# Sister Sister

A <u>Pluralistic Saturday Morning</u> Service by <u>Claire Nuchtern</u> This service was created using BuildAPrayer.org.

# **Preparing for the Service**

### **Title**



Contains personal content

Women for women international helps to connect women in the United States to women in countries around the world. These connections help to create a sister like support system where each sister gains things from their friendship. This sisterly connection is very similar to the one that we build between BBGs in BBYO. Always remember the importance of your sisters.



## **Birchot Hashachar**

## מה טבו Mah Tovu

"Mah Tovu" is a song meant to express your gratitude for being able to join in prayer. It is a sign of reverence and appreciation for the house of prayer.

How good are your tents, O Jacob, your dwelling places, O Israel! As for me, in the abundance of Your love, I will enter Your house: I will worship toward Your holy temple out of reverence for You. Adonai, I love residing in Your house, and the place where Your glory dwells. I will worship and bow down: I will bend my knee before Adonai, my Maker. May my prayer to You, Adonai, be acceptable: God, in the abundance of Your lovingkindness, answer me with the truth of Your salvation.

מַה טְּ בוּ א הֶלֶ יְדָ יַצְקּ בּ, מִשְׁפְּנּ תֶ יְדָ יִשְׂרָאֵל. וַאֲנִי בְּר ֹב חַסְדְּךָ אָבוֹא בֵיתֶ דְ, אָשְׁתַּחֲנָה אֶל הֵיכַל קָדְשְׁךֶ בְּיִרְאָתֶ דְ. יְיָ אָהַ בְתִּי מְעוֹן בֵּית, דָ, וּמְקוֹם מִשְׁכֵּן פְבוֹד, דָ. וַאֲנִי אָשְׁתַּחֲנָה וָאֶכְרָ עָה, אֶבְרְכָה לִפְנֵי יְיָ ע שִׁי. וַאֲנִי תְפִּלְּתִי לְדָ יְיָ, עֵת רָצוֹן, אֱל הִים בְּרָב חַסְדָּ דָ, עֲנֵן נִי בָּאֱמֶת יִשְׁצָ דַ.

## Safiya's Story

Contains personal content



# Pesukei D'zimrah

#### אשרי Ashrei

Those who dwell in Your house are happy and will be forever praising You. Happy are those who are part of Your people. Happy is the people whose God is the Sovereign.

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶּ,דֶ, עוֹד יְהַלְלְוּדָ פֶּּ,לָה. אַשְׁרֵי הָעָם שֶׁכָּּ,כָה לּוֹ, אַשְׁרֵי הָעָם שֶׁיְיָ אֱלֹ הָיו.



I will praise You, my God and Sovereign and will bless Your Name forever and ever. Every day I will bless You and praise Your Name forever and ever.

Adonai is great and deserving of excessive praise. God's greatness lasts throughout the generations. One generation shall describe Your holy acts to another, and shall declare Your acts mighty.

I will meditate on Your majestic glory, and Your marvelous deeds.

People will speak of the might of Your tremendous acts and will recount Your greatness. They will speak of Your famous goodness, and will exult in Your righteousness.

Adonai is gracious and merciful, slow to anger, and full of great lovingkindness. Adonai is good to all and exudes tender mercy through God's holy work.

All Your works will give thanks to You, O God, and Your loved ones will bless You.

They will speak of Your glory and Your power to make known to the world God's mighty acts, and the majestic glory of the divine kingdom.

Your sovereignty is everlasting. Your reign endures throughout all generations.

Adonai supports all who fall and raises up all those who are bowed down. The eyes of all remain fixed upon You and You give them their food when the time is right.

You open Your hand and spread Your favor over all living creatures. Adonai is righteous in every way and works only through love.

Adonai is near to all who call in truth.

Adonai's reverent followers will have their desires fulfilled. God will hear their cries and will save them. All who love Adonai will be protected, but all the wicked will be destroyed.

תְּהִלָּה לְדָוִד, אֲרוֹמִמְךָ אֱלוֹהֵי הַמֶּּ ְלֶּדְ, וַאֲבָרְכָה שִׁמְךָ לְעוֹלָם וָעֶד. בְּכָל יוֹם אֲבַרְכָ ְדָ, וַאֲהַלְלָה שִׁמְדָ לְעוֹלָם וָעֵד.

