

סדר מוצאי שבת

# SEDER MOTZAEI SHABBAT

Conclusion of Shabbat Service



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## Kabbalah4All 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

**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 Aharon L. Curtis for Kabbalah4All.

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# מעריב לחול

## WEEKDAY MAARIV

The connection for the conclusion of Shabbat is done after nightfall to signify that we wish to take Shabbat into the new week. As we conclude Shabbat we pray that the new week will be filled with blessings and that all that we undertake through our work and relations with others will be blessed also.

### והוא רחום

### V'HU RACHUM

The night represents darkness and judgement. This verse calls upon the Creator's mercy and contains thirteen words which correspond to the Thirteen Attributes of Mercy.

*Everyone, then Chazzan:*

V'hu rachum y'chapeir avon,

*And He the Merciful One forgives iniquities,*

v'lo yash-chit,

*and He does not destroy,*

v'hirbah l'hashiv apo,

*and He frequently withdraws His anger,*

v'lo ya-ir kol chamato.

*and does not arouse all His wrath.*

Adonai hoshi-ah,

*Adonai save us,*

ha-melech ya-anenu v'yom korenu.

*the Sovereign shall answer us on the day we call.*

וְהוּא רַחוּם יְכַפֵּר עֲוֹן

וְלֹא יִשְׁחִית,

וְהִרְבָּה לְהַשִּׁיב אָפוֹ,

וְלֹא יַעִיר כָּל חַמָּתוֹ.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרֵאֵנוּ.

# ברכות קריאת שמע

## BLESSINGS OF THE SH'MA

The Zohar states, "All sacred acts require summoning." The Bar'chu, the formal call to prayer, is the Chazzan's invitation to bless Creator. Through our response we connect to all five levels of our soul as we acknowledge Creator as the Source of all blessings. The Chazzan then repeats the response signifying complete unity with the community.

*We bow first at our knees and then at our waist as we say בָּרְכוּ Bar'chu and בָּרוּךְ Baruch we stand upright at ה' the Name of Hashem.*

ברכו

BAR'CHU

*The Chazzan says the first line.*

בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ!

Bar'chu et Adonai ham'vorach!

*Bless Adonai Who is blessed!*

*Everyone responds, followed by the Chazzan:*

בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

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

*Blessed is Adonai Who is blessed for ever and ever!*

## מעריב MA-ARIV

The darkness of the first day differed from the darkness that preceded creation. Ma-ariv also means mix and suggests that the Creator mixed light into the primordial darkness. This blessing reminds us that darkness can be transformed by the tiniest spark of light.

Baruch atah Adonai,

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

asher bidvaro ma-ariv aravim,

*Who by His word brings on evenings,*

b'chochmah pote-ach sh'arim,

*with wisdom opens the gates of dawn,*

uvitvunah m'shaneh itim,

*and with understanding alters periods,*

umachalif et haz'manim,

*and changes the seasons,*

umsader et hakochavim

*and orders the stars in their constellations,*

b'mishm'roteihem baraki-a kirtzono. .

*in the heavens as He wills.*

Bore yom valailah,

*He creates day and night,*

golel or mip'nei choshech,

*unfurling light before darkness,*

v'choshech mip'nei or.

*and darkness before light.*

Uma-avir yom umevi lailah,

*He removes day and brings night,*

umavdil bein yom uvein lailah,

*and separates between day and between night,*

Adonai, tz'va-ot sh'mo.

*Adonai, Ruler of Hosts, is His Name.*

El chai v'kayam,

*Almighty One, living and enduring,*

tamid yimloch aleinu l'olam va-ed. .

*continually may He reign over us for ever and ever.*

Baruch atah Adonai,

*Blessed are You Adonai,*

hama-ariv aravim. {Amen.}

*Who brings on evenings. Amen.*

ברוך אתה יהוה,

אלהינו מלך העולם,

אשר בדברו מעריב ערבים,

בחכמה פותח שערים,

ובתבונה משנה עתים,

ומחליף את הזמנים,

ומסדר את הכוכבים

במשמרותיהם ברקיע כרצונו.

בורא יום ולילה,

גולל אור מפני חשך,

וחשך מפני אור.

ומעביר יום ומביא לילה,

ומבדיל בין יום ובין לילה,

יהוה צבאות שמו.

אל חי וקיים,

תמיד ימלוך עלינו לעולם ועד.

ברוך אתה יהוה,

המעריב ערבים. {אמן.}

# אהבת עולם

## AHAVAT OLAM

Through this prayer we are reminded of the Creator's eternal love for us, the expression of which is through the gift of Torah. It moves us to love others as we have been loved.

**Ahavat olam beit Yisra-el,**  
*With an eternal love, the House of Israel,*  
**am'cha ahavta.**

*Your people You have loved.*

**Torah umitzvot,**

*Torah and commandments,*

**chukim umishpatim otanu limadta.**

*laws and precepts You have taught us.*

**Al ken Adonai Eloheinu,**

*Therefore Adonai our Elohim,*

**b'shochbenu uvkumenu**

*when we lie down and when we rise*

**nasi-ach b'chukecha,**

*we will discuss Your laws,*

**v'nismach b'divrei Toratecha**

*and we will rejoice in the words of Your Torah*

**uvmitzvotcha l'olam va-ed.**

*and Your commandments for ever and ever.*

**Ki hem chayeinu v'orech yameinu,**

*For they are our life and the length of our days,*

**uvahem neh-geh yomam valailah,**

*and we will reflect on them day and night,*

**v'ahavat'cha al tasir**

*Your love do not remove*

**mimenu l'olamim.**

*from us forever.*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**ohev amo Yisra-el.**

*Who loves His people Israel.*

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל,

עִמָּךְ אָהַבְתָּ,

תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.

עַל כֵּן יְהוָה אֱלֹהֵינוּ,

בְּשׁוֹכְבֵנוּ וּבְקוּמֵנוּ

נְשִׁיחַ בְּחֻקֶיךָ,

וְנִשְׂמַח בְּדִבְרֵי תוֹרָתְךָ

וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

כִּי הֵם חַיֵּינוּ וְאָרְךְ יַמֵּינוּ,

וּבָהֶם נֶהְגָּה יוֹמָם וְלַיְלָה,

וְאַהֲבַתְךָ אֵל תִּסִּיר

מִמֵּנוּ לְעוֹלָמִים.

בְּרוּךְ אַתָּה יְהוָה,

אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

# שמע

## THE SH'MA

The Sh'ma is an affirmation of faith. It both expresses our love for the Creator, and also serves as an ode to the divinity of the soul. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation. It brings the Creator's Oneness into our consciousness and reminds us that we must extend unconditional love to all.

The enlarged letters ע and ד form the word עד, which means witness. By saying the Sh'ma, we bear witness to the Creator's unity as we declare it to the world. The second verse we say in a whisper because it is the prayer of the angels and we are not ordinarily in a state to say it as they do.

Just as the previous blessing expressed the Creator's love for us, the blessings that follow the Sh'ma express our love for the Creator. Each section corresponds to one of the letters of the Divine Name.

*It is important to say each word clearly and not to run words together.  
We recite the first verse aloud while covering the eyes with the right hand.*

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

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

*Hear O Israel, Adonai is our Elohim, Adonai is the One and Only!*

*This verse is said in a whisper.*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

*Blessed is the Name of His glorious realm for ever and ever.*



### V'ahavta et Adonai Elohecha

And you shall love Adonai Your Elohim,

b'chol l'vav'cha uvchol nafsh'cha

with all your heart and with all your soul,

uvchol m'odecha.

and with all your being.

V'hayu had'varim ha-eleh asher

And these words which

anochi m'tzav'cha hayom al l'vavecha.

I command you on this day shall be upon your heart.

V'shinantam l'vanecha v'dibarta bam

And you shall teach them to your children and speak of them,

b'shivt'cha b'veitecha uvlecht'cha

and while sitting in your house and while walking along

vaderech uvshochb'cha, uvkumecha.

the way and upon lying down and upon rising.

Ukshartam l'ot al yadecha

And you shall bind them as a sign upon your hand

v'hayu l'totafot bein einecha.

and they shall be as frontlets between your eyes.

Uchtavtam al m'zuzot

And you shall write them upon the doorposts

beitecha uvsharecha.

of your house and your gates.

וְאֵהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ  
בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ  
וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר  
אֲנִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ:  
וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ בָּם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:  
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:  
וְכָתַבְתָּם עַל-מְזוֹזֹת  
בֵּיתְךָ וּבְשַׁעְרֶיךָ:

During this connection, the Chazzan may choose to continue or we say the following sections in silence until the the middle of the fourth section.



### V'hayah im shamo-a tishm'u

And it shall happen if you listen attentively

el mitzvotai asher anochi

to My commandments, which I am

m'tzaveh etchem hayom

commanding you this day,

l'ahavah et Adonai

to love Adonai

Eloheichem ulovdo

to serve your Elohim

b'chol l'vavchem uvchol nafsh'chem.

with all of your heart and with all of your soul.

V'natati m'tar artz'chem b'ito

And I shall provide rain for your land in its proper time,

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ  
אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי  
מְצַוֶּה אֶתְכֶם הַיּוֹם  
לְאַהֲבָה אֶת-יְהוָה  
אֱלֹהֵיכֶם וּלְעַבְדוֹ  
בְּכָל-לְבָבְכֶם וּבְכָל-נַפְשְׁכֶם:  
וְנָתַתִּי מְטַר-אֲרָצְכֶם בְּעֵתוֹ

yoreh umalkosh v'asafta d'ganecha  
*first rain and last rain and so you may gather your grain*  
 v'tirosh'cha v'yitzharecha.

*and your wine and your oil.*

V'natati eisev b'sad'cha livhemtecha  
*And I shall provide also grass in your fields for your cattle*  
 v'achalta v'savata.

*and you shall eat and be satisfied.*

Hisham'ru lachem pen yifteh

*Be careful for yourselves lest seduced*

l'avchem v'sartem va-avad'tem

*be your heart and you turn away and serve*

elohim acherim v'hishtachavitem

*other deities and bow down*

lahem.

*to them.*

V'charah af Adonai bachem v'atzar

*Then the anger of Adonai shall be upon you and He shall seal*

et hashamayim v'lo yih-yeh matar

*the heavens and there shall be no more rain*

v'ha-adamah lo titen et y'vulah

*and the earth will no longer yield its produce*

va-avad'tem m'herah me-al ha-aretz

*and you shall be banished quickly from the good land*

hatovah asher Adonai noten lachem.

*that Adonai has given you.*

יורה ומלקוש ואספת דגנך

ותירשך ויזחרך:

ונתתי עשב בשדך לבהמתך

ואכלת ושבעת:

השמרו לכם פן יפתה

לבבכם וסרתם ועבדתם

אלהים אחרים והשתחיתם

להם:

וחרה אף יהוה בכם ועצר

את השמים ולא יהיה מטר

והאדמה לא תתן את יבולה

ואבדתם מהרה מעל הארץ

הטובה אשר יהוה נתן לכם:

ך

V'samtem et d'varai eleh

*Set these words of Mine*

al l'avchem v'al nafsh'chem

*upon your heart and upon your soul*

ukshartem otam l'ot

*and secure them as a sign*

al yedchem v'hayu l'totafot

*upon your hand and as reminders*

bein eineichem.

*before your eyes.*

V'limad'tem otam et b'neichem

*And you shall teach them to your children*

l'daber bam b'shivt'cha b'veitecha

*to discuss and as you sit in your home*

uvlecht'cha vaderech uvshochb'cha

*and as you walk along the way and as you lie down*

uvkumecha.

*and as you rise up.*

ושמתם את דברי אלה

על לבבכם ועל נפשכם

וקשרתם אתם לאות

על ידכם והיו לטוטפת

בין עיניכם:

ולמדתם אתם את בניכם

לדבר במשבתך בביתך

ובלכתך בדרך ובשכבך

ובקומך:

**Uchtavtam al m'zuzot***And write them upon the doorposts***beitecha uvisharecha.***of your house and upon your gates.***L'ma-an yirbu y'meichem vimeit***Then you will prolong your days and the days***v'neichem al ha-adamah asher***of your children upon the land that***nishba Adonai la-avoteichem latet***Adonai swore to your ancestors to give***lahem kimei hashamayim***to them like the days of heaven***al ha-aretz.***on earth.*

וּכְתַבְתֶּם עַל-מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לַתֵּת

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל-הָאָרֶץ:

**ה****Vayomer Adonai el Mosheh lemor:***Adonai talked to Moses, saying:***Daber el b'nei Yisra-el v'amarta***Speak to the children of Israel and say***alehem v'asu lahem tzitzit***to them that they are to make for themselves tassels***al kanfei vigdeihem l'dorotam***on the corners of their clothes in every generation***v'nat'nu al tzitzit hakanaf p'til***and they shall put a blue thread on the corner***t'chelet.***fringe.***V'hayah lachem l'tzitzit ur-item***And it shall constitute for you tassels and that you may see***oto uzchartem et kol mitzvot***them and remember all the commandments***Adonai va-asitem otam***of Adonai and do them***v'lo taturu acharei l'vavchem***and not follow after your heart***v'acharei eineichem, asher atem***and after your eyes which draw you astray***zonim achareihem.***leading to lust.***L'ma-an tizk'ru va-asitem***In order that you may remember***et kol mitzvotai vih-yitem***all of My commandments and be***k'doshim Leloheichem.***holy to your Elohim.*

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאמַרְתָּ

אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית

עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם

וְנָתַנּוּ עַל-צִיצִית הַכַּנֵּף פִּתְּלִל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת

יְהוָה וְעָשִׂיתֶם אֹתָם

וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם

וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם

זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם:

*Focus on the mitzvah to remember the Exodus from Egypt.*

Ani Adonai Eloheichem asher

*I am Adonai your Elohim Who*

hotzeti etchem me-eretz mitzrayim

*brought you out of the land of Egypt*

lih-yot lachem l'Elohim

*to be your own Elohim*

ani Adonai Eloheichem: Emet...

*I am Adonai your Elohim: It is true...*

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

*This blessing connects us to the energy of desire. This blessing fulfills the requirement to recall the Exodus during the morning and evening connections. It contains the word "faithful", which is recited at night and is a statement of certainty that the Creator will return our soul to us in the morning.*

*The Chazzan continues:*

Adonai Eloheichem emet,

*Adonai your Elohim is true...*

ve-emunah kol zot,

*and faithful is all this,*

v'kayam aleinu, ki hu

*and firmly held by us, that He is*

Adonai Eloheinu v'ein zulato,

*Adonai our Elohim and there is none but Him,*

va-anachnu Yisra-el amo.

*and we are Israel, His people.*

Hapodenu miyad m'lachim,

*He is the One Who delivers us from the power of sovereigns,*

malkenu hago-aleinu

*our Sovereign Who delivers us*

mikaf kol he-aritzim.

*from the hand of all the cruel tyrants.*

Ha-El hanifra lanu mitzareinu,

*He is the Eternal One Who exacts retribution for us from our foes,*

v'ham'shalem g'mul l'chol

*and Who repays just retaliation upon all*

oy'vei nafshenu,

*the enemies of our soul,*

ha-oseh g'dolot ad ein cheker,

*Who performs great things that are beyond comprehension,*

nisim v'nifla-ot ad ein mispar.

*miracles and wonders that are beyond number.*

Hasam nafshenu bachayim,

*Who places our soul in life,*

v'lo natan lamot raglenu.

