

# TORAH READING For Shabbat

קריאת התורה לשבת



Kabbalah4All.com  
Connecting Those Who Study Kabbalah Around The Globe™

## K4A Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

- a** as in father
- ai** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oi** as in toy
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

## Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddurim (connection books).

מֶלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu. Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David L. Curtis.  
Transliterated according to the K4A Transliteration Guidelines developed by David L. Curtis and Rebecca Schwartz.  
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*This Torah Connection is only meant to be used immediately following the Kabbalat Shabbat connection on Friday night.*

# קריאת התורה

## READING OF THE TORAH

The Torah is described as the Tree of Life, but only to those who hold onto it. It is not enough to look at it, we must embrace it. Kabbalah is not about blind faith but about action, the Creator's love is expressed through deed, not through emotion or belief. The more we study Torah, the more we are able to see the face of the Creator and the more we are able to get the most out of life.

### אין כמוך

#### EIN KAMOCHA

Ein kamocha va-elohim,

*There is none like You among the powers,*

Adonai, v'ein k'ma-asecha.

*Hashem, and there is none like Your works.*

Malchut'cha malchut kol olamim,

*Your Realm is a realm that pervades all the worlds,*

umemshalt'cha b'chol dor vador.

*and Your dominion endures in every generation.*

Adonai melech, Adonai malach,

*Hashem reigns, Hashem has reigned,*

Adonai yimloch l'olam va-ed.

*Hashem will reign for ever and ever.*

Adonai oz l'amo yitein,

*Hashem will give strength to our people,*

Adonai yivareich et amo vashalom.

*may Hashem bless our people with peace.*

Av harachamim,

*Source of mercy,*

heitivah virtzon'cha et Tziyon,

*favor Zion with Your goodness,*

tivneh chomot Y'rushalayim.

*rebuild the walls of Jerusalem.*

Ki v'cha l'vad batachnu,

*For in You alone do we put our trust,*

melech Eil ram v'nisa,

*Sovereign, high and exalted One,*

Adon olamim.

*Eternal One.*

אין כמוך באלהים,

יהוה, ואין כמעשיך.

מלכותך מלכות כל עלמים,

וממשלתך בכל דור ודור.

יהוה מלך, יהוה מלך,

יהוה ימלך לעלם ועד.

יהוה עז לעמו יתן,

יהוה יברך את עמו בשלום.

אב הרחמים,

היטיבה ברצונך את ציון,

תבנה חומות ירושלים.

כי כף לבד בטחנו,

מלך אל רם ונשא,

אדון עולמים.

## וַיְהִי בְּנִסּוֹעַ VAYHI BINSOA

Vayhi binso-a ha-aron

*It would be when the Ark traveled*

vayomer Mosheh,

*Moses would say:*

Kumah, Adonai, v'yafutzu oy'necha,

*Arise Hashem, and let Your enemies scatter,*

v'yanusu m'sanecha mipanecha.

*Your adversaries will flee from before You.*

Ki mi-Tziyon teitzei Torah,

*For from out of Zion will come Torah,*

udvar Adonai mi-Y'rushalayim.

*and the word of Hashem from Jerusalem.*

וַיְהִי בְּנִסּוֹעַ הָאָרֶן

וַיֹּאמֶר מֹשֶׁה,

קוּמָה, יְהוָה, וַיִּפְצְוּ אֹיְבֵיךָ,

וַיִּנָּסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ.

כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה,

וּדְבַר יְהוָה מִירוּשָׁלַיִם.

## בְּרִיךְ שֵׁמָּה B'RICH SH'MEIH

This blessing is taken from the Zohar, through it we are able to draw down aspects of the original Light through the reading of the Torah. Shimon Bar Yochai said, "When we take out the Torah in public to read, all the gates of mercy in heaven are open, and we awaken a love from above."

B'rich sh'meih d'marei al'ma,

*Blessed is the Name of the Ruler of the world,*

b'rich kitrach v'atrach.

*blessed is Your crown and Your place.*

Y'hei r'utach

*May Your love exist*

im amach Yisra-eil l'alam,

*with Your people Israel for ever,*

ufurkan y'minach achazei

*and may the salvation of Your right hand may you display*

l'amach b'veit makd'shach,

*to Your people in Your holy Temple,*

ulamtuyei lana mituv n'horach,

*to extend to us the goodness of Your Light,*

ulkabeil tz'lotana b'rachamin.

*and to accept our prayers with mercy.*

Y'hei ra-ava kodamach

*May it be the will before You*

d'torich lan chayin b'tivuta,

*that You extend for us life with goodness,*

v'lehevei ana f'kida b'go tzadikaya,

*and it should be that I am counted among the righteous,*

בְּרִיךְ שֵׁמָּה דְמַרְא עֲלְמָא,

בְּרִיךְ כְּתָרְךָ וְאַתְרְךָ.

יְהֵא רְעוּתְךָ

עִם עַמְךָ יִשְׂרָאֵל לְעַלְמִים,

וּפְרָקֵן יְמִינְךָ אַחֲזִי

לְעַמְךָ בְּבֵית מִקְדָּשְׁךָ,

וְלֹא מְטוּיִי לְנָא מְטוּב נְהוּרְךָ,

וְלִקְבֵּל צְלוֹתָנָא בְּרַחֲמִין.