גָּדוֹל יְיָ וּמְהַלָּל מְא ֹד, וְלִגְדֵלָתוֹ אֵין חֵ,קֶר. דּוֹר לְדוֹר יְשַׁבַּח מַעֲשֶׂ ִידָ, וּגְבוּר ֹת, ידָ יַגַּ ִידוּ.

> הַדַר כְּבוֹד הוֹדֶ ְךָ, וְדִבְרֵי נִפְּלְא ֹתֶ ִידֶ אָשִׂ ִיחָה.

ָנֶצֶזוּז נוֹרְאוֹתֶ, ידָ י ֹאמֵ, רוּ, וּגְדֵלֶּתְדָ אֲסַפְּּכֶ, נָּה. זֶ, כֶר רַב טוּבְדָ יַבִּ, יעוּ, וְצִּדְקָתְדָ יִרַנֵּ, נוּ.

חַנּוּן וְרַחוּם יְיָ, אֶ ְרֶךְ אַפַּ ְיִם וּגְדָל חָ ְסֶד. טוֹב יְיָ לַכֹּּ ל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יוֹדְוּךָ יְיָ כָּל מַעֲשֶׁ ִידָ, וַחֲסִידֶ יִדְ יְבָרְכְוּכָה.

כְּבוֹד מַלְכוּתְדֶ י ֹאמֵ רוּ, וּגְבוּרָתְדֶ יְדַבֵּ רוּ. לְהוֹדִ יִעַ לִבְנֵי הָאָדָם גְּבוּר ֹתָיו, וּכְבוֹד הֲדַר מַלְכוּתוֹ.

מַלְכוּתְדֶ מַלְכוּת כָּל עוֹלָמִים, וּמֶמְשֵׁלְתְּדֶ בְּכָל דֹר נְדֹר.

סוֹמֵךְ יְיָ לְכָל הַנּ־פְּלִים, וְזוֹקֵף לְכָל הַכְּפוּפִים. עֵּ יְנֵי כֹ ל אֵלֶ יְדָ יְשַׂבֵּ ְרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אָכְלָם בְּעִתּוֹ.

פּוֹתִּחָ אֶת יָדָּרְ, וּמַשְׂבִּּרִיעַ לְכָל חֵי רָצוֹן. צַדִּיק יְיָ בְּכָל דְּרָכָיוּ, וְחָסִיד בְּכָל מַעֲשָׂיוּ.

קָרוֹב יְנָ לְכָל קֹ רְאָיו, לְכֹ ל אֲשֶׁר יִקְרָאֵ, הוּ בָאֱמֶת.

רְצוֹן יְרֵאָיו יַעֲשֶׂה, וְאֶת שַׁוְעָתָם יִשְׁמַע וְיוֹשִיעֵם. שׁוֹמֵר יְיָ אֶת כָּל א ֹהֲבָיו, וְאֵת כָּל הָרְשָׁעִים יַשְׁמִיד. My mouth shall express praise for Adonai. May all of humanity learn to bless God's holy Name forever and ever. We will bless Adonai from this time forth and forevermore. Praise God!

תְּהַלֵּת יְיָ יְדַבֶּר פִּי, וִיבְרֵךְ כָּל בָּשָׂר שֵׁם קִדְשׁוֹ לְעוֹלָם וָעֶד. וַאֲנַ ְחְנוּ נְבָרֵךְ יָה, מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָה.

## Chatzi Kaddish חצי קדיש

Magnified and sanctified is God's great name in the world created according to Divine will. May God's majesty reign during your lifetime and throughout your days, and during the life of all the house of Israel, speedily and soon, and let us say, Amen.

Let God's great Name be blessed forever and to all eternity.

May the name of the Holy One be blessed, praised and glorified, exalted, extolled and honored, magnified and lauded: yet, we remember that God exists well beyond any (exceedingly beyond, in fact) the blessings and hymns, praises and consolations that we say here on earth; and let us say, Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵה רַבָּא. בְּעָלְמָא דִּי בְרָא כִרְעוּתֵיה, וְיַמְלִיךְ מַלְכוּתֵיה בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ אָמֵן.

> יָהֵא שְׁמֵה רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עַלְמַיָּא.

