



SHABBAT MORNING SERVICE

May my life be one link in a chain of goodness.
As I say the prayers of my ancestors,
Help me to recall their devotion and faithfulness,
Their joy and suffering, which are in every word.
Holiness is my heritage; may I be worthy of it.

May our tradition live in me
And pass from me to generations I shall never know,
Enriched by the truth that I have found
And the good deeds I have done.
So may I fulfill my task on earth and receive my blessing.

And when the service ends and the prayers have ceased,
Help me to bring their spirit into the world in which I live.
May I love God above all, and my neighbor as myself,
And be a living witness to the truth that never changes.

--- Morning Blessings and Psalms ---

Mah Tov

Mah tovu ohalecha, Yaakov, mishk'notecha, Yisrael!
Vaani b'rov chasd'cha avo veitecha,
estachaveh el heichal kodsh'cha b'yiratecha.
Adonai, ahavti m'on beitecha um'kom mishkan
k'vodecha.

Vaani eshtachaveh v'echraah, evr'chah lifnei Adonai osi.
Vaani t'filati l'cha, Adonai, eit ratzon.
Elohim b'rov chasdecha, aneini be'emet yishecha.

מה טבו אהליך יעקב משכנתיך ישראל
ואני ברב חסדך אבא ביתך
אשתחווה אל היכל קדשך ביראתך.
וי אהבתי מעון ביתך ומקום משכן
כבודך.
ואני אשתחווה ואכרעה אברכה לפני יי
עשי.
ואני תפילתי לך יי עת רצון.
אלהים ברב חסדך ענני באמת ישעך.

How fair are your tents, O Jacob, your dwellings, O Israel! I, through Your abundant love, enter Your house; I bow down in awe at Your holy temple. Adonai, I love Your temple abode, the dwelling-place of Your glory. I will humbly bow down low before Adonai, my Maker. As for me, may my prayer come to you, Adonai, at a favorable time. O God, in Your abundant faithfulness, answer me with Your sure deliverance.

Nisim B'chol Yom (Daily Miracles)

Baruch Atah Adonai, Eloheinu, Melech ha'olam, asher natan lasechvi vinah l'havchin bein yom uvein lailah. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לְשִׁכְוִי בִינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

Blessed are You, Adonai our God, Sovereign of the universe, who has given the mind the ability to distinguish day from night.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, pokeiach ivrim. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עִוְרִים.

Blessed are You, Adonai our God, Sovereign of the universe, who opens the eyes of the blind.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, matir asurim. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַתִּיר אֲסוּרִים.

Blessed are You, Adonai our God, Sovereign of the universe, who frees the captive.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, zokeif k'fufim. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.

Blessed are You, Adonai our God, Sovereign of the universe, who lifts up the fallen.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, roka ha'aretz al hamayim. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

Blessed are You, Adonai our God, Sovereign of the universe, who stretches the earth over the waters.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, hameichin mitzadei gaver. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְכִיחַ מִצַּדְעֵי גֵבֶר.

Blessed are You, Adonai our God, Sovereign of the universe, who strengthens our steps.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, malbish arumim. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.

Blessed are You, Adonai our God, Sovereign of the universe, who clothes the naked.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, hanotein laya'eif koach. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנּוֹתֵן לַיָּעֵף כּוֹחַ.

Blessed are You, Adonai our God, Sovereign of the universe, who gives strength to the weary.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, hamaavir sheinah mei'einai, ut'numah mei'afapai. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמַּעֲבִיר שֵׁנָה מֵעֵינַי וְחֲנוּמָה מֵעַפְעָפִי.

Blessed are You, Adonai our God, Sovereign of the universe, who removes sleep from the eyes, slumber from the eyelids.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, she'asani b'tzelem Elohim. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי בְצַלְמֵם אֱלֹהִים.

Blessed are You, Adonai our God, Sovereign of the universe, who has made me in the image of God.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, she'asani ben/bat chorin. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי בְּנוֹ/בַת חוֹרֵין.

Blessed are You, Adonai our God, Sovereign of the universe, who has made me free.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, she'asani Yisrael. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂנִי יִשְׂרָאֵל.

Blessed are You, Adonai our God, Sovereign of the universe, who has made me a Jew.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, ozeir Yisrael bigvurah. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

Blessed are You, Adonai our God, Sovereign of the universe, who girds Israel with strength.

