



סידור רוממו יהוה

THE ROMEMU SIDDUR

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Shabbat Morning Prayers to Elevate Spirit

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

מִה טֹבו
אֶהְלִיךָ יַעֲקֹב
מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

Take space to pay attention to breath gently moving in and out.
How good is the tent of the body.
Take time to be fully present to what is unfolding here and now.
How good is the sanctuary of the moment.

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

וְאֲנִי בְּרֹב חַסְדֶּיךָ
אָבִא בֵּיתְךָ.
אֲשַׁתְּחֶוּהָ אֵל הַיְכָל קֹדֶשְׁךָ
בְּיִרְאַתְךָ.

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

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

וְאֲנִי תְפִילָתִי
לְךָ יְהוָה עֵת רְצוֹן
אֱלֹהִים בְּרֹב חַסְדֶּיךָ
עֲנֵנִי בְּאֵמֶת יִשְׁעֶיךָ.

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.

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4 Arriving

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

אֹדָה | מוֹדָה | מוֹדָה
אֲנִי לְפָנֶיךָ
רוּחַ חַי וְקַיִם
שֶׁהַחַיּוּת בִּי נִשְׁמָתִי
בְּחֶמְלָה רַבָּה אֲמוּנָתְךָ.

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

אֱלֹהֵי נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא
E·lo·hai ne·sha·mah she·na·ta·ta bi te·ho·rah hi

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

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

אֶתָּה בְּרֵאתָ אֶתָּה יִצְרָתָהּ
אֶתָּה נִפְחָתָהּ בִּי
וְאֶתָּה מְשַׁמְרָה בְּקִרְבִּי
וְאֶתָּה עֲתִיד לְטֹלָה מִמֶּנִּי
וְלִהְיוֹתִי בִּי לְעֲתִיד לְבוֹא
כָּל זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי
אֹדָה אֲנִי לְפָנֶיךָ יְהוָה
אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי וְאֲמוֹתַי
רְבוֹן כָּל הַמַּעֲשִׂים
אֲדוֹן כָּל הַנְּשָׁמוֹת.
בְּרוּךְ אַתָּה יְהוָה
הַמַּחְזִיר נְשָׁמוֹת לְפָגְרִים מֵתִים.

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 being, keeper of all spirit and all breath. Blessed be You, always returning life to dying things.

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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.



Ba-ruḥ a-tah a-do-nai e-lo-hei-nu me-leḥ ha-o-lam a-sheṛ ya-tzar et ha-a-dam be-ḥoḥ-mah u-va-ra vo ne-ka-vim ne-ka-vim ḥa-lu-lim ḥa-lu-lim. Ga-lui ve-ya-du-a lif-nei ḥi-sei ḥe-vo-de-ḥa she-im yi-pa-tei-aḥ e-ḥad mei-hem o yis-a-tem e-ḥad mei-hem ee ef-shar le-hit-kai-yem ve-la-a-mod le-fa-ne-ḥa.

Ba-ruch a-tah a-do-nai ro-fei chol ba-sar u-maf-li la-a-sot.
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6 *Embodying Torah*

Ba·ruch at·ah a·do·nai
e·lo·hei·nu me·lech ha·o·lam
a·sher ki·de·sha·nu be·mitz·vo·tav
ve·tziv·va·nu la·a·sok be·div·rei to·rah.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְעֲסוֹק בְּדַבְרֵי תוֹרָה.

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.

Ha·rei·ni a·ka·bel a·lai
et mitz·vat ha·bo·rei
ve·a·hav·ta le·rei·a·cha ka·mo·cha.

הֲרִינִי אֲקַבֵּל עָלַי
אֶת מִצְוֹת הַבוֹרָא
וְאֶהְבֶּת לְרֵעִךָ כְּמוֹךָ.

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

You make us
conscious beings.

אתה יהוה אלהינו מלך העולם
אשר נתן לשכוי בינה להבחין בין יום ובין לילה

You make me
in your image.

את שכינה אלתינו רוח העולם
שעשתי בצלמו

You make me
free.

אתה יהוה אלהינו מלך העולם
שעשתי בת|בן חורין

You make me
Yisrael.

ברוכה את שכינה אלתינו רוח העולם
שעשתי ישראל

You open
our eyes.

אתה יהוה אלהינו מלך העולם
מלביש ערמים

You clothe
the naked.

ברוכה את שכינה אלתינו רוח העולם
פוקחת עורים

You free
the captive.

אתה יהוה אלהינו מלך העולם
מתיר אסורים

You straighten
the bent-over.

ברוכה את שכינה אלתינו רוח העולם
זוקפת כפופים

You spread earth
over water.

אתה יהוה אלהינו מלך העולם
רוקע הארץ על המים

You give me
all I need.

ברוכה את שכינה אלתינו רוח העולם
המכינה מצעדי גבר | גברת

You make firm
my steps.

אתה יהוה אלהינו מלך העולם
שעשה לי כל צרכי

You give Yisrael
strength.

ברוכה את שכינה אלתינו רוח העולם
אוזרת ישראל בגבורה

You crown us
with glory.

אתה יהוה אלהינו מלך העולם
עוטר ישראל בתפארה

You give endurance
to the weary.

ברוכה את שכינה אלתינו רוח העולם
הנותנת ליצף כח

You remove sleep from my eyes
and slumber from my eyelids.

אתה יהוה אלהינו מלך העולם
המעביר שנה מעיני ותנומה מעפעפי

8 *Embodying blessings*

Ba·ruch a·tah a·do·nai e·lo·hei·nu me·lech ha·o·lam
a·sher na·tan la·sech·vi vi·nah le·hav·chin bein yom u·vein lai·lah.

Be·ru·cha at she·chi·na e·lo·tei·nu ru·ach ha·o·lam
she·as·ta·ni be·tzal·mo.

Ba·ruch a·tah a·do·nai e·lo·hei·nu me·lech ha·o·lam
she·a·sa·ni bat|ben cho·rin.

Be·ru·cha at she·chi·na e·lo·tei·nu ru·ach ha·o·lam
she·a·sa·ni yis·ra·el.

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

Be·ru·cha at she·chi·na e·lo·tei·nu ru·ach ha·o·lam
po·ka·chat iv·rim.

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

Be·ru·cha at she·chi·na e·lo·tei·nu ru·ach ha·o·lam
zo·ke·fet ke·fu·fim.

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

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

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

Be·ru·cha at she·chi·na e·lo·tei·nu ru·ach ha·o·lam
o·ze·ret yis·ra·el big·vu·rah.

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

Be·ru·cha at she·chi·na e·lo·tei·nu ru·ach ha·o·lam
ha·no·te·net la·ya·ef ko·ach.

Ba·ruch a·tah a·do·nai e·lo·hei·nu me·lech ha·o·lam
ha·ma·a·vir shei·nah mei·ei·nai u·te·nu·mah me·af·a·pai.

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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.

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Miz-mor shir cha-nu-kat ha-ba-yit le-da-vid

A-ro-mim-cha a-do-nai ki di-li-ta-ni
ve-lo si-mach-ta o-ye-vai 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-fach-ta mis-pe-di le-ma-chol li
pit-ach-ta sa-ki vat-az-rei-ni sim-chah.

Le-ma-an ye-za-mer-cha cha-vod ve-lo yid-om
a-do-nai e-lo-hai le-o-lam o-de-ka.

מִזְמוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד

אֲרוֹמְמָה יְהוָה כִּי דָלִיתָנִי
וְלֹא שִׂמַּחְתָּ אִיבֵי לִי

יְהוָה אֱלֹהֵי שׁוֹעֲתֵי אֲלֵיךָ
וַתִּרְפְּאֵנִי

יְהוָה הֶעֱלִיתָ מִן שְׂאוֹל נַפְשִׁי
חַיִּיתָנִי מִיָּרְדֵי בּוֹר.

זָמְרוּ לַיהוָה חֲסִידָיו
וְהוֹדוּ לְזִכְרֵךָ קְדָשׁוֹ.

כִּי רָגַע בְּאָפוֹ
חַיִּים בְּרִצּוֹנוֹ

בְּעָרֵב יֵלִין בְּכִי
וְלִבְקָר רָגָה.

וְאֲנִי אֲמַרְתִּי בְשִׁלְוִי
בַל אֲמוּט לְעוֹלָם.
יְהוָה בְּרִצּוֹנְךָ
הֶעֱמַדְתָּה לְהַרְרֵי עֵז
הַסִּתְרַתְּ פְּנֵיךָ הָיִיתִי נִבְהַל.

אֲלֵיךָ יְהוָה אֶקְרָא
וְאֶל אֲדֹנָי אֶתְחַנֵּן

מָה בְּצַע בְּדַמִּי
בְּרִדְתִּי אֶל שָׁחַת.
הַיּוֹדֵךָ עֲפָר הַיְגִיד אֲמַתְךָ

שְׁמַע יְהוָה וְחַנּוּנִי
יְהוָה הִיָּה עֵזְרִי לִי

הַפִּכְתָּ מִסִּפְדִּי לְמַחֹל לִי
פִתַּחְתָּ שְׂקִי וַתֹּאזְרֵנִי שְׂמֹחָה.

לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם
יְהוָה אֱלֹהֵי לְעוֹלָם אֲוִדְךָ.

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.

JH + SY

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.

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Ba·ruḥ she·a·mar

Ve·ha·yah ha·o·lam.

Ba·ruḥ hu!

Ba·ruḥ o·seh ve·rei·sheet

Ba·ruḥ o·mer ve·o·seh

Ba·ruḥ go·zer um·kai·yem

Ba·ruḥ me·ra·ḥem al ha·a·retz

Ba·ruḥ me·ra·ḥem al hab·ri·yot

Ba·ruḥ me·sha·lem sa·ḥar tov li·rei·av

Ba·ruḥ ḥai la·ad ve·kai·yam la·ne·tzach

Ba·ruḥ po·deh u·ma·tzil

Ba·ruḥ she·mo!

Ba·ruḥ a·tah a·do·nai

e·lo·hei·nu me·lech ha·o·lam

ha·el av ha·ra·ḥa·man

ha·me·hu·lal be·fi a·mo

me·shu·bach u·me·fo·ar

bil·shon ḥa·si·dav va·a·va·dav

u·ve·shi·rei da·vid av·de·ḥa

ne·ha·lel·ḥa a·do·nai e·lo·hei·nu

bish·va·ḥot u·viz·mi·rot

ne·gad·el·ḥa u·ne·sha·be·ḥa·ḥa

u·ne·fa·er·ḥa ve·nam·li·ḥe·ḥa

ve·naz·kir shim·ḥa mal·ke·nu e·lo·hei·nu

Ya·ḥid ḥai ha·o·la·mim

me·lech me·shu·bach u·me·fo·ar

a·dei ad she·mo ha·ga·dol

Ba·ruḥ a·tah a·do·nai

me·lech me·hu·lal ba·tish·ba·ḥot.

בְּרוּךְ שֶׁאָמַר

וְהָיָה הָעוֹלָם

בְּרוּךְ הוּא

בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית

בְּרוּךְ אוֹמֵר וְעוֹשֶׂה

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם

בְּרוּךְ מְרַחֵם עַל הָאָרֶץ

בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת

בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו

בְּרוּךְ חַי לְעַד וְקַיֵּם לְנֶצַח

בְּרוּךְ פּוֹדֵה וּמַצִּיל

בְּרוּךְ שְׁמוֹ

בְּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

הָאֵל אָב הַרְחֵמֵנוּ

הַמְהִלֵּל בְּפִי עַמּוֹ

מְשַׁבַּח וּמְפָאֵר

בְּלִשׁוֹן חֲסִידָיו וְעַבְדָּיו

וּבְשִׁירֵי דָוִד עַבְדְּךָ

נִהְלָלְךָ יְהוָה אֱלֹהֵינוּ

בְּשִׁבְחוֹת וּבְזַמִּירוֹת

נִגְדָלְךָ וְנִשְׁבַּחְךָ

וְנִפְאָרְךָ וְנִמְלִיכְךָ

וְנִזְכִּיר שִׁמְךָ מֶלְכֵנוּ אֱלֹהֵינוּ

יְחִיד חַי הָעוֹלָמִים

מֶלֶךְ מְשַׁבַּח וּמְפָאֵר

עַד עַד שְׁמוֹ הַגָּדוֹל

בְּרוּךְ אַתָּה יְהוָה

מֶלֶךְ מְהִלֵּל בְּתִשְׁבָּחוֹת.

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.

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Lam-na-tzei-ach miz-mor le-da-vid.

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

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

Ein o-mer ve-ein de-va-rim
be-li nish-ma ko-lam.
Be-choh ha-a-retz ya-tza ka-vam
u-vik-tzeh te-vel mi-lei-hem

la-she-mesh sahm o-hel ba-hem.
Ve-hu ke-cha-tan yo-tzei me-cho-pa-to
ya-sis ke-gi-bor la-rutz o-rach.

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

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

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

She-gi-ot mi ya-vin
mi-nis-ta-rot nak-e-ni.
Gam mi-zei-dim cha-soch av-de-cha
al yim-she-lu vi
az ei-tam ve-nik-ei-ti mi-pe-sha rav.
Yih-yu le-ra-tzon
im-rei fi ve-heg-yon li-bi
le-fa-nei-cha a-do-nai tzu-ri ve-go-a-li.

לְמִנְצַח מְזִמּוֹר לְדָוִד.

הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד אֵל
וּמַעֲשֵׂה יָדָיו מְגִיד הַרְקִיעַ.

יוֹם לַיּוֹם יַבִּיעַ אִמְר וְלַיְלָה
לְלַיְלָה יַחֲוֶה דַעַת.

אֵין אִמְר וְאֵין דְּבָרִים
בְּלִי נִשְׁמָע קוֹלָם.
בְּכֹל הָאָרֶץ יֵצֵא קוֹם
וּבְקִצָּה תִּבֵּל מְלִיהֶם

לְשִׁמְשׁ שֶׁם אֱהֵל בָּהֶם.
וְהוּא כִּחְתָּן יֵצֵא מִחֻפָּתוֹ
יֵשִׁישׁ כְּגִבּוֹר לְרוּץ אַרְחָ.

מְקַצֵּה הַשָּׁמַיִם מוֹצֵאוֹ
וּתְקוּפָתוֹ עַל קְצוֹתָם
וְאֵין נִסְתָּר מִחֻמָּתוֹ.

תּוֹרַת יְהוָה תְּמִימָה מְשִׁיבַת נֶפֶשׁ
עֲדוֹת יְהוָה נְאֻמָּנָה מִחֻכְמַת פִּתְי
פְּקוּדֵי יְהוָה יִשְׁרִים מְשֻׁמְחֵי לֵב
מִצְוֹת יְהוָה בְּרָה מְאִירַת עֵינַיִם.
יִרְאֵת יְהוָה טְהוֹרָה עוֹמְדַת לְעַד
מְשֻׁפְּטֵי יְהוָה אֲמַת צְדָקוֹ יַחֲדוּ

הַנִּחְמָדִים מְזֻהָב וּמְפָז רַב
וּמְתוֹקִים מְדֻבָּשׁ וְנוֹפֵת צוּפִים.
גַּם עֲבָדָךְ נִזְהָר בָּהֶם
בְּשִׁמְרָם עֲקֹב רַב.

שְׂגִיאוֹת מִי יִבִּין
מִנִּסְתָּרוֹת נִקְנִי.
גַּם מִזְדִּים חֲשׂוֹן עֲבָדָךְ
אֵל יִמְשְׁלוּ בִי
אֲז אֵיתָם וְנִקְיִתִי מִפֶּשַׁע רַב.
יִהְיוּ לְרִצּוֹן

אִמְרֵי פִי וְהִגִּיֹן לְבִי
לְפָנֶיךָ יְהוָה צוּרִי וְגֹאֲלִי.

A psalm of David, when he pretended to be insane
before Avimelekh and was cast out:

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

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

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

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

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

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

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

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

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

Le-da-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-ḥah et a-do-nai be-ḥol 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-ḥu.

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

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

Hi-bi-tu e-lav ve-na-ha-ru
u-fe-nei-hem al yech-pa-ru.
Zeh a-ni ka-ra va-do-nai sho-me-a
u-mi-kol tza-ro-tav ho-shi-o.

Ḥo-neh mal-aḥ a-do-nai sa-viv
li-re-av vay-cha-le-tzem.

Ta-a-mu ur-u ki tov a-do-nai
ash-rei ha-ge-ver ye-ḥe-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 yach-se-ru ḥol tov.

Le-ḥu va-nim shim-u li
yir-at a-do-nai a-la-med-chem.

לְדוֹד בְּשִׁנּוֹתוֹ אֶת טַעְמוֹ
לִפְנֵי אַבְימֶלֶךְ וַיִּגְרָשֶׁהוּ וַיֵּלֶךְ.

אֲבָרְכָה אֶת יְהוָה בְּכֹל עֵת
תְּמִיד תִּהְלֶתוּ בְּפִי.

בִּיהוָה תִּתְהַלֵּל נַפְשִׁי
לִשְׁמְעוּ עֲנֹוִים וַיִּשְׁמְחוּ.

גִּדְלוּ לַיהוָה אֶתִּי
וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

דָּרַשְׁתִּי אֶת יְהוָה
וַעֲנֵנִי וּמְכַל מְגוּרוֹתַי הִצִּילְנִי.

הִבִּיטוּ אֵלָיו וְנִהְרוּ
וּפְנִיָהֶם אֶל יַחְפְּרוּ.
זֶה עָנִי קָרָא וַיהוָה שָׁמַע
וּמְכַל צָרוֹתָיו הוֹשִׁיעוּ.

הִנֵּה מִלְאֲךָ יְהוָה סָבִיב
לִירְאָיו וַיַּחְלְצֵם.

טַעְמוּ וּרְאוּ כִּי טוֹב יְהוָה
אֲשֶׁרִי הִגֵּבַר יַחֲסֶה בּוֹ.

יִרְאוּ אֶת יְהוָה קִדְשׁוֹ
כִּי אֵין מַחְסוֹר לִירְאָיו.
כְּפִירִים רָשׁוּ וְרַעְבוּ
וְדַרְשֵׁי יְהוָה
לֹא יַחֲסְרוּ כֹל טוֹב.

לְכוּ בְּנִים שְׁמְעוּ לִי
יִרְאֵת יְהוָה אֲלִמְדַּכֶּם.

↩

Who among you desires life,
craves time to experience the good?
Keep your tongue from wronging others
and your lips from speaking untruths
turn from the bad and do the good:
seek out peace and chase after it.

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

Cry out —
Her listening
is rescue from all trouble.

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

Wickedness is its own kind of death
and those who hate the righteous suffer for it.
Shekhinah sustains the being of those who do Her work
and those who trust in her will not know shame.

Mi ha-ish he-cha-fetz chai-yim
o-hev ya-mim lir-ot tov.

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-hach-rit me-e-retz zich-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-ik
u-mik-u-lam yatz-i-le-nu a-do-nai.
Sho-mer kol atz-mo-tav
a-chat me-he-nah lo nish-ba-rah.

Te-mo-tet ra-sha ra-ah
ve-son-ei tza-dik ye-sha-mu.
Po-deh a-do-nai ne-fesh a-va-dav
ve-lo ye-she-mu kol ha-cho-sim bo.

מִי הָאִישׁ הַחֹפֵץ חַיִּים
אֲהֵב יָמִים לְרֵאוֹת טוֹב
נֹצֵר לְשׁוֹנָה מֵרָע
וּשְׁפָתָיֶךָ מִדְּבַר מְרָמָה
סוֹר מֵרָע וְעֹשֶׂה טוֹב
בְּקֶשׁ שְׁלוֹם וְרִדְפָהוּ

עֵינַי יְהוָה אֶל צְדִיקִים
וְאֲזִינוּ אֶל שׁוֹעֲתָם.
פְּנֵי יְהוָה
בְּעֹשֵׂי רָע
לְהַכְרִית מֵאֶרֶץ זָכָרָם.

צַעֲקוּ
יְהוָה שָׁמַע
וּמְכַל צְרוֹתָם הִצִּילָם.

קָרוֹב יְהוָה לְנֹשְׁכָרֵי לֵב
וְאֵת דֹּכָאֵי רוּחַ יוֹשִׁיעַ.
רַבּוֹת רָעוֹת צְדִיק
וּמְכַלֵּם יִצִּילָנוּ יְהוָה.
שׁוֹמֵר כָּל עֲצֻמוֹתָיו
אֶחַת מֵהֲנֶה לֹא נִשְׁבָּרָה.

תְּמוֹתַת רָשָׁע רָעָה
וּשְׁנֵאֵי צְדִיק יֵאָשְׁמוּ.
פּוֹדֶה יְהוָה נַפְשׁ עַבְדּוֹ
וְלֹא יֵאָשְׁמוּ כָּל הַחֹסִים בּוֹ.

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.

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Ho·du la·do·nai ki tov

ki le·o·lam çhas·do.

הוֹדוּ לַיהוָה כִּי טוֹב

כִּי לְעוֹלָם חֲסֵדוֹ

Ho·du le·lo·hei ha·e·lo·him

ki le·o·lam çhas·do.

הוֹדוּ לֵאלֹהֵי הָאֱלֹהִים

כִּי לְעוֹלָם חֲסֵדוֹ

Ho·du la·a·do·nei ha·a·do·nim

ki le·o·lam çhas·do.

הוֹדוּ לְאֲדֹנָי הָאֲדֹנִים

כִּי לְעוֹלָם חֲסֵדוֹ

Le·o·seh nif·la·ot ge·do·lot le·vad·o

ki le·o·lam çhas·do.

לַעֲשֵׂה נִפְלְאוֹת גְּדֻלוֹת לְבָדוֹ

כִּי לְעוֹלָם חֲסֵדוֹ

Le·o·seh ha·sha·ma·yim bit·vu·nah

ki le·o·lam çhas·do.

לַעֲשֵׂה הַשָּׁמַיִם בְּתִבּוּנָה

כִּי לְעוֹלָם חֲסֵדוֹ

Le·ro·ka ha·a·retz al ha·ma·yim

ki le·o·lam çhas·do.

לְרַקַּע הָאָרֶץ עַל הַמַּיִם

כִּי לְעוֹלָם חֲסֵדוֹ

Le·o·seh o·rim ge·do·lim

ki le·o·lam çhas·do.

לַעֲשֵׂה אוֹרִים גְּדֻלִים

כִּי לְעוֹלָם חֲסֵדוֹ

Et ha·she·mesh le·mem·she·let ba·yom

ki le·o·lam çhas·do.

אֶת הַשֶּׁמֶשׁ לְמַמְשֶׁלֶת בַּיּוֹם

כִּי לְעוֹלָם חֲסֵדוֹ

Et ha·ya·rei·ach ve·çho·çha·vim

le·mem·she·lot ba·lai·lah ki le·o·lam çhas·do.

אֶת הַיָּרֵחַ וְכּוֹכְבֵים לְמַמְשֶׁלוֹת בַּלַּיְלָה

כִּי לְעוֹלָם חֲסֵדוֹ

Be·yad çha·za·kah u·viz·ro·a ne·tu·yah

ki le·o·lam çhas·do.

בְּיַד חֲזָקָה וּבְזְרוּעַ נְטוּיָה

כִּי לְעוֹלָם חֲסֵדוֹ

Le·go·zer yam suf lig·za·rim

ki le·o·lam çhas·do.

לְגֹזֵר יַם סוּף לְגִזְרִים

כִּי לְעוֹלָם חֲסֵדוֹ

Ve·he·e·vir yis·ra·el be·to·çho

ki le·o·lam çhas·do.

וְהַעֲבִיר יִשְׂרָאֵל בְּתוֹכוֹ

כִּי לְעוֹלָם חֲסֵדוֹ

Sheb·shi·flei·nu za·çhar la·nu ki...

שֶׁבִשְׁפָלְנוּ זָכַר לָנוּ כִּי לְעוֹלָם חֲסֵדוֹ

Va·yif·re·kei·nu mi·tzar·ei·nu ki...

וַיִּפְרְקֵנוּ מִצָּרֵינוּ כִּי לְעוֹלָם חֲסֵדוֹ

No·ten le·chem le·chol ba·sar ki...

נָתַן לָחֶם לְכֹל בָּשָׂר כִּי לְעוֹלָם חֲסֵדוֹ

Ho·du le·el ha·sha·ma·yim ki le·o·lam çhas·do

הוֹדוּ לְאֵל הַשָּׁמַיִם כִּי לְעוֹלָם חֲסֵדוֹ

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.

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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·mach·ta·ni a·do·nai be·fo·a·le·cha
 be·ma·a·sei ya·de·cha a·ra·nen.

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

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

Tza·dik ka·ta·mar yif·rach
 ke·e·rez bal·va·non yis·geh.
 She·tu·lim be·veit a·do·nai
 be·chatz·rot e·lo·hei·nu yaf·ri·chu.
 Od ye·nu·vun be·sei·vah
 de·she·nim ve·ra·a·na·nim yih·yu.
 Le·ha·gid ki ya·shar a·do·nai
 tzu·ri ve·lo av·la·tah bo.

מְזִמּוֹר שִׁיר לְיוֹם הַשַּׁבָּת
 טוֹב לְהַדוֹת לַיהוָה
 וּלְזַמֵּר לְשִׁמְךָ עֲלִיּוֹן
 לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ
 וְאִמּוֹנֹתֶךָ בְּלֵילוֹת

עָלַי עָשׂוֹר וְעָלַי נָבֵל
 עָלַי הַגִּיּוֹן בְּכִנּוֹר.
 כִּי שִׂמַּחְתָּנִי יְהוָה בְּפִעֲלֶךָ
 בְּמַעֲשֵׂי יְדֶיךָ אֲרָנוּ.

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְיָ
 מֵאֵד עֲמָקוֹ מַחְשְׁבֹתֶיךָ

אִישׁ בְּעַר לֹא יָדַע
 וּכְסִיל לֹא יִבִּין אֶת זֹאת.
 בְּפִרְחֵי רִשְׁעִים כְּמוֹ עֵשֶׂב
 וַיִּצְיָצוּ כָּל פִּעְלֵי אָוֶן
 לְהַשְׁמָדֵם עַד־יָעַד.
 וְאַתָּה מְרוֹם לְעֵלְמֵי יְהוָה.
 כִּי הִנֵּה אִיִּבֶיךָ יְהוָה
 כִּי הִנֵּה אִיִּבֶיךָ יֵאבְדוּ
 יִתְפָּרְדּוּ כָּל פִּעְלֵי אָוֶן.
 וְתָרֵם כְּרָאִים קַרְנֵי
 בְּלַתִּי בְּשֶׁמֶן רִעְנָן.
 וְתִבְטַט עֵינַי בְּשׁוּרֵי בְקָמִים עָלַי
 מִרְעִים תִּשְׁמַעְנָה אָזְנִי.

