

מִנְחָה לְשַׁבָּת

# MINCHAH L'SHABBAT

Shabbat Afternoon Connection



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## Kabbalah4All Transliteration Guidelines

Please note that transliteration guidelines are different according to each culture and also within each movement of Judaism. We have developed these guidelines for use with our transliterated documents. They may or may not apply to transliterations put out by other movements including the various organizations teaching Kabbalah.

**a** as in father

**ai** 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 siddurim (connection books).

מֵלֶךְ

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

כֹּל

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

יִשְׁמְחוּ

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

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

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All prefaces to prayers written and adapted by David Aharon for Kabbalah4All.

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# מנחה לשבת

## MINCHAH FOR SHABBAT

Minchah comes from the word "M'nuchah" which means "quietness." The Kabbalists would pray Minchah as the sun was setting, because at this time judgements appear at their greatest intensity. The purpose of the Minchah connection is not to connect to the Creator's Light, rather it is an opportunity to quiet the judgements and bring mercy into our world. This is the climax of Shabbat and, according to the Kabbalists, at this time the Creator receives our prayers with favor.

### אנא בכח

### ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all; this sequence of Hebrew letters is known as the 42-Letter Name of the Creator. When we pray and meditate on this prayer, we are connecting in a very powerful way to the original force of creation and drawing healing energy and protection into our lives.

אָנָא בְּכֹחַ גְּדוּלַת יְמִינְךָ תִּתִּיר צְרוּרָה.

CHESED  
חסד

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

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

קִבֵּל רִנַּת עַמֶּךָ שִׁגְבְּנוּ טַהֲרֵנוּ נוֹרָא.

GEVURAH  
גבורה

Kabeil rinat am'cha sag'veinu tahareinu nora.

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

נָא גִבּוֹר דּוֹרְשֵׁי יִחּוּדְךָ כְּבַבְתָּ שֹׁמְרֵם.

TIFERET  
תפארת

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

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

בְּרַחֲמֵי טַהֲרֵם רַחֲמֵי צְדִקְתְּךָ תָּמִיד גְּמִלֵם.

NETZACH  
נצח

Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim.

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

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נִהַל עֲדָתְךָ.

HOD  
הוד

Chasin kadosh b'rov tuv'cha naheil adatecha.

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

יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשָׁתְךָ.

YESOD  
יסוד

Yachid gei-eh l'am'cha p'neih zoch'rei k'dushatecha.

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

שׁוּעַתֵּנוּ קִבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת.

MALCHUT  
מלכות

Shavateinu kabeil ushma tza-akateinu yodei-a ta-alumot.

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

*This verse is said in a whisper.*

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va-ed!

*Blessed is the Name of His glorious realm for ever and ever!*

אֲשֶׁרִי

ASHREI

We find 21 of the 22 letters of the Hebrew alphabet encoded in this Psalm of David. The first letter of each word of each verse is the alphabet in its order. Nun was intentionally left out by King David because it has the same numeric value as the Hebrew word for falling, which would indicate a spiritual falling. This Psalm assists us to bring order and the power of creation into our lives.

Ashrei yosh'vei veitecha,  
*Happy are those who dwell in Your house,*  
od y'hal'lucha selah.  
*they will forever praise You.*

Ashrei ha-am shekachah lo,  
*Happy the people whose portion is this,*  
ashrei ha-am she-Adonai Elohav.  
*happy the people for whom Hashem is their Elohim.*

T'hilah l'David,  
*A Psalm of David,*

Aromimcha Elohai ha-melech,  
*I shall exalt You, my Elohim, the Sovereign,*  
va-avar'chah shimcha l'olam va-ed.  
*and I shall bless Your name forever and ever.*

B'chol yom avar'cheka,  
*I shall bless You every day,*  
va-ahal'lah shimcha l'olam va-ed.  
*and I shall praise Your name forever and ever.*

Gadol Adonai umhulal m'od,  
*Great is Hashem and exceedingly praised,*  
v'ligdulato ein cheiker.  
*His greatness is unfathomable.*

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,

עוֹד יִהְלִלוּךָ סֵלָה.

אֲשֶׁרִי הָעַם שְׂפָכָה לוֹ,

אֲשֶׁרִי הָעַם שִׁיהוּה אֱלֹהֵיוֹ.

תְּהִלָּה לְדָוִד,

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,

וְאֲבָרְכָה שְׁמֶךָ לְעוֹלָם וָעֶד.

בְּכָל יוֹם אֲבָרְכֶךָ,

וְאֶהְלֵלָה שְׁמֶךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,

וְלִגְדֻלְתּוֹ אֵין חֵקֶר.

**Dor l'dor y'shabach ma-asecha,**  
*Generation to generation shall praise Your actions,*  
**ugvurotecha yagidu.**

*and recount Your mighty deeds.*

**Hadar k'vod hodecha,**

*The brilliance of Your splendid glory,*

**v'divrei nifl'otecha asichah.**

*and the wonders of Your acts, I shall speak of.*

**Ve-ezuz nor'otecha yomeiru,**

*They shall speak of the might of Your awesome acts,*

**ugdulat'cha asap'renah.**

*and I shall tell of Your greatness.*

**Zecher rav tuv'cha yabiyu,**

*They shall remember Your abundant goodness,*

**v'tzidkat'cha y'raneinu.**

*and Your righteousness they shall joyfully proclaim.*

**Chanun v'rachum Adonai,**

*Gracious and merciful is Hashem,*

**erech apayim ugdol chasad.**

*slow to anger and great in kindness.*

**Tov Adonai lakol,**

*Hashem is good to all,*

**v'rachamav al kol ma-asav.**

*Your compassion extended to all of Your creatures.*

**Yoducha Adonai kol ma-asecha,**

*All that You have made shall thank You Hashem,*

**vachasidecha y'var'chuchah.**

*and Your pious ones shall bless You.*

**K'vod malchut'cha yomeiru,**

*They shall speak of the glory of Your realm,*

**ugvurat'cha y'dabeiru.**

*and talk of Your mighty deeds.*

**L'hodiya livnei ha-adam g'vurotav,**

*Your mighty deeds You make known to all humankind,*

**uchvod hadar malchuto.**

*and the glory of Your splendid realm.*

**Malchut'cha malchut kol olamim,**

*Yours is the realm of all worlds,*

**umemshalt'cha b'chol dor vador.**

*and Your reign extends to each and every generation.*

**Someich Adonai l'chol hanof'lim,**

*Hashem supports all those who fall,*

**v'zokeif l'chol hak'fufim.**

*and holds upright all those who are bent over.*

**Einei chol eilecha y'sabeiru,**

*The eyes of all look hopefully towards You,*

**v'atah notein lahem**

*and You give them their food*

**et ochlam b'ito.**

*at its proper time.*

דֹּר לְדֹר יִשְׁבַּח מַעֲשֵׂיךָ,

וּגְבוּרָתֶיךָ יִגִּידוּ.

הַדָּר כְּבוֹד הַדָּר,

וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

וְעִזּוֹז נֹרְאוֹתֶיךָ יֹאמְרוּ,

וְגִדְלַתְךָ אֶסְפְּרָנָה.

זָכַר רַב טוֹבְךָ יִבְיָעוּ,

וְצִדְקַתְךָ יִרְנְנוּ.

חֲנוּן וְרַחוּם יְהוָה,

אֶרֶךְ אַפַּיִם וְגָדֹל חַסֵּד.

טוֹב יְהוָה לְכֹל,

וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יִדְוֹף יְהוָה כָּל מַעֲשֵׂיךָ,

וְחֲסִידֶיךָ יִבְרַכּוּכָה.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ,

וּגְבוּרָתְךָ יִדְבְּרוּ.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גְּבוּרָתְךָ,

וּכְבוֹד הַדָּר מַלְכוּתוֹ.

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים,

וּמִמְשַׁלְתְּךָ בְּכֹל דֹּר וְדֹר.

סוֹמֵךְ יְהוָה לְכֹל הַנִּפְלָאִים,

וְזוֹקֵף לְכֹל הַכְּפוּפִים.

עֵינֵי כֹל אֵלֶיךָ יִשְׁבְּרוּ,

וְאַתָּה נוֹתֵן לָהֶם

אֶת אֹכְלָם בְּעֵתוֹ.

*We concentrate intently and open our hands while reciting the verse Potei-ach פֹּתֵי־אֵחַ*

**Potei-ach et yadecha,**

*You open You hand,*

**umasbiya l'chol chai ratzon.**

*and satisfy every living thing with its desire.*

**Tzadik Adonai b'chol d'rachav,**

*Hashem is righteous in every way,*

**v'chasid b'chol ma-asav.**

*and virtuous in all deeds.*

**Karov Adonai l'chol kor'av,**

*Hashem is close to all who call,*

**l'chol asher yikra-uhu ve-emet.**

*and to all who call in truth.*

**R'tzon y'rei-av ya-aseh,**

*You fill the desires of all who revere You,*

**v'et shavatam yishma v'yoshi-eim.**

*You respond to us with the promise of redemption.*

**Shomeir Adonai et kol ohavav,**

*Hashem You protect all who love You,*

**v'eit kol har'sha-im yashmid.**

*and You destroy all the wicked.*

**T'hilat Adonai y'dabeir pi,**

*My lips utter the praise of Hashem,*

**vivareich kol basar sheim kodsho**

*and may all flesh praise the holy Name*

**l'olam va-ed.**

*for ever and ever.*

**Va-anachnu n'vareich Yah,**

*And we shall bless You Yah,*

**mei-atah v'ad olam, hal'lu-Yah.**

*from this time until eternity, Halleluyah!*

פֹּתֵי־אֵת יָדְךָ,

וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן.

צַדִּיק יְהוָה בְּכֹל דְרָכָיו,

וְחַסִּיד בְּכֹל מַעֲשָׂיו.

קָרוֹב יְהוָה לְכֹל קוֹרְאָיו,

לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְאֱמֶת.

רָצוֹן יִרְאֶיךָ יַעֲשֶׂה,

וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיִוְשִׁיעֵם.

שׁוֹמֵר יְהוָה אֶת כָּל אֹהֲבָיו,

וְאֵת כָּל הָרָשָׁעִים יִשְׁמִיד.

תְּהִלַּת יְהוָה יְדַבֵּר פִּי,

וְיִבְרַךְ כָּל בָּשָׂר שֵׁם קֹדֶשׁוֹ

לְעוֹלָם וָעֶד.

וְאֲנַחְנוּ נְבָרְךָ יְהוָה,

מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

# ובא לציון UVAH L'TZIYON

This blessing connects us to redemption. Redemption is a reference to Mashiach. Mashiach is not a person as many think, but a state of spirituality and consciousness that all people can achieve through spiritual transformation. Once a large number of people reach this state, the Mashiach will appear for the entire human race.

Uvah l'Tziyon go-eil,  
*A redeemer shall come to Zion,*  
ulshavei fesha b'Ya-akov,  
*and to those who turn away from misdeed among Jacob,*  
n'um Adonai.

*so says Hashem.*

Va-ani zot b'riti

*And as for me this is my covenant*

otam amar Adonai,

*with them said Hashem,*

ruchi asher alecha,

*my Spirit which is upon you,*

udvarai asher samti b'ficha

*and my words that I have put in your mouth*

lo yamushu mipicha, umipi

*shall not depart for your mouth, the mouths*

zaracha, umipi zera zaracha,

*of your children, or the mouths of children's children*

amar Adonai, mei-atah v'ad olam.

*said Hashem, from now and forever.*

V'atah kadosh,

*And You are holy,*

yosheiv t'hilot Yisra-eil.

*and await the praises of Israel.*

V'kara zeh el zeh v'amar,

*And one called to the other and said,*

Kadosh kadosh kadosh

*Holy, holy, holy*

Adonai tz'va-ot

*is Hashem of hosts*

m'lo kol ha-aretz k'vodo.

*the entire earth is full of His glory.*

Umkab'lin dein min dein,

*And they receive consent from one another,*

v'am'rin kadish,

*and say Holy,*

bishmei m'roma

*in the highest heavens*

ובא לציון גואל,  
ולשבי פשע ביעקב,  
נאם יהוה.

ואני זאת בריתי

אתם אמר יהוה,

רוחי אשר עליך,

ודברי אשר שמתי בפיך

לא ימושו מפיה, ומפי

זרעך, ומפי זרע זרעך,

אמר יהוה, מעתה ועד עולם.

ואתה קדוש,

יושב תהלות ישראל.

וקרא זה אל זה ואמר,

קדוש קדוש קדוש

יהוה צבאות,

מלא כל הארץ כבודו.

ומקבלין דין מן דין,

ואמרין קדיש,

בשמי מרומא

ila-ah beit Sh'chinteh

*is the abode of the Shechinah*

kadish al ara

*holy upon the earth*

ovad g'vurteih,

*is the work of Hashem's valor,*

kadish l'alam ulal'mei al'maya,

*holy for ever and for all eternity,*

Adonai tz'va-ot malya

*Hashem of hosts the entire earth is filled with*

kol ara ziv y'kareih.

