

# WEEKDAY EVENING

עַרְבֵי בַּיּוֹם לַחֹדֶשׁ



**Kabbalah4All.com**

Connecting Those Who Study Kabbalah Around The Globe™

## K4A Transliteration Guidelines

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

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

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

## Hebrew Rules

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

מֶלֶךְ

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

כֹּל

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

יִשְׁמְחוּ

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

Please do not publish or distribute without permission.

All prefaces to prayers written and adapted by David-Anthony Curtis.

Transliterated according to the K4A Transliteration Guidelines developed by David-Anthony Curtis and Rebecca Schwartz.

Translated by David-Anthony Curtis.

Edited by Rebecca Schwartz and David-Anthony Curtis.

Copyright ©2009 Kabbalah4All.com. Revised 7 Av 5769 (07/28/2009).

# ערבית לחול

## WEEKDAY ARVIT

The following verses are omitted on the conclusion of Shabbat and Festivals. On those days Arvit begins with "V'hu Rachum" on page 5.

Shir hama-alot,

*A song of ascents,*

Hineih bar'chu et Adonai,

*Behold bless Hashem,*

kol avdei Adonai,

*all you servants of Hashem,*

Ha-om'dim b'veit Adonai baleilot.

*who stand in the House of Hashem in the nights.*

S'u y'deichem kodesh,

*Lift your hands in the Sanctuary,*

uvar'chu et Adonai.

*and bless Hashem.*

Y'varech'cha Adonai mi-Tziyon,

*May Hashem bless you from Zion,*

oseih shamayim va-aretz.

*Maker of heaven and earth.*

*Recite Three Times:*

Adonai tz'va-ot imanu,

*Hashem of Hosts is with us,*

misgav lanu Elohei Ya-akov, selah.

*a stronghold for us is the Elohim of Jacob, forever.*

*Recite Three Times:*

Adonai tz'va-ot,

*Hashem of Hosts,*

ashrei adam botei-ach bach.

*praiseworthy is the person who trusts in You.*

*Recite Three Times:*

Adonai hoshi-ah,

*Hashem grant salvation,*

ha-melech ya-aneinu b'yom koreinu.

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

Hoshiah et amecha,

*Save Your people,*

uvareich et nachalatecha,

*and bless Your inheritance,*

ureim v'nas'eim ad ha-olam.

*tend them and raise them up forever.*

Mi yitein mi-Tziyon y'shu-at Yisrael,

*If only the One would grant out of Zion the salvation of Israel,*

שִׁיר הַמַּעֲלוֹת,

הִנֵּה בָרְכוּ אֶת יְהוָה,

כָּל עַבְדֵי יְהוָה,

הַעֹמְדִים בְּבֵית יְהוָה בַּלַּיְלוֹת.

שֹׂאוּ יְדַכֶּם קֹדֶשׁ,

וּבָרְכוּ אֶת יְהוָה.

יְבָרְכֶךָ יְהוָה מִצִּיּוֹן,

עֹשֵׂה שָׁמַיִם וָאָרֶץ.

ג' פעמים:

יְהוָה צְבָאוֹת עִמָּנוּ,

מִשְׁגֹּב לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.

ג' פעמים:

יְהוָה צְבָאוֹת,

אֲשֶׁרִי אָדָם בֹּטַח בְּךָ.

ג' פעמים:

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קְרִיאָנוּ.

הוֹשִׁיעָה אֶת עַמֶּךָ,

וּבָרַךְ אֶת נַחֲלָתֶךָ,

וְרַעַם וְנִשְׂאָם עַד הָעוֹלָם.

מִי יִתֵּן מִצִּיּוֹן יְשׁוּעַת יִשְׂרָאֵל,

b'shuv Adonai sh'vut amo,  
*when Hashem restores the captivity of Hashem's people,*  
 yageil Ya-akov yismach Yisrael.

*Jacob will exult, Israel will rejoice.*

B'shalom yachdav esh-k'vah v'ishan,  
*In peace, in harmony I lie down and I sleep,*

ki atah Adonai l'vadad,

*for You alone Hashem,*

lavetach toshiveini.

*securely will make me dwell.*

Yomam y'tzaveh Adonai chasdo,

*In the day Hashem will command loving-kindness,*

uvalailah shiroh imi,

*even by night Whose resting place is with me,*

t'filah l'Eil chayai.

*a prayer to the Almighty One of my life.*

Ut-shu-at tzadikim mei-Adonai,

*And the salvation of the righteous is from Hashem,*

ma-uzam b'eit tzarah.

*their might in time of distress.*

Vayaz'reim Adonai vayfal'teim,

*Hashem helped them and caused them to escape,*

y'fal'teim mei-r'sha-im v'yoshi-eim,

*Who will cause them to escape from the wicked and will save them,*

ki chasu vo.

*for they took refuge in the One.*

בְּשׁוּב יְהוָה שְׁבוֹת עַמּוֹ,  
 יִגַּל יַעֲקֹב יִשְׂמַח יִשְׂרָאֵל.

בְּשָׁלוֹם יִחְדָּו אֲשַׁכְּבָה וְאִישָׁן,

כִּי אַתָּה יְהוָה לְבַדָּד,

לְבַטַּח תּוֹשִׁיבֵנִי.

יוֹמָם יִצְוֶה יְהוָה חַסְדּוֹ,

וּבַלַּיְלָה שִׁירָה עַמִּי,

תְּפִלָּה לְאֵל חַיִּי.

וּתְשׁוּעַת צְדִיקִים מִיְהוָה,

מְעוֹזָם בְּעֵת צָרָה.

וַיַּעֲזֹרֵם יְהוָה וַיַּפְּלֵטֵם,

יַפְּלֵטֵם מִרְשָׁעִים וַיּוֹשִׁיעֵם,

כִּי חָסוּ בוֹ.

## חֲצִי קַדִּישׁ

### CHATZI KADDISH

The spiritual atmosphere is made up of five levels of the soul and ten S'firot. We need a tool which connects us to the different realms, one at a time. The Kaddish is that tool and it is also the channel through which the Light flows to us.

Yitgadal v'yitkadash sh'meih raba.

*Exalted and sanctified be the Eternal One's great Name.*

{Amein.}

*Amen.*

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and be enthroned in the realm of the Eternal One*

v'yatzmach purkaneih

*and cause redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ,

וַיַּצְמַח פְּרֻקְנֵיהּ

וַיִּקְרַב מְשִׁיחָהּ. {אָמֵן.}

B'chayeichon uvyomeichon

*In our lifetimes and in our days*

uvchayei d'chol beit Yisrael,

*and in the lives of the entire house of Israel,*

ba-agala uvizman kariv,

*quickly and speedily may it come,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

{Y'hei sh'meih raba m'varach

*Let the great Name be blessed*

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

*forever and ever.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and extolled and magnified*

v'yitromam v'yitnasei v'yit-hadar

*and hailed and exalted and honored*

v'yit-aleh v'yit-halal

*and glorified and praised*

sh'meih d'kudsha b'rich hu,

*be the Holy One whose Name is blessed,*

l'eila min kol birchata v'shirata

*who is beyond all blessings or songs*

tushb'chata v'nechemata,

*or praises or words of consolation,*

da-amiran b'al'ma,

*that can be uttered in this world,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעִגְלָא וּבְזְמַן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

{יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.}

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵיהּ דְקֻדְשָׁא בְרִיךְ הוּא,

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשׁוּבָתָא וְנַחֲמָתָא,

דְאֵמִירָן בְּעָלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

## וְהוּא רַחוּם

### 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.

V'hu rachum y'chapeir avon

*The Merciful One is forgiving of iniquity*

v'lo yash-chit,

*and does not destroy,*

v'hirbah l'hashiv apo,

*Who frequently withdraws His anger,*

v'lo ya-ir kol chamato.

*and does not arouse all His wrath.*

Adonai hoshi-ah,

*Hashem grant salvation,*

ha-melech ya-aneinu b'yom koreinu.

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

וְהוּא רַחוּם יְכַפֵּר עוֹן

וְלֹא יִשְׁחִית,

וְהִרְבָּה לְהַשִּׁיב אָפוֹ,

וְלֹא יַעִיר כּוֹל חַמָּתּוֹ.

יְהוּה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קִרְאָנוּ.

# ברכות קריאת שמע

## BLESSINGS OF THE SH'MA

The Zohar states, "All sacred acts require summoning." The Bar'chu is a call for us to declare the Creator as the source of all blessings and begins this section of preparation for our recitation of the Sh'ma. This blessing connects us to all five levels of our soul.

*Bend the knees and bow at the words "Bar'chu" and "Baruch" and stand upright at the Divine Name.*

### BAR'CHU

*Leader:*

בְּרַכּוּ אֶת יְהוָה הַמְּבָרֵךְ!

Bar'chu et Adonai ham'vorach!

*Praise Hashem to Whom praise is due!*

*The group says the following which is repeated by the leader:*

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד!

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

*Praised be Hashem to Whom praise is due, now and forever!*

## 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 Hashem,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

asher bidvaro ma-ariv aravim,

*who brings on the evening twilight,*

b'chochmah potei-ach sh'arim,

*with wisdom You open the gates of dawn,*

uvitvunah m'shaneh itim,

*and with foresight You make time pass,*

umachalif et haz'manim,

*and make the seasons change,*

umsadeir et hakochavim

*You order the stars in their courses,*

b'mishm'roteihem baraki-a kirtzono. .

