

SHIR AMI

Many voices. One song.

SHIR AMI

BAR/BAT MITZVAH SERVICE

קַבְּלַת פָּנִים

KABBALAT PANIM — WELCOMING

BLESSINGS FOR SHABBAT

The candles are lit before the blessing is recited.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who hallows us with mitzvot,
commanding us to kindle the light of Shabbat.

KIDDUSH FOR EVENING OF SHABBAT

Fill a Kiddush cup with wine or grape juice.

Raise it and recite:

וַיְהִי עֶרֶב וַיְהִי בֹקֶר
יוֹם הַשְּׁשִׁי.

AND THERE WAS EVENING and there was morning,
the sixth day.

וַיֵּכֶּלּוּ הַשָּׁמַיִם וְהָאָרֶץ
וְכָל-צָבָאָם.
וַיֵּכֶּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
מַלְאֲכָתוֹ אֲשֶׁר עָשָׂה.
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי
מִכָּל-מַלְאֲכָתוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי
וַיְקַדֵּשׁ אֹתוֹ, כִּי בּו שְׁבֹת מְכֹל-
מַלְאֲכָתוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

THE HEAVEN AND THE EARTH were finished, and all their array.
On the seventh day God finished the work that God had been doing,
and God ceased on the seventh day from all the work that God had done.
And God blessed the seventh day and declared it holy,
because on it God ceased from all the work of creation that God had done.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
בּוֹרֵא פְּרֵי הַגֶּפֶן.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,
וְשַׁבַּת קִדְּשׁוֹ
בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,
זָכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.
כִּי הוּא יוֹם וַתְּחַלֵּךְ לְמִקְרָאֵי קִדְּשׁ,
זָכָר לִיצִיאַת מִצְרָיִם.
כִּי בָנוּ בְּחֶרֶת, וְאוֹתָנוּ קִדְּשָׁתָּ
מִכָּל הָעַמִּים.
וְשַׁבַּת קִדְּשָׁךְ
בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.
בָּרוּךְ אַתָּה, יי, מִקְדֵּשׁ הַשַּׁבָּת.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe
who finding favor with us, sanctified us with mitzvot.
In love and favor, You made the holy Shabbat our heritage
as a reminder of the work of Creation.
As first among our sacred days, it recalls the Exodus from Egypt.
You chose us and set us apart from the peoples.
In love and favor You have given us Your holy Shabbat as an inheritance.

Praise to You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה, יי, מִקְדֵּשׁ הַשַּׁבָּת.

FOR THOSE WHO WEAR TALLIT

AS I WRAP myself in the tallit,
I fulfill the mitzvah of my Creator.

Before putting on tallit

בְּרַכֵּי נַפְשִׁי אֶת יְיָ
יְיָ אֱלֹהֵי, גְּדֹלָתָּ מְאֹד,
חוֹד וְהוֹדָר לְבָשֶׁתָּ.
עָטָה אֹר פְּשָׁלְמָה,
נוֹטָה שָׁמַיִם בִּירֵיעָה.

BLESS, ADONAI, O my soul!
Adonai my God, how great You are.
You are robed in glory and majesty,
wrapping Yourself in light as in a garment,
spreading forth the heavens like a curtain.

בְּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצֵת.

BLESSED ARE YOU, Adonai our God,
Sovereign of the universe,
who hallows us with mitzvot,
commanding us to wrap ourselves in the fringes.

כִּמֵּה־טֹבִי אֹהֶלֶךָ, יַעֲקֹב,
מִשְׁכְּנֶיךָ, יִשְׂרָאֵל!

וְאֲנִי בְּרַב חֶסֶדְךָ
אֲבוֹא בֵיתְךָ,
אֲשַׁתְּחִנָּה אֶל־חֵיכֶל קֹדְשְׁךָ
בִּירְאָתְךָ.

יְיָ, אֶתְהַבְּתִי מֵעוֹן בֵּיתְךָ
וּמִקּוֹם מִשְׁכְּנוֹ כְּבוֹדְךָ.

וְאֲנִי אֲשַׁתְּחִנָּה וְאֶכְרַעָה,
אֶבְרַכְּךָ לִפְנֵי־יְיָ עָשִׂי.

וְאֲנִי תִפְלֵתִי־לָךְ, יְיָ,
עַתָּה רְצוֹן.

אֱלֹהִים, בְּרַב־חֶסֶדְךָ,
עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

HOW FAIR are your tents, O Jacob,
your dwellings, O Israel.

I, through Your abundant love, enter Your house;
I bow down in awe at Your holy temple.

Adonai, I love Your temple abode,
the dwelling-place of Your glory.

I will humbly bow down low before Adonai, my Maker.

As for me, may my prayer come to You, Adonai, at a favorable time.
O God, in Your abundant faithfulness, answer me with Your sure deliverance.

