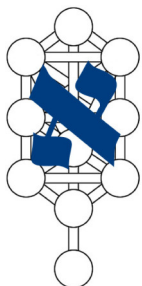


קבלת שבת

KABBALAT SHABBAT



Kabbalah4All Siddur

About Our Siddur

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

Kabbalah4All Transliteration Guidelines

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

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

Hebrew Rules

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

מֵלֶךְ

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

כֹּל

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

יִשְׁמְחוּ

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

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

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
Translated by David Aharon L. Curtis.
Edited by Rebecca Schwartz and David Aharon L. Curtis.

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סדר הדלקת נרות שבת

CANDLELIGHTING FOR SHABBAT

In the months of the year when the sun sets later, we include this as part of the Friday Night Service.

*The Shabbat lights (2 candles) are lit approximately 18 minutes before sunset on Friday.
Both men and women should take part in the Lighting.*

*Some have the custom to light the candles first and then say the blessing.
It is the Sephardic custom to first say the blessing and then light the candles,
however one can do according to their custom.*

The following is only said on Friday Night.

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.
Hareini ba l'kayem mitzvat
Behold I come to fulfill the mitzvah
aseh d'rabanam l'hadlik
to do according to the Sages in kindling
sh'nei nerot lichvod Shabbat,
two candles to honor Shabbat
echad k'neged zachor
one to represent "Remember"
v'echad k'neged shamor,
and one to represent "Keep",
l'taken et shoresh mitzvah zo
to establish the root of this mitzvah
b'makom elyon,
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.

לְשֵׁם יְחִיד קִדְשָׁא
בְּרִיךְ הוּא וְשְׁכִינְתָּהּ,
בְּדַחֲלֵנוּ וּרְחִימוּ,
וּרְחִימוּ וּדְחִילוּ, לְיַחְדָּא
שֵׁם יו"ד ה"א בְּוַו ה"א,
בְּיַחְדָּא שְׁלִים,
בְּשֵׁם כָּל יִשְׂרָאֵל.
הֲרִינִי בָּא לְקַיֵּם מִצְוֹת
עֲשֵׂה דְרַבָּנָן לְהַדְלִיק
שְׁנֵי נְרוֹת לְכַבּוֹד שַׁבָּת,
אֶחָד כְּנֶגֶד זָכוֹר,
וְאֶחָד כְּנֶגֶד שָׁמוֹר,
לְתַקֵּן אֶת שׁוֹרֵשׁ מִצְוָה זו
בְּמַקּוֹם עֲלִיּוֹן,
לְעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ,
וְלְעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ.

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.

וְיִהְיֶה נְעִים אֲדֹנָי אֱלֹהֵינוּ עִלֵּינוּ,
 וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עִלֵּינוּ,
 וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָהּ.

Baruch atah Adonai,
Blessed are You Adonai,
Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
asher kid'shanu b'mitzvotav,
Who has hallowed us with Your mitzvot,
v'tzivanu l'hadlik ner shel Shabbat.
and bid us to kindle the light of Shabbat.

בְּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
 וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

דרור יקרא D'ROR YIKRA

D'ror yikra l'vein im bat,
He shall proclaim freedom for all sons and daughters,
v'yintzarchem k'mo vavat.
and protect you like the pupil of the eye.
N'im shimchem v'lo yushbat,
Pleasant will be your name, never to cease,
sh'vu v'nuchu b'yom Shabbat.
return and rest on the day of Shabbat.

דְּרוֹר יִקְרָא לְבֵן עִם בַּת,
 וַיִּנְצָרְכֶם כְּמוֹ בַּת.
 נְעִים שְׁמֵכֶם וְלֹא יִשְׁבַּת,
 שְׁבוּ וְנוּחוּ בְיוֹם שַׁבָּת.

D'rosh navi v'ulami,
Seek my Temple and my Sanctuary,
v'ot yesha aseh imi,
and show me a sign of salvation,
n'ta sorek b'toch karmi,
plant a branch within my vineyard,
sh'eh shavat b'nei ami.
turn to the outcry of my people.

דְּרוֹשׁ נָוִי וְאוּלָמִי,
 וְאוֹת יִשַׁע עֲשֵׂה עִמִּי,
 נִטַּע שׂוֹרֵק בְּתוֹךְ כַּרְמִי,
 שִׁעָה שׁוֹעֵת בְּנֵי עַמִּי.

D'roch purah b'toch batzrah,
Tread the wine-press with Bozrah,
v'gam edom asher gavrah,
and also Babylon which grew powerful,
n'totz tzarai b'af v'evrah,
destroy my enemies with anger and rage,
sh'ma koli b'yom ekra.
hear my voice on the day I call.

דְּרוֹךְ פּוֹרָה בְּתוֹךְ בַּצְרָה,
 וְגַם אֶדוֹם אֲשֶׁר גְּבְרָה,
 נְתוּץ צָרֵי בְאֵף וְעִבְרָה,
 שְׁמַע קוֹלִי בְיוֹם אֶקְרָא.

Elohim ten bamidbar har,
Elohim cause the desertlike mountain to blossom
 hadas shitah b'rosh tid-har,
with myrtle, acacia, cypress and elm,
 v'lamaz-hir v'lanizhar,
and to those who encourage and are careful,
 sh'lomim ten k'mei nahar.
give peace that flows like the river's waters.

Hadoch kamai chai El kana,
Crush my foes, O Living Almighty and Jealous One,
 b'mog levav uvimginah,
with melting heart and grief,
 v'narchiv peh unmalenah,
and may we open our mouth wide and fill it,
 l'shonenu l'cha rinah.
our tongue shall sing joyous songs to You.

D'eh chochmah l'nafshecha,
Let your soul know the Torah,
 v'hi cheter l'roshecha,
and it will be a crown upon your head,
 n'tzor mitzvat Elohecha,
observe the mitzvot of Your Elohim,
 sh'mor Shabbat k'doshecha.
and keep the Shabbat of your holiness.

אֱלֹהִים תֵּן בְּמִדְבַּר הַר,
 הַדָּס שִׁטָּה בְּרוֹשׁ תִּידְהָר,
 וְלַמַּזְחִיר וְלַנִּזְחָר,
 שְׁלוֹמִים תֵּן כְּמֵי נָהָר.

הַדּוֹךְ קָמֵי חַי אֵל קָנָא,
 בְּמוֹג לֵבָב וּבְמִגְנָה,
 וְנִרְחִיב פֶּה וְנִמְלֵאנָה,
 לְשׁוֹנְנוּ לְךָ רִנָּה.

דַּעַה חֲכָמָה לְנַפְשְׁךָ,
 וְהִיא כֶּתֶר לְרֹאשְׁךָ,
 נִצּוֹר מִצְוֹת אֱלֹהֶיךָ,
 שְׁמֹר שַׁבַּת קְדוֹשְׁךָ.

קבלת שבת

KABBALAT SHABBAT

The Kabbalists created Kabbalat Shabbat to begin with six Tehilim that represent the week we are leaving behind. They draw us into the world and values of Shabbat. Before we begin Kabbalat Shabbat we sing a Kabbalistic song that speaks of the soul's yearning for connection with the Divine.

ידיד נפש

Y'DID NEFESH

Y'did nefesh av harachaman,

Beloved of the soul, Source of mercy,

m'shoch avdach el r'tzonach.

draw Your servant to Your will.

Yarutz avdach k'mo ayal,

Your servant will run like a deer,

yishtachaveh el mul hadarach.

to bow before Your glory.

Ye-erav lo y'didutach,

For Your friendship is sweeter,

minofet tzuf v'chol ta-am.

than the dripping honeycomb or any flavor.

Hadur na-eh ziv ha-olam,

Splendid, Beautiful, Radiance of the universe,

nafshi cholat ahavatach.

my soul is sick for Your love.

Ana El na r'fa na lah,

I pray that You heal her, Almighty One,

b'harot lah no-am zivach.

by showing her the delightfulness of Your radiance.

Az tit-chazek v'ti-trape,

Then she will grow strong and be healed,

v'hay'tah lach shifchat olam.

and she will be Your handmaiden for ever.

Vatik yehemu rachamecha,

Mighty One manifest Your mercies,

v'chusah al ben ohavach.

and have compassion on Your beloved child.

Ki zeh kamah nichsof nichsaf,

For how long have I been consumed with longing,

יְדִיד נֶפֶשׁ אָב הַרְחָמָן,

מִשׁוֹךְ אַבְדָּךְ אֶל רְצוֹנְךָ.

יָרוּץ אַבְדָּךְ כְּמוֹ אַיִל,

יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרָךְ.

יַעֲרַב לוֹ יְדִידוּתְךָ,

מִנֶּפֶת צוּף וְכֹל טַעַם.

הַדּוֹר נֹאֵה זִיו הָעוֹלָם,

נַפְשִׁי חוֹלֵת אֲהַבְתְּךָ.

אֲנֵא אֵל נָא רְפֵא נָא לָהּ,

בְּהִרְאוֹת לָהּ נֵעַם זִיוְךָ.

אֲז תִּתְחַזֵּק וְתִתְרַפֵּא,

וְהִיְתָה לְךָ שִׁפְחַת עוֹלָם.

וְתִיק יְהִמוּ רַחֲמֶיךָ,

וְחוּסָה עַל בֶּן אוֹהֲבְךָ.

כִּי זֶה כַּמָּה נִכְסֵף נִכְסֵף,

lirot b'tiferet uzach.

to behold the glory of Your might.

Ana Eli machmad libi,

Please my Almighty One, the desire of my heart,

chushah na v'al tit-alam.

hurry please and do not hide.

Higaleh na ufros chaviv alai,

Please, my Beloved, reveal and spread over me,

et sukat sh'lomach.

the shelter of Your peace.

Ta-ir erez mikvodach,

Light up the world with Your glory,

nagilah v'nism'chah vach.

that we may exult and rejoice in You.

Maher ahuv ki va mo-ed,

Hurry, Loved One, for the appointed time has come,

v'chaneni kimei olam.

and show me favor like days long ago.

לְרֹאוֹת בְּתִפְאֵרֶת עֲזָךְ.

אָנָּא אֱלֹהֵי מַחְמַד לְבִי,

חֹשֶׁה נָא וְאַל תִּתְעַלֵּם.

הִגַּלְהֵנָּה נָא וּפְרֹשׁ חֲבִיב עָלַי,

אֶת סִכַּת שְׁלֹמֹךְ.

תְּאִיר אֶרֶץ מִכְבוֹדְךָ,

נִגְיִלָּה וְנִשְׂמְחָה בְּךָ.

מַהֵר אָהוּב כִּי בָּא מוֹעֵד,

וְחַנְּנֵנִי כִּימֵי עוֹלָם.

תהלים צה

TEHILIM 95

As we begin our connection, we enter the realm of Shabbat singing with joy. The end of this psalm, which corresponds to the first day of the week, reminds us of our nature to rebel and act only according to our ego's desires. The effect of which is chaos and absence of rest.

L'chu n'ran'nah 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 thanksgiving,

bizmirot nari-a lo.

with song let us call out to Him.

Ki El gadol Adonai,

For a great Almighty One is Adonai,

umelech gadol al kol elohim.

and a great Sovereign of all divine beings.

Asher b'yado mechk'rei erez,

For in His hand are the depths of the earth,

v'to-afot harim lo.

and the summits of the mountains are His.

Asher lo hayam v'hu asahu,

For His is the sea and He perfected it,

v'yabeshet yadav yatzaru.

and the dry land fashioned by His hands.

לְכוּ נִרְנְנָה לַיהוָה,

נִרְיַעָה לְצוּר יִשְׁעֵנוּ.

נִקְדְּמָה פָּנָיו בְּתוֹדָה,

בְּזִמְרוֹת נִרְיַע לוֹ.

כִּי אֵל גָּדוֹל יְהוָה,

וּמֶלֶךְ גָּדוֹל עַל כָּל אֱלֹהִים.

אֲשֶׁר בְּיָדוֹ מַחְקְרֵי אֶרֶץ,

וְתוֹעֲפוֹת הָרִים לוֹ.

אֲשֶׁר לוֹ הַיָּם וְהוּא עֲשָׂהוּ,

וַיַּבֶּשֶׂת יַדָּיו יַצְרוּ.

Bo-u nishtachaveh v'nichra-ah,

Come let us bow down and kneel,

nivr'chah lifnei Adonai osenu.

bend the knee before Adonai our Maker.

Ki hu Eloheinu va-anachnu

For He is our Elohim and we are

am marito v'tzon yado,

the people He tends and the sheep in His charge,

hayom im b'kolo tishma-u.

if we but heed His call today.

Al takshu l'avchem kimrivah,

Do not harden your heart as at Meribah,

k'yom masah bamidbar.

as on the day of Masah in the wilderness.

Asher nisuni avoteichem,

When your ancestors tested Me,

b'chanuni gam ra-u fa-ali.

they tested Me even though they had seen My works.

Arba-im shanah akut b'dor,

For forty years I was angry with the generation,

va-omar am to-ei levav hem,

then I said: they are a people with a heart that strays,

v'hem lo yad'u d'rachai.

and they know not My ways.

Asher nishbati v'api,

Therefore I have sworn in My anger,

im y'vo-un el m'nuchati.

that they shall not arrive at My resting place.

בָּאוּ נִשְׁתַּחֲוּוּ וְנִכְרָעוּ,
נִבְרָכָה לְפָנַי יְהוָה עֲשֵׂנוּ.
כִּי הוּא אֱלֹהֵינוּ וְאַנְחֵנוּ
עִם מְרֵעִיתוֹ וְצֹאן יָדוֹ,
הַיּוֹם אִם בְּקִלּוֹ תִשְׁמָעוּ.
אַל תִּקְשׁוּ לְבַבְכֶם כַּמְרִיבָה,
כִּיּוֹם מַסָּה בַּמִּדְבָּר.
אֲשֶׁר נִסּוּנִי אֲבוֹתֵיכֶם,
בְּחַנּוּנֵי גַם רָאוּ פַעְלֵי.
אַרְבָּעִים שָׁנָה אָקוּט בְּדוֹר,
וְאָמַר עִם תַּעֲיֵ לֵבָב הֵם,
וְהֵם לֹא יָדְעוּ דַרְכֵי.
אֲשֶׁר נִשְׁבַּעְתִּי בְּאַפִּי,
אִם יָבֹאוּן אֶל מְנוּחָתִי.

תהלים צו

TEHILIM 96

This Tehilim, which corresponds to the second day of the week, invites us to sing a new song to the Creator. What was the new song we sang in the past week? How have we transformed our ego nature? How did we react and deal with others? How have we shared with others?

Shiru Ladonai shir chadash,

Sing to Adonai a new song,

shiru Ladonai kol ha-aretz,

sing to Adonai all the earth,

shiru Ladonai bar'chu sh'mo,

sing to Adonai bless His Name,

bas'ru miyom l'yom y'shu-ato.

proclaim redemption from day to day.

Sap'ru vagoyim k'vodo,

Tell of the glory to the nations ,

b'chol ha-amim nifl'otav.

and to all the people the wonders.

שִׁירוּ לַיהוָה שִׁיר חָדָשׁ,
שִׁירוּ לַיהוָה כָּל הָאָרֶץ.
שִׁירוּ לַיהוָה בְּרְכוּ שְׁמוֹ,
בְּשָׂרוּ מִיּוֹם לְיוֹם יְשׁוּעָתוֹ.
סַפְּרוּ בַּגּוֹיִם כְּבוֹדוֹ,
בְּכָל הָעַמִּים נִפְלְאוֹתָיו.

Ki gadol Adonai umhulal m'od,
For great is He and praised exceedingly,
nora hu al kol elohim.

He is above all powers.

Ki kol elohei ha-amim elilim,
For all the gods of the peoples are idols,
Vadonai shamayim asah.

but Adonai made the heavens.

Hod v'hadar l'fanav,
Honor and glory are before Him,

oz v'tiferet b'mikdasho.

strength and splendor are in His Sanctuary.

Havu Ladonai mishp'chot amim,

Ascribe to Adonai O families of the peoples,

havu Ladonai kavod va-oz.

ascribe to Adonai's honor and strength.

Havu Ladonai k'vod sh'mo,

Ascribe to Adonai honoring His Name,

s'u minchat uvo-u l'hatzrotav.

raise up an offering and come to the His courtyards.