*Your will keeping them in the sky.*

Borei yom valailah,

*You create the day and the night,*

goleil or mip'nei choshech,

*turning light into darkness,*

v'choshech mip'nei or.

*and darkness into light.*

Uma-avir yom umeivi lailah,

*You make the day fade away and bring on the night,*

umavdil bein yom uvein lailah,

*separating the day from the night,*

Adonai, tz'va-ot sh'mo.

*Hashem, Ruler of the hosts of heaven.*

Eil chai v'kayam,

*Eternal Source of Life,*

tamid yimloch aleinu l'olam va-ed. .

*the universe is fixed within You for ever and ever.*

Baruch atah Adonai,

*Blessed are You Hashem,*

hama-ariv aravim.

*who brings on the evening twilight.*

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.

# אהבת עולם

## AHAVAT OLAM

The purpose of this blessing is to inspire us with a love of the world and other people. We are reminded of the Creator's love for us, the expression of which is through the gift of Torah.

Ahavat olam beit Yisrael,  
*Everlasting is Your love for the House of Israel,*  
 am'cha ahavta.  
*You have loved Your people.*  
 Torah umitzvot,  
*Torah and commandments,*  
 chukim umishpatim otanu limadta.  
*laws and precepts You have taught us.*

Al kein Adonai Eloheinu,  
*Therefore Hashem our Elohim,*  
 b'shochbeinu uvkumeinu  
*when we lie down and when we rise*  
 nasi-ach b'chukecha,  
*we will meditate on Your laws,*  
 v'nismach b'divrei Toratecha  
*and we will rejoice in Your Torah*  
 uvmitzvotecha l'olam va-ed.  
*and Your commandments forever and ever.*

Ki heim chayeinu v'orech yameinu,  
*For they are our life and length of our days,*  
 uvahem neh-geh yomam valailah,  
*and we will reflect on them day and night,*  
 v'ahavat'cha al tasir  
*may Your love never depart*  
 mimenu l'olamim.  
*from our hearts.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 ohev amo Yisrael.  
*who loves Your people Israel.*

אֶהֱבֵת עוֹלָם בֵּית יִשְׂרָאֵל,  
 עִמָּךְ אֶהְבֵּת,  
 תּוֹרָה וּמִצְוֹת,  
 חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת.

עַל כֵּן יְהוָה אֱלֹהֵינוּ,  
 בְּשׁוֹכְבֵינוּ וּבְקוּמֵנו  
 נִשְׂיַח בְּחֻקֶיךָ,  
 וְנִשְׂמַח בְּדִבְרֵי תוֹרָתְךָ  
 וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.

כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ,  
 וּבָהֶם נִהְגֶה יוֹמָם וְלַיְלָה,  
 וְאַהֲבַתְךָ אֵל תִּסִּיר  
 מִמֶּנּוּ לְעוֹלָמִים.

בָּרוּךְ 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. It brings us into consciousness of the Oneness of Ain Sof, opening our awareness that the Creator is within and without.

Before we begin the Sh'ma, we must think about the concept of loving our neighbors as we love ourselves. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation.

The first verse of the Sh'ma channels the energy of the Upper Worlds, also known as Zeir Anpin. The second verse expresses that energy in our world, known as Malchut. We cover our eyes for the first line of the Sh'ma. We emphasize the final letter dalet of the last word "echad", which means "one". The enlarged letters, ayin and dalet, combine to form the Hebrew word "eid" which means "witness". This reminds us that we are witnesses of the Light in this world and that the Creator desires unity for all humankind.

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 Tetragrammaton and contains a certain number of words. In the first we find 42 words that connect us to the Ana B'choach, in the second we find 72 words that connect us to the 72 Names of the Creator, the third section has 50 words which link us to the 50 gates of Light contained within the S'firah of Binah, and the final section is another connection to the 72 Names.

# שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

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

# בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va-ed!

*Blessed is Your glorious Name, Your Realm is for ever and ever!*



V'ahavta et Adonai Elohecha

*You shall love Hashem Your Elohim,*

b'chol l'vav'cha uvchol naf-sh'cha

*with all your heart and with all your soul,*

uvchol m'odecha.

*and with all your being.*

V'hayu had'varim ha-eileh 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'shiv-t'cha b'veitecha uvlech-t'cha

*and while sitting in your house and while walking along*

vaderech uvshoch-b'cha, uvkumecha.

*the way and upon lying down and upon rising.*

Uk-shartam 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.*

Uch-tavtam al m'zuzot

*And you shall write them upon the doorposts*

beitecha uvsharecha.

*of your house and your gates.*

וְאֶהְבֶּתְךָ אֶת יְהוָה אֱלֹהֶיךָ

בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ

וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר

אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ:

וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ בָם

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ

בְּדַרְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וְכָתַבְתָּם עַל-מְזוֹזֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:



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 Hashem*

Eloheichem ul-ovdo

*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,*

yoreh umalkosh v'asafta d'ganecha

*first rain and last rain and so you may gather your grain*

וְהָיָה אִם שָׁמַעְתֶּם תְּשִׁמְעוּ

אֶל-מִצְוֹתַי אֲשֶׁר אֲנֹכִי

מְצַוֶּה אֶתְכֶם הַיּוֹם

לְאַהֲבָה אֶת-יְהוָה

אֱלֹהֵיכֶם וּלְעַבְדוֹ

בְּכָל-לִבְבְּכֶם וּבְכָל-נַפְשְׁכֶם:

וְנָתַתִּי מְטָר-אַרְצְכֶם בְּעֵתוֹ

יֹרֵה וּמַלְקוֹשׁ וְאַסַּפְתֶּם דְגַנְךָ

v'tirosh'cha v'yitz-harecha.

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 acheirim v'hishtachavitem

other deities and bow down

lahem.

to them.

V'charah af Adonai bachem v'atzar

Then the anger of Hashem 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 titein et y'vulah

and the earth will no longer yield its produce

va-avad'tem m'heirah mei-al ha-aretz

and you shall be banished quickly from the good land

hatovah asher Adonai notein lachem.

that Hashem has given you.

וְתִירֹשְׁךָ וְיִצְהַרְךָ:

וְנָתַתִּי עֵשֶׂב בְּשַׂדְּךָ לְבִהְמֹתֶךָ

וְאָכַלְתָּ וְשָׂבַעְתָּ:

הִשָּׁמְרוּ לָכֶם פֶּן-יִפְתֶּה

לְבַבְכֶם וְסָרְתֶם וְעַבַּדְתֶּם

אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם

לָהֶם:

וְחָרָה אַף יְהוָה בְּכֶם וְעָצַר

אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר

וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ

וְאֲבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ

הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם:

ך

V'samtem et d'varai eileh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

uk-shartem otam l'ot

and secure them as a sign upon

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 to your children

l'dabeir bam b'shivt'cha b'veitecha

to discuss and as you sit in your home

uvlech-t'cha vaderech uvshoch-b'cha

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

uvkumecha.

and as you rise up.

וְשַׁמַּתֶּם אֶת-דְּבָרֵי אֱלֹהִים

עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם

וְקִשַּׁרְתֶּם אֹתָם לְאוֹת

עַל-יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת

בֵּין עֵינֵיכֶם:

וְלִמַּדְתֶּם אֹתָם אֶת-בְּנֵיכֶם

לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ

וּבְקוּמְךָ:

Uch-tavtam 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 lateit

*Hashem swore to your ancestors to give*

lahem kimei hashamayim

*to them like the days of heaven*

al ha-aretz.

*on earth.*

וְכָתַבְתֶּם עַל־מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיַמֵּי

בְּנֵיכֶם עַל־הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לֵאמֹר

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל־הָאָרֶץ:

ה

Vayomer Adonai el Mosheh leimor:

*Hashem talked to Moses, saying:*

Dabeir el b'nei Yisrael v'amarta

*Speak to the children of Israel and say*

aleihem 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'cheilet.

*fringe.*

V'hayah lachem l'tzitzit ur-item

*And it shall constitute for you tassels and that you may see*

oto uz-chartem et kol mitzvot

*them and remember all the commandments*

Adonai va-asitem otam

*of Hashem and do them*

v'lo taturu acharei l'avchem

*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*

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ

אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית

עַל־כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם

וְנָתַנּוּ עַל־צִיצִית הַכֹּנֶף פֶּתִיל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת־כָּל־מִצְוֹת

יְהוָה וְעָשִׂיתֶם אֹתָם

וְלֹא תִתְּוּ אַחֲרָי לְבַבְכֶם

וְאַחֲרָי עֵינֵיכֶם אֲשֶׁר־אֲתֶם

זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם

אֶת־כָּל־מִצְוֹתַי וְהֵייתֶם

k'doshim l'Eiloheichem.

*holy to your Elohim.*

Ani Adonai Eloheichem asher

*I am Hashem your Elohim who*

hotzeiti etchem mei-eretz Mitzrayim

*brought you out of the land of Egypt*

lih-yot lachem l'Eilohim

*of Egypt to be your own Elohim*

ani Adonai Eloheichem: Emet...

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

*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 Leader continues:*

Adonai Eloheichem emet,

*Hashem your Elohim is true...*

ve-emunah kol zot,

*and faithful is all this,*

v'kayam aleinu, ki hu

*and firmly held by us, that You are*

Adonai Eloheinu v'ein zulato,

*Hashem our Elohim and no other exists,*

va-anachnu Yisrael amo.