בָּרוּךְ אַתָּה, יי
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה
 וּבָרָא בּוֹ נִקְבִּים וְנִקְבִּים,
 חֲלוּלִים חֲלוּלִים.
 גְּלוּי וְיָדוּעַ לִפְנֵי כֹסֶא כְבוֹדָךְ
 שָׂאם יִפְתַּח אֶחָד מֵהֶם
 אוֹ יִשְׁתָּם אֶחָד מֵהֶם,
 אִי אֶפְשָׁר לְהִתְקַיֵּם
 וּלְעֲמֹד לִפְנֶיךָ.
 בָּרוּךְ אַתָּה, יי,
 רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

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.
 בָּרוּךְ אַתָּה, יי, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe.
With divine wisdom You have made our bodies,
combining veins, arteries and vital organs
into a finely-balanced network.
Wondrous Maker and Sustainer of life,
were one of them to fail —
how well we are aware! —
we would lack the strength to stand before You.
Blessed are You, Adonai,
Source of our health and strength.

בְּרוּךְ אַתָּה, יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

DON'T LET ME FALL
as a stone falls upon the hard ground.
And don't let my hands become dry
as the twigs of a tree
when the wind beats down the last leaves.
And when the storm raises dust from the earth
with anger and howling,
don't let me become
the last fly
trembling terrified
on a windowpane.
Don't let me fall.
I have asked for so much,
but as a blade of Your grass in a distant wild field
lets drop a seed in the lap of the earth
and dies away,
sow in me Your living breath,
as You sow a seed in the earth.

בְּרוּךְ אַתָּה, יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

אֱלֹהֵי, נִשְׁמָה שְׁנָתָהּ בִּי
 קְהוּלָה חַיָּה.
 אַתָּה בְּרָאָתָהּ, אַתָּה יִצְרָתָהּ,
 אַתָּה נִפְחָתָהּ בִּי,
 וְאַתָּה מְשַׁמְרָהּ בְּקֶרְבִּי.
 כָּל זְמַן שְׁחַנְשָׁמָה בְּקֶרְבִּי,
 מוֹדָה / מוֹדָה אֲנִי לִפְנֶיךָ,
 יְיָ אֱלֹהֵי
 וְאַלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,
 רַבּוֹן כָּל חַמְצָשִׁים,
 אֲדוֹן כָּל הַנְּשָׁמוֹת.
 בְּרוּךְ אַתָּה, יְיָ,
 אֲשֶׁר בְּיָדוֹ נִפְשׁ כָּל חַי
 וְרוּחַ כָּל בָּשָׂר אִישׁ.

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.

בְּרוּךְ אַתָּה, יְיָ, אֲשֶׁר בְּיָדוֹ נִפְשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.

נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לְשִׁכּוֹי בִּינָה
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

For awakening

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has given the mind the ability to distinguish day from night.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
פוֹקֵחַ עֵינַיִם.

For vision

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who opens the eyes of the blind.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

*For the ability
to stretch*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who frees the captive.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
זוֹקֵף כְּפוּפִים.

*For rising to the
new day*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who lifts up the fallen.

נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
רוֹסֵעַ הָאָרֶץ עַל הַמַּיִם.

*For firm earth to
stand upon*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who stretches the earth over the waters.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמְּכִיץ מִצְעָדֵי נַגְדִּי.

*For the gift of
motion*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who strengthens our steps.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרֻמִּים.

*For clothing
the body*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who clothes the naked.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַנּוֹתֵן לַיָּגוֹף כֹּחַ.

*For renewed
enthusiasm for life*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who gives strength to the weary.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמַּעֲבִיר שְׁנָה מְעִינִי,
וְהַנּוֹמָחַ מֵעַפְעָפִי.

For reawakening

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who removes sleep from the eyes, slumber from the eyelids.

נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנוּ בְּצַלְם אֱלֹהִים.

*For being in
the image of God*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who made me in the image of God.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנוּ בֶן / בֵּת חוֹרִין.

*For being
a free person*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has made me free.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנוּ יִשְׂרָאֵל.

For being a Jew

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has made me a Jew.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בְּגִבוּרָה.

For purpose

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who girds Israel with strength.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

For harmony

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who crowns Israel with splendor.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

BLESSED ARE YOU, Adonai our God,
Sovereign of the universe,
who hallows us with mitzvot,
commanding us to engage with words of Torah.

וְהַעֲרַבְנָא יי אֱלֹהֵינוּ
אֶת־דִּבְרֵי תוֹרָתְךָ בְּפִינוּ,
וּבְפִי עַמֶּךָ בֵּית יִשְׂרָאֵל,
וְנִחְיָה אֶתְחַנּוּ וְצִאֲצֵאֵנוּ,
וְצִאֲצֵאֵי עַמֶּךָ בֵּית יִשְׂרָאֵל,
בְּלִנּוּ יוֹדְעֵי שְׁמֶךָ,
וְלִוְמַדֵּי תוֹרָתְךָ לְשִׁמְחָה.
בָּרוּךְ אַתָּה, יי,
הַמְלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

○ ADONAI, our God,
let the words of Torah be sweet in our mouths
and the mouths of Your people Israel,
so that we, our descendants and the descendants of all Your people Israel
may know You, by studying Your Torah for its own sake.
Blessed are You, Adonai, who teaches Torah to Your people Israel.

בָּרוּךְ אַתָּה, יי, הַמְלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

WE SEEKERS of God, how do we find You?
In good deeds and in the study of Torah.
And Your search for us?
You find us
in the bending of the knee,
in the rigor of study,
in the honesty of commerce,
through a good heart, through decency,
in respect, true fellowship, companionship and love,
through truth and peace,
in the No that is really No, and
the Yes that is really Yes.