Baruch Atah Adonai, Eloheinu, Melech ha'olam, oteir Yisrael b'tifarah. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

Blessed are You, Adonai our God, Sovereign of the universe, who crowns Israel with splendor.

For the Study of Torah

Baruch Atah Adonai, Eloheinu, Melech ha'olam, asher kidshanu b'mitzvotav v'tzivanu la'asok b'divrei Torah. בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְעֹסוֹק בְּדִבְרֵי תוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe, who hallows us with mitzvot, commanding us to engage with the words of Torah.

Psalm 150

Halleluyah! הַלְלוּיָהּ.

Hallelu El b'kodsho, hal'luhu birkia uzo. הַלְלוּ אֵל בְּקֹדְשׁוֹ. הַלְלוּהוּ בְּרִקִיעַ עֶזוֹ:

Hal'luhu bigvurotav, hal'luhu k'rov gudlo. הַלְלוּהוּ בְּגִבּוּרֹתָיו. הַלְלוּהוּ כְּרֹב גִּדְלוֹ:

Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinor. הַלְלוּהוּ בְּתִקְעַת שׁוֹפָר. הַלְלוּהוּ בְּנִבְל וְכִנּוֹר:

Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav. הַלְלוּהוּ בְּתוֹף וּמַחּוֹל. הַלְלוּהוּ בְּמִנִּים וְעִגְבִּי:

Hal'luhu b'tziltz'lei shama, hal'luhu b'tziltz'lei t'ruah. הַלְלוּהוּ בְּצִלְצְלֵי שְׁמַע. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

Kol han'shamah t'haleil Yah, Hal'lu Yah! כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה. הַלְלוּיָהּ.

Halleluyah! Praise God in God's sanctuary; praise God in the sky, God's stronghold. Praise God for mighty acts; praise God for God's exceeding greatness. Praise God with blasts of the horn; praise God with harp and lyre. Praise God with timbrel and dance; praise God with lute and pipe. Praise God with resounding cymbals; praise God with loud-clashing cymbals. Let all that breathes praise God. Halleluyah!

--- Sh'ma and its Blessings ---

Bar'chu

Bar'chu et Adonai ham'vorach! בְּרַכּוּ אֵת יְיָ הַמְּבֹרָךְ

Praise Adonai to whom praise is due!

Baruch Adonai ham'vorach l'olam va'ed! בְּרוּךְ יְיָ הַמְּבֹרָךְ לְעוֹלָם וָעֶד

Praise Adonai to whom praise is due, now and forever!

Yotzeir

Baruch Atah Adonai Eloheinu, Melech ha-olam, yotzeir or uvorei choshech, oseh shalom uvorei et hakol. Hamlei-ir la-aretz v'ladarim aleha b'rachamim, uvtuvo m'chadeish b'chol yom tamid ma-asei v'reishit. Mah rabu ma-asecha Adonai, kulam b'chochmah asita, mal-ah ha-aretz kinyanecha. Titbarach Adonai Eloheinu al shevach ma-asei yadecha, v'al m'orei or she-asita y'fa-arucha selah. Or chadash al Tzion ta-ir, v'nizkeh chulanu m'heirah I'oro.
Baruch Atah Adonai yotzer ham'orot.

*Praised are You, Adonai our God, Sovereign of the universe, Creator of light and darkness, Who makes peace and fashions all things. In mercy You illumine the world and those who live upon it. In Your goodness You daily renew creation. How numerous are Your works, Adonai! In wisdom, You formed them all, filling the earth with your creatures. Be praised, Adonai our God, for the excellent work of your hands, and for the lights You created, may they glorify You. Shine a new light upon Zion, that we may we all soon swiftly merit its radiance.
Blessed are You, Adonai, Creator of all heavenly lights.*

ברוך אתה יי אלהינו מלך העולם. יוצר אור ובורא חשך. עשה שלום ובורא את הכל: המאיר לארץ ולדברים עליה ברחמים. ובטובו מחדש בכל יום תמיד מעשה בראשית. מה רבו מעשיך יי. כלם בתכמה עשית. מלאה הארץ קננוך: תתברך יי אלהינו על שבח מעשי ידך. ועל מאורי אור שעשית יפארוך סלה: אור חדש על ציון תאיר ונזכה כלנו מהרה לאורו. ברוך אתה יי יוצר המאורות:

שמע ישראל יהוה אלהינו יהוה אחד

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!
Hear, O Israel, Adonai is our God, Adonai is One!

