat hazeh,
and for this day of Shabbat,
 shenata lanu, Adonai Eloheinu,
that You have given us, Hashem our Eternal One,
 likdushah v'limnuchah,
for holiness and contentment,
 l'chavod ultifaret.
for glory and splendor.
 Al hakol, Adonai Eloheinu,
For all this, Hashem our Eternal One,
 anachnu modim lach,
we gratefully thank You,
 umvar'chim otach,
and bless You,
 yitbarach shimcha b'fi
may Your Name be blessed by the mouth
 kol chai tamid l'olam va-ed.
of all the living, always for all eternity.
 Baruch atah Adonai,
Blessed are You Hashem,
 m'kadeish ha-Shabbat.
Who sanctifies Shabbat.

אַחֲרֵימ אֶת כְּבוֹדוֹ,
 כִּי בְשֵׁם קֹדֶשְׁךָ נִשְׁבַּעְתָּ לוֹ
 שֶׁלֹּא יִכָּבֵה נֵרוֹ לְעוֹלָם וָעֶד.
 בָּרוּךְ אַתָּה יְהוָה,
 מָגֵן דָּוִד.

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה,
 וְעַל הַנְּבִיאִים,
 וְעַל יוֹם הַשַּׁבָּת הַזֶּה,
 שֶׁנָּתַתָּ לָנוּ, יְהוָה אֱלֹהֵינוּ,
 לְקֹדֶשׁה וּלְמִנוּחָה,
 לְכָבוֹד וּלְתִפְאַרֶת.
 עַל הַכֹּל, יְהוָה אֱלֹהֵינוּ,
 אֲנַחְנוּ מוֹדִים לָךְ,
 וּמְבָרְכִים אוֹתְךָ,
 יִתְבָּרַךְ שִׁמְךָ בְּפִי
 כָּל חַי תָּמִיד לְעוֹלָם וָעֶד.
 בָּרוּךְ אַתָּה יְהוָה,
 מְקַדֵּשׁ הַשַּׁבָּת.

The following is only said on the Shabbat before Rosh Chodesh or if Shabbat falls on Rosh Chodesh.

ברכת החודש

BLESSING OF THE NEW MONTH

Y'hi ratzon mil'fanecha,

May it be the will before You,

Adonai Eloheinu

Hashem our Elohim

v'Eilohei avoteinu,

and Elohim of our ancestors,

shet'chadeish aleinu et

that You may renew for us

hachodesh hazeh (haba)

this (coming) new month

I'tovah v'livracha.

for goodness and for blessing.

V'titen lanu chayim arukim,

May You grant us long life,

chayim shel shalom,

a life of peace,

chayim shel tova,

a life of goodness,

chayim shel b'rachah,

a life of blessing,

chayim shel parnasah,

a life of sustenance,

chayim shel chilutz atzamot,

a life of physical health,

chayim sheyeish bahem yirat

a life in which there is reverence of

shamayim v'yirat cheit,

heaven and an aversion to wrongdoing,

chayim she-ein bahem

a life in which there is no

bushah uchlimah,

shame or disgrace,

chayim shel oser v'chavod,

a life of abundance and dignity,

chayim shet'hei vanu ahavat Torah

a life in which there will be in us love of Torah

v'yirat shamayim,

and reverence of heaven,

chayim shey'malei Adonai

a life in which Hashem fulfills

mishalot libeinu I'tovah.

the requests of our hearts for the good.

Amein Selah.

Amen. Selah.

יהי רצון מלפניך,

יהוה אלהינו

ואלהי אבותינו,

שתחדש עלינו את

החדש הזה (הבא)

לטובה ולברכה,

ותתן לנו חיים ארוכים,

חיים של שלום,

חיים של טובה,

חיים של ברכה,

חיים של פרנסה,

חיים של חלויץ עצמות,

חיים שיש בהם יראת

שמים ויראת חטא,

חיים שאין בהם

בושה וכלמה,

חיים של עשר וכבוד,

חיים שתהא בנו אהבת תורה

ויראת שמים,

חיים שימלא יהוה משאלות

לבנו לטובה.

אמן סלה.

Mi she-asah nisim la-avoteinu,
The One Who performed miracles for our ancestors,
v'ga-al otam mei-avdut l'cheirut,
and redeemed them from slavery to freedom,
hu yigal otanu b'karov,
may He redeem us soon,
vikabeitz nidacheinu mei-arba
and gather in our dispersed from the four
kanfot ha-aretz,
corners of the earth,
chaveirim kol Yisra-eil,
all Israel will be comrades,
v'nomar: amein. {Amein.}
and let us respond: amein. [Amen.]

Rosh Chodesh _____
The New Month of _____
yih-yeh b'yom _____/hu hayom.
will begin on _____/ today.
rishon (Sunday), sheini (Monday), sh'lishi (Tuesday),
r'vi-i (Wednesday), chamishi (Thursday), shishi (Friday)
Shabbat kodesh (Holy Shabbat)

Y'chadsheihu hakadosh baruch hu
May He inaugurate it, the Holy One, Blessed is He
aleinu v'al kol amo
upon us and upon all His people
beit Yisra-eil,
the House of Israel,
l'tovah v'livrachah {Amein.},
for goodness 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 tova
for sustenance that is good
ulchal-kalah {Amein.},
and for support [Amen.],
l'chayim tovim ulshalom {Amein.},
for a life that is good and for peace [Amen.],
lishmu-ah tovat {Amein.},
for news that is good [Amen.],
v'livsorot tovat {Amein.},
and for reports that are good [Amen.],
v'ligshamim b'itam {Amein.},
and for rains in their proper time [Amen.],
v'lirfu-ah sh'leimah {Amein.},
and for a healing that is complete [Amen.],

מי שעשה נסים לאבותינו,
וגאל אותם מעבדות לחרות,
הוא יגאל אותנו בקרוב,
ויקבץ נדחינו מארבע
כנפות הארץ,
חברים כל ישראל,
ונאמר: אמן. {אמן.}

ראש חודש _____
יהיה ביום _____/הוא היום.
ראשון, שני, שלישי, רביעי, חמישי,
ששי, שבת קדש

יחדשהו הקדוש ברוך הוא
עלינו ועל כל עמו
בית ישראל,
לטובה ולברכה {אמן.},
לששון ולשמחה {אמן.},
לישועה ולנחמה {אמן.},
לפרנסה טובה
ולכלכלה {אמן.},
לחיים טובים ולשלום {אמן.},
לשמועות טובות {אמן.},
לבשורות טובות {אמן.},
ולגשמים בעתם {אמן.},
ולרפואה שלמה {אמן.},

v'ligulah k'rovah,
and for a redemption that comes soon,
V'nomar: amein. {Amein.}
and let us say, Amen. Amen.

וְלִגְאֻלָּה קְרוּבָה,
וְנֹאמַר אָמֵן. {אָמֵן.}

אשרי ASHREI

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 Elohim, 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.
His 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.

