

# MAZAL TOV!

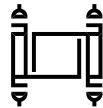
We are excited to study with you as you prepare to become a Bar or Bat Mitzvah.

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:



# TALIT BLESSING

WEEKDAY service

page 2

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God Sovereign of the universe.

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

You make us holy with mitzvot,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,

and teach us

וְצִוָּנוּ

to wrap ourselves in the fringed Talit.

לְהִתְעַטֵּף בְּצִיצֵת.

# ASHREI ~ אֲשֶׁרֵי

WEEKDAY service

pages 8 - 10

The congregation may join in reciting every other stanza (the indented ones.)

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

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ;  
עוֹד יִהְלְלוּךָ סְלָה!

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

אֲשֶׁרֵי הָעַם שֶׁכָּכָה לוֹ;  
אֲשֶׁרֵי הָעַם שֶׁיְיָ אֱלֹהָיו.

A Psalm of David.

תְּהִלָּה לְדָוִד:

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

אֲרוֹמְמֶךָ אֱלֹהֵי הַמַּלְכָּה;  
וְאֶבְרַכְּהָ שְׁמֶךָ לְעוֹלָם וָעֶד.

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

בְּכָל-יוֹם אֶבְרַכְּךָ;  
וְאֶהַלְלֶךָ שְׁמֶךָ לְעוֹלָם וָעֶד.

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

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד;  
וְלִגְדֻלְתּוֹ אֵין חֵקֶר.

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

דֹּר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ;  
וּגְבוּרֹתֶיךָ יַגִּידוּ.

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

הַדֵּר כְּבוֹד הַוָּדָה;  
וְדַבְּרִי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

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

וְעֲזוֹ נִוְרָאוֹתֶיךָ יֵאמְרוּ;  
וְגִדְלֹתֶיךָ אֶסְפְּרֶנָּה.

Your great goodness shall be made known;

זָכַר רַב טוֹבָךָ יְבִיעוּ;

Your righteousness shall be celebrated.

וְצִדְקֹתֶיךָ יִרְנְנוּ.

Adonai is gracious and full of compassion;

חַנּוּן וְרַחוּם יְיָ;

exceedingly patient, abounding in love.

אָרְךָ אַפַּיִם וּגְדֹל-חַסְדְּךָ.

Adonai is good to all;

טוֹב-יְיָ לְכָל;

God's compassion embraces all Creation.

וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו.

All Your works shall thank You, O God;

יִודוּךָ יְיָ כָּל-מַעֲשֵׂיךָ;

and Your faithful ones shall praise You.

וְחַסִּידֶיךָ יְבָרְכוּכָה.

They shall declare the glory of Your dominion;

כְּבוֹד מַלְכוּתֶיךָ יֹאמְרוּ;

and shall talk of Your might.

וְגִבּוֹרֹתֶיךָ יְדַבְּרוּ.

To make known

לְהוֹדִיעַ לְבָנֵי

to the world Your mighty acts;

הָאָדָם גְּבוּרֹתֶיךָ;

and the glorious majesty of Your sovereignty.

וְכְבוֹד הַדָּר מַלְכוּתוֹ.

Your sovereignty is everlasting;

מַלְכוּתֶיךָ מַלְכוּת כָּל-עוֹלָמִים;

Your dominion endures throughout all generations.

וּמִמְשַׁלְתֶּיךָ בְּכָל-דּוֹר וָדוֹר.

Adonai upholds all who stumble;

סוֹמֵךְ יְיָ לְכָל-הַנִּפְּלִים;

and raises up all who are bowed down.

וְזוֹקֵף לְכָל-הַכְּפוּפִים.

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

עֵינֵי-כָל יִשְׁבְּרוּ;  
וְאַתָּה נוֹתֵן לָהֶם  
אֶת-אֲכָלָם בְּעֵתוֹ.

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

פּוֹתַח אֶת-יָדְךָ;  
וּמְשַׁבֵּיעַ לְכָל-חַי רָצוֹן.

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

צַדִּיק יי בְּכָל-דְּרָכָיו;  
וְחַסִּיד בְּכָל-מַעֲשָׂיו.

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

קָרוֹב יי לְכָל-קוֹרְאָיו;  
לְכָל אֲשֶׁר  
יְקוֹרְאֵהוּ בְאֵמֶת.

