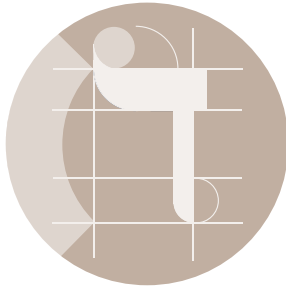


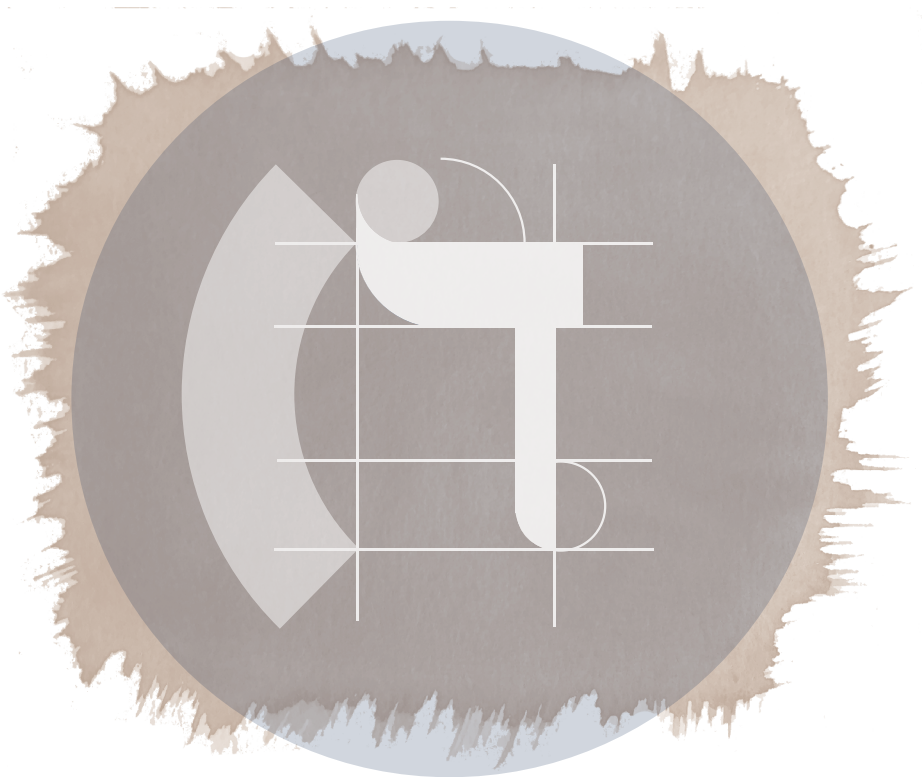
The Fifth Direction



L'simcha, To Happiness THE FOURTH DIRECTION

Who is rich?
The one who is content,
who is happy with his portion.

- Pirke Avot



We should consider every day lost on which we have not danced at least once.

-Friedrich Nietzsche

I don't know what your destiny will be, but one thing I do know:
the only ones among you who will be really happy
are those who will have sought and found how to serve.

-Albert Schweitzer

Life is like riding a bicycle. To keep your balance, you must keep moving.

-Albert Einstein

Ainem dacht zich as bei yenem lacht izch.
One always thinks that others are happy.

-Yiddish proverb

Each morning when I open my eyes, I say to myself,
“I, not events, have the power to make me happy or unhappy today.
I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet.
I have just one day, today, and I'm going to be happy in it.”

-Groucho Marx

It is not in doing what you like,
but in liking what you do that is the secret of happiness.

-James Barrie

Of all the unhappy people in the world,
the unhappiest are those who have not found something that they want to do.

-Chinese proverb

Happiness is when what you think, what you say, and what you do
are in harmony.

-Mahatma Ghandi

Happiness is not getting what you want but wanting what you have.

-Midrash

If you would like to have a happy life, remember two things:
in matters of principle, stand like a rock;
in matters of taste, swim with the current.

-Thomas Jefferson

When someone does something good, applaud!
You will make two people happy.

-Samuel Goldwin

The only way you will ever live happily ever after is on a day to day basis.

-Dannel I. Schwartz

The secret of being miserable is to have the leisure
to bother about whether you are happy or not.

-George Bernard Shaw

Be the person your dog thinks you are.

-Unknown

The happiest people don't always have the best of everything.
They just make the best of everything.

-Midrash

When someone tells me he is making a living but it wouldn't hurt
if things were a little better, I ask, "How do you know it wouldn't?"

-The Chofetz Chaim

From happiness to sorrow takes a moment;
from sorrow to happiness takes years.

-Hasidic saying

FESTIVAL MORNING SERVICE

BLESSING OVER THE TALLIT



רויך אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech ha-o-lam, a-sher kee-de-sha-nu
be-meetz-vo-tav, ve-tzee-va-nu le-heet-a-tayf ba-tzee-tzeet.*

Praised are You, our God, Ruler of the universe, Who hallows us with Mitzvot,
permits us to create time and space for prayer, and teaches us to wear the Tallit.

מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁחֲזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ.

*Mo-deh / Mo-dah a-nee le-fa-ne-cha, me-lech chai ve-ka-yam, sheh-heb-cheh-zarta
be neesh-ma-tee be-chem-lah, ra-bah eh-moo-na-techa.*

I thank You, ever-living Ruler, Who has returned my soul to me with compassion:
How great is your trust.

FIRST DAY OF PASSOVER

On this, the first day of the Festival of Passover, we remember the slavery our ancestors, the children of Israel, endured and the freedom they achieved. We immortalize the memory of our people's escape as though it happened in our own generation. It is as if Pharaoh's chariots were chasing us and we were delivered from bondage to freedom, from sadness to joy. As we relive the Exodus from Egypt, so may we never take our freedom for granted. May we never permit ourselves to become insensitive to the plight of others.

LAST DAY OF PASSOVER

On this, the seventh day of Passover, we celebrate the escape of our people from the armies of destruction. On this day, the children of Israel's song of praise echoed at the shores of the sea. Through the generations we have suffered and endured but have always remembered Passover's message.

O Eternal our God and God of our ancestors, help us to protect the freedoms we have cherished throughout our existence as a people. Let us never enslave ourselves to anything or anyone. Create within us a realization that some day we will bring about a time when people will beat their swords into plowshares and spears into pruning hooks. Nations shall not lift up sword against nation nor learn war anymore.

SHAVOUT

On this Festival of First Fruits, our ancestors celebrated the giving of the Law at Sinai. In this season, Israelites found an understanding of life, justice and truth. On this day, our people created our destiny and changed the world forever. Help us, O Eternal, to affect our world and shape history. As our fathers and mothers created a covenant with You to become a kingdom of priests and a holy people, so may we continue in their tradition. Teach us how to bring the joys of Mitzvot to ourselves and to others. Teach us how to respect all who walk this earth. Let us always be able and willing to see the vision witnessed in Sinai.

SUKKOT

In ancient times, our people made a pilgrimage to Jerusalem and gave thanks for the gift of their harvest. They understood it as a responsibility to share good fortune with the poor as commanded in their Torah.

This, too, is our command: those who are able to give, must give.
We must share the bounty we have so all may live in dignity.

Create a place in our hearts, which enables us to care and be kind.
Let us understand the pain of those in need and give us the will to help others help themselves.

SIMCHAT TORAH

Today we conclude the reading of our Torah and begin it again. We celebrate a Law that has brightened our people's way through the darkness of the centuries. Today we celebrate the enduring foundation of our lives and consecrate our belief in the eternal values of our faith.

FOR ALL FESTIVALS

We give thanks for the festivals and the memories they inspire. We pray for the ability to constantly dignify our lives with faith. At this special season of our year, we resolve to consecrate our lives to seek wholeness. As our people made a pilgrimage to Jerusalem in times gone by, in order to give thanks and praise Your name, so too, do we make a pilgrimage of heart, mind and soul and give You thanks on this day.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם בְּחִכְמָה וּבָרָא בּוֹ,
נִקְבִּים נִקְבִּים, חֲלוּלִים חֲלוּלִים, גְּלוּי וַיְדוּעַ לִפְנֵי כֹסֵא כְבוֹדְךָ שָׂאם
יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם, אִי אֶפְשָׁר לְהִתְקַיֵּם וּלְעֲמוֹד לְפָנֶיךָ.
בְּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר, וּמַפְּלִיא לַעֲשׂוֹת.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech ha-o-lam, a-sher ya-tzar et ha-a-dam
be-choch-ma, u-va-rah vo ne-ka-veem ne-ka-veem, cha-lu-leem cha-lu-leem, ga-lu-ee
ve-ya-du-ah leef-nay chee-say che-vo-de-cha sheb-eem yee-fa-tay-ach e-chad may-hem,
oh yee-sa-taym e-chad may-hem, ee ef-shar le-beet-ka-yaym ve-la-ah-mod le-fa-ne-cha,
Ba-ruch a-ta A-do-nai, ro-fay chol ba-sar u-maf-lee la-a-sot.*

We praise You, O Eternal God, Designer of the universe, Who has fashioned our
bodies uniquely, combining every organ and cell with measure and balance. The
fragility of life makes us appreciate each day as a gift. Praised are You, O God,
Who has given us the mystery and miracle of life.

אֱלֹהֵי דְבָרִים שְׂאִין לָהֶם שְׁעוֹר: הַפֶּאֶה וְהַבְּכוּרִים וְהַרְאִיוֹן
וּגְמִילוֹת חֲסִדִּים וְתִלְמוּד תּוֹרָה.
אֱלֹהֵי דְבָרִים שְׂאָדָם אוֹכֵל פְּרוּתֵיהֶם בְּעוֹלָם הַזֶּה וְהִקְרָן קִיּוּמָתָהּ לּוֹ לְעוֹלָם
הַבָּא, וְאֵלֵינוּ הֵן: כְּבוֹד אָב וָאֵם, וּגְמִילוֹת חֲסִדִּים, וְהַשְׁכָּמַת בֵּית הַמִּדְרָשׁ
שְׁחִרִית וְעֶרְבִית, וְהַכְנָסַת אוֹרָחִים, וּבִקּוּר חוֹלִים, וְהַכְנָסַת כָּלָה, וּלְוִיַּת
הַמֵּת, וְעִיוֹן תְּפִלָּה, וְהַבָּאת שְׁלוֹם בֵּין אָדָם לַחֲבֵירוֹ
וְתִלְמוּד תּוֹרָה כְּנֻגַּד כָּלָם.

*Ay-lu de-va-reem she-ayn la-hem shee-ur: ha-pay-ah ve-ha-bee-ku-reem ve-ha-ra-a-yon
u-ge-mee-lut cha-sa-deem ve-tal-mud To-rah. Ay-lu de-va-reem she-a-dam o-chayl
pay-ro-tay-hem ba-o-lam ha-zeh ve-ha-ke-ren ka-ye-met lo la-o-lam ha-bah, ve-ay-lu
hayn: Kee-bud av ve-aym, u-ge-mee-lut cha-sa-deem, ve-hash-ka-mat bayt ha-mi-drash
sha-cha-reet ve-ar-veet, ve-hach-na-sat or-cheem, u-vee-kur cho-leem, ve-hach-na-sat
ka-lah, ul-va-yat ha-mayt, ve-ee-yun te-fee-lah, va-ha-va-at sha-lom bayn a-dam
la-cha-vay-ro, ve-tal-mud To-rah ke-ne-ged ku-lam.*

These are the obligations in life that have no bounds. They are the responsibilities in which we must participate if we are to enjoy the fruits of this world and any world to come:

Performing acts of love and kindness.

