

WEEKDAY EVENING

עַרְבֵי לַחֹדֶל



Kabbalah4All.com

Connecting Those Who Study Kabbalah Around The Globe™

This Connection is Dedicated to the Loving Memory of Evelyn Barnes Hedges.

We are called unto life, destiny uncertain.
Yet we offer thanks for what we know,
for health and healing, for labor and repose,
for renewal of beauty in earth and sky,
for that blend of human-holy which inspires compassion,
and for hope: eternal, promising light.

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"We Are Called", written by Rabbi Elyse Frishman.

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

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Translated by David-Anthony Curtis and Rebecca Schwartz.

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אנא בכח

THE ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all; this sequence of Hebrew letters is known as the 42-Letter Name of the Creator. When we pray and meditate on this prayer, we are connecting in a very powerful way to the original force of creation and drawing healing energy and protection into our lives.

אָנָא בְּכַח גְּדוּלַת יְמִינָה תַּתִּיר צְרוּרָה.

CHESED
חסד

Ana b'choach g'dulat y'mincha tatir tz'rurah.

Release all those in captivity, we beseech You, Almighty One whose power sets us free.

קִבֵּל רִנַּת עַמְךָ שִׁגְבָנוּ טַהֲרֵנוּ נוֹרָא.

G'VURAH
גבורה

Kabeil rinat amcha sagveinu tahareinu nora.

Accept the singing of all Your people who praise and glorify You alone.

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּכַבַּת שֶׁמַּיִם.

TIFERET
תפארת

Na gibor dorshei yichud'cha k'avavat shomreim.

Preserve those who seek Your unity, guard them like the pupil of the eye.

בְּרַכְּם טַהֲרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גִּמְלֵם.

NETZACH
נצח

Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim.

Bless and purify them and always grant them Your compassionate righteousness.

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נֹהֵל עֲדָתְךָ.

HOD
הוד

Chasin kadosh b'rov tuv'cha naheil adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

יְחִיד גֵּי־עַח לְעַמְךָ פְּנֵיהַ זֹכְרֵי קְדוּשַׁתְּךָ.

Y'SOD
יסוד

Yachid gei-eh l'amcha p'neih zochrei k'dushatecha.

O Exalted One, turn to Your people who remember Your holiness.

שׁוּעָתֵנוּ קִבֵּל וּשְׁמַע צְעָקֵתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת.

MALCHUT
מלכות

Shavateinu kabeil ush'ma tza-akateinu yodei-a ta-alumot.

Turn to us and hear our prayers, You who know all hidden things.

בָּרוּךְ 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!

TIKUN HANEFESH

Tikun Hanefesh literally means "correction of the soul" and represents the Tree of Life as reflected in our bodies. By scanning the combination of the Divine Name in each box, we can bring the Light to that part of our body for healing and balancing. You may use your right hand to guide the energy to the various parts of your body as you scan.

<p>בינה 3 Binah (Left Brain)</p> <p>יהוה Yei Hei Vei Hei</p>	<p>כתר 1 Keter (Skull)</p> <p>יהוה Ya Ha Va Ha</p>	<p>חכמה 2 Chochmah (Right Brain)</p> <p>יהוה Ya Ha Va Ha</p>
<p>5 (Left Eye)</p> <p>יהוה יהוה יהוה יהוה יהוה Yud Hei Vav Hei</p>	<p>9 (Nose) 8</p> <p>יוד הי ואו הי יוד הי ואו הי</p>	<p>4 (Right Eye)</p> <p>יהוה יהוה יהוה יהוה יהוה Yud Hei Vav Hei</p>
<p>7 (Left Ear)</p> <p>יוד הי ואו הי Yud Hei Vav Hei</p>		<p>6 (Right Ear)</p> <p>יוד הי ואו הי Yud Hei Vav Hei</p>
<p>10 (Mouth)</p> <p>יוד הי ואו הי (אהיה) אחה"ע גיב"ק דטלג"ת זמשר"ץ כומ"ף</p>		
<p>גבורה 12 G'vurah (Left Arm)</p> <p>יהוה Y' H' V' H'</p>	<p>תפארת 13 Tiferet (Body)</p> <p>יהוה Yo Ho Vo Ho</p>	<p>חסד 11 Chesed (Right Arm)</p> <p>יהוה Ye He Ve He</p>
<p>הוד 15 Hod (Left Thigh)</p> <p>יהוה Yu Hu Vu Hu</p>	<p>יסוד 16 Y'sod (Reproductive Organs)</p> <p>ינהוניהו Yu Hu Vu Hu</p>	<p>נצח 14 Netzach (Right Thigh)</p> <p>יהוה Yi Hi Vi Hi</p>
	<p>מלכות 17 Malchut (Feet)</p> <p>יהוה Yud Hei Vav Hei</p>	

ANGEL OF THE DAY

Kabbalah teaches that an angel presides over each day of the week. We are able to receive assistance from the angel specific to this day as we scan the blessing for ____.

SUNDAY

יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֵל שְׂדֵי יְאוּלְדָּהּ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֲנֵי בְּכַח גְּדוּלַת יְמִינְךָ תִּתִּיר צְרוּרָה
 אֲבָגִיתָן יְהוָה יְהוָה
 סְמִטּוֹרִיהָ גְזֵרֵי אֵל וְעֵנָאֵל לְמוֹאֵל

ר"ת סגול

MONDAY

יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֵל יְהוָה יְאוּלְדָּהּ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 קָבַל רֵנַת עֵמֶךְ שֶׁגִּבְנוּ טְהַרְנוּ נוֹרָא
 קָרַעַשְׁטָן יְהוָה יְהוָה
 שְׁמַעֵנֵנוּ אֵל אֶהְיָאֵל

ר"ת שוא

TUESDAY

יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֵל אֲדָנִי יְאוּלְדָּהּ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 נָא גְבוּר דּוֹרְשֵׁי יְחוּדְךָ כִּבְבַת שְׁמַרְם
 נְגַדֵיכֶם יְהוָה יְהוָה
 חֲנִיָּאֵל לְהֵדִיָּאֵל מְחֲנִיָּאֵל

ר"ת חלם

WEDNESDAY

יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֵל אֲדָנִי יְאוּלְדָּהּ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 בְּרַכְּם טְהַרְם רַחֲמֵי צְדָקְתְּךָ תְּמִיד גְּמִלְם
 קָרַעַשְׁטָן יְהוָה יְהוָה
 חֲזַקֵּיָאֵל רְהִטֵּיָאֵל קְדֵּיָאֵל

ר"ת חרק

THURSDAY

יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֵל יְהוָה יְאוּלְדָּהּ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 חֲסִין קְדִישׁ בְּרוּב טוֹבְךָ נִהַל עֲדַתְךָ
 חֲקִבְטַנְעַ יְהוָה יְהוָה
 שְׁמוּעֵל רַעֲמִיָּאֵל קְנִיָּאֵל

ר"ת שרק

(הקבוץ מלאכיו בר"ת שורק)

FRIDAY

יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 אֵל שְׂדֵי יְאוּלְדָּהּ הַיּוֹם הַזֶּה וְיָמֵי יְיָ הַיּוֹם הַזֶּה
 יְחִיד גְּאָה לְעֵמֶךְ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ
 יְגַלְפִּזְק יְהוָה יְהוָה וְנִהַו
 שְׁמוּשׁוּיָאֵל רֹפְאֵל קְדוּשׁוּיָאֵל

ר"ת שרק

שמע וברכותיה

THE SH'MA AND ITS BLESSINGS

The following blessings prepare us for the Sh'ma. Kabbalah tells us that the integration of body and soul is a very important component in our transformation. In the Bar'chu, we have two places that a form of this word is used. This word contains the same root as the word "berech" which means knee. Therefore, we bend our knees at the mention of Bar'chu and Baruch and bow as we say Hashem. We do this to acknowledge and praise the Creator, which awakens appreciation for the Light within each and every soul.

