

Judea Reform 20s/30s Service

A [Custom Friday Evening](#) Service by [Leah Berkowitz](#)

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Opening Songs

Meditation



Contains personal content

An artist in the course of painting will pause, lay aside the brush, step back from the canvas, and consider what needs to be done, what direction is to be taken. So does each of us on Shabbat pause to reflect. As we hope to make our lives a work of art, so may Shabbat help us to turn back to the canvas of life to paint portraits of our highest selves.

Hineh Mah Tov הנה מה טוב

הנה מה-טוב ומה-נעים
שבת אחים גם יחד.

*Hinei ma tov uma na-im
Shevet achim gam yachad.*

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

Ma Yafeh Hayom מה יפה היום

מה יפה היום, שבת שלום.

*Ma yafeh hayom, shabbat shalom. (2x)
Shabbat, shabbat shalom. (3x)
Shabbat shalom*

How beautiful is this day of Shabbat peace.

Ki Eshmirah Shabbat כי אשמרה שבת

כי אשמרה שבת אל ישמרני.
אות היא לעולמי עד בינו וביני.

*Ki eshm'rah Shabbat El yishm'reini.
Ot hi l'ol'mei ad beino u'veini.*

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

Dodi Li לי דודי

דודי לי ואני לו, הרעה בשושנים.
מי זאת עלה מן המדבר,
מקטרת מור ולבונה?
לבבתיני, אחותי כלה.
עורי צפון ובואי תימן.

*Dodi li va'ani lo haro'eh
Bashoshanim. Dodi li.*

*Mi zot olah min hamidbar (2x)
Mikuteret mor u'levonah (2x)
Libavtini achoti chalah (2x)
Uri tzafon uvo'i teman (2x)*

My beloved is mine and I am his, that feeds among
the lilies. Who is that going up from the wilderness
burning myrrh and frankincense? You have ravished
my heart, my sister, my bride, you have ravished my
heart. Awaken, north wind, and come, o south wind.

Hava Nashira הבה נשירה

הבה נשירה שיר הללו-יה.

Hava nashira shir halleluya

Let us sing a song of praise

Shabbat Candle Lighting

Shabbat Candle Lighting הדלקת נרות שבת

Light both candles.

Traditionally one covers the eyes while reciting the following blessing.

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

*Baruch atah Adonai Eloheinu melech ha-olam,
asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik neir
shel shabat.*

Blessed are You, Adonai our God, Sovereign of the
universe, who hallows us with Your
commandments, and has commanded us to kindle the
Sabbath light.

Meditation



Contains personal content

A great pianist was once asked by an ardent admirer: How do you handle the notes as well as you do?

Kabbalat Shabbat

Shalom Aleichem שלום עליכם

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיוֹן, מַמְלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

בוֹאֲכֶם לְשֵׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן, מַמְלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
בְּרִכּוֹנֵי לְשֵׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן, מַמְלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:
צֵאתְכֶם לְשֵׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיוֹן, מַמְלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא:

Shalom aleichem, malachei hashareit, malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.

Boachem l'shalom, malachei hashalom, malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.

Bar'chuni l'shalom, malachei hashalom, malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.

Tzeitchem l'shalom, malachei hashalom, malachei elyon, mimelech malchei ham'lachim, hakadosh baruch hu.

Peace be to you, ministering angels, messengers of the Most High, the supreme Sovereign, the Holy and Blessed One.

May you come in peace, messengers of the Most High, the supreme Sovereign, the Holy and Blessed One.

Bless me with peace, messengers of the Most High, the supreme Sovereign, the Holy and Blessed One.

May your departure be in peace, messengers of peace, messengers of the Most High, the supreme Sovereign, the Holy and Blessed One.

Lecha Dodi לכה דודי

לְכֵה דוּדֵי לְקִרְאֵת כְּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

שְׁמוֹר וְזָכוֹר בְּדַבּוּר אֶחָד, הַשְּׁמִיעֵנוּ
אֵל הַמִּיחָד, יְיָ אֶחָד וְשֵׁמוֹ אֶחָד,
לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְלָה.
לְכֵה דוּדֵי...

לְקִרְאֵת שַׁבַּת לְכוּ וְנִלְכֵה,
כִּי הִיא מְקוֹר הַבְּרִכָּה,
מִרְאֵשׁ מִן דָּם נְסוּכָה,
סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָה.
לְכֵה דוּדֵי...

מִקְדָּשׁ מְלֶךְ עִיר מְלוּכָה,
קוֹמֵי צְאֵי מִתּוֹךְ הַהִפְכָּה,
רַב לָךְ שַׁבַּת בַּעַל מִן הַבְּכָא,
וְהוּא יִחְמוֹל עָלֶיךָ חֲמֻלָּה.
לְכֵה דוּדֵי...

הַתְּנַעֲרִי מֵעֶפֶר קוֹמִי, לְבָשִׁי בְּגָדֵי תְּפָאֲרֶתְךָ עִמִּי, עַל יַד יְדָ בֶן יִשְׂרָאֵל הַלְחָמִי, קַרְבָּה אֵלַי
נִפְשִׁי גְּאֻלָּה.
לְכֵה דוֹדִי...

הַתְּעוֹרְרִי הַתְּעוֹרְרִי, כִּי בָּא אֹרֶךְ קוֹמִי אֹרֶי, עוֹרֵי עוֹרֵי שִׁיר דְּבִרֵי, כְּבוֹד יְיָ עֲלֶיךָ נִגְלָה.
לְכֵה דוֹדִי...

וְהָיוּ לְמִשְׁפָּה שׁ אֶסְיֶךָ, וְרַחֲקוּ כָּל מְבַלְעֵיךָ, יִשְׂשִׁי עֲלֶיךָ אֵל הַיָּד, כְּמִשׁוֹשׁ חֲתָן עַל כְּלָה.
לְכֵה דוֹדִי...

יָמִין וּשְׂמֹאל תְּפָרוֹצִי, וְאֵת יְיָ תַעֲרִיצִי, עַל יַד אִישׁ בֶּן פְּרָצִי, וְנִשְׁמָחָה וְנִגְלָה.
לְכֵה דוֹדִי...

