

Morning Blessings **שחר** **ברכות השחר**

Upon rising in the morning, we acknowledge God's presence and compassion

I am grateful to You, God of life, for returning my soul to me with grace.
Great is Your faith in me.

Modeh ani lefanecha,
Melech chai v'kayam.
Sheheche'zarta bi nish'mati
Bechemla raba emunatecha.

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,
שֶׁהֲחַזַרְתָּ בִּי נִשְׁמַתִּי בְּחַמְלָה,
רַבָּה אֱמוּנָתְךָ.

Wrapping the Tallit **שליט** **עטיפת טלית**

The tallit is a four-cornered prayer shawl often worn by Jews during services. The fringes of the tallit are known as tzizit and the biblical law concerning them offers this reason: "And you shall see the tzizit and remember all the commandments of the Lord, and observe them" (Numbers 15:39).

Baruch Atah Adonai Eloheynu Melech
Ha'olam, asher kideshanu bemitz'votav
Vetzivanu lehitateyf ba'tzitzit.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Blessed are you, Adonai, our God, all pervading Spirit of the Universe.
You have made us holy through Your precepts, and given us the precept of wrapping in fringes.

A Blessing for Celebration **שהחיינו**

Baruch Atah Adonai Eloheynu Melech
Ha'olam, shehecheyanu, v'kiy'manu
v'higianu laz'man ha'zeh.

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהֲחַיָּנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Blessed is the One who gives us life and sustains us and brings us to this season.

Mah Tovu שש מה טובו

Mah tovu ohalecha Ya'akov
Mish'kenotecha Yisrael.

מה טובו אהלך יעקב
משכנתך ישראל.

How lovely are your sanctuaries, O people of Jacob,
Your houses of study and prayer, O Israel.

Hallelu Yah שש הללויה

Ha'lelu, Ha'lelu.
Kol ha'neshamah t'hallel Yah,
Ha'le'luYah

הללויה, הללויה.
כל הנשמה תהלל יה
הללויה.

Praise God. Let every breath praise God, Hallelu Yah!

Shema and its blessings שש שמע וברכותיה

Taken from the book of Deuteronomy, the Shema is Judaism's most important prayer. This prayer states that we believe in one God. Some people cover their eyes while they recite the Shema to help them concentrate on the words.

ברכו את יי המברך.

Barchu et Adonai Ha'm'vorach
Let us praise the One to whom our praise is due.

ברוך יי המברך לעולם ועד.

Baruch Adonai Ha'm'vorach L'olam Va'ed.
How blessed is the One who bestows blessing forever and ever.

Baruch Atah Adonai Eloheynu
Melech Ha'olam,
Yotzer Or, u'Voreh Hoshech,
Osey Shalom, U'voreh et Hakol.

ברוך אתה יי, אלהינו מלך העולם,
יוצר אור, ובורא חשך,
עשה שלום ובורא את הכל.

Blessed is God creator of the world, forming light, creating darkness,
making peace, creating all.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai Eloheynu Adonai Echad.
Baruch Shem Kevod, Mal'chuto Le'olam Va'ed.

Hear O Israel, the God our God, the God is One.
Blessed is the holy presence.
The splendor of its majesty shines throughout time.

וְאָהַבְתָּ שׁוּ **And You Shall Love**

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
הָאֵלֶּה, אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיָךָ, וְדִבַּרְתָּ בָּם, בְּשַׁבְּתְּךָ
בְּבֵיתְךָ, וּבְלִכְתּוֹךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת עַל יָדְךָ, וְהָיוּ
לְטֹטְפוֹת בֵּין עֵינֶיךָ. וְכִתַּבְתָּם עַל מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

Ve'ahavta et Adonai Elohecha bechol levav'cha, uvechol naf'shecha, uvechol me'odecha.
Vehayu hadevarim ha'ayleah asher anochi metzav'cha hayom al levavecha. Veshinantam
levanecha vedibarta bam beshivtecha beveytecha uvelechtech vадerech, uveshach'becha
uvekumecha. Ukeshartam le'ot al yadecha. Vehayu letotafot bayn aynecha. Uchetavtam al
mezuzot beytecha uvish'arecha.

And you shall love the God your God with all your heart, with all your soul, and with all your
might. And these words which I command you on this day shall be in your heart. And you shall
teach them diligently unto your children. And you shall speak of them when you're sitting in
your house, and when you're walking by the way, and when you are lying down and when you
rise up. And you shall bind them for a sign upon your hand, and they shall be for frontlets
between your eyes. And you shall write them on the doorposts of your house and upon your
gates, that you may remember every day of your life that God is One, that God is one. Adonai
Echad. - Deuteronomy 6:4-9, Numbers 15:40-41

מִי כְמוֹכָה שׁוּ **Mi Chamocha**

Mi chamocha ba'elim Adonai?
Mi kamocho ne'edar bakodesh?
Nora tehilot, osehy feleh.