BAR'CHU

בְּרַכּוּ אֶת יְהוָה הַמְּבֹרָךְ!

Bar'chu et Adonai ham'vorach!

Praise Hashem to Whom praise is due!

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

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

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

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 the tiniest spark of light can transform darkness.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Eternal One, 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,

um'sadeir 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 mipnei choshech,

turning light into darkness,

v'choshech mipnei 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.

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְרוֹ מַעְרִיב עֲרָבִים,

בְּחָכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחְלִיף אֶת הַזְּמַנִּים,

וּמַסְדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמֹרֶתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעְבִּיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוָה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה,

הַמַּעְרִיב עֲרָבִים.

AHAVAT OLAM

The purpose of this prayer is to inspire us with a love of the world and other people. We are reminded of the Eternal One'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,
 amcha ahavta.
You have loved Your people.
 Torah umitzvot,
Torah and commandments,
 chukim umishpatim otanu limad'ta.
laws and precepts You have taught us.

Al kein Adonai Eloheinu,
Therefore Hashem our Eternal One,
 b'shochbeinu uv'kumeinu
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
 uv'mitzvotecha 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.

אהבת עולם בית ישראל,
 עמך אהבת,
 תורה ומצוות,
 חקים ומשפטים אותנו למדת.

על כן יהוה אלהינו,
 בשכבנו ובקומנו
 נשיח בחקיך,
 ונשמח בדברי תורתך
 ובמצותיך לעולם ועד.

כי הם חיינו וארך ימינו,
 ובהם נהגה יומם ולילה,
 ואהבתך אל תסיר
 ממנו לעולמים.

ברוך אתה יהוה,
 אוהב עמו ישראל.



THE SH'MA

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". We bear witness to the Oneness of the Creator.

Each of the following sections corresponds to one of the letters of the Divine Name 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 connects us to the 72 Names of the Eternal, the third section has 50 words which are our link 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 Eternal One, 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 Eternal One,
 b'chol l'vav'cha, uv-chol naf-sh'cha,
with all your heart, with all your soul,
 uv-chol m'odecha.
and with all your being.

V'hayu had'varim ha-eleh,
And these words which
 asher anochi m'tzav'cha hayom,
I command you on this day,
 al l'vavecha.
shall be upon your heart.

V'shinantam l'vanecha,
And you shall teach them thoroughly to your children,
 v'dibarta bam,
and speak of them,

b'shiv-t'cha b'veitecha,
and while sitting in your house,
 uv-lech-t'cha vaderech,
and while walking along the way,
 uv-shoch-b'cha, uv-kumecha.
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 uvish-arecha.
of your house and your gates.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ,
 בְּכֹל לְבַבְךָ, וּבְכֹל נַפְשְׁךָ,
 וּבְכֹל מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
 אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם,
 עַל לְבַבְךָ.

וְשִׁנַּנְתָּם לְבְנֶיךָ,
 וְדַבַּרְתָּ בָם,

בְּשִׁבְתְּךָ בְּבֵיתְךָ,
 וּבְלַכְתְּךָ בַּדֶּרֶךְ,

וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.

וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ,
 וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.

וְכָתַבְתָּם עַל מְזוֹזוֹת
 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, b'chol
and to serve your Eternal One,

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ
 אֶל מִצְוֹתַי, אֲשֶׁר אֲנֹכִי
 מְצַוֶּה אֶתְכֶם הַיּוֹם,

לְאַהֲבָה אֶת יְהוָה

אֱלֹהֵיכֶם וּלְעַבְדוֹ, בְּכֹל

I'vavchem uv-chol 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,

first rain and last rain,

v'asafta d'ganecha

so you may gather your grain

v'tirosh'cha v'yitz-harecha.

and your wine and your oil.

V'natati eisev b'sad'cha livhemtecha,, ונתתי עשב בשדך לבהמתך,

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

Be careful for yourselves

pen yifteh I'vavchem, v'sartem

lest your heart be seduced, and you turn away

va-avad'tem elohim acheirim

and serve other deities

v'hishtachavitem lahem.

and bow to them.

V'charah af Adonai bachem,

Then the anger of Hashem shall be upon you,

v'atzar et hashamayim v'lo

and Hashem shall seal the heavens

yih'yeh matar, v'ha-adamah

and there shall be no more rain, and the earth

lo titein et y'vulah,

will no longer yield its produce,

va-avad'tem m'heirah

and you shall be banished quickly

mei-al ha-aretz hatovah asher

from the good land that

Adonai notein lachem.

Hashem has given you.

לִבְבְּכֶם וּבְכֹל נַפְשְׁכֶם.

וְנָתַתִּי מִטֶּר אֶרְצְכֶם בְּעֵתוֹ,

יֹרֵה וּמִלְקוֹשׁ,

וְאַסַּפְתָּ דַגְנְךָ

וְתִירֹשְׁךָ וְיִצְהַרְךָ.

וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבְהֵמְתְּךָ,

וְאָכַלְתָּ וּשְׂבַעְתָּ.

הִשָּׁמְרוּ לָכֶם

פֶּן יִפְתֶּה לִבְבְּכֶם, וְסָרְתֶם

וְעַבַדְתֶם אֱלֹהִים אֲחֵרִים

וְהִשְׁתַּחֲוִיתֶם לָהֶם.

וְחָרָה אַף יְהוָה בְּכֶם,

וְעָצַר אֶת הַשָּׁמַיִם וְלֹא

יִהְיֶה מִטֶּר, וְהָאֲדָמָה

לֹא תִתֵּן אֶת יְבוּלָהּ,

וְאָבַדְתֶם מְהֵרָה

מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר

יְהוָה נָתַן לָכֶם.

ך

V'samtem et d'varai eileh al

Set these words of Mine upon your

I'vavchem v'al nafsh'chem,

heart and upon your soul,

uk-shartem otam

and secure them as a sign

וּשְׁמַתֶם אֶת דְּבָרַי אֱלֹהֵי עַל

לִבְבְּכֶם וְעַל נַפְשְׁכֶם,

וּקְשַׁרְתֶם אֹתָם

l'ot al yedchem,
upon your hand,
 v'hayu l'totafot bein eineichem.
and as reminders before your eyes.
 V'limad'tem otam et
And you shall teach them to
 b'neichem l'dabeir bam,
to your children to discuss,
 b'shivt'cha b'veitecha,
and as you sit in your home,
 uv-lecht'cha vaderech,
and as you walk along the way,
 uv-shoch-b'cha, uv-kumecha.
and as you lie down and as you rise up.
 Uch-tavtam al m'zuzot
And write them upon the doorposts
 beitecha uvish-arecha.
of your house and upon your gates.
 L'ma-an yirbu y'meichem vimei
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
Hashem swore to your ancestors
 lateit lahem,
to give them,
 kimei hashamayim al ha-aretz.
like the days of heaven on earth.

