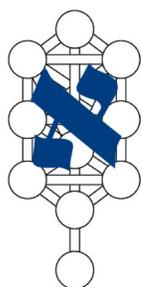


קריאת שמע על המטה

KRIAT SH'MA AL HAMITAH

The Bedtime Shema



Kabbalah4All Siddur

About Our Siddur

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

Kabbalah4All Transliteration Guidelines

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

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

Hebrew Rules

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

מֵלֶךְ

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

כֹּל

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

יִשְׁמְחוּ

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

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

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.
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קריאת שמע על המטה

THE BEDTIME SHEMA

רבונו של עולם

RIBONO SHEL OLAM

We take a moment to examine our actions of the day and search for any negativity we may have caused others or others may have caused us. Through this blessing we seek to correct any damage done, as well as forgive those who may have done damage to us.

This is not said on Shabbat and Festivals.

Ribono shel olam,
Ruler of the universe,
 hareini mochel l'chol mi
I hereby forgive anyone who
 shehichis v'hiknit oti,
angered or antagonized me,
 o shechata k'negdi,
or who did wrong against me,
 bein b'gufi bein b'mamoni,
whether against my body or whether against my property,
 bein bichvodi
whether against my honor
 bein b'chol asher li,
or whether against anything that is mine,
 bein b'ones bein b'ratzon,
whether they did so accidentally or whether willfully,
 bein b'shogeg bein b'mezid,
whether carelessly or whether purposely,
 bein b'dibur bein b'ma-aseh,
whether through speech or whether through deed,
 bein b'machashavah bein b'hirhur,
whether in deliberation or whether with fleeting thought,
 bein b'gilgul zeh
whether in this transmigration
 bein b'gilgul acher,
or whether in another transmigration,
 l'chol bar Yisra-el,
all of the children of Israel,
 v'lo ye-anesh shum adam b'sibati.
and may no one receive negative effects because of me.

רבונו של עולם,
 הריני מוחל לְכֹל מִי
 שֶׁהִכְעִיס וְהִקְנִיט אוֹתִי,
 או שֶׁחָטָא כְּנִגְדִי,
 בֵּין בְּגוּפִי בֵּין בְּמַמּוֹנִי,
 בֵּין בְּכִבּוּדִי
 בֵּין בְּכֹל אֲשֶׁר לִי,
 בֵּין בְּאִנּוֹס בֵּין בְּרָצוֹן,
 בֵּין בְּשׁוּגֵג בֵּין בְּמִזִּיד,
 בֵּין בְּדַבּוּר בֵּין בְּמַעֲשֵׂה,
 בֵּין בְּמַחְשָׁבָה בֵּין בְּהִרְהוּר,
 בֵּין בְּגִלְגוּל זֶה
 בֵּין בְּגִלְגוּל אַחֵר,
 לְכֹל בַּר יִשְׂרָאֵל,
 וְלֹא יֵעָנֵשׁ שׁוּם אָדָם בְּסִבָּתִי.

Y'hi ratzon mil'fanecha,
May it be Your will before You,
Adonai Elohai
Adonai my Elohim
Velohei avotai,
and Elohim of my ancestors,
shelo echeta od,
that I will not transgress again,
umah shechatati l'fanecha
and whatever transgressions I have done before You
m'chok b'rachamecha harabim,
may You erase in Your abundant mercies,
aval lo al y'dei yisurim
but not by means of suffering
vachalayim ra-im.
or evil illnesses.
Yih'yu l'ratzon imrei fi
May the words of my mouth
v'hegyon libi l'fanecha,
and the meditation of my heart be acceptable to You,
Adonai tzuri v'go-ali.
Adonai my Rock and Redeemer.

יהי רצון מלפניך,
 יהוה אלהי
 ואלהי אבותי,
 שלא אחטא עוד,
 ומה שחטאתי לפניך
 מחוק ברחמיך הרבים,
 אבל לא על ידי יסורים
 וחקיים רעים.
 יהיו לרצון אמרי פי
 והגיון לבי לפניך,
 יהוה צורי וגאלי.