בְּרוּךְ אַתָּה, יי, הַמְלַמֵּד תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

FROM THE COWARDICE that shrinks from new truth,
from the laziness that is content with half-truths,
from the arrogance that thinks it knows all truth,
O God of truth, deliver us.
Blessed is Adonai, Teacher of Torah to Your people Israel.

בְּרוּךְ אַתָּה, יי, הַמְלַמֵּד תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

אֵלֶּיךָ דְּבָרִים שְׂאִין לָהֶם שְׁעוֹר,
 שְׂאֵדָם אוֹכֵל פְּרוּתֵיהֶם
 בְּעוֹלָם הָעוֹלָם
 וְחֻקָּם קִיָּמָה לוֹ לְעוֹלָם הַבָּא.
 וְאֵלֶּיךָ הוֹדוֹת
 כְּבוֹד אָב וָאֵם,
 וְגִמְלוֹת חֲסָדִים,
 וְהַשְׁכָּמָה בֵּית הַמִּדְרָשׁ
 שְׁחֵרִית וְעֶרְבִית,
 וְהַקְנָסֶת אוֹרְחִים,
 וּבִקּוּר חוֹלִים,
 וְהַקְנָסֶת בָּלָה,
 וְלִנְיַת הַמָּוֶת,
 וְעֵינִי תַפְלָה,
 וְהַבָּאָה שְׁלוֹם בֵּין אָדָם לַחֲבֵרוֹ.
 וְתִלְמוּד תּוֹרָה כְּנֶגֶד כָּלֶם.

THESE ARE THINGS that are limitless,
 of which a person enjoys the fruit of the world,
 while the principal remains in the world to come.
 They are: honoring one's father and mother,
 engaging in deeds of compassion,
 arriving early for study, morning and evening,
 dealing graciously with guests, visiting the sick,
 providing for the wedding couple,
 accompanying the dead for burial,
 being devoted in prayer,
 and making peace among people.
 But the study of Torah encompasses them all.

FOR OUR TEACHERS and their students,
and the students of the students,
we ask for peace and lovingkindness,
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 lovingkindness,
and let us say, Amen.

I FIND by experience, not by reasoning,
but by my own discovery that God is near me,
and I can be near God at all times.
I cannot explain it, but I am as sure of my experience
as I am of the fact that I live and love.
I cannot explain how I have come to live and love,
but I know I do.
In the same way, I know I am in contact with God.

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יְהַלְלוּךָ סֵלָה.
אַשְׁרֵי הָעַם שֶׁכָּכָה לוֹ,
אַשְׁרֵי הָעַם שֶׁיְי אֱלֹהָיו.

HAPPY are those who dwell in Your house; they forever praise You!
Happy the people who have it so; happy the people whose God is Adonai.

DAVID'S PSALM — PSALM 145:1-21

יְהַלֵּלְךָ לְדָוָד.
אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,
וְאֶבְרַכְּךָ שִׁמְךָ לְעוֹלָם וָעֶד.

בְּכָל-יוֹם אֶבְרַכְּךָ,
וְאֶחְלֵלְךָ שִׁמְךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד,
וְלִגְדֻלְתּוֹ אֵין חֶסֶר.

דָּוָר לְדָוָר יִשְׂבַּח מַעֲשֶׂיךָ,
וְגִבוֹרֹתֶיךָ יִגְדֹּה.

הַדָּוָר כְּבוֹד הוֹדֶה,
וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

וְעֵזוֹ טִרְאוֹתֶיךָ לֵאמֹרוּ,
וְגִדְלֹתֶיךָ אֶסְפְּרֶנָּה.

יִזְכָּר רַב-טוֹבָךָ יִבְיָעוּ,
וְצִדְקֹתֶיךָ יִרְנְנוּ.

חֲנוּן וְרַחוּם יְיָ,
אֶרְךָ אִפְּיִם וְגִדְל־חֶסֶד.

טוֹב יְיָ לְכָל,
וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו.

יִוְדֶה יְיָ כָּל-מַעֲשֶׂיךָ,
וְחִסְדֶּיךָ יִבְרַכְכָּה.

PSALM 150:1-6

הַלְלוּ יְהוָה!
הַלְלוּ־אֵל בְּקֹדֶשׁוֹ,
הַלְלוּהוּ בִּרְקִיעַ עֵא.
הַלְלוּהוּ בַּגְּבוּרֹתָיו,
הַלְלוּהוּ בְּרֹב גְּדָלוֹ.
הַלְלוּהוּ בַּתִּשְׁעֵי שׁוֹפָר,
הַלְלוּהוּ בַּנֶּגֶל וּכְנֹר.
הַלְלוּהוּ בַּתֶּן וּמְחֹל,
הַלְלוּהוּ בַּמִּנִּים וְעֹגֵב.
הַלְלוּהוּ בַּצִּלְצְלֵי־שִׁמְעַ,
הַלְלוּהוּ בַּצִּלְצְלֵי־תְרוּעָה.
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה,
הַלְלוּ־יְהוָה!

