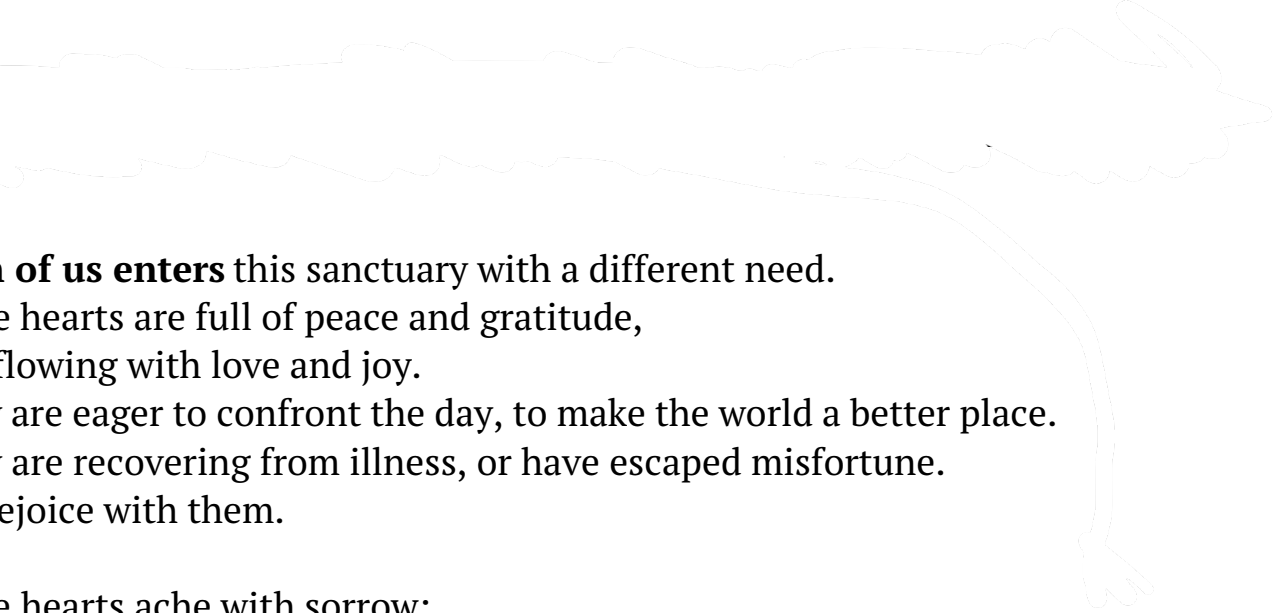


שַׁחֲרֵת לְשַׁבָּת

Shabbat Morning Service



Each of us enters this sanctuary with a different need.
Some hearts are full of peace and gratitude,
overflowing with love and joy.
They are eager to confront the day, to make the world a better place.
They are recovering from illness, or have escaped misfortune.
We rejoice with them.

Some hearts ache with sorrow;
disappointments weigh heavily on them.
Families have been broken, loved ones lie on a bed of pain;
death has taken a cherished loved one.
May our presence and caring bring them comfort.

Some hearts are embittered;
ideals are betrayed and mocked, answers sought in vain,
life has lost its meaning and value.
May the knowledge that we, too, are searching
restore our hope, and renew our faith.

May the door of this synagogue be wide enough
to receive all who hunger for love, all who are lonely for friendship.

May it welcome all who have cares to unburden,
thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough
to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block
to young or straying feet.

May it be too high to admit complacency,
selfishness and harshness.

May this synagogue be, for all who enter,
the doorway to a richer and more meaningful life.

Morning Blessings - בְּרִכּוֹת הַשַּׁחַר

מה-טבו אהלִיךָ, יַעֲקֹב, מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל!
וְאֲנִי, בְּרַב חֲסִדֶּךָ אָבוֹא בֵּיתֶיךָ,
אֲשַׁתְּחֹה אֶל-הַיְכָל קִדְשֶׁךָ בִּירְאָתֶךָ.

יְיָ, אֶהְבְּתִי מֵעוֹן בֵּיתֶךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדֶךָ.
וְאֲנִי אֲשַׁתְּחֹה וְאֶכְרַעָה, אֶבְרַכְּהָ לְפָנַי-יְיָ עֲשֵׂי.

וְאֲנִי תַפְלֵתִי-לָךְ, יְיָ, עַת רָצוֹן.

אֱלֹהִים בְּרַב-חֲסִדֶּךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

*Ma tovu ohalecha Ya'akov mish-keno-techa Yisrael! Va-ani, b'rov chasdecha a-vo
vaytecha, eshtachaveh el-hechal kodshecha b'yiratecha. Adonai a-havti m'on baytecha,
oom'kom meeshkan k'vodecha. Va'ani eshtachaveh v'echraah, evr'cha lifnay Adonai osee.
V'ani tefilahti-l'cha Adonai et ratzon. Elohim b'rov chasdecha, anayni beh-emet yishecha.*

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. Oh God, in Your abundant faithfulness, answer me with Your sure deliverance.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַיִךְ וְצִוֵּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Baruch atah Adonai, Eloheinu Melech ha'Olam,

asher kid'shanu b'mitzvotav, v'tzi-vanu l'hit'a'taif ba'tzitzit.


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

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

Baruch atah Adonai, Eloheinu Melech ha'Olam,

sh'he'cheyanu, v'ki'yemanu, v'hi'giyanu, laz'man ha'zeh.


Blessed are You, Adonai, Our God, Ruler of the Universe, who has kept us in life, has sustained us and has allowed us to reach this joyous moment in life.



בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה,
וּבָרָא בּוֹ נְקָבִים וְנִקְבִים, חֲלוּלִים חֲלוּלִים.
גְּלוּי וְיָדוּעַ לְפָנֶי כִסֵּא כְבוֹדְךָ,
שָׂאֵם יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסְתֵּם אֶחָד מֵהֶם,
אֵי אֶפְשֶׁר לְהִתְקַיֵּם וְלַעֲמוֹד לְפָנֶיךָ.
בְּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:

Praise to You, Adonai, our God,
Sovereign of the universe,
who formed the human body with skill,
creating the bodies many pathways and openings.
It is well known before Your throne of glory
that if one of them be wrongly opened or closed,
it would be impossible to endure and stand before You.
Blessed are you Adonai, who heals all flesh, working wondrously.

בְּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת:

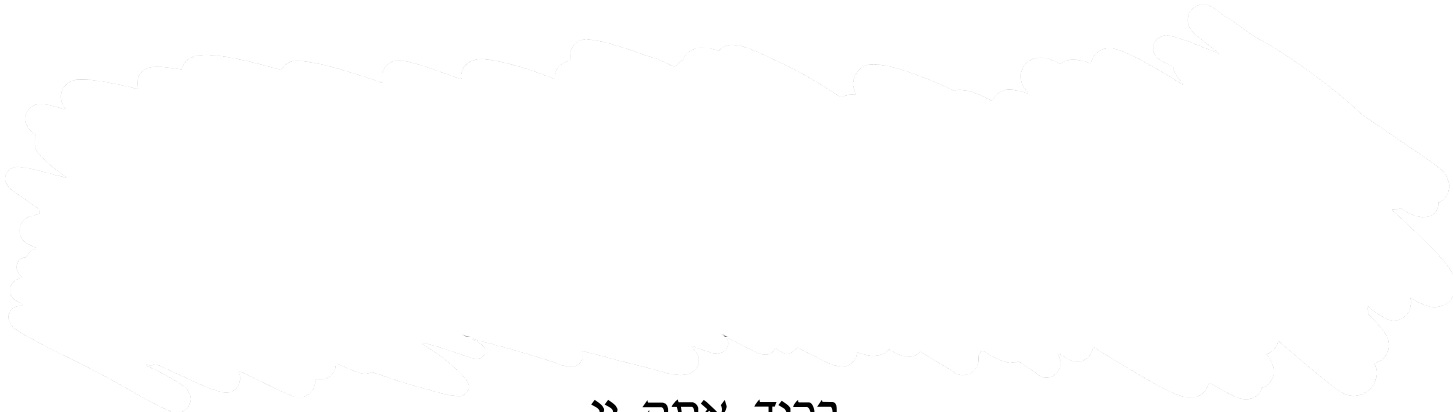


אֱלֹהֵי, נְשָׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה הִיא.
אֵתָהּ בְּרָאתָהּ, אֵתָהּ יִצְרַתָּהּ, אֵתָהּ נִפְחַתָּהּ בִּי,
וְאֵתָהּ מִשְׁמְרָהּ בְּקִרְבִּי.
כָּל-זְמַן שֶׁהַנְּשָׁמָה בְּקִרְבִּי,
מוֹדֵהָ/מוֹדֵה אֲנִי לְפָנֶיךָ, יְיָ אֱלֹהֵי וְאֵלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,
רִבּוֹן כָּל-הַמַּעֲשִׂים, אֲדוֹן כָּל-הַנְּשָׁמוֹת.
בְּרוּךְ אַתָּה יְיָ, אֲשֶׁר בִּידוֹ נִפְּשׂ כָּל-חַי וְרוּחַ כָּל-בֶּשֶׂר-אִישׁ.

My God, the soul that You have given me is pure.
You created it, You shaped it, and You breathed it into me,
and You protect it within me.
For as long as my soul is within me,
I offer thanks to You,
Adonai, my God and God of my ancestors,
Source of all Creation, Sovereign of all souls.

Praised are You, Adonai,
in whose hand is every living soul and the breath of humankind.

בְּרוּךְ אַתָּה יְיָ, אֲשֶׁר בִּידוֹ נִפְּשׂ כָּל-חַי וְרוּחַ כָּל-בֶּשֶׂר-אִישׁ.



בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לְשִׂכּוּי בִינָה
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

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

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
פּוֹקֵחַ עֵוְרִים.

Praise to You, Adonai, our God, Sovereign of the universe,
who opens the eyes of the blind.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

Praise to You, Adonai, our God, Sovereign of the universe,
who frees the captive.

בָּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זוֹקֵף כְּפוּפִים.

Praise to You, Adonai, our God, Sovereign of the universe,
who lifts up the fallen.

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

Praise to You, Adonai, our God, Sovereign of the universe,
who stretches the earth over the waters.

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְּכִיחַ מִצְעָדֵי-גִבּוֹר.

Praise to You, Adonai, our God, Sovereign of the universe,
who strengthens our steps.

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מְלַבֵּשׁ עֲרֻמִּים.

Praise to You, Adonai, our God, Sovereign of the universe,
who clothes the naked.

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַנוֹתֵן לַיָּעִיף כֹּחַ.

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

בְּרוּךְ אַתָּה יְיָ,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמְּעַבִּיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי.

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

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שָׁעַשְׁנִי בְּצַלְמֵ אֱלֹהִים.

Praise to You, Adonai, our God, Sovereign of the universe,
who made me in the image of God.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שָׁעַשְׁנִי בֶן/בַּת חוֹרִין.

Praise to You, Adonai, our God, Sovereign of the universe,
who has made me free.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שָׁעַשְׁנִי יִשְׂרָאֵל.

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

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.

Praise to You, Adonai, our God, Sovereign of the universe,
who girds Israel with strength.

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

Praise to You, Adonai, our God, Sovereign of the universe,
who crowns Israel with splendor.

בְּרוּךְ אַתָּה יי,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְעִסוּק בְּדַבְּרֵי תוֹרָה.

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


אלו דברים שאין להם שעור:
שאדם אוכל פרותיהם
בעולם הזה והקרו קיימת לו לעולם הבא.
ואלו הן:
כבוד אב ואם,
וגמילות חסדים,
והשכמת בית המדרש
שחרית וערבית,
והכנסת אורחים,
ובקור חולים,
והכנסת פלה,
ולגות המות,
ועיון תפלה,
והבאת שלום בין אדם לחברו.
ותלמוד תורה כנגד כלם.

“We read together.”

These are things that are limitless,
of which a person enjoys the fruit of the world,
while the principal remains in the world to come.
They are: honoring one's father and mother,
engaging in deeds of compassion,
arriving early for study, morning and evening,
dealing graciously with guests, visiting the sick,
providing for the wedding couple,
accompanying the dead for burial,
being devoted in prayer,
and making peace among people.
But the study of Torah encompasses them all.

Blessed is the One who spoke
and the world came to be.
Blessed is the One!
Blessed is the One who
continually authors creation.
Blessed is the One
whose word is deed;
blessed is the One who
decrees and fulfills.
Blessed is the One who is
compassionate towards
the world; blessed is the One
who is compassionate
towards all creatures.
Blessed is the One who
rewards the reverent;
blessed is the One who exists
for all time, ever—enduring.
Blessed is the One who
redeems and saves;
blessed is God's Name!
With songs of praise,
we extol You and proclaim
Your Sovereignty, for You are
the Source of life in the
universe. One God, Life of the
Universe, praised and glorious
Ruler, Your Name is Eternal.
Blessed are You, Adonai,
Sovereign who is glorified
through praise.

בְּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
בְּרוּךְ הוּא.
בְּרוּךְ עוֹשֶׂה בְּרֵאשִׁית,
בְּרוּךְ אוֹמֵר וְעוֹשֶׂה,
בְּרוּךְ גּוֹזֵר וּמְקַיֵּם,
בְּרוּךְ מְרַחֵם עַל הָאָרֶץ,
בְּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת,
בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב לִירְאָיו,
בְּרוּךְ חַי לְעַד וְקַיֵּם לְנֶצַח.
בְּרוּךְ פּוֹדֶה וּמַצִּיל, בְּרוּךְ שְׁמוֹ.
בְּשִׁבְחוֹת וּבְזִמְרוֹת, נִגְדָּלְךָ
וּנְשַׁבַּחְךָ וְנִפְאָרְךָ וְנִזְכִּיר
שִׁמְךָ וְנִמְלִיכְךָ, מְלַכְנוּ אֱלֹהֵינוּ.
יְחִיד, חַי הָעוֹלָמִים, מְלֶכֶךָ
מְשַׁבַּח
וּמְפָאֵר עַדִּי עַד שְׁמוֹ הַגָּדוֹל.
בְּרוּךְ אַתָּה יְיָ,
מְלֶכֶךָ מְהֻלָּל בְּתִשְׁבְּחוֹת.



יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלִכְנוּ,
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ בְּשָׁמַיִם וּבָאָרֶץ.
כִּי לָךְ נִאֲמָה, יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ,
שִׁיר וְשִׁבְחָה, הַלֵּל וְזִמְרָה,
עֲזָה וּמְמִשָּׁלָה, נִצְחָה, גְּדֻלָּה וּגְבוּרָה,
תְּהִלָּה וְתִפְאֵרֶת, קְדוּשָׁה וּמִלְכוּת.
בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם.
בְּרוּךְ אַתָּה יְיָ, אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת,
אֵל הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלְאוֹת,
הַבוֹחֵר בְּשִׁירֵי זִמְרָה, מֶלֶךְ אֵל חַי הָעוֹלָמִים.

You shall always be praised,

great and holy God, our Sovereign in heaven and on earth.

Songs of praise and psalms of adoration become You,
acknowledging Your might and dominion.

Yours are strength and sovereignty,
sanctity, grandeur and glory always.


We offer our devotion and open our hearts in acclamation.

Praised are you, Sovereign of wonders,

crowned in adoration,

delighting in song,

Eternal Majesty.



וַתִּגְדֹּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתְהָ,
וַיִּמְלִיךְ מַלְכוּתְהָ, בְּחַיִּיכוּן
וּבְיוֹמֵיכוּן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.

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.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעֵלְמָא וּלְעֵלְמֵי עֵלְמֵינָא.

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.

וַתְּבָרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר
וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא,
וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא.
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,
תְּשַׁבְּחָתָא וְנַחֲמָתָא,
דְּאִמְרוּן בְּעֵלְמָא,
וְאָמְרוּ: אָמֵן.

שְׁמַע וּבְרַכּוֹתֶיהָ - Sh'ma and its Blessings

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Praise Adonai to whom praise is due forever!

Praised be Adonai to whom praise is due, now and forever!



בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכֹּל.
הַמְאִיר לְאָרֶץ וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים,
וּבְטוֹבוֹ מְחַדָּשׁ בְּכָל-יוֹם תְּמִיד מַעֲשֵׂה בְּרֵאשִׁית.
מָה רַבּוֹ מַעֲשָׂיֶךָ, יְיָ!
כֹּלֶם בְּחָכְמָה עָשִׂיתָ,
מְלָאָה הָאָרֶץ קִנְיָנֶךָ.
תִּתְבָּרַךְ, יְיָ אֱלֹהֵינוּ,
עַל-שִׁבְחַ מַעֲשֵׂה יְדֶיךָ,
וְעַל-מְאוֹרֵי-אוֹר שְׁעָשִׂיתָ:
יִפְאָרוּךְ סֵלָה.
אוֹר חֲדָשׁ עַל צִיּוֹן תִּתְאִיר,
וְנִזְכֶּה כְּלָנוּ מִהֲרָה לְאוֹרוֹ.
בְּרוּךְ אַתָּה יְיָ, יוֹצֵר הַמְּאוֹרוֹת.

1: 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 all may swiftly merit its radiance.
Praised are You, Adonai creator of heavenly lights.

2: In the beginning, even then,
a new light was sown for the righteous;
a promise that Your light would become
the catalyst, first for Order
and then for Hope.

Author of language and light,
help us to use words as You have,
to cast light into dark waters
and draw out justice and truth.

3: You are praised

who rolls out the rough, raw clay of the universe
into delicate vessels of light;
and from nothing at all
we could perceive in a world that has turned old
a shimmering new Creation right before our eyes
made this moment
just for us.

How much of life reveals Your presence?
How much Torah unfolds from each new flower,
from each new wave that breaks upon the sea!
You are Praised, who forms from the clay that cloaks our lives,
the delicate vessels which contain our light.

אֶהְבֶּה רַבָּה אֶהְבַּתְנוּ , יי אֱלֹהֵינוּ , חֲמֵלָה גְדוֹלָה וַיִּתְּרָה חֲמֵלָתָ עָלֵינוּ.
בְּעִבּוּר אַבוֹתֵינוּ וְאֲמוֹתֵינוּ שֶׁבְטָחוּ בְּךָ וַתִּלְמְדֵם חֲקֵי חַיִּים,
כֵּן תִּחַנְּנֵנוּ וַתִּלְמְדֵנוּ. הַמְרַחֵם, רַחֵם עָלֵינוּ וְתֵן בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל,
לְשַׁמֵּעַ , לְלַמֵּד וּלְלַמֵּד, לְשָׁמֵר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת-כָּל-דְּבָרֵי
תִּלְמוּד תּוֹרַתְךָ בְּאֶהְבָּה.

1: “We read together in English.”

How deeply you have loved us Adonai, our God, gracing us with surpassing compassion! On account of our forbearers whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and lovingly, to observe, perform, and fulfill all that is in your Torah.

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ , וַיַּחַד לִבֵּנוּ לְאֶהְבָּה
וּלְיִרְאָה אֶת-שְׁמֶךָ. וְלֹא נִבּוֹשׁ וְלֹא נִפְלִים, וְלֹא נִפְשֵׁל לְעוֹלָם וָעֶד,
כִּי בְשֵׁם קִדְשְׁךָ הַגְּדוֹל וְהַנּוֹרָא בְּטַחְנוּ. נְגִילָה וְנִשְׁמַחָה בִּישׁוּעָתְךָ.
וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאֲרֻבַּע כַּנְּפוֹת הָאָרֶץ, וְתוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאֲרָצֵנוּ.
כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה, וּבָנוּ בְּחִרְתָּ וְקִרְבַּתְנוּ לְשְׁמֶךָ הַגְּדוֹל
סָלָה בְּאַמֶּת. לְהוֹדוֹת לְךָ וּלְיִחְדָּדְךָ בְּאֶהְבָּה.
בְּרוּךְ אַתָּה יי, הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאֶהְבָּה.

