רְאַבֵּּדְל Exalted and sanctified be His great Name, (Amen) in the world which He created according to His will, and may He rule His kingdom and may He bring forth His redemption and hasten the coming of His Mashiah (Amen). In your lifetime and in your days, and in the lifetime of the entire House of Yisrael, speedily and in the near future—and say Amen. (Amen)

אָרָא May His great Name be blessed forever and for all eternity. Blessed and praised, glorified, and exalted and uplifted, honored and elevated and extolled be the Name of the Holy One, blessed is He (Amen); above all the blessings and hymns, praises and consolations which we utter in the world—and say Amen. (Amen)

# Amidah

ארני My Master, open my lips, and my mouth will declare Your praise.

Blessed are You, Adonai, our God, and God of our fathers, God of Avra'am, God of Yitshak, and God of Yaakov, the Almighty, the Great, the Powerful, the Awesome, most high Almighty, Who bestows beneficent kindness, Who possesses everything, Who remembers the kindnesses of the Patriarchs, and Who brings a redeemer to their children's children, for the sake of His Name, with love.

## On Shabbat Teshuva

תְּבְוֹנוּ Remember us for life, King, Who desires life; inscribe us in the Book of Life, for Your sake, Living God.

מֶלֶּךְּ King, Helper, Deliverer and Shield. Blessed are You, Adonai, Shield of Avra'am.

You are mighty forever, my Master; You are the one Who resurrects the dead; the Powerful One to deliver us.

Summer:

מוריד The one Who causes the dew to descend.

Winter:

בְּשִׁיב The one Who causes the wind to blow and the rain to fall.

The one Who sustains the living with kindness, the one Who resurrects the dead with great mercy, the one Who supports the fallen, the one Who heals the sick, the one Who releases the imprisoned, and the one Who fulfills His faithfulness to those who sleep in the dust. Who is like You, Master of mighty deeds, and who can be compared to You? King, Who causes death and restores life, and causes deliverance to sprout forth.

## On Shabbat Teshuva

Who is like You merciful Father, Who mercifully remembers His creatures, for life.

יָתְגַּדֵּל וְיִתְקַדַשׁ שְׁמֵהּ רַבְּא. (הmen) בְּעֵלְמָא דִּי־בְּרָא כִּרְעוּתֵיהּ, וְיַמְלִיתְּ מַלְכוּתֵיהּ, וְיַצְמֵח פּוּרְקָנֵיהּ, וִיקָרֶב מְשִׁיחִיהּ. (הmen) בְּחֵיֵיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי רְכָל־בֵּית יִשְׂרָאֵל, בִּעֲגָלָא וּבִוֹמֵן קְרִיב וְאִמְרוּ אָמֵן:

(Amen) יְהֵא שְׁמֵה רַבָּא מְבָרֵך לְעָלֵם (וּ)לְעֵלְמֵי עֶלְמֵיָּא יִתְבָּרַךּ, וְיִשְׁתַּבַּח וְיִתְפָּאַר, וְיִתְרוֹמֵם, וְיִתְנַמֵּא, וְיִתְחַדֵּר, וְיִתְעֵלֶּח, וְיִתְחַלֵּל שְׁמֵה דְּקְדְשָׁא בְּרִיךְ הוּא: (Amen) לְעֵלָא מִן כָּל בִּרְכָתָא, שִׁירָתָא, הָשִׁבְּחָתָא, וְנָחָמָתָא, דַּאֲמִירְךְ בְּעֵלְמָא, וָאִמְרוּ אָמֵן: (Amen)

# עמידה

אַדֹנֶי, שָׁפַתֵי תִּפְתַּח, וּפִי יַגִּיד תִּהְלְּתֵך:

<sup>1</sup>בְּרוּךְ אַתְּה, יְיָ, אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרְהָם, אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעַקֹב. הָאֵל הַגְּרוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גוֹמֵל חֵסֶדִים טוֹבִים, קוֹנֵה הַכּּל, וְזוֹכֵר חַסְדֵי אָבוֹת, וּמֵבִיא גוֹאֵל לְכְנֵי בְנֵיהֶם לְמַעַן שָׁמוֹ, בְּאַהֲכָה:

On Shabbat Teshuva

זָכְרֵנוּ לְחַיִּים, מֶלֶּךְ חָפֵּץ בַּחַיִּים, כַּתְבַנוּ בְּסֵפֶּר חַיַּיִם, לְמַעֲנָךְ אֱלֹהִים חַיִּים:

נְלֶּלֶּךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן: בַּרוּף אֵתָּח, יִיְ, מָגַן אַבְרָּהָם:

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֵּה מֵתִים אַתָּה, רֵב לְהוֹשִׁיעֵ:

משִׁיב הַרְוֹחַ וּמוֹרְיד הָגֵשָׁם: (winter³)

(summer²) מֹוֹרֶיד הַטָּל:

בְּבַלְבֵּל חַיִּים בְּחֶסֶר, מְחַיֵּה מֵתִּים בְּרַחֲמִים רַבִּים, סוֹמֵך נְוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמֵתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמְוּנְתוֹ לְישֵׁנֵי עָפָר, מִי כָמְוֹךְ בַּעַל גְּבוּרוֹת, וּמִי דְוֹמֶה לָךְ, מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמְיחַ יִשׁוּעַה:

On Shabbat Teshuva

אי כְּמִוֹדְּ אָבַ הַרְחַמָּן, זוֹכֶר, וְצְנָרְיוָ, בְּרַחַמִים, לְחַיַּים:

ያ At the word קבלך bend the knees. At ብርሃ bow forward at the weist, at ጠ straighten the body and the head.

<sup>2.</sup> Summer - From the Musaf Amidah of the first day of Passover thru the Shaharit Amidah of Shemini Atseret.

<sup>.</sup> 3. Winter - From the Musaf Amidah of Shemini Atseret thru the Shaharit Amidah of the first day of Passover,

And You are faithful to restore the dead to life. Blessed are You Adonal, Who resurrects the dead.

You are holy and Your Name is holy and holy beings praise You every day, Selah.\* Blessed are You, Adonai, the Almighty, the Holy One.

Sung in a muted voice by the Ḥazzan until 'Blessed are You, Adonal, Who sanctifies the Shabbat'

You have sanctified the Seventh Day to Your Name, its purpose was (the making of) heaven and earth; and You blessed it above all days and You sanctified it above all seasons. And so it is written in Your Torah:

יַנְבְּלוּ "And the heavens and the earth were completed and (so were) all their hosts. And God completed by the Seventh Day His work which He had done, and He abstained on the Seventh Day, from all His work which He had done. And God blessed the Seventh Day and sanctified it, for on it He abstained from all His work which God had created to do."

ווייי May those who keep the Shabbat and call it a delight rejoice in Your rule. The people who sanctify the Seventh (day) will all be satisfied and delighted from Your goodness. And You took pleasure in the Seventh (day) and made it holy. You called it "most desirable of days," in commemoration of the work of the (world's) beginning.

Our God, and God of our fathers, be pleased, if You will, with our rest, sanctify us with Your commandments and place our share in Your Torah; satisfy us from Your goodness and gladden our soul with Your deliverance, and purify our hearts to serve You in truth. And give us Your holy Shabbat as our inheritance, Adonai our God, in love and in pleasure; and may all Yisrael—who sanctify Your Name—rest thereon. Blessed are You Adonai, Who sanctifies the Shabbat.

Pe pleased, Adonai, our God, with Your people Yisrael, and pay heed to their prayer, and restore the Service to the Holy of Holies in Your abode, and lovingly and willingly accept quickly the fire-offerings of Yisrael, and their prayer, and may You always find pleasure with the service of Your people. Yisrael.

