

מִנְחָה לַחֹל

MINCHAH L'CHOL

Weekday 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).

מֶלֶךְ

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 להול

WEEKDAY MINCHAH

The word "Minchah" comes from the word "m'nuchah" which means "quietness/rest." We make our Minchah Connection late in the afternoon because during this time of the day judgement reaches its highest peak. All of the negativity we have caused is reflected back to us during times of judgement. In addition, Divine mercy is available to us in the late afternoon, but we must choose to connect to this energy. The purpose of this connection is to quiet the time of judgement and access Divine mercy.

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.

אנא בכח גדולת ימנך תתיר צרורה.

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.

קביל רנת עמך שגבנו טהרנו נורא.

GEVURAH
גבורה

Kabeil rinat am'cha sag'veinu tahareinu nora.

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

נא גבור דורשי יחודך כבבת שמרם.

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.

ברכם טהרם רחמי צדקתך תמיד גמלים.

NETZACH
נצח

Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim.

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

חסין קדוש ברוב טובך נהיל עדתך.

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 צַעֲקֹתֵנוּ יוֹדֵעַ תַּעֲלֹמוֹת.

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 Your glorious Name, Your Realm is 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.
the Eternal One's greatness is unfathomable.

אֲשֶׁרִי יוֹשְׁבֵי בֵיתְךָ,

עוֹד יִהְלְלוּךָ סֵלָה.

אֲשֶׁרִי הָעַם שְׁכָכָה לוֹ,

אֲשֶׁרִי הָעַם שִׁיהוּה אֱלֹהֵיוֹ.

תְּהִלָּה לְדָוִד,

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ,

וְאֲבָרְכָה שְׁמֶךָ לְעוֹלָם וָעֶד.

בְּכֹל יוֹם אֲבָרְכֶךָ,

וְאֶהְלָלֶה שְׁמֶךָ לְעוֹלָם וָעֶד.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד,

וְלִגְדֻלָּתוֹ 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 norotecha yomeiru,

They shall speak of the might of Your awesome acts,

ugdulat'cha asaprenah.

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.

דֹר לְדֹר יִשְׁבַּח מַעֲשֵׂיךָ,

וְגִבּוֹרֹתֶיךָ יִגִּידוּ.

הַדָּר כְּבוֹד הַדָּרְךָ,

וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

וְעִזּוֹז נִוְרָאוֹתֶיךָ יֹאמְרוּ,

וְגִדְלֹתֶךָ אֲסַפְּרָנָה.

זָכַר רַב טוֹבְךָ יִבְיָעוּ,

וְצִדְקֹתֶךָ יִרְנְנוּ.

חֲנוּן וְרַחוּם יְהוָה,

אֶרֶךְ אַפַּיִם וְגָדֹל חֶסֶד.

טוֹב יְהוָה לְכֹל,

וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

יִוְדוּךָ יְהוָה כָּל מַעֲשֵׂיךָ,

וְחֲסִידֶיךָ יְבָרְכוּכָה.

כְּבוֹד מַלְכוּתֶךָ יֹאמְרוּ,

וְגִבּוֹרֹתֶךָ יִדְבְּרוּ.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֹתֶיךָ,

וְכְבוֹד הַדָּר מַלְכוּתוֹ.

מַלְכוּתֶךָ מַלְכוּת כָּל עוֹלָמִים,

וּמִמְשַׁלְתֶּךָ בְּכֹל דֹר וְדָר.

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 Your 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'eit 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'et 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 Eternal One,

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

from this time until eternity, praise the Eternal One.

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 וְיִוֹשִׁיעֵם.

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.

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 Leader, Everyone says the words in { }.

Yitgadal v'yitkadash sh'meih raba.

Exalted and sanctified be the Eternal One's great Name.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetimes and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yitaleh v'yit-halal

and glorified and praised

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

be the Holy One whose Name is blessed,

l'eila min kol birchata v'shirata

who is beyond all blessings or songs

tushb'chata v'nechemata,

or praises or words of consolation,

da-amiran b'al'ma,

that can be uttered in this world,

v'imru Amein. {Amein.}

and let us say amen. Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקְנֵיהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן.}

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזִמְן 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 וּשְׁיִרָתָא

תְּשֻׁבָּתָא וְנִחְמָתָא,

דְּאִמְרוּן 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 Leader 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 Leader 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.

Eternal One 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 וְעֲזֵרַת 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 Hashem,
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 Leader's repetition.

קְדוּשָׁה K'DUSHAH

The third blessing of the 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 כְבוֹד בְּרוּךְ Baruch k'vod, and יְמַלֵּךְ Yimloch.*

Each section is said by the Group and repeated by the Leader.

Nakdishach v'na-aritzach,
We shall sanctify You and we shall revere You,
k'no-am si-ach sod sarfei kodesh,
like the sweet speech of the assembly of the holy Seraphim,
hamshal'shim l'cha k'dushah,
who threefold acclaim to You Holy,
kakatuv al yad n'vi-echa,
as it is written by the hand of Your prophet,
v'kara zeh el zeh v'amar:
and each one calls to another and says:

Kadosh, kadosh, kadosh,
Holy, holy, holy
Adonai tz'va-ot,
is Hashem the Ruler of Hosts,
m'lo chol ha-aretz k'vodo.
the whole world is filled with the Eternal's glory.
L'umatam m'shab'chim v'om'rim:
Facing them they offer praise and proclaim:

Baruch k'vod Adonai mim'komo.
Blessed is the glory of Hashem in Its place.
Uvdivrei kodsh'cha katuv leimor:
And in Your holy Writings it is written saying:

Yimloch Adonai l'olam,
Hashem shall reign forever,
Elohayich Tziyon,
Your Elohim O Zion,
l'dor vador, hal'lu-Yah.
from generation to generation, praise to the Eternal One!

