

A Simple Siddur

for weekday morning prayer

in Tzfat, Israel

as we celebrate the bar mitzvah

of Max Isaac Sunog

יצחק אברהם בן יוסף שלום ושושנה

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from *Instructions to the Reader*

Come. Suspend
willingly or not
your disbelief
and with empty pockets
enter the room
of the story.
Warm your fingers
at this candle
which is only the stub
of a dream
and at any time
may flicker
or go out.
Here fire consumes
itself

with paper
and pencil for kindling;
here a unicorn waits
in the corner
its musical horn
ready.
When I tell you
this story
is pure fact
you will want to leave
the room.
Stay awhile.

(Linda Pastan)

Blessing for Gratitude

□ Modeh/modah* ani
lefanecha, melech chai
vekayam, shehechezarta bee
nishmati bechemlah.
Raba emunatecha.

□ מודה* אני לפנך, מלך חי
וקיים, שהחזרת בי נשמת
בְּחַמְלָה רַבָּה אֶמוּנָתְךָ!

I am grateful before You, living and enduring God:
You have restored my soul to me. Great is Your faithfulness!

Putting on the Tallit

Barchi nafshi et Adonai,
Adonai Elohai gedalta me'od.
Hod vehadar lavashta, oteh or
kasalmah.
Noteh shamayim kayeri'ah.

בְּרַכֵּי נַפְשִׁי אֶת יי, יי אֱלֹהֵי
גְדֹלַת מְאֹד. הוֹד וְהַדָּר
לְבָשֶׁת, עֹטָה אֹר כְּשֶׁלְמָה.
נוֹטָה שָׁמַיִם כִּי־רִיעָה.

Baruch atah Adonai Eloheinu
melech ha'olam asher
kideshanu bemitsvotav
vetsivanu lehitateif batsitsit.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו וְצִוָּנוּ לְהִתְעַטֵּף
בְּצִיצִית

My soul will bless Adonai!
Adonai, my God, You are very great.
You are dressed in glory and splendor,
Wearing light like a gown.
You spread out the heavens like a cloth.

Blessed are You, Adonai our God, source of all being,
Who sanctifies us with mitzvot
and Who enjoins us to wrap ourselves with tzitzit.

Mah Tovv : How Lovely Are Your Tents!

□ Mah tovu ohalecha
Ya'akov,
mishkenotecha
Yisrael.

□ מַה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ
יִשְׂרָאֵל.

How lovely are your tents, O Jacob;
your dwellings, O Israel.

Morning Poem

Every morning
the world
is created.
Under the orange

sticks of the sun
the heaped
ashes of the night
turn into leaves again

and fasten themselves to the high
branches—
and the ponds appear
like black cloth
on which are painted islands

of summer lilies.
If it is your nature
to be happy
you will swim away along the soft
trails

each pond with its blazing lilies
is a prayer heard and answered
lavishly,
every morning

for hours, your
imagination
alighting everywhere.
And if your spirit
carries within it

the thorn
that is heavier than lead—
if it's all you can do
to keep on trudging—

there is still
somewhere deep within
a beast shouting
that the earth
is exactly what it wanted—

whether or not
you have ever dared
to be happy,
whether or not
you have ever dared
to pray.

(Mary Oliver)

Asher Yatzar : Blessing for the Body

Baruch atah Adonai
Eloheinu melech ha'olam,
asher yatzaret ha'adam
bechochmah uvaravo
nekavim nekavim chalulim
chalulim. Galui veyadua lifnei
chisei chevodecha
she'imyipate'ach echad
meihem oyisateim echad
meihem ee efsar
lehitkayeim vela'amod
lefanecha.

Baruch atah Adonai rofei chol
basar umafli la'asot.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר יָצַר אֶת הָאָדָם
בְּחָכְמָה, וּבְרָא בּוֹ נְקִבִים
נְקִבִים, חֲלוּלִים חֲלוּלִים, גְּלוּי
וַיְדוּעַ לְפָנֵי כְסָא כְבוֹדְךָ שָׂאם
יִפְתַּח אֶחָד מֵהֶם, אוֹ יִסְתֵּם
אֶחָד מֵהֶם, אֵי אֶפְשָׁר
לְהִתְקַיֵּים וּלְעֲמוֹד לְפָנֶיךָ:

בְּרוּךְ אַתָּה יְיָ, רוֹפֵא כָּל בָּשָׂר,
וּמַפְּלִיא לַעֲשׂוֹת:

Blessed are You, Adonai our God, source of all being,
Who formed the human body with wisdom
and Who placed within us a miraculous combination
of organs and arteries, tissues and sinews.
Clearly, we would not be able to praise Your miracles
were it not for the miracle within us.
Blessed are You, Adonai, healer of all flesh and worker of miracles.

Elohai Neshama: Blessing for the Soul

Elohai neshamah
shenatata
bee tehovah hee!

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּת בִּי טְהוֹרָה
הִיא.

My God, the soul that You have placed within me is pure!

from **Daily Miracles**

You teach me to distinguish waking life from dreaming.
You press the wooden floor against the soles of my feet.

You slip my eyeglasses into my questing hand
and the world comes into focus again.

In the time before time You collected hydrogen and oxygen
into molecules which stream now from my showerhead.

You enfold me in this bathtowel.
You enliven me with coffee.

Every morning you remake me in your image
and free me to push back against my fears.

You are the balance that holds up my spine,
the light in my gritty, grateful eyes.

(Rabbi Rachel Barenblat)

Blessings for Each Day

Baruch atah Adonai, eloheinu
melech ha'olam:

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם:

Blessed are You, Adonai our God, Source of all being:

...asher natan l'sechvei vinah
l'havchin bein yom u-vein laila.

...אֲשֶׁר נָתַן לְשֹׁכְוֵי בֵּינָה,
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה:

...who gives the bird of dawn discernment to tell day from night;

...she'asani Yisrael.

...שָׁעַשְׂנִי יִשְׂרָאֵל:

...who made me a Jew;

...she'asani ben/bat chorin.

...שָׁעַשְׂנִי בֶן / בַּת חוֹרִין:

...who made me free;

...she'asani b'tzalmo/ah.

...שָׁעַשְׂנִי בְצַלְמוֹ/הָ:

...who made me in Your image;

...poke'ach ivrim.

...פּוֹקֵחַ עֵוְרִים:

...who opens the eyes of the blind;

...malbish arumim.

...מַלְבִּישׁ עֲרֻמִּים:

...who clothes the naked;

...matir asurim.

