%ךיזור דומק ריחות

THE ROMEMU SIDDUR
שידור רומEMU יהוד

THE ROMEMU SIDDUR

Shabbat Evening Prayers to Elevate Spirit

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### Introduction

| ו Pb | i From the Founder |
| קדמוה | iv From the Translator |

### Pre-prayer

| נסנה | 1 Selected Songs |

### Welcoming the Beloved

| קבלת שבת | 10 Receiving Shabbat |
| לבה דודי | 23 Lecha Dodi |

### Gathering in Community

| ברכא | 31 Barchu |
| שמע | 37 Sh’ma |

### Standing Before the One

| עמידה | 53 Amidah Options |
| הולים | 89 Festival Amidah |

### Notes & Practices

| הזרות | 107 Notes |
| הדלקת נרות | 114 Candle Lighting |
| עוליית טהום | 115 Mourner’s Kaddish |
A Note from Rabbi David Ingber, Romemu’s founder

There is a well-known story about a peasant boy who, lacking knowledge of the formal prayers of the prayerbook and equipped only with the aleph-bet (Hebrew alphabet), enters a synagogue on the holiest day of the year, Yom Kippur. Surrounded by words he doesn’t understand and a burning desire to pray, the boy recites the naked letters of the aleph-bet as an offering to God, saying only, “Dear God, I don’t have the prayers. I don’t even have words. All I have are letters. Dear God, take my letters and make them into words.”

Many are those who enter Jewish prayer services with a pure desire to connect to God only to find their desire thwarted by the siddur, the prayer “book” we hand them at the door. With no Hebrew, no formal knowledge of the ancient prayers or their order, despite their desire to connect to God Jewishly, many find it impossible. English translations are problematic as well — they sacrifice feeling for accuracy (or the opposite), poetry for prose, formality for naturalness — frustrating those who seek connection.

Our deep desire in creating this siddur is to open up the words and make them warm and real. The Baal Shem Tov says the biblical phrase “Make a Window for the Ark” refers to the need to make prayer come alive, to infuse it with passion. We have worked to render Hebrew prayers available and accessible, and also to point to places beyond the words. The words on these pages are an invitation to find the place(s) where prayers are born in us, in you.

Prayer isn’t monolithic. Prayer comes in many different modalities and “languages.” Prayer is the expression of a yearning heart for what it lacks. Prayer is a joyous celebration of the overflow of God’s unfolding in the world. Prayer is also an expression of a “Divine Need” (avodah tzorech gavoha): of what is needed on earth for the divine to fully manifest. And prayer is practice — sometimes we feel like it and sometimes we don’t, but we practice. Prayer is cleansing and healing. The pre-prayer heart and the post-prayer heart are different. Prayer is like a shower for the mind and heart — we accrue small stains and smudges and prayer comes through them — an oral-aural mikvah or ritual bath— and washes us clean. We can be more available after prayer, more connected, more at peace.

At Romemu we sometimes call prayer davenen or davening, a cozy Yiddish word which may mean “moving the lips” (dovai in Hebrew) or “from our ancestors” (d’avuhon in Aramaic); for us it means engaging our minds, hearts, bodies and spirit to enter into a devoted, healthy love relationship. Our sages prayed silently, whispering, shouting, crying and in song; with their lips, rocking bodies or arms raised. They prayed to the divine source using many names, because a single name can’t possibly hold all of God’s mystery and effulgence, and so our tradition also refers to God as hashem — quite simply, “the name” — a nod to God’s limitless possibilities.
We have continued in this tradition, trying out many names for God in our siddur, and hope the experience opens your heart to the complexities and inspiration of a working/practicing relationship with God, Yourself, Other People and the World. This siddur is intended as a unification of all “faces” of God: God as I, as You, as We, and as the Great Beyond. Romemu and this siddur invite the individual to honor the experience of yourself as part of the divine; to contemplate God in the Other; to imagine the collective. We that is also a face of God. Not just I, not just You, but We. And the siddur points to the great transcendence that is birthing all of this: the trees and galaxies that are so much bigger than us.

The translation here expressed an ethos that is uniquely derived from the way we pray at Romemu. The beauty of the traditional Hebrew and a living, fresh, warm English. The power of that multivalenced original source may cause us to feel that much is lost in translation. Yet translation is a midrashic process, a process of sacred interpretation. Translation may open up Hebrew phrases that are closed even to Hebrew speakers. Something is lost in translation, and something is also profoundly discovered. The zeitgeist of Romemu is to pursue discovery in a safe space of experiment, love and authenticity; to softcover an easy-to-hold siddur; to uncover our vulnerable selves, to recover our relationship to God, humanity and the world.

In translating the prayers, we work with multiple images of the divine, so we can begin to expand our repertoire of connection. Our goal is to increase the flexibility of our God-muscles so we don’t become stuck in one root metaphor and idolize it.

This siddur doesn’t skirt around a personal God, not because one has to believe in a personal god to be Jewish, but at the end of the day, even the most abstract theologies require some relational language. We rely on personification — we are relational beings.

I want to challenge people who use the siddur to imagine what it would be like to relate to a God you could love. Many of us suffer from a kind of PTSD or Post Traumatic God Disorder. Those of us who grew up with a God-image that was painful or didn’t fit our souls — we may find it difficult to relate to God because we’re still relating to that distressing God-image. Those experiences can leave some scar tissue in the devotional heart. What would it be like to shift that, to imagine a loving father or a loving mother? To say: “God, I know you’re bigger than any language, but I need you to be close to me.”

The Romemu Siddur also gives space for the resurgence of the divine feminine, something that is so desperately needed, and so difficult for those of us who were brought up with images of God as father. This siddur also gives space to nature: renditions of the psalms are fully infused with an awareness of this earth as God’s body.
The design of this Siddur is meant to reveal the beauty of prayer. Betzalel, the artist of the Tabernacle, knew how to create a place for the Shekhinah, the divine presence to dwell. The artwork invites us into multiple modalities of prayer. There is a Rabbinic legend that there are twelve gates to the temple, one for each of the twelve tribes: many ways to enter the holy place. We recognize that some people need words, and some need silence, and some need images. There is no one way to pray. Some people pray with their bodies, some with chant, some with meditation. There’s an invitation to all of these modes of prayer in our siddur: objective prayers and subjective experience.

It is my hope that this siddur will spark a conversation about what really happens in prayer. How can a prayer life lead to a more evolved human being? That’s the great challenge of the Jewish progressive movements: to be devotional. How can people fall in love with God while not becoming fundamentalists? In this siddur, our paradigm of a God-lover is not Abraham who surrenders his son, but the love-sick mystics: Rav Kook, Rumi, Mirabai, St. Teresa of Avila — the God-lovers who are completely in love with Source, and because of that, they’re on fire for the transformation of themselves and the planet. We want our prayers to lead to action, to social justice, to loving God’s children. We want to ask: How can prayer contribute to human happiness, human evolution, human development, human flourishing?

The Jewish prayerbook is a living, organic archive of our people’s yearnings, our people’s theology and cosmology, our people’s attempt to connect with God. We believe the prayerbook should open hearts not close them. Open minds and imagination not bar them entry into the beit hashem, or sacred space. The siddur you hold in your hands is one attempt to open the door for those who seek a new way into Jewish prayer. A way that honors the pure desire for connection with new meanings for ancient words.

May this prayerbook nourish the soul that yearns to utter “just letters.” We affirm and believe that such a prayer is more profound than a million prayers uttered by rote and without feeling.

I pray that in creating this Romemu Hashem Siddur we are doing all of our sages proud, and especially that Reb Zalman (Reb Zalman Schachter-Shalomi, Founder of Jewish Renewal and my teacher) is smiling on this tzohar lateva, this new window for the word.
The Hebrew translation in this siddur is both more mystical and more concrete than the literal text. This English is meant to support a deep experience of prayer that is rooted in tradition and accessible in a contemporary setting. This translation attempts to record the feel of the Hebrew as we intend it in the Romemu davvening and as it arises for me in my own prayers.

It is said that all translators are liars, and certainly I am no different. In fact, as a teacher of ancient Jewish texts, I encourage all of my students to learn Hebrew — precisely because translation is such a risky business. This translation is inflected by my voice and my understanding, with all of its uniqueness and with all of its flaws. I do mean to be truthful, in that I am attempting to translate the Hebrew as I hear it, incorporating resonances as Jews have heard them throughout time.

The translation tries to capture the rich imagery of the natural world that abounds in the Hebrew. The ancestors’ landscape full of the beauty, mountain peaks, crannies in the cliff, waves of the sea, cedars, thunderstorms, gazelles, mist. I have attempted to awaken us to this terrain, which so deeply informs the Jewish spiritual vocabulary. This linguistic ecosystem is full of divine presence.

This translation, like others in liberal prayerbooks, must cope with pervasive differences between the values of the ancient and medieval writers and our own. Some of the hurdles include language about the chosenness of the Jewish people that does not support the idea of universal spiritual equality; God-language that is exclusively male, hierarchical, and personal; reward-and-punishment theology; and triumphalist language about other spiritual traditions. In creating the Romemu siddur, we have attempted to create a text that supports the values of equality, tolerance, diversity, compassion, and love — a siddur that invites people with a variety of beliefs about the nature of the Divine to pray together.

For example, the root *m-l-kh*, to rule, which gives rise to words like *melekh*, king, and *malkhut*, kingdom, has here often been translated in line with the kabbalistic meaning of *malkhut*, the immanent and embodied face of God. In this siddur, the verb *malakh*, reigns, is often translated as “is”. Alternatively, *melekh* may be translated as “guide,” drawing on a gentler understanding of the idea of rulership. This change is meant to emphasize a mystical understanding of “kingship” and to de-emphasize the hierarchical language that has been alienating to many moderns.

The English translation of the words *Adonai* and *Elohim* (often rendered as Lord and God) has been varied to include God, Infinite, Breath of Life, Source, Mystery, Essence, and other words that attempt to express the variety of ways that we may understand God. We have sometimes translated Divine names as “God” and “Goddess,” and divine pronouns as “He” and “She,” while also using non-gendered terms. This variety, which is not literal to the Hebrew text, is meant to invite davveners to experience the Divine as male, female, and none of the above.
While the gender of the Hebrew remains mostly unchanged, there are a few cases where we have re-gendered the Hebrew as well. We have also included the names of the matriarchs along with the patriarchs. We believe it is important for the Jewish community to support people in seeing themselves as created in God’s image.

The word “Israel,” the collective name of the Jewish people, has sometimes been rendered as “Israel” and sometimes as “My people” or “Your people” or “the Godwrestling people.” (The word “Israel” may mean “one who wrestles with God.”) We recognize that some of the people who pray with us are not Jews, and we want to include them as much as possible in our prayer language. Therefore, we have sometimes downplayed the particular in the interest of being inclusive. We understand our community as rooted in the particulars of Jewish faith but spreading beyond that faith to include all seekers.

Language regarding the religious practices of the Other, such as the word “idols,” has been reframed to condemn not the practices of others but our own illusions. For example, me’od na’aleta al kol elohim (“You are exalted above all gods”) has been translated “How much loftier and deeper You are than our ideas about You!” Language about “enemies,” so common in the Psalms, has been rendered to refer to the enemy within — inner voices that keep us from righteousness and compassion. For example, hinei oyvecha yoveidu, “Your enemies will perish,” has been rendered “All that works against You withers.” This siddur is meant to encourage self-reflection rather than alienation from the Other.

The translation of the Hebrew has also attempted to express the concrete beauty of the Hebrew poetry. For example, eish lefanav telekh (literally, “fire walks before Him”) has been rendered “fire walks before Her” as opposed to something more abstract like “fire goes before Her.” This is so that daveners can visualize more clearly the image the psalmist wants to express. Similarly golelet or mipenei choshech vechoshech mipenei or has been translated “rolling light away before darkness and darkness away before light” because the visual beauty of that image is captivating — and to make the image more abstract would spoil it. In general, there has been an attempt to render the poetry of prayer as poetry, with all the mystery a poem contains.

The meditations I have composed are also translations of a kind. They are attempts to translate the keva, the fixed text of prayer, into kavvanot, processes by which those who are praying can delve into their own intentions.

I am deeply grateful to have been invited to work on this project. It is my hope, and the hope of the siddur committee, that the translation will be spiritually, emotionally, and intellectually relevant to those who use it. The goal of this siddur is to inspire prayer, and your own words, sincerely spoken, are better than any we could provide.
1:1 The song of songs, which belongs to the Peaceful One.

1:4 The king has brought me into his chambers. 
   We will exult and rejoice in you…

1:2 Let him kiss me with the kisses of his mouth! 
   For your love is better than wine.

1:15 You are beautiful, my beloved 
   You are so beautiful, your eyes are like doves.

2:1 I am a rose of the plain, 
   a lotus of the deep.

2:2 As a lily among thorns, 
    so is my beloved among women.

2:4 He brought me to the house of intoxication; 
    his banner over me was love.

2:8 The voice of my beloved — O it’s coming, 
    leaping upon the mountains, 
    springing upon the hills.

2:9 Now he stands outside our walls 
    looking through the windows, 
    peering through the lattices —

5:1 I have come to my garden, my sister, O bride 
    I have gathered my myrrh with my spices!
Pre-prayer: Selections from the Song of Songs

Shir ha·shi·rim a·sher lish·lo·moh.

He·vi·a·ni ha·me·lech cha·da·rav
na·gi·lah ve·nis·me·chah bach.
Yi·sha·ke·ni min·shi·kot pi·hu
ki to·vim do·dei·cha mi·ya·yin.

Hi·nach ya·fah ra·ya·ti
hi·nach ya·fah ei·na·yich yo·nim.

A·ni cha·va·tze·let ha·sha·ron
sho·sha·nat ha·a·ma·kim.

Ke·sho·sha·nah bein ha·cho·chim
ken ra·ya·ti bein ha·ba·not.

He·vi·a·ni el beit hai·ya·yin
ve·di·go·lo a·lai a·ha·vah.

Kol do·di hi·neh zeh ba
me·da·leg al he·ha·rim
me·ka·petz al ha·ge·va·ot.

Hi·neh zeh o·med a·char ka·te·le·nu
mash·gi·ach min ha·cha·lo·not
me·tzitz min ha·cha·ra·kim.
Ba·ti le·ga·ni a·cho·ti cha·lah
a·ri·ti mo·ri im be·sa·mi.
2:12  The buds appear on earth,
      the time of birdsong has come,
      and the dove’s voice is heard in our land.