יְהֵא רְעוּא קְדָמְךָ

דְּתוֹרִיךָ לָן חַיִּין בְּטִיבוּתָא,

וְלִהְיוּ אֲנָא פְקִידָא בְּגוּ צְדִיקָיָא,

l'mircham alai ulminter yati v'yat  
*that You have mercy on me and protect me and*  
 kol di li v'di l'amach Yisra-eil.  
*all that is mine and all that belongs to Your people Israel.*  
 Ant hu zan l'chola,  
*It is You Who nourishes all,*  
 umfarneis l'chola.  
*and sustains all.*  
 Ant hu shalit al kola,  
*It is You who rules over everything,*  
 ant hu d'shalit al malchaya,  
*it is You who rules over sovereigns,*  
 umalchuta dilach hi.  
*and sovereignty is Yours.*  
 Ana avda d'kudsha b'rich hu,  
*I am a servant of the Holy One Who is Blessed,*  
 d'sagidna kameih,  
*and prostrate myself before the One,*  
 umikama dikar Oraytei  
*and before the glory of the One's Torah*  
 b'chol idan v'idan.  
*at all times.*  
 La al enash rachitzna,  
*Not in any person do I put trust,*  
 v'la al bar elahin samichnah,  
*nor on any angel do I rely,*  
 ela be-Eloha dishmaya,  
*only on the Elohim of heaven,*  
 d'hu Eloha k'shot,  
*Who is the Elohim of truth,*  
 v'Orayteih k'shot,  
*Whose Torah is truth,*  
 unvi-ghi k'shot,  
*and Whose prophets are true,*  
 umasgei l'mebad tav-van ukshot.  
*and Who abundantly acts with kindness and truth.*  
 Beih ana rachitz,  
*In the One I trust,*  
 v'lishmeih kadisha yakira  
*and to Whose Name holy and glorious*  
 ana eimar tushb'chan.  
*I declare praises.*  
 y'hei ra-ava kodamach  
*May it be the will before You*  
 d'tiftach liba-i b'Orayta,  
*that You open my heart to Torah,*  
 v'tashlim mishalin d'liba-i,  
*and that You fulfill the wishes of my heart,*

לְמִרְחָם עָלַי וּלְמִנְטֵר יְתִי וַיַּת  
 כֹּל דִּי לִי וְדִי לְעַמְּךָ יִשְׂרָאֵל.  
 אַנְתָּה הוּא זֶן לְכֹלָא,  
 וּמְפַרְנֵס לְכֹלָא.  
 אַנְתָּה הוּא שְׁלִיט עַל כֹּלָא,  
 אַנְתָּה הוּא דְשְׁלִיט עַל מַלְכֵיָא,  
 וּמַלְכוּתָא דִּילְךָ הִיא.  
 אַנָּא עֲבָדָא דְקָדְשָׁא בְרִיךְ הוּא,  
 דְסָגִידְנָא קָמֵיהּ,  
 וּמִקָּמָא דִּיקָר אֲוֵרֵיתָהּ  
 בְּכֹל עֵדֶן וְעֵדֶן.  
 לָא עַל אַנְשׁ רַחֲצִנָא,  
 וְלָא עַל בַּר אֱלֹהִין סְמִיכְנָא,  
 אֶלָּא בְּאֱלֹהָא דְשִׁמְיָא,  
 דִּהוּא אֱלֹהָא קְשׁוּט,  
 וְאֲוֵרֵיתָהּ קְשׁוּט,  
 וְנְבִיאֹהֵי קְשׁוּט,  
 וּמְסֻגָּא לְמַעְבַּד טְבוּן וּקְשׁוּט.  
 בֵּיה אַנָּא רַחֲצִין,  
 וְלִשְׁמֵיהּ קְדִישָׁא יְקִירָא  
 אַנָּא אֵמַר תְּשִׁבְחָן.  
 יְהֵא רַעְוָא קְדָמְךָ  
 דְתַפְתַּח לְבָאֵי בְּאֲוֵרֵיתָא,  
 וְתִשְׁלִים מִשְׁאַלִּין דְּלְבָאֵי,

v'liba d'chol amach Yisra-eil,  
*and the heart of all Your people Israel,*  
 l'tav ulchayin v'lishlam. Amein.  
*for good and for life and for peace. Amen.*

וְלִבָּא דְכָל עַמְךָ יִשְׂרָאֵל,  
 לְטַב וּלְחַיִּין וּלְשָׁלָם. אָמֵן.

שִׁמַּע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

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

*Hear O Israel, Hashem is our Elohim, Hashem is One!*

L'cha Adonai hag'dulah v'hag'vurah  
*Yours Hashem is the greatness and the power*  
 v'hatiferet v'haneitzach v'hahod,  
*and the truth and the victory and the glory,*  
 ki chol bashamayim uva-aretz,  
*for all that is in heaven and on earth is Yours,*  
 l'cha Adonai hamamlachah,  
*to You Hashem is the reign,*  
 v'hamitnasei l'chol l'rosh.  
*You are supreme over all.*

לְךָ יְהוָה הַגְּדֻלָּה וְהַגְּבוּרָה  
 וְהַתְּפָאָרֶת וְהַנִּצְחָה וְהַהוֹד,  
 כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ,  
 לְךָ יְהוָה הַמַּמְלָכָה,  
 וְהַמִּתְנַשֵּׂא לְכָל לְרֹאשׁ.

Al shloshah d'varim  
*On three things*  
 ha-olam omeid:  
*is the world sustained:*  
 al ha-Torah v'al ha-avodah  
*on Torah and on service*  
 v'al g'milut chasadim.  
*and on acts of kindness.*

עַל שְׁלֹשָׁה דְבָרִים  
 הָעוֹלָם עוֹמֵד:  
 עַל הַתּוֹרָה וְעַל הָעֲבוּדָה  
 וְעַל גְּמִילוּת חֲסָדִים.

## ברכות העולה לתורה

### TORAH BLESSINGS

*Before the reading:*

Bar'chu et Adonai ham'vorach!  
*Praise Hashem to Whom praise is due!*  
 Baruch Adonai ham'vorach  
*Praised be Hashem to Whom praise is due,*  
 l'olam va-ed!  
*now and forever!*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 asher bachar banu mikol ha-amim  
*who has chosen us from all the peoples*  
 v'natan lanu et Torato.  
*giving us this Teaching.*

בְּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ.  
 בְּרוּךְ יְהוָה הַמְּבָרָךְ  
 לְעוֹלָם וָעֶד.  
 בְּרוּךְ אַתָּה יְהוָה  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים  
 וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 notein ha-Torah.  
*who gives the Torah.*

בָּרוּךְ אַתָּה יְהוָה,  
 נוֹתֵן הַתּוֹרָה.

