

TIKKUN V'OR SIDDUR FOR ONLINE SERVICES

SHABBAT MORNING

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Ithaca Reform Temple
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TIKKUN V'OR SHABBAT MORNING SERVICE

Listed page numbers are in the Mishkan Tefillah Shabbat and Festivals siddur

MODEH ANI

page 24

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיּוֹת בֵּי נַשְׁמָתֵי בְּחַמְלָה, רַבָּה אֲמוּנָתְךָ.

*Mo-deh ani l'fan-e-cha
Melech chai v'ka-yam (Ruach chai v'kayam)
She-he-che-zar-ta bi ni-sh-mati
b'chemla, ra-bah e-mu-na-tech-a*

I give thanks to You, living and everlasting God, for You have restored my soul with mercy.
Great is Your faithfulness.

HINEI MA TOV

page 128

*Hineh mah tov הִנֵּה מַה טוֹב
umah na'im וַיְמַה נְעִימִים
shevet achim (ach'yot / kulam) gam yachad שְׁבֵט אָחִים גַּם יַחַד*

How good it is to be together in peace.

MA TOVU

page 192

*Mah tovu ohalecha Ya'akov, mishkenotecha Yisrael.
מַה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל*

How goodly are your tents, O Jacob, your dwelling places, O Israel.

TALLIT BLESSING

page 190

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

Baruch atah Adonai Eloheinu melech ha'olam asher kid-sha-nu b'mitz-vo-tav v'tzi-vanu lihtatef b'tzitzit.
Blessed are You, Adonai our God, Sovereign of all, who commands us to wrap ourselves in in the fringes.

ELOHAI NESHAMA

page 196

*Elohai neshama, shenata bi, t'horah hi
אֱלֹהֵי נַשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא*

My God, the soul you have given me is pure

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לַשָּׁכּוֹי
בִּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה

*Baruch atah Adonai Eloheinu melech ha'olam asher natan lasechvi vinah l'havchin bein yom uvein lailah.
(Baruch ata Chavaya, Ruach ha'olam / Blessed are You, the Breath of all life)*

Praise to You, Adonai our God, Sovereign of the Universe
For the ability to distinguish day from night.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵינַיִם:

Baruch atah Adonai Eloheinu melech ha'olam pokei'ach ivrim.

For opening our eyes.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים:

Baruch atah Adonai Eloheinu melech ha'olam matir asurim.

For helping us break free when we are bound.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפוּפִים:

Baruch atah Adonai Eloheinu melech ha'olam zokeif k'fufim.

For helping us rise when we have fallen.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

Baruch atah Adonai Eloheinu melech ha'olam roka ha'aretz al hamayim.

For stretching the earth over the waters

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְּצִיחַ מִצְעָדֵי גְבָר:

Baruch atah Adonai Eloheinu melech ha'olam hameichin mitzadei gaver.

Who strengthens our steps

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַלְבִּישׁ עֲרָמִים:

Baruch atah Adonai Eloheinu melech ha'olam malbish arumim.

For clothing our bodies.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנּוֹתֵן לַיָּעֵף כֹּחַ:

Baruch atah Adonai Eloheinu melech ha'olam ha'notein laya'eif koach.

For giving strength to the weary

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְּעַבִּיר שְׁנָה מֵעֵינַי וְתַנּוּמָה מֵעַפְעָפִי:

Baruch atah Adonai Eloheinu melech ha'olam haaavir sheinah mei-einai, utnumah mei-afapai

Who removes sleep from the eyes and slumber from the eyelids

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעֲשָׂנִי בְצַלְמוֹ:

Baruch atah Adonai Eloheinu cmelech ha'olam she'asani b'tzalmo.

For shaping us in your image.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָמִים שֶׁעֲשָׂנִי בְּנֵי חוֹרִין:

Baruch atah Adonai Eloheinu melech ha'olam she'asani b'nei chorin.

For creating us to be free.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ חַי מֶלֶךְ הָעוֹלָם שֶׁעֲשָׂנִי יִשְׂרָאֵל:

Baruch atah Adonai Eloheinu melech ha'olam she'asani Yisrael.

For giving us the life of the Jewish people.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה:

Baruch atah Adonai Eloheinu melech ha'olam ozer Yisrael bigvurah.

For giving our people strength to endure.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה:

Baruch atah Adonai Eloheinu melech ha'olam oter Yisrael b'tifarah.

For crowning Israel with splendor.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה לִי כָּל צְרָכָי:

Baruch atah Adonai Eloheinu cmelech ha'olam she'asah li kol tzarki.

For enabling us to meet our needs.

In recognition of the miracle of the human body, we acknowledge the artistic and functional brilliance of its creator:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה, וּבָרָא בּוֹ נְקָבִים נְקָבִים חֲלוּלִים חֲלוּלִים. גְּלוּי וְיָדוּעַ לְפָנָי כִּסָּא כְבוֹדָךְ, שְׂאָם יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסָּתֵם אֶחָד מֵהֶם, אֵי אֶפְשָׁר לְהִתְקַיֵּם וְלַעֲמֹד לְפָנֶיךָ אֶפְלוּ שְׁעָה אַחַת. בְּרוּךְ אַתָּה יְהוָה, רוֹפֵא כָּל בְּשָׂר וּמְפַלֵּיא לַעֲשׂוֹת:

Baruch atah Adonai, Eloheinu melech haolam, asher yatzar et ha'adam b'chochma, uvara bo n'kavim n'kavim, chalulim chalulim, galu'i v'yadu'a lifnei chisei ch'vodecha, she'im yipateiach echad meihem, oh yisateim echad meihem, ee efshar l'hitkayeim v'la'amod l'fanecha, afilu sha'a echat. Baruch atah Adonai, rofei kol basar umaflia la'asot.

