

Siddur Shelanu

A Siddur for Weekdays



Congregation B'nai Israel
Sacramento, California
EST. 1849

Dear B'nai Israel Community,

We have created this siddur (prayer book) for our Sunday morning service to help make prayer more accessible for all of our religious school families.

You will notice that on some pages there are headers that are in both English and Hebrew - this is to teach that the service consists of different sections. Each section has a different purpose, directing our thoughts in a variety of ways and directions, from inward, to what it means to be part of a community, to being in relationship with the Holy One.

Many of the "core" prayers in our siddur were copied from our congregation's prayerbook, Mishkan T'fillah. These pages have the Hebrew and transliteration side by side and the translation directly beneath. We want our students to begin to be familiar and comfortable with our congregation's prayerbook.

In addition, on many pages there are questions for reflection or discussion. This is so that our students can begin to engage with the prayers in a more personal way and begin to reflect on what these prayers mean to them.

And lastly, you will notice that our siddur contains considerably more songs. This is because song is our oldest form of worship. From Moses and Miriam on the shore of the Red Sea until today, the prayer of the heart is often expressed most naturally not by words alone, but with music as well. Wherever possible, we have included the names of the composers of these melodies so that if you want to go online and explore more of that artist's music you might do so more easily.

We hope you enjoy the changes we've made.

L'shalom,
Rabbi Mona Alfi

Morning Blessings

בְּרֻכּוֹת הַשַּׁחַר

Baruch atah, Adonai
Eloheinu, Melech haolam,
asher kid'shanu b'mitzvotav
v'tzivanu l'hitateif batzitzit.

בָּרוּךְ אַתָּה, יי
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.

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

מוֹדָה / מוֹדָה אָנִי לְפָנֶיךָ,
מֶלֶךְ חַי וְקַיִם,
שֶׁהֲחֵזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,
רַבָּה אֱמוּנָתְךָ.

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

MAH TOVU ohalecha, Yaakov,
mishk'notecha, Yisrael!

מַה־טֹּבוֹ אֹהֶלְךָ, יַעֲקֹב,
מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל!

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

ASHREI yoshvei veitecha,
od y'hal'lucha selah.
Ashrei haam shekacha lo,
ashrei haam she-Adonai Elohav.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,
עוֹד יִהְלָלוּךָ סֵלָה.
אֲשֶׁרִי הָעָם שֶׁכָּכָה לוֹ,
אֲשֶׁרִי הָעָם 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.

BOKER TOV (Craig Taubman)

I hear the birds outside; they're singing
I see sun rays rising to the skies
I feel the earth it's rising up to greet me
And I stop to say thank you I'm alive

Chorus

Boker tov, good morning
All the world is singing out in song
Boker tov, each morning
We should stop and say thank you we're alive

I hear the wind, it's rushing through the valley
I see the rain, it's falling from the sky
I feel my blood, it's flowing through my body
And I stop to say thank you I'm alive



SHIR CHADASH (Julie Silver)

*Shi-ru l'A-do-nai kol ha-a-retz
Shi-ru l'A-do-nai shir cha-dash*

I will sing unto God all the earth a new song
I will sing unto God a new song
Sing unto God and we'll all sing along
All the earth a new song unto God!

*Shi-ru l'A-do-nai kol ha-a-retz
Shi-ru l'A-do-nai shir cha-dash*

I will sing unto God a new song!

KUM BACHUR ATZEIL (Israeli folk tune)

*KUM bachur atzeil, v'tzei la-Avodah (2x)
Kum! Kum! V'tzei la-Avodah! (2x)
Kukuriku! Kukuriku! Tarn'gol kara! (2x)*

(Get up lazy child and go to work! Cock-a-doodle doo! Cock-a-doodle doo! The rooster has crowed!)

MAH TOVU (Rabbi Margot Stein)

Mah tovu it's the morning
Mah tovu bless us this morning
O-ha-le-cha let us enter
Ya-a-kov our heritage
Mish-ke-no-te-cha we are searching
Will you show us Yis-ra-eil

Chorus *Born to sing your praises*
In your holy, holy spaces
Mah tovu bless the morning, mah tovu

Mah tovu o-ha-la-Yishai
Sarah mish-ke-no-ta-yich
Riv-ka, Ra-chel v'Le-ah

Chorus

ANACHNU M'VORACHIM (Rick Recht)

Chorus
Anachnu m'vorachim bilvavot ohavim

We are blessed to have hands
to hold each other
We are blessed to have eyes
to see the good in the world
we are blessed to have ears
to hear the words of love

Chorus

We are blessed to have time
to understand
We are blessed to have choice
to live where we want to live
We are blessed to have voices
to sing this song

Chorus

We are blessed to have life
to live in freedom
We are blessed to have hearts
Hearts to love each other

HALLELULAH (Rick Recht)

Halleluyah Halleluyah Halleluyah Halleli

I close my eyes
Take a deep breath
I feel humble
I feel blessed
I feel my purpose
I make my plan
I will step up
I will stand
I will learn
I will teach
I will observe
I will reach
I will inspire
And I will pray
Set a new standard
Celebrate (*and I'll sing*)

I will be strong
I will exceed
All expectations
I will lead
I will contribute
And I will sing
I will be real
I will be me (*and I'll sing*)

ASHER YATZAR (Dan Nichols)

I thank You for my life, body and soul
Help me realize I am beautiful and whole
I'm perfect the way I am and a little broken too
I will live each day as a gift I give to you

Baruch Atah, Adonai
Rofei chol basar u'mafli la'asot
Baruch Atah, Adonai
Rofei chol basar u'mafli la'asot

ELOHAI NISHEMA

Elohai n'shama shenata'ta bi t'hora hi.

(O my God, the soul you have given me is pure.)

DAILY MIRACLES

We thank You, God, for minds that think.
And we pray to use them well.

We thank You for helping us do what is right.
And we pray to know right from wrong.

We thank You, God, for hands that heal.
And we pray for our bodies to be strong.

We thank You for letting us talk with You.
And we pray that you will always hear our prayer.

