How good are your tents, you ancestors; how beautiful your shrines, you God-wrestlers.

As for me, it is in Your abundant love that I come to Your house, and bow in your holy sanctuary enveloped in Your reverence. How I have loved Your house, Indwelling One, and the place where your Presence dwells. Now I bow, I surrender, and I offer blessing before the Eternal, my source. I am my prayer and my prayer is Yours at this longed-for moment.

Cosmic Power, in your vast love answer me with your rescuing faithfulness.

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Ma to-vu
o·ha·le·cha ya·a·kov
mish·ke·no·te·cha yis·ra·el.

Take space to pay attention to breath gently moving in and out.

How good is the tent of the body.

Take time to be fully present to what is unfolding here and now.

How good is the sanctuary of the moment.

Va·a·ni be·rov chas·de·cha
a·vo vei·te·cha
esh·ta·cha·veh el hei·chal kod·she·cha
be·yi·ra·te·cha.

Make space within yourself to let love arise within.

Take a breath.

Release the breath.

Make room for a divine spark, a holy emptiness.

Va·a·ni te·fi·la·ti
le·cha a·do·nai eit ra·tzon
e·lo·him be·rov chas·de·cha
a·nei·ni be·e·met yi·she·cha.

You are your prayer: this body, this moment.

This is the right time and place.

Fill yourself with love,

with the world,

with all that is real.

How good are your tents, you ancestors; how beautiful your shrines, you God-wrestlers. As for me, it is in Your abundant love that I come to Your house, and bow in your holy sanctuary enveloped in Your reverence. How I have loved Your house, Indwelling One, and the place where your Presence dwells. Now I bow, I surrender, and I offer blessing before the Eternal, my source. I am my prayer and my prayer is Yours at this longed-for moment.

Cosmic Power, in your vast love answer me with your rescuing faithfulness.
Arriving

O·deh | Mo·dah | Mo·deh
ani le·fa·ne·cha
ru·aḥ chai ve·ka·yam
she·he·cha·zar·ta bi nish·ma·ti
be·chem·la ra·ba e·mu·na·te·cha.

Grateful I am before You,
Living One, One who Is,
for returning my life to me — such a mercy.
How vast your constancy.

E·lo·hai ne·sha·mah she·na·ta·ta bi te·ho·rah hi

The soul you place in me is pure, the soul is pure.
My God! You create, form, and breathe in me. SY

A·tah ve·ra·tah a·tah ye·tzar·tah
a·tah ne·fac·ḥ·tah bi
ve·a·tah me·sham·ra·hah be·kir·bi
ve·a·tah a·tid lit·lah mi·me·ni
u·le·ha·cha·zi·rah bi le·a·tid la·vo
kol zman she·ha·ne·sha·mah be·kir·bi
o·deh a·ni le·fa·ne·cha a·do·nai
e·lo·hai ve·lo·hei a·vo·tai ve·i·mo·tai
ri·bon kol ha·ma·a·sim
a·don kol ha·ne·sha·mot.
Ba·ru·ch a·tah a·do·nai
ha·ma·cha·zi·rah ne·sha·mot lif·ga·rim mei·tim.

You created it, shaped it, breathed it into me. You watch over it within me, and
you will take it from me one day to return it to the flow of life in time to come.
As long as this soul-breath is in me, grateful I am before You, my divine and my
ancestors’ Divine — Ground of all being and doing, keeper of all spirit and all breath.
Blessed be You, always returning life to dying things.
Blessed be You, Creator, Source of the World, who has made the body with wisdom and created within it passageways empty spaces. How well You know, You who observe the Universe, that if one gate opened that should be closed or one gate closed that should be open to live, to come before You, would be impossible. Blessed are You, Shaper of the Universe, who makes all beings well, whose artistry is wondrous.
Embodying Torah

Here and now, I receive upon myself the charge of my Creator:
Love your neighbor as yourself.

Blessed be You, Holy Wisdom, Guide of the World,
who makes us holy with mitzvot,
and invites us to delve deeply into the study of Torah.

Here and now, I receive upon myself the charge of my Creator:
Love your neighbor as yourself.
You make us conscious beings.
You make me in your image.
You make me free.
You make me Yisrael.
You open our eyes.
You clothe the naked.
You free the captive.
You straighten the bent-over.
You spread earth over water.
You give me all I need.
You make firm my steps.
You give Yisrael strength.
You crown us with glory.
You give endurance to the weary.
You remove sleep from my eyes and slumber from my eyelids.
3 Embodying blessings

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
a·sher na·tan la·seḵ·vi vi·nah le·hav·čhin bein yom u·vein lai·lah.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
she·as·ta·ni be·tzal·mo.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
she·a·sa·ni bat|ben ḫo·rin.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
she·a·sa·ni yis·ra·el.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
mal·bish a·ru·mim.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
po·ka·čat iv·rim.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
mat·ir a·su·rim.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
zo·ke·fet ke·fu·fim.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
ro·ka ha·a·retz al ha·ma·yim.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
ha·me·či·nah mitz·a·dei ga·ver|ge·ve·ret.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
she·a·sah li kol tzor·ki.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
o·ze·ret yis·ra·el big·vu·rah.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
o·ter yis·ra·el be·tif·a·rah.

Be·ru·ča at she·či·na e·lo·tei·nu ru·aḵ ha·o·lam
ha·no·te·net la·ya·ef ko·aḵ.

Ba·ruḵ a·tah a·do·nai e·lo·hei·nu me·leḵ ha·o·lam
ha·ma·a·vir shei·nah mei·ei·nai u·te·nu·mah me·af·a·pai.
A song for dedicating the House.

I raise you up, Indwelling One, for You lift me above my troubles; they don't get the better of me.

My source, I call to You
and You heal me.
You raise my spirit from its mortal journey.
You rejuvenate me, lifting me from the void.

Let loving ones sing before the Holy,
praising even the mention of that Name.

Agitation is only a moment,
but aliveness is the divine will.

Tears lie with us in our beds,
but with the dawn comes joyful song.

In my tranquility I said:
nothing will shake me;
Eternal, it is by Your will
that I stand like a great mountain,
and when You hide Your face, I am frightened.

Yet to You will I call,
from my Teacher I will seek grace
for there is no good to be had from apathy
or from the fall into corruption.
Will the earth praise you and tell your truth?

Listen, my Source, and bestow grace.

Be my help, Breath of Life.

You have turned my mourning into dancing,
taken off my sackcloth and dressed me in joy —
so that I may sing the Presence and never stop.
Rock that is my origin, here I am, thanking You always.
Miz·mor shir ḥa·nu·kat ha·ba·yit le·da·vid
A·ro·mim·ḫa a·do·nai ki di·li·ta·ni
ve·lo si·ma·ḥ·ta o·ye·vai li
A·do·nai e·lo·hai shi·va·ti ei·le·cḥa
va·tir·pa·ei·ni
a·do·nai he·e·li·ta min she·ol naf·shi
chi·yi·ta·ni mi·ya·re·di vor
Za·me·ru la·do·nai ḥa·si·dav
ve·ho·du le·ze·cher kod·sho
Ki re·ga be·ap·o
cḥai·yim bir·tzo·no
ba·e·rev ya·lin be·cḥi
ve·la·bo·ker ri·nah.
Va·a·ni a·mar·ti ve·shal·vi
bal e·mot le·o·lam.
A·do·nai bir·tzo·n·cḥa
he·e·mad·tah le·ha·re·ri oz
his·tar·ta fa·ne·cḥa ha·yi·ti niv·hal.

Ei·le·cḥa a·do·nai ek·ra
ve·el a·do·nai et·cḥa·nan.
Mah be·tza be·da·mi
be·rid·ti el sha·cḥat.
Ha·yo·de·cḥa a·far ha·yag·id a·mit·e·cḥa

She·ma a·do·nai ve·ĉḥo·ne·ni
a·do·nai he·yeh o·zer li.
Ha·fach·ta mis·pe·di le·ma·ĉol li
pit·aĉ·tah sa·ki vat·az·rei·ni sim·ĉah.
Le·ma·an ye·za·mer·cḥa ḥa·vod ve·lo yid·om
a·do·nai e·lo·hai le·o·lam o·de·ka.
Blessed is the One
whose language is Creation.
Blessed is that One!

Blessed is the Unfolding of the Cosmos.
Blessed is the One who speaks and the One who acts.
Blessed is the Matrix of Life and the Sustainer of All.

Blessed is the One who loves each and every inch of earth.
Blessed is the One who loves each and every creature.
Blessed is the Generosity that rewards reverence.
Blessed is the Ever-Lives, the Always-Is.
Blessed is the Redeemer of the oppressed.

Blessed is that Name.

Blessed are You, Source of Life,
Guide of the World,
divinity,
compassionate
Source,
You whom the righteous are always praising
and to whom David wrote the Psalms,
we praise You
with hymns and songs,
we magnify and glorify and extol You and
remember your Name and
proclaim your majesty over All.

Unifier, Life of the Worlds,
Our Guide, worthy of glory
to the end of time and space is your great Name.

Blessed are You, Fountain of Being,
to whom all turn in praise.
Ba·ru·ch she·a·mar  
Ve·ha·yah ha·o·lam.  
Ba·ru·ch hu!

Ba·ru·ch o·seh ve·rei·sheet  
Ba·ru·ch o·mer ve·o·seh  
Ba·ru·ch go·zer um·kai·yem

Ba·ru·ch me·ra·chem al ha·a·retz  
Ba·ru·ch me·ra·chem al hab·ri·yot  
Ba·ru·ch me·sha·lem sa·char tov li·rei·av  
Ba·ru·ch chai la·ad ve·kai·yam la·ne·tzach  
Ba·ru·ch po·deh u·ma·tzil

Ba·ru·ch she·mo!

Ba·ru·ch a·ta·h a·do·nai  
e·lo·hei·nu me·le·ch ha·o·lam  
ha·el av ha·ra·cha·man  
ha·me·hu·lal be·fi a·mo  
me·sha·bak u·me·fo·ar  
bil·shon cha·si·dav va·a·va·dav  
u·ve·shi·rei da·vid av·de·cha  
ne·ha·le·lul cha·a·do·nai e·lo·hei·nu  
bish·va·chot u·vi·zi·mi·rot  
ne·ga·d el·cha u·ne·sha·be·cha·cha  
u·ne·fa·er·cha ve·na·nam·li·che·cha  
ve·na·zir·ku·shim·cha mal·ke·nu e·lo·hei·nu

Ya·chi·d chai ha·o·la·mim  
me·le·ch me·shu·ba·ch u·me·fo·ar  
a·dei ad she·mo ha·ga·dal

Ba·ru·ch a·ta·h a·do·nai  
me·le·ch me·hu·lal ba·tish·ba·chot.
For the one who keeps the rhythm: a song of the Beloved.

The skies tell of the presence
the dome of the stars reveals divine handiwork

each day whispers to the next day
each night murmurs to the next night

without word, without speech,
without voices

the intention goes out to the whole world
the news travels to the ends of the earth

the sun sets up a tent
and goes out like a bridegroom from a chuppah
rejoicing like a hero to stay the course

from the edge of the sky, the sun rises
and cycles to the other edge;
nothing is hidden from his warmth.

The Torah of Source is whole, restoring the life-force.
The witnessings of Source are loyal, making simple ones wise.
The orderings of Source are right, rejoicing the heart.
The teaching of Source is clear, enlightening the eyes.
Reverence for Source is pure, lasting forever.
The judgments of Source are true, completely just.

They are dearer than gold and great treasure
and sweeter than honey from the hive.
Also this one who serves you draws light from them;
keeping them is following in Your footprints.

Who can understand our own faults?
Cleanse me of these hidden things.
I am ignorant of my own failings:
may they not rule me.
Then I shall be innocent, clean of harmful transgression.
May these meet with your favor:
the words of my mouth and the meditations of my heart,
my Origin, my Rock, my Redeemer.
Praising the One  Psalm 19

Lam-nə-tzei-aḵ miz-mor le-da-vid.

Ha-sha-ma-yim me-sap-rim ke-vod el
u-ma-a-seh ya-dav ma-gid ha-ra-ki-a.

Yom le-yom ya-bi-a o-mer ve-lai-lah
le-lai-lah ye-cha-veh da-at.

Ei-n o-mer ve-ein de-va-rim
beli nish-ma ko-lam.

Be-chol ha-a-retz ya-tza ka-vam
u-vik-tzeh te-vel mi-lei-hem

la-shem sahm o-hel ba-hem.

Ve-hu ke-cha-tan yo-tzei me-čhu-pa-to
ya-sis ke-gi-bor la-rutz o-rach.

Mik-tzeh ha-sha-ma-yim mo-tza-o
u-te-ku-fa-to al ke-tzo-tam
ve-ein nis-tar me-čha-ma-to.

To-rat a-do-nai te-mi-mah me-shi-vat na-fesh
e-dut a-do-nai ne-e-ma-nah mačh-ki-mat pe-ti
pik-u-dei a-do-nai ye-sha-rimon me-sa-me-chei lev
mitz-vat a-do-nai ba-rah me-i-rat ei-na-yim.
yir-at a-do-nai te-ho-rah o-me-det la-ad
mish-pe-tei a-do-nai e-met tzad-ku yačh-dav

Ha-ne-che-ma-dim miz-a-hav u-mi-paz rav
u-me-tu-kim mid-de-vash ve-no-fet tzu-fim.
Gam av-de-čha niz-har ba-hem
be-sha-me-ram e-kev rav.

She-gi-ot mi ya-vin
mi-nis-ta-rot nak-e-ni.

Gam mi-zei-dim čha-sočh av-de-čha
al yim-she-lu vi
az ei-tam ve-ni-k-ei-ti mi-pe-sha rav.

Yiḥ-yu le-ra-tzon
im-rei fi ve-heg-yon li-bi
le-fa-nei-čha a-do-nai tzu-ri ve-go-a-li.
A psalm of David, when he pretended to be insane before Avimelekh and was cast out:

I will bless Yah at all moments
and keep His praise in my mouth.

My soul exults when it is within God:
let the humble hear and be happy.

Magnify Yah with me!
Let us raise up the Divine Name together.

I pilgrimaged toward Yah and He answered me;
and saved me from my wanderings.

Look His way and be lit up!
Let your faces not fall.
This poor one called and the Divine One listened,
and rescued me from all trouble.

Look: an angel guards all around the reverent
to defend them.

Taste and see that Yah is good!
Happy is the one who takes refuge there!

Yah’s holy ones are in awe of Him
for they perceive no lack
even when lions growl and roar
the seekers of Yah
will not lack goodness.

Come, children, hear me:
I will teach you to be reverent before Yah.
Le-da-vi·d be-sha-no-to et ta-mo

A·va-ra-chah et a·do-nai be-chol et
ta·mid te·hi·la-to be-fi.

Ba-do-nai tit-ha-lel naf-shi
yish-me-u a-na-vim ve-yis-ma-чу.

Gad·lu la-do-nai it-i
u-ne-ro-me-mah she-mo yaչ·dav.

Da·rash·ti et a·do-nai
ve-a-na-ni u-mi·k-al me·gu·ro-tai hitz-i-la-ni.

Hi·bi·tu e·lav ve-na-ha-ru
u-fe-nei-hem al yech·pa-ru.

Zeh a·ni ka-ra va-do-nai sho·me-a
u-mi·kol tza·ro·tav ho·shi-o.

Chо-neh mal-aչ a·do-nai sa·viv
li·re-av vay·cha·le·tzem.

Ta·a-mu ur-u ki tov a·do-nai
ash·rei ha·ge·ver ye·che·seh bo.

Yir·u et a·do-nai ke·do-shav
ki ein mach·so·r li·rei-av.
Ke-fi·rim ra·shu ve-ra·ei-vu
ve·do·re-she·i a·do-nai
lo yaչ·se-ru chоl tov.

Le·chu va·nim shim-u li
yir·at a·do-nai a-la·me·d·chem.
Who among you desires life,
craves time to experience the good?
Keep your tongue from wronging others
and your lips from speaking untruths
turn from the bad and do the good:
seek out peace and chase after it.

Her eyes are on the righteous;
Her ears are listening for them to call.
Shekhinah’s face is even within
those who have done wrong;
she heals the past of the land.

Cry out —
Her listening
is rescue from all trouble.

She is intimate with the brokenhearted
and heals the depressed of spirit.
Many are the sorrows of the righteous
but Her Presence is liberation from them all.
She protects their essence
so that the frame of their being is unbroken.

Wickedness is its own kind of death
and those who hate the righteous suffer for it.
Shekhinah sustains the being of those who do Her work
and those who trust in her will not know shame.
Mi ha-ish he-cha-fetz chai-yim
o-hev ya-mim lir-ot tov.
Netzor le-shon-cha mei-ra
us-fa-te-cha mid-a-ber mir-mah.
Sur mei-ra va-a-sei tov
ba-kesh sha-lom ve-rod-fei-hu.

Ei-nei a-do-nai el tzad-i-kim
ve-a-ze-nav el shav-a-tam.
Pe-nei a-do-nai
be-o-sei ra
le-hacḥ-rit me-e-retz zィ-cィ-ram.

Tza-a-ku
va-do-nai sha-mei-a
u-mik-al tza-ro-tam hitz-i-lam.

Ka-rov a-do-nai le-nish-be-rei lev
ve-et dak-ei ru-aḥ yo-ši-a.
Ra-bot ra-ot tzad-ik
u-mik-u-lam yatz-i-le-nu a-do-nai.
Sho-mer kol atz-mo-tav
a-chat me-he-nah lo nish-ba-rah.

Te-mo-tet ra-sha ra-ah
ve-son-ei tza-di-ḵ ye-sha-mu.
Po-deh a-do-nai ne-fesh a-va-dav
ve-lo ye-še-mu kol ha-cho-sim bo.
Gratitude to the Source of Abundance: O how good!
lovingkindness is forever.

Praise the Transcendence of Transcendence
lovingkindness is forever.

Praise the Immanence of Immanence
lovingkindness is forever.

Praise the lone artist of great wonders
lovingkindness is forever.

Praise to the wise maker of the sky
lovingkindness is forever.

Praise to the vault of the sky above the earth
lovingkindness is forever.

Praise to the glowing of the great lights
lovingkindness is forever.

Praise to the sun guiding the day
lovingkindness is forever.

Praise to the moon and stars guiding the night
lovingkindness is forever...

Praise to the strong hand and the outstretched arm
lovingkindness is forever.

Praise to the dividing of the sea
lovingkindness is forever.

Praise to the passing through the sea
lovingkindness is forever...

Praise for the remembering of our vulnerability.

Praise for the relieving of our troubles.

Praise to the feeding of all life lovingkindness is forever.

Praise to the transcendence of heaven lovingkindness is forever.
Ho-du la-do-nai ki tov
ki le-o-lam _VOCH_ do.

Ho-du le-lo-hei ha-e-lo-him
ki le-o-lam _VOCH_ do.

Ho-du la-a-do-nei ha-a-do-nim
ki le-o-lam _VOCH_ do.

Le-o-seh nif-la-o-t ge-o-do-lot le-vad-o
ki le-o-lam _VOCH_ do.

Le-o-seh ha-sha-ma-yim bit-vu-nah
ki le-o-lam _VOCH_ do.

Le-ro-ka ha-a-retz al ha-ma-yim
ki le-o-lam _VOCH_ do.

Le-o-seh o-rim ge-o-do-lim
ki le-o-lam _VOCH_ do.

Et ha-sha-mesh le-mem-she-let ba-yom
ki le-o-lam _VOCH_ do.

Et ha-ya-rei-ach ve-cho-cha-vim
le-mem-she-let ba-la-i-lah ki le-o-lam _VOCH_ do.

Be-yad cha-za-kah u-viz-ro-a ne-tu-yah
ki le-o-lam _VOCH_ do.

Le-go-zer yam suf lig-za-rim
ki le-o-lam _VOCH_ do.

Ve-he-e-vir yis-ra-el be-to-cho
ki le-o-lam _VOCH_ do.

Sheb-shi-fle-i-nu za-cha r la-nu ki...

Va-yif-re-kei-nu mi-tzar-ei-nu ki...

No-ten le-chem le-chol ba-sar ki...

Ho-du le-el ha-sha-ma-yim ki le-o-lam _VOCH_ do.
Let us sing a song for Shabbat!
It is good to praise Yah,
to give thanks to your Holy Name —
to tell tales of your love each morning
and your loyalty each night
on the ten-stringed lyre, the harp, and the lute
the instruments of our love.
Divine One, I rejoice in everything you do.
Everything you’ve made pleases me.

How abundant are Your artistries, God,
and how profound Your thoughts.

No fool could understand You.
The wicked ones sprout up like grass,
push up their blades from the ground —
they’ll only be trodden under.
But You, God, are always on high.
All that works against Your purposes,
All that works against You, withers —
All that divided from You will be divided.
You have made me bold as a bull,
made me drip with fragrant oil.
My eyes will see,
my ears will hear,
the routing of my demons.