Blessed are You, the architect, our God, sovereign of all worlds, who shaped the human being with wisdom, making for us all the openings and vessels of the body. It is revealed and known before You that if one of these passageways is open when it should be closed, or blocked up when it should be free, one could not stay alive to stand before You. Blessed are You, our God, the wondrous healer of our flesh.

ASHREI

interpretation by Aly Halpert

Ashrei yoshvei ashrei yoshvei veitecha

Ashrei yoshvei veitecha od y'hallelucha selah

I sing for you I sing for what is holy and is true

I sing for all creation for life and liberation every day anew

BARUCH SHE'AMAR

page 212

בְּרוּךְ שְׂאֵמֵר וְהִיָּה הָעוֹלָם

Baruch sheamar vehaya haolam,

בְּרוּךְ הוּא, בְּרוּךְ עֲשָׂה בְּרֵאשִׁית

Baruch hu, baruch ose bereshit

בְּרוּךְ אוֹמֵר וְעֲשָׂה

Baruch omer veose

בְּרוּךְ גּוֹזֵר וּמְקַיֵּם

Baruch gozer umekayem

בְּרוּךְ מְרַחֵם עַל הָאָרֶץ

Baruch merachem al haaretz

בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת
בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירֵאָיו
בָּרוּךְ חַי לְעַד וְקַיָּים לְנֶצַח
בָּרוּךְ פּוֹדֶה וּמַצִּיל - בָּרוּךְ שְׁמוֹ

*Baruch merachem al habriyot
Baruch meshalem sachar tov liyereaiv
Baruch chay laad vekayam lanetsach
Baruch pode umatzil - baruch shemo*

בָּרוּךְ אַתָּה יי, מֶלֶךְ מְהֻלָּל בַּתְּשׁוּבָה

Baruch ata Adonai Melech mehulal batishbachot.

Blessed One, You talked the World into being
What a blessing, You.
Blessed One, Your Word makes for becoming.
Blessed One, You decree and sustain.
Blessed One, all beginnings are Yours!
Blessed One, Your compassion is upon the Earth.
Blessed One, Your caring is kind to all creatures.
Blessed One, You are generous in rewarding those who respect Creation.
Blessed One, ever alive, ever confirming existence.
Blessed One, You make us free, you rescue us.
When we hear Your name, we offer blessing.

KOL HANESHAMA - PSALM 150

page 218

הַלְלוּ יְהוָה | הַלְלוּ-אֵל בְּקוֹדְשׁוֹ הַלְלוּהוּ בְּרִקִיעַ עֲזוֹ:
הַלְלוּהוּ בְּגִבּוֹרֹתָיו הַלְלוּהוּ כְּרֹב גְּדֻלּוֹ:

*Halleluyah, hallelu el b'kodsho, halleluhu birkia uzo.
Halleluhu bigvurotav – halleluhu k'rov gudlo.*

הַלְלוּהוּ בַּתְּקֵעַ שׁוֹפָר הַלְלוּהוּ בַּגִּבּוֹל וּכְנֹר:
הַלְלוּהוּ בַּתֶּף וּמְחֹל הַלְלוּהוּ בְּמִנִּים וְעוּגָב:

*Halleluhu b'teika shofar, halleluhu b'neivel v'chinor
Halleluhu b'tof umachol, halleluhu b'minim v'ugav.*

הַלְלוּהוּ בְּצִלְצְלֵי-שָׁמַע הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
Halleluhu b'tzil tzelei shama, halleluhu b'tzil tzelei t'ruah

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּ-יְהוָה:

Kol haneshamah t'halleil ya, halleluyah...

Call out to God in heaven's holy place. Exclaim to God across the firmament.
Shout to God for God's mighty deeds. Proclaim to God as loud as God is great.
Blast out for God with piercing shofar sound. Strum to God with sweet lute and strings.
Drum to God with mighty rhythm. Dance to God with joyous abandon.
Sing out to the Creator with strings and husky flute!
Sing out to the Eternal with cymbals that resound!
Let every living thing praise God, Halleluyah.

NISHMAT KOL CHAI

page 219

נְשַׁמַּת כָּל חַי תְּבָרַךְ אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ
וְרוּחַ כָּל בְּשָׂר תִּפְאָר וּתְרוּמִים זְכָרְךָ מְלַכְנוּ תִמְיֵד מִן הָעוֹלָם וְעַד הָעוֹלָם אַתָּה אֵל.
Nishmat kol Chai Tevarech et shimcha Havaya Eloheynu
The Breath of all living beings, Praises Havaya/Being, our God.

V'ASU LI MIKDASH / SANCTUARY SONG

May the words of my mouth, and the meditations of my heart,
be acceptable to you YaH, my rock and my redeemer.
Love, prepare me, to be a sanctuary, pure and holy, tried and true.
With thanksgiving, I'll be a living sanctuary for you.

*V'asu li mikdash, v'shachanti b'tocham,
V'anachnu nevarech YaH, me-ata v'ad olam.
Halleluyah, halleluyah, halleluyah, halleluyah!*

BARCHU

page 226

בְּרַכּוּ אֶת יְהוָה הַמְבָרָךְ
Barchu et Adonai ham'vorach
Bless the Eternal, the Source of all Blessing.
בְּרוּךְ יְהוָה הַמְבָרָךְ לְעוֹלָם וָעֶד
Baruch Adonai ham'vorach le'olam va'ed
Blessed is the Eternal, the Source of all Blessing, forever.