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!

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא
 בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵהּ,
 וַיִּמְלִיךְ מַלְכוּתֵהּ
 בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
 בְּעֻגְלָא וּבְזֶמַן קָרִיב,
 וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרֵךְ
 לְעַלְמֵי עֻלְמָיָא.

יִתְבָּרֵךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר
 וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא,
 וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְחַלֵּל
 שְׁמֵהּ דְקֻדְשָׁא בְּרִיקָא חוּא,
 לְעֻלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,
 תַּשְׁבַּחְתָּא וְנַחֲמָתָא,
 דְאָמִירוֹ בְּעֻלְמָא, וְאָמְרוּ: אָמֵן.

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.

שְׁמַע וּבְרָכוֹתֶיהָ

SH'MA UVIRCHOTEHA — SH'MA AND ITS BLESSINGS

בְּרָכוּ אֶת יי' מְבָרָךְ!
פָּרוּך יי' מְבָרָךְ
לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!

Praised be Adonai to whom praise is due,
now and forever!

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מִלְדּוֹ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
הַמְאִיר לָאָרֶץ
וְלִדְרוֹת עֲלֶיהָ בְּרַחֲמִים,
וּבִטּוּבוֹ מְחַדֵּשׁ בְּכָל יוֹם תְּמִיד
מַעֲשֵׂה בְּרָאשִׁית.
מִה רַבּוֹ מַעֲשָׂיו, יי,
כָּלם בְּחִכְמָה עֲשִׂיתָ,
מְלֵאָה הָאָרֶץ קִנְיָנֶיךָ.
תִּתְבָּרֵךְ, יי אֱלֹהֵינוּ,
עַל שֶׁבַח מַעֲשֵׂה יְדֶיךָ
וְעַל מְאֹרֵי אוֹר שְׁעֲשִׂיתָ,
יִפְאָרוּךְ סֶלָה.
אוֹר חֲדָשׁ עַל צִיּוֹן תֵּאִיר,
וְנִזְכֶּה כָּלֵנוּ מְהֵרָה לְאוֹרוֹ.
בָּרוּךְ אַתָּה, יי, יוֹצֵר הַמְּאֹרוֹת.

PRAISED ARE YOU, Adonai our God, Sovereign of the universe,
Creator of light and darkness, who makes peace and fashions all things.
In mercy, You illumine the world and those who live upon it.
In Your goodness You daily renew creation.
How numerous are Your works, Adonai!
In wisdom, You formed them all, filling the earth with Your creatures.
Be praised, Adonai our God, for the excellent work of Your hands,
and for the lights You created, may they glorify You.
Shine a new light upon Zion, that we all may swiftly merit its radiance.
Praised are You, Adonai, Creator of all heavenly lights.

בָּרוּךְ אַתָּה, יי, יוֹצֵר הַמְּאֹרוֹת.

אַהֲבָה רַבָּה אֶהְבְּתֵנוּ, יי אֱלֹהֵינוּ,
חֲמֵלָה גְדוֹלָה וַיִּתְּרָה חֲמִלָּתְךָ עָלֵינוּ.
בְּעֵבוֹר אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ שֶׁבָּטְחוּ בְּךָ
וַתִּלְמַדְם חֲסִי חַיִּים, כֵּן תַּחֲנֹנֵנוּ
וַתִּלְמַדְנוּ. הַמְּרַחֵם, רַחֵם עָלֵינוּ,
וְתֵן בְּלִבֵּנוּ לַחֲבִין וּלְחֶשְׁכִּיל, לִשְׁמַע,
לִלְמַד וּלְלַמֵּד, לִשְׁמֹר וּלְעֲשׂוֹת וּלְקַיֵּם
אֶת-כָּל-דְּבָרֵי תִלְמוּד וְתוֹרָתְךָ בְּאַהֲבָה.

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.

וְהָאֵר עֵינֵינוּ בְּתוֹרָתְךָ,
וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
וַיִּחַד לִבֵּנוּ לְאַהֲבָה
וּלְיִרְאָה אֶת-שְׁמֶךָ,
וְלֹא נְבוֹשׁ וְלֹא נִכְלָם,
וְלֹא נִכָּשֵׁל לְעוֹלָם וָעֶד.
כִּי בְּשֵׁם קֹדֶשְׁךָ הַגָּדוֹל וְהַנּוֹרָא
בְּטַחְנוּ, נִגִּילָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ.
וְחַבֵּיאוּנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת
הָאָרֶץ, וְתוֹלִיכֵנוּ קוֹמָמִית לְאַרְצֵנוּ.
כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אֲתָהּ, וּבְנֵי בְּחִרְתְּ
וְסִדְּבָתֵנוּ לִשְׁמֶךָ הַגָּדוֹל סֵלָה בְּאַמָּת,
לְחֻדוֹת לָךְ וּלְיִחְדָּךְ בְּאַהֲבָה.
בְּרוּךְ אַתָּה, יי,
הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

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.

בְּרוּךְ אַתָּה, יי, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

ONCE OR TWICE in a lifetime,
a man or woman may choose
a radical leaving, having heard
Lech l'cha — Go forth.