אֲשֵׁרֵי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יִהְיֶה לְלוֹךְ סֵלָה.
אֲשֵׁרֵי הָעָם שְׂכַנְךָ לוֹ,
אֲשֵׁרֵי הָעָם שֶׁיְהוָה אֱלֹהָיו.
תִּהְיֶה לְדָוִד,
אֲרוֹמְמְךָ אֱלֹהֵי הַמֶּלֶךְ,
וְאֶבְרַכְךָ שְׁמֶךָ לְעוֹלָם וָעֶד.
בְּכָל יוֹם אֶבְרַכְךָ,
וְאֶהְלֶלְךָ שְׁמֶךָ לְעוֹלָם וָעֶד.
גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,
וְלִגְדֻלָּתוֹ אֵין חֵקֶר.
דּוֹר לְדּוֹר יִשְׁבַּח מַעֲשֶׂיךָ,
וְגִבּוֹרֹתֶיךָ יַגִּידוּ.
הַדָּר כְּבוֹד הוֹדְךָ,
וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.
וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,
וְגִדְלָתְךָ אֲסַפְּרֶנָּה.
זֵכֶר רַב טוֹבְךָ יִבְיְעוּ,
וְצִדְקָתְךָ יִרְנְנוּ.

Chanun v'rachum Adonai,
Gracious and merciful is Hashem,
erech apayim ugdol chared.
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 פותח

Potei-ach et yadecha,
You open You 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.

חנון ורחום יהוה,
 ארך אפים וגדל חסד.
 טוב יהוה לכל,
 ורחמיו על כל מעשיו.
 יודוך יהוה כל מעשיך,
 וחסידך יברכוכה.
 כבוד מלכותך יאמרו,
 וגבורתך ידברו.
 להודיע לבני האדם גבורתך,
 וכבוד הדר מלכותך.
 מלכותך מלכות כל עולמים,
 וממשלתך בכל דור ודור.
 סומך יהוה לכל הנפלים,
 וזוקף לכל הכפופים.
 עיני כל אליך ישברו,
 ואתה נותן להם
 את אכלם בעתו.

פותח את ידך,
 ומשביע לכל חי רצון.
 צדיק יהוה בכל דרכיו,
 וחסיד בכל מעשיו.
 קרוב יהוה לכל קראיו,
 לכל אשר יקראהו באמת.

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 Yah.

רְצוֹן יִרְאוּ יַעֲשֶׂה,
 וְאֵת שׁוֹעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם.
 שׁוֹמֵר יְהוָה אֶת כָּל אוֹהָבָיו,
 וְאֵת כָּל הָרָשָׁעִים יִשְׁמִיד.
 תְּהִלַּת יְהוָה יִדְבֹּר פִּי,
 וַיְבָרֶךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ
 לְעוֹלָם וָעֶד.
 וַאֲנַחְנוּ נְבָרֶךְ יְיָ,
 מֵעַתָּה וְעַד עוֹלָם, הֲלֹלִיָּהּ.

Everyone stands.

הַבְנֵט סֵפֶר תּוֹרָה RETURNING THE TORAH

Y'hal'lu et sheim Adonai,
Let them praise the Name of Hashem,
 ki nishgav sh'mo l'vado,
for His Name is exalted alone,
 hodo al eretz v'shamayim.
His glory is above earth and heaven.
 Vayarem keren l'amo,
He has exalted the pride of His people,
 t'hilah l'chol chasidav,
bringing praise for all His devout ones,
 livnei Yisra-eil am k'rovo,
for the Children of Israel, the people with whom He is intimate,
 Hal'lu-Yah.
Praise Yah.

יִהְלֹלוּ אֶת שֵׁם יְהוָה,
 כִּי נִשְׁגָּב שְׁמוֹ לְבָדּוֹ,
 הוֹדּוֹ עַל אֶרֶץ וְשָׁמַיִם.
 וַיָּרֶם קֶרֶן לְעַמּוֹ,
 תְּהִלָּה לְכָל חַסִּידָיו,
 לְבְנֵי יִשְׂרָאֵל עַם קְרוֹבּוֹ,
 הֲלֹלִיָּהּ.

תהלים כט

PSALM 29

Mizmor l'David.

A Psalm of David.

Havu l'Adonai b'nei eilim,

Ascribe to Hashem children of the powerful,

havu l'Adonai kavod va-oz.

ascribe unto Hashem glory and might.

Havu l'Adonai k'vod sh'mo,

Ascribe to Hashem the honor due His Name,

hishtachavu l'Adonai

bow down before Hashem

b'hadrat kodesh.

in the beauty of holiness.

Kol Adonai al hamayim,

The voice of Hashem is upon the waters,

Eil hakavod hirim,

the Almighty One of glory thunders,

Adonai al mayim rabim.

Hashem is upon abundant waters.

Kol Adonai bako-ach,

The voice of Hashem is powerful,

kol Adonai behadar.

the voice of Hashem is majesty.

Kol Adonai shoveir arazim,

The voice of Hashem breaks cedars,

vayshabeir Adonai

Hashem shatters

et arzei ha-l'vanon.

the cedars of Lebanon.

Vayarkideim k'mo eigel,

He makes them dance around like a calf,

l'vanon v'siryon k'mo ven r'eimim.

Lebanon and Sirion like a wild young ox.

Kol Adonai chotzeiv lahavot eish.

The voice of Hashem cleaves the flames of fire.

Kol Adonai yachil midbar,

The voice of Hashem rouses the wilderness,

yachil Adonai midbar Kadeish.

Hashem rouses the wilderness of Kadesh.

Kol Adonai y'choleil ayalot,

The voice of Hashem frightens the hinds,

vayechesof y'arot,

and strips the forest bare,

uvheichalo kulo omeir kavod.

and while in His Temple all will proclaim, Glory!

מִזְמוֹר לְדָוִד.

הָבוּ לַיהוָה בְּנֵי אֱלִים,

הָבוּ לַיהוָה כְּבוֹד וָעֹז.

הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ,

הִשְׁתַּחֲווּ לַיהוָה

בְּהַדְרַת קֹדֶשׁ.

קוֹל יְהוָה עַל הַמַּיִם,

אֵל הַכְּבוֹד הַרְעִים,

יְהוָה עַל מַיִם רַבִּים.

קוֹל יְהוָה בִּכְחַת,

קוֹל יְהוָה בְּהָדָר.

קוֹל יְהוָה שֹׁבֵר אֲרָזִים,

וַיִּשְׁבֵּר יְהוָה

אֶת אֲרָזֵי הַלְבָּנוֹן.

וַיִּרְקִידֵם כְּמוֹ עֵגֶל,

לְבָנוֹן וְשִׁרְיֹן כְּמוֹ בֶן רֵאִמִּים.

קוֹל יְהוָה חֹצֵב לֶהָבוֹת אֵשׁ.

קוֹל יְהוָה יַחִיל מִדְבָּר,

יַחִיל יְהוָה מִדְבַּר קָדֵשׁ.

קוֹל יְהוָה יַחֲלִיל אֵילֹת,

וַיַּחֲשֹׁף יַעֲרוֹת,

וּבְהִיכָלוֹ כָּלֹּא אָמַר כְּבוֹד.