מִי כְמוֹכָה בְּאֵלִים יְיָ,
מִי כְמוֹכָה נְאֻדָר בְּקֹדֶשׁ,
נֹרָא תְהִלָּת, עֹשֶׂה פִלָּא.

“Who is like unto you, O God, among the mighty? Who is like unto you, glorious in holiness,
revered in praises, doing wonders?”

Oseh Shalom

עֲשֵׂה שָׁלוֹם

Oseh shalom bimromav
Hu ya'aseh shalomaleyenu
Ve'al kol Yisrael,
v'al kol yosh'vay te'vel
ve'imru amen.

עֲשֵׂה שָׁלוֹם בְּמִרְוֹמָיו,
הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאָמְרוּ אָמֵן:

May the One who makes peace in the high heavens make peace for us, for all Israel
and all who inhabit the earth. Amen.

Prayer for Peace

May we see the day when
war and bloodshed cease.
When a great peace will embrace
the whole world.

Then nations will not threaten nations,
and humankind will not again know war
For all who live on earth shall realize,
we have not come into being to hate
or to destroy.

We have come into being
to praise, to labor and to love.

Compassionate God,
bless the leaders of all nations
with the power of compassion.

Fulfill the promise conveyed in Scripture:
I will bring peace to the land,
and you shall lie down and no one
shall terrify you.

I will rid the land of vicious beasts
and it shall not be ravaged by war.

Let love and justice flow like a mighty stream.
Let peace fill the earth as the waters
fill the sea, and let us say: Amen

Prayer For The State Of Israel

Avinu sh'bashamayim, tzur Yisrael v'goalu,
Barech et me'dinat Yisrael,
Re'sheet tzimi'chat g'ulatenu.

אָבִינוּ שֶׁבַשְׁמַיִם, צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,
בְּרַךְ אֶת מְדִינַת יִשְׂרָאֵל,
רֵאשִׁית צְמִיחַת גְּאֻלְתֵּינוּ

Heavenly father, rock and redeemer of the people Israel:
bless the State of Israel, with its promise of redemption.

Torah Service שמע קריאת התורה

The most distinctive portion of the service is the reading of the Torah. The Torah is removed from an ark and taken around in procession.

Pit-chu li sha-a-rei tse-dek
A-vo vam o-de ya.

פְּתַחוּ לִי שַׁעְרֵי צְדָק
אָבֵא בָם אוֹדָה יְהוָה

Open up the gates of righteousness, I will enter and thank God.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Shema Yisrael Adonai Eloheynu Adonai Echad.
Listen Yisrael, the Source of all our Being, that Source is One

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנָנוּ, קְדוֹשׁ שְׁמוֹ.

Echad Eloheynu Gadol Adonaynu Kadosh Shemo.
One is our power, great is our guide, whose name is Holy.

גְּדֹלוֹ לִי אֶתִי, וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

Gadlu L'Adonai Iti Un'rom'ma Shemo Yach'dav.
Open wide the Source within me! Let us extend its glory together.

Torah Blessings שש בְּרָכוֹת הַתּוֹרָה

An *aliyah* means an “ascent” in which one is elevated physically and spiritually when reading the Torah. A blessing is recited before and after each *aliyah*.

Before reading from the Torah

בְּרָכוּ אֶת יְיָ הַמְבָרָךְ.
בְּרוּךְ יְיָ הַמְבָרָךְ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִרְבָּנוּ לְעִבּוּדְתוֹ וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Barchu et Adonai Hamvorach.
Baruch Adonai hamvorach le'olam va'ed.

Baruch Atah Adonai Elohaynu Melech Ha'olam,
asher kervanu la'avodato venatan lanu et Torato.
Baruch Atah Adonai notayn haTorah.

Bless are you, ETERNAL ONE, our God, the sovereign of all worlds,
who has drawn us to your service, and has given us your Torah.
Blessed are you, ETERNAL ONE, who gives the Torah

After reading from the Torah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Baruch Atah Adonai Eloheynu Melech Ha'olam asher natan lanu Torat emet vechayey olam
nata betocheynu. Baruch Atah Adonai noteyn haTorah.

Bless are you, ETERNAL ONE, our God, the sovereign of all worlds, who has given us
a Torah of truth, and planted in our midst eternal life.
Blessed are you, ETERNAL ONE, who gives the Torah.