Adonai, we thank You for people who care about us.
For family and friends, neighbors and cousins—

Adonai, we praise You for the world and its beauty.
For cities & towns, factories & farms, flowers & trees, sea & sky—

Adonai, we thank You for friendship and love.
For kind hearts, smiling faces, and helping hands—

Adonai, we praise You for those who care for others.
For commandments that teach us how to live—

Adonai, we thank You for those who help us to understand Your laws.
And for making us one family on earth, the children of One God—

Adonai, we praise You, who made all people different, yet alike.
Amen.



What are some daily miracles that you sometimes take for granted?

What are the blessings you are grateful for every day?

LAASOK B'DIVREI TORAH

<p>Baruch atah Adonai Eloheinu Melech haolam, asher kidshanu b'mitzvotav v'tzivanu laasok b'divrei Torah.</p>	<p>בָּרַךְ אֲתָהּ יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תוֹרָה.</p>
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Blessed are You, Adonai our God, Sovereign of the universe,
 who has sanctified us through Your commandments,
 and commanded us to engage in words of Torah.

♪ **Sweet as Honey** ♪

(Dan Nichols)

Sweet as honey, sweet as honey,
 sweet as honey on our tongue
 Sweet as honey, sweet as honey,
 sweet as honey on our tongue
 Ba-ruch A-tah A-do-nai
 E-lo-hei-nu Me-lech ha-o-lam
 A-----sher k'di-sh-nu b'mitz-vo-tav v'tzi-va-nu
 La-a----sok b'div-rei To-rah
 La-a-sok b'div-rei To-rah

*(Blessed are You Adonai our God, Ruler of the universe,
 who has made us holy through Your mitzvot,
 and commands us to immerse in words of Torah)*

♪ **Kaddish d'Rabbanan** ♪

(Debbie Friedman)

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.

שְׁמַע וּבְרָכוּתֶיָּהּ Sh'ma and Its Blessings

Let's Praise God!

בְּרָכוּ

Just like we warm up before we exercise, we say a few warm-up prayers before we get to the most important parts of the service. With the בְּרָכוּ the service leader checks that the congregation is ready for the main part of the service with a call-and-response prayer that praises God.

Am I awake? Am I prepared?
Are you listening to my prayer?
Can you hear my voice?
Can you understand?
Am I awake? Am I prepared?

Service Leader:

Service leader bows on בְּרָכוּ and stands straight before וְ.

בְּרָכוּ אֶת יְיָ הַמְבָרָךְ.

Bar-chu et A-do-nai ham'vo-rach!
Praise Adonai to whom praise is due.

Congregation:

Congregation bows on בְּרוּךְ and stands straight before וְ.

בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.



BARUCH atah, Adonai
 Eloheinu, Melech haolam,
 yotzeir or uvorei choshech,
 oseh shalom uvorei et hakol.
 Hamei-ir laaretz
 v'ladarim aleha b'rachamim,
 uv'tuvo m'chadeish b'chol yom tamid
 maaseih v'reishit.
 Mah rabu maasecha, Adonai,
 kulam b'chochmah asita,
 mal'ah haaretz kinyanecha.
 Titbarach, Adonai Eloheinu,
 al shevach maaseih yadecha
 v'al m'orei or she-asita,
 y'faarucha selah.
 Or chadash al Tzion tair,
 v'nizkeh chulanu m'heirah l'oro.
 Baruch atah, Adonai, yotzeir ham'orot.

בָּרוּךְ אַתָּה, יי
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
 יוֹצֵר אוֹר וּבוֹרֵא חוֹשֶׁךְ,
 עוֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת־הַכֹּל.
 הַמַּאִיר לָאָרֶץ
 וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים,
 וּבְטוֹבוֹ מְחַדֵּשׁ בְּכֹל יוֹם תְּמִיד
 מַעֲשֵׂה בְּרֵאשִׁית.
 מַה רַבּוּ מַעֲשֵׂיךָ, יי,
 כֻּלָּם בְּחֹכְמָה עָשִׂיתָ,
 מְלֵאָה הָאָרֶץ קִינְיָנֶיךָ.
 תִּתְבָּרַךְ, יי אֱלֹהֵינוּ,
 עַל שִׁבְחַ מַּעֲשֵׂה יָדֶיךָ
 וְעַל מְאֹרֵי אוֹר שֶׁעָשִׂיתָ,
 יִפְאָרוּךְ סֵלָה.
 אוֹר חָדָשׁ עַל צִיּוֹן תִּתְאִיר,
 וְנִזְכֶּה כָּלֵנוּ מִהֲרָה 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.
 Baruch atah, Adonai, yotzeir ham'orot.

MAH RABU (Josh Warshawsky)

Ohhhhhh ohhhhhh ohhhh

Mah rabu, mah rabu, mah rabu ma'asecha Adonai

Mah rabu, mah rabu, mah rabu ma'asecha Adonai

Kulam b'chochmama asita, kulam b'chochmama asita, kulam b'chochmama
asita,

Mah rabuuuu

(How numerous are Your works, Adonai! In wisdom you formed them all!)

ROLL INTO DARK (Noam Katz)

Bar'chu et Adonai ham'vorach

Baruch Adonai Ha-m'vorach (ha-m'vorach)

L'olam (l'olam) Va---ed

Ha-m'vorach (ha-m'vorach)

L'olam (l'olam) Va---ed

1) Roll into dark Roll into light
Night becomes day Day turns to night

2) Borei yom va-laila
Goleil or mip-nei cho-shech
Goleil or mip-nei cho-shech
V'cho-shech mip-nei or

Creator of day and night, rolling light into darkness, and darkness into light.

YOTZEIR (Jen Shankman and Serge Lippe)

As the night gives way to day a morning picture is painted 'cross our sky

The sun comes up as the morning uncurls

A wonder we can see and still wonder why, still wonder why

Chorus: God who makes the sun shine and stars glow
You renew the cycle of creation day by day
Giving light to our minds and our eyes
Time after time with the dawn of each new day

Each thing that God creates God renews each day with love and care

Through God's light we understand

The plan and wonder of this world which we all share, which we all share

Chorus

Torah is the symbol of God's love for us. We thank God for the gift of Torah. Why would we think that a book of stories and rules is a sign of God's love?