God disturbs us toward our destiny
by hard events
and by freedom's now urgent voice
which explode and confirm who we are.
We don't like leaving,
but God loves becoming.

ברוך אתה, יי, מבורח בעמו ישראל באהבה.

LOVE YOUR NEIGHBOR as yourself, You said.
And light-blinded we saw
that inner and outer worlds are one
as You are One.
You spoke and we wrote.
We reached for You down the centuries,
Your light moving before us
as we climbed, fell back and climbed again
Your Sinai of life.

ברוך אתה, יי, מבורח בעמו ישראל באהבה.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Blessed is God's glorious majesty forever and ever.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ
בְּכָל-לִבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-
מְאֹדֶךָ: וְהָיוּ חֻדְבָּרִים הָאֵלֶּה
אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-
לִבְּךָ: וּשְׁנַתָּם לְבָנֶיךָ וּדְבַרְתָּ
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְקֻתְךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וּקְשַׁרְתָּם לֵאוֹת עַל-יָדְךָ וְהָיוּ
לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם
עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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.

לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-
כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם אֲשֶׁר
חוֹצְאָתִי אֶתְכֶם מֵמִצְרַיִם
מִצִּרִּים לְהוֹצִיָּת לָכֶם לֵאלֹהִים
אֲנִי יְיָ אֱלֹהֵיכֶם:

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.

יְיָ אֱלֹהֵיכֶם אֶמֶת.

אֱמֶת EMET, there is no place
where You are not;
even in the wilderness
there is Your word.

אֱמֶת EMET, that pen strokes of lightning,
white fire, black flame,
stir the soul's passion, guide our sacred way.
True and enduring is Torah.

Your truth for us is certain and established,
now and forever more.
Like Moses, Miriam and all Israel,
we sing out and rejoice!

THE ETERNAL TRUTH

is that You alone are God and there is none else.

May the righteous of all nations
rejoice in Your love and exult in Your justice.

Let them beat their swords into plowshares
and their spears into pruning hooks.

Let nation not lift up sword against nation
nor learn war any more.

You shall not hate your brother or your sister in your heart.

The stranger that sojourns with you
shall be accepted as your equal,
for you were strangers in the land of Egypt.

"Why do you crush My people and oppress the poor?" asks God.

We know that the Eternal One defends the poor
and upholds the rights of the needy.

Praise to God Most High;
blessed is God and deserving of blessing!

מִי־כַמְכַח בָּאֱלֹס, יְיָ!
מִי כַמְכַח נֶאֱדָר בְּקֹדֶשׁ,
נוֹרָא תַחֲלֹת, עֲשֵׂה פֶלֶא!

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים
לְשִׁמְךָ עַל שִׁפְתַּת חַיִּים.
יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כְנָעַמָּה יְהוּדָה וְיִשְׂרָאֵל.
גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
קְדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה, יְיָ, גֹּאֲלֵ 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.

בְּרוּךְ אַתָּה, יְיָ, גֹּאֲלֵ יִשְׂרָאֵל.

THE GOOD IN US will win,
over all the wickedness, over all the wrongs we have done.
We will look back at the pages of written history, and be amazed,
and then we will laugh and sing,
and the good that is in us, children in their cradles, will have won.

Our hearts beat with certainty
that there is a day and an hour, and a mountain called Zion,
and that all of the sufferings will gather there and become song,
ringing out into every corner of the earth, from end to end,
and the nations will hear it,
and like the caravans in the desert will all to that morning throng.

AND WHAT IS my life span?
I'm like a man gone out of Egypt;
the Red Sea parts, I cross on dry land,
two walls of water; on my right and on my left
Pharaoh's army and his horsemen behind me.
Before me the desert,
perhaps the Promised Land, too.
That is my life span.

It is not enough to be concerned for the life to come. Our immediate concern must be with justice and compassion in life here and now, with human dignity, welfare, and security.

Abraham J. Heschel

Egypt is symbolic of any bondage, any slavery. In singing the Song at the Sea, we sing our present experience of redemption as well as the historic redemption of Israel from Egypt in our past. Every day, said the Rabbis, we are sold into slavery; every day we are delivered; and every day we experience the miraculous as real as that at the Sea. *Herbert Bronstein*

תפלה

T'FILAH

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יַגִּיד תְּהִלָּתְךָ.

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

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ
 ואלהי אבותינו ואמותינו, אלהי
 אברהם, אלהי יצחק ואלהי יעקב,
 אלהי שרה, אלהי רבקה, אלהי
 רחל ואלהי לאה. תֵּאלֵךְ הַגְדוֹל
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל
 חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
 חֲסֵדֵי אֲבוֹת וְאַמְחוֹת, וּמְבִיא גְאֻלָּה
 לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

— SHABBAT SHUVAH*

זְכַרְנוּ לַחַיִּים,
 מְלֶכֶד חַפֵּץ בַּחַיִּים,
 וְתִבְּנוּ בְּסֶפֶר חַיִּים,
 לְמַעַן אֱלֹהִים חַיִּים.
 מְלֶכֶד עוֹזֵר וּמוֹשִׁיעַ וּמִגֹּן.
 בְּרוּךְ אַתָּה, יי,
 מִגֹּן אֲבִרְהָם וְעִזְרַת שָׂרָה.

