

CELEBRATING  
KATARA SHEA DINKIN  
&  
RICKIE SHEA DINKIN  
BECOMING B'MITZVAH



CHOCHMAT HALEV

JUNE 12, 2021

Shabbat Shalom!

It is our pleasure to have you join us at Chochmat Halev as our twins Rickie and Katara Shea Dinkin are each called to the Torah as a B'Mitzvah.\* Katara and Rickie are rising eighth graders at Montera Middle school in Oakland. They have been studying with their B'Mitzvah teacher, Julie Batz, for over a year—mostly online—and with their Hebrew teacher, Adi Yaron Schacker for over four years, to prepare for this ceremony, which marks their entrance into Jewish adulthood. In this service, they accept responsibilities that have been passed through the generations for thousands of years, while our community circles and embraces them with support and love. We thank you for joining services at Chochmat Halev this Shabbat to be part of this joyous milestone with us.

This morning's service is the same service that occurs each Shabbat with some variation in every Jewish community throughout the world. The service blends elements of communal and personal prayer. Our service will take highlights from four parts of the traditional Shabbat service: P'sukei D'zimra, Shacharit (the morning service); the Torah Service; and Musaf (the additional service). Rickie and Katara, each draped in their tallit (prayer shawl) and wearing a kippah (skull cap), will co-lead the Shabbat service today with our congregational leaders, Maggid Jhos Singer and Julie Batz.

The central focus of the Shabbat morning service is the Torah service. The Torah recounts the biblical history of the Jewish people and sets forth the Commandments, traditions, and ethical behavior that provide the foundation for Jewish life. It is handwritten on parchment by a scribe using techniques that date back thousands of years. It requires special training to learn how to read from the Torah, as it is chanted using special melodic patterns called trope.

The Torah service begins when the Torah is removed from the Ark. At this point, all who are able rise to show respect. Rickie and Katara will be then be called to the Torah to recite the sacred blessings and read from it publicly. Jewish tradition breaks up the Torah into weekly chapters which are read in sequence in synagogues all over the world during the course of a calendar year. Today's portion is from the Book of Numbers and is called Korach; it chronicles the insurrection of Korach and his followers against the leadership of Moses and Aaron.

Today we will read three passages from Parshat Korach. Kenny, then Katara, and then Rickie will each read one in sequence. There will be a blessing recited before and after each reading. This honor is called an aliyah, which means, “ascending” or going up.” The Torah is then returned to the ark, and Katara and Rickie will each deliver a D’var Torah, their personal interpretation of today’s Torah portion.

It is a delight to know that so many members of the Chochmat Halev community are with us today on Zoom for this service. We are also particularly grateful that so many beloved friends and members of Rickie and Katara’s family were able to travel to be here with us in person, including Grandma Lois Dinkin, Great Aunt Judy Benson, three aunts (Beth Dinkin, Bridget Brown, Julie Gold), two uncles (Marc Dinkin and Carl Schrag), and seven first cousins (Colby, Toby, Max, Joelle, Avery, Ben, Sophie). We are thrilled, too, that other family members and friends are here with us on Zoom, including grandparents Herm Dinkin, Caroline Shea Murphy and James Murphy, Aunt Wendy Shea Murphy Graveley and Uncle Brent Graveley, Cousins Christopher Tropasso, Miranda Brown, Jared Graveley, Jordana Graveley, Brant Dinkin, Marcy Kass, Michelle Berlin, Bob Lowe, all the Wasserman cousins (Emily, Olivia, Aleta, Bruce, Charissa, and Gavi, Jay and Gail, Paula and Matt and Uncle Shelly and Aunt Rhea), the Kimmels, and many other friends and relatives from all corners of the globe. A silver lining of this difficult past year has been connecting over the airwaves with so many beloved friends, and we are moved that the virtual circle of love and support surrounding Rickie and Katara today is so wide.

We lovingly remember Rickie and Katara’s maternal grandfather Richard J. Shea, for whom Rickie is named, and their beloved Great Uncle Jerry Dinkin, who are with us today in spirit.

Thank you again for sharing this joyful lifecycle event with us. Following the Kiddush (blessing over wine) and Motzi (blessing over bread), please join us for a light lunch.

Wishing you a Shabbat Shalom, a Sabbath of peace,

Kenny, Jackie, and Casey

\*B’Mitzvah is a gender-neutral term for Bar or Bat Mitzvah

A decorative border surrounds the central text. At the top, two stylized birds are perched on a branch. At the bottom, there are clusters of grapes and two more stylized birds. The entire design is rendered in a woodcut or linocut style with high contrast and fine lines.

# סְדוּר הַלֵּב

A HEART-CENTERED  
PRAYER BOOK

*CHOCHMAT HALEV*  
"WISDOM OF THE HEART"

חֻכְמַת הַלֵּב  
BERKELEY, CALIFORNIA

## עטיפת טלית DONNING THE TALLIT

O my soul, bless the Infinite one.  
You are garbed in splendor and majesty,  
light is Your garment,  
the heavens are arrayed as a curtain.

[Examine the tzitzit:]



בְּרַכֵּי נַפְשִׁי אֶת יְהוָה. יְהוָה אֱלֹהֵי גְדֻלַּת מָאֹד,  
הוֹד וְהָדָר לְבִשְׁתְּךָ. עֶטְהָ אֹרֶךְ בְּשִׁלְמָה,  
נוֹטָה שָׁמַיִם כִּי־רִיעָה.

For the sake of the unification of  
The Blessed Holy One and His  
Sh'khinah in awe and love, to  
unify the name Y”H with V”H in  
complete Unity,  
in the name of those who strive  
with the Divine.

[Focusing on the underlying unity of all being:]

לְשֵׁם יְהוּד I'shem yihud  
קְדוּשָׁא בְּרִיךְ הוּא וְשְׁכִינָתָהּ Kudsha B'rikh Hu u'Sh'khinteih  
בְּדַחֲלוֹ וּרְחִימוֹ bid'hiylu u'r'hiymu  
לְיַחַד שֵׁם י"ה בּו"ה I'yaheid shem Yod-Hey b'Vav-Hey  
בְּיַחְוּדָא שְׁלִים b'yihuda sh'lim  
בְּשֵׁם כָּל יִשְׂרָאֵל. b'sheim kol Yisrael.

[Hold tallit in readiness to wrap the body and say:]

Just as I wrap my body in this 4-cornered fringed  
garment, so I wrap my soul and my body in  
light. Through this mitzvah, may all the levels  
of my soul - my *nefesh* and *ruah* and *neshamah* -  
be protected from those external forces that wish  
to distract me from the holy work of this most  
holy day. May I experience this garment of light  
as protective wings, guarding me and  
transporting me just as a eagle protects its  
young. Amen, selah!

הֲרִינִי מִתַּעֲטָף גּוּפִי בְּצִיצֵת, כֵּן תִּתְעַטֵּף  
נְשָׁמְתִי וְרַמ"ח אַבְרֵי וְשֵׁס"ה גְּדֵי בְּאוֹר הַצִּיצֵת הָעוֹלָה  
תַּרְי"ג. וּכְשֵׁם שְׁאֲנִי מִתְכַּסֶּה בְּטִלִּית בְּעוֹלָם הַזֶּה, כִּי אֲזַכֶּה  
לְחֻלּוּקָא דְרַבְּנָן וְלִטְלִית נְאֻה לְעוֹלָם תֵּבָא בְּגַן עֵדֶן. וְעַל יָדֵי  
מִצְוֹת צִיצֵת תִּנְצֵל נַפְשִׁי וְרוּחִי וְנִשְׁמָתִי וְתִפְלְתִי מִן הַחַיִּצוֹנִים.  
וְהַטְלִית יִפְרוֹשׁ כְּנָפָיו עָלֵיהֶם כְּנֹשֶׁר יַעִיר קִנּוּ, עַל גּוֹזְלָיו יִרְחַף.  
וְתִהְיֶה חֲשׂוּבָה מִצְוֹת צִיצֵת לִפְנֵי הַקְּדוֹשׁ בְּרוּךְ הוּא כְּאֵלוֹ  
קִימְתִּיהָ בְּכָל פְּרֻטְיָהּ וְכוֹנְנוֹתֶיהָ וְתַרְי"ג מִצְוֹת הַתְּלוּיִם בָּהּ,  
אֲמֵן סְלָה.

Blessed are You, O Holy One, all  
pervading Spirit of the Universe,  
Who makes us holy through sacred  
deeds, and asks us to wrap ourselves  
in a fringed garment.

בְּרוּךְ אַתָּה יְהוָה Barukh Atah Adonai  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר Eloheynu Melekh Ha-olam asher  
קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ  
לְהִתְעַטֵּף בְּצִיצֵת. l'hit'ateif ba-tzitzit.

