
סדור

לב שלם

Siddur

Lev Shalem

לשבת ויום טוב

FOR SHABBAT
& FESTIVALS



THE RABBINICAL ASSEMBLY

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

THE SIDDUR LEV SHALEM COMMITTEE

Rabbi Edward Feld, *Senior Editor and Chair*

Rabbi Jan Uhrbach, *Associate Editor*

Rabbi David M. Ackerman

Hazzan Joanna Dulkan

Rabbi Amy Wallk Katz

Rabbi Cantor Lilly Kaufman

Rabbi Alan Lettofsky

Rabbi Robert Scheinberg

Rabbi Carol Levithan, *ex officio*

Rabbi Julie Schonfeld, *ex officio*

Copyright © 2016 by The Rabbinical Assembly, Inc.
First edition. All rights reserved.

No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage or retrieval system, except for brief passages in connection with a critical review, without permission in writing from:

The Rabbinical Assembly
3080 Broadway
New York, NY 10027
www.rabbinicalassembly.org

Permissions and copyrights for quoted materials may be found on pages 463–465.

ISBN: 978-0-916219-64-2

Library of Congress Cataloging-in-Publication Data is available.

Designed, composed, and produced by
Scott-Martin Kosofsky at The Philidor Company,
Rhinebeck, New York. www.philidor.com

The principal Hebrew type, Milon (here in its second and third iterations), was designed and made by Scott-Martin Kosofsky; it was inspired by the work of Henri Friedlaender. The principal roman and italic is Rongel, by Mário Feliciano; the sans serif is Cronos, by Robert Slimbach. The Hebrew sans serif is Myriad Hebrew, by Robert Slimbach with Scott-Martin Kosofsky.

Printed and bound by LSC Communications,
Crawfordsville, Indiana.

Fourth Printing

18 17 16 15 14 13 12 11 10 9 8 7 6 5 4

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

תפילות חול

Weekday Services

- 264 **ערבית לחול**
Weekday Evening Service
for the Conclusion of Shabbat
or a Festival
- 264 **קריאת שמע וברכותיה**
The Sh'ma and Its Blessings
- 270 **תפילת העמידה**
The Amidah
- 281 **סיום התפילה**
Concluding Prayers
- 283 **הבדלה**
Havdalah
- 286 **קידוש לבנה**
Blessing of the New Moon
- 289 **מנחה לחול**
Weekday Afternoon Service
Before Shabbat or a Festival
- 291 **תפילת העמידה**
The Amidah

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

Prayer

The twentieth-century Jewish philosopher Franz Rosenzweig remarked that we are not praying for God to change the order of nature; rather, what we pray for is that, as we go out to the world, we may experience God's love.

The Great Silence

In the Sinai Desert, on a cloud of granite
Sculpted by the Genesis-night,
Hewn of black flame
facing the Red Sea,
I saw the Great Silence.

The Great Silence
Sifts the secrets of the night.
Unmoving, its thin flour
falls on my brows.
Silently, whispering,
I ask the Great Silence,
If I could I would ask
more silently:
How many stars did you
count
Since your beginning,
since your hovering
steady
Over the Genesis-night
facing the Red Sea?

And the Great Silence
replies:
When I shall count it
all—
From nothing to the very
first thing,
Then, son of man, I shall
tell you first.

—ABRAHAM SUTZKEVER
(translated by Barbara and Benjamin Harshav)

Bar'khu: The Call to Worship Together

God is compassionate and will wipe away sin, not wreak destruction; for again and again God acts with restraint, refusing to let rage become all-consuming. ADONAI help us—surely our sovereign will answer us as in the hour of our calling.

The following is recited when a minyan is present. We rise.

Leader:

Praise ADONAI, to whom all praise is directed.

Congregation, then the leader repeats:

🕊 Praise ADONAI, to whom all praise is directed forever and ever.

Barukh Adonai ha-m'vorakh l'olam va-ed.

We are seated.

The Coming of Evening Light

Barukh atah ADONAI, our God, sovereign of time and space, whose word brings the evening dusk, whose wisdom opens the gates of dawn, whose understanding changes the day's division, whose will sets the succession of seasons and arranges the stars in their places in the sky, who creates day and night, who rolls light before darkness and darkness from light, ► who makes day pass into night, who distinguishes day from night; *Adonai Tz'va-ot* is Your name. Living and ever-present God, may Your rule be with us, forever and ever. *Barukh atah ADONAI*, who brings each evening's dusk.

Torah and God's Love

With timeless love, You have loved Your people, the house of Israel: You have taught us Torah and mitzvot, statutes and laws. Therefore, ADONAI our God, as we lie down and as we rise up, we shall speak of Your laws, rejoicing in the words of Your Torah and in Your mitzvot forever and ever. For they are our life and the fullness of our days, and on them we shall meditate day and night. ► Do not ever withdraw Your love from us.

Barukh atah ADONAI, who loves the people Israel.

וְהוּא רַחוּם יְכַפֵּר עוֹן וְלֹא יִשְׁחִית, וְהִרְבָּה לְהָשִׁיב אָפּוֹ
וְלֹא יַעִיר כְּלִיחָמָתוֹ. יְהוָה הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קְרָאָנוּ.

The following is recited when a minyan is present. We rise.

Leader:

בְּרַכּוּ אֶת־יְהוָה הַמְּבָרֵךְ.

Congregation, then the leader repeats:

🕊 בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

We are seated.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בְּדַבְּרוֹ מַעְרִיב עֲרֵבִים, בַּחֲכָמָה פּוֹתַח שְׁעָרִים,
וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת־הַזְּמָנִים,
וּמְסַדֵּר אֶת־הַפּוֹכְכִים בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרֻצּוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.
◀ וּמַעֲבִיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְהוָה צְבָאוֹת שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יְמַלֵּךְ עָלֵינוּ
לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יְהוָה, הַמַּעְרִיב עֲרֵבִים.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהֲבָתָּה,
תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּתָּה.
עַל כֵּן יְהוָה אֱלֹהֵינוּ, בְּשִׂכְכְּנוּ וּבִקְוִימָנוּ נִשְׁתַּחֲוֶה בְּחֻקֶּיךָ
וּנִשְׁמַח בְּדַבְּרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ, וּבָהֶם נִהְיָה יוֹמָם וְלַיְלָה,
◀ וְאַהֲבָתְךָ אֵל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים.
בְּרוּךְ אַתָּה יְהוָה, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

THE WEEKDAY EVENING SERVICE, Arvit (also called Maariv), consists of the recitation of the Sh'ma and its blessings, as well as the weekday Amidah, the silent prayer. At the end of Shabbat or a festival, it also includes Havdalah, a ceremony marking the conclusion of the holy day.

GOD IS COMPASSIONATE . . . ADONAI, HELP US . . . יהוה רחום . . . יהוה הושיעה. Psalms 78:38 and 20:10. To be human is to be fallible—to have made mistakes, to allow base emotions to rule us some of the time—even if all the while we strive to do what is right. We seek to approach God in innocence and so we ask that our transgressions be forgiven, that our prayers may be received as the heartfelt offerings of the pure soul.

PRAISE ADONAI בְּרַכּוּ אֶת־יְהוָה. Public prayer begins with a call and response. It is as if the leader asks, “Are you ready to pray?” and the congregation responds, “Yes, we are ready.”

WHO ROLLS LIGHT BEFORE DARKNESS גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ. Seen through a religious lens, every change in nature is remarkable—each day and night, each season. The ideal of a religious consciousness is to see each of these moments afresh.

TORAH AND GOD'S LOVE. The religious life, with its mitzvot, is seen not as a burden but rather as a gift.

Final Notations

it will not be simple, it will
not be long
it will take little time, it
will take all your thought
it will take all your heart, it
will take all your breath
it will be short, it will not
be simple

it will touch through your
ribs, it will take all your
heart
it will not be long, it will
occupy your thought
as a city is occupied, as a
bed is occupied
it will take all your flesh, it
will not be simple

You are coming into us
who cannot withstand
you
you are coming into us
who never wanted to
withstand you
you are taking parts of
us into places never
planned
you are going far away with
pieces of our lives

it will be short, it will take
all your breath
it will not be simple, it will
become your will

—ADRIENNE RICH

Recitation of the Sh'ma

In the absence of a minyan, we add the following:

God is a faithful sovereign.

Hear, O Israel, ADONAI is our God, ADONAI is one.

Sh'ma yisrael, Adonai eloheinu, Adonai ehad.

Recited quietly: Praised be the name of the one whose glorious
sovereignty is forever and ever.

You shall love ADONAI your God with all your heart,
with all your soul, and with all that is yours.

These words that I command you this day
shall be taken to heart.

Teach them again and again to your children;
speak of them when you sit in your home,
when you walk on your way,

when you lie down,
and when you rise up.

Bind them as a sign upon your hand

and as a symbol above your eyes;

inscribe them upon the doorposts of your home

and on your gates.

*V'ahavta et Adonai elohekha b'khol l'vav'kha u-v'khol nafsh'kha
u-v'khol me'odekha. V'hayu ha-d'varim ha-eileh asher anokhi
m'tzav'kha hayom al l'avavekha. V'shinantam l'vanekha v'dibarta
bam, b'shivt'kha b'veitekha u-v'lekht'kha va-derekh u-v'shokhb'kha
u-v'kumekha. U-k'shartam l'ot al yadekha v'hayu l'totafot bein
einekha. U-kh'tavtam al mezuzot beitekha u-visharekha.*

Deuteronomy 6:4–9

קריאת שמע

In the absence of a minyan, we add the following: אל מלך נאמן.

שמע ישראל יהוה אלהינו יהוה אחד.

Recited quietly: שם כבוד מלכותו לעולם ועד.

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לִבְּךָ וּבְכָל־נַפְשְׁךָ
וּבְכָל־מַאֲדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ
הַיּוֹם עַל־לִבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָם בְּשַׁבְּתֶךָ
בְּבֵיתְךָ וּבְלֶכְתְּךָ בְּדֶרֶךְךָ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:
וְקָשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל־מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

דברים ו:ד-ט

שמע . . . ONE אֶחָד . . . שְׁמַע. The biblical paragraph that follows instructs us: “speak of them . . . when you lie down, and when you rise up.” The ancient rabbis took this quite literally and understood it as an injunction to recite the Sh'ma in the morning and the evening—that is, the time of lying down and the time of rising up. Some see the Sh'ma as a basic Jewish creed, and so its repetition is a constant reiteration of faith. Another interpretation of the Sh'ma is that it is addressed not to God but to the community of Israel: when we sit together

and hear each other pray, we come to understand that though each of us may have very different spiritual lives, we are “one” in our humanity. The souls that reside in each of us are formed by the one God. Through the recitation of the Sh'ma, we affirm this common yet plural community.

The Sh'ma consists of three paragraphs taken from the Torah. The first talks of our love for God, the second describes the terrible consequences of deserting a religious and moral life, and the third emphasizes both religious practice and the fundamental Jewish story: the exodus from Egypt.

PRAISED BE THE NAME שֵׁם כְּבוֹד. This is the congregational response to the biblical verse. Because it is the only line of this paragraph that is not biblical, it is said quietly.

THESE WORDS הַדְּבָרִים הָאֵלֶּה. Which words does the verse refer to? Some scholars think that the phrase “these words” refers to the Decalogue, which was recited just before the Sh'ma in the ancient synagogue. In its current context, this phrase may refer to the previous sentence, which contains the command to love (*v'ahavta*). In this view, we are to walk through life constantly reminded that with each step we take, we can bring the perspective of love.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

*“If You Will Hear”:
An Interpretive
Translation*

If you faithfully obey My laws today, and love Me, I shall give you your livelihood in good time and in full measure. You shall work and reap the results of your labor, satisfied with what you have achieved. Be careful, however. Let not your heart be seduced, lured after false goals, seeking alien ideals, lest God’s image depart from you and you sink, becoming desolate, and lose your joyous, God-given heritage.

—ANDRÉ UNGAR

If you will hear and obey the mitzvot that I command you this day, to love and serve ADONAI your God with all your heart and all your soul, then I will grant the rain for your land in season, rain in autumn and rain in spring. You shall gather in your grain and wine and oil; I will provide grass in your fields for your cattle and you shall eat and be satisfied. Take care lest your heart be tempted, and you stray and serve other gods and bow to them. Then ADONAI’s anger will flare up against you, and God will close up the sky so that there will be no rain and the earth will not yield its produce. You will quickly disappear from the good land that ADONAI is giving you. Therefore, impress these words of mine upon your heart and upon your soul. Bind them as a sign upon your hand and as a symbol above your eyes; teach them to your children, by speaking of them when you sit in your home, when you walk on your way, when you lie down, and when you rise up. Inscribe them upon the doorposts of your home and on your gates. Then your days and the days of your children, on the land that ADONAI swore to your ancestors to give them, will be as many as the days that the heavens are above the earth.