Engaging in deeds of compassion.

Arriving early for study.

Welcoming guests.

Visiting the sick.

Celebrating with the wedding couple.

Honoring our parents.

Consoling the bereaved.

Being devoted to prayer.

Achieving peace where there is strife.

But the study of Torah is equal to them all because it leads to them all.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וַיְצַונו לְעִסּוּק בְּדַבְּרֵי תוֹרָה.

*Ba-ruch a-ta A-do-nai E-lo-hay-nu Me-lech ha-o-lam, a-share keed-sha-nu
be-meets-vo-tav, ve-tsee-va-nu la-a-soak be-deev-ray To-rah.*

Praised are You, Adonai our God, Ruler of the universe, Who hallows us with mitzvot, and commands us to study, and busy ourselves with, words of Torah.

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּה בִּי טְהוֹרָה הִיא. אַתָּה בְּרָאָתָהּ, אַתָּה יִצְרָתָהּ,
אַתָּה נִפְחָתָהּ בִּי, וְאַתָּה מְשַׁמְרָהּ בְּקֶרְבִּי, וְאַתָּה עֲתִיד לְטַלָּהּ מִמֶּנִּי,
וְלַהַחְיֶיהָ בִּי לְעֵתִיד לְבוֹא. כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקֶרְבִּי, מוֹדָה אֲנִי לְפָנֶיךָ, יְיָ
אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, רַבּוֹן כָּל הַמַּעֲשִׂים, אֲדוֹן כָּל
הַנִּשְׁמוֹת. בְּרוּךְ אַתָּה יְיָ, הַמַּחְזִיר נִשְׁמוֹת לְפָגְרִים מֵתִים.

*E-lo-hai, ne-sha-mah she-na-ta-ta bee te-ho-ra hee. A-ta ve-ra-ta, a-ta ye-tzar-ta,
a-ta ne-fach-ta bee, ve-a-ta me-sham-ra, be-keer-bee, ve-a-ta a-teed lee-te-la mee-me-nee,
ul-ha-cha-zee-ra bee le-a-teed la-vo. Kol ze-man she-han-sha-mah ve-keer-bee, mo-deh
a-nee le-fa-ne-cha, A-do-nai e-lo-hai vay-lo-hay a-vo-tai, Ree-bon kol ha-ma-a-seem,
A-don kal ha-ne-sha-mot. Ba-ruch a-ta A-do-nai, ha-ma-cha-zeer ne-sha-mot
leef-ga-reem may-teem.*

The soul that You have given me is pure. You created it and formed it, You breathed it into me and You sustain it. So long as I live, I give thanks for the soul with which I have been blessed. We praise You, O God, Who gives life and meaning to all.



בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם, בְּרוּךְ הוּא.
 בְּרוּךְ עֲשֵׂה בְּרָאשִׁית.
 בְּרוּךְ אוֹמֵר וְעוֹשֶׂה.
 בְּרוּךְ גּוֹזֵר וּמְקַיֵּם,
 בְּרוּךְ מְרַחֵם עַל הָאָרֶץ.
 בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת,
 בְּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירְאָיו.
 בְּרוּךְ חַי לְעַד וְקַיִם לְנֶצַח,
 בְּרוּךְ פּוֹדֶה וּמַצִּיל,
 בְּרוּךְ שְׁמוֹ.
 בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ מְהֻלָּל בַּתְּשׁבּוּחוֹת.

Ba-ruch she-amar ve-ha-yah ha-o-lam, ba-ruch hu.

Ba-ruch o-seh ve-ray-sheet. Ba-ruch o-mer ve-oseh.

Ba-ruch go-zer oom-ka-yaym, ba-ruch me-ra-chaym all ha-a-rets.

Ba-ruch me-ra-chaym all ha-bree-yot, ba-ruch me-sha-lame sa-char tov lee-ray-av.

Ba-ruch chai la-ad ve-ka-yam la-nay-tsach, ba-ruch po-day oo-ma-tseel, ba-ruch she-mo.

Ba-ruch a-ta A-do-nai, me-lech me-hool-lal ba-teesh-ba-choat.

Blessed is the One Who spoke, and the world came to be.

Blessed is the Source of creation.

Blessed is the One Whose word is deed, Whose thought is fact.

Blessed is the One Whose compassion covers the earth and all its creatures.

Blessed is the living and eternal God, Ruler of the universe, divine Source of deliverance and help.

*With songs of praise we extol You and proclaim Your Sovereignty, our God and Ruler,
for You are the source of life in the universe. Blessed are You, to whom our praise is due!*

Blessed is the One Who spoke and the world came to be. Blessed is the One!

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלֹוךָ סֶלָה.
אַשְׁרֵי הָעַם שְׁכָנָה לוֹ, אַשְׁרֵי הָעַם שֶׁיְי אֱלֹהָיו.

Ash-ray yosh-vay vay-techa, ode y'hal-loo-cha say-lah.

Ash-ray ha-am she-ka-cha lo, ash-ray ha-am she-a-do-nai eh-lo-hav.

Happy are those who dwell in Your house; they shall sing Your praises forever.
Happy the people who have it so, happy the people whose God is Adonai.

ADAPTED FROM PSALM 92

It is good to give thanks to God,
to sing praises to Your name.

*To tell of Your love in the morning
and to sing of Your faithfulness at night.*

Playing with an instrument of ten strings,
sounding the lute and stroking the harp.

*Your works have made me rejoice and
Your glories move me to sing.*

How great are Your works, O God,
How profound Your design.

*The insensitive will never appreciate Your creations
Nor will the fool understand life's meaning.*

The wicked may flourish like grass
and the evil may multiply
but they are all doomed to failure.

*But You, O Eternal, shall be exalted forever.
All shall proclaim that Adonai is just.*

Let every living being bless Your name
and let every spirit glorify our God forever.
Throughout all time we will have no Ruler but You, our God.

*You guide the world with love and touch each of
Your creations with care and kindness.*

You neither slumber nor sleep. You cause the speechless to utter words and the wrongly imprisoned to go free. You support the fallen, heal the sick and raise up the lonely. To You alone do we give thanks.



תִּגְדֹּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ,
וַיְמַלִּיךְ מַלְכוּתָהּ. בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֶגְלָא וּבְזֶמַן קָרִיב וְאַמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.

יְתַבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלָּה
וַיִּתְהַלֵּל שְׁמֵהּ דְקִדְשָׁא בְּרִיךְ הוּא, לְעֶלְא מִן כָּל בְּרַכְתָּא
וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא, דְאַמִּירָן בְּעֶלְמָא, וְאַמְרוּ: אָמֵן.

*Yeet-ga-dal ve-yeet-ka-dash, she-may ra-ba. Be-al-ma dee ve-ra chee-re-u-tay,
ve-yam-leech mal-chu-tay. Be-cha-yay-chon u-ve-yo-may-chon u-ve-cha-yay de-chol bayt
Yees-ra-ayl, ba-a-ga-la u-vee-ze-man ka-reev, ve-ee-me-ru: a-mayn.
Ye-hay she-may ra-ba me-var-ach le-o-lam u-le-al-may al-ma-ya.
Yeet-ba-rach ve-yeesh-ta-bach, ve-yeet-pa-ar ve-yeet-ro-mam ve-yeet-na-say,
ve-yeet-ha-dar ve-yeet-a-leh ve-yeet-ha-lal sh-may de-ku-de-sha, be-reech hu,
le-ay-la meen kol beer-cha-ta ve-shee-ra-ta, tush-be-cha-ta ve-ne-che-ma-ta,
da-a-mee-ran be-al-ma, ve-eem-ru: a-mayn.*

Let the glory of God be extolled, let God's great name be hallowed in the world
whose creation God willed. May God's majesty soon prevail in our day, in our lives,
and in the life of all Israel, and let us say: Amen. Let God's great name be blessed for
ever and ever. Let the name of the Holy One, blessed be God, be glorified, exalted
and honored, though God is beyond all the praises, songs, and adorations that we can
utter, and let us say, Amen.

(Congregation rises)



רְכוּ אֵת יְיָ הַמְּבָרַךְ.

Bar-chu et A-do-nai ha-me-vo-rach!

Praised be our God, to Whom all praise is due!

בְּרוּךְ יְיָ הַמְּבָרַךְ לְעוֹלָם וָעֶד.

Ba-ruch A-do-nai ha-me-vo-rach le-o-lam va-ed!

Praised be our God, to Whom all praise is due now and forever!

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר, וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת הַכֹּל. הַמְאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ
בְּרַחֲמִים, וּבִטְוֹבוֹ מְחַדָּשׁ בְּכָל יוֹם תְּמִיד מַעֲשֵׂה בְּרִאשִׁית.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech ha-o-lam, yo-tsayr or u-vo-ray cho-shech,
o-seh sha-lom u-vo-ray et ha-kol. Ha-may-eer la-a-rets ve-la-da-reem a-le-ha
be-ra-cha-meem, u-ve-tu-vo me-cha-daysh be-chol yom ta-meed ma-a-say ve-ray-sheet.*

Praised be the Eternal our God, Ruler of the world, Who makes light to shine and darkness to descend upon us. God has taught us the meaning of peace and shapes all things that we touch. With compassion God gives the earth light and renews the work of creation day by day.

מָה רַבּוֹ מַעֲשֵׂיךָ יְיָ, כָּלֵם בְּחִכְמָה עֲשִׂיתָ, מְלֵאָה הָאָרֶץ קִנְיָנְךָ.
תִּתְּבָרֶךְ יְיָ אֱלֹהֵינוּ עַל שְׂבַח מַעֲשֵׂה יָדֶיךָ, וְעַל מְאוּרֵי אוֹר שְׁעֵשִׂיתָ,
יִפְאָרוּךְ סֵלָה. אוֹר חֲדָשׁ עַל צִיּוֹן תֹּאִיר, וְנִזְכָּה כָּלֵנוּ מִהָרָה
לְאוֹרוֹ. בְּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְּאוֹרוֹת.

*Ma ra-bu ma-a-se-cha A-do-nai! Ku-lam be-choch-ma a-see-ta, mal-a ha-a-retz
keen-ya-ne-cha. Teet-ba-rach A-do-nai E-lo-hay-nu al-she-vach ma-a-say ya-de-cha,
ve-al me-o-ray or she-a-see-ta ye-fa-a-ru-cha se-la. Or chadash tzion ta-eer, ve-nee-z-keh
chu-lanu me-hay-rah le-o-ro. Ba-ruch a-ta, A-do-nai, yo-tsayr ha-me-o-rot.*

How great are Your works O God! In wisdom You make them all; the earth is filled with Your creations.

*For the glow of the stars and the work of Your hands, let all of Your creations give You praise.
Shine a new light upon Zion, that we may swiftly merit its radiance. Blessed be the Eternal,
maker of the morning light.*

Great is Your love for us and abiding Your compassion. Our ancestors trusted in You and You taught them how to value life. Be gracious now to us and with kindness guide us with Your understanding so that we might both learn and teach the laws of truth.

בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

Ba-ruch a-ta A-do-nai, ha-bo-chayr be-amo yees-ra-ayl be-a-ha-va.
Blessed is our God, Who in love has chosen Israel to be a people.

