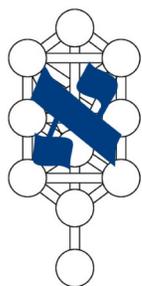


# סדר למוצאי שבת

## SEDER L'MOTZAEI SHABBAT

Service For The Conclusion of Shabbat



**Kabbalah4All Siddur**

## About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

## Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

## Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.  
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# סדר למוצאי שבת

## SEDER L'MOTZAEI SHABBAT

### תהלים טז

### TEHILIM 16

This psalm illustrates David's humility beautifully. It is important that we realize that every thing we have from our talents to our treasures are given to us by the Creator. True humility is the fruit of this realization.

Michtam l'David,

*A Miktam of David,*

shamreni El ki chasiti vach.

*Protect me, O Eternal One, for I have sought refuge in You.*

Amart Ladonai,

*I said to Adonai,*

Adonai atah,

*You are My Ruler,*

tovati bal alecha.

*You are not obligated to benefit me.*

Likdushim asher ba-aretz hemah,

*But for the holy ones who are (buried) in the earth,*

v'adirei kol cheftzi vam.

*and for the mighty, all my desires are because of them.*

Yirbu atzvotam acher maharu,

*May their sorrows multiply, those who hurry after other gods,*

bal osich niskeihem midam,

*I shall not pour out their libations of blood,*

uval esa et sh'motam

*and I will not carry their names*

al s'fatai.

*upon my lips.*

Adonai m'nat chelki v'kosi,

*Adonai is my allotted portion and my cup,*

atah tomich gorali.

*You guide my destiny.*

Chavalim naf'lu li ban'imim,

*Portions have fallen to me in pleasant places,*

af nachalat shaf'rah alai.

*indeed my heritage is beautiful to me.*

Avarech et Adonai asher y'atzani,

*I will bless Adonai Who has advised me,*

מִכְתָּם לְדָוִד,  
שָׁמְרָנִי אֵל כִּי חָסִיתִי בְךָ.  
אָמַרְתָּ לַיהוָה,  
אֲדֹנָי אַתָּה,  
טוֹבָתִי בַל עָלֶיךָ.  
לְקַדוֹשִׁים אֲשֶׁר בָּאָרֶץ הַמָּה,  
וְאֲדִירֵי כֹל חִפְצֵי בָם.  
יִרְבוּ עֲצָבוֹתָם אַחַר מְהָרוּ,  
בַּל אֶסֶךְ נִסְפֵיהֶם מִדָּם,  
וּבַל אֶשָּׂא אֶת שְׁמוֹתָם  
עַל שִׁפְתֵי.  
יְהוָה מִנַּת חֶלְקִי וְכוֹסִי,  
אַתָּה תוֹמִיךָ גּוֹרָלִי.  
חֲבָלִים נָפְלוּ לִי בְנֵעָמִים,  
אֵף נִחַלְתָּ שִׁפְרָה עָלַי.  
אֲבָרַךְ אֶת יְהוָה אֲשֶׁר יֵעֲצָנִי,

af leilot yis'runi chil-yotai.  
*even in the nights I am counseled by my intellect.*

Shiviti Adonai l'negdi tamid,  
*I have set Adonai before me always,*

ki mimini bal emot.  
*because He is at my right hand I shall not falter.*

Lachen samach libi vayagel k'vodi,  
*Therefore my heart is glad, and my glory (soul) rejoices,*

af b'sari yish-kon layetach.  
*also my flesh rests in confidence.*

Ki lo ta-azov nafshi lishol,  
*For You will not abandon my soul to the grave,*

lo titen chasid'cha  
*nor allow Your devout one*

lirot shachat.  
*to witness destruction.*

Todi-eni orach chayim,  
*You will make know to me the path of life,*

sova s'machot et panecha,  
*the fullness of joys in Your Presence,*

n'imot bimin'cha netzach.  
*there is delight at Your right hand for eternity.*

אֶף לַיְלֹת יִסְרוּנִי כְלִיּוֹתַי.  
 שְׁוִיִּתִּי יְהוָה לְנֶגְדִי תָמִיד,  
 כִּי מִיְמִינִי בַל אֶמוֹט.  
 לָכֵן שָׂמַח לְבָי וַיִּגַּל כְּבוֹדִי,  
 אֶף בְּשָׂרִי יִשְׁכֵּן לְבַטָּח.  
 כִּי לֹא תַעְזֹב נַפְשִׁי לְשָׂאוֹל,  
 לֹא תִתֵּן חַסִּידְךָ  
 לְרֵאוֹת שָׁחַת.  
 תוֹדִיעֵנִי אֶרְחַח חַיִּים,  
 שֶׁבַע שְׂמֵחוֹת אֶת פְּנֶיךָ,  
 נְעֻמוֹת בְּיְמִינְךָ נֶצַח.

Modeh/Modah ani l'fanecha,  
*I offer thanks before You,*  
 Adonai Elohai Velohei avotai,  
*Adonai my Elohim and Elohim of my ancestors,*  
 shekshem shehayiti ba-afelah  
*that just as I was in darkness*  
 v'hotzetani l'orah,  
*and You took me out into light,*  
 ken totzi-eni me-afelah l'orah.  
*so shall You take me out of darkness into light.*

L'shem yichud kudsha  
*For the sake of the unification of the Holy One*  
 b'rich hu ushchinteh,  
*blessed be He and His Sh'chinah,*  
 bidchilu urchimu,  
*in awe and love,*  
 urchimu udchilu, l'yachada  
*and in love and awe, to unify*  
 shem Yud Hei b'Vav Hei,  
*the Name Yud Hei with Vav Hei,*  
 b'yichuda sh'lim,  
*in perfect unity,*  
 b'shem kol Yisra-el.  
*in the name of all of Israel.*  
 Hineh anachnu va-im l'hit-palel  
*Behold we come to pray*  
 t'filat arvit  
*the evening prayer*  
 shetiken Ya-akov avinu,  
*established by Jacob our forefather,*  
 alav ha-shalom,  
*peace be upon him,*  
 im kol ha-mitzvot hak'lulot bah,  
*with all the mitzvot included within it,*  
 l'taken et sharshah b'makom elyon,  
*to establish its root in the Supernal Place,*  
 la-asot nachat ru-ach l'yotz'enu,  
*to bring satisfaction to our Maker,*  
 v'la-asot r'tzon bor'enu.  
*and to perform the will of our Creator.*  
 Vihi no-am Adonai Eloheinu aleinu,  
*May the pleasantness of Adonai our Elohim be upon us,*  
 uma-aseh yadeinu kon'nah aleinu,  
*and the work of our hands establish for us,*  
 uma-aseh yadeinu kon'nehu.  
*and the work of our hands establish it.*

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ,  
 יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,  
 שְׁכֶשֶׁם שֶׁהָיִיתִי בְּאִפְלָה  
 וְהוֹצֵאתָנִי לְאוֹרָה,  
 כֵּן תּוֹצִיאָנִי מֵאִפְלָה לְאוֹרָה.

לְשֵׁם יִחּוּד קִדְשָׁא  
 בְּרִיךְ הוּא וְשְׁכִינְתָהּ,  
 בְּדַחִילוֹ וּרְחִימוֹ,  
 וּרְחִימוֹ וּדְחִילוֹ, לְיַחְדָּא  
 שֵׁם יו"ד ה"א בּוֹא"ו ה"א,  
 בְּיַחְוּדָא שְׁלִים,  
 בְּשֵׁם כָּל יִשְׂרָאֵל.  
 הִנֵּה אֲנַחְנוּ בָּאִים לְהִתְפַּלֵּל  
 תְּפִלַּת עֶרְבִית  
 שֶׁתִּקֵּן יַעֲקֹב אֲבִינוּ,  
 עָלָיו הַשְּׁלוֹם,  
 עִם כָּל הַמִּצְוֹת הַכְּלוּלוֹת בָּהּ,  
 לְתַקֵּן אֶת שַׁרְשָׁהּ בְּמַקּוֹם עֲלִיוֹן,  
 לַעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ,  
 וְלַעֲשׂוֹת רְצוֹן בּוֹרְאָנוּ.  
 וִיְהִי נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ,  
 וּמַעֲשֵׂה יַדֵּינוּ כּוֹנְנָה עָלֵינוּ,  
 וּמַעֲשֵׂה יַדֵּינוּ כּוֹנְנָהּ.

Adonai tz'va-ot imanu,

*Adonai of Hosts is with us,*

misgav lanu Elohei Ya-akov selah.

*and the Elohim of Jacob is our strength selah.*

Adonai tz'va-ot,

*Adonai of Hosts,*

ashrei adam bote-ach bach.

*happy is the person who puts their trust in You.*

Adonai hoshi-ah,

*Adonai save us,*

ha-melech ya-anenu v'yom korenu.

*the Sovereign shall answer us on the day we call.*

Mi yiten mi-Tziyon y'shu-at Yisra-el,

*Oh that out of Zion would come the salvation of Israel,*

b'shuv Adonai sh'vut amo,

*when Adonai shall restore the capacity of His people,*

yagel Ya-akov, yismach Yisra-el.

*Jacob will exult, Israel will rejoice.*

Utshu-at tzadikim me-Adonai,

*And the salvation of the righteous is from Adonai,*

ma-uzam b'et tzarah.

*their might in time of trouble.*

Vayaz'rem Adonai vayfal'tem,

*Adonai helped them and caused them to escape,*

y'fal'tem mer'sha-im v'yoshi-em,

*He will cause them to escape from the wicked and save them,*

ki chasu vo.

*for they took refuge in Him.*

Chizku v'ya-ametz l'vavchem,

*Be strong and let your hearts take courage,*

kol ham'yachalim Ladonai.

*all who wait with longing for Adonai.*

Ach tzadikim yodu lishmecha,

*Only the righteous will give thanks to Your Name,*

yesh'vu y'sharim et panecha.

*the upright will dwell in Your presence.*

יהוה צבאות עִמָּנוּ,

מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.

יהוה צבאות,

אַשְׁרֵי אָדָם בָּטַח בְּךָ.

יהוה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.

מִי יִתֵּן מִצִּיּוֹן יְשׁוּעַת יִשְׂרָאֵל,

בְּשׁוּב יְהוָה שְׁבוֹת עַמּוֹ,

יִגַּל יַעֲקֹב יִשְׂמַח יִשְׂרָאֵל.

וְתִשׁוּעַת צַדִּיקִים מִיְהוָה,

מֵעוֹזָם בְּעֵת צָרָה.

וַיַּעֲזְרֵם יְהוָה וַיִּפְלְטֵם,

יִפְלְטֵם מִרְשָׁעִים וּיּוֹשִׁיעֵם,

כִּי חָסוּ בוּ.

חֲזִקוּ וַיֶּאֱמַץ לְבַבְכֶם,

כֹּל הַמַּיְחָלִים לַיהוָה.

אֶךְ צַדִּיקִים יוֹדוּ לְשִׁמְךָ,

יֵשְׁבוּ יִשְׂרָאֵל אֶת פָּנֶיךָ.

# חז"י קדיש

## CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

*Recited by the Chazzan, Everyone says the words in { }.*

**Yitgadal v'yitkadash sh'meh raba.**

*Exalted and sanctified be His great Name.*

**{Amen.}**

*Amen.*

**B'al'ma di v'ra chiruteh,**

*In the world that He has created according to His will,*

**v'yamlich malchuteh,**

*and may He let His sovereignty have dominion,*

**v'yatzmach purkaneh**

*and cause His redemption to sprout*

**vikarev M'shicheh. {Amen.}**

*and bring near the Mashiach. Amen.*

**B'chayeichon uvyomeichon**

*In your lifetime and in your days*

**uvchayei d'chol beit Yisra-el,**

*and in the lifetime of the entire House of Israel,*

**ba-agala uvizman kariv,**

*speedily and at a time that comes soon,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

**{Y'he sh'meh raba m'varach**

*May His great Name be blessed*

**l'alam ul-almei al-maya.}**

*forever and for all eternity.*

**Yitbarach v'yishtabach v'yitpa-ar**

*Blessed and praised and glorified*

**v'yitromam v'yitnase v'yit-hadar**

*and exalted and raised up and honored*

**v'yitaleh v'yit-halal**

*and elevated and lauded*

**sh'meh d'kudsha {b'rich hu},**

*be the Name of the Holy One, Blessed is He,*

**l'ela min kol birchata v'shirata**

*beyond more than any blessing and song*

**tushb'chata v'nechemata,**

*praise and consolation*

**da-amiran b'al'ma,**

*that are uttered in the world,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקָנֵיהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שֵׁמֵהּ רַבָּא מְבָרַךְ

לְעֵלָם וּלְעֵלְמֵי עֲלַמְיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שֵׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנַחֲמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

## וְהוּא רַחוּם

## V'HU RACHUM

The night represents darkness and judgement. This verse calls upon the Creator's mercy and contains thirteen words which correspond to the Thirteen Attributes of Mercy.

V'hu rachum y'chaper avon,

*And He the Merciful One forgives iniquities,*

v'lo yash-chit,

*and He does not destroy,*

v'hirbah l'hashiv apo,

*and He frequently withdraws His anger,*

v'lo ya-ir kol chamato.

*and does not arouse all His wrath.*

Adonai hoshi-ah,

*Adonai save us,*

ha-melech ya-anenu v'yom korenu.

*the Sovereign shall answer us on the day we call.*

וְהוּא רַחוּם יְכַפֵּר עֲוֹן

וְלֹא יִשְׁחִית,

וְהִרְבָּה לְהַשִּׁיב אָפוֹ,

וְלֹא יַעֲרִיר כָּל חַמָּתּוֹ.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרֵאֵנוּ.

## אָנָּה בְּכוֹז

## ANA B'CHOACH

This prayer is known as the 42-Letter Name and connects us to the original force of creation, drawing healing energy and protection into our lives.

## אָבִיגַיִת

חסד  
CHESED

אָנָּה בְּכֹחַ גְּדוּלַת יְמִינְךָ תַּתִּיר צְרוּרָה.

*Ana b'choach g'dulat y'min'cha tatir tz'rurah.*

*Release all those in captivity, we beseech You, Almighty One Whose power sets us free.*

## קַרְעֵ שִׁטָּן

גבורה  
GEVURAH

קַבֵּל רִנַּת עַמֶּךָ שִׁגְבָנוּ טַהֲרָנוּ נוֹרָא.

*Kabel rinat am'cha sag'venu taharenu nora.*

*Accept the singing of all Your people who praise and glorify You alone.*

## נָגַד יִכְשׁוּ

תפארת  
TIFERET

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּכַבַּת שְׁמֵרָם.

Na gibor dor'shei yichud'cha k'vavat shomrem.  
*Preserve those who seek Your unity, guard them like the pupil of the eye.*

## בְּטַר צִתָּג

נצח  
NETZACH

בְּרַכֶּם טַהֲרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גִּמְלֵם.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.  
*Bless and purify them and always grant them Your compassionate righteousness.*

## זֹכֵב טַנַּע

הוד  
HOD

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נַהֵל אֶדְתְּךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.  
*Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.*

## יָגַל פִּזָּק

יסוד  
YESOD

יְחִיד גֵּאָה לְעַמְּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְּךָ.

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.  
*O Exalted One, turn to Your people who remember Your holiness.*

## שָׂקוּ צִית

מלכות  
MALCHUT

שׂוּעָתֵנוּ קַבֵּל וּשְׁמַע צְעָקָתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.  
*Turn to us and hear our prayers, You Who know all hidden things.*

*This verse is said in a whisper.*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!  
*Blessed is the Name of His glorious realm for ever and ever!*

# קריאת שמע וברכותיה

## SHEMA AND ITS BLESSINGS

The Zohar states, "All sacred acts require summoning." The Bar'chu is the formal call to prayer, our entrance into conversation with the Almighty One. On Shabbat we receive the ruach level of the extra soul given to us.

The Bar'chu calls us to prayer, it calls us to turn to the east and face our promised land, it calls us to still the racing thoughts of our minds and to become present, it calls us to acknowledge that there is One Who is responsible for all the blessings in our lives.

*Bow at בְּרָכוּ Bar'chu and בְּרוּךְ Baruch.*

*Chazzan:*

בְּרָכוּ אֱתֵי הוּהָ הַמְּבֹרָךְ.

Bar'chu et Adonai ham'vorach.

*Bless Adonai, the blessed One.*

*Congregation:*

בְּרוּךְ יְהוָה הַמְּבֹרָךְ, לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

*Blessed is Adonai, the blessed One, forever and ever.*

*Chazzan:*

בְּרוּךְ יְהוָה הַמְּבֹרָךְ, לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

*Blessed is Adonai, the blessed One, forever and ever.*

The darkness of the first day differed from the darkness that preceded creation. Ma-ariv also means mix and suggests that the Creator mixed light into the primordial darkness. This blessing reminds us that darkness can be transformed by the tiniest spark of light.

Baruch atah Adonai,

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

asher bidvaro ma-ariv aravim,

*Who by His word brings on evenings,*

b'chochmah pote-ach sh'arim,

*with wisdom opens the gates of dawn,*

uvitvunah m'shaneh itim,

*and with understanding alters periods,*

umachalif et haz'manim,

*and changes the seasons,*

umsader et hakochavim

*and orders the stars in their constellations,*

b'mishm'roteihem baraki-a kirtzono. *in the heavens as He wills.*

Bore yom valailah,

*He creates day and night,*

golel or mip'nei choshech,

*unfurling light before darkness,*

v'choshech mip'nei or.

*and darkness before light.*

Uma-avir yom umevi lailah,

*He removes day and brings night,*

umavdil bein yom uvein lailah,

*and separates between day and between night,*

Adonai, tz'va-ot sh'mo.

*Adonai, Ruler of Hosts, is His Name.*

El chai v'kayam,

*Almighty One, living and enduring,*

tamid yimloch aleinu l'olam va-ed. *continually may He reign over us for ever and ever.*

Baruch atah Adonai,

*Blessed are You Adonai,*

hama-ariv aravim. {Amen.}

*Who brings on evenings. Amen.*

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְּרוֹ מֵעַרִיב עֶרְבִים,

בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֵּה עֵתִים,

וּמַחְלִיף אֶת הַזְּמַנִּים,

וּמְסַדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמַרְוֵתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוָה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

בְּרוּךְ אַתָּה יְהוָה,

הַמְעַרִיב עֶרְבִים. {אָמֵן.}

Through this prayer we are reminded of the Creator's eternal love for us, the expression of which is through the gift of Torah. It moves us to love others as we have been loved.

**Ahavat olam beit Yisra-el**

*With an eternal love, the House of Israel,*

**am'cha ahavta,**

*Your people You have loved,*

**Torah umitzvot,**

*Torah and commandments,*

**chukim umishpatim otanu limadta.**

*laws and precepts You have taught us.*

**Al ken Adonai Eloheinu,**

*Therefore Adonai our Elohim,*

**b'shochbenu uvkumenu**

*when we lie down and when we rise*

**nasi-ach b'chukecha,**

*we will discuss Your laws,*

**v'nismach v'na-aloz**

*and we will rejoice and exult*

**b'divrei talmud Toratecha**

*in the words of the teachings of Your Torah*

**umitzvotcha v'chukotecha**

*and Your commandments and Your statutes*

**l'olam va-ed.**

*for ever and ever.*

**Ki hem chayeinu v'orech yameinu,**

*For they are our life and the length of our days,*

**uvahem neh-geh yomam valailah,**

*and we will reflect on them day and night,*

**v'ahavat'cha lo tasur**

*and Your love do not remove*

**mimenu l'olamim.**

*from us forever.*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**ohev et amo Yisra-el.**

*Who loves His people Israel.*

אֶהֱבֵת עוֹלָם בֵּית יִשְׂרָאֵל

עִמָּךְ אֶהְבֵּת,

תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת.

עַל כֵּן יְהוָה אֱלֹהֵינוּ,

בְּשׁוֹכְבֵנוּ וּבְקוּמֵנוּ

נְשִׁיחַ בְּחֻקֶיךָ,

וְנִשְׂמַח וְנִעְלוֹז

בְּדִבְרֵי תַלְמוּד תּוֹרַתְךָ

וּמִצְוֹתֶיךָ וְחֻקֹּתֶיךָ

לְעוֹלָם וָעֶד.

כִּי הֵם חַיֵּינוּ וְאָרְךְ יַמֵּינוּ,

וּבָהֶם נִהְגֶה יוֹמָם וְלַיְלָה,

וְאַהֲבַתְךָ לֹא תִסּוּר

מִמֵּנוּ לְעוֹלָמִים.

בְּרוּךְ אַתָּה יְהוָה,

אוֹהֵב אֶת-עַמּוֹ יִשְׂרָאֵל.

# שמע

## THE SH'MA

The Sh'ma is an affirmation of faith. It both expresses our love for the Creator, and also serves as an ode to the divinity of the soul. Kabbalah teaches that the Sh'ma is the acknowledgement of unity and connects us to B'riyah, the World of Creation. It brings the Creator's Oneness into our consciousness and reminds us that we must extend unconditional love to all. The enlarged letters ע and ד form the word עֵד, which means witness. By saying the Sh'ma, we bear witness to the Creator's unity as we declare it to the world. The second verse we say in a whisper because it is the prayer of the angels and we are not ordinarily in a state to say it as they do. Just as the previous blessing expressed the Creator's love for us, the blessings that follow the Sh'ma express our love for the Creator. Each section corresponds to one of the letters of the Divine Name.

*It is important to say each word clearly and not to run words together.  
We recite the first verse aloud while covering the eyes with the right hand.*

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד:

Sh'ma Yisra-el, Adonai Eloheinu, Adonai Echad!

*Hear O Israel, Adonai is our Elohim, Adonai is the One and Only!*

*This verse is said in a whisper.*

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

*Blessed is the Name of His glorious realm for ever and ever.*

## יהוה

V'ahavta et Adonai Elohecha

*And you shall love Adonai Your Elohim,*

b'chol l'vav'cha uvchol nafsh'cha

*with all your heart and with all your soul,*

uvchol m'odecha.