נְקַדִּישְׁךָ וְנִעְרִיצְךָ,
כְּנֹעַם שְׂיִיחַ סוּד שְׂרָפֵי קְדוּשׁ,
הַמְשַׁלְּשִׁים לְךָ קְדוּשָׁה,
כְּכַתוּב עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:

קְדוּשׁ, קְדוּשׁ, קְדוּשׁ,
יְהוָה צְבָאוֹת,
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.
לְעַמְתָּם מְשַׁבְּחִים וְאוֹמְרִים:

בְּרוּךְ כְבוֹד יְהוָה מִמְקוֹמוֹ.
וּבְדִבְרֵי קְדוּשְׁתְּךָ כְּתוּב לֵאמֹר:

יְמַלֵּךְ יְהוָה לְעוֹלָם,
אֱלֹהֶיךָ צִיּוֹן,
לְדוֹר וָדוֹר, הַלְלוּיָהּ.

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

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

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

THE MIDDLE BLESSINGS

בִּינָה

BINAH (INSIGHT)

Atah chonein l'adam da-at,
You endow humans with knowledge,
umlameid le-enosh binah.
and teach mortals understanding.
Chaneinu mei-it'cha chochmah
Graciously share with us Your wisdom
binah v'haskeil.
understanding and discernment.

Baruch atah Adonai,
Blessed are You Hashem,
chonein hada-at.
gracious Giver of knowledge.

אַתָּה חוֹנֵן לְאָדָם דַּעַת,
וּמְלַמֵּד לְאֶנוֹשׁ בִּינָה.
חַנּוּנוֹ מֵאַתָּךְ חֲכָמָה
בִּינָה וְהַשְׂכִּיל.
בְּרוּךְ אַתָּה יְהוָה,
חוֹנֵן הַדַּעַת.

תשובה

T'SHUVAH (RETURN)

Hashiveinu avinu l'Toratecha,
 Return us our Creator to Your Torah,
 v'kar'veinu malkeinu la-avodatecha,
 and draw us our Sovereign to Your service,
 v'hachazireinu bitshuvah sh'leimah
 and in complete return restore us
 l'fanecha.
 to Your Presence

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

הַשִּׁיבֵנו אֲבִינוּ לְתוֹרַתְךָ,
 וְקַרְבֵנו מַלְכֵנו לְעִבּוֹדְתְךָ,
 וְהַחְזִירֵנוּ בְּתִשׁוּבָה שְׁלֵמָה
 לְפָנֶיךָ.

בָּרוּךְ אַתָּה יְהוָה,
 הַרוֹצֵה בְּתִשׁוּבָה.

סליחה

S'LICHAH (FORGIVENESS)

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

S'lach lanu, avinu, ki chatanu,
 Forgive us, our Creator, for our negativity,
 m'chal lanu, malkeinu, ki fashanu,
 pardon us, our Sovereign, for our misdeeds,
 ki Eil tov v'solei-ach atah.
 for You are the One Who is good and forgiving.

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

סַלַח לָנוּ, אֲבִינוּ, כִּי חָטָאנוּ,
 מַחַל לָנוּ, מַלְכֵנוּ, כִּי פָשַׁעְנוּ,
 כִּי אֵל טוֹב וְסוֹלֵחַ אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,
 חַנוּן הַמְרַבֵּה לְסִלְחָה.

גאולה

G'ULAH (REDEMPTION)

R'eih na v'onyeinu, v'rivah riveinu,
Please look upon our affliction, and defend our cause,
 ugaleinu m'heirah l'ma-an sh'mecha,
and redeem us speedily for the sake of Your Name,
 ki go-eil chazak atah.
for You are a powerful Redeemer.

רֵאֵה נָא בְּעֵינֵינוּ, וְרִיבָה רִיבֵנוּ,
 וּגְאַלְנוּ מִהֶרָה לְמַעַן שְׁמֶךָ,
 כִּי גֹאֵל חֲזָק אַתָּה.

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

בָּרוּךְ אַתָּה יְהוָה,
 גֹּאֵל יִשְׂרָאֵל.

רפואה

R'FUAH (HEALING)

R'fa-einu, Adonai, v'neirafei,
Heal us, Hashem, and let us be healed,
 hoshi-einu v'nivashei-ah,
save us and let us be saved,
 ki t'hilateinu atah,
for the One we praise is You,
 v'ha-aleih r'fu-ah sh'leimah
and bring healing that is complete
 l'chol machoteinu.
for all our ailments.

רְפְּאוּנוּ, יְהוָה, וְנִרְפְּאוּ,
 הוֹשִׁיעֵנוּ וְנִוְשָׁעָה,
 כִּי תְהַלֵּתֵנוּ אַתָּה,
 וְהַעֲלֵה רְפוּאָה שְׁלֵמָה
 לְכֹל מַכּוֹתֵינוּ.

Y'hi ratzon mil'fanecha,
May it be Your will,
 Adonai Eloheinu v'Eilohei avoteinu,
Hashem our Elohim and Elohim of our ancestors,
 shetishlach m'heirah r'fu-at
that You swiftly send them renewal,
 sh'leimah min hashamayim,
which is complete, from up above,
 r'fu-at hanefesh, urfuat haguf,
renewal of soul, and renewal of body,
 l'cholim (names)
to those who are ill (names)
 ben/bat (mother's name).
son/daughter of (mother's name).

יְהִי רָצוֹן מִלְּפָנֶיךָ,
 יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,
 שֶׁתִּשְׁלַח מְהֵרָה רְפוּאָה
 שְׁלֵמָה מִן הַשָּׁמַיִם,
 רְפוּאָה הַנְּפֶשׁ, וְרְפוּאָת הַגּוּף,
 לְחֹלִים (פְּלוּנִי)
 בֶּן\בַּת (פְּלוּנִית).

Ki Eil melech v'rofei

For O Eternal One, a Sovereign and a Healer

ne-eman v'rachaman atah.

Who is faithful and compassionate are You.

Baruch atah Adonai,

Blessed are You Hashem,

rofei hacholim.

Who heals the sick.

כִּי אֵל מֶלֶךְ רוֹפֵא
נֶאֱמַן וְרַחֲמָן אַתָּה.

בָּרוּךְ אַתָּה יְהוָה,
רוֹפֵא הַחֹלִים.

ברכת השנים

BIRKAT HASHANIM (YEAR OF PROSPERITY)

Summer is recited from Chol Hamoed Pesach through Minchah of December 4th (Dec. 5th in a year before a civil leap year). Winter is recited from Maariv on December 4th (Dec. 5th in a year before a civil leap year) through Shacharit of Pesach Day 1.