L'chah dodi likrat kolah, p'nei shabat n'kab'lah.

Come, my beloved, with a chorus of praise,
Welcome the Sabbath Bride, the Queen of the days.

*Shamor v'zachor b'dibur echad,
hishmi-anu eil ham'yuchad,
Adonai echad ush'mo echad, l'sheim ul'tiferet
v'lithilah.
L'chah dodi...*

“Keep and Remember”—said in one single
utterance
Adonai the One, made us hear:
One is the name of God, One is Adonai!
Reflected in fame, in glory, and in praise!

*Likrat shabat l'chu v'neil'chah,
ki hi m'kor hab'rachah, meirosh mikedem
n'suchah,
sof ma-aseh b'machashavah t'chilah.
L'chah dodi...*

To welcome the Sabbath, we joyously hurry;
It is forever a fountain of blessing—
In God's primordial planning, it came last of all
days,
But even then was the crown of creation.

*Mikdash melech ir m'luchah,
kumi tz'i mitoch hahafeichah,
rav lach shevet b'eimek habacha,
v'hu yachamol alayich chemlah.
L'chah dodi...*

O holy sanctuary and royal city
arise from your desolate years!
Too long have you dwelled in the valley of tears,
Now God's tenderness will rain down upon you.

*Hitna-ari mei-afar kumi, livshi bigdei tifarteich
ami, al yad ben yishai beit halachmi, kor'vah el
nafshi g'alah.
L'chah dodi...*

Shake off the dust, O Israel! Arise!
Dress up in your finest clothes, My people,
for through Jesse of Bethlehem
you will draw nearer to Me and be redeemed.

*Hitor'ri hitor'ri, ki va oreich kumi ori, uri uri shir
dabeiri, k'vod Adonai alayich niglah.
L'chah dodi...*

Awake! Awake! The new light is shining!
With that radiance, the world will glow;
Sing! For darkness is hidden by joyful praise—
Adonai's glory brings light to you!

*V'hayu limshisah shosayich, v'rachaku kol
m'val'ayich, yasis alayich elohayich, kimsos chatan
al kolah.
L'chah dodi...*

May your oppressors be challenged
and your enemies defeated;
God will exalt and rejoice in you,
Joyful as a bridegroom celebrating with his bride.

*Yamin us'mol tifrotzi, v'et Adonai ta-aritzi, al yad
ish ben partzi, v'nism'chah v'nagilah.
L'chah dodi...*

Stretch out thy borders to the left and to the right;
Give honor to Adonai in Whom we delight—
The Messiah is coming to gladden our sight,
And we shall rejoice in pleasant fulfillment.

In some communities the congregation rises and faces the doorway in order to greet the Sabbath Bride. In addition,

we bow and then turn back to the front of the room, to acknowledge her entrance.

בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בַּעֲלָהּ, גַּם בְּשִׂמְחָה וּבְצִדְקָהּ, תּוֹךְ אֱמוּנֵי עַם סִגְלָהּ, בּוֹאִי כְּלָהּ, בּוֹאִי
כְּלָהּ.
לְכֵה דוּדֵי...
...דוּדֵי...

*Bo-i v'shalom ateret balah, gam b'simchah
uv'tzaholah, toch emunei am s'gulah, bo-i chalah,
bo-i chalah.
L'chah dod...*

Enter in peace, O crown of your husband. Enter in
gladness, enter in joy. Come to the people that keeps
its faith. Enter, O bride! Enter, O bride!

Meditation



Contains personal content

The Rebbe of Tszanz was asked by a Chasid: What does the Rabbi do before praying? I pray, was the reply, that I may be able to pray properly.

Prayer invites God's Presence to suffuse our spirits,
God's will to prevail in our lives.
Prayer may not bring water to parched fields,
nor mend a broken bridge,
nor rebuild a ruined city.
But prayer can water an arid soul,
mend a broken heart,
rebuild a weakened will.

Chatzi Kaddish חצי קדיש

(Mourner's Kaddish) Rise for the Chatzi Kaddish and remain standing for Bar'chu.

Reader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוּן
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

*Yitgadal v'yitkadash sh'meih raba. B'al'ma di v'ra
chiruteih, v'yamlich malchuteih b'chayeichon
uv'yomeichon uv'chayei d'chol beit yisra-eil,
ba-agala uvizman kariv, v'imru amein.*

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.

All:

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עַלְמַיָּא.

:Reader

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ
הוּא, בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנִחְמָתָא, דְאַמְיָרָן בְּעֵלְמָא, וְאַמְרוּ אָמֵן.

*Y'hei sh'meih raba m'varach l'alam ul'al'mei
al'maya.*

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

*Yitbarach v'yishtabach v'yitpa-ar v'yitromam
v'yitnasei v'yithadar v'yitaleh v'yithalal sh'meih
d'kudsha b'richhu birchata v'shirata tushb'chata
v'nechemata, da-amiran b'al'ma, v'imru amein.*

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 the blessings and hymns,
praises and consolations that we say here on earth;
and let us say, Amen.

Sh'ma and Its Blessings

Bar'chu ברכו

Reader: The reader faces the ark and bows while saying the first line “Bar'chu et Adonai hamvorach”.

בְּרַכּוּ אֶת יְיָ הַמְּבֹרָךְ רַךְ.

Bar'chu et Adonai hamvorach.

Praise God, source of blessing.

The congregation bows and says “Baruch Adnoai”
Then the Reader bows and repeats the same line.

בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

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

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

Please be seated

מעריב ערבים Ma'ariv Aravim

ברוך אתה יי, אל הינו מלך העולם, אשר בדברו מעריב ערבים, בחכמה פותח שערים, ובתבונה משנה עתים, ומחליף את הזמנים, ומסדר את הכוכבים במשמרותיהם ברכיע כרצונו. בורא יום וילה, גולל אור מפני חשך, וחשך מפני אור. ומעביר יום ומביא לילה, ומבדיל בין יום ובין לילה, יי צבאות שמו. אל חי וקיים, תמיד ימלוך עלינו לעולם ועד. ברוך אתה יי, המעריב ערבים.

