

שחרית לחול | Weekday Morning Worship

HINEI MAH TOV הנה מה טוב

Hinei mah tov u-mah na-im הנה מה־טוב ומה־נעים
shevet achim gam yachad שֵׁבֶת אַחִים גַּם יַחַד

It is good when people are together / Psalm 133

MODEH ANI מודה אני

Modeh / Modah ani l'fanekha, Melekh chai v'kayam מודה\מודה אני לפניך, מלך חי וקיים
she-he-che-zarta bi nishmati b'chemla שְׁהִחַזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה
rabba emunatekha רַבָּה אֱמוּנָתְךָ

I am grateful to You, Eternal One, for renewing my soul in compassion. You are faithful beyond measure.

BAR'CHU ברכו

Bar'khu et Adonai hamevorakh.

Barukh Adonai hamevorakh l'olam va-ed.

בְּרַכּוּ אֶת יְיָ הַמְבָרָךְ.
בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

Praise Adonai, the One who is to be praised / Praise Adonai, the One who is to be praised forever

YOTZEIR OHR יוצר אור

Barukh ata Adonai Eloheinu Melekh Ha-Olam בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

Yotzeir ohr u'vorei choshekh יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,

Oseh shalom u'vorei et ha-kol. עוֹשֵׂה שְׁלוֹם וּבוֹרֵא אֶת־הַכֹּל.

Praised are You, Adonai, our God, Ruler of the universe, who makes light and creates darkness, who ordains peace and fashions all things.

In the Beginning a new light was made for the righteous;
a promise that Your light would shine the way,
first for Order and then for Hope.

Creator of language and light,
help us to use words as You have,
to cast light onto dark waters and draw out justice and love.

We praise You, Adonai, who brings light to the world through the words of Torah.

SHEMA / V'AHAVTA שמע \ ואהבת

Sh'ma Yisraeil Adonai Eloheinu Adonai Echad.

שמע ישראל יהוה אלהינו יהוה אחד.

Barukh shem k'vod malkhuto l'olam va-ed.

ברוך שם כבוד מלכותו לעולם ועד.

Hear O Israel: Adonai is our God, Adonai is One.
Praised be the glorious majesty of God throughout eternity.

V'ahavta eit Adonai Elohekha
b'khol l'vavkha uv'khol nafsh'kha uv'khol m'o'dekha.
V'hayu had'varim ha-eileh
asher Anokhi m'tzavkha hayom al l'avvekha.
V'shinantam l'vanekha v'dibarta bam
b'shivt'kha b'veitekha uvlekht'kha vaderekh
uvshakhb'kha uvkumekha.
Uk'shartam l'ot al yadekha
v'hayu l'totafot bein einekha,
ukhtavtam al m'zuzot beitekha uvisharekha.

ואהבת את יהוה אלהיך
בכל לבבך ובכל נפשך ובכל מאדך.
והיו הדברים האלה
אשר אנכי מצוך היום על לבבך:
ושננתם לבניך ודברתם בם
בשבתך בביתך ובילכתך בדרך
ובשכבך ובקומך:
וקשרתם לאות על ידך
והיו לטטפת בין עיניך:
וכתבתם על מזוזות ביתך ובשעריך:

Deuteronomy 6

And thou shall love the Lord thy God
with all thy heart
With all thy soul and with all thy might
And these words which I command you on this day
shall be upon thy heart, shall be upon thy heart
And thou shalt teach them diligently unto thy children
And thou shalt speak of them when thou sittest in thy house
When thou walkest by the way and when thou liest down,
and when thou riseth up, and when thou risest up
And thou shall bind them for a sign upon thy hand
And they shall be for frontlets between thine eyes
And thou shall write them on the doorposts of thy house,
and upon thy gates, and upon thy gates
That you may remember and do all of My commandments,
and be holy unto your God, unto your God, unto your God.

Debbie Friedman

*We are Israel — witness to God's covenant.
We are Israel — forbidden to worship power.
We are Israel — Prophets of a vision for all.*

*We are Israel — schooled in the suffering of the oppressed.
We are Israel — trying to beat swords into plowshares.
We are Israel — teaching sacred words from Torah.*

Hate evil and love what is good; Let justice flow as a mighty stream.