Bareich aleinu, Adonai Eloheinu,

Bless on our behalf, Hashem our Elohim,

et hashanah hazot et

this year and

kol minei t'vu-atah l'tovah,

and its abundant crops for good,

Summer: v'tein b'rachah

and give a blessing

Winter: v'tein tal umatar livrachah

and give dew and rain for a blessing

al p'nei ha-adamah,

upon the face of the earth,

v'sab'einu mituvecha, uvareich

and satisfy us with Your goodness, and bless

sh'nateinu kashanim

our year like the years

hatovot livrachah,

that were good for blessing,

ki Eil tov umeitiv atah,

for O Almighty One, good and beneficent are You,

umvareich hashanim.

the One Who blesses the years.

Baruch atah Adonai,

Blessed are You Hashem,

m'vareich hashanim.

Who blesses the years.

בָּרַךְ עָלֵינוּ, יְהוָה אֱלֹהֵינוּ,

אֶת הַשָּׁנָה הַזֹּאת וְאֶת

כָּל מִיְּנֵי תְבוֹאָתָהּ לְטוֹבָה,

בְּקִיץ: וְתֵן בְּרָכָה

בְּחֹרֶף: וְתֵן טַל וּמָטָר לְבְרָכָה

עַל פְּנֵי הָאֲדָמָה,

וּשְׂבַעֵנוּ מִטוֹבְךָ, וּבְרַךְ

שְׁנַתֵּנוּ כַּשָּׁנִים

הַטּוֹבוֹת לְבְרָכָה,

כִּי אֵל טוֹב וּמְטִיב אַתָּה,

וּמְבָרַךְ הַשָּׁנִים.

בָּרוּךְ אַתָּה יְהוָה,

מְבָרַךְ הַשָּׁנִים.

קבוץ גלויות

KIBUTZ GALUYOT (INGATHERING OF EXILES)

T'ka b'shofar gadol l'cheiruteinu,
Sound the great shofar to proclaim our freedom,
 v'sa neis l'kabeitz galuyoteinu,
raise a banner to gather in our exiles,
 v'kab'tzeinu yachad mei-arba
and gather us together from the four
 kanfot ha-aretz l'artzeinu.
corners of the earth to our land.

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

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוֹתֵנוּ,
 וְשֵׂא נֵס לְקִבּוּץ גְּלוּיֹתֵינוּ,
 וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע
 כַּנְפוֹת הָאָרֶץ לְאַרְצֵנוּ.

בְּרוּךְ אַתָּה יְהוָה,
 מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

דין

DIN (RESTORATION OF JUSTICE)

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

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

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבְרָאשׁוֹנָה
 וְיֹעֲצֵינוּ כְּבִתְחִלָּה,
 וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאַנְחָה,
 וּמְלוּךְ עָלֵינוּ מְהֵרָה אַתָּה,
 יְהוָה, לְבִדְךָ
 בְּחֶסֶד וּבְרַחֲמִים,
 וְצַדִּיקָנוּ בְּצֶדֶק וּבְמִשְׁפָּט.

בְּרוּךְ אַתָּה יְהוָה,
 מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

ברכת המינים

BIRKAT HAMINIM (AGAINST EVIL)

V'lamalshinim al t'hi tikvah,
And for the slanderers may there be no hope,
 v'chol haminim k'rega yoveidu,
and may all who sow evil perish in an instant,
 v'chol oy'vei am'cha
and may all enemies of Your people
 m'heirah yikareitu,
speedily be cut down,
 v'hazeidim m'heirah t'akeir utshabeir
and the rule of evil may You speedily uproot and break
 utmageir utchaleim v'tashpileim
and cast down and destroy and pull down
 v'tachni-eim bimheirah v'yameinu.
and humble speedily in our days.

Baruch atah Adonai,
Blessed are You Hashem,
 shoveir oy'vim umachni-a zeidim.
Who breaks enemies and humbles evildoers.

וְלַמְלַשְׁיָנִים אֵל תְּהִי תִקְוָה,
 וְכָל הַמִּינִים כְּרֵגַע יִאֲבְדוּ,
 וְכָל אוֹיְבֵי עַמְּךָ
 מְהֵרָה יִכָּרְתוּ,
 וְהַזְדִּים מְהֵרָה תִּעְקַר וְתִשָּׁבַר
 וְתִמְגַר וְתִכָּלֵם וְתִשְׁפִּילֵם
 וְתִכְנִיעֵם בְּמְהֵרָה בְּיָמֵינוּ.
 בְּרוּךְ אַתָּה יְהוָה,
 שׁוֹבֵר אוֹיְבִים וּמְכַנְיַע זֵדִים.

צדיקים

TZADIKIM (THE RIGHTEOUS)

Al hatzadikim v'al hachasidim
Upon the righteous and upon the devout
 v'al ziknei am'cha beit Yisra-eil,
and upon the sages of Your people Israel,
 v'al p'leitat beit sof'reihem,
and upon the remnant of the house of their scholars,
 v'al geirei ha-tzedek v'aleinu,
and upon the converts who are righteous and upon us,
 yehemu na rachamecha,
may Your compassion be stirred,
 Adonai Eloheinu,
Hashem our Eternal One,
 v'tein sachar tov l'chol
and grant a good reward to all
 habot'chim b'shimcha be-emet,
who put their trust in Your Name with truth,
 v'sim chelkeinu imahem,
and number us among them forever,

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים
 וְעַל זִקְנֵי עַמְּךָ בֵּית יִשְׂרָאֵל,
 וְעַל פְּלִיטַת בֵּית סוֹפְרֵיהֶם,
 וְעַל גְּרֵי הַצֶּדֶק וְעַלֵינוּ,
 יִהְיוּ נָא רַחֲמֶיךָ,
 יְהוָה אֱלֹהֵינוּ,
 וְתֵן שָׂכָר טוֹב לְכֹל
 הַבּוֹטְחִים בְּשִׁמְךָ בְּאֵמֶת,
 וְשִׂים חֶלְקֵנוּ עִמָּהֶם,

ul-olam lo neivosh
and may we never feel ashamed
 ki v'cha batachnu.
for in You we have put our trust.

Baruch atah Adonai,
Blessed are You Hashem,
 mishan umivtach latzadikim.
the support and assurance of the righteous.

