

Bringing the
Torah into Our
Midst
Torah Blessings
Torah Reading
Prayer for Healing
Raising the Torah
Blessing before
Haftarah
Haftarah
Blessing after
Haftarah
Returning the Torah
to the Ark

"I am a Hebrew. I revere Adonai, God of heaven, who made sea and dry land."
10 The men felt great fear, and they asked him: "What have you done?"—because the men knew he was fleeing from Adonai, for so he had told them. 11 And they asked him: "What should we do to you to bring calm to the sea around us?"—for the sea was growing more and more stormy. 12 So he said to them: "Lift me up and hurl me into the sea, and the sea will calm down for you, for I know that this great storm came upon you because of me."

13 And the crew rowed hard to return to the dry land; but they could not do it, for the sea was raging more and more fiercely around them. 14 And they called out to Adonai, saying: "Please, Adonai, please do not let us perish because of the life of this man. And do not hold us guilty of shedding innocent blood. For You, Adonai—that which You desired You have brought about." 15 And they lifted Jonah and hurled him into the sea. Then the sea stopped raging.

16 The men revered Adonai; great was their reverence. So they offered to Adonai a sacrifice, and made vows.

Reader 1 Stop

Reader 2

Jonah, chapter 2

1 And Adonai provided a great fish to swallow Jonah. And Jonah was in the belly of the fish three days and three nights. 2 Jonah prayed to Adonai his God from the belly of the fish.

3 And he said:

אֲנִי וְאֶת־יְהוָה אֱלֹהֵי הַשָּׁמַיִם
אֲנִי יָרָא אֲשֶׁר־עָשָׂה אֶת־הַיָּם
וְאֶת־הַיַּבֵּשָׁה: 10 וַיִּירָאוּ הָאֲנָשִׁים
יָרָאָה גְדוֹלָה וַיֹּאמְרוּ אֵלָיו מַה־
זֹאת עָשִׂיתָ כִּי־יָדְעוּ הָאֲנָשִׁים כִּי־
מִלִּפְנֵי יְהוָה הוּא בָרַח כִּי הִגִּיד
לָהֶם: 11 וַיֹּאמְרוּ אֵלָיו מַה־נַּעֲשֶׂה
לָךְ וְיִשְׁתַּק הַיָּם מֵעֲלִינוּ כִּי הֵימָּה
הוֹלֵךְ וְסָעַר: 12 וַיֹּאמֶר אֲלֵיהֶם
שְׂאוּנִי וְהִטִּילְנִי אֶל־הַיָּם וְיִשְׁתַּק
הַיָּם מֵעֲלֵיכֶם כִּי יוֹדַע אֲנִי כִּי
בִשְׁלִי הִסָּעַר הַגָּדוֹל הַזֶּה עֲלֵיכֶם:
13 וַיַּחֲתְרוּ הָאֲנָשִׁים לְהָשִׁיב אֶל־
הַיַּבֵּשָׁה וְלֹא יָכְלוּ כִּי הָיָה הוֹלֵךְ
וְסָעַר עֲלֵיהֶם: 14 וַיִּקְרְאוּ אֶל־יְהוָה
וַיֹּאמְרוּ אָנָּה יְהוָה אֱלֹהֵינוּ בְּאִבְדָּה
בְּנַפְשׁ הָאִישׁ הַזֶּה וְאֶל־תִּתֵּן
עָלֵינוּ דָם בְּקִיָּא כִּי־אַתָּה יְהוָה
כַּאֲשֶׁר חָפְצָתָ עָשִׂיתָ: 15 וַיִּשְׂאוּ
אֶת־יוֹנָה וַיִּטְלֻהוּ אֶל־הַיָּם
וַיַּעֲמֵד הַיָּם מִזְעָפוֹ:
16 וַיִּירָאוּ הָאֲנָשִׁים יָרָאָה גְדוֹלָה
אֶת־יְהוָה וַיִּזְבְּחוּ־זֶבַח לַיהוָה
וַיִּדְּרוּ בַדָּרִים:

וַיִּמַן יְהוָה דָּג גָּדוֹל לִבְלָעַ
אֶת־יוֹנָה וַיְהִי יוֹנָה בְּמִעֵי הַדָּג
שְׁלֹשָׁה יָמִים וּשְׁלֹשָׁה לַיְלֹת:
וַיִּתְפַּלל יוֹנָה אֶל־יְהוָה
אֱלֹהָיו מִמִּעֵי הַדָּג: 3 וַיֹּאמֶר

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I called to Adonai in my distress,
and God answered me;
I cried out from the belly of the netherworld,
and You heard my voice.

