

Songs and Blessings

שִׁירִים וּבְרָכוֹת

ADIR HU/GOD OF MIGHT

אָדִיר הוּא, אָדִיר הוּא,
יִבְנֶה בֵּיתוֹ בְּקָרוֹב,
בְּמַהֲרָה בְּמַהֲרָה, בְּיָמֵינוּ בְּקָרוֹב.
אֵל בְּנֵה, אֵל בְּנֵה, בְּנֵה בֵּיתְךָ בְּקָרוֹב.

**Adir Hu, adir Hu, yiv'neh vay'to b'karov,
bim'herah bim'herah b'yamay'nu b'karov,
El b'neh, El b'neh, b'neh vayt'cha b'karov.**

God is mighty and will build the Temple soon.
Speedily, in our days and soon,
O God Who builds, please build Your Temple soon.

God of might, God of right, Thee we give all glory,
Thine all praise in these days, as in ages hoary,
When we hear, year by year, freedom's wondrous story.

Now as erst, when Thou first made the proclamation,
Warning loud every proud – every tyrant nation,
We Thy fame still proclaim, bowed in adoration.

Be with all who in thrall to their tasks are driven;
By Thy power speed the hour when their chains are riven;
Earth around will resound joyful hymns to heaven.

אֵל בְּנֵה

Songs and Blessings

ADON OLAM

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּמִתְרַם כָּל יְצִיר נִבְרָא:
לְעֵת נַעֲשֶׂה בְּחַפְצוֹ כֹּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא:

Adon olam Asher malach b'terem kol y'tzir niv'ra

L'et na'asah v'chef'tzo kol, azai Melech Sh'mo nik'ra.

The Lord of All ruled before anything had been created; when all was done according to God's will, God was still the ruler, supreme over all.

וְאַחֲרַי כְּבֹלוֹת הַכֹּל, לְבִדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה, וְהוּא הוּזָה, וְהוּא יִהְיֶה, בְּתַפְאָרָה.

V'acharay kich'lot hakol, l'vado yim'loch nora.

V'hu hayah, v'hu hoveh, v'hu yih'yeh b'tif'arah.

And after all has ceased to be, still will God rule in singular majesty.

God was, God is, and God will always be glorious.

וְהוּא אֶחָד וְאֵין שְׁנֵי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעוֹז וְהַמְשָׁרָה.

V'hu Echad v'ayn sheni, l'ham'shil lo l'hach'birah.

B'li reshit b'li tach'lit, v'lo ha'oz v'hamis'rah.

God is One: none can compare to God or be equal in any way.

God is without beginning, without end; God possesses all power and dominion.

וְהוּא אֵלִי וְחִי גֹאֲלִי, וְצוּר חֻבְלֵי בְּעֵת צָרָה.
וְהוּא נְסִי וּמְנוּסִי לִי מִנֵּת בּוֹסִי בְּיוֹם אֶקְרָא.

V'hu Eli v'chai go'ali, v'tzur chev'li b'et tzarah.

V'hu nisi umanos li, m'nat kosi b'yom ekra.

The Lord is my God, my living savior, my rock in time of trouble.

God is like a banner of pride for me; God is my refuge.

I can call upon God when I am in need.

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאֶעִירָה.
וְעִם רוּחִי גִוִּיתִי, יְיָ לִי וְלֹא אִירָא.

B'yado af'kid ruchi, b'et ishan v'a'irah.

V'im ruchi g'viyati, Adonai li v'lo ira.

Into God's hands do I entrust my spirit, both when I sleep and when I am awake.

And with my spirit, also my body. The Lord is with me; I will not fear.

Songs and Blessings

AYN ADIR

אֵין אֲדִיר כִּי וְאֵין בְּרוּךְ כְּבֶן-עֲמֶרָם:
אֵין גְּדוֹלָה כַּתּוֹרָה, וְאֵין דְּרִשְׁנָה כִּישְׂרָאֵל.

Ayn adir kadonai, v'ayn baruch k'ven-Am'ram.

Ayn g'dolah katorah, v'ayn dar'shaneha k'yis'ra'el.

None is mighty as the Lord; none so blessed as Amram's son;

Nothing is as great as the Torah; none can interpret it as Israel can.

Chorus

מִפִּי אֵל וּמִפִּי אֵל יְבָרַךְ כָּל יִשְׂרָאֵל.

Mipi El umipi El y'vorach kol Yis'ra'el.

From the mouth of God, the mouth of God, let all Israel be blessed.

אֵין הַדוּר כִּי וְאֵין וְתִיק כְּבֶן-עֲמֶרָם
אֵין וְכָה כַּתּוֹרָה, וְאֵין חֲכָמִיהַ כִּישְׂרָאֵל.

Ayn hadur kadonai, v'ayn vatic k'ven-Am'ram.

Ayn zakah katorah, v'ayn chachameha k'yis'ra'el.

None is glorious as the Lord; none so distinguished as Amram's son;

Nothing is as valuable as the Torah; none with sages like Israel.

אֵין טָהוֹר כִּי וְאֵין יְחִיד כְּבֶן-עֲמֶרָם
אֵין כְּבוֹדָה כַּתּוֹרָה, וְאֵין לְמִדְּנָיָה כִּישְׂרָאֵל.

Ayn tahor kadonai, v'ayn yachid k'ven-Am'ram.

Ayn kabirah kaTorah, v'ayn lam'daneha k'yis'ra'el.

None is as pure as the Lord; none can match Amram's son;

Nothing is as mighty as the Torah; none who have learned it as Israel.

אֵין פְּדוּתָה כִּי וְאֵין צַדִּיק כְּבֶן עֲמֶרָם.
אֵין קְדוּשָׁה כַּתּוֹרָה, וְאֵין תּוֹמְכִיָּה כִּישְׂרָאֵל.

Ayn podeh kadonai, v'ayn tzaddik k'ven-Am'ram.

Ayn k'doshah kaTorah, v'ayn tom'cheha k'yis'ra'el.

None can redeem like the Lord; none is as righteous as Amram's son;

Nothing is as holy as the Torah; none who hold fast to it as Israel.

Songs and Blessings

AYN KELOHAYNU (EIN KELOHEINU)

אין כִּאלֹהֵינוּ, אין כְּאֲדוֹנֵינוּ,
אין כְּמֶלֶכֵנוּ, אין כְּמוֹשִׁיעֵנוּ.

**Ayn kelohaynu, ayn kadonaynu,
ayn k'mal'kaynu, ayn k'moshi'aynu.**

There is none like our God. There is none like our Lord.
There is none like our Ruler. There is none like our Savior.

מִי כֵאלֹהֵינוּ, מִי כְּאֲדוֹנֵינוּ,
מִי כְּמֶלֶכֵנוּ, מִי כְּמוֹשִׁיעֵנוּ.

**Mi chelohaynu, mi chadonaynu,
mi ch'mal'kaynu, mi ch'moshi'aynu.**

Who is like our God? Who is like our Lord?
Who is like our Ruler? Who is like our Savior?

נֹדֶה לְאֱלֹהֵינוּ, נֹדֶה לְאֲדוֹנֵינוּ,
נֹדֶה לְמֶלֶכֵנוּ, נֹדֶה לְמוֹשִׁיעֵנוּ.

**Nodeh lelohaynu, nodeh ladonaynu,
nodeh l'mal'kaynu, nodeh l'moshi'aynu.**

Let us thank our God. Let us thank our Lord. Let us thank our Ruler.
Let us thank our Savior.

בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ, בָּרוּךְ מֶלֶכֵנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.

Baruch Elohaynu, baruch Adonaynu, baruch Mal'kaynu, baruch Moshi'aynu.

Blessed be our God. Blessed be our Lord.
Blessed be our Ruler. Blessed be our Savior.

אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ,
אַתָּה הוּא מֶלֶכֵנוּ, אַתָּה הוּא מוֹשִׁיעֵנוּ.

**Atah Hu Elohaynu, Atah Hu Adonaynu,
Atah Hu Mal'kaynu, Atah Hu Moshi'aynu.**

You are our God. You are our Lord. You are our Ruler. You are our Savior.

אַתָּה הוּא שְׁהִקְמִירוֹ אֲבוֹתֵינוּ לְפָנֶיךָ אֶת קְמֵרַת הַסַּמִּים.

Atah Hu sheh'hik'tiru avotaynu l'fanecha et k'toret hasamim.

You are the One to Whom our ancestors offered sacrifices of sweet incense.

Songs and Blessings

CHANUKAH BLESSINGS AND ROCK OF AGES

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל חֲנֻכָּה.

**Baruch Atah Adonai, Elohaynu Melech ha'olam, Asher kidishanu
bemitz'votav v'tzivanu lehad'lik ner shel Chanukah.**

We praise You, O Lord our God, Ruler of all, Who makes us holy
with mitzvot and teaches us to kindle the Chanukah lights.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂה נִסִּים לְאַבוֹתֵינוּ בַּיָּמִים הָהֵם בְּזֶמַן הַזֶּה.

**Baruch Atah Adonai, Elohaynu Melech ha'olam,
she'asa nisim la'avotaynu bayamim hahem bazman hazeh.**

We praise You, O Lord our God, Ruler of all,
Who did wonders for our ancestors in those days at this season.

[only on first night]

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁחַיֵּינוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

**Baruch Atah Adonai, Elohaynu Melech ha'olam
shehechiyanu v'ki'y'manu vehigi'anu laz'man hazeh.**

We praise You, O Lord our God, Ruler of All,
Who has given us life, taken care of us, and brought us to this time.

ROCK OF AGES

Rock of Ages, let our song praise Thy saving power.
Thou, amidst the raging foes, wast our shelt'ring tower.
Furious they assailed us, but Thine arm availed us,
And Thy word broke their sword when our own strength failed us.

Kindling new the holy lamps, priests approved in suffering,
Purified the nation's shrine, brought to God their offering.
And in courts surrounding, hear in joy abounding
Happy throngs singing songs with a mighty sounding.

Children of the Maccabees, whether free or fettered,
Wake the echoes of the songs where ye may be scattered.
Yours the message cheering that the time is nearing
Which will see all people free, tyrants disappearing.

Songs and Blessings

ELEH CHAM'DAH LIBI

אֵלֶּה חַמְדָּה לְבִי חוֹסֶה נָא וְאַל נָא תִּתְעַלֵּם.

Eleh cham'dah libi: chusah na v'al na tit'alem.

This is my heart's desire: have pity, do not hide Yourself!

ELI ELI¹

אֵלֵי, אֵלֵי, שְׁלֵא יִגְמַר לְעוֹלָם:
הַחֹל וְהָרֹם, רִשְׁרוּשׁ שֶׁל הַמַּיִם,
בְּרַק הַשָּׁמַיִם, תְּפִילַת הָאָדָם.

Eli Eli shelo yigamer le'olam:

hachol vehayam, rishrush shel hamayim,

b'rak hashamayim, t'filat ha'adam.

O Lord, my God, I pray that these things never end:

the sand and the sea, the rush of the waters,

the flash of the heavens, the prayer of the heart.

ESA AYNAI²

אֶשָּׂא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֹא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:

Esa ay'nai el-heharim, me'ayin yavo ez'ri?

Ez'ri me'im Adonai, oseh shamayim va'aretz.

I lift up my eyes to the mountains, from where will my help come?

My help comes from the Lord, the Maker of heaven and earth.

HINEH MAH TOV³

הִנֵּה מַה־טוֹב וּמַה־נְּעִים שֶׁבֶת אַחִים גַּם־יַחַד:

Hineh mah-tov umah-na'im shevet achim gam-yachad.

Behold, how good and pleasant it is when people dwell together (in peace).

1. Hannah Szenes

2. Psalm 121.1-2

3. Psalm 133.1

Songs and Blessings

HODU L'ADONAI⁴

הודו לַיְי בִּי טוֹב, בִּי לְעוֹלָם חֶסֶד:

Hodu l'Adonai ki tov, ki l'olam chas'do.

יֹאמֶר נָא יִשְׂרָאֵל, בִּי לְעוֹלָם חֶסֶד:

Yomar na Yis'ra'el, ki l'olam chas'do.

Let all who revere God's Name now say:

בִּי לְעוֹלָם חֶסֶד:

Ki l'olam chas'do.

Sing praise to the One for God is good,

בִּי לְעוֹלָם חֶסֶד:

Ki l'olam chas'do.

יֹאמְרוּ נָא בֵּית אַהֲרֹן, בִּי לְעוֹלָם חֶסֶד:

Yom'ru na vayt Aharon, ki l'olam chas'do.

יֹאמְרוּ נָא יִרְאֵי יְי, בִּי לְעוֹלָם חֶסֶד:

Yom'ru na yir'ay Adonai, ki l'olam chas'do.

Give thanks to the Lord Who is good, Whose lovingkindness is forever.

Let Israel say that God's lovingkindness is forever.

Let the House of Aaron say that God's lovingkindness is forever.

Let the reverent say that God's lovingkindness is forever.

IM AYN ANI LI, MI LI?⁵

אִם אֵין אֲנִי לִי, מִי לִי.
וּבְשָׁאֲנִי לְעַצְמִי, מָה אֲנִי.
וְאִם לֹא עַכְשָׁיו, אִמָּתַי:

Im ayn ani li, mi li? Uch'she'ani l'atz'mi, mah ani?

V'im lo ach'shav, ay'matai?

If I am not for myself, who will be for me?

But if I am only for myself, what am I?

And, if not now, when?

4. Debbie Friedman, based on Psalm 118.1-4

5. Hillel in Avot 1.14

Songs and Blessings

KIDDUSH FOR SHABBAT EVENING

ברוך אתה יי אלהינו מלך העולם, בורא פרי הנגפן.

Baruch Atah Adonai, Elohaynu Melech ha'olam, boreh p'ri hagafen.

Blessed are You, O Lord our God, Ruler of All, Who creates the fruit of the vine.

ברוך אתה יי אלהינו מלך העולם, אשר קדשנו
במצותיו ורצה בנו, ושבת קדשו באהבה
וברצון הנחילנו ופרון למעשה בראשית,
כי הוא יום תחלה למקראי קדש, וקר ליציאת
מצרים, כי בנו בחרת ואותנו קדשת מכל העמים,
ושבת קדשך באהבה וברצון הנחלתנו.
ברוך אתה יי מקדש השבת.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

Asher kid'shanu b'mitz'votav v'ratzah vanu,

v'shabbat kod'sho b'ahavah uv'ratzon hin'chilanu

zikaron l'ma'aseh v'raysheet, ki hu yom t'chilah

l'mik'ra'ay kodesh, zecher litzi'at Mitz'rayim,

ki vanu vachar'ta v'otanu kidash'ta mikol ha'amim,

v'shabbat kod'sh'cha b'ahavah uv'ratzon hin'chal'tanu.

Baruch Atah Adonai, m'kadesh hashabbat.

Blessed are You, O Lord our God, Ruler of all, Who makes us holy with mitzvot and takes delight in us. With love and favor, You made the holy Sabbath our heritage, a reminder of the work of Creation. It is first among our holy days, a reminder of the Exodus from Egypt. O God, You have chosen us and set us apart from all the peoples, and in loving favor You have given us the Sabbath day as a sacred inheritance.

Blessed are You, O Lord, Who makes Shabbat holy.

מקדש השבת

Songs and Blessings

KIDDUSH FOR SHABBAT MORNING

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדֹרוֹתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת
הִיא לְעוֹלָם. כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם
וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

V'sham'ru v'nay Yis'ra'el et hashabbat, la'asot et hashabbat
l'dorotam b'rit olam. Bayni uvayn b'nai Yis'ra'el ot hi l'olam,
ki sheshet yamim asah Adonai et hashamayim v'et ha'aretz,
uvayom hash'vi'i shavat vayinafash.

The Children of Israel shall keep Shabbat, observing Shabbat
in every generation as a perpetual covenant. It is a sign forever
between God and the Children of Israel, for in six days did
God create the heavens and the earth, and, on the seventh
day, God rested and was refreshed.

עַל־כֵּן בֵּרַךְ יי אֶת־יוֹם הַשַּׁבָּת וַיְקַדְּשֶׁהוּ.

Al ken berach Adonai et Yom Hashabbat va'y'kad'shehu.

Therefore the Lord blessed the Sabbath day and made it holy.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch Atah Adonai, Elohaynu Melech ha'olam, boreh p'ri hagafen.

Blessed are You, O Lord our God, Ruler of all,
Who creates the fruit of the vine.

KI ESH'M'RA SHABBAT⁶

כִּי אֲשַׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי.
אוֹת הִיא לְעוֹלָמִי עַד בֵּינִי וּבֵינִי.

Ki esh'm'rah Shabbat, El yish'm'reni.

Ot hi l'ol'may ad bay'no uvay'ni.

If I keep Shabbat, then God will keep me.
It is a sign forever between God and me.

6. Rabbi Abraham ibn Ezra (Spain, 1089-1164)

Songs and Blessings

L'CHI LACH⁷

L'chi lach, to a land that I will show you.
Lech l'cha, to a place you do not know.
L'chi lach, on your journey I will bless you.
And you shall be a blessing (3x) l'chi lach.

L'chi lach, and I shall make your name great.
Lech l'cha, and all shall praise your name.
L'chi lach, to the place that I will show you.
L'sim'chat chayim (3x) l'chi lach
And you shall be a blessing (3x) l'chi lach.

LIGHT ONE CANDLE⁸

Light one candle for the Maccabee children,
 give thanks that their light didn't die.
Light one candle for the pain they endured when their right to exist was denied.
Light one candle for the terrible sacrifice justice and freedom demand.
And light one candle for the wisdom to know
 when the peacemaker's time is at hand.

Chorus: Don't let the light go out!
 It's lasted for so many years.
 Don't let the light go out!
 Let it shine through our love and our tears.

Light one candle for the strength that we need to never become our own foe.
Light one candle for those who are suffering the pain we learned so long ago.
Light one candle for all we believe in; let anger not tear us apart.
And light one candle to bind us together with peace as the song in our heart.

What is the memory that's valued so highly that we keep alive in that flame?
What's the commitment to those who have died when we cry out,
 "‘They've not died in vain!'"?
We have come this far, always believing that justice will somehow prevail.
This is the burden; this is the promise, and this is why we will not fail.

7. Debbie Friedman and Savina Teubal, based on Genesis 12.1-2

8. Peter Yarrow

Songs and Blessings

LO YISA GOY⁹

לְאִישׁ גּוֹי אֶל-גּוֹי חָרֵב,
לְאִילְמָדוֹ עוֹד מִלְחָמָה:

Lo yisa goy el goy cherev, lo yil'm'du od mil'chamah.

Let nation not lift up sword against nation, nor let them study war anymore.

MIRIAM'S SONG¹⁰

Chorus: And the women dancing with their timbrels
Followed Miriam as she sang her song.
Sing a song to the One Whom we've exalted,
Miriam and the women danced and danced the whole night long.

And Miriam was a weaver of unique variety.
The tapestry she wove was one which sang our history.
With every strand and every thread she crafted her delight.
A woman touched with spirit, she dances toward the light.

As Miriam stood upon the shores and gazed across the sea,
The wonder of this miracle she soon came to believe.
Whoever thought the sea would part with an outstretched hand
And we could pass to freedom and march to the promised land?

And Miriam the prophet took her timbrel in her hand,
And all the women followed her just as she had planned.
And Miriam raised her voice in song. She sang with praise and might:
We've just lived through a miracle: we're going to dance tonight!

O GUIDE MY STEPS¹¹

O guide my steps and help me find my way. I need Your shelter now.
Rock me in Your arms and guide my steps, and help me make this day
a song of praise to You. Rock me in Your arms and guide my steps.

וּפְרוֹשׁ עָלֵינוּ סֻכַּת שְׁלוֹמֶךָ.

Uf'ros alaynu sukkat sh'lomecha.

Spread over us the shelter of Your peace.

9. Isaiah 2.4

10. Debbie Friedman

11. Debra Winston and Julie Silver

Songs and Blessings

OR ZARU'A¹²

אור זרע לצדיק ולישרי לב שמחה:

Or zaru'a latzaddik ul'yish'ray lev sim'cha.

Light is planted for the righteous, gladness for the upright in heart.

PSALM 150

הַלְלוּהוּ | הַלְלוּ-אל בְּקוֹדֶשׁוֹ. הַלְלוּהוּ בְּרִקְעַת עֲוִז:
הַלְלוּהוּ בְּגַבְוֹרֹתָיו, הַלְלוּהוּ בְּרַב גְּדֻלוֹ:
הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר, הַלְלוּהוּ בְּנִבְל וּבְנֹר:
הַלְלוּהוּ בְּתֹף וּמַחֹל, הַלְלוּהוּ בְּמִנִּים וְעִוְגָב:
הַלְלוּהוּ בְּצִלְצְלֵי-שִׁמְעַ, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
כֹּל הַנְּשָׁמָה תְהַלֵּל יְהוָה. הַלְלוּהוּ:

Hal'luyah! Hal'lu-El b'kod'sho, hal'luhu bir'ki'a uzo.

Hal'luhu vig'vurotav, hal'luhu k'rov gud'lo.

Hal'luhu b'teka shofar, hal'luhu b'nevel v'chinor.

Hal'luhu v'tof umachol, hal'luhu b'minim v'ugav.

Hal'luhu v'tzil'tz'lay-shama, hal'luhu b'tzil'tz'lay t'ru'ah.

Kol han'shamah t'halel Yah. Hal'luyah.

Praise the Lord!

Praise God in the holy sanctuary,

Praise God in the heavenly stronghold,

Praise God in the heights of the heavens.

Praise God Whose power is immense,

Praise God Whose greatness is exceeding.

Praise God with the sound of the Shofar,

Praise God with lute and with lyre.

Praise God with drum and with dance,

Praise God with strings and with flutes.

Praise God with resounding cymbals,

Praise God with the clanging of cymbals.

Let everything that breathes praise the Lord. Hallelujah!

12. Psalm 97.11

Songs and Blessings

SHALOM ALAYCHEM (ASHKENAZIC)

שְׁלוֹם עֲלֵיכֶם, מַלְאֲכֵי הַשָּׁרֵת, מַלְאֲכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Shalom alaychem, mal'achay hasharet, mal'achay elyon,
miMelech Mal'chay Ham'lachim, haKadosh Baruch Hu.**

Peace to you, ministering angels, angels of the highest,
You who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Bo'achem l'shalom, mal'achay hashalom, mal'achay elyon,
miMelech Mal'chay Ham'lachim, haKadosh Baruch Hu.**

Enter in peace, O angels of peace, angels of the highest,
you who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Bar'chuni l'shalom, mal'achay hashalom, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Bless me with peace, O angels of peace, angels of the highest,
you who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

צֵאתְכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיּוֹן,
מִמְלֶכֶת מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Tzet'chem l'shalom, mal'achay hashalom, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Depart in peace, O angels of peace, angels of the highest,
you who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

בּוֹאֲכֶם לְשָׁלוֹם

Songs and Blessings

SHALOM ALAYCHEM (SEPHARDIC)

שְׁלוֹם עֲלֵיכֶם, מְלַאכֵי הַשָּׁרֵת, מְלַאכֵי הַרְחָמִים, מְלַאכֵי עֲלִיּוֹן,
מִמְלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Shalom alaychem, mal'achay hasharet, mal'achay harachamim, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Peace to you, ministering angels, angels of compassion, angels of the highest,
who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

בּוֹאֲכֶם לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי הַרְחָמִים, מְלַאכֵי עֲלִיּוֹן,
מִמְלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Bo'achem l'shalom, mal'achay hashalom, mal'achay harachamim, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Enter in peace, angels of peace, angels of compassion, angels of the highest,
who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

שְׁבִתְכֶם לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי הַרְחָמִים, מְלַאכֵי עֲלִיּוֹן,
מִמְלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Shiv't'chm l'shalom, mal'achay hashalom, mal'achay harachamim, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Stay in peace, angels of peace, angels of compassion, angels of the highest,
who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

בְּרַחֲמֵי לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי הַרְחָמִים, מְלַאכֵי עֲלִיּוֹן,
מִמְלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Bar'chuni l'shalom, mal'achay hashalom, mal'achay harachamim, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Bless me with peace, angels of peace, angels of compassion, angels of the highest,
who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

צֵאתְכֶם לְשָׁלוֹם, מְלַאכֵי הַשָּׁלוֹם, מְלַאכֵי הַרְחָמִים, מְלַאכֵי עֲלִיּוֹן,
מִמְלֶךְ מְלָכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

**Tzet'chem l'shalom, mal'achay hashalom, mal'achay harachamim, mal'achay elyon,
miMelech Mal'chay Ham'lachim, HaKadosh Baruch Hu.**

Depart in peace, angels of peace, angels of compassion, angels of the highest,
who come from the Ruler of all Rulers of Rulers, the Holy One of Blessing.

Songs and Blessings

THE YOUTH SHALL SEE VISIONS¹³

Childhood was for fantasies, for nursery rhymes and toys.
The world was much too busy to understand small girls and boys.
As I grew up, I came to learn that life was not a game,
That heroes were just people that we called another name.

Chorus: And the old shall dream dreams, and the youth shall see visions.
And our hopes shall rise up to the sky.
We must live for today, we must build for tomorrow.
Give us time, give us strength, give us life.

Now I'm grown, the years have passed, I've come to understand.
There are choices to be made, and my life's at my command.
I cannot have a future 'til I embrace my past.
I promise to pursue the challenge, time is going fast.

Today's the day I make my stand, the future's mine to hold.
Commitments that I make today are dreams from days of old.
I'll have to make the way for generations come and go.
I'll have to teach them what I've learned so they will come to know.

V'ANACHNU NIVARECH YAH¹⁴

וְאַנְחֵנוּ נִבְרַחַּיָּהּ מֵעַתָּה וְעַד-עוֹלָם הַלְלוּיָהּ:

Va'anach'nu n'varech Yah me'atah v'ad-olam, hallelu-Yah.

We shall praise the Lord from this time forth and forever! Hallelujah!

YEDID NEFESH¹⁵

יְדִיד נֶפֶשׁ אֵב תְּרַחֵמֵן מִשׁוֹךְ עַבְדְּךָ אֶל רְצוֹנְךָ.
יְרִיץ עַבְדְּךָ כְּמוֹ אַיִל יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרְךָ.

Y'did nefesh Av Harachaman, m'shoch av'd'cha el r'tzonecha.

Yarutz av'd'cha k'mo ayal, yish'tachaveh el mul hadarecha.

Heart's delight, Source of Mercy, draw Your servant to Your will.

Then will Your servant run like a leaping deer to bow before Your splendor.

13. Debbie Friedman, based on Joel 3.1

14. Psalm 115.18

15. Rabbi Eliezer Azkari (Safed, 16th Century)

YIG'DAL¹⁶

יְגַדֵּל אֱלֹהִים חַי וְיִשְׁתַּבַּח, נִמְצָא, וְאֵין עֵת אֶל מְצִיאֹתוֹ:
אֶחָד וְאֵין יְחִיד בְּיַחְדּוֹ, נֶעְלָם, וְגַם אֵין סוֹף לְאַחַדוֹתָיו:

Yig'dal Elohim chai v'yish'tabach, nim'tza, v'ayn et el m'tzi'uto
Echad v'ayn yachid k'yichudo, ne'lam, v'gam ayn sof l'ach'duto.

Magnified and praised be the living God, Whose existence is eternal.

God is One and unique in Unity. God is unfathomable, unending Oneness.

אֵין לוֹ דְמוּת חַגוּף וְאֵינוּ גוּף, לֹא נֶעְרַךְ אֵלָיו קְדֻשָׁתוֹ:
קְדָמוֹן לְכֹל דָּבָר אֲשֶׁר נִבְרָא, רִשּׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ:

Ayn lo d'mut haguf v'ayno guf, lo na'aroch elav k'dushato.

Kad'mon l'chol davar asher niv'ra, rishon v'ayn re'shit l'reshito.

God has no bodily form – is incorporeal, with holiness beyond compare.

God preceded all creation. God is the first – and had no beginning.

הֵנוּ אֲדוֹן עוֹלָם, לְכֹל נּוֹצֵר. יוֹרֵה גְדֻלָּתוֹ וּמַלְכוּתוֹ:
שִׁפְעַת נְבוֹאָתוֹ נָתַן אֶל אַנְשֵׁי סְגוּלָתוֹ וְתַפְאֲרוֹתָיו:

Hino Adon Olam, l'chol notzar. Yoreh g'dulato u'mal'chuto.

Shefa n'vu'ato natano el an'shay s'gulato v'tif'ar'to.

Behold the Lord of Eternity and every creation, Who displays total greatness and power. God inspired with the gift of prophecy those chosen to make known the Divine Glory.

לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד, נָבִיא וּמַבִּיט אֶת תְּמוֹנָתוֹ:
תּוֹרַת אֱמֶת נָתַן לְעַמּוֹ, אֵל, עַל יַד נְבִיאָו נֶאֱמַן בֵּיתוֹ:

Lo kam b'Yis'ra'el k'Moshe od, navi uma'bit et t'munato.

Torat Emet natan l'amo, El, al yad n'vi'o ne'eman bay-to.

Never has there arisen a prophet like Moses, whose closeness to God is unmatched. True Torah did God give to our people, through this prophet – the most trusted of God's household.

לֹא יַחְלִיף הָאֵל וְלֹא יִמִּיר דָּתוֹ. לְעוֹלָמִים, לְזוּלָּתוֹ:
צוּפָה וְיוֹדֵעַ סִתְרֵינוּ, מַבִּיט לְסוֹף דָּבָר בְּקִדְמוֹתוֹ:

Lo yachlif ha'El v'lo yamir dato. L'olamim l'zulato.

Tzofeh v'yode'a s'taraynu, mabit l'sof davar b'kad'mato.

16. Poem by Daniel ben Judah Dayyan (1404), based on Moses Maimonides' *Thirteen Principles of the Jewish Faith*

Songs and Blessings

God does not change; God's teaching will never be bettered.

God is eternally the same. God watches us and knows our secret thoughts. God sees the end of every matter even before it begins.

גומל לְאִישׁ חֶסֶד כְּמַפְעָלוֹ. נוֹתֵן לְרָשָׁע רַע כְּרָשָׁעוֹ:
יִשְׁלַח לְקֵץ יָמָיו מְשִׁיחָנוּ. לְפָדוֹת מִחַיֵּי קֵץ יִשׁוּעָתוֹ:

Gomel l'ish chesed k'mif'alo, noten l'rasha ra k'rish'ato.

Yish'lach l'ketz yamim M'shi'chaynu, lif'dot m'cha'kay ketz y'shu'ato.

God deals kindly with those who merit kindness, and brings upon the wicked the consequences of their evil deeds. At the end of days, God will send an everlasting redemption; they who wait for the end shall witness God's deliverance.

מֵתִים יְחִיָּה אֵל בְּרוֹב חַסְדּוֹ. בְּרוּךְ עַדֵּי עַד שֵׁם תְּהִלָּתוֹ:

Metim y'chayah El b'rov chas'do, baruch aday ad Shem t'hilato.

In great lovingkindness, God enlivens even the dead.

Blessed is God's glorious Name forevermore.

YIS'M'CHU B'MAL'CHUT'CHA

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג. עִם מְקַדְּשֵׁי
שְׁבִיעֵי כָּלֵם יִשְׁבְּעוּ וַיִּתְעַנְּנוּ מִפְּוֹכְךָ. וְהַשְּׁבִיעֵי רָצִיתָ בּוֹ
וְקִדְּשָׁתוּ. חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ. וְזָכַר לְמַעֲשֵׂה בְּרֵאשִׁית.

Yis'm'chu v'mal'chut'cha shom'ray Shabbat v'kor'ay oneg. Am m'kad'shay sh'vi'i kulam yis'b'u v'yit'angu mituvecha. V'hash'vi'i ratzita bo v'kidash'to.

Chem'dat yamim oto karata, zecher l'ma'aseh v'resheet.

Those who keep the Sabbath and call it a delight shall rejoice in Your kingdom. Those who sanctify the seventh day shall be satisfied and gladdened by Your goodness. You chose the seventh day and made it holy. You called it the most precious of days, a reminder of Creation.

YIS'M'CHU HASHAMAYIM¹⁷

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ וְרַעַם הַיָּם וּמְלֹאוֹ:

Yis'm'chu hashamayim v'tagel ha'aretz; yir'am hayam um'lo'o!

Let the heavens rejoice and the earth be glad!

Let the sea and all within it thunder!

17. Psalm 96.11

Evening Service for Shabbat

תפילות קבלת שבת

Kavannah (Focusing) Exercises

LIGHTING THE SABBATH CANDLES

I¹⁸

Come, let us welcome the Sabbath.

May its radiance illumine our hearts as we kindle these tapers.

*Light is the symbol of the Divine,
The Divine that dwells in the human soul.*

Light is the symbol of the Divine Law,
The Torah is a lamp and a light from the Lord.

*Light is the symbol of Israel's mission
For we are called to be a "Light to the Nations."*

Let us draw close to God and tradition,

Let us behold this holy light.

II¹⁹

As the Shabbat candles give light to all who behold them, so may we, by our lives, give light to all who behold us. As their brightness reminds us of the generations of Israel who have kindled the light of the Divine in the world, so may we, in our own day, be among those who kindle God's light.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

Asher kid'shanu b'mitz'votav v'tzivanu l'had'lik ner shel Shabbat.

We praise You, O Lord our God, Ruler of all, Who makes us holy with
Your mitzvot and teaches us to kindle the Sabbath lights.

18. Adapted from *Union Prayer Book* (Central Conference of American Rabbis, 1940), p.7

19. Rabbi Chaim Stern, *Gates of Prayer* (CCAR, 1975), p.142

Evening Service for Shabbat

LET US LIGHT THESE LIGHTS²⁰

O hear our prayer we sing to You. Be gracious to the ones we love,
And bless them with goodness and mercy and peace.

O hear our prayer to You.

Let us light these lights and see the way to You, and let us say: Amen.

THE OBJECT OF PRAYER²¹

The object of prayer is not to get what we want, but what God wants;
not to change God, but our own hearts. It is like the pull of a rope
from a small boat upon a great ship at anchor; it is not the ship that
moves but the little boat.

TURN MY HEART TO YOU²²

O Lord, You know the thoughts of humankind, and You read the
minds of mortals. Know that with all my heart I desire to serve You.

*Cleanse my mind and purify my thoughts,
Save me from all forms of trouble and distress:
Unholy barriers between me and You...*

Remove from my shoulder every foolish burden
And make me single-hearted in devotion to Your mitzvot –
For by them does my spirit live.

Let me return to You with all my heart and in perfect repentance.

לב טָהוֹר בְּרָא-לִי אֱלֹהִים, וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי:

Lev tahor b'ra-li Elohim, v'ru'ach nachon chadesh b'kir'bi.

*“Create for me a clean heart, O God,
And renew a steadfast spirit within me.”²³*

GOD’S WILL AND YOUR WILL

Rabban Gamliel, son of Rabbi Judah the Prince, used to say:

עֲשֵׂה רְצוֹנוֹ בְּרְצוֹנִי, כְּדֵי שְׂעֵשֶׂה רְצוֹנִי בְּרְצוֹנוֹ.

Aseh r'tzono kir'tzonecha, k'day she'ya'aseh r'tzon'cha kir'tzono.

Make God's will your will, so that God will make your will the Divine Will.²⁴

20. Debbie Friedman

21. Sherwood Eddy, in “I Have Seen God Do It”

22. Adapted from Bachya Ibn Pakuda

23. Psalm 51.12

24. Avot 2.4

Evening Service for Shabbat

THE ART OF LIVING²⁵

An artist cannot be continually wielding his brush. He must stop at times in his painting to freshen his vision of the object, the meaning of which he wishes to express on his canvas. Living is also an art. We dare not become absorbed in its technical processes and lose our consciousness of its general plan...The Sabbath represents those moments when we pause in our brushwork to renew our vision of this object. Having done so, we take ourselves to our painting with clarified vision and renewed energy. This applies to the individual and the community alike.

THE HOLINESS OF OUR JEWISH MISSION²⁶

What do we mean when we say that the Jews are the “Chosen People?” One meaning is that God chose us to bring the wisdom of the Torah to all the peoples of the world. God wants us to be **לְאוֹר גּוֹיִם**, **I’or goyim**, a light unto the nations.”²⁷ Another meaning is that we have chosen ourselves to do God’s holy mission: to be good and kind and to follow Jewish ways. O Holy One of Blessing, we thank You for choosing us and for giving us the wisdom and the courage to choose You.

JOINING OURSELVES WITH GOD²⁸

O Lord, how can we know You? Where can we find You? You are as close to us as breathing and yet are farther than the farthest star. You are as mysterious as the vast solitudes of the night and yet are as familiar as the light of the sun. To the seer of old You did say: You cannot see My Face, but I will make all My Goodness pass before You. Even so does Your Goodness pass before us in the realm of nature and in the varied experiences of our lives.

When justice burns like a flaming fire within us, when love evokes willing sacrifice from us, when, to the last full measure of selfless devotion, we proclaim our belief in the ultimate triumph of truth and righteousness, do we not bow down before the vision of Your Goodness? You live in our hearts, as You pervade the world, and we through righteousness behold Your Presence.

25. Mordecai M. Kaplan, in *Likrat Shabbat* (Prayer Book Press, 1981), p.10

26. Rabbi David E. Ostrich

27. Paraphrase of Isaiah 49.6 and 42.6

28. Slightly adapted from *The Union Prayer Book* (CCAR, 1940), p.39; inspired by a poem of Judah HaLevi and Exodus 34

Evening Service for Shabbat

WE LIFT UP OUR HEARTS²⁹

We lift up our hearts to You, Maker of Heaven and Earth. The infinite heavens and the quiet stars tell of Your endless power. We turn from our daily toil, from its difficulties and its conflicts, from its clamor and its weariness, to meditate on the serene calm of Your Presence which pervades all creation and hallows our life with the blessing of Sabbath peace.

OUR PLACE IN GOD'S CREATION³⁰

לִיהוָה הָאָרֶץ וּמְלוֹאָהּ תִּבְּל וַיֵּשְׁבִי בָהּ:
כִּי הוּא עַל־יָמִים יִסְדָּהּ וְעַל־נְהָרוֹת יְבוֹנְנָהּ:
מִיַּעֲלָה בְהַר יְהוָה וּמִיַּקּוּם בְּמִקּוּם קִדְשׁוֹ:
נָקִי כַפַּיִם וּבֶרֶךְ לֵבָב אֲשֶׁר לֹא־נִשְׂא לְשׂוֹא נַפְשִׁי וְלֹא נִשְׁבַּע לְמַרְמָה:
יִשָּׂא בְרָכָה מֵאֵת יְהוָה וּצְדָקָה מֵאֱלֹהֵי יִשְׁעוֹ:
זֶה דוֹר דֹּרְשׁוֹ מִבְּקִשֵׁי פָנָיֶךָ יַעֲקֹב סֵלָה:

L'Adonai ha'aretz um'lo'ah, tevel v'yosh'vay vah.

Ki Hu al'yamim y'sadah, v'al-n'harot y'chon'neha.

Mi-ya'aleh v'har Adonai, umi-yakum bim'kom kod'sho?

N'ki chapayim uvar-levav, asher lo'nasa lashav nafshi, v'lo nish'ba l'mir'mah.

Yisa v'racha me'et Adonai, utz'dakah me-Elohay yish'o.

Zeh dor dor'shav m'vak'shay Panecha, Ya'akov. Selah!

The Earth is the Lord's and all its fullness,
The world and all who live here.

*For God founded it upon the seas
And established it over the floods.*

Who shall ascend the Mountain of the Lord?
Who shall stand in that holy place?

*One with clean hands and a pure heart,
Who does not take God's Name in vain, and does not swear deceitfully.*

Such is one who will receive a blessing from the Lord,
Righteousness from the God of our salvation.

*Such is the generation of God-seekers, O Jacob,
Who yearn for God. Selah.*

29. Slight adapted from *The Union Prayer Book* (CCAR, 1940), p.10

30. Psalm 24.1-6

Evening Service for Shabbat

PSALM 96

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ, שִׁירוּ לַיהוָה כָּל־הָאָרֶץ:
שִׁירוּ לַיהוָה כְּרָבוֹ שְׁמוֹ, בְּשָׂרוּ מִיּוֹם־לְיוֹם יִשְׁעֵתּוֹ:
סִפְרוּ בַגּוֹיִם כְּבוֹדוֹ, בְּכָל־הָעַמִּים נִפְלְאוֹתָיו:
כִּי גָדוֹל יְהוָה וּמְהֻלָּל מְאֹד, נֹרָא הוּא עַל־כָּל־אֱלֹהִים:

Shiru l'Adonai shir chadash, shiru l'Adonai kol'ha'aretz.

Shiru l'Adonai, bar'chu Sh'mo, bas'ru miyom-l'yom y'shu'ato.

Sap'ru vagoyim k'vodo, b'chol-ha'amim nif'l'otav.

Ki gadol Adonai um'hullal m'od, nora Hu al-kol-elohim.

O sing unto the Lord a new song; sing unto the Lord, all the earth.

Sing unto the Lord, bless God's Name;

Proclaim God's salvation from day to day.

Declare God's glory among the nations,

Those marvelous works to all humankind.

Great is the Lord, and highly to be praised;

To be adored and revered above all.

All the false gods are mere idols,

But the Lord made the heavens.

Honor and majesty surrounding;

Strength and beauty fill God's sanctuary.

Ascribe unto the Lord, all of the peoples;

Ascribe unto the Lord glory and strength.

Ascribe unto the Lord the glory that is due;

Bring an offering, and come to God's Temple.

O worship the Eternal in the beauty of holiness;

Tremble and dance, all the earth.

Declare among the nations, "The Lord rules!"

The world stands firm; it cannot be shaken; God judges us with equity.