Baruch atah Adonai, Eloheinu melech ha-olam, asher bidvaro ma-ariv aravim, b'choch'mah potei-ach sh'arim, uvitvunah m'shaneh itim, umachalif et haz'manim, um'sadeir et hakochavim b'mishm'roteihem baraki-a kirtzono. Borei yom valay'lah, goleil or mip'nei choshech, v'choshech mip'nei or. Uma-avir yom umeivi lay'lah, umavdil bein yom uvein lay'lah, Adonai tz'va-ot sh'mo. Eil chai v'kayam, tamid yimloch aleinu l'olam va-ed. Baruch atah Adonai, hama-ariv aravim.

Blessed are You, Adonai our God, Sovereign of the universe whose word brings on the evening twilight. With wisdom You open the gates of the heavens, and with understanding make the ages pass and the seasons cycle. You arrange the stars across the sky, according to Your will. You create day and night; You roll away the light from before the darkness, and the darkness from before the light; You make the day pass and bring on the night, separating day from night. You are a living and enduring God, may You reign over us for ever and ever. Blessed are You, Adonai our God, who brings on the evening twilight.

אהבת עולם Ahavat Olam

אהבת עולם בית ישראל עמך אהבת, תורה ומצוות, חקים ומשפטים אותנו, נו למ דת. על כן יי אל ה, ינו, בשכבנו ובקומו, נו נש, יח בחק, יך, ונשמח בדברי תורתך, וברצותך, יך לעולם ועד. כי הם חיינו ואררך ימינו, ובהם נהגה יומם וילה, ואהבתך אל תסיר ממנו לעולמים. ברוך אתה יי, אוהב עמו ישראל.

Ahavat olam beit yisra-eil am'cha ahav'ta, torah umitzvot, chukim umishpatim otanu limadta. Al kein Adonai Eloheinu, b'shoch'veinu uv'kumeinu nasi-ach b'chukecha, v'nismach b'divrei toratecha uv'mitzvatecha l'olam va-ed. Ki heim chayeinu v'orech yameinu, uvahem nehgeh yomam valay'lah. V'ahavat'cha al tasir mimenu l'olamim. Baruch atah Adonai, ohev amo yisra-eil.

You have loved Your people Israel with everlasting love; Torah and mitzvot You have taught us. Therefore, O Adonai our God, when we lie down and when we rise up we will meditate on Your commandments. We will rejoice in the words of Your Torah and mitzvot forever; for they are our life and the sustenance of our days; we will meditate on them day and night. And may You never deprive us of Your love. Blessed are You, Adonai our God, who loves Your people Israel.

Meditation



Contains personal content

As You taught Torah
to those whose names I bear,
teach me Torah, too.
Its mystery beckons,
yet I struggle with its truth.
You meant the Torah for me;
did You mean the struggle for me, too?
Don't let me struggle alone;
help me
to understand,
to be wise, to listen to know. . .
Lead me into the mystery.

שמע Sh'ma

The first line of the Sh'ma is recited out loud and in unison.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

(silently)

ברוך שם כבוד מלכותו לעולם ועד.

Sh'ma Yisra-eil, Adonai Eloheinu Adonai Echad.

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

*(silently) Baruch sheim k'vod malchuto l'olam
va-ed.*

Blessed is God's glorious majesty forever and ever.

ואהבת V'ahavta Deuteronomy 6:4-9 ואהבת

וְאָהַבְתָּ אֵת יְיָ | אֱלֹהֶיךָ, בְּכָל | לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר | אָנֹכִי מְצַוְךָ הַיּוֹם, עַל | לִבְבְּךָ. וְשִׁנַּנְתָּם לְבְנֶיךָ, וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת | עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין | עֵינֶיךָ.
וְכָתַבְתָּם | עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

*V'ahavta eit Adonai elohecha, b'chol l'vav'cha,
uv'chol nafsh'cha, uv'chol m'odecha. V'hayu
had'varim ha-eileh, asher anochi m'tzav'cha
Hayom, al l'vavecha. V'shinantam l'vanecha,
v'dibarta bam, b'shivt'cha b'veitecha, uv'lecht'cha
vaderech, uv'shochb'cha, uv'kumecha. Uk'shartam
l'ot al yadecha, v'hayu l'totafot bein einecha.
Uch'tavtam al m'zuzot beitecha uvisharecha.*

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.

Ge'ulah



Contains personal content

In a world torn by violence and pain,
a world far from wholeness and peace,
give us the courage to say, Adonai:
There is one God in heaven and on earth.

The high heavens declare Your glory;
may earth reveal Your justice and Your love.

From bondage in Egypt, we were delivered;
at Sinai, we bound ourselves to Your way.

Inspired by prophets and instructed by sages,
time and again, we overcame oppressive forces.

Though our failings are many and our faults are great,
it has been our glory to bear witness to our God,
keeping alive in dark ages
Your vision of a world redeemed.

Let us continue to work for the day
when the nations will be one and at peace.
Then shall we rejoice as Israel did,
singing on the shores of the Sea:

Mi Chamochah מי כמכה

מי כְּמִכָּה בְּאֵלִים יְיָ
מי כְּמִכָּה נְאֻדָּר בְּקִדְשׁ
נֹרָא תְהִלָּתְךָ, עֲשֵׂה פֶלְאָ.
מְלֻכּוּתְךָ רָאוּ בְנֵי יִשְׂרָאֵל
בּוֹקֵעֵי יָם לִפְנֵי מֹשֶׁה
זֶה אֵלֵינוּ נֹאמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.
וְנֹאמַר: כִּי פָדָה יְיָ אֶת יִשְׂרָאֵל
וַיִּגְאֹלוּ מִיַּד חֲזַק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.