וְלְעוֹלָם וְלֹא נִבּוֹשׁ
 כִּי בְךָ בָטַחְנוּ.

בָּרוּךְ אַתָּה יְהוָה,
 מִשֵּׁעַן וּמִבְטַח לְצַדִּיקִים.

בִּנְיָן יְרוּשָׁלַיִם

BINYAN Y'RUSHALAYIM (REBUILDING JERUSALEM)

V'lirushalayim ir'cha
And to Jerusalem Your city
 b'rachamim tashuv,
in compassion may You return,
 v'tishkon b'tochah
and may You rest within it,
 ka-asher dibarta,
as You have spoken.
 uvnei otah b'karov b'yameinu
And may You rebuild it soon in our days
 binyan olam, v'chisei David avd'cha
as an eternal edifice, and the throne of David Your servant
 m'heirah l'tochah tachin.
may You establish speedily within it.

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

וְלִירוּשָׁלַיִם עִירְךָ
 בְּרַחֲמִים תָּשׁוּב,
 וְתִשְׁכּוֹן בְּתוֹכָהּ
 כַּאֲשֶׁר דִּבַּרְתָּ,
 וּבְנֵה אוֹתָהּ בְּקֶרֶב בְּיָמֵינוּ
 בְּנֵיזֶן עוֹלָם, וְכִסֵּא דָוִד עַבְדְּךָ
 מְהֵרָה לְתוֹכָהּ תַּכְיֵן.

בָּרוּךְ אַתָּה יְהוָה,
 בּוֹנֵה יְרוּשָׁלַיִם.

מלכות בית דוד

MALCHUT BEIT DAVID (DAVIDIC REIGN)

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

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

אֶת צִמַּח דָּוִד עֲבִדְךָ
 מְהֵרָה תִצְמִיחַ,
 וְקִרְנוֹ תָרוּם בִּישׁוּעָתְךָ,
 כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְהוָה,
 מִצְמִיחַ קֶרֶן יְשׁוּעָה.

קבלת תפלה

KABBALAT T'FILAH (ACCEPTANCE OF PRAYER)

Av harachaman,
Merciful Creator,
 sh'ma koleinu, Adonai Eloheinu,
Hear our voice, Hashem our Elohim,
 chus v'racheim aleinu,
take pity and have compassion on us,
 v'kabeil b'rachamim uvratzon
and accept with compassion and favor
 et t'filateinu, ki Eil shomei-a
our prayer, for the Almighty One who hears
 t'filot v'tachanunim atah,
prayers and supplications is You,
 umil'fanecha, malkeinu,
from before Yourself, our Sovereign,
 reikam al t'shi-einu.
do not turn us away empty-handed.
 Ki atah shomei-a t'filat
For You hear the prayer
 am'cha Yisra-eil b'rachamim.
of Your people Israel with compassion.

Baruch atah Adonai,
Blessed are You Hashem,
 shomei-a t'filat.
Who hears prayer.

אָב הַרַחֲמָן,
 שְׁמַע קוֹלֵנוּ, יְהוָה אֱלֹהֵינוּ,
 חוּס וְרַחֵם עָלֵינוּ,
 וְקַבֵּל בְּרַחֲמִים וּבְרַצוֹן
 אֶת תְּפִלָּתֵנוּ, כִּי אֵל שׁוֹמֵעַ
 תְּפִלוֹת וְתַחֲנוּנִים אַתָּה,
 וּמִלְפָּנֶיךָ, מַלְכֵנוּ,
 רֵיקָם אַל תְּשִׁיבֵנוּ.
 כִּי אַתָּה שׁוֹמֵעַ תְּפִלַּת
 עַמְּךָ יִשְׂרָאֵל בְּרַחֲמִים.

בָּרוּךְ אַתָּה יְהוָה,
 שׁוֹמֵעַ תְּפִלָּה.

עבודה AVODAH

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

R'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 זְכוֹרֵנוּ
וּפְקֻדוֹתֵנוּ 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,
 בַּיּוֹם רֵאשׁ 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 הוּי the Name of Hashem at which point we straighten up.*

Modim anachnu lach,
We give You thanks,
sha-atah hu Adonai Eloheinu,
for You 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,
are You from generation to generation,
nodeh l'cha unsapeir t'hilatecha,
we thank You and sing Your praises,
al chayeinu ham'surim b'yadecha,
for our lives which are in Your hands,
v'al nishmoteinu hap'kudot lach,
and for our souls which are in Your keeping,
v'al nisecha sheb'chol yom imanu,
and for the signs of Your Presence that are with us everyday,
v'al nifl'otecha v'tovotecha,
and for Your wonders and Your goodness,
sheb'chol eit,
in every moment,
erev vavoker v'tzahorayim.
evening and morning and noon.
Hatov, ki lo chalu rachamecha,
You are goodness, for Your mercy has no end,
v'ham'racheim,
You are compassionate,
ki lo tamu chasadecha,
for Your love has no limit,
mei-olam kivinu lach.
for ever our hope is in You.

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

*During the festivals of Chanukah or Purim continue on the next page,
otherwise continue on page 29 with וְעַל כָּלָם V'al kulam.*

CHANUKAH/PURIM

Chanukah and Purim connect us to the energy of miracles. The following blessings help us to harness the power of miracles so that we can create them in our life whenever they are truly needed.

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

עַל הַנְּסִים, וְעַל הַפְּרָקָן,
 וְעַל הַגְּבוּרוֹת, וְעַל
 הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת,
 שֶׁעָשִׂיתָ לְאַבוֹתֵינוּ
 בַּיָּמִים הָהֵם בַּזְּמַן הַזֶּה.

CHANUKAH

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,

בְּיָמֵי מַתִּיתְיָהוּ בֶּן יוֹחָנָן
 כֹּהֵן גָּדוֹל, חַשְׁמוֹנַי וּבָנָיו,
 כְּשֶׁעָמְדָה מַלְכוּת יוֹן
 הָרַשָּׁעָה עַל עַמֶּךָ יִשְׂרָאֵל
 לְהַשְׁכִּיחַם תּוֹרַתְךָ,
 וּלְהַעֲבִירם מִחֻקֵּי רְצוֹנְךָ,
 וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּים
 עָמַדְתָּ לָהֶם בְּעֵת צָרָתָם,
 רַבַּת אֶת רִיבָם,
 דָּנַת אֶת דִּינָם,
 נִקְמַת אֶת נִקְמָתָם,
 מָסַרְתָּ גְבוּרִים בְּיַד חַלְשִׁים,
 וְרַבִּים בְּיַד מְעַטִּים,
 וְטְמֵאִים בְּיַד טְהוּרִים,

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 amita
and for Your people Israel You performed
 t'shu-ah g'dolah ufurkan
a victory of great magnitude and a salvation
 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 neiroi
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.