*We are Israel — proclaiming Your truth,
as we did on the shores of the sea:*

MI KHAMOKHA מי כמכה

Mi khamokha ba-eilim Adonai? מי־כמכה באֵלִים, יהוה?
Mi kamokha nedar bakodesh, מי כמכה, נֶאֱדָר בְּקֹדֶשׁ,
Nora t'hilot oseh feleh? נֹרָא תְהִלָּת, עֲשֵׂה פִלְאָ?

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

Shira chadasha shib'chu g'ulim שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים
L'shimkha al s'fat hayam לְשִׁמְךָ עַל־שִׁפְתַי הַיָּם;
Yachad kulam hodu יַחַד כָּלֵם הוֹדוּ
V'himlikhu v'amru: וְהִמְלִיכוּ וְאָמְרוּ:

A new song the redeemed sang to Your name. At the shore of the sea,
saved from destruction, they proclaimed Your sovereign power:

יהוה ימלך לעולם ועד. Adonai yimlokh l'olam va-ed.

Adonai will reign for ever and ever.

from Exodus 15



עמידה Amidah

אֲדֹנָי שְׁפֹתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ: Adonai, s'fatai tiftach u-fi yagid t'hilatekha.

Eternal God, open my lips, that my mouth may declare Your praise.

אבות ואמהות AVOT / IMAHOT

Barukh Ata Adonai, Eloheinu veilohei avoteinu v'imoteinu: Elohei Avraham, Elohei Yitzchak, v'Eilohei Ya'akov; Elohei Sarah, Elohei Rivka, Elohei Racheil v'Elohei Lei-ah; ha-Eil hagadol hagibor v'hanora, Eil elyon, gomeil chasadim tovim v'konei hakol v'zokheir chasdei avot v'imahot, umeivi g'ula livnei v'neihem l'ma'an sh'mo b'hava. Melekh ozeir umoshi-ah umagein. Barukh Ata Adonai, Magein Avraham v'Ezrat Sarah.

ברוך אתה יהוה אלהינו ואלהי אבותינו ואמותינו: אלהי אברהם, אלהי יצחק, ואלהי יעקב, אלהי שרה, אלהי רבקה, אלהי רחל ואלהי לאה. האל הגדול הגבור והנורא, אל עליון, גומל חסדים טובים וקונה הכל, וזוכר חסדי אבות ואמהות, ומביא גאולה לבני בניהם למען שמו באהבה. מלך עוזר ומושיע ומגן. ברוך אתה יהוה, מגן אברהם ועזרת שרה.

Praised are You, Adonai, our God and God of our fathers and mothers, God of Abraham and Sarah, God of Isaac and Rebecca, God of Jacob and Rachel and Leah, great mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the devotion of our ancestors, and in love bring redemption to their descendants for the sake of Your name. You are our Sovereign and our Help, our Redeemer and our Shield. Praised are You, Adonai, Shield of Abraham, Protector of Sarah.

גבורות GEVUROT

Ata gibor l'olam Adonai, m'chayei hakol ata, rav l'hoshiah.

אתה גבור לעולם, אדוני, מחיה הכל אתה, רב להושיע.

- Mashiv ha-ruach u' morid ha-gashem (after Shemini Atzeret)
- Morid ha-gashem (after Pesach)

- משיב הרוח ומוריד הגשם. after Shemini Atzeret
- מוריד הגשם. after Pesach

M'khalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim. Someikh noflim v'rofei cholim umatir asurim um'kayeim emunato lisheinei afar. Mi khamokha ba'al g'vurot umi domeh lakh, melekh meimit um'chayeh umatzmi-ach y'shu-ah? V'ne-eman Ata l'hachayot hakol. Barukh Ata Adonai, M'chayei hakol.

מכלכל חיים בחסד, מחיה הכל ברחמים רבים. סומך נופלים, ורופא חולים, ומתיר אסורים, ומקיים אמונתו לישני עפר. מי כמוך בעל גבורות, ומי דומה לך, מלך ממתים ומחיה ומצמיח ישועה? ונאמן אתה להחיות הכל. ברוך אתה יהוה, מחיה הכל.

Eternal is Your might, Adonai; all life is Your gift; great is Your power to save. You cause the wind to shift and the rain to fall / You rain dew upon us. With love You sustain the living, with great compassion give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust. Who is like You, Mighty One? Who is Your equal, Author of life and death, Source of salvation? Praised are You, Adonai, the Source of life.

