



*Ma'ariv* for a house of *shiva*

(evening worship for the first week of remembrance)



compiled by Rabbi Rachel Barenblat

velveteenrabi.com

*Mi chamocho and Dove, olive, branch* art by Emily K.,  
Feathered Hat Studios (via Opensiddur.org)

created for Congregation Beth Israel

53 Lois Street

North Adams, MA 01247

413-663-5830

www.cbivweb.org

## Lighting the Memorial Candle

The light of a life is a finite flame. Our lives glow for a time,  
radiate warmth and beauty, and then fade and are no more.

Yet our lives are more than this. Something in us goes beyond  
the temporary limits of flesh which fails and bones which yield to time.  
Something in us can never die.

The memorial candle we now kindle is a sign of that truth.  
As it burns pure and bright, so may the memory of \_\_\_\_\_  
brighten and purify our lives.

יְיָ אֱלֹהֵינוּ יְיָ אֶחָד, מִמִּי אֵיךְ? יְיָ מְעֹז-חַיִּי, מִמִּי אֶפְחָד?  
Adonai ori veyishi; mimi ira? Adonai ma'oz chayyai, mimi efchad?

Adonai is my light and my redemption; what shall I fear?  
Adonai is the strength of my life; what shall make me afraid?  
(Psalm 27:1)

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:  
Shema Yisrael, Adonai eloheinu, Adonai echad.  
Hear, O Israel; Adonai is our God; Adonai is One!

and made effective  
and be acknowledged  
and be given the right honor  
and be seen as beautiful  
and uplifting  
and bring jubilation.  
Way beyond our input  
of worshipful song and praise  
which we express in this world  
as our agreement and hope, **AMEN.**

May that endless peace  
that heaven can release for us  
bring about the good life  
for us and for all Israel  
as we express our agreement and hope, **AMEN.**

You, who harmonize it all  
on the highest planes:  
bring harmony and peace to us,  
to all Israel and all sentient beings  
as we express our agreement and hope, **AMEN.**

*Translation: R' Zalman Shachter-Shalomi z"l.*

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

I pray to You God,  
that the power residing in Your Great Name  
be increased and made sacred  
in this world which God created freely  
in order to preside in it,  
and grow its freeing power  
and bring about the messianic era.  
May this happen during our lifetime  
and during the lifetime of all of us  
living now, the house of Israel.  
May this happen soon, without delay  
and by saying AMEN we express our agreement and hope,  
**AMEN.**  
**May that immense power residing in God's great name  
flow freely into our world and worlds beyond.**  
May that Great Name, that sacred energy,  
be shaped

### Blessing

Hold onto what is good  
Even if it is a handful of earth.

*Hold onto what you believe  
Even if it is a tree that stands by itself.*

Hold onto what you must do  
Even if it is a long way from here.

*Hold onto life  
Even if it seems easier to let go.*

Hold onto my hand  
Even if I have gone away from you.

### Late fragment

And did you get what  
you wanted from this life even so?  
I did.  
And what did you want?  
To call myself beloved, to feel myself  
beloved on the earth.

*(Raymond Carver)*

*(traditional Pueblo)*

## The Shema and Her Blessings

### *Barchu* — Call to Prayer

As we bless the Source of Life, so we are blessed.  
 And the blessing gives us strength, and makes our visions clear;  
 And the blessing gives 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.

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ:

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

בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד: □

Blessed is God, the blessed One.

Blessed is God, the blessed One,  
now and forever!

### 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'almei almaya.

Yitbarach v'yishtabach,  
v'yitpa'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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.  
בְּעֻלְמָא דִּי בְרָא כְרַעוּתֵהּ,  
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוּן  
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל.  
בְּעֻלְמָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

□ יְהִי שְׁמֵהּ רַבָּא מְבָרָךְ לְעוֹלָם  
וּלְעוֹלְמֵי עֻלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר  
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר  
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא  
בְּרִיךְ הוּא לְעוֹלָא מִן כָּל בְּרִכְתָּא  
וְשִׁירָתָא, תְּשֻׁבְחָתָא וְנַחֲמָתָא,  
דְאָמְרוּן בְּעֻלְמָא, וְאָמְרוּ אָמֵן:

