

MAZAL TOV!

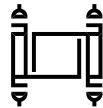
We are excited to study with you as you prepare to become a Bar or Bat Mitzvah.

This is a special B'nai Mitzvah Student Version of the **Har Shalom Weekday Service**.

The purple pages that start the notebooks are study versions of the prayers on which you will focus. Following is a copy of the entire siddur (prayer book) that will be used during your service.

Although most Bar/Bat Mitzvah students lead or read certain parts, it is also important that you be familiar with the whole siddur.

The specific part most Bar / Bat Mitzvah Students lead or read are marked with this Torah icon:



Remember, you should also practice the parts you will read in English.

There are also a few prayers which you may or may not actually lead in your service, but are an especially important part of the understanding and knowledge you should have as you become a Bar or Bat Mitzvah.

These prayers are marked with a Jewish star icon:



בְּרוּכִים הַבָּאִים ~ B'RUCHIM HA-BAIM ~

Welcome Friends!

Har Shalom is a progressive Jewish Community, rooted in our traditions while also meeting today's modern needs. We embrace all who want to include Judaism in their lives, by creating a warm community characterized by openness, integrity, acceptance, and informality.

We created this prayer book with hopes of providing meaningful, resonant, engaging, and accessible worship experiences, and especially to encourage everyone present to follow along and participate as much as they are comfortable.



USING THIS SIDDUR

Siddur, the name for a Jewish prayer book, means order. The name refers to the ordered series of prayers, songs, meditations, and readings that comprise the service.

Explanations about individual prayers and rituals are included throughout the siddur.

All of the Hebrew text is transliterated, with hyphens indicating syllables, according to this style:

a as in far	e as in let	ei as in weigh	i as in ink
o as in coat	u as in flute	ai as in aisle	oi as in boil
ch as in challah, Chanukah, or Bach.			

When text is in italics you are especially invited and encouraged to read or sing along with the leader.

Please read along...sing along...join us!

Stella Wiers - 06/08/2024

Torah Portion: Nasso: Book of Numbers Chapter 6:16-26

Blessing for the wearing of the Talit

Baruch ahtah Adonai el-oh-hay-noo melech ha-oh-lam
ah-share key-desha-noo beh-meets-vo-tahv vehtzee-vahnnoo
leh-heat-ah-tayf bahtsee-tseet.

Blessed are you Adonai our God, ruler of the universe, You
make us holy with mitzvot and teach us to wrap ourselves in the
fringed Talit.

OPENING SONGS

Services begin with communal song to help us set the mood for praying together.

HINEI MA TOV

Hi-nei ma-tov u-ma-na-im

she-vet a-chim gam ya-chad.

Behold, how good and pleasant it is for people to dwell together in unity.

~ Psalm 120



MA TOVU

Ma to-vu o-ha-le-cha Ya-a-kov

mish-k'-no-te-cha Yis-ra-eil!

Va-a-ni b'-rov chas-d'-cha

a-vo vei-te-cha,

esh-ta-cha-ve el hei-chal

kod-sh'-cha b'-yir-a-te-cha.

A-do-nai a-hav-ti m'-on bei-te-cha

u-m'-kom mish-kan k'-vo-de-cha.

Va-a-ni esh-ta-cha-ve v'-ech-ra-a,

ev-r'-cha lif-nei A-do-nai o-si.

Va-a-ni t'-fi-la-ti l'-cha, A-do-nai,

eit ra-tzon.

E-lo-him b'-rav chas-de-cha

a-nei-ni be-e-met yish-e-cha.

How goodly are your tents, O Jacob, your dwellings, O Israel! By Your abounding love,

O Source, I enter Your house; with awe I worship in Your holy temple.

O Source, I love the house where you dwell and the place where Your glory resides.

I shall bow humbly before the Source, my maker. To You goes my prayer: may this

be a time of Your favor. In Your great love, O Source, answer me with Your saving truth.



HAL'LU

Ha-l'-lu...

Kol ha-n'-sha-ma t'-ha-leil Ya,

Ha-l'-lu-Ya!

הַלְלוּ...

כָּל הַנְּשָׂמָה תְּהַלֵּל יְהוָה,

הַלְלוּ-יְהוָה!

Let all that breathes praise God. Halleluyah!

REFLECTION

This is the great warmth, the great at-homeness;
This is the knowledge of belonging;
The lonesome merging into a strong oneness.
One lost drop of water finding its way into the sea.

This is the moment of pause;
The refilling of the empty vessel;
The renewing of the spirit.

This is the remembering;
The shared memory of two thousand years;
The shared embarking upon two thousand more.

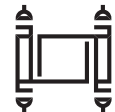
This is the wisdom in our elders' eyes;
This is the hope in our children's fresh voices;
This is the roots of our past;
This is arms reaching forward to our future.

~ unknown



TALIT

The talit is a fringed prayer shawl worn as commanded in the Book of Numbers. It's ritual function is to remind us of the commandments, which are symbolized by the knots and windings of the fringes. It also serves to connect the wearer with centuries of Jewish tradition, and may be used to create a personal sanctuary for prayer and meditation. In Reform Judaism wearing of a talit by both women and men is a personal choice. It is customary for a Bar or Bat Mitzvah to be presented with a talit to wear for the first time upon the occasion



BLESSING FOR THOSE WHO WEAR A TALIT

בְּרוּךְ אַתָּה יי
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.

Blessed are You, O Eternal our God, Sovereign of the Universe.
You make us holy with mitzvot,
and teach us to wrap ourselves in the fringed talit.

Ba-ruch a-ta A-do-nai בָּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
ha-mei-chin mitz-a-dei ga-ver. הַמְכִין מִצְעָדֵי גִבֹּר.
Blessed are You, Adonai, our God, Ruler of the universe,
who strengthens our steps.

Ba-ruch a-ta A-do-nai בָּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
mal-bish a-ru-mim. מְלַבֵּשׁ עֲרֻמִּים.
Blessed are You, Adonai, our God, Ruler of the universe,
who clothes the naked.

Ba-ruch a-ta A-do-nai בָּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
ha-no-tein la-ya-eif ko-ach. הַנוֹתֵן לַיָּעֹף כֹּחַ.
Blessed are You, Adonai, our God, Ruler of the universe,
who gives strength to the weary.

Ba-ruch a-ta A-do-nai בָּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
ha-ma-a-vir shei-na mei-ei-nai הַמַּעֲבִיר שְׁנָה מֵעֵינַי
ut-nu-ma ma-af-a-pai. וַתְּנוּמָה מֵעַפְעָפִי.
Blessed are You, Adonai, our God, Ruler of the universe,
who removes sleep from the eyes,
slumber from the eyelids.

Ba-ruch a-ta A-do-nai בָּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
she-a-sa-ni b'-tze-lem E-lo-him. שָׁעֲשָׂנִי בְצַלְמֵ אֱלֹהִים.
Blessed are You, Adonai, our God, Ruler of the universe,
who makes us in the image of God.

continued...

EILU D'VARIM

Eilu D'varim reminds us of the core ethical values of Judaism which we learn through the study of Torah.

Ei-lu d'-va-rim she-ein la-hem shi-ur, אֵלוֹ דְּבָרִים שֶׁאֵין לָהֶם שְׁעוֹר,
she-a-dam o-cheil pei-ro-tei-hem שֶׁאָדָם אוֹכֵל פְּרוֹתֵיהֶם
ba-o-lam ha-zeh v'-ha-ke-ren בְּעוֹלָם הַזֶּה וְהִקְרוֹן
ka-ye-met lo la-o-lam ha-ba, קִיּוֹםת לוֹ לְעוֹלָם הַבָּא,
v'-ei-lu hein: וְאֵלוֹ הֵן:

Ki-bud av va-eim; כְּבוֹד אָב וְאִם;
u'-g'-mi-lut cha-sa-dim; וְגַמְלוֹת חֲסָדִים;
v'-hash-ka-mat beit ha-mid-rash וְהַשְׁכַּמַת בֵּית הַמִּדְרָשׁ
sha-cha-rit v'-ar-vit; שְׁחֲרִית וְעֶרְבִית;
v'-hach-na-sat or-chim; וְהַכְנַסַת אוֹרְחִים;
u-vi-kur cho-lim; וּבְקוֹר חוֹלִים;
v'-hach-na-sat ka-la; וְהַכְנַסַת כָּלָה;
ul'-va-yat ha-meit; וְלוֹיֹת הַמֵּת;
v'-i-un t'-fi-la; וְעִיוֹן תַּפְלָה;
va-ha-va-at sha-lom וְהַבָּאת שְׁלוֹם
bein a-dam la-cha-vei-ro. בֵּין אָדָם לְחֵבְרוֹ.

V'-tal-mud To-rah k'-ne-ged ku-lam. וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלָם.