יִתְבָּרֵךְ וְיִשְׁתַּבֵּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעֵלֶּה וְיִתְהַלֶּל שְׁמֵה דְּקִדְשָׁא בְּרִיךְ הוּא, לְעֵ לָּא מָן כָּל בִּרְכָתָא וְשִׁירָתָא תַּשְׁבְּחָתָא וְנָחֲמָתָא, דַּאֲמִירָן בְּעַלְמָא, וְאִמְרוּ אָמֵן.

## Sh'ma and Its Blessings

#### ברכו Bar'chu

Rise for the Bar'chu Reader:

Bow at "Bar'chu" and straighten back up at "Adonai."

Praise be the One to whom our praise is due.

בָּרְכוּ אֶת יְיָ הַמְבֹּרָךְ.

Congregation first, and then Reader repeats after all are seated. Bow at "Baruch" and straighten back up at "Adonai."

Praise be the One to whom our praise is due now and forever!

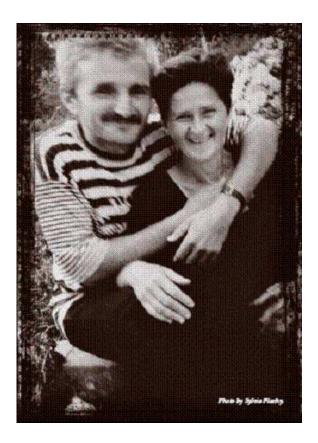
ַבָּרוּךְ יְיָ הַמְּבֹ רָךְ לְעוֹלָם וָעֶד.

## Igbala's Story

Contains personal content

Text





#### Sh'ma שמע

Traditionally, some people will cover their eyes during the first line.

Hear, O Israel: Adonai is our God, Adonai is one.

שָׁמַע יִשְׂרָאֵל, יִיַ אֱל הַ ינוּ, יִיַ אֲחַד.

In an undertone:

Blessed is God's glory forever and ever.

בַּרוּךָ שֶׁם כָּבוֹד מַלְכוּתוֹ לְעוֹלַם וַעֵּד.

#### V'Ahavta ואהבת

And you shall love Adonai your God with all your heart, and with all your soul, and with all your might. And these words, which I command you this day, shall be upon your heart: and you shall teach them diligently unto your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise up. And you shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes. And you shall write them upon the door-posts of your house, and upon your gates.

וְאָהַרְתָּ אֵת יִיָ אֶלֹ הֶּ ִידָ, בְּכָל לְבָרְדָ, וּרְכָל נַפְשְׁדָ, וּרְכָל מְאֹ דָ ְדָ. וְהָיוּ הַדְּבָרִים הָאֵ לֶּה, אֲשֶׁר אָנֹ כִי מְצַוְּדָ הַיּוֹם, עַל לְבָבֶּ ְדָ. וְשִׁנַּנְחָם לְבָנֶ ִידָ, וְדִבַּרְתָּ בָּם, בְּשִׁרְתָּךְ בְּבֵית, דָ, וּרְלֶכְתְּדָ בַדֶּ , רָדְ, וּרְשָׁרְתָּם לְאוֹת עַל יָד, דָ, וְהָיוּ לְטֹ טָפּ ֹת בֵּין עֵינֶ ִידָ. וּכְתַרְתָּם עַל מְזָזוֹת בֵּית, דָ וּבִשְׁעָר, ידָ.

### Vayomer Adonai El Moshe Numbers 15:37-41 ויאמר יי אל משה

And God spoke to Moses, saying: Speak to the children of Israel, and instruct them to make a fringe on the corners of their garments. On each fringe should be a blue thread to serve as a reminder. Each time you look upon it, it will bring to mind all the commandments of Adonai your God, so that you will do them without going astray. You shall remember and do all My commandments, and be holy before 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.

