

# שבת שלום

- Torah Study

# בִּרְכוֹת הַשַּׁחַר

BIRCHOT HASHACHAR — MORNING BLESSINGS

**MODEH / MODAH** ani l'fanecha,

Melech chai v'kayam,

she-hechezarta bi nishmati b'chemlah,

rabbah emunatecha.

**מוֹדָה / מוֹדָה** אֲנִי לְפָנֶיךָ,

מֶלֶךְ חַי וְקַיִם,

שֶׁהַחֲזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,

רַבָּה אֱמוּנָתְךָ.

**I OFFER THANKS** to You,

ever-living Sovereign,

that You have restored my soul to me in mercy:

How great is Your trust.

Hineni Mukhan Um'zuman

הִנֵּנִי מוֹכֵן וּמְזֻמָּן

I'm Ready...

L'kayem Mitzvatha Bor'i

לְקַיֵּם מִצְוַת הַבּוֹרֵאִי

Hineni Mukhan Um'zuman

הֵנֵנִי מוֹכֵן וּמְזֻמָּן

To fulfill my Creator's commandment

I'm Ready...



Uk'dashtem et haYom haZeh

וְקִדַּשְׁתֶּם אֶת הַיּוֹם הַזֶּה

Hinení Mukhan Um'zuman

הֲנִנִי מוֹכֵן וּמְזֻמָּן

And you shall make this day a holy day

I'm Ready...

🔊 BLESSING FOR STUDYING TORAH 🔊

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ  
לְעֲסוֹק בְּדִבְרֵי תוֹרָה.

Ba-ruch a-tah A-do-nai E-lo-hei-nu Me-lech Ha-o-lam,  
a-sher ki-d'sha-nu b'mitz-vo-tav, v'tsi-va-nu  
la-a-sok b'div-rei To-rah

Praised are You, A-do-nai our God, Sovereign of the universe  
Who made us holy by giving us commandments, and commanded us  
to engage in / work at the words / things of Torah

# שבת שלום

- Morning Service

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

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

Praised are You, A-do-nai our God, Sovereign of the universe  
 Who made us holy by giving us commandments  
 and commanding us to wrap in the Tzitzit.



**BAR'CHI** nafshi et Adonai,  
 Adonai Elohai, gadalta m'od,  
 hod v'hadar lavashta.  
 Oteh or kasalmah,  
 noteh shamayim kay'riah.

**בְּרַכִּי** נַפְשִׁי אֶת יְיָ  
 יְיָ אֱלֹהֵי, גָדַלְתָּ מְאֹד,  
 הוֹד וְהָדָר לְבָשָׁתָּ.  
 עֹטָה אֹר כַּסְלִמָּה,  
 נוֹטָה שָׁמַיִם כַּיָּרִיעָה.

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



WHO DOES NOT HUNGER:  
for friendship, understanding,  
warmth, and love.

חֲזַק, חֲזַק וְנִתְחַזֵּק

Chazak, chazak v'nitchazeik.

Let us lend strength to one another  
and pray for the welfare of this community.



*Mah-tovu ohalecha, Yaakov;  
mishk'notecha, Yisrael!*

How goodly are Your tents O Jacob, Your dwelling places, O Israel.

מֵה־טֹבוֹ אֹהֶלְיָךְ, יַעֲקֹב,  
מִשְׁכְּנֶתְיָךְ, יִשְׂרָאֵל.



BARUCH ATAH, Adonai

Eloheinu, Melech haolam,

asher yatzar et haadam b'chochmah

uvara vo n'kavim n'kavim,

chalulim, chalulim.

Galui v'yadua lifnei chisei ch'vodecha

she-im y'patei-ach echad meihem

o yisateim echad meihem,

i efshar l'hitkayeim

v'laamod l'fanecha.

Baruch atah, Adonai,

rofei chol basar umafla laasot.

בָּרוּךְ אַתָּה, יי

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה

וּבָרָא בּוֹ נְקָבִים וְנְקָבִים,

חֲלוּלִים חֲלוּלִים.

גָּלוּי וְיָדוּעַ לִפְנֵי כֹסֶא כְבוֹדְךָ

שָׂאם יִפְתָּח אֶחָד מֵהֶם

אוֹ יִסָּתֵם אֶחָד מֵהֶם,

אִי אֶפְשָׁר לְהִתְקַיֵּם

וְלַעֲמֹד לִפְנֶיךָ.

בָּרוּךְ אַתָּה, יי,

רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

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

בָּרוּךְ אַתָּה, יי, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת.

Baruch atah, Adonai, rofei chol basar umafli laasot.



## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,

asher natan lasechvi vinah

l'havchin bein yom uvein lailah.

**בָּרוּךְ** אַתָּה, יי

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר נָתַן לַשְּׁכָוִי בִינָה

לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

*For awakening*

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

Baruch atah, Adonai

Eloheinu, Melech haolam,

pokei-ach ivrim.