ברוך שם כבוד מלכותו לעולם ועד
Baruch shem k'vod malchuto l'olam va'ed.
Blessed is God's glorious majesty forever and ever.

V'ahavta

V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh asher anochi m'tzavcha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein einecha. Uchtavtam al m'zuzot beitecha uvisharecha.

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

ואהבת את יי אלהיך בכל לבבך ובכל נפשך ובכל מאדך: והיו הדברים האלה אשר אנכי מצוך היום על לבבך: ושננתם לבניך ודברתם בהם בשבתך בביתך ובילכתך בדרך ובשכבך ובקומך: וקשרתם לאות על ידך והיו לטעפת בין עיניך: וכתבתם על מזוזות ביתך ובשעריך.

L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem
k'doshim l'Eloheichem. Ani Adonai Eloheichem asher
hotzeiti etchem mei'erezt Mitzrayim lih'yot lachem
l'Elohim ani Adonai Eloheichem.

למען תזכרו ועשיתם את כל מצותי,
והייתם קדושים לאלהיכם. אני יי אלהיכם,
אשר הוצאתי אתכם מארץ מצרים, להיות
לכם לאלהים, אני יי אלהיכם.

*Thus you shall remember to observe all My commandments and to be holy to your God. I am
Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai
your God.*

Mi Chamochah

Mi chamochah ba'eilim, Adonai?
Mi kamochah, ne'edar bakodesh,
Nora t'hilot, oseh feleh?
Shira chadashah shib'chu g'ulim
L'shim'cha al s'fat hayam
Yachad kulam hodu v'himlichu v'am'ru:
"Adonai Yimloch l'olam va-ed!"

מי כמכה באלים יי
מי כמכה נאדר בקדוש
נורא תהלת עשה פלא.
שירה חדשה שבחו גאולים
לשמך על שפת הים.
יחד כלם הודו והמליכו ואמרו:
יי ימלך לעולם ועד:

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

Tsur Yisrael, kumah be'ezrat Yisrael
uf'deih chinumecha Y'udah v'Yisrael
Go-aleinu Adonai Tz'vaot sh'mo,
k'dosh Yisrael
Baruch atah, Adonai, gaal Yisrael

צור ישראל. קומה בעזרת ישראל.
ופדה כנאמך יהודה וישראל.
גאלנו יי צבאות שמו קדוש ישראל:
ברוך אתה יי. גאל ישראל:

*Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised.
Our redeemer, Adonai Tz'vaot is Your Name. Blessed are You, Adonai, for redeeming Israel.*

--- Amidah ---

אֲדֹנָי שְׁפֹתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

GOD OF OUR ANCESTORS

Baruch atah Adonai Eloheinu v'Elohei avoteinu
v'imoteinu, elohei Avraham, elohei Yitzchak, elohei
Ya'akov, elohei Sarah, elohei Rivkah, elohei Rachel,
v'elohei Leah. Ha'el hagadol hagibor v'hanora Eil elyon,
gomeil chasadim tovim v'koneh hakol v'zocheir chasei
avot v'imahot, umeivi g'ulah livnei veneihem lema'an
shemo b'ahavah.

Melech ozeir u-moshia umagen.

Baruch Atah Adonai, magein Avraham v'ezrat Sarah.

Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, the great, mighty and awesome God, transcendent God, who bestows lovingkindness, creates all out of love, remembers the love of our ancestors, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

ברוך אתה יי אלהינו ואלהי אבותינו
ואמותינו: אלהי אברהם, אלהי יצחק,
ואלהי יעקב, אלהי שרה, אלהי רבקה,
אלהי רחל, ואלהי לאה. האל הגדול הגבור
והנורא, אל עליון, גומל תסדים טובים,
וקנה הפל, וזוכר חסדי אבות ואמהות,
ומביא גאולה לבני בניהם, למען שמו
באהבה. מלך עוזר ומושיע ומגן.
ברוך אתה יי, מגן אברהם ועזרת שרה.

GOD OF MIGHT

Atah gibor l'olam Adonai, mechayeh ha-kol
(meitim) atah rav l'hoshia.

WINTER-Mashiv ha-ruach u-morid hagashem.

SUMMER- Morid hatal.