...מַתִּיר אֲסוּרִים:

...who frees the captive;

...zokef kefufim. זֹקֵף כְּפוּפִים:

...who lifts up the fallen;

...roka ha-aretz al ha-mayim. רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

...who stretches the earth over the waters;

...she'asa li kol tzorki. שֶׁעָשָׂה לִי כָּל צָרָכִי:

...who gives me all I need;

...hamechin mitzadei gaver. הַמְּכִין מִצְדֵי גֵבֶר:

...who straightens the bent;

...ozer Yisrael bigvurah. אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה:

...who enfolds Israel in strength;

...oter Yisrael b'tifarah. עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה:

...who crowns Israel in splendor;

...hanotein la-ya'ef ko'ach. הַנּוֹתֵן לַיָּאֵף כֹּחַ:

...who gives strength to the weary;

...hame'avir sheina mei'einai הַמְּעַבֵּיר שֵׁנָה מֵעֵינַי

u-tnumah me-afapai.

וְתַנּוּמָה מֵעַפְּפָי:

...who wipes sleep from the eyes, and slumber from the eyelids.

Psukei D'Zimra: Poems & Psalms of Praise

Baruch She'amar: Blessed is the One Who Speaks

Baruch she'amar vehayah
ha'olam. Baruch hu.
Baruch oseh vereisheet.
Baruch omeir ve'oseh.
Baruch gozeir umkayeim.
Baruch meracheim al ha'arets.
Baruch meracheim al habriot.
Baruch meshaleim sachar tov
lirei'av. Baruch chai la'ad
vekayam lanetsach.
Baruch podeh umatsil, baruch
shemo.

בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
בָּרוּךְ הוּא, בָּרוּךְ עֹשֶׂה
בְּרֵאשִׁית, בָּרוּךְ אוֹמֵר וְעֹשֶׂה,
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם, בָּרוּךְ
מְרַחֵם עַל הָאָרֶץ, בָּרוּךְ
מְרַחֵם עַל הַבְּרִיּוֹת,
בָּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב
לִירֵאָיו, בָּרוּךְ חַי לְעַד וְקַיֵּם
לְנֶצַח, בָּרוּךְ פּוֹדֶה וּמַצִּיל,
בָּרוּךְ שְׁמוֹ.

Blessed is the one who spoke
and the universe came into being.
Blessed is the one whose thought sustains the world's existence.
Blessed is the one whose mercy is the womb of the world.
Blessed is the one who rewards! Blessed is the one who is eternal!
Blessed is the one who saves!

from the *Ashrei*

Ashrei yoshvei veitecha	אֲשֶׁרֵי יוֹשְׁבֵי בֵּיתְךָ,	Joyous, dwelling
Od y'hallelucha selah	עוֹד יְהַלְלוּךָ סֵלָה:	in the One! Home is in my heart.

(English words, melody by Rabbi Hanna Tiferet Siegel)

Psalm 150

□ Halleluyah!
Halelu Eil bekodsho,
haleluhu birkia uzo.
Haleluhu bigvurotav,
haleluhu kerov gudlo.
Haleluhu beteika
shofar,
haleluhu beneivel
vechinor.
Haleluhu betof
umachol,
haleluhu beminim
ve'ugav.
Haleluhu betsiltselei
shama,
haleluhu betsiltselei
teru'ah.
Kol haneshamah
tehaleil Yah,
halleluyah.

□ הַלְלוּיָהּ, הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ
בְּרִקיעַ עֲזוֹ: הַלְלוּהוּ בְּגִבּוֹרֹתָיו,
הַלְלוּהוּ כְּרֹב גְּדֻלוֹ: הַלְלוּהוּ בְּתַקְעַת
שׁוֹפָר, הַלְלוּהוּ בְּנִבְל וְכִנּוֹר: הַלְלוּהוּ
בְּתֹף וּמַחֹל, הַלְלוּהוּ בְּמִנִּים וְעֶגְב:
הַלְלוּהוּ בְּצִלְצִילֵי שְׁמַע, הַלְלוּהוּ
בְּצִלְצִילֵי תְרוּעָה: כָּל הַנְּשָׁמָה תְהַלֵּל
יְהוָה הַלְלוּיָהּ.

Praise God in holy places,
praise God in the sky.
Praise God for might,
praise God for greatness.
Praise God with shofar blasts,
praise God with harp and lyre.
Praise God with song and dance, praise
God with lute and pipe.
Praise God with cymbals,
praise God with their crash.
Let all that breathes praise God.
Hallelujah!

Yishtabach: the blessing which ends Psukei D'Zimrah

We bless You forever and ever
with every glowing word we can find:

*songs and praise, adulation and melody,
strength and power, eternity, greatness and might.*

When we remember that the universe
is vaster than we can imagine, and filled with love,

*something in us changes. Blessed are You,
master of miracles who chooses songs of praise.*

Baruch atah Adonai
Eil melech gadol
batishbachot Eil
hahoda'ot adon hanifla'ot
habocheir beshirei
zimrah melech Eil chei
ha'olamim.

□ בְּרוּךְ אַתָּה יי אֵל מֶלֶךְ גָּדוֹל
בְּתִשְׁבָּחוֹת אֵל הַהוֹדָאוֹת אֲדוֹן
הַנִּפְלְאוֹת הַבוֹחֵר בְּשִׁירֵי זִמְרָה
מֶלֶךְ אֵל חַי הָעוֹלָמִים.

Chatzi Kaddish

Yitgadal v'yitkadash sh'mei rabah. (Amen.) Be'alma div'ra chirutei v'yamlich malchutei. B'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael. Ba'agala uvizman kariv v'imru Amen.

□ Yehei shmei rabah m'vorach l'olam ul'almei almay.

Yitbarach v'yshtabah v'yitpa'ar v'yitromam v'yitnaseh. V'yithadar v'yitaleh v'yithalal shmeh d'kudsha brich hu. L'eila min kol birchata v'shirata, tushb'chata v'nechemata, d'amiran b'alma, v'imru Amen.

Magnified and sanctified! Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen.

Forever may the great name be blessed!

Blessed and praised! Splendid and supreme! May the holy name be praised, beyond all the blessings & songs, comforts & consolations, offered in this world. And let us say: Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוּן
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמְן קָרִיב
וְאָמְרוּ אָמֵן:

□ יִהְיֶה שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְקַדְשָׁא בְרִיךְ הוּא לְעֵלְמָא מִן
כָּל בְּרַכְתָּא וְשִׁירָתָא,
תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאָמִיכֹן
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

The Shema and Blessings

Barchu: Call to Prayer

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

(Faith Rogow)

Barchu et Adonai
ha-mevorach.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד: □

□ Baruch Adonai ha-
mevorach
l'olam va-ed.

