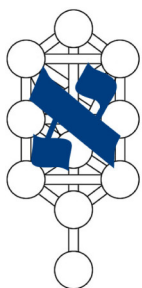


# שַׁחֲרִית לַיּוֹם

## SHACHARIT L'CHOL

Morning Service For Weekdays



**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 Rabbi David Aharon L. Curtis for Kabbalah4All.  
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Edited by Rabbi David Aharon L. Curtis.

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# ברכות השׁבת

## BIRCHOT HASHACHAR - THE MORNING BLESSINGS

*Men say Modeh /Women say Modah.*

Modeh/Modah ani l'fanecha,

*I offer thanks before You,*

melech chai v'kayam,

*O Sovereign living and enduring,*

shehechezarta bi nishmati b'chemlah,

*that You have restored my soul to me in mercy,*

rabah emunatecha.

*abundant is Your faithfulness.*

מוֹדֵה\מוֹדָה אֲנִי לְפָנֶיךָ,

מֶלֶךְ חַי וְקַיִם,

שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,

רַבָּה אֱמוּנָתְךָ.

## נטילת ידיים

### WASHING OF THE HANDS

Our hands attract all sorts of energies, including negative energy. Water has the qualities of Chesed and purification. The word "natal" literally means "to lift." By washing our hands before we engage in any connection or meditation, we are cleansing them and raising them from their mundane tasks to sacred service.

*We recite the blessing and then we wash the hands by picking up the pitcher with the left hand and pouring the water over the right hand, then with the right hand pour the water over the left. This procedure is done three times.*

Baruch atah Adonai

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*Elohim, Sovereign of the universe.*

asher kid'shanu b'mitzvotav

*You hallow us with Your commandments*

v'tzivanu al n'tilat yadayim.

*and bid us to wash our hands.*

בָּרוּךְ אַתָּה יְהוָה יְאֵהֲדוּנָהי

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,

וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

# אֲשֶׁר יָצַר

## ASHER YATZAR

Baruch atah Adonai,

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*our Elohim, Sovereign of the universe,*

asher yatzar et ha-adam b'chochmah,

*Who formed the human being with wisdom,*

uvara vo n'kavim n'kavim

*making for us all the vessels and*

chalulim chalulim.

*openings of the body.*

Galui v'yadu-a lifnei chisei ch'vodecha

*It is revealed and known before the Throne of Your Glory*

she-im yipate-ach echad mehem,

*that if just one of these be opened*

o yisatem echad mehem,

*or one of these be closed,*

ei efshar l'hit-kayem

*it would be impossible to exist*

v'la-amod l'fanecha

*and stand before You*

afilu sha-ah echat.

*for even one hour.*

Baruch atah Adonai,

*Blessed are You Adonai,*

rofe chol basar,

*Who heals all flesh,*

umafli la-asot. {Amen.}

*and acts wondrously. Amen.*

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוֹנָהּ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,

וּבְרָא בּוֹ נְקָבִים נְקָבִים

חֲלוּלִים חֲלוּלִים.

גְּלוּי וְיָדוּעַ לְפָנֶי כְּסֵא כְבוֹדְךָ

שֶׁאִם יִפְתַּח אֶחָד מֵהֶם,

אוּ יִסְתֵּם אֶחָד מֵהֶם,

אִי אֶפְשָׁר לְהִתְקַיֵּם

וְלַעֲמֹד לְפָנֶיךָ

אֲפִילוּ שְׂעָה אֶחָת.

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוֹנָהּ,

רוֹפֵא כָּל בָּשָׂר,

וּמַפְלִיא לַעֲשׂוֹת. {אֲמֵן.}

# אלהי נשמה

## ELOHAI N'SHAMA

Through this blessing we express our gratitude for the restoration of a pure soul and for keeping us in life and in health. When we recognize that the soul is pure, it can often assist us in the task of loving our neighbor.

*Men say modeh/Women say modah.*

Elohai,  
My Elohim,  
n'shamah shenatata bi t'horah hi.  
the soul You have given me is pure.

Atah v'ratah, atah y'tzartah,  
For You created it, You formed it,  
atah n'facha bi,  
You breathed it into me,  
v'atah m'sham'ra b'kirbi,  
and You protect it within me,  
v'atah atid lit'lah mimeni,  
and You will eventually take it from me,  
ulhachazirah bi le-atid lavo.  
and restore it to me in the Time to Come.

Kol z'man shehan'shamah b'kirbi,  
For as long as my soul is within me,  
modeh/modah ani l'fanecha,  
I offer thanks before You,  
Adonai Elohai  
Adonai, my Elohim  
Velohei avotai,  
and the Elohim of my ancestors,  
ribon kol hama-asim,  
Guide of all deeds,  
adon kol han'shamot.  
Ruler of all souls.

Baruch atah Adonai,  
Blessed are You Adonai,  
asher b'yado nefesh kol chai  
in Whose hand are the souls of all the living  
v'ru-ach kol b'sar ish. {Amen}  
and the spirits of all flesh. Amen.

אֱלֹהֵי,  
נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.

אַתָּה בְּרָאתָהּ, אַתָּה יִצַּרְתָּהּ,  
אַתָּה נִפְחַתָּהּ בִּי,  
וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי,  
וְאַתָּה עֹתִיד לְטָלוּהָ מִמֶּנִּי,  
וּלְהַחְזִירָהּ בִּי לְעֵתִיד לְבוֹא.

כָּל זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי,  
מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ,  
יְהוָה יֵאֱהָדוּנְהִי אֱלֹהֵי  
וְאֱלֹהֵי אֲבוֹתַי,  
רִבּוֹן כָּל הַמַּעֲשִׂים,  
אֲדוֹן כָּל הַנְּשָׁמוֹת.

בְּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנְהִי,  
אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי  
וְרוּחַ כָּל בֶּשָׂר אִישׁ. {אָמֵן}.

The Chazzan recites the following blessings and everyone responds with אָמֵן Amen to each blessing.

Men say the word before / Women say the word after.

Baruch atah Adonai,  
Blessed are You Adonai,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
asher natan lasechvi vinah  
Who has given the rooster understanding  
l'havchin bein yom uvein lailah.  
to distinguish day from night.  
{Amen.}  
Amen.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לִשְׁכֵוֵי בֵינָה  
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.  
{אָמֵן}

Baruch atah Adonai,  
Blessed are You Adonai,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
poke-ach ivrim. {Amen.}  
Who opens the eyes of the blind.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
פּוֹקֵחַ עֵוְרִים. {אָמֵן}

Baruch atah Adonai,  
Blessed are You Adonai,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
matir asurim. {Amen.}  
Who releases those who are bound.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַתִּיר אֲסוּרִים. {אָמֵן}

Baruch atah Adonai,  
Blessed are You Adonai,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
zokef k'fufim. {Amen.}  
Who straightens those who are bent over.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
זוֹקֵף כְּפוּפִים. {אָמֵן}

Baruch atah Adonai,  
Blessed are You Adonai,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
malbish arumim. {Amen.}  
Who clothes the naked.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עֲרֻמִּים. {אָמֵן}

Baruch atah Adonai,  
Blessed are You Adonai,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
hanoten laya-ef ko-ach. {Amen.}  
Who gives strength to the weary.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
הַנוֹתֵן לַיַּעֲף כֹּחַ. {אָמֵן}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 roka ha-aretz al hamayim. {Amen.}  
*Who spreads out the earth upon the waters. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 רוקע הארץ על המים. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 hamechin mitz-adei gaver. {Amen.}  
*Who supports our footsteps. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 המכין מצעדי גבר. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 she-asah li kol tzorki. {Amen.}  
*Who provides for all my needs. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 שעשה לי כל צרכי. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 ozer Yisra-el bigvurah. {Amen.}  
*Who strengthens Israel with might. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 עוזר ישראל בגבורה. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 oter Yisra-el b'tifarah. {Amen.}  
*Who crowns Israel with splendor. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 עוטר ישראל בתפארה. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 she-asani Yisra-el. {Amen.}  
*Who has made me Israel. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 שעשני ישראל. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 shelo asani aved/shifchah. {Amen.}  
*Who has not made me a slave. Amen.*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 שלא עשני עבד\שפחה. {אמן.}

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 she-asani b'tzelem Elohim. {Amen.}  
*Who has made me in Your image. Amen.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 Eloheinu melech ha-olam,  
*our Elohim, Sovereign of the universe,*  
 hama-avir shenah me-einai,  
*Who removes sleep from the eyes,*  
 utnumah me-afapai. {Amen.}  
*slumber from the eyelids. Amen.*

Vih ratzon mil'fanecha Adonai,  
*May it be the will before You, Adonai,*  
 Eloheinu Velohei avoteinu,  
*our Elohim and the Elohim of our ancestors,*  
 shetargilenu b'Toratecha  
*that Your Torah be woven into our daily lives*  
 v'dab'kenu b'mitzvotcha,  
*and that we cling to Your commandments,*  
 v'al t'vi-enu lo lidei chet,  
*lead us not into wrongdoing,*  
 v'lo lidei aveirah,  
*and not into transgression,*  
 v'lo lidei nisayon,  
*and not into temptation,*  
 v'lo lidei vizayon,  
*and not into disgrace,*  
 v'tarchikenu miyetzer hara,  
*and distance us from the Evil Inclination,*  
 v'tadbikenu b'yetzer hatov,  
*and attach us to the good inclination,*  
 utnenu l'ahavah l'chen  
*and grant us love, grace*  
 ulchesed ulrachamim,  
*and lovingkindness, and mercy,*  
 b'einecha uveinei chol ro-einu,  
*in Your eyes and in the eyes of all who behold us,*  
 v'gomlenu chasadim tovim.  
*and bestow lovingkindness upon us.*  
 Baruch atah Adonai,  
*Blessed are You Adonai,*  
 gomel chasadim tovim  
*Who bestows kindnesses that are beneficent*

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 שעשני בצלם אלהים. {אמן.}

ברוך אתה יהוה יאהדונהי,  
 אלהינו מלך העולם,  
 המעביר שנה מעיני,  
 ותנומה מעפעפי. {אמן.}

ויהי רצון מלפניך יהוה יאהדונהי,  
 אלהינו ואלהי אבותינו,  
 שתרגילנו בתורתך  
 ודבקנו במצותיך,  
 ואל תביאנו לא לידי חטא,  
 ולא לידי עבירה,  
 ולא לידי נסיון,  
 ולא לידי בזיון,  
 ואל תרחיקנו מיצר הרע,  
 ותדביקנו ביצר הטוב,  
 ותננו לאהבה לחן  
 ולחסד ולרחמים,  
 בעיניך ובעיני כל רואינו,  
 וגמלנו חסדים טובים.  
 ברוך אתה יהוה יאהדונהי,  
 גומל חסדים טובים

l'amo Yisra-el. {Amen.}

to His people Israel. Amen.

Y'hi ratzon mil'fanecha Adonai

May it be the will before You, Adonai

Eloheinu Velohei avoteinu,

our Elohim and the Elohim of our ancestors,

shetatzilenu hayom

that You rescue us today

uvchol yom vayom,

and each and every day,

me-azei fanim, me-azut panim,

from the arrogant, from arrogance,

me-adam ra, miyetzter ra,

from an evil person, from the Evil Inclination,

mechaver ra, mishachen ra,

from an evil friend, from an evil neighbor,

mipega ra, me-ayin hara,

from an evil mishap, from an evil eye,

umilashon hara, mimalshinut,

and from an evil tongue, from slander,

me-edut sheker, misinat hab'riyot,

from false witness, from hatred of people,

me-alilah, mimitah m'shunah,

from libel, from unnatural death,

mechola-im ra-im,

from severe illnesses,

mimikrim ra-im,

from evil occurrences,

midin kasheh,

from troublesome litigation,

umiba-al din kasheh,

and from a harsh antagonist,

bein shehu ven b'rit,

whether they are a member of the Covenant,

uvein she-eino ven b'rit.

or whether they are not a member of the Covenant.

לְעַמּוֹ יִשְׂרָאֵל. {אָמֵן.}

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה יֵאֱהוּנָהּ

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתְּצִילֵנוּ הַיּוֹם

וּבְכָל יוֹם וַיּוֹם,

מֵעַזֵי פָנִים, מֵעֲזוֹת פָּנִים,

מֵאָדָם רָע, מֵיֵצֵר רָע,

וּמִחָבֵר רָע, מִשָּׂכֵן רָע,

מִפֶּגַע רָע, מֵעַיִן הָרָע,

וּמִלְשׁוֹן הָרָע, מִמַּלְשִׁינוֹת,

מֵעֲדוֹת שָׁקֵר, מִשִּׁנְאַת הַבְּרִיּוֹת,

מֵעֲלִילָה, מִמִּיתָה מְשֻׁנָּה,

מִחֲלָאִים רָעִים,

מִמְקָרִים רָעִים,

מִדִּין קָשָׁה,

וּמִבְּעַל דִּין קָשָׁה,

בֵּין שֶׁהוּא בֶן בְּרִית,

וּבֵין שֶׁאִינוֹ בֶן בְּרִית.

# ברכות התורה

## BLESSINGS OF THE TORAH

Hillel said that all of Torah is summed up as "Love your neighbor as yourself, all the rest is mere commentary, now go and learn." We are called to care about others and to share. These blessings assists us in connecting to the energy of the Torah so that we share the Light of the Creator with others. We must perform a mitzvah after a blessing is said, therefore the verses that follow are from both the Written and Oral Torah.

**Baruch atah Adonai,**  
*Blessed are You Adonai,*  
**Eloheinu melech ha-olam,**  
*our Elohim, Sovereign of the universe,*  
**asher kid'shanu b'mitzvotav**  
*Who has sanctified us with His commandments,*  
**v'tzivanu la-asok b'divrei Torah.**  
*and bid us to engage in words of Torah.*  
**{Amen.}**  
*Amen.*

**V'ha-arev na Adonai Eloheinu,**  
*Adonai, our Elohim, may*  
**et divrei Torat'cha b'finu,**  
*the words of Torah flow into our mouths,*  
**uvfi am'cha beit Yisra-el,**  
*and into the mouths of Your people Israel,*  
**v'nih-yeh anachnu v'tze-etza-einu,**  
*so that we and our descendants,*  
**v'tze-etza-ei am'cha beit Yisra-el,**  
*and those who flow from Your people Israel,*  
**kulanu yod'ei sh'mecha,**  
*shall all know Your Name,*  
**v'lom'dei Torat'cha lishmah.**  
*and study Your Torah for its own sake.*  
**Baruch atah Adonai,**  
*Blessed are You Adonai,*  
**ham'lamed Torah l'amo Yisra-el.**  
*Who teaches Torah to Your people Israel.*  
**{Amen.}**  
*Amen.*

**Baruch atah Adonai,**  
*Blessed are You Adonai,*  
**Eloheinu melech ha-olam,**  
*our Elohim, Sovereign of the universe,*

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
 וְצִוָּנוּ לְעִסוֹק בְּדִבְרֵי תוֹרָה.  
 {אֲמֵן.}

וְהֶעֱרַב נָא יְהוָה יֵאֱהוּנְהִי אֱלֹהֵינוּ,  
 אֶת דִּבְרֵי תוֹרַתְךָ בְּפִינוּ,  
 וּבְפִי עַמֶּךָ בֵּית יִשְׂרָאֵל,  
 וְנִהְיֶה אֲנַחְנוּ וְצִאֲצֵאֵינוּ,  
 וְצִאֲצֵאֵי עַמֶּךָ בֵּית יִשְׂרָאֵל,  
 כְּלָנוּ יוֹדְעֵי שְׁמֶךָ,  
 וְלוֹמְדֵי תוֹרַתְךָ לְשִׂמְחָה.  
 בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי,  
 הַמְּלַמֵּד תוֹרָה לְעַמּוֹ יִשְׂרָאֵל.  
 {אֲמֵן.}

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי,  
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher bachar banu mikol ha-amim

*Who has chosen us from all the peoples*

v'natan lanu et Torato.

*and gave us His Torah.*

Baruch atah Adonai,

*Blessed are You Adonai,*

noten ha-Torah. {Amen.}

*Who gives the Torah. Amen.*

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי,

נוֹתֵן הַתּוֹרָה. {אָמֵן.}

Vaydaber Adonai el Mosheh

*Adonai spoke to Moses,*

lemor: Daber el Aharon v'el

*saying: Speak to Aharon and to*

banav lemor koh t'var'chu et

*his children saying, so shall you bless the*

b'nei Yisra-el amor lahem:

*children of Israel, saying to them:*

וַיִּדְבֹר יְהוָה יֵאֱהוּנְהִי אֶל מֹשֶׁה

לֵאמֹר: דַּבֵּר אֶל אַהֲרֹן וְאֶל

בָּנָיו לֵאמֹר: כֹּה תְבַרְכוּ אֶת

בְּנֵי יִשְׂרָאֵל אָמֹר לָהֶם:

יְבַרְכֶךָ יְהוָה יֵאֱהוּנְהִי וַיִּשְׁמְרֶךָ.

Y'varech'cha Adonai v'yishm'recha.

*May Adonai bless you and protect you.*

יֵאֵר יְהוָה יֵאֱהוּנְהִי פָנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.

Ya-er Adonai panav elecha vichuneka.

*May Adonai shine His countenance upon you and give you grace.*

יִשָּׂא יְהוָה יֵאֱהוּנְהִי פָנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.

Yisa Adonai panav elecha v'yasem l'cha shalom.

*May Adonai lift His countenance towards you and give peace to you.*

וְשָׂמוּ אֶת שְׁמִי עַל בְּנֵי יִשְׂרָאֵל וְאֲנִי אֲבָרְכֶם.

V'shamu et sh'mi al b'nei Yisra-el va-ani avar'chem.

*Let them place My Name upon the Children of Israel and I shall bless them.*

# אֲדוֹן עוֹלָם

## ADON OLAM

Through this song we are making a very powerful connection to the Ruler of the universe and reminding ourselves that we have nothing to fear when we truly connect to the Creator's Light.

**Adon olam asher malach,**

*Ruler of the universe Who reigned,*

**b'terem kol y'tzir nivra.**

*before anything was created.*

**L'et na-asah v'cheftso kol,**

*At the time when His will created all things,*

**azai melech sh'mo nikra.**

*then as Sovereign His Name was proclaimed.*

**V'acharei kichlot hakol,**

*And after everything ceases to be,*

**l'vado yimloch nora.**

*He alone will reign, the Awesome One.*

**V'hu hayah v'hu hoveh,**

*It is He Who was, and He Who is,*

**v'hu yih-yeh b'tifarah.**

*and He Who shall remain in splendor.*

**V'hu echad v'ein sheni,**

*And He is One and there is no second,*

**l'hamshil lo l'hachbirah.**

*to compare to Him or to be His equal.*

**B'li reshit b'li tachlit,**

*Without beginning without end*

**v'lo ha-oz v'hamisrah.**

*and to Him belong the power and the dominion.*

**V'hu Eli v'chai go-ali,**

*He is my Almighty One and my living Redeemer,*

**v'tzur chevli b'et tzarah.**

*and my Fortress from pain in a time of distress.*

**V'hu nisi umanos li,**

*And He is my banner and a refuge for me,*

**m'nat kosi b'yom ekra.**

*the portion of my cup on the day I call.*

**B'yado afkid ruchy,**

*Into His hand I entrust my spirit,*

**b'et ishan v'a-irah.**

*when I go to sleep and when I wake.*

**V'im ruchy g'viyati,**

*And with my spirit as well as my body,*

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ,  
בְּטֶרֶם כָּל יִצִיר נִבְרָא.  
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,  
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.  
וְאַחֲרֵי כְּכֹלֹת הַכֹּל,  
לְבַדּוֹ יִמְלֹךְ נוֹרָא.  
וְהוּא הָיָה, וְהוּא הוֹה,  
וְהוּא יִהְיֶה, בְּתִפְאָרָה.  
וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,  
וְלוֹ הָעֵז וְהַמְשָׁרָה.  
וְהוּא אֵלַי וְחֵי גֹאֲלִי,  
וְצוּר חֲבְלֵי בְּעֵת צָרָה.  
וְהוּא נִסִּי וּמָנוֹס לִי,  
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.  
בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאַעִירָה.  
וְעִם רוּחִי גְּוִיָּתִי,

**Adonai li v'lo ira.**

*Adonai is with me and I shall not fear.*

**B'mikdasho tagel nafshi,**

*In His sanctuary shall my soul rejoice,*

**m'shichenu yishlach m'herah,**

*may He send our Mashiach quickly,*

**v'az nashir b'veit kodshi,**

*and then we will sing in my holy house,*

**amen amen shem hanora.**

*"Amen, Amen" to the awesome Name.*

יְהוָה יֵאֱהוּנְהִי לִי וְלֹא אִירָא.

בְּמִקְדָּשׁוֹ תִגַּל נַפְשִׁי,

מְשִׁיחֵנוּ יִשְׁלַח מְהֵרָה,

וְאֵז נִשְׁיֵר בְּבֵית קֹדְשִׁי,

אָמֵן אָמֵן שֵׁם הַנּוֹרָא.

## עֲטִיפַת טַלִּית

### DONNING THE TALLIT

The tallit helps us to focus during our prayers and it also reminds us of the Creator's love and protection over us.

**L'shem yichud kudsha**

*For the sake of the unification of the Holy One,*

**b'rich hu uShchinteh,**

*Blessed is 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.*

**Hareini va l'kayem mitzvat**

*Behold I come to fulfill the mitzvah*

**aseh lilbosh talit**

*to put on tallit*

**m'tzuyetzet kachalacha,**

*with tzitzit according to the law,*

**k'mo shekatuv ba-Torah:**

*as is written in the Torah:*

**V'asu lahem tzitzit**

*They are to make for themselves tzitzit*

**al kanfei vigdeihem.**

*on the corners of their garments.*

לְשֵׁם יִחּוּד קֹדְשָׁא

בְּרִיךְ הוּא וְשְׁכִינְתָּהּ (יֵאֱהוּנְהִי),

בְּדַחֲלֵנוּ וּרְחִימוּ (יֵאֱהוּנְהִי),

וּרְחִימוּ וּדְחִילוּ (יֵאֱהוּנְהִי), לְיִחְדָּא

שֵׁם יו"ד ה"א בּו"א ו"ו ה"א (יְהוָה),

בְּיִחּוּדָא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל,

הֲרִינִי בָּא לְקִים מִצְוֹת

עֲשֵׂה לְלִבְשׁ טַלִּית

מְצִיֶּצֶת כַּהֲלָכָה,

כְּמוֹ שְׁכָתוּב בַּתּוֹרָה:

וְעָשׂוּ לָהֶם צִיצֵת

עַל כַּנְפֵי בְּגָדֵיהֶם.

## K'dei shenizkor

*In order that you may remember*

**kol mitzvotav la-asotam,**

*all of His mitzvot to perform them,*

**shene-emar, uritem oto**

*as it says, that you may see it*

**uzchartem et kol mitzvot**

*and remember all the mitzvot*

**Adonai va-asitem otam,**

*of Adonai and perform them,*

**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.*

*Hold the folded tallit in your hand and inspect the tzitzits and recite:*

**Bar'chi nafshi et Adonai,**

*Bless Adonai, O my soul,*

**Adonai Elohai gadalta m'od,**

*Adonai, my Elohim, how great You are,*

**hod v'hadar lavashta.**

*You are robed in glory and majesty.*

**Qteh or kasalmah,**

*You wrap Yourself in light as in a garment,*

**noteh shamayim kayriah.**

*You spread forth the heavens like a curtain.*

*Unfold the tallit and hold it in readiness to wrap around yourself and recite:*

**Baruch atah Adonai,**

*Blessed are You Adonai,*

**Eloheinu melech ha-olam,**

*our Elohim, Sovereign of the universe,*

**asher kid'shanu b'mitzvotav,**

*Who has sanctified us with His commandments,*

**v'tzivanu l'hitatef batzitzit. {Amen.}**

*and bid us to be wrapped in the fringes.*

כְּדֵי שֶׁנִּזְכֹּר  
כָּל מִצְוֹתָיו לַעֲשׂוֹתָם,  
שֶׁנֶּאֱמַר, וּרְאִיתֶם אֹתוֹ  
וּזְכַרְתֶּם אֶת כָּל מִצְוֹת  
יְהוָה יֵאֱהָדוּנְהִי וְעֲשִׂיתֶם אֹתָם,  
לַעֲשׂוֹת נְחֹת רוּחַ לְיוֹצְרֵנוּ,  
וְלַעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ.  
וְיִהְיֶה נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עֲלֵינוּ,  
וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָה עֲלֵינוּ,  
וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָהּ.

בְּרַכִּי נַפְשִׁי אֶת יְהוָה יֵאֱהָדוּנְהִי,  
יְהוָה יֵאֱהָדוּנְהִי אֱלֹהֵי גְדֻלַּת מְאֹד,  
הוֹד וְהַדָּר לְבִשְׁתָּ.  
עָטָה אֹר כִּשְׁלֵמָה,  
נוֹטָה שָׁמַיִם כִּי־רִיעָה.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנְהִי,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית. {אָמֵן.}

Wrap the tallit around your head and body and recite:

Mah yakar chasd'cha,

*How precious is Your kindness,*

Elohim, uvnei adam

*Elohim, humankind*

b'tzel k'nafecha yechesayun.

*takes refuge in the shelter of Your wings.*

Yirv'yun mideshen beitecha,

*They will be filled from the abundance of Your House,*

v'nachal adanecha tashkem.

*and You give them drink from the stream of Your delights.*

Ki im'cha m'kor chayim,

*For with You is the source of life,*

b'or'cha nireh or.

*by Your Light may we see light.*

M'shoch chasd'cha l'yod'echa,

*Extend Your kindness to those who know You,*

v'tzidkat'cha l'yishrei lev.

*and Your charity to the upright of heart.*

מַה יִקָּר חַסְדֶּךָ,  
אֱלֹהִים, וּבְנֵי אָדָם  
בְּצֵל כְּנַפֶּיךָ יִחְסִיוּן.  
יִרְוּיִן מִדֶּשֶׁן בֵּיתְךָ,  
וְנַחַל עֲדָנֶיךָ תִּשְׁקֵם.  
כִּי עִמָּךְ מְקוֹר חַיִּים,  
בְּאוֹרְךָ נִרְאָה אוֹר.  
מִשׁוֹחַ חַסְדֶּךָ לְיֹדְעֶיךָ,  
וְצִדְקַתְךָ לְיֹשְׁרֵי לֵב.

Please note that we use the Sephardic custom of putting on Tefillin.

## סדר הנזוזת תפילין

### PUTTING ON TEFILLIN

The Tefillin suggests a relationship of affection and intimacy with the Creator. Wrapping the words of Torah contained in the Tefillin fulfill the command, "secure these words as a sign upon your hand, and as an emblem in the center of your head."

L'shem yichud kudsha

*For the sake of the unification of the Holy One,*

b'rich hu uShchinteh,

*Blessed is 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.*

לְשֵׁם יִחּוּד קִדְשָׁא  
בְּרִיךְ הוּא וְשְׁכִינְתּוֹ (יֵאֱהָרֹנָה),  
בְּדַחֲלוֹ וּרְחִימוֹ (יֵאֱהָרֹנָה),  
וּרְחִימוֹ וּדְחִילוֹ (יֵאֱהָרֹנָה), לְיַחְדָּא  
שֵׁם יו"ד ה"א בּו"א ו"ו ה"א (יְהוָה),  
בְּיַחְוּדָא שְׁלִים,  
בְּשֵׁם כּל יִשְׂרָאֵל,

**Hareini muchan l'kayem mitzvat***Behold I am ready to fulfill the mitzvah***aseh l'hanj-ach t'filin,***to put on tefillin,***k'mo shekatuv ba-Torah:***as is written in the Torah:***Ukshartam otam l'ot***And you shall bind them as a sign***al yedchem v'hayu l'totafot***upon your hand and they shall be as frontlets***bein eineichem.***between your eyes.***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.*

*Sit while putting on Tefillin. Place the arm Tefillin upon the bicep of your weaker arm with the loop closest to your body, hold it in place ready for tightening, then recite the blessing:*

**Baruch atah Adonai,***Blessed are You Hashem,***Eloheinu melech ha-olam,***our Elohim, Sovereign of the universe,***asher kid'shanu b'mitzvotav,***You have sanctified us through Your commandments,***v'tziyanu l'hanj-ach t'filin. {Amen.}***and bid us to put on Tefillin. Amen.***הריני מוכן לקיים מצות****עשה להניח תפלין,****כמו שכתוב בתורה:****וקשרתם אתם לאות****על ידכם והיו לטוטפת****בין עיניכם.****לעשות נחת רוח ליוצרנו,****ולעשות רצון בוראנו.****ויהי נעם אדני אלהינו עלינו,****ומעשה ידינו כוננה עלינו,****ומעשה ידינו כוננהו.****ברוך אתה הוה יאהדונהי,****אלהינו מלך העולם,****אשר קדשנו במצותיו,****וצונו להניח תפלין. {אמן.}**

*Tighten the arm Tefillin and wrap the strap seven times counter-clockwise around the arm. After the seventh wrap, bring the strap to the outside of your hand and wrap it around to hold it there.*

*Now stand up and without any interruption whatsoever, put the head Tefillin in place, above the hairline and opposite the space between the eyes.*

*Tighten the head Tefillin and recite:*

**Baruch shem k'vod***Blessed is Your glorious Name,***malchuto l'olam va-ed.***Your Realm is for ever and ever!***ברוך שם כבוד****מלכותו לעולם ועד.**

After the head Tefillin is securely in place, recite:

**Umechachmat'cha, El Elyon,**

*From Your wisdom, Almighty One Most High,*

**ta-atzil alai,**

*may You imbue me,*

**umibinat'cha t'vineni,**

*and from Your understanding grant me understanding,*

**uvchasd'cha tagdil alai,**

*and with Your kindness deal greatly with me,*

**uvgvurat'cha tatzmit**

*and with Your power cut down*

**oy'vai v'kamai.**

*my foes and those who rise against me.*

**V'shemen hatov tarik al**

*And the fine oil pour out upon*

**shivah k'nei ham'norah,**

*the seven branches of the Menorah,*

**l'hashpi-a tuv'cha livriyotecha.**

*to cause to emanate Your goodness to Your creations.*

**Pote-ach et yadecha,**

*You open Your hand,*

**umasbi-a l'chol chai ratzon.**

*and satisfy every living thing with its desire.*

וּמַחְכְּמַתְךָ, אֵל עֲלִיוֹן,

תֵּאֲצִיל עָלַי,

וּמְבִינַתְךָ תְּבִינְנִי,

וּבְחַסְדְּךָ תַּגְדִּיל עָלַי,

וּבְגְבוּרַתְךָ תַּצְמִית

אוֹיְבֵי וְקַמֵּי.

וְשֶׁמֶן הַטּוֹב תִּרְיק עַל

שִׁבְעָה קְנֵי הַמְּנוֹרָה,

לְהַשְׁפִּיעַ טוֹבְךָ לְבְרִיּוֹתֶיךָ.

פּוֹתַח אֶת יָדְךָ,

וּמַשְׂבִּיעַ לְכֹל חַי רָצוֹן.

*Wrap the strap of the hand Tefillin up to the middle finger, around the upper half of the middle finger, twice around the lower part of the middle finger, then bring it back down the way it went up, then wrap around the palm several times to form the Dalet (the 2nd letter of "Shadai"), and tuck the end of the strap under itself.*

*Then recite:*

**V'erastich li l'olam,**

*And I will betroth you to Me forever,*

**v'erastich li b'tzedek,**

*and I will betroth you to Me in righteousness,*

**uvmishpat uvchesed uvrachamim.**

*and with justice and with kindness and with mercy.*

**V'erastich li be-emunah,**

*And I will betroth you to Me in faithfulness,*

**v'yada-at et Adonai.**

*and you will know Hashem.*

וְאֶרְשָׁתִּיךָ לִי לְעוֹלָם,

וְאֶרְשָׁתִּיךָ לִי בְצַדִּיק,

וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים.

וְאֶרְשָׁתִּיךָ לִי בְאֱמוּנָה,

וְיָדַעַתְּ אֶת הוּהָ יֵאֱהָדוּנָהּ.

# מה טוב

## MAH TOVU

We recite the following prayer when we cross the threshold from the outer world of the everyday to the inner world of prayer, meditation and connection to the Light.

מה טוב אלהיך יַעֲקֹב, מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

Mah tovu ohalecha Ya-akov, mishk'notecha Yisra-el.

*How lovely are your tents, O Jacob, your dwelling places O Israel.*

Va-ani b'rov chasd'cha avo veitecha,

*I, by Your great kindness, enter Your House,*

eshtachaveh el heichal

*and bow down reverently*

kodsh'cha b'yiratecha.

*before Your holy shrine.*

וְאֲנִי בְּרֹב חַסְדֶּיךָ אָבוֹא בֵּיתְךָ,

אֶשְׁתַּחֲוֶה אֶל הַיְיָכֵל

קֹדֶשְׁךָ בְּיִרְאַתְךָ.

Adonai ahavti

*Adonai, I love*

m'on beitecha,

*Your dwelling place,*

umkom mishkan k'vodecha.

*and the place of the abode of Your glory.*

Va-ani eshtachaveh v'echra-ah,

*And I shall prostrate myself and bow,*

evr'chah lifnei Adonai osi.

*I shall kneel before Adonai my Maker.*

יְהוָה יֵאֱהָדוּנְהִי אֶהְבֵּתִי

מֵעוֹן בֵּיתְךָ,

וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.

וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרַעָה,

אֶבְרַחָה לְפָנֶיךָ יְהוָה יֵאֱהָדוּנְהִי עֲשִׂי.

Va-ani t'filati l'cha

*And as for me may my prayer to You,*

Adonai et ratzon,

*Adonai, be at a favorable time,*

Elohim b'rov chasdecha,

*Elohim, in the abundance of Your kindness,*

aneni be-emet yishecha.

*answer me with the truth of Your salvation.*

וְאֲנִי תְפִלַּתִּי לְךָ

יְהוָה יֵאֱהָדוּנְהִי עֵת רְצוֹן,

אֱלֹהִים בְּרֹב חַסְדֶּיךָ,

עֲנֵנִי בְּאֵמֶת יִשְׁעֶיךָ.

# יהוה

Through this section of Shacharit, we are connecting to the world of Asiyah, where the light of Nefesh resides and is represented by the last Hei of the Divine Name. We take a moment to meditate on the following Yichud (Unification) in order to elevate ourselves and connect to the light of Nefesh in the world of Asiyah.

## בינה

3 Binah (Left Brain)

יְהוֹהִי

## כתר

1 Keter (Head)

יְהוָה־

## חכמה

2 Chochmah (Right Brain)

יְהוֹהִי

## דעת

4 Da-at (Middle Brain)

יְהוָהִי

## גבורה

6 Gevurah (Left Arm)

יְהוָהִי

## חסד

5 Chesed (Right Arm)

יְהוָהִי

## תפארת

7 Tiferet (Torso)

יְהוָהִי

## הוד

9 Hod (Left Leg)

יְהוָהִי

## יסוד

10 Yesod (Brit)

יְהוָה־יְהוָה־יְהוָה־

## נצח

8 Netzach (Right Leg)

יְהוָהִי

## מלכות

11 Malchut (Crown of the Brit)

יְהוָהִי

# תפילת שחרית

## TEFILAT SHACHARIT

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 shacharit,

*the morning prayer,*

shetiken Avraham avinu,

*established by Abraham 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 shorshah 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 וּשְׁכִינָתוֹ (יֵאֱהָדוּנָה),

בְּדַחֲלֵנוּ וּרְחִימוּ (יֵאֱהָדוּנָה),

וּרְחִימוּ וּדְחִילוּ (יֵאֱהָדוּנָה), לְיַחְדָּא

שֵׁם יו"ד ה"א בּו"א ו"ו ה"א (יְהוָה),

בְּיַחְדָּא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הִנֵּה אֲנַחְנוּ בָּאִים לְהִתְפַּלֵּל

תְּפִלַּת שַׁחְרִית,

שֶׁתִּקֵּן אֲבֹרָהּם אֲבִינוּ,

עָלָיו הַשְּׁלוֹם,

עִם כָּל הַמִּצְוֹת הַכְּלוּלוֹת בָּהּ,

לְתִקֵּן אֶת שְׁרֵשָׁהּ בְּמָקוֹם עֲלִיוֹן,

לְעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ,

וּלְעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ.

וְיֵהִי נֵעִם אֲדֹנָי אֱלֹהֵינוּ עֲלֵינוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עֲלֵינוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהּ.

Hareini m'kabel alai

*I am accepting upon myself*

mitzvat aseh shel

*the positive commandment of:*

v'ahavta l're-acha kamocha,

*"You shall love your neighbor as yourself,"*

vahareini ohev kol echad

*and behold I love each and every one*

mib'nei Yisra-el k'nafshi um-odi.

*of the children of Israel as my soul and my essence.*

Vahareini m'zamen et pi l'hitpalel

*And behold I hereby prepare my mouth to pray*

lifnei melech ham'lachim

*before the Sovereign of all sovereigns,*

hakadosh baruch hu.

*the Holy One, Blessed is He.*

הַרִינִי מְקַבֵּל עָלַי

מִצְוַת עֲשֵׂה שֶׁל

וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ,

וְהַרִינִי אוֹהֵב כָּל אֶחָד

מִבְּנֵי יִשְׂרָאֵל כְּנַפְשִׁי וּמִוֹדִי.

וְהַרִינִי מְזַמֵּן אֶת פִּי לְהִתְפַּלֵּל

לְפָנֵי מֶלֶךְ הַמַּלְכִּים

הַקָּדוֹשׁ בְּרוּךְ הוּא.

## פַּרְשַׁת הָעֶקְדָּה

### PARASHAT HA-AKEDAH

The Akedah is the story of Abraham's test of faith in the Holy One. Kabbalistic Sages have taught that it is important to recite it daily. The Zohar says that when we recite this, it is a source of heavenly mercy. The Ari taught that this can bring atonement to one who sincerely seeks Teshuvah.

Eloheinu Velohei avoteinu,

*Our Elohim and Elohim of our ancestors,*

zochrenu b'zichron tov mil'fanecha,

*remember us with a good memory before You,*

ufakdenu bifkudat y'shu-ah

*and recall us with a recollection of salvation*

v'rachamim mish'mei sh'mei kedem,

*and mercy from the heaven of heavens,*

uzchor lanu Adonai Eloheinu

*and remember for us, Adonai our Elohim,*

ahavat hakadmonim Avraham,

*the love of the ancients, Abraham,*

Yitzchak v'Yisra-el avadecha,

*Isaac and Israel, Your servants*

et hab'rit v'et hachessed

*the Covenant and the lovingkindness*

v'et hash'vu-ah shenishbata

*and the oath that You swore*

l'Avraham avinu

*to our Patriarch Abraham*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

זְכוּרֵנוּ בְּזִכְרוֹן טוֹב מִלְּפָנֶיךָ,

וּפְקֻדָּתוֹ בְּפְקֻדַת יְשׁוּעָה

וְרַחֲמִים מִשָּׁמַי שָׁמַי קֶדֶם,

וְזָכֹר לָנוּ יְהוָה יֵאָדְוֵנוּ אֱלֹהֵינוּ

אֶהֱבַת הַקְּדָמוֹנִים אַבְרָהָם

יִצְחָק וְיִשְׂרָאֵל עַבְדֶּיךָ,

אֶת הַבְּרִית וְאֶת הַחֶסֶד

וְאֶת הַשְּׁבוּעָה שֶׁנִּשְׁבַּעְתָּ

לְאַבְרָהָם אָבִינוּ

b'har hamoriyah,  
*on Mount Moriah,*  
 v'et ha-akedah she-akad  
*and the Akedah when he bound*  
 et Yitzchak b'no al gabei  
*his son Isaac upon the elevation*  
 hamizbe-ach kakatuv b'Toratach:  
*of the altar, as it is written in Your Torah:*

Vayhi achar had'varim ha-eleh,  
*And it happened after these things*  
 v'ha-Elohim nisah et Avraham,  
*that Elohim tested Abraham,*  
 vayomer elav Avraham,  
*and He said to him, "Abraham,"*  
 vayomer hineni.  
*and he said, "Here I am."*  
 Vayomer kach na et bincha,  
*And He said, "Please take your son,*  
 et y'chid'cha, asher ahavta,  
*your only one, whom you love,*  
 et Yitzchak, v'lech l'cha  
*Isaac, and go out yourself*  
 el eretz hamoriyah,  
*to the land of Moriah,*  
 v'ha-alehu sham l'olah al achad  
*and bring him up there as an offering upon one*  
 heharim asher omar elecha.  
*of the mountains which I will tell you."*  
 Vayashkem Avraham baboker,  
*And Abraham rose up early in the morning,*  
 vayachavosh et chamoro,  
*and he saddled his donkey,*  
 vayikach et sh'nei n'arav ito,  
*and he took his two young men with him,*  
 v'et Yitzchak b'no,  
*and Isaac, his son,*  
 vayvaka atzei olah,  
*and he split wood for the offering,*  
 vayakam vayelech el hamakom  
*and rose up and went toward the place*  
 asher amar lo ha-Elohim.  
*which Elohim had indicated to him.*  
 Bayom hash'lishi,  
*On the third day,*  
 vayisa Avraham et einav,  
*Abraham raised his eyes,*  
 vayar et hamakom merachok.  
*and saw the place from a distance.*

בְּהַר הַמִּזְבֵּחַ,  
 וְאֵת הָעֶקְדָּה שֶׁעָקַד  
 אֶת יִצְחָק בְּנוֹ עַל גְּבֵי  
 הַמִּזְבֵּחַ כַּכָּתוּב בְּתוֹרָתְךָ.  
 וַיְהִי אַחֲרֵי הַדְּבָרִים הָאֵלֶּה,  
 וְהָאֱלֹהִים נִסָּה אֶת אַבְרָהָם,  
 וַיֹּאמֶר אֵלָיו אַבְרָהָם,  
 וַיֹּאמֶר הִנְנִי.  
 וַיֹּאמֶר קַח נָא אֶת בְּנֶךָ,  
 אֶת יְחִידְךָ, אֲשֶׁר אַהַבְתָּ,  
 אֶת יִצְחָק, וּלְךָ לְךָ  
 אֶל אֶרֶץ הַמֹּרְיָה,  
 וְהֵעַלְתָּהּ שָׁם לְעֹלָה עַל אֶחָד  
 הַהָרִים אֲשֶׁר אֹמַר אֵלֶיךָ.  
 וַיִּשְׁכֶם אַבְרָהָם בַּבֹּקֶר,  
 וַיַּחְבֵּשׁ אֶת חֲמֹרוֹ,  
 וַיִּקַּח אֶת שְׁנֵי נְעָרָיו אִתּוֹ,  
 וְאֵת יִצְחָק בְּנוֹ,  
 וַיִּבְקַע עֵצִי עֹלָה,  
 וַיִּקָּם וַיֵּלֶךְ אֶל הַמָּקוֹם  
 אֲשֶׁר אָמַר לוֹ הָאֱלֹהִים.  
 בַּיּוֹם הַשְּׁלִישִׁי,  
 וַיִּשָּׂא אַבְרָהָם אֶת עֵינָיו,  
 וַיִּרְא אֶת הַמָּקוֹם מֵרַחֵק.

**Vayomer Avraham el n'arav,**  
*And Abraham said to his young men,*  
**sh'vu lachem poh im hachamor,**  
*"You stay here with the donkey,*  
**va-ani v'hana-ar nel'chah ad koh,**  
*and I and the young man will go over there,*  
**v'nishtachaveh v'nashuvah aleichem.**  
*and we will prostrate ourselves and we will return to you."*  
**Vayikach Avraham et atzei ha-olah,**  
*And Abraham took the wood for the offering,*  
**vayasem al Yitzchak b'no,**  
*and placed it on Isaac his son,*  
**vayikach b'yado et ha-esh**  
*and he took in his hand the fire*  
**v'et hama-achelet,**  
*and the knife,*  
**vayel'chu sh'neihem yachdav.**  
*and they both went together.*  
**Vayomer Yitzchak el**  
*And Isaac said to*  
**Avraham aviv,**  
*Abraham, his father,*  
**vayomer avi,**  
*and he said, "My father,"*  
**vayomer hineni v'ni,**  
*and he said, "Here I am my son,"*  
**vayomer hineh ha-esh v'ha-etzim,**  
*and he said, "Here are the fire and the wood,*  
**v'ayeh haseh l'olah.**  
*and where is the lamb for the offering."*  
**Vayomer Avraham,**  
*And Abraham said,*  
**Elohim yireh lo haseh l'olah,**  
*"Elohim will provide for Himself a lamb for the offering,*  
**b'ni vayel'chu sh'neihem yachdav.**  
*my son," and they went out the two of them together.*  
**Vayavo-u el hamakom asher**  
*And they arrived at the place which*  
**amar lo ha-Elohim,**  
*Elohim had told him,*  
**vayiven sham Avraham**  
*and Abraham built there*  
**et hamizbe-ach,**  
*the altar,*  
**vaya-aroch et ha-etzim,**  
*and arranged the wood,*  
**vaya-akod et Yitzchak b'no,**  
*and he bound Isaac his son,*

**וַיֹּאמֶר אַבְרָהָם אֶל נְעָרָיו,**  
**שְׁבוּ לָכֶם פֹּה עִם הַחֲמֹר,**  
**וְאֲנִי וְהַנָּעַר נֵלְכָה עַד כּוֹה,**  
**וְנִשְׁתַּחֲוִי וְנָשׁוּבָה אֵלֵיכֶם.**  
**וַיִּקַּח אַבְרָהָם אֶת עֵצֵי הָעֹלָה,**  
**וַיִּשֶׂם עַל יִצְחָק בְּנוֹ,**  
**וַיִּקַּח בְּיָדוֹ אֶת הָאֵשׁ**  
**וְאֶת הַמַּאֲכֵלֶת,**  
**וַיֵּלְכוּ שְׁנֵיהֶם יַחְדָּו.**  
**וַיֹּאמֶר יִצְחָק אֶל**  
**אַבְרָהָם אָבִיו,**  
**וַיֹּאמֶר אָבִי,**  
**וַיֹּאמֶר הֲנִנִּי בְּנִי,**  
**וַיֹּאמֶר הִנֵּה הָאֵשׁ וְהָעֵצִים,**  
**וְאֵיךְ הֵשֶׁה לְעֹלָה.**  
**וַיֹּאמֶר אַבְרָהָם,**  
**אֱלֹהִים יִרְאֶה לּוֹ הֵשֶׁה לְעֹלָה,**  
**בְּנִי וַיֵּלְכוּ שְׁנֵיהֶם יַחְדָּו.**  
**וַיָּבֹאוּ אֶל הַמָּקוֹם אֲשֶׁר**  
**אָמַר לּוֹ הָאֱלֹהִים,**  
**וַיִּבֶן שָׁם אַבְרָהָם**  
**אֶת הַמִּזְבֵּחַ,**  
**וַיַּעְרֹךְ אֶת הָעֵצִים,**  
**וַיַּעֲקֹד אֶת יִצְחָק בְּנוֹ,**

vayasem oto al hamizbe-ach,  
and he placed him on the altar,  
mima-al la-etzim.

upon the wood.

Vayishlach Avraham et yado,  
And Abraham stretched out his hand,

vayikach et hama-achelet  
and he took the knife

lishchot et b'no.

to slaughter his son.

Vayikra elav malach

And there called to him an angel

Adonai min hashamayim,

of Adonai from heaven,

vayomer Avraham Avraham

and he said, Abraham, Abraham,

vayomer hineni.

and he said, "Here I am."

Vayomer al tishlach

And he said, "Do not stretch out

yad'cha el hana-ar,

your hand against the young man,

v'al ta-as lo m'umah,

nor do anything to him,

ki atah yadati

for now I know

ki y're Elohim atah,

that you are in awe of Elohim,

v'lo chasachta et bincha

since you have not withheld your son,

et y'chid'cha mimeni.

your only one, from Me."

Vayisa Avraham

And Abraham raised

et einav vayar,

his eyes and saw,

v'hineh ayil achar,

and behold a ram afterwards,

ne-echaz bas'vach b'karnav,

caught in the thicket by its horns,

vayelech Avraham

and Abraham went

vayikach et ha-ayil,

and took the ram,

vaya-alehu l'olah tachat b'no.

and he brought it as an offering instead of his son.

Vayikra Avraham

And Abraham called

וַיִּשָּׂם אֶת־וְעַל־הַמִּזְבֵּחַ,  
מִמֵּעַל לְעֵצִים.

וַיִּשְׁלַח אֶבְרָהָם אֶת־יָדוֹ,  
וַיִּקַּח אֶת־הַמַּאֲכֶלֶת  
לְשַׁחֵט אֶת־בְּנוֹ.

וַיִּקְרָא אֵלָיו מִלְאָךְ

יְהוָה יֵאֱהַדְוֶנָּה מִן־הַשָּׁמַיִם,

וַיֹּאמֶר אֶבְרָהָם, אֶבְרָהָם,  
וַיֹּאמֶר הִנְנִי.

וַיֹּאמֶר אֵל תִּשְׁלַח

יָדְךָ אֶל־הַנָּעַר,

וְאַל תַּעַשׂ לוֹ מְאוּמָה,

כִּי עֵתָה יִדְעֶתִי

כִּי יֵרָא אֱלֹהִים אֹתָהּ,

וְלֹא חָשַׁכְתָּ אֶת־בְּנֶךָ

אֶת־יְחִידְךָ מִמֶּנִּי.

וַיִּשָּׂא אֶבְרָהָם

אֶת־עֵינָיו וַיִּרְאֵהוּ,

וְהִנֵּה אֵיל אַחֵר,

נֶאֱחָז בַּסֶּבֶךְ בְּקַרְנָיו,

וַיֵּלֶךְ אֶבְרָהָם

וַיִּקַּח אֶת־הָאֵיל,

וַיַּעֲלֶהוּ לְעֹלָה תַּחַת בְּנוֹ.

וַיִּקְרָא אֶבְרָהָם

shem hamakom hahu

*the name of that place*

Adonai yireh,

*Adonai Yireh,*

asher ye-amer hayom

*as it is said this day,*

b'har Adonai yera-eh.

*on the mountain Adonai is seen.*

Vayikra malach Adonai

*And an angel of Adonai called out*

el Avraham shenit

*to Abraham a second time*

min hashamayim.

*from heaven.*

Vayomer bi nishbati

*And he said, by myself I swear*

n'um Adonai,

*the word of Adonai,*

ki ya-an asher asita

*since that you have done*

et hadavar hazeh v'lo chasachta

*this thing and have not withheld*

et bincha et y'chidecha.

*your son, your only one.*

Ki varech avarech'cha,

*For I shall surely bless you,*

v'harbah arbeh et zaracha

*and I shall increase greatly your offspring*

k'choch'vei hashamayim,

*like the stars of the heavens,*

v'chachol asher al s'fat hayam,

*and like the sand which is on the shore of the sea,*

v'yirash zaracha et sha-ar oy'vav.

*and your offspring will inherit the gates of their enemies.*

V'hitbar'chu v'zaracha kol

*And will bless by your offspring all*

goyei ha-aretz,

*of the nations of the earth,*

ekev asher shamata b'koli.

*because you have listened to my voice.*

Vayashov Avraham el n'arav,

*And Abraham returned to his young men,*

vayakumu vayel'chu yachdav

*and they rose and went together*

el b'er shava,

*to Beersheba,*

vayeshev Avraham biver shava.

*and Abraham stayed at Beersheba.*

שֵׁם הַמָּקוֹם הַהוּא

יְהוָה יֵאֱהוּדְנָהּ יִרְאֶה,

אֲשֶׁר יֵאמֵר הַיּוֹם

בְּהַר יְהוָה יֵאֱהוּדְנָהּ יִרְאֶה.

וַיִּקְרָא מַלְאָךְ יְהוָה יֵאֱהוּדְנָהּ

אֶל אַבְרָהָם שְׁנִית

מִן הַשָּׁמַיִם.

וַיֹּאמֶר בִּי נִשְׁבַּעְתִּי

נְאֻם יְהוָה יֵאֱהוּדְנָהּ,

כִּי יַעַן אֲשֶׁר עָשִׂיתָ

אֶת הַדָּבָר הַזֶּה וְלֹא חָשַׁכְתָּ

אֶת בְּנִךְ אֶת יְחִידְךָ.

כִּי בָרַךְ אֲבָרְכְךָ,

וְהִרְבָּה אֲרַבֶּה אֶת זַרְעֶךָ

כְּכּוֹכְבֵי הַשָּׁמַיִם,

וְכַחֹל אֲשֶׁר עַל שְׂפַת הַיָּם,

וַיִּרַשׁ זַרְעֶךָ אֶת שַׁעַר אֹיְבָיו.

וְהִתְבָּרְכוּ בְזַרְעֶךָ כָּל

גּוֹיֵי הָאָרֶץ,

עַקֵּב אֲשֶׁר שָׁמַעְתָּ בְּקוֹלִי.

וַיָּשָׁב אַבְרָהָם אֶל נְעָרָיו,

וַיִּקְמוּ וַיֵּלְכוּ יַחְדָּו

אֶל בְּאֵר שֶׁבַע,

וַיֵּשֶׁב אַבְרָהָם בְּבְאֵר שֶׁבַע.

וְשַׁחַט אֶתְּךָ עַל יָרֵךְ הַמִּזְבֵּחַ צָפֹנָה לְפָנֶי יְהוָה יֵאֱהוּנָה  
וְזָרְקוּ בְּנֵי אַהֲרֹן הַכֹּהֲנִים אֶת דָּמֹךָ עַל הַמִּזְבֵּחַ סָבִיב.

V'shachat oto al yerech hamizbe-ach tzafonah lifnei Adonai  
v'zarku b'nei Aharon hakohanim et damo al hamizbe-ach saviv.

*He shall slaughter it on the north side of the Altar before Adonai,  
and Aaron's sons, the Kohanim, are to dash its blood upon the Altar, all around.*

Y'hi ratzon mil'fanecha

*May it be the will before You,*

Adonai Eloheinu

*Adonai our Elohim*

Velohei avoteinu,

*and Elohim of our ancestors,*

shetitmale rachamim aleinu,

*that You become filled with mercy toward us,*

uvchen b'rov rachamecha tizkor

*and so in Your abundant mercy, may You remember*

lanu akedato shel Yitzchak avinu

*for us the binding of our Patriarch Isaac*

ben Avraham avinu

*son of our Patriarch Abraham,*

alav hashalom,

*peace be upon him,*

k'ilu efro tzavur

*as if his ashes were piled*

umenach al gabei hamizbe-ach,

*and placed upon the altar,*

v'tabit b'efro l'rachem aleinu,

*and You will look at his ashes and have mercy on us,*

ulvatel me-aleinu kol g'zeirot

*and to cancel from us all harsh*

kashot v'ra-ot,

*and evil decrees,*

utzakenu lashuv

*and grant us merit to return*

bitshuvah sh'lemah l'fanecha,

*with complete Teshuvah before You,*

v'tatzilenu miyetzer hara

*and rescue us from the Evil Inclination*

umikol chet v'avon,

*and from all negative actions and iniquity,*

v'ta-arich yameinu batov

*and lengthen our days with goodness*

ushnotenu ban'imim.

*and our years with pleasantness.*

יְהִי רָצוֹן מִלְּפָנֶיךָ

יְהוָה יֵאֱהוּנָה אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתִּמְלֵא רַחֲמִים עָלֵינוּ,

וּבְכֵן בְּרוּב רַחֲמֶיךָ תִּזְכּוֹר

לָנוּ עֲקִדְתּוֹ שֶׁל יִצְחָק אָבִינוּ

בֶּן אַבְרָהָם אָבִינוּ

עָלָיו הַשְּׁלוֹם,

כְּאֵלוֹ אֶפְרוֹ צָבֹר

וּמָנַח עַל גְּבֵי הַמִּזְבֵּחַ,

וְתַבִּיט בְּאֶפְרוֹ לְרַחֵם עָלֵינוּ,

וּלְבַטֵּל מֵעָלֵינוּ כָּל גְּזֵירוֹת

קָשׁוֹת וְרַעוֹת,

וְתַזְכְּנוּ לָשׁוּב

בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ,

וְתִצְלֵנוּ מֵיֵצֵר הָרָע

וּמִכָּל חַטָּא וְעוֹן,

וְתֹאֲרִיךְ יָמֵינוּ בְּטוֹב

וּשְׁנוֹתֵינוּ בְּנֵעִימִים.

**Elu d'varim***These are the precepts***she-ein lahem shi-ur:***that have no prescribed measure:***hape-ah v'habikurim***the corner of a field (for the poor) and the first-fruit offering***v'harayon ugmilut chasadim***and the pilgrimage and the bestowal of kindness***v'talmud Torah.***and study of Torah.***Elu d'varim she-adam ochel***These are the precepts of which a person enjoys***peroteihem ba-olam hazeh***their fruits in This World,***v'hakeren kayemet lo***but whose principal remains intact for them***la-olam haba.***in the World to Come.***V'elu hen:***These are they:***Kibud av va-em,***Honor father and mother,***ugmilut chasadim,***the bestowal of kindness,***v'hashkamat beit hamidrash***and early attendance at the house of study***shacharit v'arvit,***morning and evening,***v'hachnasat or'chim,***and hospitality to guests,***uvikur cholim,***and visiting the sick,***v'hachnasat kalah,***and providing for a bride,***ulvayat hamet,***and escorting the dead,***v'iyun t'filah,***and meditation in prayer,***vahava-at shalom bein adam***and bringing peace between a person***lachavero uvein ish l'ishto,***and their friend and between a person and their partner,***v'talmud Torah k'neged kulam.***and the study of Torah is equal to them all.***אֱלוֹ דְּבָרִים****שְׁאִין לָהֶם שְׁעוֹר:****הַפֶּאֶה וְהַבְּכוֹרִים****וְהָרְאִיּוֹן וְגַמְלֵלוֹת חֲסָדִים****וְתַלְמוּד תּוֹרָה.****אֱלוֹ דְּבָרִים שְׂאָדָם אוֹכֵל****פְּרוֹתֵיהֶם בְּעוֹלָם הַזֶּה****וְהַקֶּרֶן קַיֶּמֶת לוֹ****לְעוֹלָם הַבָּא,****וְאֵלוֹ הֵן:****כְּבוֹד אָב וָאִם,****וְגַמְלֵלוֹת חֲסָדִים,****וְהַשְׁכַּמַּת בֵּית הַמִּדְרָשׁ****שַׁחֲרִית וְעַרְבִית,****וְהַכְּנַסַּת אוֹרְחִים,****וּבְקוֹר חוֹלִים,****וְהַכְּנַסַּת כַּלָּה,****וְלוֹיֵת הַמֵּת,****וְעִיּוֹן תְּפִלָּה,****וְהַבָּאת שָׁלוֹם בֵּין אָדָם****לְחֵבְרוֹ וּבֵין אִישׁ לְאִשְׁתּוֹ,****וְתַלְמוּד תּוֹרָה כְּנֶגֶד כָּלָם.**

# סדר קרבנות

## SEDER KORBANOT (OFFERINGS)

The Talmud relates that when Abraham asked the Almighty One, "How will Israel receive forgiveness when the Temple is destroyed and they are no longer able to make offerings there?" The Holy One, Blessed is He, replied, "When Israel recites the order of the Korbanot, I will consider it as if they had brought the offerings and I will forgive their misdeeds."

# פרשת התמיד

## PARASHAT HATAMID

The Tamid Portion should be recited with the utmost concentration because of its great significance, and when we recite it, it is as if we are bringing the Tamid Offering ourselves.

Y'hi ratzon mil'fanecha,

*May it be the will before You,*

Adonai Eloheinu

*Adonai our Elohim*

Velohei avoteinu,

*and Elohim of our ancestors,*

shet'rachem aleinu

*that You have mercy on us*

v'timchol lanu al kol chatoteinu,

*and pardon us for all of our unintentional negativity,*

utchaper lanu et kol avonoteinu,

*and atone for us all of our iniquities,*

v'tislach l'chol p'sha-einu,

*and forgive all of our willful misdeeds,*

v'tivneh beit hamikdash

*and that You rebuild the Holy Temple*

bimherah v'yameinu,

*very soon in our days,*

v'nakriv l'fanecha korban

*so that we may offer before You the offering*

hatamid she-y'chaper ba-adenu,

*that is continual that is may atone for us,*

k'mo shekatavta aleinu b'Toratecha

*as You have written for us in Your Torah,*

al y'dei Mosheh avdecha,

*by the hand of Your servant Moses,*

mipi ch'vodecha, ka-amur:

*from Your glorious mouth, as it is said:*

יהי רצון מלפניך,

יהוה יאהדונהי אלהינו

ואלהי אבותינו,

שתרחם עלינו

ותמחל לנו על כל חטאתינו,

ותכפר לנו את כל עונותינו,

ותסלח לכל פשעינו,

ותבנה בית המקדש

במהרה בימינו,

ונקריב לפניך קרבן

התמיד שיכפר בעדנו,

כמו שכתבת עלינו בתורתך

על ידי משה עבדך,

מפי כבודך, כאמור:

## Vaydaber Adonai

*Adonai spoke*

el Mosheh lemor:

*to Moses, saying:*

Tzav et b'nei Yisra-el

*Command the children of Israel*

v'amarta alehem,

*and tell them,*

et korbani lachmi l'ishai

*My offering, My food for My fires,*

re-ach nichochi,

*My aroma that is satisfying,*

tishm'ru l'hakriv li b'mo-ado.

*you are to keep to offer to Me in its appointed time.*

V'amarta lahem, Zeh ha-isheh asher

*And you are to tell them: This is the fire-offering*

takrivu Ladonai,

*that you are to bring to Adonai,*

k'vasim b'nei shanah t'mimim,

*male lambs in their first year, unblemished,*

sh'nayim layom, olah tamid.

*two daily, an elevation-offering that is continual.*

Et hakeves echad ta-aseh vaboker,

*The one lamb you are to perform in the morning,*

v'et hakeves hasheni ta-aseh

*and the second lamb you shall perform*

bein ha-arbayim.

*in the afternoon.*

Va-asirit ha-eifah solet l'minchah,

*With a tenth of an ephah of fine flour for a meal-offering,*

b'lulah b'shemen katit

*mixed with oil from crushed olives,*

r'vi-it hahin.