4 Into the depths You cast me,
into the heart of the sea—
and the floods engulfed me;
all Your billowing, breaking waves
swept over me.

5 And I thought to myself:
“I was banished from before Your eyes—
Will I ever again gaze
upon Your holy Temple?”

6 The waters closed in over me,
the deep engulfed me—
rushes wrapped around my head.

7 I descended to the low-point of the
mountains;
the gates of the earth closed upon me
forever.
Yet You, Adonai my God,
raised up my life from the pit.

8 When my life fainted away,
I called Adonai to mind;
and my prayer came to You,
to Your holy Temple.

9 They who cling to empty folly
forsake their own welfare;

10 but I—with a shout of
thanksgiving,
I will sacrifice to You.
What I have vowed I will fulfill.
Rescue comes from Adonai.

קָרָאתִי מִצָּרָה לִי אֱלֹהִים
וַיַּעֲנֵנִי
מִבֶּטֶן שְׁאוֹל שָׁוַעְתִּי
שָׁמַעְתָּ קוֹלִי:

4 וַתִּשְׁלִכְנִי מִצּוֹלָה
בְּלִבֵּב יַמִּים
וְנָהָר יִסְבְּבֵנִי
כָּל־מִשְׁבָּרֶיךָ וְגַלְיָךְ
עָלִי עָבְרוּ:

5 וַאֲנִי אֲמַרְתִּי
נִגְרַשְׁתִּי מִנֶּגֶד עֵינֶיךָ
אֵךְ אוֹסִיף לְהִבִּיט
אֶל־הֵיכַל קֹדֶשְׁךָ:

6 אֶפְפוּנִי מֵיַם עַד־נֶפֶשׁ
תָּהוֹם יִסְבְּבֵנִי
סוּף חָבוּשׁ לְרֹאשִׁי:

7 לְקַצְבֵי הָרִים יִרְדֹּתִי
הָאָרֶץ בְּרַחֲמֶיהָ בַּעֲדִי לְעוֹלָם
וַתַּעַל מִשְׁחַת חַיִּי
יְהוָה אֱלֹהֵי:

8 בַּהֲתַעֲטֹף עָלַי נֶפְשִׁי
אֶת־יְהוָה זָכַרְתִּי
וַתָּבוֹא אֵלַיךְ תְּפִלָּתִי
אֶל־הֵיכַל קֹדֶשְׁךָ:

9 מִשְׁמָרִים הַבְּלִי־שׁוּא
חֲסִדָּם יַעֲזֹבוּ:

10 וַאֲנִי בְּקוֹל תּוֹדָה
אֲזַבְּחָה־לָּךְ
אֲשֶׁר נִדְרָתִי אֲשַׁלֶּמָּה
יִשׁוּעָתָה לִיהוָה:

הוצאת התורה
Hotzaat HaTorah

ברכות התורה
Birchat HaTorah

קריאת התורה
K'riat HaTorah

מי שבך
Mi Shebeirach

הגבהה
Hagbahah

ברכה שלפני
ההפטרה
B'rachah Shelifnei
HaHaftarah

קריאת ההפטרה
K'riat HaHaftarah

ברכה שאחרי
ההפטרה
B'rachah
She-acharei
HaHaftarah

הכנסת ספר תורה
Hachnasat Sefer
Torah

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11 Adonai commanded the fish, and
it spewed Jonah out upon dry land.

