

# SHABBAT MORNING SERVICE

HINEIH MAH TOV

Hineih mah tov umah na-im  
shevet achim gam yachad /  
shevet achayot gam yachad.

הִנֵּה מָה טוֹב וּמָה נָעִים  
שְׁבַת אֶחָד גַם יָחָד /  
שְׁבַת אֶחָיוֹת גַם יָחָד.

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

(Psalm 133:1)

MODEH / MODAH ani l'fanecha,  
Melech chai v'kayam,  
she-hechezarta bi nishmati b'chemlah,  
rabbah emunatecha.

מָזְדָה / מָזְדָה אֲנִי לְפִנֵּיךְ,  
מֶלֶךְ פֵּי וְקִים,  
שְׁחַנְצָרָת בֵּי נִשְׁמָתִי בְּחִמְלָה,  
כִּבְחָ אֱמִינָתָךְ.

PRaise TO YOU, Adonai our God,  
Sovereign of the universe,  
who formed the human body with skill,  
creating the body's many pathways and openings.  
It is well known before Your throne of glory  
that if one of them be wrongly opened or closed,  
it would be impossible to endure and stand before You.  
Blessed are You, Adonai, who heals all flesh, working wondrously.

I OFFER THANKS to You,  
ever-living Sovereign,  
that You have restored my soul to me in mercy:  
How great is Your trust.

ברוך אתה, יי', רופא כל בשר ומפליא לעשות.

Baruch atah, Adonai, rofei chol basar umafli laasot.

ELOHAI, n'shamah shenatata bi  
t'horah hi.  
Atah b'ratah, atah y'tzartah,  
atah n'fachtah bi,  
v'atah m'shamrah b'kirbi.

אֱלֹהִי, נִשְׁמָה שְׁנָתָתָ בְּיִ  
טְהוּרָה הִיא.  
אַתָּה בְּרָאתָה, אַתָּה יְצַרְתָּ  
אַתָּה נְפַחַתָּ בְּיִ  
וְאַתָּה מְשֻׁמְרָה בְּקָרְבֵּי.

MY GOD, the soul You have given me is pure.  
You created it, You shaped it, You breathed it into me,  
and You protect it within me.  
For as long as my soul is within me,  
I offer thanks to You,  
Adonai, my God  
and God of my ancestors,  
Source of all Creation, Sovereign of all souls.  
Praised are You, Adonai,  
in whose hand is every living soul and the breath of humankind.

ברוך אתה, יי', אשר בידך נפש כל חי ורוחם כל בשר איש.

Baruch atah, Adonai, asher b'yado nefesh kol chai v'ruch kol b'sar ish.

AS I AWAKEN, let this be my thought:  
may my day be filled with acts of lovingkindness.  
Let me be drawn to learning and discernment,  
and may my actions be shaped by mitzvot.

Keep me from iniquity, disgrace and sin;  
May I not be overwhelmed by temptation or despair.

Distance me from evil people and false friends.  
Let me cultivate a life of goodness.

May my hands reach out in kindness,  
and I will serve God through acts of righteousness.

Today and every day, may I merit Your mercy,  
by living my life with compassion and love.

Holy One of Blessing, draw me to Your words;  
teach me the art of sacred living.

**ברוך אתה ייְהוָה המלמד חסדים לעמו ישראל.**

Baruch atah, Adonai, ham'lameid chasadim tovim l'amo Yisrael.

PSALM 150:1-6

## HALLU YAH!

Hal'lu El b'kodsho,  
hal'luhu bir'kia uzo.  
Hal'luhu big'vurotav,  
hal'luhu k'rov gudlo.  
Hal'luhu b'teika shofar,  
hal'luhu b'neivel v'chinor.  
Hal'luhu b'tof umachol,  
hal'luhu b'minim v'ugav.  
Hal'luhu b'tziltz'lei shama,  
hal'luhu b'tziltz'lei t'ruah.  
Kol han'shamah t'haleil Yah  
Hal'lu Yah!