*a quarter of a hin.*

Olat tamid,

*It is the elevation-offering that is continual,*

ha-asuyah b'har sinai,

*that was performed at Mount Sinai,*

l'rei-ach nicho-ach isheh Ladonai.

*for a satisfying aroma, a fire-offering to Adonai.*

V'nisko r'vi-it hahin

*And its libation is a quarter of a hin*

lakeves ha-echad, bakodesh hasech

*for each lamb, to be poured on the holy altar*

nesech shechar Ladonai.

*a libation of fermented wine to Adonai.*

V'et hakeves hasheni

*And the second lamb*

וַיִּדְבֹר יְהוָה יֵאֱהוּנְהִי

אֶל מֹשֶׁה לֵאמֹר:

צַו אֶת בְּנֵי יִשְׂרָאֵל

וְאָמַרְתָּ אֲלֵהֶם,

אֶת קֶרְבְּנֵי לַחֲמֵי לְאִשֵּׁי

רֵיחַ נִיחֹחִי,

תִּשְׁמְרוּ לְהַקְרִיב לִי בְּמוֹעֲדוֹ.

וְאָמַרְתָּ לָהֶם, זֶה הָאִשֶּׁה אֲשֶׁר

תִּקְרִיבוּ לַיהוָה יֵאֱהוּנְהִי,

כְּבָשִׂים בְּנֵי שָׁנָה תְּמִימִם,

שְׁנַיִם לַיּוֹם, עֹלָה תְּמִיד.

אֶת הַכֶּבֶשׂ אֶחָד תַּעֲשֶׂה בַבֶּקֶר,

וְאֵת הַכֶּבֶשׂ הַשֵּׁנִי תַעֲשֶׂה

בֵּין הָעֶרְבָיִם.

וְעֲשִׂירִית הָאֵיפָה סֹלֶת לְמִנְחָה,

בְּלוּלָה בְּשֶׁמֶן כֹּתִית

רְבִיעֵת הַהֵיזֵן.

עֹלֹת תְּמִיד,

הַעֲשִׂיָה בְּהַר סִינַי,

לְרֵיחַ נִיחֹחַ אִשֶּׁה לַיהוָה יֵאֱהוּנְהִי.

וְנִסְכוֹ רְבִיעֵת הַהֵיזֵן

לְכֶבֶשׂ הָאֶחָד, בִּקְדֹשׁ הַסֶּךָ

נִסְךְ שֶׁכַר לַיהוָה יֵאֱהוּנְהִי.

וְאֵת הַכֶּבֶשׂ הַשֵּׁנִי

ta-aseh bein ha-arbayim,  
*you are to perform in the afternoon,*  
 k'minchat haboker  
*like the meal-offering of the morning*  
 uch-nisku ta-aseh,  
*and its libation shall you perform,*

תַּעֲשֶׂה בֵּין הָעֲרָבִים,  
 כְּמִנְחַת הַבֹּקֶר  
 וְכִנְסֹכּוֹ תַעֲשֶׂה,

ה ה ו ה י

אִשֶּׁה רֵיחַ נִיחַח לַיהוָה יֵאָהֲרֹנְהִי.  
 isheh rei-ach nicho-ach Ladonai.  
*a fire-offering for a satisfying aroma to Adonai.*

## פַּרְשַׁת הַקֵּטֹרֶת

### PARASHAT HAKETORET

According to Kabbalah, the Incense Offering in the Holy Temple was the greatest of offerings. When we read the Parashat HaKetoret we connect our souls to the incense offering, and Rabbi Isaac Luria said that this is one of the most powerful tools to correct negativity and to remove the effects of negativity. The Zohar states that the Parashat HaKetoret should be recited with great concentration. The purpose of the recitation of the Incense Offering at this point in the service, according to the Zohar, is to remove impurity from the world.

Atah hu Adonai Eloheinu,  
*You are the One, Adonai our Elohim,*  
 shehiktiru avoteinu l'fanecha  
*that our ancestors burned before You*  
 et k'toret hasamim bizman  
*the incense spices in the time*  
 shebeit hamikdash hayah kayam,  
*when the Holy Temple was standing,*  
 ka-asher tzivita otam  
*as You commanded them*  
 al y'dei Mosheh n'vi-echa,  
*by the hand of Moses, Your Prophet,*  
 kakatuv b'Toratecha:  
*as it is written in Your Torah:*  
 Vayomer Adonai el Mosheh,  
*Adonai said to Moses:*  
 Kah l'cha samim,  
*Take for yourself spices,*  
 nataf ushchelet v'chelb'nah,  
*stacte, onycha, and galbanum,*

אַתָּה הוּא יְהוָה יֵאָהֲרֹנְהִי אֱלֹהֵינוּ,  
 שֶׁהִקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ  
 אֶת קֵטֹרֶת הַסַּמִּים בְּזִמְנָם  
 שֶׁבֵּית הַמִּקְדָּשׁ הָיָה קַיָּם,  
 כַּאֲשֶׁר צִוִּיתָ אוֹתָם  
 עַל יְדֵי מֹשֶׁה נְבִיאֲךָ,  
 כַּכָּתוּב בְּתוֹרַתְךָ:  
 וַיֹּאמֶר יְהוָה יֵאָהֲרֹנְהִי אֶל מֹשֶׁה,  
 קַח לְךָ סַמִּים,  
 נָטַף וּשְׁחַלֵּת וְחֶלְבַּנָּה,

samim ulvonah zakah,  
spices and frankincense that is pure,  
bad b'vad yih-yeh.

of equal weight they shall be.

V'asita otah k'toret,

And you shall make it into incense,

rokach, ma-aseh roke-ach,

a spice-compound, the handiwork of a perfumer,

m'mulach, tahor, kodesh.

thoroughly mixed, pure, and holy.

V'shachakta mimenah hadeq,

And you shall grind some of it finely,

v'natah mimenah lifnei ha-edut

and you shall place some of it before the Testimony

b'ghel mo-ed asher

in the Tent of Appointment, where

iva-ed l'cha shamah,

I shall designate a time to meet you there,

kodesh kadashim tih-yeh lachem.

holy of holies it shall be for you.

V'ne-emar: V'hiktir alav

It is also written: And burn upon it

Aharon k'toret samim,

shall Aaron, the incense of spices,

baboker baboker b'heitivo

each and every morning when he prepares

et hanerot yaktirenah.

the lamps, he is to burn it.

Uvha-alot Aharon et hanerot

And when Aaron ignites the lamps

bein ha-arbayim yaktirenah,

in the afternoon, he is to burn it.

k'toret tamid

an incense that is continual

lifnei Adonai l'doroteichem.

before Adonai throughout your generations.

Tanu rabanan,

The Rabbis taught,

pitum haketoret keitzad.

How is the incense mixture formulated?

Sh'losh me-ot v'shishim ushmonah

Three hundred and sixty-eight

manim hayu vah.

maneh were in it.

Sh'losh me-ot v'shishim vachamishah

Three hundred and sixty-five

k'minyan y'mot hachamah,

which correspond to the days of the solar year,

סמים ולבנה זפה,

בד ב'בד יהיה.

ועשית אתה קטרת,

רקח, מעשה רוקח,

ממלח, טהור, קדש.

ושחקת ממנה הדק,

ונתתה ממנה לפני העדת

באהל מועד אשר

אועד לך שמה,

קדש קדשים תהיה לכם.

ונאמר: והקטיר עליו

אהרן קטרת סמים,

בבקר בבקר בהיטיבו

את הנרות יקטירנה.

ובהעלות אהרן את הנרות

בין הערבים יקטירנה,

קטרת תמיד

לפני יהוה יאהדונה לדרתיכם.

תנו רבנן,

פטום הקטרת כיצד.

ש'לש מאות וששים ושמונה

מנים היו בה.

ש'לש מאות וששים וחמשה

כמנין ימות החמה,

maneh v'chol yom,  
*a maneh for each day,*  
 machatzito vaboker  
*half in the morning*  
 umachatzito ba-erev.  
*and half in the evening.*  
 Ushloshah manim y'terim,  
*And three extra maneh,*  
 shemehem machnis kohen gadol  
*from them the Kohen Gadol would put in (his hands)*  
 v'notel mehem m'lo  
*and take out both*  
 chafnav b'yom hakipurim,  
*his handfuls (to bring into the Holy of Holies) on Yom Kippur,*  
 umachaziran l'machteshet  
*and he would return them to the mortar*  
 b'erev yom hakipurim  
*on the day before Yom Kippur,*  
 k'dei l'kayem mitzvat  
*to fulfill the commandment*  
 dakah min hadakah,  
*that it be exceptionally fine,*  
 v'achad asar samanim hayu vah,  
*and eleven kinds of spices were in it,*  
 v'elu hen:  
*and they are these:*

*It is appropriate to count the Eleven spices with the fingers of your right hand.  
 Meditate to extract the 11 sparks of Kedushah from the Klippot.*

(1 Keter) Hatzori,  
*Balm,*  
 (2 Yesod) v'hatziporen,  
*and onycha,*  
 (3 Malchut) hachel-b'nah  
*galbanum*  
 (4 Ohr Makif) v'hal'vonah,  
*and frankincense,*  
 mishkal shivim shivim maneh.  
*each weighing seventy maneh.*  
 (5 Chesed) Mor,  
*Myrrh,*  
 (6 Gevurah) uktzi-ah,  
*and cassia,*  
 (7 Tiferet) shibolet nerd,  
*spikenard,*  
 (8 Netzach) v'charkom, mishkal  
*and saffron, each weighing*  
 shishah asar shishah asar maneh.  
*each weighing sixteen maneh.*

מָנֶה בְּכֹל יוֹם,  
 מַחְצִיתוֹ בַּבֹּקֶר  
 וּמַחְצִיתוֹ בַּעֶרֶב.  
 וּשְׁלֹשָׁה מָנִים יִתְּרִים,  
 שֶׁמֶהֶם מַכְנִיס כֹּהֵן גָּדוֹל  
 וְנוֹטֵל מֵהֶם מְלֵא  
 חֲפָנָיו בְּיוֹם הַכִּפּוּרִים,  
 וּמַחְזִירָן לְמַכְתֶּשֶׁת  
 בַּעֶרֶב יוֹם הַכִּפּוּרִים  
 כְּדֵי לְקַיֵּם מִצְוֹת  
 דָּקָה מִן הַדָּקָה,  
 וְאַחַד עָשָׂר סַמָּנִים הָיוּ בָהּ,  
 וְאֵלוֹ הֵן:

(א כתר) הַצְּרִי,  
 (ב יסוד) וְהַצְּפָרָן,  
 (ג מלכות) הַחֶלְבָּנָה,  
 (ד אור מקיף) וְהַלְּבֹנָה,  
 מִשְׁקַל שְׁבַעַיִם שְׁבַעַיִם מָנֶה.  
 (ה חסד) מוֹר,  
 (ו גבורה) וְקִצְיֵעָה,  
 (ז תפארת) שְׁבֹלֶת נֵרֶד,  
 (ח נצח) וְכַרְכֹּם, מִשְׁקַל  
 שִׁשָּׁה עָשָׂר שִׁשָּׁה עָשָׂר מָנֶה.

(9 Chochmah) Hakosht sh'neim asar,  
*Costus, twelve,*  
 (10 Binah) v'kilufah sh'loshah,  
*and aromatic bark, three,*  
 (11 Hod) v'kinamon tishah.  
*and cinnamon, nine.*

Borit karshinah tishah kabin,  
*Added was Carshina lye, nine kav,*  
 yein kafrisin s'in t'lata v'kabin  
*Cyprus wine, three seah and kav*  
 t'lata, v'im ein lo yein kafrisin,  
*three, if one could not get Cyprus wine,*  
 mevi chamar chivaryan atik,  
*they would bring old white wine,*  
 melach s'domit rova hakav,  
*a quarter of a kab of Sodom salt,*  
 ma-aleh ashan kol shehu.  
*and a small amount of a smoke-raising ingredient.*  
 Rabi Natan ha-Bavli omer:  
*Rabbi Natan the Babylonian says:*  
 Af kipat hayarden kol shehu.  
*Also a small amount of Jordan amber.*  
 V'im natan bah d'vash, p'salah,  
*If one placed honey in it, they invalidated it,*  
 v'im chiser achat mikol samaneha,  
*and if one omitted one of its spices,*  
 chayav mitah.  
*they connected themselves to death.*

Raban Shimon ben Gamliel omer:  
*Rabban Shimon ben Gamliel says:*  
 Hatzori eino ela s'raf  
*The balm is exclusively the sap*  
 hanotef me-atzei ha-k'taf.  
*that drips from the balsam trees.*  
 Borit karshinah sheshafin bah  
*Carshina lye was to rub with it*  
 et hatziporen k'dei shet'hei na-ah,  
*the onycha so that it should be pleasing,*  
 yein kafrisin sheshorin bo  
*cyprus wine was to soak in it*  
 et hatziporen k'dei shet'hei azah,  
*the onycha so that it should be pungent,*  
 vahalo mei raglayim yafin lah,  
*although water of Raglayim is more suitable for the above,*  
 ela she-ein machnisin mei raglayim  
*nevertheless they do not bring water of Raglayim*  
 ba-azarah mip'nei hakavod.  
*one may not bring it into the Temple out of respect.*

(ט חכמה) הקשט שנים עשר,  
 (י בינה) וקלופה שלשה,  
 (יא הוד) וקנמון תשעה.

ברית כרשינה תשעה קבין,  
 יין קפריסין סאין תלתא וקבין  
 תלתא, ואם אין לו יין קפריסין,  
 מביא חמר חורין עתיק,  
 מלח סדומית רבע הקב,  
 מעלה עשן כל שהוא.  
 רבי נתן הבבלי אומר:  
 אף כפת הירדן כל שהוא.  
 ואם נתן בה דבש, פסלה,  
 ואם חסר אחת מכל סמניה,  
 חיב מיתה.

רבן שמעון בן גמליאל אומר:  
 הצרי אינו אלא שרף  
 הנוטף מעצי הקטף.  
 ברית כרשינה ששפין בה  
 את הצפורן כדי שתהא נאה,  
 יין קפריסין ששורין בו  
 את הצפורן כדי שתהא עזה,  
 והלא מי רגלים יפין לה,  
 אלא שאין מכניסין מי רגלים  
 בעזרה מפני הכבוד.

Tanya, Rabi Natan omer,

*It is taught, Rabbi Natan says:*

K'shehu shocek, omer:

*As one would grind, another would say:*

Hadek heitev, heitev hadek,

*"Grind thoroughly, thoroughly grind,"*

mip'nei shehakol yafeh lab'samim.

*because the sound is beneficial for the spices.*

Pitmah lachatza-in, k'sherah,

*If one mixed it in half-quantities, then it was fit for use,*

l'shalish ulravi-a, lo shamanu.

*but to a third or a fourth, we have not heard.*

Amar Rabi Y'hudah, zeh hak'lal,

*Rabbi Yehudah said, This is the general rule*

im k'midatah, k'sherah lachatza-in,

*In its proper measure, it is fit to use half the full amount,*

v'im chiser achat mikol samaneha,

*and if one omitted one of its spices,*

chayav mitah.

*they connected themselves to death.*

Tanei Bar Kapara,

*Bar Kappara taught,*

Achat l'shishim o l'shivim shanah

*Once every sixty or seventy years,*

hay'tah va-ah shel

*the accumulated leftovers reached*

shirayim lachatza-in.

*half of the yearly quantity.*

V'od tanei Bar Kapara,

*And Bar Kappara also taught,*

Ilu hayah noten bah

*Had one put in it*

kortov shel d'vash,

*a dash of honey,*

ein adam yachol

*not any person would be able to*

la-amod mip'nei reichah.

*resist its scent.*

V'lamah ein m'ar'vin bah d'vash,

*And why did they not mix honey into it?*

mip'nei sheha-Torah om'rah:

*because the Torah says:*

Ki chol s'or v'chol d'vash lo

*For any leaven or any honey, you are not*

taktiru mimenu

*to burn from them*

isheh Ladonai.

*a fire-offering to Adonai.*

תַּנִּיא, רַבִּי נָתַן אוֹמֵר,

כְּשֶׁהוּא שׁוֹחֵק, אוֹמֵר:

הַדֶּק הַיָּטֵב, הַיָּטֵב הַדֶּק,

מִפְּנֵי שֶׁהַקּוֹל יָפֵה לִבְשָׂמִים.

פְּטָמָה לַחֲצָאִין, כְּשֶׁרָה,

לְשָׁלִישׁ וּלְרַבִּיעַ, לֹא שָׁמַעְנוּ.

אָמַר רַבִּי יְהוּדָה, זֶה הַכֹּלֵל,

אִם כְּמִדָּתָהּ, כְּשֶׁרָה לַחֲצָאִין,

וְאִם חִסַּר אַחַת מִכָּל סַמָּנֶיהָ,

חַיֵּב מִיָּתָהּ.

תַּנִּי בַר קַפָּרָא,

אַחַת לְשָׁשִׁים אוֹ לְשִׁבְעִים שָׁנָה

הָיְתָה בָּאָה שֶׁל

שִׁירִים לַחֲצָאִין.

וְעוֹד תַּנִּי בַר קַפָּרָא,

אִלוֹ הָיָה נוֹתֵן בָּהּ

קוֹרְטוֹב שֶׁל דְּבִשׁ,

אִין אָדָם יָכוֹל

לְעִמֹּד מִפְּנֵי רִיחָהּ.

וְלָמָּה אִין מְעַרְבִין בָּהּ דְּבִשׁ,

מִפְּנֵי שֶׁהַתּוֹרָה אָמְרָה:

כִּי כֹל שֶׂאֵר וְכֹל דְּבִשׁ לֹא

תִּקְטִירוּ מִמֶּנּוּ

אֲשֶׁה לַיהוָה יֵאֱהָדוּנָהּ.

לִיהוָה יֵאֱהוּנָהּ הַיְשׁוּעָה, עַל עַמְּךָ בְּרִכְתֶּךָ סֵלָה.

Ladonai hayshu-ah, al am'cha virchatecha selah.

*Salvation is Adonai's, Your blessing be upon Your people, Selah.*

יְהוָה יֵאֱהוּנָהּ צְבָאוֹת עִמָּנוּ, מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.

Adonai tz'va-ot imanu, misgav lanu, Elohei Ya-akov selah.

*Adonai of hosts is with us, a stronghold for us, is the Elohim of Jacob. Selah.*

יְהוָה יֵאֱהוּנָהּ צְבָאוֹת, אֲשֶׁרִי אָדָם בֹּטַח בְּךָ.

Adonai tz'va-ot, ashrei adam bote-ach bach.

*Adonai of hosts, joyful is the person who trusts in You.*

יְהוָה יֵאֱהוּנָהּ הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרָאֵנוּ.

Adonai hoshi-ah, hamelech ya-anenu v'yom korenu.

*Adonai save us, the Sovereign shall answer us on the day when we call.*

הַשִּׁבְנוּ יְהוָה יֵאֱהוּנָהּ אֵלֶיךָ וְנִשְׁוֵבָה, חֲדָשׁ יָמֵינוּ כְּקֵדֶם.

Hashivenu Adonai elecha v'nashuvah, chadesh yameinu k'kedem.

*Return us to You Adonai and we will return, renew our days as of old.*

וְעִרְבָה לִיהוָה יֵאֱהוּנָהּ מִנְחַת יְהוּדָה וִירוּשָׁלַיִם,

כִּימֵי עוֹלָם וּכְשָׁנִים קְדָמוֹנִיּוֹת.

V'ar'vah Ladonai minchat Y'hudah Virushalayim,  
kimei olam uchshanim kadmoniyot.

*And pleasing to Adonai may be the offering of Judah and Jerusalem,  
as in days of old and in years gone by.*

Abayei hu havah m'sader seder

*Abaye, he listed the order of*

hama-arachah mish'ma digmara,

*the Altar service based on the tradition,*

v'aliba d'Aba Sha-ul:

*and in accordance with Abba Shaul:*

Ma-arachah g'dolah kodemet

*The large pyre precedes*

l'ma-arachah sh'niyah shel k'toret,

*that of the secondary pyre of the incense-offering,*

uma-arachah sh'niyah shel k'toret

*and the secondary pyre of the incense-offering,*

kodemet l'sidur

*precedes the arrangement*

אֲבֵי הוּא הוּא מְסִדֵּר סֵדֶר

הַמְעַרְכָּה מִשְׁמָא דְגַמְרָא,

וְאֵלְבָא דְאָבָא שְׂאוּל:

מְעַרְכָּה גְדוּלָה קוֹדֶמֶת

לְמַעַרְכָּה שְׁנִיָּה שֶׁל קְטֹרֶת,

וּמַעַרְכָּה שְׁנִיָּה שֶׁל קְטֹרֶת

קוֹדֶמֶת לְסִדּוּר

**sh'nei g'zirei etzim,**  
*of the two logs of wood,*  
**v'sidur sh'nei g'zirei etzim kodem**  
*and the arrangement of the two logs of wood precedes*  
**l'dishun mizbe-ach hap'nimi,**  
*the removal of ashes from the Inner Altar,*  
**v'dishun mizbe-ach hap'nimi kodem**  
*and the removal of ashes from the Inner Altar precedes*  
**l'hatavat chamesh nerot,**  
*the cleaning of the five lamps (of the Menorah),*  
**vahatavat chamesh nerot**  
*and the cleaning of the five lamps (of the Menorah),*  
**kodemet l'dam hatamid,**  
*precedes the dashing of the blood of the Tamid-offering,*  
**v'dam hatamid kodem**  
*and the dashing of the blood of the Tamid-offering precedes*  
**lahatavat sh'tei nerot,**  
*the cleaning of the other two lamps (of the Menorah),*  
**vahatavat sh'tei nerot**  
*and the cleaning of the other two lamps (of the Menorah),*  
**kodemet liktoret,**  
*precedes the incense,*  
**uktoret l'evanim,**  
*and the incense (precedes) the burning of the limbs,*  
**v'evanim l'minchah,**  
*and the burning of the limbs (precedes) the meal-offering,*  
**uminchah lachavitin,**  
*and the meal-offering (precedes) the baked grain-offering,*  
**vachavitin linsachin,**  
*and the baked grain-offering (precedes) the wine-libations,*  
**unsachin l'musafin,**  
*and the wine-libations (precede) the Musaf-offering,*  
**umusafin l'vazichin,**  
*and the Musaf-offering (precedes) the bowls (of frankincense),*  
**uvazichin kod'min l'tamid**  
*and the bowls (of frankincense) (precede) the Tamid-offering*  
**shel bein ha-arbayim,**  
*of the afternoon,*  
**shene-emar:**  
*for it is said:*  
**V'arach aleha ha-olah,**  
*And he is to arrange upon it the elevation-offering,*  
**v'hiktir aleha**  
*and burn upon it*  
**chelvei hash'lamim.**  
*the fats of the peace-offerings.*  
**Aleha hashlem**  
*Upon it you are to complete*  
**kol hakorbanot kulam.**  
*all of the offerings (of the day).*

שְׁנֵי גְזִירֵי עֵצִים,  
וְסִדּוּר שְׁנֵי גְזִירֵי עֵצִים קוֹדֵם  
לְדִישׁוֹן מִזְבֵּחַ הַפְּנִימִי,  
וְדִישׁוֹן מִזְבֵּחַ הַפְּנִימִי קוֹדֵם  
לְהַטְבַּת חֲמֵשׁ נֵרוֹת,  
וְהַטְבַּת חֲמֵשׁ נֵרוֹת  
קוֹדֶמֶת לְדַם הַתָּמִיד,  
וְדַם הַתָּמִיד קוֹדֵם  
לְהַטְבַּת שְׁתֵּי נֵרוֹת,  
וְהַטְבַּת שְׁתֵּי נֵרוֹת  
קוֹדֶמֶת לְקִטּוֹרֶת,  
וְקִטּוֹרֶת לְאַבְרִים,  
וְאַבְרִים לְמִנְחָה,  
וּמִנְחָה לְחֻבֵּיתִין,  
וְחֻבֵּיתִין לְנִסְכִּין,  
וְנִסְכִּין לְמוֹסָפִין,  
וּמוֹסָפִין לְבְזִיכִין,  
וּבְזִיכִין קוֹדֶמֶת לְתָמִיד  
שֶׁל בֵּין הָעֶרְבָּיִם,  
שְׁנֵי עֲמָרִים:  
וְעָרַךְ עָלֶיהָ הָעֹלָה,  
וְהִקְטִיר עָלֶיהָ  
חֶלְבֵי הַשְּׁלָמִים.  
עָלֶיהָ הַשְּׁלֵם  
כֹּל הַקֹּרְבָּנוֹת כֻּלָּם.

# אָנָּא בְּכוּאָךְ

## 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. There are also 42 angels that correspond to each letter, they appear above each word.

זִסְדַּי CHESED

אורפניאל בואל גבריאל יופיאל תומיאל צדקיאל

אבג יתץ **אָנָּא בְּכוּאָךְ, גְּדֻלַּת יְמִינֶךָ, תַּתִּיר צְרוּרָה.**

**Ana b'choach, g'dulat y'minecha, tatir tz'rurah.**

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

גְּבוּרָה GEVURAH

קבציאל רבחיאל עוזוויאל שמיאל טופיאל נגריאל

קרע שטץ **קַבֵּל רִנַּת, עֲמֵךְ שִׁגְבָנוּ, טַהֲרֵנוּ נוֹרָא.**

**Kabel rinat, amecha sag'venu, taharenu nora.**

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

תִּפְאֶרֶת TIFERET

נחליאל גבוריאל דניאל יהוריאל כבשיאל שעריאל

נגד יכש **נֹא גִבּוֹר, דּוֹרְשֵׁי יְחֻדֶּךָ, כְּבַבַּת שְׂמֵרָם.**

**Na gibor, dor'shei yichudecha, k'vavat shomrem.**

*Preserve those who seek Your unity, guard them like the pupil of the eye.*

נְצֻחַי NETZACH

ברכיאל טפטיאל רחמיאל צפוניאל תרומיאל גדוריאל

בטר צתג **בְּרַחֵם טַהֲרֵם, רַחֲמֵי צִדְקָתֶךָ, תַּמִּיד גֹּמְלֵם.**

**Bar'chem taharem rachamei tzidkatecha, tamid gomlem.**

*Bless and purify them and always grant them Your compassionate righteousness.*

הוֹד HOD

חזאל קומיאל ברקיאל טהריאל נוריאל עמיאל

חקב טנע **חָסִין קָדוֹשׁ, בְּרוּב טוּבְּךָ, נַהֵל אֲדַתֶּךָ.**

**Chasin kadosh, b'rov tuv'cha, nahel adatecha.**

*Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.*

יסוד YESOD

ישראל גדיאל להביאל פנואל זכריאל קדושיאל

יגל פזק

יְחִיד גֵּאָה, לְעַמֶּךָ פְּנֵה, זֹכְרֵי קְדוּשָׁתְךָ.

Yachid ge-eh, l'am'cha p'neh, zoch'rei k'dushatecha.

*O Exalted One, turn to Your people who remember Your holiness.*

מלכות MALCHUT

שלגיאל קרביאל וויאל צוריאל ילפיאל תבריאל

שְׁוַעַתֵּנוּ קָבֵל, וּשְׁמַע צַעֲקוֹתֵנוּ, יוֹדֵעַ הַתְּעֹלֹמוֹת. שקו צית

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!*

מלאך של יום

ANGEL OF THE DAY

Kabbalah teaches that an angel presides over each day of the week. We take a moment to scan the name of the angel of the day.

## יום ראשון

SUNDAY

יוֹד הֵי וַיּוֹד הֵי יוֹד הֵי וַאֲוֹ הֵי  
 אֵל שְׁדֵי יֵאוּלְדֵהֵהֵי יֵאוּדֵהֵהֵי  
 אֵת בְּכֹחַ גְּדוּלַת יְמֵינְךָ תַּתִּיר צְרוּרָה  
 אֲבִיָּתֶיךָ יְהוָה יְהוָה  
 סְמִטּוֹרֵיהֶּ גְּזֵרֵי־אֵל וְעֲצָאֵל לְמוֹאֵל

ר"ת סגול

## יום שני

MONDAY

יוֹד הֵי וַאֲוֹ הֵי יוֹד הֵי וַאֲוֹ הֵי יוֹד הֵי וַאֲוֹ הֵי  
 אֵל יְהוָה יֵאוּלְדֵהֵהֵי יֵאוּדֵהֵהֵי  
 קַבֵּל רַצַּת עַמְךָ שֶׁגִּבְנוּ טְהַרְנוּ צוּרָה  
 קְרַעֲשֵׁטֶן יְהוָה יְהוָה  
 שְׁמַעֲיֵאֵל בְּרַכֵּי־אֵל אֱהִי־אֵל

ר"ת שוא

## יום שלישי

TUESDAY

יוֹד הָאֵל וְאֵלֹהֵי יוֹד הָאֵל וְנֹהֵג  
 אֵל אֲדָנָי יֵאוּלַדְפִּהֶהוּיּוּדֵהֶהֶה  
 זָא גָבוּר דּוֹרְשֵׁי יִזְוּדֶךָ כַּבֵּבֶת שְׁמֵרָם  
 זְגָדֵיכֶשׁ יְהוּהָ יְהוּהָ  
 זִזְנֵי־אֵל לְהַדִּי־אֵל מִזִּזְנֵי־אֵל

ר"ת זולם

## יום רביעי

WEDNESDAY

יוֹד הָאֵל וְאֵלֹהֵי הָאֵל יוֹד הָאֵל וְנֹהֵג  
 אֵל אֲדָנָי יֵאוּלַדְפִּהֶהוּיּוּדֵהֶהֶה  
 בְּרַכָּם טַהֲרָם רִזְמֵי צְדָקָתְךָ תַּמִּיד גְּמִלָּם  
 בְּטָרְצֵתָּ יְהוּהָ יְהוּהָ  
 זִזְקֵי־אֵל רְהִטֵּי־אֵל קִדְשֵׁי־אֵל

ר"ת זורק

יום חמישי

THURSDAY

יְיָ הֵי וְאֵן הֵי יוֹד הֵי וְאֵן הֵי יוֹד הֵי וְאֵן הֵי  
 אֵל יְהוּה יֵאוּלְדֵףֶהָהָאֵאֵוֹדֶהָהָא  
 חֲסִיף קַדִּישׁ בְּרוּב טוֹבךָ זֶהֵל עֵדֶתךָ  
 חֲקֵבֵטֵטֵעַ יְהוּה יְהוּה  
 שְׁמוֹעַל רַעֲמִיֵאל קִנְיֵאל

ר"ת ש"רק

(הקבוץ מלאכיו בר"ת ש"ורק)

יום שישי

FRIDAY

יְיָ הֵי וְיֵו הֵי יוֹד הֵי וְאֵן הֵי  
 אֵל שְׁדֵי יֵאוּלְדֵףֶהָהָיֵוֹדֶהָהָיֵי  
 יִזִּיד גָּאָה לַעֲמַךְ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ  
 יְגַלְפֵזֶק יְהוּהָ יוֹהוּוֹנֵהוּ  
 שׁוֹמוֹשׁוֹיֵוֹאֵוֹלֵו רֹפְוֵאֵוֹלֵו קְדוּשׁוֹיֵוֹאֵוֹלֵו

ר"ת ש"רק

Ribon ha-olamim,

*Ruler of the worlds,*

atah tzivitanu l'hakriv

*You commanded us to bring the*

korban hatamid b'mo-ado,

*the Tamid Offering at its set time,*

v'lih-yot kohanim ba-avodatam,

*and that the Kohanim be at their assigned service,*

ulviyim b'duchanam,

*and that the Levites be on their platform,*

v'Yisra-el b'ma-amadam.

*and the Israelites at their station.*

V'atah ba-avonoteinu charav

*And now because of our iniquities, destroyed*

beit hamikdash uvatal hatamid,

*is the Holy Temple and the Tamid Offering discontinued,*

v'ein lanu lo kohen ba-avodato

*and we have neither Kohen at his service,*

v'lo levi b'duchano,

*nor Levite on his platform,*

v'lo Yisra-el b'ma-amado,

*nor Israelite at his station,*

v'atah amarta:

*and You said:*

Unshal'mah farim s'fateinu.

*And we will offer the words of our lips instead of bulls.*

Lachen y'hi ratzon mil'fanecha

*Therefore may it be the will before You,*

Adonai Eloheinu

*Adonai our Elohim*

Velohei avoteinu,

*and Elohim of our ancestors,*

shey'he si-ach siftoteinu zeh

*that this prayer of our lips be*

chashuv umkubal

*regarded and acceptable*

umrutzeh l'fanecha,

*and pleasing before You,*

k'ilu hikravnu korban hatamid

*as if we had brought the Tamid Offering*

b'mo-ado v'amadnu al ma-amado.

*at its set time and we had stood at its station.*

V'ne-emar: Zot ha-Torah la-olah

*And it says: This is the Torah of the burnt-offering,*

laminchah v'lachatat v'la-asham

*the Minchah offering and the sin-offering and the guilt-offering*

v'lamilu-im ulzevach hash'lamim.

*and the inauguration offerings and the feast peace-offering.*

רבון העולמים,

אתה צויתנו להקריב

קרֹבן התמיד במועדו,

ולהיות כהנים בעבודתם,

ולוים בדוכנם,

וישראל במעמדם.

ועתה בעונותינו חרב

בית המקדש ובטל התמיד,

ואין לנו לא כהן בעבודתו

ולא לוי בדוכנו,

ולא ישראל במעמדו,

ואתה אמרת:

ונשלמה פרים שפתינו.

לכן יהי רצון מלפניך

יהוה יאהדונהי אלהינו

ואלהי אבותינו,

שִׁיחַ שִׁיחַ שִׁפְתוֹתֵינוּ זֶה

חשוב ומקבל

ומרוצה לפניך,

כאילו הקרבנו קרֹבן התמיד

במועדו ועמדנו על מעמדו.

ונאמר: זאת התורה לעלה

למנחה ולחטאת ולאשם

ולמלוואים ולזבח השלמים.

# משנה זבחים - פרק ה

## MISHNAH ZEVACHIM - CHAPTER FIVE

[1] Eizehu m'koman shel z'vachim,

[1] What is the location of the offerings?

kodshi kadashim

The most holy offerings,

sh'chitatan batzafon,

their slaughter is in the north,

par v'sa-ir shel Yom HaKipurim

the bull and the goat of Yom Kippur,

sh'chitatan batzafon,

their slaughter is in the north,

v'kibul daman

and the reception of their blood

bichlei sharet batzafon,

in a service vessel is in the north,

v'daman ta-un hazayah al bein

and the blood requires sprinkling between

habadim v'al haparochet

the poles [of the Holy Ark] and toward the Parochet

v'al mizbach hazahav,

and upon the Golden Altar,

matanah achat mehen m'akevet.

every one of these applications is essential.

Shiy'rei hadam hayah shofech

The remaining blood he would pour out

al y'sod ma-aravi

upon the western base

shel mizbe-ach hachitzon,

of the Outer Altar,

im lo natan lo ikev.

if he didn't put it there, it does not invalidate the offering.

[2] Parim hanisrafim usirim

[2] The bulls that are burned and the goats

hanisrafim sh'chitatan batzafon,

that are burned, their slaughter is in the north,

v'kibul daman

and the reception of their blood

bichlei sharet batzafon,

in a service vessel is in the north,

v'daman ta-un hazayah al haparochet

and the blood requires sprinkling toward the Parochet

[א] איזהו מקומן של זבחים,

קדשי קדשים

שחיתתן בצפון,

פר ושעיר של יום הכפורים

שחיתתן בצפון,

וקבול דמן

בכלי שרת בצפון,

ודמן טעון הזיה על בין

הבדים ועל הפרכת

ועל מזבח הזהב,

מתנה אחת מהן מעכבת.

שירי הדם היה שופך

על יסוד מערבי

של מזבח החיצון,

אם לא נתן לא עכב.

[ב] פרים הנשרפים ושעירים

הנשרפים שחיתתן בצפון,

וקבול דמן

בכלי שרת בצפון,

ודמן טעון הזיה על הפרכת

v'al mizbach hazahav,  
and upon the Golden Altar,  
matanah achat mehen m'akevet.

every one of these applications is essential.

Shiy'rei hadam hayah shofech

The remaining blood he would pour out

al y'sod ma-aravi

upon the western base

shel mizbach hachitzon,

of the Outer Altar,

im lo natan lo ikev,

if he didn't put it there, it does not invalidate the offering,

elu v'elu nisrafin

these and those are burned

b'veit hadeshen.

in the area that houses the ashes.

[3] Chatot hatzibur v'hayachid,

[3] The communal and individual sin-offerings,

elu hen chatot hatzibur,

these are the communal sin-offerings,

sh'irei rashei chodashim

the goats of Rosh Chodesh days

v'shel mo-adot,

and of Festivals,

sh'chitatan batzafon,

their slaughter is in the north,

v'kibul daman

and the reception of their blood

bichlei sharet batzafon,

in a service vessel is in the north,

v'daman ta-un arba matanot

and the blood requires four applications

al arba k'ranot.

on the four corners.

Keitzar,

How is it done?

alah vakevesh ufanah l'sovev,

He ascended the ramp and turned onto the surrounding ledge,

uva lo

and he came

l'keren d'romit mizrachit,

to the southeast corner,

mizrachit tz'fonit,

the northeast,

tz'fonit ma-aravit,

the northwest,

ma-aravit d'romit.

the southwest.

ועל מזבח הזהב,  
מתנה אחת מהן מעכבת.  
שירי הדם היה שופך  
על יסוד מערבי  
של מזבח החיצון,  
אם לא נתן לא עכב,  
אלו ואלו נשרפין  
בבית הדשן.

[ג] חטאת הצבור והיחיד,  
אלו הן חטאת הצבור,  
שעירי ראשי חודשים  
ושל מועדות,  
שחיתתן בצפון,  
וקבול דמן  
בכלי שרת בצפון,  
ודמן טעון ארבע מתנות  
על ארבע קרנות.  
כיצד,  
עלה בכפוש ופנה לסובב,  
ובא לו  
לקרן דרומית מזרחית,  
מזרחית צפונית,  
צפונית מערבית,  
מערבית דרומית.

## Shiy'rei hadam hayah shofech

*The remaining blood he would pour out*

al y'sod d'romi,

*upon the southern base*

v'ne-echalin l'fanim min hak'la-im,

*and they may be eaten within the [Courtyard] curtains,*

l'zichrei ch'hunah,

*by male Kohanim,*

b'chol ma-achal,

*in any form,*

l'yom valailah ad chatzot.

*on the same day and night until midnight.*

## [4] Ha-olah kodesh kadashim,

*[4] The elevation-offering is among the mosy holy offerings,*

sh'chitatan batzafon,

*their slaughter is in the north,*

v'kibul daman

*and the reception of their blood*

bichlei sharet batzafon,

*in a service vessel is in the north,*

v'daman ta-un sh'tei matanot

*and the blood requires two applications*

shehen arba,

*that are equivalent to four,*

ut-unah hefshet

*and it requires flaying and cut into pieces*

v'nitu-ach v'chalil la-ishim.

*and is completely consumed by fire.*

## [5] Zivchei shalmei tzibur

*[5] The communal peace-offerings*

va-ashamot, elu hen ashamot,

*and the guilt-offerings, the guilt offerings are as follows,*

asham g'zelot,

*the guilt-offering for thefts,*

asham m'ilot,

*the guilt-offering for misusing sacred objects,*

asham shifchah charufah,

*the guilt-offering for violating a betrothed maidservant,*

asham nazir, ashama m'tzora,

*the guilt-offering of a Nazirite, the guilt-offering of a metzora,*

asham taluy,

*the guilt-offering in case of doubt,*

sh'chitatan batzafon,

*their slaughter is in the north,*

v'kibul daman

*and the reception of their blood*

שִׁירֵי הַדָּם הָיָה שׁוֹפֵךְ  
עַל יְסוּד דְרוֹמִי,  
וְנֹאכְלִין לְפָנִים מִן הַקֶּלְעִים,  
לְזִכְרֵי כֹהֵנָה,  
בְּכֹל מֵאֲכָל,  
לְיוֹם וְלַיְלָה עַד חֲצוֹת.

[ד] הָעוֹלָה קִדְשׁ קִדְשִׁים,  
שְׁחִיטָתָהּ בַּצָּפוֹן,  
וְקִבּוּל דָּמָהּ  
בְּכֵלֵי שָׂרֵת בַּצָּפוֹן,  
וְדָמָהּ טָעוֹן שְׁתֵּי מִתְּנוֹת  
שֶׁהֵן אַרְבַּע,  
וְטָעוֹנָה הֶפְשֵׁט  
וְנִתּוּחַ וְכֹלִיל לְאֲשִׁים.

[ה] זִבְחֵי שְׁלָמֵי צְבוּר  
וְאֲשָׁמוֹת, אֵלוֹ הֵן אֲשָׁמוֹת,  
אֲשֶׁם גְּזֵלוֹת,  
אֲשֶׁם מְעִילוֹת,  
אֲשֶׁם שְׁפָחָה חָרוּפָה,  
אֲשֶׁם נָזִיר, אֲשֶׁם מְצוֹרֵעַ,  
אֲשֶׁם תְּלוּי,  
שְׁחִיטָתָן בַּצָּפוֹן,  
וְקִבּוּל דָּמָן

bichlei sharet batzafon,  
*in a service vessel is in the north,*  
 v'daman ta-un sh'tei matanot  
*and the blood requires two applications*  
 shehen arba,  
*that are equivalent to four,*  
 v'ne-echalin l'fanim min hak'la-im,  
*and they may be eaten within the [Courtyard] curtains,*  
 l'zichrei ch'hunah,  
*by male Kohanim,*  
 b'chol ma-achal,  
*in any form,*  
 l'yom valailah ad chatzot.  
*on the same day and night until midnight.*

[6] Hatodah v'eil nazir,  
*[6] The thanksgiving-offering and the ram of a Nazirite,*  
 kadashim kalim,  
*are offerings of lesser holiness,*  
 sh'chitatan b'chol makom ba-azarah,  
*the slaughter is any place in the Courtyard,*  
 v'daman ta-un sh'tei matanot  
*and the blood requires two applications*  
 shehen arba,  
*that are equivalent to four,*  
 v'ne-echalin b'chol ha-ir,  
*and they are eaten throughout the city,*  
 l'chol adam, b'chol ma-achal,  
*by anyone, in any form,*  
 l'yom valailah ad chatzot.  
*on the same day and night until midnight.*  
 Hamuram mehem kayotzei vahem,  
*The portion separated from them is treated like them,*  
 ela shehamuram ne-echal lakohanim  
*except that the portion is eaten by the Kohanim,*  
 linsheihem v'livneihem ulavdeihem.  
*their wives and their children, and their servants.*

[7] Sh'lamim, kadashim kalim,  
*[7] The peace-offerings are offerings of lesser holiness,*  
 sh'chitatan b'chol makom ba-azarah,  
*the slaughter is any place in the Courtyard,*  
 v'daman ta-un sh'tei matanot  
*and the blood requires two applications*  
 shehen arba,  
*that are equivalent to four,*  
 v'ne-echalin b'chol ha-ir,  
*and they are eaten throughout the city,*

בְּכֵלֵי שָׂרֵת בַּצָּפוֹן,  
 וּדְמֵן טְעוֹן שְׁתֵי מַתָּנוֹת  
 שֶׁהֵן אַרְבַּע,  
 וְנֹאכְלִין לְפָנִים מִן הַקְּלָעִים  
 לְזִכְרֵי כֹהֲנָה,  
 בְּכֹל מֵאֲכָל,  
 לְיוֹם וּלְלַיְלָה עַד חֲצוֹת.

[ו] הַתּוֹדָה וְאֵיל נָזִיר,  
 קְדָשִׁים קָלִים,  
 שְׁחִיטָתָן בְּכֹל מְקוֹם בְּעֶזְרָה,  
 וּדְמֵן טְעוֹן שְׁתֵי מַתָּנוֹת  
 שֶׁהֵן אַרְבַּע,  
 וְנֹאכְלִין בְּכֹל הָעִיר,  
 לְכֹל אָדָם, בְּכֹל מֵאֲכָל,  
 לְיוֹם וּלְלַיְלָה עַד חֲצוֹת.  
 הַמּוֹרָם מֵהֶם כִּיּוֹצֵא בָהֶם,  
 אֶלָּא שֶׁהַמּוֹרָם נֹאכָל לְכֹהֲנִים  
 לְנִשְׁיָהֶם וּלְבָנֵיהֶם וּלְעַבְדֵיהֶם.

[ז] שְׁלָמִים קְדָשִׁים קָלִים,  
 שְׁחִיטָתָן בְּכֹל מְקוֹם בְּעֶזְרָה,  
 וּדְמֵן טְעוֹן שְׁתֵי מַתָּנוֹת  
 שֶׁהֵן אַרְבַּע,  
 וְנֹאכְלִין בְּכֹל הָעִיר

l'chol adam, b'chol ma-achal,  
by anyone, in any form,  
lishnei yamim valailah echad.

for two days and one night.

Hamuram mehem kayotzei vahem,  
The portion separated from them is treated like them,  
ela shehamuram ne-echal lakohanim  
except that the portion is eaten by the Kohanim,  
linsheihem v'livneihem ulavdeihem.  
their wives and their children, and their servants.

[8] Hab'chor v'hama-aser

[8] The first-born and tithe of animals

v'haPesach kadashim kalim,  
and the Pesach Offering are of lesser holiness,  
sh'chitatan b'chol makom ba-azarah,  
the slaughter is any place in the Courtyard,  
v'daman ta-un matanah achat,  
and the blood requires one application,  
uvilvad sheyiten k'neged haysod.  
and it must be toward the base of the Altar.

Shinah va-achilatan,

They differ in their consumption,

hab'chor ne-echal lakohanim,  
the firstborn is eaten by the Kohanim,  
v'hama-aser l'chol adam,  
and the tithe by anyone,

v'ne-echalin b'chol ha-ir,  
and they are eaten throughout the city,

b'chol ma-achal,  
in any form,

lishnei yamim valailah echad.

for two days and one night.

HaPesach eino ne-echal ela valailah,  
The Pesach Offering is eaten only at night,

v'eino ne-echal ela ad chatzot,  
and it may be eaten only until midnight,

v'eino ne-echal ela limnuyav,  
and it may be eaten only by those registered for it,

v'eino ne-echal ela tzali.  
and it may be eaten only if roasted.

לְכֹל אָדָם בְּכֹל מֵאֲכָל  
לְשְׁנֵי יָמִים וְלַיְלָה אֶחָד.  
הַמּוֹרָם מֵהֶם כִּיּוֹצֵא בָהֶם,  
אֲלֵא שֶׁהַמּוֹרָם נֹאכָל לַכֹּהֲנִים  
לְנִשְׁיָהֶם וְלְבָנֵיהֶם וְלַעֲבָדֵיהֶם.

[ח] הַבְּכוֹר וְהַמַּעֲשֵׂר  
וְהַפֶּסַח קְדָשִׁים קְלִיִּם,  
שְׁחִיטָתָן בְּכֹל מְקוֹם בַּעֲזָרָה,  
וְדָמָן טָעוֹן מִתְנַה אַחַת,  
וּבִלְבָד שְׂשִׁיתָן כְּנֶגֶד הַיְסוֹד.  
שִׁנָּה בְּאֲכִילָתָן,  
הַבְּכוֹר נֹאכָל לַכֹּהֲנִים,  
וְהַמַּעֲשֵׂר לְכֹל אָדָם,  
וְנֹאכְלִין בְּכֹל הָעִיר  
בְּכֹל מֵאֲכָל  
לְשְׁנֵי יָמִים וְלַיְלָה אֶחָד.  
הַפֶּסַח אֵינוֹ נֹאכָל אֲלֵא בַּלַּיְלָה,  
וְאֵינוֹ נֹאכָל אֲלֵא עַד חֲצוֹת,  
וְאֵינוֹ נֹאכָל אֲלֵא לְמִנּוּיָו,  
וְאֵינוֹ נֹאכָל אֲלֵא צָלִי.

# ברייתא דרבי ישמעאל

## BERAITA D'RABBI YISHMA-EL

This passage from Gemara presents the thirteen rules used to apply the words of the Written Torah to the teachings of the Oral Torah. It prepares us for the next section of our service in which we will connect to the world of Yetzirah.

Rabi Yishma-el omer,

*Rabbi Yishmael says,*

Bishlosh esreh midot

*Through thirteen attributes*

ha-Torah nidreshet:

*the Torah is taught:*

1) Mikal vachomer.

*By lenient law and by strict law.*

2) Umig'zerah shavah.

*From similarity of words.*

3) Mibinyan av mikatuv echad,

*From a general principle derived from one verse,*

umibinyan av mish'nei k'tuvim.

*and from a general principle derived from two verses.*

4) Mik'lal ufrat.

*From a general statement followed by a specific.*

5) Umip'rat uchlal.

*From a specific statement followed by a generality.*

6) K'lal ufrat uchlal,

*From a general followed by a specific followed by a general,*

i atah dan ela k'ein hap'rat.

*then you may only infer what is similar to the specification.*

7) Mik'lal shehu tzarich lifrat,

*From a general statement that requires a specific one that,*

umip'rat shehu tzarich lichlal.

*in turn, requires a general one to explain it.*

8) Kol davar shehayah bichlal

*Anything that was part of a general statement which was*

v'yatza min hak'lal l'lamed,

*singled out from the general statement to teach something,*

lo l'lamed al atzmo yatza,

*it was not to teach about itself that it was singled out,*

ela l'lamed al

*but to teach about*

ha-k'lal kulo yatza.

*the entire general statement.*

9) Kol davar shehayah bichlal,

*Anything that was part of a general statement,*

רבי ישמעאל אומר,

בשלוש עשרה מדות

התורה נדרשת:

(א) מקל וחומר.

(ב) ומגזרה שוה.

(ג) מבנין אב מכתוב אחד,

ומבנין אב משני כתובים.

(ד) מכלל ופרט.

(ה) ומפרט וכלל.

(ו) כלל ופרט וכלל,

אי אתה דן אלא כעין הפרט.

(ז) מכלל שהוא צריך לפרט,

ומפרט שהוא צריך לכלל.

(ח) כל דבר שהיה בכלל

ויצא מן הכלל ללמד,

לא ללמד על עצמו יצא,

אלא ללמד על

הכלל כולו יצא.

(ט) כל דבר שהיה בכלל,

v'yatza liton to-an echad

*which was later singled out*

shehu ch'inyano,

*to discuss another claim to its context,*

yatza l'hakel v'lo l'hachamir.

*it was singled out to be more lenient and not more stringent.*

10) Kol davar shehayah bichlal,

*Anything that was part of a general statement,*

v'yatza liton to-an

*and was later singled out in order to discuss*

acher shelo ch'inyano,

*another claim out of its context,*

yatza l'hakel ulha-chamir.

*it was singled out to be more lenient and not more stringent.*

11) Kol davar shehayah bichlal,

*Anything that was part of a general statement,*

v'yatza lidon badavar he-chadash,

*and was singled out in order to discuss a new concept,*

i atah yachol l'ha-chaziro

*you can not return to its general*

lichlalo, ad she-yachazirenu

*context, unless the text returns it*

hakatuv lichlalo b'feirush.

*explicitly to its general context.*

12) Davar halamed me-inyano,

*A matter that is learned from its context,*

v'davar ha-lamed misofo.

*and a matter that is derived from its end.*

13) V'chen sh'nei ch'tuvim

*And also from two verses*

hamach-chishim zeh et zeh,

*that contradict each other,*

ad sheyavo hakatuv hash'lishi

*until a third one comes along*

v'yachri-a beineihem.

*and reconciles them.*

וַיֵּצֵא לְטַעוֹן טַעַן אֶחָד

שֶׁהוּא כְּעֵנִינוּ,

יֵצֵא לְהַקֵּל וְלֹא לְהַחְמִיר.

(י) כָּל דָּבָר שֶׁהָיָה בְּכִלְלֵ,

וַיֵּצֵא לְטַעוֹן טַעַן

אַחַר שֶׁלֹּא כְּעֵנִינוּ,

יֵצֵא לְהַקֵּל וְלְהַחְמִיר.

(יא) כָּל דָּבָר שֶׁהָיָה בְּכִלְלֵ

וַיֵּצֵא לְדוֹן בְּדָבָר הַחֲדָשׁ,

אִי אַתָּה יְכוֹל לְהַחְזִירוֹ

לְכִלְלוֹ, עַד שֶׁיַּחְזִירֵנוּ

הַכָּתוּב לְכִלְלוֹ בְּפִירוּשׁ.

(יב) דָּבָר הַלָּמֵד מֵעֵנִינוּ,

וְדָבָר הַלָּמֵד מִסּוּפּוֹ.

(יג) וְכֵן שְׁנֵי כְּתוּבִים

הַמְּכַחֲשִׁים זֶה אֶת זֶה,

עַד שֶׁיָּבֹא הַכָּתוּב הַשְּׁלִישִׁי

וַיַּכְרִיעַ בֵּינֵיהֶם.

## שׁוֹיבָנָה

## SHEYIBANEH

According to Kabbalah, the Holy Temple still exists in the spiritual realm but no longer exists in the physical world. Through this prayer we express our yearning to see the restoration of the Holy Temple.

Y'hi ratzon mil'fanecha,

*May it be the will before You,*

Adonai Eloheinu

*Adonai our Elohim*

Velohei avoteinu

*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'Toratach,

*and grant that our portion be in Your Torah,*

la-asot chukei r'tzonach

*to perform the statutes of Your will*

ulovdach b'levav shalem.

*and to serve You wholeheartedly.*

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
יְהוָה יֵאֱהָדוּנְהִי אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
שְׁיִבְנָה בַּיִת הַמִּקְדָּשׁ  
בְּמַהֲרָה בְּיָמֵינוּ,  
וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ,  
לְעֲשׂוֹת חֻקֵי רְצוֹנְךָ  
וּלְעֲבֹדְךָ בְּלֵב שָׁלֵם.

## קַדִּישׁ עַל יִשְׂרָאֵל

## KADDISH AL YISRAEL

The Kaddish Al Yisrael 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.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

B'alma 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*

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵיהּ,

וְיַמְלִיךְ מַלְכוּתֵיהּ,

וְיַצְמַח פְּרֻקָנֵיהּ

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,  
very soon and at a time that comes quickly,  
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'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'alma,  
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,

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
בְּעִגְלָא וּבְזְמַן קָרִיב,  
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יְתְבָרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},  
לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא  
תְּשֻׁבְחָתָא וְנֶחֱמָתָא,  
דְּאִמְרוּן בְּעָלְמָא,  
וְאָמְרוּ אָמֵן. {אָמֵן.}

עַל יִשְׂרָאֵל וְעַל רַבָּנָן,  
וְעַל תַּלְמִידֵיהוֹן וְעַל כָּל  
תַּלְמִידֵי תַלְמִידֵיהוֹן,  
וְעַל כָּל מָאן  
דְּעִסְקִין בְּאוֹרֵיתָא,  
דִּי בְּאַתְרָא הָדִין וְדִי  
בְּכָל אֲתָר וְאַתְר.  
יְהֵא לְהוֹן וּלְכוֹן שְׁלָמָא רַבָּא,

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.*

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.*

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

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

*Bow to the right and say:*

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

*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,*

*Straighten the body and say:*

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

חֲנָא וְחֶסֶדָא וְרַחֲמִין,  
 וְחַיִּין אַרְיִכִין, וּמְזוּנֵי רוּיְחִי,  
 וּפְרֻקְנָא, מִן קָדָם אַבוּהוֹן דִּי  
 בְּשַׁמַּיָּא וְאַרְעָא,  
 וְאַמְרוּ אָמֵן. {אָמֵן.}

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא בְּרַחֲמָיו  
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

וְאַמְרוּ אָמֵן. {אָמֵן.}

# פסוקי דזמרה

## PESUKEI D'ZIMRAH - VERSES OF PRAISE

This section is similar to Hallel because it consists of Tehilim and prayers which focus on the Creator's glory. It connects us to the world of Yetzirah and is a fitting preparation for the Shema and the Amidah.

### הודו

#### HODU

Through the Hodu we are called to give thanks and declare the Divine Name. The first section focuses on our past redemption as a people, while the last section focuses on our future redemption. These verses are recited right after the Seder Korbanot because they relate to the Offerings.

**Hodu Ladonai kiru vishmo,**  
*Give thanks to Adonai, declare His Name,*  
**hodi-a va-amim alilotav.**  
*make known among the peoples His actions.*  
**Shiru lo, zam'ru lo,**  
*Sing to the One, sing praise to the One,*  
**sichu b'chol nifl'otav.**  
*speak of all His wonders.*  
**Hit-hal'lu b'shem kodsho,**  
*Glory in the Name of His Holiness,*  
**yismach lev m'vakshei Adonai.**  
*glad will be the heart of those who seek Adonai.*  
**Dirshu Adonai v'uzo,**  
*Search out Adonai and His power,*  
**bak'shu fanav tamid.**  
*constantly seek His Presence.*  
**Zichru nifl'otav asher asah,**  
*Remember the wonders that He performed,*  
**mof'tav umishp'tei fihu.**  
*the marvels and justices of His mouth.*  
**Zera Yisra-el avdo,**  
*O seed of Israel, His servant,*  
**b'nei Ya-akov b'chirav.**  
*O children of Jacob, His chosen ones.*  
**Hu Adonai Eloheinu,**  
*He is Adonai our Elohim,*

הודו לַ יְהוָה יֵאֱהֹדוּנָהּי קְרָאוּ בְשֵׁמוֹ,  
הוֹדִיעוּ בְעַמִּים עֲלִילֹתָיו.  
שִׁירוּ לוֹ, זַמְרוּ לוֹ,  
שִׁיחוּ בְכֹל נִפְלְאוֹתָיו.  
הִתְהַלְלוּ בְשֵׁם קֹדְשׁוֹ,  
יִשְׂמַח לֵב מְבַקְשֵׁי יְהוָה יֵאֱהֹדוּנָהּי.  
דַּרְשׁוּ יְהוָה יֵאֱהֹדוּנָהּי וְעִזּוֹ,  
בַּקְּשׁוּ פָנָיו תָּמִיד.  
זְכְרוּ נִפְלְאוֹתָיו אֲשֶׁר עָשָׂה,  
מִפְתָּיו וּמִשְׁפְּטֵי פִיהוֹ.  
זֶרַע יִשְׂרָאֵל עַבְדּוֹ,  
בְּנֵי יַעֲקֹב בְּחִירָיו.  
הוּא יְהוָה יֵאֱהֹדוּנָהּי אֱלֹהֵינוּ,

**b'chol ha-aretz mishpatav.**

*and in all the earth is His justice.*

**Zichru l'olam b'rito,**

*Remember forever His covenant,*

**davar tzivah l'elef dor.**

*His word commanded for a thousand generations.*

**Asher karat et Avraham,**

*Which was made with Abraham,*

**ushvuato l'Yitz-chak.**

*and was vowed to Isaac.*

**Vaya-amideha l'Ya-akov l'chok,**

*Which was established as a statute for Jacob,*

**l'Yisra-el b'rit olam.**

*as an eternal covenant for Israel.*

**Lemor, l'cha eten erez K'na-an,**

*Saying, To you I shall give the land of Canaan,*

**chevel nachalatchem.**

*the lot of your inheritance.*

**Bih-yot'chem m'tei mispar,**

*When you were but few in number,*

**kimat v'garim bah.**

*hardly dwelling there.*

**Vayit-hal'chu migoi el goi,**

*And they wandered from nation to nation,*

**umi-mamlachah el am acher.**

*from one kingdom to another people.*

**Lo hini-ach l'ish l'ashkam,**

*He did not allow any person to rob them,*

**vayochach aleihem m'lachim.**

*and rebuked kings for their sake.*

**Al tig'u bimshichai,**

*Dare not touch My anointed ones,*

**uvinvi-ai al tare-u.**

*and do not harm My prophets.*

**Shiru Ladonai kol ha-aretz,**

*Sing to Adonai all the earth,*

**bas'ru miyom el yom y'shuato.**

*proclaim from day to day His redemption.*

**Sap'ru vagoyim et k'vodo,**

*Tell to the nations His glory,*

**b'chol ha-amim nifl'otav.**

*and to all the people His wonders.*

**Ki gadol Adonai**

*For great is Adonai*

**umhulal m'od,**

*and lauded exceedingly,*

**v'nora hu al kol elohim.**

*and awesome is He above all powers.*

בְּכֹל הָאָרֶץ מִשְׁפָּטָיו.

זָכְרוּ לְעוֹלָם בְּרִיתוֹ,

דָּבָר צִוָּה לְאַלְפֵי דוֹר.

אֲשֶׁר כָּרַת אֶת אַבְרָהָם,

וַיְשֻׁבּוּעָתוֹ לְיִצְחָק.

וַיַּעֲמִידָהּ לְיַעֲקֹב לְחֹק,

לְיִשְׂרָאֵל בְּרִית עוֹלָם.

לֵאמֹר, לְךָ אֶתֵּן אֶרֶץ כְּנָעַן,

חֶבֶל נַחְלַתְכֶם.

בְּהֵיּוֹתְכֶם מִתֵּי מִסְפָּר,

כְּמַעַט וְגָרִים בָּהּ.

וַיִּתְהַלְכוּ מִגּוֹי אֶל גּוֹי,

וּמִמַּמְלָכָה אֶל עַם אֲחֵר.

לֹא הִנִּיחַ לְאִישׁ לְעַשְׂקָם,

וַיּוֹכַח עֲלֵיהֶם מְלָכִים.

אֶל תִּגְעוּ בְּמִשְׁחֵי,

וּבַנְּבִיאֵי אֵל תִּרְעוּ.

שִׁירוּ לַיהוָה יֵאֱהוּדוּנְהִי כָּל הָאָרֶץ,

בַּשָּׁרוּ מִיּוֹם אֶל יוֹם יִשׁוּעָתוֹ.

סַפְּרוּ בַגּוֹיִם אֶת כְּבוֹדוֹ,

בְּכֹל הָעַמִּים נִפְלְאוֹתָיו.

כִּי גָדוֹל יְהוָה יֵאֱהוּדוּנְהִי

וּמְהֻלָּל מְאֹד,

וְנוֹרָא הוּא עַל כָּל אֱלֹהִים.

