PSALM 150:1-6

HALLU YAH!

Hal'lu El b'kodsho,
hal'luhu birkia uzo.
Hal'luhu bigvurotav,
hal'luhu k'rov gudlo.
Hal'luhu b'teika shofar,
hal'luhu b'neivel v'chinor.
Hal'luhu b'tof umachol,
hal'luhu b'minim v'ugav.
Hal'luhu b'tziltz'lei shama,
hal'luhu b'tziltz'lei t'ruah.

Kol han'shamah t'haleil Yah,

Hal'lu Yah!

ַוֹלְלוּ יָהוּ

הַלְלוּ־אֵל בְּקָדְשׁוֹ,
הַלְלוּהוּ בִּרְקִיעַ עֻזּוֹ.
הַלְלְוּהוּ בִּנְבוּרֹתָיו,
הַלְלְוּהוּ כְּרֹב גִּדְלוֹ.
הַלְלְוּהוּ בְּתֵקַע שׁוֹפָר,
הַלְלְוּהוּ בְּתֵקַע שׁוֹפָר,
הַלְלְוּהוּ בְּתֹנְ וְכְנוֹר.
הַלְלְוּהוּ בְּתֹנְ וּמָחוֹל,
הַלְלְוּהוּ בְּצִלְצְלֵי־שָׁמַע,
הַלְלְוּהוּ בְּצִלְצְלֵי־שָׁמַע,
הַלְלְוּהוּ בְּצִלְצְלֵי־שָׁמַע,
הַלְלְוּהוּ בְּצִלְצְלֵי־תָרוּעָה.
הַלְלְוּהוּ בְּצִלְצְלֵי־תָרוּעָה.
הַלְלוּהוּ הְּצִלְצְלֵי־תָרוּעָה.

בָרוּךְ שֶׁאָמֶר

מוְמור צ"ב

אַשְׁרֵי

מומור קמ"ה

מומור ק"נ

נְשְׁמָת כֶּל חֵי

ישתבת

סְצִי קַדִּישׁ

HALLELUJAH!

Praise God in God's sanctuary;
praise God in the sky, God's stronghold.
Praise God for mighty acts;
praise God for God's exceeding greatness.
Praise God with blasts of the horn;
praise God with harp and lyre.
Praise God with timbrel and dance;
praise God with lute and pipe.
Praise God with resounding cymbals;
praise God with loud-clashing cymbals.
Let all that breathes praise God.
Hallelujah!

מוסור צח-ציט, כים שלום עליכם, מַלְאֲבֵי הַשְּׁרֵת, SHALOM aleichem, malachei hashareit, malachei elyon, לכת דודי מִמֶּלֶדְ מַלְכֵי הַמְּלֶכִים, mimelech malchei ham'lachim, מומור צ"ב-צ"ג הקדוש ברוד הוא. HaKadosh Baruch Hu. שלום עליכם בּוֹאֵכֶם לִשָּׁלוֹם, מֵלְאֲכֵי הַשָּׁלוֹם, Bo-achem l'shalom, malachei hashalom, מַלָאַכֵי עַלְיוֹן, malachei elyon, ממלד מלכי המלכים, mimelech malchei ham'lachim, הַקְּדוֹשׁ בַּרוּדְ הוּא. HaKadosh Baruch Hu. בַּרְכִוּנִי לִשָּׁלוֹם, מַלְאַכֵי הַשָּׁלוֹם, Bar'chuni l'shalom, malachei hashalom, מַלְאַכֵי עַלְיוֹן, malachei elyon, ממלך מלכי המלכים, mimelech malchei ham'lachim, הקדוש ברוד הוא. HaKadosh Baruch Hu. צַאתַכֶם לַשַׁלוֹם, מַלָאַכֵי הַשַּׁלוֹם, Tzeit'chem l'shalom, malachei hashalom, malachei elvon, מִמֶּלֶדְ מַלְכֵי הַמְּלָכִים, mimelech malchei ham'lachim, הקדוש ברוד הוא. HaKadosh Baruch Hu.

PEACE BE TO YOU, O ministering angels, messengers of the Most High, Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High, Majesty of majesties, Holy One of Blessing.

Bless me with peace, O messengers of peace, angels of the Most High, Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High, Majesty of majesties, Holy One of Blessing.

> For Shabbat Evening I, turn to pages 144–145. For Shabbat Evening II, turn to page 263.

שְלוֹם אֲלֵיכֶם Shalom Aleichem — A 17th-century Shabbat table-song (שְׁלוֹם אֲלֵיכֶם Shalom Aleichem — A 17th-century Shabbat table-song (מַלְיכָם shinah), probably composed under the influence of Lurianic Kabbalah, alludes to Shabbat 119b, which states that two angels accompany each person home from the synagogue as Shabbat begins.

Kabbalat HaTorah

Hakafab

Birchot HaTorah

Mi Shebeirach

Hagbahah

Birket HaGomeil

Birchot HaHaftarah

Hachzarat HaTorah

PRAYERS FOR HEALING

MI SHEBEIRACH avoteinu v'imoteinu, Avraham, Yitzchak v'Yaakov, Sarah, Rivkah, Rachel v'Lei-ah, hu y'vareich et hacholim [names]. HaKadosh Baruch Hu yimalei rachamim aleihem, l'hachalimam ul'rapotam ul'hachazikam, v'yishlach lahem m'heirah r'fuah, r'fuah shleimah min hashamayim, r'fuat hanefesh ur'fuat haguf, hashta baagala uvizman kariv. V'nomar: Amen. בְּלֵי שֶׁבַּרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
 אַבְּרָהָם, יִצְּחָק וְיַצְקֹב, שֶׁרָה, רִבְּקָה,
 הַמָּל וְלֵאָה, הוּא יְבָּרַךְ אֶת הַחוֹלִים
 הַמְּים עֲלֵיהֶם, לְהַחֲלִימֶם וּלְרַפֹּאתָם וּלְרַפֹּאתָם וּלְרַפֹּאתָם וּלְרַפֹּאתָם וְלְהַחֲזִיקָם, וְיִשְׁלַח לָהֶם מְהֵרָה
 רְפוּאָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,
 רְפוּאַת הַגְּפֶשׁ וּרְפוּאַת הַגוּף, הַשְׁתָּא בְּעֵלֶל וּבְוּאַת קַרִיב. וְנֹאמַר: אַמֵן.
 בַּעֵלֶל וּבְזְמֵן קָרִיב. וְנֹאמַר: אַמֵן.

MAY THE ONE who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless and heal those who are ill [names]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

MI SHEBEIRACH avoteinu

M'kor hab'rachah l'imoteinu.

בותינוּ שֶׁבֵּרֶדְ אֲבוֹתִינוּ מִקוֹר הַבְּרָכָה לָאִמּוֹתֵינוּ.

May the Source of strength who blessed the ones before us help us find the courage to make our lives a blessing and let us say, Amen.

Mi shebeirach imoteinu

מִי שֶׁבֵּרֶךְ אִמּוֹתֵינוּ מִקוֹר הַבְּרֶכָה לַאֲבוֹתֵינוּ.

M'kor hab'rachah laavoteinu.

Bless those in need of healing with r'fuah sh'leimah, the renewal of body, the renewal of spirit, and let us say, Amen.

BIRKAT HAGOMEIL — בְּרְכֵּת הַגּוֹמֵל — THANKSGIVING BLESSING

Individual recites:

BARUCH ATAH, ADONAI Eloheinu Melech haolam, shegʻmalanu kol tov. בָּרוּדְ אַתָּנה, יְיָ אֱלֹהַינוּ, מֶלֶדְ הָעוֹלָם, שֶׁגְּמָלֵנוּ כָּל טוֹב.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe, who has bestowed every goodness upon us.

Congregation responds:

Amen. Mi sheg'malchem kol tov, Hu yigmolchem kol tov. Selah, אָמֵן. מִי שָׁגְּמָלְכֶם כָּל טוֹב, הוֹא יִגְמָלְכֶם כָּל טוֹב סֶלָה.

Amen. May the One who has bestowed goodness upon us continue to bestow every goodness upon us forever.

Shabbat Minchah T'filah is on pages 344-345.

ברבת הגומל Birkat HaGomeil — may be recited by one who has survived a life-challenging situation.



KABBALAT PANIM - WELCOMING

סולקת הגרות קדוש, ערכיות ברוכים הבאים שיני שבת

BLESSINGS FOR SHABBAT

The candles are lit before the blessing is recited.

BARUCH atah, Adonai Eloheinu, Melech haolam, asher kid'shanu b'mitzvotav, v'tzivanu l'hadlik ner shel Shabbat. בָּרוּךְ אַתָּה, יְיָ אֱלֹהַינוּ, מֶלֶדְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִנֵּנוּ לְהַדְלִיק נֵר שָׁל שִׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to kindle the light of Shabbat.

For Kabbalat Shabbat, turn to page 130.

Shabbat Candle Blessing — The mitzvah of kindling Shabbat lights in the home is an early rabbinic practice (M. Shabbat 2:1ff.) The Shabbat candle blessing is first recorded in the ninth-century prayerbook, Seder Rav Amram. Lighting Shabbat candles as part of the synagogue service is an innovation of Reform Judaism.

Bati Legani (Shir HaShirim 2:9 & 5:1-2)

(Meloldy: R' Zalman Schacter-Shalomi)

Behold who stands behind our wall, gazing from the windows, looking from the lattice. I have come to my garden, My Sister, My Bride; I have gathered My myrrh with My spice. The voice of my Beloved knocks – "Open to me, My Sister, My Love!"

Hinei zeh omeid, akhar kotleinu, akhar kotleinu

Mashgiach min hakhalonot, meitzitz min hakharachim.

Bati legani, Akhoti, Khalah, ariti mori im basami (2x)

Kol dodi dofek, "Pit'khi li!" (2x) "Pit'khi li, Akhoti, Ra'yati, Pit'khi li! Pit'khi li!

Yedid Nefesh

(attributed to R' Elazar ben Moshe Azkiri (1533-1600), melody and English by Steve Berman)

Yedid Nefesh av harachaman, meshoch avdechah el retzonechah, ya'arutz avdechah kmo ayal, yishtachave el mul hadarecha, ye-erav lo yedidotecha, minofet tzuf v'chol ta-am. Sweet friend of my soul, source of kindliness

Draw us again into your gracious favor Then will we rush to you, swift as the deer runs

Bowing before your radiant beauty
Your love is sweeter still than all sweet
savors

Even the honeycomb, dripping with honey.

Hadur, Na'eh, Ziv Ha'olam Nafshi cholat ahavatecha Ana, Eil na, r'fa na lah B'harot lah no'am zivecha. Az titchazeik v'titrapeh V'haitah lah simchat olam.

Beauty and majesty, splendor of the universe

My soul is lovesick with longing for you.

O Eternal One, heal my soul now, I pray
Show her the loveliness of your radiant light

Then will she grow strong and be made whole again

And her joyfulness will be unending.

Candle Blessing

Kiddush, Evening

DODI LI

Welcome

Dodi li vaani lo haro-eh bashoshanim.

דּוֹדִי לִי נַאֲנִי לוֹ הָרֹעֶה בַּשׁוֹשַׁנִּים.

Shabbat Songs

Mi zot olah min hamidbar,

מִי זֹאת עֹלָה מִן־הַמִּדְבָּר,

M'kuteret mor ul'vonah . . .

מְקַשֶּׁרֶת מור וּלְבוֹנָה . . .

Libavtini achoti chalah.

לָבַּבְתְנָי, אֲחֹתִי כַלָּה. עוָּרִי צָפוֹן וּבְוֹאִי תֵימֶן . . .

Uri tzafon uvo-i teiman . . .

My beloved is mine and I am my beloved's who browses among the lilies.

Who is this that comes up from the desert, in clouds of myrrh and frankincense?

You have captured my heart, my sister, my bride.

Awake, O north wind, come, O south wind!

(Song of Songs 2:16; 3:6; 4:9, 16)

KOL DODI

Kol dodi hinei zeh ba,

midaleig al heharim,

m'kapeitz al hag'vaot.

קוֹל דּוֹדִי הִנֵּה זֶה־בָּא, מְדַלֵּג עַל־הֶהָרִים,

מְקַפֵּץ עַל־הַגְּבָעוֹת.

Hark! My beloved comes leaping over the mountains, bounding over the hills.

(Song of Songs 2:8)

KI ESHM'RAH SHABBAT

Ki eshm'rah Shabbat El yishm'reini.

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי.

Ot hi l'olmei ad beino uveini.

אות הִיא לִעוֹלְמֵי עַד בַּינוֹ וּבֵינִי.

When I keep Shabbat, God watches over me. It is a sign forever between God and me.

EILEH CHAMDAH LIBI

Eileh chamdah libi,

chusah na v'al na titalam.

אֵלֶה חָמְדָה לִבִּי, חִוּסָה נָא וְאַל נָא תִּתְעַלֶּם.

God is my heart's desire. Appear! Do not hide.

HINEIH MAH TOV

סדלטת סטרות קודוש, ערכית

Hineih mah tov u'mah na-im shevet achim gam yachad. הָנֵה מַה־טוֹב וּמַה־נָּעִים שֶׁבֶת אַחִים נִּם־יֵחַד.

בְרוּכִים מָבְאִים שִׁירֵי שָׁבַת

How good and how pleasant it is that brothers and sisters dwell together.

(Psalm 133:1)

MAH YAFEH HAYOM

Mah yafeh hayom, Shabbat shalom.

מַה יָפַה הַיּוֹם, שַׁבַּת שַׁלוֹם.

How lovely today is, Shabbat Shalom.

Y'DID NEFESH

Y'did nefesh, av harachaman, m'shoch avd'cha el r'tzonecha. Yarutz avd'cha k'mo ayal, yishtachaveh el mul hadarecha. יְדִיד נֶפֶּשׁ, אָב הָרַחֲמֶן, מְשׁוֹךְ עַבְדְּךְ אֶל רְצוֹנֵךְ. יָרוּץ עַבְדְּךְ כְּמוֹ אַיָּל, יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרֶךְ. יִשְׁתַּחֲוֶה אֶל מוּל הַדָּרֶךְ.

Heart's delight, Source of mercy, draw Your servant into Your arms: I leap like a deer to stand in awe before You.