AS WE BLESS

Faith Rogow

As we bless the source of life, so we are blessed
As we bless the source of life, so we are blessed
and the blessings give us strength, and make our visions clear
And the blessings give us peace, and the courage to dare
As we bless the source of life, so we are blessed.

AHAVAT OLAM

page 150

אָהַבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהַבְתָּ. תּוֹרָה וּמִצְוֹת חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדְתָּ. עַל כֵּן יי אֱלֹהֵינוּ
בְּשִׂכְבְּנוּ וּבְקוּמֵנוּ נִשְׁיַח בְּחֻקְךָ וְנִשְׁמַח בְּדִבְרֵי תּוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאוֹרֵךְ יְמֵינוּ
וּבְהֵם נִהְיֶה יוֹמָם וְלַיְלָה. וְאָהַבְתָּ אֵל תְּסוּר מִמֶּנּוּ לְעוֹלָמִים! בְּרוּךְ אַתָּה יי אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*Ahavat olam beit Yisrael, amecha ahavta Torah u'mitzvot chukim u'mishpatim otanu limadeta
Al ken Hashem Elokeinu b'shachveinu u'vekumeinu nasiach bechukecha v'nismach b'divrei Toratecha
u'vemitzvotecha le'olam va'ed.*

Endless is Your love for Your people Israel. You have taught us Torah and its mitzvot, laws and judgement. Therefore, O God, when we lie down and when we rise up we shall speak of Your commandments and rejoice in Your Torah and mitzvot forever. Day and night we will reflect on them. They are our life and the length of our days. Your love shall never depart from our hearts. Blessed are You, Eternal God who loves Your people Israel.

AHAVAH

אהבה ורחמים חסד ושלום

Ahavah v'rachamim, chesed v'shalom

Love and compassion, kindness and peace

בָּרוּךְ אַתָּה יְהוָה, אֱלֹהֵי יִשְׂרָאֵל.

Baruch atah Adonai ohev amo Yisrael.

Blessed are You, our God, who loves Your people Israel.

WE ARE LOVED BY AN UNENDING LOVE

by Rabbi Rami Shapiro

Chorus: We are loved by an unending love.

We are embraced by arms that find us
even when we are hidden from ourselves.
We are touched by fingers that soothe us
even when we are too proud for soothing.

We are counseled by voices that guide us
even when we are too embittered to hear.

We are supported by hands that uplift us
even in the midst of a fall.
We are urged on by eyes that meet us
even when we are too weak for meeting.

Embraced, touched, soothed, and counseled,
Ours are the arms, the fingers, the voices;
Ours are the hands, the eyes, the smiles;

אֶהְבֶּה רַבָּה אֶהְבַּתְּנוּ, יי אֶלְהֵינוּ, חֲמִלָה גְדוֹלָה וַיִּתְּרָה
 חֲמִלַת עָלֵינוּ. בְּעִבּוֹר אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ שֶׁבִטְחוּ בְּךָ,
 וַתִּלְמַדְם חֻקֵי חַיִּים, כִּן תִּחַנְּנוּ וַתִּלְמַדְנוּ. הַמְּרַחֵם, רַחֵם
 עָלֵינוּ, וְתוּ בְלַבְּנוּ, לְהַבִּין וּלְהַשְׁכִּיל, לְשִׁמְעַ, לְלַמּוֹד
 וּלְלַמֵּד, לְשִׁמּוֹר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל דְּבָרֵי תִלְמוּד
 תּוֹרַתְךָ בְּאַהֲבָה. וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק לַבְּנוּ
 בְּמִצְוֹתֶיךָ, וַיַּחַד לַבְּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ, וְלֹא
 יִבוֹשׁ וְלֹא נִפְלֵם וְלֹא נִכְשֵׁל לְעוֹלָם וָעֶד. כִּי בְשֵׁם קִדְשְׁךָ
 הַגְּדוֹל הַגְּבוּר וְהַנּוֹרָא בְּטַחְנוּ, נִגְיֵלָה וְנִשְׁמַחָה
 בִּישׁוּעַתְךָ. וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְּפוֹת הָאָרֶץ,
 וְתוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ. כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אֶתְּךָ,
 וַיְבָנוּ בְּחַרְתָּ. וְקִרְבַּתְּנוּ לְשִׁמְךָ הַגְּדוֹל סֶלָה בְּאַמֶּת
 בְּאַהֲבָה. בְּרוּךְ אַתָּה יי, הַבוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

With abundant love have You loved us, Adonai our God;
 with overwhelming compassion have you dealt with us.

On account of our ancestors whose trust led You to teach them the laws of life, be gracious to us, teaching us
 as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and
 teach, and lovingly to observe, perform, and fulfill all that is in your Torah.

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

Gather us in peace from the four corners of the earth and lead us upright to our land. Great Name, that we
 might acknowledge You, declaring You One in love.

Praised are You, Adonai, who relates to us in love.