*and we are Your people Israel.*

Hapodeinu miyad m'lachim,

*We are delivered quickly from oppressors,*

malkeinu hago-aleinu

*by You our Sovereign,*

mikaf kol he-aritzim.

*from the hands of all tyrants.*

Ha-oseh g'dolot ad ein cheiker,

*You do great things without number,*

v'nifla-ot ad ein mispar.

*wonders beyond count.*

Hasam nafsheinu bachayim,

*You give us our life,*

v'lo natan lamot ragleinu.

*and allow not our feet to slip.*

V'ra-u vanav g'vurato,

*And Your children witnessed Your strength,*

shib'chu v'hodu lishmo.

*and offered praise to Your name.*

Umalchuto v'ratzon kiblu aleihem,

*Your sovereignty they accepted upon themselves,*

Mosheh uvnei Yisrael

*Moses and the children of Israel*

shirah b'simchah rabah,

*sang to You with great rejoicing,*

קְדוּשִׁים לֵאלֹהֵיכֶם:

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר

הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם

לְהֵיוֹת לָכֶם לֵאלֹהִים

אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

יְהוָה אֱלֹהֵיכֶם אֱמֶת,

וְאֱמוּנָה כָּל זֹאת,

וְקַיָּם עָלֵינוּ, כִּי הוּא

יְהוָה אֱלֹהֵינוּ וְאֵין זֹולָתוֹ,

וְאִנְחָנוּ יִשְׂרָאֵל עִמּוֹ.

הַפּוֹדֵנוּ מִיַּד מְלָכִים,

מִלְּכֵנוּ הַגּוֹאֲלֵנוּ

מִכַּף כָּל הָעָרִיצִים.

הָעֹשֶׂה גְדוּלוֹת עַד אֵין חֶקֶר,

וְנִפְלְאוֹת עַד אֵין מִסְפָּר.

הַשֶּׁם נִפְשָׁנוּ בַחַיִּים,

וְלֹא נָתַן לַמוֹט רַגְלֵנוּ.

וְרָאוּ בָנָיו גְבוּרָתוֹ,

שִׁבְּחוּ וְהוֹדוּ לְשִׁמּוֹ.

וּמִלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עָלֵיהֶם,

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל

שִׁירָה בְּשִׂמְחָה רַבָּה,

v'am'ru chulam:

*and all of them said these words:*

Mi chamochah ba-eilim Adonai?

*Who is like You Hashem?*

Mi kamochah nedar bakodesh,

*Who is like You among the gods that are worshipped,*

nora t'hilot, oseih fele?

*extolled in praises, working wonders?*

Malchut'cha ra-u vanecha,

*Your sovereign might was witnessed by Your children,*

bokei-a yam lifnei Mosheh,

*as the sea split they stood with Moses,*

zeh Eili anu v'am'ru:

*and they cried out "This is our Eternal One":*

Adonai yimloch l'olam va-ed.

*Hashem will reign for ever and ever.*

V'ne-emar:

*Thus it is said:*

ki fadah Adonai et Ya-akov,

*"For Hashem redeemed Jacob,*

ugalo miyad chazak mimenu.

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

Baruch atah Adonai, ga-al Yisrael.

*Blessed are You Hashem, Redeemer of Israel.*

וְאָמְרוּ כֻלָּם:

מִי כַמֹּכָה בְּאֱלֹהִים יְהוָה?

מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,

נֹרָא תְהִלָּתוֹ, עֹשֶׂה פִלְאָה?

מִלְכוּתְךָ רָאוּ בְנֵיךָ,

בִּזְקַע יָם לְפָנֵי מֹשֶׁה,

זֶה אֱלֹהֵינוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֵאמַר:

כִּי פָדָה יְהוָה אֶת יַעֲקֹב,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בְּרוּךְ אַתָּה יְהוָה, גֹּאֲלֵי יִשְׂרָאֵל.

## השְׁכִיבֵנוּ HASHKIVEINU

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.

Hashkiveinu Adonai

*May we lie down, Hashem*

Eloheinu l'shalom,

*our Elohim in peace,*

v'ha-amideinu malkeinu l'chayim.

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

Ufros aleinu sukot sh'lomecha,

*Spread over us the shelter of Your peace,*

v'takneinu b'eitzah tovah mil'fanecha,

*guide us with Your good counsel,*

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

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

v'hagein ba-adeinu,

*and protect us for our sake,*

v'haseir mei-aleinu oyeiv, dever,

*and remove from us enemies, disease,*

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

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

satan mil'faneinu umei-achareinu,

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

uvtzeil k'nafecha tas-tireinu,

*Under the shadow of your wings hide us,*

ki Eil shomreinu umatzileinu atah,

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

ki Eil melech chanun v'rachum atah.

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

Ushmor tzeiteinu uvo-einu,

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

l'chayim ulshalom,

*for life and for peace,*

mei-atah v'ad olam.

*from now until eternity.*

Baruch atah Adonai,

*Blessed are You Hashem,*

haporeis sukot shalom aleinu

*Whose shelter of peace is spread over us*

v'al kol amo Yisrael

*and over all the people of Israel*

v'al Y'rushalayim. Amein.

*and upon Jerusalem. Amen.*

הַשְׁכִּיבֵנוּ יְהוָה

אֱלֹהֵינוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וְתִקַּנֵּנוּ בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדָּנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר

שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבִצֵּל כְּנַפֶּיךָ תִּסְתִּירֵנוּ,

כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילָנוּ אַתָּה,

כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה.

וּשְׁמוֹר צֵאתֵנוּ וּבוֹאֵנוּ,

לְחַיִּים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

בָּרוּךְ אַתָּה יְהוָה,

הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל

וְעַל יְרוּשָׁלָּיִם. אָמֵן.

## חֲצִי קַדִּישׁ

### CHATZI KADDISH

The spiritual atmosphere is made up of five levels of the soul and ten S'firot. We need a tool which connects us to the different realms, one at a time. The Kaddish is that tool and it is also the channel through which the Light flows to us.

Yitgadal v'yitkadash sh'meih raba.

*Exalted and sanctified be the Eternal One's great Name.*

{Amein.}

*Amen.*

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and be enthroned in the realm of the Eternal One*

v'yatzmach purkaneih

*and cause redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In our lifetimes and in our days*

uvchayei d'chol beit Yisrael,

*and in the lives of the entire house of Israel,*

ba-agala uvizman kariv,

*quickly and speedily may it come,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

{Y'hei sh'meih raba m'varach

*Let the great Name be blessed*

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

*forever and ever.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and extolled and magnified*

v'yitromam v'yitnasei v'yit-hadar

*and hailed and exalted and honored*

v'yit-aleh v'yit-halal

*and glorified and praised*

sh'meih d'kudsha b'rich hu,

*be the Holy One whose Name is blessed,*

l'eila min kol birchata v'shirata

*who is beyond all blessings or songs*

tushb'chata v'nechemata,

*or praises or words of consolation,*

da-amiran b'al'ma,

*that can be uttered in this world,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

וַיִּתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וַיִּמְלִיךְ מַלְכוּתָהּ,

וַיִּצְמַח פְּרֻקְנָהּ

וַיִּקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר

וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא,

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא

תְּשֻׁבַּחְתָּא וְנַחֲמָתָא,

דְאָמִירָן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

# עמידה

## THE AMIDAH

This section is our opportunity to approach the Creator in private prayer and meditation. Amidah literally means standing. We stand during this series of prayers with our feet firmly together which imitates the angels and shows our reverence for the Most High. The Amidah is the tool which connects us to Atzilut, the world of Ain Sof.

Kabbalah teaches that the Sh'chinah is in exile and that the Light wants to share endlessly with us. This cannot take place until we make a conscious effort to transform our reactive ego nature. Our desire to transform creates a vessel which is filled with the Light we receive during the Amidah.

During this connection the Amidah is chanted by the leader and all participants say "amein" at the end of each prayer. The entire Amidah should be said without interruption, therefore the prefaces to the prayers are not read aloud during this section. As we begin, we take three steps backward that represent withdrawing our attention from the physical world. With complete concentration, we now take three steps forward as we step into the land of Israel, into the city of Jerusalem, and into the Kadosh Hakadashim (the Holy of Holies).

Before beginning the blessings of the Amidah, we invite the Creator's Light to speak through us. This assures that we request those things which bring us fulfillment and offer us opportunities for spiritual transformation.

## ADONAI S'FATAI

אֲדֹנָי שְׁפֹתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

## אבות ואמהות

### AVOT V'IMAHOT

With this blessing we invoke the protective shield of Abraham and connect to the S'firah of Chesed, which is loving-kindness. Sharing is the fruit of Chesed and when we share, we block all forms of negativity.