SHABBAT HAMALKAH

Hachamah meirosh ha-ilanot nistalkah, bo-u v'neitzei likrat Shabbat hamalkah. Hinei hi yoredet, hak'doshah hab'ruchah. V'imah malachim, tz'va shalom um'nuchah. Bo-i bo-i hamalkah, bo-i bo-i hakalah. Shalom aleichem, malachei hashalom. הַחַפֶּה מֵרֹאשׁ הָאִילֶנוֹת נִסְתַּלְקָה, בְּאוּ וְגֵצֵא לִקְרַאת שַׁבָּת הַמֵּלְכֶּה. הִנֵּה הִיא יוֹרֶדֶת, הַקְּדוֹשָׁה הַבְּרוּכָה. וְעִפָּה מֵלְאָכִים, צְבָא שָׁלוֹם וּמְנוּחָה. בְּאִי בְּאִי הַמַּלְכָּה, בְּאִי בְּאִי הַכַּלָּה. שָׁלוֹם עֲלֵיכֶם, מַלְאֲכֵי הַשָּׁלוֹם.

The sun on the treetops no longer is seen; come, gather to welcome the Sabbath, our queen. Behold her descending, the holy, the blessed, and with her the angels of peace and of rest.

Draw near, draw near, and here abide, draw near, draw near, O Sabbath bride.

Peace also to you, you angels of peace.

L'CHAH DODI likrat kalah, p'nei Shabbat n'kab'lah. לְכָה דוֹדִי לִקְרַאת כַּלָּה, פְּנֵי שַׁבָּת נְקַבְּלָה. מָוְמוֹר צ'ה-צ'ט, כ"ט לְכָּה דּוֹדְי מִוְמוֹר צ'ב-צ'ג

שלום צליכם

BELOVED, COME to meet the bride; beloved come to greet Shabbat.

"Keep" and "remember": a single command the Only God caused us to hear; the Eternal is One, God's Name is One; glory and praise are God's.

Likrat Shabbat l'chu v'neilcha, לְקְרֵאת שַׁבָּת לְכוּ וְגֵלְכָה,
ki hi m'kor hab'rachah, פִּי הִיא מְקוֹר הַבְּרֶכָה,
meirosh mikedem n'suchah, מֵרֹאשׁ מָקֶדֶם נְסוּכָה,
sof maaseh b'machashava t'chilah.

Come with me to meet Shabbat, forever a fountain of blessing.

Still it flows, as from the start: the last of days, for which the first was made.

Mikdash Melech, ir m'luchah, מְקְדַּשׁ מֶלֶדְּ עִיר מְלוּכָה, מְקְדַּשׁ מֶלֶדְ עִיר מְלוּכָה, אַנִיר מְלוּכָה, קוֹמִי צְאִי מִתּוֹדְ הַהְפֵּכָה, rav lach shevet b'emek habacha, רב לָדְ שֶׁבֶת בְּעֵמֶק הַבָּכָא, v'hu yachamol alayich chemlah.

Royal shrine, city of kings, rise up and leave your ravaged state. You have dwelt long enough in the valley of tears; now God will shower mercy on you.

Hitnaari, mei-afar kumi, הְתְנַעֲרִי, מֵעֶפֶּר קוּמִי, לְבְשִׁי בִּגְדֵי תִפְאַרְתֵּדְ, עַמִּי, livshi bigdei tifarteich ami, לְבְשִׁי בִּגְדֵי תִפְאַרְתֵּדְ, עַמִּי, al yad ben Yishai Beit haLachmi, על יַד בֶּן יִשִׁי בֵּית הַלַּחְמִי, korvah el nafshi gʻalah.

Lift yourself up! Shake off the dust! Array yourself in beauty, O my people! At hand is Bethlehem's David, Jesse's son, bringing deliverance into my life.

This poem was composed by Shlomo Halevi Alkabetz, 16th-century Safed kabbalist. The first eight verses are arranged acrostically according to the author's name (שָׁלמֹה (חַלֵּיִי).

Psalms 95-99, 29

L'chah Dodi

Pralms 92-93

Shalom Aleichem

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התעוררי, התעוררי,
Hitor'ri, hitor'ri,
                                                כִּי בָא אוֹרָדְ, קוּמִי אַוֹרִי,
ki va oreich, kumi ori,
                                                     עורי עורי, שיר דַבַּרי,
uri uri shir dabeiri,
                                                       כְּבוֹד יִיָּ עָלֵיִדְ נִגְלָה.
k'vod Adonai alayich niglah.
   Awake, awake, your light has come! Arise, shine, awake and sing:
   the Eternal's glory dawns upon you.
                                                  לא תַבְּוֹשִׁי וְלֹא תַכָּלְמִי,
Lo teivoshi v'lo tikalmi,
                                               מה תִּשְׁתּוֹחַחִי וּמַה תַּהָמִי,
mah tishtochachi umah tehemi,
                                                        בַּדְ יַחְסוּ עַנִיי עַמִּי,
bach yechesu aniyei ami,
                                                     וְנְבְנָתָה עיר על תּלָה.
v'nivn'tah ir al tilah.
   An end to shame and degradation; forget your sorrow; quiet your groans. The
   afflicted of my people find respite in you, the city renewed upon its ancient ruins.
                                                     וָהַיוּ לִמִשְׁפַה שׁאַסִידָּ,
                                                                                       (7
V'hayu lim'shisah shosayich,
                                                        ורחקו כל מבלעיד,
v'rachaku kol m'valayich,
                                                        ישיש עליד אלהיד,
yasis alayich Elohayich,
                                                    פמשוש חתן על כַּלָּה.
kimsos chatan al kalah.
   The scavengers are scattered, your devourers have fled;
   as a bridegroom rejoices in his bride, your God takes joy in you.
                                                      ימין ושמאל תפרוצי,
Yamin usmol tifrotzi,
                                                                                       (8
                                                              וָאֶת־יִיָּ תַּעַרִיצִי,
v'et Adonai taaritzi,
                                                     על יַד אִישׁ בֶּן פַּרְצִי,
al yad ish ben partzi,
                                                             ונשמחה ונגילה.
v'nism'chah v'nagilah.
   Your space will be broad, your worship free: await the promised one;
   we will exult, we will sing for joy!
                                              בּוֹאַי בִשָּׁלוֹם עַטֵרֶת בַּעְלָהּ,
Bo-i v'shalom ateret ba'lah,
                                                     גַם בִּשִּׁמְחָה וּבְצָהֶלָה,
gam b'simchah uv'tzoholah,
                                                    תוך אמוני עם סגלה,
toch emunei am s'gulah,
                                                     בּוֹאֵי כַלָּה, בּוֹאֵי כַלָּה.
bo-i chalah, bo-i chalah.
   Enter in peace, O crown of your husband; enter in gladness, enter in joy.
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For those who choose: When the congregation reaches the last verse, beginning בְּוֹאֵי בְּשָׁלוֹם Bo-i v'shalom, Enter in peace, all rise and turn toward the entrance of the sanctuary, as if to greet the Presence of Shabbat.

Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

עַרָבִית לְשַׁבָּת ב׳ AR'VIT L'SHABBAT II – SHABBAT EVENING II

For Candle Lighting and Blessings, turn to page 120. For Kabbalat Shabbat, turn to pages 130–131.

סְצִי קּדִישׁ Chattei Kaddish

YITGADAL v'yitkadash shmeih raba
b'alma di vra chiruteih,
v'yamlich malchuteih
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uvizman kariv,
v'imru: Amen.

Y'hei sh'meih raba m'varach
I'alam ul'almei almaya.
Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit'halal
sh'meih d'kudsha b'rich hu,
I'eila min kol birchata v'shirata,
tushb'chata v'nechemata,

daamiran b'alma, v'imru: Amen.

לתגדל ויתקדש שמה רבא בָּעַלְמַא דִּי בָרָא כָרְעוּתֵהּ, וַיִּמְלִידְ מֵלְכוּתַהּ בְּחַיִּיכוֹן וּבִיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשֹׁרָאֵל, בַּעַגַלָא וּבִּזְמַן קַרִיב, ואמרו: אמן. יהא שמה רבא מברד לעלם וּלעלמי עלמיַא. יִתַבָּרֶדְ וִישְׁתַבַּח וְיִתְפַּאַר ויתרומם ויתנשא, ויתהדר ויתעלה ויתהלל שמה דקדשא בריד הוא, לָעַלָּא מָן כָּל בַּרַכָּתַא וְשִׁירַתַא, תשבחתא ונחמתא, דַּאַמִירָן בָּעַלְמָא, וְאָמָרוּ: אָמֵן.

EXALTED and hallowed be God's great name, in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted,
extolled, glorified, adored, and lauded
be the name of the Holy Blessed One,
beyond all earthly words and songs of blessing, praise, and comfort.

To which we say: Amen.

קצי קריש Chatzi Kaddish — The Kaddish is an ecstatic expression of praise to God and of hope for the speedy acknowledgment of divine sovereignty by all humanity. It was originally recited in Talmudic times at the end of a rabbinic study session. It is recited now in different forms at the end of each section of the worship service. The "Half-", or "Reader's", Kaddish here marks the conclusion of Kabbalat Shabbat.

שְׁמַע וּבִרְכוֹתֶיהָ

SH'MA UVIRCHOTEHA - SH'MA AND ITS BLESSINGS

בָּרְכוּ אֶת יְיָ הַמְבֹּרָדְיִּ

Bar'chu et Adonai ham'vorach!

PRAISE ADONAl to whom praise is due forever!

בָּרוּדְ יִיָ הַמְּבֹרָדְ לְעוֹלֶם נָעֶדיּ

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

Praised be Adonai to whom praise is due, now and forever!

בְּרְכֹּא Bar'chu ("Call to Worship") — The congregation stands up to praise God. The main body of the service begins here.

For those who choose: The prayer leader at the word בְּרְכוּ Bar'chu bends the knees and bows from the waist, and at יְיִ Adonai stands straight. יְיִ Baruch Adonai is the communal response, whereupon the community repeats the choreography of the first line.

בְּרוּךְ # Baruch Adonai . . . Praise Adonai . . . This is the congregation's response of acknowledgement. It is often repeated afterward by the prayer leader to indicate his/her identification with the congregation: the prayer leader, too, is part of the community.

לְּבְּרְכּוֹתְיִהָּ Shima Uvirchoteha, the Shima and its Blessings, is the oldest liturgical rubric. At its core are words of Torah that declare our constant devotion to God and remind us of our religious obligations. Three paragraphs, Deuteronomy 6:4-9, Deuteronomy 11:13-21, and Numbers 15:37–41, are traditionally recited. (Deuteronomy 11:13-21 was omitted from the Reform prayerbook for reasons of theology, since its understanding of divine reward and punishment is viewed by Reform Judaism as problematic. Numbers 15:37-39 had been omitted; Mishkan T'filah restores it in the morning prayers, since many Reform Jews now choose to wear the tallit in prayer). On the basis of the Scriptural verse, "You shall speak of them (God's words) when you lie down and when you rise up," the Shima is recited twice daily, in the evening and in the morning. The biblical Shima becomes prayer by being surrounded with rabbinic benedictions: two before (Maariv Aravim and Ahavat Olam) and two after (Emet ve-Emunah and Hashkiveinu) in the evening; and two before (Yotzeir Or and Ahavah Rabbah) and one after (Emet v'Yatziv) in the morning (M. B'rachot 1:4). These benedictions praise God as Creator of light and darkness, Revealer of Torah, and Redeemer of Israel.

Rar'chu

מֶּצְרִיב צְרְבִּים Maariv Aravim

BARUCH atah, Adonai Eloheinu, Melech haolam, asher bidvaro maariv aravim, b'chochmah potei-ach sh'arim, uvityunah m'shaneh itim umachalif et haz'manim, um'sadeir et hakochavim b'mishm'roteihem barakia kirtzono. Borei yom valailah, goleil or mipnei choshech, v'choshech mipnei or. Umaavir yom umeivi lailah, umavdil bein yom uvein lailah, Adonai Tz'vaot sh'mo. El chai v'kayam, tamid yimloch aleinu l'olam va-ed. Baruch atah, Adonai, hamaariv aravim.

ברוּך אַתַּה, יִי אלהינו, מלד העולם, אַשר בַּדָבַרוֹ מַעַרִיב עַרַבִּים, בַּחַכְמַה פּוֹתֵחַ שְׁעַרִים, ובתבונה משנה עתים וּמַחַלִיף אַת הַזְּמַנִּים, וּמִסְדֵּר אֶת הַכּוֹכָבִים בָּמִשְׁמַרוֹתֵיהֵם בַּרָקֵיעַ כְּרַצוֹנוֹ. בורא יום ולילה, גולל אור מפני חשד וחשד מפני אור, ומעביר יום ומביא לֵילַה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לֶיְלָה, יי צבאות שמו. אל חי וקים, תַּמִיד יִמְלֹדְ עַלֵינוּ לְעוֹלָם וַעַד. בַּרוּךְ אַתַּה, יִיַ, הַמַּעַרִיב עַרָבִים.

ADONAI, Your majesty is proclaimed by the marvels of earth and sky. Sun, moon, and stars testify to Your power and wisdom.

Day follows day in endless succession, and the years vanish, but Your sovereignty endures.

Though all things pass, let not Your glory depart from us. Help us to become co-workers with You, and endow our fleeting days with abiding worth.

> בּרוּךְ אַתָּה, יְיָ, הַמַּאֲרִיב אֲרָבִים. Baruch atah, Adonai, hamaariv aravim.

צְבְאוֹת Adonai Tz'vaot: this is one of many names that help elucidate God's attributes. God designs, creates and arranges the universe with order and purpose.

מַצְרִיב עָרָבִים Maariv Aravim ("Bringer of Evening") — An evening benediction that responds to the ongoing cycle of sunset-sunrise, the times when Shina is recited. The regular movement of the heavenly bodies in their courses bespeaks the order of the universe and the beneficent providence of its mindful Creator (Brachot 11b).

AHAVAT OLAM

beit Yisrael amcha ahavta,

Torah umitzvot,

chukim umishpatim, otanu limad'ta.

Al kein, Adonai Eloheinu,

b'shochbeinu uv'kumeinu

nasiach b'chukecha,

v'nismach b'divrei Torat'cha

uv'mitzvotecha l'olam va-ed.

Ki heim chayeinu v'orech yameinu

uvahem neh'geh yomam valailah.

V'ahavat'cha

al tasir mimenu l'olamim.

Baruch atah, Adonai,

ohev amo Yisrael.

אַהֲבַת עוֹלֶם

בֵּית יִשְׂרָאֵל עַמְּדְּ אָהָבְתָּ,

תורה ומצות,

חַקִּים וּמִשְׁפָּטִים, אוֹתֶנוּ לִמְּדְתָּ.