Adonai lamabul yashav

Hashem was enthroned at the flood

vayeishev Adonai melech l'olam.

Hashem is enthroned, Sovereign forever.

Adonai oz l'amo yitein,

Hashem give strength to Your people,

Adonai y'vareich et amo vashalom.

Hashem bless Your people with peace.

יהוה לַמַּבּוּל יֵשֶׁב,
וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם.

יהוה עֹז לְעַמּוֹ יִתֵּן,
יהוה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

ובנחה יאמר

UVNUCHOH YOMAR

Uvnucho yomar, shuvah, Adonai,

And when it rested he would say, Return Hashem,

riv'vot alfei Yisra-eil.

to the myriad thousands of Israel.

Kumah Adonai limnuchatecha,

Arise Hashem to Your resting place,

atah va-aron uzecha.

You and the Ark of Your strength.

Kohanecha yilb'shu tzedek,

Let Your Kohanim be clothed in righteousness,

vachasidecha y'raneinu.

and Your devout ones will sing joyously.

Ba-avur David avdecha,

For the sake of David Your Servant,

al tasheiv p'nei m'shichecha.

turn not away the face of Your anointed.

Ki lekach tov natati lachem,

For I have given you a good instruction,

Torati al ta-azovu.

do not abandon My Teaching.

Eitz chayim hi lamachazikim bah,

It is a tree of life for those who hold fast to it,

v'tom'cheha m'ushar.

and all its supporters are happy.

D'racheha darchei no-am,

Its ways are ways of pleasantness,

v'chol n'tivoteha shalom.

and all its paths are peace.

Hashiveinu Adonai eilecha v'nashuva,

Return us to You Hashem and we will return,

chadeish yameinu k'kedem.

renew our days as of old.

ובנחה יאמר, שובה, יהוה,

רַבְּבוֹת אֲלֵפֵי יִשְׂרָאֵל.

קוּמָה יְהוָה לְמְנוּחָתְךָ,

אַתָּה וְאַרְוֶן עֲזֶךָ.

כְּהִנִּיךָ יִלְבְּשׁוּ צֶדֶק,

וְחַסִּידֶיךָ יִרְנְנוּ.

בַּעֲבוּר דָּוִד עַבְדְּךָ,

אַל תִּשָּׁב פְּנֵי מְשִׁיחֶךָ.

כִּי לָקַח טוֹב נָתַתִּי לָכֶם,

תּוֹרָתִי אֶל תַּעֲזֹבוּ.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ,

וְתַמְכֶּיהָ מְאֹשֵׁר.

דַּרְכֶּיהָ דַּרְכֵי נֹעַם,

וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם.

הֲשִׁיבֵנוּ יְהוָה אֱלֹהֶיךָ וְנָשׁוּבָה,

חֲדָשׁ יְמֵינוּ כְּקֶדֶם.

חצי קדיש 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 Chazzan, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

be the Name of the Holy One, blessed is He,

l'eila min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru Amein. {Amein.}

and say amen. Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעָלְמָא 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

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעָלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנֶחֱמָתָא,

דְּאִמְרֵין בְּעָלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

מוסף

MUSAF

Musaf means “added” or “addition.” In our current exile, it replaces the additional sacrifice which was offered in the Holy Temple on Festivals and Shabbat. 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 Chazzan 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 Chazzan 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.

Adonai 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 Who is great,

hagibor v'hanora, Eil elyon,

powerful and awesome, supreme Almighty One

gomeil chasadim tovim,

Who bestows beneficial kindnesses,

v'koneih hakol,

and creates everything,

v'zocheir chasdei avot,

and Who recalls the kindnesses of the Patriarchs

umeivi go-eil livnei v'neihem,

and brings a Redeemer to the children of their children,

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

for the sake of His Name with love.

Melech ozeir umoshi-a umagein.

O Sovereign, Who is a Helper, Savior, and Shield.

*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 עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה,
מַגֵּן אַבְרָהָם וְעֹזֶרֶת 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 mighty eternally O Ruler,
m'chayeih meitim atah,
You are the One Who revives the dead,
rav l'hoshi-ah.
abundantly able to save.

Pesach-Sukkot: Morid hatal.
Who brings down the dew.

Sh'mini Atzeret-Pesach: Mashiv haru-ach,
Who makes the wind blow
umorid hagashem.
and brings down the rain.

M'chal-keil chayim b'chesed,
Who sustains the living with kindness,
m'chayeih meitim b'rachamim rabim,
reviving the dead with abundant mercy,
someich nof'lim, v'rofei cholim,
Who supports the fallen, and Who heals the sick,
umatir asurim,
and Who releases those who are bound,
umkayeim emunato lisheinei afar.
and Who keeps His faith to those who sleep in the dust.
Mi chamocha, ba-al g'vurot!
Who is like You, O Master of mighty deeds!
Umi domeh lach, melech meimit
And who can compare to You, Sovereign Who causes death
umchayeh umatzmi-ach y'shu-ah.
and restores life and and makes sprout salvation.

V'ne-eman atah l'hachayot meitim.
And You are faithful to revive the dead

Baruch atah Adonai,
Blessed are You Hashem,
m'chayeih hameitim.
Who revives the dead.

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

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

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

בָּרוּךְ אַתָּה יְהוָה,
מַחְיֵה הַמֵּתִים.

The following blessing is said only during the Chazzan'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 קְדוּשׁ, קְדוּשׁ, קְדוּשׁ Kadosh, kadosh, kadosh
and בְּרוּךְ בְּרוּךְ Baruch k'vod, and יִמְלֹךְ Yimloch.*

Chazzan:

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 הַמּוֹנִי 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 קְדָשָׁה
לְךָ יִשְׁלֹשׁוּ,
כַּדְבָר הָאָמוּר עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

Everyone:

קְדוּשׁ, קְדוּשׁ, קְדוּשׁ, יְהוָה צְבָאוֹת, מְלֵא כָל הָאָרֶץ כְּבוֹדוֹ.
Kadosh, kadosh, kadosh, Adonai tz'va-ot, m'lo chol ha-aretz k'vodo.
Holy, holy, holy, is Hashem of the heavenly hosts, the entire world is full of His glory.

Chazzan Continues:

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:

כְּבוֹדוֹ מְלֵא עוֹלָם,
מִשְׁרָתָיו שׁוֹאֲלִים זֶה לָזֶה,
אֵיךְ מְקוֹם כְּבוֹדוֹ לְהַעֲרִיצוֹ,
לְעִמָּתָם מְשַׁבְּחִים וְאוֹמְרִים:

Everyone:

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.
Baruch k'vod Adonai mim'komo.
Blessed is the glory of Hashem in His place.

Chazzan Continues:

Mim'komo hu yifen

From His place may He turn

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: שְׁמַע אֱמוּנָה שְׁמַע אֱמוּנָה:

twice with love, Sh'ma they proclaim:

Everyone:

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Sh'ma Yisra-eil, Adonai Eloheinu, Adonai echad.

Hear O Israel, Hashem our Elohim, Hashem is the Only One.