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 lovingkindness, 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.

בְּרוּךְ אַתָּה, יי, מִגֹּן אֲבִרְהָם וְעִזְרַת שָׂרָה.

אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי,
מַחֲיָה כָּל
אֲתָּה,
רַב לְחַיִּים.

WINTER* — מְשִׁיב רִיחַ וּמוֹרִיד חֶגְשָׁם.

SUMMER* — מוֹרִיד חֶשֶׁל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחֲיָה כָּל
בְּרִחְמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וּרֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמַסִּים אֲמוֹנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בַּעַל גְּבוּרֹת
וּמִי דוֹמָה לָךְ, מְלַךְ מַמְיָת
וּמַחֲיָה וּמַצְמִיחַ יְשׁוּעָה.

— SHABBAT SHUVAH

מִי כְמוֹךָ אֵל בְּרִחְמִים,
זֹכֵר יַצְרֵנוּ לְחַיִּים בְּרִחְמִים.
וְנֶאֱמָר אַתָּה לְחַיִּים כָּל
בְּרִיךְ אַתָּה, יְיָ, מַחֲיָה כָּל

YOU ARE FOREVER MIGHTY, Adonai; You give life to all

*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 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

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

Blessed are You, Adonai, who gives life to all

בְּרִיךְ אַתָּה, יְיָ, מַחֲיָה כָּל

נְקַדֵּשׁ אֶת שְׁמֶךָ בָּעוֹלָם,
 כָּשֶׁם שֶׁמְקַדִּישִׁים אוֹתוֹ בְּשִׁמִּי מְרוֹם,
 בְּכָתוּב עַל יַד נְבִיאָךְ,
 וְקָרָא זֶה אֵל זֶה וְאָמַר:
 קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאוֹת,
 מֶלֶךְ כָּל הָאָרֶץ כְּבוֹדוֹ.
 אֲדִיר אֲדִירָנוּ, יְיָ אֲדוֹנֵנוּ,
 מֶה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.
 בְּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.
 אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,
 הוּא מֶלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ,
 וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל חַי.
 אֲנִי יְיָ אֱלֹהֵיכֶם.
 יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֵינוּ צִיּוֹן
 לְדֹר וָדֹר, הַלְלוּיָהּ.

LET US SANCTIFY Your Name on earth, as it is sanctified in the heavens above.
 As it is written by Your prophet:

Holy, holy, holy is *Adonai Tz'vaot*! God's presence fills the whole earth.
 Source of our strength, Sovereign One, how majestic is Your presence in all the earth!
 Blessed is the presence of God, shining forth from where God dwells.
 God alone is our God and our Creator, our Ruler and our Helper; and in
 mercy, God is revealed in the sight of all the living: I am Adonai your God!
 Adonai shall reign forever, your God, O Zion,
 from generation to generation, Hallelujah!

לְדֹר וָדֹר נִגִּיד נִדְלָךְ וְלִנְצַח נִצָּחִים
 קִדְשְׁתָּךְ נְקַדִּישׁ, וְשִׁבְחָךְ, אֱלֹהֵינוּ,
 מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.*
 בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

TO ALL GENERATIONS we will declare Your greatness, and for all eternity
 proclaim Your holiness. Your praise, O God, shall never depart from our lips.*

Blessed are You, Adonai, the Holy God.

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

*SHABBAT SHUVAH — Blessed are You, Adonai, Holy Sovereign.

בְּרוּךְ אַתָּה, יְיָ, הַמְּלֹךְ הַקָּדוֹשׁ.

אלהי, נצר לשוני מרע וּשְׁפָתִי
מִדְּבַר מִרְמָה, וּלְמַקְלֵלִי נִפְשִׁי
תְּדוּם, וְנִפְשִׁי כְּעֹפֵר לְכָל תְּהִיָּה.
פֶּתַח לְבִי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ
תִּרְדּוּף נִפְשִׁי. וְכָל חַחוּשָׁבִים
עָלַי רָעָה, מִהֲרֹחַ הָפֵר עֲצָתָם
וְקִלְקֵל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן
שְׁמֹךְ, עֲשֵׂה לִמְעַן יִמְיָנְךָ, עֲשֵׂה
לִמְעַן קִדְשָׁתְךָ, עֲשֵׂה לִמְעַן
וְתוֹרָתְךָ. לִמְעַן יִחְלְצוּן יְדִידֶיךָ,
חוֹשִׁיעָה יִמְיָנְךָ וְעֲנֵנִי.

MY GOD, guard my speech from evil and my lips from deception.
Before those who slander me, I will hold my tongue; I will practice humility.
Open my heart to Your Torah, that I may pursue Your mitzvot.
As for all who think evil of me, cancel their designs and frustrate their schemes.
Act for Your own sake, for the sake of Your Power,
for the sake of Your Holiness, for the sake of Your Torah,
so that Your loved ones may be rescued.
Save with Your power, and answer me.

יהיו לרצון אמרי פי וְהִגִּיוֹן לְבִי
לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

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

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֶל,
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.

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה,
וּדְבַר יְיָ מִירוּשָׁלַיִם.