מַעַי יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.



She-ma Yees-ra-ayl, A-do-nai E-lo-hay-nu, A-do-nai E-chad!

Hear, O Israel: the Lord is our God, the Lord is One!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Ba-ruch shaym ke-vod ma-le-chu-to le-o-lam va-ed!

Praised be God's name Whose majesty is forever and ever!

(Congregation is seated)



אָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם, עַל לִבְבְּךָ. וְשָׁנַנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ
בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַּדֶּרֶךְ, וּבְשָׁכְבְּךָ וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת
עַל יָדְךָ, וְהָיוּ לְטָטְפֹת בֵּין עֵינֶיךָ. וְכִתַּבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם קֹדְשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם,
לִהְיוֹת לָכֶם לֵאלֹהִים. אֲנִי יְיָ אֱלֹהֵיכֶם.

*Ve-a-hav-ta ayt A-do-nai E-lo-he-cha, be-chol le-vav-cha, u-ve-chol naf-she-cha,
u-ve-chol me-o-de-cha. Ve-ha-yu ha-de-va-reem ha-ay-leh, a-sher a-no-chee
me-tsa-ve-cha ha-yom, al le-va-ve-cha. Ve-shee-nan-tam le-va-ne-cha, ve-dee-bar-ta
bam, be-sheev-te-cha be-vay-te-cha uv-lech-te-cha, va-de-rech, uv-shoch-be-cha
uv-ku-me-cha. Uk-shar-tam le-ot al ya-de-cha, ve-ha-yu le-to-ta-fot bayn
ay-ne-cha. U-che-tav-tam al me-zu-zot bay-te-cha u-veesh-a-re-cha. Le-ma-an
teez-ke-ru, va-a-see-tem et kol meets-vo-tai, vee-he-yee-tem ke-do-sheem
lay-lo-hay-chem. A-nee A-do-nai E-lo-hay-chem, a-sher ho-tsay-tee e-te-chem
may-e-rets meets-ra-yeem, lee-he-yot la-chem lay-lo-beem. A-nee A-do-nai
E-lo-hay-chem.*

*You shall love the Eternal, your God, with all your heart, with all your soul and with all
your might. Set these words, which I command you this day, upon your heart. Teach them
faithfully to your children; speak of them in your home and on your way, when you lie down
and when you rise up. Bind them as a sign upon your hand and they shall be a symbol before
your eyes. Write them on the doorposts of your house, and on your gates. Be mindful of all
My mitzvot and do them. So shall you consecrate yourselves to your God. I, the Eternal, am
your God, Who led you out of Egypt to be your God. I, the Eternal, am your God.*

These enduring words have been a lamp unto our feet and a light unto our path.
Faith and choice bring understanding to the soul and sensitivity to the heart.

In all times and places our God has been a part of our lives.
Our faith has been our rock and our help.

We watched God's wonders when we went free from Egypt.
When slavery's chains were broken we witnessed it.

May those who have the faith to believe also have the wisdom to be kind.
O God, in Whom we have all hope, we glorify Your name now as our people have praised You throughout history.

מִי כְמוֹכָה בָּאֵלִים יִי?
מִי כְמוֹכָה נֶאֱדָר בְּקִדְשׁ,
נוֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא?

Mee cha-mo-cha ba-ay-leem, A-do-nai?
Mee ka-mo-cha ne-dar ba-ko-desh,
no-ra te-hee-lot, o-say fe-leh?

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

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְּאוּלִּים לְשִׁמְךָ עַל שְׁפַת הַיָּם,
יַחַד כָּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יִי יִמְלֹךְ לְעוֹלָם וָעֶד.

Shee-ra cha-da-sha shee-be-chu ge-u-leem le-sheem-cha al se-fat ha-yam,
Ya-chad ku-lam ho-du ve-beem-lee-chu ve-am-ru: A-do-nai yeem-loch le-o-lam va-ed.

A new song the redeemed sang to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power: "The Eternal will reign forever and ever."

צור יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפְדֵה כְּנָאֲמָךְ יְהוּדָה וְיִשְׂרָאֵל.
וְנֹאמֶר: גָּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל. בְּרוּךְ אַתָּה יְיָ, גָּאֵל יִשְׂרָאֵל.

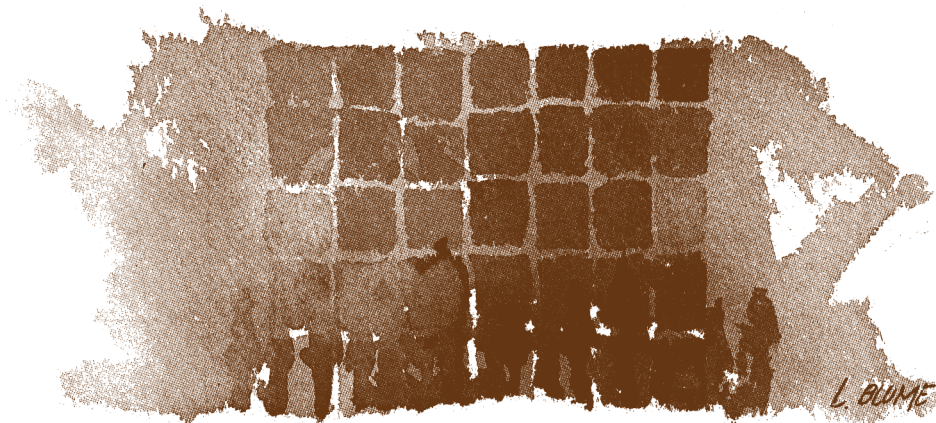
*Tsur Yees-ra-ayl, ku-ma be-ez-rat Yees-ra-ayl, u-fe-day cheen-u-me-cha Ye-hu-da
ve-Yees-ra-ayl. Go-a-lay-nu A-do-nai tse-va-ot she-moh, ke-dosh Yees-ra-ayl.
Ba-ruch a-ta, A-do-nai, ga-al Yees-ra-ayl.*

O Rock of Israel, come to Israel's aid. Fulfill Your promise of redemption for Judah and Israel. Our Redeemer is the Lord of Hosts, the Holy One of Israel. Blessed is the Eternal, the Redeemer of Israel.

AMIDA

(Congregation Rises)

(Amida means 'standing,' which indicates that, throughout the ages, the congregation stood while reciting this segment of the prayer service. It is a prayer that commands us to remember those of our families who have believed not just in the God of Israel, but also those who have supported the Jewish people. It is for this reason we stand and pray as our people have done for thousands of years. We recite the following prayer silently or perhaps create a prayer in our own minds, which recalls the debt we owe to our parents, grandparents and those of our families throughout the millennia who have brought us to this moment in our lives.)



SILENT MEDITATION

O God of all the generations, though it is not easy to pray, somehow I believe that these few minutes of prayer will bring me closer to what my life should be and its truest meaning.

You are the God of our fathers and mothers, the God of Abraham, Isaac and Jacob; the God of Sarah, Rebecca, Leah and Rachel. As my ancestors, each in his own way, believed in You, so too do I seek to believe and understand the meaning of the Divine in my own life.

All creativity and creation bears witness to Your holiness. The entire earth is filled with signs of Your spirit. I sing praise to You as did my parents and their parents before them for the gifts You have given to the world. Just as the Sabbath is to remind me of creation, so help it to nurture my soul and renew my spirit. Help me to realize that only if I take the time to rest can I be more productive, more creative and more understanding of all that is around me.

Help me to live with humility through Your commandments that I may be a partner in the miracle of life and nature; revitalize me daily with the wonderment of waking and the comfort of the evening.

For the joys that You have given me, for the miracles of nature, the peace of the Sabbath, the wisdom of the sages and the gift of life, I thank You. Help me to find peace in myself and within the world. O God, help me to open my heart and my mind to You, the Holy One Who hears prayer.

יְהִי לְרָצוֹן אֱמֹרִי פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגֹאֲלִי.

*Yee-he-yu le-ra-tson eem-ray-fee ve-heg-yon lee-bee le-fa-ne-cha, A-do-nai tsu-ree
ve-go-a-lee.*

May the words of my mouth and the meditations of my heart be acceptable to You, Eternal God, my Rock and my Redeemer.

אֲדֹנָי שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

A-do-nai se-fa-tai teef-tach u-fee ya-geed te-hee-la-te-cha.

Eternal God open up my lips that my mouth may declare Your glory.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן גּוֹמֵל חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל,
וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאֲמָהוֹת, וּמַבִּיא גְאוּלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ
בְּאַהֲבָה. מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם וְעֵזְרַת שָׂרָה.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu vay-lo-hay a-vo-tay-nu ve-ee-mo-tay-nu,
E-lo-hay Av-ra-ham, E-lo-hay Yeets-chak, vay-lo-hay Ya-a-kov. E-lo-hay Sa-rah,
E-lo-hay Reev-kah, E-lo-hay Lay-ah, vay-lo-hay Ra-chel. Ha-ayl ha-ga-dol,
ha-gee-bor ve-ha-no-ra, Ayl el-yon, go-mayl cha-sa-deem to-veem, ve-ko-nay ha-kol,
ve-zo-chayr cha-se-day a-vot, ve-ee-ma-hot u-may-vee ge-u-la leev-nay ve-nay-hem,
le-ma-an she-mo be-a-ha-va. Me-lech o-zayr u-mo-shee-a u-ma-gayn.
Ba-ruch a-ta A-do-nai, ma-gayn Av-ra-ham ve-ez-rat Sa-rah.*

Blessed is the Eternal, our God and God of our ancestors, God of Abraham, God of Isaac and the God of Jacob; God of Sarah, God of Rebecca, God of Leah and God of Rachel; great, mighty and exalted. You grant love and kindness to all Your children. You remember the devotion of ages past. In Your love, You bring redemption to their descendants for the sake of Your name. You are our Ruler and Helper, our Savior and Protector. Blessed is the Eternal God, the Shield of Abraham and the Protector of Sarah.

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי, מְחִיָּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.
Summer: מוֹרִיד הֶטֶל.

Winter: מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
מְכַלֵּל חַיִּים בְּחֶסֶד, מְחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא
חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקִים אֲמוּנָתוֹ לַיִּשְׁנֵי עָפָר, מִי כְמוֹךְ בַּעַל
גְּבוּרֹת וּמִי דוֹמָה לָךְ, מֶלֶךְ. מִמִּית וּמְחִיָּה וּמַצְמִיחַ יְשׁוּעָה. וְנֶאֱמָן
אַתָּה לְהַחְיֹת הַכֹּל. בְּרוּךְ אַתָּה יְיָ, מְחִיָּה הַכֹּל.

A-ta gee-bor le-o-lam A-do-nai, me-cha-yay ha-kol a-ta, rav le-ho-shee-a.

Summer: mo-reed ha-tal.

Winter: masheev ha-ruach u'moreed ha-gashem.

Me-chal-kayl cha-yeem be-che-sed, me-cha-yay ha-kol be-ra-cha-meem ra-beem,

So-maych nof-leem, ve-ro-fay cho-leem, u-ma-teer a-su-reem, um-ka-yaym

e-mu-na-to lee-shay-nay a-far. Mee cha-mo-cha ba-al ge-vu-rot u-mee do-meh lach,

me-lech may-meet um-cha-yeh u-mats-mee-ach ye-shu-a. Ve-ne-e-mahn a-ta

le-ha-cha-yot ha-kol. Ba-ruch a-ta A-do-nai, me-cha-yay ha-kol.