לְאוֹת עַל יְדְכֶם,
 וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֵיכֶם.
 וּלְמַדְתֶּם אֹתָם אֶת
 בְּנֵיכֶם לְדַבֵּר בָּם,
 בְּשִׁבְתְּךָ בְּבֵיתְךָ,
 וּבְלַחְתְּךָ בַדֶּרֶךְ,
 וּבְשׁוֹכְבְּךָ, וּבְקוּמְךָ.
 וְכָתַבְתֶּם עַל מְזוּזוֹת
 בֵּיתְךָ וּבִשְׁעָרֶיךָ.
 לְמַעַן יִרְבוּ יְמֵיכֶם וְיַמֵּי
 בְּנֵיכֶם עַל הָאָדָמָה אֲשֶׁר
 נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם
 לָתֵת לָהֶם,
 כִּימֵי הַשָּׁמַיִם עַל הָאָרֶץ.

ה

Vayomer Adonai el Mosheh leimor:
Hashem talked to Moses, saying:
 Dabeir el b'nei Yisrael
Speak to the children of Israel
 v'amarta aleihem,
and say to them,
 v'asu lahem tzitzit
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 put a blue thread on the corner
 t'cheilet. V'hayah lachem l'tzitzit,
fringe. And it shall constitute for you tassels,

וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה לֵאמֹר:
 דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל
 וְאָמַרְתָּ אֲלֵהֶם,
 וַעֲשׂוּ לָהֶם צִיצִית
 עַל כַּנְפֵי בְגָדֵיהֶם לְדוֹרֹתָם,
 וְנָתַנּוּ עַל צִיצִית הַכַּנָּף פִּתְּיֵל
 תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית,

ur-item oto uz-chartem
that you may see it and remember
 et kol mitzvot Adonai,
all the commandments of Hashem,
 va-asitem otam, v'lo taturu
and do them, and not follow
 acharei l'vavchem v'acharei
after your heart and after
 eineichem, asher atem
draw you astray.
 zonim achareihem.
lead to lust.
 L'ma-an tizk'ru va-asitem
That you may remember
 et kol mitzvotai,
all of My commandments,
 vih'yitem k'doshim leiloheichem.
and be holy to your Eternal One.
 Ani Adonai Eloheichem,
I am Hashem your Eternal One,
 asher hotzeiti etchem mei-eretz
who brought you out of the land
 Mitzrayim lih'yot lachem l'Eilohim,
of Egypt to be your own Eternal One,
 ani Adonai Eloheichem.
I am Hashem your Eternal One.

וְרֵאִיתֶם אֶת־וּזְכַּרְתֶּם
 אֶת כָּל מִצְוֹת יְהוָה,
 וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ
 אַחֲרַי לְבַבְכֶם וְאַחֲרַי
 עֵינֵיכֶם, אֲשֶׁר אֲתֶם
 זֹנִים אַחֲרֵיהֶם.
 לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם
 אֶת כָּל מִצְוֹתַי,
 וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
 אֲנִי יְהוָה אֱלֹהֵיכֶם,
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם, לְהִיּוֹת לָכֶם לֵאלֹהִים,
 אֲנִי יְהוָה אֱלֹהֵיכֶם.

EMET VE-EMUNAH

There are two parts to this blessing. The first part reminds us of the Creator's concern for all humanity. The second part, the Mi Chamochah, reassures us that we are never alone.

Emet ve-emunah kol zot,
All of this is true,
 v'kayam aleinu, ki hu
and firmly held by us, that You are
 Adonai Eloheinu v'ein zulato,
Hashem our Eternal One 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.

אֱמֶת וְאֱמוּנָה כָּל זֹאת,
 וְקַיָּם עָלֵינוּ, כִּי הוּא
 יְהוָה אֱלֹהֵינוּ וְאֵין זוּלָתוֹ,
 וְאֲנַחְנוּ יִשְׂרָאֵל עַמּוֹ.
 הַפּוֹדֵנוּ מִיַּד מְלָכִים,
 מַלְכֵנוּ הַגּוֹאֲלֵנוּ
 מִכַּף כָּל הָעָרִיצִים.

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 kib-lu aleihem,

Your sovereignty they accepted upon themselves,

Mosheh uv'nei Yisrael

Moses and the children of Israel

shirah b'simchah rabah,

sang to You with great rejoicing,

v'amru chulam:

and all of them said these words:

Mi chamochah ba-eilim Adonai?

Who is like You Hashem?

Mi kamochah ne'dar 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'amru:

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,

u-g'alo miyad chazak mimenu.

and from a hand stronger than his own."

Baruch atah Adonai,

Blessed are You Hashem,

ga-al Yisrael.

Redeemer of Israel.

הַעֲשֵׂה גְדוּלוֹת עַד אֵין חֶקֶר,

וְנִפְלְאוֹת עַד אֵין מִסְפָּר.

הַשָּׁם נִפְשָׁנוּ בַחַיִּים,

וְלֹא נָתַן לַמּוֹט רַגְלֵנוּ.

וְרָאוּ בָנָיו גְבוּרָתוֹ,

שִׁבְחוּ וְהוֹדוּ לְשִׁמוֹ.

וּמִלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עָלֵיהֶם,

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל

שִׁירָה בְּשִׂמְחָה רַבָּה,

וְאָמְרוּ כֻלָּם:

מִי כַמֹּכָה בְּאֱלֹם יְהוָה?

מִי כַמֹּכָה נְאֻדָּר בִּבְקֹדֶשׁ,

נֹרָא תְהִלָּתוֹ, עֲשֵׂה פִלֵּא?

מִלְכוּתְךָ רָאוּ בְנֵיךָ,

בֹּקַע יָם לְפָנָי מֹשֶׁה,

זֶה אֱלֹהֵינוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֹאמַר:

כִּי פָדָה יְהוָה אֶת יַעֲקֹב,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בְּרוּךְ אַתָּה יְהוָה,

גֹּאֲלֵ יִשְׂרָאֵל.

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 Eternal One, in peace,

v'ha-amideinu shomreinu l'chayim.

and may we arise, our Guardian, to life.

Ufros aleinu sukot sh'lomecha,

Spread over us the shelter of Your peace,

v'takneinu b'eitzah tovah milfanecha,

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 milfaneinu uinei-achareinu,

the Opponent from before us and from behind us,

uv'tzeil 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.

Ush'mor tzeiteinu uvo-einu,

Guard us when we go out and when we return,

l'chayim ul'shalom,

for life and for peace,

mei-atah v'ad olam.

from now until eternity.

Baruch atah Adonai, haporeis

Blessed are You Hashem,

sukat shalom aleinu v'al kol amo

whose shelter of peace is spread over us and over

Yisrael v'al Y'rushalayim. Amen.

all the people of Israel and upon Jerusalem. Amen.

הַשְּׁכִיבֵנוּ יְהוָה

אֱלֹהֵינוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וּתְקַנְנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדֵּנוּ,

וְהִסֵּר מֵעָלֵינוּ אוֹיֵב, דָּבָר,

וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר

שָׂטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבָצַל כְּנַפֶּיךָ תַּסְתִּירֵנוּ,

כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

כִּי אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה.

וּשְׁמֹר צֵאתֵנוּ וּבוֹאֵנוּ,

לְחַיִּים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

בָּרוּךְ אַתָּה יְהוָה, הַפּוֹרֵשׁ

סִכַּת שְׁלוֹם עָלֵינוּ וְעַל כָּל עַמּוֹ

יִשְׂרָאֵל וְעַל כָּל יְרוּשָׁלָיִם. אָמֵן.

Alternate Text (English Verses by Rebecca Schwartz)

Hashkiveinu Adonai

May we lie down, Hashem

Eloheinu l'shalom,

our Eternal One, in peace,

v'ha-amideinu shomreinu l'chayim.

and may we arise, our Guardian, to life.

Ufros aleinu sukat sh'lomecha,

Spread over us the shelter of Your peace.