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

רָצוֹן יִרְאִיו יַעֲשֶׂה;  
וְאֶת-שׁוֹעֲתָם  
יִשְׁמַע וַיּוֹשִׁיעֵם.

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

שׁוֹמֵר יי אֶת-כָּל-אֱהָבָיו;  
וְאֶת כָּל-הַרְשָׁעִים יִשְׁמִיד.

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

תְּהַלֵּל יי יְדַבֵּר-פִּי,  
וַיְבָרֵךְ כָּל-בָּשָׂר שֵׁם קִדְשׁוֹ  
לְעוֹלָם וָעֶד.

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

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,  
מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ!

# YOTZEIR OR ~ יוֹצֵר אוֹר

CREATION PRAYER (morning)

WEEKDAY service

page 13

Blessed are You Adonai

בְּרוּךְ אַתָּה יי

our God, Sovereign of the Universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Creator of light and darkness,

יוֹצֵר אוֹר וּבוֹרָא חֹשֶׁךְ,

who makes peace and fashions all things.

עוֹשֶׂה שְׁלוֹם וּבוֹרָא אֶת-הַכֹּל.

In mercy, you illumine the world

הַמָּאִיר לָאָרֶץ וְלַדָּרִים

and those who live upon it.

עָלֶיהָ בְּרַחֲמִים.

In Your goodness, You daily

וּבְטוֹבוֹ מְחַדֵּשׁ בְּכָל-יוֹם

renew creation.

תְּמִיד מַעֲשֶׂה בְּרֵאשִׁית.

How numerous are your works, Adonai!

כַּה רַבּוּ מַעֲשֵׂיךָ, יי!

In wisdom you formed them all,

כְּלֵם בְּחָכְמָה עָשִׂיתָ,

filling the earth with Your creatures.

מְלֵאָה הָאָרֶץ קִנְיָנְךָ.

Be praised, Adonai, our God,

תִּתְבָּרַךְ, יי אֱלֹהֵינוּ,

for the excellent work of Your hands,

עַל-שִׁבְחַ מַעֲשֵׂה יְדֶיךָ,

and for the lights You created:

וְעַל-מְאוֹרֵי-אוֹר שִׁעֲשִׂיתָ:

may they glorify You.

יִפְאָרוּךְ. סְלָה.

Shine a new light on Zion,

אוֹר חֲדָשׁ עַל צִיּוֹן תִּבְאִיר,

that we all may swiftly merit its radiance.

וְנִזְכָּה כָּלֵנוּ מְהֵרָה לְאוֹרוֹ.

Blessed are You, Adonai,

בְּרוּךְ אַתָּה יי, יוֹצֵר הַמְּאוֹרוֹת.

Creator of all heavenly lights.

# MAARIV ARAVIM ~ מַעְרִיב עֶרְבִים

CREATION PRAYER (afternoon/evening)

WEEKDAY service  
page 14

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God, Ruler of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who speaks the evening into being,

אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֶרְבִים,

skillfully opens the gates [of heaven],

בְּחִכְמָה פּוֹתַח שְׁעָרִים,

thoughtfully alters the time,

וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים,

and changes the seasons,

וּמַחְלִיף אֶת הַזְּמַנִּים,

and arranges the stars,

וּמְסַדֵּר אֶת הַכּוֹכָבִים,

in their heavenly courses

בְּמִשְׁמְרוֹתֵיהֶם

according to plan.

בְּרִקְיעַ כְּרָצוֹנוֹ.

You are Creator of day and night,

בוֹרֵא יוֹם וְלַיְלָה,

rolling light away from darkness,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

and darkness away from light,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

transforming day into night,

וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,

and distinguishing one from the other.

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

Adonai Tz'vaot [God of Hosts] is Your name.

יי צְבָאוֹת שְׁמוֹ.

Ever-living God, may you reign continually

אֵל חַי וְקַיִם, תְּמִיד יִמְלֹךְ

over us into eternity.

עָלֵינוּ לְעוֹלָם וָעֶד.

Blessed are You Adonai, who brings on evening.

בְּרוּךְ אַתָּה יי, הַמַּעְרִיב עֶרְבִים.

# SH'MA ~ שְׁמַע

HEAR OR LISTEN ~ THE DECLARATION THAT GOD IS ONE.