[Wrap tallit around head and body and say:]

How precious is your love, *Elohim*. We are protected in  
the shade of your wings. Let us drink from the river of  
Eden. For with You is the Source of life, in Your light we  
see light. Extend Your lovingkindness to those in holy  
relationship with You and Your righteousness to the  
upright of heart.

מֵה יִקָּר חֲסֵדְךָ אֱלֹהִים, וּבְנֵי אָדָם בְּצֵל כְּנָפֶיךָ  
יִחַסְיוּ. יְרוּיִן מִדְּשֵׁן בֵּיתְךָ, וְנַחַל עֲדֵנֶיךָ תִּשְׁקֵם.  
כִּי עֲמֶךָ מְקוֹר חַיִּים, בְּאוֹרְךָ נִרְאָה אֹרֶךְ מִשְׁךָ  
חֲסֵדְךָ לִידְעִיךָ, וְצִדְקָתְךָ לְיִשְׂרָאֵל לֵב.

Weave for us a garment of brightness. May the warp be the white light of morning,  
May the weft be the red light of evening. May the fringes be the falling rain.  
May the border be the standing rainbow. Thus weave for us a garment of brightness,  
That we may walk fittingly where birds sing. That we may walk fittingly where grass is green.

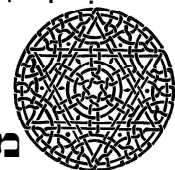
My God, the soul you placed  
 within me is pure.  
 You created, formed and  
 breathed it into me,  
 You guard it within me, You  
 will take it from me and restore  
 it to me in time to come.  
 As long as the soul is within me,  
 I give thanks before you,  
*Hashem*, My Life and Divinity  
 of My Ancestors, Master of all  
 works, Lord of all souls—  
 Blessed are You, *Hashem*, Who  
 restores soul to the lifeless.

**ASHER YATZAR**

Blessed are You, Yah, Life of  
 all worlds, Who formed  
 humanity with wisdom,  
 creating the openings and  
 vessels of the body.  
 It is apparent and known  
 before Your throne of glory  
 that if one of these  
 passageways be open when it  
 should be closed, or blocked  
 when it should be open, one  
 could not live or stand before  
 You. Blessed are You,  
*Sh'khinah*, Who heals all and  
 does wonders.



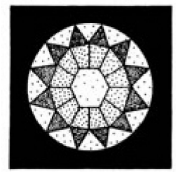
Elohai n'shamah אֱלֹהֵי נְשָׁמָה  
 she-natata bi t'horah hi. שֵׁנַתַּתָּ בִּי טְהוֹרָה הִיא.  
 Atah v'ratah, atah y'tzartah אַתָּה בְּרַאתָהּ, אַתָּה יִצְרַתָּהּ  
 atah n'fahtah bi אַתָּה נִפְחַתָּהּ בִּי  
 v'atah m'shamrah b'kirbi, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי  
 v'atah atid litlah mi-meni וְאַתָּה עֲתִיד לְטָלָהּ מִמֶּנִּי  
 u-l'haḥazirah bi le'atid lavo. וְלִהְיוֹזְרָהּ בִּי לְעֲתִיד לָבוֹא.  
 Kol z'man she-ha-neshamah כָּל זְמַן שֶׁהַנְּשָׁמָה  
 v'kirbi בְּקִרְבִּי  
 modeh (masculine) מוֹדֶה modah (feminine) מוֹדֵה  
 ani l'faneykha Adonai Elohai אֲנִי לְפָנֶיךָ יְהוָה אֱלֹהֵי  
 veilohei avotai v'imotai וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי  
 Ribon kol ha-ma'asim רַבּוֹן כָּל הַמַּעֲשִׂים  
 Adon kol ha-n'shamot אֲדוֹן כָּל הַנְּשָׁמוֹת.  
 Barukh Atah Adonai ha-mahazir בְּרוּךְ אַתָּה יְהוָה הַמְּחַזֵּר  
 n'shamot li-f'garim meitim. נְשָׁמוֹת לְפִגְרִים מֵיָמִים.



(Moving Light down into belly)

Barukh Ata Adonai בְּרוּךְ אַתָּה יְהוָה  
 Eloheynu Melekh Ha-olam אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
 asher yatzar et ha-adam אֲשֶׁר יָצַר אֶת הָאָדָם  
 b'hokmah u-vara vo בְּחָכְמָה וּבְרָא בּוֹ  
 n'kavim n'kavim נְקָבִים נְקָבִים  
 ḥalulim ḥalulim. חֲלוּלִים חֲלוּלִים.  
 Galui v'yadua גָּלוּי וְיָדוּעַ  
 lifnei khisei kh'vodekha לִפְנֵי כִסֵּא כְבוֹדְךָ  
 She-im yipatei'ah ehad meihem שְׁאִם יִפְתַּח אֶחָד מֵהֶם  
 o yisateim ehad meihem, או יִסְתֵּם אֶחָד מֵהֶם,  
 iy efshar l'hitkayeim אִי אֶפְשָׁר לְהִתְקַיֵּם  
 v'la'amod l'fanekha. וְלַעֲמוֹד לְפָנֶיךָ.  
 B'rukhhah At Sh'khinah בְּרוּכָה אַתְּ שְׁכִינָה  
 Rof'ah khol basar רוֹפְאָה כָּל בָּשָׂר  
 u-mafli'ah la'asot. וּמַפְלִיאָה לַעֲשׂוֹת:





Y'varekh'kha Adonai, v'yishm'rekha. **יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶכָּ.**

Ya'eir Adonai Panav Eileykha vi-ḥuneka. **יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּכָּ.**

Yisa Adonai panav eileykha v'yaseim l'ika shalom. **יֵשֵׂא יְהוָה פָּנָיו אֵלֶיךָ וַיְשִׂם לְךָ שָׁלוֹם.**

May YHVH bless you and guard you. Let YHVH's face shine toward you and give you grace.

May YHVH show you favor and grant you peace.



**MORNING BLESSINGS - בְּרִכּוֹת הַשָּׁחַר - BIRKHOT HA-SHAḤAR**

B'rukhhah At Sh'khinah Hei Ha'olamim **בְּרוּכָה אַתְּ שְׁכִינָה חַי הָעוֹלָמִים**

Asher natnah la-sekhvi vina **אֲשֶׁר נָתַתָּה לְשִׁכְוִי בִינָה**

l'havḥin bein yom uvein laila, **Amein. אָמֵן.**

Blessed are You Divine Presence, Life of all worlds Who gives the heart understanding to distinguish between day and night. **Amen.**

Barukh Ata Adonai Eloheinu Melekh Ha'olam **בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

she-asani Yisrael, **Amein. אָמֵן.**

Blessed are You *Hashem*, Our Divinity, Majesty of the Universe  
Who made me *Yisra-El* - one of the God-wrestling people.

B'rukhhah At Sh'khinah Hei Ha'olamim **בְּרוּכָה אַתְּ שְׁכִינָה חַי הָעוֹלָמִים**

she'lo astani oved, **Amein. אָמֵן.**

Blessed are You Divine Presence, Life of all worlds Who did not make me a slave.

Barukh Ata Adonai Eloheinu Melekh Ha'olam **בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

she-asani kir'tzono, **Amein. אָמֵן.**

Blessed are You *Hashem*, Our Divinity, Majesty of the Universe  
Who made me in accordance with Divine will.

B'rukhhah At Sh'khinah Hei Ha'olamim **בְּרוּכָה אַתְּ שְׁכִינָה חַי הָעוֹלָמִים**

pokahat ivrim, **Amein. אָמֵן.**

Blessed are You Divine Presence, Life of all worlds Who opens blind eyes.

Barukh Ata Adonai Eloheinu Melekh Ha'olam **בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

malbish arumim, **Amein. אָמֵן.**

Blessed are You *Hashem*, Our Divinity, Majesty of the Universe Who clothes the naked.

B'rukhhah At Sh'khinah Hei Ha'olamim **בְּרוּכָה אַתְּ שְׁכִינָה חַי הָעוֹלָמִים**

matiyrah asurim, **Amein. אָמֵן.**

Blessed are You Divine Presence, Life of all worlds Who releases the bound.

Barukh Ata Adonai Eloheinu Melekh Ha'olam **בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

zokeyif k'fufim, **Amein. אָמֵן.**

Blessed are You *Hashem*, Our Divinity, Majesty of the Universe Who straightens the bent.

B'rukhhah At Sh'khinah Hei Ha'olamim בְּרוּכָה אַתָּה שְׁכִינָה חַי הָעוֹלָמִים

roka'at ha'aretz al hamayim, Amein. רֹקַעַת הָאָרֶץ עַל הַמַּיִם, אָמֵן.

Blessed are You Divine Presence, Life of all worlds Who spreads the earth upon the waters.

Barukh Ata Adonai Eloheinu Melekh Ha'olam בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

ha-meikhin mitz'adei gaver, Amein. הַמַּכִּין מִצְעָדֵי גֶבֶר, אָמֵן.