2:14  O my dove, in the clefts of the rock,
      in the crannies of the cliff,
      let me see your face,
      let me hear your voice,
      for your voice is sweet,
      and your face is lovely.

5:1   My beloved is mine and I am his,
      who shepherds among the lilies.

5:2   I sleep, but my heart is awake.
      The voice of my beloved knocks. Open to me,
      my sister, my beloved, my dove, my perfect one,
      for my hair is full with the dew,
      my locks with the droplets of night.

5:5   I arose to open to my beloved.

8:5   Who is that coming up from the wilderness?
12 Pre-prayer: Selections from the Song of Songs

Ha-ni-tza-nim nir-u va-a-retz
et ha-za-mir hi-gi-a
ve-kol ha-tor nish-ma be-ar-tze-nu.

Yo-na-ti be-chag-vei ha-se-la
be-se-ter ha-mad-re-gah
har-i-ni et mar-a-yich
hash-mi-i-ni et ko-lech
ki ko-lech a-rev
u-mar-eich na-veh.

Do-di li va-a-ni lo ha-ro-eh
ba-sho-sha-nim.

A-ni ye-sha-nah ve-li-bi er
kol do-di do-fek pit-chi li
a-cho-ti ra-yat-i yo-na-ti ta-ma-ti
she-ro-shi nim-la tal
ke-vu-tzai re-si-sei lai-lah.

Kam-ti a-ni lif-to-açh le-do-di

Mi zot o-lah min ha-mid-bar
Be-shem ha-shem e-lo-hei yis-ra-el
mi-mi-ni mi-čha-el u-mis-mo-li gav-ri-el
u-mil-fa-nai u-ri-el u-me-čho-rai re-fa-el
ve-al ro-shi she-chi-nat el.

Lo ti-ra mi-pa-čhad lai-lah
me-čhetz ya-uf yo-mam

In the name of God, the God of Israel. on my right is Michael, angel of love,
on my left is Gabriel, angel of strength, before me is Uriel, angel of illumination,
behind me is Raphael, angel of healing, and above my head is God’s presence.

You shall not fear by night, nor be harmed by the arrows of day.

Volt ich ge-hat ko-ačh
volt ich ge-lo-fn in di ga-sn
volt ich gesh-ri-gn sha-bos
sha-bos hey-li-ge sha-bos.

If I had the strength
I would run in the street and
I would cry “Shabbes!
Holy Shabbes!”

Lev ta-hor be-ra li e-lo-him
ve-ru-ačh na-čhon ča-desh be-kir-bi.
Al tash-li-čhe-ni mil-fa-ne-čha
ve-ru-ačh kod-she-čha al ti-kačh mi-me-ni.

Create a pure heart in me, Great Spirit.
And renew a true soul within me. NT

Don’t send me away from You.
Don’t take Your holy spirit from me.
Peace unto you, angels who serve the One,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Come in peace, angels of peace,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Bless us with peace, angels of peace,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Go in peace, angels of peace,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.
Soul-friend, kind Source,
Draw me after You — after Your will for me.
Let me run to You like a deer,
bowing before Your beauty.
Your companionship is sweeter than honey,
than any delight.

Splendid light of the world,
my soul is sick with love for You.
Please heal her, God —
show her the delight of your radiance.
Then she will be healed and strong
and will rejoice in you eternally.

Ancient one, stir up your compassion,
have mercy on this one, born of Your love,
who so greatly desires
to see Your potent glory
Please, my Divine, joy of my heart —
hurry, don’t hide away.

Reveal Yourself, dear Friend.
Spread over me the shelter of
Your peace.

Let the earth be lit by Your glory —
how we will delight in You!
Quickly, my love — the time is coming.
Show me Your grace, as You always have.
Pre-prayer: Yedid Nefesh

Ye-did ne-fesh av ha-ra-cha-man
me-sho-ch av-de-cha el re-tzo-ne-cha
ya-rutz av-de-cha ke-mo a-yal
yish-ta-cha-veh el mul ha-da-re-cha
ye-e-rav lo ye-di-do-tei-cha
mi-no-fet tzuf ve-chol ta-am

Ha-dur na-eh ziv ha-o-lam
naf-shi cho-lat a-ha-va-te-cha
a-na el na re-fa na lah
be-har-ot lah no-am zi-vaçı
az tit-cha-zev ve-tit-ra-pe
ve-ha-ye-tah lah sim-çhat o-lam

Va-tik ye-he-mu na ra-cha-mei-cha
ve-çu-sah na al ben a-hu-ve-cha
ki zeh ka-mah nich-sof nich-saf-ti
lir-ot be-tif-e-ret u-ze-cha
e-leh çham-dah li-bi
ve-çu-sah na ve-al tit-a-lam

Ha-ga-leh na uf-ros cha-vi-vi a-lai et su-kat she-lo-me-cha

ta-ir e-retz mik-vo-de-cha
na-gi-lah ve-nis-me-çah bach
ma-her e-hov ki va mo-ed
ve-çha-ne-nu ki-mei o-lam
Go out and sing to God!
Let’s call out to the Rock of Grace.
Let’s live before the Face
with gratefulness.

Let us celebrate in song!
The Infinite is a generous might
and a great guide, more than
all forms we imagine.

God’s hand firms earth’s edges,
molds mountain peaks —
makes sea,
shapes land.
Come, let us bow in awe

and say our blessings
before the Breath that made us,
for here is our God
And we are the shepherd’s flock —

if only we heard God’s voice:

Don’t close your heart,
As you once did in that fearful wilderness

that place where your ancestors tested
and saw My mysteries.

Whole generations have been lost —
their hearts went straying,
and they forgot My ways.

In agitation I wait — perhaps
they’ll come to My rest at last.
Le-chu ne-ra-ne-nah la-do-nai
na-ri-ah le-tzur yish-e-nu.
Ne-kad-mah fa-nav
be-to-dah

biz-mi-rot na-ri-a lo.
Ki el ga-dol a-do-nai
u-me-lech ga-dol
al kol e-lo-him.

A-sher be-ya-do mech-ke-rei a-retz
ve-to-a-fot ha-ri-m lo.
A-sher lo ha-yam ve-hu a-sa-hu
ve-ya-be-shet ya-dav ya-tza-ru.
Bo-u nish-ta-cha-veh ve-nich-ra-ah

niv-re-chah
lif-nei a-do-nai o-se-nu.
Ki hu e-lo-hei-nu
va-a-nach-nu am mar-i-to ve-tzon ya-do

ha-yom im be-ko-lo tish-ma-u.

Al tak-shu le-vav-chem
kim-ri-vah ke-yom ma-sah ba-mid-bar.

A-sher ni-su-ni a-vo-tei-chem
be-cha-nu-ni gam ra-u fo-a-li.

Ar-ba-im sha-nah a-kut be-dor
va-o-mar am to-ei le-vav hem
ve-hem lo yad-u de-ra-chai.

A-sher nish-ba-ti ve-a-pi
im ye-vo-un el me-nu-cha-ti.
Sing. Start all over again.
Sing, every atom.
Sing. Bless the word and the thing itself.
Each moment has its story of grace.

Tell that to everyone.
The Mystery is vast;
It makes us cry out in wonder.
It makes us tremble,
so much more it is
than what we thought.
Every idea we’ve ever had
pales

before World-weaver, Sky-maker.
Beauty and majesty are the heralds;
strength and glory
serve in the sanctuary.

Offer your strength, your glory, all you multitudes.
Offer it to God’s greatness. that summoning presence.
Lift up your offering;
it will be accepted in those noble courts.

Bow down.
Here is the glorious shrine.
Tremble, you who are earth, before this Face.
Say as you walk among the crowds.

here is the One
who grounds the cosmos,
the One with the scales of justice.
The sky is shouting its joy, the earth dances its gladness,

the sea roars in jubilation,
the fields, with plants and animals,
are making merry and the trees are singing.
Listen for God’s footsteps!

The Living One comes to guide the earth
on a path unshakably right
and all the beings, to a place unshakably here.
Shi·ru la·do·nai shir čha-dash
Shi·ru la·do·nai kol ha·a·retz.
Shi·ru la·do·nai bar·chu she·mo
bas·ru mi·yom le·yom ye·shu·a·to.

Sap·ru va·go·yim ke·vo·do
be·chol ha·a·mim nif·le-o·tav.
Ki ga·dol a·do·nai
u·me·hu·lal me·od

no·ra hu
al kol e·lo·him.
Ki kol e·lo·hei ha·a·mim
e·li·lim

va·do·nai sha·ma·yim a·sah.
Hod ve·ha·dar le·fa·nav
oz ve·tif·e·ret
be·mik·da·sho.

Ha·vu la·do·nai mish·pe·chot a·mim
Ha·vu la·do·nai ka·vod va·oz.
Ha·vu la·do·nai ke·vod she·mo
se·u min·čah u·vo·u le·čatz·ro·tav.

Hish·ta·cha·vu la·do·nai
be·had·rat ko·desh
chi·lu mi·pa·nav kol ha·a·retz.
Im·ru va·go·yim

a·do·nai ma·lach
af ti·kon te·vel bal ti·mot
ya·din a·mim be·mei·sha·rim.
Yis·me·chu Ha·sha·ma·yim Ve·ta·gel Ha·a·retz

yir·am hai·yam u·me·lo·o.
Ya·a·loz sa·daï ve·chol a·sher bo
az ye·ra·ne·nu kol a·tzei ya·ar.

Lif·nei a·do·nai ki va

ki va lish·pot ha·a·retz
yish·pot te·vel be·tze·dek
ve·a·mim be·e·mu·na·to.

Ki kol e·lo·hei ha·a·mim
e·li·lim

no·ra hu
al kol e·lo·him.
Ki kol e·lo·hei ha·a·mim
e·li·lim

va·do·nai sha·ma·yim a·sah.
Hod ve·ha·dar le·fa·nav
oz ve·tif·e·ret
be·mik·da·sho.

Ha·vu la·do·nai mish·pe·chot a·mim
Ha·vu la·do·nai ka·vod va·oz.
Ha·vu la·do·nai ke·vod she·mo
se·u min·čah u·vo·u le·čatz·ro·tav.

Hish·ta·cha·vu la·do·nai
be·had·rat ko·desh
chi·lu mi·pa·nav kol ha·a·retz.
Im·ru va·go·yim

a·do·nai ma·lach
af ti·kon te·vel bal ti·mot
ya·din a·mim be·mei·sha·rim.
Yis·me·chu Ha·sha·ma·yim Ve·ta·gel Ha·a·retz

yir·am hai·yam u·me·lo·o.
Ya·a·loz sa·daï ve·chol a·sher bo
az ye·ra·ne·nu kol a·tzei ya·ar.

Lif·nei a·do·nai ki va

ki va lish·pot ha·a·retz
yish·pot te·vel be·tze·dek
ve·a·mim be·e·mu·na·to.
Goddess is:
the earth is happy;
each little island is joyful.

Clouds and mist surround Her;
righteousness and justice
stand as Her sentinels.

Fire walks before Her,
consumes all obstacles.
Her lightning lights the earth —
the earth watches and trembles.
Mountains melt like candlewax
before the One
who illuminates the world.

The skies call out about Her;
all that lives perceives Her presence.

All illusions, all false perceptions evaporate.
Divinity, embodied in the world, bows to the beyond.

Zion hears and is happy.
The daughters of Judah dance with joy
because of all this rightness!

For you, Goddess, are transcendence
hiding within the fabric of the real.

How much loftier and deeper you are
than our ideas about You!

Your beloveds turn away from cruelty.
The Guardian of faithful souls
saves them from evildoing.

Light is sown for the righteous;
joy for the openhearted.

O you who seek righteousness, rejoice in Goddess.
Be thankful you have known this holiness.
A·do·nai ma·la·ch  
	ta·gel ha·a·retz  
yis·me·chu i·yim ra·bim.  

A·nan va·a·ra·fel se·vi·vav  
tze·dek u·mish·pat  
me·chon kis·o.

Esh le·fa·nav te·lech  
	u·te·la·het sa·viv tza·rav.  

He·i·ru ve·ra·kav te·vel  
	ra·a·tah va·ta·chel ha·a·retz.  

Ha·rim ka·do·nag na·ma·su  
mi·lif·nei a·do·nai  
mi·lif·nei a·don kol ha·a·retz.  

Hi·gi·du ha·sha·ma·yim tzid·ko  
ve·ra·u chol ha·a·mim ke·vo·do.  

Ye·vo·shu kol ov·dei fe·sel ha·mit·ha·le·lim  
ba·e·li·lim hish·ta·cha·vu lo kol e·lo·him.  

Sham·ah va·tis·ma·ch tzi·yon  
va·ta·gel·nah be·not ye·hu·dah  
le·ma·an mish·pa·tei·cha a·do·nai.  

Ki a·tah a·do·nai el·yon  
al kol ha·a·retz  
me·od na·a·lei·ta  
al kol e·lo·him.  

O·ha·vei a·do·nai sin·u ra  
sho·mer naf·shot cha·si·dav  
mi·yad re·sha·im ya·tzi·lem.  

Or za·ru·a la·tza·dik  
	u·le·yish·rei lev sim·chah.  

Sim·chu tza·di·kim ba·do·nai  
ve·ho·du le·ze·cher kod·sho.
Sing to God a newborn song,
for He has shaped great wonders.

His hands are a salvation,
sowing holiness.

Making redemption visible,
giving a form to righteousness.

He has made us remember
His love and loyalty.

Even the ends of the earth witness
this divine deliverance.

Shout out to God, world!
Burst forth! Sing!

Chant to God with harps,
voices raised,
trumpets and rams’ horns!

Make a noise
before your beloved, your king!

Let the sea and its waves thunder —
the earth roar with its creatures!

Let the rivers clap hands,
and the hills chant in chorus

before the One who even now arrives.
who leads the earth
forward with equity
and guides all beings with clarity.
Mizmor
shi-ru la-do-nai shir cha-dash
ki nif-la-ot a-sah
ho-shi-ah lo ye-mi-no
u-ze-ro-a kod-sho.

Ho-di-a a-do-nai ye-shu-a-to
le-ei-nei ha-go-yim gi-lah tzid-ka-to.