There are obligations without measure, whose rewards, too,
are without measure. They are:

Honoring one's father and mother;
Engaging in deeds of compassion;
Arriving at the house of study early, morning and evening;
Dealing graciously with guests;
Visiting the sick;
Rejoicing with the wedding couple;
Accompanying the dead for burial and comforting the grieving;
Praying with devotion; and
Making peace where there is strife.

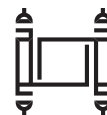
And the study of Torah encompasses them all.

TRADITIONALLY AFTERNOON SERVICES BEGIN WITH ASHREI,
WHICH MAY ALSO BE RECITED IN THE MORNING.

ASHREI

Ashrei means happy and reminds us of the joys of being Jewish. It is believed to have been written by King David, and is comprised primarily of Psalm 145, with portions of other Psalms. When it was sung in the ancient Temple, it was often accompanied by stringed instruments, flutes, and cymbals. Following the introduction, the first Hebrew letter of each stanza forms an acrostic of the Hebrew alphabet, which some have interpreted as suggesting transcendence, oneness, or completeness.

PLEASE JOIN IN SINGING THE ITALICIZED TEXTS IN RESPONSE TO THE LEADER



אֲשֵׁרֵי יוֹשְׁבֵי בֵיתְךָ;
עוֹד יִהְלְלוּךָ סְלָה!

Happy are those who dwell in Your house; they forever praise You!

אֲשֵׁרֵי הָעַם שְׁכַנְךָ לוֹ;
אֲשֵׁרֵי הָעַם שֵׁי אֱלֹהָיו.

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

תְּהִלָּה לְדָוִד:

A Psalm of David.

אֲרוֹמְמֶךָ אֱלֹהֵי הַמְּלָךְ;
וְאֶבְרַכְּךָ שְׁמֶךָ לְעוֹלָם וָעֶד.

I will extol You, my God and Sovereign; I praise You forever and ever.

בְּכָל-יוֹם אֶבְרַכְּךָ;
וְאֶהַלְלָה שְׁמֶךָ לְעוֹלָם וָעֶד.

Every day I will praise You; I will glorify You forever and ever.

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד;
וְלִגְדֻלְתּוֹ אֵין חֵקֶר.

Great is Adonai and much acclaimed; God's greatness cannot be fathomed.

דֹּר לְדֹר יִשְׁבַח מַעֲשֵׂיךָ;
וּגְבוּרֹתֶיךָ יִגְדֹּנָה.

One generation shall laud Your works to another; and shall declare Your mighty acts.

continued...

הַדָּר כְּבוֹד הַיְהוָה;
וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

On the majestic glory of Your splendor; and on Your wondrous deeds will I meditate.

וְעֲזוֹז נִוְרָאוֹתֶיךָ יֵאמְרוּ;
וְגִדְלָתֶךָ אֶסְפְּרֶנָּה.

The might of Your tremendous acts shall be proclaimed; and I will recount Your greatness.

זְכָר רַב טוֹבָךָ יִבְיַעוּ;
וְצִדְקָתֶךָ יִרְנְנוּ.

Your great goodness shall be made known; Your righteousness shall be celebrated.

חַנוּן וְרַחוּם יְיָ;
אֲרַךְ אַפַּיִם וְגִדְל-חֶסֶד.

Adonai is gracious and full of compassion; exceedingly patient, abounding in love.

טוֹב-יְיָ לְכָל;
וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו.

Adonai is good to all; God's compassion embraces all Creation.

יִוְדוּךָ יְיָ כָּל-מַעֲשֵׂיךָ;
וְחַסִּידֶיךָ יִבְרַכְּכָה.

All Your works shall thank You, O God; and Your faithful ones shall praise You.

כְּבוֹד מַלְכוּתֶךָ יֵאמְרוּ;
וְגִבּוֹרָתֶךָ יִדְבְּרוּ.

They shall declare the glory of Your dominion; and shall talk of Your might.

לְהוֹדִיעַ לְבָנָי
הָאָדָם גְּבוּרָתִיו;
וְכְבוֹד הַדָּר מַלְכוּתוֹ.

To make known to the world Your mighty acts; and the glorious majesty of Your sovereignty.

מַלְכוּתֶךָ מַלְכוּת כָּל-עוֹלָמִים;
וּמִמְּשָׁלֶיךָ בְּכָל-דּוֹר וָדוֹר.

Your sovereignty is everlasting; Your dominion endures throughout all generations.

סוּמְךָ יְיָ לְכָל-הַנִּפְלִיִּים;
וְזוֹקֶךָ לְכָל-הַכְּפוּפִים.

Adonai upholds all who stumble; and raises up all who are bowed down.

continued...

עֵינֵי-כָל אֱלֹהִים יִשְׁבְּרוּ;
וְאֶתָּה נוֹתֵן לָהֶם
אֶת-אֲכָלָם בְּעֵתוֹ.

The eyes of all look hopefully to You; You give them their food when it is due.

פּוֹתַח אֶת-יָדְךָ;
וּמִשְׁבִּיעַ לְכָל-חַי רְצוֹן.

You open Your hand; and satisfy the needs of all the living.

צַדִּיק יִי בְּכָל-דְּרָכָיו;
וְחַסִּיד בְּכָל-מַעֲשָׂיו.

Adonai, how beneficent are all Your ways; and how gracious are all Your deeds.

קָרוֹב יִי לְכָל-קוֹרְאָיו;
לְכָל אֲשֶׁר
יִקְרָאֵהוּ בְּאֵמֶת.

Adonai is near to all who call; to all who call upon Adonai in truth.

רְצוֹן יִרְאֵוּ יַעֲשֶׂה;
וְאֶת-שׁוֹעֲתָם
יִשְׁמַע וְיִוִּשְׁעֵם.

Adonai will fulfill the desire of those who are reverent; And hearing their cry, will save them.

שׁוֹמֵר יִי אֶת-כָּל-אֱהָבָיו;
וְאֵת כָּל-הַרְשָׁעִים יִשְׁמִיד.

Adonai preserves all those who are faithful; but all the wicked, Adonai will bring low.

תְּהִלַּת יִי יְדַבֵּר-פִּי,
וַיְבָרֵךְ כָּל-בָּשָׂר שֵׁם קִדְשׁוֹ
לְעוֹלָם וָעֶד.

My mouth shall speak praise of Adonai; Let all beings praise God's holy name forever.

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,
מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ!

We will praise Adonai, at this time and for evermore. Halleluyah!

CHATZI KADDISH

The word Kaddish is from the Hebrew root word for holiness. Kaddish prayers praise God. Though we may be most familiar with the Mourner's Kaddish, there are several versions of Kaddish used in different parts of a service. Chatzi or "half" Kaddish is said to transition from one section of the service to another. Here, Chatzi Kaddish marks the transition from the introductory prayers to the Sh'ma and its blessings.

Yit-ga-dal v'-yit-ka-dash	וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ
sh'-mei ra-ba.	שְׁמֵיהּ רַבָּא.
B'-al-ma di v'-ra, chir-u-tei.	בְּעֵלְמָא דִּי בְרָא, כְּרַעוּתֵיהּ.
V'-yam-lich mal-chu-tei	וַיַּמְלִיךְ מַלְכוּתֵיהּ
b'-cha-yei-chon uv'-yo-mei-chon	בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
uv'-cha-yei d'-chol beit Yis-ra-eil,	וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
ba-a-ga-la u-viz-man ka-riv.	בְּעֵגְלָא וּבְזִמְן קָרִיב.
V'-im-ru: a-mein.	וְאָמְרוּ: אָמֵן.

Magnified and sanctified be the great name of God, in the world according to the Divine will. May God's sovereignty soon be established, in our lifetime and that of the entire House of Israel. And let us say: Amen.

TOGETHER:

<i>Y'-hei sh'-mei ra-ba m'-va-rach</i>	יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ
<i>l'-a-lam ul-al-mei al-ma-ya.</i>	לְעַלְמֵם וּלְעַלְמֵי עֲלַמְיָא.

May God's great name be praised to all eternity.

Yit-ba-rach v'-yish-ta-bach	וַיִּתְבָּרַךְ וַיְשִׁיבֵנּוּ
v'-yit-pa-ar v'-yit-ro-mam	וַיִּתְפָּאֵר וַיִּתְרוֹמַם
v'-yit-na-sei v'-yit-ha-dar	וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
v'-yit-a-leh v'-yit-ha-lal	וַיִּתְעַלֶּה וַיִּתְהַלָּל
sh'-mei d'-ku-d'-sha.	שְׁמֵיהּ דְקֻדְשָׁא.
B'-rich hu.	בְּרִיךְ הוּא.
L'-ei-la min kol-bir-cha-ta	לְעֵלְא מִן כָּל-בְּרַכְתָּא
v'-shi-ra-ta tush-b'-cha-ta	וְשִׁירְתָּא תִּשְׁבְּחְתָּא
v'-ne-che-ma-ta da-a-mi-ran b'-al-ma.	וְנַחֲמְתָּא דְאֲמִירָן בְּעֵלְמָא.
V'-im-ru: a-mein.	וְאָמְרוּ: אָמֵן.