ןַּבֶּצֶבֶּקוֹ צַתָּה לְהַחֲיוֹת מֵתִים. בַּרוּך אַתָּה, יְיָ, מְחַיֵּה הַמֵּתִים:

אַתְּה קָרוֹשׁ, וְשִׁמְך קְרוֹשׁ, וּקְרוֹשִׁים בְּכָל־יוֹם יְהַלְלְּוּךְ, פֶּלָה. בְּרוּךְ אַתָּה, יִיָּ, הָאֵל הַקְרוֹשׁ:

(חַמֶּלֶךְ הַקְּרוֹשׁי: On Shabbat Teshuva)

Sung in a muted voice by the Ḥazzan until בָּרוּךְ אַתְּה, הֹ׳, מְקַבְּשׁ הַשַּׁבְּתוּ

אַרֶּקְה קִבְּשְׁתָּ אֶת־יוֹם הַשְּׁבִיעִי לְשִׁמְדּ. תַּכְלִית מֵעֲשֵׂה שָׁמַיִם וָאֶרֶץ וֹבֵרַכְתוֹ מִכָּל־הַיָּמִים, וְקִדִּשְׁתּוֹ מִכָּל־הַזְּמֵנִים, וְכֵן כָּתוּב בְּתְוֹרָתֵך:

וַיְּכָלְּוֹ הַשְּׁמִיִם וְהָאֶרֶץ וְכָל־צְבָאָם: וַיְכַל אֱלהִים בֵּיוֹם הַשְּׁבִיעִי, מְלַאכְתּוֹ אֲשֶׁר עָשָׁה, וַיִּשְׁבֹּת בִּיוֹם הַשְּׁבִיעִי, מִכְּל־מְלַאכְתּוֹ אֲשֶׁרְ עְשָּׁה: וַיְבֶרֶךְ אֱלהִים אֶת־יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ, כִּי בוֹ שְׁבַת מִבָּל־מְלַאכְתּוֹ, אֲשֶׁר־בָּרָא אֱלהִים לַעֲשׁוֹת:

ָּישְּׂמְּחוּ בְמֵלְכוּתָך שְׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עְנֶג, עֵם מְקַדְשֵׁי שְׁבִיעִיּ, כָּלֶם יִשְּׂבְּעוּ וְיִתְעַנְּגוּ מִטּוּבָךּ, וְהַשְּׁבִיעִי רְצִיתְ כּוֹ וְקִדְשְׁתוֹ, חֶמְדַת יָמִים אוֹתוֹ קָרֱאתָ, זֵבֶר לְמִעֲשֵׁה בִראשִׁית:

אֶלֹהֵינוּ וֵאלהֵי אֲבוֹתֵינוּ, וְצֵה נָא בִמְנְוּחָתֵנוּ. קַּדְשֵׁנוּ בְּמִצְוֹתֵיךְ, שִׁים חֶלְקֵנוּ בְּתְוֹרָתָךְ, שַׂבְּעֵנוּ מִטוּכְךְ, שַׂמְחַ נַפְּשֵׁנוּ כִּישְׁוּעְתְךְ, וְשַׁהֵר לְבֵּנוּ לְעָכְךְךְ בָּצֵּמֶת, וְהַנְחִילֵנוּ יִיָּ אֱלֹהֵינוּ בְּאַהְבָר וּכְרָצוֹּן שַׁבַּת לְּדְשֶׁךְ, וְיָנְוּחוּ כָה כָּל־יִשְּׂרָאֵל, מְקַדְּשֵׁי שְׁמֶךְ. בְּרוּךְ אַתָּה, יִיְּּ מִקָּדֵשׁ הַשָּׁבָּת:

ְרְצֵּחֹ, יְיָ אֱלֹהֵינוּ, בְּעַמְּךּ יִשְּׂרָאֵל וְלִתְפִּלְּתָם שְׁעֵה, וְהָשֵׁב הָעֲבוֹדְה לִדְּבִיר בִּיתֶךּ, וְאִשֵּׁי יִשְׂרָאֵל וּתְפִּלְתָם מְהֵרָה בְּאַהֲבָה תְקַבֵּל בְּרָצוֹן וֹתְהִי לְרָצוֹן תָּמִיד, עֲבוֹרַת יִשֹּׂרָאֵל עַמֶּך:

<sup>\*</sup> On Shabbat Teshuva say: Blessed are You, Adonal, the Holy King.