Ki kol elohei ha-amim elilim,

*For all the gods of the peoples are worthless,*

Vadonai shamayim asah.

*and it is Adonai Who made the heavens.*

Hod v'hadar l'fanav,

*Glory and majesty are before Him,*

oz v'chedvah bimkomo.

*might and delight are in His place.*

Havu Ladonai

*Ascribe to Adonai*

mishp'chot amim,

*O families of the peoples,*

havu Ladonai kavod va-oz.

*ascribe to Adonai honor and might.*

Havu Ladonai k'vod sh'mo,

*Ascribe to Adonai honor to His Name,*

s'u minchat uvo-u l'fanav,

*raise up an offering and come before Him,*

hishtachavu Ladonai

*bow down before Adonai*

b'hadrat kodesh.

*in the beauty of holiness.*

Chilu mipanav kol ha-aretz,

*tremble before Him everyone on earth,*

af tikon tevel bal timot.

*for the world is firmly established so it cannot collapse.*

Yism'chu hashamayim

*The heavens will be glad*

v'tagel ha-aretz,

*and the earth will rejoice,*

v'yom'ru vagoyim,

*and they will say among the nations,*

Adonai malach.

*Adonai has reigned.*

Yiram hayam umlo-o,

*The sea and its fullness will roar,*

ya-aloz sadai v'chol asher bo.

*the field and everything that is in it will exult.*

Az y'ran'nu kol atzei haya-ar,

*Then all the trees of the forest will sing with joy,*

milifnei Adonai,

*before Adonai,*

ki va lishpot et ha-aretz.

*Who will have come to judge the earth.*

Hodu Ladonai ki tov,

*Give thanks to Adonai for He is good,*

ki l'olam chasdo.

*His mercy endures forever.*

כִּי כֹל אֱלֹהֵי הָעַמִּים אֲלִילִים,

וַיְהוֹה יֵאֱהוּנְהֵי שָׁמַיִם עָשָׂה.

הוֹד וְהַדָּר לְפָנָיו,

עֹז וְחֵדְוָה בְּמִקְוֹמוֹ.

הָבוּ לַיהוָה יֵאֱהוּנְהֵי

מִשְׁפָּחוֹת עַמִּים,

הָבוּ לַיהוָה יֵאֱהוּנְהֵי כְבוֹד וְעֹז.

הָבוּ לַיהוָה יֵאֱהוּנְהֵי כְבוֹד שְׁמוֹ,

שִׂאוּ מִנְחָה וּבֹאוּ לְפָנָיו,

הִשְׁתַּחֲוּוּ לַיהוָה יֵאֱהוּנְהֵי

בְּהַדְרַת קֹדֶשׁ.

חִילוּ מִלְּפָנָיו כֹּל הָאָרֶץ,

אֶף תִּכּוֹן תֵּיבֵל בִּלְתַּמּוּט.

יִשְׂמְחוּ הַשָּׁמַיִם

וְתִגַּל הָאָרֶץ,

וַיֹּאמְרוּ בַגּוֹיִם,

יְהוָה יֵאֱהוּנְהֵי מֶלֶךְ.

יִרְעַם הַיָּם וּמְלוֹאוֹ,

יַעֲלֶץ הַשָּׂדֶה וְכֹל אֲשֶׁר בּוֹ.

אֲזַיִרְנָנוּ עֲצֵי הַיַּעַר,

מִלְּפָנָי יְהוָה יֵאֱהוּנְהֵי,

כִּי בָא לְשִׁפּוֹט אֶת הָאָרֶץ.

הוֹדוּ לַיהוָה יֵאֱהוּנְהֵי כִּי טוֹב,

כִּי לְעוֹלָם חֶסְדּוֹ.

V'imru hoshi-enu Elohei yishenu,

*And say, save us O Elohim of our salvation,*

v'kab'tzenu v'hatzilenu

*and gather us and rescue us*

min hagoyim,

*from among the nations,*

l'hodot l'shem kodshecha,

*to give thanks to the Name of Your Holiness,*

l'hishtabe-ach bit-hilatecha.

*and to glory in Your praise.*

Baruch Adonai

*Blessed is Adonai,*

Elohei Yisra-el

*the Elohim of Israel*

min ha-olam v'ad ha-olam,

*from this world to the world to come,*

vayom'ru chol ha-am, amen,

*and let all the people say, amen,*

v'halel Ladonai.

*and praise to Adonai.*

Rom'mu Adonai Eloheinu,

*Exalt Adonai our Elohim,*

v'hishtachavu lahadom raglav,

*and bow down at His footstool,*

kadosh hu.

*holy is He.*

Rom'mu Adonai Eloheinu,

*Exalt Adonai our Elohim,*

v'hishtachavu l'har kodsho,

*and bow at His holy mountain,*

ki kadosh

*for holy is*

Adonai Eloheinu.

*Adonai our Elohim.*

V'hu rachum, y'chaper avon,

*And He the Merciful One, forgives iniquities,*

v'lo yash-chit, v'hirbah l'hashiv

*and He does not destroy, and He frequently withdraws*

apo, v'lo ya-ir kol chamato.

*His anger, and He does not arouse all His wrath.*

Atah Adonai,

*You, Adonai,*

lo tichla rachamecha mimeni,

*do not withhold Your mercy from me,*

chasd'cha va-amit'cha tamid yitz'runi.

*may Your kindness and truth always protect me.*

Z'chor rachamecha

*Remember Your mercies*

וְאָמְרוּ הוֹשִׁיעֵנו אֱלֹהֵי יִשְׁעֵנו,

וְקַבְּצֵנו וְהַצִּילֵנו

מִן הַגּוֹיִם,

לְהַדוֹת לְשֵׁם קְדוֹשְׁךָ,

לְהַשְׁתַּבַּח בְּתִהְלֹתֶךָ.

בָּרוּךְ יְהוָה יֵאֱהוֹנֵהי

אֱלֹהֵי יִשְׂרָאֵל

מִן הָעוֹלָם וְעַד הָעוֹלָם,

וַיֹּאמְרוּ כָּל הָעָם, אָמֵן,

וְהִלֵּל לַיהוָה יֵאֱהוֹנֵהי.

רוֹמְמוּ יְהוָה יֵאֱהוֹנֵהי אֱלֹהֵינוּ,

וְהִשְׁתַּחֲוּוּ לְהָדוֹם רַגְלָיו,

קְדוֹשׁ הוּא.

רוֹמְמוּ יְהוָה יֵאֱהוֹנֵהי אֱלֹהֵינוּ

וְהִשְׁתַּחֲוּוּ לְהַר קְדוֹשׁוֹ,

כִּי קְדוֹשׁ

יְהוָה יֵאֱהוֹנֵהי אֱלֹהֵינוּ.

וְהוּא רַחוּם, יִכַּפֵּר עוֹן,

וְלֹא יִשְׁחִית, וְהִרְבָּה לְהַשִּׁיב

אִפּוֹ, וְלֹא יַעִיר כָּל חַמָּתוֹ.

אֲתָהּ יְהוָה יֵאֱהוֹנֵהי,

לֹא תִכְלֵא רַחֲמֶיךָ מִמֶּנִּי,

חַסְדֶּיךָ וְאַמְתֶּיךָ תָּמִיד יִצְרֹנֵנִי.

זְכוֹר רַחֲמֶיךָ

Adonai vachasadecha,

*Adonai and Your kindnesses,*

ki me-olam hemah.

*for they are eternal.*

T'nu oz Elohim,

*Acknowledge unsurpassable might to Elohim,*

al Yisra-el ga-avato,

*upon Israel is His grandeur,*

v'uzo bash'chakim.

*and His might is in the skies.*

Nora Elohim mimikdashcha,

*You are awesome O Elohim from Your Sanctuaries,*

El Yisra-el, hu noten oz

*Elohim of Israel, it is He Who grants might*

v'ta-atzumot la-am,

*and power to the people,*

baruch Elohim.

*blessed is Elohim.*

*The Arizal says we should ask the Holy One, Blessed is He,  
to avenge the Asarah Haruge Malchut (10 Martyrs) as we say the following section:*

El n'kamot Adonai,

*O Elohim of retributions, Adonai,*

El n'kamot hofi-a.

*O Elohim of retributions appear.*

Hinasei shofet ha-aretz,

*Arise O Judge of the earth,*

hashev g'mul al ge-im.

*repay the arrogant with their due.*

Ladonai hayshu-ah,

*Salvation belongs to Adonai,*

al am'cha virchatecha selah.

*upon Your people is Your blessing, selah.*

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.*

Hoshiah et amecha,

*Save Your nation,*

uvarech et nachalatecha,

*and bless Your inheritance,*

יהוה יאהדונהי וחסדיך,

כי מעולם המה.

תנו עז לאלהים,

על ישראל גאותו,

ועזו בשחקים.

נורא אלהים ממקדשיך,

אל ישראל, הוא נותן עז

ותעצמות לעם,

ברוך אלהים.

אל נקמות יהוה יאהדונהי,

אל נקמות הופיע.

הנשא שפט הארץ,

השב גמול על גאים.

ליהוה יאהדונהי הישועה,

על עמך ברכתך סלה.

יהוה יאהדונהי צבאות עמנו,

משגב לנו אלהי יעקב סלה.

יהוה יאהדונהי צבאות,

אשרי אדם בטח בך.

יהוה יאהדונהי הושיעה,

המלך יעננו ביום קראנו.

הושיעה את עמך,

וברך את נחלתך,

urem v'nas'em ad ha-olam.

*tend them and raise them up forever.*

Nafshenu hik'tah Ladonai,

*Our soul longed for Adonai,*

ezrenu umaginenu hu.

*our help and our shield.*

Ki vo yismach libenu,

*For in Him our hearts will rejoice,*

ki v'shem kodsho vatachnu.

*for in the Name of His Holiness we have put our trust.*

Y'hi chasd'cha Adonai aleinu,

*May Your kindness be upon us Adonai,*

ka-asher yichalnu lach.

*just as we hoped for You.*

Harenu Adonai chasdecha,

*Show us Your kindness Adonai,*

v'yeshacha titen lanu.

*and grant us Your salvation.*

Kumah ezratah lanu,

*Arise and help us,*

ufdenu l'ma-an chasdecha.

*and redeem us for the sake of Your kindness.*

Anochi Adonai Elohecha,

*I am Adonai Your Elohim,*

hama-alcha me-eretz mitzrayim,

*Who raised you from the land of Egypt,*

harchev picha va-amalehu.

*open wide your mouth and I will fill it.*

Ashrei ha-am shekachah lo,

*Happy is the people for whom all this is true,*

ashrei ha-am

*happy is the people*

she-Adonai Elohav.

*that Adonai is their Elohim.*

Va-ani b'chasd'cha vatachti,

*And I have trusted in Your kindness,*

yagel libi bishuatecha,

*my heart will exult in Your salvation,*

ashirah Ladonai,

*I will sing to Adonai,*

ki gamal alai.

*for He has dealt kindly with me.*

וְרַעַם וְנִשְׂאֵם עַד הָעוֹלָם.

נַפְשֵׁנוּ חִכְתָּה לַיהוָה יֵאֱהוּנָהּ,

עֲזָרְנוּ וּמִגְנָנוּ הוּא.

כִּי בּוֹ יִשְׂמַח לְבָנוּ,

כִּי בְשֵׁם קְדָשׁוֹ בִּטְחָנוּ.

יְהִי חֶסֶדְךָ יְהוָה יֵאֱהוּנָהּ עָלֵינוּ,

כַּאֲשֶׁר יִחְלְנוּ לָךְ.

הֲרֵאֵנוּ יְהוָה יֵאֱהוּנָהּ חֶסֶדְךָ,

וַיִּשְׂעָךָ תִּתֵּן לָנוּ.

קוּמָה עֲזָרְתָהּ לָנוּ,

וּפְדָנוּ לְמַעַן חֶסֶדְךָ.

אַנְכִי יְהוָה יֵאֱהוּנָהּ אֱלֹהֶיךָ,

הַמַּעֲלֶךָ מֵאֶרֶץ מִצְרַיִם,

הַרְחֵב פִּיךָ וְאִמְלֵאֵהוּ.

אַשְׁרֵי הָעָם שְׂכַכָּה לּוֹ,

אַשְׁרֵי הָעָם

שִׁיְהוּהָ יֵאֱהוּנָהּ אֱלֹהָיו.

וְאֲנִי בְּחֶסֶדְךָ בִּטְחֹתִי,

יִגַּל לְבִי בִּישׁוּעָתְךָ,

אֲשִׁירָה לַיהוָה יֵאֱהוּנָהּ,

כִּי גָמַל עָלַי.

## תהלים ל

## TEHILIM 30

*During Chanukah add:*

מְזִמּוֹר שִׁיר חֲנֻכַּת הַבַּיִת לְדָוִד.

Mizmor shir chanukat habayit l'David.

*A psalm a song for the dedication of the Temple by David.*

Aromimcha Adonai ki dilitani,  
*I will exalt You Adonai for You have raised me up,*  
 v'lo simachta oy'vai li.  
*and not let my foes rejoice over me.*  
 Adonai Elohai shivati,  
*Adonai my Elohim I cried out,*  
 Elecha vatirpa-eni.  
*to You and You healed me.*  
 Adonai he-elita  
*Adonai You have raised up*  
 min sh'ol nafshi,  
*from the lower world my soul,*  
 chiyitani miyardi vor.  
*You have preserved me from my descent to the grave.*  
 Zam'ru Ladonai chasidav,  
*Sing to Adonai devout ones,*  
 v'hodu l'zecher kodsho.  
*and give thanks the Holy Name.*  
 Ki rega b'apo,  
*For but a moment endures Your anger,*  
 chayim birtzono.  
*Your will is life.*  
 Ba-erev yalin bechi  
*At evening one lies down weeping,*  
 v'laboker rinah.  
*but with dawn a cry of joy.*  
 Va-ani amarti b'shalvi  
*I had said in my serenity*  
 bal emot l'olam.  
*I would not falter ever.*  
 Adonai birzton'cha  
*Adonai through Your favor*  
 he-emadtah l'har'ri oz,  
*You supported my mountain to be mighty*  
 histarta fanecha hayiti nivhal.  
*when You concealed Your face I was confounded.*

אֲרוֹמְמֶךָ יְהוָה יֵאֱהֹוֶנְהִי כִּי דִלִּיתָנִי  
 וְלֹא שִׂמַּחַת אֵיבֵי לִי.  
 יְהוָה יֵאֱהֹוֶנְהִי אֱלֹהֵי שׁוֹעֵתִי  
 אֵלַיךָ וַתִּרְפָּאֵנִי.  
 יְהוָה יֵאֱהֹוֶנְהִי הֶעֱלִיתָ  
 מִן שְׂאוֹל נַפְשִׁי,  
 חִיִּיתָנִי מִיַּרְדֵי בּוֹר.  
 זָמְרוּ לַיהוָה יֵאֱהֹוֶנְהִי חַסִּידָיו  
 וְהוֹדוּ לְזֵכֶר קֹדְשׁוֹ.  
 כִּי רַגַע בְּאָפוֹ,  
 חַיִּים בְּרִצּוֹנוֹ.  
 בַּעֲרַב יִלֵּין בְּכִי,  
 וּלְבֹקֶר רִנָּה.  
 וְאָנִי אִמַּרְתִּי בְשִׁלְוִי  
 בַּל אָמוּט לְעוֹלָם.  
 יְהוָה יֵאֱהֹוֶנְהִי בְּרִצּוֹנְךָ  
 הֶעֱמַדְתָּה לְהַרְרֵי עֹז,  
 הִסְתַּרְתָּ פְנֵיךָ הֵייתִי נִבְהָל.

**El**echa Adonai ekra,  
*To You Adonai I would call,*  
**v'el Adonai etchanan.**  
*and to You I would appeal.*

**Mah betza b'dami**  
*What gain is there in my death*  
**b'ridti el shachat,**  
*in my descent to the pit,*

**hayod'cha afar hayagid amitecha.**  
*will the dust acknowlege You, will it declare Your truth?*

**Sh'ma Adonai v'choneni**  
*Hear O Adonai and favor me*

**Adonai he-yeh ozer li.**  
*Adonai; be my Helper.*

**Hafachta misp'di l'machol li,**  
*You have transformed my lament into dancing for me,*  
**pitachta saki vat'az'reni simchah.**  
*You undid my sackcloth and You girded me with gladness.*

**L'ma-an y'zamercha**  
*So that I may sing to You*

**chavod v'lo yidom,**  
*my glory and not be silenced,*

**Adonai Elohai l'olam odeka.**  
*Adonai my Elohim I will thank You.*

אֵלֶיךָ יְהוָה יֵאֱהוּנְהִי אֶקְרָא,  
וְאֶל אֲדֹנָי אֶתְחַנֵּן.  
מִה בִצֵּעַ בְּדָמַי  
בְּרִדְתִּי אֶל שַׁחַת,  
הַיּוֹדֵךְ עֶפְרַיִם הַיְגִיד אֱמֶתְךָ.  
שִׁמְעֵה יְהוָה יֵאֱהוּנְהִי וְחַנּוּנִי  
יְהוָה יֵאֱהוּנְהִי הִיָּה עֹזֵר לִי.  
הִפַּכְתָּ מִסִּפְדִּי לְמַחּוֹל לִי,  
פָּתַחְתָּ שִׁקִּי וַתֹּאזְרֵנִי שִׂמְחָה.  
לְמַעַן יִזְמְרֶךָ  
כְּבוֹד וְלֹא יִדָּם,  
יְהוָה יֵאֱהוּנְהִי אֱלֹהֵי לְעוֹלָם אוֹדְךָ.

*We stand for the following:*

**יְהוָה מֶלֶךְ**

**ADONAI MELECH**

יְהוָה יֵאֱהוּנְהִי מֶלֶךְ, יְהוָה יֵאֱהוּנְהִי מֶלֶךְ,

יְהוָה יֵאֱהוּנְהִי יְמֶלֶךְ לְעוֹלָם וָעֶד.

**Adonai melech, Adonai malach,  
Adonai yimloch l'olam va-ed.**

*Adonai reigns, Adonai has reigned,  
Adonai shall reign for ever and ever.*

יְהוָה יֵאֱהוּנְהִי מֶלֶךְ, יְהוָה יֵאֱהוּנְהִי מֶלֶךְ,

יְהוָה יֵאֱהוּנְהִי יְמֶלֶךְ לְעוֹלָם וָעֶד.

**Adonai melech, Adonai malach,  
Adonai yimloch l'olam va-ed.**

*Adonai reigns, Adonai has reigned,  
Adonai shall reign for ever and ever.*

וְהָיָה יְהוָה יְאֵהוּדוֹנָהּ לְמֶלֶךְ עַל כָּל הָאָרֶץ,  
בַּיּוֹם הַהוּא יְהִי יְהוָה יְאֵהוּדוֹנָהּ אֶחָד וְשֵׁמוֹ אֶחָד.

V'hayah Adonai l'melech al kol ha-aretz,  
bayom hahu yih-yeh Adonai echad ushmo echad.

And Adonai will be Sovereign over the entire earth, and on that day Adonai will be One, and His Name will be One.

*We sit down for the following:*

## הוֹשִׁיעֵנוּ

### HOSHIENU

Hoshi-enu Adonai Eloheinu,

Save us Adonai our Elohim,

v'kab'tzenu min hagoyim,

and gather us from the nations,

l'hodot l'shem kodshecha,

that we may give thanks to Your Holy Name,

l'hishtabe-ach bit-hilatecha.

and to be glorified in Your praise.

Baruch Adonai

Blessed is Adonai,

Elohei Yisra-el min

the Elohim of Israel from

ha-olam v'ad ha-olam,

this world to the world to come,

v'amar kol ha-am Amen, hal'lu-Yah.

and let all the people say amen, praise Yah.

Kol ha-n'shamah t'halel Yah,

Let everything that has a soul praise Yah,

hal'lu-Yah.

praise Yah.

הוֹשִׁיעֵנוּ יְהוָה יְאֵהוּדוֹנָהּ אֱלֹהֵינוּ,

וְקַבְּצֵנוּ מִן הַגּוֹיִם,

לְהוֹדוֹת לְשֵׁם קֹדֶשְׁךָ,

לְהִשְׁתַּבַּח בְּתִהְלִיתְךָ.

בְּרוּךְ יְהוָה יְאֵהוּדוֹנָהּ

אֱלֹהֵי יִשְׂרָאֵל מִן

הָעוֹלָם וְעַד הָעוֹלָם,

וְאָמַר כָּל הָעָם אָמֵן, הִלְלוּיָהּ.

כָּל הַנְּשָׁמָה תִּהְלֵל יָהּ,

הִלְלוּיָהּ.

## למנצח

## LAM'NATZEACH

Rav David Aburham said that anyone who recites this Psalm and concentrates on it in the form of the menorah (on the following page) is considered to have lit the menorah in the Temple.

לְמַנְצֵחַ בְּנִגִּינֹת מִזְמוֹר שִׁיר.

Lam'natze-ach binginot mizmor shir.

*For the Chief Musician, a Psalm, a song.*

אֱלֹהִים יְחַנְּנוּ וַיְבָרְכֵנוּ, יָאֵר פָּנָיו אֶתָּנוּ סֵלָה.

Elohim y'chonenu vivar'chenu, ya-er panav itanu selah.

*May Elohim favor us and bless us, may He illuminate His countenance with us, selah.*

CHESED

חסד

לְדַעַת בְּאֶרֶץ דְּרָכֶךָ, בְּכֹל גּוֹיִם יִשׁוּעַתֶּךָ.

Lada-at ba-aretz darkecha, b'chol goyim y'shuatecha.

*To make known on earth Your way, among all nations Your salvation.*

GEVURAH

גבורה

יִוְדוּךָ עַמִּים, אֱלֹהִים, יִוְדוּךָ עַמִּים כָּלָם.

Yoducha amim, Elohim, yoducha amim kulam.

*Nations will acknowledge You, O Elohim, nations will acknowledge You, all of them.*

TIFERET

תפארת

יִשְׂמְחוּ וַיִּרְנְנוּ לְאֵמִים, כִּי תִשְׁפּוֹט עַמִּים מִיִּשׂוֹר,

וְלְאֵמִים בְּאֶרֶץ תַּנְחֵם סֵלָה.

Yism'chu viran'nu l'umim, ki tishpot amim mishor,

ulumim ba-aretz tanchem selah.

*Nations will be glad and sing for joy, for You will judge nations fairly, and the nations of the earth You will guide, selah.*

NETZACH

נצח

יִוְדוּךָ עַמִּים, אֱלֹהִים, יִוְדוּךָ עַמִּים כָּלָם.

Yoducha amim, Elohim, yoducha amim kulam.

*Nations will acknowledge You, O Elohim, nations will acknowledge You, all of them.*

HOD

הוד

אֶרֶץ נְתַנָּה יְבוּלָהּ, יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ.

Eretz nat'nah y'vulah, y'var'chenu Elohim Eloheinu.

*Earth will then have yielded its produce, Elohim bless us, our Elohim.*

YESOD

יסוד

יְבָרְכֵנוּ אֱלֹהִים, וַיִּירָאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ.

Y'var'chenu Elohim, v'yir'u oto kol afsei aretz.

*May Elohim bless us, and may they be in awe of Him, all the ends of the earth.*

MALCHUT

מלכות

דע לפני מי אתה עומד לפני מלך מלכי המלכים הקדוש ברוך הוא

# יהודה

לגגרי

שויתי

אירדהגויה

תמיד

יאהרונה

כמב"א

אבג יתק קרע שטף גגז יכש בטר צתג

למג ברהכז אלהים יהיה וזאז אהז

צח ב ארץ מצדה יבולה יברכזו אלהים

גז ידוך עמים אלהים ידוך עמים טלם אלהינו

גז ישמחו וירגזו לאזמים כי תשפוט עמים מישור הלאזמים

תמו ידוך עמים אלהים ידוך עמים טלם אלהינו

מזר עטת ארץ לשר בכל כחש ידך

שיר אלהים יהיה וזאז אהז

ס"ג שום  
דימטריא קול ממוך

ס"ג הכם  
דימטריא ארזי הלל

בארץ תרחם סלה

חקב נזע יגל פזק שלקי צידת בשלכמל"י

# יהוה

Through the Pesukei D'Zimrah we are connecting to the world of Yetzirah, where the light of Ruach resides and is represented by the letter Vav of the Divine Name. We take a moment to meditate on the following Yichud (Unification) in order to elevate ourselves and connect to the light of Ruach in the world of Yetzirah.

## בינה

3 Binah (Left Brain)

יְהוֹוֶה

## כתר

1 Keter (Head)

יְהוָה

## חכמה

2 Chochmah (Right Brain)

יְהוֹה

## דעת

4 Da-at (Middle Brain)

יְהוֹה

## גבורה

6 Gevurah (Left Arm)

יְהוֹה

## חסד

5 Chesed (Right Arm)

יְהוֹה

## תפארת

7 Tiferet (Torso)

יְהוֹה

## הוד

9 Hod (Left Leg)

יְהוֹה

## יסוד

10 Yesod (Brit)

יְהוֹוֶהוּ

## נצח

8 Netzach (Right Leg)

יְהוֹה

## מלכות

11 Malchut (Crown of the Brit)

יְהוֹה

# ברוך שׂאמר

## BARUCH SHE-AMAR

This blessing connects us to Yetzirah, the World of Formation and to the Thirteen Attributes which are part of that world. As we transform our ego nature, the connection to this world helps to guide us and assist us with our tikun.

*Recite while standing and hold the two front tzitzit in your hand.*

ברוך אל שׂאמר והיה העולם,

Baruch she-amar v'hayah ha-olam,  
*Blessed is He Who spoke and the world came into being,*

baruch hu,

*blessed is He,*

baruch omer v'oseh,

*blessed is He Who speaks and does,*

baruch gozer umkayem,

*blessed is He Who sustains by decreeing,*

baruch oseh v'reshit,

*blessed is He Who continues creating,*

baruch m'rachem al ha-aretz,

*blessed is He Who has mercy on the earth,*

baruch m'rachem al hab'riyot,

*blessed is He Who has mercy on all beings,*

baruch m'shalem

*blessed is He Who gives*

sachar tov lire-av,

*a good reward to those in awe,*

baruch chai la-ad

*blessed is He Who lives forever*

v'kayam lanetzach,

*and endures to eternity,*

baruch podeh umatzil,

*blessed is He Who saves by redeeming,*

baruch sh'mo.

*blessed is His Name.*

Baruch atah Adonai,

*Blessed are You Adonai,*

Eloheinu melech ha-olam,

*our Elohim Sovereign of the universe,*

ha-El Av harachamav,

*the Almighty One, the merciful Father,*

ברוך רחום הוא,

ברוך וחנון אומר ועושה,

ברוך ארך גוזר ומקים,

ברוך אפים עושה בראשית,

ברוך ורב חסד מרחם על הארץ,

ברוך ואמת מרחם על הבריות,

ברוך נצר חסד משלם

שכר טוב ליראיו,

ברוך לאלפים חי לעד

וקים לנצח,

ברוך נושא עון פודה ומציל,

ברוך ופשע שמו.

ברוך וחטאה אתה יהוה יאהדונהי,

אלהינו מלך העולם,

האל אב הרחמן,

ham'hulal b'feh amo,  
*Who is praised by the mouth of Your people,*  
 m'shubach umfo-ar bilshon  
*praised and glorified by the tongue*  
 chasidav va-avadav.  
*of Your pious ones and servants.*  
 Uvshirei David avdach,  
*And by the songs of David Your servant,*  
 n'hal'lach Adonai Eloheinu,  
*we will praise You Adonai our Elohim,*  
 bishvachot uvizmirot,  
*with praises and chants,*  
 n'gad'lach unshab'chach  
*we will exalt You and praise You*  
 unfa-arach v'namlichach,  
*and glorify You and proclaim Your reign,*  
 v'nazkir shimcha malkenu Eloheinu.  
*and mention Your Name, our Sovereign and our Elohim.*  
 Yachid, chai ha-olamim,  
*the Unique One, Who lives forever,*  
 melech m'shubach umfo-ar  
*Sovereign, praised and glorified*  
 adei ad sh'mo hagadol.  
*for eternity, is His great Name.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 melech m'hulal batishbachot. Amen.  
*Sovereign Who is lauded in praises. Amen.*

הַמְהַלֵּל בְּפִה עַמּוֹ,  
 מְשֻׁבָּח וּמְפָאָר בְּלִשׁוֹן  
 חַסִּידָיו וְעַבְדָּיו.  
 וּבְשִׁירֵי דָוִד עַבְדְּךָ,  
 נְהַלֵּלְךָ יְהוָה יֵאֱהַדוּנָהי אֱלֹהֵינוּ,  
 בְּשִׁבְחוֹת וּבִזְמִירוֹת,  
 וְנִגְדֵלְךָ וְנִשְׁבַּחְךָ  
 וְנִפְאָרְךָ וְנִמְלִיכְךָ,  
 וְנִזְכִּיר שִׁמְךָ מַלְכֵנוּ אֱלֹהֵינוּ.  
 יְחִיד, חַי הָעוֹלָמִים,  
 מֶלֶךְ מְשֻׁבָּח וּמְפָאָר  
 עַד־עַד שֵׁמוֹ הַגָּדוֹל.  
 בָּרוּךְ אַתָּה יְהוָה יֵאֱהַדוּנָהי,  
 מֶלֶךְ מְהַלֵּל בַּתִּשְׁבָּחוֹת. אָמֵן.

*Kiss and release the tzitzit.*

# תהלים ק

## TEHILIM 100

There are 42 words in this Tehilim which form a connection to the 42-letter Name of the Creator.

### Mizmor l'todah

*A song of thanksgiving,*

**harju Ladonai kol ha-aretz.**

*Shout in triumph to Adonai, all the earth.*

**Ivdu et Adonai b'simchah,**

*Serve Adonai with joy,*

**bo-u l'fanav birnanah.**

*come before the Eternal with happiness.*

**D'u ki Adonai hu Elohim,**

*Know that Adonai is the Elohim,*

**hu asanu, v'lo anachnu,**

*the One who made us, and to whom we belong,*

**amo v'tzon mar-ito.**

*the people, the flock of the Eternal's pasture.*

**Bo-u sh'arav b'todah,**

*Enter the Eternal's gates with thanksgiving,*

**chatzerotav bit-hilah.**

*the Eternal's courts with praise.*

**Hodu lo, bar'chu sh'mo.**

*Thank the Eternal, praise the Name.*

**Ki tov Adonai, l'olam chasdo,**

*For Adonai is good, mercy everlasting,*

**v'ad dor vador emunato.**

*faithfulness, enduring through all generations.*

מִזְמוֹר לְתוֹדָה,  
הִרְיֵעוּ לַיהוָה יֵאֱהוּנָהּ כָּל הָאָרֶץ.  
עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה,  
בָּאוּ לְפָנָיו בְּרִנָּה.  
דַּעוּ כִּי יְהוָה הוּא אֱלֹהִים,  
הוּא עֲשָׂנוּ, וְלֹא אֲנַחְנוּ,  
עַמּוֹ וְצֹאֵן מִרְעֵיתוֹ.  
בָּאוּ שְׁעָרָיו בְּתוֹדָה,  
חֲצֵרֹתָיו בְּתִהְלָה.  
הוֹדוּ לוֹ, בְּרָכוּ שְׁמוֹ.  
כִּי טוֹב יְהוָה, לְעוֹלָם חַסְדּוֹ,  
וְעַד דֹּר וָדָר אֱמוּנָתוֹ.

# יהי כבוד

## Y'HI CH'VOD

The eighteen verses in this prayer express the sovereignty of the Creator and our role as Yisrael. The eighteen verses also correspond to the six permutations of the Divine Name, Shadai **שׂדַי**.

שׂ

יְהִי כְבוֹד יְהוָה יֵאֱהוּנָה לְעוֹלָם, יִשְׂמַח יְהוָה יֵאֱהוּנָה בְּמַעֲשָׂיו.

Y'hi ch'vod Adonai l'olam, yismach Adonai b'ma-asav.

*May the glory of Adonai endure forever, let Adonai rejoice in His works.*

ד

יְהִי שֵׁם יְהוָה יֵאֱהוּנָה מְבָרַךְ, מֵעַתָּה וְעַד עוֹלָם.

Y'hi shem Adonai m'vorach, me-atah v'ad olam.

*May the Name of Adonai be blessed, from now until eternity.*

,

מִמִּזְרַח שֶׁמֶשׁ עַד מְבֹאוֹ, מְהֻלָּל שֵׁם יְהוָה יֵאֱהוּנָה.

Mimizrach shemesh ad m'vo-o, m'hulal shem Adonai.

*From the rising of the sun to its setting, the Name of Adonai is praised.*

שׂ

רַם עַל כָּל גּוֹיִם יְהוָה יֵאֱהוּנָה, עַל הַשָּׁמַיִם כְּבוֹדוֹ.

Ram al kol goyim Adonai, al hashamayim k'vodo.

*High above all nations is Adonai, His glory is above the heavens.*

,

יְהוָה יֵאֱהוּנָה שְׁמֶךָ לְעוֹלָם, יְהוָה יֵאֱהוּנָה זְכָרְךָ לְדֹר וָדֹר.

Adonai shimcha l'olam, Adonai zich-r'cha l'dor vador.

*Adonai Your Name endures forever, Adonai Your memorial is for all generations.*

ד

יְהוָה יֵאֱהוּנָה בַּשָּׁמַיִם הֵכִין כִּסְאוֹ, וּמַלְכוּתוֹ בְּכָל מַשְׁלָה.

Adonai ba-shamayim hechin kiso, umalchuto bakol mashalah.

*Adonai, in the heavens, has established His throne, and His sovereignty rules over all.*

ד

יִשְׂמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ,  
וַיֹּאמְרוּ בַגּוֹיִם, יְהוָה יֵאֱהוֹנֶה מֶלֶךְ.  
Yism'chu hashamayim v'tagel ha-aretz,  
v'yom'ru ba-goyim, Adonai malach.  
*The heavens will be glad and the earth will rejoice,  
and they will say among the peoples, Adonai has reigned.*

,

יְהוָה יֵאֱהוֹנֶה מֶלֶךְ, יְהוָה יֵאֱהוֹנֶה מֶלֶךְ,  
יְהוָה יֵאֱהוֹנֶה יִמְלֹךְ לְעֹלָם וָעֶד.  
Adonai melech, Adonai malach,  
Adonai yimloch l'olam va-ed.  
*Adonai is Sovereign, Adonai has reigned,  
Adonai shall reign for ever and ever.*

ע

יְהוָה יֵאֱהוֹנֶה מֶלֶךְ עוֹלָם וָעֶד, אֲבָדוּ גוֹיִם מֵאֶרֶצוֹ.  
Adonai melech olam va-ed, av'du goyim me-artzo.  
*Adonai is Sovereign forever and ever, the nations will have vanished from His earth.*

ד

יְהוָה יֵאֱהוֹנֶה הַפִּיר עֲצַת גּוֹיִם, הֵנִיא מַחְשְׁבוֹת עַמִּים.  
Adonai hefir atzat goyim, heni machsh'vot amim.  
*Adonai annuls the counsel of nations and thwarts the designs of peoples.*

ע

רַבּוֹת מַחְשְׁבוֹת בְּלֵב אִישׁ, וְעֲצַת יְהוָה יֵאֱהוֹנֶה הִיא תִּקְוָם.  
Rabot machshavot b'lev ish, va-atzat Adonai hi takum.  
*Many may be the designs in a person's heart, but the counsel of Adonai is that which shall prevail.*

,

עֲצַת יְהוָה יֵאֱהוֹנֶה לְעוֹלָם תְּעִמֵּד, מַחְשְׁבוֹת לְבוֹ לְדוֹר וָדוֹר.  
Atzat Adonai l'olam ta-amod, machsh'vot libo l'dor vador.  
*The counsel of Adonai shall endure forever, the designs of His heart from generation to generation.*

י

כִּי הוּא אָמַר וַיְהִי, הוּא צִוָּה וַיַּעֲמֵד.

Ki hu amar vayehi, hu tzivah vaya-amod.

*For He spoke and it came to be, He commanded and it endured.*

שׁ

כִּי בָחַר יְהוָה יֵאֱהוּנְהִי בְצִיּוֹן, אֲוִיָּה לְמוֹשָׁב לּוֹ.

Ki vachar Adonai b'Tziyon, ivah l'moshav lo.

*For Adonai has chosen Zion, He has desired it for a habitation.*

ד

כִּי יַעֲקֹב בָּחַר לוֹ יְהוָה, יִשְׂרָאֵל לְסִגְלָתוֹ.

Ki Ya-akov bachar lo Yah, Yisra-el lisgulato.

*For Jacob was selected as His own by the Elohim, Israel as His precious treasure.*

י

כִּי לֹא יִטֹּשׁ יְהוָה יֵאֱהוּנְהִי עַמּוֹ, וְנִחַלְתּוֹ לֹא יַעֲזֹב.

Ki lo yitosh Adonai amo, v'nachalato lo ya-azov.

*For Adonai will not forsake His people, and His heritage He will not abandon.*

ד

וְהוּא רַחוּם יְכַפֵּר עֲוֹן וְלֹא יִשְׁחִית,

וְהִרְבָּה לְהַשִּׁיב אָפוֹ, וְלֹא יַעֲרִיר כָּל חַמָּתוֹ.

V'hu rachum y'chaper avon v'lo yash-chit,

v'hirbah l'hashiv apo, v'lo ya-ir kol chamato.

*And the Elohim is merciful and forgives iniquities, and does not destroy, He frequently withdraws anger, and does not become full of wrath.*

שׁ

יְהוָה יֵאֱהוּנְהִי הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.

Adonai hoshi-ah, ha-melech ya-anenu v'yom korenu.

*Adonai save us, the Sovereign shall answer us on the day we call.*

# אשרי

## ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling.

אֲשֵׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְיֶה לְךָ סֵלָה.  
אֲשֵׁרִי הָעַם שְׁכַנְךָ לוֹ, אֲשֵׁרִי הָעַם שִׁיהוּה יֵאֱהוּדוֹנָהי אֱלֹהֵיוּ.

Ashrei yosh'vei veitecha, od y'hal'lucha selah.

Ashrei ha-am shekachah lo, ashrei ha-am she-Adonai Elohav.

*Happy are those who dwell in Your house, they will forever praise You.*

*Happy the people whose portion is this, happy the people for whom Adonai is their Elohim.*

תְּהִלָּה לְדָוִד,

T'hilah l'David:

*A psalm of praise by David:*

א

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֶבְרַכְּךָ שִׁמְךָ לְעוֹלָם וָעֶד.  
Aromimcha Elohai ha-melech, va-avar'chah shimcha l'olam va-ed.

*I shall exalt You, my Elohim, the Sovereign, and I shall bless Your name forever and ever.*

ב

בְּכֹל יוֹם אֶבְרַכְּךָ, וְאֶהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד.  
B'chol yom avar'checha, va-ahal'lah shimcha l'olam va-ed.

*I shall bless You every day, and I shall praise Your name forever and ever.*

ג

גָּדוֹל יְהוָה יֵאֱהוּדוֹנָהי וּמְהֻלָּל מְאֹד, וְלִגְדֻלָּתוֹ אֵין חֶקֶר.  
Gadol Adonai umhulal m'od, v'ligdulato ein cheker.

*Great is Adonai and praised exceedingly, His greatness is unfathomable.*

ד

דֹּר לְדוֹר יִשְׁבַח מַעֲשֵׂיךָ, וּגְבוּרֹתֶיךָ יִגִּידוּ.  
Dor l'dor y'shabach ma-asecha, ugvurotecha yagidu.

*Generation to generation shall praise Your actions, and recount Your mighty deeds.*

ה

הַדָּר כְּבוֹד הוֹדֵךְ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

Hadar k'vod hodecha, v'divrei nifl'otecha asichah.

*The brilliance of Your splendid glory, and the wonders of Your acts, I shall speak of.*

ו

וְעֲזוּז נוֹרְאוֹתֶיךָ יֹאמְרוּ, וּגְדֹלַתְךָ אֶסְפְּרָנָה.

Ve-ezuz nor'otecha yomeru, ugdulat'cha asap'renah.

*They shall speak of the might of Your awesome acts, and I shall tell of Your greatness.*

ז

זָכַר רַב טוֹבְךָ יִבְיְעוּ, וְצִדְקַתְךָ יִרְנְנוּ.

Zecher rav tuv'cha yabiyu, v'tzidkat'cha y'ranenu.

*They shall remember Your abundant goodness, and Your righteousness they shall joyfully proclaim.*

ח

חַנּוּן וְרַחֻם יְהוָה יֵאֱהוּדְנֵהּ, אֶרֶךְ אַפַּיִם וּגְדֹל חֶסֶד.

Chanun v'rachum Adonai, erech apayim ugdol chasad.

*Gracious and merciful is Adonai, slow to anger and great in kindness.*

ט

טוֹב יְהוָה יֵאֱהוּדְנֵהּ לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

Tov Adonai lakol, v'rachamav al kol ma-asav.

*Adonai is good to all, Your compassion extended to all of Your creatures.*

י

יִוְדוּךָ יְהוָה יֵאֱהוּדְנֵהּ כָּל מַעֲשֵׂיךָ, וְחַסִּידֶיךָ יְבָרְכוּכָה.

Yoducha Adonai kol ma-asecha, vachasidecha y'var'chuchah.

*All that You have made shall thank You Adonai, and Your pious ones shall bless You.*

כ

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרַתְךָ יִדְבְּרוּ.

K'vod malchut'cha yomeru, ugvurat'cha y'daberu.

*They shall speak of the glory of Your realm, and talk of Your mighty deeds.*

ל

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרֹתֶיךָ, וְכְבוֹד הַדָּר מַלְכוּתוֹ.  
 L'hodiya livnei ha-adam g'vurotav, uchvod hadar malchuto.  
 Your mighty deeds You make known to all humankind, and the glory of Your splendid realm.

מ

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמְשַׁלְּתְךָ בְּכָל דֹּר וְדוֹר.  
 Malchut'cha malchut kol olamim, umemshalt'cha b'chol dor vador.  
 Yours is the realm of all worlds, and Your reign extends to each and every generation.

ס

סוּמְךָ יְהוָה יֵאֱהוּנְהִי לְכֹל הַנִּפְלְיִים, וְזוֹקֵף לְכֹל הַכְּפוּפִים.  
 Somech Adonai l'chol hanof'lim, v'zokef l'chol hak'fufim.  
 Adonai supports all those who fall, and holds upright all those who are bent over.

ע

עֵינֵי כָל אֱלֵיךָ יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.  
 Einei chol elecha y'saberu, v'atah noten lahem et ochlam b'ito.  
 The eyes of all look hopefully towards You, and You give them their food at its proper time.

פּוֹתַח אֶת יָדְךָ פּוֹתַח אֶת יָדְךָ וְיָדְךָ פּוֹתַח אֶת יָדְךָ

The last letter of each word spells a Name (חֲתָךְ) which connects us to Parnasah or Sustenance.

The Arizal taught that we should weave that Name with the Divine Name and meditate on it as we open our hands to receive in order that we may share.

## יִזְדַּחֲנוּךָ

פ

פּוֹתַח אֶת יָדְךָ, וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן.  
 Pote-ach et yadecha, umasbiya l'chol chai ratzon.  
 You open Your hand, and satisfy every living thing with its desire.

צ

צַדִּיק יְהוָה יֵאֱהוּנְהִי בְּכָל דְּרָכָיו, וְחָסִיד בְּכָל מַעֲשָׂיו.  
 Tzadik Adonai b'chol d'rachav, v'chasid b'chol ma-asav.  
 Adonai is righteous in every way, and virtuous in all deeds.

## ק

קָרוֹב יְהוָה יֵאֱהוּנְהִי לְכֹל קוֹרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאֱמֶת.

Karov Adonai l'chol kor'av, l'chol asher yikra-uhu ve-emet.

*Adonai is close to all who call, and to all who call in truth.*

## ר

רְצוֹן יִרְאָיו יַעֲשֶׂה, וְאֶת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.

R'tzon y're-av ya-aseh, v'et shavatam yishma v'yoshi-em.

*You fill the desires of all who revere You, You respond to us with the promise of redemption.*

## שׁ

שׁוֹמֵר יְהוָה יֵאֱהוּנְהִי אֶת כָּל אֹהֲבָיו, וְאֶת כָּל הַרְשָׁעִים יִשְׁמִיד.

Shomer Adonai et kol ohavav, v'et kol har'sha-im yashmid.

*Adonai You protect all who love You, and You destroy all the wicked.*

## ת

תְּהִלַּת יְהוָה יֵאֱהוּנְהִי יִדְבַר פִּי, וְיִבְרַךְ כָּל בָּשָׂר שֵׁם קֹדְשׁוֹ

לְעוֹלָם וָעֶד. וְאַנְחֵנוּ נְבָרְךָ יְהוָה, מֵעַתָּה וְעַד עוֹלָם,

הַלְלוּיָהּ.

T'hilat Adonai y'daber pi, vivarech kol basar shem kodsho  
l'olam va-ed. Va-anachnu n'varech Yah, me-atah v'ad olam,  
hal'lu-Yah.

*My lips utter the praise of Adonai, and may all flesh praise the holy Name for ever and ever.  
And we shall bless You Elohim, from this time until eternity,  
praise Yah.*

# תהלים קמו

## TEHILIM 146

Hal'lu-Yah,

*Praise Yah,*

hal'li nafshi et Adonai.

*Praise Adonai O my soul.*

Ahal'lah Adonai b'chayai,

*I will praise Adonai while i live,*

azam'rah Lelohai b'odi.

*I will chant praise to my Elohim throughout my existence.*

Al tivt'chu bindivim,

*Do not rely on princes,*

b'ven adam she-ein lo t'shu-ah.

*nor on a human being because they hold no salvation.*

Tetze rucho yashuv l'admato,

*their spirit shall depart and they shall return to their earth,*

bayom hahu av'du eshtonotav.

*on that day all their plans perish.*

Ashrei she-El Ya-akov b'ezro,

*Happy is the one whom the Almighty of Jacob is their help,*

sivro al Adonai Elohav.

*their expectation is toward Adonai their Elohim.*

Oseh shamayim va-aretz,

*The Maker of heaven and earth,*

et hayam v'et kol asher bam,

*the sea and all that is in them,*

hashomer emet l'olam.

*He safeguards truth forever.*

Oseh mishpat la-asukim,

*He makes justice for the exploited,*

noten lechem lar'evim,

*He gives food to the hungry,*

Adonai matir asurim.

*Adonai releases those who are bound.*

Adonai poke-ach ivrim,

*Adonai gives sight to the blind,*

Adonai zokef k'fufim,

*Adonai makes those who are bent over stand tall,*

Adonai ohev tzadikim.

*Adonai loves the righteous.*

Adonai shomer et gerim,

*Adonai protects strangers,*

yatom v'almanah y'oded,

*and upholds the orphan and widow,*

הַלְלוּיָהוָה,

הַלְלִי נַפְשִׁי אֶת יְהוָה יֵאֱהוּנְהִי.

אֶהְלֶלְהָ יְהוָה יֵאֱהוּנְהִי בְּחַיִּי,

אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי.

אֵל תִּבְטְחוּ בְנְדֵיבִים,

בְּבֶן אָדָם שְׂאִין לוֹ תְשׁוּעָה.

תֵּצֵא רוּחוֹ יִשָּׁב לְאֲדָמָתוֹ,

בַּיּוֹם הַהוּא אֲבָדוּ עֲשֵׂתְנוֹתָיו.

אֲשֶׁרִי שָׁאֵל יַעֲקֹב בְּעֶזְרוֹ,

שִׁבְרוּ עַל יְהוָה יֵאֱהוּנְהִי אֱלֹהָיו.

עֲשֵׂה שָׁמַיִם וָאָרֶץ,

אֶת הַיָּם וְאֶת כָּל אֲשֶׁר בָּם,

הַשֹּׁמֵר אֱמֶת לְעוֹלָם.

עֲשֵׂה מִשְׁפָּט לְעִשׂוּקִים,

נִתֵּן לָחֶם לְרַעֲבִים,

יְהוָה יֵאֱהוּנְהִי מִתִּיר אֲסוּרִים.

יְהוָה יֵאֱהוּנְהִי פֹקֵחַ עִוְרִים,

יְהוָה יֵאֱהוּנְהִי זֹקֵף כְּפוּפִים,

יְהוָה יֵאֱהוּנְהִי אֹהֵב צַדִּיקִים.

יְהוָה יֵאֱהוּנְהִי שֹׁמֵר אֶת גֵּרִים,

יְתוֹם וְאַלְמָנָה יַעֲזִיד,

v'derech r'sha-im y'avet.

*but contorts the way of the wicked.*

Yimloch Adonai l'olam,

*Adonai will reign forever,*

Elohayich Tziyon,

*Your Elohim OZion,*

l'dor vador,

*from generation to generation,*

Hal'lu-Yah.

*praise Yah.*

וְדֶרֶךְ רְשָׁעִים יַעֲוֶת.

יִמְלֹךְ יְהוָה יֵאֱהַדְוֶנָּה לְעוֹלָם,

אֱלֹהֶיךָ צִיּוֹן,

לְדֹר וָדֹר,

הַלְלוּיָהּ.

## תהלים קמוז

### TEHILIM 147

Hal'lu-Yah,

*Praise Yah,*

Ki tov zam'rah Eloheinu,

*For it is good to make music to our Elohim,*

ki na-im, navah t'hilah.

*for pleasant, and befitting is praise.*

Boneh Y'rushalayim Adonai,

*Adonai is the Builder of Jerusalem,*

nidchei Yisra-el y'chanes.

*Who will gather in the outcasts of Israel.*

Ha-rofei lishyurei lev,

*He is the Healer of the brokenhearted,*

umchabesh l'atz'votam.

*and He bandages their sorrows.*

Moneh mispar la-kochavim,

*He counts the number of the stars,*

l'chulam shemot yikra.

*and assigns a name to them all.*

Gadol Adoneinu v'rav ko-ach,

*Great is our Ruler and abundant in power,*

litvunato ein mispar.

*Whose understanding is beyond calculation.*

M'oded anavim Adonai,

*Adonai encourages the humble,*

mashpil r'sha-im adei aretz.

*and lowers the wicked down to the ground.*

Enu Ladonai b'todah,

*Call out to Adonai with thanks,*

zam'ru Leloheinu b'chinar.

*chant praises to our Elohim with the harp.*

הַלְלוּיָהּ,

כִּי טוֹב זָמְרָה אֱלֹהֵינוּ,

כִּי נְעִים, נְאוּה תְהִלָּה.

בּוֹנֵה יְרוּשָׁלַיִם יְהוָה יֵאֱהַדְוֶנָּה,

נִדְחֵי יִשְׂרָאֵל יִכְנַס.

הַרּוֹפֵא לְשִׁבּוּרֵי לֵב,

וּמַחְבֵּשׁ לְעֻצְבוֹתָם.

מוֹנֵה מִסְפָּר לְכוֹכָבִים,

לְכֹלֵם שֵׁמוֹת יִקְרָא.

גָּדוֹל אֲדוֹנֵינוּ וְרַב כֹּחַ,

לְתַבּוּנָתוֹ אֵין מִסְפָּר.

מְעוֹדֵד עֲנָוִים יְהוָה יֵאֱהַדְוֶנָּה,

מַשְׁפִּיל רְשָׁעִים עַדֵי אֶרֶץ.

עֲנוּ לַיהוָה יֵאֱהַדְוֶנָּה בְּתוֹדָה,

זָמְרוּ לְאֱלֹהֵינוּ בְּכִנּוֹר.

Ham'chaseh shamayim b'avim,

*It is He who covers the heavens with clouds,*

hamechin la-aretz matar,

*He prepares rain for the earth,*

hamatzmi-ach harim chatzir.

*He makes grass grow on the mountains.*

Noten livhemah lachmah,

*He gives to an animal its food,*

livnei orev asher yikra-u.

*to young ravens that cry out.*

Lo vigvurat ha-sus yechpatz,

*Not the strength of the horse does He desire,*

lo b'shokei ha-ish yirtzeh.

*nor favors the thighs of man.*

Rotzeh Adonai et y're-av,

*Adonai desires those who are in awe of Him,*

et hamyachalim l'chasdo.

*and those who yearn for His lovingkindness.*

Shab'chi Y'rushalayim et Adonai,

*Praise Adonai O Jerusalem,*

hal'li Elohayich Tziyon.

*praise your Elohim O Zion.*

Ki chizak b'richei sh'arayich,

*For He has strengthened the bars of your gates,*

berach banayich b'kirbech.

*and has blessed your children in your midst.*

Ha-sam g'vulech shalom,

*He makes your borders peaceful,*

chelev chitim yasbi-ech.

*and satisfies you with the finest wheat.*

Hashole-ach imrato aretz,

*He dispatches His utterance to the earth,*

ad m'herah yarutz d'varo.

*His word runs swiftly.*

Ha-noten sheleg ka-tzamer,

*He gives snow like fleece,*

k'for ka-efer y'fazer.

*and scatters frost like ashes.*

Mashlich karcho ch'fitim,

*He hurls ice like crumbs,*

lifnei karato mi ya-amod.

*before His cold, who could stand?*

Yishlach d'varo v'yamsem,

*He sends out a command and it melts them,*

yashev rucho yiz'lu mayim.

*He blows the wind and the waters flow.*

Magid d'varav l'Ya-akov,

*He relates His words to Jacob,*

הַמְכַסֶּה שָׁמַיִם בְּעָבִים,

הַמְכִּינַן לְאֶרֶץ מָטָר,

הַמְצַמֵּיחַ הָרִים חֲצִיר.

נוֹתֵן לְבִהמָה לַחֲמָה,

לְבָנֵי עֵרֵב אֲשֶׁר יִקְרְאוּ.

לֹא בְגִבוּרַת הַסּוּס יִחַפֵּץ,

לֹא בְשׁוֹקֵי הָאִישׁ יִרְצֶה.

רוֹצֶה יְהוָה יֵאֱהוּנְהִי אֶת יִרְאָיו,

אֶת הַמְיַחֲלִים לְחֶסְדּוֹ.

שִׁבְחֵי יְרוּשָׁלַיִם אֶת יְהוָה יֵאֱהוּנְהִי,

הַלְלֵי אֱלֹהֶיךָ צִיּוֹן.

כִּי חֲזַק בְּרִיחֵי שַׁעֲרֶיךָ,

בִּרְךָ בְּנֵיךָ בְּקִרְבֶּךָ.

הַשָּׁם גְּבוּלְךָ שָׁלוֹם,

חֶלֶב חֲטִיִּם יִשְׂבִיעֶךָ.

הַשִּׁלַּח אִמְרָתוֹ אֶרֶץ,

עַד מְהֵרָה יָרוּץ דְּבָרוֹ.

הַנֹּתֵן שֶׁלֶג כַּצֹּמֵר,

כַּפּוֹר כַּאֲפֹר יִפְזֹר.

מִשְׁלִיךְ קָרְחוֹ כִּפְתִּיִם,

לְפָנָי קָרְתוֹ מִי יַעֲמוּד.

יִשְׁלַח דְּבָרוֹ וַיִּמָּסֵם,

יִשָּׁב רוּחוֹ וַיִּזְלוּ מַיִם.

מַגִּיד דְּבָרָיו לְיַעֲקֹב,

chukav umishpatav l'Yisra-el.  
*and His statutes and judgements to Israel.*  
 Lo asah chen l'chol goy,  
*He did not do so for any other nation,*  
 umishpatim bal y'da-um,  
*such judgements they know them not,*  
 Hal'lu-Yah.  
*Praise Yah.*

חִקְיוֹ וּמִשְׁפָּטָיו לְיִשְׂרָאֵל.  
 לֹא עָשָׂה כֵן לְכֹל גּוֹי,  
 וּמִשְׁפָּטִים בֵּל יָדְעוּם,  
 הַלְלוּיָהּ.

## תהלים קמו"ח

### TEHILIM 148

Hal'lu-Yah,  
*Praise Yah,*  
 Hal'lu et Adonai  
*Praise Adonai*  
 min hashamayim,  
*from the heavens,*  
 hal'luhu bam'romim.  
*praise Him in the supernal realms.*  
 Hal'luhu chol malachav,  
*Praise Him all His 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.*  
 Hal'lu et Adonai  
*Praise Adonai*  
 min ha-aretz,  
*from the earth,*  
 taninim v'chol t'homot.  
*great sea creatures and all the depths.*

הַלְלוּיָהּ,  
 הַלְלוּ אֶת יְהוָה יֵאֱהֹוֹנָהּ  
 מִן הַשָּׁמַיִם,  
 הַלְלוּהוּ בְּמַרְוֹמִים.  
 הַלְלוּהוּ כָּל מַלְאָכָיו,  
 הַלְלוּהוּ כָּל צְבָאָיו.  
 הַלְלוּהוּ שֶׁמֶשׁ וַיָּרֵחַ,  
 הַלְלוּהוּ כָּל כּוֹכְבֵי אֹר.  
 הַלְלוּהוּ שְׁמַי הַשָּׁמַיִם,  
 וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם.  
 יְהַלְלוּ אֶת שֵׁם יְהוָה יֵאֱהֹוֹנָהּ,  
 כִּי הוּא צִוָּה וְנִבְרָאוּ.  
 וַיַּעֲמִידֵם לְעַד לְעוֹלָם,  
 חֶק נָתַן וְלֹא יַעֲבוֹר.  
 הַלְלוּ אֶת יְהוָה יֵאֱהֹוֹנָהּ  
 מִן הָאָרֶץ,  
 תַּנִּינִים וְכָל תְּהוֹמוֹת.

Esh uvarad sheleg v'kitor,

*Fire and hail, snow and vapor,*

ru-ach s'arah osah d'varo.

*stormy wind fulfilling His word.*

Heharim v'chol g'va-ot,

*The mountains and all the hills,*

etz p'ri v'chol arazim.

*trees yielding fruit and all cedars.*

Hachayah v'chol b'hemah,

*Beasts and all cattle,*

remes v'tzipor kanaf.

*crawling things and birds with wings.*

Malchei erez v'chol l'umim,

*Sovereigns of the earth and all peoples,*

sarim v'chol shof'tei erez.

*officers and all judges on earth.*

Bachurim v'gam b'tulot,

*Young men as well as maidens,*

z'kenim im n'arim.

*elders together with youths.*

Y'hal'lu et shem Adonai,

*Let them praise the Name of Adonai,*

ki nisgav sh'mo l'vado,

*Whose Name is exalted alone,*

hodo al erez v'shamayim.

*Whose glory is above earth and heaven.*

Vayarem keren l'amo,

*He has exalted the pride of His people,*

t'hilah l'chol chasidav,

*bringing praise for all His devout ones,*

livnei Yisra-el am k'rovo,

*with whom He is intimate,*

Hal'lu-Yah.

*Praise Yah.*

אֵשׁ וּבָרָד וְשֶׁלֶג וְקִיטוֹר,

רוּחַ סַעֲרָה עֹשֶׂה דְבָרוֹ.

הַהָרִים וְכָל גְּבְעוֹת,

עֵץ פְּרִי וְכָל אֲרָזִים.

הַחַיָּה וְכָל בְּהֵמָה,

רֶמֶשׂ וְצִפּוֹר כָּנָף.

מַלְכֵי אֶרֶץ וְכָל לְאֻמִּים,

שָׂרִים וְכָל שֹׁפְטֵי אֶרֶץ.

בַּחֹרִים וְגַם בְּתוֹלוֹת,

זְקֵנִים עִם נְעָרִים.

יְהַלְלוּ אֶת שֵׁם יְהוָה יֵאֱהוּנְהִי,

כִּי נִשְׁגַּב שְׁמוֹ לְבָדוֹ,

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.

וַיָּרֶם קֶרֶן לְעַמּוֹ,

תְּהַלֶּה לְכָל חַסִּידָיו,

לְבְנֵי יִשְׂרָאֵל עִם קְרֹבוֹ,

הַלְלוּיָהּ.

# תהלים קמט

## TEHILIM 149

Hal'lu-Yah,

*Praise Yah,*

Shiru Ladonai shir chadash,

*Sing to Adonai a new song,*

t'hilato bik-hal chasidim.

*His praise is in the congregation of the devout.*

Yismach Yisra-el b'osav,

*Let Israel rejoice in its Maker,*

b'nei Tziyon yagilu v'malkam.

*let the Children of Zion rejoice in their Sovereign.*

Y'hal'lu sh'mo v'machol,

*His Name let them praise with dancing,*

b'tof v'chinor y'zam'ru lo.

*with drums and harp let them make music.*

Ki rotzeh Adonai b'amo,

*For Adonai desires His people,*

y'fa-er anavim bishu-ah.

*He adorns the humble with salvation.*

Yal'zu chasidim b'chavod,

*Let the devout exult in glory,*

y'ran'nu al mishk'votam.

*let them sing joyously upon their beds.*

Rom'mot El bigronam,

*The lofty praises of the Elohim are in their throats,*

v'cherev pifiyot b'yadam.

*and a double-edged sword is in their hand.*

La-asot n'kamah ba-goyim,

*To execute vengeance among the nations,*

tochechot balumim.

*rebukes among the peoples.*

Lesor malcheihem b'zikim,

*To bind their sovereigns with chains,*

v'nich-b'deihem b'chavlei varzel.

*and their nobles with shackles of iron.*

La-asot bahem mishpat katuv,

*To execute upon them the judgement that was written,*

hadar hu l'chol chasidav,

*for all His devout ones a splendor it will be,*

Hal'lu-Yah.

*Praise Yah.*

הַלְלוּיָהּ,

שִׁירוּ לַיהוָה יֵאֱהֹוֶנָהי שִׁיר חֲדָשׁ,

תִּהְלְתוּ בְקֶהֱל חֲסִידִים.

יִשְׂמַח יִשְׂרָאֵל בְּעֲשָׂיו,

בְּנֵי צִיּוֹן יִגִּילוּ בְּמִלְכָם.

יִהְלְלוּ שְׁמוֹ בְּמַחּוֹל,

בְּתֹף וּבְכִנּוֹר יִזְמְרוּ לוֹ.

כִּי רוֹצֵה יְהוָה יֵאֱהֹוֶנָהי בְּעַמּוֹ,

יִפְאֵר עַנּוּיִם בִּישׁוּעָה.