Hallowed and honored, extolled and exalted, adored and acclaimed be the name of the blessed Holy One, whose glory is above all the praises, hymns, and songs of adoration which human beings can utter. And let us say: Amen.

REFLECTIONS ON PRAYER

Start small.

Sing one note, even if you don't know the words.

Say one ancient prayer,
linking yourself with tradition, continuity, and eternity.

Say one modern prayer,
opening yourself to new ideas, growth, and change.

Bless this one moment,
for whatever it brings to you.

No one else can do this for you;
it belongs completely to you.

~ Jewish Theological Seminary [adapted]



BAR'CHU

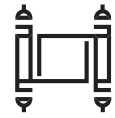
Bar'chu is the "call to worship." The first parts of the service are to prepare us as individuals. Bar'chu signals that, following this "warm up," it is time to join together for communal prayer.

Ba-r'-chu et A-do-nai ha-m'-vo-rach! בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ!
Bless Adonai, to whom all blessings are due!

Ba-ruch A-do-nai ha-m'-vo-rach בְּרוּךְ יְיָ הַמְּבֹרָךְ
l'-o-lam va-ed! לְעוֹלָם וָעֶד!
Bless Adonai, to whom all blessings are due forever and ever!

MAARIV ARAVIM

The words maariv aravim essentially mean "who brings on evenings." It is used, as evening approaches, to thank and praise God for creating nature and all the wonders of the universe.



בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עַרְבִים,
בְּחִכְמָה פּוֹתַח שְׁעָרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת הַזְּמַנִּים,
וּמְסַדֵּר אֶת הַכּוֹכָבִים,
בְּמִשְׁמְרוֹתֵיהֶם
בְּרַקִּיעַ כְּרָצוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,
וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְיָ צְבָאוֹת שְׁמוֹ.
אֵל חַי וְקַיִם, תָּמִיד וּמְלוֹךְ,
עֲלֵינוּ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ,
הַמַּעְרִיב עַרְבִים.

Blessed are You, Adonai our God, Ruler of the universe,
who speaks the evening into being, skillfully opens the gates,
thoughtfully alters the time and changes the seasons,
and arranges the stars in their heavenly courses according to plan.
You are Creator of day and night,
rolling light away from darkness and darkness from light,
transforming day into night and distinguishing one from the other.
Adonai Tz'vaot is Your Name.
Ever-living God, may You reign continually over us into eternity.
Blessed are You, Adonai, who brings on evening.

Maariv Aravim

Baruch atah Adonai el-oh-hay-noo melech ha-oh-lam ah-share
bead-vah-row mah-ah-reev ah-rah-veem beh-choch-mah
po-tay-ach sheh-ahreem, oo-veet-voo-nah meh-shah-neh
ee-teem, oo-machah-leaf eht hazeh-mah-neem, oom-sah-dare
eht hah-kocha-veem, beh-meesh-meh-row-tay-hem
bah-rah-key-ah keer-tzoh-no. Bow-ray yom vah-Lillah, go-layl
or me-penay cho-shech, veh-cho-shech me-penay or.
Oo-mah-ah-reev yohm oo-may-vee Lilah, oo-mahv-deal bain
yohm oo-vayn Lilah, Adonai tseh-vah-oat sheh-mow. Ayl Chi
vehkah-yahm tah-meed yeem-loch Ah-lay-new leh-Oh-lam
vah-ed. Baruch Atah Adonai, Ha-mah-ah-reev ah-ra-veem.

REFLECTIONS ON LOVE

In traditional liturgy, the Sh'ma is preceded by a prayer about God's love, said to be manifest through the gift of Torah and its teachings, which provide instruction about how to be the best people we can be and lead lives full of holiness. There are different versions of the Hebrew prayer for morning and evening. Below is a contemporary reflection about God's love, to be followed by the appropriate concluding Hebrew line from the liturgy.

Love your neighbor as yourself, You said.
And light-blinded we saw
that inner and outer worlds are one
as You are One.
You spoke and we wrote.
We reached for You down the centuries,
Your light moving before us
as we climbed, fell back and climbed again
Your Sinai of life.

~ Judi Neri

FOR MORNING SERVICES (Ahava Rabba)

Ba-ruch a-ta A-do-nai, ha-bo-cheir בְּרוּךְ אַתָּה יי, הַבּוֹחֵר
b'-a-mo Yis-ra-eil b'-a-ha-va. בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

Blessed are You, Adonai, who chooses Your people Israel with love.

FOR AFTERNOON/EVENING SERVICES (Ahavat Olam)

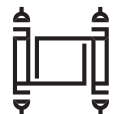
Ba-ruch a-ta A-do-nai, בְּרוּךְ אַתָּה יי,
o-heiv a-mo Yis-ra-eil. אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Blessed are You, Adonai, who loves Your people Israel.



SH'MA

The word sh'ma means hear or listen. This prayer is a declaration of the central tenant of Jewish faith ~ that God is One.



שְׁמַע יִשְׂרָאֵל,
יי אֱלֹהֵינוּ, יי אֶחָד!

Hear, O Israel, Adonai is our God, Adonai is one!

בְּרוּךְ שֵׁם כְּבוֹד
מְלְכוּתוֹ לְעוֹלָם וָעֶד!

Blessed is God's glorious majesty forever and ever!

Shema

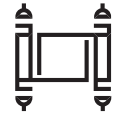
Shema Yisrael, Adonai, Eh-low-hay-new, Adonai Eh-chad.
Baruch Shame, keh-vod mah-leh-chu-tow leh-Oh-lahm vah-ed.

V'Ahavtah

Veh-ah-hav-tah eight Adonai eh-low-hehchah, beh-chohl
leh-vah-veh-chah oov-chohl naf-sheh-chah oov-chohl
meh-oh-deh-chah. Veh-high-you hah-deh-vah-reem hah-ay-leh
ah-share ah-no-chee mets-ahveh-chah high-yom
ahl-leh-vah-veh-chah. Veh-she-nahn-tom leh-vah-neh-chah
veh-dee-bar-tah bomb, beh-sheev-teh-chah
beh-vay-teh-chah oov-lech-teh-chah vah-deh-rech
oov-showch-beh-chah oov-koo-mehchah. Ook-shar-tom leh-oat
ahl yah-deh-chah veh-high-you leh-towtah-foht bain ay-nechah
ooh-tahv-tom ahl mezzuzot bay-techah ooveesh-ah-reh-chah
leh-mah-on tease-cah-roo vah-ah-see-tehm eht coal
meets-voh-tie. Vee-yee-tehm keh-doh-sheem lay-low-hay-chem.
Ahnee Adonai Eh-low-hay-chem ah-share hoh-tsay-tee
eht-chem may-eh-rets meets-rah-yeem, lee-heh-yoht lah-chem
lay-low-heem. Ah-nee Adonai Eh-low-hay-chem.

V'AHAVTA

V'ahavta is a continuation of the Sh'ma. It reminds us to remember and do God's commandments ~ particularly loving God, demonstrated by how we treat one another ~ and that we must teach what we learn to those who come after us.



וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ, וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֶנְכִי מְצַוְּךָ
הַיּוֹם עַל-לִבְבְּךָ. וְשָׁנַנְתָּם
לְבָנֶיךָ וְדַבַּרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ
בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
אֶת-כָּל-מִצְוֹתַי.
וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם,
לְהִיוֹת לָכֶם לֵאלֹהִים.
אֲנִי יְיָ אֱלֹהֵיכֶם.

And you shall love Adonai your God
with all your heart, with all your soul, and with all your being.
Take to heart these instructions with which I command you this day.
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.

Thus you shall remember to observe all My commandments, and be holy to your God.
I am Adonai, your God who brought you out of the land of Egypt to be your God;
I am Adonai, your God.

MI CHAMOCHA

Mi Chamocha celebrates freedom, expressing appreciation to God for freeing the Jewish people from slavery in Egypt, and praying for freedom of all kinds, for all people, for all time.

Mi cha-mo-cha ba-ei-lim A-do-nai? מי כַּמֹּכָה בְּאֱלִים יְיָ,
Mi ka-mo-cha ne-dar ba-ko-desh, מי כַּמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,
no-ra t'-hi-lot, o-sei fe-le? נוֹרָא תְהִילָת, עֹשֶׂה פְּלֵא?
Who is like You, Eternal One, among the Gods that are worshipped?
Who is like You, majestic in holiness, awesome in splendor, doing wonders?