Deuteronomy 11:13–21

ADONAI said to Moses: Speak to the people Israel, and instruct them that in every generation they shall put *tzitzit* on the corners of their garments, placing a thread of blue on the *tzitzit*, the fringe of each corner. That shall be your *tzitzit*; you shall look at it and remember all the mitzvot of ADONAI, and fulfill them, and not be seduced by your eyes and heart as they lead you astray. Then you will remember and fulfill 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—

Numbers 15:37–41

Truly

When there is a minyan, the leader adds:

► ADONAI your God—truly—

This is our enduring affirmation, binding on us: that ADONAI is our God and there is none other, and we, Israel, are God’s people. God is our sovereign, redeeming us from earthly rulers, delivering us from the hand of all tyrants, bringing judgment upon our oppressors, just retribution upon all our mortal enemies,

וְהָיָה אִם־שָׁמַעַתְּ שְׁמִיעוּ אֶל־מִצְוֹתַי אֲשֶׁר אֲנִי מְצַוָּה אֶתְכֶם הַיּוֹם לֹאֲהַבָּהּ אֶת־יְהוָה אֱלֹהֵיכֶם וּלְעַבְדּוֹ בְּכָל־לִבְבְּכֶם וּבְכָל־נַפְשְׁכֶם: וְנָתַתִּי מָטָר־אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפֹּת דְּגָנְךָ וְתִירְשֶׁךָ וְיִצְהָרְךָ: וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבְהֶמְתְּךָ וְאֹכְלֶתָ וְשָׂבַעְתָּ: הִשְׁמְרוּ לָכֶם פְּנֵי־פִתְּהָ לְבַבְכֶם וְסִרְתֶּם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחִרָה אֶפְי־הוּא בָכֶם וְעָצַר אֶת־הַשָּׁמַיִם וְלֹא־יִהְיֶה מָטָר וְהִיאֲדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ וְאֹבַדְתֶּם מִהָרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וְשִׁמְתֶם אֶת־דְּבָרֵי אֱלֹהִים עַל־לִבְבְּכֶם וְעַל־נַפְשְׁכֶם וְקִשְׁרְתֶּם אֹתָם לְאוֹת עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וְלִמְדַתֶּם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדֶרֶךְ וּבְשִׁכְבְּךָ וּבְקוּמְךָ: וְכִתַּבְתֶּם עַל־מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבּוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נָשָׁבַע יְהוָה לְאַבְרָהָם לֵאמֹר לָתֵת לָהֶם כִּימֵי הַשָּׁמַיִם עַל־הָאָרֶץ:

דברים יא:יג-כא

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ עַל־צִיצִית הַכָּנָף פֶּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת יְהוָה וְעָשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרֵי לִבְבְּכֶם וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר־אַתֶּם זִנִּים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם אֶת־כָּל־מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהָיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:

במדבר טו:לז-מא

אמת

When there is a minyan, the leader adds:

◀ יהוה אלהיכם – אמת –

וְאִמּוּנָה כָּל־זֹאת, וְקִיָּם עָלֵינוּ, כִּי הוּא יְהוָה אֱלֹהֵינוּ וְאֵין זוּלָתוֹ, וְאִנְחָנוּ יִשְׂרָאֵל עִמּוֹ. הַפּוֹדֵנוּ מִיַּד מְלָכִים, מְלַכְנוּ הַגּוֹאֲלֵנוּ מִכַּף כָּל־עֲרִיצִים. הָאֵל הַנִּפְרָע לָנוּ מִצְרֵינוּ, וְהַמְשַׁלֵּם גְּמוּלָה לְכָל־אוֹיְבֵי נַפְשָׁנוּ,

וְהָיָה אִם־שָׁמַעַתְּ. Although in its biblical context the consequences of sin mentioned in this paragraph were probably understood literally, in the liturgy they can be understood metaphorically. After all, many people who recited this paragraph were not living off the land. Rather, one way of understanding what the paragraph conveys may be that the observance of Torah and a life of walking on the path of mitzvot leads to a rich life, a life that seems fertile. Without the cultivation of a spiritual life, we may be left with a sense of emptiness, of having been diverted by entertainments but never having lived life fully.

ADONAI SAID TO MOSES וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר. The ancient rabbis emphasized that the last words of this paragraph, the injunction to remember the exodus from Egypt, was the prime reason for its inclusion in the Sh'ma. In Jewish theology, the exodus anticipates the redemption in the future: true freedom. The means of achieving redemption, we are taught, is remembering our responsibility to live lives that are holy.

TRULY—THIS IS OUR ENDURING AFFIRMATION אָמֵת וְאִמּוּנָה. So closely was the Sh'ma linked with this *b'rakhah*, the blessing of redemption, that the rabbis insisted that its first word—"truly"—be recited along with the very last words of the Sh'ma, so

continued

Emunah: Faith
Emunah or “faith” is related to the Hebrew word “Amen.”... *Emunah* in the Bible... has the sense of affirmation and trust, a commitment of the entire self to the truth as told, seen, or witnessed.... “Believe” is too intellectual a term.... For the Bible as well as for the early rabbis, *emunah* connotes affirmation with the entire self, affirmation even unto martyrdom. This is more than one would do for mere “belief” in an idea, especially one that is not proven.... It is perhaps for this reason that the affirmations in the great philosopher Moses Maimonides’ (1138–1204) Thirteen Articles of Faith began each statement with: “I believe with a whole faith...” *Belief* in the articles would not suffice without *emunah sh’leimah*, a faith that carries us far beyond just “believing” into the realm of the deepest sureness.

—ARTHUR GREEN

performing wonders beyond understanding, marvels beyond all reckoning. God places us among the living, not allowing our steps to falter, and leads us past the false altars of our enemies, exalting us above all those who hate us. ADONAI avenged us with miracles before Pharaoh, offered signs and wonders in the land of Egypt. God smote, in anger, all of Egypt’s firstborn, brought Israel from its midst to lasting freedom, and led them through the divided water of the Sea of Reeds. As their pursuers and enemies drowned in the depths, God’s children beheld the power of the Divine; they praised and acknowledged God’s name, ► willingly accepting God’s sovereignty. Then Moses, Miriam, and the people Israel joyfully sang to You:

► U-malkhuto b’ratzon kiblu aleihem, moshe u-miryam u-v’nei yisrael
 l’kha anu shirah, b’simḥah rabah v’amru khulam:

“Who is like You, ADONAI, among the mighty! Who is like You, adorned in holiness, revered in praise, working wonders!”

Mi khamokha ba-eilim Adonai, mi kamokha nedar bakodesh,
 nora t’hilot, oseh feleh.

Your children recognized Your sovereignty, as You split the sea before Moses. “This is my God,” they responded, and said: “ADONAI will reign forever and ever.”

Malkhut’kha ra’u vanekha, bokei-a yam lifnei moshe, zeh eili anu v’amru:
 Adonai yimlokh l’olam va-ed.

► And so it is written: “ADONAI has rescued Jacob and redeemed him from the hand of those more powerful than he.” *Barukh atah ADONAI*, who redeemed the people Israel.

► V’ne-emar: ki fadah Adonai et yaakov, u-ge’alo miyad hazak mimenu.
Barukh atah Adonai, ga-al yisrael.

Peace in the Night

Allow us, ADONAI our God, to sleep peacefully; awaken us to life, O sovereign. Spread over us Your canopy of peace, restore us with Your good counsel, and save us for the sake of Your name. Shield us. Remove from us enemies, pestilence, sword, starvation, and sorrow; remove the evil forces that surround us. Shelter us in the shadow of Your wings, for You, God, watch over and deliver us, and You are sovereign, merciful and compassionate. ► Ensure our going and coming for life and peace, now and forever.

Barukh atah ADONAI, eternal guardian of Your people Israel.

הַעֲשֵׂה גְדוּלוֹת עַד אֵין חֶקֶה וְנִפְלְאוֹת עַד אֵין מִסְפָּר.
 הָשֵׁם נִפְשָׁנוּ בַּחַיִּים, וְלֹא נָתַן לָמוּט רִגְלָנוּ.
 הַמְדְּרִיכֵנוּ עַל בָּמוֹת אוֹיְבֵינוּ, וְיָרֵם קִרְנֵנוּ עַל כָּל־שׁוֹנְאֵינוּ.
 הַעֲשֵׂה לָנוּ נִסִּים וּנְקָמָה בַּפָּרַעַה,
 אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת בְּנֵי חָם.
 הַמִּכָּה בְּעִבְרָתוֹ כָּל־בְּכוֹרֵי מִצְרַיִם,
 וַיּוֹצֵא אֶת־עַמּוֹ יִשְׂרָאֵל מִתּוֹכָם לְחֵירוֹת עוֹלָם.
 הַמַּעֲבִיר בְּנָיו בֵּין גִּזְרֵי יָם סוּף,
 אֶת־רֹדְפֵיהֶם וְאֶת־שׁוֹנְאֵיהֶם בְּתַהוֹמוֹת טַבַּע.
 וְרָאוּ בְנָיו גְּבוּרָתוֹ, שָׂבְחוּ וְהוֹדוּ לְשִׁמּוֹ.
 ◀ וּמַלְכוּתוֹ בְּרָצוֹן קָבְלוּ עֲלֵיהֶם,
 מָשָׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה,
 וְאָמְרוּ כָלָם:
 מִי כַמִּכָּה בָּאֵלֶם יְהוָה, מִי כַמִּכָּה נֶאֱדָר בַּקֹּדֶשׁ,
 נוֹרָא תְהִלָּתוֹ, עֹשֶׂה פֶלֶא.
 מַלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,
 זֶה אֱלֹהֵינוּ וְאָמְרוּ:
 יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.
 ◀ וְנֹאמַר: כִּי פָדָה יְהוָה אֶת־יַעֲקֹב,
 וַגָּאֻלוֹ מִיַּד חֲזָק מִמֶּנּוּ. בְּרוּךְ אַתָּה יְהוָה, גָּאֵל יִשְׂרָאֵל.
 הַשְׁפִּיכֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלִּפְנֵי לְחַיִּים,
 וּפְרוֹשׁ עָלֵינוּ סֶפֶת שְׁלוֹמְךָ, וְתַקְנֵנוּ בְּעֶצֶה טוֹבָה מִלִּפְנֵיךָ,
 וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעָלֵינוּ אוֹיֵב,
 דָּבָר וְחָרֵב, וְרָעַב, וְיָגוֹן, וְהִסֵּר שָׁטָן מִלִּפְנֵינוּ וּמֵאֲחֵרֵינוּ,
 וּבָצַל כְּנִפְיֶךָ תַּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילָנוּ אַתָּה,
 כִּי אֵל מְלֹךְ חֲנוּן וְרַחוּם אַתָּה, ◀ וּשְׁמוֹר צִאתָנוּ וּבּוֹאֵנוּ,
 לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.
 בְּרוּךְ אַתָּה יְהוָה, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לָעֶד.

continued
 the leader reads them together: *Adonai eloheikhem emet*. Thus we affirm that God is true, or truth itself. The world as it is presented to us is a world in which the totality of truth is hidden; its full revelation constitutes redemption.

GOD SMOTE הַמִּכָּה. While the first paragraph of the Sh'ma talks of love, the exodus from Egypt reminds us that sometimes justice is achieved only by battling for it.

MIRIAM מִרְיָם. After the deliverance at the Sea, we are told that Moses led the men in song and Miriam, in response, led the women in joyous singing.

WHO IS LIKE YOU מִי כַמִּכָּה. Exodus 15:11.

YOUR CHILDREN RECOGNIZED YOUR SOVEREIGNTY מַלְכוּתְךָ רָאוּ בְנֵיךָ. Or “Your children saw Your dominion.” To view the end of slavery and oppression is to see God’s dominion.

ADONAI WILL REIGN יְהוָה יִמְלֹךְ. Exodus 15:18.

ADONAI HAS RESCUED כִּי פָדָה יְהוָה. Jeremiah 31:11.

ALLOW US . . . TO SLEEP הַשְׁפִּיכֵנוּ. This prayer, added after reciting the Sh'ma in the evening, speaks to the fears of the night.

The Dream of a New Day

Creator of peace, compas-
sionate God,
guide us to a covenant of
peace
with all of Your creatures,
birds and beasts
as well as all humanity
reflecting Your image of
compassion and peace.
Give us strength
to help sustain Your prom-
ised covenant abolishing
blind strife
and bloody warfare, so
that they will no longer
devastate
the earth, so that discord
will no longer tear us
asunder.
Then all that is savage and
brutal will vanish,
and we shall fear evil no
more.
Guard our coming
and our going, now
toward waking, now
toward sleep,
always within Your tran-
quil shelter.
Beloved are You, Sovereign
of peace,
whose embrace encom-
passes the people Israel
and all humanity.

—JULES HARLOW

Many congregations omit the following paragraphs after Shabbat or a Festival:

May ADONAI be blessed forever and ever; *amen* and *amen*.

May ADONAI be blessed from Zion, ADONAI who dwells in
Jerusalem, *halleluyah*.

Bless ADONAI who is God, the God of Israel, doer of wonders,
alone.

May God's glorious name be blessed forever and ever;
may God's glory fill the whole world; *amen* and *amen*.

May the glory of ADONAI be forever; may ADONAI rejoice with
what ADONAI has created.

May the name of ADONAI be blessed now and forever.

Surely ADONAI will not abandon God's people, if only for the sake
of the greatness of the divine name,
for ADONAI desired to make you a people dedicated to the Divine.

When all the people saw, they bowed down and said, "ADONAI is
God; ADONAI is God."

ADONAI shall be acknowledged sovereign of all the earth.

On that day ADONAI shall be one, and the name of God one.

Shower Your kindness upon us, for our hope is in You.

Help us, ADONAI our God, and gather us from the nations,
that we might acknowledge Your holy name and find glory in
praising You.

All the nations You created shall come and bow before You, our
master, and honor Your name.

For You are great and You act wondrously; You alone are God.

And we, Your people, the flock whom You shepherd, shall
acknowledge You always, praising You, one generation to
the next.

Many congregations omit the following paragraphs after Shabbat or a Festival:

ברוך יהוה לעולם, אמן ואמן.

ברוך יהוה מציון, שכן ירושלים, הללויה.

ברוך יהוה אלהים אלהי ישראל, עשה נפלאות לבדו.

וברוך שם כבודו לעולם,

וימלא כבודו את כל הארץ, אמן ואמן.

יהי כבוד יהוה לעולם, ישמח יהוה במעשיו.

יהי שם יהוה מברך, מעתה ועד עולם.

כי לא יטש יהוה את עמו בעבור שמו הגדול,

כי הואיל יהוה לעשות אתכם לו לעם.

וירא כל העם ויפלו על פניהם,

ויאמרו: יהוה הוא האלהים, יהוה הוא האלהים.

והיה יהוה למלך על כל הארץ,

ביום ההוא יהיה יהוה אחד ושמו אחד.

יהי חסדך יהוה עלינו, באשר יחלנו לך.

הושיענו יהוה אלהינו, וקבצנו מן הגוים,

להודות לשם קדשך, להשתבח בתהלתך.

כל גוים אשר עשית יבאו וישתחוו לפניך אדני, ויכבדו לשמך.

כי גדול אתה ועשה נפלאות, אתה אלהים לבדך.

ואנחנו עמך וצאן מרעייתך, נודה לך לעולם,

לדור ודור נספר תהלתך.

MAY ADONAI BE BLESSED
FOREVER AND EVER; AMEN

ברוך יהוה לעולם, אמן ואמן. Stylistically this prayer is typical of much early liturgical writing. Until its last paragraph, it is composed entirely of verses from the Bible—mostly Psalms, but other books of the Bible as well—especially those passages that are themselves prayers. Each verse mentions a word or concept included in the previous verse. The prayer begins by praising God, then moves on to promises of messianic times, and finally adds a personal note of placing one's own care in God's hands. This conclusion is especially fitting for the evening, when the fears of the night stir the soul; it is the only portion of the prayer not composed of biblical verses. The opening verses begin with the word *barukh*, and the prayer at the end also begins with several phrases containing the initial word *barukh*—thus forming a frame for the entire prayer.