Ush'mor tzeiteinu uvo-einu,

Guard us when we go out and when we return,

l'chayim ul'shalom,

for life and for peace,

mei-atah v'ad olam.

from now until eternity.

Lay us down in peace, raise us up to life,
spread over us the shelter of Your peace.
Guard us as we go, guard our coming, too,
for life and peace now and ever more.

הַשְׁכִּיבֵנוּ יְהוָה
אֱלֹהֵינוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ שׁוֹמְרֵנוּ לְחַיִּים.
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.
וּשְׁמֹר צֵאתֵנוּ וּבֹאֵנוּ,
לְחַיִּים וּלְשָׁלוֹם,
מֵעַתָּה וְעַד עוֹלָם.

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.

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.

B'alma di v'ra chir-uteih,

Let the great Name be hallowed,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

b'chayeichon uv-yomeichon

in our lifetime and in our days

uvchayei d'chol beit Yisrael,

and in the lives of the entire house of Israel,

ba-agala uviz'man 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'almei almaya.}

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'alma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזְמַן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ אֱלֹהֵי רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקַדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשַׁבַּחְתָּא וְנַחֲמָתָא,

דְאָמִירָן בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

עמידה

THE AMIDAH

This section is the central and most personal part of our connection to the Light. Amidah literally means standing. We stand during this series of prayers with our feet firmly together which imitates the angels, whom Ezekial perceived as having one straight leg. It is important for us to remove all material thoughts from our minds. Naturally a person's brain is active and wandering. The Amidah brings everything into focus. Through it, we connect to the 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.

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 שִׁפְתַי תִּפְתַּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiftach, ufi yagid t'hilatecha.
Eternal One open up my lips, that my mouth may declare Your praise.

THE FIRST BLESSING

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 Eternal One

v'Eilohei avoteinu v'imoteinu,

and Eternal One of our ancestors,

Elohei Avraham, Elohei Yitzchak,

Eternal One of Abraham, Eternal One of Isaac,

Elohei Ya-akov, Elohei Sarah,

Eternal One of Jacob, Eternal One of Sarah,

Elohei Rivkah, Elohei Rachel,

Eternal One of Rebecca, Eternal One of Rachel,

v'Eilohei Leah. Ha-Eil hagadol

and Eternal One of Leah. The Eternal One the Great One

hagibor v'hanora, Eil elyon,

the Mighty One and the Awesome One, Supreme Eternal 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.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

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 וְאִמּוֹת,

וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,

לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה,

מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

THE SECOND BLESSING

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,

um'kayeim 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

um'chayeh 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 גִּבּוֹר לְעוֹלָם אֲדֹנָי,

מְחַיֶּה מֵתִים אַתָּה,

רַב לְהוֹשִׁיעַ.

בקיץ: מוריד הטל.

בחורף: משיב הרוח,

ומוריד הגשם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

וּמַתִּיר אֲסוּרִים,

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.

מִי כְמוֹךָ, בַּעַל גְּבוּרֹתָיו!

וּמִי דוֹמֶה לָךְ, מֶלֶךְ מַמְיֵת

וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְהוָה,

מְחַיֶּה הַמֵּתִים.

THE THIRD BLESSING

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. According to the Kabbalists, this prayer is recited by the angels. Our posture mimics their form and represents their aspiration to be higher than we are.

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.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקְדוֹשִׁים בְּכֹל יוֹם

יְהַלְלוּךָ סֵלָה.

Baruch atah Adonai,

Blessed are You Hashem,

ha-Eil hakadosh.

the holy Eternal One.

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.

Atah chonein l'adam da-at,

You endow humans with knowledge,

um'lameid le-enosh binah.

and teach mortals understanding.

Chaneinu mei-it'cha dei-ah,

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.

חַנּוּנוֹ מֵאֵתְךָ דַּעַת,

בִּינָה וְהַשְׂכִּיל.

בָּרוּךְ אַתָּה יְהוָה,

חוֹנֵן הַדַּעַת.

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,

הַשִּׁיבֵנו אֲבֵינוּ לְתוֹרַתְךָ,

וְקַרְבֵנוּ מִלְכֵנוּ לְעִבּוֹדְתְךָ,

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.

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 mocheil v'solei-ach atah.

for You are the One who pardons and forgives.

Baruch atah Adonai,

Blessed are You Hashem,

chanun hamarbeh lislo-ach.

the gracious One who abundantly forgives.

R'eih v'onyeinu, v'rivah riveinu,

Take note of our affliction, and make our struggles Yours,

ug'aleinu m'heirah l'ma-an sh'mecha,

and redeem us speedily for the sake of Your Name,

ki go-eil chazak atah.

for You are a powerful Redeemer.

Baruch atah Adonai,

Blessed are You Hashem,

go-eil Yisrael.

Redeemer of Israel.

R'fa-einu, Adonai, v'neirafei,

Heal us, Hashem, and let us be healed,

hoshi-einu v'nivashei-ah,

save us and let us be saved,

ki t'hilateinu atah,

for the One we praise is You,

ha-aleih r'fu-ah sh'leimah

bring healing that is complete

l'chol machoteinu.

for all our ailments.

Y'hi ratzon milfanecha,

May it be Your will,

Adonai Eloeinu

Hashem our Eternal One

v'Eilohei avoteinu v'imoteinu,

and Eternal One of our ancestors,

shetishlach m'heirah r'fu-at

that You swiftly send them renewal,

וְהַחֲזִירֵנוּ בְּתְשׁוּבָה שְׁלִמָּה
לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה,

הַרוֹצֵה בְּתְשׁוּבָה.

סַלַּח לָנוּ, אָבִינוּ, כִּי חָטָאנוּ,

מַחַל לָנוּ, מַלְכֵנוּ, כִּי פָשַׁעְנוּ,

כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,

חַנוּן הַמְרַבֵּה לְסַלַּח.

רְאֵה בְּעֵינֵינוּ, וְרִיבָה רִיבֵנוּ,

וּגְאַלְנוּ מִהֲרָה לְמַעַן שְׁמֶךָ,

כִּי גּוֹאֵל חֲזַק אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,

גּוֹאֵל יִשְׂרָאֵל.

רְפָאנוּ, יְהוָה, וְנִרְפָּא,

הוֹשִׁיעֵנוּ וְנוֹשְׁעָה,

כִּי תִהְלַתְנוּ אַתָּה,

הַעֲלֵה רְפוּאָה שְׁלִמָּה

לְכֹל מַכּוֹתֵינוּ.

יְהִי רְצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ,

שֶׁתְּשַׁלַּח מְהֵרָה רְפוּאָה

sh'leimah min hashamayim,
which is complete, from up above,
 r'fu-at hanefesh, ur'fuat 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).
 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.

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'sabeinu mituvecha, uvareich
and satisfy us with Your goodness, and bless
 sh'nateinu kashanim hatovot.
our year like the years that were good.
 Baruch atah Adonai,
Blessed are You Hashem,
 m'vareich hashanim.
who blesses the years.

T'ka b'shofar gadol l'cheiruteinu,
Sound the great shofar to proclaim our freedom,
 v'sa neis l'kabeitz la-ashukeinu,
raise a banner to gather our oppressed,
 v'kab'einu yachar mei-arba
and gather us together from the four
 kanfot ha-aretz.
corners of the earth.
 Baruch atah Adonai,
Blessed are You Hashem,
 podeh ashukim.
who redeems the oppressed.