FOR MORNING SERVICES

Shi-ra cha-da-sha shi-b'-chu שִׁירָה חֲדָשָׁה שְׁבַחוּ
g'-u-lim l'-shim-cha al-sh'-fat ha-yam! גְּאוּלִּים לְשִׁמְךָ עַל-שִׁפְתַּי הַיָּם!
Ya-chad ku-lam ho-du יַחַד כָּלֶם הוֹדוּ
v'-him-li-chu v'-am-ru: וְהִמְלִיכוּ וְאָמְרוּ:
"A-do-nai yim-loch l'-o-lam va-ed!" "יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"
Tzur Yis-ra-eil, ku-ma b'-ez-rat צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת
Yis-ra-eil uf'-dei chin-u-me-cha יִשְׂרָאֵל, וּפְדֵה כְּנַאֲמֶךָ
y'-hu-da v'-Yis-ra-eil. יְהוּדָה וְיִשְׂרָאֵל.
Go-a-lei-nu A-do-nai tz'-va-ot sh'-mo, גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
k'-dosh Yis-ra-eil. קְדוֹשׁ יִשְׂרָאֵל.
Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil. בְּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.

With a new song the redeemed sang to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power: "The Eternal shall reign for ever and ever!" Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised. Our redeemer, Adonai Tz'vaot is Your Name. Blessed are You, Adonai, redeemer of Israel.

FOR AFTERNOON/EVENING SERVICES

Mal-chu-t'-cha ra-u va-ne-cha, מַלְכוּתְךָ רָאוּ בְּנִיךָ,
bo-kei-a yam lif-nei Mo-she u'-Mir-yam. בּוֹקֵעַ יָם לְפָנַי מֹשֶׁה וּמִרְיָם.
"Zeh Ei-li" a-nu v'-am-ru: "זֶה אֱלִי" עָנּוּ וְאָמְרוּ:
"A-do-nai yim-loch l'-o-lam va-ed!" "יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד!"
V'-ne-e-mar: "Ki fa-da A-do-nai et Ya-a-kov, נֹאמְרוּ: "כִּי פָדָה יְיָ אֶת יַעֲקֹב,
u'-g'-a-lo mi-yad cha-zak mi-me-nu." וְגָאֵלוּ מִיַּד חֲזָק מִמֶּנּוּ."
Ba-ruch a-ta A-do-nai ga-al Yis-ra-eil. בְּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.

Your children witnessed Your rule, the sea splitting before Moses and Miriam. "This is our God!" they cried: "Adonai shall reign forever and ever." And it is said: "Adonai has redeemed Jacob from a hand stronger than his own." Blessed are You, Adonai, Redeemer of Israel.

T'FILAH ~ תְּפִלָּה

T'filah, which means prayer, begins the next section of the service, which is the central liturgy of Jewish worship. It begins with a passage from Psalms that reminds us to pray with sincerity and without hesitation, and continues with three prayers customarily chanted communally.

PLEASE REPEAT AFTER THE LEADER:

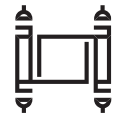
אֲדֹנָי שְׁפֹתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלָּתְךָ.

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



AVOT V'IMAHOT

Avot v'Imahot means fathers and mothers. It connects us to our ancestors and to the continuity of Jewish teachings and traditions throughout time.



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 עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים,
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסִדֵי
אֲבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה:
מְלֹךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּן.
בְּרוּךְ אַתָּה יְיָ,
מַגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

Blessed is our God, God of our fathers and mothers:

God of Abraham, God of Isaac, and God of Jacob;

God of Sarah, God of Rebekah, God of Rachel, and God of Leah.

Great, mighty, and awesome God, God supreme.

Ruler of all the living, Your ways are ways of love.

You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

You are our Sovereign and our Help, our Redeemer and our Shield.

Blessed are You, God, Shield of Abraham, Helper of Sarah.

Tefillah

Adonai Seh-fah-tie teef-tach, oo-fee yah-geed
teh-hee-lah-teh-chah

Adonai, open up my lips, that my mouth may declare your glory.

Avot v'imahot

Baruch atah Adonai eh-low-hay-noo vay-low-hay
ah-voh-tay-new veh-ee-mow-tay-new. Eh-low-hay Avraham,
eh-low-hay Yeets-chahk, vay-low-hay Yah-ah-cov. Eh-low-hay
Sarah, eh-low-hay Reev-kah, eh-low-hay Rah-chayl,
veh-low-hay Lay-ah. Hah-ail Hah-gah-dole hah-gee-boar
veh-hah-no-rah ail ehl-yohn, go-mail chah-sah-deem tow-veem
veh-koh-nay hah-coal, veh-zoh-chair chahs-day ah-vote
veh-eemah-hoht, oo-may-vee geh-oo-lah leev-nay veh-nay-hem
leh-mah-ahn sheh-mow beh-ah-hah-vah. Meh-lech Oh-zayr
oo-mow-shee-ah oo-mah-gain. Baruch Atah Adonai mah-gain
Avraham veh-ehz-raht Sahrah.

Gevurot

Ah-tah gee-boar leh-oh-lahm Adonai, meh-chahyay hah-coal
ah-tah rav leh-hoh-shee-ah. Mow-read hah-tahl. Meh-chahl-kayl
chah-yeem beh-cheh-sehd meh-chah-yay hah-coal
beh-rah-chah-meem rah-beem. Soh-maych noh-fleem
veh-row-fay chohleem, oo-mah-tear ah-soo-reem,
oo-meh-kah-yaym eh-moo-nah-tow lee-shay-nay ah-fahr. Mee
chah-mocha bah-ahl geh-voo-roht oo-mee doh-meh lahch,
melech may-meet oomeh-chah-yeh oo-mahts-mee-ach
yeh-shoo-ah? Veh-neh-eh-mahn ah-tah leh-ha-chah-yoht
hah-coal. Baruch ahtah Adonai meh-chayay hah-coal.

G'VUROT

G'vurot acknowledges God's power in nature and our lives.



אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,
מַחִיָּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.

WINTER¹

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

SUMMER¹

מוֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחִיָּה הַכֹּל
בְּרַחֲמִים רַבִּים.
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם
אֲמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כָמוֹךָ בְּעַל גְּבוּרוֹת
וּמִי דוֹמָה לָךְ,
מְלַךְ מִמִּית וּמַחִיָּה
וּמַצְמִיחַ יְשׁוּעָה?
וְנֶאֱמָן אַתָּה לְהַחֲיֹת הַכֹּל.
בְּרוּךְ אַתָּה יי, מַחִיָּה הַכֹּל.

Eternal is Your might, O God; all life is Your gift, Great is Your power to save!

You cause the wind to blow and the rain to fall.¹

You rain dew upon us.¹

With love You sustain the living. With great compassion You give life to all.

You send help to the falling and healing to the sick;

You bring freedom to the captive, and keep faith with those who sleep in the dust.

Who is like You, Mighty One, Author of life and death, Source of Salvation?*

You faithfully give life to all.

Blessed are You, O God, the Source of life.

¹Seasonal addition:

WINTER ~ From Simchat Torah to Pesach (fall through the following spring).

SUMMER ~ From Pesach to Simchat Torah (spring through the following fall).

*During Yamim Noraim (the ten days between Rosh Hashana and Yom Kippur) add:

Mi cha-mo-cha av ha-ra-cha-mim, מִי כָמוֹךָ אֵב הַרְחָמִים,

zo-cheir y'-tzu-rav l'-cha-yim b'-ra-cha-mim? זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

Who is like You, Compassionate God, who mercifully remembers Your creatures for life?

K'DUSHA

K'dusha, from the Hebrew root word meaning holy, declares God's holiness.

FOR MORNING SERVICES

N'-ka-deish et shim-cha ba-o-lam,

k'-sheim she-mak-di-shim o-to

bish-mei ma-rom,

ka-ka-tuv al yad n'-vi-e-cha,

v'-ka-ra zeh el zeh v'-a-mar:

Ka-dosh, ka-dosh, ka-dosh

A-do-nai tz'-va-ot,

m'-lo chol ha-a-retz k'-vo-do.

L'-u-ma-tam ba-ruch yo-mei-ru:

Ba-ruch k'-vod A-do-nai mim-ko-mo.

Uv'-di-vrei kod-sh'-cha ka-tuv lei-mor:

Yim-loch A-do-nai l'-o-lam,

E-lo-hai-yich Tzi-on,

l'-dor va-dor, ha-l'-lu-yah!

L'-dor va-dor na-gid god-le-cha,

ul-nei-tzach n'-tza-chim k'-du-shat-cha

nak-dish, v'-shiv-cha-cha, E-lo-hei-nu,

mi-pi-nu lo ya-mush l'-o-lam va-ed.