*Ma'ariv Aravim: God of Day and Night*

Baruch atah Adonai Eloheinu melech ha'olam asher b'dvaro ma'ariv aravim bechochmah poteach she'arim uvitvunah meshaneh itim umachalif et hazemanim umsadeir et hakochavim b'mish- meroteihem baraki'ah kirtsono. Borei yom valaila gol'el or mipnei chosh'ech vechosh'ech mipnei or uma'avir yom umevi lailah umavdil bein yom uvein lailah Adonai tzeva ot shemo.	ברוך אתה יהוה, מלך השמים, אלהינו מלך העולם, אשר בְּדַבְרֵךְ מְאַרְבֵּת אֲרָבִים בַּחֲכָמָה וּמַלְאֵת אֶת הַיָּמִים בַּיּוֹם וּבַלַּיְלָה כִּירְתֵנוּ. בּוֹרֵא יוֹם וַאֲלַיְלָה, מְאַרְבֵּת גִּלְגָּלִים וּמִפְנֵי חֹשֶׁךְ וּמִפְנֵי אֵשׁ וּמְאַוֵּר יוֹם וְעוֹמֵר לַיְלָה וְעוֹמֵר לַיְלָה וּמְאַוֵּר יוֹם וְעוֹמֵר לַיְלָה וְעוֹמֵר לַיְלָה וּמְאַוֵּר יוֹם וְעוֹמֵר לַיְלָה וְעוֹמֵר לַיְלָה וּמְאַוֵּר יוֹם וְעוֹמֵר לַיְלָה וְעוֹמֵר לַיְלָה וּמְאַוֵּר יוֹם וְעוֹמֵר לַיְלָה וְעוֹמֵר לַיְלָה וּמְאַוֵּר יוֹם וְעוֹמֵר לַיְלָה וְעוֹמֵר לַיְלָה
□ Eil chai vekayam tamid yimloch aleinu le'olam va'ed. Baruch atah Adonai hama'ariv aravim.	□ ה' חי וקיים תמיד ימלוך אלהינו לעולם ואד. ברוך אתה יהוה מְאַרְבֵּת אֲרָבִים

*Let Evening Come*

Let the light of late afternoon  
shine through chinks in the barn, moving  
up the bales as the sun moves down.  
Let the cricket take up chatting  
as a woman takes up her needles  
and her yarn. Let evening come.  
Let dew collect on the hoe abandoned  
in long grass. Let the stars appear  
and the moon disclose her silver horn.  
Let the fox go back to its sandy den.  
Let the wind die down. Let the shed  
go black inside. Let evening come.  
To the bottle in the ditch, to the scoop  
in the oats, to air in the lung  
let evening come.  
Let it come, as it will, and don't  
be afraid. God does not leave us  
comfortless, so let evening come.

(*Jane Kenyon*)

Living and enduring God, be our guide now and always.  
Blessed are You, Source of All being, Who makes evening fall.

### *Ahavat Olam: Eternal Love*

□ Ahavat olam beit Yisrael  
amecha ahavta  
Torah umitsvot chukim  
umishpatim otanu limadeta.  
Al kein Adonai Eloheinu  
beshochveinu uvkumeinu  
nasiach bechukecha.  
Venismach bedivrei Toratecha  
Uvmitsvotcha le'olam va'ed.  
Kee heim chayeinu ve'orech  
yameinu uvahem negeh  
yomam valailah.

□ אהבת עולם בית ישראל עמך  
אהבתך, תורה ומצוות, חקים  
ומשפטים, אותנו למדת על כן יי  
אלהינו, בשכבנו ובקומנו נשיח  
בחוקיך, ונשמח בדברי תורתך  
ובמצוותיך לעולם ועד. כי הם חיינו  
וארך ימינו, ובהם נהגה יומם  
ולילה.

□ Ve'ahavatcha al tasir  
Mimenu le'olamim.  
Baruch atah Adonai  
oheiv amo Yisrael.

□ ואהבתך אל תסיר ממנו  
לעולמים. ברוך אתה יי, אוהב עמו  
ישראל:

With eternal love, You love the house of Israel. Torah and mitzvot, laws and justice You have taught us. And so, Adonai, our God, when we lie down and when we rise, we reflect upon Your laws; we take pleasure in Your Torah's words and your mitzvot, now and always. Truly, they are our life, our length of days. On them we meditate by day and night.

Your love will never depart from us as long as worlds endure. Blessed are You, Adonai, who loves Your people Israel.

□ Kakatuv b'toratecha,  
Adonai yimloch leolam  
vaed. V'ne-emar, v'haya  
Adonai l'melech al kol ha-  
aretz. Bayom hahu yiheh  
Adonai echad, ushmo  
echad!

□ ככתוב בתורתך, יי ימלך לעולם  
ועד: ונאמר, והיה יי למלך על כל  
הארץ, ביום ההוא יהיה יי אחד,  
ושמו אחד.

As it is written in God's sacred teaching: "You shall know this day and place upon your heart that Adonai is God in heaven above and earth below; there is none else."

Then shall your realm be established on earth, and the word of Your prophet fulfilled: "Adonai will reign forever and ever. On that day, Adonai shall be One, and God's name shall be One."

## Unending Love

We are loved by unending love.

We are embraced by arms that find us  
 even when we are hidden from ourselves.  
 We are touched by fingers that soothe us  
 even when we are too proud for soothing.  
 We are counseled by voices that guide us  
 even when we are too embittered to hear.