Reader 2 Stop

וַיֹּאמֶר יְהוָה לְדָג וַיִּקְא אֶת־
יוֹנָה אֶל־הַיַּבֶּשֶׁה:

Jonah, chapter 3 Reader 3

1 And the word of Adonai came to
Jonah a second time: 2 "Get up! Go to
the great city of Nineveh, and call out
to it the proclamation that I tell you."
3 So Jonah got up and went to Nineveh
according to the word of Adonai. Now
Nineveh was a great city of God—three
days' journey across. 4 And Jonah start-
ed out and made his way into the city
the distance of a one-day walk. And he
called out and said: "Forty more days
and Nineveh shall be overturned!"

5 The people of Nineveh trusted in
God, and they proclaimed a fast; and
they put on sackcloth, from the richest
to the poorest. 6 And word reached the
king of Nineveh, and he got up from his
throne, took off his robe, put on sack-
cloth, and sat in ashes. 7 And he cried
out and said in Nineveh: "By decree
of the king and his nobles: No person
or beast—of flock or herd—shall taste
anything! They shall not graze and they
shall not drink water! 8 They shall be
covered with sackcloth—person and
beast—and shall call loudly to God.
Let all turn back from their evil ways
and from the violence which is in their

וַיְהִי דְבַר־יְהוָה אֶל־יוֹנָה שְׁנִית
לֵאמֹר: 2 קוּם לֵךְ אֶל־בִּינֹה הָעִיר
הַגְּדוֹלָה וּקְרֵא אֵלֶיהָ אֶת־הַקְּרִיאָה
אֲשֶׁר אֲנֹכִי דֹבֵר אֵלֶיךָ: 3 וַיָּקָם יוֹנָה
וַיֵּלֶךְ אֶל־בִּינֹה כַּדְּבַר יְהוָה וּבִינֹה
הָיְתָה עִיר־גְּדוֹלָה לֵאלֹהִים מֵהֶלֶךְ
שְׁלֹשֶׁת יָמִים: 4 וַיַּחַל יוֹנָה לִבְנוֹא
בְּעִיר מֵהֶלֶךְ יוֹם אֶחָד וַיִּקְרָא
וַיֹּאמֶר עוֹד אַרְבָּעִים יוֹם וּבִינֹה
נִהְפָכֶת:

5 וַיֹּאמְרֵינוּ אֲנָשֵׁי בִינֹה בָּאלֹהִים
וַיִּקְרְאוּ־צוּם וַיִּלְבָּשׁוּ שָׂקִים
מִגְדֻלָּם וְעַד־קִטְנֵם: 6 וַיָּגַע הַדְּבַר
אֶל־מֶלֶךְ בִּינֹה וַיָּקָם מִכִּסְאוֹ
וַיַּעֲבֵר אֶדְרֵתוֹ מֵעָלָיו וַיִּכְסֶּ שֶׁקַּ
וַיֵּשֶׁב עַל־הָאֹפֶר: 7 וַיִּזְעַק וַיֹּאמֶר
בְּנִינֹה מִטַּעַם הַמֶּלֶךְ וּגְדָלָיו
לֵאמֹר הָאָדָם וְהַבְּהֵמָה הַבֶּקֶר
וְהָצֹאן אֶל־יִטְעֲמוּ מֵאוֹמָה אֶל־
יָרְעוּ וּמִים אֶל־יִשְׁתּוּ: 8 וַיִּתְכַּסּוּ
שָׂקִים הָאָדָם וְהַבְּהֵמָה וַיִּקְרְאוּ
אֶל־אֱלֹהִים בַּחֲזָקָה וַיָּשֻׁבוּ אִישׁ
מִדְרָכּוֹ הָרָעָה וּמִר־הַחֲמָס אֲשֶׁר

8. **THE VIOLENCE** הַחֲמָס. The sin that the people of Nineveh commit is called in Hebrew *chamas*—violence, oppression, ruthlessness—the same sin associated with the generation of the Flood (Genesis 6:2). In that story, God responded to the people's cruel and lawless behavior with an act of wholesale destruction. The Book of Jonah, by contrast, presents a merciful and hopeful God who intervenes by sending a prophetic messenger so as to inspire the people of Nineveh to change their behavior and live.