## HALLELUJAH!

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

הֲלֹלו יְהָה!  
מְלֹא־אֵל בְּקָדְשׁוֹ,  
מְלֹא־וּבוֹתָיו בְּרִקְיעַ עֹזֹ.  
מְלֹא־וּבוֹתָיו בְּגִבּוֹרֶתְיוֹ,  
מְלֹא־וּבוֹתָיו כָּרְבַּ גָּדוֹלָ.  
מְלֹא־וּבוֹתָיו בְּתִקְעַ שׁוֹפֵרָ.  
מְלֹא־וּבוֹתָיו בְּנִגְבָּל וּכְפֹרָ.  
מְלֹא־וּבוֹתָיו בְּתִפְגָּשָׁ וּמְחֹזָלָ.  
מְלֹא־וּבוֹתָיו בְּמִגְיָם וּעֹזֶגֶבָּ.  
מְלֹא־וּבוֹתָיו בְּצַלְצֵלִי־שָׁמָעָ.  
מְלֹא־וּבוֹתָיו בְּצַלְצֵלִי־תְּרוּעָהָ.  
כָּל הַנְּשָׂמָה תְּהִלֵּל יְהָה,  
הֲלֹלו יְהָה!

YITGADAL v'yitkadash sh'meih raba  
 b'alma di v'ra chiruteih,  
 v'yamlich malchuteih  
 b'chayeichon uv'yomeichon  
 uv'chayei d'chol beit Yisrael,  
 baagala uviz'man kariv,  
 v'imru: Amen.

Y'hei sh'meih raba m'varach  
 l'alam ul'almei almayah.  
 Yitbarach v'yishtabach v'yitpaar  
 v'ytromam v'yitnasei,  
 v'yit'hadar v'yitaleh v'yit'halal  
 sh'meih d'kud'sha b'ruch hu,  
 leila min kol birchata v'shirata,  
 tushb'chata v'nechemata,  
 daamiran b'alma, v'imru: Amen.

תְּגִדֵּל וַיְתִקְדֹּשׁ שְׁמָה רֶבֶא  
 בָּעֵלֶמֶא ذַי בָּרָא כְּרוּעִתָּה  
 וַיִּמְלִיךְ מֶלֶכֶתָה  
 בְּחִיכּוֹן וּבִזְמִיכּוֹן  
 וּבְחִיכּוֹן זָכָל בֵּית יִשְׂרָאֵל  
 בְּעִגְלָא וּבְזָמָן קָרִיב,  
 וְאָמְרוּ אָמָן.

הַא שְׁמָה רֶבֶא מְבָרֵךְ  
 לְעַלְםָי וּלְעַלְמָי עַלְמָיָה.  
 יְתִבְרֵךְ וַיְשַׁטְּבֵחַ וַיְתִפְאֵר  
 וַיִּתְרוֹמֵס וַיִּתְנְשֵׁא,  
 וַיִּתְמֹדר וַיִּתְעַלֵּה וַיִּתְהַלֵּל  
 שְׁמָה דָקְדָשָׁא בְּרִיךְ הוּא,  
 לְעַלָּא מָנוֹ כָל בְּרִכָּתָא וּשְׁירָתָא,  
 תְּשַׁבְּרַתָּא וּנְחַמְתָּא,  
 דָאָמְרוּ בָעֵלֶמֶא, וְאָמְרוּ אָמָן.

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

Blessed be God's great name to all eternity.

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

BAR'CHU et Adonai ham'vorach!  
 Baruch Adonai ham'vorach  
 l'olam va-ed!

ברכו את יי' המברך!  
 ברוך יי' המברך  
 לעולם נעד!

BARUCH atah, Adonai  
 Eloheinu, Melech haolam,  
 yotzeir or uvorei choshech,  
 oseh shalom uvorei et hakol.

ברוך אתה, יי',  
 אלהינו, מלך העולם,  
 יוצר אור ובורא חשך,  
 עשה שלום ובורא את-הכל.

PRAISED ARE YOU, Adonai our God, Sovereign of the universe,  
 Creator of light and darkness, who makes peace and fashions all things.

Praised are You, Adonai, Creator of all heavenly lights.

ברוך אתה, יי', יוצר המאורות.  
 Baruch atah, Adonai, yotzeir ham'orot.

AHAVAH rabah ahavtanu, Adonai Eloheinu,  
chemlah g'dolah viteirah chamalta aleinu.