צְדִיק כְּתָמַר יִפְרַח
 כְּאֶרֶז בְּלִבְנוֹן יִשְׁגֶּה.
 שְׁתוּלִים בְּבֵית יְהוָה
 בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.
 עוֹד יִנוּבּוֹן בְּשִׁיבָה
 דְּשָׁנִים וְרִעְנָנִים יִהְיוּ.
 לְהַגִּיד כִּי יֵשֶׁר יְהוָה
 צוּרֵי וְלֹא עוֹלְתָהּ בּוֹ.

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 — ↵

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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 che·ker.

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

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 cha·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·chu·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·che·vod ha·dar mal·chu·to.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ
עוֹד יִהְיֶה לְלוֹךְ סְלָה

אֲשֶׁרִי הָעַם שֶׁפָּכַח לוֹ
אֲשֶׁרִי הָעַם שִׁיְהוּהוּ אֱלֹהֵיו.

תִּהְיֶה לְדוֹד
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ
וְאֲבָרְכָה שִׁמְךָ לְעוֹלָם וָעֶד.

בְּכֹל יוֹם אֲבָרְכֶךָ
וְאֶהְלֶלֶה שִׁמְךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד
וְלִגְדֻלָּתוֹ אֵין חֶקֶר.

דוֹר לְדוֹר יִשְׁבַח מַעֲשֶׂיךָ
וְגִבּוֹרֶתְךָ יִגִּידוּ.

הַדָּר כְּבוֹד הוֹדֶךָ
וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

וְעִזּוֹז נוֹרְאוֹתֶיךָ יֹאמְרוּ
וְגִדּוּלְתֶךָ אֲסַפְּרֶנָּה.

זָכַר רַב טוֹבְךָ יִבְיַעוּ
וְצִדְקֹתֶךָ יִרְנְנוּ.

חֲנוּן וְרַחוּם יְהוָה
אֶרְךָ אַפַּיִם וְגִדְלֵ חֶסֶד.

טוֹב יְהוָה לְכֹל
וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יִזְדוֹף יְהוָה כָּל מַעֲשֶׂיךָ
וְחִסְדֶיךָ יִבְרַכּוּכָה.

כְּבוֹד מַלְכוּתֶךָ יֹאמְרוּ
וְגִבּוֹרֶתֶךָ יִדְבְּרוּ.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֶתְךָ
וְכְבוֹד הַדָּר מַלְכוּתוֹ.

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.

Mal-ḥut-ḥa mal-ḥut kol o-la-mim
u-mem-shel-te-ḥa be-ḥol dor va-dor.

מְלֻכּוֹתֶיךָ מְלֻכּוֹת כָּל עֲלָמִים
וּמִמְשָׁלְתֶיךָ בְּכָל דּוֹר וְדוֹר.

So-mech a-do-nai le-ḥol ha-no-fe-lim
ve-zo-kef le-ḥol ha-ke-fu-fim.

סוֹמֵךְ יְהוָה לְכָל הַנִּפְלִים
וְזוֹקֵף לְכָל הַכֹּפּוּפִים.

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

עֵינֵי כָל אֱלֹהֵי יִשְׁבְּרוּ
וְאַתָּה גּוֹתֵן לָהֶם אֶת אֲכֻלָּם בְּעֵתוֹ.

Po-tei-aḥ et ya-de-ḥa
u-mas-bi-a le-ḥol ḥai ra-tzon.

פּוֹתַח אֶת יָדְךָ
וּמִשְׁבִּיעַ לְכָל חַי רְצוֹן

Tzad-ik a-do-nai be-ḥol de-ra-ḥav
ve-ḥa-sid be-ḥol ma-a-sav.

צַדִּיק יְהוָה בְּכָל דְּרָכָיו
וְחָסִיד בְּכָל מַעֲשָׂיו.

Ka-rov a-do-nai le-ḥol ko-re-av
le-ḥol a-sher yik-ra-u-hu ve-e-met.

קָרוֹב יְהוָה לְכָל קִרְאָיו
לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאַמֶּת.

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

רְצוֹן יִרְאוּ יַעֲשֶׂה
וְאֶת שׁוֹעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם.

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

שׁוֹמֵר יְהוָה אֶת כָּל אֲהַבָּיו
וְאֶת כָּל הַרְשָׁעִים יִשְׁמִיד.

Te-hi-lat a-do-nai ye-da-ber pi
vi-va-reḥ kol ba-sar shem kod-sho
le-o-lam va-ed.

תְּהִלַּת יְהוָה יְדַבֵּר פִּי
וַיְבָרֶךְ כָּל בְּשָׂר שֵׁם קֹדֶשׁוֹ
לְעוֹלָם וָעֶד.

Va-a-nach-nu ne-va-reḥ yah
mei-a-tah ve-ad o-lam
ha-le-lu-yah.

וְאֲנַחְנוּ נְבָרֶךְ יְהוָה
מֵעַתָּה וְעַד עוֹלָם
הַלְלוּיָהּ

Halleluyah!

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

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

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

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

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

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

Halleluyah.

Ha·le·lu·yah

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

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

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

O·seh mish·pat la·a·shu·kim
no·ten le·chem lar·ei·vim
a·do·nai mat·ir a·su·rim.
A·do·nai po·kei·aḥ 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·loḥ a·do·nai le·o·lam
e·lo·ha·yich tzi·yon le·dor va·dor
ha·le·lu·yah.

הַלְלוּיָהּ

הַלְלִי נַפְשִׁי אֶת יְהוָה.
אֲהַלֵּלָהּ יְהוָה בְּחַיֵּי
אֲזַמְרָה לֵאלֹהֵי בְעוֹדֵי.

אֵל תִּבְטְחוּ בְנֵדִיבִים
בְּכֵן אָדָם שֹׂאִין לוֹ תְשׁוּעָה.
תִּצְא רֹוחוֹ
יָשֵׁב לְאֲדָמָתוֹ
בַּיּוֹם הַהוּא אֲבָדוּ עֲשֵׂתִנְתָּיו.

אֲשֶׁרִי שָׁאֵל יַעֲקֹב בְּעֶזְרוֹ
שִׁכְרוּ עַל יְהוָה אֱלֹהָיו.
עֲשֵׂה שָׁמַיִם וָאָרֶץ
אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם
הַשֹּׁמֵר אֶמֶת לְעוֹלָם.

עֲשֵׂה מִשְׁפָּט לְעֹשׂוֹקִים
נָתַן לֶחֶם לְרַעֲבִים
יְהוָה מְתִיר אֲסוּרִים.
יְהוָה פִּקַּח עֹנִיִּים
יְהוָה זָקַף כְּפוּפִים
יְהוָה אָהַב צַדִּיקִים.

יְהוָה שָׁמַר אֶת גְּרִיִּים
יָתוּם וְאֶלְמָנָה יַעֲוֹדֵד
וְדַרְךְ רַשְׁעִים יַעֲוֹת.

יִמְלֹךְ יְהוָה לְעוֹלָם
אֱלֹהֵינוּ צִיּוֹן לְדוֹר וָדוֹר
הַלְלוּיָהּ.

Halleluyah!

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

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

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

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

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

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

The Healer does not desire thundering warhorses
or ask for battle-strength:

The Healer wants reverence for life
and patience in loving action.

Jerusalem, praise the Healer —
Zion, praise the Giver of Life. ←

Ha·le·lu·yah

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

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

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

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

E·nu la·do·nai be·to·dah
za·me·ru le·lo·hei·nu ve·chi·nor.
Ham·cha·seh sha·ma·yim be·a·vim
ha·mei·chin la·a·retz ma·tar
ha·matz·mi·ach ha·rim cha·tzir.

No·ten liv·hei·mah lach·mah
liv·nei o·rev a·sher yik·ra·u.

Lo vig·vu·rat ha·sus yech·patz
lo ve·sho·kei ha·ish yir·tzeh.
Ro·tzeh a·do·nai et ye·rei·av
et ham·ya·cha·lim le·chas·do.
Shab·chi ye·ru·sha·la·yim et a·do·nai
ha·le·li e·lo·ha·yich tzi·yon.

הַלְלוּיָהּ

כִּי טוֹב זָמְרָה אֱלֹהֵינוּ
כִּי נְעִים נִאֲוָה תְהִלָּה.

בִּנְיָה יְרוּשָׁלַם יְהוָה
נִדְחֵי יִשְׂרָאֵל יִכְנֶס.

הָרְפֵא לְשִׁבּוּרֵי לֵב
וּמְחַבֵּשׁ לְעֵצְבוֹתֶם.
מוֹנֵה מִסְפָּר לְכוֹכְבֵים
לְכֹלֶם שִׁמוֹת יִקְרָא.

גָּדוֹל אֲדוֹנֵינוּ וְרַב כֹּחַ
לְתִבּוֹנָתוֹ אֵין מִסְפָּר.
מְעוֹדֵד עֲנוּיִם יְהוָה
מִשְׁפִּיל רַשְׁעִים עַדִּי אֶרֶץ.

עָנוּ לִיהוָה בְּתוֹדָה
זָמְרוּ לְאֱלֹהֵינוּ בְּכִנּוּר.
הַמְכֹסֶה שָׁמַיִם בְּעָבִים
הַמְכִיֵן לְאֶרֶץ מָטָר
הַמְצַמִּיחַ הָרִים חֲצִיר.

נוֹתֵן לְבַהֲמָה לְחֵמָה
לְבְנֵי עֵרֵב אֲשֶׁר יִקְרָאוּ.

לֹא בְגִבּוֹרַת הַסּוּס יִחַפֵּץ
לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.
רוֹצֶה יְהוָה אֶת יִרְאָיו
אֶת הַמִּיַחֲלִים לְחִסְדּוֹ.
שֹׁבְחֵי יְרוּשָׁלַיִם אֶת יְהוָה
הַלְלֵי אֱלֹהֵיךָ צִיּוֹן.



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.

32 *Praising the One* PSALM 147:13-20

Ki chiz-ak be-ri-chei she-a-ra-yich
be-rach ba-na-yich be-kir-bech.

Has-am ge-vu-lech sha-lom
che-lev chit-im yas-bi-eich.

Hash-o-lei-ach im-ra-to a-retz
ad me-hei-rah ya-rutz de-va-ro.

Ha-no-ten she-leg ka-tza-mer
ke-for ka-ei-fer ye-faz-er.

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

Yish-lach de-va-ro ve-yam-sem
yash-ev ru-cho yiz-lu ma-yim.

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

כי חזק בריחי שְׁעָרֶיךָ
בְּרַךְ בְּנֵיךָ בְּקִרְבֶּךָ.

הַשָּׁם גְּבוּלְךָ שָׁלוֹם
חֵלֶב חַטִּים יִשְׁבִּיעֶךָ.

הַשְׁלַח אֲמַרְתָּ אֶרֶץ
עַד מֵהָרָה יְרוּץ דְּבָרוֹ.

הַנִּתֵּן שֶׁלֵּג כְּצֹמֵר
כַּפּוֹר כְּאֶפֶר יִפְזֹר.

מִשְׁלֵיךְ קָרַח וְכַפְתִּים
לִפְנֵי קִרְתָּו מִי יַעֲמֵד.

יִשְׁלַח דְּבָרוֹ וַיִּמָּסֵם
יִשָּׁב רוּחוֹ וַיִּזְלוּ מַיִם.

מִגִּיד דְּבָרָיו לְיַעֲקֹב
חִקְיוֹ וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.
לֹא עָשָׂה כֵן לְכָל גּוֹי
וּמִשְׁפָּטִים בְּלִי יָדְעוּם
הַלְלוּיָהּ.

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.

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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 ḥol mal·a·ḥav
ha·le·lu·hu kol tze·va·av.

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

Ha·le·lu·hu she·mei ha·sha·ma·yim
ve·ha·ma·yim a·sher 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
ḥok na·tan ve·lo ya·a·vor.

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

Mal·ḥei e·retz ve·ḥol le·u·mim
sa·rim ve·ḥol shof·tei a·retz.
Ba·ḥu·rim ve·gam be·tu·lot
ze·kei·nim im ne·a·rim.

Ye·ha·lei·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·ḥol ḥa·si·dav
liv·nei yis·ra·el am ke·ro·vo

ha·le·lu·yah.

הַלְלוּיָהּ

הַלְלוּ אֶת יְהוָה מִן הַשָּׁמַיִם
הַלְלוּהוּ בַמְרוֹמִים.

הַלְלוּהוּ כָּל מַלְאָכָיו
הַלְלוּהוּ כָּל צְבָאוֹ

הַלְלוּהוּ שֶׁמֶשׁ וַיָּרֵחַ הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר

הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם
וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם.
יְהַלְלוּ אֶת שֵׁם יְהוָה
כִּי הוּא צוּה וְנִבְרָאוּ.
וַיַּעֲמִידֵם לְעֵד לְעוֹלָם
חֵק נָתַן וְלֹא יַעֲבוֹר.

הַלְלוּ אֶת יְהוָה מִן הָאָרֶץ
תְּנִינִים וְכָל תְּהוֹמוֹת.
אֵשׁ וּבָרָד שֶׁלֵּג וְקִיטוֹר
רוּחַ סַעֲרָה עֹשֶׂה דְבָרוֹ.
הַקְּרִים וְכָל גְּבְעוֹת
עֵץ פְּרִי וְכָל אֲרָזִים.
הַחֲיָה וְכָל בְּהֵמָה
רֶמֶשׂ וְצִפּוֹר כָּנָף.

מַלְכֵי אֲרָץ וְכָל לְאֻמִּים
שָׂרִים וְכָל שֹׁפְטֵי אֲרָץ.
בַּחֲוָרִים וְגַם בַּתּוֹלוֹת
זְקֵנִים עִם נְעָרִים.

יְהַלְלוּ אֶת שֵׁם יְהוָה
כִּי נִשְׁגַּב שְׁמוֹ לְכָבוֹד
הוֹדוּ עַל אֲרָץ וּשְׁמַיִם.
וַיִּרְם קֶרֶן לְעַמּוֹ
תְּהַלֵּה לְכָל חֲסִידָיו
לְבָנֵי יִשְׂרָאֵל עִם קֶרְבוֹ

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.

Ha·le·lu·yah

shi·ru la·do·nai shir ḥa·dash te·hi·la·to
bik·hal ḥa·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·ḥol
be·tof ve·ḥi·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 ḥa·si·dim be·ḥa·vod
ye·ra·ne·nu al mish·ke·vo·tam.

Ro·me·mot el big·ro·nam
ve·ḥe·rev pi·fi·yot be·ya·dam.

La·a·sot ne·ka·mah bag·o·yim
to·ḥe·ḥot bal u·mim.

Le·sor mal·ḥei·hem be·zik·im
ve·nich·be·dei·hem be·ḥav·lei var·zel.

La·a·sot ba·hem mish·pat

ka·tuv ha·dar hu le·ḥol ḥa·si·dav

ha·le·lu·yah.

הַלְלוּיָהּ

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ
תְּהַלְתוּ בְּקֹהֶל חֲסִידִים.
יִשְׂמַח יִשְׂרָאֵל בְּעֲשׂוֹ
בְּנֵי צִיּוֹן יְגִילוּ בַּמֶּלֶכִּים.

יְהַלְלוּ שְׁמוֹ בְּמַחֹל
בַּתֶּף וּבְנֹר יִזְמְרוּ לוֹ.
כִּי רוּצָה יְהוָה בְּעַמּוֹ
יִפְאֵר עַנּוּיִם בִּישׁוּעָה.

יַעֲלִזוּ חֲסִידִים בְּכָבוֹד
יִרְנְנוּ עַל מִשְׁכְּבוֹתָם.

רוּמְמוֹת אֵל בְּגִרוֹנָם
וַחֲרַב פִּיפְיוֹת בְּיָדָם.
לַעֲשׂוֹת נִקְמָה בְּגוֹיִם
תּוֹכַחַת בַּל אֲמִים.
לְאַסֹּר מַלְכֵיהֶם בְּזָקִים
וּנְכַבְּדֵיהֶם בְּכַבְּלֵי בְרִזָּל.
לַעֲשׂוֹת בָּהֶם מִשְׁפָּט

כְּתוּב הַדָּר הוּא לְכֹל חֲסִידָיו
הַלְלוּיָהּ.

Halleluyah!

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

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

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

Praise Her with drum and dance
with strings and flute.

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

Every breath is praising Yah.
Halleluyah.

Ha·le·lu·yah!

הַלְלוּיָהּ

Ha·le·lu el be·kod·sho

הַלְלוּ אֵל בְּקֹדֶשׁוֹ

ha·le·lu·hu bir·ki·a uz·o.

הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ.

Ha·le·lu·hu vig·vu·ro·tav

הַלְלוּהוּ בְּגִבּוֹרֹתָיו

ha·le·lu·hu ke·rov gud·lo.

הַלְלוּהוּ כְּרֹב גְּדֻלוֹ.

Ha·le·lu·hu be·tei·ka sho·far

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר

ha·le·lu·hu be·ne·vel ve·chi·nor.

הַלְלוּהוּ בְּנֶגְבַל וְכִנּוֹר.

Ha·le·lu·hu ve·tof u·ma·chol

הַלְלוּהוּ בְּתֹף וּמְחֹל

ha·le·lu·hu be·mi·nim ve·u·gav.

הַלְלוּהוּ בְּמִנִּים וְעוּגָב.

Ha·le·lu·hu ve·tzil·tze·lei sha·ma

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע

ha·le·lu·hu be·tzil·tze·lei te·ru·ah.

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.

כֹּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה הַלְלוּיָהּ

Kol ha·ne·sha·mah te·ha·lel yah ha·le·lu·yah.

The breath of all life

praises Your name — Your multifarious name —

O Breath of Life.

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

From the beginning of time and space
until its end, You are Divine.

Without You, the universe is lonely
and we have no one to liberate us
or sustain us or have compassion on us
in troubled times or at sorrowful moments.

We have no one to guide us in becoming but You.

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

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

only You

we can thank for all

this. ↩

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Nish·mat kol chai
te·va·rech et shim·cha
a·do·nai e·lo·hei·nu

ve·ru·ach kol ba·sar
te·fa·er ut·ro·mem
zich·re·cha mal·kei·nu ta·mid.

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

E·lo·hei ha·ri·sho·nim ve·ha·a·cha·ro·nim
e·lo·ah kol be·ri·yot
a·don kol to·la·dot
ham·hu·lal be·rov ha·tush·ba·chot
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·mei·si·ach i·le·mim
ve·ha·ma·tir a·su·rim
ve·ha·so·mech nof·lim
ve·ha·zo·kef ke·fu·fim

le·cha
le·vad·cha
a·nach·nu mo·dim.

נְשִׁמַת כָּל חַי
תְּבָרַךְ אֶת שְׁמֶךָ
יְהוָה אֱלֹהֵינוּ

רוּחַ כָּל בָּשָׂר
תְּפָאֵר וּתְרוֹמֵם
זְכָרְךָ מִלְּפָנֵינוּ תָּמִיד.

מִן הָעוֹלָם
וְעַד הָעוֹלָם אַתָּה אֵל
וּמִבְלַעֲדֶיךָ אֵין לָנוּ
מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ.
פּוֹדֶה וּמַצִּיל וּמַפְרִיֵס וּמַרְחֵם
בְּכָל עַת צָרָה וְצוּקָה
אֵין לָנוּ מֶלֶךְ אֱלֹא אַתָּה.

אֱלֹהֵי הָרְאשׁוֹנִים וְהָאַחֲרוֹנִים
אֱלוֹהַּ כָּל בְּרִיּוֹת
אֲדוֹן כָּל תּוֹלְדוֹת
הַמְהַלֵּל בְּרַב הַתְּשׁוּבּוֹת
הַמְנַהֵג עוֹלָמוֹ בְּחֶסֶד
וּבְרִיּוֹתָיו בְּרַחֲמִים.

יְהוָה לֹא יָנוּם וְלֹא יִישָׁן
הַמְעוֹרֵר יְשָׁנִים
וְהַמְקִיץ נֹרְדָמִים
וְהַמְשִׁיחַ אֱלָמִים
וְהַמְתִּיר אֲסוּרִים
וְהַסּוֹמֵךְ נוֹפְלִים
וְהַזּוֹקֵף כְּפוּפִים

לְךָ
לְבָדְךָ

אֲנַחְנוּ מוֹדִים.



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. ↵

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I-lu fi-nu ma-lei shi-rah ka-yam

u-le-sho-ne-nu ri-nah ka-ha-mon ga-lav
 ve-sif-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

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

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

Al ken e-va-rim she-pi-lag-ta ba-nu
 ve-ru-ach un-sha-mah she-na-fach-ta be-a-pei-nu
 ve-la-shon a-sheer 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-a-ri-tzu ve-yak-di-shu ve-yam-li-chu
 et shim-cha mal-ke-nu.

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

אלו פיננו מלא שירה כים

ולשוננו רנה כהמון גליו
 ושפתותינו שבח כמרחבי רקיע
 ועינינו מאירות כשמש וכירח
 וידינו פרושות כנשרי שמים
 ורגליו קלות כאילות

אין אנחנו מספיקים להודות לך
 יהוה אלהינו ואלהי הורינו
 ולברך את שמך על אחת
 מאלף אלף אלפי אלפים
 ורבי רבבות פעמים
 הטובות שעשית עם הורינו ועמנו.

ממצרים גאלתנו יהוה אלהינו
 ומבית עבדים פדיתנו.
 ברעב זנתנו ובשבע כלפתנו
 מחרב הצלתנו ומדבר מלטתנו
 ומחלים רעים ונאמנים דליתנו.
 עד הנה עזרנו ורחמך
 ולא עצבנו חסדיך.
 ואל תששנו יהוה אלהינו לנצח.

על כן אברים שפלתנו בנו
 ורוח ונשמה שנפחת באפינו
 ולשון אשר שמת בפינו
 הן הם יודו ויברכו
 וישבחו ויפארו וירוממו
 ויערצו ויקדישו וימליכו
 את שמך מלכנו.

כי כל פה לך יודה
 וכל לשון לך תשבוע
 וכל ברך לך תכרע
 וכל קומה לפניך תשתחוה
 וכל לבבות ייראוך
 וכל קרב וכליות יזמרו לשמך ←

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. ←

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Ka-da-var she-ka-tuv
kol atz-mo-tai to-mar-nah
a-do-nai mi cha-mo-cha
ma-tzil o-ni mei-cha-zak mi-me-nu
ve-a-ni ve-ev-yon mi-goz-lo.

כְּדָבָר שִׁכְתוֹב
כָּל עֲצַמְתִּי תֹאמְרָנָה
יְהוּה מִי כְמוֹךָ
מִצִּיל עֲנִי מִחֶזֶק מִמֶּנּוּ
וְעֲנִי וְאֲבִיוֹן מִגְּזוֹלוֹ.

Mi yid-meh lach
u-mi yish-veh lach
u-mi ya-a-roch lach.

מִי יִדְמָה לָךְ
וּמִי יִשְׁוֶה לָךְ
וּמִי יַעֲרֶךְ לָךְ.

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

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא
אֵל עֲלִיוֹן קֹנֵה שָׁמַיִם וְאָרֶץ.
נִהְלֵלְךָ וְנִשְׁבַּחְךָ וְנִפְאָרְךָ
וְנִבְרַךְ אֶת שֵׁם קֹדֶשְׁךָ
כְּאִמּוֹר לְדָוִד
בְּרַכִּי נַפְשִׁי אֶת יְהוּה
וְכָל קִרְבֵי אֶת שֵׁם קֹדְשׁוֹ.

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

הָאֵל בְּתַעֲצֻמוֹת עֲזֶךָ
הַגָּדוֹל בְּכַבּוֹד שִׁמְךָ
הַגִּבּוֹר לְנִצְחָה וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ.
הַמֶּלֶךְ הַיּוֹשֵׁב עַל כִּסֵּא רָם וְנֹשֵׂא.

Sho-chein ad ma-rom
ve-ka-dosh she-mo.

שׁוֹכֵן עַד מְרוֹם
וְקָדוֹשׁ שְׁמוֹ

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

וְכָתוּב רַנְנּוּ צְדִיקִים בְּיְהוּה
לְיִשְׂרָאֵל נְאוּה תְהִלָּה.

Be-fi	ye-sha-rim	tit-ro-mam	תְּתַרְוּמֶם	יִשְׂרָאֵל	בְּפִי
u-ve-div-rei	tza-di-kim	tit-ba-rach	תְּתַבְּרֶךְ	צְדִיקוֹת	וּבְדַבְּרֵי
u-vil-shon	cha-si-dim	tit-kad-ash	תְּתַקְדָּשׁ	חֲסִידוֹת	וּבְלִשׁוֹן
u-ve-ke-rev	ke-do-shim	tit-ha-lal	תְּתַהַלֵּל	קְדוּשֵׁים	וּבְקִרְב

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.

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Uv·mak·ha·lot ri·va·vot am·cha
 beit yis·ra·el
 be·ri·nah yit·pa·ar shim·cha mal·ke·nu
 be·chol dor va·dor.
 Shek·en cho·vat kol hay·tzu·rim
 le·fa·nei·cha a·do·nai e·lo·hei·nu
 ve·lo·hei ho·rei·nu
 le·ho·dot le·ha·lel le·sha·be·ach le·fa·er
 le·ro·mem le·ha·der le·va·rech
 le·a·leh ul·ka·les
 al kol div·rei shi·rot ve·tish·ba·chot
 da·vid ben yi·shai av·de·cha me·shi·che·cha.

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

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

Be·ra·chot ve·ho·da·ot
 mei·a·tah ve·ad o·lam
 Ba·ruach a·tah a·do·nai el me·lech
 ga·dol ba·tish·ba·chot
 el ha·ho·da·ot
 a·don ha·nif·la·ot
 ha·bo·cher be·shi·rei zim·rah
 me·lech el
 chei ha·o·la·mim.