השכיבנו

HASHKIVENU

*This version is only said on a weeknight.
 On Friday Night or a Festival night, say the version on page 6.*

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'nenu malkenu
and guide us, our Sovereign,
b'etzah tovah mil'fanecha.
with good counsel from before You,

השכיבנו אבינו לשלום,
 והעמידנו מלכנו
 לחיים טובים ולשלום.
 ופרוש עלינו סכת שלומך,
 ותקננו מלכנו
 בעצה טובה מלפניך.

V'hoshi-enu m'herah

and save us, quickly,

l'ma-an sh'mecha,

for the sake of Your Name.

v'hagen ba-adenu,

and protect us for our sake,

v'haser me-aleinu makat oyev,

and remove from being struck by an enemy,

dever, cherev, choli, tzarah,

disease, war, illness, misfortune,

ra-ah, ra-av, v'yagon,

evil, famine, and woe,

umashchit, umagefah.

and destructive powers, and epidemic.

Sh'vor v'haser hasatan

Break and shatter the Opponent

mil'faneinu ume-achareinu,

from before us and from behind us,

uvtzel k'nafecha tas-tirenu,

and under the shadow of your wings hide us,

ushmor tzetenu uvo-enu,

and guard us when we go out and when we return,

l'chayim tovim ulshalom,

for good life and for peace,

me-atah v'ad olam.

from now until eternity.

Ki El shom'renu umatzilenu atah,

For You are the Almighty One Who guards us and saves us,

mikol davar ra umipachad lailah.

from anything bad and from the fear of the night.

Baruch atah Adonai,

Blessed are You Adonai,

shomer et amo Yisra-el la-ad.

Who safeguards His people Israel forever.

{Amen.}

Amen.

וְהוֹשִׁיעֵנוּ מְהֵרָה

לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדְנוּ,

וְהִסֵּר מֵעַלְינוּ מַכַּת אוֹיֵב,

דָּבָר, חָרֵב, חוֹלִי, צָרָה,

רָעָה, רָעַב, וַיָּגוֹן,

וּמִשְׁחִית, וּמַגֵּפָה.

שְׂבוֹר וְהִסֵּר הַשָּׂטָן

מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבְצֵל כְּנַפֶּיךָ תַּסְתִּירֵנוּ,

וּשְׁמוֹר צְאֹתֵנוּ וּבּוֹאֵנוּ,

לְחַיִּים טוֹבִים וְלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

כִּי אֵל שׁוֹמְרֵנוּ וּמְצִילֵנוּ אַתָּה,

מִכָּל דָּבָר רָע וּמִפַּחַד לַיְלָה.

בְּרוּךְ אַתָּה יְהוָה,

שׁוֹמֵר אֶת עַמּוֹ יִשְׂרָאֵל לְעַד.

{אָמֵן}

ON FRIDAY NIGHT OR A FESTIVAL 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 sukat sh'lomecha,
Spread over us the shelter of Your peace,
 v'tak'nenu malkenu
and guide us, our Sovereign,
 b'etzah tovah mil'fanecha,
with good counsel from before You,
 v'hoshi-enu m'herah
and save us, quickly,
 l'ma-an sh'mecha.
for the sake of Your Name.
 V'hagen ba-adenu,
And protect us,
 ufros aleinu
and spread over us
 sukat rachamim v'shalom.
the shelter of compassion and peace.

Baruch atah Adonai,
Blessed are You Adonai,
 hapores sukat 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.

הַשְּׁכִיבֵנוּ אָבִינוּ לְשָׁלוֹם,
 וְהַעֲמִידֵנוּ מִלְּכֵנוּ
 לְחַיִּים טוֹבִים וְלְשָׁלוֹם.
 וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,
 וּתְקַנֵּנוּ מִלְּכֵנוּ
 בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ.
 וְהוֹשִׁיעֵנוּ מְהֵרָה
 לְמַעַן שִׁמְךָ.
 וְהַגֵּן בְּעַדֵּנוּ,
 וּפְרוֹשׁ עָלֵינוּ
 סִכַּת רַחֲמִים וְשָׁלוֹם.