עַל כֵּן, יְיָ אֱלֹחֵינוּ, בַּשֶּׁכְבֵּנוּ וּבִקּוּמֵנוּ

נשים בחקיד,

ונשמח בַּדְבָרֵי תוֹרָתְדָּ

וּבְמָצְוֹתֵיךּ לְעוֹלֶם וַעָּד. וּבְמָצְוֹתֵיךּ לְעוֹלֶם וַעָּד.

כִּי הַם חַיֵּינוּ וְאַרֶךְ יָמֵינוּ

וּבָהֶם נֶהְגֶּה יוֹמֶם וָלֵיְלָה.

אַהַבָּתְּךּ

אַל תַּסִיר מְמֵנוּ לְעוֹלָמִים.

בָּרוּךְ אַתָּה, יָיָ,

אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

IN EACH AGE we receive and transmit Torah.

At each moment we are addressed by the World.

In each age we are challenged by our ancient teaching.

At each moment we stand face to face with Truth.

In each age we add our wisdom to that which has gone before.

At each moment the knowing heart is filled with wonder.

In each age the children of Torah become its builders and seek to set the world firm on a foundation of Truth.

בָּרוּךְ אַתָּה, יָיָ, אוֹהַב עַמּוֹ יִשְׂרָאֵל.

Baruch atah, Adonai, ohev amo Yisrael.

אַהַבּת עוֹלֶם Ahavat Olam ("Eternal love") — A Torah benediction followed immediately by the recitation of Shma. God's eternal love for the people Israel is made tangible through the gift of Torah, divine instruction. Israel's response to the gift of Torah is to be engaged perpetually in its study.

אָהֶבֶת עולָם Ahavat Olam Sh'ma



Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

בָּרוּדְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלֶם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed. Blessed is God's glorious majesty forever and ever.

שְׁרָאֵל Shima Yisrael . . . Hear, O Israel . . . Deuteronomy 6:4-9 is a single unit. (The line שְׁרָאֵל Shima Yisrael is Deuteronomy 6:4). Israel is called upon to be totally devoted to God, whose Torah is to be ever-present in our waking thoughts. The Rabbis call the content of this paragraph "Accepting the Yoke of Divine Sovereignty" (M. B'rachot 2:2). The first verse is singled out for special focus: over the centuries it was understood to refer to the unity and singularity of God. It also came to be associated with Jewish martyrdom. These are the last words to be recited before going to bed at night as well as before one's death. Classical Reform Judaism treated this verse as the core statement of Jewish faith. Hence the Reform custom has been to rise before reciting the Shima. Rabbi Yochanan taught that the entire first paragraph should be said standing (B'rachot 13b). Historically, following the old Babylonian custom, one remains seated.

ברוך שם כְּבוֹר Baruch shem k'vod . . . Blessed is God's glorious majesty . . . According to M. Yoma 3:8, this was the congregational response in the Temple courtyard on the Day of Atonement, when the High Priest would pronounce the name of God and the people would prostrate themselves in awe. Classical Reform practice grouped this response with the Shina for singing or congregational recitation; traditionally it is recited silently because it interrupts the biblical paragraph.

V'AHAVTA et Adonai Elohecha,

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

L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem, asher hotzeiti et-chem mei-eretz Mitzrayim lih'yot lachem l'Elohim ani Adonai Eloheichem. לְּלָתַבְּתָּ אֵת יְיֵ אֱלֹתֵיךּ
בְּכָל־לְבָּבְדְּ וּבְּכָל־נִפְשְׁךּ וּבְּכָל־
מְאֹדֶךְּ: וְהָיוּ הַדְּבָרִים הָאֵלֶה
מְאֹדֶךְ: וְהָיוּ הַדְּבָרִים הָאֵלֶה
בְּבֶּרְ: וְשִׁנְּתָּם לְבָנֶיךְ וְדַבַּרְתָּ
בְּבֶּרְ: וְשִׁנְתָּם לְבָנֶיךְ וְדַבַּרְתָּ
בְּדֶּרְתָּם לְאוֹת עַל־יָדֶדְ וְדִבּּרְתָּ
וְלְטְעַכְּרְּדְ וְבְשְׁרְתָּם לְבָנֶידְ וְדְבַּרְתָּ
וְלְטְעַכְּיִדְ וְבְשְׁרְתָּם לְאוֹת עַל־יָדֶדְ וְהָיִיּ
לְטְעַכְיִרְּ
עַל־מְזֻזִּוֹת בִּיתֶּךְ וּבְשְׁעָרֶיִרְּ
לְמַעַן תִּזְכְּרֹוּ וַעֲשִׂיתֶם אֶת־
לְמַעַן תִּזְכְּרֹוּ וַעֲשִׂיתֶם אֶת־
לָמַעוֹ תִּזְכְּרֹוּ וַעֲשִׂיתֶם אֶת־
לָאַלְהַיכָם אֵנִי יִי אֵלְהַיּכָם
לֵאלִהִיכָם אֵנִי יִי אֵלְהַיִּכָּם

אַשַּׁר הוצאתי אַתכם מאַרץ

אני יי אלהיכם:

מצרים להיות לכם לאלהים

לְּמֶצֵּן תִּוְכְרוּ L'maan sink'ru

אמכת

YOU SHALL LOVE Adonai your God with all your heart, with all your soul, and with all your might.

Take to heart these instructions with which I charge you this day.

Impress them upon your children.

Recite them when you stay at home and when you are away,

when you lie down and when you get up.

Bind them as a sign on your hand

and let them serve as a symbol on your forehead;

inscribe them on the doorposts of your house and on your gates.

Thus you shall remember to observe all My commandments and to be holy to your God.

I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.

> יָי אֱלֹהַיכֶם אֱמֶת. Adonai Eloheichem EMET.

וְאָהַהְעָּ Vahavta . . . You shall love . . . Deuteronomy 6:5-9; this instruction to love God and to be devoted to the study of Torah is the continuation of the first line of the Shima, not a separate unit. Reform practice has been to recite this out loud or to chant it using Torah cantillation; rabbinic practice is to recite it silently.

לְמְעֵעְ תִּזְכְרוּ Linaan tizk'ru... Thus you shall remember... Numbers 15:40-41; the end of the third paragraph of the Shina is an exhortation to be mindful of our religious obligations and to be holy, since God, in redeeming Israel from Egypt, established a claim to the Jewish people's loyalty.

וְהָּיָּה אִם־שָׁמְעַ תִּשְׁמְעוּ אֶל־מִצְוּתֵּי אֲשֶׁר אָנֹכֶי מְצֵוֶּה אֶתְכֶם הֵיּוֹם לְאַהְבֶּה אֶת־יְהוֶה אֱלְהֵיכֶם וּלְעַבְדֹּוֹ בְּכֶל־לְבַבְכֶם וּבְכָל־נַפְּשְׁכֶם: וְנָתַתִּי אָשְׁר אָנֹכֶי וְנָתַתִּי מְטַר־אַרְצְכֶם בְּעִתָּוֹ יוֹבֶה וּמִלְקוֹשׁ וְאָסִפְתָּ דְגָנֶּךְ וְתִירֹשְׁךָ וְיִצְהָרֶךְ: וְנָתַתִּי אֲטָר בְּשָׁדְךָּ לְבָהֶמְתֶּךְ וְאָכַלְתָּ וְשָׁבֵּעְתָּ: הִשְׁמְרָוּ לָכֶם פֵּן יִפְתָּה לְבַבְכֶם וְעִבִּדְתָּם אֱלֹהִים אָחֵלִים וְהִשְׁתַּחוֹיתֶם לְהֶם: וְחַלָּה אַף־יִהוֹה בָּכֶּם וְעַצְר אֶת־הַשְּׁמִּיִם וְלְאֹ־יִהְיֶה מְטִיר וְהָאֲדְמָה לְאׁ תִתָּן אֶת־יְבִּבְּלֶה וּאֲבַדְתָּם מְתַלֹּ הָאֶרְץ הַטֹּבָּה אֲשֶׁר יְהוֶה נֹתֵן לְכֶם: וְשֹׁמְתֶם אֶת־דְּבָּרִי אֵלֶה עְל־לְבְבְכֶם וְעִל־נְפְשְׁכֶם וּקִיוּ לְטוֹטְפָּת בְּיוֹ עְל־לְבְבְכֶם וְעִל־נִפְשְׁכֶם וּקִיוּ לְמָם לְתָּם לְתוֹת עַל־יִדְלֶם וְתִיוּ לְטוֹטְפָּת בִּיוֹ עְל־לְבְבְכֶם וְעִל־נְבְּלֶתְם אֹתֶם לְאוֹת עַל־יְדְלֶם וְתִיוּ לְטוֹטְפָּת בִּיוֹ בְּלִבְּבְכֶם וְעִל־נְבְּלְכָם אֶת־בְּנִיכֶם לְתָב מְלִבְּרְבָּם וְעִל־לְבְבְּכֶם וְעַל־בְּקְבָם אֶת־בְּנִיכֶם לְתָב מְעֹלְ הָאְדָמָה אְשֶׁר נִשְׁבָּע יְהוֶה לַאֲבֹתִיכֶם לְתָת לְהָם כִּימִי וְתִּבּיל וְתִבּל לְתָּם אִלְב בְּעָבְתְּיך וְבִּשְׁבְבְיִבְם וְתִלּי לְבָבְכֶם וְעַל הָאְדָמָה אִשֶּׁר נִשְׁבְּע יְהוֹה לַאְבַּתִיכֶם לְתָת לְהָם כִּים עַל־הְבְּבָם לְתָת לְהָם כִּילֵם וְעִל הָאְדָמָה אְשֶּׁר נִשְׁבָּע יְהוֹה לַאְבֹבתִיכֶם לְתָת לְהָם כִּמִי וְיִמִי בְנִילֶם עַל־הָאָרְיִם הְעִל הָאְדָמָה אְשֶׁר נִשְׁבְּע יְהוֹה לַאֲבֹבתִיכֶם לְתִר לְהָבְּלִם בְּיִבְילְיבִּבְיּעָב וְיִבְילִים וְתְיִילִם לְּבָּבְילָב בְּעִבְיתְנָם עַל־הְיִבּלְים הְּעָל הָּילְבְים בְּעִים וְיִבְיל הִיהְים בְּילִם בְּעִים בְּלְבְּתְים בְּתְּבְיל בְּבְילְבְּבְּים בְּבְילְבְם בְּתִּבְים בְּבְּבְילְהוּ בְּתְּבְים בְּיוֹים בְּבְילְבְם בְּיוּבְבְים בְּבְּים בְּבְּבְילְבְּתְים בְּיוּבְים בְּבְּיתְּבְּים לְּים בְּעִים בְּבְיוּבְּבְּבְּים בְּבְיתְבְּים בְּבְּבְיתְבְּילְים בְּבְיתְבְּילְם בְּבְּים בְּעִים בְּבְּבְּישְׁבְּים בְּבְּיבְּבְּבְיבְבְּבְים בְּבְּבְיבְּבְיּבְים בְּבְּיבְם בְּעִבְּים בְּבְּבְים בְּבְּילְבְּבְיוֹם בְּבְּבְים בְּבְעְבְּב

If, then, you obey the commandments that I enjoin upon you this day, loving Hashem your God and serving God with all your heart and soul, I will grant the rain for your land in season, the early rain and the late. You shall gather in your new grain and wine and oil— I will also provide grass in the fields for your cattle—and thus you shall eat your fill. Take care not to be lured away to serve other gods and bow to them. For Hashem's anger will flare up against you, and will shut up the skies so that there will be no rain and the ground will not yield its produce; and you will soon perish from the good land that Hashem is assigning to you. Therefore impress these My words upon your very heart: bind them as a sign on your hand and let them serve as a symbol on your forehead, and teach them to your children speaking them when you stay at home and when you are away, when you lie down and when you get up; and inscribe them on the doorposts of your house and on your gates— to the end that you and your children may endure, in the land that Hashem swore to your ancestors to give to them, as long as there is a heaven over the earth.

ַּוּאֹמֶר יְהוָה אֶל־מֹשֶׁה לֵּאמְׂר: דַּבֵּּר אֶל־בְּנֵי יִשְׂרָאֵל ׁ וְאָמַרְתָּ אֲלֵהֶׁם וְעַשׁׁוּ לָהֶם צִיצֶת עַל־כַּנְפֵי בִּגְדֵיהֶם לְדֹרֹתֶם וְנְתְנוּ עַל־צִיצֶת הַכָּנָף פְּתִיל תְּכֵלֶת: לְכֶם לְצִיצִת וּרְאִיתֶם אֹתוֹ וּזְכַרְתָּם וְנְתְנוּ עַל־צִיצֶת הַכָּנָף פְּתִיל תְּכֵלְתוּ וְהְּיִתֶם לְצִיצִת וֹיְרְאִיתֶם אֹתוֹ וּזְכַרְתָּם אֶת־כָּל־מִצְווֹת יְהוָה וַעֲשִׂיתָם אַחָרִיהֶם וֹּאֲשִׁיתָם אָחָרִיהֶם: אַתָּר וְאַשִּׁיתָם אֶת־כָּל־מִצְוֹתֶי וְהְיִיתֶם קְדֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלְהֵיכָּם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מְאֶרֶץ מִצְלַיִם לְהְיוֹת לָכֶם לֵאלֹהֵים אְנִי יְהוָה אֵלִי יְהוָה אֵלֹהִיכֶם:

Hashem said to Moses as follows: Speak to the Israelite people and instruct them to make for themselves fringes on the corners of their garments throughout the ages; let them attach a cord of blue to the fringe at each corner. That shall be your fringe; look at it and recall all the commandments of the LORD and observe them, so that you do not follow your heart and eyes in your lustful urge. Thus you shall be reminded to observe all My commandments and to be holy to your God. I, Hashem, am your God, who brought you out of the land of Egypt to be your God: I, Hashem, your God.

(Caroline's interpretive translation 2001)

And you will know my mitzvot and you will do them,

and the sun will shine in its right time and the rain will come in its right time And you will see the abundance I offer to you.

But if you are distracted by false gods

You will be too busy to see what is laid at your feet.

So I will give you many reminders that the essence of being is about Love.

Place these words of love on your heart and soul

Repeating them to yourself evening and morning

Tell the to anyone who will listen

Let them Guide your goings out and your comings in.

And another reminder I give you is the tzitzit

A symbol that we are bound together in love

And in the corner of your tzitzit place p'til techelet (violet-blue thread)

And they will be for you tzitzit

So you will remember to follow the path of mitzvot

Which lines up your energy with the Oneness

For I am the G!d who brought you out of Mitzrayim to be your G!d

I am Hashem, your G!d.