## On Rosh Hodesh

אַלְתְּנֵגְּלְּ Our God and God of our fathers, may there ascend, and come, reach, appear, and be desired, be heard, counted and recalled, our remembrance and the remembrance of our fathers; the remembrance of Your city, Yerushalayim; the remembrance of the Mashiah, son of David, Your servant; and the remembrance of Your entire people, the House of Yisrael before You, for survival, for well-being, for favor, kindness, compassion, on this day of Rosh Hodesh to have compassion for us and deliver us. Remember us Adonal, our God, on this day for well-being, be mindful of us on this day for blessing, and deliver us for good life. In accord with the promise of deliverance and compassion, spare us and favor us, have mercy and compassion on us and deliver us; for, to You our eyes are directed, because You are the Almighty Who is King, Gracious, and Merciful.

And You, in Your great mercy, desire us and be pleased by us. And may our eyes behold Your merciful return to Tsiyyon. Blessed are You Adonal, Who returns His Divine Presence to Tsiyyon.

שלוֹדִים We are thankful to You that You, Adonai, are our God and the God of our fathers forever. Our Rock (strength), Rock of our lives and Shield of our deliverance are You in every generation. We will give thanks to You and recount Your praise, for our lives which are committed into Your hand, and for our souls which are entrusted to You, and for Your miracles which each day are with us, and for Your wonders and benefactions at all times—evening, morning and noon. You are the Beneficent One—for Your compassion is never withheld; And You are the Merciful One—for Your kindness never ceases; for we have always placed our hope in You.

## On Hanukkah

לצֵל (We thank You) for the miracles, for the redemption, for the mighty deeds, for the deliverances, for the wonders, and for the comforting deeds that You performed for our fathers in those days at this season.

'A' In the days of Matatyah, son of Yohanan the High Priest, the Hasmonean and his sons, when the evil Greek kingdom rose up against Your people Yisrael to make them forget Your Torah and to turn them away from the statutes of Your will. You, in Your abundant mercy, stood by them In their time of distress, You defended their cause, You judged their grievances, You avenged them. You delivered the mighty into the hands of the weak, the many into the hands of the few, the wicked into the hands of the righteous; the defiled people into the hands of the undefiled, and insolent (sinners) into the hands of diligent students of Your Torah. And You made for Yourself a great and sanctified name in Your world. And for Your people, Ylsrael, You performed a great deliverance and redemption unto this very day. Afterwards, Your children entered the Holy of Holles of Your Abode, cleaned Your Temple, purified Your Sanctuary, and kindled lights in the courtyards of Your Sanctuary, and designated these eight days for praise and thanksgiving, for You did with them miracles and wonders, and we give thanks to Your great Name, Selah.

אֶלּהֵינוּ וַאלהֵי אֲבוֹתִינוּ, יַעֲלֶה וְיָבֹא יַגִּיעַ, יַרְאָה, וְיֵרֶצֶה, יִשְׁמַע, יִפְּקָר, וְיָבָרוֹן יְרוּשָׁלֵיִם עִירְךּ, וְזְכְרוֹן מְשְׁיחֹ בָּן־וְּוֹרְ עְבְּדָּךְ, וְזְכְרוֹן אֲבוֹתִינוּ, זְכְרוֹן יְרוּשָׁלֵיִם עִירְךּ, וְזְכְרוֹן מְשְׁיחֹ בָּן־דְּוִר עַבְּדָּךְ, וְזְכְרוֹן כָּל־עַמְּךּ בֵּית יִשְׂרָאֵל לְפְנֶיךְ, לְפְלֵיטָה לְטוֹּכְהּ לְחֵן וֹלְחֶסֶר וּלְרָחֲמִים, בִּיוֹם רֹאשׁ הַחֹרְשׁ הַזָּה לְרַחֵם בּוֹ עְלִינוּ וֹיִי אֱלֹהִינוּ בּוֹ לְטוֹבְה, וּפְּקְרֵנוּ בוֹ לְבְרָכָה, וְהְוֹשִׁיעֵנוּ בוֹ לְטוֹבְה, וּבְּקְרֵנוּ בוֹ לְבְרָכָה, וְהְוֹשִׁיעֵנוּ בוֹ לְחַיִּים טוֹבִים, בִּּרְבר יְשׁוּעָה וְרְחַמִים, חוּס וְחָנֵנוּ, וַחְמֵוֹל וְרַחַם עָלִינוּ בוֹ לְחִיִּים טוֹבִים, בִּּרְבר יְשׁוּעָה וְרְחַמִּים, חוּס וְחָנֵנוּ, וַחְמֵוֹל וְרַחַם עָלִינוּ וְהְוֹשִׁינְנוּ, כִּי אֵלָיךְ עִינִינּ, כִּי אֵל מֶלֶךְ חַנּוּן וְרְחוּם אֶמָה:

וְאַתְּה בְּרַחֲמֶיך קרֵבִּים, תַּחְפֹּץ־בְּנוּ וְתִרְצֵנוּ, וְתֶחֶוֶינָה עֵינֵינוּ בְּשִׁוּבְךָּ לְצִיּוֹן בְּרַחֲמִים. בָּרוּךְ אַתָּה, יָיָ, הַמֵּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן:

נמוֹדִים אֲנַחְנוּ לָךְ, שֶׁאַתָּה הוּא יְיָ אֶלהֵינוּ וֵאלהֵי אֲבוּתִינוּ לְעוֹלְם וָעֶר. צוּרֵנוּ צוּר חַיֵּינוּ, וּמָגֵן יִשְׁעֵנוּ אַתָּה הוּא לְדֹר וָדֹר. נוֹדֶה לְךְּ וּנְסַפֵּר תְּהַלְּתֶךְ. עַל חַיֵּינוּ הַמְּסוּרִים בְּיָרֶךְ, וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹתְ לָךְ, וְעַל נִפֶּיךְ שֶׁבְּכֶל־יוֹם עִמֶּנוּ, וְעַל נִפְּלְאוֹתֵיךְ וְטְוֹבוֹתֵיךְ שֶׁבְּכָל־עַת, עֶרֶב וָבְקֶר וְצְהָרָיִם. הַטּוֹב כִּי־לֹא־כָלְוּ רַחְמֵקִיךְ, הַמְּרַחֵם כִּי־לֹא תַמּוּ חַסָרֶיךְ, כִּי מֵעוֹלָם קּוֵינוּ לָךְ:

# On Hanukkah

צֵל הַנִּסִּים וְעֵל הַפָּרְקָן וְעַל הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת וְעֵל הַנִּפְּלָאוֹת וְעֵל הַנַּחַמוֹת שֵׁעַשֵּׁיתַ לַאֲבוֹתִינוּ בִּיָּמִים הָהֵם בַּוְמֵן הַזֶּה:

בּּיבֵּי מַתַּתְיֶה בֶּּן־יוֹתָנְן כֹּהֵן גָּרוֹל חַשְׁמוֹנְאִי וּבָנִיוּ, כְּשֶׁעְמְּדָה מֵּלְכוּת יֻוֹן הַרְשָׁעָה עַל עַמְּךּ יִשְׁרָאֵל, לְשֵׁכְּחָם תִּוֹרָתָף, וּלְהַעֲבִירָם מַחְקֵּי רְצוֹנְךָ. וְאַתְּה בְּרַחָמֶיף הֵרבִּים, עָמְדְתָּ לְהָם בְּעֵת צֵּרְתָם, רְבִּתְּ אֶת־רִיכָם, דְנִתְּים בְּיֵּד מְלְשִׁים, וְהַבִּים בְּיֵּד מְתְּעִים בְּיֵד עַוֹּסְקִיּוּ מְּמְרִים, וְזִדִים בְּיֵד עִוֹסְקִיּ מְעַטִּים, וּלְשָׁמִּף, וּלְעַמְּךּ, וּלְעַמְּךּ, וּלְעַמְּךּ, וּלְעַמְּךּ יִשְׂרָאֵל עָשְׂיִתְ תְּשׁוּעְה גְּדוֹלָה וִפְּרְקָן כְּהֵיוֹם הַזֶּה. וְאַחַר בָּךְ בְּאוּ בָנֵיף לְּרְבִיר בִּיתָךְ, וְמִנְיִם מְּבִיר שְׁמוֹנָה יִמִים אֵלִּוּ בְּהַלֹּל וּבְהוֹדְאָה, וְעַשְׁיִתְ עַמְהַם נִּסִים וְנִפְּלְאוֹת, וְנִבְּרָה לְשִׁמֹךְ הָגִּדֹל, סְלָה:

At the word D'TVD bend the knees. At TRNW bow forward at the waist, at 'T straighten the body and the head.