*the splendor of Your glory.*

Vatasa-eini ru-ach,

*And a wind carried me,*

va-eshma acharai kol ra-ash gadol,

*and from behind me a I heard a great thunderous voice,*

Baruch k'vod Adonai mim'komo.

*Blessed is the glory of Hashem from Hashem's abode.*

Untalatni ruha,

*And a wind carried me,*

v'shimeit bat-rai kol zi-a sagi,

*and from behind me I heard a great thunderous voice,*

di m'shab'chin v'am'rin,

*giving praise and saying,*

b'rich y'kara d'Adonai

*blessed is the glory of Hashem*

mei-atar beit Sh'chinteh.

*from the abode of the Shechinah.*

Adonai yimloch l'olam va-ed.

*Hashem shall reign for ever and ever.*

Adonai malchuteih ka-eim

*Hashem's kingdom is established*

l'alam ulal'mei al'maya.

*for ever and for eternity.*

Adonai Elohei Avraham

*Hashem, Elohim of Abraham*

Yitz-chak v'Yisra-eil avoteinu,

*Isaac and Israel, our ancestors,*

shomra zot l'olam,

*safeguard this forever,*

l'yeitzer machsh'vot l'vav amecha,

*for the sake of the thoughts in the hearts of Your nation,*

v'hachein l'vavam Eilecha.

*and direct their hearts toward You.*

V'hu rachum,

*And He the Merciful One,*

y'chapeir avon v'lo yashchit,

*forgives iniquities and He does not destroy,*

עֲלָאָה בֵּית שְׁכִינְתָּהּ,

קִדִּישׁ עַל אֲרֶעָא

עוֹבֵד גְּבוּרְתָּהּ,

קִדִּישׁ לְעֵלָם וּלְעֵלְמֵי עֲלַמְיָא,

יְהוָה צְבָאוֹת מְלִיא

כָּל אֲרֶעָא זִיו יְקָרָהּ.

וּתְשֹׂאֲנִי רוּחַ,

וְאֶשְׁמַע אַחֲרַי קוֹל רַעַשׁ גָּדוֹל,

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

וּנְטַלְתַּנִּי רוּחָא,

וְשִׁמְעֵת בַּתְּרֵי קוֹל זִיעַ סְגִיא,

דִּי מְשַׁבְּחִין וְאִמְרִין,

בְּרִיךְ יְקָרָא דִּיהוָה

מֵאֲתַר בֵּית שְׁכִינְתָּהּ.

יְהוָה יְמַלֵּךְ לְעֵלָם וָעַד.

יְהוָה מְלֻכּוֹתָהּ קָאִם

לְעֵלָם וּלְעֵלְמֵי עֲלַמְיָא.

יְהוָה אֱלֹהֵי אַבְרָהָם

יְצַחַק וַיִּשְׂרָאֵל אֲבוֹתֵינוּ,

שְׁמֶרָה זֹאת לְעוֹלָם,

לְיִצְרַח מַחְשְׁבוֹת לְבַב עַמְךָ,

וְהִכֵּן לְבַבְכֶם אֵלַיךְ.

וְהוּא רַחוּם,

יְכַפֵּר עוֹן וְלֹא יִשְׁחִית,



v'hirba l'hashiv apo,  
and He frequently withdraws His anger,  
v'lo ya-ir kol chamato.  
and He does not arouse all His wrath.  
Ki atah Adonai tov v'salach,  
For You Hashem are good and forgiving,  
v'rav chesed, l'chol kor'echa.  
and abundant in kindness, to all who call to You.  
Tzidkat'cha tzedek l'olam,  
Your righteousness is an everlasting justice,  
v'Torat'cha emet.  
and Your Torah is true.  
Titein emet l'Ya-akov,  
You give truth to Jacob,  
chesed l'Avraham asher nishbata  
and kindness to Abraham as You have vowed  
la-avoteinu mimei kedem.  
to our ancestors since the earliest days.  
Baruch Adonai, yom yom ya-amos  
Blessed is Hashem, who every day bears burdens  
lanu, ha-Eil y'shu-ateinu selah.  
for us, the Almighty One of our salvation selah.  
Adonai tz'va-ot imanu,  
Hashem of hosts is with us,  
misgav lanu, Elohei Ya-akov selah.  
a stronghold for us, is the Elohim of Jacob selah.  
Adonai tz'va-ot,  
Hashem of hosts,  
ashrei adam botei-ach bach.  
joyful is the person who trusts in You.  
Adonai hoshi-ah,  
Hashem save us,  
hamelech ya-aneinu v'yom koreinu.  
the Sovereign shall answer us on the day when we call.  
Baruch hu Eloheinu,  
Blessed is our Elohim,  
sheb'ra-anu lichvodo,  
Who created us for the sake of His glory,  
v'hivdilanu min hato-im,  
Who separated us from those who have been led astray,  
v'natan lanu Torat emet,  
Who gave us the Torah of truth,  
v'chayei olam nata b'tocheinu,  
and Who implanted within us eternal life,  
hu yiftach libeinu b'Torato  
may He open our hearts to His Torah  
v'yaseim b'libeinu ahavato v'yirato  
and imbure our heart with love of Him and the desire

וְהִרְבָּה לְהִשִּׁיב אַפּוֹ,  
וְלֹא יַעִיר כּוֹל חַמָּתּוֹ.  
כִּי אַתָּה אֲדֹנָי טוֹב וְסָלַח,  
וְרַב חֶסֶד, לְכֹל קוֹרְאֶיךָ.  
צְדִקְתֶּךָ צְדָק לְעוֹלָם,  
וְתוֹרַתְךָ אֱמֶת.  
תִּתֵּן אֱמֶת לְיַעֲקֹב,  
חֶסֶד לְאַבְרָהָם אֲשֶׁר נִשְׁבַּעְתָּ  
לְאַבוֹתֵינוּ מִיְמֵי קֶדֶם.  
בָּרוּךְ אֲדֹנָי, יוֹם יוֹם יַעֲמֹס  
לָנוּ, הָאֵל יְשׁוּעָתֵנוּ סֵלָה.  
יְהוָה צְבָאוֹת עִמָּנוּ,  
מִשְׁגָּב לָנוּ, אֱלֹהֵי יַעֲקֹב סֵלָה.  
יְהוָה צְבָאוֹת,  
אֲשֶׁרִי אָדָם בֹּטַח בְּךָ.  
יְהוָה הוֹשִׁיעָה,  
הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קְרִיאָנוּ.  
בָּרוּךְ הוּא אֱלֹהֵינוּ,  
שֶׁבְרָאֵנוּ לְכְבוֹדוֹ,  
וְהִבְדִּילָנוּ מִן הַתּוֹעִים,  
וְנָתַן לָנוּ תּוֹרַת אֱמֶת,  
וַחַיֵּי עוֹלָם נִטַּע בְּתוֹכֵנוּ,  
הוּא יִפְתַּח לְבָנֵינוּ בְּתוֹרָתוֹ  
וַיַּשִּׁימ בְּלִבֵּינוּ אֶהְבָּתוֹ וַיִּרְאֵתוֹ

v'la-asot r'tzono ulovdo

*to do His will and to serve Him*

b'leivav shaleim,

*wholeheartedly,*

l'ma-an lo niga larik,

*may we not toil in vain,*

v'lo neileid labealah.

*nor give birth to panic.*

Y'hi ratzon mil'fanecha,

*May it be the will before You,*

Adonai Eloheinu v'Eilohei avoteinu,

*Hashem our Elohim and Elohim of our ancestors,*

shenishmor chukecha ba-olam hazeh,

*that we should keep your statutes in this world,*

v'nizkeh v'nichyeh v'nireh,

*and may we merit and live and see,*

v'nirash tovah uvrachah,

*and inherit goodness and blessing,*

lishnei y'mot ha-Mashi-ach,

*in the years and times of the Mashiach,*

l'chayei ha-olam haba.

*for the life in the world to come.*

L'ma-an y'zamercha kavod v'lo yidom,

*So that my glory may sing praise to You and not be silent,*

Adonai Elohai l'olam odecha.

*Hashem my Elohim I shall ever give You thanks.*

Baruch ha-gever asher

*Blessed is the person who*

yivtach b'Adonai,

*puts their trust in Hashem,*

v'hayah Adonai mitvacho.

*then Hashem will be their security.*

Bitchu b'Adonai adei ad,

*Trust in Hashem forever,*

ki b'Yah Adonai tzur olamim.

*for in Yah Hashem is the strength of the worlds.*

V'yivt'chu v'cha yod'ei sh'mecha,

*And they will trust in You those who know Your Name,*

ki lo azavta dor'shecha Adonai.

*for You have not forsaken those who seek You Hashem.*

Adonai chafeitz l'ma-an tzidko,

*Hashem desired for the sake of righteousness,*

yagdil Torah v'yadir.

*to make the Torah great and glorious.*

וְלַעֲשׂוֹת רְצוֹנוֹ וְלַעֲבֹדוֹ

בְּלֵב שָׁלֵם,

לְמַעַן לֹא נִיגַע לְרִיק,

וְלֹא נֵלֵד לְבִהָלָה.

יְהִי רְצוֹן מִלְּפָנֶיךָ,

יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,

שֶׁנִּשְׁמַר חֻקֶיךָ בְּעוֹלָם הַזֶּה,

וְנִזְכָּה וְנִחְיֶה וְנִרְאֶה,

וְנִירָשׁ טוֹבָה וּבְרָכָה,

לְשָׁנֵי יָמוֹת הַמָּשִׁיחַ,

וְלַחַיֵּי הָעוֹלָם הַבָּא.

לְמַעַן יִזְמְרֶךָ כְּבוֹד וְלֹא יִדָּם,

יְהוָה אֱלֹהֵי לְעוֹלָם אֻדְךָ.

בְּרוּךְ הַגֹּבֵר אֲשֶׁר

יִבְטַח בִּיהוָה,

וְהָיָה יְהוָה מְבֹטָחוֹ.

בְּטָחוֹ בִּיהוָה עֲדֵי עַד,

כִּי בָיָה יְהוָה צוּר עוֹלָמִים.

וַיִּבְטָחוּ בְּךָ יוֹדְעֵי שְׁמֶךָ,

כִּי לֹא עֲזַבְתָּ דוֹרְשֶׁיךָ יְהוָה.

יְהוָה חָפֵץ לְמַעַן צְדָקוֹ,

יַגְדִּיל תּוֹרָה וַיֹּאדִיר.

## 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'meih raba.

*Exalted and sanctified be His great Name.*

{Amein.}

*Amen.*

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneih

*and cause His redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-eil,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru Amein. {Amein.}

*and say amen. Amen.*

{Y'hei sh'meih raba m'varach

*May His great Name be blessed*

l'alam ulal'mei 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'meih d'kudsha {b'rich hu},

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

l'eila 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 Amein. {Amein.}

*and say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקְנֵיהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְּאִמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

## וּאֲנִי תְפִלַּתִּי VA-ANI T'FILATI

This blessing assists in removing any judgements that may come our way in the week ahead and converts them into acts of mercy.

Va-ani t'filati l'cha Adonai eit ratzon, **וּאֲנִי תְפִלַּתִּי לְךָ יְהוָה עֵת רָצוֹן,**  
*As for me, may my prayer to You Hashem be a time of desire,*  
 Elohim b'rov chasdecha, **אֱלֹהִים בְּרֹב חַסְדֶּךָ,**  
*O Elohim in the abundance of Your kindness,*  
 aneini be-emet yishecha. **עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ.**  
*answer me with the truth of Your salvation.*

## קריאת התורה READING OF THE TORAH

We read an aliyah from the upcoming Shabbat's parshah during Shabbat Minchah.

## וַיְהִי בְנִסּוּעַ VAYHI BINSOA

Vayhi binso-a ha-aron  
*It would be when the Ark traveled*  
 vayomer Mosheh,  
*Moses would say:*  
 Kumah, Adonai, v'yafutzu oy'vecha,  
*Arise Hashem, and let Your enemies scatter,*  
 v'yanusu m'sanecha mipanecha.  
*Your adversaries will flee from before You.*  
 Ki mi-Tziyon teitzei Torah,  
*For from out of Zion will come Torah,*  
 udvar Adonai mi-Y'rushalayim.  
*and the word of Hashem from Jerusalem.*  
 Baruch shenatan Torah  
*Blessed is He Who gave the Torah*  
 l'amo Yisra-eil bikdushato.  
*to His people Israel in His holiness.*

וַיְהִי בְנִסּוּעַ הָאָרוֹן  
 וַיֹּאמֶר מֹשֶׁה,  
 קוּמָה, יְהוָה, וַיִּפְּצוּ אֹיְבֶיךָ,  
 וַיִּנְסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ.  
 כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה,  
 וּדְבַר יְהוָה מִירוּשָׁלַיִם.  
 בָּרוּךְ שֶׁנָּתַן תּוֹרָה  
 לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשׁוֹ.