V'HA'ER AYNENU

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*V'ha-eir eineinu b'toratecha
 v'dabek libeinu b'mitzvotcha,
 v'yached l'vaveinu l'ahava ul-yira et
 sh'mecha v'lo nevosh v'lo nikalem v'lo
 nikashel l'olam vaed.*

וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ וְדַבֵּק לַבְּנוּ בְּמִצְוֹתֶיךָ וַיַּחַד
 לַבְּנוּ לְאַהֲבָה וּלְיִרְאָה אֶת שְׁמֶךָ וְלֹא יִבוֹשׁ וְלֹא
 נִפְלֵם וְלֹא נִכְשֵׁל לְעוֹלָם וָעֶד.

Light up our eyes with your Torah, and let our hearts cling to your Mitzvot,
 and unite our hearts to love and revere your name, that we shall never depart from it.

שִׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Shema Yisrael, Adonai Eloheinu, Adonai echad.

Listen, Israel – the Eternal is God, the Eternal is one.

בָּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד.

Baruch sheim k'vod malchuto le'olam va'ed.

Blessed is the name and glory of God's realm, forever.

V'AHAVTA

וְאַהֲבַתְּ אֵת יְהוָה אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדֶךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר
אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ. וְשִׁנַּנְתָּם לְבִנְיֶיךָ, וְדִבַּרְתָּ בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלִכְתּוֹךָ בַּדֶּרֶךְ,
וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקִשְׂרָתָם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ. וְכַתַּבְתָּם עַל מְזוֹזוֹת
בֵּיתְךָ וּבְשַׁעְרֶיךָ.

*V'ahavta eit Adonai Elohecha b'chol l'avvcha uv'chol nafshecha uv'chol me'odecha. Vhayu had'varim
ha'eileh asher anochi m'tzavcha hayom al l'avvecha. V'shinantam l'vanecha v'dibarta bam b'shivtecha
b'veitecha uv'lechtecha vaderech uv'shochbecha uvekumecha. Uk'shartam le'ot al yadecha v'hayu l'totafot
bein einecha. Uch'tavtam al mezuzot beitecha uvisharecha.*

Love your God with every heartbeat
with every breath,
with every conscious act.

Keep in mind the words I command you today.
Teach them to your children,
talk about them at work;
whether you are tired or you are rested.

Let them guide the work of your hands;
keep them in the forefront of your vision.

Do not leave them at the doorway of your house, or outside your gate.
They are reminders to do all of My mitzvot,
so that you can be holy for God.

I am Adonai your God.
I led you out of Egypt to become your God.
I am Adonai your God!

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת כָּל מִצְוֹתַי, וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְהוָה |
 אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מִמִּצְרָיִם מִצְרַיִם, לְהִיּוֹת לָכֶם לֵאלֹהִים,
 אֲנִי | יְהוָה | אֱלֹהֵיכֶם. יְהוָה אֱלֹהֵיכֶם אֱמֶת.

L'ma'an tiz'k'ru va'asitem et kol mitz'votai viyitem k'doshim lei'loheichem.

Ani Adonai Eloheichem asher hotzei'ti et'chem mei'eretz Mitz'rayim lih'yot lachhem leilohim.

Ani Adonai Eloheichem. Adonai Eloheichem emet.

Thus may you remember to fulfill all My commandments and be holy to your God. I am Adonai your God
 who brought you out of the land of Egypt to be your God;
 I, Adonai, am your God. Truth.

MI CHAMOCHA

מִי כְמוֹכָה בְּאֵלִים יְהוָה, מִי כְמוֹכָה נֹאדָר בְּקִדְשׁ,
 נוֹרָא תְהִלָּת, עֲשֵׂה פֶלֶא.

Mi chamocha ba'eilim Adonai. Mi kamocha nedar bakodesh. Nora tehilot osei feleh.

Who is like You, Eternal One, among heavenly powers?

Who is like You, awesome in splendor, doing wonders?"

- Exodus 15.11

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים לְשִׁמְךָ עַל שִׁפְתַי הַיָּם,
 יַחַד בְּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

Shirah chadashah shib'chu ge'ulim l'shimcha al s'fat hayam, yachad kulam hodu v'himl'chu v'amru:

The redeemed praised You on the shore of the sea with a new song dedicated to Your name. Together they
 acknowledged You and declared You sovereign, saying:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

Adonai yimloch l'olam va'ed.

The Eternal shall reign throughout all time.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפְדֵה כְנַעַמָּה יְהוּדָה וְיִשְׂרָאֵל.
 גְּאֻלָּנוּ יְהוָה צְבָאוֹת שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל. בְּרוּךְ אַתָּה יְהוָה גְּאֻל יִשְׂרָאֵל.

*Tzur Yisrael kuma b'ezrat Yisrael uf'dei chinumecha Yehuda v'Yisrael. Go'aleinu Adonai tz'va'ot shemo
 kedosh Yisrael. Baruch Atah Adonai, ga'al Yisrael.*

Rock of Israel, rise in support of Israel, and liberate, as You pledged, Judah and Israel. Our Redeemer –
 Adonai, Master of Legions, is God's Name – is the Holy One of Israel.

Blessed are You Adonai, redeemer of Israel.

אֲדֹנָי שְׁפֹתַי תִּפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ

Adonai sefatai tiftach, ufi yagid tehilatecha.

Open my lips, Eternal One, and let my mouth declare Your praise.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱמוּנֵינוּ, אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא אֵל עֲלִיוֹן גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת וּמְבִיא גְּאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

Baruch atah Adonai, Eloheinu v'Eilohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Eilohei Yaakov; Elohei Sarah, Elohei Rivka, Elohei Rachel, v'Eilohei Leah. Ha'Eil hagadol hagibor v'hanora, Eil elyon, gomeil chasadim tovim, v'konei hakol, v'zocher chasdei avot v'imahot, umeivi ge'ulah livnei v'neihem l'ma'an sh'mo b'ahavah.