Hishtachavu Ladonai b'hadrat kodesh,

Bow down before Adonai in the beauty of holiness.

chilu mipanav kol ha-aretz.

tremble before Him everyone on earth.

Imru vagoyim Adonai malach,

Proclaim among the nations Adonai reigns,

af tikon tevel bal timot,

indeed, firmly established is the world so that it cannot topple,

yadin amim b'meisharim.

He will judge the peoples with fairness.

Yism'chu hashamayim

The heavens will be glad

v'tagel ha-aretz,

and the earth will rejoice,

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 ya-ar.

then all the trees of the forest will sing with joy.

Lifnei Adonai ki va,

Before Adonai for He will have arrived,

ki va lishpot ha-aretz,

for He will have arrived to judge the earth,

yishpot tevel b'tzedek,

to judge the world with righteousness,

v'amim be-emunato.

and peoples with His faithfulness.

כי גדול יהוה ומהלל מאד,
נורא הוא על כל אלהים.

כי כל אלהי העמים אילים,
ויהוה שמים עשה.

הוד והדר לפניו,

עז ותפארת במקדשו.

הבו ליהוה משפחות עמים,

הבו ליהוה כבוד ועז.

הבו ליהוה כבוד שמו,

שאנו מנחה ובאו לחצרותיו.

השתחויו ליהוה בהדרת קדש,

חילו מפניו כל הארץ.

אמרו בגוים יהוה מלך,

אף תכון תבל בל תמוט,

ידין עמים במישרים.

ישמחו השמים

ותגל הארץ,

ירעם הים ומלאו.

יעלו שדי וכל אשר בו,

אז ירננו כל עצי יער.

לפני יהוה כי בא,

כי בא לשפט הארץ,

ישפט תבל בצדק,

ועמים באמונתו.

תהלים צז

TEHILIM 97

This Tehilim, which corresponds to the third day of the week, helps us to imagine what it will be like when all human beings transform their ego's nature and come together in love and harmony; a world of Light and joy.

Adonai malach tagel ha-aretz,

Adonai has reigned let the earth rejoice,

yism'chu iyim rabim.

let the many islands be glad.

Anan va-arafel s'vivav,

Obscure clouds surround Him,

tzedek umishpat m'chon kiso.

righteousness and justice are the base of His throne.

Esh l'fanav telech,

Fire goes before Him,

ut-lahet saviv tzarav.

and consumes His enemies all around.

He-iru v'rakav tevel,

His lightning bolts light up the world,

ra-atah v'tachel ha-aretz.

the inhabitants of the earth saw and trembled.

Harim kadonag namasu

Mountains like wax melted

milifnei Adonai,

before Adonai,

milifnei Adon kol ha-aretz.

before the Ruler of all the earth.

Hagidu hashamayim tzidko,

The heavens declare His righteousness,

v'ra-u chol ha-amim k'vodo.

and all the peoples see His glory.

Yevoshu kol ov'dei fesel,

All who worship idols will be humiliated,

hamit-hal'lim ba-elilim,

who pride themselves in worthless gods,

hishtachavu lo kol elohim.

bow down Him all you powers.

Sham'ah vatismach Tziyon,

Zion did hear and rejoice,

vatagelnah b'not Y'hudah,

and exult did the daughters of Judah,

l'ma-an mishpatecha Adonai.

because of Your judgements Adonai.

Ki atah Adonai elyon

For You Adonai are supreme

יהוה מלך תגל הארץ,
 ישמחו איים רבים.
 ענן וערפל סביביו,
 צדק ומשפט מכון כסאו.
 אש לפניו תלך,
 ותלהט סביב צריו.
 האירו ברקיו תבל,
 ראתה ותחל הארץ.
 הרים כדונג נמסו
 מלפני יהוה,
 מלפני אדון כל הארץ.
 הגידו השמים צדקו,
 וראו כל העמים כבודו.
 יבשו כל עבדי פסל,
 המתהללים באילים,
 השתחוו לו כל אלהים.
 שמעה ותשמח ציון,
 ותגלנה בנות יהודה,
 למען משפטיך יהוה.
 כי אתה יהוה עליון

al kol ha-aretz,
above all the earth,
 m'od na-aleita al kol elohim.
exceedingly are You elevated above all powers.
 Ohavei Adonai sinu ra,
O you who love Adonai, despise evil,
 shomer nafshot chasidav,
He guards the souls of His pious ones,
 miyad r'sha-im yatzilem.
saving them from the hand of the wicked.
 Or zaru-a la-tzadik,
Light is sown for the righteous,
 ulyishrei lev simchah.
and gladness for the upright of heart.
 Simchu tzadikim ba-Adonai,
Rejoice, O righteous, in Adonai,
 v'hodu l'zecher kodsho.
and give thanks at the mention of His holy Name.

עַל כָּל הָאָרֶץ,
 מְאֹד נִעְלִיתָ עַל כָּל אֱלֹהִים.
 אֱהִי יְהוָה שְׂנֹאוֹ רָע,
 שׁוֹמֵר נַפְשׁוֹת חַסִּידָיו,
 מִיַּד רְשָׁעִים יִצִּילֵם.
 אוֹר זָרַע לְצַדִּיק,
 וְלִישְׂרֵי לֵב שִׂמְחָה.
 שִׂמְחוּ צַדִּיקִים בַּיהוָה,
 וְהוֹדוּ לְזֵכֶר קֹדֶשׁוֹ.

תהלים צח

TEHILIM 98

This Tehilim, which corresponds to the fourth day of the week, invites us again to sing a new song. However, this time we are asked to look back on the week that has passed and count our blessings. The Light is always shining and miracles occur every day, even if the clouds of life try to convince us otherwise.

Mizmor.
A psalm.
 Shiru Ladonai shir chadash,
Sing to Adonai a new song,
 ki nifla-ot asah,
for wonders He has done,
 hoshi-ah lo y'mino
saved Him has His right hand
 uzro-a kodsho.
and His holy arm.
 Hodi-a Adonai y'shu-ato,
Adonai has made known His salvation,
 l'enei hagoyim gilah tzidkato.
in the sight of the nations has He revealed His righteousness.
 Zachar chasdo ve-emunato
He recalled His kindness and faithfulness
 l'veit Yisra-el,
to the House of Israel,
 ra-u chol afsei aretz
all the ends of the earth have seen

מִזְמוֹר.
 שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ,
 כִּי נִפְלְאוֹת עָשָׂה,
 הוֹשִׁיעָה לוֹ יְמִינוֹ
 וּזְרוֹעַ קֹדֶשׁוֹ.
 הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ,
 לְעֵינֵי הַגּוֹיִם גִּלָּה צְדָקָתוֹ.
 זָכַר חֲסֵדוֹ וְאֱמוּנָתוֹ
 לְבַיִת יִשְׂרָאֵל,
 רָאוּ כָּל אַפְסֵי אֶרֶץ

et y'shu-at Eloheinu.

the salvation of our Elohim.

Hari-u Ladonai kol ha-aretz,

Shout with joy to Adonai all the earth,

pitz'chu v'ran'nu v'zameru.

open your mouths and sing joyfully and play music.

Zam'ru Ladonai b'chinor,

Play to Adonai with the harp,

b'chinor v'kol zimrah.

with the harp and the voice of music.

Bachatzotz'rot v'kol shofar,

With trumpets and the sound of the horn,

hari-u lifnei hamelech Adonai.

call out before the Sovereign Adonai.

Yiram hayam umlo-o,

Let the sea thunder in its fullness,

tevel v'yosh'vei vah.

the world and all who live in it.

N'harot yimcha-u chaf,

Let the rivers clap their hands,

yachad harim y'ranenu.

let the mountains sing out as one.

Lifnei Adonai

Before Adonai

ki va lishpot ha-aretz,

Who comes to judge the earth,

yishpot tevel b'tzedek,

judging the world with righteousness,

v'amim b'meisharim.

and the people with justice.

את ישועת אלהינו.
הריעו ליהוה כל הארץ,
פצחו ורננו וזמרו.
זמרו ליהוה בכנור,
בכנור וקול זמרה.
בחצצרות וקול שופר,
הריעו לפני המלך יהוה.
ירעם הים ומלאו,
תבל וישיבי בה.
נהרות ימחאו כף,
יחד הרים ירננו.
לפני יהוה
כי בא לשפט הארץ,
ישפט תבל בצדק,
ועמים במישרים.

תהלים צט

TEHILIM 99

This Tehilim, which corresponds to the fifth day of the week, reminds us that we live in a cause and effect universe. It assures us that we can always return to the work of our spiritual transformation and be a part of the Creator's Light.

Adonai malach yirg'zu amim,

Adonai reigns let the peoples tremble,

yoshev k'ruvim tanut ha-aretz.

Who presides over the Cherubim let the earth quake.

Adonai b'Tziyon gadol,

Adonai Who in Zion is great,

v'ram hu al kol ha-amim.

and Who is exalted above all the peoples.

יהוה מלך ירגזו עמים,
ישוב כרובים תנוט הארץ.
יהוה בציון גדול,
ורם הוא על כל העמים.

Yodu shimcha gadol v'nora,
They will acknowledge Your great and awesome Name,
 kadosh hu.
holy it is.

V'oz melech mishpat ahev,
And mighty is the Sovereign Who loves justice,
 atah konanta meisharim,
You have established fairness,
 mishpat utzdakah b'Ya-akov
the justice and righteousness of Jacob
 atah asita.
You have made.

Rom'mu Adonai Eloheinu,
Exalt Adonai our Elohim,
 v'hishtachavu lahadom raglav,
and bow down at His footstool,
 kadosh hu.
Holy is He.

Mosheh v'Aharon b'chohanav,
Moses and Aaron were among His priests,
 uShmuel b'kor'ei sh'mo,
and Samuel was among those who invoke His Name,
 korim el Adonai v'hu ya-anem.
and they would call upon Adonai and He would answer them.
 B'amud anan y'daber aleihem,
In a pillar of cloud He spoke to them,
 sham'ru edotav v'chok natan lamo.
they kept His testimonies and the decree that He gave to them.

Adonai Eloheinu, atah anitam,
Adonai our Elohim, You answered them,
 El nosei hayita lahem,
a forgiving Almighty One were You because of them,
 v'nokem al alilotam.
and exacting vengeance for their acts.

Rom'mu Adonai Eloheinu,
Exalt Adonai our Elohim,
 v'hishtachavu l'har kodsho,
and bow down at the mount of His Holiness,
 ki kadosh Adonai Eloheinu.
for Adonai our Elohim is holy.

יִדְּוּ שִׁמְךָ גָּדוֹל וְנוֹרָא,
 קָדוֹשׁ הוּא.

וְעַז מֶלֶךְ מִשְׁפָּט אֱהֵב,
 אַתָּה כּוֹנֵנֵת מִיִּשְׂרָאֵל,
 מִשְׁפָּט וְצְדָקָה בִּיַּעֲקֹב
 אַתָּה עָשִׂיתָ.

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ,
 וְהִשְׁתַּחֲוּוּ לְהַדֹּם רַגְלָיו,
 קָדוֹשׁ הוּא.

מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו,
 וְשָׁמוּאֵל בְּקֹרְאֵי שְׁמוֹ,
 קֹרְאִים אֶל יְהוָה וְהוּא יַעֲנֵם.
 בְּעַמּוּד עָנָן יְדַבֵּר אֲלֵיהֶם,
 שָׁמְרוּ עֵדוּתָיו וְחֻק נִתַּן לָמוֹ.
 יְהוָה אֱלֹהֵינוּ, אַתָּה עֲנִיתָם,
 אֵל נֹשֵׂא הַיִּתָּ לָהֶם,
 וְנִקְמָם עַל עֲלִילוֹתָם.

רוֹמְמוּ יְהוָה אֱלֹהֵינוּ,
 וְהִשְׁתַּחֲוּוּ לְהַר קֹדְשׁוֹ,
 כִּי קָדוֹשׁ יְהוָה אֱלֹהֵינוּ.

Stand until after the Bar'chu.

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,

bo-u v'netze likrat kalah,

come and let us go out to greet the bride,

likrat Shabbat malk'ta,

to greet the Shabbat Queen,

dachakal tapuchin kadishin.

to the field of the holy apples.

לְשֵׁם יְחִוּד קְדוּשָׁא
בְּרִיךְ הוּא וְשְׁכִינְתָּהּ,
בְּדַחִילוֹ וּרְחִימוֹ,
וּרְחִימוֹ וּדְחִילוֹ, לְיַחְדָּא
שֵׁם יו"ד ה"א בּוֹא"ו ה"א,
בְּיַחְוּדָא שְׁלִימִים,
בְּשֵׁם כּוֹל יִשְׂרָאֵל,
בּוֹאוּ וְנִצְּאוּ לְקַרְאֵת כְּלָהּ,
לְקַרְאֵת שַׁבָּת מַלְכֵּתָא,
דַּחְקַל תַּפּוּחֵינ קַדִּישֵׁינ.

תהלים כט

TEHILIM 29

The word for voice, which is "kol", appears seven times in this Tehilim, which corresponds to the seven days of the week. The voice is that of the Creator and the seven times represents seven dimensions of the Light. With this Tehilim, we are able to surround ourselves with the energy of mercy that flows into our world during Shabbat.

Mizmor l'David.

A Tehilim of David.

Havu Ladonai b'nei elim,

Ascribe to Adonai children of the powerful,

havu Ladonai kavod va-oz.

ascribe unto Adonai glory and might.

Havu Ladonai k'vod sh'mo,

Ascribe to Adonai the honor due His Name,

hishtachavu Ladonai

bow down before Adonai

b'hadrat kodesh.

in the beauty of holiness.

Kol Adonai al hamayim,

The voice of Adonai is upon the waters,

El hakavod hirim,

the Almighty One of glory thunders,

מִזְמוֹר לְדָוִד.
הָבוּ לַיהוָה בְּנֵי אֱלִים,
הָבוּ לַיהוָה כְּבוֹד וָעֹז.
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ,
הִשְׁתַּחֲווּ לַיהוָה
בְּהַדְרַת קֹדֶשׁ.
קוֹל יְהוָה עַל הַמַּיִם,
אֵל הַכְּבוֹד הִרְעִים,

Adonai al mayim rabim.

Adonai is upon abundant waters.

Kol Adonai bako-ach,

The voice of Adonai is powerful,

kol Adonai behadar.

the voice of Adonai is majesty.

Kol Adonai shover arazim,

The voice of Adonai breaks cedars,

vayshaber Adonai

Adonai shatters

et arzei ha-l'vanon.

the cedars of Lebanon.

Vayarkidem k'mo egel,

He makes them dance around like a calf,

l'vanon v'siryon k'mo ven r'emim.

Lebanon and Sirion like a wild young ox.

Kol Adonai chotzev lahavot esh.

The voice of Adonai cleaves the flames of fire.

Kol Adonai yachil midbar,

The voice of Adonai rouses the wilderness,

yachil Adonai midbar kadesh.

Adonai rouses the wilderness of Kadesh.

Kol Adonai y'cholel ayalot,

The voice of Adonai frightens the hinds,

vayechesof y'arot,

and strips the forest bare,

uvheichalo kulo omer kavod.

and while in His Temple all will proclaim, Glory!

Adonai lamabul yashav

Adonai was enthroned like at the flood

vayeshev Adonai melech l'olam.

Adonai is enthroned, Sovereign forever.

Adonai oz l'amo yiten,

Adonai will give strength to His people,

Adonai y'varech et amo vashalom.

Adonai will bless His people with peace.

יהוה על מים רבים.

קול יהוה בכח,

קול יהוה בהדר.

קול יהוה שבר ארזים,

וישבר יהוה

את ארזי הלבנון.

וירקידם כמו עגל,

לבנון ושיריון כמו בן ראמים.

קול יהוה חצב להבות אש.

קול יהוה יחיל מדבר,

יחיל יהוה מדבר קדש.

קול יהוה יחולל אילות,

ויחשף יערות,

ובהיכלו כלו אמר כבוד.

יהוה למבול ישב,

וישב יהוה מלך לעולם.

יהוה עז לעמו יתן,

יהוה יברך את עמו בשלום.

אָנָּא בְּכוֹאֵחַ

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.

אָנָּא בְּכוֹאֵחַ גְּדוּלַת יְמִינֵיךָ יִתְּרֵנוּ צְרוּרָה.