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ, יִרְעַם הַיָּם וּמְלֵאוּ:

Yis'm'chu hashamayim v'tagel ha'aretz, yir'am hayam um'lo'o.

Let the heavens rejoice and the earth be glad;

Let the sea and all within it thunder,

The fields and everything in them rejoice;

The trees of the forest shall shout for joy.

At the presence of the Lord, Who is here now – here to rule the earth;

God rules the world justly – and all its peoples in faithfulness.

PSALM 29: HAVU L'ADONAI

מְזֻמֹּר לְדָוִד: הִבּוּ לַיהוָה בְּנֵי אֱלֹהִים. הִבּוּ לַיהוָה כְּבוֹד וָעֹז:
הִבּוּ לַיהוָה כְּבוֹד שְׁמוֹ. הִשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת־קֹדֶשׁ:
קוֹל יְהוָה עַל־הַמַּיִם אֶל־הַכְּבוֹד הַרְעִים. יְהוָה עַל־מַיִם רַבִּים:

Miz'mor l'David: Havu l'adonai b'nay elim, havu l'adonai kavod va'oz.

Havu l'adonai k'vod Sh'mo, hish'tachavu l'adonai b'had'rat-kodesh.

Kol Adonai al-hamayim, El-hakavod hir'im, Adonai al-mayim rabim.

A Psalm of David: Give praise to the Lord, O divine beings, ascribe to the Lord glory and strength. Ascribe to the Lord the glory that is due, bow down to the Lord, Whose holiness is majestic. The voice of the Lord is over the waters, thundering gloriously; the Lord is mightier than the great waters.

קוֹל־יְהוָה בְּכַף. קוֹל יְהוָה בְּהַדָּר: קוֹל יְהוָה שֹׁבֵר אֲרָזִים.
וַיִּשְׁבֶּר יְהוָה אֶת־אֲרָזֵי הַלְּבָנוֹן: וַיִּרְקֹדֵם כְּמוֹ־עֵגֶל.
לְבָנוֹן וְשִׁרְיֹן כְּמוֹ בָּרֶרְאִמִּים:

Kol-Adonai ba'ko'ach, kol Adonai behadar. Kol Adonai shover

arazim, va-y'shabber Adonai et-ar'zay hal'vanon. Va'yar'kidem

k'mo-egel l'vanon v'sir'yon k'mo ven-r'emim.

The voice of the Lord is powerful and majestic; the voice of the Lord breaks cedars, shattering even the cedars of Lebanon. God's Presence causes Lebanon to skip like a calf and Sirion like a wild young ox.

קוֹל־יְהוָה חֹצֵב לְהַבּוֹת אֵשׁ: קוֹל יְהוָה יַחִיל מִדְּבָר.
יַחִיל יְהוָה מִדְּבַר קִדְשׁ: קוֹל יְהוָה יַחִיל אַיָּלוֹת.
וַיַּחֲשֹׁף יַעֲרוֹת. וַבְּהִיכָלוֹ כָּלוּ אֹמֵר כְּבוֹד:

Kol Adonai chotzev lahavot esh. Kol Adonai yachil mid'bar,

yachil Adonai mid'bar kadesh. Kol Adonai y'cholel ayalot

va-yechesof y'arot uv'haychalo kulo omer kavod.

The voice of the Lord kindles flames of fire; the voice of the Lord makes the wilderness dance, even the wilderness of Kadesh. The voice of the Lord causes deer to give birth and strips the forest bare, while in the Temple, all say, "Glory!"

יְהוָה לְמַבּוּל יָשָׁב וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם:
יְהוָה עַד לְעַמּוֹ יִתֵּן. יְהוָה יִבְרַךְ אֶת־עַמּוֹ בְּשָׁלוֹם:

Adonai lamabul yashav, vayeshev Adonai Melech l'olam.

Adonai oz l'amo yiten, Adonai y'varech et amo vashalom.

The Lord has been enthroned from the days of the Flood and will continue to rule forever. The Lord gives strength to our people; the Lord blesses our people with peace.

Evening Service for Shabbat

LECHA DODI³¹

לְבָה דוּדֵי לְקִרְאָת כַּלָּה. פְּנֵי שַׁבָּת נִקְבְּלָה:

Lecha dodi likrat kalah, p'nay Shabbat n'kab'lah.

Come, my beloved, let us meet the bride; let us greet Shabbat.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד. הִשְׁמִיעֵנוּ אֵל הַמְּיֻחָד.
יְיָ אֶחָד וְשִׁמוֹ אֶחָד. לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה:

Shamor vezachor bedibur echad, hish'mi'anu El ham'yuchad.

Adonai echad ush'mo echad. Leshem ul'tif'eret v'lit'hilah.

“Keep” and “Remember” in a single command did the Only God cause us to hear; the Eternal is One, God’s Name is One, filled with honor, glory, and praise.

לְקִרְאָת שַׁבָּת לָבוּ וְנִלְכָּה. כִּי הִיא מְקוֹר הַבְּרָכָה.
מֵרֵאשׁ מִקְדָּם נְסֻכָּה. סוֹף מַעֲשֵׂה בְּמַחְשָׁבַת תְּחִלָּה:

Likrat Shabbat l'chu v'nel'chah. Ki hi m'kor hab'rachah.

Merosh mikedem n'suchah. Sof ma'aseh b'macha'shavah t'chilah.

Come with me to meet Shabbat, for it is a fountain of blessing. Still it flows, as from the start, the climax of creation though first in God’s plan.

הִתְעוֹרְרֵי הִתְעוֹרְרֵי. כִּי בָּא אוֹרֶךְ קוּמֵי אוֹרֵי.
עוֹרֵי עוֹרֵי שִׁיר דַּבְּרֵי. כְּבוֹד יְיָ עָלֶיךָ נִגְלָה:

Hit'or'ri hit'or'ri. Ki va orech kumi ori.

Uri, uri, shir daber. K'vod Adonai alayich nig'lah.

Awake, awake, your light has come! Arise, shine, awake and sing: the Eternal’s glory dawns upon you.

[We rise and face the back of the synagogue to greet the Sabbath Bride.]

בּוֹאֵי בְּשָׁלוֹם עֹמְרֵת בַּעֲלָה. גַּם בְּשִׂמְחָה וּבְצִהְלָה.
תּוֹךְ אֱמוּנֵי עַם סִגְלָה. בּוֹאֵי כַּלָּה. בּוֹאֵי כַּלָּה:

Bo'i v'shalom ateret ba'aloh. Gam b'simchah uv'tza'holah.

Toch emunay am segulah. Bo'i challah, bo'i challah.

Enter in peace, O crown of your husband; enter in gladness, enter in joy.

Into the midst of the faithful and chosen people: Enter, O bride! Enter, O bride!

31. Rabbi Shlomo HaLevi Alkabetz (Safed, 16th Century)

Evening Service for Shabbat

A SABBATH MOMENT³²

This is a Sabbath moment, a moment of divine quest. We have entered into the sanctuary of Israel and are invested in the sounds of the spirit. We are gathered in mutual affirmation to seek the Sabbath of the soul.

This is a place of divine possibility. Its words invite commitment to purpose and realization. This is a place of holiness, for here the Holy One can be present. May our prayers invoke the Eternal Presence, and may we fill ourselves with the wonder that is God.

LIGHT IS SOWN FOR THE RIGHTEOUS³³

וַיֹּאמֶר אֱלֹהִים יְהִי-אֹר וַיְהִי-אֹר:

Vayomer Elohim: Y'hi or, va'y'hi or.

“And God said, ‘Let there be light, and there was light...’”³⁴

God made this first light before creating the sun and the stars.

When David saw it, he burst into song. When Moses saw it on Mount Sinai, it entered his body and shone forth. At the creation, the universe from end to end radiated with this light, but it was withdrawn. Now it is stored away for the righteous—planted as a farmer plants seeds, plants them to sprout and bloom in the future.

So do we learn,

אֹר זָרַע לְצַדִּיק וְלִישְׂרָיִלֵב שִׂמְחָה:

Or zaru'a latzaddik ul'yish'ray-lev sim'chah.

“Light is sown for the righteous, and gladness for the upright in heart.”

When will this radiance bloom? When will our salvation come? When all the worlds are in harmony again—when all will be united and whole. When tikkun olam is more than a vision, when God and humanity have fixed the world. Until then, until this future world is established, this light, coming out of darkness and formed by the Most Secret, remains planted.

32. Adapted from *A Book of Common Service* (Institute for Creative Judaism, 1976)

33. Adapted from a Meditation in *Gates of Prayer* (CCAR, 1975), p.168, based on passages in the Zohar, I.3b, Babylonian Talmud Chagigah 2a, and Genesis Rabbah 3.6, and Psalm 97.11

34. Genesis 1.3

THE SONG OF CREATION³⁵

הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד־אֵל,
וּמַעֲשֵׂה יָדָיו מְגִיד הַרְקִיעַ:
יוֹם לְיוֹם יִבְיַע אָמַר,
וְלַיְלָה לְלַיְלָה יִתְוַדַּח דְּעַת:
אֵין אָמַר וְאֵין דְּבָרִים,
בְּלִי גִשְׁמַע קוֹלָם:
בְּכָל־הָאָרֶץ יֵצֵא קוֹם,
וּבְקִצָּה תִּבְלַל מְלִיהֶם...

Hashamayim m'sap'rim k'vod-El
Uma'aseh yadav magid haraki'a.
Yom l'yom yabi'a omer,
V'lailah l'lailah y'chaveh-da'at.
Ayn omer v'ayn d'varim,
B'li nish'ma kolam.
B'chol-ha'aretz yatza kavam,
Uvik'tzeh tevel milay'hem.

The heavens declare the glory of God;
The sky proclaims God's handiwork.
*The days themselves repeat the praise;
The nights as well tell this truth.*
Though there is no speech nor are there words,
Their voices are not heard.
*Yet their shout goes out to all the earth,
And their words to the end of the world.*
Heaven and Earth declare the Glory of God;
We should listen to what they say.
Heaven and Earth declare the Glory of God;
We should join in their holy song.

בְּכָל־הָאָרֶץ יֵצֵא קוֹם

35. Based on Psalm 19.2-5

PSALM 92: A SONG, A PSALM FOR THE SABBATH DAY

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת:
טוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן:
לְהַגִּיד בַּבֶּקֶר חַסְדֶּךָ וְאֱמוּנָתְךָ בַּלַּיְלוֹת:
עַל־עֲשׂוֹר וְעַל־נֶבֶל עָלִי הַנְּיוֹן בְּכִנּוֹר:
כִּי שִׂמְחַתְנִי יְהוָה בְּפַעֲלֶךָ בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֵּן:

Mizmor shir l'yom hashabbat.

Tov l'hodot ladonai, ul'zamer l'shim'cha elyon,

l'haggid baboker chas'decha ve'emunat'cha balaylot.

Alay-asor va'alay-navel alay higayon b'chinos.

Ki simach'tani Adonai b'fa'olecha b'ma'aseh yadecha aranen.

A Song, A Psalm for the Sabbath Day: It is good to give thanks to the Lord, to sing hymns to Your Name, O Most High! To tell of Your love in the morning, to sing of Your faithfulness at night; to pluck the strings, to sound the lute, to make the harp vibrate. For You, Lord, have made me glad through Your work; I will sing of the works of Your hands.

מַה־גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה

מַה־גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה מֵאֵד עֲמָקוֹ מַחֲשַׁבְתֶּיךָ:
אִישׁ בַּעַר לֹא יֵדַע וּכְסִיל לֹא־יָבִין אֶת־זוֹאת:
בַּפֶּרֶחַ רִשְׁעִים כָּמוֹ עֵשֶׂב וַיִּצְיָצוּ כָּל־פְּעָלֵי אֱוֹן
לְהַשְׁמָדֵם עַד־עַד: וְאַתָּה מְרוֹם לְעֵלְמָּה יְהוָה:

Mah-gad'lu ma'asecha Adonai, m'od am'ku mach'sh'votecha.

Ish ba'ar lo yeda' uch'sil lo yavin et zot.

Bif'ro'ach r'sha'im k'mo esev vayatzitzu kol-po'alay aven

l'hisham'dam aday-ad. V'Atah marom l'olam Adonai.

O Lord, how great are Your works! Your plans are so subtle!
The fool will never learn, the dullard never grasp this: the wicked may flourish like grass, all who do evil may blossom, yet they are doomed to destruction, while You, O Lord, are exalted for all time.

כִּי הִנֵּה אֵיבֹיךָ יְהוָה כִּי־הִנֵּה אֵיבֹיךָ יֹאבְדוּ
וְתִפְרְדוּ כָּל־פְּעָלֵי אָוֶן: וְתָרַם כְּרָאִים קִרְנֵי
כַּלְתֵּי בְּשֵׁמֶן רֵעֵנָה: וְתִפְּטַ עֵינַי בְּשׁוּרֵי
בְּקָמִים עָלַי מְרַעִים תִּשְׁמַעֲנָה אָזְנֵי:

Ki hineh oy'vecha Adonai, ki hineh oy'vecha yovedu,
yit'par'du kol-po'alay aven. Vatarem kir'aym kar'ni,
baloti b'shemen ra'anan. Vatabet ayni b'shurai
bakamim alai m're'im tish'ma'na oz'nai.

See how Your enemies, O Lord, see how Your enemies shall
perish, how all who do evil shall be scattered. But You lift up
my cause in pride, and I am bathed in freshening oil. I shall
see the defeat of my foes, my ears shall hear of their fall.

צַדִּיק בְּתִמְרוֹת יִפְרַח כְּאַרְזוֹ בְּלְבָנוֹן יִשְׁגֶּה:
שְׁתוּלִים בְּבֵית יְהוָה בְּחִצְרוֹת אֱלֹהֵינוּ וּפְרִיחֵם:
עוֹד יִנוּבֹן בְּשִׁיבָה דְּשָׁנִים וְרֵעֵנָה יְהוָה:
לְחַגִּיד כִּי־יֵשֶׁר יְהוָה צוּרֵי וְלֹא־עוֹלָתָהּ בּוֹ:

Tzadik katamar yif'rach k'erez bal'vanon yis'geh.
Sh'tulim b'vayt Adonai b'chatz'rot Elohaynu yaf'richu.
Od y'nuvun b'say'vah d'shenim v'ra'anim yih'yu.
L'haggid ki-yashar Adonai, Tzuri v'lo-av'latah bo.

The righteous shall flourish like palms, grow tall like cedars
in Lebanon. Rooted in the house of the Lord, they shall be
ever fresh and green, proclaiming that the Lord is just, my
Rock, in Whom there is no wrong.

טוֹב לְהַדוֹת לַיהוָה

Evening Service for Shabbat

READER'S KADDISH (CHATZI KADDISH)

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא בְּרַעוּיָתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֲגָלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:

**Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich Mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.**

Let the great Name of God be extolled and hallowed in this world created by Divine Will. May God's kingdom soon prevail, in our own day, our own lives, and the life of all Israel; may it come speedily, and let us say: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר.
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִידָא הוּא, לְעָלָא מִן
כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשֻׁבָּתָא וְנַחֲמָתָא, דְאִמְרוּ
בְּעֲלָמָא, וְאִמְרוּ אָמֵן:

**Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase'
v'yit'hadar v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu,
l'ela min kol bir'chata v'shirata tush'b'chata v'nechemata
da'amiran b'al'ma, v'im'ru Amen.**

Let the Name of the Holy One of Blessing be praised, glorified, honored, exalted, lifted up, adored, revered, and proclaimed even though God is beyond all the blessings, songs, adorations, and exaltations that could be uttered in all the world, and let us say: Amen.

MEDITATION³⁶

There are times when the love of God
burns so powerfully within your heart
that the words of prayer seem to rush forth,
quickly and without deliberation.

At such times it is not you yourself who speaks;
rather it is through you that the words are spoken.

36. Chasidic Meditation, found in *Mishkan T'filah* (CCAR, 2007), p.343

The Shema and Its Blessings

Bar'chu

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ:
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Bar'chu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va'ed.

Praise the Lord to Whom all praise is due.

We praise the Lord to Whom all praise is due now and forever.

Ma'ariv Aravim

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ
מַעְרִיב עַרְבִים, בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים, וּבְתַבּוּנָה מְשַׁנֶּה
עֵתִים, וּמַחְלִיף אֶת הַיּוֹמִים, וּמַסְדֵּר אֶת הַכּוֹכָבִים
בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ. בּוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל
אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר. וּמַעְבִּיר יוֹם וּמְבִיא
לַיְלָה, וּמְבַדֵּל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת שְׁמוֹ.
אֵל חַי וְקַיָּם, תָּמִיד וּמְלוֹךְ, עֲלֵינוּ לְעוֹלָם וָעֶד.

Baruch Atah Adonai, Elohaynu Melech ha'olam, asher bid'varo
ma'ariv aravim, b'choch'mah pote'ach sh'arim, uvit'vunah
m'shaneh itim, umachalif et haz'manim, um'sader et hakochavim
b'mish'm'rotay'hem baraki'a kir'tzono. Boray yom va'lailah, golel
or mip'nay choshech, v'chosech mip'nay or. Uma'avir yom umevi
lailah umav'dil bayn yom uvayn lailah, Adonai Tz'va'ot Sh'mo.
El chai v'kayam tamid yim'loch alaynu l'olam va'ed.

We praise You, O Holy One of Blessing, Ruler of the world,
Who with a word brings on the evening twilight. In wisdom
You open the gates of heaven, and with understanding You arrange
the hours, the seasons, and the stars. You create light and darkness,
rolling away the light for the darkness and the darkness for the light.
You cause the day to pass and bring on the night, separating between
day and the night. The Lord of Hosts is Your name. O living and
eternal God, rule over us continually – forever and ever.

Evening Service for Shabbat

A SACRED GIFT FOR SACRED SAFEKEEPING³⁷

When Adam and Eve were created, God took them on a tour of Gan Eden. The trees, flowers, animals, and birds were so beautiful that they sang out,

מִה־גִּדְלוֹ מְעֵשֶׂיךָ יְהוָה מֵאֵד עֲמְקוֹ מִחֻשְׁבְּתֶיךָ:

Mah-gad'lu ma'asecha Adonai, m'od am'ku mach'sh'votcha.

“How glorious are Your works, O Lord! In Wisdom have You made them all.”³⁸ Then God said, “My children, all these creations are gifts from Me to you and your children forever. They are yours to enjoy and yours to protect. If anyone ever ruins them, there will be no one else to come after and repair the damage. This world is yours. Please take care of it.”

YOUR GLORIOUS NAME³⁹

יְהוָה אֱדִינֵנוּ מִה־אֲדִיר שְׁמֶךָ בְּכָל־הָאָרֶץ:

Adonai Adonaynu, mah-adir Shim'cha b'chol-ha'aretz!

O Lord, our Lord, how glorious is Your Name in all the earth!

You have covered the heavens with Your splendor!

*When I behold the heavens, the work of Your fingers,
The moon and the stars that you set in place,*

What are we that You are mindful of us,
And our children that You take note of them?

But You have made us almost divine, and crowned us with glory and honor.

You have made us masters over all Your works, laying the world at our feet.

*Sheep and oxen, all of them, and also the beasts of the field,
The birds of the heavens, the fish of the sea,
Whatsoever moves through the paths of the sea.*

יְהוָה אֱדִינֵנוּ מִה־אֲדִיר שְׁמֶךָ בְּכָל־הָאָרֶץ:

Adonai Adonaynu, mah-adir Shim'cha b'chol-ha'aretz!

O Lord, our Lord, how glorious is Your Name in all the earth!

[*Chatimah*]

בָּרוּךְ אַתָּה יְיָ הַמַּעְרִיב עַרְבִים, מְחַיֶּה הַכּוֹל,
עוֹשֶׂה מַעֲשֵׂה בִּרְאשִׁית.

Baruch Atah Adonai, hama'ariv aravim, m'chayeh hakol, oseh ma'aseh v'resheet.

Blessed are You, O Lord, Who brings on the evening twilight,
gives life to all, and continues the work of creation.

37. Based on Ecclesiastes Rabbah 7.13

38. Psalm 92.6

39. Based on Psalm 8

Ahavat Olam: The Love We Share With God

אַהַבַּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהַבְתָּ.
תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדְתָּ.
עַל בֶּן יְיָ אֱלֹהֵינוּ, בְּשִׁבְבָנוּ וּבְקוּמָנוּ נְשִׁיחַ בְּחֻקֶיךָ,
וְנִשְׂמַח בְּדַבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
כִּי הֵם חַיֵּינוּ וְאֶרֶץ יְמֵינוּ, וּבָהֶם נִהְיֶה יוֹמָם וְלַיְלָה,
וְאָהַבְתָּ אֶל תַּסִּיר מִמֶּנּוּ לְעוֹלָמִים.

Ahavat olam bayt Yis'ra'el am'cha ahav'ta. Torah umitz'vot chukim
umish'patim otanu limad'ta. Al ken Adonai Elohaynu b'shoch'venu
uv'kumenu nasi'ach b'chukecha, v'nis'mach b'divray Toratecha
uv'mitz'votecha l'olam va'ed. Ki hem cha'yay'nu v'orech yamay'nu,
uvahem neh'geh yomam valailah, v'ahvat'cha al tasir mimenu l'olamim.

With eternal love do You love Your people Israel. Torah and mitzvot,
laws and precepts have You taught us. Therefore, O Lord our God,
when we lie down and when we rise up, we shall meditate on your
laws and rejoice in the words of Your Torah and mitzvot forever.
They are the life and the length of our days; we will think about
them both day and night. May Your love never leave us.

GOD'S ETERNAL LOVE⁴⁰

With eternal love do You love Your people, the House of Israel, and
with great care do You teach us Torah and mitzvot: they are ways
for us to live good lives. O Holy One, may we keep You and Your
wisdom on our minds – all the time. Let us walk by the light You
shine on us, and let us carry the Torah in our hearts and in our minds.
Your ways are the life and the length of our days.

אַהַבַּת עוֹלָם

40. Interpretative translation by Rabbi David E. Ostrich

Evening Service for Shabbat

GOD'S LOVE⁴¹

Infinite as is Your power, even so is Your love. You did manifest it through Israel, Your people. By laws and commandments, by statutes and ordinances have You led us in the way of righteousness and brought us to the light of truth. Therefore at our lying down and our rising up, we will meditate on Your teachings and find in Your laws true life and length of days. O that Your love may never depart from our hearts.

GOD'S GIFT OF WISDOM⁴²

תּוֹרַת יְהוָה תְּמִימָה, מְשִׁיבַת נְפֶשׁ.
עֲדוּת יְהוָה נְאֻמָּנָה, מַחְכִּימַת פֶּתִי:
פְּקוּדֵי יְהוָה יִשְׂרִים, מְשַׁמְּחֵי לֵב.
מִצְוֹת יְהוָה בָּרָה, מְאִירַת עֵינַיִם:
יְרֵאת יְהוָה מְהוֹרָה, עוֹמְדַת לְעַד
מִשְׁפִּטֵי יְהוָה אֵמֶת, צְדָקוֹ יַחְדָּי:

Torat Adonai t'mimah, m'shivat nafesh;
Edut Adonai ne'emanah, mach'kimat peti.
Pikuday Adonai y'sharim, m'sam'chay-lev;
Mitzvat Adonai barah, m'irat ay'nayim.
Yir'at Adonai t'horah, omedet la'ad;
Mish'p'tay-Adonai emet, tzad'ku yach'dav.

The teaching of the Lord is perfect, reviving the soul;
The decrees of the Lord are enduring, making wise the simple.
The precepts of the Lord are just, rejoicing the heart;
The mitzvah of the Lord is pure, giving light to the eyes.
Reverence for the Lord clarifies, staying with us forever.
The judgments of the Lord are true, they are righteous altogether.

[Chatimah]

בָּרוּךְ אַתָּה יְיָ, שְׁחֵלֵק מִחֶכְמָתוֹ לִירְאָיו.

Baruch Atah Adonai, she'cholek mechoch'mato li're'av.

We praise You, O Lord, Who gives special wisdom to those who live with reverence.

41. Slightly adapted from *The Union Prayer Book* (CCAR 1940), p.12

42. Psalm 19.8-10

Shema⁴³

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מְלָכוּתוֹ לְעוֹלָם וָעֶד.

Sh'ma Yis'ra'el, Adonai Elohaynu, Adonai Echad.

Baruch Shem k'vod mal'chuto l'olam va'ed.

Hear, O Israel, the Lord is our God, the Lord is One.

Blessed be the Name of God's glorious kingdom forever and ever.

FIRST PARAGRAPH: THOU SHALT LOVE⁴⁴

וְאַהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ
הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבְנֶיךָ, וְדִבַּרְתָּ בָּם בְּשַׁבְּתֶךָ,
בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וּקְשַׁרְתָּם לְאוֹת עַל-יָדֶיךָ, וְהָיוּ לְטַמְּפַת בֵּין עֵינֶיךָ,
וּכְתַבְתָּם עַל-מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ahav'ta et Adonai Elohecha b'chol l'vav'cha uv'chol naf'sh'cha
uv'chol m'odecha. V'hayu had'varim ha'eleh asher Anochi
m'tzav'cha hayom al l'vavecha. V'shinan'tam l'vanecha v'dibar'ta
bam b'shiv't'cha b'vay'techa uv'lech't'cha vaderech uv'shoch'b'cha
uv'kumecha. Uk'shar'tam l'ot al-yadecha v'hayu l'totafot bayn
aynecha, uch'tav'tam al m'zuzot baytecha uvish'arecha.

And thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And these words, which I command thee on this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and thou shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them on the doorposts of thy house, and upon thy gates.

[That ye may remember and do all of My commandments and be holy unto your God.]

43. Deuteronomy 6.4

44. Deuteronomy 6.5-9

SECOND PARAGRAPH: GOD'S GIFT AND OUR CHOICES⁴⁵

רָאָה נָתַתִּי לְפָנֶיךָ הַיּוֹם אֶת־הַחַיִּים וְאֶת־הַטּוֹב
וְאֶת־הַמָּוֶת וְאֶת־הָרָע: אֲשֶׁר אָנֹכִי מְצַוְךָ הַיּוֹם
לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ לְלֶכֶת בְּדַרְכָּיו וּלְשָׁמֵר
מִצְוֹתָיו וְחֻקֹּתָיו וּמִשְׁפָּטָיו. הִעַדְתִּי בְכֶם הַיּוֹם
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ הַחַיִּים וְהַמָּוֶת נָתַתִּי לְפָנֶיךָ
הַבְּרָכָה וְהַקְּלָלָה וּבְחֵרֶת בְּחַיִּים לְמַעַן תִּחְיֶה אִתָּה
וְיִרְעָד: לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ לְשִׁמְעַת בְּקוֹלוֹ
וּלְדַבְּקָה־בּוֹ כִּי הוּא חַיִּיךָ וְאַרְךָ יָמֶיךָ.

R'eh natati l'fanecha hayom et-hachayim v'et-hatov v'et-hamavet
v'et-hara. Asher Anochi m'tzav'cha hayom l'ahavah et-Adonai
Elohecha lalechet bid'rachav v'lish'mor mitz'votav v'chukotav
umish'patav. Ha'idoti vachem hayom et-hashamayim v'et-ha'aretz
hachayim v'hamavet natati l'fanecha, hab'rachah v'hak'lalah,
uvachar'ta bachayim l'ma'an ti'ch'yeh atah v'zar'echa. L'ahavah
et-Adonai Elohecha lish'mo'a b'kolo ul'dov'kah-vo ki Hu
chayecha v'orech yamecha.

Behold, I have placed before you today life and good, and death and evil. I command you today to love the Lord your God and to walk in godly paths, to observe God's commandments, decrees, and laws. I call to witness today both heaven and earth: I have placed before you both life and death, both blessing and curse. Choose life, therefore, so that you and your descendants may live – that you may love the Lord your God, listen to God's voice, and cleave to holiness. God is the life and the length of your days.

וּבִזְרֹת בּוֹזִיִּים לְמַעַן תִּחְיֶה

45. Selected from Deuteronomy 30.15–20

THIRD PARAGRAPH: TZITZIT⁴⁶

וַיֹּאמֶר יְיָ אֶל־מֹשֶׁה לְאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל
וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְגָדֵיהֶם
לְדֹרוֹתָם, וְנָתַנּוּ עַל־צִיצִית הַכַּנָּף פֶּתִיל תְּכֵלֶת. וְהָיָה
לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת
יְיָ, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתְּוּרוּ אַחֲרָי לְבַבְכֶם וְאַחֲרָי
עֵינֵיכֶם, אֲשֶׁר־אִתְּם זָנִים אַחֲרֵיהֶם:
*לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהִייתֶם
קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לָכֶם לֵאלֹהִים.
אֲנִי יְיָ אֱלֹהֵיכֶם: [אֱמֶת]

Vayomer Adonai el Moshe le'mor: Daber el-B'nai Yis'ra'el
v'amar'ta alehem v'asu lahem tzitzit al-kan'fay vig'dayhem
l'dorotam, v'nat'nu al tzitzit hakanaf p'til t'chelet. V'hayah
lachem l'tzitzit, ur'item oto uz'char'tem et-kol-mitz'vot Adonai,
va'asitem otam, v'lo taturu acharay l'vav'chem v'acharay
aynay'chem asher atem zonim acharay'hem.

*L'ma'an tiz'k'ru va'asitem et kol mitz'votai vi'h'yitem
k'doshim lelohaychem. Ani Adonai Elohaychem Asher
hotzeti et'chem me'erezt Mitz'rayim l'hiyot lachem lelohim.
Ani Adonai Elohaychem. [Emet.]

The Lord spoke to Moses and said: Speak unto the Children of Israel and tell them to make for themselves tzitzit on the corners of their clothing throughout their generations. They shall make one of the threads of the tzitzit techelet. They shall be tzitzit for you so that when you look at them, you will remember all the mitzvot of the Lord and do them. You should not go about after your own heart and your own eyes after which you can go astray.

*You should remember and do all my commandments, and be holy unto your God. I am the Lord, your God, Who brought you up out of the land of Egypt to be your God. I am the Lord, your God. [Truth]

46. Numbers 15.37-41

Evening Service for Shabbat

WE SHALL LOVE⁴⁷

We shall love what is holy

With all our courage, with all our passion, with all our strength.

Let the words that God has spoken to us

Shine in our words and our actions.

We must teach our children to know and understand them.

We must speak about the holy within our homes,

When we are working, when we are at play,

When we lie down, and when we rise up.

Let the work of our hands speak them.

Let our eyes shine and see with their knowledge.

Let them glow from our doors and our windows.

We should remember well all the words of the Torah

And be holy unto our God.

Ge'ulah: The Power That Saves Us

OUR REFUGE AND OUR STRENGTH⁴⁸

There is truth in the words that God speaks to us:

Truth and a tradition of seeking the holy.

There is wisdom in hearkening to these words,

Glory in speaking them to others.

The Eternal is present in our lives,

Instilling faith and giving life.

God is our refuge and our strength,

A very present help in time of trouble.

When we are suffering, God dwells within,

Giving us strength when we have none.

And when we are delivered, God appears to all,

Bringing us forth from pain and despair.

In Egypt, we were slaves; we do remember.

In Egypt, we suffered and waited for God.

In Egypt, God heard us, and God set us free.

From Egypt, God freed us, and we could breathe free.

In Sinai and now, we treasure our freedom.

May we find God and feel God and sing freedom's song.

47. Adapted from Marge Piercy

48. Rabbi David E. Ostrich

Evening Service for Shabbat

PSALM 114

בְּצֵאת יִשְׂרָאֵל מִמִּצְרַיִם בֵּית יַעֲקֹב מֵעַם לְעֹז:
הִיְתָה יְהוּדָה לְקֹדֶשׁוֹ יִשְׂרָאֵל מִמְּשָׁלוֹתָיו:

B'tzet Yis'ra'el mimitz'rayim, Bayt Ya'akov me'am lo'ez.

Ha'y'tah Yehudah l'kod'sho, Yis'ra'el mam'sh'lotav.

When Israel came forth out of Egypt,

The House of Jacob from a foreign people,

Judah became the place of God's holiness,

Israel the place of God's power.

The sea saw it and fled; the River Jordan turned backwards.

The mountains skipped like rams, the hills like young sheep.

What's the matter, O Sea, that you flee away,

You Jordan that you flow backwards?

You mountains who skip like rams, you hills like young sheep?

מִלִּפְנֵי אֲדוֹן חוּלֵי אֶרֶץ מִלִּפְנֵי אֱלֹהֵי יַעֲקֹב:

Milif'nay Adon chuli aretz, milif'nay Eloah Ya'akov!

Tremble, O Earth, at the Presence of the Lord,

At the Presence of the God of Jacob!

Who turns the rock into a pool of water,

Who turns flint into a fountain of waters!

OUR ROLE IN GOD'S MIRACLES⁴⁹

When the Israelites stood on the Egyptian side of the Red Sea,

Terrified at the onrushing chariots,

Moses lifted up his rod to divide the waters,

But nothing happened.

Nothing happened because Moses and the Israelites

Were waiting on God for the miracle.

Then Nachshon, an Israelite filled with faith and bravery,

Jumped into the water and started walking.

"By our faith shall these waters be divided," he shouted,

and everyone followed him in.

When all the people were in the sea – with the water up to their noses –

Only then did the sea part,

And the Children of Israel could walk through on dry land.

Let us sing of God's Glory and the part we can play.

Let us sing of God's miracles and the glory God shares.

49. Babylonian Talmud, Sotah 37a, and Numbers Rabbah 13.7

Evening Service for Shabbat

THE AWE AND AMAZEMENT CONTINUE⁵⁰

True and enduring are these words from God.
True and enduring is our covenant with heaven.

True and enduring is the power of God.

For the Lord is present always:

Helping us, pushing us, lifting us,
Teaching us, guiding us, saving us.
*Your power, O Lord, can be seen in our lives,
And we can feel it within.*

From Egypt, you have been with us,
And Your salvation is here today.
*At the Red Sea, in awe and amazement,
Our people felt Your saving power.*

Together, joyfully, they sang from their hearts.
May our hearts join theirs in awe and in song.

MI CHAMOCHA⁵¹

מִי כָמוֹכָה בְּאֵלִים יְיָ, מִי כָמוֹכָה נֹאדָר בְּקִדְשׁ,
נֹרָא תְהִילַת, עֲשֵׂה פֶלְא:
מְלֻכּוֹתֶיךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לְפָנֵי מֹשֶׁה,
זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

**Mi chamocha ba'elim Adonai, mi kamocha ne'dar bakodesh,
nora t'hilot oseh fele'.**

**Mal'chut'cha ra'u vanecha, boke'a yam lif'nay Mosheh,
"Zeh Eli!" anu v'am'ru, "Adonai yimloch l'olam va'ed!"**

Who is like You, O Lord, among the mighty?! Who is like You,
glorious in holiness, awesome in praises, working wonders?
Your children saw Your might, there at the splitting of the sea.
"This is my God," they cried, singing, "The Lord will rule forever and ever!"

בָּרוּךְ אַתָּה יְיָ, שְׁמֵרְנוּ גֹאֲלֵנוּ וְצוּר יִשְׁעֵנוּ.

Baruch Atah Adonai, shom'renu, go'alenu, v'tzur yish'enu.

Blessed is the Lord, Who protects us, Who helps us when we are in difficulty,
and Who is our eternal and everlasting hope.

50. Rabbi David E. Ostrich

51. Rabbinic adaptation of Exodus 15

Hashkivaynu: For a Peaceful Night

תִּשְׁכַּבְנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם. וְתִעַמְדוּנוּ מִלְּפָנֶיךָ לְחַיִּים וּפְרוֹשׁ
עָלֵינוּ סִפְתָּ שְׁלוֹמְךָ. וְתִקַּנְנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ. וְהוֹשִׁיעֵנו
לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדְנוּ. וְהָסֵר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחָרָב,
וְרָעַב וְיָגוֹן. וְהָסֵר שָׁמֶן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ. וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ.
כִּי אֵל שׁוֹמְרָנוּ וּמְצִילָנוּ אַתָּה. כִּי אֵל מִלֶּךְ חַנוּן וְרַחוּם אַתָּה.
וְשָׁמֹר צִאתָנוּ וּבּוֹאֵנוּ. לְחַיִּים וּלְשָׁלוֹם. מֵעַתָּה וְעַד עוֹלָם.

Hash'kivenu Adonai Elohaynu l'shalom, v'ha'amidenu Mal'kenu l'chayim,
uf'ros alaynu sukat sh'lomecha, v'tak'nenu b'etzah tovah mil'fanecha.

V'hoshi'enu l'ma'an Sh'mecha, v'hagen ba'adenu, v'haser me'alaynu oyev,
dever, v'cherev, v'ra'av v'yagon, v'haser satan mil'fanaynu ume'acharenu,
uv'tzel k'nafecha tas'tirenu. Ki El shom'renu umatzilenu Atah, ki El Melech chanun
v'rachum Atah, ush'mor tzetenu uvo'enu l'chayim ul'shalom me'atah v'ad olam.

Cause us, O Lord, our God, to lie down in peace, and raise us up, O our Ruler, to life tomorrow. Spread over us the shelter of Your peace, guiding us with Your good counsel and saving us for Your Name's sake. Shield us, we pray, against enemies, disease, war, famine, and sorrow, and strengthen us against the evil forces that abound on every side; give us refuge in the shadow of Your wings. You are a God Who guards and rescues; You are a God who rules with graciousness and compassion, guarding our goings and our comings to life and to wholeness, from this time forth and forever.

FOR A PEACEFUL NIGHT⁵²

Let there be love and understanding among us; let peace and friendship be our shelter from life's storms. Eternal God, help us to walk with good companions, to live with hope in our hearts and eternity in our thoughts, that we may lie down in peace and rise up to find our hearts waiting to do Your will.

בָּרוּךְ אַתָּה יְיָ הַפּוֹרֵשׁ סִפְתָּ שְׁלוֹם עָלֵינוּ
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם וְעַל כָּל הָעוֹלָם.

Baruch Atah Adonai, hapores sukat shalom alaynu

v'al kol amo Yis'ra'el v'al Yerushalayim v'al kol ha'olam.

We praise You, O Holy One of Blessing, for the shelter of peace
You spread over us, over all Israel, over Jerusalem, and over all the world.

52. Rabbi Chaim Stern, adapted from Rabbi Elazar (2nd Century) in Berachot 16b; found in *Gates of Prayer* (CCAR, 1975), p.151

Evening Service for Shabbat

VESHAM'RU⁵³

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם כְּבְרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹתָהּ הִיא לְעוֹלָם.
כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

Vesham'ru v'nay Yis'ra'el et hashabbat,
la'asot et hashabbat l'dorotam b'rit olam.
Bayni uvayn b'nay Yis'ra'el ot hi l'olam,
ki sheshet yamim asah Adonai et hashamayim v'et ha'aretz,
uvayom hash'vi'i shavat vayinafash.

The Children of Israel shall keep the Sabbath, observing the Sabbath throughout their generations as a perpetual covenant. It is a sign forever between God and the Children of Israel, for in six days the Eternal created the heavens and the earth, and on the seventh day, God rested and was refreshed.

בְּרִית עוֹלָם

MEDITATIONS BEFORE TEFILAH

קְרוֹב יי לְכֹל קוֹרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת:

Karov Adonai l'chol kor'av, l'chol asher yik'ra'uhu ve'emet.

The Lord is near to all who call, to all who call out with sincerity.⁵⁴

Chief among the duties of the heart is the attuning of the soul into such perfect harmony with God that all right conduct and right thought follow without any effort on our part. This happens when our will is one with God's, through love.⁵⁵

53. Exodus 31.16-17

54. Psalm 145.18

55. Bachya Ibn Pakuda, *The Duties of the Heart* (11th Century)

Tefilah/Amidah: Our Main Prayer

אֲדֹנָי שְׁפַתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonai, s'fatai tif'tach ufi yaggid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory.⁵⁶

Avot v'Imahot: God of Our Ancestors

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ.
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,
אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכּוֹל,
זוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמֵבִיא גְּאֻלָּה לְבָנָי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:
בְּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה:

Baruch Atah Adonai, Elohaynu velohay avotaynu v'imotaynu,
Elohay Avraham, Elohay Yitzchak, velohay Ya'akov,
Elohay Sarah, Elohay Rivkah, Elohay Rachel, velohay Leah.
Ha'El hagadol hagibbor v'hanorah, El elyon, gomel chasadim
tovim, v'koneh hakol, v'zocher chasday avot v'imahot, umevi
g'ulah liv'nay v'nayhem l'ma'an Sh'mo b'ahavah. Melech,
Ozer, umoshi'a umagen. Baruch Atah Adonai, Magen
Avraham v'ezrat Sarah.

Blessed are You, O Lord our God, God of our fathers and mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Rachel, and God of Leah. You are great and mighty and awesome, truly God supreme. You help those who are good and show concern for us all. You remember the good deeds of our ancestors and, with great love, will take care of us forever. You are our Ruler, Helper, Savior, and Protector. Blessed are You, O Lord, Shield of Abraham and Helper of Sarah.

56. Psalm 51.17

PRIDE AND STRENGTH OF THE JEWISH PEOPLE⁵⁷

We praise You, O Eternal One, our God and God of our mothers and fathers in every generation. For Abraham and Sarah, You were the wisdom to leave their home country and journey to a new land, with new hope. For Isaac and Rebecca, You were the dedication to continue in that new and often difficult land. For Jacob, Rachel, and Leah, You were the sense of right so strong that they were able to wrestle with the challenges they met. In every generation, Jews have searched for You, loved You, and lived for You. And, in every generation, You have delighted in our lives and sought to dwell in our midst. We praise You, O Eternal One, pride and strength of the Jewish people.