קדושת השם KEDUSHAT HASHEM

נְקַדֵּשׁ אֶת־שִׁמְךָ בְּעוֹלָם, כְּשֵׁם שִׁמְךָ יְשִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,
בְּכַתּוּב עַל־יַד נְבִיאֶךָ: וְקָרָא זֶה אֶל־זֶה וְאָמַר:

Kadosh, Kadosh, Kadosh Adonai Tz'va-ot
m'lo khol ha-aretz k'vodo.

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְהוָה צְבָאוֹת,
מְלֵא כָּל־הָאָרֶץ כְּבוֹדוֹ.

לְעַמְתָּם בְּרוּךְ יֵאמְרוּ:

Barukh k'vod Adonai mimkomo.

בְּרוּךְ כְּבוֹד־יְהוָה מִמְקוֹמוֹ.

וּבְדַבְרֵי קְדֻשְׁךָ כְּתוּב לֵאמֹר:

Yimlokh Adonai l'olam, Elohayikh Tziyon
l'dor vador. Ha-l'luyah.

יְמַלֵּךְ יְהוָה לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן,
לְדוֹר וָדוֹר. הִלְלוּיָהּ.

L'dor va-dor nagid gode-lekha
ul'netzach n'tzachim k'dushat-kha nak-dish
v'shiv-cha-kha Eloheinu mipinu lo yamush l'olam va-ed

לְדוֹר וָדוֹר נִגִּיד גֹּדֶלְךָ,
וְלִנְצַח נִצְחִים קְדֻשְׁתְּךָ נִקְדִּישׁ.
וְשִׁבְחֶךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקְּדוֹשׁ.

Responses in the *Kedushah* are from Isaiah 6, Ezekiel 12 and Psalm 146 respectively.

HOLY HOLINESS קדוש קדשים

All around, everywhere, Holy Holiness, *Kadosh K'doshim*
In the highest high, in the deepest sea, Holy Holiness, *Kadosh K'doshim*
In my heart, in your soul, Holy Holiness, *Kadosh K'doshim*
As with me, so with you, Holy Holiness, *Kadosh K'doshim*

Peter and Ellen Allard

PRIVATE PRAYER

עשה שלום OSEH SHALOM

Oseh shalom bimromav עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
Hu ya'aseh shalom aleinu הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
V'al kol Yisraeil, v'imru: amen וְעַל־כָּל־יִשְׂרָאֵל, וְאָמְרוּ: אָמֵן

May the One who causes peace to reign in the high heavens, let peace descend on us, and on all Israel. Amen.

Concluding Prayers

עלינו ALEINU

Aleinu l'shabei-ach la-Adon hakol,
lateit g'dula l'Yotzeir b'reishit,
shelo asanu k'goyei ha-aratzot
v'lo samanu k'mish-p'chot ha-adama;
shelo sam chelkeinu kahem,
v'goraleinu k'khol hamonam.

Va-anachnu korim umishtachavim umodim
lifnei Melekh Malkhei ha-M'lakhim
ha-Kadosh Barukh Hu.

עלינו לשובח לאדון הכל,
לתת גדלה ליוצר בראשית,
שלא עשנו כגויי הארצות,
ולא שמנו כמשפחות האדמה;
שלא שם חלקנו בהם,
וגרלנו בכל-המונים.

ואנחנו כורעים ומשתחווים ומודים
לפני מלך מלכי המלכים,
הקדוש ברוך הוא.

We must praise the God of all, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations. Therefore, we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

Holy One of the Universe, let there be no good hope that is not a command, let there be no prayer that does not ask to become a deed, let there be no promise unless it be kept. Upon this earth may just and reverent nations arise, needing no challenge like war, no more undone by poverty and injustice. Let them be places where every person matters. So shall the human community, rich in beginnings and poor in conclusions, grow mature in wisdom and ripe in understanding. Upon this earth may women of spirit arise, men of integrity and compassion, creators of God-seeking peoples; slow to judge others, quick to judge themselves: so may they be all their days and years. We ask for messiahs, a new age of the spirit, Your dominion on earth. May God rule over all the earth.