וְרָשָׁעִים בְּיַד צַדִּיקִים,
 וְזֵדִים בְּיַד עוֹסְקֵי תוֹרַתְךָ.
 וְלָךְ עָשִׂיתָ שֵׁם גָּדוֹל
 וְקָדוֹשׁ בְּעוֹלָמְךָ,
 וְלַעֲמֶךָ יִשְׂרָאֵל עָשִׂיתָ
 תְּשׁוּעָה גְדוֹלָה וּפְרֻקָּן
 כְּהַיּוֹם הַזֶּה. וְאַחֵר כֵּן בָּאוּ
 בְּנֵיךָ לְדַבֵּיר בֵּיתְךָ,
 וּפְנּוּ אֶת הַיְכָלְךָ,
 וטְהַרוּ אֶת מִקְדָּשְׁךָ,
 וְהִדְלִיקוּ נֵרוֹת
 בְּחִצְרוֹת קֹדֶשְׁךָ,
 וקָבְעוּ שְׁמוֹנֵת יָמֵי
 חֲנֻכָּה אֵלֶיךָ, לְהוֹדוֹת וּלְהַלֵּל
 לְשִׁמְךָ הַגָּדוֹל.

PURIM

Bimei Mord'chai v'Estair
In the days of Mordechai and Esther
 b'Shushan habirah,
in the capital of Shushan,
 k'she-amad aleihem Haman harasha,
when Haman the wicked rose up against them,
 bikeish l'hashmid laharog ul-abeid
and he sought to destroy, slay, and exterminate
 et kol hay'hudim,
all the Jews,
 mina-ar v'ad zakein, taf v'nashim,
from young to old, infants and women,
 b'yom echad, bish-loshah asar
in one day, on the thirteenth

בְּיָמֵי מֹרְדֵכַי וְאֶסְתֵּר
 בְּשׁוּשַׁן הַבִּירָה,
 כְּשֶׁעָמַד עֲלֵיהֶם הָמָן הָרָשָׁע,
 בְּקִישׁ לְהַשְׁמִיד לְהַרְגוֹ וּלְאַבֵּד
 אֶת כָּל הַיְהוּדִים,
 מִנְּעַר וְעַד זָקֵן, טַף וְנָשִׁים,
 בְּיוֹם אֶחָד, בְּשִׁלּוֹשָׁה עָשָׂר

l'chodesh sh'neim asar,

of the twelfth month,

hu chodesh Adar,

which is the month of Adar,

ush-lalam lavoz.

and their possessions to be plundered.

V'atah b'rachamecha harabim

But You in Your abundant mercy

heifarta et atzato,

nullified his counsel,

v'kilalta et machashavto,

and frustrated his intention,

vahasheivota lo g'mulo b'rosho,

and returned to him his recompense upon his own head,

v'talu oto v'et banav

and they hanged him and his sons

al haetz.

at the gallows.

לְחֹדֶשׁ שְׁנַיִם עָשָׂר,

הוּא חֹדֶשׁ אָדָר,

וּשְׁלָלָם לְבוֹז.

וְאַתָּה בְּרַחֲמֶיךָ הַרְבִּיִּים

יִפְרַתְּ אֶת עֲצָתוֹ,

וְקִלַּקְלַתְּ אֶת מַחְשַׁבְתּוֹ,

וְהִשְׁבֹּתְ לוֹ גְּמוּלוֹ בְּרֹאשׁוֹ,

וְתָלוּ אוֹתוֹ וְאֶת בָּנָיו

עַל הָעֵץ.

V'al kulam yitbarach v'yitromam

For all these, blessed and exalted

shimcha malkeinu

may Your Name be, our Sovereign,

tamid l'olam va-ed.

continually for ever and ever.

וְעַל כָּל־ם יִתְבָּרַךְ וְיִתְרֹמַם

שִׁמְךָ מַלְכֵנוּ

תָּמִיד לְעוֹלָם וָעֶד.

V'chol hachayim yoducha selah,

Everything that has life will gratefully acknowledge 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 of our salvation and of our help forever,

ha-Eil hatov.

the Almighty One Who is good.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,

וַיְהַלְלוּ וַיְבָרְכוּ אֶת

שִׁמְךָ הַגָּדוֹל בְּאֵמֶת,

לְעוֹלָם כִּי טוֹב,

הָאֵל יְשׁוּעָתֵנוּ וְעֲזָרָתֵנוּ סֵלָה,

הָאֵל הַטוֹב.

*Bend the knees at בְּרוּךְ 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

Your name is goodness

ulcha na-eh l'hodot.

and You are worthy of thanksgiving.

בְּרוּךְ אַתָּה יְהוָה,

הַטוֹב שִׁמְךָ

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.

*Only one of the following is recited:
either the Sim Shalom below or the Shalom Rav 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 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.

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

בְּרוּךְ אַתָּה יְהוָה,
הַמְּבָרֵךְ אֶת עַמּוֹ
יִשְׂרָאֵל בְּשְׁלוֹם.

יְהִיו לְרָצוֹן אֲמֵרֵי פִי
וְהִגִּיוֹן לְבִי לְפָנֶיךָ,
יְהוָה צוּרִי וְגֹאֲלִי.

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 עַמְּךָ
תָּשִׂים לְעוֹלָם.

כִּי אַתָּה הוּא מֶלֶךְ.

אֲדוֹן לְכֹל הַשְּׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ.

אֶת עַמְּךָ יִשְׂרָאֵל בְּכֹל

עֵת וּבְכֹל שָׁעָה בְּשִׁלּוֹמְךָ.

