

LaLevav: "Into the Heart"

Saturday Morning Siddur

"Every blade of grass has an angel assigned to it that stands next to it and whispers, 'Grow! Grow!'"

- The Talmud

"If the Holy One assigns such loving guidance to a blade of grass, how much more so does each one of us receive throughout our lives?"

- Rabbi Tirzah Firestone

"There is not a flower that opens, not a seed that falls into the ground, and not an ear of wheat that nods on the end of its stalk in the wind that does not proclaim the greatness of God to the whole world."

- Father Thomas Merton

"The meaning of Shabbat is to celebrate time rather than space. Six days a week we live under the tyranny of things of space; on Shabbat we try to become attuned to holiness in time. It is a day on which we are called upon to share in what is eternal in time, to turn from the results of creation to the mystery of creation."

-Abraham Joshua Heschel

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Introduction to the Four Worlds of the Shabbat Service

This service is divided into four main sections representing the four worlds of spiritual experience. Each of the four worlds is identified by a letter in the Hebrew alphabet: Yud, Hay, Vav, and Hay, which spells G-d's ineffable name. Each of these letters also stands for a different aspect of G-d, the One Source. In the service we begin at the bottom, with the lower hay, and move up as follows:



Yud: The yud represents the world of Oneness with G-d, the experience of Pure Being. This part of the service is about connecting with Hashem as Timeless Presence.



Hay: The upper hay represents the world of knowing and believing. In this part of the service, we declare our faith in the One Source.



Vav: The vav represents the emotional world. In this part of the service, we open our hearts with praise for G-d and all of Nature.



Hay: The bottom hay represents the physical world. In this part of the service, we bless Hashem for our bodies and the material world in which we live.

Hay

Assiyah - Physical World

Birkhot HaShakhar: Blessings for Waking Up



Doing-Physical

The lower Hay represents this world. In this part of the service we awaken our bodies and open our senses to the miracle of our existence. We attend to our breathing, our aliveness, and our connection to the environment.

Hiney Mah Tov

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם-יַחַד!

Hiney mah tov u-mah na-im, shevet akhim/akhayot gam yakhad!
How good and how pleasant it is for brothers/sisters to live together.

Mah Tovu

מַה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל

How goodly are your tents, O Jacob, your dwelling places, O Israel
Mah tovu oha-lekha Ya'akov mishk'notekha Yisra-el

מַה טוֹבוֹ אֹהֲלֶיךָ שָׂרָה, מִשְׁכְּנֹתֶיךָ מִרְיָם

Mah tovu oha-layikh Sarah mishk'notayikh Mir-yam
How goodly are your tents, O Sarah, your dwelling places, O Miriam

Hareyni

Hareyni m'kabeyl alai et mitzvat ha-borei
v'ahavta l'reyakha kamokha, l'reyakha kamokha

הֲרִינִי מִקְבֵּל עָלַי אֶת מִצְוַת הַבּוֹרֵא וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ

*Here I am, ready to take upon myself the mitzvah of the Creator:
love your neighbor as yourself.*

Opening Invocation

May the door of this sanctuary be wide enough to receive all
who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden, thanks to express,
hopes to nurture.

May the door of this sanctuary be narrow enough to shut out
pettiness and pride, envy and enmity.

May its threshold be no stumbling block to young or straying feet.

May it be too high to admit complacency, selfishness, and harshness.

May this sanctuary be, for all who enter, the doorway
to a richer and more meaningful life.



Modeh Ani

מוֹדֵה (לְנִקְבָה מוֹדָה) אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
נְשֵׁחֶזְרַת בִּי נִשְׁמָתִי בְּחֶמְלָה רַבָּה אֲמוּנָתְךָ.

Modeh (women say "modah") ani l'fa-necha Melech Chai v'Kayam
She-he-khezarta bi nishmati b'khemlah, raba emuna-tekha.

*I give thanks to You, Living Spirit within me,
For graciously returning my soul back to me.
Your faithfulness is boundless.*

Tallit Bracha

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.

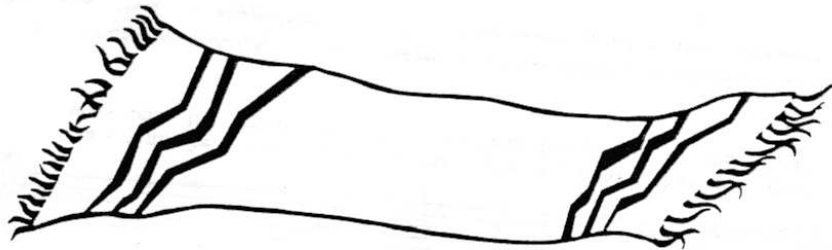
Baruch Atah Adonai Eloheynu Melech ha-Olam asher kid'shanu
b'mitzvotav, v'tzeevanu l'hitateyf batzeetzeet.

*You abound in blessings, Adonai our G-d, Source of all creation, for giving us ways
to join ourselves to You and for teaching us to wrap ourselves in the tallit.*

All: A tallit represents the world
Its four corners are the outer reaches of the known,
Its fringes are the subtle teasing of the unknown.
To stand wrapped in a tallit is to take your place in the world.
To stand wrapped in a tallit is to take responsibility

Leader: I accept the challenge of standing in tallit and tzitzit.

May I grow in mitzvot and learn the skills of living in harmony
With myself and the world.
May I grow in the ways of wisdom, compassion and love.



Shehekheyanu

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהִתְיָנוּ וְקִיַּמְנוּ וְהִנֵּיעַנוּ לְזֶמֶן הַזֶּה.

Baruch Atah Adonai Elohaynu Melech ha-Olam

She-he-kheyanu v'kee-y'manu v'heegee-anu lazman hazeh.

*Blessed are you Yah, Who has kept us in life, Who has sustained us
and Who has permitted us to reach this precious moment.*

Elohai Neshama

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּת בִּי טְהוֹרָה הִיא.

Elohai neshamah shena-tata bee t'horah hee.
My God, the Soul you have given me, She is pure.

אַתָּה בְּרָאתָהּ, אַתָּה יִצְרָתָהּ, אַתָּה נִפְחָתָהּ בִּי, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי,
וְאַתָּה עֲתִיד לְטַלְּהָ מִמֶּנִּי, וּלְהַחְזִירָהּ בִּי לְעֲתִיד לָבוֹא.

Ata b'rata, Ata y'tzarta, Ata n'fakh-tah bee, v'Ata m'shamrah b'kirbee,
v'Ata atid lit'lah mineni, ul'hakhazirah bee le-atid lavo.

*You created her (my soul), You formed her and You breathed her into me, and
You preserve her in me, and You will remove her from me, only to return her to
me in a time to come.*

כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי, מוֹדֶה (לְנִקְבָה מוֹדֶה) אֲנִי לְפָנֶיךָ, יי
אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל הַנְּשָׁמוֹת. בָּרוּךְ
אַתָּה יי, הַמַּחְזִיר נְשָׁמוֹת לְפָנֶיךָ מֵתִים.

Kol z'man shehan'shamah b'kirbee, modeh (women say: modah) ani l'fanekha,
Adonai, Elohai v'Eylohai avotai, Ribon kol hama'asim, Adon kol ha-n'shamot.
Barukh Ata Adonai, hamakhazir n'shamot lif'garim meytim.

*So long as she dwells within me I will give thanks to You, Adonai,
my G-d, and G-d of my parents, Revered One of all creatures, Master of all souls.
Blessed are You, Adonai, who restores souls to lifeless bodies.*

Mah Norah

מַה-נוֹרָא הַמָּקוֹם הַזֶּה!

Mah Norah Ha Makom HaZeh!
How Awesome is this Place!

Morning Blessings

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

Baruch Ata Adonai, Eloheynu Melekh Ha'Olam
Blessed are You Lord our God, Ruler of the Universe

OR

בְּרוּכָה אַתָּה יְיָ חַי הַעוֹלָמִים

B'ruchah At Yah, Chai Ha'Olamim
Blessed are You Yah, Life of the Worlds

OR

בְּרוּכָה אַתָּה שְׁכִינָה אֵם כָּל חַי

B'ruchah At Shekhinah, Eym Kol Chai
Blessed are You Shechinah, Mother of All Living

(Complete with one of the phrases below or your own prayer of gratitude)

- ...Who opens the eyes of the blind
- ...Who clothes the naked
- ...Who frees the bound
- ...Who straightens the bent
- ...Who spreads out the earth over the waters
- ...Who makes my steps strong
- ...Who provides for all my needs

Morning Will Unfold For Us

Morning will unfold for us... Life will rise from dust

Refrain:

We're rising in remembrance of Your love
Halleluyah, Halleluyah!

You open up our eyes to see...
You lift us up when we are down...
You guide our steps at every turn...
You give us strength when we are weak...
Beyond imagination...
You lift the slumber from our eyes...

You have made us free
You share with us Your royal crown
You teach us what we need to learn
Reminding us of what we need
Your Presence fills creation
You signal for the sun to rise

Vav Yetzirah

Psukei d'Zimra: Songs of Praise



Feeling and Relating

At this point in the service we concentrate on the feeling part of life: expressing praise and gratitude for Nature and all elements of life.

We are mindful of our interconnectedness to all people and creatures, and the common ground we share. We open our hearts.

Baruch She'amar

בְּרוּךְ הוּא, בְּרוּךְ שְׁמוֹ:
בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם, בְּרוּךְ הוּא,
בְּרוּךְ עֹשֶׂה בְּרֵאשִׁית, בְּרוּךְ אוֹמֵר וְעֹשֶׂה

Baruch Hu, Baruch Sh'mo

Baruch she'amar v'hayah ha-olam, baruch Hu,
baruch oseh v'reisheet, baruch omer v'oseh.

Blessed is the One, Blessed is His Name, Blessed is the One who speaks the word and the world is, Blessed is He and Blessed is She, who speaks and creates.

Ivdu et Hashem B'simcha

עֲבֹדוּ אֶת־יְיָ בְּשִׂמְחָה בְּאוֹ לְפָנָיו בְּרִנָּה

Ivdu et Hashem b'simcha! Bo-u l'fanav, bir-nana.

Serve the Holy One with joy! Come before God's presence with song.

Eli, Eli

אֱלֹהֵי, אֱלֹהֵי, שְׁלֵא יִגְמַר לְעוֹלָם
הַחֹל וְהָיִים, רִשְׁרוּשׁ שֶׁל הַמַּיִם
בְּרַק הַשָּׁמַיִם, תְּפִלַּת הָאָדָם.

Eli, Eli, She-lo yigamer le'olam

Ha-khol v'hayam, Rish-rush shel ha-mayim
B'rak ha-sha-mayim, Tefilat ha'adam (x2)

My 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. (x2)

(By Hannah Senesh)

Yishtabach

We Praise the Source of Life and Wonder

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלִכְנוּ.

Yish'tabakh shimkha la-ad malkeynu...

There is a blessing in our hearts and on our lips,
As we recall the world's wonders,
The greatness of nature,
The triumph of justice,
The delight in our own existence.

הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ בַּשָּׁמַיִם וּבָאָרֶץ.

Ha-el hamelekh hagadol v'hakadosh ba-shamayim u-va-aretz.

כִּי לָךְ נָאֵה, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ:

Kee l'kha na-eh, Adonai Eloheynu v'Elohey avoteynu.

שִׁיר וְשִׁבְחָה, תִּלְל וְזִמְרָה, עִז וּמְשָׁלָה,

Shir ushva-khah, haleyl u'zim-rah, az u-memshalah,

נִצָּח, גְּדֻלָּה וּגְבוּרָה, תְּהִלָּה וְתִפְאֶרֶת, קְדוּשָׁה וּמְלָכוּת.

netzakh, g'dulah, u-g'vurah t'hilah v'tiferet, k'dushah u-malkhut

בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ יְיָ כִּי מְעוֹלָם וְעַד עוֹלָם אַתָּה אֵל.

b'rachot v'hoda-ot l'shimkha Adonai kee m'olam v'ad olam Ata El.