Ba-ruch a-ta A-do-nai, ha-Eil ha-ka-dosh.

Let us sanctify Your name on earth, as it is sanctified in the heavens above. As is written by Your prophet: Holy, Holy, Holy is Adonai Tz'vaot! God's presence fills all the earth. They responded in blessing: Blessed is the presence of God, shining forth from where God dwells. In Your holy scripture it is written: Adonai shall reign forever, Your God O Zion, for all generations. Halleluyah. For all generations we will tell of Your greatness and for all eternity proclaim Your holiness. Your praise, our God, will never depart from our mouths, for You are a Sovereign God, great and holy. Blessed are You Adonai, the holy God.

FOR EVENING SERVICES

A-ta ka-dosh v'-shim-cha ka-dosh,

u'-k'-do-shim b'-chol-yom

y'-ha-l'-lu-cha Se-lah.

Ba-ruch a-ta A-do-nai, ha-Eil ha-ka-dosh.

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day. Blessed are You, Adonai, the holy God.

נְקַדֵּשׁ אֶת-שְׁמֶךָ בְּעוֹלָם,

כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ

בְּשָׁמַי מְרוֹם,

כְּכַתוּב עַל-יַד נְבִיאֶךָ,

וְקָרָא זֶה אֶל-זֶה וְאָמַר:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ

יְיָ צְבָאוֹת,

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

לְעַמְתֶּם בְּרוּךְ יְאִמְרוּ:

בְּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

וּבְדַבְרֵי קְדֻשָּׁתְךָ כְּתוּב לְאִמֹר:

יְמַלֵּךְ יְיָ לְעוֹלָם,

אֱלֹהֶיךָ צִיּוֹן,

לְדֹר וָדֹר, הַלְלוּיָהּ!

לְדֹר וָדֹר נְגִיד גְּדֻלָּתְךָ,

וּלְנֹצֵחַ נְצָחִים קְדֻשָּׁתְךָ

נְקַדִּישׁ, וְשִׁבְחֶךָ, אֱלֹהֵינוּ,

מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ.

אַתָּה קְדוֹשׁ וְשְׁמֶךָ קְדוֹשׁ,

וְקְדוּשֵׁים בְּכָל-יוֹם

יְהַלְלוּךָ סֵלָה.

בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ.

PETITION BLESSINGS

On weekdays the first three blessings of T'filah are followed by a series of petitions to God. They are not included on Shabbat as it is a time of perfect peace making petition unnecessary. Below are the English translations of each blessing, along with their Hebrew conclusions. This portion of the service may be either said together or reflected upon individually.

You grace humans with knowledge and teach mortals understanding.
Graciously share with us Your wisdom, insight, and knowledge:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
cho-nein ha-da-at. חוֹנֵן הַדַּעַת.
Blessed are You, Adonai, who graces us with knowledge.



Return to us Your Torah and draw us to Your service and, in complete
repentance, restore us to Your Presence:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
ha-ro-tzeh bi-t'-shu-va. הַרוּצֵה בַתְּשׁוּבָה.
Blessed are You, Adonai, who welcomes repentance.



Forgive us for we have sinned, pardon us for we have transgressed,
for You pardon and forgive:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
ha-mar-ba lis-lo-ach. הַמַּרְבֵּה לְסִלְחָה.
Blessed are You, Adonai, abounding in forgiveness.



Take note of our affliction and make our struggles Yours. Redeem us
swiftly for Your name's sake, for You are the mighty redeemer:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
go-eil Yis-ra-eil. גּוֹאֵל יִשְׂרָאֵל.
Blessed are You, Adonai, who redeems Israel

continued...

PETITION BLESSINGS CONTINUED...

Heal us, Adonai, and let us be healed; save us and let us be saved.
Grant full healing to our every illness, wound, and pain:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
ro-fei ha-cho-lim. רוֹפֵא הַחוּלִים.
Blessed are You, Adonai, who heals the sick.



Bless this our year and its abundant harvest for good.
Grant blessing throughout the earth and satisfy us with Your goodness:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
m'-va-reich ha-sha-nim. מְבַרְךָ הַשָּׁנִים.
Blessed are You, Adonai, who blesses the years.



Sound the great shofar to proclaim our freedom,
raise a great banner for our oppressed, and for the voice of liberty,
to be heard in the four corners of the earth:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
po-deh a-shu-kim. פּוֹדֵה עֲשׂוּקִים.
Blessed are You, Adonai, who redeems the oppressed.



Pour Your spirit upon the rulers of all lands,
and guide them, that they may govern justly.
May You alone rule over us in steadfast love and compassion:

Ba-ruch a-ta A-do-nai, בָּרוּךְ אַתָּה יי,
o-heiv tz'-da-ka u-mish-pat. אוֹהֵב צְדָקָה וּמִשְׁפָּט.
Blessed are You, Adonai, who loves righteousness and justice.

continued...

Hear our voice, Adonai our God, have compassion upon us,
and accept our prayer with favor and mercy,
for You are a God who hears prayer and supplication:

Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יי,
sho-mei-a t'-fi-la.	שׁוֹמֵעַ תַּפִּלָּה.
Blessed are You, Adonai, who hearkens to prayer.	



Find favor, Adonai our God, with Your people Israel,
and accept their prayer in love.
May the worship of Your people Israel always be acceptable.
God is near to all who call, turn lovingly to Your servants.
Pour out Your spirit upon us:

Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יי,
ha-ma-cha-zir Sh'-chi-na-to l'-Tzi-on.	הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.
Blessed are You, Adonai, whose Presence returns to Zion.	



PRAYER OF GRATITUDE

God of goodness, we give thanks...
For the gift of life, wonder beyond words;
For the awareness of soul, our light within;
For the world around us, so filled with beauty;
For the richness of the earth, which day by day sustains us;
For all these and more, we offer thanks.

~ Judith Z. Abrams

Ba-ruch a-ta A-do-nai,	בָּרוּךְ אַתָּה יי,
ha-tov shim-cha	הַטּוֹב שִׁמְךָ
ul'-cha na-eh l'-ho-dot.	וְלִךָ נָאֵה לְהוֹדוֹת.
Blessed are You, Adonai, Your name is Goodness, and You are worthy of gratitude.	

PRAYER FOR THE STATE OF ISRAEL

A-vi-nu shei-ba-sha-ma-yim	אָבִינוּ שֵׁבַשְׁמַיִם
tzur Yis-ra-eil v'-go-a-lo,	צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
ba-reich et-m'-di-nat Yis-ra-eil,	בְּרִיךְ אֶת-מְדִינַת יִשְׂרָאֵל,
rei-shit tz'-mi-chat g'-u-la-tei-nu.	רֵאשִׁית צְמִיחַת גְּאֻלַּתֵּנוּ.
Ha-gein a-le-ha b'-ev-rat chas-d-cha.	הֲגֵן עָלֶיךָ בְּאַבְרַת חֶסֶדְךָ.
U-fros a-le-ha su-kat sh'lo-me-cha.	וּפָרֵס עָלֶיךָ סִכַּת שְׁלוֹמְךָ.
Ush-lach o-r'-cha v-a-mit-cha	וּשְׁלַח אוֹרְךָ וְאַמְתֵּךְ
l'-ra-she-ha, sha-re-ha v'-yo-a-tze-ha,	לְרֵאשִׁיָּהּ, שְׂרִיָּהּ וְיוֹעֲצִיָּהּ,
v'-tak-neim b'-ei-tza	וְתִקְנֵם בְּעֵצָה
to-va mil-fa-ne-cha.	טוֹבָה מִלְּפָנֶיךָ.
Cha-zeik et-y'-dei	חַזֵּק אֶת-יְדֵי
m'-gi-nei e-retz kod-shei-nu,	מִגְּנֵי אֶרֶץ קֹדֶשְׁנוּ,
v'-han-chi-leim E-lo-hei-nu y'-shu-a,	וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה,
v'-a-te-ret ni-tza-chon t'-at-reim.	וְעֲטֹרַת נְצַחֹן תְּעֲטֹרֵם.
V'-na-ta-ta sha-lom ba-a-retz	וְנַתַּתְּ שְׁלוֹם בְּאֶרֶץ
v'-sim-chat o-lam l'-yosh-ve-ha.	וְשִׂמַּחַת עוֹלָם לְיוֹשְׁבֶיהָ.

O Heavenly One, Rock and Protector of Israel:
Bless the State of Israel,
which marks the dawning of hope for all who seek peace.

Shield it beneath the wings of Your love;
Spread over it the canopy of Your peace;
Send Your light and truth to all who lead and advise the country,
guiding them with Your good counsel.