Chazzan Continues:

Hu Eloheinu, hu avinu,

He is our Elohim, He is our Father,

hu malkeinu, hu moshi-einu,

He is our Sovereign, He is our Redeemer,

v'hu yoshi-einu v'yigaleinu sheinit,

and He 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,

הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,

הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ,

וְהוּא יוֹשִׁיעֵנוּ וְיִגְאֲלֵנוּ שֵׁנִית,

וְיַשְׁמִיעֵנוּ בְּרַחֲמָיו שֵׁנִית

לְעֵינֵי כָל חַי, לֵאמֹר:

הֵן גָּאֲלָתִי אֶתְכֶם

אַחֲרִית כְּרִאשִׁית,

לְהִיּוֹת לָכֶם לֵאלֹהִים,

Everyone:

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 Yah.

אֲנִי יְהוָה אֱלֹהֵיכֶם.

וּבְדִבְרֵי קֹדֶשׁ כָּתוּב לֵאמֹר:

יְמַלֵּךְ יְהוָה לְעוֹלָם,

אֱלֹהֶיךָ צִיּוֹן,

לְדֹר וָדֹר, הִלְלוּהָ.

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, Selah,
 ki Eil melech gadol v'kadosh atah.
for a great and holy Sovereign are You, O Almighty One.

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

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

If Rosh Chodesh occurs on Shabbat, say the blessing on page 169 instead of this one.

קְרוֹשַׁת הַיּוֹם K'DUSHAT HAYOM

Tikanta Shabbat ratzita karb'noteha,

You established Shabbat You found favor in its offerings,

tzivita peirusheha im

You instructed the prescribed precepts along with

sidurei n'sacheha.

the serving of its offering.

M'an'geha l'olam kavod yinchalu,

Those who delight in it forever will inherit honor,

to-ameha chayim zachu,

those who savor it will merit life,

v'gam ha-ohavim d'vareha

and also those who love its speech

g'dulah bacharu,

have chosen greatness,

az mi-Sinai nitz-tavu tzivuvui

then from Sinai they were instructed with commands

pa-oleha kara-ui.

regarding its proper practices.

Vat'tzaveinu, Adonai Eloheinu,

When You commanded us, Hashem our Elohim,

l'hakriv bah

to offer on it

korban musaf Shabbat kara-ui.

the musaf offering of Shabbat properly.

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, v'sham na-aseh

and plant us within our boundaries, 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 yom ha-Shabbat hazeh,

And the Nusaf offerings of this day of Shabbat,

תִּכְנַת שַׁבַּת רָצִיתָ קְרִבְנוֹתֶיהָ,

צִוִּיתָ פִּירוּשֶׁיהָ עִם

סְדוּרֵי נִסְכֶּיהָ.

מִעֲנִיָּה לְעוֹלָם כְּבוֹד יִנְחָלוּ,

טוֹעֲמֵיהָ חַיִּים זָכוּ,

וְגַם הָאוֹהֲבִים דְּבָרֶיהָ

גָּדְלָה בְּחֶרֶד,

אֶז מִסִּינַי נִצְטַווּ צִוּוֵּי

פְּעֻלֶּיהָ כְּרָאוּי.

וַתִּצְוֵנוּ, יְהוָה אֱלֹהֵינוּ,

לְהַקְרִיב בָּהּ

קֶרֶבֶן מוֹסֵף שַׁבַּת כְּרָאוּי.

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתַּעֲלֵנוּ בְּשִׂמְחָה לְאַרְצֵנוּ,

וְתַטְעֵנוּ בְּגְבוּלָנוּ, וְשָׁם נַעֲשֶׂה

לְפָנֶיךָ אֶת קְרִבְנוֹת חוּבוֹתֵינוּ,

תְּמִידִים כְּסִדְרָם

וּמוֹסָפִים כְּהִלְכָתָם.

וְאֶת מוֹסֵף יוֹם הַשַּׁבָּת הַזֶּה,

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:

Uvyom ha-Shabbat,
 And on the day of Shabbat,
 sh'nei ch'vasim b'nei shanah t'mimim,
 two lambs in their first year without blemish,
 ushnei esronim solet
 and two tenths of fine flower
 minchah b'lulah ba-shemen v'nisko.
 mixed with oil for a flour-offering and its libation.
 Olat Shabbat b'Shabbato,
 The elevation-offering of each Shabbat, on its own Shabbat,
 al olat ha-tamid v'niskah.
 in addition to the daily elevation-offering and its wine libation.

Yism'chu v'mal'chut'cha shomrei
 Those who rejoice in Your realm keep
 Shabbat v'korei oneg,
 Shabbat and call it a delight,
 am m'kad'shei sh'vi-i,
 may all who hallow the Seventh Day,
 kulam yisb'u v'yitan'gu mituvecha,
 be made glad by Your goodness,
 uvash'vi-i ratzita bo v'kidashto,
 and You were pleased with the Seventh Day and hallowed it,
 chemdat yamim oto karata,
 You called it the most precious of days,
 zeicher l'ma-aseih v'reishit.
 in remembrance of the work of creation.

Eloheinu v'Eilohei avoteinu,
 Our Elohim and the Elohim of our ancestors,
 r'tzeih na vim-nuchateinu,
 may our rest be pleasing to You,
 kad'sheinu b'mitzvatecha,
 sanctify us with Your commandments,
 v'tein chelkeinu b'Toratecha,
 and grant us a share in Your Torah,
 sab'einu mituvecha,
 fill us with Your goodness, I

נַעֲשֶׂה וְנִקְרִיב לְפָנֶיךָ בְּאַהֲבָה,
 כְּמִצְוֹת רְצוֹנֶךָ,
 כְּמוֹ שִׁכְתַּבְתָּ עָלֵינוּ בְּתוֹרָתְךָ,
 עַל יְדֵי מֹשֶׁה עַבְדְּךָ,
 מִפִּי כְבוֹדְךָ, כְּאָמֹר:

וּבְיוֹם הַשַּׁבָּת,
 שְׁנֵי כְבָשִׂים בְּנֵי שָׁנָה תְּמִימִם,
 וּשְׁנֵי עֶשְׂרֹנִים סֹלֶת
 מִנְחָה בְּלוּלָה בַשֶּׁמֶן וְנִסְכּוֹ.
 עֹלֹת שַׁבָּת בְּשַׁבָּתוֹ,
 עַל עֹלֹת הַתָּמִיד וְנִסְכָּהּ.

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי
 שַׁבָּת וְקוֹרְאֵי עֹנֵג,
 עַם מְקַדְּשֵׁי שְׁבִיעִי,
 כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ,
 וּבְשִׁבְעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ,
 חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ,
 זֵכֶר לַמַּעֲשֵׂה בְּרֵאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 רְצֵה נָא בְּמִנוּחָתֵנוּ,
 קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ
 וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,
 שִׂבְעֵנוּ מִטוֹבְךָ,

v'samach nafsheinu bishu-atecha,
and let our souls know the joy of Your salvation,
 v'taheir libeinu l'ovd'cha be-emet,
and purify our hearts to serve You in truth,
 v'hanchileinu Adonai Eloheinu
and bestow upon us Hashem our Eternal One
 b'ahavah uvratzon
in Your love and goodwill
 Shabbat kodshecha,
a holy Shabbat,
 v'yanuchu vah kol Yisra-eil,
and may all of Israel rest on it,
 m'kad'shei sh'mecha.
who hallows Your Name.