בָּרוּךְ אַתָּה יְיָ, אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת, אֵל הַהוֹדָאוֹת.

Baruch Ata Adonai, El Melech gadol ba-tish'bakhot El ha-hoda-ot,

אֲדוֹן הַנִּפְלְאוֹת, בּוֹרֵא כָּל הַנְּשָׁמוֹת, רִבּוֹן כָּל הַמַּעֲשִׂים.

Adon hanif'la-ot, borey kol haneshamot, ribon kol hama'asim,

תְּבוֹחֵר בְּשִׁירֵי זִמְרָה, מֶלֶךְ יַחֲדֵיךָ אֵל חַי הַעוֹלָמִים.

Habocheh b'shirey zim'rah, Melech Yakhid El Chai Ha'Olamim.

Powerful, Generous Source of the sacred, filling heaven and earth. It is a pleasure to dedicate our lives to you, Our God, our ancestors' God, time and again, music and celebration, jubilation and symphony, fortissimo, anthem, victory-march, largo, forte, paeon, hymn. Hymns of blessing and thanksgiving, celebrating Your reputation because in every realm, there You are, Divine. We worship You, Yah, Generous, Great, Majestic One, Who is celebrated in all praise, who is the God of thanksgiving, the Source of miracles, the Fountain of souls, the Author of all happenings, Who delights in music & in chant. Singular Ruler, Life that flows through the worlds.

Esa Eynai

אָשָׂא עֵינַי אֶל-הַהָרִים מֵאֵין יבֹא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ

Esa einai el he-harim, me'ayin, me'ayin yavo ezri? (x2)

Ezri me'im Hashem, Oseh sham-ayim va'arets. (x2)

I lift my eyes up to the mountains,
From where, o from where does my help come? (x2)
My help comes, from the One, Maker of heaven and earth!
(Psalm 121:1-2)

Psalm 150 - Hallelu Yah!

הַלְלוּיָהּ, הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְרִקְיעַ עֲזוֹ:

Halleluyah, hal'lu, El b'kodsho, hal'luhu, birkee-a oo-zo.

הַלְלוּהוּ בְּנִבְרוֹתָיו, הַלְלוּהוּ כְּרֹב גִּדְלוֹ:

Hal'luhu, beeg-voo-rotav, hal'luhu, k'rov gudlo.

הַלְלוּהוּ בְּתַקַּע שׁוֹפָר, הַלְלוּהוּ בְּנִבְל וְכַנּוֹר:

Hal'luhu, b'teyka shofar, hal'luhu, b'neyvel v'khinor.

הַלְלוּהוּ בְּתֹף וּמְחוֹל, הַלְלוּהוּ בְּמִנִּים וְעָגָב:

Hal'luhu, b'tof umakhol, hal'luhu, b'mee-neem v'ugav.

הַלְלוּהוּ בְּצִלְצִי שְׁמַע, הַלְלוּהוּ בְּצִלְצִי תְרוּעָה:

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

כֹּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ. כֹּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ:

Kol han'shamah, t'haleyl Yah, Hallelu, Halleluyah.

Hallelujah.

Praise Yah in G-d's holiness;

Praise Yah in G-d's firm strength.

Praise Yah for mighty acts;

Praise Yah for greatness.

Praise Yah with blasts of the horn;

Praise Yah with harp and lyre.

Praise Yah with timbrel and dance;

Praise Yah with lute and pipe.

Praise Yah with resounding cymbals;

Praise Yah with loud-clashing cymbals.

Let all that breathes praise the Eternal.

Hallelujah.

Hodu l'Adonai Ki Tov - Psalm 136

Give thanks to Adonai for G-d is good!

הודו לַיְי כִּי טוֹב, כִּי לְעוֹלָם חֲסֵדוֹ:

Hodu L'Adonai ki tov, ki l'olam khasdo

הודו לְאֱלֹהֵי הָאֱלֹהִים, כִּי לְעוֹלָם חֲסֵדוֹ:

Hodu l'Eylohey ha'elohim, ki l'olam khasdo:

הודו לְאֲדֹנָי הָאֲדֹנִים, כִּי לְעוֹלָם חֲסֵדוֹ:

Hodu l'Adonai h'adonim, ki l'olam khasdo:

לַעֲשֵׂה נִפְלְאוֹת גְּדֹלוֹת לְבָדוֹ, כִּי לְעוֹלָם חֲסֵדוֹ

L'osey nif'la-ot g'dolot l'vado, ki l'olam khasdo:

לַעֲשֵׂה הַשָּׁמַיִם בְּתַבּוּנָה, כִּי לְעוֹלָם חֲסֵדוֹ:

L'osey ha-shamayim bit'vunah, ki l'olam khasdo:

לְרוֹקַע הָאָרֶץ עַל הַמַּיִם, כִּי לְעוֹלָם חֲסֵדוֹ:

L'roka ha'aretz al hamayim, ki l'olam khasdo!

(Give thanks to Adonai for G-d whose goodness and mercy last forever. Give thanks to the G-d of gods, Give thanks to the Lord of lords, Who, alone, performs great wonders, Whose understanding made the heavens, whose mercy lasts forever. Who spread forth the earth above the waters)

Hodu L'Adonai - Calypso version by Rabbi Jack Gabriel

Thanks to Adonai whose mystery is everywhere...Kee l'olam kee l'olam khasdo

From molecules to galaxies, life has Your signature...Kee l'olam kee l'olam khasdo

Jupiter and Saturn, Earth, the Moon and Milky Way...Kee l'olam kee l'olam khasdo

No matter where we're from, we have your DNA.....Kee l'olam kee l'olam khasdo (x5)

Thanks to Adonai who gave us such variety...Kee l'olam kee l'olam khasdo

From little tiny chipmunks to big enormous elephants...Kee l'olam kee l'olam khasdo

From maple trees to oceans and even little bumble bees..Kee l'olam kee l'olam khasdo

The world is full of mystery with so much to discover..Kee l'olam kee l'olam khasdo (x5)

Thanks to Adonai for many styles of wisdom...Kee l'olam kee l'olam khasdo

From Yitzkhak Rabin to Abraham and Sarah...Kee l'olam kee l'olam khasdo

From Shalespeare to the Ba'al Shem Tov, Ghandi to Reb Zalman..Kee l'olam ...

Wisdom's all around us cause the world is full ot Torah...Kee l'olam kee l'olam khasdo.

Kee l'olam kee l'olam khasdo! (x4)

Nishmat Kol Chai

נִשְׁמַת כָּל חַי, תְּבָרַךְ אֶת שִׁמְךָ יְהוָה אֱלֹהֵינוּ.

Nishmat kol chai t'varekh et shimkha, Yah Eloheyenu.

The Soul of every living creature breathes out its praise to you, Oh God!

Praising with Our Breath
You Whose every name ---
YuuHhhhWwwwHhhh --
Is the Breath of Life,
The breathing of all life,
Gives joy and blessing to Your Name.

As lovers lie in each other's arms,
Whispering each the other's name,
Into the other's ear,
So we lie in Your arms,
Breathing with each breath,
Your Name, Your Truth, Your Unity.
You alone, Your Breath of Life alone,
Guides us,
Frees us,
Transforms us,

Heals us
Nurtures us.

First, last -- Future, past,
Inward, outward,
Beyond, between,
You are the breathing that gives life to all the worlds.
And we do the breathing that gives life to all the worlds.

As we breathe out what the trees breathe in,
And the trees breath out what we breathe in,
So we breathe each other into life,
We and You.

YyyyHhhhWwwHhhh

---Rabbi Arthur Waskow

The Breath of All Life: by Isaac Mozeson

If we as the sea
Sang with mouths flowing song
And tongues glowing joy
With the waves fidelity
And had lips long in praise
And wide as the horizon,
With our eyes on fire
Like the sun and moon's rays,
And had we hands
Flared as for falcon flight
And the gait of gazelles
Our legs leaping light,
We yet wouldn't suffice
To praise You God!
Min ha-olam v'ad ha-olam Atah El, umi-baladecha ein lanu melech goel u-moshia
Podeh u-matzil umfarneis umracheim b'chol
et tzarah v'tzukah, ein lanu melech ela atah
Beyond endless time and space that's vast, You are Divine.

Ilu Finu

אֵלֹהֵינוּ מְלֵא שִׁירָה כַּיָּם, אֵלֹהֵינוּ

Ilu finu malei shirah ka-yam, Ilu finu

Let us have songs to fill our mouths as full as the sea.

Nishmat Kol Chai

(Full version with translation by Reb Zalman)

Nishmat kol chai t'vareich et shimcha
Hashem Eloheinu, v'ruach kol basar t'faeir
utromeim zichr'cha malkeinu tamid

נשמת כל חי, תברך את שמך
יהוה אל הינו. ורוח כל בשר, תפאיר
ותרומם זכרך מלפני תמיד.

*All breathing life adores Your Name, Yah, our G-d
All flesh alive is raised to ecstasy each time we become aware of You!*

מן העולם ועד העולם אתה אל. ומבלעדיך אין לנו מלך גואל ומושיע. פודה ומציל
ומפרינס ומרחם, בכל עת צרה וציקה. אין לנו מלך אלא אתה:

Min ha-olam v'ad ha-olam atah El, umi-baladecha ein lanu melech goel u-moshia
Podeh u-matzil umfarneis umracheim b'chol et tzarah v'tzukah, ein lanu melech ela atah

*Beyond endless Time and Space that's vast You are Divine, Only You are the One Who
ultimately extricates and frees, ransoms, saves and sustains us and cares when we are in distress.
You, You alone secure our lives.*

אלהי הראשונים והאחרונים, אלוה כל בריות, אדון כל תולדות, המהלל
ברב התשבחות, המנהיג עולמו בחסד, ובריותיו ברחמים.

Elohei harishonim v'ha-acharonim, Elohah kol b'riyot, adon kol toladot,
ham'hulal b'rov hatishbachot, ham'naheg olamo b'chesed uvri-yotav b'rachamim

*You, ultimate Cause and Ultimate Effect, Source of all Creation
You manifest in all birthing, In every compliment it is You we praise
You manage Your universe with kindness - with compassion for all beings in it*

יהוה לא ינום ולא ישן. המעורר ישנים והמקיץ נרדמים והמשיח אלמים, והמתיר
אסורים, והסומך נופלים, והזוקף כפופים. לך לבדיך אנחנו מודים.

VaAdonai lo yanum v'lo yishan. Ham'oreir y'sheinim, v'hameikitz nirdamim, v'hameisiach il'mim,
v'hamatir asurim, v'hasomeich nof'lim, v'hazokeif k'fufim, Lecha l'vad'cha anachnu modim

*Yah ever awake and ever alert! You rouse us from the deepest sleep. You give words to the speechless, You
release the imprisoned, You support the stumbling, You give dignity to the downtrodden. Every appreciation we
offer is Yours.*

ואלו פינו מלא שירה פים, ולשוננו רנה כהמון גליו, ושפתותינו שבת כמרחבי רקיע,
ועינינו מאירות כשמש וכירח, וידינו פרושות כנשרי שמים, ורגלינו קלות כאילות, אין
אנחנו מספיקים, לתודות לך יהוה אל הינו ואלהי אבותינו, ולברך את שמך על אחת
מאלף אלפי אלפים ורבי רבבות פעמים הטובות שעשית עם אבותינו ועמנו.

Ilu finu malei shirah ka-yam, ulshoneinu rinah kahamon galav, v'siftoteinu shevach k'merchavei
raki'a, v'eineinu m'irov ka-shemesh v'cha-yareyach, v'yadeinu f'rusot k'nishrei shamayim,
v'ragleinu kalot ka-ayalot, ein anachnu maspikim l'hodot lecha Hashem Eloheinu Veilohei
avoteinu, ulvareich et sh'mecha al achat mei-alef elef alfei alafim v'ribei r'vavot p'amim
hatovot she-asita im avoteinu v'imanu.