וּבְמִקְהֵלוֹת רַבּוֹת עַמֶּךָ
 בֵּית יִשְׂרָאֵל
 בְּרָנָה יִתְפָּאֵר שְׁמֶךָ מִלְכֵנוּ
 בְּכֹל דּוֹר וָדוֹר.
 שְׁכֵן חוֹבֵת כָּל הַיְצוּרִים
 לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ
 וְאֱלֹהֵי הוֹרֵינוּ
 לְהוֹדוֹת לְהַלֵּל לְשַׁבַּח לְפָאֵר
 לְרוֹמֵם לְהַדִּיר לְבָרֵךְ
 לְעֲלֹה וּלְקַלֵּס
 עַל כָּל דְּבָרֵי שִׁירוֹת וְתַשְׁבְּחוֹת
 דָּוִד בֶּן יִשַׁי עַבְדְּךָ מְשִׁיחֶךָ.

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מִלְכֵנוּ
 הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ
 בְּשָׁמַיִם וּבָאָרֶץ.
 כִּי לְךָ נָאֵה
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ

שִׁיר וּשְׁבָחָה
 הַלֵּל וְזִמְרָה
 עֹז וּמְשֻׁלָּה
 נִצַּח גְּדֻלָּה וּגְבוּרָה
 תְּהִלָּה וְתִפְאָרֶת
 קְדוּשָׁה וּמַלְכוּת

בְּרָכוֹת וְהוֹדָאוֹת
 מִעֲתָה וְעַד עוֹלָם
 בְּרוּךְ אַתָּה יְהוָה אֵל מֶלֶךְ
 גָּדוֹל בְּתַשְׁבְּחוֹת
 אֵל הַהוֹדָאוֹת
 אֲדוֹן הַנִּפְלְאוֹת
 הַבּוֹחֵר בְּשִׁירֵי זִמְרָה
 מֶלֶךְ אֵל
 חַי הַעוֹלָמִים.

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.

Yit·ga·dal ve·yit·ka·dash
she·mei ra·ba (a·men)
be·al·ma div·ra cḥir·u·ṭeh
ve·yam·lich mal·cḥu·ṭeh
be·cḥai·yei·cḥon uv·yo·mei·cḥon
uv·cḥa·yei de·cḥol 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·mai·ya.

Yit·ba·rach ve·yish·ta·bach
ve·yit·pa·ar ve·yit·ro·mam ve·yit·na·sei
ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal
she·mei de·kud·sha

be·rich hu.

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

a·men.

יְתַגְדֵּל וְיִתְקַדֵּשׁ
שְׁמִיָּה רַבָּא (אָמֵן)
בְּעֻלְמָא דְּבְרָא כְרַעוּתָהּ
וְיַמְלִיךְ מַלְכוּתָהּ
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעַגְלָא וּבְזִמְן קָרִיב
וְאָמְרוּ אָמֵן

יְהֵא שְׁמִיָּה רַבָּא
מְבָרַךְ לְעָלַם
וּלְעַלְמֵי עַלְמֵיָא

יְתַבְרַךְ וְיִשְׁתַּבַּח
וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל
שְׁמִיָּה דְקַדְשָׁא

בְּרִיךְ הוּא

לְעֻלְמָא (וּלְעֻלְמָא)
מְכַל בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנִחַמְתָּא
דְּאִמְרֵן בְּעֻלְמָא
וְאָמְרוּ

אָמֵן

COMMUNITY

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד

Ba·ruch a·do·nai ham·vo·rach
le·o·lam va·ed

Bless the ONE who is Blessed forever and ever

LEADER

בְּרַכּוּ אֶת יְהוָה הַמְּבָרֵךְ

Bar·chu
et a·do·nai ham·vo·rach

Bless towards the ONE who is Blessed

Blessed be You,
Artist of the Cosmos,

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

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

yo·tze·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
ein ke·do·sha ka·do·nai.
Ve·ha·kol ye·ro·ma·much se·lah
yo·tze·ret ha·kol.

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

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

בְּרוּכָה אֶת שְׁכִינָה
אֱלֹהֵינוּ רוּחַ הָעוֹלָם

יוֹצֵרֵת אוֹר
וּבוֹרְאֵת חֹשֶׁךְ
עוֹשֶׂה שְׁלוֹם
וּבוֹרְאֵת אֶת הַכֹּל

הַכֹּל יוֹדוּךְ
וְהַכֹּל יִשְׁבְּחוּךְ
וְהַכֹּל יֹאמְרוּ
אֵין קְדוּשָׁה כִּי־הוּא.
וְהַכֹּל יְרוֹמְמוּךְ סְלָה
יוֹצֵרֵת הַכֹּל.

הָאֱלֹהִים הַפּוֹתְחֵת בְּכָל יוֹם
דְּלִתוֹת שַׁעֲרֵי מִזְרַח
וּבוֹקֵעַת חֲלוֹנֵי רְקִיעַ
מוֹצִיָּאָה חֶמֶה מִמְּקוֹמָהּ
וּלְבָנָה מִמְּכוֹן שְׁבִתָּהּ
וּמְאִירָה לְעוֹלָם כָּלוֹ וְלִיּוֹשְׁבָיו
שֶׁבְרָאָה בְּמִדַּת רַחֲמִים.

הַמְּאִירָה לְאֶרֶץ
וְלְדָרִים עָלֶיהָ
בְּרַחֲמִים
וּבִטּוּבָה
מְחַדֶּשֶׁת בְּכָל יוֹם תְּמִיד
מַעֲשֵׂה בְּרָאשִׁית.

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.

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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.

הַמֶּלֶךְ הַמְרוֹמָם לְבָדוֹ מֵאֵז
הַמְשֻׁבָּח
וְהַמְפֹּאָר
וְהַמְתַּנְשֵׂא
מִימֹת עוֹלָם.

E-lo-hei o-lam
be-ra-cha-me-cha ha-ra-bim
ra-chem a-lei-nu

אֱלֹהֵי עוֹלָם
בְּרַחֲמֵיךָ הַרְבִּים
רַחֵם עָלֵינוּ

a-don uz-ei-nu
tzur mis-ga-bei-nu
ma-gen yish-ei-nu
mis-gav ba-a-dei-nu.

אֲדוֹן עֲדוּנו
צוּר מִשְׁגָּבֵינוּ
מִגֵּן יִשְׁעוּנו
מִשְׁגָּב בְּעֲדוּנו.

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

אֵין כְּעַרְכְּךָ
וְאֵין זוּלָתְךָ
אֶפֶס בְּלָתְךָ
וּמִי דוֹמֵה לְךָ.

Ein ke-er-ke-cha a-do-nai e-lo-hei-nu
ba-o-lam haz-eh
ve-ein zu-la-te-cha mal-ke-nu
le-cha-yei ha-o-lam ha-ba.
e-fes bil-te-cha go-a-le-nu
li-mot ha-ma-shi-ach
ve-ein do-meh le-cha mo-shi-ei-nu
lit-chi-yat ha-mei-tim.

אֵין כְּעַרְכְּךָ יְהוָה אֱלֹהֵינוּ
בְּעוֹלָם הַזֶּה
וְאֵין זוּלָתְךָ מִלְּפָנָיו
לְחַיֵּי הָעוֹלָם הַבֹּא.
אֶפֶס בְּלָתְךָ גּוֹאֲלֵנוּ
לִימֹת הַמְּשִׁיחַ
וְאֵין דוֹמֵה לְךָ מוֹשִׁיעֵנוּ
לְתַחֲיֵית הַמֵּתִים.

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·ruḥ u·me·vo·raḥ 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 ḥai·yot hak·o·desh
 Ve·neh·dar be·ḥa·vod al ha·mer·ka·vah
 Ze·ḥut u·mi·shor lif·nei ḥis·o
 Ḥe·sed ve·ra·ḥa·mim lif·nei ḥe·vo·do

To·vim me·o·rot she·ba·ra e·lo·hei·nu
 Ye·tza·ram be·da·at be·vi·nah u·ve·has·kel
 Ko·aḥ 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·ḥol ha·o·lam
 Se·me·ḥim be·tze·tam ve·sa·sim be·vo·am
 O·sim be·ei·mah re·tzon kon·am

Pe·er ve·ḥa·vod no·te·nim lish·mo
 Tzo·ho·lah ve·ri·nah le·ze·ḥer mal·ḥu·to
 Ka·ra la·she·mesh vai·yiz·raḥ or
 Ra·ah ve·hit·kin tzu·rat hal·va·nah

She·vaḥ not·nim lo
 kol tze·va ma·rom
 Tif·e·ret u·ge·du·lah
 se·ra·fim
 ve·o·fa·nim
 ve·ḥai·yot ha·ko·desh

אל אֲדוֹן עַל כָּל הַמַּעֲשִׂים
 בְּרוּךְ וּמְבֹרָךְ בְּפִי כָּל נְשָׁמָה
 גְּדֹלוֹ וְטוֹבוֹ מְלֵא עוֹלָם
 דַּעַת וְתְבוּנָה סוֹבְבִים אוֹתוֹ

הַמִּתְנַאֵה עַל חַיּוֹת הַקֹּדֶשׁ
 וְנִהְדָּר בְּכָבוֹד עַל הַמְרַכְבֶּה
 זְכוּת וּמִישׁוֹר לִפְנֵי כִסֵּא
 הַסֵּד וְרַחֲמִים לִפְנֵי כְבוֹדוֹ

טוֹבִים מְאוֹרוֹת שֶׁבָּרָא אֱלֹהֵינוּ
 יִצְרָם בְּדַעַת בְּבִינָה וּבְהַשְׁכֵּל
 כַּחַ וּגְבוּרָה נָתַן בָּהֶם
 לְחַיּוֹת מוֹשְׁלִים בְּקִרְבֵּי תַבַּל

מְלֵאִים זֵיו וּמְפִיקִים נִגְהָ
 נֶאֱהָ זֵיוֹם בְּכָל הָעוֹלָם
 שְׂמֵחִים בְּצֵאתָם וְשׁוֹשִׁים בְּבוֹאָם
 עוֹשִׂים בְּאֵימָה רְצוֹן קוֹנָם

פָּאָר וְכָבוֹד נוֹתְנִים לְשָׁמוֹ
 צְהֵלָה וְרִנָּה לְזָכַר מַלְכוּתוֹ
 קָרָא לְשִׁמְשׁ וַיִּזְרַח אוֹר
 רָאָה וְהִתְקִין צוּרַת הַלְבָנָה

שֶׁבַח נוֹתְנִים לוֹ
 כָּל צְבָא מְרוֹם
 תְּפָאֲרַת וּגְדֻלָּה
 שְׂרָפִים
 וְאוֹפָנִים
 וְחַיּוֹת הַקֹּדֶשׁ

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.

La·el

a-sheer 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-ḥah
 o-neg ka-ra le-yom hash-a-bat.
 zeh she-vaḥ she-lai-yom hash-e-vi-i
 she-bo sha-vat el mik-ol me-lach-to.
 ve-yom hash-e-vi-i me-sha-be-aḥ ve-o-mer.
 miz-mor shir le-yom hash-a-bat.
 tov le-ho-dot la-do-nai.

Le·fi·ḥaḥ

ye-fa-a-ru vi-va-ra-ḥu la-el kol ye-tzu-rav.
 she-vaḥ ye-kar u-ge-du-lah yit-nu
 le-el me-leḥ yo-tzer kol
 ha-man-ḥil me-nu-ḥah le-a-mo yis-ra-el

Bik-du-sha-to be-yom sha-bat ko-desh.
 Shim-ḥa a-do-nai e-lo-hei-nu yit-ka-dash
 ve-zich-re-ḥa mal-ke-nu yit-pa-ar
 bash-a-ma-yim mi-ma-al
 ve-al ha-a-retz mit-a-chat.

Tit-ba-raḥ mo-shi-ei-nu
 al she-vaḥ ma-a-seh ya-dei-ḥa
 ve-al me-o-rei or
 she-a-si-ta ye-fa-a-ru-ḥa
 se-lah.

לְאֵל

אֲשֶׁר שָׁבַת מְכַל הַמַּעֲשִׂים
 בְּיוֹם הַשְּׁבִיעִי נִתְעַלָּה
 וַיֵּשֶׁב עַל כִּסֵּא כְבוֹדוֹ
 תִפְאָרֶת עֲטוּף לְיוֹם הַמְּנוּחָה
 עָנַג קָרָא לְיוֹם הַשְּׁבֵת.
 זֶה שָׁבַח שְׁלֵיּוֹם הַשְּׁבִיעִי
 שָׁבוּ שָׁבַת אֶל מְכַל מְלֹאכְתּוֹ.
 וַיּוֹם הַשְּׁבִיעִי מִשְׁבַּח וְאוֹמֵר.
 מְזֻמּוֹר שִׁיר לְיוֹם הַשְּׁבֵת
 טוֹב לְהַדוֹת לַיהוָה.

לְפִיכָךְ

יִפְאָרוּ וַיִּבְרְכוּ לְאֵל כָּל יְצוּרָיו.
 שָׁבַח יְקָר וּגְדֻלָּה יִתְּנוּ
 לְאֵל מֶלֶךְ יוֹצֵר כָּל
 הַמְּנַחֵיל מְנוּחָה לְעַמּוֹ יִשְׂרָאֵל

בְּקִדְשָׁתוֹ בְּיוֹם שְׁבֵת קִדְשׁ.
 שִׁמְךָ יְהוָה אֱלֹהֵינוּ יִתְקַדֵּשׁ
 וְזִכְרְךָ מְלֻכְנוּ יִתְפָּאֵר
 בְּשָׂמִים מִמַּעַל
 וְעַל הָאָרֶץ מִתַּחַת.

תִּתְבָּרַךְ מוֹשִׁיעֵנוּ
 עַל שְׁבֵת מַעֲשֵׂה יָדֶיךָ
 וְעַל מְאוּרֵי אוֹר
 שֶׁעָשִׂיתָ יִפְאָרוּךְ

סְלֵה.

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.

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RECITED ONLY ON WEEKDAY HOLIDAYS

Mah ra·bu ma·a·se·cha
 a·do·nai ku·lam be·choch·mah a·si·ta
 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.

E·lo·hei o·lam
 be·ra·cha·me·cha ha·ra·bim
 ra·cheim 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
 Ge·dol De·ah
 He·chin U·fa·al
 Zo·ho·rei Cha·mah
 Tov Ya·tzar
 Ka·vod Lish·mo
 Me·o·rot Na·tan
 Se·vi·vot Uz·o
 Pi·not Tze·va·av Ke·do·shim
 Ro·ma·mei Shad·ai Ta·mid me·sap·e·rim
 ke·vod el u·ke·du·sha·to.

Tit·ba·rach a·do·nai e·lo·hei·nu
 al she·vach ma·a·sei ya·de·cha
 ve·al me·o·rei or
 she·a·si·ta ye·fa·a·ru·cha
 se·lah.

ביום טוב שחל בימי חול

מִה רְבוּ מַעֲשֵׂיךָ
 יְהוּה כָּלֶם בְּחֻכְמָה עֲשִׂיתָ
 מְלֵאָה הָאָרֶץ קִנְיֶיךָ.

הַמֶּלֶךְ הַמְרוֹמֵם לְבָדוֹ מֵאֵז
 הַמְשֻׁבַּח וְהַמְפָּאֵר וְהַמְתַּנְשֵׂא
 מִיְמוֹת עוֹלָם.

אֱלֹהֵי עוֹלָם
 בְּרַחֲמֶיךָ הַרְבִּים
 רַחֵם עָלֵינוּ
 אֲדוֹן עֲזָנוּ
 צוּר מְשֻׁבְּנוּ
 מְגֵן יְשַׁעֲנוּ
 מְשֻׁגָב בְּעֲדָנוּ.

אֵל בְּרוּךְ

גִּדּוֹל דַּעַה

הַכִּיָּן וּפְעֵל

זִהְרֵי חֵמָה

טוֹב יֵצֵר

כְּבוֹד לְשִׁמוֹ

מְאוּרוֹת נָתַן

סְבִיבוֹת עֲזוֹ

פְּנוֹת צְבָאוֹ קְדוּשִׁים

רוֹמְמֵי שְׂדֵי תְּמִיד מְסַפְּרִים

כְּבוֹד אֵל וּקְדוּשָׁתוֹ.

תִּתְבַּרְךָ יְהוּה אֱלֹהֵינוּ

עַל שְׁבַח מַעֲשֵׂי יְדֶיךָ

וְעַל מְאוּרֵי אוֹר

שְׁעֲשִׂיתָ יְפָאוֹרְךָ

סְלֵה.

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:

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Tit-ba-rach̄ tzu-rei-nu
mal-ke-nu ve-go-a-le-nu bo-rei ke-do-shim
yish-ta-bach̄ shim-cha la-ad mal-ke-nu
yo-tzer me-sha-ra-tim.

Va-a-sheer me-sha-ra-tav ku-lam o-me-dim
be-rum o-lam
u-mash-mi-im be-yir-ah ya-chaḏ be-kol
div-rei e-lo-him chai-yim u-me-lech̄ o-lam.

Ku-lam a-hu-vim

Ku-lam be-ru-rim

Ku-lam gi-bo-rim

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

Ve-cha-lam pot-chaḥim et pi-hem
bik-dush-ah uv-to-ho-rah
be-shi-rah u-ve-zim-rah
ve-me-var-chaḥim u-me-shab-chaḥim
u-me-fa-a-rim u-ma-a-ri-tzim
u-mak-di-shim u-mam-li-chaḥim

et shem

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

Ve-cha-lam me-kab-lim
a-lei-hem ol mal-chaḥim sha-ma-yim zeh mi-zeh
ve-not-nim re-shut zeh la-zeh
le-hak-dish le-yo-tze-ram
be-na-chaḥim ru-ach̄
be-sa-fah be-ru-rah u-vin-i-mah
ke-dush-ah ku-lam ke-e-chaḥim
o-nim ve-o-me-rim be-yir-ah:

תתברך צורנו
מלכנו וגואלנו בורא קדושים
ישתבח שמך לעד מלכנו
יוצר משרתים

ואשר משרתיו כלם עומדים
ברום עולם
ומשמיעים ביראה יחד בקול
דברי אלהים חיים ומלך עולם

כלם אהובים

כלם ברוּרים

כלם גבורים

וכלם עשים
באימה וביראה רצון קונם

וכלם פותחים את פיהם
בקדשה ובטהרה
בשירה ובזמרה
ומברכים ומשבחים
ומפארים ומעריצים
ומקדישים וממליכים

את שם

האל המלך
הגדול הגבור והנורא
קדוש הוא

וכלם מקבלים
עליהם על מלכות שמים זה מזה
ונותנים רשות זה לזה
להקדיש ליוצרים
בנחת רוח
בשפה ברורה ובנעימה
קדשה כלם כאחד
עונים ואומרים ביראה

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.

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

Ve-ha-o-fa-nim ve-chai-yot ha-ko-desh
be-ra-ash ga-dol
mit-na-se-im le-u-mat se-ra-fim
le-u-mat-tam me-shab-chim ve-om-rim

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

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

ki hu le-va-do

po-el ge-vu-rot
o-seh cha-da-shot
ba-al mil-cha-mot
zo-re-a tze-da-kot
matz-mi-ach ye-shu-ot
bo-rei re-fu-ot
no-ra te-hi-lot
a-don ha-nif-la-ot

Ham-cha-desh be-tu-vo be-chol yom ta-mid
ma-a-seh ve-re-shit ka-a-mur
le-o-seh o-rim ge-do-lim
ki le-o-lam chas-do

Or cha-dash al tzi-yon ta-ir
ve-niz-keh chu-la-nu me-hei-rah le-o-ro.
Ba-ruch a-tah a-do-nai
yo-tzer ha-me-o-rot.

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ
יְהוָה צְבָאוֹת
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ

וְהַאֲפָנִים וְחַיּוֹת הַקֹּדֶשׁ
בְּרַעַשׁ גָּדוֹל
מִתְנַשְּׂאִים לְעֻמַּת שְׂרָפִים
לְעֻמַּתָּם מִשְׂבָּחִים וְאוֹמְרִים

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ

לְאֵל בְּרוּךְ נְעִימוֹת יִתְּנוּ
לְמֶלֶךְ אֵל חַי וְקַיִם
זְמִירוֹת יֹאמְרוּ
וְתִשְׂבַּחֹת יִשְׁמְעוּ

כִּי הוּא לְבָדוֹ

פוֹעֵל גְּבוּרוֹת
עֹשֶׂה חֲדָשׁוֹת
בְּעַל מְלַחְמוֹת
זוֹרֵעַ צְדָקוֹת
מְצַמִּיחַ יְשׁוּעוֹת
בוֹרֵא רְפוּאוֹת
נוֹרֵא תְהִלּוֹת
אֲדוֹן הַנִּפְלְאוֹת

הַמְּחַדֵּשׁ בְּטוּבוֹ בְּכָל יוֹם תָּמִיד
מַעֲשֶׂה בְּרֵאשִׁית כְּאֹמֹר
לְעֹשֶׂה אוֹרִים גְּדֹלִים
כִּי לְעוֹלָם חֶסֶדוֹ

אוֹר חֲדָשׁ עַל צִיּוֹן תְּאִיר
וְנִזְכָּה כְּלָנוּ מִהֶרָה לְאוּרוֹ
בְּרוּךְ אַתָּה יְהוָה
יוֹצֵר הַמְּאוּרוֹת.

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.

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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·kai·yem
 et kol div·rei tal·mud to·ra·te·cha
 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·tach·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·fot 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·rav·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·ruḥ a·tah a·do·nai
 ha·bo·cher be·a·mo yis·ra·el be·a·ha·vah.

אַהֲבָה רַבָּה אֶהְבְּתָנוּ

יהוה אלהינו
 חמלה גדולה ויִתְיַרָה
 חמלת עלינו. אבינו מלכנו
 בעבור הורינו שבטחו בך
 ותלמדם חקי חיים
 כן תחננו ותלמדנו.

אבינו אב הרחמן
 המרחם רחם עלינו
 ותן בלבנו להבין ולהשכיל
 לשמע ללמד וללמד
 לשמר ולעשות ולקיים
 את כל דברי תלמוד תורתך
 באהבה.

והאר עינינו בתורתך
 ודבק לבנו במצותיך
 ויחד ללבנו
 לאהבה וליראה שמך
 ולאנבוש לעולם ועד.

כי בשם קדשך
 הגדול והנורא בטחנו
 נגילה ונשמחה בישועתך.

והביאנו לשלום
 מארבע כנפות הארץ
 ותוליכנו קוממיות לארצנו.
 כי אל פועל ישועות אתה
 ובנו בחרת מכל עם ולשון.
 וקרבתנו לשמך הגדול
 סלה באמת
 להודות לך וליחדך באהבה.

ברוך אתה יהוה
 הבוחר בעמו ישראל באהבה.

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

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

שְׁמַע יִשְׂרָאֵל יְהוָה יְהוָה
אֱלֹהֵינוּ יְהוָה אֶחָד

HEAR O ISRAEL THE LORD OUR GOD THE LORD IS ONE

בְּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד

Blessed is the name of that being throughout all space and time.

QUIETLY Ba·ruch shem ke·vod mal·chu·to le·o·lam va·ed

וְאֶהְיֶה אִתְּךָ יְהוָה אֱלֹהֶיךָ בְּכֹל-לְבַבְךָ וּבְכֹל-
נַפְשְׁךָ וּבְכֹל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
אָנֹכִי מְצַוְּךָ הַיּוֹם עַל-לְבַבְךָ: וּשְׁנַנְתָּם לְבְנֶיךָ
וּדְבַרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ
לְטַטְפֹּת בֵּין עֵינֶיךָ: וּכְתַבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ: ←

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

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:

וְהָיָה אִם-שָׁמַעַתְּ שִׁמְעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי מְצַוֶּה אֶתְכֶם
הַיּוֹם לֹא־הִבָּה אֶת-יְהוָה אֱלֹהֵיכֶם וּלְעַבְדוֹ כְּכֹל-לְבַבְכֶם וּכְכֹל-
נַפְשְׁכֶם: וְנָתַתִּי מִטַּר-אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסַּפְתִּי הַגִּזְיָה
וְתִירְשֶׁךָ וַיִּצְהַרְךָ: וְנָתַתִּי עֵשֶׂב בְּשַׂדְךָ לְבַהֲמֹתֶךָ וְאָכַלְתָּ וּשְׂבַעְתָּ:
הַשְּׂמְרוּ לָכֶם פֶּן יִפְתָּה לְבַבְכֶם וְסָרְתֶם וְעַבַּדְתֶּם אֱלֹהִים אֲחֵרִים
וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף-יְהוָה בְּכֶם וְעָצַר אֶת-הַשָּׁמַיִם
וְלֹא-יִהְיֶה מָטָר וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֲבַדְתֶּם מִחֶרֶת
מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׂמַתֶּם אֶת-דְּבַר־י
אֱלֹהִים עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וְקִשְׁרְתֶם אֹתָם לְאוֹת עַל-יְדֹכֶם
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וּלְמַדְתֶּם אֹתָם אֶת-פְּנֵיכֶם לְדַבֵּר בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-
מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם עַל הָאֲדָמָה
אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם לֵאמֹר לָהֶם פִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

Ve-ha-yah im sha-mo-a tish-me-u el mitz-vo-tai a-she-r a-no-chi me-tza-veh et-chem
ha-yom le-a-ha-vah et a-do-nai e-lo-hei-chem u-le-av-do be-cho-l le-vav-chem
u-ve-cho-l naf-she-chem. Ve-na-ta-ti me-tar ar-tze-chem be-i-to yo-reh u-mal-kosh
ve-a-saf-ta de-ga-ne-cha ve-ti-rosh-cha ve-yitz-ha-re-cha. Ve-na-ta-ti e-sev be-sad-cha
liv-hem-te-cha ve-a-cha-l-ta ve-sa-va-ta. Hi-sham-ru la-chem pen yif-teh le-vav-chem
ve-sar-tem va-a-vad-tem e-lo-him a-che-rim ve-hish-ta-cha-vi-tem la-hem. Ve-cha-rah
af a-do-nai ba-chem ve-a-tzar et ha-sha-ma-yim ve-lo yih-yeh ma-tar ve-ha-a-da-mah
lo ti-ten et ye-vu-lah va-a-vad-tem me-he-rah me-al ha-a-retz ha-to-vah a-she-r a-do-nai
no-ten la-chem. Ve-sam-tem et de-va-rai e-leh al le-vav-chem ve-al naf-she-chem
u-ke-shar-tem o-tam le-ot al yed-chem ve-ha-yu le-to-ta-fot bein ei-nei-chem.
Ve-li-mad-tem o-tam et be-nei-chem le-da-ber bam be-shiv-te-cha be-vei-te-cha
u-ve-lech-te-cha va-de-rech u-ve-sho-ach-be-cha u-ve-ku-me-cha. U-che-tav-tam
al me-zu-zot bei-te-cha u-vish-a-rei-cha. Le-ma-an yir-bu ye-mei-chem vi-mei
ve-nei-chem al ha-a-da-mah a-she-r nish-ba a-do-nai la-a-vo-tei-chem la-tet la-hem
ki-mei ha-sha-ma-yim al ha-a-retz

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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.
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וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ
עַל־צִיצִית הַכַּנָּף פֶּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ
וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא תִתְּרוּ אַחֲרַי
לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ
וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה
אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם:

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-cha-let**. Ve-ha-yah
la-chem le-tzi-tzit u-re-i-tem o-to u-ze-cha-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-she-er 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-hei-chem.
A-ni a-do-nai e-lo-hei-chem a-she-er ho-tze-ti et-chem me-e-retz mitz-ra-yim
lih-yot la-chem le-lo-him a-ni a-do-nai e-lo-hei-chem.

