The Romemu Siddur

Shabbat Morning Prayers to Elevate Spirit

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

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

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

Take space to pay attention to breath gently moving in and out. 
How good is the tent of the body.

Take time to be fully present to what is unfolding here and now. 
How good is the sanctuary of the moment.

Make space within yourself to let love arise within. 
Take a breath. 
Release the breath. 
Make room for a divine spark, a holy emptiness.

You are your prayer: this body, this moment. 
This is the right time and place. 
Take a breath.
Fill yourself with love, with the world, with all that is real.

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

Cosmic Power, in your vast love answer me with your rescuing faithfulness.
Grateful I am before You,
Living One, One who Is,
for returning my life to me — such a mercy.
How vast your constancy.

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

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

Love your neighbor as yourself.

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

Here and now, I receive upon myself the charge of my Creator:

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

Ba-ruḵ a-tah a-do-nai e-lo-hei-nu me-leč ha-o-lam
a-šer na-tan la-seĉ-vi vi-nah le-hav-ĉin bein yom u-vein lai-lah.

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
she-as-ța-nil be-tzal-mo.

Ba-ruḵ a-tah a-do-nai e-lo-hei-nu me-leč ha-o-lam
she-a-sa-nil b|en cho-rin.

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
she-a-sa-nil yis-ra-el.

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

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
po-ka-ĉat iv-rim.

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

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
zo-ke-fet ke-fu-fim.

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

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
ha-me-ĉi-nah mitz-a-dei ga-ver|ge-ve-ret.

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

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
o-ze-ret yis-ra-el big-vu-rah.

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

Be-ru-ĉa at she-ĉi-na e-lo-tei-nu ru-aĉ ha-o-lam
ha-no-te-net la-ya-ef ko-aĉ.

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

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

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

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

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

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

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

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

Listen, my Source, and bestow grace.

Be my help, Breath of Life.

You have turned my mourning into dancing, taken off my sackcloth and dressed me in joy — so that I may sing the Presence and never stop. Rock that is my origin, here I am, thanking You always.
מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד

אֲרוֹמִיךָ יהוה כִּי דִלִּיתָנִי
וְלֹא שִׂמַּחְתָּ אֹיְבַי לִי

יהוה אֱלֹהָי שִׁוַּעְתִּי אֵלֶיךָ
וַתִּרְפָּאֵנִי

יהוה הֶעֱלִיתָ מִן שְׁאוֹל נַפְשִׁי
חִיַּתֵנִי מִיָּרְדִי בוֹר.

זַמְּרוּ לַיהוה חֲסִידָיו
וְהוֹדוּ לְזֵכֶר קָדְשׁוֹ.

כִּי רֶגַע בְּאַפּו
חַיִּים בִּרְצוֹנוֹ

בָּעֶרֶב יָלִין בֶּכִי
וְלַבֹּקֶר רִנָּה.

וַאֲנִי אָמַרְתִּי בְּשַׁלְוִי
בַּל אֶמּוֹט לְעוֹלָם.

יהוה בִּרְצוֹנְךָ
הֶעֱמַדְתָּה לְהַרְרִי עֹז

הִסְתַּרְתָּ פָנֶיךָ הָיִיתִי נִבְהָל.

אֵלֶיךָ יהוה אֶקְרָא
וְאֲדֹנָי אֶתְחַנָּן.

מַה בֶּצַע בְּדָמִי
בְּרִדְתִּי אֶל שָׁחַת.

הֲיוֹדְךָ עָפָר הֲיַגִּיד אֲמִיתֶךָ
שְׁמַע יהוה וְחָנֵּנִי

יֵה עֹזֵר לִי
יהוה הֱ

הָפַכְתָּ מִסְפְּדִי לְמָחוֹל לִי
פִּתַּחְתָּ שַׂקִּי וַתְּאַזְּרֵנִי שִׂמְחָה.

לְמַעַן יְזַמֶּרְךָ כָבוֹד וְלֹא יִדֹּם
יהוה אֱלֹהַי לְעוֹלָם אוֹדֶךָּ.

Dedication
Psalm 30

Mizmor shir cha-nu-kat ha-ba-yit le-da-vid

Aro-mim-cha a-do-nai ki di-li-ta-ni
ve-lo si-mach-ta o-yevai li

A-do-nai e-lo-hai shi-va-ti ei-le-cha
va-tir-pa-ei-ni

a-do-nai he-e-li-ta min she-ol naf-shi
chi-yi-ta-ni mi-ya-re-di vor

Za-me-ru la-do-nai cha-si-dav
ve-ho-du le-ze-cher kod-sho

Ki re-ga be-ap-o
chai-yim bir-tzo-no

ba-e-rev ya-lin be-chi
ve-la-bo-ker ri-nah.

Va-a-ni a-mar-ti ve-shal-vi
bal e-mot le-o-lam.

A-do-nai bir-tzon-cha
he-e-mad-tah le-ha-re-ri oz
his-tar-ta fa-ne-cha ha-yi-ti niv-hal.

Ei-le-cha a-do-nai ek-ra

ve-el a-do-nai et-cha-nan.

Mah be-tza be-da-mi
be-rid-ti el sha-chat.

Ha-yo-de-cha a-far ha-yag-id a-mit-e-cha

She-ma a-do-nai ve-cho-ne-ni

a-do-nai he-yeh o-zer li.

Ha-fa-ch-ta mis-pe-di le-ma-chan li
pit-a-ch-ta sa-ki vat-az-rei-ni sim-cha.

Le-ma-an ye-za-mer-cha cha-vod ve-lo yid-om
a-do-nai e-lo-hai le-o-lam o-de-kah.
Blessed is the One
whose language is Creation.

Blessed is that One!

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

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

Blessed is that Name.

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

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

Blessed are You, Fountain of Being,
to whom all turn in praise.
Ba·ruḵ she·a·mar
Ve·ha·yah ha·o·lam.
Ba·ruḵ hu!
Ba·ruḵ o·seh ve·rei·sheet
Ba·ruḵ o·mer ve·o·seh
Ba·ruḵ go·zer um·kai·yem
Ba·ruḵ me·ra·chem al ha·a·retz
Ba·ruḵ me·ra·chem al hab·ri·yot
Ba·ruḵ me·sha·lem sa·char tov li·rei·av
Ba·ruḵ chai la·ad ve·kai·yam la·ne·tzach
Ba·ruḵ po·deh u·ma·tziel

Ba·ruḵ she·mo!
Ba·ruḵ a·ta·h a·do·nai
e·lo·hei·nu me·leḵ ha·o·lam
ha·el av ha·ra·cha·man
ha·me·hu·lal be·fi a·mo
me·shu·ba·ch u·me·fo·ar
bil·shon cha·si·dav va·a·va·dav
u·ve·shi·rei da·vid av·de·cha
ne·ha·lel·cha a·do·nai e·lo·hei·nu
bish·va·chot u·v·iz·mi·rot
ne·gad·el·cha u·ne·sha·be·cha·cha
u·ne·fa·er·cha ve·nam·li·che·cha
ve·naz·kir shim·cha mal·ke·nu e·lo·hei·nu
Ya·ḫid chai ha·o·la·mim
me·leḵ me·shu·ba·ch u·me·fo·ar
a·dei ad she·mo ha·ga·dol
Ba·ruḵ a·ta·h a·do·nai
me·leḵ me·hu·lal ba·tish·ba·chot.

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For the one who keeps the rhythm: a song of the Beloved.

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

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

without word, without speech,
without voices
the intention goes out to the whole world
the news travels to the ends of the earth

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

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

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

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

Who can understand our own faults?
Cleanse me of these hidden things.
I am ignorant of my own failings:
may they not rule me.
Then I shall be innocent, clean of harmful transgression.
May these meet with your favor:
the words of my mouth and the meditations of my heart,
my Origin, my Rock, my Redeemer.
לָעַנֵי ה' מְשִׁיבַת נָפֶשׁ
תּוֹרַת ה' נֶאֱמָנָה מַחְכִּימַת פֶּתִי
עֵדוּת ה' יְשָׁרִים מְשַׂמְּחֵי לֵב
כּוּדֵי ה' בָּרָה מְאִירַת עֵינָיִם.
וַת מִצְיָה ה' טְהוֹרָה עוֹמֶדֶת לָעַד
אַת יְהוָה אֱמֶת צָדְקוּ יַחְדָּו
מִשְפְּטֵי הַנֶּחֱמָדִים מִזָּהָב וּמִפַּז רָב
וּמְתוּקִים מִדְּבַשָּׁה וְנֹפֶת צוּפִים.
גַּם עַבְדְּךָ נִזְהָר בָּהֶם
בְּשָׁמְרָם עֵקֶב רָב.
שְׁגִיאוֹת מִי יָבִין
מִנִּסְתָּרוֹת נַקֵּנִי.
גַּם מִזֵּדִים חֲשֹׂךְ עַבְדֶּךָ
אַל יִמְשְלַו בִּי
אָז אֵיתָם וְנִקְטִיתִי מִפֶּשַׁע רָב.
יִהְיוּ לְרָצוֹן
אִמְרֵי פִי וְהֶגְיוֹן לִבִּי
לְפָנֶיךָ יְהוָה צוּרִי وְגֹאֲלִי.
A psalm of David, when he pretended to be insane before Avimelekh and was cast out:

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

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

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

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

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

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

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

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

Come, children, hear me:
I will teach you to be reverent before Yah.
Praising the One

Psalm 34:1-12

Le-da-vid be-sha-no-to et ta-mo
lif-nei a-vi-me-lech vay-ga-ra-shei-hu vai-ye-lach.

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

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

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

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

Hi-bi-tu e-lav ve-na-ha-ru

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

Ch-o-neh mal-ačh a-do-nai sa-viv
li-re-av vay-ča-le-tzem.

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

Yir-u et a-do-nai ke-do-shav
ki ein mach-sor li-rei-av.
Ke-fi-rim ra-shu ve-ra-ei-vu
ve-dor-shei a-do-nai
lo yačh-se-ru chol tov.

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

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

Cry out — 
Her listening 
is rescue from all trouble. 

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

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

Ei-nei a·do·nai el tzad·i·kim
ve·a·ze·nav el shav·a·tam.
Pe·nei a·do·nai
be·o·sei ra
le·ha·ch·rit me·e·retz zi·ch·ram.

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

Ka·rov a·do·nai le·nish·be·rei lev
ve·et dak·e·ei ru·ach yo·shi·a.
Ra·bot ra·ot tzad·i·k
u·mik·u·lam yatzi·le·nu a·do·nai.
Sho·mer kol atz·mo·tav
a·chat me·he·nah lo nish·ba·rah.

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

Praise the Transcendence of Transcendence lovingkindness is forever.

Praise the Immanence of Immanence lovingkindness is forever.

Praise the lone artist of great wonders lovingkindness is forever.

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

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

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

Praise to the sun guiding the day lovingkindness is forever.

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

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

Praise to the dividing of the sea lovingkindness is forever.

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

Praise for the remembering of our vulnerability.

Praise for the relieving of our troubles.

Praise to the feeding of all life lovingkindness is forever.

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

Ho·du le·lo·hei ha·e·lo·him
ki le·o·lam čhas·do.

Ho·du la·a·do·nei ha·a·do·nim
ki le·o·lam čhas·do.

Le·o·seh nif·la·ot ge·do·lot le·vad·o
ki le·o·lam čhas·do.

Le·o·seh ha·sha·ma·yim bit·vu·nah
ki le·o·lam čhas·do.

Le·ro·ka ha·a·retz al ha·ma·yim
ki le·o·lam čhas·do.

Le·o·seh o·rim ge·do·lim
ki le·o·lam čhas·do.

Et ha·she·mesh le·mem·she·let ba·yom
ki le·o·lam čhas·do.

Et ha·ya·rei·aḥ ve·cho·cha·vim
le·mem·she·lot ba·lai·lah ki le·o·lam čhas·do.

Be·yad čha·za·kah u·viz·ro·a ne·tu·yah
ki le·o·lam čhas·do.

Le·go·zer yam suf lig·za·rim
ki le·o·lam čhas·do.

Ve·he·e·vir yis·ra·el be·to·čho
ki le·o·lam čhas·do.

Sheb·shi·fei·nu za·čhar la·nu ki...

Va·yif·re·kei·nu mi·tzar·ei·nu ki...

No·ten le·chem le·čhol ba·sar ki...

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

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

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

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

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

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

Tza·dik ka·ta·mar yif·raḥ
ke·e·rez bal·va·non yis·geh.
She·tu·lim be·veit a·do·nai
be·chatz·rot e·lo·hei·nu yaf·ri·ḥu.
Od ye·nu·vun be·sei·vah
de·she·nim ve·ra·a·na·nim yih·yu.
Happy are the dwellers in this house:
they are always praising what lasts.

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

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

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

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

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

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

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

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

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

Good to all things,
and loving to all beings.

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

Invoking and embodying the Presence,
speaking of divine strength —

just so that mortals may know of the Eternal,
of the radiant beauty of the Becoming —
24  Praising the One of Abundance  Psalm 84:5, 144:15, 145:1-12

Ash·rei yosh·vei vei·te·cha
od ye·ha·lei·lu·cha se·lah
Ash·rei ha·am she·ka·cha lo
ash·rei ha·am she·a·do·nai e·lo·hav.

Te·hi·lah le·da·vid
a·ro·mim·cha e·lo·hai ha·me·lech
va·a·va·ra·chah shim·cha le·o·lam va·ed.

Be·chol yom a·va·ra·che·ka
va·a·ha·le·lah shim·cha le·o·lam va·ed.

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

Ha·dar ke·vod ho·de·cha
ve·div·rei nif·le·o·te·cha a·si·chah.

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

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

Cha·nun ve·ra·chum a·do·nai
e·rech ap·a·yim u·ge·dal ḵa·sed.

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

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

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

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

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

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

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

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

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

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

The Lover guards the beloved —
let wickedness be diminished.

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

As for us, we are blessing Yah
right now, and always.

Halleluyah.
Praising the One of Abundance con't  
Psalm 145:13-21, 115:18


Ei-nei chol e-lei-cha ye-sa-bei-ru ve-a-tah no-ten la-hem et och- lam be-it-o.

Po-tei-ach et ya-de-cha u-mas-bi-a le-chol chai ra-tzon.

Tzad-ik a-do-nai be-chol de-ra-chav ve-cha-sid be-chol ma-a-sav.

Ka-rov a-do-nai le-chol ko-re-av le-chol a-cher yik-ra-hu ve-e-met.

Re-tzon ye-re-av ya-a-seh ve-et shav-a-tam yish-ma ve-yo-shi-em.

Sho-mer a-do-nai et kol o-va-vav ve-et kol ha-re-sha-im yash-mid.


Va-anach-nu ne-va-rech yah mei-a-tah ve-ad o-lam ha-le-lu-yah.
Halleluyah!

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

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

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

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

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

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

Halleluyah.
Praising the One

Psalm 146

Ha-le-lu-yah

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

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

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

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

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

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

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

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

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

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

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

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

The Healer does not desire thundering warhorses
or ask for battle-strength:
The Healer wants reverence for life
and patience in loving action.
Jerusalem, praise the Healer —
Zion, praise the Giver of Life. ⇪
הַלְלוּיָהּ
כִּי טוֹב זַמְּרָה אֱלֹהֵינוּ
כִּי נָעִים נָאוָה תְהִלָּה.
בּוֹנֵה יְרוּשָׁלִַם יהוה
nid-chei yis-ra-el ye-cha-nes.

הָרֹפֵא לִשְׁבוּרֵי לֵב
מְעוֹדֵד עֲנָוִים יהוה
לֹא בִגְבוּרַת הַסּוּס יֶחְפָּץ
לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.