*and allows not our feet to slip.*

Hamadrichenu al bamot oy'veinu,

*Who led us upon the heights of our enemies,*

יהוה אֱלֹהֵיכֶם אֱמֶת,  
וְאֱמוּנָה כָּל זֹאת,  
וְקַיָּם עָלֵינוּ, כִּי הוּא  
יְהוה אֱלֹהֵינוּ וְאֵין זולָתוֹ,  
וְאֵנַחְנוּ יִשְׂרָאֵל עַמּוֹ.  
הַפּוֹדֵנוּ מִיַּד מְלָכִים,  
מִלְּכֵנוּ הַגּוֹאֲלֵנוּ  
מִכַּף כָּל הָעָרִיצִים.  
הַאֵל הַנִּפְרָע לָנוּ מִצְרֵינוּ,  
וְהַמְשַׁלֵּם גְּמוּל לְכֹל  
אֹיְבֵי נַפְשֵׁנוּ,  
הַעֹשֶׂה גְדוֹלוֹת עַד אֵין חֶקֶר,  
נִסִּים וְנִפְלְאוֹת עַד אֵין מִסְפָּר.  
הַשֶּׁם נַפְשֵׁנוּ בַחַיִּים,  
וְלֹא נָתַן לַמּוֹט רַגְלֵנוּ.  
הַמְדַרְיֵכְנוּ עַל בָּמוֹת אוֹיְבֵינוּ,

vayarem karnenu al kol son'einu.

and raised our pride above all who hate us.

Ha-oseh lanu nisim

Who wrought for us miracles

unkamah b'faroh,

and vengeance upon Pharaoh,

otot umof'tim b'admat

signs and wonders in the land

b'nei cham.

of the offspring of Ham.

Hamakeh v'evrato kol

Who struck with anger all

b'chorei mitzrayim,

the firstborn of Egypt,

vayotzer et amo Yisra-el

and removed His people Israel

mitocham l'cherut olam.

from their midst to eternal freedom.

Hama-avir banav bein gizrei

Who brought His children through the split parts

yam suf,

of the Sea of Reeds,

et rod'feihem v'et son'-eihem

those who pursued them and those that hated them

bit-homot tiba,

He sank into the depths,

v'ra-u vanav g'vurato,

and when His children witnessed His strength,

shib'chu v'hodu lishmo.

they praised and gave thanks to His Name.

Umalchuto v'ratzon kiblu aleihem,

And His Sovereignty they accepted upon themselves,

Mosheh uvnei Yisra-el l'cha anu

Moses and the children of Israel to You exclaimed

shirah b'simchah rabah,

in song with great gladness,

v'am'ru chulam:

and all of them said:

וַיָּרֶם קַרְנֵנוּ עַל כָּל שׂוֹנְאֵינוּ.

הָעֹשֶׂה לָנוּ נִסִּים

וּנְקָמָה בְּפַרְעֹה,

אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת

בְּנֵי חָם.

הַמַּכֶּה בְּעַבְרָתוֹ כָּל

בְּכוֹרֵי מִצְרַיִם,

וַיּוֹצֵא אֶת עַמּוֹ יִשְׂרָאֵל

מִתּוֹכָם לְחֵירוֹת עוֹלָם.

הַמַּעֲבִיר בְּנָיו בֵּין גְּזֵרֵי

יַם סוּף,

אֶת רוֹדְפֵיהֶם וְאֶת שׂוֹנְאֵיהֶם

בְּתֵהוֹמוֹת טַבַּע,

וְרָאוּ בְנָיו גְּבוּרָתוֹ,

שִׁבְּחוּ וְהוֹדוּ לְשִׁמּוֹ.

וּמַלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עֲלֵיהֶם,

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ

שִׁירָה בְּשִׂמְחָה רַבָּה,

וְאָמְרוּ כֻלָּם:

Everyone together:

Mi chamochah ba-elim Adonai?

Who is like You Adonai?

Mi kamochah nedar bakodesh,

Who is like You among the gods that are worshipped,

nora t'hilot, oseh fele?

extolled in praises, working wonders?

Malchut'cha ra-u vanecha,

Your sovereign might was witnessed by Your children,

מִי כַמֹּכָה בְּאֵלִים יְהוָה?

מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,

נֹרָא תְהִלָּת, עֹשֶׂה פִלְאָ?

מַלְכוּתְךָ רָאוּ בְנֵיךָ,

**boke-a yam lifnei Mosheh,**

*as the sea split they stood with Moses,*

**zeh Eli anu v'am'ru:**

*"This is my Eternal One" they exclaimed and then they said:*

**Adonai yimloch l'olam va-ed.**

*Adonai will reign for ever and ever.*

*The Chazzan continues:*

**V'ne-emar:**

*Thus it is said:*

**ki fadah Adonai et Ya-akov,**

*"For Adonai redeemed Jacob,*

**ugalo miyad chazak mimenu.**

*and from a hand stronger than his own."*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**ga-al Yisra-el. {Amen.}**

*Who redeemed Israel. Amen.*

בוֹקַעַ יַם לְפָנֵי מֹשֶׁה,  
זֶה אֱלֹהֵינוּ וְאָמְרוּ:  
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֵאמָר:  
כִּי פָדָה יְהוָה אֶת יַעֲקֹב,  
וַגָּאֵל מִיַּד חֲזָק מִמֶּנּוּ.  
בָּרוּךְ אַתָּה יְהוָה,  
גֹּאֵל יִשְׂרָאֵל. {אָמֵן.}

## השְׁכִיבֵנוּ HASHKIVENU

In the morning service, there are only three blessings that surround the Sh'ma. But in the evening connection, a fourth one is added which invokes divine protection over us during the night.

### Hashkivenu Adonai

*May we lie down, Adonai*

Eloheinu l'shalom,

*our Elohim in peace,*

v'ha-amidenu malkenu l'chayim.

*and may we arise, our Sovereign, to life.*

Ufros aleinu sukot sh'lomecha,

*Spread over us the shelter of Your peace,*

v'tak'nenenu b'eitzah tovah mil'fanecha,

*guide us with Your good counsel,*

v'hoshi-enu l'ma-an sh'mecha,

*and save us for the sake of Your Name.*

v'hagen ba-adenu,

*and protect us for our sake,*

v'haser mei-aleinu oyev, dever,

*and remove from us enemies, disease,*

v'cherev, v'ra-av, v'yagon, v'haser

*and war, and famine, and anguish, and remove*

satan mil'faneinu umei-achareinu,

*the Opponent from before us and from behind us,*

uvtzel k'nafecha tas-tirenu,

*Under the shadow of your wings hide us,*

ki El shom'renu umatzilenu atah,

*for the One Who guards us and saves us is You,*

ki El melech chanun v'rachum atah.

*for You are the Sovereign of mercy and compassion.*

Ushmor tzetenu uvo-enu,

*Guard us when we go out and when we return,*

l'chayim ulshalom,

*for life and for peace,*

me-atah v'ad olam.

*from now until eternity.*

Baruch atah Adonai,

*Blessed are You Adonai,*

shomer amo Yisra-el la-ad.

*Who safeguards His people Israel forever.*

{Amen.}

*Amen.*

הַשְּׁכִיבֵנוּ יְהוָה

אֱלֹהֵינוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וּתְקַנְנֵנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדָּנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר

שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבִצֵּל כְּנַפֶּיךָ תַּסְתִּירֵנוּ,

כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

וּשְׁמֹר צֵאתָנוּ וּבוֹאָנוּ,

לְחַיִּים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

בָּרוּךְ אַתָּה יְהוָה,

שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לְעַד.

{אָמֵן}

## חֲצִי קַדִּישׁ CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

*Recited by the Chazzan, Everyone says the words in { }.*

**Yitgadal v'yitkadash sh'meh raba.**

*Exalted and sanctified be His great Name.*

**{Amen.}**

*Amen.*

**B'al'ma di v'ra chiruteh,**

*In the world that He has created according to His will,*

**v'yamlich malchuteh,**

*and may He let His sovereignty have dominion,*

**v'yatzmach purkaneh**

*and cause His redemption to sprout*

**vikarev M'shicheh. {Amen.}**

*and bring near the Mashiach. Amen.*

**B'chayeichon uvyomeichon**

*In your lifetime and in your days*

**uvchayei d'chol beit Yisra-el,**

*and in the lifetime of the entire House of Israel,*

**ba-agala uvizman kariv,**

*speedily and at a time that comes soon,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

**{Y'hei sh'meh raba m'varach**

*May His great Name be blessed*

**l'alam ulal'mei al'maya.}**

*forever and for all eternity.*

**Yitbarach v'yishtabach v'yitpa-ar**

*Blessed and praised and glorified*

**v'yitromam v'yitnase v'yit-hadar**

*and exalted and raised up and honored*

**v'yitaleh v'yit-halal**

*and elevated and lauded*

**sh'meh d'kudsha {b'rich hu},**

*be the Name of the Holy One, Blessed is He,*

**l'ela min kol birchata v'shirata**

*beyond more than any blessing and song*

**tushb'chata v'nechemata,**

*praise and consolation*

**da-amiran b'al'ma,**

*that are uttered in the world,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקְנֵיהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

# עמידה

## THE AMIDAH

Amidah comes from the word "Amad" which literally means "to stand" and is therefore known as the Standing Prayer. It connects us to Atzilut, the world of Ein Sof. It is also connects us to the Creator's Light both as individuals and as a community in a powerful and intimate way.

Through the opening verse we ask the Creator to speak through us so that our prayers are coming from our higher selves rather than from our ego selves. The first three blessings pay homage to the Creator, the middle blessings consist of the sanctification of the day on Shabbat, and the final three blessings express our gratitude. Through the closing prayers, we ask that we be kept in a state of spiritual awareness and we reiterate that all of the words we have uttered have come from the heart. The Amidah is complete as we send peace out to the community and to the entire world.

*Everyone says the words of each blessing in a soft tone at the same time the Chazzan is chanting them.  
At the end of each blessing Everyone reponds with אָמֵן "Amen".*

*The entire Amidah should be said without interruption,  
therefore the prefaces to the prayers are not read aloud during this section.*

*We take three steps backward that represent withdrawing our attention from the physical world.*

*With complete concentration, we take three steps forward which signify stepping into the land of Israel, into the city of Jerusalem, and into the Kadosh Hakadashim (the Holy of Holies).*

## אֲדֹנָי שְׁפָתַי

### ADONAI S'FATAI

אֲדֹנָי שְׁפָתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiftach, ufi yagid t'hilatecha.

*Adonai open up my lips, that my mouth may declare Your praise.*

## אבות AVOT

The first blessing of the Amidah is associated with Avraham and the s'firah of Chesed. Through it we acknowledge the Creator's great mercy which was revealed to us through our ancestors.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah, then straighten up at ה' the Name of Hashem.*

**Baruch atah Adonai Eloheinu**

*Blessed are You Adonai our Elohim*

**v'Elohei avoteinu,**

*and Elohim of our ancestors,*

**Elohei Avraham, Elohei Yitzchak,**

*Elohim of Abraham, Elohim of Isaac,*

**Elohei Ya-akov, Elohei Sarah,**

*Elohim of Jacob, Elohim of Sarah,*

**Elohei Rivkah, Elohei Rachel,**

*Elohim of Rebecca, Elohim of Rachel,*

**v'Elohei Le-ah. Ha-El hagadol**

*and Elohim of Lei-ah. The Almighty Who is great,*

**hagibor v'hanora, El elyon,**

*powerful and awesome, supreme Almighty One*

**gomel chasadim tovim,**

*Who bestows beneficial kindnesses,*

**v'koneh hakol,**

*and creates everything,*

**v'zocher chasdei avot,**

*and Who recalls the kindnesses of the Patriarchs*

**umevi go-el livnei v'neihem,**

*and brings a Redeemer to the children of their children,*

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

*for the sake of His Name with love.*

**Melech ozer umoshi-a umagen.**

*O Sovereign, Who is a Helper, Savior, and Shield.*

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah, then straighten up at ה' the Name of Hashem.*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**magen Avraham v'ezrat Sarah.**

*Shield of Abraham and Helper of Sarah.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,  
אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל,  
וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגְּבוּר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקֹנֵה הַכֹּל,  
וְזוֹכֵר חֲסֵדֵי אֲבוֹת,  
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם,  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה,  
מַגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

## גְבוּרוֹת G'VUROT

The second blessing of the Amidah is associated with Yitzchak and the s'firah of Gevurah. Through it we acknowledge the Creator's great might and mention the revival of the dead five times which is an allusion to the five levels of the soul.

Atah gibor l'olam Adonai,  
*You are mighty eternally O Ruler,*  
m'chayeh metim atah,  
*You are the One Who revives the dead,*  
rav l'hoshi-ah.  
*abundantly able to save.*

**Pesach-Sukkot:** Morid hatal.  
*Who brings down the dew.*

**Sh'mini Atzeret-Pesach:** Mashiv haru-ach,  
*Who makes the wind blow*  
umorid hagashem.  
*and brings down the rain.*

M'chal-kel chayim b'chesed,  
*Who sustains the living with kindness,*  
m'chayeh metim b'rachamim rabim,  
*reviving the dead with abundant mercy,*  
somech nof'lim, v'rofe cholim,  
*Who supports the fallen, and Who heals the sick,*  
umatir asurim,  
*and Who releases those who are bound,*  
umkayem emunato lishenei afar.  
*and Who keeps His faith to those who sleep in the dust.*  
Mi chamocha, ba-al g'vurot!  
*Who is like You, O Master of mighty deeds!*  
Umi domeh lach, melech memit  
*And who can compare to You, Sovereign Who causes death*  
umchayeh umatzmi-ach y'shu-ah.  
*and restores life and and makes sprout salvation.*

V'ne-eman atah l'hachayot metim.  
*And You are faithful to revive the dead*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
m'chayeh hametim.  
*Who revives the dead.*

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

בְּקִיץ: מוֹרִיד הַטָּל.

בְּחוּרֵף: מְשִׁיב הַרוּחַ,  
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמְתִיר אֲסוּרִים,  
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ, בְּעַל גְבוּרוֹת!  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.  
וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְהוָה,  
מְחַיֶּה הַמֵּתִים.

## קְדוּשַׁת הַשֵּׁם K'DUSHAT HASHEM

The third blessing of the Amidah is associated with Ya-akov and Tiferet. Through it we acknowledge the Creator's holiness.

Atah kadosh v'shimcha kadosh,

*You are holy and Your Name is holy,*

ukdoshim b'chol yom

*and each day the blessed ones*

y'hal'lucha selah,

*sing praises to You, Selah,*

ki El melech gadol v'kadosh atah.

*for O Almighty One, a Sovereign great and holy are You.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקְדוּשֵׁים בְּכֹל יוֹם

יְהַלְלוּךָ סֵלָה,

כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

Baruch atah Adonai,

*Blessed are You Adonai,*

ha-El hakadosh.

*the Almighty One Who is holy.*

בָּרוּךְ אַתָּה יְהוָה,

הָאֵל הַקָּדוֹשׁ

## THE MIDDLE BLESSINGS

The middle blessings of the Amidah are petitions to the Creator. We offer them only on weekdays because Shabbat is a time of perfect peace and holiness, making petition unnecessary.

### בִּינָה

#### BINAH (INSIGHT)

Atah chonen l'adam da-at,

*You endow humans with knowledge,*

umlamed le-enosh binah.

*and teach mortals understanding.*

Chanenu me-it'cha chochmah

*Graciously share with us Your wisdom*

binah v'haskel.

*understanding and discernment.*

אַתָּה חוֹנֵן לְאָדָם דַּעַת,

וּמְלַמֵּד לְאֶנוֹשׁ בִּינָה.

חַנְּנוּ מֵאֵתְךָ חֲכָמָה

בִּינָה וְהַשְׂכֵּל.