וַיְּ'אמֶר יְיָ אֶל מֹ שֶׁה לֵאמְ'ר. דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמֵרְתָּ אֲלֵהֶם, וְעָשׁוּ לָהֶם צִיצִת עַל כַּנְפֵי בִגְּדֵיהֶם לְדֹר ֹתָם, וְנָתְנוּ עַל צִיצִת הַכָּנָף פְּתִיל תְּכֵּן לֶת. וְהָיָה לָכֶם לְצִיצִת, וּרְאִיתֶם אֹ תוֹ וּזְכַרְתֶּם אֶת כָּל מִצְוֹת יְיָ, וַצְשִׂיתֶם אֹ תָם, וְלֹ א תָתְוּרוּ אַחְרֵי לְבַבְּכֶם וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר אַתֶּם זֹ נִים אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתִי, וְהְיִיתֶם קְדֹ שִׁים לֵאל הִיכֶם. בָּל מִצְוֹתִי, וְהְיִיתֶם קְדֹ שִׁים לֵאל הִיכֶם מֵאֶרֶץ מִצְרַ יִם, לִהְיוֹת לָכֶם לֵּן אַל הִים, מֵאֶרֶץ מִצְרַ יִם, לִהְיוֹת לָכֶם לֵּן אַל הִים, אָנִי יִיָּ אֱלְ־הֵיכֶם.

#### Stories of Sisterhood in Bosnia

Contains personal content

Text





#### מי כמכה Mi Chamochah

Who is like you among the mighty? Who is like you glorious and holy? Who is like you revered in praise and performing wondrous miracles? With a new song the redeemed people praised Your Name at the seashore. They all gave thanks in unison, and proclaimed Your sovereignty, and said: Adonai shall reign forever and ever!

מִי כָמְ ֹכָה בָּאֵלָם יְיָ, מִי כָּמְ ֹכָה נָאְדָּר בַּקְ ֹדָשׁ, נוֹרָא תְהִלֹּ ת, עְ ֹשֵׁה כֶּ ְלֶא. שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְךָ עַל שְׂפַת הַיָּם, יַ חַד כֵּלָם הוֹדוּ וְהִמְלֹ ִיכוּ וְאָמְרוּ: יְיָ יִמְלֹ ֹךְ לְעוֹלָם וָעֶד.

## The Amidah

#### Avot v'Imahot אבות ואמהות

Rise for the Amidah and face the Ark.

In some communities it is customary to take three steps backward, then three steps forward and remain standing with your feet together through the entire Amidah.

Adonai, open my lips, and my mouth will declare Your praise.

אָדֹנִי שְׂפָתֵי תִּפְתָּח וּפִי יַגִּיד תְּהִלְּתֶּ ְרָ.

IN SOME COMMUNITIES IT IS CUSTOMARY TO BEGIN THIS PRAYER WITH BOWING TOWARDS THE ARK.

Blessed are You, Adonai our God and God of our ancestors: Abraham, Isaac, Jacob, Sara, Rebecca, Leah, and Rachel. The great, mighty and revered God, the most high God, who bestows lovingkindness, and is Master over all things; who remembers the pious deeds of the patriarchs and matriarchs, and in love will redeem us for their sake. O Ruler, Helper, Saviour and Shield. Blessed are You, Adonai, the Shield of Abraham and Sara.

בָּרוּךְ אַתָּה יְיָ אֱלֹ הֵ יְנוּ וֵאלֹ הֵי אֲבוֹת ִינוּ וִאמֹוֹתַינוּ, אֱלֹ הֵי אַבְרָהָם, אֱלֹ הֵי יִצְחָק,
וֹאמֹוֹתֵינוּ, אֱלֹ הֵי אַבְרָהָם, אֱלֹ הֵי יִצְקֹ בֵּ, אֱלֹ הֵי
רִבְקָה, אֱלֹ הֵי לֵאָה וֵאלֹ הֵי רָחֵל, הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל
חֲסָדִים טוֹבִים, וְקֹ נֵה הַכּ ֹל, וְזוֹכֵר חַסְדֵי
אָבוֹת וְאִפָּהוֹת, וּמֵבִיא גוֹאֵל לִבְנֵי בְנֵיהֶם,
לְמַ עֵן שְׁמוֹ בְּאַהָבָה. מֶ לֶךְ עוֹזֵר וּמוֹשִׁ יִעַ
שֹׁרָה.
שֹׁרָה.

#### גבורות G'vurot

You, O God, are mighty forever, all life is Your gift, and amazing is your saving abilities.

Winter: You cause the wind to blow and the rain to fall

Summer: You cause the wind to blow and the dew to fall.

You sustain the living with lovingkindness, and revitalize us all with life. You support the falling, cure the sick, free the captive, and keep Your faith with those who sleep in the dust. Who is like You, Doer of mighty acts? Who resembles You, O Sovereign, who dictates between life and death, offering us salvation?