*After the reading:*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 asher natan lanu Torat emet,  
*who has given us a Torah of truth,*  
 v'chayei olam nata b'tocheinu.  
*implanting within us eternal life.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 notein ha-Torah.  
*who gives the Torah.*

בָּרוּךְ אַתָּה יְהוָה  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,  
 וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.  
 בָּרוּךְ אַתָּה יְהוָה,  
 נוֹתֵן הַתּוֹרָה.

## מִי שֶׁבֵרַח MI SHEBEIRACH

Healing energy is a very powerful force that restores and regenerates us at all levels. We have the power, as we tap into the Light, to create this healing energy for ourselves and for others. Through the Mi Shebeirach, we create a circuit for that healing energy to travel to them.

Mi shebeirach avoteinu v'imoteinu,  
*May the One who blessed our ancestors,*  
 Avraham Yitzchak v'Ya-akov,  
*Abraham, Isaac, and Jacob,*  
 Sarah Rivkah Racheil v'Lei-ah,  
*Sarah, Rebecca, Rachel, and Leah,*  
 hu y'vareich et ha-cholim (names) (פלונים)  
*bles and heal those who are ill (names)*  
 ben/bat (mother's name).  
*son/daughter of (mother's name).*  
 Hakadosh baruch hu  
*May the Holy Blessed One*  
 yimalei rachamim aleihem,  
*be filled with compassion towards them,*  
 l'hachalimam ulrapotam  
*for their health to be restored*  
 ul-hachazikam.  
*and their strength to be revived.*

מִי שֶׁבֵרַח אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
 אַבְרָהָם יִצְחָק וְיַעֲקֹב,  
 שָׂרָה רִבְקָה רָחֵל וְלֵאָה,  
 הוּא יְבָרֵךְ אֶת הַחֹלִים (פְּלוֹנִים)  
 בֶּן\בַּת (פְּלוֹנִית).  
 הַקְּדוֹשׁ בָּרוּךְ הוּא  
 יִמְלֵא רַחֲמִים עָלֵיהֶם,  
 לְהַחֲלִימָם וּלְרַפְּאֵתָם  
 וּלְהַחֲזִיקָם.

V'yishlach lahem m'heirah r'fu-at  
*May the Eternal One swiftly send them complete renewal*  
 sh'leimah min hashamayim,  
*from up above,*  
 r'fu-at hanefesh, urfuat haguf,  
*renewal of soul, and renewal of body,*  
 hashta ba-agala uvizman kariv.  
*quickly and speedily may it come.*  
 V'nomar amein.  
*And let us say, amen.*

וַיִּשְׁלַח לָהֶם מְהֵרָה רְפוּאָה  
 שְׁלִימָה מִן הַשָּׁמַיִם,  
 רְפוּאָה הַנֶּפֶשׁ, וְרְפוּאָת הַגּוּף,  
 הַשְּׁתָּא בְּעֵגְלָא וּבְזִמָּן קָרִיב.  
 וְנֹאמַר אָמֵן.

## הגבת ספר תורה

### V'ZOT HA-TORAH

V'zot ha-Torah asher sam Mosheh  
*This is the Torah which Moses placed*  
 lifnei b'nei Yisra-eil,  
*before the children of Israel,*  
 al pi Adonai b'yad Mosheh.  
*Hashem's word through the hand of Moses.*

וזאת התורה אשר שם משה  
 לפני בני ישראל,  
 על פי יהוה ביד משה.

## ברכה קדם ההפטר

### BLESSING BEFORE THE HAFTARAH

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 asher bachar bin'vi-im tovim,  
*who has chosen good prophets,*  
 v'ratzah b'divreihem  
*and took pleasure with their words*  
 hane-emarim be-emet.  
*that were uttered with truth.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 habocheir ba-Torah uv-Mosheh avdo,  
*who chooses the Torah and Moses Your servant,*  
 uv-Yisra-eil amo,  
*and Your people Israel,*  
 uvin'vi-ei ha-emet vatzedek.  
*and the prophets of truth and righteousness.*

ברוך אתה יהוה  
 אלהינו מלך העולם,  
 אשר בחר בנביאים טובים,  
 ורצה בדבריהם  
 הנאמרים באמת.  
 ברוך אתה יהוה,  
 הבוחר בתורה ובמשה עבדו,  
 וב ישראל עמו,  
 ובנביאי האמת וצדק.

## ברכות אחרי ההפטרה

## BLESSINGS AFTER THE HAFTARAH

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 tzur kol ha-olamim,  
*Rock of all eternities,*  
 tzadik b'chol hadorot,  
*righteous in all generations,*  
 ha-Eil hane-eman ha-omeir v'oseh,  
*the trustworthy One who says and does,*  
 ham'dabeir umkayeim,  
*who speaks and fulfills,*  
 shekol d'varav emet vatzedek.  
*all of whose words are true and righteous.*  
 Ne-eman atah hu Adonai Eloheinu,  
*Trustworthy are You Hashem our Elohim,*  
 v'ne-emanim d'varecha,  
*and trustworthy are Your words,*  
 v'davar echad midbarecha  
*and even one word of Your words*  
 achor lo yashuv reikam,  
*will never turn back unfulfilled,*  
 ki Eil melech ne-eman  
*for an Almighty Sovereign, trustworthy*  
 v'rachaman atah.  
*and merciful are You.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 ha-Eil hane-eman b'chol d'varav.  
*the Almighty Who is trustworthy in all Your words.*

Racheim al Tziyon  
*Have mercy on Zion*  
 ki hi beit chayeinu,  
*for it is the place that is the focus of our life,*  
 v'la-aluvat nefesh  
*and to (Israel) who is humiliated to her very soul*  
 toshi-a bimheirah v'yameinu.  
*bring salvation speedily in our days.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 m'samei-ach Tziyon b'vaneha.  
*Who makes Zion glad through her children.*

ברוך אתה יהוה  
 אלהינו מלך העולם,  
 צור כל העולמים,  
 צדיק בכל הדורות,  
 האל הנאמן האומר ועשה,  
 המדבר ומקיים,  
 שכל דבריו אמת וצדק.  
 נאמן אתה הוא יהוה אלהינו,  
 ונאמנים דבריך,  
 ודבר אחד מדבריך  
 אחר לא ישוב ריקם,  
 כי אל מלך נאמן  
 ורחמן אתה.  
 ברוך אתה יהוה,  
 האל הנאמן בכל דבריו.

