Gates of Prayer

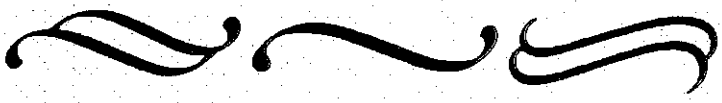
for Shabbat and Weekdays

שערי תפלה

לשבת ויום חול

A Gender Sensitive Prayerbook

Chaim Stern, Editor



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FOR THOSE WHO WEAR A TALLIT

בָּרְכִי נַפְשִׁי אֶת־יהוה! יהוה אֱלֹהַי, גָּדַלְתָּ מְאֹד!
הוֹד וְהָדָר לָבָשְׁתָּ, עֹטֶה־אוֹר כַּשַּׂלְמָה, נוֹטֶה שָׁמַיִם כַּיְרִיעָה.

Praise the Eternal One, O my soul!
O God, You are very great!
Arrayed in glory and majesty, You wrap Yourself in light as with a garment, and stretch out the heavens like a curtain.

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

We praise You, Eternal God, Sovereign of the universe:
You hallow us with Your Mitzvot, and teach us to wrap ourselves in the fringed Tallit.

FOR THE BLESSING OF WORSHIP

מה טבו

מַה־טֹּבוּ אׇהָלֶיךָ, יַעֲקֹב, מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל!
וַאֲנִי, בְּרֹב חַסְדְּךָ אָבוֹא בֵיתֶךָ,
אֶשְׁתַּחֲוֶה אֶל־הֵיכַל קׇדְשְׁךָ בְּיִרְאָתֶךָ.

יהוה, אָהַבְתִּי מְעוֹן בֵּיתֶךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדֶךָ.
וַאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרָעָה, אֲבָרְכָה לִפְנֵי־יהוה עֹשִׂי.

וַאֲנִי תְפִלָּתִי־לְךָ, יהוה, עֵת רָצוֹן.
אֱלֹהִים, בְּרׇב־חַסְדֶּךָ, עֲנֵנִי בֶּאֱמֶת יִשְׁעֶךָ.

Mah to-vu o-ha-leh-cha, Ya-a-kov, mish-k'no-teh-cha, Yis-ra-eil!
Va-a-ni, b'rov chas-d'cha a-vo vei-teh-cha,
esh-ta-cha-veh el hei-chal kod-sh'cha b'yir-a-teh-cha.

Adonai, a-hav-ti m'on bei-teh-cha u-m'kom mish-kan k'vo-deh-cha.
Va-a-ni esh-ta-cha-veh v'ech-ra-ah, ev-r'cha li-f'nei Adonai o-si.

Va-a-ni t'fi-la-ti l'cha, Adonai, eit ra-tzon.
Eh-lo-him b'rov chas-deh-cha a-nei-ni beh-eh-met yish-eh-cha.

How lovely are your tents, O Jacob, your dwelling-places, O Israel!
As for me, O God abounding in grace,
I enter your house to worship with awe in Your sacred place.

I love Your house, Eternal One, the dwelling-place of Your glory;
humbly I worship You, humbly I seek blessing from God my Maker.

To You, Eternal One, goes my prayer: may this be a time of Your favor.
In Your great love, O God, answer me with Your saving truth.

FOR TORAH

לעסוק בדברי תורה

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לַעֲסוֹק בְּדִבְרֵי תוֹרָה.

We praise You, Eternal God, Sovereign of the universe: You hallow us with the gift of Torah and command us to immerse ourselves in its words.

Eternal our God, make the words of Your Torah sweet to us, and to the House of Israel, Your people, that we and our children may be lovers of Your name and students of Your Torah. We praise You, O God, Teacher of Torah to Your people Israel.

אֵלּוּ דְבָרִים שֶׁאֵין לָהֶם שִׁעוּר:
כִּבּוּד אָב וָאֵם,
וּגְמִילוּת חֲסָדִים,
וְהַשְׁכָּמַת בֵּית הַמִּדְרָשׁ
שַׁחֲרִית וְעַרְבִית,
וְהַכְנָסַת אוֹרְחִים,
וּבִקּוּר חוֹלִים,
וְהַכְנָסַת כַּלָּה,
וּלְוָיַת הַמֵּת,
וְעִיּוּן תְּפִלָּה,
וַהֲבָאַת שָׁלוֹם בֵּין אָדָם
לַחֲבֵרוֹ.
וְתַלְמוּד תּוֹרָה כְּנֶגֶד כֻּלָּם.

These are duties whose worth cannot be measured:
honoring one's father and mother,
acts of love and kindness,
diligent pursuit of knowledge and wisdom,
hospitality to strangers,
visiting the sick,
celebrating with bride and groom,
consoling the bereaved,
praying with sincerity,
and making peace where there is strife.
And the study of Torah leads to them all.

FOR THE SOUL

אלהי נשמה

אֱלֹהַי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא! אַתָּה בְרָאתָהּ, אַתָּה יְצַרְתָּהּ, אַתָּה נְפַחְתָּהּ בִּי, וְאַתָּה מְשַׁמְּרָהּ בְּקִרְבִּי. כָּל־זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי, מוֹדֶה אֲנִי לְפָנֶיךָ, יי אֱלֹהַי וֵאלֹהֵי אֲבוֹתַי

וְאִמּוֹתַי, רִבּוֹן כָּל־הַמַּעֲשִׂים, אֲדוֹן כָּל־הַנְּשָׁמוֹת.
בָּרוּךְ אַתָּה יי, אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל־חָי וְרוּחַ כָּל־בְּשַׂר־אִישׁ.

The soul that You have given me, O God, is pure! You created and formed it, breathed it into me, and within me You sustain it. So long as I have breath, therefore, I will give thanks to You, my God and the God of all ages, Source of all being, loving Guide of every human spirit.

We praise You, O God, in whose hands are the souls of all the living and the spirits of all flesh.

FOR OUR BLESSINGS — נסים בכל יום

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לַשֶּׂכְוִי בִינָה לְהַבְחִין בֵּין יוֹם וּבֵין לָיְלָה.

Praised be the Eternal God, who has implanted mind and instinct within every living being.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי יִשְׂרָאֵל.

Praised be the Eternal God, who has made me a Jew.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשַׂנִי בֶּן חוֹרִין.

Praised be the Eternal God, who has made me to be free.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עִוְרִים.

Praised be the Eternal God, who helps the blind to see.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.

Praised be the Eternal God, who clothes the naked.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.

Praised be the Eternal God, who frees the captive.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.

Praised be the Eternal God, who lifts up the fallen.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמֵּכִין מִצְעֲדֵי־גָבֶר.

Praised be the Eternal God, who makes firm our steps.

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

Praised be the Eternal God, who girds our people Israel with strength.

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

Praised be the Eternal God, who crowns Israel with glory.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנּוֹתֵן לַיָּעֵף כֹּחַ.

Praised be the Eternal God, who gives strength to the weary.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וּתְנוּמָה מֵעַפְעַפָּי.

Praised be the Eternal God, who removes sleep from the eyes, slumber from the eyelids.