*The following is only said at the conclusion of Shabbat and of Festivals (including Yom Tov to Chol Hamoed):*

Atah chonantanu l'mada Toratecha,  
*You have graciously endowed us to study Your Torah,*  
 vat'lam'denu la-asot  
*and You have taught us to perform*  
 chukei r'tzonecha,  
*the decrees of Your will.*  
 vatavdel Adonai Eloheinu bein  
*and You have distinguished, Adonai our Elohim, between*  
 kodesh l'chol, bein or l'choshech,  
*the sacred and the secular, between light and dark,*  
 bein Yisra-el la-amim,  
*between Israel and the nations,*  
 bein yom hash'vi-i  
*between the Seventh Day,*  
 l'sheshet y'mei hama-aseh.  
*and the six days of labor.*  
 Avinu malkenu,  
*Our Father, our Sovereign,*  
 hachel aleinu hayamim  
*begin for us the days*  
 haba-im likratenu l'shalom,  
*that are approaching us for peace,*  
 chasuchim mikol chet,  
*devoid of all misdeed,*  
 umnukim mikol avon,  
*and cleansed of all iniquity,*  
 umdubakim b'yiratecha.  
*and devoted to being in awe of You.*  
 V'chanenu me-it'cha chochmah  
*And graciously endow us with wisdom,*  
 binah vada-at.  
*insight, and knowledge.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 chonen hada-at.  
*gracious Giver of knowledge.*

אתה חוננתנו למדע תורתך,  
 ותלמדנו לעשות  
 חקי רצונך,  
 ותבדל יהוה אלהינו בין  
 קדש לחול, בין אור לחשך,  
 בין ישראל לעמים,  
 בין יום השביעי  
 לששת ימי המעשה.  
 אבינו מלכנו,  
 החל עלינו הימים  
 הבאים לקראתנו לשלום,  
 חשוכים מכל חטא,  
 ומנקים מכל עון,  
 ומדבקים ביראתך.  
 וחננו מאתך חכמה  
 בינה ודעת.

ברוך אתה יהוה,  
 חונן הדעת.

## תשובה

## T'SHUVAH (RETURN)

Hashivenu avinu l'Toratecha,  
 Return us our Father to Your Torah,  
 v'karvenu malkenu la-avodatecha,  
 and draw us our Sovereign to Your service,  
 v'hachazirenu bitshuvah sh'lemah  
 and in complete return restore us  
 l'fanecha.  
 to Your Presence

Baruch atah Adonai,  
 Blessed are You Adonai,  
 harotzeh bitshuvah.  
 Who welcomes those who return.

הַשִּׁיבֵנו אֲבִינוּ לְתוֹרַתְךָ,  
 וְקַרְבֵנו מַלְכֵנו לְעִבּוֹדְתְךָ,  
 וְהַחְזִירֵנוּ בְּתִשׁוּבָה שְׁלֵמָה  
 לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה,  
 הַרוֹצֵה בְּתִשׁוּבָה.

## סליחה

## S'LICHAH (FORGIVENESS)

While saying חָטֵאנוּ "chatanu" and פָּשַׁעְנוּ "fashanu" gently strike the left side of the chest with the right fist.

S'lach lanu, avinu, ki chatanu,  
 Forgive us, our Father, for our negativity,  
 m'chal lanu, malkenu, ki fashanu,  
 pardon us, our Sovereign, for our misdeeds,  
 ki El tov v'sole-ach atah.  
 for You are the One Who is good and forgiving.

Baruch atah Adonai,  
 Blessed are You Adonai,  
 chanun hamarbeh lislo-ach.  
 the gracious One Who abundantly forgives.

סַלַח לָנוּ, אֲבִינוּ, כִּי חָטֵאנוּ,  
 מַחַל לָנוּ, מַלְכֵנוּ, כִּי פָשַׁעְנוּ,  
 כִּי אֵל טוֹב וְסוֹלֵחַ אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,  
 חַנוּן הַמְרַבֵּה לְסִלְחָה.

## גאולה

## G'ULAH (REDEMPTION)

R'eh na v'onyenu, v'rivah rivenu,  
*Please look upon our affliction, and defend our cause,*  
 ugalenu m'herah l'ma-an sh'mecha,  
*and redeem us speedily for the sake of Your Name,*  
 ki go-el chazak atah.  
*for You are a powerful Redeemer.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 go-el Yisra-el.  
*Redeemer of Israel.*

רֵאֵה נָא בְּעֵינֵינוּ, וְרִיבָה רִיבֵנוּ,  
 וּגְאַלְנוּ מִהֲרָה לְמַעַן שְׁמֶךָ,  
 כִּי גּוֹאֵל חֲזָק אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,  
 גּוֹאֵל יִשְׂרָאֵל.

## רפואה

## R'FUAH (HEALING)

R'fa-enu, Adonai, v'nerafe,  
*Heal us, Adonai, and let us be healed,*  
 hoshi-enu v'nivashe-ah,  
*save us and let us be saved,*  
 ki t'hilatenu atah,  
*for the One we praise is You,*  
 v'ha-aleh r'fu-ah sh'lemah  
*and bring healing that is complete*  
 l'chol machoteinu.  
*for all our ailments.*

Y'hi ratzon mil'fanecha,  
*May it be Your will,*  
 Adonai Eloheinu v'Elohei avoteinu,  
*Adonai our Elohim and Elohim of our ancestors,*  
 shetishlach m'heirah r'fu-at  
*that You swiftly send them renewal,*  
 sh'lemah min hashamayim,  
*which is complete, from up above,*  
 r'fu-at hanefesh, urfuat haguf,  
*renewal of soul, and renewal of body,*  
 l'cholim (names)  
*to those who are ill (names)*  
 ben/bat (mother's name).  
*son/daughter of (mother's name).*

רְפְּאוּנוּ, יְהוָה, וְנִרְפָּא,  
 הוֹשִׁיעֵנוּ וְנִוָּשָׂה,  
 כִּי תְהִלַּתְנוּ אַתָּה,  
 וְהַעֲלֵה רְפוּאָה שְׁלֵמָה  
 לְכֹל מַכּוֹתֵינוּ.

יְהִי רְצוֹן מִלְּפָנֶיךָ,  
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 שֶׁתִּשְׁלַח מְהֵרָה רְפוּאָה  
 שְׁלֵמָה מִן הַשָּׁמַיִם,  
 רְפוּאָה הַנְּפֶשׁ, וְרְפוּאָת הַגּוּף,  
 לְחֹלִים (פְּלוּנִי)  
 בֶּן\בַּת (פְּלוּנִית).

Ki El melech v'rofe

*For O Almighty One, a Sovereign and a Healer*

ne-eman v'rachaman atah.

*Who is faithful and compassionate are You.*

Baruch atah Adonai,

*Blessed are You Adonai,*

rofe hacholim.

*Who heals the sick.*

כִּי אֵל מֶלֶךְ רוֹפֵא  
נֶאֱמָן וְרַחֲמָן אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,  
רוֹפֵא הַחֹלִים.

## ברכת השנים

### BIRKAT HASHANIM (YEAR OF PROSPERITY)

*Summer is recited from Chol Hamoed Pesach through Minchah of December 4th (Dec. 5th in a year before a civil leap year). Winter is recited from Maariv on December 4th (Dec. 5th in a year before a civil leap year) through Shacharit of Pesach Day 1.*

Barech aleinu, Adonai Eloheinu,

*Bless on our behalf, Adonai our Elohim,*

et hashanah hazot et

*this year and*

kol minei t'vu-atah l'tovah,

*and its abundant crops for good,*

**Summer:** v'ten b'rachah

*and give a blessing*

**Winter:** v'ten tal umatar livrachah

*and give dew and rain for a blessing*

al p'nei ha-adamah,

*upon the face of the earth,*

v'sab'enu mituvecha, uvarech

*and satisfy us with Your goodness, and bless*

sh'natenu kashanim

*our year like the years*

hatovot livrachah,

*that were good for blessing,*

ki El tov umetiv atah,

*for O Almighty One, good and beneficent are You,*

umvarech hashanim.

*the One Who blesses the years.*

Baruch atah Adonai,

*Blessed are You Adonai,*

m'varech hashanim.

*Who blesses the years.*

בָּרַךְ עָלֵינוּ, יְהוָה אֱלֹהֵינוּ,

אֶת הַשָּׁנָה הַזֹּאת וְאֶת

כָּל מִיְנֵי תְבוֹאָתָהּ לְטוֹבָה,

בְּקִיץ: וְתֵן בְּרָכָה

בְּחֹרֶף: וְתֵן טַל וּמָטָר לְבְרָכָה

עַל פְּנֵי הָאֲדָמָה,

וּשְׂבַעְנוּ מִטוֹבְךָ, וּבְרַךְ

שְׁנַתְנוּ כַּשָּׁנִים

הַטּוֹבוֹת לְבְרָכָה,

כִּי אֵל טוֹב וּמְטִיב אַתָּה,

וּמְבָרַךְ הַשָּׁנִים.

בָּרוּךְ אַתָּה יְהוָה,

מְבָרַךְ הַשָּׁנִים.

# קבוץ גלויות

## KIBUTZ GALUYOT (INGATHERING OF EXILES)

T'ka b'shofar gadol l'cheirutenu,  
*Sound the great shofar to proclaim our freedom,*  
 v'sa nes l'kabetz galuyoteinu,  
*raise a banner to gather in our exiles,*  
 v'kab'tzenu yachad me-arba  
*and gather us together from the four*  
 kanfot ha-aretz l'artzenu.  
*corners of the earth to our land.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 m'kabetz nidchei amo Yisra-el.  
*Who gathers the dispersed of Your people Israel.*

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתֵנוּ,  
 וּשְׂא נֵס לְקַבֵּץ גְּלוּיֹתֵינוּ,  
 וּקְבֹצֵנוּ יַחַד מֵאַרְבַּע  
 כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

בְּרוּךְ אַתָּה יְהוָה,  
 מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

# דין

## DIN (RESTORATION OF JUSTICE)

Hashivah shof'teinu k'varishonah  
*Restore our judges as they were in earliest times*  
 v'yo-atzeinu k'vatchilah,  
*and our advisors as at the beginning,*  
 v'haseir mimenu yagon va-anachah,  
*and remove from us grief and sighing,*  
 umloch aleinu m'herah atah,  
*and may You reign over us speedily,*  
 Adonai, l'vad'cha  
*Adonai, alone*  
 b'chesed uvrachamim,  
*with kindness and compassion,*  
 v'tzad'kenu b'tzedek uvmishpat.  
*and justify us through righteousness and justice.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 melech ohev tz'dakah umishpat.  
*Sovereign Who loves righteousness and justice.*

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְרָאשׁוֹנָה  
 וְיֹעֲצֵינוּ כְּבִתְחִלָּה,  
 וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה,  
 וּמְלוֹךְ עָלֵינוּ מְהֵרָה אַתָּה,  
 יְהוָה, לְבִדְךָ  
 בְּחֶסֶד וּבְרַחֲמִים,  
 וּצְדִיקָנוּ בְּצֶדֶק וּבְמִשְׁפָּט.

בְּרוּךְ אַתָּה יְהוָה,  
 מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

## ברכת המינים

## BIRKAT HAMINIM (AGAINST EVIL)

V'lamalshinim al t'hi tikvah,  
*And for the slanderers may there be no hope,*  
 v'chol haminim k'rega yoveidu,  
*and may all who sow evil perish in an instant,*  
 v'chol oy'vei am'cha  
*and may all enemies of Your people*  
 m'herah yikaretu,  
*speedily be cut down,*  
 v'hazedim m'herah t'aker utshaber  
*and the rule of evil may You speedily uproot and break*  
 utmager utchalem v'tashpilem  
*and cast down and destroy and pull down*  
 v'tachni-em bimherah v'yameinu.  
*and humble speedily in our days.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 shover oy'vim umachni-a zedim.  
*Who breaks enemies and humbles evildoers.*

וְלַמְלַשְׁיָנִים אֵל תְּהִי תִקְוָה,  
 וְכָל הַמִּינִים כְּרֵגַע יִאֲבְדוּ,  
 וְכָל אוֹיְבֵי עַמְּךָ  
 מְהֵרָה יִכָּרְתוּ,  
 וְהַזְדִּים מְהֵרָה תִעַקֵּר וְתִשָּׁבַר  
 וְתִמָּגַר וְתִכָּלֵם וְתִשְׁפִּילֵם  
 וְתִכְנִיעֵם בְּמְהֵרָה בְּיָמֵינוּ.  
 בָּרוּךְ אַתָּה יְהוָה,  
 שׁוֹבֵר אוֹיְבִים וּמְכַנְיֵעַ זְדִים.

## צדיקים

## TZADIKIM (THE RIGHTEOUS)

Al hatzadikim v'al hachasidim  
*Upon the righteous and upon the devout*  
 v'al ziknei am'cha beit Yisra-el,  
*and upon the sages of Your people Israel,*  
 v'al p'leitat beit sof'reihem,  
*and upon the remnant of the house of their scholars,*  
 v'al geirei ha-tzedek v'aleinu,  
*and upon the converts who are righteous and upon us,*  
 yehemu na rachamecha,  
*may Your compassion be stirred,*  
 Adonai Eloheinu,  
*Adonai our Elohim,*  
 v'ten sachar tov l'chol  
*and grant a good reward to all*  
 habot'chim b'shimcha be-emet,  
*who put their trust in Your Name with truth,*  
 v'sim chelkenu imahem,  
*and number us among them forever,*

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים  
 וְעַל זִקְנֵי עַמְּךָ בֵּית יִשְׂרָאֵל,  
 וְעַל פְּלִיטַת בֵּית סוֹפְרֵיהֶם,  
 וְעַל גְּרֵי הַצְּדָק וְעַלֵינוּ,  
 יִהְיוּ נָא רַחֲמֶיךָ,  
 יְהוָה אֱלֹהֵינוּ,  
 וְתֵן שָׂכָר טוֹב לְכֹל  
 הַבּוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,  
 וְשִׂים חֵלְקֵנוּ עִמָּהֶם,

ul-olam lo nevosh  
*and may we never feel ashamed*  
 ki v'cha batachnu.  
*for in You we have put our trust.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 mishan umivtach latzadikim.  
*the support and assurance of the righteous.*

וְלְעוֹלָם וְלֹא נִבּוֹשׁ  
 כִּי בְךָ בָטַחְנוּ.

בָּרוּךְ אַתָּה יְהוָה,  
 מִשֵּׁעַן וּמִבְטַח לְצַדִּיקִים.

## בִּנְיָן יְרוּשָׁלַיִם

### BINYAN Y'RUSHALAYIM (REBUILDING JERUSALEM)

V'lrushalayim ir'cha  
*And to Jerusalem Your city*  
 b'rachamim tashuv,  
*in compassion may You return,*  
 v'tishkon b'tochah  
*and may You rest within it,*  
 ka-asher dibarta,  
*as You have spoken.*  
 uvneh otah b'karov b'yameinu  
*And may You rebuild it soon in our days*  
 binyan olam, v'chise David avd'cha  
*as an eternal edifice, and the throne of David Your servant*  
 m'herah l'tochah tachin.  
*may You establish speedily within it.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 boneh Y'rushalayim.  
*Who rebuilds Jerusalem.*

וְלִירוּשָׁלַיִם עִירְךָ  
 בְּרַחֲמִים תָּשׁוּב,  
 וְתִשְׁכּוֹן בְּתוֹכָהּ  
 כַּאֲשֶׁר דִּבַּרְתָּ,  
 וּבְנֶה אוֹתָהּ בְּקָרוֹב בְּיָמֵינוּ  
 בְּנֵי יָן עוֹלָם, וְכִסֵּא דָוִד עַבְדְּךָ  
 מְהֵרָה לְתוֹכָהּ תַּכְיִן.

בָּרוּךְ אַתָּה יְהוָה,  
 בּוֹנֵה יְרוּשָׁלַיִם.

