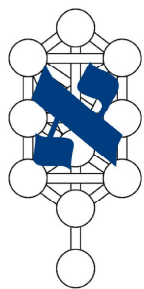


עַרְבִית לַחֹל

ARVIT L'CHOL

Evening Service For Weekdays



Kabbalah4All Siddur

About Our Siddur

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

Kabbalah4All Transliteration Guidelines

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

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

Hebrew Rules

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

מֵלֶךְ

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

כֹּל

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

יִשְׁמְחוּ

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

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

Please do not publish or distribute without permission.

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.

Copyright © Kabbalah4All.com.

ערבית לחול

ARVIT FOR WEEKDAYS

Modeh/Modah ani l'fanecha,
I offer thanks before You,
 Adonai Elohai Velohei avotai,
Adonai my Elohim and Elohim of my ancestors,
 shekshem shehayiti ba-afelah
that just as I was in darkness
 v'hotzetani l'orah,
and You took me out into light,
 ken totzi-eni me-afelah l'orah.
so shall You take me out of darkness into light.

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ,
 יְהוָה אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי,
 שְׁכֶשֶׁם שֶׁהָיִיתִי בַּאֲפֵלָה
 וְהוֹצֵאתָנִי לְאוֹרָה,
 כֵּן תּוֹצִיאֵנִי מֵאֲפֵלָה לְאוֹרָה.

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
the evening prayer
 shetiken Ya-akov ayinu,
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,

לְשֵׁם יִחּוּד קִדְשָׁא
 בְּרִיךְ הוּא וּשְׁכִינָתָהּ,
 בְּדַחֲלוֹ וּרְחִימוֹ,
 וּרְחִימוֹ וּדְחִילוֹ, לְיַחַדָּא
 שֵׁם יו"ד ה"א בְּוַו ה"א,
 בְּיַחּוּדָא שְׁלִים,
 בְּשֵׁם כּוֹל יִשְׂרָאֵל.
 הִנֵּה אֲנַחְנוּ בָּאִים לְהִתְפַּלֵּל
 תְּפִלַּת עֶרְבִית
 שֶׁתִּקֵּן יַעֲקֹב אֲבִינוֹ,
 עָלָיו הַשְּׁלוֹם,
 עִם כּוֹל הַמִּצְוֹת הַכְּלוּלוֹת בָּהּ,
 לְתַקֵּן אֶת שַׁרְשָׁהּ בְּמַקּוֹם עֲלִיוֹן,
 לְעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ,

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

and to perform the will of our Creator.

Vihi no-am Adonai Eloheinu aleinu,

May the pleasantness of Adonai our Elohim be upon us,

uma-aseh yadeinu kon'nah aleinu,

and the work of our hands establish for us,

uma-aseh yadeinu kon'nehu.

and the work of our hands establish it.

Adonai tz'va-ot imanu,

Adonai of Hosts is with us,

misgav lanu Elohai Ya-akov selah.

and the Elohim of Jacob is our strength selah.

Adonai tz'va-ot,

Adonai of Hosts,

ashrei adam bote-ach bach.

happy is the person who puts their trust in You.

Adonai hoshi-ah,

Adonai save us,

ha-melech ya-anenu v'yom korenu.

the Sovereign shall answer us on the day we call.

וְלַעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ.

וַיְהִי נָעִם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָה עָלֵינוּ,

וּמַעֲשֵׂה יַדֵּינוּ כּוֹנֵנָהּוּ.

יְהוָה צְבָאוֹת עִמָּנוּ,

מִשְׁגָּב לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה.

יְהוָה צְבָאוֹת,

אֲשֶׁר־י אָדָם בָּטַח בְּךָ.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בַּיּוֹם קִרְאֵנוּ.

וְהוּא רַחוּם

V'HU RACHUM

The night represents darkness and judgement. This verse calls upon the Creator's mercy and contains thirteen words which correspond to the Thirteen Attributes of Mercy.

V'hu rachum y'chaper avon,

And He the Merciful One forgives iniquities,

v'lo yash-chit,

and He does not destroy,

v'hirbah l'hashiv apo,

and He frequently withdraws His anger,

v'lo ya-ir kol chamato.

and does not arouse all His wrath.

Adonai hoshi-ah,

Hashem save us,

ha-melech ya-anenu v'yom korenu.

the Sovereign shall answer us on the day we call.

וְהוּא רַחוּם יַכְפִּיר עֲוֹן

וְלֹא יִשְׁחִית,

וְהִרְבָּה לְהַשִּׁיב אָפוֹ,

וְלֹא יַעִיר כָּל חַמָּתוֹ.

יְהוָה הוֹשִׁיעָה,

הַמֶּלֶךְ יַעֲנֵנוּ בַּיּוֹם קִרְאֵנוּ.

אנא בכח

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 יתקן

חסד
CHESED

אנא בכח גדולת ימנך תתיר צרורה.

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.

קרע שטן

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 יבש

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.

חקב טצע

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.

יָגֵל פּוֹק

יסוד
YESOD

יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשָׁתְךָ.

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

שָׁקוּ צִיִּת

מלכות
MALCHUT

שׁוּעָתֵנוּ קַבֵּל וּשְׁמַע צַעֲקָתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

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!

ברכות קריאת שמע

BLESSINGS OF THE SHEMA

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.

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.

We bow first at our knees and then at our waist as we say בְּרָכוּ Bar'chu and בְּרוּךְ Baruch we stand upright at ה' the Name of Hashem.

Chazzan:

בְּרָכוּ אֶת יְהוָה הַמְּבָרֵךְ!

Bar'chu et Adonai ham'vorach!

Bless Adonai Who is blessed!

Congregation:

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד!

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

Blessed is Adonai Who is blessed for ever and ever!

Chazzan:

בְּרוּךְ יְהוָה הַמְּבָרֵךְ לְעוֹלָם וָעֶד!

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

Blessed is Adonai Who is blessed for ever 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.

בְּרוּךְ אַתָּה יְהוָה,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבָּרוֹ מַעֲרִיב עֶרְבִים,

בְּחִכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחֲלִיף אֶת הַזְּמַנִּים,

וּמַסַּדֵּר אֶת הַכּוֹכָבִים

בְּמִשְׁמַרְוֵיהֶם בְּרַקִּיעַ כְּרִצּוֹנוֹ. .

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְהוָה צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיִם,

תָּמִיד יִמְלֹךְ עָלֵינוּ לְעוֹלָם וָעֶד. .

בְּרוּךְ אַתָּה יְהוָה,

הַמַּעֲרִיב עֶרְבִים. {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

uvmitzvotcha 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 amo Yisra-el.

Who loves His people Israel.

אֶהֱבֵת עוֹלָם בֵּית יִשְׂרָאֵל

עִמָּךְ אֶהְבֵּת,

תּוֹרָה וּמִצְוֹת,

חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּת.

עַל כֵּן יְהוָה אֱלֹהֵינוּ,

בְּשׁוֹכְבֵנוּ וּבְקוּמֵנוּ

נְשִׁיחַ בְּחֻקֶיךָ,

וְנִשְׂמַח וְנִעְלוֹז

בְּדִבְרֵי תַלְמוּד תּוֹרַתְךָ

וּבְמִצְוֹתֶיךָ וּחֻקֹתֶיךָ

לְעוֹלָם וָעֶד.

כִּי הֵם חַיֵּינוּ וְאָרְךְ יַמֵּינוּ,

וּבָהֶם נִהְגָה יוֹמָם וְלַיְלָה,

וְאַהֲבַתְךָ לֹא תִסּוּר

מִמֵּנוּ לְעוֹלָמִים.

בְּרוּךְ אַתָּה יְהוָה,

אוֹהֵב 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.



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-נַפְשֶׁךָ
וּבְכָל-מְאֹדְךָ:

וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
אֲנִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ:
וְשִׁנַּנְתָּם לְבְנֶיךָ וּדְבַרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ:
וְכָתַבְתָּם עַל-מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ:



V'hayah im shamo-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,

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ
אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי
מְצַוֶּה אֶתְכֶם הַיּוֹם
לְאַהֲבָה אֶת-יְהוָה
אֱלֹהֵיכֶם וּלְעֹבְדוֹ
בְּכָל-לְבָבְכֶם וּבְכָל-נַפְשְׁכֶם:
וְנָתַתִּי מְטָר-אֶרְצְכֶם בְּעֵתוֹ

yoreh umalkosh v'asafta d'ganecha
first rain and last rain and so you may gather your grain
 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.

יורה ומלקוש ואספת דגנך

ותירשך ויזחרך:

ונתתי עשב בשדך לבהמתך

ואכלת ושבעת:

השמרו לכם פן-יפתה

לבבכם וסרתם ועבדתם

אלהים אחרים והשתחיתם

להם:

וחרה אף יהוה בכם ועצר

את השמים ולא יהיה מטר

והאדמה לא תתן את-יבולה

ואבדתם מהרה מעל הארץ

הטובה אשר יהוה נתן לכם:

ך

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.

ושמתם את-דברי אלה

על-לבבכם ועל-נפשכם

וקשרתם אתם לאות

על-ידכם והיו לטוטפת

בין עיניכם:

ולמדתם אתם את-בניכם

לדבר במשבתך בביתך

ובלכתך בדרך ובשכבך

ובקומך:

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 vime***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:

ה**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 פִּתְּלִל

תְּכֵלֶת:

וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם

אֹתוֹ וְזָכַרְתֶּם אֶת-כָּל-מִצְוֹת

יְהוָה וְעָשִׂיתֶם אֹתָם

וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם

וְאַחֲרַי עֵינֵיכֶם אֲשֶׁר-אַתֶּם

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:

יהוה אלהיכם אמת

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'ein zulato,

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,

mal'kenu 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,

וְאֱמוּנָה כָּל זֹאת,
וְקַיָּם עָלֵינוּ, כִּי הוּא
יְהוָה אֱלֹהֵינוּ וְאֵין זֹלָתוֹ,
וְאֲנַחְנוּ יִשְׂרָאֵל עַמּוֹ.
הַפּוֹדֵנוּ מִיַּד מְלָכִים,
מִלְּכֵנוּ הַגּוֹאֲלֵנוּ
מִכַּף כָּל הָעָרִיצִים.
הָאֵל הַנִּפְרָע לָנוּ מִצָּרֵינוּ,
וְהַמְשַׁלֵּם גְּמוּל לְכֹל
אֹיְבֵי נַפְשֵׁנוּ.
הַשֶּׁם נִפְשֵׁנוּ בַחַיִּים,
וְלֹא נָתַן לַמּוֹט רַגְלֵנוּ,
הַמְדַרְיֵכְנוּ 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 בְּעַבְרָתוֹ כָּל

בְּכוֹרֵי מִצְרַיִם,

וַיּוֹצִיא אֶת עַמּוֹ יִשְׂרָאֵל

מִתּוֹכֶם לְחֵרוֹת עוֹלָם,

הַמַּעֲבִיר בְּנֵיו בֵּין גְּזְרֵי

יַם סוּף,

אֶת רוֹדְפֵיהֶם וְאֶת שׂוֹנְאֵיהֶם

בְּתְהוֹמוֹת טַבַּע.