*Mi chamochah ba-eilim Adonai,
mi kamochah nedar bakodesh,
nora t'hilot, oseih fele.
Malchut'cha rau vanecha,
bokei-a yam lifnei mosheh,
zeh eili anu v'am'ru:
Adonai yimloch l'olam va-ed.
V'ne-emar: ki fadah Adonai et ya-akov
ug'alo miyad chazak mimenu.
Baruch atah Adonai, ga-al yisra-eil.*

Who is like You, Adonai, among all the gods? Who is like You, majestic in holiness, awesome in splendor, doing wonders? Your children beheld Your sovereign power, as You cleaved the sea before Moses: they exclaimed, this is my god! Adonai shall reign for ever and ever! For our God delivered Jacob and redeemed our people from the hand of stronger opponents. Blessed are You, Adonai, our God, who has redeemed Your people Israel.

V'Sham'ru ושמרו

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹר וָדֹר תִּם בְּרִית עוֹלָם. בְּיַמֵּינוּ וּבְיַמֵּי בְנֵינוּ
יִשְׂרָאֵל אוֹת הַיָּא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנָּפֵשׁ.

The children of Israel shall keep the Sabbath, observing it throughout all generations, as 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 ceased from work and rested.

Hashkivenu



Contains personal content

Hashkiveinu Adonai Eloheinu l'shalom,
v'ha-amideinu malkeinu l'chayim (2x)
U'sh'mor tzeiteinu uvoeinu, l'chayim ul'shalom, mei-atah v'ad olam.

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

Ufros aleinu sukkat sh'lomecha.

Hashkiveinu Adonai Eloheinu l'shalom, l'shalom,
v'ha-amideinu malkeinu l'chayim
Ufros aleinu sukkat shlomecha (2x) Amen.
Shelter us beneath thy wings, O Adonai.
Guard us from all harmful things, O Adonai.
Keep us safe throughout the night.
Till we wake with morning's light.
Teach us God wrong from right. Amen.

The Amidah עמידה

Adonai S'fatai Tiftach אדני שפתי תפתח

Rise for the Amidah.

In some communities the entire Amidah is read silently by each individual and then repeated out loud by the reader or cantor. In other communities the introduction and first two paragraphs are sung out loud by the entire congregation and the remainder is said silently. You may be seated when you finish your silent Amidah prayers.

At the start of the Amidah, it is customary to take three steps backward, then three steps forward and remain standing with your feet together through the entire Amidah. This is meant to remind us that we are standing in the presence of God, and should enter the spiritual realm with respect and reverence.

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonay s'fatai tiftach ufi yagid t'hilatecha.

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

Avot אבות

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקַיָּה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת, וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם, לְמַעַן נִשְׁמוּ בְּאַהֲבָה.

—:On the Sabbath of Repentance say

זְכַרְנוּ לְחַיִּים, מְלֶךְ חַפְצֵי בְחַיִּים, וְנִכְתְּבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֵל הַיָּמִים חַיִּים.
מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם.

*Baruch atah Adonai Eloheinu veilohei avoteinu,
elohei avraham, elohei yitzchak, veilohei ya-akov,
ha-eil hagadol hagibor v'hanora, eil elyon, gomeil
chasadim tovim, v'koneih hakol, v'zocheir chasdei
avot, umeivi goeil livnei v'neihem, l'ma-an sh'mo
b'ahavah.*

Blessed are you, O Adonai our God and God of our fathers, God of Abraham, God of Isaac, and God of Jacob, the great, mighty and revered God, the most high God, who bestows lovingkindnesses, and is Master of all things; who remembers the pious deeds of the patriarchs, and in love will bring a redeemer to their children's children for your Name's sake.

The following is said during during the Ten days of Penitence:

*Zoch'reinu l'chayim, melech chafeitz bachayim,
v'chot'veinu b'seifer hachayim, l'ma-ancha elohim
chayim.*

[On the Sabbath of Repentance say:—

Remember us unto life, O Sovereign, who delights in life, and inscribe us in the book of life, for your own sake, O living God.]

*Melech ozeir umoshi-a umagein. Baruch atah
Adonai, magein avraham.*

O Sovereign, Helper, Savior and Shield. Blessed are you, O God, the Shield of Abraham.

Avot v'Imahot אבות ואמהות

An alternative prayer to the Traditional "Avot" paragraph - this includes the matriarchs.

In some communities the first paragraph of the Amidah begins with a bow towards the Torah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵי יִצְחָק, יְיָ אֱלֹהֵי אֲבוֹת, יְיָ אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֵלֵי הַיְעֶקֶב, (אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה וְאֵלֵי הַרְחֵל,) הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים, וְקַיָּה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמָּהוֹת, וְיַמְבִּיא גּוֹאֵל לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלֶכֶךְ עוֹזֵר וּמוֹשֵׁי יַעֲקֹב וּמַגִּן. בְּרוּךְ אַתָּה יְיָ, מְגִן אַבְרָהָם (וְעִזְרַת שָׂרָה).

Baruch atah Adonai Eloheinu veilohei avoteinu v'imoteinu, elohei avraham, elohei yitzchak, veilohei ya-akov, (elohei sara, elohei rivka, elohei leia, veilohei rachel,) ha-eil hagadol hagibor v'hanora, eil elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi goeil livnei v'neihem, l'ma-an sh'mo b'ahavah. Melech ozeir umoshi-a umagein. Baruch atah Adonai, magein avraham (v'ez-rat sara.)

Blessed are You, Adonai our God and God of our ancestors: Abraham, Isaac, Jacob, (and some communities may add: Sarah, 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 some communities may add): and matriarchs, and in love will redeem us for their sake. O Ruler, Helper, Savior and Shield. Blessed are You, Adonai the Shield of Abraham (and Sarah).

אתה גבור לעולם אדוני, מחיה הכל (מתים) אתה, רב להושע יע.

Winter: משיב הרוח ומוריד הגשם.

Summer: משיב הרוח ומוריד הטל.

מכלכל חיים ברחמים, מחיה הכל (מתים) ברחמים רבים, סומך נופלים, ורופא חולים, ומתיר אסורים, ומקיים אמונתו לישני עפר, מי כמוך ב על גבורות ומי דומה לך, מ לך ממית ומחיה ומצמח ים ישועה. ונאמן אתה להחיות הכל. ברוך אתה יי, מחיה הכל (המתים).

אתה קדוש ושמך קדוש, וקדושים בכל יום יהללך ס לה. ברוך אתה יי, האל הקדוש.