According to the

Babylonian sages, the *geonim*, this prayer was added to the evening liturgy so that all would have time to arrive in the synagogue and then leave together; walking together, the group could offer protection from marauders. Since on Saturday night people had already gathered for the afternoon prayer and for study, there was no need to include it then. The verses quoted are: Psalms 89:53, 135:21, 72:18–19, 104:31, 113:2; 1 Samuel 12:22; 1 Kings 18:39; Zechariah 14:9; Psalms 33:22; 106:47; 86:9–10; 79:13.

WHEN ALL THE PEOPLE SAW כל העם וירא כל העם 1 Kings 18:39. In the Bible, this verse describes the reaction of the people when Elijah's sacrificial offering brings storm clouds, thus ending the drought that had plagued Israel. Perhaps, though, the liturgist has deliberately placed the verse here devoid of context. What we see is not an event beyond natural circumstance, like the miraculous response to Elijah; rather, we see the everyday that is miraculous: going to sleep at night and waking in the morning.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

May ADONAI be blessed by day,
 may ADONAI be blessed at night,
 may ADONAI be blessed as we lie down,
 may ADONAI be blessed as we arise.
 In Your hands is the spirit of the living and the dead.
 In Your hands is the breath of every living being and the spirit of
 every person.
 Into Your hands I entrust my spirit; You are my redeemer, ADONAI,
 faithful God.
 God in heaven, may Your name be one,
 may Your sovereignty be established forever,
 and may You rule over us always.
 May our eyes see, may our hearts rejoice, and may our spirit sing
 with Your true triumph, when in Zion it shall be
 declared, “Your God reigns.”
 ADONAI is sovereign, ADONAI has always been sovereign,
 ADONAI will be sovereign forever.
 ▶ For sovereignty is Yours, and You shall rule in glory forever and
 ever; we have no ruler but You.
Barukh atah ADONAI, the Sovereign who in glory shall rule over us
 forever, and over all Your creation.

Hatzi Kaddish

Leader:

May God’s great name be exalted and hallowed throughout
 the created world, as is God’s wish. May God’s sovereignty
 soon be established, in your lifetime and in your days, and in
 the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God’s great name be acknowledged forever and ever!
Y’hei sh’meih raba m’varakh l’alam u-l’almei almaya.

Leader:

May the name of the Holy One be acknowledged and
 celebrated, lauded and worshipped, exalted and honored,
 extolled and acclaimed—though God, who is blessed,
b’rikh hu, is truly [between Rosh Hashanah and Yom Kippur we add: far]
 beyond all acknowledgment and praise, or any expressions
 of gratitude or consolation ever spoken in the world.
 And we say: *Amen*.

ברוך יהוה ביום, ברוך יהוה בלילה,
 ברוך יהוה בשכבנו, ברוך יהוה בקומנו,
 כי בידך נפשות החיים והמתים,
 אשר בידו נפש כל־חי ורוח כל־בשר איש.
 בידך אפקיד רוחי, פדיתה אותי יהוה אל אמת.
 אלהינו שבשמים, יחד שמה, וקים מלכותך תמיד,
 ומלוך עלינו לעולם ועד.
 יראו עינינו,
 וישמח לבנו,
 ותגל נפשנו בישועתך באמת,
 באמור לציון, מלך אלהיך.
 יהוה מלך, יהוה מלך, יהוה ימלך לעלם ועד.
 ◀ כי המלכות שלך היא, ולעולמי עד תמלוך בכבוד,
 כי אין לנו מלך אלא אתה.
 ברוך אתה יהוה, המלך בכבודו תמיד ימלוך עלינו לעולם
 ועד, ועל כל־מעשיו.

חצי קדיש

Leader:

יתגדל ויתקדש שמה רבא, בעלמא די ברא, ברעותה,
 וימליך מלכותה בחייכון וביומיכון ובחיי דכל־בית
 ישראל, בעגלא ובזמן קריב, ואמרו אמן.

Congregation and Leader:

יהא שמה רבא מברך לעלם ולעלמי עלמיא.

Leader:

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתגדל
 ויתעלה ויתהלל שמה דקדשא, בריך הוא, לעלא מן כל־
 [between Rosh Hashanah and Yom Kippur we substitute: לעלא לעלא מכל]
 ברכתא ושירתא תשבחתא ונחמתא דאמירן בעלמא,
 ואמרו אמן.

MAY ADONAI BE BLESSED BY DAY ברוך יהוה ביום. This fi-
 nal passage of the *b'rakhah*
 is no longer composed
 of biblical verses strung
 together to form a new
 prayer; instead, we now
 have thoughts expressed
 in post-biblical language
 that use biblical verses as
 prooftexts: “the breath
 of every living being and
 the spirit of every person”
 (Job 12:10) and “into Your
 hands...” (Psalm 31:6). It is
 an appropriate prayer for
 the evening: before I go to
 sleep, “into Your hands I
 entrust my spirit, God.”

HATZI KADDISH. As re-
 marked upon earlier, the
 evening service consists
 of two central moments:
 the recitation of the Sh'ma
 and the Amidah, the silent
 personal prayer. The Hatzi
 Kaddish separates the two
 sections. Its central line,
y’hei sh’meih raba m’varakh,
 “May God’s great name be
 acknowledged,” expresses
 the same thought as the
 call to worship, *bar’khu*,
 with which the evening
 service began. It is as if the
 leader is calling us to a new
 service of personal prayer
 that begins here.

MAY GOD’S GREAT NAME
 יהא שמה רבא. The seven
 words of this response are
 an almost exact Aramaic
 translation of the Hebrew
 refrain commonly used in
 the ancient Temple in Jeru-
 salem: *barukh shem k’vod*
malkhuto l’olam va-ed,
 “Praised be the name of the
 one whose glorious sovereignty is forever and ever.”
 This line is familiar to us today as the response fol-
 lowing the first verse of the Sh'ma. In ancient Israel,
 it may have been the standard response to a call by
 the leader of the service.

Amidah for the Conclusion of Shabbat and Festivals

Weekday Prayer

As we enter a new week, a new time, we may want to ask ourselves: “What of the past do I want to take with me? What, of that which I have inherited, represents the values that are most important to me?”

Some people find it hard to clean their desk, to decide what to throw away and what to keep. Too much clutter on the desk makes it difficult to do the day’s work. But without some papers lying around, we may not be sufficiently stimulated to know what it is we have to do.

The past is like that, too: some of it has to be put away, let go, so that we might move forward. But some of it needs to be taken with us into the future—because it sustains us as we continue to grow.

As we leave Shabbat or the festival day behind, we might ask ourselves: What have we learned about our life choices? our relation to our family and our friends? What do we want to take with us from this holy day into our everyday life?

The evening Amidah is recited silently through its conclusion on page 278.

ADONAI, open my lips that my mouth may speak Your praise.

Three Introductory B'rakhot

OUR ANCESTORS

With Patriarchs:

ברוך אתה ADONAI,
our God and God of our
ancestors,
God of Abraham, God of
Isaac, and God of Jacob,
great, mighty, awe-inspiring,
transcendent God,
who acts with kindness
and love, and creates all,
who remembers the loving
deeds of our ancestors,
and who will lovingly bring
a redeemer to their
children’s children for
the sake of divine honor.

Between Rosh Hashanah and Yom Kippur we add:

Remember us for life, Sovereign who delights in life,
and inscribe us in the Book of Life, for Your sake, God of life.

With Patriarchs and Matriarchs:

ברוך אתה ADONAI,
our God and God of our
ancestors,
God of Abraham, God of
Isaac, and God of Jacob,
God of Sarah, God of
Rebecca, God of Rachel,
and God of Leah,
great, mighty, awe-inspiring,
transcendent God,
who acts with kindness
and love, and creates all,
who remembers the loving
deeds of our ancestors,
and who will lovingly bring
a redeemer to their
children’s children for
the sake of divine honor.

תפילת העמידה למוצאי שבת ויום טוב

The evening Amidah is recited silently through its conclusion on page 278.

אֲדַנִּי שְׁפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

With Patriarchs and Matriarchs:

ברוך אתה יהוה,
אלהינו ואלהי אבותינו,
[ואִמּוֹתֵינוּ], אֱלֹהֵי אֲבֹרָהֵם,
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה,
אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל,
זוֹכֵר חֲסֵדֵי אֲבוֹת,
[וְאִמָּהוֹת], וְיִמְבִּיא גּוֹאֵל
לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ
בְּאַהֲבָה.

Between Rosh Hashanah and Yom Kippur we add:

זְכֵרְנוּ לְחַיִּים, מְלֶכֶךְ חַיִּים בְּחַיִּים,
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

With Patriarchs:

ברוך אתה יהוה,
אלהינו ואלהי אבותינו,
אֱלֹהֵי אֲבֹרָהֵם, אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל,
זוֹכֵר חֲסֵדֵי אֲבוֹת, וְיִמְבִּיא
גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן
שְׁמוֹ בְּאַהֲבָה.

THE AMIDAH is “the prayer said while standing”—unlike the Sh’ma, the other central moment of the morning and evening services, which is recited while seated. The Amidah is also known as the “Silent Prayer” and it is a moment of personal meditation. While the morning and afternoon Amidah prayers are recited aloud by the service leader, the evening prayer is singularly a moment of personal meditation: it is recited entirely individually.

The weekday Amidah includes the same three introductory and closing b'rakhot that are found in every Silent Prayer (including those of Shabbat and festivals). But on weekdays we include thirteen b'rakhot of request as the middle portion of the Amidah. The Amidah recited at the conclusion of Shabbat and festivals also includes a prayer marking the division between the holy day and

the weekday, Havdalah. With the evening service, we begin our week.

ADONAI, OPEN MY LIPS תִּפְתָּח שְׁפָתַי תִּפְתָּח. Psalm 51:17.

בְּאַהֲבָה. The Hebrew paragraph ends with the word *ahavah* (“love”), as that is what our ancestors discovered: the God of love. They rejected the capricious gods of the ancient world. As we begin our week, we might seek to carry with us the love of God and of people that has characterized Shabbat or the festival.

REMEMBER US זְכֵרְנוּ. This brief prayer is the first of four that are added to the Amidah (in its first two and last two b'rakhot), during the ten days of the High Holy Day season.

For restricted use only: March-April 2020
Do not copy, sell, or distribute

*Supports the Falling,
Heals the Sick,
Loosens the Chains
of the Bound*
“This is my God whom I
would glorify” (Exodus
15:2). How is it possible to
glorify God? Abba Shaul
taught: just as God is
compassionate, so should
you be compassionate.
—MEKHILTA

Holiness
We may experience
holiness as a time when
conflict is resolved, a mo-
ment when we appreciate
difference as part of an
essential unity, when all
seems in balance and the
world is experienced as
welcoming and filled with
peace. Such moments
are transitory. When we
encounter people who
strive for and achieve such
moments more frequently,
we may experience a sense
of holiness in or through
them; and we call God—
the ever-present source of
such moments—“holy.”

With Patriarchs:
You are the sovereign
who helps and saves
and shields.
פְּ Barukh atah ADONAI,
Shield of Abraham.

GOD’S SAVING CARE
You are ever mighty, ADONAI—
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,
[*From Pesah until Sh’mini Atzeret, some add:*
You cause the dew to fall,]

You sustain the living through kindness and love,
and with great mercy give life to the dead,
You support the falling, heal the sick,
loosen the chains of the bound,
and keep faith with those who sleep in the dust.
Who is like You, Almighty,
and who can be compared to You?
The sovereign who brings death and life
and causes redemption to flourish.

Between Rosh Hashanah and Yom Kippur we add:
Who is like You, source of compassion,
who remembers with compassion Your creatures for life?

You are faithful in bringing life to the dead.
Barukh atah ADONAI, who gives life to the dead.

GOD’S HOLINESS
Holy are You and holy is Your name;
holy ones praise You each day.
Barukh atah ADONAI, the Holy God.

Between Rosh Hashanah and Yom Kippur we substitute:
Barukh atah ADONAI, the Holy Sovereign.

With Patriarchs and Matriarchs:
You are the sovereign
who helps and guards,
saves and shields.
פְּ Barukh atah ADONAI,
Shield of Abraham and
Guardian of Sarah.

With Patriarchs and Matriarchs:
מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.
וּמוֹשִׁיעַ וּמִגֵּן.
פְּ בְרוּךְ אַתָּה יְהוָה,
מִגֵּן אֲבִרָהָם.
מִגֵּן אֲבִרָהָם וּפּוֹקֵד שָׂרָה.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנִי, מְחַיֶּה מֵתִים אַתָּה,
רַב לְהוֹשִׁיעַ.

From Sh’mini Atzeret until Pesah: מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם,
[*From Pesah until Sh’mini Atzeret, some add:* מוֹרִיד הַטֶּל,

מְכַלְכֵּל חַיִּים בְּחֹסֶד,
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמַקְיֵם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דּוֹמֶה לָךְ,
מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה.

Between Rosh Hashanah and Yom Kippur we add:
מִי כְמוֹךָ אֵב הַרְחָמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.
בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וּקְדוּשִׁים בְּכָל־יּוֹם יְהַלְלוּךָ סֵלָה.
בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ.

Between Rosh Hashanah and Yom Kippur we substitute:
בְּרוּךְ אַתָּה יְהוָה, הַמְּלִךְ הַקָּדוֹשׁ.

SHIELD OF ABRAHAM מִגֵּן
אַבְרָהָם. After Genesis 15:1.
GUARDIAN OF SARAH
פּוֹקֵד שָׂרָה. Or “the one who
remembered Sarah” (after
Genesis 21:1).

YOU CAUSE THE WIND TO
BLOW מְשִׁיב הָרוּחַ. The tim-
ing of the prayer for rain
reflects the needs of the
Land of Israel, where rain
falls only during the winter
months.