וַרְאוּ בָנִים גְּבוּרָתוֹ,

שִׁבְחוּ וְהוֹדוּ לְשִׁמּוֹ,

וּמַלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עָלֵיהֶם,

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לְךָ עָנוּ

שִׁירָה בְּשִׂמְחָה רַבָּה,

וְאָמְרוּ כֻלָּם:

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 בְּקֹדֶשׁ,
נִוְרָא תִהְיֶה לָּךְ, עֹשֶׂה פִלֵּא,
מִלְכוּתְךָ רָאוּ בְּנֵיךָ,
בּוֹקֵעַ יָם לְפָנֵי 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,
וַגָּאֵלוּ 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.

הַשְׁכִּיבֵנוּ אָבוּנוּ לְשָׁלוֹם,
וְהַעֲמִידֵנוּ מַלְכֵנוּ
לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

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'hoshi-enu l'ma-an sh'mecha,
And save us 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,
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.

וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ,

וּתְקַנְנֵנוּ מַלְכֵנוּ

בְּעֶזְרָה טוֹבָה מִלְּפָנֶיךָ.

וְהוֹשִׁיעֵנוּ מְהֵרָה

לְמַעַן שְׁמֶךָ.

וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ,

וְהִגֵּן בְּעַדְנוּ,

וְהִסֵּר מֵעָלֵינוּ מַכַּת אוֹיֵב,

דָּבָר, חָרֵב, חוֹלִי, צָרָה,

רָעָה, רָעֵב, וְיָגוֹן,

וּמִשְׁחִית, וּמִגֵּפָה.

שְׂבוֹר וְהִסֵּר הַשָּׂטָן

מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,

וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ,

וּשְׁמוֹר צִאתֵנוּ וּבואֵנוּ,

לְחַיִּים טוֹבִים וּלְשָׁלוֹם,

מֵעַתָּה וְעַד עוֹלָם.

כִּי אֵל שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה,

מִכָּל דָּבָר רָע וּמִפַּחַד לַיְלָה.

בָּרוּךְ אַתָּה יְהוָה,

שׁוֹמֵר אֶת עַמּוֹ יִשְׂרָאֵל לְעַד.

{אָמֵן}

חֲצִי קַדִּישׁ 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'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,

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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיַצְמַח פְּרֻקְנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

עמידה

THE AMIDAH

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 שְׁפָתַי

ADONAI S'FATAI

אֲדֹנָי שְׁפָתַי תִּפְתַּח, וּפִי יִגִּיד 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.

Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah, then straighten up at ה' the Name of Hashem.

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.

Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah, then straighten up at ה' the Name of Hashem.

Baruch atah Adonai,

Blessed are You Adonai,

magen Avraham v'ezrat Sarah.

Shield of Abraham and Helper of Sarah.

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.

בָּרוּךְ אַתָּה יְהוָה,
מַגֵּן אַבְרָהָם וְעֹזֶרֶת שָׂרָה.

גְבוּרוֹת G'VUROT

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.

בְּחוּרף: מְשִׁיב הַרוּחַ,
וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,
וּמְתִיר 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 K'DUSHAT HASHEM

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

Atah kadosh v'shimcha kadosh,

You are holy and Your Name is holy,

ukdoshim b'chol yom

and each day the blessed ones

y'hal'lucha selah,

sing praises to You, Selah,

ki El melech gadol v'kadosh atah.

for O Almighty One, a Sovereign great and holy are You.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,

וְקְדוּשֵׁים בְּכֹל יוֹם

יְהַלְלוּךָ סֵלָה,

כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

Baruch atah Adonai,

Blessed are You Adonai,

ha-El hakadosh.

the Almighty One Who is holy.

בָּרוּךְ אַתָּה יְהוָה,

הָאֵל הַקָּדוֹשׁ

THE MIDDLE BLESSINGS

The middle blessings of the Weekday Amidah consist of thirteen supplications. The first five are personal supplications, seven are communal, and the final supplication is for the Creator to accept our prayers.

בִּינָה

BINAH (INSIGHT)

Atah chonen l'adam da-at,

You endow humans with knowledge,

umlamed le-enosh binah.

and teach mortals understanding.

v'chonenu me-it'cha chochmah

and graciously share with us Your wisdom,

binah vada-at.

insight and knowledge.

אַתָּה חוֹנֵן לְאָדָם דַּעַת,

וּמְלַמֵּד לְאֶנֶשׁ בִּינָה,

וְחֹנְנֵנוּ מֵאַתָּךְ חֲכָמָה

בִּינָה וְדַעַת.

The following is only said at the conclusion of Shabbat and of Festivals (including Yom Tov to Chol HaMoed).

Atah chonantanu Adonai Eloheinu

You have given us, Adonai our Elohim,

mada v'haskel.

wisdom and intelligence.

Atah amarta l'havdil

You said to distinguish.

bein kodesh l'chol,

between the sacred and the secular,

uvein or l'choshech,

and between light and darkness,

uvein Yisra-el la-amim,

and between Israel and the nations,

bein yom hash'vi-i

between the Seventh Day

l'sheshet y'mei hama-aseh.

and the six days of labor.

K'shem shehivdaltanu

Much as You have distinguished us,

Adonai Eloheinu me-amei ha-aratzot

Adonai our Elohim, from the peoples of the lands

umimishp'chot ha-adamah,

and from the families of the earth,

kach p'denu v'hatzilenu

so too redeem us and save us

misatan ra umipega ra,

from the evil Opponent and from an evil affliction,

umikol g'zerot kashot v'ra-ot

and from all harsh decrees and wickedness

hamitrag'shot lavo ba-olam.

that assemble to come into the world.

Baruch atah Adonai,

Blessed are You Adonai,

chonen hada-at.

gracious Giver of knowledge.

אַתָּה חוֹנְנֵתָנוּ יְהוָה אֱלֹהֵינוּ
מִדָּע וְהַשְׂכִּיל.

אַתָּה אִמַּרְתָּ לְהַבְדִּיל
בֵּין קֹדֶשׁ לְחֹל

וּבֵין אֹר לְחֹשֶׁךְ

וּבֵין יִשְׂרָאֵל לְעַמִּים,

וּבֵין יוֹם הַשְּׁבִיעִי

לְשֵׁשֶׁת יְמֵי הַמַּעֲשֵׂה.

כְּשֵׁם שֶׁהַבְדַּלְתָּנוּ

יְהוָה אֱלֹהֵינוּ מֵעַמֵּי הָאָרְצוֹת

וּמִמִּשְׁפָּחוֹת הָאָדָמָה,

כַּךְ פָּדַנּוּ וְהִצִּילָנוּ

מִשָּׂטָן רָע וּמִפְּגַע רָע,

וּמִכָּל גְּזֵרוֹת קָשׁוֹת וְרָעוֹת

הַמְתַּרְגְּשׁוֹת לְבֹא בְעוֹלָם.

בָּרוּךְ אַתָּה יְהוָה,

חוֹנֵן הַדָּעַת.

תשובה

T'SHUVAH (RETURN)

Hashivenu avinu l'Toratecha,
 Return us our Father to Your Torah,
 v'kar'venu malkenu la-avodatecha,
 and draw us our Sovereign to Your service,
 v'hachazirenu bitshuvah sh'lemah
 and in complete return restore us
 l'fanecha.
 to Your Presence

Baruch atah Adonai,
 Blessed are You Adonai,
 harotzeh bitshuvah.
 Who welcomes those who return.

הַשִּׁיבֵנו אֲבִינוּ לְתוֹרַתְךָ,
 וְקַרְבֵנו מִלְכֵנו לְעֲבוֹדַתְךָ,
 וְהַחְזִירֵנוּ בְּתִשְׁבּוּבָה שְׁלֵמָה
 לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה,
 הַרוֹצֵה בְּתִשְׁבּוּבָה.

סליחה

S'LICHAH (FORGIVENESS)

While saying חטאנו "chatanu" and פשענו "fashanu" gently strike the left side of the chest with the right fist.

S'lach lanu, avinu, ki chatanu,
 Forgive us, our Father, for our negativity,
 m'chol lanu malkenu ki fashanu,
 pardon us, our Sovereign, for our misdeeds,
 ki El tov v'salach atah.
 for You are the One Who is good and forgiving.

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

סַלַח לָנוּ, אֲבִינוּ, כִּי חָטָאנוּ,
 מִחוּל לָנוּ מִלְכֵנוּ כִּי פָשַׁעְנוּ,
 כִּי אֵל טוֹב וְסָלַח אֶתְּךָ.

בָּרוּךְ אַתָּה יְהוָה,
 חַנוּן הַמְרַבֵּה לְסִלַּח.

גאולה

G'ULAH (REDEMPTION)

R'eh na v'onyenu v'rivah rivenu,
 Please look upon our affliction and defend our cause,
 umaher l'ga-alenu g'ulah sh'lemah
 and quickly redeem us with a complete redemption
 l'ma-an sh'mecha,
 for the sake of Your Name,
 ki El go-el chazak atah.
 for You, Almighty One, are the powerful Redeemer.

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

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

בָּרוּךְ אַתָּה יְהוָה,
 גּוֹאֵל יִשְׂרָאֵל.

רפואה

R'FUAH (HEALING)

R'fa-enu, Adonai, v'nerafe,
 Heal us, Adonai, and let us be healed,
 hoshi-einu v'nivashe-ah,
 save us and let us be saved,
 ki t'hilatenu atah.
 for the One we praise is You.
 V'ha-aleh aruchah umarpe
 Bring cure and healing
 l'chol tachalu-einu
 for all of our illnesses,
 ulchol machoveinu
 and for all of our pains,
 ulchol machoteinu,
 and for all of our ailments,
 ki El melech v'rofei
 for O Almighty One, a Sovereign and a Healer
 ne-eman v'rachaman atah.
 Who is faithful and compassionate are You.

Baruch atah Adonai,
 Blessed are You Adonai,
 rofe cholei amo Yisra-el.
 Who heals the sick of His people Israel.

רְפָאֵנוּ יְהוָה וְנִרְפָּא,
 הוֹשִׁיעֵנוּ וְנִוָּשָׁעָה,
 כִּי תְהִלַּתְנוּ אַתָּה.
 וְהַעֲלֵה אֲרוּכָה וּמְרַפָּא
 לְכֹל תַּחֲלוּאֵינוּ
 וּלְכֹל מַכְאוּבֵינוּ
 וּלְכֹל מַכּוֹתֵינוּ,
 כִּי אֵל מֶלֶךְ רוֹפֵא
 נְאֻמָּן וְרַחֲמָן אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,
 רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

ברכת השנים

BIRKAT HASHANIM (YEAR OF PROSPERITY)

בקיץ
SUMMER

First night of Pesach Chol HaMoed - Minchah of December 4th (Dec. 5 in a civil leap year).