*We bow during this blessing.*

Baruch atah Adonai Eloheinu  
*Blessed are You Hashem our Elohim*  
 v'Eilohei avoteinu v'imoteinu,  
*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 Racheil,  
*Elohim of Rebecca, Elohim of Rachel,*  
 v'Eilohei Leah. Ha-Eil hagadol  
*and Elohim of Leah. The Almighty the Great One*  
 hagibor v'hanora, Eil elyon,  
*the Mighty One and the Awesome One, Supreme Almighty One*  
 gomeil chasadim tovim,  
*the One who bestows loving-kindness and goodness,*  
 v'koneih hakol,  
*embracing all,*  
 v'zocheir chasdei avot v'imahot,  
*and remembering the loving-kindness of our ancestors,*  
 umeivi go-eil livnei v'neihem,  
*and bringing a redeemer to their descendants,*  
 l'ma-an sh'mo b'ahavah.  
*lovingly for the sake of Your Name.*

Melech ozeir umoshi-a umagein.  
*Sovereign who helps and saves and shields.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 magein Avraham v'ezrat Sarah.  
*shield of Abraham and helper of Sarah.*

ברוך אתה יהוה אלהינו  
 ואלהי אבותינו ואמותינו,  
 אלהי אברהם, אלהי יצחק,  
 אלהי יעקב, אלהי שרה,  
 אלהי רבקה, אלהי רחל,  
 ואלהי לאה. האל הגדול  
 הגבור והנורא, אל עליון,  
 גומל חסדים טובים,  
 וקנה הכל,  
 וזוכר חסדי אבות ואמהות,  
 ומביא גואל לבני בניהם,  
 למען שמו באהבה.

מלך עוזר ומושיע ומגן.

ברוך אתה יהוה,  
 מגן אברהם ועזרת שרה.

## גְּבוּרוֹת G'VUROT

This blessing speaks not only of our future existence but also to awakening daily. It connects us to the energy of Isaac and to the S'firah of G'vurah, which is judgement. It is this energy that takes on the challenge of death and shortens the tikun process.

*We bow during this blessing.*

Atah gibor l'olam Adonai,  
*You are forever mighty Hashem,*  
m'chayeih meitim atah,  
*You renew life beyond death,*  
rav l'hoshi-ah.  
*abundantly able to save.*

**Summer:** Morid hatal.  
*Causing dew to fall.*

**Winter:** Mashiv haruach,  
*Making the wind blow,*  
umorid hagashem.  
*and the rain to fall.*

M'chal-keil chayim b'chesed,  
*You care for the living with mercy,*  
m'chayeih meitim b'rachamim rabim,  
*You renew life beyond death with compassion,*  
someich nof-lim, v'rofei cholim,  
*supporting the fallen, healing the sick,*  
umatir asurim,  
*and releasing the captive,*  
umkayeim emunato lischeinei afar.  
*and keeping faith with those who sleep in the dust.*  
Mi chamocha, ba-al g'vurot!  
*who is like You, Source of might!*  
Umi domeh lach, melech meimit  
*And who resembles You, Sovereign of death*  
umchayeh umatzmi-ach y'shu-ah.  
*and of life and who sows deliverance.*  
V'ne-eman atah l'hachayot meitim.  
*Faithful are You in renewing life beyond death.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
m'chayeih hameitim.  
*who renews life beyond death.*

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

בְּקִיץ: מוֹרִיד הַטָּל.  
בְּחֹרֶף: מְשִׁיב הַרוּחַ,  
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמְתִיר אֲסוּרִים,  
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ, בָּעַל גְּבוּרוֹתוֹ!  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.  
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְהוָה,  
מְחַיֶּה הַמֵּתִים.

## קְדוּשָׁה K'DUSHAH

Through this blessing we acknowledge and emphasize the holiness of the Creator. It connects us to the energy of Jacob, which corresponds to the S'firah of Tiferet. This energy enables us to balance our acts of loving-kindness and judgement toward other people.

*During this blessing we stand on tip-toes each time the word kadosh is said.*

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 Your Name.*

Baruch atah Adonai,

*Blessed are You Hashem,*

ha-Eil hakadosh.

*the holy Almighty One.*

אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ,

וְקְדוּשֵׁים בְּכֹל יוֹם

יְהַלְלוּךָ סֵלָה.

בָּרוּךְ אַתָּה יְהוָה,

הָאֵל הַקְּדוֹשׁ

## 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 chonein l'adam da-at,

*You endow humans with knowledge,*

um-lameid le-enosh binah.

*and teach mortals understanding.*

Choneinu mei-it'cha chochmah

*Graciously share with us Your wisdom*

binah v'haskeil.

*understanding and discernment.*

Baruch atah Adonai,

*Blessed are You Hashem,*

chonein hada-at.

*gracious Giver of knowledge.*

אַתָּה חוֹנֵן לְאָדָם דַּעַת,

וּמְלִמֵּד לְאֶנוֹשׁ בִּינָה.

חֲנֹנֵנוּ מֵאִתְּךָ חֹכְמָה

בִּינָה וְהַשְׂכִּיל.

בָּרוּךְ אַתָּה יְהוָה,

חוֹנֵן הַדַּעַת.

## תשובה

## T'SHUVAH (REPENTANCE)

Hashiveinu avinu l'Toratecha,  
*Return us our Creator to Your Torah,*  
 v'kar'veinu malkeinu la-avodatecha,  
*and draw us our Sovereign to Your service,*  
 v'hachazireinu bit-shuvah sh'leimah  
*and in complete return restore us*  
 l'fanecha.  
*to Your presence*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 harotzeh bit-shuvah.  
*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 "chatanu" and "fashanu" it is a custom to gently strike the left side of the chest with the right fist.*

S'lach lanu, avinu, ki chatanu,  
*Forgive us, our Creator, for our negativity,*  
 m'chal lanu, malkeinu, ki fashanu,  
*pardon us, our Sovereign, for our misdeeds,*  
 ki Eil tov v'solei-ach atah.  
*for You are the One Who is good and forgiving.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 chanun hamarbeh lislach.  
*the gracious One Who abundantly forgives.*

סְלַח לָנוּ, אֲבִינוּ, כִּי חָטָאנוּ,  
 מַחַל לָנוּ, מַלְכֵנוּ, כִּי פָשַׁעְנוּ,  
 כִּי אֵל טוֹב וְסוֹלֵחַ אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,  
 חַנוּן הַמְרַבֵּה לְסִלְחָה.

## גאולה

## G'ULAH (REDEMPTION)

R'eih na v'onyeinu, v'rivah riveinu, רֵאֵה נָא בְּעַנְיֵינוּ, וְרִיבָה רִיבֵנוּ,  
*Please look upon our affliction, and defend our cause,*  
 ugaleinu m'heirah l'ma-an sh'mecha, וּגְאַלְנוּ מְהֵרָה לְמַעַן שְׁמִיךְ,  
*and redeem us speedily for the sake of Your Name,*  
 ki go-eil chazak atah. כִּי גּוֹאֵל חֲזַק אֶתָּה.  
*for You are a powerful Redeemer.*

Baruch atah Adonai, בָּרוּךְ אַתָּה יְהוָה,  
*Blessed are You Hashem,*  
 go-eil Yisrael. גּוֹאֵל יִשְׂרָאֵל.  
*Redeemer of Israel.*

## רפואה

## R'FUAH (HEALING)

R'fa-einu, Adonai, v'neirafei, רַפְּאֵנוּ, יְהוָה, וְנִרְפָּא,  
*Heal us, Hashem, and let us be healed,*  
 hoshi-einu v'nivashei-ah, הוֹשִׁיעֵנוּ וְנוֹשְׁעָה,  
*save us and let us be saved,*  
 ki t'hilateinu atah, כִּי תִהְלֹתֵנוּ אֶתָּה,  
*for the One we praise is You,*  
 v'ha-aleih r'fu-ah sh'leimah וְהַעֲלֵה רְפוּאָה שְׁלֵמָה  
*and bring healing that is complete*  
 l'chol machoteinu. לְכֹל מַכּוֹתֵינוּ.  
*for all our ailments.*

Y'hi ratzon mil'fanecha, יְהִי רָצוֹן מִלְּפָנֶיךָ,  
*May it be Your will,*  
 Adonai Eloheinu יְהוָה אֱלֹהֵינוּ  
*Hashem our Eternal One*  
 v'Eilohei avoteinu v'imoteinu, וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
*and Eternal One of our ancestors,*  
 shetishlach m'heirah r'fu-at שֶׁתִּשְׁלַח מְהֵרָה רְפוּאָה  
*that You swiftly send them renewal,*  
 sh'leimah min hashamayim, שְׁלֵמָה מִן הַשָּׁמַיִם,  
*which is complete, from up above,*  
 r'fu-at hanefesh, urfuat haguf, רְפוּאָה הַנֶּפֶשׁ, וְרְפוּאָת הַגּוּף,  
*renewal of soul, and renewal of body,*  
 l'cholim (names) לְחֹלִים (פְּלוּנִי)  
*to those who are ill (names)*  
 ben/bat (mother's name). בֶּן\בַּת (פְּלוּנִית).  
*son/daughter of (mother's name).*

Ki Eil melech v'rofei

*For O Eternal One, a Sovereign and a Healer  
ne-eman v'rachaman atah.  
who is faithful and compassionate are You.*

Baruch atah Adonai,

*Blessed are You Hashem,*

rofei 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 Arvit on December 4th (Dec. 5th in a year before a civil leap year) through Shacharit of Pesach Day 1.*

Bareich aleinu, Adonai Eloheinu,

*Bless on our behalf, Hashem our Eternal One,*

et hashanah hazot et

*this year and*

kol minei t'vu-atah l'tovah,

*and its abundant crops for good,*

**Summer:** v'tein b'rachah

*and give a blessing*

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

*and give dew and rain for a blessing*

al p'nei ha-adamah,

*upon the face of the earth,*

v'sab'einu mituvecha, uvareich

*and satisfy us with Your goodness, and bless*

sh'nateinu kashanim

*our year like the years*

hatovot livrachah,

*that were good for blessing,*

ki Eil tov umeitiv atah,

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

umvareich hashanim.