Blessed are You Hashem, Our Divinity, Majesty of the Universe Who firms a person's footsteps.

B'rukhhah At Sh'khinah Hei Ha'olamim בְּרוּכָה אַתָּה שְׁכִינָה חַי הָעוֹלָמִים

she'as'tah li kol tzorki, Amein. שֶׁעָשְׂתָה לִי כָּל צָרָכִי, אָמֵן.

Blessed are You Divine Presence, Life of all worlds Who provides for all my needs.

B'rukhhah At Sh'khinah Hei Ha'olamim בְּרוּכָה אַתָּה שְׁכִינָה חַי הָעוֹלָמִים

ozeret Yisrael bi'g'vurah, Amein. אוֹזֶרֶת יִשְׂרָאֵל בְּגִבּוּרָה, אָמֵן.

Blessed are You Divine Presence, Life of all worlds Who girds Israel with strength.

Barukh Ata Adonai Eloheinu Melekh Ha'olam בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

oteir Yisrael b'tifarah, Amein. עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה, אָמֵן.

Blessed are You Hashem, Our Divinity, Majesty of the Universe Who crowns Israel with splendor.

B'rukhhah At Sh'khinah Hei Ha'olamim בְּרוּכָה אַתָּה שְׁכִינָה חַי הָעוֹלָמִים

ha-notenet la-ya'eif ko'ah, Amein. הַנּוֹתֵנֶת לַיָּאֵיִף כּוֹאֵה, אָמֵן.

Blessed are You Divine Presence, Life of all worlds Who gives strength to the weary.

Barukh Ata Adonai Eloheinu Melekh Ha'olam בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

ha-ma'avir sheinah mei-eynai הַמַּעֲבִיר שֵׁנָה מֵעֵינַי

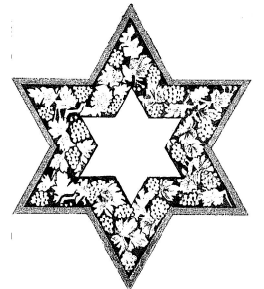
u-t'numah mei-af'apai. וְתִנּוּמָה מֵעַפְעָפִי.

Blessed are You Hashem, Our Divinity, Majesty of the Universe

Who removes sleep from my eyes and slumber from my eyelids.

May it be Your Will, Divine Reality, that we integrate Your Teaching,  
and that our actions flow from You. May we not fall into the power of delusion,  
and may all our motivation be for goodness and service.

Grant us today and every day the grace of knowing Your Oneness,  
and bestow Your compassionate goodness upon us.



Blessed are You, Hashem, Who  
bestows compassionate goodness  
upon the God-wrestling people,  
Yisra-El Amen.

Barukh Atah Adonai, בָּרוּךְ אַתָּה יְהוָה,  
gomel hasadim tovim גּוֹמֵל חֲסָדִים טוֹבִים  
l'amo Yisra'el. לְעַמּוֹ יִשְׂרָאֵל.  
Amein. אָמֵן.

**HALLELU** [Psalm 150]



Praise the Divine in Its sanctuary;  
praise in the firmament of Its  
Power. Praise for Its greatness,  
praise for Its great closeness.  
Praise with the blast of the *shofar*;  
praise with lyre and harp.  
Praise with drum and dance,  
praise with organ and flute.  
Praise with clanging cymbals,  
praise with resonant trumpets.

Hallelu Eil b'kodsho, הַלְלוּ אֵל בְּקֹדֶשׁוֹ,  
halleluhu birkiya u-zu'ot. הַלְלוּהוּ בְּרִקְיַע עֲזוֹ.  
Halleluhu bi-g'vurotav, הַלְלוּהוּ בְּגִבּוֹרֹתָיו,  
halleluhu k'rov gudlo. הַלְלוּהוּ כְּרֹב גִּדְלוֹ.  
Halleluhu b'teika shofar, הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,  
halleluhu b'neivel v'khinor. הַלְלוּהוּ בְּנִיבֵל וּכְנֹר.  
Halleluhu b'tof u-mahol, הַלְלוּהוּ בְּתוֹף וּמַחּוֹל,  
halleluhu b'minim v'ugav. הַלְלוּהוּ בְּמִנִּים וְעָגָב.  
Halleluhu b'tzitzlei shama, הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,  
halleluhu b'tzitzlei t'ru'ah. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.

Every soul will  
praise *Yah*, Halleluyah!

**Kol ha-n'shamah כָּל הַנְּשָׁמָה**  
**t'halleil Yah, Haleluyah! תְּהַלֵּל יְהוָה הַלְלוּיָהּ.**

**BARUKH ADONAI L'OLAM**

Bless *Hashem* forever  
**Amen and amen.**  
Bless *Hashem* from Zion, Who  
dwells in Jerusalem,  
**Halleluyah!**  
Blessed is *Hashem, Elohim*,  
God of Israel,  
Who alone does wonders.  
Blessed is the glorious Name  
forever, and may all the earth  
be filled with Its glory,  
**Amen and amen.**

Barukh Adonai L'olam בְּרוּךְ יְהוָה לְעוֹלָם  
**Amein v'amein. אָמֵן וְאָמֵן.**  
Barukh Adonai mi-tzion בְּרוּךְ יְהוָה מִצִּיּוֹן,  
shokhein Yerushalayim שׁוֹכְנֵי יְרוּשָׁלַיִם,  
**Halleluyah! הַלְלוּיָהּ.**  
Barukh Adonai Elohim בְּרוּךְ יְהוָה אֱלֹהִים  
Elohei Yisrael אֱלֹהֵי יִשְׂרָאֵל,  
osei nifla'ot l'vado. עֹשֵׂה נִפְלְאוֹת לְבָדּוֹ.  
U-varukh sheim k'vodo וּבְרוּךְ שֵׁם כְּבוֹדוֹ  
l'olom, v'yimalei לְעוֹלָם, וַיִּמְלֵא  
kh'vodo et kol ha-aretz, כְּבוֹדוֹ אֶת כָּל הָאָרֶץ,  
**Amein v'amein. אָמֵן וְאָמֵן.**

**OZI V'ZIMRAT YAH - FROM SHIRAT HA-YAM - THE SONG OF THE SEA [Exodus 15:2]**

Ozi v'zimrat Yah va-y'hi li liyshu'ah עֲזִי וְזִמְרַת יְהוָה וַיְהִי-לִי לִישׁוּעָה  
*Yah* is my strength and song - and will be my rescue!

**YISHTABAḤ**

May Your Name  
be praised forever, our  
Sovereign, the Divinity, the  
great and holy Spirit, in heaven  
and earth. For to You it is  
fitting, *Hashem* our God and the  
God of our ancestors: song and  
praise, lauding and hymns,  
power and dominion, triumph,  
greatness and strength, praise  
and splendor, holiness and  
sovereignty, blessings and  
thanksgivings from now until  
forever.

Blessed are You *YHVH*, Divine  
Spirit exalted and lauded  
through praises, God of  
gratitude, Master of Wonder,  
Who takes pleasure in our song  
and melody,

Sovereign God,  
**Life of the worlds.**

**Yishtabah shimkha la-ad** יִשְׁתַּבַּח שִׁמְךָ לְעַד

**Malkeinu ha'Eil** מַלְכֵנוּ הָאֵל

**ha-gadol v'ha-kadosh** הַגָּדוֹל וְהַקְדוֹשׁ

**ba-shamayim u-va'aretz.** בַּשָּׁמַיִם וּבָאָרֶץ.

Ki l'kha na'eh Adonai Eloheynu  
eilohei avoteinu v'imoteinu,  
shir u-sh'vakhah, haleil v'zimrah,  
oz u-memshalah, netzah g'dulah,  
u-g'vurah, t'hilah v'tiferet  
k'dushah u-malkhut, b'rakhot  
v'hoda'ot mei-atah v'ad olam.  
Barukh Atah Adonai  
El melekh gadol ba-tishbahot  
Eil ha-hoda'ot Adon ha-nifla'ot,  
ha-Boheir b'shinei zimrah,  
Melekh El **Hei ha-olamim.**

כִּי לְךָ נָאֵה, יְהוָה אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ  
שִׁיר וּשְׁבַחָהּ, הַלֵּיל וְזִמְרָה,  
עֹז וּמְשָׁלָה, נִצְחָה, גְּדֻלָּה  
וּגְבוּרָה, תְּהִלָּה וְתִפְאָרֶת,  
קְדוּשָׁה וּמַלְכוּת, בְּרָכוֹת  
וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם.  
בָּרוּךְ אַתָּה יְהוָה,  
אֵל מְלֶכֶךְ גָּדוֹל בַּתְּשַׁבְּחוֹת,  
אֵל הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלְאוֹת,  
הַבוֹהֵר בְּשֵׁנֵי זִמְרָה,  
מֶלֶךְ אֵל חַי הַעוֹלָמִים.