פרשת בהעלתך Book of Numbers

פרק ח

First Aliyah

א וַיְדַבֵּר יְיָ אֶל־מֹשֶׁה לֵאמֹר: ב דַּבֵּר אֶל־אַהֲרֹן וְאָמַרְתָּ אֵלָיו בְּהֶעֱלִיתְךָ אֶת־הַנִּזְוֹת אֶל־מוֹלֵךְ פְּנֵי הַמִּנְוָה יְאִירוּ שִׁבְעַת הַנְּרוֹת: ג וַיַּעַשׂ כֵּן אַהֲרֹן אֶל־מוֹלֵךְ פְּנֵי הַמִּנְוָה הֵעִלָּה נְרֹתֶיהָ כַּאֲשֶׁר צִוָּה יְיָ אֶת־מֹשֶׁה: ד וַיְהִי מַעֲשֵׂה הַמִּנְוָה מְקֻשָּׁה זָהָב עַד־יֶרֶכָה עַד־פְּרֹחָה מְקֻשָּׁה הוּא כַּמְרָאָה אֲשֶׁר הָרָאָה יְיָ אֶת־מֹשֶׁה כֵּן עָשָׂה אֶת־הַמִּנְוָה:

God spoke to Moses, saying: Speak to Aaron and say to him, “When you mount the lamps, let the seven lamps give light at the front of the lampstand.

Aaron did so; he mounted the lamps at the front of the lampstand, as God had commanded Moses. Now this is how the lampstand was made: it was hammered work of gold, hammered from base to petal. According to the pattern that God had shown Moses, so was the lampstand made.

Second Aliyah

ה וַיְדַבֵּר יְיָ אֶל־מֹשֶׁה לֵאמֹר: ו קַח אֶת־הַקְּלוּיִם מִתּוֹךְ בְּנֵי יִשְׂרָאֵל וְטַהַרְתָּ אֹתָם: ז וְכַה־תַּעֲשֶׂה לָהֶם לְטַהָרְם הַזֶּה עֲלֵיהֶם מִי חֹטְאָת וְהֶעֱבִירוּ תֵּעַר עַל־כָּל־בְּשָׂרָם וְכַבְּסוּ בַּגְּדֵיהֶם וְהִטְהָרוּ: ח וְלִקְחוּ פָר בֶּן־בָּקָר וּמִנְחָתוֹ סֹלֶת בָּלוּלָה בְּשֶׁמֶן וּפָר־שֵׁנִי בֶן־בָּקָר תִּקַּח לְחֹטְאָת:

Adonai spoke to Moses, saying: Take the Levites from among the Israelites and cleanse them. This is what you shall do to them to cleanse them: sprinkle on them water of purification, and let them go over their whole body with a razor, and wash their clothes; thus they shall be cleansed. Let them take a bull of the herd, and with it a meal offering of choice flour with oil mixed in, and you take a second bull of the herd for a sin offering.

Third Aliyah

ט וְהִקְרַבְתָּ אֶת־הַלְוִיִּם לִפְנֵי אֹהֶל מוֹעֵד וְהִקְהַלְתָּ אֶת־כָּל־עֵדֻת בְּנֵי
יִשְׂרָאֵל: י וְהִקְרַבְתָּ אֶת־הַלְוִיִּם לִפְנֵי יי וּסְמְכוּ בְנֵי־יִשְׂרָאֵל אֶת־יְדֵיהֶם
עַל־הַלְוִיִּם: יא וְהִנִּיף אֶהֱרֹן אֶת־הַלְוִיִּם תְּנוּפָה לִפְנֵי יי מֵאֵת בְּנֵי יִשְׂרָאֵל
וְהָיוּ לְעֹבֵד אֶת־עֲבֹדַת יי:

You shall bring the Levites forward before the Tent of Meeting. Assemble the whole Israelite community, and bring the Levites forward before Adonai. Let the Israelites lay their hands upon the Levites, and let Aaron designate the Levites before Adonai as an elevation offering from the Israelites, that they may perform the service of Adonai.

Mi Shebeyrach for Healing ❧ מִי שְׂבִיֶרַח

מִי שְׂבִיֶרַח אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֻמוֹתֵינוּ

Mi shebeyrach avoteynu, mekor habracha le'imoteynu
May the source of strength who blessed the ones before us, help us
find the courage to make our lives a blessing and let us say, Amen.

מִי שְׂבִיֶרַח אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאֻמוֹתֵינוּ

Mi shebeyrach imoteynu, mekor habracha le'avoteynu
Bless those in need of healing, with refu'ah shleyma,
the renewal of body, the renewal of spirit, and let us say, Amen.

Hagbahah and Glilah ❧ הַגְּבָהָה וְגִלְיָה

Vezot haTorah asher sam Moshe
Lifney beney Yisrael,
Al pi Adonai beyad Moshe.

זֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
לִפְנֵי בְנֵי יִשְׂרָאֵל,
עַל פִּי יי בְּיַד מֹשֶׁה.

This is the Torah presented by Moses to the children of Israel,
the word of God as transmitted through Moses.

Priestly Blessing בְּרַכַּת הַכֹּהֲנִים שמע

Yevarchecha Adonai v'yishmerecha,
Ya'er Adonai Panav eleycha vi'chunecha,
Yisa Adonai Panav eleycha
v'yasem lecha Shalom.

יְבָרַכְךָ יי וַיְשִׁמְרֶךָ.
יָאֵר יי פְּנֵיו אֵלֶיךָ וַיַּחַנְנֶךָ.
יִשָּׂא יי פְּנֵיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם.

May the blessings of God rest upon you,
May God's peace abide with you.
May God's presence illuminate your heart
Now and forever more.

Mourner's Kaddish קִדִּישׁ יְתוֹם שמע

The Mourner's Kaddish is recited by people who have lost a family member in the past year
or who are observing the anniversary of a death.

יִתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וַיְמַלִּיךְ מַלְכוּתֵיהּ
בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזָמַן קָרִיב, וְאָמְרוּ
אָמֵן.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֲלַמְיָא.
יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל
שְׁמֵהּ דְקַדְשָׁא בְּרִיךְ הוּא, לְעַלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא וְתַשְׁבְּחָתָא
וְנַחֲמָתָא, דְאָמְרוּן בְּעַלְמָא, וְאָמְרוּ אָמֵן.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל
יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן.

Yitgadal v'yit'kadash sh'mei rabah. B'alma div'ra chirutei, v'yam'lich mal'chutei b'chayeichon
uv'yomeichon uv'chayei d'chol beit yisrael, ba'agalat uviz'man kariv, v'im'ru: Amen.

Y'hei sh'meih rabah m'vorach l'alam u'lal'mei al'maya.

Yit'barach v'yish'tabach v'yit'pa'ar v'yit'romam v'yit'nasei v'yit'hadar v'yit'aleh v'yit'halal
sh'meih d'kud'sha, B'rich Hu, L'eila min kol bir'chata v'shirata tush'b'chata v'nechemata
da'amiran b'alma v'imru: Amen.

Y'hei sh'lama raba min sh'maya v'chayim aleinu v'al kol Yisrael v'im'ru: Amen.

Oseh shalom bim'romav, hu ya'aseh shalom aleinu v'al kol Yisrael v'al kol yosh'vay te'vel,
v'imru: Amen.

Od Yavo Shalom עֹד יָבוֹא שְׁלוֹם

Od Yavo shalom aleynu v'al kulam
Salaam, aleynu v'al kol ha'olam,
Salaam, Salaam

עֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כּוֹלָם
סָאָלָם, עָלֵינוּ וְעַל כּוֹל הָעוֹלָם.

Peace will yet come to us and to all the world.

The Whole World כּוֹל הָעוֹלָם כּוֹלוֹ

Kol Ha'olam kulo
Gesher Tzar me'od
Veha'ikar - veha'ikar
Lo le'fa'ched,
lo le'fa'ched k'lal.

The whole wide world
is just a narrow bridge
and above all is not fear
not fear at all.

כּוֹל הָעוֹלָם כּוֹלוֹ
גֶּשֶׁר צָר מְאֹד
וְהַעִיקָר לֹא לִפְחַד
לֹא לִפְחַד כָּלָל.

The Place Where We Are Right

~by Yehuda Amichai

From the place where we are right
Flowers will never grow
In the spring.
The place where we are right
Is hard and trampled
Like a yard.

But doubts and loves
Dig up the world
Like a mole, a plow.
And a whisper will be heard
in the place
Where the ruined
House once stood.

מִן הַמְּקוֹם שֶׁבוֹ אָנוּ צוֹדְקִים
לֹא יִצְמַחוּ לְעוֹלָם
פְּרָחִים בְּאַבִּיב.
הַמְּקוֹם שֶׁבוֹ אָנוּ צוֹדְקִים
הוּא רָמוּס וְקִשָּׁה
כְּמוֹ חֲצָר.

אֲבָל סִפְקוֹת וְאַהְבוֹת עוֹשִׂים
אֶת הָעוֹלָם לְתַחִיחַ
כְּמוֹ חֲפְרָפֶרֶת, כְּמוֹ חֲרִישׁ.
וְלַחִישָׁה תִּשְׁמַע בַּמְּקוֹם
שֶׁבוֹ הָיָה הַבַּיִת
אֲשֶׁר נִחְרַב.



This siddur was compiled by Zehava Dahan

