

סדור  
לב שלם  
**Siddur**  
**Lev Shalem**  
לשבת ויום טוב  
FOR SHABBAT  
& FESTIVALS



THE RABBINICAL ASSEMBLY

Siddur Lev Shalem for Shabbat and Festivals  
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# The Weekday Evening Service

## Prayer

The twentieth-century Jewish philosopher Franz Rosenzweig remarked that we are not praying for God to change the order of nature; rather, what we pray for is that, as we go out to the world, we may experience God's love.

## The Great Silence

In the Sinai Desert, on a cloud of granite  
Sculpted by the Genesis-night,  
Hewn of black flame  
facing the Red Sea,  
I saw the Great Silence.

The Great Silence  
Sifts the secrets of the night.  
Unmoving, its thin flour  
falls on my brows.  
Silently, whispering,  
I ask the Great Silence,  
If I could I would ask  
more silently:  
How many stars did you  
count  
Since your beginning,  
since your hovering  
steady  
Over the Genesis-night  
facing the Red Sea?

And the Great Silence  
replies:  
When I shall count it  
all—  
From nothing to the very  
first thing,  
Then, son of man, I shall  
tell you first.

—ABRAHAM SUTZKEVER  
(translated by Barbara and Benjamin Harshav)

## Bar'khu: The Call to Worship Together

God is compassionate and will wipe away sin, not wreak destruction; for again and again God acts with restraint, refusing to let rage become all-consuming. ADONAI help us—surely our sovereign will answer us as in the hour of our calling.

*The following is recited when a minyan is present. We rise.*

**Leader:**

Praise ADONAI, to whom all praise is directed.

*Congregation, then the leader repeats:*

🕊 Praise ADONAI, to whom all praise is directed forever and ever.

**Barukh Adonai ha-m'vorakh l'olam va-ed.**

*We are seated.*

## The Coming of Evening Light

*Barukh atah ADONAI*, our God, sovereign of time and space, whose word brings the evening dusk, whose wisdom opens the gates of dawn, whose understanding changes the day's division, whose will sets the succession of seasons and arranges the stars in their places in the sky, who creates day and night, who rolls light before darkness and darkness from light, ► who makes day pass into night, who distinguishes day from night; *Adonai Tz'va-ot* is Your name. Living and ever-present God, may Your rule be with us, forever and ever. *Barukh atah ADONAI*, who brings each evening's dusk.

## Torah and God's Love

With timeless love, You have loved Your people, the house of Israel: You have taught us Torah and mitzvot, statutes and laws. Therefore, ADONAI our God, as we lie down and as we rise up, we shall speak of Your laws, rejoicing in the words of Your Torah and in Your mitzvot forever and ever. For they are our life and the fullness of our days, and on them we shall meditate day and night. ► Do not ever withdraw Your love from us.

*Barukh atah ADONAI*, who loves the people Israel.

וְהוּא רַחוּם יְכַפֵּר עוֹן וְלֹא יִשְׁחִית, וְהִרְבָּה לְהָשִׁיב אִפּוֹ  
וְלֹא יַעִיר כְּלַחֲמָתוֹ. יְהוּה הוֹשִׁיעָה, הַמְלִיךְ יַעֲנֵנוּ בְיּוֹם קְרָאֲנוּ.

*The following is recited when a minyan is present. We rise.*

**Leader:**

בְּרַכּוּ אֶת־יְהוּה הַמְבָרֵךְ.

*Congregation, then the leader repeats:*

🕊 בְּרוּךְ יְהוּה הַמְבָרֵךְ לְעוֹלָם וָעֶד.

*We are seated.*

בְּרוּךְ אַתָּה יְהוּה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בְּדַבְרוֹ מַעֲרִיב עֲרֵבִים, בַּחֲכָמָה פּוֹתַח שַׁעֲרִים,  
וּבַתְבוּנָה מְשַׁנֵּה עֵתִים, וּמַחְלִיף אֶת־הַזְּמַנִּים,  
וּמְסַדֵּר אֶת־הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.  
בוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.  
◀ וּמַעֲבִיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,  
יְהוּה צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יְמַלֵּךְ עָלֵינוּ  
לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְהוּה, הַמַּעֲרִיב עֲרֵבִים.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּתָ,  
תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת.  
עַל כֵּן יְהוּה אֱלֹהֵינוּ, בְּשִׂכְבְּנוּ וּבְקוּמָנוּ נְשִׁיחַ בְּחֻקֶיךָ,  
וְנִשְׁמַח בְּדַבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבְהֵם נִהְיֶה יוֹמָם וְלַיְלָה,  
◀ וְאַהֲבַתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים.  
בְּרוּךְ אַתָּה יְהוּה, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

**THE WEEKDAY EVENING SERVICE**, Arvit (also called Maariv), consists of the recitation of the Sh'ma and its blessings, as well as the weekday Amidah, the silent prayer. At the end of Shabbat or a festival, it also includes Havdalah, a ceremony marking the conclusion of the holy day.

**GOD IS COMPASSIONATE . . . ADONAI, HELP US** וְהוּא רַחוּם . . . יְהוּה הוֹשִׁיעָה. Psalms 78:38 and 20:10. To be human is to be fallible—to have made mistakes, to allow base emotions to rule us some of the time—even if all the while we strive to do what is right. We seek to approach God in innocence and so we ask that our transgressions be forgiven, that our prayers may be received as the heartfelt offerings of the pure soul.

**PRAISE ADONAI** בְּרַכּוּ אֶת־יְהוּה. Public prayer begins with a call and response. It is as if the leader asks, "Are you ready to pray?" and the congregation responds, "Yes, we are ready."

**WHO ROLLS LIGHT BEFORE DARKNESS** גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ. Seen through a religious lens, every change in nature is remarkable—each day and night, each season. The ideal of a religious consciousness is to see each of these moments afresh.

**TORAH AND GOD'S LOVE.** The religious life, with its mitzvot, is seen not as a burden but rather as a gift.

Siddur Lev Shalem for Shabbat and Festivals  
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*Final Notations*

it will not be simple, it will not be long  
it will take little time, it will take all your thought  
it will take all your heart, it will take all your breath  
it will be short, it will not be simple

it will touch through your ribs, it will take all your heart  
it will not be long, it will occupy your thought  
as a city is occupied, as a bed is occupied  
it will take all your flesh, it will not be simple

You are coming into us who cannot withstand you  
you are coming into us who never wanted to withstand you  
you are taking parts of us into places never planned  
you are going far away with pieces of our lives

it will be short, it will take all your breath  
it will not be simple, it will become your will

—ADRIENNE RICH

*Recitation of the Sh'ma*

*In the absence of a minyan, we add the following:*

God is a faithful sovereign.

Hear, O Israel, ADONAI is our God, ADONAI is one.

*Sh'ma yisrael, Adonai eloheinu, Adonai ehad.*

*Recited quietly:* Praised be the name of the one whose glorious sovereignty is forever and ever.

You shall love ADONAI your God with all your heart, with all your soul, and with all that is yours.

These words that I command you this day shall be taken to heart.

Teach them again and again to your children; speak of them when you sit in your home, when you walk on your way,

when you lie down, and when you rise up.

Bind them as a sign upon your hand

and as a symbol above your eyes;

inscribe them upon the doorposts of your home and on your gates.

*V'ahavta et Adonai elohekha b'khol l'vav'kha u-v'khol nafsh'kha u-v'khol me'odekha. V'hayu ha-d'varim ha-eileh asher anokhi m'tzav'kha hayom al l'vavekha. V'shinantam l'vanekha v'dibarta bam, b'shivt'kha b'veitekha u-v'lekht'kha va-derekh u-v'shokhb'kha u-v'kumekha. U-k'shartam l'ot al yadekha v'hayu l'totafot bein einekha. U-kh'tavtam al mezuzot beitekha u-visharekha.*

Deuteronomy 6:4–9

**קְרִיאַת שְׁמַע**

*In the absence of a minyan, we add the following:* אֵל מֶלֶךְ נְאֻמָּן.

**שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד.**

*Recited quietly:* בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתָו לְעוֹלָם וָעֶד.

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ  
וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ  
הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָם בְּשַׁבְּתֶךָ  
בְּבֵיתְךָ וּבְלִקְוֶתְךָ בְּדֶרֶךְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:  
וְקִשַּׁרְתָּם לְאוֹת עַל-יָדֶיךָ וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ:  
וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

דברים ו:ד-ט

HEAR . . . ONE תְּחִלָּה . . . שְׁמַע. The biblical paragraph that follows instructs us: “speak of them . . . when you lie down, and when you rise up.” The ancient rabbis took this quite literally and understood it as an injunction to recite the Sh'ma in the morning and the evening—that is, the time of lying down and the time of rising up. Some see the Sh'ma as a basic Jewish creed, and so its repetition is a constant reiteration of faith. Another interpretation of the Sh'ma is that it is addressed not to God but to the community of Israel: when we sit together

and hear each other pray, we come to understand that though each of us may have very different spiritual lives, we are “one” in our humanity. The souls that reside in each of us are formed by the one God. Through the recitation of the Sh'ma, we affirm this common yet plural community.

The Sh'ma consists of three paragraphs taken from the Torah. The first talks of our love for God, the second describes the terrible consequences of deserting a religious and moral life, and the third emphasizes both religious practice and the fundamental Jewish story: the exodus from Egypt.

**PRAISED BE THE NAME** שֵׁם כְּבוֹד. This is the congregational response to the biblical verse. Because it is the only line of this paragraph that is not biblical, it is said quietly.

**THESE WORDS** הַדְּבָרִים הָאֵלֶּה. Which words does the verse refer to? Some scholars think that the phrase “these words” refers to the Decalogue, which was recited just before the Sh'ma in the ancient synagogue. In its current context, this phrase may refer to the previous sentence, which contains the command to love (*v'ahavta*). In this view, we are to walk through life constantly reminded that with each step we take, we can bring the perspective of love.

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“If You Will Hear”:  
An Interpretive  
Translation

If you faithfully obey My laws today, and love Me, I shall give you your livelihood in good time and in full measure. You shall work and reap the results of your labor, satisfied with what you have achieved. Be careful, however. Let not your heart be seduced, lured after false goals, seeking alien ideals, lest God’s image depart from you and you sink, becoming desolate, and lose your joyous, God-given heritage.

—ANDRÉ UNGAR

If you will hear and obey the mitzvot that I command you this day, to love and serve ADONAI your God with all your heart and all your soul, then I will grant the rain for your land in season, rain in autumn and rain in spring. You shall gather in your grain and wine and oil; I will provide grass in your fields for your cattle and you shall eat and be satisfied. Take care lest your heart be tempted, and you stray and serve other gods and bow to them. Then ADONAI’s anger will flare up against you, and God will close up the sky so that there will be no rain and the earth will not yield its produce. You will quickly disappear from the good land that ADONAI is giving you. Therefore, impress these words of mine upon your heart and upon your soul. Bind them as a sign upon your hand and as a symbol above your eyes; teach them to your children, by speaking of them when you sit in your home, when you walk on your way, when you lie down, and when you rise up. Inscribe them upon the doorposts of your home and on your gates. Then your days and the days of your children, on the land that ADONAI swore to your ancestors to give them, will be as many as the days that the heavens are above the earth.

Deuteronomy 11:13–21

ADONAI said to Moses: Speak to the people Israel, and instruct them that in every generation they shall put *tzitzit* on the corners of their garments, placing a thread of blue on the *tzitzit*, the fringe of each corner. That shall be your *tzitzit*; you shall look at it and remember all the mitzvot of ADONAI, and fulfill them, and not be seduced by your eyes and heart as they lead you astray. Then you will remember and fulfill all My mitzvot, and be holy before 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—

Numbers 15:37–41

### Truly

When there is a minyan, the leader adds:

▶ ADONAI your God—truly—

This is our enduring affirmation, binding on us: that ADONAI is our God and there is none other, and we, Israel, are God’s people. God is our sovereign, redeeming us from earthly rulers, delivering us from the hand of all tyrants, bringing judgment upon our oppressors, just retribution upon all our mortal enemies,

וְהָיָה אִם-שָׁמַעַתְּ אֶת-שְׁמִיעוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם לֵאמֹר לֹא-תִהְיֶה אֶתְיְהוָה אֱלֹהֵיכֶם וְלַעֲבֹדוֹ בְּכָל-לְבַבְכֶם וּבְכָל-נַפְשְׁכֶם: וְנָתַתִּי מִטְר-אֶרְצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפַּת דְּגָנְךָ וְתִירְשָׁךָ וְיִצְהַרְךָ: וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבְהִמְתָּךְ וְאִכְלֶתָ וְשָׂבַעְתָּ: הִשְׁמְרוּ לָכֶם פְּנֵי-פִתְחֵי לְבַבְכֶם וְסוּרְתֵם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַפִּי-יְהוָה בְּכֶם וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מָטָר וְהִיאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאִבַּדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׁמַתֶּם אֶת-דְּבָרֵי אֱלֹהֵי עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל-יְדֵיכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וְלִמַּדְתֶּם אֹתָם אֶת-בְּנֵיכֶם לְדַבֵּר בֵּם בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְכִתַּבְתֶּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבּוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נָשַׁע יְהוָה לְאַבְתֵּיכֶם לְתַת לָהֶם כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

דברים יא:יג-כא

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצֵת עַל-פְּנֵי בְגָדֵיהֶם לְדַרְתָּם וְנָתַנוּ עַל-צִיצֵת הַפָּנֶף פֶּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצֵת וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה וְעָשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם זִנִּים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהִייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:

במדבר טו:לז-מא

### אָמֵת

When there is a minyan, the leader adds:

◀ יהוה אלהיכם – אָמֵת –

וְאָמוּנָה כְּלִזְדָּאת, וְקִיָּם עָלֵינוּ, כִּי הוּא יְהוָה אֱלֹהֵינוּ וְאֵין זוּלָתוֹ, וְאִנְחָנוּ יִשְׂרָאֵל עִמּוֹ. הַפּוֹדֵנוּ מִיַּד מְלָכִים, מְלַכְנוּ הַגּוֹאֲלֵנוּ מִכַּף כָּל-הָעֲרִיצִים. הָאֵל הַנִּפְרָע לָנוּ מִצְרַיִנוּ, וְהַמְשַׁלֵּם גְּמוּלָה לְכָל-אוֹיְבֵי נַפְשָׁנוּ,

continued

IF YOU WILL HEAR יהוה אֱלֹהֵיכֶם. Although in its biblical context the consequences of sin mentioned in this paragraph were probably understood literally, in the liturgy they can be understood metaphorically. After all, many people who recited this paragraph were not living off the land. Rather, one way of understanding what the paragraph conveys may be that the observance of Torah and a life of walking on the path of mitzvot leads to a rich life, a life that seems fertile. Without the cultivation of a spiritual life, we may be left with a sense of emptiness, of having been diverted by entertainments but never having lived life fully.