רֹצֶה יהוה אֶת יְרֵאָיו
אֶת הַמְיַחֲלִים לְחַסְדּוֹ.
שַׁבְּחִי יְרוּשָׁלַיִם אֶת יהוה
הַלְלִי אֱלֹהַיִךְ צִיּוֹן.

Praising the One  PSALM 147:1-12

Ha-le-lu-yah
ki tov zam-rah e-lo-hei-nu
ki na-im na-vah te-hi-lah.
Bo-neh ye-ru-sha-lam a-do-nai
nid-chei yis-ra-el ye-cha-nes.

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

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

E-nu la-do-nai be-to-dah
za-me-ru le-lo-hei-nu ve-chi-nor.
Ham-cha-seh sha-ma-yim be-a-vim
ha-me-ĉi-hin la-a-rezt ma-tar
ha-matz-mi-aĉ ha-ri-m cha-tzir.

No-ten liv-hei-mah lach-mah
liv-nei o-rev a-sher yik-ra-u.
Lo vig-vu-rat ha-sus yeĉ-patz
lo ve-sho-kei ha-ish yir-tzeh.
Ro-tzeh a-do-nai et ye-rei-av
et ham-ya-ĉha-lim le-cha-so.
Shab-chi ye-ru-sha-la-yim et a-do-nai
ha-le-li e-lo-ha-yiĉ tzi-yon.

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It is that one who defends your gates
and blesses your children within
and gives peace to your borders
and satisfies you with wheat
and fills the earth with a healing word
that runs swiftly from place to place.
Who sends down gentle snow like wool
and spreads out frost like ash
who sends ice storms
before which nothing can stand
who melts the ice with a word
and sends a wind so that waters flow
who tells the story to Jacob,
and the tradition to Israel:
a different story than anyone else has heard,
a principle previously unknown.
Halleluyah.
כְּי חִזַּק בְּרִיחֵי שְׁעָרָּם גְּבוּלֵךְ שָׁלוֹם שֶׂבִּיעֵה חֵלֶב חִטִּים יַשְׂבִּיעָהּ חַקֵּּוִי כְּפוֹר כָּאֵפֶר יְפַזֵּר מַשְׁלִיךְ קַרְחוֹ כָּאֵפֶר יְפַזֵּר מַגִּיד דְּבָרָיו לְיַעֲקֹב חֻקָּיו וּמִשְׁפָּטָיו לְיִשְׂרָאֵל לֹא עָשָׂה כֵּן לְכָל גּוֹי וּמִשְׁפָּטִים בַּל יְדָעוּם לְהַלְלוּיָהּ.
Halleluyah!

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

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

Halleluyah! Sun and moon and stars!

Halleluyah! Sing the praise of God!  SJ

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

Praise the Weaver from the earth
sea monsters and wells of the deep
fire and hail, snow and smoke,
storm wind acting out God’s word,
mountains and hills,
fruit trees and cedar trees,
wild and tame animals,
insects and birds that fly

great powers of the earth, all nations,
ministers and judges,
youths and maidens,
the young along with the old

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

Halleluyah.
Ha-le-lu-yah

ha-le-lu et a-do-nai min ha-sha-ma-yim
ha-le-lu-hu ba-me-ro-mim.

Ha-le-lu-hu chol mal-a-čhav
ha-le-lu-hu kol tze-va-av.

Ha-le-lu-hu she-mesh ve-ya-rei-ach
ha-le-lu-hu kol ko-če-vei or.

Ha-le-lu-hu she-mei ha-sha-ma-yim
ve-ha-ma-yim a-šer me-al ha-sha-ma-yim.
Ye-ha-le-lu et shem a-do-nai
ki hu tzi-vah ve-niv-ra-u.
Va-ya-a-mi-dem la-ad le-o-lam
chok na-tan ve-lo ya-a-vor.

Ha-le-lu et a-do-nai min ha-a-retz
ta-ni-nim ve-chol te-ho-mot.
Esh u-va-rad she-leg ve-ki-tor
ru-ačh se-a-rah o-sah de-va-ro.
He-ha-rim ve-chol ge-va-ot
etz pe-ri ve-chol a-ra-zim.
Ha-chai-yah ve-chol be-he-mah
re-mes ve-tzip-or ka-naf.

Mal-čhei e-retz ve-chol le-u-mim
sa-rim ve-chol shof-tei a-retz.
Ba-čhur-im ve-gam be-tu-lot
ze-kei-nim im ne-a-rim.

Ye-ha-le-lu et shem a-do-nai
ki nis-gav she-mo le-va-do
ho-do al e-retz ve-sha-ma-yim.
Va-ya-rem ke-ren le-a-mo
te-hi-lah le-čhol ča-si-dav
liv-nei yis-ra-el am ke-ro-vo
ha-le-lu-yah.
Halleluyah!

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

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

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

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

This is glory to the ones who love life.

Halleluyah.
Praising the One
Psalm 149

Ha-le-lu-yah

Shiru li-‘dona shir cha-dash te-hi-la-to
bik-hal cha-si-dim.
Yis-mach yis-ra-el be-o-sav
be-nei tzi-yon ya-gi-lu ve-mal-kam.

Ye-ha-le-lu she-mo ve-ma-chol
be-tof ve-chi-nor ye-za-me-ru lo.
Ki ro-tzeh a-do-nai be-a-mo
ye-fa-er a-na-vim bi-shu-ah.

Ya-le-zu cha-si-dim be-chav-vod
ye-ra-ne-nu al mish-ke-vo-tam.

Ro-me-mot el bi-gro-nam
ve-che-rev pi-fi-yot be-ya-dam.
La-a-sot ne-ka-mah bag-o-yim
to-che-chot bal u-mim.
Le-sor mal-chen-hem be-zik-im
ve-nich-bei-hem be-cha-lei var-zel.
La-a-sot ba-hem mish-pat
ka-tuv ha-dar hu le-cho-l cha-si-dav
ha-le-lu-yah.
Halleluyah!

Praise the One in the holy place.
   In the mighty skies.

Praise Her for Her heroic acts
for the breadth of Her greatness.

Praise Him with the shofar blast
   with the harp and lyre.

Praise Her with drum and dance
   with strings and flute.

Praise Him — make the bells chime.
   Praise Him — ring the bells!

Every breath is praising Yah.
   Halleluyah.
כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ הַלְלוּיָהُ
Kol ha-ne-sha-mah te-ha-lel yah ha-le-lyah.
The breath of all life
praises Your name — Your multifarious name —
O Breath of Life.

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

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

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

never sleeping,
always wakeful,
waking the sleepers and the dreamers
drawing speech from the silent
releasing the imprisoned
supporting those who fall
and raising up the humble,
only You
we can thank for all
this. 👍
Nish·mat kol ḫai
te·va·reḵ et shim·ṓn
a·do·nai e·lo·he·i·nu
ve·ru·aḵ kol ba·sar
tef·a·er ut·ro·mem
zich·re·ḵa mal·kei·nu ta·mid.

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

E·lo·he·i ha·ri·sho·nim ve·ha·a·cḥa·ro·nim
e·lo·ah kol be·ri·yot
a·don kol to·la·dot
ham·hu·lal be·rov ha·tush·ba·ḵot
ham·na·heg o·la·mo be·che·sed
uv·ri·yo·tav be·ra·cha·mim.

Va·do·nai lo ya·num ve·lo yi·shan
ham·o·rer ye·she·nim
ve·ha·mei·kitz nir·da·mim
ve·ha·me·i·si·aḵ i·le·mim
ve·ha·ma·tir a·su·rim
ve·ha·so·meḵ nof·lim
ve·ha·zo·kef ke·fu·fim
le·ḵa
le·va·d·ḵa
a·naḵ·nu mo·dim.
If our mouths were as full of song as the sea
and our tongues could sing like the many waves
and our lips could offer praise like the wide skies
and our eyes shone like the sun and the moon
and our hands could spread in exultation like eagle’s wings
and our feet were light as the deers’ —

even then, we could not praise you enough
our Everything, our parents’ Everything —
or bless your name enough for even one
of the thousand thousand thousand thousands
of millions of times you have done good
for our ancestors and for us.

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

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

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

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

ve·hol ke·rev u·hol·yot ye·zam·ru lish·me·hya

ve·hol ko·mah le·fa·ne·hya tish·ta·veh

ve·hol be·re·kh le·hya ti·kha

ve·hol la·shon le·hya ti·sha·va

Ki ḫol pe·h le·hya yo·deh
et shim·hya mal·ke·nu.

ve·ri·bei re·va·vot pe·a·mim
me·a·lef e·lef al·fei a·la·fim
a·do·nai elo·hei·nu ve·lo·hei ho·rei·nu

et shim·hya mal·ke·nu.

Al ken e·va·rim she·pi·lag·ta ba·nu
ve·ru·a·ch un·sha·mah she·na·fa·ch·ta be·a·pei·nu
ve·la·shon a·sh·er sam·ta be·fi·nu
hen hem yo·du vi·va·ra·chu
vi·sha·be·chu vi·fa·a·ru vi·ro·ma·mu
ve·ya·ri·tzu ve·ya·ki·di·shu ve·ya·m·li·chu
et shim·cha mal·ke·nu.

Ki ḫol peh le·hya yo·deh
ve·chal la·shon le·hya ti·sha·va
ve·chal be·re·ch le·hya tich·ra
ve·chal ko·mah le·fa·ne·hya tish·ta·cha·veh
ve·chal le·va·vot yi·ra·u·cha
ve·chal ke·rev uch·la·yot ye·zam·ru li·she·cha

Al·al fipnol melam she·ra·ha ke·sem

Breath of Life

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Nishmat Kol Chai

42
As the Bible has told us:
all of my bones will say:
Holy One, who is like You?
It is Your Being that offers the poor shelter from the predator
and the destitute shelter from the thief.

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

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

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

O Dweller in eternity,
Essence of holiness!

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

In the mouths of the upright is the praise.
In the words of the righteous is the blessing.
In the speech of the kind ones is the holiness.
In the midst of the holy ones is the exaltation.
בִּגְדַר שָׁכָהּ
כָּל עֵצֶמִיתָיו אֱמוֹרָה
יְהוָה מִי כָּמַח
כַּפַּלְקֵל עֵצֶמִיתָיו מַעֵמָה
ועָמִד אֵבָדָיָיו מַעֵמָה.

Mi yid·meh laḵ
u·mi yish·veh laḵ
u·mi ya·a·roḵ laḵ.

הָאֵל הַגָּדוֹל הַבְּרוֹר וְהַמַּנְוָא
אֶל עַלְיוֹן כָּנָה שְׂמִים וּאֶרֶץ.
הַנַּלְקְלָה נֶשֶׁבַח הַמַּפַּרְדוּךָ
וּבָדֵר אֲחָא שְׁמֶךָ
כָּפַרְדוּךָ.
בָּרָכִי נְפֹשַׁת אֲתָה יְוהָה
וּלָלְקָר בְּאָחָא שְׁמֶךָ.

Sho·čein ad ma·rom
ve·ka·dosh she·mo.

שָׁוֵאָה עַד קְרוּם
וּכְדָוִסְךָ שְׁמָא.

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

בְּפִלְיָשְׁמִים
וּבָדְבָּאָרְיָא צְדֵיקוֹת הַמֵּבָּרָךְ
וּבָלְשָׁוּ בְּסִדְוֹת הַקְּדָשִׁיָּה
וּבָנְכָא́ר בְּדָוְשִׁי הַמַּנְוָא.

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

 גַּלַּל קָנֵי ראָהָיו שְׁבָלוֹת
הַגָּדוֹל בִּשְׁמָיָיו וּאֶרֶץ.
וּבַרְכֶּנָּהּ הָאֵל הַגָּדוֹל
וּבָרָכֶנָּהּ בָּלְשָׁוּ
וּבָרָכֶנָּהּ אוֹלְקָר
וּבָרָכֶנָּהּ בְּדָוְשָׁי הָמַנְוָא.
Myriads of choirs of your people, 
dwelling in Israel’s house, 
glorify you in Song, Becoming One, 
in every generation, 
for every creature has a duty to be part of this, 
O Bridge 
that spans the generations, 
to thank, exalt, praise, glorify, 
raise up, beautify and bless 
lift up and extol, 
even more than all the songs and praises 
of David son of Jesse, anointed poet of your glory.

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

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

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

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

Be-ra-chot ve-ho-da-ot
mei-a-tah ve-ad o-lam
Ba-ruch a-tah a-do-nai el me-lech
ga-dol ba-tish-ba-chot
e1 ha-ho-da-o1t
a-don ha-nif-la-o1t
ha-bo-cher be-shi-rei zim-rah
me-lech el
chei ha-o-la-mim.
Abundant and holy
is that Name
in this world born out of God’s desire.
May that Reality be manifest
In our lives,
in the lives of the people now living,
in the right time, and soon.
And say: amen.

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

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

blessed be the One —

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

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

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

Yir·ba·raḥ ve·yish·ta·baḥ
ve·yir·pa·ar ve·yir·ro·mam ve·yir·na·sei
ve·yir·ha·dar ve·yir·a·leh ve·yir·ha·lal
she·mei de·kud·sha
be·rich hu.

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

בָּרוּךְ יהוה הַמְבֹרָךְ לְעוֹלָם וָעֶד

Ba·ruḵ a·do·nai ham·vo·raḵ le·o·lam va·ed

Bless the ONE who is Blessed forever and ever

LEADER

בָּרְכוּ אֶת יהוה הַמְבֹרָךְ

Bar·chu et a·do·nai ham·vo·raḵ

Bless towards the ONE who is Blessed
Blessed be You, 
Artist of the Cosmos, 

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

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

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

You illuminate the earth  
and those who live on it,  
with compassion  
and goodness,  
renewing tirelessly each day  
the work of creation.
Be-ru-cha at she-chi-na
e-lo-tei-nu ru-ach ha-o-lam

yotze-ret or
u-vo-reit cho-shech
o-sah sha-lom
u-vo-reit et ha-kol.

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

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

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

ON HOLIDAYS THAT FALL ON WEEKDAYS, SKIP TO PAGE 29
Sculptor of the universe, 
praised 
glorified 
exalted 
since the birth of days.

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

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

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

Nothing 
in this world, 
Nothing 
in all the worlds, 
Nothing 
will compare to You 
in any future world.
Ha-me-leḥ ha-mor-maḥ le-vā-do mei-az
ham-shu-baḥ
ve-ha-mo-for
ve-ha-mit-na-sei
mi-mot o-lam.

E-lo-ḥeī o-lam
be-ra-ḥa-mē-cha ha-ra-bim
ra-chem a-lei-nu
a-don uz-ei-nu
tzur mi-ga-bei-nu
ma-gen yish-ei-nu
mi-gav ba-a-dei-nu.

Ein ke-er-ke-ḥa
ve-ein zu-la-te-ḥa
e-šes bi-te-ḥa
u-mi do-meh laḥ.

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

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

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

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

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

55 Light and Darkness el adon
Before the One

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

So

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

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

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

Selah.
לָאֵל

אַשְׁרָ שִׂבְתָה מְכַל הַמַּעֲשֶׂשֶׁמָּה
בּיֵימֵי חֲבִיָּה נַעֲלוּה
לְשֵׁם עַל פְּסֵאֲבָד
מַפַּאְרָה עֵשָׁה לִזּוֹם הַמְּנוּנָה.
עָנֶג קָרָא לִזּוֹם הָשֶּׁבֶת.
זֶה שִׂבְתָּה יִשְׁמִיצִי הַשְּׁבָטִי.
שָׁבוּ שִׂבְתּוֹ מִלְּשַׁבְּטָה.
מְדֹ모ֹר שִׁרֵי לִזּוֹם הָשֶּׁבֶת.
סָבָב לְחָדוֹת לְיהוָה.