Ba-avur avoteinu v'imoteinu shebat'chu v'cha  
vat'lamdeim chukei chayim, kein t'choneinu  
ut'lamdeinu. Ham'racheim, racheim aleinu,  
v'tein b'libeinu l'havin ul'haskil, lishmo-a,  
lilmod ul'lameid, lishmor v'laasot ul'kayeim  
et kol divrei talmud Toratecha b'ahavah.

HOW DEEPLY You have loved us Adonai, our God, gracing us with surpassing compassion! On account of our forebears whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and, lovingly, to observe, perform, and fulfill all that is in Your Torah.

V'ha-eir eineinu b'Toratecha,  
v'dabeik libeinu b'mitzvoteka,  
v'yacheid l'veineinu l'ahavah  
ul'yirah et sh'mecha,  
v'lo neivosh v'lo nikaleim,  
v'lo nikasheil l'olam va-ed.  
  
Ki v'sheim kodsh'cha hagadol v'hanora  
batachnu, nagilah v'nism'chah bishuatecha.  
  
Vahavi-einu l'shalom mei-arba kanfot  
haaretz, v'tolicheinu kom'miyut l'artzeinu.  
  
Ki El po-eil y'shuot atah, uvanu vacharta  
v'keiravtanu l'shimcha hagadol selah be-emet,  
l'hadot l'cha ul'yachedcha b'ahavah.  
  
Baruch atah, Adonai,  
habocheir b'amo Yisrael b'ahavah.

Enlighten our eyes with Your Torah, focus our minds on Your mitzvot, unite our hearts in love and reverence for Your Name. Then we will never feel shame, never deserve rebuke, and never stumble. Having trusted in Your great and awesome holiness, we shall celebrate Your salvation with joy.

Gather us in peace from the four corners of the earth and lead us upright to our land. For You, O God, work wonders. You chose us. Truly, You drew us near to Your Great Name, that we might acknowledge You, declaring You One in love. Praised be You, Adonai, who chooses Your people Israel in love.

אַהֲבָה רֶבֶה אַהֲבָתֵנוּ ייְ אֱלֹהֵינוּ,  
חִמְלָה גְדוֹלָה וַיִּתְרָה חִמְלָת עַלְמֵינוּ.  
בַעֲבוּר אֲבוֹתֵינוּ וְאַפּוֹתֵינוּ שְׁבֵטוּ בָּךְ  
וְתַלְמִידָם חַקִּי מַיִם, כֵּן תַּחֲנִינוּ  
וְתַלְמִידֵנוּ הַמְרַחֵם, רַחֲם עַלְמֵינוּ,  
וְתוֹ בְּלֵבֵנוּ לְהִבְין וְלִמְשְׁפֵיל, לְשָׁמֵעַ,  
לְלִמּזֵד וְלִלְמִיד, לְשִׁמְרָה וְלִעְשָׂות וְלִקְיָם  
אֶת-כָּל-דָּבָרִי תַּלְמִיד תַּזְרִתֵךְ בְּאַהֲבָה.

וְהָאָר עַיִינֵינוּ בְתֻזְרַתְךָ,  
וְדַבֵּק לְבֵנֵנוּ בְמִצּוֹתְךָ,  
וַיְחַד לְבָבֵנוּ לְאַהֲבָה  
וְלִירָא אֹתְשָׁמָךְ,  
וְלֹא נִבּוֹשׁ וְלֹא נִכְלִים,  
וְלֹא נִכְשֵׁל לְעוֹלָם נִעְדָּ.  
  
כִּי בְשֵׁם קָדְשֵׁךְ הַגָּדוֹל וְהַפּוֹרָא  
בְטִחְנוּ, נְגִילָה וּנְשִׁמְךָ בִישׁוּעָתְךָ.  
וְהַבִּיאָנוּ לְשָׁלוֹם מִאַרְבָּע פָנִפּוֹת  
הָאָרֶץ, וְתַזְלִיכֵנוּ קֹמְמִימִות לְאַרְצֵנוּ.  
  
כִּי אֶל פּוּעַל יְשִׁועָת אַתָּה, וּבָנֵנו בְחִרְכָת  
וּקְרָבָתֵנוּ לְשָׁמֵךְ הַגָּדוֹל סָלָה בְּאַמְתָת,  
לְהַזּוֹת לְךָ וְלִמְיךָ בְאַהֲבָה.  
ברוך אתה ייְ, הַבּוֹחר בְעַמּוֹ יִשְׂרָאֵל בְאַהֲבָה.