Blessed is Adonai, the blessed one.

Blessed is Adonai, the blessed one,
now and forever!

Yotzer Or: Creator of Light

□ Or chadash al Tzion ta'ir
venizkeh chulanu meheirah
le'oro. Baruch atah Adonai
yotseir hamorot.

□ אור חדש על ציון תאיר
ונזקה כלנו מהרה לאורו:
ברוך אתה יי יוצר
המאורות:

May You shine a new light upon Zion, and may we all soon be
worthy of its radiance. Blessed are You, Adonai, creator of light.

Ahavah Rabbah: Your Love for Us

The Wild Rose

Sometimes hidden from me
in daily custom and in trust,
so that I live by you unaware
as by the beating of my heart,

Suddenly you flare in my sight,
a wild rose blooming at the edge
of thicket, grace and light
where yesterday was only shade,

and once again I am blessed, choosing
again what I chose before.

(Wendell Berry)

Ahavah raba ahavtanu Adonai
Eloheinu chemlah gedolah viteirah
chamalata aleinu. Ba'avur avoteinu
ve'imoteinu shebatchu
vecha, vatelamdeim chukei chayim
kein techoneinu utlamdeinu,
harachaman hamracheim racheim
aleinu vetein belibeinu lehavin
ulhaskil lishmo'a lilmod ul'lameid
lishmor vela'asot ulkayeim et kol
divrei talmud Toratecha
be'ahavah.

אֶהָבָה רַבָּה אֶהָבְתָנוּ, יי
אֱלֹהֵינוּ, חֶמְלָה גְדוֹלָה
וַיִּתְרָה חֶמְלַתְּ עָלֵינוּ.
בְּעִבּוֹר אָבוֹתֵינוּ
וְאִמּוֹתֵינוּ, שֶׁבָּטְחוּ בְךָ,
וַתִּלְמְדִם חֻקֵי חַיִּים, כִּן
תִּתְחַנְּנוּ וַתִּלְמְדֵנוּ,
הַמְרַחֵם, רַחֵם עָלֵינוּ,
וְתוֹן בְּלִבֵּנוּ לְהַבִּין
וְלְהַשְׁכִּיל, לְשִׁמְעַ, לְלַמֵּד
וְלִלְמַד, לְשָׁמֵר וְלַעֲשׂוֹת
וְלִקְיָם אֶת כָּל דְּבָרַי
תִּלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.

You have loved us with a great love, Adonai our God.
 With great compassion you have cared for us.
 Our ancestors trusted in You and learned from You laws of life.
 For their sake, have mercy on us and teach us.
 You are our source and our womb—be gracious with us.
 Give our hearts understanding
 to hear, learn, teach and do
 all the words of Your teaching with love.

Veha'eir eineinu be'Toratecha
 vedabek libeinu bemitsvotcha
 veyacheid levaveinu le'ahavah
 ulyirah et shemecha. Velo neivosh
 velo nikaleim velo nikasheil le'olam
 va'ed, kee vesheim kodshecha
 hagadol vehanora batachnu. Nagilah
 venismechah bishuatecha.

וְהַיֵּר עֵינֵינוּ בְּתוֹרַתְךָ,
 וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,
 וַיַּחַד לִבָּנוּ לְאַהֲבָה
 וְלִירָאָה אֶת שְׁמֶךָ, וְלֹא
 נִבּוֹשׁ לְעוֹלָם וָעֶד: כִּי
 בְּשֵׁם קִדְשֶׁךָ הַגָּדוֹל
 וְהַנּוֹרָא בְּטַחֲנוּ, נִגִּילָה
 וְנִשְׂמְחָה בִּישׁוּעָתְךָ.

Enlighten our eyes with Your Torah; attach us to Your mitzvot.
 Unite our hearts to the love and awe of Your name. Then we shall
 never be shamed or humiliated, nor shall we stumble. We will
 trust in Your great, wondrous and holy name. We will rejoice and
 exult in Your saving power.

Vehavi'einu leshalom mei'arba
 kanefot ha'arets vetolicheinu
 komemiyut la'artseinu, kee Eil po'eil
 yeshu'ot ata, uvanu vacharta mikol
 am velashon. Vekeiravtanu
 leshimcha hagadol sela be'emet
 lehodot lecha ulyachdecha
 be'ahavah. Baruch atah Adonai,
 habocheir be'amo Yisrael be'ahavah.

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע
 כַּנְפוֹת הָאָרֶץ, וְתוֹלְכֵנוּ
 קוֹמְמִיּוֹת לְאַרְצֵנוּ, כִּי
 אַל פּוֹעֵל יְשׁוּעוֹת אַתָּה,
 וּבָנוּ בְּחַרְתָּ מִכָּל עַם
 וְלָשׁוֹן. וְקִרְבַּתָּנוּ לְשִׁמְךָ
 הַגָּדוֹל סָלָה בְּאֵמֶת
 לְהוֹדוֹת לְךָ וְלִיחַדְךָ
 בְּאַהֲבָה. בְּרוּךְ אַתָּה יְיָ,
 הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל
 בְּאַהֲבָה.

Bring us in peace from the four corners of the earth and lead us upright to our home, for You are the God of redemptive power who has chosen us as a people. Draw us close to Your great name in truth, to praise You and unify Your name. Blessed are You, Adonai, who has in love chosen Your people.

Shema

□ Shema Yisrael:
 Adonai Eloheinu : שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד : □
 Adonai echad!

Baruch shem kevod מַלְכוּתוֹ לְעוֹלָם וָעֶד.
 malchuto le'olam בְּרוּךְ שֵׁם כְּבוֹד
 va'ed! מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Hear, O Israel: Adonai is our God, Adonai is one!
Through time and space Your glory shines, Majestic One!

V'ahavta et Adonai elohecha,
 b'chol l'avvacha, uv'chol
 nafshecha, uv'chol me'odecha.
 V'hayu ha-d'varim ha-eileh,
 asher anochi m'tzv'cha hayom,
 al-levavecha. V'shinantam
 l'vanecha, v'dibarta bam
 b'shiv't'cha b'veitecha,
 uv'lech't'cha vaderech
 uv'shochb'cha uv'kumecha.
 Ukshartam l'ot al yadecha,
 v'hayu l'totafor bein enecha,
 uchtavtam al mezuzot beitecha
 uvisharecha.