WEEKDAY service  
page 15

Hear O Israel,

שְׁמַע יִשְׂרָאֵל,

Adonai is our God, Adonai is one!

יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד!

Blessed is Your glorious

בְּרוּךְ שֵׁם כְּבוֹד

kingdom forever and ever!

מַלְכוּתוֹ לְעוֹלָם וָעֶד!



V'AHAVTA ~ וְאַהֲבַתְּ  
TO REMEMBER AND DO GOD'S COMMANDMENTS

WEEKDAY service  
page 16

And, you shall love Adonai, your God

וְאַהֲבַתְּ אֶת יְיָ אֱלֹהֶיךָ

with all your heart, with all your soul,

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ

and with all your being.

וּבְכָל-מְאֹדְךָ

Take these instructions

וְהָיוּ הַדְּבָרִים הָאֵלֶּה

which I command you this day [upon your heart.]

אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ.

Teach them faithfully to your children,  
speak of them

וּשְׁנַנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָּם

in your home, and on your way,

בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ

when you lie down and when you rise up.

וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

Bind them as a sign upon your hand,

וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ,

let them be a symbol before your eyes;

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.

inscribe them on the doorposts of your house,  
and on your gates.

וּכְתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

Thus you shall remember

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם

and observe all My commandments,

אֶת-כָּל-מִצְוֹתַי,

and be holy unto your God.

וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.

I am Adonai, your God,

אֲנִי יְיָ אֱלֹהֵיכֶם

Who brought you out of the land of Egypt

אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרָיִם,

to be your God.

לְהֵיוֹת לָכֶם לֵאלֹהִים.

I am Adonai, your God.

אֲנִי יְיָ אֱלֹהֵיכֶם.

# T'FILAH ~ תְּפִלָּה

PRAYER (introduction to center section of service)

WEEKDAY service  
page 18

Adonai, open up my lips,

אֲדֹנָי שְׁפֹתַי תִּפְתָּח

---

that my mouth may declare Your glory.

וּפִי יַגִּיד תְּהִלָּתְךָ.

---

[The congregation will repeat this phrase after you chant or read it.]

AVOT V'IMAHOT ~ אבות ואמהות  
CONNECTION TO OUR ANCESTORS AND TRADITION

WEEKDAY service  
page 18

Blessed are You, Adonai our God,

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ

God of our fathers and our mothers:

וְאֱלֹהֵי אֲבוֹתֵינוּ, וְאֲמוֹתֵינוּ:

God of Abraham, God of Isaac,

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,

and God of Jacob;

וְאֱלֹהֵי יַעֲקֹב.

God of Sarah, God of Rebekah,

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,

God of Rachel, and God of Leah.

אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

Great, mighty, and awesome God,

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,

God supreme, Ruler of all living,

אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,

Your ways are ways of love.

וְקוֹנֵה הַכֹּל.

You remembers faithfulness of our ancestors,

וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאֲמָהוֹת,

and in love bring redemption  
to their children's children

וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם

for the sake of Your Name.

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

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

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.

Blessed are You, God.

בָּרוּךְ אַתָּה יי.

Shield of Abraham, Helper of Sarah.

מִגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

# G'VUROT ~ גְבוּרוֹת

## GOD'S POWER

WEEKDAY service  
page 19

You are forever mighty, Adonai,

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,

You give life to all.

מְחִיָּה הַכֹּל

[Great is Your power to save.]

אַתָּה רַב לְהוֹשִׁיעַ.

\*WINTER You cause the wind to shift and the rain to fall.

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

\*SUMMER You rain dew upon us.

מוֹרִיד הַטֶּל.

You sustain life through love,

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

giving life to all

מְחִיָּה הַכֹּל

through great compassion,

בְּרַחֲמִים רַבִּים.

supporting the fallen, healing the sick,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

freeing the captive,

וּמַתִּיר אֲסוּרִים,

and keeping faith with those who sleep in the dust.

וּמְקַיֵּם אֲמוּנָתוֹ לְיֹשְׁנֵי עָפָר.

Who is like You, Mighty One,

מִי כְמוֹךָ בְּעַל גְבוּרוֹת

and who can be compared to You?

וּמִי דוּמָה לָךְ,

Author of life and death

מַלְךְ מִמִּית וּמְחִיָּה

Causing deliverance to spring up?\*

וּמַצְמִיחַ יְשׁוּעָה?\*

You faithfully give life to all.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל.