ADONAI SAID TO MOSES וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר. The ancient rabbis emphasized that the last words of this paragraph, the injunction to remember the exodus from Egypt, was the prime reason for its inclusion in the Sh’ma. In Jewish theology, the exodus anticipates the redemption in the future: true freedom. The means of achieving redemption, we are taught, is remembering our responsibility to live lives that are holy.

TRULY—THIS IS OUR ENDURING AFFIRMATION אָמֵת וְאָמוּנָה. So closely was the Sh’ma linked with this *b'rakhah*, the blessing of redemption, that the rabbis insisted that its first word—“truly”—be recited along with the very last words of the Sh’ma, so

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*Emunah: Faith*  
*Emunah* or “faith” is related to the Hebrew word “Amen.”... *Emunah* in the Bible... has the sense of affirmation and trust, a commitment of the entire self to the truth as told, seen, or witnessed.... “Believe” is too intellectual a term.... For the Bible as well as for the early rabbis, *emunah* connotes affirmation with the entire self, affirmation even unto martyrdom. This is more than one would do for mere “belief” in an idea, especially one that is not proven.... It is perhaps for this reason that the affirmations in the great philosopher Moses Maimonides’ (1138–1204) Thirteen Articles of Faith began each statement with: “I believe with a whole faith...” *Belief* in the articles would not suffice without *emunah sh’leimah*, a faith that carries us far beyond just “believing” into the realm of the deepest sureness.

—ARTHUR GREEN

performing wonders beyond understanding, marvels beyond all reckoning. God places us among the living, not allowing our steps to falter, and leads us past the false altars of our enemies, exalting us above all those who hate us. ADONAI avenged us with miracles before Pharaoh, offered signs and wonders in the land of Egypt. God smote, in anger, all of Egypt’s firstborn, brought Israel from its midst to lasting freedom, and led them through the divided water of the Sea of Reeds. As their pursuers and enemies drowned in the depths, God’s children beheld the power of the Divine; they praised and acknowledged God’s name, ► willingly accepting God’s sovereignty. Then Moses, Miriam, and the people Israel joyfully sang to You:

► U-malkhuto b’ratzon kiblu aleihem, moshe u-miryam u-v’nei yisrael  
 l’kha anu shirah, b’simḥah rabah v’amru khulam:

“Who is like You, ADONAI, among the mighty! Who is like You, adorned in holiness, revered in praise, working wonders!”

Mi khamokha ba-eilim Adonai, mi kamokha nedar bakodesh,  
 nora t’hilot, oseh feleh.

Your children recognized Your sovereignty, as You split the sea before Moses. “This is my God,” they responded, and said: “ADONAI will reign forever and ever.”

Malkhut’kha ra’u vanekha, bokei-a yam lifnei moshe, zeh eili anu v’amru:  
 Adonai yimlokh l’olam va-ed.

► And so it is written: “ADONAI has rescued Jacob and redeemed him from the hand of those more powerful than he.”  
*Barukh atah ADONAI*, who redeemed the people Israel.

► V’ne-emar: ki fadah Adonai et yaakov, u-ge’alo miyad hazak mimenu.  
*Barukh atah Adonai, ga-al yisrael.*

### *Peace in the Night*

Allow us, ADONAI our God, to sleep peacefully; awaken us to life, O sovereign. Spread over us Your canopy of peace, restore us with Your good counsel, and save us for the sake of Your name. Shield us. Remove from us enemies, pestilence, sword, starvation, and sorrow; remove the evil forces that surround us. Shelter us in the shadow of Your wings, for You, God, watch over and deliver us, and You are sovereign, merciful and compassionate. ► Ensure our going and coming for life and peace, now and forever.

*Barukh atah ADONAI*, eternal guardian of Your people Israel.

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הַעֲשֵׂה גְדוּלוֹת עַד אֵין חֶקֶה וְנִפְלְאוֹת עַד אֵין מִסְפָּר.  
 הַשָּׁם נִפְשָׁנוּ בַּחַיִּים, וְלֹא נָתַן לָמוֹט רִגְלָנוּ.  
 הַמְדַרְיֵכְנוּ עַל בְּמוֹת אוֹיְבֵינוּ, וַיָּרֶם קַרְנֵנוּ עַל כָּל־שׂוֹנְאֵינוּ.  
 הַעֲשֵׂה לָנוּ נִסִּים וּנְקָמָה בַּפְּרָעָה,  
 אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת בְּנֵי הָם.  
 הַמִּכָּה בְּעֶבְרַתוֹ כָּל־בְּכוֹרֵי מִצְרַיִם,  
 וַיּוֹצֵא אֶת־עַמּוֹ יִשְׂרָאֵל מִתּוֹכָם לְחֵירוֹת עוֹלָם.  
 הַמַּעֲבִיר בְּנָיו בֵּין גְּזְרֵי יַם סוּף,  
 אֶת־רוֹדְפֵיהֶם וְאֶת־שׂוֹנְאֵיהֶם בְּתַהוֹמוֹת טַבַּע.  
 וְרָאוּ בְנָיו גְּבוּרָתוֹ, שִׁבְחוּ וְהוֹדוּ לְשִׁמּוֹ.  
 ◀ וּמַלְכוּתוֹ בְּרָצוֹן קָבְלוּ עֲלֵיהֶם,  
 מִשָּׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה,  
 וְאָמְרוּ כָּלָם:  
 מִי כַמִּכָּה בְּאֵלֶם יְהוָה, מִי כַמִּכָּה נֶאֱדָר בַּקֹּדֶשׁ,  
 נוֹרָא תְהִלָּתוֹ, עֲשֵׂה פִלָּא.  
 מַלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מִשָּׁה,  
 זֶה אֵלֵי עָנוּ וְאָמְרוּ:  
 יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.  
 ◀ וְנֹאמַר: כִּי פָדָה יְהוָה אֶת־יַעֲקֹב,  
 וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ. בְּרוּךְ אַתָּה יְהוָה, גֹּאֵל יִשְׂרָאֵל.  
 הַשְּׂפִיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלִּפְנֵי לְחַיִּים,  
 וּפְרוֹשׁ עֲלֵינוּ סִפְתֵי שְׁלוֹמְךָ, וְתִקַּנְנוּ בְּעֶצֶה טוֹבָה מִלִּפְנֵיךָ.  
 וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדְנוּ, וְהִסֵּר מֵעֲלֵינוּ אוֹיֵב,  
 דָּבָר וְחָרָב, וְרָעַב, וְיָגוֹן, וְהִסֵּר שָׁטָן מִלִּפְנֵינוּ וּמֵאֲחֵרֵינוּ,  
 וּבְצֵל כְּנֹפֶיךָ תִּסְתִּירֵנוּ, כִּי אֵל שׂוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה,  
 כִּי אֵל מְלֹךְ חַנוּן וְרַחוּם אַתָּה, ◀ וּשְׁמוֹר צְאֲתָנוּ וּבוֹאֵנוּ,  
 לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.  
 בְּרוּךְ אַתָּה יְהוָה, שׂוֹמֵר עַמּוֹ יִשְׂרָאֵל לְעַד.

*continued*  
 the leader reads them together: *Adonai eloheikhem emet*. Thus we affirm that God is true, or truth itself. The world as it is presented to us is a world in which the totality of truth is hidden; its full revelation constitutes redemption.

GOD SMOTE הַמִּכָּה. While the first paragraph of the Sh’ma talks of love, the exodus from Egypt reminds us that sometimes justice is achieved only by battling for it.

MIRIAM מִרְיָם. After the deliverance at the Sea, we are told that Moses led the men in song and Miriam, in response, led the women in joyous singing.

WHO IS LIKE YOU מִי כַמִּכָּה יְהוָה. Exodus 15:11.

YOUR CHILDREN RECOGNIZED YOUR SOVEREIGNTY נִפְשָׁנוּ בַּחַיִּים. Or “Your children saw Your dominion.” To view the end of slavery and oppression is to see God’s dominion.

ADONAI WILL REIGN יְהוָה יִמְלֹךְ. Exodus 15:18.

ADONAI HAS RESCUED כִּי פָדָה יְהוָה. Jeremiah 31:11.

ALLOW US . . . TO SLEEP הַשְּׂפִיבֵנוּ. This prayer, added after reciting the Sh’ma in the evening, speaks to the fears of the night.

*The Dream of  
a New Day*

Creator of peace, compas-  
sionate God,  
guide us to a covenant of  
peace  
with all of Your creatures,  
birds and beasts  
as well as all humanity  
reflecting Your image of  
compassion and peace.  
Give us strength  
to help sustain Your prom-  
ised covenant abolishing  
blind strife  
and bloody warfare, so  
that they will no longer  
devastate  
the earth, so that discord  
will no longer tear us  
asunder.  
Then all that is savage and  
brutal will vanish,  
and we shall fear evil no  
more.  
Guard our coming  
and our going, now  
toward waking, now  
toward sleep,  
always within Your tran-  
quil shelter.  
Beloved are You, Sovereign  
of peace,  
whose embrace encom-  
passes the people Israel  
and all humanity.

—JULES HARLOW

*Many congregations omit the following paragraphs after Shabbat or a Festival:*

May ADONAI be blessed forever and ever; *amen* and *amen*.

May ADONAI be blessed from Zion, ADONAI who dwells in  
Jerusalem, *halleluyah*.

Bless ADONAI who is God, the God of Israel, doer of wonders,  
alone.

May God’s glorious name be blessed forever and ever;  
may God’s glory fill the whole world; *amen* and *amen*.

May the glory of ADONAI be forever; may ADONAI rejoice with  
what ADONAI has created.

May the name of ADONAI be blessed now and forever.

Surely ADONAI will not abandon God’s people, if only for the sake  
of the greatness of the divine name,  
for ADONAI desired to make you a people dedicated to the Divine.

When all the people saw, they bowed down and said, “ADONAI is  
God; ADONAI is God.”

ADONAI shall be acknowledged sovereign of all the earth.

On that day ADONAI shall be one, and the name of God one.

Shower Your kindness upon us, for our hope is in You.

Help us, ADONAI our God, and gather us from the nations,  
that we might acknowledge Your holy name and find glory in  
praising You.

All the nations You created shall come and bow before You, our  
master, and honor Your name.

For You are great and You act wondrously; You alone are God.

And we, Your people, the flock whom You shepherd, shall  
acknowledge You always, praising You, one generation to  
the next.

*Many congregations omit the following paragraphs after Shabbat or a Festival:*

ברוך יהוה לעולם, אמן ואמן.

ברוך יהוה מציון, שכן ירושלים, הללויה.

ברוך יהוה אלהים אלהי ישראל, עשה נפלאות לבדו.

וברוך שם כבודו לעולם,

וימלא כבודו את כל הארץ, אמן ואמן.

יהי כבוד יהוה לעולם. ישמח יהוה במעשיו.

יהי שם יהוה מברך, מעתה ועד עולם.

כי לא יטש יהוה את עמו בעבור שמו הגדול,

כי הואיל יהוה לעשות אתכם לו לעם.

וירא בלהעם ויפלו על פניהם,

ויאמרו: יהוה הוא האלהים, יהוה הוא האלהים.

והיה יהוה למלך על כל הארץ,

ביום ההוא יהיה יהוה אחד ושמו אחד.

יהי חסדך יהוה עלינו, באשר יחלנו לך.

הושיענו יהוה אלהינו, וקבצנו מן הגוים,

להודות לשם קדשך, להשתבח בתהלתך.

בלגוים אשר עשית יבאו וישתחוו לפניך אדני, ויכבדו לשמך.

כי גדול אתה ועשה נפלאות, אתה אלהים לבדך.

ואנחנו עמך וצאן מרעייתך, נודה לך לעולם,

לדור ודור נספר תהלתך.

MAY ADONAI BE BLESSED  
FOREVER AND EVER; AMEN  
AND AMEN ברוך יהוה  
לעולם, אמן ואמן. Stylistically  
this prayer is typical  
of much early liturgi-  
cal writing. Until its last  
paragraph, it is composed  
entirely of verses from the  
Bible—mostly Psalms, but  
other books of the Bible as  
well—especially those pas-  
sages that are themselves  
prayers. Each verse men-  
tions a word or concept  
included in the previous  
verse. The prayer begins by  
praising God, then moves  
on to promises of messianic  
times, and finally adds a  
personal note of placing  
one’s own care in God’s  
hands. This conclusion is  
especially fitting for the  
evening, when the fears of  
the night stir the soul; it  
is the only portion of the  
prayer not composed of  
biblical verses. The opening  
verses begin with the word  
*barukh*, and the prayer at  
the end also begins with  
several phrases containing  
the initial word *barukh*—  
thus forming a frame for  
the entire prayer.