The righteous will flower like the palm tree,
and flourish like groves of cedars.
Planted in God’s house,
they will blossom in God’s courtyards.
They will be fruitful even as they age.
Fresh and fragrant they’ll be,
telling of God’s own stature —
my rock, my flawless one.
Miz·mor shir le·yom ha·sha·bat.
Tov le·ho·dot la·do·nai
u·le·za·mer le·shim·cha el·yon.
Le·ha·gid ba·bo·ker chas·de·cha
ve·e·mu·nat·cha ba·lei·lot.
A·lei a·sor va·a·lei na·vel
a·lei hi·ga·yon be·chi·nor.
Ki si·ma·ch·ta·ni a·do·nai be·fo·a·le·ха
be·ma·a·sei ya·de·ҳa a·ra·nen.

Mah gad·lu ma·a·se·cha yah
me·od am·ku ma·ch·she·vo·te·cha.

Ish ba·ar lo ye·da
u·che·sil lo ya·vin et zot.
Bif·ro·a黑恶 re·sha·im ke·mo e·sev
va·ya·tzi·tzu kol po·a·lei a·ven
le·hi·sham·dam a·dei ad.
Ve·a·tah ma·rom le·o·lam a·do·nai.
Ki hi·neh oy·ve·cha a·do·nai
ki hi·neh oy·ve·cha yo·vei·du
yit·par·du kol po·a·lei a·ven.
Va·ta·rem kir·eim kar·ni
ba·lo·ti be·she·men ra·a·nan.
Va·ta·bet ei·ni be·shu·rai ba·ka·mim a·lai
me·re·im tish·ma·nah az·nai.

Tza·dik ka·ta·mar yif·raḥ
ke·e·rez bal·va·non yis·geh.
She·tu·lim be·ve·it a·do·nai
be·chatz·rot e·lo·hei·nu yaf·ri·ḥu.
Od ye·nu·vun be·se·i·vah
de·she·nim ve·ra·a·na·nim yih·yu.
Le·ha·gid ki ya·sha·r a·do·nai
tzu·ri ve·lo av·la·ta·hah bo.
Happy are the dwellers in this house:
they are always praising what lasts.

Happy are people who experience this bliss:
happy are people who revere the Infinite.

David the psalmist sang:
I will raise up the Source of Life as my greater power
and bless that Name through space and time.

I will pour out blessing every day,
praising the divine essence everywhere, at all moments.

Abundant is the Well of Life and songworthy —
its generous depth has no bottom.

One generation informs the next of the great work
and tells the stories of the Encompassing One.

Radiant, glorious, beautiful —
I meditate on sacred wonders.

Everyone remarks on the intensity of awe
as we explicate the stories of abundance.

We exclaim over the memory of that goodness,
and sing joyfully of the Righteousness.

Full of grace, full of love is the Infinite
patiently watching and waiting, generous and tender,

Good to all things,
and loving to all beings.

How grateful are all creatures are grateful,
and devotees go around blessing you.

Invoking and embodying the Presence,
speaking of divine strength —

just so that mortals may know of the Eternal,
of the radiant beauty of the Becoming —
Ash·rei yosh·vei vei·te·ḵa
od ye·ha·lei·lu·ḵa se·laḥ
Ash·rei ha·am she·ka·ḵa lo
ash·rei ha·am she·a·do·nai e·lo·hav.

Te·hi·lah le·da·vid
a·ro·mim·ḵa e·lo·hai ha·me·leḵ
va·a·va·ra·ḵah shim·ḵa le·o·lam va·ed.

Be·ḵol yom a·va·ra·ḵe·ka
va·a·ha·le·lah shim·ḵa le·o·lam va·ed.

Ga·dol a·do·nai u·me·hu·lal me·od
ve·lig·du·la·to ein چe·ker.

Dor le·dor ye·sha·baḵ ma·a·se·ḵa
u·ge·vu·ro·te·ḵa ya·gi·du.

Ha·dar ke·vod ho·de·ḵa
ve·di·vai nif·le·o·te·ḵa a·si·ḵaḥ.

Ve·e·zuz nor·o·te·ḵa yo·me·ru
ug·du·la·te·ḵa a·sap·re·nah.

Ze·cher rav tu·ve·ḵa ya·bi·u
ve·tzid·ka·te·ḵa ye·ra·ne·nu.

Cha·nun ve·ra·ḵum a·do·nai
e·reḵ ap·a·yim u·ge·dal cha·sed.

Tov a·do·nai lak·ol
ve·ra·ḵa·mav al kol ma·a·sav.

Yo·du·ḵa a·do·nai kol ma·a·se·ḵa
va·ḵa·si·de·ḵa ye·va·ra·chu·ḵaḥ.

Ke·vod mal·ḵu·te·ḵa yo·me·ru
u·ge·vu·ra·te·ḵa ye·da·be·ru.

Le·ho·di·a liv·nei ha·a·dam ge·vu·ro·tav
u·ḵe·vod ha·dar mal·ḵu·to.
for that Being encompasses all worlds,
and that Wisdom is a gift from one generation to another,

lifting up all who have fallen,
and raising up all who have crumpled.

All eyes turn to the Source of Life,
to receive their nourishment in proper season.

The great Hand opens
and satisfies the desire of all the living.

The One whose path is righteousness
and whose acts are loving —

that One is close to every cry,
to every urgent call

and acts through the will of the reverent,
listening and saving.

The Lover guards the beloved —
let wickedness be diminished.

Let us then speak sacred prayer,
and let all beings praise Essence forever.

As for us, we are blessing Yah
right now, and always.
Halleluyah.
מלכותך מלכות כל עולם
וּמֶמְשֶׁלְתְּךָ בְּכָל דּוֹר וָדוֹר.

סומך יהוה לְכָל הַנֹּפְלִים
וְזוֹקֵף לְכָל הַכְּפוּפִים.

עֵינֵי כֹּל אֵלֶיךָ יְשַׂבֵּרוּ
וְאַתָּה נוֹתֵן לָהֶם אֶת אָכְלָם בְּעִתּוֹ.

פּוֹתֵחַ אֶת יָדֶךָ
וּמַשְׂבִּיעַ לְכָל חַי רָצוֹン

צַדִּיק יהוה בְּכָל דְּרָכָיו
וְחָסִיד בְּכָל מַעֲשָׂיו.

קָרוֹב יהוה לְכָל קֹרְאָיו
לְכֹל אֲשֶׁר יִקְרָאֻהוּ בֶאֱמֶת.

רְצוֹן יְרֵאָיו יַעֲשֶׂה
וְאֶת שַׁוְעָתָם יִשְׁמַע וְיוֹשִיעֵם.

שׁוֹמֵר יהוה אֶת כָּל אֹהֲבָיו
וְאֵת כָּל הָרְשָׁעִים יַשְׁמִיד.

תְּהִלַּת יהוה יְדַבֶּר פִּי
וִיבָרֵךְ כָּל בָּשָׂר שֵׁם קָדְשׁוֹ
לְעוֹלָם וָעֶד.

וַאֲנַחְנוּ נְבָרֵךְ יָהּ
מֵעַתָּה וְעַד עוֹלָם
הַלְלוּיָהּ.
Halleluyah!

Let me praise the Liberator with my body and soul.
Let me praise the Redeemer with my life,
the Deliverer with my existence.

Don’t put your trust in those who claim power,
in humans without the power to save.
Their breath departs like everyone’s
and returns to the earth,
and all their plans are lost.

Happy is the one whose help is Jacob’s God,
who hopes for the Liberator’s presence:
the maker of sky and land,
of the sea and all it holds,
always the guardian of truth,

the One who does justice for the oppressed,
who gives bread to the hungry,
who frees the captives,
who opens the eyes,
who raises up the crumpled
and loves the righteous,

who watches over the stranger,
supports the orphan and the widow,
and obstructs the path of the wicked.

Let the Liberator rule forever;
Zion’s redeemer for all generations.

Halleluyah.
Ha-le·lu-yah

ha-le·li naf·shi et a-do-nai
a-ha·le·lah a-do-nai be-chai·yai
a-za·me·rah le-lo·hai be-o-di.

Al tiv·te-chu vin·di·vim
be-ven a-dam she·ein lo te·shu·ah.
Te·tzei ru·cho
ya·shuv le-ad·ma·to
bai·yom ha-hu a·ve·du esh·to·no·tav.

Ash·rei she·el ya·a·kov be·ez·ro siv·ro
al a-do·nai e·lo·hav.
O·seh sha·ma·yim va·a·retz
et hai·yam ve-et kol a·sher bam
hash·o·mer e·met le·o·lam.

O·seh mish·pat la·a·shu·kim
no·ten le·chem lar·ei·vim
a·do·nai mat·ir a·su·rim.
A·do·nai po·kei·ach iv·rim
a·do·nai zo·kef ke·fu·fim
a·do·nai o·he·v tzad·i·kim.

A·do·nai sho·mer et ge·rim
ya·tom ve·al·ma·nah ye·o·ded
ve·de·rech re·sha·im ye·a·vet.

Yim·loch a·do·nai le·o·lam
e·lo·ha·yich tzi·yon le·dor va·dor
ha·le·lu·yah.
Halleluyah!

Singing to the Healer is good
and praising the Healing is pleasant.

The Healer builds up Jerusalem
and gathers the exiles of Israel —

Healer of the broken-hearted
binder of their (our) wounds
counter of uncountable stars
you know who they (we) are. SY

Abundant and strong is the Healer
with understanding beyond measure.
A support to the low in spirit,
bringing wrongdoers low so that they can change.

Sing to the Healer in thanksgiving,
play hymns to the Healer on the harp:
who shields the sky with clouds
and softens the earth with rain
and makes grass grow on stony mountains,

who gives grain to grazing animals
and feeds the crying ravens.

The Healer does not desire thundering warhorses
or ask for battle-strength:
The Healer wants reverence for life
and patience in loving action.
Jerusalem, praise the Healer —
Zion, praise the Giver of Life. ←
Ha-le-lu-yah

ki tov zam-rah e-lo-hei-nu
ki na-im na-vah te-hi-lah.

Bo-neh ye-ru-sha-lam a-do-nai
nid-chei yis-ra-el ye-cha-nes.

Ha-ro-fei lish-vu-rei lev
um-cha-besh le-atz-vo-tam.
Mo-neh mis-par la-ko-cha-vim
le-chu-lam she-mot yik-ra.

Ga-dol a-do-nei-nu ve-rav ko-aĉh
lit-vu-na-to ein mis-par.
Me-o-ded a-na-vim a-do-nai
mash-pil re-sha-im a-dei a-retz.

E-nu la-do-nai be-to-dah
za-me-ru le-lo-hei-nu ve-chi-nor.
Ham-cha-seh sha-ma-yim be-a-vim
ha-meit-ĉin la-a-retz ma-tar
ha-matz-mi-aĉh ha-ri-m ĉa-tzir.

No-ten liv-hei-mah laĉ-mah
liv-nei o-rev a-sher yik-ra-u.

Lo vig-vu-rat ha-sus yeĉ-patz
lo ve-sho-kei ha-ish yir-tzeh.
Ro-tzeh a-do-nai et ye-rei-av
et ham-ya-ĉa-lim le-ĉas-do.
Shab-ĉi ye-ru-sha-la-yim et a-do-nai
ha-le-li e-ĉo-ha-yiĉ tzi-yon.
It is that one who defends your gates and blesses your children within and gives peace to your borders and satisfies you with wheat and fills the earth with a healing word that runs swiftly from place to place.

Who sends down gentle snow like wool and spreads out frost like ash who sends ice storms before which nothing can stand who melts the ice with a word and sends a wind so that waters flow who tells the story to Jacob, and the tradition to Israel: a different story than anyone else has heard, a principle previously unknown.

Halleluyah.
Ki [chiz·ak be-ri·chei she-a-ra-yi[ch be·raĉ ba-na-yi[ch be·kir-beĉ].

Has-am ge·vu·le[ch sha·lom che·lev chit·im ya·bi·e[ch.

Hash·o·lei·a[ch im·ra·to a·retz ad me·he·i·rah ya·ru·tz de·va·ro.

Ha·no·ten she·leg ka·tza·mer ke·for ka·ei·fer ye·fa·z·er.

Mash·lich kar·cho che·fit·im lif·nei ka·ra·to mi ya·a·mod.

Yish·la[ch de·va·ro ve·yam·sem yash·ev ru·ĉho yiz·lu ma·yim.

Mag·id de·va·rav le·ya·a·kov chu·k·av u·mish·pa·tav le·yis·ra·el.
Lo a·sah chen le·chol goy u·mish·pa·tim bal ye·da·um ha·le·lu·yah.

Praising the One

Psalm 147:13-20
Halleluyah!

Praise the Weaver from the skies!
Praise from the heights!

Praise from the heavenly messengers!
Praise from the heavenly hosts!

Halleluyah! Sun and moon and stars!

Halleluyah! Sing the praise of God!  

Praise from the highest skies
and from the cosmic waters beyond the skies.
Let them all praise the Tapestry of Being
which wove and created them
and made them matter forever —
and gave a law that will not alter.

Praise the Weaver from the earth
sea monsters and wells of the deep
fire and hail, snow and smoke,
storm wind acting out God’s word,
mountains and hills,
fruit trees and cedar trees,
wild and tame animals,
insects and birds that fly
great powers of the earth, all nations,
ministers and judges,
youths and maidens,
the young along with the old

Let them all praise the Tapestry of Being
higher far than we can reach or know —
yet we thank from earth and sky
the Becoming that raised us up:
praise to the loving ones,
the wrestlers with the world, the people intimate with the Infinite.

Halleluyah.
הַלְלוּיָה

הַלְלוּ אֶת יהוה מִן הַשָּׁמַיִם
הַלְלוּהוּ בַּמְּרוֹמִים.
הַלְלוּהוּ כָּל מַלְאָכָיו
הַלְלוּהוּ כָּל צְבָאָיו
הַלְלוּהוּ שֶׁмес וְיָרֵחַ
הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר
הַלְלוּהוּ שְׁמֵי הַשָּׁמָיִם
וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמָיִם.
יְהַלְלוּ אֶת שֵׁם יהוה
כִּי הוּא צִוָּה וְנִבְרָאוּ.
וַיַּעֲמִידֵם לָעַד לְעֹלָם
חָק נָתַן וְלֹא יַעֲבוֹר.
הַלְלוּ אֶת יהוה מִן הָאָרֶץ
tוּנִיָּהוּ וְכָל תְּהוֹמוֹת.
תַּנִּינִים שֶׁל אָשֶׁר שָׁמָּה
אֵשׁ וּבָרָד שֶׁלֶג וְקִיטוֹר
רוּחַ סְעָרָה עֹשָׂה דְבָרוֹ.
הֶהָרִים וְכָל גְּבָעוֹת
עֵץ פְּרִי וְכָל אֲרָזִים.
הַחַיָּה וְכָל בְּהֵמָה
רֶמֶשׂ וְצִפּוֹר כָּנָף.
מַלְכֵי אֶרֶץ וְכָל לְאֻמִּים
שָׂרִים וְכָל שֹׁפְטֵי אָרֶץ.
בַּחוּרִים וְגַם בְּתוּלוֹת
זְקֵנִים עִם נְעָרִים.
יְהַלְלוּ אֶת שֵׁם יהוה
כִּי נִשְׂגָּב שְׁמוֹ לְבַדּוֹ
הוֹדוֹ עַל אֶרֶץ וְשָׁמָיִם.
וַיָּרֶם קֶרֶן לְעַמּוֹ
תְּהִלָּה לְכָל חֲסִידָיו
לִבְנֵי יִשְׂרָאֵל עַם קְרֹבוֹ
הַלְלוּיָה.
Halleluyah!

Sing a new song for the Divine.
Praise of the One can be found in a united community of seekers of love.
Let the people rejoice in their Creator,
the land of Zion’s children find joy in the Becoming One.

Let them praise Her name in dance
sing to Her with drum and harp!
For the One who Is loves the people,
so let the infinitesimal ones find beauty in liberation.

Let the lovers of life find joy in the Presence
and sing even in their dreams!

Let praises of the Highest reside inside them.
Let then hold a double-edged sword
to find the powerful guilty,
to prove cases against the corrupt,
to incarcerate the violent
and those who abuse power —
to enforce fair judgment.

This is glory to the ones who love life.

Halleluyah.
Praising the One  Psalm 149

Ha-le-lu-yah

śli-ru la-do-nai shir čha-dash te-hi-la-to
bik-hal čha-si-dim.
Yis-mač yis-ra-el be-o-sav
be-nei tzi-yon ya-gi-lu ve-mal-kam.
Ye-ha-le-lu she-mo ve-ma-chol
be-tof ve-chi-nor ye-za-me-ru lo.
Ki ro-tzeh a-do-nai be-a-mo
ye-fa-er a-na-vim bi-shu-ah.
Ya-le-zu čha-si-dim be-čha-vod
ye-ra-ne-nu al mish-ke-vo-tam.
Ro-me-mot el big-ro-nam
ve-che-rev pi-fi-yot be-ya-dam.
La-a-sot ne-ka-mah bag-o-yim
to-che-ḥot bal u-mim.
Le-sor mal-če-hem be-zik-im
La-a-sot ba-hem mish-pat
ka-tuv ha-dar hu le-čhol čha-si-dav
ha-le-lu-yah.
Halleluyah!
Praise the One in the holy place.
   In the mighty skies.
Praise Her for Her heroic acts
for the breadth of Her greatness.
Praise Him with the shofar blast
   with the harp and lyre.
Praise Her with drum and dance
   with strings and flute.
Praise Him — make the bells chime.
   Praise Him — ring the bells!

Every breath is praising Yah.
   Halleluyah.
Ha·le·lu·yah!

Ha·le·lu el be·kod·sho
ha·le·lu·hu bir·ki·a uz·o.

Ha·le·lu·hu vig·vu·ro·tav
ha·le·lu·hu ke·rov gud·lo.

Ha·le·lu·hu be·tei·ka sho·far
ha·le·lu·hu be·ne·vel ve·chi·nor.

Ha·le·lu·hu ve·tof u·ma·chol
ha·le·lu·hu be·mi·nim ve·u·gav.

Ha·le·lu·hu ve·tzil·tze·lei sha·ma
ha·le·lu·hu be·tzil·tze·lei te·ru·ah.

cολ unneshamah te·ha·lel yah ha·le·lu·yah.
The breath of all life
praises Your name — Your multifarious name —
O Breath of Life.

the life-force of each incarnate being
raises You up within its body
mentions You within its cells

From the beginning of time and space
until its end, You are Divine.
Without You, the universe is lonely
and we have no one to liberate us
or sustain us or have compassion on us
in troubled times or at sorrowful moments.
We have no one to guide us in becoming but You.

Power of the past and future
of all creatures
of all generations
praised in so many different voices
shepherding the world in love,
and its life-forms in compassion —

never sleeping,
always wakeful,
waking the sleepers and the dreamers
drawing speech from the silent
releasing the imprisoned
supporting those who fall
and raising up the humble,

only You
we can thank for all
this. ❯
Nish·mat kol ḥai
te·va·reḵ et shim·ḥa a·do·nai e·lo·hei·nu ve·ru·aḵ kol ba·sar te·fa·er ut·ro·mem zikh·re·ḥa mal·kei·nu ta·mid.

Min ha·o·lam ve·ad ha·o·lam a·tah el u·mi·bal·a·de·ḥa ein la·nu me·leḵ go·el u·mo·shi·a· po·deh u·ma·tzil u·me·far·nes u·me·ra·chem be·ḥol et tza·raḥ ve·tzu·kah ein la·nu me·leḵ e·la a·tah.

E·lo·hei ha·ri·sho·nim ve·ha·a·cha·ro·nim e·lo·ah kol be·ri·yot a·don kol to·la·dot ha·mu·lu·al be·rov ha·tush·ba·ḥot ha·mu·ne·g o·la·mo be·che·sed uv·ri·yo·tav be·ra·cha·mim.

Va·do·nai lo ya·num ve·lo yi·shan ha·m·o·rer ye·she·nim ve·ha·mei·kitz nir·da·mim ve·ha·mei·si·aḵ i·le·mim ve·ha·ma·tir a·su·rim ve·ha·so·mekh nof·lim ve·ha·zo·kef ke·fu·fim le·ḥa le·vad·ḥa a·naḥ·nu mo·dim.
If our mouths were as full of song as the sea
and our tongues could sing like the many waves
and our lips could offer praise like the wide skies
and our eyes shone like the sun and the moon
and our hands could spread in exultation like eagle’s wings
and our feet were light as the deers’ —
even then, we could not praise you enough
our Everything, our parents’ Everything —
or bless your name enough for even one
of the thousand thousand thousand thousands
of millions of times you have done good
for our ancestors and for us.