*and with all your being.*

V'hayu had'varim ha-eleh asher

*And these words which*

anochi m'tzav'cha hayom al l'vavecha.

*I command you on this day shall be upon your heart.*

V'shinantam l'vanecha v'dibarta bam

*And you shall teach them to your children and speak of them,*

b'shivt'cha b'veitecha uvlecht'cha

*and while sitting in your house and while walking along*

vaderech uvshochb'cha, uvkumecha.

*the way and upon lying down and upon rising.*

Ukshartam l'ot al yadecha

*And you shall bind them as a sign upon your hand*

v'hayu l'totafot bein einecha.

*and they shall be as frontlets between your eyes.*

Uchtavtam al m'zuzot

*And you shall write them upon the doorposts*

beitecha uvisharecha.

*of your house and your gates.*

וְאֵהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ

בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ

וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר

אֲנִי מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ:

וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ בָם

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ

בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וְכָתַבְתָּם עַל-מְזוֹזֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

## יהוה

V'hayah im sham<sup>o</sup>-a tishm'u

*And it shall happen if you listen attentively*

el mitzvotai asher anochi

*to My commandments, which I am*

m'tzaveh etchem hayom

*commanding you this day,*

l'ahavah et Adonai

*to love Adonai*

Eloheichem ulovdo

*to serve your Elohim*

b'chol l'vavchem uvchol nafsh'chem.

*with all of your heart and with all of your soul.*

V'natati m'tar artz'chem b'ito

*And I shall provide rain for your land in its proper time,*

yoreh umalkosh v'asafta d'ganecha

*first rain and last rain and so you may gather your grain*

וְהָיָה אִם שָׁמַעַתְּ תִשְׁמָעוּ

אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי

מְצַוֶּה אֶתְכֶם הַיּוֹם

לְאַהֲבָה אֶת-יְהוָה

אֱלֹהֵיכֶם וּלְעַבְדּוֹ

בְּכָל-לְבָבְכֶם וּבְכָל-נַפְשְׁכֶם:

וְנָתַתִּי מְטֶר-אַרְצְכֶם בְּעֵתוֹ

יֹרֵה וּמִלְקוֹשׁ וְאֶסְפַּת דְּגַנְךָ

v'tirosh'cha v'yitzharecha.

and your wine and your oil.

V'natati eisev b'sad'cha livhemtecha

And I shall provide also grass in your fields for your cattle

v'achalta v'savata.

and you shall eat and be satisfied.

Hisham'ru lachem pen yifteh

Be careful for yourselves lest seduced

l'avchem v'sartem va-avad'tem

be your heart and you turn away and serve

elohim acherim v'hishtachavitem

other deities and bow down

lahem.

to them.

V'charah af Adonai bachem v'atzar

Then the anger of Adonai shall be upon you and He shall seal

et hashamayim v'lo yih-yeh matar

the heavens and there shall be no more rain

v'ha-adamah lo titen et y'vulah

and the earth will no longer yield its produce

va-avad'tem m'herah me-al ha-aretz

and you shall be banished quickly from the good land

hatovah asher Adonai noten lachem.

that Adonai has given you.

וְתִירֹשְׁךָ וְיִצְהַרְךָ:

וְנָתַתִּי עֵשֶׂב בְּשַׂדְּךָ לְבַהֲמֹתֶךָ

וְאָכַלְתָּ וְשָׂבַעְתָּ:

הִשָּׁמְרוּ לָכֶם פֶּן־יִפְתֶּה

לְבַבְכֶם וְסָרְתֶם וְעַבַּדְתֶּם

אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם

לָהֶם:

וְחָרָה אַף יְהוָה בְּכֶם וְעָצַר

אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר

וְהָאֲדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ

וְאֲבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ

הַטּוֹבָה אֲשֶׁר יְהוָה נָתַן לָכֶם:

## יהוה

V'samtem et d'varai eleh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

ukshartem otam l'ot

and secure them as a sign

al yedchem v'hayu l'totafot

upon your hand and as reminders

bein eineichem.

before your eyes.

V'limad'tem otam et b'neichem

And you shall teach them to your children

l'daber bam b'shivt'cha b'veitecha

to discuss and as you sit in your home

uvlecht'cha vaderech uvshochb'cha

and as you walk along the way and as you lie down

uvkumecha.

and as you rise up.

וּשְׁמַתֶּם אֶת־דְּבָרֵי אֱלֹהִים

עַל־לְבַבְכֶם וְעַל־נַפְשְׁכֶם

וְקִשַּׁרְתֶּם אֹתָם לְאוֹת

עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת

בֵּין עֵינֵיכֶם:

וְלַמַּדְתֶּם אֹתָם אֶת־בְּנֵיכֶם

לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשׁוֹכְבְּךָ

וּבְקוּמְךָ:

## Uchtavtam al m'zuzot

*And write them upon the doorposts*

## beitecha uvisharecha.

*of your house and upon your gates.*

## L'ma-an yirbu y'meichem vimei

*Then you will prolong your days and the days*

## v'neichem al ha-adamah asher

*of your children upon the land that*

## nishba Adonai la-avoteichem latet

*Adonai swore to your ancestors to give*

## lahem kimei hashamayim

*to them like the days of heaven*

## al ha-aretz.

*on earth.*

וְכָתַבְתֶּם עַל-מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לֵאמֹר

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל-הָאָרֶץ:

## יהוה

## Vayomer Adonai el Mosheh lemor:

*Adonai talked to Moses, saying:*

## Daber el b'nei Yisra-el v'amarta

*Speak to the children of Israel and say*

## alehem v'asu lahem tzitzit

*to them that they are to make for themselves tassels*

## al kanfei vigdeihem l'dorotam

*on the corners of their clothes in every generation*

## v'nat'nu al tzitzit hakanaf p'til

*and they shall put a blue thread on the corner*

## t'chelet.

*fringe.*

## V'hayah lachem l'tzitzit ur-item

*And it shall constitute for you tassels and that you may see*

## oto uzchartem et kol mitzvot

*them and remember all the commandments*

## Adonai va-asitem otam

*of Adonai and do them*

## v'lo taturu acharei l'vavchem

*and not follow after your heart*

## v'acharei eineichem, asher atem

*and after your eyes which draw you astray*

## zonim achareihem.

*leading to lust.*

## L'ma-an tizk'ru va-asitem

*In order that you may remember*

## et kol mitzvotai vih-yitem

*all of My commandments and be*

## k'doshim Leloheichem.

*holy to your Elohim.*

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאמַרְתָּ

אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית

עַל-כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם

וְנָתַנּוּ עַל-צִיצִית הַכֶּנֶף פֶּתִיל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת

יְהוָה וְעָשִׂיתֶם אֹתָם

וְלֹא תִתְּוּרוּ אַחֲרַי לְבַבְכֶם

וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אֲתֶם

זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם

אֶת-כָּל-מִצְוֹתַי וְהֵייתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם:

*Focus on the mitzvah to remember the Exodus from Egypt.*

Ani Adonai Eloheichem asher

*I am Adonai your Elohim Who*

hotzeti etchem me-eretz mitzrayim

*brought you out of the land of Egypt*

lih-yot lachem Lelohim

*to be your own Elohim*

ani Adonai Eloheichem: Emet...

*I am Adonai your Elohim: It is true...*

אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם  
לְהִיּוֹת לָכֶם לְאֱלֹהִים  
אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

*This blessing connects us to the energy of desire. This blessing fulfills the requirement to recall the Exodus during the morning and evening services. It contains the word emunah (faithful), which is recited at night and is a statement of certainty that the Creator will return our soul to us in the morning.*

*The Chazzan continues:*

יְהוָה אֱלֹהֵיכֶם אֱמֶת

Adonai Eloheichem emet

*Adonai your Elohim is true*

ve-emunah kol zot,

*and faithful is all this,*

v'kayam aleinu, ki hu

*and firmly held by us, that He is*

Adonai Eloheinu v'ein zulato,

*Adonai our Elohim and there is none but Him,*

va-anachnu Yisra-el amo.

*and we are Israel, His people.*

Hapodenu miyad m'lachim,

*He is the One Who delivers us from the power of sovereigns,*

malkenu hago-aleinu

*our Sovereign Who delivers us*

mikaf kol he-aritzim.

*from the hand of all the cruel tyrants.*

Ha-El hanifra lanu mitzareinu,

*He is the Eternal One Who exacts retribution for us from our foes,*

ham-shalem g'mul l'chol

*and Who repays just retaliation upon all*

oy'vei nafshenu.

*the enemies of our soul.*

Hasam nafshenu bachayim,

*Who places our soul in life,*

v'lo natan lamot raglenu,

*and allows not our feet to slip,*

hamadrichenu al bamot oy'veinu,

*Who led us upon the heights of our enemies,*

וְאֵמוּנָה כָּל זֹאת,  
וְקַיָּם עָלֵינוּ, כִּי הוּא  
יְהוָה אֱלֹהֵינוּ וְאֵין זוּלָתוֹ,  
וְאֵנַחְנוּ יִשְׂרָאֵל עַמּוֹ.  
הַפּוֹדֵנוּ מִיַּד מְלָכִים,  
מֶלְכֵנוּ הַגּוֹאֲלֵנוּ  
מִכַּף כָּל הָעָרִיצִים.  
הַיֹּאֵל הַנּוֹפֵרֵעַ לָנוּ מִצָּרֵינוּ,  
וְהַמְשַׁלֵּם גְּמוּל לְכֹל  
אֹיְבֵי נַפְשֵׁנוּ.  
הַשֶּׁם נִפְשֵׁנוּ בַחַיִּים,  
וְלֹא נָתַן לַמּוֹט רַגְלֵנוּ,  
הַמְדַרְיֵכֵנוּ עַל בָּמוֹת אוֹיְבֵינוּ,

vayarem karnenu al kol son'einu.

and raised our pride above all who hate us.

Ha-El ha-oseh lanu nisim

The Almighty One who wrought for us miracles

unkamah b'faroh,

and vengeance upon Pharaoh,

b'otot uvmof'tim b'admat

signs and wonders in the land

b'nei cham.

of the offspring of Ham.

Hamakeh v'evrato kol

Who struck with anger all

b'chorei mitzrayim,

the firstborn of Egypt,

vayotzi et amo Yisra-el

and removed His people Israel

mitocham l'cherut olam,

from their midst to eternal freedom,

hama-avir banav bein gizrei

Who brought His children through the split parts

yam suf,

of the Sea of Reeds,

et rod'feihem v'et son'eihem

those who pursued them and those that hated them

bit-homot tiba.

He sank into the depths.

Ra-u vanav g'vurato,

When His children witnessed His strength,

shib'chu v'hodu lishmo,

they praised and gave thanks to His Name,

umalchuto v'ratzon kib'lu aleihem,

and His Sovereignty they accepted upon themselves,

Mosheh uvnei Yisra-el l'cha anu

Moses and the children of Israel to You exclaimed

shirah b'simchah rabah,

in song with great gladness,

v'am'ru chulam:

and all of them said:

וַיָּרֶם קַרְנֵנוּ עַל כָּל שׂוֹנְאֵינוּ.

הָאֵל הָעֹשֶׂה לָנוּ נִסִּים

וּנְקָמָה בְּפַרְעֹה,

בְּאוֹתוֹת וּבְמוֹפְתִים בְּאֶדְמַת

בְּנֵי חָם.

הַמֶּכֶה בְּעִבְרָתוֹ כָּל

בְּכוֹרֵי מִצְרַיִם,

וַיּוֹצִיא אֶת עַמּוֹ יִשְׂרָאֵל

מִתּוֹכֶם לְחֵרוֹת עוֹלָם,

הַמַּעֲבִיר בְּנֵיו בֵּין גְּזְרֵי

יַם סוּף,

אֶת רוֹדְפֵיהֶם וְאֶת שׂוֹנְאֵיהֶם

בְּתְהוֹמוֹת טַבַּע.

וַרְאוּ בָנִים גְּבוּרָתוֹ,

שִׁבְּחוּ וְהוֹדוּ לְשִׁמּוֹ,

וּמַלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עָלֵיהֶם,

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ

שִׁירָה בְּשִׂמְחָה רַבָּה,

וְאָמְרוּ כָּלָם:

Everyone together:

Mi chamochah ba-elim Adonai,

Who is like You, among the gods, Adonai?

Mi kamochah nedar bakodesh,

Who is like You, glorious in holiness,

nora t'hilot, oseh fele?

awesome in praises, worker of wonders?

Malchut'cha ra-u vanecha,

Your sovereign might was witnessed by Your children,

boke-a yam lifnei Mosheh,

as the sea split they stood with Moses,

zeh Eli anu v'am'ru:

"This is my Eternal One" they exclaimed and then they said:

Adonai yimloch l'olam va-ed.

Adonai will reign for ever and ever.

מִי כַמֹּכָה בְּאֱלֹם יְהוָה,

מִי כַמֹּכָה נְאֻדָּר בִּקְדוּשָׁה,

נֹרָא תְהִלָּתְךָ, עֹשֶׂה פִלְאָה,

מִלְכוּתְךָ רָאוּ בְנֵיךָ,

בּוֹקַעַת יָם לְפָנֵי מֹשֶׁה,

זֶה אֱלֹהֵינוּ וְאִמְרוּ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

The Chazzan continues:

V'ne-emar:

Thus it is said:

ki fadah Adonai et Ya-akov,

"For Adonai redeemed Jacob,

ugalo miyad chazak mimenu.

and from a hand stronger than his own."

Baruch atah Adonai,

Blessed are You Adonai,

ga-al Yisra-el. {Amen.}

Who redeemed Israel. Amen.

וְנֵאמַר:

כִּי פָדָה יְהוָה אֶת יַעֲקֹב,

וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.

בְּרוּךְ אַתָּה יְהוָה,

גֹּאֲלֵי יִשְׂרָאֵל. {אָמֵן.}

## הַשְׁכִּיבֵנוּ

### HASHKIVENU

In the morning service, there are only three blessings that surround the Sh'ma. But in the evening connection, a fourth one is added which invokes divine protection over us during the night.

Hashkivenu Avinu l'shalom,

May we lay down to sleep, our Father, in peace,

v'ha-amidenu malkenu

and may arise, our Sovereign,

l'chayim tovim ulshalom.

to good life and to peace.

הַשְׁכִּיבֵנוּ אָבוּנוּ לְשָׁלוֹם,

וְהַעֲמִידֵנוּ מַלְכֵנוּ

לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

Ufros aleinu sukat sh'lomecha,  
 Spread over us the shelter of Your peace,  
 v'tak'nenu malkenu  
 and guide us, our Sovereign,  
 b'etzah tovah mil'fanecha.  
 with good counsel from before You,  
 V'hoshi-enu m'herah  
 and save us, quickly,  
 l'ma-an sh'mecha,  
 for the sake of Your Name,  
 v'hagen ba-adenu,  
 and protect us for our sake,  
 v'haser me-aleinu makat oyev,  
 and remove from being struck by an enemy,  
 dever, cherev, choli, tzarah,  
 disease, war, illness, misfortune,  
 ra-ah, ra-av, v'yagon,  
 evil, famine, and woe,  
 umashchit, umagefah.  
 and destructive powers, and epidemic.  
 Sh'vor v'haser hasatan  
 Break and shatter the Opponent  
 mil'faneinu ume-achareinu,  
 from before us and from behind us,  
 uvtzel k'nafecha tas-tirenu,  
 and under the shadow of your wings hide us,  
 ushmor tzetenu uvo-enu,  
 and guard us when we go out and when we return,  
 l'chayim tovim ulshalom,  
 for good life and for peace,  
 me-atah v'ad olam.  
 from now until eternity.  
 Ki El shom'renu umatzilenu atah,  
 For You are the Almighty One Who guards us and saves us,  
 mikol davar ra umipachad lailah.  
 from anything bad and from the fear of the night.

Baruch atah Adonai,  
 Blessed are You Adonai,  
 shomer et amo Yisra-el la-ad.  
 Who safeguards His people Israel forever.  
 {Amen.}  
 Amen.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,  
 וּתְקַנְנֵנוּ מַלְכֵנוּ  
 בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.  
 וְהוֹשִׁיעֵנוּ מְהֵרָה  
 לְמַעַן שְׁמֶךָ,  
 וְהִגֵּן בְּעַדְנוּ,  
 וְהִסֵּר מֵעָלֵינוּ מַכַּת אוֹיֵב,  
 דָּבָר, חָרֵב, חוֹלִי, צָרָה,  
 רָעָה, רָעֵב, וַיָּגוֹן,  
 וּמִשְׁחִית, וּמִגֵּפָה.  
 שִׁבּוֹר וְהִסֵּר הַשָּׂטָן  
 מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,  
 וּבִצֵּל כְּנַפֶּיךָ תִּסְתִּירֵנוּ,  
 וּשְׁמֹר צִאתָנוּ וּבואָנוּ,  
 לְחַיִּים טוֹבִים וְלִשְׁלוֹם,  
 מֵעַתָּה וְעַד עוֹלָם.  
 כִּי אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה,  
 מִכָּל דָּבָר רָע וּמִפַּחַד לַיְלָה.  
 בְּרוּךְ אַתָּה יְהוָה,  
 שׁוֹמֵר אֶת עַמּוֹ יִשְׂרָאֵל לְעַד.  
 {אָמֵן}

# חז"י קדיש

## CHATZI KADDISH

The Chatzi (Half) Kaddish concludes this section. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

*Recited by the Chazzan, Everyone says the words in { }.*

**Yitgadal v'yitkadash sh'meh raba.**

*Exalted and sanctified be His great Name.*

**{Amen.}**

*Amen.*

**B'al'ma di v'ra chiruteh,**

*In the world that He has created according to His will,*

**v'yamlich malchuteh,**

*and may He let His sovereignty have dominion,*

**v'yatzmach purkaneh**

*and cause His redemption to sprout*

**vikarev M'shicheh. {Amen.}**

*and bring near the Mashiach. Amen.*

**B'chayeichon uvyomeichon**

*In your lifetime and in your days*

**uvchayei d'chol beit Yisra-el,**

*and in the lifetime of the entire House of Israel,*

**ba-agala uvizman kariv,**

*speedily and at a time that comes soon,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

**{Y'he sh'meh raba m'varach**

*May His great Name be blessed*

**l'alam ul-almei al-maya.}**

*forever and for all eternity.*

**Yitbarach v'yishtabach v'yitpa-ar**

*Blessed and praised and glorified*

**v'yitromam v'yitnase v'yit-hadar**

*and exalted and raised up and honored*

**v'yitaleh v'yit-halal**

*and elevated and lauded*

**sh'meh d'kudsha {b'rich hu},**

*be the Name of the Holy One, Blessed is He,*

**l'ela min kol birchata v'shirata**

*beyond more than any blessing and song*

**tushb'chata v'nechemata,**

*praise and consolation*

**da-amiran b'al'ma,**

*that are uttered in the world,*

**v'imru amen. {Amen.}**

*and say amen. Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקָנֵיהּ

וְיִקְרַב מְשִׁיחֵהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעֵלָם וּלְעֵלְמֵי עֲלַמְיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבַּחַתָּא וְנַחֲמַתָּא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

# תפלת העמידה

## THE AMIDAH PRAYER

The Zohar refers to this section of the service as the Amidah, which comes from the word "Amad" which literally means "to stand", and was instituted three times per day by the Patriarchs. The Amidah connects us to Atzilut, the world of Ein Sof. The Talmud refers to the Amidah simply as Tefilah (Prayer). During the Amidah we have to opportunity, both as individuals and as a community, to step into the Kadosh HaKodashim (The Holy of Holies) and to offer our prayers and supplications as an offering to the Almighty One.

*During the Amidah, one should concentrate on each word and pray with a spirit of awe and humility and gladness.*

*We take three steps backward that represent withdrawing our attention from the physical world.*

*With complete concentration, we take three steps forward which signify stepping into the land of Israel, into the city of Jerusalem, and into the Kadosh Hakadashim (the Holy of Holies).*

אֲדֹנָי שִׁפְתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

# אבות

## AVOT

The first blessing of the Amidah is associated with Avraham and the s'firah of Chesed. Through it we acknowledge the Creator's great mercy which was revealed to us through our ancestors.

*Bow the body at בָּרוּךְ Baruch and then bow the head at אַתָּה Atah.*

**Baruch atah Adonai Eloheinu**

*Blessed are You Adonai our Elohim*

**Velohei avoteinu,**

*and Elohim of our ancestors,*

**Elohei Avraham, Elohei Yitzchak,**

*Elohim of Abraham, Elohim of Isaac,*

**Elohei Ya-akov, Elohei Sarah,**

*Elohim of Jacob, Elohim of Sarah,*

**Elohei Rivkah, Elohei Rachel,**

*Elohim of Rebecca, Elohim of Rachel,*

**Velohei Le-ah. Ha-El hagadol**

*and Elohim of Lei-ah. The Almighty Who is great,*

**hagibor v'hanora, El elyon,**

*powerful and awesome, supreme Almighty One*

**gomel chasadim tovim,**

*Who bestows beneficial kindnesses,*

**v'koneh hakol,**

*and creates everything,*

**v'zocher chasdei avot,**

*and Who recalls the kindnesses of the Patriarchs*

**umevi go-el livnei v'neihem,**

*and brings a Redeemer to the children of their children,*

**l'ma-an sh'mo b'ahavah.**

*for the sake of His Name with love.*

**Melech ozer umoshi-a umagen.**

*O Sovereign, Who is a Helper, Savior, and Shield.*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,  
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,  
אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל,  
וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגְּבוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקֹנֵה הַכֹּל,  
וְזוֹכֵר חֲסֵדֵי אֲבוֹת,  
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם,  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

*Bow the body at בָּרוּךְ Baruch and then bow the head at אַתָּה Atah.*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**magen Avraham v'ezrat Sarah.**

*Shield of Abraham and Helper of Sarah.*

בָּרוּךְ אַתָּה יְהוָה,  
מַגֵּן אַבְרָהָם וְעֲזֵרַת שָׂרָה.