Mechalkel chayyim b'chesed, m'chayeh ha-kol
(meitim) b'rachamim rabim, somech noflim, v'rofeh
cholim, umatir asurim, um'kayem emunato lishenei
afar. Mi chamocho ba'al gevurot? U-mi domeh lach?
Melech meimit u'm'chayeh, umatzmiach yeshuah.

V'ne'eman atah le'ha-chayot ha-kol (meitim). Baruch
atah Adonai, mechayeh ha-kol (hameitim).

אתה גבור לעולם אדני, מחיה הכל (מתים)
אתה, רב להושיע.

משיב הרוח ומוריד הגשם.
מוריד הטל.

מכלכל חיים בחסד, מחיה הכל (מתים)
ברחמים רבים, סומך נופלים, ורופא חולים,
ומתיר אסורים, ומקיים אמונתו לישני עפר,
מי כמוך בעל גבורות ומי דומה לך, מלך
ממית ומחיה ומצמיח ישועה.

ונאמן אתה להחיות הכל (מתים). ברוך אתה
יי, מחיה הכל (המתים).

You are forever mighty, Adonai; You give life to all (revive the dead).

Winter-You cause the wind to shift and rain to fall.

Summer- You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)? Blessed are You, Adonai, who gives life to all (revives the dead).

GOD'S HOLINESS

N'kadesh et shimcha baolam k'shem shemakdishim oto bish'mei marom. Kakatuv al yad n'viecha v'kara zeh el zeh v'amar:

Kadosh kadosh kadosh Adonai tz'vaot! M'lo chol haaretz k'vodo.

Adir adireinu, Adonai Adoneinu, mah adir shimcha b'chol haaretz.

Baruch k'vod Adonai mimkomo!

Echad hu Eloheinu, hu Avinu, hu Malkeinu, hu Mosheinu v'hu yashmi-einu b'rachamav l'eihei kol chai. Ani Adonai Eloheichem.

Yimloch Adonai l'olam, Elohayich Tzion l'dor vador.

Hal'luyah!

Let us sanctify Your Name on earth, as it is sanctified in the heavens above. As it is written by Your prophet. Holy, holy, holy is Adonai Tz'vaot! God's presence fills the whole earth. Source of strength, Sovereign One, how majestic is Your presence in all the earth! Blessed is the presence of God, shining fourth from where God dwells. God alone is our God and our Creator, our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai your God! Adonai shall reign forever, your God, O Zion, from generation to generation, Hallelujah!

L'dor vador, nagid godlecha. Ul'neitzach n'tzachim, k'dushat-cha nakdish, v'shivchacha Eloheinu, mipinu lo yamush l'olam va-ed.

Baruch atah Adonai, Ha-El hakadosh.

To all generations we will declare Your greatness, and for all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

THE HOLINESS OF SHABBAT

Yism'echu

Yism'echu v'malchut'cha shomrei Shabbat v'korei oneg.

Am m'kad'shei sh'vi-i, kulam yisb'u v'yitangu mituvecha.

V'hashvi-i ratzita bo v'kidashto, chemdat yamim oto karata,

zeicher l'maaseih v'reishit.

Those who keep Shabbat by calling it a delight will rejoice in Your realm. The people that hallows Shabbat will delight in Your goodness. For, being pleased with the Seventh Day, You hallowed it as the most precious of days, drawing our attention to the work of Creation.

קדש את שמך בעולם כשם שמקדישים אותו בשמי מרום. כפתוב על יד נביאך.

וקרא זה אל זה ואמר:

קדוש קדוש קדוש יהוה צבאות מלא

כל-הארץ כבודו:

אדיר אדירנו יי אדירנו מה אדיר שמך בכל הארץ!

ברוך כבוד יי, ממקומו.

אחד הוא אלהינו, הוא אבינו, הוא מלכנו, הוא מושיענו והוא ישמיענו ברחמי לעיני

כל חי אני יי אלהיכם!

ימלך יי לעולם, אלהיך ציון לדור ודור,

הללויה.

לדור ודור נגיד גדלך ולנצח נצחים קדשך בקדיש, ושבתך אלהינו מפנינו לא ימוש לעולם ועד.

ברוך אתה יי, האל הקדוש.

ישמחו במלכותך שומרי שבת וקוראי ענג.