According to the

Babylonian sages, the *geonim*, this prayer was added to the evening  
liturgy so that all would have time to arrive in the synagogue and then  
leave together; walking together, the group could offer protection from  
marauders. Since on Saturday night people had already gathered for the  
afternoon prayer and for study, there was no need to include it then.  
The verses quoted are: Psalms 89:53, 135:21, 72:18–19, 104:31, 113:2; 1 Samuel  
12:22; 1 Kings 18:39; Zechariah 14:9; Psalms 33:22; 106:47; 86:9–10; 79:13.

WHEN ALL THE PEOPLE SAW בלהעם וירא בלהעם 1 Kings 18:39. In the Bible,  
this verse describes the reaction of the people when Elijah’s sacrificial  
offering brings storm clouds, thus ending the drought that had plagued  
Israel. Perhaps, though, the liturgist has deliberately placed the verse  
here devoid of context. What we see is not an event beyond natural  
circumstance, like the miraculous response to Elijah; rather, we see the  
everyday that is miraculous: going to sleep at night and waking in the  
morning.

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May ADONAI be blessed by day,  
 may ADONAI be blessed at night,  
 may ADONAI be blessed as we lie down,  
 may ADONAI be blessed as we arise.  
 In Your hands is the spirit of the living and the dead.  
 In Your hands is the breath of every living being and the spirit of every person.  
 Into Your hands I entrust my spirit; You are my redeemer, ADONAI, faithful God.  
 God in heaven, may Your name be one,  
 may Your sovereignty be established forever,  
 and may You rule over us always.  
 May our eyes see, may our hearts rejoice, and may our spirit sing with Your true triumph, when in Zion it shall be declared, “Your God reigns.”  
 ADONAI is sovereign, ADONAI has always been sovereign, ADONAI will be sovereign forever.  
 ▶ For sovereignty is Yours, and You shall rule in glory forever and ever; we have no ruler but You.  
*Barukh atah ADONAI*, the Sovereign who in glory shall rule over us forever, and over all Your creation.

### Hatzi Kaddish

*Leader:*

May God’s great name be exalted and hallowed throughout the created world, as is God’s wish. May God’s sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

*Congregation and Leader:*

May God’s great name be acknowledged forever and ever!  
*Y’hei sh’meih raba m’varakh l’alam u-l’almei almaya.*

*Leader:*

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b’rikh hu*, is truly [between Rosh Hashanah and Yom Kippur we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world.  
 And we say: *Amen*.

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ברוך יהוה ביום, ברוך יהוה בלילה,  
 ברוך יהוה בשכבנו, ברוך יהוה בקומנו,  
 כי בידך נפשות החיים והמתים,  
 אשר בידו נפש כל־חי ורוח כל־בשר איש.  
 בידך אפקיד רוחי, פדיתה אותי יהוה אל אמת.  
 אלהינו שבשמים, יחד שמך, וקיים מלכותך תמיד,  
 ומלוך עלינו לעולם ועד.  
 יראו עינינו,  
 וישמח לבנו,  
 ותגל נפשנו בישועתך באמת,  
 באמור לציון, מלך אלהיך.  
 יהוה מלך, יהוה מלך, יהוה ימלך לעלם ועד.  
 ◀ כי המלכות שלך היא, ולעולמי עד תמלוך בכבוד,  
 כי אין לנו מלך אלא אתה.  
 ברוך אתה יהוה, המלך בכבודו תמיד ימלוך עלינו לעולם ועד, ועל כל־מעשיו.

### חצי קדיש

*Leader:*

יתגדל ויתקדש שמה רבא, בעלמא די ברא, ברעותה,  
 וימליך מלכותה בחייכון וביומיכון ובחיי דכל־בית  
 ישראל, בעגלא ובזמן קריב, ואמרו אמן.

*Congregation and Leader:*

יהא שמה רבא מברך לעלם ולעלמי עלמיא.

*Leader:*

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתהדר  
 ויתעלה ויתהלל שמה דקדשא, בריך הוא, לעלא מן כל־  
 [לעלא לעלא מפל: between Rosh Hashanah and Yom Kippur we substitute:  
 ברכתא ושירתא תשבחתא ונחמתא דאמירן בעלמא,  
 ואמרו אמן.]

MAY ADONAI BE BLESSED BY DAY ברוך יהוה ביום. This final passage of the *b'rakhah* is no longer composed of biblical verses strung together to form a new prayer; instead, we now have thoughts expressed in post-biblical language that use biblical verses as prooftexts: “the breath of every living being and the spirit of every person” (Job 12:10) and “into Your hands...” (Psalm 31:6). It is an appropriate prayer for the evening: before I go to sleep, “into Your hands I entrust my spirit, God.”

HATZI KADDISH. As remarked upon earlier, the evening service consists of two central moments: the recitation of the Sh'ma and the Amidah, the silent personal prayer. The Hatzi Kaddish separates the two sections. Its central line, *y’hei sh’meih raba m’varakh*, “May God’s great name be acknowledged,” expresses the same thought as the call to worship, *bar’khu*, with which the evening service began. It is as if the leader is calling us to a new service of personal prayer that begins here.

MAY GOD’S GREAT NAME יהא שמה רבא. The seven words of this response are an almost exact Aramaic translation of the Hebrew refrain commonly used in the ancient Temple in Jerusalem: *barukh shem k’vod malkhuto l’olam va-ed*, “Praised be the name of the

one whose glorious sovereignty is forever and ever.” This line is familiar to us today as the response following the first verse of the Sh’mā. In ancient Israel, it may have been the standard response to a call by the leader of the service.

# Amidah for the Conclusion of Shabbat and Festivals

## Weekday Prayer

As we enter a new week, a new time, we may want to ask ourselves: “What of the past do I want to take with me? What, of that which I have inherited, represents the values that are most important to me?”

Some people find it hard to clean their desk, to decide what to throw away and what to keep. Too much clutter on the desk makes it difficult to do the day’s work. But without some papers lying around, we may not be sufficiently stimulated to know what it is we have to do.

The past is like that, too: some of it has to be put away, let go, so that we might move forward. But some of it needs to be taken with us into the future—because it sustains us as we continue to grow.

As we leave Shabbat or the festival day behind, we might ask ourselves: What have we learned about our life choices? our relation to our family and our friends? What do we want to take with us from this holy day into our everyday life?

*The evening Amidah is recited silently through its conclusion on page 278.*

ADONAI, open my lips that my mouth may speak Your praise.

## Three Introductory B’rakhot

### OUR ANCESTORS

*With Patriarchs:*

ברוך אתה ADONAI,  
our God and God of our  
ancestors,  
God of Abraham, God of  
Isaac, and God of Jacob,  
great, mighty, awe-inspiring,  
transcendent God,  
who acts with kindness  
and love, and creates all,  
who remembers the loving  
deeds of our ancestors,  
and who will lovingly bring  
a redeemer to their  
children’s children for  
the sake of divine honor.

*Between Rosh Hashanah and Yom Kippur we add:*

Remember us for life, Sovereign who delights in life,  
and inscribe us in the Book of Life, for Your sake, God of life.

*With Patriarchs and Matriarchs:*

ברוך אתה ADONAI,  
our God and God of our  
ancestors,  
God of Abraham, God of  
Isaac, and God of Jacob,  
God of Sarah, God of  
Rebecca, God of Rachel,  
and God of Leah,  
great, mighty, awe-inspiring,  
transcendent God,  
who acts with kindness  
and love, and creates all,  
who remembers the loving  
deeds of our ancestors,  
and who will lovingly bring  
a redeemer to their  
children’s children for  
the sake of divine honor.

# תפילת העמידה למוצאי שבת ויום טוב

*The evening Amidah is recited silently through its conclusion on page 278.*

אֲדַנְי שְׁפָתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

*With Patriarchs and Matriarchs:*

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

*Between Rosh Hashanah and Yom Kippur we add:*

זכרנו לחיים, מלך חפץ בחיים,  
וכתבנו בספר החיים, למענך אלהים חיים.

*With Patriarchs:*

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

THE AMIDAH is “the prayer said while standing”—unlike the Sh’ma, the other central moment of the morning and evening services, which is recited while seated. The Amidah is also known as the “Silent Prayer” and it is a moment of personal meditation. While the morning and afternoon Amidah prayers are recited aloud by the service leader, the evening prayer is singularly a moment of personal meditation: it is recited entirely individually.

The weekday Amidah includes the same three introductory and closing b’rakhot that are found in every Silent Prayer (including those of Shabbat and festivals). But on weekdays we include thirteen b’rakhot of request as the middle portion of the Amidah. The Amidah recited at the conclusion of Shabbat and festivals also includes a prayer marking the division between the holy day and

the weekday, Havdalah. With the evening service, we begin our week.

ADONAI, OPEN MY LIPS תִּפְתָּח שְׁפָתַי תִּפְתָּח. Psalm 51:17.

בְּאַהֲבָה. The Hebrew paragraph ends with the word *ahavah* (“love”), as that is what our ancestors discovered: the God of love. They rejected the capricious gods of the ancient world. As we begin our week, we might seek to carry with us the love of God and of people that has characterized Shabbat or the festival.

REMEMBER US זְכַרְנוּ. This brief prayer is the first of four that are added to the Amidah (in its first two and last two b’rakhot), during the ten days of the High Holy Day season.

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*Supports the Falling,  
Heals the Sick,  
Loosens the Chains  
of the Bound*

“This is my God whom I would glorify” (Exodus 15:2). How is it possible to glorify God? Abba Shaul taught: just as God is compassionate, so should you be compassionate.

—MEKHILTA

### Holiness

We may experience holiness as a time when conflict is resolved, a moment when we appreciate difference as part of an essential unity, when all seems in balance and the world is experienced as welcoming and filled with peace. Such moments are transitory. When we encounter people who strive for and achieve such moments more frequently, we may experience a sense of holiness in or through them; and we call God—the ever-present source of such moments—“holy.”

*With Patriarchs:*

You are the sovereign who helps and saves and shields.

**פ** *Barukh atah ADONAI,*  
Shield of Abraham.

### GOD’S SAVING CARE

You are ever mighty, ADONAI—

You give life to the dead—  
great is Your saving power:

*From Sh’mini Atzeret until Pesah:*

You cause the wind to blow and the rain to fall,

*[From Pesah until Sh’mini Atzeret, some add:*

*You cause the dew to fall,]*

You sustain the living through kindness and love,

and with great mercy give life to the dead,

You support the falling, heal the sick,

loosen the chains of the bound,

and keep faith with those who sleep in the dust.

Who is like You, Almighty,

and who can be compared to You?

The sovereign who brings death and life

and causes redemption to flourish.

*Between Rosh Hashanah and Yom Kippur we add:*

Who is like You, source of compassion,  
who remembers with compassion Your creatures for life?

You are faithful in bringing life to the dead.

*Barukh atah ADONAI,* who gives life to the dead.

### GOD’S HOLINESS

Holy are You and holy is Your name;

holy ones praise You each day.

*Barukh atah ADONAI,* the Holy God.

*Between Rosh Hashanah and Yom Kippur we substitute:*

*Barukh atah ADONAI,* the Holy Sovereign.

*With Patriarchs and Matriarchs:*

You are the sovereign who helps and guards, saves and shields.

**פ** *Barukh atah ADONAI,*  
Shield of Abraham and  
Guardian of Sarah.

*With Patriarchs and Matriarchs:*

מְלֶכֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יְהוָה,  
בְּרוּךְ אַתָּה יְהוָה,  
מַגֵּן אַבְרָהָם וּפּוֹקֵד שָׂרָה.

*With Patriarchs:*

SHIELD OF ABRAHAM מַגֵּן אַבְרָהָם. After Genesis 15:1.

GUARDIAN OF SARAH בּוֹקֵד שָׂרָה. Or “the one who remembered Sarah” (after Genesis 21:1).

YOU CAUSE THE WIND TO BLOW מְשִׁיב הַרוּחַ. The timing of the prayer for rain reflects the needs of the Land of Israel, where rain falls only during the winter months.

GIVES LIFE TO THE DEAD מְחַיֶּה הַמֵּתִים. Certainly, the originators of this *b'rakhah* had in mind that the dead experience life in the world that is coming. But the *b'rakhah* may equally tell us something about the present. As we leave Shabbat or the festival there is an awakening of the senses, symbolized in the ceremony of Havdalah: the wine, the spices, and the light call us to the fullness of a week of experience. We can enter that week spiritually alive because of what we take with us from having been renewed on Shabbat or the festival. We may be able to experience our world more fully, appreciate the life around us, engage in healing more empathetically—revivifying both those whom we meet and ourselves.

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

*From Sh’mini Atzeret until Pesah:* מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם,  
*[From Pesah until Sh’mini Atzeret, some add:* מוֹרִיד הַטָּל,  
*]*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,  
וּמְקַיֵּם אַמוּנָתוֹ לִישְׁנֵי עֶפֶר.  
מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ,  
מְלֶכֶךְ יִמְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

*Between Rosh Hashanah and Yom Kippur we add:*

מִי כְמוֹךָ אֵב הַרְחָמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנִאֲמָן אַתָּה לְהַחְיֹת מֵתִים.  
בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ,  
וּקְדוּשֵׁים בְּכָל־יּוֹם יְהַלְלוּךָ סְלָה.  
בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקְּדוֹשׁ.

*Between Rosh Hashanah and Yom Kippur we substitute:*

בְּרוּךְ אַתָּה יְהוָה, הַמְּלַךְ הַקְּדוֹשׁ.

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*The Cycles of B'rakhot*  
 Abraham Joshua Heschel taught that needs can become “spiritual opportunities.” As we emerge from Shabbat or a festival, refreshed by the rest and communal joy those days afford, the middle blessings of the weekday Amidah invite us to consider anew the twofold question of needs: our own needs, and the needs of others. As we pray, we may consider first: What do I most need in this week to come? What are my truest, most authentic, and most pressing needs? And then, we may ask ourselves: How am I needed by my loved ones, my community, by God?