ברוך אתה ייְ, הַבּוֹחר בְעַמּוֹ יִשְׂרָאֵל בְאַהֲבָה.

# שמע ישראל יהוה אלהינו יהוה אחד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!

## ברוך שם כבוד מלכותו לעוזם ועד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.

V'AHAVTA et Adonai Elohecha,  
b'chol l'avacha uv'chol nafshicha uv'chol  
m'odecha. V'hayu hadvarim ha-eileh  
asher anochi m'tzav'cha hayom al  
l'vevecha. V'shinantam l'venecha v'dibarta  
bam b'shivt'cha b'veitecha uv'lechta  
vaderech uv'shochb'cha uv'kumecha.  
Uk'shertam l'ot al yadecha v'hayu  
l'totafot bein einecha. Uch'tavtam  
al m'zuzot beitecha uvish'arecha.

L'maan tizk'ru, vaasitem et  
kol mitzvotai vih'yitem k'doshim  
l'Eloheichem. Ani Adonai Eloheichem,  
asher hotzeiti et-chem mei-eretz  
Mitzrayim lih'yon lachem l'Elohim  
ani Adonai Eloheichem.

אהבת את יי' אלהים  
בכל לבבך ובכל נפשך ובכל  
מאנך ותני מדברים הלאה  
אשר אנכי מצוך מיום על  
לבך: ושננתם לביך ודבריך  
בם בשכחת בגיינך ובבלכחת  
בך וברצך וברקומה:  
וקשרתם לאזות עליך וכי  
לטuffman בין עיניך וכתבתם  
על מזוזות ביכך ובשעריך:

למען זיכרו ועשיתם את  
כל מצוותי והייתם קדושים  
לאלהיכם: אני יי' אלהיכם  
אשר הוציאתי אתכם מארץ  
מצרים להיות לכם לאלהים  
אני יי' אלהיכם:

YOU SHALL LOVE Adonai your God with all your heart,

with all your soul, and with all your might.

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

Impress them upon your children.

Recite them when you stay at home and when you are away,  
when you lie down and when you get up.

Bind them as a sign on your hand and let them serve as a symbol on your forehead;  
inscribe them on the doorposts of your house and on your gates.

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

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

יי' אלהיכם אמת  
Adonai Eloheichem EMET.

**MI CHAMOCHAH** ba-eilim, Adonai!

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

Shirah chadashah shib'chu g'ulim  
l'shimcha al s'fat hayam.  
Yachad kulam hodu v'himlichu v'amru:  
Adonai yimloch l'olam va-ed.

Tzur Yisrael, kumah b'ezrat Yisrael  
uf'deih chinumecha Y'hudah v'Yisrael.  
Go-aleinu Adonai Tz'vaot sh'mo,  
k'dosh Yisrael.  
Baruch atah, Adonai, gaal Yisrael.

מַיִם כְּמֹכֶה בְּאֶלְמָן, יְיָ!  
מַיִם כְּמֹכֶה נָאֵר בְּקֹדֶשׁ,  
נוֹרָא תְּהִלָּתֶךָ, עֲשָׂה פְּלָאוֹ!

שִׁירָה מְדֻשָּׁה שְׁבַחוּ גָּאוֹלִים  
לְשֵׁמֶךְ עַל שְׁפַת מִים.  
יְחִידָה כָּלָם הַזָּדוֹ וְהַמֶּלֶיךְ וְאִמְרָא:  
יְיָ יְמַלֵּךְ לְעוֹלָם וְעַד.

צָור יִשְׂרָאֵל, קְוִימָה בְּעֹזֶת יִשְׂרָאֵל  
וַיְהִי כְּנָמָמָה יְהוּדָה וַיִּשְׂרָאֵל  
פָּאֵלָנוּ יְיָ צְבָאות שְׁמוֹ,  
קָדוֹשׁ יִשְׂרָאֵל.  
בָּרוּךְ אֱתָה, יְיָ, גָּאֵל יִשְׂרָאֵל.

WHO IS LIKE YOU, O God,  
among the gods that are worshipped?  
Who is like You, majestic in holiness,  
awesome in splendor, working wonders?