Baruch atah Adonai,
Blessed are You Hashem,
 m'kadeish ha-Shabbat.
who sanctifies Shabbat.

וְשִׂמַח נַפְשֵׁנוּ בִּישׁוּעָתְךָ,
 וְטָהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת,
 וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ
 בְּאַהֲבָה וּבְרָצוֹן
 שַׁבַּת קֹדֶשְׁךָ,
 וַיַּנּוּחוּ בָּהּ כָּל יִשְׂרָאֵל,
 מְקַדְּשֵׁי שִׁמְךָ.
 בָּרוּךְ אַתָּה יְהוָה,
 מְקַדֵּשׁ הַשַּׁבָּת.

We use this version only when Rosh Chodesh occurs on Shabbat.

קְדוּשַׁת הַיּוֹם בַּעֲבַת רֹאשׁ חֹדֶשׁ

K'DUSHAT HAYOM ON SHABBAT ROSH CHODESH

Atah yatzarta olam'cha mikedem,
You fashioned Your world from of old,
 kilita m'lacht'cha bayom hash'vi-i,
You completed Your work on the Seventh Day,
 bacharta banu mikol am,
You chose us from all peoples,
 ahavta otanu v'ratzita banu,
You loved us and found favor in us,
 v'romamtanu mikol hal'shonot,
and raised us above all tongues,
 v'kidashtanu b'mitzvotecha,
and sanctified us through Your commandments,
 v'keiravtanu malkeinu la-avodatecha,
and drew us near, our Sovereign, to Your service,
 v'shimcha hagadol v'hakadosh
and Your great and holy Name
 aleinu karata.
upon us You proclaimed.
 Vatiten lanu Adonai
And You gave us, Hashem
 Eloheinu b'ahavah,
our Elohim, with love,
 Shabbatot limnuchah
Sabbaths for rest
 v'rashei chadashim l'chaparah.
and New Moons for atonement.
 Ulfi shechatanu l'fanecha
But because we committed misdeeds before You
 anachnu va-avoteinu,
we and our ancestors,
 char'vah ireinu,
our city was destroyed,
 v'shameim beit mikdasheinu,
and our Holy Temple became desolate,
 v'galah y'kareinu,
and our honor was exiled,
 v'natal kavod mibeit chayeinu,
and glory was taken away from the House of our life,
 v'ein anachnu y'cholim la-asot
and we are not able to fulfill
 chovoteinu b'veit b'chiratecha,
our obligations in the House You have chosen,

אתה יצרת עולמך מקדם,
 כלית מלאכתך ביום השביעי,
 בחרת בנו מכל עם,
 אהבת אותנו ורצית בנו,
 ורוממתנו מכל הלשונות,
 וקדשתנו במצותיך,
 וקרבתנו מלפני לעבודתך,
 ושםך הגדול והקדוש
 עלינו קראת.
 ותתן לנו יהוה
 אלהינו באהבה,
 שבתות למנוחה
 וראשי חדשים לכפרה.
 ולפי שחטאנו לפניך
 אנחנו ואבותינו,
 חרבה עירנו,
 ושם בית מקדשנו,
 וגלה יקרנו,
 ונטל כבוד מבית חיינו,
 ואין אנחנו יכולים לעשות
 חובותינו בבית בחירתך,

babayit hagadol v'hakadosh

in the House that is great and holy

shenikra shimcha alav,

upon which Your Name was called,

mip'nei hayad

because of the hand

shenishtal'chah b'mikdashecha.

that was sent forth against Your Sanctuary.

Y'hi ratzon mil'fanecha,

May it be Your will,

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,

v'sham na-aseh

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 yom ha-Shabbat hazeh,

And the musaf offerings of this day of Shabbat,

v'yom Rosh ha-Chodesh hazeh,

and 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:

Uvyom ha-Shabbat,

And on the day of Shabbat,

sh'nei ch'vasim b'nei shanah t'mimim,

two lambs in their first year without blemish,

ushnei esronim solet

and two tenths of fine flower

minchah b'lulah ba-shemen v'nisko.

mixed with oil for a flour-offering and its libation.

בבית הגדול והקדוש

שנקרא שמך עליו,

מפני היד

שנשתלחה במקדשך.

יהי רצון מלפניך,

יהוה אלהינו ואלהי אבותינו,

שתעלינו בשמחה לארצנו,

ותטענו בגבולנו,

ושם נעשה

לפניך את קרבנות חובותינו,

תמידים כסדרם

ומוספים כהלכתם.

ואת מוסף יום השבת הזה,

ויום ראש החדש הזה,

נעשה ונקריב לפניך באהבה,

כמצות רצונך,

כמו שכתבת עלינו בתורתך,

על ידי משה עבדך,

מפי כבודך, כאמור:

וביום השבת,

שני כבשים בני שנה תמימים,

ושני עשרנים סלת

מנחה בלולה בשמן ונסכו.

Olat Shabbat b'Shabbato,

The elevation-offering of each Shabbat, on its own Shabbat,

al olat ha-tamid v'niskah.

in addition to the daily elevation-offering and its wine libation.

Uvrashei chadsheichem takrivu

On the first of your months you shall bring

olah l'Adonai,

an elevation-offering to Hashem,

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.

Yism'chu v'mal'chut'cha shomrei

Those who rejoice in Your realm keep

Shabbat v'korei oneg,

Shabbat and call it a delight,

am m'kad'shei sh'vi-i,

may all who hallow the Seventh Day,

kulam yisb'u v'yitan'gu mituvecha,

be made glad by Your goodness,

uvash'vi-i ratzita bo v'kidashto,

and You were pleased with the Seventh Day and hallowed it,

chemdat yamim oto karata,

You called it the most precious of days,

zeicher l'ma-aseih v'reishit.

in remembrance of the work of creation.

Eloheinu v'Eilohei avoteinu,

Our Elohim and the Elohim of our ancestors,

r'tzeih na vim-nuchateinu,

may our rest be pleasing to You,

kad'sheinu b'mitzvatecha,

sanctify us with Your commandments,

עֲלֵת שַׁבַּת בְּשַׁבָּתוֹ,

עַל עֲלֵת הַתָּמִיד וְנִסְכָּהּ.

וּבְרָאשֵׁי חֳדָשֵׁיכֶם תִּקְרִיבוּ

עֹלָה לַיהוָה,

פָּרִים בְּנֵי בָקָר שְׁנָיִם,

וְאַיִל אֶחָד, כִּבְשִׁים

בְּנֵי שָׁנָה שִׁבְעָה, תְּמִימִם.