Establish peace in the land and fullness of joy
for all who dwell there.

PRAYERS FOR PEACE

May we find peace with those we love, growing together over time.
May we be at peace with ourselves, and with the labors that fill our days.
May we fashion peace in our world, with wisdom and gentle patience.

~ Judith Z. Abrams

FOR MORNING SERVICES (Sim Shalom)

Sim sha-lom, to-va, u-v'-ra-cha, שְׁמֵי שְׁלוֹם, טוֹבָה, וּבְרָכָה,
chein va-che-sed v'-ra-cha-mim חַן וְחֶסֶד וְרַחֲמִים
a-lei-nu v'-al-kol Yis-ra-eil a-me-cha. עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל עֲמִיד.
Bar-chei-nu, a-vi-nu, בְּרַכְנוּ, אָבִינוּ,
ku-la-nu k-e-chad b'-or pa-ne-cha, כְּלָנוּ כְּאַחַד בְּאוֹר פְּנִיךָ,
ki v'-or pa-ne-cha na-ta-ta la-nu, כִּי בְּאוֹר פְּנִיךָ נִתְּתָה לָנוּ,
A-do-nai E-lo-hei-nu. יְיָ אֱלֹהֵינוּ.
To-rat cha-yim v'-a-ha-vat che-sed, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
u-tz'-da-ka u-v'-ra-cha וְצַדִּיקָה וּבְרָכָה
v'-ra-cha-mim v'-cha-yim v'-sha-lom. וְרַחֲמִים וְחַיִּים וְשְׁלוֹם.

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth. Bless our country as a safeguard of peace, its advocate among the nations. May contentment reign within our borders, health and happiness within our homes. Strengthen the bonds of friendship and fellowship among all the inhabitants of our world. Plant virtue in every soul, and may the love of Your name hallow every person.

FOR AFTERNOON/EVENING SERVICES (Shalom Rav)

Sha-lom rav al Yis-ra-eil am-cha שְׁלוֹם רַב עַל יִשְׂרָאֵל עֲמִיד
ta-sim l'-o-lam, תְּשִׁים לְעוֹלָם,
ki a-ta hu Me-lech a-don כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
l'-chol ha-sha-lom. לְכָל הַשְׁלוֹם.
V'-tov b'-ei-ne-cha l'-va-reich וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ
et am-cha Yis-ra-eil, אֶת עַמְּךָ יִשְׂרָאֵל,
b'-chol eit u'-v'-chol-sha-a בְּכָל עֵת וּבְכָל-שָׁעָה
bi-sh'lo-me-cha. בְּשְׁלוֹמְךָ.

O Sovereign Source of peace, let Israel, Your people, know enduring peace. For it is good in Your sight to bless Israel and all peoples continually with Your peace.

THOUGHTS FOR PERSONAL MEDITATION

O God, keep my tongue from evil and my lips from deceit.
Help me to be silent in the face of derision,
humble in the presence of all.
Open my heart to Your Torah, that I may hasten to do Your Mitzvot.
Save me with Your power; in time of trouble be my answer,
that those who love You may rejoice.

~ English translation of traditional text for personal meditation, Elohai N'tzur, based on Psalm 34:14



Yi h'-yu l'-ra-tzon im-rei fi יְהִיו לְרָצוֹן אִמְרֵי פִי
v'-heg-yon li-bi l'-fa-ne-cha, וְהִגְיוֹן לְבִי לְפָנֶיךָ,
A-do-nai tzu-ri v'-go-a-li. יְיָ צוּרִי וְגוֹאֲלִי.

May the words of my mouth and the meditations of my heart be acceptable unto You,
Adonai, my Rock and my Redeemer.

~ Psalm 19:15



O-zi v'-zim-rat Ya; va-y'-hi li-shu-a. עֲזִי וְזִמְרַת יְהוָה; וַיְהִי-לִי לִישׁוּעָה.

Adonai is my strength and might; God will be my salvation.

~ Exodus 15:2



Ei-li, ei-li, she-lo yi-ga-meir l'-o-lam: אֱלֹהִי, אֱלֹהִי, שְׁלֹא יִגְמַר לְעוֹלָם:
ha-chol v'-ha-yam, הַחֹול וְהַיָּם,
rish-rush shel ha-ma-yim, רִשְׁרוּשׁ שֶׁל הַמַּיִם,
b'-rak ha-sha-ma-yim, בְּרַק הַשָּׁמַיִם,
t'-fi-lat ha-a-dam תִּפְלַת הָאָדָם.

*O God, my God, I pray that these things never end:
the sand and the sea, the rush of the waters,
the crash of the heavens, the prayer of the heart.*

~ Hannah Sennesh



O-seh sha-lom bim-ro-mav, עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,
hu ya-a-seh sha-lom a-lei-nu הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
v'-al kol Yis-ra-eil. וְעַל-כָּל יִשְׂרָאֵל.
V'-im'-ru: Amen. וְאָמְרוּ: אָמֵן.

May the One who makes peace in the heavens,
make peace for all of us, and for all Israel. Amen.

TORAH SERVICE

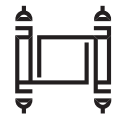
The word Torah means teaching. It refers to the hand-written parchment scroll containing the Five Books of Moses, also called the Hebrew Bible.

In this scroll is the secret of our people's life from Sinai until now.
Its teaching is love and justice, goodness and hope.
Freedom is its gift to all who treasure it.

Ki mi-tzi-yon tei-tzei To-rah, כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה,
ud'-var A-do-nai mi-Y'ru-sha-la-yim. וְדַבֵּר יְיָ מִירוּשָׁלַיִם.
Torah shall come from Zion, the word of Adonai from Jerusalem.

Ba-ruch she-na-tan To-rah בְּרוּךְ שֶׁנָּתַן תּוֹרָה
l'-a-mo Yis-ra-eil bi-k'-du-sha-to. לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.
Blessed is the One who in holiness has given the Torah to our people, Israel.

גְּדֹלוֹ לַיְיָ אֱתִי,
וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו.
O magnify the Eternal One with me, and together let us exalt the name of the Source.



HAKAFA

Hakafa means to encircle or go around. It is the procession with the Torah scrolls. This is done as a means of allowing everyone present direct contact with the Torah.

L'-cha A-do-nai, ha-g'-du-la לָךְ יְיָ, הַגְּדֹלָה
v'-ha-g'-vu-ra v'-ha-tif-e-ret וְהַגְּבוּרָה וְהַתְּפִאָּרֶת
v'-ha-nei-tzach v'-ha-hod, וְהַנִּצָּח וְהַהוֹד,
ki chol ba-sha-ma-yim u-va-a-retz. כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ.
L'-cha A-do-nai ha-mam-la-cha לָךְ יְיָ הַמְּמַלְכָה
v'-ha-mit-na-sei, l'-chol l'-rosh. וְהַמְּתַנַּשֵּׂא, לְכֹל לְרֹאשׁ.

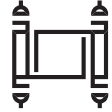
Yours, O Source, is the greatness and the power, the glory, the victory and the majesty;
for all that is in heaven and in the earth is Yours; You are the Sovereign;
You are supreme over all.

Ro-m'-mu A-do-nai E-lo-hei-nu רוּמְמוּ יְיָ אֱלֹהֵינוּ
v'-hish-ta-cha-vu l'-har kod-sho, וְהִשְׁתַּחֲוּוּ לְהַר קֹדֶשׁוֹ,
ki ka-dosh A-do-nai E-lo-hei-nu. כִּי קָדוֹשׁ יְיָ אֱלֹהֵינוּ.

Exalt Adonai our God, and bow down toward God's holy mountain,
for Adonai our God is holy.

הָבוּ גְדֹלַת לַאֱלֹהֵינוּ
וְתַנּוּ כְבוֹד לַתּוֹרָה.

Let us declare the greatness of our God and give honor to the Torah.



ON THE OCCASION OF BECMING BAR / BAT MITZVAH...

SHALSHELET HA-KABBALAH

Shalshet ha-kabbalah means chain of tradition. It refers to the custom of passing the Torah scroll through the generations as a Bar or Bat Mitzvah prepares to read from it.

Jewish tradition teaches that God gave the Torah to Moses;
who then studied it and passed on what he had learned to Joshua;
Joshua studied the Teaching,
and passed it on to the elders of the community;
they in turn studied and passed on what they learned to their children;
and so on and so on and so on ~
throughout the history of the Jewish people,
have we passed the Torah on to those that come after us:

Always pass on what you have learned.

~ Yoda, *Star Wars: Return of the Jedi*

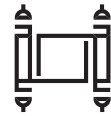


D'VAR TORAH

D'var Torah means a word of Torah. It is an address delivered during the service with explanation, interpretation, commentary, and lessons derived from the Torah reading. A Bar or Bat Mitzvah may also includes personal reflections of the day.