Emet! (True!)

אָמֶת וָאֲמוּנְה Emet ve-emunah

EMET ve-emunah kol zot, v'kayam aleinu, ki hu Adonai Eloheinu v'ein zulato, vaanachnu Yisrael amo. Hapodeinu miyad m'lachim, Malkeinu hago-aleinu mikaf kol he-aritzim, haoseh g'dolot ad ein cheiker v'niflaot ad ein mispar, hasam nafsheinu bachayim, v'lo natan lamot ragleinu, haoseh lanu nisim b'Faroh, otot umoftim b'admat b'nei Cham. Vayotzei et amo Yisrael mitocham l'cheirut olam. V'ra-u vanav g'vurato, shib'chu v'hodu lishmo. Umalchuto b'ratzon kiblu aleihem. Moshe uMiryam uv'nei Yisrael I'cha anu shirah b'simchah rabah, v'amru chulam:

אמת ואמונה כל־זאת יקים עלינו, כי הוא יי אלהינו ואין זולתו, ואנחנו ישראל עמו. הפודנו מיַד מלכים, מלכנוּ הַגּוֹאַלֵנוּ מִכַּף כַּל־הַעַרִיצִים, הַעשׁה גִדוֹלוֹת עַד אַין חַקַר וְנָפָלַאוֹת עַד אֵין מִסְפַּר, הַשָּׁם נפשנו בחיים, ולא נתן למוט רגלנו, העשה לנו נסים בפרעה, אותות ומופתים בָּאַדְמַת בָּנֵי חַם. ניוֹצֵא אַת־ עַמּוֹ יִשְׂרָאֵל מָתּוֹכֶם לְחֵרוּת עוֹלָם. וָרָאוּ בָנֵיו גָבוּרַתוֹ, שְׁבָּחוּ וָהוֹדוּ לָשְׁמוֹ. וּמֵלְכוּתוֹ בְּרַצוֹן קבלו עליהם. משה ומרים ובני ישראל לד ענו שירה בָּשְּׁמָחָה רַבָּה, וְאַמְרוּ כַלָּם:

WE WORSHIP the power that unites the universe. a promise of harmony for all. Yet that oneness eludes our grasp as imperfection and evil abound. Before our eyes there is a vision of perfection, order and goodness. There is evil enough to break the heart, and there is good enough to exult the soul. When will redemption come? When we grant everyone what we claim for ourselves. Long ago, we escaped the tyranny of Egypt. Our people saw the power of the Most High. We learned: God's presence redeems time and event; so we celebrate this power that makes for freedom!

Emet ve-emunah ("True and trustworthy") — Recited immediately after the scriptural passages, this benediction, also called אָמָלוּה ("Redemption," acknowledges the truth and trustworthiness of God's covenant and promise of redemption. It concludes by acclaiming God as the past, and ultimate, Redeemer of Israel. The redemption from Egypt, and Israel's exultant praises at the Reed Sea (citing Exodus 15:11,18) are deemed to be exemplary for the future. Jeremiah 31:10 is cited at the end.

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochah nedar bakodesh, nora t'hilot, oseih fele!

Malchur'cha ra-u vanecha, bokei-a yam lifnei Moshe uMiryam. Zeh Eli, anu v'amru,

Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov, ug'alo miyad chazak mimenu. Baruch atah, Adonai, gaal Yisrael. כְּלִי־כָּמְׂכָה בָּאֵלִם, יְיָיִּ מִי כָּמְׂכָה נֶאְדָּר בַּקְּדֶשׁ, מֹרָא תָהַלֹּת, עְשֵׂה בֵּלֶאיִּ מֹרָא תָהַלֹּת, עְשֵׂה בֵּלֶאיִ

מַלְכוּתְדְּ רָאוּ בָנֶידְּ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם. זֶה אֵלִי, עָנוּ וְאָמְרוּ, יְיָ יִמְלֹדְ לְעֹלָם וָעֶדִּ!

וְנֶאֱמֵר: כִּי כָּדָה יְיָ אֶת־יַצְקֹב, וּגְאָלוֹ מִיַּד חָזָק מִמֶּנוּ. בָּרוּךְ אַתָּה, יִיִ, גָאַל יִשְׂרָאֵל. מי־כֶּמֹכֶה Mi Chamochab

WHO IS LIKE YOU, O God,

among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, working wonders?

> Your children witnessed Your sovereignty, the sea splitting before Moses and Miriam. "This is our God!" they cried. "Adonai will reign forever and ever!"

Thus it is said,
"Adonai redeemed Jacob,
from a hand stronger
than his own."
Praised are You, Adonai, for redeeming Israel.

בּרוּדְ אַתָּה, יְיָ, נָאַל יִשְׂרָאֵל. Baruch atah, Adonai, gaal Yisrael.

מי־כמֹכָה Mi Chamochah . . . Who is like You . . . Exodus 15:11

נה אלי Zeh Eli . . . This is our God . . . Exodus 15:2

מָלֹךְ: Adonai yimloch . . . Adonai will reign . . . Exodus 15:18

ני פַּדָה יִי Ki fadah Adonai . . . Adonai redeemed . . . Jeremiah 31:10

Hashkiveinu

(Melody: Joe Friedman)

Haskiveinu, Adonai, Eloheinu, I'shalom V'ha'amideinu, Malkeinu, I'chaim

Cover us with the shelter of Your peace, Adonai.

Keep us straight in Your pathway, teach us and guide us with Your word.

For You care for us and you free us, You are my Yah

Mercy, tenderness, love and mystery, life and whole ness are Your gifts.

ה שביבנו Hashkiveinu

השפיבנו, יי אלהינו, HASHKIVEINU, Adonai Eloheinu, לשלום, והעמידנו שומרנו לחיים, l'shalom, v'haamideinu shomreinu l'chayim, שׁ עַלֵינוּ סַכַּת שׁלוֹמֵדְ, ufros aleinu sukat sh'lomecha, וָתַקּנֵנוּ בִּעָצָה טוֹבָה מִלְּפַנֵיף, v'takneinu b'eitzah tovah milfanecha. וְהוֹשִׁיעֵנוּ לְמֵעֵן שְׁמֵךָ. v'hoshi-einu l'maan sh'mecha. V'hagein baadeinu, וָהַגָּן בַּעַדֵנוּ, וָהַסֶר מַעַלֵינוּ אוֹיַב, דַּבַר, v'haseir mei-aleinu oyeiv, dever, וחרב, ורעב, ויגון, v'cherev, v'raav, v'yagon, וָהָרָחֵק מִמֵּנּוּ עָוֹן וַבְּשַׁע. v'harcheik mimenu avon vafesha. ובצל כנפיד תַּסְתִירֵנוּ, Uv'tzeil k'nafecha tastireinu. כי אל שומרנו ומצילנו אתה, ki El shomreinu umatzileinu atah. כָּי אֵל חַנוּן וְרַחוּם אַתַּה. ki El chanun v'rachum atah. ושמר צאתנו ובואנו Ushmor tzeiteinu uvo-einu לחיים ולשלום l'chavim ul'shalom, מעתה ועד עולם. mei-atah v'ad olam. בָּרוּךְ אַתַּה, יִי, Baruch atah, Adonai, הפורש סכת שלום עלינו haporeis sukat shalom aleinu ועל כַּל עַמוֹ יִשְׂרָאֵל וְעַל יִרוּשְׁלֵיִם. v'al kol amo Yisrael v'al Yerushalayim.

GIVE US a place to rest, O God. Shelter us in the long, soft, evening shadows of Your truth. You are true protection and safety,

in Your Presence we find love and acceptance.

Watch over us as we go forth.

Prepare for us as we return.

Spread over us Your shelter of peace,

over all we love — over our Jerusalem and Yours.

בַּרוּךְ אַתַּה, יִיַ, הַפּוֹרֵשׁ סַכַּת שַׁלוֹם עַלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יִרוּשָׁלֵיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu v'al kol amo Yisrael v'al Yerushalayim.

Hashkiveinu . . . Give us a place to rest . . . Recited only at night, this final benediction in the Shina section is a prayer for divine protection as we sleep.

Select either V'shamru or Yism'chu

V'SHAMRU V'NEI YISRAEL

et HaShabbat.

laasot et HaShabbat l'dorotam

b'rit olam.

Beini u'vein b'nei Yisrael

ot hi l'olam.

ki sheishet yamim asah Adonai

et hashamayim v'et haaretz,

u'vayom hashvi-i shavat vayinafash.

ָּןשְׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת־הַשִּׁבָּת,

לַעשות אֶת־הַשַּׁבָּת לְדֹרֹתָם

בְּרִית עוֹלֶם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אות היא לעלם,

כָּי־שֵׁשַׁת יַמִים עַשָּׁה יִיַ

אָת־הַשָּׁמַיִם וְאַת־הָאָרֶץ,

וביום השביעי שבת וינפש.

THE PEOPLE OF ISRAEL shall keep Shabbat,

observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

YISM'CHU v'mal'chut'cha

shomrei Shabbat v'korei oneg.

Am m'kad'shei shvi-i,

kulam yisb'u v'yitangu mituvecha.

V'hashvi-i ratzita bo v'kidashto,

chemdat yamim oto karata,

zeicher l'maaseh v'reishit.

לשמחו במלכותד

שוֹמְרֵי שַׁבָּת וְקְוֹרְאֵי עֹנֵג.

עם מִקַדִּשִׁי שָׁבִיעִי,

כַּלֶם יִשְׂבָעוּ וְיָתְעַנָּגוּ מְטּוּבֵךָ.

וָהַשָּׁבִיעִי רַצֵיתַ בּוֹ וְקְדַּשָׁתּוֹ,

חֶמְדַּת יָמִים אוֹתוֹ קַרֵאתַ,

זכר למעשה בראשית.

THOSE WHO KEEP SHABBAT by calling it a delight

will rejoice in Your realm.

The people that hallow Shabbat will delight in Your goodness. For, being pleased with the Seventh Day, You hallowed it as the most precious of days, drawing our attention to the work of Creation.

ע ישרו בני ישראל V'shamru v'nei Yisrael . . . The people of Israel shall keep . . . Exodus 31:16-17.

ישמחר Yism'chu — This call to rejoice on Shabbat is a text from the K'dushat HaYom benediction in the traditional Shabbat Musaf ("additional") service.



ADONAI s'fatai tiftach, ufi yagid t'hilatecha. בְּלֵי, שְּׁפָתֵי תִּפְתָּח, פִּי יַנִּיד תִּהַלֶּתֵדְ.

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

For those who choose: Before reciting the תְּבֶּלֶה T'filah one takes three steps forward.

The אָמֵלְהָ ("Prayer") or אָמֵלְהָה ("Standing Prayer") is the centerpiece of Jewish worship. Traditionally recited three times a day, it embodies the aspirations and needs of both the community and its individual members. On weekdays, the core of this unit is a sequence of thirteen petitionary benedictions for physical and spiritual well-being and for redemption; these are replaced on Shabbat and festivals with a single benediction expressing the sanctity and themes of the holy day (K'dushat HaYom; "Sanctification of the Day"). On all days, the core is surrounded by the same six benedictions: three of praise before (Avot v'Imahot, "Ancestors;" G'vurot, "God's Mighty Deeds;" K'dushat HaShem, "God's Sanctity"), and three of petition and thanksgiving after (Avodah, "For the Acceptance of Worship;" Hodaah, "Thanksgiving;" Shalom, "For Peace").

אַדְנֵי שְׁפָתֵּי תּפְתָּח Adonai s'fatai tiftach . . . Adonai, open up my lips . . . Psalm 51:17. According to a Talmudic tradition (B'rachot 4b), the T'filah must begin and conclude with a scriptural verse expressing the worshipper's stance before God: at the outset, we pray for the ability to praise (Psalm 51:17); at the end, we pray that our words of prayer and meditation may be acceptable (Yihyu l'ratzon; Psalm 19:15).

Amidah for Shabbat Evening

(Outline – Please elaborate in your own words)

1 - Avot v'imahot/Ancestors

Blessed is the One Who taught the ancestors to do acts of lovingkindness by bestowing it upon them, and in Whose merit You protect and redeem their descendants.

2 - G'vurot/Strength

Blessed is the One Who enlivens the lifeless, in great mercy; Who is there to aid all who are in need.

3 – K'dushat Hashem/The Holiness of G!d

Blessed is the One Whose name is holy and Whose praises are sung at all times by the energies of the universe.

4 – K'dushat HaYom/The Holiness of the Day

Blessed is the One Who blessed the seventh day, having ceased creating Creation on the seventh day, and enjoining us to do the same by making Shabbat holy.

5 - Avodah/Service

Blessed is the One Who receives our fervent prayers. May we have eyes open to see Your return to the holy place we create in our hearts.

6 – Hoda'ah/Thanksgiving

Blessed is the One to Whom all thanks are due, for giving us life and sustaining it in us, making miracles every moment. Your name is Goodness.

7 - Shalom/Peace

Blessed is the One Who blesses G!d's people with peace.

Yihiyu l'ratzon imrei fi

V'hegyon libi l'fanecha

Adonai, Tzuri v'Go'ali

May the words of my mouth and the meditations of my heats be acceptable to you, Hashem, my Rock and my Redeemer.

עוֹשָׂה שָׁלוֹם בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּוְעַל כָּל יִשְׂרָאֵלוְאִמְרוּ: אָמֵן

Oseh shalom bimromav hu ya'aseh shalom alenu v'al kol Yisrael, (v'al kol yishmael, v'al kol yoshvei teivel), v'imru, Amein!

May the One Who makes peace in the Above make peace on us and all Israel (and all Ishmael and all who dwell on earth), and say, Amein!

BARUCH atah, Adonai, Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak v'Elohei Yaakov, Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Leah. Ha-El hagadol hagibor v'hanora, El elyon, gomeil chasadim tovim, v'koneih hakol, v'zocheir chasdei avot v'imahot, umeivi g'ulah livnei v'neihem l'maan sh'mo b'ahavah.

*SHABBAT SHUVAH — Zochreinu l'chayim, Melech chafeitz bachayim, v'chotveinu b'sefer hachayim, l'maancha Elohim chayim. Melech ozeir umoshia umagein. Baruch atah, Adonai, magein Avraham v'ezrat Sarah. בְּרוּךְ אַתָּה, יְיָ אֱלֹהַינוּ נִאלֹהֵי אֲבוֹתִינוּ וְאִמּוֹתִינוּ, אֱלֹהֵי אַלְהָי שָּׁרָה, אֱלֹהֵי רִבְּקָה, אֱלֹהֵי אֱלֹהֵי שֶּׁרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל נֵאלֹהַי לֵאָה. הָאֵל הַנְּדוֹל הַגְּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמֶּהוֹת, וּמֵבִיא גְּאֻלָּה לִבְנֵי בְנֵיהֶם לְמֵעַן שְׁמוֹ בְּאַהֲבָה.