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

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

קַבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טַהֲרֵנוּ נוֹרָא.

Kabel rinat am'cha sag'venu taharenu nora.

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

נָא גִבּוֹר דּוֹרְשֵׁי יְחֻדְךָ כְּכַבֵּת שֵׁי מֵרָם.

Na gibor dor'shei yichud'cha k'avavat shomrem.

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

בְּרַחֲמֵי טַהֲרֵם רַחֲמֵי צִדְקַתְךָ יְתִמִּיד גִּמְלָם.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

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

זָחִין קָדוֹשׁ בְּרוּב טוּבְךָ נָהַל עֲדָתְךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.

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

יְחִיד גֵּאָה לְעַמְּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ.

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

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

שִׁוְעָתָנוּ קַבֵּל וּשְׁמַע צִעְקוֹתָנוּ יוֹדֵעַ יְתֵעֲלוֹמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

Turn to us and hear our prayers, You Who know all hidden things.

חסד
CHESED

אָבִיגַיִן יִתֵּן

גבורה
GEVURAH

קִדְעַת שִׁטָּן

תפארת
TIFERET

נֶגַד יְכָשׁ

נצח
NETZACH

בְּטַר צִתָּהּ

הוד
HOD

זָחֵב טַנְעַת

יסוד
YESOD

יָגַל פְּזִק

מלכות
MALCHUT

שִׁקּוֹ צִיַּת

This verse is said in a whisper.

בְּרוּךְ 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!

We take a moment to silently scan the name of the angel for Friday Night.

ליל שבת

SHABBAT NIGHT

יוד הי ואו הי

שועתנו קבל ושמע צעקתנו יודע תעלומות

שקוצית יהוה יהוה יהוה

שמעאל ברכאל אהנאל

ר"ת שוא

סמטוריה גזריאל וענאל למואל

ר"ת סגול

צוראל רזאל יופאל

ר"ת צירי

לכה דודי

L'CHAH DODI

The L'chah Dodi reminds us that we must prepare ourselves to receive Shabbat. The word "kalah" (bride) refers to the Shabbat Queen. We ask "dodi" (my Beloved), which is a reference to the Creator, to join us in greeting Her.

כתר KETER

לְכָה דוּדִי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.

Go my beloved to greet the bride, let us welcome the presence of Shabbat.

חכמה CHOCHMAH

Shamor v'zachor b'dibur echad,

Observe and remember in a single utterance,

hishmi-anu El ham'yuchad,

the Eternal One and Only made us hear,

Adonai echad ushmo echad,

Adonai is One and His Name is One,

l'shem ultiferet v'lit-hilah.

for renown, and for splendor, and for praise.

שָׁמֹר וְזָכוֹר בְּדַבּוּר אֶחָד,

הַשְּׁמִיעֵנוּ אֵל הַמְּיֻחָד,

יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד,

לְשֵׁם וּלְתִפְאֵרֶת וּלְתִהְלָה.

לְכָה דוּדִי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.

Go my beloved to greet the bride, let us welcome the presence of Shabbat.

בינה BINAH

Likrat Shabbat l'chu v'nelchah,

Come and let us greet Shabbat,

ki hi m'kor hab'rachah,

for it is the source of healing,

merosh mikedem n'suchah,

it still flows as from the beginning,

sof ma-aseh b'machashavah t'chilah.

last in deed but first in thought.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה,

כִּי הִיא מְקוֹר הַבְּרָכָה,

מֵרֵאשִׁית מִקֵּדֶם נְסוּכָה,

סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תְּחִלָּה.

לְכָה דוּדִי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.

L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.

Go my beloved to greet the bride, let us welcome the presence of Shabbat.

CHESED חסד

Mikdash melech ir m'luchah,
O Sanctuary of the Sovereign, city of sovereigns,
kumi tz'i mitoch hahafechah,
rise up and leave your ravaged state,
 rav lach shevet b'emek habacha,
you have dwelt long enough in the valley of tears,
 v'hu yachamol alayich chemlah.
now the Eternal One will shower mercy upon you.

מְקֹדֵשׁ מֶלֶךְ עִיר מְלוּכָה,
 קוֹמִי צְאִי מִתּוֹךְ הַהֶפְכָּה,
 רַב לָךְ שֵׁבֶת בְּעֵמֶק הַבְּכָא,
 וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.

לָכֵה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.
 L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

GEVURAH גבורה

Hitna-ari me-afar kumi,
Shake off the dust as you arise,
 livshi bigdei tifartech ami,
don your clothes of splendor my people,
 al yad ben Yishai Beit ha-Lachmi,
Through Jesses's son of Bethlehem,
 korvah el nafshi g'alah.
draw near to my soul; redeem it.

הִתְנַעֲרִי מֵעָפָר קוֹמִי,
 לְבִשֵׁי בְגָדֵי תִפְאַרְתְּךָ עָמִי,
 עַל יַד בֶּן יִשָּׂי בֵּית הַלַּחְמִי,
 קְרְבִי אֶל נַפְשִׁי גְאֻלָּה.

לָכֵה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.
 L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

TIFERET תפארת

Hit-or'ri hit-or'ri,
Wake up, wake up,
 ki va orech kumi ori,
for your light has come, rise up and shine,
uri uri shir daberi,
awaken, awaken, a song proclaim,
 k'vod Adonai alayich niglah.
Adonai's glory has been revealed upon you.

הִתְעוֹרְרִי הִתְעוֹרְרִי,
 כִּי בָּא אוֹרְךָ קוֹמִי אוֹרִי,
 עוֹרִי עוֹרִי שִׁיר דְּבַרִי,
 כְּבוֹד יְהוָה עָלֶיךָ נִגְלָה.

לָכֵה דוֹדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.
 L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

NETZACH נצח

Lo tevoshi v'lo tikal'mi,
Do not be ashamed or feel humiliated,
 mah tishtochachi umah tehemi,
why are you downcast and why are you disconsolate,
 bach yechesu aniyei ami,
the afflicted of My people seek refuge in you,
 v'nivn'tah ir al tilah.
the city will be rebuilt upon its hilltop.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי,
 מַה תִּשְׁתַּוְּחָחִי וּמַה תִּדְחֵמִי,
 בַּךְ יִחְסוּ עַנְיֵי עַמִּי,
 וְנִבְנְתָה עִיר עַל תְּלָהּ.

לָכֵה דוּדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נְקַבְּלָהּ.
 L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

HOD הוד

V'hayu limshisah shosayich,
Those who would trample you shall be trampled,
 v'rachaku kol m'valayich,
all your foes will scatter far away,
 yasis alayich Elohayich,
your Elohim will rejoice in you,
 kimsos chatan al kalah.
as a bridegroom rejoices in his bride.

וְהָיוּ לְמַשְׁסָּה שׂוֹסְיִךְ,
 וְרַחֲקוּ כָּל מְבַלְעֵיךְ,
 יִשְׂשֵׁשׂ עֲלֶיךָ אֱלֹהֶיךָ,
 כַּמְשׁוֹשׁ חַתָּן עַל כַּלָּהּ.

לָכֵה דוּדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נְקַבְּלָהּ.
 L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

YESOD יסוד

Yamin usmol tifrotzi,
You shall be spread out right and left,
 v'et Adonai ta-aritzi,
and there worship Adonai alone,
 al yad ish ben partzi,
through the man descended from Peretz,
 v'nism'cha v'nagilah.
and we will be glad and we will be mirthful.

יָמִין וּשְׂמֹאל תִּפְרוֹצֵי,
 וְאֵת יְהוָה תַּעֲרִיצֵי,
 עַל יַד אִישׁ בֶּן פֶּרֶצִי,
 וְנִשְׂמְחָה וְנִגִּילָהּ.

לָכֵה דוּדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נְקַבְּלָהּ.
 L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

*We now turn and face the front door as we sing the Malchut verse.
When we come to the words, "bo-i chalah", we bow to greet Shabbat.*

MALCHUT מלכות

Bo-i v'shalom ateret balah,
Enter in peace O crown of your husband,
gam b'simchah b'rinah uvtzaholah,
also in gladness, in joyous song and in jubilation,
toch emunei am s'gulah
among the faithful of the people most treasured,
bo-i chalah, bo-i chalah.
enter O bride, enter O bride.

בּוֹאֵי בְּשָׁלוֹם עֵטֶרֶת בַּעֲלָהּ,
גַּם בְּשִׂמְחָה בְּרִנָּה וּבְצִהֻלָּה,
תּוֹךְ אֱמוּנֵי עַם סְגֻלָּה,
בּוֹאֵי כָלָה, בּוֹאֵי כָלָה.

לָכָה דוּדֵי לְקִרְאֵת כָּלָה, פְּנֵי שַׁבַּת נִקְבְּלָה.
L'chah dodi likrat kalah, p'nei Shabbat n'kab'lah.
Go my beloved to greet the bride, let us welcome the presence of Shabbat.

תהלים צב

TEHILIM 92

This Tehilim, which connects us to the energy of Shabbat, proclaims the Creator's might and sovereignty which has continued from creation to this very day. The first three lines connect us to the very first Shabbat and the remaining lines connect us to the future Shabbat when all will live in peace and harmony.

Mizmor shir l'yom ha-Shabbat.
A psalm to sing for the day of Shabbat.
Tov l'hodot Ladonai,
It is good to give thanks to Adonai,
ulzamer l'shimcha elyon.
and to sing praise to Your Name O Exalted One.
L'hagid baboker chasdecha,
To declare Your kindness in the morning,
ve-emunat'cha baleilot.
and Your faithfulness in the nights.
Alei asor va-alei navel,
With stringed instruments and with lyre,
alei higayon b'chinor.
with singing accompanied by a harp.
Ki simachtani Adonai b'fa-olecha,
For You make me rejoice in Your deeds Adonai,
b'ma-asei yadecha aranen.
I exult in the work of Your hands.
Mah gad'lu ma-asecha Adonai,
How great are Your works Adonai,

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת.
טוֹב לְהַדוֹת לַיהוָה,
וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.
לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ,
וְאֱמוּנַתְךָ בַּלַּיִלֹת.
עָלַי עֲשׂוֹר וְעָלַי נָבֵל,
עָלַי הִגַּיֹן בְּכִנּוֹר.
כִּי שִׂמַּחְתָּנִי יְהוָה בְּפַעֲלֶךָ,
בְּמַעֲשֵׂי יָדֶיךָ אֲרַנֵּן.
מַה גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה,

m'od am'ku mach-sh'votecha.

Your thoughts are exceedingly profound.

Ish ba-ar lo yeda,

The ignorant do not know this,

uchsil lo yavin et zot.

and a fool cannot understand this.

Bifro-ach r'sha-im k'mo esev,

When the wicked spring up like grass,

vayatzitzu kol po-alei aven,

they may seem to flourish,

l'hisham'dam adei ad.

but their end will be destruction.

V'atah marom l'olam Adonai.

For You are supreme forever Adonai.

Ki hineh oy'vecha Adonai,

For behold Your enemies Adonai,

ki hineh oy'vecha yovedu,

for behold Your enemies shall perish,

yitpar'du kol po-alei aven.

and all who do evil shall be scattered.

Vatarem kireim karni,

But You have exalted me like the horn of an ox,

baloti b'shemen ra-anan.

I am anointed with rich oil.

Vatabet eini b'shurai,

My eyes have seen the downfall of my foes,

bakamim alai m're-im

and those who rose up to harm me,

tishmanah oznai.

my ears have heard their end.

Tzadik katamar yifrach,

The righteous shall flourish like the date-palm,

k'erez ba-L'vanon yisgeh.

grow tall like a cedar in Lebanon.

Sh'tulim b'veit Adonai,

Planted in the house of Adonai,

b'chatzrot Eloheinu yafrichu.

they shall flourish in the courts of our Elohim.

Od y'nuvun b'seivah,

They shall bear fruit in old age,

d'shenim v'ra-ananim yih-yu.

they shall ever be fresh and fragrant.

L'hagid ki yashar Adonai,

They shall proclaim that Adonai is just,

tzuri v'lo avlatah bo.

my Rock in Whom there is no wrong.

מֵאֵד אֶמְקוּ מִחֲשֹׁבֶיךָ.

אִישׁ בְּעַר לֹא יָדַע,

וְכֹסִיל לֹא יִבִּין אֶת זֹאת.

בַּפֶּרַח רִשְׁעִים כְּמוֹ עֵשֶׂב,

וַיִּצְיָצוּ כָּל פְּעֵלֵי אָוֶן,

לְהַשְׁמָדָם עֲדֵי עַד.

וְאַתָּה מָרוֹם לְעֵלָם יְהוָה.

כִּי הִנֵּה אֵיבֶיךָ, יְהוָה,

כִּי הִנֵּה אֵיבֶיךָ יֹאבְדוּ,

יִתְפָּרְדוּ כָּל פְּעֵלֵי אָוֶן.

וְתָרַם כְּרָאִים קַרְנֵי,

בַּלְתִּי בְשֶׁמֶן רֵעֲנָן.

וְתִבֵּט עֵינַי בְּשׁוֹרֵי,

בַּקָּמִים עָלַי מִרְעִים

תִּשְׁמַעְנָה אָזְנֵי.

צְדִיק כִּתְמָר יִפְרַח,

כְּאֶרֶז בַּלְבָּנוֹן יִשְׁגֶּה.

שְׁתוּלִים בְּבַיִת יְהוָה,

בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.

עוֹד יִנוּבּוֹן בְּשֵׁיבָה,

דְּשָׁנִים וְרֵעֲנָנִים יִהְיוּ.

לְהַגִּיד כִּי יָשָׁר יְהוָה,

צוּרֵי וְלֹא עוֹלָתָהּ בּוֹ.

תהלים צג

TEHILIM 93

This Tehilim continues the theme of the previous one and reminds us that the grandeur and majesty of the Creator is eternal.

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 dochyam.

the rivers lift up their waves.

Mikolot mayim rabim,

Above 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'orech yamim.

O Adonai for length of days.

יהוה מלך גאות לבש,

לבש יהוה עז התאזר,

אף תכון תיבל בל תמוט.

נכון כסאך מאז,

מעולם אתה.

נשאו נהרות יהוה,

נשאו נהרות קולם,

ישאו נהרות דכים.

מקלות מים רבים,

אדירים משברי ים,

אדיר במרום יהוה.

עדתיך נאמנו מאד

לבייתך נאוה קודש,

יהוה לארך ימים.

ברוך יהוה,

אשר נתן מנוחה לעמו ישראל, ביום שבת קודש.

Baruch Adonai,

asher natan m'nuchah l'amo Yisra-el b'yom Shabbat kodesh.

Blessed is Adonai,

Who gave rest to His nation, Israel, on the holy day of Shabbat.

כְּגוֹנָא

K'GAVNA

This passage from the Zohar speaks about the Oneness of the Creator and reveals the secret of Shabbat: The upper worlds, Zeir Anpin, are united with the lower world, Malchut.

K'gavna d'inun mityachadin

Just as they (Zeir Anpin) are united

l'ela b'echad,

above in Oneness,

of hachi ihi it-yachadat

so too does She (Malchut) unite

l'tata b'raza d'echad,

below in the secret of the One,

l'mehevei im'hon l'ela chad

so that She may join them above as one

lakovel chad.

paralleling one.

Kudsha b'rich hu echad,

The Holy Blessed One is One,

l'elah la yativ al

above Who does not sit upon

kur'saya dikareih,

the Throne of Glory,

ad d'it-avidat ihi

until She also becomes

b'raza d'echad,

as the secret of the One,

k'gavna dileih l'mehevei

like the Eternal One so that She may be

echad b'echad.

One within One.

V'ha ukimna raza

And we have established the secret of

Da-Adonai echad ushmo echad.

Adonai is One and Whose Name is One.

Raza d'Shabbat,

The secret of Shabbat,

ihi Shabbat d'itachodat

She is called Shabbat when She is united

b'raza d'echad,

in the secret of the One,

l'mishrei alah raza d'echad.

so that the secret of the One may rest upon Her.

Tz'lota d'ma-alei Shab'ta,

This is the prayer of the evening of Shabbat,

כְּגוֹנָא דְאֲנוּן מְתִיחָדִין

לְעֵלָא בְּאַחַד,

אוּף הַכִּי אִיהִי אֲתִיחַדַת

לְתַתָּא בְּרָזָא דְאַחַד,

לְמַהוּי עֲמָהוּן לְעֵלָא חַד

לְקַבֵּל חַד.