1(continued): “We continue in English at the bottom of the page.”

Enlighten our eyes with Your Torah, focus our minds on Your mitzvot, unite our hearts in love and reverence for Your Name. Then we will never feel shame, never deserve rebuke, and never stumble. Having trusted in Your great and awesome holiness, we shall celebrate Your salvation with joy.

Gather us in peace from the four corners of the earth and lead us upright to our land. For You, O God, work wonders. You chose us. Truly, You drew us near to Your Great Name, that we might acknowledge You, declaring You One in love. Praise be You, Adonai, who chooses Your people Israel in love.

2: “We read together at the top of page 100 and 13.”

Once or twice in a lifetime,
a man or woman may choose
a radical leaving, having heard
Lech l’cha -- Go forth.

God disturbs us toward our destiny
by hard events and by freedom’s now urgent voice
which explode and confirm who we are.

We don't like leaving,
but God loves becoming.

3: “We read together at the bottom of page 100 and 13.”

Love your neighbor as yourself, You said.
And light–blinded we saw
that inner and outer worlds are one
as You are One.
You spoke and we wrote.
We've reached for You down the centuries,
your light moving before us
as we climbed, fell back and climbed again
Your Sinai of life.




שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Hear, O Israel Adonai is our God, Adonai is One!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Blessed is God's glorious majesty forever and ever.



וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ
בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:
וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לִבְבְּךָ:
וְשָׁנַנְתָּם לְבָנֶיךָ וְדַבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:
וְכַתַּבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי
וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יְהוָה אֱלֹהֵיכֶם
אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם
לִהְיוֹת לְכֶם לֵאלֹהִים
אֲנִי יְהוָה אֱלֹהֵיכֶם:

יְיָ אֱלֹהֵיכֶם אָמֵן.



אָמֶת וְיָצִיב, וְאֱהוּב וְחָבִיב,
וְנוֹרָא וְאֲדִיר, וְטוֹב וְיָפֶה הַדְּבָר הַזֶּה עֲלֵינוּ לְעוֹלָם וָעֶד.
אָמֶת אֱלֹהֵי עוֹלָם מְלַכְנוּ, צוּר יַעֲקֹב, מְגֹן יִשְׁעֵנוּ,
לְדֹר וָדֹר הוּא קִיָּם, וְשָׁמוֹ קִיָּם, וְכִסְאוֹ נָכוֹן,
וּמְלֻכוּתוֹ וְאַמּוֹנָתוֹ לְעַד וְלְעוֹלָמֵי עוֹלָמִים.
מִמִּצְרַיִם גָּאֲלָתָנוּ, יְיָ אֱלֹהֵינוּ, וּמִבְּיַת עֲבָדִים פְּדִיתָנוּ.
עַל זֹאת שִׁבְחוּ אֱהוּיָבִים וְרוֹמְמוֹ אֵל,
וְנִתְּנוּ יְדִידִים זְמֵרוֹת שִׁירוֹת וְתִשְׁבְּחוֹת,
בְּרֻכּוֹת וְהוֹדָאוֹת, לְמִלְכָּךָ אֵל חַי וְקַיָּם. רָם וְנֹשָׂא,
גָּדוֹל וְנוֹרָא, מְשַׁפִּיל גְּאִים, וּמְגַבִּיֵּה שְׁפָלִים,
מוֹצִיא אֲסִירִים, וּפּוֹדֶה עֲנָוִים, וְעוֹזֵר דָּלִים
וְעוֹנֶה לְעַמּוֹ בְּעֵת שׁוֹעֵם.
תְּהַלּוֹת לְאֵל עֲלִיוֹן, בְּרוּךְ הוּא וּמְבָרָךְ.
מִשָּׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כָּלֵם:

For us, this eternal teaching is true and enduring, beloved and precious, awesome good and beautiful. The God of the universe is truly our Sovereign, the Rock of Jacob, our Protecting Shield. God endures through all generations; God's name persists; God's throne is firm; God's sovereignty and faithfulness last forever. God's words live and endure, faithful and precious for eternity.

From Egypt You redeemed us, freeing us from bondage. For that, Your beloved sang praises, exalting You. Your dear ones offered hymns, songs, praise, blessing, and thanksgiving to You as Sovereign, the living and enduring God. High and exalted, great and awesome, God ever humbles the proud, raises the lowly, frees the imprisoned, redeems the afflicted, helps the oppressed, answering our people when we cry out. Praise to God most high; Blessed is God and deserving of blessing! In great joy, Moses, Miriam and Israel responded with song to You, all of them proclaiming:

אֱמֶת, Emet, there is no place
where You are not;
even in the wilderness
there is Your word.

אֱמֶת, Emet, that pen strokes of lightning,
white fire, black flame,
stir the soul's passion, guide our sacred way.
True and enduring is Torah.

Your truth for us is certain and established,
now and forever more.
Like Moses, Miriam and all Israel,
we sing out and rejoice!

The eternal truth

is that You alone are God and there is none else.

 May the righteous of all nations
 rejoice in Your love and exalt in Your justice.

Let them beat their swords into plowshares
and their spears into pruning hooks.

 Let nation not lift up sword against nation
 nor learn war anymore.

You shall not hate your brother or sister in your heart.

 The stranger that sojourns with you
 shall be accepted as your equal,
 for you were strangers in the land of Egypt.

“Why do you crush My people and oppress the poor?” asks God.

 We know that the Eternal One defends the poor
 and upholds the rights of the needy.

Praise to God Most High;

 Blessed is God and deserving of blessing!

מִי כְּמֹכָה בְּאֱלֹהִים יְיָ,
מִי כְּמֹכָה נֹאדָר בְּקֹדֶשׁ,
נוֹרָא תְהִיִּלְתָּ, עֲשֵׂה פֶלֶא.

שִׁירָה חֲדָשָׁה שֶׁבָּחוּ גְאוּלָּיִם
לְשִׁמְךָ עַל-שִׁפְתֵי הַיָּם.
יַחַד בְּלִים הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ :
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כְּנַאמְךָ יְהוּדָה וְיִשְׂרָאֵל
גְּאֻלָּנוּ יְיָ צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.
בְּרוּךְ אַתָּה יְיָ, גֹּאֵל יִשְׂרָאֵל.