Bar'chenu Adonai Eloheinu
Bless us, Adonai our Elohim,
b'chol ma-asei yadeinu,
in all the works of our hands,
uvarech sh'natenu b'tal'lei ratzon
bless our year with dews of favor,
b'rachah undavah.
blessing and generosity.
Ut-hi acharitah chayim
May its end be one of life
v'sava v'shalom,
of plenty and of peace,
kashanim hatovot livrachah,
as the best years for blessing,
ki El tov umetiv atah,
for You, Almighty One, are good and beneficent,
umvarech hashanim.
and the One Who blesses the years.

Baruch atah Adonai,
Blessed are You Adonai,
m'varech hashanim.
Who blesses the years.

בְּרַכְנוּ יְהוָה אֱלֹהֵינוּ
בְּכֹל מַעֲשֵׂי יְדֵינוּ,
וּבִרְךְ שְׁנַתְנוּ בְּטַלְלֵי רְצוֹן
בְּרַכָּה וְנִדְבָה.
וְתֵהִי אַחֲרֵיתָהּ חַיִּים
וְשָׂבַע וְשָׁלוֹם,
כַּשָּׁנִים הַטּוֹבוֹת לְבְרָכָה,
כִּי אֵל טוֹב וּמְטִיב אֶתְהָ
וּמְבָרֵךְ הַשָּׁנִים.
בְּרוּךְ אַתָּה יְהוָה,
מְבָרֵךְ הַשָּׁנִים.

בחרף
WINTER

Arvit of December 4th (Dec. 5 in a civil leap year) - Minchah of Erev Pesach.

Barech aleinu, Adonai Eloheinu,
Bless on our behalf, Adonai our Elohim,
et hashanah hazot et
this year and
kol minei t'vu-atah,
and its abundant crops,
l'tovah.
for good.
v'ten tal umatar livrachah
and give dew and rain for a blessing

בְּרַךְ עָלֵינוּ יְהוָה אֱלֹהֵינוּ
אֶת הַשָּׁנָה הַזֹּאת,
וְאֶת כָּל מִיְּנֵי תְבוֹאָתָהּ,
לְטוֹבָה,
וְתֵן טַל וּמָטָר לְבְרָכָה

al kol p'nei ha-adamah,
 upon all the face of the earth,
 v'raveh p'nei tevel,
 and saturate the face of the world,
 v'saba et ha-olam
 and satisfy the world
 kulo mituvach,
 completely from Your goodness,
 umalei yadeinu mibirchotecha
 and fill our hands with Your blessings
 ume-osher mat'not yadecha.
 and from the abundance of gifts from Your hands.
 Shomrah v'hatzilah shanah zo
 Watch over and rescue this year
 mikol davar ra,
 from anything bad,
 umikol minei mash-chit,
 and from all kinds of destruction,
 umikol minei puranut,
 and from all kinds of calamity,
 va-aseh lah tikvah tovah
 and give it good hope
 v'acharit shalom,
 and a peaceful end,
 chus v'rachem aleha
 have pity and compassion upon it
 v'al kol t'vua-tah ufeiroteha,
 and upon its grain and fruit,
 uvar'chah b'gishmei ratzon
 and bless it with desirable rain
 b'rachah undavah.
 blessing and generosity.
 Ut-hi acharitah chayim
 May its end be one of life
 v'sava v'shalom,
 of plenty and of peace,
 kashanim hatovot livrachah,
 as the best years for blessing,
 ki El tov umetiv atah,
 for You, Almighty One, are good and beneficent,
 umvarech hashanim.
 and the One Who blesses the years.
 Baruch atah Adonai,
 Blessed are You Adonai,
 m'varech hashanim.
 Who blesses the years.

עַל כָּל פְּנֵי הָאֲדָמָה,
 וְרוֹיֵה פְּנֵי תֵבֵל,
 וְשַׁבַּע אֶת הָעוֹלָם
 כְּלוּ מִטוֹבְךָ,
 וּמִלֵּא יְדֵינוּ מִבְּרָכוֹתֶיךָ
 וּמֵעֶשֶׂר מַתָּנוֹת יְדֶיךָ.
 שְׁמְרָה וְהַצִּילָה שָׁנָה זוֹ
 מִכָּל דָּבָר רָע,
 וּמִכָּל מִיַּיִ מַשְׁחִית,
 וּמִכָּל מִיַּיִ פְּרַעֲנוֹת,
 וַעֲשֵׂה לָּהּ תִקְוָה טוֹבָה
 וְאַחֲרֵית שָׁלוֹם,
 חוּס וְרַחֵם עָלֶיהָ
 וְעַל כָּל תְּבוּאָתָהּ וּפִירוֹתֶיהָ,
 וּבְרַכָּהּ בְּגִשְׁמֵי רְצוֹן
 בְּרַכָּה וּנְדָבָה.
 וְתִהְיֶה אַחֲרֵיתָהּ חַיִּים
 וְשַׁבַּע וְשָׁלוֹם,
 כַּשָּׁנִים הַטּוֹבוֹת לְבְרַכָּה,
 כִּי אֵל טוֹב וּמְטִיב אֶתְּהָ
 וּמְבָרֵךְ הַשָּׁנִים.
 בָּרוּךְ אַתָּה יְהוָה,
 מְבָרֵךְ הַשָּׁנִים.

קבוץ גלויות

KIBUTZ GALUYOT (INGATHERING OF EXILES)

T'ka b'shofar gadol l'cherutenu,
Sound the great shofar to proclaim our freedom,
 v'sa nes l'kabetz galuyoteinu,
raise a banner to gather in our exiles,
 v'kab'tzenu yachad me-arba
and gather us together from the four
 kanfot ha-aretz l'artzenu.
corners of the earth to our land.

Baruch atah Adonai,
Blessed are You Adonai,
 m'kabetz nidchei amo Yisra-el.
Who gathers the dispersed of Your people Israel.

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵרוּתֵנוּ,
 וְשֵׂא נֵס לְקַבֵּץ גְּלוּיֹתֵינוּ,
 וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע
 כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

בָּרוּךְ אַתָּה יְהוָה,
 מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

דין

DIN (RESTORATION OF JUSTICE)

Hashivah shof'teinu k'varishonah,
Restore our judges as they were in earliest times,
 v'yo-atzeinu k'vatchilah,
and our advisors as at the beginning,
 v'haser mimenu yagon va-anachah.
and remove from us grief and sighing.
 Umloch aleinu m'herah atah
And may You reign over us speedily,
 Adonai l'vad'cha,
Adonai, alone,
 b'chesed uvrachamim
with kindness and compassion
 b'tzedek uvmishpat.
with righteousness and justice.

Baruch atah Adonai,
Blessed are You Adonai,
 melech ohev tz'dakah umishpat.
Sovereign Who loves righteousness and justice.

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְרֵאשׁוֹנָה,
 וְיֹעֲצֵינוּ כְּבִתְחִלָּה,
 וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה.
 וּמְלוֹךְ עָלֵינוּ מְהֵרָה אַתָּה
 יְהוָה לְבַדְּךָ,
 בְּחֶסֶד וּבְרַחֲמִים
 בְּצַדֵּק וּבִמִּשְׁפָּט.

בָּרוּךְ אַתָּה יְהוָה,
 מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

ברכת המינים

BIRKAT HAMINIM (AGAINST EVIL)

Laminim v'lamalshinim

For the wicked and the slanderers

al t'hi tikvah,

may there be no hope,

v'chol hazedim k'rega yovedu,

and may all wicked perish in an instant,

v'chol oy'vecha v'chol son'echa

and may all Your enemies and all Your foes

m'herah yikaretu,

quickly be cut down,

umalchut harishah m'herah

and the realm of evil quickly

t'aker utshaber,

may You uproot and smash,

utchalem v'tachni-em

and terminate and overpower them,

bimherah v'yameinu.

very soon and in our days.

Baruch atah Adonai,

Blessed are You Adonai,

shover oy'vim umachni-a zedim.

Who smashes enemies and overpowers the wicked.

למינים ולמלשינים

אל תהי תקוה,

וכל הזדים כרגע יאבדו,

וכל אויביך וכל שונאיך

מהרה יכרתו,

ומלכות הרשעה מהרה

תעקר ותשבר,

ותכלם ותכניעם,

במהרה בימינו.

ברוך אתה יהוה,

שובר אויבים ומכניע מינים.

צדיקים

TZADIKIM (THE RIGHTEOUS)

Al hatzadikim v'al hachasidim

Upon the righteous and upon the devout

v'al ziknei am'cha

and upon the remainder of Your people

beit Yisra-el,

the House of Israel,

v'al p'leitat beit sof'reihem,

and upon the remnant of the house of their scholars,

v'al gerei ha-tzedek v'aleinu,

and upon the converts who are righteous and upon us,

yehemu na rachamecha,

may Your compassion be stirred,

על הצדיקים ועל החסידים

ועל שארית עמך

בית ישראל,

ועל פליטת בית סופריהם,

ועל גרי הצדק ועלינו,

יהמו נא רחמיך,

Adonai Eloheinu,
Adonai our Elohim,
 v'ten sachar tov l'chol
and grant a good reward to all
 habot'chim b'shimcha be-emet,
who put their trust in Your Name with truth,
 v'sim chelkenu imahem,
and number us among them forever,
 ul-olam lo nevosh
and may we never feel ashamed
 ki v'cha batachnu
for in You we have put our trust
 v'al chasd'cha hagadol
and upon Your great compassion
 be-emet nishan'nu.
do we truly rely.

Baruch atah Adonai,
Blessed are You Adonai,
 mishan umivtach latzadikim.
the Support and Assurance of the righteous.

יהוה אֱלֹהֵינוּ,
 וְתֵן שָׂכָר טוֹב לְכֹל
 הַבּוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,
 וְשִׂים חֵלְקֵנוּ עִמָּהֶם,
 וְלֵעוֹלָם וְלֹא נִבּוֹשׁ
 כִּי בְךָ בָטַחְנוּ
 וְעַל חַסְדֶּךָ הַגָּדוֹל
 בְּאֵמֶת נִשְׁעָנָנוּ.
 בָּרוּךְ אַתָּה יְהוָה,
 מִשֵּׁעַן וּמִבְטָח לְצַדִּיקִים.