**בָּרוּךְ** אַתָּה, יי

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

פוֹקֵחַ עֵוְרִים.

*For vision*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
matir asurim.

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

*For the ability  
to stretch*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
zokeif k'fufim.

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

*For rising to the  
new day*

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

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
roka haaretz al hamayim.

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

*For firm earth to  
stand upon*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
hameichin mitzadei gaver.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמַּכִּין מִצְעָדֵי גִבּוֹר.

*For the gift of  
motion*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
malbish arumim.

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

*For clothing  
the body*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
hanotein laya-eif ko-ach.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַנוֹתֵן לַיָּעֹף כֹּחַ.

*For renewed  
enthusiasm for life*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
hamaavir sheinah mei-einai,  
ut'numah mei-afapai.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמַּעֲבִיר שְׁנָה מֵעֵינַי,  
וְתַנְנוּמָה מֵעַפְאַי.

*For reawakening*

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

**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
she-asani b'tzelem Elohim.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנִי בְּצֶלֶם אֱלֹהִים.

*For being in  
the image of God*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani ben/bat chorin.

בָּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שֶׁעָשָׂנִי בֶן / בַּת חוֹרִין.

*For being  
a free person*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani Yisrael.

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

*For being a Jew*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
ozeir Yisrael bigvurah.

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

*For purpose*

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

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
oteir Yisrael b'tifarah.

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

*For harmony*

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





יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. (אָמֵן)

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba (**Amen**)

Let the Glory of God be extolled,



בְּעֶלְמָא דִּי בְּרָא כְּרַעוּתָהּ,  
 וַיְמַלִּיךְ מַלְכוּתָהּ  
 בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן  
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
 בְּעַגְלָא וּבְזִמְן קָרִיב וְאַמְרוּ אָמֵן :

b'al-ma div-ra khi-ru-tei v'yam-likh mal-khu-tei  
 b'ha-yei-khon uv'yo-mei-khon uv'ha-yei d'khol  
 beit Yis-ra-el, ba-'a-ga-lah u-viz-man ka-riv  
 v'im-ru: **Amen**.

let God's great name be hallowed, in the world whose  
 creation God has willed. May God's dominion soon prevail,  
 in our own day, our own lives, and the life of all Israel, and  
 let us say: Amen.





יְהִי שֵׁמֶה רַבָּא מְבָרַךְ  
לְעַלְמֵס וּלְעַלְמֵי עַלְמֵיָא:

Y'hei sh'mei ra-ba m'va-rakh l'a-lam  
u-l'al-mei al-ma-ya.

Let God's name be blessed for ever and ever.



יְתַבָּרֵךְ וְיִשְׁתַּבַּח,  
וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא,  
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְּקֻדְשָׁא  
בְּרִיךְ הוּא

Yit-ba-rakh, v'yish-ta-bah, v'yit-pa-ar  
v'yit-ro-mam v'yit-na-sei,  
v'yit-ha-dar v'yit-a-leh, v'yit-ha-lal  
sh'mei d'kud-sha, **b'rikh hu,**

Let the name of the Holy One, blessed be God,  
be glorified, exalted, and honored,



לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,  
תִּשְׁבַּחְתָּא וְנַחֲמָתָא,  
דְּאִמְרָן בְּעָלְמָא,  
וְאָמְרוּ אָמֵן :

l'ei-la min-kol-bir-kha-ta v'shi-ra-ta,  
tush-b'kha-ta v'ne-he-ma-ta  
da-'a-mi-ran b'al-ma v'imru: **Amen.**

though God is beyond all the praises, songs, and  
adorations that we can utter, and let us say: Amen.



בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ!  
בָּרוּךְ יְיָ הַמְּבָרָךְ  
לְעוֹלָם וָעֶד!

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

PRAISE ADONAI to whom praise is due forever!

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

**BARUCH** atah, Adonai,  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav v'tzivanu  
al mitzvat k'riat sh'ma  
l'hamlichu b'levav shaleim  
ul'yachdo b'lev tov ul'ovdo  
b'nefesh chafeitzah. Amen.

**בָּרוּךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ  
עַל מִצְוַת קְרִיאַת שֵׁמַע  
לְהַמְלִיכוֹ בְּלֵב בָּשָׁלִים  
וּלְיַחְדּוֹ בְּלֵב טוֹב וּלְעַבְדּוֹ  
בְּנֶפֶשׁ חַפְּצָה. אָמֵן.

**PRAISED ARE YOU**, Adonai our God, Ruler of the Universe,  
who hallows us with mitzvot,  
commanding us how to recite the Sh'ma:  
to declare wholeheartedly God's rule,  
to declare earnestly God is One,  
and to willingly worship God.

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

בָּרוּךְ אַתָּה, יי, יוֹצֵר הַמְּאוֹרוֹת.

Baruch atah, Adonai, yotzeir ham'orot.