יַעֲלִזוּ חֲסִידִים בְּכָבוֹד,

יִרְנְנוּ עַל מִשְׁכְּבוֹתָם.

רוֹמְמוֹת אֵל בְּגֵרוֹנָם,

וַחֲרַב פִּיפְיוֹת בְּיָדָם.

לַעֲשׂוֹת נִקְמָה בַּגּוֹיִם,

תּוֹכְחוֹת בְּלְאֲמִים.

לְאַסֹּר מַלְכֵיהֶם בְּזַקִּים,

וּנְכַבְּדֵיהֶם בְּכַבְּלֵי בַרְזֶל.

לַעֲשׂוֹת בָּהֶם מִשְׁפָּט כָּתוּב,

הַדָּר הוּא לְכֹל חֲסִידָיו,

הַלְלוּיָהּ.

# תהלים קנ

## TEHILIM 150

Hal'lu-Yah,

*Praise Yah,*

Hal'lu El 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'chinor.

*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.*

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 בְּגִבּוֹרֹתָיו,  
הַלְלוּהוּ כְּרֹב גְּדֻלוֹ.  
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,  
הַלְלוּהוּ בְּנֶבֶל וְכִנּוֹר.  
הַלְלוּהוּ בְּתוֹף וּמַחֲוֹל,  
הַלְלוּהוּ בְּמִנִּים וְעָגָב.  
הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ,  
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.  
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה  
הַלְלוּיָהּ.  
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה  
הַלְלוּיָהּ.

# ברוך לעולם

## BARUCH L'OLAM

Each of these four verses is a channel to the four letters of the Divine Name and helps us to ascend higher in our connection.

*We stand during this prayer.*



בָּרוּךְ יְהוָה יֵאֱהוּדוּנְהִי לְעוֹלָם, אָמֵן וְאָמֵן.

Baruch Adonai l'olam, Amen v'Amen.

*Blessed is Adonai forever, amen and amen.*



בָּרוּךְ יְהוָה יֵאֱהוּדוּנְהִי מִצִּיּוֹן, שֹׁכֵן יְרוּשָׁלַיִם, הַלְלוּ-יָהּ.

Baruch Adonai mi-Tziyon, shochen Y'rushalayim, hal'lu-Yah.

*Blessed from Zion is Adonai, Who dwells in Jerusalem, praise Yah.*



בָּרוּךְ יְהוָה יֵאֱהוּדוּנְהִי אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל, עֹשֶׂה נִפְלְאוֹת לְבַדּוֹ.

Baruch Adonai Elohim Elohei Yisra-el, oseh nifla-ot l'vado.

*Blessed is Adonai Elohim Elohim of Israel, Who alone does wonders.*



וּבְרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם, וַיִּמְלֵא כְבוֹדוֹ אֶת כָּל הָאָרֶץ,

אָמֵן וְאָמֵן.

Uvaruch shem k'vodo l'olam, v'yimalei ch'vodo et kol ha-aretz,  
Amen v'Amen.

*And Whose glorious Name is blessed forever, and Whose glory may the entire earth be filled,  
amen and amen.*

# ויברך דוד

## VAYVARECH DAVID

*We stand during this prayer until after the second **הוא אתה** Atah Hu.*

**Vayvarech David et Adonai,**  
*Then David blessed Adonai,*  
**l'inei kol hakahal,**  
*before the eyes of the entire congregation,*  
**vayomer David,**  
*and David said,*  
**Baruch atah Adonai**  
*Blessed are You Adonai*  
**Elohei Yisra-el Avinu,**  
*Elohim of Israel our Father,*  
**me-olam v'ad olam.**  
*forever and ever.*  
**L'cha Adonai**  
*To You Adonai belong*  
**hag'dulah v'hag'vurah**  
*the greatness and the might*  
**v'hatiferet v'hanetzach v'hahod,**  
*and the splendor and the victory and the majesty,*  
**ki chol bashamayim uva-aretz.**  
*for all is in the heavens and the earth.*  
**L'cha Adonai hamamlachah,**  
*To You Adonai belongs the sovereignty,*  
**v'hamitnaseh l'chol l'rosh.**  
*and You are superior over all leaders.*  
**V'ha-osher v'hakavod mil'fanecha,**  
*And riches and honor come before You,*  
**v'atah moshel bakol,**  
*and You rule over all,*  
**uvyad'cha ko-ach ugvurah,**  
*and in Your Hand are power and might,*  
**uvyad'cha l'gadel ulchazek lakol.**  
*and in Your Hand to make great and to give strength to all.*  
**V'atah Eloheinu modim anachnu**  
*And now our Elohim we give thanks*  
**l'cha umhal'lim l'shem tifartecha.**  
*to You and praise Your splendid Name.*  
**Vivar'chu shem k'vodecha,**  
*And they shall bless the Name of Your glory,*  
**umromam al kol b'rachah ut-hilah.**  
*exalted above all blessing and praise.*

וִיִּבְרַךְ דָּוִד אֶת יְהוָה יֵאֱהֹוֶנְהִי,  
לְעֵינֵי כָּל הַקְּהָל,  
וַיֹּאמֶר דָּוִד,  
בְּרוּךְ אַתָּה יְהוָה יֵאֱהֹוֶנְהִי  
אֱלֹהֵי יִשְׂרָאֵל אֲבִינוּ,  
מֵעוֹלָם וְעַד עוֹלָם.  
לְךָ יְהוָה יֵאֱהֹוֶנְהִי  
הַגְּדֹלָה וְהַגְּבוּרָה  
וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,  
כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ.  
לְךָ יְהוָה יֵאֱהֹוֶנְהִי הַמַּמְלָכָה,  
וְהַמִּתְנַשֵּׂא לְכֹל לְרֹאשׁ.  
וְהָעֹשֶׁר וְהַכְּבוֹד מִלְּפָנֶיךָ,  
וְאַתָּה מוֹשֵׁל בְּכֹל,  
וּבְיָדְךָ כֹּחַ וּגְבוּרָה,  
וּבְיָדְךָ לְגַדֵּל וּלְחַזֵּק לְכֹל.  
וְעַתָּה אֱלֹהֵינוּ מוֹדִים אֲנַחְנוּ  
לְךָ וּמְהַלְלִים לְשֵׁם תְּפָאֶרְתְּךָ.  
וַיְבָרְכוּ שֵׁם כְּבוֹדְךָ,  
וּמְרוֹמָם עַל כָּל בְּרָכָה וְתִהְיֶה.

Atah hu Adonai l'vadecha,  
*You alone are Adonai,*  
 atah asita et hashamayim,  
*You made the heavens,*  
 sh'mei hashamayim,  
*the highest heavens,*  
 v'chol tz'va-ot,  
*and all their hosts,*  
 ha-aretz v'chol asher aleha,  
*the earth and all that is upon it,*  
 hayamim v'chol asher bahem,  
*the seas and all that they contain,*  
 v'atah m'chayeh et kulam,  
*and You sustain life in them all,*  
 utzva hashamayim  
*and the hosts in the heavens*  
 l'cha mishtacharim.  
*prostrate themselves before You.*  
 Atah hu Adonai ha-Elohim,  
*It is You Adonai the Elohim,*

אַתָּה הוּא יְהוָה יֵאֱהוּנְהִי לְבַדְּךָ,  
 אַתָּה עָשִׂיתָ אֶת הַשָּׁמַיִם,  
 שָׁמַי הַשָּׁמַיִם,  
 וְכָל צְבָאָם,  
 הָאָרֶץ וְכָל אֲשֶׁר עָלֶיהָ,  
 הַיָּמִים וְכָל אֲשֶׁר בָּהֶם,  
 וְאַתָּה מְחַיֶּה אֶת כָּלֶם,  
 וְצָבָא הַשָּׁמַיִם  
 לְךָ מִשְׁתַּחֲוִים.  
 אַתָּה הוּא יְהוָה יֵאֱהוּנְהִי הָאֱלֹהִים,

*We sit down for the following:*

asher bacharta b'Avram,  
*Who chose Avram,*  
 v'hotzeto me-ur kasdim,  
*and You brought him out of Ur Kasdim,*  
 v'samta sh'mo Avraham.  
*and made his name Abraham.*  
 Umatzata et l'vavo ne-eman l'fanecha  
*You found his heart faithful before You*  
 v'charot imo ha-b'rit latet  
*and You established the covenant with him to give*  
 et erez ha-k'na-avi,  
*the land of the Canaanite,*  
 ha-chiti, ha-emori, v'ha-p'rizi,  
*the Hittites, the Amorites, and the Perizzites,*  
 v'hayvusi, v'ha-girgashi,  
*and the Jebusites, and the Girgashites,*  
 latet l'zaro,  
*to give it to his seed,*  
 vatakem et d'varecha,  
*and You have fulfilled Your words,*  
 ki tzadik atah.  
*for You are righteous.*  
 V'tere et ani  
*And You saw the affliction*  
 avoteinu b'mitzrayim,  
*of our ancestors in Egypt,*

אֲשֶׁר בְּחַרְתָּ בְּאַבְרָם,  
 וְהוֹצֵאתוֹ מֵאוּר כַּשְׁדִּים,  
 וְשִׁמְתָּ שְׁמוֹ אַבְרָהָם.  
 וּמִצַּאתְךָ אֶת לְבָבוֹ נְאֻמָּן לְפָנֶיךָ  
 וְכָרוֹת עִמּוֹ הַבְּרִית לָתֵת  
 אֶת אֶרֶץ הַכְּנַעֲנִי,  
 הַחִתִּי, הָאֱמֹרִי, וְהַפְּרִזִּי,  
 וְהַיְבוּסִי, וְהַגִּרְגָּשִׁי,  
 לָתֵת לְזָרְעוֹ,  
 וְתַקַּם אֶת דְּבָרֶיךָ,  
 כִּי צַדִּיק אַתָּה.  
 וְתִרְא אֶת עֲנִי  
 אֲבוֹתֵינוּ בְּמִצְרַיִם,

v'et za-akatam shamata

and You heard their cry

al yam suf.

at the Red Sea.

Vatiten otot umof'tim b'faroh,

And You gave signs and wonders against Pharaoh,

uvchol avadav,

and against all his servants,

uvchol am artzo,

and against the entire nation of his land,

ki yadata ki hezidu aleihem,

for You knew that they acted iniquitously against them,

vata-as l'cha shem k'hayom hazeh.

and You made a name for Yourself as this very day.

V'hayam bakata lifneihem,

And You split the sea in front of them,

vaya-avru b'toch hayam bayabashah,

and they went through inside the sea on dry ground,

v'et rod'feihem

and their pursuers

hishlachta bintzolat

You threw into the depths

k'mo even b'mayim azim.

as a stone into fierce waters.

וְאֵת זַעֲקָתָם שָׁמַעְתָּ

עַל יַם סוּף.

וַתִּתֵּן אֹתוֹת וּמִפְתֵּיִם בְּפָרְעֹה,

וּבְכָל עַבְדָּיו,

וּבְכָל עַם אֲרָצוֹ,

כִּי יָדַעְתָּ כִּי הִזִּידוּ עֲלֵיהֶם,

וַתַּעַשׂ לְךָ שֵׁם כְּהַיּוֹם הַזֶּה.

וְהַיָּם בִּקְעַת לְפָנֵיהֶם,

וַיַּעֲבְרוּ בְּתוֹךְ הַיָּם בַּיַּבָּשָׁה,

וְאֵת רֹדְפֵיהֶם

הִשְׁלַכְתָּ בְּמַצּוֹלֹת

כְּמוֹ אֶבֶן בְּמַיִם עֲזִיִּים.

## שִׁירַת הַיָּם

### SHIRAT HAYAM

We should recite this song with great joy as if we were standing on the shores of the sea witnessing the great miracle of its splitting. After the Shirat Hayam, we pause to scan the 72 Names.

Vayosha Adonai bayom hahu

And Adonai on that day

et Yisra-el miyad mitzrayim,

saved Israel from the hand of the Egyptians,

vayar Yisra-el et mitzrayim

and Israel saw the Egyptians

met al s'fat hayam.

dead at the edge of the sea.

Vayar Yisra-el et hayad hag'dolah

And Israel saw the great hand

asher asah Adonai b'mitzrayim

that Adonai had set in motion against the Egyptians

וַיּוֹשַׁע יְהוָה יִאֱהוּנָהּ בַּיּוֹם הַהוּא

אֶת יִשְׂרָאֵל מִיַּד מִצְרַיִם,

וַיַּרְא יִשְׂרָאֵל אֶת מִצְרַיִם

מֵת עַל שֵׁפַת הַיָּם.

וַיַּרְא יִשְׂרָאֵל אֶת הַיָּד הַגְּדוֹלָה

אֲשֶׁר עָשָׂה יְהוָה יִאֱהוּנָהּ בְּמִצְרַיִם

vayir'u ha-am et Adonai,

and the people were in awe of Adonai,

vaya-aminu Badonai

and they believed in Adonai

uv-Mosheh avdo.

and Moses His servant.

Az yashir Mosheh uvnei Yisra-el

Then Moses and the children of Israel decided to sing

et hashirah hazot Ladonai,

this song to Adonai,

vayom'ru lemor,

and it said as follows:

Ashirah Ladonai

I will sing to Adonai

ki ga-oh ga-ah,

Who is most highly exalted,

sus v'roch'vo ramah bayam.

Who has thrown the horse and its rider into the sea.

Ozi v'zimrat Yah,

The power and retribution of Yah,

vayhi li lishu-ah,

has become my salvation,

zeh Eli v'anyehu,

Who is my Almighty One and I will make a dwelling,

Elohei avi va-arom'menhu.

the Elohim of my father I will extol.

Adonai ish milchamah,

Adonai is a master of battle,

Adonai sh'mo.

Adonai is His Name.

Mark'vot parah v'chelo

Pharaoh's chariots and his army

arah vayam, umivchar shalishav

has Him thrown into the sea, and his choicest captains

tub'u v'yam suf.

were drowned in the Red Sea.

T'homot y'chasyumu,

The depths covered them,

yar'du vimtzolot k'mo aven.

they went down to the depths as a stone.

Y'min'cha Adonai nedari bako-ach,

Your right hand Adonai is glorious in power,

y'min'cha Adonai tiratz oyev.

Your right hand Adonai breaks the enemy.

Uvrov g'on'cha taharos kamecha,

And in Your abundant greatness You overthrow Your foes,

t'shalach charon'cha

You sent forth Your fury,

וַיִּירְאוּ הָעָם אֶת יְהוָה יֵאֱהוֹנָהּ,

וַיֵּאֱמִינוּ בַיהוָה יֵאֱהוֹנָהּ

וּבְמֹשֶׁה עַבְדּוֹ.

אֲזַיִּשִׁיר מֹשֶׁה וּבְנֵי יִשְׂרָאֵל

אֶת הַשִּׁירָה הַזֹּאת לַיהוָה יֵאֱהוֹנָהּ,

וַיֹּאמְרוּ לֵאמֹר,

אֲשִׁירָה לַיהוָה יֵאֱהוֹנָהּ

כִּי גָאָה גָאָה,

סוּס וּרְכָבוֹ רָמָה בַיָּם.

עֲזִי וְזִמְרַת יְהוָה,

וַיְהִי לִי לִישׁוּעָה,

זֶה אֱלֹהֵי וְאַנְוָהוּ,

אֱלֹהֵי אָבִי וְאַרְמְמָנָהוּ.

יְהוָה יֵאֱהוֹנָהּ אִישׁ מִלְחָמָה,

יְהוָה יֵאֱהוֹנָהּ שְׁמוֹ.

מִרְכַּבַּת פְּרָעָה וְחֵילוֹ

יָרָה בַיָּם, וּמִבְּחַר שְׁלִשָּׁיו

טָבְעוּ בַיָּם סוּף.

תְּהַלֵּם יְכַסִּימוּ,

יִרְדּוּ בְּמִצּוֹלַת כְּמוֹ אֶבֶן.

יְמִינְךָ יְהוָה יֵאֱהוֹנָהּ נֶאֱדָרִי בְכֹחַ,

יְמִינְךָ יְהוָה יֵאֱהוֹנָהּ תִרְעֵץ אוֹיֵב.

וּבְרַב גְּאוֹנְךָ תִהְרַס קַמִּיךָ,

תִּשְׁלַח חַרְוֹנְךָ

yochlemu kakash.

*it consumed them as stubble.*

Uru-ach apecha ne-ermu mayim,

*And with the blast of Your nostrils the waters piled up,*

nitz'vu ch'mo ned noz'lim,

*the running waters stood upright as a wall,*

kaf'u t'homot b'lev yam.

*the depths congealed in the heart of the sea.*

Amar oyev, erdof asig,

*The enemy had said I will pursue, I will overtake,*

achalek shalal,

*I will divide the spoils,*

timla-emo nafshi, arik charbi,

*my will shall be fulfilled from them, I will draw my sword,*

torishemo yadi.

*my hand shall destroy them.*

Nashafta v'ruchacha kisamo yam,

*You blew with Your wind, the sea covered them,*

tzal'lu ka-oferet

*they sank as lead*

b'mayim adirim.

*the sea covered them.*

Mi chamochah ba-elim Adonai,

*Who is like You Adonai?*

Mi kamochah nedar bakodesh,

*Who is like You among the gods that are worshipped,*

nora t'hilot, oseh fele.

*extolled in praises, working wonders?*

Natita y'min'cha, tivla-emo aretz.

*You moved Your right hand, the earth swallowed them.*

Nachita v'chasd'cha am zu ga-alta,

*You guided in Your kindness this people that You redeemed,*

nehalta v'oz'cha el n'veh kodshecha.

*You guide them in Your strength to Your holy habitation.*

Sham'u amim yirgazon,

*Peoples hear and are shaken,*

chil achaz yosh'vei p'lashet.

*shuddering seizes the inhabitants of Philistia.*

Az nivhalu alufei edom,

*Then the chiefs of Edom are dismayed,*

eilei mo-av yochazemo ra-ad,

*the mighty men of Moab, trembling takes hold of them,*

namogu kol yosh'vei ch'na-an.

*all the inhabitants of Canaan melt away.*

Tipol aleihem eimatah vafachad,

*Fear and dread fall upon them,*

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

*by the greatness of Your arm they become silent as a stone,*

יֹאכְלֵמוּ כִקֶּשׁ.

וּבְרוּחַ אַפְיֶךָ נִעְרְמוּ מַיִם,

נִצְבּוּ כְמוֹ נֵד נֹזְלִים,

קָפְאוּ תְהִמַּת בְּלֶב יָם.

אָמַר אוֹיֵב, אֶרְדֹּף אֲשִׁיג,

אֲחַלֵּק שָׁלַל,

תִּמְלֵאמוּ נַפְשֵׁי, אֶרִיק חַרְבִּי,

תּוֹרִישֵׁמוּ יָדַי.

נִשַּׁפְתָּ בְרוּחְךָ כִּסָּמוּ יָם,

צָלְלוּ כַעֲוֵפֹת

בְּמַיִם אֲדִירִים.

מִי כַמְכָה בְּאֵלִים יְהוָה יֵאֱהוּנְהִי,

מִי כַמְכָה נֶאֱדָר בִּבְקֹדֶשׁ,

נֹרָא תְהִלַּת, עֹשֶׂה פִלְא.

נִטִּיתָ יְמִינְךָ, תִּבְלַעְמוּ אֶרֶץ.

נַחִיתָ בְּחֶסֶדְךָ עִם זֶה גְּאֻלַּת,

נִהַלְתָּ בְּעֶזְרְךָ אֶל נוֹה קֹדֶשְׁךָ.

שִׁמְעוּ עַמִּים יִרְגְּזוּן,

חִיל אַחֲזוּ יִשְׁבִּי פִלְשֵׁת.

אֲז נִבְהָלוּ אֱלוֹפֵי אֲדוֹם,

אֵילֵי מוֹאֵב יֵאֲחַזְמוּ רַעַד,

נִמְגּוּ כָל יִשְׁבִּי כְנַעַן.

תִּפֹּל עֲלֵיהֶם אֵימַתָּה וּפַחַד,

בְּגִדְלֵי זְרוּעֶךָ יִדְמוּ כְּאֶבֶן,

ad ya-avor am'cha Adonai,

*until Your people passes over Adonai,*

ad ya-avor am zu kanita.

*until the people You have chosen pass over.*

T'vi-emo v'tita-emo

*You shall bring them in and plant them*

b'har nachalat'cha,

*in the mountain of Your inheritance,*

machon l'shivt'cha

*the foundation of Your dwelling place,*

pa-alta Adonai,

*which You have made Adonai,*

mik'dash, Adonai, kon'nu yadecha.

*the Sanctuary which Your hands have established, O Ruler.*

Adonai yimloch l'olam va-ed.

*Adonai will reign forever and ever.*

Adonai yimloch l'olam va-ed.

*Adonai will reign forever and ever.*

Adonai malchuteh ka-em

*His Sovereignty endures*

l'alam ul-al-mei al-maya.

*forever and for all eternity.*

Ki va sus paroh

*When the horse of Pharaoh*

b'richbo uvfarashav bayam,

*came with his chariots and with his horsemen into the sea,*

vayashev Adonai

*then Adonai*

alehem et mei hayam,

*let the waters of the sea turn back upon them,*

uvnei Yisra-el hal'chu

*but the children of Israel walked*

vayabashah b'toch hayam.

*on dry ground inside the sea.*

Ki Ladonai ham'luchah,

*For sovereignty belongs to Adonai,*

umoshel bagoyim.

*Who governs the nations.*

V'alu moshi-im b'har Tziyon

*And deliverers will ascend Mount Zion*

lishpot et har esav,

*to render judgement on Mount Esav,*

v'hay'tah Ladonai ham'luchah.

*and sovereignty will belong to Adonai.*

V'hayah Adonai l'melech

*And Adonai will be Sovereign*

al kol ha-aretz,

*over all the earth,*

עַד יַעֲבֹר עַמְּךָ יְהוָה יֵאֱהוֹנֶהּ,

עַד יַעֲבֹר עִם זֹו קָנִיתָ.

תְּבַאֲמוּ וְתִטְעֲמוּ

בְּהַר נַחֲלַתְךָ,

מִכּוֹן לְשִׁבְתְּךָ

פְּעֻלַת יְהוָה יֵאֱהוֹנֶהּ,

מִקְדָּשׁ, אֲדֹנָי, כּוֹנְנֵי יָדֶיךָ.

יְהוָה יֵאֱהוֹנֶהּ יְמֶלְךָ לְעֵלָם וָעַד.

יְהוָה יֵאֱהוֹנֶהּ יְמֶלְךָ לְעֵלָם וָעַד.

יְהוָה יֵאֱהוֹנֶהּ מַלְכוּתָהּ קָיָם

לְעֵלָם וְלְעֵלְמֵי עֲלְמֵיָא.

כִּי בָא סוּס פַּרְעֹה

בְּרִכְבוֹ וּבַפָּרָשָׁיו בַּיָּם,

וַיִּשָׁב יְהוָה יֵאֱהוֹנֶהּ

עֲלֵהֶם אֶת מֵי הַיָּם,

וּבְנֵי יִשְׂרָאֵל הִלְכוּ

בַּיַּבֶּשֶׁה בְּתוֹךְ הַיָּם.

כִּי לִיהוָה יֵאֱהוֹנֶהּ הַמְּלוּכָה,

וּמִשָּׁל בַּגּוֹיִם.

וְעָלוּ מוֹשְׁעִים בְּהַר צִיּוֹן

לְשַׁפֵּט אֶת הַר עִשָׂו,

וְהִיְתָה לִיהוָה יֵאֱהוֹנֶהּ הַמְּלוּכָה.

וְהָיָה יְהוָה יֵאֱהוֹנֶהּ לְמֶלֶךְ

עַל כָּל הָאָרֶץ,

bayom hahu yih-yeh,

On that day,

Adonai echad, ushmo echad.

Adonai will be one, and His Name will be one.

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה יֵאֱהַדוֹנָהּ אֶחָד וְשֵׁמוֹ אֶחָד.

Start from the box with the purple border and go from right to left across.

והו	יֵלִי	סִיטָ	עֵלָם	מֵהֵשׁ	לִלְהָ	אֲכָא	כְּהַת
הָיִי	אֵלֵד	לֵאֵו	הֵהֵעַ	יִזְלֵ	מִבְּהָ	הָרִי	הַקָּם
לֵאֵו	כִּלֵּי	לֵוֹו	פְּהֵלֵ	זֵלְךְ	יֵי	מִלְהָ	זְהוֹ
זֵתָה	הָאֵא	יֵרֵת	שֵׁאָה	רֵי	אֹוֵם	לִכְבֵּ	וְשֵׁר
יִזְו	לֵהֵז	כֹּוֹק	מִזְדֵּ	אֲנֵי	זְעֵם	רֵהֵעַ	יֵיזֵ
הֵהֵה	מֵיכֵ	וֹוֵל	יֵלָה	סֵאֵלֵ	עֵרֵי	עֵשֵׁלֵ	מֵיָה
והו	דֵּנֵי	הֵזֵשׁ	עֵמָם	זֵנָא	זֵיֵת	מִבְּהָ	פֹוי
זֵמָם	יֵיֵלֵ	הֵרֵזֵ	מִצֵּר	וּמִבֵּ	יֵהֵה	עֵנֹו	מִזְזֵי
דֵּמִבֵּ	מִזְנֵק	אֵיעַ	זֵבֹו	רֵאָה	יֵבִמֵ	הֵיֵי	מֹוֵם

# ישתבח

## YISHTABACH

This prayer concludes P'sukei D'Zimrah. The fifteen praises in the first part is the Gematria of the Divine Name יהי (Yah), which remind us that everything belongs to the Creator.

### Yishtabach shimcha

*May Your Name be praised*

**la-ad malkenu,**

*forever our Sovereign,*

**ha-El ha-melech hagadol v'hakadosh,**

*the Almighty, the Sovereign Who is great and holy,*

**bashamayim uva-aretz,**

*in heaven and on earth,*

**ki l'cha na-eh,**

*because to You are fitting,*

**Adonai Eloheinu,**

*Adonai our Elohim,*

**Velohei avoteinu,**

*and Elohim of our ancestors,*

**l'olam va-ed,**

*forever and ever,*

יִשְׁתַּבַּח שְׁמֶךָ

לְעַד מְלַכְנוּ,

הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ,

בַּשָּׁמַיִם וּבָאָרֶץ,

כִּי לְךָ נֶאֱדָה,

יְהוָה יֵאֱהָדוֹנֵהי אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

לְעוֹלָם וָעֶד,

*Count the thirteen praises on the fingers of your right hand.*

(1) shir (2) ushvachah,

*song and praise,*

(3) halel (4) v'zimrah,

*glorification and sung praises,*

(5) oz (6) umemshalah,

*power and dominion,*

(7) netzach,

*triumph,*

(8) g'dulah, (9) g'vurah,

*greatness, strength,*

(10) t'hilah (11) v'tiferet,

*praise and splendor,*

(12) k'dushah (13) umalchut.

*holiness and sovereignty.*

(א) שִׁיר (ב) וּשְׁבָחָה,

(ג) הַלֵּל (ד) וְזִמְרָה,

(ה) עֹז (ו) וּמִמְשָׁלָה,

(ז) נֶצַח,

(ח) גְּדֻלָּה, (ט) גְּבוּרָה,

(י) תְּהִלָּה (יא) וְתִפְאָרֶת,

(יב) קְדוּשָׁה (יג) וּמַלְכוּת.

**B'rachot v'hoda-ot l'shimcha***Blessings and thanksgivings to Your Name***hagadol v'hakadosh,***which is great and holy,***ume-olam v'ad olam atah El.***and from this world to the world to come You are Almighty.***Baruch atah Adonai,***Blessed are You Adonai,***melech gadol***Sovereign Who is exalted***umhulal batishbachot,***and lauded through praises,***El hahoda-ot,***Almighty of thanksgivings,***Adon hanifla-ot,***Ruler of wonders,***Bore kol han'shamot,***Creator of all souls,***Ribon kol hama-asim,***Master of all deeds,***ha-bocher b'shrei zimrah,***Who chooses songs of praise that are melodious,***melech El chai ha-olamim.***Sovereign, Almighty One, Life-giver of the worlds.***Amen.***Amen.*

בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ  
 הַגָּדוֹל וְהַקָּדוֹשׁ,  
 וּמֵעוֹלָם וְעַד עוֹלָם אַתָּה אֵל.  
 בְּרוּךְ אַתָּה יְהוָה יֵאֱהוֹנָהּ,  
 מֶלֶךְ גָּדוֹל  
 וּמְהֻלָּל בַּתִּשְׁבָּחוֹת,  
 אֵל הַהוֹדָאוֹת,  
 אֲדוֹן הַנִּפְלְאוֹת,  
 בּוֹרֵא כָּל הַנְּשָׁמוֹת,  
 רִבּוֹן כָּל הַמַּעֲשִׂים,  
 הַבוֹחֵר בְּשִׁירֵי זִמְרָה,  
 מֶלֶךְ אֵל חַי הָעוֹלָמִים.  
 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'alma 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,**

*very soon and at a time that comes quickly,*

**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'alma,**

*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 מְשִׁיחֵהּ. {אָמֵן}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְהֵא שֵׁמֵהּ רַבָּא מְבָרַךְ

לְעַלְמֵם וּלְעַלְמֵי עַלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שֵׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבַּחַתָּא וְנַחֲמַתָּא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן}

# קריאת שמע וברכותיה

## SHEMA AND ITS BLESSINGS

This section connects us to the world of Beriyah. Kabbalah teaches that during the night a part of our soul leaves us. As we say the last line of the Bar'chu, the missing part of our soul returns to us.

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

*Chazzan:*

בְּרָכוּ אֶת יְהוָה יְהוֹדוּהוּ הַמְבָרָךְ.

Bar'chu et Adonai ham'vorach.

*Bless Adonai, the blessed One.*

*Congregation:*

בְּרוּךְ יְהוָה יְהוֹדוּהוּ הַמְבָרָךְ,  
לְעוֹלָם וָעֶד.

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

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

*Chazzan:*

בְּרוּךְ יְהוָה יְהוֹדוּהוּ הַמְבָרָךְ, לְעוֹלָם וָעֶד.

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

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

# יהוה

Through the Shema and Its Blessings we are connecting to the world of Beriyah, where the light of Neshamah resides and is represented by the first letter Hei of the Divine Name. We take a moment to meditate on the following Yichud (Unification) in order to elevate ourselves and connect to the light of Neshamah in the world of Beriyah.

<p><b>בינה</b> 3 Binah (Left Brain)</p> <p><b>יְהוֹהִי</b></p>	<p><b>כתר</b> 1 Keter (Head)</p> <p><b>יְהוֹהִי</b></p>	<p><b>חכמה</b> 2 Chochmah (Right Brain)</p> <p><b>יְהוֹהִי</b></p>
<p><b>גבורה</b> 6 Gevurah (Left Arm)</p> <p><b>יְהוֹהִי</b></p>	<p><b>דעת</b> 4 Da-at (Middle Brain)</p> <p><b>יְהוֹהִי</b></p>	<p><b>חסד</b> 5 Chesed (Right Arm)</p> <p><b>יְהוֹהִי</b></p>
<p><b>הוד</b> 9 Hod (Left Leg)</p> <p><b>יְהוֹהִי</b></p>	<p><b>תפארת</b> 7 Tiferet (Torso)</p> <p><b>יְהוֹהִי</b></p>	<p><b>נצח</b> 8 Netzach (Right Leg)</p> <p><b>יְהוֹהִי</b></p>
	<p><b>יסוד</b> 10 Yesod (Brit)</p> <p><b>יְהוֹהִי וְיְהוֹהִי</b></p> <p><b>מלכות</b> 11 Malchut (Crown of the Brit)</p> <p><b>יְהוֹהִי</b></p>	

This blessing reminds us that the Creator made both light and darkness. Kabbalah teaches that within us is an equal measure of them both and it is because of our free will that we are able to choose between the two.

Baruch atah Adonai,  
Blessed are You Hashem,  
Eloheinu melech ha-olam,  
our Elohim, Sovereign of the universe,  
yotzer or uvore choshech,  
Who forms light and creates darkness,  
oseh shalom uvore et hakol.  
Who makes peace and creates all.

בְּרוּךְ אַתָּה יְהוָה יֵאָהֲדוּנָהּ,  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,  
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכּוֹל.

## Hame-ir la-aretz

*You light up the world*

v'ladarim aleha b'rachamim,

*and those who live upon it with mercy,*

uvtuvo m'chadesh b'chol yom

*and in Your mercy you renew each day*

tamid ma-aseh v'reshit.

*the eternal creation.*

Mah rabu ma-asecha Adonai,

*How great are Your works Adonai,*

kulam b'chochmah asita,

*with wisdom You have formed them all,*

mal'ah ha-aretz kinyanecha.

*filling the world with Your creatures.*

Ha-melech ha-m'romam l'vado me-az,

*You are the Sovereign Who was exalted in solitude before time.*

ha-m'shubach v'ham'fo-ar

*Who is praised and glorified*

v'hamitnaseh mimot olam.

*and extolled since days of old.*

Elohei olam,

*Elohim of eternity,*

b'rachamecha harabim rachem aleinu,

*with Your abundant mercy, have mercy on us,*

Adon uzenu tzur misgabenu,

*O Ruler of our power, our rocklike stronghold,*

magen yishenu, misgav ba-adenu.

*Shield of our salvation, Who is a stronghold for us.*

El baruch g'dol de-ah,

*Almighty One Who is blessed, Who is great in knowledge,*

hechin ufa-al zahorei chamah,

*prepares and produces the rays of the sun,*

tov yatzar kavod lishmo,

*the Beneficent One Who made all that honors His Name,*

m'orot natan s'vivot uzo,

*Who placed lights all around the His power.*

pinot tz'va-ot k'doshim,

*the Chazzans of Whose hosts, holy ones,*

rom'mei Shadai,

*exalt the Almighty,*

tamid m'sap'rim

*constantly tell*

k'vod El ukdushato.

*the honor of Almighty One and His holiness.*

Titbarach Adonai Eloheinu

*Be blessed Adonai our Elohim*

bashamayim mima-al

*in the heavens above*

הַמַּאִיר לְאֶרֶץ

וְלִדְרֹתַי עָלֶיהָ בְּרַחֲמִים,

וּבִטְוֹבוֹ מְחַדֵּשׁ בְּכָל יוֹם

תָּמִיד מֵעֲשֵׂה בְּרֵאשִׁית.

מָה רַבּוּ מַעֲשֵׂיךָ יְהוָה יֵאֱהוּדוּנְהִי,

כָּלֶם בְּחֹכְמָה עָשִׂיתָ,

מִלְאָה הָאֶרֶץ קִנְיָנְךָ.

הַמֶּלֶךְ הַמְרוֹמָם לְבַדּוֹ מֵאֶז,

הַמְשֻׁבָּח וְהַמְפָאָר וְהַמְתַנַּשֵּׂא

מִימֹת עוֹלָם.

אֱלֹהֵי עוֹלָם,

בְּרַחֲמֶיךָ הַרְבִּים רַחֵם עָלֵינוּ,

אֲדוֹן עֲזָנוּ צוּר מְשַׁגְּבֵנוּ,

מָגֵן יִשְׁעֵנוּ מְשַׁגֵּב בְּעֵדְנוּ.

אֵל בָּרוּךְ גְּדוֹל יְדָעָה,

הַכִּיָּן וּפְעַל זִהְרֵי חֲמָה,

טוֹב יֵצֵר כְּבוֹד לְשִׁמוֹ,

מְאֻרוֹת נָתַן סְבִיבוֹת עֲזוֹ,

פְּנוֹת צְבָאוֹ קְדוֹשִׁים,

רוֹמְמֵי שַׁדַּי,

תָּמִיד מְסַפְּרִים

כְּבוֹד אֵל וְקִדְשָׁתוֹ.

תִּתְבָרַךְ יְהוָה יֵאֱהוּדוּנְהִי אֱלֹהֵינוּ

בַּשָּׁמַיִם מִמֵּעַל

v'al ha-aretz mitachat,  
*and on the earth below,*  
 al kol shevach ma-aseh yadecha,  
*for all the praiseworthy work of Your hands,*  
 v'al m'orei or sheyatzarta,  
*and for the lights You fashioned,*  
 hemah y'fa-arucha selah.  
*which crown You forever.*

Titbarach lanetzach tzurenu  
*May You be blessed for eternity our Rock,*  
 malkenu v'go-alenu,  
*our Sovereign, and our Redeemer,*  
 borei k'doshim,  
*Creator of holy ones.*  
 yishtabach shimcha la-ad malkenu,  
*may Your Name be praised forever our Sovereign,*  
 yotzer m'shar'tim,  
*O Maker of ministering angels,*  
 va-asher m'shar'tav kulam  
*and His ministering angels all*  
 om'dim b'rum olam  
*stand at the summit of the universe*  
 umashmi-im b'yirah  
*and proclaim with awe*  
 yachad b'kol, divrei  
*together loudly, the words*  
 Elohim chayim umelech olam.  
*of the living Elohim and Sovereign of the universe.*  
 Kulam ahuvim, kulam b'rurim,  
*They are all beloved, they are all flawless,*  
 kulam giborim, kulam k'doshim,  
*they are all mighty, they are all holy,*  
 kulam osim b'eimah  
*they all do with awe*  
 uvyirah ratzon koneihem.  
*and reverence, the will of their Maker.*  
 V'chulam pot'chim et pihem  
*And they all open their mouths*  
 bikdushah uvtacharah,  
*with holiness and purity,*  
 b'shirah uvzimrah,  
*in song and melody,*  
 m'var'chin, m'shab'chin,  
*they bless, they praise,*  
 m'fa-arin uma-aritzin,  
*they glorify and they revere,*

ועל הארץ מתחת,  
 על כל שבח מעשה ידיך,  
 ועל מאורי אור שיצרת,  
 המה יפארוך סלה.

תתברך לנצח צורנו  
 מלכנו וגאלנו,  
 בורא קדושים.  
 ישתבח שמך לעד מלכנו,  
 יוצר משרתים,  
 ואשר משרתיו כלם  
 עומדים ברום עולם  
 ומשמיעים ביראה  
 יחד בקול, דברי  
 אלהים חיים ומלך עולם.  
 כלם אהובים, כלם ברורים,  
 כלם גבורים, כלם קדושים,  
 כלם עשים באימה  
 וביראה רצון קונייהם.  
 וכלם פותחים את פיהם  
 בקדשה ובטהרה,  
 בשירה ובזמרה,  
 מברכין, משבחים,  
 מפאריין ומעריצין,

umakdishin umamlichin.

and they sanctify and they enthrone.

et shem ha-El, hamelech hagadol,

of the Name of the Almighty One, the great Sovereign,

hagibor v'hanorah kadosh hu.

Who is mighty and Who is awesome, holy is He.

V'chulam m'kab'lim aleihem ol

And they all accept upon themselves the yoke

malchut shamayim zeh mizeh,

of the sovereignty of heaven one from the other,

v'not'nim r'shut zeh lazeh

and grant permission one to another

l'hakdish l'yotz'ram b'nachat ruach,

to sanctify the One Who formed them with calmness of spirit,

b'safah v'rurah uvinimah,

with articulation that is clear and with sweet melody,

k'dushah kulam k'echad onim

they sanctify, all of them as one, they proclaim

b'eimah v'om'rim b'yirah:

and say with awe and reverence:

וּמְקַדְּשִׁין וּמְמַלְכִין.  
אֶת שֵׁם הָאֵל, הַמֶּלֶךְ הַגָּדוֹל,  
הַגִּבּוֹר וְהַנּוֹרָא קָדוֹשׁ הוּא.  
וְכֻלָּם מְקַבְּלִים עֲלֵיהֶם עַל  
מַלְכוּת שָׁמַיִם זֶה מִזֶּה,  
וְנוֹתְנִים רְשׁוּת זֶה לְזֶה  
לְהַקְדִּישׁ לְיוֹצְרָם בְּנֶחֱת רוּחַ,  
בְּשָׁפָה בְרוּרָה וּבְנִיעִמָּה,  
קֹדֶשׁ כָּלֵם כְּאֶחָד עוֹנִים  
בְּאִימָה וְאוֹמְרִים בְּיִרְאָה:

Everyone says together:

קָדוֹשׁ | קָדוֹשׁ, קָדוֹשׁ, יְהוָה יֵאֱהוּדְנָהּ יְצַבְאוֹת,  
מִלֵּא כֹל הָאָרֶץ כְּבוֹדוֹ.

Kadosh | kadosh, kadosh, Adonai tz'va-ot,  
m'lo chol ha-aretz k'vodo.

Holy, holy, holy, is Adonai the Ruler of Hosts,  
the whole world is filled with His glory.

Chazzan continues:

V'ha-ofanim v'chayot hakodesh

Then the Ofanim and the holy Chayot

b'ra-ash gadol mitnas'im

with great noise raise themselves

l'umat s'rafim,

toward the Seraphim,

l'umatam m'shab'chim v'om'rim:

facing them, they offer praise and proclaim:

וְהָאוֹפָנִים וְחַיּוֹת הַקֹּדֶשׁ  
בְּרַעַשׁ גָּדוֹל מִתְנַשְּׂאִים  
לְעַמַּת שְׂרָפִים,  
לְעַמַּתָּם מְשַׁבְּחִים וְאוֹמְרִים:

Everyone says together:

בָּרוּךְ כְּבוֹד יְהוָה יֵאֱהוּדְנָהּ מִמְּקוֹמוֹ.

Baruch k'vod Adonai mim'komo.

Blessed is the glory of Adonai from His place.

**La-El baruch n'imot yitenu,**  
*To the Almighty Who is blessed sweet melodies do they offer,*  
**lamelech El chai v'kayam z'mirot**  
*to the Sovereign the living and enduring Almighty One, hymns*  
**yomeru v'tishbachot yashmi-u,**  
*do they sing and praise do they proclaim,*  
**ki hu l'vado marom v'kadosh,**  
*for He alone, Who is exalted and holy,*  
**po-el g'vurot,**  
*performs mighty deeds,*  
**oseh chadashot,**  
*makes new things,*  
**ba-al milchamot,**  
*the Ruler of battles,*  
**zore-a tz'dakot,**  
*sows righteousness,*  
**matzmi-ach y'shu-ot,**  
*brings about salvation,*  
**bore r'fu-ot,**  
*creates remedies,*  
**nora t'hilot,**  
*is awesome beyond praise,*  
**adon hanifla-ot,**  
*the Ruler of wonders,*  
**ham'chadesh b'tuvo b'chol yom**  
*in His goodness renews every day*  
**tamid ma-aseh v'reshit.**  
*perpetually the work of Creation.*  
**Ka-amur:**  
*As it is stated:*  
**L'oseh orim g'dolim,**  
*Give thanks To Him Who makes the great luminaries,*  
**ki l'olam chasdo.**  
*for His kindness endures forever.*

**Baruch atah Adonai,**  
*Blessed are You Hashem,*  
**yotzer ham'orot.**  
*Who creates the luminaries.*  
**{Amen.}**  
*{Amen.}*

**לְאֵל בָּרוּךְ נְעִימוֹת יִתְּנוּ,**  
**לְמֶלֶךְ אֵל חַי וְקַיָּם זְמֵרוֹת**  
**יֹאמְרוּ וְתִשְׁבְּחוּת יִשְׁמְיֵעוּ,**  
**כִּי הוּא לְבַדּוֹ מְרוֹם וְקָדוֹשׁ,**  
**פּוֹעֵל גְּבוּרוֹת,**  
**עֹשֶׂה חֲדָשׁוֹת,**  
**בַּעַל מְלַחְמוֹת,**  
**זוֹרֵעַ צְדָקוֹת,**  
**מַצְמִיחַ יְשׁוּעוֹת,**  
**בוֹרֵא רְפוּאוֹת,**  
**נוֹרָא תְהִילוֹת,**  
**אֲדוֹן הַנִּפְלְאוֹת,**  
**הַמְּחַדֵּשׁ בְּטוּבוֹ בְּכָל יוֹם**  
**תָּמִיד מַעֲשֵׂה בְרֵאשִׁית.**  
**כְּאָמוּר:**  
**לְעֹשֶׂה אוֹרִים גְּדוֹלִים,**  
**כִּי לְעוֹלָם חֶסֶדּוֹ.**  
**בָּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנָה,**  
**יוֹצֵר הַמְּאוֹרוֹת.**  
**{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 ahavtanu,**  
*With an eternal love You have loved us,*

**Adonai Eloheinu,**

*Adonai our Elohim,*

**chemlah g'dolah viterah**  
*with a great and exceeding compassion*

**chamalta aleinu.**

*have You shown compassion to us.*

**Avinu malkenu,**

*Our Father, our Sovereign,*

**ba-avur shimcha hagadol,**

*for the sake of Your great Name,*

**uva-avur avoteinu shebat'chu vach,**

*and for the sake of our ancestors who trusted in You,*

**vat'lam'demo chukei chayim**

*and to whom You taught the principles of life*

**la-asot r'tzon'cha b'levav shalem,**

*to do Your will wholeheartedly,*

**ken t'chonenu Avinu Av harachaman,**

*so may You be gracious to us our Father the merciful Father,*

**ham'rachem rachem na aleinu,**

*and Who acts mercifully, please have mercy upon us,*

**v'ten b'libenu vinah l'havin,**

*and place understanding within our hearts to understand,*

**ulhaskil, lishmo-a,**

*and to comprehend, to listen,*

**lilmod ul'lamed, lishmor**

*to learn and to teach, to observe*

**v'la-asot ulkayem et kol**

*and to perform and to fulfill all*

**divrei talmud Toratecha b'ahavah.**

*the words of the teaching of Your Torah with love.*

**V'ha-er eineinu b'Toratecha,**

*Enlighten our eyes with Your Torah,*

**v'dabek libenu b'mitzvotekha,**

*and attach our hearts to Your mitzvot,*

**v'yached l'avenu l'ahavah**

*and unify our hearts to love*

**ulyirah et sh'mecha,**

*and to be in awe of Your Name,*

**lo nevosh v'lo nikalem**

*that we not be ashamed nor be disgraced*

**v'lo nikashel l'olam va-ed,**

*nor stumble for ever and ever,*

אֶהֱבֵת עוֹלָם אֶהְבֵּתֵנוּ,

יְהוָה יֵאֱהָדוּנְהִי אֱלֹהֵינוּ,

חֶמְלָה גְדוֹלָה וַיִּתְרָה

חֶמְלָתָ עָלֵינוּ.

אָבִינוּ מִלְכֵנוּ,

בְּעִבּוּר שְׁמֶךָ הַגָּדוֹל,

וּבְעִבּוּר אֲבוֹתֵינוּ שֶׁבִטְחוּ בְךָ,

וַתִּלְמְדֵנוּ חֻקֵי חַיִּים

לַעֲשׂוֹת רְצוֹנְךָ בְּלֵב שָׁלֵם,

כִּן תְּחַנְּנֵנוּ אָבִינוּ אֵב הַרְחֵמְנוּ,

הַמְרַחֵם רַחֵם נָא עָלֵינוּ,

וַתֵּן בְּלִבֵּנוּ בִינָה לְהִבִּין,

וְלִהְשִׁכִּיל, לְשִׁמְעַ,

לְלַמּוֹד וּלְלַמֵּד, לְשִׁמּוֹר

וְלַעֲשׂוֹת וּלְקַיֵּם אֶת כָּל

דְּבָרֵי תִלְמוּד תּוֹרָתְךָ בְּאַהֲבָה.

וְהָאֵר עֵינֵינוּ בְּתוֹרָתְךָ,

וּדְבֵק לִבֵּנוּ בְּמִצְוֹתֶיךָ,

וַיַּחַד לְבָבֵנוּ לְאַהֲבָה

וְלִירְאָה אֶת שְׁמֶךָ,

לֹא נִבּוֹשׁ וְלֹא נִכְלָם

וְלֹא נִכָּשֵׁל לְעוֹלָם וָעֵד,

ki v'shem kodsh'cha hagadol  
*for in the Name of Your holiness that is great,*  
 hagibor v'hanora batachnu,  
*mighty, and awesome we put our trust,*  
 nagilah v'nism'chah bishu-atecha.  
*may we be glad and rejoice in Your salvation.*  
 V'rachamecha Adonai Eloheinu,  
*And may Your compassion, Adonai our Elohim,*  
 vachasadecha harabim,  
*and Your abundant kindness,*  
 al ya-azyunu netzach selah va-ed,  
*not forsake us eternally, for ever and ever.*  
 maher v'have aleinu b'rachah  
*hasten and bring upon us blessing*  
 v'shalom m'herah  
*and peace very soon,*

*Bring together the four corners of the Tallit and hold the Tzitzit between  
 the fourth and fifth fingers of the left hand and continue to do so through the Sh'ma.*

me-arba kanfot kol ha-aretz,  
*from the four corners of all the world,*  
 ushvor ol hagoyim  
*and break the yoke of the nations*  
 me-al tzavarenu,  
*from upon our necks,*  
 v'holichenu m'herah  
*and lead us very soon*  
 kom'miyut l'artzenu.  
*with independence to our land.*  
 Ki El po-el y'shu-ot atah,  
*For the Almighty One Who performs salvations is You,*  
 uyanu vacharta mikol am v'lashon.  
*and You have chosen us from among all peoples and tongues.*  
 V'keravtanu malkenu  
*And You have brought us close, our Sovereign,*  
 l'shimcha hagadol b'ahavah  
*to Your great Name, with love*  
 l'hodot lach ulyachedcha,  
*to offer thanks to You and proclaim Your Oneness,*  
 l'yirah ul-ahavah et shimcha.  
*to revere and to love Your Name.*

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 habocher b'amo Yisra-el b'ahavah.  
*Who chooses Your people Israel with love.*

כִּי בְשֵׁם קֹדֶשְׁךָ הַגָּדוֹל  
 הַגִּבּוֹר וְהַנּוֹרָא בִטַּחֲנוּ,  
 נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעֶתְךָ.  
 וְרַחֲמֶיךָ יְהוָה יֵאֱהַדּוּנָהּ אֱלֹהֵינוּ,  
 וְחַסְדֶּיךָ הַרְבִּים,  
 אַל יַעֲזֹבוּנוּ נֶצַח סְלָה וְעַד,  
 מֵהֵר וְהֵבֵא עֲלֵינוּ בְרָכָה  
 וְשָׁלוֹם מְהֵרָה

מֵאַרְבַּע כַּנְפוֹת כָּל הָאָרֶץ,  
 וְשִׁבּוֹר עַל הַגּוֹיִם  
 מֵעַל צְוֹאֲרֵנוּ,  
 וְהוֹלִיכֵנוּ מְהֵרָה  
 קוֹמְמִיּוֹת לְאַרְצֵנוּ.  
 כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה,  
 וּבָנוּ בְּחֵרֶת מִכָּל עַם וְלָשׁוֹן.  
 וְקָרַבְתָּנוּ מִלְּכָנוּ  
 לְשִׁמְךָ הַגָּדוֹל בְּאַהֲבָה  
 לְהוֹדוֹת לְךָ וּלְיַחֲדֶךָ,  
 לְיִרְאָה וּלְאַהֲבָה אֶת שִׁמְךָ.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהַדּוּנָהּ,  
 הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

# שמע

## THE SHEMA

The Shema is an affirmation of faith. It expresses our love for the Creator, and also serves as an ode to the divinity of the soul. Kabbalah teaches that the Shema is the acknowledgement of unity and connects us to Beriyah, 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 Shema, we bear witness to the Creator's unity as we declare it to the world. The first verse of Shema connects us to the spiritual world of Zeir Anpin. יהוה ישראל is Netzach and Hod, יהוה is Chesed, Gevurah, and Tiferet, and אחד is the aspect of the unification of Malchut and Zeir Anpin. Their union reveals the 13 Attributes of Mercy, which is also alluded to in the gematria of אחד which is 13. The Shema is a very powerful tool for healing because the 248 words connect to the 248 parts of the human body and the 248 sparks of the human soul.

*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,

יהוה אדון הכל היה הוה ויהיה יאהדוניהי אלהי צבא תקיף בעל היכולת ובעל הכוזיות כולם

יהוה אדון הכל היה הוה ויהיה יאהדוניהי אהדוניהי

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.*

# יהודה

The Arizal suggests meditating on various Divine Names during the recitation of the sections that follow the Shema. Because of this, please note that in this portion of our siddur, the transliterated word is below each Hebrew word to make this easier for those who are unable to read the Hebrew.

The first section of the Shema is a connection to the Yud י of the Divine Name and contains 42 words and each word corresponds to a letter of the 42-Letter Name.

י	ט	י	ג	ב	א
בְּכָל-לְבַבְךָ	אֱלֹהֶיךָ	יְהוָה	יֵהוּוֹה	אֵת	וְאַהַבְתָּ
l'vav'cha	b'chol	Elo <u>h</u> echa	Adonai	et	V'ahavta

*And you shall love Hashem Your Elohim, with all your heart*

ו	ט	ש	ע	ר	ק
הַדְּבָרִים	וְהָיוּ	וּבְכָל-מְאֹדְךָ:	וּבְכָל-נַפְשְׁךָ		
had'varim	V'hayu	m'odecha.	uvchol	nafsh'cha	uvchol

*and with all your soul, and with all your being. And they should be the matters*

ש	כ	י	ד	ג	ז
עַל-	הַיּוֹם	מְצַוְךָ	אֲנֹכִי	אֲשֶׁר	הָאֵלֶּה
al	hayom	m'tzav'cha	anochi	asher	ha- <u>e</u> leh

*these which I command you on this day shall be upon*

ג	ת	צ	ר	ט	ב
בְּשִׁבְתְּךָ	בָּם	וּדְבַרְתָּ	לְבָנֶיךָ	וְשִׁנַּנְתָּם	לְבַבְךָ:
b'shivt'cha	bam	v'dibarta	l'vane <u>ch</u> a	V'shinantam	l'vave <u>ch</u> a.

*your heart. And you shall teach them to your children and speak of them while you sit*

ע                      ז                      ט                      ב                      ק                      זז  
 בְּבֵיתְךָ וּבְלַכְתֶּךָ בְּדַרְךָ וּבְשׁוֹכְבְּךָ וּבְקוּמֶךָ: וּקְשַׁרְתָּם  
 Ukshartam uvkumecha. uvshochb'cha vaderech uvlecht'cha b'veitecha

*in your home, and while walking along the way and upon lying down and upon rising. And you shall bind them*

ק                      ז                      פ                      ל                      ג                      י  
 לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפוֹת בֵּין  
 bein l'totafot v'hayu yadecha al l'ot

*as a sign upon your hand and they shall be as frontlets between*

ת                      י                      צ                      ו                      ק                      ש  
 עֵינֶיךָ: וְכָתַבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:  
 uvisharecha. beitecha m'zuzot al Uchtavtam einecha.

*your eyes. And you shall write them upon the doorposts of your house and your gates.*

## יהוה

The second section of the Shema is a connection to the first Hei ה of the Divine Name. This section plus the first word of the following section contain 72 words which are a connection to the 72 Names.

מהש' ללה                      עלם                      סיט                      ילי                      והו  
 אֶל-מִצְוֹתַי                      תִּשְׁמְעוּ                      שָׁמַע                      אִם                      וְהָיָה  
 mitzvotai                      el                      tishm'u                      shamo-a                      im                      V'hayah

*And it shall happen if you listen attentively to My commandments,*

ההע'                      לאו                      אלד                      הוי'                      כהת                      אכא  
 לְאַהֲבָה                      הַיּוֹם                      אֶתְכֶם                      מִצְוָה                      אֲנֹכִי                      אֲשֶׁר  
 l'ahavah                      hayom                      etchem                      m'tzaveh                      anochi                      asher

*which I am commanding you this day, to love*

יָזַל מְבַה הָרִי הַקָּם לֹא כָלִי  
 אֶת־יְהוָה יֵאֱהוּנְהִי אֱלֹהֵיכֶם וְלַעֲבֹדוֹ בְּכֹל־לְבַבְכֶם  
 l'vavchem b'chol ulovdo Eloheichem Adonai et

*Hashem to serve your Elohim with all of your heart*

לֹו פְהִל נָךְ יִי מְלָה זְהוּ  
 וּבְכֹל־נַפְשְׁכֶם: וְנָתַתִּי מְטָר־אֲרָצְכֶם בְּעִתּוֹ  
 b'ito artz'chem m'tar V'natati nafsh'chem. uvchol

*and with all of your soul. And I shall provide rain for your land in its proper time,*

נְתָה הָאָה יֵרֵת שְׂאֵה רִיִּי אֹם  
 יוֹרֵה וּמִלְקוֹשׁ וְאֶסְפֹּת דְגָנְךָ וְתִירְשֶׁךָ וְיִצְהַרְךָ:  
 v'yitzharecha. v'tirosh'cha d'ganecha v'asafta umalkosh yoreh

*first rain and last rain and so you may gather your grain and your wine and your oil.*

לְכַב וְשָׂר יִזוּ לַהֲזוּ כוֹק מְנָד  
 וְנָתַתִּי עֲשֶׂב בְּשַׂדְּךָ לְבַהֲמֹתֶךָ וְאֶכְלֹת וְשִׁבְעַת:  
 v'savata. v'achalta livhemtecha b'sad'cha esev V'natati

*And I shall provide also grass in your fields for your cattle and you shall eat and be satisfied.*

*The remaining verses in this section should be said in a low voice.*

אֲנִי זֹעֵם רָהֵעַ יִי הֵהָה מִיךָ  
 הַשְׁמִרוּ לָכֶם פֶּן־יִפְתָּה לְבַבְכֶם וְסָרְתֶם  
 v'sartem l'vavchem yifteh pen lachem Hisham'ru

*Be careful for yourselves lest seduced be your heart and you turn away*

וּלְ יֵלָה סֹאֵל עָרִי עֲשִׂל מִיָּה  
 וְעַבְדֹתֶם אֱלֹהִים אַחֲרַיִם וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה  
 V'charah lahem. v'hishtachavitem acherim elohim va-avadtem

*other deities and bow down to them. And kindled will be*

וְהוּ	דְּנִי	הַזֹּשֶׁ	עִמָּם	נָנָא	נִית
אֶף	יְהוָה יֵאֱהוּדוֹנָהּ	בְּכֶם	וְעָצָר	אֶת	הַשָּׁמַיִם
af	Adonai	bachem	v'atzar	et	hasham <u>a</u> yim

*the anger of Hashem against you and He shall seal the heavens*

מִבֵּה	פּוּי	נָמָם	יֵיל	הַרְזוּז	מִצָּר
וְלֹא-יִהְיֶה	מָטָר	וְהָאֲדָמָה	לֹא	תִתֵּן	תִּתֵּן
yih-yeh v'lo	matar	v'ha-adamah	lo	titen	titen

*and there shall be no more rain and the earth will no longer yield*

וּמִב	יְהֵה	עָנּוּ	מוֹזִי	דַּמְב	מִנְק
אֶת-יְבוּלָהּ	וְאֲבַדְתֶּם	מְהֵרָה	מֵעַל	הָאָרֶץ	הָאָרֶץ
y'vulah et	va-avadtem	m'herah	me-al	ha- <u>a</u> retz	ha- <u>a</u> retz

*its produce and you shall be banished quickly from the land*

אֵי	חֲבוּ	רָאָה	יְבִמ	הֵי
הַטֹּבָה	אֲשֶׁר	יְהוָה	יֵאֱהוּדוֹנָהּ	נָתַן
hatovah	asher	Adonai	noten	lachem.

*that is good that Hashem has given you.*

# יהוה

The third section of the Shema is a connection to the Vav ו of the Divine Name and contains 50 words that connect us to the 50 Gates of Light, which assist us in rising above the 50 gates of negativity. The Name Ehyeh אהיה (I Am) corresponds to the 50 Gates of Binah. The first 40 words are the Name, letter by letter; the remaining 10 words are the entire Name for each word.

א	ה	י	ה	א	מ
עַל-לְבַבְכֶם		אֱלֹהִים	אֶת-דְּבַרְיָ		וְשַׁמַּתֶּם
l'vavchem	al	eleh	d'varai	et	V'samtem

*Set these words of Mine upon your heart*

י	ה	א	ה	י	ה
עַל-	לְאוֹת	אֹתָם	וְקִשְׂרֹתֶם	וְעַל-נַפְשֵׁיכֶם	וְאֵל
al	l'ot	otam	ukshartem	nafsh'chem	v'al

*and upon your soul and secure them as a sign upon your hand*

ה	י	ה	א	א	ה
וְלִמַּדְתֶּם	עֵינֵיכֶם:	בֵּין	לְטֹטְפוֹת	וְהָיוּ	יְדְּכֶם
V'limadtem	eineichem.	bein	l'totafot	v'hayu	yedchem

*and as reminders before your eyes. And you shall teach*

י	ה	א	י	ה	א
בְּשִׁבְתְּךָ	בָּם	לְדַבֵּר	אֶת-בְּנֵיכֶם	עַתָּה	אֹתָם
b'shivt'cha	bam	l'daber	b'neichem	et	otam

*them to your children to discuss and as you sit*

ה                      י                      ה                      א                      ה  
 בְּבֵיתְךָ      וּבְלֶכְתְּךָ      בַּדֶּרֶךְ      וּבְשׁוֹכְבְּךָ      וּבְקוּמְךָ:  
 b'veitecha      uvlecht'cha      vaderech      uvshochb'cha      uvkumecha.

