We marvel at the miraculous ways our body functions.

Praised are You Adonai our God, who rules the universe, fashioning the human body in wisdom, creating openings, arteries, glands, and organs, marvelous in structure, intricate in design. Should but one of them fail to function by being blocked or opened, it would be impossible to survive and to serve You. Praised are You Adonai, healer of all flesh, sustaining our bodies in wondrous ways.

We are thankful for the gift of our soul.

The soul that You, my God, have given me is pure. You created it, You formed it, You breathed it into me; You keep body and soul together. One day You will take my soul from me, to restore it to me in life eternal. So long as this soul is within me I acknowledge You, Adonai my God, my ancestors' God, Master of all creation, Sovereign of all souls. Praised are You Adonai, who restores the soul to the lifeless, exhausted body.

I hereby accept the obligation of fulfilling my Creator's mitzvah in the Torah: Love your neighbor as yourself.

We give thanks for the gift of Torah.

Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to study words of Torah.

May the words of Torah, Adonai our God, be sweet in our mouths and in the mouths of all Your people so that we, our children, and all the children of the House of Israel may come to love You and to study Your Torah on its own merit. Praised are You Adonai, who teaches Torah to His people Israel.

Praised are You Adonai our God, who rules the universe, choosing us from among all peoples by giving us the Torah. Praised are You Adonai, who gives the Torah.
We are grateful for the daily renewal of our lives.

Praised are You Adonai our God, who rules the universe, enabling us to distinguish day from night.
Praised are You Adonai our God, who rules the universe, making me a Jew.
Praised are You Adonai our God, who rules the universe, making me free.
Praised are You Adonai our God, who rules the universe, giving sight to the blind.
Praised are You Adonai our God, who rules the universe, clothing the naked.
Praised are You Adonai our God, who rules the universe, releasing the bound.
Praised are You Adonai our God, who rules the universe, raising the downtrodden.
Praised are You Adonai our God, who rules the universe, creating the heavens and the earth.
Praised are You Adonai our God, who rules the universe, providing for all my needs.
Praised are You Adonai our God, who rules the universe, guiding us on our path.
Praised are You Adonai our God, who rules the universe, strengthening the people Israel with courage.
Praised are You Adonai our God, who rules the universe, crowning the people Israel with glory.
Praised are You Adonai our God, who rules the universe, restoring vigor to the weary.

We pray for God's compassion.

Praised are You Adonai our God, who rules the universe, removing sleep from my eyes and slumber from my eyelids. May we feel at home with Your Torah, and cling to Your mitzvot. Keep us from error, from sin and transgression. Bring us not to trial or to disgrace; let no evil impulse control us. Keep us far from wicked people and corrupt companions. Strengthen our desire to do good deeds; teach us humility, that we may serve You. May we find grace, love, and compassion in Your sight and in the sight of all who look-upon us, this day and every day. Grant us a full measure of lovingkindness. Praised are You Adonai, who bestows great kindness upon His people Israel.
BARUKH SHE-AMAR

In the b’rakhah that introduces P’sukei D’zimra, we praise our eternal, compassionate Creator.
Praised is God, whose word created the world.
Sing praise.
Glorified is the Author of Creation.
Laud the One whose word is performance.
Acclaimed is God, whose decree is fulfillment.
Revere the One whose mercy envelops the world.
Adored is God, whose kindness embraces all creatures.
Honor the One who rewards those who revere Him.
Blessed is God, who lives forever, endures eternally.
Celebrate the One who redeems and rescues.
Praised is God’s name.

Praised are You Adonai our God, who rules the universe, compassionate Creator exulted by Your people, glorified by Your faithful servants. We laud You with the psalms of Your servant David. We extol You in song; we celebrate Your fame in melody. We proclaim You Sovereign, singular, eternal God. Praised are You Adonai, Sovereign magnified with songs of praise.

(Some congregations select from among the passages on pages 17-28.)

This group of prayers — beginning with Barukh She-amar, a celebration of God’s majesty — consists principally of passages from the Bible. They praise God as the Designer of nature, the Master of justice, the Giver of Torah, and the Guardian of Israel. Together these prayers create a sense of awe leading up to Bar’khu, with which the Sha’arit Service formally begins. This lyrical translation emphasizes the varied meanings of “barukh.”

It is customary for the congregation to stand during the recitation of Barukh She-amar. This practice dates back to the ninth century when the public service began with Barukh She-amar.
Blessed are they who dwell in Your house; they shall praise You forever.

Blessed the people who are so favored; blessed the people whose God is Adonai.

PSALM 145; 115:18
A Psalm of David.

I glorify You, my God, my Sovereign; I praise You throughout all time.

Every day do I praise You, exalting Your glory forever.

Great is Adonai, and praiseworthy; God’s greatness exceeds definition.

One generation lauds Your works to another, acclaiming Your mighty deeds.

They tell of Your wonders and Your glorious splendor. They speak of Your greatness and Your awesome power.

They recall Your goodness; they sing of Your faithfulness.

Adonai is gracious and compassionate; patient, and abounding in love.

Adonai is good to all; God’s compassion embraces all.