We are loved by unending love.

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

We are loved by unending love.

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

We are loved by unending love.

*(Rabbi Rami Shapiro)*

Therefore we hope in You, Adonai our God, to see soon the power  
 of Your beauty wipe away false gods from the earth and sweep  
 away idolatry, so that the truth of Your sovereign presence will  
 repair the world. Then will all humanity call Your name and then  
 all that had been dark will turn to Your light. All who dwell on  
 earth will feel in their hearts and know in their minds that You are  
 our source—the true object of devotion and loyalty.

Lefanecha Adonai Eloheinu  
 yichre'u veyipolu velichvod  
 shimcha yekar yiteinu.  
 Vikabeilu chulam et ol  
 malchutecha. Vetimloch  
 aleihem mehehirah le'olam  
 va'ed. Kee hamalchut  
 shelcha hee, ulolmei ad  
 timloch bechavad.

לְפָנֶיךָ אֲדֹנָי אֱלֹהֵינוּ  
 יִחְרְעוּ וַיִּפְּלוּ וַיִּלְחַדּוּ  
 שִׁמְכָה יִקְרָא יִתְּעוּ.  
 וְיִקְבְּעוּ אֶת כָּל  
 מַלְכוּתְךָ אֱלֹהֵינוּ  
 וְיִהְיֶה לְעֹלָם וָעֶד.  
 כִּי מַלְכוּתְךָ  
 שֶׁלְּפָנֶיךָ הִיא וְלֹא  
 לְעֹלְמֵי עוֹלָם וָעֶד.

Before You, Adonai our God, will they bend low and pay homage  
 to glorify Your name. Then all will accept the obligations of living  
 in Your world—obligations of hope, love and duty to heaven and  
 humanity. Then You will surely rule forever and ever. For the  
 earth is Yours and Your glory fills it forever.



## Shema

□ Shema Yisrael:  
Adonai Eloheinu  
Adonai echad!

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

(Baruch shem kvod malchuto l'olam vaed.)

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'avcha,  
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,  
uhtavtam al mezuzot beitecha

□ וְאַהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכֹל-  
לְבָבְךָ, וּבְכֹל-נַפְשְׁךָ, וּבְכֹל-מְאֹדְךָ.  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אָנֹכִי  
מְצַוְךָ הַיּוֹם, עַל-לְבָבְךָ: וְשָׁנַנְתָּם  
לְבִנְיָה, וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ, וּבְלֶכְתְּךָ בְּדַרְךָ וּבְשׂוּכְבְּךָ,  
וּבְקוּמְךָ. וְקִשַּׁרְתָּם לְאוֹת עַל-יְדֶיךָ,  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ, וּכְתַבְתָּם  
עַל מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

uvisharecha.

Love the One, your God, with every heartbeat, with every breath,  
with every conscious act. Keep in mind the words I command you today.

Teach them to your children, talk about them at work;  
whether you are tired or you are rested.  
Let them guide the work of your hands;  
keep them in the forefront of your vision.

Do not leave them at the doorway, or outside your gate.

□ Emet malkenu efes  
zulato. Kakatuv b'torato:  
v'yadata hayom vahashevota  
el levavecha. Ki adonai hu  
ha-elohim, bashamayim  
mima'al, v'al ha-aretz  
mitachat ein od.

□ אֱמֶת מַלְכֵנוּ אֶפֶס זולָתוֹ,  
כַּכָּתוּב בְּתוֹרָתוֹ: וַיְדַעְתָּ הַיּוֹם  
וְהִשְׁבַּתְתָּ אֶל לְבָבְךָ, כִּי יְיָ הוּא  
הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל, וְעַל  
הָאָרֶץ מִתַּחַת, אֵין עוֹד:

God sets out the heavens and establishes the earth. God's honored  
place is in the heights of our aspirations; God's powerful presence  
is in the heavens of our hopes. This is our God, there is none else.  
There is nothing that God is not.

Al kein nekaveh lecha Adonai  
Eloheinu, lirot meheirah  
betiferet uzecha, leha'avir  
gilulim min ha'arets  
veha'elilim karot yikareitun  
letakein olam bermalchut  
shadai. Vechol benei vasar  
yikre'u vishmecha. Lehafnot  
eilecha kol rishei arets.  
Yakiru veyeidu kol yoshvei  
teiveil kee lecha tichra kol  
berech tishava kol lashon.