With new song, inspired,  
at the shore of the Sea, the redeemed sang Your praise.  
In unison they all offered thanks.  
Acknowledging Your Sovereignty, they said:  
“Adonai will reign forever!”

Rock of Israel, rise in support of Israel  
and redeem Judah and Israel as You promised.  
Our Redeemer, *Adonai Tz'vaot* is Your Name.  
Blessed are You, Adonai, for redeeming Israel.

בָּרוּךְ אֱתָה, יְיָ, גָּאֵל יִשְׂרָאֵל.  
Baruch atah, Adonai, gaal Yisrael.

# AMIDAH

ADONAI, s'fatai tiftach,  
ufi yagid t'hilatecha.

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

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

\*SHABBAT SHUVAH — Zochreinu l'chayim,  
Melech chafeitz bachayim,  
v'chotveinu b'sefer hachayim,  
l'maancha Elohim chayim.

Melech ozeir umoshia umagen.  
Baruch atah, Adonai,  
mägein Avraham v'ezrat Sarah.

BLESSED ARE YOU, Adonai our God, God of our fathers and mothers,  
God of Abraham, God of Isaac, and God of Jacob,  
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,  
the great, mighty and awesome God, transcendent God  
who bestows loving kindness, creates everything out of love,  
remembers the love of our fathers and mothers,  
and brings redemption to their children's children for the sake of the Divine Name.

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

Sovereign, Deliverer, Helper and Shield,  
Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

ברוך אתה, יי', מנו אברהם ועוזרת שרה.  
Baruch atah, Adonai, mägein Avraham v'ezrat Sarah.

אדוני, שפתי תפתח,  
ופי גoid תרחלמה.

ברוך אתה, יי' אלהינו  
ואלמי אבותינו ואמותינו, אלהי  
אברהם, אלהי יצחק ואלהי יעקב,  
אללהי שרה, אלהי רבקה, אלהי  
רחל ואלהי לאה. האל המודול  
הגיבור והנורא, אל עליון, גומל  
חסדים טובים וקונה הכל, ווצר  
חסדי אבות ואמות, וymbia גאלה  
לבני בנים למן שמו באבבה.

\*SHABBAT SHUVAH — זכרנו לחיים,  
מלך חפץ במלחים,  
וזכרנו בספר המלחים,  
למענק אלהים חיים.

מלך עוזר ומושיע ומגן.  
ברוך אתה, יי',  
מנו אברהם ועוזרת שרה.

**ATAH** gibor l'olam, Adonai,  
m'chayeih hakol (meitim) atah,  
rav l'hoshia.

\*WINTER — Mashiv haruach  
umorid hagashem.

\*SUMMER — Morid hatal.

M'chalkeil chayim b'chesed,  
m'chayeih hakol (meitim)  
b'rachamim rabim, someich noflim,  
v'rofei cholim, umatir asurim,  
um'kayeim emunato lisheinei afar.  
Mi chamochah baal g'vurot  
umi domeh lach, melech meimit  
um'chayeh umatzmiach y'shuah.

SHABBAT SHUVAH —

Mi chamochah Av harachamim,  
zocheir y'tzurav l'chayim b'rachamim.

V'ne-eman atah l'hachayot hakol (meitim).  
Baruch atah, Adonai, m'chayeih hakol (hameitim).

**אתה גיבור לעולם, אדני,**  
**מחיה הפל (מטים) אתה,**  
**רב לחושע.**

— WINTER\*  
וְמִשֵּׁבֶת קָרֹם  
וְמוֹרֵיד מַגְשִׂים.

SUMMER\*  
— מוֹרֵיד מַטָּל.

מִכְלָפֵל מִיּוֹם בָּחֵסֶד,  
מִחְיָה הַפְּלָל (מִטִּים)  
בְּרַחֲמִים רַבִּים, סֻזְמָךְ נַפְלִים,  
וּרוֹפֵא חֹלִים, וּמַתִּיר אַסּוּרִים,  
וּמַקִּים אַמְוִינָתוֹ לִישְׁנֵי עָפָר.  
מי כָּמוֹךְ בָּעֵל גִּבְורֹת  
וּמי דָּוֹמָה לְךָ, מֶלֶךְ מִמְּיתָה  
וּמִחְיָה וּמִצְמִיכָּה יְשֻׁועָה.