GIVES LIFE TO THE DEAD
מְחַיֶּה הַמֵּתִים. Certainly, the
originators of this *b'rakhah*
had in mind that the dead
experience life in the world
that is coming. But the
b'rakhah may equally tell
us something about the
present. As we leave Shab-
bat or the festival there
is an awakening of the
senses, symbolized in the
ceremony of Havdalah: the
wine, the spices, and the
light call us to the fullness
of a week of experience.
We can enter that week
spiritually alive because of
what we take with us from
having been renewed on
Shabbat or the festival. We
may be able to experi-
ence our world more fully,
appreciate the life around
us, engage in healing more
empathetically—revivifying
both those whom we meet
and ourselves.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

The Cycles of B'rakhot
 Abraham Joshua Heschel
 taught that needs can
 become “spiritual op-
 portunities.” As we emerge
 from Shabbat or a festival,
 refreshed by the rest and
 communal joy those days
 afford, the middle blessings
 of the weekday Amidah in-
 vite us to consider anew the
 twofold question of needs:
 our own needs, and the
 needs of others. As we pray,
 we may consider first: What
 do I most need in this week
 to come? What are my
 truest, most authentic, and
 most pressing needs? And
 then, we may ask ourselves:
 How am I needed by my
 loved ones, my community,
 by God?

KNOWLEDGE
 What is the meaning of
 God teaching us? God
 raises us up after we have
 been mistaken, for it is only
 through failure that any
 true learning is achieved.
 —based on ABRAHAM
 BEN ELIJAH

It is said in the name of the
 Baal Shem Tov: What is
 knowledge? It is the con-
 stant awareness that God
 dwells within you.
 —YEHUDAH ARYEH LEIB
 OF GUR

What is wisdom? It is the
 increasing knowledge of
 the world, for the more
 you know of the world
 the more you will come
 to love God.
 —based on MAIMONIDES

First Cycle of B'rakhot of Request: Personal Transformation

KNOWLEDGE

You graciously endow human beings with knowledge, and
 You teach understanding to humanity.

At the conclusion of Shabbat or Festivals we add:

You have graced us with the ability to know Your teaching,
 and taught us to observe the precepts that accord with Your will.
 ADONAI our God, You have distinguished between the sacred
 and the ordinary, light and darkness, the people Israel and the
 peoples of the world, and between the seventh day and the
 six days of creation. *Avinu Malkeinu*, grant that the days ahead
 welcome us in peace; may they be free of any sin, cleansed of any
 wrongdoing, and filled with awe-inspired attachment to You.

May You grace us with knowledge, understanding,
 and wisdom.

Barukh atah ADONAI, who bestows knowledge.

אַתָּה חוֹנֵן לְאָדָם דַּעַת,
 וּמְלִמֵּד לְאָנוּשׁ בִּינָה.

At the conclusion of Shabbat or Festivals we add:

אַתָּה חוֹנְנֵתָנוּ לְמִדַּע תּוֹרָתְךָ,
 וְתִלְמִדְנוּ לַעֲשׂוֹת חֻקֵּי רְצוֹנְךָ,
 וּתְבַדִּיל יְהוָה אֱלֹהֵינוּ בֵּין קֹדֶשׁ לְחֹל,
 בֵּין אֹר לְחֹשֶׁךְ,
 בֵּין יִשְׂרָאֵל לְעַמִּים,
 בֵּין יוֹם הַשְּׁבִיעִי לְשִׁשָּׁת יְמֵי הַמַּעֲשֶׂה.
 אָבִינוּ מִלְּפָנֶיךָ, הָחֵל עֲלֵינוּ הַיָּמִים הַבָּאִים
 לְקִרְאָתָנוּ לְשָׁלוֹם,
 חֲשׂוֹכִים מִכָּל-חֹטֵא,
 וּמִנִּקְיָם מִכָּל-עוֹן,
 וּמִדְּבָקִים בִּירְאָתְךָ. וְ...י.

חַנּוּנוּ מֵאַתָּה דַּעַת בִּינָה וְהַשְׁכָּל.
 בְּרוּךְ אַתָּה יְהוָה, חוֹנֵן הַדַּעַת.

THREE CYCLES OF
 B'RAKHOT. On Shabbat, a
 taste of the perfection of
 the world that is coming,
 we did not petition for our
 needs; the Amidah on both
 Shabbat and festivals con-
 tains a single central bless-
 ing celebrating the holiness
 of the day. As we emerge
 from the fullness and
 sanctity of Shabbat or the
 festival, we again focus on
 what is lacking in our lives,
 in our community, and in
 the world, and so we in-
 clude petitionary prayers in
 the Amidah. These prayers,
 the middle *b'rakhot* of the
 Amidah, unfold in three
 cycles: prayers for personal
 transformation, prayers
 for health and prosper-
 ity, and prayers calling for
 societal transformation and
 redemption. Additionally,
 since this is the first service
 recited at the conclusion

of Shabbat or a festival, we include in the first of these middle
b'rakhot a prayer marking the distinction between the weekday
 and the holy day.

YOU HAVE GRACED US חוֹנְנֵתָנוּ. In a sense, Shabbat or a
 festival ends with the recitation of this prayer and so we can
 continue with the weekday requests in the *b'rakhot* that follow.
 This paragraph is added to the weekday evening service at the
 conclusion of Shabbat or a festival, to mark the transition from
 the holy time that is ending and the weekday that is beginning.
 In it, we remark on the distinction between one realm and
 another and we express the hope that the peace and aspira-
 tions expressed in our prayers during Shabbat or during the
 festival carry over and guide us in the days to come.

דַּעַת בִּינָה וְהַשְׁכָּל KNOWLEDGE, UNDERSTANDING, AND WISDOM
 One way of understanding the difference between these terms
 is to think of “knowledge” as comprising factual information,
 “understanding” as denoting the ability to analyze, and “wis-
 dom” as that insight gained from experience. (based on Elliot
 Dorff)

For restricted use only: March-April 2020.
 Do not copy, sell, or distribute

REPENTANCE

What is *t'shuvah* compared to? It is like two people who had their backs to each other and then turn, full of wonder at seeing each other's face.

—SHNEUR ZALMAN OF LIADI

FORGIVENESS

We say, “We have sinned”—when do we sin? We sin when we forget that we are God's children.

—SOLOMON OF KARLIN

REDEMPTION

Before we pray for Israel's redemption, or the world's redemption, we first have to understand what our own redemption might mean.

—based on RASHI

REPENTANCE

Return us, *Avinu*, to Your teaching, and bring us closer, *Malkeinu*, to Your service—that we may truly turn and face You. *Barukh atah ADONAI*, who desires our return.

FORGIVENESS

Forgive us, *Avinu*, our Creator, for we have sinned; pardon us, *Malkeinu*, our Sovereign, for we have transgressed—for Your nature is to forgive and pardon. *Barukh atah ADONAI*, who is called gracious and is exceedingly forgiving.

REDEMPTION

Look upon our suffering and take up our cause; redeem us soon for the sake of Your name—for surely You are a mighty redeemer. *Barukh atah ADONAI*, Redeemer of Israel.

הַשִּׁיבֵנוּ אֲבִינוּ לְתוֹרָתְךָ,
וְקַרְבֵּנוּ מִלְּפָנֶיךָ לְעִבּוּדְךָ,
וְהַחֲזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.
בְּרוּךְ אַתָּה יְהוָה, הַרוֹצֵה בְּתַשׁוּבָה.

סֵלַח לָנוּ אֲבִינוּ, כִּי חָטֵאנוּ,
מַחֵל לָנוּ מִלְּפָנֶיךָ, כִּי פָשַׁעְנוּ,
כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה.
בְּרוּךְ אַתָּה יְהוָה, חֲנוּן הַמֵּרַבָּה לְסִלָּח.

רְאֵה נָא בְּעֵינֵינוּ, וְרִיבָה רִיבֵנוּ,
וּגְאֹלֵנוּ מִהֶרָה לְמַעַן שְׁמֶךָ,
כִּי גּוֹאֵל חֶזֶק אַתָּה.
בְּרוּךְ אַתָּה יְהוָה, גּוֹאֵל יִשְׂרָאֵל.

YOUR TEACHING לתורתך. The Hebrew word *torah* sometimes refers to the Five Books of Moses and sometimes to the entire Bible, but in the context of this *b'rakhah* it more likely carries its root meaning of “teaching.” The prayer expresses the hope that all that we do will be a walking in God's way, following God's teaching.

FORGIVE US סֵלַח לָנוּ. Some strike their chests, indicating regret, when reciting the words *hatanu* (“we have sinned”) and *fashanu* (“we have transgressed”).

AVINU . . . MALKEINU אֲבִינוּ . . . מַלְכֵנוּ. Literally, “father” (meaning “creator”) and “sovereign.” These words are well

known from prayers for forgiveness. The image of God as “father” represents relatedness and closeness; that of God as “sovereign” conveys authority and greater distance. The ancient rabbis expressed our relationship to these two aspects of God's nature as love and awe, *ahavah* and *yirah*.

WHO IS CALLED GRACIOUS חֲנוּן. What allows us to voice regret is the knowledge that what we say when we approach God will be accepted lovingly. Our admission of guilt will not be used to judge us negatively, it will not be used against us, and it will not incriminate us; rather, our admission of guilt will be received for what it is: an attempt to purify ourselves, to wipe the slate clean—so that we might now start again with a sense of freshness.

REDEMPTION. Each of the three cycles of *b'rakhah* of request ends with a prayer for ultimate redemption, and each of these endings builds on the previous one, so that they achieve a crescendo when we come to the end of the three cycles. This first request is a simple prayer calling for an end to any suffering and oppression.

For restricted use only: March-April 2020
Do not copy, sell, or distribute

HEALING

Heal the people I know
and heal the people whom
I don't know. Heal those
who have helped me in the
past and heal those who
have harmed me. Heal
those I love and heal those
with whom I am angry.

—ELIJAH DE VIDAS

ABUNDANCE

The Ḥasidic master
Zadok Hakohen of Lublin
understood this paragraph
this way: May all that we
consume be for our good.

EXILES

A Ḥasidic master taught:
When we bring into the
light the parts of ourselves
that we have let languish,
that is the ingathering of
the exiles.

Second Cycle of B'rakhot of Request: Healing and Prosperity

HEALING

Heal us, ADONAI, so that we may be truly healed;
save us, that we may be truly saved.
You are the one deserving of praise.
Bring complete healing to all our suffering;

On behalf of one who is ill:

our God and God of our ancestors, may it be Your will to send
speedy and complete healing of body and soul to _____,
along with all others who are ill;
strengthen as well the hands of those concerned with their care,

for You are God and sovereign, a faithful and
compassionate healer.

Barukh atah ADONAI, Healer of the ill among
Your people Israel.

A TIME OF ABUNDANCE

ADONAI our God, make this a blessed year for us;
may its varied harvest yield prosperity.
May the land be blessed

[*from December 4 until Pesah, we add: with dew and rain*]

and satisfy us with its goodness.

Bless this year, that it be like the best of years.

Barukh atah ADONAI, who is the source of blessing of each year.

GATHERING OF EXILES

Sound the great *shofar* announcing our freedom,
raise the banner signalling the ingathering of our exiles,
and bring us together from the four corners of the earth.

Barukh atah ADONAI, who gathers the dispersed of
Your people Israel.

רְפָאנוּ יְהוָה, וְנִרְפָּא,
הוֹשִׁיעֵנוּ וְנוֹשְׁעָה, כִּי תִהְלֹתֵנוּ אִתָּהּ,
וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכָל־מִכּוֹתֵינוּ.

On behalf of one who is ill:

וְיִהי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאַל־הִי
אֲבוֹתֵינוּ [וְאֲמוֹתֵינוּ],
שֶׁתִּשְׁלַח מְהֵרָה רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,
רְפוּאָת הַנֶּפֶשׁ וּרְפוּאָת הַגּוּף,
לְ_____ בְּתוֹךְ שְׁאֵר הַחוֹלִים,
וְחֹזֵק אֶת־יָדֵי הָעוֹסְקִים בְּצָרְכֵיהֶם,
כִּי אַל מֶלֶךְ רוּפָא נֶאֱמָן וְרַחֲמָן אִתָּהּ.
כָּרוּךְ אַתָּה יְהוָה, רוּפָא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

בִּרְךָ עָלֵינוּ יְהוָה אֱלֹהֵינוּ אֶת־הַשָּׁנָה הַזֹּאת
וְאֶת־כָּל־מִיָּנֵי תְבוּאַתָּה לְטוֹבָה, וְיִתֵּן

בִּרְכָּה *From Pesah until December 3:*

טל ומטֵר לְבִרְכָּה *From December 4 until Pesah:*

עַל פְּנֵי הָאֲדָמָה,
וְשׁוֹבְעֵנוּ מִטוֹבָה,
וּבִרְךָ שְׁנֵתֵנוּ בְּשָׁנִים הַטּוֹבוֹת.
כָּרוּךְ אַתָּה יְהוָה, מְבָרֵךְ הַשָּׁנִים.
תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵרוּתֵנוּ,
וְשֵׂא נֶס לְקִבְּץ גְּלִיּוֹתֵינוּ,
וְקַבְּצֵנוּ יַחַד מֵאֲרָבַע כְּנָפוֹת הָאָרֶץ.
כָּרוּךְ אַתָּה יְהוָה, מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

רְפָאנוּ יְהוָה. Healing
is a dual process. Physi-
cians and nurses can aid
the healing process of the
body, and our tradition
affirms that they are acting
as God's agents. However,
healing also goes beyond
the physical; it includes
emotional and spiritual
components, as well. Both
are included in this prayer
for "complete healing."

MAKE THIS A BLESSED YEAR
בִּרְךָ... השנה הזאת
This *b'rakhah* expresses a con-
sciousness that the Land of
Israel is very much depen-
dent on rain in its proper
season. Equally, it can be
understood to speak to the
universal need for sufficient
agricultural produce to
sustain all.

WITH DEW AND RAIN טל
ומטֵר לְבִרְכָּה. The Sephardic
custom is to pray for dew
in the summer and rain in
the winter. The Ashkenazic
custom combines both the
prayer for dew and rain in
winter. In the Land of Israel,
the prayer for rain begins
on the seventh of Heshvan,
some two weeks after the
holiday of Sukkot. In Baby-
lonia, the prayer for rain
began sixty days after the
fall equinox. Jews living in
the diaspora generally fol-

low the Babylonian custom. In the year preceding a Gregorian leap year, the prayer for rain begins
one day later (i.e., on the evening of December 5).

SOUND THE GREAT SHOFAR תִּקַּע בְּשׁוֹפָר גָּדוֹל. The first cycle of *b'rakhot* of request ended with a call
to end persecution. This second cycle ends with the call to announce freedom. The sound of the
shofar signals freedom. The Bible speaks of the blowing of the *shofar* to announce a Jubilee year
(Leviticus 25:9), and the prophet Isaiah extends that image of liberation to describe the announce-
ment of messianic redemption: "In that day, the sound of the *shofar* will be trumpeted abroad and
those who wandered to the land of Assyria and those who were chased out to the land of Egypt
shall come and worship Adonai on the holy mount, in Jerusalem" (27:13).