קְדִשָּׁא בְּרִיךְ הוּא אַחַד,

לְעֵלָא לָא יְתִיב עַל

כוּרְסֵיָא דִיקָרִיָה,

עַד דְאֲתַעֲבִידַת אִיהִי

בְּרָזָא דְאַחַד,

כְּגוֹנָא דִילִיָה לְמַהוּי

אַחַד בְּאַחַד.

וְהָא אוּקִימְנָא רָזָא

דִיהוּה אַחַד וְשְמוֹ אַחַד.

רָזָא דְשַׁבַּת,

אִיהִי שַׁבַּת דְאֲתַחַדַת

בְּרָזָא דְאַחַד,

לְמִשְׁרֵי עֲלֵהּ רָזָא דְאַחַד.

צְלוֹתָא דְמַעְלֵי שַׁבַּתָא,

d'ha itachodat kur'saya
because then becomes united the Throne
yakira kadisha b'raza d'echad,
of Glory which is holy in the secret of the One,
v'it-takanat l'mishrei alah
and is prepared for the supernal
malka kadisha ila-ah.
Holy Sovereign to rest upon it.
Kad ayil Shab'ta,
When Shabbat arrives,
ihl ityachadat v'it-parshat
She unifies and is separated
misitra achara.
from the other side.
V'chol dinin mitab'rin minah,
And all harsh judgements are removed from Her,
v'ihl ish-t'arat b'yichuda
and She remains in the Oneness
din'hiru kadisha,
of the holy Light,
v'itatra b'chamah itrin,
and She crowns Herself with many crowns,
l'gabei malka kadisha.
to receive the holy Sovereign.
V'chol shultanei rug'zin umarei
And all the wrathful powers and the bearers
d'dina kul'hu arkin,
all flee together,
v'it-ab'ru minah.
and are removed from Her.
V'leit shultana ila-ah achora
So there is no other power
b'chul'hu alamin.
in all the worlds.
V'anpaha n'hirin binhiru ila-ah,
And Her countenance shines with the supernal Light,
v'itatra l'tata b'ama kadisha.
and She crowns Herself with the holy Nation below.
V'chul'hon mitatrin
And they are all crowned
b'nishmatin chad'tin.
with new souls.
K'dein sheirutah ditzlota
Then the commencement of the prayer
l'var'cha lah b'chedvah,
is to bless Her with joy,
binhiru d'anpin.
with radiant countenance.

דְּהָא אֶתְאַחַדַּת כּוּרְסִיָּא
יְקִירָא קְדִישָׁא בְּרָזָא דְּאֶחָד,
וְאֶתְתְּקַנַּת לְמִשְׁרֵי אֵלָה
מַלְכָּא קְדִישָׁא עֲלָאָה.
כַּד עֵיל שַׁבְּתָא,
אִיהִי אֶתְיַחַדַּת וְאֶתְפָּרְשַׁת
מִסִּטְרָא אַחֲרָא.
וְכָל דִּינִין מִתְעַבְּרִין מִנָּה,
וְאִיהִי אֲשֶׁתְּאַרַת בְּיַחְוּדָא
דְּנֵהִירוּ קְדִישָׁא,
וְאֶתְעֵטְרַת בְּכַמָּה עֵטְרִין,
לְגַבֵּי מַלְכָּא קְדִישָׁא.
וְכָל שׁוּלְטָנֵי רוּגְזִין וּמְאַרֵי
דְּדִינָא כְּלָהּוּ עֲרֻקִין,
וְאֶתְעֵבְּרוּ מִנָּה.
וְלִית שׁוּלְטָנָא עֲלָאָה אַחֲרָא
בְּכָלְהוּ עֲלָמִין.
וְאַנְפָּהָא נִהִירִין בְּנֵהִירוּ עֲלָאָה,
וְאֶתְעֵטְרַת לְתַתָּא בְּעַמָּא קְדִישָׁא.
וְכָלְהוּן מִתְעֵטְרִין
בְּנִשְׁמַתִּין חַדְתִּין.
כְּדִין שִׁירוּתָא דְצְלוּתָא,
לְבָרְכָא לָהּ בְּחֻדּוּהָ,
בְּנֵהִירוּ דְאַנְפִּין.

חז"י קדיש

CHATZI KADDISH

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

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

Yitgadal v'yitkadash sh'meh raba.

Exalted and sanctified be His great Name.

{Amen.}

Amen.

B'al'ma di v'ra chiruteh,

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

v'yamlich malchuteh,

and may He let His sovereignty have dominion,

v'yatzmach purkaneh

and cause His redemption to sprout

vikarev M'shicheh. {Amen.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-el,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru amen. {Amen.}

and say amen. Amen.

{Y'he sh'meh raba m'varach

May His great Name be blessed

l'alam ul-almei al-maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnase v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

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

l'ela min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru amen. {Amen.}

and say amen. Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיִצְמַח פְּרֻקָנֵהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא 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

תְּשֻׁבַּחַתָּא וְנַחֲמַתָּא,

דְאָמְרוּן בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

ערבית לשבת

ARVIT FOR SHABBAT

L'shem yichud kudsha

For the sake of the unification of the Holy One

b'rich hu ushchinteh,

blessed be He and His Sh'chinah,

bidchilu urchimu,

in awe and love,

urchimu udchilu, l'yachada

and in love and awe, to unify

shem Yud Hei b'Vav Hei,

the Name Yud Hei with Vav Hei,

b'yichuda sh'lim,

in perfect unity,

b'shem kol Yisra-el.

in the name of all of Israel.

Hineh anachnu va-im l'hit-palel

Behold we come to pray

t'filat arvit shel Shabbat kodesh,

the evening prayer of the holy Shabbat,

shetiken Ya-akov avinu,

established by Jacob our forefather,

alav ha-shalom,

peace be upon him,

im kol ha-mitzvot hak'lulot bah,

with all the mitzvot included within it,

l'taken et sharshah b'makom elyon,

to establish its root in the Supernal Place,

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

to bring satisfaction to our Maker,

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

and to perform the will of our Creator.

Vih 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 יְחִוּד קְדוּשָׁא

בְּרִיךְ הוּא וּשְׁכִינָתָהּ,

בְּדַחֲלֵנוּ וּרְחִימוּ,

וּרְחִימוּ וּדְחִילוּ, לְיַחְדָּא

שֵׁם יו"ד ה"א בְּוַו ה"א,

בְּיַחְוּדָא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הִנֵּה אֲנַחְנוּ בָּאִים לְהִתְפַּלֵּל

תְּפִלַּת עֶרְבִית שֶׁל שַׁבַּת קְדוּשָׁה,

שֶׁתִּקֵּן יַעֲקֹב אֲבִינוּ,

עָלֵינוּ הַשְּׁלוֹם,

עִם כָּל הַמִּצְוֹת הַכְּלוּלוֹת בָּהּ,

לְתִקּוֹן אֶת שָׂרְשָׁהּ בְּמַקּוֹם עֲלִיוֹן,

לְעִשׂוֹת נַחַת רוּחַ לְיוֹצֵרֵנוּ,

וּלְעִשׂוֹת רְצוֹן בּוֹרְאֵנוּ.

וְיֵהִי נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָה עָלֵינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָהּ.

קריאת שמע וברכותיה

SHEMA AND ITS BLESSINGS

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

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

Bow at בְּרָכוּ Bar'chu and בְּרוּךְ Baruch.

Chazzan:

בְּרָכוּ אֶת יְהוָה הַמְּבָרָךְ.

Bar'chu et Adonai ham'vorach.

Bless Adonai, the blessed One.

Congregation:

בְּרוּךְ יְהוָה הַמְּבָרָךְ, לְעוֹלָם וָעֶד.

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

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

Chazzan:

בְּרוּךְ יְהוָה הַמְּבָרָךְ, לְעוֹלָם וָעֶד.

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

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

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

Baruch atah Adonai,

Blessed are You Adonai,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher bidvaro ma-ariv aravim,

Who by His word brings on evenings,

b'chochmah pote-ach sh'arim,

with wisdom opens the gates of dawn,

uvitvunah m'shaneh itim,

and with understanding alters periods,

umachalif et haz'manim,

and changes the seasons,

umsader et hakochavim

and orders the stars in their constellations,

b'mishm'roteihem baraki-a kirtzono.

in the heavens as He wills.

Bore yom valailah,

He creates day and night,

golel or mip'nei choshech,

unfurling light before darkness,

v'choshech mip'nei or.

and darkness before light.

Uma-avir yom umevi lailah,

He removes day and brings night,

umavdil bein yom uvein lailah,

and separates between day and between night,

Adonai, tz'va-ot sh'mo.

Adonai, Ruler of Hosts, is His Name.

El chai v'kayam,

Almighty One, living and enduring,

tamid yimloch aleinu l'olam va-ed.

continually may He reign over us for ever and ever.

Baruch atah Adonai,

Blessed are You Adonai,

hama-ariv aravim. {Amen.}

Who brings on evenings. Amen.

ברוך אתה יהוה,
אלהינו מלך העולם,
אשר בדברו מעריב ערבים,
בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,
וּבְתַבּוּנָה מְשַׁנֶּה עֵתִים,
וּמַחְלִיף אֶת הַזְּמַנִּים,
וּמְסַדֵּר אֶת הַכּוֹכָבִים
בְּמִשְׁמֹרֶתֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ.
בּוֹרֵא יוֹם וְלַיְלָה,
גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,
וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעֲבִיר יוֹם וּמְבִיא לַיְלָה,
וּמְבַדֵּיל בֵּין יוֹם וּבֵין לַיְלָה,
יְהוָה צְבָאוֹת שְׁמוֹ.

אל חי וְקַיָּם,
תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.

ברוך אתה יהוה,
הַמְעַרֵּב עֲרָבִים. {אָמֵן.}

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

Ahavat olam beit Yisra-el

With an eternal love, the House of Israel,

am'cha ahavta,

Your people You have loved,

Torah umitzvot,

Torah and commandments,

chukim umishpatim otanu limadta.

laws and precepts You have taught us.

Al ken Adonai Eloheinu,

Therefore Adonai our Elohim,

b'shochbenu uvkumenu

when we lie down and when we rise

nasi-ach b'chukecha,

we will discuss Your laws,

v'nismach v'na-aloz

and we will rejoice and exult

b'divrei talmud Toratecha

in the words of the teachings of Your Torah

umitzvotcha v'chukotecha

and Your commandments and Your statutes

l'olam va-ed.

for ever and ever.

Ki hem chayeinu v'orech yameinu,

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

uvahem neh-geh yomam valailah,

and we will reflect on them day and night,

v'ahavat'cha lo tasur

and Your love do not remove

mimenu l'olamim.

from us forever.

Baruch atah Adonai,

Blessed are You Adonai,

ohev et amo Yisra-el.

Who loves His people Israel.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל

עִמָּךְ אָהַבְתָּ,

תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ.

עַל כֵּן יְהוָה אֱלֹהֵינוּ,

בְּשׁוֹכְבֵנוּ וּבְקוּמֵנוּ

נְשִׁיחַ בְּחֻקֶיךָ,

וְנִשְׂמַח וְנִעְלוֹז

בְּדִבְרֵי תַלְמוּד תּוֹרַתְךָ

וּמִצְוֹתֶיךָ וְחֻקֹתֶיךָ

לְעוֹלָם וָעֶד.

כִּי הֵם חַיֵּינוּ וְאָרְךְ יַמֵּינוּ,

וּבָהֶם נִהְגָה יוֹמָם וְלַיְלָה,

וְאַהֲבַתְךָ לֹא תִסּוּר

מִמֵּנוּ לְעוֹלָמִים.

בְּרוּךְ אַתָּה יְהוָה,

אוֹהֵב אֶת-עַמּוֹ יִשְׂרָאֵל.

שמע

THE SH'MA

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

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

שְׁמַע יִשְׂרָאֵל,

יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד:

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

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

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

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

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

יהוה

V'ahavta et Adonai Elohecha

And you shall love Adonai Your Elohim,

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

with all your heart and with all your soul,

uvchol m'odecha.

and with all your being.

V'hayu had'varim ha-eleh asher

And these words which

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

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

V'shinantam l'vanecha v'dibarta bam

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

b'shivt'cha b'veitecha uvlecht'cha

and while sitting in your house and while walking along

vaderech uvshochb'cha, uvkumecha.

the way and upon lying down and upon rising.

Ukshartam l'ot al yadecha

And you shall bind them as a sign upon your hand

v'hayu l'totafot bein einecha.

and they shall be as frontlets between your eyes.

Uchtavtam al m'zuzot

And you shall write them upon the doorposts

beitecha uvisharecha.

of your house and your gates.

וְאֶהְבֶּתָּ אֶת יְהוָה אֱלֹהֶיךָ

בְּכֹל-לְבַבְךָ וּבְכֹל-נַפְשְׁךָ

וּבְכֹל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר

אֲנִי מְצַוְךָ הַיּוֹם עַל-לְבַבְךָ:

וְשִׁנַּנְתָּם לְבְנֶיךָ וְדַבַּרְתָּ בָם

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ

בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ

וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ:

וְכָתַבְתָּם עַל-מְזוֹזֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

יהוה

V'hayah im sham^o-a tishm'u

And it shall happen if you listen attentively

el mitzvotai asher anochi

to My commandments, which I am

m'tzaveh etchem hayom

commanding you this day,

l'ahavah et Adonai

to love Adonai

Eloheichem ulovdo

to serve your Elohim

b'chol l'vavchem uvchol nafsh'chem.

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

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

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

yoreh umalkosh v'asafta d'ganecha

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

וְהָיָה אִם שָׁמַעַתְּ תִשְׁמָעוּ

אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי

מְצַוֶּה אֶתְכֶם הַיּוֹם

לְאַהֲבָה אֶת-יְהוָה

אֱלֹהֵיכֶם וּלְעַבְדוֹ

בְּכֹל-לְבַבְכֶם וּבְכֹל-נַפְשְׁכֶם:

וְנָתַתִּי מִטַּר-אַרְצְכֶם בְּעֵתוֹ

יֹרֵה וּמִלְקוֹשׁ וְאֶסַּפְתָּ דְגַנְךָ

v'tirosh'cha v'yitzharecha.

and your wine and your oil.

V'natati eisev b'sad'cha livhemtecha

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

v'achalta v'savata.

and you shall eat and be satisfied.

Hisham'ru lachem pen yifteh

Be careful for yourselves lest seduced

l'avchem v'sartem va-avad'tem

be your heart and you turn away and serve

elohim acherim v'hishtachavitem

other deities and bow down

lahem.

to them.

V'charah af Adonai bachem v'atzar

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

et hashamayim v'lo yih-yeh matar

the heavens and there shall be no more rain

v'ha-adamah lo titen et y'vulah

and the earth will no longer yield its produce

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

and you shall be banished quickly from the good land

hatovah asher Adonai noten lachem.

that Adonai has given you.

וְתִירֹשְׁךָ וְיִצְהַרְךָ:

וְנָתַתִּי עֵשֶׂב בְּשַׂדְּךָ לְבִהֶמְתֶּךָ

וְאָכַלְתָּ וְשָׂבַעְתָּ:

הִשָּׁמְרוּ לָכֶם פֶּן־יִפְתֶּה

לְבַבְכֶם וְסָרְתֶם וְעַבַדְתֶּם

אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם

לָהֶם:

וְחָרָה אַף יְהוָה בְּכֶם וְעָצַר

אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר

וְהָאֲדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ

וְאָבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ

הַטּוֹבָה אֲשֶׁר יְהוָה נָתַן לָכֶם:

יהוה

V'samtem et d'varai eleh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

ukshartem otam l'ot

and secure them as a sign

al yedchem v'hayu l'totafot

upon your hand and as reminders

bein eineichem.

before your eyes.

V'limad'tem otam et b'neichem

And you shall teach them to your children

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

to discuss and as you sit in your home

uvlecht'cha vaderech uvshochb'cha

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

uvkumecha.

and as you rise up.