**KNOWLEDGE**  
 What is the meaning of God teaching us? God raises us up after we have been mistaken, for it is only through failure that any true learning is achieved.  
 —based on ABRAHAM BEN ELIJAH

It is said in the name of the Baal Shem Tov: What is knowledge? It is the constant awareness that God dwells within you.  
 —YEHUDAH ARYEH LEIB OF GUR

What is wisdom? It is the increasing knowledge of the world, for the more you know of the world the more you will come to love God.  
 —based on MAIMONIDES

## First Cycle of B'rakhot of Request: Personal Transformation

**KNOWLEDGE**  
 You graciously endow human beings with knowledge, and You teach understanding to humanity.

*At the conclusion of Shabbat or Festivals we add:*  
 You have graced us with the ability to know Your teaching, and taught us to observe the precepts that accord with Your will. ADONAI our God, You have distinguished between the sacred and the ordinary, light and darkness, the people Israel and the peoples of the world, and between the seventh day and the six days of creation. *Avinu Malkeinu*, grant that the days ahead welcome us in peace; may they be free of any sin, cleansed of any wrongdoing, and filled with awe-inspired attachment to You. May You grace us with knowledge, understanding, and wisdom.  
*Barukh atah ADONAI*, who bestows knowledge.

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אַתָּה חוֹנֵן לְאָדָם דְּעַת,  
 וּמְלַמֵּד לְאָנוּשׁ בִּינָה.

*At the conclusion of Shabbat or Festivals we add:*  
 אַתָּה חוֹנְנֵתֵנוּ לְמִדַּע תּוֹרָתְךָ,  
 וְתַלְמִידֵנוּ לְעֲשׂוֹת חֻקֵי רְצוֹנְךָ,  
 וּתְבַדִּיל יְהוָה אֱלֹהֵינוּ בֵּין קֹדֶשׁ לְחֹל,  
 בֵּין אֹר לְחֹשֶׁךְ,  
 בֵּין יִשְׂרָאֵל לְעַמִּים,  
 בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה.  
 אָבִינוּ מִלְּפָנֶיךָ, הִחַל עֲלֵינוּ הַיָּמִים הַבָּאִים  
 לְקַרְאֲתֵנוּ לְשָׁלוֹם,  
 חֲשׂוּכִים מִכָּל־חַטָּא,  
 וּמְנַקִּים מִכָּל־עוֹן,  
 וּמְדַבְּקִים בְּיְרֵאֲתֶךָ. וְ... וְ

חָנְנוּ מֵאֲתֶךָ דְּעָה בִּינָה וְהַשְׁכֵּל.  
 בְּרוּךְ אַתָּה יְהוָה, חוֹנֵן הַדְּעַת.

**THREE CYCLES OF B'RAKHOT.** On Shabbat, a taste of the perfection of the world that is coming, we did not petition for our needs; the Amidah on both Shabbat and festivals contains a single central blessing celebrating the holiness of the day. As we emerge from the fullness and sanctity of Shabbat or the festival, we again focus on what is lacking in our lives, in our community, and in the world, and so we include petitionary prayers in the Amidah. These prayers, the middle *b'rakhot* of the Amidah, unfold in three cycles: prayers for personal transformation, prayers for health and prosperity, and prayers calling for societal transformation and redemption. Additionally, since this is the first service recited at the conclusion

of Shabbat or a festival, we include in the first of these middle *b'rakhot* a prayer marking the distinction between the weekday and the holy day.

**YOU HAVE GRACED US** אַתָּה חוֹנְנֵתֵנוּ. In a sense, Shabbat or a festival ends with the recitation of this prayer and so we can continue with the weekday requests in the *b'rakhot* that follow. This paragraph is added to the weekday evening service at the conclusion of Shabbat or a festival, to mark the transition from the holy time that is ending and the weekday that is beginning. In it, we remark on the distinction between one realm and another and we express the hope that the peace and aspirations expressed in our prayers during Shabbat or during the festival carry over and guide us in the days to come.

**KNOWLEDGE, UNDERSTANDING, AND WISDOM** וְהַשְׁכֵּל. One way of understanding the difference between these terms is to think of “knowledge” as comprising factual information, “understanding” as denoting the ability to analyze, and “wisdom” as that insight gained from experience. (*based on Elliot Dorff*)

REPENTANCE

What is *t'shuvah* compared to? It is like two people who had their backs to each other and then turn, full of wonder at seeing each other's face.

—SHNEUR ZALMAN OF LIADI

FORGIVENESS

We say, "We have sinned"—when do we sin? We sin when we forget that we are God's children.

—SOLOMON OF KARLIN

REDEMPTION

Before we pray for Israel's redemption, or the world's redemption, we first have to understand what our own redemption might mean.

—based on RASHI

REPENTANCE

Return us, *Avinu*, to Your teaching, and bring us closer, *Malkeinu*, to Your service—that we may truly turn and face You.

*Barukh atah ADONAI*, who desires our return.

FORGIVENESS

Forgive us, *Avinu*, our Creator, for we have sinned; pardon us, *Malkeinu*, our Sovereign, for we have transgressed—

for Your nature is to forgive and pardon.

*Barukh atah ADONAI*, who is called gracious and is exceedingly forgiving.

REDEMPTION

Look upon our suffering and take up our cause; redeem us soon for the sake of Your name—for surely You are a mighty redeemer.

*Barukh atah ADONAI*, Redeemer of Israel.

הַשִּׁיבֵנו אָבִינוּ לְתוֹרָתְךָ,  
וְקַרְבֵּנוּ מִלְּפָנֶיךָ לְעִבּוּדְךָ,  
וְהַחְזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.  
בְּרוּךְ אַתָּה יְהוָה, הַרוֹצֵה בְּתַשׁוּבָה.

סָלַח לָנוּ אָבִינוּ, כִּי חָטָאנוּ,  
מָחַל לָנוּ מִלְּפָנֶיךָ, כִּי פָשַׁעְנוּ,  
כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה.  
בְּרוּךְ אַתָּה יְהוָה, חַנוּן הַמְּרַבֵּה לְסָלַח.

רְאֵה נָא בְּעֵינֵינוּ, וְרִיבָה רִיבֵנוּ,  
וּבְאֵלֵינוּ מִהֲרָה לְמַעַן שְׁמֹךְ,  
כִּי גוֹאֵל חֹזֵק אַתָּה.  
בְּרוּךְ אַתָּה יְהוָה, גּוֹאֵל יִשְׂרָאֵל.

YOUR TEACHING לתורתך. The Hebrew word *torah* sometimes refers to the Five Books of Moses and sometimes to the entire Bible, but in the context of this *b'rakhah* it more likely carries its root meaning of "teaching." The prayer expresses the hope that all that we do will be a walking in God's way, following God's teaching.

FORGIVE US לנו. Some strike their chests, indicating regret, when reciting the words *hatanu* ("we have sinned") and *fashanu* ("we have transgressed").

AVINU . . . MALKEINU אָבִינוּ . . . מִלְּפָנֶיךָ. Literally, "father" (meaning "creator") and "sovereign." These words are well

known from prayers for forgiveness. The image of God as "father" represents relatedness and closeness; that of God as "sovereign" conveys authority and greater distance. The ancient rabbis expressed our relationship to these two aspects of God's nature as love and awe, *ahavah* and *yirah*.

WHO IS CALLED GRACIOUS חַנוּן. What allows us to voice regret is the knowledge that what we say when we approach God will be accepted lovingly. Our admission of guilt will not be used to judge us negatively, it will not be used against us, and it will not incriminate us; rather, our admission of guilt will be received for what it is: an attempt to purify ourselves, to wipe the slate clean—so that we might now start again with a sense of freshness.

REDEMPTION. Each of the three cycles of *b'rakhah* of request ends with a prayer for ultimate redemption, and each of these endings builds on the previous one, so that they achieve a crescendo when we come to the end of the three cycles. This first request is a simple prayer calling for an end to any suffering and oppression.

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HEALING

Heal the people I know and heal the people whom I don't know. Heal those who have helped me in the past and heal those who have harmed me. Heal those I love and heal those with whom I am angry.

—ELIJAH DE VIDAS

ABUNDANCE

The Hasidic master Zadok Hakohen of Lublin understood this paragraph this way: May all that we consume be for our good.

EXILES

A Hasidic master taught: When we bring into the light the parts of ourselves that we have let languish, that is the ingathering of the exiles.

Second Cycle of B'rakhot of Request: Healing and Prosperity

HEALING

Heal us, ADONAI, so that we may be truly healed; save us, that we may be truly saved. You are the one deserving of praise. Bring complete healing to all our suffering;

On behalf of one who is ill:

our God and God of our ancestors, may it be Your will to send speedy and complete healing of body and soul to \_\_\_\_\_, along with all others who are ill; strengthen as well the hands of those concerned with their care,

for You are God and sovereign, a faithful and compassionate healer.

Barukh atah ADONAI, Healer of the ill among Your people Israel.

A TIME OF ABUNDANCE

ADONAI our God, make this a blessed year for us; may its varied harvest yield prosperity. May the land be blessed

[from December 4 until Pesah, we add: with dew and rain] and satisfy us with its goodness.

Bless this year, that it be like the best of years.

Barukh atah ADONAI, who is the source of blessing of each year.

GATHERING OF EXILES

Sound the great shofar announcing our freedom, raise the banner signalling the ingathering of our exiles, and bring us together from the four corners of the earth.

Barukh atah ADONAI, who gathers the dispersed of Your people Israel.

רפאנו יהוה, ונרפא, הושיענו ונושעה, כי תהלתנו אתה, והעלה רפואה שלמה לכל־מכותינו.

On behalf of one who is ill:

ויהי רצון מלפניך יהוה אלהינו ואלהי אבותינו [ואמותינו], שתשלח מהרה רפואה שלמה מן השמים, רפואת הנפש ורפואת הגוף, ל\_\_\_\_\_ בתוך שאר החולים, וחזק את־ידי העוסקים בצרכיהם, כי אל מלך רופא נאמן ורחמן אתה. ברוך אתה יהוה, רופא חולי עמו ישראל.

ברוך עלינו יהוה אלהינו את־השנה הזאת ואת־כל־מיני תבואתה לטובה, ותן

ברכה: From Pesah until December 3:

טל ומטר לברכה: From December 4 until Pesah:

על פני האדמה, ושבענו מטובה, וברוך שנתנו בשנים הטובות. ברוך אתה יהוה, מברך השנים. תקע בשופר גדול לחרותנו, ושא נס לקבץ גליותינו, וקבצנו יחד מארבע כנפות הארץ. ברוך אתה יהוה, מקבץ נדחי עמו ישראל.

HEAL US רפאנו. Healing is a dual process. Physicians and nurses can aid the healing process of the body, and our tradition affirms that they are acting as God's agents. However, healing also goes beyond the physical; it includes emotional and spiritual components, as well. Both are included in this prayer for "complete healing."

MAKE THIS A BLESSED YEAR ברוך... השנה הזאת. This b'rakah expresses a consciousness that the Land of Israel is very much dependent on rain in its proper season. Equally, it can be understood to speak to the universal need for sufficient agricultural produce to sustain all.

WITH DEW AND RAIN טל ומטר לברכה. The Sephardic custom is to pray for dew in the summer and rain in the winter. The Ashkenazic custom combines both the prayer for dew and rain in winter. In the Land of Israel, the prayer for rain begins on the seventh of Heshvan, some two weeks after the holiday of Sukkot. In Babylonia, the prayer for rain began sixty days after the fall equinox. Jews living in the diaspora generally fol-

low the Babylonian custom. In the year preceding a Gregorian leap year, the prayer for rain begins one day later (i.e., on the evening of December 5).

SOUND THE GREAT SHOFAR תקע בשופר גדול. The first cycle of b'rakhot of request ended with a call to end persecution. This second cycle ends with the call to announce freedom. The sound of the shofar signals freedom. The Bible speaks of the blowing of the shofar to announce a Jubilee year (Leviticus 25:9), and the prophet Isaiah extends that image of liberation to describe the announcement of messianic redemption: "In that day, the sound of the shofar will be trumpeted abroad and those who wandered to the land of Assyria and those who were chased out to the land of Egypt shall come and worship Adonai on the holy mount, in Jerusalem" (27:13).

BRING US TOGETHER וקבצנו. This prayer concludes with the prophets' promise that redemption will signal the gathering of the Jewish people in the Land of Israel.

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JUSTICE

A world of true justice is a world in which God's love is sovereign.

THE END OF WICKEDNESS

Interpreting the verse "Sinners shall cease from the earth, and the wicked shall be no more; bless Adonai, O my soul" (Psalm 104:35), Rabbi Judah taught: Sinners shall be no more—sinners shall become upright people; the wicked will be no more—they shall no longer be wicked; and only then will we be justified in saying "Bless Adonai, O my soul."

—MIDRASH ON PSALMS

The Hasidic master Mordechai of Lechovitz would teach: when we pray that evil be wiped out, we should meditate on what in our own behavior is sinful.

THE RIGHTEOUS

In speaking of the reward for the righteous, the Hebrew uses the word *tov*, meaning "good" (translated here as "truly"). At the end of the creation story in Genesis, we are told that God saw all that was created and it was good (*tov*). The reward of the righteous is that they will have eyes that see the good as God did.

Who are the sages? These are the people who teach children.

Third Cycle of B'rakhot of Request: Visions of Redemption

JUSTICE

Restore judges to us as in the early days, and wise counselors as of old. Remove from us sorrow and anguish. May You alone, ADONAI, with kindness and compassion rule over us.

May You find our cause righteous. *Barukh atah ADONAI*, Sovereign who loves justice and compassion.

*Between Rosh Hashanah and Yom Kippur we substitute: Barukh atah ADONAI*, Sovereign of judgment.

THE END OF WICKEDNESS

May the hopes of those who would defame us be dashed, may all wickedness be instantly frustrated, and may all Your enemies be quickly cut off. Root out, subdue, break, and humble the arrogant, speedily, in our day.