What are some other examples of rules that show that someone loves and cares about us?

<p>AHAVAH rabbah ahavtanu, Adonai Eloheinu, chemlah g'dolah viteirah chamalta aleinu. Baavur 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.</p>	<p>אהבה רבה אהבתנו, יי אלהינו, חמלה גדולה ויתרה חמלת עלינו. בעבור אבותינו ואמותינו שבטחו בך ותלמדום חקי חיים, כן ותחננו ותלמדנו. המרחם, רחם עלינו, ותן בלבנו להבין ולהשכיל, לשמע, ללמד וללמד, לשמר ולעשות ולקיים את כל דברי תלמוד תורתך באהבה.</p>
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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'mitzvotcha,
v'yacheid l'vaveinu 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.

והאר עינינו בתורתך,
ודבק לבנו במצותך,
ויחד לבבנו לאהבה
וליראה את שמוך,
ולא יבוש ולא נפלים,
ולא נפשל לעולם ועד.
כי בשם קדשך הגדול והנורא
בטחנו, נגילה ונשמחה בישועתך.

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.

ברוך אתה, יי, הבוחר בעמו ישראל באהבה.

Baruch atah, Adonai, habocheir b'amo Yisrael b'ahavah.

Though we cannot see God,
we can see God's presence in all Creation.

*Though we cannot hear God,
we can hear God's love in sounds of nature.*

Though we cannot touch God,
we can feel God in our souls.

*Though God is not in one place,
we say that God is One because all life is united with God.*

We speak of God's Oneness and our connection with God
every time we recite the *Sh'ma*.

Praised are You, Adonai,
who chooses Your people Israel in love.

בְּרוּךְ אַתָּה יי
הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

OPEN UP OUR EYES (Cantor Jeff Klepper)

Open up our eyes,
Teach us how to live,
Fill our hearts with joy
And all the love You have to give.

Gather us in peace
As You lead us to Your name,
And we will know that You are One.
We will know that You are One.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'ma, Yisrael: Adonai Eloheinu, Adonai echad!

Listen, Israel: Adonai is our God, Adonai is One!

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

Blessed is God's glorious majesty forever and ever.

LISTEN, ISRAEL שְׁמַע יִשְׂרָאֵל. The early Rabbis describe the act of saying *Sh'ma Yisrael* as *kabbalat ol malchut shamayim* (accepting the yoke of divine sovereignty). Its essence is not just the recitation of the words, but an inner assent and affirmation — the turning of the heart to God. The *Sh'ma* is not merely a theological statement of God's unity; it speaks of our relationship to the Divine. We declare that we are responsible and accountable to a power in the universe beyond ourselves.

V'AHAVTA et Adonai Elohecha,
 b'chol l'av'cha, uv'chol nafsh'cha, uv'chol
 m'odecha. V'hayu had'varim ha-eileh
 asher anochi m'tzav'cha hayom al
 l'avvecha. V'shinantam l'vanecha v'dibarta
 bam b'shivt'cha b'veitecha, uv'lecht'cha
 vaderech uv'shochb'cha uv'kumecha.
 Uk'shartam l'ot al yadecha v'hayu
 l'totafot bein einecha. Uch'tavtam
 al m'zuzot beitecha, uvisharecha.

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.

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'yot lachem l'Elohim
 ani Adonai Eloheichem.

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.
 Adonai Eloheichem EMET.

וְאָהַבְתָּ יְיָ אֱלֹהֶיךָ
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-
 מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה
 אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-
 לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
 בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
 וְקִשַּׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ
 לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם
 עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-
 כָּל-מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם: אֲנִי יְיָ אֱלֹהֵיכֶם אֲשֶׁר
 הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים
 אֲנִי יְיָ אֱלֹהֵיכֶם:

We sing praises to God in thanks for our freedom.

What do you get to do because you are free?

MIRIAM'S SONG (Debbie Friedman)

And the people dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we've exalted
Miriam and the people danced and danced the whole night long

And Miriam was a weaver of unique variety
The tapestry she wove was one which sang our history
With every strand and every thread she crafted her delight
A woman touched with spirit, she dances toward the light

When Miriam stood upon the shores and gazed across the sea
The wonder of this miracle she soon came to believe
Whoever thought the sea would part with an outstretched hand
And we would pass to freedom and march to the Promised Land

And Miriam the prophet took her timbrel in her hand
And all the people followed her just as she had planned
And Miriam raised her voice in song
She sang with praise and might
We've just lived through a miracle
We're going to dance tonight!



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.

מִי-כְמוֹכָה בְּאֵלִים, יְיָ!

מִי כְמוֹכָה נֹאדָר בִּקְדוּשָׁה,
נוֹרָא תְהִלָּת, עֹשֶׂה פִּלְאִ!

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים

לְשִׁמְךָ עַל שְׂפַת הַיָּם.

יַחַד כְּלָם 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, גְּאֵל 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, who redeems Israel.

בְּרוּךְ אַתָּה, יְיָ, גְּאֵל יִשְׂרָאֵל.

Baruch atah, Adonai, gaal Yisrael.

עֲמִידָה Amidah

Our Prayer

תְּפִלָּה

We stand up to come before God like we would come before a king or queen. Some of us even take a few small steps forward as we imagine entering God's throne room. We start our conversation with God by hoping that we say what we mean and mean what we say.

What do you need to say to God? What do you need to say to yourself?

Adonai, open my lips
that my mouth may declare your praise.

אֲדֹנָי שְׁפֹתַי תִּפְתָּח
וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai s'fa'tai tif-tach, u-fi ya-gid t'hi-la-te-cha!



We have a special relationship with God because of the special relationship that our ancestors had with God. Think about other special things that you have because of your family.

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

BETWEEN ROSH HASHANAH AND
 YOM KIPPUR — Zochreinu l'chayim,
 Melech chafeitz bachayim,
 v'chotveinu b'sefer hachayim,
 l'maancha Elohim chayim.