Blessed are You, Adonai, who gives life to all.

בָּרוּךְ אַתָּה יי מְחִיָּה הַכֹּל.

\*SEASONAL ADDITIONS:

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

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

\*\*On Shabbat Shuvah (the Shabbat between Rosh Hashanah and Yom Kippur), add:

Who is like You, compassionate God,

מִי כְמוֹךָ אֵב הַרְחָמִים,

who mercifully remembers Your creatures for life?

זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

# KABBALAT HA-TORAH ~ קַבְּלַת הַתּוֹרָה

## WELCOMING THE TORAH

WEEKDAY service

page 28

O magnify the Eternal One with me,

גִּדְּלוּ לִי אֶת־יְיָ

and together let us exalt the name of the Source.

וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו.

---



page 29

Let us declare the greatness of our God

הָבוּ גִדְּלוּ לַאֱלֹהֵינוּ

and give honor to the Torah.

וְתַנּוּ כְבוֹד לַתּוֹרָה.

---

# BIRCHOT HA-TORAH ~ הַתּוֹרָה בְּרָכוֹת

## TORAH BLESSINGS

WEEKDAY service  
page 30

Blessing before each section of Torah is read  
ALIYAH HONOREE or BAR/BAT MITZVAH:

Bless Adonai, who is blessed!

בְּרָכוּ אֶת יי הַמְּבָרָךְ!

CONGREGATION RESPONDS:

Blessed is Adonai, who is blessed

בָּרוּךְ יי הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

ALIYAH HONOREE or BAR/BAT MITZVAH CONTINUES:

Blessed is Adonai, who is blessed

בָּרוּךְ יי הַמְּבָרָךְ

now and forever!

לְעוֹלָם וָעֶד!

Blessed are You, Adonai

בָּרוּךְ אַתָּה יי

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has chosen us from all peoples

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

by giving us the Torah.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Blessed is the Eternal, who gives the Torah.

בָּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה.

~

Blessing after each section of Torah is read

Blessed are You, Adonai

בָּרוּךְ אַתָּה יי

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

who has given us a Torah of truth,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

implanting within us eternal life.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Blessed are You, Adonai, who gives the Torah.

בָּרוּךְ אַתָּה יי, נוֹתֵן הַתּוֹרָה.

SHEHECHEYANU ~ שְׁהֵחֵינּוּ  
GRATITUDE FOR FIRST TIMES AND JOYFUL OCCASIONS

WEEKDAY service  
page 32

Blessed are You Adonai,

בְּרוּךְ אַתָּה יי,

our God, Sovereign of the universe,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

for giving us life, sustaining us,

שְׁהֵחֵינּוּ, וְקִיַּמְנוּ,

and enabling us to reach this day [of joy].

וְהִגִּיעֵנוּ, לְזֶמַן הַזֶּה.

# KADDISH YATOM ~ קְדִישׁ יְתוֹם

## MOURNER'S KADDISH.

Kaddish comes from the Hebrew word for holy. It is a prayer that praises God.  
It is used both to remember those who have died and as a way to affirm faith even in grief and sad times.

WEEKDAY service  
page 35

Exalted and hallowed is God's great name.  
in the world which God created, according to plan.  
May God's majesty be revealed  
in the days of our lifetime  
and in the lives of all Israel ~  
speedily and imminently.  
To which we say: Amen.  
Blessed be God's great name  
to all eternity.  
Blessed, praised,  
honored, exalted, extolled,  
glorified, adored, and lauded  
be the name of the Holy Blessed One,  
beyond all earthy words and songs of blessing,  
praise, and comfort.  
To which we say: Amen.  
May there be abundant peace from heaven,  
and life for us and all Israel.  
To which we say: Amen.  
May the One who creates harmony on high,  
bring peace to us  
and to all the Israel [and to all the world].  
To which we say: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.  
בְּעֻלְמָא דִּי בְרָא כְרַעוּיָתָהּ.  
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי  
דְכָל בֵּית יִשְׂרָאֵל ~  
בְּעֻגְלָא וּבְזַמַּן קָרִיב.  
וְאָמְרוּ: אָמֵן.  
יְהֵא שְׁמֵהּ רַבָּא  
מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמֵיָא.  
יִתְבָּרַךְ וְיִשְׁתַּבַּח,  
וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְקַדְשָׁא, בְּרִיךְ הוּא,  
לְעַלְמָא מִן-כָּל בְּרַכְתָּא וְשִׁירָתָא,  
תְּשַׁבְּחָתָא וְנַחֲמָתָא.  
דְאָמְרוּ בְּעֻלְמָא. וְאָמְרוּ: אָמֵן.  
יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל.  
וְאָמְרוּ: אָמֵן.  
עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,  
וְעַל-כָּל יִשְׂרָאֵל.  
וְאָמְרוּ: אָמֵן.