## מלכות בית דוד

## MALCHUT BEIT DAVID (DAVIDIC REIGN)

Et tzemach David avd'cha  
*The offspring of David Your servant*  
 m'herah tatzmi-ach,  
*may You cause to flourish speedily,*  
 v'karno tarum bishuatecha,  
*and may his power flourish through Your salvation,*  
 ki lishuat'cha kivinu kol hayom.  
*because for Your salvation do we hope all the day long.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 matzmi-ach keren y'shuah.  
*Who causes salvation to flourish.*

אֶת צֶמַח דָּוִד עֲבִדְךָ  
 מְהֵרָה תִצְמִיחַ,  
 וְקִרְנוֹ תָרוּם בְּיִשׁוּעָתְךָ,  
 כִּי לְיִשׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְהוָה,  
 מַצְמִיחַ קֶרֶן יְשׁוּעָה.

## קבלת תפלה

## KABBALAT T'FILAH (ACCEPTANCE OF PRAYER)

Av harachaman,  
*Merciful Father,*  
 sh'ma kolenu, Adonai Eloheinu,  
*Hear our voice, Adonai our Elohim,*  
 chus v'racheim aleinu,  
*take pity and have compassion on us,*  
 v'kabel b'rachamim uvratzon  
*and accept with compassion and favor*  
 et t'filatenu, ki El shome-a  
*our prayer, for the Almighty One who hears*  
 t'filot v'tachanunim atah,  
*prayers and supplications is You,*  
 umil'fanecha, malkenu,  
*from before Yourself, our Sovereign,*  
 rekam al t'shi-enu.  
*do not turn us away empty-handed.*  
 Ki atah shome-a t'filat  
*For You hear the prayer*  
 am'cha Yisra-el b'rachamim.  
*of Your people Israel with compassion.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 shome-a t'filat.  
*Who hears prayer.*

אָב הַרַחֲמָן,  
 שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ,  
 חוּס וְרַחֵם עָלֵינוּ,  
 וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן  
 אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ  
 תְּפִלוֹת וְתַחֲנוּנִים אַתָּה,  
 וּמִלְּפָנֶיךָ, מַלְכֵנוּ,  
 רֵיקָם אַל תְּשִׁיבֵנוּ.  
 כִּי אַתָּה שׁוֹמֵעַ תְּפִלוֹת  
 עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,  
 שׁוֹמֵעַ תְּפִלָּה.

## עבודה AVODAH

The first final blessing of the Amidah is associated with Moshe and the s'firah of Netzach. Through it we ask that the Creator be pleased with Yisrael and restore the Temple service.

**R'tzeh, Adonai Eloheinu,**  
*Be pleased, Adonai our Elohim,*  
**b'am'cha Yisra-el,**  
*with Your people Israel,*  
**v'litfilatam sh'eh,**  
*and turn toward their prayer,*  
**v'hashev et ha-avodah**  
*and restore the service*  
**lidvir beitecha,**  
*to the Holy of Holies of Your Temple,*  
**v'ishei Yisra-el,**  
*and the fire-offerings of Israel,*  
**utfilatam m'herah b'ahavah**  
*and their prayer speedily with love*  
**t'kabel b'ratzon,**  
*accept with favor,*  
**ut-hi l'ratzon tamid,**  
*and may it always be to Your favor,*  
**avodat Yisra-el amecha.**  
*the service of Your people Israel.*

רְצֵה, יְהוָה אֱלֹהֵינוּ,  
בְּעַמְּךָ יִשְׂרָאֵל,  
וּלְתַפְלֹתָם שְׁעָה,  
וְהָשִׁב אֶת הָעֲבוֹדָה  
לְדָבִיר בֵּיתְךָ,  
וְאִשֵּׁי יִשְׂרָאֵל,  
וּתְפַלְתֵּם מְהֵרָה בְּאַהֲבָה  
תְּקַבֵּל בְּרָצוֹן,  
וְתִהְיֶה לְרָצוֹן תָּמִיד  
עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

*We say the following only when Shabbat falls on Rosh Chodesh.*

**Eloheinu v'Elohei avoteinu,**  
*Our Elohim and Elohim of our ancestors,*  
**ya-aleh v'yavo v'yagi-a v'yera-eh**  
*may there rise and come and arrive and appear*  
**v'yeratzev v'yishama v'hipaked**  
*and find favor and be heard and be considered*  
**v'yizacher zichronenu**  
*and be remembered, remembrance of us*  
**ufikdonenu v'zichron avoteinu,**  
*and the remembrance of our ancestors,*  
**v'zichron Mashiach ben David avdecha,**  
*and the remembrance of Mashiach ben David, Your servant,*  
**v'zichron Y'rushalayim ir kodshecha,**  
*and the remembrance of Jerusalem Your holy city,*  
**v'zichron kol am'cha beit Yisra-el**  
*and the remembrance of Your entire people the House of Israel*  
**l'fanecha, lif-leitah, l'tovah,**  
*before You, for deliverance, for good,*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
יַעֲלֶה וַיָּבֹא וַיִּגִּיעַ וַיֵּרָא  
וַיֵּרָצֶה וַיִּשְׁמַע וַיִּפְקֹד  
וַיִּזְכֹּר זְכוֹרֹנֵנוּ  
וּפְקֻדוֹנֵנוּ וְזְכוֹרוֹן אֲבוֹתֵינוּ,  
וְזְכוֹרוֹן מֹשֶׁה בֶּן דָּוִד עַבְדְּךָ,  
וְזְכוֹרוֹן יְרוּשָׁלַיִם עִיר קֹדְשְׁךָ,  
וְזְכוֹרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
לְפָנֶיךָ, לְפִלְיָתָהּ, לְטוֹבָהּ,

**I'chen ulchesed ulrachamim,**  
*for grace, and for kindness and for compassion,*  
**ulchayim ulshalom,**  
*and for life and for peace,*  
**b'ynom Rosh ha-Chodesh hazeh.**  
*on this day of Rosh Chodesh.*  
**Zochrenu, Adonai Eloheinu,**  
*Remember us, Adonai our Elohim,*  
**bo l'tovah,**  
*on it for goodness,*  
**ufakdenu vo livrachah,**  
*and consider us on it for blessing,*  
**v'hoshi-enu vo l'chayim.**  
*and save us on it for life.*  
**uvid'var y'shu-ah v'rachamim,**  
*with the words of salvation and mercy,*  
**chus v'chanenu,**  
*take pity and be gracious to us,*  
**v'rachem aleinu v'hoshi-enu,**  
*and have mercy upon us and save us,*  
**ki Elecha eineinu,**  
*for our eyes look to You,*  
**ki El melech chanun**  
*for O Almighty One, Sovereign gracious*  
**v'rachum atah.**  
*and compassionate are You.*

**V'techezenah eineinu b'shuv'cha**  
*And may our eyes witness Your return*  
**l'Tziyon b'rachamim.**  
*to Zion with compassion.*

**Baruch atah Adonai,**  
*Blessed are You Adonai,*  
**hamachazir Sh'chinato l'Tziyon.**  
*Who restores His Sh'chinah to Zion.*

לְחַן וְלֶחֶסֶד וְלִרְחֻמִּים,  
 וְלַחַיִּים וְלִשְׁלוֹם,  
 בַּיּוֹם רֵאשׁ הַחֹדֶשׁ הַזֶּה.  
 זְכוּרֵנוּ, יְהוָה אֱלֹהֵינוּ,  
 בּוֹ לְטוֹבָה,  
 וּפְקֻדָּנוּ בּוֹ לְבִרְכָה,  
 וְהוֹשִׁיעֵנוּ בּוֹ לַחַיִּים.  
 וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים,  
 חוּס וְחַנּוּן,  
 וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,  
 כִּי אֵלֶיךָ עֵינֵינוּ,  
 כִּי אֵל מֶלֶךְ חַנּוּן  
 וְרַחוּם אַתָּה.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ  
 לְצִיּוֹן בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,  
 הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

## הודאה HODA-AH

The final second blessing of the Amidah is associated with Aharon and the s'firah of Hod. Through it we offer gratitude to the Creator for our lives, for all the visible and invisible miracles that occur, and for sustaining us in every moment.

*We bow first at our knees and then at our waist as we say מוֹדִים Modim  
until הַי the Name of Hashem at which point we straighten up.*

**Modim anachnu lach,**  
*We give thanks to You,*  
**sha-atah hu Adonai Eloheinu,**  
*for it is You Who are Adonai our Elohim,*  
**v'Elohei avoteinu,**  
*and the Elohim of our ancestors,*  
**l'olam va-ed.**  
*for ever and ever.*  
**Tzur chayeinu, Magen Yishenu,**  
*Rock of our life, Shield of our salvation,*  
**atah hu l'dor vador.**  
*You are from generation to generation,*  
**Nodeh l'cha unsaper t'hilatecha,**  
*We will thank You and tell Your praises,*  
**al chayeinu ham'surim b'yadecha,**  
*for our lives which are placed into Your hands,*  
**v'al nishmoteinu hap'kudot lach,**  
*and for our souls which are entrusted to You,*  
**v'al nisecha sheb'chol yom imanu,**  
*and for Your miracles that are with us every day,*  
**v'al nif'otecha v'tovotecha,**  
*and for Your wonders and Your favors,*  
**sheb'chol et,**  
*that are at all times,*  
**erev vavoker v'tzahorayim.**  
*evening and morning and afternoon.*  
**Hatov, ki lo chalu rachamecha,**  
*You are goodness, for Your mercies never cease,*  
**v'ham'rachem,**  
*and the Compassionate One,*  
**ki lo tamu chasadecha,**  
*for Your kindnesses have never ended,*  
**me-olam kiyinu lach.**  
*for always we have placed our hope in You.*

מוֹדִים אֲנַחְנוּ לָךְ,  
שְׂאֵתָה הוּא, יְהוָה אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
לְעוֹלָם וָעֶד.  
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,  
אַתָּה הוּא לְדוֹר וָדוֹר.  
נֹדֵדָה לָךְ וְנִסְפַּר תְּהִלָּתְךָ,  
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,  
וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,  
וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,  
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
שֶׁבְּכָל עֵת,  
עָרֵב וּבִקֵּר וְצַהֲרַיִם.  
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
וְהַמְּרַחֵם,  
כִּי לֹא תָמוּ חַסְדֶּיךָ,  
מֵעוֹלָם קִוִּינוּ לָךְ.

V'al kulam yitbarach v'yitromam  
*And for all these, blessed and exalted*  
 v'yitnase shimcha malkenu  
*and raised up may Your Name be, our Sovereign,*  
 tamid l'olam va-ed.  
*continually for ever and ever.*

V'chol hachayim yoducha selah,  
*Everything alive will give thanks to You forever,*  
 vi-hal'lu vivar'chu et  
*and praise and bless*  
 shimcha hagadol be-emet,  
*Your great Name with sincerity,*  
 l'olam ki tov,  
*forever for it is good,*  
 ha-El y'shu-atenu v'ezratenu selah,  
*O Almighty One of our salvation and of our help forever,*  
 ha-El hatov.  
*the Almighty One Who is benevolent.*

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,  
 then straighten up at הוּי the Name of Hashem.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 hatov shimcha  
*the Benevolent One is Your Name*  
 ul-cha na-eh l'hodot.  
*and to You it is fitting to give thanks.*

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם  
 וְיִתְנַשֵּׂא שְׁמֶךָ מַלְכֵנוּ  
 תָּמִיד לְעוֹלָם וָעֶד.  
 וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,  
 וַיְהַלְלוּ וַיְבָרְכוּ אֶת  
 שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,  
 לְעוֹלָם כִּי טוֹב,  
 הָאֵל יִשׁוּעַתָּנוּ וְעִזְרָתָנוּ סֵלָה,  
 הָאֵל הַטוֹב.

בָּרוּךְ אַתָּה יְהוָה,  
 הַטוֹב שְׁמֶךָ  
 וְלָךְ נִאֶה לְהוֹדוֹת.

# שלום

## SHALOM

The final third blessing of the Amidah is associated with Yosef and the s'firah of Yesod. Through it we pray for lasting peace, which should be the ultimate aim of all of our pursuits.

*The Chazzan may choose to use the Sefard version below or the Ashkenaz version on the next page.*

Sim shalom tova uvrachah,  
*Establish peace goodness and blessing,*  
 chen va-chesed v'rachamim,  
*grace and kindness and compassion,*  
 aleinu v'al kol Yisra-el amecha.  
*upon us and upon all of Your people Israel.*  
 Bar'chenu avinu  
*Bless us our Father*  
 kulanu k'echad b'or panecha,  
*all of us as one with the Light of Your Countenance,*  
 ki v'or panecha natata lanu,  
*for with the Light of Your Countenance You give to us,*  
 Adonai Eloheinu,  
*Adonai our Elohim,*  
 Torat chayim v'ahavat chesed,  
*the Torah of life and a love of kindness,*  
 utzdakah uvracha v'rachamim  
*and righteousness and blessing and compassion*  
 v'chayim v'shalom.  
*and life and peace.*  
 V'tov b'einecha l'varech  
*And may it be good in Your eyes to bless*  
 et am'cha Yisra-el b'chol et  
*Your people Israel at all occasions*  
 uvchol sha-ah bishlomecha.  
*and at every hour, with Your peace.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 ham'varech et amo  
*Who blesses His people*  
 Yisra-el bashalom.  
*Israel with peace.*

Yih-yu l'ratzon imrei fi  
*May they find favor, the utterance of my mouth*  
 v'hegyon libi l'fanecha,  
*and the meditation of my heart, before You,*  
 Adonai tzuri v'go-ali.  
*Adonai my Rock and my Redeemer.*

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,  
 חֵן וְחֶסֶד וְרַחֲמִים,  
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.  
 בְּרַכְנוּ אֲבִינוּ  
 כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,  
 כִּי בְּאוֹר פְּנֶיךָ נִתְּתָ לָנוּ,  
 יְהוָה אֱלֹהֵינוּ,  
 תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,  
 וּצְדָקָה וּבְרָכָה וְרַחֲמִים  
 וְחַיִּים וְשְׁלוֹם,  
 וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ  
 אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת  
 וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְהוָה,  
 הַמְּבָרֵךְ אֶת עַמּוֹ  
 יִשְׂרָאֵל בְּשְׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי פִי  
 וְהִגְיוֹן לְבִי לְפָנֶיךָ,  
 יְהוָה צוּרִי וְגֹאֲלִי.

## Ashkenaz version:

Shalom rav al Yisra-el am'cha

*Abundant peace upon Your people Israel*

tasim l'olam.

*establish forever.*

Ki atah hu melech

*For it is You Who are Sovereign,*

adon l'chol hashalom.

*Ruler of all peace.*

V'tov b'einecha l'varech

*And may it be good in Your eyes to bless*

et am'cha Yisra-el b'chol et

*Your people Israel at all occasions*

uvchol sha-ah bishlomecha.

*and at every hour, with Your peace.*

Baruch atah Adonai,

*Blessed are You Adonai,*

ham'varech et amo

*Who blesses His people*

Yisra-el bashalom.

*Israel with peace.*

Yih-yu l'ratzon imrei fi

*May they find favor, the utterance of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart, before You,*

Adonai tzuri v'go-ali.

*Adonai my Rock and my Redeemer.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
תָּשִׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ.

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ.

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל עֵת

וּבְכֹל שָׁעָה בְּשְׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בַּשְּׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

# אלהי נצור

## ELOHAI N'TZOR

As we complete the Amidah, we now ask that we may be strengthened to make our prayers a reality through personal integrity and by opening our hearts to Torah.