Melech ozeir umoshia umagein.
 Baruch atah, Adonai,
 magein Avraham v'ezrat Sarah.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ
 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.

BETWEEN ROSH HASHANAH AND
 YOM KIPPUR — זְכֹרְנוּ לְחַיִּים,
 מֶלֶךְ חַפֵּץ בַּחַיִּים,
 וְכוֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים,
 לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּין.
 בְּרוּךְ אַתָּה, יְיָ,
 מִגֵּן אַבְרָהָם 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.

BETWEEN ROSH HASHANAH AND YOM KIPPUR —
 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, יְיָ, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.
 Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

We can see God's power at work in the world in many different ways, but especially in the miracle of life.

Where do you see or feel God's power at work in your own life?

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

*WINTER — Mashiv haruach
umorid hagashem.

*SUMMER — Morid hatal.

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

BETWEEN ROSH HASHANAH AND

YOM KIPPUR — Mi chamocha Av harachamim,
zocheir y'tzurav l'chayim b'rachamim.

V'ne-eman atah l'hachayot hakol (meitim).

Baruch atah, Adonai, m'chayeh hakol (hameitim).

אַתָּה גְבוּר לְעוֹלָם, אֲדֹנָי,
מְחַיֶה הַכֹּל (מֵיַתִּים) אַתָּה,
רַב לְהוֹשִׁיעַ.

WINTER* — מְשִׁיב הַרוּחַ
וּמורִיד הַגֶּשֶׁם.

SUMMER* — מורִיד הַטַּל.

מְכַלְכֵל חַיִּים בְּחֶסֶד,
מְחַיֶה הַכֹּל (מֵיַתִּים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בְּעַל גְבוּרוֹת
וּמִי דוֹמֵה לָךְ, מְלֶכֶךְ מֵמִית
וּמְחַיֶה וּמְצַמִּיחַ יְשׁוּעָה.

BETWEEN ROSH HASHANAH AND

YOM KIPPUR — מִי כְמוֹךָ אֵב הַרַחֲמִים,
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵיַתִּים).

בָּרוּךְ אַתָּה, יְיָ, מְחַיֶה הַכֹּל (הַמֵּיַתִּים).

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)?

BETWEEN ROSH HASHANAH AND YOM KIPPUR — Who is like You, Compassionate God,
who mercifully remembers Your creatures for life?

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

בָּרוּךְ אַתָּה, יְיָ, מְחַיֶה הַכֹּל (הַמֵּיַתִּים).
Baruch atah, Adonai, m'chayeh hakol (hameitim).

God's holiness fills the world and reminds us that we can be holy.

Where do you see God's holiness in the world? What can you do to bring holiness into the world?

K'DUSHAH FOR WEEKDAY MORNING OR AFTERNOON

N'KADEISH et shimcha baolam,	נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם,
k'sheim shemakdishim oto bishmei marom,	כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשִׁמְי מְרוֹם,
kakatuv al yad n'vi-echa,	כְּכַתוּב עַל יַד נְבִיאֶךָ,
v'kara zeh el zeh v'amar:	וְקָרָא זֶה אֶל זֶה וְאָמַר:
Kadosh, kadosh, kadosh Adonai Tz'vaot,	קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְיָ צְבָאוֹת,
m'lo chol haaretz k'vodo.	מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.
L'umatam baruch yomeiru:	לְעַמְתָּם בְּרוּךְ יְיָ אֱמִרוּ:
Baruch k'vod Adonai mimkomo.	בְּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ.
Uv'divrei kodsh'cha katuv leimor:	וּבְדִבְרֵי קְדוּשָׁתְךָ כְּתוּב לֵאמֹר:
Yimloch Adonai l'olam, Elohayich Tzion	יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֶיךָ צִיּוֹן
l'dor vador, hal'luyah.	לְדוֹר וָדוֹר, הַלְלוּיָהּ.

LET US SANCTIFY Your name on earth, as it is sanctified in the heavens above.

As written by Your prophet:

Holy, holy, holy is Adonai Tz'vaot! God's Presence fills all the earth.

They responded in blessing:

Blessed is the presence of God, shining forth from where God dwells.

In Your holy scripture it is written:

Adonai shall reign forever, Your God O Zion, for all generations, Hallelujah.

L'dor vador nagid godlecha	לְדוֹר וָדוֹר נָגִיד גּוֹדְלֶיךָ
ul'neitzach n'tzachim k'dushat'cha nakdish,	וּלְנִצְחַח נִצְחִים קְדוּשַׁתְךָ נְקַדִּישׁ,
v'shivchacha Eloheinu,	וְשִׁבְחֶךָ, אֱלֹהֵינוּ,
mipinu lo yamush l'olam va-ed.*	מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֵד.*
Baruch atah, Adonai, Ha-El hakadosh.	בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.

FOR ALL GENERATIONS we will tell of Your greatness and for all eternity proclaim Your holiness. Your praise, our God, will never depart from our mouths.*

Blessed are You Adonai, the holy God.

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.

Baruch atah, Adonai, Ha-El hakadosh.

*BETWEEN ROSH HASHANAH AND YOM KIPPUR —

Blessed are You, Adonai, Holy Sovereign.

Baruch atah, Adonai, HaMelech hakadosh. בְּרוּךְ אַתָּה, יְיָ, הַמֶּלֶךְ הַקְּדוֹשׁ.

**On weekdays (days when it's not Shabbat or a Holy Day),
we ask God for help for ourselves and for our community.**

Grant us understanding, Adonai our God,
that we may know Your ways.

Give us the inner strength to confess our wrongs
and seek forgiveness from those we may have hurt.

And may we have the compassion
to forgive those who have wronged us.

Thank you for the healing power you have given us
and may it be Your will that we overcome illness and pain.

We pray for prosperity for us and all people.
May the homeless find shelter and the hungry food to satisfy them.
May good people find sweetness and happiness.
Give us the courage to defeat those wicked people
who bully and hate others.