All of Your creatures shall praise You; the faithful shall continually bless You, recounting Your glorious sovereignty, telling tales of Your might.

And everyone will know of Your power, the awesome radiance of Your dominion.

Your sovereignty is everlasting; Your dominion endures for all generations.

Adonai supports all who stumble, and uplifts all who are bowed down.

The eyes of all look hopefully to You, and You provide their food in due time.

You open Your hand; Your favor sustains all the living.

Psalm 145 was uniquely treasured by the Rabbis. Traditionally, it is the only psalm recited three times each day. Its verses extol God’s providence, which embraces all creatures, and the grandeur of God’s work, which surpasses our comprehension.
Psalm 145

Hebrew: Let my soul praise Adonai. I will praise Adonai all my life, and sing to my God with all my being.

Adonai is near to all who call to God, with integrity; God fulfills the desire of those who are faithful, while marking the wicked for destruction.

My mouth shall praise Adonai, all flesh shall praise God’s name throughout all time.

We shall praise Adonai now and always. Halleluyah!

Adonai is just in all His ways, loving in all His deeds.

Adonai is near to all who call to God, with integrity; God fulfills the desire of those who are faithful, while marking the wicked for destruction.

My mouth shall praise Adonai, all flesh shall praise God’s name throughout all time.

We shall praise Adonai now and always. Halleluyah!

Halleluyah!
PSALM 149
Halleluyah! Sing a new song to Adonai.  
Where the faithful gather, let God be praised.

Let the people Israel rejoice in their Maker;  
let the people of Zion delight in their Sovereign.

Let them dance in praise of God;  
let them celebrate with drum and harp.  
For Adonai cherishes His people,  
and crowns the humble with triumph.

Let God's faithful sing exultantly  
and rejoice both night and day.  
Let praise of God be on their lips,  
and a double-edged sword in their hands  
to execute judgment on the godless:

To bring punishment upon the nations,  
to bind their kings in chains  
and put their princes in irons —  
carrying out the judgment decreed against them.

This is glory for all of God's faithful. Halleluyah!

PSALM 150
Halleluyah! Praise God in His sanctuary;  
praise God in His awesome heaven.

Praise God for His mighty deeds, for His infinite greatness.  
Praise God with trumpet calls, with harp and lyre.

Praise God with drum and dance, with flute and strings.  
Praise God with clashing cymbals;  
with resounding cymbals sing praises.

Let every breath of life praise God. Halleluyah!

Hal'lu hu b'tzitz'lei shama, hal'lu hu b'tzitz'lei t'ru-ah.  
Kol ha-n'shamah t'halei Yah. Halleluyah.

PSALM 89:53; 135:21; 72:18-19
Praised be Adonai forever. Amen! Amen! Praised from Zion  
be Adonai who abides in Jerusalem. Halleluyah! Praised be  
Adonai, God of the people Israel, who alone works wonders.  
Praised be God's glory throughout all time. May God's glory  
fill the whole world. Amen! Amen!
In this b’rakah, which concludes P’sukei D’zimra, we affirm that God, our exalted Sovereign, merits eternal praise.

You shall ever be praised in heaven and on earth, our Sovereign, the great and holy God. Songs of praise and psalms of adoration become You, Adonai our God and God of our ancestors — praises that acknowledge Your grandeur, Your glory, Your might, Your magnificence, Your strength, Your sanctity, and Your sovereignty. Now and forever, acclaim and honor are Yours. Praised are You Adonai, Sovereign of wonders, crowned with adoration, delighting in our songs and psalms, exalted Ruler, Eternal Life of the universe.

Between Rosh Hashanah and Yom Kippur, Psalm 130 (page 62) may be added.

**HATZI KADDISH**

*Reader:*
May God’s name be exalted and hallowed throughout the world that He created, as is God’s wish. May God’s sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

*Congregation and Reader:*
Y’hei sh’mei raba m’varakh l’alam u-l’almei almaya.
May God’s great name be praised throughout all time.

*Reader:*
Glorified and celebrated, lauded and worshiped, exalted and honored, exalted and acclaimed may the Holy One be, praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

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**Between y’วร was and yom To’il, Psalm 130 (page 62) may be added.**

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**Hatzi Kadish**

*Reader:*

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**Congregation and Reader:**

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*Between y’วร was and yom To’il, Psalm 130 (page 62) may be added.**

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**Reader:**

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*Between y’วร was and yom To’il, Psalm 130 (page 62) may be added.**

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**Reader:**
**SHAḤARIT FOR WEEKDAYS**

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**K’RIAT SH’MA AND ITS B’RAKHOT**

*Reader:*

Bar’khu et Adonai ha-m’vorakh.
Praise Adonai, the Exalted One.

_Congregation, then Reader:*

Barukh Adonai ha-m’vorakh l’olam va-ed.
Praised be Adonai, the Exalted One, throughout all time.

_In this b’rakham (which continues through page 31), we praise God for the majesty of Creation and the miracle of God’s artistry in designing the universe._

Praised are You Adonai our God, who rules the universe, creating light and fashioning darkness, ordaining the order of all creation.