The Breath of Life spoke to Moses. Speak to the Godwrestling people and say to them: make fringes for the wings of your garments throughout your generations and put a thread of blue in the corners. These threads will be wing-tufts for you, guiding you on the right path. You will look at them and remember all of the ways of the Breath of Life and do them, and not be misdirected by your hearts or by your eyes when you are drawn after them. In this way you will remember and observe my ways and be holy to the Breath of Life, your God. I am the Breath of Life, your God, who carried you out of the land of Egypt that I might be God to you. I am the Breath of Life, your God. The God of Being that manifests to you — that God is a true God.

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. ↩

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E-met ve-ya-tziv
 ve-na-ḥon ve-kai-yam
 ve-ya-shar ve-ne-e-man
 ve-a-huv ve-ḥa-viv
 ve-neḥ-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-ḥis-o na-ḥon
 u-mal-ḥu-to ve-e-mu-na-to la-ad ka-ya-met.
 U-de-va-rav ḥa-yim ve-kai-ya-mim
 ne-e-ma-nim ve-ne-ḥe-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-ḥa.

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

E-met ve-e-mu-nah ḥok 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-leḥ 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-me-ḥa
 ein e-lo-him od zu-la-te-ḥa.

אֱמֶת וַיֵּצִיב
 וְנֶחֱוֹן וְקַיָּם
 וַיֵּשֶׁר וְנֶאֱמָן
 וְאֶהוּב וְחָבִיב
 וְנֶחְמַד וְנִעִים
 וְנוֹרָא וְאֲדִיר
 וּמִתְקָן וּמִקְבָּל
 וְטוֹב וַיִּפֶּה

הַדָּבָר הַזֶּה עֲלֵינוּ
 לְעוֹלָם וָעֶד.

אֱמֶת אֱלֹהֵי עוֹלָם מְלַכְנוּ
 צוּר יַעֲקֹב מִגֵּן יִשְׁעֵנוּ
 לְדוֹר וָדוֹר הוּא קַיָּם
 וְשֵׁמוֹ קַיָּם וְכִסְאוֹ נִכּוֹן
 וּמַלְכוּתוֹ וְאַמוּנָתוֹ לְעַד קִיָּמָת.
 וְדַבְּרֵנוּ חַיִּים וְקַיָּמִים
 נֶאֱמָנִים וְנֶחְמָדִים
 לְעַד וּלְעוֹלָמֵי עוֹלָמִים.
 עַל אֲבוֹתֵינוּ וְעֲלֵינוּ
 עַל בְּנֵינוּ וְעַל דּוֹרוֹתֵינוּ
 וְעַל כָּל דּוֹרוֹת
 זֶרַע יִשְׂרָאֵל עֲבָדֶיךָ.

עַל הָרֵאשׁוּנִים וְעַל הָאַחֲרוּנִים
 דָּבָר טוֹב וְקַיָּם לְעוֹלָם וָעֶד.

אֱמֶת וְאַמוּנָה חֹק וְלֹא יַעֲבוֹר.

אֱמֶת שְׁאֵתָה הוּא יְהוָה
 אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ
 מְלַכְנוּ מֶלֶךְ הוֹרֵינוּ
 גּוֹאֲלֵנוּ גּוֹאֵל הוֹרֵינוּ
 יוֹצֵרֵנוּ צוּר יִשׁוּעָתֵנוּ
 פּוֹדֵנוּ וּמַצִּילֵנוּ
 מִעוֹלָם שְׂמֶךְ
 אֵין אֱלֹהִים עוֹד זוֹלָתֶךָ.

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 paeans,
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. ↵

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

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

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

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

Al zot shi-be-ḥu a-hu-vim ve-ro-ma-mu el
 ve-na-te-nu ye-di-dim
 ze-mi-rot shi-rot ve-tush-ba-ḥot
 be-ra-ḥot ve-ho-da-ot
 le-me-lech el chai ve-ka-yam
 ram ve-ni-sa ga-dol ve-no-ra
 mash-pil ge-im
 u-mag-bi-ah she-fa-lim
 mo-tzi a-si-rim
 u-fo-deh a-na-vim ve-o-zer da-lim
 ve-o-neh le-a-mo be-et shav-am ei-lav.

עֲזַרְתָּ אֲבוֹתֵינוּ אֶתְּהָ הוּא מֵעוֹלָם
 מִגֵּן וּמוֹשִׁיעַ לְבִנְיָהֶם אַחֲרֵיהֶם
 בְּכָל דּוֹר וָדוֹר.
 בְּרוּם עוֹלָם מוֹשֶׁבֶךְ
 וּמִשְׁפָּטֶיךָ וְצַדִּיקְךָ
 עַד אֶפְסֵי אֶרֶץ.

אֲשֶׁרִי אִישׁ שֶׁיִּשְׁמַע לְמִצְוֹתֶיךָ
 וְתוֹרֹתֶיךָ וְדִבְרֶיךָ יִשִּׁים עַל לְבוֹ.
 אֱמֶת אֶתְּהָ הוּא אֲדוֹן לְעַמְּךָ
 וּמֶלֶךְ גִּבּוֹר לְרִיב רִיבָם.

אֱמֶת אֶתְּהָ הוּא רִאשׁוֹן
 וְאַתְּהָ הוּא אַחֲרוֹן
 וּמִבְּלַעַדֶיךָ אֵין לָנוּ
 מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ

מִמְצָרִים גְּאֻלְתָּנוּ יְהוָה אֱלֹהֵינוּ
 וּמִבֵּית עַבְדִּים פְּדִיתָנוּ.
 כָּל בְּכוֹרֵיהֶם הֲרַגְתָּ
 וּבְכוֹרְךָ גְּאֻלְתָּ וַיִּם סוּף בְּקַעַת
 וַיְזִידִים טַבַּעַת וַיְדִידִים הֶעֱבַרְתָּ
 וַיִּכְסּוּ מַיִם צְרִייהֶם
 אַחַד מֵהֶם לֹא נוֹתַר.

עַל זֹאת שִׁבְחוּ אֱהוּבִים וְרוֹמְמוּ אֵל
 וְנִתְּנוּ יְדִידִים
 זְמִירוֹת שִׁירוֹת וְתִשְׁבָּחוֹת
 בְּרִכוֹת וְהוֹדָאוֹת
 לְמֶלֶךְ אֵל חַי וְקַיִם
 רַם וְנִשְׂא גְדוֹל וְנוֹרָא
 מִשְׁפִּיל גְּאִים
 וּמַגְבִּיָּה שְׁפָלִים
 מוֹצִיא אֲסִירִים
 וּפּוֹדֶה עֲנוּיִם וְעוֹזֵר דָּלִים
 וְעוֹנֶה לְעַמּוֹ בְּעַת שׁוֹעֵם אֱלֹיוֹ.

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.

Te-hi·lot le·el el·yon
ba·ruḥ hu u·me·vo·raḥ.
Mo·sheh u·mir·yam u·ve·nei yis·ra·el
le·ḥa a·nu shi·rah
ve·sim·ḥah ra·bah ve·am·ru ḥu·lam.

Mi ḥa·mo·ḥah ba·ei·lim a·do·nai
Mi ka·mo·ḥah ne·dar ba·ko·desh
No·ra te·hi·lot o·seh fe·le

Shi·rah ḥa·da·shah
shi·be·ḥu ge·u·lim
le·shim·ḥa al se·fat ha·yam
ya·ḥad ku·lam ho·du
ve·him·li·ḥu ve·a·me·ru.

A·do·nai yim·loḥ le·o·lam va·ed.

Tzur yis·ra·el
ku·mah be·ez·rat yis·ra·el
u·fe·deh ḥin·u·me·ḥa
ye·hu·dah ve·yis·ra·el.

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

Ba·ruḥ a·tah a·do·nai
ga·al yis·ra·el.

תְּהִלֹת לְאֵל עֲלִיוֹן
בְּרוּךְ הוּא וּמְבֻרָךְ
מֹשֶׁה וּמֵרִים וּבְנֵי יִשְׂרָאֵל
לֵךְ עִנּוּ שִׁירָה
בְּשִׂמְחָה רַבָּה וְאָמְרוּ כָלֵם

מִי כַמְלָכָה בְּאֵלִים יְהוָה
מִי כַמְלָכָה נֶאֱדָר בִּקְדוֹשׁ
נוֹרָא תְהִלַּת עֲשֵׂה פְלֵא

שִׁירָה חֲדָשָׁה
שְׂבָחוּ גְאוּלִּים
לְשִׁמְךָ עַל שְׂפַת הַיָּם
יַחַד כָּלֵם הוֹדוּ
וְהַמְלִיכוּ וְאָמְרוּ

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד

צוּר יִשְׂרָאֵל
קוֹמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדָה כְּנֶאֱמָךְ
הַהוֹדָה וְיִשְׂרָאֵל.

גְּאֻלָּנוּ
יְהוָה צְבָאוֹת שְׁמוֹ
קְדוֹשׁ יִשְׂרָאֵל.

בְּרוּךְ אַתָּה יְהוָה
גְּאֹל יִשְׂרָאֵל.

Infinite,
open my lips,
and let my mouth speak Your praise.

Blessed are You,
Breath of Life, our God,
God of our ancestors,

Abraham's God

Isaac's God

Jacob's God

Sarah's God

Rebecca's God

Rachel's God

Leah's God

Deity —

abundant

mighty

wondrous —

O mystery.

Doing good to those who love.

All-creator

taking note

of our ancestors' love.

Bringing healing to their descendants in love,

for the sake of the holy essence

dwelling in this world.

BETWEEN ROSH HASHANA AND YOM KIPPUR

Remember us for life, You who delight in life,

And inscribe us in the book of life

for Your sake, Source of Life.

Guide

Helper

Rescuer

Defender.

Blessed are You, Breath of Life,

defender of Abraham,

helper of Sarah.

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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-eh-rei-nu le-cha-yim me-lech cha-fetz ba-cha-yim
ve-cho-vei-nu be-se-fer ha-cha-yim
le-ma-an-cha e-lo-him chai-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.

אֲדֹנָי
שִׁפְתַי תִּפְתַּח
וּפִי יַגִּיד תְּהִלָּתְךָ.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם
אֱלֹהֵי יִצְחָק
וְאֱלֹהֵי יַעֲקֹב
אֱלֹהֵי שָׂרָה
אֱלֹהֵי רִבְקָה
אֱלֹהֵי רָחֵל
וְאֱלֹהֵי לֵאָה
הָאֵל

הַגָּדוֹל
הַגִּבּוֹר
וְהַנּוֹרָא
אֵל עֲלִיוֹן
גּוֹמֵל חַסְדִּים טוֹבִים
וְקוֹנֵה הַכֹּל
זוֹכֵר
חַסְדֵי אֲבוֹת וְאִמּוֹת
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם
לְמַעַן שְׂמוֹ
בְּאַהֲבָה.

בשבת שובה
זְכָרְנוּ לְחַיִּים מֶלֶךְ חַפֵּץ בְּחַיִּים
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים
לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ
עוֹזֵר
וּמוֹשִׁיעַ
וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה
מַגֵּן אַבְרָהָם
וְעִזְרַת שָׂרָה.

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.

אתה גבור לעולם אדני
מחיה מתים אתה
רב להושיע.

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

בחורף משיב הרוח ומוריד הגשם.
בקיץ מוריד הטל.

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·ach ye·shu·ah.

מכלכל חיים בחסד
מחיה מתים ברחמים רבים
סומך נופלים
ורופא חולים
ומתיר אסורים
ומקים אמונתו לישגי עפר
מי כמוך בעל גבורות
ומי דומה לך
מלך ממית ומחיה
ומצמיח ישועה.

BETWEEN ROSH HASHANA AND YOM KIPPUR

Mi cha·mo·cha av ha·ra·cha·mim
zo·cher ye·tzu·rav le·chai·yim be·ra·cha·mim.

בשבת שובה
מי כמוך אב הרחמים
זוכר יצוריו לחיים ברחמים.

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

ונאמן אתה להחיות מתים.

Ba·ruach a-tah a·do·nai
me·chai·yeh ha·mei·tim.

ברוך אתה יהוה
מחיה המתים.



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. COPYRIGHT PROTECTED.
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Ne-ka-deish et shim-cha ba-o-lam	נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם
ke-shem she-mak-di-shim o-to	כְּשֵׁם שְׁמֶךָ יִשִּׁים אוֹתוֹ
bish-mei ma-rom. Ka-ka-tuv al yad ne-vi-e-cha	בְּשָׁמַי מְרוֹם כְּכַתּוּב עַל יַד נְבִיאֶךָ
ve-ka-ra zeh el zeh ve-a-mar	וְקָרָא זֶה אֶל זֶה וַאֲמַר

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְהוָה צְבָאוֹת מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ

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	אֶז בְּקוֹל רֵעַשׁ גָּדוֹל
a-dir ve-cha-zak mash-mi-im kol	אֲדִיר וְחֹזֵק מִשְׁמַיִם כּוֹל
mit-na-sim le-u-mat se-ra-fim	מִתְנַשְּׂאִים לְעֻמַּת שְׂרָפִים
le-u-ma-tam ba-ruch yo-me-ru	לְעֻמַּתָּם בָּרוּךְ יֹאמְרוּ

Ba-ruch ke-vod a-do-nai mim-ko-mo. **בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ**

Mim-kom-cha mal-kei-nu to-fi-a	מִמְּקוֹמְךָ מִלְּפָנַי תּוֹפִיעַ
ve-tim-loch a-lei-nu	וְתִמְלוֹךְ עָלֵינוּ
ki me-cha-kim a-nach-nu lach	כִּי מְחַכֵּים אֲנַחֲנוּ לָךְ
ma-tai tim-loch be-tzi-yon	מַתִּי תִמְלוֹךְ בְּצִיּוֹן
be-ka-rov be-ya-mei-nu le-o-lam va-ed tish-kon	בְּקָרוֹב בְּיָמֵינוּ לְעוֹלָם וָעֶד תִּשְׁכּוֹן
tit-ga-dal ve-tit-ka-dash	תִּתְגַּדֵּל וְתִתְקַדֵּשׁ
be-toch ye-ru-sha-la-yim i-re-cha	בְּתוֹךְ יְרוּשָׁלַיִם עִירֶךָ
le-dor va-dor u-le-ne-tzach ne-tza-chim.	לְדוֹר וָדוֹר וּלְנֹצֵחַ נֹצְחִים.
ve-ei-nei-nu tir-ei-nah mal-chu-te-cha	וְעֵינֵינוּ תִרְאִינָה מְלַכּוֹתֶךָ
ka-da-var ha-a-mur be-shi-rei u-ze-cha	כַּדָּבָר הָאָמַר בְּשִׁירֵי אֶדְךָ
al ye-dei da-vid me-shi-ach tzid-ke-cha	עַל יְדֵי דָוִד מְשִׁיחַ צִדְקֶךָ

מִלְּךָ יְהוָה לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן לְדֹר וָדֹר הַלְלוּיָהּ

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

Le-dor va-dor na-gid god-le-cha	לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ
u-le-ne-tzach ne-tza-chim ke-dush-a-te-cha nak-dish	וּלְנֹצֵחַ נֹצְחִים קְדוּשַׁתְךָ נְקַדִּישׁ
ve-shiv-cha-cha e-lo-hei-nu	וְשִׁבְחֶךָ אֱלֹהֵינוּ
mi-pi-nu lo ya-mush le-o-lam va-ed	מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד
ki el me-lech ga-dol ve-ka-dosh a-tah.	כִּי אֵל מֶלֶךְ גָּדוֹל וְקְדוֹשׁ אַתָּה.
Ba-ruch a-tah a-do-nai	בָּרוּךְ אַתָּה יְהוָה

ha-el (ON SHABBAT SHUVAH ha-me-lech) ha-ka-dosh. **הָאֵל (בְּשַׁבַּת שׁוּבָה הַמֶּלֶךְ) הַקְּדוֹשׁ**

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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.

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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-mach mo-sheh be-ma-te-nat chel-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-she-nei lu-cho-t a-va-nim ho-rid be-ya-do
ve-cha-tuv ba-hem she-mi-rat sha-bat
ve-chen ka-tuv be-to-ra-te-cha.

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

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

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

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקָדוּשִׁים בְּכָל יוֹם יִהְיֶלְלוּךָ סֶלָה.
בְּרוּךְ אַתָּה יְהוָה
הָאֵל (בשבת שובה המלך) הַקָּדוֹשׁ.

יְשַׁמַּח מֹשֶׁה בְּמִתְנַת חֶלְקוֹ
כִּי עֶבֶד נֶאֱמָן קִרְאתָ לּוֹ
כְּלִיל תַּפְאֶרֶת בְּרֵאשׁוֹ נָתַתָּ
בְּעַמְדוֹ לְפָנֶיךָ עַל הַר סִינַי.

וְשַׁנִּי לַחַת אֲבָנִים הוֹרִיד בְּיָדוֹ
וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת
וְכֵן כְּתוּב בְּתוֹרָתְךָ

וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת
לְעֲשׂוֹת אֶת הַשַּׁבָּת לְדוֹרֹתָם
בְּרִית עוֹלָם בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הוּא לְעַלְמָם כִּי שֵׁשֶׁת יָמִים
עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפַשׁ

כָּלֵם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ
וּבְשִׁבְעֵי רִצִּיתְךָ בּוֹ וְקִדְשְׁתָּ
חֲמֹדַת יָמִים אוֹתוֹ קִרְאתָ
זְכָר לְמַעֲשֵׂה בְּרֵאשִׁית

אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ
רָצָה בְּמִנוּחֹתֵנוּ
קִדְשָׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ
שִׁבְעֵנוּ מִטוֹבְךָ
וְשִׁמְחָנוּ בִּישׁוּעָתְךָ
וְטַהַר לְבָבֵנו לְעִבְדֶּךָ בְּאֵמֶת
וְהַנְחִילָנוּ יְהוָה אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרַצּוֹן שַׁבָּת קִדְשָׁךָ
וַיְנוּחַ בּוֹ
יִשְׂרָאֵל מְקֻדְשֵׁי שְׁמֶךָ.
בְּרוּךְ אַתָּה יְהוָה מְקֻדְשׁ וְשִׁבְוֹ.

Delight, O Breath of Life,
in this people,
this Godwrestling people
and in the bright flame of their prayer —
receive it in love and desire!
May you always desire
our prayer and our service.

ON ROSH CHODESH AND DURING CHOL HAMOED

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

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

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

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

Blessed Source of life,
Shekhinah, holy presence,
returning to Zion.

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Re-tzeh a-do-nai e-lo-hei-nu
 be-a-me-cha yis-ra-el u-vit-fi-la-tam
 ve-ha-shev et ha-a-vo-dah lid-vir bei-te-cha
 ve-i-shei yis-ra-el
 u-te-fi-la-tam me-he-rah be-a-ha-vah te-ka-bel
 be-ra-tzon u-te-hi le-ra-tzon ta-mid
 a-vo-dat yis-ra-el a-me-cha.

רְצֵה יְהוָה אֱלֹהֵינוּ
 בְּעַמְּךָ יִשְׂרָאֵל וּבְתַפְלָתָם
 וְהִשָּׁב אֶת הָעֲבוּדָה לְדָבִיר בֵּיתְךָ
 וְאִשֵּׁי יִשְׂרָאֵל
 וּתְפַלְתָּם מְהֵרָה בְּאַהֲבָה
 תִּקְבַּל בְּרָצוֹן וְתִהְיֶה לְרָצוֹן תָּמִיד
 עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.

ON ROSH CHODESH, PASSOVER & SUKKOT

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

בראש חודש ובחול המועד

אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ
 יַעֲלֶה וְיָבֵא וְיַגִּיעַ וְיִרְאֶה
 וְיִרְצֶה וְיִשְׁמַע וְיִפְקֹד
 וְיִזְכֹּר זְכוּרֵינוּ וּפְקוּדוֹנוּ
 וְזִכְרוֹן הוֹרֵינוּ
 וְזִכְרוֹן מֹשֶׁה בֶּן דָּוִד עַבְדְּךָ
 וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קְדוֹשֶׁךָ
 וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ
 לְפִלְיָטָה וּלְטוֹבָה וּלְחַן
 וּלְחֶסֶד וּלְרַחֲמִים
 וּלְחַיִּים וּלְשָׁלוֹם בְּיוֹם

ON ROSH CHODESH

rosh ha-cho-desh ha-zeh

ON PASSOVER

chag ha-ma-tzot ha-zeh

ON SUKKOT

chag ha-su-kot ha-zeh

לראש חודש ראש החודש הזה

לפסח חג המצות הזה

לסוכות חג הסוכות הזה

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

זָכְרֵנוּ יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה
 וּפְקֻדָּנוּ בּוֹ לְכַרְכָּה
 וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים
 וּבְדָבַר יְשׁוּעָה וְרַחֲמִים
 חוּס וְחַנּוּן וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ
 כִּי אֱלֹהֵי עֵינֵינוּ
 כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

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

וְתַחַזְּנֵנָה עֵינֵינוּ
 בְּשׁוּבְךָ לְצִיּוֹן
 בְּרַחֲמִים.

Ba-ruch a-tah a-do-nai
 ha-ma-cha-zir she-cha-na-to
 le-tzi-yon.

בָּרוּךְ אַתָּה יְהוָה
 הַמַּחְזִיר שְׂכִינָתוֹ
 לְצִיּוֹן.

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.

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Mo-dim a-nach-nu lach
 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-deh 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 lach
 ve-al ni-sei-cha she-be-cha-l yom i-ma-nu
 ve-al nif-le-o-te-cha ve-to-vo-tei-cha
 she-be-cho-l et e-rev va-vo-ker ve-tzo-ho-ra-yim.
 ha-tov ki lo cha-lu ra-cha-me-cha
 ve-ham-ra-chem ki lo ta-mu cha-sa-dei-cha
 me-o-lam ki-vi-nu lach.

מוֹדִים אֲנַחְנוּ לָךְ
 שְׂאֵתָהּ הוּא יְהוָה אֱלֹהֵינוּ
 וְאֱלֹהֵי הוֹרֵינוּ לְעוֹלָם וָעֶד.
 צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ
 אֵתָהּ הוּא לְדוֹר וָדוֹר.
 נוֹדֶה לָּךְ וְנִסְפֵר תְּהִלָּתְךָ
 עַל חַיֵּינוּ הַמְסוּרִים בְּיָדְךָ
 וְעַל נְשֻׁמוֹתֵינוּ הַפְּקוּדוֹת לָּךְ
 וְעַל נְסִיךְ שְׁבָכְל יוֹם עִמָּנוּ
 וְעַל נְפִלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
 שְׁבָכְל עֵת עָרַב וּבֹקֵר וְצִהְרִים.
 הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ
 וְהִמְרַחֵם כִּי לֹא תִמּוּ חֲסָדֶיךָ
 מֵעוֹלָם קוּיֵנוּ לָּךְ.

ON CHANNUKAH

al ha-ni-sim ve-al ha-pur-kan
 ve-al ha-ge-vu-rot ve-al ha-te-shu-ot
 ve-al ha-mil-cha-mot she-a-si-ta la-ho-rei-nu
 bai-ya-mim ha-hem baz-man ha-zeh

כל ימי חנוכה

על הנסים ועל הפרקן
 ועל הגבורות ועל התשועות
 ועל המלחמות שעשית להורינו
 בימים ההם בזמן הזה.

בימי מתתיהו בן יוחנן כהן גדול חשמוני ובניו כשעמדה מלכות יון הרשעה על עמך ישראל להשכיחם תורתך ולהעבירם
 מזקיי רצונך. ואתה ברחמיך הרבים עמדת להם בעת צרתם רבת את ריבם דנת את דינם נקמת את נקמתם. מסרת
 גבורים ביד חלשים ורבים ביד מעטים וטמאים ביד טהורים ורשעים ביד צדיקים וזדים ביד עוסקי תורתך. ולך עשית
 שם גדול וקדוש בעולמך ובעמך ישראל עשית תשועה גדולה ופרקן כהיום הזה. ואחר כך באו בניך לדביר ביתך ופנו
 את היכלך וטהרו את מקדשך והדליקו נרות בחצרות קדשך וקבעו שמונת ימי חנכה אלו להודות ולהלל לשמך הגדול.

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

ועל כלם
 יתברך ויתרומם שמך
 מלכנו תמיד לעולם ועד.

BETWEEN ROSH HASHANAH AND YOM KIPPUR

Uch-tov le-chai-yim to-vim kol be-nei ve-ri-te-cha.

בשבת שובה

וכתוב לחיים טובים כל בני בריתך.

Ve-cho-l ha-chai-yim yo-du-cha se-lah
 vi-ha-la-lu et shim-cha be-e-met
 ha-el ye-shu-a-tei-nu ve-ez-ra-tei-nu se-lah.

וכל החיים יודוך סלה
 ויהללו את שמך באמת
 האל ישועתנו ועזרתנו סלה.