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

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

בָּרוּךְ אַתָּה, יְיָ, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

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

שמע ישראל יהוה אלהינו יהוה אחד

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yis-ra-el: Adonai Eh-lo-hei-nu, Adonai Eh-chad!

*Hear, O Israel: the Eternal One is our God,  
the Eternal God alone!*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Ba-ruch shem k'vod mal-chu-to l'o-lam va-ed!

*Blessed is God's glorious majesty for ever and ever!*



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

וְאַהֲבָתָּךְ אֶת יְיָ אֱלֹהֶיךָ  
 בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-  
 מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה  
 אֲשֶׁר אֲנֹכִי מִצְוֶה הַיּוֹם עַל-  
 לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ  
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבִלְכֹתְךָ  
 בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:  
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ  
 לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם  
 עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

L'maan tizk'ru, vaasitem et  
kol mitzvotai vih'yitem k'doshim  
l'Eloheichem. Ani Adonai Eloheichem asher  
hotzeiti et-chem mei-eretz  
Mitzrayim lih'yot lachem l'Elohim  
ani Adonai Eloheichem.

Thus you shall remember to observe all My commandments  
and to be holy to your God.

I am Adonai, your God, who brought you out of the land of Egypt to be your God:  
I am Adonai your God.

יְיָ אֱלֹהֵיכֶם אֶמֶת.  
Adonai Eloheichem EMET.

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

WHEN JUSTICE BURNS within us  
like a flaming fire,  
when love evokes willing sacrifice from us,  
when, to the last full measure of selfless devotion,  
we demonstrate our belief in the ultimate triumph  
of truth and righteousness —  
then Your goodness enters our lives  
and we can begin to change the world.  
And then You live in our hearts,  
and we, through righteousness, behold Your Presence.

מי	מי כמכה באלם יהוה	אֵלִים
נִרְאָה תְהִלָּתָהּ עֲשֵׂה	נָאֲדָר בְּקֹדֶשׁ	כְּמִכָּה
נִחִית	נִשְׁתַּיֵּךְ הַבְּלִעַם אֶרֶץ	פֶּלֶא
נִהַל בְּעוֹךְ אֵל לֹהֵת	שְׂמוֹעַי עַמּוּם יִרְגָּזוּן	בְּחִסְדֶּךָ לֵאמֹר
נִזְכָּר	אֵל נִבְהָלוּ אֲכֻפִי	קֹדֶשְׁךָ
נִמְצָא	אֵילֵי מוֹאָב יִהְיוּמוּ רַעֲיָהּ	אֲדֹמִים
נִתְעַל עֲלֵיהֶם אֵימָתָהּ	כָּל יִשְׂרָאֵל בְּנִעֲזָן	כָּל יִשְׂרָאֵל
נִתְעַל עֲלֵיהֶם אֵימָתָהּ	בְּגִל וְרוֹעַץ יִדְמוּ כֹאֲלָן	וּפְחִזָּה
נִתְעַל עֲלֵיהֶם אֵימָתָהּ	עַד יִעֲבֹר עִם זֶה	יִעֲבֹר עִם יְהוָה
נִתְעַל עֲלֵיהֶם אֵימָתָהּ	הַגִּבּוֹר וְהַנִּשְׁלֵט שֶׁלֹּא לְחֹלֶת	קִנְיִת
נִתְעַל עֲלֵיהֶם אֵימָתָהּ	מִקֹּדֶשׁ אֱדֹמִי כֹנָן	לְשִׁלְתָּהּ פִּלְלָהּ יְהוָה

Mi CHAMOCHAH ba-eilim, Adonai!

Mi kamochah nedar bakodesh,

Nora t'hilot, oseih fele!

מִי־כִמְכָּה בְּאֵלִים, יְיָ!  
 מִי כִמְכָּה נֶאֱדָר בְּקֹדֶשׁ,  
 נֹרָא תְהִלָּתָהּ, עֹשֶׂה פֶלֶא!

Who is like You, O Eternal One, among the gods that are worshiped?

Who is like You, majestic in holiness, awesome in splendor, doing wonders?