Who is like You, O God, among the gods that are worshipped?

Who is like You, majestic in holiness,
awesome in splendor, doing wonders?

With a new song, inspired,
at the shore of the Sea, the redeemed sang Your praise.

In unison they all offered thanks.

Acknowledging Your sovereignty they said:

“Adonai will reign forever!”

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.

Central Prayers - T'filah - תְּפִילָּה



אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ.

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

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה.
הַאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים,
וְקוֹנֵה הַכֶּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
בְּרוּךְ אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

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 everything out of love,
remembers the love of our fathers and mothers,
and brings redemption to their children's children for the sake of the
Divine Name.
Sovereign, Deliver, Helper and Shield,

Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

אַתָּה גְבוּר לְעוֹלָם אֲדֹנָי,
מַחֲיֵה הַכֹּל אֶתָּה, רַב לְהוֹשִׁיעַ.
מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם. - Winter (Simchat Torah to Passover)
מוֹרִיד הַטַּל. - Summer (Passover to Simchat Torah)

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מַחֲיֵה הַכֹּל בְּרַחֲמֵי רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אַמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בְּעַל גְבוּרוֹת
וּמִי דוֹמֶה לָךְ, מְלַךְ מִמִּית
וּמַחֲיֶה וּמְצַמִּיחַ יְשׁוּעָה.
וְנִאֲמֹן אֶתָּה לְהַחְיֹת הַכֹּל.
בְּרוּךְ אַתָּה יְיָ, מַחֲיֵה הַכֹּל.

You are forever mighty Adonai, you give life to all.

You sustain life through love, giving life to all 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?

Blessed are you, Adonai, who gives life to all.

נְקַדֵּשׁ אֶת-שְׁמֶךָ בְּעוֹלָם,
 כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,
 כְּפָתוּב עַל-יַד נְבִיאֶךָ: וְקָרָא זֶה אֶל-זֶה וְאָמַר:
 קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יי צְבָאוֹת,
 מְלֵא כָל-הָאָרֶץ כְּבוֹדוֹ.
 אֲדִיר אֲדִירֵנוּ, יי אֲדִנֵּינוּ, מָה-אֲדִיר שְׁמֶךָ בְּכָל-הָאָרֶץ!
 בְּרוּךְ כְּבוֹד יי מִמְקוֹמוֹ.
 אֶחָד הוּא אֱלֹהֵינוּ, הוּא אֲבִינוּ, הוּא מְלַכְנוּ,
 הוּא מוֹשִׁיעֵנוּ; וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָל-חַי:
 “אֲנִי יי אֱלֹהֵיכֶם!”
 יְמַלֵּךְ יי לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן,
 לְדוֹר וָדוֹר. הַלְלוּהָ!

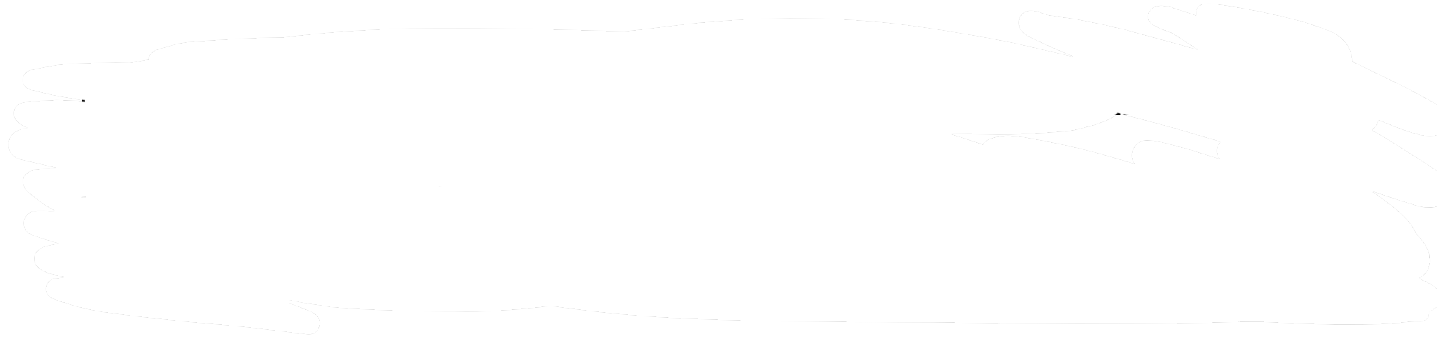
Let us sanctify Your Name on earth, as it is sanctified in the heavens above.

As it is written by Your prophet: Holy, holy, holy is *Adonai Tz'vaot*! God's presence fills the whole earth. Source of our strength, Sovereign One, how majestic is Your presence in all the earth! Blessed is the presence of God, shining forth from where God dwells. God alone is our God and our Creator, our Ruler and 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!

לְדוֹר וָדוֹר נְגִיד גְּדֻלָּךְ, וּלְנֶצַח נְצָחִים קְדֻשְׁתֶּךָ נְקַדִּישׁ. וְשִׁבְחֶךָ, אֱלֹהֵינוּ,
 מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה יי, הָאֵל הַקְּדוֹשׁ.

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.



יִשְׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֵנֶג.
עִם מְקַדְּשֵׁי שְׁבִיעֵי כָּלֶם יִשְׁבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ.
וְהַשְּׁבִיעֵי רָצִיתָ בּוֹ וְקַדְּשָׁתוּ.
חֲמֻדַּת יָמִים אוֹתוֹ קָרָאתָ, יִזְכָּר לְמַעֲשֵׂה בְּרֵאשִׁית.

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.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדוֹרְתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעַלְמִם,
כִּי שֵׁשֶׁת יָמִים עָשָׂה יי אֶת הַשָּׁמַיִם וְאֶת
הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

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.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ ,
רְצֵה בְּמִנוּחֵינוּ.
קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֵלְקֵנוּ בְּתוֹרָתֶךָ.
שְׂבַעֲנוּ מִטּוֹבֶךָ ,
וְשִׂמְחֵנוּ בִּישׁוּעָתֶךָ ,
וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחֵלֵנוּ ,
יְיָ אֱלֹהֵינוּ , בְּאַהֲבָה וּבְרַצוֹן שֶׁבֶת קִדְשֶׁךָ ,
וְיִנוּחוּ בָּהּ יִשְׂרָאֵל מִקִּדְשֵׁי שְׁמֶךָ.
בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Our God and God of our ancestors,
be pleased with our rest.
Sanctify us with Your mitzvot,
and grant us a share in Your Torah.
Sanctify us with Your goodness
and gladden us with Your salvation.
Purify our hearts to serve You in truth.
In Your gracious love, Adonai our God,
grant us Your holy Shabbat as a heritage.
May Israel who sanctifies Your name rest on Shabbat.
Blessed are You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.
Baruch atah Adonai, m'kadesh haShabbat.