אָרָתְנּי לְּחַיִּים, בּאָדּה אָרָתְנּי לְחַיִּים, מֶלֶדְּ חָפֵּץ בּּחַיִּים, וְכְּתְבֵנִי בְּסֵבֶּר הַחַיִּים, בְּמִיִּים, לְמָנִיְם הַיִּים, לְמָעֵנְדְּ אֱלֹהִים חַיִּים. מְנִים, מְלֶדְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן. בְּרוּדְ אַתָּרָה, יְיָ, מְנֵן אַבְרָהָם וְעָזְרַת שַׂרָה. מְגַן אַבְרָהָם וְעָזְרַת שַׂרָה.

SOURCE OF ALL BEING, we turn to You as did our people in ancient days. They beheld you in the heavens, they felt You in their hearts, they sought You in their lives. Their quest is ours.

Help us to see the wonder of being.

Give us the courage to search for truth;
teach us the path to a better life.

So shall we, by our lives and our labors,
bring nearer the world we envision,
one of justice, freedom and peace.

*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,
and inscribe us in the Book of Life for Your sake, Living God.

בּרוּךְ אַתָּנָה, יְיָ, מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה. Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows from the waist at the word PAPA Baruch and stands straight at the word PAPA.

אָבוֹת וְאַבְּהוֹת Avot v'Imahot ("Ancestors") — The T'filah begins by invoking the God of our fathers and mothers; we are links in a chain of Jewish tradition that transcends both ourselves and the present moment. As God has been gracious to our forebears, so may we receive divine favor. The benediction includes phrases from Deuteronomy 10:17 and Nehemiah 9:32 ("God great, mighty, and awesome"). In Genesis 15:1 God says to Abraham, "I am a shield to you."

אבות וְאַמְּחוֹת Avot v Tmabot

^{*}Shabbat Shuvah: The Shabbat between Rosh HaShanah and Yom Kippur.

נְבורות G'ourot

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אַדֹנָי, אַדֹנָי, אַדֹנָי,
ATAH gibor l'olam, Adonai,
                                                  מחיה הכל (מתים) אתה,
m'chayeih hakol (meitim) atah,
ray l'hoshia.
   *WINTER - Mashiv haruach umorid hagashem.
                                           -WINTER – משיב הרוח ומוריד הגשם.
                                                         "SUMMER – מוריד הטל.
  *SUMMER - Morid hatal.
                                                         מְכַלְכֵּל חַיִּים בְּחֲסֶד,
M'chalkeil chayim b'chesed,
                                                          מחיה הכל (מתים)
m'chayeih hakol (meitim)
                                            בַּרַחַמִים רַבִּים, סוֹמֵדְ נוֹפַלִים,
b'rachamim rabim, someich noflim,
                                            וְרוֹפֵא חוֹלִים, וּמַתִּיר אַסוּרִים,
v'rofei cholim, umatir asurim,
                                                ומקים אמונתו לישני עפר.
um'kayeim emunato lisheinei afar.
                                                       מי כמוד בעל גבורות
Mi chamocha baal g'vurot
                                                 ומי דומה לַדָּ, מַלַדְּ מִמִית
umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.
                                                      וּמְחַיֶּה וּמַצְמִיחַ יִשׁוּעָה.
                                                      ארוא במוך במוך במוך במוך
  SHABBAT SHUVAH - Mi chamocha
                                                   אַב הַרַחַמִים, זוֹכֶר יִצוּרָיו
     Av harachamim, zocheir y'tzurav
                                                             לחיים ברחמים.
     I'chayim b'rachamim.
                                       ונאמן אתה להחיות הכל (מתים).
V'ne-eman atah l'hachayot hakol (meitim).
Baruch atah, Adonai,
                                                                 בַרוּךְ אַתַּה, יִי,
                                                         מחיה הכל (המתים).
m'chayeih hakol (hameitim).
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WE PRAY that we might know before whom we stand, the Power whose gift is life, who quickens those who have forgotten how to live, having implanted within us an eternal spirit.

We pray for winds to disperse the air of sadness, for rains to make parched hopes rise again.

Classical Reform prayerbooks replaced the hope for a personal messianic Redeemer (go-eil) with a more generalized hope for redemption (g'ulah). Contemporary prayerbooks include the Matriarchs (Imahot) as well as the Patriarchs (Avot). The brief poem, Zochreinu l'chayim, inserted on Shabbat Shuvah, asks that we may be remembered for life during the season of judgment, and ties in with the benediction's daily assertion that God remembers on our behalf the good deeds of our ancestors.

^{*}WINTER: From Atzeret-Simchat Torah to Pesach.

^{*}SUMMER: From Pesach to Atzeret-Simchat Torah.

We pray for love to encompass us for no reason save that we are human, that we may blossom into persons who have gained power over our own lives.

We pray to stand upright, we fallen; to be healed, we sufferers.

We pray to break the bonds that keep us from the world of beauty.

We pray to be open to our own true selves.

We pray that we may walk in a garden of purpose,
in touch with the power of the world.

Praised be the God whose gift is life, whose cleansing rains let parched men and women rise again.

בָּרוּדְ אַתָּה, יְיָ, מְחֵיֵה הַכֹּל (הַמֵּתִים).
Baruch atah, Adonai, m'chayeih hakol (hameitim).

ATAH kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha, selah.* Baruch atah, Adonai, Ha-El hakadosh. *Shabbat Shuvah — Baruch atah,

Adonai, HaMelech hakadosh.

אַתָּה קָדוֹשׁ וְשִׁמְךּ קָדוֹשׁ וּקְדוֹשִׁים בְּכָל יוֹם יְהַלְלְוּךּ פֶּלָה.* בָּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ. ארערור אותר אותר ברוּךְ אַתָּה, יִי, הַמָּלָדְ הַקְדוֹשׁ.

οψη πψης Kdushat HaShem

YOU ARE HOLY, Your Name is holy, and those who are holy praise You every day.* Blessed are You, Adonai, the Holy God.

> בֶּרוּךְ אַתָּה, יָיָ, הָאֵל הַקָּדוֹשׁ. Baruch atah, Adonai, Ha-El hakadosh.

*Shabbat Shuvah —
Praised are You, Adonai, Holy Sovereign.
Baruch atah, Adonai, HaMelech hakadosh. ברוך אַתָּרה, יַיֵּ, הַמָּלַךְ הַקַּדוֹשׁ.

קבאיזה G'vurot ("God's Might") — The second T'filah benediction acknowledges divine power: to sustain the earth with life-giving rain and dew; to give, nourish, and take human life; to restore health and to set free those who are bound. Classical Reform prayerbooks replaced this benediction's image of physical resurrection of the dead (m'chayeih meitim) with more generalized imagery expressing the hope for a spiritual immortality. Mishkan T'filah provides the original language as an option, acknowledging its metaphorical power. Joining our Israeli brothers and sisters in their prayers for seasonal rains in the Land of Israel, Mishkan T'filah

קדשת היום K'dushat HaYom

ATAH kidashta et yom

hashvi-i lishmecha,

tachlit maaseih shamayim vaaretz.

Uveirachto mikol hayamim,

v'kidashto mikol haz'manim.

v'chein katuv b'Toratecha:

VAY'CHULU hashamayim v'haaretz

v'chol tz'vaam. Vay'chal Elohim bayom

hashvi-i m'lachto asher asah.

vayishbot bayom hashvi-i mikol

m'lachto asher asah. Vay'varech

Elohim et yom hashvi-i vay'kadeish

oto, ki vo shavat mikol m'lachto

asher bara Elohim laasot.

לֵתְּרָה קִדְּשְׁתָּ אֶת יוֹם
הַשְּׁבִיעִי לִשְׁמֶדּ,
תַּלְלִית מֵעֲשֵׁה שָׁמֵיִם נָאָרֶץ,
וּבַרַכְתּוֹ מִפֶּל הַיָּמִים,
וְקַדַּשְׁתּוֹ מִפֶּל הַיְּמִים,
וְכֵלְיּ בָּתִּיב בּתוֹרָתֶדְּ:
וְלָכַלְוֹ הַשְּׁמֵיִם וְהָאֶרֶץ
וְלָלֹ־צְבָאָם: וַיְכֵל אֱלֹהִים בַּיּוֹם וְלָּלְיִי מְלַאְרָתוֹ בִּיּוֹם הַשְּׁבִיעִי מְלַאכְתוֹ אֲשֶׁר עשֵׂה: וַיִּבַרְדְּ
מַלְאַכְתּוֹ אֲשֵׁר עשֵׂה: וַיִּבַרְדְּ

אֱלֹהִים אֶת־יוִם הַשְּׁבִיעִּׁי וַיְקַדַּשְׁ אֹתוֹ כִּי בוַ שְׁבַתֹּ מִכָּל־מְלַאכְתׁוֹ

אֲשֶׁר־בָּרָא אֱלֹהַיִם לַעֲשְׂוֹת:

YOU SET ASIDE the seventh day for Your Name, the pinnacle of Creation; and You blessed it above all other days, more sacred than all Festival times. So it is written in Your Torah:

THE HEAVEN AND THE EARTH were finished and all their array.

On the seventh day, God had completed the work that had been done, ceasing then on the seventh day from all the work that [God] had done. Then God blessed the seventh day and made it holy, and ceased from all the creative work that God [had chosen] to do.

Eloheinu v'Elohei avoteinu

v'imoteinu, r'tzeih vim'nuchateinu.

Kad'sheinu b'mitzvotecha

v'tein chelkeinu b'Toratecha,

sabeinu mituvecha v'samcheinu

biy'shuatecha, v'taheir libeinu

l'ovd'cha be-emet,

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתִינוּ וְאִמּוֹתִינוּ, רְצֵה בִּמְנוּחָתֵנוּ. קַדְּשֵׁנוּ בְּמִצְוֹתֵיךְ וְתֵן חֶלְקֵנוּ בְתוֹרָתֶךְ, שַּבְּעֵנוּ מִטוּבֶךְ וְשַׁמְחֵנוּ בִּישוּעָתֶךָ, וְטַהֵר לִבֵּנוּ

reintroduces the seasonal inserts for rain during the winter, and dew during the summer (the latter from the Sephardic rite). The two-line poem inserted during the Days of Repentance is another request that we be remembered for life.

תְּשֵׁת הָשֵּׁת הַשְּׁת ("God's Holiness") — The third T'filah benediction invokes with awe and wonder the sanctity and "wholly otherness" of God. Between Rosh Hashanah and Yom Kippur, it concludes with an acclamation of divine sovereignty (HaMelech).

עכלו Vay'chulu, The heaven . . . Genesis 2:1-3.

v'hanchileinu, Adonai Eloheinu, b'ahavah uv'ratzon Shabbat kodshecha v'yanuchu vah Yisrael, m'kadshei sh'mecha. Baruch atah, Adonai, m'kadeish HaShabbat. וְהַנְחִילֵנוּ, יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קַדְשֶׁךְּ וְיָנְוּחוּ בָהּ יִשְׂרָאֵל, מְקַדְּשֵׁי שְׁמֶךְּ. בָּרוּךְ אַתָּה, יִיָּ, מְקַדֵּשׁ הַשַּׁבָּת.

Our God and God of our ancestors, be pleased with our rest. Sanctify us with Your mitzvot, and grant us a share in Your Torah. Satisfy us with Your goodness and gladden us with Your salvation. Purify our hearts to serve You in truth. In Your gracious love, Adonai our God, grant as our heritage Your Holy Shabbat, that Israel who sanctifies Your Name may rest on it. Praise to You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה, יְיָ, מְקַדֵּשׁ הַשְּׁבָּת. Baruch atah, Adonai, m'kadeish HaShabbat.

MAY THESE HOURS of rest and renewal open our hearts to joy and our minds to truth. May all who struggle find rest on this day. May all who suffer find solace. May all who hurt find healing on this day. May all who despair find purpose. May all who hunger find fulfillment on this day. And may we all live in such a way that this day fulfill its promise.

בָּרוּךְ אַתָּה, יְיָ, מְקַדֵּשׁ הַשַּׁבָּת. Baruch atah, Adonai, m'kadeish HaShabbat.

קרשת ("Sanctity of the Day") — On Shabbat, the middle benediction of the T'filah acknowledges the special character of the day of rest as a divine gift. The evening version of this benediction evokes the seventh day of Creation when all divine work ceased. The biblical account of the first Shabbat (Genesis 2:1-3) is recited. Traditionally, the remainder of the text is constant for all Shabbat services and gives praise for Shabbat rest.

sh'foch ruchacha aleinu.

χείτη Avodab

שפוד רוחד עלינו.

BE GRACIOUS, Adonai our God, to Your people Israel, and receive our prayers with love. O may our worship always be acceptable to You. Fill us with the knowledge that You are near to all who seek You in truth.

ROSH CHODESH, PESACH, AND SUKKOT

אַלהַינוּ נַאלהַי אַבוֹתֵינוּ וָאַמּוֹתֵינוּ, Eloheinu v'Elohei avoteinu v'imoteinu, יעלה ויבא ויזכר זכרוננו yaaleh v'yavo, v'yizacheir zichroneinu ווָכָרוֹן כָּל עַמָּךְ בַּית יִשְׂרָאֵל לְפַנֵיךָ, v'zichron kol amcha beit Yisrael l'fanecha, לָטוֹבָה, לָחֵן וּלְחֵסֶד וּלְרַחַמִים, l'tovah, l'chein ul'chesed ul'rachamim, לחיים ולשלום, ביום l'chayim ul'shalom, b'Yom ראש החדש הזה. Rosh HaChodesh hazeh. חג המצות הזה. Chag HaMatzot hazeh. חג הסכות הזה. Chag HaSukkot hazeh. Zochreinu, Adonai Eloheinu, bo l'tovah. Amen. אַמָן. בּוֹ לְטוֹבַה. אַמֵן ופקדנו בו לברכה. אמן. Ufokdeinu vo liv'racha, Amen. והושיענו בו לחיים. אמן. V'hoshi-einu vo l'chayim. Amen.