Blessed are You, Adonai our God and God of our ancestors;

God of Abraham, God of Isaac and God of Jacob;

God of Sarah, God of Rebecca, God of Rachel and God of Leah.

God the great, the mighty and the awesome, God on high, who rewards righteous goodness, maker of all, who remembers the righteousness of our ancestors and brings redemption before them, for the sake of Your name, in love.

מְלֶכֶךְ עֹזֵר וּמוֹשִׁיעַ וּמִגֵּן: בָּרוּךְ אַתָּה יְהוָה מִגֵּן אַבְרָהָם וְעֹזֵר שָׂרָה.

Melech ozer umoshi'ah umagein. Baruch atah Adonai, magein Avraham v'ezrat Sarah.

Sovereign, helper, deliverer and guardian, blessed are You Adonai, shield of Abraham, helper of Sarah.

אַתָּה גְּבוּר לְעוֹלָם אֲדֹנָי מְחַיֶּה הַכֹּל אַתָּה רַב לְהוֹשִׁיעַ:
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה יְתִים בְּרַחֲמִים רַבִּים סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים
וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפְרָי, מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמָה לָךְ מְלֶכֶךְ יְמִית וּמְחַיֶּה וּמְצַמְחֵת
יְשׁוּעָה

Atah gibor l'olam Adonai, m'chayei hakol Atah rav l'hoshia.

M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim, someich noflim v'rofei cholim, umatir asurim, um'kayeim emunato lisheinei afar. Mi chamocho ba'al g'vurot umi domeh lach melech meimit um'chayeh umatzmi'ach y'shuah.

You are forever powerful, Almighty One, abundant in Your saving acts. You send down the dew. In loyalty, You sustain the living, nurturing the life of every thing, upholding those who fall, healing the sick, freeing the captive and remaining faithful to all life held dormant on the earth. Who can compare to You, Almighty God? Who can compare to You, source of all mercy, remembering all creatures mercifully, decreeing life. Faithful are You in giving life to every living thing.

וְנֶאֱמַן אַתָּה לְהַחַיֹּת הַכֹּל. בָּרוּךְ אַתָּה יְהוָה מְחַיֵּה הַכֹּל.

V'ne'eman atah lehachayot hakol. Baruch atah Adonai m'chayei hakol.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֵתָהּ הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ לְעוֹלָם וָעֶד, צוֹר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר: נוֹדֶה לָךְ וְנִסְפָּר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ וְעַל נְסִיךְ שְׂבָכְךָ יוֹם עֲמָנוּ וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכְךָ עֵת, עָרַב וּבָקֵר וְצַהֲרִים, הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ וְהִמְרַחֵם כִּי לֹא תָמוּ חַסְדֶיךָ, מְעוֹלָם קִנִּינוּ לָךְ:

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מִלְּכַנּוּ תָמִיד לְעוֹלָם וָעֶד: וְכָתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ: וְכֹל הַחַיִּים יוֹדוּךָ סְלָה וְיִהְלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סְלָה: בָּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱמַר לְהוֹדוֹת:

Modim anachnu lach, she'Atah hu Adonay Eloheinu v'Eilohei avoteinu v'imoteinu, l'olam va'ed. Tzur chayeinu, magein yish'einu, Atah hu l'dor vador. Nodeh l'cha u'nsappeir t'hilatecha, al chayeinu ham'surim, b'yadecha, v'al nishmoteinu, hap'kudot lach, v'al nissecha, sheb'chol yom immanu, v'al nifl'otecha v'tovotecha sheb'chol eit: erev vavoker, v'tzohorayim. HaTov ki lo chalu rachamecha. v'ham'racheim ki lo tamu chasadecha; mei'olam kivinu lach.

V'al kulam yitbarach v'yitromam shimcha, Malkeinu, tamid l'olam va'ed. Uch'tov l'chayim tovim kol b'ney v'ritecha. V'chol hachayim yoducha selah. Vihal'lu et Shimcha be'emet: Ha'Eil y'shu'ateinu, v'ezrateinu selah. Baruch Atah, Adonay, hatov Shimcha; ul'cha na'eh l'hodot.

You are our God today as You were our ancestors' God throughout the ages; firm foundation of our lives, we are Yours in gratitude and love. Our lives are safe in Your hand, our souls entrusted to Your care. Our sense of wonder at Your miracles and kindness greet You daily at dawn, at dusk, and throughout the day.

For all these things, Your name is blessed and raised in honor always, Sovereign of ours, forever. Write down for a good life all the people of Your covenant. Let all of life acknowledge You. May all beings praise Your name in truth. O God, our rescuer and aid, blessed are You, whose name is good, to whom all thanks are due.

שְׁלֹם טוֹבָה וּבְרָכָה. חַן וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

Sim shalom tovah uv'rachah chein va'chesed v'rachamim aleinu v'al kol Yisrael amecha.

Establish peace, goodness, blessing, grace, loving kindness and mercy upon us and upon all Israel Your people.