*If ocean-full our mouth were with music, Our tongues singing like the ceaseless surf
Our lips praising You to the skies, Our eyes blazing like the sun and moon
Our arms spread like soaring eagles, Our legs sprinting like those of deer
We could not thank You enough. Yah! Our G-d, our parents' G-d!
Neither could we celebrate by naming the times exceeding millions
The places exceeding billions, the favors you did for our parents and for us.*

(Continued Next Page)

מִמְצָרִים גָּאֵלְתָּנוּ יְהוָה אֱלֹהֵינוּ, וּמִבֵּית עֲבָדִים פְּדִיתָנוּ, בְּרָעַב זִנְתָּנוּ, וּבְשָׁבַע
 כָּל־כֶּלְתָּנוּ, מִחֶרֶב הִצַּלְתָּנוּ, וּמִדְּבַר מִלְטָתָנוּ, וּמִחֲלָיִם רָעִים וּנְאֻמִּים דִּלִּיתָנוּ: עַד הִנֵּה
 עֲזַרְנוּ רַחֲמֶיךָ, וְלֹא עֲזַבְנוּ חֶסְדֶיךָ יְהוָה אֱלֹהֵינוּ, וְאֵל תִּטְשֵׁנוּ יְהוָה אֱלֹהֵינוּ לְנֹצֵחַ.
 עַל כֵּן אֲבָרִים שְׁפִלְגַת בָּנוּ, וְרוּחַ וּנְשָׁמָה שֶׁנִּפְחַת בְּאַפְנוּ, הֵן הֵם יוֹדוּ וַיְבָרְכוּ וַיִּשְׁבְּחוּ
 וַיִּפְאָרוּ וַיְרוּמְמוּ וַיַּעֲרִיצוּ וַיְקַדִּישׁוּ וַיְמַלִּיכוּ אֶת שְׁמֶךָ מִלְּכָנוּ תָּמִיד,

Mimitzrayim g'altanu Adonai Eloheynu, u-mibeit avodim p'ditanu, b'ra-av zantanu,
 uvsava kilkaltanu, meicherev hitzaltanu, u-midever milat-tanu, u-meichalayim raim
 v'ne-emanim dilitanu. Ad heina azarunu rachamecha, v'lo azavunu chasadecha Adonai Eloheynu.
 V'al tit'sheinu Adonai Eloheynu lanetzach. Al kein eivarim shepilagta banu, v'ruach unshama
 shenafachta b'apeinu, v'lashon asher samta b'finu, hein heim yodu vivar'chu vishab'chu vifa-aru
 virom'mu v'ya-aritzu v'yakdishu v'yamlichu et shimcha malkeinu tamid.

*Yah! Oh G-d! From oppression You redeemed us, now we can never be at home in slavery,
 During famines You fed us enough to live on. You shielded us from wars and plagues.
 From diseases of body and mind you pulled us out. To this moment Your caring helped us,
 We never lacked Your kindness. Please don't ever abandon us G-d! Our limbs want each to thank you. The air of
 each breath You breathed into us. Their very substance bless with gratitude
 and praise and celebration, honoring that exalted holiness, so majestic, that is Your fame!*

כִּי כָל פֶּה לָךְ יוֹדֶה, וְכָל לָשׁוֹן לָךְ תִּשְׁבַּע, וְכָל בֶּרֶךְ לָךְ תִּכְרַע, וְכָל קוֹמָה לְפָנֶיךָ
 תִּשְׁתַּחֲוֶה, וְכָל תֵּלָבֹת יִירָאוּךָ, וְכָל קֶרֶב וּכְלָיוֹת יִזְמְרוּ לְשִׁמְךָ. כִּדְבַר שְׁכֵתוֹב, כָּל
 עֲצָמוֹתַי תֹּאמְרֶנָּה יְהוָה מִי כָמוֹךָ. מִצִּיל עֲנִי מִחֶזֶק מְמֹנֵנוּ, וְעֲנִי וְאֲבִיוֹן מִגְזְלוֹ.

Ki chol peh l'cha yodeh, v'chol lashon l'cha tashova, v'chol berech l'cha tichra, v'chol komah
 l'fanecha tishtachaveh, v'chol l'vavot yira-ucha, v'chol kerev uchlayot y'zam'ru lishmecha, kada-
 var shekatuv: Kol atzmotai tomarnah, Hashem mi chamocho, matzil ani meichazak mimenu, v'ani
 v'evyon migoz'lo

*Our speech is appreciation our expression an oath of loyalty, Our attitude surrender, our stance
 before You obedience, Our feelings overwhelming awe, our inners singing scales of Your Names
 As it is in Scripture: All my very essence exclaims: Yah! Who is like You?
 You inspire the gentle to stand up to the bully , The poor disempowered to stand up to the thug.*

מִי יִדְמֶה לָךְ, וּמִי יִשׁוּה לָךְ וּמִי יַעֲרֶךְ לָךְ: הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן
 קִנְיַת שָׁמַיִם וְאָרֶץ: נִהְלָלְךָ וּנְשַׁבַּחְךָ וּנְפָאֲרְךָ וּנְבָרַךְ אֶת־שֵׁם קְדֹשְׁךָ. כְּאֹמֵר, לְדָוִד,
 בְּרַכִּי נַפְשִׁי אֶת יְהוָה, וְכָל קֶרְבִּי אֶת שֵׁם קְדֹשׁוֹ:

Mi yidmeh lach, u-mi yishveh lach, u-mi ya-arach lach, Ha-El hagadol hagibor v'hanora, El Elyon,
 konei shamayim va-arets. N'halelcha un'shabeikha-kha unfa-erkha unvareikh et sheim
 kodshecha, ka-amur: L'David, bar-chi nafshi et Hashem, v'chol k'ravay et sheim kadsho.

*No other can claim to be what You are, No other can pretend to be The Great G-d, The Mighty, The Awesome,
 The G-d, Most High, Yet nesting in Heavens and Earth! So we will keep celebrating and delighting and blessing
 Your Holy Name with David: "Yahhh! Breathes my soul out to You. All my inners pulse with You!"*

הָאֵל בְּתַעֲצוּמוֹת עִזָּה, הַגָּדוֹל בְּכַבּוֹד שְׁמֶךָ. הַגִּבּוֹר לְנֹצֵחַ וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ. הַמְּלֹךְ
 הַיּוֹשֵׁב עַל כְּסֵא רָם וְנִשְׂא: שׁוֹכֵן עַד, מָרוֹם וְקָדוֹשׁ שְׁמוֹ: וְכֵתוֹב, רַנְּנוּ צַדִּיקִים בֵּיהוָה,
 לַיִּשְׂרָאֵל נְאוּה תְהִלָּה. בְּפִי יִשְׂרָאֵל תִּתְרוֹמֵם. וּבִשְׁפִיתִי צַדִּיקִים תִּתְבָּרַךְ. וּבִלְשׁוֹן
 חֲסִידִים תִּתְקַדֵּשׁ. וּבִקְרֵב קְדוּשִׁים תִּתְהַלָּל:

HaEl b'ta'atzumot uzekha, hagadol bikh'vod sh'mekha. Hagibor lanetzach v'hanora
 b'nor'otecha. Hamelech hayoshev al kisey ram v'nisa. Shocheyn ad, marom v'kadosh sh'mo.
 V'chatuv ran'nu tzadikim ba-Adonai lay'sharim nara t'hilah. B'fi y'sharim tit'romam. Uv'shif'tey
 tzadikim tit'barach. Uvil'shon chasidim tit'kadesh. Uv'kerev kadoshim tit'halel.

*Potent G-d Force! Magnanimous in Glory, Ever prevailing Awesome Mystery! Majestic One, who presides over
 all destiny! Eternal Shechinah, saints sing Yah in harmony with decent folks. Good people exalt You, saints are
 Your blessing, devotees sanctify You. You delight in our inner holiness!*

Chatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעָלְמָא דִּי בְרָא כְרַעוּתָהּ וַיִּמְלִיךְ מַלְכוּתָהּ.
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעָגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵיָא:
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא,
לְעָלַם מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמָתָא,
דְאִמְרוּן בְּעָלְמָא, וְאִמְרוּ אָמֵן:

Leader:

Yit'gadal v'yitkadash sh'mey rabah.

All:

Amen

Leader:

B'al'mah dee v'rah chirootey, v'yamleech malchutey

All: B'khai-yey-khon, Oo-v'yomey-chon, oo-v'cha-yey d'hol beyt Yisra-el ba-a-gala oo-viz'man kareev v'eemru, Amen.

Y'hay sh'may rabah m'varach l'olam oo-l'al'may al'ma-yah. Yit'barach.

Leader:

Yit'barach v'yish'tabach v'yitpa-ar v'yit'romom v'yit'nasay v'yit'hadar v'yit'aleh v'yit'halal sh'mey d'kud'sha

All: B'reekh-Hu.

Leader: L'ey-la meen kol beer'khata v'sheerata

All: Toosh'b'khata v'neh-khe-mata da-ameeron b'almah v'eemru, Amen.

Let God's name be made great and holy in the world that was created as God willed. May God complete the holy realm in your own lifetime, in your days, and in the days of all of the house of Israel, quickly and soon.
And we say: Amen.

May God's great name be blessed, forever and as long as worlds endure.

May it be blessed and praised and glorified, and held in honor, viewed with awe, embellished, and revered; and may the blessed name of holiness be hailed, through it be higher than all the blessing, songs, praises, and consolations that we utter in the world.

And we say: Amen

Hay Briyah

Shema v'Birkhoteha: The Shema and Her Blessings



Knowing and Believing

This world represents the world of the intellect, of pure mind. Here we are commanded to exert ourselves, to extend ourselves, to reach for the very edges of our understanding. We proclaim our belief in the Oneness from which all existence stems. We strive to live in a state of love and to increase our knowledge, so that we can discover inner truths through our prayers, contemplations and the study of Torah.

Barchu

Calling to Community

As we bless the source of Life, so we are blessed.

And our blessings give us strength,

And make our visions clear.

And our blessings give us peace,

And the courage to dare.

As we bless the source of Life, so we are blessed. (Faith Rogow)

Call and Response: Barchu, (Barchu), Dear One (Dear One), Shekhinah (Shekhinah), Holy Name (Holy Name);

All: When I call on the Light of my soul, I come home. (Lev Friedman)

(We rise as the leader chants.)

בָּרְכוּ אֶת יְיָ הַמְבָרָךְ: Bar'chu et Adonai ham'vorakh

(Blessed is the One Blessed Power)

(We bow and chant together.)

בָּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד: Baruch Adonai ham'vorakh l'olam va'ed

(Blessed is G-d forever and ever!)

Yotzer Or

Reaching to the Realm of Light

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר, וּבוֹרֵא חֶשֶׁךְ, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכּוֹל:

Barukh Ata Adonai, Eloheynu Melekh Ha-Olam

Yotzer or u-vorey khoshekh, Oseh shalom u-vorey et hakol.

*Holy One of Blessing, Your Presence fills creation, You form Light and You create Darkness
You make Peace and You create the Whole.*

We Are Loved By An Unending Love

We are loved by an unending love.
We are embraced by arms that find us
even when we are hidden from ourselves.
We are touched by fingers that soothe us
even when we are too proud for soothing.
We are counseled by voices that guide us
even when we are too embittered to hear.
We are loved by an unending love.

We are supported by hands that uplift us even in the midst of a fall.
We are urged on by eyes that meet us
even when we are too weak for meeting.
We are loved by an unending love.

Embraced, touched, soothed, and counseled,
Ours are the arms, the fingers, the voices;
Ours are the hands, the eyes, the smiles;
We are loved by an unending love.

-by Rabbi Rami Shapiro



Ahava Raba, Original graphic by Meira Iliinsky

Ahava Raba

אַהַבַּת רַבָּה אֶהְבְּתָנוּ, יְיָ אֱלֹהֵינוּ, חֶמְלָה גְדוֹלָה וַיִּתְּרָה חֶמְלָתְךָ עָלֵינוּ.