— SHABBAT SHUVAH

מי כָּמוֹךְ אָב הַרְחָמִים,  
וּזְכָר יְצָרְיוֹ לְמִיּוֹם בְּרַחֲמִים.

ונִאמְנוּ אַתָּה לְמִתְּיוֹת הַפְּלָל (מִטִּים).  
ברוך אתה, ייְהוָה, מִחְיָה הַפְּלָל (הַמִּטִּים).

**YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).**

WINTER — You cause the wind to shift and rain to fall.

SUMMER — You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

SHABBAT SHUVAH — Who is like You, Compassionate God,  
who mercifully remembers Your creatures for life?

Blessed are You, Adonai, who gives life to all (who revives the dead).

**ברוך אתה, ייְהוָה, מִחְיָה הַפְּלָל (הַמִּטִּים).**  
Baruch atah, Adonai, m'chayeih hakol (hameitim).

YOU ARE WITH US in our prayer, our love and our doubt,  
in our longing to feel Your Presence and do Your will.  
You are the still clear voice within us.  
Therefore, O God, when doubt troubles us,  
when anxiety makes us tremble,  
when pain clouds the mind,  
we look inward for the answer to our prayers.  
There may we find You,  
and there find courage, insight and endurance.  
And let our worship bring us closer to one another,  
that all Israel, and all who seek You,  
may find new strength for Your service.

**ברוך אתה, ייְהוָה שָׂאֹתָךְ לִבְצָךְ בַּירָאָה נָעָבֵד.**

Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

Yih'yu l'ratzon imrei fi v'hegyon libi  
l'fanecha, Adonai tzuri v'go-ali.

יהיו לרצון אמרוי פִי ו מגינו לבִי  
לפניך, ייְהוָה צָרֵינוּ ו גּוֹאֵלִי.

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

Oseh shalom bimromav,  
hu yaaseh shalom aleinu,  
v'al kol Yisrael, v'al kol yosh'vei teiveil,  
v'imru. Amen.

עֲשֵׂה שָׁלוֹם בְּמִרְׁוםִי,  
הָיָה יָעֶשֶׂה שָׁלוֹם עַלְנוּ,  
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תְּבָל,  
וְאָמְרוּ אָמֵן.

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

## PRAYER for HEALING

**Mi SHEBEIRACH** avoteinu  
M'kor habrachah l'imoteinu.

**מי שברך אבותינו  
מקור הברכה לאמותינו.**

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

Mi shebeirach imoteinu  
M'kor habrachah laavoteinu.

**מי שברך אמותינו  
מקור הברכה לאבותינו.**

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

Siman tov umazal tov.

Umazal tov v'siman tov.

Y'hei lanu.

Y'hei lanu, y'hei lanu, ul'chol Yisrael.

סימן טוב ומazel טוב.

ומazel טוב וסימן טוב.

יהי לנו.

יהי לנו, יהי לנו, וכל ישראל.

It is a good and lucky sign for us and all Israel!

Eitz chayim hi lamachazikim bah,  
v'tom'cheha m'ushar.  
D'rachehah darchei no-am,  
v'chol n'tivoteha shalom.

Hashiveinu Adonai eilecha v'nashuvah,  
chadeish yameinu k'kedem.

אֵץ חַיִם הִיא לְמַחְזִיקִים בָּה,  
וְתָמָקִים מְאֹשֶׁר.  
דָּرְכֵיכֶם דָּרְכֵי נָעַם,  
וְכָל נְטוּבָתֵיכֶם שָׁלוֹם.

פְּשִׁיבָנוּ יְיָ אֱלֹהֵינוּ וְנִשְׁׁבוּתָה,  
מִדֵּשׁ יְמִינֵנוּ קָדוֹם.

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

Va'anachnu kor'im  
umishtachavim umodim,  
lifnei Melech mal'chei hamachim  
HaKadosh Baruch Hu.