רחם על ציון  
 כי היא בית חיינו,  
 ולעלובת נפש  
 תושיע במהרה בימינו.  
 ברוך אתה יהוה,  
 משמח ציון בבניה.

Sam'cheinu, Adonai Eloheinu,  
*Gladden us, Hashem our Elohim,*  
 b'Eiliyahu hanavi avdecha,  
*with Elijah the prophet Your servant,*  
 uvmalchut beit David m'shichecha,  
*and with the realm of the House of David Your anointed,*  
 bimheirah yavo v'yageil libeinu,  
*speedily may he come and then our hearts will rejoice,*  
 al kiso lo yeishev zar,  
*on his throne may there never sit any stranger,*  
 v'lo yinchalu od  
*and let not inherit any longer*  
 acheirim et k'vodo,  
*others his honor,*  
 ki v'sheim kodsh'cha nishbata lo  
*for by the Name of Your Holiness You swore to him*  
 shelo yichbeh neuro l'olam va-ed.  
*that his lamp would never be extinguished forever and ever.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 magein David.  
*Shield of David.*

Al ha-Torah, v'al ha-avodah,  
*For the Torah, for the connection,*  
 v'al han'vi-im,  
*and for the Prophets,*  
 (v'al yom ha-Shabbat hazeh,)  
*(and for this day of Shabbat,)*  
 shenatata lanu, Adonai Eloheinu,  
*that You have given us, Hashem our Elohim,*  
 likdushah v'limnuchah,  
*for holiness and contentment,*  
 l'chavod ultifaret.  
*for glory and splendor.*

Al hakol, Adonai Eloheinu,  
*For all this, Hashem our Elohim,*  
 anachnu modim lach,  
*we gratefully thank You,*  
 umvar'chim otach,  
*and bless You,*  
 yitbarach shimcha b'fi  
*may Your Name be blessed by the mouth*  
 kol chai tamid l'olam va-ed.  
*of all the living, always for all eternity.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 m'kadeish ha-Shabbat.  
*who sanctifies Shabbat.*

שִׂמְחֵנוּ, יְהוָה אֱלֹהֵינוּ,  
 בְּאֵלֵיָּהוּ הַנָּבִיא עֲבַדְךָ,  
 וּבְמַלְכוּת בֵּית דָּוִד מְשִׁיחְךָ,  
 בְּמַהֲרָה יָבֹא וַיִּגַּל לְבָנֵינוּ,  
 עַל כִּסֵּאוֹ לֹא יֵשֵׁב זָר,  
 וְלֹא יִנְחֲלוּ עוֹד  
 אֲחֵרִים אֶת כְּבוֹדוֹ,  
 כִּי בְשֵׁם קֹדֶשְׁךָ נִשְׁבַּעְתָּ לוֹ  
 שְׁלֹא יִכָּבֵה נֵרוֹ לְעוֹלָם וָעֶד.  
 בָּרוּךְ אַתָּה יְהוָה,  
 מָגֵן דָּוִד.

עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה,  
 וְעַל הַנְּבִיאִים,  
 וְעַל יוֹם הַשַּׁבָּת הַזֶּה,  
 שֶׁנָּתַתָּ לָנוּ, יְהוָה אֱלֹהֵינוּ,  
 לְקֹדֶשׁ וּלְמִנוּחָה,  
 לְכָבוֹד וּלְתִפְאַרֶת.

עַל הַכֹּל, יְהוָה אֱלֹהֵינוּ,  
 אֲנַחְנוּ מוֹדִים לָךְ,  
 וּמְבָרְכִים אוֹתְךָ,  
 יְתִבְרַךְ שִׁמְךָ בְּפִי  
 כָּל חַי תָּמִיד לְעוֹלָם וָעֶד.  
 בָּרוּךְ אַתָּה יְהוָה,  
 מְקַדֵּשׁ הַשַּׁבָּת.

## ברכת החודש

## BLESSING OF THE NEW MONTH

We recite this blessing for the new month asking the Creator to not only bless us during the new month, but also that we may properly connect to the energy that is unique to this month.

Y'hi ratzon mil'fanecha,

*May it be Your will,*

Adonai Eloheinu

*Hashem our Elohim*

v'Eilohei avoteinu,

*and the Elohim of our ancestors,*

shet'chadeish aleinu et

*may You renew for us*

hachodesh hazeh (haba)

*this (coming) new month*

l'tovah v'livracha.

*goodness and blessing.*

V'titen lanu chayim arukim,

*May You grant us long life,*

chayim shel shalom,

*a life of peace,*

chayim shel tovah,

*a life of goodness,*

chayim shel b'rachah,

*a life of blessing,*

chayim shel parnasah,

*a life of sustenance,*

chayim shel chilutz atzamos,

*a life of good health,*

chayim sheyeish bahem yirat cheit,

*a life in which there is an aversion to misdeeds,*

chayim shet'hei vanu ahavat Torah,

*a life in which there will be in us love of Torah,*

v'yirat shamayim,

*and reverence for the Divine,*

chayim shey'malei Adonai

*a life in which Hashem fulfills the longings*

mishalot libeinu l'tovah. Amein.

*the requests of the heart with good. Amen.*

Rosh Chodesh \_\_\_\_\_

*The New Month of \_\_\_\_\_*

yih-yeh b'yom \_\_\_\_\_/hu hayom.