Eternal is Your power, O God, You are mighty to save.

Summer: You rain dew upon us.

Winter: You cause the wind to shift and rain to fall.

*In love You sustain the living, in the multitude of Your mercies You preserve all. You uphold
the falling and heal the sick, free the captives and keep faith with Your children in death as*

in life. Who is like You? Who is Your equal, Author of life and death, Source of salvation?

Blessed is the Eternal God, the Source of life.

We sanctify Your name on earth, even as Your Holiness is proclaimed in the heavens
above and throughout time and space. In the words of the prophet Isaiah we say:

Holy, Holy, Holy is the Lord of Hosts; the fullness of the whole earth is God's glory.

נִקְדָּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,
כִּפְתּוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ, יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

אֲדִיר אֲדִירָנוּ, יְיָ אֲדִינֵנוּ, מָה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ!

*Ne-ka-daysh et sheem-cha ba-olam, ke-shaym she-mak-dee-sheem o-to beesh-may ma-rom,
ka-ka-tuv al yad ne-vee-eh-cha, ve-ka-rah zeh el zeh ve-ah-mar:*

Ka-dosh, Ka-dosh, Ka-dosh, A-do-nai tse-va-ot, me-lo chal ha-a-rets ke-vo-do.

A-deer a-dee-ray-nu, A-do-nai A-do-nay-nu, mah a-deer sheem-cha be-chal ha-a-retz!

Source of our strength, Eternal God, how majestic is Your presence in all the earth!

בְּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.

Ba-ruch ke-vod A-do-nai mee-me-ko-mo.

Blessed is the glory of God in heaven and earth.

אַחַד הוּא אֱלֹהֵנוּ, הוּא אָבִינוּ, הוּא מְלִכְנוּ, הוּא מוֹשִׁיעֵנוּ;
וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל חַי:

*E-chad Hu E-lo-hay-nu, Hu A-vee-nu, Hu Mal-kay-nu, Hu Mo-shee-ay-nu; ve-Hu
Yash-mee-ay-nu be-ra-cha-marv le-ay-nay kol chai:*

You alone are our God and our creator; You are our Ruler and our Helper; and in
mercy You reveal Yourself in the sight of all the living:

אֲנִי יְיָ אֱלֹהֵיכֶם!

A-nee A-do-nai Elo-hay-chem!

I am Adonai your God!

יְמֻלֶּךָ יְיָ לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן לְדֹר וָדֹר, הַלְלוּיָהּ:

Yeem-loch A-do-nai le-o-lam, E-lo-ha-yeech Tsee-yon le-dor va-dor, Ha-le-lu-yah!

The Eternal shall reign for ever; your God, O Zion, from generation to generation.
Halleluyah!

לְדֹר וָדֹר נִגִּיד גְּדֻלָּתְךָ, וְלִנְצַח נִצָּחִים קִדְשְׁתָּךְ נִקְדִּישׁ,
וְשִׁבַּחְךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמּוּשׁ לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

*Le-dor va-dor na-geed gad-le-cha, ul-nay-tsach ne-tsa-cheem ke-du-shat-cha nak-deesh,
ve-sheev-cha-cha, E-lo-hay-nu mee-pee-nu lo ya-mush le-o-lam va-ed. Ba-ruch a-tah
A-do-nai, ha-ayl ha-ka-dosh.*

To all generations we will make known Your greatness and to all eternity proclaim
Your holiness. Your praise, O God, shall never depart from our lips. Blessed is
Adonai, the holy God.

(Congregation is seated)

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ, יַעֲלֶה וַיָּבֵא,
וַיִּזְכֹּר זְכוּרָנוּ וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ,
לְטוֹבָה, לְחַן וּלְחַסֵּד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם

Passover: חַג הַמִּצּוֹת הַזֶּה

Shavuot: חַג הַשְּׁבוּעוֹת הַזֶּה

Sukkot: חַג הַסֻּכּוֹת הַזֶּה

Shemini Atzeret / Simchat Torah: הַשְּׁמִינִי חַג הָעֲצֵרֶת הַזֶּה.

*Eloheinu ve-E-lo-hei a-vo-tay-nu ve-ee-mo-tay-nu, ya-a-leh ve-ya-vo, ve-yi-za-chayr
zeech-ro-nay-nu ve-zeech-ron kol am-cha bayt Yis-ra-el le-fa-ne-cha, le-to-vah, le-chayn
ul-che-sed ul-ra-cha-meem, le-cha-yeem ul-sha-lom, be-Yom:*

Our God and God of all ages, remember Your people Israel in goodness, in
graciousness, in piety and in mercy. Give us life and peace on this day of the

Pesach: *Chag Ha-Ma-tzot ha-zeh.*

Shavuot: *Chag Ha-Sha-vu-ot ha-zeh.*

Sukkot: *Chag Ha-Su-kkot ha-zeh.*

Shemini Atzeret / Simchat Torah: *Hash-mi-ni chag ha-Ah-tze-ret ha-zeh.*

זְכוּרָנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה, אָמֵן.

Zoch-raynu, Adonai Eloheinu, bo le-to-vah, Amen.

Remember us for well being, Amen.

וּפְקֻדָּנוּ בּוֹ לְבִרְכָה, אָמֵן.

U-fok-daynu vo liv-ra-cha, Amen.

Bless us with your nearness, Amen.

וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים טוֹבִים, אָמֵן.

Ve-ho-shee-aynu vo le-cha-yeem, Amen.

Help us to a fuller life, Amen.

וְהִשְׁיָאֵנוּ יְיָ אֱלֹהֵינוּ אֶת בְּרַכַּת מוֹעֲדֶיךָ, לְחַיִּים וּלְשָׁלוֹם,
 לְשִׂמְחָה וּלְשִׁשׁוֹן, כְּאֲשֶׁר רָצִיתָ וְאַמַּרְתָּ לְבָרְכֵנוּ.
 אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, (רָצָה נָא בְּמִנוּחֵתֵינוּ),
 קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֵלְקֵנוּ בְּתוֹרָתְךָ, שְׂפָעֵנוּ מִטּוֹבְךָ וְשִׂמְחָה נִפְשָׁנוּ
 בִּישׁוּעָתְךָ, וְטֵהָר לִבֵּנוּ לְעִבְדְּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ (בְּאַהֲבָה
 וּבְרָצוֹן) בְּשִׂמְחָה וּבְשִׁשׁוֹן (לְשַׁבַּת שַׁבָּת וּ) מוֹעֲדֶי
 קִדְּשֶׁךָ, וְיִשְׁמְחוּ בְּךָ יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ. בָּרוּךְ אַתָּה יְיָ,
 מִקִּדֵּשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל וְהַזְּמִנִּים.

*Ve-ha-see-aynu Adonai Eloheinu et bir-kat mo-ah-de-cha, le-cha-yeem ul-sha-lom,
 le-sim-cha ul-sa-son, ka-a-sheer ra-tzee-ta, ve-a-marta le-var-chay-nu. Eloheinu v'Elohei
 a-vo-taynu ve-ee-mo-taynu, (re-tzay na veem-nu-cha-taynu) kad-shaynu
 be-meetz-vo-te-cha ve-tayn chel-kaynu be-Torah-te-cha. Sa-baynu mi-tu-ve-cha,
 ve-sa-mach naf-shaynu be-shua-te-cha, ve-ta-hair le-baynu le-ov-de-cha be-emet.
 Ve-han-chi-laynu Adonai Eloheinu (be-ahavah uv-ra-tzon) be-sim-cha uv-sa-son
 (le-Shabbat u) mo-a-day kod-she-cha, ve-yis-me-chu ve-cha Yisrael me-kad-shay
 sheh-me-cha. Baruch atah Adonai, me-ka-daysh (HaShabbat ve) Yisrael ve-haz-ma-neem.*

Let us enjoy the blessing of Your holy Festivals, and give us the ability to celebrate them properly.

Our God and God of our ancestors, bless us with Your commandments and let the Torah be our way of life. May our rest on this day be pleasing in Your sight. Satisfy us with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. Let Your (Sabbaths and) holy Festivals remain our heritage, and let us celebrate them with (love and favor and) joy so that all Israel, blessing Your name, may rejoice. Blessed is the Holy One, Who sanctifies (Shabbat,) the House of Israel and the Festivals.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ, רְצֵה בְּמִנוּחָתֵנוּ, קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ, שְׂפִיעֵנוּ מִטּוֹבְךָ וְשִׂמַּח נַפְשֵׁנוּ בִּישׁוּעָתְךָ, וְטַהֵר
לִבֵּנוּ לְעִבְדְּךָ בְּאַמֶּת, וְהִנְחִילֵנוּ יְיָ אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן, שִׁבְתָּ קִדְשְׁךָ,
וַיְנוּחוּ בּוֹ כָּל יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ. בְּרוּךְ בְּרוּךְ אַתָּה יְיָ, מְקִדֵּשׁ הַשִּׁבְתָּ.

*E-lo-hay-nu vay-lo-hay a-vo-tay-nu ve-eemo-tay-nu, re-tsay veem-nu-cha-tay-nu,
ka-de-shay-nu be-meets-vo-te-cha, ve-tayn chel-kay-nu be-to-ra-te-cha, sa-be-ay-nu
mee-tu-ve-cha ve-sa-mach naf-shay-nu bee-shu-a-te-cha, ve-ta-hayr lee-bay-nu
le-av-de-cha be-e-met, ve-han-chee-lay-nu A-do-nai E-lo-hay-nu, be-a-ha-va
uv-ra-tson sha-bat kod-she-cha, ve-ya-nu-chu vo kol Yees-ra-ayl me-ka-de-shay
she-me-cha. Ba-ruch a-ta A-do-nai, me-ka-daysh ha-sha-bat.*

Our God and God of our ancestors, accept our rest as a sacrifice of time and space.
Let us share in Your world by celebrating creation day by day. Purify our hearts so
that we may be honest and upright, forgiving and compassionate. Blessed are You,
O God of truth, Who helps us to make the Sabbath a part of our life and our
heritage of joy.

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ לְעוֹלָם
וָעֵד. צוּר חַיֵּינוּ, מִגֵּן יִשְׁעֵנוּ, אַתָּה הוּא, לְדוֹר וָדוֹר נֹדֶה לָּךְ וְנִסְפָּר תְּהִלָּתְךָ.
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נַשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נַסִּיךְ שְׂפָכֶךָ
יוֹם עֲמָנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂפָכֶךָ עַתָּה עָרַב וּבָקֵר וְצִהְרִים, הַטּוֹב
כִּי לֹא כָּלוּ רַחֲמֶיךָ, וְהִמְרָחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קוֹיֵנוּ לָךְ. וְעַל
כָּלֵם יִתְבָּרֵךְ. וַיִּתְרוֹמֵם שְׁמֶךָ, מְלִכְנוּ, תָּמִיד לְעוֹלָם וָעֵד.