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

ברוך אתה יהוה

הטוב שמך ולך נאה להודות

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·cha
 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·cha yis·ra·el
 be·chol et
 u·ve·chol sha·ah
 bish·lo·me·cha.

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·cha beit yis·ra·el
 le·chai·yim u·le·sha·lom.
 Ba·ruḥ a·tah a·do·nai
 o·seh ha·sha·lom.

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

שְׁלוֹם רַב
 עַל יִשְׂרָאֵל עִמָּךְ
 תָּשִׂים לְעוֹלָם
 כִּי אַתָּה הוּא
 מֶלֶךְ אֲדוֹן
 לְכֹל הַשָּׁלוֹם.
 וְטוֹב בְּעֵינֶיךָ
 לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל
 בְּכֹל עֵת
 וּבְכֹל שָׁעָה
 בְּשָׁלוֹמְךָ.

בשבת שובה
 בספר חיים
 ברכה ושלום
 ופרנסה טובה
 נזכר ונכתב לפניך
 אנחנו וכל עמך בית ישראל
 לחיים ולשלום.
 ברוך אתה יהוה
 עושה השלום.

ברוך אתה יהוה
 המברך
 את עמו ישראל
 ואת כל יושבי תבל
 בשלום.

4 *Sarah / Joy*

Know that joy arises

when we open in vulnerability to all that is.

צָחַק עָשָׂה לִי אֱלֹהִים כֹּל הַשְּׁמִיעַ יִצְחַק לִי

Tz-ḥok a-sa li e-lo-him kol ha-sho-me-a yitz-ḥak li

God has brought me laughter;

everyone who hears will laugh with me. *Genesis 21:6*

5 *Rebekah / Wisdom*

Know that wisdom arises

when we contemplate the real without preconceptions.

אִם כֵּן לָמָּה זֶה אֲנֹכִי וַתִּלְךְ לְדַרְשׁ אֶת יְהוָה

Va-to-mer im ken la-ma zeh a-no-ḥi? Va-tei-leḥ lid-rosh et HA-VA-YAH

She said: “If things are as they are, why do I exist?”

And she went to seek the One. *Genesis 25:22*

6 *Leah / Gratitude*

Know that gratitude arises

when we consider how much grace is available to us.

הַפַּעַם אֹדֶה אֶת יְהוָה

Ha-pa-am o-deh et HA-VA-YAH

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

7 *Rachel / Peace*

Know that peace arises

when we work toward something larger than ourselves.

יֵשׁ שָׂכָר לַפְעֻלָּתְךָ... וַיֵּשׁ תִּקְוָה לְאַחֲרֵיתְךָ

Yesh schar lif-u-la-teich... ve-yesh tik-vah le-a-char-i-teich

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

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1 *Abraham / Mindfulness*

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

לֵךְ לְךָ מֵאֶרֶץְךָ וּמִמּוֹלַדְתְּךָ וּמִבֵּית אָבִיךָ אֶל הָאָרֶץ אֲשֶׁר אֶרְאֶךָ

Lech le-cha me-ar-tze-cha u-mi-mo-lad-te-cha u-mi-beit a-vi-cha el ha-a-retz a-sher ar-e-ka

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

2 *Isaac / Renewal*

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

וַיַּחְפֹּר אֶת בְּאֵרֵת הַמַּיִם אֲשֶׁר חָפְרוּ בְיַמֵּי אַבְרָהָם אָבִיו

Va-yach-por et be-e-rot ha-ma-yim a-sher chaf-ru bi-mei av-ra-ham a-viv

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.

אֲכֵן יֵשׁ יְהוָה בַּמָּקוֹם הַזֶּה וְאֲנֹכִי לֹא יָדַעְתִּי

A-chen yesh HA-VA-YAH ba-ma-kom ha-zeh ve-a-no-chi lo ya-da-ti

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 אַתָּה שְׂדֵי הַמַּחְזִירָה שְׂכִינָתָה לְצִיּוֹן.

Be·ru·chā at sha·dai ha·ma·chā·zi·rah she·chī·na·tah le·tzi·yon.

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.

בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׂמֵךְ וְלֵךְ נָאֵה לְהוֹדוֹת.

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

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

7. Peace

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

בְּרוּךְ אַתָּה יְהוָה הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל וְאֶת כָּל יוֹשְׁבֵי תֵבֵל בְּשָׁלוֹם.

Ba·ruch a·tah a·do·nai ham·va·rech et a·mo yis·ra·el
ve·et kol yosh·vei te·vel ba·sha·lom.

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

The Amidah concludes on page 49.
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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.

בָּרַךְ אַתָּה יְיָ הוֹיָה מִגֵּן אַבְרָהָם וְיַעֲרַת סָרָה

Ba-ruḥ a-tah a-do-nai ma-gen av-ra-ham ve-ez-rat sa-rah.

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

2. Life

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

בָּרַךְ אַתָּה אֱלֹהֵי מַעַן יוֹנֵה חַיִּים מְחַיֵּה הַמֵּי־תַיִם

Be-ru-cha at ma-yan ha-cha-yim me-cha-yah ha-mei-tim.

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

3. 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.

בָּרַךְ אַתָּה יְיָ הוֹיָה אֵל בְּשֶׁבֶת שׁוּבָה הַלֵּל (הַזֵּדוּת)

Ba-ruḥ a-tah a-do-nai ha-el (ON SHABBAT SHUVAH ha-me-lech) ha-ka-dosh.

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.

בָּרַךְ אַתָּה אֱלֹהֵי טַעַם יְנֵה מִקֵּץ שַׁבָּת

Be-ru-cha at ol-e-qi ha-me-ka-de-sha ha-sha-bat.

Blessed are You, Present One, who sanctifies Shabbat.

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

May the One of Eternal Being bless and protect you.
Let it be God's will. Let it be.
May the One of Endless Light shine to face and grace you.
Let it be God's will. Let it be.
May the One who is Becoming bring you ease and give you peace.
Let it be God's will. Let it be. SY+JG
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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-tach li-bi be-to-ra-te-cha
 u-ve-mitz-vo-tei-cha tir-dof naf-shi.
 Ve-choh ha-chohsh-vim a-lai ra-ah
 me-he-rah ha-fer a-tza-tam
 ve-kal-kel mach-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-cha-l-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-cha-n-ti be-to-cha-m.
 Va-a-nach-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.

אֱלֹהֵי נֹצֵר לְשׁוֹנֵי מִרְעָה
 וּשְׁפָתַי מִדְּבַר מִרְמָה
 וְלִמְקַלְלֵי נַפְשִׁי תִדּוּם
 וּנְפֹשֵׁי כְּעַפְרָה לְכָל תְּהִיָּה.
 פֶּתַח לְבִי בְּתוֹרָתְךָ
 וּבְמִצְוֹתֶיךָ תִרְדּוּף נַפְשִׁי.
 וְכָל הַחֹשֶׁשִׁים עָלַי רַעְהָ
 מִהֲרֵה הַפֵּר עֲצָתְךָ
 וְקַלְקַל מִחֲשָׁבוֹתַי.
 עֲשֵׂה לְמַעַן שְׁמֶךָ
 עֲשֵׂה לְמַעַן יְמִינְךָ
 עֲשֵׂה לְמַעַן קִדְשֶׁךָ
 עֲשֵׂה לְמַעַן תּוֹרָתְךָ.
 לְמַעַן יִחַלְצוּן יְדֵיֶיךָ
 הַוְשִׁיעָה יְמִינְךָ וְעַנְנֵי.

יְהִיו לְרִצּוֹן אֲמָרֵי פִי וְהִגִּיוֹן לְבִי
 לְפָנֶיךָ יְהוָה צוּרִי וְגֹאֲלִי.
 וְעֲשׂוּ לִי מִקְדָּשׁ
 וּשְׁכַנְתִּי בְּתוֹכְכֶם.
 וְאֲנַחְנוּ נִבְרַךְ יְהוָה
 מֵעַתָּה וְעַד עוֹלָם.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו
 הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ
 וְעַל כָּל יִשְׂרָאֵל
 וְעַל כָּל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן.

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

יְאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם

Ye-va-re-che-cha a-do-nai ve-yish-me-re-cha.

Ya-er a-do-nai pa-nav ei-le-cha vi-chu-ne-ka.

Yi-sa a-do-nai pa-nav ei-le-cha ve-va-sem le-cha sha-lom.

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

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

Blessed and praised
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.

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Yit·ga·dal ve-yit·ka·dash
 she·mei ra·ba (a·men)
 be·al·ma div·ra çhir·u·t·eh
 ve·yam·lich mal·çu·t·eh
 be·chai·yei·chon uv·yo·mei·chon uv·ça·yei
 de·çhol 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·mai·ya.

Yit·ba·rach ve-yish·ta·bach
 ve·yitt·pa·ar ve·yit·ro·mam ve·yit·na·sei
 ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal
 she·mei de·kud·sha be·rich hu.

Le·e·la (u·le·ei·la)
 mi·kol bir·ça·t·a ve·shi·ra·t·a
 tush·be·ça·t·a ve·ne·ça·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·çhol 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·ça·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.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ
 שְׁמִיָּה רַבָּא (קָהַל אָמֵן)
 בְּעֶלְמָא דְּבְרָא כְּרַעוּתָהּ
 וְיִמְלִיךְ מַלְכוּתָהּ
 בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
 בְּעִגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן.

יְהִי אֱלֹהֵי שְׁמִיָּה רַבָּא מְבָרַךְ
 לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח
 וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמִיָּה דְקָדְשָׁא בְרִיךְ הוּא.

לְעָלָא (וּלְעָלָא)
 מְכַל בְּרַכְתָּא וְשִׁירְתָּא
 תְּשַׁבַּחְתָּא וְנַחְמְתָּא
 דְאִמְרִין בְּעֶלְמָא
 וְאִמְרוּ אָמֵן. (קָהַל אָמֵן)

תִּתְקַבֵּל צְלוֹתְהוֹן
 וּבְרַעוּתְהוֹן דְכָל בֵּית יִשְׂרָאֵל
 קָדָם אָבוּהוֹן דִּי בְשִׁמְיָא
 וְאִמְרוּ אָמֵן. (קָהַל אָמֵן)

יְהִי אֱלֹהֵי שְׁלָמָא רַבָּא מִן שְׁמִיָּא
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְאִמְרוּ אָמֵן. (קָהַל אָמֵן)

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
 הוּא יַעֲשֵׂה שְׁלוֹם
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל
 וְאִמְרוּ אָמֵן. (קָהַל אָמֵן)



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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.

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103 *The Torah service begins*

Ein ka-mo-cha
va-e-lo-him a-do-nai ve-ein ke-ma-a-se-cha.
Mal-chu-te-cha mal-chut kol o-la-mim
u-mem-shal-te-cha be-cho-l dor va-dor.
A-do-nai me-lech
A-do-nai ma-lach
A-do-nai yim-lch le-o-lam va-ed.
A-do-nai oz le-a-mo yit-en
A-do-nai ye-va-rech et a-mo va-sha-lom.

אֵין כְּמוֹךָ
בְּאֱלֹהִים אֲדֹנָי וְאֵין כְּמַעֲשֵׂיךָ.
מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים
וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וְדוֹר.
יְהוָה מֶלֶךְ
יְהוָה מֶלֶךְ
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.
יְהוָה עֹז לְעַמּוֹ יִתֵּן
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

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

אָב הַרְחָמִים
הֵיטִיבָה בְּרַצוֹנְךָ אֶת צִיּוֹן.
תְּבַנְּנָה חוֹמוֹת יְרוּשָׁלַיִם
כִּי בָךְ לְבַד בְּטַחָנוּ
מֶלֶךְ
אֵל רַם וְנִשְׂא
אֲדוֹן עוֹלָמִים.

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-cha
ve-ya-nu-su me-san-e-cha mip-a-ne-cha.
Ki mi-tzi-yon te-tzei to-rah
u-de-var a-do-nai mi-ru-sha-la-yim.
Ba-ruch she-na-tan to-rah
le-a-mo yis-ra-el bik-dush-a-to.

וַיְהִי בְּנִסְעֵ הָאָרֶן
וַיֹּאמֶר מֹשֶׁה.
קוּמָה יְהוָה וַיִּפְצוּ אֲיֹבֵיךָ
וַיִּנְסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ.
כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה
וְדַבֵּר יְהוָה מִירוּשָׁלַיִם.
בְּרוּךְ שֶׁנָּתַן תוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.



ON PASSOVER, SHAVUOT, AND SUKKOT

A-do-nai a-do-nai
el ra-cha-mim ve-cha-nun
e-rech a-pa-yim
ve-rav che-sed
ve-e-met.
no-tzer che-sed la-a-la-fim.
no-sei a-von va-fe-sha ve-cha-ru-ach-ka-ke-cha

יְהוָה יְהוָה
אֵל רַחוּם וְחַנוּן
אָרַךְ אֲפִים
וְרַב חֶסֶד
וְאֵמֶת
נֹצֵר חֶסֶד לְאֵלִפִים
נֹשֵׂא עוֹן וּפְשָׁע וְחַטָּאת וְטָהַר טָהוֹר

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.

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ON PASSOVER, SHAVUOT, AND SUKKOT

Va·a·ni te·fi·la·ti

le·cha a·do·nai

et ra·tzon

e·lo·him be·rav cha·s-de·cha

a·ne·ni be·e·met yish·e·cha.

וְאֲנִי תַפְלִיטִי

לְךָ יְהוָה

עֵת רְצוֹן

אֱלֹהִים בְּרַב חַסְדֶּךָ

עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

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·nach 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 cha·i·yin be·ti·vu.

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

Le·mir·cham 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·lach hi.

בְּרִיךְ שְׁמֵהּ

דְּמַרְא עֲלֵמָא.

בְּרִיךְ כְּתִרְךָ וְאַתְרְךָ.

יְהֵא רְעוּתְךָ עִם עַמְךָ יִשְׂרָאֵל לְעָלָם.

וּפְוִרְקָן יְמִינְךָ אַחֲזִי לְעַמְךָ

בְּבֵית מִקְדָּשְׁךָ.

וְלְאַמְטוּי לְנָא מְטוּב נְהוּרְךָ

וְלִקְבֵל צְלוּתְנָא בְּרַחֲמִין.

יְהֵא רְעוּא קְדָמְךָ

דְּתוּרִיךָ לָן חַיִּין בְּטִיבוּ.

וְלְהוּי אַנָּא פְקִידָא בְּגוּ צְדִיקָיָא.

לְמַרְחָם עָלֵי וְלְמַנְטֵר יְתִי

וְיֵת כָּל דִּי לִי וְדִי לְעַמְךָ יִשְׂרָאֵל.

אַנְתָּ הוּא זֶן לְכֹלָא וּמְפָרְנָס לְכֹלָא.

אַנְתָּ הוּא שְׁלִיט עַל כֹּלָא.

אַנְתָּ הוּא דְשְׁלִיט עַל מַלְכֵיָא.

וּמַלְכוּתָא דִּילְךָ הִיא.

A·na av·da de·kud·sha be·rich hu

אַנָּא עַבְדָּא דְקֻדְשָׁא בְּרִיךְ הוּא

Bei a·na ra·chitz

ve·lish·mei ka·di·sha ya·ki·ra

a·na e·mar tush·be·chan.

Ye·hei ra·a·va ka·da·mach

de·tif·tach li·ba·i be·o·rai·ta

ve·tash·lim mish·a·lin de·li·ba·i

ve·li·ba de·chol a·mach yis·ra·el

le·tav u·le·chai·yin ve·lish·lam a·men.

בְּהִי אַנָּא רַחֲמִי

וְלְשִׁמְהָ קְדִישָׁא יְקִירָא

אַנָּא אִמֵּר תְּשַׁבְּחֵן

יְהֵא רְעוּא קְדָמְךָ

דְּתַפְתַּח לְבָאֵי בְּאוּרֵיתָא

וְתַשְׁלִים מִשְׁאַלִּין דְּלְבָאֵי

וְלְבָא דְכָל עַמְךָ יִשְׂרָאֵל

לְטַב וְלְחַיִּין וְלְשָׁלָם אָמֵן.

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.

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LISTEN THEN REPEAT

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

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

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵינוּ קְדוֹשׁ שְׁמוֹ

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

WE BOW AND CHANT TOGETHER

גָּדְלוּ לַיהוָה אֶתִּי וְנְרוֹמְמָה שְׁמוֹ יַחְדָּו

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

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

לְךָ יְהוָה הַגְדֹּלָה וְהַגְבוּרָה
 וְהַתְפָּאֲרָת וְהַנְצַח וְהַהוֹד
 כִּי כָל בְּשָׂמִים וּבְאָרֶץ.
 לְךָ יְהוָה הַמְמַלְכָה
 וְהַמְתַּנְשֵׂא לְכָל לְרֹאשׁ.
 רוֹמְמוּ יְהוָה אֱלֹהֵינוּ
 וְהִשְׁתַּחֲווּ לַהֶדֶם רַגְלֵי
 קְדוֹשׁ הוּא.

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

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ
 וְהִשְׁתַּחֲווּ לְהַר קְדוֹשׁוֹ
 כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ.

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

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה
 וְדַבֵּר יְהוָה מִירוּשָׁלַיִם.

To·rat a·do·nai te·mi·mah me·shi·vat na·fesh
 e·dut a·do·nai ne·e·ma·nah mach·ki·mat pe·ti

תּוֹרַת יְהוָה תְּמִימָה מְשִׁיבַת נֶפֶשׁ
 עֲדוֹת יְהוָה נֶאֱמָנָה מַחְכִּימַת פֶּתִי

To·rah tzi·vah la·nu mo·she
 mo·ra·sha ke·hi·lat ya·a·kov

תּוֹרָה צִוָּה לָנוּ מֹשֶׁה
 מוֹרְשָׁה קְהֵלֶת יַעֲקֹב

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

HONOREES ARE CALLED TO THE TORAH

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

וַיֵּצֵר וַיִּגֵן וַיּוֹשִׁיעַ
לְכָל הַחוֹסִים בוֹ וְנֹאמַר אָמֵן.
הַכֹּל הָבּוּ גְדֹל לְאֱלֹהֵינוּ
וְתָנוּ כְבוֹד לַתּוֹרָה.

נא לעמוד _____

בְּרוּךְ שֶׁנָּתַן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.

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.

וְאַתֶּם הַדְּבָקִים בִּיהוָה אֱלֹהֵיכֶם
חַיִּים כְּלַכֶּם הַיּוֹם

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

You who join yourselves to the Infinite your God
are fully alive at this moment.

THOSE CALLED TO THE TORAH SAY

Bar·chu et a·do·nai ham·vo·rach. בְּרַחוּ אֶת יְהוָה הַמְבַרְךְ.

Blessed be the Infinite Source of Blessing.

OTHERS RESPOND

בְּרוּךְ יְהוָה הַמְבַרְךְ לְעוֹלָם וָעֵד

Ba·ruḥ a·do·nai ham·vo·rach le·o·lam va·ed.

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

Ba·ruḥ a·do·nai ham·vo·rach
le·o·lam va·ed.

בְּרוּךְ יְהוָה הַמְבַרְךְ
לְעוֹלָם וָעֵד.

Ba·ruḥ a·tah a·do·nai
e·lo·hei·nu me·lech ha·o·lam
a·sher ba·ḥar ba·nu
im kol | mi·kol ha·a·mim
ve·na·tan la·nu
et to·ra·to.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר בָּחַר בָּנוּ
עִם כָּל | מְכַל הָעַמִּים
וְנָתַן לָנוּ
אֶת תּוֹרָתוֹ.

Ba·ruḥ a·tah a·do·nai
no·ten ha·to·rah.

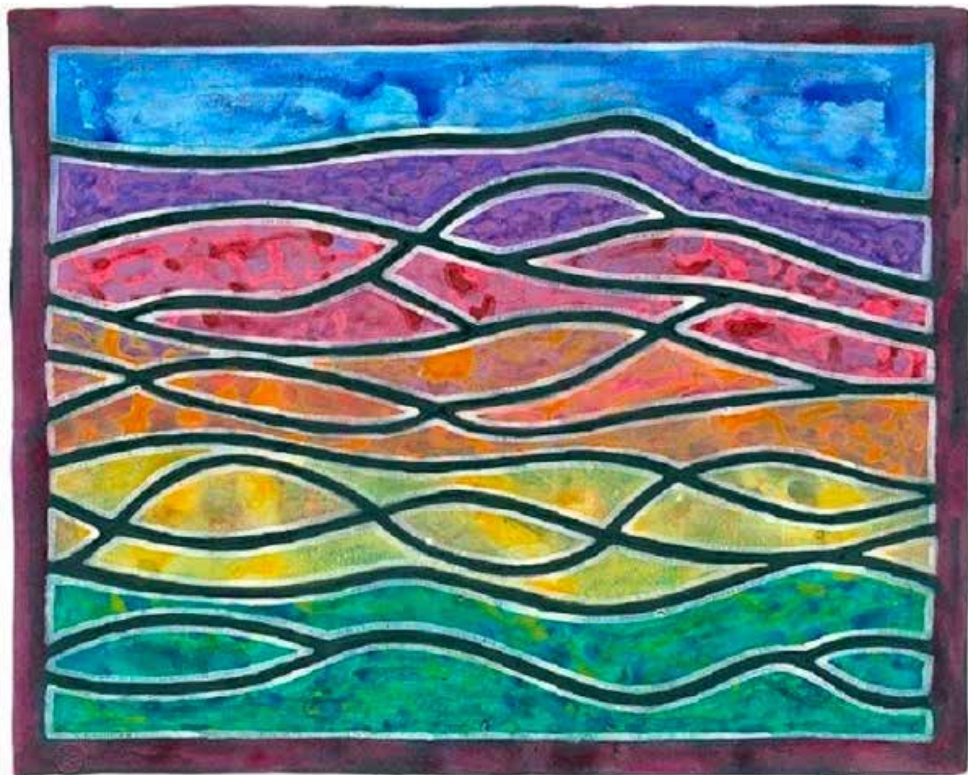
בְּרוּךְ אַתָּה יְהוָה
נוֹתֵן הַתּוֹרָה.

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.

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Ba·ruch a·tah a·do·nai
e·lo·hei·nu me·lech ha·o·lam
a·sher na·tan la·nu
to·rat e·met
ve·chai·yei o·lam
na·ta be·tò·chei·nu.
Ba·ruch a·tah a·do·nai
no·ten ha·to·rah.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר נָתַן לָנוּ
תּוֹרַת אֱמֶת
וַחַיֵּי עוֹלָם
נִשְׂע בְּתוֹכֵנוּ.
בְּרוּךְ אַתָּה יְהוָה
נוֹתֵן הַתּוֹרָה.

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.
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A·na el na re·fa na lah

be·har·ot lah no·am zi·vaḥ
az tit·ḥa·zek ve·tit·ra·pe
ve·hai·tah lah sim·ḥat o·lam.

אָנָּא אֵל נָּא רְפָּא נָּא לָּהּ

בְּהִרְאוֹת לָּהּ נֹעֵם זִיּוֹן
אִז תִּתְחַזֵּק וְתִתְרַפֵּא
וְהִיִּתָּה לָּהּ שִׂמְחַת עוֹלָם.

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·raḥ a·vo·tei·nu
Me·kor hab·ra·ḥa le·i·mo·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·raḥ i·mo·tei·nu
Me·kor hab·ra·ḥa la·vo·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. DF

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

Ha·le·lu·yah, ha·le·lu·yah.

A·na el na re·fa na lah.

הַרְפֵּא לְשִׁבוּרֵי לֵב
וּמְחַבֵּשׁ לְעֵצְבוֹתֵם
מוֹנֵה מִסְפָּר לְכוֹכָבִים
לְכֹלֵם שְׁמוֹת יִקְרָא

הַלְלוּיָהּ

אָנָּא אֵל נָּא רְפָּא נָּא לָּהּ

Healer of the broken-hearted. Binder of our wounds
Counter of uncountable stars. You know who we are. SY

Halleluyah, Halleluyah.

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Ba-ruch a-tah a-do-nai
 e-lo-hei-nu me-lech ha-o-lam
 ha-go-mel le-cha-yi-ya-vim to-vot
 she-ge-ma-la-ni kol tov.

ברוך אתה יהוה
 אלהינו מלך העולם
 הגומל לחיבים טובות
 שגמלני כל טוב.

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.

אמן. מי שגמל כל טוב
 הוא יגמל כל טוב סלה.

May the One who did great good for you continue to do great good for you.

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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.

115 *Healing Prayers*

Mi she-bei-rach 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
lich-vod ha-ma-kom lich-vod ha-to-rah
ve-lich-vod ha-sha-bat
ve-lich-vod yom tov
vi-sḥar zeh ha-ka-dosh ba-ruch hu
yish-me-rei-hu ve-ya-tzi-lei-hu
mi-kol tza-rah ve-tzu-kah
u-mi-kol ne-ga u-ma-ḥa-lah
ve-yish-lach 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.

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
אֲבֹרָהֶם יִצְחָק וְיַעֲקֹב
וְאִמּוֹתֵינוּ שָׂרָה רִבְקָה רָחֵל וְלֵאָה
הוּא יְבָרַךְ אֶת _____
בְּעִבּוֹר שְׁעָלָה לְתוֹרָה
לְכָבוֹד הַמָּקוֹם לְכָבוֹד הַתּוֹרָה
וְלְכָבוֹד הַשַּׁבָּת
וְלְכָבוֹד יוֹם טוֹב.
בְּשִׁכְרָה זֶה הַקָּדוֹשׁ בְּרוּךְ הוּא
לְשִׁמְרָהוּ וְלִצְלִיָּהוּ
מִכָּל צָרָה וְצוּקָה
וּמִכָּל נֶגַע וּמַחֲלָה
וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה
בְּכָל מַעֲשֵׂה יָדָיו
עִם כָּל יִשְׂרָאֵל אַחֲיוֹ וְנֹאמְרֵי אָמֵן.

Ye-hi ra-tzon mil-fa-nei-cha
a-do-nai e-lo-hei-nu ve-lo-hei ho-rei-nu
she-te-cha-desh a-lei-nu et ha-cho-desh ha-zeh
le-to-vah ve-liv-ra-cha.

Ve-ti-ten la-nu chai-yim a-ru-kim.
Chai-yim shel sha-lom. Chai-yim shel to-vah.
Chai-yim shel be-ra-cha.