TORAH BLESSINGS

The Hebrew word aliyah means go up. It refers to the honor of being called up to the bima to recite the blessings before and after each section of Torah is read. Though one may be called to the Torah anytime after turning thirteen, it is participating in this honor publicly for the first time that ritually marks becoming a Bar or Bat Mitzvah.



BLESSING BEFORE EACH SECTION OF TORAH IS READ

LEADER

בְּרַכּוּ אֶת יְיָ הַמְּבַרְךָ!

TOGETHER

*Ba-ruch A-do-nai ha-m'-vo-rach
l'-o-lam va-ed!*

בְּרוּךְ יְיָ הַמְּבַרְךָ
לְעוֹלָם וָעֶד!

LEADER

בְּרוּךְ יְיָ הַמְּבַרְךָ
לְעוֹלָם וָעֶד!
בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל-הָעַמִּים
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Bless Adonai, to whom all blessings are due!

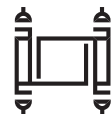
Blessed is Adonai, to whom our blessings are due, now and forever!

Blessed is Adonai, to whom our blessings are due, now and forever!

Blessed is Adonai our God, Ruler of the universe, who has chosen us from all peoples by giving us the Torah. Blessed is Adonai, Giver of the Torah.



TORAH READING



BLESSING AFTER EACH SECTION OF TORAH IS READ

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכָנוּ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed is Adonai, our God, Ruler of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed is Adonai, giver of the Torah.

Torah Service

Shema during Torah service

Shema Yisrael, Adonai, Eh-low-hay-new, Adonai Eh-chad.

SPEECH ON TORAH PORTION HERE

TORAH READING

Torah Portion Nasso 6:16-26

Aliyah 1

16. Veh-heck-reev hah-koh-hayn leef-nay Adonai veh-ah-sah eht chah-tah-toh veh-eht oh-lah-toh.

17. Veh-eht hah-ah-yeel yah-ah-seh zeh-vahch sheh-lah-meem L'Adonai ahl sahl hah-mahtzoht veh-ah-sah hah-koh-hayn eht meen-chah-toh veh-eht nees-koh.

18. Veh-gee-lahch hahnah-zeer peh-tahch oh-hehl moh-ayd eht rohsh neez-roh veh-lah-kahch eht seh-ahr rohsh neez-roh veh-nah-tahn ahl hah-aysh ah-shayr tah-chaht zeh-vahch hah-sheh-lah-meem

Aliyah 2

19. Veh-lah-kahch hah-koh-hayn eht hahzeh-roh-ah
beh-shay-lah meen hah-ah-yeel veh-chah-laht matzah
ah-chaht meen hah-sahl oor-keek mahtzah eh-chaht
veh-nah-tahn ahl kah-pay hah-nah-zeer ah-chahr
heet-gahleh-choh eht neez-roh

20. Veh-hay-neef oh-tahm hah-koh-hayn teh-noo-fah leef-nay
Adonai Koh-dehsh hoo lah-koh-hayn ahl chah-zay
hah-teh-noo-fah veh-ahl shohk hah-teh-roo-mah veh-ah-chahr
yeesh-teh hah-nah-zeer yah-yeen.

21. Zoht Toh-roht hahnah-zeer ah-shayr yee-dohr
kohr-bah-noh Lah-Adonai ahl neez-roh mee-leh-vahd
ah-shayr tah-seeg yah-doh keh-fee need-roh ah-shayr
yee-dohr kayn yah-ah-seh ahl Toh-raht neez-roh.

Blessing Before Torah Reading

YOU: Bar-eh-choo eht Adonai hah-meh-voh-rahch!

(congregation responds – Baruch Adonai hah-meh-voh-rahch leh-oh-lahm vah-ed!)

YOU: Baruch Adonai hah-meh-voh-rahch leh-oh-lahm vah-ed!

Baruch Ahtah Adonai, eh-low-hay-noo melech ha-oh-lahm ah-share bah-chahr bah-noo mee-coal ha-ah-meem, veh-nahtahn lah-noo eht Torah-tow.

Baruch Ahtah Adonai, noh-tayn hah-Torah.

Aliyah 3

22. Vi-dah-bayr Adonai ehl Mohsheh lay-mohr.

23. Dah-bayr ehl Ah-hah-rohn veh-ehl bah-nahv lay-mohr koh teh-vah-reh-choo eht beh-nay Yees-rah-ayl ah-mohr lah-hehm.

24. Yeh-vah-reh-cheh-chah Adonai veh-Yeesh-meh-reh-chah.

25. Yah-ayr Adonai pah-nahv ay-leh-chah vee-choo-neh-kah.

26. Yee-sah Adonai pah-nahv ay-leh-chah veh-yah-saym leh-chah Shalom.

-

Blessing After the Reading of the Torah

Baruch Ahtah Adonai, eh-low-hay-noo melech ha-oh-lahm ah-share nahtahn lah-noo Toraht eh-met. Veh-chahyay oh-lahm nah-tah beh-tow-chay-noo. Baruch Ahtah Adonai, noh-tayn hah-Torah.

MI SHEBEIRACH

This version of Mi Shebeirach is an adaptation of the traditional prayer used to wish for healing for anyone in need of healing, be it physically, emotionally, or spiritually. The prayer is also used to help us feel a part of a community, and derive comfort from that connection.

Mi she-bei-rach a-vo-tei-nu מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ
m'-kor ha-b'ra-cha l'-i-mo-tei-nu. מְקוֹר הַבְּרָכָה לְאֲמוֹתֵינוּ.

*May the source of strength
who blessed the ones before us
help us find the courage
to make our lives a blessing.
And let us say: Amen.*

Mi she-bei-rach i-mo-tei-nu מִי שֶׁבֵּרַךְ אֲמוֹתֵינוּ
m'-kor ha-b'ra-cha la-a-vo-tei-nu. מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

*Bless those in need of healing
with r'-fu-a sh'-lei-ma* ~
the renewal of body,
the renewal of spirit.
And let us say: Amen.
~ Debbie Friedman and Drora Setel*

*complete healing



LIFTING, DRESSING, AND RETURNING THE TORAH

The lifting of the Torah with the scroll open showing at least three columns of text is called Hagbaha in Hebrew. It is another means of making sure everyone present has direct contact with the Torah. Dressing the Torah is a ritual honor, often reserved for children.

V'-zot ha-To-rah a-sheer sam Mo-she וְזֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה
lif-nei b'-nei Yis-ra-eil, לְפָנֵי בְנֵי יִשְׂרָאֵל,
al pi A-do-nai b'-yad Mo-she. עַל-פִּי יְיָ בְיַד-מֹשֶׁה.

*This is the Torah that Moses placed before the people of Israel
to fulfill the word of God through Moses.*

Eitz-cha-yim hi la-ma-cha-zi-kim ba, עֵץ-חַיִּים הִיא לַמְחַזְקִים בָּהּ,
v'-to-m'-che-ha m'-u-shar. וְתִמְכֶּיהָ מְאֹשֶׁר.

*It is a tree of life to them who hold fast to it,
and all of its supporters are happy!
Shalom!*

PARENTS' PRAYER FOR BAR OR BAT MITZVAH

Truly wonderful, the mind of a child is.

~ Yoda, *Star Wars: Attack of the Clones*

May you live to see your world fulfilled.

May your destiny be for worlds still to come,
And may you trust in generations past and yet to be.

May your heart be filled with intuition,
and your words be filled with insight.

May songs of praise ever be upon your tongue,
and your vision be a straight path before you.

May your eyes shine with the light of holy words,
your ears hear the music of their words,
and your face reflect the brightness of the heavens.

~ Talmud Berachot 17A



RABBI'S BLESSING

Y'-va-re-ch'-cha A-do-nai v'-yish-m'-re-cha.

Ya-eir A-do-nai pa-nav ei-le-cha vi-chu-ne-ka.

Yi-sa A-do-nai ei-le-cha

v'-ya-seim l'-cha sha-lom!

May God bless and keep you.

May God deal kindly and graciously with you.

May God bestow favor upon you and grant you peace!

בְּרַכָּךָ יי וַיְשַׁמְרֶךָ.

יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ.

יִשָּׂא יי פָּנָיו אֵלֶיךָ

וַיִּשֶׂם לְךָ שְׁלוֹם!



SHEHECHEYANU

This blessing is said when experiencing things for the first time
or celebrating joyous occasions.



בָּרוּךְ אַתָּה יי,

אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם,

שֶׁהַחַיִּינוּ, וְקִיַּמְנוּ,

וְהַגִּיעְנוּ, לְזִמְנוֹ הַזֶּה.

Blessed are You, Adonai our God, Sovereign of the universe, for giving us life,
sustaining us, and enabling us to reach this day of joy.