Elohai, n'tzor l'shoni mera,  
*My Elohim, please protect my tongue from evil,*  
 usfatai midaber mirmah,  
*and my lips from speaking deceit,*  
 v'limkal'lai nafshi tidom,  
*and let my soul remain silent to those who curse me,*  
 v'nafshi ke-afar lakol tih-yeh.  
*and let my soul be like dust to everyone.*  
 P'tach libi b'Toratecha,  
*Open my heart to Your Torah,*  
 v'acharei mitzvotcha tirdof nafshi.  
*and may my soul pursue Your commandments.*  
 V'chol hachosh'vim alai l'ra-ah,  
*And all who plan to do evil against me,*  
 m'herah hafer atzatham  
*speedily annul their counsel*  
 v'kalkel machashavtam.  
*and spoil their intention.*  
 Aseh l'ma-an sh'mecha,  
*Act for the sake of Your Name,*  
 aseh l'ma-an y'minecha,  
*act for the sake of Your power,*  
 aseh l'ma-an Toratecha,  
*act for the sake of Your Torah,*  
 aseh l'ma-an k'dushatecha.  
*act for the sake of Your holiness.*  
 L'ma-an yechal'tzun y'didecha,  
*So that Your beloved one may be released,*  
 hoshi-ah y'min'cha va-ani.  
*save with Your right hand and answer me.*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעָ,  
 וּשְׂפָתַי מִדְּבַר מִרְמָה,  
 וְלִמְקַלְלֵי נַפְשִׁי תִדּוּם,  
 וְנַפְשִׁי כְּעָפָר לְכֹל תִּהְיֶה.  
 פְּתַח לְבִי בְּתוֹרַתְךָ,  
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.  
 וְכֹל הַחֹשֵׁבִים עָלַי לְרָעָה,  
 מְהֵרָה הִפֵּר עֲצָתָם  
 וְקָלְקַל מַחְשַׁבְתָּם.  
 עֲשֵׂה לְמַעַן שְׁמֶךָ,  
 עֲשֵׂה לְמַעַן יְמִינֶךָ,  
 עֲשֵׂה לְמַעַן תּוֹרַתְךָ,  
 עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.  
 לְמַעַן יִחַלְצוֹן יְדִידֶיךָ,  
 הוֹשִׁיעָה יְמִינְךָ וְעַנֵּנִי.

*We pause here to say an additional blessing that relates to us personally. Kabbalah teaches that each person's name corresponds to a verse in the Tanach (Hebrew Scriptures). We now recite that verse silently which states our name will always be remembered when our soul leaves this world.*

Yih-yu l'ratzon imrei fi  
*May they find favor, the utterance of my mouth*  
 v'hegyon libi l'fanecha,  
*and the meditation of my heart, before You,*  
 Adonai tzuri v'go-ali.  
*Adonai my Rock and my Redeemer.*

יְהִיּוּ לְרָצוֹן אִמְרֵי פִי  
 וְהִגְיוֹן לְבִי לְפָנֶיךָ,  
 יְהוָה צוּרִי וְגֹאֲלִי.

*We now take three steps backward as we retreat from the Divine Presence.*

*We bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,  
bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-el.*

*You may use the part in parenthesis in place of v'al kol ha-olam.*

Oseh shalom bimromav,  
*May the One Who makes peace in the heavens,*  
hu ya-aseh shalom aleinu,  
*may He make peace upon us,*  
v'al kol Yisra-el v'al kol ha-olam,  
*and upon all Israel and upon all the world,*  
(v'al kol yosh'vei tevel,  
*(and upon all the inhabitants of the earth,)*  
v'imru amen. {Amen.}  
*and say amen.*

Y'hi ratzon mil'fanecha,  
*May it be the will before You,*  
Adonai Eloheinu v'Elohei avoteinu  
*Adonai our Elohim and Elohim of our ancestors,*  
sheyibaneh beit hamikdash  
*that You shall rebuild the holy Temple*  
bimherah v'yameinu,  
*speedily in our days,*  
v'ten chelkenu b'Toratecha.  
*and place our lot in Your Torah.*

עֲשֵׂה שְׁלוֹם בְּמִרְמֵיךָ,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
(וְעַל כָּל יוֹשְׁבֵי תֵבֶל),  
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
שֶׁיִּבְנֶה בַּיִת הַמִּקְדָּשׁ  
בְּמַהֲרָה בְּיָמֵינוּ,  
וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ.

*Stand in place for a few moments and then take three steps forward.*

*At the conclusion of Shabbat the connection continues with Chatzi Kaddish on the next page.*

*However, if a Festival or Erev Pesach falls before the next Shabbat,  
the Chazzan continues with the Kaddish Shaleim on page 43.*

## חֲצִי קַדִּישׁ CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

*Recited by the Chazzan, Everyone says the words in { }.*

**Yitgadal v'yitkadash sh'meh raba.**

*Exalted and sanctified be His great Name.*

**{Amen.}**

*Amen.*

**B'al'ma di v'ra chiruteh,**

*In the world that He has created according to His will,*

**v'yamlich malchuteh,**

*and may He let His sovereignty have dominion,*

**v'yatzmach purkaneh**

*and cause His redemption to sprout*

**vikarev M'shicheh. {Amen.}**

*and bring near the Mashiach. Amen.*

**B'chayeichon uvyomeichon**

*In your lifetime and in your days*

**uvchayei d'chol beit Yisra-el,**

*and in the lifetime of the entire House of Israel,*

**ba-agala uvizman kariv,**

*speedily and at a time that comes soon,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

**{Y'hei sh'meh raba m'varach**

*May His great Name be blessed*

**l'alam ulal'mei al'maya.}**

*forever and for all eternity.*

**Yitbarach v'yishtabach v'yitpa-ar**

*Blessed and praised and glorified*

**v'yitromam v'yitnase v'yit-hadar**

*and exalted and raised up and honored*

**v'yitaleh v'yit-halal**

*and elevated and lauded*

**sh'meh d'kudsha {b'rich hu},**

*be the Name of the Holy One, Blessed is He,*

**l'ela min kol birchata v'shirata**

*beyond more than any blessing and song*

**tushb'chata v'nechemata,**

*praise and consolation*

**da-amiran b'al'ma,**

*that are uttered in the world,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיַמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

{יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.}

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

**Vihi no-am Adonai Eloheinu aleinu,**  
*May the pleasantness of Adonai our Elohim be upon us,*  
**uma-aseh yadeinu kon'nah aleinu,**  
*and establish the work of our hands upon us,*  
**uma-aseh yadeinu kon'neihu.**  
*and establish the work of our hands.*

וְיִהְיֶה נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עִלֵּינוּ,  
 וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עִלֵּינוּ,  
 וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָהּ.

## תהלים צא

### PSALM 91

**Yoshev b'seter Elyon,**  
*Whoever sits in the refuge of the Most High,*  
**b'tzel Shadai yit-lonan.**  
*in the shadow of the Almighty shall they dwell.*  
**Amar l'Adonai machsi umtzudati,**  
*I will speak of Adonai my refuge and my fortress,*  
**Elohai evtach bo.**  
*my Elohim in Whom I put my trust.*  
**Ki hu yatzil'cha mipach yakush,**  
*For He shall deliver you from the snare that traps,*  
**midever havot.**  
*from devastating pestilence.*  
**B'evrato yasech lach,**  
*You shall be covered by His wings,*  
**v'tachat k'nafav techseh,**  
*and beneath His wings you will be protected,*  
**tzinah v'socherah amito.**  
*His truth is an armor and shield.*  
**Lo tira mipachad lailah,**  
*You shall not fear the terror of night,*  
**mechetz ya-uf yomam.**  
*nor the arrow that flies by day.*  
**Midover ba-ofel yahaloch,**  
*Nor the pestilence that walks around in darkness,*  
**miketev yashud tzahorayim.**  
*nor the destroyer who lays waste at noon.*  
**Yipol mitzid'cha elef**  
*A thousand may fall victim at your side*  
**urvavah miminecha,**  
*and a myriad at your right hand,*  
**elecha lo yigash.**  
*but to you it shall not approach.*  
**Rak b'einecha tabit,**  
*Just behold with your eyes,*  
**v'shilumat r'sha-im tireh.**  
*and you will see the retribution of the wicked.*

יָשֵׁב בְּסִטֵּר עֲלִיוֹן,  
 בְּצֵל שְׁדַי יִתְלוֹנֵן.  
 אָמַר לַיהוָה מַחְסֵי וּמְצוּדָתִי,  
 אֱלֹהֵי אֲבֹטְחָ בּוֹ.  
 כִּי הוּא יִצִּילְךָ מִפֶּחַ יְקוּשׁ,  
 מִדֶּבֶר הַדּוֹת.  
 בְּאֲבֹרְתוֹ יִסֹּךְ לְךָ,  
 וְתַחַת כְּנָפָיו תִּתְחַסֶּה,  
 צְנָה וְסַחֲרָה אִמְתּוֹ.  
 לֹא תִירָא מִפֶּחַד לַיְלָה,  
 מִחֵץ יַעֲוֹף יוֹמָם.  
 מִדֶּבֶר בְּאִפְלֵ יֵהַלֵךְ,  
 מִקֵּטֵב יִשׁוּד צְהָרִים.  
 יִפֹּל מִצִּדְּךָ אֶלֶף  
 וּרְבָבָה מִיְמִינְךָ,  
 אֵלֶיךָ לֹא יִגָּשׁ.  
 רַק בְּעֵינֶיךָ תִּבְיֹט,  
 וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.

Ki atah Adonai machsi,  
*Because you said, You Adonai are my refuge,*  
 Elyon samta m'onecha.  
*in the Most High have you set as your abode.*  
 Lo t'neh elecha ra-ah,  
*Evil will not happen to you,*  
 v'nega lo yikrav b'aholecha.  
*nor will plague come near your dwelling.*  
 Ki malachav y'tzaveh lach,  
*For He will assign angels for you,*  
 lishmorcha b'chol d'rachecha.  
*to protect you in all your ways.*  
 Al kapayim yisa-un'cha,  
*On their palms they will carry you,*  
 pen tigof ba-even raglecha.  
*lest you strike your foot against a stone.*  
 Al shachal vafeten tidroch,  
*Upon the lion and the viper you will tread,*  
 tirmos k'fir v'tanin.  
*you will trample the young lion and the crocodile.*  
 Ki vi chashak va-afal'tehu,  
*Because for Me you have yearned,*  
 asag'vehu ki yada sh'mi.  
*I will elevate you because you know My Name.*  
 Yikra-eni v'e-enehu,  
*You will call upon Me and I will answer you,*  
 imo anochi v'tzarah,  
*I am with you in distress,*  
 achal'tzehu va-achab'dehu.  
*I will release you and I will bring you honor.*  
 Qrech yamim asbi-ehu,  
*With long life will I satisfy you,*  
 v'arehu bishu-ati.  
*and I will show you my salvation.*  
 Qrech yamim asbi-ehu,  
*With long life will I satisfy you,*  
 v'arehu bishu-ati.  
*and I will show you my salvation.*

כִּי אַתָּה יְהוָה מַחְסִי,  
 עֲלִיּוֹן שָׂמַתָּ מְעוֹנְךָ.  
 לֹא תֵאָנֶה אֵלֶיךָ רָעָה,  
 וְנִגַּע לֹא יִקְרַב בְּאַהֲלֶךָ.  
 כִּי מִלְּאַכְיוֹ יִצְוֶה לְךָ,  
 לְשֹׁמְרֶךָ בְּכֹל דְּרָכֶיךָ.  
 עַל כַּפַּיִם יִשְׂאוּנֶךָ,  
 פֶּן תִּגַּף בְּאַבֶּן רַגְלֶךָ.  
 עַל שַׁחַל וּפְתָן תִּדְרוֹךְ,  
 תִּרְמַס כְּפִיר וְתַנִּין.  
 כִּי בִי חָשַׁק וְאַפְלָטְהוּ,  
 אֲשַׁגְבֶּהוּ כִּי יַדַע שְׁמִי.  
 יִקְרָאֵנִי וְאֶעֱנֶהוּ,  
 עִמּוֹ אֲנֹכִי בְצָרָה,  
 אַחֲלֶצְהוּ וְאֶכְבְּדֶהוּ.  
 אֶרְךָ יָמִים אֲשַׁבֵּיעֶהוּ,  
 וְאַרְאֶהוּ בִישׁוּעָתִי.  
 אֶרְךָ יָמִים אֲשַׁבֵּיעֶהוּ,  
 וְאַרְאֶהוּ בִישׁוּעָתִי.

## וְאַתָּה קָדוֹשׁ V'ATAH KADOSH

*Since the following prayer refers to the six days of labor, they are not recited if a Festival (Pesach, Shavuot, Rosh HaShanah, Yom Kippur, Sukkot) will occur during the coming week.*

V'atah kadosh,

*And You are holy,*

yoshev t'hilot Yisra-el.

*and await the praises of Israel.*

V'kara zeh el zeh v'amar,

*And one called to the other and said,*

Kadosh kadosh kadosh

*Holy, holy, holy*

Adonai tz'va-ot

*is Adonai of hosts*

m'lo kol ha-aretz k'vodo.

*the entire earth is full of His glory.*

Umkab'lin dein min dein,

*And they receive consent from one another,*

v'am'rin kadish,

*and say Holy,*

bishmei m'roma

*in the highest heavens*

ila-ah beit Sh'chinteh

*is the abode of the Shechinah*

kadish al ara

*holy upon the earth*

ovad g'vurteh,

*is the work of Adonai's valor,*

kadish l'alam ulal'mei al'maya,

*holy for ever and for all eternity,*

Adonai tz'va-ot malya

*Adonai of hosts the entire earth is filled with*

kol ara ziv y'kareh.

*the splendor of Your glory.*

Vatasa-eni ru-ach,

*And a wind lifted me,*

va-esh'ma acharai kol ra-ash gadol,

*and from behind me I heard the sound of a great noise,*

Baruch k'vod Adonai mim'komo.

*Blessed is the glory of Adonai from His place.*

Untalatni ru<sup>cha</sup>,

*And a wind carried me,*

v'shimet bat-rai kol zi-a sagi,

*and from behind me I heard the sound of the great noise,*

וְאַתָּה קָדוֹשׁ,

יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל.

וְקָרָא זֶה אֶל זֶה וְאָמַר,

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ

יְהוָה צְבָאוֹת,

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

וּמְקַבְּלִין דֵּין מִן דֵּין,

וְאֹמְרִין קְדִישׁ,

בְּשֵׁמי מְרוֹמָא

עֲלֵאָה בֵּית שְׁכִינְתָּה,

קְדִישׁ עַל אֲרֵעָא

עוֹבֵד גְּבוּרְתָּה,

קְדִישׁ לְעָלָם וּלְעָלְמֵי עֲלַמְיָא,

יְהוָה צְבָאוֹת מְלֵיא

כָּל אֲרֵעָא זִיו יְקָרָה.