אֱלֹהִים	מִי כַמּוֹכָה בָּאֵלֶם יְהוָה	בְּמִי
בְּמִי כַמּוֹכָה	לְאֹדֶר בְּקִדְשֵׁךְ	לְאֹדֶר בְּקִדְשֵׁךְ
כָּל־אֱלֹהִים	לְטִית יִמְיֶיךָ תַּבְלִעֵמוּ אֶרֶץ	לְטִית יִמְיֶיךָ תַּבְלִעֵמוּ אֶרֶץ
בְּחֹסֶדְךָ יְיָ אֱלֹהֵינוּ	לְהַלֵּל בְּעֹזְךָ אֱלֹהֵינוּ	לְהַלֵּל בְּעֹזְךָ אֱלֹהֵינוּ
קִדְשֵׁךְ	שֶׁבִמְעוֹל עַמִּים יִרְגָּזוּן	שֶׁבִמְעוֹל עַמִּים יִרְגָּזוּן
אֲחִינוּ יִשְׂרָאֵל	אֵל תְּבַהֲלוּ אֱלֹהֵינוּ	אֵל תְּבַהֲלוּ אֱלֹהֵינוּ
אֲדֹמָם	אֵילֵינוּ בְּמִוֶּאֱבָר יִשְׁלַח רִעְיוֹ	אֵילֵינוּ בְּמִוֶּאֱבָר יִשְׁלַח רִעְיוֹ
כָּל־יִשְׂרָאֵל	תַּפִּל עֲלֵיהֶם אֱלֹהֵינוּ	תַּפִּל עֲלֵיהֶם אֱלֹהֵינוּ
וּפְחֹזֵר	בְּגִיל וְרֹעֶךָ יִשְׁמַח כֹּאכֵן	בְּגִיל וְרֹעֶךָ יִשְׁמַח כֹּאכֵן
יִעֲבֹר עַל־יְהוָה	עַד יִעֲבֹר עַל־יְהוָה	עַד יִעֲבֹר עַל־יְהוָה
קִצִּית	תִּבְאֵמוּ וְתִשְׁלַח שָׂרָה לְזִלְתָּךְ	תִּבְאֵמוּ וְתִשְׁלַח שָׂרָה לְזִלְתָּךְ
לְשִׁבְתְּךָ פְּלִילִית יְהוָה	מִקִּדְשֵׁךְ אֲדֹנָי כֹּהֲנֵנוּ	מִקִּדְשֵׁךְ אֲדֹנָי כֹּהֲנֵנוּ

*Shirah chadashah shib'chu g'ulim*

*l'shimcha al s'fat hayam.*

*Yachad kulam hodu v'himlichu, v'am'ru:*

*"Adonai yimloch l'olam va·ed."*

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְּאוּלִּים

לְשִׁמְךָ עַל שִׁפְתֵי הַיָּם,

יַחַד כָּלֶם הִזְדוּ וְהִמְלִיכוּ, וְאָמְרוּ:

יְיָ יִמְלֹךְ לְעַלְמֵם וָעֵד.

At the sea — with a new song on their lips —  
the redeemed praised Your name.

Overflowing with gratitude, they proclaimed Your sovereignty  
and spoke as one, declaring:

“The Eternal will reign till the end of time.”

# תְּפִלָּה

T'FILAH

ADONAI, s'fatai tiftach,  
ufi yagid t'hilatecha.

אֲדֹנָי, שִׁפְתֵי תִפְתָּח,  
וּפִי יַגִּיד תְּהִלָּתְךָ.

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



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

**בָּרוּךְ** אַתָּה, יְיָ אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי  
 אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,  
 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי  
 רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל  
 חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר  
 חֲסֵידי אֲבוֹת וְאִמּוֹת, וּמַבִּיא גְאֻלָּה  
 לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.  
 מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגִּין.  
 בָּרוּךְ אַתָּה, יְיָ,  
 מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה.

YOU ARE the Open Door  
that beckons me in;  
peeking around the door frame,  
I begin to enter into Your glory.

You move me forward, O Eternal,  
to step beyond self-made boundaries:  
lift my foot over the threshold  
that I might abide with You.



In the house of the Eternal,  
I found my questions:  
waiting to be posed,  
they filled me with wonder.

Sit with me, Eternal Teacher,  
encourage my seeking:  
as I fill my hours with Your mitzvot,  
so shall I be filled.

Send me through Your door  
stretching up to honor Your Name,  
sharing out this wonder,  
enriching myself in the giving.

בָּרוּךְ אַתָּה, יי, נוֹטֵעַ בְּתוֹכֵנוּ חַיֵּי עוֹלָם.

Baruch atah, Adonai, notei-a b'tocheinu chayei olam.

Praised are You A-do-nai, who plants within me eternal life.

## ADONAI SPOKE

to Moses saying:  
Speak to the whole community  
of Israel and say to them,  
You shall be holy,  
for I, Adonai, am holy.

וַיֹּדְבֶר יי

אֶל־מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל־כָּל־עֵדֻת

בְּנֵי־יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם

קְדָשִׁים תִּהְיוּ

כִּי קָדוֹשׁ אֲנִי יי אֱלֹהֵיכֶם:

You shall not swear falsely by My name.  
You shall not defraud your neighbor.  
You shall not commit robbery.  
The wages of the worker shall not remain  
with you until morning.  
You shall not insult the deaf  
or place a stumbling block  
before the blind.