Faithful are You in revitalizing us all with life. Blessed are You, Adonai, Source of all life. אַתָּה גִּבּוֹר לְעוֹלֶם אֲדֹ נָי, מְחַיֵּה הַכּ ֹל
(מֵתִים) אָתָּה, רַב לְהוֹשִׁיְיעַ.
(מֵתִים) אָתָּה, רַב לְהוֹשִׁיעַ.
Winter: מַשִּׁיב הָרְוּחַ וּמוֹרִיד הַטֵּל.
Summer: מַשִּׁיב הָרְוּחַ וּמוֹרִיד הַטֵּל.
מְכַלְכֵּל חַיִּים בְּחָ, סֶד, מְחַיֵּה הַכּ ֹל (מֵתִים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵּא
חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ
לִישֵׁנִי עָפָר, מִי כָמְוֹדְ בַּוְעַל גְּבוּרוֹת וּמִי
לִישֵׁנִי עָפָר, מִי כָמְוֹדְ בַּוְעַל גְּבוּרוֹת וּמִי
לְישׁוּעָה. וְנָאֶמָן אַתָּה לְהַחֲיוֹת הַכּ ֹל
(מֵתִים). בָּרוּךְ אַתָּה יְיָ, מְחַיֵּה הַכּ ֹל
המתים).

### Kedusha קדושה

In some communities it is customary to rise up on your toes each time you say "Kadosh," and at "Baruch."

We will sanctify Your Name in the world, even as they sanctify It in the highest heavens, as it is written by the hand of Your prophet: And they called to each other and said: holy, holy, holy is Adonai above all. The whole earth radiates God's glory. Then with a noise of great rushing, mighty and strong, they make their voices heard, and, upraising themselves towards the Seraphim, they exclaim: blessed be the glory of Adonai from high places. From Your place shine forth, O our Sovereign, and reign over us, for we wait for You. When will You reign in Zion? Speedily, even in our days, go dwell there, and stay forever.

נְקַדֵּשׁ אֶת שִׁמְדָ בָּעוֹלֶם, כְּשֵׁם שֶׁמַּקְדִּישִׁים אוֹתוֹ בִּשְׁמֵי מָרוֹם, כַּכָּתוּב עַל יַד נְבִיאֶּ,דָ, וְקָרָא זֶה אֶל זֶה וְאָמֵר: קָדוֹשׁ, קָדוֹשׁ, קַדוֹשׁ, יְיָ צְבָאוֹת, מְלֹ א כָל הָאָרֶץ כְּבוֹדוֹ. אָז בְּקוֹל רַ עֲשׁ גָּדוֹל אַדִּיר וְחָזָק, מַשְׁמִיעִים קוֹל, מִתְנַשְּׂאִים לְצִמַּת שְׂרָפִים, לְצַמָּתִם בָּרוּדְ יֹ אמֵ רוּ: בָּרוּדְ כְּבוֹד יְיָ מְמְקוֹמוֹ. מִמְּקוֹמְךָ מֵלְכֵּ נִוֹ תוֹפִּיע, וְתִמְלֹ דְ עָלֵ יִנוּ, כִּי מְחַכִּים אֲנַ חְנוּ לָךְ. לְעוֹלֶם וָעֶד תִּשְׁכּוֹן, בְּקַרוֹב בְּיָמֵ יְנוּ, May You be magnified and sanctified in the midst of Jerusalem Your city throughout all generations and for all eternity. Let our eyes behold Your greatness, according to the word that was spoken in the songs of Your righteous servant David: Adonai will reign forever, Your God, O Zion, across all generations. Praise Adonai. Across all generations we will declare Your greatness, and for all eternity we will proclaim Your holiness. Your praise, O God, shall never depart from our mouths, for You are a great and holy God and Sovereign. Blessed are You, Adonai, the holy God. You are holy, and Your Name is holy, and the holy praise You daily. Blessed are You, Adonai, the holy God.