*in your home and as you walk along the way and as you lie down and as you rise up.*

ה                      א                      ה                      י                      ה                      א  
 וּכְתַבְתֶּם      עַל־מְזוּזוֹת      בֵּיתְךָ      וּבְשַׁעְרֶיךָ:      לְמַעַן  
 Uchtavtam      m'zuzot al      beitecha      uvisharecha.      L'ma-an

*And write them upon the doorposts of your house and upon your gates. In order that*

ה                      י                      ה                      א                      ה                      י  
 יִרְבוּ      יְמֵיכֶם      וְיַמֵּי      בְּנֵיכֶם      עַל      הָאָדָמָה  
 yirbu      y'meichem      vimei      v'neichem      al      ha-adamah

*you will prolong your days and the days of your children upon the land*

אֱהִיָּה      אֱהִיָּה      אֱהִיָּה      אֱהִיָּה      אֱהִיָּה      אֱהִיָּה  
 אֲשֶׁר      נִשְׁבַּע      יְהוָה      יֵאָהֳדוֹנָהי      לְאֲבוֹתֵיכֶם      לְתֵת      לָהֶם  
 asher      nishba      Adonai      y'ahdונהי      la-avoteichem      latet      lahem

*that Hashem swore to your ancestors to give to them*

אֱהִיָּה      אֱהִיָּה      אֱהִיָּה      אֱהִיָּה  
 כִּימֵי      הַשָּׁמַיִם      עַל־הָאָרֶץ:  
 kimei      hashamayim      ha-aretz. al

*like the days of the heaven on the earth.*

*The Tzitzit which have been held in the left hand are now also taken in the right hand.*

*At each mention of the Tzitzit and at the end of the paragraph, kiss the Tzitzit.*

*At the words וּרְאִיתֶם אֹתוֹ Uritem Oto, glance at the Tzitzit.*

# יהוה

The fourth section of the Shema is a connection to the final Hei ה of the Divine Name and contains 72 words which are a connection to a permutation of the 72 Names. The total number of words of all four sections is 245 and by repeating the final three words, the number becomes 248.

ליה	מבשׁ	סבט עאמ	י״	ו״ו
דַּבֵּר	לְאמֹר:	אֶל-מֹשֶׁה	יְהוָה יאהדונהי	וַיֹּאמֶר
Daber	lemor:	Mosheh el	Adonai	Vayomer

*And Hashem said to Moses, saying: Speak*

המע	להו	אנד	הזי	אנא כמת
וְעָשׂוּ	אֲלֵהֶם	וְאָמַרְתָּ	יִשְׂרָאֵל	אֶל-בְּנֵי
v'asu	alehem	v'amarta	Yisra-el	b'nei el

*to the children of Israel and say to them that they are to make*

כבי	לוו	היי המם	מרה	יצל
לְדֹרוֹתֵם	בְּגֵדֵיהֶם	עַל-כַּנְפֵי	צִיצִית	לָהֶם
l'dorotam	vigdeihem	kanfei al	tzitzit	lahem

*for themselves tzitzit on the corners of their clothes, for all their generations*

זזהו	מנה	יזי	פנל זמכ	ליו
תְּכֵלֶת:	פְּתִיל	הַכַּנָּף	עַל-צִיצִית	וְנָתַנוּ
t'chelet.	p'til	hakanaf	tzitzit al	v'nat'nu

*and they shall place upon the tzitzit of each corner a thread of techelet.*

אֹמַר	רָכִי	שֵׂאָה	יִרְתֶּנּוּ	הֵשֵׁא	נִיְהִי
וְזָכַרְתֶּם	אֹתוֹ	וְרֵאִיתֶם	לְצִיִּצִית	לְכֶם	וְהָיָה
uzchartem	oto	ur-item	l'tzitzit	lachem	V'hayah

*And it shall constitute tzitzit for you, that you may see it and remember*

מִנְדָּה	כַּעֲקֹב	לְהוֹזִי	לִיב וְהָרַי	
אֹתָם	וְעָשִׂיתֶם	יְהוָה יֵאֱהָדוֹנָהּ	אֶת-כָּל-מִצְוֹת	
otam	va-asitem	Adonai	mitzvot kol et	

*all the commandments of Hashem and do them,*

מִכַּכ	הִשָּׂה	יִזְזֶה	רַהֲעֵה	זוּזוֹם	אֲנִי
עֵינֵיכֶם	וְאַחֲרָי	לְבַבְכֶם	אַחֲרָי	תַּתּוֹרוּ	וְלֹא
eineichem,	v'acharei	l'avvchem	acharei	taturu	v'lo

*and not follow after your heart and after your eyes*

מִתַּה	עֲאֵל	עָרֵי	סֵאֵל	יֵה	וּלְ
תִּזְכְּרוּ	לְמַעַן	אַחֲרֵיהֶם:	זִנִּים	אֶתְּ-אֲתֶם	אֲשֶׁר
tizk'ru	L'ma-an	achareihem.	zonim	atem asher	

*which draw you astray. In order that you may remember*

מִלְכָּה	נֹת	נְהַא	דְּלֵי הֵשׁ עֵלֶם	וְהוּ
לְאֱלֹהֵיכֶם:	קְדוּשִׁים	וְהֵייתֶם	אֶת-כָּל-מִצְוֹתַי	וְעָשִׂיתֶם
Leloheichem.	k'doshim	vih-yitem	mitzvotai kol et	va-asitem

*and do all of My commandments and be holy to your Elohim.*

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

וְהֵב	מִזְרָה	הַבּוֹז	יָרַלְ	נָקָם	פִּאֲנִי
אֶתְכֶם	הוֹצֵאתִי	אֲשֶׁר	אֱלֹהֵיכֶם	יְהוָה יֵאֱהוּדוֹנָהי	אֲנִי
etchem	hotzeti	asher	Eloheichem	Adonai	Ani

*I am Hashem your Elohim Who brought you*

אֶלַע	מִמֶּקֶד	דֶּהֱב	מִזֵּי	עָלוּ	יֵאֱהוּ
אֲנִי	לְאֱלֹהִים	לְכֶם	לְהֵיֹת	מִצְרַיִם	מֵאֶרֶץ
ani	Lelohim	lachem	lih-yot	mitzrayim	me-eretz

*out of the land of Egypt to be your own Elohim I am*

	רַלֶה	זֶהוּ
אֱמֶת	אֱלֹהֵיכֶם:	יְהוָה יֵאֱהוּדוֹנָהי
Emet...	Eloheichem:	Adonai

*Hashem your Elohim: It is true...*

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 yatziv (certain), which reflects our gratitude for already existing kindness.

*The Chazzan continues:*

מֵהֶם	הֵלִי	יִיֵמ
אֱמֶת	אֱלֹהֵיכֶם	יְהוָה יֵאֱהוּדוֹנָהי
emet	Eloheichem	Adonai

*Hashem your Elohim, is true*

v'yatziv, v'nachon v'kayam,

*and certain, and established and enduring,*

v'yashar v'ne-eman, v'ahuv v'chaviv,

*and fair and faithful, and beloved and cherished,*

v'nechmad v'na-im, v'nora v'adir,

*and desirable and pleasant, and awesome and powerful,*

וְיֵצִיב, וְנִכּוֹן וְקַיִם,

וְיָשָׁר וְנֶאֱמָן, וְאֱהוּב וְחָבִיב,

וְנִחְמַד וְנֶאֱדִיר, וְנוֹרָא וְאֲדִיר,

umtukan umkubal, v'tov, v'yafeh  
and correct and accepted, and good, and beautiful  
hadavar hazeh aleinu l'olam va-ed.  
is this affirmation to us forever.

Emet Elohei olam malkenu,  
True the Elohim of the Universe is our Sovereign,  
tzur Ya-akov, magen yishenu,  
the Rock of Jacob, is the Shield of our salvation,  
l'dor vador hu kayam,  
generation after generation He endures,  
ushmo kayam, v'chiso nachon,  
and His Name endures, and His throne is established,  
umalchuto ve-emunato  
and His sovereignty and His faithfulness  
la-ad kayamet.  
forever endure.

Udvarav chayim v'kayamim,  
And His words are living and enduring,  
ne-emanim v'nechemadim  
faithful and desirable  
la-ad ul-ol'mei olamim,  
forever and to all eternity,  
al avoteinu, aleinu,  
for our ancestors, for us,  
al baneinu, v'al doroteinu,  
for our children, and for our generations,  
v'al kol dorot zera  
and for all the generations of the offspring  
Yisra-el avadecha.  
of Israel who are Your servants.

Al harishonim  
For the earlier generations  
v'al ha-acharonim,  
and for the later generations,  
davar tov v'kayam, be-emet  
the matter is good and enduring, with truth  
uve-emunah chok v'lo ya-avor.  
and with faithfulness, it's a decree that cannot be breached.  
Emet, she-atah hu Adonai  
It is true, that You are Adonai  
Eloheinu Velohei avoteinu,  
our Elohim and Elohim of our ancestors,  
malkenu melech avoteinu,  
our Sovereign and the Sovereign of our ancestors,  
go-aleinu go-el avoteinu,  
our Redeemer and the Redeemer of our ancestors,

וּמְתָקָן וּמְקַבֵּל, וְטוֹב, וְיָפֵה  
הַדָּבָר הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד.

אֱמֶת אֱלֹהֵי עוֹלָם מַלְכֵנוּ,  
צוּר יַעֲקֹב, מָגֵן יִשְׁעֵנוּ,  
לְדוֹר וָדוֹר הוּא קַיָּם,  
וּשְׁמוֹ קַיָּם, וְכִסְאוֹ נָכוֹן,  
וּמַלְכוּתוֹ וְאַמוּנָתוֹ  
לְעַד קַיָּמֶת.

וְדַבָּרָיו חַיִּים וְקַיָּמִים,  
נְאֻמָּנִים וְנִחְמָדִים  
לְעַד וּלְעוֹלָמֵי עוֹלָמִים,  
עַל אֲבוֹתֵינוּ, עָלֵינוּ,  
עַל בְּנֵינוּ, וְעַל דוֹרוֹתֵינוּ,  
וְעַל כָּל דוֹרוֹת זָרַע  
יִשְׂרָאֵל עַבְדֶּיךָ.

עַל הָרִאשׁוֹנִים  
וְעַל הָאַחֲרוֹנִים,  
דָּבָר טוֹב וְקַיָּם, בְּאֱמֶת  
וּבְאַמוּנָה חֹק וְלֹא יֵעָבֵר.  
אֱמֶת, שְׁאַתָּה הוּא יְהוָה יֵאֱהוּנָה  
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
מַלְכֵנוּ מֶלֶךְ אֲבוֹתֵינוּ,  
גֹּאֲלֵנוּ גֹּאֵל אֲבוֹתֵינוּ,

yotz'enu tzur y'shuatenu,  
our Molder the Rock of our salvation,  
podenu umatzilenu  
our Liberator and our Rescuer

יוצֵרֵנוּ צוּר יְשׁוּעָתֵנוּ,  
פוֹדֵנוּ וּמַצִּילֵנוּ

בְּעוֹלָם הוּא שְׁמֶךָ,

me-olam hu sh'mecha,  
this has always been Your Name,

v'ein lanu od Elohim zulat'cha,  
and we have no other  
selah.  
Elohim but You, Selah.

וְאֵין לָנוּ עוֹד אֱלֹהִים זוּלַתְךָ,  
סֵלָה.

Ezrat avoteinu  
Assistance to our ancestors  
atah hu me-olam, magen  
You have always given, You were the shield  
umoshi-a lahem v'livneihem  
and redeemer of them and their children  
achareihem b'chol dor vador,  
after them for every generation,  
b'rum olam moshavecha,  
at the zenith of the universe is Your dwelling,  
umishpatecha v'tzidkat'cha  
and Your justice and Your righteousness  
ad afsei aretz.  
extend to the ends of the earth.  
Emet, ashrei ish  
It is true, happy are those  
sheyishma l'mitzvotcha,  
who hear Your commandments,  
v'Torat'cha udvar'cha yasim al libo.  
and set Your Torah and Your word upon their heart.  
Emet, she-atah hu Adon l'amecha,  
It is true, that You are the Ruler for Your people,  
umelech gibor lariv rivam  
and a mighty Sovereign to champion their cause  
l'avot uvanim.  
for the parents and their children.  
Emet, atah hu rishon  
It is true, that You are the first  
v'atah hu acharon,  
and that You are the last,

עֲזַרַת אֲבוֹתֵינוּ  
אַתָּה הוּא מֵעוֹלָם, מִגֵּן  
וּמוֹשִׁיעַ לָהֶם וּלְבָנֵיהֶם  
אַחֲרֵיהֶם בְּכֹל דּוֹר וָדוֹר,  
בְּרוּם עוֹלָם מוֹשָׁבְךָ,  
וּמִשְׁפַּטֶּיךָ וְצִדְקַתְךָ  
עַד אַפְסֵי אֶרֶץ.  
אֱמֶת, אֲשֶׁרִי אִישׁ  
שִׁשְׁמַע לְמִצְוֹתֶיךָ,  
וּתוֹרַתְךָ וּדְבָרְךָ יִשִּׁים עַל לִבּוֹ.  
אֱמֶת, שְׂאֵתָה הוּא אֲדוֹן לְעַמְּךָ,  
וּמֶלֶךְ גִּבּוֹר לְרִיב רֵיבָם  
לְאֲבוֹת וּבָנִים.  
אֱמֶת, אַתָּה הוּא רִאשׁוֹן  
וְאַתָּה הוּא אַחֲרוֹן,

umibaladecha ein lanu melech  
and besides You we have no other Sovereign  
go-el umoshi-a.  
who saves and redeems us.

Emet, mimitzrayim g'altanu,  
It is true, that from Egypt You delivered us,  
Adonai Eloheinu,

Adonai our Elohim,

mibeit avadim p'ditanu,  
and redeemed us from the house of slavery,  
kol b'choreihem haragta,  
all their first born You slew,

uvchor'cha Yisra-el ga-alta,  
but Your firstborn, Israel, You redeemed,

v'yam suf lahem bakata,  
and the Sea of Reeds for them You split,

v'zedim tibata,  
the evildoers You drowned,

vididim av'ru yam,  
the dear ones crossed the sea,

vaychasu mayim tzareihem,  
and the water covered their foes,

echad mehem lo notar.  
even one of them was not left.

Al zot shib'chu ahuvim  
For this, the beloved ones praised

v'rom'mu la-El,  
and exalted the Almighty One,

v'nat'nu y'didim z'mirot  
and the dear ones offered hymns,

shirov v'tishbachot,  
songs and praises,

b'ruchot v'hoda-ot,  
blessings and thanksgivings,

l'melech El chai v'kayam,  
to the Sovereign, the Almighty One Who is living and enduring,

ram v'nisa, gadol v'nora,  
exalted and uplifted, great and awesome,

mashpil ge-im adei aretz,  
Who humbles the haughty to the ground,

magbi-ah sh'falim ad marom,  
lifts the lowly to the heights,

motzi asirim, podeh anavim,  
frees the captive, liberates the humble,

ozher dalim, ha-oneh l'amo  
helps the poor, and Who replies to His people

Yisra-el b'et shavam elav.  
Israel at the time they cry out to Him.

וּמִבַּלְעֲדֶיךָ אֵין לָנוּ מֶלֶךְ  
גּוֹאֵל וּמוֹשִׁיעַ.  
אִמֶּת, מִמִּצְרַיִם גָּאַלְתָּנוּ,  
יְהוָה יֵאֱהוּנְהִי אֱלֹהֵינוּ,  
מִבֵּית עֲבָדִים פְּדִיתָנוּ,  
כֹּל בְּכוֹרֵיהֶם הָרַגְתָּ,  
וּבְכוֹרְךָ יִשְׂרָאֵל גָּאַלְתָּ,  
וַיַּם סוּף לָהֶם בְּקַעַת,  
וַזְדִּים טַבַּעַת,  
וַיְדִידִים עָבְרוּ יָם,  
וַיַּכְסּוּ מַיִם צָרִיָּהֶם,  
אֶחָד מֵהֶם לֹא נֹתַר.  
עַל זֹאת שִׁבְּחוּ אֱהוּבִים  
וְרוֹמְמוּ לְאֵל,  
וְנָתַנוּ יְדִידִים זִמְרוֹת  
שִׁירוֹת וְתִשְׁבָּחוֹת,  
בְּרָכוֹת וְהוֹדָאוֹת,  
לְמֶלֶךְ אֵל חַי וְקַיָּם,  
רַם וְנֹשָׂא, גָּדוֹל וְנוֹרָא,  
מִשְׁפִּיל גֵּאִים עַדִּי אֶרֶץ,  
מַגְבִּיָּה שְׁפָלִים עַד מָרוֹם,  
מוֹצִיא אֲסִירִים, פּוֹדֶה עֲנָוִים,  
עוֹזֵר דָּלִים, הָעוֹנֶה לְעַמּוֹ  
יִשְׂרָאֵל בְּעֵת שׁוֹעֵם אֵלָיו.

Stand for the Amidah.

**T'hilot la-El Elyon go-alam,**  
*Praise to the Almighty One Most High, their Redeemer,*  
**baruch hu umvorach.**  
*blessed is He Who is blessed.*  
**Mosheh uvnei Yisra-el l'cha anu**  
*Moses and the Children of Israel to You proclaimed*  
**shirah b'simchah rabah,**  
*a song with great joy,*  
**v'am'ru chulam:**  
*and all of them said:*

**Mi chamochah ba-elim Adonai,**  
*Who is like You Adonai,*  
**Mi kamochah nedar bakodesh,**  
*Who is like You among the gods that are worshipped,*  
**nora t'hilot, oseh fele.**  
*extolled in praises, working wonders.*  
**Shirah chadashah shib'chu g'ulim**  
*A new song was sung by the redeemed*  
**l'shimcha hagadol al s'fat hayam,**  
*to Your great Name on the shore of the sea,*  
**yachad kulam hodu**  
*all of them together gave thanks*  
**v'himlichu v'am'ru:**  
*and acknowledged Your sovereignty and they said:*  
**Adonai yimloch l'olam va-ed.**  
*Adonai will reign for ever and ever.*

**V'ne-emar:**  
*And it is said:*  
**Go-aleinu Adonai tz'va-ot sh'mo,**  
*Our Redeemer, Adonai of Heavenly Hosts, is His Name,*  
**k'dosh Yisra-el.**  
*the Holy One of Israel.*

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

תְּהִלּוֹת לֵאלֹהֵי עֲלִיּוֹן גּוֹאֲלֵם,  
 בְּרוּךְ הוּא וּמְבֹרָךְ.  
 מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ  
 שִׁירָה בְּשִׂמְחָה רַבָּה,  
 וְאָמְרוּ כֻלָּם:

מִי כַמֹּכָה בְּאֱלֹהִים יְהוָה יֵאֱהוֹנָהּ,  
 מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,  
 נוֹרָא תְהִלָּתוֹ, עֹשֶׂה פִלְאָ.  
 שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים  
 לְשִׁמְךָ הַגָּדוֹל עַל שֵׁפַת הַיָּם,  
 יַחַד כֻּלָּם הוֹדוּ  
 וְהִמְלִיכוּ וְאָמְרוּ:  
 יְהוָה יֵאֱהוֹנָהּ יְמִלְךָ לְעוֹלָם וָעֶד.

וְנֵאמָר:  
 גּוֹאֲלֵנוּ יְהוָה יֵאֱהוֹנָהּ צְבָאוֹת שְׁמוֹ,  
 קְדוֹשׁ יִשְׂרָאֵל.

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוֹנָהּ,  
 גּוֹאֲלֵ יִשְׂרָאֵל.

# תפלת העמידה

## THE AMIDAH PRAYER

The Zohar refers to this section of the service as The Amidah Prayer, which comes from the word "Amad" which literally means "to stand". The Amidah connects us to the world of Atzilut, where the light of Chayah attaches to Yechida and is represented by the letter Yud of the Divine Name. We take a moment to meditate on the following Yichud before we begin.

### יהוה

בינה

3 Binah (Left Brain)

יהוה

כתר

1 Keter (Head)

יהוה

חכמה

2 Chochmah (Right Brain)

יהוה

דעת

4 Da-at (Middle Brain)

יהוה

גבורה

6 Gevurah (Left Arm)

יהוה

חסד

5 Chesed (Right Arm)

יהוה

תפארת

7 Tiferet (Torso)

יהוה

הוד

9 Hod (Left Leg)

יהוה

יסוד

10 Yesod (Brit)

יהוה יהוה יהוה

נצח

8 Netzach (Right Leg)

יהוה

מלכות

11 Malchut (Crown of the Brit)

יהוה

*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 שְׁפֹתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

Congregation responds after each blessing with {אָמֵן} {Amen}.

## אָבוֹת 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,  
*Blessed are You Adonai,*  
Eloheinu Velohei avoteinu,  
*our Elohim and Elohim of our ancestors,*  
Elohei Avraham,  
*Elohim of Abraham,*  
Elohei Yitzchak,  
*Elohim of Isaac,*  
Elohei Ya-akov,  
*Elohim of Jacob,*  
ha-El hagadol hagibor v'hanora,  
*the Almighty One Who is great, powerful and awesome,*  
El elyon,  
*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.*

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

Baruch atah Adonai,  
*Blessed are You Adonai,*  
magen Avraham. {Amen.}  
*Shield of Abraham. {Amen.}*

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק,  
אֱלֹהֵי יַעֲקֹב,  
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,  
אֵל עֲלִיּוֹן,  
גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקֹנֵה הַכֹּל,  
וְזוֹכֵר חֲסֵדֵי אָבוֹת,  
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
מַגֵּן אַבְרָהָם. {אָמֵן.}

## 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 hageshem.  
*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 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. {Amen.}  
*Who revives the dead. {Amen.}*

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

בְּקִיץ: מוֹרִיד הַטָּל.

בְּחוּרֶף: מְשִׁיב הַרוּחַ,  
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,  
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,  
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,  
וּמַתִּיר אֲסוּרִים,  
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.  
מִי כְמוֹךָ, בָּעַל גְבוּרוֹת!  
וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בְּרוּךְ אַתָּה יְיָ הַיְיָ יֵהוּוֶה יֵאֱהוּדוֹנָהי,  
מְחַיֶּה הַמֵּתִים. {אָמֵן.}

The following blessing is said only during the Chazzan's repetition.

## קְדוּשָׁה KEDUSHAH

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

*Stand with feet together.*

*Rise on toes when saying קְדוּשׁ, קְדוּשׁ, קְדוּשׁ Kadosh, kadosh, kadosh  
and בְּרוּךְ בְּרוּךְ בְּרוּךְ Baruch k'vod, and יְמַלֵּךְ Yimloch.*

Nakdishach v'na-aritzach,  
*We shall sanctify You and we shall revere You,*  
k'no-am si-ach sod sarfei kodesh,  
*like the sweet speech of the assembly of the holy Seraphim,*  
hamshal'shim l'cha k'dushah,  
*who threefold acclaim to You Holy,*  
v'chen katuv al yad n'vi-echa,  
*and so it is written by the hand of Your prophet,*  
v'kara zeh el zeh v'amar:  
*and each one calls to another and says:*

נְקַדִּישְׁךָ וְנַעֲרִיצְךָ,  
כְּנֵעַם שִׁיחַ סוּד שְׂרָפֵי קֹדֶשׁ,  
הַמְשַׁלְּשִׁים לְךָ קְדוּשָׁה,  
וְכֵן כָּתוּב עַל יַד נְבִיאֶךָ,  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

*Everyone:*

קְדוּשׁ, קְדוּשׁ, קְדוּשׁ, יְהוָה יֵאֱהוּדוּנְהִי צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.  
Kadosh, kadosh, kadosh, Adonai tz'va-ot, m'lo chol ha-aretz k'vodo.  
*Holy, holy, holy, is Adonai of the heavenly hosts, the entire world is full of His glory.*

*Chazzan Continues:*

L'umatam m'shab'chim v'om'rim: *לְעַמְתָּם מְשַׁבְּחִים וְאוֹמְרִים:*  
*Facing them they offer praise and proclaim:*

*Everyone:*

בְּרוּךְ כְּבוֹד יְהוָה יֵאֱהוּדוּנְהִי מִמְקוֹמוֹ.  
Baruch k'vod Adonai mim'komo.  
*Blessed is the glory of Adonai in His place.*

*Chazzan Continues:*

Uvdivrei kodshach katuv lemor: *וּבְדִבְרֵי קְדוּשְׁךָ כָּתוּב לֵאמֹר:*  
*And in Your holy Writings the following is written:*

*Everyone:*

יְמַלֵּךְ יְהוָה יֵאֱהוּדוּנְהִי לְעוֹלָם, אֲלֵהֶיךָ צִיּוֹן, לְדוֹר וָדוֹר, הַלְלוּיָהּ.  
Yimloch Adonai l'olam, Elohayich Tziyon, l'dor vador, hal'lu-Yah.  
*May Adonai reign forever, your Elohim O Zion, from generation to generation, praise Yah.*

## 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.*

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,  
וְקְדוּשֵׁים בְּכֹל יוֹם  
יְהַלְלוּךָ סֵלָה,  
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

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

בָּרוּךְ אַתָּה יְהוָה יְאֵהוּנָה,  
הָאֵל הַקָּדוֹשׁ. {אָמֵן.}

## 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 לְאֲנוֹשׁ בִּינָה,  
וְחֹנְנֵנוּ מֵאַתְּךָ חֹכְמָה  
בִּינָה וְדַעַת.

Baruch atah Adonai,  
*Blessed are You Adonai,*  
 chonen hada-at. {Amen.}  
*gracious Giver of knowledge. {Amen.}*

בְּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנְהִי,  
 חוֹנֵן הַדַּעַת. {אֱמֵן.}

## 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*

הַשִּׁיבֵנו אָבִינוּ לְתוֹרַתְךָ,  
 וְקַרְבֵנו מַלְכֵנו לְעַבֹדְתְךָ,  
 וְהַחְזִירֵנוּ בְּתִשׁוּבָה שְׁלֵמָה  
 לְפָנֶיךָ.

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

בְּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנְהִי,  
 הַרוֹצֵה בְּתִשׁוּבָה. {אֱמֵן.}

## 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 we have missed the mark,*  
 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.*

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

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

בְּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנְהִי,  
 חַנוּן הַמְרַבֵּה לְסִלַח. {אֱמֵן.}

## גְּאוּלָּה

## GEULAH (REDEMPTION)

R'eh na v'onyenu v'rivah rivenu,  
Please look upon our affliction and defend our cause,  
umaher l'ga-olenu 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.

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

We add the following on a Fast Day:

Anenu Avinu anenu  
Answer us, our Father, answer us  
b'ym tzom hata-anit hazeh,  
on this day of our fast,  
ki v'tzarah g'dolah anachnu.  
for we are in great distress.  
Al tefen l'rishenu,  
Do not pay attention to our wickedness,  
v'al titalam malkenu mibakashatenu.  
and do not disregard, our Sovereign, our plea.  
Heyeh na karov l'shavatenu.  
Please be near to our outcry.  
Terem nikra elecha atah ta-aneh,  
Before we to You, You shall answer us,  
n'daber v'atah tishma,  
we shall speak and You shall hear,  
kadavar shene-emar:  
as it is said:  
V'hayah terem yikra-u v'ani e-eneh  
And it will be before they call and I will answer,  
od hem m'dab'rim va-ani eshma.  
while they yet speak and I will hear.  
Ki atah Adonai podeh  
For You, Adonai, are the One Who redeems  
umatzil v'oneh umrachim  
and rescues and responds and has mercy  
b'chol et tzarah v'tzukah.  
in every time of woe and distress.

עֲנֵנוּ אָבִינוּ עֲנֵנוּ  
בְּיוֹם צוֹם הַתְּעַנִּית הַזֶּה,  
כִּי בְצָרָה גְּדוּלָּה אֲנַחְנוּ.  
אַל תִּפֶּן לְרִשְׁעֵנוּ,  
וְאַל תִּתְעַלֵּם מִלְּכֵנוּ מִבְּקִשְׁתָּנוּ.  
הִיְהִי נָא קְרוֹב לְשׁוֹעַתָּנוּ.  
טָרֵם נִקְרָא אֲלֶיךָ אַתָּה תַעֲנֶה,  
נְדַבֵּר וְאַתָּה תִשְׁמַע,  
כַּדְבַּר שֵׁנַיִם:  
וְהִיְהִי טָרֵם יִקְרָאוּ וְאֲנִי אֶעֱנֶה  
עוֹד הֵם מְדַבְּרִים וְאֲנִי אֶשְׁמַע.  
כִּי אַתָּה יְהוָה יֵאֱהֹוֶנְהִי פוֹדֶה  
וּמְצִיל וְעוֹנֶה וּמְרַחֵם  
בְּכֹל עֵת צָרָה וְצוּקָה.

Baruch atah Adonai,  
Blessed are You Adonai,  
go-el Yisra-el. {Amen.}  
Redeemer of Israel. {Amen.}

בָּרוּךְ אַתָּה יְהוָה יֵאֱהֹוֶנְהִי,  
גּוֹאֵל יִשְׂרָאֵל. {אָמֵן.}

# רפואה

## 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.*  
 {Amen.}  
 {Amen.}

רפאנו יהוה יאהדונה ונרפא,  
 הושיענו ונושעה,  
 כי תהלתנו אתה.  
 והעלה ארוכה ומרפא  
 לכל תחלואינו  
 ולכל מכאובינו  
 ולכל מכותינו,  
 כי אל מלך רופא  
 נאמן ורחמן אתה.

ברוך אתה יהוה יאהדונה,  
 רופא חולי עמו ישראל.  
 {אמן}

# 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. {Amen.}**  
*Who blesses the years. {Amen.}*

בְּרַכְנוּ יְהוָה יֵאֱהֹוֹנֵהּ אֱלֹהֵינוּ  
בְּכֹל מַעֲשֵׂי יְדֵינוּ,  
וּבְרַךְ שְׁנַתְנוּ בְּטַלְלֵי רְצוֹן  
בְּרַכָּה וּנְדָבָה.  
וְתֵהִי אַחֲרֵיתָהּ חַיִּים  
וְשָׂבַע וְשָׁלוֹם,  
כַּשָּׁנִים הַטּוֹבוֹת לְבְרָכָה,  
כִּי אֵל טוֹב וּמְטִיב אֶתְּךָ  
וּמְבָרַךְ הַשָּׁנִים.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהֹוֹנֵהּ,  
מְבָרַךְ הַשָּׁנִים. {אָמֵן.}

### בזרף

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*

בָּרַךְ עָלֵינוּ יְהוָה יֵאֱהֹוֹנֵהּ אֱלֹהֵינוּ  
אֶת הַשָּׁנָה הַזֹּאת,  
וְאֶת כָּל מִיְנֵי 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. {Amen.}  
 Who blesses the years. {Amen.}

עַל כָּל פְּנֵי הָאֲדָמָה,  
 וְרוֹיֵה פְּנֵי תֵבֵל,  
 וְשַׁבַּע אֶת הָעוֹלָם  
 כְּלוֹ מִטוּבָךְ,  
 וּמְלֵא יְדֵינוּ מִבְּרָכוֹתֶיךָ  
 וּמַעֲשֵׂי מַתָּנוֹת יְדֶיךָ.  
 שְׁמְרָה וְהַצִּילָה שָׁנָה זוֹ  
 מִכָּל דָּבָר רָע,  
 וּמִכָּל מִינֵי מַשְׁחִית,  
 וּמִכָּל מִינֵי פְרַעֲנוֹת,  
 וַעֲשֵׂה לָּהּ תִקְוָה טוֹבָה  
 וְאַחֲרֵית שָׁלוֹם,  
 חוּס וְרַחֵם עָלֶיהָ  
 וְעַל כָּל תְּבוּאָתָהּ וּפִירוֹתֶיהָ,  
 וּבְרַכָּהּ בְּגִשְׁמֵי רְצוֹן  
 בְּרַכָּה וּנְדָבָה.  
 וְתֵהִי אַחֲרֵיתָהּ חַיִּים  
 וְשַׁבַּע וְשָׁלוֹם,  
 כַּשָּׁנִים הַטּוֹבוֹת לְבְרַכָּה,  
 כִּי אֵל טוֹב וּמְטִיב אֶתָּה  
 וּמְבָרֵךְ הַשָּׁנִים.  
 בָּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנָהּ,  
 מְבָרֵךְ הַשָּׁנִים. {אָמֵן.}

## 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.*  
 {Amen.}  
 {Amen.}

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵרוֹתֵנוּ,  
 וְשֵׂא נֵס לְקִבּוּץ גְּלוּיֹתֵינוּ,  
 וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע  
 כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

בָּרוּךְ אַתָּה יְהוָה יֵהוּהָ יֵאֱהוּדְנָהּ,  
 מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.  
 {אָמֵן}

## דִּין

## DIN (RESTORATION OF JUSTICE)

Hashivah shof'teinu k'varishonah,  
*Restore our judges as they were in earliest times,*  
 v'yo-atzeinu k'vat'chilah,  
*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 very soon,*  
 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.*  
 {Amen.}  
 {Amen.}

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְרָאשׁוֹנָה,  
 וְיֹעֲצֵינוּ כְּבִתְחִלָּה,  
 וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה.  
 וּמְלוֹךְ עָלֵינוּ מְהֵרָה אַתָּה  
 יְהוָה יֵאֱהוּדְנָהּ לְבִדְךָ,  
 בְּחֶסֶד וּבְרַחֲמִים  
 בְּצֶדֶק וּבְמִשְׁפָּט.

בָּרוּךְ אַתָּה יְהוָה יֵהוּוּהוּ יֵאֱהוּדְנָהּ,  
 מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.  
 {אָמֵן}

## 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 in our days.*

## Baruch atah Adonai,

*Blessed are You Adonai,*

shover oy'vim umachni-a zedim.

*Who smashes enemies and overpowers the wicked.*

{Amen.}

{Amen.}

לְמִינִים וְלַמְלָשִׁינִים

אֶל תְּהִי תִקְוָה,

וְכָל הַזְּדִים כְּרֵגַע יֵאבְדוּ,

וְכָל אוֹיְבֶיךָ וְכָל שׂוֹנְאֶיךָ

מְהֵרָה יִכָּרְתוּ,

וּמַלְכוּת הַרְשָׁעָה מְהֵרָה

תִּעָקַר וּתִשָּׁבַר,

וּתְכַלֵּם וּתְכַנְיֵעַם,

בְּמְהֵרָה בְּיָמֵינוּ.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנָהּ,

שׁוֹבֵר אוֹיְבִים וּמְכַנְיֵעַ מִינִים.

{אמן}

## צדיקים

## TZADIKIM (THE RIGHTEOUS)

## Al hatzadikim v'al hachasidim

*Upon the righteous and upon the devout*

v'al sh'erit 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,*

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים

וְעַל שְׂאֵרֵי עַמְּךָ

בֵּית יִשְׂרָאֵל,

וְעַל פְּלִיטַת בֵּית סוֹפְרֵיהֶם,

וְעַל גְּרֵי הַצְּדָק וְעַלֵינוּ,

יְהֵמוּ נָא רַחֲמֶיךָ,

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 vatachnu  
*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.*  
 {Amen.}  
 {Amen.}

יהוה יאהדונהי אלהינו,  
 ותן שכר טוב לכל  
 הבוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,  
 וְשִׁים חֶלְקֵנוּ עִמָּהֶם,  
 וְלְעוֹלָם וְלֹא נִבּוֹשׁ  
 כִּי בְךָ בִטַּחְנוּ  
 וְעַל חַסְדֶּךָ הַגָּדוֹל  
 בְּאֵמֶת נִשְׁעַנְנוּ.

בָּרוּךְ אַתָּה יְיָ הוֹוֶהוּ יאהדונהי,  
 מִשְׁעַן וּמִבְטָח לְצַדִּיקִים.  
 {אֲמֵן}

## בנין ירושלים

### 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 in our days.*

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

תִּשְׁכּוֹן בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ  
 כַּאֲשֶׁר דִּבַּרְתָּ,  
 וְכִסֵּא דָוִד עֲבֹדְךָ  
 מְהֵרָה בְּתוֹכָהּ תָּכִין,  
 וּבְנֶה אוֹתָהּ בְּנֵי יָמֵינוּ  
 בְּמְהֵרָה בְּיָמֵינוּ.

בָּרוּךְ אַתָּה יְיָ הוֹוֶה יאהדונהי,  
 בּוֹנֵה יְרוּשָׁלַיִם. {אֲמֵן}

## 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 very soon,*  
 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. {Amen.}  
*Who causes salvation to flourish. {Amen.}*

אֶת צִמַּח דָּוִד עֲבִדְךָ  
 מְהֵרָה תִצְמִיחַ,  
 וְקָרְנוּ תָרוּם בְּיִשׁוּעָתְךָ,  
 כִּי לְיִשׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
 מִצְמִיחַ קֶרֶן יְשׁוּעָה. {אָמֵן.}

## קבלת תפילה

### KABBALAT TEFILAH (ACCEPTANCE OF PRAYER)

Sh'ma kolenu, Adonai  
*Hear our voice, Adonai*  
 Eloheinu, Av harachaman,  
*our Elohim, 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. {Amen.}  
*Who hears prayer. {Amen.}*

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

בָּרוּךְ אַתָּה יְהוָה יֵאֱהוּנָה,  
 שׁוֹמֵעַ תְּפִלָּה. {אָמֵן.}

## 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. We can meditate that the word צרה (troubles) changes into רצה (desire).

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,  
*very soon 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.*

רצה יהוה יאהדונהי אלהינו,  
 בעמך ישראל,  
 ולתפלתם שעה,  
 והשב את העבודה  
 לדביר ביתך,  
 ואשי ישראל ותפלתם,  
 מהרה באהבה תקבל ברצון,  
 ותהי לרצון תמיד  
 עבודת ישראל עמך.

*The following is added on Rosh Chodesh and on Chol HaMoed:*

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'yeratze 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,*

אלהינו ואלהי אבותינו,  
 יעלה ויבא ויגיע ויראה  
 וירצה וישמע ויפקד  
 ויזכר זכרוןנו  
 וזכרון אבותינו,  
 וזכרון ירושלים עירך,  
 וזכרון משיח בן דוד עבדך,  
 וזכרון כל עמך בית ישראל  
 לפניך, לפליטה, לטובה,

**l'chen l'chesed ulrachamim,**  
*for grace, for lovingkindness and for compassion,*  
**l'chayim tovim ulshalom,**  
*for good life and for peace,*

**ROSH CHODESH:**

**b'ynom Rosh ha-Chodesh hazeh,**  
*on this day of the Rosh Chodesh,*

**PESACH:**

**b'ynom chag hamatzot hazeh,**  
*on this day of the Festival of Matzot,*  
**b'ynom mikra kodesh hazeh,**  
*on this day of holy convocation,*

**SUKKOT:**

**b'ynom chag hasukot hazeh,**  
*on this day of the Festival of Sukkot,*  
**b'ynom mikra kodesh hazeh,**  
*on this day of holy convocation,*

**l'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 l'tovah,**  
*on it for goodness,*

**ufakdenu vo livrachah,**  
*and consider us on it for blessing,*

**v'hoshi-enu vo l'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'chonenu,**  
*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.*

לְחַן לְחֶסֶד וְלִרְחָמִים,  
 לְחַיִּים טוֹבִים וְלִשְׁלוֹם,

ראש חודש:

בְּיוֹם רֵאשׁ הַחֹדֶשׁ הַזֶּה,

פסח:

בְּיוֹם חַג הַמַּצּוֹת הַזֶּה,

בְּיוֹם מִקְרָא קֹדֶשׁ הַזֶּה,

סכות:

בְּיוֹם חַג הַסֻּכּוֹת הַזֶּה,

בְּיוֹם מִקְרָא קֹדֶשׁ הַזֶּה,

לְרַחֵם בּוֹ עָלֵינוּ וּלְהוֹשִׁיעַ נוּ.

זְכֹרְנוּ יְהוָה יֵאֱהָדוּנְהִי אֱלֹהֵינוּ,

בוֹ לְטוֹבָה,

וּפְקֻדָּנוּ בוֹ לְבִרְכָה,

וְהוֹשִׁיעֵנוּ בוֹ לְחַיִּים טוֹבִים.

בְּדַבַּר יְשׁוּעָה וְרַחֲמִים,

חֹס וְחֲנּוּנוּ,

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*  
 l'Tziyon b'rachamim.  
*to Zion with compassion.*

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

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים,  
 תַּחֲפֹץ בָּנוּ וְתִרְצֵנוּ,  
 וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ  
 לְצִיּוֹן בְּרַחֲמִים.

בְּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנָהּ,  
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.  
 {אָמֵן}

## הוֹדָאָה

### 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 She-atah Hu.*

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 iman, u,  
*and for Your miracles that are with us every day,*  
 v'al nifl'otecha v'tovotecha,  
*and for Your wonders and Your favors,*

מוֹדִים אֲנַחְנוּ לָךְ,  
 שְׂאֵתָה הוּא יְהוָה יֵאֱהָדוּנָהּ אֱלֹהֵינוּ  
 וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד,  
 צוּרֵנוּ צוּר חַיֵּינוּ  
 וּמָגֵן יִשְׁעֵנוּ אַתָּה הוּא,  
 לְדוֹר וָדוֹר נוֹדֶה לָךְ  
 וְנִסְפֵר תְּהִלָּתְךָ,  
 עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,  
 וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ,  
 וְעַל נִסֶּיךָ שֶׁבְּכֹל יוֹם עִמָּנוּ,  
 וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ

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 kiyinu lach.  
for always we have placed our hope in You.  
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.

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. {Amen.}  
and to You it is fitting to give thanks. {Amen.}

שֶׁבְּכֹל עֵת,  
עֶרֶב וּבֹקֶר וְצַהֲרָיִם.  
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
וְהַמְּרַחֵם,  
כִּי לֹא תָמוּ חַסְדֶּיךָ,  
מֵעוֹלָם קִוִּינוּ לָךְ.  
וְעַל כָּלם יִתְבָּרַךְ וְיִתְרוֹמַם  
וְיִתְנַשֵּׂא, תָּמִיד, שְׁמֶךָ מַלְכֵנוּ  
לְעוֹלָם וָעֶד,  
וְכָל הַחַיִּים יוֹדוּךָ סֵלָה.

וַיְהַלְלוּ וַיְבָרְכוּ אֶת  
שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,  
לְעוֹלָם כִּי טוֹב,  
הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֵלָה,  
הָאֵל הַטּוֹב.

בָּרוּךְ אַתָּה יְהוָה יֵאֱהָדוּנָהּ,  
הַטּוֹב שְׁמֶךָ  
וְלָךְ נִאֶה לְהוֹדוֹת. {אֲמֵן.}

The following blessing is said only during the Chazzan's repetition.

## ברכת כהנים BIRKAT KOHANIM

Recited by the Chazzan, Everyone responds with the words in { }.

The Chazzan faces right at וַיִּשְׁמְרֵךָ V'yishm'recha;

faces left at פָּנָיו אֵלֶיךָ Panav eilecha,

and faces East for the remainder of the blessings.

Eloheinu Velohei avoteinu,  
Our Elohim and Elohim of our ancestors,  
bar'chenu va-b'rachah ham'shuleshet  
bless us with the threefold blessing  
ba-Torah ha-ketuvah al  
in the Torah written by  
y'dei Mosheh avdecha,  
the hand of Moses Your servant,  
ha-amurah mipi Aharon uvanav,  
uttered from the mouth of Aaron and his sons,  
kohanim am k'dushecha, ka-amur:  
the Kohanim, Your holy people, as it is said:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
בְּרַכְנוּ בְּבְרַחַת הַמְּשֻׁלֶּשֶׁת  
בַּתּוֹרָה הַכְּתוּבָה עַל  
יְדֵי מֹשֶׁה עַבְדְּךָ,  
הָאֲמוּרָה מִפִּי אַהֲרֹן וּבָנָיו,  
כֹּהֲנִים עִם קְדוּשָׁתְךָ, כְּאֲמוּר:

יְבָרְכֶךָ יְהוָה יֵאֱהָדוּנְהִי וַיִּשְׁמְרֵךָ.  
Y'varech'cha Adonai v'yishm'recha.  
May Adonai bless you and protect you.

{כֵּן יְהִי רָצוֹן.}  
{Ken y'hi ratzon.}  
{Whose will may it be.}

יֵאֵר יְהוָה יֵאֱהָדוּנְהִי פָּנָיו אֵלֶיךָ וַיַּחַנְךָ.  
Ya-er Adonai panav elecha vichuneka.  
May Adonai shine His countenance upon you and give you grace.

{כֵּן יְהִי רָצוֹן.}  
{Ken y'hi ratzon.}  
{Whose will may it be.}

יִשָּׂא יְהוָה יֵאֱהָדוּנְהִי פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שְׁלוֹם.  
Yisa Adonai panav elecha v'yasem l'cha shalom.  
May Adonai lift His countenance towards you and give peace to you.

{כֵּן יְהִי רָצוֹן.}  
{Ken y'hi ratzon.}  
{Whose will may it be.}

# שָׁלוֹם

## 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.

### Sim shalom

*Establish peace*

**tovah uvrachah,**

*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. {Amen.}**

*Israel with peace. {Amen.}*

שִׁים שָׁלוֹם

טוֹבָה וּבְרָכָה,

חַיִּים חֵן וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

וּבְרַכְנוּ אֲבִינוּ

כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,

כִּי בְאוֹר פְּנֶיךָ נָתַתָּ לָנוּ,

יְהוָה יֵאֱהַדוֹנְהִי אֱלֹהֵינוּ,

תּוֹרָה וְחַיִּים, אֶהְבָּה וְחֶסֶד,

צְדָקָה וְרַחֲמִים,

בְּרָכָה וְשָׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבְרַכְנוּ

וּלְבָרֵךְ אֶת כָּל עַמְּךָ יִשְׂרָאֵל,

בְּרֹב עֹז וְשָׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה וְהוֹדוּהוּ יֵאֱהַדוֹנְהִי,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם. {אָמֵן.}

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.*

יְהִי לְרָצוֹן אִמְרֵי פִי  
וְהִגְיוֹן לְבִי לְפָנֶיךָ,  
יְהוָה יֵאֱהוּדֹנָהי צוּרִי וְגֹאֲלִי.

אֱלֹהֵי נְצוּר

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

*very soon 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.*

אֱלֹהֵי, נְצוּר לְשׁוֹנֵי מִרְעָ,  
וּשְׂפָתַי מִדַּבֵּר מִרְמָה,  
וְלִמְקַלְלֵי נַפְשִׁי תָדוֹם,  
וְנַפְשִׁי כְּעָפָר לְכֹל תִּהְיֶה.  
פְּתַח לְבִי בְּתוֹרַתְךָ,  
וְאַחֲרַי מִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.  
וְכֹל הַקָּמִים עָלַי לְרָעָה,  
מְהֵרָה הִפֵּר עֲצָתָם  
וְקָלְקַל מַחֲשֵׁבוֹתָם.  
עֲשֵׂה לְמַעַן שְׁמֶךָ,  
עֲשֵׂה לְמַעַן יְמִינְךָ,  
עֲשֵׂה לְמַעַן תּוֹרַתְךָ,  
עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.  
לְמַעַן יַחֲלִצוּן יְדִידֶיךָ,  
הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

*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.

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

Oseh shalom bimromav,

May the One Who makes peace in His heights,

Bow to the right and say:

hu b'rachamav

may He, in His compassion,

ya-aseh shalom aleinu,

make peace upon us,

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,

Straighten the body and say:

v'imru amen. {Amen.}

and say amen.

Y'hi ratzon mil'fanecha,

May it be the will before You,

Adonai Eloheinu

Adonai our Elohim

Velohei avoteinu

and Elohim of our ancestors,

sheyibaneh beit hamikdash

that You shall rebuild the holy Temple

bimherah v'yameinu,

very soon in our days,

v'ten chelkenu b'Toratach,

and grant that our portion be in Your Torah,

la-asot chukei r'tzonach

to perform the statutes of Your will

ulovdach b'levav shalem.

and to serve You wholeheartedly.

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

If Tachanun is said, continue on the next page.

On all other days continue on page 165.

יְהִי לְרָצוֹן אִמְרֵי פִי  
וְהִגִּיוֹן לְבִי לְפָנֶיךָ,  
יְהוָה יֵאֱהוּדוּנְהִי צוּרִי וְגֹאֲלִי.

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו,

הוּא בְּרַחֲמָיו  
יַעֲשֵׂה שָׁלוֹם עָלֵינוּ,

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,  
וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
יְהוָה יֵאֱהוּדוּנְהִי אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
שִׁיבֵנָה בֵּית הַמִּקְדָּשׁ  
בְּמַהֲרָה בְּיָמֵינוּ,  
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,  
לְעֲשׂוֹת חֻקֵי רָצוֹנְךָ  
וּלְעַבְדְּךָ בְּלֵב שָׁלֵם.

# תְּחִינּוּן

## TACHANUN

*Tachanun is not recited on Shabbat, Festival Days, Chol HaMoed, Rosh Chodesh, the entire month of Nissan, Pesach Sheni, Lag B'Omer, from Rosh Chodesh Sivan until the 14th of Sivan, Tisha B'Av, Tu B'Av, Erev Rosh Hashanah, Erev Yom Kippur, between Yom Kippur and the 2nd day of Cheshvan, Chanukah, Tu B'Shevat, Purim, Shushan Purim, or in a house of mourning during the shivah period.*

## וּדְוִי

### VIDUI (CONFESSION)

*Stand with head and body slightly bowed.*

**Ana Adonai Eloheinu**

*We beseech You Adonai our Elohim*

**Velohei avoteinu,**

*and Elohim of our ancestors,*

**tavo l'fanecha t'filatenu,**

*may our prayer come before You,*

**v'al tit-alam malkenu mitchinatenu,**

*and do not disregard our plea, our Sovereign,*

**she-ein anachnu azei fanim**

*for we are not arrogant*

**uk-shei oref lomar l'fanecha**

*and stiff necked to say before You*

**Adonai Eloheinu**

*Adonai our Elohim*

**Velohei avoteinu,**

*and Elohim of our ancestors,*

**tzadikim anachnu v'lo chatanu,**

*that we are righteous and did nothing negative,*

**aval chatanu, avinu, pashanu,**

*indeed we have been negative, iniquitous, done misdeeds*

**anachnu va-avoteinu**

*we and our ancestors,*

**v'anshe veiteinu.**

*and the members of our household.*

אָנָּא אֲדוֹנָי יְהוֹה יֵאָהֳדוּנְהִי אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
תָּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ,  
וְאַל תִּתְעַלֵּם מִלְּכֻנּוֹ מִתְחִינָתֵנוּ,  
שֶׁאִין אֲנַחְנוּ עֲזֵי פָנִים  
וְקָשִׁי עֶרְף לֹמֵר לְפָנֶיךָ  
יְהוֹה יֵאָהֳדוּנְהִי אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
צַדִּיקִים אֲנַחְנוּ וְלֹא חָטָאנוּ,  
אֲבָל חָטָאנוּ, עֲבִינוּ, פָּשַׁעְנוּ,  
אֲנַחְנוּ וְאֲבוֹתֵינוּ  
וְאֲנָשֵׁי בֵיתֵנוּ.

*Strike the left side of the chest with the right fist while reciting each Hebrew word that begins with a blue letter, transliteration has a Hebrew letter for each word.*

**אֶ Ashamnu, בִּ bagadnu, גִּ gazalnu,**

*We have been guilty, we have betrayed, we have stolen,*

**דִּ dibarnu dofi v'lashon hara,**

*we have spoken slander and evil speech*

אֶשְׁמְנוּ, בִּגְדָנוּ, גִּזְלָנוּ,  
דִּבְרָנוּ דְּפִי וְלָשׁוֹן הָרָע,

ה he-evinu, ו v'hirshanu, ז zadnu,  
*we have done iniquity, we caused wickedness, we transgressed,*  
 ח chamasnu, ט tafalnu sheker,  
*we have extorted, we have made false accusations,*  
 י ya-atznu ra, כ kizavnu, ל latznu,  
*we have given bad advice, we have deceived, we have scorned,*  
 מ maradnu, נ ni-atznu, ס saranu,  
*we have rebelled, we have blasphemed, we have strayed,*  
 ע avinu, פ pashanu, צ tzaranu,  
*we've been iniquitous, we've done misdeeds, we've bound up,*  
 ק kishinu oref, ר rashanu,  
*we have stiffened our necks, we have been wicked,*  
 ש shichatnu, ת ti-avnu,  
*we have been corrupt, we have detested,*  
 ta-inu v'ti-atanu.  
*we have gone astray, and we have scoffed.*

Sarnu mimitzvotecha umimishpatecha,  
*We have turned away from Your commandments and Your laws,*  
hatovim, v'lo shavah lanu.  
*that are good, and it was not worthwhile for us.*  
V'atah tzadik al kol  
*And You are righteous in all*  
haba aleinu,  
*that has come upon us,*  
ki emet asita  
*for truthfully have You acted,*  
va-anachnu hirshanu.  
*while we have acted wickedly.*

הֶעֱוִינוּ, וְהִרְשָׁנוּ, זָדָנוּ,  
 חֲמָסָנוּ, טַפְּלָנוּ שֶׁקֶר,  
 יַעֲצָנוּ רָע, כִּזְבָּנוּ, לַצָּנוּ,  
 מַרְדָּנוּ, נֹאצָנוּ, סָרְרָנוּ,  
 עֲוִינוּ, פִּשְׁעָנוּ, צָרָרָנוּ,  
 קִשִּׁינוּ עֹרֶף, רָשָׁנוּ,  
 שִׁחַתְנוּ, תִּעֲבָנוּ,  
 תַּעֲיָנוּ וְתַעֲתֵעֵנוּ.  
 סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמִּשְׁפָּטֶיךָ,  
 הַטּוֹבִים, וְלֹא שׁוֹה לָנוּ.  
 וְאַתָּה צַדִּיק עַל כָּל  
 הַבָּא עֲלֵינוּ,  
 כִּי אֱמֶת עָשִׂיתָ  
 וְאַנַּחְנוּ הִרְשָׁנוּ.

## י"ג מדות

## THE THIRTEEN ATTRIBUTES

*We stand as we recite the following:*

El erech apayim atah,  
*Almighty One, You are slow to anger,*  
uva-al harachamim nikreta,  
*and You are called the Ruler of mercy,*  
g'dulat rachamecha vachasadecha  
*the greatness of Your mercy and Your lovingkindness*  
hodata le-anav mikedem,  
*You made known to the humble one [Moses] in ancient times,*  
v'chen katuv b'Toratach:  
*and so it is written in Your Torah:*  
Vayered Adonai be-anan  
*And Adonai descended in a cloud*  
vayit-yatzev imo sham,  
*and He stood there with him [Moses],*  
vayikra v'shem Adonai.  
*and He called out with the Name, Adonai.*  
v'sham ne-emar:  
*and there it was said:*

אֵל אֶרֶךְ אַפַּיִם אַתָּה,  
וּבַעַל הַרְחָמִים נִקְרָאתָ,  
גְּדֹלַת רַחֲמֶיךָ וְחַסְדֶּיךָ  
הוֹדַעְתָּ לְעַנּוּ מִקֶּדֶם,  
וְכֵן כָּתוּב בְּתוֹרָתְךָ:  
וַיֵּרֵד יְהוָה יֵאֱהוּנָהּ בְּעַנָּן  
וַיִּתְיַצֵּב עִמּוֹ שָׁם,  
וַיִּקְרָא בְּשֵׁם יְהוָה יֵאֱהוּנָהּ.  
וְשָׁם נֶאֱמַר:

*One should bow slightly while saying the following verse,  
and everyone says it together:*

וַיַּעֲבֹר יְהוָה יֵאֱהוּנָהּ עַל פְּנֵי וַיִּקְרָא:  
Vaya-avor Adonai al panav vayikra:  
*And Adonai passed before [Moses'] face and proclaimed:*

# יהוה | יהוה

יהוה | יהוה

Adonai, Adonai,  
Adonai, Adonai,

אֵל, אֵל, רַחוּם, רַחוּם, וְחַנּוּן, וְחַנּוּן, אֶרֶךְ

<sup>1)</sup>El, <sup>2)</sup>rachum, <sup>3)</sup>v'chanun, <sup>4)</sup>Erech  
Almighty One, Compassionate, and Gracious, slow

הַ אַפַּיִם, וְרַב חֶסֶד,

<sup>5)</sup>apayim, <sup>6)</sup>v'rav chesed,  
to anger, and Abundant in lovingkindness,

וְאֵמֶת,

<sup>7)</sup>ve-emet,  
and Truth,

זֶכַר חֶסֶד יוֹד הִי וְיוֹ הִי ט לְאַלְפִים,

<sup>8)</sup>notzer chesed <sup>9)</sup>la-alafim,  
Preserver of lovingkindness for thousands of generations,

יוֹד הִי וְיוֹ הִי

אֵלֶּה הֵיאָה יוֹד הֵיאָה

אֵלֶּה הֵיאָה יוֹד הֵיאָה

אֱלֹהִים אֲדֹנָי

אֱלֹהִים אֲדֹנָי

אֵלֶּה לְמִדָּה הֵיאָה יוֹד מִמֶּנּוּ

מִנְצֵל פָּרַךְ

דִּין דִּין דִּין דִּין דִּין

נָשֵׂא עֲוֹן, וְנִפְשֵׁעַ, וְחַטָּאָה, וְנִזְקָה.

<sup>10)</sup>noseh avon, <sup>11)</sup>vafesha, <sup>12)</sup>v'chata-ah, <sup>13)</sup>v'nakeh.  
Forgiver of iniquity, willful wrongdoing, and error, and Who cleanses.

אֵלֶּה הֵיאָה יוֹד הֵיאָה

רַחוּם וְחַנוּן, חָטְאנוּ לְפָנֶיךָ, רַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ.

Rachum v'chanun, chatanu l'fanecha, rachem aleinu v'hoshi-enu.

O compassionate and gracious One, we have missed the mark before You, have mercy on us and save us.

## נְפִילַת אַפַּיִם – תְּהִלִּים כה

### NEFILAT APAYIM - TEHILIM 25

The Zohar recommends that we lower our head and lay it on our left upper arm as we say this Tehilim. King David wrote this Tehilim in the order of the AlefBet. He skipped the letters ק, ו, ב, which spells בוק which represents emptiness and teaches the need for Teshuvah. He also repeated the letters א, ר, פ which form the word רפא which means "to heal".

L'David elecha Adonai

By David: To You Adonai

nafshi esa.

I lift up my soul.

Elohai b'cha vatachti,

My Elohim in You have I trusted,

al evoshah,

let me not be put to shame,

al ya-al'tzu oy'vai li.

let not my enemies exult over me.

Gam kol kovecha lo yevoshu,

Also, may all who hope in You not be put to shame,

yevoshu habog'dim reikam.

may those who betray You without cause be shamed.

D'rachecha Adonai hodieni,

Make Your ways known to me Adonai,

orchotecha lam'deni.

teach me Your paths.

Hadricheni va-amitecha v'lam'deni,

Lead me in Your truth and teach me,

ki atah Elohei yishi,

for You are the Elohim of my salvation,

ot'cha kiviti kol hayom.

to You I have hoped all the day.

Z'chor rachamecha

Remember Your mercies,

Adonai vachasadecha,

Adonai, and Your lovingkindnesses,

ki me-olam hemah.

for they are eternal.

Chatot n'urai ufsha-ai al tizkor,

Remember not the sins of my youth and my misdeeds,

לְדוֹד אֱלֹהֶיךָ יְהוָה יֵאָהֲדוּנָהּ

נַפְשִׁי אֶשָּׂא.

אֱלֹהֵי בְךָ בִטַּחְתִּי,

אֵל אֲבוֹשָׁה,

אֵל יַעֲלֶצוּ אִיְבֵי לִי.

גַּם כָּל קוֹיֶיךָ לֹא יִבְשׁוּ,

יִבְשׁוּ הַבּוֹגְדִים רִיקָם.

דַּרְכֶיךָ יְהוָה יֵאָהֲדוּנָהּ הוֹדִיעֵנִי,

אֲרַחֲוֶתֶיךָ לְמַדְנִי.

הִדְרִיכְנִי בְאַמְתֶּךָ וּלְמַדְנִי,

כִּי אַתָּה אֱלֹהֵי יִשְׂרָאֵל,

אוֹתְךָ קִוִּיתִי כָּל הַיּוֹם.

זְכוֹר רַחֲמֶיךָ

יְהוָה יֵאָהֲדוּנָהּ וַחֲסָדֶיךָ,

כִּי מֵעוֹלָם הֵמָּה.

חַטָּאוֹת נַעוּרַי וּפְשָׁעַי אֵל תִּזְכֹּר,

**k'chasd'cha z'chor li atah,**  
*according to Your lovingkindness, You remember for me,*  
**l'ma-an tuv'cha Adonai.**  
*for the sake of Your goodness Adonai.*  
**Tov v'yashar Adonai,**  
*Good and upright is Adonai,*  
**al ken yoreh chata-im badarech.**  
*therefore He guides sinners on the way.*  
**Yadrech anavim bmishpat,**  
*He leads the humble with justice,*  
**vilamed anavim darko.**  
*and teaches His way to the humble.*  
**Kol orchot Adonai**  
*All the ways of Adonai*  
**chesed ve-emet,**  
*are lovingkindness and truth,*  
**l'notz'rei v'rito v'edotav.**  
*to those who keep His covenant and His testimonies.*  
**L'ma-an shimcha Adonai,**  
*For the sake of Your Name Adonai,*  
**v'salachta la-avoni ki rav hu.**  
*pardon my iniquity for it is great.*  
**Mi zeh ha-ish y're Adonai,**  
*Whosoever is the person who is in awe of Adonai,*  
**yorenu b'derech yivchar.**  
*He will teach them the way they should choose.*  
**Nafsho b'tov talin,**  
*Their soul will repose in goodness,*  
**v'zaro yirash aretz.**  
*and their offspring will inherit the land.*  
**Sod Adonai lire-av,**  
*The secret of Adonai is to those in awe of Him,*  
**uvrito l'hodi-am.**  
*and His covenant to inform them.*  
**Einai tamid el Adonai,**  
*My eyes are always toward Adonai,*  
**ki hu yotzi mereshet raglai.**  
*for it is He Who removes my feet from the net.*  
**P'neh elai v'choneni,**  
*Turn to me and show me favor,*  
**ki yachid v'ani ani.**  
*for I am alone and afflicted.*  
**Tzarot l'avavi hirschivu,**  
*The troubles of my heart have expanded,*  
**mim'tzukotai hotzi-eni.**  
*release me from my distresses.*  
**R'eh onyi va-amali,**  
*See my afflictions and my toil,*

**כַּחֲסֵדְךָ זָכוֹר לִי אֶתָּה,**  
**לְמַעַן טוֹבְךָ יְהוָה יֵאֱהוֹנֶה.**  
**טוֹב וַיָּשָׁר יְהוָה יֵאֱהוֹנֶה,**  
**עַל כֵּן יוֹרֵה חַטָּאִים בַּדֶּרֶךְ.**  
**יַדְרִיךְ עֲנָוִים בַּמִּשְׁפָּט,**  
**וַיְלַמֵּד עֲנָוִים דַּרְכוֹ.**  
**כֹּל אֲרָחוֹת יְהוָה יֵאֱהוֹנֶה**  
**חֶסֶד וְאֱמֶת,**  
**לְנוֹצְרֵי בְרִיתוֹ וְעֵדוֹתָיו.**  
**לְמַעַן שִׁמְךָ יְהוָה יֵאֱהוֹנֶה,**  
**וְסָלַחְתָּ לְעוֹנֵי כִּי רַב הוּא.**  
**מִי זֶה הָאִישׁ יִרָא יְהוָה יֵאֱהוֹנֶה,**  
**יוֹרֵנוּ בַּדֶּרֶךְ יִבְחָר.**  
**נַפְשׁוֹ בְּטוֹב תָּלִין,**  
**וְזָרְעוֹ יִירֶשׁ אֶרֶץ.**  
**סוֹד יְהוָה יֵאֱהוֹנֶה לִירְאָיו,**  
**וּבְרִיתוֹ לְהוֹדִיעֵם.**  
**עֵינָי תָּמִיד אֶל יְהוָה יֵאֱהוֹנֶה,**  
**כִּי הוּא יוֹצֵא מִרֶשֶׁת רַגְלֵי.**  
**פְּנֵה אֵלַי וְחֹנְנֵנִי,**  
**כִּי יַחֲדִיד וְעָנִי אָנִי.**  
**צָרוֹת לְבָבִי הִרְחִיבוּ,**  
**מִמִּצְרוֹקוֹתַי הוֹצֵא אֹנִי.**  
**רְאֵה עֲנֵי וְעַמְלֵי,**

v'sa l'chol chatotai.

and forgive all my sins.