*Barukh atah ADONAI*, who defeats enemies and humbles the arrogant.

THE RIGHTEOUS

May Your compassion, ADONAI our God, flow to the righteous, the pious, the leaders of the people Israel, the remnant of the sages, the righteous converts, and us all. May all those who trust in Your name be truly rewarded, and may our share be among them, so that we never be shamed for trusting in You. *Barukh atah ADONAI*, promise and support of the righteous.

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבָרָאשׁוֹנָה וְיִזְעַצְינוּ כְּבַתְחִלָּה, וְהִסֵּר מִמֶּנּוּ יְגוֹן וְאַנְחָה, וּמְלוֹךְ עָלֵינוּ אַתָּה יְהוָה לְבִדְדָךְ בְּחֶסֶד וּבְרַחֲמִים, וְצִדְקָנוּ בְּמִשְׁפָּט. בְּרוּךְ אַתָּה יְהוָה, מֶלֶךְ אֱלֹהֵי צְדָקָה וּמִשְׁפָּט. בְּרוּךְ אַתָּה יְהוָה, הַמֶּלֶךְ הַמִּשְׁפָּט.

*Between Rosh Hashanah and Yom Kippur we substitute:*

וּלְמַלְשֵׁינִים אֶל תְּהִי תְקוּהָה, וְכָל־הַרְשָׁעָה פָּרְגַע תֵּאבֵד, וְכָל־אוֹיְבֶיךָ מְהֵרָה יִפְרָתוּ, וְהַיּוֹדִים מְהֵרָה תִּעַקֵּר וּתְשַׁבֵּר וּתְמַגֵּר וּתְכַנִּיעַ בְּמַהֲרָה בְּיָמֵינוּ. בְּרוּךְ אַתָּה יְהוָה, שׁוֹבֵר אוֹיְבִים וּמְכַנִּיעַ יָדַיִם.

עַל הַצְדִּיקִים וְעַל הַחֹסִידִים וְעַל זְקֵנֵי עַמְּךָ בֵּית יִשְׂרָאֵל, וְעַל פְּלִיטַת סוֹפְרֵיהֶם, וְעַל גְּרֵי הַצְּדָק וְעָלֵינוּ, יְהִימוּ נָא רַחֲמֶיךָ, יְהוָה אֱלֹהֵינוּ, וְתֵן שָׂכָר טוֹב לְכָל־הַבוֹטְחִים בְּשִׁמְךָ בְּאַמֶּת, וְשִׁים חֵלְקָנוּ עִמָּהֶם, וּלְעוֹלָם לֹא נִבּוֹשׁ כִּי בָךְ בְּטַחָנוּ. בְּרוּךְ אַתָּה יְהוָה, מְשַׁעֵן וּמְבַטֵּחַ לַצְדִּיקִים.

**JUSTICE AND COMPASSION** צְדָקָה וּמִשְׁפָּט. Without a system of justice, compassion is ineffectual; without compassion, justice is cruel.

**THOSE WHO WOULD DEFAME US** וְלְמַלְשֵׁינִים. The reference is to members of the Jewish community or sectarians who reported on Jewish activities to governmental authorities, leading to adverse measures taken against the Jewish community as a whole. The Talmud asserts that such a report led to the destruction of the Temple (Babylonian Talmud, Gittin 55b). Acts of speech such as defamation and the perversion of truth can lay the ground for the commission of hateful acts—an understanding of human nature exploited by modern-day propagandists.

**THE RIGHTEOUS** הַצְדִּיקִים. This *b'rakhah* enumerates the outstanding individuals of each generation and invokes God's blessing upon them. The list includes the spiritual leaders of each generation, the pious and righteous individuals who are exemplars of religious ideals, and righteous converts who have made a decisive choice regarding the nature of their religious lives. In the shadow of these people we ask for God to turn to us as well.

**THE PIOUS** הַחֹסִידִים. The Talmud applies this term to people who go beyond the letter of the law. Such people are both careful about their ritual observance and generous in the way they act with others.

**VISIONS OF REDEMPTION.** This cycle of *b'rakhot* offers a utopian vision of a time when governance and the courts will truly reflect a system of justice, when righteousness will achieve its proper recognition, and when evil will be obliterated. That vision culminates in the reestablishment of Jerusalem as God's holy place and the Messiah's ushering in a time of proper rule.

**RESTORE JUDGES TO US** הַשִּׁיבָה שׁוֹפְטֵינוּ. Isaiah 1:26 promises that God will restore judges as they once were and "your city shall be called just." Justice is the basis for the society we anticipate, one that will reflect our deepest hopes and desires. As the *b'rakhah* says, God is the "Sovereign who loves justice and compassion."

**SORROW AND ANGUISH** יְגוֹן וְאַנְחָה. Sorrow is the result of physical assault; anguish has no physical cause. Both sorrow and anguish obscure our judgment. (*Abraham ben Elijah, the Gaon of Vilna*)

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JERUSALEM

The Hasidic master Naftali of Ropshitz asked, "Why is the blessing in the present tense?" And he answered: "Because each day we rebuild Jerusalem."

MESSIANIC HOPE

What is the establishment of the Davidic kingdom? It is the ability to see God everywhere and in everything.

—MOSHE HAYIM EFRAIM OF SUDILKOV

The Hasidic master Solomon Hakohen Rabinowitz taught that we all make the shoot of David flourish, for everything good that we do nurtures the growth of redemption.

HEAR OUR VOICE

... even if we haven't found the words to express ourselves properly.

JERUSALEM

In Your mercy, return to Your city, Jerusalem. Dwell there as You have promised; rebuild it permanently, speedily, in our day. May You soon establish the throne of David in its midst. *Barukh atah ADONAI*, who rebuilds Jerusalem.

MESSIANIC HOPE

Cause the shoot of Your servant David to flourish; may the honor of the house of David be raised up with the coming of Your deliverance, for we await Your triumph each day. *Barukh atah ADONAI*, who causes salvation to flourish.

SUMMATION OF REQUESTS: HEAR OUR VOICE

Hear our voice, ADONAI our God; be kind and have compassion for us. Willingly and lovingly accept our prayer, for You, God, hear prayers and listen to pleas. Do not send us away empty-handed—for in Your kindness You listen to the prayers of Your people Israel. *Barukh atah ADONAI*, who listens to prayer.

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ולירושלים עירך ברחמים תשוב,  
ותשבון בתוכה באשר דברת,  
ובנה אותה בקרוב בימינו בגן עולם,  
וכסא דוד מהרה לתוכה תבין.  
ברוך אתה יהוה, בונה ירושלים.

אתצמח דוד עבדך מהרה תצמיח,  
וקרנו תרום בישועתך,  
כי לישועתך קוינו כל־היום.  
ברוך אתה יהוה, מצמיח קרן ישועה.

שמע קולנו יהוה אלהינו,  
חוס ורחם עלינו,  
וקבל ברחמים וברחון את־תפלתנו,  
כי אל שומע תפלות ותחנונים אתה,  
ומלפניך, מלפנו, ריקם אל תשיבנו.  
כי אתה שומע תפלת עמך ישראל ברחמים.  
ברוך אתה יהוה, שומע תפלה.

JERUSALEM ירושלים. Israel's capital city, the site of the ancient Temple and King David's throne, ideally represents the place where Jews are most rooted, in common community, in their relationship with God.

MESSIANIC HOPE. This was the last *b'rakhah* to be added to the Amidah, bringing its total number of blessings to nineteen instead of the original eighteen. It was added in Babylonia where the exilarch, the head of the Jewish community, traced his lineage to the exiled house of David. (Almost all manuscripts reflecting the rite practiced in the Land of Israel in the 1st millennium exclude this *b'rakhah*.) Ultimately, though, this prayer does not center on a Messiah but rather on God's triumph—a world ruled by just laws, a world at peace. Reuven Hammer, remarking on the fact that

the word "Messiah" does not appear at all in this prayer, argues that too many failed and false messiahs in Jewish history led to the exclusion of the term from this central liturgical moment.

FOR WE AWAIT YOUR TRIUMPH כי לישועתך קוינו. The hope in God's triumph has always included the overthrow of oppressive rule.

HEAR OUR VOICE שמע קולנו. We conclude the three cycles of *b'rakhot* of request with an all-encompassing *b'rakhah*. Rabbinic authorities recommended that we add here our own words, expressing those concerns that are uppermost in our minds at this time. This prayer is replete with mention of God's compassion. What prayer can open for us is a moment of feeling the universe as welcoming and compassionate.

Modim: On Gratitude

God, on days when I am unable to feel grateful because my expectations imprison me, because my responsibilities burden me, or because the pain of living consumes me, remind me to be grateful. Grateful for the gift of life. For my soul, my breath, my being. Grateful for my family, my friends, and my community. For relationships that heal and nourish. Grateful for the opportunity to learn, to grow, to become; and for the miracles that abound all around me and that ask only to be found.

—ELANA ZAIMAN

Three Concluding B'rakhot

THE SERVICE THAT WE OFFER

ADONAI our God, embrace Your people Israel and their prayer. Restore worship to Your sanctuary. May the prayers of the people Israel be lovingly accepted by You, and may our service always be pleasing.

On Rosh Hodesh and Hol Ha-mo-ed we add:

Our God and God of our ancestors, may the thought of us rise up and reach You. Attend to us and accept us; hear us and respond to us. Keep us in mind, and keep in mind the thought of our ancestors, as well as the Messiah, the descendant of David; Jerusalem, Your holy city; and all Your people, the house of Israel. Respond to us with deliverance, goodness, compassion, love, life, and peace, on this

On Rosh Hodesh: Rosh Hodesh. On Pesah: Festival of Matzot. On Sukkot: Festival of Sukkot.

Remember us for good; respond to us with blessing; redeem us with life. Show us compassion and care with words of kindness and deliverance; have mercy on us and redeem us. Our eyes are turned to You, for You are a compassionate and caring sovereign.

May our eyes behold Your compassionate return to Zion. Barukh atah ADONAI, who restores Your Divine Presence to Zion.

GRATITUDE FOR LIFE AND ITS BLESSINGS

We thank You, for You are ever our God and the God of our ancestors; You are the bedrock of our lives, the shield that protects us in every generation. We thank You and sing Your praises—for our lives that are in Your hands, for our souls that are under Your care, for Your miracles that accompany us each day, and for Your wonders and Your gifts that are with us each moment—evening, morning, and noon. You are the one who is good, whose mercy is never-ending; the one who is compassionate, whose love is unceasing. We have always placed our hope in You.

On Hanukkah we add Al Hanissim on page 430. On Purim we add Al Hanissim on page 431.

רצה, יהוה אלהינו, בעמך ישראל ובתפלתם, והשב אתה עבודה לדביר ביתך, ותפלתם באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך.

On Rosh Hodesh and Hol Ha-mo-ed we add:

אלהינו ואלהי אבותינו [ואמותינו], יעלה ויבא, ויגיע ויראה, וירצה וישמע, ויפקד ויזכר זכרוננו ופקדוננו, וזכרון אבותינו [ואמותינו], וזכרון משיח בן דוד עבדך, וזכרון ירושלים עיר קדשך, וזכרון כל עמך בית ישראל לפניך, לפליטה, לטובה, לחן ולחסד ולרחמים, לחיים ולשלום, ביום ראש החודש. הג המצות. הג הסכות. הגה. זכרנו, יהוה אלהינו, בו לטובה, ופקדנו בו לברכה, והושיענו בו לחיים, ובדבר ישועה ורחמים, חוס וחסנו, ורחם עלינו והושיענו, פי אליך עינינו, פי אל מלך חנון ורחום אתה.

On Sukkot: חג הסכות. On Pesah: חג המצות. On Rosh Hodesh: ראש החודש.

ותחזינה עינינו בשוכך לציון ברחמים. ברוך אתה יהוה, המחזיר שכינתו לציון.

מוזים אנחנו לך, שאתה הוא יהוה אלהינו ואלהי אבותינו [ואמותינו] לעולם ועד. צור חיינו, מגן ישענו, אתה הוא לדור ודור, נודה לך ונספר תהלתך, על חיינו המסורים בידיך, ועל נשמותינו הפקודות לך, ועל נסיון שבכל יום עמנו, ועל נפלאותיך וטובותיך שבכל יום, ערב ובקר וצהרים. הטוב, כי לא כלו רחמיך, והמרחם, כי לא תמו חסדיך, מעולם קיינו לך.

On Hanukkah we add Al Hanissim on page 430. On Purim we add Al Hanissim on page 431.

RESTORE WORSHIP TO YOUR SANCTUARY והשב אתה עבודה לדביר ביתך. The Hebrew text here literally refers to the “holy of holies,” the innermost area of the sanctuary—that place where God was experienced most intimately—and it is that intimacy and purity of relationship that is yearned for in this prayer.

YOUR DIVINE PRESENCE שכינתו. The Hebrew word shekhinah has been used for centuries to refer to God’s immanence, the presence of God that is felt in the world. The word shekhinah is grammatically feminine, and Jewish mystical tradition has tended to personify the Divine Presence, called the Shekhinah, as feminine.

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Peace

✠

Commentators remark that as we pray for peace, we should let go of that which preys on us, that we not be consumed by anger.

כ

Oh accept, accept, our thanks for the day's three miracles, of dusk, of dawn, of noon, and of the years which with Thy presence are made felicitous.

Grant us—our last petition—peace, Thine especial blessing, which is of Thy grace and of the shining and turning of Thy Face.

—A. M. KLEIN

Travel Prayer

Without You, this road is thorns and thistles.

Allow me to search Your ways and to find my feet walking in a furrow and may pleasantness be upon them.

May the one who gives strength to the weary give my life paved roads on which to go to come and to arrive wherever my heart carries me, like a caravan of the self and may blessings be granted to the work of my feet.