וּשְׁמַתֶּם אֶת־דְּבָרֵי אֱלֹהִים

עַל־לְבַבְכֶם וְעַל־נַפְשְׁכֶם

וְקִשַּׁרְתֶּם אֹתָם לְאוֹת

עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת

בֵּין עֵינֵיכֶם:

וְלִמַּדְתֶּם אֹתָם אֶת־בְּנֵיכֶם

לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ

וּבְקוּמְךָ:

Uchtavtam al m'zuzot*And write them upon the doorposts***beitecha uvisharecha.***of your house and upon your gates.***L'ma-an yirbu y'meichem vimeit***Then you will prolong your days and the days***v'neichem al ha-adamah asher***of your children upon the land that***nishba Adonai la-avoteichem latet***Adonai swore to your ancestors to give***lahem kimei hashamayim***to them like the days of heaven***al ha-aretz.***on earth.*

וּכְתַבְתֶּם עַל־מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל־הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לַתֵּת

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל־הָאָרֶץ:

יהוה**Vayomer Adonai el Mosheh lemor:***Adonai talked to Moses, saying:***Daber el b'nei Yisra-el v'amarta***Speak to the children of Israel and say***alehem v'asu lahem tzitzit***to them that they are to make for themselves tassels***al kanfei vigdeihem l'dorotam***on the corners of their clothes in every generation***v'nat'nu al tzitzit hakanaf p'til***and they shall put a blue thread on the corner***t'chelet.***fringe.***V'hayah lachem l'tzitzit ur-item***And it shall constitute for you tassels and that you may see***oto uzchartem et kol mitzvot***them and remember all the commandments***Adonai va-asitem otam***of Adonai and do them***v'lo taturu acharei l'vavchem***and not follow after your heart***v'acharei eineichem, asher atem***and after your eyes which draw you astray***zonim achareihem.***leading to lust.***L'ma-an tizk'ru va-asitem***In order that you may remember***et kol mitzvotai vih-yitem***all of My commandments and be***k'doshim Leloheichem.***holy to your Elohim.*

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאמַרְתָּ

אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית

עַל־כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם

וְנָתַנּוּ עַל־צִיצִית הַכַּנֵּף פְּתִיל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת־כָּל־מִצְוֹת

יְהוָה וְעָשִׂיתֶם אֹתָם

וְלֹא תִתְּוּרוּ אַחֲרַי לְבַבְכֶם

וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר־אֲתֶם

זֹנִים אַחֲרֵיהֶם:

לְמַעַן תִּזְכְּרוּ וְעָשִׂיתֶם

אֶת־כָּל־מִצְוֹתַי וְהֵייתֶם

קְדוֹשִׁים לֵאלֹהֵיכֶם:

Focus on the mitzvah to remember the Exodus from Egypt.

Ani Adonai Eloheichem asher

I am Adonai your Elohim Who

hotzeti etchem me-eretz mitzrayim

brought you out of the land of Egypt

lih-yot lachem Lelohim

to be your own Elohim

ani Adonai Eloheichem: Emet...

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

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

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

The Chazzan continues:

יְהוָה אֱלֹהֵיכֶם אֱמֶת

Adonai Eloheichem emet

Adonai your Elohim is true

ve-emunah kol zot,

and faithful is all this,

v'kayam aleinu, ki hu

and firmly held by us, that He is

Adonai Eloheinu v'ei zoloto,

Adonai our Elohim and there is none but Him,

va-anachnu Yisra-el amo.

and we are Israel, His people.

Hapodenu miyad m'lachim,

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

malkenu hago-aleinu

our Sovereign Who delivers us

mikaf kol he-aritzim.

from the hand of all the cruel tyrants.

Ha-El hanifra lanu mitzareinu,

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

ham-shalem g'mul l'chol

and Who repays just retaliation upon all

oy'vei nafshenu.

the enemies of our soul.

Hasam nafshenu bachayim,

Who places our soul in life,

v'lo natan lamot raglenu,

and allows not our feet to slip,

hamadrichenu al bamot oy'veinu,

Who led us upon the heights of our enemies,

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

vayarem karnenu al kol son'einu.

and raised our pride above all who hate us.

Ha-El ha-oseh lanu nisim

The Almighty One who wrought for us miracles

unkamah b'faroh,

and vengeance upon Pharaoh,

b'otot uvmof'tim b'admat

signs and wonders in the land

b'nei cham.

of the offspring of Ham.

Hamakeh v'evrato kol

Who struck with anger all

b'chorei mitzrayim,

the firstborn of Egypt,

vayotzi et amo Yisra-el

and removed His people Israel

mitocham l'cherut olam,

from their midst to eternal freedom,

hama-avir banav bein gizrei

Who brought His children through the split parts

yam suf,

of the Sea of Reeds,

et rod'feihem v'et son'eihem

those who pursued them and those that hated them

bit-homot tiba.

He sank into the depths.

Ra-u vanav g'vurato,

When His children witnessed His strength,

shib'chu v'hodu lishmo,

they praised and gave thanks to His Name,

umalchuto v'ratzon kib'lu aleihem,

and His Sovereignty they accepted upon themselves,

Mosheh uvnei Yisra-el l'cha anu

Moses and the children of Israel to You exclaimed

shirah b'simchah rabah,

in song with great gladness,

v'am'ru chulam:

and all of them said:

וַיָּרֶם קַרְנֵנוּ עַל כָּל שׂוֹנְאֵינוּ.

הָאֵל הָעֹשֶׂה לָנוּ נִסִּים

וּנְקָמָה בְּפַרְעֹה,

בְּאוֹתוֹת וּבְמוֹפְתִים בְּאֶדְמַת

בְּנֵי חָם.

הַמֶּכֶה בְּעִבְרָתוֹ כָּל

בְּכוֹרֵי מִצְרַיִם,

וַיּוֹצִיא אֶת עַמּוֹ יִשְׂרָאֵל

מִתּוֹכֶם לְחֵרוֹת עוֹלָם,

הַמֵּעֲבִיר בְּנָיו בֵּין גְּזְרֵי

יַם סוּף,

אֶת רוֹדְפֵיהֶם וְאֶת שׂוֹנְאֵיהֶם

בְּתְהוֹמוֹת טַבַּע.

וַרְאוּ בָנִים גְּבוּרָתוֹ,

שִׁבְחוּ וְהוֹדוּ לְשִׁמּוֹ,

וּמַלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עֲלֵיהֶם,

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ

שִׁירָה בְּשִׂמְחָה רַבָּה,

וְאָמְרוּ כָּלָם:

Everyone together:

Mi chamochah ba-elim Adonai,

Who is like You, among the gods, Adonai?

Mi kamochah nedar bakodesh,

Who is like You, glorious in holiness,

nora t'hilot, oseh fele?

awesome in praises, worker of wonders?

Malchut'cha ra-u vanecha,

Your sovereign might was witnessed by Your children,

boke-a yam lifnei Mosheh,

as the sea split they stood with Moses,

zeh Eli anu v'am'ru:

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

Adonai yimloch l'olam va-ed.

Adonai will reign for ever and ever.

מִי כַמֹּכָה בְּאֵלִים יְהוָה,
 מִי כַמֹּכָה נִאֲדָר בִּקְדוּשָׁה,
 נוֹרָא תִהְיֶה לָּךְ, עֹשֶׂה פִלְאָה,
 מַלְכוּתְךָ רָאוּ בְנֵיךָ,
 בּוֹקַעַיִם לְפָנַי מֹשֶׁה,
 זֶה אֱלֹהֵינוּ וְאִמְרוּ:
 יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

The Chazzan continues:

V'ne-emar:

Thus it is said:

ki fadah Adonai et Ya-akov,

"For Adonai redeemed Jacob,

ugalo miyad chazak mimenu.

and from a hand stronger than his own."

Baruch atah Adonai,

Blessed are You Adonai,

ga-al Yisra-el. {Amen.}

Who redeemed Israel. Amen.

וְנֵאמַר:
 כִּי פָדָה יְהוָה אֶת יַעֲקֹב,
 וַגָּאֵלוֹ מִיַּד חֲזָק מִמֶּנּוּ.
 בְּרוּךְ אַתָּה יְהוָה,
 גֹּאֲלֵי יִשְׂרָאֵל. {אָמֵן.}

השְׁכִיבֵנוּ HASHKIVENU

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

Hashkivenu Avinu l'shalom,
May we lay down to sleep, our Father, in peace,
 v'ha-amidenu malkenu
and may arise, our Sovereign,
 l'chayim tovim ulshalom.
to good life and to peace.
 Ufros aleinu sukot sh'lomecha,
Spread over us the shelter of Your peace,
 v'tak'nenenu malkenu
and guide us, our Sovereign,
 b'etzah tovah mil'fanecha,
with good counsel from before You,
 v'hoshi-enu m'herah
and save us, quickly,
 l'ma-an sh'mecha.
for the sake of Your Name.
 V'hagen ba-adenu,
And protect us,

הִשְׁכִּיבֵנוּ אָבִינוּ לְשָׁלוֹם,
 וְהַעֲמִידֵנוּ מַלְכֵנוּ
 לְחַיִּים טוֹבִים וּלְשָׁלוֹם.
 וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
 וּתְקַנְנֵנוּ מַלְכֵנוּ
 בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.
 וְהוֹשִׁיעֵנוּ מְהֵרָה
 לְמַעַן שְׁמֶךָ.
 וְהַגֵּן בְּעַדֵּנוּ,

We stand now as we receive the Neshamah portion of the extra soul given to us on Shabbat.

וּפְרוֹשׁ עָלֵינוּ סִכַּת רַחֲמִים וְשָׁלוֹם.
 ufros aleinu sukot rachamim v'shalom.
and spread over us the shelter of compassion and peace.

Baruch atah Adonai,
Blessed are You Adonai,
 hapores sukot shalom aleinu
Who spreads the shelter of peace upon us
 v'al kol amo Yisra-el
and upon all His people Israel
 v'al Y'rushalayim.
and upon Jerusalem.
 {Amen.}
 Amen.

בָּרוּךְ אַתָּה יְהוָה,
 הַפּוֹרֵשׁ סִכַּת שָׁלוֹם עָלֵינוּ
 וְעַל כָּל עַמּוֹ יִשְׂרָאֵל
 וְעַל יְרוּשָׁלַיִם.
 {אָמֵן}

ושמרו

V'SHAM'RU

We are reminded that Shabbat is a covenant between the Creator and ourselves. Shabbat has more power than all the holidays combined and each week we are offered this most precious gift.

V'sham'ru v'nei Yisra-el

The children of Israel shall observe

et ha-Shabbat,

Shabbat,

la-asot et ha-Shabbat

making Shabbat

l'dorotam b'rit olam.

for their generations a covenant for eternity.

Beini uvein b'nei Yisra-el

Between Me and the children of Israel

ot hi l'olam,

it is a sign forever.

ki sheshet yamim asah Adonai

for in six days Adonai made

et hashamayim v'et ha-aretz,

the heavens and the earth,

uvayom hash'vi-i shavat vayinafash.

and on the Seventh Day He rested and was refreshed.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל

אֶת הַשַּׁבָּת,

לַעֲשׂוֹת אֶת הַשַּׁבָּת

לְדֹרֹתָם בְּרִית עוֹלָם.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל

אוֹת הִיא לְעוֹלָם,

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה

אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,

וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפַּשׁ.

חז"י קדיש

CHATZI KADDISH

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

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

Yitgadal v'yitkadash sh'meh raba.

Exalted and sanctified be His great Name.

{Amen.}

Amen.

B'al'ma di v'ra chiruteh,

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

v'yamlich malchuteh,

and may He let His sovereignty have dominion,

v'yatzmach purkaneh

and cause His redemption to sprout

vikarev M'shicheh. {Amen.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-el,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru amen. {Amen.}

and say amen. Amen.

{Y'he sh'meh raba m'varach

May His great Name be blessed

l'alam ul-almei al-maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnase v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

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

l'ela min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru amen. {Amen.}

and say amen. Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שֵׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיִצְמַח פְּרֻקָנֵהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שֵׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שֵׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנַחֲמָתָא,

דְאָמְרוּן בְּעֲלָמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

תפלת העמידה

THE AMIDAH PRAYER

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

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

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

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

אֲדֹנָי שִׁפְתַי תִּפְתַּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

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

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

אבות

AVOT

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

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

Baruch atah Adonai Eloheinu

Blessed are You Adonai our Elohim

Velohei avoteinu,

and Elohim of our ancestors,

Elohei Avraham, Elohei Yitzchak,

Elohim of Abraham, Elohim of Isaac,

Elohei Ya-akov, Elohei Sarah,

Elohim of Jacob, Elohim of Sarah,

Elohei Rivkah, Elohei Rachel,

Elohim of Rebecca, Elohim of Rachel,

Velohei Le-ah. Ha-El hagadol

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

hagibor v'hanora, El elyon,

powerful and awesome, supreme Almighty One

gomel chasadim tovim,

Who bestows beneficial kindnesses,

v'koneh hakol,

and creates everything,

v'zocher chasdei avot,

and Who recalls the kindnesses of the Patriarchs

umevi go-el livnei v'neihem,

and brings a Redeemer to the children of their children,

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

for the sake of His Name with love.

Melech ozer umoshi-a umagen.

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

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

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

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

Baruch atah Adonai,

Blessed are You Adonai,

magen Avraham v'ezrat Sarah.

Shield of Abraham and Helper of Sarah.

בָּרוּךְ אַתָּה יְהוָה,
מַגֵּן אַבְרָהָם וְעֲזֵרַת שָׂרָה.

גְבוּרוֹת GEVUROT

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

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

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

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

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

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

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

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

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

בָּרוּךְ אַתָּה יְהוָה,
מְחַיֶּה הַמֵּתִים.

קְדוּשַׁת הַשֵּׁם

KEDUSHAT HASHEM

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

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

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

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

קְדוּשַׁת הַיּוֹם

KEDUSHAT HAYOM

Atah kidashta et yom hash'vi-i
You sanctified the Seventh Day
 lishmecha, tachlit ma-aseh
to Your Name, the purpose of the creation
 shamayim va-aretz,
of heaven and earth,
 uverachto mikol hayamim,
and You blessed it above all other days,
 v'kidashto mikol haz'manim,
and sanctified it above all other times,
 v'chen katuv b'Toratecha:
and so it is written in Your Torah:

אַתָּה קִדְּשַׁתְּ אֶת יוֹם הַשְּׁבִיעִי
 לְשִׁמְךָ, תַּכְלִית מַעֲשֵׂה
 שָׁמַיִם וָאָרֶץ,
 וּבִרְכָתוֹ מִכָּל הַיָּמִים,
 וְקִדְּשַׁתּוֹ מִכָּל הַזְּמַנִּים,
 וְכֵן כָּתוּב בְּתוֹרַתְךָ:

Vaychulu hashamayim v'ha-aretz
Finished were heaven and earth
v'chol t'zva-am.
and all their hosts.

Vaychal Elohim bayom hash'vi-i
Elohim finished on the Seventh Day
m'lachto asher asah vayishbot
His work which He had done and He rested
bayom hash'vi-i mikol m'lachto
on the Seventh Day from His work
asher asah.
which He had done.

Vayvarech Elohim et yom hash'vi-i
Elohim blessed the Seventh Day
vaykadesh oto ki vo shavat
and made it holy for thereon He had rested
mikol m'lachto
from all the work that
asher bara Elohim la-asot.
Elohim had created to do.

Yism'chu v'malchut'cha shomrei
They shall rejoice in Your Sovereignty, those who keep
Shabbat v'korei oneg,
Shabbat and call it a delight,
am m'kad'shei sh'vi-i,
the people who sanctify the Seventh Day,
kulam yisb'u v'yitangu mituvecha,
will all be satisfied and delighted with Your goodness,
uvash'vi-i ratzita bo v'kidashto,
and You were pleased with the Seventh Day and hallowed it,
chemdat yamim oto karata,
You called it the most precious of days,
zecher l'ma-aseh v'reshit.
in remembrance of the work of Creation.