Za-char chas-do
ve-e-mu-na-to le-veit yis-ra-el
ra-u chol af-sei a-retz
et ye-shu-at e-lo-hei-nu.

Ha-ri-u la-do-nai kol ha-a-retz
pitz-chu ve-ra-ne-nu ve-za-me-ru.

Zam-ru la-do-nai be-chi-nor
be-chi-nor ve-kol zim-rah.
Ba-cha-tzotz-rot ve-kol sho-far
ha-ri-u
lif-nei ha-me-lech a-do-nai.

Yir-am ha-yam u-me-lo-o
tevel ye-yo-she-vei vah.

Ne-ha-rot yim-cha-u chaf
ya-chad ha-rim ye-ra-ne-nu.

Lif-nei a-do-nai ki va
lish-pot ha-a-retz
yish-pot te-vel be-tze-dek
ve-a-mim be-mei-sha-rim.
The great Oneness
is the sum of all pulsing life.
The One enthroned on cherubim
is also present as the earth convulses.

The generous One manifests in the people.
The Exalted One finds a home in all nations.

All being makes known
its breathtaking Essence,
and the Essence embodies itself
in the love of righteousness —
for the core of the universe is goodness
and all the justice we do comes from that Place.

Let us raise up
the Truth within us and show reverence
for that holy Root.

Let us honor
the prophets and holy ones
who called on Being and heard its Voice,
who listened within revelation’s cloud
and brought back wisdom.

The Voice that speaks to us here and now
is that same Voice
that lifted up our ancestors,
that healed their wounds.

Lift us up as we lift You up.
Let us come to the holy place,
Holy One, to unite with You.
A-do-nai ma-lach
yir-ge-zu am-mim
yo-shev ke-ru-vim
ta-nut ha-a-retz.

A-do-nai be-tzi-yon ga-dol
ve-ram hu al kol ha-am-mim.

Yo-du shim-cha
ga-dol ve-no-ra ka-dosh hu.
Ve-oz me-lech
mish-pat a-hev
a-tah ko-nan-ta mei-sha-rim mish-pat
u-tze-da-kah be-ya-a-kov a-tah a-si-ta.

Ro-me-mu a-do-nai e-lo-hei-nu
ve-hish-ta-cha-vu la-ha-dom rag-lav
ka-dosh hu.

Mo-sheh ve-a-ha-ron be-cho-ha-nav
u-she-mu-el be-kor-ei she-mo
ko-rim el a-do-nai ve-hu ya-a-nem.

Be-a-mud a-nan ye-da-ber a-lei-hem
sham-ru e-do-tav ve-chok na-tan la-mo.

A-do-nai e-lo-hei-nu
a-tah a-ni-tam
el no-sei ha-yi-ta la-hem
ve-no-kem al a-li-lo-tam.

Ro-me-mu a-do-nai e-lo-hei-nu
ve-hish-va-cha-vu le-har kod-sho
ki ka-dosh a-do-nai e-lo-hei-nu.
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.
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·ach
kol a·do·nai be·ha·dar.
Kol a·do·nai sho·ver a·ra·zim
vay·sha·ber a·do·nai et ar·zei hal·va·non.
Va·yar·ki·dem ke·mo e·gel
le·va·non ve·si·r·yon ke·mo ven re·e·mim.
Kol a·do·nai cho·tzev la·ha·vot esh.
Kol a·do·nai ya·chil mid·bar
ya·chil a·do·nai mid·bar ka·desh.
Kol a·do·nai ye·cho·lel a·ya·lot
va·ye·che·sof ye·a·rot
U·ve·hei·cha·lo kul·lo o·mer ka·vod.
A·do·nai la·ma·bul ya·shav
va·ye·shev a·do·nai
me·lech le·o·lam.
A·do·nai oz le·a·mo yi·ten
a·do·nai ye·va·rech et a·mo
va·sha·lam.

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Please, with the strength of Your loving hands, untie the binding-knot.

Receive the song of Your people. Strengthen, cleanse us, unfathomable —

we who seek Your unity.
Guard us as the apple of Your eye.
Bless us, cleanse us, with Your righteous compassion. Always be granting us Your kindness.

Mighty Holy One, in Your great generosity lead this flock.

Singular and lofty —
turn to this people chanting of Your holiness.
Receive our prayer, hear our cry, You who know our secret things.

Blessed is the name of Your numinous presence throughout all time and space.
A-na be-cho-ach
ge-du-lat ye-min-cha
ta-tir tze-ru-rah.

Ka-bel ri-nat
am-cha sag-ve-nu
ta-ha-re-nu no-ra.

Na gi-bor
dor-shi yi-chud-cha
ke-va-vat sham-rem.

Ba-re-chem ta-ha-rem
ra-cha-mei tzid-kat-cha
ta-mid gam-lem.

Ch-cha-sin ka-dosh
be-rov tuv-cha
na-hel a-da-te-cha.

Ya-chid ge-eh
le-am-cha pe-neh
zo-cheri ke-du-sha-te-cha.

Shav-a-te-nu ka-bel
u-sha-ma tza-a-ka-te-nu
yo-de-a ta-a-lu-mot.

Ba-ruch shem ke-vod mal-chu-to le-o-lam va-ed.
Come, beloved, to meet the Bride!

Let us greet the Sabbath together.

You made us hear two things in one.
keep and remember!
Unifying God, essence of Being,
One in splendor, One in praise.

Come, let’s go out together,
to greet Shabbat, our Source of Blessing!
She was anointed for us at time’s beginning,
last of all things, conceived at the first.

My sanctuary! My royal refuge!
Arise from the tumult of the world,
for long have you sat in the valley of tears.
Now your Beloved welcomes you tenderly.

Be new again! Rise up from the earth!
My people, put on the garments of your beauty!
The redeemer and sustainer
brings grace close to the soul.

Awake, awake! Your light is coming!
Arise, you who are a light!
Awake and sing a song!
The Divine Presence is here with you!
Le·cha do-di lik·rat ka·la pe·nei sha·bat ne·ka·be·lah.

Sha·mor ve·za·chɔr be·di·bur e·chad
hish·mi·a·nu el ham·yu·chad
a·do·nai e·chad u·she·mo e·chad
le·shem u·le·ti·f·e·ret ve·li·ti·hi·lah.
Le·cha...

Lik·rat sha·bat le·chu ve·nel·chah
ki hi me·kor ha·bra·chah
mei·rosh mi·ke·dem ne·su·chah
sof ma·a·seh be·ma·ch·sha·vah te·chi·lah.
Le·cha...

Mik·dash me·lech ir me·lu·chah
ku·mi tze·i mi·toch ha·ha·fe·chah
rav lach she·vet be·e·mek ha·ba·cha
ve·hu ya·cha·mol a·la·yich chem·lah.
Le·cha...

Hit·na·a·ri me·a·far ku·mi
liv·shi big·dei tif·ar·tech a·mi
al yad ben y·shai beit ha·la·ch·mi
kor·vah el naf·shi ge·a·lah.
Le·cha...

Hit·o·re·ri hit·o·re·ri
ki va·o·rech ku·mi o·ri
u·ri u·ri shir da·be·ri
ke·vod a·do·nai a·la·yich nig·lah.
Le·cha... 
Come, beloved, to meet the Bride!

Let us greet the Sabbath together.

Don’t be embarrassed. Don’t be ashamed.
Why cast yourself down and hide yourself away?
The poor of My people find refuge in You.
In the ruins, we rebuild the city of spirit.

Those who trod you down will fall away.
All those who devoured you will be kept off.
I, the Divine One, rejoice in you
As lovers rejoice together.

O burst out everywhere!
Adore your Beloved —
the redeemer who bursts forth.
O let us rejoice and be glad!

WE STAND AND FACE WEST
Come in peace, you who are your Beloved’s crown.
Come joyful and exulting
among this precious, faithful people.
Come, O bride. Come.
לכה דודי Leben קְרַאתָ כָּלָה פֵּן שָׁכַת בַּקְפָלָה
Le·cha do·di lik·rat ka·la pe·nei sha·bat ne·ka·be·lah.

Lo te·vo·shi ve·lo ti·kal·mi
mah tish·to·cha·chi u·mah te·he·mi
ba·ch ye·che·su a·ni·yei a·mi
ve·niv·ne·tah ir al ti·lah.
Le·cha...

Ve·ha·yu lim·shi·sah sho·sa·yich
ve·ra·cha·ku kol me·val·a·yich
ya·sis a·la·yich e·lo·ha·yich
kim· sos cha·tan al ka·lah.
Le·cha...

Ya·min us·mol tif·ro·tzi
ve·et a·do·nai ta·ra·ti·tzi
al yad ish ben par·tzi
ve·nis·me·chah ve·na·gi·lah.
Le·cha...

WE STAND AND FACE WEST
Bo·i ve·sha·lom a·te·ret ba·lah
gam be·sim·chah u·ve·tzo·ho·lah
toch e·mu·nei am se·gu·lah
bo·i cha·lah sha·bat ha·mal·kah.
Mizmor shir le-yom ha-sha-bat.

Tov le-ho-dot
da-nai u-le-za-mer
le-shim-cha el-yon.
Le-ha-gid ba-bo-ker chas-de-cha
ve-em-nit-cha ba-lei-lot.
A-lei a-sor va-a-lei na-vel
a-lei hi-ga-yon be-chi-nor.
Ki si-mach-ta-ni a-do-nai be-fo-a-le-cha
be-ma-a-sei ya-de-cha a-ra-nen.

Mah gad-lu ma-a-se-cha yah
me-od am-ku mach-shie-vo-te-cha.

Ish ba-ar lo ye-da
u-che-sil lo ya-ven et zot.
Bif-ro-ach re-sha-im ke-mo e-sev
vai-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-vei-cha a-do-nai
ki hi-neh oy-vei-cha yo-ve-du
yir-par-du kol po-a-lei a-ven.
Va-ta-rem ki-e-im kar-ni ba-lo-ti
be-shem-men ra-a-nan.

Va-ta-bet ei-ni be-shu-nai
ba-ka-mim a-lai me-re-im
tish-ma-nah az-nai.

Tza-dik ka-ta-mar yif-na-ch
ke-e-rez bal-va-non yis-geh.
She-tu-lim be-veit a-do-nai
be-chatz-rot e-lo-hei-nu yaf-ri-chu.
Od ye-nu-vun be-sei-vah
desh-nim ve-ra-a-ni-nim
yih-yu.

Le-ha-gid ki ya-shar
a-do-nai tsu-ri ve-lo
av-la-tah bo.

The Sabbath's song.

It's good to praise you,
to hymn to your name, Most High —
to tell tales of your love in the morning
and of 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.
Everywhere you've made praises me.

How abundant are Your artstries, 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,
spilling of God's own stature —
my rock, my flawless one.
Infinity
robed in loftiness,
wreathed in majesty.
Surely the world
will never be shaken.
This throne
is rooted in the ages.
You are eternal.

Sacred
rivers arise.
Their voices
sound.
They raise up
a roaring.

Above the voices
of the great waters,
above the crashing
of the sea’s waves,
sublime in the heights
is the One.

Your witnesses
rightly testify.
Your house
is a beautiful
holiness
forever.

A-do-nai ma-lach
ge-ut la-vesh
la-vesh a-do-nai
oz hit-a-zar
af ti-kon te-vel
bal ti-mot
Na-chan
kis-a-cha me-az
me-o-lam a-tah
Nas-u
ne-ha-rot a-do-nai
nas-u
ne-ha-rot ko-lam
yis-u
ne-ha-rot doch-yam
Mi-ko-lot
ma-yim ra-bim
a-di-rim
mish-be-rei yam
a-dir ba-ma-rom
a-do-nai
E-do-te-cha
ne-em-nu me-od
le-veit-cha
na-a-vah ko-desh
a-do-nai
le-o-rech ya-mim
Ke-gav-na de-i-nun
mit-ya-cha-din le-e-la be-e-chad
ohf ha-chi i-hi
it-ya-cha-dat le-ta-ta be-ra-za de-e-chad.

Ra-za de-sha-bat i-hi sha-bat
de-it-o-cho-dat be-ra-za de-eh-chad
le-mish-rei a-lah ra-za de-eh-chad

When the Transcendent Divine is united above as One,
So too She, the Immanent One, is united below in the secret of One,
And joins with the Transcendent, One receiving One.

The secret of Shabbat. She is Shabbat
when She unites in the mystery of One
and the mystery of Oneness rests upon Her.

A-na el na re-fa na lah
be-har-ot lah no-am zi-vach
az tit-cha-zek ve-tit-ra-pe
ve-ha-ye-tah lah sim-chat o-lam

Please heal her, God — show her the delight of your radiance.
Then she will be healed and strong and will rejoice in you eternally.

Ha-ma-kom ye-na-chem et-chem
be-toch she-ar a-ve-lei tzi-yon vi-ru-sha-la-yim

May the One who is in all places
comfort you together with all who mourn.
COMMUNITY RESPONDS

בֹּרֶךְ
bow

יְהוָה
rise

רְכֹבָּה
receive

רַבָּעַים
radiate

זָעֵד
witness

Baruch a-do-nai ham-vo-rach le-o-lam va-ed
Bless the ONE who is Blessed forever and ever

LEADER CALLS

בֹּרֶךְ
bend

יְהוָה
bow

יְהוָה
rise

רְכֹבָּה
receive

Baruch et a-do-nai ham-vo-rach
Bless towards the ONE who is Blessed
Blessed be You, Weaver of Being,
guide of the universe,
who brings the evening
who in wisdom opens gates
and with discernment changes times
and turns the seasons
and orders the stars
as is the divine desire.

Cycler of day and night,
rolling light away before darkness
and darkness away before light.

Passing away the day and bringing in the night,
dividing darkness and light.
The One who Holds Many are You.

You who live and exist in all things,
always guide us on our journey.

Blessed be You,
Summoner of Evening.
Be-ru-cha at she-chi-nah  
elo-hei-nu ru-a-ch ha-o-lam  
a-sher bid-va-rah ma-a-ri-vah a-ra-vim  
be-choch-mah fo-ta-chat she-a-rim  
u-vit-vu-nah me-sha-nah i-tim  
u-ma-cha-li-fah et haz-ma-nim  
u-me-sa-de-ret et ha-cho-cha-vim  
be-mish-me-ro-tei-hem ba-ra-ki-a kir-tzo-nah.