עַל כֵּן נִקְוָה לָךְ יְיָ אֱלֹהֵינוּ,  
לְרֵאוֹת מְהֵרָה בְּתַפְאֵרֶת עֲזֶיךָ,  
לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ  
וְהָאֵלִילִים כְּרוֹת יִכְרֶתוּן. לְתַקֵּן  
עוֹלָם בְּמַלְכוּת שַׁדַּי, וְכָל בְּנֵי  
בָשָׂר יִקְרְאוּ בְשִׁמְךָ. לְהַפְנוֹת  
אֵלֶיךָ כָּל רֹשְׁעֵי אָרֶץ. יִכִּירוּ  
וַיְדַעוּ כָּל יוֹשְׁבֵי תֵבֵל, כִּי לָךְ  
תִּכְרַע כָּל בָּרֶךְ תִּשְׁבַּע כָּל  
לָשׁוֹן:



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.

ויאמר יי אל-משה לאמר: דבר אל-  
 בני ישראל ואמרת אליהם: ועשו  
 להם ציצת על-כנפי בגדיהם לדרתם,  
 ונתנו על-ציצת הכנף פתיל תכלת.  
 והיה לכם לציצת, וראיתם אתו  
 וזכרתם את-כל-מצות יי, ועשיתם  
 אתם, ולא תתורו אחרי לבבכם  
 ואחרי עיניכם, אשר-אתם זנים  
 אחריהם:

Who Is said to Moshe:

"Speak, telling the *Yisrael* folks to make *tzitzit*  
 on the corners of their garments,  
 so they will have generations to follow them.  
 On each *tzitzit*-tassel let them set a blue thread.  
 Glance at it and in your seeing  
 remember all of the other directives of ה who Is,  
 and act on them!  
 This way you will not be led astray,  
 craving to see and want,  
 and then prostitute yourself for your cravings.  
 This way you will be mindful to actualize my directions  
 for becoming dedicated to your God,  
 to be aware that I AM ה who is your God --  
 the One who freed you from the oppression  
 in order to God you.  
 I am ה your God."

### *Eil Maleh Rachamim: God of Compassion*

Eil maleh rachamim,  
 shochen ba-m'romim.  
 Hamtze m'nucha n'chonah  
 tachat canfei ha-shekhinah,  
 im k'doshim u-t'horim  
 k'zohar harakia mazhirim,  
 et nishmat  
 shehalakho/a l'olamo/a,  
 b'gan Eden t'hei menuchato/a.  
 Ba'al harachamim yastirehu/a  
 b'seter k'nafecha l'olamim,  
 v'yitzror bitzror ha-chayyim  
 et-nishmato/ah.  
 Adonai hu n'chalato/ah.  
 V'yanuach bashalom al  
 mish-k'vo/ah, v'nomar:  
 Amen.

אל מלא רחמים שוכן במרומים,  
 המצא מנוחה נכונה תחת כנפי  
 השכינה, עם קדושים וטהורים  
 כזוהר הרקיע מזהירים,  
 את נשמת  
 שהלכו לעולמו/ה, בגן עדן  
 תהא מנוחתו/ה. [אנא,] בעל  
 הרחמים יסתירהו בסתר כנפיה  
 לעולמים, ויצרר בצרור החיים  
 את נשמתו/ה, יי הוא נחלתו/ה,  
 וינוח בשלום על משכבו/ה,  
 ונאמר אמן:

Compassionate God, Spirit of the universe,  
 Grant peace beneath the shelter of Your presence  
 among the holy and the pure  
 who shine with the splendor of the heavens,  
 to the soul of our dear one \_\_\_\_\_  
 who has gone to their reward,  
 may the Garden of Eden be their rest.  
 O God of mercy,  
 guard them forever in the shadow of Your wings.  
 May their soul be bound up in the bond of life.  
 May they rest in peace. And let us say: Amen.

Mizmor l'David:  
Adonai ro'i, lo echsar.  
Bin'ot deshe yarbitzeini!  
al-mei menuchoth y'nahaleni  
navshi y'shovav;  
yancheini b'maglei-tzedek  
l'ma'an shemo.  
Gam ki'elech b'gei tzalmavet  
Lo ira ra ki'atah imadi  
Shiv'tcha u-mishantecha  
hema y'nachamuni.  
Ta'aroch l'fanai shulchan  
neged tzorei  
dishanta b'shemem roshi  
cosi revaya.  
Ach tov v'chased yardifuni!  
kol y'mei chayai  
v'shavit b'veit Adonai l'rech yamim.