# 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!**

# 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 lonesomeness 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. Its 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.

## T'FILLIN

T'fillin are two small leather boxes containing parchment scrolls with passages of Torah written on them. One box is affixed to the arm and the other to the forehead. The origins for wrapping t'fillin are found in the Book of Deuteronomy (the prayer we know as V'ahavta), which instructs us to place God's commandments "as a sign upon your hand and as frontlets between your eyes." They are considered a symbol of the love between God and the Jewish people and a statement of Jewish identity, as they are a visible and dramatic connection to God. Traditionally, they are used only for weekday morning prayer (not on Shabbat), and are worn by males upon reaching the age of Bar Mitzvah. In liberal Judaism, females may also choose to engage in this ritual.

### BLESSINGS FOR THOSE WHO WRAP T'FILLIN

When placing on the arm:

Ba-ruch a-ta A-do-nai	בְּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher kid-sha-nu b'-mitz-vo-tav	אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
v'-tzi-va-nu l'-ha-ni-ach t'-fi-llin.	וְצִוָּנוּ לְהַנִּיחַ תְּפִלִּין.

Blessed are You, Adonai our God, Sovereign of the Universe.  
You make us holy with mitzvot, commanding us to wind the t'fillin.

After placing on the forehead:

Ba-ruch a-ta A-do-nai	בְּרוּךְ אַתָּה יי
E-lo-hei-nu Me-lech ha-o-lam,	אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
a-sher kid-sha-nu b'-mitz-vo-tav	אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
v'-tzi-va-nu al mitzvat t'-fi-llin.	וְצִוָּנוּ עַל מִצְוַת תְּפִלִּין.
Ba-ruch sheim k'-vod mal-chu-to	בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ
l'-o-lam va-ed.	לְעוֹלָם וָעֶד.

Blessed are You, Adonai our God, Sovereign of the Universe. You make us holy through Your mitzvot, commanding us concerning the t'fillin.

Blessed is God's glorious majesty forever and ever.

When winding three times around the middle finger:

V'-ei-ra-stich li l'-o-lam,	וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם,
V'-ei-ra-stich li b'-tze-dek uv-mish-pat	וְאֶרְשָׁתִּיךָ לִי בְצַדִּיק וּבְמִשְׁפָּט
uv-che-sed uv-ra-cha-mim.	וּבְחֶסֶד וּבְרַחֲמִים.
V'-ei-ra-stich li be-e-mu-na,	וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה,
v'-ya-da-at et A-do-nai.	וַיְדַעַתְּ אֶת יי

I will betroth you to Me forever; I will betroth you to Me in righteousness and in justice, in kindness and in mercy. I will betroth you to Myself in faithfulness, and you shall know Adonai.



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. הַמְּכִין 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. מַלְבִּישׁ 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. שֶׁעָשָׂנִי בְצַלְמֵ אֱלֹהִים.  
Blessed are You, Adonai, our God, Ruler of the universe,  
who makes us in the image of God.

continued...

Ba-ruch a-ta A-do-nai בְּרוּךְ אַתָּה יי  
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
she-a-sa-ni ben or bat cho-rin. שְׁעָשָׂנִי בֶן אוּ בַת חוֹרִין.  
Blessed are You, Adonai, our God, Ruler of the universe,  
who makes each of us a son or daughter of freedom.

Ba-ruch a-ta A-do-nai בְּרוּךְ אַתָּה יי  
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
she-a-sa-ni Yis-ra-eil. שְׁעָשָׂנִי יִשְׂרָאֵל.  
Blessed are You, Adonai, our God, Ruler of the universe,  
who made me part of the Jewish people.