בְּנֵי יְרוּשָׁלַיִם

BINYAN Y'RUSHALAYIM (REBUILDING JERUSALEM)

Tishkon b'toch Y'rushalayim ir'cha
Dwell within the midst of Jerusalem, Your city,
 ka-asher dibarta,
as You have spoken,
 v'chise David avd'cha
and the throne of David, Your servant,
 m'herah b'tochah tachin,
may You establish within it very soon,
 uvneh otah binyan olam,
and may You rebuild it as an eternal edifice,
 bimherah v'yameinu.
very soon and in our days.

Baruch atah Adonai,
Blessed are You Adonai,
 boneh Y'rushalayim.
Who rebuilds Jerusalem.

תִּשְׁכּוּן בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ
 כַּאֲשֶׁר דִּבַּרְתָּ,
 וְכִסֵּא דָוִד עֲבֹדְךָ
 מְהֵרָה בְּתוֹכָהּ תַּכְיִן,
 וּבְנֵה אוֹתָהּ בְּנֵי עוֹלָם,
 בְּמְהֵרָה בְּיָמֵינוּ.
 בָּרוּךְ אַתָּה יְהוָה,
 בּוֹנֵה יְרוּשָׁלַיִם.

מלכות בית דוד

MALCHUT BEIT DAVID (DAVIDIC REIGN)

Et tzemach David avd'cha
The offspring of David Your servant
 m'herah tatzmi-ach,
may You cause to flourish speedily,
 v'karno tarum bishuatecha,
and may his power flourish through Your salvation,
 ki lishuat'cha kivinu kol hayom.
because for Your salvation do we hope all the day long.

Baruch atah Adonai,
Blessed are You Adonai,
 matzmi-ach keren y'shuah.
Who causes salvation to flourish.

אֶת צִמַּח דָּוִד עֲבִדְךָ
 מְהֵרָה תִצְמִיחַ,
 וְקִרְנוֹ תָרוּם בְּיִשׁוּעָתְךָ,
 כִּי לְיִשׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְהוָה,
 מַצְמִיחַ קֶרֶן יְשׁוּעָה.

קבלת תפלה

KABBALAT T'FILAH (ACCEPTANCE OF PRAYER)

Sh'ma kolenu, Adonai Eloheinu,
Hear our voice, Adonai our Elohim,
 Av harachaman,
Merciful Father,
 rachem aleinu,
have compassion on us,
 v'kabel b'rachamim uvratzon
and accept with compassion and favor
 et t'filatenu, ki El shome-a
our prayer, for the Almighty One who hears
 t'filot v'tachanunim atah.
prayers and supplications is You,
 Umil'fanecha malkenu,
From before Yourself, our Sovereign,
 rekam al t'shivenu,
do not turn us away empty-handed,
 chonenu va-anenu ushma t'filatenu,
be gracious with us and answer us and hear our prayers,
 ki atah shome-a t'filat kol peh.
for You hear the prayer of every mouth.

Baruch atah Adonai,
Blessed are You Adonai,
 shome-a t'filah.
Who hears prayer.

שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ,
 אָב הַרַחֲמָן,
 רַחֵם עָלֵינוּ,
 וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן
 אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ
 תְּפִלוֹת וְתַחֲנוּנִים אַתָּה.
 וּמִלְפָּנֶיךָ מַלְכֵנוּ,
 רִיקָם אַל תְּשִׁיבֵנוּ,
 חֲנֵנוּ וְעֲנֵנוּ וּשְׁמַע תְּפִלָּתֵנוּ,
 כִּי אַתָּה שׁוֹמֵעַ תְּפִלָּת כָּל פֶּה.

בָּרוּךְ אַתָּה יְהוָה,
 שׁוֹמֵעַ תְּפִלָּה.

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 הָעֲבוּדָה
לְדָבִיר בֵּיתְךָ,
וְאֲשֵׁי יִשְׂרָאֵל וְתִפְלָתָם,
מְהֵרָה בְּאַהֲבָה תִּקְבֹּל בְּרָצוֹן,
וְתִהְיֶה לְרָצוֹן תָּמִיד
עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

The following is said on Rosh Chodesh, Chol HaMoed Pesach, and Chol HaMoed Sukkot.

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,
l'chen l'chesed ulrachamim,
for grace, for lovingkindness and for compassion,

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
יַעֲלֶה וַיָּבֹא וַיֵּגִיעַ וַיֵּרָאֵה
וַיִּרְצֶה וַיִּשְׁמַע וַיִּפְקֹד
וַיִּזְכֹּר זְכוֹרֵנוּ
וְזָכוֹן אֲבוֹתֵינוּ,
וְזָכוֹן יְרוּשָׁלַיִם עִירְךָ,
וְזָכוֹן מֹשִׁיחַ בֶּן דָּוִד עַבְדְּךָ,
וְזָכוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל
לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,
לְחֵן לְחֶסֶד וּלְרַחֲמִים,

l'chayim tovim ulshalom,
for good life and for peace,

Rosh Chodesh:

b'jom Rosh ha-Chodesh hazeh,
on this day of Rosh Chodesh,

Pesach:

b'jom chag ha-Matzot hazeh,
on this day of the Festival of Matzah,

b'jom mikra kodesh hazeh,
on this day of holy convocation,

Sukkot:

b'jom chag ha-Sukot hazeh,
on this day of the Festival of Sukkot,

b'jom mikra kodesh hazeh,
on this day of holy convocation,

l'rachem bo aleinu ul-hoshi-enu.
have mercy upon us on it and to bring us salvation.

Zochrenu Adonai Eloheinu,
Remember us, Adonai our Elohim,

bo l'tovah,
on it for goodness,

ufakdenu vo livrachah,
and consider us on it for blessing,

v'hoshi-enu vo l'chayim tovim.
and save us on it for good life.

Bidvar y'shu-ah v'rachamim,
In the matter of salvation and mercy,

chus v'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.

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

לְחַיִּים טוֹבִים וְלִשְׁלוֹם,

בראש חודש:

בְּיוֹם רֵאשׁ הַחֹדֶשׁ הַזֶּה,

פסח:

בְּיוֹם חַג הַמַּצּוֹת הַזֶּה,

בְּיוֹם מִקְרָא קֹדֶשׁ הַזֶּה,

סוכות:

בְּיוֹם חַג הַסֻּכּוֹת הַזֶּה,

בְּיוֹם מִקְרָא קֹדֶשׁ הַזֶּה,

לְרַחֵם בּוֹ עָלֵינוּ וְלְהוֹשִׁיעֵנוּ.

זְכֹרְנוּ יְהוָה אֱלֹהֵינוּ,

בוֹ לְטוֹבָה,

וּפְקֻדָּנוּ בוֹ לְבִרְכָה,

וְהוֹשִׁיעֵנוּ בוֹ לְחַיִּים טוֹבִים.

בְּדַבַּר יְשׁוּעָה וְרַחֲמִים,

חֹסֶם וְחַנּוּנוֹ,

וְחַמּוֹל וְרַחֵם עָלֵינוּ

וְהוֹשִׁיעֵנוּ,

כִּי אֵלֶיךָ עֵינֵינוּ,

כִּי אֵל מֶלֶךְ חַנּוּן

וְרַחוּם אַתָּה.

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים,

תַּחֲפֹץ בָּנוּ וְתִרְצֵנוּ,

וְתַחְזִינָה עֵינֵינוּ בְּשׁוּבְךָ

l'Tziyon b'rachamim.
to Zion with compassion.

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

לְצִיּוֹן בְּרַחֲמִים.

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.

We bow first at our knees and then at our waist as we say מוֹדִים Modim
until ה' the Name of Hashem at which point we straighten up.

Modim anachnu lach,
We give thanks to You,
sha-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 nif'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,

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,
עָרֵב וּבִקֵּר וְצַהֲרַיִם.
הַטוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,

v'ham'rachem,
and the Compassionate One,
 ki lo tamu chasadecha,
for Your kindnesses have never ended,
 me-olam kiyinu lach.
for always we have placed our hope in You.
 V'al kulam yitbarach v'yitromam
And for all these blessed and exalted
 v'yitnase, tamid, shimcha malkenu
and extolled, continually, may Your Name be, our Sovereign,
 l'olam va-ed,
continually for ever and ever,
 v'chol hachayim yoducha selah.
everything alive will give thanks to You, Selah.

Vi-hal'lu vivar'chu et
and praise and bless
 shimcha hagadol be-emet,
Your great Name with sincerity,
 l'olam ki tov,
forever for it is good,
 ha-El y'shu-atenu v'ezratenu selah,
O Almighty One of our salvation and of our help forever,
 ha-El hatov.
the Almighty One Who is benevolent.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,
 then straighten up at הוּי the Name of Hashem.*

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.

וְהַמְּרַחֵם,
 כִּי לֹא תָמוּ חַסְדֶּיךָ,
 מֵעוֹלָם קִיְיִנוּ לָךְ.
 וְעַל כָּלם יִתְבָּרַךְ וְיִתְרוֹמַם
 וְיִתְנַשֵּׂא, תָּמִיד, שְׁמֶךָ מַלְכֵנוּ
 לְעוֹלָם וָעֶד,
 וְכָל הַחַיִּים יוֹדוּךָ סֵלָה.
 וַיְהִלְלוּ וַיְבָרְכוּ אֶת
 שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,
 לְעוֹלָם כִּי טוֹב,
 הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֵלָה,
 הָאֵל הַטוֹב.

בָּרוּךְ אַתָּה יְהוָה,
 הַטוֹב שְׁמֶךָ
 וְלָךְ נֶאֱדָה לְהוֹדוֹת.

שָׁלוֹם

SHALOM

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

Sim shalom 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 שָׁלוֹם טוֹבָה וּבְרָכָה,

חַיִּים חַן וְחֶסֶד וְרַחֲמִים,

עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

וּבְרַכְנוּ אֲבִינוּ

כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,

כִּי בְּאוֹר פְּנֶיךָ נִתְּתָ לָנוּ,

יְהוָה אֱלֹהֵינוּ,

תּוֹרָה וְחַיִּים, אֱהָבָה וְחֶסֶד,

צְדָקָה וְרַחֲמִים,

בְּרָכָה וְשָׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבְרַכְנוּ

וּלְבָרֵךְ אֶת כָּל עַמְּךָ יִשְׂרָאֵל,

בְּרֹב עֹז וְשָׁלוֹם.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי פִי

וְהִגִּיוֹן 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 mitzvotecha tirdof nafshi.
and may my soul pursue Your commandments.
 V'chol hakamim alai l'ra-ah,
And all who rise against me with wickedness,
 m'herah hafer atzatham
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.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעָ,
 וּשְׂפֵתַי מִדְּבַר מִרְמָה,
 וְלִמְקַלְלֵי נַפְשִׁי תִדּוּם,
 וְנַפְשִׁי כֶּעָפָר לְכֹל תִּהְיֶה.
 פְּתַח לְבִי בְּתוֹרַתְךָ,
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.
 וְכֹל הַקָּמִים עָלַי לְרָעָה,
 מְהֵרָה הִפֵּר עֲצָתָם
 וְקָלְקַל מַחֲשֵׁבוֹתָם.
 עֲשֵׂה לְמַעַן שְׁמֶךָ,
 עֲשֵׂה לְמַעַן יְמִינְךָ,
 עֲשֵׂה לְמַעַן תּוֹרַתְךָ,
 עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.
 לְמַעַן יִחַלְצוֹן יְדֵיֶיךָ,
 הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

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

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

יְהִיו לְרָצוֹן אִמְרֵי פִי
 וְהִגְיוֹן לְבִי לְפָנֶיךָ,
 יְהוָה צוּרִי וְגֹאֲלִי.