לַמְזֹמֵר לְדָוִד׃  
אֲדֹנָי רֹאִי, לֹא אֶחְסַר׃  
בִּין עֹטֵי דֶשֶׁה יַרְבִּיצֵינִי׃  
אֶל-מַי מִנְּחוֹת יִנְהַלֵּנִי׃  
נַשְׁוֵׁי יִשְׁוֹבֵב׃  
יַנְחֵנִי בְּעֵי תְּצַדִּיק׃  
לְמַעַן שְׁמוֹ׃  
גַּם כִּי אֶלֶךְ בְּעֵי צַלְמַוֶּט׃  
לֹא יִרְאֵה רָע כִּי אַתָּה עִמָּדִי׃  
שִׁיבֹתְךָ וּמִשְׁאַנְתְּךָ׃  
הֵמָּה יִנְחֲמֵנִי׃  
תֵּאָרֹךְ לִפְנֵי אֲנִי׃  
שֻׁלְחָן נֶגֶד צוֹרֵי׃  
דִּישַׁנְתָּ בְּשֵׁמֶם רֹשִׁי׃  
כֹּסִי רֵוַיָּא׃  
אֲחֻד טוֹב וְחָסַד יָרְדִּיפֵנִי׃  
כֹּל יְמֵי חַיָּי׃  
בְּבַיִת אֲדֹנָי לְרֶחֱץ יָמַי׃  
וְשָׁבִית בְּבַיִת אֲדֹנָי לְרֶחֱץ יָמַי׃  
וְשָׁבִית בְּבַיִת אֲדֹנָי לְרֶחֱץ יָמַי׃  
וְשָׁבִית בְּבַיִת אֲדֹנָי לְרֶחֱץ יָמַי׃

A Psalm of David: God is my shepherd; I shall not want.  
God makes me lie down in green pastures, and leads me beside still  
waters to restore my soul;  
God leads me in paths of righteousness for the sake of God's name.  
Though I walk through the valley of the shadow of death, I shall fear  
no evil, for You are with me;  
Your rod and Your staff, they comfort me.  
You set a table before me in the presence of my enemies.  
You anoint my head with oil; my cup overflows.  
Truly goodness and mercy will follow me all the days of my life  
And I will dwell in the house of Adonai forever.

□ Lema'an tizkeru va'astem et  
kol mitzvotai viheyitem  
kedoshim l'Eloheichem. Ani  
Adonai Eloheichem asher  
hozeti'ei etcham me'eret  
Mitzrayim l'hiyot lachem  
l'Elohim. Ani Adonai Eloheichem.

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

### יְהוָה אֱלֹהֵינוּ יְהוָה יֵחָדֵשׁ אֶת עַמּוֹת הָאָרֶץ

Your God is a true God!

(Translation by Rabbi Zalman Schachter-Shalomi z"l)

## Geulah: Redemption

אָמֶת וְאַמוּנָה כָּל זֹאת, וְקִיָּם עָלֵינוּ, כִּי הוּא יי אֱלֹהֵינוּ וְאִין זולָתוֹ, וְאַנְחָנוּ  
יִשְׂרָאֵל עִמּוֹ. הַפּוֹדֵנוּ מִיַּד מְלָכִים, מְלַכְנוּ הַגּוֹאֲלֵנוּ מִכַּף כָּל הָעָרִיצִים. הָאֵל  
הַנּוֹפֵרֵנוּ לָנוּ מִצָּרֵינוּ, וְהַמְשַׁלֵּם גְּמוּלָה לְכָל אִיבֵי נַפְשֵׁנוּ. הָעֹשֶׂה גְדוּלוֹת עַד אִין  
חֶקֶר, וְנִפְלְאוֹת עַד אִין מִסֵּפֶר. הַשֵּׁם נִפְשָׁנוּ בְּחַיִּים, וְלֹא נָתַן לְמוֹט רַגְלָנוּ,  
הַמְדַרְיָכְנוּ עַל בְּמוֹת אוֹיְבֵינוּ, וַיִּרְם קַרְנֵנוּ, עַל כָּל שׁוֹנְאָנוּ. הָעֹשֶׂה לָנוּ נְסִים  
וְנִקְמָה בַּפְרָעָה, אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת בְּנֵי חָם. הַמַּכָּה בְּעַבְרָתוֹ כָּל  
בְּכוֹרֵי מִצְרַיִם, וַיּוֹצֵא אֶת עַמּוֹ יִשְׂרָאֵל מִתּוֹכָם, לְחֵירוֹת עוֹלָם. הַמַּעֲבִיר בְּנֵי  
בְּיַן גְּזֵרֵי יַם סוּף, אֶת רוֹדְפֵיהֶם וְאֶת שׁוֹנְאֵיהֶם, בְּתַהוֹמוֹת טַבַּע, וְרָאוּ בְּנֵי  
גְבוּרָתוֹ. שָׁבְחוּ וְהוֹדוּ לְשִׁמּוֹ. וּמְלָכוּתוֹ בְּרָצוֹן קִבְּלוּ עֲלֵיהֶם, מִשָּׁה וּבְנֵי  
יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה, וְאַמְרוּ כֻלָּם:

All this is true and real and it is up to us:  
Adonai is our only God, and we, Israel, are Your people.

You save us from oppression  
and make our transformation possible.