*Mo-deem a-nach-nu lach, sha-a-ta hu, A-do-nai E-lo-hay-nu vay-lo-hay A-vo-tay-nu
ve-ee-mo-tay-nu, le-o-lam va-ed. Tsur cha-yay-nu, ma-gayn yeesh-ay-nu, A-ta hu le-dor
va-dor no-deh le-cha un-sa-payr te-hee-la-te-cha. Al cha-yay-nu ha-me-su-reem
be-ya-de-cha, ve-al neesh-mo-tay-nu ha-pe-ku-dot lach, ve-al nee-se-cha she-be-chal yom
ee-ma-nu, ve-al neef-le-o-te-cha ve-to-vo-te-cha she-be-chol ayt, e-rev va-vo-ker
ve-tzo-ho-ra-yeem, ha-tov kee lo cha-lu ra-cha-me-cha, ve-ham-ra-chaym kee lo ta-mu
cha-sa-de-cha may-o-lam kee-vee-nu lach. Ve-al ku-lam yeet-ba-rach ve-yeet-ro-mam
sheem-cha mal-kay-nu, ta-meed le-olam va-ed.*

Eternal Source of good, we thank You for the numberless gifts and blessings that fill our days: for life itself and its endless variety, for all that sustains body and mind, for love and friendship, for the delights of the senses, and for the excellence of Your Torah, which deepens our life and enriches our days. Help us, O God, to work for a just and compassionate society where all may share Your gifts in the joy of freedom. For all of this Your name shall be blessed and praised forever.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאַמּוֹתֵנוּ, בְּרַכְנוּ בְּבִרְכָּה
הַמְשִׁלְשֶׁת בַּתּוֹרָה כְּאָמּוֹר:

*E-lo-haynu vay-lo-hay a-vo-taynu ve-ee-mo-taynu, ba-re-chay-nu ba-be-ra-cha
bahm-shu-le-shet ba-to-rah ka-a-mur:*

Our God and God of every age, bless us with the threefold benediction of the Torah, as it is said:

יְבָרְכֶךָ יי וְיִשְׁמְרֶכָּ. כֵּן יְהִי רְצוֹן.

Ye-va-re-che-cha Adonai ve-yesh-me-re-cha. Kayn ye-hee ra-tzon.

May the Eternal bless you and keep you. May it be God's will.

יָאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ. כֵּן יְהִי רְצוֹן.

Ya-ayr Adonai pa-nav ay-le-cha vee-chu-ne-ka. Kayn ye-hee ra-tzon.

May the Eternal lift up a light unto you and be gracious to you. May it be God's will.

יֵשָׁא יי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם. כֵּן יְהִי רְצוֹן.

Yee-sah Adonai pa-nav ay-le-cha ve-ya-saym le-cha sha-lom. Kayn ye-hee ra-tzon.

May the Eternal be a continual presence unto you and give you peace.
May it be God's will.

שִׁים שְׁלוֹם טוֹבָה וּבִרְכָּה, חַיִּים, חַן וְחֶסֶד וְרַחֲמִים,
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל עִמָּךְ. בְּרַכְנוּ, אֲבִינוּ, כְּלָנוּ כְּאֶחָד בְּאוֹר
פְּנִיךָ, כִּי בְּאוֹר פְּנִיךָ נִתְּתָ לָנוּ, יְיָ אֱלֹהֵינוּ. תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וְצִדְקָה וּבִרְכָּה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם, וְטוֹב יְהִיָּה בְּעֵינֶיךָ לְבְרַכְנוּ
וּלְבָרֶךְ אֶת עַמָּךְ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ. בְּרוּךְ
אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

*Sim sha-lom to-va u-ve-ra-cha, cha-yeem chen va-che-sed ve-ra-cha-meem, a-lay-nu
ve-al kol Yees-ra-ayl a-me-cha. Ba-re-chay-nu, a-vee-nu, ku-la-nu keh-e-chad be-or
pa-ne-cha, kee ve-or pa-ne-cha na-ta-ta la-nu, A-do-nai E-lo-hay-nu. To-rat cha-yeem,
ve-a-ha-vat che-sed, u-tze-da-ka uv-ra-cha ve-ra-cha-meem ve-cha-yeem ve-sha-lom,
ve-tov ye-ye-yeh ve-ay-ne-cha le-va-r-che-nu ul-va-rech et am-cha Yees-ra-ayl be-chol
ayt u-ve-chol sha-ah beesh-lo-me-cha. Ba-ruch a-ta A-do-nai, ha-me-va-raych et a-mo
Yees-ra-ayl ba-sha-lom.*

Grant us peace, Your most precious gift, O Eternal Source of peace, and give us
the will to proclaim its message to all the peoples of the earth. Bless our country
that it may always be a stronghold of peace and its advocate among the nations.
May contentment reign within its borders, health and happiness within its homes.
Strengthen the bonds of friendship among the inhabitants of all lands. And may the
love of Your name hallow every home and every heart. Blessed is the Eternal God,
the Source of peace.

GUIDED MEDITATION

May this hour of refreshment of soul renew our sense of commitment to others and
ourselves. May we open our eyes to the beauty of our faith. May we see the promise
within us. May our thoughts be animated and our endeavors be pure so that we can
revitalize and refresh our spirits and our sense of being at one with each other and
our world.

FOR SUKKOT

Waving of the Lulav

נְטִילַת לִוְלָב

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ עַל נְטִילַת לִוְלָב.

*Ba-ruch a-ta A-do-nai E-lo-hay-nu me-lech ha-o-lam, a-sher kee-de-sha-nu
be-meetz-vo-tav, ve-tzee-va-nu al ne-tee-lat lu-lav.*

Praised are You, our God, Ruler of the universe, Who hallows us with Mitzvot,
and commands us to wave the lulav.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ
וְהִגִּיעָנוּ לְזֶמֶן הַזֶּה.

*Ba-ruch a-ta A-do-nai E-lo-hay-nu me-lech ha-o-lam, sheh-heh-cheh-ya-nu
ve-kee-ye-ma-nu ve-hee-gee-a-nu laz-mahn ha-zeh.*

Praised are You, our God, Ruler of the universe, Who has given us life,
sustained us, and enabled us to reach this joyous occasion.

HALLEL

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְקַרֵּא אֶת הַלֵּל.

*Ba-ruch a-ta A-do-nai E-lo-hay-nu me-lech ha-o-lam, a-sher kee-de-sha-nu
be-meetz-vo-tav, ve-tzee-va-nu leek-ro et ha-ha-lal.*

Blessed is our God, ruler of the universe, Who hallows us with commandments
and inspires us to sing hymns of praise.

Halleluyah! Sing praises you who serve the Eternal, praise God's name.
Blessed be God's name, now and forever.

*Let God's name be praised from sunset to sunrise. The Eternal is supreme above all peoples,
with a glory that is higher than the highest heavens.*

Who is like our God in heaven and earth! Who is so high and yet so near? (Psalm 113)

*When Israel came out of Egypt, the House of Jacob from a foreign people, Judah became
a sanctuary, Israel became a home. The sea saw it and fled, the Jordan turned back.
The mountains skipped like rams, the hills like young rams.*

What ails you, O sea, that you run away? Why, O Jordan, do you turn back?
Dance, O earth, before the Lord at the presence of the God of Jacob,
Who turns the rock into a pool of water, the flint into a flowing spring. (Psalm 114)

הודו לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ.
יֹאמַר נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חַסְדּוֹ.
יֹאמְרוּ נָא בֵּית אֶהְרֹן, כִּי לְעוֹלָם חַסְדּוֹ.
יֹאמְרוּ נָא יְרֵאֵי יְיָ, כִּי לְעוֹלָם חַסְדּוֹ.

Ho-du la-Adonai kee tov, kee le-o-lam chas-do.
Yo-mar na Yisrael, kee le-o-lam chas-do.
Yom-ru na vayt Aha-ron, kee le-o-lam chas-do.
Yom-ru na yee-re-ay Adonai, kee le-o-lam chas-do.

O give thanks to the Eternal for God's love is everlasting.

Let Israel say:
God's love is everlasting.

Let all who believe in God say:
God's love is everlasting.

In trouble, I called upon God's name; the Eternal answered me by setting me free.
With God at my side, I am unafraid.

It is better to trust in the Eternal than to rely on mortals.
It is better to trust in the Eternal than to rely on royalty.

This is the gateway to the Eternal; the righteous shall enter it. I thank You,
for You have answered me, and have become my help.

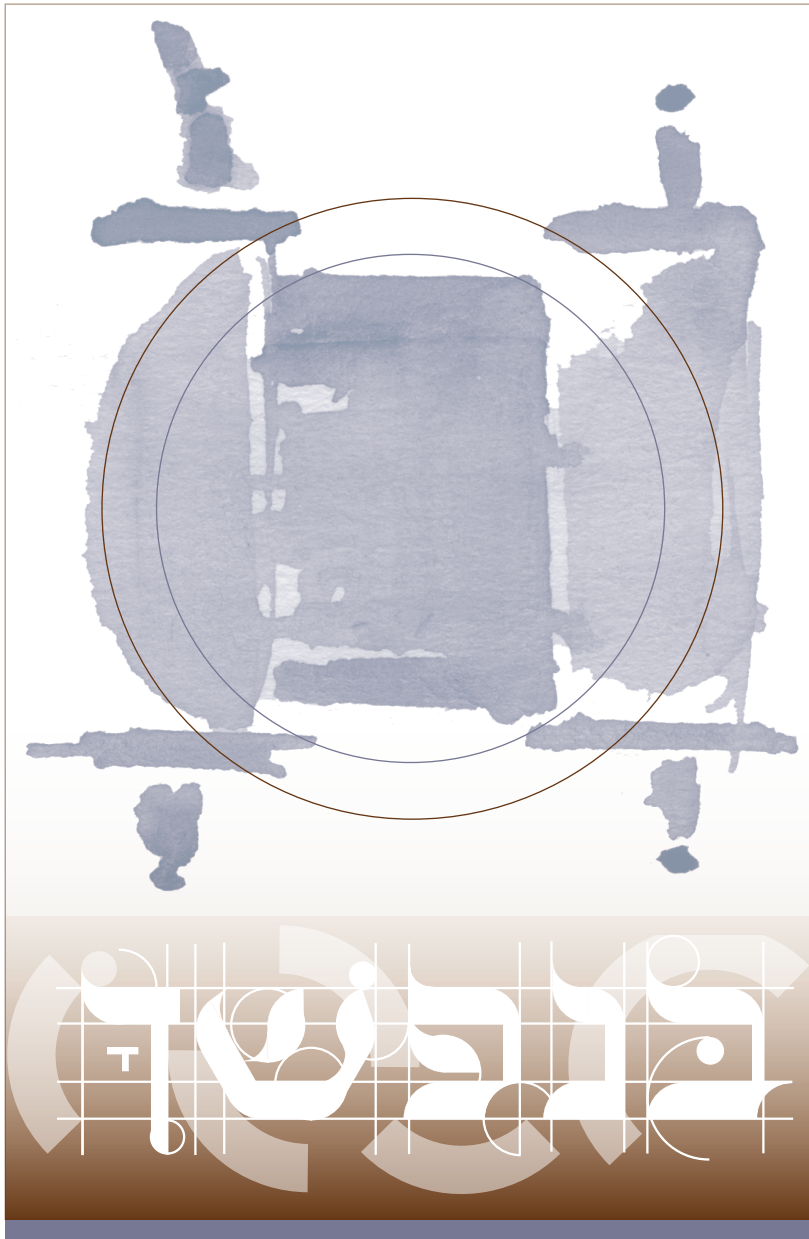
The stone the builders rejected has become the chief corner stone.
This is God's doing, it is wonderful in our eyes.