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 Torah,
 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 כְּעָפָר לְכֹל תִּהְיֶה.
 פְּתַח לְבִי בְּתוֹרַתְךָ,
 וְאַחֲרַי מִצְוֹתֶיךָ תִּרְדּוּף נַפְשִׁי.
 וְכֹל הַחֹשֵׁבִים עָלַי לְרָעָה,
 מְהִירָה הִפֵּר עֲצָתָם
 וְקָלְקַל מַחְשָׁבָתָם.
 עֲשֵׂה לְמַעַן שְׁמֶךָ,
 עֲשֵׂה לְמַעַן יְמִינֶךָ,
 עֲשֵׂה לְמַעַן תּוֹרַתְךָ,
 עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ.
 לְמַעַן יַחֲלִצוּן 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 שְׁלוֹמִים 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 שְׁלוֹמִים בְּמְרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹמִים 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,
שְׂיִבְנֶה בַּיִת הַמִּקְדָּשׁ
בְּמַהֲרָה בְּיָמֵינוּ,
וְתֵן חֵלְקֵנוּ בְּתוֹרַתְךָ.

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

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.

Leader and participants say together that which is contained within { }.

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetime and in our days

uvchayei d'chol beit Yisra-eil,

and in the lives of the entire house of Israel,

ba-agala uvizman kariv,

quickly and speedily may it come,

v'imru Amein. {Amein.}

and let us say amen. Amen.

{Y'hei sh'meih raba m'varach

Let the great Name be blessed

l'alam ulal'mei al'maya.}

forever and ever.

Yitbarach v'yishtabach v'yitpa-ar

Blessed and extolled and magnified

v'yitromam v'yitnasei v'yit-hadar

and hailed and exalted and honored

v'yit-aleh v'yit-halal

and glorified and praised

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

be the Holy One whose Name is blessed,

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

{אָמֵן}

בְּעֲלָמָא דִּי בְרָא כְרַעוּתֵהּ,

וְיִמְלִיךְ מַלְכוּתֵהּ,

וְיַצְמַח פְּרֻקָנֵהּ

וְיִקְרַב מְשִׁיחָהּ. {אָמֵן}

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֲגָלָא וּבְזִמַּן קָרִיב,

וְאָמְרוּ אָמֵן. {אָמֵן}

יְיָהּ שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלָם וּלְעָלְמֵי עָלְמֵיָא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר

וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר

וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},

l'eila min kol birchata*who is beyond all blessings***v'shirata tushb'chata v'nechemata,***or songs or praises or words of consolation,***da-amiran b'al'ma,***that can be uttered in this world,***v'imru Amein. {Amein.}***and let us say amen. Amen.***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 let us say amen. Amen.***Y'hei sh'lama raba min sh'maya,***May there be much 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 let us 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 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'imru Amein. {Amein.}***and let us say amen. Amen.***לְעֵלָא מִן כָּל בִּרְכָתָא****וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא,****דְּאִמְרֵן בְּעֵלְמָא,****וְאִמְרוּ אָמֵן. {אָמֵן.}****תְּתַקַּבַּל צְלוֹתְהוֹן וּבְעוֹתְהוֹן****דְּכָל בֵּית יִשְׂרָאֵל קְדָם****אֲבוּהוֹן דִּי בְּשַׁמַּיָּא,****וְאִמְרוּ אָמֵן. {אָמֵן.}****יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,****וְחַיִּים טוֹבִים עָלֵינוּ****וְעַל כָּל יִשְׂרָאֵל,****וְאִמְרוּ אָמֵן. {אָמֵן.}****עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,****הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,****וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל 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 we were not made like the nations of other lands,
v'lo samanu k'mishp'chot
and did not make us the same as other families
ha-adamah, shelo sam chelkeinu
of the earth, we were not placed in the same situations
kahem, v'goraleinu k'chol hamonam.
as others, and our destiny is not the same as anyone else.

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
 שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
 וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת
 הָאֲדָמָה, שֶׁלֹּא שָׁם חֵלְקֵנוּ
 כָּהֵם, 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 kneel,
umishtachavim umodim,
and bow and give thanks,
lifnei melech malchei ham'lachim,
before the Sovereign, Sovereign of all sovereigns,
hakadosh baruch hu.
the Holy and Blessed One.

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

Shehu noteh shamayim
The One who spread out the heavens
v'yoseid aretz, umoshav y'karo
and established the earth, and whose precious dwelling
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.
is our Elohim and there is no other.
Emet malkeinu, efes zulato,
Our Sovereign is truth, and nothing else compares,
kakatuv b'Torato:
as it is written in Your Torah:

שֶׁהוּא נוֹטֵה שָׁמַיִם
 וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ
 בַּשָּׁמַיִם מִמַּעַל,
 וְשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים,
 הוּא אֱלֹהֵינוּ אֵין עוֹד.
 אֵמֶת מַלְכָּנוּ, אֵפֶס זוּלָּתוֹ,
 כִּכְתוּב 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 worship of material things from the earth.
 v'ha-elilim karot yikareitun,
and superstition and prejudice shall at last 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
In Your Presence, Hashem our Elohim,
 yichr'u v'yipolu,
they will kneel 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 they 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 ha-malchut shel'cha hi,
For the kingdom is Yours,
 ul-ol'mei ad timloch b'chavod,
forever 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 Hashem's Name will be one.

יהוה יִמְלֹךְ לְעוֹלָם וָעֶד.

וְנֶאֱמַר, וְהָיָה יְהוָה

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה

יְהוָה אֶחָד, וּשְׁמוֹ אֶחָד.

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.

זְכוֹרֵנָם לְבִרְכָה.

Zichronam livracha.

May their memories be for blessing.

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

Yitgadal v'yitkadash sh'meih raba.

Let the glory of the Eternal One be extolled.

{Amein.}

Amen.

B'al'ma di v'ra chiruteih,

In the world created according to the Eternal One's will,

v'yamlich malchuteih,

and be enthroned in the realm of the Eternal One

v'yatzmach purkaneih

and cause redemption to sprout

vikareiv M'shichei. {Amein.}

and bring near the Mashiach. Amen.

B'chayeichon uvyomeichon

In our lifetime and in our days

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵיהּ רַבָּא.