**HATZI KADDISH** [Congregational responses in bold]

Yitgadal v'yitkadash sh'mei raba, **Amein.** יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. אָמֵן.  
b'alma di v'ra khirutei, v'yamlikh malkhutei, בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵיהּ, וְיַמְלִיךְ מַלְכוּתֵיהּ,  
b'haveikhon u-v'yomeikhon u-v'havei d'khol בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכֹל  
beit Yisrael, ba'agala u-vizman kariv. V'imru: בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְנֵן קְרִיב, וְאָמְרוּ:  
**Amein. Y'hei sh'mei raba m'vorakh** אָמֵן. יְהִי שְׁמֵהּ רַבָּא מְבֹרָךְ  
**l'olam u-l'almei almaya.** לְעֵלָם וּלְעַלְמֵי עֲלַמְיָא.  
Yitbarakh v'yishtabah v'yitpa'ar יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
v'yitromam v'yitnasei v'yithadar v'yitaleh וְיִתְרומֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה  
v'yit'halal sh'mei d'Kudsha **Brikh hu.** וְיִתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא.  
L'eila min kol לְעֵלָא מִן כָּל

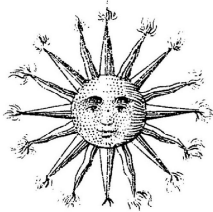
[\*Substitute on Shabbat Shuvah: L'eila u-l'eila mi kol לְעֵלָא וּלְעֵלָא מִכָּל

birkhata v'shirata tushb'hatata v'nehemata, בִּרְכַתָּא וְשִׁירָתָא תִּשְׁבַּחְתָּא וְנִחַמְתָּא,  
da'amiran b'alma. V'imru: **Amein.** דְאָמְרִין בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

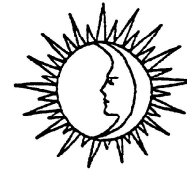
May the Great Name grow exalted and sanctified - **Amen** - in the world created as the expression of the Divine. May Divine Reality be revealed in your lifetimes and in your days, and in the lifetimes of the House of Israel swiftly and soon, and say: **Amen. May the Great Name be blessed forever and ever.**

Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded is the  
Name of the Blessed Holy One beyond all blessing and song, praise and consolation  
that are uttered in the world, and say: **Amen.**

**BARKHU - THE CALL TO WORSHIP**



בָּרְכוּ *Barkhu*, Dear One  
שְׁכִינָה *Sh'khinah*, Holy Name  
When I call on the light of my soul  
I come home.



As we bless  
the Source  
of Life,  
So we are  
blessed.  
And our  
blessings  
give us  
strength  
And make  
our visions  
clear.  
And our  
blessings  
give us  
peace and  
the courage  
to dare.  
*-Faith Rogow*

*(Bow at "Barkhu," straighten at "Adonai")*

*Hazan:* **בָּרְכוּ אֶת יְהוָה הַמְבָרָךְ. Barkhu et Adonai ha-m'vorakh.**

Bless Hashem, the Blessed One

*(Bow at "Barukh," straightens at "Adonai")*

*Congregation, then Hazan:* **בָּרוּךְ יְהוָה הַמְבָרָךְ לְעוֹלָם וָעֶד. Barukh Adonai ha-m'vorakh l'olam va-ed.**

Blessed is Hashem, the Blessed One, for all eternity.

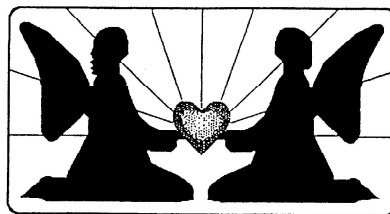
**YOTZER BLESSING**

Blessed are You, Hashem,  
our Divinity, Majesty of  
the Universe,  
who forms light and  
creates darkness, makes  
peace and creates all.<sup>1</sup>

**בָּרוּךְ אַתָּה יְהוָה, Barukh Atah Adonai**  
**אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, Eloheynu melekh ha-olam**  
**יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, Yotzeir or u-vorei hoshekh,**  
**עוֹשֵׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל. oseh shalom u-vorei et ha-kol.**

Blessed is our Rock, our Sovereign and  
Redeemer who creates the holy angelic beings.  
They are all beloved and pure and strong doing  
the will of their Maker with love and awe.  
And each accepts the heavenly yoke, and each  
gives loving permission, one to the other, so that  
they might, with pleasure, sanctify their Creator.  
Together, as one, they acknowledge Holiness  
with awe:

**יִתְבָּרַךְ לְגִדְּוֵי מַלְכֵנוּ וְגַאֲלָנוּ בּוֹרֵא קְדוֹשִׁים:**  
**כָּלֵם אֱהוּבִים, כָּלֵם בְּרוּרִים, כָּלֵם גְּבוּרִים,**  
**וְכָלֵם עֲשִׂים בְּאֵימָה וּבִירָאָה רְצוֹן קוֹנָם.**  
**וְכָלֵם מְקַבְּלִים עֲלֵיהֶם עַל מַלְכוּת שָׁמַיִם זֶה**  
**מְזוּהָ: וְנוֹתְנִים רְשׁוּת זֶה לְזֶה לְהַקְדִּישׁ לְיוֹצְרָם**  
**בְּנִחַת רוּחַ, קְדֻשָּׁה כָּלֵם בְּאַחַד עוֹנִים**  
**וְאוֹמְרִים בִּירָאָה:**



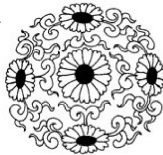
Holy! holy! holy! is the  
single Source of all  
diversity; Its glory fills  
the earth! *[Isaiah 6:3]*

**קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ Kadosh, kadosh, kadosh**  
**יְהוָה לְבָאֵת Adonai tz'vaot,**  
**מִלֵּא כָּל הָאָרֶץ כְּבוֹדוֹ! m'lo khol ha-aretz k'vodo!**

1. Source verse from Isaiah [45:7] "Forming light, and creating darkness, making peace and creating evil, I am YHVH who does all of these. יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ עוֹשֵׂה שְׁלוֹם וּבוֹרֵא רָע אֲנִי יְהוָה עוֹשֵׂה כָּל-אֵלֶּה:

**AHAVAH RABAH THE BLESSING OF DIVINE LOVE**

With boundless love You have loved us, *Hashem* our God, with great compassion have You cared for us.



Ahavah rabah ahavtanu, אַהַבָּה רַבָּה אַהֲבַתָּנוּ,  
Adonai Eloheynu, יהוה אֱלֹהֵינוּ,  
hemla g'dolah viy'teirah חַמְלָה גְדוֹלָה וַיִּתְּרָה  
hamalta aleynu. חַמְלַת עָלֵינוּ.

Our Father, our King, for the sake of our mothers and fathers who trusted in You, and whom You taught the laws of life, so too be gracious to us and teach us. Our Compassionate Mother, have mercy on us, and grant our hearts understanding and insight to listen, learn, teach, guard, practice and fulfill all the words of Your Torah with love.

אָבִינוּ מִלְכָּנוּ, בְּעִבּוּר אִימוֹתֵנוּ וְאֲבוֹתֵינוּ שְׁבֻטָּחוּ בְךָ, וְתִלְמָדִים חֲקֵי חַיִּים, בֵּין תְּחַנְּנוּ וְתִלְמָדֵנוּ. אֲמִינוּ הִרְחַמְנִית, רַחֲמֵי עָלֵינוּ, וְתִנֵּי בְלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל, לְשִׁמּוֹעַ, לְלַמֵּד וּלְלַמֵּד, לְשָׁמֵר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל דִּבְרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.

**V'HAIR EINEYNU**

Enlighten our eyes in Your Torah and attach our hearts to Your mitzvot. Unify our hearts to love and fear Your Name and may we never be shamed.

V'ha'eir eineynu b'Toratekha, וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ,  
v'dabeik libeinu b'mitzvotekha, וְדַבֵּק לִבֵּנוּ בְּמִצְוֹתֶיךָ,  
v'yaheid l'vaveinu l'ahavah וַיַּחַד לְבַבֵּנוּ לְאַהֲבָה  
u-l'yirah et sh'mekha, וּלְיִרְאָה אֶת שְׁמֶךָ,  
v'lo neivosh l'olam va-ed. וְלֹא נִבְוֵשׁ לְעוֹלָם וָעֵד.

For in Your holy, great and awesome Name do we trust; may we exult and rejoice in Your salvation.

Ki v'shem kodsh'kha כִּי בְשֵׁם קֹדֶשְׁךָ  
hagadol v'hanora batahnu, הַגָּדוֹל וְהַנּוֹרָא בְּטַחָנוּ,  
nagilah v'nism'hah biyshu'atekha. נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעַתְךָ.

*(Gather four fringes of tallit between fourth and fifth fingers of left hand while chanting:)*

Bring us in peace from the four corners of the earth, And guide us with dignity to our land.



וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ, וְתוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ.