You illumine the earth and its creatures with mercy; in Your goodness, day after day You renew creation. How manifold Your works, Adonai; with wisdom You fashioned them all. The earth abounds with Your creations. Sovereign, uniquely exalted since earliest time, enthroned amidst praise and prominence since the world began, eternal God, continue to love us with Your abundant mercy, our Pillar of strength, protecting Rock, sheltering Shield, sustaining Stronghold.

Our praiseworthy God, of vast understanding, fashioned the rays of the sun. The good light God created reflects His splendor; radiant lights surround God’s throne. God’s heavenly servants in holiness exalt the Almighty, constantly recounting God’s sacred glory. Praise shall be Yours, Adonai our God: For Your wondrous works, for the lights You have fashioned — the sun and the moon, which reflect Your glory.

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*Reader:*

**קריאת שם וברכויות**

_Congregation, then Reader:*

ברוך תואמר תורה 결בה.

_The first before ברכות_:

כרויה יווה+%22נ שונות ינו, ינבר יואר בוהר ו鲃abilir, אין יואר בוהר ו树枝ור.


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Bar’khu, the formal call to public worship, requires a minyan. It opens the central portion of the morning service, which consists of the Sh’m’a, along with its accompanying b’rakhot, and the Amidah. The Reader bows at “Bar’khu”; the congregation bows for the response, “Barukh,” rising as God’s name is recited.
Our Rock, our Sovereign, our Redeemer — Creator of holy beings — You shall be praised forever. You fashion angelic spirits to serve You in the highest heavens. In chorus they reverently chant words of the living God, the eternal Sovereign. Adoring, beloved, and choice are they all, in awe fulfilling their Creator’s will. In purity and sanctity they raise their voices in song and psalm, praising, extolling, and exalting, declaring the power, holiness, and majesty of God, the great, mighty, awesome Sovereign, the Holy One. One to another they vow loyalty to God’s sovereignty; one with another they join to hallow their Creator with serenity, pure speech, and sacred song, reverently chanting in unison:

Kadosh kadosh kadosh Adonai Tz’va-ot, m’lo khol ha-aretz k’vodo.
Holy, holy, holy, Adonai Tz’va-ot;
the grandeur of the world is God’s glory.

As in the prophet’s vision, soaring celestial creatures exclaim, responding with a chorus of adoration:

Barukh k’vod Adonai mi-m’komo.
Praised is the glory of Adonai throughout the universe.

This passage, which concludes the first b’rakhet before K’riat Sh’ma, celebrates the miracle of God’s ongoing work of creation.

To praiseworthy God seraphim sweetly sing; to the Sovereign — the living, enduring God — they offer psalms and songs. For God is unique — doing mighty deeds, creating new life, championing justice, sowing righteousness, reaping victory, bringing healing. Awesome in praise, Sovereign of wonders, God, in His goodness, renews Creation day after day. So sang the psalmist: “Praise the Creator of great lights, for God’s love endures forever” (Psalm 136:7). Cause a new light to illumine Zion. May we all soon share a portion of its radiance. Praised are You Adonai, Creator of lights.
In this b’rakah, we praise God for the gift of Torah, sign of God’s love, and commit ourselves to its study.

Deep is Your love for us, Adonai our God, boundless Your tender compassion. 
Avinu Malkenu, You taught our ancestors life-giving laws. They trusted in You; for their sake graciously teach us. Our Maker, merciful Provider, show us mercy; grant us understanding and discernment. Then will we study Your Torah, heed its words, teach its precepts, and follow its instruction, lovingly fulfilling all its teachings.

Open our eyes to Your Torah; help our hearts cleave to Your mitzvot. Focus all our thoughts so that we may love and revere You. Then we will never be brought to shame, for we trust in Your awesome holiness, and will delight in Your deliverance.

We gather the tzitzit, the four fringes of the tallit.

Bring us safely from the four corners of the earth, and lead us in dignity to our land, for You are the Source of deliverance. You have called us from among all peoples and tongues, constantly drawing us nearer to You, that we may offer You praise, and lovingly proclaim that You are One. Praised are You Adonai, who loves the people Israel.

We now prepare to affirm God’s sovereignty, freely pledging God our loyalty as witnesses to revelation. Twice each day, by reciting the Sh’ma, we lovingly reaffirm that loyalty, through our acceptance of mitzvot.

The Sh’ma was part of the service in the Temple in ancient Jerusalem. It was recited by the Kohanim in the same order as it is recited today. “Barukh shem k’vod malakhnu” was the people’s response to hearing the words of the Sh’ma. It is not part of the biblical text.

The second paragraph (לְהוֹדוּ) is before the next page, expresses the obligations that flow from the recognition of God’s sovereignty. The second paragraph (להוֹדוּ) urges the acceptance of the discipline of the mitzvot, while the third (לְהוֹדוּ) establishes a symbol, the fringes (קֵנִי), a reminder of our loving dedication to all of God’s mitzvot.
K’RIAT SH’MA

If there is no minyan, add: God is a faithful sovereign.

DEUTERONOMY 6:4-9

Sh’mah Yisra-el, Adonai Eloheinu, Adonai Ehad

Hear, O Israel: Adonai is our God, Adonai alone.