## ברוך שמה B'RICH SH'MEIH

This blessing is taken from the Zohar, through it we are able to draw down aspects of the original Light through the reading of the Torah. Shimon Bar Yochai said, "When we take out the Torah in public to read, all the gates of mercy in heaven are open, and we awaken a love from above."

**B'rich sh'meih d'marei al'ma,**

*Blessed is the Name of the Ruler of the universe,*

**b'rich kitrach v'atrach.**

*blessed is Your crown and Your place.*

**Y'hei r'utach**

*May Your love exist*

**im amach Yisra-eil l'alam,**

*with Your people Israel for ever,*

**ufurkan y'minach achazei**

*and may the salvation of Your right hand may you display*

**l'amach b'veit makd'shach,**

*to Your people in Your holy Temple,*

**ulamtuvei lana mituv n'horach,**

*to extend to us the goodness of Your Light,*

**ulkabeil tz'lotana b'rachamin.**

*and to accept our prayers with mercy.*

**Y'hei ra-ava kodamach**

*May it be the will before You*

**d'torich lan chayin b'tivuta,**

*that You extend for us life with goodness,*

**v'lehevei ana f'kida b'go tzadikaya,**

*and it should be that I am counted among the righteous,*

**l'mircham alai ulminter yati v'yat**

*that You have mercy on me and protect me and*

**kol di li v'di l'amach Yisra-eil.**

*all that is mine and all that belongs to Your people Israel.*

**Ant hu zan l'chola,**

*It is You Who nourishes all,*

**umfarneis l'chola.**

*and sustains all.*

**Ant hu shalit al kola,**

*It is You who rules over everything,*

**ant hu d'shalit al malchaya,**

*it is You who rules over sovereigns,*

**umalchuta dilach hi.**

*and sovereignty is Yours.*

**Ana avda d'kudsha b'rich hu,**

*I am a servant of the Holy One, Blessed is He,*

**d'sagidna kameih,**

*and prostrate myself before Him,*

בְּרִיךְ שְׁמֵהּ דְּמָרָא עֲלֵמָא,

בְּרִיךְ כְּתָרְךָ וְאַתְרְךָ.

יְהֵא רְעוּתְךָ

עִם עַמְךָ יִשְׂרָאֵל לְעֵלָם,

וּפְרָקֵן יְמִינְךָ אַחֲזִי

לְעַמְךָ בְּבֵית מִקְדָּשְׁךָ,

וְלֹא מְטוּי לְנָא מְטוּב נְהוּרְךָ,

וְלִקְבֵּל צְלוּתְנָא בְּרַחֲמִין.

יְהֵא רְעוּא קְדָמְךָ

דְּתוּרִיךָ לָן חֵיין בְּטִיבוּתָא,

וְלֵהוּי אָנָּא פְּקִידָא בְּגוּ צְדִיקָיָא,

לְמַרְחָם עָלֵי וְלְמַנְטֵר יְתִי וְיִת

כָּל דֵּי לִי וְדֵי לְעַמְךָ יִשְׂרָאֵל.

אַנְתָּ הוּא זָן לְכָלָא,

וּמְפָרְנֵס לְכָלָא.

אַנְתָּ הוּא שְׁלִיט עַל כָּלָא,

אַנְתָּ הוּא דְּשְׁלִיט עַל מַלְכֵיָא,

וּמַלְכוּתָא דִּילְךָ הִיא.

אָנָּא עֲבָדָא דְּקָדְשָׁא בְּרִיךְ הוּא,

דְּסָגִידְנָא קָמֵהּ,

umikama dikar Oraitei

and before the glory of His Torah

b'chol idan v'idan.

at all times.

La al enash rachitzna,

Not in any person do I put trust,

v'la al bar elahin samichnah,

nor on any angel do I rely,

ela be-Eloha dishmaya,

only on the Elohim of heaven,

d'hu Eloha k'shot,

Who is the Elohim of truth,

v'Orateih k'shot,

and Whose Torah is truth,

unvi-ghi k'shot,

and Whose prophets are true,

umasgei l'mebad tav-van ukshot.

and Who abundantly acts with kindness and truth.

Beih ana rachitz,

In Him I trust,

v'lishmeih kadisha yakira

and to Whose Name holy and glorious

ana eimar tushb'chan.

I declare praises.

y'hei ra-ava kodamach

May it be the will before You

d'tiftach liba-i b'Oraita,

that You open my heart to the Torah,

v'tashlim mishalin d'liba-i,

and that You fulfill the wishes of my heart,

v'liba d'chol amach Yisra-eil,

and the heart of all Your people Israel,

l'tav ulchayin v'lishlam. Amein.

for good and for life and for peace. Amen.

וּמִקָּמָא דִּיקָר אֲוֹרֵיתָהּ

בְּכֹל עֵדֶן וְעֵדֶן.

לֹא עַל אָנָּשׁ רַחֲצִנָּא,

וְלֹא עַל בַּר אֱלֹהִין סְמִיכְנָא,

אֶלָּא בְּאֱלֹהֵא דְשָׁמַיָא,

דְּהוּא אֱלֹהֵא קְשׁוּט,

וְאֲוֹרֵיתָהּ קְשׁוּט,

וְנְבִיאֹהֵי קְשׁוּט,

וּמְסַגָּא לְמַעַבְד טְבוּן וְקְשׁוּט.

בֵּיה אָנָּא רַחֲצִין,

וְלִשְׁמֵיהּ קְדִישָׁא יְקִירָא

אָנָּא אֵימַר תְּשִׁבְחָן.

יְהֵא רַעוּא קְדָמָךְ

דְּתַפְתַּח לְבָאֵי בְּאֲוֹרֵיתָא,

וְתַשְׁלִים מְשָׁאֲלִין דְּלְבָאֵי,

וְלְבָא דְכָל עַמְךָ יִשְׂרָאֵל,

לְטַב וְלְחַיִּין וְלְשָׁלָם. אָמֵן.

גִּדְלוּ לִיהוָה אֶתִּי וְנִרְוֵמָהּ שְׁמוֹ יַחְדָּו.

Gad'lu l'Adonai iti unrom'mah sh'mo yachdav.

Declare the greatness of Hashem with me, and let us exalt His Name together.

L'cha Adonai hag'dulah v'hag'vurah

Yours Hashem is the greatness and the power

v'hatiferet v'haneitzach v'hahod,

and the truth and the victory and the glory,

ki chol bashamayim uva-aretz,

for all that is in heaven and on earth is Yours,

l'cha Adonai hamamlachah,

to You Hashem is the realm,

לָךְ יְהוָה הַגְּדֻלָּה וְהַגְּבוּרָה

וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד,

כִּי כֹל בַּשָּׁמַיִם וּבָאָרֶץ,

לָךְ יְהוָה הַמַּמְלָכָה,

v'hamitnasei l'chol l'rosh.

*You are supreme over all.*

Av harachamim,

*Father of compassion,*

hu y'racheim am amusim,

*may He have mercy on the nation that it borne,*

v'yizkor b'rit eitanim,

*and may He remember the covenant of the enduring,*

v'yatzil nafshoteinu,

*and may He rescue our souls,*

min hasha-ot hara-ot,

*from the bad times,*

v'yigar b'yeitzer hara

*and denounce the Evil Inclination*

min han'shu-im,

*from those carried by Him,*

v'yachon otanu lifleitat olamim,

*and graciously grant us eternal deliverance,*

vimalei mishaloteinu

*and fulfill our requests*

b'midah tovah y'shu-ah v'rachamim.

*in good measure with salvation and mercy.*

וְהִמְתַּנְשֵׂא לְכֹל לְרֹאשׁ.

אֲב הַרְחָמִים,

הוּא יִרְחֵם עִם עַמּוּסֵים,

וַיִּזְכֹּר בְּרִית אֵיתָנִים,

וַיִּצִיל נַפְשׁוֹתֵינוּ,

מִן הַשָּׁעוֹת הָרָעוֹת,

וַיִּגְעַר בַּיֵּצֶר הָרַע

מִן הַנְּשׂוּאִים,

וַיַּחֲזַן אוֹתָנוּ לְפִלִּיטַת עוֹלָמִים,

וַיִּמְלֵא מִשְׁאֲלוֹתֵינוּ

בְּמִדָּה טוֹבָה יְשׁוּעָה וְרַחֲמִים.

## ברכות העולה לתורה

### TORAH BLESSINGS

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

*Before the reading:  
The Chazzan says the first line.*

בָּרְכוּ אֶת יְהוָה הַמְּבֹרָךְ!

Bar'chu et Adonai ham'vorach!

*Bless Hashem Who is Blessed!*

*Everyone responds, followed by:*

בְּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד!

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

*Blessed is Hashem Who is Blessed for ever and ever!*

Baruch atah Adonai,  
 Blessed are You Hashem,  
 Eloheinu melech ha-olam,  
 our Elohim, Sovereign of the universe,  
 asher bachar banu mikol ha-amim  
 who has chosen us from all the peoples  
 v'natan lanu et Torato.  
 giving us this Teaching.  
 Baruch atah Adonai,  
 Blessed are You Hashem,  
 notein ha-Torah.  
 Who gives the Torah.

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

After the reading:

Baruch atah Adonai,  
 Blessed are You Hashem,  
 Eloheinu melech ha-olam,  
 our Elohim, Sovereign of the universe,  
 asher natan lanu Torat emet,  
 who has given us a Torah of truth,  
 v'chayei olam nata b'tocheinu.  
 implanting within us eternal life.  
 Baruch atah Adonai,  
 Blessed are You Hashem,  
 notein ha-Torah.  
 Who gives the Torah.

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

## הַגְּבָהָה וְגִלְיָה

### HAGBAHAH AND GELILAH

Everyone stands and says together:

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לְפָנֵי בְנֵי יִשְׂרָאֵל,  
 עַל פִּי יְהוָה בְּיַד מֹשֶׁה.

V'zot ha-Torah asher sam Mosheh lifnei b'nei Yisra-eil,  
 al pi Adonai b'yad Mosheh.

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



# תהלים קיא

## PSALM 111

Hal'lu-Yah,

*Halleluyah!*

odeh Adonai b'chol leivav,

*I shall thank Hashem wholeheartedly,*

b'sod y'sharim v'eidah.

*in the counsel of the upright and the congregation.*

G'dolim ma-asei Adonai,

*Great are the works of Hashem,*

d'rushim l'chol chef-tzeihem.

*accessible to all who want them.*

Hod v'hadar pa-alo,

*Majesty and splendor are His work,*

v'tzidkato omedet la-ad.

*and His righteousness endures forever.*

Zeicher asah l'niflotav,

*A memorial He made for His wonders,*

chanun v'rachum Adonai.

*gracious and compassionate is Hashem.*

Teref natan lirei-av,

*Food He gives for those in awe of Him,*

yizkor l'olam b'ruto.

*He remembers His covenant eternally.*

Ko-ach ma-asav higid l'amo,

*The strength of His works He declared to His people,*

lateit lahem nachalat goyim.

*to give them the heritage of the nations.*

Ma-asei yadav emet umishpat,

*The works of His hands are truth and justice,*

ne-emanim kol pikudav.

*faithful are all His orders.*

S'muchim la-ad l'olam,

*They are steadfast forever for eternity,*

asuyim be-emet v'yashar.

*accomplished in truth and virtue.*

P'dut shalach l'amo,

*Redemption He sent to His people,*

tzivah l'olam b'ruto,

*He commanded His covenant for eternity,*

kadosh v'nora sh'mo.

*holy and awesome is His Name.*

Reishit chochmah yirat Adonai,

*The beginning of wisdom is to be in awe of Hashem,*

seichel tov l'chol oseihem,

*good understanding is given to all their practitioners,*

הַלְלוּיָהּ,

אוֹדֶה יְהוָה בְּכֹל לֵיבָב,

בְּסוֹד יְשָׁרִים וְעֵדָה.

גְּדֹלִים מַעֲשֵׂי יְהוָה,

דְּרוֹשִׁים לְכֹל חֹפְצֵיהֶם.

הוֹד וְהַדָּר פָּעֵלוֹ,

וְצִדְקָתוֹ עֹמֶדֶת לְעַד.

זָכַר עָשָׂה לְנִפְלְאוֹתָיו,

חֲנוּן וְרַחוּם יְהוָה.

טָרַף נָתַן לִירְאָיו,

יִזְכֹּר לְעוֹלָם בְּרִיתוֹ.

כָּח מַעֲשָׂיו הִגִּיד לְעַמּוֹ,

לְתֵת לָהֶם נַחֲלַת גּוֹיִם.

מַעֲשֵׂי יָדָיו אֶמֶת וּמִשְׁפָּט,

נֶאֱמָנִים כָּל פְּקוּדָיו.

סְמוּכִים לְעַד לְעוֹלָם,

עֲשׂוּיִם בְּאֶמֶת וַיִּשָּׂר.