Bo-ret yom va-lai-lah  
go-le-let or mip-nei cho-shech  
ve-cho-shech mip-nei or.

U-ma-va-ri-rah yom u-me-vi-ah lai-lah  
u-mav-di-lah bein yom u-vein lai-lah  
yah tze-va-ot she-mah.

E-lah cha-yah ve-ka-ye-met  
ta-mid tim-loch a-lei-nu le-o-lam va-ed.

Be-ru-cha at she-chi-nah  
ha-ma-a-ri-vah a-ra-vim.
We are embraced by arms that find us even when we are hidden from ourselves.

We are touched by fingers that soothe us even when we are too proud for soothing.

We are counseled by voices that guide us even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us even in the midst of a fall.

We are urged on by eyes that meet us even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed, and counseled, ours are the arms, the fingers, the voices; ours are the hands, the eyes, the smiles; We are loved by an unending love.

RS
A love across space
and time
and soul

Have you loved us
and taught us

Torah wisdom
mitzvot right action
laws traditions
statutes justice

And so as we sleep as we awake

We contemplate your truths
we rejoice in Torah
and in sacred practice

Always
for this is our life
and the measure of our days.
We meditate on it day and night.
This is a love eternal
that cannot be taken away.

Blessed be you who loves your people
your God-wrestling people.

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

Quietly Ba·ruḵ shem ke·vod mal·ḵu·to le·o·lam va·ed

Blessed is the name of that being throughout all space and time.
לאחרת אתה יוהה אלהים בכל לבך ובסף
נפשך בכל מרחק: יוהה埃尔ים האלה אשת
องיך מצוות יהיה על לבך: ושנוגהו לבך ומרחך
אם בינתך ביהלך וכלבריך בוקבך
הכוהן: וקשתה לאיה על יתו ולהסהף
בין עיניך: נתבּשך עליה חותם ורחיך.

Ve-a-hav-ta et a-do-nai e-lo-he-cha be-chol le-vav-cha u-ve-chol
naf-she-ccha u-ve-chol me-o-de-cha. Ve-ha-yu had-va-rim ha-e-leh
a-sher a-no-chi me-tzav-cha ha-yom al le-va-ve-cha. Ve-shi-nan-tam
le-va-ne-cha ve-di-bar-ta bam be-shiv-te-cha be-vei-te-cha
u-ve-lech-te-cha va-de-rech u-ve-shoch-be-cha u-ve-ku-me-cha.
U-ke-shar-tam le-ot al ya-de-cha ve-ha-yu le-to-ta-fot bein ei-ne-cha.
Uch-tav-tam al me-zu-zot bei-te-cha u-vish-a-re-cha.

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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.
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.
וילאמה יוהו אל梅州 לאומת: דרר אלכרני ירשאלא אמאית
אלーム עשה להם ציצת עלאבניני בגדיהם לזרטמר ונתנו
על ציצת חונת לפי חבסלה: יוהו לך ציצת וראית אזה
ופרתם אהרפלמרצונ יוהו ושתתם את לא חכר אחור
לבכם ואחרי עונס אשראאתם נימי שהרוים: לאש החרי
עשהם אהרפולמרצונ ויוהו קורסם לאלאהים: אזל יוהו
אללאים אשרא הזראתה לאבם מקרא מציון להיה לך אלאהים
אני יוהו אלקים:

Va-yo-mer a-do-nai el mo-sheh le-mor. Da-ber el be-nei yis-ra-el
le-do-ro-tam ve-na-te-nu al tzi-tzit ha-ka-naf pe-til te-che-let. Ve-ha-yah
la-chem le-tzi-tzit u-re-i-tem o-to u-ze-char-tem et kol mitz-vot a-do-nai
va-a-si-tem o-tam ve-lo ta-tu-ru a-chas-rei le-vav-chem ve-a-chas-rei
ei-nei-chem a-scher a-tem zo-nim a-chas-rei-hem. Le-maan tiz-ke-ru
A-ni a-do-nai e-lo-hei-chem a-scher ho-tze-ti et-chem me-e-retz mitz-ra-yim
lih-yot la-chem le-lo-nim a-in a-do-nai e-lo-hei-chem.
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.
The God of Being that manifests to you — that God is a true God.

True and reliable is all This,
and it is real for us.
That One is the One,
and nothing else exists,
and we are the people of the One.

That One redeems us from
the struggles of power.

The Breath of Life is our power, delivering us from battle,
saving us from violence, showing kindness to those in conflict,
setting great and deep things in motion, and wonders without number,
placing our souls among the living and not steering us toward death,

showing us the holy sparks
of even those we called enemies,
raising us up even above hatred,
making miracles for us,
righting the wrongs of pharaohs,

scattering signs and wonders
in the land of slavery,
bringing the people
to everlasting freedom,
guiding them through
the passage within the sea,
washing all that pursued them
into the depths.
A-donai elo-hei-chem e-met.

Ve-e-mu-nah kol zot
ve-ka-yam a-lei-nu
ki hu a-do-nai elo-hei-nu
ve-ein zu-la-to
va-a-nach-nu yis-ra-el a-mo.

Ha-po-de-nu mi-yad me-la-chimp
ha-go-a-le-nu mal-ke-nu mi-kaf kol a-ri-tzim
ha-el ha-nif-ra la-nu mi-tza-rei-nu
ham-sha-lem ge-mul le-chol oy-vei naf-shi-nu
ha-sam naf-shi-nu ba-cha-yim
ve-lo na-tan la-mot rag-le-nu

Ha-ma-keh ve-ev-ra-to
kol be-cho-rei mitz-ra-yim
va-yo-tzi et a-mo yis-ra-el
mi-to-cham le-che-rut o-lam
ha-ma-a-vir ba-nav
bein giz-rei yam suf
ve-et rod-fei-hem ve-et son-ei-hem
bit-ho-mot ti-ba.
Then your children saw your power, and offered praise and gratitude, accepting the truth of that moment.

Moses and Miriam and the Israelites sang a song to you 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?

Your children saw your presence manifest, splitting the sea before Moses and Miriam. “This is my God!” they cried, “present throughout all space and time.”

So too the prophet said. “The Breath of Life has redeemed the tribe of Jacob, saving us from those who were stronger.” Blessed are You, Source of Life, who has redeemed this godwrestling people.
Ra·u va·nim et ge·vu·ra·to
shib·čhu ve·ho·du lish·mo
u·mal·čhu·to be·ra·tzon kib·lu a·lei·hem.

Mo·sheh u·mir·yam u·ve·nei yis·ra·el
le·čha a·nu shi·rah
ve·sim·čḥah ra·bah ve·am·ru čhu·lam.

Mi čḥa·mo·čḥah ba·e·lim a·do·nai
mi ka·mo·čḥah ne·dar ba·ko·desh
no·ra te·hi·lot o·seh fe·le.

Mal·čhu·te·čha ra·u va·nei·čḥa
bo·ke·a yam lif·nei mo·sheh u·mir·i·yam
zeh e·li a·nu ve·am·ru
a·do·nai yim·loč le·o·lam va·ed.

Ve·ne·e·mar
ki fa·dah a·do·nai et ya·a·kov
u·ge·a·lo mi·yad čha·zak mi·me·nu.
Ba·ručh a·tah a·do·nai
ga·al yis·ra·el.
השפלים
יוהו אלהינו ישראל והשפלים מלכת
לחיים ופרסים עלינו שפת שלום והזיכרון
בעצה שבוד כלאך וחלשינו לעירך זてくる. ואמ
בעיז ופרס מצילין אתיב זכר וחרב זריע זן
והם ששים משלים ומאחורי הם בצלאל כנפיים חסריונות
כי אל שומנו ומצילים אתינו כי אל כל יהודים
ורוחם אתינו. ש髂וןزوا ומוכנים ליהיו ולתלמים
מוצאם זכר עולם. ופרסו ועלינו שפת שלום.
ברוך אתה יהוה הפורש שפת שלום
עלינו ועל כל זמנים וארץ
על כל י铷וכ תבל ועל
ירוחלם.

Lay us down in peace author of the stars.
Raise us up to life ground of our being.
Spread over us the sukkah, the shelter of your peace.

Give us counsel. Help us repair our lives.
Rescue us, so we may live your name in us. Defend us.

Keep the night terrors away. hatred, violence, hunger, disease.
Keep the demons away. fears for our past, our future.

Hold us in the shadow of your wings our guardian, our protector,
our gracious and merciful One. Guard our coming and our going
for life’s sake, for the sake of peace at this moment and forever.

Spread over us the sukkah, the shelter of your peace.
Blessed are You,
who spreads night’s tranquil canopy over us,
over all people, over Jerusalem, the city of peace.
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Hash·ki·ve·nu a·do·nai e·lo·hei·nu le·sha·lom
ve·ha·a·mi·de·nu mal·ke·nu le·cha·yim
u·fros a·lei·nu su·kat sh·lo·me·cha
ve·tak·ne·nu be·et·zah to·vah mil·fa·nei·cha
ve·ho·shi·e·nu le·ma·an she·me·cha.
Ve·ha·gen ba·a·de·nu ve·ha·ser me·a·lei·nu
o·yev de·ver ve·che·rev ve·ra·av ve·yagon
ve·ha·ser sa·tan mil·fa·nei·nu u·me·a·cha·re·nu
u·ve·tzel ke·na·fei·cha tas·ti·re·nu.
Ki el shom·re·nu u·ma·tzi·le·nu a·tah
ki el me·lech cha·nu·nun ve·ra·chum a·tah.
U·she·mor tze·te·nu u·vo·e·nu le·cha·yim
u·le·sha·lom me·a·tah ve·ad o·lam.
☞ U·fros a·lei·nu su·kat shlo·me·cha.
Ba·ru·ch a·tah a·do·nai ha·po·res su·kat sha·lom
a·lei·nu ve·al kol a·mo yis·ra·el ve·al kol yosh·vei
te·vel ve·al ye·ru·sha·la·im.
The people of Israel shall keep
Shabbat throughout the generations.
it is a covenant eternal
and a sign, between Me and the Godwrestling people
that in six cycles of light and dark
the Breath of Life made heaven and earth
and on the seventh cycle the Breath of Life rested and was renewed.

ON PASSOVER, SHAVUOT AND SUKKOT
Then Moses announced the sacred times of the Divine
to the people of Israel.

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.
Ve-sham-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
u-vai-yom hash-vi-i sha-vat va-yi-na-fash.

ON PASSOVER, SHAVUOT AND SUKKOT

Vay-da-ber mo-sheh et mo-a-dei a-do-nai
el be-nei yis-ra-el.

Yit-ga-dal ve-yit-ka-dash
she-me ra-ba
be-al ma div-ra chir-u-teh
ve-yam-lich mal-chu-teh
be-chai-yei-chon uv-yo-me-iyon uv-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-me ra-ba me-vo-rach
le-a-lam u-le-al-me al-mai-ya.

Yit-ba-rach ve-yish-ta-bach
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-me
de-kud-sha be-rich hu.

Le-e-la (u-le-e-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.
“Axis, Cycle, Heart” — a Visual Meditation

Traditional Amidah Liturgy: Standing in the Presence

Seven Blessings: An Interpretive English Amidah

Seven Visions: An Amidah of Guided Visualization

Seven Affirmations: An Amidah Celebrating the Sefirot and the Days of Creation

Traditional Festival Amidah
Standing Before the One
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 most high.
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 Rememberer Rescuer Defender.

Blessed are You, Breath of Life,
defender of Abraham, helper of Sarah.

You are our guardian always, in all the worlds,
Holy One, You turn death to life — so immense is your power to save!

IN WINTER
You whirl the wind and bring down the rain

IN 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,
ביורק אֲחַרְיוֹן
אלהים והאֲלֶהֶם בְּאֹדְמֶיָּהוּ
אלהים אֱבָרוֹת אָלֹהִים צֵּדֵק אֱלֹהִים צֶּקֵּב
אלהים שָׁרָה אלהים בּוּכָּה אלהים רָחָל אלהים לֹא
כֵּן בְּגֹדֵל הַבָּבוֹר הָגֹדֵל אֱלֹהִים
gומֵל חַפָּדִים גְּוֹדֵל (קֹנָה חַדִּל)
 العسكر חַסְדֵי אָבוֹת (אָסָדוֹת)
ពְּרוֹבָאָוֶת לָבָנָי שְׁכִים
לְמַעַן שְׁמֵי יְהוָה.

בַּשָּׁה שׁוֹהָה
קֵרֵם לְהוֹמִי מֹמֵל פָּשְׁכִים
קִצְּבָתָם בָּפֶסֶר חָסְכִים לְמַשָּׁה אֲלָלִים טִהוּ.

כֶּלֶל גֹּדֵל וּמַשְׁשִּׂית לֶמֶן.
ביורק אֲחַריוֹן
עֵם אֱבֹֹרֶהֶם וּצִוְּרֵיה שְׁכִים.
אתָד
בּוֹר לְעֹלֵכָה עָלֵיה
כָּתוּבָה חֶטֹּאת אַחֵר רָב לְחוֹשֵׁי.

כֹּחֶרֶךְ נָשִּׂיב הַרְוָת וּנָבְרִיָּה תְּצוּשָּׁה.
בָּשָׁה מְוָרִדָה חָסְכָּה.
מְכַּלֶּל חִיוֹם בְּחֶסֶד
כָּתוּבָה חֶטֹּאת בְּרַחְמוּת בְּרֵיָּה
סְפוֹנַּה נְפֶלֶל זְרוֹפָא חוֹלִים וּמְחַמֶּר אָסָדָר
מוּכָּס אַמְנוֹנָת לְלַשְׁנָיָה גְּפֶר
מִי כָּמוֹך בּלָא בָּגָורָה וּמִי דּוֹמֵם לֵך
כֶּלֶל חֶטֹּאת וּמְכַּלֶּל הָמָשִּׁיעָה.
נַשְּׁבַת שׁוֹהָה
מִי כָּמוֹך אֶל חַדְמוֹנָה זוֹדָה רוֹצִיָּה לְמַשָּׁה.

נְגַמְּלָה אוֹתָהּ חַדְמוֹנָה מָתִים.
ביורק אֲחַר יוֹנָה

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You are holy.
Your name in this world is holy.
And all who strive for holiness daily praise You.