Ahavah rabah ahavtanu, Adonai eloheinu, chemlah g'dolah viteirah chamalta aleinu.
With a great love you have loved us. Adonai Our God, with great empathy is Your care for us.

אָבִינוּ מַלְכֵנוּ, בְּעֶבֶר אָבוֹתֵינוּ שֶׁבַטְחוּ בְּךָ, וַתְּלַמְּדֵם חֻקֵי חַיִּים,

Avinu malkeinu, ba-avur avoteinu shebat'chu v'cha, vat'lam'deim chukei chayim,
Our Father, Our Ruler, For the sake of our fathers and mothers who trusted in You and whom You taught the statutes of life.

כֵּן תְּחַנְּנוּ וַתְּלַמְּדֵנוּ. אָבִינוּ, הָאֵב הַרְחֵמֵנוּ, הַמְּרַחֵם, רַחֵם עָלֵינוּ,

kein t'chaneinu ut'lam'deinu. Avinu, ha-av harachaman, hamracheim, racheim aleinu,
So too, be gracious to us and teach us. Our Father of Mercy, place us in Your (womblike) compassion.

וְתֵן בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל, לְשִׁמְעַ, לְלַמֵּד וּלְלַמֵּד,

v'tein b'libeinu l'havin ul'haskil, lishmoa, lilmod ul'lameyd,
And grant our heart understanding and creativity; to listen, to learn and to teach.

לְשֹׁמֵר וְלַעֲשׂוֹת וּלְקַיֵּם אֶת כָּל דִּבְרֵי תַלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.

lishmor v'la-asot ul'kayeim et kol divrei talmud toratecha b'ahavah.
To guard, to practice, and to fulfill all the words of Your Torah with love.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,

V'ha-eir eineinu b'toratecha, v'dabeik libeinu b'mitzvotcha,
Enlighten our eyes to Your Torah and cause our hearts to cling to Your mitzvot.

וַיַּחַד לְבַבֵּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ, וְלֹא יִבּוֹשׁ לְעוֹלָם וָעֶד:

v'yacheid l'vaveinu l'ahavah ul'yirah et sh'mecha, v'lo neivosh l'olam va-ed.
And unite our hearts to love and fear Your Name, and may we never be put to shame!

כִּי בְּשֵׁם קְדוֹשׁךָ הַגָּדוֹל וְהַנּוֹרָא בְּטַחָנוּ, נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעָתְךָ.

Ki v'sheim kodsh'cha hagadol v'hanora batach'nu, nagilah v'nism'chah bishuatecha.
For in Your holy, great, and awesome Name do we trust: may we exult and rejoice in your salvation.

וְהַבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְּפוֹת הָאָרֶץ, וְתוֹלְכֵנוּ קוֹמֵמִיּוֹת לְאָרְצֵנוּ,

Vahavi-einu l'shalom mei-arba kanfot ha-aretz, v'tolicheinu kom'miyut l'artzeinu,
Bring us peace from the four corners of the earth, and speedily lead us with dignity to our land.

כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה, וּבָנוּ בְּחַרְתָּ עִם כָּל עַם וְלָשׁוֹן.

Kee El poeil y'shuot atah, uvanu vacharta im kol am v'lashon.

For You are a G-d who performs acts of salvation and You have chosen us with all peoples and languages.

וְקָרַבְתָּנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאֵמֶת לְהוֹדוֹת לְךָ וּלְיִחְדָּךָ בְּאַהֲבָה.

V'keiravtanu l'shimcha hagadol selah be-emet, l'hodot l'cha ul'yachedcha b'ahavah.
And You have brought us close to Your Great Name in truth so that we may give thanks to You and proclaim Your Oneness in love!

בָּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה

Baruch Ata Adonai, ha-bokher b'amo Yisra-el b'ahavah.

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

אל מֶלֶךְ נְאֵמָן

El Melech Ne'eman
God, Ruler, Faithful (Ameyn!)

Sh'ma

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד

Shema Yisrael Adonai Eloheynu Adonai Echad
*Listen all you who struggle with the Infinite, Yah,
who is our G-d, Yah is One.*

(in a whispered voice)

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch Shem Kevod Malchuto l'olam va-ed.
Through time and space Your glory shines, Majestic One.

V'ahavta

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ, בְּכֹל-לִבְבְּךָ, וּבְכֹל-נַפְשְׁךָ, וּבְכֹל-מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל-לִבְבְּךָ:
וְשִׁנַּנְתָּם לְבְנֵיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִקְחֶךָ בְּדֶרֶךְ
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ,
וְכִתְבָתָם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Vahavta et Adonai Elohekha b'khol l'av'kha u'v'khol naf'sh'kha u'v'chol m'ohdekha.
V'hayu had'varim ha'eyleh asher Anokhi m'tzav'kha hayom al l'avvekha.
V'shinantam l'vanekha v'dibarta bam b'shiv't'kha b'veytekha
uv'lekh't'kha vaderekh uv'shokh'b'kha uv'kumekha.
Uk'shartam l'ot al yadekha v'hayu l'totafot beyn eynekha.
Ukh'tavtam al m'zuzot beytekha uvisharekha.

And you shall love the Lord your God (with all your heart) (2x)
With all your soul and (with all of your might) (2x)
And all these words which I command you on this day (shall be upon your heart) (2x)
And you shall teach them diligently (unto your children) (2x)
And you shall speak of them (when your sitting in your house) (2x)
When you're walking by the way and when you're rising up,
and when you're lying down (2x)
And you shall bind them for a sign (upon your hand) (2x)
And they shall be for frontlets (between your eyes) (2x)
And you shall write them on the doorposts of your house, (and upon your gates) (2x)
That you may remember and do all of My commandments,
and be holy (unto your God) (3x)

- Debbie Friedman

Love Yah, who is your God,
in what your heart is
In what you aspire to,
in what you have made your own.

May these values which I connect with your life
be implanted in your feelings
May they become the norm for your children
addressing them in the privacy of your home,
on the errands you run

May they help you relax
and activate you to be productive
Display them visibly on your arm,
let them focus your attention
See them at all transitions at home
and in your environment.

- translation by Reb Zalman

Shema Second Paragraph

וְהָיָה אִם-שָׁמַעַתְּ שִׁמְעוּ אֶל-מִצְוֹתַי, אֲשֶׁר אֲנִי מְצַוֶּה אֶתְכֶם הַיּוֹם, לְאַהֲבָה אֶת יְהוָה אֱלֹהֵיכֶם,
וּלְעַבְדוֹ בְּכֹל-לְבַבְכֶם וּבְכֹל נַפְשְׁכֶם. וְנָתַתִּי מִטֶּר-אֶרְצְכֶם בְּעֵתוֹ, יוֹרֵה וּמִלְקוֹשׁ, וְאִסְפַּת דְגָנְךָ
וְתִירְשֶׁךָ וַיִּצְהַרְךָ. וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבַהֲמֹתֶיךָ, וְאִכְלָתָּ וּשְׂבַעְתָּ. הַשְׁמֵרוּ לָכֶם פֶּן-יִפְתָּח
לְבַבְכֶם. וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וְחָרָה אַף-יְהוָה בְּכֶם, וְעָצַר
אֶת-הַשָּׁמַיִם וְלֹא-יְהִי מִטֶּר, וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֶבְרֹתֶיהָ מִהֲרָה מֵעַל הָאָרֶץ הַטֹּבָה
אֲשֶׁר יְהוָה נָתַן לָכֶם: וְשָׁמַתֶם אֶת דְּבָרֵי אֱלֹהֵי לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת
עַל-יַדְכֶם, וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וְלִמְדַתֶּם אֹתָם אֶת-בְּנֵיכֶם, לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתֶךָ,
וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-מְזוֹזוֹת בֵּיתֶךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם
וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם לָתֵת לָהֶם, כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

Translation by Reb Zalman

How good it will be when you really listen and hear my directions which I give to you today

For loving Yah who is your God and to act godly with feeling and inspiration.

Your earthly needs will be met at the right time appropriate to the season, you will reap what you
Planted for your delight and health.

Also your animals will have ample feed, all of you will eat and be content.

Be careful - watch out! Don't let your cravings delude you, don't become alienated,

Don't let your cravings become your gods, don't debase yourself to them

Because the God sense within you will become distorted.

Heaven will be shut to you, grace will not descend. Earth will not produce.

Your rushing will destroy you!

And earth will not be able to recover her good balance in which God's gifts manifest.

May these values of Mine reside in your feelings and aspirations

Marking what you produce, guiding what you perceive.

Teach them to your children so that they may be addressed by them in making their homes,

How they deal with traffic, when you are depressed, when you are elated.

Mark your entrances and exits with them so you become more aware.

Then you and your children will live out on earth that Divine promise given to your ancestors

To live heavenly days right here on this earth.

Shema Third Paragrah - Vayomer Adonai

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם:
וַעֲשׂוּ לָהֶם צִיצִית עַל-כַּנְּפֵי בְּגָדֵיהֶם לְדֹרֹתָם,

Vayomer Adonai el Mosheh leymor. Dabeyr el b'nei Yisra-el v'amarta aleyhem,
v'asu lahem tzitzit al kanfey vigdeyhem l'dorotam,

*Adonai spoke to Moses saying: speak to the children of Israel and tell them to
make for themselves tzitzit on the corners of their garments throughout their
generations,*

וְנָתַנּוּ עַל-צִיצִית הַכַּנָּף פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ
וַיִּזְכְּרֶתֶם אֶת-כָּל-מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם,

v'nat'nu al tzitzit hakanaf p'til t'kheilet. V'hayah lakhem l'tzitzit,
ur'item oto uz'kheartem et kol mitzvot Adonai, va-asitem otam,

*And to attach a thread of blue on the fringe of each corner.
They shall be to you as tzitzit, and you shall look on them and remember
all the mitzvot of Adonai,*

וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם, אֲשֶׁר-אַתֶּם זֹנִים אַחֲרֵיהֶם:
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:

v'lo taturu akharey l'avvkhem v'akharey eyneykhem, asher atem zonim akharey-hem.
L'ma-an tizk'ru va-asitem et kol mitzvotai, vih'yitem k'doshim leylo-heykhem.

*And you will not follow after your heart and after your eyes by which you go astray;
so that you may remember and fulfill all My mitzvot and be holy to your G-d.*

אֲנִי יְהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיּוֹת לָכֶם
לֵאלֹהִים, אֲנִי יְהוָה אֱלֹהֵיכֶם... אֱמֶת

Ani Adonai Eloheykhem, asher hotzeyti etkhem mey-eret mitzrayim,
lih'yot lakhem leylohim, Ani Adonai Eloheykhem...emet

*I Am Adonai, your G-d that brought you out of the land of Egypt to be your G-d.
I Am Adonai, your God... True*

Mi Chamokha

מִי כְמוֹכָה בְּאֵלִים יְהוָה מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ, נוֹרָא תְהִלַּת עֲשֵׂה פְלֵא.

Mee cha-mokhah ba-eylim Adonai, mee cha-mokah nedar bakodesh,
Nora t'heelot osey feleh.

*Who is like you, Adonai, among other gods, glorious in holiness, awesome in praises,
doing miracles.*

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

Adonai yimlokh l'olam va-ed!
The Eternal will reign forever and ever!

Tzur Yisrael

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל.

Tzur Yisrael, kuma be'ezrat Yisrael

וּפְדֵה כְנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל.

Uf'dey khinu-mekha Yehudah v'Yisrael

נְאֻלְנוּ יְיָ צְבָאוֹת שְׁמוֹ, קָדוֹשׁ יִשְׂרָאֵל.

Go-aleynu, Adonai tz'va-ot shemo, kadosh Yisrael

בָּרוּךְ אַתָּה יְיָ, נְאֻל יִשְׂרָאֵל:

Barukh Ata Adonai, ga'al Yisrael.

