

עֲלֵינוּ

Aleinu

This prayer comes towards the end of the service just before Mourner's Kaddish.

Aleinu means it is up to us.

Aleinu is a prayer that talks about our dedication to having faith and seeing God as a potential partner in our lives. We stand when we say this prayer and bow when it says “va'anachnu korim” which translates to “we bend the knee”.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
שָׁנַתָּן לָנוּ תּוֹרַת אֱמֶת
וְאַנְחָנוּ כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים
לְפָנֶי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקָּדוֹשׁ בְּרוּךְ הוּא,
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אָרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל,
וְשׁוֹכֵנֵת עֵזוֹ בְּגַבְהֵי מְרוֹמִים.
הוּא אֱלֹהֵינוּ, אֵין עוֹד,
אֱמֶת מְלַכְנוּ, אֶפְס זולָתוֹ.
כִּפְתּוּב בְּתוֹרָתוֹ וְיִדְעָתָּהּ הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבְךָ
כִּי יי הוּא הָאֱלֹהִים
בְּשָׁמַיִם מְמַעַל וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד

*Aleinu l,shabeach la'adon hakol, latet g'dulah l'otzer b'resheet
Sh'natan lanu torat emet
Va'anachnu korim u'mistachavim u'modim
Lifnei melech malchei ham'lachim hakadosh baruch hu.*

*Shehu note shamayim v'yosed aretz
U'moshav yekaro bashamayim mima'al
Ush'chinat uzo b'gavhei m'romim
Hu Eloheinu ein od
Emet malkenu efes zulato
Kakativ b'torato v'yadata hayom vahashevotah el levavecha
Ki Adonai hu HaElohim
Bashamayim Mima'al v'al ha'aretz mitachat ein od.*

It is up to us to offer praises to the **Source** of all,
to declare the greatness of the author of **Creation**,
who gave us teachings of truth
and planted eternal life within us.

And so, we bend the knee and bow,
acknowledging the ruler who rules
above all those who rule, the blessed **Holy One**,
who stretched out the heavens and founded the earth,
whose realm embraces heaven's heights,
whose mighty presence stalks celestial ramparts.
This is our **God**; there is none else besides,
as it is written in the Torah:
You shall know this day, and bring it home inside your heart,
that *THE SUPREME ONE* is **God**
in the heavens above and on the earth below.
There is no other **God**.