Silently:
Praised be God’s glorious sovereignty all throughout all time.


You shall love Adonai your God with all your heart, with all your soul, with all your might. And these words, which I command you this day, you shall take to heart. Teach them, diligently, to your children, and recite them at home and away, night and day. Bind them as a sign upon your hand, and as a reminder above your eyes. Inscribe them upon the doorposts of your homes and upon your gates.

DEUTERONOMY 11:13-21

If you will earnestly heed the mitzvot I give you this day, to love Adonai your God and to serve God with all your heart and all your soul, then I will favor your land with rain at the proper season, in autumn and in spring, and you will have an ample harvest of grain, wine, and oil. I will assure abundance in the fields for your cattle. You will eat to contentment. Take care lest you be tempted to stray, and to worship false gods. For then Adonai’s wrath will be directed against you. God will close the heavens and hold back the rain; the earth will not yield its produce. You will soon disappear from the good land which Adonai is giving you. Therefore, impress these words of Mine upon your heart. Bind them as a sign upon your hand; let them be a reminder above your eyes. Teach them to your children. Repeat them at home and away, night and day. Inscribe them upon the doorposts of your homes and upon your gates.

If there is no minyan, add: God is a faithful sovereign.
NUMBERS 15:37-41

Adonai said to Moses: Instruct the people Israel that in every generation they shall put tzitzit on the corners of their garments and bind a thread of blue to the tzitzit, the fringe on each corner. Look upon these tzitzit — and you will be reminded of all the mitzvot of Adonai and will fulfill them, and not be seduced by your heart nor led astray by your eyes. Then you will remember and observe all My mitzvot and be holy before 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, who is Truth.

In this b’rakhah (which ends at the bottom of page 35), we praise God as the eternal Redeemer of Israel—
at the time of the Exodus and in every generation.

Your teaching is true and enduring. Your words are established forever. Awesome and revered are they, unceasingly right; well-ordered are they, always acceptable. They are eloquent, majestic and pleasant, our precious, everlasting legacy. True it is that eternal God is our Sovereign, that the Rock of Jacob is our protecting shield. God is eternal and eternally glorious, our God for all generations. God’s sovereign throne stands firm; God’s faithfulness endures for all time.

God’s teachings are precious and abiding; they live forever. For our ancestors, for us, for our children, for every generation of the people Israel, for all ages from the first to the last, God’s teachings are true, everlasting. It is true that You are Adonai our God, even as You were the God of our ancestors. Our Sovereign and our ancestors’ Sovereign, our Redeemer and our ancestors’ Redeemer, our Creator, our victorious Stronghold: You have always helped us and saved us. Your name endures forever. There is no God but You.

It is customary, during the recitation of the third paragraph of the Sh’m’a (שמע), to kiss the tzitzit at each mention of the word “תינוק,” as a formal expression of our love.

The word “תינוק (Truth)” serves as a bridge between the Sh’m’a and the b’rakhah which follows. We do not pause. The tzitzit are released only as the second paragraph of that b’rakhah begins.
You were always the help of our ancestors, a shield for them and their children, our deliverer in every generation. Though You abide at the pinnacle of the universe, Your just decrees extend to the ends of the earth. Happy the one who obeys Your mitzvot, who takes to heart the words of Your Torah. You are, in truth, a mentor to Your people, their defender and mighty Ruler. In truth, You are first and You are last; we have no Sovereign or Redeemer but You. You rescued us from Egypt, Adonai our God, and redeemed us from the house of bondage. The firstborn of the Egyptians were slain; Your firstborn were saved. You split the waters of the sea. The faithful You rescued; the wicked drowned. The waters engulfed Israel's enemies; not one of the arrogant remained alive. Then Your beloved sang hymns of acclamation, extolling You with psalms of adoration. They acclaimed God Sovereign, great and awesome Source of all blessing, the ever-living God, exalted in majesty. God humbles the proud and raises the lowly, frees the captive and redeems the meek. God helps the needy and answers His people's call. Praises to God supreme, who is ever praised. Moses and the people Israel joyfully sang this song to You (Exodus 15):

Mi khamokha ba-elim Adonai, mi kamokha ne'dar ba-kodesh, nora thilat, osei feleh.  
"Who is like You, Adonai, among all that is worshiped!  
Who is, like You, majestic in holiness, awesome in splendor, working wonders!"

The redeemed sang a new song to You. They sang in chorus at the shore of the sea, acclaiming Your sovereignty:

Adonai yimlkh l'olam va-ed.  
"Adonai shall reign throughout all time."

Tzur Yisra-el, kumah b'ezrat Yisra-el, u-f'deh k'hen-um'ka y'rudah v'Yisra-el.  
Co-alenu Adonai Tz'va-ot sh'mo, k'dosh Yisra-el.  
Barukh atah Adonai, ga-al Yisra-el.

Rock of Israel, arise in defense of Israel. Fulfill Your promise to deliver Judah and Israel. Our Redeemer, Adonai Tz'va-ot, is the Holy One of Israel. Praised are You Adonai, Redeemer of the people Israel.

Continue on page 36a or 36b (with Matriarchs), through page 44.