Atah gibor l'olam adonay, m'chayeh hakol (meitim) atah, rav l'hoshi-a.

Winter: Mashiv haruach umorid hageshem.

Summer: Mashiv haruach umorid hatal.

M'chalkeil chayim b'chesed, m'chayeh hakol (meitim) b'rachamim rabim, someich noflim, v'rofei cholim, umatir asurim, um'kayem emunato lisheinei afar, mi chamocha ba-al g'vurot umi domeh lach, melech meimit um'chayeh umatzmi-ach y'shuah. l'hachayot hakol (meitim). Baruch atah Adonai, m'chayeh hakol (ha-meitim).

Atah kadosh v'shimcha kadosh, uk'doshim b'chol yom y'hal'lucha selah. Baruch atah Adonai, ha-eil hakadosh.

You, O God, are mighty for ever, you revive the dead, you are might to save.

[From the Sabbath after Simchat Torah until the First Day of Passover, say:

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

You sustain the living with lovingkindness, revive the dead with great mercy, support the falling, heal the sick, free the bound, and keep your faith to them that sleep in the dust. Who is like you, God of mighty acts, and who resembles thee, O Adonai, who orders death and restores life, and causes salvation to spring forth?

[On the Sabbath of Repentance say:—

Who is like your, God of mercy, who in mercy remembers your creatures for life?]

Yea, faithful are you to revive the dead. Blessed are you, O God, who revives the dead.

You are holy and Your name is holy. Holy are those who praise You everyday. Blessed are You, Adonai, the holy God.

Kedushat HaShem



Contains personal content

Days pass and the years vanish, and we walk sightless among miracles.
God, fill our eyes with seeing and our minds with knowing;
let there be moments when Your Presence, like lightning,
illuminates the darkness in which we walk.
Help us to see, wherever we gaze, that the bush burns unconsumed.
And we, clay touched by God, will reach out for holiness, and exclaim in wonder.
How filled with awe is this place, and we did not know it!

Blessed is the Eternal One, the Holy God!

Ata Kadosh אתה קדוש

אתה קדוש וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשֵׁים בְּכָל יוֹם
וְהַלְלוּךָ סֵלָה. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ

*Atah kadosh v'shimcha kadosh, uk'doshim b'chol
yom y'hal'lucha selah. Baruch atah Adonai, ha-eil
hakadosh (The following is said during during the
Ten days of Penitence: (Hamelech Hakadosh).*

Thou art holy, and thy Name is holy, and holy beings
praise thee daily. (Selah.) Blessed art thou, O Lord,
the holy God. On the Sabbath of Repentance
conclude the Blessing thus:—the holy King.

Ata Kidashtah אתה קדשה

אתה קדשֶׁתָּ אֶת יוֹם הַשְּׁבִיעִי לְשִׁמְךָ, תְּכַלִּית מַעֲשֵׂה שְׁמִים וְאָרֶץ, וּבִרְכָתוֹ מִכָּל הַיָּמִים,
וְקִדְשָׁתוֹ מִכָּל הַיָּמִים, וְכִן כָּתוּב בְּתוֹרַתְךָ:
וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל צְבָאָם. וַיְכַל אֵל הַיָּם בַּיּוֹם הַשְּׁבִיעִי מְלֵאכָתוֹ אֲשֶׁר עָשָׂה,
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מִכָּל מְלֵאכָתוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ אֵל הַיָּם אֶת יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ
אֹתוֹ, כִּי בּוֹ שָׁבַת מְכָל מְלֵאכָתוֹ, אֲשֶׁר בָּרָא אֵל הַיָּם לַעֲשׂוֹת.

*Atah kidashta et yom hashvii lishmecha, tachlit
ma-aseih shamayim va-aretz, uveirachto mikol
hayamim, v'kidashto mikol haz'manim, v'chein
katuv b'toratecha: Vay'chulu hashamayim
v'ha-aretz v'chol tz'va-am. vay'chal elohim bayom
hashvii m'lachto asher asah, vayishbot bayom
hashvii, mikol m'lachto asher asah. Vay'varech
elohim et yom hashvii vay'kadeish oto, ki vo shavat
mikol m'lachto, asher bara elohim la-asot.*

You hallowed the seventh day to honor Your Name
by making it the pinnacle of the creation of heaven
and earth. You blessed it above all the days and set it
apart from all seasons. Thus it is written in Your
Torah:

And the heaven and the earth were finished and all
their host. And on the seventh day God had finished
the work which God had made; and God rested on
the seventh day from all the work which God had
made. And God blessed the seventh day, and
hallowed it, because God rested thereon from all the
work which God had created and made.

Eloheinu v'Elohei Avoteinu אלהינו ואלהי אבותינו

אֵלֵּינוּ וְאֵלֵּי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחֵתֵנוּ, קְדֹשֵׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ, שְׂפָעֵנוּ
מִטּוֹבֶךָ, וְשִׁמְחֵנוּ בִישׁוּעָתְךָ, וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת, וְהִנְחֵלְנוּ יְיָ אֵלֵּינוּ בְּאַהֲבָה
וּבְרָצוֹן שְׁבֵת קְדֹשְׁךָ, וְיִגְוַחוּ בָּהּ יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשְּׁבֵת.

*Eloheinu veilohei avoteinu, r'tzeih vimnuchateinu,
kad'sheinu b'mitzvotcha, v'tein chelkeinu
b'toratecha, sab'einu mituvecha, v'sam'cheinu
bishuatecha, v'taheir libeinu l'ovd'cha be-emet,
v'hanchileinu Adonai Eloheinu b'ahavah uv'ratzon
shabat kod'shecha, v'yanuchu vah yisra-eil
m'kad'shei sh'mecha. Baruch atah Adonai,
m'kadeish hashabat.*

Our God and God of our ancestors, accept our rest; hallow us by your commandments, and grant our portion in your Torah; satisfy us with your goodness, and gladden us with your salvation; purify our hearts to serve you in truth; and in your love and favor, Adonai our God, let us inherit your holy Sabbath; and may Israel, who sanctifies your Name, rest thereon. Blessed are you, Adonai, who hallows the Sabbath.