שְׁלִמָה מִן הַשָּׁמַיִם,
 רְפוּאָה הַנֶּפֶשׁ, וְרְפוּאָת הַגּוּף,
 לְחֹלִים (פְּלוּנִי)
 בֶּן\בַּת (פְּלוּנִית).
 כִּי אֵל מֶלֶךְ רוֹפֵא
 נְאֻמָּן וְרַחֲמָן אַתָּה.
 בְּרוּךְ אַתָּה יְהוָה,
 רוֹפֵא הַחֹלִים.

בְּרַךְ עַלְיֵנוּ, יְהוָה אֱלֹהֵינוּ,
 אֶת הַשָּׁנָה הַזֹּאת וְאֶת
 כָּל מִיְּנֵי תְבוּאָתָה לְטוֹבָה,
 בְּקִיץ: וְתֵן בְּרַכָּה
 בַּחֶרֶף: וְתֵן טַל וּמָטָר לְבְרַכָּה
 עַל פְּנֵי הָאֲדָמָה,
 וּשְׂבַעְנוּ מִטוֹבְךָ, וּבְרַךְ
 שְׁנָתְנוּ כַּשָּׁנִים הַטּוֹבוֹת.
 בְּרוּךְ אַתָּה יְהוָה,
 מְבָרַךְ הַשָּׁנִים.

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתְנוּ,
 וְשֵׂא נֵס לְקַבֵּץ לַעֲשׂוּקֵינוּ,
 וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע
 כַּנְפוֹת הָאָרֶץ.
 בְּרוּךְ אַתָּה יְהוָה,
 פּוֹדֵה עֲשׂוּקִים.

Al shof'tei erez sh'foch ruchacha
Pour Your spirit upon the rulers of all lands
 v'hadricheim b'mishp'tei tzidkecha,
and guide them that they may govern with righteousness,
 um'loch aleinu atah, Adonai,
and may You reign over us, Hashem,
 l'vad'cha b'chesed uv'rachamim.
alone with kindness and compassion.
 Baruch atah Adonai,
Blessed are You Hashem,
 oheiv tz'dakah umishpat.
who loves righteousness and justice.

V'larishah al t'hi tikvah,
And for wickedness let there be no hope,
 v'hato-im eilecha yashuvu,
and may all those who err return to You,
 umalchut zadon m'heirah t'shabeir.
and may the realm of wickedness be shattered.
 Baruch atah Adonai,
Blessed are You Hashem,
 shoveir resha min ha-aretz.
whose will it is that wickedness vanish from the earth.

Al ha-tzadikim v'al hachasidim
Upon the righteous and upon the devout
 v'al ziknei amcha beit Yisrael,
and upon the sages of Your people Israel,
 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 l'olam,
and number us among them forever,
 v'lo neivosh ki b'cha batachnu.
and we will not feel ashamed for we our trust in You.
 Baruch atah Adonai,
Blessed are You Hashem,
 mishan umivtach latzadikim.
the support and assurance of the righteous.

V'lirushalayim ir'cha
And to Jerusalem Your city

עַל שׁוֹפְטֵי אֶרֶץ שְׁפוּךְ רוּחְךָ
 וְהַדְרִיכֵם בְּמִשְׁפָּטֵי צְדָקָךָ,
 וּמְלוּךְ עָלֵינוּ אַתָּה, יְהוָה,
 לְבַדְּךָ בְּחֶסֶד וּבְרַחֲמִים.
 בָּרוּךְ אַתָּה יְהוָה,
 אוֹהֵב צְדָקָה וּמִשְׁפָּט.

וְלַרְשָׁעָה אַל תְּהִי תִקְוָה,
 וְהַתּוֹעִים אֵלֶיךָ יָשׁוּבוּ,
 וּמַלְכוּת זָדוֹן מִהֲרָה תִשְׁבֵּר.
 בָּרוּךְ אַתָּה יְהוָה,
 שׁוֹבֵר רָשָׁע מִן הָאָרֶץ.

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים
 וְעַל זְקֵנֵי עַמְּךָ בֵּית יִשְׂרָאֵל,
 וְעַל גֵּירֵי הַצְּדָק וְעָלֵינוּ,
 יִהְיוּ נָא רַחֲמֶיךָ,
 יְהוָה אֱלֹהֵינוּ,
 וְתֵן שָׂכָר טוֹב לְכֹל
 הַבּוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,
 וְשִׂים חֶלְקֵנוּ עִמָּהֶם לְעוֹלָם,
 וְלֹא נִבּוֹשׁ כִּי בָךְ בָּטַחְנוּ.
 בָּרוּךְ אַתָּה יְהוָה,
 מִשֵּׁעַן וּמִבְטָח לַצְּדִיקִים.

וְלִירוּשָׁלַיִם עִירְךָ

b'rachamim tashuv,
in compassion may You return,
 v'tishkon b'tochah
and may You rest within it,
 ca-asher dibarta,
as You have spoken.
 uv'nei otah b'karov b'yameinu
And may You rebuild it soon in our days
 binyan olam, v'chisei David
as an eternal edifice, and the throne of David
 m'heirah l'tochah tachin.
may You establish speedily within it.
 Baruch atah Adonai,
Blessed are You Hashem,
 boneih Y'rushalayim.
who builds Jerusalem.

Emet mei-eretz titzmach,
May truth spring up from the earth,
 v'tzedek mishamayim nishkaf,
may justice look down from the heavens,
 v'keren amcha tarum bishuatecha,
may the strength of Your people flourish through Your salvation,
 ki lishuatecha kiyinu 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.

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 uv'ratzon
and accept with compassion and favor
 et t'filateinu, ki Eil shomei-a
our prayer, for the 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
 amcha Yisrael b'rachamim.
of Your people Israel with compassion.

בְּרַחֲמִים תָּשׁוּב,
 וְתִשְׁכּוֹן בְּתוֹכָהּ
 כַּאֲשֶׁר דִּבַּרְתָּ,
 וּבְנֵה אוֹתָהּ בְּקֶרֶב בְּיָמֵינוּ
 בְּנֵיז עוֹלָם, וְכִסֵּא דָוִד
 מְהֵרָה לְתוֹכָהּ תַּכְיִן.
 בָּרוּךְ אַתָּה יְהוָה,
 בּוֹנֵה יְרוּשָׁלָיִם.

אֱמֶת מֵאֶרֶץ תִּצְמַח,
 וְצֶדֶק מִשָּׁמַיִם נִשְׁקָף,
 וְקֶרֶן עַמְּךָ תָרוּם בִּישׁוּעַתְךָ,
 כִּי לִישׁוּעַתְךָ קִיְנוּ כָּל הַיּוֹם.
 בָּרוּךְ אַתָּה יְהוָה,
 מַצְמִיחַ קֶרֶן יְשׁוּעָה.

שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ,
 חוּס וְרַחֵם עָלֵינוּ,
 וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן
 אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ
 תְּפִלוֹת וְתַחֲנוּנִים אַתָּה,
 וּמִלְּפָנֶיךָ, מַלְכֵנוּ,
 רִיקָם אֶל תְּשִׁיבֵנוּ.
 כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת
 עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.

Baruch atah Adonai,
Blessed are You Hashem,
 shomei-a t'filat.
who hears prayer.

בְּרוּךְ אַתָּה יְהוָה,
 שׁוֹמֵעַ תְּפִלָּה.

THE FIRST FINAL BLESSING

We now begin the final blessings of the Amidah which bring down all the spiritual energy we have aroused thus far with our prayers. 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 Eternal One,
 b'amcha Yisrael,
with Your people Israel,
 u-t'filatam b'ahavah t'kabeil,
and accept our prayers with love,
 u-t'hi l'ratzon tamid,
and may it always be pleasing,
 avodat Yisrael amecha.
the service of Your people Israel.