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ,
 בְּכָל-לְבָבְךָ, וּבְכָל-גַּפְּשֶׁךָ,
 וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים
 הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוֶּה
 הַיּוֹם, עַל-לְבָבְךָ: וְשִׁנַּנְתָּם
 לְבָנֶיךָ, וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ
 בְּבֵיתְךָ, וּבְלֶכְתְּךָ בַדֶּרֶךְ
 וּבְשֹׁכְבְךָ, וּבְקוּמְךָ.
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ,
 וְהָיוּ לְטוֹטַפֵּת בֵּין עֵינֶיךָ,
 וְכָתַבְתָּם עַל מְזוּזוֹת בֵּיתְךָ
 וּבְשַׁעְרֶיךָ:

You shall love Adonai your God with all your heart, with all your mind, with all your being. Set these words which I enjoin upon you today upon your heart. Teach them faithfully to your children. Speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign on your hand. Let them be symbols before your eyes. Inscribe them on the doorposts of your house, and on your gates.

וְהָיָה אִם-שָׁמַעַתְּ שִׁמְעוּ אֶל-מִצְוֹתַי, אֲשֶׁר אֲנֹכִי מְצַוֶּה
 אֶתְכֶם הַיּוֹם, לְאָהֳבָה אֶת יְיָ אֱלֹהֵיכֶם, וּלְעֲבֹדוֹ בְּכָל-
 לְבָבְכֶם וּבְכָל גַּפְּשֶׁכֶם. וְנָתַתִּי מָטָר-אֲרָצְכֶם בְּעֵתוֹ, יוֹרֵה
 וּמְלִקוֹשׁ, וְאֶסְפַּתְּ דָגְגֶנְךָ וְתִירֹשֶׁךָ וְיִצְהָרְךָ. וְנָתַתִּי עֵשֶׂב
 בְּשִׂדְךָ לְבַהֲמֹתֶיךָ, וְאָכַלְתָּ וְשָׂבַעְתָּ. הִשְׁמָרוּ לָכֶם פֶּן-יִפְתָּה
 לְבָבְכֶם, וְסָרְתֶם וְעַבַּדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
 לָהֶם. וְחָרָה אַף-יְיָ בָכֶם, וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה מָטָר,
 וְהִאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֲבַדְתֶּם מִהֲרָה מֵעַל הָאָרֶץ
 הַטְּבָה אֲשֶׁר יְיָ נָתַן לָכֶם: וְשָׁמַרְתֶּם אֶת דְּבָרֵי אֱלֹהֵי עַל-
 לְבָבְכֶם וְעַל-גַּפְּשֶׁכֶם וְקָשַׁרְתֶּם אֹתָם לְאוֹת עַל-יָדְכֶם, וְהָיוּ
 לְטוֹטַפֵּת בֵּין עֵינֵיכֶם: וְלִמַּדְתֶּם אֹתָם אֶת-בְּנֵיכֶם, לְדַבֵּר

בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
 וְכִתְבָתָם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם
 וַיְמִי בְנֵיכֶם עַל הָאָדָמָה אֲשֶׁר נִשְׁבַּע יְיָ לְאַבְתֵּיכֶם לֵאמֹר
 לְהֵם, כִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

If you will listen to Me and know the way to treat each other lovingly that I give you this day, you will be rewarded with fulfillment and always know who you are. You will gather blessings in your life. There will be sustenance for your spirit. But take care not to be lured to ways of selfishness and bow down to injustice, for then you will be far from Me and you will shut the door of blessing. There will be no kindness in a moment of pain, no rejoicing in the world's goodness. You will destroy the love and hope that are My gifts to you. Therefore, impress these words on your heart and mind. Make them the cornerstone of your life and the motto of your being. Teach them to your children; speak them in your home and to your friends, when you begin something new and when you finish. Put them on the mezuzah of your house so that you and your children will live in the hope and justice promised to your ancestors for as long as there is a heaven over the earth.

Vayomer Adonai el Moshe
 lemor: daber el-bnei Yisrael
 v'amarta aleihem v'asu lahem
 tzitzit al kanfei bigdeihem
 l'dorotam, v'natnu al tzitzit
 ha-kanaf p'til tchelet. V'yaha
 lachem l'tzitzit, u'ritem oto,
 u'zchartem et-kol-mitzvot
 Adonai v'asitem otam. V'lo
 taturu acharei l'avchem
 v'acharei eineihem asher-
 atem zonim achareihem.

וַיֹּאמֶר יְיָ אֶל-מֹשֶׁה
 לֵאמֹר: דַּבֵּר אֶל-בְּנֵי
 יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם:
 וַעֲשׂוּ לָהֶם צִיצִת עַל-כַּנְפֵי
 בְגָדֵיהֶם לְדֹרוֹתָם, וְנָתַנּוּ
 עַל-צִיצִת הַכָּנָף פְּתִיל
 תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִת,
 וּרְאִיתֶם אֹתוֹ וַיִּזְכְּרֶתֶם
 אֶת-כָּל-מִצְוֹת יְיָ,
 וַעֲשִׂיתֶם אֹתָם, וְלֹא
 תָתוּרוּ אַחֲרַי לְבַבְכֶם
 וְאַחֲרַי עֵינֵיכֶם, אֲשֶׁר-
 אַתֶּם זֹנִים אַחֲרַיהֶם:

And God spoke to Moses saying: speak to the children of Israel and say to them that they should make tzitzit on the corners of their garments for all time, and they shall place on the tzitzit a little thread of blue. And these shall be for you as tzitzit, that you may look upon them, that you will remember all of the mitzvot of Adonai and you shall do them, so that you will not go running after the cravings of your heart or the turnings of your eyes which might take you into places where you should not be!

Lema'an tizkeru
 va'asitem et kol mitzvotai
 viheyitem kedoshim
 I'Eloheichem.
 Ani Adonai Eloheichem
 asher hotzeiti etcham
 me'erezt Mitzrayim
 lihiyot lachem I'Elohim.
 Ani Adonai Aloheichem.

לְמַעַן תִּזְכְּרוּ
 וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי,
 וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:
 אֲנִי יְיָ אֱלֹהֵיכֶם,
 אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם,
 לְהִיּוֹת לָכֶם לֵאלֹהִים,
 אֲנִי יְיָ אֱלֹהֵיכֶם:

This way you will be mindful to actualize my directions
 for becoming dedicated to your God;
 to be aware that I Am YAH Who is your God,
 the one who freed you from the oppression
 in order to be your God. I am YAH who is your God.
 That is the truth!