## גְבוּרוֹת GEVUROT

The second blessing of the Amidah is associated with Yitzchak and the s'firah of Gevurah. Through it we acknowledge the Creator's great might and mention the revival of the dead five times which is an allusion to the five levels of the soul.

Atah gibor l'olam Adonai,  
*You are mighty eternally O Ruler,*  
m'chayeh metim atah,  
*You are the One Who revives the dead,*  
rav l'hoshi-ah.  
*abundantly able to save.*

**Pesach-Sukkot:** Morid hatal.  
*Who brings down the dew.*  
**Sh'mini Atzeret-Pesach:** Mashiv haru-ach,  
*Who makes the wind blow*  
umorid hagashem.  
*and brings down the rain.*

M'chal-kel chayim b'chesed,  
*Who sustains the living with kindness,*  
m'chayeh metim b'rachamim rabim,  
*reviving the dead with abundant mercy,*  
somech nof'lim, v'rofe cholim,  
*Who supports the fallen, and Who heals the sick,*  
umatir asurim,  
*and Who releases those who are bound,*  
umkayem emunato lishenei afar.  
*and Who keeps His faith to those who sleep in the dust.*  
Mi chamocha, ba-al g'vurot!  
*Who is like You, O Master of mighty deeds!*  
Umi domeh lach, melech memit  
*And who can compare to You, Sovereign Who causes death*  
umchayeh umatzmi-ach y'shu-ah.  
*and restores life and and makes sprout salvation.*

V'ne-eman atah l'hachayot metim.  
*And You are faithful to revive the dead*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
m'chayeh hametim.  
*Who revives the dead.*

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,  
מְחַיֶּה מֵתִים אַתָּה,  
רַב לְהוֹשִׁיעַ.

בְּקִיץ: מוֹרִיד הַטָּל.  
בְּחוֹרֶף: מְשִׁיב הַרוּחַ,  
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמַתִּיר אֲסוּרִים,  
וּמְקַיֵּם אֱמוּנָתוֹ לְיֹשְׁנֵי עָפָר.  
מִי כָמוֹךָ, בָּעַל גְבוּרוֹת!  
וּמִי דוֹמֶה לָךְ, מְלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.  
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בָּרוּךְ אַתָּה יְהוָה,  
מְחַיֶּה הַמֵּתִים.

## קְדוּשַׁת הַשֵּׁם KEDUSHAT HASHEM

The third blessing of the Amidah is associated with Ya-akov and Tiferet. Through it we acknowledge the Creator's holiness.

Atah kadosh v'shimcha kadosh,  
*You are holy and Your Name is holy,*  
ukdoshim b'chol yom  
*and each day the blessed ones*  
y'hal'lucha selah,  
*sing praises to You, Selah,*  
ki El melech gadol v'kadosh atah.  
*for O Almighty One, a Sovereign great and holy are You.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
ha-El hakadosh.  
*the Almighty One Who is holy.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,  
וְקְדוּשֵׁים בְּכֹל יוֹם  
יְהַלְלוּךָ סֵלָה,  
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.  
בָּרוּךְ אַתָּה יְהוָה,  
הָאֵל הַקָּדוֹשׁ

## THE MIDDLE BLESSINGS

The middle blessings of the Weekday Amidah consist of thirteen supplications. The first five are personal supplications, seven are communal, and the final supplication is for the Creator to accept our prayers.

### בִּינָה

## BINAH (INSIGHT)

Atah chonen l'adam da-at,  
*You endow humans with knowledge,*  
umlamed le-enosh binah.  
*and teach mortals understanding.*  
v'chonenu me-it'cha chochmah  
*and graciously share with us Your wisdom,*  
binah vada-at.  
*insight and knowledge.*

אַתָּה חוֹנֵן לְאָדָם דַּעַת,  
וּמְלַמֵּד לְאֶנוֹשׁ בִּינָה,  
וְחֹנְנֵנוּ מֵאַתָּךְ חֹכְמָה  
בִּינָה וְדַעַת.

*The following is only said at the conclusion of Shabbat and of Festivals (including Yom Tov to Chol HaMoed).*

**Atah chonantanu Adonai Eloheinu**

*You have given us, Adonai our Elohim,*

**mada v'haskel.**

*wisdom and intelligence.*

**Atah amarta l'havdil**

*You said to distinguish.*

**bein kodesh l'chol,**

*between the sacred and the secular,*

**uvein or l'choshech,**

*and between light and darkness,*

**uvein Yisra-el la-amim,**

*and between Israel and the nations,*

**bein yom hash'vi-i**

*between the Seventh Day*

**l'sheshet y'mei hama-aseh.**

*and the six days of labor.*

**K'shem shehivdaltanu**

*Much as You have distinguished us,*

**Adonai Eloheinu me-amei ha-aratzot**

*Adonai our Elohim, from the peoples of the lands*

**umimishp'chot ha-adamah,**

*and from the families of the earth,*

**kach p'denu v'hatzilenu**

*so too redeem us and save us*

**misatan ra umipega ra,**

*from the evil Opponent and from an evil affliction,*

**umikol g'zerot kashot v'ra-ot**

*and from all harsh decrees and wickedness*

**hamitrag'shot lavo ba-olam.**

*that assemble to come into the world.*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**chonen hada-at.**

*gracious Giver of knowledge.*

אַתָּה חוֹנְנֵתָנוּ יְהוָה אֱלֹהֵינוּ  
מִדָּע וְהַשְׂכִּיל.

אַתָּה אִמַּרְתָּ לְהַבְדִּיל

בֵּין קֹדֶשׁ לְחֹל

וּבֵין אֹר לְחֹשֶׁךְ

וּבֵין יִשְׂרָאֵל לְעַמִּים,

וּבֵין יוֹם הַשְּׁבִיעִי

לְשֵׁשֶׁת יְמֵי הַמַּעֲשֶׂה.

כְּשֵׁם שֶׁהִבְדַּלְתָּנוּ

יְהוָה אֱלֹהֵינוּ מֵעַמֵּי הָאָרְצוֹת

וּמִמִּשְׁפָּחוֹת הָאָדָמָה,

כַּךְ פָּדַנּוּ וְהִצִּילָנוּ

מִשָּׂטָן רָע וּמִפְּגַע רָע,

וּמִכָּל גְּזֵרוֹת קָשׁוֹת וְרָעוֹת

הַמְתַּרְגְּשׁוֹת לְבֹא בְּעוֹלָם.

בָּרוּךְ אַתָּה יְהוָה,

חוֹנֵן הַדָּעַת.

## תשובה

## TESHUVAH (RETURN)

Hashivenu avinu l'Toratecha,  
*Return us our Father to Your Torah,*  
 v'kar'venu malkenu la-avodatecha,  
*and draw us our Sovereign to Your service,*  
 v'hachazirenu bitshuvah sh'lemah  
*and in complete return restore us*  
 l'fanecha.  
*to Your Presence*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 harotzeh bitshuvah.  
*Who welcomes those who return.*

הַשִּׁיבֵנו אֲבִינוּ לְתוֹרַתְךָ,  
 וְקַרְבֵנו מַלְכֵנו לְעִבּוֹדְתְךָ,  
 וְהַחְזִירֵנוּ בְּתִשׁוּבָה שְׁלֵמָה  
 לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה,  
 הַרוֹצֵה בְּתִשׁוּבָה.

## סליחה

## SELICHAH (FORGIVENESS)

*While saying חטאנו "chatanu" and פשענו "fashanu" gently strike the left side of the chest with the right fist.*

S'lach lanu, avinu, ki chatanu,  
*Forgive us, our Father, for our negativity,*  
 m'chol lanu malkenu ki fashanu,  
*pardon us, our Sovereign, for our misdeeds,*  
 ki El tov v'salach atah.  
*for You are the One Who is good and forgiving.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 chanun hamarbeh lislo-ach.  
*the gracious One Who abundantly forgives.*

סַלַח לָנוּ, אֲבִינוּ, כִּי חָטָאנוּ,  
 מִחוּל לָנוּ מַלְכֵנוּ כִּי פָשַׁעְנוּ,  
 כִּי אֵל טוֹב וְסָלַח אֶתְהָא.

בָּרוּךְ אַתָּה יְהוָה,  
 חַנוּן הַמְרַבֵּה לְסִלַּח.

## גְּאוּלָּה

### GEULAH (REDEMPTION)

R'eh na v'onyenu v'rivah rivenu,  
*Please look upon our affliction and defend our cause,*  
 umaher l'ga-alenu g'ulah sh'lemah  
*and quickly redeem us with a complete redemption*  
 l'ma-an sh'mecha,  
*for the sake of Your Name,*  
 ki El go-el chazak atah.  
*for You, Almighty One, are the powerful Redeemer.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 go-el Yisra-el.  
*Redeemer of Israel.*

רֵאֵה נָא בְּעֵינֵינוּ וְרִיבָה רִיבָנוּ,  
 וּמְהֵרָ לְגַאֲלֵנוּ גְּאוּלָּה שְׁלֵמָה  
 לְמַעַן שְׁמֶךָ,  
 כִּי אֵל גּוֹאֵל חֲזָק אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,  
 גּוֹאֵל יִשְׂרָאֵל.

## רְפוּאָה

### REFUAH (HEALING)

R'fa-enu, Adonai, v'nerafe,  
*Heal us, Adonai, and let us be healed,*  
 hoshi-einu v'nivashe-ah,  
*save us and let us be saved,*  
 ki t'hilatenu atah.  
*for the One we praise is You.*  
 V'ha-aleh aruchah umarpe  
*Bring cure and healing*  
 l'chol tachalu-einu  
*for all of our illnesses,*  
 ulchol machoveinu  
*and for all of our pains,*  
 ulchol machoteinu,  
*and for all of our ailments,*  
 ki El melech v'rofei  
*for O Almighty One, a Sovereign and a Healer*  
 ne-eman v'rachaman atah.  
*Who is faithful and compassionate are You.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 rofe cholei amo Yisra-el.  
*Who heals the sick of His people Israel.*

רְפְּאוּנוּ יְהוָה וְנִרְפָּא,  
 הוֹשִׁיעֵנוּ וְנִוָּשָׁעָה,  
 כִּי תִהְיֶה לָנוּ אַתָּה.  
 וְהַעֲלֵה אֲרוּכָה וּמְרַפָּא  
 לְכֹל תַּחֲלוּאֵינוּ  
 וּלְכֹל מַכְאוּבֵינוּ  
 וּלְכֹל מַכּוֹתֵינוּ,  
 כִּי אֵל מֶלֶךְ רוֹפֵא  
 נֶאֱמָן וְרַחֲמָן אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,  
 רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

# ברכת השנים

## BIRKAT HASHANIM (YEAR OF PROSPERITY)

### בקיץ

SUMMER

*First night of Pesach Chol HaMoed - Minchah of December 4th (Dec. 5 in a civil leap year).*

**Bar'chenu Adonai Eloheinu**  
*Bless us, Adonai our Elohim,*  
**b'chol ma-asei yadeinu,**  
*in all the works of our hands,*  
**uvarech sh'natenu b'tal'lei ratzon**  
*bless our year with dews of favor,*  
**b'rachah undavah.**  
*blessing and generosity.*  
**Ut-hi acharitah chayim**  
*May its end be one of life*  
**v'sava v'shalom,**  
*of plenty and of peace,*  
**kashanim hatovot livrachah,**  
*as the best years for blessing,*  
**ki El tov umetiv atah,**  
*for You, Almighty One, are good and beneficent,*  
**umvarech hashanim.**  
*and the One Who blesses the years.*

**Baruch atah Adonai,**  
*Blessed are You Adonai,*  
**m'varech hashanim.**  
*Who blesses the years.*

בְּרַכְנוּ יְהוָה אֱלֹהֵינוּ  
בְּכֹל מַעֲשֵׂי יְדֵינוּ,  
וּבְרַךְ שְׁנַתְנוּ בְּטַלְלֵי רִצּוֹן  
בְּרַכָּה וּנְדָבָה.  
וּתְהִי אַחֲרֵיתָהּ חַיִּים  
וְשָׂבַע וְשָׁלוֹם,  
כַּשָּׁנִים הַטּוֹבוֹת לְבְרָכָה,  
כִּי אֵל טוֹב וּמְטִיב אֶתְהָ  
וּמְבָרַךְ הַשָּׁנִים.  
בָּרוּךְ אַתָּה יְהוָה,  
מְבָרַךְ הַשָּׁנִים.

### בוזרף

WINTER

*Arvit of December 4th (Dec. 5 in a civil leap year) - Minchah of Erev Pesach.*

**Barech aleinu, Adonai Eloheinu,**  
*Bless on our behalf, Adonai our Elohim,*  
**et hashanah hazot et**  
*this year and*  
**kol minei t'vu-atah,**  
*and its abundant crops,*  
**l'tovah,**  
*for good,*  
**v'ten tal umatar livrachah**  
*and give dew and rain for a blessing*

בְּרַךְ עָלֵינוּ יְהוָה אֱלֹהֵינוּ  
אֶת הַשָּׁנָה הַזֹּאת,  
וְאֶת כָּל מִיְּנֵי תְבוֹאָתָהּ,  
לְטוֹבָה,  
וְתֵן טַל וּמָטָר לְבְרָכָה

al kol p'nei ha-adamah,  
*upon all the face of the earth,*  
 v'raveh p'nei tevel,  
*and saturate the face of the world,*  
 v'saba et ha-olam  
*and satisfy the world*  
 kulo mituvach,  
*completely from Your goodness,*  
 umalei yadeinu mibirchotecha  
*and fill our hands with Your blessings*  
 ume-osher mat'not yadecha.  
*and from the abundance of gifts from Your hands.*  
 Shomrah v'hatzilah shanah zo  
*Watch over and rescue this year*  
 mikol davar ra,  
*from anything bad,*  
 umikol minei mash-chit,  
*and from all kinds of destruction,*  
 umikol minei puranut,  
*and from all kinds of calamity,*  
 va-aseh lah tikvah tovah  
*and give it good hope*  
 v'acharit shalom,  
*and a peaceful end,*  
 chus v'rachem aleha  
*have pity and compassion upon it*  
 v'al kol t'vua-tah ufeiroteha,  
*and upon its grain and fruit,*  
 uvar'chah b'gishmei ratzon  
*and bless it with desirable rain*  
 b'rachah undavah.  
*blessing and generosity.*  
 Ut-hi acharitah chayim  
*May its end be one of life*  
 v'sava v'shalom,  
*of plenty and of peace,*  
 kashanim hatovot livrachah,  
*as the best years for blessing,*  
 ki El tov umetiv atah,  
*for You, Almighty One, are good and beneficent,*  
 umvarech hashanim.  
*and the One Who blesses the years.*  
 Baruch atah Adonai,  
*Blessed are You Adonai,*  
 m'varech hashanim.  
*Who blesses the years.*

עַל כָּל פְּנֵי הָאֲדָמָה,  
 וְרוּיָה פְּנֵי תֵבֵל,  
 וְשָׂבַע אֶת הָעוֹלָם  
 כְּלוֹ מִטוּבְךָ,  
 וּמִלֵּא יַדֵּינוּ מִבְּרִכּוֹתֶיךָ  
 וּמֵעֶשֶׂר מַתָּנוֹת יָדֶיךָ.  
 שְׁמֹרָה וְהִצִּילָה שָׁנָה זוֹ  
 מִכָּל דָּבָר רָע,  
 וּמִכָּל מִיַּיִ מִשְׁחִית,  
 וּמִכָּל מִיַּיִ פְּרַעֲנוֹת,  
 וְעֲשֵׂה לָּהּ תִקְוָה טוֹבָה  
 וְאַחֲרִית שָׁלוֹם,  
 חוּס וְרַחֵם עָלֶיהָ  
 וְעַל כָּל תְּבוּאָתָהּ וּפִירוֹתֶיהָ,  
 וּבְרַכָּהּ בְּגִשְׁמֵי רִצּוֹן  
 בְּרַכָּהּ וּנְדָבָה.  
 וְתִהְיֶה אַחֲרִיתָהּ חַיִּים  
 וְשָׂבַע וְשָׁלוֹם,  
 כַּשָּׁנִים הַטּוֹבוֹת לְבְרַכָּהּ,  
 כִּי אֵל טוֹב וּמְטִיב אֶתָּה  
 וּמְבָרֵךְ הַשָּׁנִים.  
 בָּרוּךְ אַתָּה יְהוָה,  
 מְבָרֵךְ הַשָּׁנִים.

# קבוץ גלויות

## KIBUTZ GALUYOT (INGATHERING OF EXILES)

T'ka b'shofar gadol l'cherutenu,  
*Sound the great shofar to proclaim our freedom,*  
 v'sa nes l'kabetz galuyoteinu,  
*raise a banner to gather in our exiles,*  
 v'kab'tzenu yachad me-arba  
*and gather us together from the four*  
 kanfot ha-aretz l'artzenu.  
*corners of the earth to our land.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 m'kabetz nidchei amo Yisra-el.  
*Who gathers the dispersed of Your people Israel.*

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵרוּתֵנוּ,  
 וּשְׂא נֵס לְקִבּוּץ גְּלוּיֹתֵינוּ,  
 וּקְבֹצֵנוּ יַחַד מֵאַרְבַּע  
 כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

בָּרוּךְ אַתָּה יְהוָה,  
 מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

# דין

## DIN (RESTORATION OF JUSTICE)

Hashivah shof'teinu k'varishonah,  
*Restore our judges as they were in earliest times,*  
 v'yo-atzeinu k'vatchilah,  
*and our advisors as at the beginning,*  
 v'haser mimenu yagon va-anachah.  
*and remove from us grief and sighing.*  
 Umloch aleinu m'herah atah  
*And may You reign over us speedily,*  
 Adonai l'vad'cha,  
*Adonai, alone,*  
 b'chesed uvrachamim  
*with kindness and compassion*  
 b'tzedek uvmishpat.  
*with righteousness and justice.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 melech ohev tz'dakah umishpat.  
*Sovereign Who loves righteousness and justice.*

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְרָאשׁוֹנָה,  
 וְיֹעֲצֵינוּ כְּבִתְחִלָּה,  
 וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה.  
 וּמְלוֹךְ עָלֵינוּ מְהֵרָה אַתָּה  
 יְהוָה לְבַדְּךָ,  
 בְּחֶסֶד וּבְרַחֲמִים  
 בְּצַדֵּק וּבְמִשְׁפָּט.

בָּרוּךְ אַתָּה יְהוָה,  
 מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

## ברכת המינים

### BIRKAT HAMINIM (AGAINST EVIL)

#### Laminim v'lamalshinim

*For the wicked and the slanderers*

al t'hi tikvah,

*may there be no hope,*

v'chol hazedim k'rega yovedu,

*and may all wicked perish in an instant,*

v'chol oy'vecha v'chol son'echa

*and may all Your enemies and all Your foes*

m'herah yikaretu,

*quickly be cut down,*

umalchut harishah m'herah

*and the realm of evil quickly*

t'aker utshaber,

*may You uproot and smash,*

utchalem v'tachni-em

*and terminate and overpower them,*

bimherah v'yameinu.

*very soon and in our days.*

#### Baruch atah Adonai,

*Blessed are You Adonai,*

shover oy'vim umachni-a zedim.

*Who smashes enemies and overpowers the wicked.*

למינים ולמלשינים

אל תהי תקוה,

וכל הזדים כרגע יאבדו,

וכל אויביך וכל שונאיך

מהרה יכרתו,

ומלכות הרשעה מהרה

תעקר ותשבר,

ותכלם ותכניעם,

במהרה בימינו.

ברוך אתה יהוה,

שובר אויבים ומכניע מינים.

## צדיקים

### TZADIKIM (THE RIGHTEOUS)

#### Al hatzadikim v'al hachasidim

*Upon the righteous and upon the devout*

v'al ziknei am'cha

*and upon the remainder of Your people*

beit Yisra-el,

*the House of Israel,*

v'al p'leitat beit sof'reihem,

*and upon the remnant of the house of their scholars,*

v'al gerei ha-tzedek v'aleinu,

*and upon the converts who are righteous and upon us,*

yehemu na rachamecha,

*may Your compassion be stirred,*

על הצדיקים ועל החסידים

ועל שארית עמך

בית ישראל,

ועל פליטת בית סופריהם,

ועל גרי הצדק ועלינו,

יהמו נא רחמיך,

Adonai Eloheinu,  
*Adonai our Elohim,*  
 v'ten sachar tov l'chol  
*and grant a good reward to all*  
 habot'chim b'shimcha be-emet,  
*who put their trust in Your Name with truth,*  
 v'sim chelkenu imahem,  
*and number us among them forever,*  
 ul-olam lo nevosh  
*and may we never feel ashamed*  
 ki v'cha batachnu  
*for in You we have put our trust*  
 v'al chasd'cha hagadol  
*and upon Your great compassion*  
 be-emet nishan'nu.  
*do we truly rely.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 mishan umivtach latzadikim.  
*the Support and Assurance of the righteous.*

יהוה אֱלֹהֵינוּ,  
 וְתֵן שָׂכָר טוֹב לְכֹל  
 הַבּוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,  
 וְשִׂים חֵלְקֵנוּ עִמָּהֶם,  
 וְלֵעוֹלָם וְלֹא נִבּוֹשׁ  
 כִּי בְךָ בָטַחְנוּ  
 וְעַל חַסְדֶּךָ הַגָּדוֹל  
 בְּאֵמֶת נִשְׁעָנָנוּ.  
 בָּרוּךְ אַתָּה יְהוָה,  
 מִשֵּׁעַן וּמִבְטָח לְצַדִּיקִים.