וְלֹא־תִשָּׁבַעוּ בִשְׁמִי לַשָּׁקֶר  
לֹא־תַעֲשֶׂק אֶת־רֵעֶךָ  
וְלֹא תִגְזֹל  
לֹא־תֵלֵין פְּעֻלַּת שָׂכִיר אִתָּךְ  
עַד־בֹּקֶר:  
לֹא־תִקְלַל חֵרֶשׁ  
וּלְפָנָי עוֹר לֹא תִתֵּן מִכְשֹׁל

You shall not render an unfair decision:  
 do not favor the poor  
 or show deference to the rich;  
 judge your neighbor fairly.  
 Do not go about as a talebearer.  
 Do not profit by the blood of your neighbor.  
 You shall not hate your kinfolk  
 in your heart.  
 Reprove your neighbor,  
 but incur no guilt doing so.  
 Do not take vengeance or bear a grudge  
 against your kinfolk.  
 Love your neighbor as yourself:  
 I am Adonai.

לֹא־תַעֲשֶׂה עֹל בַּמִּשְׁפָּט  
 לֹא־תִשָּׂא פָנֶי־דָל  
 וְלֹא תִהְדָּר פָּנֶי גָדוֹל  
 בְּצַדִּיק תִּשְׁפֹּט עַמִּיתָּהּ  
 לֹא־תִלְגֹּךְ רֵכִיל בְּעַמִּי  
 לֹא תַעֲמֹד עַל־דַּם רֵעֶךָ  
 לֹא־תִשָּׂא אֶת־אֲחִיךָ בַּלְבָּבָהּ  
 הוֹכֵחַ תּוֹכִיחַ אֶת־עַמִּיתָּהּ  
 וְלֹא־תִשָּׂא עָלָיו חֵטְא  
 לֹא־תִקָּם וְלֹא־תִטּוֹר אֶת־בְּנֵי עַמֶּךָ  
 וְאַהֲבַת לְרֵעֶךָ כָּמוֹךָ  
 אֲנִי יְיָ

You shall each revere  
your father and your mother  
and keep My Sabbaths.  
When you reap your harvest,  
leave the corners and the gleanings  
for the poor and the stranger.  
You shall not steal;  
you shall not deal deceitfully or falsely  
with one another.

אִישׁ אָמֹן וְאָבִיו תִּירָאוּ  
וְאֶת־שַׁבָּתֹתַי תִּשְׁמְרוּ  
וּבִקְצֹרְכֶם אֶת־קִצִּיר אֲרָצְכֶם לֹא תִכְלֶה  
פֶּאֶת שְׂדֶךְ לְקַצֹּר  
וְלִקֹּט קִצִּירֶךָ לֹא תִלְקֹט׃  
לְעָנִי וּלְגֵר תַּעֲזֹב אַתֶּם  
לֹא תִגְנְבוּ  
וְלֹא־תִכְחֲשׂוּ וְלֹא־תִשְׁקְרוּ  
אִישׁ בְּעַמִּיתוֹ׃



YISM'CHU v'malchut'cha  
 shomrei Shabbat v'korei oneg.  
 Am m'kad'shei sh'vi-i,  
 kulam yisb'u v'yitangu mituvecha.  
 V'hashvi-i ratzita bo v'kidashto,  
 chemdat yamim oto karata,  
 zeicher l'maaseih v'reishit.

יְשַׁמְחוּ בְּמַלְכוּתְךָ  
 שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֵג.  
 עַם מְקַדְּשֵׁי שְׁבִיעִי,  
 כֻּלָּם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ.  
 וְהַשְׁבִּיעִי רְצִיתָ בּוֹ וְקִדַּשְׁתּוֹ,  
 חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ,  
 זֵכֶר לַמַּעֲשֵׂה בְּרֵאשִׁית.

THOSE WHO KEEP Shabbat by calling it a delight will rejoice in Your realm.  
 The people that hallows Shabbat will delight in Your goodness.  
 For, being pleased with the Seventh Day, You hallowed it  
 as the most precious of days, drawing our attention to the work of Creation.



WE OFFER THANKS, O God, for this Shabbat  
which unites us in faith and hope.

For Shabbat holiness, which inspires sacred living,  
for Shabbat memories, glowing even in darkness,  
for Shabbat peace, born of friendship and love,  
we offer thanks and blessing, O God.

בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish HaShabbat.

Blessed are You, Adonai, who sanctifies Shabbat.

R'TZEI, Adonai Eloheinu, b'amcha Yisrael,  
ut'filatam b'ahavah t'kabeil,  
ut'hi l'ratzon tamid  
avodat Yisrael amecha.  
Baruch atah, Adonai,  
she-ot-cha l'vadcha b'yirah naavod.

ON THIS HOLY SHABBAT,  
may we draw nearer  
to life, to peace and to joy.  
  
May we find true rest,  
holiness in our deeds,  
worth in our study of Torah.

רְצֵה, יי אֱלֹהֵינוּ, בְּעֶמֶךָ יִשְׂרָאֵל,  
וְתַפְּלֵתָם בְּאַהֲבָה תִּקְבֹּל,  
וְתִהְיֶה לְרָצוֹן תָּמִיד  
עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.  
בְּרוּךְ אַתָּה, יי,  
שְׂאוֹתְךָ לְבִדְךָ בְּיִרְאָה נֶעֱבֹד.