You redeemed us from Egypt, our Deliverer,
and from houses that enslaved us.
In hunger you fed us, and feasted us in abundant times
brought us out of violence and disease.
We trusted you, and You drew us out.
Until now Your loving mercy has helped us —
don’t abandon us
for the rest of eternity!

Therefore the limbs You have formed in our bodies
and the breath and spirit You have breathed into our nostrils
and the tongue you placed in our mouths
together they will thank and bless
exalt and celebrate and sanctify
and ground and elevate
and crown Your holiness.

Each mouth thanks you in its own way
and each tongue promises in its own language
and each knee bends in the manner that it can
and each form bows itself toward you
and each heart offers you reverence
and every gut and organ sings to your name.
Ilu finu ma-lei shi-rah ka-yam

u-le-sho-ne-nu ri-nah ka-ha-mon ga-lav
ve-sif-to-tei-nu she-va-chez ke-mer-cha-vei ra-ki-ia
ve-ei-nei-nu me-i-rot kash-e-mesh ve-cha-ya-rei-ach
ve-ya-dei-nu pe-ru-sot ke-nish-rei sha-ma-yim
ve-rag-lei-nu ka-lot ka-ai-ya-lot

ein a-nach-nu mas-pi-kim le-ho-dot le-cha
a-do-nai e-lo-hei-nu ve-lo-hei-ho-rei-nu
u-le va-rech et she-mecha al a-chat
me-al-ef e-lef al-fei a-la-fim
veri-bei re-va-vot pe-a-mim
hat-o-vot she-a-si-ta im ho-rei-nu ve-i-ma-nu.

Mi-mitz-ra-yim ge-al-ta-nu a-do-nai e-lo-hei-nu
u-mi-beit a-va-dim pe-di-ta-nu.
ba-ra-av zan-ta-nu u-ve-sa-va kil-kal-ta-nu
me-che-rev hitz-al-ta-nu u-mid-e-ver mi-lat-ta-nu
ad he-nah a-za-ru-nu ra-cha-mei-cha
ve-lo a-za-va-nu cha-sa-dei-cha.
ve-al tit-shei-nu a-do-nai e-lo-hei-nu la-ne-tzach.

Al ken e-va-rim she-pi-lag-ta ba-nu
ve-rui-ach un-sha-mah she-na-fa-ch-ta be-a-pe-i-nu
ve-la-shon a-sher sam-ta be-fi-nu
hen hem yo-du vi-va-ra-chu
vi-sha-be-chu vi-fa-a-ru vi-ro-ma-mu
ve-ya-ri-tzu ve-yak-di-shu ve-yam-li-chu
et shim-cha mal-ke-nu.

Ki chol peh le-cha yo-deh
ve-chol la-shon le-cha ti-sha-va
ve-chol be-rech le-cha tich-ra
ve-chol ko-mah le-va-ne-cha tish-ta-cha-veh
ve-chol le-vu-vot yi-ra-u-cha
ve-chol ke-rev uch-la-yot ye-zam-ru lish-me-cha

Alu finu meli shiru kes

elshonu rova chamou bilam
eshfahaniyin shavu chaforbed kriyot
uzenun maorot esfakhun bechak
ydinun farshata mishar shekum
erelun kelot ekalot

ayi einun meshakekim lehodot lo
yira allahon enallah horon
lechem ech akhal alaki
mechal akhal akhal akalim
roey rabboth esfakim

hamotav sheshatam ye horon tekum

metzarein galelkan yirah allahom
nemitz tebodim efennun
berek avnun beheshetek elkalek
moharot alelkan moheber meimakeh
molakim rizim neachomim elalek
zed nefa yaredon rehmen
alu zavon tevedik

ale meshim yirah allakon

ze el evedim esfakim bani
voroh nechom sheshakat bafeinu
elshon akhar shemta befon
not ha yed riiker
rihahat yereu vorimom
atzervei rikeyshim veimilek

at shamak shemakem

ki kol ha peh kol yodeh
kol leshon kol tebush
kol beru kol tehir
kol kolka felkiyim esmakanu
kol kolka lebedot yirakom
kol kolka lebedot yirek.

kol kolka lechlo tikomul shemak

Breath of Life

Nishmat Kol Chai
As the Bible has told us:
all of my bones will say:
Holy One, who is like You?
It is Your Being that offers the poor shelter from the predator
and the destitute shelter from the thief.

Who could be like this Allness?
What could compare to Everything?
What could measure itself against the Universe?

Abundant One, Mighty,
Mystery in the Heights creating Sky and Earth!
We praise, beautify, and glorify
and bless your Holiness,
as did King David;
bless, my body-soul, the Infinite
and let all that is within me bless Holy Quintessence!

Divine in the multiplicities of Your strength.
great in the honoring of Your Name
You are eternally capable and awe-inspiring in Your miracles.
Enthroned on a lofty yet intimate seat, you are the Majesty.

O Dweller in eternity,
Essence of holiness!

Rejoice, righteous ones, in the Righteous.
For those who walk the path, praise is a good thing.

In the mouths of the upright is the praise.
In the words of the righteous is the blessing.
In the speech of the kind ones is the holiness.
In the midst of the holy ones is the exaltation.
כַּדָּבָר שֶׁכָּתוּב
col atz-mo-tai to-mar-nah
ma-tzil o-ni mei-cha-zak mi-me-nu
ve-a-ni ve-ev-yon mi-goz-lo.

Mi yid-meh lačh
u-mi yish-veh lačh
u-mi ya-a-ročh lačh.

Ha-el ha-ga-dol ha-gi-bor ve-ha-no-ra
el el-yon ko-neh sha-ma-yim va-a-rettz.
Ne-ha-lel-cha u-ne-sha-bei-cha-cha u-ne-fa-er-cha
u-ne-va-rečh et shem kod-she-cha
ka-a-mur le-da-vid
ba-ra-čhi naf-shi et a-do-nai
ve-chol ke-ro-vai et shem kod-sho.

Ha-el be-ta-a-tzu-mot uz-e-cha
ha-ga-dol bich-vod she-me-čha
ha-gi-bor la-ne-tzach ve-ha-no-ra be-no-ro-te-cha.
Ha-me-lečh ha-yo-shev al kis-ei ram ve-ni-sa.

Sho-čein ad ma-rom
ve-ka-dosh she-mo.

Ve-čha-tuv ra-na-nu tza-di-kim ba-do-nai
la-ye-sha-rim na-vah te-hi-lah.

Be-fi ye-sha-rim tit-ro-mam
u-ve-div-rei tza-di-kim tit-ba-račh
u-vil-shon cha-si-dim tit-kad-ash
u-ve-ke-rev ke-do-shim tit-ha-lal

כָּל עַצְמֹתַי תֹּאמַרְנָה
מַצִּיל עָנִי מֵחָזָק מִמֶּנּוּ
וְעָנִי וְאֶבְיוֹן מִגֹּזְלוֹ.

יְהוָה מִי כָּמוֹךָ
מִי יִדְמֶה لָּךְ
וּמִי יִשְׁוֶה לָּךְ
וּמִי יַעֲרָךְ לָּךְ.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא
אֵל עֶלְיוֹן קֹנֵה שָׁמַיִם וָאָרֶץ.
נְהַלֶּלְךָ וּנְשַׁבֵּחֲךָ וּנְפָאֶרְךָ
וּנְבָרֵךְ אֶת שֵׁם קָדְשֶׁךָ
כָּאָמוּר לְדָוִד
בָּרֲכִי נַפְשִׁי אֶת יהוה
וְכָל קְרָבַי אֶת שֵׁם קָדְשׁוֹ.

הָאֵל בְּתַעֲצֻמוֹת עֻזֶּךָ
הַגָּדוֹל בִּכְבוֹד שְׁמֶךָ
הַגִּבּוֹר לָנֶצַח וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ.

הַמֶּלֶךְ הַיּוֹשֵׁב עַל כִּסֵּא רָם וְנִשָּׂא.
שׁוֹכֵן עַד מָרוֹם
וְקָדוֹשׁ שְׁמוֹ
וְכָתוּב רַנֲנוּ צַדִּיקִים בַּיהוה
לַיְשָׁרִים נָאוָה תְהִלָּה.

בְּפִי יְשָׁרִים תִּתְרוֹמָם
וּבְדִבְרֵי צַדִּיקוֹת תִּתְבָּרַךְ
וּבִילְשׁוֹן חֲסִידוֹת תִּתְקַדָּשׁ
וּבִקֶּרֶב קְדוֹשִים תִּתְהַלָּל.
Myriads of choirs of your people, 
dwelling in Israel’s house, 
glorify you in Song, Becoming One, 
in every generation, 
for every creature has a duty to be part of this, 
O Bridge 
that spans the generations, 
to thank, exalt, praise, glorify, 
raise up, beautify and bless 
lift up and extol, 
even more than all the songs and praises 
of David son of Jesse, anointed poet of your glory.

Let all beings extol your essence, 
Our God, Guide, Greatness, Holiness 
throughout heaven and earth. 
these are Your practices, 
great divinity of our ancestors: 

praise and extolling, 
   exaltation and song, 
   strength and right order, 
   persistence, abundance, and discipline, 
   ululation and glory, 
   holiness and groundedness. 

Blessings and thanks, 
now and throughout all worlds, 
to the One who Is, 
abundant in praises, 
mighty in thanksgiving, 
extraordinary in wonders, 
delighting in songs and poems: 
The Indwelling, 
Life of all the Worlds.
Uv-mak-ha-lot ri-va-vot am-cha
beit yis-ra-el
be-ri-nah yit-pa-ar shim-cha mal-ke-nu
be-chol dor va-dor.
Shek-en cho-vat kol hay-tzu-rim
le-fa-nei-cha a-do-nai e-lo-hei-nu
ve-lo-hei ho-rei-nu
le-ho-dot le-ha-lel le-sha-be-ach le-fa-er
le-ro-mem le-ha-de-r le-va-rech
le-a-leh ul-ka-les
al kol div-rei shi-rot ve-tish-ba-chot
da-vid ben yi-shai av-de-cha me-shi-che-cha.

Yish-ta-bach shim-cha la-ad mal-kei-nu
ha-el ha-me-lech ha-ga-dol ve-ha-ka-d-vosh
ba-sha-ma-yim u-va-a-retz.
ki le-cha na-eh
a-do-nai e-lo-hei-nu ve-lo-hei ho-rei-nu

shir ush-va-çah
ha-lel ve-zim-rah
oz u-mem-sha-la
ne-tzach ge-du-la u-ge-vu-rah
te-hi-la ve-ti-fe-ret
ke-dush-ah u-mal-chut.

Be-ra-chot ve-ho-da-ot
mei-a-tah ve-ad o-lam
Ba-ruch a-tah a-do-nai el me-lech
ga-dol ba-tish-ba-chot
e ha-ho-da-ot
a-don ha-nif-la-ot
ha-bo-cher be-shi-rei zim-rah
me-lech el
chei ha-o-la-mim.
Abundant and holy
is that Name
in this world born out of God’s desire.
May that Reality be manifest
In our lives,
in the lives of the people now living,
in the right time, and soon.
And say: amen.

May that great name
be blessed in this world and all the worlds,
in this time and in all times.

Blessed and praised
glorified and exalted and lifted high,
beautified and exalted and praised
is that holy name —

blessed be the One —

though that One is greater
than all of the blessing, singing,
praising and consoling
that we can utter in this world.
And let us say:

amen.
Yir·ga·dal ve·yit·ka·dash
she·mei ra·ba (a·men)
be·al·ma div·ra chir·u·teh
ve·yam·lich mal·chu·teh
be·chai·yei·chon uv·yo·mei·chon
uv·cha·yei de·chol beit· yis·ra·el
ba·a·ga·la u·viv·man ka·riv
ve·im·ru a·men.

Ye·hei she·mei ra·ba
me·vo·raḥ le·a·lam
u·le·al·mei al·mai ya.

Yir·ba·raḥ ve·yish·ta·baḥ
ve·yit·pa·ar ve·yit·ro·mam ve·yit·na·sei
ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·la
she·mei de·kud·sha

be·rich hu.

Le·ei·la (u·le·ei·la)
mi·kol bir·cha·ta ve·shi·ra·ta
tush·be·cha·ta ve·ne·cha·ma·ta
da·a·mi·ran be·al·ma
ve·im·ru

a·men.
LEADER

בָּרְכוּ אֶת יהוה הַמֵּםְרָךְ

Bar·chu
et a·do·nai ham·vo·rach

Bless towards the ONE who is Blessed
COMMUNITY

בָּרוּך יהוה הַמְבֹרָך לְעוֹלָם וָעֶד

בָּרוּךְ יהוּדָה הַמְבֹרָךְ לְעוֹלָם וָעֶד

Bar·uch a·do·nai ham·vo·rach
le·o·lam va·ed

Bless the ONE who is Blessed forever and ever
Blessed be You,  
Artist of the Cosmos,  

Forming Light,  
Creating Darkness,  
Making Peace,  
Creating All.  

All thanks You,  
Praised by All  
All proclaims You,  
Holy above All  
All exalts You,  
Maker of All.  

Divine doorkeeper  
opening the gates of the east each day,  
flinging open the windows of the sky,  
you lead the sun out from her dwelling,  
and welcome the moon from her house,  
lighting up the world and all its creatures  
that You fashioned with such loving care.  

You illuminate the earth  
and those who live on it,  
with compassion  
and goodness,  
renewing tirelessly each day  
the work of creation.
בְּרוּכָה אַתְּ שְׁכִינָה אֱלֹתֵינוּ רוּחַ הָעוֹלָם
יוֹצֶרֶת אוֹר וּבוֹרֵאת חֹשֶׁךְ עֹשָׂה שָׁלוֹם
וּבוֹרֵאת אֶת הַכֹּל היְדוּךְ
וְהַכֹּל יְשַׁבְּחוּךְ וְהַכֹּל יֹאמְרוּ
אֵין קְדוֹשָׁה כַָּיהוה.
וְהַכֹּל יְרוֹמֲמוּךְ סֶּלָה
יוֹצֶרֶת הַכֹּל.
הָאֵלָה הַפּוֹתַחַת בְּכָל יוֹם דַּלְתוֹת שַׁעֲרֵי מִזְרָח
וּבוֹקַעַת חַלּוֹנֵי רָקִיעַ מוֹצִיאָה חַמָּה מִמְּקוֹמָהּ
וּלְבָנָה מִמְּכוֹן שִׁבְתָּהּ שֶׁבָּרְאָה בְּמִדַּת רַחֲמִים.
הַמְּאִירָה לָאָרֶץ וּלַדָּרִים עָלֶיהָ בְּרַחֲמִים וּבְטוּבָה
מְחַדֶּשֶׁת בְּכָל יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית.

Ha-kol yo-duch
ve-ha-kol ye-sha-be-chuch
ve-ha-kol yom-ru
Ve-ha-kol ye-ro-ma-much se-lah
yo-tze-ret ha-kol.

Ha-ei-lah ha-po-ta-chat be-chol yom
dal-tot sha-a-rei miz-rach
u-vo-ka-at cha-lo-nei ra-ki-a
mo-tzi-ah cha-mah mim-ko-mah
u-le-va-nah mim-chon shiv-tah
u-me-i-rah la-o-lam ku-lo ul-yosh-vav
she-ba-rah be-mid-at ra-cha-mim.

Ham-i-rah la-a-retz
ve-la-da-rim a-le-ha
be-ra-cha-mim
uv-tu-vah
me-cha-de-shet be-chol yom ta-mid
ma-a-seh ve-rei-shit.

ON HOLIDAYS THAT FALL ON WEEKDAYS, SKIP TO PAGE TK
Sculptor of the universe,
    praised
    glorified
    exalted
    since the birth of days.

Source of the World,
    Your vast compassion —
    rain it down on us.

Strength that teaches us,
    Rock that holds us,
    Guardian that defends us,
    Shelter that shadows us.

Nothing has Your measure.
Nothing stands beside You,
Nothing is like You.
    Who could be like you?

Nothing
    in this world,
Nothing
    in all the worlds,
Nothing
    will compare to You
    in any future world.
המלך המרומם לבדו מי-ז
ham-shu-bach
ve-ha-me-fo-ar
ve-ha-mit-na-sei
mi-mot o-lam.

E-lo-hei o-lam
be-ra-cha-me-cha ha-ra-bim
ra-chem a-lei-nu
a-don uz-ei-nu
tzur mis-ga-bei-nu
ma-gen yish-ei-nu
mis-gav ba-a-dei-nu.

Ein ke-er-ke-cha
ve-ein zu-la-te-cha
e-fes bil-te-cha
u-mi do-meh la-ch.

Ein ke-er-ke-cha a-do-nai e-lo-hei-nu
ba-o-lam haz-eh
ve-ein zu-la-te-cha mal-ke-nu
le-cha-yei ha-o-lam ha-ba.
e-fes bil-te-cha go-a-le-nu
li-mot ha-ma-shi-ach
ve-ein do-meh le-cha mo-shi-ei-nu
lit-chi-yat ha-mei-tim.
You who are weaving the whorl of the whole
blessed you are in the song of each soul.
Your grace and Your goodness fill all the worlds;
around Your glory, pearls of wisdom swirl
and holy beings carry you far
in your chariot that wanders the stars.
Rightness and righteousness sit by your throne,
love and compassion with you are at home.

Blessed are the lights you created to shine
with wisdom and knowledge you made each one a sign
a mighty power you placed in the stars
that they may shepherd our world through the dark

Brilliant and glowing and sparkling with light
wonderful they are by day and by night
joyful in rising, elated in setting
doing in reverence the will of the One.

Beauty and glory they lend to Your Name
jubilant song they offer to Your Grace
For You call the sun to pour forth its light
and You form the moon to guide us at night.

All of the heavenly hosts
sing your praise
angels and
holy beings
blessing
this day.
El a·don al kol ha·ma·a·sim
Ba·ru·ch u·me·vo·ra·ch be·fi kol ne·sha·mah
God·lo ve·tu·vo ma·lei o·lam
Da·at ut·vu·nah so·va·vim o·to
Ha·mit·ga·eh al chai·yot hak·o·des·h
Ve·neh·dar be·cha·vod al ha·mer·ka·vah
Ze·chut u·mi·shor lif·nei chis·o
Che·sed ve·ra·cha·mim lif·nei che·vo·do
To·vim me·o·rot she·ba·ra e·lo·hei·nu
Ye·tza·ram be·da·at be·vi·nah u·ve·has·kel
Ko·a·ch u·ge·vu·rah na·tan ba·hem
Lih·yot mo·she·lim be·ke·rev te·vel
Me·le·im ziv u·me·fi·kim no·gah
Na·eh zi·vam be·chol ha·o·lam
Se·me·chim be·tze·tam ve·sa·sim be·vo·am
O·sim be·ei·mah re·tzon kon·am
Pe·er ve·cha·vod no·te·nim lish·mo
Tzo·ho·lah ve·ri·nah le·ze·cher mal·chu·to
Ka·ra la·she·mesh vai·yiz·ra·ch or
Ra·ah ve·hit·kin zu·rat hal·va·nah
She·va·ch not·nim lo
kol tze·va ma·rom
Tif·e·ret u·ge·du·lah
se·ra·fim
ve·o·fa·nim
ve·chai·yot ha·ko·des·h
Before the One

who ceased from all doing,
riding high on the Sabbath day
upon a throne of presence,
robing the day of rest in beauty,
calling Shabbat a delight.
This is the Sabbath's praise:
it is divine power at rest.
The seventh day itself offers praise:
a psalm, a song of Shabbat:
it is good to praise the Eternal.

So

all the beings beautify and bless the Source:
precious and generous is that praise
directed to the Divine Guide,
the holy Shepherd who brings rest to the people.

On this sacred day of ceasing all work,
Your name comes to the fore;
Your essence appears in all its beauty
throughout the endless skies
and all the deep places of the earth.

The Creator is blessed
when we bless Creation.
You are praised when we praise the lights
that You have made.

Selah.
לָאֵל

אֲשֶׁר שָׁבַת מִכָּל הַמַּעֲשִים
בִּזְמֵן חֶשְׁבָעִיר נִצְרַעְתָה
לֹא שָׁבַת בְּעֵמָא בָּבֶר
מַפְּאָרָה צָהָה לְיָמִים מַגְנָה
עַנְגֵנָה צָהָה לַיְבָם שַׁבָּת.
וְיָשַׁב עַל כִּסֵּא כְבוֹדוֹ
תִּפְאֶרֶת עָטָה לְיָמִים מְנוּחָה
עֹנֶג קָרָא לְיָמִים שַׁבָּת.