*Rock of Israel, rise up to help Israel, and set free Judah and Israel, as you have
promised. Our Redeemer, is the Lord of Hosts, the Holy One of Israel.
Blessed are You Adonai, Redeemer of Israel.*

Adonai S'fatai

אֲדַנִּי שִׁפְתַי תִּפְתַּח וּפִי יִגִּיד תְהִלָּתֶךָ:

Adonai, s'fatai tiftach ufee yageed t'hillatecha.

Oh God, open up my lips as I begin to pray.

Amidah: Avot v'Imahot - Ancestors

We call upon our ancestors for support in our journey

בָּרַךְ (stand up) יְהוָה (bow) אַתָּה (bend knees) אֲדֹנָי

Baruch (bend knees) Atah (bow) Adonai (stand up)

Blessed (bend knees) are You (bow) Adonai (stand up)

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ.

Eloheynu veylo-hey avoteynu v'eemo-teynu

our G-d, G-d of our fathers and mothers,

אֱלֹהֵי אַבְרָהָם וְשָׂרָה, אֱלֹהֵי יִצְחָק וְרִבְקָה,

וְאֱלֹהֵי יַעֲקֹב רָחֵל וְלֵאָה.

Elohey Avraham v'Sarah, Elohey Yitzkhak v'Riv'kah,

v'Elohey Ya'akov, Rakhel v'Leah.

G-d of Abraham and Sarah, G-d of Isaac and Rebecca, G-d of Jacob, Rachel and Leah.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן.

Ha-Eyl ha-gadol, ha-gibbor v'ha-nora, El Elyon,

The G-d of all that is great, Might, and Awesome, the Almighty-Most High,

גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכּוֹל.

Gomeyl khasa-deem toveem, v'koney ha-kol

Who bestows loving goodness. In whom is everything.

וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

V'zokheyr khas-dey avot v'ee-ma-hote u-meyvee go-eyl leev-ney v'ney-hem

l'ma'an sh'mo b'ahavah.

Who is mindful of the kindness of the fathers and mothers and Who brings redemption to their children's children for the sake of the Holy Name with love.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן:

Meleckh ozeyr u-moshiya u-mageyn

Sovereign, Helper, Savior, and Shield:

בָּרַךְ (bend knees) אַתָּה (bow) יְהוָה (stand up) מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה:

Baruch (bend knees) Atah (bow) Adonai (stand up) mageyn Avraham v'ezrat Sarah.

Blessed (bend knees) are You (bow) Adonai (stand up), shield of Abraham and help of Sarah.

Amidah: Gevurot Divine Might

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ:

Ata geebur l'olam, Adonai, m'chayey mey-tim Ata, rav l'hoshi-a

(Chanted from Shemini Atzeret to Pesach) מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם:

Mashiv ha-ruakh u-morid hagashem.
Cause the wind to blow and the rain to fall

(Chanted from Pesach to Sukkot) מוֹרִיד הָאֶטְל מוריד האטל
Morid hatal Causes the dew to fall

מְכַלְכֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ לְיִשְׂרָאֵל עַד, מִי כְמוֹךָ
בַּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ, מְלַךְ מֵמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה:

M'chal'keyl chayim b'chesed, m'chayeih meytim b'rachamim rabim,
someykh nof'lim, v'rofei cholim, umatir asurim, um'kayeim emunato lisheinei afar,
mi chamocha ba-al g'vurot umi domeh lakh,
melekh meimit um'chayeh umatzmi-akh y'shuah.

We see the Divine wherever we turn - sustaining the living with kindness, compassionately filling dead matter with life, stirring those who lift the fallen and heal the sick, who free the bound and teach faith and trust.

וּנְאֻמָּן אַתָּה לְהַחְיֹת מֵתִים.
בָּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים:

V'ne-eman Atah l'hachayot meytim.
Baruch Atah Adonai, m'chayeih hameytim

Blessed are You, Adonai, in whom is the power even to revive the dead.

Amidah: Kedushah - Holiness

Leader: נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם שֶׁמְקַדְּשִׁים אוֹתוֹ בְּשָׁמַי מָרוֹם,
כְּכַתוּב עַל יַד נְבִיאֶיךָ: וְקָרָא זֶה אֶל זֶה וְאָמַר:

N'kadeysh et shimcha ba-olam, k'sheym shemak-dishim oto bish'mei marom,
kakatuv al yad n'vi-ekha, v'kara zeh el zeh v'amar:

*We will sanctify Your Name in the world, just as the angels sanctify it in the highest heavens,
as it is written by the hand of Your prophet: "And they called one to another and said,*

All: קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְהוָה זְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

Kadosh, kadosh, kadosh, Adonai tz'va-ot, m'lo chol ha-aretz k'vodo

"Holy, holy, holy is the Lord of Hosts, the whole world is filled with your Glory."

Leader: אִזּוּ בְּקוֹל רַעַשׁ גָּדוֹל אָדִיר וְחֲזָק מִשְׁמִיעִים קוֹל,
מִתְנַשְּׂאִים לְעֵמֶת שְׂרָפִים, לְעֵמֶתָם בְּרוּךְ יְאִמְרוּ:

Az b'kol ra-ash gadol adir v'chazak, mashmi'im kol,
mitnasim l'umat s'rafim, l'umatam barukh yomeyru:

*Then with a sound of great noise, mighty and powerful, they heard a voice,
raising themselves toward the Serafim; those facing them say...*

All: בְּרוּךְ כְּבוֹד יְהוָה, מִמְּקוֹמוֹ.

Baruch k'vod Adonai mim'komo *Blessed is the glory of Adonai from His place.*

Leader: מִמְּקוֹמָךְ מְלִכְנוּ תוֹפִיעַ, וְתִמְלֹךְ עָלֵינוּ, כִּי מִחַכְּמֵי אֲנַחְנוּ לָךְ. מִתִּי תִמְלֹךְ בְּצִיּוֹן,
בְּקָרוֹב בְּיָמֵינוּ, לְעוֹלָם וָעֶד תִּשְׁכֹּן. תִּתְנַחֵל וְתִתְקַדֵּשׁ בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ,
לְדוֹר וָדוֹר וּלְנִצְחַת נִצְחִים. וְעֵינֵינוּ תִרְאִינָה מִלְכוּתְךָ,
כִּדְבַר הָאָמוֹר בְּשִׁירֵי עֲזָרָה, עַל יְדֵי דָוִד מְשִׁיחַ צְדָקָה:

Mim'kom'cha malkeynu tofi-a, v'timloch aleinu, ki m'chakim anachnu lach.

Matai timlokh b'tziyon? B'karov b'yameinu, l'olam va-ed tishkon. Titgdal v'titkadash
b'toch y'rushalayim ir'cha, l'dor vador ul'neitzach n'tzachim. V'eineinu tirenah mal-
khutekha, kadavar ha-amur b'shurey uzekha, al y'dey David m'shi-akh tzidkekha:

From Your place, our Ruler, You will appear and reign over us, for we await You.

When will You reign in Zion? Soon, in our days - forever and ever - may You dwell there.

*May You be exalted and sanctified within Jerusalem, Your city, from generation to generation and for all
eternity. May our eyes see Your kingdom, as it is expressed in the songs of Your might,
written by David, Your righteous one...*

All: יִמְלֹךְ יְהוָה לְעוֹלָם, אֶלְהֵינוּ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ.

Yimloch Adonai l'olam, Elohayich tziyon, l'dor vador, hal'luyah

Adonai shall reign forever - your G-d, O Zion, from generation to generation. Halleluyah!

Leader: לְדוֹר וָדוֹר נָגִיד גָּדוֹל לָךְ, וּלְנִצְחַת נִצְחִים קְדֻשְׁתְּךָ נְקַדֵּשׁ, וְשִׁבְחָךְ,
אֶלְהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מְלֹךְ גָּדוֹל וְקְדוֹשׁ אַתָּה.
בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקְּדוֹשׁ


L'dor vador nagid god'lecha, ul'neitzach n'tzachim k'dushat'kha nakdish, v'shivkhakha,
Eloheyenu, mipinu lo yamush l'olam va-ed, ki El Melekh gadol v'kadosh Atah.

Baruch atah Adonai, ha-Eyl hakadosh

*From generation to generation we shall relate Your greatness and for infinite eternities we shall proclaim Your
holiness. Your praise, our G-d, shall not leave our mouth forever and ever, for You O G-d,
are a great and holy Ruler. You abound in blessings, Adonai, the Holy God.*

Amidah (continue silently - Kedushat HaYom)

K'dushat HaYom - The Holy Shabbat

קְדֻשַׁת הַיּוֹם 

אֲשֶׁרֵינוּ מָה טוֹב חֶלְקֵנוּ וּמָה נְעִים גּוֹרְלֵנוּ וּמָה יָפָה יְרֻשָּׁתֵנוּ:
אֲשֶׁרֵינוּ שְׁאַנְחָנוּ שׁוֹבְתִים בְּשַׁבְּעֵי: וְכֵן כָּתוּב בְּתוֹרָתְךָ.

Happy are we, how fortunate our lot, how pleasing is our destiny, how lovely our inheritance!
Happy are we to be at rest on the seventh day, and thus is written in your Torah:

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת. לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם
בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם. כִּי שֵׁשֶׁת
יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ. וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת
וַיִּנְפֹּשׁ.

“And the children of Israel shall keep Shabbat to make Shabbat in each generation a covenant for the world, between me and the children of Israel an everlasting sign of the six days on which the Eternal produced heavens and earth, resting and stopping on the seventh day.”

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצָה נָא בְּמִנוּחָתֵנוּ, קְדֻשָּׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ, שְׂבַעֵנוּ מִטּוֹבֶךָ וְשִׂמְחָנוּ בִישׁוּעָתְךָ, וְטַהַר
לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן
שַׁבַּת קְדֻשָּׁה, וַיְנַחֲחוּ בּוֹ כָּל יִשְׂרָאֵל מִקְדָּשֵׁי שָׁמַיִם. בְּרוּךְ אַתָּה
יי, מְקַדֵּשׁ הַשַּׁבָּת:

This has truly been our gift, not appreciated by those who worship the fleeting things of life, but by those who love the Eternal. People who hallow a seventh day - all of them will be satisfied and delighted from such goodness. The seventh day is our desire, to be hallowed as the cherished of days, in memory of the doings of creation.

O May our rest always be accepted, may we be hallowed by holy command, and may our portion be with the Torah. May we always be satisfied with goodness and find happiness in freedom so that with pure heart we can serve truth and inherit with love and desire this holy Sabbath, our rest. Blessed is the One who hallows Shabbat.

Amidah (continue silently - Avodah and Hoda'ah)

Avodah - Divine Service

עבודה



רְצֵה. יי אֱלֹהֵינוּ. בְּעַמְךָ יִשְׂרָאֵל וּבְתַפְלָתָם.

R'tzey Adonai Eloheynu b'am'kha Yisra-el uveet'feelatam

וְהַשֵּׁב אֶת הָעֲבוּדָה לְדָבִיר בֵּיתְךָ. וְאֲשִׁי יִשְׂרָאֵל.
וּתְפַלְתֵם בְּאַהֲבָה תִקְבַּל בְּרָצוֹן.

וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.

וּתְחַזְיֵנָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.

V'hasheyv et ha'avodah lid'veer beytekha v'eeshey Yisra-el, u-t'feelatam b'ahavah t'kabeyl b'ratzon. Ut'hi l'ratzon tameed avodat Yisra-el amekha. V'tekhezenah eyneynu b'shuv'kha l'Tzion b'rakhamim.

May our prayers be acceptable and may we see the day when a Messianic time has come and then may our prayers and service yet be received in love and desire, an eternal desire for the service of the people Israel. Fill us with the knowledge that you are near to all who seek You in truth. Pour out your spirit upon us; let our eyes behold Your presence in our midst and in the midst of our people in Zion.

בָּרוּךְ אַתָּה יי. הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

Barukh Atah Adonai ha-makha-zeer sh'kheenato l'Tziyon.