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

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 m'kabel alai Elohuto***I hereby accept upon myself the Divinity of Elohim***yitbarach v'ahavato v'yirato,***may He be blessed, the love of Him and awe of Him,***vahareini yare mimenu b'gin d'ihu***and I hereby stand in awe of Him because He is the***rav v'shalit al kola,***Master and Ruler over everything,***v'kola kameh k'la.***and everything is insignificant before Him.***Vahareini mamlichu al kol evar***And I hereby accept His rule over each limb***va-evar v'gid vagid***and sinew of the***meramach evarim v'shasah gidim***248 limbs and 365 blood vessels***shel gufi v'nafshi ruchi v'nishmati,***of my body, Nefesh, Ruach, and Neshamah,***malchut g'murah ush-lemah,***a rule that is perfect and complete,***va-hareini eved l'hashem yitbarach,***I hereby am a servant to the Name, blessed be He,***v'hu v'rachamav y'zakeni l'avdo***and He in His Mercy, will give me the privilege to serve***b'levav shalem v'nefesh chafetzah.***wholeheartedly and with a soul that is willing.***Amen, ken y'hi ratzon.***Amen; so may it be His will.***לְשֵׁם יְחִוּד קִדְשָׁא****בְּרִיךְ הוּא וְשְׁכִינָתָהּ,****בְּדַחֲלוֹ וּרְחִימוֹ,****וּרְחִימוֹ וּדְחִילוֹ, לְיַחְדָּא****שֵׁם יו"ד ה"א בּוֹא"ו ה"א,****בְּיַחְוּדָא שְׁלִים,****בְּשֵׁם כָּל יִשְׂרָאֵל.****הֲרִינִי מְקַבֵּל עָלַי אֱלֹהוּתוֹ****יְתַבְרַךְ וְאֶהְבֶּתוּ וְיִרְאֶתוּ,****וְהֲרִינִי יָרָא מִמֶּנּוּ בְּגִין דְּאִיהוּ****רַב וְשִׁלִּיט עַל כָּלָא,****וְכָלָא קָמָה כְּלָא.****וְהֲרִינִי מְמַלִּיכוֹ עַל כָּל אַבְרָ****וְאַבְרָ וְגִיד וְגִיד****מֵרַמ"ח אַבְרִים וְשֵׁס"ה גִּידִים****שֶׁל גּוּפִי וְנַפְשִׁי רוּחִי וְנִשְׁמָתִי,****מַלְכוּת גְּמוּרָה וְשִׁלְמָה,****וְהֲרִינִי עֶבֶד לְהַשֵּׁם יְתַבְרַךְ,****וְהוּא בְּרַחֲמָיו יִזְכֶּנִי לְעַבְדּוֹ****בְּלֵבָב שָׁלֵם וְנַפְשׁ חַפְצָה.****אָמֵן, כֵּן יְהִי רָצוֹן.**

המפיל

HAMAPIL

This blessing ensures that our soul safely departs our body while it sleeps and returns to our body when we awake.

Baruch atah Adonai

Blessed are You Adonai

Eloheinu melech ha-olam,

our Elohim Sovereign of the universe,

hamapil chevlei shenah al einai,

Who casts the bonds of sleep upon my eyes,

utnumah al af-apai,

and slumber upon my eyelids,

ume-ir l'ishon bat ayin.

and Who illuminates the pupil of the eye.

Vihi ratzon mil'fanecha,

May it be Your will before You,

Adonai Elohai Velohei avotai,

Adonai my Elohim and Elohim of my ancestors,

shetashkiveni l'shalom,

that You lay me down to sleep in peace,

v'ta-amideni l'chayim tovim

and raise me up for life that is good

ulshalom.

and for peace.

V'ten chelki b'Toratecha,

Grant that my portion be in Your Torah,

v'targileni lidvar mitzvah,

and may I be occupied with matters of mitzvot,

v'al targileni lidvar averah,

and may I not be occupied with matters of wrongdoing,

v'al t'vi-eni lo lidei chet,

and do not bring me into a state of negativity neither,

v'lo lidei nisayon,

nor into a state of trial,

v'lo lidei vizayon,

nor into a state of scorn,

v'yishlot bi yetzer tov,

and allow the the Good Inclination to dominate over me,

v'al yishlot bi yetzer hara,

and do not all the Evil Inclination to dominate over me,

v'tatzileni misatan umipega ra

and rescue me from the Opponent and from an evil mishap

umechalayim ra-im.

and from serious illnesses.