Eloheinu Velohei avoteinu,
Our Elohim and the Elohim of our ancestors,
r'tzeh na vimnuchatenu,
may our rest be pleasing to You,
kad'shenu b'mitzvatecha,
sanctify us with Your commandments,
sim chelkenu b'Toratach,
and establish our share in Your Torah,
sab'enu mituvach,
fill us with Your goodness,
same-ach nafshenu bishu-atach,
gladden our souls with Your salvation,

וַיְכֻלוּ הַשָּׁמַיִם וְהָאָרֶץ
וְכָל-צְבָאָם:
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת
בַּיּוֹם הַשְּׁבִיעִי מִכָּל מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֶת-יּוֹם הַשְּׁבִיעִי
וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת
מִכָּל מְלַאכְתּוֹ
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׂוֹמְרֵי
שַׁבָּת וְקוֹרְאֵי עֹנֵג,
עַם מְקַדְּשֵׁי שְׁבִיעִי,
כֻּלָּם יִשְׂבְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ,
וּבְשִׁבְעֵי רְצִיתְךָ בּוֹ וְקִדְשְׁתּוֹ,
חֶמְדַּת יָמִים אוֹתוֹ קָרַאתָ,
זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
רְצֵה נָא בְּמִנוּחַתֵּנוּ,
קִדְּשֵׁנוּ בְּמִצְוֹתֶיךָ
שִׁים חֶלְקֵנוּ בְּתוֹרַתְךָ,
שִׂבְּעֵנוּ מִטוֹבְךָ,
שִׂמְחֵנוּ נַפְשֵׁנוּ בִּישׁוּעַתְךָ,

v'taher libenu l'ovd'cha ve-emet,
and purify our heart to serve You with sincerity,
 v'hanchilenu Adonai Eloheinu
and let us inherit Adonai our Elohim
 b'ahavah uvratzon
with love and with favor
 Shabbat kodshecha,
Your holy Shabbat,
 v'yanuchu vah kol Yisra-el,
and let all of Israel rest on it,
 m'kad'shei sh'mecha.
who sanctifies Your Name.

Baruch atah Adonai,
Blessed are You Adonai,
 m'kadesh ha-Shabbat.
Who sanctifies Shabbat.

וְטַהַר לִבֵּנוּ לְעֹבְדֶךָ בְּאֵמֶת,
 וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ
 בְּאַהֲבָה וּבְרַצוֹן
 שַׁבַּת קֹדְשֶׁךָ,
 וַיְנַוְחוּ בָהּ כָּל יִשְׂרָאֵל,
 מְקַדְּשֵׁי שְׁמֶךָ.
 בְּרוּךְ אַתָּה יְהוָה,
 מְקַדֵּשׁ הַשַּׁבָּת.

עבודה

AVODAH

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

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

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

We say the following when Rosh Chodesh occurs on Shabbat.

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

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

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

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

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

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

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

בָּרוּךְ אַתָּה יְהוָה,
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

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 Atah.

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

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

V'al kulam yitbarach v'yitromam

And for all these blessed and exalted

v'yitnase, tamid, shimcha malkenu

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

l'olam va-ed,

continually for ever and ever,

v'chol hachayim yoducha selah.

everything alive will give thanks to You, Selah.

Vi-hal'lu vivar'chu et

and praise and bless

shimcha hagadol be-emet,

Your great Name with sincerity,

l'olam ki tov,

forever for it is good,

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

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

ha-El hatov.

the Almighty One Who is benevolent.

וְעַל כָּל־מִלְּכָם יִתְבָּרַךְ וְיִתְרוֹמַם

וְיִתְנַשֵּׂא, תָּמִיד, שְׁמֶךָ מַלְכֵנוּ

לְעוֹלָם וָעֶד,

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה.

וַיְהַלְלוּ וַיְבָרְכוּ אֶת

שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,

לְעוֹלָם כִּי טוֹב,

הָאֵל יִשׁוּעַתֵּנוּ וְעִזְרַתֵּנוּ סֵלָה,

הָאֵל הַטוֹב.

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

Baruch atah Adonai,

Blessed are You Adonai,

hatov shimcha

the Benevolent One is Your Name

ul-cha na-eh l'hodot.

and to You it is fitting to give thanks.

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שְׁמֶךָ

וְלָךְ נֶאֱדָה לְהוֹדוֹת.

שלום

SHALOM

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

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

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

upon us and upon all of Your people Israel.

Uvar'chenu avinu

And bless us our Father

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

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

Adonai Eloheinu,

Adonai our Elohim,

Torah v'chayim, ahavah vachessed,

Torah and life, love and kindness,

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

b'rachah v'shalom.

blessing and peace.

V'tov b'einecha l'var'chenu

And may it be good in Your eyes to bless us

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

b'rov oz v'shalom.

with abundant strength and peace.

Baruch atah Adonai,

Blessed are You Adonai,

ham'varech et amo

Who blesses His people

Yisra-el bashalom.

Israel with peace.

Yih-yu l'ratzon imrei fi

May they find favor, the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Adonai my Rock and my Redeemer.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,

חַיִּים חֵן וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

וּבְרַכְנוּ אֲבִינוּ

כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,

כִּי בְּאוֹר פְּנֶיךָ נִתְּתָ לָנוּ,

יְהוָה אֱלֹהֵינוּ,

תּוֹרָה וְחַיִּים, אֶהְבָּה וְחֶסֶד,

צְדָקָה וְרַחֲמִים,

בְּרָכָה וְשְׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבְרַכְנוּ

וּלְבָרֵךְ אֶת כָּל עַמְּךָ יִשְׂרָאֵל,

בְּרֹב עֹז וְשְׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשְׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי פִי

וְהִגִּיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

Ashkenaz version:

Shalom rav al Yisra-el am'cha

Abundant peace upon Your people Israel

tasim l'olam.

establish forever.

Ki atah hu melech

For it is You Who are Sovereign,

adon l'chol hashalom.

Ruler of all peace.

V'tov b'einecha l'varech

And may it be good in Your eyes to bless

et am'cha Yisra-el b'chol et

Your people Israel at all occasions

uvchol sha-ah bishlomecha.

and at every hour, with Your peace.

Baruch atah Adonai,

Blessed are You Adonai,

ham'varech et amo

Who blesses His people

Yisra-el bashalom.

Israel with peace.

Yih-yu l'ratzon imrei fi

May they find favor, the words of my mouth

v'hegyon libi l'fanecha,

and the meditation of my heart, before You,

Adonai tzuri v'go-ali.

Adonai my Rock and my Redeemer.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תָּשִׁים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל עֵת

וּבְכֹל שָׁעָה בְּשְׁלוֹמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשְׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי פִי

וְהִגְיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

אלהי נצור

ELOHAI N'TZOR

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

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

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

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

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

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

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

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

עֲשֵׂה שְׁלוֹם בְּמִרְוֹמָיו,

Bow to the right and say:

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

הוּא בְּרַחֲמָיו
יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ,

Bow forward and say:

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

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

Straighten the body and say:

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

וְאָמְרוּ אָמֵן. {אָמֵן.}

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

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

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

Everyone together:

Vaychulu hashamayim v'ha-aretz
Finished were heaven and earth
v'chol t'zva-am.
and all their hosts.
Vaychal Elohim bayom hash'vi-i
Elohim finished on the Seventh Day
m'lachto asher asah vayishbot
His work which He had done and He rested

וַיִּכְלוּ הַשָּׁמַיִם וְהָאָרֶץ
וְכָל-צְבָאָם.
וַיַּכֵּל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת

bayom hash'vi-i mikol m'lachto
on the Seventh Day from His work
asher asah.
which He had done.

Vayvarech Elohim et yom hash'vi-i
Elohim blessed the Seventh Day
vaykadesh oto ki vo shavat
and made it holy for thereon He had rested
mikol m'lachto
from all the work that
asher bara Elohim la-asot.
Elohim had created to do.

בַּיּוֹם הַשְּׁבִיעִי מְכֹל-מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה.
וַיְבָרֵךְ אֱלֹהִים אֶת-יּוֹם הַשְּׁבִיעִי
וַיְקַדֵּשׁ אֹתוֹ כִּי בּוֹ שָׁבַת
מְכֹל-מְלַאכְתּוֹ
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת.

ברכה מעיז שבע

THE SEVEN-FACETED BLESSING

Chazzan continues:

Baruch atah Adonai Eloheinu
Blessed are You Adonai our Elohim
Velohei avoteinu,
and Elohim of our ancestors,
Elohei Avraham, Elohei Yitzchak,
Elohim of Abraham, Elohim of Isaac,
Elohei Ya-akov, Elohei Sarah,
Elohim of Jacob, Elohim of Sarah,
Elohei Rivkah, Elohei Rachel,
Elohim of Rebecca, Elohim of Rachel,
Velohei Le-ah.
and Elohim of Leah.
Ha-El hagadol hagibor v'hanora,
The Almighty One great, powerful and awesome,
El elyon, koneh shamayim va-aretz.
Almighty One Most High, Creator of heaven and earth.
Magen avot bidvaro,
Shield of our ancestors with His word,
m'chayei metim b'ma-amaro,
Who revives the dead with His utterance,
ha-El hakadosh she-en kamohu,
the Almighty One Who is holy to Whom none is comparable,
hameni-ach l'amo
Who gives rest to His people
b'yom Shabbat kodsho,
on the holy day of Shabbat,
ki vam ratzah l'hani-ach lahem.
for with them He was pleased to grant rest to them.
L'fanav na-avod b'yirah vafachad,
Before Him we will serve with reverence and awe,

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק,
אֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,
אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל,
וְאֱלֹהֵי לֵאָה.
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא,
אֵל עֲלִיּוֹן, קוֹנֵה שָׁמַיִם וָאָרֶץ.
מָגֵן אֲבוֹת בְּדַבְּרוֹ,
מְחַיֶּה מֵתִים בְּמֵאֲמָרוֹ,
הָאֵל הַקָּדוֹשׁ שֶׁ-עֵין כְּמוֹהוּ,
הַמְנַיֵּחַ לְעַמּוֹ
בַּיּוֹם שֶׁבַת קֹדֶשׁוֹ,
כִּי בָם רָצָה לְהַנִּיחַ לָהֶם.
לְפָנָיו נַעֲבֹד בְּיִרְאָה וּפְחָד,

v'nodeh lishmo b'chol yom tamid,
and we will give thanks to the His Name each day continually,
me-ein hab'rachot.

with the proper blessings.

El hahoda-ot, Adon hashalom,
Amighty One worthy of thanks, Ruler of Peace,
m'kadesh ha-Shabbat

Who sanctifies Shabbat

umvarech sh'vi-i,
and blesses the Seventh Day,

umeni-ach bikdushah l'am
and gives rest with holiness to a people

m'dush'nei oneg,
invigorated with delight,

zecher l'ma-aseh v'reshit.
in remembrance of the work of Creation.

Eloheinu Velohei avoteinu,
Our Elohim and the Elohim of our ancestors,

r'tzeh na vimnuchatenu,
may our rest be pleasing to You,

kad'shenu b'mitzvotcha,
sanctify us with Your commandments,

sim chelkenu b'Toratach,
and establish our share in Your Torah,

sab'enu mituvach,
fill us with Your goodness,

same-ach nafshenu bishu-atach,
gladden our souls with Your salvation,

v'taher libenu l'ovd'cha ve-emet,
and purify our heart to serve You with sincerity,

v'hanchilenu Adonai Eloheinu
and let us inherit Adonai our Elohim

b'ahavah uvratzon
with love and with favor

Shabbat kodshecha,
Your holy Shabbat,

v'yanuchu vah kol Yisra-el,
and let all of Israel rest on it,

m'kad'shei sh'mecha.
who sanctifies Your Name.

Baruch atah Adonai,
Blessed are You Adonai,

m'kadesh ha-Shabbat. {Amen.}
Who sanctifies Shabbat. {Amen.}

וְנוֹדֶה לְשִׁמוֹ בְּכֹל יוֹם תָּמִיד,
מֵעֵין הַבְּרָכוֹת.

אֵל הַהוֹדָאוֹת, אֲדוֹן הַשְּׁלוֹם,
מְקַדֵּשׁ הַשַּׁבָּת

וּמְבָרֵךְ שְׁבִיעִי,

וּמְנַיֵחַ בְּקִדְשָׁהּ לְעַם
מְדֻשְׁנֵי עֹנֵג,

זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

רְצֵה נָא בְּמְנוּחָתֵנוּ,

קִדְשָׁנוּ בְּמִצְוֹתֶיךָ,

שִׁים חֶלְקֵנוּ בְּתוֹרָתֶךָ,

שִׂבְעֵנוּ מִטוֹבֶךָ,

שִׂמְחַ נַפְשֵׁנוּ בִישׁוּעָתֶךָ,

וְטַהַר לִבֵּנוּ לְעֹבְדֶךָ בְּאֵמֶת,

וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ

בְּאַהֲבָה וּבְרָצוֹן

שַׁבַּת קִדְשֶׁךָ,

וַיְנַוְחוּ בָּהּ כָּל יִשְׂרָאֵל,

מְקַדְּשֵׁי שִׁמְךָ.

בְּרוּךְ אַתָּה יְהוָה,

מְקַדֵּשׁ הַשַּׁבָּת. {אָמֵן.}

קדיש תתקבל

KADDISH TITKABAL

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

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

Yitgadal v'yitkadash sh'meh raba.

Exalted and sanctified be His great Name.

{Amen.}

Amen.

B'al'ma di v'ra chiruteh,

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

v'yamlich malchuteh,

and may He let His sovereignty have dominion,

v'yatzmach purkaneh

and cause His redemption to sprout

vikarev M'shicheh {Amen.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-el,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru amen. {Amen.}

and say amen. Amen.

{Y'hei sh'meh raba m'varach

May His great Name be blessed

l'alam ul-almei al-maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnase v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

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

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

בְּעָלְמָא דִּי בְרָא כְרַעוּתֵהּ,

וַיְמַלִּיךְ מַלְכוּתֵהּ,

וַיִּצְמַח פְּרֻקָנֵהּ

וַיִּקְרַב מְשִׁיחָהּ. {אָמֵן}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעִגְלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יִהְיֵה שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר

וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

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

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

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

תְּתַקַּבַּל צְלוֹתָנָא וּבְעוֹתָנָא,
עִם צְלוֹתְהוֹן וּבְעוֹתְהוֹן
דְּכָל בֵּית יִשְׂרָאֵל קְדָם
אֲבוּנָא 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.}

מי שִׁבְרַח

MI SHEBERACH

This blessing is for those who need 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 שִׁבְרַח אֲבוֹתֵינוּ הַקְּדוֹשִׁים,

אַבְרָהָם יִצְחָק וְיַעֲקֹב

מֹשֶׁה וְאַהֲרֹן דָּוִד וְשְׁלֹמֹה,

מִי שִׁבְרַח אִמּוֹתֵינוּ הַקְּדוֹשׁוֹת,

שָׂרָה רִבְקָה רָחֵל וְלֵאָה,

מִרְיָם הַנְּבִיאָה וְאַבִּיגַיִל,

וְאֶסְתֵּר בַּת אַבְיָחַיִל,

הוּא יְבָרֵךְ אֶת כָּל חוֹלֵי יִשְׂרָאֵל,

וּבְכָל־לַם יְבָרֵךְ

אֶת הַחֹלֶה\הַחֹלָה\הַחֹלִים

, (Mother's Name) בֶּן\בַּת _____

וְיִשְׁלַח לּוֹ\לָהּ\לָהֶם

רְפוּאָה שְׁלֵמָה

לְכֹל אֲבָרָיו\אֲבָרֶיהָ\אֲבָרֵים

וְלְכֹל גִּידָיו\גִּידֶיהָ\גִּידִים.

אֵל נָא רְפֹא נָא לּוֹ\לָהּ\לָהֶם,

אֵל נָא רְפֹא נָא לּוֹ\לָהּ\לָהֶם,

בְּתוֹךְ שְׂאֵר חוֹלֵי עַמֶּךָ יִשְׂרָאֵל.

וּרְפוּאָה קְרוּבָה לְבֹא,

וְכֵן יְהִי רָצוֹן,

וְנֹאמַר אָמֵן. {אָמֵן.}

These are alternative versions of the Mi Sheberach which may be used instead of or in conjunction with the traditional one on the previous page.