לִפְסָכַח

יִפְאָרָה וּבְרֹכוּ לָאֵל כְּלַ לִצְוָיָה.
שָׁבָה כֹּלֵי דַּלְקַה יִתְּנֵה
לָאֵל מְכַלּוּ יְזִירָן
נְפֹלְצִי מְנוֹתָה לַשְּׁמֵי שִׁירָאָל.
בָּקִרְשָׁתוֹ בּיֵיְם שִׂבְתָּה קֶרֶשֶׁ.
שָׁמַךְ יִהְוֵה אֲלֹהֵינוּ יָחֳדִישָּׁה
זָכַרְךָ מַלְפִּינָה יְפֹאָרָן.
בְּשֵׁם יָמָּה.
עָזַל הַעֲנָיִים מְטַהְוָה.
הֲתָבִרְכָה מַלְפִּינָה.
עָל שִׂבְתּוֹ מַעֲשֶׂה יָדִיק.
עָזַל מַעֲרֹר אֵר.
שָׁמַךְ יָפָאָרָן יָפָאָרָן.

57 Light and Darkness Yotzer Or

La·el

a-sher sha·vat mi·kol ha·ma·a·sim
ba·yom hash·e·vi·i nit·a·lah
ve·ya·shav al kis·ei che·vo·do
tif·e·ret a·tah le·yom ha·me·nu·chah
o·neg ka·ra le·yom hash·a·bat.
ze·h she·va·ch she·la·i·yom hash·e·vi·i
she·bo sha·vat el mik·ol me·la·ch·to.
ve·yom hash·e·vi·i me·sha·be·ach ve·o·mer.
miz·mor shir le·yom hash·a·bat.
tov le·ho·dot la·do·nai.

Le·fi·chach

ye·fa·a·ru vi·va·ra·chu la·el kol ye·tzu·rav.
she·va·ch ye·kar u·ge·du·lah yit·nu
le·el me·lech yo·tzer kol
ha·man·chil me·nu·chah le·a·mo yis·ra·el

Bik·du·sha·to be·yom sha·bat ko·de·sh.
Shim·cha a·do·nai e·lo·hei·nu yit·ka·dash
ve·zi·tch·re·cha mal·ke·nu yit·pa·ar
bash·a·ma·yi·m mi·ma·al
ve·al ha·a·retz mit·a·chāt.

Tit·ba·ra·ch mo·shi·ei·nu
al she·va·ch ma·a·seh ya·dei·cha
ve·al me·o·rei or
she·a·si·ta ye·fa·a·ru·cha
se·lah.
RECITED ONLY ON WEEKDAY HOLIDAYS

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

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

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

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

Selah.
ביום טוב שחל בימי חול
bihem tov sha’al be-yimim hol

Mah ra-bu ma-a-se-cha
mah ra-bu ma-a-se-cha
a-do-nai ku-lam be-choch-mah a-si-ta
a-do-nai ku-lam be-choch-mah a-si-ta
ma-le-ah ha-a-retz kin-ya-ne-cha.
ma-le-ah ha-a-retz kin-ya-ne-cha.

Ha-me-lech ham-ro-mam le-va-do mei-az
ham-shu-bach ve-ha-me-fo-ar ve-ha-mit-na-sei
mi-mot o-lam.
ham-shu-bach ve-ha-me-fo-ar ve-ha-mit-na-sei
mi-mot o-lam.
E-lo-hei o-lam
be-ra-cha-me-cha ha-ra-bim
ra-choem a-lei-nu
a-don u-zei-nu
tzur mis-ga-bei-nu
ma-gen yish-ei-nu
mis-gav ba-a-dei-nu.

El Ba-ruch
el ba-ruch
Ge-dol De-ah
ge-dol de-ah
He-chen U-fa-al
he-chen u-fa-al
Zo-ho-rei Cha-mah
zo-ho-rei cha-mah
Tov Ya-tzar
tov ya-tzar
Ka-vod Lish-mo
ka-vod lish-mo
Me-o-rot Na-tan
me-o-rot na-tan
Se-vi-vot U-zo
se-vi-vot u-zo
Pi-not Tze-va-av Ke-do-shim
pi-not tze-va-av ke-do-shim
Ro-ma-mei Shad-ai Ta-mid me-sap-e-rim
ro-ma-mei shad-ai ta-mid me-sap-e-rim
ke-vod el u-ke-du-sha-to.

Tit-ba-rach a-do-nai e-lo-hei-nu
tit-ba-rach a-do-nai e-lo-hei-nu
al she-va-ch ma-a-sei ya-de-cha
al she-va-ch ma-a-sei ya-de-cha
ve-al me-o-rei or
ve-al me-o-rei or
she-a-si-ta ye-fa-a-ru-cha
she-a-si-ta ye-fa-a-ru-cha
se-lah.
The Rock, the Guide on life’s journey,  
the One who makes us whole, that one is blessed,  
so let your name be praised throughout  
you who create messengers of goodness.

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

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

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

The messengers receive  
the divine word from one another  
and give permission to one another  
to sanctify the Creator  
with their own breath  
in their own clear and beautiful language  
and then they all speak in awe  
as one:
Tit-ba-raḥ tzu-rei-nu  
mal-ke-nu ve-go-a-le-nu bo-rei ke-do-shim  
yish-ta-baḥ shim-cha la-ad mal-ke-nu  
yo-tzer me-sha-ra-tim.

Va-a-sheh me-sha-ra-tav ku-lam o-meh-dim  
be-rum o-lam  
u-mash-mi-im be-yir-ah ya-ḥad be-koł  
div-rei e-lo-him chai-yim u-me-leḥ o-lam.

Ku-lam a-hu-vim  
Ku-lam be-ru-rim  
Ku-lam gi-bo-rim

ve-ḥu-lam o-sim  
be-ei-mah u-ve-yir-ah re-ṭzon ko-nam.

Ve-ḥu-lam pot-ḥim et pi-hem  
bik-duš-ah uv-to-ho-raḥ  
be-ṣi-raḥ u-ve-zim-raḥ  
ve-me-var-ḥim u-me-shab-ḥim  
u-me-fa-ri-rim u-ma-a-ri-tzim  
u-mak-di-shim u-ma-m-li-ḥim

et she-m

ha-el ha-me-leḥ  
ha-ga-dol ha-gi-bor ve-ha-no-ra  
ka-dosh hu.

Ve-ḥu-lam me-kab-li-m  
a-lei-hem ol mal-ḥut sha-ma-yim zeh mi-zeh  
ve-not-nim re-shut zeh la-zeh  
le-ḥak-diš le-yo-tze-ram  
be-na-chat ru-ach  
be-sa-fah be-ro-raḥ u-vi-ni-mah  
ke-duš-ah ku-lam ke-e-ḥad  
o-nim ve-o-me-rim be-yir-ah:
Holy, Holy, Holy!
God of Multitudes
The whole world is filled with Your Glory!

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

Blessed is the Glory of Your Shekhinah in all places.

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

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

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

May a renewed light shine upon Zion,
and may we all witness that radiance.
We bless you, Illuminating One
Creator of multitudes of light.
Ka-dosh ka-dosh ka-dosh
a-do-nai tze-va-ot
me-lo čhol ha-a-retz ke-vo-do.
Ve-ha-o-fa-nim ve-chai-yot ha-ko-desh
be-ra-ash ga-dol
mit-na-se-im le-u-mat se-ra-fim
le-u-mat-tam me-shab-chim ve-om-rim

Baruĥ ke-vod a-do-nai mim-ko-mo

Le-el ba-ruč ne-i-mot yit-ei-nu
le-me-lech el chai ve-kai-yam
ze-mi-rot yo-mei-ru
ve-tush-ba-čot yash-mi-u

Ba-rauch a-tah a-do-nai
yo-tzer ha-më-o-rot.
What a great love you have given us
our Divine Beloved.
A vast and profound tenderness have You shown us.
Sage and Source,
for the sake of our ancestors who trusted you —
you taught them the ways of life —
be kind to us and teach us.

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

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

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

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

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

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

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

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

Ki ve·shem kod·she·cha
hag·a·dol ve·ha·no·ra ba·ta·ch·nu.
Na·gi·lah ve·nis·me·chah bi·shu·a·te·cha.

Ve·ha·vi·ei·nu le·sha·lom
me·ar·ba kan·for ha·a·retz
ve·to·li·che·nu ko·ma·mi·yut le·ar·tze·nu.
ki el po·el ye·shu·ot a·tah
u·va·nu va·char·ta mik·ol am ve·la·shon.
Ve·kei·ray·ta·nu le·shim·cha hag·a·dol
se·lah be·e·met
le·ho·dot le·cha ul·ya·ched·cha be·a·ha·vah.

Ba·ru·ch a·tah a·do·nai
ha·bo·cher be·a·mo yis·ra·el be·a·ha·vah.
Hear, my people
the Breath of Life our Source
that Breath of Life is One.

Blessed is the name of that being throughout all space and time.
וְאַהֲבָתָּ אֶת יְהוָ֣ה אֱלֹהֶ֑יךָ בְּכָל־לְבָבְךָ֥ וּבְכָל־נַפְשְׁךָ֖ וּבְכָל־מְאֹדֶֽךָ׃ וְהָי֞וּ הַדְּבָרִ֣ים הָאֵ֗לֶּה אֲשֶׁ֨ר אֲנֹכִ֧י מְצַוְּךָ֛ הַיּ֖וֹם עַל־לְבָבֶֽךָ׃ וְשִׁנְּ֛אתָ֖ בַדֶּֽ֗רֶךְ תּוֹכָ֞ךְ בֵּיתֶ֝ךְ֗ וּבְלֶֽבֶ֑ם בְּשָׁכְבְּךָ֖ וּבְקֻמֶ֑ךָ׃ וּקְשַׁרְֽתָּ֤ם לְא֖וֹת עַל־יָדֶ֑ךָ וְהָי֥וּ שַׁרְוּ֥וּבָֽ֖ת בֵּין עֵינֶ֑יךָ׃ וּכְשַׁרְתָּֽ֥הָֽ֖מֶֽֽנָּּֽתָּ‏ נַּנְתָּֽ֥ן אֶ֥לָּֽנָּּֽתָ‏ לִשְׁמָ֥שֵׁמָהּ לַאֲוֹת יָלִֽידֵךָ׃ לָֽ֖סַּמְתָּהּ בּוּֽ֥ן יִנְּֽיָּֽ֖וָּ הַבּֽהֵרָ֥ה לַאֲוֹת יָלִֽידֵךָ׃ לָֽ֖סַּמְתָּהּ בּוּֽ֥ן יִנְּֽיָּֽ֖וָּ הַבּֽהֵרָ֥ה לַאֲוֹת יָלִֽידֵךָ׃

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:
וְהַיּוֹם לְאַהֲבָּה אֶת־יְהוָה אֱלֹֽהֵיכֶם וּלְעָבְדּוֹ בְּכָל־לְבַבְכֶ֖ם וּבְכָל־
דְּגָנֶ֔ךָ תּוּ סַפְּוֹ יוֹרֶ֣ה וּמַלְק֑וֹשׁ וְאָ
בְּעִ֧י מְטַר־אַרְצְכֶ֛ם תּוּ נָתַֽנְנָה׃ וְ
מְזַוְֽעֵבֶב בְּשָׂדְךָ֖ לִבְהֶ
תּוּ תַֽירֹשְׁךָ֖ וְיִצְהָרֶֽךָ׃ וְנָ בְּנֵיכֶ֖ם אֱלֹהִ֣ים אֲחֵרִ֔ים תּ
דְּם וַעֲבַ רְ ה לְבַבְכֶ֑ם וְסַ הִשְׁמַר֣וּ לָכֶ֔ם פֶּ֥ן יִ
חֲווִיתֶ֖ם לָהֶֽם׃ וְחָรָ֨ה אַף־יְהוָ֜ה בָּכֶ֗ם וְעָצַ֤ר אֶת־הַשָּׁמַ֙יִם֙ לְאִשְׁרֵי יְהוָ֖ה לְאַבֹּתֵיכֶֽם לָתֵ֣ת לָהֶ֔ם כִּימֵ֥י הַשָּׁמַ֖יִם עַל־הָאָֽרֶץ׃

Now, if you will listen to my askings
that I ask you this day
to love the Well of Life
and serve it with all your heart and soul
I will pour rain
upon the land in its season
autumn rain and spring rain,
and you will gather in your grain,
your wine, and your oil.
I will put grass in the field
for your animals,
you will eat and be satisfied.
Guard yourselves
lest your hearts be seduced
and you turn and serve alienated gods
and bow down to them.
Then the Well of Life will be wounded
and will close up the sky
so that there is no rain
and the earth will yield no harvest
and you will be lost from the good land
that the Well of Life is giving you.
Put these words
on your hearts, on your souls,
bind them as a sign upon your hand
and let them dangle between your eyes.
Teach your children to speak of them
when you sit at home,
when you go on your journeys.
Write them on the doorposts
of your houses, and on your gates
In order that your days
and the days of your children
may be long on the earth
God promised to your ancestors,
as long as the days
of the skies above the land.
וַיֹּ֥אמֶר יְהוָ֖ה אֶל־מֹשֶׁ֥ה לֵּאמֹֽר׃ דַּבֵּ֞ר אֶל־בְּנֵ֤י יִשְׂרָאֵל֙ וְאָמַרְוֶהָ֔ם אֲלֵהֶ֔ם וְעָשִּׂ֣ו לָהֶ֖ם צִיצִ֑ת עַל־כַּנְפֵ֥י בִגְדֵיהֶ֖ם לְדֹרֹתָ֑ם וְנָֽתְנ֛וּ עַל־צִיצִ֥ת הַכָּנָ֖ף פְּתִ֥יל תְּּכֵֽלֶת׃ וְהָיָ֣ה לָכֶם֮ לְצִיצִת֒ וּרְאִיתֶ֣ם אֹת֗וֹ וְזָכְר֣וּ עַֽןָם זֹנִ֖ים אַחֲרֵיהֶֽם׃ לְמָֽאָן תִּזְכָּרְוּ וְעָשִּׂיתֶ֖ם אֶת־כָּל־מִצְוֹתָ֑י וִהְיִיתֶ֥ם קְדֹשִׁ֖ים לֵֽאלֹהֵיכֶֽם׃ אֲנִ֞י יְהוָ֣ה אֱלֹֽהֵיכֶ֗ם אֲשֶׁ֨ר הוֹצֵ֤אתִי אֶתְכֶם֙ מֵאֶ֣רֶץ מִצְרַ֔יִם לִהְי֥וֹת לָכֶ֖ם לֵאלֹהִ֑ים אֲנִ֖י יְהוָ֥ה אֱלֹֽהֵיכֶ֗ם.

Va·yo·mer a·do·nai el mo·sheh le·mor. Da·ber el be·nei yis·ra·el ve·a·mar·ta a·le·hem ve·a·su la·hem tzi·tzit al kan·fei vig·dei·hem 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·cha·re·tem et kol mitz·vot a·do·nai va·a·si·tem o·tam ve·lo ta·tu·ru a·cha·rei le·vav·chem ve·a·cha·rei ei·nei·chem a·tem zo·nim a·cha·rei·hem. Le·ma·an tiz·ke·ru va·a·si·tem et kol mitz·vo·tai vih·yi·tem ke·do·shim le·lo·he·i·chem. A·ni a·do·nai e·lo·he·i·chem a·sher ho·tze·ti et·chem me·e·retz mitz·ra·yim lih·yot la·chem le·lo·nim a·ni a·do·nai e·lo·he·i·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.
True it is
it holds up
right it is
made to last
plain it is
tried and true
dear it is
greatly loved
sweet it is
a delight
stark it is
powerful
healed it is
mystery
good it is
beautiful
to us
forever
this thing
this word.