You are the One who redeems, and You chose us for our special task as with all the nations. You have brought us close to Your great name. Selah! In truth thanking You and becoming agents of unification, proclaiming Your Oneness, in love.

כִּי אֵל פּוֹעֵל יְשׁוּעוֹת אַתָּה, וּבָנוּ בְּחֵרָתְךָ עִם כָּל עַם וְלָשׁוֹן. וְקִרְבַּתָּנוּ לְשִׁמְךָ הַגָּדוֹל סֵלָה בְּאַמֶּת, לְהַוֹדוֹת לְךָ וּלְיַחְדְּךָ בְּאַהֲבָה.

**AHAVAH, RAHAMIM** [chant by Bon Singer]  
Ahavah v'rahamim, hesed, v' shalom אַהֲבָה, וְרַחֲמִים, חֶסֶד וְשָׁלוֹם  
Love, compassion, kindness and peace



Blessed are You,  
*Hashem* Who chooses  
 the people Israel -  
 and all peoples -  
 with love.

ברוך אתה יהוה, *Barukh Atah Adonai*  
 הבורח בעמו ישראל *ha-Boheir b'amo Yisrael*  
 וכל העמים באהבה. *v'khol ha-o'lam b'ahavah.*



*EIL MELEKH NE'EMAN* [traditionally chanted before *The Sh'ma* when davening alone]

Sh'khinah, faithful  
 queen.

אל מלך נאמן. *Eil melkeh ne'eman.*  
 שכינה מלכה נאמנה. *Sh'khinah malkah ne'emanah.*  
 God, faithful king.

**THE SH'MA**

*Intone slowly, with sustained intention, covering eyes with right hand and holding tzitzit to heart:*

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

**Sh'ma Yisra'el Adonai Eloheynu Adonai Ehad.**

Listen, O Israel, our Divinity is Being Itself - the Oneness of Being and Becoming!

[Deuteronomy 6:4]

*In a whisper:*

ברוך שם כבוד מלכותו לעולם ועד.

**Barukh shem k'vod malkhuto l'olam va'ed**

Blessed is the name of Its radiant domain, for all eternity.

[Babylonian Talmud Pesahim 66a]



וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִנְיֶיךָ וְדִבַּרְתָּ בָּם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְקִשְׂרָתָם לְאוֹת עַל-יָדְךָ  
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכִתַּבְתָּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

V'ahavta et Adonai Eloheikha b'khol l'vavkha u-v'khol nafsh'kha, u-v'khol m'odekha.  
V'hayu ha-d'varim ha-eileh asher Anokhi m'tzvav'kha ha-yom al l'vavekha,  
v'shitantam l'vaneykha v'dibarta bam b'shiv't'kha b'veitekha u-v'lekht'kha va-derekh  
u-v'shokh'b'kha u-v'kumekha.

U-k'sharta l'ot al yadekha v'hayu l'totafot bein eineikha.

U-kh'tavtam al mezuzot beitekha u-vi'sh'areiykha.

And you shall love the Lord your God with all your heart, all your soul and all your might.

And these all words which I command you on this day shall be upon your heart.

You shall teach them *diligently* unto your children and you shall speak them when you sit in your house, when you walk by the way, and when you lie down, when you rise up.

And you shall bind them as a sign upon your hand, and they shall be for frontlets between your eyes. And you shall write them on the doorposts of your house, and upon your gates.

That you may remember and do all of My Commandments and be holy unto your God.

[Deuteronomy 6:5-9 ; singable translation by Debbie Friedman]

*Chanting quietly to oneself:*

וְהָיָה אִם שָׁמַעַתְּ תִשְׁמְעוּ אֶל מְצוֹתַי, אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם, לְאַהֲבָה אֶת יְהוָה אֱלֹהֵיכֶם וְלַעֲבֹדוֹ,  
בְּכָל לִבְבְּכֶם וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי מִטֶּר אֲרָצְכֶם בְּעֵתוֹ, יוֹרֵה וּמְלֻקוֹשׁ, וְאֶסְפַּת דְּגַנְךָ וְתִירְשְׁךָ וְיִצְהַרְךָ.  
וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבְהִמְתָּךְ, וְאֶכְלַתְּ וּשְׂבַעְתָּ. הִשְׁמְרוּ לָכֶם פֶּן יִפְתָּה לְבַבְכֶם, וְסָרְתֶם וְעַבַּדְתֶּם אֱלֹהִים  
אַחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וְחָרָה אַף יְהוָה בְּכֶם, וְעִצַּר אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מִטֶּר, וְהָאֲדָמָה לֹא תִתֵּן  
אֶת יְבוּלָהּ, וְאֶבְדֶּתֶם מְהֵרָה מֵעַל הָאָרֶץ הַטְּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם. וְשָׁמַתֶם | אֶת דְּבָרֵי אֱלֹהֵי עַל  
לְבַבְכֶם וְעַל נַפְשְׁכֶם, וְקִשְׂרָתֶם אֹתָם לְאוֹת עַל יָדְכֶם, וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם.  
וְלִמְדֶתֶם אֹתָם אֶת בְּנֵיכֶם לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.  
וְכִתַּבְתָּם עַל מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה  
אֲשֶׁר נָשַׁבַע יְהוָה לְאֲבֹתֵיכֶם לֵאמֹר, כִּימֵי הַשָּׁמַיִם עַל הָאָרֶץ.

How good it will be when you truly listen and hear My Voice today-

Loving Yah your God and acting with Godly sincerity-

You will see that your needs are met at the right time.

You will reap what you plant; you will eat and be content.

Take care and watch yourself- don't become possessed by your impulses;

Don't make gods of them, or you will appear separate from Me.

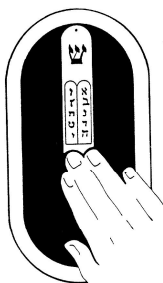
May these words of Mine rest upon your heart and soul

Bind them as a sign on your hand and let them be *t'fillin* between your eyes.

Teach them to your children, reciting them when you sit at home,  
when you walk on your way, when you lie down and when you arise,

and inscribe them on your doorposts and on your gates.

Then your days and your children's days will be as the Divine promise given to your ancestors -  
days of heaven on earth. [Deuteronomy 11:13-21]

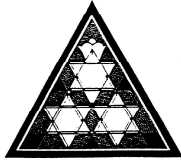


(Take tzitzit in right hand and kiss them at each saying of "tzitzit, while looking at them.)

וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה לֵאמֹר. דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם, וַעֲשׂוּ לָהֶם צִיצִית עַל כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם, וְנִתְּנוּ עַל צִיצִית הַכֹּנֶף פִּתְּיֵל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת כָּל מִצְוֹת יְהוָה, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרֵי לְבַבְכֶם וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר אַתֶּם זֹנִים אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיוֹת לָכֶם לֵאלֹהִים, אֲנִי יְהוָה אֱלֹהֵיכֶם.

The Divine spoke to Moses, saying: Speak to the children of Israel and tell them to make for themselves tzitzit on the corners of the garments throughout their generations; place a thread of blue on the tzitzit of each corner. And it shall be tzitzit for you, that you may see it and not follow after your heart and your eyes by which you stray; so that you may remember to serve Me and be holy to your God. I am Hashem, who brought you out of Egypt to be a God to you-

I am YHVH your Elohim. [Numbers 15:37-4]



Adonai Eloheykhem Emet. יהוה אלהיכם אמת.

I am YHVH, your God- Truth.

**EMET - TRUTH - G'ULAH - REDEMPTION BLESSING**

Moses and the Children of Israel responded to You with great joy and sang:

מֹשֶׁה וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כֻלָּם:

Mi khamokhah ba'eilim Adonai, מי כמכה באלים יהוה,

Mi kamokhah ne'dar ba-kodsh, מי כמכה נאדר בקדש,

Nora t'hilot, Oseih fele. נורא תהלת, עשה פלא.

Who is like You among the powers, YHVH? Who is like You, great in holiness, too awesome for praise, doing wonders? [Exodus: 15:11]

With a new song the redeemed ones praised Your Great Name at the seashore; all of them gave thanks in unity and proclaimed Your sovereignty, saying:

שִׁירָה חֲדָשָׁה שָׁבְחוּ גְאוּלִים לְשִׁמְךָ עַל שִׁפְתַי הַיָּם, יִחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

Yah yimlokh l'olam va-ed. יה ימלך לעולם ועד.

Yah reigns for all eternity. [Exodus: 15:18]

☆ WE PREPARE FOR THE AMIDAH - THE T'FILAH: THE STANDING PRAYER ☆

☆ Take three steps back. ☆

צור ישראל, קומה בעזרת ישראל, ופדה כנאמך יהודה וישראל.

גאלנו יהוה צבאות שמו, קדוש ישראל. ברוך אתה יהוה גאל ישראל.