זֶה הַיּוֹם עָשָׂה יְהוָה נִגִּילָה וְנִשְׂמְחָה בּוֹ.

Zeh ha-yom a-sah Adonai na-gee-lah ve-nees-me-cha vo.

This is the day that God has made; let us rejoice and be glad in it.

TORAH SERVICE



TORAH SERVICE

It shall come to pass in the fullness of time that the mountain of the Eternal's House shall be established as the highest mountain and raised above the hills; and all nations shall flow to it. And many peoples shall come, and say, "Come let us go up to the mountain of the Eternal, to the house of the God of Jacob." Then we may be taught the ways of our God and walk in the path of the Almighty.

(Congregation rises as the Ark is opened)

אֵין כָּמוֹךָ בָּאֱלֹהִים, יְיָ, וְאֵין כְּמַעֲשֶׂיךָ. מְלִכוּתְךָ מְלָכּוֹת כָּל
עֲלָמִים, וּמַמְשָׁלְתְךָ בְּכָל דָּר וָדָר. יְיָ מֶלֶךְ, יְיָ מֶלֶךְ, יְיָ יִמְלֹךְ.
לְעַלְמֵי עֶד. יְיָ עֲזֹר לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

*Ayn ka-mo-cha va-el-o-heem, A-do-nai, ve-ayn ke-ma-a-se-cha. Ma-le-chu-te-cha
ma-le-chut kol o-la-meem, u-mem-shal-te-cha be-chal dor va-dor. A-do-nai Me-lech,
A-do-nai Ma-lach, A-do-nai yeem-loch le-o-lam va-ed. A-do-nai oz le-a-mo yee-tayn,
A-do-nai ye-va-raych et a-mo va-sha-lom.*

There is none like You, O Eternal, among the gods that are worshipped, and there are no deeds like Yours. Your sovereignty is everlasting and Your dominion endures throughout all generations. The Eternal, our Ruler, will reign for ever and ever. May God give strength unto all people; may God bless our people with peace.

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר יְיָ מִירוּשָׁלָּיִם.

Kee mee-tzee-yn tay-tzay To-rah, u-de-var A-do-nai me-ru-sha-la-yeem.

For out of Zion shall go forth Torah, and the word of God from Jerusalem.

בָּרוּךְ שֶׁנָּתַן תוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.

Ba-ruch she-na-tan To-rah le-a-mo Yees-ra-ayl bee-ke-du-sha-to.

Praised be the One Who in holiness has given the Torah to the people Israel.

Praised be the One Who in holiness has given the Torah to the people Israel. Almighty God, on this Festival, we approach Your altar to acquire knowledge and inspiration from this Law. We pray that You will open our minds and our hearts so that we might see our world in a more positive light. O Source of Life, Who created this world, bring order and harmony into our lives. May the portion of the Torah we read today inspire us to dedicate ourselves with all our hearts, with all our souls and with all of our might to those ideals and precepts that can bring about just and righteous living.

(or)

Our God and the God of our ancestors, as I stand before this ark, I represent the generations of my people who stood before You who have lived and died by Your Law. Give me the wisdom to understand the words that shall be read from Your Torah. Endow me with the sensitivity that can make this Law a part of my life and the length of my days.

May Your Word be a lamp unto our people's feet and a light unto our path, showing us the way to a reality that is true and a life that is righteous.

מֵעַ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.



She-ma Yees-ra-ayl, A-do-nai E-lo-hay-nu, A-do-nai E-chad!

Hear, O Israel: the Lord is our God, the Lord is One!

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ שְׁמוֹ.

E-chad E-lo-hay-nu, ga-dol A-do-nay-nu, ka-dosh she-mo.

Our God is One; our God is great; holy is God's name.

לֵךְ יְיָ הַגְדֵּלָהּ וְהַגְבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ, לֵךְ יְיָ הַמְּלִכָהּ, וְהַמְתַּנְשָׂא לְכָל לְרֹאשׁ.

*Le-cha A-do-nai ha-ge-du-la ve-ha-ge-vu-ra ve-ha-teef-e-ret, ve-ha-nay-tsach,
ve-ha-hod, kee chol ba-sha-ma-yeem u-va-a-rets, le-cha A-do-nai ha-mam-la-cha
ve-ha-meet-na-say le-chol le-rosh.*

רוֹמְמוּ יְיָ אֱלֹהֵינוּ, וְהִשְׁתַּחֲווּ לְהַר קְדֹשׁוֹ, כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ.

*Ro-me-mu A-do-nai E-lo-hay-nu, ve-heesh-ta-cha-vu le-har kod-sho,
kee ka-dosh A-do-nai E-lo-hay-nu.*

Let us exalt the Eternal, our God, and worship at the holy mountain for the Eternal, our God, is holy. Yours, Eternal, is the greatness, the power, the glory, the victory and the majesty; for all that is in heaven and earth is Yours. Yours is the majesty; You are supreme over all.

עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה וְעַל הָעֲבוּדָה וְעַל גְּמִלוֹת חֲסִדִּים.

*Al she-lo-sha de-va-reem ha-o-lam o-mayd: al ha-To-rah, ve-al ha-a-vo-da ve-al
ge-mee-lut cha-sa-deem.*

The world is sustained by three things: by Torah, by worship and by loving deeds.

BLESSING BEFORE THE READING OF THE TORAH

בְּרַחוּ אֶת יְיָ הַמְּבָרֵךְ.
בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Ba-re-chu et A-do-nai ha-me-vo-rach!
Ba-ruch A-do-nai ha-me-vo-rach le-o-lam va-ed!
Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech
ha-o-lam, a-sher ba-char ba-nu mee-kol
ha-a-meem ve-na-tan la-nu et To-ra-to.
Ba-ruch a-ta A-do-nai, no-tayn ha-To-rah.

Praised be the Eternal to Whom our praise is due!
Praised be the Eternal to Whom our praise is due, now and forever.
Praised is the Eternal, Ruler of the universe, Who has chosen us from all peoples
by giving us the Torah. Revered is the Eternal, Giver of the Torah.

BLESSING AFTER THE READING OF THE TORAH

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech
ha-o-lam, a-sher na-tan la-nu To-rat e-met,
ve-cha-yay o-lam na-ta be-to-chay-nu.
Ba-ruch a-ta A-do-nai, no-tayn ha-To-rah.*

Praised be the Eternal our God, Ruler of the universe,
Who has given us a Torah of truth;
implanting within us eternal life.
Revered is the Eternal, Giver of the Torah.

(As the Torah is lifted, the congregation rises)

זֶזַת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לִפְנֵי בְנֵי יִשְׂרָאֵל, עַל פִּי יְיָ בְּיַד מֹשֶׁה.

*Ve-zot ha-To-rah a-sher sam Mo-sheh leef-nay be-nay Yees-ra-ayl, al pee A-do-nai be-yad
Mo-sheh.*

This is the Torah that Moses placed before the people of Israel to teach the word
of God.

BLESSING BEFORE THE READING OF THE HAFTORAH

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
וְרָצָה בְּדִבְרֵיהֶם הַנֶּאֱמָרִים בְּאַמֶּת, בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר
בַּתּוֹרָה וּבַמִּשָּׁה עֲבָדוֹ, וּבִישְׂרָאֵל עַמּוֹ, וּבְנְבִיאֵי הָאַמֶּת וְצִדִּיק.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech ha-o-lam, a-sher ba-char been-vee-eem
to-veem, ve-ra-tsa ve-deev-ray-hem ha-ne-e-ma-reem be-e-met. Ba-ruch a-ta A-do-nai,
ha-bo-chayr ba-to-rah u-ve-mo-sheh av-do, u-ve-yees-ra-ayl a-mo, u-veen-vee-ay
ha-e-met va-tse-dek.*

Blessed is the Eternal, our God, Ruler of the universe, Who has chosen faithful prophets to speak words of truth. Blessed is the Eternal for the revelation of Torah, for Moses, God's servant, and Israel, God's people, and for the prophets of truth and righteousness.

BLESSING AFTER THE READING OF THE HAFTORAH

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל הָעוֹלָמִים,
צַדִּיק בְּכָל הַדּוֹרוֹת, הָאֵל הַנָּאֶמֶן הָאוֹמֵר וְעֹשֶׂה, הַמְדַּבֵּר וּמַקְיֵם,
שָׁכַל דְּבָרָיו אֱמֶת וְצֶדֶק.

*Ba-ruch a-ta A-do-nai, E-lo-hay-nu me-lech ha-o-lam, tsur kol ha-o-la-meem,
tsa-deek be-chol ha-do-rot, ha-ayl ha-ne-e-mahn ha-o-mayr ve-o-seh, ha-me-da-bayr
u-me-ka-yaym, sheh-kol de-va-rav e-met va-tse-dek.*

Blessed is the Eternal, our God, Ruler of the universe, Rock of all creation, Righteous One of all generations, the faithful God, Whose word is deed, Whose every command is just and true.

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים, וְעַל יוֹם (חַג הַמִּצּוֹת) (חַג
הַשְּׁבָעוֹת) (חַג הַסִּכּוֹת) (הַשְּׁמִינִי חַג הָעֵצָה) (יוֹם הַשַּׁבָּת) הַזֶּה, שְׁנַתָּה
לָנוּ, יְיָ אֱלֹהֵינוּ, (לְקַדְשָׁה וּלְמַנוּחָה), לְשִׁשּׁוֹן וּלְשִׁמְחָה לְכָבוֹד וּלְתַפְאֶרֶת. עַל
הַכֹּל, יְיָ אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ. יִתְבָּרַךְ שְׁמֶךָ בְּפִי
כָּל חַי תָּמִיד לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל וְהַזְּמָנִים.

*Al ha-To-rah ve-al ha-a-vo-da ve-al ha-ne-vee-eem ve-al yom (chag ha-ma-tzot)
(chag ha-sha-vu-ot) (chag ha-su-kot) (ha-sheh-mee-nee chag ha-ah-tzeh-ret)
(ve-yom ha-sha-baht) ha-zeh, she-na-ta-ta la-nu, A-do-nai E-lo-hay-nu,
(lee-ke-du-sha ve-lee-me-nu-cha), le-sa-son u-le-see-me-cha, le-cha-vod u-le-teef-a-ret
Al ha-kol, A-do-nai E-lo-hay-nu, a-nach-nu mo-deem lach, u-me-va-re-cheem o-tach.
Yeet-ba-rach sheem-cha be-fee kol chai ta-meed le-o-lam va-ed. Ba-ruch a-ta A-do-nai,
me-ka-daysh (ha-sha-bat ve) Yisrael ve-haz-ma-neem.*

We give you thanks for the Torah, for the privilege of worship, for the prophets, and for this Festival that You, O Eternal our God, have given us. For holiness and rest, for honor and glory, we thank and bless You. May Your name be blessed forever by every living being. Blessed is the Eternal, Who sanctifies (Shabbat,) Israel and our Festivals.