ALEINU

Aleinu stresses Judaism's contribution of praying to only one God. It also expresses the hope for a time when all humankind will unite and make God's world one world.

<i>A-lei-nu l'-sha-bei-ach la-a-don ha-kol,</i>	עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
<i>la-teit g'-du-la l'-yo-tzeir b'-rei-shit,</i>	לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
<i>she-lo a-sa-nu</i>	שֶׁלֹא עָשָׂנוּ
<i>k'-go-rei ha-a-ra-tzot, v'-lo sa-ma-nu</i>	כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ
<i>k'-mish-p'-chot ha-a-da-ma.</i>	כְּמִשְׁפְּחוֹת הָאֲדָמָה.
<i>She-lo sam chel-kei-nu ka-hem,</i>	שֶׁלֹא שָׂם חֶלְקֵנוּ כֶּהֱם,
<i>v'-go-ra-lei-nu k'-chol ha-mo-nam.</i>	וְגָרְלָנוּ כְּכֹל הַמוֹנָם.
<i>Va-a-nach-nu ko-rim</i>	וְאֶנְחָנוּ כּוֹרְעִים
<i>u-mish-ta-cha-vim u-mo-dim,</i>	וּמִשְׁתַּחֲוִים וּמוֹדִים,
<i>lif-nei Me-lech, mal-chai ham-la-chim,</i>	לְפָנֵי מֶלֶךְ, מַלְכֵי הַמְּלָכִים,
<i>ha-ko-dosh ba-ruch hu.*</i>	הַקְּדוֹשׁ בְּרוּךְ הוּא.*
<i>V'-ne-e-mar: "v'-ha-ya A-do-nai</i>	וְנֵאמַר: "וְהָיָה יי
<i>l'-Me-lech al kol ha-a-retz."</i>	לְמֶלֶךְ עַל כָּל הָאָרֶץ."
<i>Ba-yom ha-hu yi-h'-ye A-do-nai e-chad,</i>	בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד,
<i>u-sh'-mo e-chad.</i>	וְשֵׁמוֹ אֶחָד.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. Therefore bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One. Thus it has been said, "Adonai will be Sovereign over all the earth." On that day, Adonai will be one, and God's Name will be One.



*THIS MAY BE INSERTED BEFORE CONCLUDING WITH "V'NEEMAR"

<i>She-hu no-teh sha-ma-yim v'-yo-seid a-retz,</i>	שֶׁהוּא נוֹטֵה שָׁמַיִם וַיִּסַּד אָרֶץ,
<i>u-mo-shav y'-ka-ro ba-sha-ma-yim mi-ma-al,</i>	וּמוֹשֵׁב יָקָרוּ בְּשָׁמַיִם מִמַּעַל,
<i>ush-chi-nat u-zo b'-gav-hei m'-ro-mim,</i>	וּשְׁכִינַת עֹזוֹ בְּגִבְהֵי מְרוֹמִים,
<i>hu E-lo-hei-nu ein od.</i>	הוּא אֱלֹהֵינוּ אֵין עוֹד.
<i>E-met mal-chei-nu e-fes zu-la-to,</i>	אֶמֶת מִלְכָּנוּ אֶפֶס זוֹלָתוֹ,
<i>ka-ka-tuv b'-To-ra-to: v'-ya-da-ta ha-yom</i>	כְּכָתוּב בְּתוֹרָתוֹ: וַיֵּדַעַת הַיּוֹם
<i>va-ha-shei-vo-ta el l'-va-ve-cha, ki A-do-nai</i>	וְהִשְׁבַּת אֶל לְבַבְךָ, כִּי יי
<i>hu ha-E-lo-him ba-sha-ma-yim mi-ma-al,</i>	הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל,
<i>v'-al ha-a-retz mi-ta-chat, ein od.</i>	וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

For You spread out the heavens and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

MEDITATION BEFORE KADDISH

Mourner's Kaddish is recited near the end of most Jewish services. As with other forms of the Kaddish prayer, its roots are based in Hebrew word meaning holy and it declares God's holiness. Although it is said in memory of those who have died, it does not actually mention death or mourning. Rather it praises God, and is said in this context as an affirmation of faith and life. Traditionally, it is said in the presence of a minyan (ten Jewish adults), therefore providing some support to those who may be in mourning. Customs include reflecting on those who have died, in our own lives and in the greater community, prior to reciting the prayer.

When I die give what's left of me away
To children, and old men that wait to die.
And if you need to cry,
cry for your brother walking the street beside you.
And when you need me, put your arms around anyone
and give them what you need to give me.
I want to leave you something,
something better than words or sounds.
Look for me in the people I've known or loved.
And if you cannot give me away,
at least let me live on in your eyes and not on your mind.
You can love me most by letting hands touch hands,
by letting bodies touch bodies,
and by letting go of children who need to be free.
Love doesn't die, people do.
So, when all that's left of me is love, give me away.

~ Merrit Malloy



We are grateful to God for the gift of their lives, for the joys we shared,
and for the cherished memories that never fade.

May God grant those who mourn the strength to see beyond their sorrow,
sustaining them despite their grief.

May the faith that binds us to our loved ones be a continuing source of comfort,
as we invite those who mourn, and those observing Yahrzeit,
to praise God's name with the words of the Kaddish.



Memory is all we are ever left with,
images of times gone by where our lives intersect with those we love.
We embrace those memories,
and allow them to comfort us when we need them the most.

~ Rabbi Michael Sommer

MOURNER'S KADDISH

As we rise for Kaddish, please take a moment to remember those close to your own heart.



יְתַגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ,
בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֻגְלָא וּבְזֵמַן קָרִיב.
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמִים וְלְעָלְמֵי עָלְמֵיָא.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקָדְשָׁא בְּרִיךְ הוּא,
לְעֻלְמָא מִן-כָּל בְּרַכְתָּא
וְשִׁירְתָּא, תְּשַׁבְּחַתָּא
וְנַחֲמַתָּא, דְּאֲמִירוֹן בְּעֻלְמָא.
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא,
וְחַיִּים עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם
עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.

May the source of peace send peace to all who mourn,
and comfort all who are bereaved. Amen.

ADON OLAM

Adon Olam is a poem, believed to have been written in Medieval times. Its words, about God alone and eternal, without beginning nor end, are to remind us that God is part of everything.

*A-don o-lam a-sheer ma-lach
b'-te-rem kol y'-tzir ni-vra
l'-eit na-a-sah v'-chef-tzo kol
a-zai me-lech sh'-mo ni-kra.*

*V'-a-cha-rei ki-ch'-lot ha-kol
l'-va-do yim-loch no-ra
v'-hu ha-yah, v'-hu ho-veh
v'-hu yi-h'-yeh, b'-tif-a-rah.*

*V'-hu e-chad v'-ein shei-ni
l'-ham-shil lo l'-hach-bi-rah
b'-li rei-shit, b'-li tach-lit
v'-lo ha-oz v'-ha-mis-rah.*

*V'-hu Ei-li v'-chai go-a-li
v'-tzur chev-li b'-eit tza-rah
v'-hu ni-si u-ma-nos li
m'-nat ko-si b'-yom ek-ra.*

*B'-ya-do af-kid ru-chi
b'-eit i-shan v'-a-i-rah
v'-im ru-chi g'-vi-ya-ti
A-do-nai li v'-lo i-rah.*

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ
בְּטָרִם כָּל יִצִיר נִבְרָא
לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כָּל
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָכֵלֹת הַכֹּל
לְבַדּוֹ יִמְלֹךְ נוֹרָא
וְהוּא הָיָה, וְהוּא הַיְוָה
וְהוּא יְהִיָּה, בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית, בְּלִי תַכְלִית
וְלוֹ הַעֲזֹ וְהַמְשָׁרָה.

וְהוּא אֵלִי וְחִי גֵאֲלִי
וְצוּר חֲבִלִי בְּעֵת צָרָה
וְהוּא נְסִי וּמְנוּס לִי
מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי
בְּעֵת אִישׁוֹן וְאַעִירָא
וְעַם רוּחִי גְוִיָּתִי
יְיָ לִי וְלֹא אִירָא.

God is the eternal God, Who reigned before any being had yet been created;
when all was done according to God's will, already then God's name was Ruler.

And after all has ceased to be, still will God reign in solitary majesty;
God was, God is, and God shall be in glory.

And God is One; none other can compare to God, or consort with God;
God is without beginning, without end; to God alone belong power and dominion.

And God is my God, my living Redeemer, my Rock in time of trouble and distress;
God is my banner and my refuge, my benefactor when I call.

Into God's hands I entrust my spirit, when I sleep and when I wake.
And with my spirit and my body, God is with me; I will not be afraid.

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