Retsei רצה

רְצֵה, יְיָ אֵלֵּינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם, וְהִשָּׁב אֶת הָעֲבוּדָה לְדָבִיר בֵּיתְךָ, וְאֲשֵׁי
יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תִקַּבַּל בְּרָצוֹן, וְתֵהִי לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.

וְתִחְזְיֵנָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יְיָ, הַמְחֲזִיר שְׂכִינָתוֹ לְצִיּוֹן.

*R'tzeih, Adonai Eloheinu, b'am'cha yisra-eil
uvitfilatam, v'hasheiv et ha-avodah lidvir beitecha,
v'ishei yisra-eil, ut'filatam b'ahavah t'kabeil
b'ratzon, ut'hi l'ratzon tamid avodat yisra-eil
amecha.*

Accept, Adonai our God, your people Israel and their prayer; restore the service to the inner sanctuary of your house; receive in love and favor both the offerings of Israel and their prayer; and may the worship of your people Israel be ever acceptable unto you.

*V'techezenah eineinu b'shuv'cha l'tziyon
b'rachamim. Baruch atah Adonai, hamachazir
sh'chinato l'tziyon.*

May we witness your merciful return to Zion. Praised are you, Adonai, restoring God's presence to Zion.

מודים Modim

מודים אנחנו לך, שאַתָּה הוּא, יְיָ אֱלֹהֵינוּ וְאֵלֵי אֲבוֹתֵינוּ, לְעוֹלָם וָעֶד, צוֹר חַיֵּינוּ, מְגִן
יְשָׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר, נוֹדֶה לְךָ וְנִסְפָּר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל
נַשְׁמוֹתֵינוּ הַפְּקוּדוֹת לְךָ, וְעַל גְּפִלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל יוֹם, וְעַל
עֲרֵב נֹב קָר וְצָהָרִים, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם, כִּי לֹא תָמוּ חֲסְדֶיךָ, מֵעוֹלָם
קוֹיֵנו לְךָ.

*Modim anachnu lach, sha-atah hu, Adonai
Eloheinu veilohei avoteinu, l'olam va-ed, tzur
chayeinu, magein yisheinu, atah hu l'dor vador,
nodeh l'cha un'sapeir t'hilatecha, al chayeinu
ham'surim b'yadecha, v'al nishmoteinu hap'kudot
lach v'al nisecha sheb'chol yom imanu, v'al
nifl'otecha v'tovotecha sheb'chol eit, erev vavoker
v'tzahorayim, hatov, ki lo chalu rachamecha,
v'hamracheim, ki lo tamu chasadecha, meiolam
kivinu lach.*

We give thanks to you, for you are Adonai our God and the God of our ancestors for ever and ever; you are the Rock of our lives, the Shield of our salvation through every generation. We will give thanks to you and declare your praise for our lives which are committed to your hand, and for our souls which are in your charge, and for your miracles, which are daily with us, and for your wonders and your benefits, which are wrought at all times, evening, morning and noon. O you who are all-good, whose mercies fail not; you, merciful Being, whose lovingkindnesses never cease, we have ever hoped in you.

V'Al Kulam ועל כלם

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מִלְּכָנוּ תָּמִיד לְעוֹלָם וָעֶד.
נֹכַח לְחַיִּים יוֹדוּךָ סְלָה, וַיְהִלּוּ אֶת שְׁמֶךָ בְּאַמֶּת, הָאֵל יִשׁוּעָתָנוּ וְעֲזָרָתָנוּ סְלָה. בְּרוּךְ אַתָּה
יְיָ, הַטּוֹב שְׁמֶךָ וְלֶךְ נֶאֱדָה לְהוֹדוֹת.

*V'al kulam yitbarach v'yitromam shimcha
malkeinu tamid l'olam va-ed.*

For all these acts your Name, O our Sovereign, shall be continually blessed and exalted for ever and ever.

*(during the Ten days of Penitence, Uch'tov l'chayim
tovim kol b'nei v'ritecha.)*

[On the Sabbath of Repentance say:—
O inscribe all the children of your covenant for a
happy life.]

*V'chol hachayim yoducha selah, vihal'lu et
shimcha be-emet, ha-eil y'shuateinu v'ezrateinu
selah. Baruch atah Adonai, hatov shimcha ul'cha
na-eh l'hodot.*

And everything that lives shall give thanks to you for ever, and shall praise your Name in truth, O God, our salvation and our help. (Selah.) Blessed are you, Adonai, whose Name is All-good, and unto whom it is becoming to give thanks.

Shalom Rav שלום רב

(In some communities, this prayer is sung in unison.)

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מְלֶכֶךְ אֲדוֹן לְכֹל הַשְּׁלוֹם. וְטוֹב
כְּעֵינֶיךָ לְכַרְךָ אֶת עַמְּךָ
יִשְׂרָאֵל בְּכָל יֵת וּבְכָל נְשָׂעָה בְּשָׁלוֹמְךָ. בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

*Shalom rav al yisra-eil am'cha tasim l'olam, ki
atah hu melech adon l'chol hashalom. V'tov
b'einecha l'vareich et am'cha yisra-eil b'chol eit
uv'chol sha-ah bishlomecha.*

*(*During the Ten days of Penitence: B'seifer
chayim, b'rachah, v'shalom, ufarnasah tovah,
nizacheir v'nikateiv l'fanecha, anachnu v'chol
am'cha beit yisra-eil, l'chayim tovim ul'shalom.)*

*Baruch atah Adonai, hamvareich et amo yisra-eil
bashalom.*

Grant abundant peace unto Israel your people for
ever; for you are the sovereign God of all peace; and
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, who blesses your people
Israel with peace.

[*On the Sabbath of Repentance conclude:—
In the book of life, blessing, peace and good
sustenance may we be remembered and inscribed
before you, we and all your people the house of
Israel, for a happy life and for peace. Blessed are
you, Adonai, who makes peace.]

Silent Prayer or Elohai N'tzor אלהי נצור

(In some communities, the prayer leader says: We continue with a silent Prayer, or, you may use the prayer below
for your silent prayer.)