רְצֵה, יְהוָה אֱלֹהֵינוּ,
 בְּעַמְּךָ יִשְׂרָאֵל,
 וּבְתַפִּלָּתָם בְּאַהֲבָה תִקְבַּל,
 וְתִהְיֶה לְרִצּוֹן תָּמִיד,
 עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

Baruch atah Adonai,
Blessed are You Hashem,
 she-otcha l'vadcha b'yirah na-avod.
it is You alone that we serve in awe.

בְּרוּךְ אַתָּה יְהוָה,
 שְׂאוֹתְךָ לְבִדְךָ בְּיִרְאָה נַעֲבֹד.

ROSH CHODESH & PESACH

On Rosh Chodesh and during Pesach, there is extra energy available to us. This blessing connects us to the energy of those times.

Eloheinu v'Eilohei doroteinu,
Our Eternal One and Eternal One of all generations,
 ya-aleh v'yavo,
may Your regard,
 v'yizacheir zichroneinu v'zichron
and concern for us be remembered and remember
 kol amcha beit Yisrael l'fanecha,
all people of the house of Israel before You,
 l'tovah, l'chein ul'chesed
in goodness, favor with mercy

אֱלֹהֵינוּ וְאֱלֹהֵי דוֹרוֹתֵינוּ,
 יַעֲלֶה וְיָבֹא,
 וְיִזְכֹּר זְכוֹרֵנוּ וְזִכְרוֹן
 כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ,
 לְטוֹבָה, לְחֵן וּלְחֶסֶד

ul'rachamim, l'chayim ul'shalom,
and compassion, life and peace,
b'yom

on this day of

Rosh Chodesh: Rosh ha-Chodesh hazeh.
the New Moon.

Pesach: Chag ha-Matzot hazeh.
the Feast of Matzah.

Zochreinu Adonai Eloheinu,

Remember us Hashem our Eternal One,

bo l'tovah, Amein.

for good, amen.

Ufokdeinu vo liv'racha, Amein.

And grant us Your blessing, amen.

V'hoshi-einu vo l'chayim tovim, Amein.

And deliver us to a good life, amen.

וְלִרְחָמִים, לְחַיִּים וְלְשָׁלוֹם,
בְּיוֹם

לְרֹאשׁ חֹדֶשׁ: רֹאשׁ הַחֹדֶשׁ הַזֶּה.

לְפֶסַח: חַג הַמַּצּוֹת הַזֶּה.

זְכוּרֵנוּ, יְהוּה אֱלֹהֵינוּ,

בּוֹ לְטוֹבָה, אָמֵן.

וּפְקֹדֵנוּ בּוֹ לְבִרְכָה, אָמֵן.

וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים, אָמֵן.

THE SECOND FINAL BLESSING

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 Eternal One,

v'Eilohei avoteinu v'imoteinu,

and the Eternal One of our ancestors,

l'olam va-ed.

for ever and ever.

Tzur chayeinu, magein yish-einu,

Rock of our life, Shield of our salvation,

atah hu l'dor vador,

are You from generation to generation,

nodeh l'cha un'sapeir 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,

מוֹדִים אַנַּחְנוּ לָךְ,

שָׂאֲתָה הוּא, יְהוּה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,

לְעוֹלָם וָעֶד.

צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,

אַתָּה הוּא לְדוֹר וָדוֹר,

נוֹדֶה לָךְ וְנִסְפֵּר תְּהִלַּתְךָ,

עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,

וְעַל נַשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,

v'al nisecha sheb'chol yom imanu,
and for the signs of Your Presence that are with us everyday,
 v'al nifl'otecha v'tovotecha,
and for Your wonders and Your goodness,
 sheb'chol eit,
in every moment,
 erev vavoker v'tzohorayim.
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.

וְעַל נִסֵּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
 שֶׁבְּכָל עֵת
 עֶרֶב וּבֹקֶר וְצֹהֲרַיִם.

הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,
 וְהַמְּרַחֵם,
 כִּי לֹא תָמוּ חַסְדֶּיךָ,
 מֵעוֹלָם קִוִּינוּ לָךְ.

Continue on page 31 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 הַנִּסִּים, 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-amdah malchut Yavan
when the kingdom of Greece rose up

בַּיָּמִים מִתְּתִיָּהוּ בֶן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנָאִי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן

harsha-ah al amcha 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
 amad'ta 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,
 ut'mei-im b'yad t'horim,
and the pure into the hands of the pure,
 ur'sha-im b'yad tzadikim,
and the wicked into the hands of the righteous,
 v'zeidim b'yad oskei 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,
 ul'amcha Yisrael amita
and for Your people Israel You performed
 t'shu-ah g'dolah ufur'kan
a victory of great magnitude and a salvation
 k'hayom hazeh. V'achar kein ba-u
as this very day. Thereafter came
 vanecha lid'vir 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'kavu sh'monat y'mei
and they established the eight days

הַרְשָׁעָה עַל עַמְךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבַּת אֶת רִיבָם,
 דִּנְתָּ אֶת דִּינָם,
 נִקְמַת אֶת נִקְמָתָם,
 מָסַרְתָּ גִבּוֹרִים בְּיַד חַלְשִׁים,
 וְרַבִּים בְּיַד מְעַטִּים,
 וּטְמֵאִים בְּיַד טְהוֹרִים,
 וְרָשָׁעִים בְּיַד צַדִּיקִים,
 וְזֵדִים בְּיַד עוֹסְקֵי תּוֹרַתְךָ.
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ,
 וּלְעַמְךָ יִשְׂרָאֵל עָשִׂיתָ
 תְּשׁוּעָה גְדוֹלָה וּפְרֻקָּן
 כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ
 בְנֵיךָ לְדַבֵּר בְּיַתְּךָ,
 וּפָנּוּ אֶת הַיְכָלְךָ,
 וּטְהָרוּ אֶת מִקְדָּשְׁךָ,
 וְהִדְלִיקוּ נְרוֹת
 בְּחֻצְרוֹת קֹדֶשְׁךָ,
 וְקָבְעוּ שְׁמוֹנֵת יָמֵי

Chanukah eilu, l'hodot ul'haleil
of Chanukah -these-, to express thanks and praise
 l'shimcha hagadol.
to Your Name which is great.

חֲנֻכָּה אֵלוֹ, לְהוֹדוֹת וּלְהַלֵּיל
 לְשִׁמְךָ הַגָּדוֹל.

PURIM

Bimei Mord'chai v'Esteir
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,
 b'yom 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'kilkalta et machashavto,
and frustrated his intention,
 vahasheyvota 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.

בִּימֵי מֹרְדֵכַי וְאֶסְתֵּר
 בְּשׁוּשַׁן הַבִּירָה,
 כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,
 בִּקֵּשׁ לְהַשְׁמִיד לְהָרוֹג וּלְאַבֵּד
 אֶת כָּל הַיְהוּדִים,
 מִנְּעַר וְעַד זָקֵן, טַף וְנָשִׁים,
 בְּיוֹם אֶחָד, בְּשִׁלּוֹשָׁה עָשָׂר
 לְחֹדֶשׁ שְׁנַיִם עָשָׂר,
 הוּא חֹדֶשׁ אָדָר,
 וּשְׁלָלָם לְבוֹז.
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
 הִפַּרְתָּ אֶת עֲצָתוֹ,
 וְקִלְקַלְתָּ אֶת מַחְשַׁבְתּוֹ,
 וְהִשְׁבוֹתָ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,
 וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו
 עַל הָעֵץ.

V'AL KULAM

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 et shimcha be-emet,

and praise Your name truly,

ha-Eil y'shu-ateinu v'ezrateinu selah.