Blessed are You, Breath of Life,
holy divinity.

You made the Shabbat holy to Your name,
the culmination of the work of earth and sky,
and blessed it above all days and sanctified it above all seasons.
It is written in the Torah.

The sky and the earth were completed, and all their multitudes.
God completed on the seventh day all the work that God had done.
God rested on the seventh day from all the work that God had done.
God blessed the seventh day and made it holy for
on that day God rested from all the work God had set out to do.

Our God and God of our ancestors,
find joy in our resting.

Make us holy through acts that bring us near to You.
Give us purpose through engagement with your Torah.

Sustain us from your abundance.
Gladden us in your deliverance.
Clarify the purpose of our hearts,
that we may do the work You intend for us.

O cause us to aspire Holy One, our divine light
to your Holy Shabbat, in love and desire.
Then those who call your holy name
will rest in that sanctuary of time.

Blessed are You, Breath of Life,
who makes Shabbat holy.

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אָמֵד קָדוֹשׁ
שֶׁפֶכֶל קָדוֹשׁ
ָקְדוֹשׁי מְכַל יְהוָה שִׁלָּחְנוּ
בָּרוּךָ אִמָּנוּ הַיּוֹהֵה
הָאָל (בַּכָּבוֹת שָׁהְנוּ) מֶכַל קָדוֹשׁ.
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 ROSSH 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, Pesach, Sukkot,
the New Moon Festival of Matzah 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.

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.
כנהו אלהינו בצמך ישראל ובהפלתך
השב את הקבディך לכריך ירחא ישראל
והפלתך מחיה כל הבנים קברון
והרי לברון זכדים יטונא ישראל

ל recebe והנה נכתול המותך
אלהינו וארלינו אבותינו ואמותינו
שלא חبثינו זך ויצא זך וישמע זך וברך זך ומתקינו
ותבריק אבותינו ואמותינו וברך זך וברך זך ומתקינו
ותבריק יראבך על נקמת בית ישראל זך אלישבט אלישבט אלישבט אלישבט אלישבט
בימים

לראשית חמה
说起
מ الفنانות

_tensors

Amidah: Standing in the Presence

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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 ROSE 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.
 Amidah: Standing in the Presence

וה}" נא לארベルנירק
וה/perl" נא לא ש"מק".
כ"שלכט קד"ן לול.

כ"ל כל הנחתה
על המ_business על הפקוק
והלהביחות על חדש החשווה.
והלדמלומדם ששתניי לאבוחוני (אמרתו).נanime הלודם קכם היה.

ביימ המ干事创业 בין ירוחם בנו בד"ל השמוניה ובינן כשאצמדיה שלוכל היה והרשעה על שמך ואריאל להשמידוה.
והיולה הלשכיבים חקי רצון.ואתה ברחתיך חרובו סמך לה להב יתחך רבד את ריבך ודעת את דינם.
כאן את כ"מקוטה.קרקתי כןים כי קלשיכו ודיב כ"לא ספק תורין.הל ששתניי של ירוחם bieten אין השם שלו ששל jak בדול שרראז ששתניי בשועה בדוכל ומקו.
והם תוד.ואמר כל כי ב"ד ביכר ביכר וגו אנא ודיכלי ותרו אנא מקדשך (ודהיליך) ותבת ברברות.
כדשי להבן שמשון כי למבה את להדוך והפל של חולך והדлан.

וכל כלמ.
והרבר ותרוים שמה.
וכלט告诉你 מלייד כלמ וצ.

כשת השביה.
והניח כלימ סוכרים כל ברייך.
וכל השטיב חודו שפה.
ורוכל אלא שמח בקארמה.
זליאו לשצונזי ותרוני פוק.

ברוך אתה יהוה.
והפל שמח.
ולך נפשו הלוד皤.
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.

Blessed are You, Breath of Life, who blesses the Godwrestling people and all people everywhere with 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.
שלום רב
על צריךאל עמק
כительн כלים
כי אתה הזה כל העד
כליל המקום.
-good
לבך את ספרי ישראל
קבל JWT ספרי בשלום.
-
ברוח אתה היה
המברך את כל ישראל
ואת כל יהודים חבל
שלום.
-
כשתנה שמחה
כ睥ר חיים
ברוך והצלחה
אשכח כל שבת בירה ישראל לחיים ולשלום.
ברוח אתה היה
ושת נישלום.
DELIGHT

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.

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 Tzion — the place where we know the way.

MODIM/GRATITUDE

We are grateful to You for being God to us and to our ancestors always, throughout time.

You are the root of 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.

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

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.

SHALOM/PEACE

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.

Blessed are You, Breath of Life, who blesses the Godwrestling people and all people everywhere with peace.
1
AVOT/ANCESTRY
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 most high
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
guide
helper
rememberer
rescuer
defender
Blessed are You,
Breath of Life,
defender of Abraham,
helper of Sarah.

2
GEVUROT/POWER
You are our
guardian always,
in all the worlds,
Holy One
You turn death to life —
so immense is your
power to save.
You sustain all life
in loving generosity
You bring life out of death
in your womb
of compassion.
You lift up the falling
You heal the sick
You 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?
Faithful you are
to enliven
what dies.
Blessed are You,
Breath of Life,
who circles death
back to life.

3
KEDUSHA/HOLINESS
You are holy,
Your name
in this world is holy,
and all who strive for
holiness daily praise You.
Blessed are You,
Breath of Life,
holy divinity.

4
KEDUSHAT HAYOM/HOLY DAY
The sky and the earth
and all their multitudes
were completed,
God completed on the
seventh day all the work
that God had done.
God rested
on the seventh day
from all the work
that God had done.
God blessed the seventh day
and made it holy
for on that day God rested
from all the work
God had set out to do.
Our God and
God of our ancestors,
find joy in our resting.
Make us holy
through acts that
bring us near to You.
Give us purpose
through engagement
with your Torah.
Sustain us from
your abundance.
Gladden us in
your deliverance.
Clarify the purpose
of our hearts,
that we may do the work
You intend for us.
O cause us to aspire
Holy One, our divine light
to Your Holy Shabbat,
in love and desire.
Then those who call
Your Holy name
will rest in that
sanctuary of time.
Blessed are You,
Breath of Life,
who makes Shabbat holy.
5 RETZEH/DESIRE
Feel that you are part of the universe, woven into the fabric of creation. 
See divinity in yourself, in all beings, and in the earth. 
Where, right now, can you perceive divine presence?

ברוכת אתה שדי המזדירה שבבים לעיזן.
Be-ru-cha at sha-dai ha-ma-zadira-rah she-ki-na-tah le-tzi-yon.
Blessed are You, Nurturing One, who restores divine presence to the world.

6 MODIM/GRAINITUDE
Visualize before you all the blessings in your life. 
Feel your gratitude for these blessings. 
Present yourself to God as you understand God. Offer your thanks.

ברוך אתה יהוה תמך שמה לכל הטובות.
Ba-ruch a-tah a-do-nai ha-tov shim-cha u-le-cha na-eh le-ho-dot.
Blessed are You, Generous One, whose name is good, 
and to whom it is pleasant to offer thanks.

7 SHALOM/PEACE
See yourself at peace. See the world at peace. 
Offer your life-energy to the work of bringing peace to the world. 
Ask for divine help in accomplishing this great task.

ברוך אתה יהוה המבורך אתה אשר אוצרת את כל העולם עם טיב בשלום.
Ba-ruch a-tah a-do-nai ha-mor-cha a-sher sh-cret ah et kol yosh-vei te-vel ba-sha-lom.
Blessed are You, Healing One, who blesses the people Israel, 
and all who dwell on earth, with peace.
1 AVOT/ANCESTRY
Step back in time. Feel your ancestors — your family, your tribe or tribes, the ancient humans — standing at your side. What traditions do you keep in their honor? What message do they give you?

ברוך א汰ת יוה ויהו קמי אפרהים וזוורת שרה.
Ba-ruch 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 GEVUROT/POWER
See before you a dry seed planted in earth, and sprouting into a living plant. What in your life feels dry or lifeless? How do you need to awaken or grow? What dream do you need to bring to life?

ברוכו א汰ת Москве חמיים מחיות/meimim.
Be-ru-cha at ma-yan ha-cha-yim me-cha-yah ha-mei-tim.

Blessed are You, Everliving One, who revives the dead.

3 KEDUSHA/HOLINESS
See that you are in a sacred place. The guardian of this place welcomes you and anoints you. You too are sacred. Take a moment to consider how holiness is manifesting in your life right now.

ברוכו א汰ת יוה ויהו נאות (ששנה שמיות/meimim)
Ba-ruch a-tah a-do-nai ha-el (on SHABBAT SHUVAH ha-me-lech) ha-ka-dosh.

Blessed are You, Mysterious One, holy sanctuary.

4 KEDUSHAT HAYOM/HOLY DAY
Stand before the Shabbat candles. Feel healing and rest flowing into you. What blessing do you need in this moment? What blessing do you offer? What is your prayer?

ברוכו א汰ת ש снижен מאדשת השבת.
Be-ru-cha at she-chi-na me-ka-de-shet ha-sha-bat.

Blessed are You, Present One, who sanctifies Shabbat.
The Amidah concludes on pages 71–72.
Seven Affirmations: An Amidah Celebrating the Sefirot and the Days of Creation

**Chesed**  Lovingkindness

“*The Eternal said. Let there be light, and there was light.*”
Know that love is at the root of all things and illuminates all.

**Gevurah**  Discipline

“*The Eternal separated the water below from the water above...*”
Know that boundaries are natural and essential.

**Tiferet**  Compassion

“*The earth brought forth trees that grow fruit with seed within...*”
Know that compassion sustains the lives of all beings.

**Netzach**  Persistence

“*God set lights in the vault of the sky, to shepherd the day and the night.*”
Know that perseverance on our own path lights the way for others.

**Hod**  Grace

“*The Eternal said. Let the earth teem with birds that fly above the earth.*”
Know that we are recipients of grace, carried on wings not our own.

**Yesod**  Connection

“And the Holy One said. *Let us make the human being in our image...*”
Know that we connect to the Divine when we connect to one another.

**Malkhut**  Grounding

“*The Holy One blessed the seventh day and made it holy...*”
Know that the present moment, breath moving in and out, here and now, is holy.
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 redeemer.
O Lord prepare me to be a sanctuary.
Pure and holy, tried and true.
With thanksgiving, I'll be a living
Sanctuary for you.

May the Maker of Peace in the high heavens
make peace for us,
for all Israel,
and for all the world.
Amen.

By the Waters of Babylon, where we sat down
And where we wept, when we remembered Zion.
And the wicked carried us away to captivity, required of us a song.
How can we sing our holy song in a strange land?
So let the words of my mouth and the meditations of my heart
Be acceptable in Thy sight, O Yah.
E-lo-hai ne-tzor le-sho-ni me-ra
u-se-fa-tai mi-da-ber mir-mah
ve-lim-ka-le-lai na-fshi ti-dom
ve-naf-shi ke-a-far la-kol tih-yeh.
Pe-taḥ li-bi be-to-ra-te-cha
u-ve-mitz-vo-tei-cha tir-dof na-f-shi.
Ve-ḥol ha-ḥosh-vim a-lai ra-ah
me-he-raḥ ha-fer a-tzam-tam
ve-kal-keḥ maḥ-chan-ve-o-tam.
A-seḥ le-ma-an she-me-ḥa
a-seḥ le-ma-an ye-mi-ne-ḥa
a-seḥ le-ma-an ke-du-sha-te-ḥa
a-seḥ le-ma-an to-ra-te-ḥa.
Le-ma-an ye-ḥal-tzun ye-di-dei-ḥa
ho-shi-ah ye-mi-ne-ḥa va-a-ne-ni.

Yih-yu le-ra-tzon
im-rei fi ve-heg-yon li-bi
le-fa-nei-ḥa a-do-nai
tzu-ri ve-go-a-li.
Ve-a-su li mik-dash
ve-sha-chan-ṭi be-to-ṭam.
Va-a-naḥ-nu ne-va-reḥ yah
me-a-tah ve-ad o-lam.

O-seḥ sha-lom bim-ro-mav
hu ya-a-seḥ sha-lom a-lei-nu
ve-al kol yis-ra-el
ve-al kol yosh-vei te-vel
ve-im-ru a-men.
יוכל השמים והארץ וכול־כברם: יוכל אלהים ביוו השבלי מלאכתו אשר עשיה וישנה ביוו השבלי משל־מלאכתו אשר עשת: יזרא אלהים ואת יום השבלי ויקח את כל מה שבעת מקל.

מלאכתו אשר־ברא אלהים לעשוה.
The sky and the earth and all their multitudes were completed.
God finished on the seventh day all the work that God had done;
God rested on the seventh day from all the work that God had done.
God blessed the seventh day and made it holy for on that day
God rested from all the work God had set out to do.

Va·ye·chu·lu ha·sha·ma·yim ve·ha·a·retz ve·chol tze·va·am.
Va·ye·chal e·lo·him ba·yom hash·vi·i me·laḥ·to a·sher a·sah
Va·yish·bot ba·yom hash·vi·i mi·kol me·laḥ·to a·sher a·sah.
Va·ye·va·rech e·lo·him et yom hash·vi·i va·ye·ka·desh o·to
Ki vo sha·vat mi·kol me·laḥ·to a·sher ba·ra e·lo·him la·a·sot.
Blessed are You, Breath of Life,
Our God, God of our ancestors,
God of Abraham,
God of Isaac,
God of Jacob,
God of Sarah,
God of Rebecca,
God of Rachel,
God of Leah,
Deity of abundance, might and wonder
Transcendent one, creator of heaven and earth.

Shield of the ancestors through Your speaking;
Raiser of life from death through Your word

Holy One,
Incomparable,
resting on your people on the Holy Sabbath Day,
for on that day You desired to give them rest.

Before that One we pray in reverence and awe,
thanking the Presence at every moment,
the Well of Blessings.

Deity of thanksgiving, Keeper of peace,
Sanctifier of the Sabbath, who blesses the seventh day,
and causes us to rest, letting the Sabbath fill us with delight,
as a reminder of creation.

Our God and God of our ancestors
may You find joy in our rest.
Make us holy through your mitzvoth
and may the Torah be our portion.
Sustain us from Your abundance
and gladden us with Your deliverance
And make our hearts clear that we may live with true divine purpose.