מִי שְׂבִיֶּרֶךְ אֲבוֹתֵינוּ אֲבִרָהֶם יִצְחָק וְיַעֲקֹב, וְאִמּוֹתֵינוּ שָׂרָה,
 רִבְקָה, לֵאָה וְרָחֵל הוּא יְבָרֶכְךָ אֶת הַחוֹלִים (names of those for healing)
 הַקְדוֹשׁ בָּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלֵיהֶם, לְהַחֲלִימָם
 וּלְרַפְּאֵתָם וּלְהַחֲזִיקָם, וְיִשְׁלַח לָהֶם מְהֵרָה
 רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם, רְפוּאָת הַנֶּפֶשׁ, וְרְפוּאָת הַגּוּף,
 הַשְׂתָּא בְּעֻגְלָא וּבְזִמְן קָרִיב, וְנֹאמַר אָמֵן.

*Mi sheh-bay-rach a-vo-tay-nu, Avraham, Yitzchak v'Yaakov, ve-ee-mo-tay-nu
 Sarah, Rivkah, Leah v'Rachel. Hu ye-va-raych et ha-cholim [names of those for healing].
 HaKadosh Baruch Hu yi-ma-lay rach-a-mim a-lay-hem, le-hach-a-limam
 u-le-ra-po-tam ul-ha-cha-zi-kam, ve-yish-lach la-hem me-hay-rah re-fu-ah,
 shlay-mah min ha-sha-ma-yeem, re-fu-at ha-ne-fesh u-re-fuat ha-guf, hash-ta
 ba-a-ga-la u-viz-man ka-riv, ve-no-mar: Amen.*

Merciful God, Who blessed our ancestors, Abraham, Isaac and Jacob; Sarah, Rebecca, Leah and Rachel, send Your blessings to our loved ones who are stricken with illness or anxiety. We turn to You in times of difficulty and challenge, for You are the Healer of the sick and hear our prayer. Give us the courage to bear the painful, the faith to rely on Your Presence and the confidence to work so that we might help each other. Give those who help to heal the wisdom of the ages. Bless the skills of all who are seeking to restore health and bless their efforts. Give us patience, understanding and hope. May it be Your will to grant a refuah shlayma, a complete healing, and let us say, Amen.

מִי שְׂבִיֶּרֶךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

Mi sheh-bay-rach a-vo-tay-nu, Me-kor ha-bra-cha le-ee-mo-tay-nu.

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

מִי שְׂבִיֶּרֶךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

Mi sheh-bay-rach ee-mo-taynu, Me-kor ha-bra-cha le-a-vo-tay-nu.

Bless those in need of healing with refuah shlayma, the renewal of body, the renewal of spirit, and let us say: Amen.

MEMORIAL SERVICE

PSALM 121



שָׂא עֵינַי אֶל־הַהָרִים מֵאֵין יְבֹא עֲזָרִי?
עֲזָרִי מִעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ.
אֶל־יָתֵן לְמוֹט רַגְלְךָ אֶל־יָנוּם שְׁמֶרְךָ.
הִנֵּה לֹא יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.
יְהוָה שְׁמֶרְךָ יְהוָה צִלְךָ עַל־יַד יְמִינְךָ.
יוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְכָּה וַיָּרֵחַ בַּלַּיְלָה.
יְהוָה יִשְׁמְרְךָ מִכָּל־רָע יִשְׁמַר אֶת־נַפְשְׁךָ.
יְהוָה יִשְׁמַר־צִאתְךָ וּבֹאֶךָ מִעַתָּה וְעַד־עוֹלָם.

Esah ay-nai el he-ha-reem may-a-yeen ya-vo ez-ree? Ez-ree may-eem Adonai o-she sha-ma-yeem va-a-retz. Al yee-tayn la-mot rahg-le-cha al ya-num shomre-cha. Hee-nay lo ya-num ve-lo yee-shan sho-mayr Yisrael. Adonai shom-re-cha Adonai tze-le-cha al yad ye-mee-ne-cha. Yo-mam ha-sheh-mesh lo ya-keh-kah ve-ya-ray-ach ba-lai-lah. Adonai yeesh-mar-cha mee-kol rah yeesh-mor et naf-sheh-cha. Adonai yeesh-mar tzayt-cha u-vo-eh-cha may-a-tah ve-ad o-lam.

I lift my eyes to the mountains;
What is the source of my help?
My help comes from Adonai,
Maker of heaven and earth.
God will not let your foot give way;
your Protector will not slumber.
See, the Protector of Israel
neither slumbers nor sleeps!
God is your Guardian,
God is your protection
at your right hand.
The sun will not strike you by day,
nor the moon by night.
God will guard you from all harm
God will guard your soul,
your going and coming,
now and forever.

O God, as this moment reminds us of our loved ones who are no longer with us, so too, do we think of the times we shared when we lived our lives together. Their memory shall be a blessing forever.

We see them through the eyes of memory. We remember them with prayer and bless their names. Their memory shall be a blessing forever.

Though the months or years may have softened the grief, their memories are still within our hearts and souls. The links of life may be broken but the links of love and longing will never be shattered. Their souls are part of our souls forever.

In gratitude for all the gifts with which we have been blessed: the people we've loved, our friends, our teachers and the martyrs of our people, so do we remember that life is a gift. We take this time to remind ourselves to dedicate our lives to the sacred faith for which they lived, the beliefs they fought for and the ideas they cherished. Let them be remembered for blessing, and let us say, Amen.

In the glow of the sunrise and in the golden beauty of its settings do we think of them. In the wind when it blows cold and in the chill of the winter dawn do we think of them.

In the richness of spring and the beauty of budding flowers do we think of them. In the warmth of the summer sun and the blueness of the sea do we think of them.

When we are weary of the world and in need of strength, do we think of them. When we lose our way and cry out do we think of them.

SILENT PRAYER



זָכֹר אֱלֹהִים נַשְׁמוֹת יַקְרֵי שְׁהָלְכוּ לְעוֹלָמָם.
אֲנֵא תִהְיֶינָה נַפְשׁוֹתֵיהֶם צְרוּרוֹת בְּצִרוֹר הַחַיִּים,
וְתִהְיֶי מְנוּחָתָם כְּבוֹד.
שְׁבַע שְׂמֵחוֹת אֶת פָּנֶיךָ, נַעֲמֹת בִּימֶינְךָ נֹצֵחַ אֱמֶן.

*Yiz-kor Elohim neesh-mot ya-kee-rai sheh-hal-chu le-o-la-mam. A-na tee-he-yeh-na
naf-sho-tay-hem tze-ru-rot beetz-ror ha-cha-yeem, u-te-hee me-nu-cha-tam ka-vod.
Se-vah se-ma-chot et pa-ne-cha ne-ee-mot bee-me-necha ne-tzach ah-men.*

May God remember my dear ones...who have been laid to rest. May they be united with the One Who is the Essence of eternal life. May the beauty of their lives always remain and may my life always bring honor to their memory.





ל מְלֵא רַחֲמִים, שׁוֹכֵן בְּמְרוֹמִים, הַמַּצֵּא מְנוּחָה נְכוֹנָה
תַּחַת כַּנְפֵי הַשְּׂכִינָה, עִם קְדוּשִׁים וְטְהוֹרִים כְּזֶהר הָרָקִיעַ מְזַהֲרִים,
לְנִשְׁמַת יְקִירָנוּ שֶׁהֵלְכוּ לְעוֹלָמָם. בְּעַל הָרַחֲמִים,
יִסְתִּירֵם בְּסֶתֶר כַּנְפָיו לְעוֹלָמִים,
וְיַצְרֹר בְּצִרּוֹר הַחַיִּים אֶת נַשְׁמָתָם,
יְיָ הוּא נִחְלָתָם, וְיִנוּחוּ בְּשָׁלוֹם עַל מְשַׁכְּבָם,
וְנֹאמַר אָמֵן.

*Ayl ma-lay ra-cha-meem, sho-chayn bam-ro-meem, hahm-tzay me-nu-cha ne-cho-na
ta-chat ka-ne-fay ha-she-chee-na, eem ke-do-sheem u-te-ho-reem ke-zo-har ha-ra-kee-ah
maz-hee-reem, et-neesh-mat ya-kee-ray-nu sheh-ha-le-chu le-o-la-mam. Ba-al
ha-rah-cha-meem, yas-tee-ray-hem be-say-ter ke-na-fahv le-o-la-meem, ve-yeetz-ror
beetz-ror ha-cha-yeem et neesh-ma-tam, Adonai hu na-cha-la-tam, ve-ya-nu-chu
be-sha-lom al meesh-ka-vam, ve-no-mar Amen.*

O God, full of compassion, Eternal Spirit of the universe, grant perfect rest under the wings of Your Presence to our loved ones who have entered eternity. Master of all that is merciful, let them find refuge in the shadow of Your wings and let their souls be bound up in the bond of eternal life. The Eternal God is their inheritance. May they rest in peace, and let us say, Amen.

RETURNING THE TORAH TO THE ARK

(Congregation rises)

הָבוּ גִדְל לְאַלְהֵנוּ וְתִנּוּ כְבוֹד לְתוֹרָה.

Ha-vu go-del lay-lo-hay-nu u-te-nu cha-vod la-To-rah.

Let us declare the greatness of our God, and give honor to the Torah.

יְהַלְלוּ אֶת שֵׁם יי כִּי נִשְׁגָּב שְׁמוֹ לְבָדּוֹ.

Ye-ha-le-lu et shaym A-don-ai, kee nees-gav sheh-mo le-va-do.

Let us praise God's name for it is exalted above all.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם, וַיָּרֶם קֶרֶן לְעַמּוֹ, תְּהִלָּה לְכָל חֲסִידָיו,
לְבָנֵי יִשְׂרָאֵל עִם קְרוֹבּוֹ. הִלְלוּיָהּ.

*Ho-do al e-rets ve-sha-ma-yeem, ve-ya-rem ke-ren le-a-mo, te-hee-la le-chol cha-see-dav,
leev-nay Yees-ra-ayl, am ke-ro-vo. Ha-le-lu-ya!*

God's splendor covers heaven and earth; God is the strength of all people,
glorifying the faithful ones. We are Israel, a people close to God. Halleluyah!

תּוֹרַת יי תְּמִימָה, מְשִׁיבַת נֶפֶשׁ;
עֵדוּת יי נֶאֱמָנָה, מַחְכֵּמַת פֶּתִי.

To-rat A-do-nai te-mee-mah me-shee-vat na-fesh;

Ay-dut A-do-nai ne-e-ma-na, mach-kee-mat pe-tee.

The Law of our God is perfect, restoring the soul;
The testimony of the Eternal is sure, making wise the simple.

פְּקוּדֵי יְיָ יִשְׁרִים, מְשַׁמְּחֵי לֵב;
מִצְוֹת יְיָ בָּרָה, מְאִירַת עֵינַיִם.

*Pee-ku-day A-do-nai ye-sha-reem, me-sam-chay layv;
Meetz-vat A-do-nai ba-ra, me-ee-rat ay-nai-yeem.*

The precepts of our God are right, rejoicing the heart;
The commandment of the Eternal is clear, enlightening the eyes.

יִרְאֵת יְיָ טְהוֹרָה, עוֹמֶדֶת לְעֶד;
מְשַׁפְּתֵי יְיָ אֱמֶת, צִדְקוֹ יַחְדָּו.

*Yee-rat A-do-nai te-ho-ra, o-meh-det la-ad;
Meesh-pe-tay A-do-nai e-met, tzad-ku yach-dav.*

The presence of our God is pure, enduring for ever;
The judgements of the Eternal are true and righteous altogether.