BRING US TOGETHER וְקַבְּצֵנוּ יַחַד. This prayer concludes with the prophets' promise that redemption
will signal the gathering of the Jewish people in the Land of Israel.

JUSTICE

A world of true justice is a world in which God's love is sovereign.

THE END OF WICKEDNESS

Interpreting the verse “Sinners shall cease from the earth, and the wicked shall be no more; bless Adonai, O my soul” (Psalm 104:35), Rabbi Judah taught: Sinners shall be no more—sinners shall become upright people; the wicked will be no more—they shall no longer be wicked; and only then will we be justified in saying “Bless Adonai, O my soul.”

—MIDRASH ON PSALMS

The Hasidic master Mordechai of Lechovitz would teach: when we pray that evil be wiped out, we should meditate on what in our own behavior is sinful.

THE RIGHTEOUS

In speaking of the reward for the righteous, the Hebrew uses the word *tov*, meaning “good” (translated here as “truly”). At the end of the creation story in Genesis, we are told that God saw all that was created and it was good (*tov*). The reward of the righteous is that they will have eyes that see the good as God did.

Who are the sages? These are the people who teach children.

Third Cycle of B'rakhot of Request: Visions of Redemption

JUSTICE

Restore judges to us as in the early days,
and wise counselors as of old.

Remove from us sorrow and anguish.

May You alone, ADONAI, with kindness and compassion
rule over us.

May You find our cause righteous.

Barukh atah ADONAI, Sovereign who loves justice
and compassion.

Between Rosh Hashanah and Yom Kippur we substitute:
Barukh atah ADONAI, Sovereign of judgment.

THE END OF WICKEDNESS

May the hopes of those who would defame us be dashed,
may all wickedness be instantly frustrated,
and may all Your enemies be quickly cut off.

Root out, subdue, break, and humble the arrogant,
speedily, in our day.

Barukh atah ADONAI, who defeats enemies and
humbles the arrogant.

THE RIGHTEOUS

May Your compassion, ADONAI our God,
flow to the righteous, the pious,
the leaders of the people Israel,
the remnant of the sages,
the righteous converts,
and us all.

May all those who trust in Your name be truly rewarded,
and may our share be among them,
so that we never be shamed for trusting in You.

Barukh atah ADONAI, promise and support of the righteous.

הַשִּׁיבָה שׁוֹפְטֵינוּ בְּבִרְאשׁוֹנָה וְיִוָּעֲצִינוּ בְּבִתְחִלָּה,
וְהָסֵר מִמֶּנּוּ יָגוֹן וְאַנְחָה, וּמְלוֹךְ עָלֵינוּ אַתָּה יְהוָה
לְבִדְךָ בְּחֹסֶד וּבְרַחֲמִים, וְצִדְקָנוּ בַּמִּשְׁפָּט.

בְּרוּךְ אַתָּה יְהוָה, מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

Between Rosh Hashanah and Yom Kippur we substitute:

בְּרוּךְ אַתָּה יְהוָה, הַמֶּלֶךְ הַמִּשְׁפָּט.

וּלְמַלְשִׁינִים אֵל תְּהִי תִקְוָה,

וְכָל־הִרְשָׁעָה פָּרְגַע תֵּאָבֵד,

וְכָל־אוֹיְבֶיךָ מְהֵרָה יִפְרָתוּ,

וְהַיּוֹדִים מְהֵרָה תַעֲקֹר וּתְשַׁבֵּר וּתְמַגֵּר

וּתְכַנִּיעַ בְּמְהֵרָה בְּיָמֵינוּ.

בְּרוּךְ אַתָּה יְהוָה, שׁוֹבֵר אוֹיְבִים וּמְכַנִּיעַ יָדַיִם.

עַל הַצְדִּיקִים וְעַל הַחֹסִידִים וְעַל זְקֵנֵי עַמֶּךָ בֵּית יִשְׂרָאֵל,

וְעַל פְּלִיטַת סוֹפְרֵיהֶם, וְעַל גְּרֵי הַצֹּדֵק וְעָלֵינוּ,

יְהִימוּ נָא רַחֲמֶיךָ, יְהוָה אֱלֹהֵינוּ,

וְתֵן שָׂכָר טוֹב לְכָל־הַבוֹטְחִים בְּשִׁמְךָ בְּאַמֶּת,

וְשִׁים חֵלְקֵנוּ עִמָּהֶם,

וּלְעוֹלָם לֹא גִבוּשׁ

כִּי כָךְ בְּטַחֲנוּ.

בְּרוּךְ אַתָּה יְהוָה, מְשַׁעֵן וּמְבַטֵּחַ לַצְדִּיקִים.

JUSTICE AND COMPASSION צִדְקָה וּמִשְׁפָּט. Without a system of justice, compassion is ineffectual; without compassion, justice is cruel.

THOSE WHO WOULD DEFAME US וְלַמַּלְשִׁינִים. The reference is to members of the Jewish community or sectarians who reported on Jewish activities to governmental authorities, leading to adverse measures taken against the Jewish community as a whole. The Talmud asserts that such a report led to the destruction of the Temple (Babylonian Talmud, Gittin 55b). Acts of speech such as defamation and the perversion of truth can lay the ground for the commission of hateful acts—an understanding of human nature exploited by modern-day propagandists.

THE RIGHTEOUS הַצְדִּיקִים. This *b'rakhah* enumerates the outstanding individuals of each generation and invokes God's blessing upon them. The list includes the spiritual leaders of each generation, the pious and righteous individuals who are exemplars of religious ideals, and righteous converts who have made a decisive choice regarding the nature of their religious lives. In the shadow of these people we ask for God to turn to us as well.

THE PIOUS הַחֹסִידִים. The Talmud applies this term to people who go beyond the letter of the law. Such people are both careful about their ritual observance and generous in the way they act with others.

VISIONS OF REDEMPTION.

This cycle of *b'rakhot* offers a utopian vision of a time when governance and the courts will truly reflect a system of justice, when righteousness will achieve its proper recognition, and when evil will be obliterated. That vision culminates in the reestablishment of Jerusalem as God's holy place and the Messiah's ushering in a time of proper rule.

RESTORE JUDGES TO US

הַשִּׁיבָה שׁוֹפְטֵינוּ. Isaiah 1:26 promises that God will restore judges as they once were and “your city shall be called just.” Justice is the basis for the society we anticipate, one that will reflect our deepest hopes and desires. As the *b'rakhah* says, God is the “Sovereign who loves justice and compassion.”

SORROW AND ANGUISH

יָגוֹן וְאַנְחָה. Sorrow is the result of physical assault; anguish has no physical cause. Both sorrow and anguish obscure our judgment. (*Abraham ben Elijah, the Gaon of Vilna*)

JERUSALEM

The Hasidic master Naftali of Ropshitz asked, “Why is the blessing in the present tense?” And he answered: “Because each day we rebuild Jerusalem.”

MESSIANIC HOPE

What is the establishment of the Davidic kingdom? It is the ability to see God everywhere and in everything.

—MOSHE HAYIM EFRAIM
OF SUDILKOV

The Hasidic master Solomon Hakohen Rabinowitz taught that we all make the shoot of David flourish, for everything good that we do nurtures the growth of redemption.

HEAR OUR VOICE

... even if we haven't found the words to express ourselves properly.

JERUSALEM

In Your mercy, return to Your city, Jerusalem.
Dwell there as You have promised;
rebuild it permanently, speedily, in our day.
May You soon establish the throne of David in its midst.
Barukh atah ADONAI, who rebuilds Jerusalem.

MESSIANIC HOPE

Cause the shoot of Your servant David to flourish;
may the honor of the house of David be raised up
with the coming of Your deliverance,
for we await Your triumph each day.
Barukh atah ADONAI, who causes salvation to flourish.

SUMMATION OF REQUESTS: HEAR OUR VOICE

Hear our voice, ADONAI our God;
be kind and have compassion for us.
Willingly and lovingly accept our prayer,
for You, God, hear prayers and listen to pleas.
Do not send us away empty-handed—
for in Your kindness You listen to the prayers
of Your people Israel.
Barukh atah ADONAI, who listens to prayer.

וְלִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תָּשׁוּב,
וְתִשְׁכַּח בְּתוֹכָהּ בְּאֶשֶׁר דִּבַּרְתָּ,
וּבְנֵה אוֹתָהּ בְּקֶרֶב בְּיָמֵינוּ בְּנֵן עוֹלָם,
וְכִסֵּא דָוִד מְהֵרָה לְתוֹכָהּ תִּכְיֶן.
בְּרוּךְ אַתָּה יְהוָה, בּוֹנֵה יְרוּשָׁלַיִם.

אֶת־צֶמַח דָּוִד עַבְדְּךָ מְהֵרָה תַצְמִיחַ,
וְקִרְנוֹ תִרְוֶם בִּישׁוּעָתְךָ,
כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל־הַיּוֹם.
בְּרוּךְ אַתָּה יְהוָה, מַצְמִיחַ קֶרֶן יְשׁוּעָה.

שְׁמַע קוֹלֵנוּ יְהוָה אֱלֹהֵינוּ,
חוֹס וְרַחֵם עָלֵינוּ,
וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת־תְּפִלָּתֵנוּ,
כִּי אֵל שׁוֹמֵעַ תְּפִלוֹת וְתַחֲנוּגִים אַתָּה,
וּמְלַפְנֵיךָ, מְלַכְנוּ, רִיקָם אֵל תִּשְׁיַבֵּנוּ.
כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.
בְּרוּךְ אַתָּה יְהוָה, שׁוֹמֵעַ תְּפִלָּה.

the word “Messiah” does not appear at all in this prayer, argues that too many failed and false messiahs in Jewish history led to the exclusion of the term from this central liturgical moment.

FOR WE AWAIT YOUR TRIUMPH כִּי לִישׁוּעָתְךָ קִוִּינוּ. The hope in God's triumph has always included the overthrow of oppressive rule.

HEAR OUR VOICE קוֹלֵנוּ. We conclude the three cycles of *b'rakhot* of request with an all-encompassing *b'rakhah*. Rabbinic authorities recommended that we add here our own words, expressing those concerns that are uppermost in our minds at this time. This prayer is replete with mention of God's compassion. What prayer can open for us is a moment of feeling the universe as welcoming and compassionate.

JERUSALEM יְרוּשָׁלַיִם. Israel's capital city, the site of the ancient Temple and King David's throne, ideally represents the place where Jews are most rooted, in common community, in their relationship with God.

MESSIANIC HOPE. This was the last *b'rakhah* to be added to the Amidah, bringing its total number of blessings to nineteen instead of the original eighteen. It was added in Babylonia where the exilarch, the head of the Jewish community, traced his lineage to the exiled house of David. (Almost all manuscripts reflecting the rite practiced in the Land of Israel in the 1st millennium exclude this *b'rakhah*.) Ultimately, though, this prayer does not center on a Messiah but rather on God's triumph—a world ruled by just laws, a world at peace. Reuven Hammer, remarking on the fact that

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

Modim: On Gratitude

God, on days when I am unable to feel grateful because my expectations imprison me, because my responsibilities burden me, or because the pain of living consumes me, remind me to be grateful. Grateful for the gift of life. For my soul, my breath, my being. Grateful for my family, my friends, and my community. For relationships that heal and nourish. Grateful for the opportunity to learn, to grow, to become; and for the miracles that abound all around me and that ask only to be found.

—ELANA ZAIMAN

Three Concluding B'rakhot

THE SERVICE THAT WE OFFER

ADONAI our God, embrace Your people Israel and their prayer. Restore worship to Your sanctuary. May the prayers of the people Israel be lovingly accepted by You, and may our service always be pleasing.

On Rosh Hodesh and Hol Ha-mo-ed we add:

Our God and God of our ancestors, may the thought of us rise up and reach You. Attend to us and accept us; hear us and respond to us. Keep us in mind, and keep in mind the thought of our ancestors, as well as the Messiah, the descendant of David; Jerusalem, Your holy city; and all Your people, the house of Israel. Respond to us with deliverance, goodness, compassion, love, life, and peace, on this

On Rosh Hodesh:

Rosh Hodesh.

On Pesah:

Festival of Matzot.

On Sukkot:

Festival of Sukkot.

Remember us for good; respond to us with blessing; redeem us with life. Show us compassion and care with words of kindness and deliverance; have mercy on us and redeem us. Our eyes are turned to You, for You are a compassionate and caring sovereign.

May our eyes behold Your compassionate return to Zion.

Barukh atah ADONAI, who restores Your Divine Presence to Zion.

GRATITUDE FOR LIFE AND ITS BLESSINGS

† We thank You, for You are ever our God
and the God of our ancestors;
You are the bedrock of our lives,
the shield that protects us in every generation.

We thank You and sing Your praises—
for our lives that are in Your hands,
for our souls that are under Your care,
for Your miracles that accompany us each day,
and for Your wonders and Your gifts that are with us
each moment—evening, morning, and noon.

You are the one who is good, whose mercy is never-ending;
the one who is compassionate, whose love is unceasing.
We have always placed our hope in You.

On Hanukkah we add *Al Hanissim* on page 430.

On Purim we add *Al Hanissim* on page 431.

רָצָה, יְהוָה אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם,
וְהָשִׁב אֶת־הָעֲבוּדָה לְדָבִיר בֵּיתְךָ
וּתְפִלָּתָם בְּאַהֲבָה תִקְבַּל בְּרָצוֹן,
וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.