FOR FROM OUT OF ZION will come the Torah,
and the word of Adonai from Jerusalem.

שִׂאוּ שַׁעְרֵיכֶם, וּשְׂאוּ פִתְחֵי עוֹלָם,
וַיָּבֹא מֶלֶךְ הַכְבוֹד.
מִי הוּא זֶה מֶלֶךְ הַכְבוֹד?
יְיָ צְבָאוֹת
הוּא מֶלֶךְ הַכְבוֹד. סֵלָה.

LIFT UP your heads, O gates! Lift yourselves up, O ancient doors!
Let the Sovereign of glory enter. Who is this Sovereign of glory?
The God of Hosts is the Sovereign of glory!

PEOPLE'S LIFE FROM SINAI UNTIL NOW.

Freedom is its gift to all who treasure it.

לֹא יִרְעוּ וְלֹא יִשְׁחִיתוּ
בְּכָל־הָר קֹדֶשׁי כִּי־מִלְאָה הָאָרֶץ
דָּעָה אֶת־יְיָ כַּמִּיִּם לֵים מְבַסִּים.
וְיָשְׁבוּ אִישׁ תַּחַת גִּפְנוֹ
וְתַחַת תְּאֵנָתוֹ וְאֵין מִחְרִיד.

THEY SHALL NOT HURT or destroy in My holy mountain,
for the earth shall be filled with the knowledge of Adonai
as the sea-bed is covered by water.
And all shall sit under their vines and fig trees,
and none shall make them afraid.

וְכִבְּתוּ חֶרְבוֹתָם לְאֵתִים
וְחִגִּיתוּתֵיהֶם לְמִזְמֵרוֹת.
לֹא־יִשָּׂא גּוֹי אֶל־גּוֹי חֶרֶב
וְלֹא־יִלְמְדוּ עוֹד מִלְחָמָה.

THEY SHALL BEAT THEIR SWORDS into plowshares
and their spears into pruning hooks.
Nation shall not lift up sword against nation; never again shall they learn war.

IN THIS SCROLL IS THE SECRET OF OUR
Its teaching is love and justice, goodness and hope.

Standing with the Torah, recite these verses.

בְּרוּךְ שָׁנְתָן תּוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.

BLESSED IS GOD who in holiness gave the Torah to the people Israel.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

HEAR, O ISRAEL, Adonai is our God, Adonai is One.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ,
קְדוֹשׁ שְׁמוֹ.

OUR GOD IS ONE, Adonai is great, holy is God's Name.

גָּדְלוֹ לֵי אֲתִי,
וְנִרְמְמָה שְׁמוֹ יַחְדָּו.

EXALT ADONAI with me, let us extol God's Name together.

לָךְ יְיָ תִגְדֹּלָה וְתִגְבוּרָה
וְתִתְפָּאֲרַת וְתִנְצַח וְתִחוּד,
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.
לָךְ יְיָ תִּמְלֹכָה
וְתִמְתַּנַּשָּׂא לְכָל לְרֹאשׁ.

YOURS, ADONAI, is the greatness, might, splendor, triumph, and majesty —
yes, all that is in heaven and on earth.

To You, Adonai, belong sovereignty and preeminence above all.

The Torah is unwrapped.

BLESSING BEFORE THE READING OF TORAH

בִּרְכוּ אֶת יְיָ הַמְבוֹרָךְ

YOU SAY

(WAIT FOR CONGREGATION TO RESPOND)

(בְּרוּךְ יְיָ הַמְבוֹרָךְ לְעוֹלָם וָעֶד.)

בְּרוּךְ יְיָ הַמְבוֹרָךְ לְעוֹלָם וָעֶד.

YOU SAY

בְּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BLESSING AFTER THE READING OF TORAH

בְּרוּךְ אַתָּה, יְיָ

YOU SAY

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BLESSING BEFORE THE HAFTARAH

בְּרוּךְ אַתָּה, יי, אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בַּנְּבִיאִים טוֹבִים,
וְרָצָה בְּדִבְרֵיהֶם הַנֶּאֱמָרִים בְּאַמֶּת.
בְּרוּךְ אַתָּה, יי, הַבוֹחֵר בַּתּוֹרָה
וּבְמִשָּׁה עֲבָדוֹ, וּבִישְׂרָאֵל עַמּוֹ,
וּבַנְּבִיאֵי הָאֱמֶת וְצֶדֶק.

BLESSING AFTER THE HAFTARAH

בְּרוּךְ אַתָּה, יי, אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, צוֹר כָּל הָעוֹלָמִים,
צָדִיק בְּכָל הַדּוֹרוֹת, הָאֵל הַנֶּאֱמָן,
הַאֲוִמֵּר וְעָשָׂה, הַמְדַּבֵּר וּמְקַיֵּם,
שֶׁכֶּל דִּבְרָיו אֱמֶת וְצֶדֶק.
עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה,
וְעַל הַנְּבִיאִים, וְעַל יוֹם הַשַּׁבָּת הַזֶּה,
שֶׁנִּתְּתָה לָנוּ, יי, אֱלֹהֵינוּ,
לְקַדְּשָׁה וּלְמַנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת.