You do great deeds beyond measure, wonders beyond counting.  
You give our souls life and direct us from death.

You made miracles for us before Pharaoh,  
Signs and wonders in the land of Egypt.

You led Your people Israel into freedom.  
You led us through the Sea of Reeds.

When we saw Your power,  
we thanked You and praised Your name.

Full of joy, Moses, Miriam, and all Israel sang:

*Shalom*: I am whole and wholly one with *Shekhina*,  
God's indwelling Presence:

בְּרוּךְ אַתָּה יי, הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

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

עֹשֶׂה שָׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם  
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי  
טֶבֶל, וְאַמְרוּ אָמֵן:

May the One who makes peace in the heavens  
make peace for us, for all Israel, and for all who dwell on earth.  
And let us say: Amen.

*These one-line Amidah affirmations were adapted from  
R' Zalman Schachter-Shalomi z"l and R' Daniel Siegel.*



*Birkat Hamimim*: I pray to overcome divisions:  
שָׁבַר אֲבָרִים וְנִגְזְרֵי יָם יִי.  
בְּרַחֲמֶיךָ יְיָ, שְׁבַר אֲבָרִים וְנִגְזְרֵי יָם יִי.

*Tzaddikim*: I pray for the righteous and pious ones who guide us:  
יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
בְּרַחֲמֶיךָ יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.

*Binah Yerushalayim*: I pray for Jerusalem and all the cities of the world:  
בְּרַחֲמֶיךָ יְיָ, בְּנֵי יְרוּשָׁלַיִם וְכָל עִיר וְעִיר.  
בְּרַחֲמֶיךָ יְיָ, בְּנֵי יְרוּשָׁלַיִם וְכָל עִיר וְעִיר.

*Yeshua*: I pray for the awakening of *moshiach-ket*,  
transformative consciousness:  
יְיָ, שִׁשְׁיִירֵנוּ וְשִׁשְׁיִירֵי כָּל יִשְׂרָאֵל וְכָל עַמּוּת.  
בְּרַחֲמֶיךָ יְיָ, שִׁשְׁיִירֵנוּ וְשִׁשְׁיִירֵי כָּל יִשְׂרָאֵל וְכָל עַמּוּת.

*Kabbalat Tefillah*: I pray that my prayers be accepted.  
Attune me to the presence of Shekhinah within and around me;  
may the flow of blessings suffuse my life:  
יְיָ, שִׁשְׁיִירֵנוּ וְשִׁשְׁיִירֵי כָּל יִשְׂרָאֵל וְכָל עַמּוּת.  
בְּרַחֲמֶיךָ יְיָ, שִׁשְׁיִירֵנוּ וְשִׁשְׁיִירֵי כָּל יִשְׂרָאֵל וְכָל עַמּוּת.

*Avodah*: I open myself to *avodah*, holy service;  
I am an *eved/av'dah* (servant) of the One:  
יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
בְּרַחֲמֶיךָ יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
*Hodadah*: Help me to cultivate gratitude.  
יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
בְּרַחֲמֶיךָ יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.



□ Mi chamocha ba'elim  
Adonal, mi camocha nedar  
bakodesh, nora tehilot oseh  
feleh.  
יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
בְּרַחֲמֶיךָ יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.

Malchut'cha ra'u vanecha,  
boka'eam lifnei Moshe u  
Miriam. "Zeh eli," anu v'amru;  
"Adonal yimloch l'olam va'ed!"  
יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
בְּרַחֲמֶיךָ יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.

V'ne'emar: ki tadah Adonal et  
Ya'akov, u'g'alo miyad chazak  
mimenu. Baruch atah, Adonal,  
ga'al Yisrael.  
יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.  
בְּרַחֲמֶיךָ יְיָ, מְשַׁלְּחֵי מַדְבְּרֵי וְיִשְׁרָאֵלִים.

Who is like You, among the gods, Adonai?  
Who is like You, awesome and doing wonders?  
Your children saw your majesty, splitting the sea before Moses and  
Miriam. "This is our God," they cried, "Adonai will reign through all  
space and time!"  
And it is said: Adonai has saved the people of Jacob, and redeems the  
weak from the mighty. Blessed are You, Adonai, who redeems Israel.

## Hashkivenu: Shelter of Peace

Hashkivenu Yah eloheinu l'shalom.  
Ufros aleinu sukkat shlomecha.

הַשְׂכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם.  
וּפְרֹשׂ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.

Help us to lie down in peace, Yah our God.  
Spread Your sheltering peace over us.