וּתְשַׁאֲנֵי רוּחַ,

וְאֶשְׁמַע אַחֲרֵי קוֹל רַעַשׁ גָּדוֹל,

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

וּנְטַלְתְּנִי רוּחָא,

וְשִׁמַּעַת בְּתַרֵּי קוֹל זִיעַ סְגִיא,

di m'shab'chin v'am'rin,  
*of those who were praising and saying:*  
 b'rich y'kara d'Adonai  
*Blessed is the honor of Adonai*  
 mei-atar beit Sh'chinteh.  
*from the place of the abode of His Shechinah.*  
 Adonai yimloch l'olam va-ed.  
*Adonai shall reign for ever and ever.*  
 Adonai malchuteh ka-em  
*Adonai's kingdom is established*  
 l'alam ulal'mei al'maya.  
*for ever and for eternity.*  
 Adonai Elohei Avraham  
*Adonai, Elohim of Abraham*  
 Yitz-chak v'Yisra-el avoteinu,  
*Isaac and Israel, our ancestors,*  
 shomra zot l'olam,  
*safeguard this forever,*  
 l'yetzer machsh'vot l'vav amecha,  
*as the product of the thoughts of the heart of Your people,*  
 v'hachen l'vavam Elecha.  
*and may You direct their heart to You.*  
 V'hu rachum y'chapeir avon,  
*And He the Merciful One forgives iniquities,*  
 v'lo yash-chit,  
*and He does not destroy,*  
 v'hirbah l'hashiv apo,  
*and He frequently withdraws His anger,*  
 v'lo ya-ir kol chamato.  
*and does not arouse all His wrath.*  
 Ki atah Adonai tov v'salach,  
*For You Adonai are good and forgiving,*  
 v'rav chesed, l'chol kor'echa.  
*and abundant in kindness, to all who call to You.*  
 Tzidkat'cha tzedek l'olam,  
*Your righteousness is an everlasting justice,*  
 v'Torat'cha emet.  
*and Your Torah is true.*  
 Titen emet l'Ya-akov,  
*You give truth to Jacob,*  
 chesed l'Avraham asher nishbata  
*and kindness to Abraham as You have vowed*  
 la-avoteinu mimei kedem.  
*to our ancestors since the earliest days.*  
 Baruch Adonai, yom yom ya-amos  
*Blessed is Adonai, Who every day bears burdens*  
 lanu, ha-El y'shu-atenu selah.  
*for us, the Almighty One of our salvation selah.*

דִּי מְשַׁבְּחִין וְאֹמְרִין,  
 בְּרִיךְ יְקָרָא דִּיהוּה  
 מֵאֲתַר בֵּית שְׁכִינְתָּהּ.  
 יְהוּה יִמְלֹךְ לְעֹלָם וָעֶד.  
 יְהוּה מַלְכוּתָהּ קָאֵם  
 לְעֹלָם וְלְעֹלְמֵי עֲלְמֵיָא.  
 יְהוּה אֱלֹהֵי אַבְרָהָם  
 יִצְחָק וְיִשְׂרָאֵל אֲבוֹתֵינוּ,  
 שְׁמֹרָה זֹאת לְעוֹלָם,  
 לְיִצְרַר מַחֲשֵׁבוֹת לְבַב עַמְּךָ,  
 וְהִכֵּן לְבָבְךָ אֵלֶיךָ.  
 וְהוּא רַחוּם יְכַפֵּר עוֹן,  
 וְלֹא יִשְׁחִית,  
 וְהִרְבָּה לְהַשִּׁיב אָפוֹ  
 וְלֹא יַעִיר כּוֹל חַמָּתוֹ.  
 כִּי אַתָּה אֲדֹנָי טוֹב וְסָלַח,  
 וְרַב חֶסֶד, לְכֹל קוֹרְאֶיךָ.  
 צְדִקְתְּךָ צְדָק לְעוֹלָם,  
 וְתוֹרַתְךָ אֱמֶת.  
 תִּתֵּן אֱמֶת לְיַעֲקֹב,  
 חֶסֶד לְאַבְרָהָם אֲשֶׁר נִשְׁבַּעְתָּ  
 לְאֲבוֹתֵנוּ מִיְמֵי קֶדֶם.  
 בְּרוּךְ אֲדֹנָי, יוֹם יוֹם יַעֲמֹס  
 לָנוּ, הָאֵל יְשׁוּעָתָנוּ סֵלָה.

Adonai tz'va-ot imanu,  
*Adonai of hosts is with us,*  
 misgav lanu, Elohei Ya-akov selah.  
*a stronghold for us, is the Elohim of Jacob selah.*  
 Adonai tz'va-ot,  
*Adonai of hosts,*  
 ashrei adam bote-ach bach.  
*joyful is the person who trusts in You.*  
 Adonai hoshi-ah,  
*Adonai save us,*  
 ha-melech ya-anenu v'yom korenu.  
*the Sovereign shall answer us on the day when we call.*  
 Baruch hu Eloheinu,  
*Blessed is our Elohim,*  
 sheb'ra-anu lichvodo,  
*Who created us for His glory,*  
 v'hivdilanu min hato-im,  
*Who separated us from those who have been led astray,*  
 v'natan lanu Torat emet,  
*Who gave us the Torah of truth,*  
 v'chayei olam nata b'tochenu,  
*and Who implanted within us eternal life,*  
 hu yiftach libenu b'Torato  
*may He open our heart to His Torah*  
 v'yasem b'libenu ahavato v'yirato,  
*and imbue our heart with love of Him and awe of Him,*  
 v'la-asot r'tzono ulovdo  
*to do His will and to serve Him*  
 b'levav shalem,  
*wholeheartedly,*  
 l'ma-an lo niga larik,  
*so that we do not toil in vain,*  
 v'lo neled labehalah.  
*nor give birth to panic.*  
 Y'hi ratzon mil'fanecha,  
*May it be the will before You,*  
 Adonai Eloheinu v'Elohei avoteinu,  
*Adonai our Elohim and Elohim of our ancestors,*  
 shenishmor chukecha ba-olam hazeh,  
*that we should keep your statutes in this world,*  
 v'nizkeh v'nichyeh v'nireh,  
*and may we merit and live and see,*  
 v'nirash tovah uvrachah,  
*and inherit goodness and blessing,*  
 lishnei y'mot ha-Mashhi-ach,  
*in the years and times of the Mashiach,*  
 l'chayei ha-olam haba.  
*for the life in the world to come.*

יהוה צבאות עִמָּנוּ,  
 מִשְׁגָּב לָנוּ, אֱלֹהֵי יַעֲקֹב סֵלָה.  
 יהוה צבאות,  
 אֲשֵׁרִי אָדָם בֹּטַח בְּךָ.  
 יהוה הוֹשִׁיעָה,  
 הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרֹאָנוּ.  
 בָּרוּךְ הוּא אֱלֹהֵינוּ,  
 שֶׁבְרָאָנוּ לְכְבוֹדוֹ,  
 וְהִבְדִּילָנוּ מִן הַתּוֹעִים,  
 וְנָתַן לָנוּ תּוֹרַת אֱמֶת,  
 וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ,  
 הוּא יִפְתַּח לְבָנוּ בְּתוֹרָתוֹ,  
 וַיִּשֶׁם בְּלִבֵּנוּ אֶהֱבָתוֹ וַיִּרְאָתוֹ,  
 וְלַעֲשׂוֹת רְצוֹנוֹ וְלַעֲבֹדוֹ  
 בְּלֵבָב שָׁלֵם,  
 לְמַעַן לֹא נִיגַע לְרִיק,  
 וְלֹא נֵלֵד לְבִהְלָה.  
 יְהִי רְצוֹן מִלְּפָנֶיךָ,  
 יְהוה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 שֶׁנִּשְׁמַר חֻקֶּיךָ בְּעוֹלָם הַזֶּה,  
 וְנִזְכֶּה וְנִחְיֶה וְנִרְאֶה,  
 וְנִירָשׁ טוֹבָה וּבְרָכָה,  
 לְשָׁנֵי יָמוֹת הַמָּשִׁיחַ,  
 וְלַחַיֵּי הָעוֹלָם הַבָּא.

L'ma-an y'zamercha kavod v'lo yidom,

*So that my honor may sing praise to You and not be silent,*

Adonai Elohai l'olam odecha.

*Adonai my Elohim I shall ever give You thanks.*

Baruch ha-gever asher

*Blessed is the person who*

yivtach b'Adonai,

*puts their trust in Adonai,*

v'hayah Adonai mivtacho.

*then Adonai will be their security.*

Bitchu b'Adonai adei ad,

*Trust in Adonai forever,*

ki b'Yah Adonai tzur olamim.

*for in Yah Adonai is the strength of the worlds.*

V'yivt'chu v'cha yod'ei sh'mecha,

*And they will trust in You those who know Your Name,*

ki lo azavta dor'shecha Adonai.

*for You have not forsaken those who seek You Adonai.*

Adonai chafetz l'ma-an tzidko,

*Adonai desired for the sake of righteousness,*

yagdil Torah v'yadir.

*to make the Torah great and glorious.*

לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם,

יְהוָה אֱלֹהֵי לְעוֹלָם אֲוֹךְךָ.

בְּרוּךְ הַגֹּבֵר אֲשֶׁר

יִבְטַח בִּיהוָה,

וְהָיָה יְהוָה מְבִטְחוֹ.

בְּטַחוֹ בִּיהוָה עַד עַד,

כִּי בָּיָה יְהוָה צוּר עוֹלָמִים.

וַיִּבְטְחוּ בְךָ יוֹדְעֵי שְׁמֶךָ,

כִּי לֹא עֲזַבְתָּ דֹר־שֵׁיךָ יְהוָה.

יְהוָה חָפֵץ לְמַעַן צְדָקוֹ,

יַגְדִּיל תּוֹרָה וַיֹּאדִיר.

# קדיש שלם

## KADDISH SHALEIM

The Ari revealed that the Full Kaddish has the power of twice Light. One of them is the Light within us all. The second Light is known as "Or Makif" or "surrounding Light". The Kaddish Shaleim is the tool which links these two Lights together.

*Recited by the Chazzan, Everyone says the words in { }.*

Yitgadal v'yitkadash sh'meh raba.

*Exalted and sanctified be His great Name.*

{Amen.}

*Amen.*

B'al'ma di v'ra chiruteh,

*In the world that He has created according to His will,*

v'yamlich malchuteh,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneh

*and cause His redemption to sprout*

vikarev M'shicheh {Amen.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-el,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru amen. {Amen.}

*and say amen. Amen.*

{Y'hei sh'meh raba m'varach

*May His great Name be blessed*

l'alam ulal'mei al'maya.}

*forever and for all eternity.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and praised and glorified*

v'yitromam v'yitnase v'yit-hadar

*and exalted and raised up and honored*

v'yitaleh v'yit-halal

*and elevated and lauded*

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

*be the Name of the Holy One, Blessed is He,*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקָנֵיהּ

וְיִקְרַב מְשִׁיחֵיהּ. {אָמֵן}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְיָהּ אֱשֵׁמָהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

**l'ela min kol birchata v'shirata**  
*beyond more than any blessing and song*  
**tushb'chata v'nechemata,**  
*praise and consolation*  
**da-amiran b'al'ma,**  
*that are uttered in the world,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

לְעֵלָא מִן כָּל בִּרְכָתָא  
וְשִׁירָתָא תְּשִׁבְחָתָא וְנַחֲמָתָא,  
דְּאִמְרוּן בְּעֵלְמָא,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

**Titkabel tz'lot'hon uva-ut'hon**  
*May the prayers and supplications be accepted*  
**d'chol beit Yisra-el kadam**  
*of the entire House of Israel before*  
**avuhon di vishmaya,**  
*their Father Who is in heaven,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
דְּכָל בֵּית יִשְׂרָאֵל קְדָם  
אָבוּהוֹן דִּי בְּשַׁמַּיָּא,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

**Y'hei sh'lama raba min sh'maya,**  
*May there be abundant peace from heaven,*  
**v'chayim tovim aleinu,**  
*and good life upon us,*  
**v'al kol Yisra-el,**  
*and upon all Israel,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
וְחַיִּים טוֹבִים עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

*Take three steps back.*

*Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,  
bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-el.*

*Remain in place for a few moments, then take three steps forward.*

**Oseh shalom bimromav,**  
*May the One Who makes peace in the heavens,*  
**hu ya-aseh shalom aleinu,**  
*may He make peace upon us,*  
**v'al kol Yisra-el v'al kol ha-olam,**  
*and upon all Israel and upon all the world,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

*During Chanukah, the Menorah is lit here.*

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

*On the conclusion of Shabbat after Rosh Chodesh, continue on the following page;  
otherwise continue with עָלֵינוּ Aleinu on page 56.*

*It is preferable that this connection be done while standing under the open sky at the departure of Shabbat.  
One may also make this connection by viewing the moon through a window or a door.  
If the sky is cloudy at the departure of Shabbat, then it may be done on another night of the week.  
During Tishrei, the Kiddush Levanah is postponed until after Yom Kippur.*

# קידוש לבנה

## KIDUSH LEVANAH

Rabbi Yochanan taught that one who blesses the new moon is regarded like one who greets the Sh'chinah. We recognize Hashem's existence through miracles, revelations, and through the cycles of nature. The moon's cycles are most apparent and we as Yisrael are likened to the moon, for at times we have suffered at the hands of others and our light has been dim like the new moon and at other times we have shone brightly and gloriously like the full moon. The Torah commands us to sanctify the new moon and when we greet the moon, we greet its Creator and Guide.

### תהלים קמח:א-ו

#### PSALM 148:1-6

Hal'lu-Yah,

*Praise Yah,*

Hal'lu et Adonai min hashamayim,

*Praise Adonai from the heavens,*

hal'luhu bam'romim.

*praise Him in the supernal realms.*

Hal'luhu chol malachav,

*Praise Him all you angels,*

hal'luhu kol tz'va-av.

*praise Him all you hosts.*

Hal'luhu shemesh v'yare-ach,

*Praise Him, sun and moon,*

hal'luhu kol koch'vei or.

*praise Him, all shining stars.*

Hal'luhu sh'mei hashamayim,

*Praise Him, the highest heavens,*

v'hamayim asher me-al hashamayim.

*and the waters that are above the heavens.*

Y'hal'lu et shem Adonai,

*Let them praise the Name of Adonai,*

ki hu tzivah v'nivra-u.

*He commanded and they were created.*

Vaya-amidem la-ad l'olam,

*And He established them forever and ever,*

chok natan v'lo ya-avor.

*He issued a decree that will not be broken.*

הַלְלוּיָהּ,

הַלְלוּ אֶת יְהוָה מִן הַשָּׁמַיִם,

הַלְלוּהוּ בַמְרוֹמִים.

הַלְלוּהוּ כָּל מַלְאָכָיו,

הַלְלוּהוּ כָּל צְבָאָיו.

הַלְלוּהוּ שֶׁמֶשׁ וְיָרֵחַ,

הַלְלוּהוּ כָּל כּוֹכְבֵי אֹר.

הַלְלוּהוּ שְׁמַי הַשָּׁמַיִם,

וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי הוּא צִוָּה וְנִבְרָאוּ.

וַיַּעֲמִידֵם לְעַד לְעוֹלָם,

חֹק נָתַן וְלֹא יִעָבֹר.

Everyone says the following Kabbalistic intention together:

Hareni muchan umzuman l'kayem

*I am hereby prepared and ready to perform*

hamitzvah l'kadesh hal'vanah,

*the mitzvah to sanctify the moon,*

l'shem yichud kudsha

*for the sake of the unification of the Holy One,*

b'rich hu uShchinteh,

*Blessed be, and the Sh'chinah,*

al y'dei hahu tamir v'nelam,

*through the One Who is hidden and Who is concealed,*

b'shem kol Yisra-el.

*in the name of all Israel.*

הַרִינִי מוֹכֵן וּמְזַמֵּן לְקִיּוּם  
הַמִּצְוָה לְקַדֵּשׁ הַלְּבָנָה,  
לְשֵׁם יְחִוּד קִדְשָׁא  
בְּרִיךְ הוּא וּשְׁכִינָתָהּ,  
עַל יְדֵי הַהוּא טָמִיר וְנֶעְלָם,  
בְּשֵׁם כּוֹל יִשְׂרָאֵל.

## ברכת הלבנה

### B'RACHOT HAL'VANAH

Look at the moon before reciting this blessing.

Baruch atah Adonai,

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

asher b'ma-amaro bara sh'chakim,

*Who with Whose utterance created the heavens,*

uvru-ach piv kol tz'va-am.

*and with the breath of Whose mouth all their legion.*

Chok uzman natan lahem

*A rule and a schedule did He give them,*

shelo y'shanu et tafkidam.

*that they not alter their assigned task.*

Sasim usmechim la-asot

*They are joyous and happy to perform*

r'tzon konam,

*the will of their Creator,*

po-el emet shep'-ulato emet.