On Rosh Hodesh and Hol Ha-mo-ed we add:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ [וְאֲמוֹתֵינוּ], יַעֲלֶה וְיָבֵא, וְיַגִּיעַ וְיִרְאֶה,
וְיִרְצֶה וְיִשְׁמַע, וְיִפְקֹד וְיִזְכֹּר זְכוּרָנוּ וּפְקֻדוֹנָנוּ, וְזִכְרוֹן
אֲבוֹתֵינוּ [וְאֲמוֹתֵינוּ], וְזִכְרוֹן מְשִׁיחַ בְּנֵי־דָוִד עֲבֶדְךָ וְזִכְרוֹן
יְרוּשָׁלַיִם עִיר קֹדֶשׁ, וְזִכְרוֹן כָּל־עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ,
לְפִלִּיטָה, לְטוֹבָה, לְחֵן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם

On Sukkot:

חַג הַסֻּכּוֹת

On Pesah:

חַג הַמַּצּוֹת

On Rosh Hodesh:

רֹאשׁ הַחֹדֶשׁ

הַזֶּה. וְזָכְרָנוּ, יְהוָה אֱלֹהֵינוּ, בּוֹ לְטוֹבָה, וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה,
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים, חוּס וְחַנּוּן, וְרַחֵם
עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֵלֶיךָ עֵינֵינוּ, כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

וּתְחַזִּיקֵנָה עֵינֵינוּ בְּשׂוֹבֶךְ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יְהוָה, הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

† מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ [וְאֲמוֹתֵינוּ] לְעוֹלָם וָעֶד.
צוּר חַיִּינוּ, מְגִן יְשָׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר.
נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ,
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,
וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,
וְעַל נֶסֶךְ שְׂכַבְל־יוֹם עִמָּנוּ,
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂכַבְל־עֵת,
עָרֵב וּבָקֵר וְצִהָרִים.
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,
וְהַמְּרַחֵם, כִּי לֹא תָמוּ חֲסִדֶיךָ,
מֵעוֹלָם קִיְּינוּ לָךְ.

On Hanukkah we add *Al Hanissim* on page 430.

On Purim we add *Al Hanissim* on page 431.

RESTORE WORSHIP TO
YOUR SANCTUARY וְהָשִׁב
אֶת־הָעֲבוּדָה לְדָבִיר בֵּיתְךָ.
The Hebrew text here
literally refers to the “holy
of holies,” the innermost
area of the sanctuary—that
place where God was expe-
rienced most intimately—
and it is that intimacy and
purity of relationship that is
yearned for in this prayer.

YOUR DIVINE PRESENCE
שְׂכִינָתוֹ. The Hebrew word
shekhinah has been used
for centuries to refer to
God’s immanence, the
presence of God that is
felt in the world. The word
shekhinah is grammatically
feminine, and Jewish mysti-
cal tradition has tended to
personify the Divine Pres-
ence, called the *Shekhinah*,
as feminine.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

Peace

✠

Commentators remark that as we pray for peace, we should let go of that which preys on us, that we not be consumed by anger.

ב

Oh accept, accept, our thanks for the day's three miracles, of dusk, of dawn, of noon, and of the years which with Thy presence are made felicitous.

Grant us—our last petition—peace, Thine especial blessing, which is of Thy grace and of the shining and turning of Thy Face.

—A. M. KLEIN

Travel Prayer

Without You, this road is thorns and thistles.

Allow me to search Your ways and to find my feet walking in a furrow and may pleasantness be upon them.

May the one who gives strength to the weary give my life paved roads on which to go to come and to arrive wherever my heart carries me, like a caravan of the self and may blessings be granted to the work of my feet.

May the one who hears the prayer of all mouths hear my footsteps.

—ASHER REICH
(translated by David Jacobson)

For all these blessings may Your name be praised and exalted, our sovereign, always and forever.

Between Rosh Hashanah and Yom Kippur we add:

And inscribe all the people of Your covenant for a good life.

May all that lives thank You always, and faithfully praise Your name forever, God of our deliverance and help.

✠ *Barukh atah ADONAI*, Your name is goodness and praise of You is fitting.

PEACE

Grant abundant and lasting peace to Your people Israel and all who dwell on earth, for You are the sovereign master of the ways of peace. May it please You to bless Your people Israel at all times with Your gift of peace.

Between Rosh Hashanah and Yom Kippur we recite the following paragraph, in place of the line that follows it:

May we and the entire house of Israel be called to mind and inscribed for life, blessing, sustenance, and peace in the Book of Life.

Barukh atah ADONAI, who brings peace.

Barukh atah ADONAI, who blesses Your people Israel with peace.

ADDITIONAL PERSONAL PRAYER

The silent recitation of the Amidah concludes with a personal prayer or the following:

My God, keep my tongue from evil, my lips from deceit. 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; nullify their schemes. Act for the sake of Your name; act for the sake of Your triumph; act for the sake of Your holiness; act for the sake of Your Torah. Answer my prayer for the deliverance of Your people.

May the words of my mouth and the meditations of my heart be acceptable to You, ADONAI, my rock and my redeemer.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

At the conclusion of the Amidah, we may be seated. When the weekday evening service follows the festival, turn to page 280 for Kaddish Shalem.

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם שְׁמֶךָ מִלְּפָנֵינוּ תָּמִיד לְעוֹלָם וָעֶד.

Between Rosh Hashanah and Yom Kippur we add:

וּבְתוֹב לְחַיִּים טוֹבִים כָּל־פְּנֵי בְרִיתְךָ.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהִלְלוּ אֶת־שְׁמֶךָ בְּאַמָּת,

הָאֵל יִשׁוּעַתָּנוּ וְעֲזָרְתָּנוּ סֵלָה.

✠ בְּרוּךְ אַתָּה יְהוָה, הַטּוֹב שְׁמֶךָ וְלֶךְ נָאָה לְהוֹדוֹת.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ וְעַל כָּל־יוֹשְׁבֵי תֵּבֵל תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל־הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת־עַמָּךְ יִשְׂרָאֵל בְּכָל־עֵת וּבְכָל־שָׁעָה בְּשָׁלוֹמְךָ.

Between Rosh Hashanah and Yom Kippur we recite the following paragraph, in place of the line that follows it:

בְּסֶפֶר חַיִּים, בְּרָכָה, וְשָׁלוֹם, וּפְרִנְסָה טוֹבָה, נִזְכָּר וְנִפְתָּר לְפָנֶיךָ, אֲנַחְנוּ וְכָל־עַמָּךְ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה, עוֹשֵׂה הַשְּׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה, הַמְּבָרֵךְ אֶת־עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

The silent recitation of the Amidah concludes with a personal prayer or the following:

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מַרְעֵ, וּשְׁפָתֵי מִדְּבַר מַרְמָה, וְלִמְקַלְלֵי נִפְשֵׁי תַדִּים, וְנִפְשֵׁי כְּעֹפֵר לְכָל תַּהֲוָה. פֶּתַח לְבִי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוּךָ נִפְשִׁי. וְכָל־הַחוֹשְׁבִים עָלַי רָעָה, מְהִירָה הִפֵּר עֲצָתָם וְקִלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ, עֲשֵׂה לִמְעַן יְמִינְךָ, עֲשֵׂה לִמְעַן קִדְשֶׁתָּךְ, עֲשֵׂה לִמְעַן תוֹרָתְךָ. לִמְעַן יִחְלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

יְהִיו לְרִצּוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְהוָה צוּרִי וְגֹאֲלִי.

Some have the custom of taking three steps backward and bowing at the conclusion of the Amidah, as if exiting the court of a sovereign.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ וְעַל כָּל־יִשְׂרָאֵל [וְעַל כָּל־יוֹשְׁבֵי תֵּבֵל], וְאִמְרוּ אָמֵן.

At the conclusion of the Amidah, we may be seated. When the weekday evening service follows the festival, turn to page 280 for Kaddish Shalem.

MAY YOUR NAME BE

PRAISED AND EXALTED

יִתְבָּרַךְ וְיִתְרוֹמֵם שְׁמֶךָ. In the language of the Bible and the prayerbook, "God's name is exalted" when we acknowledge God, recognize God's goodness in creation, and act to enable God's justice and compassion to be visible in the world.

ABUNDANT AND LASTING PEACE. שְׁלוֹם רַב. The Hebrew word *shalom*, "peace," comes from the same root as the word *shalem*, which means "whole." The peace that is prayed for here is more than the end of war—that, of course, would, in itself, be a blessing—but rather a moment in which each of us can feel whole, and can feel the wholeness of humanity and of the universe.

WHO BLESSES YOUR PEOPLE ISRAEL WITH PEACE. הַמְּבָרֵךְ יִשְׂרָאֵל בְּשָׁלוֹם. The peace that descends on the people Israel exemplifies the peace that shall descend on the whole world.

MY GOD. אֱלֹהֵי. One opinion voiced in the Babylonian Talmud states that every Amidah must be accompanied by a personal prayer (Berakhot 29b). The prayer that is printed here is offered by the Babylonian Talmud (Berakhot 17a) as an example of how the Amidah might end with a personal prayer. It is attributed to Mar son of Ravina (4th century). Unlike the rest of the Amidah, these personal prayers are distinguished by the use of the first-person singular.

At the evening service following Shabbat, Psalm 91 is recited. Most congregations distinguish it from the Amidah with the recitation of Hatzi Kaddish.

Hatzi Kaddish

Leader:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God's great name be acknowledged forever and ever!

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [between Rosh Hashanah and Yom Kippur we add: far] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

Some congregations rise to recite the following:

May the peace of the Lord, our God, be with us; may the work of our hands last beyond us, and may the work of our hands be lasting. Psalm 90:17

One who dwells in the secret places of the one on high, lodges in the shadow of the Almighty—I call ADONAI my protector, my fortress, my God, whom I trust. God will save you from the hidden snare, the threat of deadly plague, God's wings will nestle you and protect you, God's truth will be your shield and armor. You shall not fear terror at night, arrows flying in daylight, pestilence stalking in the dark, nor plague blackening the noon. Though a thousand may fall at your side, tens of thousands at your right hand, nothing will reach you. You have but to look with your own eyes, and you shall see the recompense of evildoers.

Yes, You, ADONAI, are my protector. You have made the one on high your refuge—evil shall not befall you, nor plague approach your tent, for God will instruct angels to guard you wherever you go. They will carry you in the palms of their hands, lest your foot strike a stone; you will tread on pythons and cubs, trample on snakes and lions. “Because you desired Me, I shall save you. I shall raise you up, for you were conscious of My name. ► When you call upon Me, I shall answer you; I shall be with you in times of trouble, I shall strengthen you and honor you. I shall satisfy you with the fullness of days and show you My deliverance; I shall satisfy you with the fullness of days and show you My deliverance.” Psalm 91

Orehk yamim asbi-eihu v'areihu bishuati.

Some congregations recite V'atah kadosh here; see page 216.

At the evening service following Shabbat, Psalm 91 is recited. Most congregations distinguish it from the Amidah with the recitation of Hatzi Kaddish.

חצי קדיש

Leader:

יְתַגְדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דִּי בְּרָא, בְּרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and Leader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלְמָא וְלְעֵלְמֵי עֵלְמָיָא.

Leader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא, לְעֵלְא מִן כָּל־
[between Rosh Hashanah and Yom Kippur we substitute: לְעֵלְא לְעֵלְא מִכָּל־]
בְּרַכְתָּא וְשִׁירָתָא תְּשַׁבַּחְתָּא וְנִחַמְתָּא דְּאִמְרִין בְּעֵלְמָא,
וְאָמְרוּ אָמֵן.

Some congregations rise to recite the following:

וְיִהְיֶה נָעִם אֲדֹנָי אֱלֹהֵינוּ עִלְיָנוּ, וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עִלְיָנוּ,
וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהוּ. תהלים צ"ז

יֹשֵׁב בְּסִתְרֵי עֲלִיוֹן, בְּצֵל שְׁדֵי יִתְלוֹנָן. אִמְר לַיהוָה מַחְסִי
וּמְצוּדָתִי, אֱלֹהֵי אֲבֹטָח בּוֹ. כִּי הוּא יִצִּילְךָ מִכַּף יָקוֹשׁ,
מִדְּבַר הָוֹת. בְּאֲבָרְתוֹ יִסֹּף לָךְ וְתַחַת כְּנָפָיו תַּחְסֶה, צָנָה
וְסִחָרָה אֲמַתּוֹ. לֹא תִירָא מִפֶּחַד לַיְלָה, מִחֶץ יַעוֹף יוֹמָם.
מִדְּבַר בְּאִפְלִי יִהְיֶה, מִקָּטָב יִשׁוּד צָהָרִים. יִפֹּל מִצִּדְּךָ אֵלֶיךָ
וּרְבֵבָה מִימִינֶךָ, אֵלֶיךָ לֹא יָגֵשׁ. רַק בְּעֵינֶיךָ תִּבְטֹן, וְשִׁלְמַת
רְשָׁעִים תִּרְאֶה. כִּי אַתָּה יְהוָה מַחְסִי, עֲלִיוֹן שְׁמַת מְעוֹנָךְ.
לֹא תֵאָנֶה אֵלֶיךָ רָעָה וְנִגַּע לֹא יִקְרַב בְּאֲהָלֶךָ. כִּי מִלְּאֲכִיו
יִצְוֶה לָךְ לִשְׁמֹרְךָ בְּכָל־דְּרָכֶיךָ. עַל כַּפִּים יִשְׁאוּנָה, כֹּן תִּגְף
בְּאֲבֹן רִגְלֶךָ. עַל שַׁחַל וּפְתֵן תִּדְרֹךְ, תִּרְמָס כַּפִּיר וְתַנִּין.
כִּי בִּי חֵשֶׁק וְאַפְלָטָהוּ, אֲשַׁנְּבֶהוּ כִּי יָדַע שְׁמִי.
◀ יִקְרָאֵנִי וְאֶעֱנֶהוּ, עֲמוּ אֲנֹכִי בְּצָרָה, אֲחַלְצֶהוּ
וְאֶכְבֶּדְהוּ. אֲרֹךְ יָמִים אֲשַׁבֵּיעֶהוּ, וְאִרְאֶהוּ בִּישׁוּעָתִי.
אֲרֹךְ יָמִים אֲשַׁבֵּיעֶהוּ, וְאִרְאֶהוּ בִּישׁוּעָתִי. תהלים צא

Some congregations recite V'atah kadosh here; see page 216.

PSALM 91. Shabbat has come to an end, and we recite this psalm to mark the transition to the week. Psalm 91 is one of the most reassuring in the entire Psalter. First the voice of a priest or a leader assures the supplicant that he or she will be saved from any danger, and then we hear God's own voice vouchsafing that message. About to face the week, the worshippers are assured that God will be with us, strengthening us on our journey, accompanying us, and keeping us in life.

The recitation of Psalm 91 is preceded by the last verse of Psalm 90. In the Land of Israel in ancient times, psalms were introduced by reciting the last verse of the preceding psalm. But it is also the case that the last verse of Psalm 90 forms a prelude to Psalm 91. Reading it as we are about to enter the world of work, we pray that what we do might be lasting and pleasing to God.