ונאמר V'NE-EMAR

V'ne-emar v'haya Adonai
L'Melekh al kol ha-aretz,
Bayom hahu yih'yeh Adonai Echad Ush'mo Echad.

ונאמר: יהיה יהוה
למלך על-כל-הארץ;
ביום ההוא יהיה יהוה אחד ושמו אחד.

As it is said: Adonai will reign over all the earth; On that day will God and God's name be One.

Zechariah 14

קדיש יתום MOURNER'S KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא — אָמֵן — בְּעֻלְמָא דִּי-בְרָא כְרְעוּתֵיהּ, וְיִמְלִיךְ מַלְכוּתֵיהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל, בְּעֻגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ — אָמֵן.

Yitgadal v'yitkadash sh'mei raba — *Amein* — b'alma divra khirutei v'yamlikh malkhutei
b'chayeikhon uvyomeikhon uvchayei d'khol beit Yisraeil ba-agala uvizman kariv v'imru
— *Amein*.

▪ יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמֵי וּלְעֵלְמֵי עֲלַמְיָא.

▪ *Y'hei sh'mei raba m'vorakh l'olam ulalmei almayah.*

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ
דְּקוּדְשָׁא — בְּרִיךְ הוּא — לְעֻלְא מִן-כָּל-בִּרְכָתָא וְשִׁירָתָא, תְּשֻׁבְחָתָא וְנַחֲמָתָא
דְּאֲמִירָן בְּעֻלְמָא, וְאָמְרוּ — אָמֵן.

Yitbarakh v'yishtabach v'yitpa-ar v'yitromam v'yitnasei v'yithadar v'yitalei v'yithalal
sh'mei d'kud'sha — *b'rikh hu* — l'eilah min kol birkhata v'shirata tushb'chata v'nechemata
da-amiran b'alma v'imru — *Amein*.

יְהֵא שְׁלָמָא רַבָּא מִן-שָׁמַיָא וְחַיִּים עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ — אָמֵן.

Y'hei shlama raba min shamaya v'chayim aleinu v'al kol Yisraeil v'imru — Amen.

עֲשֵׂה שְׁלוֹם בְּמִרְוֵמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ — אָמֵן.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol Yisraeil v'imru — Amen.

Let the glory of God be extolled, and God's great name be hallowed in the world whose creation God willed. May God rule in our own day, in our own lives, and in the life of all Israel. And let us say: Amen.

Let God's great name be praised forever and ever.

Beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor and exalt. And let us say: Amen.

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

May the One who causes peace to reign in the high heavens, let peace descend on us, and on all Israel. And let us say: Amen.

OD YAVO SHALOM עֹד יָבוֹא שָׁלוֹם

Od yavo Shalom aleinu עֹד יָבוֹא שָׁלוֹם עָלֵינוּ
V'al kulam וְעַל כּוֹלָם
Salaam *Salaam*
Aleinu v'al kol ha-olam עָלֵינוּ וְעַל-כָּל-הָעוֹלָם
Salaam *Salaam*

Peace will come upon us and everyone. *Salaam* (Peace) upon us and all the world.

GESHER TZAR ME'OD גֶּשֶׁר צָר מְאֹד

Kol ha-olam kulo כָּל הָעוֹלָם כָּלוּ
gesher tzar me'od גֶּשֶׁר צָר מְאֹד
v'ha-ikar וְהֶעֱקַר
lo l'facheid k'lal לֹא לִפְחֹד כָּלֵל

The entire universe is but a very narrow bridge and the key is to fear nothing.

Nachman of Bratzlav

OHR ZARUA אֹר זָרֵעַ

Ohr zarua la-tzadik אֹר זָרֵעַ לְצַדִּיק
ul'yish-rei lev simcha וְלִישְׂרֵי-לֵב שִׂמְחָה

Light is sown for the righteous, joy for the upright.

Psalms 97:11

KADDISH D'RABBANAN קַדִּישׁ דְּרַבָּנָן

For our teachers and their students and the students of the students,
we ask for peace and loving kindness and let us say: Amen.

And for those who study Torah here and everywhere,
may they be blessed with all they need and let us say: Amen.

We ask for peace and loving kindness and let us say: Amen.
We ask for peace and loving kindness and let us say: Amen.