שבוֹדָה Avodah ("For the Acceptance of Our Worship") — The first of the three concluding benedictions of the T'filah, this is a prayer for the acceptance of the congregation's worship. Following the destruction of the Second Temple in 70 C.E., public prayer came to take the place of sacrifice as the community's daily offering to God. This petition asks that our prayer may find divine favor and acceptance. The Reform prayerbook has omitted from this benediction all mention of sacrificial worship. Gates of Prayer, taking into account the rebirth of the modern state of Israel, reintroduced the hope that God's presence may again be found in Zion.

Our God and God of our fathers and our mothers, be truly mindful of us and all Your people Israel on this (first day of the new month) / (day of Pesach) / (day of Sukkot) and renew in us love and compassion, goodness, life and peace.

This day remember us for well-being. Amen.

This day bless us with Your nearness. Amen.

This day help us to a fuller life. Amen.

LET OUR EYES behold Your Presence in our midst and in the midst of our people in Zion. Blessed is Adonai, whose Presence renews Zion.

V'TECHEZENAH eineinu b'shuv'cha l'Tzion b'rachamim. Baruch atah, Adonai, hamachazir Shechinato l'Tzion. ּוְתֶּהְחֶאֶינָה עֵינֵינוּ בְּשׁוּבְדְּ לְצִיּוֹן בְּרַחֲמִים. בָּרוּדְ אַתָּה, יְיָ, הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

MODIM anachnu lach,

shaatah hu Adonai Eloheinu v'Elohei avoteinu v'imoteinu

l'olam va-ed.

Tzur chayeinu, magein yisheinu,

atah hu l'dor vador.

Nodeh l'cha un'sapeir t'hilatecha al chayeinu ham'surim b'yadecha, v'al nishmoteinu hap'kudot lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha v'tovotecha sheb'chol eit,

erev vavoker v'tzohorayim.

עודים אֲנֵחְנוּ לֶךְ,
שְׁאַתָּה הוּא יְיָ אֱלֹהֵינוּ
נֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
לְעוֹלֶם נָעֶד.
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר נָדוֹר.
עֹלֶ חַיֵּינוּ הַמְּסוּרִים בְּיָדֶךְ,
וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לֶךְ,
וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לֶךְ,
וְעַל נִפְּלְאוֹתֵינוּ הַפְּקוּדוֹת לֶךְ,
וְעַל נִפְלְאוֹתֵיךְ וְטוֹבוֹתֵיךְ
שְׁבָּכָל עַת,
שֶׁרָב נָבְקַר וִצְּהַרֵיִם.

יַּעְלֶה וְיָבֹא Yaaleh v'yavo . . . Be mindful of us . . . This abbreviated version of the insertion into the Avodah benediction on Rosh Chodesh (the first day of the month) and the intermediate days of Sukkot and Pesach derives from the Festival liturgy. It is a petition that we may be remembered for blessing on these auspicious days.

For those who choose: At the word מוֹדִים modim one bows at the waist. At not stands up straight.



Hatov ki lo chalu rachamecha, v'ham'racheim ki lo tamu chasadecha, mei-olam kivinu lach. הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךּ, וְהַמְרַחֵם כִּי לֹא תַמּוּ חֲסָדֵיךּ, מֵעוֹלָם קִוִּינוּ לָדְּ.

FOR THE GOOD in us, which calls us to a better life, we give thanks.

For the strength to improve the world with our hearts and our hands,
we offer praise.

For the desire in us which leads us to work for peace, we are grateful.

For life and nature, harmony and beauty, for the hope of tomorrow, all praise to the Source of Being.

On Chanukah, turn to page 556.

V'al kulam yitbarach v'yitromam shimcha, Malkeinu, tamid l'olam va-ed.

SHABBAT SHUVAH — Uch'tov l'chayim tovim kol b'nei v'ritecha.

V'chol hachayim yoducha selah, viy'hal'lu et shimcha be-emet, Ha-El y'shuateinu v'ezrateinu selah. Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot. וְעֵל כַּלֶּם יִתְבָּרֵךְ וְיִתְרוֹמֵם שִׁמְךְ, מַלְכֵּנוּ, תָּמִיד לְעוֹלֶם וָעֶד. אויבים כָּל בְּנִי בְרִיתֵךְ. יטוֹבִים כָּל בְּנִי בְרִיתֵךְ. וְכֹל הַחַיִּים יוֹדְוּךְ סֶּלָה, וְיַהַלְלוּ אֶת שִׁמְךְ בָּאֱמֶת, הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֶלָה. בָּרוּךְ אַתָּה, יְיָ, הַטוֹב שִׁמְךְ וּלְךְ נָאֶה לְהוֹדוֹת.

For all these things, O Sovereign, let Your Name be forever praised and blessed.

SHABBAT SHUVAH — Inscribe all the children of Your covenant for a good life.

O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

> בָּרוּדְ אַתָּה, יְיָ, הַטוֹב שִׁמְדְ וּלְדְּ נָאֶה לְהוֹדוֹת. Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

הוֹדָאָה Hodaah ("Thanksgiving/Acknowledgment") — The second of the concluding benedictions expresses gratitude for the daily miracles of our lives and the divine blessings with which we are showered at all times. The seasonal insertions tie the themes of the occasion to that of the benediction: a prayer for renewed life on Shabbat Shuvah, and an expression of gratitude for miraculous salvation during Chanukah.

SHALOM RAV al Yisrael amcha

tasim l'olam,

ki atah hu Melech Adon

I'chol hashalom.

V'tov b'einecha l'vareich

et amcha Yisrael

b'chol eit uv'chol shaah bishlomecha.

SHABBAT SHUVAH - B'sefer chayim,

b'rachah, v'shalom, ufarnasah tovah,

nizacheir v'nikateiv l'fanecha,

anachnu v'chol amcha beit Yisrael,

l'chayim tovim ul'shalom.

Baruch atah, Adonai, oseih hashalom.

Baruch atah, Adonai,

ham'vareich et amo Yisrael bashalom.

שָׁלוֹם רָב עַל יִשְׂרָאֵל עַמְּדְ תָּשִׂים לְעוֹלֶם,

כָּי אַתָּה הוּא מֶלֶדְּ אָדוֹן

לְכָל הַשָּׁלוֹם.

וְטוֹב בְּעֵינֶידְּ לְבָרַדְּ

אֶת עַמְּךּ יִשְׂרָאֵל בָּכֵל עַת וּבָכֵל שַׁעַה בִּשִּׁלוֹמֵדְּ.

אטעוא SHABBAT SHUVAH

בְּרֶכֶה וְשָׁלוֹם וּפֶרְנָסָה טוֹבָה,

נוכר ווכתב לפניד,

אָנַחְנוּ וְכָל עַמְּדְּ בֵּית יִשְׂרָאֵל,

לְחַיִּים טוֹבִים וּלְשְׁלוֹם.

בָּרוּדְ אַתָּה, יָיָ, עוֹשֵׁה הַשְּׁלוֹם.

בָּרוּךְ אַתָּה, יִיָּ,

הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

GRANT US PEACE, Your most precious gift, O Eternal Source of peace.

And give us the will to proclaim its message to all the peoples of the earth.

Bless our country as a safeguard of peace, its advocate among the nations.

May contentment reign within our borders, health and happiness within our homes.

Strengthen the bonds of friendship and fellowship

among all the inhabitants of our world.

Plant virtue in every soul,

and may the love of Your Name hallow every home and every heart.

SHABBAT SHUVAH — Remember to inscribe us in the Book of Life for blessing, peace and prosperity; include all of Your people Israel for a good life and peace. Blessed is Adonai, Source of peace.

בַּרוּךָ אַתַּה, יִיַ, עוֹשָׂה הַשְּׁלוֹם.

Baruch atah, Adonai, oseih hashalom.

Praised are You, Adonai, who blesses Your people with peace.

בָּרוּךְ אַתָּה, יָיָ, הַמְבָרֵךְ אֶת עַמוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

שלום (the Hebrew word means both). The evening version, briefer than the daytime version, begins with the words שלום רב Shalom nav ("Abundant peace"). In this regard, Reform practice follows that of the central and eastern European Jewish liturgies (Minhag Ashkenaz) from which it was originally derived. (The Sephardic rite uses the daytime text in the evening service as well.) The insertion for Shabbat Shuvah again is a petition that we may be inscribed in the Book of Life.

Shalom

תְּסְלֵת הָלֶב T'filat HaLev

ELOHAI, n'tzor l'shoni meira
us'fatai midabeir mirmah,
v'limkal'lai nafshi tidom,
v'nafshi ke-afar lakol tih'yeh.
P'tach libi b'Toratecha,
uv'mitzvotecha tirdof nafshi.
V'chol hachoshvim alai raah,
m'heirah hafeir atzatam
v'kalkeil machashavtam.
Aseih l'maan sh'mecha,
aseih l'maan y'minecha,
aseih l'maan k'dushatecha,
aseih l'maan Toratecha.
L'maan yeichaltzun y'didecha,
hoshiah y'mincha vaaneini.

אָלְהַיּ, נְצֹר לְשׁוֹנִי מֵרָע וּשְׁפָתַי מִדַּבֵּר מִרְמָה, וְלִמְקַלְלֵי נַפְשִׁי תִדּוֹם, וְנַפְשִׁי כָּעָפָר לַכֵּל תִּהְיֶה. וּבְמִצְוֹתֶיךְ תִּרְדּוֹף נַפְשִׁי. וּבְמִצְוֹתֶיךְ תִּרְדּוֹף נַפְשִׁי. וְכֵל הַחוֹשְׁבִים עָלֵי רָעָה, וְכֵל הַחוֹשְׁבִים עָלֵי רָעָה, וְקַלְקֵל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעוֹ וְיְמִינֶךְ, עֲשֵׂה לְמַעוֹ וְיְדִיתֶדְ, עֲשֵׂה לְמַעוֹ תּוֹרָתֶךְ, עְשֵׂה לְמַעוֹ תּוֹרָתֶךְ, לְמַעוֹ יַחָלְצוּוֹ וְיִדִידֶידְ, הוֹשִׁיעה יִמִינִךְ וַעְנֵנִי.

My God,

keep my tongue from evil and my lips from speaking guile. To those who revile me, let my soul be silent, my soul shall be to all as dust.

Open my heart to Your Torah; let my soul hasten to do Your commandments.

Let the words of my mouth and my heart's meditation be acceptable in Your presence, O God, my Rock and my Redeemer.

מלחי, נְצוֹר Elohai, n'tzor — The Rabbis in the Talmud considered the need for personal prayer amidst the communal prayer of the T'filah (Avodah Zarah 7b-8a). B'rachot 16b-17a cites a number of examples of private prayers that various Rabbis recited; this prayer of Mar bar Rabina has appeared in all prayerbooks since the ninth century. Private prayer concludes with Psalm 19:15, אַרְצוֹן Yih'yu l'ratzon ("May the words of my mouth") and עשׁה שׁלוֹם Oseh shalom (from the Kaddish), another prayer for peace.

HELP ME, O GOD, to find still moments, quiet spaces within to refresh my soul; cease my questions, my inner debates, and let me meditate on Your goodness.

Help me, O God, to nurture my courage, recalling moments of strength. Let me remember days of fortitude and the certainty of your regard.

Help me, O God, to turn to the light, to feel the warmth of Your touch, my own face and fingers outstretched, alive, alive in Your sight.

LEND US THE WIT, O God, to speak the lean and simple word; give us the strength to speak the found word, the meant word; grant us the humility to speak the friendly word, the answering word.

And make us sensitive, God, sensitive to the sound of the words which others speak — sensitive to the sound of their words — and to the silences between.

Without surrendering the right to think and act in freedom . . . I can believe in a very literal sense of God who revealed the Torah to Israel. And I can try to carry on the Jewish tradition of study, worship, and deeds of love. Bernard J. Bamberger

CREATE a pure heart within me; let my soul wake up in Your light. Open me to Your presence; flood me with Your holy spirit. Then I will stand and sing out the power of Your forgiveness. I will teach Your love to the lonely; the lost will find their way home. Adonai, open up my lips and my mouth will declare Your praise.

YIH'YU L'RATZON imrei fi

v'hegyon libi l'fanecha, Adonai tzuri v'go-ali. יָרְיוּ לְרָצוֹן אִמְרֵי פִּי וְהֶגְיוֹן לִבָּי לְפָנֶיךּ, יָיָ צוּרִי וְגוֹאֲלִי.

MAY THE WORDS of my mouth and the meditations of my heart be acceptable to You, Adonai, my Rock and my Redeemer.

Oseh shalom bimromav,

hu yaaseh shalom aleinu

v'al kol Yisrael,

v'al kol yoshvei teiveil,

v'imru: Amen.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַצְשֶּׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תַבַל, וְאַמִרוּ: אַמֵן.

May the One who makes peace in the high heavens make peace for us, all Israel and all who inhabit the earth. Amen.

For those who count the Omer, between the second day of Pesach and Shavuot, turn to page 570.

Reading of the Torah is on page 362.

Aleinu and Kaddish are on pages 586–587.

Whoever dedicates their life to others , , . must not only comfort with words but through deeds.

*Regina Jonas**

Create a pure herart . . . adapted from Psalm 51

FOR OUR COUNTRY

THUS SAYS ADONAI, This is what I desire:

to unlock the fetters of wickedness, and untie the cords of lawlessness; to let the oppressed go free, to break off every yoke. Share your bread with the hungry, and take the wretched poor into your home. When you see the naked, give clothing, and do not ignore your own kin.

If you banish the yoke from your midst, the menacing hand, the evil speech; if you offer compassion to the hungry and satisfy the famished creature — then your light shall shine in darkness.

O GUARDIAN of life and liberty, may our nation always merit Your protection. Teach us to give thanks for what we have by sharing it with those who are in need. Keep our eyes open to the wonders of creation, and alert to the care of the earth. May we never be lazy in the work of peace; may we honor those who have died in defense of our ideals. Grant our leaders wisdom and forebearance. May they govern with justice and compassion Help us all to appreciate one another, and to respect the many ways that we may serve You. May our homes be safe from affliction and strife, and our country be sound in body and spirit. Amen.

Thus says Adonai . . . Selected verses from Isaiah 58

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A Prayer for the State of Israel

A prayer for the State of Israel

Our Ancestorin Heaven, Rock and Redeemer of the people Israel: Bless the State of Israel, with its promise of redemption. Shield it with Your love; spread over it the shelter of Your peace. Guide its leaders and advisors with Your light and Your truth. Help them with Your good counsel. Strengthen the hands of those who defend our Holy Land. Deliver them; crown their efforts with endergone Bless the land with peace, and its inhabitants with lasting joy. And let us say: Amen.