*the One Who blesses the years.*

Baruch atah Adonai,

*Blessed are You Hashem,*

m'vareich 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 הָאָדָמָה,

וּשְׂבַעֵנוּ 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'cheiruteinu,  
*Sound the great shofar to proclaim our freedom,*  
 v'sa neis l'kabeitz galuyoteinu,  
*raise a banner to gather our exiles,*  
 v'kab'tzeinu yachad mei-arba  
*and gather us together from the four*  
 kanfot ha-aretz l'artzeinu.  
*corners of the earth to our land.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 m'kabeitz nidchei amo Yisrael.  
*Who gathers the dispersed of Your people Israel.*

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתֵנוּ,  
 וּשְׂא נֵס לְקִבּוּץ 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'vat-chilah,  
*and our advisors as at the beginning,*  
 v'haseir mimenu yagon va-anachah,  
*and remove from us grief and sighing,*  
 umloch aleinu m'heirah atah,  
*and may You reign over us speedily,*  
 Adonai, l'vad'cha  
*Hashem, alone*  
 b'chesed uvrachamim,  
*with kindness and compassion,*  
 v'tzad'keinu b'tzedek uvmishpat.  
*and justify us through righteousness and justice.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 oheiv tz'dakah umishpat.  
*who loves righteousness and justice.*

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

בְּרוּךְ אַתָּה יְהוָה,  
 מֵלֶךְ 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 those who belong to You (Your people)*  
 m'heirah yikareitu,  
*speedily be cut down,*  
 v'hazeidim m'heirah t'akeir utshabeir  
*and the rule of evil may You speedily uproot and break*  
 utmageir ut-chaleim v'tashpileim  
*and cast down and destroy them and pull them down*  
 v'tachni-eim bimheirah v'yameinu.  
*and humble them speedily in our days.*

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

וְלַמְלַשְׁיָנִים אֵל תְּהִי תִקְוָה,  
 וְכָל הַמִּינִים כְּרֵגַע יִאבְדוּ,  
 וְכָל אוֹיְבֵי עַמְךָ  
 מְהֵרָה יִכָּרְתוּ,  
 וְהַזְדִּים מְהֵרָה תִעַקֵּר וְתִשְׁבֵּר  
 וְתִמְגַּר וְתִכְלֵם וְתִשְׁפִּילֵם  
 וְתִכְנִיעֵם בְּמְהֵרָה בְּיָמֵינוּ.  
 בְּרוּךְ אַתָּה יְהוָה,  
 שׁוֹבֵר אוֹיְבִים וּמְכַנְיַע זֵדִים.

## צדיקים

## TZADIKIM (THE RIGHTEOUS)

Al ha-tzadikim v'al hachasidim  
*Upon the righteous and upon the devout*  
 v'al ziknei am'cha beit Yisrael,  
*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,  
*Hashem our Eternal One,*  
 v'tein 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 chelkeinu imahem,  
*and number us among them forever,*

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

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

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 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'lirushalayim 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.*  
 uvnei otah b'karov b'yameinu  
*And may You rebuild it soon in our days*  
 binyan olam, v'chisei David avd'cha  
*as an eternal edifice, and the throne of David Your servant*  
 m'heirah l'tochah tachin.  
*may You establish speedily within it.*

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

וְלִירוּשָׁלַיִם עִירְךָ  
 בְּרַחֲמִים תָּשׁוּב,  
 וְתִשְׁכּוֹן בְּתוֹכָהּ  
 כַּאֲשֶׁר דִּבַּרְתָּ,  
 וּבְנֵה אוֹתָהּ בְּקֶרֶב בְּיָמֵינוּ  
 בְּנֵיזֵן עוֹלָם, וְכִסֵּא דָוִד עַבְדְּךָ  
 מְהֵרָה לְתוֹכָהּ תַּכְיֵן.

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'heirah 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 day long.*

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

אֶת צִמְחַ 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,  
*Parent Who is merciful,*  
 sh'ma koleinu, Adonai Eloheinu,  
*Hear our voice, Hashem our Eternal One,*  
 chus v'racheim aleinu,  
*take pity and have compassion on us,*  
 v'kabeil b'rachamim uvratzon  
*and accept with compassion and favor*  
 et t'filateinu, ki Eil shomei-a  
*our prayer, for the Almighty One who hears*  
 t'filot v'tachanunim atah,  
*prayers and supplications is You,*  
 umi-l'fanecha, malkeinu,  
*from before Yourself, our Sovereign,*  
 reikam al t'shi-einu.  
*do not turn us away empty-handed.*  
 Ki atah shomei-a t'filat  
*For You hear the prayer*  
 am'cha Yisrael b'rachamim.  
*of Your people Israel with compassion.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 shomei-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 תְּפִלַּת  
 עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,  
 שׁוֹמֵעַ תְּפִלָּה.

## עבודה AVODAH

This blessing connects us to the energy of Moses, which corresponds to the S'firah of Netzach. It assists us in recognizing and carrying out the work we are here to do.

R'tzeih, Adonai Eloheinu,  
*Be pleased, Hashem our Elohim,*  
b'am'cha Yisrael,  
*with Your people Israel,*  
v'litfilatam sh'eih,  
*and turn toward their prayer,*  
v'hasheiv et ha-avodah  
*and restore the service*  
lidvir beitecha,  
*to the Holy of Holies of Your Temple,*  
v'ishei Yisrael,  
*and the fire-offerings of Israel,*  
utfilatam m'heirah b'ahavah  
*and their prayer speedily with love*  
t'kabeil b'ratzon,  
*accept with favor,*  
uthi l'ratzon tamid,  
*and may it always be to Your favor,*  
avodat Yisrael amecha.  
*the service of Your people Israel.*

רְצֵה, יְהוָה אֱלֹהֵינוּ,  
בְּעַמְּךָ יִשְׂרָאֵל,  
וּלְתַפְלֹתָם שְׁעֵה,  
וְהָשִׁב אֶת הָעֲבוּדָה  
לְדָבִיר בֵּיתְךָ,  
וְאִשֵּׁי יִשְׂרָאֵל,  
וּתְפִלָּתָם מְהֵרָה בְּאַהֲבָה  
תְּקַבֵּל בְּרָצוֹן,  
וְתִהְיֶה לְרָצוֹן תָּמִיד  
עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

*We say the part in parenthesis only when Shabbat falls on Rosh Chodesh.*

(Eloheinu v'Eilohei avoteinu,  
*Our Eternal One and Eternal One of our ancestors,*  
ya-aleh v'yavo v'yagi-a v'yeira-eh  
*may it rise and come and arrive and appear*  
v'yeiratzech v'yishama v'hipakeid  
*and find favor and be heard and be considered*  
v'yizacheir zichroneinu  
*and be remembered, our remembrance*  
ufikdoneinu 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 Yisrael  
*and the remembrance of Your entire people Israel*  
l'fanecha, lif-leitah, l'tovah,  
*before You, for deliverance, for good,*

(אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
יַעֲלֶה וַיָּבֹא וַיֵּגִיעַ וַיֵּרָא  
וַיֵּרָצֶה וַיִּשְׁמַע וַיִּפְקֹד  
וַיִּזְכֹּר זְכוֹרֹנוּ  
וּפְקֻדוֹנוּ וְזְכוֹרוֹן אֲבוֹתֵינוּ,  
וְזְכוֹרוֹן מָשִׁיחַ בֶּן דָּוִד עַבְדְּךָ,  
וְזְכוֹרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,  
וְזְכוֹרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,

I'chein ulchesed ulrachamim,  
*for grace, kindness and compassion,*  
 ulchayim ulshalom,  
*for life and for peace,*  
 b'ym Rosh ha-Chodesh hazeh.  
*on this day of Rosh Chodesh.*  
 Zochreinu, Adonai Eloheinu,  
*Remember us, Hashem our Eternal One,*  
 bo l'tovah,  
*on it for goodness,*  
 ufakdeinu vo livrachah,  
*and consider us on it for blessing,*  
 v'hoshi-einu vo l'chayim.  
*and deliver us on it for life.*  
 uvid'var y'shu-ah v'rachamim,  
*with the words of deliverance and mercy,*  
 chus v'chaneinu,  
*take pity and be gracious to us,*  
 v'racheim aleinu v'hoshi-einu,  
*and have mercy upon us and save us,*  
 ki Eilecha eineinu,  
*for our eyes turn to You,*  
 ki Eil melech chanun  
*for the One, the Sovereign who is gracious*  
 v'rachum atah.)  
*and compassionate is 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 Hashem,*  
 hamachazir Sh'chinato l'Tziyon.  
*Who restores Your Sh'chinah to Zion.*

לְחַן וְלֶחֶסֶד וְלִרְחֻמִּים,  
 וְלַחַיִּים וְלִשְׁלוֹם,  
 בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.  
 זְכוּרֵנוּ, יְהוָה אֱלֹהֵינוּ,  
 בּוֹ לְטוֹבָה,  
 וּפְקֻדָּנוּ בּוֹ לְבְרָכָה,  
 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.  
 בְּרוּךְ אַתָּה יְהוָה,  
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

## הודאה HODA-AH

This blessing expresses our thanks for protection and divine assistance. It connects us to the energy of Aaron, which corresponds to the S'firah of Hod. We are truly grateful when we translate our spirituality into practical terms.