To begin the Amidah we take three steps forward to approach God's presence, then stand humbly, at attention. It is customary to bow at the opening and closing words of the first b'rakha. We bend our knees while reciting "Barukh (Praised)," and bow at "Atah (You)," rising as we utter God's name.
AMIDAH FOR WEEKDAY SHAHARIT
(with Matriarchs)

Adonai, open my lips, so I may speak Your praise.

Praised are You Adonai, our God and God of our ancestors,
God of Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel,
and Leah, great, mighty, awesome, exalted God who bestows
lovingkindness, Creator of all. You remember the pious
deeds of our ancestors and will send a redeemer to their
children's children because of Your loving nature.

Between Rosh Hashanah and Yom Kippur:

Remember us that we may live, O Sovereign who delights in life.

Inscribe us in the Book of Life, for Your sake, living God.

You are the Sovereign who helps and guards, saves and
shields. Praised are You Adonai, Shield of Abraham and
Sarah.

Your might, Adonai, is boundless. You give life to the dead;
great is Your saving power.

*From Sh'mini Atzeret until Pesah:

You cause the wind to blow and the rain to fall.

Your love sustains the living, Your great mercies give life to
the dead. You support the falling, heal the ailing, free the
fettered. You keep Your faith with those who sleep in dust.
Whose power can compare with Yours? You are Master of life
and death and deliverance.

Between Rosh Hashanah and Yom Kippur:

Whose mercy can compare with Yours, Source of compassion?
In mercy You remember Your creatures with life.

Faithful are You in giving life to the dead.

Praised are You Adonai, Master of life and death.

When the Amidah is chanted aloud, continue on page 37.

Holy are You and holy is Your name. Holy are those who
praise You each day. **Praised are You Adonai, holy God.

**Between Rosh Hashanah and Yom Kippur:

Praised are You Adonai, holy Sovereign.

Silent recitation continues on page 38.

*From Pesah to Sh'mini Atzeret, some add: You cause the dew to fall.
The first two congregational responses in the Kedushah reflect the angels' praises, as found in Isaiah (6:3) and in Ezekiel (3:12). These responses attest to God's glory which extends throughout the universe. The third response, Psalm 146:10, proclaims God's glory to all eternity.

The Kedushah, one of the most exalted prayers of the service, requires a minyan. We are to imagine ourselves in God's most intimate circle, joining the ministering angels in chanting the most precious of praises.

It is customary to rise on one's toes during the three repetitions of "Kadosh (Holy)," symbolically lifting our praise toward heaven.
You graciously endow mortals with intelligence, teaching us wisdom. Grant us knowledge, wisdom, and discernment. Praised are You Adonai, who graciously grants us intelligence.

Return us, our Teacher, to Your Torah. Draw us near, our Sovereign, to Your service. Bring us back to You in true repentance. Praised are You Adonai, who welcomes repentance.

*It is customary to strike the heart twice in contrition as we acknowledge our sins.*

Forgive us, our Guide, for we have sinned. Pardon us, our Ruler, for we have transgressed; for You forgive and pardon. Praised are You Adonai, gracious and forgiving.

Behold our adversity and deliver us. Redeem us soon because of Your mercy, for You are the mighty Redeemer. Praised are You Adonai, Redeemer of the people Israel.*

Heal us, Adonai, and we shall be healed. Help us and save us, for You are our glory. Grant perfect healing for all our afflictions,

*On behalf of one who is ill:*

and may it be Your will, Adonai our God and God of our ancestors, to send complete healing, of body and soul, to ________, along with all others who are stricken, and strengthen those who tend to them,

for You are the faithful and merciful God of healing. Praised are You Adonai, Healer of His people Israel.

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*On a public fast (including Tishah B'Av), the Reader adds:*

Answer us, Adonai; answer us on our fast day, for we are in great distress. Overlook our faults; turn not away from us. Be mindful of our plea and receptive to our supplication. Your love is our comfort; answer us before we call. This is the promise uttered by Your prophet: “I shall answer before they call, I shall respond while they yet deliberate” (Isaiah 65:24). You, Adonai, respond in time of trouble; You rescue and redeem in a time of dire distress. Praised are You Adonai, who answers in a time of trouble.
Adonai our God, make this a blessed year. May its varied produce bring us happiness.

From Pesah to December 4th
(December 5th in a Hebrew year divisible by four):
Grant blessing

From December 5th to Pesah
(December 6th in a Hebrew year divisible by four):
Grant dew and rain for blessing

upon the earth, satisfy us with its abundance, and bless our year as the best of years. Praised are You Adonai, who blesses the years.

Sound the great shofar to herald our freedom; raise high the banner to gather all exiles. Gather the dispersed from the ends of the earth. Praised are You Adonai, who gathers the dispersed of the people Israel.

Restore our judges as in days of old; restore our counselors as in former times. Remove sorrow and anguish from our lives. Reign over us, Adonai, You alone, with lovingkindness and mercy; with justice sustain our cause. *Praised are You Adonai, Sovereign who loves justice with compassion.

*Between Rosh Hashanah and Yom Kippur:
Praised are You Adonai, Sovereign of judgment.