Let us feed on the love of goodness,  
let us drink from the love of goodness,  
restrain our thirst for excess,  
and cleanse our hearts to serve life well.

On this holy Shabbat,  
may we draw nearer  
in life, in peace and in joy.

FOR THE EXPANDING GRANDEUR of Creation,  
worlds known and unknown, galaxies beyond galaxies,  
filling us with awe and challenging our imaginations,  
*Modim anachnu lach.* מוֹדִים אֲנַחְנוּ לָךְ.

For this fragile planet earth, its times and tides,  
its sunsets and seasons,  
*Modim anachnu lach.* מוֹדִים אֲנַחְנוּ לָךְ.

For the joy of human life, its wonders and surprises,  
its hopes and achievements,  
*Modim anachnu lach.* מוֹדִים אֲנַחְנוּ לָךְ.

For human community, our common past and future hope,  
our oneness transcending all separation, our capacity to work  
for peace and justice in the midst of hostility and oppression,  
*Modim anachnu lach.* מוֹדִים אֲנִיחֵנוּ לָךְ.

For high hopes and noble causes, for faith without fanaticism,  
for understanding of views not shared,  
*Modim anachnu lach.* מוֹדִים אֲנִיחֵנוּ לָךְ.

For all who have labored and suffered for a fairer world,  
who have lived so that others might live in dignity and freedom,  
*Modim anachnu lach.* מוֹדִים אֲנִיחֵנוּ לָךְ.

For human liberties and sacred rites:  
for opportunities to change and grow, to affirm and choose,  
*Modim anachnu lach.* מוֹדִים אֲנִיחֵנוּ לָךְ.

We pray that we may live not by our fears but by our hopes,  
not by our words but by our deeds.

Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

בָּרוּךְ אַתָּה, יי, הַטוֹב שְׁמֶךָ וְלָךְ נֶאֱחָ לְהוֹדוֹת.

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.



SIM SHALOM tovah uv'rachah,

chein vachessed v'rachamim,

aleinu v'al kol Yisrael amecha.

Bar'cheinu, yotzreinu, kulanu k'echad

b'or panecha,

ki v'or panecha natata lanu,

Adonai Eloheinu,

Torat chayim v'ahavat chesed,

utz'dakah uv'rachah v'rachamim

v'chayim v'shalom.

V'tov b'einecha l'vareich et amcha Yisrael

b'chol eit uv'chol shaah bishlomecha.

Baruch atah, Adonai,

ham'vareich et amo Yisrael bashalom.



שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,

חוֹ וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמָּךְ.

בְּרַכָּנוּ, יוֹצְרֵנוּ, כָּלָנוּ כְּאַחַד

בְּאוֹר פָּנֶיךָ,

כִּי בְּאוֹר פָּנֶיךָ נִתַּתָּ לָנוּ,

יְיָ אֱלֹהֵינוּ,

תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,

וְצִדְקָה וּבְרָכָה וְרַחֲמִים

וְחַיִּים וְשְׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמָּךְ יִשְׂרָאֵל

בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמָךְ.

בָּרוּךְ אַתָּה, יְיָ,

הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

GRANT PEACE, goodness and blessing, grace, kindness and mercy, to us and to all Your people Israel. Bless us, our Creator, all of us together, through the light of Your Presence. Truly through the light of Your Presence, Adonai our God, You gave us a Torah of life — the love of kindness, justice and blessing, mercy, life, and peace. May You see fit to bless Your people Israel at all times, at every hour, with Your peace. Praised are You, Adonai, who blesses Your people Israel with peace.

**WE REACH** for You, our God  
from our quiet places.

May we stand still, for a brief moment,  
and listen to the rain —

Stand still, for a brief moment,  
and watch the play of sunlight and shadow on the leaves.  
For a brief moment — listen to the world.

Let us stop the wheels of every day to be aware of Shabbat.  
Find the stillness of the sanctuary which the soul cherished.  
Renew the Covenant of an ancient people.

We need a quiet space to test the balance of our days.  
The weight of our own deeds  
against the heaviness of the world's demands.  
The balance is precarious — steady us with faith:

Quiet places and stillness —  
where we will hear our own best impulses speak.  
Quiet places and stillness —  
from which we will reach out to each other.



We will find strength in silence  
and with this strength  
we will turn again to Your service.



Yih'yu L'ratzon

יְהִי לְרָצוֹן

May the words of my mouth



אִמְרֵי פִי וְהִגִּיוֹן לִבִּי

Imrei Fi V'hegyon Libi



and the meditations of my heart,





L'fanekha

לפניך

be acceptable to You





L'fanekha

לפניך

be acceptable to You







A-do-nai Tzuri

יִי צוּרִי

God my Rock



צוּרִי וְגוֹאֲלִי

Tzuri V'go'ali

my Rock and my Redeemer.