*We bow at the beginning and at the end of this blessing.*

Modim anachnu lach,  
*We give You thanks,*  
sha-atah hu Adonai Eloheinu,  
*for You are Hashem our Elohim,*  
v'Eilohei avoteinu,  
*and the Elohim of our ancestors,*  
l'olam va-ed.  
*for ever and ever.*  
Tzur chayeinu, magein yisheinu,  
*Rock of our life, Shield of our salvation,*  
atah hu l'dor vador,  
*are You from generation to generation,*  
nodeh l'cha unsapeir t'hilatecha,  
*we thank You and sing Your praises,*  
al chayeinu ham'surim b'yadecha,  
*for our lives which are in Your hands,*  
v'al nishmoteinu hap'kudot lach,  
*and for our souls which are in Your keeping,*  
v'al nisecha sheb'chol yom imanu,  
*and for the signs of Your Presence that are with us everyday,*  
v'al nif'otecha v'tovotecha,  
*and for Your wonders and Your goodness,*  
sheb'chol eit,  
*in every moment,*  
erev vavoker v'tzahorayim.  
*evening and morning and noon.*  
Hatov, ki lo chalu rachamecha,  
*You are goodness, for Your mercy has no end,*  
v'ham'racheim,  
*You are compassionate,*  
ki lo tamu chasadecha,  
*for Your love has no limit,*  
mei-olam kiyinu lach.  
*for ever our hope is in You.*

מוֹדִים אֲנַחְנוּ לָךְ,  
שָׂאתָה הוּא, יְהוָה אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
לְעוֹלָם וָעֶד.  
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,  
אַתָּה הוּא לְדוֹר וָדוֹר,  
נוֹדֶה לָךְ וְנִסְפֵּר תְּהִלָּתְךָ,  
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,  
וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,  
וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,  
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
שֶׁבְּכָל עֵת,  
עָרֵב וּבֹקֵר וְצַהֲרָיִם.  
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
וְהַמְּרַחֵם,  
כִּי לֹא תָמוּ חַסְדֶּיךָ,  
מֵעוֹלָם קוִינֵנוּ לָךְ.

Continue on page 33 with V'AL KULAM, except when it is during the festivals of Chanukah or Purim.

## CHANUKAH/PURIM

Chanukah and Purim connect us to the energy of miracles. The following blessings help us to harness the power of miracles so that we can create them in our life whenever they are truly needed.

Al hanisim, v'al hapurkan,  
*(We thank You) for the miracles, and for the deliverance,*  
 v'al hag'vurot, v'al  
*and for the heroic acts, and for*  
 ha-t'shu-ot, v'al hamilchamot,  
*the salvation, and for the victories,*  
 she-asita la-avoteinu  
*that You performed for our ancestors*  
 bayamim hahem baz'man hazeh.  
*in those days past at this season.*

עַל הַנְּסִיִּים, וְעַל הַפְּרָקָן,  
 וְעַל הַגְּבוּרוֹת, וְעַל  
 הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת,  
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ  
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

## CHANUKAH

Bimei Matit-yahu ben Yochanan  
*In the days of Matityahu the son of Yochanan*  
 kohein gadol, chashmonai uvanav,  
*the high priest, the Hasmonean, and his sons,*  
 k'she-am'dah malchut Yavan  
*when the kingdom of Greece rose up*  
 harsha-ah al am'cha Yisrael  
*-which was wicked- against your people Israel*  
 l'hashkicham Toratecha,  
*to make them forget Your Torah,*  
 ul-ha-aviram meihukei r'tzonecha,  
*and to compel them to stray from the statutes of Your will,*  
 v'atah b'rachamecha harabim  
*but You in Your mercy which is abundant*  
 amadta lahem b'eit tzaratam,  
*stood up for them in the time of their distress,*  
 ravta et rivam,  
*You championed their cause,*  
 danta et dinam,  
*judged their claim,*  
 nakamta et nikmatam,  
*and You avenged their wrong,*  
 masarta giborim b'yad chalashim,  
*You delivered the strong into the hands of the weak,*  
 v'rabim b'yad m'atim,  
*and the many into the hands of the few,*

בַּיָּמִים מִתְּתִיָּהוּ בֶן יוֹחָנָן  
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַי וּבָנָיו,  
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן  
 הָרַשָּׁעָה עַל עַמְּךָ יִשְׂרָאֵל  
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,  
 וּלְהַעֲבִירָם מִחֻקֵּי רְצוֹנְךָ,  
 וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים  
 עָמַדְתָּ לָהֶם בַּעֵת צָרָתָם,  
 רַבַּת אֶת רִיבָם,  
 דִּנְתָּ אֶת דִּינָם,  
 נִקְמַת אֶת נִקְמָתָם,  
 מָסַרְתָּ גְבוּרִים בְּיַד חַלְשִׁים,  
 וְרַבִּים בְּיַד מְעַטִּים,

utmei-im b'yad t'horim,  
*and the pure into the hands of the pure,*  
 ursha-im b'yad tzadikim,  
*and the wicked into the hands of the righteous,*  
 v'zeidim b'yad os'kei Toratecha.  
*and the wrongdoers into the hands of the students of Your Torah.*  
 Ul-cha amita sheim gadol  
*For Yourself you made a name that is great*  
 v'kadosh b'olamecha,  
*and holy in Your world,*  
 ulam'cha Yisrael amita  
*and for Your people Israel You performed*  
 t'shu-ah g'dolah ufurkan  
*a victory of great magnitude and a salvation*  
 k'hayom hazeh. V'achar kein ba-u  
*as this very day. Thereafter came*  
 vanecha lidvir beitecha,  
*Your children to the Holy of Holies of Your House,*  
 ufinu et heichalecha,  
*and cleansed Your Temple,*  
 v'tiharu et mikdashecha,  
*and purified the site of Your Holiness,*  
 v'hidliku neivot  
*and kindled lights*  
 b'chatzrot kodshecha,  
*in the courtyards of Your Sanctuary,*  
 v'kav'u sh'monat y'mei  
*and they established the eight days*  
 Chanukah eilu, l'hodot ul-haleil  
*of Chanukah -these-, to express thanks and praise*  
 l'shimcha hagadol.  
*to Your Name which is great.*

וּטְמֵאִים בְּיַד טְהוֹרִים,  
 וּרְשָׁעִים בְּיַד צַדִּיקִים,  
 וְזֵדִים בְּיַד עוֹסְקֵי תוֹרַתְךָ.  
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל  
 וְקָדוֹשׁ בְּעוֹלָמְךָ,  
 וְלַעֲמֶךָ יִשְׂרָאֵל עָשִׂיתָ  
 תְּשׁוּעָה גְדוֹלָה וּפְרִקָן  
 כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ  
 בְנֵיךָ לְדַבֵּר בְּיַתְּךָ,  
 וּפָנּוּ אֶת הַיְכָלְךָ,  
 וּטְהָרוּ אֶת מִקְדָּשְׁךָ,  
 וְהִדְלִיקוּ נֵרוֹת  
 בְּחִצְרוֹת קֹדֶשְׁךָ,  
 וְקָבְעוּ שְׁמוֹנֵת יָמֵי  
 חֲנֻכַּה אֵלֶיךָ, לְהוֹדוֹת וּלְהַלֵּל  
 לְשִׁמְךָ הַגָּדוֹל.

## PURIM

Bimei Mord'chai v'Estair  
*In the days of Mordechai and Esther*  
 b'Shushan habirah,  
*in the capital of Shushan,*  
 k'she-amad aleihem Haman harasha,  
*when Haman the wicked rose up against them,*  
 bikeish l'hashmid laharog ul-abeid  
*and he sought to destroy, slay, and exterminate*  
 et kol hay'hudim,  
*all the Jews,*  
 mina-ar v'ad zakein, taf v'nashim,  
*from young to old, infants and women,*

בְּיָמֵי מֹרְדֵכַי וְאֶסְתֵּר  
 בְּשׁוּשַׁן הַבִּירָה,  
 כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,  
 בִּקֵּשׁ לְהַשְׁמִיד לְהַרְגוֹ וּלְאַבֵּד  
 אֶת כָּל הַיְהוּדִים,  
 מִנָּעַר וְעַד זָקֵן, טַף וְנָשִׁים,

b'jom echad, bish-loshah asar  
*in one day, on the thirteenth*  
 l'chodesh sh'neim asar,  
*of the twelfth month,*  
 hu chodesh Adar,  
*which is the month of Adar,*  
 ush-lalam lavoz.  
*and their possessions to be plundered.*  
 V'atah b'rachamecha harabim  
*But You in Your abundant mercy*  
 heifarta et atzato,  
*nullified his counsel,*  
 v'kilalta et machashavto,  
*and frustrated his intention,*  
 vahasheivota lo g'mulo b'rosho,  
*and returned to him his recompense upon his own head,*  
 v'talu oto v'et banav  
*and they hanged him and his sons*  
 al haetz.  
*at the gallows.*

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

V'chol ha-chayim yoducha selah,  
*Everything that has life will gratefully acknowledge You forever,*  
 vi-hal'lu vivar'chu et  
*and praise and bless*  
 shimcha be-emet,  
*Your great Name with sincerity,*  
 l'olam ki tov,  
*forever for it is good,*  
 ha-Eil y'shu-ateinu v'ezrateinu selah,  
*O Almighty of our salvation and of our help forever,*  
 ha-Eil hatov.  
*the Almighty One Who is good.*  
 Baruch atah Adonai,  
*Blessed are You Hashem,*  
 hatov shimcha  
*Your name is goodness*  
 ulcha na-eh l'hodot.  
*and You are worthy of thanksgiving.*

בְּיוֹם אֶחָד, בְּשָׁלוֹשָׁה עָשָׂר  
 לְחֹדֶשׁ שְׁנַיִם עָשָׂר,  
 הוּא חֹדֶשׁ אָדָר,  
 וּשְׁלָלָם לְבוֹז.  
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים  
 הִפַּרְתָּ אֶת עֲצָתוֹ,  
 וְקִלַּלְתָּ אֶת מַחְשַׁבְתּוֹ,  
 וְהִשְׁבוֹתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,  
 וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו  
 עַל הָעֵץ.

וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְרַומַם  
 שְׁמֶךָ מַלְכֵנוּ  
 תָּמִיד לְעוֹלָם וָעֶד.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,  
 וַיְהַלְלוּ וַיְבָרְכוּ אֶת  
 שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,  
 לְעוֹלָם כִּי טוֹב,  
 הָאֵל יְשׁוּעָתֵנוּ וְעֲזָרָתֵנוּ סֵלָה,  
 הָאֵל הַטוֹב.  
 בָּרוּךְ אַתָּה יְהוָה,  
 הַטוֹב שְׁמֶךָ  
 וְלֶךָ נֶאֱדָה לְהוֹדוֹת.

# שָׁלוֹם

## SHALOM

This blessing connects us to the energy of Joseph, which corresponds to the S'firah of Yesod. It is a request for, and a declaration of, peace.

You may choose one of the following: either the Sim Shalom below or the Shalom Rav on the next page.

Sim shalom tova uvrachah,

*May peace goodness and blessing,*

chein va-chesed v'rachamim,

*grace and mercy and compassion,*

aleinu v'al kol Yisrael amecha.

*descend upon us and all of Israel and all the world.*

Bar'cheinu Avinu

*Bless us our Parent*

kulanu k'echad b'or panecha,

*all of us together as one with the Light of Your Countenance,*

ki v'or panecha natata lanu,

*for by that Light of Your Countenance You give to us,*

Adonai Eloheinu,

*Hashem our Elohim,*

Torat chayim v'ahavat chesed,

*the Torah of life and to love mercy,*

utzdakah uvracha v'rachamim

*and charity and blessing and compassion*

v'chayim v'shalom.

*and life and peace.*

V'tov b'einecha l'vareich

*For it is good in Your eyes to bless*

et am'cha Yisrael b'chol

*Your people Israel in every*

eit uvchol sha-ah bishlomecha.

*season and in every hour for the sake of Your Name.*

Baruch atah Adonai,

*Blessed are You Hashem,*

ham'vareich et amo

*Who blesses Your people*

Yisrael ba-shalom.

*Israel with peace.*

Yih-yu l'ratzon imrei fi

*May the words of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart be acceptable to You,*

Adonai tzuri v'go-ali.

*Hashem my Rock and Redeemer.*

שִׁים שָׁלוֹם טוֹבָה וּבְרָכָה,

חֵן וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

בְּרַכְנוּ אָבוּנוּ

כָּלֵנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,

כִּי בְּאוֹר פְּנֶיךָ נִתְּתָ לָנוּ,

יְהוָה אֱלֹהֵינוּ,

תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,

וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים

וְחַיִּים וְשָׁלוֹם,

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל

עֵת וּבְכֹל שָׁעָה בְּשִׁלּוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

Shalom rav al Yisrael am'cha

*Abundant peace to Your people Israel*

tasim l'olam.

*offer to them for ever.*

Ki atah hu melech

*for You are the Sovereign*

adon l'chol ha-shalom.

*Ruler of all peace.*

V'tov b'einecha l'vareich

*It is good in Your eyes to bless*

et am'cha Yisrael b'chol

*Your people Israel in every*

eit uvchol sha-ah bishlomecha.

*season and in every hour for the sake of Your Name.*

Baruch atah Adonai,

*Blessed are You Hashem,*

ham'vareich et amo

*Who blesses Your people*

Yisrael ba-shalom.

*Israel with peace.*

Yih-yu l'ratzon imrei fi

*May the words of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart be acceptable to You,*

Adonai tzuri v'go-ali.

*Hashem my Rock and Redeemer.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ  
תָּשִׂים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ.

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ.

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל

עֵת וּבְכֹל שָׁעָה בְּשִׁלּוּמֶךָ.

בָּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בַּשְּׁלוֹם.

יְהִיו לְרָצוֹן אֲמֵרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

# אלהי נצור

## ELOHAI N'TZOR

As we complete the Amidah, we now pray that the energy we have received has affected us in a positive way. We ask for divine assistance in being proactive rather than reactive in every aspect of our life.

Elohai n'tzor l'shoni meira,  
*Elohim please keep my tongue from causing harm,*  
 usfatai midabeir mirmah,  
*and my lips from telling lies,*  
 v'limkal'lai nafshi tidom,  
*and let me be silent if people curse me,*  
 v'nafshi ke-afar lakol tih-yeh.  
*and let my soul be quiet and at peace with all.*  
 P'tach libi b'Toratecha,  
*Open my heart to Your teaching,*  
 v'acharei mitzvot<sup>e</sup>cha tirdof nafshi,  
*and give my soul the will to practice it,*  
 v'chol hakamim alai l'ra-ah  
*and all my foes who seek to do me harm*  
 m'heirah hafeir atzatham  
*may their plans and schemes*  
 v'kalkeil machashavtam.  
*come to nothing.*  
 Aseih l'ma-an sh'mecha,  
*For the sake of Your Name,*  
 aseih l'ma-an y'minecha,  
*for the sake of Your power,*  
 aseih l'ma-an Toratecha,  
*for the sake of Your Torah,*  
 aseih l'ma-an k'dushatecha.  
*for the sake of Your holiness.*  
 L'ma-an yeichaltzun y'didecha,  
*Rescue Your beloved,*  
 hoshi-ah y'min'cha va-aneini.  
*and save me by Your right hand.*

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 the words of my mouth*  
 v'hegyon libi l'fanecha,  
*and the meditation of my heart be acceptable to You,*  
 Adonai tzuri v'go-ali.  
*Hashem my Rock and Redeemer.*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעַ,  
 וּשְׂפָתַי מִדַּבֵּר מִרְמָה,  
 וְלִמְקַלְלֵי נַפְשִׁי תְדוֹם,  
 וְנַפְשִׁי כֶּעָפָר לְכֹל תִּהְיֶה.  
 פְּתַח לְבִי בְּתוֹרַתְךָ,  
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי,  
 וְכֹל הַקָּמִים עָלַי לְרָעָה,  
 מְהִירָה הִפֵּר עֲצָתָם  
 וְקָלְקַל מַחֲשָׁבֹתָם.  
 עֲשֵׂה לְמַעַן שְׁמֶךָ,  
 עֲשֵׂה לְמַעַן יְמִינֶךָ,  
 עֲשֵׂה לְמַעַן תּוֹרַתְךָ,  
 עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.  
 לְמַעַן יַחֲלִצוּן יְדֵיֶיךָ,  
 הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

יְהִיו לְרָצוֹן אֲמָרֵי פִי  
 וְהִגְיוֹן לְבִי לְפָנֶיךָ,  
 יְהוֹה צוּרִי וְגֹאֲלִי.

We now take three steps backward as we retreat from the Divine Presence. We bow left at the first line, right at the second line and to the center for the remaining lines as we offer peace to the world. You may use the part in parenthesis in place of v'al kol ha-olam, only one should be used though.

Oseh shalom bimromav,  
*May the One who makes peace in the high heavens,*  
 hu ya-aseh shalom aleinu,  
*bring this peace upon us,*  
 v'al kol Yisrael v'al kol ha-olam,  
*and upon all Israel and upon all the world,*  
 (v'al kol yosh'vei teiveil,)  
*(and upon all the inhabitants of the earth,)*  
 v'imru amen.  
*and let us say amen.*

עֲשֵׂה שָׁלוֹם בְּמִרְמֵי,   
 הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,   
 וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,   
 (וְעַל כָּל יוֹשְׁבֵי תֵבֵל),   
 וְאָמְרוּ אָמֵן.

Y'hi ratzon mil'fanecha,  
*May it be Your will,*  
 Adonai Eloheinu v'Eilohei avoteinu  
*Hashem our Elohim and Elohim of our ancestors,*  
 sheyibaneh beit hamikdash  
*that You shall rebuild the holy Temple*  
 bimheirah v'yameinu,  
*speedily in our day,*  
 v'tein chelkeinu b'Toratecha.  
*and place our lot in Your Torah.*

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

# 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.

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

Yitgadal v'yitkadash sh'meih raba.