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

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

Truth and faith are the practices that never shift.

Truth: ours is the Source of Life,
ours and our forebears’.
Source is our guide and the guide of all who came before,
our liberator and theirs,
our creator and theirs,
our Rock who grounds us and our Rescuer.
Your essence emanates from the unknown origin of being,
and there is nothing else to worship but That.
E-met ve-ya-tziv
ve-na-chon ve-kai-yam
ve-ya-shar ve-ne-e-man
ve-a-huv ve-cha-viv
ve-nech-mad ve-na-im
ve-no-ra ve-ad-ir
u-me-tuk-an u-me-ku-bal
ve-tov ve-ya-feh
had-a-var ha-zeh a-lei-nu
le-o-lam va-ed.

E-met e-lo-hei o-lam mal-ke-nu
tzur ya-a-kov ma-gen yish-e-nu
le-dor va-dor hu kai-yam
u-she-mo kai-yam ve-chis-o na-chon
u-mal-chu-to ve-e-mu-na-to la-ad ka-ya-met.
U-de-va-rav cha-yim ve-kai-ya-mim
ne-e-ma-nim ve-ne-che-ma-dim
la-ad u-le-o-le-mei o-la-mim.
al a-vo-tei-nu ve-a-lei-nu
al ba-nei-nu ve-al do-ro-tei-nu
ve-al kol do-rot
ze-ra yis-ra-el a-va-dei-cha.

Al ha-ri-sho-nim ve-al ha-a-cha-ro-nim
da-var tov ve-kai-yim le-o-lam va-ed.

E-met ve-e-mu-nah cha-k ve-lo ya-a-vor.

Ee-met she-a-tah hu a-do-nai
e-lo-hei-nu ve-lo-hei ho-rei-nu
mal-ke-nu me-lech ho-rei-nu
go-a-le-nu go-el ho-rei-nu
yo-tze-re-nu tzur ye-shu-a-te-nu
po-de-nu u-ma-tzi-le-nu
me-o-lam she-mee-cha
ein e-lo-him od zu-la-te-cha.
You guided our ancestors from the beginning of time
and have been beside us, their descendants, to aid us ever since,
in all our many eras.
The center of the universe is your home
yet Your justice and righteousness reach
to the edges of being.

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

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

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

Then Your beloveds praised You and lifted you in song,
Your friends sang
hymns and paens,
praises and thanks
to the One who Is Becoming:
elevated and exalted, abundant, causing amazement,
who brings the high-up to low places, and
who raises up those who were trodden underfoot,
who releases prisoners and watches over the humble
and aids the destitute, and answers any one
among the multitudes who may call.

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

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


עוזת אבותינו אתה הוא מצלו
군נו ומעשינו בעיניו אתרחים.
בכל זר דוד.
ברום עלו מSetName
והשפעתם_ignore
עד ארצי כל.

האריך אתו שישמע לעצמות
ותורחקו ובקר יהיה עלי לב.
אמות אתה היא אדום כלמק
ומכלל י horns ליריב ריב.

אsmouth אתה הזה ראשה
laws אתה הזה אמרון
המבלעדיה זו גל
ככל גואל ומעשי.

مامניקי אתלאתינו לחוד אולחינו
.circular עבדים פרייתנו.
ככבראים הרים
ובโอกาלה ים סוף בבשע.
אודים שעשע 디ידים הנברעה
ונ 쉽ם פוריתם.
א熒דモノ לא נותר.

על ذات שאבה אהובים וرحمו אל
נהנתה עדכים
דירוחים שזרות והשכחות
ברכות ה çözאנו.
ברצלילו לא של שנים
יר ומאות דורות נאורה
מספירים גואים.
מעבידים חפלים
מהצאי אפרים.
ופחדת ענני ערור דלים
וענוה לכל יベース שישם עול.

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Praises to that mystery,  
which is the well of blessing,  
and to whom Moses and Miriam  
and all the Israelites sang  
with great joy:

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

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

The Divine is here through all space and time.

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

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

Blessed be You,  
who has redeemed this Godwrestling people.
Ba-ruch a-tah a-do-nai
ga-al yis-ra-el.


Tzur yis-ra-el
ku-mah be-ez-rat yis-ra-el
u-fe-deh chin-u-me-cha
ye-hu-dah ve-yis-ra-el.

Go-a-lei-nu
a-do-nai tze-va-ot she-mo
ke-dosh yis-ra-el.

Mi cha-mo-chah ba-ei-lim a-do-nai
Mi ka-mo-chah ne-dar ba-ko-desh
No-ra te-hi-lot o-seh fe-le

Shi-rah cha-da-shah
shi-be-çu ge-u-lim
le-shim-cha al se-fat ha-yam
ya-chad ku-lam ho-du
ve-him-li-çu ve-a-me-ru.


78 Truth and Redemption emet veyatziv
Infinite, open my lips, and let my mouth speak Your praise.


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 Rescuer Defender.

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

Ba-ruch a-tah a-do-nai
e-lo-hei-nu ve-lo-hei
a-vo-tei-nu ve-i-mo-tei-nu
e-lo-hei Av-ra-ham
e-lo-hei Yitz-chak
ve-lo-hei Ya-a-kov
e-lo-hei Sa-rah
e-lo-hei Riv-kah
e-lo-hei Ra-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.

BETWEEN ROSH HASHANA AND YOM KIPPUR
Zo-ch-ri-nu le-cha-yim me-lech cha-fetz ba-cha-yim
ve-cho-t-vei-nu be-se-fer ha-chan-yim
le-ma-an-cha e-lo-him cha-yim.

Me-lech
o-zer
u-mo-shi-a
u-ma-gen.

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

WINTER You whirl the wind and bring down the rain
SUMMER You bring down the dew

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

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

You are faithful to enliven what dies.

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

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

Me·chal·kel chai·yim be-che·sed
me·chai·yeh mei·tim be-ra·cha·mim ra·bim
so·mech nof·lim
ve·ro·fei cho·lim
u·ma·tir a·su·rim
u·me·kai·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 mei·mit u·me·chai·yeh
u·matz·mi·aḥ ye·shu·ah.

BETWEEN ROSH HASHANAH AND YOM KIPPUK
Mi cha·mo·cha av ha-ra·cha·mim
zo·cher ye·tzu·rav le·chai·yim be-ra·cha·mim.

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

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

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

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

Blessed is the Divine Presence from every place.

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

May Becoming go on forever, unfolding generations.
Halleluyah.

May we be telling of your abundance for all generations;
through many ages may we be part of your holiness;
may your praise never leave our mouths,
for you are the ancient El — the Is of our present
and the holy abundance of our future.
Blessed are you,
o God becoming holy.
Ne-ka-deish et shim-cha ba-o-lam
ke-shem she-mak-di-shim o-to
bish-mei ma-rom. Ka-ka-tuv al yad ne-vi-e-cha
ve-ka-ra zeh el zeh ve-a-mar

Ka-dosh ka-dosh ka-dosh a-do-nai tze-va-ot me-lo chol ha-a-retz ke-vo-do.

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

Ba-ruch ke-vod a-do-nai mim-ko-mo.

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

Kol Am-Kol Mal-Cha Melchon Hovesh
Et-Me-Lo Chol Elunnu
Cf Metimmez Eshunu
Kohe Me-Melchon
Be-Corob Be-Ime-Lo Lam Eud Tashkon
Tesholam Hamteholam
Bemoch Leisholam Charek
Kedor Chor Lenucham Benim
Unshin Yerachim Mahalchot
Epeh Baro More Minri Akem
Ul Dor Doo Mishu Adcha

Kol Ha-Kol Lo-yelam Almech Yizkor Lidor Odo Tzalezot.


Le-dor va-dor na-gid god-le-cha
u-le-ne-tzach ne-tza-chim ke-dush-a-te-cha nak-dish
ve-shiv-cha-cha e-lo-hei-nu
mi-pi-nu lo ya-mush le-o-lam va-ed
ki el me-lech ga-dol ve-ka-dosh a-tah.
Ba-ruch a-tah a-do-nai
ha-el (on Shabbat Shuvah ha-me-lech) ha-ka-dosh.
THIS PARAGRAPH IS RECITED WHEN PRAYING SOLO

You are holy. Your name in this world is holy.
And all who strive for holiness daily praise You. Selah!
Blessed are You, Breath of Life,
holy divinity.

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

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

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

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

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

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

U-shē-nei lu-ḥot a-va-nim ho-rid be-ya-do
ve-ḥa-tuv ba-hem she-mi-rat sha-bat
ve-ḥen ka-tuv be-to-ra-te-cha.

Ve-sham-ru ve-nei yis-ra-el et ha-sha-bat
la-a-sot et ha-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-sheṭ ya-mim
a-sah a-do-nai et ha-sha-ma-yim ve-et ha-a-retz
u-vai-yom hash-e-vi-i sha-vat vai-ya-na-fash,

Ku-lam yis-be-u ve-yit-a-ne-gu mi-tu-ve-ḥa
u-vash-e-vi-i ra-ṭzii-ta bo ve-ki-dash-to
chem-dat ya-mim o-to ka-ra-ta
ze-cher le-ma-a-ṣeh ve-re-shit.

E-lo-hei-nu ve-lo-hei ho-rei-nu
re-tzeh vim-nu-ḥa-tei-nu
ka-de-shi-nu be-mi-tz-vō-te-ḥa
ve-ten chēl-kei-nu be-to-ra-te-ḥa
sa-bei-nu mi-tu-ve-ḥa
ve-sa-me-che-nu bi-shu-a-te-ḥa
ve-ta-her li-bei-nu le-ōv-de-ḥa ve-e-met
ve-ha-ni-le-ni-nu a-do-nai e-lo-hei-nu
be-a-ha-vah u-ve-ra-tzon sha-bat kod-she-ḥa
ve-ya-nu-ḥu vo
yis-ra-el me-ka-de-shi she-me-ḥa.

Ba-ruch a-tah a-do-nai me-ka-desh ha-sha-bat.
Delight, O Breath of Life,
in this people,
this Godwrestling people
and in the bright flame of their prayer —
receive it in love and desire!
May you always desire
our prayer and our service.

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

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

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

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

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

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

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

Ve-te-chez-neh ei-nei-nu
be-shu-ve-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.
We are grateful to You
for being God to us
and to our ancestors always, throughout time.
You are the root of our being and the shelter around us.
In every generation
we sing gratitude, we sing your praise
for our lives which are given into Your hand
for our spirits, kept in Your treasury,
for your wonders which are daily with us,
for the miracles and favors
we discover at all moments, morning, noon, and night.
O overflowing one, your compassion never runs dry.
O matrix of mercy, your love is infinitely present.
Since our primordial origins, we have hoped in you.

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

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

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

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

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

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

ON CHANNUKAH
al ha·ni·sim ve·al ha·pur·kan
ve·al ha·ge·y·ro·t ve·al ha·te·šu·ot
ve·al ha·mil·cha·mot she·a·si·ta la·ho·rei·nu
bai·ya·mi·mim ha·he·mim ba·ź·man ha·zeh

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

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

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

Blessed are You, Breath of Life,
who blesses
the Godwrestling people
and all people everywhere
with peace.
Sha·lom rav
al yis·ra-el a·me·cba
Ta·sim le-o·lam
Ki a·tah hu
Me·lech a·don
Le·chol ha·sha·lom.
Ve·tov be·ei-nei·cha
Le·va·rech et a·me·cba yis·ra·el
Be·chol et
U·ve·chol sha·ah
Bish·lo·me·cba.

BETWEEN ROSH HASHANAH AND YOM KIPPUR
Be·se·fer chai·yim
Be·ra·chah ve·sha·lom
U·far·na·sah to·vah
Ni·za·cher ve·ni·ka·tev le·fa·nei·cha
A·nach·nu ve·chol a·me·cba beit yis·ra·el
Le·chai·yim u·le·sha·lom.
Ba·ru·ch a·tah a·do·nai
O·seh ha·sha·lom.

Ba·ru·ch a·tah a·do·nai
Ham·va·rech
e·t a·mo yis·ra·el
Ve·et kol yo·she·vei te·vel
Ba·sha·lom.
4  
**Sarah / Joy**  
Know that joy arises  
when we open in vulnerability to all that is.

God has brought me laughter;  
everyone who hears will laugh with me.  
*Genesis 21:6*

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

She said: “If things are as they are, why do I exist?”  
And she went to seek the One.  
*Genesis 25:22*

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

This time I will thank God.  
*Genesis 29:35*

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

There is a reward for your labor... and there is hope for your future.  
*Jeremiah 31:16–17*
1. Abraham / Mindfulness

Know that every breath is a departure from the familiar, an entry into a new place.

"לֶךְ לְךָ מֵאַרְצְךָ וּמִמּוֹלַדְתְּךָ וּמִבֵּית אָבִיךָ אֶל הָאָרֶץ אֲשֶׁר אַרְאֶךָּ"

Go forth from your land, from your birthplace, and from your family home, to the land that I will show you. Genesis 12:1

2. Isaac / Renewal

Know that truth arises when we rediscover it in each generation.

"וַיַּחְפֹּר אֶת בְּאֵרֹת הַמַּיִם אֲשֶׁר חָפְרוּ בִּימֵי אַבְרָהָם אָבִיו"

Isaac dug anew the wells that had been dug in Abraham’s days. Genesis 26:18

3. Jacob / Holiness

Know that holiness arises when we perceive that anywhere can be the gate to heaven.

"אֵפוּ יֵשׁ יהוה בַּמָּקוֹם הַזֶּה וְאָנֹכִי לֹא יָדָעְתִּי"

Surely God is in this place, and I did not know it. Genesis 28:16
5. Sovereignty

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

בְּרוּכָה אַתְּ שַּׁדַּי הַמַּחֲזִירָה שְׁכִינָתָהּ לְצִיּוֹן
Be·ru·չָה at sha·dı· ha·ma·չָּחֶזְיֶרֶה she·כי·_na·תַּה le·צִיּוֹן.

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

6. Grace

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

בָּרוּךְ אַתָּה יהוה הַטּוֹב שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת
Ba·ru·ךְ a·תָּה a·do·ꦤai ha·tov shim·Շָּּךָ u·le·ךְa na·eh le·ho·dət.

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

7. Peace

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

בָּרוּךְ אַתָּה יהוה הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל וְאֶת כָּל יוֹשְׁבֵי תֵבֵל בַּשָּׁלֹם
Ba·ru·ךְ a·תָּה a·do·نا·い ha·mə·বা·বে্ךְ et a· mojo yis·ra·있 waiter 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. Wisdom

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

Baruch atah adonai me-gen av rah ve-ez rat sar ah.

Blessed are You, Ancient One, shield of Abraham and help of Sarah.

2. Life

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

Be-ru-cha at ma-yan ha-cha-yim me-cha-yah ha-meit-im.

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

3. Seed

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

Baruch at ah do-nai ha-el (on shabbat shuvah ha-me-lech) ha-ka do-sh.

Blessed are You, Mysterious One, holy sanctuary.

4. Abundance

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

Be-ru-cha at she-cha shat ha-shab bat.

Blessed are You, Present One, who sanctifies Shabbat.
My God, keep my tongue from wrong
and my lips from speaking lies.
May I be peaceful in the face of anger.
May my soul be like fertile soil for everyone I encounter.
Open my heart to Your Torah
And may my whole being pursue Your ways.
All who seek to do me harm —
may You change their hearts
and annul their intentions.
Act for the sake of Your name,
for the sake of Your strong hand,
for the sake of Your holiness,
for the sake of Your Torah,
for the rescue of Your beloved ones.
May You answer me and Your hand save me.