A dark blue, solid-colored shape that starts from the bottom left corner and extends diagonally upwards towards the right, filling the bottom portion of the slide.



A-do-nai Tzuri

יִי צוּרִי

God my Rock







V'go'ali

וגוֹאֲלִי

and Redeemer.





Our hearts and our prayers now turn to all who are ill, recuperating, dealing with war, or coping with the recent death of loved ones.

## PRAYER FOR HEALING

O God, in our hearts, we name those who are facing illness and pain.  
We join our prayers with the prayers of all who love them. Give them renewed  
comfort and courage. Strengthen in them the healing powers You have placed within  
us all. Guide the hands and hearts of those who are entrusted with their care.

May the knowledge of Your love and ours give added hope to them  
and to their dear ones. May they find even greater strength because  
our prayers are linked to theirs.

BA-RUCH A-TAH A-DO-NAI, RO-FEH HA-CHO-LIM.

בָּרוּךְ אַתָּה ה' רוֹפֵא הַחוֹלִים.

We praise you, Eternal God, the Source of healing and health

אֵל נָא רַפָּא נָא לָהֶם

*God - please - heal - please - them*

אֵל נָא רַפָּא נָא לָנוּ

*El - na - r'fa - na - lanu*

*God - please - heal - please - us*

**On Behalf of Our: MILITARY, POLICE, FIRE FIGHTERS, EMTs,  
DOCTORS, NURSES, TEACHERS and VETERANS:**

**Mi SheBerach Avoteinu v'Imoteinu: May the One who  
blessed & protected our ancestors: Guard all those whom  
we have entrusted with the responsibility of defending our  
freedom, protecting us, serving us, teaching us, or healing  
us: in this country, in the Land of Israel, and everywhere  
they have been called to serve.**

**Give them courage to succeed and strength to persevere.  
May they return home safely.**

**And let us say: Amen.**

## FOR THE STATE OF ISRAEL



Panoramic view of Jerusalem's Old City and the Temple Mount. The Dome of the Rock, the building with the golden domed roof, in the center.  
Image: Dennis Jarvis

AVINU SHEBASHAMAYIM,

tzur Yisrael v'go-alo,

אָבִינוּ שֶׁבַשְׁמַיִם,  
צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,

**O HEAVENLY ONE**, Protector and Redeemer of Israel,  
bless the State of Israel which marks the dawning of hope for all who seek peace.  
Shield it beneath the wings of Your love; spread over it the canopy of Your peace;  
send Your light and truth to all who lead and advise,  
guiding them with Your good counsel.  
Establish peace in the land and fullness of joy for all who dwell there.  
Amen.



# Announcements



OUR THOUGHTS TURN to those who have departed this earth: our own loved ones, those whom our friends and neighbors have lost, the martyrs of our people [even those] whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity.



*To lose one life is as if we have lost an entire world.  
May we not lose sight of the enormity of the loss of so many individual lives.  
We honor the memories of these people who died this year:*



Israeli Line of Death:

<https://www.timesofisrael.com/authorities-name-44-soldiers-30-police-officers-killed-in-hamas-attack/>

Police Line of Death

<https://www.odmp.org/>

Fire Fighter Line of Death

<https://apps.usfa.fema.gov/firefighter-fatalities/>

*May their memories be for blessing*

*May their families be consoled*

IN NATURE'S EBB AND FLOW, God's eternal law abides.

When tears dim our vision or grief clouds our understanding,  
we often lose sight of God's eternal plan.

Yet we know that growth and decay, life and death,  
all reveal a divine purpose.

God who is our support in the struggles of life, is also our hope in death.

We have set God before us and shall not despair.

In God's hands are the souls of all the living and the spirits of all flesh.

Under God's protection we abide, and by God's love are we comforted.

O Life of our life, Soul of our soul, cause Your light to shine into our hearts,  
and fill our spirits with abiding trust in You.



WE THINK OF OUR LOVED ONES whom death has recently  
taken from us,

Sh'loshim (Recent Deaths)...

Parents Who Died This Past Year...



those who died at this season in years past, and those whom we have drawn into our hearts  
Yahrzeits (anniversary of death was this past week)







זְכוֹרֹנָם לְבִרְכָּה.

Zichronam livrachah.

May their memories be for blessing.

In this moment of memory, our griefs and sympathies  
are mingled. Loving God, together we praise Your name:

Yit-ga-dal v'yit-ka-dash sh'mei ra-ba (**Amen**)

יִתְגַּדֵּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. (אָמֵן)

Let the Glory of God be extolled.

b'al-ma div-ra khi-ru-teiv'yam-likh mal-khu-tei  
b'ha-yei-khon uv'yo-me-khon uv'ha-yei d'khol beit Yis-ra-el,  
ba-'a-ga-lah u-viz-man ka-riv v'im-ru: **Amen**.