*Let the glory of the Eternal One be extolled.*

{Amein.}

*Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
{אָמֵן}

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and be enthroned in the realm of the Eternal One*

v'yatzmach purkaneih

*and cause redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,  
וַיְמַלִּיךְ מַלְכוּתֵיהּ,  
וַיִּצְמַח פְּרֻקָנֵיהּ  
וַיִּקְרַב מְשִׁיחֵיהּ. {אָמֵן}

B'chayeichon uvyomeichon

*In our lifetime and in our days*

uvchayei d'chol beit Yisrael,

*and in the lives of the entire house of Israel,*

ba-agala uvizman kariv,

*quickly and speedily may it come,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֻגְלָא וּבְזַמַּן קָרִיב,  
וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'hei sh'meih raba m'varach

*Let the great Name be blessed*

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

*forever and ever.*

{יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.}

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and extolled and magnified*

v'yitromam v'yitnasei v'yit-hadar

*and hailed and exalted and honored*

v'yit-aleh v'yit-halal

*and glorified and praised*

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

*be the Holy One whose Name is blessed,*

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר  
וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר  
וַיִּתְעַלֶּה וַיִּתְהַלַּל  
שְׁמֵהּ דְקַדְשָׁא {בְּרִיךְ הוּא},

l'eila min kol birchata

*who is beyond all blessings*

v'shirata tushb'chata v'nechemata,

*or songs or praises or words of consolation,*

da-amiran b'al'ma,

*that can be uttered in this world,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

Titkabeil tz'lot'hon uva-ut'hon

*May the prayers and supplications be accepted*

d'chol beit Yisrael kadam

*of the entire House of Israel before*

avuhon di bishmaya,

*their Parent who is in heaven,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

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

*May there be much peace from heaven,*

v'chayim tovim aleinu,

*and good life upon us,*

v'al kol Yisrael,

*and upon all Israel,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

Oseh shalom bimromav,

*May the One who makes peace in the high heavens,*

hu ya-aseh shalom aleinu,

*bring this peace upon us,*

v'al kol Yisrael v'al kol ha-olam,

*and upon all Israel and upon all the world,*

v'imru Amein. {Amein.}

*and let us say amen. Amen.*

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

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
דְּכָל בֵּית יִשְׂרָאֵל קָדָם  
אָבוּהוֹן דִּי בְשָׁמַיָא,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

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

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

# עֲלֵינוּ

## 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.

**Aleinu l'shabei-ach la-adon hakol,**  
*It is our duty praise the Ruler of all,*  
**la-teit g'dulah l'yotzeir b'reishit,**  
*to recognize the greatness of the Creator of first things,*  
**shelo asanu k'goyei ha-aratzot,**  
*for we were not made like the nations of other lands,*  
**v'lo samanu k'mishp'chot**  
*and did not make us the same as other families*  
**ha-adamah, shelo sam chelkeinu**  
*of the earth, we were not placed in the same situations*  
**kahem, v'goraleinu k'chol hamonam.**  
*as others, and our destiny is not the same as anyone else.*

**Va-anachnu kor'im,**  
*Therefore we kneel,*  
**umishtachavim umodim,**  
*and bow and give thanks,*  
**lifnei melech malchei ham'lachim,**  
*before the Sovereign, Sovereign of all sovereigns,*  
**Hakadosh Baruch Hu.**  
*the Holy and Blessed One.*

**Shehu noteh shamayim**  
*The One who spread out the heavens*  
**v'yoseid aretz, umoshav y'karo**  
*and established the earth, and whose precious dwelling*  
**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.**  
*is our Elohim and there is no other.*  
**Emet malkeinu, efes zulato,**  
*Our Sovereign is truth, and nothing else compares,*  
**kakatuv b'Torato:**  
*as it is written in Your Torah:*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
 שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,  
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת  
 הָאֲדָמָה, שֶׁלֹּא שָׁם חִלְקֵנוּ  
 כָּהֵם, וְגִרְלָנוּ כְּכֹל הַמוֹנִם,

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

שֶׁהוּא נוֹטֵה שָׁמַיִם  
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ  
 בַּשָּׁמַיִם מִמַּעַל,  
 וְשֹׁכֵן עֵזוֹ בְּגִבְהֵי מְרוֹמִים,  
 הוּא אֱלֹהֵינוּ אֵין עוֹד.  
 אֱמֶת מַלְכָּנוּ, אֶפֶס זולָתוֹ,  
 כְּכָתוּב בְּתוֹרָתוֹ:

v'yadata hayom vahasheivota  
*"And you shall know today and take*  
 el l'vavecha, ki Adonai hu  
*to heart, that Hashem 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 kein n'kaveh l'cha  
*Therefore we put our hope in you*  
 Adonai Eloheinu,  
*Hashem our Elohim,*  
 lirot m'heirah b'tiferet uzecha,  
*let us witness the glory of Your power,*  
 l'ha-avir gilulim min ha-aretz,  
*to remove worship of material things from the earth.*  
 v'ha-elilim karot yikareitun,  
*and superstition and prejudice shall at last be cut off,*  
 l'takein olam b'malchut Shadai,  
*to perfect the universe through the reign of the Almighty,*  
 v'chol b'nei vasar yik'ru vishmecha,  
*and all humanity will call upon Your Name,*  
 l'hafnot eilecha kol rishei aretz.  
*and all the wicked of the earth shall turn to You.*  
 Yakiru v'yeid'u kol yosh'vei teiveil,  
*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  
*In Your Presence, Hashem our Elohim,*  
 yichr'u v'yipolu,  
*they will kneel and bow down,*  
 v'lichvod shimcha y'kar yiteinu,  
*and they will give honor to the glory of Your Name,*  
 vikab'lu kulam et ol malchutecha,  
*and all will accept they yoke of Your Sovereignty,*  
 v'timloch aleihem  
*that You may reign over them*  
 m'heirah l'olam va-ed.  
*very soon forever and ever.*  
 Ki ha-malchut she-l'cha hi,  
*For the kingdom is Yours,*  
 ul-ol'mei ad timloch b'chavod,  
*forever 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.

*Hashem will reign forever and ever.*

V'ne-emar, v'hayah Adonai

*Thus it has been said, Hashem will be*

l'melech al kol ha-aretz.

*Sovereign over all the earth,*

Bayom hahu yih-yeh,

*On that day,*

Adonai echad, ushmo echad.

*Hashem will be one, and Hashem's Name will be one.*

יהוה ימלך לעולם ועד.

ונאמר, והיה יהוה

למלך על כל הארץ.

ביום ההוא יהיה

יהוה אחד, ושמו אחד.

# קדיש יתום

## KADDISH YATOM (MOURNER'S KADDISH)

We think of our loved ones who have recently departed from us, those who died at this season in years past, and those whom we have drawn into our hearts with our own.

זכרונם לברכה.

Zichronam livracha.

*May their memories be for blessing.*

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

Yitgadal v'yitkadash sh'meih raba.

*Let the glory of the Eternal One be extolled.*

{Amein.}

*Amen.*

יתגדל ויתקדש שמה רבא.

{אמן}

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and be enthroned in the realm of the Eternal One*

v'yatzmach purkaneih

*and cause redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

בעלמא די ברא כרעותיה,

וימליך מלכותיה,

ויצמח פרקניה

ויקרבו משיחה. {אמן}

B'chayeichon uvyomeichon  
*In our lifetime and in our days*  
 uvchayei d'chol beit Yisrael,  
*and in the lives of the entire house of Israel,*  
 ba-agala uvizman kariv,  
*quickly and speedily may it come,*  
 v'imru Amein. {Amein.}  
*and let us say amen. Amen.*

{Y'hei sh'meih raba m'varach  
*Let the great Name be blessed*  
 l'alam ul-al'mei al'maya.}  
*forever and ever.*

Yitbarach v'yishtabach v'yitpa-ar  
*Blessed and extolled and magnified*  
 v'yitromam v'yitnasei v'yit-hadar  
*and hailed and exalted and honored*  
 v'yit-aleh v'yit-halal  
*and glorified and praised*  
 sh'meih d'kudsha {b'rich hu},  
*be the Holy One whose Name is blessed,*  
 l'eila min kol birchata v'shirata  
*who is beyond all blessings or songs*  
 tushb'chata v'nechemata,  
*or praises or words of consolation,*  
 da-amiran b'al'ma,  
*that can be uttered in this world,*  
 v'imru Amein. {Amein.}  
*and let us say amen. Amen.*

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

Oseh shalom bimromav,  
*May the One who makes peace in the high heavens,*  
 hu ya-aseh shalom aleinu,  
*bring this peace upon us,*  
 v'al kol Yisrael v'al kol ha-olam,  
*and upon all Israel and upon all the world,*  
 v'imru Amein. {Amein.}  
*and let us say amen. Amen.*

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
 וּבְחַיֵּי דְכֹל בֵּית יִשְׂרָאֵל,  
 בְּעִגְלָא וּבְזְמַן קָרִיב,  
 וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ  
 לְעַלְמֵם וּלְעַלְמֵי עַלְמַיָּא.

יְתִבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
 וְיִתְעַלֶּה וְיִתְהַלַּל  
 שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},  
 לְעֵלְא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא  
 תְּשֻׁבְחָתָא וְנַחֲמָתָא,  
 דְאִמְרֵן בְּעַלְמָא,  
 וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
 וְחַיִּים טוֹבִים עָלֵינוּ  
 וְעַל כּוֹל יִשְׂרָאֵל,  
 וְאָמְרוּ אָמֵן. {אָמֵן.}

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,  
 וְעַל כּוֹל יִשְׂרָאֵל וְעַל כּוֹל הָעוֹלָם,  
 וְאָמְרוּ אָמֵן. {אָמֵן.}

# אל תירא

## AL TIRA

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

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

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

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

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

אֶל תִּירָא מִפֶּחַד פְּתָאִים,  
וּמִשְׂאֵת רְשָׁעִים כִּי תָבֹא.

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

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