{אָמֵן.}

בְּעֵלְמָא דִּי בְרָא כְרֵעוּתֵיהּ,

וְיִמְלִיךְ מַלְכוּתֵיהּ,

וְיִצְמַח פְּרֻקְנֵיהּ

וְיִקְרִיב מְשִׁיחֵיהּ. {אָמֵן.}

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

uvchayei d'chol beit Yisra-eil,
and in the lives of the entire house of Israel,
ba-agala uvizman kariv,
quickly and speedily may it come,
v'imru Amein. {Amein.}
and let us say amen. Amen.

{Y'hei sh'meih raba m'varach
Let the great Name be blessed
l'alam ul-al'mei al'maya.}
forever and ever.

Yitbarach v'yishtabach v'yitpa-ar
Blessed and extolled and magnified
v'yitromam v'yitnasei v'yit-hadar
and hailed and exalted and honored
v'yit-aleh v'yit-halal
and glorified and praised
sh'meih d'kudsha {b'rich hu},
be the Holy One Whose Name is blessed,
l'eila min kol birchata v'shirata
Who is beyond all blessings or songs
tushb'chata v'nechemata,
or praises or words of consolation,
da-amiran b'al'ma,
that can be uttered in this world,
v'imru Amein. {Amein.}
and let us say amen. Amen.

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

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֶגְלָא וּבְזְמַן קָרִיב,
וְאָמְרוּ אָמֵן. {אָמֵן.}

יְיָהּ שְׁמֵיהּ רַבָּא מְבָרַךְ
לְעַלְמֵם וּלְעַלְמֵי עַלְמַיָּא.

יְתִבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵיהּ דְקֻדְשָׁא {בְּרִיךְ הוּא},
לְעַלְמֵם מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְאִמְרוּן בְּעַלְמָא,
וְאָמְרוּ אָמֵן. {אָמֵן.}

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,
הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל הָעוֹלָם,
וְאָמְרוּ אָמֵן. {אָמֵן.}

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.

אֶל תִּירָא מִפַּחַד פְּתָאִים,
וּמִשְׂאֵת רְשָׁעִים כִּי תָבֹא.

עֲצוּ עֵצָה וְתִפָּר,
דַּבְּרוּ דָבָר וְלֹא יִקּוּם,
כִּי עִמָּנוּ אֵל.

וְעַד זִקְנָה אֲנִי הוּא,
וְעַד שֵׁיבָה אֲנִי אֶסְבֵּל,
אֲנִי עָשִׂיתִי וְאֲנִי אֶשָּׂא,
וְאֲנִי אֶסְבֵּל וְאֶמְלֵט.

אֶךְ צַדִּיקִים יוֹדוּ לְשִׁמְךָ,
יֵשְׁבוּ יִשְׂרָיִם אֶת פָּנֶיךָ.

Weekday Minchah ends here. On Erev Shabbat or a Festival, continue with candlelighting on the next page.

הדלקת הנרות

HADLAKAT HANEIROT - KINDLING LIGHTS

*On Shabbat, candles are lit approximately 18 minutes before sunset.
Minchah is said before sunset, allowing enough time to light candles at the end of the connection.*

*Some have the custom to light the candles first and then say the blessing.
In the Sephardic/Kabbalistic tradition, we say the blessing first and then light the candles.*

Baruch atah Adonai

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

asher kid'shanu b'mitzvotav,

You hallow us with Your commandments

v'tzivanu l'hadlik neir

and bid us to light the candles

shel Shabbat

of Shabbat

v'shel yom tov.

(and of yom tov).

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

The following is added only on the first night of a Festival.

Baruch atah Adonai,

Blessed are You Hashem,

Eloheinu melech ha-olam,

our Elohim, Sovereign of the universe,

shehecheyanu v'kiy'manu v'higianu

for giving us life and for enabling us to reach

laz'man hazeh.

this season.

בְּרוּךְ אַתָּה יְהוָה,
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
שֶׁהַחַיִּינוּ וְקִיַּמָּנוּ וְהִגִּיעָנוּ
לְזֶמַן הַזֶּה.

One or more of the following songs may be sung after candlelighting.

דרור יקרא D'ROR YIKRA

D'ror yikra l'vein im bat,
May the Eternal One proclaim freedom for all sons and daughters,
v'yintzarchem k'mo vavat.
and keep you as the apple of the Eternal One's eye.

N'im shimchem v'lo yushbat,
Pleasant is your name and it will not be destroyed,
sh'vu v'nuchu b'yom Shabbat.
Relax and rest on the day of Shabbat.

D'rosh navi v'ulami,
Revisit my holy Temple,
v'ot yesha aseih imi.
and give me a sign of deliverance.

N'ta soreik b'toch karmi,
Plant a vine in my vineyard,
sh'eih shavat b'nei ami.
regard my people, hear their laments.

דְּרוֹר יִקְרָא לְבֵן עַם בַּת,
וַיִּנְצְרְכֶם כְּמוֹ בָּבֶת.

נְעִים שְׁמֵכֶם וְלֹא יִשָּׁבֵת,
שְׁבוּ וְנוּחוּ בְיוֹם שַׁבָּת.

דְּרוֹשׁ נָוִי וְאוֹלָמִי,
וְאוֹת יִשַׁע עֲשֵׂה עִמִּי.

נִטַּע שׂוֹרֵק בְּתוֹךְ כַּרְמִי,
שְׁעֵה שְׂוַעַת בְּנֵי עַמִּי.

וארשתוך לי V'EIRASTICH LI

V'eirastich li l'olam,
And I will betroth you to Me forever,
v'eirastich li b'tzedek,
and I will betroth you to Me in righteousness,
uv'mishpat uvchesed uvrachamim.
and with justice and with kindness and with mercy.
V'eirastich li be-emunah,
And I will betroth you to Me in faithfulness,
v'yada-at et Adonai.
and you will know Hashem.

וְאֶרְשֶׁתִּיךָ לִי לְעוֹלָם,
וְאֶרְשֶׁתִּיךָ לִי בְצֶדֶק,
וּבְמִשְׁפָּט וּבְחֶסֶד וּבְרַחֲמִים.
וְאֶרְשֶׁתִּיךָ לִי בְאֱמוּנָה,
וַיָּדַעַתְּ אֶת יְהוָה.

שַׁבַּת שְׁלוֹם

SHABBAT SHALOM

Shabbat shalom.

A peaceful Shabbat.

Shabbat shalom um'vorach.