זֶה שֶׁבַח שֶׁלַּיּוֹם הַשְּׁבִיעִי
שֶׁבּוֹ שָׁבַת אֵל מִכָּל מְלַאכְתּוֹ.
וְיוֹם הַשְּׁבִיעִי מְשַׁבֵּחַ וְאוֹמֵר.
מִזְמוֹר שִׁיר לְיָמִים שַׁבָּת.

טוֹב לְהֹדוֹת לַיהוה.

לְפִיכָךְ
יְפָאֲרוּ וִיבָרֲכוּ לָאֵל כָּל יְצֻרָיו.
שֶׁבַח יְקָר וּגְדֻלָּה יִתְּנֻה
לְאֵל מֶלֶךְ יְצֹרָה כֹּל
הַמַּנְחִיל מְנוּחָה לְעַמּוֹ יִשְׂרָאֵל
בִּקְדֻשָּׁתוֹ בְּיָמִים שָׁבָט קֹדֶשׁ.

שִׁמְךָ יהוה אֱלֹהֵינוּ יִתְּקַדַּשׁ
וְזִכְרְךָ מַלְכֵּנוּ יִתְּפָאַר
בַּשָּׁמַיִם מִמַּעַל
וְעַל הָאָרֶץ מִתָּחַת.
תִּתְבָּרַךְ מוֹשִׁיעֵנוּ
עַל שֶׁבַח מַעֲשֵׂה יָדֶיךָ
וְעַל מְאוֹרֵי אוֹר
שֶׁעָשִּיתָ יְפָאֲרוּךָ
סֶלָה.

Le-fi-chaṭ

yé-fa-a-ru vi-vá-ra-čhu la-el kol ye-tzu-rav.
she-vá-čh ye-kar u-ge-du-lah yit-nu
le-el me-lečh yo-tzer kol
ha-man-čhit me-nu-čhah le-a-mo yis-ra-el

Bik-du-ša-to be-yom sha-bat ko-desh.
Shim-čha a-do-nai e-lo-hei-nu yit-ka-dash
ve-zíčh-re-čha mal-ke-nu yit-pa-ar
bash-a-ma-yim mi-ma-al
ve-al ha-a-retz mi-ta-čhat.

Tit-ša-rač mo-ši-ei-nu
al she-vá-čh ma-seh ya-dei-čh
ve-al me-o-rei or
she-a-sí-ta ye-fa-a-ru-čh

se-lah.
How multivariate are your works,
O Maker, in wisdom have you made them,
filling the earth with your beloved beings.

You whose majesty is unique since the first burst of light
praised, exalted and extolled
since the world's birth —
Soul of the World,
in your tender compassion,
show compassion to us:
Fortress from which we learn strength,
Rock within which we shelter,
Shield that teaches us liberation,
Peak of Experience that works within us for the good.

Ark of Blessing,
Cornucopia of Cognition,
Devising, Engendering and Forging
the Great Halo of the sun,
you made Integrity as a Journey to Your Kingly essence
and created Lights,
Your Magnificence and Nobility to Orbit.
The Poles of the globe are holy to You,
Queenly and Radiant
Shaddai, Telling Urgently of your sacred
Vibrancy and Venerable Ways.

May You be blessed, Fountain of Being,
through the many voices of Your creations
and through the lights You fashioned
which reflect Your beauty.

Selah.
Mah ra·bu ma·a·se·cha
a·do·nai ku·lam be·cho·ch·mah a·si·ta
ma·le·ah ha·a·re·tzm kin·ya·ne·cha.

Ha·me·leḥ ham·ro·mam le·va·do mei·az
ham·shu·baḥ ve·ha·me·fo·ar ve·ha·mit·na·se
mi·mot o·lam.
E·lo·he·i o·lam
be·ra·ča·me·cha ha·ra·bim
ra·čeim a·lei·nu
a·don u·zei·nu
tzur mis·ga·be·nu
ma·gen yish·ei·nu
mis·ga·v ba·a·de·nu.

El Ba·ruč
Ge·dol De·ah
He·čhin U·fa·al
Zo·ho·rei Čha·mah
Tov Ya·tzar
Ka·vod Lish·mo
Me·o·rot Na·tan
Se·vi·vot Uz·o
Pi·not Tze·va·av Ke·do·shim
Ro·ma·mei Shad·ai Ta·mid me·sp·e·rim
ke·vod el u·ke·du·sha·to.

Tit·ba·raĉ a·do·néi e·lo·he·i·nu
al she·va·ĉa ma·a·se·ia ya·de·ča
ve·al me·o·rei or
she·a·si·ta ye·fa·a·ru·ĉa
se·lah.
The Rock, the Guide on life’s journey,  
the One who makes us whole, that one is blessed,  
so let your name be praised throughout  
you who create messengers of goodness.

At the world’s pinnacle,  
your ministers stand  
carefully listening for  
the voice of the living God.

Beloved they are,  
bright they are,  
brave they are,  
each doing  
in awe the divine will.

Each sings  
in holiness and purity,  
in song and psalm,  
blessing and praising and  
glorifying and adoring and  
sanctifying and crowning  
the Name  
the abundant  
divine mysterious Isness  
that we call Holy.

The messengers receive  
the divine word from one another  
and give permission to one another  
to sanctify the Creator  
with their own breath  
in their own clear and beautiful language  
and then they all speak in awe  
as one:
ותיבריך צורנו
מלכנו גואלנו אורא קדישים
ישתבך שם על מלכנו
ווצר משחטינו

vaasher me-sha-ra-tav ku-lam o-medim
בם זעם o-lam
u-mash-mi-im be-yir-ah ya-chad be-kol
div-rei e-lo-him chai-yim u-me-lech o-lam.

קלם אהובים
קלם בוררים
קלם בוררים

ve-chu-lam o-sim
be-ei-mah u-ve-yir-ah re-tzon ko-nam.

велן פותחים את פיה
בקרויה שבירה
יםברכים ומעברים
מקודשים ומקליכים
אחת שמים

האל המלך
ה幢ו השם והנורה
קדוש לו

Ve-chu-lam me-kab-lim
a-lei-hem ol mal-chut sha-ma-yim zeh mi-zeh
ve-not-nim re-shut zeh la-zeh
le-hak-dish le-yo-tze-ram
be-na-chat ru-ach
be-sa-fah be-ru-rah u-vin-i-mah
ke-dush-ah ku-lam ke-e-chod
o-nim ve-o-me-rim be-yir-ah:
Holy, Holy, Holy!
God of Multitudes
The whole world is filled with Your Glory!

The wings of your bearers
make a great sound
as they rise up among the angels,
praising:

Blessed is the Glory of Your Shekhinah in all places.

To the Source of Blessing they offer sweet song
to the one who is Alive and Enduring —
so many songs,
a multitude of melodies.

For the One is:
Doer of Deeds
Worker of Change
Ally of Struggles
Sower of Righteousness
Gardener of Deliverance
Creator of Healing
Revered in Praise
Keeper of Wonders

in goodness renewing each day, every moment,
the work of creation, as the psalms say:
Give thanks to the Maker of great lights,
for divine love is always present.

May a renewed light shine upon Zion,
and may we all witness that radiance.
We bless you, Illuminating One
Creator of multitudes of light.
Ka·dosh ka·dosh ka·dosh  
hi·ro·hā be·ā·ni·thō
me·lo čhol ha·a·retz ke·vo·do.
Ve·ha·o·fa·nim ve·chai·yot ha·ko·desh
be·ra·ash ga·dol
mit·na·se·im le·u·mat se·ra·fim
le·u·mat·tam me·shab·chim ve·om·rim
Ba·ru·ch ke·vod a·do·nai mim·ko·mo
Le·el ba·ru·ch ne·i·mot yit·ei·nu
le·me·lech el chai ve·kai·yam
ze·mi·rot yo·mei·ru
ve·tush·ba·ḥot yash·mi·u
ki hu le·va·do
po·el ge·vu·rot
o·seh čha·da·shot
ba·al mil·čha·mot
zo·re·a tze·da·kot
matz·mi·aḥ ye·šu·ot
bo·rei re·fu·ot
no·ra te·hi·lot
a·don ha·ni·f·la·ot
Ham·ḥad·esh be·tu·vo be·čhol yom·ma·mid
ma·a·seh ve·re·shı́t ka·a·mur
le·o·seh o·rim ge·do·lim
ki le·o·lam čhas·do
Or čha·da·sh al tzi·yon ta·ir
ve·niz·keh čhu·la·nu me·he·ri·rah le·o·ro.
Ba·ru·ch a·tah a·do·nai
yo·tzer ha·me·o·rot.
What a great love you have given us 
our Divine Beloved.
A vast and profound tenderness have You shown us.
Sage and Source,
for the sake of our ancestors who trusted you —
you taught them the ways of life —
be kind to us and teach us.

Kind father, gentle mother, loving guide,
have compassion on us.
Place in our hearts knowledge, understanding,
hearing, learning and teaching. Place in us
guarding of the sacred practice and upholding
of the words of your Teaching
in love.

May Torah be a light to our eyes.
May our hearts cling to Your mitzvot.
May our hearts unite
in love and awe to revere Your Name
and may our love be without shame.

In Your holy name —
o great and wondrous — we have trusted.
Let us be glad and rejoice in Your deliverance.

GATHER THE FOUR FRINGES OF THE TALLIT
Gather us in peace
from the four corners of the world
and bring us sustainably to our land.
You are the Instigator of Liberation
and have planted us among all peoples and among all languages
and have brought us close to Your abundant
Essence,
that we may be thankful, and one with you in love.

Blessed be You
to whom our people is beloved.
A·ha·vah ra·ba a·hav·ta·nu

a·do-nai e·lo·hei·nu
cḥem·lah ge·do·lah vi·tei·rah
cha·mal·ta a·lei·nu. A·vi·nu mal·kei·nu
ba·a·vur ho·rei·nu she·ba·te·chu ve·cha
vat·e·la·me·dem chuk·ei chai·yim
ken te·cha·ne·nu u·te·la·m·de·nu.

A·vi·nu av ha·ra·ха·man
ham·ra·chem ra·chem a·lei·nu
ve·ten be·li·be·nu le·ha·vin u·le·ha·has·kil
lish·mo·a lil·mod u·le·la·med
lish·mor ve·la·a·sot u·le·kai·yem
et kol div·rei tal·mud to·ra·te·خلاف
be·a·ha·vah.

Ve·ha·er ei·nei·nu be·to·ra·te·خلاف
ve·da·bek li·bei·nu be·mitz·vo·tei·خلاف
ve·ya·ched le·va·vei·nu
le·a·ha·vah u·le·yir·ah shim·خلاف
ve·lo·ne·vosh le·o·lam va·ed.

Ki ve·shem kod·she·خلاف
hag·a·dol ve·ha·no·ra ba·ta·خلاف
Na·gi·lah ve·nis·me·خلاف
le·sha·lom me·ar·ba kan·fot ha·a·retz
ve·to·li·che·nu ko·ma·mi·yut le·ar·tze·خلاف
ki el po·el ye·shu·ot a·ta
u·va·nu va·char·ta mik·ol am ve·la·shon.
Ve·kei·rav·ta·nu le·he·d·خلاف
le·ho·dot le·cha ul·ya·ched·خلاف
be·a·ha·vah.

Ba·ru·ch a·ta·nu
ha·bo·cher be·a·mo yis·ra·el be·a·ha·vah.
She·ma yis·ra·el
a·do·nai e·lo·hei·nu
a·do·nai e·ḫad

OUR GOD THE LORD IS ONE

Q U I E T L Y Ba·ruḥ shem ke·vod mal·chu·to le·o·lam va·ed
Hear, my people
the Breath of Life our Source
that Breath of Life is One.

Blessed is the name of that being throughout all space and time.
וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לְבָבְךָ وּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים הָאֵ֗לֶּה אֲשֶׁ֣ר אָנֹכִ֧י מְצַוְּךָ֛ הַיּ֖וֹם עַל־לְבָבֶֽךָ׃ וְשִׁנַּנְתָּם לְבָנֶ֔ךָ וְדִבַּרְתָּ֖ בָּ֑ם בְּשִׁבְתְּךָ בְּבֵיתֶ֙ךָ וּבְלֶכְתְּךָ בַּדֶּ֔רֶךְ וּבְשָׁכְבְּךָ וּבְקוּמֶֽךָ׃ וּקְשַׁרְתָּם לְא֖וֹת עַל־יָדֶ֑ךָ וְהָיוּ לְטֹטָפֹ֖ת بֵּ֥ין עֵינֶֽיךָ׃ וּכְתַבְתָ֛ם עַל־מְזוּזֹ֥ת בֵּיתֶ֖ךָ וּבִשְׁעָרֶֽיךָ׃

Love the Breath of Life, your God, with all your heart, with all your soul, with all your gifts: Meditate on these words that I teach you today: And repeat them to your children, speak of them when you sit at home, when you go on your journeys, when you lie down at night and when you rise up in the morning: Bind them as a sign on your hand and let them dangle between your eyes: Write them on the doorposts of your houses, and on your gates:
וְהָיָ֗ה אִם־שָׁמֹ֤עַ תִּשְׁמְעוּ֙ אֶל־מִצְוֹתַ֔י אֲשֶׁ֧ר אָנֹכִ֛י מְצַוֶּ֥ה אֶתְכֶ֖ם הַיּ֑וֹם לְאַהֲבָ֞ה אֶת־יְהוָ֤ה אֱלֹֽהֵיכֶם֙ וּלְעָבְד֔וֹ בְּכָל־לְבַבְכֶ֖ם וּבְכָל־נַפְשְׁכֶֽם׃ וְנָתַתִּ֧י מְטַֽר־אַרְצְכֶ֛ם בְּעִתּ֖וֹ יוֹרֶ֣ה וּמַלְק֑וֹשׁ וְאָסַפְתָּ֣ דְגָנֶ֔ךָ וְתִֽירֹשְׁךָ֖ וְיִצְהָרֶֽךָ׃ וְנָתַתִּ֛י עֵ֥שֶׂב בְּשָׂדְךָ֖ לִבְהֶמְתֶּ֑ךָ וְאָכַלְתָּ֖ וְשָׂבָֽעְתָּ׃

הִשָּֽׁמְר֣וּ לָכֶ֔ם פֶּ֥ן יִפְתֶּ֖ה לְבַבְכֶ֑ם וְסַרְתֶּ֗ם וַעֲבַדְתֶּם אֱלֹהִ֣ים אֲחֵרִ֔ים וְהִשְׁתַּחֲוִיתֶ֖ם לָהֶֽם׃ וְחָרָ֨ה אַף־יְהוָ֜ה בָּכֶ֗ם וְעָצַ֤ר אֶת־הַשָּׁמַ֙יִם֙ וְלֹֽא־יִהְיֶ֣ה מָטָ֔ר וְהָ֣אֲדָמָ֔ה לֹא תִתֵּ֖ן אֶת־יְבוּלָ֑הּ וַאֲבַדְתֶּ֣ם מְהֵרָ֗ה מֵעַל הָ֣רְץ הַטֹּבָ֔ה אֲשֶׁ֥ר يְהוָ֖ה נֹתֵ֥ן לָכֶֽם׃ וְשַׂמְתֶּם אֶת־דְּבָרַ֣י אֵ֔ולֶּה עַל־לְבַבְכֶ֖ם וְעַֽל־נַפְשְׁכֶ֑ם וּקְשַׁרְתֶּ֨ם אֹתָ֤ם לְאוֹת֙ עַל־יֶדְכֶ֔ם וְהָֽיְוּ לְטוֹטָפֹ֖ת بֵּ֥ין עֵינֵיכֶֽם׃

וְלִמַּדְתֶּם אֹתָ֛ם אֶת־בְּנֵיכֶ֖ם לְדַבֵּ֥ר בָּֽם בְּשִׁבְתְּךָ֤ בְּבֵיתֶ֙ךָ֙ וּבְלֶכְתְּךָ֣ בַדֶּ֔רֶךְ וּבְשָׁכְבְּךָ֖ וּבְקוּמֶֽךָ׃ וּכְתַבְתָּ֛ם עַל־מְזוּז֥וֹת בֵּיתֶ֖ךָ וּבִשְׁעָרֶֽיךָ׃

לְמַ֨עַן יִרְבּ֤וּ יְמֵיכֶם֙ וִימֵ֣י בְנֵיכֶ֔ם עַ֚ל הָֽאֲדָמָֽה אֲשֶׁ֨ר נִשְׁבַּ֧ע יְהוָ֛ה לַאֲבֹתֵיכֶ֖ם לָתֵ֣ם כִּימֵ֥י הַשָּׁמַ֖יִם עַל־הָאָֽרֶץ׃

Now, if you will listen to my askings
that I ask you this day
to love the Well of Life
and serve it with all your heart and soul
I will pour rain
upon the land in its season
autumn rain and spring rain,
and you will gather in your grain,
your wine, and your oil.
I will put grass in the field
for your animals,
you will eat and be satisfied.
Guard yourselves
lest your hearts be seduced
and you turn and serve alienated gods
and bow down to them.
Then the Well of Life will be wounded
and will close up the sky
so that there is no rain
and the earth will yield no harvest
and you will be lost from the good land
that the Well of Life is giving you.
Put these words
on your hearts, on your souls,
bind them as a sign upon your hand
and let them dangle between your eyes.
Teach your children to speak of them
when you sit at home,
when you go on your journeys.
Write them on the doorposts
of your houses, and on your gates
In order that your days
and the days of your children
may be long on the earth
God promised to your ancestors,
as long as the days
of the skies above the land.
וַיֹּאמֶר יְהוָה אֶל־מֹשֶה לֵֽאָמֹר׃ דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וְעָשָׂ֣ו לָהֶ֔ם צִיצִ֛ת עַל־כַּנְפֵ֥י בִגְדֵיהֶ֖ם לְדֹרֹתָ֑ם וְנָֽתְנ֛וּ עַל־צִיצִ֥ת הַכָּנָ֖ף פְּתִ֥יל תְּּכֵֽלֶת׃ וְהָיָ֣ה לָכֶם לְצִיצִת וּרְאִיתֶ֣ם אֹת֗וֹ וְזְכַרְתֶּ֙ם אֶת־כָּל־מִצְוֹת יְהוָ֔ה וַעֲשִׂיתֶ֖ם אֹתָ֑ם וְלֹֽ֨א תָתֻ֜רוּ אַחֲרֵ֤י לְבַבְכֶם֙ וְאַחֲרֵ֣י עֵֽינֵיכֶ֔ם אֲשֶׁ֥ר־אַתֶּ֥ם زֹנִ֖ים אַחֲרֵיהֶֽם׃ לְמַ֣עַן תִּזְכְּר֔וּ וְעֲשִׂיתֶ֖ם אֶת־כָּל־מִצְוֹתָ֑י וִהְיִיתֶ֥ם קְדֹשִׁ֖ים לֵֽאלֹהֵיכֶֽם׃ אֲנִ֞י יְהוָ֥ה אֱלֹֽהֵיכֶ֗ם אֲשֶׁ֨ר הוֹצֵ֤אתִי אֶתְכֶם֙ מֵאֶ֣רֶץ מִצְרַ֔יִם לִהְי֥וֹת לָכֶ֖ם לֵאלֹהִ֑ים אֲנִ֖י יְהוָ֥ה אֱלֹֽהֵיכֶ֗ם.
The Breath of Life spoke to Moses. Speak to the Godwrestling people and say to them: make fringes for the wings of your garments throughout your generations and put a thread of blue in the corners. These threads will be wing-tufts for you, guiding you on the right path. You will look at them and remember all of the ways of the Breath of Life and do them, and not be misdirected by your hearts or by your eyes when you are drawn after them. In this way you will remember and observe my ways and be holy to the Breath of Life, your God. I am the Breath of Life, your God, who carried you out of the land of Egypt that I might be God to you. I am the Breath of Life, your God. The God of Being that manifests to you — that God is a true God.
True it is  it holds up
right it is  made to last
plain it is  tried and true
dear it is  greatly loved
sweet it is  a delight
stark it is  powerful
healed it is  mystery
good it is  beautiful
to us  forever
this thing  this word.

True it is that She is the becoming behind the cosmos
the solidity Jacob perceived behind shifting reality
and He manifests in each generation
through all divine names. That seat is secure
and that loyal presence real forever,
and those words are alive and vibrant,
trustworthy and sweet
throughout all space and time, throughout all the worlds —
for those who walked this earth long ago, and for us
and for those who will walk the earth long years from now,
all the generations that descend from the moment
Jacob wrestled with the angel.

From the ancestors to the descendants,
the thing is good and lasting, always.

Truth and faith are the practices that never shift.