All praise to You, Adonai, who causes the presence of the Holy Shekhinah to return to Zion.

Hoda'ah - Thanksgiving

הודאה

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ וְאֵלֵהִי אֲבוֹתֵינוּ
וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר:
גּוֹדֵה לָךְ וּנְסַפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ וְעַל גְּשׁוּמֹתֵינוּ
הַפְּקוּדוֹת לָךְ וְעַל גְּסִיךָ שֶׁבְּכָל יוֹם עִמָּנוּ וְעַל גְּפִלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שֶׁבְּכָל־עֵת עָרֵב וּבָקָר וְצַהֲרָיִם: הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ וְהִמְרַחֵם
כִּי לֹא תָמוּ חַסְדֶיךָ מֵעוֹלָם קוֹיֵנוּ לָךְ:

וְעַל כָּל־מַעֲשֵׂיךָ וְיִתְרוֹמֵם שְׁמֶךָ מִלְּכָנוּ תָּמִיד לְעוֹלָם וָעֶד:

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה וַיִּהְלָלוּ אֶת שְׁמֶךָ בְּאַמֶּת הָאֵל יִשׁוּעָתָנוּ

וְעִזְרָתָנוּ סֵלָה: בָּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱדָה לְהוֹדוֹת: ←

Amidah (Hoda'ah/Thanksgiving continued and Prayer for Peace)

We gratefully acknowledge that You are the Eternal our G-d, G-d of our people and of all peoples, the G-d of all generations. We thank you and sing your praises: for our lives, which are in your hand; for our souls, which are in your keeping; for the miracles which are daily with us; and for your wondrous gifts at all times -- morning, noon and night. You are goodness: Your mercies never end; You are compassion: Your love never fails. You have always been our hope. You abound in blessings, Adonai, whose nature is goodness and to whom it is good to give thanks.

Birkat HaShalom - Prayer for Peace

בְּרַכַּת הַשְּׁלוֹם



**שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה. חֵן וְחֶסֶד וְרַחֲמִים.
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמָּךְ.**

**Sim shalom tovah u-v'rakhah, kheyne va-chesed v'racha-meem.
Aleynu v'al kol Yisra-el amekha**

*Grant peace, goodness, and blessing, grace, mercy, and compassion upon us
and all of Israel, Your people.*

בְּרַכְנוּ. אָבִינוּ. כְּאֶחָד בְּאוֹר פְּנֵיךְ.

Barkheynu, Avinu, kulanu k'ekhad b'or panekha.

Bless us our Beloved, all of us as one, with the radiant light of Your face

**כִּי בְאוֹר פְּנֵיךְ נָתַתָּ לָנוּ. יְיָ אֱלֹהֵינוּ. תּוֹרַת חַיִּים
וְאַהֲבַת חֶסֶד. וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל
בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמָךְ.**

**Kee b'or panekha natata lanu, Adonai Eloheyenu, Torat chayim, v'ahavat chesed,
u'tz'daka u'v'rakhah, v'racha-meem, v'chay-im, v'shalom.**

V'tov bey-nekha l'vreykh et amkha Yisra-el b'khol eyt uv'khol sha-ah beesh'lomekha.

For by the light of Your face You, Adonai Eloheyenu, gave us the Torah of life and the love of kindness, and righteousness, and blessing, and compassion, and life and peace. And it is good in Your sight to bless Your people Israel at all times and in every moment with Your gift of peace.

בְּרוּךְ אַתָּה יְהוָה, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Barukh Atah Adonai, ham'vareykh et amo Yisra-el bashalom.

You abound in blessings, Adonai, who blesses Your people Israel with Shalom.

Alternate Silent Amidah

We rise to speak,
a web of bodies aligned like notes of music.
Bless what brought us through the sea and the fire,
to reach out and pull each other along,
to strive to find a way through.
We rise to utter ourselves in every breath,
against the constrictions of fear,
to know ourselves, born out of rock and desert.

We reach back through two hundred arches of hips
long dust, carrying their memories inside us
to live again in our life, Isaac and Rebecca,
Rachel, Jacob, Leah. We say words shaped
by ancient use like steps worn into rock.

Bless what stirs us to compassion,
what shows our face in the face of a stranger.
Bless what teaches us
that whatsoever we clutch shrivels,
but what we give goes off in the world
carrying bread to people not yet born.

Bless what forces us to invent goodness
every morning, and what never frees us from
the cost of knowledge,
which is to act on what we know,
again, and again, and again.

All living things are one and holy, let us remember
as we eat, as we work, as we walk and drive.
We must act out justice and mercy and healing
as the sun rises and the sun sets,
as the moon rises and the stars wheel above us.
We must repair goodness.

We will try to repair the world given to us to hand on.
Holy is the foot that walks toward mercy.

Praise the light that shines before us, through us, after us.

Amen.

---- Marge Piercy

Oseh Shalom

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן:

Oseh shalom bim'romav hu ya'aseh shalomaleyenu,
v'al kol Yisra-el, v'im'ru amen.

*May the One who makes peace in the heavens bring peace to all
of us on this earth. And let us say, "Amen!"*



A peace
without the big noise of beating swords into plowshares,
without words, without
the heavy thud of the rubber stamp. I want it
gentle over us, like lazy white foam.
A little rest for the wounds—
who speaks of healing?
(And the orphans' outcry is passed from one generation
to the next, as in a relay race:
that baton never falls.)

I want it to come
like wildflowers,
suddenly, because the field
needs it: wildpeace

- by Yehuda Amichai, translated by Chana and Ariel Bloch

Torah Service

The Torah contains the five books of Moses, which relates the story of creation and the early history of the Jews. The Torah sets forth the commandments and laws that are the core of Jewish thought and religious belief.
It is a "Tree of "life" and a path to self-discovery and self-fulfillment

Eyn Kamocha

אֵין כְּמוֹךָ בְּאֵלֵהִים יְהוָה, וְאֵין כְּמַעֲשֵׂיךָ.
מַלְכוּתְךָ מְלָכוּת כָּל עֲלָמִים, וּמְשַׁלְּתְךָ בְּכָל דּוֹר וָדוֹר.

Eyn kamocha ba-Eloheem Adonai v'eyn k'ma-ah-sekha.
Malkhut'kha malkhoot kol oh-lameem, oo-memshalt'kha b'khol dor va'dor

There is none like You, Adonai, among the Gods that are worshipped, and there are no deeds like Yours, Your kingdom is an everlasting kingdom, and Your domination endures through all generations.

יְהוָה מֶלֶךְ, יְהוָה מְלָךְ, יְהוָה יִמְלֹךְ לְעֹלָם
וָעֶד. יְהוָה עֹז לְעַמּוֹ יִתֵּן, יְהוָה יְבָרֵךְ אֶת עַמּוֹ

Adonai melekh, Adonai malakh, Adonai yimlokh l'olam va-ed
Adonai oze l'amo yiteyn. Adonai y'vareykh et amo va-shalom!

*Adonai rules, Adonai ruled, Adonai will reign for ever and ever.
May the Lord give strength to His people, may God bless her people with peace.*

אָב הַרַחֲמִים, הִיטִיבָה בְּרִצּוֹנְךָ אֶת צִיּוֹן, תִּבְנֶה תּוֹמוֹת יְרוּשָׁלַיִם.

Av ha-rakhamim, hay-teevah vir-tzon'kha et Tzion. Tiv-neh khomote Y'rushalayim.

כִּי בְּךָ לְבַד בְּטַחֲנוּ, מְלָךְ אֵל רֵם וְנִשָּׂא, אֲדוֹן עוֹלָמִים.

Ki v'kha l'vad ba'takhnu, melekh eyl rom v'nisa, Adon ola-meem.

Source of mercy, let Your goodness be a blessing to Zion; let Jerusalem be rebuilt. In You alone do we trust, O Sovereign God, high and exalted, Lord of all the worlds.

Torah Service: Vay'hi Binsoa

(Please rise as the ark is opened.)

וַיְהִי בְּנִסּוֹעַ הָאָרֶן וַיֹּאמֶר מֹשֶׁה, קוּמָה יְהוָה, וַיִּפְצוּ אֲבִיבָיָהּ, וַיִּנְסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ:

Va-y'hee binsoa ha-aron va-yomer Moshe, Kumah Adonai v'ya-futzu oh-y'vekha
v'ya-nusu m'san'ekha mi-panekha.

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר יְהוָה מִירוּשָׁלַיִם:

Kee mitzion teytzey Torah oo-d'var Adonai mee-roosha-layim

בָּרוּךְ שָׁנַתָּן תוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:

Barukh she-natan Torah l'amo Yisra-el beek-dushato.

And it came to pass when the ark would travel that Moses said:

Arise, Adonai and Your enemies will be dispersed and Your foes will flee before You.

For out of Zion shall go forth the teaching and the word of the Holy One from Jerusalem

And many peoples will go and say; "come let us go up to the Holy Mountain to the house of the God of Jacob. And we will learn the way, and we will walk in Your paths.

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

Shema

(Leader chants and the congregation repeats afterwards)

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Shema Yisrael, Adonai Eloheynu Adonai ekhad

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אַדְוָנֵנוּ, קְדוֹשׁ שְׁמוֹ.

Ekhad Eloheynu gadol Adoneynu kodosh shemo

(Leader turns and faces the ark.)

גָּדְלוֹ לַיהוָה אֱתֵי, וּנְרוֹמְמָה שְׁמוֹ

Gadlu l'Adonai eetee oo-n'ro-m'mah shemo yakhdav.

Hear O Israel, the Lord Your God is One, Our God is One, Our Lord is great, holy is Gods' name. Declare with me the greatness of God, together we will raise God's name.

Lekha Adonai - Torah Processional

We walk the Torah around the congregation in a processional before it is opened for reading. During this processional we acknowledge the gift of Torah. It is customary to touch its cover (mantle) with your tzitzit, or with this siddur or your hand, and then to immediately kiss the object used to touch the mantle.

לְךָ יְהוָה תִּגְדָּלָה וְתִגְבוּרָה וְתִתְפָּאֶרֶת וְתִנְצַח וְתִהְיֶה הַיּוֹם :

L'kha Adonai, hag'dulah v'hag'vurah v'hatiferet, v'ha-naytzakh v'hahod.

כִּי כָל בְּשָׂמִים וּבְאַרְצֵי: לְךָ יְהוָה תִּמְמָלְכָה וְתִמְתַּנְשֵׂא לְכָל לְרֹאשׁ:

Kee khol ba-shamayim oo-va-arets. L'cha Adonai ha-mam-lakhah
v'ha-meet-nasey l'khol l'rosh.

רוֹמְמוֹ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַרְוֹם רַגְלָיו קְדוֹשׁ הוּא:

רוֹמְמוֹ יְהוָה אֱלֹהֵינוּ, וְהִשְׁתַּחֲוּוּ לְהַר קְדָשׁוֹ, כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ

Rom'mu, Adonai Eloheynu, v'heesh-takhavu, la-ha-dome rahg-lahv kadosh hu.
Rom'mu, Adonai Eloheynu, v'heesh-tachavu, l'har kodsho,
Kee kadosh Adonai Eloheynu.

Yours, HaShem, is the greatness, the strength, the splendor, the triumph and the glory; Everything in heaven and earth; Yours, Holy One, is the kingdom and the sovereignty over every leader. Exalt, Adonai, our G-d, and bow at Her feet, Exalt Adonai, and bow at His holy mountain. For holy is HaShem, our G-d.

Al Shloshah D'varim

Al Sh'loshah D'varim, Al Sh'loshah D'varim,
Al Sh'loshah, Sh'loshah D'varim Ha-Olam Ha-Olam Omed (2x)
Al HaTorah, V'al Ha-Avodah, V'al G'milut Chasadim (2x)

עַל שְׁלוֹשָׁה דְבָרִים, עַל שְׁלוֹשָׁה דְבָרִים, עַל שְׁלוֹשָׁה דְבָרִים
עַל שְׁלוֹשָׁה, שְׁלוֹשָׁה דְבָרִים, הָעוֹלָם, הָעוֹלָם עוֹמֵד
עַל תְּתוּרָה, וְעַל הָעֲבוּדָה, וְעַל גְּמִילוּת חֲסָדִים.