Tzur Yisra'eil kumah b'ezrat Yisra'eil, u-f'deih khin'umekha Y'hudah v'Yisra'eil.

Go'aleinu Adonai Tz'va'ot sh'mo, k'dosh Yisra'eil. Barukh Atah Adonai Ga'al Yisra-eil.

Rock of Israel, arise to the aid of Israel and fulfill Your promise of redemption to Judah and Israel.

Our redeemer, Lord of All Forces is Your Name, the Holy One of Israel.

Blessed are You, Hashem Redeemer of Yisra-El.



☆ -Take three steps forward. ☆



Holy One, open my lips so my mouth can praise You!  
אֲדַנִּי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.  
Adonai s'fatai tiftah u'fi yagid t'hilatekha.  
O God open up my lips as I begin to pray! [singable words].

☆FIRST BLESSING: AVOT V'IMAHOT: CALLING UPON OUR ANCESTORS

Bend knees at "Barukh -Blessed", bow at "Atah-You" and straighten at "Adonai -Hashem"

Blessed are You, Adonai, our Divinity, and Divinity of our ancestral fathers and mothers. Abraham Isaac, Jacob, Sarah, Rebecca and Leah and Rachel stood in awe before You. We too reach for You, infinite, awesome, transcendent One, Source of all being whose truth shines through our ancestors' lives. We, their distant descendants, draw strength from the lessons of their lives and from Your redeeming love.

ברוך אתה יי אלהינו  
ואלהי אבותינו ואמותינו,  
אלהי אברהם, אלהי יצחק,  
ואלהי יעקב, אלהי שרה,  
אלהי רבקה, אלהי לאה,  
ואלהי רחל, האל הגדול  
הגבור והנורא, אל עליון,  
גומל חסדים טובים,  
וקנה הכל, וזוכר חסדי  
אבות ואמהות, ומביא  
גואל לבני בניהם,  
למען שמו באהבה.

On Shabbat Shuvah, add:

זכרנו לחיים, מלך חפץ בחיים, וכתבנו בספר החיים, למענך אלהים חיים.  
Remember us for life, Sovereign who desires life!

Our ruler, helper, rescuer and shield.

☆We praise you, Adonai,  
Guardian of Abraham  
and Helper of Sarah. ☆

☆Barukh Ata Adonai ברוך אתה יהוה,  
Magen Avraham מגן אברהם  
v'Ezrat Sarah. ☆ ועזרת שרה. ☆



☆ SECOND BLESSING: *GEVROT*: DIVINE STRENGTH AND POWER

Ata gibor l'olam Adonai, אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,

m'hayei meitim Ata, rav l'hoshi'a. מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

Your power sustains the universe. You bring life out of death. Great is Your saving grace.

[Winter - From Sukkot to Pesah:] Mashiv ha ruah u'morid ha-gashem מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם

Who causes wind blow and rain fall.

[Summer- From Pesah to Sukkot:] Morid ha-tal מוֹרִיד הַטַּל Who causes dew to fall.

M'khalkeil hayim b'hesed, מְכַלְכֵּל חַיִּים בְּחֶסֶד,

m'hayei meitim b'rahimim rabim, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים,

someikh noflim, v'rofei holim, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים,

u'matir asurim, וּמַתִּיר אֲסוּרִים,

u'm'kayeim emunato lisheinei afar. וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.

Mi khamokha b'al g'vurot מִי כְמוֹךָ בְּעַל גְּבוּרוֹת

u'mi domeh lakh, melek meimit וּמִי דוֹמֵה לָךְ, מֶלֶךְ מֵמִית

u'm'hayeh u'matzmiah yeshu'ah. וּמְחַיֶּה וּמְצַמְיָה יֵשׁוּעָה.

You sustain the living with kindness, awakening compassion. You revive the deadened and inspire us to lift the fallen. Your limitless love upholds the exhausted, heals the sick, frees the bound and gives us faith when we sleep in the dust. Who is like You, Power incomparable?

On Shabbat Shuvah, add: מִי כְמוֹךָ אֵב הַרְחָמִים, זוֹכֵר יְצוּרֵי לְחַיִּים בְּרַחֲמִים.

Who is like You, Merciful One, compassionately remembering Your creations for life!

V'ne'man ata l'ha'ayot meitim. וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

You are the constant and trustworthy Life-Force.

☆ Barukh ata Adonai, m'hayeih ha-meitim. ☆ בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים. ☆

☆ Blessed are You, Mystery of life and death. ☆

☆☆☆ THIRD BLESSING FOR SILENT INDIVIDUAL PRAYER: ☆☆☆

**KEDUSHAT HA-SHEM -HALLOWING THE DIVINE NAME**

☆ אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ, וְקְדוּשִׁים בְּכָל יוֹם יְהִלְלוּךָ סֵלָה. ☆

☆ בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקְדוֹשׁ. ☆

You are Holy and Your name is Holiness and the holy ones praise you daily, Sela!

☆ Blessed are you YHVH, Divinity whose essence is holiness. ☆

☆ Substitute on Shabbat Shuvah: Blessed are You, Hashem, the Holy Sovereign. ☆ בְּרוּךְ אַתָּה יְהוָה, הַמְּלִיךְ הַקְדוֹשׁ. ☆

☆☆☆  
**DURING SILENT INDIVIDUAL PRAYER, SKIP TO PAGE E4 ON SHABBAT OR E5 ON FESTIVALS**  
☆☆☆



☆☆☆ CONTINUE SILENTLY IN ENGLISH OR HEBREW  
OR WITH THE LANGUAGE OF YOUR HEART: ☆☆☆

☆ **FOURTH BLESSING FOR SHABBAT: KEDUSHAT HA-YOM** SANCTITY OF THE SABBATH DAY

יְשֻׁמַח מֹשֶׁה בְּמַתַּנֵּת חֶלְקוֹ, כִּי עָבַד נְאֻמָּן קָרְאתָ לוֹ. כְּלִיל תְּפִאֲרַת בְּרָאשׁוֹ נָתַתָּ לוֹ, בְּעַמְדוֹ לְפָנֶיךָ עַל הַר סִינַי. וְשָׁנֵי לַחֲחוֹת אֲבָנִים הוֹרִיד בְּיָדוֹ, וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת, וְכֵן פְּתוּב בְּתוֹרָתְךָ:

Moses rejoiced in the gift of his portion, for he is called a faithful servant. When he stood before You on Mount Sinai, You gave him a crown of beauty and he carried down two stone tablets on which were written the commandment to keep *Shabbat*.



And thus it was written in Your Torah [Exodus 31:16-17]:

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת, לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתֵם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

And the children of Israel will keep the Sabbath, making *Shabbat* an eternal covenant throughout all their generations. *Shabbat* will be an eternal sign between Me and the children of Israel. For in six days YHVH made the heavens and earth and on the seventh day rested and was refreshed.

וְשִׂמְחוּ בְּמַלְכוּתְךָ, שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג, עִם מְקוֹדְשֵׁי שְׁבִיעִי, כְּלָם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ, וּבְשִׁבְעֵי רְצִיַת בּוֹ וְקִדְשָׁתוֹ, חֲמֻדַּת יָמִים אוֹתוֹ קָרְאתָ, וְזָכַר לְמַעֲשֵׂה בְּרֵאשִׁית:

Those who keep *Shabbat* enjoy Your realm; they call *Shabbat* the summit of delight. A people who observes the holy seventh day enjoys abundant goodness and delight. You favored the seventh day and made it holy, and called it the most beloved of days, and so we remember of the work of Creation.

Eloheynu veilohei horeinu, r'tzei vi-m'nuhateinu אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרֵינוּ, רְצֵה בְּמִנוּחֲתֵנוּ,  
O God, and God of our ancestors, find pleasure in our *Shabbat*.

**KADSHEINU**

Kadsheinu b'mitzvoteykha, v'tein helkeinu b'Toratekha קִדְשָׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ,  
sab'einu mi-tuvekha, v'samah nafsheinu biyshu'atekha שְׁבַעֲנוּ מִטוֹבְךָ, וְשִׂמַח נַפְשָׁנוּ בִישׁוּעָתְךָ,  
Consecrate us with Your mitzvot, give us a share in Your Torah. Sate us with your goodness, delight our souls with your help.

**V'TAHEIR LIBEINU**

V'taheir libeinu l'ovd'kha b'emet. וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת.  
Bring purity to our hearts so we may serve You in truth.



וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרִצּוֹן שַׁבָּת קִדְשָׁךָ, וַיְנַחֲחוּ בּוֹ יִשְׂרָאֵל מְקוֹדְשֵׁי שְׁמֶךָ.  
☆ בְּרוּךְ אַתָּה יְהוָה מְקוֹדֵשׁ הַשַּׁבָּת. ☆

Bequeath to us Your holy *Shabbat* with love and eagerness.  
May the people Israel, who sanctify Your holy name, be blessed with tranquility.  
☆ You are blessed, O Divine One, whose *Shabbat* is sacred. ☆

☆☆☆ ON SHABBAT, SKIP TO E6 ☆☆☆

☆ FIFTH BLESSING: AVODAH: WORSHIP AND DIVINE SERVICE

רצה, יהוה אלהינו, בעמך ישראל ובתפלתם, והשב את העבודה לדביר ביתך, ואשי ישראל, ותפלתם באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך.