## בְּנֵי יְרוּשָׁלַיִם

### BINYAN YERUSHALAYIM (REBUILDING JERUSALEM)

Tishkon b'toch Y'rushalayim ir'cha  
*Dwell within the midst of Jerusalem, Your city,*  
 ka-asher dibarta,  
*as You have spoken,*  
 v'chise David avd'cha  
*and the throne of David, Your servant,*  
 m'herah b'tochah tachin,  
*may You establish within it very soon,*  
 uvneh otah binyan olam,  
*and may You rebuild it as an eternal edifice,*  
 bimherah v'yameinu.  
*very soon and in our days.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 boneh Y'rushalayim.  
*Who rebuilds Jerusalem.*

תִּשְׁכּוּן בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ  
 כַּאֲשֶׁר דִּבַּרְתָּ,  
 וְכִסֵּא דָוִד עֲבֹדְךָ  
 מְהֵרָה בְּתוֹכָהּ תָּכִין,  
 וּבְנֵה אוֹתָהּ בְּנֵי עוֹלָם,  
 בְּמְהֵרָה בְּיָמֵינוּ.  
 בָּרוּךְ אַתָּה יְהוָה,  
 בּוֹנֵה יְרוּשָׁלַיִם.

## מלכות בית דוד

### MALCHUT BEIT DAVID (DAVIDIC REIGN)

Et tzemach David avd'cha  
*The offspring of David Your servant*  
 m'herah tatzmi-ach,  
*may You cause to flourish speedily,*  
 v'karno tarum bishuatecha,  
*and may his power flourish through Your salvation,*  
 ki lishuat'cha kivinu kol hayom.  
*because for Your salvation do we hope all the day long.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 matzmi-ach keren y'shuah.  
*Who causes salvation to flourish.*

אֶת צֶמַח דָּוִד עֲבֹדְךָ  
 מְהֵרָה תִצְמִיחַ,  
 וְקַרְנוֹ תָרוּם בְּיִשׁוּעָתְךָ,  
 כִּי לְיִשׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בְּרוּךְ אַתָּה יְהוָה,  
 מִצְמִיחַ קֶרֶן יְשׁוּעָה.

## קבלת תפילה

### KABBALAT TEFILAH (ACCEPTANCE OF PRAYER)

Sh'ma kolenu, Adonai Eloheinu,  
*Hear our voice, Adonai our Elohim,*  
 Av harachaman,  
*Merciful Father,*  
 rachem aleinu,  
*have compassion on us,*  
 v'kabel b'rachamim uvratzon  
*and accept with compassion and favor*  
 et t'filatenu, ki El shome-a  
*our prayer, for the Almighty One who hears*  
 t'filot v'tachanunim atah.  
*prayers and supplications is You,*  
 Umil'fanecha malkenu,  
*From before Yourself, our Sovereign,*  
 rekam al t'shivenu,  
*do not turn us away empty-handed,*  
 chonenu va-anenu ushma t'filatenu,  
*be gracious with us and answer us and hear our prayers,*  
 ki atah shome-a t'filat kol peh.  
*for You hear the prayer of every mouth.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 shome-a t'filah.  
*Who hears prayer.*

שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ,  
 אָב הַרַחֲמָן,  
 רַחֵם עָלֵינוּ,  
 וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן  
 אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ  
 תְּפִלוֹת וְתַחֲנוּנִים אַתָּה.  
 וּמִלְּפָנֶיךָ מַלְכֵנוּ,  
 רִיקָם אַל תְּשִׁיבֵנוּ,  
 חֲנֹנֵנוּ וְעֲנֵנוּ וּשְׁמַע תְּפִלָּתֵנוּ,  
 כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת כָּל פֶּה.

בְּרוּךְ אַתָּה יְהוָה,  
 שׁוֹמֵעַ תְּפִלָּה.

# עבודה

## AVODAH

The first final blessing of the Amidah is associated with Moshe and the s'firah of Netzach. Through it we ask that the Creator be pleased with Yisrael and restore the Temple service.

**R'tzeh Adonai Eloheinu,**  
*Be pleased, Adonai our Elohim,*  
**b'am'cha Yisra-el,**  
*with Your people Israel,*  
**v'litfilatam sh'eh,**  
*and turn toward their prayer,*  
**v'hashev et ha-avodah**  
*and restore the service*  
**lidvir beitecha,**  
*to the Holy of Holies of Your Temple,*  
**v'ishei Yisra-el utfilatam,**  
*and the fire-offerings of Israel and their prayer,*  
**m'herah b'ahavah t'kabel b'ratzon,**  
*speedily accept with love and with favor,*  
**ut-hi l'ratzon tamid,**  
*and to You may it always be favorable,*  
**avodat Yisra-el amecha.**  
*the service of Your people Israel.*

רְצֵה יְהוָה אֱלֹהֵינוּ,  
 בְּעַמְּךָ יִשְׂרָאֵל,  
 וְלִתְפִלָּתָם שְׁעָה,  
 וְהָשִׁב אֶת הָעֲבוּדָה  
 לְדָבִיר בֵּיתְךָ,  
 וְאֲשֵׁי יִשְׂרָאֵל וְתִפְלָתָם,  
 מְהֵרָה בְּאַהֲבָה תִּקְבֹּל בְּרָצוֹן,  
 וְתִהְיֶה לְרָצוֹן תָּמִיד  
 עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

*We say the following when Rosh Chodesh occurs on Shabbat.*

**Eloheinu Velohei avoteinu,**  
*Our Elohim and Elohim of our ancestors,*  
**ya-aleh v'yavo v'yagi-a v'yera-eh**  
*may there rise and come and arrive and appear*  
**v'yeratzev v'yishama v'hipaked**  
*and find favor and be heard and be considered*  
**v'yizacher zichronenu**  
*and be remembered, remembrance of us*  
**v'zichron avoteinu,**  
*and the remembrance of our ancestors,*  
**v'zichron Y'rushalayim irach,**  
*and the remembrance of Jerusalem Your,*  
**v'zichron Mashiach ben David avdach,**  
*and the remembrance of Mashiach ben David, Your servant,*  
**v'zichron kol am'cha beit Yisra-el**  
*and the remembrance of Your entire people the House of Israel*  
**l'fanecha, lif-leitah, l'tovah,**  
*before You, for deliverance, for good,*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 יַעֲלֶה וְיָבֵא וְיָגִיעַ וְיִרְאֶה  
 וְיִרְצֶה וְיִשְׁמַע וְיִפְקֹד  
 וְיִזְכֹּר זְכוֹרֵנוּ  
 וְזָכוֹר אֲבוֹתֵינוּ,  
 וְזָכוֹר יְרוּשָׁלַיִם עִירְךָ,  
 וְזָכוֹר מָשִׁיחַ בֶּן דָּוִד עַבְדְּךָ,  
 וְזָכוֹר כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
 לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,

**I'chen I'chesed** ulrachamim,  
*for grace, for lovingkindness and for compassion,*  
**I'chayim tovim** ulshalom,  
*for good life and for peace,*  
**b'ynom Rosh ha-Chodesh** hazeh,  
*on this day of Rosh Chodesh,*  
**I'rachem bo aleinu** ul-hoshi-enu.  
*have mercy upon us on it and to bring us salvation.*  
**Zochrenu Adonai Eloheinu,**  
*Remember us, Adonai our Elohim,*  
**bo I'tovah,**  
*on it for goodness,*  
**ufakdenu** vo livrachah,  
*and consider us on it for blessing,*  
**v'hoshi-enu** vo I'chayim tovim.  
*and save us on it for good life.*  
**Bidvar y'shu-ah v'rachamim,**  
*In the matter of salvation and mercy,*  
**chus v'chanenu,**  
*spare us and be gracious to us,*  
**vachamol v'rachem aleinu**  
*and have pity and have mercy upon us*  
**v'hoshi-enu,**  
*and save us,*  
**ki Elecha eineinu,**  
*for our eyes look to You,*  
**ki El melech chanun**  
*for O Almighty One, Sovereign gracious*  
**v'rachum atah.**  
*and compassionate are You.*

לַחֵן לְחֶסֶד וְלִרְחָמִים,  
 לְחַיִּים טוֹבִים וְלִשְׁלוֹם,  
 בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה,  
 לְרַחֵם בּוֹ עָלֵינוּ וְלְהוֹשִׁיעֵנוּ.  
 זְכוּרֵנוּ יְהוָה אֱלֹהֵינוּ,  
 בּוֹ לְטוֹבָה,  
 וּפְקֻדָּנוּ בּוֹ לְבְרָכָה,  
 וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים טוֹבִים.  
 בְּדַבַּר יְשׁוּעָה וְרַחֲמִים,  
 חוּס וְחַנּוּנוֹ,  
 וְחַמּוֹל וְרַחֵם עָלֵינוּ  
 וְהוֹשִׁיעֵנוּ,  
 כִּי אֵלֶיךָ עֵינֵינוּ,  
 כִּי אֵל מֶלֶךְ חַנּוּן  
 וְרַחוּם אַתָּה.

**V'atah b'rachamecha** harabim,  
*And You, with Your great mercy,*  
**tachpotz banu v'tirtzenu,**  
*desire us and be favorable to us,*  
**v'techezenah eineinu b'shuv'cha**  
*and may our eyes witness Your return*  
**I'Tziyon b'rachamim.**  
*to Zion with compassion.*

**Baruch atah Adonai,**  
*Blessed are You Adonai,*  
**hamachazir Sh'chinato I'Tziyon.**  
*Who restores His Sh'chinah to Zion.*

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים,  
 תַּחְפֹּץ בָּנוּ וְתִרְצֵנוּ,  
 וְתַחְזִינָה עֵינֵינוּ בְּשׁוּבְךָ  
 לְצִיּוֹן בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,  
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

## הודאה

## HODA-AH

The final second blessing of the Amidah is associated with Aharon and the s'firah of Hod. Through it we offer gratitude to the Creator for our lives, for all the visible and invisible miracles that occur, and for sustaining us in every moment.

*Bow the body at מוֹדִים Modim and then bow the head at שְׂאֵתָה הוּא Atah.*

Modim anachnu lach,  
*We give thanks to You,*  
 she-atah hu Adonai Eloheinu,  
*for it is You Who are Adonai our Elohim,*  
 Velohei avoteinu l'olam va-ed,  
*and the Elohim of our ancestors, for ever and ever,*  
 tzurenu tzur chayeinu  
*our Rock, Rock of our life,*  
 umagen yishenu atah hu,  
*Shield of our salvation are You,*  
 l'dor vador nodeh l'cha  
*from generation to generation we shall thank You*  
 unsaper t'hilatecha,  
*and tell Your praises,*  
 al chayeinu ham'surim b'yadecha,  
*for our lives which are placed into Your hands,*  
 v'al nishmoteinu hap'kudot lach,  
*and for our souls which are entrusted to You,*  
 v'al nisecha sheb'chol yom imanu,  
*and for Your miracles that are with us every day,*  
 v'al nifl'otecha v'tovotecha,  
*and for Your wonders and Your favors,*  
 sheb'chol et,  
*that are at all times,*  
 erev vavoker v'tzahorayim.  
*evening and morning and afternoon.*  
 Hatov, ki lo chalu rachamecha,  
*You are goodness, for Your mercies never cease,*  
 v'ham'rachem,  
*and the Compassionate One,*  
 ki lo tamu chasadecha,  
*for Your kindnesses have never ended,*  
 me-olam kivinu lach.  
*for always we have placed our hope in You.*

מוֹדִים אֲנַחְנוּ לָךְ,  
 שְׂאֵתָה הוּא יְהוָה אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד,  
 צוּרֵנוּ צוּר חַיֵּינוּ  
 וּמָגֵן יִשְׁעֵנוּ אַתָּה הוּא,  
 לְדוֹר וָדוֹר נוֹדֶה לָךְ  
 וְנִסְפֵּר תְּהִלָּתְךָ,  
 עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,  
 וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,  
 וְעַל נִסֶּיךָ שֶׁבְּכֹל יוֹם עִמָּנוּ,  
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
 שֶׁבְּכֹל עֵת,  
 עֶרֶב וּבֹקֵר וְצַהֲרָיִם.  
 הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
 וְהַמְּרַחֵם,  
 כִּי לֹא תָמוּ חַסְדֶּיךָ,  
 מֵעוֹלָם קִוִּינוּ לָךְ.

V'al kulam yitbarach v'yitromam

*And for all these blessed and exalted*

v'yitnase, tamid, shimcha malkenu

*and extolled, continually, may Your Name be, our Sovereign,*

l'olam va-ed,

*continually for ever and ever,*

v'chol hachayim yoducha selah.

*everything alive will give thanks to You, Selah.*

Vi-hal'lu vivar'chu et

*and praise and bless*

shimcha hagadol be-emet,

*Your great Name with sincerity,*

l'olam ki tov,

*forever for it is good,*

ha-El y'shu-atenu v'ezratenu selah,

*O Almighty One of our salvation and of our help forever,*

ha-El hatov.

*the Almighty One Who is benevolent.*

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמֵם

וְיִתְנַשֵּׂא, תָּמִיד, שְׁמֶךָ מַלְכֵנוּ

לְעוֹלָם וָעֶד,

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה.

וַיְהַלְלוּ וַיְבָרְכוּ אֶת

שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,

לְעוֹלָם כִּי טוֹב,

הָאֵל יִשׁוּעַתֵּנוּ וְעִזְרַתֵּנוּ סֵלָה,

הָאֵל הַטוֹב.

*Bow the body at בָּרוּךְ Baruch and then bow the head at אַתָּה Atah.*

Baruch atah Adonai,

*Blessed are You Adonai,*

hatov shimcha

*the Benevolent One is Your Name*

ul-cha na-eh l'hodot.

*and to You it is fitting to give thanks.*

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שְׁמֶךָ

וְלָךְ נֶאֱדָה לְהוֹדוֹת.

# שְׁלוֹם

## SHALOM

The final third blessing of the Amidah is associated with Yosef and the s'firah of Yesod. Through it we pray for lasting peace, which should be the ultimate aim of all of our pursuits.

*The Chazzan may choose to use the Sefard version below or the Ashkenaz version on the next page.*

Sim shalom tova uvrachah,  
*Establish peace goodness and blessing,*  
chayim chen vachessed v'rachamim,  
*life, grace and kindness and compassion,*  
aleinu v'al kol Yisra-el amecha.

*upon us and upon all of Your people Israel.*

Uvar'chenu avinu

*And bless us our Father*

kulanu k'echad b'or panecha,  
*all of us as one with the Light of Your Countenance,*

ki v'or panecha natata lanu,  
*for with the Light of Your Countenance You give to us,*

Adonai Eloheinu,

*Adonai our Elohim,*

Torah v'chayim, ahavah vachessed,

*Torah and life, love and kindness,*

tz'dakah v'rachamim,  
*and righteousness and compassion,*

b'rachah v'shalom.

*blessing and peace.*

V'tov b'einecha l'var'chenu

*And may it be good in Your eyes to bless us*

ulvarech et kol am'cha Yisra-el,  
*and to bless all Your people Israel,*

b'rov oz v'shalom.

*with abundant strength and peace.*

Baruch atah Adonai,

*Blessed are You Adonai,*

ham'varech et amo

*Who blesses His people*

Yisra-el bashalom.

*Israel with peace.*

Yih-yu l'ratzon imrei fi

*May they find favor, the words of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart, before You,*

Adonai tzuri v'go-ali.

*Adonai my Rock and my Redeemer.*

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,

חַיִּים חֵן וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

וּבְרַכְנוּ אֲבִינוּ

כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,

כִּי בְּאוֹר פְּנֶיךָ נִתְּתָ לָנוּ,

יְהוָה אֱלֹהֵינוּ,

תּוֹרָה וְחַיִּים, אֶהְבָּה וְחֶסֶד,

צְדָקָה וְרַחֲמִים,

בְּרָכָה וְשָׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבְרַכְנוּ

וּלְבָרֵךְ אֶת כָּל עַמְּךָ יִשְׂרָאֵל,

בְּרַב עֹז וְשָׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

Ashkenaz version:

**Shalom rav al Yisra-el am'cha***Abundant peace upon Your people Israel***tasim l'olam.***establish forever.***Ki atah hu melech***For it is You Who are Sovereign,***adon l'chol hashalom.***Ruler of all peace.***V'tov b'einecha l'varech***And may it be good in Your eyes to bless***et am'cha Yisra-el b'chol et***Your people Israel at all occasions***uvchol sha-ah bishlomecha.***and at every hour, with Your peace.***Baruch atah Adonai,***Blessed are You Adonai,***ham'varech et amo***Who blesses His people***Yisra-el bashalom.***Israel with peace.***Yih-yu l'ratzon imrei fi***May they find favor, the words of my mouth***v'hegyon libi l'fanecha,***and the meditation of my heart, before You,***Adonai tzuri v'go-ali.***Adonai my Rock and my Redeemer.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמֶּךָ  
תָּשִׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמֶּךָ יִשְׂרָאֵל בְּכֹל עֵת

וּבְכֹל שָׁעָה בְּשְׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשְׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

# אלהי נצור

## ELOHAI N'TZOR

As we complete the Amidah, we now ask that we may be strengthened to make our prayers a reality through personal integrity and by opening our hearts to Torah.

Elohai, n'tzor l'shoni mera,  
*My Elohim, please protect my tongue from evil,*  
 usfatai midaber mirmah,  
*and my lips from speaking deceit,*  
 v'limkal'lai nafshi tidom,  
*and let my soul remain silent to those who curse me,*  
 v'nafshi ke-afar lakol tih-yeh.  
*and let my soul be like dust to everyone.*  
 P'tach libi b'Toratecha,  
*Open my heart to Your Torah,*  
 v'acharei mitzvotecha tirdof nafshi.  
*and may my soul pursue Your commandments.*  
 V'chol hakamim alai l'ra-ah,  
*And all who rise against me with wickedness,*  
 m'herah hafer atzatham  
*speedily annul their counsel*  
 v'kalkel mach-sh'votam.  
*and spoil their intention.*  
 Aseh l'ma-an sh'mach,  
*Act for the sake of Your Name,*  
 aseh l'ma-an y'minach,  
*act for the sake of Your power,*  
 aseh l'ma-an Toratach,  
*act for the sake of Your Torah,*  
 aseh l'ma-an k'dushatach.  
*act for the sake of Your holiness.*  
 L'ma-an yechal'tzun y'didecha,  
*So that Your beloved one may be released,*  
 hoshi-ah y'min'cha va-aneni.  
*save with Your right hand and answer me.*

*We pause here to say an additional blessing that relates to us personally. Kabbalah teaches that each person's name corresponds to a verse in the Tanach (Hebrew Scriptures). We now recite that verse silently which states our name will always be remembered when our soul leaves this world.*

Yih-yu l'ratzon imrei fi  
*May they find favor, the words of my mouth*  
 v'hegyon libi l'fanecha,  
*and the meditation of my heart, before You,*  
 Adonai tzuri v'go-ali.  
*Adonai my Rock and my Redeemer.*

אלהי, נצור לשוני מרע,  
 ושפתי מדבר מרמה,  
 ולמקללי נפשי תדם,  
 ונפשי כעפר לכל תהיה.  
 פתח לבי בתורתך,  
 ואחרי מצותיך תרדוף נפשי.  
 וכל הקמים עלי לרעה,  
 מהרה הפר עצתם  
 וקלקל מחשבותם.  
 עשה למען שמך,  
 עשה למען מינך,  
 עשה למען תורתך,  
 עשה למען קדשתך.  
 למען יחלצון ידיך,  
 הושיעה מינך וענני.

יהיו לרצון אמרי פי  
 והגיון לבי לפניך,  
 יהוה צורי וגאלי.

*Take three steps back and bow to the left and say:*

Oseh shalom bimromav,  
May the One Who makes peace in His heights,

עֲשֵׂה שְׁלוֹם בְּמִרְוֹמָיו,

*Bow to the right and say:*

hu b'rachamav  
may He, in His compassion,  
ya-aseh shalom aleinu,  
make peace upon us,

הוּא בְּרַחֲמָיו  
יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ,

*Bow forward and say:*

v'al kol amo Yisra-el,  
and upon all His people Israel,  
v'al kol yosh'vei tevel,  
and upon all the inhabitants of the earth,

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֵל,

*Straighten the body and say:*

v'imru amen. {Amen.}  
and say amen.

וְאָמְרוּ אָמֵן. {אָמֵן.}

Y'hi ratzon mil'fanecha,  
May it be the will before You,  
Adonai Eloheinu Velohei avoteinu  
Adonai our Elohim and Elohim of our ancestors,  
sheyibaneh beit hamikdash  
that You shall rebuild the holy Temple  
bimherah v'yameinu,  
speedily in our days,  
v'ten chelkenu b'Toratecha.  
and place our lot in Your Torah.

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
יְהוּה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
שְׂיִבְנֶה בֵּית הַמִּקְדָּשׁ  
בְּמַהֲרָה בְּיָמֵינוּ,  
וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ.

*Stand in place for a few moments and then take three steps forward.*

Y'hi shem Adonai m'vorach,  
May the Name of Adonai be blessed,  
me-atah v'ad olam.  
from now until eternity.  
Mimizrach shemesh ad m'vo-o,  
From the rising of the sun to its setting,  
m'hulal shem Adonai.  
the Name of Adonai is praised.  
Ram al kol goyim Adonai,  
High above all nations is Adonai,  
al hashamayim k'vodo.  
His glory is above the heavens.  
Adonai adoneinu,  
Adonai, our Ruler,  
mah adir shimcha b'chol ha-aretz.  
how mighty is Your Name in all the earth.