פְּדוּת שָׁלַח לְעַמּוֹ,

צִוָּה לְעוֹלָם בְּרִיתוֹ,

קָדוֹשׁ וְנוֹרָא שְׁמוֹ.

רֵאשִׁית חֲכָמָה יִרְאֵת יְהוָה,

שֵׁכֶל טוֹב לְכֹל עֹשֵׂיהֶם,

t'hilato omedet la-ad.

*His praise endures forever.*

תְּהִלָּתוֹ עֹמֶדֶת לְעַד.

## תהלים קיב

### PSALM 112

Hal'lu-Yah,

*Halleluyah!*

ashrei ish yarei et Adonai,

*praiseworthy is the person who is in awe of Hashem,*

b'mitzvotav chafeitz m'od.

*who desires His commandments greatly.*

Gibor ba-aretz yihyeh zaro,

*Mighty in the land their offspring shall be,*

dor y'sharim y'vorach.

*a generation of the upright who shall be blessed.*

Hon va-osh'er b'veito,

*Wealth and riches are in their house,*

v'tzidkato omedet la-ad.

*and their righteousness endures forever.*

Zarach bachoshech or laysharim,

*Shine even in darkness does a light for the upright,*

chanun v'rachum v'tzadik.

*He is gracious and compassionate and righteous.*

Tov ish chonein umalveh,

*Good is the person who is gracious and makes loans,*

y'chal-kein d'varav b'mishpat.

*who conducts their affairs with justice.*

Ki l'olam lo yimot,

*Surely they will never falter,*

l'zeicher olam yihyeh tzadik.

*in remembrance everlasting shall be the righteous.*

Mish'mu-ah ra-ah lo yira,

*Of evil tidings they will have no fear,*

nachon libo batu-ach Badonai.

*firm is their heart trusting in Hashem.*

Samuch libo lo yira,

*Steadfast is their heart, they shall not fear,*

ad asher yireh v'tzarav.

*until they can look upon their enemies.*

Pizar natan la-evyonim,

*They distributed freely by giving to the poor,*

tzidkato omedet la-ad,

*their righteousness endures forever,*

karno tarum b'chavod.

*their pride will be exalted with glory.*

הַלְלוּיָהּ,

אֲשֶׁרִי אִישׁ יִרָא אֶת יְהוָה,

בְּמִצְוֹתָיו חָפֵץ מְאֹד.

גִּבּוֹר בְּאֶרֶץ יִהְיֶה זֶרְעוֹ,

דּוֹר יְשָׁרִים יְבָרֵךְ.

הוֹן וְעֹשֶׁר בְּבֵיתוֹ,

וְצִדְקָתוֹ עֹמֶדֶת לְעַד.

זָרַח בַּחֹשֶׁךְ אֹר לְיִשְׁרָאֵל,

חֲנוּן וְרַחוּם וְצַדִּיק.

טוֹב אִישׁ חוֹנֵן וּמְלוֹה,

יְכַלְכֵּל דְּבָרָיו בְּמִשְׁפָּט.

כִּי לְעוֹלָם לֹא יִמוּט,

לְזִכֹּר עוֹלָם יִהְיֶה צַדִּיק.

מִשְׁמוּעָה רָעָה לֹא יִירָא,

נֶכּוֹן לְבוֹ בְּטַח בַּיהוָה.

סָמוּךְ לְבוֹ לֹא יִירָא,

עַד אֲשֶׁר יִרְאֶה בְּצָרָיו.

פִּזַּר נָתַן לְאֲבְיוֹנִים,

צִדְקָתוֹ עֹמֶדֶת לְעַד,

קִרְנוֹ תְרוּם בְּכָבוֹד.

Rasha yireh v'cha-as,  
*The wicked person shall see this and be angered,*  
 shinav yacharok v'namas,  
*they will gnash their teeth and melt away,*  
 ta-avat r'sha-im toveid.  
*the desire of the wicked shall perish.*

רָשָׁע יִרְאֶה וְכָעַס,  
 שִׁנְיוֹ יַחַרֵּק וְנָמַס,  
 תַּאֲוַת רְשָׁעִים תֵּאבֵד.

## הכנסת ספר תורה RETURNING THE TORAH

*We now stand as we return the Torah to its resting place in the Ark.*

Y'hal'lu et sheim Adonai,  
*Let them praise the Name of Hashem,*  
 ki nisgav sh'mo l'vado,  
*for His Name is exalted alone,*  
 hodo al erez v'shamayim.  
*His glory is above earth and heaven.*  
 Vayarem keren l'amo,  
*He has exalted the pride of His people,*  
 t'hilah l'chol chasidav,  
*bringing praise for all His devout ones,*  
 livnei Yisra-eil am k'rovo,  
*for the Children of Israel, the people with whom He is intimate,*  
 Hal'lu-Yah.  
*Halleluyah!*

יְהַלְלוּ אֶת שֵׁם יְהוָה,  
 כִּי נִשְׁגָּב שְׁמוֹ לְבַדּוֹ,  
 הוֹדוֹ עַל אֶרֶץ וְשָׁמַיִם.  
 וַיָּרֶם קֶרֶן לְעַמּוֹ,  
 תְּהִלָּה לְכֹל חַסִּידָיו,  
 לְבְנֵי יִשְׂרָאֵל עִם קְרוּבוֹ,  
 הַלְלוּיָהּ.

## תהלים כד PSALM 24

L'David mizmor,  
*A psalm by David,*  
 L'Adonai ha-arez umlo-ah,  
*Hashem's is the earth and its fullness,*  
 teiveil v'yosh'vei vah.  
*the world and all who live in it.*  
 Ki hu al yamim y'sadah,  
*For He founded it upon the seas,*  
 v'al n'harot y'chon'neha.  
*and established it upon the rivers.*  
 Mi ya-aleh v'har Adonai,  
*Who may ascend the mountain of Hashem,*  
 umi yakum bimkom kodsho.  
*and who may stand in His holy place.*

לְדָוִד מִזְמוֹר,  
 לַיהוָה הָאָרֶץ וּמְלוֹאָהּ,  
 תֵּיבֵל וַיֹּשְׁבֵי בָּהּ.  
 כִּי הוּא עַל יַמִּים יִסְדָּהּ,  
 וְעַל נְהָרוֹת יְכוֹנְנֶהּ.  
 מִי יַעֲלֶה בְּהַר יְהוָה,  
 וּמִי יִקּוּם בְּמִקְוֹם קֹדֶשׁוֹ.

N'ki chapayim uvar leivav,  
*One with clean hands and pure heart,*  
 asher lo nasa lashav nafshi,  
*who has not sworn in vain by My soul,*  
 v'lo nishba l'mirmah.  
*and has not sworn deceitfully.*

Yisa v'rachah mei-eit Adonai,  
*They will receive a blessing from Hashem,*  
 utzdakah mei-Elohei yisho.  
*and just kindness from the Elohim of their salvation.*

Zeh dor dor'shav,  
*This is the generation of those who seek Him,*  
 m'vakshei fanecha Ya-akov selah.  
*those who strive for Your Presence, the nation of Jacob, forever.*

S'u sh'arim rasheichem,  
*O gates raise up your heads,*  
 v'hinas'u pitchei olam,  
*and be uplifted you everlasting entrances,*  
 v'yavo melech ha-kavod.  
*and let the Sovereign of glory enter.*

Mi zeh melech ha-kavod,  
*Who is this Sovereign of glory?*

Adonai izuz v'gibor,  
*Hashem the mighty and the strong,*  
 Adonai gibor milchamah.  
*Hashem strong in battle.*

S'u sh'arim rasheichem,  
*O gates raise up your heads,*  
 usu pitchei olam,  
*and be raised you everlasting entrances,*  
 v'yavo melech ha-kavod.  
*and let the Sovereign of glory enter.*

Mi hu zeh melech ha-kavod,  
*Who is this Sovereign of glory?*

Adonai tz'va-ot,  
*Hashem of hosts,*  
 hu melech ha-kavod selah.  
*Who is the Sovereign of glory forever.*

נְקִי כַפַּיִם וּבֵר לֵבָב,  
 אֲשֶׁר לֹא נִשָּׂא לַשְּׁוֹא נַפְשִׁי,  
 וְלֹא נִשְׁבַּע לְמִרְמָה.  
 יִשָּׂא בְרָכָה מֵאֵת יְהוָה,  
 וּצְדָקָה מֵאֱלֹהֵי יִשְׁעוֹ.  
 זֶה דּוֹר דּוֹר־שָׁבוּ,  
 מִבְּקָשֵׁי פָנֶיךָ יַעֲקֹב סֵלָה.  
 שָׂאוּ שַׁעֲרֵיכֶם וְהִנֵּשְׂאוּ  
 פִתְחֵי עוֹלָם,  
 וַיָּבֹא מֶלֶךְ הַכְּבוֹד.  
 מִי זֶה מֶלֶךְ הַכְּבוֹד,  
 יְהוָה עֶזְרוֹ וְגִבּוֹר,  
 יְהוָה גִּבּוֹר מִלְחָמָה.  
 שָׂאוּ שַׁעֲרֵיכֶם וְשָׂאוּ  
 פִתְחֵי עוֹלָם,  
 וַיָּבֹא מֶלֶךְ הַכְּבוֹד.  
 מִי הוּא זֶה מֶלֶךְ הַכְּבוֹד,  
 יְהוָה צְבָאוֹת,  
 הוּא מֶלֶךְ הַכְּבוֹד סֵלָה.

## ובנחה יאמר UVNUCHOH YOMAR

Uvnucho yomar, shuvah, Adonai,  
*And when it rested he would say, Return Hashem,*  
riv'vot alfei Yisra-eil.

*to the myriad thousands of Israel.*

Kumah Adonai limnuchatecha,  
*Arise Hashem to Your resting place,*  
atah va-aron uzecha.

*You and the Ark of Your strength.*

Kohanecha yilb'shu tzedek,  
*Let Your Kohanim be clothed in righteousness,*  
vachasidecha y'raneinu.

*and Your devout ones will sing joyously.*

Ba-avur David avdecha,  
*For the sake of David Your Servant,*  
al tasheiv p'nei m'shichecha.

*turn not away the face of Your anointed.*

Ki lekach tov natati lachem,  
*For I have given you a good instruction,*  
Torati al ta-azovu.

*do not abandon My Teaching.*

Eitz chayim hi lamachazikim bah,  
*It is a tree of life for those who hold fast to it,*  
v'tom'cheha m'ushar.

*and all its supporters are happy.*

D'racheha darchei no-am,  
*Its ways are ways of pleasantness,*  
v'chol n'tivoteha shalom.

*and all its paths are peace.*

Hashiveinu Adonai eilecha v'nashuva,  
*Return us to You Hashem and we will return,*  
chadeish yameinu k'kedem.

*renew our days as of old.*

ובנחה יאמר, שובה, יהוה,  
רבות אלפי ישראל.  
קומה יהוה למנוחתך,  
אתה וארון עזך.  
כהניך ילפשו צדק,  
וחסידים ירננו.  
בעבור דוד עבדך,  
אל תשב פני משיחך.  
כי לקח טוב נתתי לכם,  
תורת אל תעזבו.  
עץ חיים היא למחזיקים בה,  
ותמכה מאשר.  
דרכיה דרכי נעם,  
וכל נתיבותיה שלום.  
השיבנו יהוה אליך ונשובה,  
חדש ימינו כקדם.

## חזי קדיש CHATZI KADDISH

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

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

Yitgadal v'yitkadash sh'meih raba.

*Exalted and sanctified be His great Name.*

{Amein.}

*Amen.*

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneih

*and cause His redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-eil,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru Amein. {Amein.}

*and say amen. Amen.*

{Y'hei sh'meih raba m'varach

*May His great Name be blessed*

l'alam ulal'mei 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'meih d'kudsha {b'rich hu},

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

l'eila 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 Amein. {Amein.}

*and say amen. Amen.*

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,

וְיִמְלִיךְ מַלְכוּתָהּ,

וְיִצְמַח פְּרֻקְנָהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְאָמְרוּן בְּעֵלְמָא,

וְאָמְרוּ אָמֵן. {אָמֵן.}

# עמידה

## THE AMIDAH

Amidah comes from the word "Amad" which literally means "to stand" and is therefore known as the Standing Prayer. It connects us to Atzilut, the world of Ein Sof. It is also connects us to the Creator's Light both as individuals and as a community in a powerful and intimate way.

Through the opening verse we ask the Creator to speak through us so that our prayers are coming from our higher selves rather than from our ego selves. The first three blessings pay homage to the Creator, the middle blessings consist of the sanctification of the day on Shabbat, and the final three blessings express our gratitude. Through the closing prayers, we ask that we be kept in a state of spiritual awareness and we reiterate that all of the words we have uttered have come from the heart. The Amidah is complete as we send peace out to the community and to the entire world.