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מְרַע וּשְׂפָתַי מִדְּבַר מְרָמָה וְלִמְקַלְלֵי נַפְשֵׁי תְדוּם. וְנַפְשֵׁי כְּעַפְרָ לְכֹל תְּהִיָּה. פֶּתַח לְבִי בְּתוֹרָתְךָ וּבְמִצְוֹתֶיךָ תִּרְדּוּף נַפְשֵׁי. וְכֹל הַחוֹשְׁבִים עָלַי רָעָה. מִהֲרָה הִפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם: עֲשֵׂה

לְמַעַן שְׁמֶךָ. עֲשֵׂה לְמַעַן יְמִינְךָ. עֲשֵׂה לְמַעַן קִדְשֹׁתֶךָ. עֲשֵׂה לְמַעַן תּוֹרַתֶךָ. לְמַעַן יִחַלְצוּן יְדִידֶיךָ הַשְּׂעִיָּעָה יְמִינְךָ וְעֲנִי: יִהְיוּ לְרַצוֹן אֲמָרֵי פִי וְהִגִּיוֹן לְבָבִי לְפָנֶיךָ. יְהִי צוּרִי וְגֹאֲלִי:

Elohai, n'tzor l'shoni meira usfatai midaber mirmah. V'lim'kal'lai nafshi tidom. V'nafshi ke'afar la'kol tihyeh. P'tach libi b'toratecha. Uv'mitzvotecha tirdof nafshi. V'chol hachoshvim alai ra'ah, m'heirah hafer atzatom v'kalkeil machashav tam. Asei l'ma'an sh'mecha. sei l'ma'an y'minecha. Asei l'ma'an kedushatecha. Asei l'ma'an toratecha. L'ma'an yeichaltzun y'didecha hoshi'ah y'mincha va'aneini. Yihyu l'ratzon imrei fi, v'hegyon libi l'fanecha, Adonai tzuri v'go'ali.

God, protect my tongue from evil, and my lips from telling lies. May I turn away from evil and do what is good in your sight. Let me be counted among those who seek peace. May my words of prayer and my heart's meditation be seen favorably, Beloved One, my rock and my redeemer.

OSEH SHALOM

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עוֹשֵׂה שָׁלוֹם בְּמִרְוַמָּיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל

וְעַל כָּל יוֹשְׁבֵי תְּבֵל וְאָמְרוּ אָמֵן

Oseh shalom bimromav, hu ya'aseh shalom aleinu, v'al kol Yisrael, v'imru amen.

May the One who creates peace on high bring peace to us and to all Israel
and to all who dwell on earth. And we say: Amen.

TORAH SERVICE

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Shema Yisrael Adonai Eloheinu Adonai Echad

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

אֶחָד אֱלֹהֵינוּ. גָּדוֹל אֲדוֹנֵינוּ. קְדוֹשׁ וְנוֹרָא שְׁמוֹ

Echad Eloheinu, gadol adoneinu, kadosh v'norah shemo.

One is our God, great is our sovereign, holy and awesome is God's name.

גִּדְלוּ לִיהוָה אֶתִּי וְנִרְוַמְמָה שְׁמוֹ יַחַדְוּ

Gadlu l'Adonai iti, un'romema shemo yachdav

Declare with me the greatness of the Infinite, together let us raise God's name.

פְּתַחוּ לִי שַׁעֲרֵי צְדָק אָבִא בָּם אוֹדֶה יְהוָה

Pitchu li shaarei tzedek avo vam odeh Yah

Open for us the gates of justice/love

We will enter and give thanks to You

HOLY MOUNTAIN

Rabbi Aryeh Hirschfield Isaiah 56:7

And they will come to my holy mountain
and rejoice in my house of prayer.
My house will be a house of prayer for all people.
My house will be a house of prayer for all peoples.

AL SHLOSHA DEVARIM

*Al sh'loshah d'varim ha-olam, ha-olam omeid
Al hatorah, v'al ha'avodah, v'al g'milut chasadim*

Upon three things the world stands: On Torah, on service (prayer), and on loving kindness.

TORAH BLESSING BEFORE READING

Reader: בָּרַכּוּ אֶת יְהוָה הַמְּבָרָךְ

Barchu et Adonai ham'vorach.

Blessed is Adonai, who is blessed.

All: בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד

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

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

Reader: בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד

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

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים וַנִּתֵּן לָנוּ אֶת תּוֹרַתוֹ: בָּרוּךְ אַתָּה יְהוָה
נוֹתֵן הַתּוֹרָה

*Baruch atah Adonai, Eloheinu, Melech ha'olam, asher bachar banu mikol ha'amim v'natan lanu et torato.
Baruch atah Adonai notein hatorah.*

Blessed are You, our God, Ruler of the universe, who has chosen us with all peoples
and given us Your Torah. Blessed are You, Adonai, who gives us Torah.

All: Amen.

Torah Blessing After Reading

Reader: בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וַחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ:
בָּרוּךְ אַתָּה יְהוָה נוֹתֵן הַתּוֹרָה

*Baruch atah Adonai, Eloheinu, Melech ha'olam, asher natan lanu torat emet, v'chayei olam natah
betocheinu. Baruch atah Adonai notein hatorah.*

Blessed are You, our God, Ruler of the universe, who has given us the Torah of truth, and planted in our
midst an eternal legacy. Blessed are You, Adonai, who gives us Torah.

All: Amen.

MISHEBEIRACH

Debbie Friedman

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Mi shebeirach avoteinu

M'kor hab'racha l'imoteinu

May the source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
and let us say, Amen.

Mi shebeirach imoteinu

M'kor habrachah l'avoteinu

Bless those in need of healing with r'fuah sh'leimah,
The renewal of body, the renewal of spirit,
And let us say, Amen.