We offer thanks, O God, for this Shabbat
which unites us in faith and hope.
For Shabbat holiness,
which inspires sacred living,
for Shabbat memories, glowing even in darkness,
for Shabbat peace, born of friendship and love,
we offer thanks and blessing, O God.

בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Where has this week vanished?
Is it lost for ever?
Will I ever recover anything from it?
The joy of life, the unexpected victory,
the realized hope, the task accomplished?
Will I ever be able to banish the memory of pain,
the sting of defeat, the heaviness of boredom?
On this day let me keep for a while what must drift away.
On this day let me be free of the burdens that must return.
On this day, Shabbat, abide.

Help me to withdraw for a while
from the flight of time.
Contain the retreat of the hours and days
from the grasp of frantic life.
Let me learn to pause, if only for this day.
Let me find peace on this day.
Let me enter into a quiet world this day.
On this day, Shabbat, abide.

בְּרוּךְ אַתָּה יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

רְצֵה, יי אֱלוֹהֵינוּ , בְּעֲמָךְ יִשְׂרָאֵל,
וּתְפִלָּתָם בְּאַהֲבָה תִקְבֹּל,
וּתְהִי לְרָצוֹן תְּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
בְּרוּךְ אַתָּה יי, שְׂאוֹתֶךָ לְבַדְּךָ בִּירְאָה נְעֲבֹד.

Everpresent One, may we, your people Israel,
be worthy in our deeds and our prayer.
Wherever we live, wherever we seek You—
in this land, in Zion restored, in all lands—
you are our God, whom alone we serve in reverence.



On this holy Shabbat,
may we draw nearer
to life, to peace and to joy.
May we find true rest,
holiness in our deeds,
worth in our study of Torah.
Let us feed on the love of goodness,
let us drink from the love of goodness,
restrain our thirst for excess,
and cleanse our hearts to serve life well.
On this holy Shabbat,
may we draw nearer
in life, in peace and in joy.

בְּרוּךְ אַתָּה יי, שְׂאוֹתֶךָ לְבַדְּךָ בִּירְאָה נְעֲבֹד.

מוֹדִים אֲנִיחֵנוּ לָךְ, שְׂאֵתָה הוּא,
 יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵנוּ, לְעוֹלָם וָעֶד.
 צוּר חַיֵּינוּ, מְגִן יִשְׁעֵנוּ, אֵתָה הוּא לְדוֹר וָדוֹר.
 נוֹדָה לָךְ וְיִסְפֹּר תְּהִלָּתְךָ. עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,
 וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיחָה שְׂבָכָל יוֹם עִמָּנוּ,
 וְעַל נְפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת, עֶרֶב וּבֹקֶר וְצַהֲרָיִם.
 הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ מֵעוֹלָם קוּיֵנוּ לָךְ.
 וְעַל כָּל־כֵּן יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ, מִלְּכָנוּ, תָּמִיד לְעוֹלָם וָעֶד.
 וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיִּהְלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת,
 הָאֵל יִשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה.
 בְּרוּךְ אַתָּה יי, הַטּוֹב שְׂמֶךָ וְלָךְ נֶאֱחָה לְהוֹדוֹת.

We acknowledge with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise You—for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You.

For all these things, O Sovereign, let Your Name be forever praised and blessed. Oh God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth. Blessed are You, Adonai, Your Name is Goodness and You are worthy of Thanksgiving.

Student C: For the expanding grandeur of Creation,
worlds known and unknown, galaxies beyond galaxies,
filling us with awe and challenging our imaginations,
we say together: מוֹדִים אֲנַחְנוּ לָךְ.

Student A: For this fragile planet Earth, its times and tides
its sunsets and seasons: מוֹדִים אֲנַחְנוּ לָךְ.

Student B: For the joy of human life, its wonders and surprises,
its hopes and achievements: מוֹדִים אֲנַחְנוּ לָךְ.

Student C: For 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: מוֹדִים אֲנַחְנוּ לָךְ.

Student A: For high hopes and noble causes, for faith without fanaticism,
for understanding of view not shared: מוֹדִים אֲנַחְנוּ לָךְ.

Student B: For all who have labored and suffered for a fairer world,
who have lived so that others might live in dignity and
freedom: מוֹדִים אֲנַחְנוּ לָךְ.

Student C: For human liberties and sacred rites,
for opportunities to change and grow,
to affirm and choose: מוֹדִים אֲנַחְנוּ לָךְ.

Students A, B, C: We pray that we may live not by our fears but by our hopes, not by our words but by our deeds. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

1: שֵׁים שְׁלוֹם, טוֹבָה וּבְרָכָה, חַן וְחֶסֶד וְרַחֲמִים,
עֲלֵינוּ וְעַל כָּל-יִשְׂרָאֵל עַמְּךָ.
בְּרַכְנוּ, יוֹצְרֵנוּ, בְּלֵנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ,
כִּי בְּאוֹר פְּנִיךָ נִתְּתָה לָנוּ, יְיָ אֱלֹהֵינוּ,
תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד,
וְצִדְקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל
בְּכָל-עֵת, וּבְכָל-שָׁעָה בְּשְׁלוֹמְךָ.
בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

2:

Grant peace, goodness and blessing, grace, kindness and mercy,
to us and 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.

בְּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

3:

We oughtn't pray for what we've never known,
and humanity has never known:

unbroken peace,
unmixed blessing.

No.

Better to pray for pity,
for indignation,
discontent,
the will to see and touch,
the power to do good and make new.

בְּרוּךְ אַתָּה יְיָ, הַמְבַרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

4:

Grant us peace, Your most precious gift,
O Eternal Source of peace.

And give us the will to proclaim its message
to all the peoples of the earth.

Bless our country as a safeguard of peace,
its advocate among the nations.

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

Strengthen the bonds of friendship and fellowship
among all the inhabitants of our world.

Plant virtue in every soul,
and may the love of Your Name hallow every home and every heart.
Praised are You, Adonai, who blesses Your people with peace.

בְּרוּךְ אַתָּה יְיָ, הַמְבַרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.



יְהִי לְרָצוֹן אִמְרֵי-פִי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְיָ, צוּרִי וְגֹאֲלִי

Yihiyu litatzon imrayfi v'higyon libi lifanecha, Adonai, tzuri v'goali.