עֲלֵינוּ לְשִׁבָּת לְאֶדוֹן הַכָּל,  
לְמִתְּהִלָּה לְיוֹצֵר בְּרָאָשִׁית,  
שֶׁלָּא עָשָׂנוּ כָּגֹויִים הָאָרָצָה,  
וְלֹא שָׁמַנוּ בְּמִשְׁפָּחוֹת הָאָדָם.  
שֶׁלָּא שָׁם חָלֻקָּנוּ בָּהֶם,  
וְגַרְגַּלְנוּ בְּכָל־קָמּוֹן.  
וְאַנְחָנוּ פּוֹרָעִים  
וּמְשִׁתְּחִווּם וּמוֹדִים,  
לְפָנֵי מֶלֶךְ מֶלֶכִים הַמֶּלֶכִים  
הַקָּדוֹשׁ בָּרוּךְ הוּא.

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

v'hashevota el l'vevecha,  
ki Adonai hu HaElahim

וְשִׁבְתָּה אֶל לְבָבֶךָ  
כִּי יְיָ הוּא הָאֱלֹהִים

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

וְנִאמֵּר, וְהִיה יְיָ  
לְמֶלֶךְ עַל כָּל הָאָרֶץ.  
בַּיּוֹם הַהוּא יְהִי יְיָ אֶחָד  
וּשְׁמוֹ אֶחָד.

**HEALING PRAYERS**

Ayahla bat Aaron  
Beryl Solla  
James Yates  
Louise Bodenstein  
Rifka bat Rachel  
Esther Masheh bat Ruth  
Ronnie Garvey  
Jennifer Sargent  
Tiffany Gordon  
Dean Weber  
Ann Hudson  
Ethel Crowe  
Stephanie Finder  
Samantha Berke-Kaplan  
Marita McClymonds  
Ariel Smith  
Ariel Roberts  
Aviva bat Sarah  
Paula Stoler  
Brenda Miller  
Gail Silverstein  
Dorothy Hoffman  
Ellis Hoffman  
Art Ritter  
Kelly Rainbird  
Gail Wiener Troy  
Sean Michael McCord  
Chaim ben Ruth  
Lee Lightbody  
Elaine Bruner  
Garrett Queen  
Thomas Treece

**YAHRZEITS September 5 – September 11****Deceased**

Lila Ames  
Terry Brownfield  
Dottie Jean Chenman  
Saul Dorn  
Joseph Kaplan  
Jerome Klees  
Milton Moss  
Nivert Marion  
Sylvia Oberman  
Koppel Parnes  
Cantor Joseph Posner  
Harvey Rothberg  
Mildred Weiss  
Harriet White  
Rebecca Shapero Goldsten

**Mourner**

Craig Ames  
Edward Brownfield  
Scott Goodman  
Jonathan Chisdes  
Saul Kaplan & Eric Kaplan  
Edward Klees  
Mark Moss  
Doris Stamper & Amy Williams  
Harri Wasch  
Pnina Jalon  
Avrom Posner  
John Rothberg  
Peter Sheras  
Phyllis (Yael) White  
Congregation Beth Israel

**Shiva / Shloshim**

Perry Suhler

Grandson of Bill Suhler

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**Mishkan Tefilah – Shabbat Morning Service (On Zoom)****Saturday, August 29, 10:00 a.m.**

Please find more information on how to access this service & service materials in this week's newsletter.

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**September 10,11, & 13 GETTING READY FOR THE HIGH HOLIDAYS**

CBI members may come by, greet our Rabbis, and pick up a High Holy Day kit with useful materials that will help you prepare and create a meaningful experience in your own home. We will also lend out hard copies of the High Holiday prayer books (machzorim) - in addition, all service materials will be available digitally. Pick-up will take place in the CBI courtyard / lobby on the following dates:

**Thursday, September 10, 3:00 pm - 6:00 pm****Friday, September 11, 10:00 am - 2:00 pm****Sunday, September 13, 12:00 pm - 3:00 pm**

## MOURNER'S KADDISH

קדוֹשׁ הוּא

YITGADAL v'ytkadash sh'mei raba.  
 B'alma di v'ra chirutei,  
 v'yamlich malchutei,  
 b'chayeichon uv'yomeichon  
 uv'chayei d'chol beit Yisrael,  
 baagala uviz'man kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach  
 l'alim ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar  
 v'yitromam v'yitnasei,  
 v'yit'hadar v'yitaleh v'yit'halal  
 sh'mei d'Kud'sha B'ruch Hu,  
 l'eila min kol birchata v'shirata,  
 tushb'chata v'nechemata,  
 daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya,  
 v'chayim aleinu v'al kol Yisrael.  
 V'imru: Amen.