יְהִי שֵׁם יְהוּה מְבֹרָךְ,  
מֵעַתָּה וְעַד עוֹלָם.  
מִמִּזְרַח שֶׁמֶשׁ עַד מְבֹאוֹ,  
מְהַלֵּל שֵׁם יְהוּה.  
רָם עַל כָּל גּוֹיִם יְהוּה,  
עַל הַשָּׁמַיִם כְּבוֹדוֹ.  
יְהוּה אֲדוֹנֵינוּ,  
מַה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

# סדר למוצאי שבת

## SEDER L'MOTZAEI SHABBAT

Hareini mechin atzmi l'kabel

*Behold, I prepare myself to receive*

or tosefet k'dushat haShabbat

*the light of the additional sanctity of Shabbat*

limei hachol,

*for the weekdays,*

v'etkadesh b'ezrat hashem

*and that I may be sanctified with the help of Hashem,*

yitbarach bimei hachol

*Blessed is He, during the days of the week*

mik'dushat haShabbat,

*from the sanctity of Shabbat,*

k'mo shetzivanu Adonai Eloheinu

*as was commanded by Adonai our Elohim*

b'Torato hak'doshah:

*in His holy Torah:*

v'hitkadsitem vihyitem k'doshim.

*And You shall sanctify yourselves and you shall be holy.*

Vihi ratzon mil'fanecha Adonai Elohai

*May it be the will before You, Adonai my Elohim,*

Velohei avotai,

*and Elohim of my ancestors,*

sheya-aleh l'fanecha k'ilu kivanti

*that this ascend before You as if I had intended*

b'chol hakavanot har'uyot

*with all the proper intentions*

l'chavein bazeh.

*and concentrations for this.*

Vihi no-am Adonai Eloheinu aleinu,

*May the pleasantness of Adonai our Elohim be upon us,*

uma-aseh yadeinu kon'nah aleinu,

*and establish the work of our hands upon us,*

uma-aseh yadeinu kon'nehu.

*and establish the work of our hands.*

הריני מכין עצמי לקבל

אור תוספת קדשת השבת

לימי החול,

ואתקדש בעזרת השם

יתברך בימי החול

מקדשת השבת,

כמו שצונו יהוה אלהינו

בתורתו הקדושה:

והתקדשתם והייתם קדושים.

ויהי רצון מלפניך יהוה אלהי

ואלהי אבותי,

שיעלה לפניך כאלו כונתי

בכל הכונות הראויות

לכוין בזה.

ויהי נעם אדני אלהינו עלינו,

ומעשה ידינו כוננה עלינו,

ומעשה ידינו כוננהו.

## תהלים צא

## TEHILIM 91

Yoshev b'seter Elyon,  
 Whoever sits in the refuge of the Most High,  
 b'tzel Shadai yit-lonan.  
 in the shadow of the Almighty shall they dwell.  
 Amar Ladonai machsi umtzudati,  
 I will speak of Adonai my refuge and my fortress,  
 Elohai evtach bo.  
 my Elohim in Whom I put my trust.  
 Ki hu yatzil'cha mipach yakush,  
 For He shall deliver you from the snare that traps,  
 midever havot.  
 from devastating pestilence.  
 B'evrato yasech lach,  
 You shall be covered by His wings,  
 v'tachat k'nafav techseh,  
 and beneath His wings you will be protected,  
 tzinah v'socherah amito.  
 His truth is an armor and shield.  
 Lo tira mipachad lailah,  
 You shall not fear the terror of night,  
 mechetz ya-uf yomam.  
 nor the arrow that flies by day.  
 Midever ba-ofel yahaloch,  
 Nor the pestilence that walks around in darkness,  
 miketev yashud tzahorayim.  
 nor the destroyer who lays waste at noon.  
 Yipol mitzid'cha elef  
 A thousand may fall victim at your side  
 urvavah miminecha,  
 and a myriad at your right hand,  
 elecha lo yigash.  
 but to you it shall not approach.  
 Rak b'einecha tabit,  
 Just behold with your eyes,  
 v'shilumat r'sha-im tireh.  
 and you will see the retribution of the wicked.  
 Ki atah Adonai machsi,  
 Because you said, You Adonai are my refuge,  
 Elyon samta m'onecha.  
 in the Most High have you set as your abode.  
 Lo t'neh elecha ra-ah,  
 Evil will not happen to you,

יִשָּׁב בְּסֵתֶר עֲלִיוֹן,  
 בְּצֵל שְׁדַי יִתְלוֹנֵן.  
 אֲמַר לַיהוָה מַחְסֵי וּמְצוּדָתִי,  
 אֱלֹהֵי אֲבֹטְחָ בּוֹ.  
 כִּי הוּא יִצִּילְךָ מִפֶּחַ יְקוּשׁ,  
 מִדֶּבֶר הַוּוֹת.  
 בְּאֲבָרְתּוֹ יִסֹּךְ לְךָ,  
 וְתַחַת כְּנָפָיו תִּחְסֶה,  
 צְנָה וְסִחְרָה אִמְתּוֹ.  
 לֹא תִירָא מִפֶּחַד לַיְלָה,  
 מִחֶץ יְעוֹף יוֹמָם.  
 מִדֶּבֶר בְּאֶפֶל יִהְלֹךְ,  
 מִקֵּטֵב יִשׁוּד צְהָרַיִם.  
 יִפֹּל מִצִּדְּךָ אֶלֶף  
 וְרַבָּבָה מִיְמִינְךָ,  
 אֵלֶיךָ לֹא יִגַּשׁ.  
 רַק בְּעֵינֶיךָ תִּבְיֹט,  
 וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.  
 כִּי אַתָּה יְהוָה מַחְסֵי,  
 עֲלִיוֹן שָׁמַתָּ מְעוֹנְךָ.  
 לֹא תֵאָנֶה אֵלֶיךָ רָעָה,

v'nega lo yikrav b'aholecha.

*nor will plague come near your dwelling.*

Ki malachav y'tzaveh lach,

*For He will assign angels for you,*

lishmorcha b'chol d'rachecha.

*to protect you in all your ways.*

Al kapayim yisa-un'cha,

*On their palms they will carry you,*

pen tigof ba-even raglecha.

*lest you strike your foot against a stone.*

Al shachal vafeten tidroch,

*Upon the lion and the viper you will tread,*

tirmos k'fir v'tanin.

*you will trample the young lion and the crocodile.*

Ki vi chashak va-afal'tehu,

*Because for Me you have yearned,*

asag'vehu ki yada sh'mi.

*I will elevate you because you know My Name.*

Yikra-eni v'e-enehu,

*You will call upon Me and I will answer you,*

imo anochi v'tzarah,

*I am with you in distress,*

achal'tzehu va-achab'dehu.

*I will release you and I will bring you honor.*

Qrech yamim asbi-ehu,

*With long life will I satisfy you,*

v'arehu bishu-ati.

*and I will show you my salvation.*

Qrech yamim asbi-ehu,

*With long life will I satisfy you,*

v'arehu bishu-ati.

*and I will show you my salvation.*

וְנִגַּע לֹא יִקְרַב בְּאַהֲלֶיךָ.

כִּי מַלְאָכָיו יִצְוֶה לָךְ,

לְשַׁמְרֶךָ בְּכֹל דְרָכֶיךָ.

עַל כַּפַּיִם יִשְׂאוּנֶךָ,

פֶּן תִּגַּף בְּאַבֶּן רַגְלֶךָ.

עַל שַׁחַל וּפְתָן תִּדְרוֹךְ,

תִּרְמַס כְּפִיר וְתַנִּין.

כִּי בִי חָשַׁק וְאַפְלָטָהוּ,

אֲשַׁגְבֶּהוּ כִּי יָדַע שְׁמִי.

יִקְרָאֵנִי וְאֶעֱנֶהוּ,

עִמּוֹ אֲנֹכִי בְצָרָה,

אֲחַלְצֶהוּ וְאֲכַבְדֶּהוּ.

אֶרְךְ יָמִים אֲשַׁבֵּיעֶהוּ,

וְאֶרְאֶהוּ בִישׁוּעָתִי.

אֶרְךְ יָמִים אֲשַׁבֵּיעֶהוּ,

וְאֶרְאֶהוּ בִישׁוּעָתִי.

# וְאַתָּה קָדוֹשׁ V'ATAH KADOSH

*Since the following prayer refers to the six days of labor, they are not recited if a Festival (Pesach, Shavuot, Rosh HaShanah, Yom Kippur, Sukkot) will occur during the coming week.*

V'atah kadosh,  
And You are holy,  
yoshev t'hilot Yisra-el.  
and await the praises of Israel.  
V'kara zeh el zeh v'amar,  
And one called to the other and said,

וְאַתָּה קָדוֹשׁ,  
יוֹשֵׁב תְּהִלוֹת יִשְׂרָאֵל.  
וְקָרָא זֶה אֶל זֶה וְאָמַר,

*Everyone together:*

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה צְבָאוֹת,  
מְלֵא כֹל הָאָרֶץ כְּבוֹדוֹ.  
Kadosh kadosh kadosh Adonai tz'va-ot,  
m'lo chol ha-aretz k'vodo.

*Holy, holy, holy is Adonai of hosts,  
the entire earth is full of His glory.*

Umkab'lin dein min dein,  
And they receive consent from one another,  
v'amrin kadish,  
and say Holy,  
bishmei m'roma  
in the highest heavens  
ila-ah beit Sh'chinteh,  
is the abode of the Shechinah,  
kadish al ara  
holy upon the earth  
ovad g'vurteh,  
is the work of Adonai's valor,  
kadish l'alam ul-almei al-maya,  
holy for ever and for all eternity,  
Adonai tz'va-ot,  
Adonai of hosts,  
malya kol ara ziv y'kareh.  
the entire earth is filled with the splendor of Your glory.  
Vatisa-eni ru-ach,  
And a wind carried me,  
va-eshma acharai kol ra-ash gadol,  
and from behind me a I heard a great thunderous voice,

וּמְקַבְּלִין דֵּין מִן דֵּין,  
וְאֹמְרִין קְדִישׁ,  
בְּשֵׁמֵי מְרוֹמָא  
עֲלֵאָה בֵּית שְׁכִינְתָּהּ,  
קְדִישׁ עַל אַרְעָא  
עוֹבַד גְּבוּרְתָּהּ,  
קְדִישׁ לְעָלָם וּלְעָלְמֵי עָלְמֵיָא,  
יְהוָה צְבָאוֹת,  
מְלֵיא כֹל אַרְעָא זִיו יְקָרָהּ.  
וּתְשַׁאֲנֵי רוּחַ,  
וְאֶשְׁמַע אַחֲרַי קוֹל רַעַשׁ גָּדוֹל,

*Everyone together:*

בְּרוּךְ כְבוֹד יְהוָה מִמְקוֹמוֹ.

Baruch k'vod Adonai mim'komo.

*Blessed is the glory of Adonai from Adonai's abode.*Untal<sup>u</sup>atni ru<sup>u</sup>cha,*And a wind carried me,*

v'shimet bat-rai kol zi-a sagi,

*and from behind me I heard a great thunderous voice,*

di m'shab'chin v'am'rin,

*giving praise and saying,*

b'rich y'kara Dadonai

*blessed is the glory of Adonai*

me-atar beit Sh'chinteh.

*from the abode of His Shechinah.*

וּנְטַלְתָּנִי רוּחָא,

וּשְׁמַעַת בְּתַרִּי קֹל זִיעַ סָגִיא,

דִּי מְשַׁבְּחִין וְאִמְרִין,

בְּרִיךְ יְקָרָא דִּיהוָה

מֵאַתֵּר בֵּית שְׁכִינְתָּהּ.

*Everyone together:*

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.

Adonai yimloch l'olam va-ed.

*Adonai shall reign for ever and ever.*

Adonai malchuteh ka-em

*Adonai's kingdom is established*

l'alam ul-almei al-maya.

*for ever and for eternity.*

Adonai Elohei Avraham

*Adonai, Elohim of Abraham*

Yitzchak v'Yisra-el avoteinu,

*Isaac and Israel, our ancestors,*

shomra zot l'olam,

*safeguard this forever,*

l'yetzer machsh'vot l'vav amecha,

*for the sake of the thoughts in the hearts of Your nation,*

v'hachen l'vavam Elecha.

*and direct their hearts toward You.*

V'hu rachum,

*And He the Merciful One,*

y'chaper avon v'lo yashchit,

*forgives iniquities and He does not destroy,*

v'hirba l'hashiv apo,

*and He frequently withdraws His anger,*

v'lo ya-ir kol chamato.

*and He does not arouse all His wrath.*

Ki atah Adonai tov v'salach,

*For You Adonai are good and forgiving,*

v'rav chesed, l'chol kor'echa.

*and abundant in kindness, to all who call to You.*

יְהוָה מַלְכוּתָהּ קָאֵם

לְעֹלָם וְלְעֹלְמֵי עָלְמֵיָא.

יְהוָה אֱלֹהֵי אַבְרָהָם

יִצְחָק וְיִשְׂרָאֵל אֲבוֹתֵינוּ,

שְׁמֶרָה זֹאת לְעוֹלָם,

לְיִצְרַר מַחְשְׁבוֹת לְבַב עַמְךָ,

וְהִכֵּן לְבָבְם אֵלֶיךָ.

וְהוּא רַחוּם,

יְכַפֵּר עוֹן וְלֹא יִשְׁחִית,

וְהִרְבָּה לְהַשִּׁיב אִפּוֹ,

וְלֹא יַעִיר כָּל חַמָּתוֹ.

כִּי אַתָּה אֲדֹנָי טוֹב וְסָלַח,

וְרַב חֶסֶד, לְכֹל קוֹרְאֶיךָ.

Tzidkat'cha tzedek l'olam,  
Your righteousness is an everlasting justice,  
v'Torat'cha emet.

and Your Torah is true.

Titen emet l'Ya-akov,

You give truth to Jacob,

chesed l'Avraham asher nishbata

and kindness to Abraham as You have vowed

la-avoteinu mimei kedem.

to our ancestors since the earliest days.

Baruch Adonai, yom yom ya-amos

Blessed is Adonai, who every day bears burdens

lanu, ha-El y'shu-atenu selah.

for us, the Almighty One of our salvation selah.

Adonai tz'va-ot imanu,

Adonai of hosts is with us,

misgav lanu, Elohei Ya-akov selah.

a stronghold for us, is the Elohim of Jacob selah.

Adonai tz'va-ot,

Adonai of hosts,

ashrei adam bote-ach bach.

joyful is the person who trusts in You.

Adonai hoshi-ah,

Adonai save us,

hamelech ya-aneinu v'yom korenu.

the Sovereign shall answer us on the day when we call.

Baruch Eloheinu,

Blessed is our Elohim,

sheb'ra-anu lichvodo,

Who created us for the sake of His glory,

v'hivdilanu min hato'eim,

Who separated us from those who have been led astray,

v'natan lanu Torat emet,

Who gave us the Torah of truth,

v'chayei olam nata b'tochenu,

and Who implanted within us eternal life,

hu yiftach libenu b'Torato,

may He open our hearts to His Torah,

v'yasim b'libenu ahavato v'yirato

and place within our heart with love of Him and the desire

la-asot r'tzono ulovdo

to do His will and to serve Him

b'levav shalem,

wholeheartedly,

lo niga larik,

may we not toil in vain,

v'lo neled labehalah.

nor give birth to panic.

צְדִקְתֶּךָ צְדָק לְעוֹלָם,

וְתוֹרַתְךָ אֱמֶת.

תִּתֵן אֱמֶת לְיַעֲקֹב,

חֶסֶד לְאַבְרָהָם אֲשֶׁר נִשְׁבַּעְתָּ

לְאַבוֹתֵינוּ מִיְמֵי קֶדֶם.

בְּרוּךְ אֲדֹנָי, יוֹם יוֹם יַעֲמֹס

לָנוּ, הָאֵל יְשׁוּעַתֵּנוּ סֵלָה.

יְהוָה צְבָאוֹת עִמָּנוּ,

מִשְׁגָּב לָנוּ, אֱלֹהֵי יַעֲקֹב סֵלָה.

יְהוָה צְבָאוֹת,

אֲשֶׁרִי אָדָם בִּטָּח בְּךָ.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.

בְּרוּךְ אֱלֹהֵינוּ,

שֶׁבְרָאֵנוּ לְכְבוֹדוֹ,

וְהִבְדִּילָנוּ מִן הַתּוֹעִים,

וְנָתַן לָנוּ תּוֹרַת אֱמֶת,

וַחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ,

הוּא יִפְתַּח לְבָנֵנוּ בְּתוֹרָתוֹ,

וַיִּשֶׂם בְּלִבֵּנוּ אֶהְבָּתוֹ וַיִּרְאֶתוּ

לַעֲשׂוֹת רְצוֹנוֹ וּלְעִבְדוֹ

בְּלִבְב שָׁלֵם,

לֹא נִיגַע לָרִיק,

וְלֹא נִלְד לְבִהְלָה.

Y'hi ratzon mil'fanecha,  
 May it be the will before You,  
 Adonai Eloheinu Velohei avoteinu,  
 Adonai our Elohim and Elohim of our ancestors,  
 shenishmor chukecha umitzvotcha  
 that we should keep Your statutes and Your mitzvot  
 ba-olam hazeh,  
 in this world,  
 v'nizkeh v'nichyeh v'nireh,  
 and may we merit and live and see,  
 v'nirash tovah uvrachah,  
 and inherit goodness and blessing,  
 l'chayei ha-olam haba.  
 for the life in the world to come.  
 L'ma-an y'zamercha  
 So that my glory may sing praise to You  
 chavod v'lo yidom,  
 and not be silent,  
 Adonai Elohai l'olam odeka.  
 Adonai my Elohim I shall ever give You thanks.  
 Adonai chafetz l'ma-an tzidko,  
 Adonai desired for the sake of righteousness,  
 yagdil Torah v'yadir.  
 to make the Torah great and glorious.  
 V'yivt'chu v'cha yod'ei sh'mecha,  
 And they will trust in You those who know Your Name,  
 ki lo azavta dor'shecha Adonai.  
 for You have not forsaken those who seek You Adonai.  
 Adonai adoneinu mah adir  
 Adonai, our Ruler, how mighty is  
 shimcha b'chol ha-aretz.  
 Your Name in all the earth.  
 Chizku v'ya-ametz l'vavchem,  
 Strengthen and encourage your heart,  
 kol ham'yachalim Ladonai.  
 all who await Adonai.

יהי רצון מלפניך,  
 יהוה אלהינו ואלהי אבותינו,  
 שנשמר חקיך ומצותיך  
 בעולם הזה,  
 ונזכה ונחיה ונראה,  
 ונירש טובה וברכה,  
 ולחיי העולם הבא.  
 למען יזמריך  
 כבוד ולא ידם,  
 יהוה אלהי לעולם אודך.  
 יהוה חפץ למען צדקו,  
 יגדיל תורה ויאדיר.  
 ויבטחו בך יודעי שמך,  
 כי לא עזבת דרשיך יהוה.  
 יהוה אדנינו מה אדיר  
 שמך בכל הארץ.  
 חזקו ויאמץ לבבכם,  
 כל המיחלים ליהוה.

# קדיש ותקבל

## KADDISH TITKABAL

The Ari revealed that the Full Kaddish has the power of twice Light. One of them is the Light within us all. The second Light is known as "Or Makif" or "surrounding Light". The Kaddish Titkabal is the tool which links these two Lights together.

*Recited by the Chazzan, Everyone says the words in { }.*

Yitgadal v'yitkadash sh'meh raba.

*Exalted and sanctified be His great Name.*

{Amen.}

*Amen.*

B'al'ma di v'ra chiruteh,

*In the world that He has created according to His will,*

v'yamlich malchuteh,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneh

*and cause His redemption to sprout*

vikarev M'shicheh {Amen.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-el,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru amen. {Amen.}

*and say amen. Amen.*

{Y'hei sh'meh raba m'varach

*May His great Name be blessed*

l'alam ul-almei al-maya.}

*forever and for all eternity.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and praised and glorified*

v'yitromam v'yitnase v'yit-hadar

*and exalted and raised up and honored*

v'yitaleh v'yit-halal

*and elevated and lauded*

sh'meh d'kudsha {b'rich hu},

*be the Name of the Holy One, Blessed is He,*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

בְּעֶלְמָא דִּי בְרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיִצְמַח פְּרֻקָנֵהּ

וְיִקְרַב מְשִׁיחֵהּ. {אָמֵן}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֶגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יִהְיֶה שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

**l'ela min kol birchata v'shirata**  
*beyond more than any blessing and song*  
**tushb'chata v'nechemata,**  
*praise and consolation*  
**da-amiran b'al'ma,**  
*that are uttered in the world,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

לְעֵלָא מִן כָּל בִּרְכָתָא  
 וְשִׁירָתָא תְּשִׁבְחָתָא וְנַחֲמָתָא,  
 דְּאִמְרוּן בְּעֵלְמָא,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

**Titkabal tz'lotana uva-utana**  
*May our prayers and supplications be received*  
**im tz'lot'hon uva-ut'hon**  
*with the prayers and supplications*  
**d'chol beit Yisra-el kadam**  
*of the entire House of Israel before*  
**avuna d'vishmaya,**  
*their Father Who is in heaven,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

תְּתַקַּבַּל צְלוֹתְנָא וּבְעוֹתְנָא,  
 עִם צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
 דְּכָל בֵּית יִשְׂרָאֵל קְדָם  
 אַבּוּנָא דְּבִשְׁמַיָּא,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

**Y'hei sh'lama raba min sh'maya,**  
*May there be abundant peace from heaven,*  
**v'chayim tovim aleinu,**  
*and good life upon us,*  
**v'al kol Yisra-el,**  
*and upon all Israel,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
 וְחַיִּים טוֹבִים עָלֵינוּ  
 וְעַל כָּל יִשְׂרָאֵל,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

*Take three steps back and bow to the left and say:*

**Oseh shalom bimromav,**  
*May the One Who makes peace in His heights,*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

*Bow to the right and say:*

**hu b'rachamav**  
*may He, in His compassion,*  
**ya-aseh shalom aleinu,**  
*make peace upon us,*

הוּא בְּרַחֲמָיו  
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

*Bow forward and say:*

**v'al kol amo Yisra-el,**  
*and upon all His people Israel,*  
**v'al kol yosh'vei tevel,**  
*and upon all the inhabitants of the earth,*

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

*Straighten the body and say:*

**v'imru amen. {Amen.}**  
*and say amen.*

וְאִמְרוּ אָמֵן. {אָמֵן.}

*This Tehilim is recited most days except for the following:  
From Rosh Chodesh Elul to Hoshanah Rabah, recite Tehilim 27.*

## תהלים קכא

### TEHILIM 121

Shir lama-alot,

*A song of ascents,*

esah einai el heharim,

*I lift my eyes to the mountains,*

me-ayin yavo ezri.