Chai-yim shel par-na-sah.
Chai-yim shel chil-lutz a-tza-mot.
Chai-yim she-yesh ba-hem

yir-at sha-ma-yim ve-yir-at chet.
Chai-yim she-ein ba-hem bu-shah u-che-li-mah.
Chai-yim shel o-sher ve-cha-vod.

Chai-yim she-te-hei va-nu
a-ha-vat to-rah ve-yir-at sha-ma-yim.
Chai-yim shei-yi-ma-le-u
mish-a-lot li-be-nu le-to-vah a-men se-lah.

Mi she-a-sah ni-sim la-ho-rei-nu
ve-ga-al o-tam me-av-dut le-che-rut.
Hu yig-al o-ta-nu be-ka-rov
vi-ka-betz ni-da-cha-nu
me-ar-ba kan-fot ha-a-retz.
Cha-ve-rim kol yis-ra-el ve-no-mar a-men.

Rosh cho-desh ____ yih-yeh be-yom ____
ha-ba a-lei-nu ve-al kol yis-ra-el le-to-vah.
Ye-cha-de-she-hu ha-ka-dosh ba-ruch hu
a-lei-nu ve-al kol a-mo beit yis-ra-el

be-cho-l ma-kom she-hem le-to-vah ve-liv-ra-cha.
Le-sa-son u-le-sim-cha.
Li-shu-ah u-le-ne-cha-mah.

Le-far-na-sah to-vah u-le-cha-l-ka-lah.
Le-cha-yim u-le-sha-lom.
Lish-mu-ot to-vot ve-liv-so-rot to-vot.

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

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה
אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ
שֶׁתְּחַדֵּשׁ עֲלֵינוּ אֶת הַחֹדֶשׁ הַזֶּה
לְטוֹבָה וְלִבְרָכָה.

וְתִתֵּן לָנוּ חַיִּים אָרוּכִים.
חַיִּים שֶׁל שְׁלוֹם. חַיִּים שֶׁל טוֹבָה.
חַיִּים שֶׁל בְּרָכָה.

חַיִּים שֶׁל פְּרֻסָּה.
חַיִּים שֶׁל חִלוּץ עֲצָמוֹת.
חַיִּים שֶׁיֵּשׁ בָּהֶם

יִרְאַת שָׁמַיִם וְיִרְאַת חֹטָא.
חַיִּים שֶׁאֵין בָּהֶם בּוֹשָׁה וְכִלְמָה.
חַיִּים שֶׁל עֶשֶׂר וְכָבוֹד.

חַיִּים שֶׁתְּהֵא בְנוֹ
אֶהְבֵּת תּוֹרָה וְיִרְאַת שָׁמַיִם.
חַיִּים שֶׁיִּמְלְאוּ

מִשְׁאָלוֹת לְבָנוּ לְטוֹבָה אֲמֵן סְלָה.
מִי שֶׁעָשָׂה נִסִּים לְהוֹרֵינוּ
וְגָאֵל אוֹתָם מֵעַבְדוּת לְחֵירוֹת.

הוּא יְגַאֵל אוֹתָנוּ בְּקִרְוֵב
וְיִקְבֹּץ נִדְחֵינוּ
מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ

חֲבָרִים כָּל יִשְׂרָאֵל וְנֹאמֵר אֲמֵן.
רֵאשׁ חֹדֶשׁ ____ יִהְיֶה בַּיּוֹם פְּלוּגִי
הַבָּא עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל לְטוֹבָה.

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בְּרוּךְ הוּא
עֲלֵינוּ וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל
בְּכָל מְקוֹם שֶׁהֵם לְטוֹבָה וְלִבְרָכָה.

לְשִׁשׁוֹן וְלִשְׂמִחָה.
לִישׁוּעָה וְלִנְחֻמָּה.
לְפְרֻסָּה טוֹבָה וְלִכְלִפְלָה.

לְחַיִּים וְלִשְׁלוֹם.
לְשִׂמְחוֹת טוֹבוֹת וְלִבְשׂוֹרוֹת טוֹבוֹת.
בְּחוּרָף וְלִגְשָׁמִים בְּעֵתָם.

וְלִרְפוּאָה שְׁלֵמָה.
וְלִגְאוּלָּה קְרוּבָה וְנֹאמֵר אֲמֵן.

May it be your desire, Turner of the Cycles, our Holy Timekeeper,
holy to our ancestors,

that you renew for us this new month — may it bring
goodness and blessing. In this new month,
grant us meaningful days,

a life of peace, a life of integrity,
a life of blessing,
a life of prosperity,

a life in which our bones find strength,
a life that contains
reverence and good intention,

a life without shame or humiliation,
a life of abundance and appreciation,
a life in which we know

love of Torah and love of the Divine.
a life in which our desires are fulfilled for good.
Amen, selah.

May the One who did wonders for our ancestors
and brought them from servitude to freedom
liberate us soon,

and may exiles be gathered from the earth's four corners.
Reunite all the dear ones who together form the people Israel.
And let us say: Amen.

The new month of ____ will begin on ____.

May it come to us and all the Jewish people with goodness.
May the Holy One of Blessing

renew time for us and for all the people of the house of Israel
In all the many lands in which they dwell. For goodness and blessing,
For joy and gladness,

For liberation and consolation,
For right livelihood and abundance,
For life and for peace,

For good news and good tidings
WINTER ONLY [and abundant rain]

And for complete healing for all in need.
And for the redemptive interweaving of life, soon in our days. Amen.

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ	Yit·ga·dal ve-yit·ka·dash
שְׁמִיָּה רַבָּא (קְהֵל אָמֵן)	she·mei ra·ba (a·men)
בְּעֵלְמָא דְּבְרָא כְּרַעוּתָהּ	be·al·ma div·ra çhir·u·t'eh
וַיְמַלִּיךְ מַלְכוּתָהּ	ve·yam·lich mal·chu·t'eh
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן	be·çhai·yei·çhon uv·yo·mei·çhon uv·çha·yei
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל	de·çhol beit' yis·ra·el
בְּעֵגְלָא וּבְזִמְן קְרִיב וְאִמְרוּ אָמֵן.	ba·a·ga·la u·viz·man ka·riv ve·im·ru a·men.

יְהֵא שְׁמִיָּה רַבָּא מְבָרַךְ	Ye·hei she·mei ra·ba me·vo·rach
לְעֵלָם וּלְעֵלְמֵי עֲלַמְיָא.	le·a·lam u·le·al·mei al·mai·ya.

יְתַבְרַךְ וַיְשַׁתְּבַח	Yit·ba·rach ve-yish·ta·bach
וַיְתַפְּאֵר וַיְתַרְוֵם וַיְתַנְּשֵׂא	ve-yitt·pa·ar ve-yit·ro·mam ve-yit·na·sei
וַיְתַהַדֵּר וַיְתַעַלֶּה וַיְתַהַלֵּל	ve-yit·ha·dar ve-yit·a·leh ve-yit·ha·lal
שְׁמִיָּה דְקֻדְשָׁא בְרִיךְ הוּא.	she·mei de·kud·sha be·rich hu.

לְעֵלָא (וּלְעֵי־לָא)	Le·e·la (u·le·ei·la)
מְכָל בְּרַכְתָּא וְשִׁירְתָּא	mi·kol bir·çha·t'a ve·shi·ra·t'a
תְּשַׁבְּחָתָא וְנַחְמָתָא	tush·be·çha·t'a ve·ne·çha·ma·t'a
דְּאִמְרֵן בְּעֵלְמָא	da·a·mi·ran be·al·ma
וְאִמְרוּ אָמֵן. (קְהֵל אָמֵן)	ve·im·ru a·men.

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

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

Blessed and praised and glorified and exalted and lifted high,
 beautified and exalted and praised is that holy name — blessed be the One —
 though that One is greater than all of the blessing, singing,
 praising and consoling that we can utter in this world.

And say amen.
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זֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
לְפָנַי בְּנֵי יִשְׂרָאֵל עַל פִּי יְהוָה בְּיַד מֹשֶׁה.

Zot ha-to-rah a-sher sam mo-she
lif-nei be-nei yis-ra-el al pi a-do-nai be-yad mo-she.

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.

יִשְׂרָאֵל
וְאוֹרֵיטָא
וְקִדְשָׁא בְּרִיךְ הוּא
חַד הוּא.
תּוֹרָה אוֹרָה הַלְלוּיָהּ.

Yis-ra-el
ve-o-rai-ta
ve-ku-de-sha be-riḥ
hu ḥad hu.

To-rah o-rah ha-le-lu-yah.

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, Shekinah who makes Shabbat and festivals holy.

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לפני קריאת ההפטרה

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
 אֲשֶׁר בָּחַר בְּנִבְיָאִים טוֹבִים וְרָצָה בְּדִבְרֵיהֶם הַנְּאֻמְרִים בְּאֵמֶת
 בְּרוּךְ אַתָּה יְהוָה הַבּוֹחֵר בַּתּוֹרָה וּבַמִּשָּׁה עֲבָדוֹ
 וּבִישְׂרָאֵל עַמּוֹ וּבְנִבְיָאֵי הָאֵמֶת וְצַדִּיק.

אחרי קריאת ההפטרה

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
 צוֹר כָּל הָעוֹלָמִים צַדִּיק בְּכָל הַדּוֹרוֹת
 הָאֵל הַנְּאֻמָּן הָאוֹמֵר וְעוֹשֶׂה הַמְדַבֵּר וּמְקַיֵּם שְׁפָל דְּבַרְיוֹ אֵמֶת וְצַדִּיק.
 נְאֻמָּן אַתָּה הוּא יְהוָה אֱלֹהֵינוּ וְנֶאֱמָנִים דְּבַרְיֶךָ
 וְדָבַר אֶחָד מִדְּבַרְיֶךָ אַחֲזוֹר לֹא יֵשׁוּב רִיקָם
 כִּי אֵל מֶלֶךְ נְאֻמָּן וְרַחֲמָן אַתָּה.
 בְּרוּךְ אַתָּה יְהוָה הָאֵל הַנְּאֻמָּן בְּכָל דְּבַרְיוֹ.

רַחֵם עַל צִיּוֹן כִּי הִיא בֵּית חַיֵּינוּ
 וְלַעֲלוּבַת נַפְשׁ תּוֹשִׁיעַ בְּמַהֲרָה בְּיָמֵינוּ.
 בְּרוּךְ אַתָּה יְהוָה מְשַׁמֵּחַ צִיּוֹן בְּבִנְיָהּ.

שְׁמַחְנוּ יְהוָה אֱלֹהֵינוּ בְּאַלְיָהּ הַנְּבִיא עֲבָדֶיךָ
 וּבַמְלָכוֹת בֵּית דָּוִד מְשִׁיחֶךָ בְּמַהֲרָה יָבוֹא וַיַּגַּל לְבָנוּ
 עַל כִּסְאוֹ לֹא יֵשֵׁב זָר וְלֹא יִנְחֲלוּ עוֹד אַחֲרָיִם אֶת כְּבוֹדוֹ
 כִּי בָשָׂם קִדְשֶׁךָ נִשְׁבַּעְתָּ לוֹ
 שְׁלֹא יִכְבֶּה נֵרוֹ לְעוֹלָם וָעֶד.
 בְּרוּךְ אַתָּה יְהוָה מְגַן דָּוִד.

עַל הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל הַנְּבִיאִים וְעַל יוֹם הַשְּׁבִעִת הַזֶּה וְעַל יוֹם

לפסח חג המצות הזה לשבועות חג השבועות הזה
 לסוכות חג הסוכות הזה לשמ"ע ולש"ת שמיני עצרת החג הזה

שְׁנַתָּ לָנוּ יְהוָה אֱלֹהֵינוּ לְקִדְשָׁהּ
 וְלִמְנוּחָהּ לְשִׁשּׁוֹן וְלִשְׂמֻחָהּ לְכָבוֹד וּלְתַפְאֲרָתָהּ.
 עַל הַכֹּל יְהוָה אֱלֹהֵינוּ אֲנַחְנוּ מוֹדִים לָךְ וּמְבָרְכִים אוֹתְךָ
 יַתְבַּרְךָ שְׂמֵךְ בְּפִי כָל חַי תְּמִיד לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה מְשַׁמֵּחַ צִיּוֹן וְיִשְׂרָאֵל יְהוּדִים.

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.

Ye-ha-le-lu et shem a-do-nai
ki ni-sh-gav she-mv le-va-do.

Ho-do al e-retz ve-sha-ma-yim.
va-ya-rem ke-ren le-a-mo
te-hil-lah le-cho-l cha-si-dav
liv-nei yis-ra-el am ke-ro-vo ha-le-lu-yah.

Miz-mor le-da-vid.

Ha-vu la-do-nai be-nei e-lim
Ha-vu la-do-nai ka-vod va-oz.

Ha-vu la-do-nai ke-vod she-mo
hish-ta-cha-vu la-do-nai be-had-rat ko-desh.

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

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

Kol a-do-nai cho-tzev la-ha-vot esh.
Kol a-do-nai ya-cho-l mid-bar
ya-cho-l 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-lech le-o-lam.

A-do-nai oz le-a-mo yi-ten
a-do-nai ye-va-rech et a-mo va-sha-lom.

יְהַלְלוּ אֶת שֵׁם יְהוָה
כִּי נִשְׁגַּב שְׁמוֹ לְבָדוֹ.

הוֹדוּ עַל אֶרֶץ וּשְׁמַיִם.
וַיִּרְם קָרְן לְעָמוֹ
תְּהַלֵּה לְכָל חַסִּידָיו
לְבְנֵי יִשְׂרָאֵל עִם קָרְבוֹ הַלְלוּיָהּ.

מִזְמוֹר לְדָוִד

הָבוּ לַיהוָה בְּנֵי אֱלִים
הָבוּ לַיהוָה כְּבוֹד וְעֹז.

הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ
הַשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת קֹדֶשׁ.

קוֹל יְהוָה עַל הַמַּיִם
אֵל הַכְּבוֹד הַרְעִים
יְהוָה עַל מַיִם רַבִּים.

קוֹל יְהוָה בִּכְחַ קוֹל יְהוָה בְּהַדָּר.
קוֹל יְהוָה שָׁבַר אֲרָזִים
וַיִּשְׁבַּר יְהוָה אֶת אֲרָזֵי הַלְּבָנוֹן.
וַיִּרְקִידֵם כְּמוֹ עֵגֶל
לְבָנוֹן וּשְׂרִיץ כְּמוֹ בֵן רְאֵמִים.

קוֹל יְהוָה חָצַב לְהַבּוֹת אֵשׁ.
קוֹל יְהוָה יַחֲוִיל מִדְּבַר
יַחֲוִיל יְהוָה מִדְּבַר קֹדֶשׁ.
קוֹל יְהוָה יַחֲוִיל אֵילוֹת
וַיַּחֲשֶׁף יַעְרוֹת

וּבְהִיכָלוֹ פָּלוּ אִמֵּר כְּבוֹד.

יְהוָה לְמַבּוּל יָשָׁב
וַיִּשָּׁב יְהוָה מִלֶּךְ לְעוֹלָם.

יְהוָה עֹז לְעָמוֹ יִתֵּן
יְהוָה יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

The earth and its fullness
belong to Eternity;
the globe and all who dwell upon it.

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

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

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

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

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

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

Who is this magnificent Presence?
The One who Holds Multitudes —
He is the King of Glory.
Selah.

Le-da-vid miz-mor
la-donai ha-a-retz u-me-lo-ah
te-vel ve-yo-she-vei vah.

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

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

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

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

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

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

Mi hu zeh me-lech ha-ka-vod
a-do-nai tze-va-ot hu
me-lech ha-ka-vod
se-lah.

לְדוֹד מִזְמוֹר
לַיהוָה הָאָרֶץ וּמְלוֹאָהָ
תִּבֵּל וַיִּשְׁבִּי בָהּ.

כִּי הוּא עַל יָמִים יִסְדָּה
וְעַל נְהָרוֹת יִכּוֹנְנָהּ.

מִי יַעֲלֶה בְּהַר יְהוָה
וּמִי יָקוּם בְּמִקְוֹם קִדְשׁוֹ.
נָקִי כַפַּיִם וּבֵר לִכְבֹּב
אֲשֶׁר לֹא נָשָׂא לְשׂוֹא
נַפְשִׁי וְלֹא נִשְׁבַּע לְמַרְמָהּ.

יִשָּׂא בְרָכָה מֵאֵת יְהוָה
וַיְצַדֵּקָהּ מֵאֱלֹהֵי יִשְׁעוֹ.
זֶה דוֹר דֹּרְשָׁיו
מִבְּקָשֵׁי פְּנִיךָ יַעֲקֹב סֵלָה.

שָׂאוּ שְׁעָרִים רְאשֵׁיכֶם
וְהִנְשָׂאוּ פִתְחֵי עוֹלָם
וַיָּבֹא מֶלֶךְ הַכְּבוֹד.

מִי זֶה מֶלֶךְ הַכְּבוֹד
יְהוָה עֲזוֹז וְגִבּוֹר
יְהוָה גִּבּוֹר מִלְחָמָהּ.

שָׂאוּ שְׁעָרִים רְאשֵׁיכֶם
וּשְׂאוּ פִתְחֵי עוֹלָם
וַיָּבֹא מֶלֶךְ הַכְּבוֹד.

מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד
יְהוָה צְבָאוֹת הוּא
מֶלֶךְ הַכְּבוֹד
סֵלָה.

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

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

וּבְנַחְהָ יֹאמֵר שׁוּבָה יְהוָה
 רַבּוֹת אֶלְפֵי יִשְׂרָאֵל.
 קוּמָה יְהוָה לְמַגּוּחֶתָּךְ
 אַתָּה וְאַרְוֹן עֶדְךָ.
 כְּהִנֵּיךָ יִלְבְּשׁוּ צֶדֶק
 וְחִסְדֶּיךָ יְרַנְּנוּ.
 בְּעִבּוֹר דָּוִד עַבְדְּךָ
 אֵל תֵּשֶׁב פְּנֵי מְשִׁיחֶךָ.
 כִּי לְקַח טוֹב נָתַתִּי לָכֶם
 תּוֹרַתִי אֵל תַּעֲזֹבוּ.

עֵץ חַיִּים הִיא לְמַחְזִיקִים בָּהּ
 וְתִמְכֶיהָ מְאֹשָׁר.
 דְּרָכֶיהָ דְרָכֵי נֵעַם
 וְכָל נְתִיבֹתֶיהָ שְׁלוֹם.
 הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה
 חֲדָשׁ יְמֵינוּ כְּקֶדֶם.

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

De·ra·che·ha dar·chei 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
 cha·deish ya·mei·nu

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-aḥ 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-ḥot ha-a-da-mah.

She-sam ḥel-ke-nu e-ma-hem
 ve-go-ra-le-nu ke-ḥol ha-mo-nam.

Va-a-nach-nu kor-im
 u-mish-ta-ḥa-vim
 u-mo-dim
 lif-nei me-leḥ
 mal-ḥei ham-la-ḥim
 ha-ka-dosh ba-ruch hu.

She-hu no-teh sha-ma-yim ve-yo-sed a-retz
 u-mo-shav ye-ka-ro ba-sha-ma-yim mi-ma-al
 u-she-ḥi-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

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
 שְׁלוֹ עֲשָׂנוּ כְּגֹיֵי הָאֲרָצוֹת
 וְלוֹ שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה.

שָׁשִׂים חֲלָקְנוּ עִמָּהֶם
 וְגִרְלָנוּ כָּכֵל הַמוֹנָם.

וְאִנְחָנוּ כּוֹרְעִים
 וּמִשְׁתַּחֲוִים
 וּמוֹדִים
 לְפָנֵי מֶלֶךְ
 מַלְכֵי הַמְּלָכִים
 הַקָּדוֹשׁ בְּרוּךְ הוּא.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ
 וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל
 וְשֹׁכֵינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים.
 הוּא אֱלֹהֵינוּ אֵין עוֹד.

אִמֵּת מִלְּכָנוּ אָפֶס זוֹלָתוֹ
 כְּכַתוּב בְּתוֹרָתוֹ.
 וְיִדְעַתְּ הַיּוֹם

וְהִשְׁבַּת אֵל לְבַבְךָ כִּי יְהוּה הוּא הָאֱלֹהִים

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

ba-sha-ma-yim mi-ma-al
 ve-al ha-a-retz mi-ta-ḥat
 ein od.

←

בְּשָׁמַיִם מִמַּעַל
 וְעַל הָאֶרֶץ מִתַּחַת
 אֵין עוֹד.

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
 lir-ot me-hei-rah be-tif-e-ret u-ze-cha
 le-ha-a-vir gi-lu-lim min ha-a-retz
 ve-ha-e-li-lim ka-rot yi-ka-re-tun
 le-ta-ken o-lam be-mal-çhut sha-dai

 ve-çhol be-nei va-sar yik-re-u vish-me-cha
 le-haf-not e-lei-cha kol rish-ei a-retz.

 Ya-ki-ru ve-yed-u kol yosh-vei te-vel
 ki le-cha tiç-ra
 kol be-reçh ti-sha-va kol la-shon.

 Le-fa-ne-cha a-do-nai e-lo-hei-nu
 yich-re-u ve-yi-po-lu
 ve-liçh-vod shim-cha ye-kar yi-te-nu.

 Vi-kab-lu çhu-lam et ol mal-çhu-te-cha
 ve-tim-loçh a-lei-hem me-hei-rah
 le-o-lam va-ed.

 Ki ha-mal-çhut she-le-cha hi
 u-le-ol-mei ad tim-loçh be-cha-vod.

 Ka-ka-tuv be-to-ra-te-cha.
 a-do-nai yim-loçh le-o-lam va-ed.

 Ve-ne-e-mar ve-ha-yah a-do-nai
 le-me-leçh al kol ha-a-retz
 ba-yom ha-hu
 yih-yeh a-do-nai e-çhad
 u-she-mo e-çhad.

עַל כֵּן נִקְוָה
 לָךְ יְהוָה אֱלֹהֵינוּ
 לְרֹאוֹת מִהֵרָה בְּתַפְאֲרַת עֲזֶךָ
 לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ
 וְהָאֱלִילִים כְּרוֹת יַכְרִתוּן
 לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׂדֵי

 וְכָל בְּנֵי בֶשֶׁר יִקְרְאוּ בְשִׁמְךָ
 לְהַפְנוֹת אֵלֶיךָ כָּל רִשְׁעֵי אָרֶץ.

 יִכִּירוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תֵבֶל
 כִּי לָךְ תִּכְרַע
 כָּל בְּרֶךְ תִּשָּׁבַע כָּל לְשׁוֹן.

 לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ
 יִכְרְעוּ וַיִּפְּלוּ
 וּלְכַבֹּד שִׁמְךָ יִקָּר יִתְנוּ.

 וַיִּקְבְּלוּ כָּלֵם אֶת עַל מַלְכוּתְךָ
 וַתִּמְלֹךְ עֲלֵיהֶם מִהֵרָה
 לְעוֹלָם וָעֶד.

 כִּי הַמַּלְכוּת שְׁלֶךָ הִיא
 וּלְעוֹלָמֵי עַד תִּמְלֹךְ בְּכַבֹּד.

 כִּכְתוּב בְּתוֹרָתְךָ
 יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.

 וַיִּנְאֹמֶר וְהָיָה יְהוָה
 לְמֶלֶךְ עַל כָּל הָאָרֶץ
 בַּיּוֹם הַהוּא
 יְהָיָה יְהוָה אֶחָד
 וּשְׁמוֹ אֶחָד.

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.

Ein ke-lo-hei-nu
ein ka-do-nei-nu
ein ke-mal-kei-nu
ein ke-mo-shi-ei-nu.

אֵין כְּאֱלֹהֵינוּ
אֵין כְּאֲדוֹנֵינוּ
אֵין כְּמַלְכֵנוּ
אֵין כְּמוֹשִׁיעֵנוּ.

Mi che-lo-hei-nu
mi cha-do-nei-nu
mi che-mal-kei-nu
mi che-mo-shi-ei-nu.

מִי כְּאֱלֹהֵינוּ
מִי כְּאֲדוֹנֵינוּ
מִי כְּמַלְכֵנוּ
מִי כְּמוֹשִׁיעֵנוּ.

No-deh le-lo-hei-nu
no-deh la-do-nei-nu
no-deh le-mal-kei-nu
no-deh le-mo-shi-ei-nu.

נֹדֶה לְאֱלֹהֵינוּ
נֹדֶה לְאֲדוֹנֵינוּ
נֹדֶה לְמַלְכֵנוּ
נֹדֶה לְמוֹשִׁיעֵנוּ.

Ba-ruch e-lo-hei-nu
ba-ruch a-do-nei-nu
ba-ruch mal-kei-nu
ba-ruch mo-shi-ei-nu.

בְּרוּךְ אֱלֹהֵינוּ
בְּרוּךְ אֲדוֹנֵינוּ
בְּרוּךְ מַלְכֵנוּ
בְּרוּךְ מוֹשִׁיעֵנוּ.

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

אַתָּה הוּא אֱלֹהֵינוּ
אַתָּה הוּא אֲדוֹנֵנוּ
אַתָּה הוּא מַלְכֵנוּ
אַתָּה הוּא מוֹשִׁיעֵנוּ.

A-tah hu she-hik-ti-ru ho-rei-nu
le-fa-nei-cha et ke-to-ret ha-sa-mim.

אַתָּה הוּא שֶׁהִקְטִירוּ הוֹרֵינוּ
לְפָנֶיךָ אֶת קְטָרֶת 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.
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Im ta-shiv mi-sha·bat rag·le·cha
 a·sot cha·fa·tze·cha be·yom kod·shi
 ve·ka·ra·ta la·sha·bat o·neg
 lik·dosh a·do·nai me·chu·bad
 ve·chi·bad·to me·a·sot de·ra·che·cha
 mi·me·tzo chef·tze·cha ve·da·ber da·var.
 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.

אם תשיב משבת רגלך
 עשות חפצך ביום קדשי
 וקראת לשבת ענג
 לקדוש יהוה מכבד
 וכבדתו מעשות דרכיך
 ממצוא חפצך ודבר דבר.
 אז תתענג על יהוה
 והרכבתיך על כמתי ארץ
 והאכלתיך נחלת יעקב אביך
 כי פי יהוה דבר.