O cause us to aspire — Holy One, our Divine light —
to Your sanctuary of time, in love and desire.
That Your God-wrestling people,
Your name-hallowing people will rejoice!

Blessed are You, Holy One, who makes Shabbat holy.
Essence of the Amidah: Remembering the Blessings

Ba-ruch a-tah a-do-nai

Ve-lo-hei-nu ve-lo-hei a-vo-tei-nu ve-i-mo-tei-nu

Ve-lo-hei Av-ra-ham

Ve-lo-hei Yitz-chak

Ve-lo-hei Ya-a-kov

Ve-lo-hei Sa-rah

Ve-lo-hei Riv-kah

Ve-lo-hei Ra-chel

Ve-lo-hei Le-ah

Ha-el ha-ga-dol ha-gi-bor ve-ha-no-ra

El el-yon ko-neh sha-ma-yim va-a-retz.

Ma-gen a-vot bid-va-ro

Me-cha-yeh me-tim be-ma-a-ma-ro

Ha-el (on Shabbat Shuvah ha-me-lech) ha-ka-dosh

She-ein ka-mo-hu

Ha-me-ni-ach le-a-mo be-yom sha-bat kod-sho

Ki vam ra-tzah le-ha-ni-ach la-hem.

Le-fa-nav na-a-vod be-yir-ah va-fa-chad

Ve-no-deh lish-mo be-chol yom ta-mid

Me-ein ha-be-ra-chot.

El ha-ho-da-ot a-don ha-sha-lon

Me-ka-desh ha-sha-bat u-me-va-rech she-vi-i

U-me-ni-ach bik-du-shah le-am me-dush-nei o-neg

Ze-cher le-ma-a-seh ve-re-shit.

E-lo-hei-nu ve-lo-hei a-vo-tei-nu

Re-tzeh vim-nu-cha-te-nu.

Kad-sh-e-nu be-mitz-vo-tei-cha

Ve-ten chel-ke-nu be-to-ra-cha.

Sab-enu mi-tu-ve-cha

Ve-sam-cha-nu bi-shu-a-cha

Ve-ta-her li-be-nu le-ov-de-cha be-e-met

Ve-han-chi-le-nu a-do-nai e-lo-hei-nu

Be-a-ha-vah uv-ra-tzon sha-bat kod-she-cha

Ve-yis-me-chu ve-cha yis-ra-el

O-ha-vei she-me-cha.

Ba-ruch a-tah a-do-nai me-ka-desh ha-sha-bat
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: It is upon Us

A-lei-nu le-sha-be-ach 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 chel-ke-nu e-ma-hem
ve-go-ra-le-nu ke-chol ha-mo-nam.

Va-a-nach-nu kor-im
u-mish-ta-cha-vim
u-mo-dim
lif-nei me-lech
mal-chei ham-la-chim
ha-ka-dosh ba-ruch 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-shay-bo-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. ☞

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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.
Al ken ne·ka·veh
le·cha a·do·nai e·lo·hei·nu
li·rot me·he·rah be·ti·f·e·ret u·ze·cha
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·chut sha·dai
ve·chol be·nei va·sar yik·re·u vish·me·cha
le·haf·not e·lei·cha kol rish·ei a·retz.
Ya·ki·ru ve·yed·u kol yosh·vei te·vel
ki le·cha ti·ch·ra
kol be·rech ti·sha·va kol la·shon.
Le·fa·ne·cha a·do·nai e·lo·hei·nu
yich·re·u ve·yi·po·lu
ve·lich·vod shim·cha ye·kar yi·te·nu.
Vi·kab·lu chu·lam et ol mal·chu·te·cha
ve·tim·loch a·lei·hem
me·he·rah le·o·lam va·ed.
Ki ha·mal·chu she·le·cha hi
u·le·ol·mei ad
tim·loch be·cha·vod.
Ka·ka·tuv be·to·ra·te·cha.
a·do·nai yim·loch le·o·lam va·ed.
Ve·ne·e·mar ve·ha·yah a·do·nai
le·me·lech al kol ha·a·retz
ba·yom ha·hu
yih·yeh a·do·nai e·chad
u·she·mo e·chad.
Soon a loving peace will reach us, soon a loving peace will teach us
Soon a loving peace will reach us, each and each one
Salaam, for all the world and inside each one. Salaam, shalom. MBA

I will bring all people to My holy mountain.
I will gladden them in My house of prayer.
Their offerings
are welcome on My altar,
for My house shall be called
a house of prayer for all people.

You have been shown, that you may know.
the Breath of Life is the Source of All.
nothing but that exists.

Behold, we take upon ourselves
the instruction of our Creator.
love your fellow as yourself.

Healing the world through the majesty of nurture. SG
O·lam  čhe·sed y·bi·neh

I will build this world from love... yai dai dai....
And you must build this world from love... yai dai dai....
And if we build this world from love... yai dai dai.... Then God will build this world from love.... yai dai dai.... MC

Od ya·vo sha·lom a·lei·nu ve·al ku·lam.
Sa·lam! A·lei·nu ve·al kol ha·o·lam.
Sa·lam! Sha·lom!

Va·ha·vi·o·tim el har kod·shi
ve·si·mach·tim be·veit te·fi·la·ti.
O·lo·tei·hem ve·ziv·čhei·hem
le·ra·tzon al miz·be·chi
ki vei·ti beit te·fi·lah
yi·ka·rei le·čhol ha·a·mim.

A·ta·h hor·e·ta la·da·at
ki a·do·nai hu ha·e·lo·him
ein od mil·va·do.

Ha·rei·nu me·kab·lim a·lei·nu
et mitz·vat ha·bo·re
ve·a·hav·ta le·re·a·čha ka·mo·čha.

Le·ta·ken o·lam be·mal·čhet sha·dai.
Magnified and praised be the Living Source existing beyond time and space.

No oneness could be like That oneness — mysterious, endless unity

without image, body or form,
incomparable in holiness.

Preceding all that has been created,
first, and without beginning,

the Source is Orderer of the world —
all created things display the great Reality.

The flow of prophecy God pours out
to the treasured and beautiful people.

Never was there in Israel one like Moses,
a prophet who could behold the Divine face.

The Holy One gave a Torah of truth to the people
by the hand of the prophet, God’s intimate.

The Divine does not change, and does not alter the law
to any other law, for eternity.

God looks within us and knows our secrets,
and can see a matter’s end at its beginning.

God rewards all with love according to their deeds
And brings the wicked harm according to their wickedness.

At the end of days, the Divine will send Messiah
to redeem those who wait for the final redemption.

The Divine will give life to the dead, out of God’s great love.
Blessed is the name of the Glory forever and ever.
Yig-dal e-lo-him chai ve-yish-ta-bach
nim-tza ve-ein et el me-tzi-u-to.

E-chad ve-ein ya-chid ke-yi-chu-do
ne-el-lam ve-gam ein sof le-ach-du-to.

Ein lo de-mut hag-guf ve-ei-no guf
lo na-a-roch e-lav ke-dush-sha-to.

Kad-mon le-chol da-var a-sher niv-ra
ri-shon ve-ein re-shit le-re-shi-to.

Hi-no a-don o-lam le-chol no-tzar
yo-reh ge-du-la-to u-mal-chu-to.

She-fa ne-vu-a-to ne-ta-no
el-an-shei se-gu-la-to ve-tif-ar-to.

Lo kam be-yis-ra-el ke-Mo-sheh od
na-va u-ma-bit et te-mu-na-to.

To-rat e-met na-tan le-ah-mo el
al yad ne-vi-o ne-e-man bei-to.

Lo ya-cha-lif ha-el ve-lo ya-mir da-to
le-o-la-mim le-zu-la-to.

Tzo-feh ve-yo-de-a se-ta-rei-nu
ma-bit le-sof da-var be-kad-ma-to.

Go-mel le-ish che-sed ke-mif-a-lo
no-ten le-ra-sha ra ke-rish-a-to.

Yish-lach le-ketz ya-min me-shi-che-nu
lif-dot me-cha-kei ketz ye-shu-a-to.

Me-tim ye-cha-yeh el be-rov chas-do
ba-ruch a-dei ad shem te-hi-la-to.

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World-jointer, 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·saḥ ve·chef·tzo kol
a·zai me·lech she·mo nik·ra.

Ve·a·ch·rei 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·chad ve·ein she·ni
le·ham·shi·lo u·le·hach·bi·rah
be·li re·shit be·li tach·lit
ve·lo ha·oz ve·ha·mis·rah.

Ve·hu e·li ve·chai go·a·li
ve·tzur 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.
“The Source of Life saw all of creation and witnessed
that it was very good and there was evening and there was morning,
the sixth day.”

Sky, earth,
and all their hosts were finished.
God completed on the seventh day
all the work that God had done,
and ceased upon the seventh day
from all the work that God had done.
God blessed the seventh day
and made it holy,
for on it God ceased from all the work
that God had created to do.

With your permission, friends!

Blessed are You, Source of Life,
Guide of the World,
who creates the fruit of the vine.

Blessed are You,
Holy One who guides creation,
who has made us holy with your commandments,
and taken pleasure in us
and the holy Shabbat,
and granted it to us with love and favor
as a remembrance of the work of creation.
Shabbat is first
of all the proclaimed holy days,
a reminder of the exodus from Egypt.
For you have chosen us
and sanctified us
to be one of Your peoples,
and invited us to keep,
in love and favor, your holy Shabbat.
Blessed are You, Source of Life,
who makes Shabbat holy.
Va-yar e-lo-him et kol a-sher a-sah
ve-hi-neh tov me-od va-ye-hi e-rev va-ye-hi vo-ker
Yom Ha-shi-shi.

Va-ye-chu-lu Ha-sha-ma-yim
ve-ha-a-retz ve-chol tze-va-am.
Va-ye-chal e-lo-him ba-yom hash-vi-i
me-lach-to a-sher a-sah
va-yish-bot ba-yom hash-vi-i
mi-kol me-lach-to a-sher a-sah.
Va-ye-va-rech e-lo-him et yom hash-vi-i
va-ye-ka-desh o-to
ki vo sha-vat mi-kol me-lach-to
a-sher ba-ra e-lo-him la-a-sot.

Sav-ri cha-ve-ra!

Ba-ruch a-tah a-do-nai
e-lo-hei-nu me-lech ha-o-lam
bo-rei pe-ri ha-ga-fen.

Ba-ruch a-tah a-do-nai
e-lo-hei-nu me-lech ha-o-lam
a-sher ki-de-sha-nu be-mitzvo-tav
ve-ra-tzah va-nu
ve-sha-bat kod-sho
be-a-ha-vah u-ve-ra-tzon hin-chi-la-nu
zi-ka-ron le-ma-a-seh ve-re-shit.

Ki hu yom te-chi-lah
le-mik-ra-ei ko-desh
ze-cher li-tzi-at mitz-ra-yim.
Ki va-nu va-char-ta
ve-o-ta-nu ki-dash-ta
im kol ha-a-mim.
Ve-sha-bat kod-she-cha
be-a-ha-vah u-ve-ra-tzon hin-chal-ta-nu.
Ba-ruch a-tah a-do-nai
me-ka-desh ha-sha-bat.
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 most high
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
Guide Helper Rememberer Rescuer Defender
Blessed are You, Breath of Life,
defender of Abraham, helper of Sarah.

You are our guardian always, in all the worlds,
Holy One You turn death to life — so immense is Your power to save

**IN WINTER** You whirl the wind and bring down the rain
**IN SUMMER** You send 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, You heal the sick
You 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?
You are faithful to enliven what dies.
Blessed are You, Breath of Life,
who circles death back to life.

A-DO-NAI

Ba-ruch a-tah a-do-nai
el-hei nu ve-lo-hei a-vot-zi nu ve-i-mo-tei nu
el-hei av-ra-ham e-lo-hei yitz-chak
ve-lo-hei ya-a-kov
el-hei sa-rah e-lo-hei riv-kah
el-hei ra-chel ve-lo-hei le-ah
ha-el ha-ga-dol ha-gi-bor ve-ha-no-ra
el el-yon

go-mel cha-sa-dim to-vim ve-ko-neh ha-kol
ve-zo-cher chas-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.
Me-lech o-ze u-mo-shi-ah u-ma-gen.
Ba-ruch a-tah a-do-nai
ma-gen av-ra-ham ve-ez-rat sa-rah.

A-TAH GI-BOR LE-O-LAM A-DO-NAI
ME-CHA-YEH ME-TIM A-TAH RAV LE-HO-SHI-A.

IN WINTER

Ma-shiv ha-ru-ačh u-mo-rid ha-ge-shem.

IN SUMMER

Mo-rid ha-tal.

Me-chal-kel cha-yim be-che-sed
me-cha-yeh me-tim be-ra-cha-mim ra-bim
so-mech noh-lim ve-ro-fei cho-lim
u-ma-tir a-su-rim
u-me-ka-yem e-mu-na-to li-she-nei a-far
mi cha-mo-cha ba-al ge-vu-rot
u-mi do-meh lach
me-lech me-mit u-me-cha-yeh
u-matz-mi-ačh ye-shu-ah.
Ve-ne-e-man a-tah le-ha-cha-yot me-tim.
Ba-ruch a-tah a-do-nai
me-cha-yeh ha-me-tim.
You are holy in the beyond, Your name in this world is holy,
And all who strive for holiness praise You each day.
Blessed are You, Breath of Life, who brings holiness to our lives.

You have created us with divine purpose among all peoples on the globe,
You have loved us and desired our being
and given us a unique language with which to speak Your name
and given us Your holy mitzvot as our practice,
and brought us near to You through sacred service,
and intertwined Your name
with ours.

SATURDAY NIGHTS ONLY You have caused us to know Your righteous
principles, and taught us to enact Your will, and given us —
O Infinite! — ways of integrity and truth, good edicts and mitzvot.
You have passed down to us joyful seasons, sacred times, and bountiful
holidays. You have offered us the holiness of Shabbat and the celebration
of the festivals. You have made a difference between ordinary days and
sacred times, and between days and nights, between Shabbat and the seven
days of work, and have divided between the holiness of Shabbat and the
holiness of festivals, and have raised up Shabbat above other days of joy.
So too have You, in Your holiness, made us, Your people,
aware of holiness in our lives.