תּתְצַּדֵּל וְתִתְקַדֵּשׁ בְּתוֹךְ יְרוּשָׁלַ יִם עִירְדָ,
לְדוֹר וָדוֹר וּלְנֵ צְח נְצָחִים. וְצִינֵ ינוּ
תִרְאָ יְנָה מַלְכוּתֶ דָ, כַּדָּבָר הָאָמוּר בְּשִׁיבִי
עָגְ יְנֵה מַלְכוּתֶ דָ, כַּדָּבָר הָאָמוּר בְּשִׁיבִי
לְעוֹלָם, אֱלֹ הַ יִדְ צִיּוֹן, לְדֹר נְדֹר,
הַלְלוּיָה. לְדוֹר נָדוֹר נַגִּיד גַּדְלֶ דָ, וּלְנֵ צַח
הַלְלוּיָה. לְדוֹר נָדוֹר נַגִּיד גַּדְלֶ דָ, וּלְנֵ צַח נְצָח,ים קְדָשִׁתְדָ נַקְדִישׁ, וְשִׁבְחַדָ, אֱלֹ הֵ יְנוּ, מִּבְּיִּתְ לְעוֹלָם וָצֶד, כִּי אֵל מֶ לֶךְ מִבְּוֹל וְקִדוֹשׁ אָתָּה. בָּרוּךְ אַתָּה יִיָ, הָאֵל הַקְּדוֹשׁ וְשִׁמְדָ קַדוֹשׁ, וּקְדוֹשִׁים הַקְּדוֹשׁ וְשִׁמְדָ קַדוֹשׁ, וּקְדוֹשִׁים הָבָּל יוֹם יְהַלְּוֹךְ פֶּ לָה. בָּרוּךְ אַתָּה יְיָ,
הַבְּל יוֹם יְהַלְלִוּךָ פֶּ לָה. בַּרוּךְ אַתָּה יְיָ,

#### V'shamru ושמרו

And the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations, for an everlasting covenant. It is a sign between me and the children of Israel forever, that in six days Adonai made the heavens and the earth, and on the seventh day rested, and ceased from all work.

ְוְשַׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹר תָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹ לָם, כִּי שֵׁ שֶׁת יָמִים עָשָׂה יִיָ אֶת הַשָּׁמַ יִם וְאֶת הָאָרֶץ, וּבֵיּוֹם הַשִּׁבִיעִי שָׁבַת וַיָּנַפַשׁ.

## Julienne's Story

Contains personal content
Text





#### שים שלום Sim Shalom

Grant peace, welfare, blessing, grace, lovingkindness and mercy to us and all Your people Israel. Bless us with the light of Your countenance; for, by the light of Your countenance, You have given us the Teaching of life, lovingkindness and righteousness, blessing, mercy, life and peace. May it be good in Your sight to bless Your people Israel at all times and in every hour with Your peace. Blessed are You, Adonai our God, who blesses Your people Israel with peace.

שִׁים שָׁלוֹם טוֹבָה וּבְרָכָה, חֵן וָחֶ, סֶד וְרַחֲמִים, עָלֵּינוּ וְעַל כָּל יִשְׂרָאֵל עַמֶּּ, דָ. כָּרְכֵּ,נוּ, אָבִּינוּ, כֵּלָּ,נוּ כְּאָחָד בְּאוֹר כָּנָּ,ידָ, פִּי בְאוֹר כָּנָ,ידָ נָתַּ,תָּ לָּ,נוּ, יְיָ אֱלֹ הֵינוּ, תּוֹרַת חַיִּים וְאָהְבַת חֶ,סֶד, וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם, וְטוֹב בְּעֵינֶ,ידָ לְבָרֵךְ אֶת עַמְּדָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שֲׁעָה בִּשְׁלוֹמֶ, דָ. בָּרוּךְ אַתָּה יְיָ, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בַּשַּׁלוֹם.

## **Silent Prayer**

#### עשה שלום Oseh Shalom עשה

In some communities it is customary to bow and take three steps backward and then three steps forward while saying Oseh Shalom below.

May the One who makes peace in high places, make peace for us and for all Israel, and let us say: Amen.

עֹ שֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַצְשֶׂה שָׁלוֹם עָלֵ ִינוּ, וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

## **Torah Service**

Mi Shebeirach מי שברך

THE SERVICE LEADER NOW ASKS FOR NAMES OF THOSE WHO ARE IN NEED OF HEALING, BOTH PHYSICAL AND SPIRITUAL. AFTER THESE NAMES ARE MENTIONED OUT LOUD, ALL SING THE FOLLOWING:

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.