We pray that the neighbors of Israel will finally make peace
so that, one day, all people will live in harmony
and gather in Jerusalem as one loving family of humanity.

Please accept my prayers, the offerings of my heart,
that I give to you, Adonai my Creator.

Baruch atah Adonai, sho-mei-ah t'fi-lah.

בְּרוּךְ אַתָּה יי, שׁוֹמֵעַ תְּפִלָּה.

Praised are You, Adonai, who hears prayer

*Just as important as the words in our siddur
(prayerbook), are the prayers that are in our heart.*

*Every service includes time at the end of the Amidah
to add our own personal prayers*

SIM SHALOM tovah uv'rachah,
chein vachessed v'rachamim,
aleinu v'al kol Yisrael amecha.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,
חוֹ וְחֶסֶד וְרַחֲמִים,
עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

GRANT PEACE, goodness and blessing, grace, kindness, and mercy,
to us and to all Your people Israel.

Praised are You Adonai, who blesses Your people Israel with peace.

בָּרוּךְ אַתָּה, יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.
Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

♪ *Yih'yu l'Ratzon* ♪

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

יְהִיוּ לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לִבִּי
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.

♪ *Oseh Shalom* ♪

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

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה
שְׁלוֹם עֲלֵינוּ, וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל, 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.

Concluding Prayers

עֲלֵינוּ

God's Sovereignty

When we sing Aleinu, we remember that just as each child has a special relationship with their parent that is different than that of their siblings' relationship with their parent, just like all people, the Jewish people also have a special relationship with God. What makes your relationship with God special?

ALEINU l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei haaratzot,
v'lo samanu k'mishp'chot haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.
Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech malchei ham'lachim
HaKadosh Baruch Hu.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.
שֶׁלֹא שָׂם חֶלְקֵנוּ כֶּהֱם,
וְגִרְלָנוּ כְּכָל־הַמוֹנָם.
וְאִנְחָנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
הַקָּדוֹשׁ בְּרוּךְ 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.

SHEHU noteh shamayim v'yoseid aretz,
umoshav y'karo bashamayim mimaal
ush'chinat uzo b'govhei m'romim.
Hu Eloheinu ein od,
emet Malkeinu efes zulato.
Kakatuv b'Torato, V'yadata hayom
v'hasheivota el l'vavecha,
ki Adonai hu HaElohim
bashamayim mimaal,
v'al haaretz mitachat, ein od.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל
וְשׁוֹכֵנֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים.
הוּא אֱלֹהֵינוּ אֵין עוֹד,
אֶמֶת מַלְכֵנוּ אֶפֶס זִוְלָתוֹ.
כְּכָתוּב בְּתוֹרָתוֹ, וְיָדַעְתָּ הַיּוֹם
וְהִשְׁבַּתְתָּ אֶל לְבָבְךָ,
כִּי יְיָ הוּא הָאֱלֹהִים
בַּשָּׁמַיִם מִמַּעַל,
וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

FOR YOU SPREAD OUT THE HEAVENS and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: Know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

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

וְנֹאמֵר, וְהָיָה יְיָ
לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יִהְיֶה יְיָ 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.



We conclude our services by remembering our loved ones who passed away recently,
or at this time of year in times past. We remember that memories of the ones we love is a blessing.

YITGADAL v'yitkadesh sh'mei raba.

B'alma di v'ra chirutei,
v'yamlich malchutei,
b'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael,
baagala uvizman kariv. V'im'ru: Amen.

Y'hei sh'mei raba m'varach
l'alam ul'almei almaya.
Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei,
v'yit'hadar v'yitaleh v'yit'halal
sh'mei d'kudsha b'rich 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.

יִתְגַּדֵּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וַיַּמְלִיךְ מַלְכוּתֵיהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ:
לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא.
יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר
וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא,
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְאָמְרוּ בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.
וְאָמְרוּ: אָמֵן.
עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֶׂה 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.

Songs

ADONAI OZ

Adonai oz l'amo yitein,
Adonai y'vareich et amo vashalom.

יְיָ עֹז לְעַמּוֹ יִתֵּן,
יְיָ יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם.

May Adonai grant strength to our people;
may Adonai bless our people with peace. *(Psalm 29:11)*

AL SH'LOSHAH D'VARIM

Al sh'loshah d'varim haolam omeid:
al HaTorah, v'al haavodah
v'al g'milut chasadim.

עַל שְׁלוֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה
וְעַל גְּמִילוּת חַסְדִּים.

The world is sustained by three things: Torah, worship and loving deeds.
(Pirkei Avot 1:2)

AM YISRAEL CHAI

Am Yisrael chai! Od avinu chai!

עַם יִשְׂרָאֵל חַי! עוֹד אָבִינוּ חַי!

The people of Israel lives! Our God yet lives!

BLESSING FOR SOCIAL JUSTICE

Baruch ata Adonai Eloheinu Melech haolam
Asher kid'shanu b'mitzvotav,
V'tzivanu lirdof tzedek.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְרַדּוֹף צְדָקָה.

Blessed is the Eternal our God, Ruler of the universe, who hallows us with mitzvot,
commanding us to pursue justice.

EILEH CHAMDAAH LIBI

Eileh chamdah libi
chusah na v'al na titalam.

אֵלֶּה חֲמַדָּה לִבִּי
חֹסֶה נָא וְאֵל נָא תִתְעַלֵּם.

God is my heart's desire. Appear! Do not hide.

ESA EINAI

Esa einai el heharim, mei-ayin yavo ezri? אֲשָׂא עֵינַי אֶל־הַהָרִים, מֵאֵין יָבֵא עֲזָרִי?
Ezri mei-im Adonai, oseih shamayim vaaretz. עֲזָרִי מֵעַם יְיָ, עֲשֵׂה שָׁמַיִם וָאָרֶץ.

I lift my eyes to the mountains; from where does my help come?
My help comes from God, maker of heaven and earth. (*Psalm 121:1–2*)

GESHER TZAR M'OD

Kol haolam kulo gesher tzar m'od כָּל הָעוֹלָם כְּלוּ גֶשֶׁר צָר מְאֹד
v'ha-ikar lo l'facheid klal. וְהַעֲקָר לֹא לִפְחַד כָּלֵל.

