

# 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  
שָׁנְתָן לָנוּ תוֹרַת אֱמֶת  
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ  
וְאִנְחָנוּ כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים  
לְפָנֶי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקָּדוֹשׁ בְּרוּךְ הוּא,  
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,  
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל,  
וְשֹׁכֵינֵת עֵזוֹ בְּגִבְהֵי מְרוֹמַיִם.  
הוּא אֱלֹהֵינוּ, אֵין עוֹד,  
אֱמֶת מִלְּפָנֶינוּ, אֶפְסֵי זוּלָּתוֹ.  
כִּכְתוּב בְּתוֹרָתוֹ וַיִּדְעַתְּ הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבְךָ  
כִּי יְיָ הוּא הָאֱלֹהִים  
בְּשָׁמַיִם מְמַעַל וְעַל הָאֶרֶץ מִתַּחַת אֵין עוֹד  
וְנֹאמַר וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאֶרֶץ  
בְּיוֹם הַהוּא יְהִיָּה יְיָ אֶחָד וְשֵׁמוֹ אֶחָד

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**.

And it is written: The Everlasting **One** will reign over all the earth. On  
that day shall Adonai be one **God's** name be one!