May the one who hears the prayer of all mouths hear my footsteps.

—ASHER REICH (translated by David Jacobson)

For all these blessings may Your name be praised and exalted, our sovereign, always and forever.

Between Rosh Hashanah and Yom Kippur we add:

And inscribe all the people of Your covenant for a good life.

May all that lives thank You always, and faithfully praise Your name forever, God of our deliverance and help.

ברוך אתה אֲדוֹנָי, Your name is goodness and praise of You is fitting.

PEACE

Grant abundant and lasting peace to Your people Israel and all who dwell on earth, for You are the sovereign master of the ways of peace. May it please You to bless Your people Israel at all times with Your gift of peace.

Between Rosh Hashanah and Yom Kippur we recite the following paragraph, in place of the line that follows it:

May we and the entire house of Israel be called to mind and inscribed for life, blessing, sustenance, and peace in the Book of Life.

Barukh atah ADONAI, who brings peace.

Barukh atah ADONAI, who blesses Your people Israel with peace.

ADDITIONAL PERSONAL PRAYER

The silent recitation of the Amidah concludes with a personal prayer or the following:

My God, keep my tongue from evil, my lips from deceit. Help me ignore those who would slander me. Let me be humble before all. Open my heart to Your Torah, that I may pursue Your mitzvot. Frustrate the designs of those who plot evil against me; nullify their schemes. Act for the sake of Your name; act for the sake of Your triumph; act for the sake of Your holiness; act for the sake of Your Torah. Answer my prayer for the deliverance of Your people.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: Amen.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

At the conclusion of the Amidah, we may be seated. When the weekday evening service follows the festival, turn to page 280 for Kaddish Shalem.

וְעַל כָּלֵם יִתְבַּרְךָ וְיִתְרוֹמַם שְׁמֶךָ מִלְּפָנֵינוּ תְּמִיד לְעוֹלָם וָעֶד.

Between Rosh Hashanah and Yom Kippur we add:

וּבְתוֹב לְחַיִּים טוֹבִים כְּלַפְנֵי בְרִיתְךָ.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהִלְלוּ אֶת־שְׁמֶךָ בְּאַמְתָּךְ,

הָאֵל יִשְׁעֵתְנוּ וְעִזְרָתְנוּ סֵלָה.

ברוך אתה יהוה, הטוב שמך ולך נאה להודות.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ וְעַל כָּל־יֹשְׁבֵי תֵבֵל תְּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא מְלֹךְ אֲדוֹן לְכָל־הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת־עַמְּךָ יִשְׂרָאֵל בְּכָל־עֵת וּבְכָל־שָׁעָה בְּשִׁלּוֹמָךְ.

Between Rosh Hashanah and Yom Kippur we recite the following paragraph, in place of the line that follows it:

בְּסִפּוּר חַיִּים, בְּרִכָּה, וְשָׁלוֹם, וּפְרִנְסָה טוֹבָה, נִזְכָּר וְנִפְתָּח לְפָנֶיךָ, אֲנַחְנוּ וְכָל־עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

ברוך אתה יהוה, עושה השלום.

ברוך אתה יהוה, המברך את־עמו ישראל בשלום.

The silent recitation of the Amidah concludes with a personal prayer or the following:

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מַרְעֵ, וּשְׁפַתִּי מִדְּבַר מַרְמָה, וְלִמְקַלְלֵי נַפְשֵׁי תַדִּים, וְנַפְשֵׁי כְּעַפְרָ לְכָל תְּהִיָּה. פִּתַּח לִבִּי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדוּךָ נַפְשֵׁי. וְכָל־הַחוֹשְׁבִים עָלַי רָעָה, מְהִרָה הִפֵּר עֲצָתָם וְקַלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינֶךָ, עֲשֵׂה לְמַעַן קִדְשֶׁתָּךְ, עֲשֵׂה לְמַעַן תּוֹרַתְךָ. לְמַעַן יִחְלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינֶךָ וְעַנְנֵי.

יהיו לרצון אמרי פי והגיון לבי לפניך, יהוה צורי וגואלי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יֹשְׁבֵי תֵבֵל], וְאָמְרוּ אָמֵן.

At the conclusion of the Amidah, we may be seated. When the weekday evening service follows the festival, turn to page 280 for Kaddish Shalem.

MAY YOUR NAME BE PRAISED AND EXALTED In the language of the Bible and the prayerbook, "God's name is exalted" when we acknowledge God, recognize God's goodness in creation, and act to enable God's justice and compassion to be visible in the world.

ABUNDANT AND LASTING PEACE שְׁלוֹם רַב. The Hebrew word shalom, "peace," comes from the same root as the word shalem, which means "whole." The peace that is prayed for here is more than the end of war—that, of course, would, in itself, be a blessing—but rather a moment in which each of us can feel whole, and can feel the wholeness of humanity and of the universe.

WHO BLESSES YOUR PEOPLE ISRAEL WITH PEACE המברך ישראל בשלום את־עמו ישראל בשלום. The peace that descends on the people Israel exemplifies the peace that shall descend on the whole world.

MY GOD אֱלֹהֵי. One opinion voiced in the Babylonian Talmud states that every Amidah must be accompanied by a personal prayer (Berakhot 29b). The prayer that is printed here is offered by the Babylonian Talmud (Berakhot 17a) as an example of how the Amidah might end with a personal prayer. It is attributed to Mar son of Ravina (4th century). Unlike the rest of the Amidah, these personal prayers are distinguished by the use of the first-person singular.

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At the evening service following Shabbat, Psalm 91 is recited. Most congregations distinguish it from the Amidah with the recitation of Hatzzi Kaddish.

### Hatzzi Kaddish

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God's great name be acknowledged forever and ever!

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [between Rosh Hashanah and Yom Kippur we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

Some congregations rise to recite the following:

May the peace of the Lord, our God, be with us; may the work of our hands last beyond us, and may the work of our hands be lasting. Psalm 90:17

One who dwells in the secret places of the one on high, lodges in the shadow of the Almighty— *I call ADONAI my protector, my fortress, my God, whom I trust*. God will save you from the hidden snare, the threat of deadly plague, God's wings will nestle you and protect you, God's truth will be your shield and armor. You shall not fear terror at night, arrows flying in daylight, pestilence stalking in the dark, nor plague blackening the noon. Though a thousand may fall at your side, tens of thousands at your right hand, nothing will reach you. You have but to look with your own eyes, and you shall see the recompense of evildoers.

*Yes, You, ADONAI, are my protector*. You have made the one on high your refuge—evil shall not befall you, nor plague approach your tent, for God will instruct angels to guard you wherever you go. They will carry you in the palms of their hands, lest your foot strike a stone; you will tread on pythons and cubs, trample on snakes and lions. "Because you desired Me, I shall save you. I shall raise you up, for you were conscious of My name. ► When you call upon Me, I shall answer you; I shall be with you in times of trouble, I shall strengthen you and honor you. I shall satisfy you with the fullness of days and show you My deliverance; I shall satisfy you with the fullness of days and show you My deliverance." Psalm 91

Orekh yamim asbi-eihu v'areihu bishuati.

Some congregations recite V'atah kadosh here; see page 216.

At the evening service following Shabbat, Psalm 91 is recited. Most congregations distinguish it from the Amidah with the recitation of Hatzzi Kaddish.

### חֲצִי קַדִּישׁ

Leader:

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דִּי בְּרָא, בְּרַעוּתָהּ, וְיִמְלִיף מַלְכוּתָהּ בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאִמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמָא וְלְעֵלְמֵי עֵלְמָיָא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקַדְשָׁא, בְּרִיף הוּא, לְעֵלְא מִן כָּל־ [לְעֵלְא לְעֵלְא מִכָּל־] [between Rosh Hashanah and Yom Kippur we substitute: ] בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנִחַמְתָּא דְאִמְרוּן בְּעֵלְמָא, וְאִמְרוּ אָמֵן.

Some congregations rise to recite the following:

וְיִהְיֶה נֶעַם אֲדֹנָי אֱלֹהֵינוּ עֲלֵינוּ, וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עֲלֵינוּ, וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהוּ. תהלים צ"ז

יֵשֵׁב בְּסִתְרֵי עֲלִיוֹן, בְּצֵל שַׁדַּי יִתְלוֹנֵן. אִמַר לַיהוָה מַחְסֵי וּמְצוּדֹתַי, אֱלֹהֵי אֲבֹטָח בּוֹ. כִּי הוּא יִצִּילֵךְ מִפֶּחַ יְקוּשׁ, מִדְּבַר הַוּוֹת. בְּאֲבָרְתוֹ יִסֹּף לָךְ וְתַחַת כְּנַפְיוֹ תִּחְסֶה, צָנָה וְסִחְרָה אֲמַתּוֹ. לֹא תִירָא מִפֶּחַד לַיְלָה, מִחֵץ יְעוֹף יוֹמָם. מִדְּבַר בְּאִפְלֵ יִהְיֶה, מִקְטָב יִשׁוּד צְהָרִים. יִפֹּל מִצַּדֶּךָ אֵלֶיךָ וּרְבֵבָה מִימִינֶךָ, אֵלֶיךָ לֹא יִגֹּשׁ. רַק בְּעֵינֶיךָ תִּבְיֹט, וְשִׁלְמַת רְשָׁעִים תִּרְאֶה. כִּי אַתָּה יְהוָה מַחְסֵי, עֲלִיוֹן שְׁמַת מְעוֹנָךְ. לֹא תֵאָנֶה אֵלֶיךָ רָעָה וְנִגַע לֹא יִקְרַב בְּאֶהְלֶךָ. כִּי מִלְאֲכָיו יִצְוֶה לָךְ לְשַׁמְרֶךָ בְּכָל־דְּרָכֶיךָ. עַל כַּפַּיִם יִשְׂאוּנָה, פֶּן תִּגָּף בְּאֲבוֹ רִגְלֶךָ. עַל שַׁחַל וּפְתָן תִּדְרֹךְ, תִּרְמַס כַּפִּיר וְתִנְיֹן. כִּי בִי חֵשֶׁק וְאִפְלֹטָהוּ, אֲשַׁנְּבְּהוּ כִּי יִדַע שְׁמִי. ◀ יִקְרָאנִי וְאֶעֱנֶהוּ, עִמּוֹ אֲנֹכִי בְּצָרָה, אֲחַלְצֶהוּ וְאֲכַבְּדֶהוּ. אֲרֹךְ יָמִים אֲשַׁבֵּיעֶהוּ, וְאִרְאֶהוּ בִישׁוּעָתִי. אֲרֹךְ יָמִים אֲשַׁבֵּיעֶהוּ, וְאִרְאֶהוּ בִישׁוּעָתִי. תהלים צא

Some congregations recite V'atah kadosh here; see page 216.

PSALM 91. Shabbat has come to an end, and we recite this psalm to mark the transition to the week. Psalm 91 is one of the most reassuring in the entire Psalter. First the voice of a priest or a leader assures the supplicant that he or she will be saved from any danger, and then we hear God's own voice vouchsafing that message. About to face the week, the worshippers are assured that God will be with us, strengthening us on our journey, accompanying us, and keeping us in life.

The recitation of Psalm 91 is preceded by the last verse of Psalm 90. In the Land of Israel in ancient times, psalms were introduced by reciting the last verse of the preceding psalm. But it is also the case that the last verse of Psalm 90 forms a prelude to Psalm 91. Reading it as we are about to enter the world of work, we pray that what we do might be lasting and pleasing to God.

In this psalm, it is only the supplicant (whose voice is here indicated in italics) who speaks the personal name of God. All other references to God use other epithets, such as "the one on high." To emphasize that they are not the formal name of God, we have put all such references in lower case. One of the reassuring aspects of this psalm is that in the end, it is God's own voice assuring protection. And it is with that assurance that we enter our week.

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## Shalom

A man growing old is going down the dark stairs.

He has been speaking of the Soul . . .

Of dreams burnt in the bone.

He looks up to the friends who lean out of light and wine over the well of stairs. They ask his pardon for the dark they can't help . . .

“It’s alright,” answers the man going down, “it’s alright—there are many avenues, many corridors of the soul that are dark also. Shalom.”

—DENISE LEVERTOV

## Blessings for Going Forth

ברוך אתה בעיר וברוך אתה בשדה.

ברוך פרי בטןך ופרי אדמתך ופרי בהמתך שגר אלפיה ועשתרות צאנך.

ברוך טבאך ומשארתך. ברוך אתה בבאך וברוך אתה בצאתך.

Blessed shall you be in the city and blessed shall you be in the country.

Blessed shall be the issue of your womb, the produce of your field, the offspring of your cattle, the calving of your herd, and the lambing of your flock.

Blessed shall be your harvest basket and your kneading bowl.

Blessed shall be your comings in and blessed shall be your goings out.

—DEUTERONOMY 28:3–6

## Kaddish Shalem

**Leader:**

May God’s great name be exalted and hallowed throughout the created world, as is God’s wish. May God’s sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

**Congregation and Leader:**

May God’s great name be acknowledged forever and ever!  
*Y’hei sh’meih raba m’varakh l’alam u-l’almei almaya.*

**Leader:**

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b’rikh hu*, is truly [between Rosh Hashanah and Yom Kippur we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world.

And we say: *Amen*.

May the prayers and pleas of all Israel be accepted by their creator in heaven. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

*From the second night of Pesah through the night preceding Shavuot, we turn to page 63 for the Counting of the Omer.*

## Leaving Shabbat with Blessing

May God grant you heaven’s dew, earth’s riches, and an abundance of grain and grapes.

*V’yiten l’kha ha-elohim mital ha-shamayim u-mish’manei ha-aretz v’rov dagan v’tirosh.*

Genesis 27:28

## קדיש שלם

**Leader:**

יתגדל ויתקדש שמה רבא, בעלמא די ברא, פרעותה, וימליך מלכותה בחייכון וביומיכון ובחיי דכלבית ישראל, בעגלא ובזמן קריב, ואמרו אמין.