The world depends on three things: on Torah, on worship (service) and on loving deeds.

Love Your Neighbor

Love your neighbor as yourself, this is Torah!

Call to Torah

וַיַּעֲזֹר וַיַּגֵּן וַיּוֹשִׁיעַ לְכֹל הַחֹסִים בּוֹ, וְנֹאמַר אָמֵן. הַכֹּל הָבֵנו גְּדֹל לְאֱלֹהֵינוּ, וְתַנּוּ
כְּבוֹד לַתּוֹרָה. יַעֲמֹד/תַּעֲמֹד/ יַעֲמֹדוּ בֶּן/בַּת _____ לְעֲלִיָּה
(הָרֵאשׁוֹנָה, הַשְּׁנִיָּת, הַשְּׁלִישִׁית, הָרְבִיעִית, הַחֲמִישִׁית, הַשִּׁשִּׁית, הַשְּׁבִיעִית)

V'ya'azor v'yageyn v'yoshiya l'khol hakhosim bo, v'nomar amen.

Hakol havu godel leyloheyenu ut'nu khavod laTorah.

Ya'amod/Ta'amod/Ya'amdu _____ben/bat_____ la'aliyah

(harishonah, hasheyneet, hashleesheet, ha-r'vee'eet, hakhameesheet, hasheesheet, hash'vee'eet)

May G-d help, protect, and save all who seek refuge in G-d's shelter, and let us say: Amen.

Let everyone declare the greatness of our G-d,

*let all give honor to the Torah. May (he/she/they) _____son/daughter of _____ arise
for the (first/second/third/fourth/fifth/sixth/seventh) aliyah.*

Torah Service - Aliyah Blessings

Blessing before each Aliyah

(Reader)

בְּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ:

Barchu et Adonai hamevorach.

Blessed is the One Blessed Power

(Congregation)

בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Baruch Adonai hamevorach l'olam va-ed.

Blessed is the Blessed One forever and ever!

(Reader)

בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד:

Baruch Adonai hamevorach l'olam va-ed.

Blessed is the Blessed One forever and ever!

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם.

Baruch Atah Adonai Elohaynu Melekh ha-olam

אֲשֶׁר בָּחַר בְּנוֹ עִם כָּל הָעַמִּים

asher bakhar banu im kol ha-amin,

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ:

v'natan lanu et-torato.

בָּרוּךְ אַתָּה יְהוָה, נוֹתֵן הַתּוֹרָה:

Baruch Atah Adonai, noteyn haTorah.

*Blessed are You - the Lord our G-d, Ruler of the Universe, who has chosen us along with all
peoples and has given us His Torah. Blessed are You - the Lord, Giver of the Torah.*

Blessing after each Aliyah

ברוך אתה יי אלהינו מלך העולם,
אשר נתן לנו תורת אמת,
ותני עולם נטע בתוכנו:
ברוך אתה יי, נותן התורה:
Baruch Atah Adonai Elohaynu Melekh ha-olam
asher natan lanu torat emet,
v'khayey olam nata b'tokheyenu.
Baruch Atah Adonai, noteyn haTorah.

Blessed are You - the Lord our G-d, Ruler of the universe, who has given us the Torah of truth, and has planted everlasting life in our midst. Blessed are You - the Lord, Giver of the Torah.

Mi Shebeirach

מי שברך אבותינו אברהם יצחק ויעקב, ואמותינו שרה רבקה
רחל ולאה, הוא יברך את כל אלה שאלו היום לכבוד המקום,
לכבוד התורה, ולכבוד השבת בשכר זה, הקדוש ברוך הוא
יחיים וישמרום מכל צרה וציוקה ומכל נגע ומחלה, וישלח ברכה
והצלחה בכל מעשה ידיהם ויברכם עם כל ישראל אחיהם
ואחיותיהם. ונאמר: אמן

Mi Shebeyrach avoteynu Avraham, Yitzkhak, v'Ya'akov, v'imoteynu Sarah, Rivkah, Rachel v'Leah, Hu yivareych et kol eyleh she-alu hayom likh-vod haMakom, likh-vod haTorah, v'likhvod haShabbat. Bis'khar zeh haKadosh Baruch Hu y'chayeym v'yishm'reym mikol tzara v'tzukah u-mikol nega u-makhalah v'yishlach b'rakhah v'hatz'lakha b'khol ma'asey y'deyhem vi-var'kheym im kol Yisrael a-kheyhem v'akh-yotey-hem, v'nomar amen.

May the one who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebekah, Rachel and Leah, bless all those here who have risen today to the honor of the Omnipresent, and to the honor of the Torah, and to the honor of Shabbat. And by this merit, may they be granted life and kept from all trouble and affliction, and from every harm or sickness, and may they find blessing and success in all their labors, along with all of Israel, all their brothers and their sisters, and let us say: Amen.

Mi Shebeirach (Debbie Friedman)

Mi she-bei-rach avoteynu, M'kor ha-brakha l'imoteynu,
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 imoteynu, M'kor ha-brakha l'avoteynu,
Bless those in need of healing, With r'fua sh'leyma,
The renewal of body, The renewal of spirit.
And let us say, Amen.

Hagba - Raising of the Torah

(Please rise as the Torah is lifted)

V'Zot HaTorah

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
לְפָנֵי בְנֵי יִשְׂרָאֵל עַל פִּי יְהוָה בְּיַד מֹשֶׁה:

V'zot haTorah asher sam Moshe
lifney b'ney Yisra-el ahl pee Adonai b'yad Moshe.

*And this is the Torah which Moses set before the Children of
Israel, through the word of G-d, by the hand of Moses*

Eytz Chaim Hee

עֵץ חַיִּים הִיא לַמְחַזְקִים בָּהּ, וְתוֹמְכֵיהָ מְאֻשָּׁר:

Eytz chaim hee lamakhazikim bah, v'tom'kheha m'ushar.

She is a tree of life to those who hold fast to Her and all Her supporters are happy.

דְּרַכֶּיהָ דְרָכֵי נֹעַם, וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם:

D'racheha dar'chay no-am, v'chol netivoteha shalom.

Her ways are ways of pleasantness and all Her paths are peace.

הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Hashiveynu Adonai aylecha v'nashuvah chadeysh yameynu k'kedem.

Return us to You Adonai and we shall be returned. Renew our days to purity.

Priestly Blessing (Numbers 6:24-26)

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

Y'va-re-khekha Hashem v'yeesh-m'rekha.

(May Hashem bless you and may He watch over you.)

יֵאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶךָ

Ya'eyr Hashem panav ey-lekha veekhu-neka.

(May Hashem's face illumine you and shine Her grace.)

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

Yisa Hashem panav ey-lekha v'yaseym l'kha shalom.

(May Hashem's face be raised to you that She may place on you Her peace.)

Children's Blessing

May Hashem protect and defend you. May He always shield you from shame.

May you come to be in Yisrael a shining name.

May you be like Ruth and like David, May you be deserving of praise.

Strengthen us Hashem and lead us in your holy ways!

Men: May God bless you and grant you long life.

Women: May Hashem fulfill our Sabbath prayer for you.

Men: May God keep you and shield you from strife.

Women: May She in Her wisdom always care for you.

All: May Hashem protect and defend you, May He always shield you from shame.

Favor us Hashem, with happiness and peace, O hear our Sabbath prayer! Amen.

(Boch/Harnick)

Haftarah

Haftarah is the custom of reading from the Nevi'im (prophets) immediately following the Torah service. Generally the Haftarah is on a subject related to the Torah portion.

Before the reading:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים, וְרָצָה
בְּדְבָרֵיהֶם הַנְּאֻמִּים בְּאֵמֶת. בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר בַּתּוֹרָה וּבַמִּשְׁנָה
עֲבִדוּ, וּבְיִשְׂרָאֵל עַמּוֹ, וּבְנְבִיאֵי הָאֵמֶת וְצֶדֶק.

Blessed are You, Adonai our God, Ruler of the Universe, who has chosen good prophets and was pleased with their words that were uttered with truth. Blessed are You, Adonai, who chooses the Torah and Moses, God's servant, and Israel, God's people, and the prophets of truth and righteousness.

Haftarah Blessings after reading

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל הָעוֹלָמִים, צַדִּיק בְּכָל הַדּוֹרוֹת, הָאֵל הַנֶּאֱמָן הָאוֹמֵר וְעֹשֶׂה, הַמְדַבֵּר וּמְקַיֵּם, שְׂפָל דְּבָרָיו אִמַת וְצַדִּיק.

Blessed are You, Adonai our G-d, Sovereign of all worlds, the rock of all worlds, the righteous one throughout all generations, the faithful G-d, whose word is deed, who speaks and fulfills, whose words are truth and justice.

נֶאֱמָן אַתָּה הוּא יי אֱלֹהֵינוּ, וְנֶאֱמָנִים דְּבָרֶיךָ, וְדָבַר אֶחָד מִדְּבָרֶיךָ אַחֲזֵר לֹא יֵשׁוּב רִיקָם, כִּי אֵל מֶלֶךְ נֶאֱמָן (וְרַחֲמָן) אַתָּה, בְּרוּךְ אַתָּה יי, הָאֵל הַנֶּאֱמָן בְּכָל דְּבָרָיו, רַחֵם עַל צִיּוֹן כִּי הִיא בֵּית חַיֵּינוּ, וְלַעֲלוּבַת נַפְשׁ תּוֹשִׁיעַ בְּמַהֲרָה בְּיָמֵינוּ, בְּרוּךְ אַתָּה יי, מְשַׂמַּח צִיּוֹן בְּבָנֶיהָ.

Faithful are you, Eternal One, our G-d, and faithful are your words; not a single word of yours is unfulfilled, for you are a sovereign G-d, faithful and merciful. Blessed are you Eternal one, the G-d faithful in all worlds. Be merciful to Zion, which is the house of life to us, and be a help to Israel, your people, soon and in our days. Blessed are you, Eternal one, who gives joy to Zion through her children.

שְׂמַחְנוּ יי אֱלֹהֵינוּ בְּאַלְיָהוּ הַנְּבִיא עֲבָדְךָ, וּבְמַלְכוּת בֵּית דָּוִד מְשִׁיחֶךָ, בְּמַהֲרָה יָבֵא וַיִּגַּל לְבָנָנוּ, עַל כִּסְאוֹ לֹא יֵשֵׁב זָר וְלֹא יִנְחֲלוּ עוֹד אַחֲרָיִם אֶת כְּבוֹדוֹ, כִּי בְשֵׁם קִדְשֶׁךָ נִשְׁבַּעְתָּ לוֹ, שֶׁלֹּא יִכָּבֵה גֵרוֹ לְעוֹלָם וָעֶד, בְּרוּךְ אַתָּה יי, מִגֵּן דָּוִד.

Give us joy Eternal One, our G-d, in Elijah, your prophet and your servant. Soon may redemption come and give joy to our hearts. May G-d turn the hearts of the parents to their children, and the hearts of the children to their parents. And may your house be called a house of prayer for all peoples. Blessed are you, Eternal One, who brings an everlasting peace.

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים, וְעַל יוֹם הַשַּׁבָּת הַזֶּה, שְׁנַתַּתָּ לָנוּ יי אֱלֹהֵינוּ, לְקִדְשָׁה וְלִמְנוּחָה, לְכָבוֹד וְלַתְּפָאֶרֶת, עַל הַכֹּל יי אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל חַי תָּמִיד לְעוֹלָם וָעֶד, בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

For the Torah, and for worship, and for the prophets, and for this day of Shabbat, which you have given us, Eternal One, our G-d, for holiness and for rest, for honor and for splendor - for everything, Wise One, our G-d, we offer thanks to you, and bless you. May your name be blessed continually by every living being, forever and eternally. Blessed are you, Eternal One, source of the holiness of Shabbat.