O Eternal One of our salvation and of our help forever.

Baruch atah Adonai,

Blessed are You Hashem,

hatov shimcha

Your name is goodness

ul'cha na-eh l'hodot.

and You are worthy of thanksgiving.

וְעַל כָּל־מַלְאָכָיו וְיִתְרוֹמָם

שִׁמְךָ מַלְכֵנוּ

תָּמִיד לְעוֹלָם וָעֶד.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהַלְלוּ אֶת שִׁמְךָ בְּאֵמֶת,

הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֵלָה.

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שִׁמְךָ

וְלִךְ נֶאֱדָה לְהוֹדוֹת.

THE THIRD FINAL BLESSING

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.

Shalom rav al Yisrael amcha

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 amcha Yisrael b'chol

Your people Israel in every

eit uv'chol sha-ah bish'lomecha.

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

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ

תָּשִׂים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל

עֵת וּבְכֹל שָׂעָה בְּשְׁלוֹמְךָ.

בָּרוּךְ אַתָּה יְהוָה,

עוֹשֵׂה הַשְּׁלוֹם.

Baruch atah Adonai,

Blessed are You Hashem,

oseh ha-shalom.

Source of peace.

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. We also hope that there is integrity between the thoughts that lie in our hearts and the words we have spoken.

Elohai n'tzor l'shoni meira,
Eternal One please keep my tongue from causing harm,
 us'fatai 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 mitzvotcha 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'mincha va-aneini.
and save me by Your right hand.

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 מִרְעָה,
 וּשְׂפָתַי מִדְּבַר מִרְמָה,
 וְלִמְקַלְלֵי נַפְשִׁי תְדוֹם,
 וְנַפְשִׁי כֶּעָפָר לְכֹל תְּהִיָּה.
 פְּתַח לְבִי בְּתוֹרַתְךָ,
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
 וְכֹל הַקָּמִים עָלַי לְרָעָה,
 מְהִרָה הִפֵּר עֲצָתָם
 וְקָלְקַל מַחֲשָׁבֹתָם.
 עֲשֵׂה לְמַעַן שְׁמֶךָ,
 עֲשֵׂה לְמַעַן יְמִינֶךָ,
 עֲשֵׂה לְמַעַן תּוֹרַתְךָ,
 עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.
 לְמַעַן יִחַלְצוֹן יְדֵיֶיךָ,
 הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

יְהִיו לְרָצוֹן אִמְרֵי 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 yoshvei teiveil,
(and upon all the inhabitants of the earth,)
 v'imru amen.
and let us say amen.

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

We now pause in our connection for private meditation to digest the energy we have received into our soul. A guided meditation may follow.

Y'HI RATZON

Through this blessing we ask that the Temple be rebuilt and that our lot be placed in Torah. What we are really asking is that the Mashiach will come in our day and re-establish the Tree of Life reality in our world.

Y'hi ratzon milfanecha,
May it be Your will,
 Adonai Eloheinu
Hashem our Eternal One
 v'Eilohei avoteinu v'imoteinu,
and Eternal One 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,
 v'sham na-avad'cha b'yir-ah kimei
and there we will serve You with awe as in days
 olam uch-shanim kadmoniyot.
of old and as in ancient years.
 V'arvah l'Adonai minchat Y'hudah
Then to Hashem may the offering be pleasing of Judah
 Virushalayim, kimei olam
and Jerusalem, as in days of old
 uch-shanim kadmoniyot.
and as in ancient years.

יְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוָה אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
 שְׂיִבְנֶה בַּיִת הַמִּקְדָּשׁ
 בְּמַהֲרָה בְּיָמֵינוּ,
 וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ,
 וְשָׁם נַעֲבֹדְךָ בְּיִרְאָה כְּיָמֵי
 עוֹלָם וּכְשָׁנִים קְדָמוֹנִיּוֹת.
 וְעַרְבָּה לַיהוָה מִנְחַת יְהוּדָה
 וִירוּשָׁלַיִם, כְּיָמֵי עוֹלָם
 וּכְשָׁנִים קְדָמוֹנִיּוֹת.

קדיש תתקבל

KADDISH TITKABEL

The Ari revealed that the 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 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 שְׁמֵיהּ רַבָּא.
{אֲמֵן.}

B'alma di v'ra chir-uteih,

Let the great Name be hallowed,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

b'chayeichon uv'yomeichon

in our lifetime and in our days

uv'chayei d'chol beit Yisrael,

and in the lives of the entire house of Israel,

ba-agala uviz'man kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיַמְלִיךְ מַלְכוּתֵיהּ,
בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֲגָלָא וּבְזְמַן קָרִיב,
וְאָמְרוּ אֲמֵן. {אֲמֵן.}

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul'almei almaya.}

forever and ever.

יְיָהּ שְׁמֵיהּ רַבָּא מְבָרַךְ
לְעַלְמֵי עֲלְמֵי עֲלְמֵי אָ.}

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

who is beyond all blessings

v'shirata tushb'chata v'nechemata,

or songs or praises or words of consolation,

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵיהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},
לְעֵלָּא מִן כָּל בִּרְכָתָא
וְשִׁירָתָא תְּשֻׁבְחָתָא וְנַחֲמָתָא,

da-amiran b'alma,
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 bish'maya,
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.

דְּאִמְרָן בְּעֵלְמָא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן
 דְּכֹל בֵּית יִשְׂרָאֵל קָדָם
 אַבּוּהוֹן דִּי בְּשַׁמַּיָּא,
 וְאִמְרוּ אָמֵן. {אָמֵן.}

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
 הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
 וְעַל כֹּל יִשְׂרָאֵל וְעַל כֹּל 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'gov-hei m'romim,
and whose powerful Presence is in the highest heights,
hu Eloheinu ein od.
is our Eternal One 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,
 לְתֵית גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
 שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
 הָאֲדָמָה, שְׁלֹא שָׂם חֵלְקֵנוּ
 כִּהֵם, וְגָרְלָנוּ כְּכֹל הַמוֹנִם,
 וְאַנַּחְנוּ כּוֹרְעִים,
 וּמִשְׁתַּחֲוִים וּמוֹדִים,
 לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,
 הַקְּדוֹשׁ בְּרוּךְ הוּא.
 שֶׁהוּא נוֹטֵה שָׁמַיִם
 וַיֹּסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ
 בַּשָּׁמַיִם מִמָּעַל,
 וְשֹׁכֵנֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים,
 הוּא אֱלֹהֵינוּ אֵין עוֹד.
 אֱמֶת מַלְכֵנוּ, 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 Eternal One 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 Eternal One,
 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'yeidu kol yoshvei teiveil,
May all the inhabitants of the world know and recognize You,
 ki l'cha tich-ra 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 Eternal One,
 yich'ru 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'olmei 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.

יהוה יִמְלֹךְ לְעוֹלָם וָעֶד.

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,

וְנֵאמַר, וְהָיָה יְהוָה
לְמֶלֶךְ עַל כָּל הָאָרֶץ.

Bayom hahu yih'yeh,
On that day,

בַּיּוֹם הַהוּא יִהְיֶה

Adonai echad, ush'mo echad.
Hashem will be one, and Hashem's Name will be one.

יְהוָה אֶחָד, וּשְׁמוֹ אֶחָד.

קדיש אבליים

KADDISH AVEILIM

The Kaddish Aveilim is also known as the 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.

זְכוֹרָנָם לְבִרְכָה.

Zichronam livracha.

May their memories be for blessing.