FOR CONSCIENCE — תורה ומצוות

יְהִי רָצוֹן מִלְּפָנֶיךָ, יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ, שֶׁתַּרְגִּילֵנוּ בְּתוֹרָתֶךָ, וְדַבְּקֵנוּ בְּמִצְוֹתֶיךָ, וְאַל תְּבִיאֵנוּ לֹא לִידֵי חֵטְא, וְלֹא לִידֵי עֲבֵרָה וְעָוֹן, וְלֹא לִידֵי נִסָּיוֹן, וְלֹא לִידֵי בִּזָּיוֹן, וְאַל תַּשְׁלֵט־בָּנוּ יֵצֶר הָרָע, וְהַרְחִיקֵנוּ מֵאָדָם רָע וּמֵחָבֵר רָע, וְדַבְּקֵנוּ בְּיֵצֶר הַטּוֹב וּבְמַעֲשִׂים טוֹבִים, וְכֹף אֶת־יִצְרֵנוּ לְהִשְׁתַּעְבֵּד־לָךְ, וּתְנֵנוּ הַיּוֹם וּבְכָל־יוֹם לְחֵן וּלְחֶסֶד וּלְרַחֲמִים בְּעֵינֶיךָ וּבְעֵינֵי כָל־רוֹאֵינוּ, וְתִגְמְלֵנוּ חֲסָדִים טוֹבִים.

בָּרוּךְ אַתָּה יי, גּוֹמֵל חֲסָדִים טוֹבִים לְעַמּוֹ יִשְׂרָאֵל.

Eternal One, our God and God of all ages, school us in Your Torah and bind us to Your Mitzvot.

Help us to keep far from sin, to master temptation, and to avoid falling under its spell. May our darker passions not rule us, nor evil companions lead us astray.

Strengthen in us the voice of conscience; prompt us to deeds of goodness; and bend our every impulse to Your service, so that this day and always we may know Your love and the good will of all who behold us. We praise You, O God: You bestow love and kindness on Your people Israel.

~ ~

At all times revere God inwardly as well as outwardly, acknowledge the truth and speak it in your heart.

All rise

READER'S KADDISH חצי קדיש

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעָלְמָא דִּי־בְרָא כִרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא, וְיִתְהַדַּר
וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא,
לְעֵלָּא מִן־כָּל־בִּרְכָתָא וְשִׁירָתָא, תֻּשְׁבְּחָתָא וְנֶחֱמָתָא
דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ: אָמֵן.

Yit-ga-dal v'yit–ka–dash sh'mei ra-ba b'al-ma di-v'ra chi-r'u'tei, v'yam-lich mal-chu-tei b'cha-yei-chon u-v'yo-mei-chon u-v'cha-yei d'chol beit Yis-ra-eil, ba-a-ga-la u-vi-z'man ka-riv, v'i-m' ru: A-mein.

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

Yit-ba-rach v'yish-ta-bach, 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'rich hu,

l'ei-la min kol bir-cha-ta v'shi-ra-ta, tush-b'cha-ta v'neh-cheh-ma-ta da-a-mi-ran b'al-ma, v'i-m' ru: A-mein.

The Sh'ma and its Blessings — שמע וברכותיה

בָּרְכוּ אֶת־יְיָ הַמְבֹרָךְ׃

Praise the One to whom our praise is due!

בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד׃

Ba-ruch Adonai ha-m'vo-rach l'o-lam va-ed!

Praised be the One to whom our praise is due, now and for ever!

CREATION — יוצר

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת־הַכֹּל. הַמֵּאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים, וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל־יוֹם תָּמִיד מַעֲשֵׂה בְרֵאשִׁית. מָה רַבּוּ מַעֲשֶׂיךָ, יְיָ! כֻּלָּם בְּחָכְמָה עָשִׂיתָ, מָלְאָה הָאָרֶץ קִנְיָנֶךָ. תִּתְבָּרַךְ, יְיָ אֱלֹהֵינוּ, עַל־שֶׁבַח מַעֲשֵׂה יָדֶיךָ, וְעַל־מְאוֹרֵי־אוֹר שֶׁעָשִׂיתָ: יְפָאֲרוּךָ. סֶלָה

בָּרוּךְ אַתָּה יְיָ, יוֹצֵר הַמְּאוֹרוֹת.

• We praise You, Eternal God, Sovereign of the universe. Your mercy makes light to shine over the earth and all its inhabitants, and Your goodness renews day by day the work of creation.

How manifold are Your works, O God! In wisdom You have made them all. The heavens declare Your glory. The earth

reveals Your creative power. You form light and darkness, bring harmony into nature, and peace to the human heart.

We praise You, O God, Creator of light.

אהבה רבה

REVELATION

אַהֲבָה רַבָּה אֲהַבְתָּנוּ, יי אֱלֹהֵינוּ, חֶמְלָה גְדוֹלָה וִיתֵרָה חָמַלְתָּ עָלֵינוּ. אָבִינוּ מַלְכֵּנוּ, בַּעֲבוּר אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ שֶׁבָּטְחוּ בְךָ וַתְּלַמְּדֵם חֻקֵּי חַיִּים, כֵּן תְּחָנֵּנוּ וּתְלַמְּדֵנוּ. אָבִינוּ, הָאָב הָרַחֲמָן, הַמְרַחֵם, רַחֵם עָלֵינוּ וְתֵן בְּלִבֵּנוּ לְהָבִין וּלְהַשְׂכִּיל, לִשְׁמֹעַ, לִלְמֹד וּלְלַמֵּד, לִשְׁמֹר וְלַעֲשׂוֹת וּלְקַיֵּם אֶת־כָּל־דִּבְרֵי תַלְמוּד תּוֹרָתֶךָ בְּאַהֲבָה. וְהָאֵר עֵינֵינוּ בְּתוֹרָתֶךָ, וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ, וְיַחֵד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה אֶת־שְׁמֶךָ. וְלֹא־נֵבוֹשׁ לְעוֹלָם וָעֶד, כִּי בְשֵׁם קָדְשְׁךָ הַגָּדוֹל וְהַנּוֹרָא בָּטָחְנוּ. נָגִילָה וְנִשְׂמְחָה בִּישׁוּעָתֶךָ, כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אָתָּה, וּבָנוּ בָחַרְתָּ וְקֵרַבְתָּנוּ לְשִׁמְךָ הַגָּדוֹל סֶלָה בֶּאֱמֶת, לְהוֹדוֹת לְךָ וּלְיַחֶדְךָ בְּאַהֲבָה.
בָּרוּךְ אַתָּה יי, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

• Deep is Your love for us, abiding Your compassion. From of old we have put our trust in You, and You have taught us the laws of life. Be gracious now to us, that we may understand and fulfill the teachings of Your word.

Enlighten our eyes in Your Torah, that we may cling to Your Mitzvot. Unite our hearts to love and revere Your name.

We trust in You and rejoice in Your saving power, for You are the Source of our help. You have called us and drawn us near to You in faithfulness.

Joyfully we lift up our voices and proclaim Your unity, O God. In love, You have called us to Your service.

שְׁמַע יִשְׂרָאֵל: יהוה אֱלֹהֵינוּ, יהוה 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!

All are seated

וְאָהַבְתָּ אֵת יְהוָה אֱלֹהֶיךָ בְּכָל־לְבָבְךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדֶךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם עַל־לְבָבֶךָ:
וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתֶךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ
וּבְשָׁכְבְּךָ וּבְקוּמֶךָ: וּקְשַׁרְתָּם לְאוֹת עַל־יָדֶךָ וְהָיוּ לְטֹטָפֹת בֵּין
עֵינֶיךָ: וּכְתַבְתָּם עַל־מְזוּזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ:
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתָי וִהְיִיתֶם קְדֹשִׁים
לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מֵאֶרֶץ מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:

V'a-hav-ta et Adonai Eh-lo-heh-cha b'chol l'va-v'cha u-v'chol naf-sh'cha u-v'chol m'o-deh-cha. V'ha-yu ha-d'va-rim ha-ei-leh a-sher a-no-chi m'tza-v'cha ha-yom al l'va-veh-cha. V'shi-nan-tam l'va-neh-cha v'di-bar-ta bam b'shiv-t'cha b'vei-teh-cha u-v'lech-t'cha va-deh-rech u-v'shoch-b'cha u-v'ku-meh-cha. U-k'shar-tam l'ot al ya-deh-cha v'ha-yu l'to-ta-fot bein ei-neh-cha; u-ch'tav-tam al m'zu-zot bei-teh-cha u-vi-sh'a-reh-cha.