*Since the Amidah is considered to be a person's opportunity to approach the Creator in private prayer, it is first recited silently by each individual. Afterwards the Chazzan repeats it on behalf of the entire community.*

*In the repetition, Everyone says the words of each blessing in a soft tone at the same time the Chazzan is chanting them. At the end of each blessing Everyone responds with אָמֵן "Amein".*

*The entire Amidah should be said without interruption, therefore the prefaces to the prayers are not read aloud during this section.*

*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 תִּפְתָּח, 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 Hashem our Elohim*

**v'Eilohei 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 Racheil,**

*Elohim of Rebecca, Elohim of Rachel,*

**v'Eilohei Lei-ah. Ha-Eil hagadol**

*and Elohim of Lei-ah. The Almighty the Great One*

**hagibor v'hanora, Eil elyon,**

*the Mighty One and the Awesome One, Supreme Almighty One*

**gomeil chasadim tovim,**

*the One who bestows loving-kindness and goodness,*

**v'koneih hakol,**

*embracing all,*

**v'zocheir chasdei avot,**

*and remembering the loving-kindness of our ancestors,*

**umeivi go-eil livnei v'neihem,**

*and bringing a redeemer to their descendants,*

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

*lovingly for the sake of Your Name.*

**Melech ozeir umoshi-a umagein.**

*Sovereign who helps and saves and shields.*

*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 Hashem,*

**magein 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 לֵיָאָה. הָאֵל הַגָּדוֹל  
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
גּוֹמֵל חֲסָדִים טוֹבִים,  
וְקֹנֵה הַכֹּל,  
וְזוֹכֵר חֲסֵדֵי אֲבוֹת,  
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בָּרוּךְ אַתָּה יְהוָה,  
מַגֵּן אַבְרָהָם וְעֲזֵרֵת שָׂרָה.



## גְּבוּרוֹת 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 forever mighty O Ruler,*  
m'chayeih meitim atah,  
*You renew life beyond death,*  
rav l'hoshi-ah.  
*abundantly able to save.*

**Pesach-Sukkot:** Morid hatal.  
*Causing dew to fall.*

**Sh'mini Atzeret-Pesach:** Mashiv haru-ach,  
*Making the wind blow,*  
umorid hagashem.  
*and the rain to fall.*

M'chal-keil chayim b'chesed,  
*You care for the living with mercy,*  
m'chayeih meitim b'rachamim rabim,  
*You renew life beyond death with compassion,*  
someich nof'lim, v'rofei cholim,  
*supporting the fallen, healing the sick,*  
umatir asurim,  
*and releasing the captive,*  
umkayeim emunato lischeinei afar.  
*and keeping faith with those who sleep in the dust.*  
Mi chamocha, ba-al g'vurot!  
*who is like You, Source of might!*  
Umi domeh lach, melech meimit  
*And who resembles You, Sovereign of death*  
umchayeh umatzmi-ach y'shu-ah.  
*and of life and who sows deliverance.*

V'ne-eman atah l'hachayot meitim.  
*Faithful are You in renewing life beyond death.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
m'chayeih hameitim.  
*who renews life beyond death.*

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

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

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

בָּרוּךְ אַתָּה יְהוָה,  
מְחַיֶּה הַמֵּתִים.

The following blessing is said only during the Chazzan's repetition.  
The Chazzan may choose to use the Sefard version below or the Ashkenaz version on page 29.

## קְדוּשָׁה K'DUSHAH

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

*Stand with feet together.  
Rise on toes when saying קְדוּשׁ, קְדוּשׁ, קְדוּשׁ Kadosh, kadosh, kadosh  
and בְּרוּךְ בְּרוּךְ בְּרוּךְ Baruch k'vod, and יְמַלֵּךְ Yimloch.*

*Chazzan:*

**Keter yit'nu l'cha Adonai Eloheinu,**  
*A crown they will give You, Hashem our Elohim,*  
**malachim hamonei malah,**  
*the angels, the multitudes of above,*  
**im am'cha Yisra-eil, k'vutzei matah.**  
*together with Your people Israel, assembled below.*

כֶּתֶר יִתְּנוּ לְךָ יְהוָה אֱלֹהֵינוּ,  
מַלְאָכִים הַמּוֹנִי מֵעֲלֵה,  
עִם עַמֶּךָ יִשְׂרָאֵל, קְבוּצֵי מַטָּה.

**Yachad kulam k'dushah**  
*Together all of them holy*  
**l'cha y'shaleishu**  
*to You will recite three times,*  
**kadavar ha-amur al yad n'vi-echa,**  
*as the statement spoken by Your prophet,*  
**v'kara zeh el zeh v'amar:**  
*and as one called to another saying:*

יַחַד כָּלֶם קְדוּשָׁה  
לְךָ יִשְׁלֵשׁוּ,  
כַּדְבַר הָאָמוּר עַל יַד נְבִיאֶךָ,  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

*Everyone:*

**קְדוּשׁ, קְדוּשׁ, קְדוּשׁ, יְהוָה צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.**  
**Kadosh, kadosh, kadosh, Adonai tz'va-ot, m'lo chol ha-aretz k'vodo.**  
*Holy, holy, holy, is Hashem of the heavenly hosts, the entire world is full of His glory.*

*Chazzan Continues:*

**K'vodo malei olam,**  
*Whose glory fills the world,*  
**m'shar'tav sho-alim zeh lazeh,**  
*Whose ministering angels ask one another,*  
**ayeih m'kom k'vodo l'ha-aritzo,**  
*where is the place of His glory to revere Him?*  
**l'umatam m'shab'chim v'om'rim:**  
*facing them they offer praise and proclaim:*

כְּבוֹדוֹ מְלֵא עוֹלָם,  
מְשַׁרְתָּיו שׂוֹאֲלִים זֶה לְזֶה,  
אֵיךְ מְקוֹם כְּבוֹדוֹ לְהַעֲרִיצוֹ,  
לְעַמְתָּם מְשַׁבְּחִים וְאוֹמְרִים:

Everyone:

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.  
Baruch k'vod Adonai mim'komo.  
*Blessed is the glory of Hashem in His place.*

Chazzan Continues:

Mim'komo hu yifen  
*From His place may He turn*  
b'rachamav l'amo, v'yachon  
*with compassion to His people, and be gracious*  
am ham'yachadim sh'mo  
*to the people who declare the Oneness of His Name*  
erev vavoker b'chol yom tamid,  
*evening and morning, every day always,*  
pa-amayim b'ahavah sh'ma om'rim:  
*twice with love, Sh'ma they proclaim:*

מִמְּקוֹמוֹ הוּא יִפֵּן  
בְּרַחֲמָיו לְעַמּוֹ, וְיַחֲזֵן  
עִם הַמְּיַחֲדִים שְׁמוֹ  
עֶרֶב וּבֹקֵר בְּכֹל יוֹם תָּמִיד,  
פַּעַמַּיִם בְּאַהֲבָה שְׁמַע אוֹמְרִים:

Everyone:

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.  
Sh'ma Yisra-eil, Adonai Eloheinu, Adonai echad.  
*Hear O Israel, Hashem our Elohim, Hashem is the Only One.*

Chazzan Continues:

Hu Eloheinu, hu avinu,  
*He is our Elohim, He is our Father,*  
hu malkeinu, hu moshi-einu,  
*He is our Sovereign, He is our Redeemer,*  
v'hu yoshi-einu v'yigaleinu sheinit,  
*and He will save us and redeem us a second time,*  
v'yashmi-einu b'rachamav sheinit  
*and will let us hear in His compassion for a second time*  
l'einei kol chai, leimor:  
*before the eyes of all the living, as follows:*  
Hein ga-alti etchem  
*Indeed I have redeemed you*  
acharit k'reishit,  
*in the end as at the beginning,*  
lihyot lachem Leilohim,  
*to be for you an Elohim,*

הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,  
הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ,  
וְהוּא יוֹשִׁיעֵנוּ וְיִגְאַלֵנוּ שֵׁנִית,  
וְיַשְׁמִיעֵנוּ בְּרַחֲמָיו שֵׁנִית  
לְעֵינֵי כָל חַי, לֵאמֹר:  
הֵן גָּאַלְתִּי אֶתְכֶם  
אַחֲרִית כְּרֵאשִׁית,  
לְהִיּוֹת לָכֶם לֵאלֹהִים,

Everyone:

אֲנִי יְהוָה אֱלֹהֵיכֶם.  
Ani Adonai Eloheichem.  
*I am Hashem Your Elohim.*

*Chazzan Continues:*

Adir adireinu, Adonai adoneinu,  
Mighty is our Mighty One, Hashem our Ruler,  
mah adir shimcha b'chol ha-aretz.

*how mighty is Your Name in all the earth.*

V'hayah Adonai l'melech

*And then will Hashem be Sovereign*

al kol ha-aretz,

*over all the earth,*

bayom hahu yihyeh Adonai echad

*and on that day Hashem shall be One*

ushmo echad.

*and His Name One.*

Uvdivrei kodsh'cha katuv leimor:

*And in Your holy Writings it is written saying:*

אֲדִיר אֲדִירֵנוּ, יְהוָה אֲדִירֵנוּ,

מָה אֲדִיר שִׁמְךָ בְּכֹל הָאָרֶץ.

וְהָיָה יְהוָה לְמֶלֶךְ

עַל כֹּל הָאָרֶץ,

בַּיּוֹם הַהוּא יְהִי יְהוָה אֶחָד

וּשְׁמוֹ אֶחָד.

וּבְדִבְרֵי קֹדֶשׁךָ כָּתוּב לֵאמֹר:

*Everyone:*

יְמֶלֶךְ יְהוָה לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן, לְדֹר וָדֹר, הַלְלוּיָהּ.

Yimloch Adonai l'olam, Elohayich Tziyon, l'dor vador, hal'lu-Yah.

*May Hashem reign forever, your Elohim O Zion, from generation to generation, praise Yah.*

## Ashkenaz version:

N'kadeish et shimcha ba-olam,

*We will sanctify Your Name in this world,*

k'sheim shemakdishim oto

*just as it is made holy*

bishmei marom,

*in the highest heavens.*

kakatuv al yad n'vi-echa,

*as it is written by the hand of Your prophet,*

v'kara zeh el zeh v'amar:

*and as one called to another saying:*

Kadosh, kadosh, kadosh,

*Holy, holy, holy,*

Adonai tz'va-ot,

*is Hashem of the heavenly hosts,*

m'lo chol ha-aretz k'vodo.

*the entire world is full of His glory.*

Adir adireinu, Adonai adoneinu

*Our Mighty One, Hashem our Ruler,*

mah adir shimcha b'chol ha-aretz.

*how mighty is Your Name in all of the earth.*

Baruch k'vod Adonai mimkomo.

*Blessed is the honor of Hashem on high.*

Echad hu Eloheinu, hu avinu,

*Our Elohim. He is One, He is our Father,*

hu malkeinu, hu moshi-einu,

*our Sovereign, our Redeemer,*

v'hu yashmi-einu b'rachamav

*and He will redeem us in mercy*

l'einei kol chai.

*in the presence of every living being.*

Ani Adonai Eloheichem.

*I am Hashem Your Elohim.*

Yimloch Adonai l'olam, Elohayich

*May Hashem reign forever, your Elohim*

tzi-yon l'dor vador hal'luyah.

*O Zion from generation to generation, praise Yah.*

L'dor vador nagid god-lecha,

*In every generation we will tell of Your greatness,*

ulneitzach n'tzachim

*and we will forever*

k'dushat'cha nakdish.

*devote ourselves to Your holiness.*

V'shivchacha, Eloheinu,

*And Your praise, our Elohim,*

mipinu lo yamush l'olam va-ed.

*will never depart from our lips.*

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם,

כְּשֵׁם שֶׁמְקַדְּשִׁים אוֹתוֹ

בְּשָׁמַי מְרוֹם,

כַּכְּתוּב עַל יַד נְבִיאֶךָ,

וְקָרָא זֶה אֶל זֶה וְאָמַר:

קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ,

יְהוָה צְבָאוֹת,

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.

אֲדִיר אֲדִירָנוּ, יְהוָה אֲדוֹנָנוּ

מָה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.

בָּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

אֶחָד הוּא אֱלֹהֵינוּ, הוּא אֲבִינוּ,

הוּא מֶלֶכְנוּ, הוּא מוֹשִׁיעֵנוּ,

וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו

לְעֵינֵי כָּל חַי.

אֲנִי יְהוָה אֱלֹהֵיכֶם.

יְמַלֶּךְ יְהוָה לְעוֹלָם, אֱלֹהֶיךָ

צִיּוֹן לְדוֹר וָדוֹר הַלְלוּיָהּ.

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּךְ,

וְלִנְצַח נְצַחִים

קְדֻשְׁתְּךָ נְקַדְּשׁ.

וְשִׁבַּחְךָ, אֱלֹהֵינוּ,

מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.

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

בְּרוּךְ אַתָּה יְהוָה,  
הָאֵל הַקָּדוֹשׁ.