בְּעֶלְמָא דִּי בָרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעֶגְלָא וּבְזֶמַן קָרִיב וְאָמְרוּ אָמֵן :

Let God's great name be hallowed, in the world whose creation God has willed. May God's dominion soon prevail, in our own  
day, our own lives, and the life of all Israel, and let us say: Amen.

**Y'hei sh'mei ra-ba m'va-rakh l'a-lam u-l'al-mei al-ma-ya.**

Let God's name be blessed for ever and ever.

**יְהִי שֵׁמֶה רַבָּא מְבָרַךְ  
לְעַלְמִים וּלְעַלְמֵי עַלְמֵיָא:**

יְתַבְרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא,

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקֻדְשָׁא

בְּרִיךְ הוּא

Yit-ba-rakh, v'yish-ta-bah, v'yit-pa-ar v'yit-ro-mam v'yit-na-sei,  
v'yit-ha-dar v'yit-a-leh, v'yit-ha-lal sh'mei d'kud-sha, **b'rikh hu,**

Let the name of the Holy One, blessed be God, be glorified,  
exalted, and honored.

לְעֵלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא,

תְּשַׁבַּחְתָּא וְנִחַמְתָּא, דְּאִמְרוּן בְּעֻלְמָא,

וְאָמְרוּ אָמֵן:

l'ei-la min-kol-bir-kha-ta v'shi-ra-ta, tush-b'kha-ta v'ne-he-ma-ta  
da-'a-mi-ran b'al-ma v'imru: **Amen.**

Although God is beyond all the praises, songs, and  
adorations that we can utter, and let us say: Amen.

Y'hei sh'la-ma ra-ba min sha-ma-ya v'cha-im a-lei-nu  
v'al kol Yisrael, v'imru: **Amen.**

יְהִי שְׁלָמָא רַבָּא מִן שָׁמַיָּא וְחַיִּים  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן :

For us and for all Israel, may the blessing of peace and the  
promise of life come true, and let us say: Amen.

O-seh sha-lom bim-ro-mav hu ya-a-seh sha-lom  
a-lei-nu, v'al kol Yis-ra-el, v'im-ru **Amen.**

עֹשֶׂה שָׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן :

May the One who causes peace to reign in the high heavens  
let peace descend on us, on all Israel, and on the world, and let us say, Amen.



*May the Source of peace bestow peace on all who mourn,  
and may we be a source of comfort to all who are bereaved.*

*Amen.*



## HATIKVAH

Kol od balevav p'nimah  
nefesh Y'hudi homiyah  
ul'faatei mizrach kadimah  
ayin l'Tzion tzofiyah.  
Od lo avdah tikvateinu  
hatikvah bat sh'not alpayim  
lih'yot am chofshi b'artzeinu  
Eretz Tziyon viY'rushalayim.



כָּל עוֹד בִּלְבָב פְּנִימָה  
נֶפֶשׁ יְהוּדִי הוֹמִיָּה  
וּלְפָאֵתֵי מִזְרַח קְדִימָה  
עֵין לְצִיּוֹן צוֹפִיָּה.  
עוֹד לֹא אֲבָדָה תִּקְוַתֵּנוּ  
הַתִּקְוָה בַּת שְׁנוֹת אַלְפִּים  
לְהִיּוֹת עַם חֶפְשִׁי בְּאֶרְצֵנוּ  
אֶרֶץ צִיּוֹן וִירוּשָׁלַיִם.

So long as within the inmost heart a Jewish spirit sings, so long as the eye looks eastward, gazing toward Zion, our hope is not lost — the hope of two thousand years: to be a free people in our land, the land of Zion and Jerusalem.

Y'VARECH'CHA Adonai v'yishm'recha.

Ya-eir Adonai panav eilecha vichuneka.

Yisa Adonai panav eilecha v'yaseim l'cha shalom.

יְבָרְכֶךָ יי וַיִּשְׁמְרֶךָ:  
יְאֵר יי פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ:  
יֵשֶׁא יי פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שָׁלוֹם:

**May God bless you and protect you**

**May the light of God's face shine upon you and be gracious to you**

**May God's face be lifted to you and may God grant you peace**

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



**בָּרֹךְ** אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
בּוֹרֵא פְּרִי הַגָּפֶן.

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



הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

Ha-mo-tzi le-hem min ha-a-retz

We give thanks to God for bread!  
Our voices rise in song together,  
as our joyful prayer is said:

בָּרוּךְ אַתָּה ה'

Ba -rukh a-tah Adonai,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

E-lo-hei-nu me-lekh ha-o-lam,

הַמוֹצִיא לֶחֶם מִן הָאָרֶץ

ha-mo-tzi le-hem min ha-a-retz.

*Praised are You, Eternal G-d, Sovereign of the universe;  
You cause bread to come from the earth.*





# B'nai Zion Congregation

[www.BnaiZionCongregation.org](http://www.BnaiZionCongregation.org)