בְּרוּךְ אַתָּה יְהוָה
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 הַמַּפִּיל חֲבֻלֵי שְׁנָה עַל עֵינַי,
 וְתַנּוּמָה עַל עַפְעַפַּי,
 וּמְאִיר לְאִישׁוֹן בֵּת עֵינַי.
 וַיְהִי רְצוֹן מִלְּפָנֶיךָ,
 יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,
 שֶׁתְּשַׁכְּבֵנִי לְשָׁלוֹם,
 וְתַעֲמִידֵנִי לְחַיִּים טוֹבִים
 וּלְשָׁלוֹם.
 וְתֵן חֶלְקִי בְּתוֹרָתְךָ,
 וְתַרְגִּילֵנִי לְדַבַּר מִצְוָה,
 וְאַל תַּרְגִּילֵנִי לְדַבַּר עֲבָרָה,
 וְאַל תְּבִיאֵנִי לֹא לְיַדֵּי חַטָּא,
 וְלֹא לְיַדֵּי נִסְיוֹן,
 וְלֹא לְיַדֵּי בִזְיוֹן,
 וַיִּשְׁלוֹט בִּי יֵצֶר טוֹב,
 וְאַל יִשְׁלוֹט בִּי יֵצֶר הָרָע,
 וְתַצִּילֵנִי מִשָּׂטָן וּמִפְּגַע רָע
 וּמִחֲלָיִים רָעִים.

V'al y'vahaluni rayonai,
 And may I not be confounded by my ideas,
 vachalomot ra-im,
 and bad dreams,
 v'hir-hurim ra-im,
 and bad fleeting thoughts,
 ut-he mitati sh'lemah l'fanecha,
 and may my bed be unharmed in Your care,
 v'ha-er einai pen ishan hamavet,
 and may You illumine my eyes lest I sleep the sleep of death,

וְאֵל יִבְהַלּוּנִי רַעְיוֹנַי,
 וְחַלּוֹמוֹת רָעִים,
 וְהִרְהוּרִים רָעִים,
 וְתֵהָא מִטַּתִּי שְׁלֵמָה לְפָנֶיךָ,
 וְהָאֵר עֵינַי פֶּן אִישָׁן הַמָּוֶת.

Baruch atah Adonai,
 Blessed are You Adonai,
 hame-ir la-olam kulo bichvodo.
 Who illumines the entire world with Your glory.

בָּרוּךְ אַתָּה יְהוָה,
 הַמְאִיר לְעוֹלָם כְּלוֹ בְּכַבּוּדּוֹ.

שמע

Before we begin the Sh'ma, we must think about the concept of loving our neighbors as we love ourselves.

*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

בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ

וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר

אֲנִי מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ:

וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ בָם

בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ

בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:

וּקְשַׁרְתָּם 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 וּלְעַבְדּוֹ

בְּכָל-לְבָבְכֶם וּבְכָל-נַפְשְׁכֶם:

וְנָתַתִּי מִטְר-אַרְצְכֶם בְּעֵתוֹ

יֹרֵה וּמַלְקוֹשׁ וְאַסַּפְתָּ 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 בְּשַׂדֶּךָ לְבַהֲמֹתֶךָ

וְאָכַלְתָּ וְשָׂבַעְתָּ:

הִשָּׁמְרוּ לָכֶם פֶּן-יִפְתֶּה

לְבַבְכֶם וְסָרְתֶם וְעַבַּדְתֶּם

אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם

לָהֶם:

וְחָרָה אַף יְהוָה בְּכֶם וְעָצַר

אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר

וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ

וְאֲבַדְתֶּם מְהֵרָה מֵעַל הָאָרֶץ

הַטּוֹבָה אֲשֶׁר יְהוָה נָתַן לָכֶם:

יהוה

V'samtem et d'varai eleh

Set these words of Mine

al l'avchem v'al nafsh'chem

upon your heart and upon your soul

ukshartem otam l'ot

and secure them as a sign

al yedchem v'hayu l'totafot

upon your hand and as reminders

bein eineichem.

before your eyes.