Oseh shalom bimromav,  
 Hu yaaseh shalom aleinu,  
 v'al kol Yisrael. V'imru: Amen.

תִּפְعַל וַיִּתְקַדֵּשׁ שְׁמָה רֶבֶא.  
 בָּעֵלֶם אֱלֹהִים דִּי בְּרָא כְּרוּוֹתָה,  
 וַיִּמְלִיךְ מֶלֶכֶתָה,  
 בְּחִיבָּרָה וּבְיוּמִיכָּן  
 וּבְחַיִּים דָּכָל בֵּית יִשְׂרָאֵל,  
 בְּעֲגָלָה וּבְזָמָן קָרִיב. וְאָמְרָה אָמָן.

יְהָא שְׁמָה רֶבֶא מִבְּרָךְ  
 לְעוֹלָם וְלִעְלָמִי עַלְמִיאָה.  
 יְתַבְּרֵךְ וַיְשַׁטְּבֵחַ, וַיִּתְפְּאַר  
 וַיִּתְרוּם וַיִּתְנַשֵּׁא,  
 וַיִּתְהַדֵּר וַיִּתְעַלֵּחַ וַיִּתְהַלֵּל  
 שְׁמָה דָּקְדָּשָׁא בְּרִיךְ הוּא,  
 לְעַלָּא מִן כָּל בְּרִכָּתָא וִשְׁרָתָא,  
 תְּשִׁבְחָתָא וְנִחְמָתָא,  
 דָּאָמֵין בָּעֵלֶם. וְאָמְרָה אָמָן.

יְהָא שָׁלָמָה רֶבֶא מִן שָׁמִיאָה,  
 וּמְיֻם עַלְנוּ וְעַל כָּל יִשְׂרָאֵל.  
 וְאָמְרָה אָמָן.

עֲשָׂה נְשָׁלוּם בָּמְרוּמִים,  
 הוּא יְעַשֵּׂה נְשָׁלוּם עַלְינוּ,  
 וְעַל כָּל יִשְׂרָאֵל. וְאָמְרָה אָמָן.

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

Blessed be God's great name to all eternity.

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

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

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

ADON OLAM

Adon olam asher malach,  
b'terem kol y'tzir nivra.  
Leit naasah v'cheftzo kol,  
azai Melech sh'mo nikra.

V'acharei kichlot hakol,  
l'vedo yimloch nora.  
V'hu hayah, v'hu hoveh,  
v'hu yih'yeh, b'tifarah.

V'hu echad v'ein sheini,  
l'hamshil lo l'hachbirah.  
B'li reishit b'li tachlit,  
v'lo haoz v'hamisrah.

V'hu Eli v'chai go-ali,  
v'tzur chevli b'beit tzarah.  
V'hu nisi umanos li  
m'nat kosi b'yom ekra.

B'yado afkid ruchi,  
b'beit ishan v'a-irah.  
V'im ruchi g'viyati,  
Adonai li v'lo ira.

אָדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,  
בִּטְרֵם כָּל יִצְרָר נִבְרָא.  
לְעֵת נַעֲשָׂה בְּחֻפְצָו כָּל,  
אֵין מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כְּכָלוֹת הַפָּל,  
לְבַדּוֹ יִמְלֹךְ נִזְרָא.  
וְהִיא מִיהָה, וְהִיא תְּעוּהָ,  
וְהִיא יְהִיה, בְּתִפְאָרָה.

וְהִיא אָחָד וְאֵין שְׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחֲקִירָה.  
בְּלִי רָאשִׁית בְּלִי תְּכִלִּת,  
וְלוֹ הַעַז וְהַמְּשִׁרָה.

וְהִיא אֵלִי וּמַי גָּאָלִי,  
וְצָור חֲבָלִי בְּעֵת אַרְחָה.  
וְהִיא נְסִי וּמְנוֹס לִי  
מִנְתַּפְסִי בַּיּוֹם אַקְרָא.

בַּדּוֹ אַפְקִיד רֹוחִי,  
בְּעֵת אִישָׁן וְאַעֲירָה.  
וְעַם רֹוחִי גּוֹיִתִי,  
יְהִי לִי וְלֹא אִינָא.

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

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

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

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

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