(Rabbi Hanna Tiferet Siegel)

(if you prefer to daven full text of Hashkivenu, here it is)

Hashkivenu Adonai eloheinu  
l'shalom, v'hamideinu malkeinu  
l'chayyim, ufros aleinu sukat  
shlomecha, v'taknenu b'etza  
tovah milfanecha, v'hoshienu  
l'ma'an shmecha, v'hagen  
b'adeinu, v'haser me'aleinu  
oyev, dever, v'cherev, v'raav  
v'yagon, v'haser satan  
milfaneinu u-me'achareinu,  
u'vtzel canfecha tastireinu. Ki  
el shomreinu u-matzilenu  
atah, ki el melech chanun  
v'rachum atah, ushmor  
tzeiteinu u-voeinu, l'chayyim  
u'l'shalom, me'atah v'ad olam.

הַשְׂכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,  
וְהַעֲמִידֵנוּ מִלְּכָנוּ לְחַיִּים וּפְרוֹשׂ  
עָלֵינוּ סִכַּת שְׁלוֹמְךָ, וְתַקְנֵנוּ בְּעֵצָה  
טוֹבָה מִלְּפָנֶיךָ, וְהוֹשִׁיעֵנוּ לְמַעַן  
שְׁמֶךָ, וְהַגֵּן בְּעַדְנוּ, וְהַסֵּר מֵעָלֵינוּ  
אוֹיֵב, דָּבָר, וְחָרֵב, וְרָעַב וְיָגוֹן,  
וְהַסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ,  
וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ. כִּי אֵל  
שׁוֹמְרֵנוּ וּמַצִּילֵנוּ אַתָּה, כִּי אֵל מְלֹךְ  
חַנוּן וְרַחוּם אַתָּה, וּשְׁמוֹר צְאֲתָנוּ  
וּבּוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד  
עוֹלָם.

*Teshuvah*: I recognize and repent for mistakes that block the flow  
of perfect grace. I invoke the abundance of *chesed* (lovinckindness)  
to bring me atonement:

בְּרוּךְ אַתָּה יְיָ הַרוֹצֵה בְּתַשׁוּבָה.

*S'lichah*: I forgive those who hurt me. I seek to live in a balanced way:

בְּרוּךְ אַתָּה יְיָ חַנוּן הַמְרַבֵּה לְסִלְחָה.

*Ge'ulah*: I ask for God's saving power to enter my life and for God's  
protection to see me through trouble and lead me to redemption:

בְּרוּךְ אַתָּה יְיָ גּוֹאֵל יִשְׂרָאֵל.

*Refuah*: I ask to be healed and to offer healing. I place myself in the  
heart of God's *tiferet* (compassionate balance) and affirm the healing,  
balancing, centering light in me:

בְּרוּךְ אַתָּה יְיָ רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל.

*Birkat HaShanim*: I ask for abundance and share my abundance:

בְּרוּךְ אַתָּה יְיָ מְבָרֵךְ הַשָּׁנִים.

*Kibutz Galuyot*: I ask for freedom and the end of exile :

בְּרוּךְ אַתָּה יְיָ מְקַבֵּץ גְּדוּחֵי עַמּוֹ יִשְׂרָאֵל.

*Din*: I ask for justice:

בְּרוּךְ אַתָּה יְיָ מְלֹךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

*Kedusha: God's Holiness*

Atah kadosh v'shimcha kadosh	אתה קדוש ושכיחה קדושה
u'kdoshim b'chol yom y'halleilucha	ובקדושים בכל יום יהללך
selah. Baruch atah Adonai, ha'el	שלח. ברוך אתה יהוה

You are holy and Your name is holy and holy ones praise You always.

Blessed are You, Adonai, the holy God.

*Bakashot: Weekday requests*

*(Meditate upon each of these themes in your own time.)*

*Imahot v'Avot: I call upon the holy ancestors to bless me:*

בְּרַשְׁתֵּי אַבְוֹתַי וְאִמּוֹתַי.

*Geurot: I open to the Shekhnah's power in my life:*

בְּרַשְׁתֵּי הַשְּׁכִינָה וְחֵזְקָהּ בְּיָמַי.

*Kedusha: I open to holiness, I grow toward holiness*

and I offer up holiness:

וְאֶעֱרֹף הַקְּדוּשָׁה וְהַיְדוּשָׁה.

*Binah: I ask for understanding. I invoke the care of binah*  
*(holly understanding) to lead me to God's heart:*

בְּרַשְׁתֵּי הַבִּינָה וְיִתְנוּ לִי לֵב.

Help us to lie down in peace, Adonai our God,  
and to arise again to life.

Spread over the world Your sheltering peace.

Direct us with Your guidance and save us.

Protect and keep us from enmity, illness,

violence, want, and sorrow.

Remove envy and recrimination from us.

Shelter us in the shadow of Your wings,

for You are a protecting, redeeming God.

You are God, our source of grace and mercy.

Guard our going out and our coming in,

for life and for peace,

now and forever.

□ U-tros aleinu sukkat shlomecha.