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 בְּמִרְוָמָיו,

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 תֵבֵל,

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.

Y'hi shem Adonai m'vorach,
May the Name of Adonai be blessed,
me-atah v'ad olam.
from now until eternity.
Mimizrach shemesh ad m'vo-o,
From the rising of the sun to its setting,
m'hulal shem Adonai.
the Name of Adonai is praised.
Ram al kol goyim Adonai,
High above all nations is Adonai,
al hashamayim k'vodo.
His glory is above the heavens.
Adonai adoneinu,
Adonai, our Ruler,
mah adir shimcha b'chol ha-aretz.
how mighty is Your Name in all the earth.

יְהִי שֵׁם יְהוּה מְבֹרָךְ,
מֵעַתָּה וְעַד עוֹלָם.
מִמִּזְרַח שֶׁמֶשׁ עַד מְבֹאוֹ,
מְהַלֵּל שֵׁם יְהוּה.
רַם עַל כָּל גּוֹיִם יְהוּה,
עַל הַשָּׁמַיִם כְּבוֹדוֹ.
יְהוּה אֲדוֹנֵינוּ,
מַה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

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}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיִצְמַח פְּרֻקָנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעַלְמֵם וּלְעַלְמֵי עֲלַמְיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

l'ela min kol birchata v'shirata
beyond more than any blessing and song
tushb'chata v'nechemata,
praise and consolation
da-amiran b'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
 אַבּוּנָא 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,

עֲשֵׂה 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
 יַעֲשֵׂה 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.}

*This Tehilim is recited most days except for the following:
Chol HaMoed Pesach, recite Tehilim 114,
From Rosh Chodesh Elul to Hoshanah Rabah, recite Tehilim 27,
Chol HaMoed Sukkot, recite Tehilim 122.*

תהלים קכא

TEHILIM 121

Shir lama-alot,

A song of ascents,

esah einai el heharim,

I lift my eyes to the mountains,

me-ayin yavo ezri.

from where does my help come?

Ezri me-im Adonai,

My help comes from Adonai,

oseh shamayim va-aretz.

Maker of heaven and earth.

Al yiten lamot raglecha,

He will not allow your foot to slip,

al yanum shom'recha.

your Guardian will not slumber.

Hineh lo yanum v'lo yishan,

It is so that neither slumbers nor sleeps,

shomer Yisra-el.

the Guardian of Israel.

Adonai shom'recha,

Adonai is your Guardian,

Adonai tzil'cha al yad y'minecha.

Adonai is your shelter at your right hand.

Yomam hashemesh lo yakekah,

The sun will not strike you by day,

v'yare-ach balailah.

nor the moon by night.

Adonai yishmorcha mikol ra,

Adonai will protect you from evil,

yishmor et nafshecha.

and will protect your soul.

Adonai yishmor tze-t'cha uvo-echa,

Adonai will guard your departure and your arrival,

me-atah v'ad olam.

from this time and unto eternity.

שִׁיר לַמַּעֲלוֹת,

אֲשָׂא עֵינַי אֶל הַהָרִים,

מֵאֵינן יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

אֵל יִתֵּן לַמּוֹט רַגְלְךָ,

אֵל יִנּוּם שֹׁמְרְךָ.

הֲיֵה לֹא יִנּוּם וְלֹא יִישָׁן,

שׁוֹמֵר יִשְׂרָאֵל.

יְהוָה שֹׁמְרְךָ,

יְהוָה צִלְךָ עַל יַד יְמִינְךָ.

יוֹמָם הַשֶּׁמֶשׁ לֹא יַכְכֶּה,

וַיָּרַח בַּלַּיְלָה.

יְהוָה יִשְׁמְרְךָ מִכָּל רָע,

יִשְׁמַר אֶת נַפְשְׁךָ.

יְהוָה יִשְׁמַר צֵאתְךָ וּבואְךָ,

מֵעַתָּה וְעַד עוֹלָם.

From Rosh Chodesh Elul to Hoshanah Rabah

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 אֹרִי וַיִּשְׁעֵי מִמִּי אִירָא,

יְהוָה מָעוֹז חַיֵּי מִמִּי אֶפְחָד.

בְּקָרֹב עָלַי מְרַעִים,

לֶאֱכֹל אֶת בְּשָׂרִי צָרִי וְאֹיְבֵי לִי,

הִמָּה כָּשְׁלוּ וְנָפְלוּ.

אִם תַּחֲנֶנָּה עָלַי מַחֲנֶה

לֹא יִירָא לְבִי,

אִם תִּקְוִים עָלַי מִלְחָמָה,

בְּזֹאת אֲנִי בֹטָח.

אֶחַת שָׁאַלְתִּי מֵאֵת יְהוָה,

אוֹתָהּ אֶבְקֶשׁ

שְׁבִתִּי בְּבַיִת יְהוָה,

כֹּל יְמֵי חַיֵּי לַחַזוֹת בְּנֹעַם

יְהוָה וּלְבַקֵּר בְּהִיכָלוֹ.

כִּי יִצְפְּנֵנִי בְּסֹכֶה בְּיוֹם רָעָה,

יִסְתַּרְנִי בְּסֹתֵר אֶהְלוֹ

בְּצוּר יְרוּמָמְנִי.

וְעֵתָהּ יְרוֹם רֹאשִׁי,

עַל אֹיְבֵי סְבִיבוֹתַי,

וְאֶזְבְּחָהּ בְּאֶהְלוֹ 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 פְּנֵיךָ יְהוָה אֲבַקֵּשׁ.

אֵל תִּסְתַּר פְּנֵיךָ מִמֶּנִּי,

אֵל תֵּט בְּאַף עֲבֹדְךָ,

עֲזַרְתִּי הָיִיתָ,

אֵל תִּטְּשֵׁנִי וְאֵל תַּעֲזֹבֵנִי,

אֱלֹהֵי יִשְׂרָאֵל.

כִּי אָבִי וְאִמִּי עֲזָבוּנִי,

וַיהוָה יֶאֱסַפֵּנִי.

הוֹרֵנִי יְהוָה דְרָכְךָ,

וְנַחֲנֵי בְּאֶרֶח מִישׁוֹר,

לְמַעַן שׂוֹרְרֵי.

אֵל תִּתְּנֵנִי בְּנַפְשׁ צָרִי,

כִּי קָמוּ בִי עֵדֵי שֶׁקֶר,

וַיִּפַּח חָמָס.

לוֹלֵא הָאֲמָנָתִי,

לְרֵאוֹת בְּטוֹב יְהוָה

בְּאֶרֶץ חַיִּים.

קְוֵה אֶל יְהוָה,

חֲזֵק וַיֶּאֱמַץ לְבָבְךָ,

וְקוֹה אֶל יְהוָה.

Chol HaMoed Sukkot

תהלים קכב

TEHILIM 122

Shir hama-alot I'David,
A song of ascents by David,
 Samachti b'omrim li,
I rejoiced when they said to me,
 beit Adonai nelech.
let us go to the House of Adonai.
 Om'dot hayu ragleinu,
Our feet stood firm,
 bisharayich Y'rushalayim.
within your gates O Jerusalem.
 Y'rushalayim hab'nuyah,
Jerusalem is built up,
 k'ir shehub'rah lah yachdav.
like a city that is united together.
 Shesham alu sh'vatim,
For there ascended the tribes,
 shivtei Yah edut I'Yisra-el,
the tribes of Yah, a testimony for Israel,
 I'hodot I'shem Adonai.
to give thanks to the Name of Adonai.
 Ki shamah yashvu
For there sat
 kisot I'mishpat,
thrones of judgement,
 kisot I'veit David.
thrones for the House of David.
 Sha-alu sh'lom Y'rushalayim,
Pray for the peace of Jerusalem,
 yishlayu ohavayich.
serene will be those who love you.
 Y'hi shalom b'cheilech,
May there be peace within your walls,
 shalvah b'arm'notayich.
serenity within your palaces.
 L'ma-an achai v're-ai,
For the sake of my brethren and my comrades,
 adab'rah na shalom bach.
I shall speak of peace in your midst.
 L'ma-an beit Adonai Eloheinu,
For the sake of the House of Adonai our Elohim,
 avakshah tov lach.
I will request good for you.

שִׁיר הַמַּעֲלוֹת לְדָוִד,
 שָׂמַחְתִּי בְּאֹמְרִים לִי,
 בֵּית יְהוָה נֵלֶךְ.
 עֲמֻדֹת הָיוּ רַגְלֵינוּ,
 בְּשַׁעְרֶיךָ יְרוּשָׁלַיִם.
 יְרוּשָׁלַיִם הִבְנוּיָהּ,
 כְּעִיר שֶׁחִבְרָה לָּהּ יַחְדָּו.
 שֵׁשָׁם עָלוּ שְׁבָטִים
 שְׁבֻטֵי יְהוָה עֵדוּת לְיִשְׂרָאֵל,
 לְהַדוֹת לְשֵׁם יְהוָה.
 כִּי שָׁמָּה יֹשְׁבוּ
 כִּסְאוֹת לְמִשְׁפָּט,
 כִּסְאוֹת לְבֵית דָּוִד.
 שְׂאֲלוּ שְׁלוֹם יְרוּשָׁלַיִם,
 יִשְׁלְיוּ אֶהְבִּיךָ.
 יְהִי שְׁלוֹם בְּחֵילֶךָ,
 שְׁלוֹהַּ בְּאַרְמְנוֹתֶיךָ.
 לְמַעַן אֲחִי וְרֵעִי,
 אֲדַבְּרָה נָא שְׁלוֹם בְּךָ.
 לְמַעַן בֵּית יְהוָה אֱלֹהֵינוּ,
 אֲבַקֶּשֶׁה טוֹב לָּךְ.

קדיש יהא שלמא

KADDISH Y'HE SH'LAMA (MOURNER'S KADDISH)

We turn our thoughts to those who have departed this earth: our own loved ones and those whom we have drawn into our hearts as our own, those whom our friends and neighbors have lost, the martyrs of our people whose graves are unmarked, and those of every race and nation whose lives have been a blessing to humanity. As we remember them, we meditate on the meaning of love and loss, of life and death.