יְהִי לְרָצוֹן אֲמָרֵי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

אֵלֹהִים, נְצוֹר לְשׁוֹנֵי מִרְעָה, וּשְׂפָתַי מִדְּבַר מִרְמָה, וְלִמְקַלְלֵי נַפְשִׁי תִדְּאֵם, וְנִפְשֵׁי כַּעֲפָר לִכְלֹם
תִּהְיֶה. פָּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי. וְכָל הַחֹשְׁבִים עָלַי רָעָה, מִהֲרָה הִפֵּר
עֲצָתָם וְקִלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׂמֶךָ, עֲשֵׂה לְמַעַן יִמְיָנְךָ, עֲשֵׂה לְמַעַן קִדְשָׁתְךָ, עֲשֵׂה
לְמַעַן תּוֹרָתְךָ. לְמַעַן יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי. יְהִי לְרָצוֹן אֲמָרֵי פִי וְהִגְיוֹן
לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

עֲשֵׂה שְׁלוֹם (בעשי"ת יש אומרים: השלום) בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ, וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

יְהִי רָצוֹן מִלְּפָנֶיךָ, יְיָ אֵלֹהֵי הַיָּנוּ וְאֵלֵי הַיָּנוּ אֲבוֹתֵינוּ, שְׂיִכְנֶה בֵּית הַמִּקְדָּשׁ בְּמַהֲרָה בְּיָמֵינוּ, וְתֵן
חֵלְקֵנוּ בְּתוֹרָתְךָ, וְשֵׁם נֶעֱבְדְךָ בְּיִרְאָה פִּימִי עוֹלָם וּכְשָׁנִים קְדְמוֹנִיּוֹת. וְעֲרֹבָה לִי מְנַחֵת
הַיּוֹדָה וִירוּשָׁלַיִם, פִּימִי עוֹלָם וּכְשָׁנִים קְדְמוֹנִיּוֹת.

*Yehiyu l'ratzon imrei fi v'hegyon leebi l'fanecha,
Adonai tzuri v'go'ali.*

Let the words of my mouth and the meditation of my
heart be acceptable before you, O God, my Rock and
my Redeemer.

*Elohai, n'tzor l'shoni meira, us'fatai midabeir
mirmah, v'limkal'lai nafshi tidom, v'nafshi ke-afar
lakol tihyeh. P'tach libi b'toratecha, uv'mitzvatecha
tirdof nafshi. V'chol hachosh'vim alai ra-ah,
m'heirah hafeir atzatom v'kalkeil machashavtam.
Aseih l'ma-an sh'mecha, aseih l'ma-an y'minecha,
aseih l'ma-an k'dushatecha, aseih l'ma-an
toratecha. L'ma-an yeichal'tzun y'didecha,
hoshi-ah y'min'cha va-aneini. Yihyu l'ratzon imrei
fi v'hegyon libi l'fanecha, Adonai tzuri v'goali.
Oseh shalom (Some say during the Ten Days of
Penitence:: Hashalom) bimromav, hu ya-aseh
shalom aleinu, v'al kol yisra-eil, v'imru amein.*

O my God! guard my tongue from evil and my lips
from speaking guile; and to such as curse me let my
soul be dumb, yea, let my soul be unto all as the
dust. Open my heart to your Torah, and let my soul
pursue thy commandments. If any design evil against
me, speedily make their counsel of no effect, and
frustrate their designs. Do it for the sake of your
Name, do it for the sake of your power, do it for the
sake of your holiness, do it for the sake of your
Torah. In order that your beloved ones may be
delivered, O save by your power, and answer me. Let
the words of my mouth and the meditation of my
heart be acceptable before your, O God, my Rock
and my Redeemer. God who makes peace in high
places, may Gpd make peace for us and for all Israel,
and say ye, Amen.

*Y'hi ratzon mil'fanecha, Adonai Eloheinu veilohei
avoteinu, sheyibaneh beit hamikdash bimheirah
v'yameinu, v'tein chelkeinu b'toratecha, v'sham
na-avad'cha b'yirah kimei olam uch'shanim
kadmoniyot. V'ar'vah l'Adonai minchat y'hudah
virushalayim, kimei olam uch'shanim kadmoniyot.*

May it be your will, Adonai our God and God of our
ancestors, that the temple be speedily rebuilt in our
days, and grant our portion in your Torah. And there
we will serve you with awe, as in the days of old,
and as in ancient years. Then shall the offering of
Judah and Jerusalem be pleasant unto God, as in the
days of old, and as in ancient years.

D'var Torah

D'var Torah דבר תורה

D'var Torah/Sermon on a theme from the weekly Torah portion, or some other reading or presentation on the theme of your service.

Mi Shebeirach



Contains personal content

Mi shebeirach avoteinu,
M'kor habracha l'imoteinu,
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 shebeirach imoteinu,
M'kor habracha l'avoteinu,
Bless those in need of healing ,
with r'fuah sh'lema,
The renewal of body,
the renewal of spirit,
and let us say: Amen.

Concluding Prayers

Aleinu



Contains personal content

Let the time not be distant, O God,
when all shall turn to You in love,
when corruption and evil shall give way to integrity and goodness,
when superstition shall no longer enslave the mind,
nor idolatry blind the eye.
O may all, created in Your image,
become one in spirit and one in friendship,
forever united in Your service.
Then shall Your realm be established on earth,
and the word of Your prophet fulfilled:

עלינו Aleinu

עַל יְנוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שֶׁל אֵל עֶשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֵא שֶׁמּוֹנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שֶׁל אֵל שֶׁמּוֹנוּ חֲלָק, נוֹכְחֵם, וְגַרְלֵנוּ כְּכֹל הַמוֹנִים, וְאֵנִי חֲנוּ
כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנָיו מִלֶּךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא. שֶׁהוּא נוֹטֵה
שֶׁמֶיִם וְיָסֵד אָרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשֶׁמַיִם מִמֶּנּוּ, עַל וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא
אֵל הַיְנוּ אֵין עוֹד. אֵמֶת מֶלֶךְנוּ, אֵפֶס זוּלָתוֹ, כְּפָתוּב בְּתוֹרָתוֹ: וְיַדְעָתָ הַיּוֹם וְהֵשֵׁב תֵּאָל
לְבָבְךָ, כִּי יֵי הוּא הָאֵל הַיּוֹם בְּשֶׁמַיִם מִמֶּנּוּ, עַל וְעַל הָאָרֶץ מִתְּחִלָּה, אֵין עוֹד.