**Congregation and Leader:**

יהא שמה רבא מברך לעלם ולעלמי עלמיא.

**Leader:**

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתהדר ויתעלה ויתהלל שמה דקדשא, בריך הוא, לעלא מן כל-

[לעלא לעלא מכל-] [between Rosh Hashanah and Yom Kippur we substitute: ברכתא ושירתא תשפחתא ונחמתא דאמירן בעלמא, ואמרו אמין.

תתקבל צלותהון ובעותהון דכל ישראל קדם אבוהון די בשמיא, ואמרו אמין.

יהא שלמא רבא מן שמיא, וחיים עלינו ועל כלי ישראל, ואמרו אמין.

עשה שלום במרומינו הוא יעשה שלום עלינו ועל כלי ישראל [ועל כלינושבי תבל], ואמרו אמין.

*From the second night of Pesah through the night preceding Shavuot, we turn to page 63 for the Counting of the Omer.*

ויתן לך האלהים מטל השמים ומשמני הארץ, ורב דגן ותירש.

בראשית כז:כה

KADDISH SHALEM marks the completion of the evening service. What follows is Havdalah, marking the conclusion of Shabbat. Aleinu (page 281) is a late addition to the evening service and it is not recited in the Sephardic rite.

MAY GOD GRANT YOU ויתן לך. These are the words spoken by Isaac as he blessed Jacob. We end Shabbat calling upon an ancestral blessing to accompany us in the week ahead.

GRAPES ויתירש. In the ancient world, water was mixed with wine to purify it.

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Some recite Havdalah on page 283 before continuing with Aleinu.  
We rise for Aleinu.

**Aleinu**

It is for us to praise the ruler of all, to acclaim the Creator, who has not made us merely a nation, nor formed us as all earthly families, nor given us an ordinary destiny.

† And so we bow, acknowledging the supreme sovereign, the Holy One, who is praised—who spreads out the heavens and establishes the earth, whose glory abides in the highest heavens, and whose powerful presence resides in the highest heights. This is our God, none else; ours is the true sovereign, there is no other. As it is written in the Torah: “Know this day and take it to heart, that ADONAI is God in heaven above and on earth below; there is no other.”

Aleinu l'shabei-ah la-adon hakol, lateit g'dulah l'yotzer b'reishit, shelo asanu k'goyei ha-aratzot, v'lo samanu k'mishp'hot ha-adamah, shelo sam helkeinu kahem, v'goraleinu k'khol hamonam.

† Va-anahnu korim u-mishta'avim u-modim, lifnei melekh malkhei ha-m'lakhim, ha-kadosh barukh hu.

Shehu noteh shamayim v'yosed aretz, u-moshav y'karo ba-shamayim mima-al, u-sh'khinat uzo b'govhei m'romim, hu eloheinu ein od.

Emet malkeinu efes zulato, ka-katuv b'torato: v'yadata hayom va-hashevota el l'vavekha, ki Adonai hu ha-elohim ba-shamayim mima-al, v'al ha-aretz mitahat, ein od.

And so, ADONAI our God, we await You, that soon we may behold Your strength revealed in full glory, sweeping away the abominations of the earth, obliterating idols, establishing in the world the sovereignty of the Almighty. All flesh will call out Your name—even the wicked will turn toward You. Then all who live on earth will understand and know that to You alone every knee must bend, all allegiance be sworn. They will bow down and prostrate themselves before You, ADONAI our God, treasure Your glorious name, and accept the obligation of Your sovereignty. May You soon rule over them forever and ever, for true dominion is Yours; and You will rule in glory until the end of time.

▶ As is written in Your Torah: “ADONAI will reign forever and ever.”  
And as the prophet said: “ADONAI shall be acknowledged sovereign of all the earth. On that day ADONAI shall be one, and the name of God, one.”

V'ne-emar: v'hayah Adonai l'melekh al kol ha-aretz, bayom hahu yihyeh Adonai ehad, u-sh'mo ehad.

We are seated.

From the first day of the month of Elul until Yom Kippur (or in some communities through the seventh day of Sukkot, Hoshana Rabbah), we add Psalm 27, on page 59.

Some recite Havdalah on page 283 before continuing with Aleinu.  
We rise for Aleinu.

עלינו לשבח לאדון הכל, לתת גדלה ליוצר בראשית,  
שלא עשנו כגווי הארצות, ולא שמנו כמשפחות האדמה,  
שלא שם חלקנו בהם, וגרלנו בכל-המונחם.  
† ואנחנו כורעים ומשתחוים ומוזדים,  
לפני מלך מלכי המלכים, הקדוש ברוך הוא.  
שהוא נוטה שמים ויסד ארץ, ומושב יקרו בשמים ממעל,  
ושכינת עזו בגבהי מרומים, הוא אלהינו אין עוד.  
אמת מלכנו אפס זולתו, כפתוב בתורתו:  
וידעת היום והשבת אל לבבך,  
כי יהוה הוא האלהים בשמים ממעל,  
ועל הארץ מתחת, אין עוד.

על כן נקנה לך יהוה אלהינו, לראות מהרה בתפארת עזך,  
להעביר גלולים מן הארץ, והאלילים פרות יפרתון,  
לתקן עולם במלכות שדי, וכל-בני בשר יקראו בשמך,  
להפנות אליך כל-רשעי ארץ.  
יפירו וידעו כל-יושבי תבל,  
כי לך תכרע כל-ברך, תשבע כל-לשון.  
לפניך יהוה אלהינו יכרעו ויפלו, ולכבוד שמך יקר יתנו,  
ויקבלו כלם את-על מלכותך.  
ותמלך עליהם מהרה לעולם ועד,  
כי המלכות שלך היא, ולעולמי עד תמלך בכבוד.  
▶ כפתוב בתורתך: יהוה ימלך לעלם ועד.  
ונאמר: והיה יהוה למלך על כל-הארץ,  
ביום ההוא יהיה יהוה אחד, ושמו אחד.

We are seated.

From the first day of the month of Elul until Yom Kippur (or in some communities through the seventh day of Sukkot, Hoshana Rabbah), we add Psalm 27, on page 59.

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*From a Father's Ethical Will*

Say Kaddish *after* me but not *for* me. Kaddish is the unique Jewish link that binds the generations of Israel. The grave doesn't hear the Kaddish, *but the speaker does*, and the words will echo in your heart. The only immortality I seek is that my children and my children's children be good Jews, and thereby good people. God bless you and keep you.

Your father  
—WILLIAM LEWIS  
ABRAMOWITZ

*Mourner's Kaddish*

*Mourners and those observing Yahrzeit:*

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

*Congregation and mourners:*

May God's great name be acknowledged forever and ever!

*Mourners:*

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*between Rosh Hashanah and Yom Kippur we add: far*] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

*Mourners and those observing Yahrzeit:*

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih, v'yamlikh malkhuteih b'hayeikhon u-v'yomeikhon u-v'hayei d'khol beit yisrael, ba-agala u-vizman kariv, v'imru amen.

*Congregation and mourners:*

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

*Mourners:*

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnasei v'yit-hadar v'yitaleh v'yit-halal sh'meih d'kudsha, b'rikh hu, l'eila min kol [*between Rosh Hashanah and Yom Kippur we substitute: l'eila l'eila mikol*] birkhata v'shirata tushb'hata v'nehamata da-amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'hayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

*קדיש יתום*

*Mourners and those observing Yahrzeit:*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא,  
בְּעֵלְמָא דִּי בְּרָא, בְּרַעוּתָהּ,  
וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ  
וּבְחַיֵּי דְכָל־בֵּית יִשְׂרָאֵל,  
בְּעֵגְלָא וּבְזִמְן קָרִיב,  
וְאָמְרוּ אָמֵן.

*Congregation and mourners:*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

*Mourners:*

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא  
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקַדְשָׁא, בְּרִיךְ הוּא,  
לְעֵלְא מִן כָּל־

[*between Rosh Hashanah and Yom Kippur we substitute: לְעֵלְא לְעֵלְא מְבָל־*]

בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאָמִירָן בְּעֵלְמָא,  
וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים  
עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,  
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְוַמְיָו הוּא יַעֲשֵׂה שְׁלוֹם  
עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל].  
וְאָמְרוּ אָמֵן.

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# Havdalah

## Meditation for the New Week

As I leave Shabbat behind,  
let me carry Shabbat  
within:  
Remind me to pause,  
to be present for myself,  
to cherish others,  
to see the beauty in Your  
creation,  
to nourish peace.  
Enable the joy of life to fill  
my being,  
the smell of spices to lift  
my spirit,  
the flame of faith to burn  
in my soul.  
Let me carry Shabbat  
within.

—ELANA ZAIMAN

## Hineih Y'shuati— Behold My Salvation

Perhaps this week I will  
not fear.  
Perhaps this week, I will  
hold possibility in my  
hand like a silver house  
of cloves, take the time  
to count each twinkling  
in the night sky,  
raise my fingers boldly  
up to the flame and taste  
salvation, gladness, joy.  
Then, may I bless what is  
given,  
wish it also upon others,  
pass around my overflow-  
ing cup,  
put out the fire in this  
sweetness when the time  
for letting go comes.

—TAMARA COHEN

*When reciting Havdalah at home, we begin here:*

Behold, God is my deliverer; I am trustful and unafraid.  
ADONAI is my strength, my might, my deliverance.  
Joyfully draw water from the wellsprings of deliverance.  
Deliverance is Yours; may Your blessings rest upon this  
people forever.

*ADONAI Tz'va'ot* is with us; the God of Jacob is our  
stronghold, forever.

*ADONAI Tz'va'ot*, happy is the person who trusts in You.  
Deliver us, ADONAI; our Sovereign, answer us when we call.  
The Jewish people experienced light, gladness, joy, and  
honor—so may it be with us.

*La-y'hudim hayetah orah v'simḥah v'sason vikar, ken tihyeh lanu.*

*The cup of wine is lifted:*

As I lift up the cup of deliverance, I call upon ADONAI.

*In a synagogue or at a public service, we begin here:*

*With the assent of my friends:*

*Barukh atah ADONAI*, our God, sovereign of time and space,  
who creates fruit of the vine.

*Barukh atah Adonai eloheinu melekh ha-olam, borei pri ha-gafen.*

*The following two blessings are recited only on Saturday evening.  
At the conclusion of a Festival, we continue with the final paragraph.*

*Barukh atah ADONAI*, our God, sovereign of time and space,  
who creates fragrant spices.

*Barukh atah Adonai eloheinu melekh ha-olam, borei minei v'samim.*

*Barukh atah ADONAI*, our God, sovereign of time and space,  
who creates lights of fire.

*Barukh atah Adonai eloheinu melekh ha-olam, borei me'orei ha-eish.*

*Barukh atah ADONAI*, our God, sovereign of time and space,  
who distinguishes between the sacred and the ordinary, light  
and darkness, the people Israel and the peoples of the world,  
and between the seventh day and the six days of creation.

*Barukh atah ADONAI*, who distinguishes between the sacred  
and the everyday.

*Barukh atah Adonai eloheinu melekh ha-olam, ha-madvil bein kodesh  
l'hol, bein or l'hoshekh, bein yisrael la-amim, bein yom ha-sh'vi-i l'sheishet  
y'mei hama-aseh. Barukh atah Adonai, ha-mavdil bein kodesh l'hol.*

# הבדלה

**HAVDALAH** literally means “distinction” or “differentiation” and it is a ceremony that marks the ending of Shabbat and the beginning of the work week. It consists of blessings over wine, spices, and light, and a final blessing about the distinction between Shabbat and the week. The Bible restricts the use of fire on Shabbat and so the week symbolically begins with lighting a fire. Shabbat, which began with the lighting of candles, now is also brought to its conclusion with candelighting. But whereas we began Shabbat with individual candles, we end it with one candle whose wicks are intertwined, as if Shabbat has created a unity that was lacking before. To rouse our senses to become awakened to the beauty we shall encounter during the week, we make a blessing over spices. Finally, the blessing over the wine sanctifies the week to come.

**BEHOLD, GOD IS MY DELIVERER** הַיְהִי אֵל יְשׁוּעָתִי. As we enter the week we pray for protection, deliverance, and happiness. The biblical verses in this passage come from Isaiah 12:2–3 and Psalms 3:9, 46:12, 84:13, and 20:10. The penultimate verse, remarking on joy and gladness, is taken from the

description in the Scroll of Esther (8:16) and expresses the joy at the deliverance from the destruction that had been contemplated by Israel's enemy; we add the wish that the same be true for us. The final verse, taken from Hallel (Psalm 116:13), leads directly into the recitation of the blessing over the cup of wine.

**BLESSING THE SPICES AND CANDLE.** It is customary for everyone to partake of these blessings, so the spices are passed for all to smell, and each person holds up his or her hand to the light, marvelling at the distinctions between skin and nails, live and dead flesh both needed.

*When reciting Havdalah at home, we begin here:*

הַיְהִי אֵל יְשׁוּעָתִי, אֲבֹטָח וְלֹא אֶפְחָד.  
כִּי עֲזָי וְזַמְרַת יְיָ יְהוָה, וַיְהִי לִי לְיִשׁוּעָה.  
וְשִׂאֲבַתְּם מֵיַם בְּשִׁשׁוֹן, מִמַּעַיְנֵי הַיְשׁוּעָה.  
לִיהוָה הַיְשׁוּעָה עַל עַמְּךָ בְּרִכְתְּךָ סֵלָה.  
יְהוָה צְבָאוֹת עִמָּנוּ, מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.  
יְהוָה צְבָאוֹת, אֲשֶׁרִי אָדָם בְּטֹחַ בְּךָ.  
יְהוָה הוֹשִׁיעָה, הַמְלֶכֶךְ יַעֲנֵנוּ בַיּוֹם קְרָאֵנוּ.  
לְיְהוּדִים הִיְתָה אוֹרָה וְשִׂמְחָה וְשִׁשׁוֹן וִיקָר.  
בֵּן תְּהִיָּה לָנוּ.