In this psalm, it is only the supplicant (whose voice is here indicated in italics) who speaks the personal name of God. All other references to God use other epithets, such as “the one on high.” To emphasize that they are not the formal name of God, we have put all such references in lower case. One of the reassuring aspects of this psalm is that in the end, it is God's own voice assuring protection. And it is with that assurance that we enter our week.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

Shalom

A man growing old is going
down the dark stairs.
He has been speaking of the
Soul . . .
Of dreams
burnt in the bone.

He looks up
to the friends who lean
out of light and wine
over the well of stairs.
They ask his pardon
for the dark they can't help
...

"It's alright," answers
the man going down,
"it's alright—there are many
avenues, many corridors of
the soul
that are dark also.
Shalom."

—DENISE LEVERTOV

Blessings for Going Forth

ברוך אתה בעיר וברוך
אתה בשדה.

ברוך פרי בטןך ופרי
אדמתך ופרי בהמתך
שגר אלפך ועשתרות
צאנך.

ברוך טבאך ומשארתך.
ברוך אתה בבאך
וברוך אתה בצאתך.

Blessed shall you be in the
city and blessed shall you
be in the country.

Blessed shall be the issue
of your womb, the
produce of your field, the
offspring of your cattle,
the calving of your herd,
and the lambing of your
flock.

Blessed shall be your harvest
basket and your kneading
bowl.

Blessed shall be your com-
ings in and blessed shall
be your goings out.

—DEUTERONOMY 28:3–6

Kaddish Shalem

Leader:

May God's great name be exalted and hallowed throughout
the created world, as is God's wish. May God's sovereignty
soon be established, in your lifetime and in your days, and in
the days of all the house of Israel. And we say: *Amen*.

Congregation and Leader:

May God's great name be acknowledged forever and ever!

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Leader:

May the name of the Holy One be acknowledged and
celebrated, lauded and worshipped, exalted and honored,
extolled and acclaimed—though God, who is blessed,
b'rikh hu, is truly [*between Rosh Hashanah and Yom Kippur we add: far*]
beyond all acknowledgment and praise, or any expressions of
gratitude or consolation ever spoken in the world.

And we say: *Amen*.

May the prayers and pleas of all Israel be accepted by their
creator in heaven. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant
and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and
to all Israel [and to all who dwell on earth]. And we say: *Amen*.

*From the second night of Pesah through the night preceding Shavuot,
we turn to page 63 for the Counting of the Omer.*

Leaving Shabbat with Blessing

May God grant you heaven's dew, earth's riches,
and an abundance of grain and grapes.

*V'yiten l'kha ha-elohim mital ha-shamayim u-mish'manei ha-aretz
v'rov dagan v'tirosh.*

Genesis 27:28

קדיש שלם

Leader:

יתגדל ויתקדש שמה רבא, בעלמא די ברא, פרעותה,
וימליך מלכותה בחייכון וביומיכון ובחיי דכלבית
ישראל, בעגלא ובזמן קריב, ואמרו אמן.

Congregation and Leader:

יהא שמה רבא מברך לעלם ולעלמי עלמיא.

Leader:

יתברך וישתבח ויתפאר ויתרומם ויתנשא
ויתהדר ויתעלה ויתהלל שמה דקדשא, בריך הוא,
לעלא מן כל-

[*לעלא לעלא מכל- between Rosh Hashanah and Yom Kippur we substitute:*]

ברכתא ושירתא תשבתא ונחמתא דאמירן בעלמא,
ואמרו אמן.

תתקבל צלותהון ובעותהון דכלישראל קדם אבוהון
די בשמיא, ואמרו אמן.

יהא שלמא רבא מן שמיא, וחיים עלינו ועל כלישראל,
ואמרו אמן.

עשה שלום במרומיו הוא יעשה שלום עלינו
ועל כלישראל [ועל כליושבי תבל], ואמרו אמן.

*From the second night of Pesah through the night preceding Shavuot,
we turn to page 63 for the Counting of the Omer.*

ויתן לך האלהים מטל השמים ומשמני הארץ,
ורב דגן ותירש.

בראשית כז:כח

KADDISH SHALEM marks
the completion of the
evening service. What fol-
lows is Havdalah, marking
the conclusion of Shabbat.
Aleinu (page 281) is a late
addition to the evening
service and it is not recited
in the Sephardic rite.

MAY GOD GRANT YOU ויתן
לך. These are the words
spoken by Isaac as he
blessed Jacob. We end
Shabbat calling upon an
ancestral blessing to ac-
company us in the week
ahead.

GRAPES תירש. In the ancient
world, water was mixed
with wine to purify it.

Concluding Prayers

Some recite Havdalah on page 283 before continuing with Aleinu.
We rise for Aleinu.

Aleinu

It is for us to praise the ruler of all, to acclaim the Creator, who has not made us merely a nation, nor formed us as all earthly families, nor given us an ordinary destiny.

† And so we bow, acknowledging the supreme sovereign, the Holy One, who is praised—who spreads out the heavens and establishes the earth, whose glory abides in the highest heavens, and whose powerful presence resides in the highest heights. This is our God, none else; ours is the true sovereign, there is no other. As it 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.”

Aleinu l'shabei-ah la-adon hakol, lateit g'dulah l'yotzer b'reishit,
shelo asanu k'goyei ha-aratzot, v'lo samanu k'mishp'hot ha-adamah,
shelo sam helkeinu kahem, v'goraleinu k'kol hamonam.

† Va-anahnu korim u-mishta'avim u-modim,
lifnei melekh malkhei ha-m'lakhim, ha-kadosh barukh hu.

Shehu noteh shamayim v'yosed aretz, u-moshav y'karo ba-shamayim mima-al,
u-sh'khinat uzo b'govhei m'romim, hu eloheinu ein od.

Emet malkeinu efes zulato, ka-katuv b'torato: v'yadata hayom
va-hashevota el l'vavekha, ki Adonai hu ha-elohim ba-shamayim mima-al,
v'al ha-aretz mitahat, ein od.

And so, ADONAI our God, we await You, that soon we may behold Your strength revealed in full glory, sweeping away the abominations of the earth, obliterating idols, establishing in the world the sovereignty of the Almighty. All flesh will call out Your name—even the wicked will turn toward You. Then all who live on earth will understand and know that to You alone every knee must bend, all allegiance be sworn. They will bow down and prostrate themselves before You, ADONAI our God, treasure Your glorious name, and accept the obligation of Your sovereignty. May You soon rule over them forever and ever, for true dominion is Yours; and You will rule in glory until the end of time.

► As is written in Your Torah: “ADONAI will reign forever and ever.”

And as the prophet said: “ADONAI shall be acknowledged sovereign of all the earth. On that day ADONAI shall be one, and the name of God, one.”

V'ne-emar: v'hayah Adonai l'melekh al kol ha-aretz,
bayom hahu yihyeh Adonai ehad, u-sh'mo ehad.

We are seated.

From the first day of the month of Elul until Yom Kippur (or in some communities through the seventh day of Sukkot, Hoshana Rabbah), we add Psalm 27, on page 59.

סיום התפילה

Some recite Havdalah on page 283 before continuing with Aleinu.
We rise for Aleinu.

עלינו לשבח לאדון הכל, לתת גדלה ליוצר בראשית,
שלא עשנו כגווי הארצות, ולא שמנו כמשפחות האדמה,
שלא שם חלקנו בהם, וגרלנו בכל-המונים.
† ואנחנו כורעים ומשתחוים ומוזדים,
לפני מלך מלכי המלכים, הקדוש ברוך הוא.
שהוא נוטה שמים ויסד ארץ, ומושב יקרו בשמים ממעל,
ושכינת עזו בגבהי מרומים, הוא אלהינו אין עוד.
אמת מלכנו אפס זולתו, כפתוב בתורתו:
יודעת היום והשבת אל לבבך,
כי יהוה הוא האלהים בשמים ממעל,
ועל הארץ מתחת, אין עוד.

על כן נקוה לך יהוה אלהינו, לראות מהרה בתפארת עזה,
להעביר גלולים מן הארץ, והאלילים פרות יפרתו,
לתקן עולם במלכות שדי, וכל-בני בשר יקראו בשמך,
להפנות אליך כל-דשעי ארץ.
יכירו וידעו כל-יושבי תבל,
כי לך תכרע כל-בשר, תשבע כל-לשון.
לפניך יהוה אלהינו יכרעו ויפלו, ולכבוד שמך יקר יתנו,
ויקבלו כלם את-על מלכותך.
ותמלך עליהם מהרה לעולם ועד,
כי המלכות שלך היא, ולעולמי עד תמלך בכבוד.
◀ כפתוב בתורתך: יהוה ימלך לעלם ועד.
ונאמר: והיה יהוה למלך על כל-הארץ,
ביום ההוא יהיה יהוה אחד, ושמו אחד.

We are seated.

From the first day of the month of Elul until Yom Kippur (or in some communities through the seventh day of Sukkot, Hoshana Rabbah), we add Psalm 27, on page 59.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

*From a Father's
Ethical Will*

Say Kaddish *after* me but not *for* me. Kaddish is the unique Jewish link that binds the generations of Israel. The grave doesn't hear the Kaddish, *but the speaker does*, and the words will echo in your heart. The only immortality I seek is that my children and my children's children be good Jews, and thereby good people. God bless you and keep you.

Your father
—WILLIAM LEWIS
ABRAMOWITZ

Mourner's Kaddish

Mourners and those observing Yahrzeit:

May God's great name be exalted and hallowed throughout the created world, as is God's wish. May God's sovereignty soon be established, in your lifetime and in your days, and in the days of all the house of Israel. And we say: *Amen*.

Congregation and mourners:

May God's great name be acknowledged forever and ever!

Mourners:

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed—though God, who is blessed, *b'rikh hu*, is truly [*between Rosh Hashanah and Yom Kippur we add: far*] beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in the world. And we say: *Amen*.

May heaven bestow on us, and on all Israel, life and abundant and lasting peace. And we say: *Amen*.

May the one who creates peace on high bring peace to us and to all Israel [and to all who dwell on earth]. And we say: *Amen*.

Mourners and those observing Yahrzeit:

Yitgadal v'yitkadash sh'meih raba, b'alma di v'ra, kiruteih, v'yamlikh malkhuteih b'hayeikhon u-v'yomeikhon u-v'haye d'khol beit yisrael, ba-agala u-vizman kariv, v'imru amen.

Congregation and mourners:

Y'hei sh'meih raba m'varakh l'alam u-l'almei almaya.

Mourners:

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnasei v'yit-hadar v'yitaleh v'yit-halal sh'meih d'kudsha, b'rikh hu, l'eila min kol [*between Rosh Hashanah and Yom Kippur we substitute: l'eila l'eila mikol*] birkhata v'shirata tushb'hata v'nehamata da-amiran b'alma, v'imru amen.

Y'hei sh'lama raba min sh'maya v'hayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bimromav hu ya-aseh shalom aleinu v'al kol yisrael [v'al kol yosh'vei teiveil], v'imru amen.

קדיש יתום

Mourners and those observing Yahrzeit:

יתגדל ויתקדש שמה רבא,
בעלמא די ברא, פרעויה,
וימליך מלכותה בחייכון וביומיכון
ובחיי דכל בית ישראל,
בעגלא ובזמן קריב,
ואמרו אמן.

Congregation and mourners:

יהא שמה רבא מברך לעלם ולעלמי עלמיא.

Mourners:

יתברך וישתבח ויתפאר ויתרומם ויתנשא
ויתהדר ויתעלה ויתהלל שמה דקדשא, בריך הוא,
לעלא מן כל-

[*between Rosh Hashanah and Yom Kippur we substitute: לעלא לעלא מכל-*]

ברכתא ושירתא תשבחתא ונחמתא דאמירן בעלמא,
ואמרו אמן.

יהא שלמא רבא מן שמיא וחיים
עלינו ועל כל ישראל,
ואמרו אמן.

עשה שלום במרומיו הוא יעשה שלום
עלינו ועל כל ישראל [ועל כל יושבי תבל],
ואמרו אמן.

For restricted use only: March-April 2020.
Do not copy, sell, or distribute

Havdalah

Meditation for the New Week

As I leave Shabbat behind,
let me carry Shabbat
within:
Remind me to pause,
to be present for myself,
to cherish others,
to see the beauty in Your
creation,
to nourish peace.
Enable the joy of life to fill
my being,
the smell of spices to lift
my spirit,
the flame of faith to burn
in my soul.
Let me carry Shabbat
within.

—ELANA ZAIMAN

Hineih Y'shuati— Behold My Salvation

Perhaps this week I will
not fear.
Perhaps this week, I will
hold possibility in my
hand like a silver house
of cloves, take the time
to count each twinkling
in the night sky,
raise my fingers boldly
up to the flame and taste
salvation, gladness, joy.
Then, may I bless what is
given,
wish it also upon others,
pass around my overflow-
ing cup,
put out the fire in this
sweetness when the time
for letting go comes.

—TAMARA COHEN

When reciting Havdalah at home, we begin here:

Behold, God is my deliverer; I am trustful and unafraid.

ADONAI is my strength, my might, my deliverance.

Joyfully draw water from the wellsprings of deliverance.

Deliverance is Yours; may Your blessings rest upon this
people forever.

ADONAI Tz'va'ot is with us; the God of Jacob is our
stronghold, forever.

ADONAI Tz'va'ot, happy is the person who trusts in You.

Deliver us, ADONAI; our Sovereign, answer us when we call.

The Jewish people experienced light, gladness, joy, and
honor—so may it be with us.

La-y'hudim hayetah orah v'simḥah v'sason vikar, ken tihyeh lanu.

The cup of wine is lifted:

As I lift up the cup of deliverance, I call upon ADONAI.

In a synagogue or at a public service, we begin here:

With the assent of my friends:

Barukh atah ADONAI, our God, sovereign of time and space,
who creates fruit of the vine.

Barukh atah Adonai eloheinu melekh ha-olam, borei pri ha-gafen.

The following two blessings are recited only on Saturday evening.

At the conclusion of a Festival, we continue with the final paragraph.

Barukh atah ADONAI, our God, sovereign of time and space,
who creates fragrant spices.

Barukh atah Adonai eloheinu melekh ha-olam, borei minei v'samim.

Barukh atah ADONAI, our God, sovereign of time and space,
who creates lights of fire.

Barukh atah Adonai eloheinu melekh ha-olam, borei me'orei ha-eish.

Barukh atah ADONAI, our God, sovereign of time and space,
who distinguishes between the sacred and the ordinary, light
and darkness, the people Israel and the peoples of the world,
and between the seventh day and the six days of creation.