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

עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

*Oseh shalom bim-ro-mahv, hu ya'a-seh shalom aleinu v'al kol Yisrael,
v'imru: amen.*

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

אֵין-כְּמוֹד בְּאֱלֹהִים, אֲדֹנָי, וְאֵין כְּמַעֲשָׂיֶךָ.
מַלְכוּתֶךָ מַלְכוּת כָּל-עוֹלָמִים, וּמִמֹּשְׁלֶתֶךָ בְּכָל-דֹּר וְדֹר.
יְיָ מֶלֶךְ, יְיָ מֶלֶךְ, יְיָ מֶלֶךְ לְעֹלָם וָעֶד. יְיָ עֹז לְעַמּוֹ יִתֵּן, יְיָ יְבָרֵךְ אֶת
עַמּוֹ בְּשָׁלוֹם.

There is none like You among the gods, Adonai,
and there are no deeds like Yours.
You are Sovereign over all worlds,
and your dominion is in all generations.
Adonai reigns, Adonai has reigned,
Adonai will reign forever and ever.
Adonai will give strength to our people,
Adonai will bless our people with peace.

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה, וּדְבַר יְיָ מִירוּשָׁלַיִם.
For from out of Zion will come the Torah,
and the word of Adonai from Jerusalem.

בְּרוּךְ שְׁנָתָן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.
Blessed is God who in Holiness gave the Torah to the people Israel.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.
Hear O Israel, Adonai is our God, Adonai is One.

אֶחָד אֱלֹהֵנוּ גָדוֹל אֲדִינֵנוּ קָדוֹשׁ שְׁמוֹ.
Our God is One, Adonai is great, holy is God's Name.

גִּדְלוּ יְיָ אִתִּי וְנִרְוִמְמָה שְׁמוֹ יַחְדָּו.
Exalt Adonai with me, let us exalt God's name together.

לְךָ יְיָ הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתְּפִאָּרֶת וְהַנְּצִיחַ וְהַהוֹד, כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ,
לְךָ יְיָ הַמְּמֻלָּכָה וְהַמְּתִנְשָׂא לְכָל לְרֵאשׁ.

Yours, Adonai is the greatness, might, splendor, triumph, and majesty– yes, all that is
in heaven and on earth. To you, Adonai, belong sovereignty and preeminence above all.

Torah Reading

Blessing Before Each Aliyah:

Leader:

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ.

Congregation:

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

Leader:

בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד.

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

Blessing After Each Aliyah:

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

וְזֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה לִפְנֵי בְּנֵי יִשְׂרָאֵל, עַל-פִּי יְיָ בְּיַד-מֹשֶׁה.

*V'zot ha Torah asher som Moshe lifnay b'nay Yisrael,
al pi Adonai b'yad Moshe.*

This is the Torah that Moses placed before the people of Israel, God's word through the hand of Moses.

Haftarah Reading

Blessing Before the Haftarah Reading:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים,
וְרָצָה בְּדַבְרֵיהֶם הַנְּאֻמִּים בְּאַמֶּת.
בְּרוּךְ אַתָּה יי,
הַבוֹחֵר בַּתּוֹרָה וּבַמִּשְׁנָה עֲבָדוּ וּבִישְׂרָאֵל עֲמוֹ
וּבְנְבִיאֵי הָאַמֶּת וְצַדִּיק.

Blessing After the Haftarah Reading:

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
צוֹר כָּל-הָעוֹלָמִים, צַדִּיק בְּכָל-הַדּוֹרוֹת,
הַאֵל הַנְּאֻמָּן, הָאוֹמֵר וְעוֹשֶׂה,
הַמְדַבֵּר וּמְקַיֵּם, שְׂכָל-דְּבָרָיו אֶמֶת וְצַדִּיק.

עַל-הַתּוֹרָה וְעַל-הָעֲבוּדָה וְעַל הַנְּבִיאִים
וְעַל-יוֹם הַשַּׁבָּת הַזֶּה, שְׁנַתְּ-לָנוּ, יי אֱלֹהֵינוּ,
לְקַדְּשָׁה וּלְמַנוּחָה, לְכָבוֹד וּלְתִפְאַרֶת,

עַל-הַכָּל, יי אֱלֹהֵינוּ, אֲנַחְנוּ מוֹדִים לָךְ,
וּמְבָרְכִים אוֹתְךָ,
יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל-חַי
תְּמִיד לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

Returning the Torah to the Ark

יְהַלְלוּ אֶת-שֵׁם יְיָ, כִּי נִשְׁגָּב שְׁמוֹ לְבָדוֹ.

Y'halelu et shem Adonai ki nishgav shemo l'vado.

Let us praise the Name of Adonai, for God's name alone is exalted.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם. וַיִּרַם קֶרֶן לְעַמּוֹ,
תְּהַלֵּה לְכָל-חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל עַם-קָרְבּוֹ. הַלְלוּ-יְהוָה!

Hodo al eretz v'shamayim. Vayarem keren l'amo, t'helah l'chol chasidav, livney Yisrael am-kerovo. Halleluyah!

God's Majesty is above the earth and heaven; and God is the strength of our people, making God's faithful ones, Israel, a people close to the eternal. Hallelujah!

כִּי לֶקַח טוֹב נָתַתִּי לָכֶם, תּוֹרָתִי אֶל-תַּעֲזוּבוּ.
עֵץ-חַיִּים הִיא לִמְחַזְּקִים בָּהּ, וְתִמְכֶיָה מְאֹשֶׁר.
דַּרְכֶיהָ דַּרְכֵי-נֹעַם, וְכָל-נִתְיִבוֹתֶיהָ שָׁלוֹם.
הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנִשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

Ki lekach tov natati lachem Torahti al ta'azovu.

Etz chayim he limachazikim ba, v'tomcheha mi'u'shar.

D'racheha darchey noam v'chol nitivoteha shalom.

Hashivaynu Adonai aylecha v'nashuva.

Chadesh yamaynu k'kedem.

For I have given you good instruction; do not abandon my Torah. 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.



יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ:


May God bless you and keep you.


יָאֵר יְהוָה | פָּנָיו אֵלֶיךָ וַיַּחַנְדֶּךָ:

May God's light shine upon you, and may God be gracious to you.

יֵשָׂא יְהוָה | פָּנָיו אֵלֶיךָ וַיֵּשֶׂם לְךָ שְׁלוֹם:

May you feel God's Presence within you always and may you find peace.





Our hearts are one on this joyous day
as you commit yourself to a life of Torah:
a life, we pray, filled with
wisdom, caring, and right action.