Truth: ours is the Source of Life,
ours and our forebears’.
Source is our guide and the guide of all who came before,
our liberator and theirs,
our creator and theirs,
our Rock who grounds us and our Rescuer.
Your essence emanates from the unknown origin of being,
and there is nothing else to worship but That. ☝
אמֶת וְיַצִּיב
וְנָכוֹן וְקַיָּם
וְיָשָׁר וְנֶאֱמָן
וְאָהוּב וְחָבִיב
וְנֶחְמָד וְנָעִים
וְנוֹרָא וְאַדִּיר
וּמְתֻקָּן וּמְקֻבָּל
וְטוֹב וְיָפֶה
הַדָּבָר הַזֶּה עָלֵינוּ
לְעוֹלָם וָעֶד.

אמֶת אֱלֹהֵי עוֹלָם מַלְכֵּנוּ
צוּר יַעֲקֹב מָגֵן יִשְׁעֵנוּ
לְדוֹר וָדוֹר הוּא קַיָּם
וּשְׁמוֹ קַיָּם וְכִסְאוֹ נָכוֹן
וּמַלְכוּתוֹ וֶאֱמוּנָתוֹ לָעַד קַיָּמֶת.

וּדְבָרָיו חָיִים וְקַיָּמִים
נֶאֱמָנִים וְנֶחֱמָדִים
לָעַד וּלְעוֹלְמֵי עוֹלָמִים.

עַל אֲבוֹתֵינוּ וְעָלֵינוּ
עַל בָּנֵינוּ וְעַל דּוֹרוֹתֵינוּ
וְעַל כָּל דּוֹרוֹת
זֶרַע יִשְׂרָאֵל עֲבָדֶיךָ.

עַל הָרִאשׁוֹנִים וְעַל הָאַחֲרוֹנִים
דָּבָר טוֹב וְקַיָּמִים
לְעוֹלָם וָעֶד.

אמֶת וֶאֱמוּנָה חֹק וְלֹא יַעֲבוֹר.
אמֶת שֶׁאַתָּה הוּא יהוה
אֱלֹהֵינוּ וֵאֱלֹהֵי הוֹרֵינוּ
מַלְכֵּנוּ מֶלֶךְ הוֹרֵינוּ
גּוֹאֲלֵנוּ גּוֹאֵל הוֹרֵינוּ
יוֹצְרֵנוּ צוּר יְשׁוּעָתֵנוּ
פּוֹדֵנוּ וּמַצִּילֵנוּ
מֵעוֹלָם שְׁמֶךָ

אֵין אֱלֹهִים עוֹד זוּלָתֶךָ.
You guided our ancestors from the beginning of time
and have been beside us, their descendants, to aid us ever since,
in all our many eras.
The center of the universe is your home
yet Your justice and righteousness reach
to the edges of being.

Happy is the one who can perceive Your ways
and take to heart your principles and teachings.
Truth: You, Root of Being, share wisdom with our people
and are a great support in all our struggles.

You are the first
and the last,
and nothing liberates but
You.

You took us out of slavery, Liberator,
and set us free from servitude’s houses
and spilt the sea,
and weighted down our pursuers
and caused Your friends to pass over into freedom.
The water swept away our enslavements
so that not one was left.

Then Your beloveds praised You and lifted you in song,
Your friends sang
hymns and paens,
praises and thanks
to the One who Is Becoming:
elevated and exalted, abundant, causing amazement,
who brings the high-up to low places, and
who raises up those who were trodden underfoot,
who releases prisoners and watches over the humble
and aids the destitute, and answers any one
among the multitudes who may call.
عزרת אבותינו אתה הוא מחול
פגע ומושיש באנשיו את חרלם
בקל דוד ודוד.
ברום ועלים מתשבה
וימשיק ויצדוק
עד אפסי ארץ.

אשר אייש שיסמך למשהך
והะרג והדבר ישמים על לו.
dued את ואת גדו אלמח.
וזאת גבר לריב ריב.

אשרי איש Shelby למצותך
והะרג והדבר ישמים על לו.
dued את ואת גדו אלמח.
וזאת גבר לריב ריב.

羿אハード הוא יהוה
לאハード יהוה אייש
וימשיקו ידך
האכלו ידך נוחו.
האכלו ידך נוחו.

אשת אשת ואת
אשתו ואתה אייש
וימשיקו ידך
האכלו ידך נוחו.
האכלו ידך נוחו.

כדין אייש ישמשו למשהך
והะרג והדבר יש المستوى על לו.
dued את ואת גדו אלמח.
וזאת גבר לריב ריב.

RegularExpression EMET VEYATZIV

Ez·rat a·vo-tei-nu a·tah hu me·o·lam
ma·gen u·mo-shi·a liv·nei·hem a·cha·rei·hem
be·cho·l dor va·dor.
Be·rum o·lam mo·sha·ve·cha
u·mish·pa·tei·cha ve·tzid·ka·te·cha
ad af·sei a·retz.

Ash·rei ish shei·yish·ma le·mitz·vo·tei·cha
ve·to·ra·te·cha u·de·va·re·cha ya·sim al li·bo.
e·met a·tah hu a·don le·a·me·cha
u·me·lech gi·bor la·riv ri·vam.

E·met a·tah hu ri·shon
ve·a·tah hu a·cha·ron
u·mi·bal·a·de·cha ein la·nu
me·lech go·el u·mo·shi·a.

Mi·mitz·ra·yim ge·al·ta·nu a·do·nai e·lo·he·i·nu
u·mi·beit a·va·dim pe·di·ta·nu.
Kol be·cho·rei·hem ha·rag·ta
u·ve·cho·re·cha ga·al·ta ve·yam suf ba·ka·ta
ve·ze·dim ti·ba·ta·vi·di·dim he·e·var·ta
vay·chas·u ma·yim tza·rei·hem
e·chad me·hem lo no·tar.

Al zot shi·be·chü a·hu·vim ve·ro·ma·mu el
ve·na·te·nu ye·di·dim
ze·mi·rot shi·rot ve·tush·ba·chot
be·ra·chot ve·ho·da·ot
le·me·lech el· chai ve·ka·yam
ram ve·ni·sa ga·dol ve·no·ra
mash·pil ge·im
u·mag·bi·ah she·fa·lim
mo·tzi a·si·rim
u·fo·deh a·na·vim ve·o·zer da·lim
ve·o·neh le·a·mo be·et shav·am ei·lav.
Praises to that mystery,
which is the well of blessing,
and to whom Moses and Miriam
and all the Israelites sang
with great joy:

Who is like You among all that we worship?
Who is like you, cloaked in holiness,
bewildering in praises, maker of mystery?

A new, renewing song
the liberated ones sang —
are still singing — to your Name
at the shore of the Sea.
Together they thank and contemplate You, saying:

The Divine is here through all space and time.

Rock of Israel,
arise and be our help.
Redeem the people as you promised
those who spring from Judah and Israel.

Our Liberator,
you who bless the many,
holy among the godwrestlers.

Blessed be You,
who has redeemed this Godwrestling people.
תהלות לאל עליון
ברוך הוא וברך מושה ומרה ובני ישראל
בשמחה רבה וארו כולם
ממי כה猕 באלה יהוה
ממי כה猕 מקדש
נורא תהלות עוש פלא
שירת חדש
שבחו גאולים
לשם לך על שפת הים
יחד כולם הדו
והמליו ואמרו
יהוה ימלך לעולם וعاد
ツור ישראל
فيدה ובנה ישראל
יהודה וישראל.
גאולה
ידוהו ובנה שמך
קדווש ישראל.
ברוך אתה יהוה
גאלו ישראל.
Infinite,
open my lips,
and let my mouth speak Your praise.

Blessed are You,
Breath of Life, our God,
God of our ancestors,
Abraham’s God
Isaac’s God
Jacob’s God
Sarah’s God
Rebecca’s God
Rachel’s God
Leah’s God
Deity —
abundant
mighty
wondrous —
O mystery.

Doing good to those who love.
All-creator
taking note
of our ancestors’ love.
Bringing healing to their descendants in love,
for the sake of the holy essence
dwelling in this world.

BETWEEN ROSH HASHANA AND YOM KIPPUR
Remember us for life, You who delight in life,
And inscribe us in the book of life
for Your sake, Source of Life.

Guide
Helper
Rescuer
Defender.

Blessed are You, Breath of Life,
defender of Abraham,
helper of Sarah.
A·do·nai
se·fa·tai tif·tach
u·fi yag·id te·hi-la·te·čha.

Ba·ruḥ a·tah a·do·nai
e·lo·hei·nu ve·lo·hei
a·vo·tei·nu ve·i·mo·tei·nu
e·lo·hei Av·ra·ham
e·lo·hei Yitz·chak
ve·lo·hei Ya·a·kov
e·lo·hei Sa·rah
e·lo·hei Riv·kah
e·lo·hei Ra·čel
ve·lo·hei Le·ah
ha·el
ha·ga·dol
ha·gi·bor
ve·ha·no·ra
el el·yon
go·mel ḫa·sa·dim to·vim
ve·ko·neh ha·kol
ve·zo·cher
čas·dei a·vot ve·i·ma·hot
u·me·vi go·el liv·nei ve·nei·hem
le·ma·an she·mo
be·a·ha·vah.

BETWEEN ROSH HASHANA AND YOM KIPPUR
Zoḥ·rei·nu le·chai·yim me·lech cha·fe·tz ba·chai·yim
ve·čhot·vei·nu be·se·fer ha·chai·yim
le·ma·an·čha e·lo·him chai·yim.

Me·lech
o·zer
u·mo·shi·a
u·ma·gen.

Ba·ruḥ at·ah a·do·nai
ma·gen av·ra·ham
ve·ez·rat sa·rah.
You are our guardian always, in all the worlds, 
Holy One, You turn death to life —
so immense is your power to save!

winter You whirl the wind and bring down the rain
summer You bring down the dew

You sustain all life in loving generosity.
You bring life out of death in your womb of compassion.
You lift up the falling
and heal the sick
and free the captive.
You are faithful to what sleeps in dust.
What other being could be like you,
owner of the great powers?
Who could be like you,
keeper of life and death, gardener of salvation?

BETWEEN ROSH HASHANA AND YOM KIPPUR
Who is like you, our loving Origin,
who remembers all beings for life and peace?

You are faithful to enliven what dies.

Blessed are You, Breath of Life,
who circles death back to life.
A-tah gi-bor le-o-lam a-do-nai
me-chai-yeh me-tim a-tah
rav le-ho-shi-a.

WINTER mash-iv ha-ru-ach u-mo-rid ha-ga-shem.
SUMMER mo-rid ha-tal.

Me-chal-kel chai-yim be-chesed
me-chai-yeh mei-tim be-ra-cha-mim ra-bim
so-mech nof-lim
ve-roi-fei cho-lim
u-ma-tir a-su-rim
u-me-kai-yem e-mun-to li-she-nei a-far
Mi cha-mo-cha ba-al ge-vu-rot
u-mi do-meh lach
me-lech mei-mit u-me-chai-yeh
u-matz-mi-ac'h ye-shu-ah.

BETWEEN ROSH HASHANA AND YOM KIPPUR
Mi cha-mo-cha av ha-ra-cha-mim
zo-cher ye-tzu-rav le-chan-yim be-ra-cha-mim.

Ve-ne-e-man a-tah le-ha-cha-yot me-tim.

Ba-ru'ch a-tah a-do-nai
me-chai-yeh ha-mei-tim.
Let us all
make your name holy in the world
just as celestial beings make it holy on high.
As your prophets wrote:

Holy, holy, holy is the Deity of Multitudes!
The whole earth is full of divine presence.

With a great thundering,
a powerful, strong voice,
the angels and the seraphim
harmonize in blessing:

Blessed is the Divine Presence from every place.

From the hidden place of your dwelling
appear to us and guide us!
We have been waiting for you.
How long until your presence is felt in Zion?
May you dwell with us soon and forever.
Be sanctified and magnified
in Jerusalem, your city,
for many generations, throughout many eternities.
Let our eyes behold your Being,
just as the psalms of your power,
written by the hand of the anointed, the righteous David, tell:

May Becoming go on forever, unfolding generations.
Halleluyah.

May we be telling of your abundance for all generations;
through many ages may we be part of your holiness;
may your praise never leave our mouths,
for you are the ancient El — the Is of our present
and the holy abundance of our future.
Blessed are you,
o God becoming holy.
נְקַדֵּשׁ אֶת שִׁמְךָ בָּעוֹלָם
cְּשֵׁם שֶׂמַּקְדִּישִים אוֹתוֹ
bישמי קדושים‡ לע יד בניו
וקרא זה אל זה יאמר

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה צְבָאוֹת כֵּלָּאֶל כְּלָאֶל כְּלָאֶל יְהוָה כְּלָאֶל יְהוָה כְּלָאֶל יְהוָה
Ka-dosh ka-dosh a-do-nai tze-vah tem-lo chol ha-a-retz ke-vo-do

Az be-kol ra-ash ga-dol
Az be-kol ra-ash ga-dol
a-dir ve-cha-zak mash-mi-im kol
a-dir ve-cha-zak mash-mi-im kol
mit-na-sim le-u-mat se-ra-fim
mit-na-sim le-u-mat se-ra-fim
le-u-ma-tam ba-ruch yo-me-ru
le-u-ma-tam ba-ruch yo-me-ru

Ba-ruch ke-vod a-do-nai mim-komo.
Ba-ruch ke-vod a-do-nai mim-komo.

Mi-kom-cha mal-kei-nu to-fi-a
Mi-kom-cha mal-kei-nu to-fi-a
ve-tim-loch a-lei-nu
ve-tim-loch a-lei-nu
ki me-cha-kim a-nach-nu lach
ki me-cha-kim a-nach-nu lach
ma-tai tim-loch be-tzi-yon
ma-tai tim-loch be-tzi-yon
be-ka-rov be-ya-mei-nu le-o-lam va-ed tish-kon
be-ka-rov be-ya-mei-nu le-o-lam va-ed tish-kon
tit-ga-dal ve-tit-ka-dash
tit-ga-dal ve-tit-ka-dash
be-toch ye-ru-sha-la-yim i-re-cha
be-toch ye-ru-sha-la-yim i-re-cha
le-dor va-dor u-le-ne-tza-chim ne-tza-chim.
le-dor va-dor u-le-ne-tza-chim ne-tza-chim.
ve-ehi-nei-nu tir-ei-nah mal-chu-te-cha
ve-ehi-nei-nu tir-ei-nah mal-chu-te-cha
ka-da-var ha-a-mur be-shi-rei u-ze-cha
ka-da-var ha-a-mur be-shi-rei u-ze-cha
al ye-dei da-vid me-shi-ach tzid-ke-cha
al ye-dei da-vid me-shi-ach tzid-ke-cha

יִמְלֹךְ יְהוָה לְעוֹלָם אֱלֹהַיִךְ צִיּוֹן לְדֹר וָדֹר הַלְלוּיָ

Le-dor va-dor na-gid god-le-cha
Le-dor va-dor na-gid god-le-cha
u-le-ne-tza-chim ne-tza-chim ke-dush-a-te-cha nak-dish
u-le-ne-tza-chim ne-tza-chim ke-dush-a-te-cha nak-dish
ve-shiv-cha-cha e-lo-hei-nu
ve-shiv-cha-cha e-lo-hei-nu
mi-pi-nu lo ya-mush le-o-lam va-ed
mi-pi-nu lo ya-mush le-o-lam va-ed
ki el me-lech ga-dol ve-ka-dosh a-tah.
ki el me-lech ga-dol ve-ka-dosh a-tah.
Ba-ruch a-tah a-do-nai
Ba-ruch a-tah a-do-nai
ha-el (on shabbat shuvah ha-me-lech) ha-ka-dosh.
ha-el (on shabbat shuvah ha-me-lech) ha-ka-dosh.
You are holy. Your name in this world is holy.
And all who strive for holiness daily praise You. Selah!
Blessed are You, Breath of Life,
holy divinity.

Moses rejoiced in the gift of his destiny
when You named him a faithful servant
and crowned him with a garland of glory
as he stood before you on the mountain of Sinai.

Two stone tablets he brought down in his own hands,
on them written the keeping of Shabbat,
and thus was it written:

The people Israel shall keep the Sabbath
and make it throughout their generations
as an eternal agreement between me and the Godwrestling people.
The Sabbath is a sign through space and time of the sacred story: in six days
the Breath of Life made sky and earth
and on the seventh day, God rested and took a breath.

Those who keep the Sabbath, and call it a delight,
will rejoice in the intimacy of divine presence.
The people that makes the seventh day holy —
Your abundance will satisfy and delight them.

Our God and our ancestor’s God —
take delight in our Sabbath rest.
Make us holy through practices that lead us to You.
May there be a piece of your Torah that is uniquely ours.
Fill us up with Your goodness
and delight us in Your liberation —
grant us clarity of heart and mind to do Your work in integrity.
Give us, our Beloved, in love and desire
the gift of experiencing your sacred Shabbat.
May your people Israel rest on that day:
those who surround your name with reverence.
Blessed are you, Creator, who makes Shabbat a holy day.
A-tah ka-dosh ve-shim-cha ka-dosh
u-ke-do-shim be-chol yom ye-ha-le-lu-cha se-lah.
Ba-ruch a-tah a-do-nai
ha-el (ON SHABBAT SHUVA ha-me-lech) ha-ka-dosh.

Yis-maḥ mo-sheh be-ma-te-nat chel-ko
ki e-ved ne-e-man ka-ra-ta lo
ke-li līf-e-ret be-ro-sho na-ta-ta
be-a-me-do le-fa-nei-cha al har si-nai.

U-she-nei lu-ĉhot a-va-nim ho-rid be-ya-do
ve-ĉha-tuv ba-hem she-mi-rat sha-bat
ve-ĉhen ka-tuv be-to-ra-te-ĉha.

Ve-sham-ru ve-nei yis-ra-el et ha-sha-bat
la-a-sot et ha-sha-bat le-do-ro-tam
be-ri-t o-lam bei-ni u-vein be-nei yis-ra-el
ot hi le-o-lam ki she-shet ya-mim
a-sah a-do-nai et ha-sha-ma-yim ve-et ha-a-retz
u-vai-yom hash-e-vi-i sha-vat vai-yi-na-fash,

Ku-lam yis-be-u ve-yit-a-ne-gu mi-tu-ve-ĉha
u-vash-e-vi-i ra-tzi-ta bo ve-ki-dash-to
ĉhem-dat ya-mim o-to ka-ra-ta
ze-ĉher le-ma-a-seh ve-re-shit.

E-lo-hei-nu ve-lo-hei ho-rei-nu
re-tzeh vim-nu-ĉha-tei-nu
ka-de-tei-nu be-mitz-vo-te-ĉha
ve-ten chel-kei-nu be-to-ra-te-ĉha
sa-bei-nu mi-tu-ve-ĉha
ve-sa-me-ĉhe-nu bi-shu-a-te-ĉha
ve-ta-her li-bei-nu le-ov-de-ĉha ve-e-met
ve-han-chi-lei-nu a-do-nai e-lo-hei-nu
be-a-ha-vah u-ve-ra-tzon sha-bat kod-she-ĉha
ve-ya-nu-chu vo
yis-ra-el me-ka-dei she-me-ĉha.
Ba-ruch a-tah a-do-nai me-ka-desh ha-sha-bat.

Standing Before the One  AMIDAH

THIS PARAGRAPH IS RECITED ONLY WHEN PRAYING SOLO
Delight, O Breath of Life,
in this people,
this Godwrestling people
and in the bright flame of their prayer —
receive it in love and desire!
May you always desire
our prayer and our service.

ON ROSH CHODESH AND DURING CHOL HAMOED
You whom our ancestors revered,
may our presence arise and come before you,
reminding you of our forebearers,
and of the future redemption that we await,
and of the holy city Jerusalem, place of wholeness.
May Your people the house of Israel
be remembered before You,
for protection and for abundance,
for grace and love and compassion,
for life and for peace,
on this day of.

Rosh Chodesh, the New Moon
Pesach, the Festival of Matzah
Sukkot, the Festival of Booths

Remember us, Source of Life, for goodness.
Be mindful of us for blessing.
Deliver us to life with your compassionate word.
Save us, have mercy on us,
be kind and deliver us, for our eyes look to You —
for You are the Sculptor of our Reality
and a loving and gracious Guide.

May our eyes see
the return of Shekhinah to all the sacred places of this world
in compassion.

Blessed Source of life,
Shekhinah, holy presence,
returning to Zion.
Re·tzeh a·do·nai e·lo·hei·nu
be·a·me·cha yis·ra·el u·vit·fi·la·tam
ve·ha·shev et ha·a·vo·dah lid·vir bei·te·cha
ve·i·shei yis·ra·el
u·te·fi·la·tam me·he·rah be·a·ha·vah te·ka·bel
be·ra·tzon u·te·hi le·ra·tzon ta·mid
a·vo·dat yis·ra·el a·me·cha.