זְכוֹרָנָם לְבִרְכָה.

Zichronam livrachah.

May their memories be for blessing.

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

Yitgadal v'yitkadash sh'meh raba.

Exalted and sanctified be His great Name.

{Amen.}

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

B'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.

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ,

וַיַּצְמַח פְּרֻקָנֵיהּ

וַיִּקְרַב מְשִׁיחֵיהּ. {אָמֵן}

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.

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'he sh'meh raba m'varach

May His great Name be blessed

l'alam ul-almei al-maya.}

forever and for all eternity.

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

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.

Y'he sh'lama raba min sh'maya,

May there be abundant peace from heaven,

v'chayim tovim aleinu,

and good life upon us,

v'al kol Yisra-el,

and upon all Israel,

v'imru amen. {Amen.}

and say amen. Amen.

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

Oseh shalom bimromav,

May the One Who makes peace in His heights,

Bow to the right and say:

hu b'rachamav

may He, in His compassion,

ya-aseh shalom aleinu,

make peace upon us,

Bow forward and say:

v'al kol amo Yisra-el,

and upon all His people Israel,

v'al kol yosh'vei tevel,

and upon all the inhabitants of the earth,

Straighten the body and say:

v'imru amen. {Amen.}

and say amen.

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},
לְעֵלָּא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְּאִמְרֵן בְּעֵלְמָא,
וְאִמְרוּ אָמֵן. {אָמֵן.}

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא בְּרַחֲמָיו
יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל עַמּוֹ יִשְׂרָאֵל,
וְעַל כָּל יוֹשְׁבֵי תֵבֶל,

וְאִמְרוּ אָמֵן. {אָמֵן.}

We bow first at our knees and then at our waist as we say בָּרְכוּ Bar'chu and בְּרוּךְ Baruch
we stand upright at ה' the Name of Hashem.

Chazzan:

בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ!

Bar'chu et Adonai ham'vorach!

Bless Adonai Who is blessed!

Congregation:

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

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

Blessed is Adonai Who is blessed for ever and ever!

Chazzan:

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

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

Blessed is Adonai Who is blessed for ever and ever!

עֲלֵינוּ

ALEINU

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

Stand while saying the Aleinu.

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

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
הָאֲדָמָה, שֶׁלֹא שָׁם חֵלְקֵנוּ
כְּהֵם וְגִרְלָנוּ כְּכֹל הַמּוֹנֵם,
שֶׁהֵם מִשְׁתַּחֲוִים לְהֶבֶל וָרִיק,
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,

וְאַנְחֵנוּ מִשְׁתַּחֲוִים

לְפָנֵי מֶלֶךְ מְלָכֵי הַמְּלָכִים,

הַקְּדוֹשׁ בְּרוּךְ הוּא.

שֶׁהוּא נוֹטֵה שָׁמַיִם

וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ

בַּשָּׁמַיִם מִמַּעַל,

וְשָׁכֵינֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים.

הוּא אֱלֹהֵינוּ וְאֵין עוֹד אַחֵר.

אֱמֵת מְלַכְנוּ, אִפְסֵ זולָתוֹ,

כַּכְּתוּב בַּתּוֹרָה:

וַיֵּדַעַת הַיּוֹם וְהַשַּׁבָּת

אֵל לְבַבְךָ, כִּי יְהוָה הוּא

הָאֱלֹהִים בַּשָּׁמַיִם 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,

l'hafnot elecha kol rishei aretz.

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

Yakiru v'ye-d'u kol yosh'vei tevel,

May all the inhabitants of the world know and recognize You,

ki l'cha tichra kol berech,

that to You every knee should bend,

tishava kol lashon.

and every tongue pledge.

L'fanecha Adonai Eloheinu

Before You, Adonai our Elohim,

yichr'u v'yipolu,

they will bend their knees and bow down,

v'lichvod shimcha y'kar yitenu,

and they will give honor to the glory of Your Name,

vikab'lu 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.

לְהַפְנוֹת אֱלֹהֶיךָ כָּל רְשָׁעֵי אֶרֶץ.

יִכְירוּ וַיֵּדְעוּ כָּל יוֹשְׁבֵי תֵבֵל,

כִּי לְךָ תִכְרַע כָּל בָּרֶךְ,

תִּשָּׁבַע כָּל לָשׁוֹן.

לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ

יִכָּרְעוּ וַיִּפְלוּ,

וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְּנוּ,

וַיִּקַּבְּלוּ כָּל מַלְכוּתְךָ,

וְתִמְלֹךְ עֲלֵיהֶם

מְהֵרָה לְעוֹלָם וָעֶד.

כִּי הַמְּלֻכּוֹת שֶׁלְּךָ הֵיא,

וְלְעוֹלָמֵי עַד תִּמְלוֹךְ בְּכָבוֹד,

כַּכָּתוּב בְּתוֹרָתְךָ:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֹאמַר, וְהָיָה יְהוָה

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה אֶחָד, וְשִׁמוֹ אֶחָד.

Between Pesach and Shavuot, the Omer is counted.

On most days the service ends here.

For Birkat HaLevanah, continue on the next page.

*The Birkat HaLevanah should be recited after seven days pass from the molad.
The latest time that it can be said is fifteen days after the molad.
During Tishrei, the Birkat HaLevanah is postponed until after Yom Kippur.*

סדר ברכת הלבנה

SEDER BIRKAT HALEVANAH

Rabbi Yochanan taught that one who blesses the new moon is regarded like one who greets the Sh'chinah. We recognize Hashem's existence through miracles, revelations, and through the cycles of nature. The moon's cycles are most apparent and we as Israel are likened to the moon, for at times we have suffered at the hands of others and our light has been dim like the new moon and at other times we have shone brightly and gloriously like the full moon.

תהלים יט

TEHILIM 19

Through the contemplation of nature and study of Torah, we can recognize our Creator. However, only the Torah can guide us on how to attain spiritual fulfillment, as this psalm declares "The Torah of Hashem is perfect, it restores the soul."

Lam'natze-ach mizmor l'David.

For the conductor, a psalm by David.

Hashamayim m'sap'rim k'vod El,

The heavens declare the glory of the Almighty One,

uma-aseh yadav magid haraki-a.

and the firmament tells the work of His hands.

Yom l'yom yabi-a omer,

Day following day utters speech,

v'lailah l'lailah y'chaveh da-at.

and night following night conveys knowledge.

Ein omer v'ein d'varim,

There is no speech and there are no words,

b'li nishma kolam.

unheard is their sound.

B'chol ha-aretz yatza kum,

But throughout the earth their line goes forth,

uvik-tzeh tevel mileihem,

and their words reach the farthest ends of the world,

lashemesh sham ohel bahem.

He has set up a tent for the sun in their midst.

V'hu k'chatan yotze mechupato,

And it is like a groom coming forth from his bridal chamber,

yasis k'gibor larutz orach.

rejoicing like a warrior to run the course.

לְמַנְצֵחַ מִזְמוֹר לְדָוִד.
הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד אֵל,
וּמַעֲשֵׂה יָדָיו מַגִּיד הַרְקִיעַ.
יוֹם לְיוֹם יִבְיַע אָמֹר,
וְלַיְלָה לְלַיְלָה יַחְוֶה דַּעַת.
אֵין אָמֹר וְאֵין דְּבָרִים,
בְּלִי נִשְׁמָע קוֹלָם.
בְּכֹל הָאָרֶץ יֵצֵא קוֹם,
וּבִקְצֵה תֵּבֵל מְלִיהֶם,
לְשֶׁמֶשׁ שָׁם אָהֵל בָּהֶם.
וְהוּא כְּחָתָן יֵצֵא מִחֻפָּתוֹ,
יִשִּׁישׁ כְּגִבּוֹר לְרוּץ אֹרֶחַ.

Mik-tzeh hashamayim motza-o,

The end of the heavens is its source,

ut-kufato al k'tzotam,

and its circuit is to their other end,

v'ein nistar mechamato.

nothing is hidden from its heat.

Torat Adonai t'mimah,

The Torah of Adonai is perfect,

m'shivat nafesh,

it restores the soul,

edut Adonai ne-emanah,

the testimony of Adonai is trustworthy,

mach-kimat peti.

making wise the simple one.

Pikudei Adonai y'sharim,

The orders of Adonai are upright,

m'sam'chei lev,

gladdening the heart,

mitzvat Adonai barah,

the precept of Adonai is clear,

m'irat einayim.

enlightening the eyes.

Yirat Adonai t'horah,

The reverential awe of Adonai is pure,

omedet la-ad,

enduring forever,

mishp'tei Adonai emet,

the judgements of Adonai are true,

tzad'ku yachdav.

altogether righteous.

Hanechemadim mizahav umipaz rav,

They're more desirable than gold, than even much fine gold,

um-tukim mid'vash v'nofet tzufim.

and sweeter than honey and drippings from the combs.

Gam avd'cha nizhar bahem,

Even Your servant is careful of them,

b'shamram ekev rav.

for in observing them there is great reward.

Sh'gi-ot mi yavin,

Who can discern mistakes,

ministarot nakeni.

from unperceived faults cleanse me.

Gam mizedim chashoch avdecha,

Also from intentional misdeeds, restrain Your servant,

al yimsh'lu vi,

do not let them rule me,

az eitam,

then I shall be perfect,

מְקִצֶה הַשָּׁמַיִם מוֹצְאוֹ,

וּתְקוּפָתוֹ עַל קְצוֹתָם,

וְאֵין נִסְתָּר מִחֻמָּתוֹ.

תּוֹרַת יְהוָה תְּמִימָה,

מְשִׁיבַת נֶפֶשׁ,

עֵדוּת יְהוָה נְאֻמָּנָה,

מַחְכֵּימַת פֶּתִי.

פְּקוּדֵי יְהוָה יִשְׁרִים,

מְשַׂמְּחֵי לֵב,

מִצְוֹת יְהוָה בְּרָה,

מְאִירַת עֵינָיִם.

יִרְאַת יְהוָה טְהוֹרָה,

עוֹמֶדֶת לְעַד,

מְשַׁפְּטֵי יְהוָה אֱמֶת,

צְדָקוֹ יַחְדָּו.

הַנְּחַמָּדִים מְזַהָב וּמְפֹז רָב,

וּמִתּוֹקִים מִדְּבַשׁ וְנֹפֶת צוּפִים.

גַּם עַבְדְּךָ נִזְהָר בָּהֶם,

בְּשִׁמְרָם עֵקֶב רָב.

שְׂגִיאוֹת מִי יִבִּין,

מִנְסֻתָרוֹת נִקְנִי.