*from where does my help come?*

Ezri me-im Adonai,

*My help comes from Adonai,*

oseh shamayim va-aretz.

*Maker of heaven and earth.*

Al yiten lamot raglecha,

*He will not allow your foot to slip,*

al yanum shom'recha.

*your Guardian will not slumber.*

Hineh lo yanum v'lo yishan,

*It is so that neither slumbers nor sleeps,*

shomer Yisra-el.

*the Guardian of Israel.*

Adonai shom'recha,

*Adonai is your Guardian,*

Adonai tzil'cha al yad y'minecha.

*Adonai is your shelter at your right hand.*

Yomam hashemesh lo yakekah,

*The sun will not strike you by day,*

v'yare-ach balailah.

*nor the moon by night.*

Adonai yishmorcha mikol ra,

*Adonai will protect you from evil,*

yishmor et nafshecha.

*and will protect your soul.*

Adonai yishmar tze-t'cha uvo-echa,

*Adonai will guard your departure and your arrival,*

me-atah v'ad olam.

*from this time and unto eternity.*

שִׁיר לַמַּעֲלוֹת,  
אֲשָׁא עֵינַי אֶל הַהָרִים,  
מֵאֵינן יָבֹא עֲזָרִי.  
עֲזָרִי מֵעַם יְהוָה,  
עֹשֶׂה שָׁמַיִם וָאָרֶץ.  
אֵל יִתֵּן לַמּוֹט רַגְלְךָ,  
אֵל יִנּוּם שֹׁמְרְךָ.  
הֲנֵה לֹא יִנּוּם וְלֹא יִישָׁן,  
שׁוֹמֵר יִשְׂרָאֵל.  
יְהוָה שֹׁמְרְךָ,  
יְהוָה צִלְּךָ עַל יַד יְמִינְךָ.  
יוֹמָם הַשֶּׁמֶשׁ לֹא יַכֶּכָּה,  
וַיָּרֶחַ בַּלַּיְלָה.  
יְהוָה יִשְׁמְרְךָ מִכָּל רָע,  
יִשְׁמַר אֶת נַפְשְׁךָ.  
יְהוָה יִשְׁמַר צֵאתְךָ וּבואְךָ,  
מֵעַתָּה וְעַד עוֹלָם.

From Rosh Chodesh Elul to Hoshanah Rabah

## תהלים כז

## TEHILIM 27

לְדָוִד.

L'David.

*By David.*

Adonai ori v'yishi mimi ira,

*Adonai is my Light and my salvation, whom shall I fear?*

Adonai ma-oz chayai mimi efchad.

*Adonai is the strength of my life, whom shall I dread?*

Bikrov alai m're-im,

*When there would approach against me those who do evil,*

le-echol et b'sari tzarai v'oy'vai li,

*to devour my flesh, my enemies and my foes against me,*

hemah kash'lu v'nafalu.

*it is they who stumble and fall.*

Im tachaneh alai machaneh

*Even if an army were to encamp against me*

lo yira libi,

*my heart would not fear,*

im takum alai milchamah,

*even if a war were to arise against me,*

b'zot ani vote-ach.

*in this I trust.*

Achat sha-alti me-et Adonai,

*One thing I asked of Adonai,*

otah avakesh

*that I shall seek,*

shivti b'veit Adonai,

*would that I dwell in the House of Adonai,*

kol y'mei chayai lachazot b'no-am

*all the days of my life to behold the delight*

Adonai ulvaker b'hechalo.

*of Adonai and in Whose Sanctuary to contemplate.*

Ki yitzp'neni b'sukoh b'yom ra-ah,

*Indeed He will hide me in His shelter on the day of evil,*

yastireni b'seter ahalo

*He will conceal me in the hidden space of His tent,*

b'tzur y'rom'meni.

*upon a rock will He lift me up.*

V'atah yarum roshi,

*Now elevated is my head,*

al oy'vai s'vivotai,

*above my enemies around me,*

v'esb'chah v'ahalo zivchei t'ru-ah,

*and I will sacrifice offerings in His tent with shouts,*

יהוה אורי וישעי ממי אירא,

יהוה מעוז חיי ממי אפחד.

בקרב עלי מרעים,

לאכל את בשרי צרי ואיבי לי,

המה כשלו ונפלו.

אם תחנה עלי מחנה

לא יירא לבי,

אם תקום עלי מלחמה,

בזאת אני בוטח.

אחת שאלתי מאת יהוה,

אותה אבקש

שבתי בבית יהוה,

כל ימי חיי לחזות בנעם

יהוה ולבקר בהיכלו.

כי יצפנני בסכה ביום רעה,

יסתרני בסתר אהלו

בצור ירוממני.

ועתה ירום ראשי,

על איבי סביבותי,

ואזבחה באהלו זבחי תרועה,

**ashirah va-azam'rah Ladonai.**

*I will sing and chant praise to Adonai.*

**Sh'ma Adonai koli ekra,**

*Adonai hear my voice when I call,*

**v'chaneni v'aneni.**

*and show me favor and answer me.*

**L'cha amar libi, bak'shu fanai,**

*On Your behalf my heart has said, Seek my Face,*

**et panecha Adonai avakesh.**

*Your Countenance Adonai do I seek.*

**Al taster panecha mimeni,**

*Do not conceal Your Countenance from me,*

**al tat b'af avdecha,**

*do not repel Your servant in anger,*

**ezrati hayita,**

*My Helper You have been,*

**al tit'sheni v'al ta-azveni,**

*do not abandon me and do not forsake me,*

**Elohei yishi.**

*O Elohim of my salvation.*

**Ki avi v'imi azayuni,**

*Though my father and my mother have forsaken me,*

**va-Adonai ya-asfeni.**

*Adonai will gather me in.*

**Horeni Adonai darkecha,**

*Teach me Your ways Adonai,*

**uncheni b'orach mishor,**

*and lead me on the path of integrity,*

**l'ma-an shor'rai.**

*because of my watchful foes.*

**Al tit'neni b'nefesh tzarai,**

*Do not deliver me to the wishes of my enemies,*

**ki kamu vi edei sheker,**

*for false witnesses have risen against me,*

**vife-ach chamas.**

*and those who breathe violence.*

**Lulei he-emanti,**

*Had I not trusted*

**lirot b'tuv Adonai**

*that I would see the goodness of Adonai*

**b'erez chayim.**

*in the land of life.*

**Kaveh el Adonai,**

*Place your hope in Adonai,*

**chazak v'ya-ametz libecha,**

*strengthen yourself and He will instill courage in your heart,*

**v'kaveh el Adonai.**

*and place your hope in Adonai.*

אֲשִׁירָה וְאֶזְמְרָה לַיהוָה.

שְׁמַע יְהוָה קוֹלִי אֶקְרָא,

וְחַנְנֵי וְעֲנֵנִי.

לֵךְ אָמַר לְבִי, בִקְשׁוּ פָנַי,

אֶת פְּנֵיךָ יְהוָה אֲבַקֵּשׁ.

אֵל תִּסְתֵּר פְּנֵיךָ מִמֶּנִּי,

אֵל תֵּט בְּאַף עֲבֹדְךָ,

עֲזַרְתִּי הָיִיתָ,

אֵל תִּטְשֵׁנִי וְאֵל תַּעֲזֹבֵנִי,

אֱלֹהֵי יִשְׁעֵי.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי,

וַיהוָה יֶאֱסֹפֵנִי.

הוֹרֵנִי יְהוָה דְרָכְךָ,

וְנַחֲנֵי בְּאֶרֶח מִישׁוֹר,

לְמַעַן שְׂדֵרֵי.

אֵל תִּתְּנֵנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ בִי עֵדֵי שֶׁקֶר,

וַיִּפַּח חָמָס.

לוֹלֵא הָאֲמָנָתִי,

לְרֵאוֹת בְּטוֹב יְהוָה

בְּאֶרֶץ חַיִּים.

קְוֵה אֶל יְהוָה,

חֲזֵק וַיֶּאֱמַץ לְבָבְךָ,

וְקִוֵּה אֶל יְהוָה.

# קדיש יהא שלמא

## KADDISH Y'HE SH'LAMA

Also known as Mourner's Kaddish קדיש ד'יתמי  
 Recited by the Chazzan, joined by mourners.  
 Everyone says the words in { }.

Yitgadal v'yitkadash sh'meh raba.

*Exalted and sanctified be His great Name.*

{Amen.}

*Amen.*

B'al'ma di v'ra chiruteh,

*In the world that He has created according to His will,*

v'yamlich malchuteh,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneh

*and cause His redemption to sprout*

vikarev M'shicheh. {Amen.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-el,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru amen. {Amen.}

*and say amen. Amen.*

{Y'he sh'meh raba m'varach

*May His great Name be blessed*

l'alam ul-almei al-maya.}

*forever and for all eternity.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and praised and glorified*

v'yitromam v'yitnase v'yit-hadar

*and exalted and raised up and honored*

v'yitaleh v'yit-halal

*and elevated and lauded*

sh'meh d'kudsha {b'rich hu},

*be the Name of the Holy One, Blessed is He,*

l'ela min kol birchata v'shirata

*beyond more than any blessing and song*

tushb'chata v'nechemata,

*praise and consolation*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיִצְמַח פְּרֻקָנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכֹל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבְחָתָא וְנֶחֱמָתָא,

da-amiran b'al'ma,  
*that are uttered in the world,*  
 v'imru amen. {Amen.}  
*and say amen. Amen.*

דְּאִמְרָן בְּעֵלְמָא,  
 וְאִמְרוּ אֲמֵן. {אֲמֵן.}

Y'he sh'lama raba min sh'maya,  
*May there be abundant peace from heaven,*  
 v'chayim tovim aleinu,  
*and good life upon us,*  
 v'al kol Yisra-el,  
*and upon all Israel,*  
 v'imru amen. {Amen.}  
*and say amen. Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
 וְחַיִּים טוֹבִים עָלֵינוּ  
 וְעַל כָּל יִשְׂרָאֵל,  
 וְאִמְרוּ אֲמֵן. {אֲמֵן.}

*Take three steps back and bow to the left and say:*

Oseh shalom bimromav,  
*May the One Who makes peace in His heights,*

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

*Bow to the right and say:*

hu b'rachamav  
*may He, in His compassion,*  
 ya-aseh shalom aleinu,  
*make peace upon us,*

הוּא בְּרַחֲמָיו  
 יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

*Bow forward and say:*

v'al kol amo Yisra-el,  
*and upon all His people Israel,*  
 v'al kol yosh'vei tevel,  
*and upon all the inhabitants of the earth,*

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

*Straighten the body and say:*

v'imru amen. {Amen.}  
*and say amen.*

וְאִמְרוּ אֲמֵן. {אֲמֵן.}

*Stand while saying the Aleinu.  
Bow at בָּרְכוּ Bar'chu and בָּרוּךְ Baruch.*

*Chazzan:*

בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ.

Bar'chu et Adonai ham'vorach.

*Bless Adonai, the blessed One.*

*Congregation:*

בָּרוּךְ יְהוָה הַמְּבֹרָךְ, לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

*Blessed is Adonai, the blessed One, forever and ever.*

*Chazzan:*

בָּרוּךְ יְהוָה הַמְּבֹרָךְ, לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.

*Blessed is Adonai, the blessed One, forever and ever.*

עֲלֵינוּ

ALEINU

The Aleinu is a magnet for Or Makif (Surrounding Light) which seals and protects our prayers and reminds us of the Oneness of the Almighty One's sovereignty.

**Aleinu l'shabe-ach la-adon hakol,**  
*It is our duty praise the Ruler of all,*  
**latet g'dulah l'yotzer b'reshit,**  
*to recognize the greatness of the Creator of first things,*  
**shelo asanu k'goyei ha-aratzot,**  
*for He has not made us like the nations of the lands,*  
**v'lo samanu k'mishp'chot**  
*and He did not make us the same as other families*  
**ha-adamah, shelo sam chelkenu**  
*of the earth, He did not allocate our portion*  
**kahem v'goralenu k'chol hamonam,**  
*like theirs, nor our lot like all their multitudes,*  
**shehem mishtachavim lahevel varik,**  
*for they bow to vanity and emptiness,*  
**umitpal'lim el el lo yoshi-a.**  
*and they pray to a deity which cannot give salvation.*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,  
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת  
הָאֲדָמָה, שֶׁלֹא שָׁם חֵלְקֵנוּ  
כְּהֵם וְגִרְלָנוּ כְּכֹל הַמּוֹנִם,  
שֶׁהֵם מִשְׁתַּחֲוִים לְהֶבֶל וְרִיק,  
וּמִתְפַּלְלִים אֶל אֵל לֹא יוֹשִׁיעַ.

We bow as we say:

וְאַנְחֵנוּ מִשְׁתַּחֲוִים Va-anachnu mishtachavim

Va-anachnu mishtachavim

But we bow down

lifnei melech malchei ham'lachim,

before the Sovereign Who reigns over all sovereigns,

hakadosh baruch hu.

the Holy One, Blessed is He.

Shehu noteh shamayim

He stretches out the heavens

v'yosed aretz, umoshav y'karo

and establishes the earth's, the seat of His homage

bashamayim mima-al,

is in the heavens above,

ush-chinat uzo b'govhei m'romim.

and Whose powerful Presence is in the highest heights.

Hu Eloheinu v'ein od acher.

He is our Elohim and there is no other.

Emet malkenu, efes zulato,

True is our Sovereign, nothing exists apart from Him,

kakatuv ba-Torah:

as it is written in the Torah:

V'yadata hayom vahashevota

"And you shall know today and take

el l'vavecha, ki Adonai hu

to heart, that Adonai is

ha-Elohim bashamayim mima-al,

the Elohim in the heavens above,

v'al ha-aretz mitachat ein od.

and on earth below and there is no other.

V'al ken n'kaveh l'cha

Therefore we put our hope in You

Adonai Eloheinu,

Adonai our Elohim,

lirot m'herah b'tiferet uzecha,

let us witness the glory of Your power,

l'ha-avir gilulim min ha-aretz,

to remove idols from the earth.

v'ha-elilim karot yikaretun,

and false gods will utterly be cut off,

l'taken olam b'malchut Shadai.

to perfect the universe through the reign of the Almighty.

V'chol b'nei vasar yikr'u vishmecha,

And all humanity will call upon Your Name,

l'hafnot elecha kol rishei aretz.

and all the wicked of the earth shall turn to You.

וְאַנְחֵנוּ מִשְׁתַּחֲוִים

לְפָנֵי מֶלֶךְ מְלָכֵי הַמְּלָכִים,

הַקָּדוֹשׁ בְּרוּךְ הוּא.

שֶׁהוּא נוֹטֵה שָׁמַיִם

וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ

בַּשָּׁמַיִם מִמַּעַל,

וְשָׁכִינַת עֵזוֹ בְּגִבְהֵי מְרוֹמִים.

הוּא אֱלֹהֵינוּ וְאֵין עוֹד אַחֵר.

אֱמֶת מְלַכְנוּ, אִפְסֵ זולָתוֹ,

כַּכְּתוּב בַּתּוֹרָה:

וַיֵּדַעַת הַיּוֹם וְהַשַּׁבָּת

אֵל לְבַבְךָ, כִּי יְהוָה הוּא

הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל,

וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

וְעַל כֵּן נִקְוֶה לְךָ

יְהוָה אֱלֹהֵינוּ,

לְרֹאוֹת מְהֵרָה בְּתַפְאֵרַת עֲזֶךָ,

לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ,

וְהָאֱלִילִים כָּרוֹת יִכָּרְתוּן,

לְתַקֵּן עוֹלָם בְּמַלְכוּת שִׁדְי.

וְכֹל בְּנֵי בָשָׂר יִקְרְאוּ בְשִׁמְךָ,

לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי אֶרֶץ.

**Yakiru v'ye-d'u kol yosh'vei tevel,**  
*May all the inhabitants of the world know and recognize You,*  
**ki l'cha tichra kol berech,**  
*that to You every knee should bend,*  
**tishava kol lashon.**  
*and every tongue pledge.*  
**L'fanecha Adonai Eloheinu**  
*Before You, Adonai our Elohim,*  
**yichr'u v'yipolu,**  
*they will bend their knees and bow down,*  
**v'lichvod shimcha y'kar yitenu,**  
*and they will give honor to the glory of Your Name,*  
**vikab'lu kulam et ol malchutecha,**  
*and all will accept the yoke of Your Sovereignty,*  
**v'timloch aleihem**  
*that You may reign over them*  
**m'herah l'olam va-ed.**  
*very soon forever and ever.*  
**Ki hamalchut shel'cha hi,**  
*For the kingdom is Yours,*  
**ul-ol'mei ad timloch b'chavod,**  
*for ever and ever You will reign in glory,*  
**kakatuv b'Toratach:**  
*as it is written in Your Torah,*  
**Adonai yimloch l'olam va-ed.**  
*Adonai will reign forever and ever.*  
**V'ne-emar, v'hayah Adonai**  
*Thus it has been said, Adonai will be*  
**l'melech al kol ha-aretz.**  
*Sovereign over all the earth,*  
**Bayom hahu yih-yeh,**  
*On that day,*  
**Adonai echad, ushmo echad.**  
*Adonai will be One, and His Name will be One.*

**יִכְּרִיּוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תֵבֶל,**  
**כִּי לָךְ תִּכְרַע כָּל בָּרֶךְ,**  
**תִּשָּׁבַע כָּל לָשׁוֹן.**  
**לְפָנֶיךָ יִהְיֶה אֱלֹהֵינוּ**  
**יִכָּרְעוּ וַיִּפְלוּ,**  
**וְלִכְבוֹד שִׁמְךָ יִקְרִי יִתְּנוּ,**  
**וַיִּקְבְּלוּ כָּלֵם אֶת עוֹל מַלְכוּתְךָ,**  
**וְתִמְלֹךְ עֲלֵיהֶם**  
**מְהֵרָה לְעוֹלָם וָעֶד.**  
**כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא,**  
**וְלְעוֹלָמֵי עַד תִּמְלֹךְ בְּכָבוֹד,**  
**כַּכָּתוּב בְּתוֹרָתְךָ:**  
**יִהְיֶה יְמֹלְךָ לְעוֹלָם וָעֶד.**  
**וְנֹאמַר, וְהָיָה יְהוָה**  
**לְמֶלֶךְ עַל כָּל הָאָרֶץ.**  
**בַּיּוֹם הַהוּא יִהְיֶה**  
**יְהוָה אֶחָד, וְשֵׁמוֹ אֶחָד.**

*Between Pesach and Shavuot, the Omer is counted.*

# סדר הבדלה

## HAVDALAH SERVICE

The word "Havdalah" means "distinction". The entire connection is to distinguish between the Shabbat (the Festival) to which he have connected and the week that we are about to enter, both as an existence in time and as a feeling of existence. The greatest tool we have for appreciating anything is the ability to distinguish and differentiate. When we see things as rare and unique, they stand out as special, and somehow have their own place in the world. When Shabbat (or the Festival) is over, we mark the ending with Havdalah and recognize the beginning of a new week.

Rishon l'Tziyon hineh hinam,  
*This first that come to Zion will announce: Behold they are here!*  
v'Lirushalayim m'vaser eten.  
*and I will send a herald for Jerusalem.*

Al tism'chi oyavti li,  
*Do not rejoice over me my enemy,*  
ki nafalti kamti,  
*for though I fell, I will rise,*  
ki eshev bachoshech  
*though I sit in darkness,*  
Adonai or li.  
*Adonai is a light unto me.*

Kumi ori ki va orech,  
*Arise! Shine! For your light has come,*  
uchvod Adonai alayich zarach.  
*and the glory of Adonai shines upon you.*

Ki hineh hachoshech  
*For, behold, darkness*  
y'chaseh eretz va-arafel l'umim,  
*may cover the earth, and a thick cloud may cover the nations,*  
v'alayich yizrach Adonai,  
*but upon you Adonai will shine,*  
uchvodo alayich yera-eh.  
*and His glory will be seen upon you.*

ראשון לְצִיּוֹן הִנֵּה הֵנָּם,  
וְלִירוּשָׁלַיִם מְבַשֵּׂר אֶתְּךָ.  
אֵל תִּשְׂמַחֵי אִיבֹתַי לִי,  
כִּי נִפַּלְתִּי קָמְתִּי,  
כִּי אֶשֶׁב בַּחֹשֶׁךְ  
יְהוָה אֹר לִי.  
קוּמִי אֹרִי כִּי בָא אֹרְךָ,  
וְכָבוֹד יְהוָה עָלֶיךָ זָרַח.  
כִּי הִנֵּה הַחֹשֶׁךְ  
יִכָּסֶה אֶרֶץ וְעֶרְפֶּל לְאֻמִּים,  
וְעָלֶיךָ יִזְרַח יְהוָה,  
וְכָבוֹדוֹ עָלֶיךָ יֵרָאֶה.

*We now lift our cups and say:*

כּוֹס יְשׁוּעוֹת אֶשָּׂא, וּבְשֵׁם יְהוָה אֶקְרָא.

Kos y'shu-ot esa, uvshem Adonai ekra.  
*I will raise the cup of salvation, and invoke the Name of Adonai.*

אָנָּא יְהוָה הוֹשִׁיעָה נָּא. אָנָּא יְהוָה הוֹשִׁיעָה נָּא.

Ana Adonai hoshi-ah na. Ana Adonai hoshi-ah na.