Ba-ruch a-ta A-do-nai בְּרוּךְ אַתָּה יי  
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
o-zeir Yis-ra-eil bi-g'-vu-ra. אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה.  
Blessed are You, Adonai, our God, Ruler of the universe,  
who gives the Jewish people strength.

Ba-ruch a-ta A-do-nai בְּרוּךְ אַתָּה יי  
E-lo-hei-nu Me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
o-teir Yis-ra-eil b'-tif-a-ra. עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה.  
Blessed are You, Adonai, our God, Ruler of the universe,  
who crowns the Jewish people with splendor.



## LA'ASOK B'DIVREI TORAH

Also known as the blessing for study, this prayer reminds us to be grateful for the gift of Torah, and especially for our freedoms to study.

Ba-ruch a-ta A-do-nai בְּרוּךְ אַתָּה יי  
E-lo-hei-nu me-lech ha-o-lam, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
a-sheer kid-sha-nu b'-mitz-vo-tav אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
v'-tzi-va-nu la-a-sok b'-div-rei To-rah. וְצִוָּנוּ לְעֶסוֹק בְּדִבְרֵי תוֹרָה.  
Blessed are You, Adonai our God, Sovereign of the universe.  
You make us holy with mitzvot,  
and command us to engage with words of Torah.

# 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 שְׁאָדָם אוֹכֵל פְּרוֹתֵיהֶם  
ba-o-lam ha-zeh v'-ha-ke-ren בְּעוֹלָם הַזֶּה וְהִקְרָן  
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; וְהִכְנַסַת אוֹרְחִים;  
u-vi-kur cho-lim; וּבְקוֹר חוֹלִים;  
v'-hach-na-sat ka-la; וְהִכְנַסַת כָּלָה;  
ul'-va-yat ha-meit; וְלוֹיַת הַמֵּת;  
v'-i-un t'-fi-la; וְעִיּוֹן תִּפְלָה;  
va-ha-va-at sha-lom וְהִבָּאת 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.

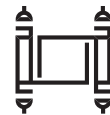


TRADITIONALLY AFTERNOON SERVICES BEGIN WITH ASHREI,  
WHICH MAY ALSO BE RECITED IN THE MORNING.

## 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



אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ;  
עוֹד יִהְלֹךְ סֶלְהָ!

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

אֲשֶׁרִי הָעַם שְׁכַנְהָ לּוֹ;  
אֲשֶׁרִי 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;  
וְאֶבְרַכְּהָ שְׁמֶךָ לְעוֹלָם וָעֶד.

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

בְּכָל-יוֹם אֶבְרַכְּךָ;  
וְאֶהַלְלָהּ שְׁמֶךָ לְעוֹלָם וָעֶד.

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

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד;  
וְלִגְדֻלָּתוֹ אֵין חֵקֶר.

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

דֹּר לְדֹר יִשְׁבַּח מַעֲשֵׂיךָ;  
וּגְבוּרֹתֶיךָ יִגִּידוּ.

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.

זָכָר 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;  
וּמִמְשַׁלְתֶּךָ בְּכָל-דּוֹר וָדָר.

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

סוּמְךָ יְיָ לְכָל-הַנִּפְלְיִים;  
וְזוֹקֶךָ לְכָל-הַכְּפוּיִים.

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 בְאֵמֶת.

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

רְצוֹן יִרְאֵוּ יַעֲשֶׂה;  
וְאֶת-שׁוֹעֲתָם  
יִשְׁמַע וְיִוֹשִׁיעֵם.

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 וָעַד.

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

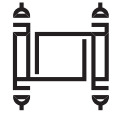
Bar'chu is the "call to worship." The first parts of the service are to prepare us as individuals. Bar'chu signals that, following this "warm up," it is time to join together for communal prayer.

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!

## YOTZEIR OR

Yotzeir Or literally means Creator of light. It thanks and praises God for Creation, especially creating nature, the wonders of the universe, and the differentiation between light and darkness.