V'limad'tem otam et b'neichem

And you shall teach them to your children

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

to discuss and as you sit in your home

uvlecht'cha vaderech uvshochb'cha

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

uvkumecha.

and as you rise up.

וּשְׁמַתֶּם אֶת-דְּבָרֵי אֱלֹהִים

עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם

וְקִשַׁרְתֶּם אֹתָם לְאוֹת

עַל-יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת

בֵּין עֵינֵיכֶם:

וְלִמַּדְתֶּם אֹתָם אֶת-בְּנֵיכֶם

לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ

וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ

וּבְקוּמְךָ:

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

וּכְתַבְתֶּם עַל־מְזוּזוֹת

בֵּיתְךָ וּבְשַׁעְרֶיךָ:

לְמַעַן יִרְבוּ יְמֵיכֶם וְיְמֵי

בְּנֵיכֶם עַל־הָאֲדָמָה אֲשֶׁר

נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לֵאמֹר

לָהֶם כִּימֵי הַשָּׁמַיִם

עַל־הָאָרֶץ:

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

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר:

דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאמַרְתָּ

אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית

עַל־כַּנְפֵי בְגָדֵיהֶם לְדֹרוֹתָם

וְנָתַנּוּ עַל־צִיצִית הַכַּנֵּף פִּתְּלִיל

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.

Recite three times:

Hineh mitato sheli-Shlomoh,

Behold the bed of Shlomo,

shishim giborim saviv lah,

sixty mighty ones surround it,

migiborei Yisra-el.

from among the mighty ones of Israel.

Kulam achuzei cherev,

All gripping the sword,

m'lum'dei milchamah,

trained in battle,

ish charbo al y'recho

each with his sword on his thigh

mipachad baleilot.

from terror in the nights.

הִנֵּה מִטַּתוֹ שֶׁל־שְׁלֹמֹה,
שִׁשִּׁים גִּבּוֹרִים סָבִיב לָהּ,
מִגִּבּוֹרֵי יִשְׂרָאֵל.
כָּל־ם אֲחֻזֵי חֶרֶב,
מִלְמַדֵי מִלְחָמָה,
אִישׁ חֶרְבוֹ עַל יָרְכוֹ
מִפְּחָד בַּלַּיְלוֹת.

Recite three times:

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

May Adonai bless you and protect you.

Ya-er Adonai panav elecha vichuneka.

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

Yisa Adonai panav elecha v'yasem

May Adonai lift His countenance towards you and give

l'cha shalom.

peace to you.

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ.
יֵאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ.
יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם
לְךָ שָׁלוֹם.

תהלים צא:א-ט

TEHILIM 91:1-9

Yoshev b'seter Elyon,
Whoever sits in the refuge of the Most High,
 b'tzel Shadai yit-lonan.
in the shade of the Almighty shall they dwell.
 Omar Ladonai mach'si umtzudati,
I will say of Adonai, my refuge and my fortress,
 Elohai ev-tach bo.
my Elohim in whom I put my trust.
 Ki hu yatzil'cha mipach yakush,
For the One will deliver you from the snare that entraps,
 midever havot.
from pestilence that is devastating.
 B'evrato yasef lach,
With the Eternal's wing will you be covered,
 v'tachat k'nafav tech'seh,
and under the Eternal's wings will you find refuge,
 tzinah v'socherah amito.
the shield and armor are the Eternal's truth.
 Lo tira mipachad lailah,
You shall not fear the terror of night,
 mechetz ya-uf yomam.
nor the arrow that flies by day.
 Midever ba-ofel yahaloch,
Nor the pestilence that walks in gloom,
 miketev yashud tzahorayim.
nor the destroyer who lays waste at noon.
 Yipol mitzid'cha elef, urvavah
A thousand may fall victim at your side, and a myriad
 miminecha, elecha lo yigash.
at your right hand, but to you it shall not approach.
 Rak b'einecha tabit,
Merely you will look with your eyes,
 v'shilumat r'sha-im tireh.
and the retribution of the wicked shall you see.
 Ki atah Adonai machsi.
For You Adonai are my refuge.