Gevurot: God's is The Energy of Life

אתה גבור לעולם אדוני, מחיה הכל אתה, רב להושיע:
מכלכל חיים בחסד, מחיה הכל ברחמים רבים, סומך
נופלים, ורופא חולים, ומתיר אסורים, ומקים אמונתו
לישני עפר, מי כמוד בעל גבורות ומי דומה לך, מלך
ממית ומחיה ומצמיח ישועה: ונאמן אתה להחיות הכל.
ברוך אתה יי, נמע בתוכנו חיי עולם:

Atah gibbor l'olam Adonai, m'chayeh hakol Atah, rav l'hoshi'a.

M'chal'kel chayim b'chesed, m'chayeh hakol b'rachamim rabbim,
somech nof'lim v'rofe' cholim, u'matir asurim, um'kayem emunato
lishenay afar. Mi chamocho ba'al g'vurot, umi domeh lach, Melech
memit um'chayeh umatz'mi'ach y'shu'ah. V'ne'eman Atah l'hachayot
hakol. Baruch Atah Adonai, note'a b'tochenu cha'yay olam.

You are Mighty forever, O Lord, giving life and great salvation to all. With lovingkindness You sustain the living; with overwhelming compassion You give life to all. You lift up the fallen; you heal the sick, You free the captive, and You are faithful to those who sleep in the dust. Who is like You, O master of might, and who can be compared to You, O Ruler Who brings about life and death and salvation? You are faithful in giving life to all. Blessed are You, O Lord, Who plants within us eternal life.

57. Rabbi David E. Ostrich.

Evening Service for Shabbat

THE SOURCE OF OUR LIVES⁵⁸

You are mighty forever, O Holy One, giving us life and taking care of us forever. Gently do You breathe life into us, nurturing us with great mercy. You lift us up, heal us, give us freedom, and do not abandon us, even when our eyes are closed to You. Who can compare to You, O mighty One Who gives life and death and holds us close forever?! You are truly the faithful and ever-present source of life. Blessed are You, O Lord, Who plants within us eternal life.

HELP US TO BE YOUR VESSELS⁵⁹

Your might, O God, is everlasting;

Help us to use our strength for good and not for evil.

You are the source of life and blessing;

Help us to choose life for ourselves and our children.

You are the support of the falling;

Help us to lift up the fallen.

You are the author of freedom;

Help us to set free the captive.

You are our hope in death as in life;

Help us to keep faith with those who sleep in the dust.

Your might, O God, is everlasting;

Help us to use our strength for good.

WHEN GOD MOVES THROUGH US

Now, we cannot actually picture goodness. It is not a being; it is a force, like electricity. Nobody ever actually saw electricity.

We know that it exists. We can see and feel what electricity does.

If we have an electric bulb and connect it with an electric wire,

we get light. If we have an electric heater and connect it, we get

heat. If we have an electric motor and attach it to a vehicle, we

get the vehicle to move. In other words, we get to know what

electricity is by what it does. In the same way, we get to know

what God is by what God makes us do: when a person is connected

with God, that person does good things. We call that person a godly

person, and his/her act is a godly act. Whenever this force is active,

we say that God has exercised influence and power.⁶⁰

58. Rabbi David E. Ostrich, with thanks to Rabbi Rami M. Shapiro

59. Rabbi Chaim Stern, *Gates of Prayer* (CCAR, 1975), p.153

60. Rabbi Ira Eisenstein, *What We Mean By Religion* (1958)

Evening Service for Shabbat

Kedushat Hashem: The Holiness of God

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ, פְּלֵא.

Atah kadosh, v'shim'chah kadosh, uk'doshim b'chol yom y'hallelu'cha, Selah.

You are holy, Your Name is holy, and those who are holy declare

Your holiness every day.

INTERPRETATION⁶¹

You are holy, and Your Name is holy,

And Your holiness fills us

And everyone and everything around us.

You are truly the dwelling place of all the world,

And we are blessed when we open our eyes

To behold Your Presence.

THE WHOLE WORLD IS FILLED WITH GOD'S GLORY

We read in the prophet:

מָלֵא כָּל-הָאָרֶץ כְּבוֹדוֹ.

M'lo chol-ha'aretz k'vodo.

"The whole earth is filled with God's glory."⁶² Rabbi Joshua of Sikhnin compared this to a cave by the seashore. When the tide rises, the cave gets filled with water, but the sea is no less full. When the Mishkan was filled with the radiance of God, the world was no less filled with God's glory.

GOD IS HERE⁶³

Earth's crammed with heaven, and every bush afire with God;

but only he who sees takes off his shoes –

the rest sit around it and pluck blackberries.

[*Chatimah*]

בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

Baruch Atah Adonai, ha'el hakadosh.

Blessed are You, O Eternal One, the holy God.

61. Rabbi David E. Ostrich

62. Isaiah 6.3b

63. Elizabeth Barrett Browning, *Aurora Leigh*

Kedushat Hayom: The Holiness of Shabbat⁶⁴

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צְבָאָם:

Va'y'chulu hashamayim v'ha'aretz v'chol tz'va'am.

“Then heaven and earth were complete, and all that fill them.”

Let us recall the first Sabbath day, when creation rested and existence was sure. It is our heritage to relive and celebrate that everlasting moment, to feel anew its splendor, absorb anew its glow. It is our glory to make Shabbat eternal every week.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ. רְצֵה בְּמְנוּחָתֵנוּ.
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֻלְקֵנוּ בְּתוֹרָתֶךָ. שְׂפָעֵנוּ
מִפְּנוּבֶךָ. וְשִׂמְחֵנוּ בִּישׁוּעָתֶךָ. וּמַחֵר לִפְנֵינוּ לְעִבְדֶּךָ
בְּאֵמֶת. וְהַנְּחִילֵנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה וּבְרִצּוֹן שְׂפַת
קִדְּשֶׁךָ. וְיִגְדֹּל בְּךָ יִשְׂרָאֵל. מִקִּדְּשֵׁי שְׁמֶךָ.
בְּרוּךְ אַתָּה יְיָ. מִקִּדְּשׁ הַשַּׁבָּת:

Elohaynu velohay avotaynu v'imotaynu, r'tzeh vim'nuchatenu.
Kad'shenu b'mitz'votecha v'ten chel'kenu v'toratecha, sab'enu
mituvecha, v'sam'chenu bishu'atecha, v'taher libenu l'ov'd'cha
be'emet, v'han'chilenu, Adonai Elohaynu, b'ahavah uv'ratzon
Shabbat kod'shecha, v'yanuchu vah Yis'ra'el m'kad'shay
Sh'mecha. Baruch Atah Adonai, m'kadesh hashabbat.

AN INVITATION TO GOD ON SHABBAT⁶⁵

O Holy One of Blessing, may our rest on this Shabbat bring us closer to You. May we be made holy with Your mitzvot, and may Your Torah be our guidebook along the paths of life. Teach us to be happy with the blessings we have, and help us to feel secure in Your everlasting love. Purify us that we may approach You wholeheartedly. In Your gracious love, O Lord our God, let Your holy Shabbat always be a part of our heritage. As we praise Your goodness, may we find rest and peace. Blessed are You, O Lord, Who brings holiness into the world on Shabbat.

64. Compiled and adapted from various sources: Genesis 2.1, traditional liturgy, *A Book of Common Service* (Institute of Creative Judaism, Cincinnati, 1976), and a prayer by Rabbi Richard N. Levy

65. Interpretive translation by Rabbi David E. Ostrich; for a translation, see page 96

Evening Service for Shabbat

A SABBATH PRAYER⁶⁶

O God Who fills the world, but Who is more present on Shabbat, bless us with Your light and holiness on this day. May it bring transformation.

קַדְשֵׁנוּ בְּמִצְוֹתֶיךָ

Kad'shenu b'mitz'votecha.

May Your mitzvot provide us paths to holiness.

וְתֵן חֵלְקֵנוּ בְּתוֹרַתְךָ.

V'ten chel'kenu v'toratecha.

And may we make a portion of Your Torah our own.

שְׂבַעֲנוּ מִטוֹבְךָ.

Sab'enu mituvecha

May we learn satisfaction, and delight in the blessings we are given.

וְשִׂמְחָנוּ בִּישׁוּעֶתְךָ.

V'sam'chenu bishu'atecha

And may we rejoice in Your love, which is eternal.

וּמַחֵר לִפְנֵינוּ לְעַבְדְּךָ בְּאֵמֶת.

V'taher libenu l'ov'decha b'emet.

Purify our hearts and our intentions so that we may stand before You and feel nothing but Your love.

YIS'M'CHU

יְשַׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבַּת וְקוֹרְאֵי עֲנֵנוּ.
עִם מְקַדְשֵׁי שְׁבִיעֵי בָּלֵם יִשְׁבְּעוּ וְיִתְעַנְּנוּ מִטוֹבְךָ.
וְהַשְׁבִּיעֵי רָצִיתָ בּוֹ וְקִדְשָׁתוֹ. חֲמִידַת יָמִים אוֹתוֹ
קָרָאתָ, וְכָר לְמַעֲשֵׂה בְרֵאשִׁית.

Yis'm'chu v'mal'chut'cha shom'ray Shabbat v'kor'ay oneg.

Am m'kad'shay sh'vi'i kulam yis'b'u v'yit'angu mituvecha.

**V'hash'vi'i ratzita bo v'kidash'to. Chem'dat yamim oto karata,
zecher l'ma'aseh v'resheet.**

Those who keep the Sabbath and call it a delight shall rejoice in Your kingdom. Those who sanctify the seventh day shall be satisfied and gladdened by Your goodness. You chose the seventh day and made it holy. You called it the most precious of days, a reminder of the work of Creation.

66. Rabbi David E. Ostrich

Evening Service for Shabbat

Avodah: May Our Prayers Be Acceptable

רְצֵה יי אֱלֹהֵינוּ בְּעֶמְדְךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה
תִּקְבַּל, וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
אֵל קָרוֹב לְכָל־קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנֵינוּ; שְׁפֹךְ
רוּחְךָ עָלֵינוּ, וְתַחֲוֶינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יי, הַמַּחְזִיר שְׂבִינָתוֹ לְצִיּוֹן וּלְכָל־מְקוֹם.

R'tzeh Adonai Elohaynu b'amcha Yis'ra'el, ut'filatam b'ahavah
t'kabel, ut'hi l'ratzon tamid avodat Yis'ra'el amecha. El karov
l'chol-kor'av, p'neh el avadecha v'chonenu; sh'foch ruchacha
alenu, v'techezenah aynaynu b'shuv'cha l'tziyon b'rachamim.
Baruch Atah Adonai, hamachazir Sh'chinato l'tziyon ul'chol makom.

Be gracious, O Eternal One, to Your people Israel, and accept their prayers with love. May our worship always be acceptable to You. O God Who is near to all who seek You, turn to Your servants with kindness; pour out Your Spirit upon us, and let our eyes behold Your Presence in our midst and in the midst of our people in Zion. Blessed are You, O Eternal One, Whose Presence can be found in Zion and in every place.

INVITING GOD INTO OUR LIVES⁶⁷

The Lord is near to all who call—to all who call out in truth.

Where is God? Wherever we open our hearts.

The purpose of prayer is to leave us alone with God.

*But there is no room for God
in those who are full of themselves.*

How can we know if our prayers are answered?

*When you rise from your prayers a better person,
then surely have your prayers been answered.*

TRUE WORSHIP⁶⁸

True worship is not a petition to God; it is a sermon to ourselves.

67. Concatenation compiled by Rabbi David E. Ostrich from Psalm 145, Reb Mendel of Kotzk, Rabbi Leo Baeck, The Baal Shem Tov, and George Meredith

68. Rabbi Emil G. Hirsch

Hoda'ah: To You God, We Give Thanks⁶⁹

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ בְּכָל־דּוֹר. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ, אֵתָהּ הוּא לְדוֹר
וְדוֹר. בְּטוֹבְךָ הַיּוֹם־סוּפֵי, אָנוּ מְבוֹרָכִים וּמְחַנּוּנִים בְּבְרָכוֹת
רַבּוֹת; בְּכָל־יוֹם אֲנַחְנוּ מְקַבְּלִים טוֹבוֹת וְנִסִּים. אֵל מֶלֶךְ
נְאֻמָּן, נָא אַל תִּסֵּר מִמֶּנּוּ לְעוֹלָמִים אֶת הַשְּׁפָע הַטּוֹב
וְהַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה, וְנִחֶיהָ יָדֶיךָ בְּעוֹלָם לְהַבִּיא בְּרָכוֹת־הַשָּׁמַיִם
לְכָל־הָאָרֶץ. בָּרוּךְ אַתָּה יי הַטּוֹב שְׂמֹךְ וְלָךְ נֶאֱחָ לְהוֹדוֹת.

Modim anachnu lach, she'Atah Hu Adonai Elohaynu velohay avotaynu
v'imotaynu b'chol dor. Tzur cha-yay-nu, Magen yish'enu, Atah Hu l'dor
vador. B'tuv'cha ha'ayn sofi, anu m'vorachim um'chunanim biv'rachot
rabbot; b'chol yom anachnu m'kab'lim tovot v'nisim. El Melech ne'eman,
na al tasir mimenu l'olamim et hashefa hatov v'hagadol v'hakadosh
hazeh, v'nih'yeh Yadecha ba'olam l'havi b'rachot hashamayim l'chol
ha'arets. Baruch Atah Adonai, hatov Shimcha ul'cha na'eh l'hodot.

We thank You, O Lord our God, God of our mothers and fathers in every generation. You are the Rock of our lives, the Shield of our salvation, You are faithful in every generation. In Your never-ending goodness, we are blessed and graced abundantly. Every day do we receive Your blessings and miracles. May You never withhold from us this great and holy flow of Your blessings. May we be Your hands in the world, bringing the blessings of heaven to all the earth. We praise You, O Lord, Whose Name is good and to Whom it is fitting to give thanks.

THANKING GOD⁷⁰

The Psalmist says, "It is good to give thanks to the Lord."⁷¹
But why? Does God give in order to receive our thanks and prayers? Does God need the thanks? Does God need anything? Could God's intention be like that of a parent giving a child a gift? What the parent wants is that the child appreciate the gift: like it and use it and enjoy it. Grateful thanks are part of etiquette, but the parent's real joy is in the child's delight. We praise You, O Eternal One, for it is beautiful to appreciate.

69. Hebrew adaptation by Rabbi David E. Ostrich

70. Rabbi David E. Ostrich

71. Psalm 92.1

Birkat Hashalom: The Blessing of Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ (וְעַל-כָּל-הָעַמִּים) תְּשִׁים לְעוֹלָם.
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל (וְאֶת-כָּל-הָעַמִּים) בְּכָל עֵת וּבְכָל שָׁעָה
בְּשִׁלּוּמֶךָ. בְּרוּךְ אַתָּה יְיָ, עוֹשֵׂה הַשְּׁלוֹם.

**Shalom rav al Yis'ra'el am'cha (v'al-kol-ha'amim) tasim l'olam,
ki Atah Hu Melech Adon lechol hashalom. V'tov b'aynecha l'varech
et am'cha Yis'ra'el (v'et-kol-ha'amim) b'chol ayt uv'chol sha'ah
bish'lomecha. Baruch Atah Adonai, Oseh hashalom.**

May abundant and everlasting peace be Your blessing to Israel (and to all peoples), for You are the Source and Master of Peace. And it is pleasing to bless Israel (and all peoples) at every hour and every moment with Your peace. Blessed are You, O Eternal One, the Source of peace.

TO LIGHT UP THE UNIVERSE⁷²

May we gain wisdom in our lives,
Overflowing like a river with understanding,
Loved, each of us, for the peace we bring to others.
May our deeds exceed our speech,
And may we never lift up our hand
But to conquer fear and doubt and despair.
Rise up like the sun, O God, over all humanity.
Cause light to go forth over all the lands between the seas.
And light up the universe with the joy
Of wholeness, of freedom, and of peace.

GRANT US PEACE⁷³

Grant us peace, Your most precious gift, O Eternal Source of Peace, and enable Israel to be its messenger unto the peoples of the earth. Bless our country that it may ever be a stronghold of peace and its advocate in the council of nations. May contentment reign within its borders, health and happiness within its homes. Strengthen the bonds of friendship and fellowship among the inhabitants of all lands. Plant virtue in every soul, and may the love of Your Name hallow every home and every heart. We praise You, O Lord, the source of peace.

72. Rabbi Richard N. Levy

73. Slightly adapted from *The Union Prayer Book* (CCAR, 1940), p.22

Evening Service for Shabbat

SILENT PRAYER

ELOHAI N'TZOR L'SHONI⁷⁴

אֱלֹהִי, נְצוֹר לְשׁוֹנֵי מִרְעִי, וּשְׁפָתַי מִדְּבַר מְרָמָה:
וְלִמְקַלְלֵי נַפְשִׁי תוֹדִם, וְנַפְשִׁי פֶּעֶפֶר לְבַל תִּהְיֶה.
פֶּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.
וְכָל הַחוֹשְׁבִים עָלַי רָעָה, מְהֵרָה הִפֵּר עֲצָתָם
וּקְלָקַל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׂמִיךְ, עֲשֵׂה לְמַעַן
יִמְיֶנְךָ, עֲשֵׂה לְמַעַן קְדוּשָׁתְךָ. עֲשֵׂה לְמַעַן תוֹרָתְךָ.
לְמַעַן יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

Elohai n'tzor l'shoni mera, us'fatai midabber mir'mah. V'lim'kal'lai
naf'shi tidom, v'naf'shi ke'afar lakol ti'h'yeh. P'tach libi b'toratecha,
uv'mitzv'otecha tir'dof naf'shi. V'chol hachosh'vim alai ra'ah,
m'herah hafer atzatham v'kal'kel machashav'tam. Aseh l'ma'an
Sh'mecha, aseh l'ma'an y'minecha, aseh l'ma'an k'dushatecha.
Aseh l'ma'an Toratecha. L'ma'an yechal'tzun y'didecha,
hoshi'ah y'min'cha va'aneni.

My God, guard my tongue from evil, and my lips from deceitful speech. To those who curse me, may my soul be silent, and may I be humble as dust to all I meet. Open my heart to Your Torah, and may my soul pursue Your mitzvot. As for those who intend evil for me, quickly change their minds and overturn their schemes. Do this, please, for the sake of Your Name, for the sake of Your right hand, for the sake of Your holiness. Do this, please, for the sake of Your Torah. For the sake of Your saving power, save Your beloved and be here for me.

O Lord, open our eyes that we may see and welcome all truth, whether shining from the annals of ancient revelations or reaching us through the seers of our own time; for You hide not Your light from any generation of Your children who yearn for You and seek Your guidance.⁷⁵

74. Mar, son of Ravina (Fourth Century), using Psalm 34.14, 60.7, and 108.7

75. Slight adapted from *The Union Prayer Book* (CCAR, 1940), p.34

Evening Service for Shabbat

O Lord, guard my tongue from evil and my lips from speaking guile; guard my heart from hatred and my mind from harmful thoughts. Help me to avoid shameful speech as well as shameful silence. May my words be messengers of Your will, humble in spirit, helpful in purpose, seeking justice, and pursuing peace. O Lord, guard my spirit from weakness and my soul from gloom or despair. Strengthen my worthy desires that I may serve You, in joy, every day; thus may I reflect honor on Your holy Name in all that I say and do.⁷⁶

Religion is not so much knowledge of God as godly living. What distinguishes a religion from a system of science or philosophy is its concern with human behavior. Theories of reality are vital to it only to the degree to which they help transform the lives of men and women and to affect their conduct....
Unless religion affects human life and conduct, it is of small worth.⁷⁷

Bless our children, O God, and help us so to fashion their souls by precept and example that they may ever love the good, flee from sin, revere Your Word, and honor Your Name.⁷⁸

The Lord is my shepherd, I shall not want. God lies me down in green pastures, leads me beside the still waters, restores my soul. You guide me in straight paths for Your Name's sake. Yea, though I walk through the valley of the shadow, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You have anointed my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.⁷⁹

76. Ben Saul, from *Siddur Hadash* (The Prayer Book Press, 2004)

77. Samuel S. Cohon, in *Judaism: A Way of Life* (slightly adapted)

78. Slightly adapted from *The Union Prayer Book* (CCAR, 1940), p.131

79. Psalm 23

Evening Service for Shabbat

I am a Jew because the faith of Israel demands of me
no abdication of my mind.
I am a Jew because the faith of Israel asks of me
every possible sacrifice of my soul.
I am a Jew because in all places where there are tears
and suffering the Jew weeps.
I am a Jew because in every age when the cry of despair
is heard the Jew hopes.
I am a Jew because the message of Israel is the most
ancient and the most modern.
I am a Jew because Israel's promise is a universal promise.
I am a Jew because for Israel the world is not finished;
humans will complete it.
I am a Jew because for Israel humanity is not yet fully created;
we are creating ourselves.
I am a Jew because Israel places humanity and its unity
above nations and above Israel itself.
I am a Jew because above humanity, image of the Divine Unity,
Israel places the unity which is divine.⁸⁰

יְהִי לְרָצוֹן אֱמֹרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

**Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha Adonai,
Tzuri v'Go'ali.**

May the words of my mouth and the meditations of my heart
be acceptable to You, O Lord, my Rock and my Redeemer.⁸¹

**עֲשֵׂה שָׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן:**

**Oseh shalom bim'romav Hu ya'aseh shalom alaynu v'al kol Yis'ra'el,
v'im'ru Amen.**

May the Source of peace in the high places bestow peace upon us
and upon all Israel, and let us say Amen.

80. Edmund Fleg, *Why I Am a Jew* (Bloch 1975), p.93-95

81. Psalm 19.15

Evening Service for Shabbat

KADDISH SHALEM

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי כְּרָא כְּרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֵנְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh rabba b'al'ma di v'ra chir'uteh, v'yam'lich
mal'chuteh b'cha'yay'chon uv'yomay'chon uv'cha'yay d'chol Bayt Yis'ra'el,
ba'agalah uviz'man kariv, v'im'ru Amen.

Let God's great Name be exalted and sanctified in the world created by
divine will. May God's kingdom soon prevail, in our own day, our own
lives, and the life of all Israel, and let us say: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי וּלְעֵלְמֵי עֵלְמַיָּא:

Y'he Sh'meh rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be praised forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא. בְּרוּךְ הוּא. לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא. תִּשְׁבַּחְתָּא
וְנִחַמְתָּא. דְאָמְרִין בְּעֵלְמָא. וְאָמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yih'hadar
v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata
v'shirata tush'b'chata v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified,
honored, exalted, lifted up, adored, revered, and proclaimed, even
though the Eternal is beyond all the blessings, songs, adorations,
and exaltations that can be uttered in all the world, and let us say: Amen.

תְּתַקַּבַּל צְלוֹתְהוֹן וּבְעוּתְהוֹן דְּכָל יִשְׂרָאֵל קָדָם אֲבוּהוֹן
דִּי בְּשַׁמַּיָּא וְאָמְרוּ אָמֵן:

Tit'kabal tz'lot'hon uva'ut'hon d'chol Yis'ra'el kodam

Avuhon di vish'maya, v'im'ru Amen.

May all the prayers and supplications of Israel be accepted
by our Creator Who is in heaven, and let us say: Amen.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

Y'heh sh'lama rabba min sh'maya v'chayim alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May abundant peace and life from heaven be upon us and all Israel, and let us
say: Amen.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May the Source of peace bless us and all Israel with peace, and let us say: Amen.

Morning Service for Shabbat

תפילות ליום השבת

Kavannah (Focusing) Exercises

PSALM 92: A SONG, A PSALM FOR THE SABBATH DAY

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת:
טוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ עֲלֵיוֹן:
לְהַגִּיד בַּבֶּקֶר חַסְדְּךָ וְאֱמוּנַתְךָ בַּלַּיְלוֹת:
עַל־עֲשׂוֹר וְעַל־נָבֶל עָלִי הַגִּיזוֹן בְּכִנּוֹר:
כִּי שִׂמַחְתָּנִי יְהוָה בְּפַעֲלֶךָ בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֵּן:

Mizmor shir l'yom hashabbat.

Tov l'hodot ladonai, ul'zamer l'shim'cha elyon,

l'haggid baboker chas'decha ve'emunat'cha balaylot.

Alay-asor va'alay-navel alay higayon b'chinor.

Ki simach'tani Adonai b'fa'olecha b'ma'aseh yadecha aranen.

A Song, A Psalm for the Sabbath Day:

It is good to give thanks to the Lord, to sing hymns to Your Name, O Most High! To tell of Your love in the morning, to sing of Your faithfulness at night; to pluck the strings, to sound the lute, to make the harp vibrate. For You, Lord, have made me glad through Your work; I will sing of the works of Your hands.

מַה־גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה מְאֹד עֲמְקוֹ מַחְשַׁבְתֶּיךָ:
אִישׁ בַּעַר לֹא יָדַע וְכִסִּיל לֹא־יָבִין אֶת־זֹאת:
בַּפֶּרֶחַ רִשְׁעִים כָּמוֹ עֵשֶׂב וַיִּצְיָצוּ כָל־פְּעָלֵי אֲוֶן
לְהַשְׁמָדֵם עַד־עַד: וְאַתָּה מְרוֹם לְעֵלַם יְהוָה:

Mah-gad'lu ma'asecha Adonai, m'od am'ku mach'sh'votecha.

Ish ba'ar lo yeda' uch'sil lo yavin et zot. Bif'ro'ach r'sha'im

k'mo esev vayatzitzu kol-po'alay aven l'hisham'dam aday-ad.

V'Atah marom l'olam Adonai.

Morning Service for Shabbat

O Lord, how great are Your works! Your plans are so subtle!
The fool will never learn, the dullard never grasp this:
the wicked may flourish like grass, all who do evil may
blossom, yet they are doomed to destruction, while You,
O Lord, are exalted for all time.

כִּי הִנֵּה אֵיבֹיךָ יְהוָה בִּירְהֵנָּה אֵיבֹיךָ יֵאבְדוּ
יִתְפָּרְדוּ כָּל־פְּעָלֶי אֲנֹן: וְתָרַם בְּרָאִים קִרְנֵי
בִּלְתִּי בְּשֶׁמֶן רִעְנָן: וְתַבַּט עֵינַי בְּשׁוּרֵי
בְּקַמִּים עָלַי מְרַעִים תִּשְׁמַעֲנָה אֲזִנֵּי:

**Ki hineh oy'vecha Adonai, ki hineh oy'vecha yovedu,
yit'par'du kol-po'alay aven. Vatarem kir'aym kar'ni,
baloti b'shemen ra'anan. Vatabet ayni b'shurai
bakamim alai m're'im tish'ma'na oz'nai.**

See how Your enemies, O Lord, see how Your enemies shall
perish, how all who do evil shall be scattered. But You lift up
my cause in pride, and I am bathed in freshening oil. I shall
see the defeat of my foes; my ears shall hear of their fall.

צַדִּיק בְּתֹמַר יִפְרַח כְּאֶרֶז בְּלְבָנוֹן יִשְׁגָּה:
שְׁתוּלִים בְּבֵית יְהוָה בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:
עוֹד יִנוּבּוֹן בְּשִׁיבָה דְּשָׁנִים וְרִעְנָנִים יְהוּ:
לְהַגִּיד בִּירֵשָׁר יְהוָה צוּרֵי וְלֹא־עוֹלָתָהּ בּוּ:

**Tzadik katamar yif'rach k'erez bal'vanon yis'geh.
Sh'tulim b'vayt Adonai b'chatz'rot Elohaynu yaf'richu.
Od y'nuvun b'say'vah d'shenim v'ra'ananim yih'yu.
L'haggid ki-yashar Adonai, Tzuri v'lo-av'latah bo.**

The righteous shall flourish like palms, grow tall like
cedars in Lebanon. Rooted in the house of the Lord,
they shall be ever fresh and green, proclaiming that
the Lord is just, my rock, in Whom there is no wrong.

Morning Service for Shabbat

MAH TOVU⁸²

מה טובו אהלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
וְאֲנִי בְּרוֹב חֲסֻדֶיךָ אָבוֹא בֵּיתֶךָ.
אֲשַׁתְּחֶנָּה אֶל הַיָּבֵל קִדְשֶׁךָ בְּיְרֵאֲתֶךָ.
יְיָ אֶהְבֵּתִי מְעֹז בֵּיתֶךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדֶךָ.
וְאֲנִי אֲשַׁתְּחֶנָּה וְאֶכְרַעֶה, אֶבְרַכֶּה לְפָנֶי יְיָ עֹשֵׂי.
וְאֲנִי תַפְלִיתִי לְךָ יְיָ, עֵת רַצוֹן.
אֱלֹהִים בְּרוֹב־חֲסֻדֶיךָ, עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ.

Mah tovu ohalecha, Ya'akov, mish'k'notecha Yis'ra'el.

Va'ani b'rov chas'd'cha avo vay'techa.

Esh'tachaveh el hay'chal kod'sh'cha b'yir'atecha.

Adonai, ahavti m'on bay'techa, um'kom mishkan k'vodecha.

Va'ani esh'tachaveh v'ech'ra'ah, ev'r'chah lifnay Adonai osi.

Va'ani t'filati l'cha Adonai, et ratzon.

Elohim b'rov-chas'decha, ane'ni be'emet yish'echa.

How goodly are your dwellings, O Jacob, Your sanctuaries,
O Israel! Thanks to Your abundant lovingkindness, O God,
I am able to enter Your house and, in this sacred place, to
bow down reverently before You. Lord, I love to be in Your
house, the place where Your glory dwells. Here, I worship
my Maker. As for me, may my prayer to You be at a moment
of kindness. O God, in Your great lovingkindness, answer me
with the truth of Your salvation.

A LIGHT THAT SHINES⁸³

As we begin the prayers of our tradition, let us think of those
who prayed these holy words before us – who opened themselves
to God and glowed with heaven's glory. As we open our hearts
to the Eternal One, may we too be filled with enlightenment.
As we make our way along life's paths, may godliness light our way.

82. Concatenation of Numbers 24.5, Psalm 5.8, Psalm 26.8, Psalm 95.6, and Psalm 69.14

83. Rabbi David E. Ostrich

Morning Service for Shabbat

FINDING GOD⁸⁴

O Lord, where shall I find You, when hid is Your lofty place?
And where shall I not find You, when Your glory fills all space?
You formed the worlds and also live within our souls always,
You are a refuge to them that seek You, ransom for them that stray.

O, how shall mortals praise You, when angels strive in vain,
Or build for You a dwelling, Whom worlds cannot contain?
Longing to draw near You, with all my heart I pray,
Then going forth to seek You, You meet me on my way.

I find You in the marvels of Your creative might,
In visions in Your Temple, in dreams that bless the night.
Who says we do not see You? Your heavens refute their word;
Your hosts declare Your glory, though never voice be heard.

ELOHAI, N'SHAMAH: OUR SOULS ARE PURE

אֱלֹהֵי נִשְׁמָה שְׁנַתַּתָּ בִּי מְהֹרָה הִיא. אַתָּה בְּרֵאתָה,
אַתָּה יִצְרַתָּה, אַתָּה נִפְחַתָּה בִּי, וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.
כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ,
יְיָ אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי, רַבּוֹן כָּל הַמַּעֲשִׂים,
אֲדוֹן כָּל הַנְּשָׁמוֹת. בָּרוּךְ אַתָּה יְיָ, אֲשֶׁר בִּידוֹ נִפְּשׂ כָּל-חַי,
וְרוּחַ כָּל-בְּשָׂר-אִישׁ.

Elohai, n'shamah shenatata bi t'horah hi. Atah v'ra'tah, Atah
y'tzar'tah, Atah n'fach'tah bi, v'Atah m'sham'rah b'kir'bi. Kol
z'man she'han'shamah b'kir'bi, modeh/modah ani l'fanecha,
Adonai Elohai velohay avotai v'imotai, Ribon kol hama'asim,
Adon kol han'shamot. Baruch Atah Adonai, Asher b'yado
nefesh kol-chai v'ru'ach kol-b'sar ish.

O God, the soul that You have given me is pure. You created
it, You formed it, You breathed it into me, and You guard it
within me. So long as my soul is within me, I shall acknowledge
You, O Lord my God, God of my fathers and mothers, Master
of all creating, Lord of all souls. O Holy One of Blessing, You
hold every soul and every breath that gives life.

84. Judah HaLevi

Morning Service for Shabbat

TO LIGHT UP THE UNIVERSE⁸⁵

May we gain wisdom in our lives, overflowing like a river with understanding—loved, each of us, for the peace we bring to others. May our deeds exceed our speech, and may we never lift up our hand but to conquer fear and doubt and despair. Rise up like the sun, O God, over all humanity. Cause light to go forth over all the lands between the seas. May You light up the universe with the joy of wholeness, of freedom, and of peace.

WHEN YOU PRAY⁸⁶

When you pray, remove all worldly consideration from your heart. Set your heart right before God, cleanse your inmost thoughts, and meditate before uttering your devotions. Act thus all your days, in all things, and you will not sin. By this course, your deeds will be upright, your prayer pure and devout. You shall be acceptable before the Lord.

EXCHANGE OF STRENGTH⁸⁷

When a Jew is about to say,

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Baruch Atah Adonai, Elohaynu Melech ha'olam,

“Blessed are You, O Lord our God, Ruler of the World,”

and prepares to utter the first word, the word “בָּרוּךְ **baruch**/blessed,” the worshipper shall do so with all his/her strength, so that there is no strength left to say, “אַתָּה **Atah**/are You.” This is the meaning of the verse in the Scriptures:

וְקוֹי יְהוָה יִחַלְּפוּ כֹחַ.

V'kovay Adonai yachalifu ko'ach.

“They that wait for the Lord shall exchange their strength.”⁸⁸

What we are really saying is: “Our Creator in Heaven, I am giving You all the strength that is within me in that very first word; now will You, in exchange, give me an abundance of new strength, so that I can go on with my prayer.”

85. Rabbi Richard N. Levy

86. Rabbi Moses Nachmanides, *Ethical Will*

87. Martin Buber, *Ten Rungs: Hasidic Sayings* (Schocken Books, 1947/1973), p.29

88. Isaiah 40.31

Morning Service for Shabbat

BIRCHOT HASHACHAR: MORNING BLESSINGS

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂנוּ בְּצַלְמֵ אֱלֹהִים:

Baruch Atah Adonai, Elohaynu Melech ha'olam, she'asani b'tzelem Elohim.

Blessed are You, O Lord our God, Ruler of All, for creating me in the Divine Image.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂנוּ בֶן/בַּת חוֹרִין:

Baruch Atah Adonai, Elohaynu Melech ha'olam, she'asani ben/bat chorin.

Blessed are You, O Lord our God, Ruler of All, for giving me freedom.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂנוּ יִשְׂרָאֵל:

Baruch Atah Adonai, Elohaynu Melech ha'olam, she'asani Yis'ra'el.

Blessed are You, O Lord our God, Ruler of All, for creating me a Jew.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֵוְרִים:

Baruch Atah Adonai, Elohaynu Melech ha'olam, poke'ach iv'rim.

Blessed are You, O Lord our God, Ruler of All, for giving us vision.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים:

Baruch Atah Adonai, Elohaynu Melech ha'olam, matir asurim.

Blessed are You, O Lord our God, Ruler of All, for freeing the captive.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים:

Baruch Atah Adonai, Elohaynu Melech ha'olam, zokef k'fufim.

Blessed are You, O Lord our God, Ruler of All, for lifting up the fallen.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

Baruch Atah Adonai, Elohaynu Melech ha'olam, roka ha'arezt al hamayim.

Blessed are You, O Lord our God, Ruler of All, Who spreads the land over the waters.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְכִּין מַצְעָדֵי גֶבֶר:

Baruch Atah Adonai, Elohaynu Melech ha'olam, hamechin mitz'aday gaver.

Blessed are You, O Lord our God, Ruler of All, for giving me solid footing.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים:

Baruch Atah Adonai, Elohaynu Melech ha'olam, mal'bish arumim.

Blessed are You, O Lord our God, Ruler of All, for clothing the naked.

Morning Service for Shabbat

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנוֹתֵן לַיָּעֵף כֹּחַ:

Baruch Atah Adonai, Elohaynu Melech ha'olam, hanoten la'ya'ef ko'ach.

Blessed are You, O Lord our God, Ruler of All, for giving strength to the weary.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה:

Baruch Atah Adonai, Elohaynu Melech ha'olam, ozer Yis'ra'el big'vurah.

Blessed are You, O Lord our God, Ruler of All, for girding Israel with courage.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתַפְאָרָה:

Baruch Atah Adonai, Elohaynu Melech ha'olam, oter Yis'ra'el b'tif'arah.

Blessed are You, O Lord our God, Ruler of All, for crowning Israel with glory.

TO AWAKEN TO A DAY OF LOVINGKINDNESS⁸⁹

We praise You, O Lord our God, Ruler of All,

Who removes sleep from my eyes and slumber from my eyelids.

May it be Your will, O Lord our God and God of our ancestors

to make us familiar with Your Torah

and help us to cleave to You and Your mitzvot.

Keep us from all sin and disgrace;

Let no evil impulse gain mastery over us.

Keep us far from an evil person and a corrupt companion.

Help us to cultivate our noble impulses

so that we may always perform good deeds

and bend our will to do Your service.

Grant us, this day and every day,

grace, love, and compassion

in Your sight and in the sight of all.

Grant us an abundant measure of lovingkindness.

We praise You, O Lord,

Who blesses us with lovingkindness.

דְּבַקְנוּ בִּיצַר הַטּוֹב וּבְמַעֲשֵׂים טוֹבִים

89. Talmud, Berachot 60b; adapted from *Siddur Hadash* (Prayer Book Press, 1992), p.17

Morning Service for Shabbat

BARUCH SHE'AMAR

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם, בְּרוּךְ הוּא, בְּרוּךְ עֹשֶׂה בְּרֵאשִׁית,
בְּרוּךְ אוֹמֵר וְעוֹשֶׂה, בְּרוּךְ גּוֹזֵר וּמְקַיֵּם, בְּרוּךְ מְרַחֵם עַל הָאָרֶץ,
בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת, בְּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לַיְרֵאִיו,
בְּרוּךְ חַי לְעַד וְקַיָּם לְנֶצַח, בְּרוּךְ פּוֹדֶה וּמַצִּיל, בְּרוּךְ שְׁמוֹ.

Baruch she'amar v'hayah ha'olam. Baruch Hu. Baruch oseh v'resheet.

Baruch omer v'oseh. Baruch gozer um'kayem. Baruch m'rachem al ha'aretz.

Baruch m'rachem al hab'riyot. Baruch m'shalem sachar tov li're'av.

Baruch chai l'ad v'kayam lanetzach. Baruch podeh u'matzil, baruch Sh'mo.

Blessed is the One Who spoke, and the world came to be.

Blessed is the One. Blessed is the Ground of All Being.

Blessed is the One Whose word is deed. Blessed is the

One Who rules and continues. Blessed is the One Who

has compassion upon the world. Blessed is the One Who has

compassion upon its creatures. Blessed is the One Who

rewards the reverent. Blessed is the One Who lives continually,

enduring forever. Blessed is the One Who redeems and rescues.

Blessed is God's Name.

בְּשִׁבְחוֹת וּבְזִמְרוֹת, נִגְדְּלֶךָ וְנִשְׁבַּחְךָ וְנִפְאָרְךָ,
וְנִזְכִּיר שִׁמְךָ, וְנִמְלִיכְךָ, מִלְּפָנֵינוּ אֱלֹהֵינוּ, יְחִיד,
חַי הָעוֹלָמִים, מֶלֶךְ מְשֻׁבָּח וּמְפָאֵר עַד עַד שְׁמוֹ הַגָּדוֹל:
בְּרוּךְ אַתָּה יי, מֶלֶךְ מְהֻלָּל בְּתִשְׁבָּחוֹת:

Bish'vachot uviz'mirot n'gadel'cha un'shabechacha un'fa'er'cha,

v'naz'kir Shim'cha, v'nam'lich'cha, Mal'kenu, Elohaynu, yachid

chay ha'olamim, Melech m'shuvach um'fo'ar aday ad Sh'mo hagadol.

Baruch Atah Adonai, Melech m'hulal batish'bachot.

With praises and with songs shall we exalt You, praising and

delighting in You and calling out Your Name; we shall enthrone

only You, O Ruler, our God, the life of all the worlds, O Ruler

Who is praised and feted in every way, the One Whose Name is

great. Blessed are You, O Lord, the Ruler Who is honored with praise.

Morning Service for Shabbat

PSALM 19

לְמַנְצַח מִזְמוֹר לְדָוִד:
הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד־אֱלֹהִים וּמַעֲשֵׂה יְדֵיו מִגִּיד הַרְקִיעַ:
יוֹם לְיוֹם יַבִּיעַ אֹמֶר וְלַיְלָה לְלַיְלָה יַחְיֶה־דַּעַת:
אֵינֹן אֹמֶר וְאֵינֹן דְּבָרִים בְּלִי גִשְׁמֹעַ קוֹלָם:
בְּכָל־הָאָרֶץ יֵצֵא קוֹם, וּבְקִצָּה תִּבְלַל מְלִיחָם
לְשֹׁמֵשׁ שֶׁם אֹהֶל בָּהֶם:
וְהוּא כְּחֹתֵן יֵצֵא מִחֻפְתּוֹ יִשִּׁישׁ כְּגִבּוֹר לְרוּיֵן אֶרֶץ:
מִקְצָה הַשָּׁמַיִם מוֹצֵאוֹ וּתְקוּפָתוֹ עַל־קְצוֹתָם
וְאֵינֹן נִסְתָּר מִחֻמָּתוֹ:

Lam'natze'ach miz'mor l'David:

Hashamayim m'sap'rim k'vod-El uma'aseh yadav maggid haraki'a.

Yom l'yom yabi'a omer, v'lailah l'lailah y'chaveh-da'at.