ON ROSH CHODESH, PASSOVER & SUKKOT
E·lo·hei·nu ve·lo·hei ho·rei·nu
ya·a·leh ve·ya·vo ve·ya·gi·a ve·ye·ra·eh
ve·ye·ra·tzeh ve·yi·sha·ma ve·yi·pa·ked
ve·yi·za·cher zich·ro·nei·nu u·fik·do·nei·nu
ve·zich·ron ho·rei·nu
ve·zich·ron ma·shi·ach ben da·vid av·de·cha
ve·zich·ron ye·ru·sha·la·yim ir kod·she·cha
ve·zich·ron kol a·me·cha beit yis·ra·el le·fa·ne·cha
lif·le·i·tah u·le·to·vah u·le·chen u·le·che·sed
u·le·ra·cha·mim
u·le·chai·yim u·le·sha·lo·m be·yom

ON ROSH CHODESH
rosh ha·cho·desh ha·ze·h

ON PASSOVER
chag ha·ma·tzot ha·ze·h

ON SUKKOT
chag ha·su·kot ha·ze·h

Zo·χ·rei·nu a·do·nai e·lo·hei·nu bo le·to·vah
u·fok·de·nu vo·liv·ra·cha
ve·ho·shi·e·nu vo·le·chai·yim
u·vid·var ye·shu·ah ve·ra·cha·mim
chus ve·cha·ne·nu ve·ra·chem a·lei·nu ve·ho·shi·e·nu
ki e·lei·cha ei·nei·nu
ki el me·le·ch cha·nu·n ve·ra·chum a·tah.

Ve·te·che·ze·nah ei·nei·nu
be·shu·ve·cha le·tzi·yon
be·ra·cha·mim.

Ba·ru·ch a·tah a·do·nai
ha·ma·cha·zir she·chi·na·to
le·tzi·yon.
We are grateful to You
for being God to us
and to our ancestors always, throughout time.
You are the root of our being and the shelter around us.
In every generation
we sing gratitude, we sing your praise
for our lives which are given into Your hand
for our spirits, kept in Your treasury,
for your wonders which are daily with us,
for the miracles and favors
we discover at all moments, morning, noon, and night.
O overflowing one, your compassion never runs dry.
O matrix of mercy, your love is infinitely present.
Since our primordial origins, we have hoped in you.

ON CHANUKAH
For the miracles and the deliverances,
for the moments when power was used justly and the moments when the vulnerable were saved,
and for the struggles that delivered many, for all you did, Source of Justice,
for our ancestors and for us, we are grateful.

In a time of war, when freedom came under siege,
You caused a new light to shine in Your Temple, a light that lasted eight days.
Therefore we celebrate the eight nights of Chanukah.
At this season of kindling lamps, may our light shine and inspire others.
At this time of rededicating the Temple,
may we be defenders of the freedoms of all.

For all this,
we bless your holy name,
O guide to life, always, forever, throughout all the worlds.

BETWEEN ROSH HASHANA AND YOM KIPPUR
Inscribe for a good life all the people of Your covenant!

All that lives calls out in gratitude,
Praising Your name that sings itself through reality,
Divine one, Well of help and new beginnings.

Blessed are You, Source of Life,
for gratitude is good in the presence of Your abundant name.
Mo·dim a·na·ch·nu la·ch
sha·a·tah hu a·do·nai e·lo·he·nu
ve·lo·he·i ho·rei·nu le·o·lam va·ed.
tzur chai·ye·i·nu ma·gen yish·e·nu
a·tah hu le·dor va·dor.
no-deh le·cha u·ne·sa·per te·hi·la·te·cha
al chai·ye·i·nu ha·me·su·rim be·ya·de·cha
ve·al nish·mo·tei·nu ha·pe·ku·dot la·ch
ve·al ni·sei·cha she·be·chal yom i·ma·nu
ve·al nif·le·o·te·cha ve·to·vo·tei·cha
she·be·chol et e·rev va·vo·ker ve·tzo·ho·ra·yim.
ha·to·v ki lo cha·lu ra·cha·me·cha
ve·ham·ra·chem ki lo ta·mu cha·sa·dei·cha
me·o·lam ki·vi·nu la·ch.

ON CHANNUKAH
al ha·ni·sim ve·al ha·pur·kan
ve·al ha·ge·vu·rot ve·al ha·te·shu·ot
ve·al ha·mil·cha·mot she·a·si·ta la·ho·rei·nu
bai·ya·mim ha·hem ba·zam·na ha·ze·h

Ve·al ku·lam
yit·ba·rach ve·yit·ro·mam shim·cha
mal·ke·nu ta·mid le·o·lam va·ed.

BETWEEN ROSH HASHANAH AND YOM KIPPUR
Uch·to·v le·chai·yim to·vim kol be·nei ve·ri·te·cha.
Ve·chol ha·chai·yim yo·du·cha se·lah
vi·ha·la·lu et shim·cha be·e·me·t
ha·el ye·shu·a·tei·nu ve·ez·ra·tei·nu se·lah.
Ba·ru·ch a·to·v a·do·nai
ha·to·v shim·cha u·le·cha na·eh le·ho·dot.
May there be
a wide, deep peace
for this Godwrestling people.
a forever peace,
for You are
the guide and the way
to every kind of peace,
and it is good in Your eyes
to bless us
in all moments, in all places,
with Your peace.

BETWEEN ROSH HASHANA AND YOM KIPPUR
In the book of life,
blessing, peace,
and sustenance,
inscribe and remember us before You,
us and all Your people —
for good and peaceful lives.
Blessed are You,
Creator of Peace.

Blessed are You, Breath of Life,
who blesses
the Godwrestling people
and all people everywhere
with peace.
Sha·lom rav
al yis·ra·el a·me·cḥa
ta·sim le·o·lam
ki a·tah hu
me·leḥ a·don
le·cḥol ha·sha·lom.
ve·to·v be·ei·nei·ḥa
le·va·reḥ et a·me·cḥa yis·ra·el
be·cḥol et
u·ve·cḥol sha·ah
bish·lo·me·cḥa.

BETWEEN ROSH HASHANAH AND YOM KIPPUR
Be·se·fer ḥai·yim
be·ra·cḥah ve·sha·lom
u·far·na·sah to·vah
ni·za·cher ve·ni·ka·tev le·fa·nei·ḥa
a·nah·nu ve·cḥol a·me·cḥa beit yis·ra·el
le·ḥai·yim u·le·sha·lom.
Ba·ruḥ a·tah a·do·nai
o·seh ha·sha·lom.

Ba·ruḥ a·tah a·do·nai
ham·va·reḥ
et a·mo yis·ra·el
ve·et kol yo·she·vei te·vel
ba·sha·lom.

The Amidah concludes on pages XXX.
4  **Sarah / Joy**  
Know that joy arises  
when we open in vulnerability to all that is.  

צְחֹק עָשָׂה לִי אֱלֹהִים כָּל הַשֹּׁמֵעַ יִצְחַק לִי  
Tz·ḵok a·sa li e·lo·him kol ha·sho·me·a yitz·ḵak li  
God has brought me laughter;  
everyone who hears will laugh with me.  *Genesis 21:6*

5  **Rebekah / Wisdom**  
Know that wisdom arises  
when we contemplate the real without preconceptions.  

אִם כֵּן לָמָּה זֶּה אָנֹכִי וַתֵּלֶךְ לִדְרֹשׁ אֶת יהוה  
Va·to·mer im ken la·ma zeh a·no·chi? Va·tei·leḥ lid·rosh et ha·va·yah  
She said: “If things are as they are, why do I exist?”  
And she went to seek the One.  *Genesis 25:22*

6  **Leah / Gratitude**  
Know that gratitude arises  
when we consider how much grace is available to us.  

הַפַּעַם אוֹדֶה אֶת יהוה  
Ha·pa·am o·deh et ha·va·yah  
This time I will thank God.  *Genesis 29:35*

7  **Rachel / Peace**  
Know that peace arises  
when we work toward something larger than ourselves.  

יֵשׁ שָׂכָר לִפְעֻלָּתֵךְ... וְיֵשׁ תִּקְוָה לְאַחֲרִיתֵ  
Yesh sḵar lif·u·la·teiḫ... ve·yesh tik·vah le·a·ḫar·i·teiḫ  
There is a reward for your labor... and there is hope for your future.  *Jeremiah 31:16–17*
1  Abraham / Mindfulness
Know that every breath is a departure from the familiar,
an entry into a new place.

וַיַּחְפֹּר אֶת בְּאֵרֹת הַמַּיִם אֲשֶׁר חָפְרוּ בִּימֵי אַבְרָהָם אָבִיו
Va·yaḥ·por et be·e·rot ha·ma·yim a·sher ḫaf·ru bi·mei av·ra·ham a·viv
Isaac dug anew
the wells that had been dug in Abraham's days.  Genesis 26:18

2  Isaac / Renewal
Know that truth arises
when we rediscover it in each generation.

אָכֵן יֵשׁ יהוה בַּמָּקוֹם הַזֶּה וְאָנֹכִי לֹא יָדָעְתִּי
A·ḫen yesh ha·va·yah ba·ma·kom ha·zeh ve·a·no·ḫi lo ya·da·ti
Surely God is in this place, and I did not know it.  Genesis 28:16

3  Jacob / Holiness
Know that holiness arises
when we perceive that anywhere can be the gate to heaven.

לֶךְ לְךָ מֵאַרְצְךָ וּמִמּוֹלַדְתְּךָ וּמִבֵּית אָבִיךָ אֶל הָאָרֶץ אֲשֶׁר אַרְאֶךָּ
Leḥ le·ḫa me·ar·tze·ḫa u·mi·mo·lad·te·ḫa u·mi·beit a·vi·ḫa el ha·a·retz a·sher ar·e·ka
Go forth from your land, from your birthplace, and from your family home,
to the land that I will show you.  Genesis 12:1

The Amidah concludes on pages TK.
5. Sovereignty

Take a breath. As you breathe, your breath begins to form a visible cloud around you. Notice how this cloud envelops all sides of you — east, north, west, south, up, down. Observe that this cloud allows you to keep your own inner stillness even as you reach out to others.

בְּרוּכָה אַתְּ שַׁדַּי הַמַּחֲזִירָה שְׁכִינָתָהּ לְצִיּוֹן

Blessed are You, Nurturing One, who restores divine presence to the world.

6. Grace

Take a breath. You hold a vessel that contains an offering. This is a gratitude-offering, in thanks for all you have received. See the vessel and the offering. Feel the gratitude that inspires your gift. Now, give the offering to the one for whom it is intended. Receive the grace that flows back to you as you make this gift.

בָּרוּךְ אַתָּה יהוה הַטּוֹב שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת
Ba-ru-ṣa at ad-na-ḥa to-ve-ḥa shim-ḥa u-le-ḥa na-eh le-ho-dot.

Blessed are You, Generous One, whose name is good, and to whom it is pleasant to offer thanks.

7. Peace

Take a breath. You are building a temple, completely without violence or harm to anyone or any being at all. See what kind of temple you have built. Notice the peace you feel when you sit in this temple. Now see how this peace spreads slowly through the world.

בָּרוּךְ אַתָּה יהוה הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל וְאֶת כָּל יוֹשְׁבֵי תֵבֵל בַּשָּׁלוֹם

Blessed are You, Healing One, who blesses the people Israel, and all who dwell on earth, with peace.

*The Amidah concludes on pages TK.*
1. Wisdom

Take a breath. Your ancestors are standing near you, the known and the unknown. They offer you the gift of their presence. Feel them come near to you in love and support. Tell them what is on your heart. Take in what they communicate to you. Receive their blessing. Know that you too will be an ancestor for others.

בָּרוּךְ אַתָּה יהוה מָגֵן אַבְרָהָם וְעֶזְרָת שָׂרָה
Ba·ru·ch a·tah a·do·nai ma·gen av·ra·ham ve·ez·rat sa·rah.
Blessed are You, Ancient One, shield of Abraham and help of Sarah.

2. Life

Take a breath. You are inside an immense tree. The tree is breathing, and you breathe with it. The tree branches out to include all creatures and plants, all substance, all time and space. All living things are entwined in this web, even those who have died. You breathe in rhythm with this diversity of being. You stretch your consciousness to all parts of the great tree.

בְּרוּכָה אַתְּ מַעְיָן הַחַיִּים מְחַיָּה הַמֵּתִים
Be·ru·ḫa at ma·yan ha·cha·yim me·cha·yah ha·mei·tim.
Blessed are You, Everliving One, who revives the dead.

3. Seed

Take a breath. You become aware of a being sowing seeds of holiness in the world. Notice how the seeds appear and where they fall. Let one of the seeds of holiness fall into your hands. Observe how the seed transforms as it meets you. Observe what happens to you as the seed takes root. Now, sow your own seeds of holiness in the world.

בְּרוּכָה אַתְּ מֵקַדֶּשֶׁת הַשָּׁבָּת
Be·ru·ḫa at she·chi·na me·ka·de·shet ha·sha·bat.
Blessed are You, Mysterious One, holy sanctuary.

4. Abundance

Take a breath. Hold our your hands and receive this moment. Notice a gift the moment holds for you: a sensation, a feeling, a perception. Rest in this gift. Feel the refreshment that comes as you breathe into this moment without seeking for any other place or time.

בְּרוּכָה אַתְּ שְׁכִינָה מְקַדֶּשֶׁת הָאֵל
Be·ru·ḵa at she·chi·na me·ka·de·shet ha·el (on shabbat shuvah ha·me-lech) ha·ka·dosh.
Blessed are You, Present One, who sanctifies Shabbat.
My God, keep my tongue from wrong
and my lips from speaking lies.
May I be peaceful in the face of anger.
May my soul be like fertile soil for everyone I encounter.
Open my heart to Your Torah
And may my whole being pursue Your ways.
All who seek to do me harm —
may You change their hearts
and annul their intentions.
Act for the sake of Your name,
for the sake of Your strong hand,
for the sake of Your holiness,
for the sake of Your Torah,
for the rescue of Your beloved ones.
May You answer me and Your hand save me.

May the words of my mouth and the meditations of my heart
Be acceptable to you Yah, My Rock and My redeeemer.
O Lord prepare me to be a sanctuary.
Pure and holy, tried and true.
With thanksgiving, I’ll be a living
Sanctuary for you.  JWT+RS

May the One, may the One who makes peace
bring peace down, bring peace down...
for all Israel,
and for all the world. Amen.

May the One of Eternal Being bless and protect you.
Let it be God’s will. Let it be.

May the One of Endless Light shine to face and grace you.
Let it be God’s will. Let it be.

May the One who is Becoming bring you ease and give you peace.
Let it be God’s will. Let it be.  SY+JG
Grounding Our Prayer

**CONCLUDING THE AMIDAH**

Elohai neetzor le-shoni me-ra
u-se-fai mi-da-ber mir-mah
ve-lim-ka-le-lai nafshi ti-dom
ve-nafshi ke-a-far la-kol tih-yeh.
Pe-tach li-bi be-to-ra-te-cha
u-ve-mitzvo-tei-cha tir-dof nafshi.
Ve-chol ha-choshvim a-la-ri ra-ah
me-he-rah ha-fer a-tzatam
ve-kal-kel maachshevo-tam.
A-seh le-maan she-me-cha
A-seh le-maan ye-mi-ne-cha
A-seh le-maan ke-du-sha-te-cha
A-seh le-maan to-ra-te-cha.
Le-maan ye-chal-tzun ye-di-dei-cha
ho-shi-ah ye-mi-ne-cha va-a-ne-ni.

Yihyu le-ra-tzon im-rei fi ve-veh-yon li-bi
le-va-ne-cha a-do-nai tzu-ri ve-go-a-li.
Ve-asu li mik-dash
ve-shachantzi be-to-cham.
Va-a-nach-nu ne-va-rech yah
me-tah ve-ad o-lam.

O-seh shalom bim-ro-mav
hu ya-a-seh shalom
a-lei-nu ve-al kol yis-ra-el
ve-al kol yosh-vei te-vel ve-im-ru a-men.
Abundant and holy
is that Name
in this world born out of God’s desire.
May that Reality be manifest
In our lives,
in the lives of the people now living,
in the right time, and soon. And say amen.

May that great name be blessed in this world and all the worlds,
in this time and in all times.

Blessed and praised
glorified and exalted and lifted high,
beautified and exalted and praised
is that holy name — blessed be the One —

though that One is greater
than all of the blessing, singing,
praising and consoling
that we can utter in this world.
And say: amen.

May the prayers of the Godwrestlers,
and of all humankind,
be received by our supernal Source,
and let us say amen.

May a great peace come to us from the cosmos
bearing life for us and for all Israel and for all the world
and let us say amen.

May the one who makes peace
in the vast reaches of the universe
make peace for us, for all Israel,
for all the world,
and let us say amen.
Yit·ga·dal ve·yit·ka·dash she·mei ra·ba (a·men)
be·al·ma div·ra chìr·u·teh ve·yam·lich mal·chu·teh
be·chā·yei·chon uv·yo·mei·chon uv·cha·yei
de· chol be·i·t yis·ra·el ba·a·ga·la u·vìz·man ka·rīv ve·im·ru a·men.

Ye·hei she·mei ra·ba me·vo·račh le·a·lam u·le·al·mei al·mai·ya.
Yit·ba·račh ve·yish·ta·bach ve·yitt·pa·ar ve·yit·ro·mam ve·yit·na·sei
ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal she·mei de·kud·sha be·ričh hu. Le·e·la (u·le·ei·la)
mi·kol bir·cha·t’a ve·shi·ra·t’a tush·be·cha·t’a ve·ne·cha·ma·t’a
da·a·mi·ran be·al·ma ve·im·ru a·men.

Tit·ka·bel tze·lo·t’e·hon u·va·u·t’e·hon de·chol be·i·t yis·ra·el ka·dam a·vu·hon di vish·ma·ya ve·im·ru a·men.

Ye·hei shla·ma ra·ba min she·ma·ya ve·cha·yim a·lei·nu ve·al kol yis·ra·el ve·im·ru a·men.

O·seh sha·lom bim·ro·mav hu ya·a·seh sha·lom a·lei·nu ve·al kol yis·ra·el ve·al kol yosh·vei te·vel ve·im·ru a·men.
Becoming One, incomparable are you
and all your untold works.
Your unfolding extends across world and time
and your guidance across generations.
You were,
are,
and will be forevermore.
Strength flows from you to your people —
Becoming One, bless this people with peace.

Compassionate Source,
plant goodness in Zion — we know good is your desiring.
Once again encircle Jerusalem
for in you alone we trust:
field of the cosmos,
high and exalted Being,
Joiner of the Worlds.

When the Ark would journey forth,
Moses would say:
Arise, Holy One, and scatter all obstacles —
let the hateful flee before you,
for teaching shall go forth from Zion,
and the Divine word from Jerusalem.
Blessed is the One who gives the gift of Torah
to the people, the Godwrestlers, in holiness.

ON PASSOVER, SHAVUOT, AND SUKKOT
Yod Hey Vav Hey
Compassion and Tenderness
Patience, Forebarence
Kindness
Awareness
Bearing love from age to age.
Lifting guilt and mistakes and making us free. ZSS
The Torah service begins

Ein ka-mo-cha
Mal-chu-te-cha mal-chut kol o-la-mim
u-men-mal-shal-te-cha be-chol dor va-dor.
A-do-nai me-lech
A-do-nai ma-lech
A-do-nai oz le-a-mo yit-en

Av ha-ra-cha-mim
hei-ti-vah vir-tzo-ne-cha et tzi-yon.
Tiv-neh cho-mot ye-ru-sha-la-yim
ki ve-cha le-vad ba-tach-nu
me-lech
el ram ve-nis-a
a-don o-la-mim.

Va-ye-hi bin-so-a ha-a-ron
va-yo-mer mo-sher.
Ki mi-tzi-yon te-tezi to-rah
u-de-var a-do-nai mi-ru-sha-la-yim.
Ba-ruch she-na-tan to-rah
le-a-mo yis-ra-el bik-dush-a-to.

ON PASSOVER, SHAVUOT, AND SUKKOT
A-do-nai a-do-nai
el ra-chum ve-cha-nun
e-rech a-pa-yim
ve-rev che-sed
ve-e-met.
no-tzer che-sed la-a-la-fim.
ON PASSOVER, SHAVUOT, AND SUKKOT

I am my prayer
to you I turn, my rock,
at this time of longing.
Great Power, in your abundant love
answer me with your liberating truth.

Blessed is the name of the One
who has mastered the art of creation.
Blessed is the crown, the garland of your radiance.
May you befriend your people Israel always.
May you hold the people in your hand
that is your holy sanctuary.
Share with us the abundance of your light
and receive our prayers with compassion.
May it be good before you
to grant us abundant life
and number us among the righteous,
to have compassion on us and our loved ones,
the people Israel and all people everywhere.
You nourish all, sustain all,
and govern all.
You govern all who govern,
for power belongs to You.