Frustrate the hopes of all those who malign us. Let all evil soon disappear; let all Your enemies soon be destroyed. May You quickly uproot and crush the arrogant; may You subdue and humble them in our time. Praised are You Adonai, who humbles the arrogant.

Another name for the Amidah is the Sh’monah Eser, which means “the eighteen,” a reference to the number of br’akhot in the weekday Amidah. In actuality, however, the Amidah contains nineteen br’akhot. One theory to account for this discrepancy is that the br’akhah condemning the arrogant was added to denounce the heretical sects that threatened the survival of the Jewish community. Another theory proposes that two br’akhot on the next page—one for Jerusalem and the other for the coming of the messiah—originally comprised a single br’akhah.

In the br’akhah for abundance, the dates seem to correlate with the secular rather than the Jewish calendar. In fact, the correlation is not to the secular calendar but to the winter solstice. The Talmud (Ta’anit 10a) reports that Babylonian authorities chose a date that reflected their own seasonal need of rain. In Israel, this request is made in accordance with the Jewish calendar, on the seventh of Heshvan, which marks the onset of Israel’s rainy season.
Let Your tender mercies, Adonai our God, be stirred for the righteous, the pious, the elders of the House of Israel and its remaining scholars, for faithful proselytes, and for us. Reward all who fully trust in You, and cast our lot with them. May we never despair, for our trust is in You. Praised are You Adonai, who supports and sustains the righteous.

Have mercy and return to Jerusalem, Your city. May Your presence dwell there as You have promised. Build it now, in our day and for all time. Reestablish there the majesty of David, Your servant. Praised are You Adonai, who builds Jerusalem.

Cause the offspring of Your servant David to flourish, and hasten the coming of messianic deliverance. We constantly hope for Your redemption. Praised are You Adonai, who assures our redemption.

Hear our voice, Adonai our God. Have compassion upon us, pity us. Accept our prayer with loving favor. You listen to entreaty and prayer. Do not turn us away unanswered, our Sovereign,

On Yom Ha-shoah:

Adonai, our God, comfort the remnant of Your people Israel, a brand plucked from the fire. For a cruel enemy arose to destroy us — to murder every Jew, young and old, women and children, saying: “Come, let us annihilate them, so that the name of Israel might no longer be uttered.” The waters engulfed us; our tormentors fed us bitter poison. Alas, we are undone, for our Source of comfort is yet far off. Recalling these things, I weep. But You will not forget us eternally.

for You mercifully heed Your people’s supplication. Praised are You Adonai, who listens to prayer.

Personal petitions may be inserted here, as we have done with the prayer for Yom Ha-shoah. As the Sages said: “One should seek one’s needs during the b’rakhah of Shome-a T’fillah (the One who listens to prayer)” (Avodah Zarah 8a).

“שומא (nahem — grant comfort)” is the primary word with which Jewish liturgical tradition confronts tragedy and mourning. We have added a nahem prayer to be said on Yom Ha-shoah, as a response to the Holocaust.
Accept the prayer of Your people Israel as lovingly as it is offered. Restore worship to Your sanctuary, and may the worship of Your people Israel always be acceptable to You.

On Rosh Hodesh and Hol Ha-mo'ed:

Our God and God of our ancestors, show us Your care and concern. Remember our ancestors; recall Your anointed, descended from David, Your servant. Protect Jerusalem, Your holy city, and exalt all Your people, Israel, with life and well-being, contentment and peace, on this

Rosh Hodesh. Festival of Sukkot. Festival of Matzot.

Grant us life and blessing, and remember us for good. Recall Your promise of mercy and redemption. Be merciful to us and save us, for we place our hope in You, loving and merciful God.

May we witness Your merciful return to Zion. Praised are You Adonai, who restores the Divine Presence to Zion.

MODIM

We proclaim that You are Adonai our God and God of our ancestors throughout all time. You are the Rock of our lives, the Shield of our salvation in every generation. We thank You and praise You for our lives that are in Your hand, for our souls that are in Your charge, for Your miracles that daily attend us, and for Your wonders and gifts that accompany us, evening, morning, and noon. You are good, Your mercy everlasting; You are compassionate, Your kindness never-ending. We have always placed our hope in You.

When the Reader recites Modim, the congregation continues silently:

We proclaim that You are Adonai our God and God of our ancestors, God of all life, our Creator, the Creator of all. We praise You and thank You for granting us life and for sustaining us. May You continue to grant us life and sustenance. Gather our dispersed to Your holy place, to fulfill Your mitzvot and to serve You whole-heartedly, doing Your will. For this we shall thank You. Praised be God to whom thanksgiving is due.

When we recite Modim (the prayer of thanksgiving), we bow — without bending our knees — in gratitude to God, while saying "Modim ana'nu l'khah (We proclaim)." We then bend our knees and bow once more while reciting the b'rakahh which concludes Modim (at the top of page 43).
For all these blessings we shall ever praise and exalt You.

Between Rosh Hashanah and Yom Kippur:

Inscribe all the people of Your covenant for a good life.

May every living creature thank You and praise You faithfully, God of our deliverance and our help. Praised are You Adonai, the essence of goodness, worthy of acclaim.