Ayn omer v'ayn d'varim, b'li nish'ma kolam.

B'chol-ha'aretz yatza kavam, uvik'tzeh tevel milay'hem,
lashemesh sam ohel bahem.

V'hu k'chatan yotze' me'chupato, yasis k'gibor larutz orach.

Mik'tzeh hashamayim motza'o ut'kupato al-k'tzotam,
v'ayn nis'tar me'chamato.

For the Leader, A Psalm of David:

The heavens declare the glory of God;
the sky proclaims God's handiwork.

The days themselves repeat the praise;
the nights as well tell this truth.

Though there is no speech nor are there words,
neither is their voice heard.

Yet, their shout goes out to all the earth,
and their words to the end of the world;

in the heavens has God pitched a tent for the sun:

The sun is like a bridegroom, going forth from his chamber,
Like an athlete rejoicing to run the course.

It sets out from one end of the sky
And completes its path at the other end.

Nothing is hidden from its warmth.

תּוֹרַת יְהוָה תְּמִימָה, מְשִׁיבַת נֶפֶשׁ, עֲדוּת יְהוָה נְאֻמָּנָה, מַחְכִּימַת פֶּתִי:
פְּקוּדֵי יְהוָה יִשְׁרִים, מְשַׁמְּחֵי-לֵב, מִצְוֹת יְהוָה בָּרָה, מְאִירַת עֵינַיִם:
יִרְאַת יְהוָה מְהוֹרָה, עוֹמְדַת לְעַד, מְשַׁפְּטֵי-יְהוָה אֱמֶת, צְדָקוֹ יַחֲדוּ:
הַנְּחֻמִּים מְזוּהָב וּמְפֹרָר, וּמְתוּקִים מִדְּבַשׁ וְנֹפֶת צוּפִים:
גַּם-עֲבָדֶיךָ נִזְהָר בָּהֶם בְּשִׂמְרָם עֲקֹב רַב:

Torat Adonai t'mimah, m'shivat nafesh;
edut Adonai ne'emanah, mach'kimat peti.
Pikuday Adonai y'sharim, m'sam'chay-lev;
mitzvat Adonai barah, m'irat ay'nayim.
Yir'at Adonai t'horah, omedet la'ad;
mish'p'tay-Adonai emet, tzad'ku yach'dav.
Haneche'madim mizahav umipaz rav;
um'tukim mid'vash v'nofet tzuphim.
Gam-av'd'cha niz'har bahem, b'sham'ram ekev rav.

The teaching of the Lord is perfect, reviving the soul;
The decrees of the Lord are enduring, making wise the simple.
The precepts of the Lord are just, rejoicing the heart;
The mitzvah of the Lord is pure, giving light to the eyes.
Reverence for the Lord clarifies, staying with us forever.
The judgments of the Lord are true; they are righteous altogether.
They are more desirable than gold – than the purest of gold.
They are sweeter even than honey and honeycomb.
Your servant should pay them heed; in obeying them there is much reward.

שְׂגִיאוֹת מִיַּיִן מְנַסְּרוֹת נִקְנִי:
גַּם מִזְדִּים חָשׂוֹךְ עֲבָדֶיךָ אֶל-יִמְשְׁלוּ-בִי אִז אֵיתָם וְנִקְיִתִי מִפֶּשַׁע רַב:
יְהִי לְרָצוֹן אִמְרֵי-פִי וְהִגִּיֵן לִבִּי לְפָנֶיךָ יְהוָה צוּרִי וְגֹאֲלִי:
Sh'gi'ot mi-yavin? Minis'tarot nakeni.
Gam mizedim chashoch av'decha al-yim'sh'lu-vi; az aytam v'nikayti mipesha' rav.
Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha Adonai, Tzuri v'Go'ali.

Who can know all of one's errors? Forgive me, O Lord, from accidental sins.
Keep me also from willful sins. May sins have no control over me.
Then shall I be blameless and clear of evil doing.
May the words of my mouth and the meditations of my heart
be acceptable to You, O Lord, my Rock and my Redeemer.

Morning Service for Shabbat

ASH'RAY: WE ARE HAPPY TO BE IN GOD'S HOUSE⁹⁰

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ פִּלְאָה:
אֲשֶׁרֵי הָעַם שְׁכַבְתָּ לּוֹ, אֲשֶׁרֵי הָעַם שֵׁנֵי אֱלֹהָיו:

Ash'ray yosh'vay vaytecha, od y'hal'lucha, Selah.

Ash'ray ha'am she'kachah lo, ash'ray ha'am she'Adonai Elohav.

Happy are those who dwell in Your house; they sing Your praises continually.

Happy the people who have it so; happy the people whose God is the Lord.

תְּהִלָּה לְדָוִד.
אֲרוֹמְמֶךָ אֱלֹהֵי תְמִלְךָ, וְאֶבְרַכְךָ שְׂמֶךָ לְעוֹלָם וָעֶד:
בְּכָל־יוֹם אֶבְרַכְךָ, וְאֶחְלְלָה שְׂמֶךָ לְעוֹלָם וָעֶד:

T'hilah L'David:

Aromim'cha Elohai Hamelech, va'avarchah Shim'cha l'olam va'ed.

B'chol yom avar'cheka, va'ahal'lah Shim'cha l'olam va'ed.

A psalm of David:

I will extol You, my majestic God, blessing Your Name forevermore.

Everyday will I bless You, and praise Your Name forevermore.

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֵקֶר:
דֹּר לְדָוִר יִשְׁבַּח מַעֲשֵׂיךָ, וְגִבּוֹרְתֶיךָ יִגְדֹּדוּ:

Gadol Adonai um'hulal m'od, v'lig'dulato ayn cheker.

Dor l'dor y'shabach ma'asecha, ug'vurotecha yagidu.

Great is the Lord and much acclaimed; God's greatness is beyond measure.

One generation shall laud Your works to another, declaring Your mighty acts.

תְּדַר כְּבוֹד הוֹדְךָ, וְדַבְּרִי נִפְלְאוֹתֶיךָ אֲשִׁיחָה:
וְעִזּוֹ נִזְרָאוֹתֶיךָ יֹאמְרוּ וְיִגְדְּלוּךָ אִם־פָּרַנְהָ:

Hadar k'vod hodecha, v'div'ray nif'l'otecha asichah.

Ve'ezuz nor'otecha yomeru, ug'dulat'cha asap'renah.

The splendor of Your glory will I announce and then recite Your wondrous acts.

People shall talk of Your awesome deeds when I tell them of Your greatness.

זָכַר רַב מִיִּבְעוֹ, וְצִדְקָתְךָ יִרְנְנוּ:
חֲנּוּן וְרַחוּם יְיָ, אַרְךָ אַפַּיִם וְיִגְדַל־חֶסֶד:

Zecher rav tuv'cha yabi'u, v'tzid'kat'cha y'ranenu.

Chanun v'rachum Adonai, erech apayim ug'dol-chased.

The thought of Your goodness evokes celebration, yes singing for Your generosity. The Lord is gracious and compassionate, slow to anger and abounding in kindness.

90. Psalm 84.5 and 144.15, Psalm 145, and Psalm 115.18.

Morning Service for Shabbat

טוֹב־יְיָ לְכָל, וְרַחֲמָיו עַל־כָּל־מַעֲשָׂיו:
יְיָ יוֹדֵךְ יֵי כָל־מַעֲשֶׂיךָ, וְחַסִּידֶיךָ יְבָרְכוּבְךָ:

Tov Adonai lakol, v'rachamav al kol ma'asav.

Yoducha Adonai kol ma'asecha, vachasidecha y'var'chucha.

The Lord is good to all, showing mercy to all Creation.

All Your works shall thank You, O Lord, and Your faithful ones shall bless You.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וְגִבוּרְתְּךָ יְדַבְּרוּ:
לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבוּרְתֵּיךָ, וְכְבוֹד הַדָּר מַלְכוּתְךָ:

K'vod mal'chut'cha yomeru, ug'vurat'cha y'daberu.

L'hodi'a liv'nay ha'adam g'vurotav, uch'vod hadar mal'chuto.

They shall discuss your glorious majesty and speak of Your power and strength,
Making known among people Your mighty acts and also the glory of Your rule.

מַלְכוּתְךָ מַלְכוּת כָּל־עוֹלָמִים, וּמַמְשַׁלְתְּךָ בְּכָל־דָּר וְדָר:
סוּמְךָ יֵי לְכָל־הַנְּפֹלִים, וְזוֹקֵף לְכָל־הַכְּפוּפִים:

Mal'chut'cha mal'chut kol olamim, umem'shal't'cha bechol dor vador.

Somech Adonai l'chol hanof'lim, v'zokef l'chol hak'fufim.

Your control is over all the worlds; Your dominion is for all generations.

The Lord supports all who stumble and makes all who are bent stand upright.

עֵינַיִךְ כָּל אֱלֹהִים יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן־לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ:
פּוֹתֵחַ אֶת־יְדֶיךָ, וּמִשְׁפִּיעַ לְכָל־חַי רִצּוֹן:

Aynay chol elecha y'saberu, v'Atah noten lahem et och'lam b'ito.

Pote'ach et yadecha, umas'bi'a l'chol chai ratzon.

The eyes of all look expectantly to You, and You give them their food when it is due. You give it openhandedly, feeding every creature to satisfaction.

צַדִּיק יֵי בְּכָל־דְּרָכָיו, וְחָסִיד בְּכָל־מַעֲשָׂיו:
קָרוֹב יֵי לְכָל־קְרָאָיו, לְכָל אֲשֶׁר יִקְרָאָהוּ בְּאַמֶּת:

Tzadik Adonai b'chol d'rachav, v'chasid b'chol ma'asav.

Karov Adonai l'chol kor'av, l'chol asher yik'ra'uhu ve'emet.

The Lord is just in every way and faithful in every deed.

The Lord is near to all who call, to all who call out with sincerity,

רִצּוֹן־יִרְאוּ יַעֲשֶׂה, וְאַתָּה שׁוֹעֵתֶם יִשְׁמַע וְיוֹשִׁיעֶם:
שׁוֹמֵר יֵי אֶת־כָּל־אֲהַבָּיו, וְאֵת כָּל־הַרְשָׁעִים יִשְׁמִיד:

R'tzon y're'av ya'aseh, v'et shav'atam yish'ma v'yoshi'em.

Shomer Adonai et kol ohavav, v'et kol har'sha'im yash'mid.

Fulfilling the wishes of those who are reverent, hearing their cry and saving their souls. All who love God are guarded, but the wicked shall face destruction.

Morning Service for Shabbat

תְּהִלַּת יְיָ יִדְבַר-פִּי, וַיְבָרֵךְ כָּל-בָּשָׂר שֵׁם קְדוֹשׁוֹ, לְעוֹלָם וָעֶד:
וַאֲנַחְנוּ נְבָרֵךְ יְהוָה, מִעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ:

T'hilat Adonai y'dabber pi, vivarech kol basar Shem kod'sho l'olam va'ed.

Va'anachnu n'varech Yah, me'atah v'ad olam, halleluyah!

My mouth shall utter praises to God, and all creatures shall bless God's Name forever. We shall always praise Yah, from this time forth and forever. Hallelujah!

PSALM 121

שִׁיר לַמַּעְלוֹת
אֵשָׁא עֵינַי אֶל-הַהָרִים מֵאֵין יָבֵא עֲזָרִי:
עֲזָרִי מִעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:
אֶל-יִתֵּן לַמּוֹט רַגְלֶךָ אֶל-יָנוּם שֹׁמֵרֶךָ:
הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
יְהוָה שֹׁמֵרֶךָ יְהוָה צִלְּךָ עַל-יַד יְמִינֶךָ:
יּוֹמָם הַשֶּׁמֶשׁ לֹא-יַכְכָּה וְיָרַח בַּלַּיְלָה:
יְהוָה יִשְׁמָרְךָ מִכָּל-רָע יִשְׁמַר אֶת-נַפְשֶׁךָ:
יְהוָה יִשְׁמַר-צִאתְךָ וּבואְךָ מִעַתָּה וְעַד-עוֹלָם:

Shir lama'alot:

Esa aynai el-heharim, me'ayin yavo ez'ri.

Ez'ri me'im Adonai, Oseh shamayim va'aretz.

Al-yiten lamot rag'lecha, al-yanum Shom'recha.

Hineh lo yanum v'lo yishan Shomer Yisra'el.

Adonai Shom'recha, Adonai tzil'cha al-yad y'minecha.

Yomam hashemesh lo-yakekah v'yare'ach bala'y'lah.

Adonai yish'mar'cha mikol-ra, yish'mor et-naf'shecha.

Adonai yish'mar-tzet'cha uvo'echa me'atah v'ad-olam.

A song of ascents:

I lift up my eyes to the mountains; from where will my help come?

My help comes from the Lord, maker of heaven and of earth.

God will not let your foot slip; your Guardian will not slumber.

Behold, the Guardian of Israel neither slumbers nor sleeps!

The Lord is your Guardian; the Lord is your Protection at your right hand.

The sun will not strike you by day, nor the moon by night.

The Lord will guard you from all harm; God protects your soul.

*The Lord will guard you both coming and going,
from this time forth and forever.*

Morning Service for Shabbat

FROM PSALM 90⁹¹

A prayer of Moses, the man of God:

O Lord, You have been our refuge in every generation.

Before the mountains came into being,

Before You brought forth the earth and the world,

From eternity to eternity, You are God.

Satisfy us in the morning with Your steadfast love,

That we may sing for joy all our days.

Let Your deeds be seen by Your servants

And Your glory by their children.

O may the favor of the Lord our God be upon us;

Establish with us the work of our hands;

The work of our hands, O prosper it please.

PSALM 150

הַלְלוּ יְהוָה הַלְלוּ-אֱלֹהִים בְּקוֹדְשׁוֹ. הַלְלוּהוּ בְּרִקְוַע עֲוֹז:
הַלְלוּהוּ בְּגַבְוֹרֹתָיו, הַלְלוּהוּ בְּרַב גְּדֻלוֹ:
הַלְלוּהוּ בְּתִקְוַע שׁוֹפָר, הַלְלוּהוּ בְּנֶבֶל וּבַנּוֹר:
הַלְלוּהוּ בְּתֶף וּמַחֹל, הַלְלוּהוּ בְּמִנִּים וְעוּגָב:
הַלְלוּהוּ בְּצִלְצְלֵי-שָׁמַע, הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
כֹּל הַנְּשָׁמָה תִּהְלֵל יְהוָה, הַלְלוּ יְהוָה:

Hal'luyah! Hal'lu-El b'kod'sho, hal'luhu bir'ki'a uzo.

Hal'luhu big'vurotav, hal'luhu k'rov gud'lo.

Hal'luhu b'teka shofar, hal'luhu b'nevel v'chinar.

Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav.

Hal'luhu b'tzil'tz'lay-shama, hal'luhu b'tzil'tz'lay t'ru'ah.

Kol han'shamah t'halel Yah. Hal'luyah.

Praise the Lord!

Praise God in the sanctuary; praise God in the heavenly stronghold.

Praise God Whose power is immense; praise God Whose greatness is exceeding.

Praise God with the sound of the Shofar; praise God with lute and with lyre.

Praise God with drum and with dance; praise God with strings and with flutes.

Praise God with resounding cymbals; praise God with the clanging of cymbals.

Let everything that breathes praise the Lord. Hallelujah!

91. Verses 1-2, 14, 16-17

Morning Service for Shabbat

NISHMAT KOL CHAI

נִשְׁמַת כָּל חַי תִּכְרַךְ אֶת שְׁמֶךָ יְיָ אֱלֹהֵינוּ.
וְרוּחַ כָּל בָּשָׂר תִּפְאֵר וּתְרוֹמֵם וְכִרְךָ מִלְּפָנֵינוּ תָּמִיד.
מִן הָעוֹלָם וְעַד הָעוֹלָם אַתָּה אֵל. וּמִבְּלִעְדֶיךָ אֵין
לָנוּ מֶלֶךְ גּוֹאֵל וּמוֹשִׁיעַ. פּוֹדֵה וּמַצִּיל וּמַפְרִינֵם וּמְרַחֵם.
בְּכָל עֵת צָרָה וְצוּקָה. אֵין לָנוּ מֶלֶךְ אֱלֹה אַתָּה:

Nishmat kol chai, t'varech et Shim'cha, Adonai Elohaynu.

V'ru'ach kol basar, t'fa'er ut'romem zich'r'cha Malkenu tamid.

Min ha'olam v'ad ha'olam Atah El. Umi'bal'adecha ayn lanu

Melech go'el u'moshi'a, podeh u'matzil um'farnes um'rachem,

b'chol et tzarah v'tzukah. Ayn lanu Melech ela Atah.

Let every living soul praise Your Name, O Lord our God, and let the spirit of every human acclaim and lift up Your Name, our Ruler, forever. From eternity to eternity You are God. Besides You, we have no other ruler, redeemer, or savior who remembers and rescues and provides for us and who has mercy on us in every kind of trouble or distress. We have no Ruler other than You.

SHOCHEN AD

שׁוֹכֵן עַד מְרוֹם וְקָדוֹשׁ שְׁמוֹ: וְכַתּוּב, רַנְּנוּ צַדִּיקִים
בְּיְיָ, לְיִשְׁרָיִם נְאוּהָ תְהִלָּתָהּ. בְּפִי יִשְׁרָיִם תִּתְהַלָּל.
וּבְדַבְרֵי צַדִּיקִים תִּתְבָּרַךְ. וּבְלִשׁוֹן חֲסִידִים תִּתְרוֹמֵם.
וּבִקְרֹב קְדוֹשִׁים תִּתְקַדַּשׁ:

Shochen ad, marom v'kadosh Sh'mo. V'chatuv,

ran'nu tzadikim badonai, la'y'sharim na'va t'hilah.

B'fi y'sharim tit'hallal, uv'div'ray tzadikim tit'barach,

u'vil'shon chasidim tit'romam, uv'kerev k'doshim tit'kadash.

You dwell in the heavens; holy is Your Name. It is written:
"The righteous rejoice with the Lord; it is fitting for the upright to praise God."⁹² By the mouths of the upright are You acclaimed. By the words of the righteous are You praised. By the tongues of the faithful are You exalted. In the midst of the holy are You made Holy.

92. Psalm 33.1

Morning Service for Shabbat

YISH'TABACH

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלִכְנוּ. הָאֵל הַמְּלִיךְ הַגָּדוֹל וְהַקְּדוֹשׁ
בְּשָׁמַיִם וּבָאָרֶץ. כִּי לְךָ נִאֲהָ, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ: שִׁיר וְשִׁבְחָתָהּ, הִלֵּל וְזִמְרָה, עֹז וּמְשֻׁלָּה, נִצְחָה,
גְּדֻלָּה וּגְבוּרָה, תְּהִלָּה וְתִפְאֵרֶת, קִדְשָׁה וּמְלֻכוֹת, בְּרַכּוֹת
וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יְיָ, אֵל מְלִיךְ
גָּדוֹל בְּתִשְׁבְּחוֹת, אֵל הַהוֹדָאוֹת, אֲדוֹן הַנְּפִלְאוֹת,
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה, מְלִיךְ, אֵל, חֵי הָעוֹלָמִים.

Yish'tabach Shim'cha la'ad Mal'kenu, ha'El hamelech hagadol
v'hakadosh ba'shamayim uv'aretz. Ki l'cha na'eh, Adonai
Elohaynu velohay avotaynu v'imotaynu, shir ush'vachah, hallel
v'zim'rah, oz umem'shalah, netzach g'dulah ug'vurah, t'hillah
v'tif'eret, k'dushah umal'chut, b'rachot v'hoda'ot, me'atah v'ad olam.
Baruch Atah Adonai, El Melech Gadol batish'bachot, El hahoda'ot,
Adon hanif'la'ot, habocher b'shiray zim'rah, Melech El chay ha'olamim.

May Your Name be praised forever, our ruler, our great and holy God Who rules in heaven and on earth. It is fitting, O Lord our God and God of our ancestors, that You be feted with song and praise, hymn and melody, memorial and adoration, glorification, exultation and empowerment, accolade and splendor, holiness and acclaim, blessings and thanks from this time forth and forever. We praise You, O Lord, great and revered God and Ruler, God of thankful hymns, Master of wonders, Who delights in melodic song, O Ruler, O God Who is the Life of all the worlds.

MEDITATION⁹³

The Aramaic term **שְׁמֵהּ דְּקֻדְשָׁהּ** **Sh'may d'Kud'sha** means "God's Holy Name," but it can also mean "God's Reputation," and thus does it reflect a particular Divine vulnerability. God's power and reputation are dependent on the behavior of God's people. It is nice to declare our faith in God or to have a religious experience, but neither is complete unless we actually behave in godly ways. Praising God is fine, but praise from the righteous is what really counts. Sanctifying God is lovely, but only one who is behaving in a holy manner can show the world that God's ways are worth adopting as our own.

93. Rabbi David E. Ostrich

Morning Service for Shabbat

READER'S KADDISH (CHATZI KADDISH)

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא בְּרַעְוִיתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֲנָלָא וּבְזִמְנָא קָרִיב וְאִמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

Let the great Name of God be extolled and hallowed in this world created by Divine Will. May God's kingdom soon prevail, in our own day, our own lives, and the life of all Israel; may it come speedily, and let us say: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וּלְעָלְמֵי עָלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה.
וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא, לְעָלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנִחְמַתָּא, דְאִמְרִין בְּעֲלָמָא, וְאִמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yit'hadar
v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata
v'shirata tush'b'chata v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified, honored, exalted, lifted up, adored, revered, and proclaimed even though God is beyond all the blessings, songs, adorations, and exaltations that can be uttered in all the world, and let us say: Amen.

MEDITATION: REMOVING THE VEIL⁹⁴

Use the words you utter in prayer as tools to break through the partition that separates you from the Divine, until you are able to cleave to God.

Know that each and every letter of the alphabet comes from an open and endless world above, and every letter that leaves your mouth in prayer awakens these worlds. Therefore, utter the words of your prayer with passion, joy, and a feeling of intimacy with the Divine.

94. Reb Dov Baer of Mezeritch, *Hayim V'Hesed*, #5

The Shema and Its Blessings

Bar'chu

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ:
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Bar'chu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va'ed.

Praise the Lord Who deserves all praise.

We praise the Lord Who deserves all praise forever and ever.

Yotzer Or: Source of Light, Wellspring of Creation

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, יוֹצֵר אוֹר,
וּבוֹרֵא חֹשֶׁךְ, עוֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכּוֹל:

**Baruch Atah Adonai, Elohaynu Melech ha'olam, yotzer or
uvoreh chosech, oseh shalom uvoreh et-hakol.**

O Holy One of Blessing, Whose Presence fills all creation: You form light
and create darkness; You bring about peace and create all things.

הַמְּאִיר לְאֶרֶץ וְלַדְרִים עֲלֶיהָ בְּרַחֲמִים, וּבְטוֹבוֹ מְחַדֵּשׁ
בְּכָל יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית: מַה רַבּוֹ מַעֲשֵׂיךָ יְיָ,
כֻּלָּם בְּחַכְמָה עָשִׂיתָ, מְלֵאָה הָאֶרֶץ קִנְיָנֶךָ: תִּתְבָּרַךְ,
יְיָ אֱלֹהֵינוּ, עַל שֶׁבַח מַעֲשֵׂה יָדֶיךָ. וְעַל מְאֹרֵי אוֹר
שֶׁעָשִׂיתָ וּפְאֲרוֹךְ סֵלָה.

**Hame'ir la'aretz v'ladarim alehah b'rachamim, uv'tuvo
m'chadesh b'chol yom tamid ma'aseh v'resheet. Mah rabu
ma'asecha Adonai, kulam b'choch'mah asita, mal'ah ha'aretz
kin'yanecha. Tit'barach Adonai Elohaynu al shevach ma'aseh
yadecha. V'al m'oray or she'asita y'fa'arucha, Selah!**

With compassion, God gives light to the earth and to all who dwell
there; with goodness, God renews the work of creation continually,
day by day. How manifold are Your works, O Lord, in wisdom have
You made them all; the earth is full of Your creations. Let all bless You,
O Lord our God, for the excellence of Your handiwork, and for the
glowing stars that You have made. May they glorify You forevermore.

Morning Service for Shabbat

MA'ASEH V'RESHEET: THE FORMING OF CREATION⁹⁵

You are praised

Who rolls out the rough, raw clay of the universe

Into delicate vessels of light,

And, from nothing at all,

Creates the darkness which lets them shine.

You fashion harmony from all that You have made,

And, from nothing at all,

Create the chaos that lets the harmony be heard.

Your vessels pour light upon the universe,

Flooding the cracks in our darkness

With the beams of Your compassion.

If we could walk upon that lighted path,

We could perceive in a world that has turned old

A shimmering new Creation right before our eyes,

Made just for this moment, just for us.

How much of life reveals Your Presence!

How much Torah unfolds from each new flower,

From each new wave that breaks upon our sands!

You are praised

Who forms

From the clay that cloaks our lives,

The delicate vessels which are our light.

THE WORLD YOU ARE CREATING⁹⁶

We praise You, O Holy One, for the wonder and beauty of the world You are creating. From fiery stars to rolling oceans, from rugged mountains to wildflower meadows, everything around us has Your touch. Teach us to find happiness in the gifts of Your creation. May we love our world, and may we take good care of it, for all that we are and all that we see are the gifts You give to us.

עוֹשֵׂה מַעֲשֵׂה בְרֵאשִׁית

95. Rabbi Richard N. Levy

96. Rabbi David E. Ostrich

Morning Service for Shabbat

EL ADON⁹⁷

אל אֲדוֹן עַל כָּל הַמַּעֲשִׂים,
בְּרוּךְ וּמְבָרָךְ בְּפִי כָּל נְשָׁמָה.
גְּדֹלוֹ וְטוֹבוֹ מְלֵא עוֹלָם.
הַעֲת וּתְבוּנָה סִבְבִים אוֹתוֹ:

El Adon al kol hama'asim,

Baruch um'vorach b'fi kol n'shamah.

God'lo v'tuvo maleh olam, da'at ut'vunah sov'vim oto.

God is Master of all Creation,
Blessed and praised by the mouth of every soul,
God's greatness and goodness fill the world,
God's wisdom and insight surround it.

הַמִּתְנַאֵחַ עַל חַיּוֹת הַקִּדְוֶה
וְנִתְהַדָּר בְּכַבוֹד עַל הַמְרַכְבֶּה.
זְכוּת וּמִישׁוֹר לְפָנַי כְּסֹאוֹ,
חֶסֶד וְרַחֲמִים לְפָנַי כְּבוֹדוֹ:

Hamit'ga'eh al chayot hakodesh,

V'neh'dar b'chavod al hamer'kavah.

Z'chut umishor lif'nay chis'o,

Chesed v'rachamim lif'nay ch'vodo.

Exalted above the chayot hakodesh,
Wondrous and glorious above even the merkavah.
Merit and righteousness are before God's throne,
Kindness and compassion before God's glory.

טוֹבִים מְאֹד מְאֹד שְׂפָרָא אֱלֹהֵינוּ,
יִצְרָם בְּהַעֲלֵה וּבְהַשְׁבִּיל.
כָּח וּגְבוּרָה נָתַן בָּהֶם,
לְהִיּוֹת מוֹשְׁלִים בְּקִרְבַּ תִּבְלִ:

Tovim m'orot shebara Elohaynu,

Y'tzaram b'da'at b'vinah uv'has'kel.

Ko'ach ug'vurah natan bahem,

Li'h'yot mosh'lim b'kerev tevel.

97. This poem from the 8th century Yordey Merkavah mystical school is an alphabetical acrostic which speaks of several different kinds of angels in Jewish Tradition: chayot hakodesh (holy beasts), merkavah (the holy chariot), ofanim (holy wheels), and serafim (flaming six-winged angels). It also refers to the stars as instruments that God puts in place to determine human fate, i.e., Jewish Astrology.

Morning Service for Shabbat

Good are the stars that God created,
For they were fashioned with knowledge,
understanding, and insight.
God gave them strength and might
So that they can govern earth's fate.

מְלָאִים זֵיו וּמְפִיקִים נֹגַהּ,
נִאֲחַה זֵיוֹם בְּכֹל הָעוֹלָם.
שְׂמֵחִים בְּצִאתָם וְשֹׁשֵׁיִם בְּבוֹאָם,
עֹשִׂים בְּאֵימָה רְצוֹן קוֹנָם:

M'le'im ziv um'fikim nogah,
Na'eh zivam b'chol ha'olam.
S'mechim b'tze'tam v'sasim b'vo'am,
Osim b'aymah r'tzon konam.
Filled with radiance and exceedingly bright,
They beautifully illumine the whole world.
Happily they rise, and joyfully they set,
Doing the will of their Creator with awe.

פֶּאֶר וְכְבוֹד נֹתְנִים לְשֵׁמוֹ,
צְהִלָּה וְרִנָּה לְזִכָּר מְלֻכוֹתָו.
קָרָא לְשֵׁמֶשׁ וַיִּזְרַח אוֹר,
רָאָה וַהֲתַקִּין צוּרַת הַלְּבָנָה:

P'er v'chavod not'nim lish'mo,
Tzaholah v'rinah l'zecher mal'chuto.
Kara lashemesh vayiz'rach or,
Ra'ah v'hit'kin tzurat hal'vanah.
They reflect magnificence and glory upon God's Name,
Joy and singing to commemorate God's rule.
God called to the Sun, and it shined light;
God saw and prepared the form of the Moon.

שִׁבַּח נֹתְנִים לוֹ כָּל צְבָא מְרוֹם,
תְּפִאֶרֶת וּגְדֻלָּה, שְׂרָפִים וְאוֹפָנִים וְחֵיזֵת הַקִּדְשׁ:

Shevach not'nim lo, kol tz'va' marom.
Tif'eret ug'dulah s'rafim v'ofanim v'chayot hakodesh.
All of the Heavenly Host give praise to God,
Splendor and greatness by the serafim, the ofanim
and the chayot hakodesh.

Morning Service for Shabbat

FINDING GOD IN NATURE⁹⁸

O Lord, grant me the ability to be alone!
May it be my custom to go outdoors each day
among the trees and grass – among all growing things,
and there may I be alone and enter into prayer,
to talk with the One to Whom I belong.
May I express there everything in my heart,
and may all the foliage of the field –
all grasses, trees and plants – awake at my coming,
to send the powers of their life into the words of my prayer.

May my prayer and speech receive energy
from the life and the spirit of all growing things,
which are made as one by their transcendent Source.
Then, may the words of my heart pour out like water,
O Lord, before You
as I lift up my hands to You and sing.

OR CHADASH

אור חדש על ציון תאיר ונזכה בלנו מהרה לאורו:

Or chadash al Tziyon ta'ir, v'niz'keh chulanu m'herah l'oro.

O may a new light soon shine on Zion, and may we all
be worthy to see its light.

[Chatimah]

ברוך אתה יי יוצר המאורות, מחיה הכל,
עושה מעשה בראשית.

**Baruch Atah Adonai, yotzer ham'orot, m'chayeh hakol,
oseh ma'aseh v'resheet.**

Blessed are You, O Lord, Who creates the great lights,
gives life to all, and does the work of creation.

98. Attributed to Reb Nachman of Breslov

Ahavah Rabbah: Thanks for the Gift of Torah

אַהֲבָה רַבָּה אַהֲבַתָּנוּ, יי אֱלֹהֵינוּ, חֶמְלָה גְדוֹלָה וַיִּתֶּרֶה חֶמְלָתְךָ
עָלֵינוּ. בְּעֵבוֹר אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ שָׁבַטְחוּ בְּךָ, וַתִּלְמַדְם חֻקֵּי
חַיִּים, בֶּן תִּחַנְּנֵנוּ וַתִּלְמַדְנוּ. חֲמִיּוֹת רַחֵם עָלֵינוּ, וְתֵן בְּלִפְנֵינוּ
לְהִבִּין וּלְהַשְׁבִּיל, לְשָׁמַע, לְלַמַּד וּלְלַמֵּד, לְשָׁמֵר וּלְעֲשׂוֹת
וּלְקַיֵּם אֶת־כָּל־דְּבָרֵי תִּלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.

Ahavah rabbah ahav'tanu, Adonai Elohaynu, chem'lah g'dolah
viterah chamal'ta alaynu. Ba'avur avotaynu v'imotaynu shebat'chu
v'cha, vat'lamdem chukay chayim, ken t'chonenu utlamdenu.
Ham'rachem, rachem alaynu, v'ten b'libenu l'havin ul'has'kil lish'mo'a,
lil'mod, ul'lamed, lish'mor v'la'asot ul'kayem et kol div'ray talmud
Toratecha b'ahavah.

With a great love have You loved us, O Lord our God, and with enormous and overflowing compassion have You cared for us. For the sake of our ancestors, who trusted in You and to whom You taught the laws of life, may You also grace and teach us. O compassionate One, have compassion upon us and help our minds to know, understand, listen carefully, learn, teach, guard, observe, and lovingly maintain all the words and teachings of Your Torah.

וְהֵאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבַּק לִפְנֵינוּ בְּמִצְוֹתֶיךָ, וַיַּחַד לְבָבֵנו
לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ. וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד, כִּי בְּשֵׁם
קְדוֹשׁךָ הַגָּדוֹל וְהַנּוֹרָא בְּמַחְנוּ, נִגְיְלָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ.

V'ha'er aynaynu b'toratecha, v'dabek libenu b'mitz'votcha,
v'yached l'avenu l'ahavah ul'yir'ah et Sh'mecha. V'lo nevosh
l'olam va'ed, ki v'shem kod'sh'cha hagadol v'hanora batach'nu,
nagilah v'nis'm'chah bishu'atecha.

Enlighten our eyes with Your Torah; focus our minds on Your mitzvot; and unite our hearts and minds to love and revere Your Name. We shall never be shamed because we trust in Your great, holy, and awesome Name, and we rejoice and find happiness in Your salvation.

כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה, וּבָנוּ בְּחַרְתָּ וּקְרַבְתָּנוּ
לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאֵמֶת לְהוֹדוֹת לְךָ וּלְיַחַדְךָ בְּאַהֲבָה.

Ki El po'el y'shu'ot Atah, uvanu vachar'ta v'kerav'tanu
l'Shim'cha hagadol selah be'emet l'hodot l'cha ul'yached'cha b'ahavah.
For You are God Who brings deliverance and Who chose us,
drawing us near to Your great Name in utter truth so that we
may give thanks to You and unite You in love.

Morning Service for Shabbat

A GREAT LOVE

With great love do You love Your people, the House of Israel, and with great care do You teach us Torah and mitzvot: they are ways for us to live good lives. O Holy One, may we keep You and Your wisdom on our minds—all the time. Let us walk by the light You shine on us, and let us carry the Torah in our hearts and in our minds. Your ways are the life and the length of our days.

EYES THAT SHINE WITH TORAH⁹⁹

May our eyes shine with the light of Torah, and our ears hear the music of its words. May the messages in its ancient verses bring warmth and comfort to our souls. May its words draw holiness from our hearts, a holiness that is gentle and soothing to all of God's creatures. May our study be passionate, penetrating the depths of our souls and raising us up to the heights of the heavens. May others see Torah glowing in our faces, for we have been blessed with a gift from heaven.

[Chatimah]

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ יְיָ אֱלֹהֵי יִשְׂרָאֵל בְּתוֹרָה.
שְׁחַלֵּק מִחֶכְמָתוֹ לִירְאָיו.

**Baruch Atah Adonai, Ohev amo Yis'ra'el batorah,
she'cholek mechoch'mato li're'av.**

Blessed are You, O eternal One, Who lovingly teaches us Torah,
Who gives special wisdom to those who live in reverence.

אֱלֹהֵינוּ יְיָ אֱלֹהֵי יִשְׂרָאֵל

99. Rabbi David E. Ostrich, adapted from Danny Siegel's translation of Berachot 17a and Eruvin 54a

Shema¹⁰⁰

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.
Sh'ma Yis'ra'el, Adonai Elohaynu, Adonai Echad.
Baruch Shem k'vod mal'chuto l'olam va'ed.

*Hear, O Israel, the Lord is our God, the Lord is One.
Blessed be the Name of God's glorious kingdom forever and ever.*

FIRST PARAGRAPH: THOU SHALT LOVE¹⁰¹

וְאַהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ,
וּבְכָל-מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ
הַיּוֹם, עַל-לִבְבְּךָ: וְשָׁנַנְתָּם לְבְנֶיךָ, וְדַבַּרְתָּ בָם בְּשֹׁבְתֶךָ
בְּבֵיתֶךָ, וּבְלִקְתֶּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמֶךָ. וְקָשַׁרְתָּם
לְאוֹת עַל-יָדֶיךָ, וְהָיוּ לְמִזְמֹת בֵּין עֵינֶיךָ, וּבְתַבְתָּם
עַל-מְזוּזֹת בֵּיתֶךָ, וּבְשַׁעְרֶיךָ:

V'ahav'ta et Adonai Elohecha b'chol l'vav'cha uv'chol
naf'sh'cha uv'chol m'odecha. V'hayu had'varim ha'eleh asher
Anochi m'tzav'cha hayom al l'vavecha. V'shinan'tam l'vanecha
v'dibbar'ta bam b'shiv't'cha b'vay'techa uv'lech't'cha vaderech
uv'shoch'b'cha uv'kumecha. Uk'shar'tam l'ot al-yadecha v'hayu
l'totafot bayn aynecha, uch'tavtam al m'zuzot baytecha uvish'arecha.

And thou shalt love the Lord thy God with all thy heart, with all thy soul, and with all thy might. And all these words, which I command thee on this day, shall be upon thy heart. Thou shalt teach them diligently unto thy children, and thou shalt speak of them when thou sittest in thy house, when thou walkest by the way, when thou liest down, and when thou risest up. Thou shalt bind them for a sign upon thy hand, and they shall be for frontlets between thine eyes. Thou shalt write them on the doorposts of thy house, and upon thy gates.

[That ye may remember and do all of My Commandments
and be holy unto your God.]

100. Deuteronomy 6.4

101. Deuteronomy 6.5-9

SECOND PARAGRAPH: GOD'S GIFT AND OUR CHOICES¹⁰²

רָאָה נָתַתִּי לְפָנֶיךָ הַיּוֹם אֶת־הַחַיִּים וְאֶת־הַטּוֹב
וְאֶת־הַמָּוֶת וְאֶת־הָרָע: אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם
לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ לְלֶכֶת בְּדַרְכָּיו וּלְשָׁמֵר
מִצְוֹתָיו וְחֻקֹּתָיו וּמִשְׁפָּטָיו. הַעֲדַתִּי בְּכֶם הַיּוֹם
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ הַחַיִּים וְהַמָּוֶת נָתַתִּי
לְפָנֶיךָ הַבְּרָכָה וְהַקְּלָלָה וּבְחִרָתָּ בַחַיִּים לְמַעַן
תַּחֲיֶה אִתָּה וְיִרְעָדָה: לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ
לְשִׁמְעַע בְּקִלּוֹ וּלְדַבְּקָה־בּוֹ כִּי הוּא חַיִּיךָ וְאַרְךָ יָמֶיךָ.

R'eh natati l'fanecha hayom et-hachayim v'et-hatov
v'et-hamavet v'et-hara. Asher Anochi m'tzav'cha hayom
l'ahavah et-Adonai Elohecha lalechet bid'rachav v'lish'mor
mitz'votav v'chukotav umish'patav. Ha'idoti vachem hayom
et-hashamayim v'et-ha'aretz hachayim v'hamavet natati
l'fanecha, hab'rachah v'hak'lalah, uvachar'ta bachayim
l'ma'an ti'ch'yeh atah v'zar'echa. L'ahavah et-Adonai
Elohecha lish'mo'a b'kolo ul'dov'kah-vo ki Hu chayecha
v'orech yamecha.

Behold, I have placed before you today life and good,
and death and evil. I command you today to love the Lord
your God and to walk in godly paths, to observe God's
commandments and decrees and laws. I call to witness
today both heaven and earth: I have placed before you both
life and death, both blessing and curse. Choose life, therefore,
so that you and your descendants may live – that you may
love the Lord your God, listen to God's voice, and cleave to
holiness. God is the life and the length of your days.

זַיִּיר וְאַרְךָ יָמֶיךָ

102. Selected from Deuteronomy 30.15-20

THIRD PARAGRAPH: TZITZIT¹⁰³

וַיֹּאמֶר יְיָ אֶל־מֹשֶׁה לְאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל
וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְּגֵדֵיהֶם
לְדֹרוֹתָם, וְנָתַנּוּ עַל־צִיצִית הַכַּנָּף פֶּתִיל תְּכֵלֶת. וְהָיָה
לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יְיָ
וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתְּוּרוּ אַחֲרַי לַבְּנֵיכֶם וְאַחֲרַי
עֵינֵיכֶם, אֲשֶׁר־אַתֶּם זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהִייתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם, לְהוֹיֹת לָכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם: [אֱמֶת]

Vayomer Adonai el Moshe le'mor: Daber el'B'nai Yis'ra'el
v'amar'ta alehem v'asu lahem tzitzit al-kan'fay vig'dayhem
l'dorotam, v'nat'nu al tzitzit hakanaf p'til t'chelet. V'hayah
lachem l'tzitzit, ur'item oto uz'char'tem et-kol-mitz'vot Adonai,
va'asitem otam, v'lo taturu acharay l'vav'chem v'acharay
aynay'chem asher atem zonim acharay'hem.

L'ma'an tiz'k'ru va'asitem et kol mitz'votai vi'h'yitem k'doshim
lelohay'chem. Ani Adonai Elohay'chem Asher hotzeti et'chem me'erezt
Mitz'rayim l'hiyot lachem lelohim. Ani Adonai Elohay'chem. [Emet.]