May You be pleased, Hashem, with us and with our entreaties, and may the fire-offerings and prayers of Israel be acceptable to You. Through our love, may Your Presence return to the heart of the world.

On Rosh Hodesh or Hol ha-Mo'ed add:

אלהינו ואלהי אבותינו ואמותינו, יעלה ויבא, ויגיע, ויראה, וירצה, וישמע, ויפקד, ויזכר זכרוננו ופקדוננו. זכרנו, ביום הזה, יהוה אלהינו, בו לטובה, ופקדנו בו לברכה, והושיענו בו לחיים... חוס וחנו, ורחם עלינו והושיענו, כי אליך עינינו

Our Source and Divinity of our foremothers and forefathers, may our prayer arise and come to you, and be seen and accepted, acted upon and remembered. Remember us on this day for goodness, favor us for blessing and preserve us for life. Be kind generous and compassionate toward us, and rescue us. Our eyes are turned toward You.

ותחזינה עינינו בשובך לציון ברחמים. ☆ ברוך אתה יהוה, המחזיר שכנינו לציון. ☆

May our eyes witness Your compassionate return to Jerusalem.

☆ We praise you O Indwelling Presence whose Sh'kheinah dwells in Zion, and in our hearts. ☆

☆ SIXTH BLESSING: HODA'AH: GRATITUDE

Bow at "Modim" and straighten at "Adonai- יהוה"

מודים אנחנו לך, שאתה הוא, יהוה, אלהינו ואלהי הורינו, לעולם ועד, צור חיינו, מגן ישענו, אתה הוא לדור ודור, נודה לך ונספר תהלתך, על חיינו המסורים בידיך, ועל נשמותינו הפקודות לך, ועל נסיון שבכל יום עמנו, ועל נפלאותיך וטובותיך שבכל עת, ערב ובקר וצהרים, הטוב, כי לא כלו רחמיך, והמרחם, כי לא תמו חסדיך, מעולם קיינו לך.

Bow at "We" and straighten at "Hashem

We gratefully thank You, Hashem, for it is You Who are Divine Reality, Life of all worlds, for all eternity. We shall thank You and praise You for our lives and for our souls, for Your miracles that continue daily, and for Your wonders and favors in every season - evening, morning and afternoon. O Beneficent One, Your compassion is never exhausted, and O Compassionate One, Your kindness is never-ending. We constantly put our hope in You.

On Hanukah and Purim, add AL HA-NISIM:

על הנסים, ועל הפרקו, ועל הגבורות, ועל התשועות, ועל המלחמות, שעשית לאבותינו בימים ההם בזמן הזה.

And for the miracles, salvation, mighty deeds, victories and wonders which You performed for our ancestors in those days at this time.



ועל כלם יתברך ויתרומם שמך מלכנו תמיד לעולם ועד.

For all these, O Sovereign, let Your name be blessed and elevated, always and for eternity.

On Shabbat Shuvah add:

וכתוב לחיים טובים כל בני בריתך. And inscribe all the children of Your covenant for a good life.

וכל החיים יודוך סלה, ויהללו את שמך באמת, האל ישועתנו ועזרתנו סלה.

Bow at "Blessed- ברוך" and straighten at "Adonai- יהוה"

☆ ברוך אתה יהוה, הטוב שמך ולך נאה להודות. ☆

☆ Blessed are You YHVH, Your name is goodness, and it is only fitting that we praise You. ☆

☆SEVENTH BLESSING: *BIRKAT HA-SHALOM* בְּרַכַּת הַשְּׁלוֹם  
FOR WHOLENESS, PEACE AND FULFILLMENT

Set peace, goodness, blessing, grace, kindness and compassion into the world.

Sim shalom, tovah u-v'rakhah, חַסֵּד וְרַחֲמִים בְּעוֹלָם. חֵן וְחֶסֶד וְרַחֲמִים בְּעוֹלָם.  
הַיְהוָה אֱלֹהֵינוּ יְיָ אֱלֹהֵינוּ, כְּלָנוּ בְּרַכְנוּ, אָבִינוּ, כְּלָנוּ

*BARKHEINU AVINU*

Bless us, Father, as one, in the light of Your face.

*Barkheinu Avinu kulanu* בְּרַכְנוּ, אָבִינוּ, כְּלָנוּ  
*k'ehad b'or panekha.* כְּאַחַד בְּאוֹר פָּנֶיךָ.



With this light You have given us a Living Torah, love, kindness, righteousness, blessing, compassion, life and peace. Let it be good in Your eyes to bless us, at every season and every hour, with peace and wholeness.

ki v'or panekha כִּי בְאוֹר פָּנֶיךָ  
natata lanu Adonai Eloheynu נָתַתָּ לָנוּ, יְיָ אֱלֹהֵינוּ  
Torat hayim, v'ahavat hesed תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,  
u-tz'dakah, u-vrakhah, v'rah'amim, וְצְדָקָה וְבְרַכָּה וְרַחֲמִים  
v'hayim v'shalom, v'tov וְחַיִּים וְשְׁלוֹם, וְטוֹב  
b'einekha l'varkheinu b'khol eit בְּעֵינֶיךָ לְבָרְכֵנוּ בְּכֹל עֵת  
u'v'khol sha'ah bi-sh'lomekha. וּבְכֹל שָׁעָה בְּשְׁלוֹמְךָ.

*On Shabbat Shuvah add:*

בְּסֵפֶר חַיִּים, בְּרַכָּה וְשְׁלוֹם, וּפְרֻנְסָה טוֹבָה, נִזְכֵּר וְנִכְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל הָעַמִּים, לְחַיִּים טוֹבִים וּלְשְׁלוֹם.

Inscribe us., and all peoples, in the book of life, blessing, peace and good livelihood.

Remember us all for a life of goodness and wholeness.

☆Barukh Ata Adonai, ha-m'vareikh ba-shalom. ☆ ☆ בְּרוּךְ אַתָּה יְהוָה, הַמְבַרֵךְ בְּשְׁלוֹם. ☆

☆We praise you, Maker of *Shalom*, whose blessing is peace. ☆

*OSEH SHALOM* עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, shalom bi-m'ro' mav

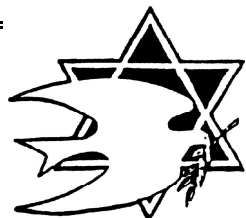
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ Hu ya'a'seh shalom aleynu

וְעַל כָּל יִשְׂרָאֵל, v'al kol Yisra'eil

וְעַל כָּל יִשְׁמָעֵאל, v'al kol Yishma'eil

וְעַל כָּל הָעוֹלָם. v'al kol ha-olam.

May the One Who Creates Harmony in the cosmos above, create peace within and among us, for all Israel, for all Ishmael, and for all the world.

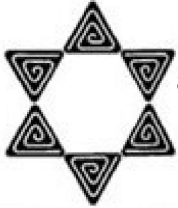


BRINGING THE TORAH OUT OF THE ARK

Stand as the ark is opened:

Va-y'hi binso'a ha-aron va-yomer Moshe וַיְהִי בִּנְסוּעַ הָאָרֶן וַיֹּאמֶר מֹשֶׁה  
kuma Adonai v'yafutzu oyvekha קוּמָה, יְהוָה, וַיִּפְצְצוּ אוֹיְבֶיךָ  
v'yanusu m'sanekha mipanekha. וַיִּנָּסוּ מִשְׁנֵאָיִךְ מִפְּנֵיךָ.

And it happened, when the Ark began its journey, that Moses said,  
"Arise Infinite One and may Your enemies be scattered,  
and may the ones who oppose You run from Your Presence." [Numbers 10:35]



Ki mi-tzion teitzei Torah כִּי מִצִּיּוֹן תֵּיצֵא תּוֹרָה  
u-dvar Adonai miyrushalim. וְדָבַר יְהוָה מִירוּשָׁלַיִם.

Behold, out of Zion emerges Torah, and the word of YHVH from Jerusalem. [Isaiah 2:3]

Barukh shenatan Torah בָּרוּךְ שֶׁנָּתַן תּוֹרָה  
l'amo Yisrael bi-k'dushato. לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ.  
Blessed is the One who gave Torah to Israel in holiness.