כִּי לָקַח טוֹב נָתַתִּי לָכֶם, תּוֹרַתִּי אֶל תַּעֲזוּבוּ

Kee le-kach tov na-ta-tee la-chem, to-ra-tee al ta-a-zo-vu.
Behold, I have given you a good doctrine, My Torah: do not forsake it.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתִמְכִּיָּה מְאֹשֶׁר.
דְּרָכֶיהָ דְּרָכֵי נֵעַם, וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.

*Ayts cha-yeem hee la-ma-cha-zee-keem ba, ve-to-me-che-ha me-u-shar. De-ra-che-ha
dar-chay no-am, ve-chol ne-tee-vo-te-ha sha-lom.*

It is a tree of life to those who hold it fast and all who cling to it find happiness.
Its ways are ways of pleasantness and all its paths are peace.

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ, וְנָשׁוּבָה; חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Ha-shee-vay-nu, A-do-nai, ay-le-cha ve-na-shu-va cha-daysh ya-may-nu ke-ke-dem.

Help us to return to You, O God, then truly shall we return.
Renew our days as in the past.



לִינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרִאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגִוְיֵי הָאֲרָצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה,
שֶׁלֹא שָׁם חָלְקָנוּ כָּהֶם, וְגִרְלָנוּ כָּכָל הַמּוֹנֵם.

*A-lay-nu le-sha-bay-ach la-a-don ha-kol, la-tayt ge-du-la le-yo-tsayr be-ray-sheet,
she-lo a-sa-nu ke-go-yay ha-a-ra-tsot, ve-lo sa-ma-nu ke-meesh-pe-chot ha-a-da-ma;
she-lo sahm chel-kay-nu ka-hem, ve-go-ra-lay-nu ke-chol ha-mo-nam.*

Let us adore the ever living God and render praise unto the Almighty Who spread out the heavens and established the earth, Whose glory is revealed in the heavens above and Whose greatness is manifest throughout the world. You are our God; there is none else. We bow in reverence and worship the Ruler of all, the Holy One, praised be God.

וְאִנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים, לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים,
הַקָּדוֹשׁ בְּרוּךְ הוּא.

*Va-a-nach-nu ko-re-eem u-meesh-ta-cha-veem u-mo-deem.
Leef-nay me-lech mal-chay ham-la-cheem, ha-ka-dosh ba-ruch Hu.*

O God, You stretch the limits of time and space in our minds. The beauty of Your creation lies in the skies above and on the very earth beneath our feet. Your presence is in the strongest and the weakest, the youngest and the eldest among us. We pray, God of all generations, that the light of Your understanding shall show us a way of life that does not need the worship of fashion or luxury; that we might cease to serve the false gods of our society.

וְהוּא נוֹטָה שָׁמַיִם וְיֵסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וּשְׂכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד. אֱמֶת מְלִכְנוּ,
אָפֶס זִילְתּוֹ, כִּכְתוּב בְּתוֹרָתוֹ: וַיִּדְעָה הַיּוֹם וַהֲשִׁבְתָּ אֶל לְבָבְךָ,
כִּי יְיָ הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל, וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד.

*Sheh-hu no-teh sha-ma-yim ve-yo-sayd a-retz, u-mo-shav ye-ka-ro ba-sha-ma-yim
mee-ma-al, ush-chee-nat u-zo be-gav-hay me-ro-meem. Hu Elohaynu ayn od.
E-met Mal-kay-nu eh-fes zu-la-to, ka-ka-tuv be-torah-to, ve-ya-da-ta ha-yom
ve-ha-shay-vo-ta el le-va-ve-cha, kee Adonai hu ha-Elohim ba-sha-ma-yim mee-ma-al,
ve-al ha-a-retz mee-ta-chat, ayn od.*

וְנֵאמַר, וְהָיָה יְיָ לְמֶלֶךְ עַל כָּל הָאֶרֶץ,
בַּיּוֹם הַהוּא יִהְיֶה יְיָ אֶחָד, וְשֵׁמוֹ אֶחָד.

*Ve-ne-e-mar ve-ha-ya A-do-nai le-me-lech al kol ha-a-retz. Ba-yom ha-hu yee-he-yeh
A-do-nai e-chad, u-she-mo e-chad.*

Then we will know that, "God will rule over all the earth. And on that day the
Eternal shall be One and God's name will be one."



זְמוֹר לְדָוִד. יְיָ רֹעִי לֹא אֶחָסֵר. בְּנֵאוֹת דְּשָׁא יִרְבִּיצָנִי,
עַל מֵי מִנְחֹת יִנְהִילֵנִי. נַפְשִׁי יִשׁוּבָב, יִנְחֵנִי בְּמַעְגְלֵי צֶדֶק לִמְעַן שְׁמוֹ. גַּם כִּי
יֵלֵךְ בְּגִיא צַלְמוֹת, לֹא אִירָא רָע, כִּי אַתָּה עֲמָדִי, שְׁבִטְךָ וּמִשְׁעֲנֶתְךָ הֵמָּה
יִנְחֵמֵנִי. תַּעֲרֹךְ לִפְנֵי שְׁלֹחַן נֶגֶד צָרָרִי, דֹּשֶׁנֶת בְּשֶׁמֶן רֹאשִׁי כּוֹסֵי רְוִיָּה אַךְ
טוֹב וַחֲסֹד. יִרְדְּפוּנִי כָּל יְמֵי חַיִּי, וְשִׁבְתִּי בְּבֵית יְיָ לְאָרְךָ יָמִים

Mizmor l'David. Adonai ro-ee, lo echsar. Bin-ot desheh yar-bi-tzayni, al may me-nu-chot ye-na-ha-lay-nee. Naf-shi ye-sho-vayv, yan-chay-nee ve-mag-lay tze-dek le-ma-an sheh-mo. Gam kee ay-laych be-gay tzal-ma-vet, lo ee-ra rah, kee A-tah im-a-dee, shiv-te-cha u-meesh-an-te-cha hay-mah ye-na-chah-moo-nee. Ta-a-roch le-fa-nai shul-chan ne-ged tzor'rai, dee-shan-tah va-sheh-men ro-shee, ko-see re-va-yah. Ach tov va-che-sed yir-de-foo-nee kol ye-may cha-yai, ve-shav-tee be-vayt Adonai le-o-re-cha ya-meem.

The Lord is my shepherd I shall not want. He maketh me to lie down in green pastures; He leadeth me beside the still waters. He restoreth my soul; He guideth me in straight paths for His name's sake. Yea, though I walk through the valley of the shadow of death, I will fear no evil, for Thou art with me; Thy rod and Thy staff, they comfort me. Thou preparest a table before me in the presence of mine enemies; Thou hast anointed my head with oil; my cup runneth over. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

O God Who heals the broken-hearted and binds up their wounds, give comfort to those who mourn. Give them courage and strength, compassion and kindness and restore to them a sense of life's goodness. Give them the ability to accept the mystery of life and let them soon know peace. Help them endure that which no one can understand. And let us say: Amen.



תִּגְדֹּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֶלְמָא דִּי בְּרָא,
כְּרַעוּתָהּ, וַיִּמְלִיךְ מַלְכוּתָהּ. בְּחַיִּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.
בְּעֶגְלָא וּבְזֶמֶן קָרִיב וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמֵינָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ
הוּא, לְעָלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תִּשְׁבַּחְתָּא
וְנִחַמְתָּא, דְּאִמְרוֹן בְּעֶלְמָא, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵינָא, וְחַיִּים עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן.

*Yeet-ga-dal ve-yeet-ka-dash she-may ra-ba. Be-al-ma dee ve-ra, chee-re-u-tay,
Ve-yam leech mal-chu-tay. Be-cha-yay-chon u-ve-yo-may-chon u-ve-cha-yay
de-chol bayt Yees-raayl.*

Ba-a-ga-la u-vee-ze-man ka-reev, ve-ee-me-ru: a-mayn.

Ye-hay she-may ra-ba me-var-ach le-o-lam u-le-al-may al-ma-ya.

*Yeet-ba-rach ve-yeesh-ta-bach, ve-yeet-pa-ar ve-yeet-ro-mam ve-yeet-na-say,
ve-yeet-ha-dar ve-yeet-a-leh ve-yeet-ha-lal sh-may de-ku-de-sha, be-reech hu, le-ay-la
meen kol beer-cha-ta ve-shee-ra-ta, tush-be-cha-ta ve-ne-che-ma-ta, da-a-mee-ran
be-al-ma, ve-eem-ru: a-mayn.*

*Ye-hay sheh-la-ma ra-ba meen sheh-ma-ya, ve-cha-yeem a-lay-nu ve-al kol Yees-ra-ayl,
ve-eem-ru: a-mayn.*

*O-seh sha-lom beem-ro-mav, hu ya-a-seh sha-lom a-lay-nu ve-al kol Yees-ra-ayl,
ve-eem-ru: a-mayn.*

THE KADDISH: A TRANSLATION

May the glory of God be extolled, let God's great name be hallowed, in the world whose creation God willed.

May God's sovereignty soon prevail, in our own day, our own lives, and the life of all Israel, and let us say: Amen.

May God's name be blessed forever. May the name of the Holy One, blessed is God, be glorified, exalted, and honored, though God is beyond all the praises, songs, and adorations that we can utter, and let us say: Amen.

For us and for Israel, may the blessing of peace and the fullness of life come true, and let us say: Amen.

May God, Who causes peace to reign on high, let peace descend on us, on all Israel, and all the world, and let us say: Amen.

ADON OLAM



דון עולם אשר מלך, בטָרֵם כָּל יִצִּיר נִבְרָא.
לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כָּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

A-don o-lam a-sher ma-lach, be-te-rem kol ye-tzeer neev-rah.
Le-ayt na-a-sah ve-chef-tzo kol, a-zai me-lech shmo neek-rah.

וְאַחֲרֵי כָּלֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה, וְהוּא הָיָה, וְהוּא יִהְיֶה, בְּתִפְאָרָה.

Ve-a-charay keech-lot ha-kol, le-va-do yeem-loch no-rah.
Ve-hu ha-ya, ve-hu ho-veh, ve-hu yee-heb-yeh, be-teef-a-rah.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחֲבִירָה.
בְּלִי רֵאשִׁית בְּלִי תְּכֵלִית, וְלוֹ הָעֵז וְהַמְשָׁרָה.

Ve-hu e-chad ve-ayn shay-nee, le-hahm-sheel lo le-hach-bee-ra.
Blee ray-sheet blee tach-leet, ve-lo ha-oz ve-ha-meesh-rah.

וְהוּא אֱלֹהֵי וְחַי גָּאֵלִי, וְצוּר חֲבָלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמְנוּס לִי, מִנֶּת כּוֹסֵי בְּיוֹם אֶקְרָא.

*Ve-hu ay-lee ve-chai go-a-lee, ve-tzur chev-lee be-ayt tza-rah.
Ve-hu nee-see u-ma-nos lee, me-nat ko-see be-yom ek-rah.*

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעֲיֶרָה.
וְעַם רוּחִי גְּוִיָּתִי, יְיָ לִי וְלֹא אִירָא.

*Be-ya-do af-keed ru-chee, be-ayt ee-shahn ve-a-ee-rah.
Ve-eem ru-chee ge-vee-ya-tee, Adonai lee ve-lo ee-rah.*

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

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

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

And You are my God, my living Redeemer,
my Rock in times of trouble and distress.

You are my standard bearer and my refuge,
my benefactor when I call You.

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