*The cup of wine is lifted:*

בּוֹס יְשׁוּעוֹת אֲשָׂא, וּבָשֵׁם יְהוָה אֶקְרָא.

*In a synagogue or at a public service, we begin here:*

סִבְרֵי חֲבֵרֵי:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.

*The following two blessings are recited only on Saturday evening.  
At the conclusion of a Festival, we continue with the final paragraph.*

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בּוֹרֵא מִיְנֵי בְשָׂמִים.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בּוֹרֵא מְאוּרֵי הָאֵשׁ.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אוֹר לְחֹשֶׁךְ,  
בֵּין יִשְׂרָאֵל לְעַמִּים,  
בֵּין יוֹם הַשְּׂבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֶׂה.  
בְּרוּךְ אַתָּה יְהוָה, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

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## Light

Adam was created just before Shabbat began, and during Shabbat the world was lit with the light of creation. After Shabbat darkness descended and Adam rubbed two stones together and a fire was lit. Astounded, he said a *b'rakhah*: "Blessed is the one who creates lights of fire." On Shabbat we make Kiddush and celebrate God's creation of the world; as Shabbat departs, we recite Havdalah and celebrate the possibility of human manufacture and creativity.

—TALMUD OF THE  
LAND OF ISRAEL

## Bring Light to the Darkness

The Hasidic master of Ruzhyn taught: This is the service a person must perform all of one's days . . . to let the light penetrate the darkness until the darkness itself shines and there is no longer any division between the two, as it is written: "And there was evening and there was morning—one day" (Genesis 1:5).

## Songs for the Week Ahead

*Greetings are exchanged:*

May you have a good week!

A gute vokh! Shavua tov!

Elijah the prophet, Elijah the Tishbite,  
O Elijah, Elijah, Elijah from Gilead—  
come speedily, in our time,  
ushering in the Messiah, descended from David.

Eliyahu ha-navi, eliyahu ha-tishbi,  
elijahu, eliyahu, eliyahu, ha-giladi. Bimheirah v'yameinu yavo eileinu,  
im mashiah ben david, im mashiah ben david.

Miriam, the prophetess, strength and song are in her hands,  
Miriam will dance with us, increasing the world's song,  
Miriam will dance with us, repairing the world.  
Soon, in our days, she will bring us  
To the waters of redemption.

Miriam ha-n'viah oz v'zimrah b'yadah.  
Miriam tirkod itanu l'hagdil zimrat olam,  
Miriam tirkod itanu l'taken et ha-olam.  
Bimheirah v'yameinu hi t'vi-enu el mei ha-y'shuah, el mei ha-y'shuah.

May the one who separates the holy and the everyday,  
forgive any sins and slights.  
May our families and our fortunes  
be as many as the grains of sand, or the stars in the sky at night.

This day has disappeared, like the palm tree's shadow.  
I call to God who has brought an end to the light  
that lit my way today. Today, the watchman announced  
the coming of the morning and now the night.

Your righteousness is like Mount Tabor,  
allowing my sins to quickly pass out of sight—  
like a yesterday that is gone or a watch in the night.

Ha-mavdil bein kodesh l'hol, hatoteinu hu yimhol,  
zareinu v'khaspeinu yarbeh khaḥol v'kha-kokhavim balailah.  
Yom panah k'tzel tomer, ekra la-El alai gomer,  
amar shomer ata voker v'gam lailah.

Ha-mavdil bein kodesh l'hol...  
Tzidkat'kha k'har tavor, al f'sha-ai avor ta-avor,  
k'yom etmol ki ya-avor va-ashmuraḥ balailah.  
Ha-mavdil bein kodesh l'hol...

Siddur Lev Shalem for Shabbat and Festivals  
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*Greetings are exchanged:*

א גוטע וואך! שבווע טוב!

אליהו הנביא, אליהו התשבתי,  
אליהו, אליהו, אליהו הגלעדי.  
במהרה בימינו יבוא אלינו,  
עם משיח בן דוד, עם משיח בן דוד.

מרים הנביאה עז וזמרה בידה.  
מרים תרקוד אתנו להגדיל זמרת עולם,  
מרים תרקוד אתנו לתקן אתהעולם.  
במהרה בימינו היא תביאנו אל מעיני הישועה.

המבדיל בין קדש לחול, חטאתינו הוא ימחול,  
זרענו ונכספנו ירבה כחול ונכוכבים בלילה.

יום פנה בצל תמה, אקרא לאל עלי גומר  
אמר שומר, אתא בקר וגם לילה.

המבדיל בין קדש לחול . . .

צדקתך פהר תבור, על פשעי עבר תעבור,  
כיום אתמול פי יעבור ואשמורה בלילה.

המבדיל בין קדש לחול . . .

**AS THE GRAINS OF SAND, OR THE STARS IN THE SKY AT NIGHT** כחול ונכוכבים בלילה. Referencing God's blessing of Abraham: "I will bestow My blessing on you and make your descendants as numerous as the stars in heaven and the sands on the seashore" (Genesis 22:17).

**THE WATCHMAN** שומר. Based on Isaiah 21:12: "The watchman said, 'morning came and so did night....'"

**MOUNT TABOR** הר תבור. Psalm 36:7 compares God's righteousness to the highest mountains. Mount Tabor is the highest mountain overlooking the verdant Jezreel Valley in the Land of Israel. The image has a second meaning: as we round the mountain, it hides what is on the other side. As we turn to the week, past sins are forgiven, like a mountain hides what is on its other side.

**LIKE A YESTERDAY . . . OR A WATCH IN THE NIGHT** אשמורה בלילה. A play on Psalm 90:4, where human life is described as fleeting. The poet turns the image on its head, remarking that God allows our sins to quickly pass by.

**ELIJAH THE PROPHET** אליהו הנביא. The week begins with the wish that the events of this week will be messianic. Elijah is said to be the herald who announces the coming of the Messiah.

**MIRIAM** too shall announce the coming of the Messiah with song and dance. The Hebrew words to this song were written by Leila Gal Berner.

**MAY THE ONE WHO SEPARATES** המבדיל. Selected stanzas of a *piyyut* written by Isaac Judah ibn Ghiyyat (1030–1089, Spain). The full song contains an acrostic of the name Yitzhak Hakatan. A similar poem to be recited at the end of Yom Kippur is found in many Sephardic prayerbooks. This version of Hamavdil, recited at the end of Shabbat with Havdalah, is included in all Jewish rites. It makes this moment analogous to the conclusion of Yom Kippur: in leaving Shabbat, we leave behind the sins of the previous week and start a new week with freshness.

Many of the lines of the *piyyut* are based on biblical verses.

*The Cycle of the Week*

Some times need laughter,  
other times, tears;  
some times need speaking,  
others listening;  
some times need leading,  
and others following;  
some times need giving,  
other times, receiving;  
some times are filled with  
self-concern, others with  
selflessness;  
some days are holy,  
others workaday.  
May the disparateness not  
tear us apart,  
but let the individual  
strands intertwine  
like the wicks of this  
candle,  
giving light to the world.

*A Yiddish Saturday  
Night Prayer*

גאָט פֿון אַברָהאַם, פֿון  
יִצְחָק, און פֿון יַעֲקֹב,  
באַהײט דײַן פּאַלק  
יִשְׂרָאֵל אין זײַן גױט.  
דעָר ליבער, הייליקער  
שבת גײט אַװעק. די  
גוטע װאָך זאָל אונדז  
קומען צו געזונט און  
צום לעבען, צו מזל און  
ברכה, צו עושר און  
כבוד, צו חן און חסד,  
צו אַ גוטער פּרנסה  
און הצלחה און צו  
אַלע גוטן געװינס און  
מחילת עוונות,  
אמן ואמן סלה.

God of Abraham, of Isaac,  
and of Jacob, protect  
Your people Israel in their need, as the holy, beloved Shabbos takes  
its leave. May the good week come to us with health and life, good  
fortune and blessing, prosperity and dignity, graciousness and loving-  
kindness, sustenance and success, with all good blessings and with  
forgiveness of sin.

*Prayers for the Week Ahead*

**א**  
Master of all time, may the new week come to us peacefully,  
and may it not include sin or injury. Bless us and prosper the  
work of our hands, that we may hear sounds of joy and gladness  
in the coming days. May we not be jealous of anyone and may  
none be jealous of us, and may the words of the prophet  
be fulfilled: “How beautiful upon the hills are the footsteps of  
the messenger announcing peace, heralding good tidings.”

**ב**  
And open for us, ADONAI our God,  
compassionate Creator,  
this week and every week:  
the gates of patience, the gates of understanding,  
the gates of happiness, the gates of rejoicing,  
the gates of honor and beauty, the gates of good judgment,  
the gates of song, the gates of kindly love,  
the gates of purity, the gates of uprightness,  
the gates of atonement, the gates of study,  
the gates of serenity, the gates of consolation,  
the gates of forgiveness, the gates of help,  
the gates of goodly income, the gates of righteousness,  
the gates of holiness, the gates of healing,  
the gates of peace, the gates of Torah,  
and the gates of prayer.

**ג**  
ADONAI said to Jacob: *Jacob, My servant, do not fear.*  
ADONAI chose Jacob: *Jacob, My servant, do not fear.*  
ADONAI shall redeem Jacob: *Jacob, My servant, do not fear.*  
A star shall rise from Jacob: *Jacob, My servant, do not fear.*  
In days to come, Jacob shall take root: *Jacob, My servant, do not fear.*  
A leader shall emerge from Jacob: *Jacob, My servant, do not fear.*  
Remember this, Jacob: *Jacob, My servant, do not fear.*

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**א**  
רבוֹן הָעוֹלָמִים, הַחַל עָלֵינוּ הַיָּמִים הַבָּאִים לְקִרְאָתָנוּ  
לְשָׁלוֹם חֲשׂוּכִים מִפְּלִיטָא וּפְגַע רַע. שִׁים בְּרָכָה  
וְהַצְלָחָה בְּכָל־מַעֲשֵׂה יְדֵינוּ וְתִשְׁמִיעֵנוּ בְּיָמֵי הַבָּאִים  
שְׂשׂוֹן וְשִׂמְחָה. וְלֹא תַעֲלֶה קִנְיָתָנוּ עַל לֵב אָדָם וְלֹא  
קִנְיָת אָדָם תַּעֲלֶה עַל לִבָּנוּ. וְקִיָּם־לָנוּ מִקְרָא שְׂפָתוֹב:  
מָה נְאוּוֹ עַל הַהָרִים רַגְלֵי מְבַשֵּׂר מִשְׁמִיעַ שָׁלוֹם  
מְבַשֵּׂר טוֹב.

**ב**  
וּפְתַח לָנוּ יְהוָה אֱלֹהֵינוּ, אָב הַרְחָמִים,  
בְּזֶה הַשָּׁבוּעַ וּבְכָל־שָׁבוּעַ,  
שְׂעָרֵי אַרְיֵכַת אַפִּים, שְׂעָרֵי בֵינָה,  
שְׂעָרֵי גִילָה, שְׂעָרֵי דִיצָה,  
שְׂעָרֵי הוֹד וְהֶדָר, שְׂעָרֵי וַעַד טוֹב,  
שְׂעָרֵי זְמֶרָה, שְׂעָרֵי חֶסֶד,  
שְׂעָרֵי טְהָרָה, שְׂעָרֵי יִשְׂרָאֵל,  
שְׂעָרֵי כְפָרָה, שְׂעָרֵי לְמוּדָה,  
שְׂעָרֵי מְנוּחָה, שְׂעָרֵי נְחֵמָה,  
שְׂעָרֵי סְלִיחָה, שְׂעָרֵי עֲזָרָה,  
שְׂעָרֵי פְרִנְסָה טוֹבָה, שְׂעָרֵי צְדָקָה,  
שְׂעָרֵי קִדְשָׁה, שְׂעָרֵי רְפוּאָה,  
שְׂעָרֵי שָׁלוֹם, שְׂעָרֵי תוֹרָה,  
שְׂעָרֵי תְפִלָּה.

**ג**  
אָמַר יְהוָה לְיַעֲקֹב: אֵל תִּירָא עֲבָדֵי יַעֲקֹב.  
בָּחַר יְהוָה בְּיַעֲקֹב. אֵל תִּירָא עֲבָדֵי יַעֲקֹב.  
גָּאַל יְהוָה אֶת־יַעֲקֹב. אֵל תִּירָא עֲבָדֵי יַעֲקֹב.  
דָּרַךְ כּוֹכַב מִיַּעֲקֹב. אֵל תִּירָא עֲבָדֵי יַעֲקֹב.  
הִבָּאִים יִשְׂרָשׁ יַעֲקֹב. אֵל תִּירָא עֲבָדֵי יַעֲקֹב.  
וַיֵּרֶד מִיַּעֲקֹב. אֵל תִּירָא עֲבָדֵי יַעֲקֹב.  
זָכַר זֹאת לְיַעֲקֹב. אֵל תִּירָא עֲבָדֵי יַעֲקֹב.

רבוֹן מֵאֵל עוֹלָמִים. Based on a prayer  
to be recited at the conclu-  
sion of Shabbat, mentioned  
in the Talmud of the Land  
of Israel (Berakhot 5:2).

מָה נְאוּוֹ. How beautiful  
Isaiah 52:7.

וּפְתַח לָנוּ. This piyyut, which is  
recited in the Ashkenazic rite  
on Yom Kippur at Neilah, is  
recited in the Separdic rite  
each week.

JACOB, MY SERVANT, DO  
NOT FEAR. אל תירא עבדי יַעֲקֹב  
God's message of  
assurance to Jacob (Genesis  
46:3) is repeated by Isaiah  
(44:2). We enter the week  
asking that we, too, may  
have nothing to fear.