*the One Who does truth, Whose deed is truth.*

V'lal'vanah amar shetit-chadesh,

*And to the moon He said that it should renew itself,*

ateret tiferet la-amusei vaten,

*as a crown of splendor for those borne from the womb,*

shehem atidim

*those who are destined*

l'hitchadesh k'motah,

*to renew themselves like it,*

בְּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בְּמֵאמְרוֹ בָּרָא שְׁחָקִים,  
וּבְרוּחַ פִּיּוֹ כָּל צְבָאִים.  
חֶק וְזִמָּן נָתַן לָהֶם  
שֶׁלֹּא יִשְׁנוּ אֶת תַּפְקִידָם.  
שְׂשִׁים וּשְׂמֵחִים לַעֲשׂוֹת  
רְצוֹן קוֹנָם,  
פוֹעֵל אֱמֶת שֶׁפִּעֲלָתוֹ אֱמֶת.  
וּלְלִבָּנָה אָמַר שֶׁתְּחַדֵּשׁ,  
עֲטָרַת תְּפָאֶרֶת לַעֲמוּסֵי בֶטֶן,  
שֶׁהֵם עֲתִידִים  
לְהִתְחַדֵּשׁ כְּמוֹתָהּ,

ulfa-er l'yotz'ram al shem  
and to glorify their Molder for the sake  
k'vod malchuto.

of His glorious realm.

Baruch atah Adonai,

Blessed are You Adonai,

m'chadesh chadashim. {Amen.}

Who renews the months. Amen.

וּלְפָאֵר לְיוֹצְרָם עַל שֵׁם  
כְּבוֹד מַלְכוּתוֹ.

בָּרוּךְ אַתָּה יְהוָה,

מְחַדֵּשׁ חֳדָשִׁים. {אָמֵן.}

*Recite three times.*

בָּרוּךְ יוֹצְרֶךָ, בָּרוּךְ עוֹשֶׂךָ, בָּרוּךְ קוֹנֶךָ, בָּרוּךְ בּוֹרְאֶךָ.

Baruch yotz'rech, baruch oseh, baruch konech, baruch bor'-ech.

*Blessed is your Molder, blessed is your Maker, blessed is your Owner, blessed is your Creator.*

*Recite three times. Rise on the toes as if dancing.*

כְּשֵׁם שֶׁאֲנִי רוֹקֵד כְּנֶגְדְּךָ וְאִינִי יָכוֹל לְנַגֵּעַ בְּךָ,  
כִּי לֹא יוּכְלוּ כָּל אוֹיְבֵי לְנַגֵּעַ בִּי לְרָעָה.

K'shem she-ani roked k'negdech v'eini yachol lingo-a bach,  
kach lo yuch'lu kol oy'vai lingo-a bi l'ra-ah.

*Just as I dance opposite you but I am not able to touch you,  
so may they not be able, all my enemies, to touch me for evil.*

*Recite three times.*

תִּפֹּל עֲלֵיהֶם אֵימַתָּה וּפְחַד, בְּגִדְל זְרוּעֶךָ יִדְמוּ כְּאֶבֶן.

Tipol aleihem eimatah vafachad, bigdol z'ro-acha yid'mu ka-aven.

*Let there fall upon them terror and fear, at the greatness of Your arm, let them be still as stone.*

*Recite three times.*

כְּאֶבֶן יִדְמוּ זְרוּעֶךָ בְּגִדְל וּפְחַד אֵימַתָּה עֲלֵיהֶם תִּפֹּל.

Ka-aven yid'mu z'ro-acha bigdol vafachad eimatah aleihem tipol.

*As stone let them be still, at Your arm's greatness, let fear and terror fall upon them.*

*Recite three times.*

דָּוִד מֶלֶךְ יִשְׂרָאֵל חַי וְקַיִם.  
David melech Yisra-el chai v'kayam.  
*King David of Israel lives and endures.*

*The Chazzan recites three times.*

שְׁלוֹם עֲלֵיכֶם.  
Shalom aleichem.  
*Peace upon you.*

*Everyone responds to the Chazzan by reciting three times.*

עֲלֵיכֶם שְׁלוֹם.  
Aleichem shalom.  
*Upon you, peace.*

*Recite three times.*

סִמָּן טוֹב וּמִזֵּל טוֹב יִהְיֶה לָנוּ וּלְכֹל יִשְׂרָאֵל, אָמֵן.  
Siman tov umazal tov y'he lanu ulchol Yisra-el, Amen.  
*A good sign and good fortune may there be for us and for all Israel, amen.*

Kol dodi hineh zeh ba,  
*The voice of my beloved behold it came,*  
m'daleg al heharim,  
*leaping over the mountains,*  
m'kapetz al hag'va-ot.  
*skipping over the hills.*  
Domeh dodi litzvi  
*Comparable is my beloved to a gazelle*  
o l'ofar ha-ayalim,  
*or to a young hart,*  
hineh zeh omed achar katlenu,  
*Behold He was standing behind our wall,*  
mashgi-ach min hachalonot,  
*observing through the windows,*  
meitzitz min hacharakim.  
*peering through the lattices.*

קוֹל דּוּדֵי הִנֵּה זֶה בָּא,  
מְדַלֵּג עַל הַהָרִים,  
מְקַפֵּץ עַל הַגְּבָעוֹת.  
דּוֹמֵה דּוּדֵי לִצְבִי  
אוֹ לְעוֹפֵר הָאֵילִים,  
הִנֵּה זֶה עוֹמֵד אַחַר כַּתְּלָנוּ,  
מִשְׁגִּיחַ מִן הַחַלּוֹנוֹת,  
מִצִּיץ מִן הַחַרְכִּים.

## תהלים קכא

### PSALM 121

Shir lama-alot,

*A song of ascents,*

esah einai el heharim,

*I life my eyes to the mountains,*

me-ayin yavo ezri.

*from where does my help come?*

Ezri me-im Adonai,

*My help comes from Adonai,*

oseh shamayim va-aretz.

*Maker of heaven and earth.*

Al yiten lamot raglecha,

*Who will not allow your foot to slip,*

al yanum shom'recha.

*your Guardian will not slumber.*

Hineh lo yanum v'lo yishan,

*It is so that neither slumbers nor sleeps,*

shomer Yisra-el.

*the Guardian of Israel.*

Adonai shom'recha,

*Adonai is your Guardian,*

Adonai tzil'cha al yad y'minecha.

*Adonai is your shelter at your right hand.*

Yomam hashemesh lo yakekah,

*The sun will not strike you by day,*

v'yare-ach balailah.

*nor the moon by night.*

Adonai yishmorcha mikol ra,

*Adonai will protect you from evil,*

yishmor et nafshecha.

*and will protect your soul.*

Adonai yishmor tze-t'cha uvo-echa,

*Adonai will guard your departure and your arrival,*

mei-atah v'ad olam.

*from this time and unto eternity.*

שִׁיר לַמַּעֲלוֹת,

אֶשָּׂא עֵינַי אֶל הַהָרִים,

מֵאֵין יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

אֵל יִתֵּן לַמּוֹט רַגְלֶךָ,

אֵל יִנּוּם שׁוֹמְרֶךָ.

הִנֵּה לֹא יִנּוּם וְלֹא יִישָׁן,

שׁוֹמֵר יִשְׂרָאֵל.

יְהוָה שׁוֹמְרֶךָ,

יְהוָה צִלְּךָ עַל יַד יְמִינֶךָ.

יוֹמָם הַשֶּׁמֶשׁ לֹא יִכָּכֶה,

וַיָּרַח בַּלַּיְלָה.

יְהוָה יִשְׁמְרֶךָ מִכָּל רָע,

יִשְׁמֹר אֶת נַפְשֶׁךָ.

יְהוָה יִשְׁמֹר צֵאתְךָ וּבואֶךָ,

מֵעַתָּה וְעַד עוֹלָם.

## תהלים קנ

### PSALM 150

Hal'lu-Yah,

*Praise Yah,*

Hal'lu El b'kodsho,

*Praise to the Almighty in the sanctuary,*

hal'luhu birki-a uzo.

*praise Him whose power the heavens proclaim.*

Hal'luhu bigvurotav,

*Praise Him for powerful deeds,*

hal'luhu k'rov gudlo.

*praise Him for surpassing greatness.*

Hal'luhu b'teka shofar,

*Praise Him with the blast of the shofar,*

hal'luhu b'nevel v'chinor.

*praise Him with the lyre and harp.*

Hal'luhu b'tof umachol,

*Praise Him with drums and dancing,*

hal'luhu b'minim v'ugav.

*praise Him with the lute and pipe.*

Hal'luhu b'tzil-tz'lei shama,

*Praise Him with cymbals sounding,*

hal'luhu b'tzil-tz'lei t'ru-ah.

*Praise Him with cymbals resounding.*

Kol han'shamah t'halel Yah,

*Let everything that has breath praise Yah.*

Hal'lu-Yah.

*praise Yah.*

Tana d'vei Rabi Yishma-el:

*It was taught by the Academy of Rabbi Yishmael:*

Ilmalei lo zachu Yisra-el ela

*If it had been that Israel was not privileged except for*

l'hakbil p'nei avihem shebashamayim

*of greeting the Countenance of their Father in Heaven*

pa-am achat bachodesh, dayam.

*once in a month, it would have been enough for them.*

Amar Abayei: Hil-kach tzarich

*Abaye said: Therefore it is necessary*

l'mei-m'ra m'umad.

*to recite it while standing.*

Mi zot olah min hamidbar

*Who is this who rises from the desert*

mitrapeket al dodah.

*clinging to her Beloved?*

הַלְלוּ יְהוָה,  
הַלְלוּ אֵל בְּקֹדֶשׁוֹ,  
הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ.  
הַלְלוּהוּ בְּגְבוּרֹתָיו,  
הַלְלוּהוּ כְּרֹב גְּדֻלוֹ.  
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,  
הַלְלוּהוּ בְּנִבְל וְכִנּוֹר.  
הַלְלוּהוּ בְּתוֹף וּמַחֲוֹל,  
הַלְלוּהוּ בְּמִנִּים וְעָגָב.  
הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,  
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.  
כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה  
הַלְלוּ יְהוָה.

תָּנָא דְבֵי רַבִּי יִשְׁמָעֵאל:  
אֲלֵמַלֵּי לֹא זָכוּ יִשְׂרָאֵל אֶלָּא  
לְהַקְבִּיל פְּנֵי אָבִיהֶם שְׁבַשְׁמַיִם  
פַּעַם אַחַת בַּחֹדֶשׁ, דַּיָּם.  
אָמַר אַבְיַי: הִלְכָךְ צָרִיךְ  
לְמִימְרָא מְעַמָּד.  
מִי זֹאת עֹלָה מִן הַמִּדְבָּר  
מְתַרְפֶּקֶת עַל דּוּדָהָ.

**Vihi ratzon mil'fanecha,**  
*May it be the will before You,*  
**Adonai Elohai vElohei avotai,**  
*Adonai my Elohim and Elohim of my ancestors,*  
**l'malot p'gimat hal'vanah,**  
*to fill the flaw of the moon,*  
**v'lo yihyeh bah shum mi-ut,**  
*that there not be in it any diminution,*  
**vihi or hal'vanah k'or**  
*and may the light of the moon be like the light*  
**hachamah uchor shivat**  
*of the sun and like the light of the seven*  
**y'mei v'reshit,**  
*days of Creation,*  
**k'mo shehay'tah kodem mi-utah,**  
*as it was before its diminishment,*  
**Shene-emar: Et sh'nei**  
*As it is said: The two*  
**ham'rot hag'dolim.**  
*luminaries that are great.*  
**V'yitkayem banu mikra shekatuv:**  
*And may there be fulfilled with us the verse that is written:*  
**Uvikshu et Adonai Eloheihem,**  
*They shall seek Adonai their Elohim,*  
**v'et David malkam. Amen.**  
*and David their King. Amen.*

וִיְהִי רָצוֹן מִלְּפָנֶיךָ,  
 יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,  
 לְמַלֵּאת פְּגִימַת הַלְּבָנָה,  
 וְלֹא יִהְיֶה בָּהּ שׁוּם מִעוּט,  
 וִיְהִי אוֹר הַלְּבָנָה כְּאוֹר  
 הַחֲמָה וְכְאוֹר שִׁבְעַת  
 יָמֵי בְרֵאשִׁית,  
 כְּמוֹ שֶׁהָיְתָה קִדְמָה מִעוּטָה,  
 שְׁנַאֲמַר: אֶת שְׁנֵי  
 הַמְּאוֹרוֹת הַגְּדוֹלִים.  
 וַיִּתְקַיֵּם בָּנוּ מִקְרָא שְׁכָתוּב:  
 וּבִקְשׁוּ אֶת יְהוָה אֱלֹהֵיהֶם,  
 וְאֶת דָּוִד מֶלֶכָם. אָמֵן.

## תהלים סז

### PSALM 67

Lam'natze-ach binginot mizmor shir.

*For the conductor with the neginot, a psalm, a song.*

Elohim y'chanenu vivar'chenu,

*May Elohim favor us and bless us,*

ya-er panav itanu selah.

*may He illuminate His countenance with us, selah.*

Lada-at ba-aretz darkecha,

*To make known on earth Your way,*

b'chol goyim y'shu-atecha.

*among all nations Your salvation.*

Yoducha amim, Elohim,

*Nations will acknowledge You, O Elohim,*

yoducha amim kulam.

*nations will acknowledge You, all of them.*

Yism'chu viran'nu l'umim,

*Nations will be glad and sing for joy,*

ki tishpot amim mishor,

*for You will judge nations fairly,*

ulumim ba-aretz tanchem selah.

*and the nations of the earth You will guide, selah.*

Yoducha amim, Elohim,

*Nations will acknowledge You, O Elohim,*

yoducha amim kulam.

*nations will acknowledge You, all of them.*

Eretz nat'nah y'vulah,

*Earth will then have yielded its produce,*

y'var'chenu Elohim Eloheinu.

*may Elohim bless us, our Elohim.*

Y'var'chenu Elohim,

*May Elohim bless us,*

v'yir'u oto kol afsei aretz.

*and may they be in awe of Him, all the ends of the earth.*

לְמַנְצֵחַ בְּנִגִּינוֹת מִזְמוֹר שִׁיר.

אֱלֹהִים יַחַנְנוּ וַיְבָרְכֵנוּ,

יְאֵר פְּנֵיו אֶתְנוּ סֵלָה.

לְדַעַת בְּאֶרֶץ דְּרָכְךָ,

בְּכֹל גּוֹיִם יְשׁוּעָתְךָ.

יִזְדוֹךְ עַמִּים, אֱלֹהִים,

יִזְדוֹךְ עַמִּים כָּלֵם.

יִשְׂמְחוּ וַיִּרְנְנוּ לְאֻמִּים,

כִּי תִשְׁפֹּט עַמִּים מִיֶּשֶׁר,

וּלְאֻמִּים בְּאֶרֶץ תַּנְחֵם סֵלָה.

יִזְדוֹךְ עַמִּים, אֱלֹהִים,

יִזְדוֹךְ עַמִּים כָּלֵם.

אֶרֶץ נִתְנָה יְבוּלָהּ,

יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ.

יְבָרְכֵנוּ אֱלֹהִים,

וַיִּירְאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ.

# עלינו

## ALEINU

All of our prayers, according to the Kabbalists, have drawn inner Light. The Aleinu is a magnet for external Light which seals and protects them, blocking out any negative forces.

*Stand while saying the Aleinu.*

**Aleinu l'shabe-ach la-adon hakol,**  
*It is our duty praise the Ruler of all,*  
**latet g'dulah l'yotzer b'reshit,**  
*to recognize the greatness of the Creator of first things,*  
**shelo asanu k'goyei ha-aratzot,**  
*for He has not made us like the nations of the lands,*  
**v'lo samanu k'mishp'chot**  
*and He did not make us the same as other families*  
**ha-adamah, shelo sam chelkenu**  
*of the earth, He did not allocate our portion*  
**kahem, v'goralenu k'chol hamonam.**  
*like theirs, nor our lot like all their multitudes.*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
 שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,  
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת  
 הָאֲדָמָה, שֶׁלֹּא שָׁם חֵלְקֵנוּ  
 כָּהֶם, וְגִרְלָנוּ כְּכֹל הַמּוֹנִם.