L'ma-an tiz-k'ru va-a-si-tem et kol mitz-vo-tai, vi-h'yi-tem k'do-shim lei-lo-hei-chem. Ani Adonai Eh-lo-hei-chem a-sher ho-tzei-ti et-chem mei-eh-retz mitz-ra-yim li-h'yot la-chem lei-lo-him. Ani Adonai Eh-lo-hei-chem.

You shall love your Eternal God with all your heart, with all your mind, with all your being. Set these words, which I command you this day, upon your heart. Teach them faithfully to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be symbols before your eyes; inscribe them on the doorposts of your house, and on your gates.

Be mindful of all My Mitzvot, and do them: so shall you consecrate yourselves to your God. I am your Eternal God who led you out of Egypt to be your God; I am your Eternal God.

REDEMPTION גאולה

אֱמֶת וְיַצִּיב וְיָשָׁר וְקַיָּם וְטוֹב וְיָפֶה הַדָּבָר הַזֶּה עָלֵינוּ לְעוֹלָם
וָעֶד. אֱמֶת שָׁאַתָּה הוּא יי אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
יוֹצְרֵנוּ צוּר יִשְׁעֵנוּ, פּוֹדֵנוּ וּמַצִּילֵנוּ מֵעוֹלָם הוּא שְׁמֶךָ, אֵין
אֱלֹהִים זוּלָתֶךָ. אֱמֶת אַתָּה הוּא רִאשׁוֹן וְאַתָּה הוּא אַחֲרוֹן,
וּמִבַּלְעָדֶיךָ אֵין לָנוּ מוֹשִׁיעַ. מִמִּצְרַיִם גְּאַלְתָּנוּ, יי אֱלֹהֵינוּ,
וּמִבֵּית עֲבָדִים פְּדִיתָנוּ. מִשֶּׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ
שִׁירָה בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כֻלָּם:

• Eternal truth it is that You alone are God,
and there is none else.
May all the world rejoice in Your love
and exult in Your justice.

Let them beat their swords into plowshares;
let them beat their spears into pruning-hooks.

Let nation not lift up sword against nation;
let them study war no more.
You shall not hate another in your heart;
you shall love your neighbor as yourself.

Let the stranger in your midst be to you as the native;
for you were strangers in the land of Egypt.
From the house of bondage we went forth to freedom;
so let all be free to sing with joy:

מִי־כָמֹכָה בָּאֵלִם, יהוה? מִי כָּמֹכָה, נֶאְדָּר בַּקֹּדֶשׁ,
נוֹרָא תְהִלֹּת, עֹשֵׂה פֶלֶא?
שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְךָ עַל־שְׂפַת הַיָּם;
יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
יהוה יִמְלֹךְ לְעֹלָם וָעֶד.

Mi cha–mo–cha ba–ei–lim, Adonai? Mi ka–mo–cha, neh–dar ba–ko–desh,
no–ra t'hi–lot, o–sei feh–leh?
Shi–ra cha–da–sha shi–b'chu g'u–lim l'shi–m'cha al s'fat ha–yam; ya–chad
ku–lam ho–du v'him–li–chu v'a–m'ru: Adonai Yim–loch l'o–lam va–ed!

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,
וּפְדֵה כִנְאֻמֶךָ יְהוּדָה וְיִשְׂרָאֵל.
גֹּאֲלֵנוּ, יי צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.
בָּרוּךְ אַתָּה יי, גָּאַל יִשְׂרָאֵל.

Tzur Yis-ra-eil, ku-mah b'ez-rat Yis-ra-eil,
u-f'dei ki-n'u-meh-cha Y'hu-da v'yis-ra-eil.
Go-a-lei-nu, Adonai Tz'va-ot sh'mo, k'dosh Yis-ra-eil.
Ba-ruch a-ta Adonai, ga-al Yis-ra-eil.

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

Who is like You, majestic in holiness, awesome in splendor, doing wonders? A new song the redeemed sang to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power: "The Eternal One will reign for ever and ever!"

O Rock of Israel, come to Israel's help. Our Redeemer is God Most High, the Holy One of Israel. We praise You, O God, Redeemer of Israel.

All rise

T'FILAH תפלה

אֲדֹנָי, שְׂפָתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתֶךָ.

Eternal God, open my lips, that my mouth may declare Your glory.

GOD OF ALL GENERATIONS אבות ואמהות

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וֵאלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה וֵאלֹהֵי רָחֵל.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמָּהוֹת,
וּמֵבִיא גְּאֻלָּה לִבְנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

ON SHABBAT SHUVAH ADD:

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים,
וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַנְךָ אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן.
בָּרוּךְ אַתָּה יי, מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה.

Ba–ruch a–ta Adonai, Eh–lo–hei–nu vei–lo–hei a–vo–tei–nu v'i–mo–tei–nu:
Eh–lo–hei Av–ra–ham, eh–lo–hei Yitz–chak, vei–lo–hei Ya–a–kov.
Eh–lo–hei Sa–ra, Eh–lo–hei Riv–ka, Eh–lo–hei Lei–a vei–lo–hei Ra–cheil.
Ha–eil ha–ga–dol ha–gi–bor v'ha–no–ra, Eil el–yon, go–meil cha–sa–dim
to–vim, v'ko–nei ha–kol, v'zo–cheir cha-s'dei a–vot v'i–ma–hot,
u–mei–vi g'u–la li–v'nei v'nei–hem, l'ma–an sh'mo, b'a–ha–va.
Meh–lech o–zeir u–mo–shi-a u–ma–gein.
Ba–ruch a–ta Adonai, ma–gein Av–ra–ham v'ez–rat Sa–ra.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel; great, mighty, and awesome, God supreme.

Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

ON SHABBAT SHUVAH ADD::

Remember us unto life, Sovereign who delights in life, and inscribe us in the Book of Life, that Your will may prevail, O God of life.

You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Protector of Sarah.

GOD'S POWER

גבורות

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֵּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֵּה הַכֹּל בְּרַחֲמִים רַבִּים. סוֹמֵךְ
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ
לִישֵׁנֵי עָפָר. מִי כָמוֹךָ בַּעַל גְּבוּרוֹת, וּמִי דּוֹמֶה לָךְ,
מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה?

ON SHABBAT SHUVAH ADD:

מִי כָמוֹךָ, אַב הָרַחֲמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים?

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת הַכֹּל. בָּרוּךְ אַתָּה יי, מְחַיֵּה הַכֹּל.

A-ta gi-bor l'o-lam, Adonai, m'cha-yei ha-kol a-ta, rav l'ho-shi-a. M'chal-keil cha-yim b'cheh-sed, m'cha-yei ha-kol b'ra-cha-mim ra-bim. So-meich no-f'lim, v'ro-fei cho-lim, u-ma-tir a-su-rim, u-m'ka-yeim eh-mu-na-to li-shei-nei a-far. Mi cha-mo-cha ba-al g'vu-rot, u-mi do-meh lach, meh-lech mei-mit u-m'cha-yeh u-matz-mi-ach y'shu-a?
V'neh-eh-man a-ta l'ha-cha-yot ha-kol. Ba-ruch a-ta Adonai, m'cha-yei ha-kol.