I am the servant of the Holy One....

In you do I place my trust,
and to your holy, precious name
I utter praise.
May it be good before you
to open my heart to your wisdom
and grant me wholeness as you grant my needs
and the needs of all your people
for good, life, and peace. Amen.
To serve

תפלה

וַאֲנִי לְךָ יהוה עֵת רָצוֹן הִים בְּרָב חַסְדֶּךָ אֱלֹהֵי נַפְשִׁי בֶּאֱמֶת יִשְׁעֶךָ.

בְּרִיךְ שְׁמֵהּ דְּמָרֵא עָלְמָא.

בְּרִיךְ כִּתְרָךְ וְאַתְרָךְ.

יְהֵא רְעוּתָךְ עִם עַמָּךְ יִשְׂרָאֵל לְעָלַם.

וּפוּרְקַן יְמִינָךְ אַחֲזֵי לְעַמָּךְ בְּבֵית מַקְדְּשָׁךְ.

וּלְאַמְטוֹיֵי לָנָא מִטּוּב נְהוֹרָךְ וּלְקַבֵּל צְלוֹתָנָא בְּרַחֲמִין.

יְהֵא רַעֲוָא קֳדָמָךְ דְּתוֹרִיךְ לָן חַיִּין בְּטִיוּ.

וְלֶהֱוֵי אֲנָה פְקִידָא בְּגוֹ צַדִּיקַיָּא.

לְמִרְחַם עָלַי וּלְמִנְטַר יָתִי וְיַת כָּל דִּי לִי וְדִי לְעַמָּךְ יִשְׂרָאֵל.

אַנְתְּ הוּא זָן לְכֹלָּא וּמְפַרְנֵס לְכֹלָּא.

אַנְתְּ הוּא שַׁלִּיט עַל כֹּלָּא.

אַנְתְּ הוּא דְשַׁלִּיט עַל מַלְכַיָּא.

וּמַלְכוּתָא דִּילָךְ הִיא.

אֲנָה עַבְדָּא דְקֻדְשָׁא בְּרִיךְ הוּא בֵּהּ אֲנָה רָחִיץ וְלִשְׁמֵהָ קַדִּישָׁא יַקִּירָא אֲנָה אֵמַר תֻּשְׁבְּחָן.

יְהֵא רַעֲוָא קֳדָמָךְ דְּתִפְתַּח לִבָּאִי בְּאוֹרַיְתָא וְתַשְׁלִים מִשְׁאֲלִין דְּלִבָּאִי וְלִבָּא דְכָל עַמָּךְ יִשְׂרָאֵל לְטַב וּלְחַיִּין וְלִשְׁלָם אָמֵן.

on passover, shavuot, and sukkot

Va·a·ni te·fi·la·ti le·ḫa a·do·nai et ra·tzon e·lo·him be·rav ḫas·de·ḫa a·ne·ni be·e·met yish·e·ḫa.

Be·riḵ she·meh de·ma·rei al·ma.

Be·riḵ kit·raḵ ve·at·raḵ.

Ye·hei re·u·tač im a·mač yis·ra·el le·a·lam.

U·fu·re·kan ye·mi·nač a·ra·zei le·a·mač be·veit mak·de·shach.

U·le·am·to·yei la·na mit·uv ne·ho·rač u·le·ka·bel tze·lo·ta·na be·ra·cha·min.

Ye·hei ra·a·va ko·da·mač de·to·rič lan chan·chai·yn be·ti·vu.

Ve·le·he·vei a·na fe·ki·da be·go tzad·i·kai·ya.

Le·mir·čaḥ a·lai u·le·min·tar ya·ti ve·yaṭ kol di li ve·di le·a·mač yis·ra·el.

Ant hu zan le·cha·la um·far·nes le·cha·la.

Ant hu sha·lit al ko·la.

Ant hu de·sha·lit al mal·čai·ya.

U·mal·ču·ta di·lač hi.

A·na av·da de·kud·sha be·rič hu

A·na av·da de·kud·sha be·rič hu
LISTEN THEN REPEAT

Hear, my people,
the Breath of Life, our Source, the Breath of Life is One.

One is Our Source, Great is our Connector,
Holy is the Essence of Being.

WE BOW AND CHANT TOGETHER

Know divine abundance with me,
and let us exalt the names of the One together.

Yours, Goddess, are the abundance and the limits
and the beautiful moment and the ongoing forever and the surrender to what Is,
the Allness in the sky and the earth.
Yours, God, is the guidance
and the lifting up of all beings.
Raise up the Source of Life that we revere,
and bow before the passing of that
Holy Journeymer.

Raise up the Source of Life that we revere
and bow before the holy mountain
for holy is the Source of Life that we revere.

From Zion teaching will pour forth
and the speech of the Infinite from Jerusalem.

Divine teaching is pure, renewing the soul.
God’s witness is loyal, granting wisdom when we need it.

Moses taught us this Torah,
this tradition of the community of Jacob.
52 Torah Procession

LISTEN THEN REPEAT

שְׁמַע יִשְׂרָאֵל יהוה אֱלֹהֵינוּ יהוה אֶחָד
She·ma yis·ra·el a·do·nai e·lo·hei·nu a·do·nai e·.XML_ch_1\ch_1
אֶחָד אֱלֹהֵינוּ גָּדוֹל אֲדוֹנֵינוּ קָדוֹשׁ שְׁמֹה
E·.XML_ch_1\ch_1\ch_1 a·do·nai ga·dol a·do·nei·nu ka·dosh she·mo.

WE BOW AND CHANT TOGETHER

גַּדְּלוּ לַיהוה אִתִּי וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו
Gad·lu la·do·nai i·ti u·ne·ro·me·mah she·mo yaḵ·dav.

Le·XML_ch_1\ch_1 a·do·nai ha·ge·du·lah ve·ha·ge·vu·rah
ve·XML_ch_1\ch_1·fe·ret ve·ha·ne·tzach ve·ha·hod
ki chol ba·sha·ma·yim u·va·a·retz.
le·XML_ch_1\ch_1 a·do·nai ha·mam·la·chah
ve·XML_ch_1\ch_1·mit·nas·ei le·chol le·rosh.
Ro·me·mu a·do·nai e·lo·hei·nu
ve·hish·ta·cha·vu la·ha·dom rag·lav
ka·dosh hu.

Ro·me·mu a·do·nai e·lo·hei·nu
ve·hish·ta·cha·vu le·har kod·sho
ki ka·dosh a·do·nai e·lo·hei·nu.

Ki mi·tzi·yon te·tzei to·rah
u·de·var a·do·nai mi·ru·sha·la·yim.

To·rat a·do·nai te·mi·mah me·shi·vat na·fesh
e·dut a·do·nai ne·e·ma·nah ma·XML_ch_1\ch_1·ki·mat pe·ti
To·ra·h tzi·vah la·nu mo·she
mo·ra·sha ke·hi·lat ya·a·kov

DRAFT · NOT FOR DISTRIBUTION · DRAFT · NOT FOR DISTRIBUTION
Ve·ya·a·zor ve·ya·gen ve·yo·shi·a
le·chol ha·cho·sim bo ve·no·mar a·men.
Ha·kol ha·vu go·del le·lo·hei·nu
ut·nu 〈ha·vode·la·to·rah.〉 〈

HONOReES ARE CALLED TO THE TORAH

Ba·ru·ch she·na·tan to·rah
le·a·mo yis·ra·el bik·du·sha·to.

Help, shield, and free us,
we who trust in you. Amen.

May we come to know divine expansiveness,
and may we bring our full presence to Torah.

Arise ____ child of ____.

Blessed is the One who gave Torah
to the people Israel.

Ve·a·tem ha·de·ve·i·kim ba·do·nai e·lo·hei·chem
〈

You who join yourselves to the Infinite your God
are fully alive at this moment.
THOSE CALLED TO THE TORAH SAY

Bar·chu et a·do·nai ham·vo·raḥ.
Blessed be the Infinite Source of Blessing.

OTHERS RESPOND

Ba·ruḥ a·do·nai ham·vo·raḥ le·o·lam va·ed.
Blessed be the Infinite Source of Blessing throughout space and time.

Bar·ruḥ a·do·nai ham·vo·raḥ
le·o·lam va·ed.

Ba·ruḥ a·tah a·do·nai
e·lo·hei·nu me·lech ha·o·lam
a·sher ba·char ba·nu
im kol | mi·kol ha·a·mim
ve·na·tan la·nu
et to·ra·to.
Ba·ruḥ a·tah a·do·nai
no·tėn ha·to·rah.

Blessed be the Infinite Source of Blessing throughout space and time.
Blessed be you, Wise One, Wellspring infusing the world, who has given us a destiny unique to us, entwined with all others on the globe, by giving us your Torah, our ancestors’ knowing of you.
Blessed be You, Source of Wisdom, giver of Torah.
Blessed be You, Wise One,
Wellspring infusing the world, who has
planted truth within the Torah,
and planted within us the life-force of creation.
Blessed be You, Source of Wisdom, giver of Torah.
Please heal her, God — show her the delight of your radiance.
Then she will be healed and strong and will rejoice in you eternally.

Healer of the broken-hearted. Binder of our wounds
Counter of uncountable stars. You know who we are.
Halleluyah, Halleluyah.
A·na el na re·fa na lah.
Blessed are You, Generous One, moving within this world, who has done good to us, far more than we could have expected, and who has done me a great favor.

A-men. Mi she-ge-mal kol tov hu yig-mal kol tov se-lah.

May the One who did great good for you continue to do great good for you. Selah!
May the One who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebekah, Rachel, Leah, bless _____ child of _____ who has come up today to honor the One who is in all places, to honor the Torah and to honor Shabbat and the Festivals. May the Holy One of Blessing pour out blessing upon you and all your loved ones, and send blessing and success on all that you do and become. And keep you from all harm and illness and pour blessing and success upon you May you merit to always grow in wisdom, compassion, and good deeds, along with the whole community, and let us say Amen.
Mi she-bei-raḥ a-vo-tei-nu
av-ra-ham yit-zḥak ve-yā-a-kōv
ve-i-mo-tei-nu sa-rāh riv-kāh ra-ḥel ve-le-ah
hu ye-va-reḥ et ____
ba-a-vur she-a-lah la-to-rah
liḥ-vo-d ha-ma-kōm liḥ-vo-d ha-to-rah
ve-liḥ-vo-d ha-ḥa-sāt
ve-liḥ-vo-d yom tov
vi-sḥar zeh ha-ka-dōsh ba-ru-ḥ hu
yish-me-rei-hu ve-ya-tṣi-lei-hu
mi-kōl tṣa-raḥ ve-tṣu-kāh
u-mi-kōl ne-gā u-ma-ḥa-lāh
ve-yiṣ-ḥa-lāh be-ra-ḥaḥ ve-ha-tṣa-lā-ḥaḥ
be-ḥa-ḥol ma-a-sēh ya-dāv
im kol yis-ra-el e-ḥa-v ve-no-mar a-men.

Prayer for Israel?
Prayer for our country?
May it be your desire, Turner of the Cycles, our Holy Timekeeper, holy to our ancestors, that you renew for us this new month — may it bring goodness and blessing. In this new month, grant us meaningful days, a life of peace, a life of integrity, a life of blessing, a life of prosperity, a life in which our bones find strength, a life that contains reverence and good intention, a life without shame or humiliation, a life of abundance and appreciation, a life in which we know love of Torah and love of the Divine. a life in which our desires are fulfilled for good. Amen, selah.

May the One who did wonders for our ancestors and brought them from servitude to freedom liberate us soon, and may exiles be gathered from the earth’s four corners. Reunite all the dear ones who together form the people Israel. And let us say: Amen.

The new month of ____ will begin on _______. May it come to us and all the Jewish people with goodness.
May the Holy One of Blessing renew time for us and for all the people of the house of Israel In all the many lands in which they dwell. For goodness and blessing, For joy and gladness, For liberation and consolation, For right livelihood and abundance, For life and for peace, For good news and good tidings [winter only] [and abundant rain] And for complete healing for all in need. And for the redemptive interweaving of life, soon in our days. Amen.
Blessing the New Month

Rosh cho-desh ____ yih-yeh be-yom ____
ha-ba a-lei-nu ve-al kol yis-ra-el le-to-vah.
Ye-cha-de-she-hu ha-ka-dosh ba-ruch hu
a-lei-nu ve-al kol a-mo beit yis-ra-el
be-chol ma-kom she-hem le-to-vah ve-liv-ra-cha-hah.
Le-sa-son u-le-sim-cha-hah.
Li-shu-ah u-le-ne-cha-mah.
Le-far-na-sah to-vah u-le-cha-la-ka-lah.
Le-chai-yim u-le-sha-lom.
Lish-mu-ot to-vot ve-liv-so-rot to-vot.

Winter only ve-lig-sha-mim be-i-tam.
Ve-lir-fu-ah she-le-mah.
Ve-lig-u-la-ah ke-ro-vah ve-no-mar a-men.

לִיֵּי רוֹצֵן מֵלֶפֶסְיָךְ חָוָה
אֲלֹהֵינוּ אֲלֹהֵי הָוָה שִׁמְחָתָה עָלֵיתָ אֶת חַדֵּשׁ הָוהּ
לְטוֹבָה וְלִבְרָכָה.
וְתִיתֵן לָנוּ חַיִּים אֲרוּכִּים.
חַיִּים שֶׁל שָׁלוֹם. חַיִּים שֶׁל טוֹבָה.
חַיִּים שֶׁל בְּרָכָה.
חַיִּים שֶׁל פַּרְנָסָה.
חַיִּים שֶׁל חִלּוּץ עֲצָמוֹת.
חַיִּים שֶׁיֵשׁ בָּהֶם יִרְאַת שָׁמַיִם וְיִרְאַת חֵטְא.
חַיִּים שֶׁאֵין בָּהֶם בּוּשָׁה וּכְלִמָּה.
חַיִּים שֶׁל עֹשֶׁר וְכָבוֹד.
חַיִּים שֶׁתְּהֵא בָנוּ אַהֲבַת תּוֹרָה וְיִרְאַת שָׁמַיִם.
חַיִּים שֶׁיִּמָלְאוּ מִשְׁאֲלוֹת לִבֵּנוּ לְטוֹבָה אָמֵן סֶלָה.
מִי שֶׁעָשָׂה נִסִּים לַהוֹרֵינוּ וְגָאַל אוֹתָם מֵעַבְדוּת לְחֵרוּת.
הוּא יִגְאַל אוֹתָנוּ בְּקָרוֹב וִיקַבֵּץ נִדָּחֵינוּ מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ.
חֲבֵרִים כָּל יִשְׂרָאֵל וְנֹאמַר אָמֵן.
יִהְיֶה בְּיוֹם פלוני____ שׁרֹאשׁ חֹדֶשׁ הַבָּא עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל לְטוֹבָה.
יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בָּרוּךְ הוּא עָלֵינוּ וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל בְּכָל מָקוֹם שֶׁהֵם לְטוֹבָה וְלִבְרָכָה.
לְשָׂשׂוֹן וּלְשִׂמְחָה.
לִישׁוּעָה וּלְנֶחָמָה.
לְפַרְנָסָה טוֹבָה וּלְכַלְכָּלָה.
לְחַיִּים וּלְשָׁלוֹם.
לִשְׁמוּעוֹת טוֹבוֹת וְלִבְשׂוֹרוֹת טוֹבוֹת.
וְלִגְשָׁמִים בְּעִתָּם.
וְלִרְפוּאָה שְׁלֵמָה.
וְלִגְאֹולָה קְרוֹבָה וְנֹאמַר אָמֵן.

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Abundant and holy is that Name in this world born out of God’s desire. May that Reality be manifest in our lives, in the lives of the people now living, in the right time, and soon. And say amen.

May that great name be blessed in this world and all the worlds, in this time and in all times.

Blessed and praised and glorified and exalted and lifted high, beautified and exalted and praised is that holy name — blessed be the One — though that One is greater than all of the blessing, singing, praising and consoling that we can utter in this world. And say: amen.
This is the Torah that Moses set before the Israelites. Its intention arises from the Divine, and its form manifests in these ancient human words.

The people and the holy book and the Holy One are One!

Torah is light, Torah illuminates. Halleluyah!
BLESSING BEFORE THE HAFTORAH

Blessed be you, Righteous One, Guide of the World, who seeks out prophets as messengers and speaks through their words, spoken in truth. Blessed be You, Just One, who speaks through the Torah and through Moses the servant of the One, and through Israel your people, and through the righteous prophets of all peoples.

BLESSINGS AFTER THE HAFTORAH

Blessed be You, Righteous One, Guide of the World, Rock on which the cosmos rests, tending justice across generations, faithful Witness who speaks and acts, who promises liberation and fulfills that promise, and whose every expression is truth and justice. Faithful are You, Liberating One, our Teacher, and Your words are reliable: not one word of yours shall ever turn back empty, for you are the enduring and compassionate Witness to us all.
Blessed be You, Holy One, for all the ways you speak in our world.

Have compassion on Zion, first home of the life-force of our people. Relieve the downcast quickly, in our own day.
Blessed be You, who delights Zion with her children.

Bring us rejoicing, Redeeming One, by revealing to us Elijah the prophet who does Your work, by revealing the legacy of your beloved David. May redemption come swiftly to gladden our hearts. May no false comforts take the place of that longing, may no false inspiration usurp that glory, for by Your holy name you promised that redemption’s light should not go out for all the world’s ages.
Blessed be You, You who wait for redemption with the House of David.

ON SHABBAT INCLUDE WORDS IN PURPLE ON HOLIDAYS AND CHOL HAMOED INCLUDE BLUE

For the Torah and for the rituals, for the prophets and for this Sabbath day, and for this holiday of
Passover/Shavuot/Sukkot/Eighth Day of Gathering

which you, Wise One, have given us, for holiness and rest, for honor and happiness, for presence and beauty, for all these things, Holy Presence, we are grateful, and we open the well of blessing.
May all living beings sing your name, throughout time and space.
Blessed be You, Shekhinah, who makes Shabbat and festivals holy.
לפני קריאת ההפטרה

ברוך אתה יהוה אלוהינו מלך הצבאות
אשר בחר בבראיהו ממים וرؤית בבראיהו מנצירות בבראיהו
ברוך אתה יהוה הנ斡ור בן זרiya Gämisja תעביו
ברוך אתה יהוה מקדש תקיפה

אחר קריאת ההפטרה

ברוך אתה יהוה אלוהינו מלך הצבאות
וצר כל העזיבים זרעי כל הדורות
נאצל אתך אתה יהוה אלוהינוederal תושבי שכם זכריו אמת וצדק.
ברוך אתה יהוה נאצל תושבי כל זכריו.

רומ על ציווא פי יהו בעת תメディア
ולששת ישש ישש ישש יבמות ובמות.
ברוך אתה יהוה משה ישש יבמות.

SSIDOUR יהוה אלהינו מחלה מלאכה ציוןיצוב
וכמות לא עד נבך ובא נבך מעל לגוור זכריה אמת יבמות.
ברוך אתה יהוה משה ישש יבמות.

על ה תורה ועל העבודה ועל הנביאים ועל יום זה ועל יום
לפסח חגים המצות זה על שבועות ח GOODS הوزارة
לשכטנה חוכמיה highlighted יבמות ציון ישש יבמות
על כל יהוה אלהינו מחלה ליום טוב וליום טוב
ברוך אתה יהוה מקדש תקיפה

Haftorah Blessings

Jill
Let us praise the Name
that is our link with the One, for that Name lifts us up.

That Glory reveals itself in sky and earth,
and in the raising up of human folk.
That is the work of praise for all those who love Love,
for all the Godwrestling people. Halleluyah.

A psalm of David.
Open up, all you images of the divine,
Open up to Goddess’s beauty and strength!

Open up to Goddess. all presence is Her name.
Bow deeply before Goddess in the magnificence of this earthly shrine!

The voice of Goddess rides on the waters;
The Presence thunders, the Divine One
upon the many waves!

Her voice in strength! Her voice in beauty!
That thunder-voice cleaves cedars —
cleaves great cedars of the mountains,
so that they dance like calves,
and the mountains themselves leap like lambs!

The thunder-voice kindles flame!
The thunder-voice jolts the desert —
churns up the holy wilderness!
Her thunder-voice stirs up the deer
and shivers the leaves in the forest!

In that sacred shrine all murmur: glory.

Above the primordial deep
Goddess hovers, watching over the unfathomable horizon.

To Her people, Goddess offers this strength.
Goddess blesses Her people with a whole peace.
יְהַלְלוُ אֶת שֵׁם יהוה
cי
ki ni-sh-gav she-mv le-va-do.
Ho-do al e-retz ve-sha-ma-yim.
va-ya-rem ke-ren le-a-mo
tehillah le-chol chasidai
liv-nei yis-ra-el am ke-ro-vo ha-le-lu-yah.