HEALING PRAYER

Ana el na refa nala

אל נא רפא נא לה

L'CHI LACH

Debbie Friedman

L'chi lach, to a land that I will show you
Leich l'cha, to a place you do not know
L'chi lach, on your journey I will bless you
And you shall be a blessing (3x) *l'chi lach*
L'chi lach, and I shall make your name great
Leich l'cha, and all shall praise your name
L'chi lach, to the place that I will show you
L'sim-chat cha-yim (3x) *l'chi lach*

LIFTING AND DRESSING THE TORAH

(All rise as the Torah is lifted and dressed.)

וזאת התורה אשר שם משה לפני בני ישראל, על פי יהוה ביז משה.

V'zot ha'Torah asher sam Moshe

lifnei b'nei Yisrael al pi Adonai b'yad Moshe.

This is the Torah, which Moses placed before the children of Israel,
by the word of the Almighty One, through the hand of Moses.

יהללו את שם יהוה, כי נשגב שמו לבדו.

הודו על ארץ ושממים. ויגרו קרו לעמו, תהלה לכל חסידיו, לבני ישראל עם קרובו, הללויה.

Y'hallelu et sheim Adonai ki nishgav shemo l'vado.

Hodo al eretz v'shamayim va'yarem keren lamo t'hilah l'chol chasidav livnei Yisrael am k'rovo. Halleluyah.

Let us all bless the name of God, who alone is to be exalted. God's splendor is found on earth and in the heavens. God has lifted up our people's strength. May praise reflect on all God's followers, to the children of Israel, and to all people near to God. Halleluyah.

EITZ CHAYIM

עץ חיים היא למחזיקים בה, ותמכיה מאשר. דרכיה דרכי נעים, וכל נתיבותיה שלום. השיבנו יהוה אליך ונשובה, חידש ימינו כקדם.

Eitz chayim hee lamachazikim ba v'tomcheha mei'ushar.

D'racheha darcheino'am v'chol n'tivotecha shalom.

Hashiveinu Adonai eilecha v'nashuvah chadeish yameinu k'kedem.

It is a Tree of Life to those who hold fast to it, and all who support it are happy. Its ways are ways of pleasantness, and all its paths are peace. Return us, O God, to You – let us return. Renew our days as of old, now and evermore.

OD NAVI SHALOM ALEINU

Od navi shalom aleinu (3x) v'al kulam (repeat)

Salaam, aleinu v'al kol haolam

Salaam, Shalom (repeat)

We will pursue peace for us and everyone.

Salaam/Shalom for us and for the entire world.

MOURNERS KADDISH

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יתגדל ויתקדש שמה רבא בעלמא די ברא כרעותה וימליך מלכותה בתיכון וביומיכון
ובחיי דכל בית ישראל, בעגלא ובזמן קריב ואמרו אמן

יהא שמה רבא מברך לעלם ולעלמי עלמיא:

יתברך וישתבח ויתפאר ויתרומם ויתנשא ויתהדר ויתעלה ויתהלל שמה דקודשא,
ברוך הוא

לעלא מן כל ברכתא ושירתא, השבחתא ונחמתא, דאמירן בעלמא, ואמרו אמן:

יהא שלמא רבא מן שמיא וחיים עלינו ועל כל ישראל ואמרו אמן:

עוֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תְּבֵל וְאַמְרוּ
אָמֵן

Yitgadal v'yitkadash sh'mei rabah

*B'alma d'vra chirutei v'yamlich malchutei, b'chayeichon uv'yomeichon uv'chaiyei d'chol beit Yisrael
ba'agalah uviz'man kariv. V'imru: Amen.*

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

*Yitbarach v'yishtabach v'yitpa'ar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh v'yithalal shemei d'Kudsha
B'rich hu,*

Le'eila min kol birchata v'shirata, tushb'chata v'nechemata da'amiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: Amen.

Oseh shalom bimromav. Hu ya'aseh shalom aleinu v'al kol Yisrael v'al kol yoshvei teiveil. V'imru: Amen.

Exalted and hallowed be God's great name in the world which God created, according to plan.

May God's majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently.
To which we say: **Amen.**

Blessed be God's great name to all eternity.

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

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: **Amen.**

May the One who creates harmony on high, bring peace to us and to all Israel and to all who dwell on earth.
To which we say: **Amen.**

ALEINU

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית שְׁלֵא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
הָאֲדָמָה שְׁלֵא שָׁם חָלְקָנוּ כָּהֵם וְגוֹרְלָנוּ כְּכֹל הַמּוֹנֵם:

*Aleinu l'shabei'ach la'adon hakol, la'teit gedulah l'yotser b'reishit,
Shelo asanu k'goyei ha'aratzot, v'lo samanu k'mishpachot ha'adamah.
Shelo sam chelkeinu kahem v'goraleinu k'chol hamonam.*

It is ours to praise the beauty of the world, even as we discern its tatteredness.
For nothing is whole that is not first rent and out of the torn we make whole again.
May we live with promise in creation's lap, redemption budding in our hands.
It is up to us to hallow creation, to respond to Life with the fullness of our lives.
It is up to us to meet the world, to embrace the whole even as we wrestle with its parts.

וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא,

Va'anachnu korim umishtachavim umodim

Lifnei melech, malchei hamlachim, hakadosh baruch hu.

Therefore we bend the knee and shake off the stiffness that keeps us from the subtle graces of life and the supple gestures of love. With reverence and thanksgiving we accept our destiny and set for ourselves the task of redemption.