The Lord spoke to Moses and said: Speak unto the Children of Israel and tell them to make for themselves tzitzit on the corners of their clothing throughout their generations. They shall make one of the threads of the tzitzit techelet. They shall be tzitzit for you so that when you look at them, you will remember all the mitzvot of the Lord and do them. You should not go about after your own heart and your own eyes after which you used to go wantonly astray.

You should remember and do all my commandments, and be holy unto your God. I am the Lord, your God, Who brought you up out of the Land of Egypt to be your God. I am the Lord, your God. [Truth]

103. Numbers 15.37-41

Ge'ulah: God's Saving Power

EMET V'YATZIV: THE PROFOUND TRUTH OF GOD'S WORD

אֱמֶת וַיֵּצִיב וְנִבְּוֶן וְקָיָם וַיֵּשֶׁר וְנֶאֱמָן וְאֱהוֹב וְחֲבִיב
וְנִחְמַד וְנִעִים וְנִזְרָא וְאֲדִיר וּמְתָקָן וּמְקַבֵּל וְטוֹב וַיִּפֶּה
הַדְּבָר הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד. אֱמֶת אֱלֹהֵי עוֹלָם מְלַכְנוּ
צוּר יַעֲקֹב, מִגֵּן יִשְׁעֵנוּ, לְדֹר וָדֹר הוּא קָיָם, וּשְׁמוֹ קָיָם,
וּבִסְאוֹ נִבְּוֶן, וּמְלֻכוּתוֹ וְאֱמוּנָתוֹ לְעֶד קַיָּמֶת. וַדְּבָרָיו
חַיִּים וְקַיָּמִים, נֶאֱמָנִים וְנִחְמָדִים לְעֶד וּלְעוֹלָמֵי עוֹלָמִים.

Emet v'yatziv v'nachon v'kayam v'yashar v'ne'eman v'ahuv v'chaviv
v'nech'mad v'na'im v'nora v'adir um'tukan um'kubal v'tov v'yafeh
hadavar hazeh alay'nu l'olam va'ed. Emet Elohay olam Mal'kenu
Tzur Ya'akov, Magen yish'enu, l'dor vador Hu kayam, ush'mo kayam,
v'chis'o nachon, u'mal'chuto v'emunato la'ad kayamet. Ud'varav chayim
v'kayamim, ne'emanim v'nech'madim la'ad ul'ol'may olamim.

True, enduring, established, continuing, steadfast, faithful, beloved, endearing, delightful, pleasant, wondrous, mighty, sweet, desirable, good, and beautiful is this teaching, given for us forever and ever. It is true that the God of the universe is our Ruler, the Rock of Jacob, the Shield of our salvation, Who exists from generation to generation, Whose Name continues, Whose throne is firmly established, and Whose authority and faithfulness continue eternally. God's words live and endure; they are faithful and endearing forever—even to the ends of forever.

GOD'S POWER IN OUR LIVES¹⁰⁴

Happy are they who trust in the Lord, who draw hope from hope's very Source. The Lord is present always, present in every moment: doing justice, soothing pain, setting free, giving light, lifting up, taking care, inspiring, challenging. The Lord's spirit is in us; the Eternal One has called us: to bring hope to the oppressed, healing to the broken, liberty to the enslaved, freedom to those in chains. We were slaves once; we do remember. We were slaves to Pharaoh in Egypt. We were all slaves; then God set us free. The Lord gave us freedom and we could breathe free.

104. Adapted by Rabbi David E. Ostrich from Rabbi Chaim Stern in *Gates of Prayer*, p.167; Psalm 146.5-7 and Isaiah 61.1 are referenced

Morning Service for Shabbat

THE POWER AND EXPANSE OF GOD'S WISDOM¹⁰⁵

O God, the guide and inspiration of all humanity, You have spoken in a thousand tongues for all to hear. In every land and age, we, Your children, have heard Your voice and imagined You in our separate ways. And yet, O God, You are One: though each may see You differently, You are the One God of all humanity. We give thanks for the sages and teachers of all peoples and faiths, who have brought many to deeper understanding of You and Your will. Gratefully we recall that among them were the lawgivers and prophets, the psalmists and sages of Israel. Joyfully we remember that from the very dawn of Israel's life, Your children have turned to You and found strength.

*May the teachings of our ancestors live on in our minds
and their passion for righteousness retain its power to move
our hearts. Help us, O God, so to live that our daily conduct
may reveal the beauty of our faith and that the house of Israel
may continue to bear witness to Your truth.*

OUR REFUGE AND OUR STRENGTH¹⁰⁶

There is truth in the words that God speaks to us:

Truth and a tradition of seeking the holy.

There is wisdom in hearkening to these words,

Glory in speaking them to others.

The Eternal is present in our lives,

Instilling faith and giving life.

God is our refuge and our strength,

A very present help in time of trouble.

When we are suffering, God dwells within,

Giving us strength when we have none.

And when we are delivered, God appears to all,

Bringing us forth from pain and despair.

In Egypt, we were slaves; we do remember.

In Egypt, we suffered and waited for God.

In Egypt, God heard us, and God set us free,

From Egypt, God freed us, and we could breathe free.

In Sinai and now, we treasure our freedom.

May we find God and feel God and sing freedom's song.

105. Rabbi Chaim Stern, in *Gates of Prayer* (CCAR 1975), p.321-322; adapted from *Service of the Heart* (Union of Liberal and Progressive Synagogues, London, 1967), p.143

106. Rabbi David E. Ostrich

Morning Service for Shabbat

MI CHAMOCHA AND TZUR YISRAEL

מִי כְמוֹכָה בְּאֵלִים יְיָ, מִי כְמוֹכָה נֹאדָר בְּקִדְשׁ,
נִרְאָה תְהִילַת, עֲשֵׂה פְלֵא:
שִׁירָה חֲדָשָׁה שִׁבְחוּ נְאֻלִים לְשִׁמְךָ עַל שְׂפַת הַיָּם,
יַחַד בְּלִם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

**Mi chamocha ba'elim Adonai, mi kamocho ne'dar bakodesh,
nora t'hilot oseh fele'.**

**Shirah chadashah shib'chu g'ulim l'Shim'cha al s'fat hayam,
yachad kulam hodu v'him'lichu v'am'ru: Adonai yimloch l'olam va'ed!**

Who is like You, O Lord, among the mighty?! Who is like You,
glorious in holiness, awesome in praises, working wonders?¹⁰⁷
The freed slaves sang a new song to You there on the shore of the sea.
Together, they gave thanks and sang: The Lord shall reign forever and ever!

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,
וּפְדֵה כְנָעַמֶּךָ יְהוּדָה וְיִשְׂרָאֵל.
נְאֻלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ, קִדְשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה יְיָ, נְאֻל יִשְׂרָאֵל:

**Tzur Yis'ra'el, kumah b'ez'rat Yis'ra'el,
uf'deh chin'umecha Yehudah v'Yis'ra'el.
Go'alenu Adonai Tz'va'ot Sh'mo, K'dosh Yis'ra'el.
Baruch Atah Adonai, ga'al Yis'ra'el.**

O Rock of Israel, rise up to help the people Israel, remembering
Your promise to help Judah and Israel. Our Redeemer is the
Lord of Hosts, the Holy One of Israel. Blessed are You, O Lord,
Who saves the Jewish People.

MEDITATION¹⁰⁸

O God, You are as near as the very air we breathe, yet farther
than the farthest star. We yearn to reach You. We seek the
light and warmth of Your Presence. Though we say You are near,
we are lonely and alone. O let our desire be so strong that it will
tear the veil that keeps You from our sight! Let Your light release
our darkness and reveal the glory and joy of Your Presence.

107. Exodus 15.11 and 18

108. Rabbi Chaim Stern

Tefilah/Amidah: Our Main Prayer

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Adonai, s'fatai tif'tach ufi yaggid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory.¹⁰⁹

Avot v'Imahot: God of Our Ancestors

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אֲבֹרָהֶם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי
אֲבוֹת וְאִמּוֹת, וּמֵבִיא גְּאֻלָּה לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ
בְּאַהֲבָה: מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בְּרוּךְ אַתָּה יי, מֶגֶן
אֲבֹרָהֶם וְעֹזֶר שָׂרָה:

Baruch Atah Adonai, Elohaynu velohay avotaynu v'imotaynu,
Elohay Avraham, Elohay Yitzchak, velohay Ya'akov,
Elohay Sarah, Elohay Rivkah, Elohay Rachel, velohay Le'ah.
Ha'El hagadol hagibor v'hanorah, El elyon, gomel chasadim
tovim, v'koneh hakol, v'zocher chasday avot v'imahot, umevi
g'ulah liv'nay v'nayhem l'ma'an Sh'mo b'avavah. Melech,
Ozer, umoshi'a umagen. Baruch Atah Adonai, Magen
Avraham v'Ezrat Sarah.

Blessed are You, O Lord our God, God of our Fathers
and Mothers: God of Abraham, God of Isaac, and God
of Jacob; God of Sarah, God of Rebecca, God of Rachel,
and God of Leah. You are great and mighty and awesome,
truly God supreme. You help those who are good and
show concern for us all. You remember the good deeds of
our ancestors and, with great love, will take care of us forever.
You are our Ruler, Helper, Savior, and Protector. Blessed are
You, O Lord, Shield of Abraham and Helper of Sarah.

109. Psalm 51.17

Morning Service for Shabbat

PRIDE AND STRENGTH OF THE JEWISH PEOPLE¹¹⁰

We praise You, O Eternal One, our God and God of our mothers and fathers in every generation. For Abraham and Sarah, You were the wisdom to leave their home country and journey to a new land, with new hope. For Isaac and Rebecca, You were the dedication to continue in that new and often difficult land. For Jacob, Leah and Rachel, You were the sense of right so strong that they were able to wrestle with the challenges they met. In every generation, Jews have searched for You, loved You, and lived for You. And, in every generation, You have delighted in our lives and sought to dwell in our midst. We praise You, O eternal One, pride and strength of the Jewish people.

Gevurot: God's Is The Energy of Life

אַתָּה גִּבּוֹר לְעוֹלָם אֲדוֹנָי, מְחַיֶּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ:
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכֹּל בְּרַחֲמִים רַבִּים, טוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ
לִישְׁנֵי עֶפֶר, מִי כְמוֹךְ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ, מֶלֶךְ
מִמִּית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה: וְנִאֲמַן אַתָּה לְחַיּוֹת הַכֹּל.
בְּרוּךְ אַתָּה יי, נִמְעַ בְּתוֹכֵנו חַיֵּי עוֹלָם:

Atah gibor l'olam Adonai, m'chayeh hakol Atah, rav l'hoshi'a.
M'chal'kel chayim b'chesed, m'chayeh hakol b'rachamim
rabim, somech nof'lim v'rofe' cholim, u'matir asurim,
um'kayem emunato lishenay afar. Mi chamocho ba'al g'vurot,
umi domeh lach, Melech memit um'chayeh umatz'mi'ach
y'shu'ah. V'ne'eman Atah l'hachayot hakol. Baruch Atah
Adonai, note'a b'tochenu cha'yay olam.

You are Mighty forever, O Lord, giving us life and great salvation.
With lovingkindness do You sustain the living; with overwhelming
compassion do You give life to all. You lift up the fallen, heal the
sick, free the captive, and faithfully keep those who sleep in the
dust. Who is like You, O master of might, and who can be compared
to You, O Ruler Who brings about life and death and salvation?
You are faithful in giving life to all. Blessed are You, O Lord, Who
plants within us eternal life.

110. Rabbi David E. Ostrich

Morning Service for Shabbat

WE ARE LOVED BY AN UNENDING LOVE¹¹¹

We are loved by an unending love.
We are embraced by arms that find us
 even when we are hidden from ourselves.
We are touched by fingers that soothe us
 even when we are too proud for soothing.
We are counseled by voices that guide us
 even when we are too embittered to hear.
We are loved by an unending love.

We are supported by hands that uplift us
 even in the midst of a fall.
We are urged on by eyes that meet us
 even when we are too weak for meeting.
We are loved by an unending love.

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

ETERNAL IS YOUR POWER¹¹²

Eternal is Your power, O Lord; You are mighty to save. In lovingkindness
You sustain the living; in the multitude of Your mercies, You preserve us
all. You uphold the falling and heal the sick, free the captive and keep faith
with Your children in death as in life. Who is like unto You, Almighty God,
Author of life and death, Source of salvation? We praise You, O Lord, Who
has implanted within us eternal life.

INTERPRETATION¹¹³

You are mighty forever, O Holy One, giving us life and taking care
of us forever. Gently do You breathe life into us, nurturing us with
great mercy. You lift us up, heal us, give us freedom, and do not
abandon us, even when our eyes are closed to You. Who can compare
to You, O mighty One Who gives life and death and holds us close
forever?! You are truly the faithful and ever-present source of life.
Blessed are You, O Lord, Who plants within us eternal life.

111. Rabbi Rami M. Shapiro

112. Slightly adapted from *The Union Prayer Book*, p.18

113. Rabbi David E. Ostrich, with thanks to Rabbi Rami M. Shapiro

Kedushah: The Holiness of God (#1)

Let us sanctify Your Name on earth just as it is sanctified in the heavens,
as Your prophet wrote, "And the angels called out to each other, saying...

Holy, holy, holy is the Lord of Hosts;

The fullness of the whole earth is God's glory!"¹¹⁴

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, בְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם.
בְּפִתּוּב עַל יַד נְבִיאֶיךָ: וְקָרָא זֶה אֶל זֶה וְאָמַר:
קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָּל-הָאָרֶץ כְּבוֹדוֹ.

N'kadesh et Shim'cha ba'olam k'shem shemak'dishim oto bish'may

marom, kakatuv al yad n'vi'echa v'kara zeh el zeh v'amar:

Kadosh, kadosh, kadosh Adonai Tz'va'ot, m'lo chol ha'aretz k'vodo.

אֲדִיר אֲדִירָנוּ יְהוָה אֲדִירָנוּ מִהֲאֲדִיר שְׁמֶךָ בְּכָל-הָאָרֶץ.
בְּרוּךְ כְּבוֹדֶיךָ מִמְּקוֹמוֹ.

Adir adiraynu Adonai Adonaynu, mah adir Shim'cha b'chol ha'aretz.

Baruch k'vod Adonai mim'komo.

Source of our strength, Sovereign and Eternal One, how mighty is

Your Name in all the earth! "Blessed is God's glory in every place!"¹¹⁵

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ,
וְהוּא יִשְׁמָיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל-חַי. "אֲנִי יְהוָה אֱלֹהֵיכֶם!"
יְמַלֵּךְ יְיָ לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ.

Echad Hu Elohaynu, Hu Avinu, Hu Malkenu, Hu Moshi'enu v'Hu yash'mi'enu

b'rachamav l'aynay kol chai. "Ani Adonai Elohay'chem!"

"Yim'loch Adonai l'olam, Elohayich Tziyon, l'dor vador! Halleluyah!"

The Eternal One alone is our God, Creator, Ruler and Helper, mercifully

appearing to us and to everyone, saying: "I am Adonai, Your God!" "The Lord shall reign forever, your God, O Zion, in every generation, Halleluyah!"¹¹⁶

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ, וְלִנְצַח נְצָחִים קִדְשָׁתְךָ נְקַדֵּשׁ, וְשִׁבְחָתְךָ,
אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

L'dor vador nagid god'lecha ul'netzach n'tzachim k'dushat'cha nak'dish.

V'shiv'chacha, Elohaynu, mipinu lo yamush l'olam va'ed.

Baruch Atah Adonai, ha'El hakadosh.

To all generations, we will make known Your greatness, and to all
eternity proclaim Your holiness. Your praise, O God, shall never
depart from our lips. Blessed are You, O Lord, the Holy God.

114. Isaiah 6.3

115. Ezekiel 3.12

116. Psalm 146.10

Kedushah: The Holiness of God (#2)

נְקַדֵּשׁ אֶת שִׁמְךָ בְּעוֹלָם, בְּשֵׁם שְׁמִקְדִישִׁים אוֹתוֹ בְּשָׁמַי
מְרוֹם, בְּכַתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר:
קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

**N'kadesh et Shim'cha ba'olam k'shem shemak'dishim oto bish'may
marom, kakatuv al yad n'vi'echa v'kara zeh el zeh v'amar:**

Kadosh, kadosh, kadosh Adonai Tz'va'ot, m'lo chol ha'aretz k'vodo.

Let us sanctify Your Name on earth just as it is sanctified in the highest of places, as Your prophet wrote, "And the angels called out to each other, saying, "Holy, Holy, Holy is the Lord of Hosts, the fullness of the earth is God's glory."¹¹⁷

אִזּוּ בְּקוֹל רַעַשׁ גָּדוֹל אֲדִיר וְחֹזֵק מִשְׁמִיעִים קוֹל, מִתְנַשְּׂאִים לְעַמַּת
שְׂרָפִים, לְעַמַּתָּם בְּרוּךְ יְאֻמְרוּ: בְּרוּךְ כְּבוֹד יְיָ, מִכָּמוֹמוֹ.

**Az b'kol ra'ash gadol adir v'chazak mash'mi'im kol, mit'nas'im l'umat
s'rafim, l'umatam baruch yomeru: Baruch k'vod Adonai mim'komo.**

Then, with the sound of a great, mighty, and powerful noise do they make their voices heard even unto the seraphim, praising and declaring in the high places, "Blessed be the glory of God in every place."¹¹⁸

מִמְקוֹמְךָ מְלַבְּנוּ תוֹפִיעַ, וְתִמְלֹךְ עָלֵינוּ, כִּי מַחְבִּים אֲנַחְנוּ
לָךְ. מִתִּי תִמְלֹךְ בְּצִיּוֹן, בְּקָרוֹב בְּיָמֵינוּ, לְעוֹלָם וָעַד תִּשְׁכַּחוּ.
תִּתְגַּדַּל וְתִתְקַדֵּשׁ בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ, לְדוֹר וָדוֹר וּלְנִצְחָה
נִצְחִים. וְעֵינֵינוּ תִרְאִינָה מְלֻכוֹתֶיךָ, כִּדְבַר הָאֱמוּנָה בְּשִׁירֵי
עֲדָה, עַל יְדֵי דָוִד מְשִׁיחַ צְדָקָה:
יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ.

**Mim'kom'cha Mal'kaynu tofi'a, v'tim'loch alaynu, ki m'chakim
anach'nu lach. Matai tim'loch b'Tziyon? B'karov b'yamaynu,
l'olam va'ed tish'kon. Tit'gadal v'tit'kadash b'toch Yerushalayim
ir'cha, l'dor vador ul'netzach n'tzachim. V'aynaynu tir'enah
mal'chutecha, kadavar ha'amur b'shiray uzecha, al y'day David,
meshi'ach tzid'kecha. "Yim'loch Adonai l'olam, Elohayich Tziyon,
l'dor vador! Halleluyah!"**

117. Isaiah 6.3

118. Ezekiel 3.12

Morning Service for Shabbat

Appear to us, from Your Holy Place, and rule over us, for we await You continually. When will You rule in Zion? Soon, in our days, and forever and ever will you dwell there. May You be revered and sanctified in the midst of Jerusalem, Your city, from generation to generation and for all eternity. May our eyes see Your dominion, as it is said in the songs of Your strength, written by David, the anointed and righteous one, "The Lord will rule forever, your God, O Zion, from generation to generation, Hallelujah!"¹¹⁹

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ וְלִנְצַח נְצַחִים קְדֻשַׁתְךָ נִקְדִּישׁ
וְשִׁבְחָתְךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל
מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה. בָּרוּךְ אַתָּה יְיָ הָאֵל הַקְּדוֹשׁ.

L'dor vador nagid god'lecha ul'netzach n'tzachim

k'dushat'cha nak'dish. V'shiv'chacha, Elohaynu,

mipinu lo yamush l'olam va'ed. Ki El Melech gadol

v'kadosh Atah. Baruch Atah Adonai, ha'El hakadosh.

From generation to generation will we speak of Your greatness, and for all time will we declare Your Holiness; Your praise, O God, shall never depart from our mouths, for You are a great and holy Ruler. Blessed are You, O Lord, the holy God.

הָאֵל הַקְּדוֹשׁ

THE HOLINESS POSSIBLE IN EVERY MOMENT¹²⁰

Days pass and the years vanish, and we walk sightless among miracles. Lord, fill our eyes with seeing and our minds with knowing; let there be moments when Your Presence, like lightning, illumines the darkness in which we walk.

*Help us to see, wherever we gaze, that the bush burns
unconsumed. And we, clay touched by God, will reach out
for holiness, and exclaim in wonder: How filled with awe is
this place, and we did not know it.*

Blessed is the eternal One, the holy God.

119. Psalm 146.10

120. Rabbi Chaim Stern, in *Gates of Prayer*, p.170; with allusions to Exodus 3.2 and Genesis 28.16ff

Kedushat Hayom: The Holiness of Shabbat

יִשְׂמַח מֹשֶׁה בְּמַתְנַת חֶלְקוֹ, כִּי עֶבֶד נְאֻמָּן קָרָאתָ לוֹ.
בְּלֵיל תְּפִאֲרַת בְּרֵאשׁוֹ נָתַתָּ בְּעַמְדוֹ לְפָנֶיךָ עַל הַר סִינַי.
וּשְׁנֵי לוחות אֲבָנִים הוֹרִיד בְּיָדוֹ, וְכָתוּב בָּהֶם שְׁמִירַת
שַׁבָּת. וְכֵן כָּתוּב בְּתוֹרָתְךָ:

Yis'mach Moshe b'mat'nat chel'ko, ki eved ne'eman karata lo.

K'lil tif'eret b'rosho natata lo b'am'do l'fanecha al har Sinai. Ush'nay

luchot avanim horid b'yado, v'chatuv bahem sh'mirat Shabbat.

V'chen katuv b'toratecha:

Moses rejoiced in his unique portion, for You called him a faithful servant. You placed a crown of glory on his head when he stood before You on Mount Sinai. He carried the two tablets of stone in his hand, on which were inscribed the mitzvah of Shabbat. Thus it is written in Your Torah:

וּשְׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדוֹרָתָם בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא
לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ.

Vesham'ru v'nay Yis'ra'el et hashabbat, la'asot et hashabbat

l'dorotam b'rit olam. Bayni uvayn b'nay Yis'ra'el ot hi l'olam,

ki sheshet yamim asah Adonai et hashamayim v'et ha'aretz,

uvayom hash'vi'i shavat vayinafash.

The Children of Israel shall keep the Sabbath, observing the Sabbath throughout their generations as a perpetual covenant. It is a sign forever between God and the Children of Israel, for in six days did the Eternal create the heavens and the earth, and on the seventh day, God rested and was refreshed.

שַׁבָּת וַיִּנְפָשׁ

Morning Service for Shabbat

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, רְצֵה בְּמִנוּחַתֵּנוּ.
קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֵלְקֵנוּ בְּתוֹרַתְךָ, שְׂפַעֵנוּ מִפְּדוּתְךָ,
וְשִׂמְחֵנוּ בִּישׁוּעָתְךָ, וּמַחֵר לִפְנֵי לְעַבְדְּךָ בְּאֵמֶת, וְהַנְחִילֵנוּ
יְיָ אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שֶׁבֶת קִדְּשָׁךְ, וְיִגְדְּלוּ בְּךָ יִשְׂרָאֵל,
מִקְדָּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת:

Elohaynu velohay avotaynu v'imotaynu, r'tzeh vim'nuchatenu.
Kad'shenu b'mitz'votecha v'ten chel'kenu b'toratecha, sab'enu
mituvecha, v'sam'chenu bishu'atecha, v'taher libenu l'ov'd'cha
be'emet, v'han'chilenu, Adonai Elohaynu, b'ahavah uv'ratzon
Shabbat kod'shecha, v'yanuchu vah Yis'ra'el m'kad'shay Sh'mecha.
Baruch Atah Adonai, m'kadesh hashabbat.

Our God and God of our fathers and mothers, accept our Sabbath rest. Sanctify us with your mitzvot and give us a stake in Your Torah. Satisfy us with Your goodness and make us happy with Your salvation. Purify our hearts that we may serve You in truth. Bestow upon us in love and favor, O Lord our God, the holiness of Your Sabbath, that Israel may rest, sanctifying Your Name. We praise You, O Lord, Who makes the Sabbath holy.

SHABBAT HOLINESS

Our God, God of our mothers and fathers, may our rest on this Sabbath bring us closer to You. Teach us the holiness of Your ways, and help us to hear the words of Your Torah. Teach us to find joy in our blessings, and may we rejoice in Your eternal love. Purify our hearts that our lives may be worthy of Your holiness. In Your gracious love, O Lord our God, may Your Sabbath always be a part of our heritage, that we may find rest, peace, and awareness of Your Presence. Blessed are You, O Lord, for the holiness of Shabbat.

HOLY REST¹²¹

The perfect Sabbath rest is the attuning of the heart to the comprehension of God.

121. Rabbi Moses Maimonides

Morning Service for Shabbat

Avodah: Worship

רְצֵה יְיָ אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תִקְבֹּל.
וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל קָרוֹב
לְכָל-קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנֵנוּ; שְׁפוּךְ רוּחְךָ עָלֵינוּ,
וּתְחַוֶּנֶה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יְיָ,
הַמְחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן וּלְכָל-מְקוֹם, קָרוֹב לְכָל-קְרָאִיו.

R'tzeh Adonai Elohaynu b'am'cha Yis'ra'el, ut'filatam b'ahavah
t'kabel, ut'hi l'ratzon tamid avodat Yis'ra'el amecha. El karov
l'chol-kor'av, p'neh el avadecha v'chonenu; sh'foch ruchacha
alenu, v'techezenah aynaynu b'shuv'cha l'tziyon b'rachamim.
Baruch Atah Adonai, hamachazir Sh'chinato l'Tziyon ul'chol
makom, karov l'chol kor'av.

O Lord, our God, look upon Your people Israel with favor,
and please accept their prayers with love. May the worship of
Your people Israel always be acceptable to You. O God Who is
near to all who call, turn unto Your servants and give us grace.
Pour Your spirit upon us, and help us to see Your merciful return
to Zion. Blessed are You, O Eternal One, Whose Presence rests
upon Zion and every other place— Who is near to all who pray.

CALLING UPON GOD¹²²

The Lord is near to all who call, to all who call out in truth.

Where is God? Wherever we open our hearts.

The purpose of prayer is to leave us alone with God.

But there is no room for God in those who are full of themselves.

How can we know if our prayers are answered?

When you rise from your prayers a better person,

Then surely your prayers have been answered.

ONE AMEN¹²³

If I knew that I had answered a single “Amen” as it ought to be said,
I would be contented.

122. Concatenation compiled by Rabbi David E. Ostrich from Psalm 145, Reb Mendel
of Kotzk, Rabbi Leo Baeck, The Baal Shem Tov, and George Meredith

123. Reb Moshe of Kobrin

Hoda'ah: Thanks¹²⁴

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ בְּכָל־דּוֹר. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אֵתָהּ הוּא לְדוֹר וָדוֹר. בְּטוֹבָךָ הָאֵין־סוֹפִי, אָנוּ
מְבֹרָכִים וּמְחַנּוּנִים בְּבִרְכוֹת רַבּוֹת; בְּכָל־יוֹם אֲנַחְנוּ
מְקַבְּלִים טוֹבוֹת וְנִסִּים. אֵל מֶלֶךְ נְאֻמָּן, נָא אֵל תָּסִיר
מִמֶּנּוּ לְעוֹלָמִים אֶת הַשְּׁפַע הַטּוֹב וְהַגָּדוֹל וְהַקְּדוֹשׁ הַזֶּה,
וְנִהְיֶה יָדֶיךָ בְּעוֹלָם לְהַבְיִיא בְּרִכּוֹת־הַשָּׁמַיִם לְכָל־הָאָרֶץ.
בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמֵךְ וְלֹךְ נְאֻחַ לְהוֹדוֹת.

Modim anachnu lach, she'Atah Hu Adonai Elohaynu velohay
avotaynu v'imotaynu b'chol dor. Tzur chayaynu, magen yish'enu,
Atah Hu l'dor vador. B'tuv'cha ha'ayn sofi, anu m'vorachim
um'chunanim biv'rachot rabbot; b'chol yom anachnu m'kablīm
tovot v'nisim. El Melech ne'eman, na al tasir mimenu l'olamim
et hashefa hatov v'hagadol v'hakadosh hazeh, v'nih'yeh Yadecha
ba'olam l'havi b'rachot-hashamayim l'chol-ha'arets.
Baruch Atah Adonai, hatov Shimcha ul'cha na'eh l'hodot.

We thank You, O Lord our God, God of our mothers and fathers in every generation. You are the Rock of our lives, the Shield of our salvation, You are faithful in every generation. In Your infinite goodness, we are graced and blessed abundantly. Every day do we experience goodness and miracles. May You never withhold from us this great and holy flow of Your blessings. May we be Your hands in the world, bringing the blessings of heaven to all the earth. We praise You, O Eternal One, Whose Name is Goodness and to Whom it is fitting to give our thanks.

טוֹב לְהוֹדוֹת לַיי

124. Adaptation of traditional Hebrew prayer by Rabbi David E. Ostrich

Morning Service for Shabbat

THE CIRCLE OF GIVING AND THANKS¹²⁵

How much we owe to the labors of our brothers and sisters!
Day by day they dig far away from the sun that we may be warm,
enlist in outposts of peril that we may be secure, and brave the
terrors of the unknown for truths that shed light on our way.
Numberless gifts have been laid in our cradles as our birthright.

Let us then, O Lord, be just and great-hearted in our dealings with
others, sharing with them the fruit of our common labor, acknowledging
before You that we are but stewards of whatever we possess. Help us
to be among those who are willing to sacrifice that others may not
hunger, who dare to be bearers of light in the dark loneliness of
stricken lives, who struggle and even bleed for the triumph of
righteousness. So may we be co-workers with You in the building of
Your kingdom, which has been our vision and goal through the ages.

FOR GOD HAS WORKED WONDERS¹²⁶

Sing unto the Lord a new song, for God has worked wonders;
God's right hand and holy arm have given us salvation.
The Lord has made known this salvation,
Revealing righteousness to all the nations,
Showing mercy and faithfulness toward the House of Israel,
Showing all the earth the salvation of our God.

Shout unto the Lord, all the earth;
Break forth, sing for joy, sing praises.
Sing praises to the Lord with the harp,
with the harp and the voice of melody.
With trumpets and the sound of the horn,
Shout praise before our Ruler, the Lord.

Let the sea roar and all within it thunder,
The world and all who dwell here.
Let the rivers clap their hands,
Let the mountains sing in joy,
At the presence of God, Who blesses us abundantly,
At the Presence of the Lord, Who is here now.

125. Slightly adapted from *The Union Prayer Book*, p.45

126. Free translation of Psalm 98 by Rabbi David E. Ostrich

Birkat Hashalom: Our Prayer for Peace

שִׁים שְׁלוֹם מְזִכָּה וּבְרָכָה חֵן וְחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל
כָּל-יִשְׂרָאֵל עַמְּךָ. בְּרַכְנוּ, יוֹצְרֵנוּ, בְּלִנּוּ בְּאֶחָד בְּאוֹר פְּנֵיךָ.
כִּי בְּאוֹר פְּנֵיךָ נִתְּתָ לָנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם, וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת-עַמְּךָ יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל-שָׁעָה בְּשְׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְיָ, אוֹהֵב וְעוֹשֶׂה צְדָקָה וּמְשַׁפֵּט וְשְׁלוֹם.

Sim shalom, tovah uv'rachah, chen vachessed v'rachamim alaynu
v'al kol-Yis'ra'el amecha. Bar'chenu, Yotz'renu, kulanu k'echad
b'or panecha, ki v'or panecha natata lanu, Adonai Elohaynu, torat
chayim v'ahavat chesed, utz'dakah uv'rachah v'rachamim v'chayim
v'shalom. V'tov b'aynecha l'varech et am'cha Yis'ra'el b'chol-et
uv'chol-sha'ah bish'lomecha.

Baruch Atah Adonai, ohev v'oseh tz'dakah umish'pat v'shalom.

Grant peace, happiness and blessing, grace and love and mercy to us and to all Your people. Bless us, our Creator, one and all, with the light of Your presence, for with Your light do You give us a Torah of life, lovingkindness, righteousness, blessing, mercy, life, and peace. Yes, it pleases You to grant peace to Your people at each and every moment. Blessed are You, O Lord, Who loves and effects justice, righteousness, and peace.

PREFERRING PEACE¹²⁷

Why did the Lord choose King Solomon to build the Holy Temple, and not King David? David was the greater hero. And yet, David was a hero of war, while his son Solomon was a hero of peace. God prefers peace.

Our Tradition understands that peace is not always possible, that sometimes wars must be fought. But, we should always remember that peace is the more blessed way. As Solomon used to say,

וְלִיעֲצֵי שְׁלוֹם שִׂמְחָה:

Ul'yo'atzay shalom sim'chah.

“Unto the counselors of peace there is joy.”¹²⁸

May we pray for, work for, and be blessed with peace.

127. Rabbi David E. Ostrich

128. Proverbs 12.20

Silent Prayer

May the rest and quiet of this hour of worship refresh our inner life and renew in us the sense of Your holy presence. Open our eyes that we behold truth and beauty in the words of the inspired teachers of Your will. Animate our thoughts and endeavors with the power of Your Divine purposes, so that whatever our hands find to do, we may do with all our might. Fill our hearts with Sabbath peace and serenity, that we may hear the voice of Your Spirit and be moved to build our lives on the abiding foundations of Your Torah.¹²⁹

Humans were created so that they might lift up the heavens.¹³⁰

O Holy One of Blessing, we thank You for all You have taught us: for inspiration through our prophets and sages, for words of Torah that lead to wisdom, and for mitzvot – ways to be holy. Help us to understand Your ways, and help us to make them our own. May we glow in Your presence and rejoice in Your gift, Your guidance that comes in our people's wisdom.¹³¹

There is a difference between fear of God and being afraid of God.¹³²

There are two ways to translate the Hebrew term **יִרְאַת יְהוָה**.
Yirat Adonai: the “Fear of the Lord” or “Reverence for the Lord.”
As it is written, “The beginning of wisdom is Yir’at Adonai.”¹³³

Hillel: “Be of the disciples of Aaron, loving peace and pursuing it, loving your fellow creatures, and drawing them near to the Torah.”¹³⁴

129. Slightly adapted from *The Union Prayer Book*, p.58

130. Reb Mendel of Kotzk

131. Rabbi David E. Ostrich

132. Maurice Samuel

133. Proverbs 9.10

134. Pirke Avot 1

Morning Service for Shabbat

Shammai: "Make your study of Torah a fixed habit. Say little and do much, and greet all people with a cheerful smile."¹³⁵

Ben Azai: "Be as quick to obey a minor Mitzvah as a major one, and flee from transgression, for one Mitzvah performed leads to another, while one transgression leads to another. Moreover, the reward of a Mitzvah is another, and the price of one transgression is another."¹³⁶

Rabbi Jacob: "Better one hour of repentance and good works in this world than all the life of the World-to-Come; and better one hour of serenity in the World-to-Come than all the life of this world."¹³⁷

Rabbi Yosay: "Let your neighbor's property be as dear to you as your own; train yourself to study Torah, for the knowledge of it is not inherited; and let all your deeds be for the sake of God."¹³⁸

יְהוֹי לְרָצוֹן אִמְרֵי פִי וְהַגִּיזוֹן לִבִּי לְפָנֶיךָ יְיָ צוּרִי וְגוֹאֲלִי.

Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha Adonai, Tzuri v'Go'ali.

May the words of my mouth and the meditations of my heart be acceptable to You, O Lord, my Rock and my Redeemer.¹³⁹

עֵשֶׂה שְׁלוֹם בְּמִדְוָמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל־יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

**Oseh shalom bim'romav Hu Ya'aseh shalom alaynu v'al
kol Yis'ra'el, v'im'ru Amen.**

May the Source of peace in the highest of places bestow peace upon us and upon all Israel, and let us say: Amen.

[For Sabbaths when Hallel is chanted, please turn to page 115]

135. Pirke Avot 1

136. Pirke Avot 4

137. Pirke Avot 4

138. Pirke Avot 2

139. Psalm 19.15

Morning Service for Shabbat

KADDISH SHALEM

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא בְרַעֲוִיתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעֵנְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol Bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

Let God's Name be made great and holy in the world created by
Divine Will. May God's kingdom soon prevail, in our own day, our
own lives, and the life of all Israel, and let us say: Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמָא וְלְעֵלְמֵי עֵלְמַיָּא:

Y'he Sh'meh rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא. בְּרִיךְ הוּא, לְעֵלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנִחַמְתָּא. דְאָמְרִין בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yih'hadar
v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata
v'shirata tush'b'chata v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified, honored,
exalted, lifted up, adored, revered, and proclaimed even though the
Eternal is beyond all the blessings, songs, adorations, and exaltations
that could ever be uttered in all the world, and let us say: Amen.

תְּתַקַּבַּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן דְכָל יִשְׂרָאֵל קָדָם אֲבוּהוֹן
דִּי בְשִׁמְיָא וְאָמְרוּ אָמֵן:

Tit'kabal tz'lot'hon uva'ut'hon d'chol Yis'ra'el kodam

Avuhon di vish'maya, v'im'ru Amen.

May all the prayers and supplications of Israel be accepted by our
Creator Who is in heaven, and let us say: Amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Y'he sh'lama rabba min sh'maya v'chayim alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May abundant peace and life from heaven be upon us and all Israel, and let us
say: Amen.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May the Source of peace bless us and all Israel with peace, and let us say: Amen.

Torah Service I

THE MESSIANIC POWER OF GOD'S WORD¹⁴⁰

It shall come to pass, in the end of days, that the Mountain of the Lord's House shall be exalted above the hills. The nations shall flow unto it, and many peoples shall say: Come ye, and let us go up to the Mountain of the Lord, to the House of the God of Jacob. God will teach us holy ways – that we may walk in holy paths.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה וְדְבַר־יְהוָה מִירוּשָׁלַיִם:

Ki mi'Tziyon tetze' Torah ud'var-Adonai mirushalayim.

For out of Zion shall go forth the Torah, and the word of the Lord from Jerusalem.

Blessing Before Reading from the Torah

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ:

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל

הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ: בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Bar'chu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va'ed.

Baruch Atah Adonai Elohaynu Melech ha'olam, Asher bachar banu mikol ha'amim v'natan lanu et Torato. Baruch Atah Adonai, Noten ha-Torah.

Praise the Lord, to Whom all praise is due!

We praise the Lord, to Whom all praise is due forever and ever!

We praise You, O Lord our God, Ruler of All, Who has chosen us from all peoples and given us Your Torah. We praise You, O Lord, Giver of the Torah.

Blessing After Reading from the Torah

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרָת

אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ: בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Baruch Atah Adonai Elohaynu Melech ha'olam, Asher natan lanu Torat

Emet v'chayay olam nata b'tochenu. Baruch Atah Adonai, Noten hatorah.

We praise You, O Lord our God, Ruler of All, Who has given us the truth of Torah and put everlasting life in our midst. We praise You, O Lord, Giver of the Torah.

140. Isaiah 2.2-3 and Micah 4.1-2

A Prayer for Healing

רְפָאֵנוּ. יְיָ, וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנִשְׁעָה.

R'fa'enu Adonai v'nerafe', hoshi'enu v'nivashe'ah.

“Heal us, O Lord, and we shall be healed. Save us, and we shall be saved.”¹⁴¹

We depend on the power of God – the healing and saving power of God, and we pray for healing now. May God’s healing energy enter our lives and the lives of those in need. May it find us and help us. May it fill us with a sense of God’s Presence, and may we both receive and share God’s wondrous love.

בָּרוּךְ אַתָּה יְיָ, רוֹפֵא הַחַוְלִים.

Baruch Atah Adonai, rofe' ha-cholim.

We praise You, O Lord, Who heals the sick.

MI SHEBERACH¹⁴²

מִי שִׁבְרַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

Mi sheberach avotaynu, m'kor hab'rachah l'imotaynu,

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.

מִי שִׁבְרַךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Mi sheberach imotaynu, m'kor hab'rachah la'avotaynu,

Bless those in need of healing with

רְפוּאָה שְׁלֵמָה

refu'ah sh'lemah,

The renewal of body, the renewal of spirit, and let us say Amen.

AL SH'LOSHAH D'VARIM¹⁴³

עַל-שְׁלֹשָׁה דְבָרִים הָעוֹלָם עוֹמֵד:

עַל הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל גְּמִילוּת חַסְדִּים.

Al sh'loshah d'varim ha'olam omed:

al hatorah ve'al ha'avodah, ve'al g'milut chasadim.

Upon three things does the world stand:

on Torah, on worship, and on deeds of lovingkindness.

141. Adapted from Jeremiah 17.14

142. Debbie Friedman

143. Simon the Righteous, Avot 1.2

Torah Service II

אין כְּמוֹךָ בְּאֱלֹהִים, יי ואין כְּמַעֲשֶׂיךָ.
מְלֻכוֹתֶיךָ מְלֻכוֹת כָּל עֲלָמִים, וּמַמְשַׁלְתֶּךָ בְּכָל־דָּר וָדָר.
יי מֶלֶךְ, יי מֶלֶךְ, יי יִמְלֹךְ לְעֹלָם וָעֶד.
יי עַז לְעַמּוֹ יִתֵּן, יי יִבְרַךְ אֶת עַמּוֹ בְּשָׁלוֹם.

Ayn kamocho va'elohim, Adonai, v'ayn k'ma'asecha.

Mal'chut'cha mal'chut kol olamim umem'shal't'cha b'chol-dor vador.

Adonai melech, Adonai malach, Adonai yimloch l'olam va'ed.

Adonai oz l'amo yiten, Adonai y'varech et amo vashalom.