A peaceful and blessed Shabbat.

שַׁבַּת שְׁלוֹם.

שַׁבַּת שְׁלוֹם וּמְבֹרָךְ.

אֵשָׁא עֵינַי

ESAH EINAI

Esah einai el he-harim

I lift my eyes up to the hills,

mei-ayin yavo ezri.

what is the source of my help?

Ezri mei-im Adonai,

My help is from Hashem,

oseih shamayim va-aretz.

maker of heaven and earth.

אֵשָׁא עֵינַי אֶל הַהָרִים,

מֵאֵין יָבֵא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה

עֹשֵׂה שָׁמַיִם וָאָרֶץ.

דוּדוּ לִי

DODI LI

Dodi li va-ani

My beloved is mine and I am my beloved's

lo haro-eh bashoshanim.

who browses among the lilies.

Mi zot olah min hamidbar,

Who is this that comes up from the desert,

m'kuteret mor ul'vonah.

in clouds of myrrh and frankincense.

Libavtini ahoti chalah.

You have ravished my heart, my sister, my bride.

Uri tzafon uvo-i teiman.

Awake, O north wind, and come, O south wind.

Kol sason v'kol simchah,

The sound of joy and the sound of gladness,

kol chatan v'kol kalah.

the voice of the bridegroom and the voice of the bride.

דוּדִי לִי וְאֲנִי

לוֹ הָרֵעָה בַּשּׁוֹשָׁנִים.

מִי זֹאת עֹלָה מִן הַמִּדְבָּר,

מִקְטֶרֶת מֹר וּלְבוֹנָה.

לְבַבְתָּנִי אַחֲתִי כֻלָּה.

עוֹרִי צָפוֹן וּבּוֹאֵי תִימָן.

קוֹל שִׂשׂוֹן וְקוֹל שִׂמְחָה,

קוֹל חַתָּן וְקוֹל כֻּלָּה.

יום זה YOM ZEH

Yom zeh l'Yisra-eil

This day for Israel

orah v'simchah, Shabbat m'nuchah.

is light and is joy, a Shabbat of rest.

Tzivita pikudim

You commanded

b'ma-amad har Sinai,

our ancestors standing at Mount Sinai,

Shabbat umo-adim

to keep Shabbat and Festivals

lishmor b'chol shanai,

for all of our years,

la-aroch l'fanai maseit va-aruchah,

to share at our table the choicest of foods,

Shabbat m'nuchah.

a Shabbat of rest.

Chemdat hal'vavot

Treasure for the hearts

l'umah sh'vurah,

of a wounded people,

linfashot nichavot n'shamah y'terah, *for the souls that have suffered*

l'nefesh m'tzeirah yasir anachah,

to soothe away sighs from a soul that is bound,

Shabbat m'nuchah.

a Shabbat of rest.

Kidashta beirachta oto mikol yamim,

You hallowed and blessed it more than all other days,

b'sheishet kilita m'lechet olamim,

in six days You completed the labor of the worlds,

bo matz'u agumim

sad people found on it

hashkeit uvitchah,

peace and safety,

Shabbat m'nuchah.

a Shabbat of rest.

L'isur m'lachah tzivitanu nora,

You commanded us to avoid labor O Awesome One,

ezkeh hod m'luchah

I shall merit the glory of sovereignty

יום זה לישראל

אורה ושמחה, שבת מנוחה.

צוית פקודים

במעמד הר סיני,

שבת ומועדים

לשמור בכל שני,

לערך לפני משאת וארוחה,

שבת מנוחה.

חמדת הלבבות

לאמה שבורה,

לנפשות נכאבות נשמה יתרה,

לנפש מצרה תסיר אנחה,

שבת מנוחה.

קדשת ברכת אותו מכל ימים,

בששת כלית מלאכת עולמים,

בו מצאו עגומים

השקט ובטחה,

שבת מנוחה.

לאסור מלאכה צויתנו נורא,

אזכה הוד מלוכה

im Shabbat eshmorah,
if I safeguard Shabbat,
 akriv shai lamora,
I shall bring an offering to the Awesome One,
 minchah merkachah,
a meal offering that is seasoned,
 Shabbat m'nuchah.
a Shabbat of rest.

Chadeish mikdasheinu
Renew our Sanctuary
 zachrah necherevet,
remember the ruined city,
 tuv'cha, moshi-einu,
Your goodness, our Savior,
 t'nah lane-etzevet,
grant to the one who is sad,
 b'Shabbat yoshevet
who spends Shabbat
 b'zemer ushvachah,
in song and praise,
 Shabbat m'nuchah.
a Shabbat of rest.

אם שַׁבַּת אֲשַׁמְרָה,
 אֶקְרִיב שֵׁי לַמּוֹרָא,
 מִנְחָה מְרֻכָּחָה,
 שַׁבַּת מְנוּחָה.

חֲדַשׁ מִקְדָּשֵׁינוּ
 זְכֹרָה נְחֻרֶבֶת,
 טוֹבְךָ, מוֹשִׁיעֵנוּ,
 תְּנָה לַנֶּעֱצֵבֶת,
 בְּשַׁבַּת יוֹשֶׁבֶת
 בְּזֶמֶר וּשְׁבָחָה,
 שַׁבַּת מְנוּחָה.

וּשְׁמָרוּ

V'SHAM'RU

V'sham'ru v'nei Yisra-eil
The children of Israel shall observe
 et ha-Shabbat,
Shabbat,
 la-asot et ha-Shabbat
making Shabbat
 l'dorotam b'rit olam.
for their generations a covenant for eternity.
 Beini uvein b'nei Yisra-eil
Between Me and the children of Israel
 ot hi l'olam,
it is a sign forever.
 ki sheishet yamim asah Adonai
for in six days Hashem made
 et hashamayim v'et ha-aretz,
the heavens and the earth,
 uvayom hash'vi-i shavat vayinafash.
and on the seventh day rested from all work.

וּשְׁמָרוּ בְּנֵי יִשְׂרָאֵל
 אֶת הַשַּׁבָּת,
 לַעֲשׂוֹת אֶת הַשַּׁבָּת
 לְדוֹרֹתָם בְּרִית עוֹלָם.
 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
 אוֹת הִיא לְעוֹלָם,
 כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
 אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.