You have given us, O Breath of Life,
in love [Sabbaths for rest and]
festivals for joy, holidays and seasons
for gladness, this day of
[Sabbath and this day of].

Passover, the festival of Matzot,
season of our liberation;
Shavuot, the festival of Weeks,
season of the giving of our Torah;
Sukkot, the festival of Booths,
season of our rejoicing;
Shemini Atzeret/Simchat Torah,
season of our rejoicing;

A sacred assembly [of love] and
a reminder of the exodus from Egypt.
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 ha-ka-dosh.

A-tah ve-cher-ta-nu im kol ha-a-mim
a-hav-ta o-ta-nu ve-ra-tzi-ta ba-nu
ve-ro-mam-ta-nu im kol ha-le-sho-not
ve-ki-dash-ta-nu be-mitz-vot-tei-cha
ve-ke-rav-ta-nu mal-ke-nu la-vo-da-te-cha
ve-shim-cha ha-ga-dol ve-ha-ka-dosh
a-lei-nu ka-ra-ta.

Saturdays only Va-to-di-e-nu a-do-nai e-lo-hei-nu
et mish-pa-tei tzid-ke-cha va-te-lam-de-nu la-a-sot
chu-kei re-tzo-ne-cha va-ti-ten la-nu a-do-nai e-lo-hei-nu
mish-pa-tim ye-sha-ri-m ve-to-rot e-met chu-ki-m
u-mitz-vot to-vim. Va-ta-ni hi-le-nu ze-ma-nei sa-son
u-mo-a-dei ko-desh ve-cha-gei ne-da-vah. Va-to-ti-shu-nu
ke-du-shat sha-bat u-cho-vod mo-ed va-cha-gi-gat
ha-re-gel. Va-ta-di-le-nu a-do-nai e-lo-hei-nu bein
ko-desh le-chol bein or le-cho-shech bein yom hash-vi-i
le-sh-e-shet ye-mei ha-ma-a-seh. Bein ke-du-shat sha-bat
lik-du-shat yom tov hiv-dal-ta ve-et yom hash-vi-i
mi-sh-e-shet ye-mei ha-ma-a-seh ki-dash-ta hiv-dal-ta

Ve-ti-ta-la-nu a-do-nai e-lo-hei-nu be-a-ha-vah
[sha-ba-tot lim-nu-cha] u-
mo-a-dim le-sim-cha
cha-gim u-ze-ma-nim le-sa-son et yom
[ha-sha-bat ha-zeh ve-et yom]

ON PASSOVER
cha-g ha-ma-tzot ha-zeh ze-man che-ru-te-nu.

ON SHAVUOT
cha-g ha-sha-vu-or ha-zeh ze-man ma-tan to-ra-te-nu.

ON SUKKOT
cha-g ha-su-kot ha-zeh ze-man sim-cha-te-nu.

ON SHMINI ATZERET
she-mi-ni cha-g ha-a-tze-ret ha-zeh ze-man sim-cha-te-nu.

[be-a-ha-vah] mik-ra ko-desh
ze-cher li-tzi-at mitz-ra-yim.

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Our God and God of our ancestors, 
may there rise and come, arrive and appear 
be wished for and heard, recorded and remembered, 
Your memory of us, Your remembering of us, 
May Your remembering of our ancestors 
and our future redeemer 
and Your holy city Jerusalem 
and Your whole God-wrestling people 
rise before You for rescue and for abundance, 
for grace and love and compassion, 
for life and for peace, 
on this day of.

the festival of Pesach  
the festival of Shavuot

the festival of Sukkot  
the festival of Shemini Atzeret

Remember us this day, Breath of Life, for good. 
Keep us in mind this day for blessing. 
Save us that we may live.

With Your watchwords. Redemption and compassion, 
Have mercy on us, be gracious to us, Be compassionate with us and save us, 
for without You, we have no place to stand. 
You are our Divine guide toward grace and compassion. 
Raise up upon us, Source of Creation, 
the blessing of Your sacred times. awareness of the gift of our lives 
and the gift of peace in our hearts, the gifts of joy and celebration, 
for it is Your will to bless us. Our God and 
God of our ancestors [find joy in our resting], 
make us holy through acts that bring us near to You, 
through engagement with Your Torah.
Sustain us from Your abundance, and gladden us with Your deliverance. 
Make our hearts clear that we may live with true divine purpose. 
O cause us to aspire — Holy One, our Divine light — 
to Your [holy Shabbat and] holy festivals 
[in love and desire], in joy and celebration, that Your God-wrestling people. 
Your name-hallowing people, will find joy in that sanctuary of time.

Blessed are You, Holy One, 
who makes [Shabbat] and Your people and the festivals holy. ☞
E-lo-hei-nu ve-lo-hei a-vo-tei-nu ve-i-mo-tei-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
zikh-ro-ne-nu u-fik-do-ne-nu
ve-zikh-ron a-vo-tei-nu ve-i-mo-tei-nu
ve-zikh-ron ma-shi-ach ben da-vid av-de-cha
ve-zikh-ron ye-ru-sha-la-yim ir kod-she-cha
ve-zikh-ron kol am-cha beit yis-ra-el
le-fa-nei-cha lif-lei-tah u-le-to-vah
u-le-chen u-le-che-sed u-le-ra-cha-mim
u-le-cha-yim u-le-sha-lom be-yom

chag ha-ma-tzot ha-zeh
chag ha-sha-vu-or ha-zeh
chag ha-su-kot ha-zeh

 UITextField

She mi-ni chag ha-a-tze-ret ha-zeh
zoch-re-nu a-do-nai e-lo-hei-nu bo le-to-vah
u-fok-de-nu vo liv-ra-chah
ve-ho-shi-e-nu vo le-cha-yim
u-vid-var ye-shu-ah ve-ra-chah-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-lech
cha-nun ve-ra-chum a-tah.
Ve-ha-si-e-nu a-do-nai e-lo-hei-nu
et bir-kat mo-a-dei-cha le-cha-yim u-le-sha-lom
le-sim-cha-hah u-le-sa-son ka-a-sher ra-tzi-ta
ve-a-mar-ta le-va-ra-che-nu. [E-lo-hei-nu ve-lo-hei
a-vo-tei-nu ve-i-mo-tei-nu re-tzeh vim-nu-cha-re-nu]

Kad-she-nu be-mitz-vi-tei-cha
ve-ten chel-ke-nu be-to-ra-te-cha
sa-be-nu mi-tu-ve-cha ve-sam-cha-nu bi-shu-a-te-cha
ve-ta-her li-be-nu le-ov-de-cha be-e-met
ve-han-chi-le-nu a-do-nai e-lo-hei-nu

[be-a-ha-vah uv-ra-rzon]
be-sim-cha-hah uv-sa-son [sha-bat u-]
mo-a-dei kod-she-cha ve-yis-me-chu ve-cha yis-ra-el
o-ha-vei she-me-cha. Ba-ruch a-tah a-do-nai
me-ka-desh [sha-bat ve-] yis-ra-el ve-haz-mi-nim. [a]
Delight, O Breath of Life,
in this people, this Godwrestling people
and bring reverence back to this world that is Your house
and the bright flame of their prayer —
receive it in love and desire!
May You always desire our prayer and our service.
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 — the place where we know the way.

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

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.
Blessed are You, Breath of Life,
who blesses the Godwrestling people
and all people everywhere with peace.
Re-tzeh a-do-nai e-lo-hei-nu
be-am-cha yis-ra-el u-vit-fi-la-tam
ve-ha-shav et ha-a-vo-dah lid-vir bei-te-cha
ve-is-hei 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 am-cha.
Ve-te-che-zei-nah ei-nei-nu
be-shuv-cha le-tzi-yon be-ra-cha-mim.
Ba-ruch a-tah a-do-nai
ha-ma-cha-zir she-chi-na-to le-tzi-yon.

Mo-dim a-naçh-nu laçh
sha-a-tah hu a-do-nai e-lo-hei-nu
ve-lo-hei a-vo-teri-nu ve-i-mo-teri-nu le-o-lam va-e-d.

Tzur cha-yei-nu ma-gen yish-e-nu
a-tah hu le-dor va-dor.

No-deh le-cha u-ne-sa-ter re-hi-la-te-cha
al cha-yei-nu ham-su-rim be-ya-de-cha
ve-al nish-mo-teri-nu ha-pe-ku-dot laçh
ve-al ni-sei-cha she-be-çhol yom i-ma-nu
ve-al ni-fe-o-tei-cha ve-to-vo-tei-cha

Ha-tov ki lo cha-lu ra-cha-mei-cha
ve-ham-ra-chem ki lo ta-mu cha-sa-dei-cha
me-o-lam ki-vi-nu laçh.

Ve-al ku-lam yit-ba-racç ve-yit-ro-mam shim-cha
mal-ke-nu ta-mid le-o-lam va-e-d.

Ve-çhol ha-cha-yim yo-du-cha se-laç
vi-ha-la-lu et shim-cha be-emet
ha-el ye-shu-a-te-nu ve-ez-ra-te-nu se-laç.

Ba-ruch a-tah a-do-nai
ha-tov shim-cha u-le-cha na-eh le-ho-dot.

Sha-lom rav al yis-ra-el am-cha
ta-sim le-o-lam ki a-tah hu me-leçh
a-do-ni le-çhol ha-sha-lom. Ve-tov be-ei-ne-cha
le-va-reçh et am-cha yis-ra-el
be-çhol et u-ve-çhol sha-ah bish-lo-me-cha.
Ba-ruch a-tah a-do-nai ham-vo-reçh et a-mo
yis-ra-el ve-et kol yosh-vei te-vei ba-sha-lom.
With your permission, friends!

Blessed are You, Source of Life, 
who creates the fruit of the vine.

Blessed are You, 
Holy One who guides creation, 
who has chosen us to be one of Your peoples, 
and exalted us to be one of Your sacred languages, 
and made us holy with Your mitzvot. 
Divine Presence, you have given us 
in love [Sabbaths for rest,] 
seasons for joy, 
festivals and times for gladness, 
this day of [Sabbath and this day of].

ON PASSOVER 
Passover, time of our freedom 

ON SHAVUOT 
Shavuot, time of the giving of our Torah 

ON SUKKOT 
Sukkot, time of our joy 

ON SHEMINI ATZERET/SIMCHAT TORAH 
Shemini Atzeret, time of our joy 

[In love] a sacred occasion, 
in remembrance of the exodus from Egypt. 
You have chosen us 
and made us holy in a different way than other peoples, 
and given us [your Sabbath and] your sacred times 
[in love and favor] 
in rejoicing and gladness as an inheritance. 

Blessed are You, Infinite Presence, 
who makes [Sabbath and] 
life and time holy.
Kiddush for Festivals

Sav·ri chá-ve·raii!

Ba·ruch a·ta·h a·do·nai
e·lo·he·nu me·lech ha·o·lam
bo·rei pe·ri ha·ga·fen.

Ba·ruch a·ta·h a·do·nai
e·lo·he·nu me·lech ha·o·lam
a·sher ba·char ba·nu im kol am
ve·ro·ma·ma·nu im kol la·shon
ve·ki·de·sha·nu be·mi·tzvotav.

Va·ti·ten la·nu a·do·nai e·lo·he·nu
be·a·ha·va [sha·ba·tot lim·nu·chah u·]
mo·a·dim le·sim·chah
cha·gim u·ze·ma·nim le·sa·son
et yom [ha·sha·bat ha·ze·h ve·et yom]

ON PESACH
chag ha·ma·tzot ha·ze·h ze·man ché·ru·te·nu.

ON SHAVUOT
chag ha·sha·vu·ot ha·ze·h ze·man ma·tan to·ra·te·nu.

ON SUKKOT
chag ha·su·kot ha·ze·h ze·man sim·cha·te·nu.

ON SHMINI ATZERET AND SIMCHAT TORAH
she·mi·ni chag ha·a·tze·ret ha·ze·h ze·man sim·cha·te·nu.

[Be·a·ha·va] mik·ra ko·de·sh
ze·cher li·tzi·at mitz·ra·yim.
Ki va·nu va·char·ta
ve·o·ta·nu ki·dash·ta im kol ha·a·mim
[ve·sha·bat] u·mo·a·dei kod·she·cha
[be·a·ha·va] u·ve·ra·tzon
be·sim·chah u·ve·sa·son hin·chal·ta·nu.

Ba·ruch a·ta·h a·do·nai
me·ka·de·sh [ha·sha·bat ve·]
yis·ra·el ve·ha·zah·ma·nim.
The Source is my light and my deliverance —
whom shall I fear?
The Source is my life’s strength — whom shall I dread?

When evil ones draw near to eat my flesh —
my foes and my enemies —
they fall away.

If a whole army of them encamps against me,
my heart will not fear.
If a war arises —
I will still trust.

One thing I ask of the Divine; one thing I seek.

May I dwell in the house of the Infinite every day of my life.

That I may gaze on the beauty of the Presence and linger in the holy Place.

Let the Eternal hide me in Her sukkah on a day of trouble.
Let the Infinite conceal me in the shadow of His tent —
may I be lifted up on the Rock.

And now help me keep my head
above the adversaries that surround me.
I will make offerings of my shouts of joy
echoing through the holy shrine —
I will sing and chant before the Source!

Hear, O Infinite — my voice calls,
answer me with grace.
Le·da·vid
a·do·nai o·ri ve·yish·i mi·mi i·ra
a·do·nai ma·oz ča·yai mi·mi ef·čad.

Bik·rov a·lai me·re·im le·e·čhol et be·sa·ri
tza·rai ve·oy·vai li
he·mah čhash·lu ve·na·fa·lu.

Im ta·čha·neh a·lai ma·čha·neh
lo yi·ra li·bi
im ta·kum a·lai mil·čha·mah
be·zot a·ni vo·re·ach.

A·čhat sha·al·ti me·et a·do·nai o·tah a·va·kesh
shiv·ti be·veit a·do·nai kol ye·mei čha·yai
la·čha·zot be·no·am a·do·nai u·le·va·ker be·hei·čha·lo.

Ki yitz·pe·ne·ni be·su·koh be·yom ra·ah
yas·ti·re·ni be·se·ter o·ho·lo
be·tzur ye·ro·me·ne·ni.

Ve·a·tah ya·rum ro·shi
al oy·vai se·vi·vo·tai
ve·ez·be·čah ve·o·ho·lo
ziv·čhei te·ru·ah
a·shi·rah va·a· zam·rah la·do·nai.