## קְדוּשַׁת הַשֵּׁם K'DUSHAT HASHEIM

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 Eil melech gadol v'kadosh atah.  
for a great and holy Sovereign are You, O Almighty One.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,  
וְקְדוּשִׁים בְּכֹל יוֹם  
יְהַלְלוּךָ סֵלָה,  
כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

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

בְּרוּךְ אַתָּה יְהוָה,  
הָאֵל הַקָּדוֹשׁ

## קְדוּשַׁת הַיּוֹם K'DUSHAT HAYOM

Atah echad v'shimcha echad,  
You are One and Your Name is One,  
umi k'am'cha Yisra-eil  
and who is like Your people Israel  
goi echad ba-aretz,  
one nation on earth,  
tiferet g'dulah,  
splendor of greatness,  
va-ateret y'shu-ah,  
and the crown of salvation,  
yom m'nuchah ukdushah  
the day of rest and holiness  
l'am'cha natata,  
to Your people You have given,  
Avraham yageil, Yitz-chak y'ranein,  
Abraham would rejoice, Isaac would exalt,  
Ya-akov uvanav yanuchu vo,  
Jacob and his children would rest on it,  
m'nuchah ahavah undavah,  
a rest of love and freewill,

אַתָּה אֶחָד וְשִׁמְךָ אֶחָד,  
וּמִי כְעַמֶּךָ יִשְׂרָאֵל  
גּוֹי אֶחָד בְּאֶרֶץ,  
תִּפְאֶרֶת גְּדֻלָּה,  
וְעֹטֶרֶת יְשׁוּעָה,  
יוֹם מְנוּחָה וְקְדוּשָׁה  
לְעַמֶּךָ נָתַתָּה,  
אַבְרָהָם יִגַּל, יִצְחָק יִרְנֵן,  
יַעֲקֹב וּבָנָיו יִנּוּחוּ בוֹ,  
מְנוּחַת אֲהָבָה וְנְדָבָה,

m'nuchat emet v'emunah,  
*a rest of truth and faith,*  
 m'nuchat shalom v'shalvah  
*a rest of peace and serenity*  
 v'hashkeit vavetach,  
*and calm and security,*  
 m'nuchah sh'leimah sha-atah  
*a perfect rest that You*  
 rotzeh bah,  
*find favor in,*  
 yakiru vanecha v'yeidu ki  
*may Your children recognize and know that*  
 mei-it'cha hi m'nuchatam,  
*their rest comes from You,*  
 v'al m'nuchatam  
*and through their rest*  
 yakdishu et sh'mecha.  
*they will sanctify Your Name.*

Eloheinu v'Eilohei avoteinu,  
*Our Elohim and the Elohim of our ancestors,*  
 r'tzeih na vimnuchateinu,  
*may our rest be pleasing to You,*  
 kad'sheinu b'mitzvotcha,  
*sanctify us with Your commandments,*  
 v'tein chelkeinu b'Toratecha,  
*and grant us a share in Your Torah,*  
 sab'einu mituvecha,  
*fill us with Your goodness, I*  
 v'samach nafsheinu bishu-atecha,  
*and let our souls know the joy of Your salvation,*  
 v'taheir libeinu l'ovd'cha be-emet,  
*and purify our hearts to serve You in truth,*  
 v'hanchileinu Adonai Eloheinu  
*and bestow upon us Hashem our Elohim*  
 b'ahavah uvratzon  
*in Your love and goodwill*  
 Shabbat kodshecha,  
*a holy Shabbat,*  
 v'yanuchu vah kol Yisra-eil,  
*and may all of Israel rest on it,*  
 m'kad'shei sh'mecha.  
*who hallows Your Name.*

Baruch atah Adonai,  
*Blessed are You Hashem,*  
 m'kadeish ha-Shabbat.  
*who sanctifies Shabbat.*

מְנוּחַת אֱמֶת וְאֱמוּנָה,  
 מְנוּחַת שָׁלוֹם וְשַׁלְוָה  
 וְהַשְׁקֵט וְבִטָּח,  
 מְנוּחָה שְׁלֵמָה שְׂאֵתָה  
 רוֹצֵה בָּהּ,  
 יִכְירוּ בְּנֵיךָ וַיֵּדְעוּ כִּי  
 מֵאֵתְךָ הִיא מְנוּחָתָם,  
 וְעַל מְנוּחָתָם  
 יִקְדִּישׁוּ אֶת שְׁמֶךָ.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
 רִצֵּה נָא בְּמְנוּחָתֵנוּ,  
 קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ  
 וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,  
 שִׂבְעֵנוּ מִטוֹבְךָ,  
 וְשִׂמַּח נַפְשֵׁנוּ בִּישׁוּעָתְךָ,  
 וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֱמֶת,  
 וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ  
 בְּאַהֲבָה וּבְרָצוֹן  
 שַׁבַּת קִדְּשֶׁךָ,  
 וַיְנַוְחוּ בָּהּ כָּל יִשְׂרָאֵל,  
 מִקְדְּשֵׁי שְׁמֶךָ.

בָּרוּךְ אַתָּה יְהוָה,  
 מְקַדֵּשׁ הַשַּׁבָּת.

## עבודה AVODAH

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

R'tzeih, Adonai Eloheinu,  
*Be pleased, Hashem our Elohim,*  
b'am'cha Yisra-eil,  
*with Your people Israel,*  
v'litfilatam sh'eih,  
*and turn toward their prayer,*  
v'hasheiv et ha-avodah  
*and restore the service*  
lidvir beitecha,  
*to the Holy of Holies of Your Temple,*  
v'ishei Yisra-eil,  
*and the fire-offerings of Israel,*  
utfilatam m'heirah b'ahavah  
*and their prayer speedily with love*  
t'kabeil b'ratzon,  
*accept with favor,*  
uthi l'ratzon tamid,  
*and may it always be to Your favor,*  
avodat Yisra-eil amecha.  
*the service of Your people Israel.*

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

*We say the following only when Shabbat falls on Rosh Chodesh.*

Eloheinu v'Eilohei avoteinu,  
*Our Elohim and Elohim of our ancestors,*  
ya-aleh v'yavo v'yagi-a v'yeira-eh  
*may it rise and come and arrive and appear*  
v'yeiratzeh v'yishama v'hipakeid  
*and find favor and be heard and be considered*  
v'yizacheir zichroneinu  
*and be remembered, our remembrance*  
ufikdoneinu v'zichron avoteinu,  
*and the remembrance of our ancestors,*  
v'zichron Mashiach ben David avdecha,  
*and the remembrance of Mashiach ben David, Your servant,*  
v'zichron Y'rushalayim ir kodshecha,  
*and the remembrance of Jerusalem Your holy city,*  
v'zichron kol am'cha beit Yisra-eil  
*and the remembrance of Your entire people Israel*  
l'fanecha, lif-leitah, l'tovah,  
*before You, for deliverance, for good,*

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
יַעֲלֶה וַיָּבֹא וַיֵּגִיעַ וַיֵּרָא  
וַיֵּרָצֶה וַיִּשְׁמַע וַיִּפְקֹד  
וַיִּזְכֹּר זְכוֹרֹנֵינוּ  
וּפְקֻדוֹנֵינוּ וְזְכוֹרוֹן אֲבוֹתֵינוּ,  
וְזְכוֹרוֹן מֹשֶׁה בֶּן דָּוִד עַבְדְּךָ,  
וְזְכוֹרוֹן יְרוּשָׁלַיִם עִיר קֹדְשְׁךָ,  
וְזְכוֹרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל  
לְפָנֶיךָ, לְפִלִּיטָה, לְטוֹבָה,



**l'chein ulchesed ulrachamim,**  
*for grace, kindness and compassion,*  
**ulchayim ulshalom,**  
*for life and for peace,*  
**b'jom Rosh ha-Chodesh hazeh.**  
*on this day of Rosh Chodesh.*  
**Zochreinu, Adonai Eloheinu,**  
*Remember us, Hashem our Elohim,*  
**bo l'tovah,**  
*on it for goodness,*  
**ufakdeinu vo livrachah,**  
*and consider us on it for blessing,*  
**v'hoshi-einu vo l'chayim.**  
*and deliver us on it for life.*  
**uvid'var y'shu-ah v'rachamim,**  
*with the words of deliverance and mercy,*  
**chus v'choneinu,**  
*take pity and be gracious to us,*  
**v'racheim aleinu v'hoshi-einu,**  
*and have mercy upon us and save us,*  
**ki Eilecha eineinu,**  
*for our eyes turn to You,*  
**ki Eil melech chanun**  
*for the One, the Sovereign who is gracious*  
**v'rachum atah.**  
*and compassionate is You.*

**V'techezenah eineinu b'shuv'cha**  
*And may our eyes witness Your return*  
**l'Tziyon b'rachamim.**  
*to Zion with compassion.*

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

לְחַן וְלֶחֶסֶד וְלִרְחֻמִּים,  
 וְלַחַיִּים וְלִשְׁלוֹם,  
 בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה.  
 זְכוּרֵנוּ, יְהוָה אֱלֹהֵינוּ,  
 בּוֹ לְטוֹבָה,  
 וּפְקֻדָּנוּ בּוֹ לְבְרָכָה,  
 וְהוֹשִׁיעֵנוּ בּוֹ לַחַיִּים.  
 וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים,  
 חוּס וְחֲנּוּנוּ,  
 וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ,  
 כִּי אֵלֶיךָ עֵינֵינוּ,  
 כִּי אֵל מֶלֶךְ חַנּוּן  
 וְרַחוּם אַתָּה.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבְךָ  
 לְצִיּוֹן בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,  
 הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

## הודאה 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 הַי 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 Hashem our Elohim,*  
v'Eilohei avoteinu,  
*and the Elohim of our ancestors,*  
l'olam va-ed.  
*for ever and ever.*  
Tzur chayeinu, magein yisheinu,  
*Rock of our life, Shield of our salvation,*  
atah hu l'dor vador.  
*You are from generation to generation,*  
Nodeh l'cha unsapeir t'hilatecha,  
*We will thank You 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 eit,  
*that are at all times,*  
erev vavoker v'tzahorayim.  
*evening and morning and afternoon.*  
Hatov, ki lo chalu rachamecha,  
*You are goodness, for Your mercies never cease,*  
v'ham'racheim,  
*and the Compassionate One,*  
ki lo tamu chasadecha,  
*for Your kindnesses have never ended,*  
mei-olam kiyinu lach.  
*for always we have placed our hope in You.*

מוֹדִים אֲנַחְנוּ לָךְ,  
שְׂאֵתָה הוּא, יְהוּה אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ,  
לְעוֹלָם וָעֶד.  
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,  
אַתָּה הוּא לְדוֹר וָדוֹר.  
נֹדֵה לְךָ וְנִסְפֵּר תְּהִלָּתְךָ,  
עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ,  
וְעַל נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לְךָ,  
וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,  
וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ  
שֶׁבְּכָל עֵת,  
עָרֵב וּבִקֵּר וְצָהָרִים.  
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ,  
וְהַמְּרַחֵם,  
כִּי לֹא תָמוּ חַסְדֶּיךָ,  
מֵעוֹלָם קִוִּינוּ לָךְ.