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
 u·vai·yom ha·she·vi·i sha·vat vai·yi·na·fash.

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת
 לְעִשׂוֹת אֶת הַשַּׁבָּת
 לְדֹרֹתָם בְּרִית עוֹלָם.
 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
 אוֹת הִיא לְעוֹלָם
 כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
 אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ.

Za·chor et yom ha·sha·bat le·ka·de·sho
 she·shet ya·mim ta·a·vod
 ve·a·si·ta kol me·lach·te·cha
 ve·yom ha·she·vi·i sha·bat la·do·nai e·lo·he·cha
 lo ta·a·seh chol me·la·chah
 a·tah u·vin·cha u·vi·te·cha av·de·cha
 va·a·ma·te·cha u·ve·hem·te·cha ve·ger·cha
 a·sher bish·a·rei·cha
 ki she·shet ya·mim a·sah a·do·nai
 et ha·sha·ma·yim ve·et ha·a·retz
 et hai·yam ve·et kol a·sher bam
 vai·ya·nach bai·yom ha·she·vi·i.

זָכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ
 שֵׁשֶׁת יָמִים תַּעֲבֹד
 וְעָשִׂיתָ כָּל מְלַאכְתְּךָ
 יוֹם הַשְּׁבִיעִי שַׁבָּת לַיהוָה אֱלֹהֶיךָ
 לֹא תַעֲשֶׂה כָּל מְלָאכָה
 אַתָּה וּבְנֶךָ וּבִתֶּךָ עַבְדְּךָ
 וְאִמְתֶּךָ וּבְהִמְתֶּךָ וּגְרֶךָ
 אֲשֶׁר בְּשַׁעְרֶיךָ
 כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
 אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
 אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם
 וַיִּנַּח בַּיּוֹם הַשְּׁבִיעִי.

Al ken be·rach a·do·nai
 et yom ha·sha·bat vay·ka·de·she·hu.

על כן בֵּרַךְ יְהוָה
 אֶת יוֹם הַשַּׁבָּת וַיְקַדְּשֵׁהוּ.

Sav·ri cha·ve·rai!

סְבִרֵי חֲבֵרֵי

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
 הָעוֹלָם בּוֹרֵא פְרֵי הַגֶּפֶן.

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.

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

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

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

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

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ
 בְּטָרֵם כָּל יַצִּיר נִבְרָא
 לַעֲת נַעֲשֶׂה בְּחַפְצוֹ כָּל
 אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל
 לְבַדּוֹ יְמַלֵּךְ נוֹרָא
 וְהוּא הָיָה וְהוּא הוּהוּ
 וְהוּא יְהִיָּה בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שְׁנַי
 לְהַמְשִׁילוֹ וְלְהַחֲבִירָה
 בְּלִי רֵאשִׁית בְּלִי תַכְלִית
 וְלוֹ הָעֵז וְהַמְשָׁרָה.

וְהוּא אֵלִי וְחֵי גּוֹאֲלִי
 וְצוּר חֲבְלֵי בְעֵת צָרָה
 וְהוּא נָסִי וּמְנוֹסִי
 מְנַת כּוֹסֵי בַיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי
 בְּעֵת אִישָׁן וְאַעִירָה
 וְעַם רוּחִי גְוִיָּתִי
 אֲדַנִּי לִי וְלֹא אִירָא.

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!



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Ba-ruch a-tah a-do-nai
e-lo-hei-nu me-lech 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-rach
me-a-tah ve-ad o-lam.

Mi-miz-rach 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.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ

לְקַרְא אֶת הַהֵלֵל

הַלְלוּ יְהוָה

הַלְלוּ עַבְדֵי יְהוָה
הַלְלוּ אֶת שֵׁם יְהוָה
יְהִי שֵׁם יְהוָה מְבֹרָךְ
מֵעַתָּה וְעַד עוֹלָם.

מִמְזַרְח שֶׁשֶׁשׁ עַד מְבוֹא
מְהַלֵּל שֵׁם יְהוָה
רָם עַל כָּל גּוֹיִם יְהוָה
עַל הַשָּׁמַיִם כְּבוֹדוֹ.
מִי כִּיְהוָה אֱלֹהֵינוּ
הַמְגַבִּיהִי לְשָׁבֶת.
הַמְשַׁפִּילִי לְרֵאוֹת
בַּשָּׁמַיִם וּבָאָרֶץ.

מְקִימֵי מַעֲפָר דָּל
מְאַשְׁפֵּת יָרִים אֲבִיוֹן.
לְהוֹשִׁיבֵי עִם נְדִיבִים
עִם נְדִיבֵי עַמּוֹ.

מוֹשִׁיבֵי עֲקֶרֶת הַבַּיִת
אִם הַבָּנִים שִׂמְחָה

הַלְלוּ יְהוָה.

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.”



Be-tzeit yis-ra-el mi-mitz-ra-yim
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 che-ei-lim
ge-va-ot kiv-nei tzon.

Mah le-cha ha-yam ki ta-nus
ha-yar-den tis-ov le-a-chor.

He-ha-rim tir-ke-du che-ei-lim
ge-va-ot kiv-nei tzon.

Mi-lif-nei a-don chu-li a-retz
mi-lif-nei e-lo-ah ya-a-kov.
Ha-hof-chi ha-tzur a-gam ma-yim
cha-la-mish le-ma-ye-no ma-yim.

כִּצְאֹת יִשְׂרָאֵל מִמִּצְרַיִם
בֵּית יַעֲקֹב מֵעַם לֵעֵז.
הִיְתָה יְהוּדָה לְקֹדֶשׁוֹ
יִשְׂרָאֵל מִמְּשֻׁלוֹתָיו.

הַיָּם רָאָה וַיִּנֹּס
הַיַּרְדֵּן יָסַב לְאַחֹר.
הַהָרִים רָקְדוּ כְּאֵילִים
גְּבְעוֹת כְּבְנֵי צֹאן.

מַה לְּךָ הַיָּם כִּי תִנּוּס
הַיַּרְדֵּן תִּסָּב לְאַחֹר.

הַהָרִים תִּרְקְדוּ כְּאֵילִים
גְּבְעוֹת כְּבְנֵי צֹאן.

מִלִּפְנֵי אֲדוֹן חוּלֵי אֶרֶץ
מִלִּפְנֵי אֱלֹהֵי יַעֲקֹב.
הַהֶפְכִי הַצּוּר אֲגַם מַיִם
חֲלָמִישׁ לְמַעַיְנו מַיִם.

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.

SKIP THIS PAGE ON ROSH CHODESH AND THE LAST SIX DAYS OF PASSOVER

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-chaun.
Ye-dei-hem ve-lo ye-mi-shun
rag-lei-hem ve-lo ye-ha-le-cha

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-tach ba-do-nai
ez-ram u-ma-gi-nam hu.
Beit a-ha-ron bit-cha va-do-nai
ez-ram u-ma-gi-nam hu.
Yir-ei a-do-nai bit-cha va-do-nai
ez-ram u-ma-gi-nam hu.

לֹא לָנוּ יְהוָה לֹא לָנוּ
כִּי לְשִׁמְךָ תֵּן כְּבוֹד
עַל חַסְדֶּךָ עַל אֲמִתֶּךָ.

לָמָּה יֹאמְרוּ הַגּוֹיִם
אֵיזָה נָא אֱלֹהֵיהֶם.
וְאֱלֹהֵינוּ בְּשָׁמַיִם
כֹּל אֲשֶׁר חָפֵץ עָשָׂה.

עֲצַבְיָהֶם כֶּסֶף וְזָהָב
מַעֲשֵׂה יְדֵי אָדָם.
פֶּה לָהֶם וְלֹא יִדְבְּרוּ
עֵינַיִם לָהֶם וְלֹא יִרְאוּ.

אֲזַנַּיִם לָהֶם וְלֹא יִשְׁמְעוּ
אֶף לָהֶם וְלֹא יִרְיחוּן.
יְדֵיהֶם וְלֹא יַמְיִשׁוּן
רַגְלֵיהֶם וְלֹא יִהְלְכוּ

לֹא יִהְיוּ בְּגִרוֹנִים.
כְּמוֹהֶם יִהְיוּ עֹשֵׂיהֶם
כֹּל אֲשֶׁר בִּטַּח בָּהֶם.

יִשְׂרָאֵל בְּטַח בֵּיהוָה
עֲזָרָם וּמִגְּנָם הוּא.
בֵּית אֱהֲרֹן בְּטַחוּ בֵּיהוָה
עֲזָרָם וּמִגְּנָם הוּא.
יִרְאֵי יְהוָה בְּטַחוּ בֵּיהוָה
עֲזָרָם וּמִגְּנָם הוּא.

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!

A·do·nai ze·cho·ra·nu ye·va·rech
ye·va·rech et beit yis·ra·el
ye·va·rech et beit a·ha·ron.
Ye·va·rech yir·ei a·do·nai
ha·ke·ta·nim im hag·do·lim.

Yo·sef a·do·nai a·lei·chem a·lei·chem
ve·al be·nei·chem.

Be·ru·chim a·tem la·do·nai
o·seh sha·ma·yim va·a·retz.

Ha·sha·ma·yim sha·ma·yim la·do·nai
ve·ha·a·retz na·tan liv·nei a·dam.

Lo ha·mei·tim ye·ha·le·lu·yah
ve·lo kol yor·dei du·mah.

Va·a·nach·nu ne·va·rech yah
mei·a·tah ve·ad o·lam

ha·le·lu·yah.

יהוה זְכַרְנוּ יְבָרֵךְ

יְבָרֵךְ אֶת בַּיִת יִשְׂרָאֵל
יְבָרֵךְ אֶת בַּיִת אַהֲרֹן.
יְבָרֵךְ יִרְאֵי יְהוָה
הַקְּטָנִים עִם הַגְּדֹלִים.

יִסַּף יְהוָה עֲלֵיכֶם
עֲלֵיכֶם וְעַל בְּנֵיכֶם.
בְּרוּכִים אַתֶּם לַיהוָה
עֹשֵׂה שָׁמַיִם וָאָרֶץ.

הַשָּׁמַיִם שָׁמַיִם לַיהוָה
וְהָאָרֶץ נָתַן לְבְנֵי אָדָם.
לֹא הִמְתִּים יְהַלְלוּ יְהוָה
וְלֹא כָל יִרְדֵי דוֹמָה

וְאִנְחָנוּ נְבָרֵךְ יְהוָה
מֵעַתָּה וְעַד עוֹלָם

הַלְלוּיָהוָה.

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.



SKIP THIS PAGE ON ROSH CHODESH AND THE LAST SIX DAYS OF PASSOVER

A·hav·ti ki yish·ma a·do·nai
et ko·li ta·cha·nu·nai.
Ki hit·ah oz·no li
uv·ya·mai ek·ra.

A·fa·fu·ni chev·lei ma·vet
u·me·tza·rei she·ol me·tza·u·ni
tza·rah ve·ya·gon em·tza.

U·ve·shem a·do·nai ek·ra
a·nah a·do·nai mal·tah naf·shi.

Chā·nun a·do·nai ve·tza·dik
ve·lo·hei·nu me·ra·chem.

Sho·mer pe·ta·yim a·do·nai
da·lo·ti ve·li ye·ho·shi·a.

Shu·vi naf·shi lim·nu·chai·chi
ki a·do·nai ga·mal a·lai·chi.

Ki chi·latz·ta naf·shi mi·ma·vet
et ei·ni min di·mah
et rag·li mi·de·chi.

Et·ha·lech lif·nei a·do·nai
be·ar·tzot ha·chai·yim.
He·e·man·ti ki a·da·ber a·ni
a·ni·ti me·od.

A·ni a·mar·ti ve·chof·zi
kol ha·a·dam ko·zev.

אֶהְבֵּתִי כִּי יִשְׁמַע יְהוָה
אֶת קוֹלִי תַחֲנוּנֵי.
כִּי הִטָּה אָזְנוֹ לִי
וּבְיָמֵי אֶקְרָא.

אֶפְפוּנֵי חִבְלֵי מוֹת
וּמִצָּרֵי שְׂאוֹל מִצָּאוּנֵי
צָרָה וַיְגֹן אִמְצָא.

וּבִשְׁם יְהוָה אֶקְרָא
אָנָּה יְהוָה מִלְּטָה נַפְשִׁי.

חַנוּן יְהוָה וְצַדִּיק
וְאֱלֹהֵינוּ מֵרַחֵם.

שֹׁמֵר פְּתָאִים יְהוָה
דְּלוֹתַי וְלִי יְהוֹשִׁיעַ.

שׁוּבִי נַפְשִׁי לְמִנוּחַיִכִּי
כִּי יְהוָה גָּמַל עָלַיִכִּי.

כִּי חִלְצָתָּ נַפְשִׁי מִמּוֹת
אֶת עֵינַי מִן דְּמָעָה
אֶת רַגְלֵי מִדְּחַיִּי.

אֶתְהַלֵּךְ לִפְנֵי יְהוָה
בְּאַרְצוֹת הַחַיִּים.
הָאִמְנָתִי כִּי אֲדַבֵּר אָנֹכִי
עָנִיתִי מְאֹד.

אָנֹכִי אִמְרַתִּי בַחֲפוּזִי
כֹּל הָאָדָם כֹּזֵב.



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.



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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·chol a·mo.

Ya·kar be·ei·nei a·do·nai
ha·mav·tah la·cha·si·dav.

A·nah a·do·nai ki a·ni av·de·cha
ani av·de·cha ben a·ma·te·cha
pi·tach·ta le·mo·sei·rai.

Le·cha ez·bach ze·vach to·dah
u·ve·shem a·do·nai ek·ra.

Ne·da·rai la·do·nai a·sha·lem
neg·dah na le·chol a·mo.

Be·chatz·rot beit a·do·nai
be·to·che·chi ye·ru·sha·la·yim

ha·le·lu·yah.

מָה אָשִׁיב לַיהוָה
כָּל תַּגְמוּלוֹהִי עָלַי.
כּוֹס יְשׁוּעוֹת אֲשָׂא
וּבְשֵׁם יְהוָה אֶקְרָא.

נִדְרֵי לַיהוָה אֲשַׁלֵּם
נִגְדָה נָא לְכָל עַמּוֹ.

יִקָּר בְּעֵינֵי יְהוָה
הַמּוֹתָה לַחֲסִידָיו.

אָנָּה יְהוָה כִּי אֲנִי עַבְדְּךָ
אֲנִי עַבְדְּךָ בֶּן אִמָּתְךָ
פִּתְחַת לְמוֹסְרֵי.

לָךְ אֶזְבַּח זֶבַח תּוֹדָה
וּבְשֵׁם יְהוָה אֶקְרָא.

נִדְרֵי לַיהוָה אֲשַׁלֵּם
נִגְדָה נָא לְכָל עַמּוֹ.

בְּחִצְרוֹת בֵּית יְהוָה
בְּתוֹכְכִי יְרוּשָׁלַיִם

הַלְלוּיָהּ.



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.

Ha-le-lu et a-do-nai kol go-yim
sha-be-ḥu-hu kol ha-u-mim.
Ki ga-var a-lei-nu ḥas-do
ve-e-met a-do-nai le-o-lam ha-le-lu-yah.

Ho-du la-do-nai ki tov
ki le-o-lam ḥas-do.

Yo-mar na yis-ra-el
ki le-o-lam ḥas-do.
Yo-me-ru na veit a-ha-ron
ki le-o-lam ḥas-do.
Yo-me-ru na yir-ei a-do-nai
ki le-o-lam ḥas-do.

Min ha-me-tzar ka-ra-ti yah
a-na-ni va-mer-ḥav yah.

A-do-nai li lo i-ra
mah ya-a-seh li a-dam.
A-do-nai li be-oz-rai va-a-ni er-eh ve-son-ai.
Tov la-ḥa-sot ba-do-nai mib-to-aḥ ba-a-dam.
Tov la-ḥa-sot ba-do-nai mib-to-aḥ bin-di-vim.
Kol go-yim se-va-vu-ni
be-shem a-do-nai ki a-mi-lam.
Sa-bu-ni gam se-va-vu-ni
be-shem a-do-nai ki a-mi-lam.
Sa-bu-ni ḥid-vo-rim do-a-ḥu ke-esh ko-tzim
be-shem a-do-nai ki a-mi-lam.
Da-ḥoh de-ḥi-ta-ni lin-pol
va-do-nai a-za-ra-ni.

O-zi ve-zim-rat yah
va-ye-hi li li-shu-ah.

הִלְלוּ אֶת יְהוָה כָּל גּוֹיִם
שִׁבְּחוּהוּ כָּל הָאֲמִיּוֹת.
כִּי גִבּוֹר עָלֵינוּ חֲסֹדוֹ
וְאִמַּת יְהוָה לְעוֹלָם הִלְלוּ יְהוָה.

הוֹדוּ לַיהוָה כִּי טוֹב
כִּי לְעוֹלָם חֲסֹדוֹ.

יֹאמֶר נָא יִשְׂרָאֵל
כִּי לְעוֹלָם חֲסֹדוֹ.
יֹאמְרוּ נָא בֵּית אַהֲרֹן
כִּי לְעוֹלָם חֲסֹדוֹ.
יֹאמְרוּ נָא יִרְאֵי יְהוָה
כִּי לְעוֹלָם חֲסֹדוֹ.

מִן הַמִּצָּר קָרָאתִי
יְהוָה עֲנֵנִי בַמְּרֻחָב יְהוָה.

יְהוָה לִי לֹא אִירָא
מִה יַעֲשֶׂה לִי אָדָם.
יְהוָה לִי בַעֲזָרִי וְאֲנִי אֶרְאֶה בְּשִׁנְאָי.
טוֹב לְחַסוֹת בַּיהוָה מִבֶּטֶח בְּאָדָם.
טוֹב לְחַסוֹת בַּיהוָה מִבֶּטֶח בַּגְּדִיבִים.
כָּל גּוֹיִם סִבְּבוּנִי
בְּשֵׁם יְהוָה כִּי אֲמִילָם.
סִבְּבוּנִי גַם סִבְּבוּנִי
בְּשֵׁם יְהוָה כִּי אֲמִילָם.
סִבְּבוּנִי כְּדַבּוּרִים דַּעְכוּ כְּאֵשׁ קוֹצִים
בְּשֵׁם יְהוָה כִּי אֲמִילָם.
דָּחָה דְחִיתָנִי לְנֶפֶל
וַיהוָה עֲזָרָנִי.

עֲזֵי וְזַמְרַת יְהוָה
וַיְהִי לִי לִישׁוּעָה.

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-sah cha-yil.
 Ye-min a-do-nai ro-me-mah
 ye-min a-do-nai o-sah cha-yil.

Lo a-mut ki ech-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.

קול רנה וישועה באהלי צדיקים
 מימין יהוה עשה חיל.
 מימין יהוה רוממה מימין
 יהוה עשה חיל.

לא אמות פי אחיה
 ואספר מעשי יה.
 יסר סרני יה
 ולמות לא נתנני.

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-nei-nu.

Zeh hai-yom a-sah a-do-nai
 na-gi-lah ve-nis-me-cha-h vo.

פתחו לי שערי צדק
 אבא בם אודה יה.

זה השער ליהוה
 צדיקים באו בו.

אודך פי עניתיני
 ותהי לי לישועה.

אכן מאסו הבונים
 היתה לראש פנה.

מאת יהוה היתה זאת
 היא נפלאות בעינינו.

זה היום עשה יהוה
 נגילה ונשמחה בו.

אָנָּא יְהוָה הוֹשִׁיעָה נָּא

אָנָּא יְהוָה הַצְּלִיחָה נָּא

A-na a-do-nai ho-shi-ah na x2

A-na a-do-nai hatz-li-cha-h 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.

THE FOLLOWING FOUR VERSES ARE CHANTED TWICE

Ba-ruḥ ha-ba be-shem a-do-nai
be-raḥ-nu-chem mi-beit a-do-nai

ברוך הבא בשם יהוה
ברכנוכם מבית יהוה.

el a-do-nai vai-ya-er la-nu
is-ru ḥag ba-a-vo-tim
ad kar-not ha-miz-bei-aḥ.

אל יהוה ויאָר לנו
אָסרו חג בעבתיים
עד קרנות המזבֵּחַ.

אֵלֵי אֶתָּה וְאוֹדֶךָ
אֱלֹהֵי אֲרוֹמְמֶךָ
הוֹדוּ לַיהוָה כִּי טוֹב
כִּי לְעוֹלָם חֲסִדוֹ

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 ḥas-do.

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

יְהַלְלוּךָ יְהוָה אֱלֹהֵינוּ כָּל מַעֲשֶׂיךָ
וְחֲסִידֶיךָ צְדִיקִים עוֹשֵׂי רְצוֹנֶךָ
וְעַמְּךָ בֵּית יִשְׂרָאֵל
בְּרִנָּה יוֹדוּ וַיְבָרְכוּ
וַיִּשְׁבְּחוּ וַיְפָאֲרוּ וַיְרוֹמְמוּ
וַיַּעֲרִיצוּ וַיִּקְדְּשׁוּ וַיִּמְלִיכוּ
אֶת שִׁמְךָ מִלְּכָנוּ.
כִּי לְךָ טוֹב לַהּוֹדוֹת
וּלְשִׁמְךָ נְעִים לְזַמֵּר.
כִּי מֵעוֹלָם וְעַד עוֹלָם אֶתָּה אֵל.

Ba-ruḥ a-tah a-do-nai
me-leḥ me-hu-lal ba-tish-ba-ḥot.

ברוך אֶתָּה יְהוָה
מִלֶּךְ מִהֲלֵל בַּתְּשֻׁבָּחוֹת.



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. ←
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A-do-nai se-fa-tai tif-tach u-fi ya-gid te-hi-la-te-cha.

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ.

Ba-ruḥ a-tah a-do-nai
 e-lo-hei-nu ve-lo-hei a-vo-tei-nu ve-i-mo-tei-nu
 e-lo-hei av-ra-ham e-lo-hei yitz-ḥak
 ve-lo-hei ya-a-kov
 e-lo-hei sa-rah e-lo-hei riv-kah
 e-lo-hei ra-ḥel ve-lo-hei le-ah
 ha-el ha-ga-dol ha-gi-bor ve-ha-no-ra
 el el-yon
 go-mel ḥa-sa-dim to-vim ve-ko-neh ha-kol
 ve-zo-cher ḥas-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-leḥ o-zer u-mo-shi-a u-ma-gen.
 Ba-ruḥ a-tah a-do-nai
 ma-gen av-ra-ham ve-ez-rat sa-rah.

בְּרוּךְ אַתָּה יְהוָה
 אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
 אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק
 וְאֱלֹהֵי יַעֲקֹב
 אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה
 אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא
 אֵל עֲלִיוֹן
 גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל
 וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת
 וּמְבִיא גּוֹאֵל לְבָנָי בְּנֵיהֶם
 לְמַעַן שְׂמוֹ בְּאַהֲבָה.
 מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
 בְּרוּךְ אַתָּה יְהוָה
 מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

A-tah gi-bor le-o-lam a-do-nai
 me-ḥa-yeh me-tim a-tah rav le-ho-shi-a.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי
 מְחַיֶּה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ.

IN WINTER ma-shiv ha-ru-ach u-mo-rid ha-ge-shem.
 IN SUMMER mo-rid ha-tal.

בְּחֹרֶף מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
 בְּקִיץ מוֹרִיד הַטַּל.

Me-ḥal-kel ḥa-yim be-ḥe-sed
 me-ḥa-yeh me-tim be-ra-ḥa-mim ra-bim
 so-mech nof-lim ve-ro-fei ḥo-lim
 u-ma-tir a-su-rim
 u-me-ka-yem e-mu-na-to li-she-nei a-far
 mi ḥa-mo-cha ba-al ge-vu-rot
 u-mi do-meh lach
 me-leḥ me-mit u-me-ḥa-yeh
 u-matz-mi-ach ye-shu-ah.
 Ve-ne-e-man a-tah le-ha-ḥa-yot me-tim.
 Ba-ruḥ a-tah a-do-nai
 me-ḥa-yeh ha-me-tim.

מְכַלְכֵּל חַיִּים בְּחֶסֶד
 מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים
 סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים
 וּמַתִּיר אֲסוּרִים
 וּמְקִיֵּם אִמּוּנַתּוֹ לִישְׁנֵי עֶפֶר
 מִי כְמוֹךָ בְּעַל גְּבוּרוֹת
 וּמִי דוֹמָה לָךְ
 מְלַךְ מֵמִית וּמְחַיֶּה
 וּמְצַמִּיחַ יְשׁוּעָה.
 וְנֹאמֵן אַתָּה לְהַחְיֹת מֵתִים.
 בְּרוּךְ אַתָּה יְהוָה
 מְחַיֶּה הַמֵּתִים.

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. ←
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A-tah ka-dosh ve-shim-cha ka-dosh
u-ke-do-shim be-cho'ol yom ye-ha-le-lu-cha se-lah.
Ba-ru'ch a-tah a-do-nai ha-el ha-ka-dosh.

A-tah ve-cha-ri-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-vo-da-te-cha
ve-shim-cha ha-ga-dol ve-ha-ka-dosh
a-lei-nu ka-ra-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-tzo-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-kim
u-mitz-vot to-vim. Va-tan-cha-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-cha-vod mo-ed va-cha-gi-gat
ha-re-gel. Va-tav-di-le-nu a-do-nai e-lo-hei-nu bein
ko-desh le-cho'ol bein or le-cho-shech bein yom hash-vi-i
le-she-shet ye-mei ha-ma-a-seh. Bein ke-du-shat sha-bat
lik-du-shat yom tov hiv-dal-ta ve-et yom hash-vi-i
mi-she-shet ye-mei ha-ma-a-seh ki-dash-ta hiv-dal-ta
ve-ki-dash-ta et am-cha yis-ra-el bik-du-sha-te-cha.

Va-ti-ten la-nu a-do-nai e-lo-hei-nu be-a-ha-vah

[sha-ba-tot lim-nu-cha' u-]

mo-a-dim le-sim-cha'ah

cha-gim u-ze-ma-nim le-sa-son et yom

[ha-sha-bat ha-zeh ve-et yom]

ON PASSOVER

cha'g ha-ma-tzot ha-zeh zman cha-ru-tei-nu.

ON SHAVUOT

cha'g ha-sha-vu-ot ha-zeh zman ma-tan to-ra-tei-nu.