Eternal is Your might, O God; all life is Your gift; great is Your power to save!

With love You sustain the living, with great compassion give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust.

Who is like You, Mighty One, Author of life and death, Source of salvation?

ON SHABBAT SHUVAH ADD:

Who is like You, Source of mercy? In compassion You sustain the life of Your children.

We praise You, O God, the Source of life.

SANCTIFICATION קדושה

נְקַדֵּשׁ אֶת־שִׁמְךָ בָּעוֹלָם, כְּשֵׁם שֶׁמַּקְדִּישִׁים אוֹתוֹ בִּשְׁמֵי מָרוֹם,
כַּכָּתוּב עַל־יַד נְבִיאֶךָ: וְקָרָא זֶה אֶל־זֶה וְאָמַר:

We sanctify Your name on earth, even as all things, to the ends of time and space, proclaim Your holiness, and in the words of the prophet we say:

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יהוה צְבָאוֹת, מְלֹא כָל־הָאָרֶץ כְּבוֹדוֹ.

Ka–dosh, Ka–dosh, Ka–dosh Adonai tz'va–ot, m'lo chol ha–a–retz k'vo–do.

Holy, Holy, Holy is the God of all being! The whole earth is filled with Your glory!

אַדִּיר אַדִּירֵנוּ, יהוה אֲדֹנֵינוּ, מָה־אַדִּיר שִׁמְךָ בְּכָל־הָאָרֶץ!

Source of our strength, Sovereign God, how majestic is Your name in all the earth!

בָּרוּךְ כְּבוֹד־יהוה מִמְּקוֹמוֹ.

Ba–ruch k'vod Adonai mi–m'ko–mo.

Praised be the glory of God in heaven and earth.

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מַלְכֵּנוּ, הוּא מוֹשִׁיעֵנוּ;
וְהוּא יַשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל־חָי:

You alone are our God and our Creator; You are our Ruler and our Helper; and in Your mercy You reveal Yourself in the sight of all the living:

"אֲנִי יהוה אֱלֹהֵיכֶם!"

I AM YOUR ETERNAL GOD!

יִמְלֹךְ יהוה לְעוֹלָם, אֱלֹהַיִךְ צִיּוֹן, לְדֹר וָדֹר. הַלְלוּיָהּ!

Yim–loch Adonai l'o–lam, Eh–lo–ha–yich Tzi–yon, l'dor va–dor. Halleluyah!

The Eternal One shall reign for ever; your God, O Zion, from generation to generation. Halleluyah!

לְדוֹר וָדוֹר נַגִּיד גָּדְלֶךָ, וּלְנֵצַח נְצָחִים קְדֻשָּׁתְךָ נַקְדִּישׁ.
וְשִׁבְחֲךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד.
* בָּרוּךְ אַתָּה יי, הָאֵל הַקָּדוֹשׁ.

* ON SHABBAT SHUVAH CONCLUDE:

בָּרוּךְ אַתָּה יי, הַמֶּלֶךְ הַקָּדוֹשׁ.

To all generations we will make known Your greatness, and to all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips.

* We praise You, Eternal One, the holy God.

* ON SHABBAT SHUVAH CONCLUDE:

We praise You, Eternal One: You rule in holiness.

All are seated

MOST PRECIOUS OF DAYS ישמחו

יִשְׂמְחוּ בְמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֶג. עַם מְקַדְּשֵׁי שְׁבִיעִי כֻּלָּם יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטּוּבֶךָ. וְהַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ. חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ, זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית.

Yis–m'chu v'ma–l'chu–t'cha sho–m'rei Shabbat v'ko–r'ei o–neg. Am m'ka–d'shei sh'vi–i ku–lam yis–b'u v'yit–a–n'gu mi–tu–veh–cha. V'ha–sh'vi–i ra–tzi–ta bo v'ki–dash–to. Chem–dat ya–mim o–to ka–ra–ta, zei–cher l'ma–a–sei v'rei–sheet.

Those who keep the Sabbath and call it a delight shall rejoice in Your deliverance. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of creation.

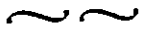
THE HOLINESS OF SHABBAT קדושת היום

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, רְצֵה בִמְנוּחָתֵנוּ. קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ. שַׂבְּעֵנוּ מִטּוּבֶךָ, וְשַׂמְּחֵנוּ בִּישׁוּעָתֶךָ, וְטַהֵר לִבֵּנוּ לְעָבְדְּךָ בֶּאֱמֶת. וְהַנְחִילֵנוּ, יי אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קָדְשֶׁךָ, וְיָנוּחוּ בָהּ יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ. בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Eh-lo-hei-nu vei-lo-hei a-vo-tei-nu v'i-mo-tei-nu, r'tzei vi-m'nu-cha-tei-nu. Ka-d'shei-nu b'mitz-vo-teh-cha v-tein chel-kei-nu b'to-ra-teh-cha. Sab-ei-nu mi-tu-veh-cha, v'sam-chei-nu bi-shu-a-teh-cha, v'ta-heir li-bei-nu l'ov-d'cha beh-eh-met. V'han-chi-lei-nu, Adonai Eh-lo-hei-nu, b'a-ha-va u-v'ra-tzon Shabbat kod-sheh-cha, v'ya-nu-chu va Yis-ra-eil m'ka-d'shei sh'meh-cha. Ba-ruch a-ta Adonai, m'ka-deish ha-Shabbat.

Our God, God of our fathers and our mothers, may our rest on this day be pleasing in Your sight. Sanctify us with Your Mitzvot, and let Your Torah be our way of life. Satisfy us with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. In Your gracious love, Eternal God,

let Your holy Sabbath remain our heritage, that all Israel, hallowing Your name, may find rest and peace. We praise You, O God, for the Sabbath and its holiness.



Eternal God, establish this sanctuary, dedicated to Your holy name, so that the worship offered within its walls may be worthy of Your greatness and Your love. May every heart which seeks Your presence here find it, as did our people in the Temple on Zion, that this house may be a house of prayer for all peoples.

God our Creator, hear our prayer and bless us.

Have compassion upon all the house of Israel. Preserve us from sickness, from war, from strife. Keep us from hatred and uncharitableness toward our neighbors. And grant that, dwelling in safety and walking in uprightness, we may enjoy the fruit of our labors in peace.

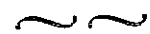
God our Teacher, hear our prayer and bless us.

Be with all who spend themselves for the good of humanity and bear the burdens of others; who give bread to the hungry, clothe the naked, and provide shelter for the homeless. Establish, O God, the work of their hands, and grant them an abundant harvest of the good seed they are sowing.

God our Redeemer, hear our prayer and bless us.

Bless our children, O God, and help us so to fashion their souls by precept and example that they may ever love the good and turn from evil, revere Your Teaching and bring honor to their people. May they guard for future ages the truths revealed to our ancestors.

God our Friend, hear our prayer and bless us.



WORSHIP — עבודה

רְצֵה, יי אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל, וּתְפִלָּתָם בְּאַהֲבָה תְקַבֵּל,
וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךָ.
בָּרוּךְ אַתָּה יי, שֶׁאוֹתְךָ לְבַדְּךָ בְּיִרְאָה נַעֲבוֹד.

MEDITATION

° We give thanks for the freedom that is ours, and we pray for those in other lands who are persecuted and oppressed. Help them to bear their burdens and keep alive in them the love of freedom and the hope of deliverance. Uphold also the hands of our brothers and sisters in the land of Israel. Cause a new light to shine upon Zion and upon us all, that the time may come when Your Torah will go forth from the house of Israel, Your word from the tents of Jacob. We praise You, our God, whose presence gives life to our people Israel.