*will begin on \_\_\_\_\_/ today.*

*rishon (Sunday), sheini (Monday), sh'lishi (Tuesday),*

*r'vi-i (Wednesday), chamishi (Thursday), shishi (Friday)*

*Shabbat kodesh (Holy Shabbat)*

יְהִי רָצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתְּחַדֵּשׁ עֲלֵינוּ אֶת

הַחֹדֶשׁ הַזֶּה (הַבָּא)

לְטוֹבָה וְלְבִרְכָה.

וְתִתֵּן לָנוּ חַיִּים אָרוּכִים,

חַיִּים שֶׁל שְׁלוֹם,

חַיִּים שֶׁל טוֹבָה,

חַיִּים שֶׁל בְּרָכָה,

חַיִּים שֶׁל פְּרֻנְסָה,

חַיִּים שֶׁל חִלּוּץ עֲצָמוֹת,

חַיִּים שְׂיֵישׁ בָּהֶם יִרְאֵת חֵטָא,

חַיִּים שֶׁתְּהֵא בָּהוּ אֶהְבֵּת תּוֹרָה,

וְיִרְאֵת שָׁמַיִם,

חַיִּים שְׂיִמְלֵא יְהוָה

מִשְׁאָלוֹת לְבִנּוּ לְטוֹבָה. אָמֵן.

רֵאשׁ חֹדֶשׁ \_\_\_\_\_

יְהִיָּה בְּיוֹם \_\_\_\_\_/הוּא הַיּוֹם.

רֵאשׁוֹן, שְׁנִי, שְׁלִישִׁי, רְבִיעִי, חֲמִשִּׁי,

שְׁשִׁי, שַׁבַּת קֹדֶשׁ

Y'chadsheihu hakadosh baruch hu,  
*Holy One, blessed One,*

aleinu v'al kol amo beit Yisra-eil:  
*renew for us and for Your people Israel:*

l'chayim ulshalom,  
*life and peace,*

l'sason ulsimchah,  
*happiness and joy,*

lishuah ulnechamah.  
*salvation and consolation,*

V'nomar: amein. {Amein.}  
*and let us say, Amen. Amen.*

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בְּרוּךְ הוּא,  
 עֲלֵינוּ וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל:  
 לְחַיִּים וּלְשָׁלוֹם,  
 לְשִׂשׁוֹן וּלְשִׂמְחָה,  
 לְיִשׁוּעָה וּלְנִחְמָה.  
 וְנֹאמֵר: אָמֵן. {אָמֵן.}

# אשרי

## ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling. This Psalm assists us to bring order and the power of creation into our lives.

Ashrei yosh'vei veitecha,  
*Happy are those who dwell in Your house,*  
 od y'hal'lucha selah.  
*they will forever praise You.*

Ashrei ha-am shekachah lo,  
*Happy the people whose portion is this,*  
 ashrei ha-am she-Adonai Elohav.  
*happy the people for whom Hashem is their Elohim.*

T'hilah l'David,  
*A Psalm of David,*  
 Aromimcha Elohai ha-melech,  
*I shall exalt You, my Elohim, the Sovereign,*  
 va-avar'chah shimcha l'olam va-ed.  
*and I shall bless Your name forever and ever.*

B'chol yom avar'checha,  
*I shall bless You every day,*  
 va-ahal'lah shimcha l'olam va-ed.  
*and I shall praise Your name forever and ever.*

Gadol Adonai um'hulal m'od,  
*Great is Hashem and exceedingly praised,*  
 v'ligdulato ein cheiker.  
*the Eternal's greatness is unfathomable.*

Dor l'dor y'shabach ma-asecha,  
*Generation to generation shall praise Your actions,*  
 ugvurotecha yagidu.  
*and recount Your mighty deeds.*

Hadar k'vod hodecha,  
*The brilliance of Your splendid glory,*  
 v'divrei nifl'otecha asichah.  
*and the wonders of Your acts, I shall speak of.*

Ve-ezuz norotecha yomeiru,  
*They shall speak of the might of Your awesome acts,*  
 ugdulat'cha asaprenah.  
*and I shall tell of Your greatness.*

Zecher rav tuv'cha yabiyu,  
*They shall remember Your abundant goodness,*  
 v'tzidkat'cha y'raneinu.  
*and Your righteousness they shall joyfully proclaim.*

אֲשֵׁרִי יוֹשְׁבֵי בֵיתְךָ,  
 עוֹד יִהְלְלוּךָ סֵלָה.  
 אֲשֵׁרִי הָעַם שְׂכַנְתָּה לּוֹ,  
 אֲשֵׁרִי הָעַם שִׁיְהוּהוּ אֱלֹהָיו.  
 תְּהִלָּה לְדָוִד,  
 אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,  
 וְאֶבְרַכְתָּה שְׁמֶךָ לְעוֹלָם וָעֶד.  
 בְּכֹל יוֹם אֶבְרַכְךָ,  
 וְאֶהְלַלְתָּה שְׁמֶךָ לְעוֹלָם וָעֶד.  
 גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,  
 וְלִגְדֻלְתּוֹ אֵין חֶקֶר.  
 דּוֹר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ,  
 וְגִבּוֹרְתֶיךָ יִגִּידוּ.  
 הַדָּר כְּבוֹד הוֹדֶךָ,  
 וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.  
 וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,  
 וְגִדְלֹתֶיךָ אֲסַפְּרָנָה.  
 זָכַר רַב טוֹבְךָ יִבְיָעוּ,  
 וְצִדְקֹתֶיךָ יִרְנְנוּ.