Bless those in need of healing with refu'ah sh'leimah. The renewal of body, the renewal of spirit. And let us say: Amen.

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## **Concluding Prayers**

#### עלינו Aleinu עלינו

Rise for Aleinu. In all communities it is customary to bow at "va-anachnu korim" and straighten up at "modim".

It is our duty to praise the Ruler of all things, to ascribe greatness to the One who formed the world in the beginning. So we bend the knee and offer worship and thanks before the supreme Sovereign of sovereigns, the Holy One, who stretched forth the heavens and laid the foundations of the earth, the seat of whose glory is in the heavens above, and the residence of whose might is in the loftiest heights. Adonai is our God; there is none else: in truth Adonai is our Ruler; there is none else; as it is written in the Torah: "And you shall know this day, and lay it to your heart, that Adonai is God in heaven above and upon the earth beneath: there is none else."

We therefore place our hope in You, Adonai our God, that we may speedily behold the glory of Your might, when You will purify the earth, and righteousness will dominate. When the world will be perfected under the rule of the Almighty, and all the world's children will call Your Name. When You will turn to Yourself all the evil-doers upon earth. Let all the inhabitants of the world perceive and know that to You every knee must bow, every tongue must swear allegiance. Before You, Adonai our God, let them bow and worship, and to Your glorious Name let them give honor. Let them all acceptYou and have You reign over them speedily, and forever and ever. The dominion is Yours, and for all eternity You will reign in glory. As it is written in Your Torah, "Adonai shall reign forever and ever." And it is said, "Adonai shall be ruler over all the Earth: in that day, Adonai shall be One and God's name shall be One."

עָלֵּינוּ לְשַׁבֵּּחְ לַאֲדוֹן הַכּּ ֹל, לָתֵת גְּדֵלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁלֹּיֹא עֲשָׂ נוּ כְּגוֹיֵי הָאָרָצוֹת, וְלֹיֹא שָׁמְ נוּ כְּמִשְׁפְּחוֹת הָאָדָמָה, שֶׁלֹיֹא שָׁם חֶלְקֵ נוּ כָּהֶם, וְגֹּרָלֵ נוּ כְּכָל הַמוֹנָם, וַאֲנַ חְנוּ כּוֹרְעִים וּמִשְׁתַּחְוִים וּמוֹנִם, לִפְנֵי מֶ לֶּךְ מַלְכֵי הַמְּלָכִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. שֶׁהוּא נוֹטֶה שָׁמַ יִם וְיֹםד אָרֶץ, וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַ יִם מִמַּ עַל, וּשְׁכִינַת עֲזּוֹ בְּגַרְהֵי מְרוֹמִים, הוּא אֱלֹיהִינוּ אֵין עוֹד. בְּגַרְהֵי מְלוֹמִים, הוּא אֱלֹי הִים מִמַּ עַל, וְעַלּ בְּיִייָ הוּא הָאֶל הִים בַּשָּׁמַ יִם מִמַּ עַל, וְעַל כִּי יִיָּ הוּא הָאֱלֹ הִים בַּשְּׁמַ יִם מִמַּ עַל, וְעַל הָאָרֶץ מִהָּ חַת, אֵין עוֹד.

עַל כֵּן נְקַנָּה לְּדָ יִיָ אֱלֹ הֵ ינוּ, לִרְאוֹת מְהֵרָה בְּתִפְּאֶ ְרֶת עֵנָּ ְדָ, לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ, וְהָאֱלִילִים כָּרוֹת יִכָּר בְּנֵי בָשָׁר יִקְרְאוּ עוֹלָם בְּמַלְכוּת שַׁדִּי, וְכָל בְּנֵי בָשָׁר יִקְרְאוּ בִּשְׁמֶ דָ, לְהַפְּנוֹת אֵלֵ יִדְ כָּל רִשְׁעֵי אָרֶץ. יַכִּ ירוּ וְיֵדְעוּ כָּל יוֹשְׁבֵי תֵבֵל, כִּי לְדָ תִּכְרַע כָּל בָּ רָדְ, תִּשְׁבַע כָּל לְשׁוֹן. לְפָנָ יִדְ יִי אֶלֹ הֵ ינוּ יִכְרְעוּ וְיִפְּ לוֹ לְשׁוֹן. לְפָנָ יִדְ יִי אֶלֹ הֵ ינוּ יִכְרְעוּ וְיִפְּ לוּ וְלִכְבוֹד שִׁמְדְ יְקָר וְתִמְלֹ דְ עֲלֵיהֶם מְהֵרָה לְעוֹלְמֵי עֵד תִּמְלוֹךְ הַמַלְכוּת שֶׁלְּדָ הִיא, וּלְעוֹלְמֵי עֵד תִּמְלוֹךְ הָבְּוֹר וְנָאֶמַר, וְהָיָה יִיָ אֶחָד, וּשְׁמוֹ אֵחָד. נְעֶד. וְנָאֶמַר, וְהָיָה יִיָ אֶחָד, וּשְׁמוֹ אֵחָד.