*We bow first at our knees and then at our waist as we say*  
**וְאַנַּחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים** *Va-anachnu kor'im umishtachavim*

**Va-anachnu kor'im,**  
*Therefore we bend the knees,*  
**umishtachavim umodim,**  
*and bow and give thanks,*  
**lifnei melech malchei ham'lachim,**  
*before the Sovereign over sovereigns of all sovereigns,*  
**hakadosh baruch hu.**  
*the Holy One, Blessed is He.*

וְאַנַּחְנוּ כּוֹרְעִים,  
 וּמִשְׁתַּחֲוִים וּמוֹדִים,  
 לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,  
 הַקָּדוֹשׁ בְּרוּךְ הוּא.

**Shehu noteh shamayim**  
*He stretches out the heavens*  
**v'yosed aretz, umoshav y'karo**  
*and establishes the earth's, the seat of His homage*  
**bashamayim mima-al,**  
*is in the heavens above,*  
**ush-chinat uzo b'govhei m'romim.**  
*and Whose powerful Presence is in the highest heights.*  
**Hu Eloheinu ein od.**  
*He is our Elohim and there is no other.*  
**Emet malkenu, efes zulato,**  
*True is our Sovereign, nothing exists apart from Him,*  
**kakatuv b'Torato:**  
*as it is written in Your Torah:*

שֶׁהוּא נוֹטֵה שָׁמַיִם  
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ  
 בַּשָּׁמַיִם מִמַּעַל,  
 וְשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים,  
 הוּא אֱלֹהֵינוּ אֵין עוֹד.  
 אֱמֶת מַלְכָּנוּ, אֵפֶס זוּלָּתוֹ,  
 כִּכְתוּב בְּתוֹרָתוֹ:

V'yadata hayom vahashevota  
*"And you shall know today and take*  
 el l'vavecha, ki Adonai hu  
*to heart, that Adonai is*  
 ha-Elohim bashamayim mima-al,  
*the Elohim in the heavens above,*  
 v'al ha-aretz mitachat ein od.  
*and on earth below and there is no other.*

V'al ken n'kaveh l'cha  
*Therefore we put our hope in You*  
 Adonai Eloheinu,  
*Adonai our Elohim,*  
 lirot m'herah b'tiferet uzecha,  
*let us witness the glory of Your power,*  
 l'ha-avir gilulim min ha-aretz,  
*to remove idols from the earth.*  
 v'ha-elilim karot yikaretun,  
*and false gods will utterly be cut off,*  
 l'taken olam b'malchut Shadai.  
*to perfect the universe through the reign of the Almighty.*  
 v'chol b'nei vasar yikr'u vishmecha,  
*And all humanity will call upon Your Name,*  
 l'hafnot elecha kol rishei aretz.  
*and all the wicked of the earth shall turn to You.*  
 Yakiru v'yed'u kol yosh'vei tevel,  
*May all the inhabitants of the world know and recognize You,*  
 ki l'cha tichra kol berech,  
*that to You every knee should bend,*  
 tishava kol lashon.  
*and every tongue pledge.*  
 L'fanecha Adonai Eloheinu  
*Before You, Adonai our Elohim,*  
 yichr'u v'yipolu,  
*they will bend their knees and bow down,*  
 v'lichvod shimcha y'kar yitenu,  
*and they will give honor to the glory of Your Name,*  
 vikab'lu kulam et ol malchutecha,  
*and all will accept the yoke of Your Sovereignty,*  
 v'timloch aleihem  
*that You may reign over them*  
 m'herah l'olam va-ed.  
*very soon forever and ever.*  
 Ki hamalchut shel'cha hi,  
*For the kingdom is Yours,*  
 ul-ol'mei ad timloch b'chavod,  
*for ever and ever You will reign in glory,*  
 kakatuv b'Toratecha:  
*as it is written in Your Torah,*

וידעת היום והשבת  
 אל לבבך, כי יהוה הוא  
 האלהים בשמים ממעל,  
 ועל הארץ מתחת, אין עוד.  
 ועל כן נקוה לך  
 יהוה אלהינו,  
 לראות מהרה בתפארת עזך,  
 להעביר גלולים מן הארץ,  
 והאלילים כרות יכרתון,  
 לתקן עולם במלכות שדי,  
 וכל בני בשר יקראו בשמך,  
 להפנות אליך כל רשעי ארץ.  
 יכירו וידעו כל יושבי תבל,  
 כי לך תכרע כל ברך,  
 תשבע כל לשון.  
 לפניך יהוה אלהינו  
 יכרעו ויפלו,  
 ולכבוד שמך יקר יתנו,  
 ויקבלו כלם את עול מלכותך,  
 ותמלך עליהם  
 מהרה לעולם ועד.  
 כי המלכות שלך היא,  
 ולעולמי עד תמלוך בכבוד,  
 ככתוב בתורתך:

**Adonai yimloch l'olam va-ed.**  
*Adonai will reign forever and ever.*

**V'ne-emar, v'hayah Adonai**  
*Thus it has been said, Adonai will be*  
**l'melech al kol ha-aretz.**  
*Sovereign over all the earth,*

**Bayom hahu yih-yeh,**  
*On that day,*

**Adonai echad, ushmo echad.**  
*Adonai will be One, and His Name will be One.*

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֹאמַר, וְהָיָה יְהוָה  
לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה אֶחָד, וּשְׁמוֹ אֶחָד.

# אל תירא

## AL TIRA

According to the Midrash, these 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 etzah 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 El.**  
*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-amalet.**  
*I shall carry you and rescue you.*

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

אֶל תִּירָא מִפַּחַד פְּתָאִים,  
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.

אך צדיקים יודו לשמך,  
ישבו ישרים את פניך.

# 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.

*Recited by the Chazzan, Everyone says the words in { }.*

Yitgadal v'yitkadash sh'meh raba.

Exalted and sanctified be His great Name.

{Amen.}

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

B'al'ma di v'ra chiruteih,

In the world that He has created according to His will,

v'yamlich malchuteh,

and may He let His sovereignty have dominion,

v'yatzmach purkaneh

and cause His redemption to sprout

vikareiv M'shicheh. {Amen.}

and bring near the Mashiach. Amen.

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ,

וַיַּצְמַח פְּרֻקָנֵיהּ

וַיִּקְרַב מְשִׁיחֵיהּ. {אָמֵן}

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-el,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru amen. {Amen.}

and say amen. Amen.

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'hei sh'meh raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

v'yitromam v'yitnase v'yit-hadar  
*and exalted and raised up and honored*  
 v'yitaleh v'yit-halal  
*and elevated and lauded*  
 sh'meh d'kudsha {b'rich hu},  
*be the Name of the Holy One, Blessed is He,*  
 l'ela min kol birchata v'shirata  
*beyond more than any blessing and song*  
 tushb'chata v'nechemata,  
*praise and consolation*  
 da-amiran b'al'ma,  
*that are uttered in the world,*  
 v'imru amen. {Amen.}  
*and say amen. Amen.*

Y'he sh'lama raba min sh'maya,  
*May there be abundant peace from heaven,*  
 v'chayim tovim aleinu,  
*and good life upon us,*  
 v'al kol Yisra-el,  
*and upon all Israel,*  
 v'imru amen. {Amen.}  
*and say amen. Amen.*

*Take three steps back.*

*Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,*

*bow forward and say וְעַל כֹּל יִשְׂרָאֵל V'al kol Yisra-el.*

*Remain in place for a few moments, then take three steps forward.*

Oseh shalom bimromav,  
*May the One Who makes peace in the heavens,*  
 hu ya-aseh shalom aleinu,  
*may He make peace upon us,*  
 v'al kol Yisra-el v'al kol ha-olam,  
*and upon all Israel and upon all the world,*  
 v'imru amen. {Amen.}  
*and say amen. Amen.*

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר  
 וַיִּתְעַלֶּה וַיִּתְהַלָּל  
 שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},  
 לְעֵלָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְחָתָא וְנִחְמָתָא,  
 דְּאִמְרֵן בְּעֵלְמָא,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
 וְחַיִּים טוֹבִים עָלֵינוּ  
 וְעַל כֹּל יִשְׂרָאֵל,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,  
 וְעַל כֹּל יִשְׂרָאֵל וְעַל כֹּל הָעוֹלָם,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

# הבדלה

## HAVDALAH INSTRUCTIONS

If you don't have a Havdalah set, you can make your own. You will need a tray, a cup of wine, a dish with a mixture of ground spices (cloves, cinnamon, allspice, and nutmeg), and a candle with two or more wicks. (Havdalah candles usually have six braided wicks which represent the six days of the week). You can always light two matches and hold them together as well. The blessing is recited over the wine, however we do not drink the wine until the Havdalah blessings near the end.

## ABOUT HAVDALAH

The word "Havdalah" means "distinction". The entire connection is to distinguish between the Shabbat (the Festival) to which he have connected and the week that we are about to enter, both as an existence in time and as a feeling of existence. The greatest tool we have for appreciating anything is the ability to distinguish and differentiate. When we see things as rare and unique, they stand out as special, and somehow have their own place in the world. When Shabbat (the Festival) is over, we mark the ending with Havdalah and recognize the beginning of a new week (new period of spiritual transformation).

*The cup is filled with wine until it overflows a little on the tray, the V'samim (spice box) is uncovered, the candle is lit and given to someone, other than the Chazzan, to hold or it is placed in it's stand.*

הִנֵּה

HINEH

*At the words Kos y'shu-ot esa כּוֹס יְשׁוּעוֹת אֲשָׁא, we lift our cups of wine without tasting and proceed directly to the blessing over the wine.*

Hineh El y'shu-ati,

*Behold, the Almighty One is my salvation,*

evtach v'lo efchad,

*I shall trust and not be afraid,*

ki ozi v'zimrat Yah Adonai,

*for my strength and my song is Yah Adonai,*

vayhi li lishu-ah.

*and He has become my salvation.*

Ushavtem mayim b'sason

*And you will joyfully draw water*

mima-aynei hayshu-ah.

*from the springs of salvation.*

הִנֵּה אֵל יְשׁוּעָתִי,

אֶבְטַח וְלֹא אֶפְחָד,

כִּי עֲזִי וְזִמְרַת יְהוָה יְהוּהוּ,

וַיְהִי לִי לִישׁוּעָה.

וּשְׁאַבְתֶּם מַיִם בְּשִׂשׂוֹן

מִמַּעַיְנֵי הַיְשׁוּעָה.

L'Adonai hayshu-ah,  
*Salvation comes from Adonai,*  
 al am'cha virchatecha selah.  
*Your blessing on Your people forever.*  
 Adonai tz'va-ot imanu,  
*Adonai of the hosts of heaven is with us,*  
 misgav lanu Elohei Ya-akov selah.  
*the Elohim of Jacob is our stronghold.*  
 Adonai tz'va-ot,  
*Adonai of the hosts of heaven,*  
 ashrei adam bote-ach bach.  
*happy is the one who trusts in You.*  
 Adonai hoshi-ah,  
*Save us Adonai,*  
 hamelech ya-anenu v'yom korenu.  
*Sovereign answer us on the day we call.*  
 Lay'hudim hay'tah orah  
*The Jews had light*  
 v'simchah v'sason vikar.  
*and joy and gladness and honor.*  
 Ken tih-yeh lanu.  
*So may it be for us.*  
 Kos y'shu-ot esa,  
*I will raise the cup of salvation,*  
 uvshem Adonai ekra.  
*and invoke the Name of Adonai.*

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

*The following blessing is said only at the conclusion of Shabbat, not during Festivals.*

*Hold the V'samim (spice box) with the left hand.  
 After the blessing, smell the spices.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 bore minei v'samim.  
*Who creates varieties of spices.*

לִיהוּהָ הַיְשׁוּעָה,  
 עַל עַמֶּךָ בְּרַכְתֶּךָ סֵלָה.  
 יְהוּהָ צְבָאוֹת עִמָּנוּ,  
 מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.  
 יְהוּהָ צְבָאוֹת,  
 אֲשֶׁרִי אָדָם בֹּטֵחַ בְּךָ.  
 יְהוּהָ הוֹשִׁיעָה,  
 הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרָאֵנוּ.  
 לַיהוּדִים הָיְתָה אוֹרָה  
 וְשִׂמְחָה וְשִׂשׁוֹן וְיִקָּר.  
 כֵּן תְּהִיָּה לָנוּ.  
 כּוֹס יְשׁוּעוֹת אֲשָׂא,  
 וּבְשֵׁם יְהוּהָ אֶקְרָא.  
 בְּרוּךְ אַתָּה יְהוּהָ,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא פְרֵי הַגָּפֶן.

בְּרוּךְ אַתָּה יְהוּהָ,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא מִיְנֵי בְשָׂמִים.

*The following blessing is said only at the conclusion of Shabbat, not during Festivals.  
Say the blessing, then hold up your fingers to the flame to see the reflected light.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
bore m'orei ha-eish.  
*Who creates the light of fire.*

בָּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מְאוֹרֵי הָאֵשׁ.

*Continue with the following blessing:*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
hamavdil bein kodesh l'chol,  
*Who distinguishes between the sacred and the ordinary,*  
bein or l'choshech,  
*between light and dark,*  
bein Yisra-el la-amim,  
*between Israel and the nations,*  
bein yom hash'vi-i  
*between the Seventh Day,*  
l'sheshet y'mei hama-aseh.  
*and the six days of labor.*  
Baruch atah Adonai,  
*Blessed are You Adonai,*  
hamavdil bein kodesh l'chol.  
*Who distinguishes between the sacred and the ordinary.*

בָּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל,  
בֵּין אֹר לְחֹשֶׁךְ,  
בֵּין יִשְׂרָאֵל לְעַמִּים,  
בֵּין יוֹם הַשְּׁבִיעִי  
לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה.  
בָּרוּךְ אַתָּה יְהוָה,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

*The one who recited Havdalah drinks most of the wine from the cup.*

Hamavdil bein kodesh l'chol,  
*May the one Who distinguishes between the sacred and the ordinary,*  
chatoteinu hu yimchol,  
*forgive our wrongdoings,*  
zarenu v'chaspenu yarbeh kachol,  
*increase our descendants and our wealth like sand,*  
v'chakochavim balailah. {Amen.}  
*and like the stars in the night. Amen.*

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל,  
חַטֹּאתֵינוּ הוּא יִמְחַל,  
זָרְעֵנוּ וְכֶסֶפֶנוּ יִרְבֶּה כַּחֹל,  
וְכִכּוֹכָבִים בַּלַּיְלָה. {אָמֵן.}

Shavua tov.  
*May you have a good week.*

שָׁבוּעַ טוֹב.

## ELIJAHU HANA VI

Elijah will herald Mashiach, a new level of consciousness which will enable all people of the earth to live in love, peace, and harmony with one another, with little effort. We sing this song, which expresses our yearning for him to arrive.

**Eliyahu hanavi,**

*Elijah the prophet,*

**Eliyahu ha-Tishbi,**

*Elijah the Tishbite,*

**Eliyahu ha-Giladi,**

*Elijah of Gilead,*

**bimherah v'yameinu yavo**

*come speedily in our day*

**eleinu im Mashi-ach ben David.**

*with the Messiah, the son of David.*

אֱלִיָּהוּ הַנָּבִיא,

אֱלִיָּהוּ הַתִּשְׁבִּי,

אֱלִיָּהוּ הַגִּלְעָדִי,

בְּמַהֲרָה בְּיָמֵינוּ יָבֹא

אֵלֵינוּ עִם מְשִׁיחַ בֶּן דָּוִד.