Reader:

Bless us, our God and God of our ancestors, with the threefold blessing written in the Torah by Moses, Your servant (Numbers 6:24-26), pronounced by Aaron and by his descendants, Kohanim, Your holy people.

Congregation:

May Adonai bless you and guard you.
May Adonai show you favor and be gracious to you.
May Adonai show you kindness and grant you peace.

May this be God's will.

Grant universal peace, with happiness and blessing, grace, love, and mercy for us and for all the people Israel. Bless us, our Creator, one and all, with Your light; for You have given us, by that light, the guide to a life of caring, filled with generosity and contentment, kindness and well-being — and peace. May it please You to bless Your people Israel in every season and at all times with Your gift of peace. *Praised are You Adonai, who blesses His people Israel with peace.

*Between Rosh Hashanah and Yom Kippur:

May we and the entire House of Israel be remembered and recorded in the Book of life, blessing, sustenance, and peace. Praised are You Adonai, Source of peace.

The Reader's recitation of the Amidah ends here.

On Tishah B'Av and in a house of mourning, Birkat Kohanim (the passage headed "Reader") is omitted.
The silent recitation of the Amidah concludes with a personal prayer.

My God, keep my tongue from evil, my lips from lies. Help me ignore those who would slander me. Let me be humble before all. Open my heart to Your Torah, that I may pursue Your mitzvot. Frustrate the designs of those who plot evil against me; make nothing of their schemes. Act for the sake of Your compassion, Your power, Your holiness, and Your Torah. Answer my prayer for the deliverance of Your people. May the words of my mouth and the meditations of my heart be pleasing to You, Adonai, my Rock and my Redeemer. May the One who brings peace to His universe bring peace to us and to all the people Israel. Amen.

An alternative concluding prayer

May it be Your will, Adonai my God and God of my ancestors, that Your compassion prevail over Your wrath, and that You turn to us with love. Look kindly upon me and upon all my family; help us avoid heartlessness. Lead me along a righteous path. Keep me from deceitfulness and from false perceptions. Open my eyes to the wonders of Your Torah. Enlighten me with Your wisdom so that I may merit kindness, compassion, and love from You and from all who know me. May the words of my mouth and the meditations of my heart be pleasing to You, Adonai, my Rock and my Redeemer.

Continue as instructed on the facing page.

**Ta'anun** (personal prayer and supplication) is normally recited during the Shaharit Service, Sunday through Friday, and at Minḥah, Sunday through Thursday (page 132).

**Ta'anun is omitted at Shaharit on the following occasions:**

Shabbat and Festivals; Rosh Ḥodesh, the day before Rosh Hashanah, from the day before Yom Kippur through Rosh Ḥodesh Ḥeshvan; Ḥanukkah, Tu BiShvat, Purim (both 14 & 15 Adar I & II); the entire month of Nisan, Yom Ha-atzmaʻut, Pesah Sheni (14 Iyar), Lag Ba-omer, Yom Y′rushalayim; the first eight days of Sivan, Tishah B′Av, 15 Av; and festive days on the civil calendar. Ta’anun is also omitted on the day of a Brit Milah or a baby-naming (if one or both parents is present), at the celebration of a Bar or Bat Mitzvah, during the week following a wedding (if the bride or groom is present), and in a house of mourning.

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The silent recitation of the Amidah concludes with a personal prayer.

אֲלֹהֵי, בֶּן עַל טוֹלָעְךָ, בֵּפַס חָפֵרְךָ, בָּעַס עַל טוֹלָעְךָ. אַלּוּ בִּשְׂמָה הַפְּרָשָׁה, אַלּוּ בִּשְׂמָה הַפְּרָשָׁה. בָּעַס עַל טוֹלָעְךָ, בָּעַס עַל טוֹלָעְךָ. אַלּוּ בִּשְׂמָה הַפְּרָשָׁה, אַלּוּ בִּשְׂמָה הַפְּרָשָׁה.

An alternative concluding prayer

יִהְיֶה יְשָׁמֵר מִשְׁפָּטֶךָ הַיָּמִים הָלֵוְּאֶה אַלּוּ בִּשְׂמָה הַפְּרָשָׁה, יִשֶּׁרֶץ בִּשְׂמָה הַפְּרָשָׁה, יִשֶּׁרֶץ בִּשְׂמָה הַפְּרָשָׁה, יִשֶּׁרֶץ בִּשְׂמָה הַפְּרָשָׁה.

Continue with Taḥanun (except as noted below):

— on Mondays and Thursdays, page 59;
— on other days, page 62.

Between Rosh Hashanah and the day before Yom Kippur
and on a public fast (excluding Tishah B′Av), continue with Avinu Malkenu, page 57, followed by Taḥanun.

On Rosh Ḥodesh, Ḥanukkah, Hol Ha-moʻed, and Yom Ha-atzmaʻut and in some congregations, on Yom Y′rushalayim), continue with Hallel, page 50. (Those who wear tefillin on Hol Ha-moʻed remove them at this time.)

On other days when Taḥanun is omitted, (see facing page), continue with Ḥatzi Kaddish, page 47.