There is no one like You, Lord, among the mighty, and there are no deeds like Yours. Your kingdom is over all the worlds, and Your dominion is in every generation. The Lord rules, the Lord has ruled, the Lord will rule forever and ever. The Lord gives strength to our people; the Lord blesses our people with peace.¹⁴⁴

אב תְּרַחֲמִים, הַיְטִיבָה בְּרָצוֹנְךָ אֶת צִיּוֹן.
תִּבְנֶה חוֹמוֹת יְרוּשָׁלַיִם. כִּי כָךְ לְבַד בְּמַחְנֶה.
מֶלֶךְ אֵל רַם וְנִשְׂא, אֲדוֹן עוֹלָמִים.

Av harachamim hay'tivah vir'tzon'cha et Tziyon.

Tiv'neh chomot Yerushalayim. Ki v'cha l'vad batach'nu,

Melech El ram v'nisa, Adon olamim.

O Master of compassion, may Your will be favorable to Zion; may You rebuild Jerusalem. In You alone do we trust,
O Ruler, God high and exalted, the Master of all the worlds.

[The Ark is Opened]

וַיְהִי בְּנִסּוֹעַ הָאָרֶץ וַיֹּאמֶר מֹשֶׁה.
קוּמָה, יי וַיִּפְצוּ אֱיֹבָיִךְ, וַיִּנְסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ:

Va'y'hi bin'so'a ha'aron vayomer Moshe:

Kumah, Adonai, v'yafutzu oy'vecha, v'yanusu m'san'echa mipanecha.

When the Ark was lifted for travel, Moses would declare:
Arise, O Lord, and disperse Your enemies;
May those who hate You flee before You.¹⁴⁵

144. Verses from Psalm 86.8, Psalm 145.13, Psalm 10.16, Psalm 93.1, Exodus 15.18, Psalm 29.11, and Psalm 51.20,

145. Numbers 10.35

Torah Service II

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה , וּדְבַר יְיָ מִירוּשָׁלַיִם:

Ki mi'Tziyon tetze' Torah, ud'var Adonai mirushalayim.

For out of Zion shall go forth Torah, the word of the Lord from Jerusalem.¹⁴⁶

בְּרוּךְ שֵׁנַתַּן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:

Baruch shenatan Torah l'amo Yis'ra'el bik'dushato.

Blessed be the One Who in holiness has given Torah to Israel.

BEH ANA RACHETZ

בֵּה אֲנָּה רַחֵן. וְלִשְׁמֵהּ קִדִּישָׁא יִקְרָא אֲנָּה אֵמַר תְּשַׁבְּחֵן.
יְהֵא רַעְוָא קַדְמָךְ דְּתַפְתַּח לִבִּי בְּאוֹרֵיתָא וְתִשְׁלִים מִשְׁאַלֵּין דְּלִבִּי.
וְלִבָּא דְּכָל עַמְךָ יִשְׂרָאֵל. לְטַב וּלְחַיִּין וְלְשָׁלָם: אָמֵן.

Beh ana rachetz, v'lish'meh kadisha yakira ana emar tush'b'chan.

Y'he ra'ava kodamach d'tif'tach libi b'ora'y'ta v'tash'lim mish'alin d'libi

v'liba d'chol amach Yis'ra'el l'tav ul'chayin v'lish'lam. Amen.

In God alone do we put our trust, and to God alone do we utter praise. O may it be Your will to open our hearts to Your Torah and to fulfill the worthy desires of our hearts and of the hearts of all Your people Israel: for good, for life, and for peace. Amen.¹⁴⁷

[The Torah is Removed from the Ark, and the Ark is Closed]

Reader, then Congregation:

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yis'ra'el: Adonai Elohaynu, Adonai Echad.

Hear O Israel: the Lord is our God, the Lord is One.¹⁴⁸

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנָנוּ, קָדוֹשׁ שְׁמוֹ.

Echad Elohaynu, gadol Adonaynu, kadosh Sh'mo.

Our God is One, our Lord is great, God's Name is holy.

Reader:

גְּדַלּוֹ לִי אֶתִּי, וּנְרוֹמְמָה שְׁמוֹ יַחְדוֹ.

Gad'lu l'Adonai iti, un'rom'mah Sh'mo yach'dav.

O magnify the Lord with me, and let us together exalt the holy Name.¹⁴⁹

146. Isaiah 2.3 and Micah 4.2

147. Zohar, Vayak'hel 369a

148. Deuteronomy 6.4

149. Psalm 34.4

לְךָ יְיָ הַגְדֵּלָהּ וְהַגְבוּרָה וְהַתְפָּאֵרֶת וְהַנִּצְחָה וְהַהוֹדָה,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ: לְךָ יְיָ הַמְּמַלְכָה וְהַמְתַּנְשֵׂא לְכָל לְרֵאשׁ:
רוֹמְמוֹ יְיָ אֱלֹהֵינוּ וְהִשְׁתַּחֲוֶה לְהַדוֹם רִגְלָיו קְדוֹשׁ הוּא:
רוֹמְמוֹ יְיָ אֱלֹהֵינוּ וְהִשְׁתַּחֲוֶה לְהַר קְדוֹשׁוֹ. כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ:

L'cha Adonai hag'dulah v'hag'vurah v'hatif'eret v'hanetzach
v'hahod, ki chol bashamayim uva'aretz. L'cha Adonai
hamam'lachah v'hamit'nase' l'chol l'rosh. Rom'mu Adonai Elohaynu
v'hish'tachavu lahadom rag'lav kadosh hu. Rom'mu Adonai Elohaynu,
v'hish'tachavu l'har kod'sho, ki kadosh Adonai Elohaynu.

Yours, Lord, are greatness, might, splendor, triumph, majesty, and all things in heaven and earth; to You, Lord, belong power and all authority.¹⁵⁰ Exalt the Lord our God and bow down at God's footstool, for God is ever holy. Exalt the Lord our God, and worship at the holy mountain; the Lord our God is holy.¹⁵¹

Blessing Before Reading from the Torah

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ: בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל
הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ: בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Bar'chu et Adonai ham'vorach. *Baruch Adonai ham'vorach l'olam va'ed.*
Baruch Atah Adonai Elohaynu Melech ha'olam, Asher bachar banu mikol
ha'amim v'natan lanu et Torato. Baruch Atah Adonai, Noten ha-Torah.

Praise the Lord, to Whom all praise is due!

We praise the Lord, to Whom all praise is due forever and ever!

We praise You, O Lord our God, Ruler of All, Who has chosen us from all peoples and given us Your Torah. We praise You, O Lord, Giver of the Torah.

Blessing After Reading from the Torah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרָה
אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ: בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Baruch Atah Adonai Elohaynu Melech ha'olam Asher natan lanu Torat
Emet v'chayay olam nata b'tochaynu. Baruch Atah Adonai, Noten hatorah.

We praise You, O Lord our God, Ruler of All, Who has given the truth of Torah and put everlasting life in our midst. We praise You, O Lord, Giver of the Torah.

150. I Chronicles 29.11

151. Psalm 99.5 and 9

A Prayer for Healing¹⁵²

רְפָאֵנוּ. יי, וְנִרְפָא, הוֹשִׁיעֵנוּ וְנִשְׁעָה.

R'fa'enu Adonai v'nerafe', hoshi'enu v'nivashe'ah.

“Heal us, O Lord, and we shall be healed. Save us, and we shall be saved.”¹⁵³ The power of God—the healing and saving power of God—can be present for us in many ways. At some moments, God is a heavenly majesty to Which we pray for blessing and from Which we receive a healing touch. At some moments, God is an enlivening presence, emanating from within and filling us with health and new possibilities. At some moments, God exists in the touch and gaze of those around us, human vessels of love who spread the godliness they hold within. For each of us who suffers—whether in body or in soul—we pray that the healing, strengthening, enlivening power of God be present in our lives. May it surge both toward us and within us, filling us with the spirit, holiness, and continuing possibilities of life.

בָּרוּךְ אַתָּה יי, רוֹפֵא הַחַוְלִים.

Baruch Atah Adonai, rofe' ha-cholim.

We praise You, O Lord, Who heals the sick.

MI SHEBERACH¹⁵⁴

מִי שִׁבְּרַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Mi sheberach avotaynu, m'kor hab'rachah l'imotaynu,

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.

מִי שִׁבְּרַךְ אֲמוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

Mi sheberach imotaynu, m'kor hab'rachah la'avotaynu,

Bless those in need of healing with

רְפוּאָה שְׁלֵמָה

refu'ah sh'lemah,

The renewal of body, the renewal of spirit, and let us say Amen.

152. Rabbi David E. Ostrich

153. Adapted from Jeremiah 17.14

154. Debbie Friedman

Blessing Before Reading the Haftarah

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

Baruch Atah Adonai Elohaynu Melech ha'olam, Asher bachar

bin'vi'im tovim, v'ratzah v'div'rayhem hane'amarim be'emet.

Baruch Atah Adonai, habochoer batorah uv'Moshe av'do,

uv'Yis'ra'el amo, uvin'vi'ay ha'emet vatzedek.

We praise You, O Lord our God, Ruler of All, Who has chosen good prophets and favored them with words faithful and true. We praise You, O Lord, Who chooses the Torah, Your servant Moses, Your people Israel, and the prophets of truth and righteousness.

Blessing After Reading the Haftarah

ברוך אתה יי אלהינו מלך העולם, צור כל העולמים,
צדיק בכל הדורות, האל הנאמן האומר ועשה,
המדבר ומקיים, שכל דבריו אמת וצדק.

Baruch Atah Adonai Elohaynu Melech ha'olam, Tzur kol ha'olamim,

tzaddik b'chol hadorot, ha'El hane'eman ha'omer v'oseh,

ham'dabber um'kayem, shekol d'varav emet vatzedek.

We praise You, O Lord our God, Ruler of All, the Rock of all the worlds, Who is righteous in every generation, the faithful God Who speaks and does, Who declares and fulfills; all of God's words are true and righteous.

על התורה, ועל העבודה, ועל הנביאים, ועל יום השבת הזה,
שנתת לנו יי אלהינו, לקדשה ולמנוחה, לכבוד ולתפארת.
על הכל יי אלהינו, אנחנו מודים לך, ומברכים אותך, יתברך
שמוך בפי כל חי תמיד לעולם ועד. ברוך אתה יי, מקדש השבת.

Al hatorah v'al ha'avodah, v'al han'vi'im, v'al yom hashabbat hazeh, she'natata

lanu, Adonai Elohaynu, lik'dushah v'lim'nucha, l'chavod ul'tif'aret. Al hakol

Adonai Elohaynu, anach'nu modim lach, um'var'chim otach, yit'barach Shim'cha

b'fi kol chai tamid l'olam va'ed. Baruch Atah Adonai, m'kadesh hashabbat.

For Torah, worship, the Prophets, and this Sabbath Day, which You have given us, O Lord our God, for holiness and rest, for honor and splendor: for everything, O Lord our God, we give You thanks and praise. May Your Name be blessed by the mouths of all the living, eternally, forever and ever. We praise You, O Lord, Who makes Shabbat holy.

Returning the Torah to the Ark

יְהַלְלוּ אֶת שֵׁם יְיָ, כִּי נִשְׁגַּב שְׁמוֹ לְבָדוֹ:

Y'hallelu et Shem Adonai, ki nis'gav Sh'mo l'vado.

Let us praise the Name of the Lord, for God's Name is uniquely exalted.

הוֹדוּ עַל-אֶרֶץ וְשָׁמַיִם וַיָּרֶם קֶרֶן לְעַמּוֹ תִּהְיֶה לְכָל-חַסִּידָיו
לְבְנֵי יִשְׂרָאֵל עִם-קִרְבּוֹ. הַלְלוּיָהּ:

Hodo al-eretz v'shamayim. Vayarem keren l'amo, t'hilah l'chol-chasidav

liv'nay Yis'ra'el am-k'rovo. Hallelu-Yah!

God's splendor covers heaven and earth. God has lifted up the horn of our people, for the glory of the faithful, Israel, a people close to God. Hallelujah!¹⁵⁵

PSALM 29: HAVU LADONAI

מִזְמוֹר לְדָוִד: הָבוּ לַיהוָה בְּנֵי אֱלֹהִים, הָבוּ לַיהוָה כְּבוֹד וְעֹז:
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ, הִשְׁתַּחֲוּוּ לַיהוָה בְּהַדְרַת-קִדְשׁ:
קוֹל יְהוָה עַל-הַמַּיִם, אֵל-הַכְּבוֹד הַרְעִים, יְהוָה עַל-מַיִם רַבִּים:

Miz'mor l'David: Havu ladanai b'nay elim, havu ladanai kavod va'oz.

Havu ladanai k'vod Sh'mo, hish'tachavu ladanai b'had'rat-kodesh.

Kol Adonai al-hamayim, El-hakavod hir'im, Adonai al-mayim rabim.

A Psalm of David: Give praise to the Lord, divine beings, ascribe to the Lord glory and strength. Ascribe to the Lord the glory that is due, bow to the Lord in the beauty of holiness. The Lord's voice booms and thunders over the roar of the waters. God's glory overwhelms the oceans.

קוֹל-יְהוָה בְּכַחַ, קוֹל יְהוָה בְּהַדְרָה:
קוֹל יְהוָה שֹׁבֵר אֲרָזִים, וַיִּשְׁבֵּר יְהוָה אֶת-אֲרָזֵי הַלְּבָנוֹן:
וַיִּרְקֹדֵם כְּמוֹ-עֵגֶל, לְבָנוֹן וְשִׁרְיֹן כְּמוֹ בֶּדְרִיאִים:

Kol-Adonai ba'ko'ach, kol Adonai behadar.

Kol Adonai shover arazim, va-y'shabber Adonai et-ar'zay hal'vanon.

Va'yar'kidem k'mo-egel l'vanon v'sir'yon k'mo ven-r'emim.

The voice of the Lord is powerful; the voice of the Lord is majestic; the voice of the Lord breaks cedars, yes, even the cedars of Lebanon. God causes Lebanon to skip like a calf and Sirion like a wild young ox.

155. Psalm 148.13-14

קוֹל־יְהוָה חָצַב לְהַבּוֹת אֵשׁ: קוֹל יְהוָה יַחִיל מִדְּבַר,
יַחִיל יְהוָה מִדְּבַר קִדְּשׁ: קוֹל יְהוָה יְחַלֵּל אַיִלוֹת,
וַיַּחֲשׁוֹף יַעֲרוֹת, וּבְהִיכָלוֹ כָּלוּ אֹמֶר כְּבוֹד:

**Kol Adonai chotzev lahavot esh. Kol Adonai yachil mid'bar,
yachil Adonai mid'bar kadesh. Kol Adonai y'cholel ayalot,
va-yechesof y'arot, uv'hay-chalo kulo omer kavod.**

The voice of the Lord kindles flames of fire; the voice of the Lord
makes the wilderness dance, even the wilderness of Kadesh.
The voice of the Lord causes deer to give birth and also strips
the forest bare, while all in God's Temple shout, "Glory!"

יְהוָה לַמַּבּוּל יָשָׁב, וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם:
יְהוָה עַז לְעַמּוֹ יִתֵּן, יְהוָה יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם:

**Adonai lamabul yashav, vayeshev Adonai Melech l'olam.
Adonai oz l'amo yiten, Adonai v'varech et amo vashalom.**

From the Great Flood has the Lord sat enthroned; the Lord still
sits enthroned, ruling forever. The Lord gives strength to our
people; the Lord blesses our people with peace.

AYTZ CHAYIM HI: IT IS A TREE OF LIFE¹⁵⁶

The Torah of the Lord is perfect, reviving the soul;

The teaching of the Lord is sure, making wise the simple.

The precepts of the Lord are right, delighting the mind;

The mitzvah of the Lord is clear, giving light to the eyes.

The word of the Lord is pure, enduring forever;

The judgments of the Lord are true and altogether just.

It is a tree of life to them who cling to it, and all its supporters are happy.

Its ways are ways of pleasantness, and all its paths are peace.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתַמְכִּיָּהּ מֵאֲשָׁר.
דְּרָכֶיהָ דְרָכֵי נֹעַם, וְכֹל נְתִיבוֹתֶיהָ שָׁלוֹם.

**Aytz chayim hi lamachazikim bah. V'tom'che-hah me'ushar.
D'rache'hah dar'chay no'am, v'chol n'tivote'hah shalom.**

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשְׁוֵבָה, חֲדָשׁ יָמֵינוּ כְּקִדְמָם.

Hashivenu Adonai elecha v'nashuvah, chadesh yamay-nu k'kedem.

Return us, O Lord, to You, and we shall surely return.

Renew us as in days of old.

156. Verses from Psalm 19.8-10, Proverbs 3.18 and 3.17, and Lamentations 5.21

Meditative Musaf

READER'S KADDISH (CHATZI KADDISH)

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי כְּרָא כְּרַעוּתָהּ.
וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֵנְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

Let the great Name of God be extolled and hallowed in this world
created by Divine will. May God's kingdom soon prevail, in our own
day, our own lives, and the life of all Israel; may it come speedily,
and let us say: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וּלְעָלְמֵי עָלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְקַדְשָׁא בְּרִיךְ הוּא לְעָלְמָא מִן
כָּל בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאִמְרוּן
בְּעֵלְמָא, וְאִמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase'
v'yit'hadar v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu,
l'ela min kol bir'chata v'shirata tush'b'chata v'nechemata
da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified,
honored, exalted, lifted up, adored, revered, and proclaimed, even
though God is beyond all the blessings, songs, adorations, and
exaltations that could be uttered in all the world, and let us say: Amen.

MEDITATION

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ:
Adonai, s'fatai tif'tach ufi yaggid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory.

Avot v'Imahot: God of Our Ancestors

ברוך אתה יי אלהינו ואלהי אבותינו ואמותינו. אלהי אברהם,
אלהי יצחק, ואלהי יעקב, אלהי שרה, אלהי רבקה, אלהי רחל,
ואלהי לאה. האל הגדול הגבור והנורא, אל עליון, גומל חסדים
טובים, וקונה הכל, וזוכר חסדי אבות ואמהות, ומביא גאולה
לבני בניהם למען שמו באהבה: מלך עוזר ומושיע ומגן:
ברוך אתה יי מגן אברהם ועזרת שרה:

Baruch Atah Adonai, Elohaynu velohay avotaynu v'imotaynu,
Elohay Avraham, Elohay Yitzchak, velohay Ya'akov,
Elohay Sarah, Elohay Rivkah, Elohay Rachel, velohay Le'ah.
Ha'El hagadol hagibbor v'hanorah, El Elyon, gomel chasadim tovim,
v'koneh hakol, v'zocher chasday avot v'imahot, umevi g'ulah
liv'nay v'nayhem l'ma'an Sh'mo b'ahavah. Melech, Ozer, u'Moshi'a
u'Magen. Baruch Atah Adonai, Magen Avraham v'Ezrat Sarah.

Blessed are You, O Lord our God, God of our Fathers and Mothers:
God of Abraham, God of Isaac, and God of Jacob; God of Sarah,
God of Rebecca, God of Rachel, and God of Leah. You are great
and mighty and awesome, truly God Supreme. You help those
who are good and show concern for us all. You remember the
good deeds of our ancestors and, with great love, will take care of
us forever. You are our Ruler, Helper, Savior, and Protector.
Blessed are You, O Lord, Shield of Abraham and Helper of Sarah.

Gevurot: God's is the Energy of Life

אתה גבור לעולם אדוני, מחיה מתים אתה, רב להושיע:
מכלכל חיים בחסד, מחיה מתים ברחמים רבים, סומך נופלים,
ורופא חולים, ומתיר אסורים, ומקים אמונתו לישני עפר, מי
במוד בעל גבורות ומי דומה לך, מלך ממת ומחיה ומצמיח
ישועה: ונאמן אתה להחיות מתים. ברוך אתה יי מחיה המתים:

Atah gibbor l'olam Adonai, m'chayeh metim Atah, rav l'hoshi'a.
M'chal'kel chayim b'chesed, m'chayeh metim b'rachamim rabbim,
somech nof'lim, v'rofeh cholim, u'matir asurim, um'kayem emunato
lishenay afar. Mi chamocha Ba'al G'vurot, umi domeh lach, Melech
memit um'chayeh umatz'mi'ach y'shu'ah. V'ne'eman Atah l'hachayot
metim. Baruch Atah Adonai, m'chayeh hametim.

Meditative Musaf

You are mighty forever, O Lord, renewing life in the dying; Your salvation is abundant. You faithfully sustain the living, and, with great compassion, renew life in the dying. You lift up the fallen, heal the sick, free the captive, and keep faith with those who sleep in the dust. Who is like You, O Master of might, and who can be compared to You? You rule over death and life and cause salvation to blossom. You are faithful in enlivening even those who are close to death. We praise You, O Lord, Who renews life in the dying.

Kedushat Hashem: The Holiness of God

אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ וְקְדוּשֵׁים בְּכָל יוֹם יְהִלְלוּךָ, פְּלֵא.
בְּרוּךְ אַתָּה יי, הָאֵל הַקְּדוֹשׁ.

**Atah kadosh, v'shim'chah kadosh, uk'doshim b'chol yom
y'hallelu'cha, selah. Baruch Atah Adonai, ha'El hakadosh.**

You are holy, Your Name is holy, and those who are holy declare Your holiness every day, Selah! Blessed are You, O Eternal One, the Holy God.

Kedushat Hayom: The Holiness of Shabbat

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, רְצֵה בְּמִנוּחַתֵּנוּ.
קְדֹשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֵלְקֵנוּ בְּתוֹרַתְךָ, שִׂפְעֵנוּ מִפְּוֶךְךָ,
וְשִׂמְחֵנוּ בִּישׁוּעָתְךָ, וְטַהַר לִפְנֵינוּ לְעִבְדֶּךָ בְּאֵמֶת, וְהִנְחֵלְנוּ
יי אֱלֹהֵינוּ בְּאַהֲבָה וּבְרַצוֹן שְׁבֵת קְדֻשָׁךְ, וְיִנּוּחוּ בָּהּ יִשְׂרָאֵל.
מְקַדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשְּׁבֵת:

**Elohaynu velohay avotaynu v'imotaynu, r'tzeh vim'nuchatenu.
Kad'shenu b'mitz'votecha v'ten chel'kenu v'toratecha, sab'enu
mituvecha, v'sam'chenu bishu'atecha, v'taher libenu l'ov'd'cha
be'emet, v'han'chilenu, Adonai Elohaynu, b'ahavah uv'ratzon
Shabbat kod'shecha, v'yanuchu vah Yis'ra'el m'kad'shay Sh'mecha.
Baruch Atah Adonai, m'kadesh hashabbat.**

Our God, God of our mothers and fathers, may our rest be acceptable to You. Sanctify us with your mitzvot, and give us a portion in Your Torah; satisfy us with Your goodness, and make us happy with Your salvation; purify our hearts that we may serve You in truth; help us, in Your gracious love, to make Your holy Sabbath our own – that Israel may rest and sanctify Your Name. Blessed are You, O Lord, Who makes Shabbat holy.

Avodah: Worship

רְצֵה יְיָ אֱלֹהֵינוּ בְּעֶמְדְךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תִקְבַּל.
וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. וּתְחִינָה עֵינֵינוּ
בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יְיָ, הַמְחִייר שְׂכִינָתוֹ
לְצִיּוֹן וּלְכָל-מְקוֹם, קְרוֹב לְכָל-קְרָאָיו.

R'tzeh Adonai Elohaynu b'amcha Yis'ra'el, ut'filatam b'ahavah
t'kabel, ut'hi l'ratzon tamid avodat Yis'ra'el amecha. V'techezenah
aynaynu b'shuv'cha l'tziyon b'rachamim. Baruch Atah Adonai,
Hamachazir Sh'chinato l'Tziyon ul'chol-makom, karov l'chol-kor'av.

O Lord, our God, look upon Your people Israel with favor, and please accept their prayers with love. May the worship of Your people Israel always be acceptable to You. May we see Your return in compassion to Zion. Blessed are You, O Eternal One, Whose Presence rests upon Zion and every other place where people pray.

Hoda'ah: Thanks

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָה הוּא, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ, לְעוֹלָם וָעֶד, צוּר חַיִּינוּ, מִיָּגוֹן יִשְׁעֵנוּ, אַתָּה הוּא
לְדוֹר וָדוֹר. נוֹדֶה לָּךְ וְנִסְפָּר תְּהִלָּתְךָ. עַל חַיִּינוּ הַמְסוּרִים בְּיָדְךָ,
וְעַל נְשִׁמוֹתֵינוּ הַמְּקוּדוֹת לָּךְ, וְעַל נְפִיךָ שֶׁבָּכַל יוֹם עִמָּנוּ, וְעַל
נִפְלְאוֹתֶיךָ וְמוֹבוֹתֶיךָ שֶׁבָּכַל עֵת, עָרֵב וּבִקֵּר וְצָהָרִים, הַמְּזוּב בִּי
לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם בִּי לֹא תִמּוּן חֲסָדֶיךָ, מִעוֹלָם קִוִּינוּ לָּךְ.
וְעַל כָּלֵם וְתַפְרֵךְ וְיִתְרוֹמֵם שְׁמֶךָ, מִלְּכַנּוּהוּ תָּמִיד לְעוֹלָם וָעֶד.
וְכָל חַסִּים יוֹדוּךָ סֵלָה, וַיִּחַלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת, הֵאֵל יִשׁוּעָתָנוּ
וְעִזְרָתָנוּ סֵלָה. בְּרוּךְ אַתָּה יְיָ, הַמְּזוּב שְׁמֶךָ וְלָךְ נִאֶה לְהוֹדוֹת.

Modim anachnu lach, she'Atah Hu Adonai Elohaynu velohay avotaynu
v'imotaynu, l'olam va'ed, tzur chayaynu, magen yish'enu, Atah Hu l'dor
vador. Nodeh l'cha un'sapper t'hilatecha. Al cha'yaynu ham'surim
b'yadecha, v'al nish'motaynu hap'kudot lach, v'al nisecha sheb'chol
yom imanu, v'al nif'l'otecha v'tovotcha sheb'chol et, erev vavoker
v'tzahorayim, hatov ki lo chalu rachamecha, v'ham'rachem ki lo tamu
chasadecha, me'olam kivinu lach. V'al kulam yit'barach v'yit'romam
shim'cha, Mal'kenu, tamid l'olam va'ed. V'chol hachayim yoducha, Selah,
vi'hal'lu et Shim'cha be'emet, ha'El y'shu'atenu v'ez'ratenu, Selah.
Baruch Atah Adonai, hatov Shimcha ul'cha na'eh l'hodot.

We acknowledge You, our God and God of our fathers and mothers, forever. You are the rock of our lives, the shield of our salvation in every generation. We thank You and speak Your praises: for our lives, which are in Your hand; for our souls, which You redeem; for your miracles, which are part of our daily lives; and for Your wonders and blessings, which we experience at every hour – morning, noon, and night. You are so beneficent in never ceasing Your compassion, and You are so compassionate in never withholding Your lovingkindness; we await You continually. For all of these things shall Your Name be praised and lifted up, our Ruler, continually, forever and ever. May all the living thank You, Selah, and may they praise Your Name in truth, O God, our salvation and our help, Selah! We praise You, O Lord, Whose Name is goodness and to Whom it is fitting for us to give thanks.

Birkat Hashalom: Our Prayer For Peace

שִׁים שְׁלוֹם מוֹכָה וּבְרָכָה חֵן וְחֶסֶד וְרַחֲמִים. עָלֵינוּ
וְעַל כָּל־יִשְׂרָאֵל עֲמֶךָ. בְּרַכְנוּ, יוֹצְרֵנוּ, בְּלֵנוּ כְּאֶחָד
בְּאוֹר פְּנִיךָ, כִּי בְּאוֹר פְּנִיךָ נִתְּתָ לָנוּ, יְיָ אֱלֹהֵינוּ,
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד, וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים
וְחַיִּים וְשְׁלוֹם, וְמוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל
בְּכָל־עֵת וּבְכָל־שָׁעָה בְּשְׁלוֹמְךָ. בְּרוּךְ אַתָּה יְיָ, עוֹשֵׂה הַשְּׁלוֹם.

**Sim shalom, tovah, uv'rachah, chen vachessed v'rachamim alaynu
v'al kol-Yis'ra'el amecha. Bar'chenu, Yotz'renu, kulanu k'echad
b'or panecha, ki v'or panecha natata lanu, Adonai Elohaynu, torat
chayim v'ahavat chesed, utz'dakah uv'rachah v'rachamim v'chayim
v'shalom. V'tov b'aynecha l'varech et am'cha Yis'ra'el b'chol-et
uv'chol-sha'ah bish'lomecha. Baruch Atah Adonai, Oseh hashalom.**

Grant peace, happiness, and blessing, grace and love and mercy to us and to all Your people. Bless us, our Creator, one and all, with the light of Your Presence, for with Your light do You give us a Torah of life, lovingkindness, righteousness, blessing, mercy, life, and peace. Yes, it pleases You to bless Your people with peace at each and every moment. Blessed are You, O Lord, the Source of peace.

יְהִיו לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha Adonai, Tzuri v'Go'ali.

May the words of my mouth and the meditations of my heart be acceptable to You, O Lord, my Rock and my Redeemer.¹⁵⁷

157. Psalm 19.15

KADDISH SHALEM

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא בְרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעֵנְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol Bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

Let God's Name be made great and holy in the world created by
divine Will. May God's kingdom soon prevail, in our own day, our
own lives, and the life of all Israel, and let us say: Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי וּלְעֵלְמֵי עֵלְמַיָּא:

Y'he Sh'meh rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא בְּרִיךְ הוּא לְעֵלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמְרִין בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yih'hadar
v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata
v'shirata tush'b'chata v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified, honored,
exalted, lifted up, adored, revered, and proclaimed even though the
Eternal is beyond all the blessings, songs, adorations, and exaltations
that could ever be uttered in all the world, and let us say: Amen.

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוּתְהוֹן דְכָל יִשְׂרָאֵל קָדָם אַבּוּהוֹן
דִּי בְשִׁמְיָא וְאָמְרוּ אָמֵן:

Tit'kabal tz'lot'hon uva'ut'hon d'chol Yis'ra'el kodam Avuhon di vish'maya,
v'im'ru Amen.

May all the prayers and supplications of Israel be accepted by our
Creator Who is in heaven, and let us say: Amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Y'he sh'lama rabba min sh'maya v'chayim alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May abundant peace and life from heaven be upon us and all Israel,
and let us say: Amen.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom alaynu v'al kol Yis'ra'el, v'im'ru Amen.

May the Source of peace bless us and all Israel with peace, and let us say: Amen.

Hallel

For Sabbaths during the Shalosh Regalim, Rosh Chodesh, and Chanukah

Blessing for the Recitation of Hallel

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְקַרְאֵךְ אֶת הַחֲלָל.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

Asher kid'shanu b'mitzvotav v'tzivanu lik'ro et hahallel.

We praise You, O Lord our God, Ruler of All, Who makes us
holy with Your mitzvot and calls on us to recite the Hallel.

Psalm 113

הַלְלוּיָהּ הַלְלוּ עַבְדֵי יְיָ הַלְלוּ אֶת שֵׁם יְיָ:
יְהִי שֵׁם יְיָ מְבֹרָךְ מֵעַתָּה וְעַד עוֹלָם:
מִמְזֶרַח שֶׁמֶשׁ עַד מְבֹאוֹ, מִחֲלָל שֵׁם יְיָ:
רַם עַל כָּל גּוֹיִם יְיָ, עַל הַשָּׁמַיִם כְּבוֹדוֹ.
מִי כִּי אֱלֹהֵינוּ הַמִּגְבִּיהוּ לַשָּׁבֶת:
הַמְשַׁפִּילֵי לְרֵאוֹת, בְּשָׁמַיִם וּבָאָרֶץ.
מִקִּימֵי מַעַפְרֵי דָל, מֵאַשְׁפֹּת יָרִים אֲבִיוֹן:
לְהוֹשִׁיבֵי עִם נְדִיבִים, עִם נְדִיבֵי עַמּוֹ.
מוֹשִׁיבֵי עֵקֶרֶת הַבַּיִת, אִם הַבְּנִים שִׂמְחָה, הַלְלוּיָהּ:

Hallelu-Yah! Hallelu av'day Adonai, Hallelu et Shem Adonai.

Y'hi Shem Adonai m'vorach me'atah v'ad olam.

Mimiz'rach shemesh ad m'vo'o, m'hullal Shem Adonai.

Ram al kol goyim Adonai, al hashamayim k'vodo.

Mi kadonai Elohaynu hamag'bihi lashavet.

Hamash'pili lir'ot bashamayim uva'aretz.

M'kimi me'afar dal, me'ash'pot yarim ev'yon.

L'hoshi'vi im n'divim, im n'divay amo.

Moshivi akeret habayit, em habanim s'mechah. Hallelu'Yah!

הַלְלוּיָהּ

Hallel

Hallelujah, give praise, O ye servants of the Lord, praise the Name of the Lord! May the Name of the Lord be praised from this time forth and forever! From the rising of the sun unto its going down, may the Lord's Name be praised! The Lord is exalted high above all nations; God's glory is above even the heavens! Who can be compared to the Lord our God, Who is enthroned on high, Who deigns to see everything on heaven and on earth? God lifts up the poor from the dust and the needy from the dunghill; God places them with princes, yes, the princes of their people! God sets a barren woman in her home as happy as a mother with children. Hallelujah!

Psalm 114

בְּצֵאת יִשְׂרָאֵל מִמִּצְרַיִם, בַּיַּת יַעֲקֹב מֵעַם לִעֹז.
הַיְתֵה יְהוּדָה לְקֹדֶשׁוֹ, יִשְׂרָאֵל מִמְּשֻׁלוֹתָיו.
הַיָּם רָאָה וַיָּנֶם, הַיַּרְדֵּן יָסַב לְאַחֹר:
הַהַרִים רָקְדוּ כְּאֵילִים, גְּבְעוֹת כְּבְנֵי־צֹאן.
מַה לָּךְ הַיָּם בִּי תִנּוּם, הַיַּרְדֵּן תִּסַּב לְאַחֹר.
הַהַרִים תִּרְקְדוּ כְּאֵילִים, גְּבְעוֹת כְּבְנֵי־צֹאן.
מִלִּפְנֵי אֲדוֹן חוּלֵי אֶרֶץ, מִלִּפְנֵי אֱלֹהֵי יַעֲקֹב.
הַהִפְכִי הַצּוּר אָנֹכִי מַיִם, חֲלָמִישׁ לְמַעֲיַנֵּי־מַיִם:

B'tzet Yis'ra'el mimitz'rayim, Bayt Ya'akov me'am lo'ez.

Ha'y'tah Yehudah l'kod'sho, Yis'ra'el mam'sh'lotav.

Hayam ra'ah vayanos, haYar'den yisov l'achor.

Heharim rak'du ch'aylim, g'va'ot kiv'nay tzon.

Mah l'cha hayam ki tanus, haYar'den tisov l'achor,

Heharim tir'k'du ch'aylim, g'va'ot kiv'nay tzon.

Milif'nay Adon chuli aretz, milif'nay Elohad Ya'akov!

Ha'hof'chi hatzur agam mayim, chalamish l'ma'y'no-mayim.

When Israel came forth out of Egypt, the House of Jacob from a foreign people, Judah became the place of God's holiness, Israel the place of God's power. The sea saw it and fled; the River Jordan turned backwards. The mountains skipped like rams, the hills like lambs. What's the matter, sea, that you flee away, you Jordan that you flow backwards; you mountains who skip like rams, you hills like lambs? Tremble, O Earth, at the Presence of the Lord, at the Presence of the God of Jacob! Who turns the rock into a pool of water, flint into a fountain of waters!

Hallel

From Psalm 115¹⁵⁸

יְיָ זָכְרָנוּ יְבָרֵךְ.
יְבָרֵךְ אֶת בַּיִת יִשְׂרָאֵל, יְבָרֵךְ אֶת בַּיִת אַהֲרֹן.
יְבָרֵךְ יְיָ, הַקַּטְנִים עִם הַגְּדֹלִים.
יִסֵּף יְיָ עֲלֵיכֶם, וְעַל בְּנֵיכֶם.
בְּרוּכִים אַתֶּם לַיהוָה, עֹשֵׂה שָׁמַיִם וָאָרֶץ.
הַשָּׁמַיִם שָׁמַיִם לַיהוָה, וְהָאָרֶץ נָתַן לְבְנֵי אָדָם.
לֹא הַמֵּתִים יִתְלַלוּ יְהוָה, וְלֹא כָּל יֹרְדֵי דוּמָה.
וּמִנְחָנוּ נְבָרֵךְ יְהוָה, מִעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ:

Adonai z'charanu y'varech,
Y'varech et Bayt Yis'ra'el, y'varech et Bayt Aharon,
y'varech yir'ay Adonai, hak'tanim im hag'dolim.
Yosef Adonai alay'chem, alay'chem v'al b'nay'chem.
B'ruchim atem l'adonai, oseh shamayim va'aretz.
Hashamayim shamayim l'adonai, v'ha'aretz natan liv'nay adam.
Lo hametim y'hal'lu Yah, v'lo kol yor'day dumah.
Va'anach'nu n'varech Yah, me'atah ve'ad olam. Hallelu-Yah!

The Lord is mindful of us and will bless us.
The Lord will bless the House of Israel;
the Lord will bless the House of Aaron.
The Lord will bless the reverent—both small and great.
May the Holy One increase your numbers,
yours and your children's.
May you be blessed by the Lord, the Maker of heaven and of earth.
The heavens are the heavens of the Lord,
but the earth has been given to humans.
The dead cannot give praise to Yah,
nor those who have gone down to silence.
But we, we shall praise Yah from this time forth and forever!
Hallelujah!

מִעַתָּה וְעַד עוֹלָם

158. Verses 12–18

Hallel

From Psalm 116¹⁵⁹

מָה אֲשִׁיב לַיהוָה כָּל תַּגְמוּלוֹהִי עָלַי.
כּוֹס יְשׁוּעוֹת אֲשָׂא, וּבְשֵׁם יְיָ אֶקְרָא.
לְךָ אֲזַבֵּחַ וְזֶבַח תּוֹדָה וּבְשֵׁם יְיָ אֶקְרָא.

Mah ashiv ladonai, kol tag'mulohi alai.

Kos y'shu'ot esa, uv'shem Adonai ek'ra.

L'cha ez'bach zevach todah, uv'shem Adonai ek'ra.

How can I repay the Lord, for all the abundance given to me?

I will lift up the cup of salvation and call upon the Name of the Lord.

To You will I bring an offering of thanks and call upon the Name of the Lord.

Psalm 117

הַלְלוּ אֶת יְיָ, כָּל גּוֹיִם, שִׁבְחֵהוּ כָּל הָאֻמִּים.
כִּי גָבַר עָלֵינוּ חַסְדּוֹ, וַיֵּמֶת יְיָ לְעוֹלָם, הַלְלוּיָהּ:

Hal'lu et Adonai, kol goyim, shab'chu'hu kol ha'umim.

Ki gavar alaynu chas'do, ve'emet Adonai l'olam. Hallelu-Yah!

Praise the Lord, all you nations! Extol God, all you peoples.

For God's lovingkindness to us is overwhelming, and God's faithfulness is forever. Hallelujah!

Psalm 118

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ:
יֹאמַר נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חַסְדּוֹ:
יֹאמְרוּ נָא בֵּית אַהֲרֹן, כִּי לְעוֹלָם חַסְדּוֹ:
יֹאמְרוּ נָא יְרֵאֵי יְיָ, כִּי לְעוֹלָם חַסְדּוֹ:

Hodu ladonai ki tov, ki l'olam chas'do.

Yomar na Yis'ra'el, ki l'olam chas'do.

Yom'ru na vayt Aharon, ki l'olam chas'do.

Yom'ru na yir'ay Adonai, ki l'olam chas'do.

Give thanks to the Lord Who is good, Whose lovingkindness is eternal.

Let Israel now say that God's lovingkindness is eternal.

Let the House of Aaron say that God's lovingkindness is eternal.

Let all who are reverent say that God's lovingkindness is eternal.

159. Verses 12-13, 17

מִן הַמֵּצַר קָרָאתִי יְהוָה, עָנְנִי בַּמִּרְחֵב יְהוָה.
יְיָ לִי, לֹא אֵירָא, מַה יַּעֲשֶׂה לִּי אָדָם.
יְיָ לִי בְּעֶזְרִי, וְאֲנִי אֵרְאֶה בְּשֹׁנְאָי.
טוֹב לַחֲסוֹת בְּיְיָ מִמָּטָח בְּאָדָם.
טוֹב לַחֲסוֹת בְּיְיָ מִמָּטָח בְּגֵדִים.
כָּל גּוֹיִם סָבְבוּנִי, בְּשֵׁם יְיָ כִּי אֲמִילָם.
סָבְבוּנִי גַם סָבְבוּנִי, בְּשֵׁם יְיָ כִּי אֲמִילָם.
סָבְבוּנִי כְּדַבְרִים, הִעֲבֹו כְּאֵשׁ קוֹצִים,
בְּשֵׁם יְיָ כִּי אֲמִילָם.
דָּחָה דְחִיתָנִי לְנֶפֶל, וַיִּי עֲזָרָנִי.
עֲזִי וְזִמְרַת יְהוָה, וַיְהִי לִי לִישׁוּעָה.

Min hametzar karati Yah, anani vamer'chav Yah.
Adonai li, lo ira, mah ya'aseh li adam?
Adonai li b'oz'rai, va'ani er'eh v'son'ai.
Tov lachasot badonai mib'to'ach ba'adam.
Tov la'chasot badonai mib'to'ach bin'divim.
Kol goyim s'avavuni, b'shem Adonai ki amilam.
Sabuni gam s'avavuni, b'Shem Adonai ki amilam.
Sabuni chid'vorim, do'achu k'esh kotzim,
B'Shem Adonai ki amilam.
Dacho d'chitani lin'pol, vadonai azarani.
Ozi v'zim'rat Yah, va'y'hi li lishu'ah.