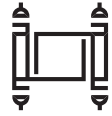


בְּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,  
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.  
הַמַּאִיר לָאָרֶץ וְלַדָּרִים  
עָלֶיהָ בְּרַחֲמִים,  
וּבְטוֹבוֹ מְחַדֵּשׁ בְּכָל-יוֹם  
תְּמִיד מַעֲשֵׂה בְּרֵאשִׁית.  
מָה רַבּוֹ מַעֲשֵׂיךָ, יי!  
כֹּלֶם בְּחָכְמָה עָשִׂיתָ,  
מְלֵאָה הָאָרֶץ קִנְיָנְךָ.  
תִּתְבָּרֵךְ, יי אֱלֹהֵינוּ,  
עַל-שִׁבְחַ מַעֲשֵׂה יָדֶיךָ,  
וְעַל-מְאוֹרֵי-אוֹר שְׁעָשִׂיתָ:  
יִפְאָרוּךְ. סְלָה.  
אוֹר חֲדָשׁ עַל צִיּוֹן תִּתְאִיר,  
וְנִזְכָּה כְּלָנוּ מִהֲרָה לְאוֹרוֹ.  
בְּרוּךְ אַתָּה יי,  
יוֹצֵר הַמְּאוֹרוֹת.

Blessed are You, Adonai our God, Sovereign of the universe,  
Creator of light and darkness, who makes peace and fashions all things.  
In mercy You illumine the world and those who live upon it.  
In Your goodness You daily renew creation.  
How numerous are Your works, Adonai?  
In wisdom, You formed them all, filling the earth with Your creatures.  
Be praised Adonai our God, for the excellent work of Your hands,  
and for the lights You created; may they glorify You.  
Shine a new light upon Zion, that we all may swiftly merit its radiance.  
Blessed are You, Adonai, Creator of all heavenly lights.

## 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 מִלְּךָ הָעוֹלָם,  
אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עַרְבִים,  
בְּחִכְמָה פּוֹתַח שְׁעָרִים,  
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,  
וּמַחְלִיף אֶת הַזְּמַנִּים,  
וּמְסַדֵּר אֶת הַכּוֹכָבִים,  
בְּמִשְׁמְרוֹתֵיהֶם  
בְּרַקִּיעַ פְּרָצוֹנוֹ.  
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.

# 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)

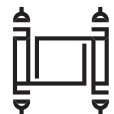
Ba-ruch a-ta A-do-nai,      בְּרוּךְ אַתָּה יי,  
o-heiv a-mo Yis-ra-eil.      אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

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!

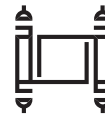
בְּרוּךְ שֵׁם כְּבוֹד  
מְלְכוּתוֹ לְעוֹלָם וָעֶד!

Blessed is God's glorious majesty forever and ever!



# 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 אֲנֹכִי מְצַוְּךָ  
הַיּוֹם עַל-לִבְבְּךָ. וְשִׁנַּנְתָּם  
לְבַיִתְךָ וּדְבַרְתָּ בָם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ  
בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:  
וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֶיךָ.  
וְכָתַבְתָּם עַל-מְזוֹזוֹת  
בֵּיתְךָ וּבְשַׁעְרֶיךָ.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם  
אֶת-כָּל-מִצְוֹתַי.  
וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.  
אֲנִי יְיָ אֱלֹהֵיכֶם  
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם  
מֵאֶרֶץ מִצְרַיִם,  
לִהְיוֹת 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 תְהִילַת, 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-שִׁפְתַי הַיָּם!  
*Ya-chad ku-lam ho-du* יַחַד כָּלֵם 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 בְּנִיחָה,  
*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 חֲזַק 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:

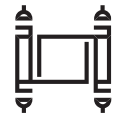
אֲדֹנָי שְׁפֹתַי תִּפְתָּח  
וּפִי יַגִּיד תְּהִלָּתְךָ.

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 רֵבֶקָה,  
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.  
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא  
אֵל עֲלִיּוֹן,  
גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסִדֵי  
אֲבוֹת וְאִמּוֹת,  
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם  
לְמַעַן שְׁמוֹ בְּאַהֲבָה:  
מְלֹךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יְיָ,  
מַגֵּן אַבְרָהָם וְעֹזֵר 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.

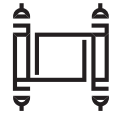
You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

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

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

# G'VUROT

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



אַתָּה גְבוֹר לְעוֹלָם אֲדֹנָי,  
מַחִיָּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ.