אָלֵי And for all the foregoing, blessed, exalted and extolled be Your Name, our King, constantly, forever and ever. And all the living shall thank You Selah.

On Shabbat Teshuya

וֹכְתוֹב Inscribe for a good life all the children of Your covenant.

יְהְלְּלֹּוּ! And forever praise and bless Your great Name with sincerity for You are good; the Almighty, Who is our deliverance and our help, *Selah*, the benevolent Almighty. Blessed are You, Adonai, "The Beneficent" is Your Name and it is fitting to praise You.

Grant peace, goodness, and blessing, life, favor, kindness, righteousness and compassion upon us and upon all Yisrael, Your people. And bless us, our Father, all of us as one, with the light of Your countenance. For, by the light of Your countenance, You gave us, Adonai, our God, Torah and life, love and kindness, righteousness and compassion, blessing and peace. And may it be good in Your sight to bless us and to bless all Your people Yisrael, with abundant strength and peace.

### On Shabbat Teshuva

And in the book of life, blessing and peace, good prosperity, salvation and comfort, and good decrees, may we be remembered and inscribed before You, we and all Your people, the House of Yisrael, for a good life and peace.

קּרוֹף Blessed are You, Adonai, Who blesses His people Yisrael with peace. Amen.

אָלְהְיּ May the words of my mouth and the thoughts of my heart be acceptable before You, Adonai, my Rock and my Redeemer.

My God, guard my tongue from evil and my lips from speaking deceitfully. To those who curse me, may my soul be unresponsive; and let my soul be like dust to all. Open my heart to Your Torah and let my soul pursue Your commandments. And all who plan evil against me, quickly annul their counsel and frustrate their intention. Let them be as chaff before the wind, and the angel of Adonai pushing them. Act for the sake of Your Name, Act for the sake of Your right hand. Act for the sake of Your Torah. Act for the sake of Your holiness. In order that Your loved ones be released, deliver (with) Your right hand and answer me. May the words of my mouth and the thoughts of my heart be acceptable before You, Adonai, my Rock and my Redeemer. He Who makes peace in His high heavens, may He, in His mercy, make peace upon us and upon all Yisrael His people, and say Amen.

ּוְעֵּל כָּלָם יִתְבָּרַךּ וְיִתְרוֹמֵם וְיִתְנִשֵּׂא תָּמִיד שִׁמְךּ מַלְבֵּנוּ לְעוֹלְם וְעֵרְ. וְכַל־הַחַיִּים יוֹדִוּךְ, פֶּלָה:

יים טוֹבִים פַל־בַּנֵי בְּרִיתֵּף:

וִּיהַקְלְלוּ וִיבֶרְכוּ אֶת־שִּמְךּ הַנָּדוֹל בֶּאֱמֶת לְעוֹלָם כִּי טוֹב, הָאֵל יְשְׁוּעָתֲנוּ וְעֶזְרָתֵנוּ סֶלָה הָאֵל הַטוֹב. 'בָּרוּך אַתָּה, יְיָ, הַטוֹב שִׁמְךּ וּלְדּ נָאֶה לְהוֹדוֹת:

שִּׁים שָׁלוֹם טוֹבָה וּבְרָכָה, חַיִּים תֵן וָחֶסֶר, צְּדָקָה וְרַחֲמִים עָלֵינוּ וְעַל־כָּל־יִשְּׂרָאֵל עַמֶּךְ. וּבֶרְבֵנוּ אָבִינוּ כָּלֶנוּ כְּאָחָד בְּאוֹר פָּנֵיךְ, כִּי בְאוֹה פָּנֵיךְ נְתַתִּּ־לֵנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרָה וְחַיִּים, אַהַבָה וָחֶסֶר, צְּדָקָה וְרַחֲמִים, בְּרָכָה וְשָׁלוֹם. וְטוֹב בְּעֵינֵיךְ לְבֶרְכֵנוּ וּלְבָרֵךְ אֶת־בְּל־עַמְּךְ יִשְׂרָאֵל בְּרֵוֹב עוֹז ושׁלוֹם:

On Shabbat Teshuva

וּבְסֵפֶּר חָיִּים, בְּדֶבֶה וְשָׁלוֹם, וּפַּרְנָסֶח טוֹבָה, וְיִשׁוֹעָה וְנֵחָמֶה, וּגְזֵרוֹת טוֹבוֹת, בַּזְכֵר וְגָפָתַב לְפָּנֵיף, אָבַחָנוֹ וְבָל־עַפְּף בֵּית יִשְרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם:

בַּרוֹך אַתָּה, יָיָ, הַמְּבָרָך אֶת־עַמוֹ יִשְׂרָאֵל בַּשָּׁלוֹם, אָמֵן.

יָדְיוּדּ־לְרָצוֹן אִמְרֵי־פִּי וְהָגִיוֹן לְבִּי לְפָנֵיךְ, יִיָ צוּרִי וְגְאֵלִי.

אֶלּהַיּ, נְצוֹר לְשׁוֹנִי מֵרָע, וְשִּׁפְתוֹתֵי מִדְּבֵּר מִרְמָה, וְלְמְקַלְלֵי נַפְּשִׁי תִּדֹם,
וְנַפְשִׁי בֶּעָפָר לַכֹּל תְּהְיֶה. פְתַח לִבִּי בְּתְּוֹרְמֶךְ, וְאַחֲרֵי מִצְוֹתֶידְ תִּרְדּוֹףְ
נַפְשִׁי. וְכַל־חַקְּמִים עָלֵי לְרָעָה, מְהַרָח הָפֵּר עֲצָתָם וְקַלְּקֵל מִחְשְׁבוֹתָם,
יִהִינְּךְ נְשֵׁח לְמַעֵן הְּוֹרָתָךְ, עֲשֵׁח לְמַעֵן קְרָשְׁתָךְ, לְמַעַן שְׁמָךְ, עֲשֵׁח לְמַעַן
יִמִינְךְ וַמְעֵן הְּוֹרָתָךְ, עֲשֵׁח לְמַעַן קְרָשְׁתָךְ, לְמַעַן יִחְלְצוּן יִדִילֶיךְ,
יִי צוּרִי,
וֹלְאֵלִי. 'עִשֶּׁה שָׁלוֹם בִּמְרוֹמִיו, הוּא בְרַחֲמָיו יֵעֲשֶׁח שָׁלוֹם עֶלֵינוּ, וְעַלְּ
בַּל־עַמּוֹ יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

At the word 3172 bend the knees. At 77% bow forward at the walst, at '7 straighten the body and the head.

<sup>2</sup> At אָשֶׁה לְמָצּוְ הָּוֹרְתָּדְ אַכְּיִים, bow to the right, at מָשֶׁה לְמָצוְ יְמִינְהְּ how to the right, at אָשֶׁה לְמָצוּן אָבְיִּה how to the right, at מָשֵּׁה לְמָצוּן אָבְיִּה how to the left. at קרשׁתָן אַר

<sup>3.</sup> It is a Seguizah (of springal benefit) so as not to forget one's name on the Final Day of Judgement, for one to say here - a verse from Scripture

. Det begins with the first letter of his name and ends with the last letter of his name, or a verse that contains his name. (See p.481)

Take 3 steps back, bow to the left and say, אַשֶּׁח שָׁלוֹם בְּלִינוּ לְּבָּלִים נְשָׁרִשׁ, bow to the right and say נְעֵל בַּל־עַמּל יְשַּׁרְאַל, (אַכִּרוּ אָבוֹן. straighten and say נְעַל בַּל־עַמּל יִשְּׁרָאַל, (אַכִּרוּ אָבוֹן.