Chanun v'rachum Adonai,  
*Gracious and merciful is Hashem,*  
 erech apayim ugdol chased.  
*slow to anger and great in kindness.*  
 Tov Adonai lakol,  
*Hashem is good to all,*  
 v'rachamav al kol ma-asav.  
*Your compassion extended to all of Your creatures.*  
 Yoducha Adonai kol ma-asecha,  
*All that You have made shall thank You Hashem,*  
 vachasidecha y'var'chuchah.  
*and Your pious ones shall bless You.*  
 K'vod malchut'cha yomeiru,  
*They shall speak of the glory of Your realm,*  
 ugvurat'cha y'dabeiru.  
*and talk of Your mighty deeds.*  
 L'hodiya livnei ha-adam g'vurotav,  
*Your mighty deeds You make known to all humankind,*  
 uchvod hadar malchuto.  
*and the glory of Your splendid realm.*  
 Malchut'cha malchut kol olamim,  
*Yours is the realm of all worlds,*  
 umemshalt'cha b'chol dor vador.  
*and Your reign extends to each and every generation.*  
 Someich Adonai l'chol hanof'lim,  
*Hashem supports all those who fall,*  
 v'zokeif l'chol hak'fufim.  
*and holds upright all those who are bent over.*  
 Einei chol eilecha y'sabeiru,  
*The eyes of all look hopefully towards You,*  
 v'atah notein lahem  
*and You give them their food*  
 et ochlam b'ito.  
*at its proper time.*  
 Potei-ach et yadecha,  
*You open You hand,*  
 umasbiya l'chol chai ratzon.  
*and satisfy every living thing with its desire.*  
 Tzadik Adonai b'chol d'rachav,  
*Hashem is righteous in every way,*  
 v'chasid b'chol ma-asav.  
*and virtuous in all deeds.*  
 Karov Adonai l'chol kor'av,  
*Hashem is close to all who call,*  
 l'chol asher yikra-uhu ve-emet.  
*and to all who call in truth.*  
 R'tzon y'rei-av ya-aseh,  
*You fill the desires of all who revere You,*

חַנוּן וְרַחוּם יְהוָה,  
 אֶרֶךְ אַפַּיִם וְגָדוֹל חַסֵּד.  
 טוֹב יְהוָה לְכֹל,  
 וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.  
 יוֹדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ,  
 וְחַסִּידֶיךָ יְבָרְכוּכָה.  
 כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,  
 וְגִבּוֹרֹתֶיךָ יִדְבְּרוּ.  
 לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרֹתָיו,  
 וְכְבוֹד הַדָּר מַלְכוּתוֹ.  
 מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,  
 וּמַמְשַׁלְתֶּךָ בְּכֹל דּוֹר וָדוֹר.  
 סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלִים,  
 וְזוֹקֵף לְכֹל הַכְּפוּפִים.  
 עֵינֵי כֹל אֵלֶיךָ יִשְׁבְּרוּ,  
 וְאַתָּה נוֹתֵן לָהֶם  
 אֶת אֲכֻלָּם בְּעֵתוֹ.  
 פּוֹתֵחַ אֶת יָדְךָ,  
 וּמַשְׂבִּיעַ לְכֹל חַי רָצוֹן.  
 צַדִּיק יְהוָה בְּכֹל דְרָכָיו,  
 וְחַסִּיד בְּכֹל מַעֲשָׂיו.  
 קָרוֹב יְהוָה לְכֹל קוֹרְאָיו,  
 לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְאֱמֶת.  
 רָצוֹן יִרְאָיו יַעֲשֶׂה,

v'et shavatam yishma v'yoshi-eim.

*You respond to us with the promise of redemption.*

Shomeir Adonai et kol ohavav,

*Hashem You protect all who love You,*

v'et kol har'sha-im yashmid.

*and You destroy all the wicked.*

T'hilat Adonai y'dabeir pi,

*My lips utter the praise of Hashem,*

vivareich kol basar sheim kodsho

*and may all flesh praise the holy Name*

l'olam va-ed.

*for ever and ever.*

Va-anachnu n'vareich Yah,

*And we shall bless You Eternal One,*

mei-atah v'ad olam, hal'lu-Yah.

*from this time until eternity, praise the Eternal One.*

וְאֵת שׁוֹעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם.

שׁוֹמֵר יְהוָה אֶת כָּל אֹהֲבָיו,

וְאֵת כָּל הָרָשָׁעִים יִשְׁמִיד.

תְּהִלַּת יְהוָה יְדַבֵּר פִּי,

וַיְבָרֵךְ כָּל בָּשָׂר שֵׁם קָדְשׁוֹ

לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה,

מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

## הַבְּנֵי סֵפֶר תּוֹרָה

### RETURNING THE TORAH

We now stand as we close the Torah and return it to its resting place in the Ark.

Y'hal'lu et sheim Adonai,

*Let them praise the Name of Hashem,*

ki nisgav sh'mo l'vado,

*for Whose Name is exalted alone,*

hodo al erez v'shamayim.

*Whose glory is above earth and heaven.*

Vayarem keren l'amo,

*Who has exalted the pride of the One's people,*

t'hilah l'chol chasidav,

*bringing praise for all the One's devout ones,*

livnei Yisra-eil am k'rovo,

*with whom the One is intimate,*

Hal'lu-Yah.

*Praise the Eternal One.*

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ,

הוֹדוּ עַל אֶרֶץ וּשְׁמַיִם.

וַיָּרֶם קֶרֶן לְעַמּוֹ,

תְּהִלָּה לְכֹל חַסִּידָיו,

לְבְנֵי יִשְׂרָאֵל עִם קְרוּבוֹ,

הַלְלוּיָהּ.