גַּם מִזֵּדִים חֲשׂךְ עַבְדְּךָ,

אַל יִמְשְׁלוּ בִי,

אֲז אֵיתָם,

v'nikeiti mipesha rav.

and I shall be cleansed of great misdeeds.

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.

וְנִקֵּיתִי מִפְּשָׁע רָב.

יִהְיוּ לְרָצוֹן אִמְרֵי פִי

וְהִגְיוֹן לְבִי לְפָנֶיךָ,

יְהוָה צוּרִי וְגֹאֲלִי.

צוּרִי בְּעוֹלָם הַזֶּה וְגֹאֲלִי הַבָּה.

וְכָל קַרְנֵי רְשָׁעִים אֲגַדֵּעַ, תְּרוֹמַמְנָה קַרְנוֹת צַדִּיק.

Tzuri ba-olam hazeh v'go-ali habah.

V'chol karnei r'sha-im agade-a, t'romamnah karnot tzadik.

My Rock in this world and my Redeemer in the world to come.

And all the pride of the wicked I shall cut down, and the pride of the righteous shall be exalted.

תהלים קמח:א-ו

TEHILIM 148:1-6

Hal'lu-Yah,

Praise Yah,

Hal'lu et Adonai min hashamayim,

Praise Adonai from the heavens,

hal'luhu bam'romim.

praise Him in the supernal realms.

Hal'luhu chol malachav,

Praise Him all you angels,

hal'luhu kol tz'va-av.

praise Him all you hosts.

Hal'luhu shemesh v'yare-ach,

Praise Him, sun and moon,

hal'luhu kol koch'vei or.

praise Him, all shining stars.

Hal'luhu sh'mei hashamayim,

Praise Him, the highest heavens,

v'hamayim asher me-al hashamayim.

and the waters that are above the heavens.

Y'hal'lu et shem Adonai,

Let them praise the Name of Adonai,

ki hu tzivah v'nivra-u.

He commanded and they were created.

Vaya-amidem la-ad l'olam,

And He established them forever and ever,

chok natan v'lo ya-avor.

He issued a decree that will not be broken.

הַלְלוּיָהּ,

הַלְלוּ אֶת יְהוָה מִן הַשָּׁמַיִם,

הַלְלוּהוּ בַמְרוֹמִים.

הַלְלוּהוּ כָּל מְלֹאכֵי,

הַלְלוּהוּ כָּל צְבָאוֹ.

הַלְלוּהוּ שֶׁמֶשׁ וְיָרֵחַ,

הַלְלוּהוּ כָּל כּוֹכְבֵי אוֹר.

הַלְלוּהוּ שְׁמֵי הַשָּׁמַיִם,

וְהַמַּיִם אֲשֶׁר מֵעַל הַשָּׁמַיִם.

יְהַלְלוּ אֶת שֵׁם יְהוָה,

כִּי הוּא צִוָּה וְנִבְרָאוּ.

וַיַּעֲמִידֵם לְעַד לְעוֹלָם,

חֹק נָתַן וְלֹא יִעָבֹר.

Look at the moon and recite the following verse:

כִּי אֶרְאֶה שְׁמַיִךְ מַעֲשֵׂי אֶצְבְּעֹתֶיךָ,
 יָרַח וְכּוֹכָבִים אֲשֶׁר כּוֹנְנָתָה.
 יְהוּה אֲדַנִּינוּ, מָה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.

Ki er-eh shamecha ma-asei etzb'otecha,
 yare-ach v'chochavim asher konantah.

Adonai Adoneinu, mah adir shimcha b'chol ha-aretz.

When I behold Your heavens the work of Your fingers, the moon and the stars that You have set in place.
 Adonai our Ruler, how mighty is Your Name in all the earth.

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'varech

Behold we come to recite

Birkat Hal'vanah k'mo shetik'nu

the Blessing of the Moon as established

raboteinu zichronam livrachah,

by our Sages, may their memory be a blessing,

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.

Vihi no-am Adonai Eloheinu aleinu,

May the pleasantness of Adonai our Elohim be upon us,

uma-aseh yadeinu kon'nah aleinu,

and the work of our hands establish for us,

uma-aseh yadeinu kon'nehu.

and the work of our hands establish it.

לְשֵׁם יְחִיד קְדוֹשׁ

בְּרִיךְ הוּא וְשְׁכִינָתוֹ,

בְּדַחֲלֵנוּ וּרְחִימוּ,

וּרְחִימוּ וּדְחִילוּ, לְיַחַד

שֵׁם יו"ד ה"א בּו"א ו' ה"א,

בְּיַחְוּדָא שְׁלִים,

בְּשֵׁם כָּל יִשְׂרָאֵל.

הִנֵּה אֲנַחְנוּ בָּאִים לְבִרְךְ

בְּרַכַּת הַלְּבָנָה כְּמוֹ שֶׁתְּקַנּוּ

רְבוֹתֵינוּ זְכוֹרָנוּם לְבִרְכָה,

עִם כָּל הַמִּצְוֹת הַכְּלוּלוֹת בָּהּ,

לְתַקֵּן אֶת שְׂרֵשָׁהּ בְּמָקוֹם עֲלִיוֹן,

לְעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ,

וְלְעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ.

וְיִהְיֶה נֶעֱם אֲדֹנָי אֱלֹהֵינוּ עִלְיָנוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עִלְיָנוּ,

וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהּ.

Baruch atah Adonai,
Blessed are You Adonai,
 Eloheinu melech ha-olam,
our Elohim, Sovereign of the universe,
 asher b'ma-amaro bara sh'chakim,
Who with Whose utterance created the heavens,
 uvru-ach piv kol tz'va-am.
and with the breath of Whose mouth all their legion.
 Chok uzman natan lahem
A rule and a schedule did He give them,
 shelo y'shanu et taf-kidam.
that they not alter their assigned task.
 Sasim usmechim la-asot
They are joyous and happy to perform
 r'tzon konam,
the will of their Creator,
 po-el emet shep'ulato emet.
the One Who does truth, Whose deed is truth.
 V'la-l'vanah amar shetit-chadesh,
And to the moon He said that it should renew itself,
 ateret tiferet la-amusei vaten,
as a crown of splendor for those borne from the womb,
 shehem atidim
those who are destined
 l'hitchadesh k'motah,
to renew themselves like it,
 ulfa-er l'yotz'ram al shem
and to glorify their Molder for the sake
 k'vod malchuto.
of His glorious realm.
 Baruch atah Adonai,
Blessed are You Adonai,
 m'chadesh chodashim.
Who renews the months.

בְּרוּךְ אַתָּה יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר בְּמֵאמְרוֹ בָּרָא שְׁחָקִים,
 וּבְרוּחַ פִּיּוֹ כָּל צְבָאָם.
 חֶק וְזִמָּן נָתַן לָהֶם
 שְׁלֹא יִשְׁנֻוּ אֶת תַּפְקִידָם.
 שְׂשִׁים וּשְׂמֵחִים לַעֲשׂוֹת
 רְצוֹן קוֹנָם,
 פּוֹעֵל אֱמֶת שֶׁפִּעֲלָתוֹ אֱמֶת.
 וּלְלִבְנָה אָמַר שֶׁתִּחַדֵּשׁ,
 עֲטֹרַת תִּפְאָרֶת לַעֲמוּסֵי בֶטֶן,
 שֶׁהֵם עֲתִידִים
 לְהִתְחַדֵּשׁ כְּמוֹתָהּ,
 וּלְפָאֵר לְיוֹצְרָם עַל שֵׁם
 כְּבוֹד מַלְכוּתוֹ.
 בְּרוּךְ אַתָּה יְהוָה,
 מְחַדֵּשׁ חֳדָשִׁים.

Recite three times:

בְּסִמָּן טוֹב תִּהְיֶה לָּנוּ וּלְכָל יִשְׂרָאֵל.

B'siman tov t'hi lanu ul-chol Yisra-el.

May it be a good sign to us and to all of Israel.

Recite the following three times:

At the words כָּשֶׁם שְׂאֲנַחֲנוּ מְרַקְדִים "Just as we dance", rise up on the toes three times as if dancing.

Baruch yotz'rich, baruch osich,

Blessed is your Molder, blessed is your Maker,

baruch konich, baruch bor'ich.

blessed is your Owner, blessed is your Creator.

K'shem she-anachnu

Just as we

m'rak'dim k'negdich,

dance toward you,

v'ein anachnu y'cholim liga bich,

but we are unable to touch you,

kach im y'rak'du acherim

so if others dance

k'negdenu l'hazikenu,

towards us in order to harm us,

lo yuch'lu liga banu,

may they not be able to touch us,

v'lo yishl'tu vanu,

nor may they be able to rule over us,

v'lo ya-asu vanu shum roshem.

nor may they make any mark on us.

Tipol aleihem eimatah vafachad,

Let fall upon them fear and terror,

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

at the greatness of Your arm, let them be still as stone.

Ka-aven yid'mu z'ro-acha bigdol

As stone let them be still, at the greatness of Your arm,

vafachad eimatah aleihem tipol.

let terror and fear fall upon them.

בָּרוּךְ יוֹצְרֵיךְ, בָּרוּךְ עוֹשֵׂיךְ,

בָּרוּךְ קוֹנֵיךְ, בָּרוּךְ בּוֹרְאֵיךְ.

כָּשֶׁם שְׂאֲנַחֲנוּ

מְרַקְדִים כְּנֶגְדֵיךְ,

וְאֵין אֲנַחֲנוּ יְכוֹלִים לִגֵּעַ בִּיךְ,

כִּי אִם יִרְקְדוּ אַחֲרַיִם

כְּנֶגְדֵנוּ לְהַזִּיקֵנוּ,

לֹא יוּכְלוּ לִגֵּעַ בָּנוּ,

וְלֹא יִשְׁלְטוּ בָנוּ,

וְלֹא יַעֲשׂוּ בָנוּ שׁוּם רֶשֶׁם.

תִּפֹּל עֲלֵיהֶם אֵימַתָּה וּפְחָד,

בְּגִדְלֵי זְרוּעֶךָ יִדְמוּ כְּאֶבֶן.

כְּאֶבֶן יִדְמוּ זְרוּעֶךָ בְּגִדְלֵי

וּפְחָד אֵימַתָּה עֲלֵיהֶם תִּפֹּל.

Recite three times:

דָּוִד מֶלֶךְ יִשְׂרָאֵל חַי וְקַיִם.

David melech Yisra-eil chai v'kayam.

King David of Israel lives and endures.

אָמֵן אָמֵן אָמֵן:

נֶצַח נֶצַח נֶצַח:

סֵלָה סֵלָה סֵלָה:

וְעַד וְעַד וְעַד:

Amen, Amen, Amen.

Netzach, netzach, netzach.

Selah, Selah, Selah.

Va-ed, va-ed, va-ed.

Amen, Amen, Amen.

Eternal, eternal, eternal.