R'eh oy'vai ki rabu,

See my enemies for they are many,

v'sinat chamas s'ne-uni.

and they hate me with a violent hatred.

Shomrah nafshi v'hatzileni,

Protect my soul and rescue me,

al evosh ki chasiti vach.

let me not be put to shame for I have taken refuge in You.

Tom vayosher yitz'runi,

May integrity and uprightness preserve me,

ki kiviticha.

for I hope to You.

P'deh Elohim et Yisrael

O Elohim, redeem Israel

mikol tzarotav.

from all its troubles.

Adonai Elohei Yisra-el,

Adonai, Elohim of Israel,

shuv mecharon apecha,

turn back from Your flaring anger,

v'hinachem al hara-ah l'amecha.

and relent from the evil meant for Your people.

Avinu malkenu, Avinu atah,

Our Father, our Sovereign, You are our Father,

Avinu malkenu

our Father, our Sovereign,

ein lanu melech ela atah,

we have no Sovereign but You,

Avinu malkenu rachem aleinu.

our Father, our Sovereign, have mercy upon us.

Avinu malkenu chonenu va-anenu

Our Father, our Sovereign be gracious with us and answer us

ki ein banu ma-asim,

though we have no deeds which are worthy,

aseh imanu tz'dakah

treat us with charity

vachesed l'ma-an

and lovingkindness for the sake of

shimcha hagadol v'hoshi-enu.

Your holy Name and save us.

Va-anachnu lo neda mah na-aseh

We do not know what we should do,

ki alecha eineinu.

but our eyes are upon You.

וְשָׂא לְכֹל חַטֹּאתַי.

רְאֵה אוֹיְבַי כִּי רַבּוּ,

וְשִׂנְאֵת חַמַּס שְׂנֵאוֹנַי.

שְׂמְרָה נַפְשִׁי וְהַצִּילֵנִי,

אֲלֵ אֲבוֹשׁ כִּי חָסִיתִי בְךָ.

תָּם וַיִּשֶׁר יִצְרוּנִי,

כִּי קוֹיִתִּיךָ.

פְּדֵה אֱלֹהִים אֶת יִשְׂרָאֵל

מִכָּל צָרוֹתָיו.

יְהוָה יֵאֱהַרְוֵנִי אֱלֹהֵי יִשְׂרָאֵל,

שׁוּב מִחֲרוֹן אַפֶּיךָ,

וְהִנָּחֵם עַל הָרָעָה לְעַמֶּיךָ.

אֲבִינוּ מִלְּכָנוּ, אֲבִינוּ אַתָּה,

אֲבִינוּ מִלְּכָנוּ

אֵין לָנוּ מֶלֶךְ אֶלָּא אַתָּה,

אֲבִינוּ מִלְּכָנוּ רַחֵם עָלֵינוּ.

אֲבִינוּ מִלְּכָנוּ חַנּוּן וְעֲנּוּן

כִּי אֵין בָּנוּ מַעֲשִׂים,

עֲשֵׂה עִמָּנוּ צְדָקָה

וְחֶסֶד לְמַעַן

שְׂמֶךְ הַגָּדוֹל וְהוֹשִׁיעֵנוּ.

וְאִנְחָנוּ לֹא נִדְעַ מַה נַּעֲשֶׂה

כִּי עָלֶיךָ עֵינֵינוּ.

**Z'chor rachamecha***Remember Your mercies,***Adonai vachasadecha,***Adonai, and Your lovingkindnesses,***ki me-olam hemah.***for they are eternal.***Y'hi chasd'cha Adonai aleinu,***May Your lovingkindness be upon us, Adonai,***ka-asher yichalnu lach.***just as we have awaited You.***Al tizkor lanu avonot rishonim,***Remember not against us the sins of the ancients,***maher y'kad'munu rachamecha,***may Your mercies meet us quickly,***ki dalonu m'od.***for we have become exceedingly impoverished.***Ezrenu b'shem Adonai,***Our help is in the Name of Adonai,***oseh shamayim va-aretz.***Maker of heaven and earth.***Chonenu Adonai chonenu,***Be gracious to us, Adonai, be gracious to us,***ki rav savanu vuz.***for we are greatly sated with scorn.***B'rogez rachem tizkor,***Amid wrath, remember to have mercy,***b'rogez ahavah tizkor,***amid wrath, remember to love,***b'rogez akedah tizkor,***amid wrath, remember the Akedah (Binding),***b'rogez t'mimut tizkor.***amid wrath, remember those who are upright.***Adonai hoshi-ah,***Adonai grant salvation,***hamelech ya-anenu v'yom korenu.***may the Sovereign answer us on the day we call.***Ki hu yada yitz'renu,***For He knew our nature,***zachur ki afar anachnu.***for He remembers that we are but dust.***Ozrenu Elohei yishenu***Assist us, Elohim of our salvation,***al d'var k'vod sh'mecha,***on the matter of the glory of Your Name,***V'hatzilenu v'chaper al chatoteinu***And rescue us and atone for our misdeeds***l'ma-an sh'mecha.***for the sake of Your Name.***זְכוֹר רַחֲמֶיךָ****יְהוָה יֵאֱהַדּוּנָהּ וַחֲסִדֶיךָ,****כִּי מֵעוֹלָם הֵמָּה.****יְהִי חֲסִדְךָ יְהוָה יֵאֱהַדּוּנָהּ עָלֵינוּ,****כַּאֲשֶׁר יִחַלְנוּ לָךְ.****אַל תִּזְכֹּר לָנוּ עֲוֹנוֹת רֵאשׁוֹנִים,****מֵהֵר יִקְדְּמוּנוּ רַחֲמֶיךָ,****כִּי דָלוּנוּ מְאֹד.****עֲזְרָנוּ בְּשֵׁם יְהוָה יֵאֱהַדּוּנָהּ,****עֹשֵׂה שָׁמַיִם וָאָרֶץ.****חֲנֻנוּ יְהוָה יֵאֱהַדּוּנָהּ חֲנֻנוּ,****כִּי רַב שָׁבַעְנוּ בּוֹז.****בְּרָגַז רַחֵם תִּזְכֹּר,****בְּרָגַז אַהֲבָה תִזְכֹּר,****בְּרָגַז עֲקֵדָה תִזְכֹּר,****בְּרָגַז תְּמִימוֹת תִזְכֹּר.****יְהוָה יֵאֱהַדּוּנָהּ הוֹשִׁיעָהּ,****הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.****כִּי הוּא יָדַע יִצְרָנוּ,****זְכוֹר כִּי עָפָר אֲנַחְנוּ.****עֲזְרָנוּ אֱלֹהֵי יִשְׁעָנוּ****עַל דְּבַר כְּבוֹד שְׁמֶךָ,****וְהַצִּילְנוּ וְכִפֵּר עַל חַטָּאתֵינוּ****לְמַעַן שְׁמֶךָ.**

On Mondays and Thursdays, continue below.  
On all other days, continue with Y'hi Shem on page 165.

## תחנון לשני וחמישי

### TACHANUN FOR MONDAY AND THURSDAY

We stand as we recite the following:

El melech yoshev

*Almighty One, Sovereign Who sits*

al kisei rachamim,

*upon the throne of mercy,*

mit-naheg bachasidut,

*Who acts with kindness,*

mochel avonot amo,

*Who pardons the negative deeds of Your people,*

ma-avir rishon rishon,

*Who removes them one by one,*

mar-beh m'chilah l'chata-im,

*Who abundantly grants pardon to those who do negative deeds,*

uslichah l'fosh'im,

*and forgiveness to transgressors,*

oseh tz'dakot im

*Who performs acts of generosity with*

kol basar varu-ach,

*all beings of flesh and spirit,*

lo ch'ra-atam lahem tigmol.

*not in accordance with thier wickedness do You repay them.*

El, horeitanu lomar

*Almighty One, You taught us to recite*

midot sh'losh esreh,

*the Thirteen Attributes,*

z'chor lanu hayom

*remember for us today*

b'rit sh'losh esreh,

*the covenant of the Thirteen Attributes,*

k'mo shehodata le-anav mikedem,

*as You made known to the humble one (Moses) in ancient times,*

v'chen katuv b'Toratach:

*and thus it is written in Your Torah:*

Vayered Adonai be-anan,

*And Adonai descended in a cloud,*

vayit-yatzev imo sham,

*and stood with him there,*

vayikra v'shem Adonai.

*and called out with the Name of Adonai.*

אֵל מֶלֶךְ יוֹשֵׁב  
עַל כִּסֵּא רַחֲמִים,  
מִתְנַהֵג בְּחַסִּידוֹת,  
מוֹחֵל עֲוֹנוֹת עַמּוֹ,  
מַעְבִּיר רֵאשׁוֹן רֵאשׁוֹן,  
מְרַבֵּה מַחִילָה לְחַטָּאִים,  
וּסְלִיחָה לְפוֹשְׁעִים,  
עוֹשֶׂה צְדָקוֹת עִם  
כָּל בָּשָׂר וָרוּחַ,  
לֹא כְרַעַתָּם לָהֶם תִּגְמֹל.  
אֵל, הוֹרִיתָנוּ לומר  
מִדּוֹת שְׁלֹשׁ עֶשְׂרֵה,  
זְכוֹר לָנוּ הַיּוֹם  
בְּרִית שְׁלֹשׁ עֶשְׂרֵה,  
כְּמוֹ שֶׁהוֹדַעְתָּ לָעָנָו מִקְדָּם,  
וְכֵן כָּתוּב בְּתוֹרַתְךָ:  
וַיֵּרֵד יְהוָה יֵאֱהוּנָהּ בְּעָנָן,  
וַיִּתְּצֵב עִמּוֹ שָׁם,  
וַיִּקְרָא בְּשֵׁם יְהוָה יֵאֱהוּנָהּ.

We bow as we say the following verse:

וַיַּעֲבֹר יְהוָה יֵאֱהוּנְהִי עַל פָּנָיו וַיִּקְרָא:

Vaya-avor Adonai al panav vayikra:

And Adonai passed before [Moses'] face and proclaimed:

יְהוָה יֵאֱהוּנְהִי | יְהוָה יֵאֱהוּנְהִי

Adonai, Adonai,

Adonai, Adonai,

אֵל, בְּרַחוּם, גְּוַחֲנוּן, דְּאֶרֶךְ

<sup>1)</sup>El, <sup>2)</sup>rachum, <sup>3)</sup>v'chanun, <sup>4)</sup>Erech

Almighty One, Compassionate, and Gracious, slow

הַאֲפִימִים, וְיָרַב חֶסֶד,

<sup>5)</sup>apayim, <sup>6)</sup>v'rav chesed,

to anger, and Abundant in lovingkindness,

וְאֵמֶת,

<sup>7)</sup>ve-emet,

and Truth,

זֶכַר חֶסֶד יוֹד הִי וְיוֹ הִי טָ לְאַלְפִים,

<sup>8)</sup>notzer chesed <sup>9)</sup>la-alafim,

Preserver of lovingkindness for thousands of generations,

יוֹד הִי וְיוֹ הִי

אֶלֶף הֵא יוֹד הֵא

אֶלֶף הֵא יוֹד הֵא

אֱלֹהִים אֲדֹנָי

אֱלֹהִים אֲדֹנָי

אֶלֶף לְמִדָּה הֵא יוֹד מִם

מִן זָכַר

דִּין דִּין דִּין דִּין דִּין

נָשָׂא עֲוֹן, יֵאֱפֹשֵׁעַ, יֵאֱחַטְאֵה, יֵאֱנַקֵּה.

<sup>10)</sup>noseh avon, <sup>11)</sup>vafesha, <sup>12)</sup>v'chata-ah, <sup>13)</sup>v'nakeh.

Forgiver of iniquity, willful wrongdoing, and error, and Who cleanses.

אֶלֶף הֵא יוֹד הֵא

## אַנְשֵׁי אֱמוּנָה ANSHEI EMUNAH

The Hebrew Letters are the pulse of all of Creation. This prayer contains the letters in their natural order and assists us to correct our negative actions during the past year.

א Anshei emunah avadu,  
*The people of faith are lost,*

ב ba-im b'cho-ach ma-aseihem.  
*those who were strong in deeds.*

ג Giborim la-amod baperetz,  
*Heroes to stand in the breach,*

ד dochim et hag-zerot.  
*they rejected evil decrees.*

ה Hayu lanu l'chomah,  
*They were to us a wall,*

ו ulmachseh b'yom za-am.  
*and a refuge in the day of wrath.*

ז Zo-achim af b'lachasham,  
*They diffused anger with their whispered prayer,*

ח chemah atzru b'shavam.  
*they stopped fury with their supplications.*

ט Terem k'ra-ucha anitam,  
*You answered them before they called to You,*

י yod'im la-ator ul-ratzot.  
*they knew how to petition and appease.*

כ K'av richamta l'ma-anam,  
*Like a father, You had mercy on them,*

ל lo heshivota p'neihem reikam.  
*You did not turn them away empty handed.*

מ Merov avoneinu avad'num,  
*Because of our many misdeeds, we have lost them.*

נ ne-esfu menu bachata-einu,  
*they have been taken from us because of our negativity.*

ס Sa-u hemah limnuchot,  
*They have gone to their rest,*

ע azvu otanu la-anachot.  
*they have left us with sighing.*

אֲנֹשֵׁי אֱמוּנָה אָבְדוּ,  
בְּאִים בְּכַח מַעֲשֵׂיהֶם.  
גִּבּוֹרִים לַעֲמֹד בַּפְּרֵץ,  
דּוֹחִים אֶת הַגְּזֵרוֹת.  
הָיוּ לָנוּ לְחֹמָה,  
וּלְמַחֲסֵה בְיוֹם זַעַם.  
זוֹעֲכִים אֶף בְּלַחֲשָׁם,  
חֲמָה עֲצְרוּ בְשׂוֹעָם.  
טָרַם קְרָאוּךְ עֲנִיתָם,  
יּוֹדְעִים לַעֲתֹר וּלְרַצּוֹת.  
כָּאֵב רַחֲמֹת לְמַעַנָם,  
לֹא הִשִּׁיבוֹת פְּנֵיהֶם רִיקָם.  
מֵרַב עֲוֹנוֹנוּ אֲבָדְנוּם,  
נֶאֱסְפוּ מִנוּ בַחֲטָאֵינוּ.  
סָעוּ הֵמָּה לְמִנוּחֹת,  
עֲזְבוּ אוֹתָנוּ לְאַנְחוֹת.

פ Pasu godrei gader,  
*Those who built fences are gone,*  
 צ tzumtu m'shivei chemah.  
*those who could stop anger have perished.*  
 ק Kamim baperetz ayin,  
*There are none to stand in the breach,*  
 ר r'uyim l'ratzo-t'cha afesu.  
*those worthy of pleasing You have disappeared.*  
 ש Shota-t'nu b'arba pinot,  
*We have wandered to the four corners,*  
 ת t'rufah lo matzanu.  
*we have found no cure.*

פָּסוּ גוֹדְרֵי גָדָר,  
 צָמְתוּ מְשִׁיבֵי חֶמָה.  
 קָמִים בַּפְּרֵץ אֵינִן,  
 רְאוּיִים לְרִצּוֹתֶיךָ אָפְסוּ.  
 שׂוֹטְטָנוּ בְּאַרְבַּע פְּנוֹת,  
 תְּרוּפָה לֹא מָצָאנוּ.

## שִׁלְשֵׁי עֶשְׂרֵה מִדּוֹת

### THIRTEEN ATTRIBUTES

The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. They also allow forgiveness to take place, through which our souls are purified.

*We stand as we recite the following:*

El melech yoshev  
*Almighty One, Sovereign Who sits*  
 al kisei rachamim,  
*upon the throne of mercy,*  
 mit-naheg bachasidut,  
*Who acts with kindness,*  
 mochel avonot amo,  
*Who pardons the negative deeds of Your people,*  
 ma-avir rishon rishon,  
*Who removes them one by one,*

אֵל מֶלֶךְ יוֹשֵׁב  
 עַל כִּסֵּא רַחֲמִים,  
 מִתְנַהֵג בַּחֲסִידוֹת,  
 מוֹחֵל עֲוֹנוֹת עַמּוֹ,  
 מַעְבִּיר רִשׁוֹן רִשׁוֹן,

mar-beh m'chilah l'chata-im,  
 Who abundantly grants pardon to those who do negative deeds,  
 uslichah l'fosh'im,  
 and forgiveness to transgressors,  
 oseh tz'dakot im  
 Who performs acts of generosity with  
 kol basar varu-ach,  
 all beings of flesh and spirit,  
 lo ch'ra-atam lahem tigmol.  
 not in accordance with thier wickedness do You repay them.  
 El, horeitanu lomar  
 Almighty One, You taught us to recite  
 midot sh'losh esreh,  
 the Thirteen Attributes,  
 z'chor lanu hayom  
 remember for us today  
 b'rit sh'losh esreh,  
 the covenant of the Thirteen Attributes,  
 k'mo shehodata le-anav mikedem,  
 as You made known to the humble one (Moses) in ancient times,  
 v'chen katuv b'Toratach:  
 and thus it is written in Your Torah:  
 Vayered Adonai be-anan,  
 And Adonai descended in a cloud,  
 vayit-yatzev imo sham,  
 and stood with him there,  
 vayikra v'shem Adonai.  
 and called out with the Name of Adonai.

מְרַבֵּה מְחִילָה לְחַטָּאִים,  
 וּסְלִיחָה לְפוֹשְׁעִים,  
 עוֹשֶׂה צְדָקוֹת עִם  
 כָּל בְּשָׂר וְרוּחַ,  
 לֹא כְרַעַתָּם לָהֶם תִּגְמֹל.  
 אֵל, הוֹרִיתָנוּ לֹאמַר  
 מִדּוֹת שְׁלֹשׁ עֶשְׂרֵה,  
 זְכוֹר לָנוּ הַיּוֹם  
 בְּרִית שְׁלֹשׁ עֶשְׂרֵה,  
 כְּמוֹ שֶׁהוֹדַעְתָּ לְעֲנֹו מִקְדָּם,  
 וְכֵן כָּתוּב בְּתוֹרַתְךָ:  
 וַיֵּרֶד יְהוָה יֵאֱהוּנָהּ בְּעָנָן,  
 וַיִּתְיַצֵּב עִמּוֹ שָׁם,  
 וַיִּקְרָא בְּשֵׁם יְהוָה יֵאֱהוּנָהּ.

We bow as we say the following verse:

וַיַּעֲבֹר יְהוָה עַל פָּנָיו וַיִּקְרָא:  
 Vaya-avor Adonai al panav vayikra:  
 And Adonai passed before [Moses'] face and proclaimed:

# יהוה | יהוה

יהוה | יהוה

Adonai, Adonai,  
Adonai, Adonai,

אֵל, אֵל, רַחוּם, רַחוּם, וְחַנּוּן, וְחַנּוּן, אֶרֶךְ

<sup>1)</sup>El, <sup>2)</sup>rachum, <sup>3)</sup>v'chanun, <sup>4)</sup>Erech  
Almighty One, Compassionate, and Gracious, slow

אֲפִים, אֲפִים, וְרַב חֶסֶד,

<sup>5)</sup>apayim, <sup>6)</sup>v'rav chesed,  
to anger, and Abundant in lovingkindness,

וְאֵמֶת,

<sup>7)</sup>ve-emet,  
and Truth,

זָכַר חֶסֶד יוֹד הִי וְיוֹ הִי טָ לְאַלְפִים,

<sup>8)</sup>notzer chesed <sup>9)</sup>la-alafim,  
Preserver of lovingkindness for thousands of generations,

יוֹד הִי וְיוֹ הִי

אֵלֶּה הֵא יוֹד הֵא

אֵלֶּה הֵא יוֹד הֵא

אֱלֹהִים אֲדֹנָי

אֱלֹהִים אֲדֹנָי

אֵלֶּה לְמַד הֵא יוֹד מִם

מִן טָ פֶּךְ

דִּין דִּין דִּין דִּין דִּין

נָשָׂא עֲוֹן, נָשָׂא עֲוֹן, וְנִפְשָׁע, וְנִפְשָׁע, וְנִכְהָה, וְנִכְהָה.

<sup>10)</sup>noseh avon, <sup>11)</sup>vafesha, <sup>12)</sup>v'chata-ah, <sup>13)</sup>v'nakeh.  
Forgiver of iniquity, willful wrongdoing, and error, and Who cleanses.

אֵלֶּה הֵא יוֹד הֵא

## תַּמְהַנּוּ TAMAHNU

This prayer is similar to the Anshei, however this time the Hebrew letters are in their reverse order. The word Tamahnu is related to the word Timhon Levav, which Onkelos translates to mean "lethargy". Through our hardships as a people, we have become lethargic and we now ask that we may rise above and be forgiven as we stand together in prayer.

ת Tamahnu mera-ot,

*We are dumbfounded by our troubles,  
tashash kochenu mitzarot.  
depleted is our strength by hardships.*

ש Shachnu ad limod,

*We are cast down exceedingly,  
shafalnu ad afar.  
we have been lowered to the dust.*

ר Rachum kach hi midtenu,

*O Merciful One, this is our nature,*

ק k'shei oref umam'rim anachnu.

*stiff-necked and rebellious are we.*

צ Tza-aknu b'finu chatanu,

*We cry out with our mouths "we have missed the mark",*

פ p'tal'to v'ikesh libenu.

*but our hearts are crooked and perverse.*

ע Elyon rachamecha me-olam,

*O Most High, Your compassion is forever,*

ס s'lichah im'cha hi.

*forgiveness is with You.*

נ Nicham al hara-ah,

*Repent for the wickedness,*

מ mateh ch'lafei chesed.

*bend towards loving kindness.*

ל Lo tit-alam b'itot ka-el,

*Do not ignore at times like these,*

כ ki v'tzarah g'dolah anachnu.

*for greatly troubled are we.*

י Yivada l'einei hakol,

*Let it be known to all,*

תַּמְהַנּוּ מִרְעוֹת,

תַּשֵּׁשׁ כֹּחֵנוּ מִצָּרוֹת.

שָׁחֲנוּ עַד לְמָאֵד,

שָׁפַלְנוּ עַד עָפָר.

רַחוּם כַּךְ הִיא מִדְּתֵנוּ,

קִשֵּׁי עוֹרֶף וּמַמְרִים אֲנַחְנוּ.

צָעַקְנוּ בְּפִינוּ חֲטָאנוּ,

פְּתַלְתַּל וְעִקֵּשׁ לְבָנוּ.

עֲלִיוֹן רַחֲמֶיךָ מֵעוֹלָם,

סְלִיחָה עִמָּךְ הִיא.

נִחַם עַל הָרָעָה,

מַטֵּה כְּלָפֵי חֶסֶד.

לֹא תִתְעַלֵּם בְּעֵתוֹת כְּאֵל,

כִּי בְּצָרָה גְדוֹלָה אֲנַחְנוּ.

יִוָּדַע לְעֵינֵי הַכֹּל,

ט **tuv'cha v'chasd'cha imanu.**

*that Your goodness and loving kindness are with us.*

ח **Chatom peh satan**

*Seal the mouth of the adversary*

**v'al yastin aleinu,**

*so that he cannot prosecute us,*

ז **z'om bo v'yidom.**

*admonish him so that he will be silent.*

ו **V'ya-amod melitz tov l'tzad'kenu,**

*And let a good angel stand to plead our righteousness,*

ה **hu yagid yashrenu.**

*and speak of our integrity.*

ד **D'rachecha rachum v'chanun,**

*Your ways, O Merciful and Gracious One,*

ג **gilita l'ne-eman bayit.**

*You revealed to the faithful one (Moses) of Your house.*

ב **B'vak'sho az mil'fanecha,**

*When he then requested before You,*

א **emunat'cha hodata lo.**

*You informed him of Your faithfulness.*

טוֹבְךָ וְחַסְדְּךָ עִמָּנוּ.

חַתֵּם פֶּה שָׂטָן

וְאַל יִשְׁטִין עָלֵינוּ,

זְעַם בּוֹ וַיִּדּוּם.

וַיַּעֲמֵד מַלְאֲכֵי טוֹב לְצַדִּיקֵינוּ,

הוּא יִגִּיד יִשְׁרָנוּ.

דַּרְכֶיךָ רַחוּם וְחַנּוּן,

גִּלִּיתָ לְנֶאֱמָן בַּיִת.

בְּבַקְשׁוֹ אֶז מִלְּפָנֶיךָ,

אֶמּוֹנַתְךָ הוֹדַעְתָּ לוֹ.

## שִׁלְשֵׁי עֶשְׂרֵה מִדּוֹת

### THIRTEEN ATTRIBUTES

The Thirteen Attributes reflect the thirteen different aspects of our relationship with the Creator. They also allow forgiveness to take place, through which our souls are purified.

*We stand as we recite the following:*

El **melech yoshev**

*Almighty One, Sovereign Who sits*

**al kisei rachamim,**

*upon the throne of mercy,*

**mit-naheg bachasidut,**

*Who acts with kindness,*

**mochel avonot amo,**

*Who pardons the negative deeds of Your people,*

**ma-avir rishon rishon,**

*Who removes them one by one,*

אֵל מֶלֶךְ יוֹשֵׁב

עַל כִּסֵּא רַחֲמִים,

מִתְנַהֵג בְּחַסִּידוֹת,

מוֹחֵל עֲוֹנוֹת עַמּוֹ,

מַעֲבִיר רִשׁוֹן רִשׁוֹן,

mar-beh m'chilah l'chata-im,  
*Who abundantly grants pardon to those who do negative deeds,*  
 uslichah l'fosh'im,  
*and forgiveness to transgressors,*  
 oseh tz'dakot im  
*Who performs acts of generosity with*  
 kol basar varu-ach,  
*all beings of flesh and spirit,*  
 lo ch'ra-atam lahem tigmol.  
*not in accordance with thier wickedness do You repay them.*  
 El, horeitanu lomar  
*Almighty One, You taught us to recite*  
 midot sh'losh esreh,  
*the Thirteen Attributes,*  
 z'chor lanu hayom  
*remember for us today*  
 b'rit sh'losh esreh,  
*the covenant of the Thirteen Attributes,*  
 k'mo shehodata le-anav mikedem,  
*as You made known to the humble one (Moses) in ancient times,*  
 v'chen katuv b'Toratach:  
*and thus it is written in Your Torah:*  
 Vayered Adonai be-anan,  
*And Adonai descended in a cloud,*  
 vayit-yatzev imo sham,  
*and stood with him there,*  
 vayikra v'shem Adonai.  
*and called out with the Name of Adonai.*

מְרַבֵּה מְחִילָה לְחַטָּאִים,  
 וּסְלִיחָה לְפוֹשְׁעִים,  
 עוֹשֶׂה צְדָקוֹת עִם  
 כָּל בָּשָׂר וְרוּחַ,  
 לֹא כְרַעַתָּם לָהֶם תִּגְמֹל.  
 אֵל, הוֹרִיתָנוּ לֹמַר  
 מִדּוֹת שְׁלֹשׁ עֶשְׂרֵה,  
 זְכוֹר לָנוּ הַיּוֹם  
 בְּרִית שְׁלֹשׁ עֶשְׂרֵה,  
 כְּמוֹ שֶׁהוֹדַעְתָּ לְעֲנֹו מִקְדָּם,  
 וְכֵן כָּתוּב בְּתוֹרַתְךָ:  
 וַיֵּרֵד יְהוָה יֵאֱהוּנְהִי בְּעַנָּן,  
 וַיִּתְיַצֵּב עִמּוֹ שָׁם,  
 וַיִּקְרָא בְּשֵׁם יְהוָה יֵאֱהוּנְהִי.

*We bow as we say the following verse:*

וַיַּעֲבֹר יְהוָה יֵאֱהוּנְהִי עַל פְּנֵי וַיִּקְרָא:  
 Vaya-avor Adonai al panav vayikra:  
*And Adonai passed before [Moses'] face and proclaimed:*

# יהוה | יהוה

Adonai, Adonai,  
Adonai, Adonai,

א אֵל, ב רַחוּם, ג וְחַנּוּן, ד אֶרֶךְ

<sup>1)</sup>El, <sup>2)</sup>rachum, <sup>3)</sup>v'chanun, <sup>4)</sup>Erech  
Almighty One, Compassionate, and Gracious, slow

ה אַפַּיִם, ו וְרַב חֶסֶד,

<sup>5)</sup>apayim, <sup>6)</sup>v'rav chesed,  
to anger, and Abundant in lovingkindness,

ז וְאֵמֶת,

<sup>7)</sup>ve-emet,  
and Truth,

ח זָכַר חֶסֶד יוֹד הִי וְיוֹ הִי ט לְאַלְפִים,

<sup>8)</sup>notzer chesed <sup>9)</sup>la-alafim,  
Preserver of lovingkindness for thousands of generations,

יוֹד הִי וְיוֹ הִי

אֵלֶּה הֵיאָה יוֹד הֵיאָה

אֵלֶּה הֵיאָה יוֹד הֵיאָה

אֵלֶּהִים אֲדֹנָי

אֵלֶּהִים אֲדֹנָי

אֵלֶּה לְמַד הֵיאָה יוֹד מִם

מִן שֶׁ פָּךְ

דִּין דִּין דִּין דִּין דִּין

י. יְשִׁיא עֲוֹן, יא וְפָשַׁע, יב וְזָטָאָה, יג וְזָכָה.

<sup>10)</sup>noseh avon, <sup>11)</sup>vafesha, <sup>12)</sup>v'chata-ah, <sup>13)</sup>v'nakeh.  
Forgiver of iniquity, willful wrongdoing, and error, and Who cleanses.

אֵלֶּה הֵיאָה יוֹד הֵיאָה

Eloheinu Velohei avoteinu,

*Our Elohim and Elohim of our ancestors,*

al ta-ash imanu kalah,

*do not make an end of us,*

tochez yad'cha bamishpat.

*may Your hand grasp justice.*

B'vo tochechah negdecha,

*When our admonishment comes before You,*

sh'menu misifr'cha al temach.

*do not erase our name from Your book.*

Gisht'cha lachakor musar,

*When You approach to determine sentence,*

rachamecha y'kad'mu rogzecha.

*may Your mercy precede Your wrath.*

Dalut ma-asim b'shurecha,

*When You see the poverty of deeds,*

karev tzedek me-elecha.

*advance righteousness from Yourself.*

Horenu, b'za-akenu lach,

*Father us, when we cry out to You,*

tzav y'shu-atenu b'mafgi-a.

*command our salvation in merit of the beseecher.*

V'tashiv sh'vut aholei tam,

*And return the captivity of the perfect one's tents,*

p'tachav r'eh ki shamemu.

*see that its entrances are in ruins.*

Z'chor na-amta,

*Remember Your utterance,*

edut lo tishachach mipi zaro.

*the testimony from the mouths of his seed won't be forgotten.*

Chotam t'udah tatir,

*Unfasten the seal of Torah,*

sod'cha sim b'limudecha,

*place Your secret of Your teaching,*

tabur agan chasahar,

*central, the round drinking cup,*

na al yechar hamazeg.

*please let the mixture not be lacking.*

Yah, da et Yisra-el

*Eternal One, be intimate with Israel*

asher y'da-ucha,

*who know You,*

mager et hagoyim

*crust the people*

asher lo y'da-ucha.

*that do not know You.*

Ki tashiv l'vitzaron,

*For You cause to return [Israel] to the fortified [Jerusalem],*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

אֶל תַּעַשׂ עִמָּנוּ כְּלָה,

תֵּאָחַז יָדְךָ בַּמִּשְׁפָּט.

כִּבְּא תּוֹכַחַה נִגְדְּךָ,

שְׁמֵנוּ מִסִּפְרְךָ אֶל תִּמַּח.

גִּשְׁתֶּךָ לַחֲקוֹר מוֹסֵר,

רַחֲמֶיךָ יִקְדָּמוּ רִגְזְךָ.

דְּלוֹת מַעֲשִׂים בְּשׁוֹרְךָ,

קָרֵב צֶדֶק מֵאֲלֶיךָ.

הוֹרְנוּ, בְּזַעֲקֵנוּ לָךְ,

צִו יְשׁוּעָתֵנוּ בְּמִפְגֵּיעַ.

וְתָשִׁיב שְׁבוֹת אֱהִלֵי תָם,

פְּתַחְיוּ רְיָאָה כִּי שְׁמָמוּ.

זְכוֹר נֶאֱמַת,

עֵדוֹת לֹא תִשְׁכַּח מִפִּי זֶרְעוֹ.

חֹתָם תְּעוֹדָה תִּתִּיר,

סוֹדְךָ שִׁים בְּלְמוֹדֶיךָ,

טַבּוֹר אֲגֵן הַסָּהָר,

נָא אֶל יַחֲסֹר הַמִּזְג.

יְהִי, דַּע אֶת יִשְׂרָאֵל

אֲשֶׁר יִדְעוּךָ,

מִיָּגֵר אֶת הַגּוֹיִם

אֲשֶׁר לֹא יִדְעוּךָ.

כִּי תָשִׁיב לְבַצְרוֹן,

**l'chudim asirei hatikvah.**

*the captured ones who are prisoners of hope.*

**Mah nomar l'fanecha yoshev marom,**

*What can we say before You, Who dwells on high,*

**umah n'saper l'fanecha**

*and what can we tell before You,*

**shochen sh'chakim,**

*Who dwells in the highest heavens,*

**chalo hanistarot**

*for surely what is hidden*

**v'haniglot atah yode-a.**

*and what is revealed, You know.*

**Atah yode-a razei olam,**

*You know the secrets of the universe,*

**v'ta-alumot sitrei chol chai,**

*and the hidden mysteries of all the living,*

**atah chofes kol chadrei vaten,**

*You probe all the innermost chambers,*

**ro-eh ch'layot valev,**

*and perceive thoughts and the heart,*

**ein davar nelam mimach,**

*nothing is hidden from You,*

**v'ein nistar mineged einecha.**

*and nothing is concealed from Your eyes.*

**Y'hi ratzon mil'fanecha Adonai**

*May it be the will before You, Adonai*

**Eloheinu Velohei avoteinu,**

*our Elohim and Elohim of our ancestors,*

**shetimchol lanu**

*that You pardon us*

**et kol chatoteinu,**

*for all of our misdeeds,*

**utchaper lanu**

*and forgive us*

**et kol avonoteinu,**

*for all of our iniquities,*

**v'timchol v'tislach l'chol p'sha-einu,**

*and You pardon us and forgive us for all our willful sins,*

**v'salachta la-avonenu**

*and forgive our iniquities*

**ulchatotenu unchaltanu.**

*and our misdeeds and make us Your heritage.*

**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.*

לְכוּדִים אֲסִירֵי הַתְּקוּהָה.

מַה נֹּאמֵר לְפָנֶיךָ יוֹשֵׁב מְרוֹם,

וּמַה נִּסְפֵּר לְפָנֶיךָ

שׁוֹכֵן שְׁחָקִים,

הֲלֹא הִנְסִתָּרוֹת

וְהִנְגַּלְתָּ אֶתְּךָ יוֹדֵעַ.

אֶתְּךָ יוֹדֵעַ רְזֵי עוֹלָם,

וְתַעֲלוּמוֹת סִתְּרֵי כָּל חַי,

אֶתְּךָ חוֹפֵשׁ כָּל חֲדָרֵי בֵּטֶן,

רְאֵה כְּלִיּוֹת וְלֵב,

אֵין דָּבָר נֶעְלָם מִמֶּךָ,

וְאֵין נִסְתָּר מִנְּגַד עֵינֶיךָ.

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה יֵאֱהָדוּנָה

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתִּמְחַל לָנוּ

אֶת כָּל חַטֹּאתֵינוּ,

וְתִכַּפֵּר לָנוּ

אֶת כָּל עֲוֹנוֹתֵינוּ,

וְתִמְחַל וְתִסְלַח לְכָל פְּשָׁעֵינוּ,

וְסִלַּחַת לְעוֹנָנוּ

וְלִחַטֹּאתֵנוּ וְנִחַלְתָּנוּ.

סִלַּח לָנוּ אֲבִינוּ כִּי חַטָּאנוּ,

מִחַל לָנוּ מִלְּכָנוּ כִּי פָשַׁעְנוּ.

Ki atah Adonai tov v'salach,  
*For You, Adonai, are good and forgiving,*  
 v'rov chesed l'chol kor'echa.  
*and abundant in lovingkindness to all who call upon You.*  
 L'ma-an shimcha Adonai,  
*For the sake of Your Name Adonai,*  
 v'salachta la-avoni ki rav hu.  
*forgive my iniquity which is great.*  
 L'ma-an shimcha Adonai t'chayeni,  
*For the sake of Your Name Adonai, revive me,*  
 b'tzidkat'cha totzi mitzarah nafshi.  
*with Your righteousness remove my soul from distress.*  
 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.*  
 Hashivenu Adonai  
*Return us, Adonai,*  
 elecha v'nashuvah,  
*to You and we will return,*  
 chadesh yameinu k'kedem.  
*renew our days as of old.*

V'hu rachum y'chaper avon  
*He, the Merciful One, is forgiving of iniquity*  
 v'lo yashchit,  
*and does not destroy,*  
 v'hirbah l'hashiv apo,  
*and frequently withdraws His anger,*  
 v'lo ya-ir kol chamato.  
*and does not become full of wrath.*  
 Atah, Adonai,  
*You, Adonai,*  
 lo tichla rachamecha mimenu,  
*withhold not Your mercy from us,*  
 chasd'cha va-amit'cha  
*may Your kindness and Your truth*  
 tamid yitzrunu.  
*always protect us.*

כִּי אַתָּה אֲדֹנָי טוֹב וְסָלַח,  
 וְרַב חֶסֶד לְכֹל קוֹרְאֶיךָ.  
 לְמַעַן שְׂמִיךָ יְהוָה יֵאֱהוּדוּנְהִי,  
 וְסָלַחְתָּ לְעוֹנֵי כִּי רַב הוּא.  
 לְמַעַן שְׂמִיךָ יְהוָה יֵאֱהוּדוּנְהִי תַחֲיֵנִי,  
 בְּצִדְקַתְךָ תוֹצִיא מִצָּרָה נַפְשִׁי.  
 יְהוָה יֵאֱהוּדוּנְהִי צְבָאוֹת עִמָּנוּ,  
 מִשְׁגָּב לָנוּ, אֱלֹהֵי יַעֲקֹב סֵלָה.  
 יְהוָה יֵאֱהוּדוּנְהִי צְבָאוֹת,  
 אֲשֶׁרִי אָדָם בֹּטַח בְּךָ.  
 יְהוָה יֵאֱהוּדוּנְהִי הוֹשִׁיעָה,  
 הַמֶּלֶךְ יַעֲנֵנוּ בְּיוֹם קִרְאֵנוּ.  
 הַשִּׁיבֵנוּ יְהוָה יֵאֱהוּדוּנְהִי  
 אֵלֶיךָ וְנִשׁוּבָה,  
 חֲדָשׁ יַמֵּינוּ כְּקֶדֶם.  
 וְהוּא רַחוּם יַכְפִּיר עוֹן  
 וְלֹא יִשְׁחִית,  
 וְהִרְבָּה לְהַשִּׁיב אָפוֹ,  
 וְלֹא יַעִיר כֹּל חַמָּתוֹ.  
 אַתָּה, יְהוָה יֵאֱהוּדוּנְהִי,  
 לֹא תִכְלֵא רַחֲמֶיךָ מִמָּנוּ,  
 חַסְדְּךָ וְאֱמֶתְךָ  
 תַּמִּיד יִצְרָונוּ.

Hoshi-einu, Adonai Eloheinu,

Save us, Adonai our Elohim,

v'kab'tzeinu min hagoyim,

and gather us from among the nations

l'hodot l'shem kodshecha,

to thank the Name of Your Holiness,

l'hishtabe-ach bit-hilatecha.

and to glory in Your praise.

Im avonot tishmar Yah,

If You preserve iniquities, O Yah,

Adonai, mi ya-amod.

O Master, who could survive?

Ki im'cha haslichah,

For with You is forgiveness,

l'ma-an tivare.

so that You may be feared.

Lo chachata-einu ta-aseh lanu,

Do not deal with us according to our misdeeds,

v'lo cha-avonoteinu tigmol aleinu.

and do not repay us according to our iniquities.

Im avoneinu anu vanu,

Though our iniquities testify against us,

Adonai, aseh l'ma-an sh'mecha.

Adonai, act for the sake of Your Name.

Z'chor rachamecha, Adonai,

Remember Your mercies, Adonai,

v'chasidecha, ki me-olam hemah.

and Your kindnesses, for they are eternal.

Ya-anenu Adonai b'yom tzarah,

May Adonai answer us on the day of distress,

y'sagvenu shem Elohei Ya-akov.

may we be exalted by the Name of Jacob's Elohim.

Adonai hoshi-ah,

Adonai save,

hamelech ya-anenu v'yom korenu.

may the Sovereign answer us on the day we call.

Avinu malkenu, chonenu va-anenu,

Our Father, our Sovereign, be gracious with us & answer us,

ki ein banu ma-asim,

though we have no worthy deeds,

aseh imanu tz'dakah

deal with us with charity

k'rov rachamecha,

according to the abundance of Your mercy,

v'hoshi-enu l'ma-an sh'mecha.

and save us for the sake of Your Name.

Adoneinu Eloheinu,

Our Master, our Elohim,

הוֹשִׁיעֵנוּ, יְהוָה יֵאֱהוֹנֵהוּ אֱלֹהֵינוּ,

וְקַבְּצֵנוּ מִן הַגּוֹיִם,

לְהוֹדוֹת לְשֵׁם קְדוֹשְׁךָ,

לְהִשְׁתַּבַּח בְּתִהְלָתְךָ.

אִם עֲוֹנוֹת תִּשְׁמַר יְיָ,

אֲדֹנָי, מִי יֵעָמֵד.

כִּי עִמָּךְ הִסְלִיחָה,

לְמַעַן תִּירָא.

לֹא כַחַטֵּאֵינוּ תַעֲשֶׂה לָנוּ,

וְלֹא כְעֲוֹנוֹתֵינוּ תִגְמַל עָלֵינוּ.

אִם עֲוֹנֵינוּ עָנוּ בָנוּ,

יְהוָה יֵאֱהוֹנֵהוּ, עֲשֵׂה לְמַעַן שְׁמֶךָ.

זְכוֹר רַחֲמֶיךָ, יְהוָה יֵאֱהוֹנֵהוּ,

וְחֶסֶדְךָ, כִּי מֵעוֹלָם הֵמָּה.

יֵעָנֵנוּ יְהוָה יֵאֱהוֹנֵהוּ בְיוֹם צָרָה,

יִשְׁגְּבֵנוּ שֵׁם אֱלֹהֵי יַעֲקֹב.

יְהוָה יֵאֱהוֹנֵהוּ הוֹשִׁיעָה,

הַמֶּלֶךְ יֵעָנֵנוּ בְיוֹם קְרֹאֵנוּ.

אֲבִינוּ מֶלְכֵנוּ, חֲנֵנוּ וְעָנֵנוּ,

כִּי אֵין בָּנוּ מַעֲשִׂים,

עֲשֵׂה עִמָּנוּ צְדָקָה

כְּרֹב רַחֲמֶיךָ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ.

אֲדֹנֵינוּ אֱלֹהֵינוּ,

sh'ma kol tachanuneinu,  
hear the sound of our supplications,  
uzchar lanu et b'rit avoteinu,  
recall for us the covenant of our ancestors,  
v'hoshi-enu l'ma-an sh'mecha.  
and save us for the sake of Your Name.

V'atah, Adonai Eloheinu,  
And now, Adonai our Elohim,  
asher hotzeta et am'cha  
You Who have taken out Your people  
me-eretz mitzrayim b'yad chazakah,  
from the land of Egypt with a strong hand,  
vata-as l'cha shem kayom hazeh,  
and gained for Yourself renown as of this day.  
chatanu rashanu.  
we have done negative deeds and we have acted wickedly.  
Adonai, k'chol tzidkotecha,  
O Master, in keeping with all Your righteousness,  
yashav na ap'cha vachamat'cha  
withdraw, please, Your anger and Your wrath  
me-ir'cha Y'rushalayim har kodshecha,  
from Your city Jerusalem, the mountain of Your holiness,  
ki vachata-einu  
for because of our negative deeds  
uva-avonot avoteinu,  
and because of the iniquities of our ancestors,  
Y'rushalayim v'am'cha l'cherpah  
Jerusalem and Your people have become the scorn  
l'chol s'vivoteinu.  
of all those around us.  
V'atah, sh'ma, Eloheinu, el  
And now, hear, our Elohim to  
t'filat avd'cha v'el tachanunav,  
the prayer of Your servant and to their supplications,  
v'ha-er panecha al mikdash'cha  
and shine Your Face upon Your sanctuary,  
hashamem l'ma-an Adonai.  
which is desolate for the sake of the Master.  
Chateh, Elohai, ozn'cha ushma,  
Incline, my Elohim, Your ear and listen,  
p'kach einecha ureh shom'moteinu,  
open Your eyes and see our desolation,  
v'ha-ir asher nikra  
and the city which is proclaimed  
shimcha aleha,  
Your Name upon,  
ki lo al tzidkoteinu anachnu  
for not because of our righteousness do we

שְׁמַע קוֹל תַּחֲנוּנֵינוּ,  
וּזְכֹר לָנוּ אֶת בְּרִית אֲבוֹתֵינוּ,  
וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ.  
וְעַתָּה, אֲדֹנָי אֱלֹהֵינוּ,  
אֲשֶׁר הוֹצֵאתָ אֶת עַמְּךָ  
מֵאֶרֶץ מִצְרַיִם בְּיַד חֲזָקָה,  
וַתַּעַשׂ לָךְ שֵׁם כְּיוֹם הַזֶּה,  
חַטָּאנוּ רָשָׁעֵנוּ.  
אֲדֹנָי, כְּכֹל צְדָקוֹתֶיךָ,  
יֵשֶׁב נָא אַפֶּךָ וַחֲמַתְךָ  
מֵעִירֶךָ יְרוּשָׁלַיִם הַר קֹדְשֶׁךָ,  
כִּי בַחֲטָאֵינוּ  
וּבַעֲוֹנוֹת אֲבוֹתֵינוּ,  
יְרוּשָׁלַיִם וְעַמְּךָ לְחֶרֶפָה  
לְכֹל סְבִיבוֹתֵינוּ.  
וְעַתָּה, שְׁמַע, אֱלֹהֵינוּ, אֵל  
תְּפִלַּת עַבְדְּךָ וְאֵל תַּחֲנוּנָיו,  
וְהָאֵר פָּנֶיךָ עַל מִקְדָּשְׁךָ  
הַשָּׁמֵם, לְמַעַן אֲדֹנָי.  
חַטֵּה, אֱלֹהֵי, אָזְנְךָ וּשְׁמַע,  
פִּקַּח עֵינֶיךָ וּרְאֵה שׁוֹמְמֹתֵינוּ,  
וְהָעִיר אֲשֶׁר נִקְרָא  
שִׁמְךָ עָלֶיהָ,  
כִּי לֹא עַל צְדָקוֹתֵינוּ אֲנַחְנוּ

mapilim tachanuneinu l'fanecha,  
*cast our supplications before You,*  
 ki al rachamecha harabim.  
*but because of Your abundant compassion.*  
 Adonai, sh'ma-ah, Adonai,  
*O Master, heed, O Master,*  
 s'lachah, Adonai,  
*forgive, O Master*  
 hakshivah va-aseh al t'achar,  
*be attentive and act without delay,*  
 l'ma-an'cha, Elohai,  
*for Your sake, O my Elohim,*  
 ki shimcha nikra  
*for Your Name is proclaimed*  
 al ir'cha v'al amecha.  
*upon Your city and upon Your people.*

Avinu Av harachamin,  
*Our Father, the Father Who is merciful,*  
 harenu ot l'tovah  
*show us a sign for good*  
 v'kabetz n'futzoteinu me-arba  
*and gather in our dispersed ones from the four*  
 kanfot ha-aretz,  
*corners of the earth,*  
 yakiru v'yed'u kol hagoyim,  
*let all the nations recognize and realize*  
 ki atah Adonai Eloheinu.  
*that You are Adonai our Elohim.*  
 V'atah Adonai Avinu atah,  
*And now, Adonai, You are our Father,*  
 anachnu hachomer v'atah yotz'renu,  
*we are the clay and You are our Molder,*  
 uma-aseh yad'cha kulanu.  
*and we are all the work of Your hands.*  
 Hoshi-enu l'ma-an sh'mecha,  
*Save us for the sake of Your Name,*  
 Avinu malkenu tzurenu v'go-alenu.  
*our Father, our Sovereign, our Rock, and our Redeemer.*  
 Chusah Adonai al amecha,  
*Have pity Adonai upon Your people,*  
 v'al titen nachalat'cha l'cherpah  
*and do not give over Your heritage for disgrace*  
 l'moshal bam goyim,  
*that they be ruled over by nations,*  
 lamah yom'ru va-amim,  
*why should they say among the peoples:*

מפילים תחנונינו לפניך,  
 כי על רחמיך הרבים.  
 אדני, שמעה, אדני,  
 סלחה, אדני,  
 הקשיבה ועשה אל תאחר,  
 למענך, אלהי,  
 כי שמך נקרא  
 על עירך ועל עמך.

אבינו אב הרחמן,  
 הראנו אות לטובה  
 וקבץ נפוצותינו מארבע  
 כנפות הארץ,  
 יכירו וידעו כל הגוים,  
 כי אתה יהוה יאהדונהי אלהינו.  
 ועתה יהוה יאהדונהי אבינו אתה,  
 אנחנו החמר ואתה יצרנו,  
 ומעשה ידך כלנו.  
 הושיענו למען שמך,  
 אבינו מלכנו צורנו וגואלנו.  
 חוסה יהוה יאהדונהי על עמך,  
 ואל תתן נחלתך לחרפה  
 למשל בם גוים,  
 למה יאמרו בעמים,

ayeh na Eloheihem.

*Where is their Elohim?.*

Yadanu Adonai ki chatanu

*We know, Adonai, that we have done negative deeds*

v'ein mi ya-amod ba-adenu,

*and there is no one who can stand up for us,*

ela shimcha hagadol

*only Your great Name*

ya-amod lanu b'et tzarah.

*will stand up for us in time of distress.*

Yadanu ki ein banu ma-asim,

*We know that there are not in us any worthy deeds,*

tzidkach aseh imanu

*with charity deal with us*

l'ma-an sh'mecha.

*for the sake of Your Name.*

K'rachem av al banim,

*Just as a father has mercy toward his children,*

ken t'rachem Adonai aleinu,

*so have mercy upon us, Adonai,*

v'hoshi-enu l'ma-an sh'mecha.

*and save us for the sake of Your Name.*

Chamol al amecha,

*Have compassion on Your people,*

rachem al nachalatecha,

*have mercy on Your heritage,*

chusah na k'rov rachamecha.

*have pity, please, according to the abundance of Your mercy.*

Chonenu malkenu va-anenu,

*Be gracious our Sovereign and answer us,*

ki l'cha Adonai hatzdakah,

*for Yours, Adonai, is the righteousness,*

oseh nifla-ot, b'chol et.

*You Who do wonders, at all times.*

Habet na v'hoshi-ah na

*Look we beg You and please save*

tzon mar-itecha,

*the sheep of Your pasture,*

al yimshal banu ketzef,

*let not anger dominate us,*

ki l'cha Adonai hayshu-ah,

*for salvation is Yours, Adonai,*

b'cha tochaltenu, Eloha s'lichot,

*upon You is our hope, Elohim of forgiveness,*

ana s'lach na,

*please forgive now,*

ki El tov v'salach atah.

*for You are the Almighty Who is good and forgiving.*

אִי־הָיָה נָא אֱלֹהֵיהֶם.

יִדְעֵנוּ יְהוָה יֵאֱהוּדוּנְהִי כִּי חָטָאנוּ

וְאֵין מִי יַעֲמֵד בְּעַדָּנוּ,

אֶל־א שִׁמְךָ הַגָּדוֹל

יַעֲמֵד לָנוּ בְּעֵת צָרָה.

יִדְעֵנוּ כִּי אֵין בָּנוּ מַעֲשִׂים,

צְדָקָה עֲשֵׂה עִמָּנוּ

לְמַעַן שְׁמֶךָ.

כְּרַחֵם אָב עַל בָּנָיִם,

כֵּן תְּרַחֵם יְהוָה יֵאֱהוּדוּנְהִי עֲלֵינוּ,

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ.

חַמֵּל עַל עַמֶּךָ,

רַחֵם עַל נַחֲלָתְךָ,

חֲוֶסֶה נָא כָּרֵב רַחֲמֶיךָ.

חַנּוּנוֹ מִלְכָּנוּ וְעַנּוּנוֹ,

כִּי לָךְ יְהוָה יֵאֱהוּדוּנְהִי הַצְדָּקָה,

עֲשֵׂה נִפְלְאוֹת בְּכָל עֵת.

הִבֵּט נָא וְהוֹשִׁיעָה נָא

צֹאן מִרְעִיתְךָ,

וְאַל יִמְשַׁל בָּנוּ קִצְפְּךָ,

כִּי לָךְ יְהוָה יֵאֱהוּדוּנְהִי הַיְשׁוּעָה,

בְּךָ תוֹחַלְתָּנוּ, אֱלֹהֵי סְלִיחוֹת,

אָנָּה סְלַח נָא,

כִּי אֵל טוֹב וְסָלַח אַתָּה.

Ana melech rachum v'chanun,  
Please O gracious and compassionate Sovereign,  
z'chor v'habet livrit

remember and look to the Covenant

bein hab'tarim,

Between the Parts,

v'tera-eh l'fanecha akedat yachid.

and may it appear before You the binding of the only son.

Ulma-an Yisra-el avinu,

And for the sake of our ancestor Israel,

al ta-azvenu Avinu,

do not abandon us, our Father,

v'al titshenu malkenu,

and do not cast us away, our Sovereign,

v'al tishkachenu yotz'renu,

and do not forget us, our Molder,

v'al ta-as imanu

and do not cause our

kalah b'galutenu,

destruction in our exile,

ki El melech

for the Almighty Sovereign

chanun v'rachum atah.

Who is gracious and compassionate is You.

Ein kamocha chanun

There is none like You, gracious

v'rachum Adonai Eloheinu,

and compassionate, Adonai our Elohim,

ein kamocha El erech apayim

there is none like You, Almighty One, slow to anger

v'rav chesed ve-emet.

and abundant in kindness and truth.

Hoshi-enu v'rachamenu

Save us and be merciful with us

mera-ash umerogez hatzilenu.

from storm and anger save us.

Z'chor la-avadecha l'Avraham

Remember Your servants Abraham,

l'Yitzchak ul-Ya-akov,

Isaac, and Jacob,

al tefen el k'shi ha-am hazeh,

regard not the stubbornness of this people,

v'el risho v'el chatato.

and its wickedness and its sinfulness.

Shuv mecharon apecha,

Turn back from Your flaring anger,

v'hinachem al hara-ah l'amecha.

and relent from the evil meant for Your people.

אָנָּא מֶלֶךְ רַחוּם וְחַנוּן,

זָכוֹר וְהִבֵּט לְבְרִית

בֵּין הַבְּתָרִים,

וְתִרְאֶה לְפָנַיךָ עֶקְדַת יָחִיד.

וּלְמַעַן יִשְׂרָאֵל אָבִינוּ,

אַל תַּעֲזֹבֵנוּ אָבִינוּ,

וְאַל תִּטְשֵׁנוּ מַלְכֵנוּ,

וְאַל תִּשְׁכַּחֵנוּ יוֹצְרֵנוּ,

וְאַל תַּעֲשׂ עִמָּנוּ

כָּל־הַבְּגֻלוֹתֵנוּ,

כִּי אֵל מֶלֶךְ

חַנוּן וְרַחוּם אַתָּה.

אֵין כָּמוֹךָ חַנוּן

וְרַחוּם יְהוָה יֵאֱהֹוֶה אֱלֹהֵינוּ,

אֵין כָּמוֹךָ אֵל אַרְךָ אַפִּים

וְרַב חֶסֶד וְאֶמֶת.

הוֹשִׁיעֵנוּ וְרַחֲמֵנוּ

מִרַעַשׁ וּמִרְגֹז הַצִּילָנוּ.

זָכוֹר לַעֲבָדֶיךָ לְאַבְרָהָם

לְיִצְחָק וּלְיַעֲקֹב,

אַל תִּפְּן אֶל קְשֵׁי הָעַם הַזֶּה,

וְאַל רִשְׁעוֹ וְאַל חַטָּאתוֹ.

שׁוּב מִחֲרוֹן אַפֶּךָ,

וְהִנָּחֵם עַל הָרָעָה לְעַמֶּךָ.

V'haser mimenu makat hamavet  
*And remove from us the plague of death*  
 ki rachum atah, ki chen darkecha,  
*for You are compassionate, for such is Your way,*  
 la-asot chesed chinam  
*to do undeserved kindness*  
 b'chol dor vador.  
*in every generation.*

Ana Adonai hoshi-ah na,  
*Please, Adonai, save now,*  
 ana Adonai hatzlichah na.  
*please, Adonai, bring success now.*  
 Ana Adonai anenu  
*Please, Adonai, answer us*  
 v'yom korenu.  
*on the day we call.*

L'cha Adonai kiyinu,  
*For You Adonai, we have hoped,*  
 l'cha Adonai chikinu,  
*for You Adonai, we have waited,*  
 l'cha Adonai n'yachel.  
*for You Adonai, do we yearn.*

Al techeshet ut-anenu,  
*Do not be silent while allowing us to suffer,*  
 ki na-amu goyim,  
*for the nations have declared,*  
 avdah tikvatam.  
*"Their hope is lost."*

Kol berech l'cha tichra,  
*Every knee will bend to You,*  
 v'chol komah l'fanecha tish-tachaveh.  
*and every standing being will bow before You.*

Hapote-ach yad bitshuvah  
*You Who opens a hand for return*  
 l'kabel poshim v'chata-im,  
*to receive those who transgress and do wrong,*  
 nivhalah nafshenu merov itzvonenu,  
*our soul is confounded from the abundance of our distress,*  
 al tishkachenu netzach,  
*do not forget us eternally,*  
 kumah v'hoshi-enu.  
*arise and save us.*

Al tishpoch charon'cha aleinu,  
*Do not pour Your anger upon us,*  
 ki anachnu am'cha b'nei v'ritecha.  
*for we are Your people, the children of Your covenant.*

וְהִסַּר מִמֶּנּוּ מַכַּת הַמּוֹת  
 כִּי רַחוּם אַתָּה, כִּי כֵן דַּרְכְּךָ,  
 לַעֲשׂוֹת חֶסֶד חִנָּם  
 בְּכֹל דּוֹר וָדוֹר.  
 אָנָּה יְהוָה יֵאֱהַדוֹנָהּ הוֹשִׁיעָה נָּא,  
 אָנָּה יְהוָה יֵאֱהַדוֹנָהּ הַצְּלִיחָה נָּא.  
 אָנָּה יְהוָה יֵאֱהַדוֹנָהּ עֲנֵנוּ  
 בְּיוֹם קִרְאֵנוּ.

לָךְ יְהוָה יֵאֱהַדוֹנָהּ קִוִּינוּ,  
 לָךְ יְהוָה יֵאֱהַדוֹנָהּ חִכִּינוּ,  
 לָךְ יְהוָה יֵאֱהַדוֹנָהּ נִיחַל.  
 אַל תַּחֲשֶׁה וּתְעַנְנוּ,  
 כִּי נִאֲמוּ גוֹיִם,  
 אֲבָדָה תִּקְוַתָּם.  
 כָּל בָּרֶךְ לָךְ תִּכְרַע,  
 וְכָל קוֹמָה לְפָנֶיךָ תִּשְׁתַּחֲוֶה.

הַפּוֹתַח יָד בְּתִשׁוּבָה  
 לְקַבֵּל פּוֹשְׁעִים וְחַטָּאִים,  
 נִבְהַלָה נַפְשֵׁנוּ מֵרֹב עֲצָבוֹנֵנוּ,  
 אַל תִּשְׁכַּחֵנוּ נֶצַח,  
 קוּמָה וְהוֹשִׁיעֵנוּ.  
 אַל תִּשְׁפֹךְ חֲרוֹנְךָ עָלֵינוּ,  
 כִּי אֲנַחְנוּ עַמְּךָ בְּנֵי בְרִיתְךָ.