The entire world is but a narrow bridge; the most important thing is not to be afraid.

HAL'LI

Hal'li nafshi et Adonai. הַלְלִי נַפְשִׁי אֶת־יְיָ.
Ahal'lah Adonai b'chayai, אֲהַלְלָה יְיָ בְּחַיָּי,
azam'rah l'Elohai b'odi. אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי.

Praise Adonai, O my soul!
I will praise Adonai all my life, sing hymns to my God while I exist.
(*Psalm 146:1–2*)

HAL'LU

Hal'lu ... הַלְלוּ . . .
Kol han'shamah t'hallel Yah, hal'lu, hal'lu Yah. כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה, הַלְלוּ, הַלְלוּ יְהוָה.

Let all that breathes praise Adonai. Hallelujah. (*Psalm 150:6*)

HAVAH NASHIRAH

Havah nashirah shir hal'lu Yah. הִבֵּה נְשִׁירָה שִׁיר הַלְלוּ־יְהוָה.

Let us sing a song of praise. Hallelujah.

HEIVEINU SHALOM ALEICHEM

Heiveinu shalom aleichem,
aleichem heiveinu shalom.

הִבְאֵנוּ שְׁלוֹם עֲלֵיכֶם,
עֲלֵיכֶם הִבְאֵנוּ שְׁלוֹם.

Let us bring you peace.

HINEIH MAH TOV

Hineih mah tov u'mah na-im
shevet achim gam yachad.

הִנֵּה מַה־טוֹב וּמַה־נְּעִים
שֵׁבֶת אַחִים גַּם־יַחַד.

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

(Psalm 133:1)

IM EIN ANI LI MI LI?

Im ein ani li, mi li?
Uch'she-ani l'atzmi, mah ani?
V'im lo achshav, eimatai?

אִם אֵין אָנִי לִי, מִי לִי?
וּכְשֶׁ־אֲנִי לְעַצְמִי, מַה אָנִי?
וְאִם לֹא עֲכָשְׂיוֹ, אֵימָתַי?

If I am not for myself, who will be for me?

And if I am for myself, what am I?

And if not now, when?

(Pirkei Avot 1:14)

IM TIRTZU

Im tirtzu, ein zo agadah
lih'yot am chofshi b'artzeinu,
b'Eretz Tzion, viY'rushalayim.

אִם תִּרְצוּ, אֵין זוֹ אַגָּדָה
לְהִיוֹת עַם חִפְּשֵׁי בְּאַרְצֵנוּ,
בְּאַרֶץ צִיּוֹן, וִירוּשָׁלַיִם.

If you will it, it is no dream.

To be a free people in our land of Zion and Jerusalem.

OR ZARUA

Or zarua latzadik ul'yishrei lev simchah.

אוֹר זָרַע לְצַדִּיק וּלְיִשְׁרֵי־לֵב שִׂמְחָה.

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

(Psalm 97:11)

L'CHI LACH

L'chi lach, lech l'cha.
L'simchat chayim, l'chi lach.

לְכִי לַחַד, לְכִי לְאֶרֶץ.
לְשִׂמְחַת חַיִּים, לְכִי לַחַד.

L'chi lach to a land that I will show you,
Lech l'cha to a place you do not know,
L'chi lach, on your journey I will bless you,
And you shall be a blessing, you shall be a blessing,
You shall be a blessing, *l'chi lach*.

L'chi lach and I shall make your name great,
Lech l'cha and all shall praise your name,
L'chi lach, to the place that I will show you,
L'simchat chayim (3x), *l'chi lach*.

LO ALECHA

Lo alecha ham'lachah ligmor
v'lo atah ben chorin l'hibateil mimenah.

לֹא עֲלֶיךָ הַמְּלָאכָה לְגִמּוֹר
וְלֹא אַתָּה בֶּן חֹרִין לְהִבְטֵל מִמֶּנָּה.

It is not your duty to complete the work.
Neither are you free to desist from it. *(Pirkei Avot 2:16)*

LO YAREI-U

Lo yarei-u v'lo yashchitu
V'chit' tu charvotam l'itim
vachanitoteihem l'mazmeirot.

לֹא יִרְעוּ וְלֹא יִשְׁחִיתוּ
וְכִתְּתוּ חַרְבוֹתָם לְאַתִּים
וְחִנִּיתוּתֵיהֶם לְמַזְמֵרוֹת.

They shall not hurt or destroy.
They shall beat their swords into plowshares,
and their spears into pruning hooks. *(Isaiah 11:9, 2:4)*

LO YISA GOI

Lo yisa goi el goi cherev,
v'lo yilm' du od milchamah.

לֹא יִשָּׂא גּוֹי אֶל-גּוֹי חֶרֶב,
וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

Nation shall not take up sword against nation; they shall never again study war.
(Isaiah 2:4)

EITZ CHAYIM HI

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

עץ חיים היא למחזיקים בה,
ותמכה מאשר.
דרכיה דרכי נעם,
וכל נתיבותיה שלום.

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

השיבנו יי אלה ונשובה,
חדש ימינו כקדם.

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.

One mitzvah leads to another.
One sin leads to another. (*Pirkei Avot 4:2*)
To be righteous is very good.

NOT BY MIGHT

Not by might and not by power,
but by spirit alone shall we all live in peace.

The children sing. The children dream.
And their tears may fall, but we'll hear them call
and another song will rise, another song will rise,
another song will rise.

(*Zechariah 4:6*)

OD YAVO SHALOM ALEINU

Od yavo shalom aleinu v'al kulam.
Salaam, aleinu v'al kol haolam,
Salaam, salaam.

עוד יבוא שלום עלינו ועל כלם.
סלאם, עלינו ועל כל העולם,
סלאם, סלאם.

Peace will surely come to us, to everyone. Salaam, for us and for the entire world.

ANI V'ATAH

Ani v'atah n'shaneh et haolam,
ani v'atah, az yavo-u k'var kulam.