וּמִנְחָתָם וְנִסְכֵּיהֶם כַּמְדָּבָר,

שְׁלֹשָׁה עֶשְׂרוֹנִים לַפָּר,

וּשְׁנֵי עֶשְׂרוֹנִים לְאֵיִל,

וְעֶשְׂרוֹן לְכֶבֶשׂ, וַיֵּין כַּנִּסְכּוֹ,

וְשַׁעִיר לְכִפּוּר,

וּשְׁנֵי תְּמִידִים כֶּהֱלַכְתֶּם.

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׂוֹמְרֵי

שַׁבָּת וְקוֹרְאֵי עֹנֵג,

עַם מְקַדְּשֵׁי שְׁבִיעִי,

כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ,

וּבִשְׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ,

חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ,

זִכָּר לְמַעֲשֵׂה בְּרָאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

רְצֵה נָא בְּמִנוּחֵתָנוּ,

קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

v'chadeish aleinu

and renew for us

b'yom ha-Shabbat hazeh

on this day of Shabbat

et ha-chodesh hazeh,

and this month,

l'tovah v'livracha,

for good and for blessing,

l'sason ulsimchah,

for joy and for gladness,

lishu-ah ulnechamah,

for salvation and for consolation,

l'farnasah ulchal-kalah,

for sustenance and for support,

l'chayim tovim ulshalom,

for good life and for peace,

limchilat cheit v'li-slichat avon

for pardon of misdeeds and forgiveness of iniquity

Hebrew Leap Year only: ulchaparat pasha.

(and for atonement of willful negative actions).

Vihi ha-chodesh 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.

Ki b'am'cha Yisra-eil bacharta

For Your people Israel You have chosen

mikol ha-umot,

from all the nations,

v'Shabbatot lahem hodata,

and the Sabbaths to them You have made known,

v'chukei 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 ha-Shabbat

Who sanctifies Shabbat

v'Yisra-eil v'rashei chadashim.

and Israel and the New Moons.

וְחִדֵּשׁ עֲלֵינוּ

בְּיוֹם הַשַּׁבָּת הַזֶּה

אֶת הַחֹדֶשׁ הַזֶּה,

לְטוֹבָה וּלְבִרְכָּה,

לְשִׂשׂוֹן וּלְשִׂמְחָה,

לְיִשׁוּעָה וּלְנַחֲמָה,

לְפִרְנָסָה וּלְכִלְכָּלָה,

לְחַיִּים טוֹבִים וּלְשָׁלוֹם,

לְמַחֲלֵלַת חַטָּא וּלְסִלִּיחַת עוֹן

בְּשָׁנַת הָעֶבְרָה: וּלְכַפָּרַת פָּשָׁע.

וְיִהְיֶה הַחֹדֶשׁ הַזֶּה סוֹף

וְקֵץ לְכָל צָרוֹתֵינוּ,

תְּחִלָּה וְרֵאשׁ לְפִדְיוֹן נַפְשֵׁנוּ.

כִּי בְעַמְּךָ יִשְׂרָאֵל בְּחָרְתָּ

מִכָּל הָאֻמוֹת,

וּשְׁבָתוֹת לָהֶם הוֹדַעְתָּ,

וְחֻקֵּי רָאשֵׁי חֳדָשִׁים

לָהֶם קָבַעְתָּ.

בָּרוּךְ אַתָּה יְהוָה,

מְקַדֵּשׁ הַשַּׁבָּת

וְיִשְׂרָאֵל וְרָאשֵׁי חֳדָשִׁים.

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,
 ut-hi 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 there 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, remembrance of us
 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 the House of Israel
 l'fanecha, lif-leitah, l'tovah,
before You, for deliverance, for good,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 יַעֲלֶה וְיָבֹא וְיָגִיעַ וְיִרְאֶה
 וְיִרְצֶה וְיִשְׁמַע וְיִפְקֹד
 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, and for kindness and for compassion,
 ulchayim ulshalom,
 and for life and for peace,
 b'jom Rosh ha-Chodesh hazeh.
 on this day of Rosh Chodesh.
 Zochreinu, Adonai Eloheinu,
 Remember us, Hashem our Elohim,
 bo l'tovah,
 on it for goodness,
 ufakdeinu vo livrachah,
 and consider us on it for blessing,
 v'hoshi-einu vo l'chayim.
 and save us on it for life.
 uvid'var y'shu-ah v'rachamim,
 with the words of salvation 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 look to You,
 ki Eil melech chanun
 for O Almighty Sovereign gracious
 v'rachum atah.
 and compassionate are 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 His Sh'chinah to Zion.

לַחֵן וּלְחֶסֶד וּלְרַחֲמִים,
 וּלְחַיִּים וּלְשָׁלוֹם,
 בַּיּוֹם רֵאשׁ הַחֹדֶשׁ הַזֶּה.
 זָכְרֵנוּ, 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.

וְתַחֲזִינָה 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 the Name of Hashem at which point we straighten up.*

Modim anachnu lach,
We give thanks to You,
sha-atah hu Adonai Eloheinu,
for it is You Who 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.
You are from generation to generation,
Nodeh l'cha unsapeir t'hilatecha,
We will thank You and tell Your praises,
al chayeinu ham'surim b'yadecha,
for our lives which are placed into Your hands,
v'al nishmoteinu hap'kudot lach,
and for our souls which are entrusted to You,
v'al nisecha sheb'chol yom imanu,
and for Your miracles that are with us every day,
v'al nifl'otecha v'tovotecha,
and for Your wonders and Your favors,
sheb'chol eit,
that are at all times,
erev vavoker v'tzahorayim.
evening and morning and afternoon.
Hatov, ki lo chalu rachamecha,
You are goodness, for Your mercies never cease,
v'ham'racheim,
and the Compassionate One,
ki lo tamu chasadecha,
for Your kindnesses have never ended,
mei-olam kiyinu lach.
for always we have placed our hope 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 הַמְסוּרִים בְּיָדְךָ,
וְעַל נְשִׁמוֹתֵינוּ 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 קִיְּינוּ לָךְ.

During Chanukah add the following.

Al hanisim, v'al hapurkan,
(We thank You) for the miracles, and for the deliverance,

עַל הַנִּסִּים, וְעַל הַפְּרָקָן,

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.

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,
 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 asita
and for Your people Israel You performed
 t'shu-ah g'dolah ufurkan
a victory of great magnitude and a salvation

וְעַל הַגְּבוּרוֹת, וְעַל
 הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת,
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.
 בַּיָּמִי מַתִּיתָהוּ בֶן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חֲשֹׁמוֹנָאִי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרָשָׁעָה עַל עַמֶּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרָתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רִצּוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבַּת אֶת רִיבָם,
 דִּנַּת אֶת דִּינָם,
 נִקְמַת אֶת נִקְמָתָם,
 מָסַרְתָּ גִבּוֹרִים בְּיַד חֲלָשִׁים,
 וְרַבִּים בְּיַד מְעַטִּים,
 וְטְמֵאִים בְּיַד טְהוֹרִים,
 וְרָשָׁעִים בְּיַד צַדִּיקִים,
 וְזֵדִים בְּיַד עוֹסְקֵי תּוֹרָתְךָ.
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ,
 וּלְעַמֶּךָ יִשְׂרָאֵל עָשִׂיתָ
 תְּשׁוּעָה גְּדוֹלָה וּפְרָקָן

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 neirot

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.

כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ
בְּנֵיךָ לְדָבִיר בֵּיתְךָ,
וּפָנּוּ אֶת הַיְכָלְךָ,
וְטָהְרוּ אֶת מִקְדָּשְׁךָ,
וְהִדְלִיקוּ נֵרוֹת
בְּחִצְרוֹת קֹדֶשְׁךָ,
וְקָבְעוּ שְׁמוֹנֶת יָמֵי
חֲנֻכָּה אֵלָיו, לְהוֹדוֹת וּלְהַלֵּל
לְשִׁמְךָ הַגָּדוֹל.

V'al kulam yitbarach v'yitromam

And for all these, blessed and exalted

v'yitnasei shimcha malkeinu

and raised up may Your Name be, our Sovereign,

tamid l'olam va-ed.

continually for ever and ever.

וְעַל כָּלם יִתְבָּרַךְ וַיִּתְרומם
וַיִּתְנַשֵּׂא שְׁמְךָ מַלְכֵנוּ
תָּמִיד לְעוֹלָם וָעֶד.

V'chol hachayim yoducha selah,

Everything alive will give thanks to 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 One of our salvation and of our help forever,

ha-Eil hatov.

the Almighty One Who is benevolent.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,
וַיְהַלְלוּ וַיְבָרְכוּ אֶת
שְׁמְךָ 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 הָאֵל the Name of Hashem.

Baruch atah Adonai,

Blessed are You Hashem,

hatov shimcha

the Benevolent One is Your Name

ul-cha na-eh l'hodot.

and to You it is fitting to give thanks.

בָּרוּךְ אַתָּה יְהוָה,
הַטוֹב שְׁמְךָ
וְלָךְ נֶאֱדָה לְהוֹדוֹת.

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

ברכת כהנים BIRKAT KOHANIM

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

The Chazzan 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 His 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 His 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 וַיַּשִּׁם
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,
Establish peace goodness and blessing,
chein va-chesed v'rachamim,
grace and kindness and compassion,
aleinu v'al kol Yisra-eil amecha.

Bar'cheinu ayinu

Bless us our Father

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

Adonai Eloheinu,

Hashem our Elohim,

Torat chayim v'ahavat chesed,
the Torah of life and a love of kindness,

utzdakah uvracha v'rachamim
and righteousness and blessing and compassion

v'chayim v'shalom.

and life and peace.

V'tov b'einecha l'vareich

And may it be good in Your eyes to bless

et am'cha Yisra-eil b'chol eit

Your people Israel at all occasions

uvchol sha-ah bishlomecha.

and at every hour, with Your peace.

Baruch atah Adonai,

Blessed are You Hashem,

ham'vareich et amo

Who blesses His people

Yisra-eil bshalom.

Israel with peace.

Yih-yu l'ratzon imrei fi

May they find favor, the utterance of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Hashem my Rock and my 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,
וְצִדְקָה וּבְרָכָה וְרַחֲמִים
וְחַיִּים וְשָׁלוֹם,
טוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת
וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי 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,
My Elohim, please protect my tongue from evil,
 usfatai midabeir mirmah,
and my lips from speaking deceit,
 v'limkal'lai nafshi tidom,
and let my soul remain silent to those who curse me,
 v'nafshi ke-afar lakol tih-yeh.
and let my soul be like dust to everyone.
 P'tach libi b'Toratecha,
Open my heart to Your Torah,
 v'acharei mitzvotcha tirdof nafshi.
and may my soul pursue Your commandments.
 V'chol hachosh'vim alai l'ra-ah,
And all who plan to do evil against me,
 m'heirah hafeir atzatham
speedily annul their counsel
 v'kalkeil machashavtam.
and spoil their intention.
 Aseih l'ma-an sh'mecha,
Act for the sake of Your Name,
 aseih l'ma-an y'minecha,
act for the sake of Your power,
 aseih l'ma-an Toratecha,
act for the sake of Your Torah,
 aseih l'ma-an k'dushatecha.
act for the sake of Your holiness.
 L'ma-an yeichal'tzun y'didecha,
So that Your beloved one may be released,
 hoshi-ah y'min'cha va-aneini.
save with Your right hand and answer me.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנִי מֵרָע,
 וּשְׂפָתַי מִדְּבַר מִרְמָה,
 וְלִמְקַלְלִי נַפְשִׁי תִדּוּם,
 וְנַפְשִׁי כְּעָפָר לְכֹל תִּהְיֶה.
 פֶּתַח לְבִי בְּתוֹרַתְךָ,
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
 וְכֹל הַחוֹשִׁים עָלַי לְרָעָה,
 מְהֵרָה הִפֵּר עֲצָתָם
 וְקָלְקַל מַחֲשַׁבְתָּם.
 עֲשֵׂה לִמְעַן שְׁמֶךָ,
 עֲשֵׂה לִמְעַן יְמִינְךָ,
 עֲשֵׂה לִמְעַן תּוֹרַתְךָ,
 עֲשֵׂה לִמְעַן קְדוּשַׁתְךָ.
 לִמְעַן יִחְלְצוֹן יְדִידְךָ,
 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 they find favor, the utterance of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Hashem my Rock and my Redeemer.

יְהִי לְרָצוֹן אִמְרֵי פִי
וְהִגְיוֹן לִבִּי 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 heavens,

hu ya-aseh shalom aleinu,

may He make 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 say amen.

עֲשֵׂה שָׁלוֹם בְּמִרְוֹמָיו,
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,
(וְעַל כָּל יוֹשְׁבֵי תֵבֶל),
וְאָמְרוּ אָמֵן.

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,

sheyibaneh beit hamikdash

that You shall rebuild the holy Temple

bimheirah v'yameinu,

speedily in our days,

v'tein chelkeinu b'Toratecha.

and place our lot in Your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ,
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
שֶׁיִּבְנֶה בֵּית הַמִּקְדָּשׁ
בְּמַהֲרָה בְּיָמֵינוּ,
וְיִתֵּן חֶלְקֵנוּ בְּתוֹרַתְךָ.

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

פִּטוּם הַקְטֹרֶת

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) shibole^ot 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.

פִּטוּם הַקְטֹרֶת:

(א) הַצֹּרִי,

(ב) וְהַצִּפֹּרֶן,

(ג) הַחֶלְבָּנָה,

(ד) וְהַלְבֹנָה,

מִשְׁקַל שִׁבְעִים שִׁבְעִים מָנָה.

(ה) מוֹר,

(ו) וְקִצְיֵה,

(ז) שִׁבְלֵת נֵיֶרֶד,

(ח) וְכֶרְכֹם, מִשְׁקַל

שִׁשָּׁה עָשָׂר שִׁשָּׁה עָשָׂר מָנָה.

(ט) הַקֹּשֶׁט שְׁנַיִם עָשָׂר,

(י) וְקִלּוּפָה שְׁלֹשָׁה,

(יא) וְקִנְמוֹן תִּשָּׁעָה.