*During Chanukah add the following.*

Al hanisim, v'al hapurkan,  
*(We thank You) for the miracles, and for the deliverance,*

עַל הַנִּסִּים, וְעַל הַפְּרִקָן,

v'al hag'vurot, v'al  
*and for the heroic acts, and for*  
 ha-t'shu-ot, v'al hamilchamot,  
*the salvation, and for the victories,*  
 she-asita la-avoteinu  
*that You performed for our ancestors*  
 bayamim hahem baz'man hazeh.  
*in those days past at this season.*

Bimei Matit-yahu ben Yochanan  
*In the days of Matityahu the son of Yochanan*  
 kohein gadol, chashmonai uvanav,  
*the high priest, the Hasmonean, and his sons,*  
 k'she-am'dah malchut Yavan  
*when the kingdom of Greece rose up*  
 harsha-ah al am'cha Yisra-eil  
*-which was wicked- against your people Israel*  
 l'hashkicham Toratecha,  
*to make them forget Your Torah,*  
 ul-ha-aviram meihukei r'tzonecha,  
*and to compel them to stray from the statutes of Your will,*  
 v'atah b'rachamecha harabim  
*but You in Your mercy which is abundant*  
 amadta lahem b'eit tzaratam,  
*stood up for them in the time of their distress,*  
 ravta et rivam,  
*You championed their cause,*  
 danta et dinam,  
*judged their claim,*  
 nakamta et nikmatam,  
*and You avenged their wrong,*  
 masarta giborim b'yad chalashim,  
*You delivered the strong into the hands of the weak,*  
 v'rabim b'yad m'atim,  
*and the many into the hands of the few,*  
 utmei-im b'yad t'horim,  
*and the pure into the hands of the pure,*  
 ursha-im b'yad tzadikim,  
*and the wicked into the hands of the righteous,*  
 v'zeidim b'yad os'kei Toratecha.  
*and the wrongdoers into the hands of the students of Your Torah.*  
 Ulcha amita sheim gadol  
*For Yourself you made a name that is great*  
 v'kadosh b'olamecha,  
*and holy in Your world,*  
 ulam'cha Yisra-eil asita  
*and for Your people Israel You performed*  
 t'shu-ah g'dolah ufurkan  
*a victory of great magnitude and a salvation*

וְעַל הַגְּבוּרוֹת, וְעַל  
 הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת,  
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ  
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.  
 בַּיָּמִים מִתְּתִיָּהוּ בֶן יוֹחָנָן  
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַי וּבָנָיו,  
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן  
 הָרַשָּׁעָה עַל עַמֶּךָ יִשְׂרָאֵל  
 לְהַשְׁכִּיחַם תּוֹרָתְךָ,  
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,  
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים  
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,  
 רַבַּת אֶת רִיבָם,  
 דִּנְתָּ אֶת דִּינָם,  
 נִקַּמְתָּ אֶת נִקְמָתָם,  
 מָסַרְתָּ גְבוּרִים בְּיַד חַלְשִׁים,  
 וְרַבִּים בְּיַד מְעֻטִּים,  
 וְטְמֵאִים בְּיַד טְהוֹרִים,  
 וְרַשָּׁעִים בְּיַד צְדִיקִים,  
 וְזֵדִים בְּיַד עוֹסְקֵי תּוֹרָתְךָ.  
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל  
 וְקָדוֹשׁ בְּעוֹלָמְךָ,  
 וְלַעַמֶּךָ יִשְׂרָאֵל עָשִׂיתָ  
 תְּשׁוּעָה גְּדוֹלָה וּפְרָקָן

k'hayom hazeh. V'achar kein ba-u

*as this very day. Thereafter came*

vanecha lidvir beitecha,

*Your children to the Holy of Holies of Your House,*

ufinu et heichalecha,

*and cleansed Your Temple,*

v'tiharu et mikdashecha,

*and purified the site of Your Holiness,*

v'hidliku neivot

*and kindled lights*

b'chatzrot kodshecha,

*in the courtyards of Your Sanctuary,*

v'kav'u sh'monat y'mei

*and they established the eight days*

Chanukah eilu, l'hodot ul-haleil

*of Chanukah -these-, to express thanks and praise*

l'shimcha hagadol.

*to Your Name which is great.*

כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ

בְּנֵיךָ לְדַבֵּר בְּיַתְדְךָ,

וּפָנּוּ אֶת הַיְכָלְךָ,

וּטְהָרוּ אֶת מִקְדָּשְׁךָ,

וְהִדְלִיקוּ נְרוֹת

בְּחִצְרוֹת קֹדֶשְׁךָ,

וְקָבְעוּ שְׁמוֹנַת יָמֵי

חֲנֻכַּת אֵילּוּ, לְהוֹדוֹת וּלְהַלֵּל

לְשִׁמְךָ הַגָּדוֹל.

V'al kulam yitbarach v'yitromam

*And for all these, blessed and exalted*

v'yitnasei shimcha malkeinu

*and raised up may Your Name be, our Sovereign,*

tamid l'olam va-ed.

*continually for ever and ever.*

וְעַל כָּלֵם יִתְבָּרַךְ וַיִּתְרוֹמַם

וַיִּתְנַשֵּׂא שְׁמֶךָ מַלְכֵנוּ

תָּמִיד לְעוֹלָם וָעֶד.

V'chol hachayim yoducha selah,

*Everything alive will give thanks to You forever,*

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-Eil y'shu-ateinu v'ezrateinu selah,

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

ha-Eil hatov.

*the Almighty One Who is benevolent.*

וְכֹל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהַלְלוּ וַיְבָרְכוּ אֶת

שְׁמֶךָ הַגָּדוֹל בְּאֵמֶת,

לְעוֹלָם כִּי טוֹב,

הָאֵל יְשׁוּעָתֵנוּ וְעֲזָרָתֵנוּ סֵלָה,

הָאֵל הַטוֹב.

*Bend the knees at בָּרוּךְ Baruch, bow down while saying אַתָּה Atah,*

*then straighten up at הוּא the Name of Hashem.*

Baruch atah Adonai,

*Blessed are You Hashem,*

hatov shimcha

*the Benevolent One is Your Name*

ul-cha na-eh l'hodot.

*and to You it is fitting to give thanks.*

בָּרוּךְ אַתָּה יְהוָה,

הַטוֹב שְׁמֶךָ

וְלָךְ נֶאֱדָה לְהוֹדוֹת.

# שלום

## SHALOM

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

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

**Sim shalom tova uvrachah,**  
*May peace goodness and blessing,*  
**chein va-chesed v'rachamim,**  
*grace and mercy and compassion,*  
**aleinu v'al kol Yisra-eil amecha.**  
*descend upon us and all of Israel and all the world.*

**Bar'cheinu Avinu**  
*Bless us our Father*

**kulanu k'echad b'or panecha,**  
*all of us together as one with the Light of Your Countenance,*  
**ki v'or panecha natata lanu,**  
*for by that Light of Your Countenance You give to us,*

**Adonai Eloheinu,**  
*Hashem our Elohim,*

**Torat chayim v'ahavat chesed,**  
*the Torah of life and to love mercy,*  
**utzdakah uvracha v'rachamim**  
*and charity and blessing and compassion*  
**v'chayim v'shalom.**  
*and life and peace.*

**V'tov b'einecha l'vareich**  
*For it is good in Your eyes to bless*  
**et am'cha Yisra-eil b'chol**  
*Your people Israel in every*  
**eit uvchol sha-ah bishlomecha.**  
*season and in every hour for the sake of Your Name.*

**Baruch atah Adonai,**  
*Blessed are You Hashem,*  
**ham'vareich et amo**  
*Who blesses Your people*  
**Yisra-eil bshalom.**  
*Israel with peace.*

**Yih-yu l'ratzon imrei fi**  
*May the words of my mouth*  
**v'hegyon libi l'fanecha,**  
*and the meditation of my heart be acceptable to You,*  
**Adonai tzuri v'go-ali.**  
*Hashem my Rock and Redeemer.*

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,  
חֵן וְחֶסֶד וְרַחֲמִים,  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.  
בְּרַכְנוּ אֲבִינוּ  
כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֶיךָ,  
כִּי בְּאוֹר פְּנֶיךָ נִתְּתָ לָנוּ,  
יְהוָה אֱלֹהֵינוּ,  
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,  
וּצְדָקָה וּבְרָכָה וְרַחֲמִים  
וְחַיִּים וְשְׁלוֹם,  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ  
אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל  
עֵת וּבְכֹל שָׁעָה בְּשִׁלּוֹמְךָ.

בָּרוּךְ אַתָּה יְהוָה,  
הַמְּבָרֵךְ אֶת עַמּוֹ  
יִשְׂרָאֵל בְּשָׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי פִי  
וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,  
יְהוָה צוּרִי וְגֹאֲלִי.

## Ashkenaz version:

Shalom rav al Yisra-eil am'cha

*Abundant peace to Your people Israel*

tasim l'olam.

*offer to them for ever.*

Ki atah hu melech

*for You are the Sovereign*

adon l'chol hashalom.

*Ruler of all peace.*

V'tov b'einecha l'vareich

*It is good in Your eyes to bless*

et am'cha Yisra-eil b'chol

*Your people Israel in every*

eit uvchol sha-ah bishlomecha.

*season and in every hour for the sake of Your Name.*

Baruch atah Adonai,

*Blessed are You Hashem,*

ham'vareich et amo

*Who blesses Your people*

Yisra-eil bashalom.

*Israel with peace.*

Yih-yu l'ratzon imrei fi

*May the words of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart be acceptable to You,*

Adonai tzuri v'go-ali.

*Hashem my Rock and Redeemer.*

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמֶּךָ  
תָּשִׂים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ.

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ.

אֶת עַמֶּךָ יִשְׂרָאֵל בְּכֹל

עֵת וּבְכֹל שָׁעָה בְּשִׁלּוּמֶךָ.

בְּרוּךְ אַתָּה יְהוָה,

הַמְּבָרֵךְ אֶת עַמּוֹ

יִשְׂרָאֵל בַּשְּׁלוֹם.

יְהִיו לְרָצוֹן אִמְרֵי 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 meira,  
*Elohim, please keep my tongue from causing harm,*  
 usfatai midabeir mirmah,  
*and my lips from telling lies,*  
 v'limkal'lai nafshi tidom,  
*and let me be silent if people curse me,*  
 v'nafshi ke-afar lakol tih-yeh.  
*and let my soul be quiet and at peace with all.*  
 P'tach libi b'Toratecha,  
*Open my heart to Your teaching,*  
 v'acharei mitzvotcha tirdof nafshi.  
*and give my soul the will to practice it.*  
 V'chol hachosh'vim alai l'ra-ah,  
*and all my foes who plot to do me harm,*  
 m'heirah hafeir atzatham  
*may their plans and schemes*  
 v'kalkeil machashavtam.  
*come to nothing.*  
 Aseih l'ma-an sh'mecha,  
*For the sake of Your Name,*  
 aseih l'ma-an y'minecha,  
*for the sake of Your power,*  
 aseih l'ma-an Toratecha,  
*for the sake of Your Torah,*  
 aseih l'ma-an k'dushatecha.  
*for the sake of Your holiness.*  
 L'ma-an yeichal'tzun y'didecha,  
*Rescue Your beloved,*  
 hoshi-ah y'min'cha va-aneini.  
*and save me by Your right hand.*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעָ,  
 וּשְׂפֵתַי מִדְּבַר מִרְמָה,  
 וְלִמְקַלְלֵי נַפְשִׁי תְדוֹם,  
 וְנַפְשִׁי כֶּעָפָר לְכֹל תִּהְיֶה.  
 פְּתַח לְבִי בְּתוֹרַתְךָ,  
 וְאַחֲרֵי מִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי.  
 וְכֹל הַחֹשֵׁבִים עָלַי לְרָעָה,  
 מְהִרָה הִפֵּר עֲצָתָם  
 וְקָלְקַל מַחְשָׁבָתָם.  
 עֲשֵׂה לְמַעַן שְׁמֶךָ,  
 עֲשֵׂה לְמַעַן יְמִינֶךָ,  
 עֲשֵׂה לְמַעַן תּוֹרַתְךָ,  
 עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.  
 לְמַעַן יִחַלְצוּן 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 the words of my mouth*

v'hegyon libi l'fanecha,

*and the meditation of my heart be acceptable to You,*

Adonai tzuri v'go-ali.

*Hashem my Rock and Redeemer.*

יְהִי לְרָצוֹן אִמְרֵי פִי  
וְהִגִּיוֹן לְבִי לְפָנֶיךָ,  
יְהוָה צוּרִי וְגֹאֲלִי.

*We now take three steps backward as we retreat from the Divine Presence.*

*We bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,  
bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.*

*You may use the part in parenthesis in place of v'al kol ha-olam.*

Oseh shalom bimromav,

*May the One who makes peace in the high heavens,*

hu ya-aseh shalom aleinu,

*bring this peace upon us,*

v'al kol Yisra-eil v'al kol ha-olam,

*and upon all Israel and upon all the world,*

(v'al kol yosh'vei teiveil,)

*(and upon all the inhabitants of the earth,)*

v'imru amen.

*and let us say amen.*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,  
(וְעַל כָּל יוֹשְׁבֵי תֵבֵל),  
וְאָמְרוּ אָמֵן.

Y'hi ratzon mil'fanecha,

*May it be Your will,*

Adonai Eloheinu v'Eilohei avoteinu

*Hashem our Elohim and Elohim of our ancestors,*

sheyibaneh beit hamikdash

*that You shall rebuild the holy Temple*

bimheirah v'yameinu,

*speedily in our day,*

v'tein chelkeinu b'Toratecha.

*and place our lot in Your Torah.*

יְהִי רָצוֹן מִלְּפָנֶיךָ,  
יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
שֶׁיִּבְנֶה בַּיִת הַמִּקְדָּשׁ  
בְּמַהֲרָה בְּיָמֵינוּ,  
וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ.

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



*The following is not said on a Shabbat that immediately precedes or coincides with:  
a Festival (including Chol Hamoed), Rosh Chodesh, the entire month of Nissan, Lag B'Omer, Rosh Chodesh  
Sivan until Shavuot, Tisha B'Av, between Yom Kippur until 2 Cheshvan, Chanukah, Tu B'Shevat, Purim and  
Shushan Purim (in a leap year this also applies to the 14-15 of Adar I).*

# צדקתך

## TZIDKAT'CHA

We now become aware that Shabbat is drawing to a close as we make our final connections of the day. According to the Zohar, these three verses correspond to Moshe, Yosef, and David, who departed from this world at the time of Minchah on Shabbat.