Amru et zeh kodem l'fanai,
(zeh) lo m'shaneh
ani v'atah n'shaneh et haolam.

Ani v'atah n'naseh meihat'chalah;
yih'yeh lanu ra, ein davar, zeh lo nora.

אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם,
אָנִי וְאַתָּה, אִזּוּ יָבוֹאוּ כְּבָר כְּלָם.

אָמְרוּ אֶת זֶה קִדָּם לְפָנַי,
(זֶה) לֹא מִשְׁנֶה
אָנִי וְאַתָּה נִשְׁנֶה אֶת הָעוֹלָם.

אָנִי וְאַתָּה נִנְסֶה מִהֲתַחֲלֶה;
יִהְיֶה לָנוּ רַע, אִין דָּבָר, זֶה לֹא נוֹרָא.

You and I will change the world, you and I. Then all will join us. Though it's been said before it doesn't matter. You and I will change the world. You and I will start from the beginning. It may be difficult, but it doesn't matter.

BASHANAH HABAAH

Bashanah habaah neisheiv al hamirpeset
v'nispor tziporim nod'dot.
Y'ladim bachufshah y'sachaku tofeset
bein habayit l'vein hasadot.

Od tireh, od tireh
kamah tov yih'yeh
bashanah bashanah habaah.

Anavim adumim yavshilu ad ha-erev
v'yugshu tzon'nim lashulchan.
V'ruchot r'dumim yisu al eim haderech
itonim y'shanim k'anah.

Bashanah habaah nifros kapot yadayim
mul haor hanigar halavan.
Anafah l'vanah tifros baor k'nafayim
v'hashemesh tizrach b'tochan.

בְּשִׁנֵּה הַבָּאָה יֵשֵׁב עַל הַמְרִפְסֵת
וְנִסְפֹר צִפּוֹרִים נוֹדְדוֹת.
יְלָדִים בְּחֻפְשָׁה יִשְׁחַקוּ וְתוֹפְסֵת
בֵּין הַבַּיִת לְבֵין הַשָּׂדוֹת.

עוֹד תִּרְאֶה, עוֹד תִּרְאֶה
כַּמָּה טוֹב יִהְיֶה
בְּשִׁנֵּה בְּשִׁנֵּה הַבָּאָה.

עֲנָבִים אֲדָמִים יִבְשִׁילוּ עַד הָעֶרֶב
וַיִּגְשׂוּ צוֹנָנִים לַשְּׁלֶחָן.
וְרוּחוֹת רְדוּמִים יִשְׂאוּ עַל אִם הַדֶּרֶךְ
עֲתוּנִים יִשְׁנִים כְּעָנָן.

בְּשִׁנֵּה הַבָּאָה נִפְרֵשׁ כַּפּוֹת יָדַיִם
מוֹל הָאוֹר הַנִּגָּר הַלָּבָן.
אֲנָפָה לְבָנָה תִּפְרֵשׁ בְּאוֹר כְּנָפָיִם
וְהַשֶּׁמֶשׁ תִּזְרַח בְּתוֹכָן.

EILI EILI (Hannah Senesh)

Eili, Eili,
She-lo yi-ga-meir l'o-lam
Ha-chol, v'ha-yam
Rish-rush shel ha-ma-yim
B'rak ha-sha-ma-yim
T'fi-lat ha-a-dam

Ha-chol, v'ha-yam
Rish-rush shel ha-ma-yim
B'rak ha-sha-ma-yim
T'fi-lat ha-a-dam

O God, my God,
I pray that these things never cease
The sand and the sea
The rush of the water
The crash of the heavens
The prayer of the heart.

The sand and the sea
The rush of the water
The crash of the heavens
The prayer of the heart.

HATIKVAH

KOL OD BALEIVAV P'NIMAH

nefesh y'hudi homiyah.
Ulfaatei mizrach kadimah
ayin l'Tzion tzofiah.
Od lo avdah tikvateinu,
hatikvah bat sh'not alpayim,
lih'yot am chofshi b'artzeinu,
eretz Tzion viY'rushalayim.

כָּל עוֹד בַּלֵּב פְּנִימָה
נֶפֶשׁ יְהוּדֵי הוֹמְיָה.
וּלְפָאֵתֵי מִזְרַח קְדִימָה
עֵין לְצִיּוֹן צוֹפְיָה.
עוֹד לֹא אֲבָדָה תִּקְוַתֵּנוּ,
הַתִּקְוָה בֵּת שְׁנוֹת אַלְפִים,
לְהִיּוֹת עַם חֲפְשֵׁי בְּאַרְצֵנוּ,
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

SO LONG AS WITHIN THE INMOST HEART a Jewish spirit sings, so long as the eye looks eastward, gazing toward Zion, our hope is not lost — the hope of two thousand years: to be a free people in our land, the land of Zion and Jerusalem.

IF NOT NOW

Chorus

If Not Now, Tell me When
If not now, tell me when
We may never see this moment
Or place in time again
If Not Now, Tell me when?

I see sorrow and trouble in this land
I see sorrow and trouble in this land
Although there will be struggle
We'll make the change we can
If Not Now, Tell me when?

Chorus

I may never see the promised land
I may never see the promised land
And yet we'll make the journey
And walk it hand in hand
If Not Now, Tell me when?

Chorus

L'TAKEIN (the Na Na Song) (Dan Nichols)

Na na na na na na

Baruch Atah Adonai
Eloheinu Melech haolam
Baruch Atah Adonai
Eloheinu Melech haolam

Shenatan lanu hizdamnut l'takein et haolam

(Blessed are You Adonai our God, Ruler of the Universe
who has given us opportunities to repair the world.)

FIXIN' THE WORLD

Chorus

Fixin' the world, ti-kun o-lam,
Making the way for generations to come.
Fixin' the world, ti-kun o-lam a-vo-dah
She-la-nu l'chu-lam.

Once the world was perfect, a vessel was complete,
Now it lies in ruin, shattered at our feet.
The light it held was scattered all throughout the land.
Our world cannot be perfect until we all lend a hand.