Baruch atah Adonai, shomer

amo Yisrael ba-shalom.

□ וְפָרַשׁ לָנוּ שְׂכֵנֵת שְׁלוֹמְךָ  
 לְעָוֶלנוּ וְלְשָׂוֵנוּ וְלְעַוְנוֹתֵינוּ.  
 בְּרַשְׁתֵּי אֱלֹהֵינוּ יְיָ וְיִתְנוּ לָנוּ לֵב  
 יְיָ: אַל־שָׁמַע:

Spread your sheltering peace over us. Blessed are you, Adonai, who  
spreads a shelter of peace over all of your people.



## Chatzi Kaddish

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

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

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, 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.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעֲלָמָא  
דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית  
יִשְׂרָאֵל. בְּעֲגָלָא וּבְזִמַּן קָרִיב וְאִמְרוּ  
אָמֵן:

□ יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעוֹלָם  
וְלְעֲלָמֵי עֲלָמֵיָא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם  
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא לְעֵלְא מִן  
כָּל בְּרַכְתָּא וְשִׁירְתָּא, תְּשַׁבְּחָתָא  
וְנַחֲמָתָא, דְאִמְרִין בְּעֲלָמָא, וְאִמְרוּ  
אָמֵן:

## Gevurot: God's Strength

Atah gibor l'olam Adonai, mechayeh meitim atah rav l'hoshia. מְחַיֶּה מֵתִים אַתָּה, אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, רַב לְהוֹשִׁיעַ:

(Summer: Morid ha-tal. Winter: mashiv haruach u-morid hagashem.)

(Summer) מוֹרִיד הַטָּל:

(Winter) מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם:

You are our eternal strength, Adonai. Your saving power gives life that transcends death. You bring the dew of the field.

Mechalkel chayyim b'chesed, m'chayeh meitim b'rachamim rabim, somech noflim, v'rofeh cholim, umatir asurim, um'kayem emunato lishenei afar. Mi chamocha 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 כְמוֹךָ בְּעַל  
גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מֶלֶךְ מֵמִית  
וּמְחַיֶּה וּמְצַמִּיחַ יֵשׁוּעָה:

וְנֹאֲמָן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ  
אַתָּה יְיָ, מְחַיֶּה הַמֵּתִים:

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

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.

Who is like You, source of mercy, Who mercifully remembers Your creatures for life? Our faith is with You, the God Who brings eternal life. Blessed are You, Adonai, Who gives life which transcends death.

## Amidah

Adonai setatai tiffach  
ufti yagid tehilatetcha.

יְיָ שֵׁשׁ וְיָמֵשׁוּב תִּפְחֵךְ וְיָגִיד תְּהִלָּתֶךָ:

Eternal God, open my lips

that my mouth may declare Your praise.

### *Avot v'Imahot: Our Ancestors*

Baruch atah Adonai Eloheinu  
v'Elohei avoteinu v'imoteinu,  
elohei Avraham, elohei Yitzchak,  
elohei Yaaqov, 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 chasdei avot v'imahot,  
umelvi go'el ivnei veneiheem  
lema'an shemo b'ahavah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֵמוֹתֵינוּ,  
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, אֱלֹהֵי רִיבְקָה, אֱלֹהֵי  
רָחֵל, אֱלֹהֵי לֵאָה, אֱלֹהֵי רֵיבְקָה, אֱלֹהֵי לֵאָה, אֱלֹהֵי  
רַחֵל וְאֱלֹהֵי רָחֵל הַגָּדוֹל הַגִּבּוֹר הַנּוֹרָא וְגוֹמֵל  
חַסְדִּים טוֹבִים וְכוֹנֵן הַכּוֹל וְצוֹחֵר חַסְדֵי אֲבוֹת  
וְאִמּוֹת, וְמוֹלֵךְ גּוֹאֵל בְּנֵי וּבְנֵיחוֹת,  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

Blessed are You, Yah 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,  
magen Avraham v'ezrat Sarah.  
יְיָ מֶלֶךְ עוֹזֵר וְמוֹשִׁיעַ וְמָגֵן אֲבוֹתֵינוּ וְעֲזָרַת שָׂרָה וְרַחֵם אֶת אַבְרָהָם וְעֲזָרַת שָׂרָה:

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

## Preparing for the Amidah

By concentrating and meditating upon God's name,  
we turn our minds to the highest within us and beyond us.

י The universe into which God's healing flows.  
We inhale and receive God's blessing.

י Lungs filled with breath.

God reaches toward us from heaven to earth.

י The moment before exhaling:

fullness and potential waiting to be expressed.

י We exhale, dedicating ourselves  
to bringing blessing into creation.

On this page the letters of God's name are shifted  
to form the alternate divine name Havaya (הוּיָהּ)

so that this paper, while still holy, can be recycled if needed.