עַל הַכֹּל, יי, אֱלֹהֵינוּ, אֲנַחֲנוּ מוֹדִים לָךְ,
וּמְבָרְכִים אוֹתְךָ, יִתְבָּרֶךְ שְׁמֶךָ
בְּפִי כָל חַי תָּמִיד לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

יְחַלְלוּ אֶת שֵׁם יי,
כִּי נִשְׁגָּב שְׁמוֹ לְבָדּוּ.

LET US PRAISE the Name of Adonai,
for God's Name alone is exalted!

Alternative readings are found on the facing page.

הוֹדוּ עַל אֲרֶץ וּשְׁמַיִם.
וַיִּרְם קָרוֹ לְעַמּוֹ,
תִּחַלֵּחַ לְכָל־חַסִּידָיו,
לִבְנֵי יִשְׂרָאֵל עַם־קָרְבוֹ.
חֲלֹלֵי־הָאֵל!

GOD'S MAJESTY is above the earth and heaven; and God is the strength of our people, making God's faithful ones, Israel, a people close to the Eternal. Halleluyah!

The Torah is returned to the Ark.

כִּי לָקַח טוֹב נָתַתִּי לָכֶם,
תּוֹרַתִּי אֵל תַּעֲזֹבוּ.

עַץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ,
וּתְמֻכָּתָהּ מֵאֲשֶׁר.
דֶּרֶכֶיהָ דֶּרֶכֵי נֵעַם,
וְכָל גְּתִיבוֹתֶיהָ שְׁלוֹם.

הִשְׁיבֵנו יי אֱלֹהֵינוּ וְנִשְׁוֶבָהּ,
חֲדָשׁ יָמֵינוּ כְּקִדְמָם.

FOR I HAVE GIVEN YOU good instruction; do not abandon My Torah.

IT IS A TREE OF LIFE for those who hold fast to it, and all its supporters are happy.
Its ways are ways of pleasantness and all its paths are peace.
Return us to You, Adonai, and we will return; renew our days as of old.

עלינו

ALEINU

Select one of the four passages on this or the facing page.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית,
שְׁחֹא נֹטָה שָׁמַיִם וְיִסַּד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל,
וְשֹׁכֵנֶת עַל בְּגָבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד.
וְנִגְהָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים
הַקָּדוֹשׁ בָּרוּךְ הוּא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator 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. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרָאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה.
שֶׁלֹא שָׁם חָלְקָנוּ כָּהֵם,
וְגִדְּלָנוּ כְּכָל־הַמוֹנִם.
וְנִגְהָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים
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.

For those who choose: At the word כּוֹרְעִים *kor'im*, one bends the knees; at *umishtachavim*, one bows at the waist; and at לִפְנֵי מֶלֶךְ *lifnei Melech*, one stands straight.

MAY WE GAIN WISDOM in our lives,
overflowing like a river with understanding.
Loved, each of us, for the peace we bring to others.
May our deeds exceed our speech,
and may we never lift up our hand
but to conquer fear and doubt and despair.

Rise up like the sun, O God, over all humanity.
Cause light to go forth over all the lands between the seas.
And light up the universe with the joy
of wholeness, of freedom, and of peace.

וְנֹאמַר, יְהִיָּה יי
לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם תְּהוּא יְהִיָּה יי אֶחָד
וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai will be Sovereign over all the earth.
On that day, Adonai will be one, and God's Name will be one.

MOURNER'S KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי בְּרָא כְרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ,
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעָגְלָא וּבְזִמְנוֹ קָרִיב. וְאָמְרוּ: אָמֵן.
יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וְלְעָלְמֵי עָלְמָיָא
יְתְבָרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,
וְיִתְחַדֵּר וְיִתְעַלֶּה וְיִתְחַלֵּל
שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא,
לְעָלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,
תְּשַׁבְּחָתָא וְנַחֲמָתָא,
דְּאָמִירוּ בְּעֻלְמָא. וְאָמְרוּ: אָמֵן.
יְיָהּ שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמֶיךָ,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

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.

KIDDUSH FOR SHABBAT MORNING

Fill a Kiddush cup with wine or grape juice.

Raise it and recite:

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרֹתָם
בְּרִית עוֹלָם.
בֵּנִי וּבֵן בְּנֵי יִשְׂרָאֵל
אוֹת חַיָּא לְעוֹלָם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יי
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat,
observing Shabbat throughout the ages as a covenant for all time.
It shall be a sign for all time between Me and the people of Israel,
for in six days Adonai made heaven and earth,
and on the seventh day God ceased from work and was refreshed.

על־כֵּן בֵּרַךְ יְיָ אֶת־יוֹם הַשַּׁבָּת וַיְקַדְּשֶׁהוּ.

Al kein beirach Adonai et Yom HaShabbat vay'kadsheihu.

Therefore Adonai blessed the day of Shabbat and hallowed it.

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.

Praise to You, Adonai our God, Sovereign of the universe,
Creator of the fruit of the vine.

הַמּוֹצִיא, בְּרַכַּת הַמָּזוֹן

HAMOTZI AND BIRKAT HAMAZON

FOR FOOD

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם,
הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

Our praise to You, Adonai our God, Sovereign of the universe,
who brings forth bread from the earth.