Chorus

The Earth is very fragile, beautiful and rare,
I cannot save this gift God gave unless I do my share.
We have to work together, we all must do our part.
Let's find each spark of God's pure light,
Start searching in your heart.

Chorus

God said unto Noah: "This is planet Earth.
I have had enough of floods, it's time for life's rebirth."
This world will be the last one, God won't make anymore.
This task is mine: ti-kun o-lam
Ta-mid l'dor va-dor.

Chorus



GARDEN SONG

Chorus

Inch by inch, row by row,
Gonna make this garden grow
All you need is a rake and a hoe,
And a piece of fertile ground.

Inch by inch, row by row,
Someone bless these seeds I sow
Someone warm them from below,
'til the rains come tumbling down.

Pulling weeds, picking stones,
We are made of dreams and bones
Need a place to call my own
For the time is close at hand.
Grain for grain, sun and rain,
Find my way thru nature's chain
Tune by body and my brain
To the music of the land.

Chorus

Plant your rows straight and long,
Temper them with prayer and song
Mother earth will make you strong,
If you give her love and care.
An old crow watching hungrily,
From a perch in yonder tree
In my garden I'm as free
As that feathered thief up there!

Chorus



PRAYERS FOR HEALING

MI SHEBEIRACH avoteinu v'imoteinu,
Avraham, Yitzchak v'Yaakov, Sarah, Rivkah,
Rachel v'Lei-ah, hu y'vareich et hacholim
[names]. HaKadosh Baruch Hu yimalei
rachamim aleihem, l'hachalimam ul'rapotam
ul'hachazikam, v'yishlach lahem m'heirah
r'fuah, r'fuat shleimah min hashamayim,
r'fuat hanefesh ur'fuat haguf, hashta
baagala uvizman kariv. V'nomar: Amen.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֲבֹרָהֶם, יִצְחָק וְיַעֲקֹב, שָׂרָה, רִבְקָה,
רָחֵל וְלֵאָה, הוּא יְבָרֵךְ אֶת הַחֹלִים
[names]. הַקָּדוֹשׁ בְּרוּךְ הוּא יְמַלֵּא
רַחֲמִים עֲלֵיהֶם, לְהַחֲלִימָם וּלְרַפְּאֵתָם
וּלְהַחֲזִיקָם, וְיִשְׁלַח לָהֶם מִהֲרָה
רְפוּאָה, רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,
רְפוּאָת הַנֶּפֶשׁ וּרְפוּאָת הַגּוּף, הַשְּׂתָא
בְּעִגְלָא וּבְזִמָּן קָרִיב. וְנֹאמַר: אָמֵן.

MAY THE ONE who blessed our ancestors Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless and heal those who are ill [names]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

MI SHEBEIRACH avoteinu
M'kor habrachah l'imoteinu.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

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.

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ
מִקּוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

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

BIRKAT HAGOMEIL — בְּרִכַּת הַגּוֹמֵל — THANKSGIVING BLESSING

Individual recites:

BARUCH ATAH, ADONAI Eloheinu,
Melech haolam, sheg'malanu kol tov.

בְּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ,
מֶלֶךְ הָעוֹלָם, שֶׁגַּמְלָנוּ כָּל טוֹב.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who has bestowed every goodness upon us.

Congregation responds:

Amen. Mi sheg'malchem kol tov,
Hu yigmolchem kol tov. Selah.

אָמֵן. מִי שֶׁגַּמְלָכֶם כָּל טוֹב,
הוּא יְגַמְלָכֶם כָּל טוֹב. סְלָה.

Amen. May the One who has bestowed goodness upon you
continue to bestow every goodness upon you forever.

Birkat HaGomeil — may be recited by one who has survived a life-challenging situation.

T'FILAT HADERECH

May we be blessed as we go on our way.
May we be guided in peace.
May we be blessed with health and joy.
May this be our blessing, Amen.

May we be sheltered by the wings of peace.
May we be kept in safety and in love.
May grace and compassion find their way to every soul.
May this be our blessing, Amen.

THIS IS VERY GOOD

When God made the world and made it full of light,
The sun to shine by day, the moon and stars by night,
God made it full of life, lilies, oaks, and trout;
Tigers and bears; sparrows, hawks and apes.

And God took clay from Earth's four corners
To give it the breath of life, and God said:

This is very good, this is very good,
man, woman, and child, all are good.

Man, woman, and child resemble God.
Like God we love, like God we think, like God we care.

WHEREVER YOU GO (Larry Milder)

Wherever you go,
There's always someone Jewish.
You're never alone when you say you're a Jew.
So when you're not home, and you're somewhere kind of newish,
The odds are, don't look far – 'cause they're Jewish, too.

Some Jews live in tents, and some live in pagodas,
And some Jews pay rent, 'cause the city's not free.
Some Jews live on farms in the hills of Minnesota,
And some Jews wear no shoes, and live by the sea.

Amsterdam, Disneyland, Tel Aviv – oh, they're miles apart,
But when we light the candles on Sabbath eve,
We share in the prayer in each one of our hearts.

Some Jews wear hats, and some Jews wear sombreros,
And some wear kafiyahs to keep out the sun.
Some Jews live on rice, and some live on potatoes,
Or waffles, falafels, or hamburger buns.

Amsterdam, Disneyland, Tel Aviv – oh, they're miles apart,
But when we light the candles on Sabbath eve,
We share in the prayer in each one of our hearts.



Wherever you go,
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Alphabetical Index of Songs

"Siddur Shelanu" (Our Prayerbook) was compiled and edited by:
Rabbi Mona Alfi, Cantor Julie Steinberg and Denise Crevin, Director of Education

Many of the pages in this siddur (prayer book) are from *Mishkan T'fillah: A Reform Siddur*, published by CCAR Press in 2007. *Mishkan Tefillah* is the official prayerbook of the Reform movement, and is the siddur that B'nai Israel uses for Shabbat and weekday services. This religious school siddur is intended to prepare our students and families so that they will be able to participate fully in all of our services.



**Congregation B'nai Israel,
Sacramento, CA
January 2020 / Tevet 5780**