THANKSGIVING — הודאה

מוֹדִים אֲנַחְנוּ לָךְ, שָׁאַתָּה הוּא יי אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ, אַתָּה הוּא
לְדוֹר וָדוֹר. נוֹדֶה לְךָ וּנְסַפֵּר תְּהִלָּתֶךָ, עַל־חַיֵּינוּ הַמְּסוּרִים
בְּיָדֶךָ, וְעַל־נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל־נִסֶּיךָ שֶׁבְּכָל־יוֹם
עִמָּנוּ, וְעַל־נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל־עֵת, עֶרֶב וָבֹקֶר
וְצָהֳרָיִם. הַטּוֹב: כִּי לֹא־כָלוּ רַחֲמֶיךָ, וְהַמְרַחֵם: כִּי־לֹא תַמּוּ
חֲסָדֶיךָ, מֵעוֹלָם קִוִּינוּ לָךְ.
וְעַל כֻּלָּם יִתְבָּרַךְ וְיִתְרוֹמַם שִׁמְךָ, מַלְכֵּנוּ, תָּמִיד לְעוֹלָם וָעֶד.

ON SHABBAT SHUVAH ADD:

וּכְתוֹב לְחַיִּים טוֹבִים כָּל־בְּנֵי בְרִיתֶךָ.

וְכֹל הַחַיִּים יוֹדוּךָ סֶלָה, וִיהַלְלוּ אֶת־שִׁמְךָ בֶּאֱמֶת, הָאֵל

יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֶלָה.
בָּרוּךְ אַתָּה יי, הַטּוֹב שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת.

We gratefully acknowledge that You are our God and the God of our people, the God of all generations. You are the Rock of our life, the Power that shields us in every age.

We thank You and sing Your praises: for our lives, which are in Your hand; for our souls, which are in Your keeping; for the signs of Your presence we encounter every day; and for Your wondrous gifts at all times, morning, noon, and night. You are Goodness: Your mercies never end; You are Compassion: Your love will never fail. You have always been our hope.

ON SHABBAT SHUVAH ADD:

Let life abundant be the heritage of all the children of Your covenant.

Praised be the Eternal God, to whom our thanks are due.

ON CHANUKAH ADD:

עַל הַנִּסִּים וְעַל הַפֻּרְקָן, וְעַל הַגְּבוּרוֹת וְעַל הַתְּשׁוּעוֹת, וְעַל הַנֶּחָמוֹת שֶׁעָשִׂיתָ לַאֲבוֹתֵינוּ וּלְאִמּוֹתֵינוּ בַּיָּמִים הָהֵם וּבַזְּמַן הַזֶּה.
בִּימֵי מַתִּתְיָהוּ בֶּן־יוֹחָנָן כֹּהֵן גָּדוֹל, חַשְׁמוֹנַאי וּבָנָיו, כְּשֶׁעָמְדָה מַלְכוּת יָוָן הָרְשָׁעָה עַל עַמְּךָ יִשְׂרָאֵל, לְהַשְׁכִּיחָם תּוֹרָתֶךָ וּלְהַעֲבִירָם מֵחֻקֵּי רְצוֹנֶךָ. וְאַתָּה בְּרַחֲמֶיךָ הָרַבִּים עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם. מָסַרְתָּ גִּבּוֹרִים בְּיַד חַלָּשִׁים, וְרַבִּים בְּיַד מְעַטִּים, וְזֵדִים בְּיַד עוֹסְקֵי תּוֹרָתֶךָ. וּלְךָ עָשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ בְּעוֹלָמֶךָ, וּלְעַמְּךָ יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה גְדוֹלָה וּפֻרְקָן כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ בָנֶיךָ לִדְבִיר בֵּיתֶךָ, וּפִנּוּ אֶת־הֵיכָלֶךָ, וְטִהֲרוּ אֶת־מִקְדָּשֶׁךָ, וְהִדְלִיקוּ נֵרוֹת בְּחַצְרוֹת קָדְשֶׁךָ, וְקָבְעוּ שְׁמוֹנַת יְמֵי חֲנֻכָּה אֵלּוּ, לְהוֹדוֹת וּלְהַלֵּל לְשִׁמְךָ הַגָּדוֹל.

In days of old, at this season, You saved our people by wonders and mighty deeds. In the days of Mattathias the Hasmonean, the tyrannic Empire sought to destroy our people Israel by making them forget their Torah, and by forcing them to abandon their ancient way of life.

Through the power of Your spirit the weak defeated the strong, the few prevailed over the many, and the righteous were victorious. Then Your children returned to Your House to purify the sanctuary and to kindle its lights.

And they dedicated these days to give thanks and praise to Your majestic glory.

PEACE ברכת שלום

שִׂים שָׁלוֹם, טוֹבָה וּבְרָכָה, חֵן וָחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל עַמֶּךָ. בָּרְכֵנוּ, אָבִינוּ, כֻּלָּנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ, כִּי בְאוֹר פָּנֶיךָ נָתַתָּ לָנוּ, יי אֱלֹהֵינוּ, תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד, וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־עַמְּךָ יִשְׂרָאֵל וְאֶת־כָּל־הָעַמִּים בְּכָל־עֵת וּבְכָל־שָׁעָה בִּשְׁלוֹמֶךָ.

* בָּרוּךְ אַתָּה יי, הַמְבָרֵךְ אֶת־עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

* ON SHABBAT SHUVAH CONCLUDE:

בְּסֵפֶר חַיִּים וּבְרָכָה נִכָּתֵב לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

בָּרוּךְ אַתָּה יי, עוֹשֵׂה הַשָּׁלוֹם.

Sim sha-lom, to-va u-v'ra-cha, chein va-cheh-sed v'ra-cha-mim, a-lei-nu v'al kol Yis-ra-eil a-meh-cha.

Ba-r'chei-nu, a-vi-nu, ku-la-nu k'eh-chad b'or pa-neh-cha, ki v'or pa-neh-cha na-ta-ta la-nu Adonai Eh-lo-hei-nu, To-rat cha-yim v'a-ha-vat cheh-sed u-tz'da-ka u-v'ra-cha v'ra-cha-mim v'cha-yim v'sha-lom. V'tov b'ei-neh-cha l'va-reich et a-m'cha Yis-ra-eil v'et kol ha-a-mim b'chol eit u-v'chol sha-ah bi-sh'lo-me-cha. Ba-ruch a-ta Adonai, ha-m'va-reich et a-mo Yis-ra-eil ba-sha-lom.

° Grant us peace, Your most precious gift, O Eternal Source of peace, and give us the will to proclaim its message to all the peoples of the earth.

Bless our country, that it may always be a stronghold of peace, and its advocate among the nations.

May contentment reign within its borders, health and happiness within its homes.

Strengthen the bonds of friendship among the inhabitants of all lands, and may the love of Your name hallow every home and every heart. *We praise You, O God, the Source of peace.

* BETWEEN ROSH HASHANAH AND YOM KIPPUR CONCLUDE:

Inscribe us in the Book of life, blessing, and peace.
We praise You, O God, the Source of peace.

SILENT PRAYER

אֱלֹהַי, נְצֹר לְשׁוֹנִי מֵרָע, וּשְׂפָתַי מִדַּבֵּר מִרְמָה. וְלִמְקַלְלַי נַפְשִׁי תִּדּוֹם וְנַפְשִׁי כֶּעָפָר לַכֹּל תִּהְיֶה. פְּתַח לִבִּי בְּתוֹרָתֶךָ, וּבְמִצְוֹתֶיךָ תִּרְדֹּף נַפְשִׁי. וְכָל־הַחוֹשְׁבִים עָלַי רָעָה, מְהֵרָה הָפֵר עֲצָתָם וְקַלְקֵל מַחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינֶךָ, עֲשֵׂה לְמַעַן קְדֻשָּׁתֶךָ, עֲשֵׂה לְמַעַן תּוֹרָתֶךָ; לְמַעַן יֵחָלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וַעֲנֵנִי.