El, habitah,  
*O Almighty One, look upon,*  
 dal k'vodenu bagoyim,  
*the impoverishment of our honor among the nations,*  
 v'shik'tzunu k'tumat hanidah.  
*and how they abhor us like the impurity of the banished.*  
 Ad matai uz'cha bashvi,  
*Until when will Your strength be in captivity,*  
 v'tifart'cha v'yad tzar.  
*and Your splendor in the hand of the enemy?*  
 Or'rah g'vurat'cha  
*Arouse Your might*  
 v'hoshi-enu l'ma-an sh'mecha.  
*and save us for the sake of Your Name,*  
 Al yimatu l'fanecha t'la-oteinu.  
*Let not our hardships seem insignificant before You.*  
 Maher y'kad'munu rachamecha  
*May Your mercies meet us quickly*  
 b'et tzaratenu, lo l'ma-anenu,  
*in our time of affliction, not for our own sake,*  
 ela l'ma-an'cha f'al,  
*but for Your own sake act,*  
 v'al tash-chit  
*and do not destroy*  
 et zecher sh'eriteinu,  
*the remembrance of our remnant,*  
 ki l'cha m'yachalot eineinu,  
*for to You do our eyes turn,*  
 ki El melech chanun  
*for, O Almighty One, gracious*  
 v'rachum atah, uzchor edoteinu,  
*and merciful are You, and remember our testimony,*  
 b'chol yom tamid  
*every day forever,*  
 om'rim pa-amayim b'ahavah:  
*we recite twice with love:*  
 Sh'ma Yisra-el,  
*Hear O Israel,*  
 Adonai Eloheinu,  
*Adonai our Elohim,*  
 Adonai echad.  
*Adonai is One.*

אֵל, הַבִּיטָה,  
 דַּל כְּבוֹדֵנוּ בַּגּוֹיִם,  
 וְשִׁקְצוֹנוּ כְּטִמְאַת הַנְּדָה.  
 עַד מָתִי עֲזָךְ בַּשְּׁבִי,  
 וְתִפְאַרְתְּךָ בְּיַד צָר.  
 עוֹרְרָה גְבוּרַתְךָ  
 וְהוֹשִׁיעֵנוּ לְמַעַן שִׁמְךָ.  
 אַל יִמְעִטוּ לְפָנֶיךָ תְּלֹאוֹתֵינוּ.  
 מַהֵר יְקַדְּמוּנוּ רַחֲמֶיךָ  
 בְּעֵת צָרָתֵנוּ, לֹא לְמַעַנְנוּ,  
 אֶלָּא לְמַעַנְךָ פֶּעַל,  
 וְאַל תִּשְׁחִית  
 אֶת זְכוֹר שְׁאֵרֵיתֵינוּ,  
 כִּי לְךָ מִיַּחְלֹת עֵינֵינוּ,  
 כִּי אֵל מֶלֶךְ חַנוּן  
 וְרַחוּם אַתָּה, וְזָכוֹר עֵדוֹתֵינוּ,  
 בְּכֹל יוֹם תָּמִיד  
 אוֹמְרִים פַּעַמִּים בְּאַהֲבָה:  
 שְׁמַע יִשְׂרָאֵל,  
 יְהוָה יֵאֱהוּדוֹנֵהי אֱלֹהֵינוּ,  
 יְהוָה יֵאֱהוּדוֹנֵהי אֶחָד.

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 יְהוָה יֵאֱהָדוֹנָהּ מִבְּרֶךְ,

מֵעַתָּה וְעַד עוֹלָם.

מִמִּזְרַח שֶׁמֶשׁ עַד מְבוֹאוֹ,

מְהַלֵּל שֵׁם יְהוָה יֵאֱהָדוֹנָהּ.

רַם עַל כָּל גּוֹיִם יְהוָה יֵאֱהָדוֹנָהּ,

עַל הַשָּׁמַיִם כְּבוֹדוֹ.

יְהוָה יֵאֱהָדוֹנָהּ אֲדֹנָינוּ,

מַה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

## 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'alma 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,**

*very soon and at a time that comes quickly,*

**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'alma,**

*that are uttered in the world,*

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

*and say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֵהּ רַבָּא.

{אָמֵן}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיִצְמַח פְּרֻקָנֵהּ

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

תְּשֻׁבְחָתָא וְנַחֲמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן}

The Torah is read on Mondays and Thursdays.  
On days when the Torah is not read, continue with ASHREI on page 171.

# סדר קריאת התורה לחול

## WEEKDAY TORAH READING SERVICE

The Torah is described as the Tree of Life, but only to those who hold onto it. It is not enough to look at it, we must embrace it. The more we study Torah, the more we are able to see the face of the Creator and the more we are able to get the most out of life.

On days that Tachanun is recited:

### El erech apayim

Almighty One, slow to anger

v'ra**v** chesed ve-emet,

and abundant in kindness and truth,

al b'ap'cha to**chichenu**.

do not chastise us in Your anger.

Chusah Adonal al amecha,

Have pity on Your people O Hashem,

v'hoshi-enu mikol ra.

and save us from all evil.

Chatanu l'cha Adon,

O Ruler we have erred against You,

s'lach na k'rov rachamecha, El.

please forgive us according to Your great mercy, Almighty One.

El erech apayim umale rachamim,

Almighty One, slow to anger and filled with compassion,

al taster panecha mimenu,

do not hide Your face from us,

chusah Adonai

have pity, Adonai,

al sh'erit Yisra-el amecha,

upon the remnants of Your people Israel,

v'hatzilenu mikol ra,

and save us from all evil,

chatanu l'cha, Adon s'lach na,

we have missed the mark before You, Ruler, please forgive us,

k'rov rachamecha El.

according to Your great mercy, Almighty One.

אֵל אַרְךְ אַפַּיִם

וְרַב חֶסֶד וְאֵמֶת,

אֵל בְּאַפְךָ תוֹכִיחֵנוּ.

חֹסֶה יְהוָה יֵאֱהוּנְהִי עַל עַמֶּךָ,

וְהוֹשִׁיעֵנוּ מִכָּל רָע.

חָטֵאנוּ לְךָ אֲדוֹן,

סְלַח נָא כְּרוֹב רַחֲמֶיךָ, אֵל.

אֵל אַרְךְ אַפַּיִם וּמְלֵא רַחֲמִים,

אֵל תַּסְתֵּר פְּנֶיךָ מִמֶּנּוּ,

חֹסֶה יְהוָה יֵאֱהוּנְהִי

עַל שְׂאֵרֵי יִשְׂרָאֵל עַמֶּךָ,

וְהַצִּילֵנוּ מִכָּל רָע,

חָטֵאנוּ לְךָ, אֲדוֹן סְלַח נָא,

כְּרוֹב רַחֲמֶיךָ אֵל.

*On days that Tachanun is not recited:*

Y'hi Adonai Eloheinu imanu,  
*May Adonai our Elohim be with us,*  
 ka-asher hayah im avoteinu,  
*as He was with our ancestors,*  
 al ya-azvenu v'al yit'shenu,  
*may He not forsake us nor cast us off,*  
 hoshi-ah et amecha  
*save Your people*  
 uvarech et nachalatecha,  
*and bless Your legacy,*  
 urem v'nas'em ad ha-olam.  
*tend them and elevate them forever.*  
 Ba-avur David avdecha,  
*For the sake of David, Your servant,*  
 al tashev p'nei m'shichecha.  
*turn not away the face of Your anointed.*

יְהִי יְהוָה יֵאֱהוּנָהּ אֱלֹהֵינוּ עִמָּנוּ,  
 כַּאֲשֶׁר הָיָה עִם אֲבוֹתֵינוּ,  
 אַל יֵעַזְבֵנוּ וְאַל יִטְשֵנוּ,  
 הוֹשִׁיעָה אֶת עַמֶּךָ  
 וּבְרַךְ אֶת נַחֲלָתְךָ,  
 וְרַעַם וְנִשְׂאֵם עַד הָעוֹלָם.  
 בְּעִבּוֹר דָּוִד עַבְדְּךָ,  
 אַל תִּשָּׁב פְּנֵי מְשִׁיחֶךָ.

בְּרוּךְ הַמְּקוֹם שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל, בְּרוּךְ הוּא.  
 אֲשֵׁרֵי הָעַם שֶׁכָּכָה לוֹ, אֲשֵׁרֵי הָעַם שִׁיהוּה יֵאֱהוּדוּנְהִי אֱלֹהֵינוּ.  
 Baruch hamakom shenatan Torah l'amo Yisra-el, baruch hu.  
 Ashrei ha-am shekachah lo, ashrei ha-am she-Adonai Elohav.

*Blessed is the Ever-Present One Who gave the Torah to His people Israel, blessed is He.  
 Happy the people whose portion is this, happy the people for whom Adonai is their Elohim.*

גְּדֹלוֹ לִיהוּה יֵאֱהוּדוּנְהִי אֶתִי וְנִרְוֹמָמָה שְׁמוֹ יַחְדָּו.

Gad'lu Ladonai iti unrom'mah sh'mo yachdav.

*Declare the greatness of Adonai with me, and let us exalt His Name together.*

L'cha Adonai

*Yours Adonai*

hag'dulah v'hag'vurah

*is the greatness and the power*

v'hatiferet v'hanetzach v'hahod,

*and the truth and the victory and the glory,*

ki chol bashamayim uva-aretz,

*for all that is in heaven and on earth is Yours,*

l'cha Adonai hamamlachah,

*to You Adonai is the reign,*

v'hamitnase l'chol l'rosh.

*and the sovereignty over every leader.*

Rom'mu Adonai Eloheinu,

*Exalt Adonai our Elohim,*

v'hishtachavu lahadom raglav,

*and bow down at His footstool,*

kadosh hu.

*Holy is He.*

Rom'mu Adonai Eloheinu,

*Exalt Adonai our Elohim,*

v'hishtachavu l'har kodsho,

*and bow down at the mountain of His holiness,*

ki kadosh Adonai Eloheinu.

*for holy is Adonai our Elohim.*

Ein kadosh Kadonai

*There is none holy like Adonai*

ki ein biltecha,

*for there is none besides You,*

v'ein tzur Keloheinu.

*and there is no Rock like our Elohim.*

Ki mi eloha mibaladei

*For who is a god except*

לְךָ יְהוּה יֵאֱהוּדוּנְהִי

הַגְּדֹלָה וְהַגְּבוּרָה

וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,

כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ,

לְךָ יְהוּה יֵאֱהוּדוּנְהִי הַמְּמַלְכָה,

וְהַמְּתַנְשֵׂא לְכֹל לְרֹאשׁ.

רוֹמְמוּ יְהוּה יֵאֱהוּדוּנְהִי אֱלֹהֵינוּ,

וְהִשְׁתַּחֲוּוּ לְהַדָּם רַגְלָיו,

קְדוֹשׁ הוּא.

רוֹמְמוּ יְהוּה יֵאֱהוּדוּנְהִי אֱלֹהֵינוּ,

וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ,

כִּי קְדוֹשׁ יְהוּה יֵאֱהוּדוּנְהִי אֱלֹהֵינוּ.

אֵין קְדוֹשׁ כִּיְהוּה יֵאֱהוּדוּנְהִי

כִּי אֵין בְּלִתְךָ,

וְאֵין צוּר כִּאֱלֹהֵינוּ.

כִּי מִי אֱלוֹהַּ מִבְּלַעֲדֵי

## Adonai

*Adonai*

umi tzur zulati Eloheinu.

*and who is a Rock besides our Elohim.*

Shalom rav l'ohavei Toratecha,

*Abundant peace for the lovers of Your Torah,*

v'ein lamo michshol.

*and there is no stumbling block for them.*

Adonai oz l'amo yiten,

*Adonai will give strength to His people,*

Adonai y'varech

*Adonai will bless*

et amo vashalom.

*His people with peace.*

Ki shem Adonai ekra

*For when we call out in the Name of Adonai,*

havu godel Leloheinu.

*ascribe greatness to our Elohim.*

Hakol t'nu oz Leilohim

*All give power to Elohim*

utnu chavod la-Torah.

*and give honor to the Torah.*

יהוה יאהדונהי

ומי צור זולתי אלהינו.

שְׁלוֹם רַב לְאֹהֲבֵי תוֹרַתְךָ,

וְאֵין לָמוֹ מִכְשׁוֹל.

יְהוָה יִאֱהַדוֹנֵהוּ עֵז לְעַמּוֹ יִתֵּן,

יְהוָה יִאֱהַדוֹנֵהוּ בְּבָרֶךְ.

אֶת עַמּוֹ בְּשָׁלוֹם.

כִּי שֵׁם יְהוָה יִאֱהַדוֹנֵהוּ אֶקְרָא

הָבוּ גְדֹל לְאֱלֹהֵינוּ.

הַכֹּל תִּנּוּ עֵז לְאֱלֹהִים

וּתְנוּ כְבוֹד לַתּוֹרָה.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לְפָנֵי בְנֵי יִשְׂרָאֵל.

תּוֹרָה צִוָּה לָנוּ מֹשֶׁה, מוֹרָשָׁה קְהֵלֵת יַעֲקֹב.

הָאֵל תָּמִים דְּרָכוֹ, אִמְרַת יְהוָה יִאֱהַדוֹנֵהוּ צְרוּפָה,

מִגֵּן הוּא לְכֹל הַחֹסִים בּוֹ.

V'zot ha-Torah asher sam Mosheh lifnei b'nei Yisra-el.

Torah tzivah lanu Mosheh, morashah k'hilat Ya-akov.

Ha-El tamim darko, imrat Adonai tz'rufah,

magen hu l'chol hachosim bo.

*This is the Torah that Moses place before the Children of Israel.**The Torah that Moses commanded us, is the heritage of the Congregation of Jacob.**The Almighty One, His way is perfect, the promise of Adonai is flawless,**He is a shield for all who take refuge in Him.*

# ברכות העולם לתורה

## TORAH BLESSINGS

*Oleh:*

בְּרַכּוּ אֶת יְהוָה יֵאֱהוּנְהִי הַמְּבָרָךְ.

Bar'chu et Adonai ham'vorach.

*Bless Adonai, the blessed One.*

*Congregation:*

בְּרוּךְ יְהוָה יֵאֱהוּנְהִי הַמְּבָרָךְ, לְעוֹלָם וָעֶד.

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

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

*Oleh:*

בְּרוּךְ יְהוָה יֵאֱהוּנְהִי הַמְּבָרָךְ, לְעוֹלָם וָעֶד.

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

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

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.  
בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי, נוֹתֵן הַתּוֹרָה. {אָמֵן.}  
Baruch atah Adonai, Eloheinu melech ha-olam,  
asher bachar banu mikol ha-amim v'natan lanu et Torato.  
Baruch atah Adonai, noten ha-Torah. {Amen.}

*Blessed are You Adonai, our Elohim, Sovereign of the universe,  
Who has chosen us from all the peoples and gave us His Torah.  
Blessed are You Adonai, Who gives the Torah. {Amen.}*

*After the reading:*

בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.  
בְּרוּךְ אַתָּה יְהוָה יֵאֱהוּנְהִי, נוֹתֵן הַתּוֹרָה. {אָמֵן.}  
Baruch atah Adonai, Eloheinu melech ha-olam,  
asher natan lanu Torat emet, v'chayei olam nata b'tochenu.  
Baruch atah Adonai, noten ha-Torah. {Amen.}

*Blessed are You Adonai, our Elohim, Sovereign of the universe,  
Who has given His Torah of truth, and implanted eternal life within us.  
Blessed are You Adonai, Who gives the Torah. {Amen.}*

# השׁכבה

## HASHKAVAH

*This blessing is for the Nachalah (Meldado-Death Anniversary) of a person.*

Ham'rachem al kol b'riyotav  
*May He Who has mercy on all His creatures,*  
 hu yachus v'yachmol virachem  
*have pity and compassion and mercy*  
 al nefesh ru-ach unshamah  
*upon the Nefesh, Ruach, and Neshamah*  
 shel (Name of deceased)  
 of \_\_\_\_\_  
 ben/bat (Mother's Name).  
*son/daughter of \_\_\_\_\_.*  
 Ru-ach Adonai  
*May the spirit of Adonai*  
 t'nichenu/t'nichenah  
*bring him/bring her*  
 b'gan eden,  
*to the Garden of Eden,*  
 hu/hi/hem v'chol b'nei Yisrael  
*may he/her/they and all the children of Israel*  
 hashoch'vim imo/imah/itam,  
*resting with him/her/them,*  
 bichlal harachamim v'has'lichot,  
*be included in the mercy and forgiveness,*  
 v'chen y'hi ratzon,  
*and may it be His will,*  
 v'nomar amen. {Amen.}  
*and we say amen. Amen.*

הַמְרַחֵם עַל כָּל בְּרִיּוֹתָיו,  
 הוּא יַחֹס וְיַחְמֹל וְיִרְחַם  
 עַל נַפְשׁ רֹחַ וְנִשְׁמָה  
 שֶׁל \_\_\_\_\_  
 (Name of deceased)  
 בֶּן\בַּת \_\_\_\_\_  
 (Mother's Name)  
 רֹחַ יְהוָה יֵאָדוֹנָהּ  
 תְּנִיחֵנו\תְּנִיחֵנָהּ  
 בְּגַן עֵדֶן,  
 הוּא\הִיא\הֵם וְכָל בְּנֵי יִשְׂרָאֵל  
 הַשּׁוֹכְבִים עִמּוֹ\עִמָּה\אִתָּם,  
 בְּכִלְלֵי הַרְחָמִים וְהַסְּלִיחוֹת,  
 וְכֵן יְהִי רָצוֹן,  
 וְנֹאמַר אָמֵן. {אָמֵן.}

זְכוֹרֵנוּ לְבִרְכָה \ זְכוֹרֹנָה לְבִרְכָה \ זְכוֹרֹנָם לְבִרְכָה.

Zichrono livrachah. /Zichronah livrachah. /Zichronam livrachah.  
*May his memory be for blessing/ May her memory be for blessing/ May their memory be for blessing.*

# מי שברך לחולים

## MI SHEBERACH LACHOLIM

*This blessing is for those who are sick and in need of healing.*

**Mi sheberach avoteinu hak'doshim,**

*May the One Who blessed our holy Patriarchs,*

**Avraham Yitzchak v'Ya-akov**

*Abraham, Isaac, and Jacob,*

**Mosheh v'Aharon David uShlomoh,**

*Moses and Aaron, David and Solomon,*

**mi sheberach imoteinu hak'doshot,**

*May the One Who blessed our holy Matriarchs,*

**Sarah Rivkah Rachel v'Le-ah,**

*Sarah, Rebecca, Leah, and Rachel,*

**Miryam han'vi-ah va-Avigayil,**

*Miriam the Prophetess and Abigail,*

**v'Ester bat Avichayil,**

*and Esther daughter of Abihail,*

**hu y'varech et kol cholei Yisra-el,**

*may He bless all the sick of Israel,*

**uvich-lalam y'varech**

*and among them bless*

**et hacholeh/hacholah/hacholim**

*he who is ill /she who is ill /those who are ill (plural)*

**Name(s) ben/bat (Mother's Name).**

\_\_\_\_\_ son of/daughter of \_\_\_\_\_

**v'yishlach lo/lah/lahem**

*and send to him/her/them*

**r'fu-ah sh'lemah**

*a complete healing*

**l'chol evarav/evareha/evarim**

*in all his organs/her organs/ their organs*

**ulchol gidav/gideha/gidim.**

*and all his sinews/her sinews/their sinews.*

**El na r'fa na lo/lah/lahem,**

*Almighty One please to heal, please, him/her/them.*

**El na r'fa na lo/lah/lahem,**

*Almighty One please to heal, please, him/her/them.*

**b'toch sh'ar cholei am'cha Yisra-el.**

*in the midst of those who are ill of Your people Israel.*

**Urfu-ah k'rovah lavo,**

*And may healing arrive soon,*

**v'chen y'hi ratzon,**

*and may it be His will,*

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

*and we say amen. Amen.*

מִי שְׁבֵרַךְ אֲבוֹתֵינוּ הַקְּדוֹשִׁים,

אַבְרָהָם יִצְחָק וְיַעֲקֹב

מֹשֶׁה וְאַהֲרֹן דָּוִד וְשְׁלֹמֹה,

מִי שְׁבֵרַךְ אִמּוֹתֵינוּ הַקְּדוֹשׁוֹת,

שָׂרָה רִבְקָה רָחֵל וְלֵאָה,

מִרְיָם הַנְּבִיאָה וְאַבִּיגַיִל,

וְאֶסְתֵּר בַּת אַבְיָחַיִל,

הוּא יְבָרֵךְ אֶת כָּל חוֹלֵי יִשְׂרָאֵל,

וּבְכָלֵם יְבָרֵךְ

אֶת הַחֹלֶה\הַחֹלָה\הַחֹלִים

, (Mother's Name) בֶּן\בַּת \_\_\_\_\_

וְיִשְׁלַח לוֹ\לָהּ\לָהֶם

רְפוּאָה שְׁלֵמָה

לְכֹל אֲבָרָיו\אֲבָרֶיהָ\אֲבָרֵינוּ

וְלְכֹל גִּידָיו\גִּידֶיהָ\גִּידֵינוּ.

אֵל נָא רְפֹא נָא לוֹ\לָהּ\לָהֶם,

אֵל נָא רְפֹא נָא לוֹ\לָהּ\לָהֶם,

בְּתוֹךְ שְׁאֵר חוֹלֵי עַמֶּךָ יִשְׂרָאֵל.

וּרְפוּאָה קְרוּבָה לְבֹא,

וְכֵן יְהִי רָצוֹן,

וְנֹאמַר אָמֵן. {אָמֵן.}

# אֲשֵׁרִי

## ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling.

אֲשֵׁרִי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְיֶה לְךָ סֵלָה.  
אֲשֵׁרִי הָעַם שְׁכַנְךָ לוֹ, אֲשֵׁרִי הָעַם שִׁיהוּה יֵאֱהוּדוֹנָהי אֱלֹהֵיוּ.

Ashrei yosh'vei veitecha, od y'hal'lucha selah.

Ashrei ha-am shekachah lo, ashrei ha-am she-Adonai Elohav.

*Happy are those who dwell in Your house, they will forever praise You.*

*Happy the people whose portion is this, happy the people for whom Adonai is their Elohim.*

תְּהִלָּה לְדָוִד,

T'hilah l'David:

*A psalm of praise by David:*

א

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ, וְאֶבְרַכְּךָ שִׁמְךָ לְעוֹלָם וָעֶד.

Aromimcha Elohai ha-melech, va-avar'chah shimcha l'olam va-ed.

*I shall exalt You, my Elohim, the Sovereign, and I shall bless Your name forever and ever.*

ב

בְּכֹל יוֹם אֶבְרַכְּךָ, וְאֶהַלְלָה שִׁמְךָ לְעוֹלָם וָעֶד.

B'chol yom avar'cheka, va-ahal'lah shimcha l'olam va-ed.

*I shall bless You every day, and I shall praise Your name forever and ever.*

ג

גָּדוֹל יְהוָה יֵאֱהוּדוֹנָהי וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר.

Gadol Adonai umhulal m'od, v'ligdulato ein cheker.

*Great is Adonai and praised exceedingly, His greatness is unfathomable.*

ד

דֹּר לְדוֹר יִשְׁבַּח מַעֲשֵׂיךָ, וּגְבוּרֹתֶיךָ יִגִּידוּ.

Dor l'dor y'shabach ma-asecha, ugvurotecha yagidu.

*Generation to generation shall praise Your actions, and recount Your mighty deeds.*

ה

הַדָּר כְּבוֹד הוֹדֵךְ, וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

Hadar k'vod hodecha, v'divrei nifl'otecha asichah.

*The brilliance of Your splendid glory, and the wonders of Your acts, I shall speak of.*

ו

וְעֲזוּז נוֹרְאוֹתֶיךָ יֹאמְרוּ, וּגְדֹלַתְךָ אֶסְפְּרָנָה.

Ve-ezuz nor'otecha yomeru, ugdulat'cha asap'renah.

*They shall speak of the might of Your awesome acts, and I shall tell of Your greatness.*

ז

זָכַר רַב טוֹבְךָ יִבְיְעוּ, וְצִדְקַתְךָ יִרְנְנוּ.

Zecher rav tuv'cha yabiyu, v'tzidkat'cha y'ranenu.

*They shall remember Your abundant goodness, and Your righteousness they shall joyfully proclaim.*

ח

חַנּוּן וְרַחֻם יִהְיֶה יֵאֱהוּנְהִי, אַרְךָ אַפַּיִם וּגְדֹל חֶסֶד.

Chanun v'rachum Adonai, erech apayim ugdol chasad.

*Gracious and merciful is Adonai, slow to anger and great in kindness.*

ט

טוֹב יִהְיֶה יֵאֱהוּנְהִי לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

Tov Adonai lakol, v'rachamav al kol ma-asav.

*Adonai is good to all, Your compassion extended to all of Your creatures.*

י

יִוְדוּךָ יִהְיֶה יֵאֱהוּנְהִי כָּל מַעֲשֵׂיךָ, וְחַסִּידֶיךָ יְבָרְכוּכָה.

Yoducha Adonai kol ma-asecha, vachasidecha y'var'chuchah.

*All that You have made shall thank You Adonai, and Your pious ones shall bless You.*

כ

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וּגְבוּרַתְךָ יִדְבְּרוּ.

K'vod malchut'cha yomeru, ugvurat'cha y'daberu.

*They shall speak of the glory of Your realm, and talk of Your mighty deeds.*

ל

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ, וְכְבוֹד הַדָּר מַלְכוּתוֹ.  
 L'hodiya livnei ha-adam g'vurotav, uchvod hadar malchuto.  
 Your mighty deeds You make known to all humankind, and the glory of Your splendid realm.

מ

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמַמְשַׁלְתְּךָ בְּכֹל דֹּר וְדוֹר.  
 Malchut'cha malchut kol olamim, umemshalt'cha b'chol dor vador.  
 Yours is the realm of all worlds, and Your reign extends to each and every generation.

ס

סוּמְךָ יְהוָה יֵאֱהוּנְהִי לְכֹל הַנִּפְלִים, וְזוֹקֵף לְכֹל הַכְּפוּפִים.  
 Somech Adonai l'chol hanof'lim, v'zokef l'chol hak'fufim.  
 Adonai supports all those who fall, and holds upright all those who are bent over.

ע

עֵינֵי כָל אֱלֵיךָ יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.  
 Einei chol elecha y'saberu, v'atah noten lahem et ochlam b'ito.  
 The eyes of all look hopefully towards You, and You give them their food at its proper time.

פּוֹתַח אֶת יָדְךָ פּוֹתַח אֶת יָדְךָ וְיָדְךָ פּוֹתַח אֶת יָדְךָ  
 We concentrate intently and open our hands while reciting the verse Potei-ach et yadecha

The last letter of each word spells a Name (חֲתָךְ) which connects us to Parnasah or Sustenance.

The Arizal taught that we should weave that Name with the Divine Name and meditate on it as we open our hands to receive in order that we may share.

## יִזְדַּחֲךָ

פ

פּוֹתַח אֶת יָדְךָ, וּמַשְׁבִּיעַ לְכֹל חַי רָצוֹן.  
 Pote-ach et yadecha, umasbiya l'chol chai ratzon.  
 You open Your hand, and satisfy every living thing with its desire.

צ

צַדִּיק יְהוָה יֵאֱהוּנְהִי בְּכֹל דְּרָכָיו, וְחָסִיד בְּכֹל מַעֲשָׂיו.  
 Tzadik Adonai b'chol d'rachav, v'chasid b'chol ma-asav.  
 Adonai is righteous in every way, and virtuous in all deeds.

## ק

קָרוֹב יְהוָה יֵאֱהוּנְהִי לְכֹל קוֹרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

Karov Adonai l'chol kor'av, l'chol asher yikra-uhu ve-emet.

*Adonai is close to all who call, and to all who call in truth.*

## ר

רְצוֹן יִרְאֵיו יַעֲשֶׂה, וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם.

R'tzon y're-av ya-aseh, v'et shavatam yishma v'yoshi-em.

*You fill the desires of all who revere You, You respond to us with the promise of redemption.*

## שׁ

שׁוֹמֵר יְהוָה יֵאֱהוּנְהִי אֶת כָּל אֹהֲבָיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד.

Shomer Adonai et kol ohavav, v'et kol har'sha-im yashmid.

*Adonai You protect all who love You, and You destroy all the wicked.*

## ת

תְּהִלַּת יְהוָה יֵאֱהוּנְהִי יִדְבַר פִּי, וְיִבְרַךְ כָּל בָּשָׂר שֵׁם קֹדְשׁוֹ

לְעוֹלָם וָעֶד. וְאַנְחֵנוּ נְבָרְךָ יְהוָה, מֵעַתָּה וְעַד עוֹלָם,

הַלְלוּיָהּ.

T'hilat Adonai y'daber pi, vivarech kol basar shem kodsho  
l'olam va-ed. Va-anachnu n'varech Yah, me-atah v'ad olam,  
hal'lu-Yah.

*My lips utter the praise of Adonai, and may all flesh praise the holy Name for ever and ever.  
And we shall bless You Elohim, from this time until eternity,  
praise Yah.*

*Tehilim 20 is only recited on days that Tachanun was recited.  
When Tachanun was not recited, continue with Uva L'tziyon on page 176.*

## תהלים כ

### TEHILIM 20

Lam'natze-ach mizmor l'David.

*For the conductor, a psalm by David.*

Ya-ancha Adonai b'yom tzarah,

*May Adonai answer you on the day of distress,*

y'sagevcha shem Elohei Ya-akov.

*may you be exalted by the Name of the Elohim of Jacob.*

Yishlach ez-r'cha mikodesh,

*May He dispatch your help from the Sanctuary,*

umi-Tziyon yisadeka.

*and from Zion support you.*

Yizkor kol minchotecha,

*May He remember all of your offerings,*

v'olat'cha y'dash'neh selah.

*and your burnt offerings may He accept with favor, Selah.*

Yiten l'cha chilvavecha,

*May He grant you your heart's desires,*

v'chol atzat'cha y'malei.

*and all of your plans may He fulfill.*

N'ran'nah bishu-atecha,

*May we sing for joy at your salvation,*

uvshem Eloheinu nidgol,

*and in the Name of our Elohim raise our banner,*

y'malei Adonai

*may Adonai*

kol mishalotecha.

*fulfill all of your requests.*

Atah yadati,

*Now I know,*

ki hoshi-a Adonai m'shicho,

*that Adonai has saved His Anointed one,*

ya-anehu mish'mei kodsho,

*He will answer him from His sacred heaven,*

bigvurot yesha y'mino.

*with the omnipotent victories of His right arm.*

Eleh varechev,

*Some with chariots,*

v'eleh vasusim,

*and some with horses,*

va-anachnu b'shem Adonai

*but we in the Name of Hashem*

Eloheinu nazkir.

*our Elohim call out.*

לְמַנְצַח מִזְמוֹר לְדָוִד.

יַעֲנֶךָ יְהוָה יֵאֱהֹוֶנְהִי בְיוֹם צָרָה,

יִשְׁגָּבְךָ שֵׁם אֱלֹהֵי יַעֲקֹב.

יִשְׁלַח עֲזָרְךָ מִקֹּדֶשׁ,

וּמִצִּיּוֹן יִסְעָדְךָ.

יִזְכֹּר כָּל מִנְחֹתֶיךָ,

וְעוֹלֹתֶיךָ יִדְשָׁנָה סֶלָה.

יִתֵּן לְךָ כָּל־בְּבִיבְךָ,

וְכָל־עֲצָתְךָ יִמְלֵא.

נִרְנָנָה בִּישׁוּעָתְךָ,

וּבְשֵׁם אֱלֹהֵינוּ נִדְגַל,

יִמְלֵא יְהוָה יֵאֱהֹוֶנְהִי

כָּל־מִשְׁאֲלוֹתֶיךָ.

עַתָּה יִדְעֵתִי,

כִּי הוֹשִׁיעַ יְהוָה יֵאֱהֹוֶנְהִי מִשִּׁיחוֹ,

יַעֲנֶהוּ מִשָּׁמַי קֹדֶשׁוֹ,

בְּגִבּוֹרוֹת יִשַׁע יְמִינוֹ.

אֵלֶּה בָּרֻכָּב,

וְאֵלֶּה בַּסּוּסִים,

וְאֵנַחְנוּ בְּשֵׁם יְהוָה

אֱלֹהֵינוּ נִזְכִּיר.

**Hemah kar'u v'nafalu,**  
*They dropped to their knees and fell,*  
**va-anachnu kamnu vanitodad.**  
*but we arose and were invigorated.*  
**Adonai hoshi-ah,**  
*Adonai grant salvation,*  
**hamelech ya-anenu v'yom korenu.**  
*may the Sovereign answer us on the day we call.*

הִמָּה כָּרְעוּ וְנָפְלוּ,  
וְאַנְחָנוּ קָמְנוּ וְנִתְעוֹדַד.  
יְהוָה הוֹשִׁיעָה,  
הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרָאֵנוּ.

## וּבֹא לְצִיּוֹן UVAH L'TZIYON

This blessing connects us to redemption. Redemption is a reference to Mashiach. Mashiach is not a person as many think, but a state of spirituality and consciousness that all people can achieve through spiritual transformation. Once a large number of people reach this state, the Mashiach will appear for the entire human race.

**Uvah l'Tziyon go-el,**  
*A redeemer shall come to Zion,*  
**ulshavei fasha b'Ya-akov,**  
*and to those who turn away from misdeed among Jacob,*  
**n'um Adonai.**  
*so says Adonai.*  
**Va-ani zot b'riti**  
*And as for me this is my covenant*  
**otam amar Adonai,**  
*with them said Adonai,*  
**ruchi asher alecha,**  
*my Spirit which is upon you,*  
**udvarai asher samti b'ficha**  
*and my words that I have put in your mouth*  
**lo yamushu mipicha umipi**  
*shall not depart for your mouth, the mouths*  
**zaracha umipi zera zaracha,**  
*of your children, or the mouths of children's children*  
**amar Adonai,**  
*said Adonai,*  
**me-atah v'ad olam.**  
*from now and forever.*  
**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,*

וּבֹא לְצִיּוֹן גּוֹאֵל,  
וּלְשָׁבֵי פֶשַׁע בְּיַעֲקֹב,  
נֹאֵם יְהוָה יֵאֱהוּדְנָה.  
וְאֲנִי זֹאת בְּרִיתִי  
אַתֶּם אַמַּר יְהוָה יֵאֱהוּדְנָה,  
רוּחִי אֲשֶׁר עָלַיְךָ,  
וּדְבָרֵי אֲשֶׁר שִׁמַּתִּי בְּפִיךָ  
לֹא יִמּוּשׁוּ מִפִּיךָ וּמִפִּי  
זֶרַעְךָ וּמִפִּי זֶרַע זֶרַעְךָ  
אַמַּר יְהוָה יֵאֱהוּדְנָה,  
מֵעַתָּה וְעַד עוֹלָם.  
וְאַתָּה קָדוֹשׁ,  
יוֹשֵׁב תְּהִלּוֹת יִשְׂרָאֵל.  
וְקָרָא זֶה אֶל זֶה וְאָמַר,

Everyone together:

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה יֵאָהֲדוּנְהִי צְבָאוֹת,  
מְלֵא כָּל 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  
עֲלָאָה בֵּית שְׁכִינְתָּהּ,  
קְדִישׁ עַל אַרְעָא  
עוֹבֵד גְּבוּרְתָּהּ,  
קְדִישׁ לְעֵלָם וּלְעֵלְמֵי עַלְמֵיָא,  
יְהוָה יֵאָהֲדוּנְהִי צְבָאוֹת,  
מְלֵיָא כָּל אַרְעָא זִיו יְקָרָהּ.  
וּתְשַׁאֲנֵי רוּחַ,  
וְאֶשְׁמַע אַחֲרַי קוֹל רַעַשׁ גָּדוֹל,

Everyone together:

בָּרוּךְ כְּבוֹד יְהוָה יֵאָהֲדוּנְהִי מִמְּקוֹמוֹ.

Baruch k'vod Adonai mim'komo.

Blessed is the glory of Adonai from Adonai's abode.

Untal<sup>at</sup>ni ru<sup>cha</sup>,  
*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.*

וּנְטַלְתְּנִי רוּחָא,  
וְשִׁמַּעַת בַּתְרֵי קוֹל זִיעַ סָגִיא,  
דִּי מְשַׁבְּחִין וְאֹמְרִין,  
בְּרִיךְ יְקָרָא דִּיהוָה יֵאָהֲדוּנְהִי  
מֵאַתָּר בֵּית שְׁכִינְתָּהּ.

Everyone together:

יהוה יאהדונהי ימלך לעלם ועד.

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.

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,

Blessed is Adonai,

yom yom ya-amos lanu,

Who every day bears burdens for us,

ha-El y'shu-atenu selah.

the Almighty One of our salvation selah.

יהוה יאהדונהי מלכותה קאם

לעלם ולעלמי עלמיא.

יהוה יאהדונהי אלהי אברהם

יצחק וישראל אבותינו,

שמרה זאת לעולם,

ליצר מחשבות לבב עמך,

והכן לבבם אליך.

והוא רחום,

יכפר עון ולא ישחית,

והרבה להשיב אפו,

ולא יעיר כל חמתו.

כי אתה אדני טוב וסלח,

ורב חסד, לכל קוראיך.

צדקתך צדק לעולם,

ותורתך אמת.

תתן אמת ליעקב,

חסד לאברהם אשר נשבעת

לאבותנו מימי קדם.

ברוך אדני,

יום יום יעמס לנו,

האל ישועתנו סלה.

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-im,

*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.*

Y'hi ratzon mil'fanecha,

*May it be the will before You,*

Adonai Eloheinu

*Adonai our Elohim*

Velohei avoteinu,

*and Elohim of our ancestors,*

shenishmor chukecha umitzvotecha

*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,*

יהוה יאהדונהי צבאות עמנו,  
משגב לנו, אלהי יעקב סלה.

יהוה יאהדונהי צבאות,

אשרי אדם בטח בך.

יהוה יאהדונהי הושיעה,

המלך יעננו ביום קראנו.

ברוך אלהינו,

שבראנו לכבודו,

והבדילנו מן התועים,

ונתן לנו תורת אמת,

וחיי עולם נטע בתוכנו,

הוא יפתח לבנו בתורתו,

וישם בלבנו אהבתו ויראתו

לעשות רצונו ולעבדו

בלבב שלם,

לא ניגע לריק,

ולא נלד לבהלה.

יהי רצון מלפניך,

יהוה יאהדונהי אלהינו

ואלהי אבותינו,

שנשמר חקיך ומצותיך

בעולם הזה,

ונזכה ונחיה ונראה,

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

for You have not forsaken

dor'shecha Adonai.

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.

וְנִירַשׁ טוֹבָה וּבְרָכָה,

וְלַחַיֵּי הָעוֹלָם הַבָּא.

לְמַעַן יִזְמְרֶךָ

כְּבוֹד וְלֹא יִדֹם,

יְהוָה יֵאֱהַדוֹנָהי אֱלֹהֵי לְעוֹלָם אֲוֹדֶךָ.

יְהוָה יֵאֱהַדוֹנָהי חֶפֶץ לְמַעַן צְדָקוֹ,

יַגְדִּיל תּוֹרָה וַיֵּאֲדִיר.

וַיִּבְטְחוּ בְךָ יוֹדְעֵי שְׁמֶךָ,

כִּי לֹא עֲזַבְתָּ

דֹר־שֶׁיְךָ יְהוָה יֵאֱהַדוֹנָהי.

יְהוָה יֵאֱהַדוֹנָהי אֲדֹנָינוּ מַה אֲדִיר

שְׁמֶךָ בְּכֹל הָאָרֶץ.

חֲזִקוּ וַיֵּאֱמֹץ לְבַבְכֶם,

כֹּל הַמַּיְחָלִים לַיהוָה יֵאֱהַדוֹנָהי.

# 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'alma 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,

*very soon and at a time that comes quickly,*

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}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וְיַמְלִיךְ מַלְכוּתֵיהּ,

וְיַצְמַח פְּרֻקָנֵיהּ

וְיִקְרַב מְשִׁיחֵיהּ. {אָמֵן}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְיָהּ אֱלֹהֵי שְׁמֵהּ רַבָּא מְבָרַךְ

לְעַלְמֵי עֲלְמֵי עֲלְמֵי אָמֵן.

יְתְבָרַךְ 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'alma,**  
*that are uttered in the world,*  
**v'imru amen. {Amen.}**  
*and say amen. Amen.*

לְעֵלָא מִן כָּל בִּרְכָתָא  
וְשִׁירָתָא תְּשִׁבְּחָתָא וְנַחֲמָתָא,  
דְּאִמְרִין 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 צְלוֹתָנָא וּבְעוֹתָנָא,  
עִם צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
דְּכָל בֵּית יִשְׂרָאֵל קְדָם  
אַבוּנָא 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,*

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 אָמֵן. {אָמֵן.}

*The following is only said on days the Torah is read.*

Y'hal'lu et shem Adonai,

*Let them praise the Name of Hashem,*

ki nisgav sh'mo l'vado.

*for Whose Name is exalted alone.*

Hodo al erez v'shamayim.

*Whose glory is above earth and heaven.*

Vayarem keren l'amo,

*Who has exalted the pride of the One's people,*

t'hilah l'chol chasidav,

*bringing praise for all the One's devout ones,*

livnei Yisra-el am k'rovo,

*with whom the One is intimate,*

Hal'lu-Yah.

*Praise the Eternal One.*

יְהַלְלוּ אֶת שֵׁם יְהוָה יֵאֱהוּנָהּ,

כִּי נִשְׁגַּב שְׁמוֹ לְבַדּוֹ.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.

וַיִּרֶם קֶרֶן לְעַמּוֹ,

תְּהִלָּה לְכֹל חַסִּידָיו,

לְבְנֵי יִשְׂרָאֵל עִם קְרוּבוֹ,

הַלְלוּיָהּ.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתִמְכִּיָּהּ מְאֹד.

דְּרָכֶיהָ דְרָכֵי נְעִים, וְכֹל נְתִיבוֹתֶיהָ שְׁלוֹם.

הַשִּׁיבֵנוּ יְהוָה יֵאֱהוּנָהּ אֵלֵינוּ וְנִשְׁוֵבָהּ, חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Etz chayim hi lamachazikim bah, v'tom'cheha m'ushar.

D'racheha darchei no-am, v'chol n'tivoteha shalom.

Hashivenu Adonai elecha v'nashuvah, chadesh yameinu k'kedem.

*It is a tree of life for those who hold fast to it, and all its supporters are happy.*

*Its ways are ways of pleasantness, and all its paths are peace.*

*Return us to You Adonai and we will return, renew our days as of old.*

## תהלים קכד

## TEHILIM 124

Shir hama-alot l'David.

*A song of ascents by David.*

Lulei Adonai shehayah lanu,

*Had Hashem not been with us,*

yomar na Yisra-el.

*declare it now Israel.*

Lulei Adonai shehayah lanu,

*Had Adonai not been with us,*

b'kum aleinu adam.

*when people rose up against us.*

Azai chayim b'la-unu,

*Then they would have swallowed us up alive,*

bacharot apam banu.

*when their anger flared up against us.*

Azai hamayim sh'tafunu,

*Then the waters would have flooded us,*

nachlah avar al nafshenu.

*the current would have surged across our soul.*

Azai avar al nafshenu,

*Then they would have surged across our soul,*

hamayim hazeidonim.

*the treacherous waters.*

Baruch Adonai,

*Blessed is Adonai,*

shelo n'tananu teref l'shineihem.

*Who did not present us as prey for their teeth.*

Nafshenu k'tzipor nim-l'tah

*Our soul is like a bird escaped*

mipach yok'shim, hapach nishbar,

*from the snare of the hunters, the snare broke,*

va-anachnu nimlatnu.

*and we escaped.*

Ezrenu b'shem Adonai,

*Our help is in the Name of Adonai,*

oseh shamayim va-aretz.

*Maker of heaven and earth.*

שִׁיר הַמַּעֲלוֹת לְדָוִד.

לוֹלֵי יְהוָה יֵאֱהוּנֵהּ שֶׁהָיָה לָנוּ,

יֹאמֵר נָא יִשְׂרָאֵל.

לוֹלֵי יְהוָה יֵאֱהוּנֵהּ שֶׁהָיָה לָנוּ,

בְּקוּם עָלֵינוּ אָדָם.

אֲזֵי חַיִּים בְּלַעֲוֵנוּ,

בַּחֲרוֹת אַפָּם בָּנוּ.

אֲזֵי הַמַּיִם שֶׁטְפוּנוּ,

נַחֲלָה עָבַר עַל נַפְשֵׁנוּ.

אֲזֵי עָבַר עַל נַפְשֵׁנוּ,

הַמַּיִם הַזֵּידוּנִים.

בְּרוּךְ יְהוָה יֵאֱהוּנֵהּ,

שֶׁלֹּא נִתְּנָנוּ טָרֶף לְשֵׁנֵיהֶם.

נַפְשֵׁנוּ כְּצִפּוֹר נִמְלָטָה

מִפַּח יוֹקְשִׁים, הַפַּח נִשְׁבַּר,

וְאֲנַחְנוּ נִמְלָטְנוּ.

עֲזָרְנוּ בְּשֵׁם יְהוָה יֵאֱהוּנֵהּ,

עֹשֵׂה שָׁמַיִם וָאָרֶץ.

# שִׁיר שֶׁל יוֹם

## SONG OF THE DAY

At the end of the daily morning Temple service, the Levites would chant a psalm that was suited to the significance of that day of the week. The song of the day also serves as a countdown of the days of the week to the forthcoming Shabbat.

### THE FIRST DAY (SUNDAY)

הַיּוֹם יוֹם רִשׁוֹן בַּשַּׁבָּת,  
שֶׁבוּ הָיוּ הַלְוִיִּים אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:  
Hayom yom rishon ba-Shabbat,  
shebo hayu hal'viyim om'rim b'veit hamikdash:  
*Today is the first day to Shabbat,  
on which the Levites would recite in the Holy Temple:*

## תְּהִלִּים כָּד TEHILIM 24

This psalm reminds us that everything belongs to the Creator, because on the first day of Creation, the Creator was all that existed.

L'David mizmor.

*By David, a psalm.*

Ladonai ha-aretz umlo-ah,

*Adonai's is the earth and its fulness,*

tevel v'yosh'vei vah.

*the inhabited land and those who dwell in it.*

Ki hu al yamim y'sadah,

*For the Eternal One founded it upon the seas,*

v'al n'harot y'chon'neha.

*and upon rivers established it.*

Mi ya-aleh v'har Adonai,

*Who may ascend the mountain of Adonai,*

umi yakum bimkom kodsho.

*and who may stand in the place of His sanctity.*

N'ki chapayim uvar levav,

*One with clean hands and pure heart,*

asher lo nasa lashav nafshi,

*who has not sworn in vain by My soul,*

לְדוֹד מִזְמוֹר.

לַיהוָה יֵאֱהָדוֹנָהי הָאָרֶץ וּמְלוֹאָהּ,

תֵּבֵל וַיֵּשְׁבֵי בָהּ.

כִּי הוּא עַל יַמִּים יִסְדָּהּ,

וְעַל נְהָרוֹת יְכוֹנְנָהּ.

מִי יַעֲלֶה בְהַר יְהוָה יֵאֱהָדוֹנָהי,

וּמִי יִקּוּם בְּמִקְוֹם קֹדֶשׁוֹ.

נְקֵי כַפָּיִם וּבֶרֶךְ לֵבָב,

אֲשֶׁר לֹא נִשָּׂא לִשְׂוֹא נַפְשִׁי,

v'lo nishba l'mirmah.

*and has not sworn deceitfully.*

Yisa v'rachah me-et Adonai,

*They will receive a blessing from Adonai,*

utzdakah me-Elohei yisho.

*and just kindness from Elohim of their salvation.*

Zeh dor dor'shav,

*This is the generation of those who seek Him,*

m'vakshei panecha Ya-akov selah.

*those who strive for Your Presence, Jacob's House, selah.*

S'u sh'arim rasheichem,

*O gates raise up your heads,*

v'hinas'u pitchei olam,

*and be uplifted you eternal entrances,*

v'yavo melech hakavod.

*so that He may enter, the Sovereign of glory.*

Mi zeh melech hakavod,

*Who is this Sovereign of glory,*

Adonai izuz v'gibor,

*Adonai the mighty and the strong,*

Adonai gibor milchamah.

*Adonai the strong in battle.*

S'u sh'arim rasheichem,

*O gates raise up your heads,*

usu pitchei olam,

*and raise up you eternal entrances,*

v'yavo melech hakavod.

*so that He may enter, the Sovereign of glory.*

Mi hu zeh melech hakavod,

*Who is He, this Sovereign of glory,*

Adonai tz'va-ot,

*Adonai of hosts,*

hu melech hakavod selah.

*is the Sovereign of glory, selah.*

וְלֹא נִשְׁבַּע לְמַרְמָה.

יִשָּׂא בְרַכָּה מֵאֵת יְהוָה יֵאֱהֹוֶנָּה,

וְצַדִּיקָה מֵאֱלֹהֵי יִשְׁעוֹ.

זֶה דּוֹר דּוֹר שׁוֹפֵךְ,

מִבְּקִשֵׁי פָנֶיךָ יַעֲקֹב סֵלָה.

שָׂאוּ שְׁעָרֵימָה רְאֵשֵׁיכֶם,

וְהִנְשִׂאוּ פִתְחֵי עוֹלָם,

וַיָּבֹא מֶלֶךְ הַכְּבוֹד.

מִי זֶה מֶלֶךְ הַכְּבוֹד,

יְהוָה יֵאֱהֹוֶנָּה עֲזוּז וְגִבּוֹר,

יְהוָה יֵאֱהֹוֶנָּה גִבּוֹר מִלְחָמָה.

שָׂאוּ שְׁעָרֵימָה רְאֵשֵׁיכֶם,

וְשָׂאוּ פִתְחֵי עוֹלָם,

וַיָּבֹא מֶלֶךְ הַכְּבוֹד.

מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד,

יְהוָה יֵאֱהֹוֶנָּה צְבָאוֹת,

הוּא מֶלֶךְ הַכְּבוֹד סֵלָה.

*Continue with Hoshienu on page 199.*

## THE SECOND DAY (MONDAY)

הַיּוֹם יוֹם שֵׁנִי בַּשַּׁבָּת,

שֶׁבוּ הַיּוֹם הַלְלוּ אֱוֹמְרֵי בְּבֵית הַמִּקְדָּשׁ:

Hayom yom sheni ba-Shabbat,

shebo hayu hal'viyim om'rim b'veit hamikdash:

*Today is the second day to Shabbat,  
on which the Levites would recite in the Holy Temple:*

# תהלים מזח

## TEHILIM 48

On the second day the Creator separated the heavens and the earth. The kabbalists teach that this began the strife between the Upper and Lower worlds. This idea is reflected in this psalm.

Shir mizmor livnei Korach.

*A song, a psalm by the sons of Korach.*

Gadol Adonai umhulal m'od,

*Great is Adonai and very praised,*

b'ir Eloheinu har kodsho.

*in the city of our Elohim Mount of His Holiness.*

Y'feh nof m'sos kol ha-aretz,

*Fairest of all sites, joy of all the earth,*

har Tziyon yark'tei tzafon,

*Mount Zion on the northern side,*

kiryat melech rav.

*city of the great king.*

Elohim b'arm'noteha

*Elohim in the city's palaces*

noda l'misgav.

*is known as the Stronghold.*

Ki hineh ham'lachim no-adu,

*For behold the kings assembled,*

av'ru yachdav.

*they came together.*

Hemah ra-u ken tamahu,

*They saw and indeed were astounded,*

nivhalu nechpazu

*they were confounded and quickly fled.*

R'adah achazatam sham,

*Trembling gripped them there,*

chil kayoledah.

*convulsions like a woman in birth travail.*

B'ru-ach kadim,

*With a wind from the east,*

t'shaber aniyot tarshish.

*You smashed the ships of Tarshish.*

Ka-asher shamenu ken ra-inu

*As we heard so we saw*

b'ir Adonai tz'va-ot,

*in the city of Adonai of hosts,*

b'ir Eloheinu.

*in the city of our Elohim.*

שִׁיר מִזְמוֹר לְבְנֵי קֹרַח.  
גָּדוֹל יְהוָה יֵאֱהֹוֶה וּמְהֻלָּל מְאֹד,  
בְּעִיר אֱלֹהֵינוּ הַר קֹדֶשׁוֹ.  
יִפְהַ נּוֹף מְשׁוֹשׁ כָּל הָאָרֶץ,  
הַר צִיּוֹן יִרְכָּתִי צָפוֹן,  
קִרְיַת מֶלֶךְ רָב.  
אֱלֹהִים בְּאַרְמְנוֹתֶיהָ  
נֹדַע לְמִשְׁגָּב.  
כִּי הִנֵּה הַמְּלָכִים נֹעְדוּ,  
עָבְרוּ יַחְדָּו.  
הִמָּה רָאוּ כֵן תִּמְהוּ,  
נִבְהָלוּ נִחְפְּזוּ.  
רַעְדָה אַחֲזַתֶם שָׁם,  
חִיל כִּי־וֹלְדָה.  
בְּרוּחַ קְדִים,  
תִּשְׁבֵר אֲנִיּוֹת תַּרְשִׁישׁ.  
כַּאֲשֶׁר שָׁמַעְנוּ כֵן רָאִינוּ  
בְּעִיר יְהוָה יֵאֱהֹוֶה יְצַבְאוֹת,  
בְּעִיר אֱלֹהֵינוּ,

Elohim y'chon'neha ad olam selah.

*May Elohim establish it to eternity, selah.*

Diminu Elohim chasdecha,

*We hoped O Elohim for Your kindness,*

b'kerev heichalecha.

*in the midst of Your Temple.*

K'shimcha Elohim ken t'hilat'cha

*As Your Name O Elohim so is Your praise*

al katzvei eretz,

*to the ends of the earth,*

tzedek mal'ah y'minecha.

*righteousness fills Your right hand.*

Yismach har Tziyon,

*May Mount Zion be gladdened,*

tagelnah b'not Y'hudah,

*rejoice the daughters of Judah,*

l'ma-an mishpatecha.

*for the sake of Your judgements.*

Sobu Tziyon v'hakifuha,

*Walk about Zion and encircle her,*

sifru migdaleha.

*count her towers.*

Shitu lib'chem l'cheilah,

*Mark her ramparts well in your hearts,*

pas'gu arm'noteha,

*raise up her palaces,*

l'ma-an t'sap'ru l'dor acharon.

*so that you may recount it to the succeeding generation.*

Ki zeh Elohim Eloheinu

*For this is Elohim our Elohim*

olam va-ed,

*for ever and ever,*

hu y'nahagenu al mut.

*He will guide us eternally.*

אֱלֹהִים יְכוֹנְנֶה עַד עוֹלָם סְלָה.

דִּמִּינוּ אֱלֹהִים חַסְדְּךָ,

בְּקֶרֶב הַיְכָלְךָ.

כְּשִׁמְךָ אֱלֹהִים בֵּין תְּהִלָּתְךָ

עַל קְצוֵי אָרֶץ,

צֶדֶק מְלֵאָה יְמִינְךָ.

יִשְׂמַח הַר צִיּוֹן,

תִּגְלַנָּה בָנוֹת יְהוּדָה,

לְמַעַן מִשְׁפָּטֶיךָ.

סִבּוּ צִיּוֹן וְהִקִּיפוּהָ,

סִפְרוּ מִגְדָּלֶיהָ.

נְשִׂיתוּ לְבַבְכֶם לְחִילָהּ,

פִּסְגוּ אַרְמְנוֹתֶיהָ,

לְמַעַן תְּסַפְּרוּ לְדוֹר אַחֲרוֹן.

כִּי זֶה אֱלֹהִים אֱלֹהֵינוּ

עוֹלָם וָעֶד,

הוּא יְנַהַגְנוּ עַל מוֹת.

*Continue with Hoshienu on page 199.*

## THE THIRD DAY (TUESDAY)

הַיּוֹם יוֹם שְׁלִישִׁי בַשַּׁבָּת,

שָׁבוּ הָיוּ הַלְוִיִּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom sh'lishi ba-Shabbat,  
shebo hayu hal'viyim om'rim b'veit hamikdash:

*Today is the third day to Shabbat,  
on which the Levites would recite in the Holy Temple:*

# תהלים פב

## TEHILIM 82

On the third day the Creator caused the dry land to become visible and fit for habitation. The kabbalists teach that the Creator did this so people would follow the precepts of Torah and deal justly with others.

Mizmor l'Asaf,

*A psalm by Asaph,*

Elohim nitzav ba-adat el,

*Elohim stands in the Divine assembly,*

b'kerev Elohim yishpot.

*in the midst of judges shall Elohim judge.*

Ad matai tishp'tu avel,

*Until when will you judge lawlessly,*

ufnei r'sha-im tisu selah.

*and the presence of the wicked will you favor, selah?*

Shiftu dal v'yatom,

*Dispense justice for the needy and the orphan,*

ani varash hatzdiku.

*vindicate the poor and impoverished.*

Pal'tu dal v'evyon,

*Rescue the needy and the destitute,*

miyad r'sha-im hatzilu.

*from the hand of the wicked deliver them.*

Lo yad'u v'lo yavinu,

*They do not know nor do they understand,*

bachashechah yit-halachu,

*that they walk in darkness,*

yimotu kol mos'dei aretz.

*all the foundations of the earth collapse.*

Ani amarti Elohim atem,

*I said you are god-like beings,*

uvnei Elyon kul'chem.

*all of you are children of the Most High.*

Achen k'adam t'mutun,

*But like mortals you shall die,*

uch-achad hasarim tipolu.

*and like one of the princes you shall fall.*

Kumah Elohim shaftah ha-aretz,

*Arise O Elohim, judge the earth,*

ki atah tinchal b'chol hagoyim.

*for You allot the portion of all the nations.*

מִזְמוֹר לְאַסָּף,  
 אֱלֹהִים נִצָּב בְּעֵדֶת אֵל,  
 בְּקֶרֶב אֱלֹהִים יִשְׁפֹּט.  
 עַד מָתַי תִּשְׁפָּטוּ עוֹל,  
 וּפְנֵי רְשָׁעִים תִּשְׂאוּ סֵלָה.  
 שְׁפֹטוּ דָל וְיָתוֹם,  
 עֲנִי וְרֵשַׁע הַצְּדִיקוּ.  
 פִּלְטוּ דָל וְאֶבְיוֹן,  
 מִיַּד רְשָׁעִים הַצִּילוּ.  
 לֹא יָדְעוּ וְלֹא יִבִּינוּ,  
 בַּחֲשֹׁכָה יִתְהַלְּכוּ,  
 יִמוּטוּ כָּל מוֹסְדֵי אָרֶץ.  
 אֲנִי אָמַרְתִּי אֱלֹהִים אַתֶּם,  
 וּבְנֵי עֲלִיוֹן כְּלִכֶּם.  
 אַכֵּן כְּאָדָם תָּמוּתוּן,  
 וּכְאֶחָד הַשָּׂרִים תִּפְּלוּ.  
 קוּמָה אֱלֹהִים שְׁפֹטָה הָאָרֶץ,  
 כִּי אַתָּה תִּנְחַל בְּכָל הַגּוֹיִם.

*Continue with Hoshienu on page 199.*

## THE FOURTH DAY (WEDNESDAY)

הַיּוֹם יוֹם רְבִיעִי בַּשַּׁבָּת,  
 שָׁבוּ הָיוּ הַלְוִיִּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:  
 Hayom yom r'vi-i ba-Shabbat,  
 shebo hayu hal'viyim om'rim b'veit hamikdash:  
*Today is the fourth day to Shabbat,  
 on which the Levites would recite in the Holy Temple:*

## תהלים צד:א-צ"ה:ג

## TEHILIM 94:1-95:3

On the fourth day, the Creator created the sun, moon, and stars. At one point, humanity came to regard the luminaries as independent gods that should be worshipped. This psalm speaks of the Creator's retaliation against those who do evil and reassures us that goodness will prevail in the end.

El n'kamot Adonai,  
*O Eternal One of retaliation, Adonai,*  
 El n'kamot hofi-a.  
*O Eternal One of retaliation appear.*  
 Hinaseh shofet ha-aretz,  
*Arise O Judge of the earth,*  
 hashev g'mul al ge-im.  
*render retribution to the haughty.*  
 Ad matai r'sha-im, Adonai,  
*Until when will the wicked, O Adonai,*  
 ad matai r'sha-im ya-alozu.  
*until when will the wicked rejoice.*  
 Yavi-u y'dab'ru atak,  
*They utter, they speak malicious falsehood,*  
 yitam'ru kol po-alei aven.  
*they glorify themselves all doers of evil.*  
 Am'cha Adonai y'dak'u,  
*Your people Adonai they crush,*  
 v'nachlat'cha y'anu.  
*and Your heritage they afflict.*  
 Almanah v'ger yaharogu,  
*The widow and the stranger they slay,*  
 vitomim y'ratzechu.  
*and the orphans they murder.*  
 Vayom'ru, lo yireh Yah,  
*And they say, He will not see,*  
 v'lo yavin Elohei Ya-akov.  
*and Elohim of Jacob will not understand.*

אֵל נְקָמוֹת יְהוָה יֵאֱהוּנָה,  
 אֵל נְקָמוֹת הוֹפִיעַ.  
 הַנִּשְׂא שֹׁפֵט הָאָרֶץ,  
 הַשֵּׁב גְּמוּל עַל גֵּאִים.  
 עַד מָתִי רְשָׁעִים, יְהוָה יֵאֱהוּנָה,  
 עַד מָתִי רְשָׁעִים יַעֲלֹזוּ.  
 יִבְיְעוּ יַדְבְּרוּ עִתָּק,  
 יִתְאַמְרוּ כָּל פֹּעֲלֵי אָוֶן.  
 עֲמֹךְ יְהוָה יֵאֱהוּנָה יַדְכָּאוּ,  
 וְנַחֲלַתְךָ יַעֲנוּ.  
 אֲלִמְנָה וְגֵר יַהַרְגוּ,  
 וִיתוּמִים יִרְצְחוּ.  
 וַיֹּאמְרוּ, לֹא יִרְאֶה יְהוָה,  
 וְלֹא יִבִּין אֱלֹהֵי יַעֲקֹב.