We pray that you will grow each day
in compassion for the needy,
in concern for the stranger,
in love of all people.

May the One who blessed our ancestors,
Abraham and Sarah, Isaac and Rebecca,
Jacob, Rachel, and Leah,
bless you on becoming a bar/bat mitzvah.

May you grow in strength and courage,
with vision and sensitivity.
And may you always be certain of our love.



בָּרוּךְ אַתָּה יְיָ, שֶׁנָּתַן לָנוּ אֶת הַזְכוּת וְאֶת הַכְּבוֹד לִתַּת לָךְ/לָךְ/לָכֶם / לָכֶן תּוֹרָה.
Baruch Atah Adonai, sh'natan lanu et ha'z'chut v'et ha'kavod la'teit lecha/lach/lachem/lachen Torah.

Blessed is Adonai, who gives each of us in this holy community
the honor and privilege of entrusting you with Torah.

תפילות סיום - Concluding Prayers

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹּא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.
שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֵם, וְגָרְלָנוּ כְּכֹל הַמוֹנִם.

וְאֶנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֶי מֶלֶךְ מְלִכֵי הַמְּלָכִים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

וְנֹאמֶר, וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד,
וּשְׁמוֹ אֶחָד.

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

Thus it has been said, Adonai will be Sovereign over all the earth. On that day, Adonai will be one and God's Name will be one.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. בְּעֵלְמָא דִּי בְּרָא כְרְעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ,
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ:
אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עֵלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא, וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקָדְשָׁא, בְּרִיךְ הוּא. לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשֻׁבְחָתָא
וְנַחֲמָתָא, דְאָמִירוֹן בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ: אָמֵן.

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 who mourn. To which we all say: Amen.

אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל יִצִיר נִבְרָא.
לַעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל, אַזַּי מֶלֶךְ שְׁמוֹ נִקְרָא.

Adon Olam asher malach, b'terem kol y'tzir niv'rach.
L'eit na'asah v'cheftzo kol, azai melech sh'mo ni'kra.
You are our Eternal God, who reigned before any being had been created;
when all was done according to Your will, then you were called Ruler.

וְאַחֲרֵי כָכֵלּוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה, וְהוּא הוֹה, וְהוּא יִהְיֶה, בְּתִפְאַרָה.
V'acharei ki'chlot ha'kol, l'vado yimloch norah.
V'hu hayah, v'hu hoveh, v'hu yi'hiyeh, b'tif'arah.

And after all ceases to be, You alone will rule in majesty. You have been, are yet, and will be in glory.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית, וְלוֹ הָעֹז וְהַמְשָׁרָה.
V'hu echad v'ain sheini, l'hamshil lo l'hach'birah.
B'li reishit, b'li tachlit, v'lo ha'oz v'hamisrah.

And You are One; none other can compare to or consort with You.
You are without beginning, without end. To You belong power and dominion.

וְהוּא אֵלִי וְחִי גֹאֲלִי, וְצוּר חֶבְלֵי בְעֵת צָרָה.
וְהוּא נֹסִי וּמְנוּס לִי, מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא.
V'hu Eli, v'chai go'ali, v'tzur chevli b'eit tzarah.
V'hu nisi u'manos li, m'nat kosi b'yom ekrah.

And You are my God, my living Redeemer, my Rock in times of trouble and distress.
You are my standard bearer and my refuge, my benefactor when I call on You.

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעִירָה.
וְעִם רוּחִי גִוִיָּתִי, יְיָ לִי וְלֹא אִירָא.
B'yado afkid ruchi, b'eit ishan v'ah'irah.
V'im ruchi g'vi'yati, Adonai li, v'lo irah.

Into Your hands I entrust my spirit, when I sleep and when I wake,
and with my spirit my body also; Adonai is with me and I shall not fear.

אין כַּאֱלֹהֵינוּ , אין כַּאֲדוֹנֵינוּ , אין כַּמְלִכְנוּ , אין כַּמוֹשִׁיעֵנוּ.
Ein K'Eloheinu, ein k'Adoneinu, ein k'Malkeiu, ein k'Moshi-einu.

מִי כַּאֱלֹהֵינוּ , מִי כַּאֲדוֹנֵינוּ , מִי כַּמְלִכְנוּ , מִי כַּמוֹשִׁיעֵנוּ.
Mi ch'Eloheinu, Mi ch'Adoneinu, Mi ch'Malkeinu, Mi ch'Moshi-einu.

נוֹדֶה לַאֱלֹהֵינוּ , נוֹדֶה לַאֲדוֹנֵינוּ , נוֹדֶה לַמְלִכְנוּ , נוֹדֶה לַמוֹשִׁיעֵנוּ.
Nodeh l'Eloheinu, Nodeh l'Adoneinu, Nodeh l'Malkeinu, Nodeh l'Moshi-einu.

בָּרוּךְ אֱלֹהֵינוּ , בָּרוּךְ אֲדוֹנֵינוּ , בָּרוּךְ מְלִכְנוּ , בָּרוּךְ מוֹשִׁיעֵנוּ.
Baruch Eloheinu, Baruch Adoneinu, Baruch Malkeinu, Baruch Moshi-einu.

אֲתָה הוּא אֱלֹהֵינוּ , אֲתָה הוּא אֲדוֹנֵינוּ , אֲתָה הוּא מְלִכְנוּ ,
אֲתָה הוּא מוֹשִׁיעֵנוּ.

Ata Hu Eloheinu, Ata Hu Adoneinu, Ata Hu Malkeinu, Ata Hu Moshi-einu.

There is none like our God; there is none like our Eternal One;

There is none like our Ruler; there is none like our Redeemer.

Who is like our God? Who is like our Eternal One?

Who like our Ruler? Who is like our Redeemer?

We give thanks to our God; We give thanks to our Eternal One;

We give thanks to our Ruler; We give thanks to our Redeemer.

Praise be our God; Praise be our Eternal One;

Praise be our Ruler; Praise be our Redeemer.

You are our God; You are our Eternal One;

You are our Ruler; You are our Redeemer.



Over the wine/grape juice:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.

Baruch Atah Adonai, Eloheinu, Melech ha'Olam, borei p'ri ha'gafen.

Blessed are You Adonai, Our God, Sovereign of the Universe, Creator of the fruit of the vine.

Over the challah:

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצֵא לֶחֶם מִן הָאָרֶץ.

*Baruch Atah Adonai, Eloheinu, Melech ha'Olam,
ha'motzi lechem min ha'aretz.*

Blessed are You Adonai, Our God, Sovereign of the Universe,
Who brings forth bread from the Earth.

שַׁבַּת שְׁלוֹם! - Shabbat Shalom!