O God, keep my tongue from evil and my lips from deceit. Help me to be silent in the face of derision, humble in the presence of all. Open my heart to Your Torah, that I may hasten to do Your Mitzvot. Save me with Your power; in time of trouble be my answer, that those who love You may rejoice.

יִהְיוּ לְרָצוֹן אִמְרֵי־פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ, יהוה, צוּרִי וְגֹאֲלִי.

Yi-h'yu l'ra-tzon i-m'rei fi v'heg-yon li-bi l'fa-neh-cha, Adonai tzu-ri v'go-a-li.

May the words of my mouth and the meditations of my heart be acceptable to You, O God, my Rock and my Redeemer.

~

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל־כָּל־יִשְׂרָאֵל, וְאִמְרוּ: אָמֵן.

O-seh sha-lom bi-m'ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kol Yis-ra-eil, v'i-m'ru: A-mein.

• May the One who causes peace to reign in the high heavens cause peace to reign among us, all Israel, and all the world.

For the Reading of the Torah, continue on page 141

Aleinu is on page 148 and page 149

For the Reading of the Torah סדר קריאת התורה

Begin here, or on the next page

Assembled at a mountain,
our people,
still bent from oppression,
found You,
found Your Torah,
found Your truth
and embraced the destiny
that has shaped worlds.
Help us still to shape the world
according to Your will;
help us to teach and to learn,
to hear Your word anew,
and to find in it our path to goodness and truth.

All rise

THE ARK IS OPENED

עַל שְׁלֹשָׁה דְבָרִים הָעוֹלָם עוֹמֵד:
עַל הַתּוֹרָה, וְעַל הָעֲבוֹדָה, וְעַל גְּמִילוּת חֲסָדִים.

Al sh'lo–sha d'va–rim ha–o–lam o–meid:
Al ha–Torah, v'al ha–a–vo–da, v'al g'mi–lut cha–sa–dim.

The world depends on three things:
On Torah, worship, and loving deeds.

Continue with the opening of the Ark on the next page

Begin here, or on the previous page

אֵין־כָּמוֹךָ בָאֱלֹהִים, אֲדֹנָי, וְאֵין כְּמַעֲשֶׂיךָ.
מַלְכוּתְךָ מַלְכוּת כָּל־עוֹלָמִים, וּמֶמְשַׁלְתְּךָ בְּכָל־דּוֹר וָדוֹר.
יהוה מֶלֶךְ, יהוה מָלָךְ, יהוה יִמְלוֹךְ לְעוֹלָם וָעֶד.
יהוה עֹז לְעַמּוֹ יִתֵּן, יהוה יְבָרֵךְ אֶת־עַמּוֹ בַשָּׁלוֹם.

There is none like You, Eternal One, among the gods that are worshipped, and there are no deeds like Yours. Your sovereignty is everlasting; You reign through all generations.

God rules; God will reign for ever and ever. Eternal God, give strength to Your people; Eternal God, bless Your people with peace.

All rise

אֵל הָרַחֲמִים, הֵיטִיבָה בִרְצוֹנְךָ אֶת־צִיּוֹן; תִּבְנֶה חוֹמוֹת יְרוּשָׁלָיִם.
כִּי בְךָ לְבַד בָּטָחְנוּ, מֶלֶךְ אֵל רָם וְנִשָּׂא, אֲדוֹן עוֹלָמִים.

Source of mercy, let Your goodness be a blessing to Zion; let Jerusalem be rebuilt. In You alone do we trust, O Sovereign God, high and exalted, Ruler of all the worlds.

ON ALL OCCASIONS:

The Ark is opened

הָבוּ גֹדֶל לֵאלֹהֵינוּ, וּתְנוּ כָבוֹד לַתּוֹרָה.

Let us declare the greatness of our God,
and give honor to the Torah.

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר־יהוה מִירוּשָׁלָיִם.
בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בִּקְדֻשָּׁתוֹ.

For out of Zion shall go forth Torah,
and the word of God from Jerusalem.
Praised be the One who in holiness gives Torah to our people Israel.

בֵּית יַעֲקֹב, לְכוּ וְנֵלְכָה בְּאוֹר יהוה.

O House of Jacob, come, let us walk by the light of our God.

~ ~

שְׁמַע יִשְׂרָאֵל: יהוה אֱלֹהֵינוּ, יהוה אֶחָד!

Sh'ma Yisrael, Adonai Eh–lo–hei–nu, Adonai Echad!
Hear, O Israel: the Eternal One is our God,
the Eternal God alone!

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדֹנֵינוּ, קָדוֹשׁ שְׁמוֹ

Eh-chad Eh–lo–hei–nu, ga-dol A-do-nei-nu, ka-dosh sh'mo.

Our God is One; great and holy is the Eternal One.

~ ~

גַּדְּלוּ לַיהוה אִתִּי, וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

O magnify the Eternal One with me,
and together let us exalt God's name.

MANY CONGREGATIONS CONTINUE WITH A PROCESSION (HAKAFAH)

לְךָ, יהוה, הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתִּפְאֶרֶת וְהַנֵּצַח וְהַהוֹד, כִּי כֹל
בַּשָּׁמַיִם וּבָאָרֶץ. לְךָ, יהוה, הַמַּמְלָכָה וְהַמִּתְנַשֵּׂא לְכֹל לְרֹאשׁ.

Yours, O God, is the greatness, the power, the glory, the victory, and the majesty; for all that is in heaven and earth is Yours. You, O God, are sovereign; You are supreme over all.

All are seated

READING OF THE TORAH

Before the reading

בָּרְכוּ אֶת־יְיָ הַמְבֹרָךְ!
בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד!
בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד!
בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר־בָּנוּ מִכָּל־הָעַמִּים, וְנָתַן־לָנוּ אֶת־תּוֹרָתוֹ.
בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

READER: Ba-r'chu et Adonai ha-m'vo-rach!
CONGREGATION: Ba-ruch Adonai ha-m'vo-rach l'o-lam va-ed!
READER: Ba-ruch Adonai ha-m'vo-rach l'o-lam va-ed!
Ba-ruch a-ta Adonai, Eh–lo–hei–nu meh–lech ha-o-lam, a-sher ba-char ba-nu mi-kol ha-a-mim, v'na-tan la-nu et Torah-to. Ba-ruch a-ta Adonai, no-tein ha-Torah.

Praise the One to whom our praise is due!
Praised be the One to whom our praise is due, now and for ever!
We praise You, Eternal God, Sovereign of the universe: You have called us to Your service by giving us the Torah. We praise You, O God, Giver of the Torah.

After the reading

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

READER: Ba-ruch a-ta Adonai, Eh–lo–hei–nu meh–lech ha-o-lam, a-sher na-tan la-nu To-rat eh-met, v'cha-yei o-lam na-ta b'to-chei-nu. Ba-ruch a-ta Adonai, no-tein ha-Torah.

We praise You, Eternal God, Sovereign of the universe: You have given us a Torah of truth, implanting within us eternal life. We praise You, O God, Giver of the Torah.

הגבהה—HAGBAHA—LIFTING THE TORAH

וְזֹאת הַתּוֹרָה אֲשֶׁר־שָׂם מֹשֶׁה לִפְנֵי בְּנֵי יִשְׂרָאֵל,
עַל־פִּי יי בְּיַד־מֹשֶׁה.