**Tzidkat'cha k'har'rei eil,**  
*Your righteousness is like the mighty mountains,*  
**mishpatecha t'hom rabah,**  
*Your judgements are like the vast deep waters,*  
**adam uvheimah toshi-a, Adonai.**  
*You save both human and beast, Hashem.*

צִדְקַתְךָ כְּהַרֵי אֵיל,  
מִשְׁפָּטֶיךָ תְּהוּם רַבָּה,  
אָדָם וּבְהֵמָה תוֹשִׁיעַ, יְהוָה.

**V'tzidkat'cha Elohim ad marom**  
*And Your righteousness Elohim is unto the high heavens*  
**asher asita g'dolot,**  
*You Who have done great things,*  
**Elohim mi chamocho.**  
*Elohim, who is like You?*

וְצִדְקַתְךָ אֱלֹהִים עַד מְרוֹם  
אֲשֶׁר עָשִׂיתָ גְדֹלוֹת,  
אֱלֹהִים מִי כְמוֹךָ.

**Tzidkat'cha tzedek l'olam,**  
*Your righteousness is an eternal righteousness,*  
**v'Torat'cha emet.**  
*and Your Torah is truth.*

צִדְקַתְךָ צֶדֶק לְעוֹלָם,  
וְתוֹרַתְךָ אֱמֶת.

# קדיש שלם

## KADDISH SHALEIM

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 Shaleim is the tool which links these two Lights together.

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

Yitgadal v'yitkadash sh'meih raba.

*Exalted and sanctified be His great Name.*

{Amein.}

*Amen.*

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

*and may He let His sovereignty have dominion,*

v'yatzmach purkaneih

*and cause His redemption to sprout*

vikareiv M'shichei. {Amein.}

*and bring near the Mashiach. Amen.*

B'chayeichon uvyomeichon

*In your lifetime and in your days*

uvchayei d'chol beit Yisra-eil,

*and in the lifetime of the entire House of Israel,*

ba-agala uvizman kariv,

*speedily and at a time that comes soon,*

v'imru Amein. {Amein.}

*and say amen. Amen.*

{Y'hei sh'meih raba m'varach

*May His great Name be blessed*

l'alam ulal'mei 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'meih d'kudsha {b'rich hu},

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

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיִצְמַח פְּרֻקָנֵהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמְן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ אֱלֹהֵי רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

**l'eila 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 Amein. {Amein.}**  
*and say amen. Amen.*

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

**Titkabeil tz'lot'hon uva-ut'hon**  
*May the prayers and supplications be accepted*  
**d'chol beit Yisra-eil kadam**  
*of the entire House of Israel before*  
**avuhon di vishmaya,**  
*their Father Who is in heaven,*  
**v'imru Amein. {Amein.}**  
*and say amen. Amen.*

תְּתַקַּבֵּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן  
דְּכּוֹל בֵּית יִשְׂרָאֵל קְדָם  
אָבוּהוֹן דִּי בְשָׁמַיָא,  
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-eil,**  
*and upon all Israel,*  
**v'imru Amein. {Amein.}**  
*and say amen. Amen.*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָא,  
וְחַיִּים טוֹבִים עָלֵינוּ  
וְעַל כּוֹל יִשְׂרָאֵל,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

*Take three steps back.*

*Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,*

*bow forward and say וְעַל כּוֹל יִשְׂרָאֵל V'al kol Yisra-eil.*

*Remain in place for a few moments, then take three steps forward.*

**Oseh shalom bimromav,**  
*May the One Who makes peace in the heavens,*  
**hu ya-aseh shalom aleinu,**  
*may He make peace upon us,*  
**v'al kol Yisra-eil v'al kol ha-olam,**  
*and upon all Israel and upon all the world,*  
**v'imru amein. {Amein.}**  
*and say amen. Amen.*

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,  
וְעַל כּוֹל יִשְׂרָאֵל וְעַל כּוֹל הָעוֹלָם,  
וְאִמְרוּ אָמֵן. {אָמֵן.}

# עלינו

## ALEINU

All of our prayers, according to the Kabbalists, have drawn inner Light. The Aleinu is a magnet for external Light which seals and protects them, blocking out any negative forces.

*Stand while saying the Aleinu.*

**Aleinu l'shabei-ach la-adon hakol,**  
*It is our duty praise the Ruler of all,*  
**lateit g'dulah l'yotzeir b'reishit,**  
*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 saman u k'mishp'chot**  
*and He did not make us the same as other families*  
**ha-adamah, shelo sam chelkeinu**  
*of the earth, He did not allocate our portion*  
**kahem, v'goraleinu k'chol hamonam.**  
*like theirs, nor our lot like all their multitudes.*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,  
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
 שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,  
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת  
 הָאָדָמָה, שֶׁלֹּא שָׁם חֵלְקֵנוּ  
 כָּהֶם, וְגִרְלָנוּ כְּכֹל הַמּוֹנִם.

*We bow first at our knees and then at our waist as we say*  
**וְאַנַּחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים** *Va-anachnu kor'im umishtachavim*

**Va-anachnu kor'im,**  
*Therefore we bend the knees,*  
**umishtachavim umodim,**  
*and bow and give thanks,*  
**lifnei melech malchei ham'lachim,**  
*before the Sovereign over sovereigns of all sovereigns,*  
**hakadosh baruch hu.**  
*the Holy One, Blessed is He.*

וְאַנַּחְנוּ כּוֹרְעִים,  
 וּמִשְׁתַּחֲוִים וּמוֹדִים,  
 לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים,  
 הַקָּדוֹשׁ בְּרוּךְ הוּא.

**Shehu noteh shamayim**  
*He stretches out the heavens*  
**v'yoseid 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 ein od.**  
*He is our Elohim and there is no other.*  
**Emet malkeinu, efes zulato,**  
*True is our Sovereign, nothing exists apart from Him,*  
**kakatuv b'Torato:**  
*as it is written in Your Torah:*

שֶׁהוּא נוֹטֵה שָׁמַיִם  
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ  
 בַּשָּׁמַיִם מִמַּעַל,  
 וְשֹׁכֵן עֵזוֹ בְּגִבְהֵי מְרוֹמִים,  
 הוּא אֱלֹהֵינוּ אֵין עוֹד.  
 אֱמֶת מַלְכָּנוּ, אֵפֶס זולָתוֹ,  
 כְּכָתוּב בְּתוֹרָתוֹ:

V'yadata hayom vahasheivota

*"And you shall know today and take*

el l'vavecha, ki Adonai hu

*to heart, that Hashem 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 kein n'kaveh l'cha

*Therefore we put our hope in You*

Adonai Eloheinu,

*Hashem our Elohim,*

lirot m'heirah 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 yikareitun,

*and false gods will utterly be cut off,*

l'takein olam b'malchut Shadai.

*to perfect the universe through the reign of the Almighty.*

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

*And all humanity will call upon Your Name,*

l'hafnot eilecha kol rishei aretz.

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

Yakiru v'yeid'u kol yosh'vei teiveil,

*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, Hashem our Elohim,*

yichr'u v'yipolu,

*they will bend their knees and bow down,*

v'lichvod shimcha y'kar yiteinu,

*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'heirah 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'Toratecha:

*as it is written in Your Torah,*

וידעת היום והשבת

אל לבבך, כי יהוה הוא

האלהים בשמים ממעל,

ועל הארץ מתחת, אין עוד.

ועל כן נקוה לך

יהוה אלהינו,

לראות מהרה בתפארת עזך,

להעביר גלולים מן הארץ,

והאלילים כרות יכרתון,

לתקן עולם במלכות שדי,

וכל בני בשר יקראו בשמך,

להפנות אליך כל רשעי ארץ.

יכירו וידעו כל יושבי תבל,

כי לך תכרע כל ברך,

תשבע כל לשון.

לפניך יהוה אלהינו

יכרעו ויפלו,

ולכבוד שמך יקר יתנו,

ויקבלו כלם את עול מלכותך,

ותמלך עליהם

מהרה לעולם ועד.

כי המלכות שלך היא,

ולעולמי עד תמלוך בכבוד,

ככתוב בתורתך:

Adonai yimloch l'olam va-ed.  
*Hashem will reign forever and ever.*

V'ne-emar, v'hayah Adonai  
*Thus it has been said, Hashem will be*  
l'melech al kol ha-aretz.  
*Sovereign over all the earth,*

Bayom hahu yih-yeh,  
*On that day,*

Adonai echad, ushmo echad.  
*Hashem will be One, and His Name will be One.*

יהוה ימלך לעולם ועד.

ונאמר, והיה יהוה  
למלך על כל הארץ.

ביום ההוא יהיה  
יהוה אחד, ושמו אחד.

## אל תירא

### AL TIRA

According to the Midrash, these verses were quoted by three Jewish children to Mordechai during the time preceding the miracle of Purim. They connect us to the energy of protection against all dangers.

Al tira mipachad pitom,  
*Do not be afraid of a sudden terror,*  
umisho-at r'sha-im ki tavo.  
*or of the devastation of the wicked that may come.*

Utzu eitzah v'tufar,  
*Plan a conspiracy and it will be annulled,*  
dab'ru davar v'lo yakum,  
*speak your speech and it shall not stand,*  
ki imanu Eil.  
*for the Almighty is with us.*

V'ad ziknah ani hu,  
*Even until your old age I remain unchanged,*  
v'ad seivah ani esbol,  
*even until your elder years shall I carry you,*  
ani asiti va-ani esa,  
*I created you and I shall bear you,*  
va-ani esbol va-amaleit.  
*I shall carry you and rescue you.*

Ach tzadikim yodu lishmecha,  
*Indeed, let the righteous give thanks to Your Name,*  
yeish'vu y'sharim et panecha.  
*the sincere will rest in Your Presence.*

אל תירא מפחד פתאם,  
ומשאת רשעים כי תבא.

עצו עצה ותפר,  
דברו דבר ולא יקום,  
כי עמנו אל.

ועד זקנה אני הוא,  
ועד שיבה אני אסבל,  
אני עשיתי ואני אשא,  
ואני אסבל ואמלט.

אך צדיקים יודו לשמך,  
ישבו ישרים את פניך.

# קדיש יתום

## KADDISH YATOM (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 livracha.

May their memories be for blessing.

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

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be His great Name.

{Amein.}

Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵיהּ רַבָּא.

{אָמֵן}

B'al'ma di v'ra chiruteih,

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

v'yamlich malchuteih,

and may He let His sovereignty have dominion,

v'yatzmach purkaneih

and cause His redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵיהּ,

וַיַּמְלִיךְ מַלְכוּתֵיהּ,

וַיַּצְמַח פְּרֻקָנֵיהּ

וַיִּקְרַב מְשִׁיחֵיהּ. {אָמֵן}

B'chayeichon uvyomeichon

In your lifetime and in your days

uvchayei d'chol beit Yisra-eil,

and in the lifetime of the entire House of Israel,

ba-agala uvizman kariv,

speedily and at a time that comes soon,

v'imru Amein. {Amein.}

and say amen. Amen.

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

{Y'hei sh'meih raba m'varach

May His great Name be blessed

l'alam ulal'mei al'maya.}

forever and for all eternity.

יְהֵא שְׁמֵיהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and praised and glorified

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

v'ytromam v'yitnasei v'yit-hadar

and exalted and raised up and honored

v'yitaleh v'yit-halal

and elevated and lauded

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

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

l'eila 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 Amein. {Amein.}

and say amen. Amen.

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-eil,

and upon all Israel,

v'imru Amein. {Amein.}

and say amen. Amen.

Take three steps back.

Bow left and say עֲשֵׂה שְׁלוֹם Oseh Shalom, bow right and say הוּא Hu,

bow forward and say וְעַל כָּל יִשְׂרָאֵל V'al kol Yisra-eil.

Remain in place for a few moments, then take three steps forward.

Oseh shalom bimromav,

May the One Who makes peace in the heavens,

hu ya-aseh shalom aleinu,

may He make peace upon us,

v'al kol Yisra-eil v'al kol ha-olam,

and upon all Israel and upon all the world,

v'imru amein. {Amein.}

and say amen. Amen.

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר

וַיִּתְעַלֶּה וַיִּתְהַלָּל

שְׁמֵהּ דְּקֻדְשָׁא {בְּרִיךְ הוּא},

לְעֵלָּא מִן כָּל בְּרִכְתָּא וְשִׁירָתָא

תְּשֻׁבַּחַתָּא וְנִחְמַתָּא,

דְּאַמִּירָן בְּעֵלְמָא,

וְאַמְרוּ אָמֵן. {אָמֵן.}

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וְחַיִּים טוֹבִים עָלֵינוּ

וְעַל כָּל יִשְׂרָאֵל,

וְאַמְרוּ אָמֵן. {אָמֵן.}

עֲשֵׂה שְׁלוֹם בְּמִרְוַמָּיו,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,

וְאַמְרוּ אָמֵן. {אָמֵן.}