עם מקדשי שביעי. כלם ישבעו ויתענגו

משוכך. ובשביעי רצית בו וקדשתו חמדת

ימים אותו קראת. וקר למעשה בראשית

V'shamru

V'shamru v' nei Yisrael et HaShabbat, la'asot et
HaShabbat l'dorotam b'rit olam.
Beini u'vein b' nei Yisrael ot hi l'olam,
ki sheshet yamim asah Adonai
et hashamayim v' et haaretz,
u'vayom hashvi-i shavat vayinafash.

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת לַעֲשׂוֹת
אֶת־הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הוּא לַעֲלָם
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם
וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפָשׁ:

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

HODAAH

For the expanding grandeur of Creation,
worlds known and unknown,
galaxies beyond galaxies,
filling us with awe and challenging our imaginations:
Modim anachnu lach.

For this fragile planet earth,
its times and tides, its sunsets and seasons:
Modim anachnu lach.

For the joy of human life,
its wonders and surprises, its hopes and achievements:
Modim anachnu lach.

For our human community,
our common past and future hope,
our oneness transcending all separation,
our capacity to work for peace and justice in the midst of hostility and oppression:
Modim anachnu lach.

For high hopes and noble causes, for faith without fanaticism,
for understanding of views not shared:
Modim anachnu lach.

For all who have labored and suffered for a fairer world,
who have lived so that others might live in dignity and freedom:
Modim anachnu lach.

For human liberty and sacred rites;
for opportunities to change and grow, to affirm and choose:
Modim anachnu lach.

We pray that we may live not by our fears but by our hopes,
not by our words but by our deeds.

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot. הַטוֹב שִׁמְךָ וְלִךָ נִאֲהָ לְהוֹדוֹת: .
Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

SHALOM

Sim Shalom

Sim Shalom tovah uv'rachah, chein vachessed
v'rachamim, aleinu v'al kol Yisrael amecha. Bar'cheinu,
yotzreinu, kulanu k'echad
b'or panecha, ki v'or panecha natata lanu, Adonai
Eloheinu, Torat chayim v'ahavat chesed, utz'dakah
uv'rachah v'rachamim
v' chayim v'shalom. V'tov b'einecha l'vareich et amcha
Yisrael b'chol eit uv'chol shaah bishlomecha.
Baruch atah, Adonai, ham'vareich et amo Yisrael
bashalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה. חֵן וְחֶסֶד וְרַחֲמִים
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עִמָּךְ. בְּרַחֲמֵינוּ, יוֹצְרֵנוּ,
כְּלָנוּ כְּאַחַד בְּאוֹר פְּנֵיךָ. כִּי בְּאוֹר פְּנֵיךָ נִתְּנָה
לָנוּ יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד.
וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם. וְטוֹב
בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת
וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ:
בְּרוּךְ אַתָּה יְיָ. הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל
בְּשְׁלוֹם:

*Grant peace, goodness and blessing, grace, kindness and mercy, to us and to all Your people
Israel. Bless us, our Creator, all of us together, through the light of Your Presence. Truly
through the light of Your Presence, Adonai our God, You gave us a Torah of life - the love of
kindness, justice and blessing, mercy, life, and peace. May You see fit to bless Your people
Israel at all times, at every hour, with Your peace.
Praised are You, Adonai, who blesses Your people Israel with peace.*

Oseh Shalom

Oseh shalom bimromav, Hu yaaseh shalom aleinu
v'al kol Yisrael, v'al kol yoshvei teivel. V'imru:
Amen.

עוֹשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְאָמְרוּ אָמֵן

*May the One who brings us peace bring this peace before us unto all of Israel, unto all the
nations. Amen.*

--- Seder Kriat HaTorah: Reading of the Torah ---

Happy is the one who finds wisdom,
the one who gains understanding:
For its value is greater than silver, its yield than fine gold.
It is more precious than rubies, no treasure can match it.

Al Shloshah D'Varim

Al shlosa d'varim ha'olam omed
Al HaTorah, v'al ha'avodah, v'al g'milut chasadim.

על שלשה דברים העולם עומד:
על התורה, ועל העבודה ועל גמילות
חסדים.

The world is sustained by three things: Torah, worship, and loving deeds.

**In this scroll is the secret of our people's life from Sinai until now.
Its teaching is love and justice, goodness and hope.
Freedom is its gift to all who treasure it.**

שמע ישראל יהוה אלהינו יהוה אחד

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!
Hear, O Israel, Adonai is our God, Adonai is One!