*Please Adonai save now. Please Adonai save now.*

אָנָּא יְהוָה הַצְּלִיחָה נָּא. אָנָּא יְהוָה הַצְּלִיחָה נָּא.

Ana Adonai hatz-lichah na. Ana Adonai hatz-lichah na.

*Please Adonai bring success now. Please Adonai bring success now.*

Hatzlichenu, hatzli-ach d'racheinu,

*Bring us success, bring success to our ways,*

hatzli-ach limudeinu,

*bring success to our studies,*

ushlach b'rachah r'vachah

*and send blessing, profit,*

v'hatzlachah b'chol ma-aseh yadeinu,

*and success in all the works of our hands,*

k'dichtiv:

*as it is written:*

Yisa v'rachah me-et Adonai,

*They will receive a blessing from Adonai,*

utzdakah me-Elohei yisho.

*and just kindness from the Elohim of their salvation.*

Lay'hudim hay'tah orah

*The Jews had light*

v'simchah v'sason vikar.

*and joy and gladness and honor.*

Uchtiv:

*And it was written:*

Vayhi David l'chol d'rachav maskil,

*David was successful in all his ways,*

Vadonai imo.

*and Adonai was with him.*

Ken yih-yeh lanu.

*So may He be with us.*

Baruch atah Adonai,

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

borei p'ri hagefen. {Amen.}

*Who creates the fruit of the vine. Amen.*

הַצְּלִיחֵנוּ, הַצְּלִיחַ דְּרַכֵּינוּ,

הַצְּלִיחַ לְמוּדֵינוּ,

וְשַׁלַּח בְּרַכָּה וְרוּחָה

וְהַצְּלַחַה בְּכֹל מַעֲשֵׂה יְדֵינוּ,

כְּדַכְּתִיב:

יִשָּׂא בְרַכָּה מֵאֵת יְהוָה,

וְצַדִּיקָה מֵאֱלֹהֵי יִשְׁעוֹ.

לַיהוּדִים הֵיטָה אֹרָה

וְשִׂמְחָה וְשִׂשׂוֹן וְיָקָר.

וְכַתִּיב:

וַיְהִי דָוִד לְכֹל דְּרַכּוֹ מִשְׂכִּיל,

וַיְהוּה עִמּוֹ.

כֵּן יִהְיֶה עִמָּנוּ.

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

בוֹרֵא פְּרֵי הַגֶּפֶן. {אָמֵן.}

*The following blessing is said only at the conclusion of Shabbat, not during Festivals.*

*Hold the V'samim (spice box) with the left hand.  
After the blessing, smell the spices.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
borei minei v'samim. {Amen.}  
*Who creates varieties of spices. Amen.*

בָּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מִיְּנֵי בְשָׂמִים. {אָמֵן.}

*The following blessing is said only at the conclusion of Shabbat, not during Festivals.  
Say the blessing, then hold up your fingers to the flame to see the reflected light.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
borei m'orei ha-esh. {Amen.}  
*Who creates the light of fire. Amen.*

בָּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
בוֹרֵא מְאוּרֵי הָאֵשׁ. {אָמֵן.}

*Continue with the following blessing:*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
hamavdil bein kodesh l'chol,  
*Who distinguishes between the sacred and the ordinary,*  
bein or l'choshech,  
*between light and dark,*  
bein Yisra-el la-amim,  
*between Israel and the nations,*  
bein yom hash'vi-i  
*between the Seventh Day,*  
l'sheshet y'mei hama-aseh.  
*and the six days of labor.*  
Baruch atah Adonai,  
*Blessed are You Adonai,*  
hamavdil bein kodesh l'chol.  
*Who distinguishes between the sacred and the ordinary.*  
{Amen.}

בָּרוּךְ אַתָּה יְהוָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל,  
בֵּין אוֹר לְחֹשֶׁךְ,  
בֵּין יִשְׂרָאֵל לְעַמִּים,  
בֵּין יוֹם הַשְּׁבִיעִי  
לְשֵׁשֶׁת יָמֵי הַמַּעֲשֵׂה.  
בָּרוּךְ אַתָּה יְהוָה,  
הַמְבַדֵּיל בֵּין קֹדֶשׁ לְחוֹל.  
{אָמֵן.}

*The one who recited Havdalah drinks most of the wine from the cup.*

Hamavdil bein kodesh l'chol,  
*May the one Who distinguishes between the sacred and the ordinary,*  
 chatoteinu hu yimchol,  
*may He forgive our wrongdoings,*  
 zarenu v'chaspenu yarbeh kachol,  
*may He increase our descendants and our wealth like sand,*  
 v'chakochavim balailah.  
*and like the stars in the night.*

י Yom panah k'tzel tomer,  
*The day has moved on like the shadow of a palm tree,*  
 ekra la-El alai gomer,  
*I shall cry out to the Almighty One, Who fulfills for me,*  
 yom asher amar shomer,  
*the day in which the Guardian said:*  
 ata voker v'gam lailah.  
*"The dawn has come and also night."*

צ Tzidkat'cha k'har tavor,  
*Your righteousness is as lofty as Mount Tabor,*  
 alei f'sha-ai avor ta-avor,  
*as for my misdeeds, may You completely pass over,*  
 k'yom et-mol ki ya-avor,  
*like a bygone day that passes on,*  
 v'ashmura valailah.  
*and like a watch of the night.*

ח Chal'fah onat minchati,  
*The time of my afternoon offering has passed,*  
 mi yiten m'nuchati,  
*who will grant me rest?,*  
 yagati b'anchati,  
*I grow weary with my sigh,*  
 as-cheh b'chol lailah.  
*I drench with tears every night.*

ק Koli shimah bal yuntal,  
*Hear my voice, may it not be removed,*  
 p'tach li sha-ar ham'natal,  
*open for me the lofty gate,*  
 sheroshi nimla tal,  
*for my head is filled with dew,*  
 k'nutzotai r'sisei lailah.  
*my locks with the dew drops of night.*

ה He-ater nora v'ayom,  
*Be receptive, Awesome and Fearsome One,*  
 ashave-a t'nah pidyom,  
*I cry out, grant redemption,*  
 b'neshef b'erev yom,  
*at twilight as the day wanes,*

הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל,  
 חַטֹּאתֵינוּ הוּא יִמְחֹל,  
 זְרַעֲנוּ וְכַסְפֵּנוּ יִרְבֶּה כַּחֹל,  
 וְכַכּוֹכָבִים בַּלַּיְלָה.

יוֹם פָּנָה כְּצֵל תְּמוֹר,  
 אֶקְרָא לְאֵל עָלַי גּוֹמֵר,  
 יוֹם אֲשֶׁר אָמַר שׁוֹמֵר,  
 אַתָּא בִקְרֹן וְגַם לַיְלָה.  
 צִדְקַתְךָ כְּהַר תָּבוֹר,  
 עָלַי פְּשָׁעַי עָבוֹר תַּעְבוֹר,  
 כִּיּוֹם אֶתְמוֹל כִּי יַעְבוֹר,  
 וְאֲשִׁמְרָה בַּלַּיְלָה.  
 חַלְפָה עוֹנֵת מִנְחָתִי,  
 מִי יִתֵּן מְנוּחָתִי,  
 יִגְעִתִּי בְּאַנְחָתִי,  
 אֲשַׁחֶה בְּכֹל לַיְלָה.  
 קוֹלִי שְׁמִעָה בַּל יִנְטַל,  
 פֶּתַח לִי שַׁעַר הַמְּנוֹטַל,  
 שְׂרֹאשֵׁי נִמְלָא טַל,  
 קְוֹצוֹתַי רְסִיסֵי לַיְלָה.  
 הֵעֲתֵר נוֹרָא וְאִיוֹם,  
 אֲשׁוּעַ תְּנָה פְדִיוֹם,  
 בְּנֶשֶׁף בְּעֶרֶב יוֹם,

b'ishon lailah.

*in the middle of night.*

**ק** K'raticha Yah hoshi-eni,  
*I called upon You, Almighty One, save me,*  
orach chayim todi-eni,  
*the way of life make known to me,*  
midlut t'va-tz'eni,  
*bring an end to my poverty,*  
miyom v'ad lailah.  
*from day until night.*

**ט** Taher tinuf ma-asai,  
*Cleanse the filth of my deeds,*  
pen yom'ru machisai,  
*lest my tormentors say,*  
ayeh Eloha osai,  
*where is the God Who made me,*  
noten z'mirot balailah.  
*Who gives cause for song at night.*

**נ** Nachnu v'yad'cha kachomer,  
*We are like clay in Your hands,*  
s'lach na al kal vachomer,  
*please forgive the slight and the severe (negative deeds),*  
yom l'yom yabi-a omer,  
*day to day utters speech,*  
v'lailah l'lailah.  
*and night to night.*

**א** El podeh mikol tzar,  
*Almighty One Who redeems from every enemy,*  
k'ranucha min hametzar,  
*we called upon You from the depths,*  
yad'cha lo tik-tzar,  
*Your hand has no limits,*  
lo yom v'lo lailah.  
*not by day and not by night.*

**מ** Micha-el sar Yisra-el,  
*Michael, minister of Israel,*  
Eliyahu v'Gavri-el,  
*Elijah and Gabriel,*  
bo-u na im hago-el,  
*please come with the redeemer,*  
kumu bachatzi halailah.  
*and stand up at the middle of the night.*

**מ** Miminenu Micha-el,  
*On our right Michael,*  
umismolenu Gavri-el,  
*and on our left Gabriel,*  
v'al roshenu Sh'chinat El,  
*and upon our head the Shechinah of the Almighty One,*

בְּאִישׁוֹן לַיְלָה.  
קְרָאתִיךָ יְיָ הוֹשִׁיעֵנִי,  
אֲרַח חַיִּים תּוֹדִיעֵנִי,  
מִדְּלוֹת תְּבַצֵּעֵנִי,  
מִיּוֹם וְעַד לַיְלָה.  
טַהַר טְנוּף מַעֲשֵׂי,  
פֶּן יֹאמְרוּ מַכְעִיסֵי,  
אֵיךְ אֱלֹהֵי עוֹשֵׂי,  
נוֹתֵן זְמִירוֹת בַּלַּיְלָה.  
נַחֲנוּ בְיַדְךָ כַּחֲמֶר,  
סְלַח נָא עַל קַל וְחָמֶר,  
יוֹם לְיוֹם יְבִיעַ אָמֶר,  
וְלַיְלָה לְלַיְלָה.  
אֵל פּוֹדֵה מְכֹל צָר,  
קְרָאנוּךָ מִן הַמְצָר,  
יְדֶךָ לֹא תִקְצָר,  
לֹא יוֹם וְלֹא לַיְלָה.  
מִיכָאֵל שַׂר יִשְׂרָאֵל,  
אֵלֵיהֶוּ וְגַבְרִיאֵל,  
בָּאוּ נָא עִם הַגּוֹאֵל,  
קוּמוּ בַּחֲצִי הַלַּיְלָה.  
מִמִּינֵנוּ מִיכָאֵל,  
וּמִשְׁמֹאלֵנוּ גַבְרִיאֵל,  
וְעַל רֹאשֵׁנוּ שְׁכִינַת אֵל,

b'chol yom uvchol la<sup>il</sup>lah.  
every day and every night.

ת T'nah lanu shavu-a tov,  
Give unto us a good week,  
ra-anan k'gan ratov,  
fruitful like a watered garden,  
ume-Adonai yavo hatov,  
from Adonai may there come good,  
kol hayom v'chol hal<sup>il</sup>lah.  
all day and all night.

י Y'vorach habayit hazeh,  
May He bless this house,  
mipi navi v'gam chozeh,  
as through the mouth of the prophet as well as the seer,  
ki chen y'tzaveh Eloheinu zeh,  
for so has our Elohim commanded this,  
l'sham'ru yomam val<sup>il</sup>lah.  
to guard it day and night.

ה Hamavdil bein mayim l'mayim,  
He Who separates water from water,  
y'chayeinu miyomayim,  
may He give us life forever,  
yarenu b'tuv Y'rushalayim,  
may He show us the goodness of Jerusalem,  
v'limshol bayom uval<sup>il</sup>lah.  
and give dominion day and night.

בְּכֹל יוֹם וּבְכֹל לַיְלָה.  
תְּנֵה לָנוּ שָׁבוּעַ טוֹב,  
רַעֲנַן כְּגַן רְטוֹב,  
וּמִיְהוָה יָבוֹא הַטּוֹב,  
כֹּל הַיּוֹם וְכֹל הַלַּיְלָה.  
יְבָרֵךְ הַבַּיִת הַזֶּה,  
מִפִּי נָבִיא וְגַם חוֹזֵה,  
כִּי כֵן יִצְוֶה אֱלֹהֵינוּ זֶה,  
לְשָׁמְרוּ יוֹמָם וּלְלַיְלָה.  
הַמַּבְדִּיל בֵּין מַיִם לְמַיִם,  
יַחֲיֵינוּ מִיּוֹמַיִם,  
יִרְאֵנוּ בְּטוֹב יְרוּשָׁלַיִם,  
וְלִמְשׁוֹל בַּיּוֹם וּבַלַּיְלָה.

## אליהו הנביא

### ELIYAHU HANAVI

Elijah will herald Mashiach, a new level of consciousness which will enable all people of the earth to live in love, peace, and harmony with one another, with little effort. We sing this song, which expresses our yearning for him to arrive.

Eiliyahu hanavi,  
Elijah the prophet,  
Eiliyahu ha-Tishbi,  
Elijah the Tishbite,  
Eiliyahu ha-Giladi,  
Elijah of Gilead,  
bimherah v'yameinu yavo  
come speedily in our day  
eleinu im Mashi-ach ben David.  
with the Messiah, the son of David.

אֵלִיָּהוּ הַנָּבִיא,  
אֵלִיָּהוּ הַתִּשְׁבִּי,  
אֵלִיָּהוּ הַגִּלְעָדִי,  
בְּמַהֲרָה בְּיָמֵינוּ יָבֹא  
אֵלֵינוּ עִם מָשִׁיחַ בֶּן דָּוִד.

*The service ends here on most Shabbatot.  
Continue on the next page for The Birkat HaLevanah.*

*The Birkat HaLevanah should be recited after seven days pass from the molad.  
The latest time that it can be said is fifteen days after the molad.  
During Tishrei, the Birkat HaLevanah is postponed until after Yom Kippur.*

# סדר ברכת הלבנה

## SEDER BIRKAT HALEVANAH

Rabbi Yochanan taught that one who blesses the new moon is regarded like one who greets the Sh'chinah. We recognize Hashem's existence through miracles, revelations, and through the cycles of nature. The moon's cycles are most apparent and we as Israel are likened to the moon, for at times we have suffered at the hands of others and our light has been dim like the new moon and at other times we have shone brightly and gloriously like the full moon.

### תהלים יט

#### TEHILIM 19

Through the contemplation of nature and study of Torah, we can recognize our Creator. However, only the Torah can guide us on how to attain spiritual fulfillment, as this psalm declares "The Torah of Hashem is perfect, it restores the soul."

#### Lam'natze-ach mizmor l'David.

*For the conductor, a psalm by David.*

Hashamayim m'sap'rim k'vod El,  
The heavens declare the glory of the Almighty One,  
uma-aseh yadav magid haraki-a.

*and the firmament tells the work of His hands.*

Yom l'yom yabi-a omer,

*Day following day utters speech,*

v'lailah l'lailah y'chaveh da-at.

*and night following night conveys knowledge.*

Ein omer v'ein d'varim,

*There is no speech and there are no words,*

b'li nishma kolam.

*unheard is their sound.*

B'chol ha-aretz yatza kum,

*But throughout the earth their line goes forth,*

uvik-tzeh tevel mileihem,

*and their words reach the farthest ends of the world,*

lashemesh sham ohel bahem.

*He has set up a tent for the sun in their midst.*

V'hu k'chatan yotze mechupato,

*And it is like a groom coming forth from his bridal chamber,*

yasis k'gibor larutz orach.

*rejoicing like a warrior to run the course.*

לְמַנְצַח מִזְמוֹר לְדָוִד.  
הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד אֵל,  
וּמַעֲשֵׂה יָדָיו מַגִּיד הַרְקִיעַ.  
יוֹם לְיוֹם יְבִיעַ אָמַר,  
וְלַיְלָה לְלַיְלָה יַחְוֶה דַּעַת.  
אֵין אָמַר וְאֵין דְּבָרִים,  
בְּלִי נִשְׁמָע קוֹלָם.  
בְּכֹל הָאָרֶץ יֵצֵא קוֹם,  
וּבִקְצֵה תֵבֵל מְלִיהֶם,  
לִשְׁמֶשׁ שָׁם אָהֵל בָּהֶם.  
וְהוּא כְּחָתָן יֵצֵא מִחֻפָּתוֹ,  
יִשִּׁישׁ כְּגִבּוֹר לְרוּץ אֹרֶחַ.

Mik-tzeh hashamayim motza-o,

*The end of the heavens is its source,*

ut-kufato al k'tzotam,

*and its circuit is to their other end,*

v'ein nistar mechamato.

*nothing is hidden from its heat.*

Torat Adonai t'mimah,

*The Torah of Adonai is perfect,*

m'shivat nafesh,

*it restores the soul,*

edut Adonai ne-emanah,

*the testimony of Adonai is trustworthy,*

mach-kimat peti.

*making wise the simple one.*

Pikudei Adonai y'sharim,

*The orders of Adonai are upright,*

m'sam'chei lev,

*gladdening the heart,*

mitzvat Adonai barah,

*the precept of Adonai is clear,*

m'irat einayim.

*enlightening the eyes.*

Yirat Adonai t'horah,

*The reverential awe of Adonai is pure,*

omedet la-ad,

*enduring forever,*

mishp'tei Adonai emet,

*the judgements of Adonai are true,*

tzad'ku yachdav.

*altogether righteous.*

Hanechemadim mizahav umipaz rav,

*They're more desirable than gold, than even much fine gold,*

um-tukim mid'vash v'nofet tzufim.

*and sweeter than honey and drippings from the combs.*

Gam avd'cha nizhar bahem,

*Even Your servant is careful of them,*

b'shamram ekev rav.

*for in observing them there is great reward.*

Sh'gi-ot mi yavin,

*Who can discern mistakes,*

ministarot nakeni.

*from unperceived faults cleanse me.*

Gam mizedim chashoch avdecha,

*Also from intentional misdeeds, restrain Your servant,*

al yimsh'lu vi,

*do not let them rule me,*

az eitam,

*then I shall be perfect,*

מְקִצֶה הַשָּׁמַיִם מוֹצְאוֹ,

וּתְקוּפָתוֹ עַל קְצוֹתָם,

וְאֵין נִסְתָּר מִחֻמָּתוֹ.

תּוֹרַת יְהוָה תְּמִימָה,

מְשִׁיבַת נֶפֶשׁ,

עֵדוּת יְהוָה נְאֻמָּנָה,

מַחְכֵּימַת פֶּתִי.

פְּקוּדֵי יְהוָה יִשְׁרִים,

מְשַׂמְּחֵי לֵב,

מִצְוֹת יְהוָה בְּרָה,

מְאִירַת עֵינָיִם.

יִרְאַת יְהוָה טְהוֹרָה,

עוֹמֶדֶת לְעַד,

מְשַׁפְּטֵי יְהוָה אֱמֶת,

צְדָקוֹ יַחְדָּו.

הַנְּחַמָּדִים מְזַהָב וּמְפֹז רָב,

וּמִתּוֹקִים מִדְּבַשׁ וְנֹפֶת צוּפִים.

גַּם עַבְדְּךָ נִזְהָר בָּהֶם,

בְּשֹׁמְרָם עֵקֶב רָב.

שְׂגִיאוֹת מִי יְבִין,

מִנְסֻתָרוֹת נִקְנִי.

גַּם מִזֵּדִים חֲשׂךְ עַבְדְּךָ,

אַל יִמְשְׁלוּ בִי,

אֲז אֵיתָם,

v'nikeiti mipesha rav.

*and I shall be cleansed of great misdeeds.*

Yih-yu l'ratzon imrei fi

*May they find favor, the words of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart, before You,*

Adonai tzuri v'go-ali.

*Adonai my Rock and my Redeemer.*

וְנִקֵּיתִי מִפְּשַׁע רָב.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי

וְהִגִּיוֹן לְבָבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

צוּרִי בְּעוֹלָם הַזֶּה וְגֹאֲלִי הַבָּה.

וְכָל קַרְנֵי רְשָׁעִים אֲגַדֶּעַ, תְּרוֹמַמְנָה קַרְנוֹת צַדִּיק.

Tzuri ba-olam hazeh v'go-ali habah.

V'chol karnei r'sha-im agade-a, t'romamnah karnot tzadik.

*My Rock in this world and my Redeemer in the world to come.*

*And all the pride of the wicked I shall cut down, and the pride of the righteous shall be exalted.*

## תהלים קמז:א-ו

TEHILIM 148:1-6

Hal'lu-Yah,

*Praise Yah,*

Hal'lu et Adonai min hashamayim,

*Praise Adonai from the heavens,*

hal'luhu bam'romim.

*praise Him in the supernal realms.*

Hal'luhu chol malachav,

*Praise Him all you angels,*

hal'luhu kol tz'va-av.

*praise Him all you hosts.*

Hal'luhu shemesh v'yare-ach,

*Praise Him, sun and moon,*

hal'luhu kol koch'vei or.

*praise Him, all shining stars.*

Hal'luhu sh'mei hashamayim,

*Praise Him, the highest heavens,*

v'hamayim asher me-al hashamayim.

*and the waters that are above the heavens.*

Y'hal'lu et shem Adonai,

*Let them praise the Name of Adonai,*

ki hu tzivah v'nivra-u.

*He commanded and they were created.*

Vaya-amidem la-ad l'olam,

*And He established them forever and ever,*

chok natan v'lo ya-avor.

*He issued a decree that will not be broken.*

הַלְלוּיָהּ,

הַלְלוּ אֶת יְהוָה מִן הַשָּׁמַיִם,

הַלְלוּהוּ בַמְּרוֹמִים.