וְנֵאמַר, וְהִיָּה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

*Aleinu l'shabei-ach la-adon hakol, lateit g'dulah
l'yotzeir b'reishit, shelo asanu k'goyei ha-aratzot,
v'lo samanu k'mishp'chot ha-adamah, shelo sam
chelkeinu kahem, v'goraleinu k'chol hamonam,
va-anachnu kor'im umishtachavim umodim, lifnei
melech malchei ham'lachim, hakadosh baruch hu.
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, kakatuv b'torato: v'yadata
Hayom vahashevota el l'vavecha, ki Adonai hu
ha-elohim bashamam mima-al, v'al ha-aretz
mitachat, ein od.*

*V'ne-emar, v'hayah Adonai l'melech al kol
ha-aretz, bayom hahu yihyeh Adonai echad,
ush'mo echad.*

It is our duty to praise the God of all things, to ascribe greatness to God who formed the world in the beginning; since God has not made us like the nations of other lands, and has not placed us like other families of the earth; since God has not assigned unto us a portion as unto them, nor a lot as unto all their multitude. For we bend the knee and offer worship and thanks before the supreme Sovereign of rulers, the Holy One, blessed be God, who stretched forth the heavens and laid the foundations of the earth, the seat of whose glory is in the heavens above, and the abode of whose might is in the loftiest heights. God is our God; there is none else: in truth God is our Sovereign; there is none besides God; 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.

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."

קדיש יתום Mourner's Kaddish

In some congregations, only those in mourning or observing a yartzeit stand and recite the Mourner's Kaddish. However, particularly since the Holocaust, some congregations 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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֻלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֻלְמָא וּבְזַמַּן קָרִיב, וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֻלְמָיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ
הוּא, לְעַלְמֵי עֻלְמָיָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמְרוּ בְּעֻלְמָא, וְאָמְרוּ אָמֵן.

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

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

*Yitgadal v'yitkadash sh'mey raba. B'al'ma di v'ra
chiruteih, v'yamlich malchutei b'chayeichon
uv'yomeichon uv'chayei d'chol beit yisra-eil,
ba-agala uvizman kariv, v'imru amein.*

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.

*Yitbarach v'yishtabach v'itpa-ar v'itromam
v'yitnasei v'yithadar v'yitaleh v'yithalal sh'meih
d'kudsha b'rich hu, l'eila min kol birchata
v'shirata tushb'chata v'nechemata, da-amiran
b'al'ma, v'imru amein.*

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

*Y'hei sh'lama raba min sh'maya, v'chayim aleinu
v'al kol yisra-eil, v'imru amein.*

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.

*Oseh shalom bimromav, hu ya-aseh shalom aleinu
v'al kol yisra-eil, v'imru amein.*

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.

Title



Contains personal content

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved, and let us say: Amen.

Closing Songs

Adon Olam אדון עולם

אדון עולם אשר מלך,
בטרם כל יציר נברא.
לעת נעשה בחפצו כל,
אזי מלך שמו נקרא.

וְאַחֲרַי כְּכֹלֹת הַכּוֹל,
לְבַדּוֹ יִמְלוֹךְ נוֹרָא.
וְהוּא הַיְהוָה, וְהוּא הַיְהוָה,
וְהוּא יְהוָה, בְּתַפְאֲרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחֲבֹ, יְרָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הָעֵז וְהַמְשָׁרָה.

וְהוּא אֱלֹהֵי נַחֲי גְאֻלִּי,
וְצוּר חֲבְלֵי בְעֵת צָרָה.
וְהוּא נֶסִי וּמְנוּס לִי,
מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אֵישׁוֹן וְאָע, יְרָה.
וְעַם רוּחִי גְנוּיָתִי,
יְיָ לִי וְלֹא אֵיֶרָא.

*Adon olam asher malach,
b'terem kol yetzir nivrah.
L'eit na'sah b'cheftzo kol,
Azai melech sh'mo nikrah.*

*V'acharei kichlot hakol,
l'vado yimloch nora.
V'hu hayah, v'hu hoveh,
v'hu yihyeh, b'tifarah.*

*V'hu echad v'ein sheini,
l'hamshil lo l'hachbirah.
B'li reishit b'li tachlit,
v'lo ha-oz v'hamisrah.*

*V'hu eili v'chai goali,
v'tzur chevli b'eit tzarah.
V'hu nisi umanos li,
m'nat kosi b'yom ekra.*

*B'yado afkid ruchi,
b'eir ishan v'a-irah.
V'im ruchi giviyati,
Adonai li v'lo ira.*

You are the Eternal God who ruled before the creation. At the time You're 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.

Salaam! Od Yavo Shalom עוד יבאו שלום

A popular Israeli song.

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ (2x)
עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כּוֹלָם.
סָלָאָם, עָלֵינוּ וְעַל כָּל הָעוֹלָם!
סָלָאָם! סָלָאָם!

Od yavo shalom aleinu (x2)
Od yavo shalom aleinu v'al kulam.
Salaam, aleinu v'al kol ha'olam!
Salaam! Salaam!

Peace will come upon us (x2)
Peace will come upon us and on everyone.

Salaam ('peace' in Arabic)
On us and on everyone
Salaam, Salaam

Additional Songs



Contains personal content

1) Ma gadlu ma-asecha Yah. M'od amku machshevotcha. Halleluyah.

2) Eileh chamda libi: chusah na v'al na titalem.

3) Shiru l'Adonai kol ha-aretz. Shiru l'Adonai shir chadash.

Sing unto God all the earth a new song.
I will sing unto God a new song.
Sing unto God and we'll all sing along.
All the earth a new song unto God.

4) Kol haneshama t'hallelya. Halleluyah.

5) Hodu L'Adonai.