Selah, Selah, Selah.

Forever, forever, forever.

Recite seven times:

לֵב טָהוֹר בְּרָא לִי אֱלֹהִים, וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי.

Lev tahor b'ra li Elohim, v'ru-ach nachon chadesh b'kirbi.

Create a pure heart for me O Elohim, and a steadfast spirit renew within me.

תהלים קכא

TEHILIM 121

Shir lama-alot,

A song of ascents,

esah einai el heharim,

I lift my eyes to the mountains,

me-ayin yavo ezri.

from where does my help come?

Ezri me-im Adonai,

My help comes from Adonai,

oseh shamayim va-aretz.

Maker of heaven and earth.

Al yiten lamot raglecha,

Who will not allow your foot to slip,

al yanum shom'recha.

your Guardian will not slumber.

Hineh lo yanum v'lo yishan,

It is so that neither slumbers nor sleeps,

shomer Yisra-el.

the Guardian of Israel.

שִׁיר לַמַּעֲלוֹת,

אֶשָּׂא עֵינַי אֶל הַהָרִים,

מֵאֵין יָבֹא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה,

עֹשֶׂה שָׁמַיִם וָאָרֶץ.

אֵל יִתֵּן לִמּוֹט רַגְלִיךָ,

אֵל יִנּוּם שׁוֹמְרֶךָ.

הִנֵּה לֹא יִנּוּם וְלֹא יִישָׁן,

שׁוֹמֵר יִשְׂרָאֵל.

Adonai shom' recha,
Adonai is your Guardian,
 Adonai tzi-l'cha al yad y'minecha.
Adonai is your shelter at your right hand.
 Yomam hashemesh lo yakekah,
The sun will not strike you by day,
 v'yare-ach balailah.
nor the moon by night.
 Adonai yishmorcha mikol ra,
Adonai will protect you from evil,
 yishmor et nafshecha.
and will protect your soul.
 Adonai yishmor tzet'cha uvo-echa,
Adonai will guard your departure and your arrival,
 me-atah v'ad olam.
from this time and unto eternity.

יהוה שִׁמְרֶךָ,
 יהוה צִלְךָ עַל יַד יְמִינֶךָ.
 יוֹמָם הַשֶּׁמֶשׁ לֹא יִכָּכֶה,
 וַיָּרַח בַּלַּיְלָה.
 יהוה יִשְׁמְרֶךָ מִכָּל רָע,
 יִשְׁמֹר אֶת נַפְשֶׁךָ.
 יהוה יִשְׁמֹר צֵאתְךָ וּבואֶךָ,
 מֵעַתָּה וְעַד עוֹלָם.

תהלים קנ TEHILIM 150

Hal'lu-Yah,
Praise Yah,
 Hal'lu Eil b'kodsho,
Praise to the Almighty in the sanctuary,
 hal'luhu birki-a uzo.
praise Him whose power the heavens proclaim.
 Hal'luhu bigvurotav,
Praise Him for powerful deeds,
 hal'luhu k'rov gudlo.
praise Him for surpassing greatness.
 Hal'luhu b'teka shofar,
Praise Him with the blast of the shofar,
 hal'luhu b'nevel v'chiner.
praise Him with the lyre and harp.
 Hal'luhu b'tof umachol,
Praise Him with drums and dancing,
 hal'luhu b'minim v'ugav.
praise Him with the lute and pipe.
 Hal'luhu b'tzil-tz'lei shama,
Praise Him with cymbals sounding,
 hal'luhu b'tzil-tz'lei t'ru-ah.
Praise Him with cymbals resounding.
 Kol han'shamah t'halel Yah,
Let everything that has breath praise Yah.
 Hal'lu-Yah.
praise Yah.

הַלְלוּיָהּ,
 הַלְלוּ אֵל בְּקֹדֶשׁוֹ,
 הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ.
 הַלְלוּהוּ בְּגִבּוֹרֹתָיו,
 הַלְלוּהוּ כְּרֹב גִּדְלוֹ.
 הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,
 הַלְלוּהוּ בְּנֶבֶל וְכִנּוֹר.
 הַלְלוּהוּ בְּתוֹף וּמַחּוֹל,
 הַלְלוּהוּ בְּמִנִּים וְעֻגָב.
 הַלְלוּהוּ בְּצִלְצְלֵי שִׁמְעַ,
 הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
 כָּל הַנְּשָׁמָה תְּהַלֵּל יְהוָה
 הַלְלוּיָהּ.

Tana d'vei Rabi Yishma-el:*It was taught by the Academy of Rabbi Yishmael:***Il-malei lo zachu v'nei Yisra-el***If it had been that Israel was not privileged***ela l'hakbil p'nei***but to greet the Countenance***avihem shebashamayim***of their Father in Heaven***pa-am achat bachodesh, dayam.***except for once a month, it would have been enough.***Amar Abayei: Hil-kach tzarich***Abaye said: Therefore it is necessary***l'mei-m'ra m'umad.***to recite it while standing.*

תָּנָא דְבֵי רַבִּי יִשְׁמָעֵאל:
 אֶלְמָלִי לֹא זָכוּ בְנֵי יִשְׂרָאֵל
 אֶלָּא לְהַקְבִּיל פְּנֵי
 אֲבֵיהֶם שְׁבַשְׁמַיִם
 פַּעַם אַחַת בַּחֹדֶשׁ, דַּיִם.
 אָמַר אַבְיֵי: הֲלִכְךָ צָרִיךְ
 לְמֵימָרָא מְעֻמָּד.

קדיש על ישראל

KADDISH AL YISRAEL

The Kaddish D'Rabanan is said after we read from a section of Talmud or other sacred texts. It reminds us that we should always sanctify the Divine Name and never allow this task to fade from our consciousness.

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

Yitgadal v'yitkadash sh'meh raba.*Exalted and sanctified be His great Name.***{Amen.}***Amen.***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.*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
 {אָמֵן}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵהּ,
 וְיַמְלִיךְ מַלְכוּתֵהּ,
 וְיַצְמַח פְּרֻקָנֵהּ
 וְיִקְרַב מְשִׁיחָהּ. {אָמֵן}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
 וּבְחַיֵּי דְכֹל בֵּית יִשְׂרָאֵל,
 בְּעֵגְלָא וּבְזְמַן קָרִיב,
 וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'he sh'meh raba m'varach

May His great Name be blessed

l'alam ul-almei al-maya.}

forever and for all eternity.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

v'yitromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

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

l'ela min kol birchata v'shirata

beyond more than any blessing and song

tushb'chata v'nechemata,

praise and consolation

da-amiran b'al'ma,

that are uttered in the world,

v'imru Amen. {Amen.}

and say amen. Amen.

Al Yisra-el v'al rabanan,

Upon Israel and upon the teachers,

v'al talmideihon v'al kol

and upon their students and upon all

talmidei talmideihon,

the students of their students,

v'al kol man

and upon all who

d'as'kin b'Orayta,

engage themselves in the study of Torah,

di v'atra hadein v'di

who are in this place or who are

v'chol achar va-atar.

in any other place.

Y'he l'hon ulchon sh'lama raba,

May there be for them and for you abundant peace,

china v'chisda v'rachamin,

grace and kindness and mercy,

v'chayin arichin, umzonei r'vichei,

long life, and ample nourishment,

ufurkana, min kadam avuhon di

and salvation from before their Creator Who is

vishmaya v'ara,

in Heaven an earth,

v'imru Amen. {Amen.}

and say amen. Amen.

יְיָ הֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

יְתְבָרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר

וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר

וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָּא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא

תְּשֻׁבַּחְתָּא וְנַחֲמָתָא,

דְאֲמִירָן בְּעָלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

עַל יִשְׂרָאֵל וְעַל רַבָּנָן,

וְעַל תַּלְמִידֵיהוֹן וְעַל כָּל

תַּלְמִידֵי תַלְמִידֵיהוֹן,

וְעַל כָּל מָאן

דְעֵסֶקִין בְּאוֹרֵיתָא,

דִּי בְּאַתְרָא הָדִין וְדִי

בְּכָל אֶתְר וְאַתְר.

יְהֵא לְהוֹן וּלְכוּן שְׁלָמָא רַבָּא,

חֲנָא וְחֶסֶדָּא וְרַחֲמִין,

וְחַיִּין אַרְיִכִין, וּמְזוּנֵי רוּיְחֵי,

וּפְרָקְנָא, מִן קָדָם אַבוּהוֹן דִּי

בְּשַׁמַּיָּא וְאַרְעָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

Y'he sh'lama raba min sh'maya,
May there be abundant peace from heaven,
 v'chayim tovim aleinu,
and good life upon us,
 v'al kol Yisra-el,
and upon all Israel,
 v'imru Amen. {Amen.}
and say amen. Amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,
 וְחַיִּים טוֹבִים עָלֵינוּ
 וְעַל כָּל יִשְׂרָאֵל,
 וְאָמְרוּ אָמֵן. {אָמֵן.}

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

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

עֲשֵׂה 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
 יַעֲשֵׂה 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.}

V'hayah or hal'vanah

The light of the moon will be

k'or hachamah,

like the light of the sun,

v'or hachamah yihyeh shivatayim

and the light of the sun will be seven times stronger

k'or shivat hayamim,

like the light of seven days,

b'yom chavosh Adonai

on the day that Adonai binds

et shever amo,

the fragment of His people,

umachatz makato yirpa.

and heals the wound of His blow.

Vatadi zahav v'chesef

You adorned yourself with gold and silver

umalbushech shesh vameshi v'rikmah, ומלבושיך שש ומשי ורקמה,

and your linens were linen and silk and embroidery,

solet udvash vashemen achalt,

fine flour and honey and oil you ate,

vatifi bimod m'od

and you became exceedingly beautiful

vatitz-l'chi limluchah.

and you became fit for royalty.

וְהָיָה אֹר הַלְּבָנָה

כְּאֹר הַחֲמָה,

וְאֹר הַחֲמָה יִהְיֶה שִׁבְעַתַּיִם

כְּאֹר שִׁבְעַת הַיָּמִים,

בְּיוֹם חֲבוֹשׁ יְהוָה

אֶת שֵׁבֶר עַמּוֹ,

וּמַחֲזֵן מַכָּתוֹ יִרְפֵּא.

וּתְעַדִּי זָהָב וְכֶסֶף

וּמְלִבוּשֵׁיךָ שֵׁשׁ וּמִשֵּׁי וְרִקְמָה,

סֹלֶת וּדְבַשׁ וְשֶׁמֶן אֲכַלְתָּ,

וְתִיפִי בְּמָאֵד מְאֹד

וְתִצְלַחִי לְמַלְכוּתָהּ.

Recite three times:

שְׁלוֹם עֲלֵיכֶם.

Shalom aleichem.

Peace upon you!