Ge'ulah: Redemption

Prospective Immigrants Please Note

Either you will
go through this door
or you will not go through.

to maintain your attitudes
to hold your position
to die bravely

If you go through
there is always the risk
of remembering your name.

but much will blind you,
much will evade you,
at what cost who knows?

Things look at you doubly
and you must look back
and let them happen.

The door itself
makes no promises.
It is only a door.

If you do not go through
it is possible
to live worthily

(Adrienne Rich)

Emet v'yatziv v'nachon
v'kayamv'yashar v'ne'eman
v'ahuv v'chaviv v'nechmad
v'na'im v'nora v'adir u-
m'tukan u'mkubal v'tov
v'yafeh hadavar hazeh
aleinu l'olam vaed!

אֵמֶת וַיֵּצִיב וְנָכוֹן וְקָיָם
וַיֵּשֶׁר וְנֶאֱמָן וְאֱהוֹב וְחָבִיב
וְנִחְמָד וְנִעִים וְנוֹרָא וְאֲדִיר
וּמְתָקֹן וּמְקַבֵּל וְטוֹב וְיָפֵה הַדָּבָר
הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד.

True and enduring, right and real, just and faithful,
good and beautiful is this eternal teaching:
God is our protection and our redemption,
from generation to generation.

God's words live and endure forever, faithfully and beautifully.
We, and our parents, and our children: have no God but You.

You were our help in ages past, and will be in years to come.
 We hope in You, our God far above and deep within.
 Through Your truth and justice we dare hope
 for our lives fulfilled and our world redeemed.

Happy are they who hear Your teachings and take them to heart.
 You are our guide, mighty and merciful, first and last.
 Moses, Miriam and the children of Israel sang out in joy
 this song of praise to the God of blessings:

Mi chamocha ba'eilim Adonai,
 mi camocha nedar bakodesh,
 nora tehilot oseh feleh.

□ מִי כְמוֹכָה בְּאֵלִים יְיָ,
 מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ,
 נוֹרָא תְהִילָת, עֹשֶׂה פְלֵא:

Shirah chadashah shibechu
 ge'ulim, leshimcha al sefat
 hayam, yachad kulam hodu
 vehimlichu v'amru:
 Adonai yimloch le'olam va'ed.

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים
 לְשִׁמְךָ עַל שִׁפְתֵי הַיָּם,
 יַחַד כָּלֵם הוֹדוּ וְהִמְלִיכוּ
 וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Tzur Yisrael, kumah be'ezrat
 Yisrael, ufdei chinumecha
 yehudah v'Yisrael.
 Go'aleinu Adonai tzeva'ot
 shemo, kedosh Yisrael.
 Baruch atah Adonai ga'al
 Yisrael.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת
 יִשְׂרָאֵל, וּפְדֵה כְנַאֲמֶךָ יְהוּדָה
 וְיִשְׂרָאֵל. גְּאֲלֵנוּ יְיָ צְבָאוֹת
 שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל. בְּרִוֶךְ
 אַתָּה יְיָ גֹאֵל יִשְׂרָאֵל.

Who is like You, among the gods, Adonai? Who is like You,
 awesome and doing wonders? On the shores of the sea, the
 redeemed sang a new song of praise to Your name. As one, they
 thanked You and declared You ruler, crying, "Adonai will reign
 forever and ever."

Rock of Israel, arise and come to the aid of Israel! Redeem us as
 You have promised. We know you as the God of hosts; sanctify us.
 Blessed are You, Who redeems Your people Israel.

Without Ceasing

The wash of dawn across the sky
reveals your signature.

Cicadas drone your praise
through the honey-slow afternoon.

The angular windmills on the ridge
recite your name with every turn.

And I, who can barely focus on breath
without drifting into story:

what can I say to you,
author of wisteria and sorrel,

you who shaped these soft hills
with glaciers' slow passage?

You fashioned me as a gong:
your presence reverberates.

Help me to open my lips
that I may sing your praise.

(Rabbi Rachel Barenblat)

The "amidah" ("standing" prayer) is our time to stand before God, whatever we understand that word to mean.

Amidah

□ Adonai sefatai tiftach
ufi yagid tehilatecha.

□ אֲדֹנָי שְׁפָתַי תִּפְתָּח
וּפִי יַגִּיד תְּהִלַּתְךָ:

Eternal God, open my lips
that my mouth may declare Your praise.

1) Avot v'Imahot: Our Ancestors

Baruch atah Adonai Eloheinu
v'Elohei avoteinu v'imoteinu,
elohei Avraham, elohei
Yitzchak, elohei Ya'akov, elohei
Sarah, elohei Rivkah, elohei
Leah, v'elohei Rachel. Ha'el
hagadol hagibor v'hanora Eil
elyon, gomeil chasadim tovim
v'koneh hakol v'zocheir chasei
avot v'imahot, umeivi go'el
livnei veneihem lema'an
shemo b'ahavah.

□ בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי
סָרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל
עֲלִיוֹן, גּוֹמֵל חֲסָדִים
טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
חֲסָדֵי אֲבוֹת וְאִמּוֹת,
וּמְבִיא גּוֹאֵל לְבָנָי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה:

Blessed are You, Adonai our God and God of our ancestors,
God of Abraham, God of Isaac, God of Jacob; God of Sarah,
God of Rebecca, God of Rachel and God of Leah; the great,
mighty, and awesome God, God on high, who does deeds of
loving kindness, who is the Source of all, and who remembers
the steadfast love of our ancestors, who lovingly brings
redemption to their children's children for Your name's sake.

Melech ozeir u-moshia u-
magen. Baruch Atah Adonai,
magein Avraham v'ezrat
Sarah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן: בָּרוּךְ
אַתָּה יְיָ, מַגֵּן אַבְרָהָם וְאַזְרַת
שָׂרָה:

Ruler, helper, redeemer, and protector, blessed are You Adonai,
Abraham's shield and Sarah's strength.

2) Gevurot: God's Strength

Atah gibor l'olam Adonai,
mechayeh
meitim atah rav l'hoshia.
Mashiv ha-ruach u-morid
hagashem.

□ אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מְחַיֶּה מֵתִים אַתָּה, רַב
לְהוֹשִׁיעַ: מְשִׁיב הָרוּחַ וּמוֹרִיד
הַגָּשֶׁם:

You are our eternal strength, Adonai. Your saving power gives life
that transcends death. You bring the snow and rains.