## ובנחה יאמר UVNUCHOH YOMAR

Uvnucho yomar, shuvah, Adonai,  
*And when it rested he would say, Return Hashem,*  
 riv'vot alfei Yisra-eil.  
*to the myriad thousands of Israel.*  
 Kumah Adonai limnuchatecha,  
*Arise Hashem to Your resting place,*  
 atah va-aron uzecha.  
*You and the Ark of Your strength.*  
 Kohanecha yilb'shu tzedek,  
*Let Your Kohanim be clothed in righteousness,*  
 vachasidecha y'raneinu.  
*and Your devout ones will sing joyously.*  
 Ba-avur David avdecha,  
*For the sake of David Your Servant,*  
 al tasheiv p'nei m'shichecha.  
*turn not away the face of Your anointed.*  
 Ki lekach tov natati lachem,  
*For I have given you a good instruction,*  
 Torati al ta-azovu.  
*do not abandon My Teaching.*  
 Eitz chayim hi lamachazikim bah,  
*It is a tree of life for those who hold fast to it,*  
 v'tom'che-ha m'ushar.  
*and all its supporters are happy.*  
 D'racheha darchei no-am,  
*Its ways are ways of pleasantness,*  
 v'chol n'tivoteha shalom.  
*and all its paths are peace.*  
 Hashiveinu Adonai eilecha v'nashuva,  
*Return us to You Hashem and we will return,*  
 chadeish yameinu k'kedem.  
*renew our days as of old.*

ובנחה יאמר, שובה, יהוה,  
 רבבות אלפי ישראל.  
 קומה יהוה למנוחתך,  
 אתה וארון עזך.  
 כהניך ילבשו צדק,  
 וחסידיו ירננו.  
 בעבור דוד עבדך,  
 אל תשב פני משיחך.  
 כי לקח טוב נתתי לכם,  
 תורתי אל תעזבו.  
 עץ חיים היא למחזיקים בה,  
 ותמכה מאשר.  
 דרכיה דרכי נעם,  
 וכל נתיבותיה שלום.  
 השיבנו יהוה אליך ונשובה,  
 חדש ימינו כקדם.

# קדיש יתום

## KADDISH YATOM (MOURNER'S KADDISH)

We turn our thoughts to those who have departed this earth: our own loved ones and those whom we have drawn into our hearts as our own, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death.

זְכוֹרָנָם לְבִרְכָה.

Zichronam livracha.

May their memories be for blessing.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵיהּ רַבָּא.

{אָמֵן}

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ,

וַיַּצְמַח פְּרֻקָנֵיהּ

וַיִּקְרַב מְשִׁיחֵיהּ. {אָמֵן}

B'chayeichon uvyomeichon

In our lifetime and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמָּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul-al'mei al'maya.}

forever and ever.

{יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.}

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

v'yitromam v'yitnasei v'yit-hadar  
and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

sh'meih d'kudsha {b'rich hu},

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Y'hei sh'lama raba min sh'maya,

May there be much peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-eil,

and upon all of Israel,

v'imru Amein. {Amein.}

and let us say amen. Amen.

Oseh shalom bimromav,

May the One who makes peace in the high heavens,

hu ya-aseh shalom aleinu,

bring this peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָּא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשׁוּבָתָא וְנִחְמָתָא,

דְאֵמִירָן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל,

וְאָמְרוּ אָמֵן. {אָמֵן.}

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאָמְרוּ אָמֵן. {אָמֵן.}

# אל תירא

## AL TIRA

According to the Kabbalists, these three verses were quoted by three Jewish children to Mordechai during the time preceding the miracle of Purim. They connect us to the energy of protection against all dangers.

Al tira mipachad pitom,  
*Do not be afraid of a sudden terror,*  
umisho-at r'sha-im ki tavo.  
*or of the devastation of the wicked that may come.*

Utzu eitzah v'tufar,  
*Plan a conspiracy and it will be annulled,*  
dab'ru davar v'lo yakum,  
*speak your speech and it shall not stand,*  
ki imanu Eil.  
*for the Almighty is with us.*

V'ad ziknah ani hu,  
*Even until your old age I remain unchanged,*  
v'ad seivah ani esbol,  
*even until your elder years shall I carry you,*  
ani asiti va-ani esa,  
*I created you and I shall bear you,*  
va-ani esbol va-amaleit.  
*I shall carry you and rescue you.*

Ach tzadikim yodu lishmecha,  
*Indeed, let the righteous give thanks to Your Name,*  
yeish'vu y'sharim et panecha.  
*the sincere will rest in Your Presence.*

*Between Pesach and Shavuot, the Omer is counted.*

אֶל תִּירָא מִפֶּחַד פֶּתָאִים,  
וּמִשְׂאֵת רְשָׁעִים כִּי תָבֹא.

עֲצוּ עֵצָה וְתִפָּר,  
דַּבְּרוּ דָבָר וְלֹא יִקּוּם,  
כִּי עִמָּנוּ אֵל.

וְעַד זִקְנָה אֲנִי הוּא,  
וְעַד שֵׁיבָה אֲנִי אֶסְבֵּל,  
אֲנִי עָשִׂיתִי וְאֲנִי אֶשָּׂא,  
וְאֲנִי אֶסְבֵּל וְאֶמְלֵט.

אֶךְ צַדִּיקִים יוֹדוּ לְשִׁמְךָ,  
יֵשְׁבוּ יְשָׁרִים אֶת פְּנֶיךָ.

# אֲדוֹן עוֹלָם

## ADON OLAM

Through this song of praise we emphasize that the Creator is timeless, infinite and omnipotent. Adon Olam has the same numerical value as Ein Sof. Each verse connects us to the S'firot and reminds us that though Ein Sof is great and beyond our reach, Its Light descends to our world and enables us to say "Hashem is with me, I shall not fear."

Adon olam asher malach,

*You are the Ruler of the Universe,*

b'terem kol y'tzir nivra.

*who ruled before anything was created.*

L'eit na-asah v'cheftso kol,

*When everything was created according to Your will,*

azai melech sh'mo nikra.

*then the sovereignty of Your Name was declared.*

V'acharei kichlot hakol,

*And after everything ceases to be,*

l'vado yimloch nora.

*You will majestically reign alone.*

V'hu hayah v'hu hoveh,

*And You were and You are,*

v'hu yih-yeh b'tifarah.

*and You will be forever in grandeur.*

V'hu echad v'ein sheini,

*And You are One and there is no second one,*

l'hamshil lo l'hachbirah.