MI SHEBERACH

מִי שֶׁיְבָרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב,
 Mi sheberach avoteinu Avraham Yitzchak v'Ya-akov,
 מִי שֶׁיְבָרַךְ אִמּוֹתֵינוּ שָׂרָה רִבְקָה לֵאָה וְרָחֵל,
 mi sheberach imoteinu Sarah Rivkah Le-ah v'Rachel,
 הוּא יְבָרַךְ אֶת כָּל הַחֹלִים עִם רְפוּאָה שְׁלֵמָה
 hu y'varech et chol ha-cholim im r'fu-ah sh'lemah,
 רְפוּאָת הַנֶּפֶשׁ, רְפוּאָת הַגּוּף,
 r'fuat hanefesh, r'fu-at haguf,
 וְנֹאמַר אָמֵן.
 v'nomar amen.

Mi sheberach our Fathers, Abraham, Isaac, and Jacob,
 mi sheberach our Mothers, Sarah, Rebecca, Leah, and Rachel,
 may the One bless those who are sick with complete good health,
 renewal of spirit, renewal of body,
 let us say: Amen!

*Lyrics - Liturgy/Rabbi Shai Specht-Sandler
 Music - Rabbi Shai Specht-Sandler*

MI SHEBERACH

Mi sheberach avoteinu

You Who blessed our fathers,

M'kor hab'racha l'imoteinu.

Source of blessing for our mothers.

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 sheberach imoteinu,

You Who blessed our mothers,

M'kor hab'racha la-avoteinu.

Source of blessing for our fathers.

Bless those in need of healing
with r'fuah shlemah,
the renewal of body,
the renewal of spirit,
and let us say, Amen.

Written by Debbie Friedman and Drorah Setel.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ,
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ,
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.

HEAL US NOW

R'fa-enu Adonai v'nerafei,

Heal us Adonai and we will be healed,

hoshi-enu v'nivashe-ah.

save us and we will be saved.

El karov l'chol korav,

The Almighty is near to all who seek You,

ach karov lire-av yisho.

surely help is near to all who revere You.

We pray for healing of the body.

We pray for healing of the soul.

For strength of flesh and mind and spirit.

We pray to once again be whole.

El na r'fa na:

Almighty One please grant healing:

Oh, please, heal us now.

R'fu-at hanefesh,

Healing of the soul,

urfu-at ha-guf,

healing of the body,

r'fu-ah sh'lemah.

complete healing.

Heal us now.

Hoshiah et amecha,

Save Your people,

uvarech et nachalatecha.

and bless Your inheritance.

Ur'em v'nas-em ad ha-olam,

Care for them and exalt them for ever,

mi sheberach avoteinu,

You Who blessed our fathers,

mi sheberach imoteinu,

You Who blessed our mothers,

ana Adonai hoshiah na.

O please help us Adonai.

We pray for healing of our people.

We pray for healing of the land.

And peace for every race and nation,

every child, every woman, every man.

רְפֹאֵנוּ יְהוָה וְנִרְפָּא,

הוֹשִׁיעֵנוּ וְנוֹשְׁעָה.

אֵל קָרוֹב לְכֹל קוֹרְאֵיו,

אֶךְ קָרוֹב לִירְאֵיו יִשְׁעוּ.

אֵל נָא רְפֹא נָא:

רְפוּאת הַנֶּפֶשׁ,

וְרְפוּאת הַגּוּף,

רְפוּאת שְׁלֵמָה.

הוֹשִׁיעָה אֶת עַמֶּךָ,

וּבֵרַךְ אֶת נַחְלָתֶךָ.

וְרַעַם וְנִשְׂאֵם עַד הָעוֹלָם,

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ,

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ,

אָנָּה יְהוָה הוֹשִׁיעָה נָא.

תהלים כג

TEHILIM 23

This Tehilim particularly relates to Shabbat as we forget our weekday worries and rest in the knowledge that the Creator provides for our every need.

Mizmor l'David.

A psalm by David.

Adonai ro-i lo echsar.

Adonai is my shepherd, I shall not lack.

Binot deshe yarbitzeni,

In lush meadows You lay me down,

al mei m'nuchot y'nahaleni.

beside peaceful waters You lead me.

Nafshi y'shovev,

My soul You restore,

yancheni b'mag'lei tzedek

You lead me on paths of righteousness

l'ma-an sh'mo.

for the sake of Your Name.

Gam ki elech b'gei tzalmavet,

Even though I walk in the valley overshadowed by death,

lo ira ra ki atah imadi.

I will not fear evil for You are with me;

Shivt'cha umishantecha

Your rod and Your staff

hemah y'nachamuni.

they comfort me.

Ta-aroch l'fanai shulchan

You prepare a table before me

neged tzor'rai.

in view of my tormentors.

Dishanta vashemen roshi,

You anointed my head with oil,

kosi r'vayah.

my cup overflows.

Ach tov vachesed yird'funi

May only goodness and kindness follow me

kol y'mei chayai,

all the days of my life,

v'shavti b'veit Adonai

and I will dwell in the House of Adonai

l'orech yamim.

for the length of days.

מִזְמוֹר לְדָוִד.

יְהוָה רֹעִי לֹא אֶחְסָר.

בְּנְאוֹת דְּשָׁא יְרַבֵּיצָנִי,

עַל מֵי מְנוּחוֹת יְנַהֲלֵנִי.

נַפְשִׁי יִשׁוּבָב,

יְנַחֲנֵי בְּמַעְגְּלֵי צְדָק

לְמַעַן שְׁמוֹ.

גַּם כִּי אֵלֶךְ בְּגִיא צַלְמוֹת,

לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי.

שִׁבְטְךָ וּמִשְׁעַנְתְּךָ

הִמָּה יְנַחֲמֵנִי.

תַּעֲרוֹךְ לְפָנַי שֶׁלְחָן

נֶגֶד צָרָרִי.

דִּשַׁנְתָּ בְּשֶׁמֶן רֹאשִׁי,

כּוֹסִי רוּיָה.

אֶךְ טוֹב וַחֲסֵד יְרַדְפוּנִי

כָּל יְמֵי חַיִּי,

וּשְׁבַתִּי בְּבֵית יְהוָה

לְאַרְךָ יָמִים.

From Rosh Chodesh Elul to Hoshanah Rabah, we recite also this Tehillim.

תהלים כז

TEHILIM 27

L'David.

By David.

Adonai ori v'yishi mimi ira,
Adonai is my Light and my salvation, whom shall I fear?

Adonai ma-oz chayai mimi efchad.
Adonai is the strength of my life, whom shall I dread?

Bikrov alai m're-im,
When there would approach against me those who do evil,
le-echol et b'sari tzarai v'oy'vai li,
to devour my flesh, my enemies and my foes against me,
hemah kash'lu v'nafalu.
it is they who stumble and fall.

Im tachaneh alai machaneh
Even if an army were to encamp against me

lo yira libi,
my heart would not fear,

im takum alai milchamah,
even if a war were to arise against me,

b'zot ani vote-ach.
in this I trust.

Achat sha-alti me-et Adonai,
One thing I asked of Adonai,

otah avakesh
that I shall seek,

shivti b'veit Adonai,
would that I dwell in the House of Adonai,

kol y'mei chayai lachazot b'no-am
all the days of my life to behold the delight

Adonai ulvaker b'hechalo.
of Adonai and in Whose Sanctuary to contemplate.

Ki yitzp'neni b'sukoh b'yom ra-ah,
Indeed He will hide me in His shelter on the day of evil,

yastireni b'seter ahalo
He will conceal me in the hidden space of His tent,

b'tzur y'rom'meni.
upon a rock will He lift me up.

V'atah yarum roshi,
Now elevated is my head,

al oy'vai s'vivotai,
above my enemies around me,

v'esb'chah v'ahalo zivchei t'ru-ah,
and I will sacrifice offerings in His tent with shouts,

לְדָוִד.

יְהוָה אֱוֹרִי וַיִּשְׁעֵי מִמִּי אִירָא,

יְהוָה מְעוֹז חַיֵּי מִמִּי אֶפְחָד.

בְּקָרֹב עָלַי מְרַעִים,

לֶאֱכֹל אֶת בְּשָׂרִי צָרִי וְאֹיְבֵי לִי,

הֵמָּה כָּשְׁלוּ וְנָפְלוּ.

אִם תַּחֲנֶנּה עָלַי מַחֲנֶנּה

לֹא יִירָא לְבִי,

אִם תִּקּוּם עָלַי מִלְחָמָה,

בְּזֹאת אֲנִי בּוֹטָח.

אֶחַת שָׁאַלְתִּי מֵאֵת יְהוָה,

אוֹתָהּ אֲבַקֵּשׁ

שְׁבִתִּי בְּבַיִת יְהוָה,

כֹּל יְמֵי חַיֵּי לַחַזוֹת בְּנֹעַם

יְהוָה וּלְבַקֵּר בְּהִיכָלוֹ.

כִּי יִצְפְּנֵנִי בְּסוּכָה בְּיוֹם רָעָה,

יִסְתַּרְנִי בְּסֵתֶר אֱהָלוֹ

בְּצוּר יְרוּמָמֵנִי.

וְעַתָּה יְרוּם רֹאשִׁי,

עַל אֹיְבֵי סְבִיבוֹתַי,

וְאִזְבַּחַהּ בְּאֱהָלוֹ זְבַחַי תְּרוּעָה,

ashirah va-azam'rah Ladonai.

I will sing and chant praise to Adonai.

Sh'ma Adonai koli ekra,

Adonai hear my voice when I call,

v'chaneni v'aneni.

and show me favor and answer me.

L'cha amar libi, bak'shu fanai,

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

et panecha Adonai avakesh.

Your Countenance Adonai do I seek.

Al taster panecha mimeni,

Do not conceal Your Countenance from me,

al tat b'af avdecha,

do not repel Your servant in anger,

ezrati hayita,

My Helper You have been,

al tit'sheni v'al ta-azveni,

do not abandon me and do not forsake me,

Elohei yishi.

O Elohim of my salvation.

Ki avi v'imi azayuni,

Though my father and my mother have forsaken me,

va-Adonai ya-asfeni.

Adonai will gather me in.

Horeni Adonai darkecha,

Teach me Your ways Adonai,

uncheni b'orach mishor,

and lead me on the path of integrity,

l'ma-an shor'rai.

because of my watchful foes.

Al tit'neni b'nefesh tzarai,

Do not deliver me to the wishes of my enemies,

ki kamu vi edei sheker,

for false witnesses have risen against me,

vife-ach chamas.

and those who breathe violence.

Lulei he-emanti,

Had I not trusted

lirot b'tuv Adonai

that I would see the goodness of Adonai

b'erez chayim.

in the land of life.

Kaveh el Adonai,

Place your hope in Adonai,

chazak v'ya-ametz libecha,

strengthen yourself and He will instill courage in your heart,

v'kaveh el Adonai.

and place your hope in Adonai.

אֲשִׁירָה וְאֶזְמְרָה לַיהוָה.

שְׁמַע יְהוָה קוֹלִי אֶקְרָא,

וְחַנְנֵי וְעֲנֵנִי.

לְךָ אָמַר לְבִי, בִקְשׁוּ פָנַי,

אֶת פָּנֶיךָ יְהוָה אֲבַקֵּשׁ.

אֵל תִּסְתֵּר פָּנֶיךָ מִמֶּנִּי,

אֵל תֵּט בְּאַף עֲבֹדְךָ,

עֲזַרְתִּי הָיִיתָ,

אֵל תִּטְשֵׁנִי וְאֵל תַּעֲזֹבֵנִי,

אֱלֹהֵי יִשְׂרָאֵל.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי,

וַיהוָה יֶאֱסֹפֵנִי.

הוֹרֵנִי יְהוָה דְרָכְךָ,

וְנַחֲנֵי בְּאֶרֶח מִישׁוֹר,

לְמַעַן שְׂדֵרֶי.

אֵל תִּתְּנֵנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ בִי עֵדֵי שֶׁקֶר,

וַיִּפַּח חָמָס.

לוֹלֵא הָאֲמָנָתִי,

לְרֵאוֹת בְּטוֹב יְהוָה

בְּאֶרֶץ חַיִּים.

קְוֵה אֵל יְהוָה,

חֲזֵק וַיֶּאֱמַץ לְבָבְךָ,

וְקוֹה אֵל יְהוָה.

קדיש יהא שלמא

KADDISH Y'HE SH'LAMA

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

Yitgadal v'yitkadash sh'meh raba.

Exalted and sanctified be His great Name.

{Amen.}

Amen.

B'al'ma di v'ra chiruteh,

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

v'yamlich malchuteh,

and may He let His sovereignty have dominion,

v'yatzmach purkaneh

and cause His redemption to sprout

vikarev M'shicheh. {Amen.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-el,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru amen. {Amen.}

and say amen. Amen.

{Y'he sh'meh raba m'varach

May His great Name be blessed

l'alam ul-almei al-maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnase v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

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

l'ela min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְּרַעוּתָהּ,

וְיַמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקָנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכֹל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזַמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבְחָתָא וְנֶחֱמָתָא,

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

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 שְׁמַיָּא,
 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.}

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

בָּרְכוּ אֶת יְהוָה הַמְבָרָךְ.

Bar'chu et Adonai ham'vorach.

Bless Adonai, the blessed One.

Congregation:

בָּרוּךְ יְהוָה הַמְבָרָךְ, לְעוֹלָם וָעֶד.

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

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

Chazzan:

בָּרוּךְ יְהוָה הַמְבָרָךְ, לְעוֹלָם וָעֶד.

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

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

עֲלֵינוּ

ALEINU

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

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

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

We bow as we say:

וְאַנְחֵנוּ מִשְׁתַּחֲוִים Va-anachnu mishtachavim

Va-anachnu mishtachavim

But we bow down

lifnei melech malchei ham'lachim,

before the Sovereign Who reigns over all sovereigns,

hakadosh baruch hu.

the Holy One, Blessed is He.

Shehu noteh shamayim

He stretches out the heavens

v'yosed aretz, umoshav y'karo

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

bashamayim mima-al,

is in the heavens above,

ush-chinat uzo b'govhei m'romim.

and Whose powerful Presence is in the highest heights.

Hu Eloheinu v'ein od acher.

He is our Elohim and there is no other.

Emet malkenu, efes zulato,

True is our Sovereign, nothing exists apart from Him,

kakatuv ba-Torah:

as it is written in the Torah:

V'yadata hayom vahashevota

"And you shall know today and take

el l'vavecha, ki Adonai hu

to heart, that Adonai is

ha-Elohim bashamayim mima-al,

the Elohim in the heavens above,

v'al ha-aretz mitachat ein od.

and on earth below and there is no other.

V'al ken n'kaveh l'cha

Therefore we put our hope in You

Adonai Eloheinu,

Adonai our Elohim,

lirot m'herah b'tiferet uzecha,

let us witness the glory of Your power,

l'ha-avir gilulim min ha-aretz,

to remove idols from the earth.

v'ha-elilim karot yikaretun,

and false gods will utterly be cut off,

l'taken olam b'malchut Shadai.

to perfect the universe through the reign of the Almighty.

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

And all humanity will call upon Your Name,

l'hafnot elecha kol rishei aretz.

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

וְאַנְחֵנוּ מִשְׁתַּחֲוִים

לְפָנֵי מֶלֶךְ מְלָכֵי הַמְּלָכִים,

הַקָּדוֹשׁ בְּרוּךְ הוּא.

שֶׁהוּא נוֹטֵה שָׁמַיִם

וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ

בְּשָׁמַיִם מִמַּעַל,

וְשָׁכִינֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים.

הוּא אֱלֹהֵינוּ וְאֵין עוֹד אַחֵר.

אֱמֶת מְלַכְנוּ, אִפְסֵ זולָתוֹ,

כַּכְּתוּב בַּתּוֹרָה:

וַיֵּדַעַת הַיּוֹם וְהַשַּׁבָּת

אֵל לְבַבְךָ, כִּי יְהוָה הוּא

הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל,

וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

וְעַל כֵּן נִקְוֶה לְךָ

יְהוָה אֱלֹהֵינוּ,

לְרֹאוֹת מְהֵרָה בְּתַפְאֵרֶת עֲזֶךָ,

לְהַעֲבִיר גִּלּוּלִים מִן הָאָרֶץ,

וְהָאֱלִילִים כָּרוֹת יִכָּרְתוּן,

לְתַקֵּן עוֹלָם בְּמַלְכוּת שִׁדְי.

וְכֹל בְּנֵי בָשָׂר יִקְרְאוּ בְשִׁמְךָ,

לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי אֶרֶץ.