**Binu bo-arim ba-am,**

*Understand you ignorant among the people,*

**uchsilim matai taskilu.**

*and you fools when will you gain wisdom?*

**Hanota ozen halo yishma,**

*Will the One Who implants the ear not hear,*

**im yotzer ayin halo yabit.**

*and the One Who creates the eye not see?*

**Hayoser goyim halo yochi-ach,**

*Will the One Who chastises nations not punish,*

**ham'lamed adam da-at.**

*it is the One Who teaches humanity knowledge.*

**Adonai yode-a**

*Adonai knows*

**machsh'vot adam,**

*the thoughts of humanity,*

**ki hemah havel.**

*that they are futile.*

**Ashrei hagever asher t'yasrenu Yah,**

*Happy is the person whom the Eternal One disciplines,*

**umi-Torat'cha t'lam'denu.**

*and from Your Torah You teach them.*

**L'hashkit lo mimei ra,**

*To give them rest from the days of evil,*

**ad yikareh l'rosha shachat.**

*while a pit is dug for the wicked.*

**Ki lo yitosh Adonai amo,**

*Because Adonai will not forsake His people,*

**v'nachalato lo ya-azov.**

*and will not abandon His heritage.*

**Ki ad tzedek yashuv mishpat,**

*For justice shall revert to righteousness,*

**v'acharav kol yishrei lev.**

*and all upright of heart will follow it.*

**Mi yakum li im m're-im,**

*Who will rise up for me against those who do evil,*

**mi yityatzev li im po-alei aven.**

*who will stand up for me against the evildoers.*

**Lulei Adonai ezratah li,**

*Had not Adonai been a help to me,*

**kimat shachnah dumah nafshi.**

*in a moment my soul would have dwelt in the silent grave.*

**Im amarti matah ragli,**

*If I said, "my foot falters,"*

**chasd'cha Adonai yisadeni.**

*Your kindness Adonai supported me.*

**B'rov sarapai b'kirbi,**

*When my forebodings were abundant within me,*

בִּינוּ בְּעָרִים בְּעַם,

וְכַסִּילִים מַתִּי תִשְׁכִּילוּ.

הֲנִטַע אָזֶן הֲלֹא יִשְׁמַע,

אִם יִצַר עֵינַי הֲלֹא יִבִּיט.

הֲיִסֵּר גּוֹיִם הֲלֹא יוֹכִיחַ,

הַמְלַמֵּד אָדָם דַּעַת.

יְהוָה יֵאֱהוּדוּנְהִי יָדַעַ

מִמַּחְשְׁבוֹת אָדָם,

כִּי הֵמָּה הַבָּל.

אֲשֶׁר־י הַגִּבּוֹר אֲשֶׁר תִּיִסְרְנוּ יְהוָה,

וּמִתּוֹרַתְךָ תִּלְמַדְנוּ.

לְהִשְׁקִיט לּוֹ מִיְמֵי רַע,

עַד יִכָּרֵה לְרָשָׁע שַׁחַת.

כִּי לֹא יִטַּשׁ יְהוָה יֵאֱהוּדוּנְהִי עַמּוֹ,

וְנִחַלְתּוֹ לֹא יַעֲזֹב.

כִּי עַד צֶדֶק יָשׁוּב מִשְׁפָּט,

וְאַחֲרָיו כָּל יִשְׂרָאֵל.

מִי יִקּוּם לִי עִם מִרְעִים,

מִי יִתִּיצֵב לִי עִם פְּעֻלֵי אֲוֶן.

לוֹלִי יְהוָה יֵאֱהוּדוּנְהִי עֲזָרְתָה לִּי,

כְּמַעַט שָׁכְנָה דוּמָה נַפְשִׁי.

אִם אָמַרְתִּי מָטָה רַגְלִי,

חֲסִדְךָ יְהוָה יֵאֱהוּדוּנְהִי יִסְעֶדְנִי.

בְּרֹב שִׁרְעֵפַי בְּקִרְבִּי,

tanchumecha y'sha-ashu nafshi.

*Your comforts cheered my soul.*

Haychovr'cha kisei havot,

*Can the throne of destruction be associated with You,*

yotzer amal alei chok.

*those who make evil into a statue?*

Yagodu al nefesh tzadik,

*They join together against the soul of the righteous,*

v'dam naki yarshi-u.

*and they condemn innocent blood.*

Vayhi Adonai li l'misgav,

*Then Adonai became a stronghold for me,*

v'Elohai l'tzur machsi.

*and my Elohim the Rock of my refuge.*

Vayashev aleihem et onam,

*He turned their own violence upon them,*

uvra-atam yatzmitem,

*and He will cut them off with their own evil,*

yatzmitem Adonai Eloheinu.

*Adonai our Elohim will cut them off.*

L'chu n'ran'na Ladonai,

*Come let us sing with joy to Adonai,*

nariyah l'tzur yishenu.

*let us call out to the Rock of our salvation.*

N'kad'mah fanav b'todah,

*Let us greet Him with thanks,*

bizmirot nari-a lo.

*let us call out with music to Him.*

Ki El gadol Adonai,

*For Adonai is a great Almighty One,*

umelech gadol al kol elohim.

*and a great Sovereign of all divine beings.*

תִּנְחֹמְיָךְ יִשְׁעֵשְׂעוּ נַפְשֵׁי.  
הֵיחֲבֹרְךָ כִּסֵּא הַיּוֹת,  
יוֹצֵר עֵמֶל עָלַי חֶק.  
יִגֹּדוּ עַל נַפְשׁ צַדִּיק,  
וְדָם נָקִי יִרְשִׁיעוּ.  
וַיְהִי יְהוָה יֵאֱהוּנְהִי לִי לְמִשְׁגָּב,  
וְאֱלֹהֵי לְצוּר מַחְסִי.  
וַיָּשָׁב עֲלֵיהֶם אֶת אוֹנָם,  
וּבְרַעַתָם יִצְמִיתָם,  
יִצְמִיתָם יְהוָה יֵאֱהוּנְהִי אֱלֹהֵינוּ.  
לְכוּ נִרְנְנָה לַיהוָה יֵאֱהוּנְהִי,  
נִרְיַעָה לְצוּר יִשְׁעֵנוּ.  
נִקְדַּמָּה פָנָיו בְּתוֹדָה,  
בְּזִמְרוֹת נִרְיַע לוֹ.  
כִּי אֵל גָּדוֹל יְהוָה יֵאֱהוּנְהִי,  
וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

*Continue with Hoshienu on page 199.*

## THE FIFTH DAY (THURSDAY)

הַיּוֹם יוֹם חֲמִישֵׁי בַשַּׁבָּת,

שְׁבוּ הָיוּ הַלְוִיִּם אוֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom chamishi ba-Shabbat,  
shebo hayu hal'viyim om'rim b'veit hamikdash:

*Today is the fifth day to Shabbat,  
on which the Levites would recite in the Holy Temple:*

# תהלים פא

## TEHILIM 81

On the fifth day the Creator made the birds and the fish, which bring joy to the world. Humanity is moved to praise Creator with song upon observing the beauty and variety of creation.

Lam'natze-ach al hagiti l'asaf.

*For the conductor on the gittis by Asaph.*

Harninu Lelohim uzenu,

*Sing joyously to Elohim our strength,*

hari-u Lelohei Ya-akov.

*call out to Elohim of Jacob.*

S'u zimrah utnu tof,

*Raise up a song and sound the drum,*

kinor na-im im navel.

*the sweet harp with the lyre.*

Tiku vachodesh shofar,

*Blow the shofar at the moon's renewal,*

bakeseh l'yom chagenu.

*at the appointed time for the day of our festivals.*

Ki chok l'Yisra-el hu,

*Because it is a decree for Israel,*

mishpat Lelohei Ya-akov.

*a judgement day for Elohim of Jacob.*

Edut biHosef samu,

*As a testimony for Joseph was it appointed,*

b'tzeto al eretz mitzrayim,

*when He went out over the land of Egypt,*

s'fat lo yadati eshma.

*a language unknown to me I heard.*

Hasiroti misevel shichmo,

*I removed his shoulder from the burden,*

kapav midud ta-avornah.

*from the kettle his hands passed.*

Batzarah karata va-achal'tzecha,

*In distress you called out and I released you,*

e-enchah b'seter ra-am,

*I answered you privately with a thunderous reply.*

Evchoncha al mei m'rivah selah.

*I tested you at the Waters of Strife, selah.*

Sh'ma ami v'a-idadah bach,

*Listen My people and I will attest to you,*

Yisra-el im tishma li.

*O Israel if you would but listen to Me.*

Lo yihyeh b'cha el zar,

*There shall not be within you any strange god,*

לְמַנְצַח עַל הַגִּתִּי לְאַסָּף.

הִרְנִינוּ לֵאלֹהִים עוֹזְנֵנוּ,

הִרְיֵעוּ לֵאלֹהֵי יַעֲקֹב.

שִׂאוּ זִמְרָה וּתְנוּ תֵף,

כְּנֹר נְעִים עִם נָבֶל.

תִּקְעוּ בַּחֹדֶשׁ שׁוֹפָר,

בַּכֶּסֶה לְיוֹם חַגֵּנוּ.

כִּי חֹק לְיִשְׂרָאֵל הוּא,

מִשְׁפָּט לֵאלֹהֵי יַעֲקֹב.

עֵדוּת בִּיהוֹסֵף שָׁמוּ,

בְּצֵאתוֹ עַל אֶרֶץ מִצְרַיִם,

שִׁפְתַי לֹא יָדַעְתִּי אֲשַׁמַּע.

הִסִּירוֹתַי מִסָּבֶל שְׁכֻמוֹ,

כַּפָּיו מִדוּד תַּעֲבֹרְנָה.

בַּצָּרָה קָרָאתָ וְאֶחֱלָצְךָ,

אֶעֱנֶךָ בְּסֵתֶר רַעַם,

אֶבְחָנְךָ עַל מֵי מְרִיבָה סֶלָה.

שְׁמַע עַמִּי וְאֶעֱיֶדְךָ בָּךְ,

יִשְׂרָאֵל אִם תִּשְׁמַע לִי.

לֹא יִהְיֶה בְּךָ אֵל זָר,

v'lo tishtachaveh l'el nechar.

*nor shall you bow before an alien god.*

Anochi Adonai Elohecha,

*I am Adonai Your Elohim,*

hama-alcha me-eretz mitzrayim,

*Who raised you from the land of Egypt,*

harchev picha va-amalehu.

*open wide your mouth and I will fill it.*

V'lo shama ami l'koli,

*But My people did not listen to My voice,*

v'Yisra-el lo avah li.

*and Israel did not desire me.*

Va-ashal'chehu bishrirut labam,

*So I let them pursue the fantasies of their heart,*

yel'chu b'mo-atzoteihem.

*that they might follow their own counsels.*

Lu ami shome-a li,

*If only My people would heed Me,*

Yisra-el bidrachai y'halechu.

*if only Israel would walk in My ways.*

Kimat oy'veihem achni-a,

*In an instant their foes I would subdue,*

v'al tzareihem ashiv yadi.

*and I would turn against their tormentors.*

M'sanei Adonai y'chachashu lo,

*Those who hate Adonai would lie to him,*

vihi itam l'olam.

*but their time would be forever.*

Vaya-achilehu mechelev chitah,

*And He would feed them with the choicest wheat,*

umitzur d'vash asbi-echa.

*and I would sate you with honey from a rock.*

וְלֹא תִשְׁתַּחֲוֶה לֵאלֹהֵי נֹכְרִים.  
 אֲנֹכִי יְהוָה יֵאֱהַדּוֹנָהּי אֱלֹהֶיךָ,  
 הִמַּעַלְךָ מֵאֶרֶץ מִצְרַיִם,  
 הִרְחֵב פִּיךָ וְאִמַּלְאֵהוּ.  
 וְלֹא שָׁמַע עַמִּי לְקוֹלִי,  
 וְיִשְׂרָאֵל לֹא אָבָה לִי.  
 וְאֲשַׁלְּחֵהוּ בְשִׁרְיוֹת לִבָּם,  
 יֵלְכוּ בְמוֹעֲצוֹתֵיהֶם.  
 לוֹ עַמִּי שָׁמַע לִי,  
 יִשְׂרָאֵל בְּדַרְכֵי יְהוָה.  
 כִּמְעַט אוֹיְבֵיהֶם אֲכַנֶּיֶע,  
 וְעַל צָרֵיהֶם אָשִׁיב יָדִי.  
 מִשְׁנֵאֵי יְהוָה יֵאֱהַדּוֹנָהּי יִכְחָשׁוּ לוֹ,  
 וְיִהְיֶה עֵתָם לְעוֹלָם.  
 וַיֹּאכִלֵהוּ מִחֶלֶב חִטָּהּ,  
 וּמִצּוֹר דְּבַשׁ אֲשֶׁבִיעֶךָ.

*Continue with Hoshienu on page 199.*

## THE SIXTH DAY (FRIDAY)

הַיּוֹם יוֹם שִׁשִּׁי בַּשַּׁבָּת,

שְׁבוּ הַיּוֹם הַלְוִיִּים אֹמְרִים בְּבֵית הַמִּקְדָּשׁ:

Hayom yom shishi ba-Shabbat,  
shebo hayu hal'viyim om'rim b'veit hamikdash:*Today is the sixth day to Shabbat,  
on which the Levites would recite in the Holy Temple:*

## תהלים צג

## TEHILIM 93

On the sixth day the Creator completed the six days of Creation. This psalm speaks of Creator donning grandeur and reminds us that Shabbat is very near.

**Adonai malach ge-ut lavesh,***Adonai has reigned donned with grandeur,***lavesh Adonai oz hitazar,***donned and girded with strength is Adonai,***af tikon tevel bal timot.***also has shown that the world is firm that it should not topple.***Nachon kisacha me-az,***Established is Your throne from of old,***me-olam atah.***eternal are You.***Nas'u n'harot Adonai,***The rivers have lifted up, Adonai,***nas'u n'harot kolam,***the rivers have lifted up their voice,***yisu n'harot doch-yam.***the rivers lift up their waves.***Mikolot mayim rabim,***Above than the roars of many waters,***adirim mishb'rei yam,***mightier than the waves of the sea,***adir bamarom Adonai.***mighty on high are You Adonai.***Edotecha ne-emnu m'od***Your testimonies are exceedingly trustworthy***l'veit'cha na-avah kodesh,***regarding Your House the Sacred Dwelling,***Adonai l'grech yamim.***O Adonai for length of days.*

יְהוָה יֵאֱהַדוֹנְהִי מֶלֶךְ גִּבּוֹר לְבִשׁ,

לְבִשׁ יְהוָה יֵאֱהַדוֹנְהִי עַז הַתְּאֲזָר,

אִף תִּכּוֹן תֵּיבֵל בַּל תִּמוֹט.

נִכּוֹן כְּסֵאֶךָ מֵאֶז,

מֵעוֹלָם אַתָּה.

נִשְׂאוּ נְהָרוֹת יְהוָה יֵאֱהַדוֹנְהִי,

נִשְׂאוּ נְהָרוֹת קוֹלָם,

יִשְׂאוּ נְהָרוֹת דְּכָכִים.

מִקְלוֹת מַיִם רַבִּים

אֲדִירִים מִשְׁבְּרֵי יָם,

אֲדִיר בַּמָּרוֹם יְהוָה יֵאֱהַדוֹנְהִי.

עֵדוֹתֶיךָ נֶאֱמְנוּ מְאֹד

לְבֵיתֶךָ נִאֲוָה קֹדֶשׁ,

יְהוָה יֵאֱהַדוֹנְהִי לְאָרֶךְ יָמִים.

*Continue with Hoshienu on page 199.*

# הוֹשִׁיעֵנו

## HOSHIENU

Hoshi-enu Adonai Eloheinu,  
*Save us Adonai our Elohim,*  
 v'kab'tzenu min hagoyim,  
*and gather us from among the nations,*  
 l'hodot l'shem kodshecha,  
*to thank the Name of Your holiness,*  
 l'hishtabe-ach bit-hilatecha.  
*and to glory in Your praise.*  
**Baruch Adonai**  
*Blessed is Adonai*  
**Elohei Yisra-el,**  
*Elohim of Israel,*  
**min ha-olam v'ad ha-olam,**  
*from this world to the world to come,*  
**v'amar kol ha-am amen, hal'lu-Yah.**  
*and let all the people say Amen! Hallelu-Yah.*  
**Baruch Adonai mi-Tziyon,**  
*Blessed is Adonai from Zion,*  
**shochen Y'rushalayim, hal'lu-Yah.**  
*the One Who dwells in Jerusalem, hallelu-Yah.*  
**Baruch Adonai Elohim**  
*Blessed is Adonai Elohim*  
**Elohei Yisra-el,**  
*Elohim of Israel,*  
**oseh nifla-ot l'vado.**  
*Who alone does wondrous things.*  
**Uvaruch shem k'vodo l'olam,**  
*And Whose Name of glory is blessed forever,*  
**v'yimalei ch'vodo et kol ha-aretz,**  
*and may Whose glory fill all the earth,*  
**amen v'amen.**  
*amen and amen.*

הוֹשִׁיעֵנו יְהוָה יֵאֱהָדוּנָהּ אֱלֹהֵינוּ,  
 וְקַבְּצֵנוּ מִן הַגּוֹיִם,  
 לְהוֹדוֹת לְשֵׁם קֹדֶשׁךָ,  
 לְהִשְׁתַּבַּח בְּתִהְלַתְךָ.  
 בְּרוּךְ יְהוָה יֵאֱהָדוּנָהּ  
 אֱלֹהֵי יִשְׂרָאֵל,  
 מִן הָעוֹלָם וְעַד הָעוֹלָם,  
 וְאָמַר כָּל הָעָם אָמֵן, הַלְלוּיָהּ.  
 בְּרוּךְ יְהוָה יֵאֱהָדוּנָהּ מִצִּיּוֹן,  
 שׁוֹכֵן יְרוּשָׁלַיִם, הַלְלוּיָהּ.  
 בְּרוּךְ יְהוָה יֵאֱהָדוּנָהּ אֱלֹהִים  
 אֱלֹהֵי יִשְׂרָאֵל,  
 עֹשֶׂה נִפְלְאוֹת לְבַדּוֹ.  
 וּבְרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם,  
 וַיִּמְלֵא כְבוֹדוֹ אֶת כָּל הָאָרֶץ,  
 אָמֵן וְאָמֵן.

# 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'alma 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,

very soon and at a time that comes quickly,

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 בְּרָא כְרַעוּתְהָ,

וְיִמְלִיךְ מַלְכוּתְהָ,

וְיִצְמַח פְּרֻקְנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל 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'alma,  
that are uttered in the world,  
v'imru amen. {Amen.}  
and say amen. Amen.

דְּאֲמִירָן בְּעֵלְמָא,  
וְאָמְרוּ 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.}

Kaveh el Adonai,  
*Hope to Adonai,*  
 chazak v'ya-ametz libecha,  
*make your heart strong and courageous,*  
 v'kavem el Adonai.  
*and place your hope in Adonai.*  
 Ein kadosh Kadonai,  
*There is none holy as Adonai,*  
 ki ein biltecha,  
*for there is none besides You,*  
 v'ein tzur Keloheinu.  
*and there is no Rock like our Elohim.*  
 Ki mi eloha mibaladei Adonai,  
*For who is a power except Adonai,*  
 umi tzur zulati Eloheinu.  
*and who is a Rock besides our Elohim?*

קָוָה אֶל יְהוָה,  
 חֲזַק וַיֵּאֱמֹץ לִבְךָ,  
 וְקָוָה אֶל יְהוָה.  
 אֵין קָדוֹשׁ כַּיְהוָה,  
 כִּי אֵין בְּלִתְךָ,  
 וְאֵין צוּר כְּאֱלֹהֵינוּ.  
 כִּי מִי אֱלֹהִים מִבְּלַעֲדֵי יְהוָה,  
 וּמִי צוּר זוּלַתִּי אֱלֹהֵינוּ.

## אֵין כְּאֱלֹהֵינוּ

### EIN KELOHEINU

The Incense Offering was the conclusion of the Morning Service in the Holy Temple. Before we recite the Parashat HaKetoret, we acknowledge and declare that there is none like our Elohim.

Ein Keloheinu,  
*There is none like our Elohim,*  
 ein Kadoneinu,  
*there is none like our Ruler,*  
 ein K'malkenu,  
*there is none like our Sovereign,*  
 ein K'moshi-enu.  
*there is none like our Redeemer.*  
 Mi Cheloheinu,  
*Who is like our Elohim,*  
 mi Chadoneinu,  
*who is like our Ruler,*  
 mi Ch'malkenu,  
*who is like our Sovereign,*  
 mi Ch'moshi-enu.  
*who is like our Redeemer.*  
 Nodeh Leloheinu,  
*We shall give thanks to our Elohim,*  
 nodeh Ladoneinu,  
*we shall give thanks to Ruler,*  
 nodeh L'malkenu,  
*we shall give thanks to our Sovereign,*

אֵין כְּאֱלֹהֵינוּ,  
 אֵין כְּאֲדוֹנֵינוּ,  
 אֵין כְּמַלְכֵנוּ,  
 אֵין כְּמוֹשֵׁינוּ.  
 מִי כְּאֱלֹהֵינוּ,  
 מִי כְּאֲדוֹנֵינוּ,  
 מִי כְּמַלְכֵנוּ,  
 מִי כְּמוֹשֵׁינוּ.  
 נוֹדֶה לְאֱלֹהֵינוּ,  
 נוֹדֶה לְאֲדוֹנֵינוּ,  
 נוֹדֶה לְמַלְכֵנוּ,

nodeh L'moshi-enu.

*we shall give thanks to our Redeemer.*

Baruch Eloheinu,

*Blessed is our Elohim,*

baruch Adoneinu,

*blessed is our Ruler,*

baruch Malkenu,

*blessed is our Sovereign,*

baruch Moshi-enu.

*blessed is our Redeemer.*

Atah hu Eloheinu,

*You are our Elohim,*

atah hu Adoneinu,

*You are our Ruler,*

atah hu Malkenu,

*You are our Sovereign,*

atah hu Moshi-enu.

*You are our Redeemer.*

Atah toshi-enu,

*You shall redeem us,*

atah takum t'rachem Tziyon,

*You shall rise and have mercy on Zion,*

ki et l'chen'nah ki va mo-ed.

*for it is time to favor her, the appointed time has come.*

נוֹדֶה לְמוֹשִׁיעֵנוּ.

בָּרוּךְ אֱלֹהֵינוּ,

בָּרוּךְ אֲדוֹנֵינוּ,

בָּרוּךְ מַלְכֵנוּ,

בָּרוּךְ מוֹשִׁיעֵנוּ.

אַתָּה הוּא אֱלֹהֵינוּ,

אַתָּה הוּא אֲדוֹנֵינוּ,

אַתָּה הוּא מַלְכֵנוּ,

אַתָּה הוּא מוֹשִׁיעֵנוּ.

אַתָּה תוֹשִׁיעֵנוּ,

אַתָּה תִּקּוּם תְּרַחֵם צִיּוֹן,

כִּי עֵת לְחֻנָּה כִּי בָּא מוֹעֵד.

## פרשת הקטרת

### PARASHAT HAKETORET

Atah hu Adonai Eloheinu,

*You are the One, Adonai our Elohim,*

shehiktiru avoteinu l'fanecha

*that our ancestors burned before You*

et k'toret hasamim bizman

*the incense spices in the time*

shebeit hamikdash hayah kayam,

*when the Holy Temple was standing,*

ka-asher tziyita otam

*as You commanded them*

al y'dei Mosheh n'vi-echa,

*by the hand of Moses, Your Prophet,*

kakatuv b'Toratecha:

*as it is written in Your Torah:*

Vayomer Adonai el Mosheh,

*Adonai said to Moses:*

אַתָּה הוּא יְהוָה יֵאֱהוּנְהִי אֱלֹהֵינוּ,

שֶׁהִקְטִירוּ אֲבוֹתֵינוּ לְפָנֶיךָ

אֶת קֶטֶרֶת הַסַּמִּים בְּזִמַּן

שֶׁבֵּית הַמִּקְדָּשׁ הָיָה קַיָּם,

כַּאֲשֶׁר צִוִּיתָ אוֹתָם

עַל יְדֵי מֹשֶׁה נְבִיאֲךָ,

כַּכָּתוּב בְּתוֹרַתְךָ:

וַיֹּאמֶר יְהוָה יֵאֱהוּנְהִי אֶל מֹשֶׁה,

Kah I'cha samim,  
*Take for yourself spices,*  
 nataf ushchelet v'chelb'nah,  
*stacte, onycha, and galbanum,*  
 samim ulvonah zakah,  
*spices and frankincense that is pure,*  
 bad b'vad yih-yeh.  
*of equal weight they shall be.*  
 V'asita otah k'toret,  
*And you shall make it into incense,*  
 rokach, ma-aseh roke-ach,  
*a spice-compound, the handiwork of a perfumer,*  
 m'mulach, tahor, kodesh.  
*thoroughly mixed, pure, and holy.*  
 V'shachakta mimenah hadeck,  
*And you shall grind some of it finely,*  
 v'natatah mimenah lifnei ha-edut  
*and you shall place some of it before the Testimony*  
 b'ohel mo-ed asher  
*in the Tent of Appointment, where*  
 iva-ed I'cha shamah,  
*I shall designate a time to meet you there,*  
 kodesh kadashim tih-yeh lachem.  
*holy of holies it shall be for you.*  
 V'ne-emar: V'hiktir alav  
*It is also written: And burn upon it*  
 Aharon k'toret samim,  
*shall Aaron, the incense of spices,*  
 baboker baboker b'heitivo  
*each and every morning when he prepares*  
 et hanerot yaktirenah.  
*the lamps, he is to burn it.*  
 Uvha-alot Aharon et hanerot  
*And when Aaron ignites the lamps*  
 bein ha-arbayim yaktirenah,  
*in the afternoon, he is to burn it.*  
 k'toret tamid  
*an incense that is continual*  
 lifnei Adonai I'doroteichem.  
*before Adonai throughout your generations.*

Tanu rabanam,  
*The Rabbis taught,*  
 pitum haketoret keitzad.  
*How is the incense mixture formulated?*  
 Sh'losh me-ot v'shishim ushmonah  
*Three hundred and sixty-eight*  
 manim hayu vah.  
*maneh were in it.*

קח לך סמים,  
 נטף ושחלת וחלבנה,  
 סמים ולבנה זכה,  
 בד בַּבַּד יִהְיֶה.  
 ועשית אתה קטרת,  
 רקח, מעשה רוקח,  
 ממלח, טהור, קדש.  
 ושחקת ממנה הדק,  
 ונתתה ממנה לפני העדות  
 באהל מועד אשר  
 אועד לך שמה,  
 קדש קדשים תהיה לכם.  
 ונאמר: והקטיר עליו  
 אהרן קטרת סמים,  
 בבקר בבקר בהיטיבו  
 את הנרות יקטירנה.  
 ובהעלות אהרן את הנרות  
 בין הערבים יקטירנה,  
 קטרת תמיד  
 לפני יהוה יאהדונה לדרתיכם.

תנו רבנן,  
 פטום הקטרת כיצד.  
 שלש מאות ושישים ושמונה  
 מנים היו בה.

Sh'losh me-ot v'shishim vachamishah

*Three hundred and sixty-five*

k'minyan y'mot hachamah,  
*which correspond to the days of the solar year,*

maneh v'chol yom,

*a maneh for each day,*

machatzito vaboker

*half in the morning*

umachatzito ba-erev.

*and half in the evening.*

Ushloshah manim y'terim,

*And three extra maneh,*

shemehem machnis kohen gadol

*from them the Kohen Gadol would put in (his hands)*

v'notel mehem m'lo

*and take out both*

chafnav b'yom hakipurim,

*his handfuls (to bring into the Holy of Holies) on Yom Kippur,*

umachaziran l'machteshet

*and he would return them to the mortar*

b'erev yom hakipurim

*on the day before Yom Kippur,*

k'dei l'kayem mitzvat

*to fulfill the commandment*

dakah min hadakah,

*that it be exceptionally fine,*

v'achad asar samanim hayu vah,

*and eleven kinds of spices were in it,*

v'elu hen:

*and they are these:*

(1 Keter) Hatzori,

*Balm,*

(2 Yesod) v'hatziporen,

*and onycha,*

(3 Malchut) hachel-b'nah

*galbanum*

(4 Ohr Makif) v'hal'vonah,

*and frankincense,*

mishkal shivim shivim maneh.

*each weighing seventy maneh.*

(5 Chesed) Mor,

*Myrrh,*

(6 Gevurah) uktzi-ah,

*and cassia,*

שְׁלֹשׁ מֵאוֹת וְשִׁשִּׁים וַחֲמִשָּׁה

כְּמִנְיַן יְמוֹת הַחֶמֶה,

מָנֶה בְּכָל יוֹם,

מִחֲצִיתוֹ בַּבֶּקֶר

וּמִחֲצִיתוֹ בַּעֶרֶב.

וְשֹׁלֶשׁ מָנִים יִתְּרִים,

שְׂמֵהֶם מַכְנִים כַּהֵן גָּדוֹל

וְנוֹטֵל מֵהֶם מְלֵא

חֲפָנָיו בְּיוֹם הַכִּפּוּרִים,

וּמִחֲזִירָן לְמִכְתֶּשֶׁת

בַּעֶרֶב יוֹם הַכִּפּוּרִים

כְּדֵי לְקַיֵּם מִצְוֹת

דְּקָה מִן הַדְּקָה,

וְאַחַד עָשָׂר סַמָּנִים הָיוּ בָּהֶן,

וְאֵלוֹ הֵנּוּ:

*It is appropriate to count the Eleven spices with the fingers of your right hand.  
Meditate to extract the 11 sparks of Kedushah from the Klippot.*

(א כתר) הַצָּרִי,

(ב יסוד) וְהַצִּפּוֹרֵן,

(ג מלכות) הַחֶלְבָּנָה,

(ד אור מקיף) וְהַלְבוֹנָה,

מִשְׁקַל שִׁבְעִים שִׁבְעִים מָנֶה.

(ה חסד) מוֹר,

(ו גבורה) וְקִצְיֵעָה,

(7 Tiferet) shibolet nerd,  
*spikenard,*  
 (8 Netzach) v'charkom, mishkal  
*and saffron, each weighing*  
 shishah asar shishah asar maneh.  
*each weighing sixteen maneh.*  
 (9 Chochmah) Hakosht sh'neim asar,  
*Costus, twelve,*  
 (10 Binah) v'kilufah sh'loshah,  
*and aromatic bark, three,*  
 (11 Hod) v'kinamon tishah.  
*and cinnamon, nine.*

Borit karshinah tishah kabin,  
*Added was Carshina lye, nine kav,*  
 yein kafrisin s'in t'lata v'kabin  
*Cyprus wine, three seah and kav*  
 t'lata, v'im ein lo yein kafrisin,  
*three, if one could not get Cyprus wine,*  
 mevi chamar chivaryan atik,  
*they would bring old white wine,*  
 melach s'domit rova hakav,  
*a quarter of a kab of Sodom salt,*  
 ma-aleh ashan kol shehu.  
*and a small amount of a smoke-raising ingredient.*  
 Rabi Natan ha-Bavli omer:  
*Rabbi Natan the Babylonian says:*  
 Af kipat hayarden kol shehu.  
*Also a small amount of Jordan amber.*  
 V'im natan bah d'vash, p'salah,  
*If one placed honey in it, they invalidated it,*  
 v'im chiser achat mikol samaneha,  
*and if one omitted one of its spices,*  
 chayav mitah.  
*they connected themselves to death.*

Raban Shimon ben Gamliel omer:  
*Rabban Shimon ben Gamliel says:*  
 Hatzori eino ela s'raf  
*The balm is exclusively the sap*  
 hanotef me-atzei ha-k'taf.  
*that drips from the balsam trees.*  
 Borit karshinah sheshafin bah  
*Carshina lye was to rub with it*  
 et hatziporen k'dei shet'hei na-ah,  
*the onycha so that it should be pleasing,*  
 yein kafrisin sheshorin bo  
*cyprus wine was to soak in it*

(ז תפארת) שְׂבֹלֶת נֵרֶד,  
 (ח נצח) וְכַרְכֹּם, מִשְׁקָל  
 שִׁשָּׁה עָשָׂר שִׁשָּׁה עָשָׂר מָנֶה.  
 (ט חכמה) הַקֹּשֶׁט שְׁנַיִם עָשָׂר,  
 (י בינה) וְקִלּוּפֵה שְׁלֹשָׁה,  
 (יא הוד) וְקִנְמוֹן תִּשָּׁעַה.  
 בְּרִית כְּרִשִּׁינָה תִשְׁעָה קַבִּין,  
 יַיִן קַפְרִיסִין סְאִין תְּלָתָא וְקַבִּין  
 תְּלָתָא, וְאִם אֵין לוֹ יַיִן קַפְרִיסִין,  
 מִבֵּיא חֲמַר חוֹרִין עֲתִיק,  
 מְלַח סְדוּמִית רְבַע הֶקֶב,  
 מִעֲלָה עֲשָׂן כָּל שְׁהוּא.  
 רַבִּי נָתַן הַבְּבֵלִי אוֹמֵר:  
 אֶף כִּפַּת הַיַּרְדֵּן כָּל שְׁהוּא.  
 וְאִם נָתַן בָּהּ דְּבִשׁ, פְּסָלָהּ,  
 וְאִם חִסַּר אַחַת מִכָּל סַמָּנֶיהָ,  
 חָיַב מִיתָהּ.

רַבִּין שִׁמְעוֹן בֶּן גַּמְלִיאֵל אוֹמֵר:  
 הַצֹּרִי אֵינוֹ אֶלָּא שֶׁרֶף  
 הַנוֹטֵף מֵעֵצֵי הַקֹּטֵף.  
 בְּרִית כְּרִשִּׁינָה שֶׁשֶּׁפִּין בָּהּ  
 אֶת הַצִּפּוֹרֵן כְּדֵי שֶׁתִּהְיֶה נְאֻחָה,  
 יַיִן קַפְרִיסִין שֶׁשׁוֹרִין בּוֹ

et hatziporen k'dei shet'hei azah,  
*the onycha so that it should be pungent,*  
 vahalo mei raglayim yafin lah,  
*although water of Raglayim is more suitable for the above,*  
 ela she-ein machnisin mei raglayim  
*nevertheless they do not bring water of Raglayim*  
 ba-azarah mip'nei hakavod.  
*one may not bring it into the Temple out of respect.*

Tanya, Rabi Natan omer,  
*It is taught, Rabbi Natan says:*  
 K'shehu shocek, omer:  
*As one would grind, another would say:*  
 Hadek heitev, heitev hadek,  
*"Grind thoroughly, thoroughly grind,"*  
 mip'nei shehakol yafeh lab'samim.  
*because the sound is beneficial for the spices.*  
 Pitmah lachatza-in, k'sherah,  
*If one mixed it in half-quantities, then it was fit for use,*  
 l'shalish ulrayi-a, lo shamanu.  
*but to a third or a fourth, we have not heard.*  
 Amar Rabi Y'hudah, zeh hak'lal,  
*Rabbi Yehudah said, This is the general rule*  
 im k'midatah, k'sherah lachatza-in,  
*In its proper measure, it is fit to use half the full amount,*  
 v'im chiser achat mikol samaneha,  
*and if one omitted one of its spices,*  
 chayav mitah.  
*they connected themselves to death.*

Tanei Bar Kapara,  
*Bar Kappara taught,*  
 Achat l'shishim o l'shivim shanah  
*Once every sixty or seventy years,*  
 hay'tah va-ah shel  
*the accumulated leftovers reached*  
 shirayim lachatza-in.  
*half of the yearly quantity.*  
 V'od tanei Bar Kapara,  
*And Bar Kappara also taught,*  
 Ilu hayah noten bah  
*Had one put in it*  
 kortov shel d'vash,  
*a dash of honey,*  
 ein adam yachol  
*not any person would be able to*  
 la-amod mip'nei reichah.  
*resist its scent.*

את הצפרן כְּדֵי שֶׁתֵּהָא עֵזָה,  
 וְהֵלֵא מִי רַגְלִים יִפִּין לָהּ,  
 אֲלֵא שְׂאִין מִכְּנִיסִין מִי רַגְלִים  
 בְּעֵזְרָה מִפְּנֵי הַכְּבוֹד.

תַּנִּיא, רַבִּי נָתַן אוֹמֵר,  
 כְּשֶׁהוּא שׁוֹחֵק, אוֹמֵר:  
 הֵדֵק הֵיטֵב, הֵיטֵב הֵדֵק,  
 מִפְּנֵי שֶׁהַקּוֹל יִפֶּה לְבַשְׂמִים.  
 פִּטְמָה לַחֲצָאִין, כְּשֶׁרָה,  
 לְשָׁלִישׁ וְלִרְבִיעֵ, לֹא שָׁמְעָנוּ.  
 אָמַר רַבִּי יְהוּדָה, זֶה הַכֶּלֶל,  
 אִם כְּמִדָּתָהּ, כְּשֶׁרָה לַחֲצָאִין,  
 וְאִם חִסַּר אַחַת מִכֹּל סַמָּנֶיהָ,  
 חַיֵּב מִיתָהּ.

תַּנִּי בַר קַפָּרָא,  
 אַחַת לְשִׁשִּׁים אוֹ לְשִׁבְעִים שָׁנָה  
 הֵיְתָה בָּאָה שֶׁל  
 שִׁרְיִים לַחֲצָאִין.  
 וְעוֹד תַּנִּי בַר קַפָּרָא,  
 אִלוּ הָיָה נוֹתֵן בָּהּ  
 קוֹרְטוֹב שֶׁל דְּבַשׁ,  
 אִין אָדָם יִכּוֹל  
 לְעִמּוֹד מִפְּנֵי רֵיחָהּ.

V'lamah ein m'ar'vin bah d'vash,

*And why did they not mix honey into it?*

mip'nei sheha-Torah om'rah:

*because the Torah says:*

Ki chol s'or v'chol d'vash lo

*For any leaven or any honey, you are not*

taktiru mimenu

*to burn from them*

isheh Ladonai.

*a fire-offering to Adonai.*

וְלָמָּה אֵין מְעַרְבִין בָּהּ דְּבִשׁ,

מִפְּנֵי שֶׁהַתּוֹרָה אָמְרָה:

כִּי כֹל שֶׁאֵר וְכֹל דְּבִשׁ לֹא

תִּקְטְרוּ מִמֶּנּוּ

אִשָּׁה לַיהוָה יֵאֱהוּנֶהּ.

לַיהוָה יֵאֱהוּנֶהּ הַיְשׁוּעָה, עַל עַמְּךָ בְּרִכְתְּךָ סֵלָה.

Ladonai hayshu-ah, al am'cha virchatecha selah.

*Salvation is Adonai's, Your blessing be upon Your people, Selah.*

יְהוָה יֵאֱהוּנֶהּ צְבָאוֹת עִמָּנוּ, מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב, סֵלָה.

Adonai tz'va-ot imanu, misgav lanu, Elohei Ya-akov selah.

*Adonai of hosts is with us, a stronghold for us, is the Elohim of Jacob. Selah.*

יְהוָה יֵאֱהוּנֶהּ צְבָאוֹת, אֲשֶׁרִי אָדָם בֹּטֵחַ בְּךָ.

Adonai tz'va-ot, ashrei adam bote-ach bach.

*Adonai of hosts, joyful is the person who trusts in You.*

יְהוָה יֵאֱהוּנֶהּ הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.

Adonai hoshi-ah, hamelech ya-anenu v'yom korenu.

*Adonai save us, the Sovereign shall answer us on the day when we call.*

הַשִּׁיבֵנוּ יְהוָה יֵאֱהוּנֶהּ אֱלֹהֵיךָ וְנִשְׁוּבָה, חֲדָשׁ יַמֵּינוּ כְּקֶדֶם.

Hashiyenu Adonai elecha v'nashuvah, chadesh yameinu k'kedem.

*Return us to You Adonai and we will return, renew our days as of old.*

וְעֵרְבָה לַיהוָה יֵאֱהוּנֶהּ מִנְחַת יְהוּדָה וִירוּשָׁלַיִם,

כִּימֵי עוֹלָם וּכְשָׁנִים קְדָמוֹנִיּוֹת.

V'ar'vah Ladonai minchat Y'hudah Virushalayim,

kimei olam uchshanim kadmoniyot.

*And pleasing to Adonai may be the offering of Judah and Jerusalem,  
as in days of old and in years gone by.*

## תנא דבי אליהו TANA D'VEI ELIYAHU

These verses from the Talmud connect us to the energy of peace. Anyone who learns and studies Torah brings peace to the entire world.

### Tana d'vei Eliyahu:

*It was taught in the school of Elijah:*

**Kol hashoneh halachot b'chol yom,**

*Whoever studies Torah practices each day,*

**muvtach lo shehu ben olam haba,**

*trust that they shall be a member in the world to come,*

**shene-emar: Halachot olam lo.**

*as it is said: The practices of the world belong to the One.*

**Al tikrei halichot, ela halachot.**

*Do not read "ways", but "practices."*

**Amar Rabi Elazar amar**

*Rabbi Elazar said in the name of*

**Rabi Chanina: Talmidei chachamim**

*Rabbi Chanina: Torah students*

**marbim shalom ba-olam,**

*bring an abundance of peace into the world,*

**shene-emar:**

*as it is said:*

**V'chol banayich limudei Adonai,**

*And all your children shall be students of Adonai,*

**v'rav sh'lom banayich.**

*and your children will have abundant peace.*

**Al tikrei banayich ela bonayich.**

*Do not read "your children", but "your builders."*

**Shalom rav l'ohavei Toratecha,**

*There is abundant peace to those who love Your Torah,*

**v'ein lamo michshol.**

*and they have no stumbling block.*

**Y'hi shalom b'cheilech,**

*May there be peace within your walls,*

**shalvah b'arm'notayich.**

*serenity within your palaces.*

**L'ma-an achai v'rei-ai,**

*For the sake of my neighbors and companions,*

**adab'rah na shalom bach.**

*I shall speak of peace in your midst.*

**L'ma-an beit Adonai Eloheinu,**

*For the sake of the House of Adonai our Elohim,*

**avakshah tov lach.**

*I will request good for you.*

תנא דבי אליהו:

כָּל הַשּׁוֹנֶה הַלְכוֹת בְּכֹל יוֹם,

מִבְּטַח לוֹ שֶׁהוּא בֶן עוֹלָם הַבָּא,

שֶׁנֶּאֱמַר: הַלְיָכוֹת עוֹלָם לוֹ.

אֵל תִּקְרֵי הַלְיָכוֹת, אֶלָּא הַלְכוֹת.

אָמַר רַבִּי אֶלְעָזָר אָמַר

רַבִּי חֲנִינָא: תַלְמִידֵי חֲכָמִים

מַרְבִּים שְׁלוֹם בְּעוֹלָם,

שֶׁנֶּאֱמַר:

וְכֹל בְּנֵיךָ לְמוֹדֵי יְהוָה יֵאֱהוּנְהוּ,

וְרַב שְׁלוֹם בְּנֵיךָ.

אֵל תִּקְרֵי בְנֵיךָ אֶלָּא בּוֹנֵיךָ.

שְׁלוֹם רַב לְאֹהֲבֵי תוֹרַתְךָ,

וְאֵין לָמוּ מִכְשׁוֹל.

יְהִי שְׁלוֹם בְּחֵילְךָ,

שְׁלוֹה בְּאַרְמְנוֹתֶיךָ.

לְמַעַן אַחֵי וְרַעֲי,

אֲדַבְּרָה נָא שְׁלוֹם בָּךְ.

לְמַעַן בֵּית יְהוָה יֵאֱהוּנְהוּ אֱלֹהֵינוּ,

אֲבַקֶּשָׁה טוֹב לָךְ.

Adonai oz l'amo yiten,  
*Adonai will give strength to His people,*  
 Adonai y'varech  
*and Adonai will bless*  
 et amo va-shalom.  
*His people with peace.*

יהוה יאהדונהי עז לעמו יתן,  
 יהוה יאהדונהי יברך  
 את עמו בשלום

## קדיש על ישראל

### KADDISH AL YISRAEL

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

Yitgadal v'yitkadash sh'meh raba.  
*Exalted and sanctified be His great Name.*  
 {Amen.}  
*Amen.*

יתגדל ויתקדש שמה רבא.  
 {אמן}

B'alma 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.*

בעלמא די ברא כרעותיה,  
 וימליך מלכותיה,  
 ויצמח פרקניה  
 ויקרב משיחה. {אמן}

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,  
*very soon and at a time that comes quickly,*  
 v'imru Amen. {Amen.}  
*and say amen. Amen.*

בחייכון וביומיכון  
 ובחיי דכל בית ישראל,  
 בעגלא ובזמן קריב,  
 ואמרו אמן. {אמן}

{Y'he sh'meh raba m'varach  
*May His great Name be blessed*  
 l'alam ul-almei al-maya.}  
*forever and for all eternity.*

יהא שמה רבא מברך  
 לעלם ולעלמי עלמיא.

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*

יתברך וישתבח ויתפאר  
 ויתרומם ויתנשא ויתהדר  
 ויתעלה ויתהלל

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'alma,  
*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.*

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.*

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},  
 לְעֵלָא מִן כּוֹל בִּרְחַתָּא וְשִׁירָתָא  
 תְּשֻׁבְחָתָא וְנִחְמָתָא,  
 דְּאִמְרוּן בְּעֵלְמָא,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

עַל יִשְׂרָאֵל וְעַל רַבָּנָן,  
 וְעַל תַּלְמִידֵיהוֹן וְעַל כּוֹל  
 תַּלְמִידֵי תַלְמִידֵיהוֹן,  
 וְעַל כּוֹל מָאן  
 דְּעִסְקִין בְּאוֹרֵיתָא,  
 דִּי בְּאַתְרָא הָדִין וְדִי  
 בְּכָל אֲתַר וְאַתַּר.  
 יְהֵא לְהוֹן וּלְכוּן שְׁלָמָא רַבָּא,  
 חֲנָא וְחֶסֶדָא וְרַחֲמִין,  
 וְחַיִּין אַרְיִכִין, וּמְזוּנֵי רוּיְחֵי,  
 וּפְרָקְנָא, מִן קְדָם אַבוּהוֹן דִּי  
 בְּשָׁמַיָא וְאַרְעָא,  
 וְאִמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,  
 וְחַיִּים טוֹבִים עָלֵינוּ  
 וְעַל כּוֹל 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 בְּמִרְוַמָּיו,

*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 תֵבֶל,

*Straighten the body and say:*

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

וְאָמְרוּ אָמֵן. {אָמֵן.}

*Stand while saying the Aleinu.  
Bow at בָּרְכוּ Bar'chu and בְּרוּךְ Baruch.  
Chazzan:*

בָּרְכוּ אֶת יְהוָה יְאֵהֲדוּנָהּ הַמְּבָרָךְ.

Bar'chu et Adonai ham'vorach.  
Bless Adonai, the blessed One.

*Congregation:*

בְּרוּךְ יְהוָה יְאֵהֲדוּנָהּ הַמְּבָרָךְ,  
לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.  
Blessed is Adonai, the blessed One, forever and ever.

*Chazzan:*

בְּרוּךְ יְהוָה יְאֵהֲדוּנָהּ הַמְּבָרָךְ, לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va-ed.  
Blessed is Adonai, the blessed One, forever and ever.

# עלינו

## 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.

*Stand while saying the Aleinu.*

**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,  
 שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,  
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת  
 הָאָדָמָה, שֶׁלֹּא שָׁם חֵלְקֵנוּ  
 כָּהֵם וְגִרְלָנוּ כְּכֹל הַמּוֹנִם,  
 שֶׁהֵם מִשְׁתַּחֲוִים לְהֶבֶל וְרִיק,  
 וּמִתְפַּלְלִים אֶל אֵל לֹא יוֹשִׁיעַ.

*We bow as we say:*

**וְאֲנַחְנוּ 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,*

וְאֲנַחְנוּ מִשְׁתַּחֲוִים  
 לְפָנֵי מֶלֶךְ מְלָכֵי הַמְּלָכִים,  
 הַקָּדוֹשׁ בְּרוּךְ הוּא.  
 שֶׁהוּא נוֹטֵה שָׁמַיִם  
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ  
 בַּשָּׁמַיִם מִמַּעַל,  
 וְשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים.  
 הוּא אֱלֹהֵינוּ וְאֵין עוֹד אַחֵר.  
 אֵמֶת מַלְכָּנוּ, אֵפֶס זוּלָּתוֹ,

## 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.

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 chulam 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,

כַּכְּתוּב בַּתּוֹרָה:

וַיֵּדַעְתָּ הַיּוֹם וְהַשְּׁבֹתָ

אֶל לְבַבְךָ, כִּי יְהוָה יֵאֱהַדוֹנָהּ הוּא

הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל,

וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

וְעַל כֵּן נִקְוָה לְךָ

יְהוָה יֵאֱהַדוֹנָהּ אֱלֹהֵינוּ,

לְרֹאוֹת מְהֵרָה בְּתִפְאֵרֶת עֲזֹךָ,

לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ,

וְהָאֱלִילִים כָּרוֹת יִכָּרְתוּן,

לְתַקֵּן עוֹלָם בְּמַלְכוּת שִׁדְי.

וְכֹל בְּנֵי בָשָׂר יִקְרְאוּ בְשִׁמְךָ,

לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי אָרֶץ.

יִכְירוּ וַיֵּדְעוּ כָּל יוֹשְׁבֵי תֵבֵל,

כִּי לְךָ תִכְרַע כָּל בָּרֶךְ,

תִּשָּׁבַע כָּל לָשׁוֹן.

לְפָנֶיךָ יְהוָה יֵאֱהַדוֹנָהּ אֱלֹהֵינוּ

יִכְרְעוּ וַיִּפְלוּ,

וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְּנוּ,

וַיִּקְבְּלוּ כָלֵם אֶת עוֹל מַלְכוּתְךָ,

וְתִמְלֹךְ עֲלֵיהֶם

מְהֵרָה לְעוֹלָם וָעֵד.

כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא,

וְלְעוֹלָמֵי עַד תִּמְלֹךְ בְּכָבוֹד,

kakativ 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.

כַּכַּתוּב בְּתוֹרַתְךָ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֵאמָר, וְהָיָה יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד, וְשֵׁמוֹ יִהְיֶה אֶחָד.

Tehilim 27 is said from Rosh Chodesh Elul until Hoshana Rabah.

## תהלים כז

### TEHILIM 27

L'David.

By David.

Adonai ori

Adonai is my Light

v'yishi mimi ira,

and my salvation, whom shall I fear?

Adonai ma-oz chayai

Adonai is the strength of my life,

mimi efchad.

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,

לְדָוִד.

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְיִשְׁעֵי מִמִּי אֵינִי יָרֵא,

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

חַיִּי מִמִּי אֶפְחָד.

בְּקִרְבִּי עָלַי מְרַעִים,

לְאָכֹל אֶת בְּשָׂרִי צָרִי וְאֹיְבֵי לִי,

הֵמָּה כָּשְׁלוּ וְנָפְלוּ.

אִם תַּחֲנֶנֶה עָלַי מַחֲנֶנֶה

לֹא יִירָא לִבִּי,

אִם תִּקְוֶה עָלַי מִלְחָמָה,

בְּזֹאת אֲנִי בֹטֵחַ.

אֶחָד שָׁאַלְתִּי מֵאֵת יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד,

אֹתָהּ אֲבַקֵּשׁ

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,*  
 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'choneni 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 azavuni,  
*Though my father and my mother have forsaken me,*  
 Vadonai ya-asfeni.  
*and 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.*

שִׁבְתִּי בְּבַיִת יְהוָה יֵאֱהוּנְהִי,  
 כָּל יְמֵי חַיֵּי לַחַזוֹת בְּנוֹ-אִם  
 יְהוָה יֵאֱהוּנְהִי וּלְבַקֵּר בְּהִיכָלוֹ.  
 כִּי יִצְפְּנֵנִי בְּסוּכֹה בְּיוֹם רָעָה,  
 יִסְתֶּרֵנִי בְּסֵתֶר אֱהָלוֹ  
 בְּצוּר יְרוֹמְמֵנִי.  
 וְעַתָּה יְרוּם רֹאשִׁי,  
 עַל אֵיבֵי סְבִיבוֹתַי,  
 וְאֶזְבְּחָהּ בְּאֱהָלוֹ זְבַחֵי תְרוּעָה,  
 אֲשִׁירָהּ וְאֶזְמָרָהּ לַיהוָה יֵאֱהוּנְהִי.  
 שְׁמַע יְהוָה יֵאֱהוּנְהִי קוֹלִי אֶקְרָא,  
 וְחַנְּנֵנִי וְעֲנֵנִי.  
 לֵךְ אִמַּר לְבִי, בַּקְּשׁוּ פָנַי,  
 אֶת פְּנֵיךָ יְהוָה יֵאֱהוּנְהִי אֲבַקֵּשׁ.  
 אַל תִּסְתֵּר פְּנֵיךָ מִמֶּנִּי,  
 אַל תֵּט בְּאַף עַבְדְּךָ,  
 עֲזַרְתִּי הָיִיתָ,  
 אַל תִּטְשֵׁנִי וְאַל תַּעֲזֹבֵנִי,  
 אֱלֹהֵי יִשְׂרָאֵל.  
 כִּי אָבִי וְאִמִּי עֲזָבוּנִי,  
 וַיֵּאֱהוּנְהִי יְאִסְפֵּנִי.  
 הוֹרֵנִי יְהוָה יֵאֱהוּנְהִי דַרְכְּךָ,  
 וְנַחֲנֵנִי בְּאֶרֶח מִישׁוֹר,  
 לְמַעַן שׁוֹרְרָי.

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.*

אַל תִּתְּנֵנִי בְּנֶפֶשׁ צָרָי,  
 כִּי קָמוּ בִי עֵדֵי שֶׁקֶר,  
 וַיִּפְּחַ חָמָס.  
 לוּלֵא הָאֵמַנְתִּי,  
 לִרְאוֹת בְּטוֹב יְהוָה יֵאֱהוּנְהִי  
 בְּאֶרֶץ חַיִּים.  
 קָוֵה אֶל יְהוָה יֵאֱהוּנְהִי,  
 חֲזַק וַיֵּאֲמֵץ לִבְּךָ,  
 וְקָוֵה אֶל יְהוָה יֵאֱהוּנְהִי.

## שלושה עשר עיקרים

### THE THIRTEEN PRINCIPLES

Harei ani ma-amin  
*Behold, I believe*  
 be-emunah sh'lemah  
*with complete faith*  
 bishloshah asar ikarim  
*in the thirteen principles*  
 shel ha-Torah hak'doshah:  
*of the Holy Torah:*  
 [1] Shehakadosh Baruch hu  
*That the Holy One, Blessed is He,*  
 matzuy umashgi-ach.  
*exists and watches over everything.*  
 [2] V'hu echad.  
*And He is One.*  
 [3] V'ein lo guf  
*And He has no body*  
 v'ein lo d'mut haguf.  
*and no form of a body.*  
 [4] V'shehu kadmon  
*And He existed prior*  
 l'chol k'dumim.  
*to all else.*

הֲרֵי אֲנִי מֵאֲמִין  
 בְּאֵמוּנָה שְׁלֵמָה  
 בְּשִׁלֹּשָׁה עָשָׂר עִקָּרִים  
 שֶׁל הַתּוֹרָה הַקְּדוּשָׁה:  
 [א] שֶׁהַקְּדוֹשׁ בְּרוּךְ הוּא  
 מְצוּי וּמְשִׁיחַ.  
 [ב] וְהוּא אֶחָד.  
 [ג] וְאֵין לוֹ גּוּף  
 וְאֵין לוֹ דְמוּת הַגּוּף.  
 [ד] וְשֶׁהוּא קְדָמוֹן  
 לְכֹל קְדוּמִים.

[5] V'ein avodah l'zulato.

*And there is no service to any besides Him.*

[6] V'yode-a machsh'vot b'nei adam.

*And He knows the thoughts of humankind.*

[7] Unvu-at Mosheh rabeinu

*And the prophecy of Moses our teacher,*

alav hashalom emet.

*peace be upon him, is true.*

[8] V'she-Moshe rabeinu adon

*And Moses our teacher is the master*

l'chol han'vi-im.

*of all the prophets.*

[9] V'sheha-Torah n'tunah

*And the Torah was given*

min hashamayim.

*from heaven.*

[10] V'shelo tishtaneh b'shum z'man,

*And It will never change in any time,*

chas v'shalom.

*heaven forbid.*

[11] V'shehakadosh Baruch hu

*And the Holy One, Blessed is He,*

ma-anish lar'sha'im

*punishes the wicked*

umshalem sachar tov latzadikim.

*and compensates the righteous with good.*

[12] V'sheyavo melech hamashi-ach.

*And the Sovereign Mashiach shall come.*

[13] V'shehametim atidim

*And the dead*

l'hechayot.

*will be revived.*

Y'hi ratzon mil'fanecha

*May it be the will before You,*

Adonai Eloheinu

*Adonai our Elohim*

Velohei avoteinu,

*and Elohim of our ancestors,*

shetachof yitzrenu la-avodatecha

*that You compel our inclination to Your service*

kol y'mei chayeinu tamid.

*all the days of our lives, forever.*

Amen ken y'hi ratzon.

*Amen, so may it be the will.*

[ה] וְאֵין עֲבוּדָה לְזוּלָתוֹ.

[ו] וְיֹדֵעַ מַחְשְׁבוֹת בְּנֵי אָדָם.

[ז] וּנְבוֹאֵת מֹשֶׁה רַבֵּינוּ

עָלָיו הַשְּׁלוֹם אֱמֶת.

[ח] וְשִׁמְשֵׁה רַבֵּינוּ אֲדוֹן

לְכֹל הַנְּבִיאִים.

[ט] וְשֶׁהַתּוֹרָה נְתוּנָה

מִן הַשָּׁמַיִם.

[י] וְשֶׁלֹא תִשְׁתַּנֶּה בְּשׁוּם זְמַן,

חַס וְשָׁלוֹם.

[יא] וְשֶׁהַקָּדוֹשׁ בְּרוּךְ הוּא

מַעֲנִישׁ לְרָשָׁעִים

וּמְשַׁלֵּם שָׂכָר טוֹב לְצַדִּיקִים.

[יב] וְשֶׁיָבוֹא מֶלֶךְ הַמָּשִׁיחַ.

[יג] וְשֶׁהַמֵּתִים עֲתִידִים

לְהַחְיֹת.

יְהִי רָצוֹן מִלְּפָנֶיךָ

יְהוָה יֵאֱהַדוּנָהי אֱלֹהֵינוּ

וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁתְּכוּף יִצְרָנוּ לְעֲבוּדָתְךָ

כָּל יְמֵי חַיֵּינוּ תָּמִיד.

אָמֵן כֵּן יְהִי רָצוֹן.

# עֶשֶׂר זְכוֹרוֹת

## ESER ZECHIROT

Through reciting the Ten Remembrances every day, we fulfill several Torah commandments.

*It is recommended to recite the Ten Remembrances slowly and deliberately.*

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,*

harei ani m'kayem mitzvat

*behold I am fulfilling the commandment*

eser z'chirov shechayav adam

*of the Ten Remembrances that a person*

lizkor b'chol yom,

*must remember every day,*

v'elu hen:

*and they are:*

[1] Y'tzi-at mitzrayim,

*Coming out of Egypt,*

[2] v'ha-Shabbat,

*and the Sabbath,*

[3] v'haman,

*and the manna,*

[4] uma-aseh Amalek,

*and the deed of Amalek,*

[5] uma-amad har Sinai,

*and the day you at Mount Sinai,*

[6] umah shehiktzifu avoteinu

*and how our ancestors provoked anger*

l'hakadosh baruch hu bamidbar

*of the Holy One, Blessed is He, in the wilderness*

uvifrat ba-egel,

*and specifically with the Golden Calf,*

[7] umah sheya-atzu Balak uVilam

*and what Balak and Bilaam advised*

la-asot la-avoteinu,

*to do to our ancestors,*

l'ma-an da-at tzidkot Adonai,

*in order to recognize the righteous acts of Adonai,*

[8] uma-aseh Miryam han'vi-ah,

*and the deed of Miriam the prophetess,*

[9] umitzvat v'zacharta et

*and the commandment of "And you shall remember,*

לְשֵׁם יְחִוּד קְדֻשָּׁא

בְּרִיךְ הוּא וּשְׁכִינָתָהּ,

הֲרִי אֲנִי מְקַיֵּם מִצְוֹת

עֶשֶׂר זְכוֹרוֹת שֶׁחַיֵּב אָדָם

לְזָכֹר בְּכָל יוֹם,

וְאֵלוֹ הֵן:

[א] יְצִיאַת מִצְרַיִם,

[ב] וְהַשַּׁבָּת,

[ג] וְהַמָּן,

[ד] וּמַעֲשֵׂה עַמְלֵק,

[ה] וּמַעַמַּד הַר סִינַי,

[ו] וּמֵה שֶׁהִקְצִיפוּ אֲבוֹתֵינוּ

לְהַקְדוֹשׁ בְּרוּךְ הוּא בַּמִּדְבָּר

וּבַפָּרֶט בַּעֲגֹל,

[ז] וּמֵה שֶׁיַּעֲצוּ בָלַק וּבִלְעָם

לַעֲשׂוֹת לְאֲבוֹתֵינוּ,

לְמַעַן דַּעַת צְדָקוֹת יְהוָה יֵאָדוּנָהּ,

[ח] וּמַעֲשֵׂה מִרְיָם הַנְּבִיאָה,

[ט] וּמִצְוֹת וּזְכוֹרַת אֵת

Adonai Elohecha ki hu

*Adonai, your Elohim, for He*

hanoten l'cha ko-ach la-asot chayil,

*it was Who gave you strength to make wealth,*

[10] uzchirat Y'rushalayim,

*and the memory of Jerusalem,*

tibaneh v'tikonen bimherah

*may it be built and established quickly*

v'yameinu. Amen.

*in our days. Amen.*

יהוה יאֵהדוֹנֵהי אֱלֹהֵיךָ כִּי הוּא

הַנֹּתֵן לְךָ כֹּחַ לַעֲשׂוֹת חַיִּיל,

[י] וְזְכִירַת יְרוּשָׁלַיִם,

תִּבְנֶה וְתִכּוֹנֵן בְּמַהֲרָה

בְּיָמֵינוּ. אָמֵן.