אֶחָד אֱלֹהֵינוּ. גָּדוֹל אֲדוֹנֵינוּ. קְדוֹשׁ שְׁמוֹ
Echad Eloheinu, gadol Adoneinu, kadosh sh'mo.
Our God is one, Adonai is great, holy is God's name.

OPENING TORAH BLESSING

Reader: Bar'chu et Adonai ham'vorach.

בְּרַכּוּ אֵת יְיָ הַמְּבָרֵךְ

Congregation: Baruch Adonai ham'vorach l'olam va'ed.

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד

Reader: Baruch Adonai ham'vorach l'olam va'ed.

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,
asher bachar banu mikol haamim, v'natan lanu et
torato.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר
בָּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֵת תּוֹרָתוֹ.

Baruch Atah, Adonai, notein haTorah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

CLOSING TORAH BLESSING

Baruch Atah, Adonai, Eloheinu, Melech ha'olam,
asher natan lanu torat emet v'chayei olam nata
b'tocheinu.

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

Baruch Atah, Adonai, notein haTorah.

בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, who gives the Torah.

Mi Shebeirach

Mi shebeirach avoteinu, m'kor hab'racha l'imoteinu

May the source of strength, who blessed the ones before us,

Help us find the courage to make our lives a blessing,

And let us say, Amen.

Mi shebeirach imoteinu, m'kor habrachah l'avoteinu

Bless those in need of healing with r'fuah sh'leimah,

The renewal of body, the renewal of spirit, And let us say, Amen

Opening Haftarah Blessing

Baruch Atah, Adonai Eloheinu, Melech haolam, asher bachar binvi-im tovim, v'ratzah v'divreihem hane-emarim be-emet. Baruch atah, Adonai, habocheh baTorah uv'Moshe avdo, uv'Yisrael amo, uvinvi-ei ha-emet vatzedek.

ברוך אתה יי אלהינו מלך העולם, אשר בחר
בנביאים טובים, ורצה בדבריהם הנאמרים
באמת, ברוך אתה יי, הבוחר בתורה ובמשה
עבדו, ובישראל עמו, ובנביאי האמת וצדק.

Praise to You, Adonai our God, Sovereign of the universe, who has chosen faithful prophets to speak words of truth. Praise to You, Adonai, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness.

Closing Haftarah Blessing

Baruch atah, Adonai Eloheinu, Melech haolam, tzur kol haolamim, tzaddik b' chol hadorot, HaEl hane-eman, haomeir v' oseh, ham'dabeir um'kayeim, shekol d'varav emet vatzedek. Al haTorah, v'al haavodah, v'al han'vi-im, v'al yom HaShabbat hazeh, shenatata lanu Adonai Eloheinu, likdushah v'limnuchah, l'chavod ul'tifaret. Al hakol Adonai Eloheinu, anachnu modim lach, um'var'chim otach, yitbarach shimcha b'fi chol chai tamid l'olam va-ed. Baruch atah, Adonai, m'kadeish HaShabbat.

ברוך אתה יי אלהינו מלך העולם, צור כל
העולמים, צדיק בכל הדורות, האל הנאמן
האומר ועשה, המדבר ומקיים, שכל דבריו אמת
וצדק. על התורה, ועל העבודה, ועל
הנביאים, ועל יום השבת הזה, שנתת לנו, יי
אלהינו, לקדשה ולמנוחה, לכבוד
ולתפארת. על הכל, יי אלהינו, אנחנו מודים
לך, ומברכים אותך, ויתברך שמך בפי כל חי
תמיד לעולם ועד.
ברוך אתה יי, מקדש השבת.

Praise to You, Adonai our God, Sovereign of the universe, Rock of all creation, Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, Adonai our God, have given us for holiness and rest, for honor and glory: we thank and bless You. May Your name be blessed for ever by every living being.

Praise to You, Adonai, for the Sabbath and its holiness.

When Torah entered the world, freedom entered it.
The whole Torah exists only to establish peace.
Its highest teaching is love and kindness.
What is hateful to you, do not do to any person.
That is the whole Torah; all the rest is commentary. Go and learn it.
Those who study Torah are the true guardians of civilization.
Honoring one another, doing acts of kindness,
and making peace: these are our highest duties.
But the study of Torah is equal to them all,
because it leads to them all.
Let us learn in order to teach.
Let us learn in order to do!