ON SUKKOT

cha'g ha-su-kot ha-zeh zman sim-cha-tei-nu.

ON SHMINI ATZERET

she-mi-ni cha'g ha-a-tze-ret ha-zeh zman sim-cha-tei-nu.

[be-a-ha-vah] mik-ra ko-desh
ze-cha-ri-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-vo-da-te-cha
ve-shim-cha ha-ga-dol ve-ha-ka-dosh
a-lei-nu ka-ra-ta.

אֲתָהּ קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכֹל יוֹם יִהְיֶה לְךָ סֵלָה.
בְּרוּךְ אַתָּה יְיָ הוֹי הָאֵל הַקָּדוֹשׁ.

אֲתָהּ בְּחַרְתָּנוּ עִם כָּל הָעַמִּים.
אֶהְבֶּתָּ אוֹתָנוּ וְרָצִיתָ בָּנוּ
וְרוֹמַמְתָּנוּ עִם כָּל הַלְשׁוֹנוֹת
וְקִדַּשְׁתָּנוּ בְּמִצְוֹתֶיךָ
וְקִרְבַּתָּנוּ מִלְכְּנוּ לְעִבּוֹדְתֶךָ
וְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ
עָלֵינוּ קָרָאתָ.

בְּמוֹצָאֵי שַׁבַּת וְתוֹדִיעֵנוּ יְיָ אֱלֹהֵינוּ
אֵת מִשְׁפָּטֵי צִדְקָה וְתִלְמִדְנוּ לְעִשׂוֹת חֻקֵּי
רְצוֹנְךָ וְתִתֵּן לָנוּ יְיָ אֱלֹהֵינוּ מִשְׁפָּטִים
יְשָׁרִים וְתוֹרוֹת אֱמֶת וְחֻקִּים וּמִצְוֹת טוֹבִים.
וְתִנְחַלְנוּ זְמַנֵּי שָׁשׁוֹן וּמוֹעֲדֵי קָדֶשׁ וְחֻגֵי
נְדָבָה. וְתוֹרִישֵׁנוּ קְדֻשַׁת שַׁבַּת וְכַבּוֹד מוֹעֵד
וְחֻגֵיגַת הַרְגֵל. וְתִבְדִּילְנוּ יְיָ אֱלֹהֵינוּ בֵּין
קָדֶשׁ לְחֹל בֵּין אוֹר לְחֹשֶׁךְ בֵּין יוֹם הַשְּׁבִיעִי
לְשַׁשַּׁת יְמֵי הַמַּעֲשֶׂה. בֵּין קְדֻשַׁת שַׁבַּת
לְקְדֻשַׁת יוֹם טוֹב הַבְּדִלְתָּ וְאֵת יוֹם הַשְּׁבִיעִי
מִשְׁשַׁת יְמֵי הַמַּעֲשֶׂה קְדֻשַׁת הַבְּדִלְתָּ וְקְדֻשַׁת
אֵת עַמְּךָ יִשְׂרָאֵל בְּקְדֻשַׁתְךָ.

וְתִתֵּן לָנוּ יְיָ אֱלֹהֵינוּ בְּאֶהְבָּה

[שְׂבָחוֹת לְמִנְחָה ו-]

מוֹעֲדִים לְשִׁמְחָה

חֻגִים וְזְמַנִּים לְשָׁשׁוֹן אֵת יוֹם

[הַשַּׁבַּת הַזֶּה וְאֵת יוֹם]

פסח

חג המצות הזה זמן חרותנו

שבועות

חג השבועות הזה זמן מתן תורתנו

סוכות

חג הסוכות הזה זמן שמחתנו

שמיני עצרת ושמחת תורה

שמיני חג העצרת הזה זמן שמחתנו

[בְּאֶהְבָּה] מִקְרָא קָדֶשׁ

זָכַר לְיִצְיָאֵת מִצְרַיִם:

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. ↵

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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 SHAVUOT chag ha-sha-vu-ot ha-zeh
 ON SUKKOT chag ha-su-kot ha-zeh
 ON SHMINI ATZERET &
 SIMCHAT TORAH she-mi-ni chag ha-a-tze-ret ha-zeh

zo-eh-re-nu a-do-nai e-lo-hei-nu bo le-to-vah
 u-fok-de-nu vo liv-ra-cha
 ve-ho-shi-e-nu vo le-cha-yim
 u-vid-var ye-shu-ah ve-ra-cha-mim
 chus ve-cha-ne-nu ve-ra-chem a-lei-nu ve-ho-shi-e-nu
 ki e-lei-cha ei-nei-nu ki el me-lech
 cha-nun ve-ra-cha-mim a-tah.
 Ve-ha-si-e-nu a-do-nai e-lo-hei-nu
 et bir-kat mo-a-dei-cha le-cha-yim u-le-sha-lom
 le-sim-cha-mim u-le-sa-son ka-a-she-er ra-tzi-ta
 ve-a-mar-ta le-va-ra-cha-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 chel-ke-nu be-to-ra-te-cha
 sa-be-nu mi-tu-ve-cha ve-sam-cha-nu bi-shu-a-te-cha
 ve-ta-her li-be-nu le-ov-de-cha be-e-met
 ve-han-chi-le-nu a-do-nai e-lo-hei-nu

[be-a-ha-vah uv-ra-tzon]

be-sim-cha-mim uv-sa-son [sha-bat u-]
 mo-a-dei kod-she-cha ve-yis-me-cha ve-cha yis-ra-el
 o-ha-vei she-me-cha. Ba-ru-ach a-tah a-do-nai
 me-ka-desh [ha-sha-bat ve-] yis-ra-el ve-haz-ma-nim

אֱלֹהֵינוּ וְאֱלֹהֵי הַיּוֹרֵינוּ
 יַעֲלֶה וַיִּבֵּא וַיִּגַּע וַיִּרְאֶה
 וַיִּרְצֶה וַיִּשְׁמַע וַיִּפְקֹד וַיִּזְכֹּר
 זְכוֹרֵנוּ וּפְקֻדוֹתֵנוּ
 וְזְכוֹרֵן הַיּוֹרֵינוּ
 וְזְכוֹרֵן מְשִׁיחַ בֶּן דָּוִד עֲבָדְךָ
 וְזְכוֹרֵן יְרוּשָׁלַיִם עִיר קְדְשְׁךָ
 וְזְכוֹרֵן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל
 לְפָנֶיךָ לְפִלְטָה וּלְטוֹבָה
 וּלְחַן וּלְחַסֵּד וּלְרַחֲמִים
 וּלְחַיִּים וּלְשָׁלוֹם בְּיוֹם

פסח חג המצות הזה
 שבועות חג השבועות הזה
 סכות חג הסכות הזה
 שמיני עצרת
 ושמחת תורה שמיני חג העצרת הזה

זְכוֹרֵנוּ יְהוָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה
 וּפְקֻדָּנוּ בּוֹ לְבִרְכָה
 וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים
 וּבְדַבַּר יְשׁוּעָה וּרְחֻמִּים
 חוּס וְחַנּוּן וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ
 כִּי אֵלֶיךָ עֵינֵינוּ כִּי אֵל מֶלֶךְ
 חַנוּן וְרַחוּם אַתָּה.
 וְהַשִּׂיאוּנוּ יְהוָה אֱלֹהֵינוּ
 אֶת בְּרַכַּת מוֹעֲדֶיךָ לְחַיִּים וּלְשָׁלוֹם
 לְשִׂמְחָה וּלְשִׂשׁוֹן כְּאֲשֶׁר רָצִיתָ
 וְאָמַרְתָּ לְבָרְכֵנוּ.

[אֱלֹהֵינוּ וְאֱלֹהֵי הַיּוֹרֵינוּ רְצֶה בְּמִנְחֹתֵינוּ]

קְדֹשְׁנוּ בְּמִצְוֹתֶיךָ
 וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ
 שְׂבַעֵנוּ מִטוֹבְךָ וּשְׂמַחְנוּ בִישׁוּעָתְךָ
 וְטַהַר לִבְנוֹ לְעַבְדְּךָ בְּאַמֶּת
 וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ

[בְּאַהֲבָה וּבְרַצוֹן]

בְּשִׂמְחָה וּבְשִׂשׁוֹן [שַׁבָּת ו-]
 מוֹעֲדֵי קְדְשְׁךָ וַיִּשְׂמַחוּ בְךָ יִשְׂרָאֵל
 אוֹהֲבֵי שְׁמֶךָ. בְּרוּךְ אַתָּה יְהוָה
 מְקַדֵּשׁ [הַשַּׁבָּת ו-] יִשְׂרָאֵל וְהַזְמִינֵם

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.
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The Amidah concludes on pages XXX.

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-shei yis-ra-el u-te-fi-la-tam
 me-he-rah be-a-ha-vah te-ka-bel be-ra-tzon
 u-te-hi le-ra-tzon ta-mid a-vo-dat yis-ra-el am-cha.
 Ve-te-cha-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 lach
 sha-a-tah hu a-do-nai e-lo-hei-nu
 ve-lo-hei ho-rei-nu le-o-lam va-ed.
 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-rim be-ya-de-cha
 ve-al nish-mo-tei-nu ha-pe-ku-dot lach
 ve-al ni-sei-cha she-be-chol yom i-ma-nu
 ve-al nif-le-o-tei-cha ve-to-vo-tei-cha
 she-be-chol et e-rev va-vo-ker ve-tzo-ho-ra-yim.
 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 lach.
 Ve-al ku-lam yit-ba-rach ve-yit-ro-mam shim-cha
 mal-ke-nu ta-mid le-o-lam va-ed.
 Ve-cha-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-te-nu 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-cha ha-sha-lom. Ve-tov be-ei-ne-cha
 le-va-rech et am-cha yis-ra-el
 be-cha-cho-l et u-ve-cha-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-vel ba-sha-lom.

רְצֵה יְהוָה אֱלֹהֵינוּ
 בְּעַמְּךָ יִשְׂרָאֵל וּבַתְּפִלָּתָם
 וְהִשָּׁב אֶת הָעֲבוּדָה לְדָבִיר בֵּיתְךָ
 וְאִשֵּׁי יִשְׂרָאֵל וּתְפִלָּתָם
 מְהֵרָה בְּאַהֲבָה תִּקְבַּל בְּרָצוֹן וְתִהְיֶה
 לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.
 וְתַחֲזִינָה עֵינֵינוּ
 בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
 בְּרוּךְ אַתָּה יְהוָה
 הַמְּחַזִּיר שְׂכִינְתּוֹ לְצִיּוֹן.

מוֹדִים אֲנַחֲנוּ לְךָ
 שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ
 וְאֵלֵהֵי הוֹרֵינוּ לְעוֹלָם וָעֶד.
 צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ
 אַתָּה הוּא לְדוֹר וָדוֹר.
 נוֹדָה לְךָ וְנִסְפָּר תְּהִלָּתְךָ
 עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ
 וְעַל נְשֻׁמוֹתֵינוּ הַפְּקוּדוֹת לְךָ
 וְעַל נְסִיךְ שְׂבָכָל יוֹם עִמָּנוּ
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
 שְׂבָכָל עֵת עָרַב וּבִקְרַר וְצִהְרִים.
 הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ
 וְהִמְרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ
 מְעוֹלָם קוִינּוּ לְךָ.
 וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם שְׁמֶךָ
 מְלַכְנוּ תָּמִיד לְעוֹלָם וָעֶד.
 וְכָל הַחַיִּים יוֹדוּךָ סֵלָה
 וְיִהְלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת
 הָאֵל יִשׁוּעַתְנוּ וְעִזְרַתְנוּ סֵלָה.
 בְּרוּךְ אַתָּה יְהוָה
 הַטּוֹב שְׁמֶךָ וְלֶךָ נֶאֱדָה לְהוֹדוֹת.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ
 תְּשִׁים לְעוֹלָם כִּי אַתָּה הוּא מֶלֶךְ
 אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ
 לְבָרַךְ אֶת עַמְּךָ יִשְׂרָאֵל
 כְּכֹל עֵת וּבְכֹל שְׁעָה בְּשְׁלוֹמְךָ.
 בְּרוּךְ אַתָּה יְהוָה הַמְּבָרַךְ אֶת עַמּוֹ
 יִשְׂרָאֵל וְאֶת כָּל יוֹשְׁבֵי תֵבֶל בְּשְׁלוֹם.

And Moses declared God's festive days
to the Israelite people. With your permission, friends!

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

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

ON PASSOVER

Passover, time of our freedom

ON SHAVUOT

Shavuot, time of the giving of our Torah

ON SUKKOT

Sukkot, time of our joy

ON SHEMINI ATZERET/SIMCHAT TORAH

Shemini Atzeret, time of our joy

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

Blessed are You, Infinite Presence, who makes
Sabbath and life and time holy.

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

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Vai-da-beir mo-she et mo-a-dei a-do-nai
el be-nei yis-ra-el. Sav-ri cha-ve-rail!

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

Ba-ruḥ a-tah a-do-nai
e-lo-hei-nu me-leḥ ha-o-lam
a-sher ba-ḥar ba-nu im kol am
ve-ro-ma-ma-nu im kol la-shon
ve-ki-de-sha-nu be-mitz-vo-tav.
Va-ti-ten la-nu a-do-nai e-lo-hei-nu
be-a-ha-vah sha-ba-tot lim-nu-ḥah u-
mo-a-dim le-sim-ḥah
ḥa-gim u-ze-ma-nim le-sa-son
et yom ha-sha-bat ha-zeh ve-et yom

ON PESACH

ḥag ha-ma-tzot ha-zeh zman ḥei-ru-tei-nu.

ON SHAVUOT

ḥag ha-sha-vu-ot ha-zeh zman ma-tan to-ra-tei-nu.

ON SUKKOT

ḥag ha-su-kot ha-zeh zman sim-ḥa-te-nu.

ON SHMINI ATZERET AND SIMCHAT TORAH

she-mi-ni ḥag ha-a-tze-ret ha-zeh zman sim-ḥa-te-nu.

Be-a-ha-vah mik-ra ko-desh
ze-cher li-tzi-at mitz-ra-yim.
Ki va-nu va-ḥar-ta ve-o-ta-nu ki-dash-ta
im kol ha-a-mim ve-sha-bat u-mo-a-dei
kod-she-ḥa be-a-ha-vah u-ve-ra-tzon
be-sim-ḥah u-ve-sa-son hin-ḥal-ta-nu.

Ba-ruḥ a-tah a-do-nai me-ka-desh
ha-sha-bat ve-yis-ra-el ve-haz-ma-nim.

Ba-ruḥ a-tah a-do-nai e-lo-hei-nu me-leḥ
ha-o-lam she-he-ḥi-ya-nu ve-ki-ye-ma-nu
ve-hi-gi-a-nu laz-man ha-zeh.

וַיְדַבֵּר מֹשֶׁה אֶת מַעֲדֵי יְהוָה
אֶל בְּנֵי יִשְׂרָאֵל. סִבְרֵי חֲבֵרֵי.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.
בוֹרֵא פְרֵי הַגֶּפֶן.

בְּרוּךְ אַתָּה יְהוָה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר בָּחַר בָּנוּ עִם כָּל עַם
וְרוֹמַמְנוּ עִם כָּל לְשׁוֹן
וְקִדְּשָׁנוּ בְּמִצְוֹתָיו.
וַתִּתֵּן לָנוּ יְהוָה אֱלֹהֵינוּ
בְּאַהֲבָה שְׁבֻתוֹת לְמִנוּחָה וּ
מוֹעֲדִים לְשִׂמְחָה
חֲגִים וְזִמְנִים לְשִׂשׁוֹן
אֶת יוֹם הַשְּׁבֻת הַזֶּה וְאֶת יוֹם

פסח

חג המצות הזה זמן חרותנו

שבועות

חג השבועות הזה זמן מתן תורתנו

סכות

חג הסכות הזה זמן שמחתנו

שמיני עזרת ושמחת תורה

שמיני חג העזרת הזה זמן שמחתנו

בְּאַהֲבָה מִקְרָא קֹדֶשׁ
זָכַר לִיצִיאַת מִצְרַיִם.
כִּי בָנוּ בְּחַרְתָּ וְאוֹתָנוּ קִדְּשָׁתָּ
עִם כָּל הָעַמִּים וְשֻׁבַת וּמוֹעֲדֵי
קֹדֶשׁ בְּאַהֲבָה וּבְרִצּוֹן
בְּשִׂמְחָה וּבְשִׂשׁוֹן הַנְּחַלְתָּנוּ.

בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ
הַשְּׁבֻת וְיִשְׂרָאֵל וְהַזְּמַנִּים.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם שֶׁהֵחֵינּוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לְזִמְן הַזֶּה.

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The Source is my light and my deliverance —
whom shall I fear?

The Source is my life's strength — whom shall I dread?

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

If a whole army of them encamps against me,
my heart will not fear.

If a war arises —
I will still trust.

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

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

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

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

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

Hear, O Infinite — my voice calls,
answer me with grace. ↩

Le-da-vid

a-do-nai o-ri ve-yish-i mi-mi i-ra
a-do-nai ma-oz cha-yai mi-mi ef-çhad.

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

Im ta-çha-neh a-lai ma-çha-neh
lo yi-ra li-bi
im ta-kum a-lai mil-çha-mah
be-zot a-ni vo-te-açh.

לְדָוִד

יהוה אורי וישעי ממי אירא
יהוה מעוז חיי ממי אפחד.

בקרב עלי מרעים לאכל את בשרי
צרי ואיבי לי
המה כשלו ונפלו.

אם תחנה עלי מחנה
לא יירא לבי
אם תקום עלי מלחמה
בזאת אני בוטח.

אַחַת שְׁאַלְתִּי מֵאֵת יְהוָה אוֹתָהּ אֲבַקֵּשׁ
שְׁבִתִּי בְּבֵית יְהוָה כֹּל יְמֵי חַיִּי
לְחַזוֹת בְּנֹעַם יְהוָה וּלְבַקֵּר בְּהֵיכָלוֹ.

A-çhat sha-al-ti me-et a-do-nai o-tah a-va-kesh
shiv-ti be-veit a-do-nai kol ye-mei çha-yai

la-çha-zot be-no-am a-do-nai u-le-va-ker be-hei-çha-lo.

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

Ve-a-tah ya-rum ro-shi
al oy-vai se-vi-vo-tai
ve-ez-be-çhah 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.

כי יצפנני בסכה ביום רעה
יסתרני בסתר אהלו
בצור ירוממני.

ועתה ירום ראשי
על איבי סביבותי
ואזבחה באהלו
זבחי תרועה
אשירה ואזמרה ליהוה.

שמע יהוה קולי
אקרא וחנני וענני.



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!



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Le·cha a·mar li·bi bak·shu fa·nai
et pa·ne·cha a·do·nai a·va·kesh.

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

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

Ho·re·ni a·do·nai dar·ke·cha
u·ne·che·ni be·o·rach mi·shor
le·ma·an sho·re·rai.

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

Lu·lei he·e·man·ti 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.

לָךְ אָמַר לְבִי בִקְשׁוּ פָנַי
אֶת פְּנֵיךָ יְהוָה אֲבִיךָ

אֶל תִּסְתֵּר פְּנֵיךָ מִמֶּנִּי
אֶל תֵּט בְּאֵף עֲבֹדֶךָ עֲזָרְתִּי
הָיִיתָ אֵל תִּטְשֵׁנִי
וְאֵל תַּעֲזֹבֵנִי אֱלֹהֵי יִשְׂרָאֵל.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי
וַיהוָה יִאֲסֹפֵנִי.

הֲרֹנִי יְהוָה דְּרָכֶךָ
וּנְחֵנִי בְּאַרְחַ מִישׁוֹר
לְמַעַן שׁוֹרְרִי.

אֶל תִּתְּנֵנִי בְּנַפְשׁ צָרִי כִּי קָמוּ בִי
עַדִּי שָׁקַר וַיִּפַּח חָמָס.

לֹא הָאֲמַנְתִּי לְרָאוֹת
בְּטוֹב יְהוָה בְּאַרְץ חַיִּים.

קָנָה אֵל יְהוָה
חֶזֶק וַיֵּאֱמַץ לְבָבִי וַקְּנֵה אֵל יְהוָה.

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 x2
that we may open
our hearts to your wisdom.

Teach us to treasure each day YHH

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

אֵין עוֹד מִלְבָּדוֹ
יְהוָה הוּא הָאֱלֹהִים

לְמִנּוֹת יְמֵינוּ
כֵּן הוֹדַע וְנָבֵא לְבַב חֲכָמָה

Lim·not ya·mei·nu x3

ken ho·da ve·na·vi le·vav choch·mah.

אֵל מְלֵא רַחֲמִים שׁוֹכֵן בְּמַרוֹמִים
הַמְצִיא מְנוּחָה נְכוֹנָה עַל פְּנֵי הַשְּׂכִינָה

El ma·lei ra·cha·mim sho·chen bam·ro·mim

ham·tzei me·nu·chah ne·cho·nah al kan·fei ha·she·chi·nah

be·ma·a·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·lach le·o·la·mo
be·gan e·den te·hei me·nu·cha·to
la·chen 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.

בְּמַעְלוֹת קְדוּשִׁים וְטְהוֹרִים
כְּזוֹהַר הַרְקִיעַ מְזַהֲרִים
אֶת נְשַׁמַּת פְּלוּנֵי בֶן פְּלוּנֵי
שֶׁהֵלֵךְ לְעוֹלָמוֹ
בְּגַן עֵדֶן תְּהֵא מְנוּחָתוֹ
לְכֵן בַּעַל הַרְחָמִים
יִסְתִּירָהוּ בְּסֶתֶר פְּנֵיפוֹ לְעוֹלָמִים
וְיִצְרַר בְּצִרּוֹר הַחַיִּים אֶת נְשַׁמָּתוֹ.
יְהוָה הוּא נִחְלָתוֹ
וְיִנוּחַ בְּשָׁלוֹם עַל מִשְׁכְּבוֹ
וְנֹאמַר אָמֵן.

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

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Miz-mor le-da-vid

a-do-nai ro-i lo ech-sar.
Bin-ot de-shei yar-bi-tze-ni
al mei me-nu-choṭ ye-na-ha-lei-ni.
naf-shi ye-sho-vev

yan-ḥei-ni ve-ma-ge-lei tze-dek
le-ma-an she-mo.

Gam ki ei-leḥ be-gei tzal-ma-vet
lo i-ra ra ki a-tah i-ma-di
shiv-te-ḥa u-mish-an-te-ḥa
he-mah ye-na-ḥa-mu-ni.
Ta-a-roḥ le-fa-nai shul-ḥan
ne-ged tzo-re-rai

di-shan-ta va-she-men ro-shi
ko-si re-va-yah.
Aḥ tov va-ḥe-sed
yir-de-fu-ni kol ye-mei ḥai-yai
ve-shav-ti be-veit a-do-ani
le-o-reḥ ya-mim.

מִזְמוֹר לְדָוִד

יְהוָה רָעִי לֹא אֶחָסֵר.
בְּנֵאוֹת דָּשָׂא יִרְבִּיצְנִי
עַל מֵי מְנַחֹת יִנְהַלְנִי.
נַפְשִׁי יִשׁוּבֵב

יִנְחֲנִי בְּמַעְגְלֵי צֶדֶק
לְמַעַן שְׂמוֹ.

גַּם כִּי עִי-לֶחַ בְּעֵי תְּצַל-מֵאֲוֵת
לֹא אִירָא רָע כִּי אֲתָה עֲמָדִי
שִׁבְטֶךָ וּמִשְׁעַנְתֶּךָ
הִמָּה יִנְחֲמֵנִי.
תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן
נִגְדַּד צַרְרֵי

דִּשְׁנַת בְּשֵׁמֶן רֹאשִׁי
כּוֹסֵי רוּיָה.
אֶךְ טוֹב וְחֶסֶד
יִרְדְּפוּנִי כָּל יְמֵי חַיֵּי
וְשִׁבְתִּי בְּבֵית יְהוָה
לְאַרְךָ יָמִים.

לֵךְ אָמַר לְבִי
בְּקִשׁוֹ פָּנִי אֶת פְּנֵיךָ יְהוָה
אֲבַקֵּשׁ אוֹתָהּ אֲבַקֵּשׁ
שִׁבְתִּי כָּל יְמֵי חַיֵּי

Le-ḥa a-mar li-bi x2

bak-shu fa-nai et pa-ne-ḥa a-do-nai a-va-kesh o-ta a-va-kesh.

Shiv-ti x2

Kol ye-mei ḥa-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 cḥir·u·teh
 ve·yam·lich mal·cḥu·teh
 be·cha·yei·cḥon u·ve·yo·mei·cḥon
 u·ve·cha·yei de·chol beit yis·ra·el
 ba·a·ga·la u·viz·man ka·riv
 ve·im·ru **a·men**

Ye·hei she·mei ra·ba me·vo·racḥ
 le·a·lam u·le·al·mei al·ma·ya

Yit·ba·racḥ ve-yish·ta·bacḥ
 ve-yit·pa·ar ve-yit·ro·mam ve-yit·na·sei
 ve-yit·ha·dar ve-yit·a·leh ve-yit·ha·lal
 she·mei de·kud·sha **be·rich hu**

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

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

O·seh sha·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**

יִתְגַּדֵּל וְיִתְקַדַּשׁ

שְׁמִיָּה רַבָּא קַהֲל אָמֵן
 בְּעֵלְמָא דְּבְרָא כְּרַעוּתָהּ
 וַיְמַלִּיךְ מַלְכוּתָהּ
 בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
 בְּעַגְלָא וּבְזָמַן קָרִיב
 וְאָמְרוּ אָמֵן.

יְהֵא שְׁמִיָּה רַבָּא מְבָרַךְ
 לְעָלַם וּלְעַלְמֵי עֲלַמְיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח
 וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמִיָּה דְּקַדְשָׁא בְּרִיךְ הוּא.

לְעֵלְא (וּלְעֵלְא)
 מְכַל בְּרַכְתָּא וּשְׂרִיתָא
 תְּשַׁבַּחְתָּא וְנַחְמְתָא
 דְּאִמְרִין בְּעַלְמָא
 וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמִיָּא
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
 הוּא יַעֲשֵׂה שְׁלוֹם
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְעַל כָּל יוֹשְׁבֵי תֵיבֵל
 וְאָמְרוּ אָמֵן.

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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