A Prayer for Peace

May we see the day when war and bloodshed cease, when a great peace will embrace the whole world.

Then nation will not threaten nation, and mankind will not again know war.

For all who live on earth shall realize we have not come into being to hate or to destroy.

We have come into being to praise, to labor and to love.

Compassionate God, bless the leaders of all nations with the power of compassion.

Fulfill the promise conveyed in Scripture:

I will bring peace to the land, and you shall lie down and no one shall terrify you.

I will rid the land of vicious beasts and it shall not be ravaged by war.

Let love and justice flow like a mighty stream.

Let peace fill the earth as the waters fill the sea.

And let us say: Amen.

A prayer for the State of Israel

אָבִינוּ שֶׁבַּשָּמִים, צוּר יִשְּרָאֵל וְגוֹאֵלוֹ, בָּרַךְ אֶת־מְדִינַת יִשְּרָאֵל, רֵאשִׁית צְמִיחַת גְּאֻלֶּתֵינוּ. הָגַן עַלֵּיהָ בְּאֶבְרַת חַסְבֶּךְ, וּפְרֹס עָלֵיהָ סָבַּת שְׁלוֹמֶךְ. וּשְׁלַח אוֹרְךְ וַאֲמִתְּךְ לְרָאשֵׁיה, שָּרֵיהָ וְיוֹעֲצֵיהָ, וְתַקְּנֵם בְּעֵצָה טוֹבָה מִלְפָנֵיךְ. חַזַּק אֶת־יְדִי מְגנֵי אֶרֶץ קְּדְשֵׁנוּ, וְהַנְחִילֵם אֱלֹהֵינוּ יְשׁוּעָה, וַצֵּטֶרֶת נִצְחוֹן תְּעַטְרָם. וְנָתַתֵּ שָׁלוֹם בָּאֵרֶץ וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֶיהָ, וְנֹאמֵר אָמֵן.

A Prayer for Peace

יְהִי רְצוֹן מִלְּפָנֶיךְ יהוה אֱלֹהֵינוּ וַאלֹהֵי אֲבוֹתִינוּ שֶׁהְבַטֵּל מִלְחָמוֹת וּשְׁפִיכוּת דָּמִים מִן הָעוֹלֶם וְתַמְשִיךְ שָׁלוֹם גָּדוֹל וְנִפְּלָא בָּעוֹלֶם וְלֹא יִשָּׁא גוֹי אֶל גוֹי חֶרֶב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

רַק יַבְּירוּ וְיֵדְעוּ בְּל־יוֹשְבֵי תֵבֶל הָאֱמֶת לַאֲמִתּוֹ אֲשֶׁר לֹא בָּאנוּ לָזֶה הָעוֹלָם בִּשְׁבִיל רִיב וּמַחֲלְּצֶת וְלֹא בִּשְׁבִיל שִׁנְאָה וְקִנְאָה וְקִנְתּוּר וּשְׁפִּיכוּת דְּמִים. רַק בַּאנוּ לַעוֹלָם כְּדֵי לְהַכִּיר אוֹתְךְ תִּתְבָּרַךְ לָנֵצַח.

וּבְכֵן הְּרַחֵם עָלֵינוּ וִיקִיָּם בֶּנוּ מִקְרָא שֶׁבָּתוּב: וְהָשְׁבַּתִּי שָׁלוֹם בָּאֵרֶץ וֹשְׁכַבְהֶם וְאֵין מַחֲרִיד וְהִשְׁבַּתִּי חַיָּה רָעָה מִן הָאֶרֶץ וְחֶרֶב לֹא תַעַבֹר בְּאַרְצְכֶם. בִּי מְלְאָה הָאֶרֶץ דִּעָה אֶת־יהוה בַּמַים לַיָּם מְכַּפִּים. בִּי מְלְאָה הָאֶרֶץ דִּעָה אֶת־יהוה בַּמִים לַיָּם מְכַפִּים.

(From Siddur Sim Shalom)





Select one of the four passages on this or the facing page.

ALEINU I'shabei-ach laadon hakol,
lateit g'dulah I'yotzeir b'reishit,
shehu noteh shamayim v'yoseid aretz,
umoshav y'karo bashamayim mimaal,
ush'chinat uzo b'govhei m'romim,
hu Eloheinu ein od.

Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech mal'chei hamlachim

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכּּל, לָתֵת גְּדֻלֶּה לְיוֹצֵר בְּרֵאשִׁית, שְׁהוּא נוֹטֶה שְׁמֵיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמֵיִם מִמְּעַל, וּשְׁכִינַת עֻזּוֹ בְּגָבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. וּמִשְׁתַּחְוּים וּמוֹדִים, וֹמִשְׁתַּחְוִים וּמוֹדִים, לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים הַקָּדוֹשׁ בָּרוּךְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. You are our God; there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

Continue on page 589.

ALEINU l'shabei-ach laadon hakol, lateit g'dulah l'yotzeir b'reishit, shelo asanu k'goyei haaratzot, v'lo samanu k'mishp'chot haadamah. Shelo sam chelkeinu kahem, v'goraleinu k'chol hamonam.

Vaanachnu kor'im umishtachavim umodim, lifnei Melech malchei ham'lachim HaKadosh Baruch Hu.

HaKadosh Baruch Hu.

לֶלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכּּל,
לֶתֵת גְּדֻלֶּה לְיוֹצֵר בְּרֵאשִׁית,
שׁלֹא עָשְׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שְׁמָנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.
שְׁלֹא שְׁמָנוּ כְּמִשְׁפְחוֹת הָאֲדָמָה.
וְאֲנֵחְנוּ כְּלִ־הֲמוֹנָם.
וִמְצְרָוִנוּ כּוֹרְעִים
וּמִשְׁתַחְנִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים
הַקְּדוֹשׁ בּרוּדְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

Continue on page 588 or 589.

For those who choose: At the word בּוֹרְעִים kor'im, one bends the knees; at וּמִשְׁתַחוִים umishtachavim, one bows at the waist; and at לְפָנֵי מֶלֶךּ lifnei Melech, one stands straight. SHEHU noteh shamayim v'yoseid aretz,
umoshav y'karo bashamayim mimaal
ush'chinat uzo b'govhei m'romim.
Hu Eloheinu ein od,
emet Malkeinu efes zulato.
Kakatuv b'Torato, V'yadata hayom
v'hasheivota el l'vavecha,
ki Adonai hu HaElohim
bashamayim mimaal,
v'al haaretz mitachat, ein od.

שֶׁהוּא נוֹטָה שָׁמַיִם וְיֹסֵד אָרֶץ,
וּמוֹשַׁב יְקָרוֹ בַּשָּׁמֵיִם מִמְּעַל
וּשְׁכִינַת עָזּוֹ בְּנֶבְהֵי מְרוֹמִים.
הוּא אֱלֹהֵינוּ אֵין עוֹד,
אֱמֶת מַלְכֵּנוּ אֶפֶס זוּלָתוֹ.
כַּכָּתוּב בְּתוֹרָתוֹ, וְיָדַעְתָּ הַיּוֹם
נְהֲשֵׁבֹתָ אֶל לְבָבֶּךְ,
כִּי יְיָ הוּא הָאֱלֹהִים
נְּשָׁמֵיִם מִמְּעֵל,
נְעַל הַאָּרֵץ מִתְּחַת, אֵין עוֹד.

FOR YOU SPREAD OUT THE HEAVENS and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: Know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

Al kein n'kaveh l'cha Adonai Eloheinu, lirot m'heirah b'tiferet uzecha, l'haavir gilulim min haaretz v'ha-elilim karot yikareitun. L'takein olam b'malchut Shaddai, v'chol b'nei vasar yikr'u vishmecha. L'hafnot eilecha kol rishei aretz. על כֵּן נְקַנֶּה לְדְּ יְיָ אֱלֹהַינוּ, לִרְאוֹת מְהַרָה בְּתִפְּאֶרֶת עָזֶּדְ, לְהַעֲבִיר גִּלּוּלִים מְן הָאֶרֶץ וְהָאֱלִילִים כָּרוֹת יִכְּרַתוּן. לְתַקֵּן עוֹלֶם בְּמַלְכוּת שַׁדַּי, וְכָל בְּנֵי בָשָׂר יִקְרְאוּ בִשְׁמֵךְ. לְהַפְנוֹת אֵלֶידְ כָּל רִשְׁעֵי אָרֶץ. לְהַפְנוֹת אֵלֶידְ כָּל רִשְׁעֵי אָרֶץ.

We therefore hope in You, Adonai our God. may we soon behold the glory of Your might: sweeping away the false gods of the earth that idolatry be utterly destroyed; perfecting the world under the rule of God that all humanity invoke Your name; turning all the wicked of the earth toward You.

עוֹד ein od . . . There is none else . . . The Kabbalah's interpretation is "Adonai is God; there is nothing (!) else," the idea being, "God is all there is!" God and the universe become the same, interwoven in history. Joel Hoffman

נוֹטֶה שְׁמַיִם (Shehu) noteh shamayim . . . (For You) spread out the heavens . . . Isaiah 51:13

V'yadata hayom . . . Know then this day . . . Deuteronomy 4:39

יַכֵּירוּ וְיַדְעוּ כֵּל יוֹשְׁבֵי תַבַּל, Yakiru v'yeidu kol yoshvei teivel, כִּי לָדְּ תִּכְרַע כָּל בֵּרָדְ, ki l'cha tichra kol berech, תַשָּבֵע כַּל־לַשוֹן: tishava kol lashon. לפניד יי אלהינו יכרעו ויפלו. L'fanecha Adonai Eloheinu yichr'u v'yipolu. וַלְכָבוֹד שָׁמָדְ יִקָר יִתַּנוּ. V'lichvod shimcha y'kar yiteinu. וִיקַבְּלוּ כַלָּם אָת עוֹל מַלְכוּתֵדְ, Vikablu chulam et ol malchutecha, וַתְמָלֹדְ עַלַיהַם מְהַרָה לַעוֹלָם וַעַד. v'timloch aleihem m'heirah l'olam va-ed. כי המלכות שלך היא, Ki hamalchut shelcha hi, וּלְעוֹלְמֵי עַד תִּמְלוֹךְ בְּכָבוֹד, ul'olmei ad timloch b'chavod, כַּכַתוּב בַּתוֹרַתַדְּ: kakatuv b'Toratecha: יי ימלך לעולם נעד: Adonai yimloch l'olam va-ed. ונאמר, והיה יי V'ne-emar, V'hayah Adonai למלד על כל הארץ. l'Melech al kol haaretz. בַּיּוֹם הַהוּא יִהְיָה יִיָּ אֶחָד Bayom hahu yih'yeh Adonai echad ושמו אחד. ush'mo echad.

Let all who dwell on earth acknowledge
that unto You every knee must bend and every tongue swear loyalty.
Before You, Adonai, our God, let them pay homage.
Let them give glory to Your honored Name.
Let all accept the yoke of Your reign,
that You may rule over us soon and forever.
For Sovereignty is Yours
and to all eternity You will reign in glory,
as it is written in Your Torah:
Adonai will reign forever and ever.
Thus it has been said:
Adonai will become Sovereign of all the earth.

Kaddish readings begin on page 592. Kaddish is on page 598.

On that day Adonai will become One and God's Name will be One.

קֹרֶע (לְּלִי) תִּכְרֵע Ki l'cha (li) tichna, ... Unto You (Me) every knee must bend ... Isaiah 45:23
קֹרֶע אָרָ (לְּלִי) אָרָרָע Adonai yimloch ... Adonai will reign ... Exodus 15:18
קֹרֶיָה יִי לְמֶלֶה V'hayah Adonai l'Melech ... Adonai will become Sovereign ... Zechariah 14:9

Bayom hahu ... On that day ... Zechariah 14:9

עליט

Aleinu

MAY WE GAIN WISDOM in our lives, overflowing like a river with understanding.

Loved, each of us, for the peace we bring to others.

May our deeds exceed our speech, and may we never lift up our hand but to conquer fear and doubt and despair.

Rise up like the sun, O God, over all humanity.

Cause light to go forth over all the lands between the seas.

And light up the universe with the joy
of wholeness, of freedom, and of peace.

V'ne-emar, v'hayah Adonai l'Melech al kol haaretz. Bayom hahu yih'yeh Adonai echad ush'mo echad.

וְנֶאֱמֵר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאֶרֶץ. בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד וּשְׁמוֹ אֵחַד.

Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one, and God's Name will be one.

Kaddish readings begin on page 592. Kaddish is on page 598.

Tikkun olam (literally, "repairing the world") originally (second-third century) referred to rabbinic legislation to remedy specific social ills or legal injustices. In the אַלְשׁ Aleinu, composed about the same time, it represents acts by God to replace this imperfect world with the legal and moral perfection of divine rule. Sixteenth-century kabbalistic thought applied the term to human action, shifting the responsibility for perfecting the world onto us.

The oneness of God is declared in the אָטֶנע Shina. Yet that oneness is not apparent in the world. Human action can bring oneness and peace to all. Elyse D. Frishman

The Jewish idea of redemption compels us to imagine a perfect world, a world that has reached its full potential. Poetry asks the same of its language; poetry at its best imagines a perfect language, which can impart all the nuances, meanings, and music that it never quite achieves in our everyday speech. When understood well, poetry and redemption can help us remake our world: a brilliant line of poetry can place a new link in the chain of our thought and language; and the idea of redemption helps us to look beyond our lives towards a world of possibility. Adam Sol

MOURNER'S KADDISH

קדיש יתום

יתגדל ויתקדש שמה רבא. YITGADAL v'yitkadash sh'mei raba. בְּעֶלְמָא דִּי בְרָא כָרְעוּתֵה, B'alma di v'ra chirutei. יימליד מלכותה, v'yamlich malchutei, בחייכון וביומיכון b'chayeichon uv'yomeichon וּבְחַיֵּי דְּכֶל בֵּית יִשְׁרָאַל, uv'chayei d'chol beit Yisrael, בַּעָגָלָא וּבִזְמֵן קַרִיב. וְאִמְרוּ: אַמֵן. baagala uvizman kariv. V'im'ru: Amen. יהא שמה רבא מברד Y'hei sh'mei raba m'varach לִעַלָם וּלִעַלְמִי עַלְמִיָּא. l'alam ul'almei almaya. יתברד וישתבח, ויתפאר Yitbarach v'yishtabach v'yitpaar ויתרומם ויתנשא, v'yitromam v'yitnasei, יִתְהַדַּר וְיִתְעַכֵּה וִיִתְהַלַּל v'yit'hadar v'yitaleh v'yit'halal sh'mei d'kudsha b'rich Hu, שמה דקדשא בריד הוא, לָעַלָּא מָן כָּל בָּרְכָתַא וְשִׁירַתַא, l'eila min kol birchata v'shirata, תשבחתא ונחמתא, tushb'chata v'nechemata. daamiran b'alma, V'imru: Amen. דַאַמירן בעלמא. ואַמרוּ: אַמן. יָהַא שָׁלָמָא רַבָּא מָן שָׁמַיַּא, Y'hei sh'lama raba min sh'maya, וְחַיִּים עַלֵינוּ וְעַל כָּל יִשְׂרָאֵל. v'chayim aleinu v'al kol Yisrael. ואמרו: אמן. V'imru: Amen. עשה שלום בַּמִרוֹמֵיו, Oseh shalom bimromay, הוא יַעשה שלום עלינו. Hu yaaseh shalom aleinu, ועל כַּל יִשֹרַאַל. וְאַמְרוּ: אַמֵן. v'al kol Yisrael, V'imru: Amen.