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

Yitgadal v'yitkadash sh'meih raba.
Let the glory of the Eternal One be extolled.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{Amein.}

{אָמֵן.}

Amen.

B'alma di v'ra chir-uteih,
Let the great Name be hallowed,
v'yamlich malchuteih,
and be enthroned in the realm of the Eternal One

בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ,

b'chayeichon uv'yomeichon
in our lifetime and in our days
uv'chayei d'chol beit Yisrael,
and in the lives of the entire house of Israel,

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

ba-agala uviz'man kariv,
quickly and speedily may it come,

בְּעֻגְלָא וּבְזְמַן קָרִיב,

v'imru Amein. {Amein.}
and let us say amen. Amen.

וְאָמְרוּ אָמֵן. {אָמֵן.}

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ul'almei almaya.}

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'alma,

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.

יְיָ הֵא שְׁמֵהּ רַבָּא מְבָרַךְ
 לְעָלַם וְלְעָלְמֵי עָלְמֵיָא.
 יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
 וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
 וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},
 לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
 תְּשֻׁבְחָתָא וְנַחֲמָתָא,
 דְאִמְרֵן בְּעָלְמָא,
 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.}

During the Omer, the Counting of The Omer is done right after the Evening Connection.

Psalm 27, on the following page, is only recited from Rosh Chodesh Elul thru Sh'mini Atzeret.

תהלים כז

PSALM 27

L'David. Adonai ori v'yishi,
By David. Hashem is my light and my salvation,
mimi ira.

whom shall I fear?

Adonai ma-oz chayai mimi ef-chad.

Hashem the strength of my life, whom shall I dread?

Bikrov alai m'rei-im

When evildoers approach against me

le-echol et b'sari,

to devour my flesh,

tzarai v'oy'vai li,

my tormentors and my foes against me,

heimah kash'lu v'nafalu.

it is they who stumble and fall.

Im tachaneh alai machaneh,

Even if an army were to encamp against me,

lo yira libi,

my heart would not fear,

im takum alai milchamah,

even if a war were to arise against me,

b'zot ani votei-ach.

in this I trust.

Atah she-alti mei-eit Adonai,

One think I asked of Hashem,

otah avakeish,

that I shall seek,

shivti b'veit Adonai kol y'mei chayai,

that I would dwell in Hashem's house all the days of my life,

lachazot b'no-am Adonai,

to behold the delight of Hashem,

ul'vakeir b'heichalo.

and to contemplate in the Eternal's sanctuary.

Ki yitz-p'neini b'sukoh b'yom ra-ah,

For the Eternal will hide me in Its abode on the day of evil,

yastireini b'seiter ahalo,

the Eternal will conceal me in the concealment of Its tent,

b'tzur y'rom'meini.

upon a rock will the Eternal lift me.

V'atah yarum roshi

Now elevated is my head

al oy'vai s'vivotai,

above my enemies around me,

לְדָוִד. יְהוָה אֹרִי וַיְשִׁיעַי,

מִמִּי אֵירָא.

יְהוָה מְעוֹז חַיֵּי מִמִּי אֶפְחָד.

בְּקָרֵב עָלַי מְרַעִים

לֶאֱכֹל אֶת בְּשָׁרִי,

צָרִי וְאֵיבֵי לִי,

הִמָּה כָּשְׁלוֹ וְנִפְלוֹ.

אִם תַּחֲנֶנּה עָלַי מַחֲנֶנּה,

לֹא יִירָא לְבִי,

אִם תִּקְוֶם עָלַי מִלְחָמָה,

בְּזֹאת אֲנִי בֹטֵחַ.

אֶחַת שָׁאַלְתִּי מֵאֵת יְהוָה,

אוֹתָהּ אֲבַקֵּשׁ,

שְׁבִתִּי בְּבֵית יְהוָה כָּל יְמֵי חַיֵּי,

לְחַזוֹת בְּנֹעַם יְהוָה,

וּלְבַקֵּר בְּהֵיכָלוֹ.

כִּי יִצְפְּנֵנִי בְּסֹכָה בְּיוֹם רָעָה,

יִסְתַּרְנִי בְּסֹתֵר אֶהְלוֹ,

בְּצוּר יְרוּמָמְנִי.

וְעִתָּהּ יְרוּם רֹאשִׁי

עַל אֵיבֵי סְבִיבוֹתַי,

v'ezb'chah v'ahalo zivchei t'ru-ah,
and I will slaughter in Its tent offerings with a shout,
asirah va-azam'rah la-Adonai.

and chant praise to Hashem.

Sh'ma Adonai koli ekra,

Hear Hashem my voice when I call,

v'chaneini va-aneini.

show me favor and answer me.

L'cha amar libi, bakshu fanai,

On Your behalf my heart has said, seek My Presence,

et panecha Adonai avakeish.

Your Presence Hashem do I seek.

Al tasteir panecha mimeni,

Do not conceal Your Presence from me,

al tat b'af avdecha.

do not repel in anger Your servant.

Ezrati hayita,

My helper You have been,

al titsheini v'al ta-azveini,

do not abandon me and do not forsake me,

Elohei yishi.

Eternal One of my salvation.

Ki avi v'imi azayuni,

Though my father and my mother have forsaken me,

va-Adonai ya-asfeini.

Hashem will gather me in.

Horeini Adonai darkecha,

Teach me Hashem Your way,

un'cheini b'orah mishor,

and lead me on the path of integrity,

l'ma-an shor'rai.

because of my watchful foes.

Al titneini b'nefesh tzarai,

Do not deliver me to the wishes of my tormentors,

ki kamu vi eidei sheker,

for they have brought forth false witnesses against me,

vifei-ach chamas.

and those who breathe violence.

Lulei he-eman'ti lirot

Had I not trusted that I would see

b'tuv Adonai b'erez chayim.

the goodness of Hashem in the land of life.

Kaveih el Adonai,

Place your hope in Hashem,

chazak v'ya-ameitz libecha,

be strong and the Eternal will instill courage in your heart,

v'kaveih el Adonai.

and place your hope in Hashem.

וְאֶזְבַּחַּהּ בְּאֶהְלוֹ זְבַחֵי תְרוּעָה,

אֲשִׁירָהּ וְאֶזְמְרָהּ לַיהוָה.

שְׁמַע יְהוָה קוֹלִי אֶקְרָא,

וְחַנְּנֵי וְעֲנֵנִי.

לְךָ אָמַר לְבִי, בְּקִשׁוֹ פָנָי,

אֶת פְּנִיךָ יְהוָה אֲבַקֵּשׁ.

אֵל תַּסְתֵּר פְּנִיךָ מִמֶּנִּי,

אֵל תַּט בְּאֵף עַבְדְּךָ.

עֲזַרְתִּי הָיִיתָ,

אֵל תִּטְשֵׁנִי וְאֵל תַּעֲזֹבֵנִי,

אֱלֹהֵי יִשְׁעֵי.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי,

וַיהוָה יֶאֱסֹפֵנִי.

הוֹרֵנִי יְהוָה דְּרֹכְךָ,

וְנַחֲנֵי בְּאֶרֶח מִישׁוֹר,

לְמַעַן שׁוֹרְרֵי.

אֵל תִּתְּנֵנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ בִי עֵדֵי שֶׁקֶר,

וַיִּפַּח חָמָס.

לוֹיֵלָא הָאֶמְנָתִי לְרֹאוֹת

בְּטוֹב יְהוָה בְּאֶרֶץ חַיִּים.

קְוֵה אֶל יְהוָה,

חֲזַק וַיֵּאֱמֵץ לְבָבְךָ,

וְקְוֵה אֶל יְהוָה.