Mechalkel chayyim b'chesed,
m'chayeh meitim b'rachamim
rabim, somech noflim, v'rofeh
cholim, umatir asurim, um'kayem
emunato lishenei afar. Mi
chamocho ba'al gevurot? U-mi
domeh lach? Melech meimit
u'm'chayeh, umatzmiach yeshuah.

□ מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה מֵתִים בְּרַחֲמִים
רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר
אֲסוּרִים, וּמְקַיֵּם אֱמוּנָתוֹ
לִישְׁנֵי עֶפֶר, מִי כָמוֹךָ
בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה
לָךְ, מֶלֶךְ מֵמִית וּמְחַיֶּה
וּמְצַמִּיחַ יְשׁוּעָה:

V'ne'eman atah le'ha-chayot
meitim. Baruch atah Adonai,
mechayeh hameitim.

וְנֶאֱמָן אַתָּה לְהַחַיֹּת
מֵתִים. בָּרוּךְ אַתָּה יְיָ,
מְחַיֶּה הַמֵּתִים:

You sustain the living with kindness, in Your great mercy You bestow eternal life. You support the fallen, heal the sick, and free the captive. You keep Your faith with us beyond life and death. There is none like You, our source of strength, the ruler of life and death, the source of our redemption.

Our faith is with You, the God Who brings eternal life.
Blessed are You, Adonai, Who gives life which transcends death.

3) *Kidushat Hashem*: Making the Name Holy

Nekadesh et shimcha ba'olam
keshem shemakdishim oto
bishmei marom. Kakatuv al yad
nevi'echa vekara zeh el zeh
ve'amar:

נְקַדֵּשׁ אֶת שִׁמְךָ בְּעוֹלָם
כְּשֵׁם שֶׁמְקַדְּשִׁים אוֹתוֹ
בְּשֵׁמֵי מְרוֹם. כִּכְתוּב עַל יַד
נְבִיאֶךָ וְקָרָא זֶה אֶל זֶה
וְאָמַר:

May Your name be sanctified in the world as the angels sanctify it in the heavens above. As Your prophet wrote, they cry out to one another:

Kadosh kadosh kadosh
Adonai tzeva'ot! Melo chol
ha'arets kevodo!

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יי צְבָאוֹת!
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ!

Holy, holy, holy is Adonai Tzevaot! The whole earth is filled with Your glory!

Adir adireinu, Adonai adoneinu,
mah adir shimcha bechol
ha'aretz. Baruch kevod Adonai
mimkomo!

אָדיר אַדירנו, יי אָדוֹנֵנוּ, מָה
אָדיר שִׁמְךָ בְּכֹל הָאָרֶץ בְּרוּךְ
כְּבוֹד יי מִמְּקוֹמוֹ!

Wondrous of all wonders, Adonai our strength, how majestic is
Your name in all the earth. Blessed is Adonai's glory wherever God
dwells!

Echad hu Eloheinu, hu avinu, hu
malkeinu, hu moshi'einu vehu
yashmi'einu berachamav
le'einei kol chai. Ani Adonai
Eloheichem. Yimloch Adonai
le'olam Elohayich Tziyon ledor
vador. Haleluyah!

אֶחָד הוּא אֱלֹהֵינוּ, הוּא
אָבִינוּ, הוּא מַלְכֵנוּ, הוּא
מוֹשִׁיעֵנוּ וְהוּא יִשְׁמִיעֵנוּ
בְּרַחֲמָיו לְעֵינֵי כָל חַי. אָנִי יי
אֱלֹהֵיכֶם. יִמְלֹךְ יי לְעוֹלָם
אֱלֹהֶיךָ צִיוֹן לְדוֹר וָדוֹר.
הַלְלוּיָהּ!

God is our one—our parent, our ruler, our redeemer. With
compassion, God is revealed before the sight of all that live. May
Adonai, your God O Zion, rule eternally from generation to
generation. Hallelujah!

Ledor vador, nagid godlecha.
Ulneitsach netsachim,
kedushatecha nakdish,
veshivchacha Eloheinu mipinu lo
yamush le'olam va'ed.
Baruch Atah Adonai, ha-EI
hakadosh.

לְדוֹר וָדוֹר נָגִיד גּוֹדְלֶךָ.
וּלְנִצַּח נְצַחִים קְדָשְׁתָּךְ
נְקַדִּישׁ, וְשִׁבַּחְךָ אֱלֹהֵינוּ
מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יי, הָאֵל הַקְּדוֹשׁ.

May each generation speak of Your greatness to the next. For all
eternity, may we sanctify Your holiness. May Your praise, our
God, never depart from our lips.

Blessed are You, Adonai, the holy God.

We move now into silent prayer. In your own time, reflect on each of the themes of the remaining blessings of the Amidah, whatever these mean to you:

- 4) (We bless & thank) God Who grants us wisdom and insight;
- 5) (We bless & thank) God Who enables us to make *teshuvah*;
- 6) (We bless & thank) God Who forgives;
- 7) (We bless & thank) God Who redeems;
- 8) (We bless & thank) God Who is the source of healing;
- 9) (We bless & thank) God who blesses and sweetens our cycles and seasons;
- 10) (We bless & thank) God, the source of freedom;
- 11) (We bless & thank) God who helps us to create justice in the world;
- 12) (We bless & thank) God who helps us to hope that wickedness will cease;
- 13) We ask for God's blessing on those who are righteous
- 14) And on Jerusalem, city of wholeness and holiness, so long wounded;
- 15) We ask God to cause salvation to sprout and to flower in our lives;
- 16) We call out to God Who accepts our prayer, Who is near to us when we call;
- 17) We ask God to receive the offerings of our hearts in place of the sacrifices of old;
- 18) (We bless & thank) God, to Whom we direct our gratitude for our lives, our souls, the miracles of every day;
- 19) (We bless & thank) God Who blesses us with peace.



Oseh shalom bimromav,
hu ya'aseh shalom, aleinu
v'al kol yisrael, v'al kol
yoshvei tevel, v'imru Amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמֵי הַיָּם
יַעֲשֵׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי טֶבֶל,
וְאָמְרוּ אָמֵן:

May the One who makes peace on high
make peace for us
and for all the children of Israel
and for all who dwell on this earth
and let us say: Amen.