In my distress I called upon the Lord. God answered me and brought me relief. The Lord is with me; I shall not fear. What can mortals do to me? The Lord is with me, helping me; I shall see the defeat of my foes! It is better to trust in the Lord than to rely on humans. It is better to trust in the Lord than to rely on princes. Though the nations encircle me, in the Name of the Lord will I overcome them. Though they surround me completely, in the Name of the Lord will I overcome. Though they beset me like bees, they shall be extinguished like burning thorns; in God's Name will I overcome them. The enemy pressed me hard; I nearly fell, but the Lord helped me. The Lord is my strength and my song and has become my salvation.

Hallel

קוֹל רִנָּה וַיִּשְׁוָעָה בְּאֶהְלֵי צַדִּיקִים, יָמִין יְיָ עָשָׂה חַיִּל.
יָמִין יְיָ רוֹמְמָה, יָמִין יְיָ עָשָׂה חַיִּל.
לֹא אָמוֹת כִּי אֶחְיָה, וְאֶסְפֹּר מַעֲשֵׂי יְהוָה.
יִסֹּר יִסְרְנֵי יְהוָה, וְלִמּוֹת לֹא נִתְנַנְּנִי.
פִּתְחוּ לִי שַׁעַר צֶדֶק, אֲנֹכָה בָּם, אֲוֹדָה יְהוָה.
זֶה הַשַּׁעַר לַיהוָה, צַדִּיקִים יָבֹאוּ בוֹ.

Kol rinah vishu'ah b'aholay tzaddikim. Y'min Adonai osah chayil.

Y'min Adonai romemah, y'min Adonai osah chayil.

Lo amut ki ech'yeh, va'asaper ma'aseh Yah.

Yasor yis'rani Yah, v'lamavet lo n'tanani.

Pit'chu li sh'aray tzedek, avo vam, odeh Yah.

Zeh hash'a'ar l'adonai, tzaddikim yavo'u vo.

Joyous songs of deliverance can be heard in the tents of the righteous. The right hand of the Lord is victorious. The right hand of the Lord is exalted; the right hand of the Lord is victorious. I shall not die, but live and tell of the great deeds of Yah. Though the Lord did certainly discipline me, God did not give me over to death. Open for me the gates of righteousness, that I may enter and thank God. This is the gateway to the Lord; the righteous shall enter it.

[Chant each of the following lines twice]

אֲוֹדָה כִּי עָנִיתָנִי, וַתַּחֲיֵ לִי לִישׁוּעָה.
אֲכֵן מֵאִסוּ הַבּוֹנִים, הָיְתָה לְרֹאשׁ פִּנָּה.
מֵאֵת יְיָ הָיְתָה זֹאת, הִיא נִפְלְאוֹת בְּעֵינֵינוּ:
זֶה הַיּוֹם עָשָׂה יְיָ, נִגִּילָה וְנִשְׂמְחָה בוֹ.

Od'cha ki anitani, vat'hi li lishu'ah.

Even ma'asu habonim, hay'tah l'rosh pinah.

Me'et Adonai hay'tah zot, hi nif'lat b'aynaynu.

Zeh hayom asah Adonai, nagilah v'nis'm'cha vo.

I thank You, for You have answered me and become my salvation.
The stone that the builders rejected has become the chief cornerstone.
This is the Lord's doing, it is wondrous in our eyes.
This is a day that the Lord has made; let us rejoice and be happy in it.

Hallel

אָנאָ ייִ הוֹשִׁיעָה נָא:
אָנאָ ייִ הַצְלִיחָה נָא:

Ana Adonai hoshi'a na.

Ana Adonai hatz'lichah na.

Please, O Lord, please save us.

Please, O Lord, please help us to prosper.

בְּרוּךְ הוּא בְּשֵׁם ייִ, בְּרַכְנוּכֶם מִבַּיִת ייִ.
אֵל ייִ וַיָּאֵר לָנוּ, אֲסֵרוּ חַג בְּעֵבְתַיִם עַד קַרְנוֹת הַמִּזְבֵּחַ.
אֵלֵי אַתָּה וְאוֹדֶךָ, אֱלֹהֵי אֲרוֹמְמֶךָ.
הוֹדוּ לַייִ כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ:

Baruch haba b'Shem Adonai, berach'nuchem mibayt Adonai.

El Adonai va-ya'er lanu, is'ru chag ba'avotim ad kar'not hamiz'be'ach.

Eli Atah v'odeka, Elohai arom'meka.

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

Blessed is one who comes in the Lord's Name;

We bless you from the House of the Lord.

The Lord God is our illumination;

Bind the festival myrtles to the horns of the altar.

You are my God, and I thank You—my God Whom I will exalt.

O give thanks to the Lord Who is good, Whose lovingkindness is forever.

הַלְלוּיָהּ

[Please return to page 99 for Kaddish Shalem and then the Torah Service]

Weekday Evening Prayers

תפילת מעריב

Kavannah (Focusing) Exercises

PRAYERFUL THOUGHTS

The pious ones of old used to sit for an hour before praying, preparing their souls to encounter the Eternal One.¹⁶⁰

Prayer is the bridge that carries us to God.¹⁶¹

When people sit and words of Torah are spoken, the Divine Presence rests among them.¹⁶²

The Baal Shem Tov taught: When wood burns, it is the smoke alone that rises upward, leaving the ashes below. So it is with prayer. The sincere intention alone ascends to heaven.

Chief among the duties of the heart is the attuning of the soul into such perfect harmony with God that all right conduct and right thought follow without any effort on our part. This happens when our will is one with God's, through love.¹⁶³

May I make of my life an act of reverence, a prayer that is its own answer.¹⁶⁴

160. Mishnah Berachot 5.1

161. Hassidic Saying

162. Chananya ben Teradion, Pirke Avot 3.3

163. Bachya Ibn Pakuda, *The Duties of the Heart* (11th Century)

164. Rabbi Chaim Stern, *Gates of Prayer*, p.215

PSALM 121

שִׁיר לַמַּעֲלוֹת. אֵשׁ אֵינִי אֶל־הַהָרִים. מֵאֵין יבֹא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה. עֲשֵׂה שָׁמַיִם וָאָרֶץ:
אֶל־יָתֵן לַמּוֹט רַגְלֶךָ. אֶל־יָנוּם שׁוֹמְרֶךָ:
הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
יְהוָה שׁוֹמְרֶךָ. יְהוָה צִלְּךָ עַל־יַד יְמִינֶךָ:
יּוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְכָּה. וַיָּרֶחַ בַּלַּיְלָה:
יְהוָה יִשְׁמְרֶךָ מִכָּל־דָּעַ. יִשְׁמַר אֶת־נַפְשֶׁךָ:
יְהוָה יִשְׁמַר־צִאתְךָ וּבואְךָ מֵעַתָּה וְעַד־עוֹלָם:

Shir lama'alot: Esa aynai el-heharim, me'ayin yavo ez'ri?

Ez'ri me'im Adonai, oseh shamayim va'aretz.

Al-yiten lamot rag'lecha, al-yanum Shom'recha.

Hineh lo yanum v'lo yishan Shomer Yis'ra'el.

Adonai shom'recha, Adonai tzil'cha al-yad y'minecha.

Yomam hashemesh lo-yakekah, v'yare'ach bala'y'lah.

Adonai yish'mor'cha mikol-ra, yish'mor et-naf'shecha.

Adonai yish'mor-tzet'cha uvo'echa me'atah v'ad-olam.

A Song of Ascents:

I lift up my eyes to the mountains; from where will my help come?

My help comes from the Lord, Maker of heaven and of earth.

God will not let your foot slip; your Guardian will not slumber.

Behold, the Guardian of Israel neither slumbers nor sleeps!

The Lord is your guardian; the Lord is your protection at your right hand.

The sun will not strike you by day, nor the moon by night.

The Lord will guard you from all harm; God protects your soul.

The Lord will guard you both coming and going,

From this time forth and forever.

GOD CAN BE HERE¹⁶⁵

קָרוֹב יְיָ לְכָל־קוֹרְאָיו. לְכָל־אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת:

Karov Adonai l'chol kor'av, l'chol asher yik'ra'uhu ve'emet.

The Lord is near to all who call, to all who call out with sincerity.

165. Psalm 145.18

Weekday Evening Prayers

WHEN YOU PRAY¹⁶⁶

When you pray, remove all worldly consideration from your heart. Set your heart right before God, cleanse your inmost thoughts, and meditate before uttering your devotions.

Act thus all your days, in all things, and you will not sin.

By this course, your deeds will be upright, your prayer pure and devout. You shall be acceptable before the Lord.

OUR PLACE IN GOD'S CREATION¹⁶⁷

לִיהוָה הָאָרֶץ וּמְלוֹאָהּ, תִּבְּל וַיִּשְׁבִּי בָהּ:
כִּי הוּא עַל־יָמִים יִסְדָּהּ, וְעַל־נְהָרוֹת יִכּוֹנְנֶהּ:
מִיַּעֲלֶה בְּהַר יְהוָה, וּמִי־יָקוּם בְּמָקוֹם קָדְשׁוֹ:
נָקִי כַפַּיִם וּבֵר לֵבָב, אֲשֶׁר לֹא־נִשְׂא לְשׂוֹא נַפְשִׁי,
וְלֹא נִשְׁבַּע לְמַרְמָה:
יֵשֵׂא בְרָכָה מֵאֵת יְהוָה, וַצַּדִּיקָה מֵאֱלֹהֵי יִשְׁעוֹ:
זֶה דוֹר דֹּרְשָׁיו, מִבְּקָשֵׁי פָנָיֶה, יַעֲקֹב, סֵלָה:

Ladonai ha'aretz um'lo'ah, tevel v'yosh'vay vah.

Ki Hu al'yamim y'sadah, v'al-n'harot y'chon'neha.

Mi-ya'aleh v'har Adonai, umi-yakum bim'kom kod'sho?

Naki chapayim uvar levav, asher lo'nasa lashav nafshi,

V'lo nish'ba l'mir'mah.

Yisa v'racha me'et Adonai, utz'dakah me-Elohay yish'o.

Zeh dor dor'shav, m'vak'shay panecha, Ya'akov. Selah!

The earth is the Lord's and all its fullness, the world and all who live here. For God founded it upon the seas and established it over the floods. Who shall ascend the mountain of the Lord? Who shall stand in that holy place?

One who has clean hands and a pure heart, who does not take God's Name in vain, and does not swear deceitfully.

Such is one who will receive a blessing from the Lord, justice from the God of our salvation.

Such, O Jacob, is the generation of those who seek the Lord.

Selah!

166. Rabbi Moses Nachmanides, *Ethical Will*

167. Psalm 24.1-6

Weekday Evening Prayers

WHERE SHALL I FIND YOU?¹⁶⁸

O Lord, where shall I find You when hid is Your lofty place?
And where shall I not find You, when Your Glory fills all space?
You formed the world and also live in our souls always;
You are a refuge to them that seek You, ransom for them that stray.

O, how shall mortals praise You, when angels strive in vain,
Or build for You a dwelling, Whom worlds cannot contain?
Longing to draw near You, with all my heart I pray,
Then going forth to seek You, You meet me on my way.

I find You in the marvels of Your creative might,
In visions in Your Temple, in dreams that bless the night.
Who says that we do not see You? Your heavens refute their word;
Your hosts declare Your glory, though never voice be heard.

JOINING OURSELVES WITH GOD¹⁶⁹

O Lord, how can we know You? Where can we find You? You are
as close to us as breathing and yet are farther than the farthest
star. You are as mysterious as the vast solitudes of the night and
yet are as familiar as the light of the sun. To the seer of old You
did say: You cannot see My face, but I will make all My goodness
pass before You. Even so does Your goodness pass before us in
the realm of nature and in the varied experiences of our lives.

When justice burns like a flaming fire within us, when love evokes
willing sacrifice from us, when, to the last full measure of selfless
devotion, we proclaim our belief in the ultimate triumph of truth
and righteousness, do we not bow down before the vision of Your
goodness? You live in our hearts, as You do pervade the world,
and we through righteousness behold Your presence.

SURROUNDED BY QUESTIONS¹⁷⁰

We are surrounded by questions to which we can only respond
with awe.

168. Judah HaLevi

169. Slightly adapted from *The Union Prayer Book*, p.39; inspired by the preceding
Judah HaLevi poem and Exodus 34

170. Rabbi Leo Baeck

Weekday Evening Prayers

THE HOLINESS OF THIS TIME AND PLACE¹⁷¹

May the rest and quiet of this hour of worship refresh our inner life and renew in us the sense of Your Holy Presence. Open our eyes that we behold truth and beauty in the words of the inspired teachers of Your Will. Animate our thoughts and endeavors with the power of Your Divine Purposes, so that whatever our hands find to do, we may do with all our might. Fill our hearts with peace and serenity, that we may hear the voice of Your Spirit and be moved to build our lives on the abiding foundations of Your Torah.

READER'S KADDISH (CHATZI KADDISH)

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא דִּי בְּרָא בְּרַעֲוִיתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעַנְיָא וּבְזַמְן קָרִיב, וְאָמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich Mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol Bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

May God's great Name be extolled and hallowed in this world created by Divine Will. May God's kingdom soon prevail, in our own day, our own lives, and the life of all Israel, and let us say: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וּלְעַלְמֵי עַלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed always and forever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלַּל שְׁמֵהּ דְקַדְשָׁא בְּרִיךְ הוּא לְעַלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנִחְמָתָא, דְאִמְרִין בְּעֲלָמָא, וְאָמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase' v'yih'hadar
v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu, l'ela min kol bir'chata
v'shirata tush'b'chata v'nechemata da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified, honored, exalted, lifted up, adored, revered, and proclaimed even though the Eternal is beyond all the blessings, songs, adorations, and exaltations that could ever be uttered in all the world, and let us say: Amen.

171. Slightly adapted from *The Union Prayer Book*, p.58

The Shema and Its Blessings

Bar'chu

בָּרְכוּ אֶת יְיָ הַמְּבֹרָךְ:
בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד:

Bar'chu et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va'ed.

Praise the Lord Who deserves all praise.

We praise the Lord Who deserves all praise now and forever.

Ma'ariv Aravim: Our Creator

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדָבָרוֹ מְעַרֵּב עַרְבִים
בְּחֻקָּהּ פּוֹתֵחַ שְׁעָרִים, וּבְתִבּוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת
הַיּוֹמִים, וּמְסַדֵּר אֶת הַכּוֹכָבִים, בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי הַשֶּׁשׁ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעְבִּיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ
צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ הַמְּעַרֵּב עַרְבִים, מְחַיֶּה הַבָּל, עוֹשֶׂה מַעֲשֵׂה בְרָאשִׁית.

Baruch Atah Adonai, Elohaynu Melech ha'olam, Asher bid'varo ma'ariv
aravim, b'choch'mah pote'ach sh'arim, uvit'vunah m'shaneh itim,
umachalif et haz'manim, um'sadder et hako'avim b'mish'm'rotay'hem
baraki'a kir'tzono. Bore' yom va'la'y'lah, golel or mip'nay choshech,
v'chosech mip'nay or. Uma'avir yom umevi la'y'lah umav'dil bayn yom
uvayn la'y'lah, Adonai Tz'va'ot Sh'mo. El chai v'kayam, tamid yim'loch
alaynu l'olam va'ed. Baruch Atah Adonai, hama'ariv aravim, m'chayeh
hakol, oseh ma'aseh v'resheet.

We praise You, O Holy One of Blessing, Source of all the world,
Who brings on the evening twilight. In wisdom You open the gates
of heaven, and, with understanding, You set the hours, align the
seasons, and arrange the stars in their paths. You create light and
darkness, rolling away the light for the darkness and the darkness
for the light. You cause the day to pass and bring on the night,
separating between the day and the night. The Lord of Hosts is
Your Name. O Living and Eternal God, rule over us continually,
forever and ever. Blessed are You, O Lord, Who brings on the
evening twilight, gives life to all, and continues the work of creation.

Ahavat Olam: The Love We Share with God

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֶּתָּ, תּוֹרָה וּמִצְוֹת, חֻקִּים
וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדְתָּ. עַל בֵּן יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ
וּבְקוּמֵנוּ נִשְׂיחַ בְּחֻקֶיךָ, וְנִשְׂמַח בְּדִבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ
לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְנֶה יוֹמָם
וְלַיְלָה, וְאַהֲבַתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.

Ahavat olam Bayt Yis'ra'el am'cha ahav'ta. Torah umitz'vot chukim
umish'patim otanu limad'ta. Al ken Adonai Elohaynu b'shoch'venu
uv'kumenu nasi'ach b'chukecha, v'nis'mach b'divray Toratecha
uv'mitz'votecha l'olam va'ed. Ki hem cha'yaynu v'orech yamay'nu,
uva hem neh'geh yomam vala'y'lah, v'ahavat'cha al tasir mimenu l'olamim.

With Eternal Love do You love Your people Israel, teaching us Torah
and mitzvot, and laws and precepts. Therefore, O Lord our God, when
we lie down and when we rise up, we shall meditate on your laws and
rejoice in the words of Your Torah and mitzvot forever. They are the life
and the length of our days; we will think about them both day and night.
May Your Love never leave us.

GOD'S ETERNAL LOVE

With Eternal Love do You love Your people, and with great care do You
teach us Torah and mitzvot: they are ways for us to live good lives. O
Holy One, may we keep You and Your wisdom on our minds – all the time.
Let us walk by the light You shine on us, and let us carry the Torah in our
hearts and in our minds. Your ways are the life and the length of our days.

GOD'S LOVE¹⁷²

Infinite as is Your power, even so is Your love. You did manifest it
through Israel, Your people. By laws and commandments, by statutes
and ordinances have You led us in the way of righteousness and brought
us to the light of truth. Therefore at our lying down and our rising up,
we will meditate on Your teachings and find in Your laws true life and
length of days. O that Your love may never depart from our hearts!

[Chatimah]

בָּרוּךְ אַתָּה יְיָ, שְׁחֵלֵק מִחֶכְמָתוֹ לִירְאִיו.

Baruch Atah Adonai, she'cholek mechoch'mato li're'av.

We praise You, O Lord, Who gives special wisdom to those who are reverent.

172. Slightly adapted from *The Union Prayer Book*, p.12

Shema¹⁷³

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד.
Sh'ma Yis'ra'el, Adonai Elohaynu, Adonai Echad.

Baruch Shem K'vod Mal'chuto l'olam va'ed.

Hear, O Israel, the Lord is our God, the Lord is One.

Blessed be the Name of God's glorious kingdom forever and ever.

FIRST PARAGRAPH: THOU SHALT LOVE¹⁷⁴

וְאַהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל-לִבְבְּךָ:
וְשִׁנַּנְתָּם לְבְנֶיךָ, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלֻקְתְּךָ בַדֶּרֶךְ
וּבְשִׁבְבְּךָ, וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְמַטְפֹּת
בֵּין עֵינֶיךָ, וּבְתַבְתָּם עַל-מְזוּזַת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ahav'ta et Adonai Elohecha b'chol l'av'cha uv'chol naf'sh'cha
uv'chol m'odecha. V'hayu had'varim ha'eleh asher Anochi
m'tzav'cha hayom al l'avvecha. V'shinar'tam l'vanecha v'dibbar'ta
bam b'shiv't'cha b'vay'techa uv'lech't'cha vaderech uv'shoch'b'cha
uv'kumecha. Uk'shar'tam l'ot al-yadecha v'hayu l'totafot bayn
aynecha, uch'tavtam al m'zuzot baytecha uvish'arecha.

You shall love the Lord your God with all your mind, with all your strength, and with all your being. All these words, which I command you this day, shall be upon your heart. You shall teach them diligently to your children and speak of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. You shall bind them as a sign on your hand, and they shall be for frontlets above your eyes. You shall write them on the doorposts of your house and on your gates.

וְאַהַבְתָּ אֵת יְיָ אֱלֹהֶיךָ

173. Deuteronomy 6.4

174. Deuteronomy 6.5-9

SECOND PARAGRAPH: GOD'S GIFT AND OUR CHOICES¹⁷⁵

רָאָה נָתַתִּי לְפָנֶיךָ הַיּוֹם אֶת־הַחַיִּים וְאֶת־הַטּוֹב וְאֶת־הַמָּוֶת
 וְאֶת־הָרָע: אֲשֶׁר אֲנֹכִי מִצְוֶיךָ הַיּוֹם לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ
 לְלַבֵּת בְּדַרְכָּיו וְלִשְׁמֹר מִצְוֹתָיו וְחֻקֹּתָיו וּמִשְׁפָּטָיו. הַעֲדַתִּי
 בְּכֶם הַיּוֹם אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ חַיִּים וְהַמָּוֶת נָתַתִּי
 לְפָנֶיךָ הַבְּרָכָה וְהַקְּלָלָה וּבַחֲרָתָּ בַחַיִּים לְמַעַן תַּחֲיֶה אִתָּה
 וּנְרַעָה: לְאַהֲבָה אֶת־יְהוָה אֱלֹהֶיךָ לְשִׁמְעַת בְּקוֹלוֹ וּלְדַבְּקָה־בּוֹ.
 כִּי הוּא חַיִּיךָ וְאֶרְךָ יָמֶיךָ.

R'eh natati l'fanecha hayom et-hachayim v'et-hatov v'et-hamavet
 v'et-hara. Asher Anochi m'tzav'cha hayom l'ahavah et-Adonai
 Elohecha lalechet bid'rachav v'lish'mor mitz'votav v'chukotav
 umish'patav. Ha'idoti vachem hayom et-hashamayim v'et-ha'aretz,
 hachayim v'hamavet natati l'fanecha, hab'rachah v'hak'lalah, uvachar'ta
 bachayim l'ma'an ti'ch'yeh, atah v'zar'echa. L'ahavah et-Adonai
 Elohecha lish'mo'a b'kolo ul'dov'kah-vo ki Hu chayecha v'orech yamecha.

Behold, I have placed before you today life and good, and death and evil. I command you today to love the Lord your God and to walk in godly paths, to observe God's commandments, decrees, and laws. I call to witness today both heaven and earth: I have placed before you both life and death, both blessing and curse. Choose life, therefore, so that you and your descendants may live – that you may love the Lord your God, listen to God's voice, and cleave to holiness. God is the life and the length of your days.

THIRD PARAGRAPH: TZITZIT¹⁷⁶

וַיֹּאמֶר יְיָ אֱלֹהֵי מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
 אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם, וּנְתַנּוּ
 עַל־צִיצִית הַכַּנֵּף פְּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם
 אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יְיָ, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ
 אַחֲרֵי לְבַבְכֶם וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר־אִתְּם זָנִים אַחֲרֵיהֶם:
 *לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים
 לְאֱלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם. לְהוֹיֹת לָכֶם לְאֱלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם: [אָמַת]

175. Selected from Deuteronomy 30.15–20

176. Numbers 15.37–41

Weekday Evening Prayers

Vayomer Adonai el Moshe le'mor: Daber el-B'nai Yis'ra'el v'amar'ta alehem v'asu lahem tzitzit al-kan'fay vig'dayhem l'dorotam, v'nat'nu al tzitzit hakanaf p'til t'chelet. V'hayah lachem l'tzitzit, ur'item oto uz'char'tem et-kol-mitz'vot Adonai, va'asitem otam, v'lo taturu acharay l'vav'chem v'acharay aynay'chem asher atem zonim acharay'hem.

***L'ma'an tiz'k'ru va'asitem et kol mitz'votai vi'h'yitem k'doshim lelohay'chem. Ani Adonai Elohay'chem Asher hotzeti et'chem me'erezt Mitz'rayim l'hiyot lachem lelohim. Ani Adonai Elohay'chem. [Emet.]**

The Lord spoke to Moses and said: Speak unto the Children of Israel and tell them to make for themselves tzitzit on the corners of their clothing throughout their generations. They shall make one of the threads of the tzitzit techelet. They shall be tzitzit for you so that, when you look at them, you will remember all the mitzvot of the Lord and do them. You should not go about after your own heart and your own eyes after which you used to go astray wantonly.

*You should remember and do all my commandments, and be holy unto your God. I am the Lord, your God, Who brought you up out of the land of Egypt to be your God. I am the Lord, your God. [Truth]

Ge'ulah: The Power That Saves Us¹⁷⁷

There is truth in the words that God speaks to us,
Truth and a tradition of seeking the holy.

*There is wisdom in hearkening to these words,
Glory in speaking them to others.*

The Eternal is present in our lives,
Instilling faith and giving life.

*God is our refuge and our strength,
A very present help in time of trouble.*

When we are suffering, God dwells within,
Giving us strength when we have none.

*And when we are delivered, God appears to all,
Bringing us forth from pain and despair.*

In Egypt, we were slaves; we do remember.

In Egypt, we suffered and waited for God.

*In Egypt, God heard us, and God set us free,
From Egypt, God freed us, and we could breathe free.*

In Sinai and now, we treasure our freedom;

May we find God and feel God and sing freedom's song.

177. Rabbi David E. Ostrich

Weekday Evening Prayers

MI CHAMOCHA¹⁷⁸

מִי כַמֹּכָה בְּאֵלִים יְיָ, מִי כַמֹּכָה נֶאֱדָר בְּקִדְשׁ,
נִרְאָה תְהִילָתְךָ, עֲשֵׂה פְלֵא:
מִלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,
זֶה אֱלֹהֵי עַנּוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

**Mi chamocha ba'elim Adonai, mi kamocho ne'dar bakodesh,
nora t'hilot oseh fele'.**

**Mal'chut'cha ra'u vanecha, boke'a yam lif'nay Mosheh,
"Zeh Eli!" anu v'am'ru, "Adonai yimloch l'olam va'ed!"**

Who is like You, O Lord, among the mighty?! Who is like You,
glorious in holiness, awesome in praises, working wonders?
Your children saw Your might at the splitting of the sea.
"This is my God," they sang; "The Lord will rule forever and ever!"

בָּרוּךְ אַתָּה יְיָ, שְׁמֵרֵנוּ גֹאֲלֵנוּ וְצוּר יִשְׁעֵנוּ.

Baruch Atah Adonai, Shom'renu, Go'alenu, v'Tzur yish'enu.

Blessed is the Lord, Who protects us, Who helps us when we
are in difficulty, and Who is our eternal and everlasting hope.

Hashkivaynu: For a Peaceful Night

תִּשְׁכַּיְבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְתַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים וּפְרוּשׁ
עֲלֵינוּ סֶפֶת שְׁלוֹמְךָ, וְתִקַּנְנוּ בְּעֶצֶה מִזִּבְחֵךָ מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ
לְמַעַן שְׂמֵךְ, וְהַגֵּן בְּעַדֵּנוּ, וְהַסֵּר מֵעֲלֵינוּ אוֹיֵב, דָּבָר, וְחָרָב, וְרָעַב
וְיָגוֹן, וְהַסֵּר שָׁמֶן מִלְּפָנֵינוּ וּמֵאַחֲרֵנוּ, וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ, כִּי
אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה, כִּי אֵל מִלֶּךְ חַנּוּן וְרַחוּם אַתָּה,
וְשָׁמֹר צִאתֵנוּ וּבּוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.

**Hash'kivenu Adonai Elohaynu l'shalom, v'ha'amidenu Mal'kenu
l'chayim, uf'ros alaynu sukat sh'lomecha, v'tak'nenu b'etzah tovah
mil'fanecha. V'hoshi'enu l'ma'an Sh'mecha, v'hagen ba'adenu,
v'haser me'alaynu oyev, dever, v'cherev, v'ra'av v'yagon, v'haser
satan mil'fanaynu ume'acharenu, uv'tzel k'nafecha tas'tirenu. Ki El
shom'renu umatzilenu Atah, ki El Melech chanun v'rachum Atah,
ush'mor tzetenu uvo'enu l'chayim ul'shalom me'atah v'ad olam.**

178. Exodus 15

Weekday Evening Prayers

Cause us, O Lord, our God, to lie down in peace, and raise us up, O our Ruler, to life tomorrow. Spread over us the shelter of Your peace, guiding us with Your good counsel and saving us for Your name's sake. Shield us, we pray, against enemies, disease, war, famine, and sorrow, and strengthen us against the evil forces that abound on every side; give us refuge in the shadow of Your wings. For You are a God Who guards and rescues, for You are a God who rules with graciousness and compassion, guarding our goings and our comings to life and to wholeness, from this time forth and forever.

BE WITH US IN OUR LONELINESS

אל מלך נאמן

El Melech ne'eman,

O God Who is mighty and faithful, we pray for Your shelter of peace. May it cover us with warmth and safety. When the night winds blow and we feel lonely, may You kindle the light within that warms our souls and guides our way.

FOR A PEACEFUL NIGHT¹⁷⁹

Let there be love and understanding among us; let peace and friendship be our shelter from life's storms. Eternal God, help us to walk with good companions, to live with hope in our hearts and eternity in our thoughts, that we may lie down in peace and rise up to find our hearts waiting to do Your will.

[*Chatimah*]

ברוך אתה יי, שומר עמו ישראל לעד.

Baruch Atah Adonai, Shomer amo Yis'ra'el la'ad.

We praise You, O Lord, Who guards Your People Israel.

179. Rabbi Chaim Stern, adapted from Rabbi Elazar (2nd Century) in Berachot 16b; found in *Gates of Prayer* (CCAR, 1975), p.151

Tefilah/Amidah: Our Main Prayer

אֲדֹנָי שְׁפַתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonai, s'fatai tif'tach ufi yaggid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory.

Avot Ve'imahot: God of Our Ancestors

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רֵבֶקָה, אֱלֹהֵי רָחֵל,
וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חַסְדִּים
טוֹבִים, וְקוֹנֵה הַכּוֹל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת, וּמִבְּיַד גְּאֻלָּה
לְבָנָי בְּנִיחָם לְמַעַן שְׂמוֹ בְּאַהֲבָה: מְלֹךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגִן:
בְּרוּךְ אַתָּה יְיָ מִגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה:

Baruch Atah Adonai, Elohaynu velohay avotaynu v'imotaynu, Elohay
Avraham, Elohay Yitzchak, velohay Ya'akov, Elohay Sarah, Elohay
Rivkah, Elohay Rachel, velohay Le'ah. Ha'el hagadol hagibbor v'hanorah,
El elyon, gomel chasadim tovim, v'koneh hakol, v'zocher chasday avot
v'imahot, umevi g'ulah liv'nay v'nayhem l'ma'an Sh'mo b'ahavah. Melech,
Ozer, umoshi'a umagen. Baruch Atah Adonai, Magen Avraham v'Ezrat Sarah.

Blessed are You, O Lord our God, God of our fathers and mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Rachel, and God of Leah. You are great and mighty and awesome; truly God supreme. You help those who are good and show concern for us all. You remember the good deeds of our ancestors and, with great love, will take care of us forever. You are our Ruler, Helper, Savior, and Protector. Blessed are You, O Lord, Shield of Abraham and Helper of Sarah.

THEIR QUEST IS OURS:¹⁸⁰

Source of all being, we turn to You as did our people in ancient days. They beheld You in the heavens; they felt You in their hearts; they sought You in their lives. Now their quest is ours. Help us, O God, to see the wonder of being. Give us the courage to search for truth. Teach us the path to a better life. So shall we, by our lives and our labors, bring nearer to realization the great hope inherited from ages past, for a world transformed by liberty, justice, and peace.

180. Rabbi Chaim Stern, *Gates of Prayer* (CCAR, 1975), p.152; with thanks to Rabbi John D. Rayner

Gevurot: God's Is The Energy of Life

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדוֹנָי, מְחַיֶּה הַכּל אֶתָּה, רַב לְהוֹשִׁיעַ:
מִכְּלָבֵל חַיִּים בְּחֶסֶד, מְחַיֶּה הַכּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ
לְיִשְׁנֵי עֶפֶר, מִי בְמוֹךְ בְּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ
יְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה: וְנֶאֱמַן אֶתָּה לְתַחִיּוֹת הַכּל.
בְּרוּךְ אַתָּה יי, נִמְעַ בְּתוֹכֵנו חַי עוֹלָם:

Atah gibor l'olam Adonai, m'chayeh hakol Atah, rav l'hoshi'a.

M'chalkel chayim b'chesed, m'chayeh hakol b'rachamim rabim,

Somech nof'lim v'rofe' cholim, umatir asurim, um'kayem emunato

lishenay afar. Mi chamocha ba'al g'vurot, umi domeh lach, Melech

memit um'chayeh umatz'mi'ach y'shu'ah. V'ne'eman Atah

l'hachayot hakol. Baruch Atah Adonai, note'a b'tochaynu cha'yay olam.

You are mighty forever, O Lord; You give life to all and great salvation. With lovingkindness You sustain the living; with overwhelming compassion You give life to all. You lift up the fallen, heal the sick, free the captive, and are faithful to those who sleep in the dust. Who is like You, O Master of might, and who can be compared to You, O Ruler Who brings about life and death and salvation? You are faithful in giving life to all. We praise You, O Lord, Who plants within us eternal life.

HOLDING US CLOSE IN LIFE AND IN DEATH¹⁸¹

You are mighty forever, O Holy One, giving us life and taking care of us forever. Gently do You breathe life into us, nurturing us with great mercy. You lift us up, heal us, give us freedom, and do not abandon us, even when our eyes are closed to You. Who can compare to You, O Mighty One Who gives life and death and holds us close forever?! You are truly the faithful and ever-present Source of Life. We praise You, O Lord, Who plants within us eternal life.

נִמְעַ בְּתוֹכֵנו חַי עוֹלָם

181. Rabbi David E. Ostrich

Weekday Evening Prayers

Kedushat Hashem: The Holiness of God

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכָל יוֹם יְהַלְלוּךָ, פְּלָא.
בְּרוּךְ אַתָּה יי, הַאֵל הַקָּדוֹשׁ.

Atah kadosh, v'shim'chah kadosh, uk'doshim b'chol yom y'hallelu'cha,

Selah. Baruch Atah Adonai, ha'El hakadosh.

You are holy, Your Name is holy, and those who are holy declare

Your holiness every day. Blessed are You, O Lord, the holy God.

The Middle Thirteen Blessings

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, חוֹנֵן הַדַּעַת.

Baruch Atah Adonai, Elohaynu Melech ha'olam, chonen hada'at.

O Holy One of Blessing, Whose Presence fills the world,

You graciously give us knowledge.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַרוֹצֵה בַתְּשׁוּבָה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, harotzeh bit'shuvah.

O Holy One of Blessing, Whose Presence fills the world, You invite us to repent.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, חַנוּן הַמְּרַבֵּה לְסִלָּח.

Baruch Atah Adonai, Elohaynu Melech ha'olam, chanun hamar'beh lis'lo'ach.

O Holy One of Blessing, Whose Presence fills the world, You love to forgive.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, גּוֹאֵל יִשְׂרָאֵל.

Baruch Atah Adonai, Elohaynu Melech ha'olam, go'el Yisra'el.

O Holy One of Blessing, Whose Presence fills the world,

You are the Savior of Israel.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹפֵא הַחוֹלִים.

Baruch Atah Adonai, Elohaynu Melech ha'olam, rofe' hacholim.

O Holy One of Blessing, Whose Presence fills all the world, You heal the sick.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מְבַרֵךְ הַשָּׂנִים.

Baruch Atah Adonai, Elohaynu Melech ha'olam, m'varech hashanim.

O Holy One of Blessing, Whose Presence fills all the world,

You bless the annual harvests.

Weekday Evening Prayers

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹדֵה עֲשׂוּקִים.

Baruch Atah Adonai, Elohaynu Melech ha'olam, podeh ashukim.

O Holy One of Blessing, Whose Presence fills the world,
You redeem the oppressed.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹהֵב צְדָקָה וּמִשְׁפָּט.

Baruch Atah Adonai, Elohaynu Melech ha'olam, ohev tz'dakah umish'pat.

O Holy One of Blessing, Whose Presence fills the world,
You love righteousness and justice.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְשַׁבֵּית רָשָׁע מִן הָאָרֶץ.

Baruch Atah Adonai, Elohaynu Melech ha'olam, hamash'bit resha min ha'aretz.

O Holy One of Blessing, Whose Presence fills the world,
You work to remove evil from the earth.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מִשְׁעֵן וּמִבְטָח לְצַדִּיקִים.

Baruch Atah Adonai, Elohaynu Melech ha'olam, mish'an umiv'tach latzaddikim.

O Holy One of Blessing, Whose Presence fills the world,
You are the support and the fortress of the righteous.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹנֵה יְרוּשָׁלַיִם.

Baruch Atah Adonai, Elohaynu Melech ha'olam, boneh Yerushalayim.

O Holy One of Blessing, Whose Presence fills the world, You build Jerusalem.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַצְמִיחַ קֶרֶן יְשׁוּעָה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, matz'mi'ach keren y'shu'ah.

O Holy One of Blessing, Whose Presence fills the world,
You cause salvation to sprout and blossom.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שׁוֹמֵעַ תְּפִלָּה.

Baruch Atah Adonai, Elohaynu Melech ha'olam, shome'a t'filah.

O Holy One of Blessing, Whose Presence fills all the world,
You hear our prayers.

מִלֵּא כָל־הָאָרֶץ כְּבוֹדוֹ

Weekday Evening Prayers

Avodah: May Our Prayers Be Acceptable

רְצֵה יְיָ אֱלֹהֵינוּ בְּעֶמֶךְ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה
תִּקְבַּל, וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
אֵל קָרוֹב לְכָל־קְרָאִיו, פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנֵינוּ שְׂפוּךְ
רוּחְךָ עָלֵינוּ, וּתְחַוֶּינָה עֵינֵינוּ בְּשׁוֹבְךָ לְצִיּוֹן בְּרַחֲמִים.

R'tzeh Adonai Elohaynu b'amcha Yis'ra'el, ut'filatam b'ahavah t'kabel,
ut'hi l'ratzon tamid avodat Yisra'el amecha. El karov l'chol-kor'av,
p'neh el avadecha v'chonenu; sh'foch ruchacha alenu, v'techezenah
aynaynu b'shuv'cha l'tziyon b'rachamim.

Be gracious, O Eternal One, to Your people Israel, and accept their prayers with love and grace. May our worship always be acceptable to You. O God Who is near to all who seek You, turn to Your servants and smile upon us with kindness; pour out Your Spirit upon us, and let our eyes behold Your compassionate Presence in our midst and in the midst of our people in Zion.

DRAWING CLOSE TO GOD¹⁸²

The Lord is near to all who call – to all who call out in truth.

Where is God? Wherever we open our hearts.

The purpose of prayer is to leave us alone with God.

But there is no room for God in those who are full of themselves.

How can we know if our prayers are answered?

*When you rise from your prayers a better person,
then surely your prayers have been answered.*

[*Chatimah*]

בָּרוּךְ אַתָּה יְיָ, הַמְחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן וְלְכָל־מְקוֹם.

Baruch Atah Adonai, hamachazir Sh'chinato l'tziyon ul'chol makom.

Blessed are You, O Eternal One, Whose Presence can rest upon
Zion and every place.

182. Compiled by Rabbi David E. Ostrich from Psalm 145, Reb Mendel of Kotzk,
Rabbi Leo Baeck, The Baal Shem Tov, and George Meredith

Hoda'ah: Thanks¹⁸³

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֲתָהּ הוּא, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ בְּכָל־דּוֹר. צוּר חַיָּינוּ, מִגֵּן יִשְׁעֵנוּ, אֲתָהּ הוּא לְדוֹר
וְדוֹר. בְּטוֹבְךָ הַיּוֹם־סוּפֵי, אָנוּ מְבֹרָכִים וּמְחַנְנִים בְּבִרְכוֹת
רַבּוֹת; בְּכָל־יוֹם אֲנַחְנוּ מְקַבְּלִים טוֹבוֹת וְנִסִּים. אֵל מֶלֶךְ נֶאֱמָן,
נָא אֵל תְּסִיר מִמֶּנּוּ לְעוֹלָמִים אֶת הַשְּׁפַע הַטּוֹב וְהַגְדוֹל וְהַקְדוֹשׁ
הַזֶּה, וְנִתְּנָה יָדֶיךָ בְּעוֹלָם לְהַבִּיא בְּרִכּוֹת־הַשָּׁמַיִם לְכָל־הָאָרֶץ.
בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמֵךְ וְלֵךְ נָאָה לְהוֹדוֹת.

**Modim anachnu lach, she'Atah Hu Adonai Elohaynu velohay
avotaynu v'imotaynu b'chol dor. Tzur chayay-nu, magen yish'enu,
Atah Hu l'dor vador. B'tuv'cha ha'ayn sofi, anu m'vorachim
um'chunanim biv'rachot rabbot; b'chol yom anachnu m'kablim
tovot v'nisim. El Melech ne'eman, na al tasir mimenu l'olamim
et hashefa hatov v'hagadol v'hakadosh hazeh, v'nih'yeh yadecha
ba'olam l'havi b'rachot hashamayim l'chol ha'arets.
Baruch Atah Adonai, hatov Shimcha ul'cha na'eh l'hodot.**

We thank You, O Lord our God, God of our mothers and fathers in every generation. You are the Rock of our lives, the Shield of our salvation, You are faithful in every generation. In Your never-ending Goodness, we are graced and blessed abundantly; every day do we receive blessings and miracles. May You never withhold from us the great and holy flow of Your blessings. May we be Your hands in the world, bringing the blessings of heaven to all the earth. We praise You, O Lord, Whose Name is good and to Whom it is fitting for us to give thanks.