*You are incomparable and unique.*

B'li reishit b'li tachlit,

*You are without beginning or end,*

v'lo ha-oz v'hamisrah.

*and to You alone are power and dominion.*

V'hu Eili v'chai go-ali,

*You are my Creator and my living Redeemer,*

v'tzur chevli b'eit tzarah.

*and You are my Rock in times of trouble and distress.*

V'hu nisi umanos li,

*You are my banner and refuge,*

m'nat kosi b'yom ekra.

*a generous benefactor when I call upon You.*

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,

בְּטֶרֶם כָּל יִצִּיר נִבְרָא.

לְעֵת נִעְשָׂה בְּחִפְצוֹ כָּל,

אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כְּלֹת הַכֹּל,

לְבַדּוֹ יִמְלֹךְ נֹרָא.

וְהוּא הָיָה, וְהוּא הוֹה,

וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,

לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.

בְּלִי רֵאשִׁית בְּלִי תַחְלִית,

וְלוֹ הָעֶז וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גֹאֲלִי,

וְצוּר חֲבְלֵי בְּעֵת צָרָה.

וְהוּא נְסִי וּמְנוּס לִי,

מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא.

B'yado afkid ruchi,  
*Into Your hands I entrust my spirit,*  
b'ait ishan v'a-irah.  
*when I sleep and when I wake.*

V'im ruchi g'viyati,  
*And with my spirit my body also,*  
Adonai li v'lo ira.  
*Hashem is with me and I shall not fear.*

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאֶעֱרָה.

וְעִם רוּחִי גְוִיָּתִי,  
יְהוָה לִי וְלֹא אִירָא.

# קידוש

## KIDDUSH

Wine is a powerful channel of the Creator's Light. Bread represents the joining of the physical and spiritual realms which occurs only during Shabbat. We bless wine and drink it and bless bread and eat it as a manifestation of the energy we have aroused from the Upper Worlds during our connection. We greet the angels of Shabbat with Shalom Aleichem before Kiddush in order to secure that they will be good angels by keeping us in the Light.

Shalom aleichem,  
*Blessed is the Name of the Ruler of the world,*  
 malachei hashareit, malachei  
*ministering angels, angels of the*  
 elyon, mimelech malchei  
*Most High, of the supreme Sovereign*  
 ham'lachim, hakadosh baruch hu.  
*of sovereigns, blessed be the Holy One.*

Bo-achem l'shalom,  
*Enter in peace,*  
 malachei hashalom, malachei  
*angels of peace, angels of the*  
 elyon, mimelech malchei  
*Most High, of the supreme Sovereign*  
 ham'lachim, hakadosh baruch hu.  
*of sovereigns, blessed be the Holy One.*

Bar'chuni l'shalom,  
*Bless me with peace,*  
 malachei hashalom, malachei  
*angels of peace, angels of the*  
 elyon, mimelech malchei  
*Most High, of the supreme Sovereign*  
 ham'lachim, hakadosh baruch hu.  
*of sovereigns, blessed be the Holy One.*

Tzeit'chem l'shalom,  
*Depart in peace,*  
 malachei hashalom, malachei  
*angels of peace, angels of the*  
 elyon, mimelech malchei  
*Most High, of the supreme Sovereign*  
 ham'lachim, hakadosh baruch hu.  
*of sovereigns, blessed be the Holy One.*

שְׁלוֹם עֲלֵיכֶם,  
 מַלְאָכַי הַשָּׁרֵת, מַלְאָכַי  
 עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי  
 הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בוֹאֲכֶם לְשָׁלוֹם,  
 מַלְאָכַי הַשָּׁלוֹם, מַלְאָכַי  
 עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי  
 הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוּנִי לְשָׁלוֹם,  
 מַלְאָכַי הַשָּׁלוֹם, מַלְאָכַי  
 עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי  
 הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם,  
 מַלְאָכַי הַשָּׁלוֹם, מַלְאָכַי  
 עֲלִיּוֹן, מִמְּלֶךְ מַלְכֵי  
 הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 borei p'ri ha-gafen.  
*who creates the fruit of the vine.*

בְּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא פְּרֵי הַגָּפֶן.

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 asher kid'shanu b'mitzvotav  
*who sanctifies us with commandments*  
 v'ratzah vanu, v'Shabbat kodsho  
*and takes delight in us, Your holy Shabbat*  
 b'ahavah uvratzon hinchilanu  
*with love you have given us as a heritage*  
 zikaron l'ma-aseih v'reishit,  
*in remembrance of the work of Creation,*  
 ki hu yom t'chilah l'mikra-ei  
*it is the first day among our days*  
 kodesh, zeicher litzi-at Mitzrayim,  
*that are holy, as a reminder of the Exodus from Egypt,*  
 ki vanu vacharta, v'otanu kidashta,  
*for You have chosen us, and have set us apart,*  
 mikol ha-amim. V'Shabbat kodsh'cha  
*from all people. And Your holy Shabbat*  
 b'ahavah uvratzon hinchaltanu.  
*in love and favor You have given us.*

בְּרוּךְ אַתָּה יְהוָה  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
 וְרָצָה בָּנוּ, וְשִׁבַּת קֹדֶשׁוֹ  
 בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ  
 זְכוֹרֹן לְמַעֲשֵׂה בְּרֵאשִׁית,  
 כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי  
 קֹדֶשׁ, זְכוֹר לִיצִיאַת מִצְרָיִם,  
 כִּי בָנוּ בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ,  
 מִכָּל הָעַמִּים. וְשִׁבַּת קֹדֶשְׁךָ  
 בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 m'kadeish ha-Shabbat.  
*who makes Shabbat holy.*

בְּרוּךְ אַתָּה יְהוָה,  
 מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 Eloheinu melech ha-olam,  
*Elohim, Sovereign of the Universe,*  
 hamotzi lechem min ha-aretz.  
*Who brings forth bread from the earth.*

בְּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 הַמוֹצֵא לֶחֶם מִן הָאָרֶץ.