Chatzi Kaddish

Yitgadal v'yitkadash sh'mei
rabah. (Amen.) Be'alma div'ra
chirutei v'yamlich malchutei.
B'chayeichon uv'yomeichon
uv'chayei d'chol beit Yisrael.
Ba'agala uvizman kariv v'imru
Amen.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּינוּ
וּבְיוֹמֵינוּ וּבְכָל בֵּית
יִשְׂרָאֵל. בְּעֵגְלָא וּבְזִמַּן קָרִיב
וְאָמְרוּ אָמֵן:

□ Yehei shmei rabah m'vorach
l'olam ul'almei almay.

□ יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ
לְעַלְמֵי עֲלְמַיָּא:

Yitbarach v'ysishtabah v'yitpa'ar
v'yitromam v'yitnaseh.
V'yithadar v'yitaleh v'yithalal
shmeh d'kudsha brich hu.
L'eila min kol birchata
v'shirata, tushb'chata
v'nechemata, d'amiran b'alma,
v'imru Amen.

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרומֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ
דְּקֻדְשָׁא בְרִיךְ הוּא לְעַלְמֵי מִן
כָּל בְּרַכְתָּא וְשִׁירָתָא,
תְּשֻׁבְחָתָא וְנַחֲמָתָא, דְּאִמְרוּ
בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

Magnified and sanctified! Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen.

Forever may the great name be blessed!

Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, beyond all the blessings and songs, comforts and consolations, that can be offered in this world. And let us say: Amen.

Torah Service

(we'll sing a niggun as we unwrap our scroll & prepare to read)

Blessing before Torah:

Bar'chu et Adonai
ham'vorach!

□ Baruch Adonai ham'vorach
leolam va'ed!

Baruch Adonai ham'vorach
leolam va'ed! Baruch atah,
Adonai, eloheinu melech
haolam, asher bachar banu
mikol haamim v'natan lanu et
Torato; baruch Atah, Adonai,
noten haTorah!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ:

□ בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל
הָעַמִּים וְנָתַן לָנו אֶת תּוֹרָתוֹ:
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה:

Blessed is Adonai, the blessed one! (Blessed is Adonai the blessed one, forever and ever!)

Holy One of Blessing, Your presence fills creation. You have enlightened this path with the wisdom of Torah, giving it to the Jewish people as their particular way. Blessed are You, Merciful One, who gives this Torah to the Jewish people.

Blessing after Torah

Baruch atah, Adonai, eloheinu
melech haolam. Asher natan
lanu Torat emet, v'chayyei
olam nata b'tocheinu. Baruch
atah, Adonai, noten haTorah!

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת
אֱמֶת, וְחַיֵּי עוֹלָם נָטַע
בְּתוֹכֵנוּ: בָּרוּךְ אַתָּה יְיָ, נוֹתֵן
הַתּוֹרָה:

Holy One of Blessing, Your Presence fills creation. This Torah is a teaching of truth, whole and balanced, and from it comes eternal life for the people who embrace it. Blessed are You, Merciful One, who gives this Torah to the Jewish people.

Blessing for Healing

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ, מְקוֹר הַבְּרָכָה לְאַמְתֵינוּ

Mi sheberach avoteinu, m'kor ha-brakha l'imoteinu

May the source of strength
Who blessed the ones before us
Help us find the courage
To make our lives a blessing
And let us say: Amen.

מִי שֶׁבֵרַךְ אֲמֵתֵינוּ, מְקוֹר הַבְּרָכָה לְאַבּוֹתֵינוּ

Mi sheberach imoteinu, m'kor ha-brakha l'avoteinu

Bless those in need of healing
With refuah shleimah
A renewal of body
A renewal of spirit
And let us say: Amen

(Debbie Friedman)

Lifting and Dressing the Torah

□ V'zot ha-Torah asher
sam moshe, lifnei b'nei
Yisrael al pi Adonai b'yad
Moshe.

□ וְזֹאת הַתּוֹרָה אֲשֶׁר שָׁם
מֹשֶׁה לִפְנֵי בְנֵי יִשְׂרָאֵל עַל
פִּי יְיָ בְיַד מֹשֶׁה:

This is the Torah which was given to us, before our very eyes, from God's mouth and Moshe's hand!

Returning the Torah to the ark

Etz chayyim hee,
l'machazikim ba
V'tomche'ha me'ushar.
D'racheha darchei noam
V'chol n'tivotecha, shalom.
Hashivenu Adonai
elecha v'nashuva!
Chadesh yameinu k'kedem!

עֵץ חַיִּים הִיא
לְמַחְזִיקִים בָּהּ,
וְתִמְכֶיהָ מֵאֲשֶׁר.
דַּרְכֶיהָ דַּרְכֵי נֹעַם,
וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם.
הַשִּׁיבֵנו יְיָ, אֱלֹהֵינוּ וְנָשׁוּבָה,
חֲדָשׁ יָמֵינוּ כְּקֶדֶם.

I have given you my Torah: do not forsake it. It is a tree of life to those who hold it fast. All its paths are paths of pleasantness, and its ways are ways of peace. Turn us, O God, and we will return to You! Renew, renew our days as of old!

Siman Tov

Siman tov u-mazal tov

סימן טוב ומזל טוב

U-mazal tov u-siman tov (3x)

ומזל טוב סימן טוב (3x)

Y'hei lanu!

יהי לנו!

Y'hei lanu, y'hei lanu

u'l'chol Yisrael

Y'hei lanu, y'hei lanu

יהי לנו, יהי לנו ולכל ישראל

U'l'chol yoshvei tevel (2x)

יהי לנו, יהי לנו ולכל ישראי

טבל (2x)

(Translation: may there be blessings and good fortune
for all of us!

May these be for us and for all Israel; and for the whole world.)

Why do we throw candy?

We throw candy (gently!) as an embodied prayer for Max:
expressing our hopes that his life of Torah and mitzvot
should be as sweet as candy.

(The origin of this custom lies in the tradition of throwing candy
at the groom, or the wedding couple, on the Shabbat before the
wedding.)

Aleinu : Od Yavo Shalom

□ Od yavo shalom aleinu
Od yavo shalom aleinu
Od yavo shalom aleinu,
v'al kulam

□ עוֹד יָבֹא שְׁלוֹם עֲלֵינוּ
עוֹד יָבֹא שְׁלוֹם עֲלֵינוּ
עוֹד יָבֹא שְׁלוֹם עֲלֵינוּ וְעַל כָּל־עַמּוֹת

Shalom, aleinu v'al kol
ha-olam!
Shalom, shalom!
Salaam, aleinu v'al kol
ha-olam!
Salaam, salaam!