בְּרִית כֶּרְשִׁינָה תִשָּׁעָה קָבִין,

יַיִן קַפְרִיסִין סֵאִין תְּלָתָא וְקָבִין

תְּלָתָא, וְאִם אֵין לוֹ יַיִן קַפְרִיסִין,

מִבִּיא חֲמַר חוֹרִין עֲתִיק,

מֶלַח סְדוֹמִית רִבֵּעַ הֶקֶב,

מֵעֲלָה עֶשֶׂן 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 His 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 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 Chazzan, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchaye d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

be the Name of the Holy One, blessed is He,

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְּרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמִיחַ פְּרֻקָּנָהּ

וְיִקְרִיב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

l'eila min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru Amein. {Amein.}

and 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 say amen. Amen.

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

May there be abundant 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 say amen. Amen.

לְעֵילָא מִן כָּל בִּרְכָתָא

וְשִׁירָתָא תְּשַׁבְּחָתָא וְנַחֲמָתָא,

דְּאַמִּירָן בְּעָלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבַעוֹתְהוֹן

דְּכָל בֵּית יִשְׂרָאֵל קָדָם

אַבוּהוֹן דִּי בְּשָׁמַיָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,

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 heavens,

hu ya-aseh shalom aleinu,

may He make 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 say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵיךָ,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאָמְרוּ 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 Elohim.

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 לְבָבְךָ,

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.

נוֹדֶה לְאֱלֹהֵינוּ,

נוֹדֶה לְאֲדוֹנֵינוּ,

נוֹדֶה 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 תָּקוּם תְּרַחֵם צִיּוֹן,

כִּי עֵת לְחֻנָּה כִּי בָּא מוֹעֵד.

אַתָּה הוּא יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁהִקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ

אֶת קֶטֶרֶת הַסַּמִּים.

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 He has not made us like the nations of the lands,
v'lo samanu k'mishp'chot
and He did not make us the same as other families
ha-adamah, shelo sam chelkeinu
of the earth, He did not allocate our portion
kahem, v'goraleinu k'chol hamonam.
like theirs, nor our lot like all their multitudes.

עֲלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל,
 לַתֵּת גְּדֻלָּה לַיּוֹצֵר בְּרֵאשִׁית,
 שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
 הָאָדָמָה, שֶׁלֹא שָׁם חֵלְקֵנוּ
 כִּהֵם, וְגִרְלָנוּ 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 bend the knees,
umishtachavim umodim,
and bow and give thanks,
lifnei melech malchei ham'lachim,
before the Sovereign over sovereigns of all sovereigns,
hakadosh baruch hu.
the Holy One, Blessed is He.

וְאַנַּחְנוּ כּוֹרְעִים,
 וּמִשְׁתַּחֲוִים וּמוֹדִים,
 לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
 הַקָּדוֹשׁ בָּרוּךְ הוּא.

Shehu noteh shamayim
He stretches out the heavens
v'yoseid aretz, umoshav y'karo
and establishes the earth's, the seat of His homage
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.
He is our Elohim and there is no other.
Emet malkeinu, efes zulato,
True is our Sovereign, nothing exists apart from Him,
kakatuv b'Torato:
as it is written in Your Torah:

שֶׁהוּא נוֹטֵה שָׁמַיִם
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ
 בַּשָּׁמַיִם מִמַּעַל,
 וְשְׁכִינַת 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 idols from the earth.

v'ha-elilim karot yikareitun,

and false gods will utterly 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

Before You, Hashem our Elohim,

yichr'u v'yipolu,

they will bend their knees 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 the 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 hamalchut shel'cha hi,

For the kingdom is Yours,

ul-ol'mei ad timloch b'chavod,

for ever 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
l'melech al kol ha-arets.

Sovereign over all the earth,

Bayom hahu yih-yeh,

On that day,

Adonai echad, ushmo echad.
Hashem will be One, and His Name will be One.

יהוה ימלך לעולם ועד.

ונאמר, והיה יהוה
למלך על כל הארץ.

ביום ההוא יהיה

יהוה אחד, ושמו אחד.

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.

אל תירא מפחד פתאם,
ומשאת רשעים כי תבא.

עצו עצה ותפר,
דברו דבר ולא יקום,
כי עמנו אל.

ועד זקנה אני הוא,
ועד שיבה אני אסבל,
אני עשיתי ואני אשא,
ואני אסבל ואמלט.

אך צדיקים יודו לשמך,
ישבו ישרים את פניך.

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 Chazzan, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchaye d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיַצְמַח פְּרֻקָנֵיהּ

וְיִקְרֵב מְשִׁיחֵהּ. {אָמֵן}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

v'yitromam v'yitnasei v'yit-hadar
and exalted and raised up and honored

v'yitaleh v'yit-halal
and elevated and lauded

sh'meih d'kudsha {b'rich hu},
be the Name of the Holy One, blessed is He,

l'eila min kol birchata v'shirata
beyond more than any blessing and song

tushb'chata v'nechemata,
praise and consolation

da-amiran b'al'ma,
that are uttered in the world,

v'imru Amein. {Amein.}
and say amen. Amen.

Y'hei sh'lama raba min sh'maya,
May there be abundant 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 say amen. Amen.

וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},
לְעֵילָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשֻׁבָּחָתָא וְנִחְמָתָא,
דְּאִמְרֵן בְּעֻלְמָא,
וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
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 heavens,

hu ya-aseh shalom aleinu,
may He make peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,
and upon all Israel and upon all the world,

v'imru amen. {Amein.}
and say amen. Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְוֵמֵי,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,
וְאִמְרוּ אָמֵן. {אָמֵן.}

קידוש

KIDDUSH

Wine is a powerful channel of the Creator's Light. We have aroused energy from the Upper Worlds and we need to manifest that energy in this world so that we can use it. For this reason we bless and drink wine, which also reminds us of the sweetness of the Shabbat.

V'sham'ru v'nei Yisra-eil

The children of Israel shall observe

et ha-Shabbat,

Shabbat,

la-asot et ha-Shabbat

making Shabbat

l'dorotam b'rit olam.

for their generations a covenant for eternity.

Beini uvein b'nei Yisra-eil

Between Me and the children of Israel

ot hi l'olam,

it is a sign forever.

ki sheishet yamim asah Adonai

for in six days Hashem made

et hashamayim v'et ha-aretz,

the heavens and the earth,

uvayom hash'vi-i shavat vayinafash.

and on the Seventh Day He rested and was refreshed.

וּשְׁמָרוּ בְּנֵי יִשְׂרָאֵל

אֶת הַשַּׁבָּת,

לַעֲשׂוֹת אֶת הַשַּׁבָּת

לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אוֹת הִיא לְעוֹלָם,

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה

אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

Al kein beirach Adonai

For this reason Hashem blessed

et yom ha-Shabbat vaykad'sheihu.

the day of Shabbat and made it holy.

עַל כֵּן בֵּרַךְ יְהוָה

אֶת יוֹם הַשַּׁבָּת וַיְקַדְּשֵׁהוּ.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

borei p'ri ha-gafen.

Who creates the fruit of the vine.

בָּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרֵי הַגָּפֶן.