She·ma a·do·nai ko·li
ek·ra ve·čho·ne·ni va·a·ne·ni.
On Your behalf, my heart speaks. “Seek My face.”
It is Your face I seek, Beloved.

Don’t hide Your face from me.
Don’t reject me in anger — You who have been my help!
Don’t forsake me,
don’t abandon me, Saving One!

Even if my mother and father leave me,
You gather me in!

Fountain of Life, teach me Your ways.
Lead me on the right path, for the sake of all that ails me.
Don’t leave me to the foes inside my soul.

They are false witnesses
against me, breathing out suffering.

Were it not that I still hope to see
divine goodness in the land of the living....

Hope in the Eternal —
let your heart be strong and hope in the One!
Le-cha a-mar li-bi bak-shu fa-nai
et pa-nei-cha a-do-nai a-va-kesh.

Al ta-ter pa-nei-cha mi-me-ni
al tat be-af av-de-cha ez-ra-ti
ha-yi-ta al tit-she-ni
ve-al ta-az-ve-ni e-lo-hei yish-i.

Ki a-vi ve-i-mi a-za-vu-ni
va-do-nai ya-as-fe-ni.

Ho-re-ni a-do-nai dar-ke-cha
u-ne-che-ni be-o-rač mi-shor
le-ma-an sho-rei.

Al ti-te-ne-ni be-ne-fesh tza-rai ki ka-mu vi
e-dei she-ker vi-fe-ach cha-mas.

Lu-lei he-e-man-ti lil-o-t
be-tuv a-do-nai be-e-retz cha-yim.

Ka-veh el a-do-nai cha-zak
ve-ya-a-metz li-be-cha ve-ka veh el a-do-nai.
Le-shem yi-chud
kud-sha be-rič hu u-she-chin-tei
hi-ne-ni mu-čhan u-me-zu-man
le-ka-yem mitz-vat a-seh
shel se-fi-rat ha-o-mer
she-va sha-ba-tot te-mi-mot tih-yei-nah

For the sake of unification, I am ready to fulfill the mitzvah
of the counting of the Omer, as it says in the Torah.
“Seven full weeks you shall count.”

Ba-ruch a-tah a-do-nai
e-lo-hei-nu me-lech ha-o-lam
a-sher ki-de-sha-nu be-mitz-vo-tav
ve-tzi-va-nu al se-fi-rat ha-o-mer.

Blessed are You, Source of Life, Guide of the World,
who has made us holy with mitzvot, and has invited us to count the Omer.

1. Ha-yom yom e-chad la-o-mer.
   Che-sed she-be-che-sed

2. Ha-yom she-nei ya-mim la-o-mer.
   Ge-vu-rah she-be-che-sed

3. Ha-yom she-lo-shah ya-mim la-o-mer.
   Ti-f'e-ret she-be-che-sed

4. Ha-yom ar-ba-ah ya-mim la-o-mer.
   Ne-tzach she-be-che-sed

5. Ha-yom cha-mi-shah ya-mim la-o-mer.
   Hod she-be-che-sed

6. Ha-yom shi-shah ya-mim la-o-mer.
   Ye-sod she-be-che-sed

7. Ha-yom shiv-ah ya-mim,
   she-hem sha-va-a e-chad la-o-mer.
   Ma-čḥut she-be-che-sed

Today is the ________ day of the Omer.
Today is the _____ day, which is ______ weeks and ______ days of the Omer.
Today is the _____ day, which is _____ weeks and _____ days of the Omer.
Today is the ______ day, which is ______ weeks and ______ days of the Omer.
Every figure is black fire, disclosing yet disguising, a shadow dancing across sacred ground. The layout of every page in this siddur is a prayer, a yearning for the white fire of the page itself to sing. Each and every inky letter is holy, the sages teach us, but the parchment is even holier; the sacred space holds open endless potential. The twin fires of Something and Nothing weave our wo(r)ld.

The design process was minimalist. How little can say what needs to be said? Hebrew is polysemous; can we present ancient text and this glimmering new translation in a visually indeterminate yet clear way? Can the printed page itself hold multiple meanings?

Some images found in the text are mirrored somewhat literally by the accompanying art; Franz Marc’s *Deer in a Moastery Garden* leaps off of the front cover and out of *Yedid Nefesh* (pages 7–8). The moon motif surrounding *A Song for Shabbat* supports the figurative, kabbalistic understanding of Sabbath as reflected light (pages 27–28). Some design inspiration is more coded. The text of Psalm 93 echoes the splitting of the sea in Exodus; the three-column layout mirrors how the Song of the Sea is written as latticework in a Torah scroll (page 29).

There are many prayerbooks with brilliant glosses on the history, meaning, and choreography of prayer. Such explanations were intentionally removed, leaving us with the barest of trail markers. Prayer has no safety net. Only by praying do we learn to pray. •
Romemu is blessed to have a beautifully diverse community. The opportunity and challenge in creating our new siddur was to design our siddur with everyone in our community in mind. There are people who have a strong Jewish background and others who do not know the Hebrew alphabet. There are people who have practiced a wide range of spiritual practices and there are those who are just beginning to explore their spiritual paths. Our intention was to create a prayerbook that would help everyone in our services open their hearts.

We committed to transliterate every word of every prayer (except the silent Amidah prayer) so that everyone could sing or chant along with the community. The three-column, two-page format places the Hebrew text in the middle of a two page spread so that it sits side by side next to the transliteration and the translation. We hope this will help all who want to learn to decode Hebrew, and everyone who wants to learn the meaning of the Hebrew text.

This siddur is designed to bring people into praying as opposed to thinking or studying. The siddur’s goal, which is the same as the goal of Romemu services, is to help people go deep within themselves to connect with their hearts and souls. That is why we did not include any explanations or historical context for the prayers, even though we were tempted to do so.

We chose to not include any outside poetry other than the Hebrew liturgical text and Rabbi Jill’s exquisite translations. Her translations elucidate the poetry of the prayers themselves and enable the text to come alive and speak to our community with depth, meaning and Joy. Since our clergy bring new poems from outside sources regularly, we felt no need to codify certain poems in our text.

This siddur is a labor of love by the entire group who worked on it. I want to thank Rabbi David for setting the vision of our entire community and this prayer book, Shir Yaakov Feit for his spiritual and artistic design, Rabbi Jill for her innovative, inspiring and deeply moving translations and Rabbi Jessica and Hazzan Basya for their deep support and wisdom throughout the process. It has been an honor to be a part of this holy group, community and project.
THIS SECTION EXPLAINS the changes made to the traditional Hebrew liturgy and the reasoning behind those changes. Our approach to the Hebrew liturgy was to alter as little as possible. When we did change Hebrew prayers, we generally tried to make the changes subtle and/or similar to the original Hebrew so that they would not be jarring to worshippers familiar with the original language.

Page 28: Psalm 92

Mah gadlu ma’asecha Yah. “How abundant are Your artistrys, God…”

In the tradition of the Jewish Renewal movement, which uses the Divine name Yah as a reference to the Breath of Life, we use the Divine name Yah here in place of Adonai.

Page 34: Ma’arivah Aravim

Beruchah at shekhinah eloteinu ruach ha’olam.
“Blessed are You, Weaver of Being, guide of the universe…”

This prayer’s traditional language has been shifted into the feminine, using Shekhinah (a feminine aspect of God, signifying divine presence) in place of Adonai (Lord), eloteinu (our God, plural feminine) in place of eloheinu (our God, plural masculine) and ruach (breath, spirit) in place of melekh (king). Verbs and nouns referring to God in this prayer have been feminized.

Page 78: Aleinu

Shelo asanu kegoyei ha’aratzot, velo samanu im mishpechot ha’adamah, shesam chelkeinu imahem, vegoraleinu kechol hamonam. “Who made us a part of the Divine among all beings on the earth, and loved us along with all peoples on the globe, who gave us a divine purpose unique to us, and intertwined our fate with all the multitudes.”

The traditional language of Aleinu declares that the people Israel is a unique people raised above all others. We have changed the traditional language to assert that the Jewish people has a unique destiny, and yet is connected to all other peoples, each of whom has a unique destiny. We have followed the revision of Rabbi Zalman Schachter-Shalomi, who changed lo asanu kegoyei ha’aratzot (made us not like the peoples of the earth) to the homonym lo asanu legoyei ha’aratzot (made us His like other peoples of the earth), and we have added our own innovations as well.
Page 88: Friday Night Kiddush

Ki vanu vacharta ve’otanu kidashta im kol ha’amim.
“For you have chosen us and sanctified us to be one of Your peoples”

Following the example of other Jewish Renewal and Reconstructionist congregations, we have supported universalist values by changing mikol ha’amim (from among all peoples) to im kol ha’amim (with all other peoples). We choose to imagine a world in which all people are chosen for their particular mission.

Page 92: Festival Amidah

Ata vachartanu im kol ha’amim… veromamtanu im kol haleshonot.
“You have created us with divine purpose along with all peoples on the globe…and given us a unique language with which to speak your name…”

See note above on page 88. We have changed the traditional language of chosenness to be inclusive of the sanctity of our people and of all peoples.

In the paragraph to be recited on Saturday night, we have eliminated the language bein yisrael le’amim (between the Jewish people and the nations).

Page 100: Kiddush for Festivals

Asher bachar banu im kol am veromemanu im kol lashon. “You have chosen us to be one of Your peoples and exalted us to be one of Your sacred languages.”

Ki vanu vacharta ve’otanu kidashta im kol ha’amim. “For you have chosen us and sanctified us to be one of Your peoples.”

See note about page 88 above.
Cover and pages 7–8  Deer in a Monastery Garden, Franz Marc, 1912. Städtische Galerie im Lenbachhaus and Kunstbau, Munich.

Back cover and page 69  Detail from Pardes Rimonim, 1592. Vectorized by Shir Yaakov Feit; ten nested Hebrew letters represent the sefirot, or divine emanations.

Pages 1–4  Grass–2, Mike Lyon, 2010, 22.5 x 72 inches
Woodblock print from 16 blocks

11  Wood grain, Char Fetterolf. charfetterolfphotography.com

15  Acephala, Ernst Haeckel, 1904

19  Lightning, Michael Nelson Jagamarra, Converted to black-and-white

23–26  Flowers by Annie Spratt, mammalsaurus.co.uk

31–32  Title Page by Aubrey Beardsley in William Sharp’s The Mountain Lovers, Roberts Bros., 1895

35  Moth, © Viza Arlington, etsy.com/shop/VIZArt

37–38  Earth, Middle East, NASA, public domain

50  Zen Circle courtesy texturefabrik.com

54  Axis–Cycle–Heart, © David Friedman, kosmic-kabbalah.com

73–74  Backlit rose, wallpapercave.com

101–102  Path to Shambala, Nicholas Roerich, 1933
Courtesy of Nicholas Roerich Museum


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Holy Ground
Woodie Guthrie

Take off, take off your shoes
This place you’re standing, it’s holy ground
Take off, take off your shoes
The spot you’re standing, it’s holy ground

These words I heard in my burning bush
This place you’re standing, it’s holy ground
I heard my fiery voice speak to me
This spot you’re standing, it’s holy ground

Every spot it’s holy ground
Every little inch it’s holy ground
Every grain of dirt it’s holy ground
Every spot I walk it’s holy ground

More Love
traditional Shaker hymn

If you love not one another
in daily communion
How can you love God
whom you have never seen?

More love, more love
The heavens are calling,
the angels are singing
O Zion more love, more love

If you love one another
then God is within you
You are made pure
to live in the light.

How Can I Keep from Singing
Robert Lowry

My life flows on in endless song
Above earth’s lamentation.
I hear the real, though far off hymn
That hails the new creation

Above the tumult and the strife,
I hear the music ringing;
It sounds an echo in my soul
How can I keep from singing?

What though the tempest loudly roars,
I hear the truth, it liveth.
What through the darkness round me close,
Songs in the night it giveth.
No storm can shake my inmost calm
While to that rock I’m clinging.
Since love is lord of Heaven and earth
How can I keep from singing?

Broken-hearted
Psalm 147:3-4, English by Shir Yaakov

Ha-ro-feh lish-vu-rei lev
um-cha-besh le-atz-vo-tam
mo-neh mis-par le-ko-cha-vim
le-ku-lam she-mot yi-kra x₂

Halleluyah, Halleluyah
Healer of the broken-hearted
Binder of their wounds
Counter of uncountable stars
You know who they are

Healer of the broken-hearted
Binder of our wounds
Counter of uncountable stars
You know who we are
Ana el na re-fa na la
Halleluyah, Halleluyah
Candle Lighting

Candle Lighting for Friday Night

Ba-ruḥ a-tah a-do-nai
e-lo-hei-nu me-lech ha-o-lam
a-ṣher ki-de-sha-nu be-mitz-vo-tav ve-ṭzi-va-nu
le-had-lik ner shel sha-bat.

Blessed is the Indwelling
Life of the Worlds
who makes us holy with mitzvot,
and invites us to light the Sabbath candles.

Candle Lighting for Festival Night

Ba-ruḥ a-tah a-do-nai
e-lo-hei-nu me-lech ha-o-lam
a-ṣher ki-de-sha-nu be-mitz-vo-tav ve-ṭzi-va-nu
le-had-lik ner shel [sha-bat ve-] yom tov.

Blessed is the Indwelling
Life of the Worlds
who makes us holy with mitzvot,
and invites us to light [the Sabbath and] the festival candles.

Shehechiyanu

Ba-ruḥ a-tah a-do-nai
e-lo-hei-nu me-lech ha-o-lam
she-he-che-ya-nu ve-ki-yer ma-nu ve-ṭi-gi-a-nu
laz-man ha-zeh.

Blessed is the Indwelling
Life of the Worlds
that enlivens us and sustains us
and allows us to reach this joyful moment.

O Mystery, Grace unfolding, O Miracle, it's You alone.
O Mystery, Grace unfolding, O Miracle, Who brings us Home.
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.
Mourner’s Kaddish

Yit·ga·dal ve·yit·ka·dash
she·mei ra·ba CONGREGATION ONLY: a·men
Be·al·ma div·ra chîr·u·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·raч
le·a·lam u·le·al·mei al·ma·ya

Yit·ba·raч ve·yish·ta·baч
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·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

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