WINTER<sup>1</sup>

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

SUMMER<sup>1</sup>

מוֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מַחִיָּה הַכֹּל  
בְּרַחֲמִים רַבִּים.  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם  
אֲמוּנָתוֹ לִישְׁנֵי עָפָר.  
מִי כָמוֹךָ בְּעַל גְּבוּרוֹת  
וּמִי דוֹמֶה לָךְ,  
מְלַךְ מִמִּית וּמַחִיָּה  
וּמַצְמִיחַ יְשׁוּעָה?  
וְנֶאֱמָן אַתָּה לְהַחֲיוֹת 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.<sup>1</sup>

You rain dew upon us.<sup>1</sup>

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.

<sup>1</sup>Seasonal 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 הַרַחֲמִים,

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 כָל הָאָרֶץ כְּבוֹדוֹ.

לְעַמְתֶּם בְּרוּךְ יְאִמְרוּ:

בְּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ.

וּבְדַבְרֵי קְדֻשְׁתְּךָ כְּתוּב לְאִמֹר:

יְמַלֵּךְ יְיָ לְעוֹלָם,

אֱלֹהֶיךָ צִיּוֹן,

לְדֹר וָדֹר, הַלְלוּיָהּ!

לְדֹר וָדֹר נְגִיד גְּדֻלָּתְךָ,

וּלְנֹצֵחַ נְצָחִים קְדֻשְׁתְּךָ

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.











# 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, שְׂרֵיָּהּ וְיוֹעֲצֵיָּהּ,
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.	וְעֲטָרַת נְצַחוֹן תְּעַטְרֵם.
V'-na-ta-ta sha-lom ba-a-retz	וְנַתַּת שְׁלוֹם בְּאֶרֶץ
v'-sim-chat o-lam l'-yosh-ve-ha.	וְשִׂמַּחַת עוֹלָם לְיוֹשְׁבֵיהָ.

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* חֵן וְחֶסֶד וְרַחֲמִים  
*a-lei-nu v'-al-kol Yis-ra-eil a-me-cha.* עָלֵינוּ וְעַל-כָּל יִשְׂרָאֵל עֲמֹד.  
*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 נִתַּתְּ 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 עֲמֹד  
*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 הַשְּׁלוֹם.  
*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, שֶׁלֹא 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 בְּמִרוֹמָיו,  
*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

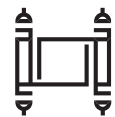
The word Torah means teaching. It refers to the hand-written parchment scroll containing the Five Books of Moses, also called the Hebrew Bible.

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 וְהַתְּפִאָּרוֹת  
*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 הַמְּמֹלָכָה  
*v'-ha-mit-na-sei, l'-chol l'-rosh.* וְהַמְּתַנַּשֵּׂא, לְכֹל לְרֹאשׁ.

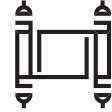
Yours, O Source, is the greatness and the power, the glory, the victory and the majesty;  
for all that is in heaven and in the earth is Yours; You are the Sovereign;  
You are supreme over all.

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

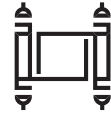


## D'VAR TORAH

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!

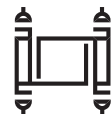
Blessed is Adonai, to whom our blessings are due, now and forever!

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.

# 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 בְּנֵי יִשְׂרָאֵל,  
*al pi A-do-nai b'-yad Mo-she.*                      עַל-פִּי יְיָ בְּיַד-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 לַמַּחְזִיקִים בָּהּ,  
*v'-to-m'-che-ha m'-u-shar.*                      וְתִמְכֶּיהָ מְאֹד.

*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>	עֲלֵינוּ לְשַׁבַּח לַאֲדוֹן 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>	וְשֹׁכֵנֵת עָזוּ 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>	אֱמֶת 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 לְבָבָךְ, 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.



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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.

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

יְהֵא שְׁלָמָא רַבָּא מִן-שְׂמֵיָא,  
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.*

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ

בְּטָרִם כָּל יִצִיר נִבְרָא

לָעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָכֵלֹת הַכֹּל

לְבַדּוֹ יִמְלֹךְ נוֹרָא

וְהוּא הָיָה, וְהוּא הוֹיָה

וְהוּא יִהְיֶה, בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שְׁנֵי

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה

בְּלִי רֵאשִׁית, בְּלִי תַכְלִית

וְלוֹ הַעֲזֹ וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גֵאֲלֵי

וְצוֹר חֲבֵלֵי בְּעֵת צָרָה

וְהוּא נָסִי וּמְנוּס לִי

מִנֵּת כּוֹסֵי בְּיוֹם 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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