טוֹב לְהוֹדוֹת לַיי

183. Hebrew adaptation of Modim Anachnu Lach by Rabbi David E. Ostrich

Birkat Hashalom: The Blessing of Peace

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ וְעַל-כָּל-הָעַמִּים תְּשִׁים לְעוֹלָם.
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם. וְמוֹד בְּעֵינֶיךָ לְבָרֹךְ
אֶת עַמְּךָ יִשְׂרָאֵל וְאֶת-כָּל-הָעַמִּים בְּכָל עֵת וּבְכָל שָׁעָה
בְּשִׁלּוּמֶךָ. בְּרוּךְ אַתָּה יְיָ, עוֹשֵׂה הַשָּׁלוֹם.

**Shalom rav al Yis'ra'el am'cha v'al-kol-ha'amim tasim l'olam,
ki Atah Hu Melech Adon lechol hashalom, v'tov b'aynecha
l'varech et am'cha Yis'ra'el v'et-kol-ha'amim b'chol ayt uv'chol
sha'ah bish'lomecha. Baruch Atah Adonai, Oseh hashalom.**

May abundant and everlasting peace be Your blessing to Israel and Your other peoples, for You are the Source and Master of Peace, and it is pleasing for You to bless Your people at every hour and every moment with Your peace. Blessed are You, O Eternal One, the Source of peace.

Silent Prayer

O God, keep my tongue from evil and my lips from speaking guile. Be my support when grief silences my voice and my comfort when woe bends my spirit. Implant humility in my soul, and strengthen my heart with perfect faith in You. Help me to be strong in temptation and trial and to be patient and forgiving when others wrong me. Guide me by the light of Your counsel, that I may ever find strength in You, my Rock and my Redeemer. Amen.¹⁸⁴

Religion is not so much knowledge of God as godly living. What distinguishes a religion from a system of science or philosophy is its concern with human behavior. Theories of reality are vital to it only to the degree to which they help transform the lives of men and women and affect their conduct...Unless religion affects human life and conduct, it is of small worth.¹⁸⁵

184. Slightly adapted from *Union Prayer Book*, p.140; based on a prayer of Mar ben Ravina (c.400 CE), found in the Babylonian Talmud, Berachot 14b and 17a

185. Samuel S. Cohon, in *Judaism: A Way of Life* (slightly adapted)

Weekday Evening Prayers

רַבִּי טַרְפוֹן אוֹמֵר, הַיּוֹם קָצֵר וְהַמְּלָאכָה מְרֻבָּה,
וְהַפּוֹעָלִים עֲצֵלִים, וְהַשָּׂכָר הַרְבֵּה, וּבְעַל הַבַּיִת דּוֹחֵק:
הוּא הָיָה אוֹמֵר, לֹא עָלֶיךָ הַמְּלָאכָה לְנִמּוֹר,
וְלֹא אַתָּה בְּךָ-חֹרֵין לְהִבְטִיל מִמֶּנָּה.

Rabbi Tarfon omer: Hayom katzar v'ham'lachah m'rubah,
v'hapo'alim atzelim, v'hasachar har'beh, uva'al habayit dochek.
Hu hayah omer: Lo alecha ham'lachah lig'mor,
v'lo atah ben-chorin l'hibatel mimenah.

Rabbi Tarfon says, "The day is short and the work is great,
the workers are sluggish and the reward is great, and the
Master of the house is waiting."

He also used to say, "It is not your responsibility to finish
the work, but neither are you at liberty to abstain from it."¹⁸⁶

There is something higher than modernity, and that is eternity.¹⁸⁷

יְהִי לְרָצוֹן אֱמֹרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha Adonai, Tzuri v'Go'ali.

May the words of my mouth and the meditations of my heart
be acceptable to You, O Lord, my Rock and my Redeemer.¹⁸⁸

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu Ya'aseh shalom alaynu v'al kol-Yis'ra'el,
v'im'ru Amen.

May the Source of peace in the heavens bestow peace upon us
and upon all Israel, and let us say: Amen.

186. Pirke Avot 2.15-16

187. Solomon Schechter

188. Psalm 19.15

Concluding Prayers

Alaynu #1

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית,
שְׁלֹא עָשָׂנוּ כְּגוֹי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת
הָאֲדָמָה, שְׁלֹא שָׁם חִלְקֵנוּ כִּהֵם, וְגִדְלָנוּ כְּכֹל הַמוֹנֵם:
וְאַנְחֵנוּ בְּרַעֲיִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מְלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Alaynu l'shabe'ach la'Adon hakol, latet g'dulah l'Yotzer b'reshet,
shelo asanu k'go'yay ha'aratzot, v'lo samanu k'mish'p'chot
ha'adamah, shelo sam chel'kenu kahem, v'goralenu k'chol hamonam.

Va'anachnu kor'im umish'tachavim umodim

lifnay Melech mal'chay ham'lachim, Hakadosh Baruch Hu,

It is our duty to praise the Lord of all, to give greatness to the One Who forms creation, Who did not make us like the other nations of the earth, and Who did not place us with the other families of the world; Who did not make our portion like theirs, nor give us a destiny like theirs. We bend the knee and reverently bow before the King of the kings of kings, the Holy One of Blessing,

שֶׁהוּא נוֹמֵה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וְשָׁכֵינַת עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מְלַכְנוּ
אִפְסֵם וּוְלָתוֹ, כִּכְתוּב בְּתוֹרָתוֹ: וְיָדַעְתָּ הַיּוֹם וְהֵשֵׁבֶתָ אֵל לְבַבְךָ,
כִּי יְיָ הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל, וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד:

Shehu noteh shamayim v'yosed aretz, umoshav y'karo bashamayim
mima'al, ush'chinat uzo b'gov'hay m'romim, Hu Elohaynu ayn od.

Emet Mal'kenu efes zulato, kakatuv b'Torato: v'yada'ta hayom
va'hashevota el l'vavecha, ki Adonai Hu ha'Elohim bashamayim
mima'l v'al ha'arets mitachat, ayn od.

Who spread out the heavens and established the earth, dwelling in the heavens above; God's might is present in the loftiest heights; the Lord is our God, and there is none other. The Lord is truly our God, and there is nothing beside God, as it is written in the Torah, "Know this day and take it to heart: the Lord is the God of both heavens above and earth beneath. There is none else."¹⁸⁹

189. Deuteronomy 4.39; some mystics would read the final words of this passage as
"There is nothing else (beside God)."

Al Ken N'kaveh: We Therefore Hope

עַל כֵּן נִקְוָה לְךָ יְיָ אֱלֹהֵינוּ. לְרֹאוֹת מְהֵרָה בְּתַפְאֵרֶת עֲזֶךָ.
לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ. וְהַאֲלִילִים כְּרוֹת יִכְרְתוּן. לְתַקֵּן
עוֹלָם בְּמַלְכוּת שְׁדֵי. וְכָל בְּנֵי בָשָׂר יִקְרְאוּ בְּשִׁמְךָ. לְהַפְנוֹת
אֵלֶיךָ כָּל רִשְׁעֵי אֶרֶץ. יִכִּירוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תְּבֵל. כִּי לְךָ
תִּכְרַע כָּל בָּרָךְ. תִּשָּׁבַע כָּל לָשׁוֹן: לְפָנֶיךָ יְיָ אֱלֹהֵינוּ יִכְרְעוּ
וַיִּפְלוּ. וְלִכְבוֹד שִׁמְךָ יִקָּר וַיִּתְּנוּ. וַיִּקְבְּלוּ בְּלֶם אֶת עוֹל מַלְכוּתֶךָ.
וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד. כִּי הַמַּלְכוּת שְׁלֶךָ הִיא. וְלְעוֹלָמֵי
עַד תִּמְלֹךְ בְּכַבּוֹד: כַּפְּתוּב בְּתוֹרָתֶךָ. יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

Al ken n'kaveh l'cha Adonai Elohaynu, lir'ot m'herah b'tif'eret

uzecha, l'ha'avir gilulim min ha'arezt, v'ha'elilim karot yikaretun.

L'taken olam b'mal'chut Shaddai, v'chol b'nay basar yik'r'u vish'mecha.

L'haf'not elecha kol rish'ay arezt. Yakiru v'yed'u kol yosh'vay tevel,

ki l'cha tich'ra kol berech, tishava kol lashon. L'fanecha Adonai

Elohaynu yich'r'u v'yipolu. V'lich'vod Shim'cha y'kar yitenu. Vikab'lu

chulam et ol mal'chutecha. V'tim'loch alayhem m'herah l'olam va'ed.

Ki hamal'chut shel'cha hi, ul'ol'may ad tim'loch b'chavod. Kakatuv

b'Toratecha, Adonai yim'loch l'olam va'ed.

We therefore hope in You, O Lord our God, soon to behold the glory of Your might, when false gods and idols will be removed from the earth; when You mend the world with godly influence, and all call upon Your Name; when the wicked of the earth will turn to You; when all people will realize and know that to You every knee should bend, every tongue promise loyalty; when everyone, O Lord our God, shall bow and respect and give honor to Your glorious Name; when every one will accept the yoke of Your Kingdom and You will rule over everyone, soon and forever. For the universe is Yours, and to all eternity will You majestically rule. As it is written in Your Torah: The Lord will reign forever and ever.

וַיִּנְאֶמֶר, וַיְהִי יְיָ לְמֹלֶךְ עַל כָּל הָאָרֶץ.
כִּיּוֹם הַהוּא יְהִי יְיָ אֶחָד, וְשִׁמוֹ אֶחָד:

V'ne'emar v'hayah Adonai l'Melech al kol ha'arezt.

Bayom hahu yi'h'yeh Adonai Echad ush'mo Echad.

It is written: The Lord's Influence shall hold sway over all the earth.

On that day the Lord and God's Name shall be One.¹⁹⁰

190. Zechariah 14.9

Alaynu #2¹⁹¹

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁהוּא נוֹמֵה שָׁמַיִם וְיִסַּד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם מִפְּעֵל,
וְשָׁכֵנֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד.

Alaynu l'shabe'ach la'Adon hakol, latet g'dulah l'Yotzer b'resheet,
she'hu noteh shamayim v'yosed aretz, umoshav y'karo bashamayim
mima'al ush'chinat uzo b'gov'hay m'romim, Hu Elohaynu ayn od.

Let us adore the ever-living God and render praise unto the One
Who spread out the heavens and established the earth, Whose
glory is revealed in the heavens above, and Whose greatness is
manifest throughout the world. You are our God; there is none else.

וְאֶנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Va'anach'nu kor'im umish'tachavim umodim
lifnay Melech mal'chay ham'lachim, HaKadosh Baruch Hu.

We bow before the One Who rules over all kings and queens,
the Holy One of Blessing.

Tikkun Olam: For a Perfect World

WHEN ALL SHALL INVOKE YOUR NAME¹⁹²

May the time not be distant, O God, when Your Name shall be
worshipped in all the earth, when unbelief shall disappear and
error be no more. Fervently we pray that the day may come
when all people shall invoke Your Name, when corruption and
evil shall give way to purity and goodness, when superstition
shall no longer enslave the mind, nor idolatry blind the eye,
when all who dwell on earth shall know that to You alone every
knee must bend and every tongue give homage. O may all,
created in Your image, recognize that they are brothers and sisters,
so that, one in spirit and one in fellowship, they may be forever
united before You. Then shall Your kingdom be established on
earth and the word of Your ancient prophet be fulfilled:
The Lord shall reign forever and ever.

191. Slightly adapted from the *Union Prayer Book* (CCAR, 1940); Hebrew adaptation of
traditional prayer from *Gates of Prayer*, (CCAR, 1975), p.617

192. Slightly adapted from the *Union Prayer Book*, (CCAR, 1940)

Concluding Prayers

PRAYING AND ACTING¹⁹³

We are taught to pray as if everything depends on God,

But to act as if everything depends on us.

May our prayers for goodness and truth be sincere,

And may we back up the goodness of our words with good deeds.

May we and all humans be blessed abundantly,

And may we spread our blessings to all of the earth.

FOR A PERFECT WORLD: THE PROPHET'S VISION¹⁹⁴

וְכַתְּתוּ חַרְבוֹתָם לְאֵתִים וְחַנִּיתוֹתֵיהֶם לְמוֹמְרוֹת
לְאִישׁ גּוֹי אֶל־גּוֹי חֶרֶב וְלֹא־יִלְמְדוּ עוֹד מִלְחָמָה:
וְיָשְׁבוּ אִישׁ תַּחַת גִּפְנוֹ וְתַחַת תְּאֵנָתוֹ וְאִין מִחְרִיד:
וְאָנַחְנוּ גִלְגָּד בְּשֵׁם־יְהוָה אֱלֹהֵינוּ לְעוֹלָם וָעֶד:

V'chit'tu char'votam l'itim vachani-totayhem l'maz'merot.

Lo-yisa goy el-goy cherev v'lo-yil'm'du od mil'chamah.

V'yash'vu ish tachat gaf'no v'tachat t'enato, v'ayn mach'rid.

Va'anach'nu nelech b'Shem-Adonai Elohaynu l'olam va'ed.

And they shall beat their swords into plowshares

and their spears into pruning hooks.

Nation shall not lift up sword against nation;

neither shall they learn war any more.

But they shall sit, everyone, under their vines or fig trees,

and none shall make them afraid.

For we shall walk in the Name of the Lord our God forever and ever.

These are the blessings for which we pray – and to which we pledge ourselves.

וְנֹאמַר, יְהוָה יִי לְמִלְכָּךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יְהוָה יִי אֶחָד, וּשְׁמוֹ אֶחָד:

V'ne'emar v'hayah Adonai l'Melech al kol ha'arets.

Bayom hahu yi'h'yeh Adonai Echad ush'mo Echad.

It is written: the Lord's Influence shall hold sway over all the earth.

On that day the Lord shall be One and God's Name shall be One.¹⁹⁵

193. Rabbi David E. Ostrich

194. Micah 4

195. Zechariah 14.9

Before the Kaddish: The Meaning of Life and Death

LIFE AFTER DEATH¹⁹⁶

Judaism permits a variety of beliefs concerning life after death. Some of our Talmudic Sages believed that the souls of the righteous are kept in a treasury under the throne of God. Others believed that the righteous sit on thrones, enjoying the heavenly light that shines from the Blessed Holy One. Many of our forebears anticipated sitting at the table in the Yeshiva on High, where the righteous of all ages discuss the teachings of Torah. The Pharisees taught that at the end of time all the dead would be resurrected to earthly life, while other Jewish movements, including the modern Reformers of Judaism, taught that the soul separates from the body at death and, after submitting to judgment, goes to its eternal reward. The various Jewish teachings agree that we live on in some manner after death and that there is reward for obedience to the Torah.

THE PORTAL TO ETERNAL LIFE¹⁹⁷

O Lord Who gives life and ordains death, we turn to you in our grief. O do not abandon us to despair nor those we love to the eternal midnight of the tomb. We pray that our lives be more than a watch in the night, than yesterday when it is past. We turn to You for You do establish the work of Your hands. Dust we are, and unto dust do we return, but the spirit born of Your spirit, breathed into the clay to animate and to enoble, returns to You, the fountainhead of all spirits. You are in the setting as in the rising sun, in our bereavements as in our blessings, and Your everlasting arms uphold us in the vicissitudes of life and in the lone journey through the valley of shadows. Teach us then, O Compassionate One, to speak with all our hearts the words hallowed by centuries of faith. Teach us and inspire us with faith that death is but the portal unto eternal life. Forever are we embraced by God.

196. Rabbi Stephen M. Wylen, *Temple Beth Tikvah Siddur*, Wayne, New Jersey, p.164

197. *Union Prayer Book* (CCAR, 1940), pp.73-74, slightly adapted

THE LORD GIVETH, THE LORD TAKETH AWAY¹⁹⁸

יְהוָה נָתַן, וַיִּהְיֶה לְקַח, יְהוָה שֵׁם יְהוָה מְבָרָךְ:

Adonai natan, vadonai lakach, y'hi Shem Adonai m'vorach.

“The Lord gives, the Lord takes away, blessed be the Name of the Lord.”¹⁹⁹ We now recall our beloved who have answered the summons that sounds for all. We are sojourners on earth, and our times are in God’s hands. We loose our hold upon life when our time is come as the leaf falls from the bough when its day is done. The deeds of the righteous enrich our lives as the fallen leaf enriches the soil beneath. The dust returns to the earth; the spirit lives on with God eternally. Like the stars by day, our beloved dead are not seen by mortal eyes, but they shine on—in endless time and love. Let us be thankful for the love that continues forever—that is stronger than death and that spans the gulf of the grave. Blessed be the Name of the Lord.

TWO OPINIONS FROM RABBI JACOB²⁰⁰

רַבִּי יַעֲקֹב אָמַר, הָעוֹלָם הַזֶּה דוֹמֵה לְפָרוֹזְדוֹר בְּפָנֵי הָעוֹלָם
הַבָּא. הַתְּקַן עֲצֻמְךָ בְּפָרוֹזְדוֹר, כִּי־יִשְׁתַּכְּנֶנּוּ לְמַרְקָלָיִן:

Rabi Ya'akov omer: Ha'olam hazeh domeh lap'roz'dor bif'nay

ha'olam haba. Hat'ken atz'm'cha vap'roz'dor, k'day she'tikanes lat'rak'lin.

Rabbi Jacob said: This world is like an anteroom before the world to come. Prepare yourself in the anteroom so that you may enter the banquet hall.

הוּא הָיָה אָמַר, יָפָה שָׁעָה אַחַת בְּתַשׁוּבָה וּמַעֲשִׂים
טוֹבִים בְּעוֹלָם הַזֶּה, מִכֹּל חַיֵּי הָעוֹלָם הַבָּא. וְיָפָה שָׁעָה
אַחַת שֶׁל קוֹרַת רוּחַ בְּעוֹלָם הַבָּא, מִכֹּל חַיֵּי הָעוֹלָם הַזֶּה:

Hu hayah omer: Yafah sha'ah achat bit'shuvah uma'asim tovim

ba'olam hazezh mikol chayay ha'olam haba. V'yafah sha'ah achat

shel korat ru'ach ba'olam haba, mikol chayay ha'olam hazeh.

He also used to say: Better is one hour of repentance and good deeds in this world than all the life of the world to come. And, better is one hour of the bliss of the world to come than all of the pleasures of this world.

198. *Union Prayer Book* (CCAR, 1940), p.75, slightly adapted

199. Job 1.21b

200. Pirke Avot 4.16–17

Concluding Prayers

LIFE: A FINITE FLAME²⁰¹

The light of life is a finite flame. Like the candles of the Sabbath, life is kindled, it burns, it glows, it gives off beauty and rays of warmth. But soon it fades; its substance is consumed, and it is no more. In light, we see and can be seen. The moments of flame dance, and our lives are full. But, as night follows day, shadows follow the flames and blur our view. We fail to see and can no longer be seen. Yet we do not despair, for our fate is more than memory. With our lives, we give life. We are links in the eternal chain of darkness and death, of light and life.

SHALOM AND NOT GOODBYE²⁰²

We say Shalom, and not goodbye,
for shalom
is goodbye and hello and wholeness and peace
all threaded together in one breath,
and in one breath we too
say goodbye . . . to a hand to hold, a kiss and a tight embrace,
and in the same breath of shalom
we say hello
to an ocean of memories and a rush of emotion,
gratitude and sorrow,
tears and laughter and trembling and fatigue
all in one breath.

WHEN GOD IS WITH US²⁰³

בְּיָדוֹ אֶפְקִיד רִיחִי, בְּעֵת אִישָׁן וְאֶעֱרָה.
וְעַם רִיחִי גְּוִיָּתִי, יְיָ לִי וְלֹא אִירָא.

B'yado af'kid ruchi, b'et ishan v'a'irah.
V'im ruchi g'vi'yati, Adonai li v'lo ira.
Into God's hand do I entrust my soul,
both when I sleep and when I wake,
And with my soul also my spirit.
When God is with me, there is no fear.

201. *A Book of Common Service* (Institute for Creative Judaism, Cincinnati, 1976), pp.7-8

202. Rabbi Zoe Klein, from *Mishkan T'filah for the House of Mourning* (CCAR, 2010), p.24b

203. Last verse of *Adon Olam*

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ.
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֵלְמָא וּבְזְמַן קָרִיב וְאִמְרוּ אָמֵן:

Yit'gadal v'yit'kadash Sh'meh Rabba b'al'ma di v'ra chir'uteh,
v'yam'lich mal'chuteh b'cha'yay'chon uv'yomay'chon uv'chayay
d'chol Bayt Yis'ra'el, ba'agalah uviz'man kariv, v'im'ru Amen.

Let the Great Name of God be extolled and hallowed in this world
created by Divine Will. May God's kingdom soon prevail, in our
own day, our own lives, and the life of all Israel, and let us say: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי וּלְעֵלְמֵי עֵלְמַיָּא:

Y'he Sh'meh Rabba m'varach l'alam ul'al'may al'maya.

Let God's great Name be blessed forever and ever and ever.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא לְעֵלְמָא מִן
כָּל בְּרַבְתָּא וְשִׁירְתָּא, תְּשַׁבְּחַתָּא וְנַחֲמַתָּא, דְאִמְרוּן
בְּעֵלְמָא, וְאִמְרוּ אָמֵן:

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nase'
v'yih'hadar v'yit'aleh v'yit'halal Sh'meh d'kud'sha, b'rich Hu,
l'ela min kol bir'chata v'shirata tush'b'chata v'nechemata
da'amiran b'al'ma, v'im'ru Amen.

Let the Name of the Holy One of Blessing be praised, glorified,
honored, exalted, lifted up, adored, revered, and proclaimed even
though the Eternal is far above all the blessings, songs, adorations,
and exaltations that can be uttered in the world, and let us say: Amen.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאִמְרוּ אָמֵן:

Y'he sh'lama rabba min sh'maya v'chayim alaynu v'al kol
Yis'ra'el, v'im'ru Amen.

May abundant peace and life from heaven be upon us and all Israel,
and let us say: Amen.

עֲשֵׂה שְׁלוֹם בְּמִדְוָמֵינוּ הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom alaynu v'al kol
Yis'ra'el, v'im'ru Amen.

May the Source of peace in the high places bless us and all
Israel with peace, and let us say: Amen.

Concluding Prayers

THE OBJECT OF PRAYER²⁰⁴

The object of prayer is not to get what we want, but what God wants; not to change God, but our own hearts. It is like the pull of a rope from a small boat upon a great ship at anchor; it is not the ship that moves but the little boat.

ISRAEL, THE GOD WRESTLER, AND HIS MANY CHILDREN²⁰⁵

We Jews who are called “The Children of Israel” should always remember how we got the name. It was the name given to our grandfather Jacob—Jacob who wrestled the angel, Jacob who would not let go. “Israel” they called him for he was a wrestler. “Israel” they call us for we are wrestlers, too. We wrestle with God as we search for wisdom. We wrestle with people as we struggle for justice. And, we wrestle with ourselves as we make ourselves better and more holy. Yes, we Jews are the Children of Israel, the children and grandchildren of a man who wrestled an angel.

TO CARRY SHABBAT²⁰⁶

Our prayers and thoughts and songs are near concluded.
The world that ushered us into this room
Will greet us once again when we return,
And it will look the same.
But we are not the same.

We have encountered God’s Presence in this place,
And It has entered into us.

May we carry It with us from place to place,
From strength to strength,
From this holy Sabbath until the next.

204. Sherwood Eddy, in “I Have Seen God Do It”

205. Rabbi David E. Ostrich

206. Adapted from a poem by Rabbi Richard N. Levy

Concluding Prayers

THE PRIESTLY BLESSING²⁰⁷

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ בְּכֹל דּוֹר,
בְּרַכְנוּ בְּבִרְכַּהּ הַמְּשֻׁלֶּשֶׁת הַכְּתוּבָה בַּתּוֹרָה.

Elohaynu velohay avotaynu v'imotaynu b'chol dor,

bar'chenu vab'rachah ham'shuleshet hak'tuvah batorah:

Our God and God of our fathers and mothers in every generation,
bless us with the threefold blessing that is written in the Torah:

יְבָרֶכֶךָ יי וַיִּשְׁמְרֶכָּהּ.

Y'varech'cha Adonai v'yish'm'recha.

May the Lord bless you and protect you.

יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.

Ya'er Adonai Panav elecha vichuneka.

May the Lord smile upon you and be gracious unto you.

יֵשָׁא יי פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שְׁלוֹם.

Yisa Adonai Panav elecha v'yasem l'cha shalom.

May the Lord shine upon you and give you peace.

DOUBT AND TRUST AND FAITH²⁰⁸

Can I learn to question my doubts even as I have learned to mistrust so much that once seemed clear? I pray that my doubting spirit may learn to entertain hope. And I pray to become free: free to think my thoughts, free to feel, free to love, and free to praise and give thanks for life. May I make of my life an act of reverence—a prayer: the prayer that is its own answer.

A DIVINE GIFT²⁰⁹

רַבִּי עֲקִיבָא הָיָה אוֹמֵר, חָבִיב אָדָם שֶׁנִּבְרָא בְּצַלְמֵם.
חֶבֶה יִתְּרָה נִוֹדַעַת לוֹ שֶׁנִּבְרָא בְּצַלְמֵם.

Rabi Akiva hayah omer: chaviv adam sheniv'ra b'tzelem,

Chibah y'terah noda'at lo sheniv'ra v'tzelem.

Rabbi Akiva used to say: How greatly God must have loved us to create us in the Divine Image, but even greater love did God show for us by telling us that we are created in the Divine Image.

207. Numbers 6.24–26

208. Rabbi Chaim Stern, *Gates of Prayer* (CCAR, 1975), p.215

209. Avot 3.14

A Brief Morning Service

For Personal Devotion²¹⁰

שׁוֹזְרִית קָצוֹר פְּרָטִית

MODEH ANI: I ACKNOWLEDGE YOU

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, שֶׁחֲחַוְרַת בִּי
נִשְׁמָתִי בְּחַמְלָה, רַבָּה אֱמוּנָתְךָ.

**Modeh (Modah) ani l'fanecha, Melech chai v'kayam,
she-hechezar'ta bi nish'mati b'chem'lah, rabbah emunatecha.**

I acknowledge You, O Ruler Who lives and continues, Who
has kindly restored my soul to me; great is Your faithfulness.

ELOHAI, N'SHAMAH: MY SOUL IS PURE

אֱלֹהִי, נִשְׁמָה שְׁנַתַּת בִּי מִחֹרָה הִיא. אַתָּה בְּרָאתָה,
אַתָּה יְצַרְתָּה, אַתָּה נִפְחַתָּה בִּי, וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.
כָּל זְמַן שֶׁהִנְשַׁמָּה בְּקִרְבִּי, מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ, יי
אֱלֹהִי וְאֱלֹהֵי אֲבוֹתַי וְאֲמוֹתַי, רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן
כָּל הַנְּשָׁמוֹת. בָּרוּךְ אַתָּה יי, אֲשֶׁר בִּידוֹ נִפֵּשׁ כָּל-חַי,
וְרוּחַ כָּל-בֶּשֶׂר-אִישׁ.

**Elohai, n'shamah shenatata bi t'horah hi. Atah v'ra'tah,
Atah y'tzar'tah, Atah n'fach'tah bi, v'Atah m'sham'rah
b'kir'bi. Kol z'man she'han'shamah b'kir'bi, modeh (modah)
ani l'fanecha, Adonai Elohai velohay avotai v'imotai, Ribon
kol hama'asim, Adon kol han'shamot. Baruch Atah Adonai,
Asher b'yado nefesh kol-chai v'ru'ach kol-b'sar ish.**

O God, the soul that You have given me is pure. You created it,
You formed it, You breathed it into me, and You guard it within me.
So long as my soul is within me, I shall acknowledge You, O Lord
my God, God of my fathers and mothers, Master of all creating,
Lord of all souls. O Holy One of Blessing, You hold every soul
and every breath that gives life.

210. Jewish Tradition requires a minyan (10 adults) for the recitation of certain prayers – such as Bar'chu and the Kaddish. This service is designed for private or small group devotion and does not include these minyan-requiring prayers.

The Shema and Its Blessings

Our Creator

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר הַמְּאֻרוֹת, מְחַיֶּה הַכּוֹל, עוֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

Yotzer ham'orot, M'chayeh hakol, Oseh ma'aseh v'resheet.

Blessed are You, O Lord our God, Ruler of all the world,
Who creates the great lights, gives life to all, and continually
does the work of creation.

The Source of All Wisdom

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁנָּתַן מִחֲכָמְתוֹ לְבָשָׂר וְדָם,
אוֹהֵב עַמּוֹ יִשְׂרָאֵל בְּתוֹרָה,
שֶׁחֲלַק מִחֲכָמְתוֹ לִירְאָיו.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

she'noten mechoch'mato l'vasar vadam,

ohav amo Yis'ra'el batorah, she'cholek mechoch'mato li're'av.

Blessed are You, O Lord our God, Ruler of all the world, Who
gives of the divine wisdom to mere flesh and blood, Who
lovingly teaches the Jewish people Torah, and Who gives a
special share of Divine Wisdom to those who live with reverence.

Shema and Ve'ahavta²¹¹

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
בְּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד.
Sh'ma Yis'ra'el, Adonai Elohaynu, Adonai Echad.
Baruch Shem K'vod Mal'chuto l'olam va'ed.

Hear, O Israel, the Lord is our God, the Lord is One.

Blessed be the Name of God's glorious kingdom forever and ever.

211. Deuteronomy 6.4-9 and Numbers 15.40-41

וְאַהֲבַתְּ אֶת יי אֱלֹהֶיךָ, בְּכָל־לִבְּךָ, וּבְכָל־נַפְשְׁךָ,
וּבְכָל־מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי
מְצַוְּךָ הַיּוֹם, עַל־לִבְּךָ: וְשִׁנַּנְתָּם לְבִנְיָהּ, וְדַבַּרְתָּ
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִקְחֶתְךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ,
וּבְקוּמְךָ. וּקְשַׁרְתָּם לְאוֹת עַל־יָדְךָ, וְהָיוּ לְטַמְּפַת
בֵּין עֵינֶיךָ, וּבְתַכְתֵּם עַל־מוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי, וְהָיִיתֶם
קְדוֹשִׁים לְאֱלֹהֵיכֶם: אֲנִי יי אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיּוֹת לָכֶם לְאֱלֹהִים, אֲנִי
יי אֱלֹהֵיכֶם: [אֱמֶת]

Ve'ahav'ta et Adonai Elohecha b'chol l'vav'cha uv'chol
naf'sh'cha uv'chol m'odecha. V'hayu had'varim ha'eleh
asher Anochi m'tzav'cha hayom al l'vavecha. V'shinan'tam
l'vanecha v'dibbar'ta bam b'shiv't'cha b'vay'techa
uv'lech't'cha vaderech uv'shoch'b'cha uv'kumecha.
Uk'shar'tam l'ot al-yadecha v'hayu l'totafot bayn aynecha,
uch'tavtam al m'zuzot baytecha uvish'arecha.

L'ma'an tiz'k'ru va'asitem et kol mitzvotai vi'h'yitem
k'doshim lelohay'chem. Ani Adonai Elohay'chem Asher
hotzeti et'chem me'eretz Mitz'rayim l'hiyot lachem lelohim.
Ani Adonai Elohay'chem. [Emet]

You shall love the Eternal, your God, with all your mind, with
all your strength, with all your being. Set these words, which I
command you this day, upon your heart. Teach them faithfully
to your children; speak of them in your home and on your way,
when you lie down and when you rise up. Bind them as a sign
upon your hand; let them be a symbol before your eyes;
inscribe them on the doorposts of your house, and on your gates.

Be mindful of all My mitzvot, and do them: so shall you
consecrate yourselves to your God. I, the Eternal, am your God
Who led you out of Egypt to be your God; I, the Lord, am your
God. [Truth]

The Source of Our Deliverance

ברוך אתה יי אלהינו מלך העולם, שמרנו גאלנו וצור ישענו.

**Baruch Atah Adonai, Elohaynu Melech ha'olam,
Shom'renu, Go'alenu, v'Tzur yish'enu.**

Blessed is the Eternal One, our God Whose Presence fills the world,
Who protects us, Who helps us when we are in difficulty, and
Who is our Eternal and Everlasting Hope.

Tefilah/Amidah: Our Main Prayer

אדני שפתי תפתח ופי יגיד תהלתך:

Adonai, s'fatai tif'tach ufi yaggid t'hilatecha.

Eternal God, open my lips that my mouth may declare Your glory.

Avot v'Imahot: God of Our People

ברוך אתה יי אלהינו ואלהי אבותינו ואמותינו בכל דור,
מגן ועזרת משפחתנו.

**Baruch Atah Adonai, Elohaynu velohay avotaynu v'imotaynu
bechol dor, magen v'ez'rat mishpachataynu.**

O Holy One of Blessing, our God and God of our mothers and fathers
in every generation, You are the Shield and the Help of our family.

Gevurot: The Spark of God Within

ברוך אתה יי אלהינו מלך העולם,
נמצאת בנו חיי עולם:

**Baruch Atah Adonai, Elohaynu Melech ha'olam,
note'a b'tochenu cha'yay olam.**

O Holy One of Blessing, our God Whose Presence fills the world,
You implant within us eternal life.

Kedushat Hashem: The Holiness of God

ברוך אתה יי אלהינו מלך העולם, האל הקדוש.

Baruch Atah Adonai, Elohaynu Melech ha'olam, ha'El hakadosh.

O Holy One of Blessing, our God Whose Presence fills the world,
You are the Holy God.

In the Embrace of the Eternal

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֱהֵב אוֹתִי בְּקִרְבוֹ.

Baruch Atah Adonai, Elohaynu Melech ha'olam, ohev oti b'kirbo.

O Holy One of Blessing, our God Whose Presence fills the world,

You love me dearly.

Avodah: Encountering the Divine

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְחַזֵּיר שְׁכִינָתוֹ לְצִיּוֹן וְלְכָל מְקוֹם, קָרוֹב לְכָל קְרָאִיו.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

hamachazir Sh'chinato l'Tziyon ul'chol makom, karov l'chol kor'av.

O Holy One of Blessing, our God Whose Presence fills the world,

You return Your Presence to Zion and to every place;

You are near to all Who call.

Hoda'ah: The Source of Our Blessings

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַטוֹב שְׁמִיךָ וְיִלְךְ נָאָה לְהוֹדוֹת, אֲשֶׁר בְּמִזְבְּוֹ הָאֵין־סוֹפִי,
אֲנוּ מְבוֹרָכִים וּמְחֻנָּנִים בְּבִרְכוֹת רַבּוֹת.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

hatov Shimcha ul'cha na'eh l'hodot, Asher b'tuvo ha'ayn sofi,

anu m'vurachim um'chunanim biv'rachot rabot.

O Holy One of Blessing, our God Whose Presence fills the world,

Your Name is Goodness, and it is fitting to give our thanks;

in Your Infinite Goodness, we are blessed and graced abundantly.

Birkat Hashalom: The Source of Peace

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אוֹהֵב וְעוֹשֶׂה צְדָקָה וּמִשְׁפָּט וְשָׁלוֹם.

Baruch Atah Adonai, Elohaynu Melech ha'olam,

ohev v'oseh tz'dakah umish'pat v'shalom.

O Holy One of Blessing, our God Whose Presence fills the world,

You love and work for righteousness, justice, and peace.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְעַל-כָּל-יֹשְׁבֵי-תֵבֶל, וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav Hu ya'aseh shalom

alaynu v'al kol Yis'ra'el, v'al-kol-yosh'vay tevel, v'im'ru Amen.

May the Source of peace in the high places
bestow peace upon us, upon all Israel, and
upon all who dwell on Earth, and let us say: Amen.

יְהוָה עֹז לְעַמּוֹ יִתֵּן, יְהוָה יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם:

Adonai oz l'amo yiten, Adonai y'varech et amo vashalom.

The Lord gives strength to our people;
the Lord blesses our people with peace.²¹²

יְהוִי לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

Yi'h'yu l'ratzon im'ray fi v'heg'yon libi l'fanecha, Adonai, Tzuri v'Go'ali.

May the words of my mouth and the meditations of my heart
be acceptable to You, O Lord, my Rock and my Redeemer.²¹³

One who is in mourning may continue with the Memorial Prayer (page 158).

Concluding Verses

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.

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

O give thanks to the Lord Who is good,
Whose lovingkindness is forever.²¹⁴

זֶה הַיּוֹם עָשָׂה יְיָ, נִגִּילָה וְנִשְׂמְחָה בּוֹ.

Zeh hayom asah Adonai, nagilah v'nis'm'cha vo.

This is a day that the Lord has made;
let us rejoice and be happy in it.²¹⁵

212. Psalm 29.11

213. Psalm 19.15

214. Psalm 118.1

215. Psalm 118.24

Memorial Prayer²¹⁶

To remember a male:

אֵל מְלֵא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמְצִיא מְנוּחָה נְכוֹנָה תַּחַת כַּנְפָּי
הַשְּׂכִינָה, אֶת נִשְׁמַת _____ שֶׁהָלַךְ לְעוֹלָמוֹ. בְּעַל הַרְחָמִים
יִסְתַּיְרֶהוּ בְּסֶטֶר כַּנְפָּיו לְעוֹלָמִים, וַיִּצְרֹר בְּצִרּוֹר חַיִּים אֶת־נִשְׁמָתוֹ.
נָא לְקַבֵּל אוֹתוֹ בְּאַהֲבָה וּבְרַצוֹן. נָא לְתַת לוֹ אַהֲבָה וּבְמַחֲוֹן.
נָא לְהִיּוֹת נַחֲלָתוֹ. וַיְנוּחַ בְּשָׁלוֹם עַל מִשְׁכָּבוֹ. וְנֹאמַר אָמֵן.

El Maleh Rachamim, shochen bam'romim, ham'tze menuchah nechonah
tachat kanfay Hash'chinah, et nishmat _____ she'halach le'olamo. Ba'al
Harachamim, yas'tirehu b'seter kenafav le'olamim, v'yitz'ror bitz'ror hachayim
et nishmato. Na l'kabel oto b'ahavah uv'ratzon. Na latet lo ahavah uvitachon.
Na lihiyot nachalato. V'yanu'ach b'shalom al mishkavo. V'nomar Amen.

To remember a female:

אֵל מְלֵא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמְצִיא מְנוּחָה נְכוֹנָה תַּחַת כַּנְפָּי
הַשְּׂכִינָה, אֶת נִשְׁמַת _____ שֶׁהָלְכָה לְעוֹלָמָהּ. בְּעַל הַרְחָמִים
יִסְתַּיְרֶהוּ בְּסֶטֶר כַּנְפָּיו לְעוֹלָמִים, וַיִּצְרֹר בְּצִרּוֹר חַיִּים אֶת־נִשְׁמָתָהּ.
נָא לְקַבֵּל אוֹתָהּ בְּאַהֲבָה וּבְרַצוֹן. נָא לְתַת לָהּ אַהֲבָה וּבְמַחֲוֹן.
נָא לְהִיּוֹת נַחֲלָתָהּ. וְתַנּוּחַ בְּשָׁלוֹם עַל מִשְׁכָּבָהּ. וְנֹאמַר אָמֵן.

El Maleh Rachamim, shochen bam'romim, ham'tze menuchah nechonah
tachat kanfay Hash'chinah, et nishmat _____ she'hal'chah le'olamah. Ba'al
Harachamim, yas'tirehah b'seter kenafav le'olamim, v'yitz'ror bitz'ror hachayim
et nishmatah. Na l'kabel otah b'ahavah uv'ratzon. Na latet lah ahavah uvitachon.
Na lihiyot nachalatah. V'tanu'ach b'shalom al mishkavah. V'nomar Amen.

O Compassionate God, Eternal Spirit of the universe, grant perfect rest in
Your sheltering Presence to _____, who has entered eternity. O God of
mercy, let him/her find refuge in Your Eternal Presence, and let his/her soul
be bound up in the bond of eternal life. O God, please receive his/her soul
with love and favor. Please give him/her love and keep him/her safe. Please
God, be his/her inheritance. May he/she rest in peace. And let us say Amen.

216. Jewish Tradition requires a minyan for the recitation of certain prayers – among them the Mourner's Kaddish. This prayer can be used if a minyan is not available. In this prayer, based on the traditional *El Male' Rachamim*, a mourner can show respect for and pray for a deceased loved one in individual or small group prayer.

הודאה

Hoda'ah/ Acknowledgements

Thanks to all of the Sages and Liturgists whose words inspired this Siddur and whose work is used in this Siddur. Rabbinic Judaism, which began as an oral tradition handed down from teacher to disciple for some 400 years, believed very strongly in honoring this chain of tradition. When these teachings were finally written down in the Mishnah (circa 225 CE), the Rabbis even included a midrashic teaching about how giving credit where credit is due is a redemptive act (Avot 6.6): *One who reports something in the name of the one who said it brings redemption into the world, as it says in Esther (2.22), "And Esther said in the name of Mordecai."*

Some prayers and poems have been given new titles for this Siddur – the purpose being to place them thematically into the service.

Thanks to Rabbi Lawrence Kushner who originated an interpretive translation of

ברוך אתה יי, אלהינו מלך העולם.

Baruch Atah Adonai, Elohaynu Melech ha'olam.

Whereas the literal translation is,

“Blessed are You, O Lord our God, Ruler of the World,”

Rabbi Kushner suggests that the words can be understood as an appellation to the Divine, “Holy One of Blessing, Your Presence fills creation.”

Thanks to the readers and designers who helped in the preparation of this Siddur – for their observations, suggestions, and corrections:

Jennifer Norton, Rabbi Paul Tuchman, Richard Kopley, Trudy Lipowsky, Andrew Blender, Julie Wohl, Robert Isaacson, and Johanna Ostrich.

This prayer book was written and compiled by Rabbi David E. Ostrich

הרב דוד זוסדאי אבן אוסטריץ'

Congregation Brit Shalom, State College, Pennsylvania, 5772/2012.