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

יִכְּרִיּוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תֵבֶל,
כִּי לְךָ תִכְרַע כָּל בֶּרֶךְ,
תִּשָּׁבַע כָּל לָשׁוֹן.
לְפָנֶיךָ יִהְיֶה אֱלֹהֵינוּ
יִכָּרְעוּ וַיִּפְלוּ,
וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְּנוּ,
וַיִּקְבְּלוּ כָלֵם אֶת עוֹל מַלְכוּתְךָ,
וְתִמְלֹךְ עֲלֵיהֶם
מְהֵרָה לְעוֹלָם וָעֶד.
כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא,
וְלְעוֹלָמֵי עַד תִּמְלוֹךְ בְּכָבוֹד,
כַּכָּתוּב בְּתוֹרַתְךָ:
יִהְיֶה יְמֹלְךָ לְעוֹלָם וָעֶד.
וְנֹאמַר, וְהָיָה יְהוָה
לְמֶלֶךְ עַל כָּל הָאָרֶץ.
בַּיּוֹם הַהוּא יִהְיֶה
יְהוָה אֶחָד, וְשֵׁמוֹ אֶחָד.

Between Pesach and Shavuot, the Omer is counted.

יגדל

YIGDAL

This song summarizes the Thirteen Principles of Faith.

Yigdal Elohim chai v'yishtabach,

Exalted by the Living Elohim and praised,

nimtza, v'ein et el m'tzi-uto.

He exists, and there is no time limit to His existence.

Echad v'ein yachid k'yichudo,

He is One and there is no unity like His Oneness,

ne'lam, v'gam ein sof l'achduto.

inscrutable and infinite is His Oneness.

Ein lo d'mut haguf v'eino guf,

He has no semblance of a body nor does He have a body,

lo na-aroch elav k'dushato.

nothing compares to His holiness.

Kadmon l'chol davar asher nivra,

He preceded every being that was created,

rishon v'ein reshit l'reshito.

the First, and nothing precedes His precedence.

Hino adon olam l'chol notzar,

He is Ruler of the universe to every creature,

yoreh g'dulato umalchuto.

He teaches His greatness and His sovereignty.

Shefa n'vu-ato n'tano,

The fullness of His prophecy he granted

el anshei s'gulato v'tifarto.

to His treasured and glorious people.

Lo kam b'Yisra-el k'Mosheh od,

In Israel none like Moses arose again,

navi umabit et t'munato.

a prophet who gazes at His likeness.

Torat emet natan l'amo El,

The Almighty One gave Torah of truth to His people,

al yad n'vi-o ne-eman beito.

by means of His prophet, the most trusted of His household.

Lo yachalif ha-El v'lo yamir dato,

The Almighty One will never amend nor exchange His law,

l'olamim l'zulato.

for all eternity for any other one.

Tzofeh v'yode-a s'tareinu,

He scrutinizes and knows our deepest secrets,

mabit l'sof davar b'kadmato.

He perceives the outcome of a matter from its start.

יגדל אלהים חי וישתבח,
נמצא, ואין עת אל מציאותו.
אחד ואין יחיד כִּיחודו,
נעלם, וגם אין סוף לאחדותו.
אין לו דמות הגוף ואינו גוף,
לא נערוך אליו קדשותו.
קדמון לכל דבר אשר נברא,
ראשון ואין ראשית לראשיתו.
הנו אדון עולם לכל נוצר,
יורה גדלתו ומלכותו.
שפע נבואתו נתנו,
אל אנשי סגלתו ותפארתו.
לא קם בישראל כמשה עוד,
נביא ומביט את תמונתו.
תורת אמת נתן לעמו אל,
על יד נביאו נאמן ביתו.
לא יחליף האל ולא ימיר דתו,
לעולמים, לזולתו.
צופה ויודע סתרינו,
מביט לסוף דבר בקדמתו.

Gomel l'ish chesed k'mifalo,
He repays a person with kindness according to their deed,
 noten l'rasha ra k'rishato.
He places evil on the wicked according to their wickedness.
 Yishlach l'ketz hayamin m'shichenu,
He will send at the End of Days our Mashiach,
 lifdot m'chakei ketz y'shu-ato.
to redeem those longing for His final salvation.
 Metim y'chayeh El b'rov chasdo,
The dead will the Almighty revive in His abundant kindness,
 baruch adei ad shem t'hilato.
blessed forever and ever is His praised Name.
 Eleh sh'losh esreh l'ikarim,
These thirteen are principles,
 hen hem y'sod dat El v'Torato.
they are the foundation of the Elohim's law and Torah.
 Torat Mosheh emet unvu-ato,
The Torah of Moses is truth as well as his prophecy,
 baruch adei ad shem t'hilato.
blessed forever and ever is His praised Name.

גּוֹמֵל לְאִישׁ חֶסֶד כְּמַפְעָלוֹ,
 נוֹתֵן לְרָשָׁע רָע כְּרָשָׁעָתוֹ.
 יִשְׁלַח לְקֵץ הַיָּמִין מְשִׁיחֵנוּ,
 לְפִדּוֹת מְחַכֵּי קֵץ יְשׁוּעָתוֹ.
 מֵתִים יַחְיֶה אֵל בְּרֹב חַסְדּוֹ,
 בְּרוּךְ עַדִּי עַד שֵׁם תְּהִלָּתוֹ.
 אֵלֶּה שְׁלֹשׁ עֶשְׂרֵה לְעִקָּרִים,
 הֵן הֵם יְסוּד דַּת אֵל וְתוֹרָתוֹ.
 תּוֹרַת מֹשֶׁה אֱמֶת וְנְבוּאָתוֹ,
 בְּרוּךְ עַדִּי עַד שֵׁם תְּהִלָּתוֹ.

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.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
 בְּטֶרֶם כֹּל יִצְרַר נִבְרָא.
 לְעֵת נִעֲשָׂה בְּחִפְצוֹ כֹּל,
 אַזִּי מֶלֶךְ שְׁמוֹ נִקְרָא.
 וְאַחֲרַי כְּכֹלֹת הַכֹּל,
 לְבַדּוֹ יִמְלֹךְ נוֹרָא.
 וְהוּא הָיָה, וְהוּא הוֹה,
 וְהוּא יִהְיֶה, בְּתִפְאָרָה.

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 ruchi,
Into His hand I entrust my spirit,
b'et ishan v'a-irah.
when I go to sleep and when I wake.
V'im ruchi g'viyati,
And with my spirit as well as my body,
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.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַחְלִית,
וְלוֹ הָעֹז וְהַמְשָׁרָה.
וְהוּא אֵלַי וְחַי גֹּאֲלִי,
וְצוּר חֻבְלֵי בַּעַת צָרָה.
וְהוּא נִסִּי וּמָנוֹס לִי,
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.
בְּיָדוֹ אֶפְקִיד רוּחִי,
בַּעַת אִישָׁן וְאַעִירָה.
וְעִם רוּחִי גְוִיָּתִי,
יְהוּה לִי וְלֹא אִירָא.
בְּמִקְדָּשׁוֹ תִגַּל נַפְשִׁי,
מִשִּׁיחֵנוּ יִשְׁלַח מְהֵרָה,
וְאֵז נִשִּׁיר בְּבַיִת קֹדֶשִׁי,
אָמֵן אָמֵן שֵׁם הַנּוֹרָא.

שְׁלוֹם עֲלֵיכֶם

SHALOM ALEICHEM

We normally have two angels that accompany us during the week. According to the Zohar, on Friday night, two more groups of angels accompany us as we conclude our evening service. Therefore, we have three groups of angels with us on Shabbat and for that reason we sing each verse three times, one for each group of angels.

Each verse is sung three times.

שְׁלוֹם עֲלֵיכֶם, מַלְאֲכֵי הַשָּׁרֵת, מַלְאֲכֵי עֲלִיוֹן,
מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Shalom aleichem, malachei hasharet, malachei elyon,
mimelech malchei ham'lachim, hakadosh baruch hu.

*Peace upon you, ministering angels, angels of the Most High,
from the Sovereign Who reigns over sovereigns, the Holy One, Blessed is He.*

בוֹאֲכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיוֹן,
מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bo-achem l'shalom, malachei hashalom, malachei elyon,
mimelech malchei ham'lachim, hakadosh baruch hu.

*May your coming be for peace, angels of peace, angels of the Most High,
from the Sovereign Who reigns over sovereigns, the Holy One, Blessed is He.*

בְּרַכּוֹנִי לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיוֹן,
מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom, malachei elyon,
mimelech malchei ham'lachim, hakadosh baruch hu.

*Bless me for peace, angels of peace, angels of the Most High,
from the Sovereign Who reigns over sovereigns, the Holy One, Blessed is He.*

בְּצֵאתְכֶם לְשָׁלוֹם, מַלְאֲכֵי הַשָּׁלוֹם, מַלְאֲכֵי עֲלִיוֹן,
מִמְּלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

B'tzet'chem l'shalom, malachei hashalom, malachei elyon,
mimelech malchei ham'lachim, hakadosh baruch hu.

*When you depart, depart for peace, angels of peace, angels of the Most High,
from the Sovereign Who reigns over sovereigns, the Holy One, Blessed is He.*

Ki malachav y'tzaveh lach,
For His angels He will command for you,
 lishmorcha b'chol d'rachecha.
to guard you in all your ways.

Adonai yishmar tzet'cha uvo-echa,
Adonai will guard your departure and your arrival,
 me-atah v'ad olam.
from this time until eternity.

כִּי מִלְאָכָיו יִצְוֶה לָךְ,
 לְשִׁמְרֶךָ בְּכֹל דְרָכֶיךָ.
 יְהוָה יִשְׁמַר צֵאתְךָ וּבואֶךָ,
 מֵעַתָּה וְעַד עוֹלָם.

קידוש

KIDDUSH

Wine is a powerful channel of the Creator's Light. We bless wine and drink it as a manifestation of the energy we have aroused from the Upper Worlds during our service.

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.
 Zachor v'shamor
Remember and Keep
 b'dibur echad ne-amaru.
were said simultaneously.
 Hareini m'kayem mitzvat
Behold I am fulfilling the commandment
 kidush al hayayin,
of Kiddush on wine,
 k'mo sheper'shu raboteinu
as interpreted by our Sages
 zichronam livrachah:
may their memory be blessed:
 Zachor et yom haShabbat l'kadsho
Always remember the day of Shabbat to sanctify it,

לְשֵׁם יְחִיד קִדְשָׁא
 בְּרִיךְ הוּא וּשְׁכִינְתָּהּ,
 בְּדַחֲלֵנוּ וּרְחִימוּ,
 וּרְחִימוּ וּדְחִילֵנוּ, לְיַחְדָּא
 שֵׁם יו"ד ה"א בְּוַו ה"א,
 בְּיַחְוּדָא שְׁלִים,
 בְּשֵׁם כָּל יִשְׂרָאֵל.
 זְכוֹר וּשְׁמֹר
 בְּדַבּוּר אֶחָד נְאֻמְרוּ.
 הַרְיֵנִי מְקַיֵּם מִצְוֹת
 קִדּוּשׁ עַל הַיַּיִן,
 כְּמוֹ שֶׁפָּרְשׂוּ רַבּוֹתֵינוּ
 זְכוֹרֵנָם לְבִרְכָה:
 זְכוֹר אֶת יוֹם הַשַּׁבָּת לְקַדְּשׁוֹ

zochrehu bidvarim hane-emarim

remember it with words recited

al hayayin,

on wine,

l'taken et sharshah

to establish its root

b'makom elyon.

in the Supernal Place.

Uvrov rachamecha ta-aleh aleinu

And in the greatness of Your mercy may it rise for us

k'ilu kivan'nu b'chol hara-uy l'chaven,

as if we intended with all the proper intentions,

v'ya-aleh l'fanecha kiddush zeh im

and may this Kiddush ascend before You along

kidushei vanecha hayod'im

with the Kiddushim of Your children who know

umchav'nim kahogen,

how to intend with proper intentions,

v'yumshach shefa uvrachah rabah

and may an abundance of great blessing flow

b'chol ha-olamot,

to all the worlds,

umisham yushpa al nafshenu

and from there into our Nefesh,

ruchenu v'nishmatenu

our Ruach, and our Neshamah

l'ovd'cha be-emet,

to truly serve You,

v'lishmor kol Shab'tot kodsh'cha

and to keep Your Shabbatot holy

kol y'mei chayeinu b'machashavah

all the days of our lives in thought,

dibur uma-aseh,

in word, and deed,

b'yirah v'ahavah v'simchah.

with awe and love and joy.

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.

זְכֹרְהוּ בְּדְבָרִים הַנִּזְכָּרִים

עַל הַיַּיִן,

לְתַקֵּן אֶת שְׁרִשְׁהָ

בְּמָקוֹם עֲלִיּוֹן.

וּבְרַב רַחֲמֶיךָ תִּעֲלֶה עֲלֵינוּ

כְּאִלוּ כּוֹנְנֵנוּ בְּכֹל הָרָאוּי לְכוּן,

וַיַּעֲלֶה לְפָנֶיךָ קְדוּשַׁת זֶה עִם

קְדוּשֵׁי בְנֶיךָ הַיּוֹדְעִים

וּמְכַוְּנִים כְּהַגֵּן,

וַיִּמְשַׁךְ שֹׁפַע וּבְרָכָה רַבָּה

בְּכֹל הָעוֹלָמוֹת,

וּמִשָּׁם יִשְׁפַע עַל נַפְשֵׁנוּ

רוּחֵנוּ וְנִשְׁמָתֵנוּ

לְעִבְדֶּךָ בְּאֵמֶת,

וּלְשֹׁמֵר כָּל שִׁבְתוֹת קְדְשֶׁךָ

כָּל יְמֵי חַיֵּינוּ בְּמַחְשָׁבָה

דְּבוּר וּמַעֲשֵׂה,

בְּיִרְאָה וְאַהֲבָה וְשִׂמְחָה.

וַיְהִי נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עֲלֵינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנְנָה עֲלֵינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנְנָהוּ.

Baruch atah Adonai,
Blessed are You Adonai,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 bore p'ri hagefen.
Who creates the fruit of the vine.

Baruch atah Adonai,
Blessed are You Adonai,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 asher kid'shanu b'mitzvotav
Who sanctifies us with His commandments
 v'ratzah vanu, v'Shabbat kodsho
and was pleased with us, and His holy Shabbat
 b'ahavah uvratzon hinchilanu
with love and with favor He gave us as a heritage
 zikaron l'ma-aseh v'reshit.
a remembrance of the work of Creation,
 Ki hu yom t'chilah
For it is the day that is the beginning
 l'mikra-ei kodesh,
to convocations of holiness,
 zecher litzi-at mitzrayim.
that are holy, as a reminder of the Exodus from Egypt.
 Ki vanu vacharta,
For us did You choose,
 v'otanu kidashta,
and You sanctified us
 mikol ha-amim.
from all the nations.
 V'Shabbat kodsh'cha
And Your holy Shabbat
 b'ahavah uvratzon hinchaltanu.
with love and favor You have given us as a heritage.

Baruch atah Adonai,
Blessed are You Adonai,
 m'kadesh ha-Shabbat. {Amen.}
Who sanctifies Shabbat.

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

ברוך אתה יהוה
 אלהינו מלך העולם,
 אשר קדשנו במצותיו
 ורצה בנו, ושבת קדשו
 באהבה וברצון הנחילנו
 זכרון למעשה בראשית.
 כי הוא יום תחלה
 למקראי קדש,
 זכר ליציאת מצרים.
 כי בנו בחרת,
 ואותנו קדשת,
 מכל העמים.
 ושבת קדשך
 באהבה וברצון הנחלתנו.

ברוך אתה יהוה,
 מקדש השבת. {אמן.}

ברכת כהנים

BIRKAT KOHANIM

יְבָרֶכֶךָ יְהוָה וְיִשְׁמְרֶכָּךְ.
 Y'varech'cha Adonai v'yishm'recha.
May Adonai bless you and protect you.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּנְךָ.
 Ya-er Adonai panav elecha vichuneka.
May Adonai shine His countenance upon you and be gracious unto you.

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שְׁלוֹם.
 Yisa Adonai panav elecha v'yasem l'cha shalom.
May Adonai lift His countenance towards you and give peace to you.