We take three steps back, bowing left, right, and center, as we conclude the Amidah, our audience before God.
Reader:
May God’s name be exalted and hallowed throughout the world that He created, as is God’s wish. May God’s sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

Congregation and Reader:
Y’hei sh’mei raba m’varakh l’alum u-l’almei almaya.
May God’s great name be praised throughout all time.

Reader:
Glorified and celebrated, lauded and worshiped, exalted and honored, extolled and acclaimed may the Holy One be, praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

May the prayers and pleas of all the people Israel be accepted by our Guardian in heaven. And let us say: Amen.

Let there be abundant peace from heaven, with life’s goodness for us and for all Israel. And let us say: Amen.

May the One who brings peace to His universe bring peace to us and to all Israel. And let us say: Amen.

We take three steps back, bowing left, right, and center, as we conclude the Kaddish.

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On Tishah B’Av, the paragraph “Tikabal tzlot’hon... (May the prayers...)” is omitted.
Aleinu l’shabe-aḥ la’adon ha-kol, la-tet g’dulah l’yotzer b’reshit,
shelo asanu k’goyei ha’aratztot
v’lo samanu k’mishp’hot ha’adamah,
shelo sahm ḥelkenu ka-hem, v’goralenu k’khol hamonam.
Va’anahnu kor’im u-mishtabavim u-modim
lifnei Melekh malkhei ha-m’lakhim, ha-Kadosh barukh hu.

We are called to praise the Master of all, to acclaim the Creator, for God made our lot unlike that of other peoples, assigning to us a unique destiny. We bend the knee and bow, acknowledging the Supreme Sovereign, the Holy One, exalted, who spread out the heavens and laid the foundations of the earth; whose glorious abode is in the highest heaven, whose mighty dominion is in the loftiest heights. This is our God; there is no other. In truth, God alone is our Ruler, as is written in the Torah: “Know this day and take it to heart that Adonai is God in heaven above and on earth below; there is no other” (Deuteronomy 4:39).

And so we hope in You, Adonai our God, soon to see Your splendor: That You will sweep idolatry away so that false gods will be utterly destroyed, and that You will perfect the world by Your sovereignty so that all humanity will invoke Your name, and all the earth’s wicked will return to You, repentant. Then all who live will know that to You every knee must bend, every tongue pledge loyalty. To You, Adonai, may all bow in worship. May they give honor to Your glory; may everyone accept Your dominion. Reign over all, soon and for all time. Sovereignty is Yours in glory, now and forever. Thus is it written in Your Torah: “Adonai reigns for ever and ever” (Exodus 15:18). Such is the prophetic assurance: “Adonai shall be acknowledged Ruler of all the earth. On that day Adonai shall be One and His Name One” (Zekhariah 14:9).

V’ne-emar, v’hayah Adonai l’melekh al kol ha-aretz,
ba-yom ha-hu yih’yeh Adonai eḥad u-sh’mo eḥad.

The authorship of Aleinu has been ascribed to Rav, a Babylonian rabbi of the third century C.E., although some scholars believe it may have been composed centuries earlier, and was already part of the ritual in the Second Temple.

Aleinu is recited standing, so that one may bend the knee and bow at “Va’anahnu,” rising at “lifnei Melekh.”

Since the Middle Ages, Aleinu has been included in every daily service throughout the year, although it was originally composed for the Rosh Hashanah liturgy. It contains two complementary ideas. The first paragraph celebrates the distinctiveness of the Jewish people, and its unique faith in God. The second speaks eloquently of our hope that someday God will be worshiped by all humanity.
Mourners and those observing Yahrzeit:
Yitgadal v’yitkadosh sh’mei raba, b’alma di v’ra, ki-r’utei, v’yamlijk malkhutei b’ḥayeikhon u-v’yomeikhon u-v’ḥayei d’khol beit Yisra-el, ba’agala u-vi-z’man kariv, v’imru amen.

Congregation and mourners:
Y’hei sh’mei raba m’varakh l’alum u-l’almei almay.

Mourners:
Yitbarakh v’yishtabaḥ v’yitpa-ar v’yitromam v’yitnasei v’yit-hadar v’yit-aleh v’yit-halal sh’mei d’Kudsha, b’rikhu hu *l’ela min kol birkhata v’shirata

*Between Rosh Hashanah and Yom Kippur:
l’ela l’ela mi-kol birkhata v’shirata tushb’ḥata v’neḥamata da’amiran b’alma, v’imru amen.

Y’hei sh’lama raba min sh’maya v’ḥayim aleinu v’al kol Yisra-el, v’imru amen.

Oseh shalom bi-m’romav, hu ya’aseh shalom aleinu v’al kol Yisra-el, v’imru amen.

May God’s name be exalted and hallowed throughout the world that He created, as is God’s wish. May God’s sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

May God’s great name be praised throughout all time.

Glorified and celebrated, lauded and worshiped, exalted and honored, exalted and acclaimed may the Holy One be, praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

Let there be abundant peace from heaven, with life’s goodness for us and for all Israel. And let us say: Amen.

May the One who brings peace to His universe bring peace to us and to all Israel. And let us say: Amen.

We take three steps back, bowing left, right, and center, as we conclude the Kaddish.