May the words of my mouth and the meditations of my heart
Be acceptable to you Yah, My Rock and My 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. JWT+RS

May the One, may the One who makes peace
bring peace down, bring peace down...

for all Israel,
and for all the world. Amen.

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

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

May the One who is Becoming bring you ease and give you peace.
Let it be God’s will. Let it be.
E-lo-hai ne-tzor le-sho-ni me-ra
u-se-fa-tai mi-da-ber mir-mah
ve-lim-ka-le-lai naf-shi ti-dom
ve-naf-shi ke-a-far la-kol tih-yeh.
Pe-ta-ch li-bi be-to-ra-te-cha
Ve-chol ha-chosh-vim a-la-i ra-ah
me-he-rah ha-fer a-tz-a-tam
ve-kal-kel ma-ch she-vo-tam.
A-seh le-ma-an she-me-cha
A-seh le-ma-an ye-mi-ne-cha
A-seh le-ma-an ke-du-sha-te-cha
A-seh le-ma-an to-ra-te-cha.
Le-ma-an ye-chal-tzun ye-di-dei-cha
ho-shi-ah ye-mi-ne-cha va-a-ne-ni.

Yih-yu le-ra-tzon im-rei fi ve-heg-yon li-bi
le-fa-ne-cha a-do-nai tzu-ri ve-go-a-li.
Ve-a-su li mik-dash
ve-sha-chan-ti be-to-cham.
Va-a-na-cher nu ne-va-rech yah
me-a-tah ve-ad o-lam.

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

Ye-va-re-che-cha a-do-nai ve-yish-me-re-cha.
Ya-er a-do-nai pa-nay ei-le-cha vi-chu-ne-ka.
Yi-sa a-do-nai pa-nay ei-le-cha ye-va-sem le-cha sha-lom.
Abundant and holy
is that Name
in this world born out of God’s desire.
May that Reality be manifest
In our lives,
in the lives of the people now living,
in the right time, and soon. And say amen.

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

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

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

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

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

May the one who makes peace
in the vast reaches of the universe
make peace for us, for all Israel,
for all the world,
and let us say amen.
Yit·ga·dal ve·yit·ka·dash she·mei ra·ba (a·men) be·al·ma div·ra chir·u·t·eh ve·yam·lich mal·chu·t·eh be·chai·yei·chon uv·yo·mei·chon 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·mei ra·ba me·vo·raĉ le·a·lam u·le·al·mei al·ma·i·ya.

Yit·ba·raĉ ve·yish·ta·bach ve·yit·t·pa·ar ve·yit·ro·mam ve·yir·na·sei ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal she·mei de·kud·sha be·riĉ hu.

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

Tit·ka·bel tze·lo·t·e·hon u·va·u·t·e·hon de·chol beit yis·ra·el ka·dam a·vu·hon di vish·ma·ya ve·im·ru a·men.

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

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

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

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

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

Ein ka-mo-cha
va-e-lo-him a-do-nai ve-ein ke-ma-a-se-cha.
Mal-ču-te-ča mal-čhut kol o-la-mim
u-mem-shal-te-ča be-čhol dor va-dor.
A-do-nai me-leč
A-do-nai ma-lač
A-do-nai oz le-a-mo yit-en
A-do-nai ye-va-rečh et a-mo va-sha-lom.

Av ha-ra-ča-mim
hei-ti-vah vir-tzo-ne-ča et tzi-yon.
Tiv-neh cho-mot ye-ru-sha-la-yim
ki ve-čha le-va-d ba-tačh-nu
me-leč
el ram ve-nis-a
a-don o-la-mim.

Va-ye-hi bin-so-a ha-a-ron
va-yo-mer mo-sheh.
Ku-mah a-do-nai ve-ya-fu-tzu oy-ve-čha
ve-ya-nu-su me-san-e-čha mip-a-ne-čha.
Ki mi-tzi-yon te-tzei to-rah
u-de-var a-do-nai mi-ru-sha-la-yim.
Ba-ruchi sh-e-na-tan to-rah
le-a-mo yis-ra-el bik-dush-a-to.

ON PASSOVER, SHAVUOT, AND SUKKOT
A-do-nai a-do-nai
el ra-čhum ve-čha-nun
e-reč a-pa-yim
ve-rav čhe-sed
ve-e-met.
no-tzer čhe-sed la-a-la-fim.
no-sei a-von va-fe-ša ve-čhe-ta-la-a-ta.
ON PASSOVER, SHAVUOT, AND SUKKOT

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

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

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

In you do I place my trust,
and to your holy, precious name
I utter praise.
May it be good before you
to open my heart to your wisdom
and grant me wholeness as you grant my needs
and the needs of all your people
for good, life, and peace. Amen.
ON PASSOVER, SHAHUOT, AND SUKKOT
Va-a-ni te-fi-la-ti
le-cha a-do-nai
et ra-tzon
e-lo-him be-rav chas-de-cha
a-ne-ni be-e-met yish-e-cha.

Be-rich she-meh
de-ma-rei al-ma.
Be-rich kit-rach ve-at-rach.
Ye-hei re-u-tach im a-mach yis-ra-el le-a-lam.
U-fu-re-kan ye-mi-naach a-cha-zei le-a-mach
be-veit mak-de-shach.
U-le-am-to-yei la-na mit-uv ne-ho-rach
u-le-ka-bel tze-lo-ta-na be-ra-cha-min.
Ye-hei ra-a-va ko-da-mach
de-to-rich lan chai-yin be-ti-vu.
Ve-le-he-vei a-na fe-ki-da be-go tzad-i-kai-ya.
Le-mir-cha a-lai u-le-min-tar ya-ti
ve-yat kol di li ve-di le-a-mach yis-ra-el.
Ant hu zan le-cho-la um-far-nes le-cho-la.
Ant hu sha-lit al ko-la.
Ant hu de-sha-lit al mal-chai-ya.
U-mal-chu-ta di-la-ch hi.

A-na av-da de-kud-sha be-rich hu

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LISTEN THEN REPEAT

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

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

WE BOW AND CHANT TOGETHER

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

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

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

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

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

Moses taught us this Torah,
this tradition of the community of Jacob.
LISTEN THEN REPEAT

שְׁמַע יִשְׂרָאֵל יהוה אֱלֹהֵינוּ יהוה אֶחָד

She·ma yis·ra·el a·do·nai e·lo·hei·nu a·do·nai e·chas.

אֶחָד אֱלֹהֵינוּ גָּדוֹל אֲדוֹנֵינוּ קָדוֹשׁ שֶׁמֶה

E·chas e·lo·hei·nu ga·dol a·do·nei·nu ka·dosh she·mo.

WE BOW AND CHANT TOGETHER

גַּדְּלוּ לַיהוה אִתִּי וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו

Gad·lu la·do·nai i·ti u·ne·ro·me·mah she·mo yaḥ·dav.

Le·cha a·do·nai ha·ge·du·lah ve·ha·ge·vu·rah
tʃə le·do·nai ha·ge·du·lah ve·ha·ge·vu·rah
ve·ha·ti·se·ret ve·ha·ne·tzaḥ ve·ha·hod
ve·ha·ti·se·ret ve·ha·ne·tzaḥ ve·ha·hod
ki chol ba·sha·ma·yim u·va·a·retz.
ki chol ba·sha·ma·yim u·va·a·retz.
le·cha a·do·nai ha·mam·la·chah
le·cha a·do·nai ha·mam·la·chah
ve·ha·mit·na·et le· chol le·rosh.
ve·ha·mit·na·et le· chol le·rosh.
Ro·me·mu a·do·nai e·lo·hei·nu
Ro·me·mu a·do·nai e·lo·hei·nu
ve·hi·sh·ta·cha·vu la·ha·dom rag·lav
ve·hi·sh·ta·cha·vu la·ha·dom rag·lav
ka·dosh hu.
ka·dosh hu.

Ro·me·mu a·do·nai e·lo·hei·nu
Ro·me·mu a·do·nai e·lo·hei·nu
ve·hi·sh·ta·cha·vu le·har ko·dosh
ve·hi·sh·ta·cha·vu le·har ko·dosh
ki ka·dosh a·do·nai e·lo·hei·nu.
ki ka·dosh a·do·nai e·lo·hei·nu.

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

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

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Ve·ya·a·zor ve·ya·gen ve·yo·shi·a
le·ḵol ha·ḵo·sim bo ve·no·mar a·men.
Ha·kol ha·vu go·del le·lo·hei·nu
ut·nu ẓha·vod la·to·rah.

HONOREES ARE CALLED TO THE TORAH

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

Help, shield, and free us,
we who trust in you. Amen.
May we come to know divine expansiveness,
and may we bring our full presence to Torah.
Arise _____ child of _____.

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

Ve·a·tem ha·de·vei·kim ba·do·nai e·lo·hei·chem
ḵai·yim kul·chem ha·yom.

You who join yourselves to the Infinite your God
are fully alive at this moment.
Blessed be the Infinite Source of Blessing.

Blessed be the Infinite Source of Blessing throughout space and time.

Blessed be you, Wise One, Wellspring infusing the world, who has given us a destiny unique to us, entwined with all others on the globe, by giving us your Torah, our ancestors’ knowing of you.

Blessed be You, Source of Wisdom, giver of Torah.
Ba·ruḵ a·tah a·do·nai
e·lo·hei·nu me·leḵ ha·o·lam
a·sher na·tan la·nu
to·rat e·met
ve·ĉai·yei o·lam
na·ta be·to·ĉei·nu.
Ba·ruḵ a·tah a·do·nai
no·tenu ha·to·rah.

Blessed be You, Wise One,
Wellspring infusing the world, who has
planted truth within the Torah,
and planted within us the life-force of creation.
Blessed be You, Source of Wisdom, giver of Torah.
A·na el na re·fa na lah
Please heal her, God — show her the delight of your radiance.
Then she will be healed and strong and will rejoice in you eternally.

Mi she·bei·raĉ a·vo·tei·nu
May the source of strength, Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
and let us say, Amen.

Mi she·bei·raĉ i·mo·tei·nu
Bless those in need of healing with re·fu·ah she·lei·mah
The renewal of body, the renewal of spirit,
And let us say, Amen.

Ha·ro·feh lish·vu·rei lev
Ha·le·lu·yah, ha·le·lu·yah.
Healer of the broken-hearted. Binder of our wounds
Counter of uncountable stars. You know who we are.

A·na el na re·fa na lah.
Halleluyah, Halleluyah.
Blessed are You, Generous One, moving within this world, who has done good to us, far more than we could have expected, and who has done me a great favor.

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

May the One who did great good for you continue to do great good for you.
May the One who blessed our ancestors
Abraham, Isaac, and Jacob,
Sarah, Rebekah, Rachel, Leah,
bless ____ child of ____
who has come up today
to honor the One who is in all places, to honor the Torah
and to honor Shabbat
and the Festivals.
May the Holy One of Blessing
pour out blessing upon you and all your loved ones,
and send blessing and success on all that you do and become.
And keep you from all harm and illness
and pour blessing and success upon you
May you merit to always grow in wisdom, compassion, and good deeds,
along with the whole community, and let us say Amen.
Mi she·bei·raḥ a·vo·tei·nu
av·ra·ham yitz·ḥak ve·ya·a·kov
ve·i·mo·tei·nu sa·rah riv·kah ra·ḥel ve·le·ah
hu ye·va·reḥ et ____
ba·a·vur she·a·lah la·to·rah
liḥ·vod ha·ma·kom liḥ·vod ha·to·rah
ve·liḥ·vod ha·sha·bat
ve·liḥ·vod yom tov
vi·sḥar zeh ha·ka·dosh ba·ruḥ hu
yish·me·rei·hu ve·ya·tzi·lei·hu
mi·kol tza·raḥ ve·tzu·kah
u·mi·kol ne·ga u·ma·ḥa·laḥ
ve·yish·laḥ be·ra·ḥah ve·hatz·la·ḥah
be·ḥol ma·a·seh ya·dav
im kol yis·ra·el e·ḥav ve·no·mar a·men.

Healing Prayers

Mi she·bei·raḥ a·vo·tei·nu
av·ra·ham yitz·ḥak ve·ya·a·kov
ve·i·mo·tei·nu sa·rah riv·kah ra·ḥel ve·le·ah
hu ye·va·reḥ et ____
ba·a·vur she·a·lah la·to·rah
liḥ·vod ha·ma·kom liḥ·vod ha·to·rah
ve·liḥ·vod ha·sha·bat
ve·liḥ·vod yom tov
vi·sḥar zeh ha·ka·dosh ba·ruḥ hu
yish·me·rei·hu ve·ya·tzi·lei·hu
mi·kol tza·raḥ ve·tzu·kah
u·mi·kol ne·ga u·ma·ḥa·laḥ
ve·yish·laḥ be·ra·ḥah ve·hatz·la·ḥah
be·ḥol ma·a·seh ya·dav
im kol yis·ra·el e·ḥav ve·no·mar a·men.
May it be your desire, Turner of the Cycles, our Holy Timekeeper, holy to our ancestors, that you renew for us this new month — may it bring goodness and blessing. In this new month, grant us meaningful days, a life of peace, a life of integrity, a life of blessing, a life of prosperity, a life in which our bones find strength, a life that contains reverence and good intention, a life without shame or humiliation, a life of abundance and appreciation, a life in which we know love of Torah and love of the Divine, a life in which our desires are fulfilled for good.

Amen, selah.

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

The new month of ____ will begin on _______. May it come to us and all the Jewish people with goodness. May the Holy One of Blessing renew time for us and for all the people of the house of Israel in all the many lands in which they dwell. For goodness and blessing, for joy and gladness, for liberation and consolation, for right livelihood and abundance, for life and for peace, for good news and good tidings and for complete healing for all in need. And for the redemptive interweaving of life, soon in our days. Amen.
Abundant and holy is that Name in this world born out of God’s desire.  
May that Reality be manifest in our lives, in the lives of the people now living,  
in the right time, and soon. And say amen.

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

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

The people and the holy book and the Holy One are One!
Torah is light, Torah illuminates. Halleluyah!
BLESSING BEFORE THE HAFTORAH

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

BLESSINGS AFTER THE HAFTORAH

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

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

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

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

For the Torah and for the rituals, for the prophets and for this Sabbath day, and for this holiday of Passover/Shavuot/Sukkot/Eighth Day of Gathering which you, Wise One, have given us, for holiness and rest, for honor and happiness, for presence and beauty, for all these things, Holy Presence, we are grateful, and we open the well of blessing. May all living beings sing your name, throughout time and space. Blessed be You, Shekhinah, who make Shabbat and festivals holy.
לפני קריאת ההפטרה

ברוך אתה היה אללה נקלה עזלה
אשר בחר בברוב האנשים טובים ורצתי אדם ידוע ו뉴 כסף מיום כל מקום.

ברוך אתה היה אללה נקלה עזלה.

אחרי קריאת ההפטרה

ברוך אתה היה אללה נקלה עזלה.

רומח על ציצית כי היא יפה חכמה.

לשלובות הנפש והristolו בבריאה.

ברוך אתה היה אללה נקלה עזלה.

שפתותיך היה אללה נקלה עזלה.

נכונות אחרון וראוי לבריאה.

ברוך אתה היה אללה נקלה עזלה.

על התורה ועל העבודה ועל הנביאים ועל יום הזה ועל יום שבועות

חג מצות הזה

חג סוכות הזה

שנתת לנו יהוה אלהינו ליקדושה ולמות לשלום ולשמחה לזרענו לשלום.

על כל יהוה אלהינו אתה נזקל עזלה.

לשם נגwyn הגרה וגרה בבריאה

שמית להיה אלהינו לודדה.

על כל יהוה אלהינו אתה נזקל עזלה.