שְׁלוֹם עֲלֵינוּ וְעַל כָּל הָעוֹלָם
שְׁלוֹם, שְׁלוֹם!
סַלַּם עֲלֵינוּ וְעַל כָּל הָעוֹלָם
סַלַּם סַלַּם

□ Cacatuv b'Toratecha:
Adonai yimloch l'olam va'ed.
V'ne'emar v'yaha Adonai
l'melech al kol ha-aretz, bayom
hahu yihyeh Adonai echad
ushmo echad.

□ כִּכְתוּב בְּתוֹרַתְךָ, יְיָ יִמְלֹךְ
לְעוֹלָם וָעֶד: וְנֹאמַר, יְהִי
יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ,
בַּיּוֹם הַהוּא יְהִי יְיָ אֶחָד,
וּשְׁמוֹ אֶחָד:

(May there be peace for us, may there be peace for us, may there be peace for us and for everyone. Peace, for us and for all the world! Peace, peace!

As it is written in Your Torah: Adonai will reign forever and ever. And it is said: on that day Adonai will be God over all the earth, and on that day God will be One and God's Name will be One.)

Poems before the Mourner's Kaddish:

Otherwise

I got out of bed
on two strong legs.
It might have been
otherwise. I ate
cereal, sweet
milk, ripe, flawless
peach. It might
have been otherwise.
I took the dog uphill
to the birch wood.
All morning I did
the work I love.

At noon I lay down
with my mate. It might
have been otherwise.
We ate dinner together
at a table with silver
candlesticks. It might
have been otherwise.
I slept in a bed
in a room with paintings
on the walls, and
planned another day
just like this day.
But one day, I know,
it will be otherwise.

(Jane Kenyon)

from **Open Closed Open**

Open closed open.

Before we are born, everything is open
in the universe without us.

For as long as we live, everything is closed within us.

And when we die, everything is open again.

Open closed open. That's all we are.

(Yehuda Amichai)



Mourner's Kaddish

Yitgadal v'yitkadash,
shmeh rabah. B'alma di vra
chiruteh, v'yamlich
malchuteh b'chayyeichon
u'v'yomeichon u'vchayyei
d'chol beit Yisrael.
Ba'agala u-vizman kariv
v'imru amen.

□ Y'hei sh'mei raba
m'varakh l'olam ol'almey
almaya.

Yitbarach v'yishtabach,
v'yitpaa'ar v'yit-romam
v'yit-naseh. V'yithadar
v'yitaleh v'yithallal shmeh
d'kudh'sha b'rich hu. L'eyla
min kol birchata
v'shirata, tushbechata
v'nechemata, damiran
b'alma, v'imru amen.

Y'hei shlama raba min
shemaya v'chayyim tovim
aleinu v'al kol Yisrael,
v'imru amen.
Oseh shalom bimromav,
hu ya'aseh shalom, aleinu
v'al kol yisrael, v'al kol
yoshvei tevel, v'imru Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,
וְיִמְלִיךְ מַלְכוּתֵיהּ בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית
יִשְׂרָאֵל.
בְּעֵגְלָא וּבְזְמַן קָרִיב וְאָמְרוּ
אָמֵן:

□ יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם
וּלְעֵלְמֵי עֵלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא
בְּרִיךְ הוּא לְעֵלְמָא מִן כָּל בְּרַכְתָּא
וְשִׁירָתָא, תְּשֻׁבְחָתָא וְנַחֲמָתָא,
דְאָמְרוּ בְּעֵלְמָא, וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן:

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי טְבֵל,
וְאָמְרוּ אָמֵן:

Magnified and sanctified! Magnified and sanctified! May God's Great Name fill the world God created. May God's splendor be seen in the world in your life, in your days, in the life of all Israel. Quickly and soon! And let us say, Amen.

Forever may the great name be blessed!

Blessed and praised! Splendid and supreme! May the holy name, Bless God, be praised, far beyond all the blessings and songs, comforts and consolations, that can be offered in this world. And let us say: Amen.

May there be peace and life, great peace and life from heaven above for us and all Israel. And let us say, Amen!

May the One who makes peace in the high heavens make peace for us, for our whole community, and for all the peoples of the world. And let us say: Amen.

Adon Olam

Adon olam asher malach,
beterem kol yetsir nivra.
Le'ait na'asah vecheftso kol,
azai melech shemo nikra.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,
בְּטֶרֶם כָּל יִצִיר נִבְרָא.
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל,
אֲזַי מָלַךְ. שְׁמוֹ נִקְרָא.

You are the source of all, who reigned
before any being was created;
When all was done according to Your will,
Your rule already had been proclaimed.

Ve'acharei kichlot hakol,
levado yimloch nora.
Vehu haya vehu hoveh,
vehu yiheyeh betifarah.

וְאַחֲרַי כִּכְלוֹת הַכֹּל,
לְבַדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה, וְהוּא הוֹבֵה,
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

And after all has ended, still,
You alone will rule in majesty;
You were, You are,
You will be in glory.

Vehu echad ve'ain sheini,
lehamshil lo lehachbirah.
Beli reishit beli tachlit,
velo ha'oz vehamisrah.

וְהוּא אֶחָד וְאֵין שֵׁנִי,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית,
וְלוֹ הַעוֹז וְהַמְשָׁרָה.

You are One, there is none
to compare or consort with You.
Without beginning, without end,
all power and all order come from You.

Vehu Eili vechai go'ali,
vetsur chevli be'eit tzarah.
Vehu nisi umanos lee
menat kosi beyom ekra.

וְהוּא אֱלֹהֵי יְחִי גְאֻלִּי,
וְצוּר חֻבְלִי בְּעֵת צָרָה.
וְהוּא נָסִי וּמָנוֹס לִי
מִנֶּת כּוֹסֵי בְיוֹם אֶקְרָא.

You are my God, my living redeemer,
You are my rock in time of distress;
You are my banner and my refuge,
You fill my cup when I cry to You.

Beyado afkid ruchi,
be'eit ishan ve'a'ira.
Ve'im ruchi geviyati,
Adonai lee velo ira.

בְּיָדוֹ אֶפְקִיד רוּחִי,
בְּעֵת אִישָׁן וְאֶעֱרָה.
וְעִם רוּחִי גְוִיָּתִי,
יֵי לִי וְלֹא אִירָא.

Into Your hands I entrust my spirit,
When I sleep and when I wake;
And with my spirit, my body, too:
You are with me, I shall not fear.