• This is the Torah that Moses placed before the people of Israel.

Some congregations continue with Haftarah at an Afternoon Service

READING OF THE HAFTARAH

Before the Reading

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בִּנְבִיאִים
טוֹבִים, וְרָצָה בְּדִבְרֵיהֶם הַנֶּאֱמָרִים בֶּאֱמֶת.
בָּרוּךְ אַתָּה יי, הַבּוֹחֵר בַּתּוֹרָה, וּבְמֹשֶׁה עַבְדּוֹ, וּבְיִשְׂרָאֵל עַמּוֹ
וּבִנְבִיאֵי הָאֱמֶת וָצֶדֶק.

We praise You, Eternal God, Sovereign of the universe: You have called faithful prophets to speak words of truth. We praise You, O God, for the revelation of Torah, for Moses Your servant and Israel Your people, and for the prophets of truth and righteousness.

After the Reading

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל־הָעוֹלָמִים,
צַדִּיק בְּכָל־הַדּוֹרוֹת, הָאֵל הַנֶּאֱמָן, הָאוֹמֵר וְעוֹשֶׂה, הַמְדַבֵּר
וּמְקַיֵּם, שֶׁכָּל־דְּבָרָיו אֱמֶת וָצֶדֶק.
עַל־הַתּוֹרָה וְעַל־הָעֲבוֹדָה וְעַל־הַנְּבִיאִים וְעַל־יוֹם הַשַּׁבָּת הַזֶּה,
שֶׁנָּתַתָּ לָנוּ, יי אֱלֹהֵינוּ, לִקְדֻשָּׁה וְלִמְנוּחָה, לְכָבוֹד וּלְתִפְאֶרֶת,
עַל־הַכֹּל, יי אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לָךְ וּמְבָרְכִים אוֹתָךְ.

יִתְבָּרַךְ שִׁמְךָ בְּפִי כָּל־חַי תָּמִיד לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

We praise You, Eternal God, Sovereign of the universe, the Rock of all creation, the Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true.

For the Torah, for the privilege of worship, for the prophets, and for this Sabbath day that You, our Eternal God, have given us for holiness and rest, for honor and glory, we thank and praise You. May Your name be praised for ever by every living being. We praise You, O God, for the Sabbath and its holiness.

RETURNING THE TORAH TO THE ARK

All rise

יְהַלְלוּ אֶת־שֵׁם יהוה, כִּי־נִשְׂגָּב שְׁמוֹ לְבַדּוֹ.

Let us praise the Eternal God, whose name alone is exalted.

~ ~

הוֹדוֹ עַל־אֶרֶץ וְשָׁמָיִם, וַיָּרֶם קֶרֶן לְעַמּוֹ, תְּהִלָּה
לְכָל־חֲסִידָיו, לִבְנֵי יִשְׂרָאֵל, עַם־קְרֹבוֹ, הַלְלוּיָהּ.

Your splendor covers heaven and earth; You are the strength of Your people, making glorious Your faithful ones, Israel, a people close to You. Halleluyah!

~ ~

תּוֹרַת יהוה תְּמִימָה, מְשִׁיבַת נָפֶשׁ;
עֵדוּת יהוה נֶאֱמָנָה, מַחְכִּימַת פֶּתִי.

God's Teaching is perfect, reviving the soul;
God's word is unfailing, making wise the simple.

פִּקּוּדֵי יהוה יְשָׁרִים, מְשַׂמְּחֵי־לֵב;
מִצְוַת יהוה בָּרָה, מְאִירַת עֵינָיִם.

God's precepts are right, delighting the mind;
God's Mitzvah is clear, giving light to the eyes.

יִרְאַת יהוה טְהוֹרָה, עוֹמֶדֶת לָעַד;
מִשְׁפְּטֵי־יהוה אֱמֶת, צָדְקוּ יַחְדָּו.

God's doctrine is pure, enduring for ever;
God's guidance is true, and altogether just.

~ ~

Behold, a good doctrine has been given you, My Torah; do not forsake it. It is a tree of life to those who hold it fast, and all who cling to it find happiness. Its ways are ways of pleasantness, and all its paths are peace.

כִּי לֶקַח טוֹב נָתַתִּי לָכֶם, תּוֹרָתִי אַל־תַּעֲזֹבוּ.
עֵץ־חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתֹמְכֶיהָ מְאֻשָּׁר.
דְּרָכֶיהָ דַרְכֵי־נֹעַם, וְכָל־נְתִיבוֹתֶיהָ שָׁלוֹם.

Help us to return to You, O God; then truly shall we return. Renew our days as in the past.

הֲשִׁיבֵנוּ יהוה אֵלֶיךָ, וְנָשׁוּבָה. חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

The Ark is closed

All are seated

All rise

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל, לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת, וְלֹא שָׂמָנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה;
שֶׁלֹּא שָׂם חֶלְקֵנוּ כָּהֶם, וְגוֹרָלֵנוּ כְּכָל־הֲמוֹנָם.

וַאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לִפְנֵי
מֶלֶךְ מַלְכֵי הַמְּלָכִים, הַקָּדוֹשׁ בָּרוּךְ הוּא.

A-lei-nu l'sha-bei-ach la-a-don ha-kol, la-teit g'du-la l'yo-tzeir b'rei-sheet, sheh-lo a-sa-nu k'go-yei ha-a-ra-tzot, v'lo sa-ma-nu k'mish-p'chot ha-a-da-ma; sheh-lo sam chel-kei-nu ka-hem, v'go-ra-lei-nu k'chol ha-mo-nam.
Va-a-nach-nu ko-r'im u-mish-ta-cha-vim u-mo-dim li-f'nei meh-lech ma-l'chei ha-m'la-chim, ha-ka-dosh ba-ruch hu.

We must praise the God of all, the Maker of heaven and earth, who has set us apart from the other families of earth, giving us a destiny unique among the nations.

Therefore we bow in awe and thanksgiving before the One who is sovereign over all, the Holy and Blessed One.

שֶׁהוּא נוֹטֶה שָׁמַיִם וְיוֹסֵד אֶרֶץ, וּמוֹשַׁב יְקָרוֹ בַּשָּׁמַיִם
מִמַּעַל, וּשְׁכִינַת עֻזּוֹ בְּגָבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ, אֵין עוֹד.
אֱמֶת מַלְכֵּנוּ, אֶפֶס זוּלָתוֹ, כַּכָּתוּב בְּתוֹרָתוֹ: וְיָדַעְתָּ הַיּוֹם
וַהֲשֵׁבֹתָ אֶל־לְבָבֶךָ, כִּי יי הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל
וְעַל הָאָרֶץ מִתָּחַת, אֵין עוֹד.

Sheh-hu no-teh sha-ma-yim v'yo-seid a-retz, u-mo-shav y'ka-ro ba-sha-ma-yim mi-ma-al, u-sh'chi-nat u-zo b'gov-hei m'ro-mim. Hu Eh-lo-hei-nu, ein od. Eh-met mal-kei-nu, eh-fes zu-la-to , ka-ka-tuv b'to-ra-to: V'ya-da-ta ha-

yom va-ha-shei-vo-ta el l'va-veh-cha, ki Adonai hu ha-eh-lo-him ba-sha-ma-yim mi-ma-al v'al ha-a-retz mi-ta-chat, ein od.

You spread out the heavens and established the earth; You are our God; there is none else. In truth You alone are our Sovereign God, as it is written: "Know then this day and take it to heart: the Eternal One is God in the heavens above and on the earth below; there is none else."