לאחר עשרת ימי המילה

לאחר עשרת ימי החג.

ברוך אתה היה אללה נקלה עזלה.

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

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

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

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

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

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

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

In that sacred shrine all murmur: glory.

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

To Her people, Goddess offers this strength.
Goddess blesses Her people with a whole peace.
יְהַלְלוּ אֶת שֵׁם יהוה
כִּי נִשגָּב שְׁמו לְבַדּוֹ.
הוֹדוֹ עַל אֶרֶץ וְשָׁمָיִם.
וַיָּרֶם קֶרֶן לְעַמּוֹ
תְּהִלָּה לְכָל חֲסִידָיו
בוֹ הַלְלוּיָהּ.
ֹ
לִבְנֵי יִשְׂרָאֵל עַם קְרוּ

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·aĉ kol a·do·nai be·ha·dar.
Kol a·do·nai sho·ver a·ra·zi·m
vay·sha·ber a·do·nai et ar·zei hal·va·non.
Va·yar·ki·dem ke·mo e·gel
le·va·non ve·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 ku·lo o·mer ka·vod.
A·do·nai la·ma·bul ya·shav
va·ye·shev a·do·nai me·leĉ le·o·lam.
A·do·nai oz le·a·mo yi·ten
a·do·nai ye·va·reĉ et a·mo va·sha·lom.
The earth and its fullness  
belong to Eternity;  
the globe and all who dwell upon it.

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

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

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

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

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

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

Who is this magnificent Presence?  
The One who Holds Multitudes —  
He is the King of Glory.  
Selah.
לְדָוִד מִזְמוֹר
לַיהוָה הָאָרֶץ וּמְלוֹאָה
tֵּבֵל וְיֹשְׁבֵי בָהּ.
כִּי הוּא עַל יַמִּים יְסָדָהּ
וְעַל נְהָרוֹת יְכוֹנְנֶה.
מִי יַעֲלֶה בְּהַר יהוה
וּמִי יָקוּם בִּמְקוֹם קָדְשׁוֹ.
נְקִי כַפַּיִם וּבַר לֵבָב
אֲשֶׁר לֹא نָשָׂא לַשָּׁוְא
נַפְשִׁי וְלֹא נִשְׁבַּע לְמִרְמָה.
ָא בְרָכָה מֵאֵת יהוה
שּׂיָא וּצְדָקָה מֵאֱלֹהֵי יִשְׁהָזֶה דוֹר דוֹרְשָׁיו
מְבַקְשֵׁי פָנֶיךָ יַעֲקֹב סֶלָה.
שְׂאוּ שְׁעָרִים רָאשֵׁיכֶם
וְהִנָּשְׂאוּ פִּתְחֵי עוֹלָם
וְיָבוֹא מֶלֶךְ הַכָּבוֹד.
מִי זֶה מֶלֶךְ הַכָּבוֹד
יהוה עִזּוּז וְגִבּוֹר
יהוה גִּבּוֹר מִלְחָמָה.
שְׂאוּ שְׁעָרִים רָאשֵׁיכֶם
וּשְׂאוּ פִּתְחֵי עוֹלָם
וְיָבֹא מֶלֶךְ הַכָּבוֹד.
מִי הוּא זֶה מֶלֶךְ הַכָּבוֹד
יהוה צְבָאוֹת הוּא
מֶלֶךְ הַכָּבוֹד
סֶלָה.

Le-da·vid miz-mor
la-donai ha-a-retz u-me-lo-ah
tevel ye-yo-shvei vah.

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

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

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

Se-u she-a-rim ro-shei-çhem
ve-hi-na-se-u pit-çhei o-lam
ve-ya-vo me-leçh ha-ka-vod.

Mi zeh me-leçh ha-ka-vod
a-do-nai i-zuz ve-gi-bor
a-do-nai gi-bor mil-çha-mah.

Se-u she-a-rim ro-shei-çhem
u-se-u pit-çhei o-lam
ve-ya-vo me-leçh ha-ka-vod.

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

She is a Tree of Life to all who cling to her, and all who hold onto her are happy. Her ways are pleasant ways, and all her paths are peace.

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

Make our days new and ancient, as you make the ancient days

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U·ve-nu-chōh yo·mar shu-vah a·do-nai
ri·ve·vot al·fei yi·s·ra·el.
Ku-mah a·do-nai lim·nu·chā·te·chā
a·tah va·a·ron u·ze·chā.
Ko·ha·nei·chā yil·be·shu tze·dek
va·chā·si·dei·chā ye·ra·ne·nu.
Ba·a·vur da·vid av·de·chā
al ta·shev pe·nei me·shi·če·chā.
Ki le·kach tov na·ta·ti la·chem
to·ra·ti al ta·a·zo·vu.

וּבְנֻחֹה יֹאמַר שׁוּבָה יהוה
רִבְבוֹת אַלְּפֵי יִשְׂרָאֵל.
קוּמָה יהוה לִמְנוּחָתֶךָ
אַתָּה וַאֲרוֹן עֻזֶּךָ.
כֹּהֲנֶיךָ יִלְבְּשׁוּ צֶדֶק
וַחֲסִידֶיךָ יְרַנֵּנוּ.
בַּעֲבוּר דָּוִד עַבְדֶּךָ
אַל תָּשֵׁב פְּנֵי מְשִׁיחֶךָ.
כִּי לֶקַח טוֹב נָתַתִּי לָכֶם
תּוֹרָתִי אֲלֵךְ עַל מְשִׁיחֶךָ.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ
ותֹמְכֶיהָ מְאֻשָּׁר.
דְּרָכֶיהָ דַּרְכֵי נֹעַם
וְכָל נְתִיבֹתֶיהָ שָׁלוֹם.
הֲשִׁיבֵנוּ יהוה אֵלֶיךָ וְנָשׁוּבָה חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Etz ḫai·yim hi
la·ma·cha·zi·kim bah
ve·tom·če·ha me·u·shar.

De·ra·če·ha dar·čei no·am
ve·chol ne·ti·vo·te·ha sha·lom.

Ha·shi·vei·nu a·do·nai
ei·le·cha ve·na·shu·vah
ḥa·deish ya·mei·nu
ke·ke·dem.
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.
A·lei·nu le·sha·be·a·ch 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.

Sh·es·am čhel·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·če·ei ham·la·čim
ha·ka·dosh ba·ru·ḵ hu.

Sh·e·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·ći·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

A·lei·nu le·sha·be·a·ch 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.

Sh·es·am čhel·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·če·ei ham·la·čim
ha·ka·dosh ba·ru·ḵ hu.

Sh·e·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·ći·nat u·zo be·gav·hei me·ro·mim.
Hu e·lo·hei·nu ein od.

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

Va·ha·shei·vo·ta el le·va·ve·cha
ki a·do·nai hu ha·e·lo·him
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-ro-te-hei-rah be-tif-e-ret u-ze-cha
le-ha-a-vir gi-lu-lim min ha-a-retz
ve-cha-e-li-lim ka-ro-t 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-ee a-retz.

Ya-ki-ru ve-yed-u kol yosh-vei te-vel
ki le-cha ti-ch-ra
kol be-rech ti-sha-vat kol la-shon.

Le-fa-ne-cha a-do-nai e-lo-hei-nu
yich-re-u ve-yi-po-lu
ve-li-ched 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-hei-rah
le-o-lam va-ed.

Ki ha-mal-chut 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-em-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.
There is nothing like Our God
Our Connection
  Our Present One
    Our Liberation

Who is like such a being? Our God
Our Connection
  Our Present One
    Our Liberation

Gratitude to that one! Our God
Our Connection
  Our Present One
    Our Liberation

Blessings upon that one, Our God
Our Connection
  Our Present One
    Our Liberation

You are Our God
Our Connection
  Our Present One
    Our Liberation

You are the one Our ancestors wreathed with fragrant incense.
וּאֵין כֵּאלֹהֵינוּ
אֵין כַּאדוֹנֵנוּ
אֵין כְּמַלְכֵּנוּ
אֵין כְּמוֹשִׁיעֵנוּ.

מִי כֵאלֹהֵינוּ
מִי כַּאדוֹנֵנוּ
מִי כְּמַלְכֵּנוּ
מִי כְּמוֹשִׁיעֵנוּ.

نوֹדֶה לֵאלֹהֵינוּ
נוֹדֶה לַאדוֹנֵנוּ
נוֹדֶה לְמַלְכֵּנוּ
נוֹדֶה לְמוֹשִׁיעֵנוּ.

בָּרוּךְ אֱלֹהֵינוּ
בָּרוּךְ אֲדוֹנֵנוּ
בָּרוּךְ מַלְכֵּנוּ
בָּרוּךְ מַוֹשִׁיעֵנוּ.

אַתָּה הוּא אֱלֹהֵינוּ
אַתָּה הוּא אֲדוֹנֵנוּ
אַתָּה הוּא מַלְכֵּנוּ
אַתָּה הוּא מַוֹשִׁיעֵנוּ.

אַתָּה הוּא שֶׁהִקְטִירוּ הוֹרֵינוּ
לְפָנֶיךָ אֶת קְטֹרֶת הַסַּמִּים.
If you rest your feet on Shabbat
And refrain from your mundane business on my holy day
And call Shabbat a delight
And honor what is holy to the One
And keep from your work-ways,
your dealings, and your ordinary speech:
then the Delightful One will name you a delight
and widen the places of the earth for you,
and feed you the nourishment of your ancestors’ legacy —
God has said this to you.

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

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

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

With your permission, friends!

Blessed are You, Source of Life, Guide of the World,
who creates the fruit of the vine.
Im ta-shiv mi-sha-bat ra-gle-cha
a-sot cha-fa-zze-cha be-yom kod-shi
ve-ka-ra-ta la-sha-bat o-neg
lik-dosh a-do-nai me-chu-bad
ve-chi-bad-to me-a-sot de-ra-che-cha

Az tit-a-nag al a-do-nai
ve-hir-kav-ti-cha al bo-mo-tei a-retz
ve-ha-a-chal-ti-cha na-cha-lat ya-a-kov a-vi-cha
ki pi a-do-nai di-ber.

Ve-sha-me-ru ve-nei yis-ra-el et ha-sha-bat
la-a-sot et ha-sha-bat
le-do-ro-tam be-rit o-lam.

Bei-ni u-vein be-nei yis-ra-el
ot hi le-o-lam
ki she-shet ya-mim a-sah a-do-nai
et ha-sha-ma-yim ve-et ha-a-retz

Za-chor et yom ha-sha-bat le-ka-de-sho
she-schet ya-mim ta-a-vod
ve-a-si-ta kol me-la-ḥe-cha
ve-yom ha-sha-ve-i-cha sha-bat la-do-nai e-lo-he-cha
lo ta-a-seh chol me-la-ḥah
a-tah u-vi-ne-cha u-vi-te-cha av-de-cha
va-a-ma-te-cha u-ve-hem-te-cha ve-ger-cha
a-šer bish-a-re-ri-cha
ki she-schet ya-mim a-sah a-do-nai
et ha-sha-ma-yim ve-et ha-a-retz
et hai-yam ve-et kol a-šer bam
vai-ya-na-čh bai-yom ha-sha-ve-i-i.

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

Sav-ri chá-ve-rai!

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

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

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

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

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

Ve·a·cḥa·rei kiḵ·lot ha·kol
le·va·do yim·loḵ no·ra
ve·hu ha·yah ve·hu ho·veh
ve·hu yih·yeh be·tif·a·rah.

Ve·hu e·cḥad ve·ein she·ni
le·ham·shi·lo u·le·haḥ·bi·rah
be·li rei·shit be·li taḵ·lit
ve·lo ha·oz ve·ha·mis·rah.

Ve·hu e·li ve·cḥai go·a·li
ve·tzur čhev·li be·eit tza·raḥ
ve·hu ni·si u·ma·nu·si
me·nat ko·si be·yom ek·ra.

Be·ya·do af·kid ru·čhi
be·eit i·shan ve·a·i·raḥ
ve·im ru·čhi ge·vi·ya·ti
a·do·nai li ve·lo i·ra.

A·don o·lam a·sher ma·lach
be·te·rem kol ye·tzir niv·ra
le·et na·sah ve·chef·tzo kol
a·zai me·lech she·mo nik·ra.

Ve·a·cḥa·rei kiḵ·lot ha·kol
le·va·do yim·loḵ no·ra
ve·hu ha·yah ve·hu ho·veh
ve·hu yih·yeh be·tif·a·rah.

Ve·hu e·cḥad ve·ein she·ni
le·ham·shi·lo u·le·haḥ·bi·rah
be·li rei·shit be·li taḵ·lit
ve·lo ha·oz ve·ha·mis·rah.

Ve·hu e·li ve·cḥai go·a·li
ve·tzur čhev·li be·eit tza·raḥ
ve·hu ni·si u·ma·nu·si
me·nat ko·si be·yom ek·ra.

Be·ya·do af·kid ru·čhi
be·eit i·shan ve·a·i·raḥ
ve·im ru·čhi ge·vi·ya·ti
a·do·nai li ve·lo i·ra.
Blessed is
the Indwelling Life of the Worlds,
who makes us holy with mitzvot and invites us
to recite the hymns of praise.

Halleluyah.
Praise, you who are workers for the One.
Praise the Name that embodies eternity;
may the Name be blessed
in every moment.

From sunrise to sunset,
the Name fans out its glory.
The One who Manifests Many hovers above all peoples
and lingers in the skies.
Who could be like that One,
riding high above the stars,
yet sweeping low to witness
all creatures in sky and earth?

You raise poor ones up from the soil,
and the destitute from the trashheap
to seat them with royalty,
with the privileged of the people.

Returns the one longing for home
to the jubilant Source of all beings.

Halleluyah!
בָּרוּךְ אַתָּה יהוה אלהינו מלך עולם
אֲשֶר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לִקְרֹא אֶת הַהַלֵּל
ָהּ הַלְלוּ י
הַלְלוּ עַבְדֵי יהוה
הַלְלוּ אֶת שֵׁם יהוה
יְהִי שֵׁם יהוה מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם.
מִמִּזְרַח שֶׁמֶשׁ עַד מְבוֹא
מְהֻלָּל שֵׁם יהוה רָם עַל כָּל גּוֹיִם יהוה
עַל הַשָּׁمַיִם כְּבוֹדוֹ.
ミי כַּיהוָה אֱלֹהֵינוּ הַמַּגְבִּיהִי לָשָׁבֶת.
הַמַּשְׁפִּילִי לִרְאוֹת בַּשָּׁמַיִם וּבָאָרֶץ.
מְקִימִי מֵעָפָר דָּל מֵאַשְׁפֹּת יָרִים אֶבְיוֹן.
לְהוֹשִׁיבִי עִם נְדִיבִים עִם נְדִיבֵי עַמּוֹ.
מוֹשִׁיבִי עֲקֶרֶת הַבַּיִת אֵם הַבָּנִים שְׂמֵחָה
הַלְלוּ יָהּ.

Ba·ru·ch a·tah a·do·nai
e·lo·hei·nu me·le·ch ha·o·lam
a·sher kid·e·sha·nu be·mitz·vo·tav ve·tzi·va·nu
lik·ro et ha·ha·lel.

Ha·le·lu·yah
ha·le·lu av·dei a·do·nai
ha·le·lu et shem a·do·nai
ye·hi shem a·do·nai me·vo·ra·ch
me·a·tah ve·ad o·lam.

Mi·miz·ra·ch she·mesh ad me·vo·o
me·hu·lal shem a·do·nai
ram al kol go·yim a·do·nai
al ha·sha·ma·yim ke·vo·do.
Mi ka·do·nai e·lo·hei·nu
ha·mag·bi·hi la·sha·vet.
Ha·mash·pi·li lir·ot
ba·sha·ma·yim u·va·a·retz.