EXALTED and hallowed be God's great name in the world which God created, according to plan.

May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently, to which we say Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say Amen.

May there be abundant peace from heaven, and life, for us and all Israel. to which we say Amen.

May the One who creates harmony on high, bring peace to us and to all Israel. To which we say Amen.

HYMNS / PIYUTIM

Shabbat ADON OLAM

tai		

Hymns

Songs	Adon olam asher malach,	אַדון עוֹלֶם אֲשֶׁר מֶלַדְּ,
Israeli Songs	b'terem kol y'tzir nivra.	בְּטֶרֶם כָּל יְצִיר נִבְרָא.
Days of Awe	L'eit naasah v'cheftzo kol,	לָעַת נָעֲשָׂה בְּחֶפְצוֹ כֹּל,
Three Festivals	azai Melech sh'mo nikra.	אַזִי מֶלֶדְ שְׁמוֹ נִקְרָא.
Sukkat	NO. 1 - 11: 11 - 1 - 1 - 1	מוחרו בבלוח בכל

Sukkot	V'acharei kichlot hakol,	אַחֲרֵי כָּכְלוֹת הַכֹּל,
Pesach	ľvado yimloch nora.	בָדּוֹ יִמְלוֹדְ נוֹרָא.
Shavuot	V'hu hayah, v'hu hoveh,	הוא הָיָה, וְהוּא הֹוָה,
Chanukah	v'hu yih'yeh, b'tifarah.	הוא יהיה, בתפארה.

Tu Bish'vat	100
	V'hu echad v'ein sheini.

Purim	v nu cenad v em snem,	أراد فين اقدا مذا
Samuel Manager	l'hamshil lo l'hachbirah.	לְהַמְשִׁיל לוֹ לְהַחְבֵּירָה.
Songs of Memory	A. M	maken ake manian ake

Songs of Memory Meditation and	B'li reishit b'li tachlit,	בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
Healing	v'lo haoz v'hamisrah.	וְלוֹ הָעֹז וְהַמָּשְׂרָה.

National Hymns	V'hu Eli v'chai go-ali,	וְהוּא אֵלִי וְחֵי גֹּאֲלִי,
	v'tzur chevli b'eit tzarah.	וְצוּר חֶבְלִי בְּעֵת צֶרָה.
	V'hu nisi umanos li	וְהוּא נִסִי וּמָנוֹס לִי
	m'nat kosi b'yom ekra.	מְנַת כּוֹסִי בִּיוֹם אָקְרָא.

B'yado afkid ruchi,	בְּיָדוֹ אַפְקִיד רוּחִי,
b'eit ishan v'a-irah.	בְּעֵת אִישַׁן וְאָעִירָה.
V'im ruchi g'viyati,	וְעָם רוּחִי גְוִיָּתִי,
Adonai li v'lo ira.	יָי לִי וְלֹא אִירָא.

You are our Eternal God, who reigned before any being had been created; when all was done according to Your will, then You were called Ruler.

And after all ceases to be, You alone will rule in majesty. You have been, are yet, and will be in glory.

And You are One; none other can compare to or consort with You. You are without beginning, without end. To You belong power and dominion.

And You are my God, my living Redeemer, my Rock in times of trouble and distress. You are my standard bearer and my refuge, my benefactor when I call on You.

Into Your hands I entrust my spirit, when I sleep and when I wake, and with my spirit my body also; Adonai is with me and I shall not fear.

Family Blessings

Kiddush, Morning

HaMotzi

Birkat HaMazon

Havdalah

FOR A BOY

FOR A GIRL

Y'SIMCHA Elohim יְשִׁימֵךְ אֱלֹהִים Y'SIMEICH Elohim יְשִׁימֵךְ אֱלֹהִים Y'SIMEICH Elohim יְשִׁימֵךְ אֱלֹהִים K'Efrayim פְּשֶּׁרָה, כְּרָבְקָה, כְּרָבְקָה, אֹרַהִים k'Rachel uch'Leah. פָּרֶחֵל וּכְלַאָה.

MAY GOD inspire you to live like Ephraim and Menasseh. MAY GOD inspire you to live like Sarah, Rebecca, Rachel and Leah.

FOR BOTH BOYS AND GIRLS

Y'varech'cha Adonai v'yishm'recha. Ya-eir Adonai panav eilecha vichuneka. Yisa Adonai panav eilecha v'yaseim l'cha shalom. יְבָרֶכְדְּ יְיָ וְיִשְׁמְרֶדְּ. יָאֵר יְיָ פָּנָיו אֵלֶידְּ וִיחֻנֶּדְ. יִשְׂא יִיָ פָּנָיו אֵלֶידְּ וְיָשִׂם לְדְּ שָׁלוֹם.

May God bless you and keep you.

May God's light shine upon you, and may God be gracious to you.

May you feel God's Presence within you always, and may you find peace.

KIDDUSH FOR EVENING OF SHABBAT

Fill a Kiddush cup with wine or grape juice.

Raise it and recite:

סולקת ספרות קדוש, ערבית ברוכים ספאים

שיבי שבות

VAY'HI EREV vay'hi voker

וֹיְהִי עֶרֶב וַיְהִי בְּקֶר זֹם הַשִּּשִׁי.

yom hashishi.

AND THERE WAS EVENING and there was morning, the sixth day.

VAY'CHULU hashamayim v'haaretz

v'chol tz'vaam.

Vay'chal Elohim bayom hashvi-i

m'lachto asher asah.

Vayishbot bayom hashvi-i

mikol m'lachto asher asah.

Vay'varech Elohim et yom hashvi-i

vay'kadeish oto ki vo shavat mikol

m'lachto asher bara Elohim laasot.

לַיְכֻלּוּ הַשָּׁמֵיִם וְהָאֶרֶץ וְכָל־צְבָּאָם. וַיְכֵל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכְּל־מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבֶרֶךְ אֱלֹהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְבֶרֶךְ אֱלֹהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְבֶרֶךְ אֵלֹהִים לֶעשׁוֹת.

THE HEAVEN AND THE EARTH were finished, and all their array.

On the seventh day God finished the work that God had been doing, and God ceased on the seventh day from all the work that God had done. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that God had done.

Shabbat Kiddush — The beginning of Shabbat is marked by reciting a benediction sanctifying the day (Kiddush HaYom or K'dushat HaYom, "Sanctification of the Day"; M. B'rachot 8:1 and P'sachim 10:2). The benediction praises God for the gift of Shabbat that marks Israel as unique. Since Kiddush is recited over a cup of wine, symbolizing joy, it is preceded by the wine benediction, borei p'ri hagafen, "Creator of the fruit of the vine."

ניהי ערב Vayhi erev . . . And there was evening . . . Genesis 1:31

ייכלו Vaychulu . . . The heaven and the earth . . . Genesis 2:1-3

Candle Blessing

Kiddush, Evening

Welcome

Shabbat Songs

BARUCH atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen. Baruch atah, Adonai

אלחינו, מלך העולם, Eloheinu, Melech haolam, אַשר קדשנו בּמִצְוֹתִיו וְרָצָה בָנוּ, asher kid'shanu b'mitzvotav v'ratzah vanu, v'Shabbat kodsho בָּאַהַבָּה וּבָרָצוֹן הַנְחִילֵנוּ, b'ahayah uy'ratzon hinchilanu, זַּכַרוֹן לִמַעשה בַרַאשִׁית. zikaron l'maaseih v'reishit. כָּי הוּא יוֹם תַּחַלָּה לָמָקרָאֵי קֹדֵשׁ, Ki hu yom t'chilah l'mikra-ei kodesh, זכר ליציאת מצרים. zecher litziat Mitzrayim. כִּי בָנוּ בָחַרָתָ, וְאוֹתֵנוּ קְדַּשְׁתַּ Ki vanu vacharta, v'otanu kidashta,

מָכֶּל הַעַמִּים. mikol haamim.

ושבת קדשה V'Shabbat kodsh'cha

b'ahavah uv'ratzon hinchaltanu. בַּאַהַבָּה וּבָרָצוֹן הַנְחַלְתַּנוּ.

בָּרוּדְ אַתָּה, יָיַ, מְקַדֵּשׁ הַשַּׁבָּת. Baruch atah, Adonai, m'kadeish HaShabbat.

PRAISE TO YOU. Adonai our God, Sovereign of the universe, Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe who finding favor with us, sanctified us with mitzvot. In love and favor, You made the holy Shabbat our heritage as a reminder of the work of Creation.

As first among our sacred days, it recalls the Exodus from Egypt.

You chose us and set us apart from the peoples.

In love and favor You have given us Your holy Shabbat as an inheritance.

Praise to You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה, יָיָ, מְקַדֵּשׁ הַשַּׁבָּת. Baruch atah, Adonai, m'kadeish HaShabbat.

Tehilim/Psalm 92

מָזְמָוֹר שָּׁיר לִיוֹם הַשַּׁבַּת:

Mizmor shir I'yom haShabbat

A psalm. A song; for the sabbath day.

טוב להדות ליהוה ולומר לשמה עליון:

Tov l'hodot l'Hashem ulzameir l'shimcha elyon

It is good to praise the LORD, to sing hymns to Your name, O Most High,

לָהַגֵּיד בַּבַּקָר חַסְדֵּךְ וַאֲמִוּנַתַּךְ בַּלֵּילוֹת:

L'hagid babokeir chasd'cha v'emunat'cha baleilot

To proclaim Your steadfast love at daybreak, Your faithfulness each night

ָעֱלֵי־עֲשׂוֹר וַעֲלֵי־גֶבֶל עֲלֵיָ הִגָּיוֹן בְּכְנִּוֹר:

Alei asur v'alei navel, alei higavon b'chinor

With a ten-stringed harp, with voice and lyre together.

ַכִּי שִׂמַחְתַּנִי יִהֹוֶה בִּפָּעֶלֵךְ בַּמַעֲשֵׂי יָדֵיךְ אַרַגַּן:

Ki simachtani H' b'fo'alecha b'ma'asei yadecha aranein

You have gladdened me by Your deeds, Hashem; I shout for joy at Your handiwork.

ֹמַה־גָּדְלָוּ מַעֲשֵׂיךְ יִהֹוֶה מִׁאֹד עָמִקוּ מַחִשְׁבֹתֵיךְ:

Mah gadlu ma'asecha H', m'od amku machsh'votecha

How great are Your works, Hashem, how very deep Your designs!

ָאֵישׁ־בַּעַר לְּאֹ יֵדֶע וֹּכְסִּיל לֹא־יָבֵין אֵת־זְאֹת:

Ish ba'ar lo yeida uchsil lo yavin et zot

A brutish one cannot know, a fool cannot understand this:

ן בָּפָרָחַ רָשָׁעִים כָּמִוֹ־עָשֵׂב וַיַּצִיצוּ כַּל־פִּעֵלֵי אָוַן לְהְשָּׁמְדֶם עָדִי־עַד:

Bifro'ach r'sha'im k'mo eisev vayatzitzu col po'alei aven l'hishamdam adei ad

Though the wicked sprout like grass, though all evildoers blossom, it is only that they may be destroyed forever.

וָאַתַּה מָרֹוֹם לְעֹלֵבֶםׁ יִהֹוָה:

V'atah marom l'olam H'

But You are exalted, Hashem, for all time.

ּן יְהֹוָה כִּי־הִנֵּה אֹיְבֶיךִ יאֹבֵדוּ יִּתְפָּרְדוּ כָּל־פִּעְלֵי אָוֶן: כֵּי הִנָּה אֹיְבֶיךּ

Ki hinei oyvecha H', Ki hinei oyvecha yoveidu, yitpardu col po'alei aven

Surely, Your enemies, Hashem, surely, Your enemies perish; all evildoers are scattered.

ַוַתָּרֶם כִּרְאֵים קַרְגֵי בַּלֹתִׁי בְּשֶׁמֶן רַעַגָן:

Vatarem kireim karni baloti b'shemen ra'anan

You raise my horn high like that of a wild ox; I am soaked in freshening oil.

וַתַּבָּט עֵינִי בְּשֹׁוּרָי בַּקְמָים עָלַי מְרֵעִים תִּשְׁמַעְנָה אָזְנֵי:

Vatabeit eini b'shurai bakamim alai m'rei'im tishmana oznai

I shall see the defeat of my watchful foes, hear of the downfall of the wicked who beset me.

צדיק כַּתָּמֶר יִפְרָח כָּאֵרֵז בַּלְבָנוֹן יִשְׂגַה:

Tzadik catamar yifrach c'erez baLvanon yisgeh

The righteous bloom like a date-palm; they thrive like a cedar in Lebanon;

ָשְׁתוּלִים בְּבֵית יְהוֶה בְּחַצְרָוֹת אֱלֹהֵינוּ יַפְּרְיחוּ:

Sh'tulim b'veit H' b'chatzrot Eloheinu yafrichu

Planted in the house of the LORD, they flourish in the courts of our God.

עוֹד יְנוּבְוּן בְּשִׂיבֶה דְּשֵׁנִים וְרַעֲנַנְּים יִהְיוּ:

Od y'nuvun b'seivah d'sheinim v'ra'ananim yih'hiyu

In old age they still produce fruit; they are full of sap and freshness,

ָלְהַגִּיד כְּי־יָשָׁר יְהֹוֶה צׁוּרִי וְלֹאֹ־ עַוְלָתָ בְּוֹ:

L'hagid ki yashar H', tzuri v'lo avlatah bo

attesting that Hashem is upright, my rock, in whom there is no wrong.