Barukh atah ADONAI, who distinguishes between the sacred
and the everyday.

*Barukh atah Adonai eloheinu melekh ha-olam, ha-madvil bein kodesh
l'hol, bein or l'hoshekh, bein yisrael la-amim, bein yom ha-sh'vi-i l'sheishet
y'mei hama-aseh. Barukh atah Adonai, ha-madvil bein kodesh l'hol.*

הבדלה

HAVDALAH literally means
“distinction” or “differentia-
tion” and it is a ceremony
that marks the ending of
Shabbat and the begin-
ning of the work week. It
consists of blessings over
wine, spices, and light, and
a final blessing about the
distinction between Shab-
bat and the week. The Bible
restricts the use of fire on
Shabbat and so the week
symbolically begins with
lighting a fire. Shabbat,
which began with the light-
ing of candles, now is also
brought to its conclusion
with candelighting. But
whereas we began Shabbat
with individual candles,
we end it with one candle
whose wicks are inter-
twined, as if Shabbat has
created a unity that was
lacking before. To rouse our
senses to become awak-
ened to the beauty we shall
encounter during the week,
we make a blessing over
spices. Finally, the blessing
over the wine sanctifies the
week to come.

**BEHOLD, GOD IS MY DELIV-
ERER** הִנֵּה אֵל יְשׁוּעָתִי. As we
enter the week we pray for
protection, deliverance,
and happiness. The bibli-
cal verses in this passage
come from Isaiah 12:2–3
and Psalms 3:9, 46:12, 84:13,
and 20:10. The penultimate
verse, remarking on joy and
gladness, is taken from the

When reciting Havdalah at home, we begin here:

הִנֵּה אֵל יְשׁוּעָתִי, אֲבָטָה וְלֹא אֶפְחָד.

כִּי עֲזִי וְזִמְרַת יְהוָה יְהוּה, וַיְהִי לִי לִישׁוּעָה.

וּשְׂאֲבָתָם מִים בְּשִׁשּׁוֹן, מִמַּעֲיָנִי הִישׁוּעָה.

לִיהוּה הִישׁוּעָה עַל עַמִּךָ בְּרִכְתְּךָ סֵלָה.

יהוה צְבָאוֹת עִמָּנוּ, מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.

יהוה צְבָאוֹת, אֲשֶׁרִי אָדָם בָּטַח בְּךָ.

יהוה הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ כִּיּוֹם קִרְאָנוּ.

לַיהוּדִים הִיְתָה אוֹרָה וְשִׂמְחָה וּשְׁשׁוֹן וִיקָר.

בֶּן תִּהְיֶה לָנוּ.

The cup of wine is lifted:

בּוֹס יְשׁוּעוֹת אֲשָׂא, וּבָשֵׁם יהוה אֶקְרָא.

In a synagogue or at a public service, we begin here:

סִבְרֵי חֲבֵרִי:

בְּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

The following two blessings are recited only on Saturday evening.

At the conclusion of a Festival, we continue with the final paragraph.

בְּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בּוֹרֵא מִיְנֵי בִשְׁמִים.

בְּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בּוֹרֵא מֵאוּרֵי הָאֵשׁ.

בְּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין אוֹר לְחֹשֶׁךְ,

בֵּין יִשְׂרָאֵל לְעַמִּים,

בֵּין יוֹם הַשְּׂבִיעִי לְשִׁשֶּׁת יְמֵי הַמַּעֲשֶׂה.

בְּרוּךְ אַתָּה יהוה, הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

description in the Scroll of Esther (8:16) and expresses the joy at the deliverance from the destruction that had
been contemplated by Israel's enemy; we add the wish that the same be true for us. The final verse, taken from
Hallel (Psalm 116:13), leads directly into the recitation of the blessing over the cup of wine.

BLESSING THE SPICES AND CANDLE. It is customary for everyone to partake of these blessings, so the spices are
passed for all to smell, and each person holds up his or her hand to the light, marvelling at the distinctions
between skin and nails, live and dead flesh both needed.

Light

Adam was created just before Shabbat began, and during Shabbat the world was lit with the light of creation. After Shabbat darkness descended and Adam rubbed two stones together and a fire was lit. Astounded, he said a *b'rakhah*: “Blessed is the one who creates lights of fire.” On Shabbat we make Kiddush and celebrate God’s creation of the world; as Shabbat departs, we recite Havdalah and celebrate the possibility of human manufacture and creativity.

—TALMUD OF THE
LAND OF ISRAEL

Bring Light to the Darkness

The Ḥasidic master of Ruzhyn taught: This is the service a person must perform all of one’s days . . . to let the light penetrate the darkness until the darkness itself shines and there is no longer any division between the two, as it is written: “And there was evening and there was morning—one day” (Genesis 1:5).

Songs for the Week Ahead

Greetings are exchanged:

May you have a good week!

A gute vokh! Shavua tov!

Elijah the prophet, Elijah the Tishbite,
O Elijah, Elijah, Elijah from Gilead—
come speedily, in our time,
ushering in the Messiah, descended from David.

**Eliyahu ha-navi, eliyahu ha-tishbi,
eliyahu, eliyahu, eliyahu, ha-giladi. Bimheirah v’yameinu yavo eileinu,
im mashiah ben david, im mashiah ben david.**

Miriam, the prophetess, strength and song are in her hands,
Miriam will dance with us, increasing the world’s song,
Miriam will dance with us, repairing the world.
Soon, in our days, she will bring us
To the waters of redemption.

**Miriam ha-n’viah oz v’zimrah b’yadah.
Miriam tirkod itanu l’hagdil zimrat olam,
Miriam tirkod itanu l’taken et ha-olam.
Bimheirah v’yameinu hi t’vi-enu el mei ha-y’shuah, el mei ha-y’shuah.**

May the one who separates the holy and the everyday,
forgive any sins and slights.
May our families and our fortunes
be as many as the grains of sand, or the stars in the sky at night.

This day has disappeared, like the palm tree’s shadow.
I call to God who has brought an end to the light
that lit my way today. Today, the watchman announced
the coming of the morning and now the night.

Your righteousness is like Mount Tabor,
allowing my sins to quickly pass out of sight—
like a yesterday that is gone or a watch in the night.

**Ha-mavdil bein kodesh l’hol, hatoteinu hu yimhol,
zareinu v’khaspeinu yarbeh khaḥol v’kha-kokhavim balailah.
Yom panah k’tzel tomer, ekra la-El alai gomer,
amar shomer ata voker v’gam lailah.
Ha-mavdil bein kodesh l’hol...
Tzidkat’kha k’har tavor, al f’sha-ai avor ta-avor,
k’yom etmol ki ya-avor va-ashmuraḥ balailah.
Ha-mavdil bein kodesh l’hol...**

Greetings are exchanged:

א גוטע וואך! שְׁבוּעַ טוב!

**אליהו הנביא, אליהו התשבי,
אליהו, אליהו, אליהו הגלעדי.
במהרה בימינו יבוא אלינו,
עם משיח בן דוד, עם משיח בן דוד.**

**מרים הנביאה עז וזמרה בידה.
מרים תרקוד אתנו להגדיל זמרת עולם,
מרים תרקוד אתנו לתקן אתהעולם.
במהרה בימינו היא תביאנו אל מעיני הישועה.**

**המבדיל בין קדש לחול, חטאתינו הוא ימחול,
זרענו וְכספנו ירבה כחול וכפוכבים בלילה.
יום פנה בצל תמר, אקרא לאל עלי גומר
אמר שומר, אתא בקר וגם לילה.**

המבדיל בין קדש לחול . . .

**צדקתך פהר תבור, על פשעי עבר תעבור,
ביום אתמול פי יעבור ואשמורה בלילה.**

המבדיל בין קדש לחול . . .

AS THE GRAINS OF SAND, OR THE STARS IN THE SKY AT NIGHT כחול וכפוכבים בלילה Referencing God’s blessing of Abraham: “I will bestow My blessing on you and make your descendants as numerous as the stars in heaven and the sands on the seashore” (Genesis 22:17).

THE WATCHMAN שומר. Based on Isaiah 21:12: “The watchman said, ‘morning came and so did night....’”

MOUNT TABOR הר תבור. Psalm 36:7 compares God’s righteousness to the highest mountains. Mount Tabor is the highest mountain overlooking the verdant Jezreel Valley in the Land of Israel. The image has a second meaning: as we round the mountain, it hides what is on the other side. As we turn to the week, past sins are forgiven, like a mountain hides what is on its other side.

LIKE A YESTERDAY . . . OR A WATCH IN THE NIGHT אשמורה בלילה. A play on Psalm 90:4, where human life is described as fleeting. The poet turns the image on its head, remarking that God allows our sins to quickly pass by.

ELIJAH THE PROPHET אליהו הנביא. The week begins with the wish that the events of this week will be messianic. Elijah is said to be the herald who announces the coming of the Messiah.

MIRIAM too shall announce the coming of the Messiah with song and dance. The Hebrew words to this song were written by Leila Gal Berner.

MAY THE ONE WHO SEPARATES המבדיל. Selected stanzas of a *piyyut* written by Isaac Judah ibn Ghiyyat (1030–1089, Spain). The full song contains an acrostic of the name Yitzhak Hakatan. A similar poem to be recited at the end of Yom Kippur is found in many Sephardic prayerbooks. This version of Hamavdil, recited at the end of Shabbat with Havdalah, is included in all Jewish rites. It makes this moment analogous to the conclusion of Yom Kippur: in leaving Shabbat, we leave behind the sins of the previous week and start a new week with freshness.

Many of the lines of the *piyyut* are based on biblical verses.

The Cycle of the Week

Some times need laughter,
other times, tears;
some times need speaking,
others listening;
some times need leading,
and others following;
some times need giving,
other times, receiving;
some times are filled with
self-concern, others with
selflessness;
some days are holy,
others workaday.
May the disparateness not
tear us apart,
but let the individual
strands intertwine
like the wicks of this
candle,
giving light to the world.

A Yiddish Saturday Night Prayer

גאָט פֿון אברהם, פֿון
יצחק, און פֿון יעקב,
באַהיט דיין פֿאַלק
ישראל אין זײַן גוים.
דער ליבער, הייליקער
שבת גיט אַוועק. די
גוטע וואָך זאָל אונדז
קומען צו געזונט און
צום לעבען, צו מזל און
ברכה, צו עושר און
כבוד, צו חן און חסד,
צו אַ גוטער פרנסה
און הצלחה און צו
אַלע גוטן געווינס און
מחילת עוונות,
אמן ואמן סלה.

God of Abraham, of Isaac,
and of Jacob, protect

Your people Israel in their need, as the holy, beloved Shabbos takes
its leave. May the good week come to us with health and life, good
fortune and blessing, prosperity and dignity, graciousness and loving-
kindness, sustenance and success, with all good blessings and with
forgiveness of sin.

Prayers for the Week Ahead

א

Master of all time, may the new week come to us peacefully,
and may it not include sin or injury. Bless us and prosper the
work of our hands, that we may hear sounds of joy and gladness
in the coming days. May we not be jealous of anyone and may
none be jealous of us, and may the words of the prophet
be fulfilled: "How beautiful upon the hills are the footsteps of
the messenger announcing peace, heralding good tidings."

ב

And open for us, ADONAI our God,
compassionate Creator,
this week and every week:
the gates of patience, the gates of understanding,
the gates of happiness, the gates of rejoicing,
the gates of honor and beauty, the gates of good judgment,
the gates of song, the gates of kindly love,
the gates of purity, the gates of uprightness,
the gates of atonement, the gates of study,
the gates of serenity, the gates of consolation,
the gates of forgiveness, the gates of help,
the gates of goodly income, the gates of righteousness,
the gates of holiness, the gates of healing,
the gates of peace, the gates of Torah,
and the gates of prayer.

ג

ADONAI said to Jacob: *Jacob, My servant, do not fear.*
ADONAI chose Jacob: *Jacob, My servant, do not fear.*
ADONAI shall redeem Jacob: *Jacob, My servant, do not fear.*
A star shall rise from Jacob: *Jacob, My servant, do not fear.*
In days to come, Jacob shall take root: *Jacob, My servant, do not fear.*
A leader shall emerge from Jacob: *Jacob, My servant, do not fear.*
Remember this, Jacob: *Jacob, My servant, do not fear.*

א

רבון העולמים, החל עלינו הימים הפאים לקראתנו
לשלוש השוכים מפלחטא ופגע רע. שים ברכה
והצלחה בכל מעשה ידינו ותשמיענו בימים הפאים
ששון ושמחה. ולא תעלה קנאתנו על לב אדם ולא
קנאת אדם תעלה על לבנו. וקים לנו מקרא שפתוב:
מה נאוו על ההרים רגלי מבשר משמיע שלום
מבשר טוב.

ב

ופתח לנו יהוה אלהינו, אב הרחמים,
בזה השבוע ובכל שבוע,
שערי אריכת אפים, שערי בינה,
שערי גילה, שערי דיצה,
שערי חוד והדר, שערי ועד טוב,
שערי זמרה, שערי חסד,
שערי טהרה, שערי ישר,
שערי כפרה, שערי למוח,
שערי מנוחות, שערי נחמה,
שערי סליחה, שערי עזרה,
שערי פרנסה טובה, שערי צדקה,
שערי קדשה, שערי רפואה,
שערי שלום, שערי תורה,
שערי תפלה.

ג

אמר יהוה ליעקב:
בחר יהוה ביעקב.
גאל יהוה את יעקב.
דרך ברכב מיעקב.
הפאים ישרש יעקב.
ויבד מיעקב.
זכר זאת ליעקב.
אל תירא עבדי יעקב.
אל תירא עבדי יעקב.
אל תירא עבדי יעקב.
אל תירא עבדי יעקב.
אל תירא עבדי יעקב.
אל תירא עבדי יעקב.

רבון MASTER OF ALL TIME Based on a prayer
to be recited at the conclu-
sion of Shabbat, mentioned
in the Talmud of the Land
of Israel (Berakhot 5:2).

מה נאוו HOW BEAUTIFUL
Isaiah 52:7.

AND OPEN FOR US ופתח
This piyyut, which is re-
cited in the Ashkenazic rite
on Yom Kippur at Neilah, is
recited in the Separdic rite
each week.

JACOB, MY SERVANT, DO
NOT FEAR אל תירא עבדי
יעקב God's message of
assurance to Jacob (Genesis
46:3) is repeated by Isaiah
(44:2). We enter the week
asking that we, too, may
have nothing to fear.