Eternal God, we face the morrow with hope made stronger by the vision of Your deliverance, a world where poverty and war are banished, where injustice and hate are gone.

Teach us more and more to respond to the pain of others, to heed Your call for justice, that we may bring nearer the day when all the world shall be one.

On that day the age-old dream shall come true. On that day, O God, You shall be One and Your Name shall be One.

וְנֶאֱמַר: וְהָיָה יהוה לְמֶלֶךְ עַל־כָּל־הָאָרֶץ;
בַּיּוֹם הַהוּא יִהְיֶה יהוה אֶחָד וּשְׁמוֹ אֶחָד.

V'neh-eh-mar: V'ha-yah Adonai l'meh-lech al kol ha-a-retz;
ba-yom ha-hu yi-h'yeh Adonai Eh-chad, u-sh'mo Eh-chad.

II ב

ALEINU עלינו

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל, לָתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
אֲשֶׁר שָׂם חֶלְקֵנוּ לְיַחֵד אֶת־שְׁמוֹ, וְגוֹרָלֵנוּ לְהַמְלִיךְ מַלְכוּתוֹ.

A-lei-nu l'sha-bei-ach la-a-don ha-kol, la-teit g'du-la l'yo-tzeir b'rei-sheet, a-sher sam chel-kei-nu l'ya-cheid et sh'mo, v'go-ra-lei-nu l'ham-lich mal-chu-to.

our griefs and sympathies are mingled. Loving God, we praise Your name.

MOURNER'S KADDISH קדיש יתום

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעָלְמָא דִּי־בְרָא כִרְעוּתֵהּ,
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בַּעֲגָלָא וּבִזְמַן קָרִיב, וְאִמְרוּ: אָמֵן.

Yit-ga-dal v'yit–ka–dash sh'mei ra-ba b'al-ma di-v'ra chi-r'u'tei, v'yam-lich mal-chu-tei b'cha-yei-chon u-v'yo-mei-chon u-v'cha-yei d'chol beit Yis-ra-eil, ba-a-ga-la u-vi-z'man ka-riv, v'i-m' ru: A-mein.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

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

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא, וְיִתְהַדַּר
וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא, בְּרִיךְ הוּא,

Yit-ba-rach v'yish-ta-bach, 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'rich hu,

לְעֵלָּא מִן־כָּל־בִּרְכָתָא וְשִׁירָתָא, תֻּשְׁבְּחָתָא וְנֶחֱמָתָא
דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ: אָמֵן.

l'ei-la min kol bir-cha-ta v'shi-ra-ta, tush-b'cha-ta v'neh-cheh-ma-ta da-a-mi-ran b'al-ma, v'i-m' ru: A-mein.

יְהֵא שְׁלָמָא רַבָּא מִן־שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל־כָּל־יִשְׂרָאֵל,
וְאִמְרוּ: אָמֵן.

Y'hei sh'la-ma ra-ba min sh'ma-ya v'cha-yim, a-lei-nu v'al kol Yis-ra-el, v'im-ru: A-mein.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל, וְאִמְרוּ: אָמֵן.

O-seh sha-lom bi-m'ro-mav, hu ya-a-seh sha-lom a-lei-nu v'al kol Yis-ra-eil, v'i-m-'u: A-mein.

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

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

Beyond all the praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom yet we glorify, honor, and exalt. And let us say: Amen.

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

• May the One who causes peace to reign in the high heavens, cause peace to reign among us, all Israel, and all the world, and let us say: Amen.

May the Source of peace send peace to all who mourn, and comfort to all who are bereaved. Amen.

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Bar and Bat Mitzvah Prayers—I

Into our hands, O God, You have placed Your Torah, to be held high by parents and children, and taught by one generation to the next. Whatever has befallen us, our people have remained steadfast in loyalty to the Torah. It was carried into exile in the arms of parents that their children might not be deprived of their birthright.

And now I pray that you, ..., may always be worthy of this inheritance. Take its teaching into your heart, and in turn pass it on to your children and those who come after you. May you be a faithful Jew, searching for wisdom and truth, working for justice and peace. Thus will you be among those who labor to bring nearer the day when God shall be One, and God's children shall be one.

Bar and Bat Mitzvah Prayers—II

May the God of our people, the God of all humankind, bless and keep you. May the One who has always been our guide inspire you to bring honor to our family and to the House of Israel.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהֶחֱיָנוּ וְקִיְּמָנוּ וְהִגִּיעָנוּ לַזְּמַן הַזֶּה.

Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam, sheh-heh-cheh-ya-nu v'ki-y'ma-nu v'hi-gi-a-nu la-z'man ha-zeh.

We praise You, Eternal God, Sovereign of the universe, for giving us life, for sustaining us, and for enabling us to reach this season.

CANDLE LIGHTING

הדלקת הנרות

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam, a-sher ki-d'sha-nu b'mitz-vo-tav v'tzi-va-nu l'had-lik ner shel Shabbat.

We praise You, Eternal God, Sovereign of the universe: You hallow us with Your Mitzvot, and command us to kindle the lights of Shabbat.

May we be blessed with Shabbat joy.

May we be blessed with Shabbat peace.

May we be blessed with Shabbat light.

KIDDUSH

קדוש

Raise the Kiddush cup filled with wine or grape juice

(Va-y'chulu is on page 59)

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגָּפֶן.
בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשַׁבַּת קָדְשׁוֹ בְּאַהֲבָה וּבְרָצוֹן
הִנְחִילָנוּ, זִכָּרוֹן לְמַעֲשֵׂה בְרֵאשִׁית. כִּי הוּא יוֹם תְּחִלָּה
לְמִקְרָאֵי קֹדֶשׁ, זֵכֶר לִיצִיאַת מִצְרָיִם. כִּי־בָנוּ בָחַרְתָּ
וְאוֹתָנוּ קִדַּשְׁתָּ מִכָּל־הָעַמִּים, וְשַׁבַּת קָדְשְׁךָ בְּאַהֲבָה
וּבְרָצוֹן הִנְחַלְתָּנוּ. בָּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam, bo-rei p'ri ha-ga-fen.
Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam, a-sher ki-d'sha-nu b'mitz-vo-tav v'ra-tza va-nu, v'sha-bat kod-sho b'a-ha-va u-v'ra-tzon hin-chi-la-nu, zi-ka-ron l'ma-a-sei v'rei-sheet. Ki hu yom t'chi-la l'mik-ra-ei ko-desh, zei-cher li-tzi-at Mitz-ra-yim.

Ki va-nu va-char-ta v'o-ta-nu ki-dash-ta mi-kol ha-a-mim, v'sha-bat kod-sh'cha b'a-ha-va u-v'ra-tzon hin-chal-ta-nu. Ba-ruch a-ta Adonai, m'ka-deish ha-Shabbat.

We praise You, Eternal God, Sovereign of the universe, Creator of the fruit of the vine.

• We praise You, Eternal God, Sovereign of the universe: You call us to holiness with the Mitzvah of Shabbat—the sign of Your love, a reminder of Your creative work, and of our liberation from Egyptian bondage: our day of days. On Shabbat especially, we hearken to Your call to serve You as a holy people.

We praise You, O God, for the holiness of Shabbat.

Drink

MOTZI

מוציא

Ba-ruch a-ta Adonai, Eh-lo-hei-nu meh-lech ha-o-lam, ha-mo-tzi leh-chem min ha-a-retz.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצִיא לֶחֶם מִן הָאָרֶץ.

We praise You, Eternal God, Sovereign of the universe, for You cause bread to come forth from the earth.

Slice or tear the challah
and distribute it to those at the table.

Shabbat dinner is served.