Me·ki·mi me·a·far dal
me·ash·pot ya·rim ev·yon.
Le·ho·shi·vi im ne·di·vim
im ne·di·vei a·mo.
Mo·shi·vi a·ke·ret ha·ba·yit
em ha·ba·nim se·mei·chah
ha·le·lu·yah.
When the Israelites burst forth from the narrow country and the house of Jacob fled from an alien land, the thankful ones became holy to the Holy and the freed ones became God’s home on earth.

The sea saw this and was moved. The river Jordan ran backward, the mountains danced like rams, and the hills like little goats.

Tell us, sea, why were you so moved? River Jordan, why did you run backward?

Why did the mountains dance like rams and the hills like little goats?

“it was because of the Presence moving on earth, the Flowing One of Jacob, who melts stone into water, and flint into flowing wells.”
בְּצֵאת יִשְׂרָאֵל מִמִּצְרָיִם
beit ya-a-kov me-am lo-ez.
Ha·ye·tah ye-hu-dah le·kod·sho
yis·ra-el mam·she·lo·tav.
Ha·yam ra·ah vai·ya·nos
ha·yar·den yis·ov le·a·chor.
He·ha·rim ra·ke·du če·ei·lim
gē·va·ot kiv·nei tzon.
Mah le·čha ha·yam ki ta·nus
ha·yar·den tis·ov le·a·chor.
He·ha·rim tir·ke·du če·ei·lim
gē·va·ot kiv·nei tzon.
Mi·lif·nei a·don čhu·li a·retz
mi·lif·nei e·lo·ah ya·a·kov.
Ha·hof·čhi ha·tzur a·gam ma·yim
čha·la·mish le·ma·ye·no ma·yim.
Not us, O Breath of Life, not us alone
but Your own Self does
love and truth reveal.

Why should we say:
“Where is God in our world?”
From the place of transcendence,
we are moved toward divine purpose.

Those who worship amassed wealth,
human-crafted things —
those things cannot speak of the ultimate,
or know what matters.

They cannot hear the cries of the world,
or smell the fragrances of life,
or use their hands to feel,
or let their feet take a journey,

and they cannot sing.
Those who make such things their gods
and trust in them will be as senseless as they are.

God-wrestlers, trust in the Breath of Life,
your help and your protection.
You who serve the holy, trust in the Breath of Life.
your help and your protection.
You who are reverent, trust in the Breath of Life,
your help and your protection.
Lo la-nu a·do-nai lo la-nu
ki le-shim·cha ten ka-vod
al chas·de·cha al a·mit·e·cha.

La·mah yo·me·ru hag·o·yim
a·yeh na e·lo·hei·hem.
Ve·lo·hei·nu va·sha·ma·yim
kol a·sher cha·fetz a·sah.

A·tza·bei·hem ke·sef ve·za·hav
ma·a·seh ye·dei a·dam.
Peh la·hem ve·lo ye·da·be·ru
ei·na·yim la·hem ve·lo yir·u.

O·ze·na·yim la·hem ve·lo yish·ma·u
af la·hem ve·lo ye·ri·chu·n.
Ye·dei·hem ve·lo ye·mi·shun
rag·lei·hem ve·lo ye·ha·le·chu
lo yeh·gu big·ro·nam.
Ke·mo·hem yih·yu o·sei·hem
kol a·sher bo·te·ach ba·hem.

Yis·ra·el be·ta·ch ba·do·nai
ez·ram u·ma·gi·nam hu.
Beit a·ha·ron bit·chu va·do·nai
ez·ram u·ma·gi·nam hu.
Yir·ei a·do·nai bit·chu va·do·nai
ez·ram u·ma·gi·nam hu.
O Rememberer, bless us with Your remembering:

Bless the House of Israel.

Bless the priestly house.

Bless the reverent ones,

little ones and great!

“May the Divine increase you

and those who come after you.

Blessed may you be by Being,

by the Maker of Sky and Earth!”

The Creator who owns the sky
gave this earth to us, the children of the earth.
The dead don’t have breath to praise Source,
those who have succumbed to silence do not praise,

but we singers are praising the Song of Life right now,

and that is forever.

Halleluyah!
יְהֹוָה זְכָרָנוּ יְבָרֵךְ אֶת בֵּית יִשְׂרָאֵל יְבָרֵךְ אֶת בֵּית אַהֲרֹן.
יְבָרֵךְ יִרְאֵי יהוה הַקְּטַנִּים עִם הַגְּדֹלִים.
יֹסֵף יהוה עֲלֵיכֶם עֲלֵיכֶם וְעַל בְּנֵיכֶם.
בְּרוּכִים אַתֶּם לַיהוה עֹשֵׂה שָׁמַיִם וָאָרֶץ.
הַשָּׁמַיִם שָׁמַיִם לַיהוה וְהָאָרֶץ נָתַן לִבְנֵי אָדָם.
לֹא הַמֵּתִים יְהַלְלוּ יָהּ וְלֹא כָּל יֹרְדֵי דוּמָה וַאֲנַחְנוּ נְבָרֵךְ יָהּ מֵעַתָּה וְעַד עוֹלָם הַלְלוּיָהּ.
I love knowing that I am heard by the cosmos, that the Ultimate inclines Its ear to me and listens at the moments that I call.

When the thought of death overwhelms me, when I am troubled by the idea of my passing, and anxiety and sorrow find me

I call out to the Eternal: “Please offer refuge to this soul-body!”

How kind and righteous the One is at those moments: the Creator has a parent’s compassion.

The Vast One watches over these simple beings and offers redemption to us who have nothing.

My little soul-body, go back to resting in faith; the divine has been generous with you

and drawn you out of nothingness and wiped your eyes and directed your feet.

I will walk before the Pilgrim in these living lands; I will have trust even while I say to myself: “How afflicted I am,” even while I think, in my rush to judgment: all people are liars.
A-hav-ti ki yish·ma a-do-nai  אָהַבְתִּי כִּי יִשְׁמַע יהוה
et ko-li ta-cherche-nai.  אֶת קְולִי תַּחֲנוּנָי.
Ki hit-ah oz-no li  כִּי הִטָּה אָזְנוֹ לֵי
uv-ya-mai ek-ra.  וּבְיָמַי אֶקְרָא.
A-fa-fu-ni ḫev-lei ma·vet  אֲפָפוּנִי חֶבְלֵי מָוֶת
u-me-tza-rei she·ol me·tza-u·ni  וּמְצָרֵי שְׁאוֹל מְצָאוּנִי
tza-rah ve·ya-gon em·tza.  צָרָה וּבְיָמַי אֶקְרָא
U·ve-shem a-do-nai ek-ra  וּבְשֵׁם יהוה אֶקְרָא
a-nah a-do-nai mal-tah naf·shi.  אָנָּה יהוה מַלְּטָה נַפְשִׁי.
Cḥa-nun a-do-nai ve-tza-dik  חַנּוּן יהוה וְצַדִּיק
ever·lo·he·nu me·ra·chem.  וֵאלֹהֵינוּ מְרַחֵם.
Sho·mer pe·ta·yim a-do-nai  שֹׁמֵר פְּתָאיִם יהוה
da·lo·ti ve·li ye·ho·shi·a.  דַּלּוֹתִי וְלִי יְהוֹשִׁיעַ.
Shu·vi naf·shi lim·nu·chai·chi  שׁוּבִי נַפְשִׁי לִמְנוּחָיְכִי
ki a-do·nai ga·mal a·la·i·chi.  כִּי יהוה גָּמַל עָלָיְכִי.
Ki ẓhi·latz-ta naf·shi mi·ma·vet  קִי חִלַּצְתָּ נַפְשִׁי מִמָּוֶת
et ei·ni min di·mah  אֶת עֵינִי מִנָּהּ
et rag·li mi·de·chi.  אֶת רַגְלִי מִדֶּחִי.
Et·ha·le·ch lif nei a-do·nai  אֶתְהַלֵּךְ לִפְנֵי יהוה
be·ar·tzot ha·chai·yim.  בְּאַרְצְתּוֹת הָחַיִּים.
He·e·man·ti ki a·da·ber a·ni  הֶאֱמַתִּי כִּי אֲדַבֵּר אֲנִי
a·ni·ti me·od.  עָנִיתִי מְאֹד.
A·ni·a·mar·ti ve·chof·zi  אַנַי אָמַרְתִּי בְחָפְזִי
kol ha·a·dam ko·zev.  כָּל הָאָדָם כּוּז.
What shall I say to you, 
when you have been so kind to me? 
I will lift up the cup brimming with deliverances, 
and call out the sacred name. 

I will fulfill the promises I made 
in the presence of this community. 

How precious in the Wise One’s sight 
is the life and death of each one seeking righteousness. 

Please, since I am your servant 
and born of your servant, 
release me from all that constrains me 
for I want to offer you a full thanksgiving 
and call upon Your name. 

I will fulfill the promises I made 
in the presence of this community, 
in the courtyards of the divine House, 
in the neighborhoods of holiness. 

Halleluyah.
Mah a·shiv la·do·nai
kol tag·mu·lo·hi a·lai.
Kos ye·shu·ot es·a
u·ve·shem a·do·nai ek·ra.
Ne·da·rai la·do·nai a·sha·lem
neg·dah na le·çhol a·mo.
Ya·kar be·ei·nei a·do·nai
ha·mav·tah la·ça·si·dav.
A·nah a·do·nai ki a·ni av·de·çha
ani av·de·çha ben a·ma·te·çha
pi·taç·ta le·mo·sei·rai.
Le·çha ez·bach ze·vaçh to·dah
u·ve·shem a·do·nai ek·ra.
Ne·da·rai la·do·nai a·sha·lem
neg·dah na le·çhol a·mo.
Be·çha·tz·rot beit a·do·nai
be·to·çe·çi ye·ru·sha·la·yim
ha·le·lu·yah.
Acclaim the Beginning, all nations, 
and praise the Ultimate, all peoples, 
for a great love flows through us, 
a sacred truth flows through the world. Halleluyah.

Gratitude to the Source of Abundance: O how good! 
For that lovingkindness is for always.

Let the people say: 
lovingkindness is forever.
Let the holy ones say: 
lovingkindness is forever.
Let the reverent ones say: 
lovingkindness is forever.

From the narrow place I called to Yah 
and Yah answered me with expansiveness.

If the Source of Love is with me, I will not be afraid, 
what can anyone do to me?
Yah will be my help and I will learn to see into my enemies’ hearts. 
It is best to trust in the Source of Life — people are ever-changing, 
and the powerful have no real power. 
Even in a hostile crowd, 
Spirit helps me overcome. 
even amid a host of troubles, 
Spirit helps me overcome. 
When they swarm around me like bees, I smoke them out: 
Spirit helps me overcome. 
Even when I nearly fall over, 
Spirit helps me.

Yah is my strength and song, 
and will be my liberation.
הַלְלוּ אֶת יהוה כָּל גּוֹיִם שַׁבְּחוּהוּ כָּל הָאֻמִּים. כִּי גָבַר עָלֵינוּ חַסְדּוֹ וֶאֱמֶת יהוה לְעוֹלָם הַלְלוּ יָהּ.

הוֹדוּ לַיהוה כִּי טוֹב דּוּ. כִּי לְעוֹלָם חַסְדּוֹ. רֹן יֹאמְרוּ נָא בֵּית אַהֲרָן: כִּי לְעוֹלָם חַסְדּוֹ. י יהוה יֹאמְרֵה נָא יִרְאֵה כִּי לְעוֹלָם חַסְדּוֹ.

מִן הַמֵּצַר קָרָאתִי הּ. עָנָנִי בַמֶּרְחָב יָזֵה. יָהוה לִי לֹא אִירָא מה יַעֲשֶה לִי אָדָם. יהוה לִי בְּעֹזְרָי וַאֲנִי אֶרְאֶה בְשֹׂנְאָי. טוב לַחֲסוֹת בַּיהוָה מִבְּטֹחַ בָּאָדָם. טוב לַחֲסוֹת בַּיהוָה מִבְּטֹחַ בִּנְדִיבִים.


O·zi ve·zim·rat yah va·ye·hi li li·shu·ah.
I hear a song of deliverance in the tents of the righteous:
Yah’s hand is making wonders!
Yah’s hand is rising up!
Yah’s hand is making wonders!

I will not be moribund.
I will be alive, and tell what Yah has done,
for even when I was in deep pain,
Yah did not let me die inside.

Open for me the gates of righteousness —
entering there, I will be grateful to Yah

for these are divine gates,
and the righteous enter here.

Thank you for answering me,
for delivering me.

This stone that no one wanted,
you have used to build with.

All this comes from the divine —
it is wondrous to perceive it.

This day is God-made —
let us rejoice, and be happy with it.

Please! Save us.
Please! Free us.
Please! Prosper us.
Please! Help us grow.
Kol ri-nah vi-shu·ah be-o-ho·lei tzad·i-kim ye·min a·do-nai o·saḥ cha·yil. Ye·min a·do-nai ro·me·mah ye·min a·do-nai o·saḥ cha·yil.

Lo a·mut ki eḥ·yeh va·a·sap·er ma·a·sei yah. Yas·or yis·e·ra·ni yah ve·la·ma·vet lo ne·ta·na·ni.

THE REST OF THE VERSES ON THIS PAGE ARE CHANTED TWICE

Pit·chu li sha·a·rei tze·dek a·vo vam o·deh yah. Zeh hash·a·ar la·do·nai tzad·i·kim ya·vo·u vo.

O·de·cha ki a·ni·ta·ni va·te·hi li li·shu·ah.

E·ven ma·a·su ha·bo·nim hai·tah le·rosh pi·nah. Me·eit a·do·nai hai·tah zot hi nif·lat be·ei·ne·nu.

Zeh hai·yom a·saḥ a·do·nai na·gi·lah ve·nis·me·ḥah vo.

A·na a·do·nai ho·shi·ah na x2 A·na a·do·nai hatz·li·ḥah na x2
Blessed is the one who comes accompanied by divine essence.  
May blessing come to you from where holiness dwells.

The Mighty One has given us light —  
process with the sacred things  
to the corners of the altar!

You are my Source,  
and I thank you.  
Wellspring of my life,  
I exalt you.  
Gratitude to the Source of Abundance:  
o how good!  
For that lovingkindness  
is for always.

Let all beings praise You, all your works,  
all your beloveds, all the righteous who are your agents in this world,  
all Your Godwrestling people,  
with joyful song let them thank, bless, praise,  
make beautiful, high, exalted,  
holy, present Your Name,  
o One who is,  
for it is nourishing for us to thank your essence  
and sweet for us to sing to you,  
for in all the places and moments of the world, You are.

Blessed be You, Fountain of Life,  
to whom we raise our voices in praise.
Ba-ruḵh ha-ba be-shem a-do-nai
be-raḵh-nu-chem mi-beit a-do-nai
el a-do-nai vai-ya-er la-nu
is-ru ḥag ba-a-vo-tim
ad kar-not ha-miẓ-bei-āch.

כִּי אֱלֹהֵינוּ קָדְשֶׁנוּ
כִּי לְכָלַם נָעִים לְךָ
כִּי לְאַלְפֵי הָרְצוֹנָתֶךָ
כִּי לְאֵלֵי הַבָּא בְּשֵׁם יהוה
בֵּרַכְנוּכֶם מִבֵּית יהוה.

E-li a·tah ve-o·de·ka
e·lo·hai a·ro·me·me·ka.
Ho·du la·do·nai ki tov
ki le·o·lam ʧa·s·do.