Aleynu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שְׁלוֹ עִשְׂנוּ עִם גּוֹי הָאָרֶצוֹת,
וְלוֹ שָׁמְנוּ עִם מְשֻׁפְּחוֹת הָאָדָמָה,
שְׁלוֹ שָׁם חִלְקֵנוּ עִמָּהֶם,
וְגָרְלָנוּ עִם כָּל הָעוֹלָם

Aleynu l'shabey-akh la-adon hakol,
lateyt g'dulah l'yotzeyr b'reisheet,
shelo asanu im goyey ha-aratzot,
v'lo samanu im mishp'khot ha-adamah,
shelo sam khelkeynu kahem,
v'goraleynu im kol ha'olam

We rise to praise You, Source of All, Your generous work as Creator of All. You made us one with all Life. You helped us share with all humankind. You linked our fate with all that lives, and made our portion with all in the world.

נִאֲנַחְנוּ כּוֹרְעִים וּמְשֻׁתְּחָנִים וּמוֹדִים,

Va-anakhnu kor'im umishtakhavim u-modim

לְפָנֵי מֶלֶךְ, מֶלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Lifney melekh malkey ham'lakhim, hakadosh barukh hu

Let us lift up our hearts, in praise and joy and thanks, receiving the Spirit, the Life within all life, the Holy Blessed One.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ, וּמוֹשָׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל, וְשֹׁכֵינַת עֶזוֹ בְּגִבְהֵי
מְרוֹמִים, הוּא אֵלֵינוּ אֵין עוֹד. אֱמֶת מִלְּכֵנוּ אָפֶס זוּלָּתוֹ, כִּכְתוּב בְּתוֹרָתוֹ: וְיִרְעֶתָ
הַיּוֹם וְהִשְׁבַּתְּ אֵל לְבַבְךָ, כִּי יִי הוּא הָאֵלֵהִים בַּשָּׁמַיִם מִמַּעַל, וְעַל הָאָרֶץ מִתַּחַת.
אֵין עוֹד:

Shehu noteh shamayim v'yoseid aretz, umoshav y'karo bashamayim mima-al
ush'chinat uzo b'gav'hei m'romim, hu Eloheinu ein od. Emet malkeinu, efes zulato
kakativ b'torato: v'yadata Hayom vahashevota el l'vavecha,
ki Adonai hu ha-elohim bashamam mima-al, v'al ha-arezt mitachat, ein od.

The One who spread out the heavens, and made the foundations of the Earth, and whose precious dwelling is in the heavens above, and whose powerful Presence is in the highest heights. Adonai is our G-d, there is none else. Our G-d is truth, and nothing else compares.

כִּכְתוּב בְּתוֹרַתְךָ, יִי יִמְלֹךְ לְעוֹלָם וָעֶד:

Ka-kativ b'toratekha, Adonai yimlokh l'olam va-ed

As is written in the Torah, G-d will reign forever and ever!

וְנֵאמַר, וְהָיָה יִי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יִי אֶחָד, וְשִׁמוֹ אֶחָד:

V'ne-emar, v'hayah Adonai l'melekh al kol ha-arezt,
Bayom hahu yih'yeh Adonai Ekhad, u'shmo Ekhad.

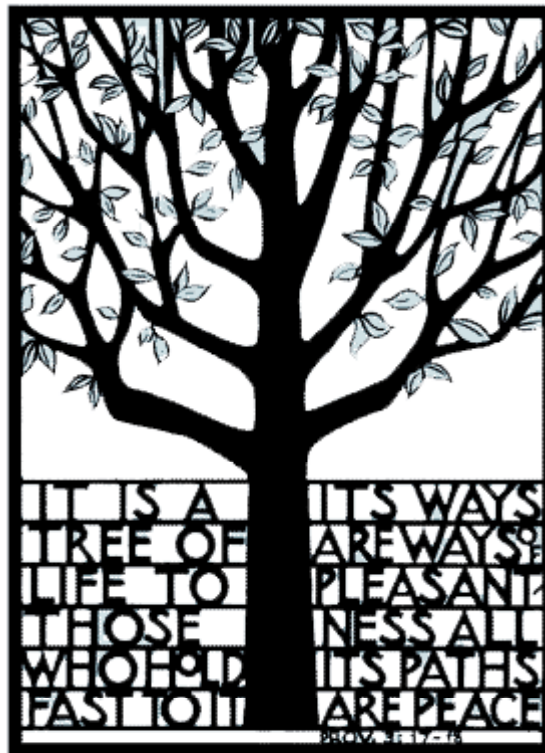
And it is said: "Adonai will reign over the whole Earth, and on that day, G-d will be One, and G-d's name will be One."

Aleynu - Aquarian Minyan Version

O come let us praise the Light of the world,
and add to the greatness of the Shaper of Life,
Who made every people a spark divine,
and blessed each one in its own special way;
Who gave us a Torah of truth, and destined us to hallow this world.
Let us lift up our hearts, in praise and joy and thanks,
receiving the Spirit, the Life within all life, the Holy Blessed One.
Hu Eloheynu Eyn Ode, This is our power there is nothing else...

Adonai yimloch l'olam va-ed

V'ne-emar: V'hayah Adonai l'Melekh al kol ha-aretz,
Bayom ha-hu, yi-h'yeh Adonai echad, u'sh'mo ehad.



Mourner's Kaddish

Mourners:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ
וְיִמְלִיךְ מַלְכוּתָהּ. בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעָנְלָא וּבְזַמַּן קָרִיב וְאִמְרוּ אָמֵן:

Yitgadal v'yitkadash sh'mey raba. B'al'ma di v'ra khirutey,
v'yamlikh malkhutey b'khayei-khon uv'yomei-khon uv'khayei
d'khol beit Yisra-el, ba-agala uvizman kariv, v'imru amein.

All:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וְלְעֵלְמֵי עָלְמַיָּא:

Y'hey sh'mey raba m'varakh l'alam ul'al'mey al'maya:

Mourners:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא

Yit-barakh v'yishta-bakh v'yitpa-ar v'yitromam v'yitnasei
v'yit-hadar v'yitaleh v'yit-halal sh'mey d'kudsha,

All:

B'rikh hu בְּרִיךְ הוּא,

Mourners:

לְעֵלְא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא תְּשַׁבְּחָתָא וְנִחַמְתָּא,
דְּאִמְרִין בְּעֶלְמָא, וְאִמְרוּ אָמֵן:

L'eyla min kol birkhata v'shirata tushb'khata v'nekhe-mata, da-amiran b'al'ma,
v'imru amein.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

Y'hey sh'lama raba min sh'maya, v'chayim aleynu v'al kol Yisra-el, v'imru amein.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תְּבִיל, וְאִמְרוּ אָמֵן:

Oseh shalom bimromav, hu ya-aseh shalom aleynu v'al kol Yisra-el,
v'al kol yoshvey teyveyl, v'imru amein.

May God's essence be revealed as great and holy, throughout the universes that were created by divine desire. May the realm of the sacred be completed in our lifetime. May the Holy Name be blessed as long as worlds endure, hailed, praised and exalted, though beyond any song or praise or description we could utter. May there be universal peace, life for us, for all Israel, and all who dwell on earth. Amen.

Adon Olam

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כֹּל יִצְרֵר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל, אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

Adon olam, asher malakh, b'terem kol y'tzir nivra.
L'et na'asah v'kheftzo kol, azai melekh sh'mo nikra.
*The Lord of the Universe who reigned before anything was created.
When all was made by His will, was acknowledged as Sovereign.*

וְאַחֲרַי כְּכֹלֹת הַכֹּל, לְבִדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה, וְהוּא הָיָה, וְהוּא יִהְיֶה, בְּתַפְאָרָה.

V'akharey kikhlot hakol, l'vado yimlokh nora.
V'hu haya, v'hu hoveh, v'hu yih'yeh b'tifara.
*And when all shall end G-d still all alone shall reign.
G-d was, G-d is, and G-d shall be in glory.*

וְהוּא אֶחָד וְאֵין שְׁנַי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה.

V'hu ekhad, v'eyn sheni l'hamshil lo, l'hakhbira.
B'li reishit, b'li tachlit, v'lo ha'oz v'hamisrah.
*And He is one, and there's no other, to compare or join Him.
Without beginning, without end and to G-d belongs dominion and power.*

וְהוּא אֵלִי וְחַי גּוֹאֲלִי, וְצוּר חֻבְלֵי בְעֵת צָרָה.
וְהוּא נֹסִי וּמְנוּס לִי מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא.

V'hu Eli, v'chai go'ali, v'tzur khevli b'et tzarah.
V'hu nisi umanos li, m'nat kosi b'yom ekra.
*And She is my G-d, my living G-d. to Her I flee in time of grief,
and She is my miracle and my refuge, who answers the day I shall call.*

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעִירָה.
וְעַם רוּחִי גְוִיָּתִי, יִהְיֶה לִּי וְלֹא אִירָא.

B'yado afkid rukhi b'et ishan v'a'irah.
V'im rukhi g'viyati, Adonai li v'lo ira.
*To Him I commit my spirit, in the time of sleep and awakening,
even if my spirit leaves, G-d is with me, I shall not fear.*

Od Yavo Shalom Aleinu

A prayer for peace

A vision for peace

עוד יבוא שָׁלוֹם עָלֵינוּ (x3), וְעַל כּוֹלָם.
סָאֵלָאֵם עָלֵינוּ וְעַל כּל הָעוֹלָם סָאֵלָאֵם!

Od Yavo Shalom Aleinu (x3)

V'al kulam.

Salaam! Aleinu v'al kol ha-olam, Salaam, Salaam!

Peace will come to us and to all people

Peace to us and all the world!

May the Love

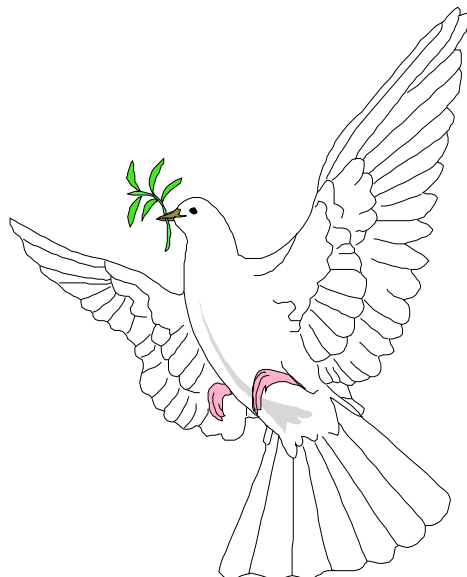
May the love we find here spread its wings
And fly across the earth and sing its song
To every soul that is alive!

May the blessings of Your grace, Hashem, shine on everyone

And may we all see the light within.

Shalom Aleichem ...Aleichem Shalom (x4)

Salaam Aleikhum...Aleikhum Asalaam (x4)



Kiddush

סְבֵרֵי חֲבֵרֵי: Savree Cha-vey-rye
Attention friends!

וְשָׁמְרוּ בְנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא לְעוֹלָם
כִּי-שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפְּשׁ:
U-vayom hashvee-ee shavat va-yeena-fash.

עַל כֵּן בֵּרַךְ יְהוָה אֶת יוֹם הַשַּׁבָּת וַיְקַדְּשֶׁהוּ.
Al keyn bey-rakh Adonai et yom haShabbat
vay'kad'shey-hu.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.
Baruch Ata Adonai Eloheynu Melekh haOlam, borey p'ree hagafen.

*And the children of Israel shall preserve the Sabbath to maintain the Sabbath
For their generations as an everlasting covenant. Between Me and the children of
Israel, it is a sign for eternity that in six days Adonai made the heavens and the
earth, And on the seventh day G-d rested and was refreshed.
Therefore Adonai blessed the day of Shabbat and made it holy.
Blessed are You, Adonai our G-d, Source of All, Creator of the fruit of the vine.*



ב"ה

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