Miz-mor le-da-vid.
Ha-vu la-do-nai be-nei e-lim
Ha-vu la-do-nai ka-vod va-oz.
Ha-vu la-do-nai ke-vod she-mo
hish-ta-cha-vu la-do-nai be-had-rat ko-desh.

Kol a-do-nai al ha-ma-yim
el ha-ka-vod hir-im
a-do-nai al ma-yim ra-bim.

Kol a-do-nai ba-ko-ačh kol a-do-nai be-ha-dar.
Kol a-do-nai sho-ver a-ra-zi-m
vay-sha-ber a-do-nai et ar-zei hal-va-non.
Va-yar-ki-dem ke-mo e-gel
le-va-non ve-sir-yon ke-mo ven re-e-mim.

Kol a-do-nai cho-tzev la-ha-vot esh.
Kol a-do-nai ya-čhil mid-bar
ya-čhil a-do-nai mid-bar ka-desh.
Kol a-do-nai ye-čho-šel a-yat
va-yə-če-sof ye-ə-rot

U-ve-hei-ča-lo ku-lo o-mer ka-vod.
A-do-nai la-ma-bul ya-shav
va-ye-shev a-do-nai me-leč le-o-lam.
A-do-nai oz le-a-mo yi-ten
a-do-nai ye-va-rečh et a-mo va-sha-lom.
The earth and its fullness
belong to Eternity;
the globe and all who dwell upon it.

For Eternity founded it on the seas
and built it upon the mountains.

Who can climb the Eternal’s mountain?
Who can stand in His holy place?
Those with clean hands and an innocent heart
who have not spent their life-energies on falsehood,
and have not made deceitful promises.

Such a one bears a blessing from Eternity,
and carries the righteousness of the Liberator.
Such a generation seeks the Infinite,
seeks the face of Jacob’s God.

Lift up your heads, you gateways!
Awaken yourselves, doorways of the world!
The King of Glory is coming in!

Who is the King of Glory?
The strength and power of Forever,
The hero called Eternity.

Arise, O portals of the Infinite!
Let the doors of perception be opened.
Let the magnificent Presence enter.

Who is this magnificent Presence?
The One who Holds Multitudes —
He is the King of Glory.
Selah.
Le-da·vid miz·mor
la·donai ha·a-re·tz u·me·lo·ah
te·vel ve·yo·she·vei vah.

Ki hu al ya·mim ye·sa·dah
ve·al ne·ha·rot ye·cho·ne·ne·ha.

Mi ya·a·leh ve·har a·do·nai
u·mi ya·kum bim·kom kod·sho.
Ne·ki ḥa·pa·yim u·var le·vav
a·sher lo na·sa la·shav
naf·shi ve·lo nish·ba le·mir·mah.

Yi·sa ve·ra·cḥah me·et a·do·nai
u·tze·da·kah me·e·lo·hei yish·o.
Zeh dor dor·shav
me·vak·shei fa·nei·ḥa ya·a·kov se·lah.

Se·u she·a·rim ro·shei·chem
ve·hi·na·se·u pit·chem o·lam
ve·ya·vo me·leḵ ha·ka·vod.

Mi zeh me·leḵ ha·ka·vod
a·do·nai i·zuz ve·gi·bor
a·do·nai gi·bor mil·cha·mah.

Se·u she·a·rim ro·shei·chem
u·se·u pit·chem o·lam
ve·ya·vo me·leḵ ha·ka·vod.

Mi hu zeh me·leḵ ha·ka·vod
a·do·nai tze·va·ot hu
me·leḵ ha·ka·vod
se·lah.
When the Ark came to stillness, Moses would say: Return, Divine One, to these myriad, myriad beings. Arise and rest, you and the ark that holds your strength. May your priestly ones garb themselves in righteousness; may those filled with your love sing in joy. For the sake of David, sweet singer who praised you, don’t turn away those anointed to your service. I have given you a good gift; do not forsake my Torah.

She is a Tree of Life to all who cling to her, and all who hold onto her are happy.

Her ways are pleasant ways, and all her paths are peace.

Return us to you, Ever-present, and we shall always be returning.

Make our days new and ancient, as you make the ancient days new.
U·ve·nu·ḵoh yo·mar shu·vah a·do·nai
ri·ve·vot al·fei yi·s·ra·el.
Ku·mah a·do·nai lim·nu·cḥa·te·cḥa
a·ta·h va·a·ron u·ze·cḥa.
Ko·ha·nei·cḥa yil·be·shu tze·dek
va·cḥa·si·dei·cḥa ye·ra·ne·nu.
Ba·a·vur da·vid av·de·cḥa
al ta·shev pe·nei me·shi·cḥe·cḥa.
Ki le·kach tov na·ta·ti la·chem
to·ra·ti al ta·a·zo·vu.

Etz ḥai·yim hi
la·ma·cḥa·zi·kim bah
ve·tom·cḥe·ha me·u·shar.
De·ra·cḥe·ha dar·cḥei no·am
ve·cḥol ne·ti·vo·te·ha sha·lom.
Ha·shi·vei·nu a·do·nai
ei·le·cḥa ve·na·shu·vah
cḥa·deish ya·mei·nu
ke·ke·dem.

וּבְנֻחֹה יאמַר שׁוּבָה יהוה
רִבְבֹת אַלְּפֵי יִשְׂרָאֵל.
קוּמָה יהוה לִמְנוּחָתֶךָ
אַתָּה וַאֲרוֹן עֻזֶּךָ.
כֹּהֲנֶיךָ יִלְבְּשׁוּ צֶדֶק
וַחֲסִידֶיךָ יְרַנֵּנוּ.
בַּעֲבוּר דָּוִד עַבְדֶּךָ
אַל תָּשֵׁב פְּנֵי מְשִׁיחֶךָ.
כִּי לֶקַח טוֹב נָתַּּי לָכֶם
tוֹרָתִי אַל תַּעֲזֹבוּ.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בַּ
וְתֹמְכֶיהָ מְאֻשָּׁר.
דְּרָכֶיהָ דַּרְכֵי נֹעַם
וְכָל נְתִיבֹתֶיהָ שָׁלוֹם.
הֲשִׁיבֵנוּ יהוה אֵלֶיךָ וְנָשׁוּבָה
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.
It is upon us to praise the Source of all, to offer up abundance to creation’s driving force, who made us a part of the divine among all the peoples on the earth, and made us holy beings among all the beings on the globe, who gave us a divine purpose along with all peoples, and intertwined our fate with all the multitudes.

We bend and bow in gratitude before the Ground of All, who guides all guides and teaches all teachers, the Holy One of Blessing, who spreads out the sky and roots the earth, who makes a home in the starry heights and manifests divine presence in the depths of the cosmos — that one is God, and there is nothing but That.

True is that Reality, and all is included in Its Being. It is written in our sacred writings — know this day,

meditate in your heart the Breath of Life is divinity.

Skyward and earthward, nothing but That exists.

Aleinu continues on the following page.
A·lei·nu le·sha·be·aḫ la·a·don ha·kol
la·tet ge·du·lah le·yo·tzer be·re·shit
she·lo a·sa·nu ke·go·yei ha·a·ra·tzot
ve·lo sa·ma·nu ke·mish·pe·chot ha·a·da·mah.

She·sam čhel·ke·nu e·ma·hem
ve·go·ra·le·nu ke·chol ha·mo·nam.

Va·a·naχ·nu kor·im
u·mish·ta·cha·vim
u·mo·dim
lif·nei me·lech
mal·čehi ham·la·čim
ha·ka·dosh ba·ruχ hu.

She·hu no·teh sha·ma·yim ve·yo·sed a·retz
u·mo·shav ye·ka·ro ba·sha·ma·yim mi·ma·al
u·she·chi·nat u·zo be·gav·hei me·ro·mim.
Hu e·lo·hei·nu ein od.

E·met mal·ke·nu e·fes zu·la·to
ka·ka·tuv be·to·ra·to.
Ve·ya·da·ta ha·yom

Va·ha·shei·vo·ta el le·va·ve·cha
ki a·do·nai hu ha·e·lo·him

ba·sha·ma·yim mi·ma·al
ve·al ha·a·retz mi·ta·chat
ein od.

Aleinu continues on the following page.
Therefore we hope, Indwelling One, to perceive the glory of Your strength. that cycles of violence be removed from earth and tyrants be cut off from their sources of power, that embodying Your nurturing presence we act to heal the world — so all beings will feel Your essence within and all the lost ones will return to You, all dwellers on earth will know You in their being, all separate existence will surrender to You, and all language will articulate Your name.

Before You, God, all barriers fall away, all walls fall, as all discover Your essence at the core of things. Let all accept the work of becoming Your Presence, that Your Reality manifest in us now and always, for the All and all of its parts are Yours, And so it has been and always will be, glory without end.

Your Torah proclaims the Infinite is greater than time.

The Breath of Life encompasses the whole earth. This and every day, the Divine is One and its Presence in us One.
עַל כֵּן נְקַוֶּה
לְּךָ יהוה אֱלֹהֵינוּ
לִרְאוֹת מְהֵרָה בְּתִפְאֶרֶת עֻזֶּךָ
לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ
וְהָאֱלִילִים כָּרוֹת יִכָּרֵתוּן
לְתַקֵּן עוֹלָם בְּמַלְכוּת שַׁדַּי
וְכָל בְּנֵי בָשָׂר יִקְרְאוּ בִשְׁמֶךָ
לְהַפְנוֹת אֵלֶיךָ כָּל רִשְׁעֵי אָרֶץ.
יַכִּירוּ וְיֵדְעוּ כָּל יוֹשְׁבֵי תֵבֵּל
כִּי לְךָ תִּכְרַע
cִּי לְךָ תִּשָּׁבַע כָּל לָשׁוֹן.
לְפָנֶיךָ יהוה אֱלֹהֵינוּ
יִכְרַע וְיִפּוֹלוּ
וְלִכְבוֹד שִׁמְךָ יְקָר יִתֵּנוּ.
וִיקַבְּלוּ כֻּלָּם אֶת עֹל מַלְכוּתֶךָ
וְתִמְלוֹךְ עֲלֵיהֶם מְהֵרָה
לְעֹלָם וָעֶד.
כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא
וּלְעוֹלְמֵי עַד תִּמְלוֹךְ בְּכָבוֹד.
כַּכָּתוּב בְּתוֹרָתֶךָ
יהוה יִמְלֹךְ לְעֹלָם וָעֶד.
וְנֶאֱמַר וְהָיָה יהוה
לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא
יִהְיֶה יהוה אֶחָד
וּשְׁמוֹ אֶחָד.

Facing into the Future

Al ken ne·ka·veh
le·cḥa a·do·nai e·lo·hei·nu
lir·ot me·hei·rah be·tīf·e·ret u·ze·cḥa
le·ha·a·vir gi·lu·lim min ha·a·retz
ve·ha·e·li·lim ka·rot yi·ka·re·tun
le·ta·ken o·lam be·mal·ḵut sha·dai
ve·cḥol be·nei va·sar yik·re·u vish·me·cḥa
le·ha·f·not e·lei·cḥa kol rish·ei a·aretz.
Ya·ki·ru ve·yed·u kol yosh·vei te·vel
ki le·cḥa tīch·rā
kol be·reḵ ti·sha·va kol la·shon.
Le·fa·ne·cḥa a·do·nai e·lo·hei·nu
yich·re·u ve·yi·po·lu
ve·lich·vōd shim·cḥa ye·kar yi·te·nu.
Vi·kab·lu chū·lam et ol mal·cḥut·e·cḥa
ve·tim·loḵ a·lei·hem me·hei·rah
le·o·lam va·ed.
Ki ha·mal·cḥut she·le·cḥa hi
u·le·ol·mei ad tim·loḵ be·cḥa·vōd.
Ka·ka·tuv be·to·ra·te·cḥa.
a·do·nai yim·loḵ le·o·lam va·ed.
Ve·ne·e·mar ve·ha·yah a·do·nai
le·me·leḵ al kol ha·a·retz
ba·yom ha·hu
yih·yeh a·do·nai e·cḥad
u·she·mo e·cḥad.
There is nothing like Our God

Our Connection
Our Present One
Our Liberation

Who is like such a being? Our God

Our Connection
Our Present One
Our Liberation

Gratitude to that one! Our God

Our Connection
Our Present One
Our Liberation

Blessings upon that one, Our God

Our Connection
Our Present One
Our Liberation

You are Our God

Our Connection
Our Present One
Our Liberation

You are the one Our ancestors
wreathed with fragrant incense.
ואין כְּאֶלֹהֵינוּ
ואין כַּאֲדוֹנֵנוּ
ואין כְּמַלְכֵּנוּ
ואין כְּמִשְׁיעֵנוּ.

מִי כֵּאלֹהֵינוּ
מִי כַּאֲדוֹנֵנוּ
מִי כְּמַלְכֵּנוּ
מִי כְּמִשְׁיעֵנוּ.

נוֹדֶה לֵאלֹהֵינוּ
נוֹדֶה לַאֲדוֹנֵנוּ
נוֹדֶה לְמַלְכֵּנוּ
נוֹדֶה לְמוֹשִׁיעֵנוּ.

בָּרוּךְ אֱלֹהֵינוּ
בָּרוּךְ אֲדוֹנֵנוּ
בָּרוּךְ מַלְכֵּנוּ
בָּרוּךְ מִשְׁיעֵנוּ.

אַתָּה הוּא כֵּאלֹהֵינוּ
אַתָּה הוּא כַּאֲדוֹנֵנוּ
אַתָּה הוּא כְּמַלְכֵּנוּ
אַתָּה הוּא כְּמִשְׁיעֵנוּ.

אַתָּה הוּא שֶׁהִקְטִירוּ הוֹרֵינוּ
לְפָנֶיךָ אֶת קְטֹרֶת הַסַּמִּים.

A·tah hu e·lo·hei·nu
a·tah hu a·do·nei·nu
a·tah hu mal·kei·nu
a·tah hu mo·shi·ei·nu.

A·tah hu she·hik·ti·ru ho·rei·nu
le·fa·nei·cha et ke·to·ret ha·sa·mim.
If you rest your feet on Shabbat
And refrain from your mundane business on my holy day
And call Shabbat a delight
And honor what is holy to the One
And keep from your work-ways,
your dealings, and your ordinary speech:
then the Delightful One will name you a delight
and widen the places of the earth for you,
and feed you the nourishment of your ancestors’ legacy —
God has said this to you.

The people Israel shall keep the Sabbath
and make it throughout their generations
as an eternal agreement
between me and the Godwrestling people.
The Sabbath is a sign through space and time
of the sacred story: in six days
the Breath of Life made sky and earth
and on the seventh day, God rested and took a breath.

Remember the Sabbath day that you may keep it holy.
Six days may you work
and engage in all your laborious acts
but the seventh day is a Shabbat, a day sacred to the Infinite.
Do not do all your labor:
Not you, and not your children or anyone who works for you,
or any animal that labors on your behalf,
or anyone who joins your community,
for in six days
the Breath of Life made sky and earth
and sea, and all that is in them,
and rested on the seventh day.

Therefore the Source of Life blessed the seventh day
and made it holy.

With your permission, friends!

Blessed are You, Source of Life, Guide of the World,
who creates the fruit of the vine.
בָּרוּךָ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגָּפֶן.

Sabbath Blessing: The Blessings of the 6th and 7th Days

67 Blessing the Fruit of the Vine Kiddush Rabbah

Im ta-shiv mi-sha-bat rag-le-cha
a-sot cha-fa-tze-cha be-yom kod-shi
ve-ka-ra-ta la-sha-bat o-neg
lik-dosh a-do-nai me-chu-bad
ve-čhi-bad-to me-a-sot de-ra-che-čha
mi-me-tzo čhe-tze-čha ve-da-ber da-var.
Az tit-a-nag al a-do-nai
ve-hir-kav-ti-ta al bo-mo-tei a-retz
ve-ha-a-chal-ti-čha na-čha-lat ya-a-kov a-či-čha
ki pi a-do-nai di-ber.

Ve-sha-me-ru ve-nei yis-ra-el et ha-sha-bat
la-a-sot et ha-sha-bat
le-do-ro-tam be-rit o-lam.
Bei-ni u-vein be-nei yis-ra-el
ot hi le-o-lam
ki she-shet ya-mim a-sah a-do-nai
et ha-sha-ma-yim ve-et ha-a-retz

Za-hor et yom ha-sha-bat le-ka-de-sho
she-shet ya-mim ta-a-vod
ve-a-si-ta kol me-la-čh-te-čha
ve-yom ha-še-vi-i sha-bat la-do-nai e-lo-he-čha
lo ta-a-seh chol me-la-čhah
a-tah u-vin-čha u-vi-te-čha av-de-čha
va-a-ma-te-čha u-ve-hem-te-čha ve-ger-čha
a-šer bish-a-rei-čha
ki she-shet ya-mim a-sah a-do-nai
et ha-sha-ma-yim ve-et ha-a-retz
et hai-yam ve-et kol a-šer bam
vai-ya-načh bai-yom ha-še-vi-i.

Al ken be-račh a-do-nai
et yom ha-sha-bat vay-ka-de-shu.

Sav-ri čha-ve-rai!

Ba-ručh a-tah a-do-nai e-lo-hei-nu me-leč
ha-o-lam bo-rei pe-ri ha-ga-fen.
World-maker, hovering
before all things were formed —
when out of Your desire
the universe was born.

You were the guide to All,
and when all things shall end —
O Was, Is, and Will Be,
You will be present then.

You are One without another,
and nothing rivals You.
Without origin or end,
Yours is the strength and rule.

O saver of my life,
my rock whenever I fall
my banner and my cup,
filling me when I call.

With You I place my soul
when I sleep and rise,
and with my soul, my body.
No fear — the One is mine.
A·don o·lam a·sher ma·lach
be·te·rem kol ye·tzir niv·ra
le·et na·sah ve·chef·tzo kol
a·zai me·lech she·mo nik·ra.

Ve·a·chal·re kich·lot ha·kol
le·va·do yim·loch no·ra
ve·hu ha·yah ve·hu ho·veh
ve·hu yih·yeh be·tif·a·rah.

Ve·hu e·chal ve·ein she·ni
le·ham·shi·lo u·le·hach·bi·rah
be·li re·ish·it be·li ta'ch·lit
ve·lo ha·oz ve·ha·mis·rah.

Ve·hu e·li ve·chai go·a·li
ve·tuzur chev·li be·eit tza·rah
ve·hu ni·si u·ma·nu·si
me·nat ko·si be·yom ek·ra.

Be·ya·do af·kid ru·chi
be·eit i·shan ve·a·i·rah
ve·im ru·chi ge·vi·ya·ti
a·do·nai li ve·lo i·ra.
Magnified and sanctified
is the Great Name
in this world created by divine desire.
May that Reality be known
in our lives, in our days,
and in the lives of the people Israel,
in this moment and in all the coming moments
and let us say amen.

May the Great Name be blessed
throughout all space and time.

Blessed and praised
extolled and exalted
borne up and beautified
elevated and acclaimed is the blessed Great Name of Holiness.

Beyond
all blessing, song,
praise, or consolation
uttered in this world
and let us say amen.

May a great peace come to us from the cosmos
bearing life for us and for all Israel and for all the world
and let us say amen.

May the one who makes peace
in the vast reaches of the universe
make peace for us, for all Israel,
for all the world,
and let us say amen.
Yit-ga-dal ve-yit-ka-dash
she-mei ra-ba CONGREGATION ONLY: a-men
Be-al-ma div-ra chir-uh-teh
ve-yam-lich mal-chu-teh
be-cha-yei-chon u-ve-yo-mei-chon
u-ve-cha-yei de-chol beit yis-ra-el
ba-a-ga-la u-viz-man ka-riv
ve-im-ru a-men

Ye-hei she-mei ra-ba me-vo-rač
le-ala u-le-al-mei al-ma-ya

Yit-ba-rač ve-yish-ta-bač
ve-yit-pa-ar ve-yit-ro-mam ve-yit-na-sei
ve-yit-ha-dar ve-yit-a-leh ve-yit-ha-lal
she-mei de-kud-sha be-rič hu
Le-er-la (u-le-er-la)
mi-kol bir-cha-ta ve-shi-ra-ta
tush-be-cha-ta ve-ne-cha-ma-ta
da-amiran be-al-ma
ve-im-ru a-men

Ye-hei shla-ma ra-ba min she-mai-ya
ve-cha-yim a-lei-nu ve-al kol yis-ra-el
ve-im-ru a-men

O-seh sha-lom bim-ro-mav
hu ya-a-seh sha-lom
a-lei-nu ve-al kol yis-ra-el
ve-al kol yosh-vei te-vel
ve-im-ru a-men