Ye·hal·lu·ʧa a·do·nai e·lo·hei·nu kol ma·a·se·ʧa
va·ʧa·si·de·ʧa tzad·i-kim o·se·ri re·tzо·ne·ʧa
ve·a·me·ʧa beit yis·ra·el
be·ri·nah yo·du vi·var·ʧu
vi·shab·ʧu vi·fa·a·ru vi·ro·me·mu
ve·ya·a·ri·tzu ve·yak·di·shu ve·yam·li·ʧu
et shim·ʧa mal·kei·nu.
Ki le·ʧa tov le·ho·dot
ul·shim·ʧa na·im le·za·mer.
Ki me·o·lam ve·ad o·lam a·tah el.

Ba·ruḵh a·tah a·do·nai
me·le·ʧ me·hu·lal ba·tish·ba·ʧot.
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.

Ba-ruch a-tah a-do-nai
e-lo-hei-nu ve-lo-hei a-vo-tei-nu ve-i-mo-tei-nu
el-hei av-ra-ham el-hei yitz-chak
el-hei ya-a-kov
e-lo-hei sa-rah e-lo-hei riv-kah
e-lo-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-le[ch o-zer u-mo-shi-a 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-a[ch 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-me[ch nof-lim ve-ro-fei cho-lim
u-ma-tir a-su-tim
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-le[ch me-mit u-me-cha-yeh
u-matz-mi-a[ch 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.
Amidah for Festivals

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-char-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-vo-tei-cha
ve-ke-rav-ta-nu mal-ke-nu la-a-voh-da-te-cha
ve-shim-cha ha-ga-dol ve-ha-ka-dosh
a-lei-nu ka-raq-ta.

SATURDAY NIGHTS ONLY
Va-to-di-e-nu a-do-nai e-lo-hei-nu
et mish-pe-tei tzid-ke-cha va-te-lam-de-nu la-a-sot
chu-kei re-to-ne-cha va-ti-ten la-nu a-do-nai e-lo-hei-nu
mish-pa-tim ye-sha-rim ve-to-rot e-met chu-ki
m-itz-vot to-vim. Va-tan-chi-le-nu ze-ma-nei sa-son
u-mo-a-dei ko-desh ve-cha-gei ne-da-vah. Va-to-ri-she-nu
ke-du-shat sha-bat u-che-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-cho-le bein or-cho-shech bein yom hash-ve-i
le-shes-heyt ye-mei ha-ma-a-seh. Bein ke-du-shat sha-bat
lik-du-shat yom tov hiv-dal-ta ve-et yom hash-ve-i
mi-lesheyt ye-mei ha-ma-a-seh ki-dash-ta hiv-dal-ta

Va-ti-ten la-nu a-do-nai e-lo-hei-nu be-a-ha-vah
[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-zeh ve-et yom]

ON PASSOVER
chag ha-ma-tzot ha-zeh zman che-ru-tei-nu.

ON SHAVUOT
chag ha-sha-vu-ot ha-zeh zman ma-tan to-ra-tei-nu.

ON Sukkot
chag ha-su-kot ha-zeh zman sim-cha-tei-nu.

ON Shmini Atzeret
she-mi-ni chag ha-a-tze-ret ha-zeh zman sim-cha-tei-nu.

[be-a-ha-vah] mik-ra ko-desh
ze-chet 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.
Amidah for Festivals

E·lo·hei·nu ve-lo-hei ho-rei-nu
ya·a-leh ve·ya-vo ve·ya-gi·a ve·ye-ra·eh
ve·ye-ra·tzeh ve·yi·sha·ma ve·yi·pa·ked ve·yi·za·cher
zich·ro·ne·nu u·fik·do·ne·nu
ve·zich·ron ho-rei·nu
ve·zich·ron ma·shi·ach ben da·vid av·de·cha
ve·zich·ron ye·ru·sha·la·yim ir kod·she·cha
ve·zich·ron kol 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

ON PASSOVER
chag ha·ma·tzot ha·zeh
ON SHAUVO
chag ha·sha·nu·ot ha·zeh
ON Sukkot
chag ha·su·kot ha·zeh
ON SHIMNI ATZERET & SIMCHAT TORAH
she·mi·ni chag ha·a·tze·ret ha·zeh

zoch·re·nu a·do·nai e·lo·he·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·cha·mim
čhus ve·cha·ne·nu ve·ra·chem a·lei·nu ve·ho·shi·e·nu
ki e·lei·cha ei·ne·nu ki el me·le·čah
ča·nun ve·ra·čum a·tah.
Ve·ha·si·e·nu a·do·nai e·lo·he·nu
et bir·kat mo·a·dei·cha le·cha·yim u·le·sha·lom
le·sim·čah u·le·sa·son ka·a·sher ra·ti·ta
ve·a·mar·ta le·va·ra·čhe·nu.

[E·lo·hei·nu ve·lo·hei a·vo·tei·nu re·tzeh vim·nu·cha·te·nu]
Kad·she·nu be·mitz·vo·tei·cha
ve·ten čhel·ke·nu be·to·ra·te·ča
sa·be·nu mi·tu·ve·ča ve·sam·če·nu bi·shu·a·te·ča
ve·ta·her li·be·nu le·ov·de·ča be·e·met
ve·han·či·le·nu a·do·nai e·lo·he·ni·nu
[be·a·ha·vah uv·ra·tzon]
be·sim·čah uv·sa·son [sha·bat u-]
mo·a·dei kod·she·cha ve·yis·me·čhu ve·ča yis-ra·el
o·ha·vei she·me·ča. Ba·ru·č a·tah a·do·nai
me·ka·desh [ha·sha·bat ve·] yis-ra·el ve·ha·za·ma·nim.
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-shev et ha-a-vo-dah lid-vir bei-te-cha.
ve-i-shai yis-ra-el u-te-fi-la-tam.
me-he-rah be-a-ha-vah te-ka-bel be-ra-tzon.
ui-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-nach-nu la-ch.
sha-a-tah hu a-do-nai e-lo-hei-nu.
Tzur cha-yei-nu ma-gen yish-e-nu.
a-tah hu le-dor va-dor.
No-deh le-cha u-ne-sa-per te-hi-la-te-cha.
al cha-yei-nu ham-su-ri-m be-ya-de-cha.
ve-al nish-mo-tei-nu ha-pe-ku-dot la-ch.
ve-al ni-sei-cha she-be-cho-l yom i-ma-nu.
ve-al ni-fle-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 la-ch.
mal-ke-nu ta-mid le-o-lam va-ed.
Ve-cho-l ha-cha-yim yo-du-cha se-lah.
vi-ha-la-lu et shim-cha be-e-met.
ha-el ye-shu-a-tenu ve-ez-ra-te-nu se-lah.
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-lech.
a-don le-cho-l ha-sha-lom. Ve-tov be-ei-ne-cha.
le-va-rech et am-cha yis-ra-el.
be-cho-l et u-ve-cho-l sha-ah bish-lo-me-cha.
Ba-ruch a-tah a-do-nai ham-vo-rech et a-mo.
yis-ra-el ve-et kol yosh-vei te-vei ba-sha-lom.

The Amidah concludes on pages XXX.
And Moses declared God’s festive days
to the Israelite people. 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 Sabbath 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.

Blessed is the Indwelling Life of the Worlds,
that enlivens us and sustains us
and allows us to reach this joyful moment.
וַיְדַבֵּר מֹשֶׁה אֶת מֹעֲדֵי יהוה אֶל בְּנֵי יִשְׂרָאֵל. סַבְרֵי חֲבֵרַי.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעֹלָם בּוֹרֵא פְּרִי הַגָּפֶן.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעֹלָם אֲשֶׁר בָּחַר בָּנוּ עִם כָּל עָם וְרוֹמֲמָנוּ עִם כָּל לָשׁוֹן וְקִדְּשָׁנוּ בְּמִצְוֹתָיו.

וַתִּתֶּן לָנוּ יהוה אֱלֹהֵינוּ בְּאַהֲבָה שַׁבָּתוֹת לִמְנוּחָה וּמוֹעֲדִים לְשִׂמְחָה חַגִּים וּזְמַנִּים לְשָׂשׂוֹן בָּת הַזֶּה וְאֶת יוֹם וּשְׁמִינִי חַג הָעֲצֶרֶת הַזֶּה זְמַן חֵרוּתֵנוּ צֵחֶר הַשָּׁבְעָה הַזֶּה זְמַן מַתַּן תּוֹרָתֵנוּ שְׁמִינִי חַג הָעֲצֶרֶת הַזֶּה זְמַן שִׂמְחָתֵנוּ בְּאַהֲבָה מִקְרָא קֹדֶשׁ זֵכֶר לִיצִיאַת מִצְרָיִם.

כִּי בָנוּ בָחַרְתָּ וְאוֹתָנוּ קִדַּשְׁתָּ עִם כָּל הָעַמִּים וְשַׁבַּת וּמוֹעֲדֵי קָדְשֶךָ בְּאַהֲבָה וּבְרָצוֹן בְּשִׂמְחָה וּבְשָׂשׂוֹן הִנְחַלְתָּנוּ.

בָּרוּךְ אַתָּה יהוה מְקַדֵּשׁ הַבָּת וְיִשְׂרָאֵל וְהַזְּמַנִּים.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעֹלָם שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.
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.
לְדוֹרִי וְיִשְׁעִי מִמֶּנָּי אִירָא
יָהָוֶה מָעוֹז חַיַּי מִמֶּנָּי אֶפְחָד.
בִּקְרֹב עָלַי מְרֵעִים לֶאֱכֹל אֶת בְּשָׂרִי
צָרַי וְאֹיְבַי לִי
הֵמָּה כָשְׁלוּ וְנָפָלוּ.
אִם תַּחֲנֶה עָלַי מַחֲנֶה
לֹא יִירָא לִבִּי.
אִם תָּקוּם עָלַי מִלְחָמָה
בְּזֹאת אֲנִי בוֹטֵחַ.
אַחַת שָׁאַלְתִּי מֵאֵת יָהָוֶה אוֹתָהּ אֲבַקֵּשׁ
שִׁבְתִּי בְּבֵית יָהָוֶה כָּל יְמֵי חַיַּי
לַחֲזוֹת בְּנֹעַם יָהָוֶה וּלְבַקֵּר בְּהֵיכָלוֹ.
כִּי יִצְפְּנֵנִי בְּסֻכֹּה בְּיוֹם רָעָה
יַסְתִּרֵנִי בְּסֵתֶר אָהֳלוֹ
בְּצוּר יְרוֹמְמֵנִי.
וְעַתָּה יָרוּם רֹאְשִׁי
עַל אֹיְבַי סְבִיבָתוֹ
וְאֶזְבְּחָה בְּאָהֳלוֹ
זִבְחֵי תְרוּעָה
אָשִירָה וַאֲזַמְּרָה לַיָהָוֶה.
שְׁמַע יָהָוֶה קֹלִי
אֶקְרָא וְחָנֵּנִי וַעֲנֵנִי.

A-chestra sha-al-ti me-et a-do-nai o-tah a-va-kesh
shiv-ti be-veit a-do-nai kol ye-mei cha-yai
la-cha-zot be-no-am a-do-nai u-le-va-khar be-hei-chalo.

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-çah ve-o-ho-lo
ziv-çhei te-ru-ah
a-shi-rah va-a-zam-rah la-do-nai.
She-ma a-do-nai ko-li
ek-ra ve-çho-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·chestra a·mar li·bi bak·shu fa·nai et pa·ne·chestra a·do·nai a·va-kesh.

Al tas·ter pa-ne·chestra mi-me·ni al tat be·af av·de·chestra 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·chestra u·ne·che·ni be·o·ra·ch 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·a·ch mas.

Lu·lei he·e·man·ti lir·ot 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.
The Presence that dwells in us Is the Power that fills the cosmos.
There is nothing but that One.

Teach us to treasure each day that we may open
our hearts to your wisdom.
Teach us to treasure each day

Divine One, full of compassion,
Dwelling in the heights,
grant proper rest
under the wings of Shekhinah

among the holy and pure
who shine like the bright sky
to the soul of _____ son/daughter/child of ______
who has gone to the world that was created for him/her/them.
May his/her/their resting place be in the Garden of Eden
you who are the source of love.
Give rest beneath the shelter of your wings forever
and weave this soul into the web of life,
for the Source of Life is his/her/their inheritance.
May s/he/they rest in peace in his/her/their resting place.
And let us say: Amen.
Ain od mil·va·do
A·do·nai hu ha·e·lo·him

לא לה đen והבא ללב חכמה
Lim·not ya·me·nu x3
ekendova ve·na·vi le·vav choch·mam.

אל כלא רחמים ושופט סופרים
המזה מנוחה בכולו על כלפי השכינה
El ma·lei ra·cha·mim sho·chen bam·ro·mim
ham·tzei me·nu·χah ne·חו·nah al kan·fei ha·she·χi·nah

be·ma·lot ke·do·shim u·te·ho·rim
ke·zo·har ha·ra·ki·a maz·hi·rim
et nish·mat SAY THE HEBREW NAME HERE
she·ha·la·ך le·o·la·mo
be·gan e·den te·hei me·nu·cha·to
la·ךen ba·al ha·ra·cha·mim
yas·ti·re·hu be·se·ter ke·na·fav le·o·la·mim
ve·yitz·ror bitz·ror ha·chai·yim et nish·ma·to.
A·do·nai hu na·cha·la·to
ve·ya·nu·ach be·sha·lom al mish·ka·vo
ve·no·mar a·men.

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A song of David.

God is my shepherd; I shall never go without.
That shepherd finds me pasture in thick grasses
and quenches my thirst by peaceful waters.
My life-force revives.

The shepherd leads me on the right paths,
for the sake of the Holy Name.

Even if I walk through the valley of the shadow of death
I will not fear harm.
It is your rod and staff
that comfort me.
You spread out before me a full table
that conquers my demons.

You pour oil on my head;
my cup overflows.
Goodness and kindness
chase after me every day of my life.
All my days,
I am dwelling in God’s house.

I remember your face
you left an indelible trace.
Deep in my heart
you will never depart
gracing my inner space.

Stay with me... x2
Every day of my life
Dawn, noon, dusk, midnight. SY
Mizmor le-da-vid
a-do-nai ro-i lo ech-sar.
Bin-ot de-shet yar-bi-tze-ni
al mei me-nu-chot ye-na-ha-lei-ni.
naf-shi ye-sho-vev
yan-chei-ni ve-ma-ge-lei tze-dek
le-ma-an she-mo.

Gam ki ei-lech be-gei tzal-mavet
lo i-ra ra ki a-tah i-ma-di
shiv-te-cha u-mish-an-te-cha
he-mah ye-na-cha-mu-ni.
Ta-a-roch le-la-nai shul-chen
ne-ged tzo-rei

di-shan-ta va-shem ro-shi
ko-si re-vah.
Ach tov va-che-sed
yir-de-fu-ni kol ye-mei chai-yai
ve-shav-ti be-veit a-do-ani
le-o-rech ya-mim.

We Remember yizkor

Le-cha a-mar li-bi x2
bak-shu fa-nai et pa-ne-cha a-do-nai a-va-keesh o-ta a-va-keesh.

Shiv-ti x2
Kol ye-mei chai-yai x2

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Yit·ga·dal ve·yit·ka·dash
she·mei ra·ba CONGREGATION ONLY: a·men
Be·al·ma div·ra chìr·u·teh
ve·yam·lìch mal·chu·teh
be·chä·yei·chon u·ve·yo·mei·chon
u·ve·chä·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·rach
le·a·lam u·le·al·mei al·ma·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·mei de·kud·sha be·ri·ch hu
Le·ei·la (u·le·ei·la)
mi·kol bir·chä·ta ve·shi·ra·ta
tush·be·chä·ta ve·ne·chä·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·chä·yim a·lei·nu ve·al kol yis·ra·el
ve·im·ru a·men

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

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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.
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