הַלְלוּהוּ כָּל מַלְאָכָיו,

הַלְלוּהוּ כָּל צְבָאָיו.

הַלְלוּהוּ שֶׁמֶשׁ וַיָּרֵחַ,

הַלְלוּהוּ כָּל כּוֹכָבֵי אוֹר.

הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם,

וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי הוּא צִוָּה וְנִבְרָאוּ.

וַיַּעֲמִידֵם לְעַד לְעוֹלָם,

חֹק נָתַן וְלֹא יִעָבֹר.

Look at the moon and recite the following verse:

כִּי אֶרְאֶה שְׁמַיִךְ מַעֲשֵׂי אֶצְבְּעֹתֶיךָ,  
 יָרַח וְכּוֹכָבִים אֲשֶׁר כּוֹנְנָתָה.  
 יְהוּה אֲדֹנָיֵנוּ, מָה אֲדִיר שְׁמֶךָ בְּכֹל הָאָרֶץ.

Ki er-eh shamecha ma-asei etzb'otecha,  
 yare-ach v'chochavim asher konantah.

Adonai Adoneinu, mah adir shimcha b'chol ha-aretz.

When I behold Your heavens the work of Your fingers, the moon and the stars that You have set in place.  
 Adonai our Ruler, how mighty is Your Name in all the earth.

L'shem yichud kudsha

For the sake of the unification of the Holy One

b'rich hu ushchinteh,

blessed be He and His Sh'chinah,

bidchilu urchimu,

in awe and love,

urchimu udchilu, l'yachada

and in love and awe, to unify

shem Yud Hei b'Vav Hei,

the Name Yud Hei with Vav Hei,

b'yichuda sh'lim,

in perfect unity,

b'shem kol Yisra-el.

in the name of all of Israel.

Hineh anachnu va-im l'varech

Behold we come to recite

Birkat Hal'vanah k'mo shetik'nu

the Blessing of the Moon as established

raboteinu zichronam livrachah,

by our Sages, may their memory be a blessing,

im kol ha-mitzvot hak'lulot bah,

with all the mitzvot included within it,

l'taken et sharshah b'makom elyon,

to establish its root in the Supernal Place,

la-asot nachat ru-ach l'yotz'renu,

to bring satisfaction to our Maker,

v'la-asot r'tzon bor'enu.

and to perform the will of our Creator.

Vihi no-am Adonai Eloheinu aleinu,

May the pleasantness of Adonai our Elohim be upon us,

uma-aseh yadeinu kon'nah aleinu,

and the work of our hands establish for us,

uma-aseh yadeinu kon'nehu.

and the work of our hands establish it.

לְשֵׁם יְחִיד קְדוֹשׁ

בְּרִיךְ הוּא וְשְׁכִינָתוֹ,

בְּדַחֲלֵנוּ וּרְחִימוּ,

וּרְחִימוּ וּדְחִילוּ, לְיַחַד

שֵׁם יו"ד ה"א בּו"א ו' ה"א,

בְּיַחְוּדָא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הִנֵּה אֲנַחְנוּ בָּאִים לְבִרְךְ

בְּרַכַּת הַלְּבָנָה כְּמוֹ שֶׁתְּקַנּוּ

רְבוֹתֵינוּ זְכוֹרֹנָם לְבִרְכָה,

עִם כָּל הַמִּצְוֹת הַכְּלוּלוֹת בָּהּ,

לְתַקֵּן אֶת שַׁרְשָׁהּ בְּמָקוֹם עֲלִיוֹן,

לְעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ,

וְלְעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ.

וְיְהִי נַעַם אֲדֹנָי אֱלֹהֵינוּ עִלֵּינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָה עִלֵּינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָהּ.

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 asher b'ma-amaro bara sh'chakim,  
*Who with Whose utterance created the heavens,*  
 uvru-ach piv kol tz'va-am.  
*and with the breath of Whose mouth all their legion.*  
 Chok uzman natan lahem  
*A rule and a schedule did He give them,*  
 shelo y'shanu et taf-kidam.  
*that they not alter their assigned task.*  
 Sasim usmechim la-asot  
*They are joyous and happy to perform*  
 r'tzon konam,  
*the will of their Creator,*  
 po-el emet shep'ulato emet.  
*the One Who does truth, Whose deed is truth.*  
 V'la-l'vanah amar shetit-chadesh,  
*And to the moon He said that it should renew itself,*  
 ateret tiferet la-amusei vaten,  
*as a crown of splendor for those borne from the womb,*  
 shehem atidim  
*those who are destined*  
 l'hitchadesh k'motah,  
*to renew themselves like it,*  
 ulfa-er l'yotz'ram al shem  
*and to glorify their Molder for the sake*  
 k'vod malchuto.  
*of His glorious realm.*  
 Baruch atah Adonai,  
*Blessed are You Adonai,*  
 m'chadesh chodashim.  
*Who renews the months.*

בְּרוּךְ אַתָּה יְהוָה,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר בְּמֵאמָרוֹ בָּרָא שְׁחָקִים,  
 וּבְרוּחַ פִּיּוֹ כָּל צְבָאָם.  
 חֶק וְזִמָּן נָתַן לָהֶם  
 שְׁלֹא יִשְׁנֻוּ אֶת תַּפְקִידָם.  
 שְׂשִׁים וּשְׂמֵחִים לַעֲשׂוֹת  
 רְצוֹן קוֹנָם,  
 פּוֹעֵל אֱמֶת שֶׁפִּעֲלָתוֹ אֱמֶת.  
 וּלְלִבְנָה אָמַר שֶׁתִּחַדֵּשׁ,  
 עֲטֹרַת תִּפְאֶרֶת לַעֲמוּסֵי בֶטֶן,  
 שֶׁהֵם עֲתִידִים  
 לְהִתְחַדֵּשׁ כְּמוֹתָהּ,  
 וּלְפָאֵר לְיוֹצְרָם עַל שֵׁם  
 כְּבוֹד מַלְכוּתוֹ.  
 בְּרוּךְ אַתָּה יְהוָה,  
 מְחַדֵּשׁ חֳדָשִׁים.

*Recite three times:*

בְּסִמָּן טוֹב תִּהְיֶה לָּנוּ וּלְכֹל יִשְׂרָאֵל.

B'siman tov t'hi lanu ul-chol Yisra-el.

*May it be a good sign to us and to all of Israel.*

At the words כְּשֵׁם שְׂאֲנַחֲנוּ מְרַקְדִים "Just as we dance", rise up on the toes three times as if dancing.

Baruch yotz'rich, baruch osich,  
Blessed is your Molder, blessed is your Maker,  
baruch konich, baruch bor'ich.

blessed is your Owner, blessed is your Creator.

K'shem she-anachnu

Just as we

m'rak'dim k'negdich,

dance toward you,

v'ein anachnu y'cholim liga bich,

but we are unable to touch you,

kach im y'rak'du acherim

so if others dance

k'negdenu l'hazikenu,

towards us in order to harm us,

lo yuch'lu liga banu,

may they not be able to touch us,

v'lo yishl'tu vanu,

nor may they be able to rule over us,

v'lo ya-asu vanu shum roshem.

nor may they make any mark on us.

Tipol aleihem eimatah vafachad,

Let fall upon them fear and terror,

bigdol z'ro-acha yid'mu ka-aven.

at the greatness of Your arm, let them be still as stone.

Ka-aven yid'mu z'ro-acha bigdol

As stone let them be still, at the greatness of Your arm,

vafachad eimatah aleihem tipol.

let terror and fear fall upon them.

בָּרוּךְ יוֹצְרִיךְ, בָּרוּךְ עוֹשִׂיךְ,  
בָּרוּךְ קוֹנֵיךְ, בָּרוּךְ בּוֹרְאֵיךְ.  
כְּשֵׁם שְׂאֲנַחֲנוּ  
מְרַקְדִים כְּנֶגְדִיךְ,  
וְאֵין אֲנַחֲנוּ יְכוֹלִים לִגַּע בִּיךְ,  
כַּךְ אִם יִרְקְדוּ אַחֵרִים  
כְּנֶגְדֵנוּ לְהַזִּיקֵנוּ,  
לֹא יוּכְלוּ לִגַּע בָּנוּ,  
וְלֹא יִשְׁלְטוּ בָנוּ,  
וְלֹא יַעֲשׂוּ בָנוּ שׁוּם רֶשֶׁם.  
תִּפֹּל עֲלֵיהֶם אֵימַתָּה וּפְחָד,  
בְּגֹדֶל זְרוּעֶךָ יִדְמוּ כְּאֶבֶן.  
כְּאֶבֶן יִדְמוּ זְרוּעֶךָ בְּגֹדֶל  
וּפְחָד אֵימַתָּה עֲלֵיהֶם תִּפֹּל.

Recite three times:

דָּוִד מֶלֶךְ יִשְׂרָאֵל חַי וְקַיִם.

David melech Yisra-eil chai v'kayam.

King David of Israel lives and endures.

אָמֵן אָמֵן אָמֵן:

נֶצַח נֶצַח נֶצַח:

סֵלָה סֵלָה סֵלָה:

וְעַד וְעַד וְעַד:

Amen, Amen, Amen.

Netzach, netzach, netzach.

Selah, Selah, Selah.

Va-ed, va-ed, va-ed.

*Amen, Amen, Amen.*

*Eternal, eternal, eternal.*

*Selah, Selah, Selah.*

*Forever, forever, forever.*

*Recite seven times:*

לֵב טָהוֹר בְּרָא לִי אֱלֹהִים, וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי.

Lev tahor b'ra li Elohim, v'ru-ach nachon chadesh b'kirbi.

*Create a pure heart for me O Elohim, and a steadfast spirit renew within me.*

## תהלים קכא

### TEHILIM 121

Shir lama-alot,

*A song of ascents,*

esah einai el heharim,

*I lift my eyes to the mountains,*

me-ayin yavo ezri.

*from where does my help come?*

Ezri me-im Adonai,

*My help comes from Adonai,*

oseh shamayim va-aretz.

*Maker of heaven and earth.*

Al yiten lamot raglecha,

*Who will not allow your foot to slip,*

al yanum shom'recha.

*your Guardian will not slumber.*

Hineh lo yanum v'lo yishan,

*It is so that neither slumbers nor sleeps,*

shomer Yisra-el.

*the Guardian of Israel.*

שִׁיר לַמַּעֲלוֹת,

אֶשָּׂא עֵינַי אֶל הַהָרִים,

מֵאֵין יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

אֵל יִתֵּן לַמּוֹט רַגְלְךָ,

אֵל יִנּוּם שׁוֹמְרְךָ.

הִנֵּה לֹא יִנּוּם וְלֹא יִישָׁן,

שׁוֹמֵר יִשְׂרָאֵל.

Adonai shom'recha,  
*Adonai is your Guardian,*  
 Adonai tzi-l'cha al yad y'minecha.  
*Adonai is your shelter at your right hand.*  
 Yomam hashemesh lo yakekah,  
*The sun will not strike you by day,*  
 v'yare-ach balailah.  
*nor the moon by night.*  
 Adonai yishmorcha mikol ra,  
*Adonai will protect you from evil,*  
 yishmor et nafshecha.  
*and will protect your soul.*  
 Adonai yishmar tzet'cha uvo-echa,  
*Adonai will guard your departure and your arrival,*  
 me-atah v'ad olam.  
*from this time and unto eternity.*

יהוה שִׁמְרֶךָ,  
 יהוה צִלְךָ עַל יַד יְמִינֶךָ.  
 יוֹמָם הַשֶּׁמֶשׁ לֹא יַכֶּכָּה,  
 וַיָּרֵחַ בַּלַּיְלָה.  
 יהוה יִשְׁמְרֶךָ מִכָּל רָע,  
 יִשְׁמֹר אֶת נַפְשֶׁךָ.  
 יהוה יִשְׁמַר צֵאתְךָ וּבואֶךָ,  
 מֵעַתָּה וְעַד עוֹלָם.

## תהלים קנ

### TEHILIM 150

Hal'lu-Yah,  
*Praise Yah,*  
 Hal'lu Eil b'kodsho,  
*Praise to the Almighty in the sanctuary,*  
 hal'luhu birki-a uzo.  
*praise Him whose power the heavens proclaim.*  
 Hal'luhu bigvurotav,  
*Praise Him for powerful deeds,*  
 hal'luhu k'rov gudlo.  
*praise Him for surpassing greatness.*  
 Hal'luhu b'teka shofar,  
*Praise Him with the blast of the shofar,*  
 hal'luhu b'nevel v'chilor.  
*praise Him with the lyre and harp.*  
 Hal'luhu b'tof umachol,  
*Praise Him with drums and dancing,*  
 hal'luhu b'minim v'ugav.  
*praise Him with the lute and pipe.*  
 Hal'luhu b'tzil-tz'lei shama,  
*Praise Him with cymbals sounding,*  
 hal'luhu b'tzil-tz'lei t'ru-ah.  
*Praise Him with cymbals resounding.*  
 Kol han'shamah t'halel Yah,  
*Let everything that has breath praise Yah.*  
 Hal'lu-Yah.  
*praise Yah.*

הַלְלוּיָהּ,  
 הַלְלוּ אֵל בְּקֹדֶשׁוֹ,  
 הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ.  
 הַלְלוּהוּ בְּגְבוּרֹתָיו,  
 הַלְלוּהוּ כְּרֹב גְּדֻלוֹ.  
 הַלְלוּהוּ בְּתַקַּע שׁוֹפָר,  
 הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר.  
 הַלְלוּהוּ בְּתוֹף וּמַחֲוֹל,  
 הַלְלוּהוּ בְּמִנִּים וְעָגָב.  
 הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,  
 הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.  
 כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ  
 הַלְלוּיָהּ.

**Tana d'vei Rabi Yishma-el:***It was taught by the Academy of Rabbi Yishmael:***Il-malei lo zachu v'nei Yisra-el***If it had been that Israel was not privileged***ela l'hakbil p'nei***but to greet the Countenance***avihem shebashamayim***of their Father in Heaven***pa-am achat bachodesh, dayam.***except for once a month, it would have been enough.***Amar Abayei: Hil-kach tzarich***Abaye said: Therefore it is necessary***l'mei-m'ra m'umad.***to recite it while standing.*

תָּנָא דְבֵי רַבִּי יִשְׁמָעֵאל:  
 אֲלֵמַלִּי לֹא זָכוּ בְנֵי יִשְׂרָאֵל  
 אֶלָּא לְהַקְבִּיל פְּנֵי  
 אֲבֵיהֶם שְׁבַשְׁמַיִם  
 פְּעַם אַחַת בְּחֹדֶשׁ, דַּיִם.  
 אָמַר אַבְיֵי: הֲלִכְךָ צָרִיךְ  
 לְמֵימָרָא מְעַמָּד.

**קדיש על ישראל****KADDISH AL YISRAEL**

The Kaddish D'Rabanan is said after we read from a section of Talmud or other sacred texts. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

*Recited by the Chazzan, Everyone says the words in { }.*

**Yitgadal v'yitkadash sh'meh raba.***Exalted and sanctified be His great Name.***{Amen.}***Amen.***B'al'ma di v'ra chiruteh,***In the world that He has created according to His will,***v'yamlich malchuteh,***and may He let His sovereignty have dominion,***v'yatzmach purkaneh***and cause His redemption to sprout***vikarev M'shicheh. {Amen.}***and bring near the Mashiach. Amen.***B'chayeichon uvyomeichon***In your lifetime and in your days***uvchayei d'chol beit Yisra-el,***and in the lifetime of the entire House of Israel,***ba-agala uvizman kariv,***speedily and at a time that comes soon,***v'imru Amen. {Amen.}***and say amen. Amen.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
 {אָמֵן}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵהּ,  
 וְיַמְלִיךְ מַלְכוּתֵהּ,  
 וְיַצְמַח פְּרֻקָנֵהּ  
 וְיִקְרַב מְשִׁיחָהּ. {אָמֵן}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
 וּבְחַיֵּי דְכֹל בֵּית יִשְׂרָאֵל,  
 בְּעֵגְלָא וּבְזִמַּן קָרִיב,  
 וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'he sh'meh raba m'varach

*May His great Name be blessed*

l'alam ul-almei al-maya.}

*forever and for all eternity.*

Yitbarach v'yishtabach v'yitpa-ar

*Blessed and praised and glorified*

v'yitromam v'yitnasei v'yit-hadar

*and exalted and raised up and honored*

v'yitaleh v'yit-halal

*and elevated and lauded*

sh'meh d'kudsha {b'rich hu},

*be the Name of the Holy One, blessed is He,*

l'ela min kol birchata v'shirata

*beyond more than any blessing and song*

tushb'chata v'nechemata,

*praise and consolation*

da-amiran b'al'ma,

*that are uttered in the world,*

v'imru Amen. {Amen.}

*and say amen. Amen.*

Al Yisra-el v'al rabanan,

*Upon Israel and upon the teachers,*

v'al talmideihon v'al kol

*and upon their students and upon all*

talmidei talmideihon,

*the students of their students,*

v'al kol man

*and upon all who*

d'as'kin b'Orayta,

*engage themselves in the study of Torah,*

di v'atra hadein v'di

*who are in this place or who are*

v'chol achar va-atar.

*in any other place.*

Y'he l'hon ulchon sh'lama raba,

*May there be for them and for you abundant peace,*

china v'chisda v'rachamin,

*grace and kindness and mercy,*

v'chayin arichin, umzonei r'vichei,

*long life, and ample nourishment,*

ufurkana, min kadam avuhon di

*and salvation from before their Creator Who is*

vishmaya v'ara,

*in Heaven an earth,*

v'imru Amen. {Amen.}

*and say amen. Amen.*

יְהִיָּה שְׁמֵהּ רַבָּא מְבָרַךְ

לְעַלְמֵם וּלְעַלְמֵי עַלְמַיָּא.

יְתְבָרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר

וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר

וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנַחֲמָתָא,

דְאִמְרוּן בְּעַלְמָא,

וְאִמְרוּ אָמֵן. {אָמֵן.}

עַל יִשְׂרָאֵל וְעַל רַבָּנָן,

וְעַל תַּלְמִידֵיהוֹן וְעַל כּוֹל

תַּלְמִידֵי תַלְמִידֵיהוֹן,

וְעַל כּוֹל מָאן

דְעִסְקִין בְּאוֹרֵיתָא,

דִּי בְּאַתְרָא הָדִין וְדִי

בְּכּוֹל אֶתְר וְאַתְר.

יְהִיָּה לְהוֹן וּלְכוּן שְׁלָמָא רַבָּא,

חֲנָא וְחֶסְדָּא וְרַחֲמִין,

וְחַיִּין אַרְיִכִין, וּמְזוּנֵי רוּיְחֵי,

וּפְרָקְנָא, מִן קְדָם אַבוּהוֹן דִּי

בְּשַׁמַּיָּא וְאַרְעָא,

וְאִמְרוּ אָמֵן. {אָמֵן.}

Y'he sh'lama raba min sh'maya,  
*May there be abundant peace from heaven,*  
 v'chayim tovim aleinu,  
*and good life upon us,*  
 v'al kol Yisra-el,  
*and upon all Israel,*  
 v'imru Amen. {Amen.}  
*and say amen. Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,  
 וְחַיִּים טוֹבִים עָלֵינוּ  
 וְעַל כָּל יִשְׂרָאֵל,  
 וְאָמְרוּ אָמֵן. {אָמֵן.}

*Take three steps back and bow to the left and say:*

Oseh shalom bimromav,  
*May the One Who makes peace in His heights,*

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

*Bow to the right and say:*

hu b'rachamav  
*may He, in His compassion,*  
 ya-aseh shalom aleinu,  
*make peace upon us,*

הוּא בְּרַחֲמָיו  
 יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,

*Bow forward and say:*

v'al kol amo Yisra-el,  
*and upon all His people Israel,*  
 v'al kol yosh'vei tevel,  
*and upon all the inhabitants of the earth,*

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

*Straighten the body and say:*

v'imru amen. {Amen.}  
*and say amen.*

וְאָמְרוּ אָמֵן. {אָמֵן.}

V'hayah or hal'vanah

*The light of the moon will be*

k'or hachamah,

*like the light of the sun,*

v'or hachamah yihyeh shivatayim

*and the light of the sun will be seven times stronger*

k'or shivat hayamim,

*like the light of seven days,*

b'yom chavosh Adonai

*on the day that Adonai binds*

et shever amo,

*the fragment of His people,*

umachatz makato yirpa.

*and heals the wound of His blow.*

Vatadi zahav v'chesef

*You adorned yourself with gold and silver*

umalbushech shesh vameshi v'rikmah, ומלבושיך שש ומשי ורקמה,

*and your linens were linen and silk and embroidery,*

solet udvash vashemen achalt,

*fine flour and honey and oil you ate,*

vatifi bimod m'od

*and you became exceedingly beautiful*

vatitz-l'chi limluchah.

*and you became fit for royalty.*

וְהָיָה אֹר הַלְּבָנָה

כְּאֹר הַחֲמָה,

וְאֹר הַחֲמָה יִהְיֶה שִׁבְעַתַּיִם

כְּאֹר שִׁבְעַת הַיָּמִים,

בְּיוֹם חֲבוֹשׁ יְהוָה

אֶת שִׁבְר עַמּוֹ,

וּמַחֲזֵן מַכָּתוֹ יִרְפֵּא.

וּתְעַדִּי זָהָב וְכֶסֶף

וּמְלִבוּשֵׁיךָ שֵׁשׁ וּמִשֵּׁי וְרִקְמָה,

סֹלֶת וּדְבַשׁ וְשֶׁמֶן אֲכַלְתָּ,

וּתְיַפִּי בְּמְאֹד מְאֹד

וּתְצַלְחִי לְמַלְכוּתָהּ.

*Recite three times:*

שְׁלוֹם עֲלֵיכֶם.

Shalom aleichem.

*Peace upon you!*