Etz Chaim: Tree of Life

Etz chaim hi l'machazikim bah, v'tom'cheha m'ushar.
D'racheha darchei noam v'chol n'tivoteha shalom.
Hashiveinu Adonai, eilecha, v'nashuvah. Chadeish
yameinu k'kedem.

עץ חיים היא למחזיקים בה. ותמכיה
מאשר דרכיה דרכי נעם וכל נתיבותיה
שלום. השיבנו יי אליך ונשובה. חדש
ימינו כקדם

It is a tree of life for those who hold fast to it, and those who uphold it are happy. Its ways are pleasant, and all of its paths peaceful. Return us to you, God, so that we shall return, renew our days as of old.

Shehecheyanu

Baruch Atah, Adonai, Eloheinu, Melech haolam,
shehecheyanu v'kiy'manu v'higianu lazman hazeh

ברוך אתה, יי, אלהינו מלך העולם, שהחיינו
וקיימנו והגיענו לזמן הזה

Source of blessing, Eternal our God, You fill the universe with majestic might, giving us life, upholding the life within us, and bringing us to this time.

Aleinu

Aleinu l'shabei'ach la'Adon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei ha'aratzot,
v'lo samanu k'mishp'chot ha'adamah.
Shelo sam chelkeinu kahem, v'goraleinu k'chol
hamonam.
Va'anachnu kor'im umishtachavim umodim, lifnei
Melech, Malchei ham'lachim, hakadosh baruch Hu.

עלינו לשבח לאדון הכל
לתת גדלה ליוצר בראשית.
שלא עשנו כגווי הארצות ולא שמנו
כמשפחות האדמה:
שלא שם חלקנו פהם וגרלנו ככל המונם:
ואנחנו כורעים ומשתחוים
ומודים לפני מלך מלכי המלכים
הקדוש ברוך הוא:

It is our duty to praise the Master of all, to acclaim the greatness of the One who forms all creation.

For God did not make us like the nations of other lands, and did not make us the same as other families of the Earth. God did not place us in the same situations as others, and our destiny is not the same as anyone else's. And we bend our knees, and bow down, and give thanks, before the Ruler, the Ruler of Rulers, the Holy One, Blessed is God.

Ve'ne'emar: "Ve'haya Adonai le'melech al kol ha'aretz, bayom hahu yihyeh Adonai echad, u'shemo echad."
וְנֵאמָר: וְהָיָה יְהוָה לְמֶלֶךְ עַל-כָּל-הָאָרֶץ בַּיּוֹם הַהוּא יִהְיֶה אֱלֹהִים אֶחָד וְשֵׁמוֹ אֶחָד:

And it is said: "Adonai will be Ruler over the whole Earth, and on that day, God will be One, and God's name will be One.

Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.
B'alma di v'ra chirutei, v'yamlich malchuteih,
b'chayeichon uv'yomeichon uv'chayei d'chol beit
Yisrael, ba'agala uvizman kariv. V'imru: Amen.
Y'hei sh'mei raba m'varach l'alam ul'almei almaya.
Yitbarach v'yishtabach v'yitpaar v'yitromam
v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal sh'mei
d'kud'sha b'rich Hu.
L'eila min kol birchata v'shirata, tushb'chata
v'nechemata, daamiran b'alma. V'imru: Amen.
Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al
kol Yisrael. V'imru: Amen.

Oseh shalom bimromav, Hu yaaseh shalom aleinu,
v'al kol

Yisrael, v'imru: Amen.

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently, To which we say: Amen.

Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: Amen. May the One who creates harmony on high, bring peace to us and to all Israel.

To which we say: Amen.

Blessing Over Wine

Baruch atah, Adonai, Eloheinu melech ha'olam, borei
p'ri hagafen.

ברוך אתה יי, אלהינו מלך העולם,
בורא פרי הגפן.

Blessed are You, Adonai, our God, Sovereign of the universe, Creator of the fruit of the vine.

Blessing Over Bread

Baruch atah, Adonai, Eloheinu melech ha'olam,
hamotzi lechem min haaretz.

ברוך אתה יי, אלהינו מלך העולם המוציא
לחם מן הארץ.

Blessed are You, Adonai our God, Sovereign of the universe, who brings forth bread from the earth.

Siman Tov u'Mazal Tov!

Siman tov u'mazal tov, u'mazal tov v'siman tov!
Y'hei lanu ul'chol Yisrael!

סימן טוב ומזל טוב ומזל טוב וסימן טוב
יהא לנו ולכל ישראל!