יֵשֵׁב בְּסִטֵּר עֲלִיּוֹן,
 בְּצֵל שְׁדַי יִתְלוֹנֵן.
 אֹמַר לַיהוָה מַחְסֵי וּמְצוּדָתִי,
 אֱלֹהֵי אֲבֹטְחָ בּוֹ.
 כִּי הוּא יִצְלֶנְךָ מִפַּח יָקוּשׁ,
 מִדֶּבֶר הַוּוֹת.
 בְּאַבְרָתּוֹ יִסֹּךְ לָךְ,
 וְתַחַת כְּנַפָּיו תִּחְסֶה,
 צִנְיָה וְסוּחָרָה אֲמִתּוֹ.
 לֹא תִירָא מִפַּחַד לַיְלָה,
 מִחֶץ יַעֲוֹף יוֹמָם.
 מִדֶּבֶר בְּאֶפְלֵ יְהִלְךָ,
 מִקֵּטֵב יִשׁוּד צְהָרַיִם.
 יִפֹּל מִצִּדְךָ אֶלֶף, וּרְבֻבָה
 מִימִינְךָ, אֲלֶיךָ לֹא יִגָּשׁ.
 רַק בְּעֵינֶיךָ תִּבְיֵט,
 וְשִׁלְמַת רְשָׁעִים תִּרְאֶה.
 כִּי אַתָּה יְהוָה מַחְסֵי.

אנא בכוח

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.

אבג יתיץ

חסד
CHESED

אנא בכוח גדולת ימנך תתיר צרורה.

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.

קרע שטיץ

גבורה
GEVURAH

קבל רנת עמך שגבנו טהרנו נורא.

Kabel rinat am'cha sag'venu taharenu nora.

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

נגד יכש

תפארת
TIFERET

נא גבור דורשי יחודך כבבת שומרם.

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

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

בטר צתג

נצח
NETZACH

ברכם טהרם רחמי צדקתך תמיד גמלים.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

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

חזקב טנע

הוד
HOD

חסין קדוש ברוב טובך נהל עדתך.

Chasin kadosh b'rov tuv'cha nahel adatecha.

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

יגל פזק

יסוד
YESOD

יְחִיד גְּאֵה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְּךָ.

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

שׁוּעָתֵנוּ קִבֵּל וּשְׁמַע צְעָקֵתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

מלכות
MALCHUT

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

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

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

Recite the verse that corresponds with the day three times:

אָנָּה בְּכַח גְּדוּלַת יְמִינְךָ תַּתִּיר צְרוּרָה.

Ana b'choach g'dulat y'min'cha tatir tz'urah.
Release all those in captivity, we beseech You, Almighty One Whose power sets us free.

יום ראשון
SUNDAY

קִבֵּל רִנַּת עַמֶּךָ שִׁגְבָנוּ טַהֲרָנוּ נוֹרָא.

Kabel rinat am'cha sag'venu taharenu nora.
Accept the singing of all Your people who praise and glorify You alone.

יום שני
MONDAY

נָא גִבּוֹר דּוֹרְשֵׁי יַחֲוּדְךָ כְּבַבַּת שְׁמֵרֵם.

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

יום שלישי
TUESDAY

בְּרַחֲמֵי טַהֲרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גּוֹמְלֵם.

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

יום רביעי
WEDNESDAY

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נֹהֵל אֶדְתְּךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.

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

יום חמישי
THURSDAY

יַחִיד גֵּאָה לְעַמְּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְּךָ.

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

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

יום שישי
FRIDAY

שׁוֹעֲתָנוּ קַבֵּל וּשְׁמַע צַעֲקֹתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

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

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

יום שבת
SHABBAT

Recite three times:

Lishu-at'cha kiyiti Adonai.

For Your salvation do I yearn Adonai.

Kiyiti lishu-at'cha Adonai.

I do yearn for Your salvation Adonai.

Adonai lishu-at'cha kiyiti.

Adonai for Your salvation do I yearn.