- Interpretive translation by

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיוֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל, וְשׂוֹכֵנֵת עֵזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ
אֵין עוֹד, אֲמַת מְלַכְנוּ אֶפְסֵס זוּלָתוֹ פְּכַתוּב בְּתוֹרָתוֹ וְיִדְעֶתָ הַיּוֹם וְהַשַּׁבָּת אֶל לְבַבְךָ כִּי יְהוָה הוּא הָאֱלֹהִים
בְּשָׁמַיִם מְמַעַל וְעַל הָאֶרֶץ מִתַּחַת אֵין עוֹד:

Shehu noteh shamayim v'yoseid aretz

Umoshav y'karo bashamayim mima-al

Ush'chinat uzo b'gavhei meromim

Hu eloheinu ein od. Emet malkeinu efes zulato

Kaka tuv b'torato v'yadatah hayom v'hasheivota el l'vavecha,

Ki Adonai hu ha'elohim bashamayim mima'al v'al ha'aretz mitachat ein od.

[The One] who stretched out the heavens and founded the earth, whose realm embraces heaven's heights, whose mighty presence stalks celestial ramparts. This is our God; there is none else besides, as it is written in the Torah: "You shall know this day, and bring it home inside your heart, that Adonai is God in the heavens above and on the earth below. There is no other God."

וְנֵאמַר יְהוָה יְהוָה לְמֶלֶךְ עַל כָּל הָאֶרֶץ בַּיּוֹם הַהוּא יְהוָה אֶחָד וְשִׁמוֹ אֶחָד:

V'ne'emar, v'hayah Adonai l'melech al kol ha'aretz. Bayom hahu yihiyeh Adonai echad, u'shmo ehchad.

And it is written: "Adonai will reign as sovereign over all the earth. On that day shall Adonai be one, God's name be one!"

ADON OLAM

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אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ. בְּטָרֵם כָּל יְצִיר נִבְרָא

לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כֹּל. אֲזִי מֶלֶךְ שָׁמוֹ נִבְרָא

וְאַחֲרֵי כָּכֵלֹת הַכֹּל. לְבַדּוֹ יְמֶלֶךְ נוֹרָא

וְהוּא הָיָה. וְהוּא הָיָה. וְהוּא יְהוָה בְּתַפְאָרָה

וְהוּא אֶחָד וְאֵין שְׁנַי. לְהַמְשִׁיל לּוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית בְּלִי תַכְלִית. וְלוֹ הָעֵז וְהַמְשָׁרָה
וְהוּא אֵלֵי וְחֵי גּוֹאֲלֵי. וְצוּר חֶבְלֵי בְּעֵת צָרָה
וְהוּא נָסִי וּמְנוּס לִי. מְנַת כּוֹסֵי בְּיוֹם אֶקְרָא
בְּיָדוֹ אֶפְקִיד רוּחֵי. בְּעֵת אֵישָׁן וְאֶעֱרָה
וְעַם רוּחֵי גְּוִיָּתִי. ה' לִי וְלֹא אֵירָא

*Adon olam asher malach
Beterem kol yitzur nivra
Li-ait nasa becheftzo kol
Azai Melech shemo nikra*

*Viacharei Kkchlot hakol
Levado yimloch nora
Vehu haya vehu hove
Vehu yiheeyeh beteefarah*

*Vehu echad veayn shayni
Lehamshilo lehachbira*

*Beli rayshit beli tachlit
Velo ha'oz vehamisra*

*Vehu eili vechai go'ali
Vetzur chevli be'ait tzara
Vehu neesi umanos li
Menat kosi beyom ekra*

*Beyado afkid ruchi
Beait eeshan veoeera
Ve'eem ruchi geviyati
Adon-nay li velo eera*

KIDDUSH

בָּרוּךְ אַתָּה יְיָהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah, Adonai Eloheinu, Melech haolam, borei p'ri hagafen.

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

HAMOTZI

בָּרוּךְ אַתָּה יְיָהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמוֹצִיא לָחֶם מִן הָאָרֶץ.

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

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

V'AHAVTA INTERPRETATIONS

Version 1

by Marcia Falk

Loving life
and its mysterious source
with all our heart
and all our spirit,
all our senses and strength,
we take upon ourselves
and into ourselves
these promises:
to care for the earth
and those who live upon it,
to pursue justice and peace,
to love kindness and compassion.
We will teach this to our children
throughout the passage of the day—
as we dwell in our homes
and as we go on our journeys,
from the time we rise
until we fall asleep.
And may our actions
be faithful to our words
that our children's children
may live to know:
Truth and kindness
have embraced,
peace and justice have kissed
and are one.

Version 2

by Marge Piercy

So you shall love what is holy
with all your courage, with all your passion,
with all your strength.
Let the words that have come down
shine in our words and our actions.
We must teach our children
to know and understand them.
We must speak about what is good and holy
within our homes,
when we are working,
when we are at play,
when we lie down and when we get up.
Let the work of your hands speak them,
let your eyes shine and see with their knowledge.
Let them run in your blood
and glow from your doors and windows.
We should love ourselves, for we are of God.
We should love our neighbor as ourselves.
We should love the stranger,
for we were once strangers in the land of Egypt...
Let love fill our hearts with its clear precious
water
for all living with whom we share the water of
life.
Heaven and earth observe
how we cherish and spoil our world.
Heaven and earth watch
whether we choose life or choose death.
We must choose life
so that we and our children's children may live.
We must love the source of being and the power of
life.
Be quiet and listen to the still small voice within
that speaks in love.
Open to it, hear it, heed it and work for life.
Let us remember and strive to be good.