### Mourner's Kaddish קדיש יתום

In some communities, only those in mourning or observing a yartzheit stand and recite the Mourner's Kaddish. However, particularly since the Holocaust, some communities have developed the practice of everyone present reciting the Kaddish on behalf of those who have no one left to say Kaddish for them.

Therefore, each individual should stand or sit as is their personal custom.

Magnified and sanctified is God's great name in the

יָתַגַּדַל וִיִתְקַדַשׁ שָׁמֶה רַבָּא. בְּעַלְמָא דִּי בְרָא

world created according to divine will. May God's majesty reign during your lifetime and throughout your days, and during the life of all the house of Israel, speedily and soon, and let us say, Amen.

Let God's great Name be blessed forever and for all eternity.

Blessed, praised and glorified, exalted, extolled and honored, magnified and lauded be the Name of the Holy One, though God reigns high above all the blessings and hymns, praises and consolations, which are uttered in this world; and let us say: Amen.

May there be abundant peace from heaven, and life for us and for all Israel; and let us say, Amen.

May the one who makes peace in high places, make peace for us and for all Israel; and let us say, Amen.

כִרְעוּתֵהּ, וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קֵרִיב, וְאָמְרוּ אָמֵן.

> יָהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרֵךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵה דְּקַדְשָׁא בְּרִיךְ הוּא, לְעֵ לָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא תִּשְׁבְּחָתָא וְנָחֲמָתָא, דַּאֲמִירָן בְּעָלְמָא, ואמרוּ אמן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵּ ינוּ וְעַל כַּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

ע שֶׁה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵ ִינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן.

# **Closing Songs**

### Adon Olam אדון עולם

You are the Eternal God who ruled before the creation. At the time Your will directly determined what occurred, You were already ruling.

And when all else has failed, You will still reign majestically. You were, You are, You will be in glory.

You are only One. You do not rely upon or compare with any other. You exist without beginning or end. You know power that cannot be seen or experienced elsewhere.

You are my God. You are my Redeemer; my Rock when I am distressed; my confidence; my protection; my aide when I call on You.

I place my soul in Your hands and trust You with it night and day. I also entrust You with my body. When I have Adonai, I shall never fear.

אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶ כֶּל יְצִיר נִבְרָא. לְעֵת נַעֲשָׂה בְחֶפְצוֹ כֹּ לֹ, אֲזֵי מֶ לֶךְ שָׁמוֹ נִקְרָא.

וְאַחֲרֵי כִּכְלוֹת הַכֹּל, לְבַדּוֹ יִמְלוֹךְ נוֹרָא. וְהוֹא הָיָה, וְהוֹא הֹנָה, וְהוֹא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּּ ִירָה. בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָע´ז וְהַמִּשְׂרָה.

וְהוּא אֵלִי וְחֵי גּ'אֲלִי, וְצוּר חֶבְלִי בְּעֵת צָרָה. וְהוּא נִסִּי וּמְנוֹס לִי, מְנָת כּוֹסִי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אַפְקִיד רוּחִי, בְּעֵת אִישֵׁן וְאָעִ ִירָה. וְעָם רוּחִי גְּוִיָּתִי, יְיָ לִי וְלֹ`א אִירָא.

Salaam! Od Yavo Shalom סאלאם! עוד יבאו שלום

עוֹד יַבוֹא שֲׁלוֹם עַלֵינוּ וְעַל כּוּלַם. סַאלַאם, עַלֵינוּ וְעַל כָּל הָעוֹלָם! סַאלַאם! סַאלַאם!