לִישׁוֹעַתְּךָ קְנִיתִי יְהוָה.

קְנִיתִי לִישׁוֹעַתְּךָ יְהוָה.

יְהוָה לִישׁוֹעַתְּךָ קְנִיתִי.

Recite three times:

B'shem Adonai Elohei Yisra-el,

In the Name of Adonai the Elohim of Israel,

mimini Micha-el,

may Michael be at my right,

umis'moli Gavri-el,

and may Gabriel be at my left,

umil'fanai Uri-el,

and may Uriel be before me,

ume-achorai R'fa-el,

and may Raphael be behind me,

v'al roshi Sh'chinat El.

and may the Sh'chinah of the Eternal One rest above my head.

בְּשֵׁם יְהוָה אֱלֹהֵי יִשְׂרָאֵל,

מִימִינִי מִיכָאֵל,

וּמִשְׁמֵאלֵי גַבְרִיאֵל,

וּמִלְפָּנַי אֲוִרִיאֵל,

וּמֵאַחֲרַי רַפָּאֵל,

וְעַל רֹאשִׁי שְׁכִינַת אֵל.

אֲדוֹן עוֹלָם

ADON OLAM

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

Adon olam asher malach,
Ruler of the universe Who reigned,
 b'terem kol y'tzir nivra.
before anything was created.
 L'et na-asah v'cheftso kol,
At the time when His will created all things,
 azai melech sh'mo nikra.
then as Sovereign His Name was proclaimed.
 V'acharei kichlot hakol,
And after everything ceases to be,
 l'vado yimloch nora.
He alone will reign, the Awesome One.
 V'hu hayah v'hu hoveh,
It is He Who was, and He Who is,
 v'hu yih-yeh b'tifarah.
and He Who shall remain in splendor.
 V'hu echad v'ein sheni,
And He is One and there is no second,
 l'hamshil lo l'hachbirah.
to compare to Him or to be His equal.
 B'li reshit b'li tachlit,
Without beginning without end
 v'lo ha-oz v'hamisrah.
and to Him belong the power and the dominion.
 V'hu Eli v'chai go-ali,
He is my Almighty One and my living Redeemer,
 v'tzur chevli b'et tzarah.
and my Fortress from pain in a time of distress.
 V'hu nisi umanos li,
And He is my banner and a refuge for me,
 m'nat kosi b'yom ekra.
the portion of my cup on the day I call.
 B'yado afkid 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,

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
 בְּטֶרֶם כָּל יִצִיר נִבְרָא.
 לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
 אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא
 וְאַחֲרֵי כִכְלוֹת הַכֹּל,
 לְבַדּוֹ יִמְלֹךְ נוֹרָא.
 וְהוּא הָיָה, וְהוּא הוֹה,
 וְהוּא יִהְיֶה, בְּתִפְאָרָה.
 וְהוּא אֶחָד וְאֵין שֵׁנִי,
 לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
 בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
 וְלוֹ הָעֵז וְהַמְשָׁרָה.
 וְהוּא אֵלֵי וְחֵי גֹאֲלִי,
 וְצוּר חֲבְלֵי בְעֵת צָרָה.
 וְהוּא נֶסִי וּמְנוּס לִי,
 מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.
 בְּיָדוֹ אֶפְקִיד רוּחִי,
 בְּעֵת אִישָׁן וְאֶעִירָה.
 וְעַם רוּחִי גְוִיָּתִי,

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.

יהוה לי ולא אִירָא.
בְּמִקְדָּשׁוֹ תִגַּל נַפְשִׁי,
מְשִׁיחֵנוּ יִשְׁלַח מְהֵרָה,
וְאֵז נִשְׁיֵר בְּבַיִת קֹדֶשִׁי,
אָמֵן אָמֵן שֵׁם הַנּוֹרָא.

בְּיַדְךָ אֶפְקִיד רוּחִי, פְּדִיתָהּ אוֹתִי יְהוָה, אֵל אֱמֶת.

B'yad'cha afkid ruchi, paditah oti Adonai, El emet.

Into Your hand I entrust my spirit, You redeemed me Adonai, Almighty One of truth.