CHANT THESE PRAYERS ON FESTIVAL DAYS:

13 ATTRIBUTES:

Chant Hebrew, English, Hebrew

Adonai, Adonai, Eil rahum v'hanun, יהוה יהוה אל רחום וחנון,  
erekh apayim, v'rav hesed v'emet. ארך אפים, ורב חסד ואמת:  
Notzier hesed la-alafim, ניצר חסד לאלפים,  
nosei avon va-fesha v'hata'ah, v' nakei. נשא עון ופשע וחטאת, ונקיה:

Yod Hey Vav Hey, Compassion and Tenderness,  
Patience, Forbearance, Kindness, Awareness.

Bearing love from age to age,  
Lifting guilt and mistakes and  
Making us free!

[Exodus 34: 6-7]



Chant three times:

Va-ani t'filati l'kha, ואני תפילתי לך,  
Adonai, eit ratzon, יהוה, עת רצון,  
Elohim, b'rov hasdekha, אלהים ברב חסדך,  
Aneini be-emet yish'ekha. ענני באמת ישעך.

I myself am my prayer for You, Forgiving One, at this time of favour.  
Holy One, with Your expansive loving-kindness, answer me with the truth of Your saving grace.  
[Psalm 89:14]

Beih ana raheitz בֵּיה אָנָא רַחִיץ,  
 v'lishmei kadisha yakira ana eimar tushb'han. וְלִשְׁמֵיהּ קַדִּישָׁא יַקִּירָא אָנָא אִמַּר תִּשְׁבְּחָן.  
 Ye'hei r'a'va kodamakh d'tiftah liba'i b'Oraita, יֵהֵא רַעְוָא קְדָמְךָ דִּתְפַתַּח לִבְאִי בְּאֹרֵיתָא,  
 v'tashlim mishalin d' liba'i, וְתִשְׁלַם מִשְׁאַלִּין דְּלִבְאִי,  
 v'liba d'khol amakh Yisrael, וְלִבָּא דְכָל עַמְךָ יִשְׂרָאֵל,  
 P'tav u'l'hayin v'lishlam. (Amen.) לְטַב וּלְחַיִּין וּלְשָׁלָם. (אָמֵן.)  
 In You alone I place my trust, and to your holy, precious name I call out praises.  
 May it be Your will that You open my heart into Torah. May You fulfill all my heart's desires,  
 and the hearts of all your people Israel for goodness, for life and for peace...Amen!!

RESPONSIVE SH'MA

Responsively- Hazan then congregation:

שְׁמַע יִשְׂרָאֵל, יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Sh'ma Yisrael Adonai Eloheynu Adonai ehad.

Hear O Israel, YHVH our God, YHVH is One.

Responsively- Hazan then congregation

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵינוּ, קְדוֹשׁ שְׁמוֹ.

Ehad Eloheynu, gadol Adoneinu, Kadosh Sh'mo.

Our God is Unity, Great is our Lord, Holy is the Divine Name.

Hazan: (bow at 'gadlu', rise at 'u'n'rom'mah):

גָּדְלוּ לַיהוָה אֱתֵי, וְנִרְוַמְמָה שְׁמוֹ יַזְדָּו.

Gadlu ladanai i-ti, u-n'rom'mah sh'mo yahdav.

Expand consciousness of the Source with me, and let's elevate the Holy Name together.

L'kha Adonai ha-gedulah v'ha-gevurah לְךָ יְהוָה הַגְּדֻלָּה וְהַגְּבוּרָה

v'ha-tiferet v'ha-neitzah v' ha-hod, וְהַתְּפָאֶרֶת וְהַנִּצְחָח וְהַהוֹד,

ki kol ba-shamayim u'va-aretz כִּי כָל בַּשָּׁמַיִם וּבָאָרֶץ,

l'kha Adonai ha-mamlakhah לְךָ יְהוָה הַמַּמְלָכָה,

v'ha-mitnasei l'khol l'rosh. וְהַמִּתְנַשֵּׂא לְכָל לְרֹאשׁ.

Yours, Holy One, is the greatness, the strength, the glory, the victory and the beauty of all that is here on earth and in the heavens. Yours, Holy One is the majesty and You are above all others.

Rom'mu Adonai Eloheynu, רֹמְמוּ יְהוָה אֱלֹהֵינוּ,

v'hishtahavu la-hadom raglav, kadosh Hu. וְהִשְׁתַּחֲוּוּ לַהֲדוֹם רַגְלָיו, קְדוֹשׁ הוּא.

Rom'mu Adonai Eloheynu רֹמְמוּ יְהוָה אֱלֹהֵינוּ,

v'hishtahavu l'har kodsho, וְהִשְׁתַּחֲוּוּ לְהַר קְדוֹשׁוֹ,

ki kadosh Adonai Eloheinu. כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ.

Let's exalt the Holy One and prostrate ourselves at God's holy footstool.

Let's exalt the Holy One and worship at God's holy mountain, because our God is Holy.

**BLESSING BEFORE THE TORAH READING**

*Those called to the Torah chant:*

**Barkhu et Adonai ha-m'vorakh.** בְּרַכּוּ אֶת יְהוָה הַמְבָרָךְ.

Blessed is The Infinite One, the Source of blessing!

*The congregation replies:*

**Adonai ha-m'vorakh l'olam va-ed.** אֲדֹנָי הַמְבָרָךְ לְעוֹלָם וָעֶד.

Blessed is The Infinite One, the Source of blessing, forever and ever!

*Those called to the Torah chant:*

בְּרַכּוּ יְהוָה הַמְבָרָךְ לְעוֹלָם וָעֶד. בְּרַכּוּ אֶתְּהָ יְהוָה אֱלֹהֵינוּ מִלֶּךְ הָעוֹלָם, אֲשֶׁר בָּחַר

בָּנוּ עִם כָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ. בְּרַכּוּ אֶתְּהָ יְהוָה, נוֹתֵן הַתּוֹרָה.

**Barukh Adonai ha-m'vorakh l'olam va-ed. Barukh ata Adonai Eloheynu Melekh ha-o'lam asher bahar banu im kol ha-a'mim, v'natan lanu et Torato.**

**Barukh Ata Adonai, Notein ha-Torah.**

Blessed are you Holy One Sovereign of Space & Time who has chosen us with all the peoples and has given us Torah. Blessed are you Adonai, Giver of Torah.

**BLESSING AFTER THE TORAH READING**

*Those called to the Torah chant:*

בְּרַכּוּ אֶתְּהָ יְהוָה אֱלֹהֵינוּ מִלֶּךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בְּרַכּוּ אֶתְּהָ יְהוָה, נוֹתֵן הַתּוֹרָה.

**Barukh Ata Adonai Eloheynu Melekh ha-o'lam asher natan lanu Torat emet, v'hayei o'lam nata' b'tokheinu.**

**Barukh Ata Adonai, Notein ha Torah!**

Blessed are you Holy One Sovereign of Space & Time who has given us a Torah of truth, and implanted within us eternal life. Blessed are you Adonai, Giver of Torah.

**BIRKAT HA-GOMEIL: BLESSING OF GRATITUDE FOR GRACE**

*one who has recovered from serious illness or survived an accident says:*

**Barukh Ata Adonai Eloheynu Melekh ha-o'lam** הַמְבָרָךְ אֱלֹהֵינוּ מִלֶּךְ הָעוֹלָם, הַגּוֹמֵל לְחַיִּים טוֹבוֹת, שֶׁגַּמְלָנִי כָּל טוֹב: **ha-Gomeil l'hayavim tovot, she-g'malani kol tov.**

Blessed are You Holy One, Divinity of the world, Who bestows good things to those in Your debt, Who has granted me all good.

*congregation responds :*

**Amen. Mi she-g'mal'khem kol tov** אָמֵן. מִי שֶׁגַּמְלָכֶם כָּל טוֹב,

**Hu yig'mal'khem kol tov, Selah.** הוּא יְגַמְלָכֶם כָּל טוֹב סְלָה:

Amen. May the One who has bestowed good upon you, continue to bestow good upon you, Selah!



*First Aliyah*

וַיֹּאמֶר מֹשֶׁה בְּזֹאת תִּדְעוּן כִּי־יִי שְׁלַחְנִי לַעֲשׂוֹת אֶת כָּל־הַמַּעֲשִׂים הָאֵלֶּה כִּי־לֹא מִלְּבִי: אִם־כַּמּוֹת כָּל־הָאָדָם יִמָּתוּן אֵלֶּה וּפְקַדַת כָּל־הָאָדָם יִפְקַד עֲלֵיהֶם לֹא יִי שְׁלַחְנִי: וְאִם־בְּרִיאָה יִבְרָא יִי וּפְצַתָּהּ הָאֲדָמָה אֶת־פִּיהָ וּבָלְעָה אֹתָם וְאֶת־כָּל־אֲשֶׁר לָהֶם וַיִּרְדּוּ חַיִּים שְׁאֵלָה וַיִּדְעֶתֶם כִּי נֶאֱצוּ הָאֲנָשִׁים הָאֵלֶּה אֶת־יִי: וַיְהִי כִּכְלַתּוֹ לְדַבֵּר אֶת כָּל־הַדְּבָרִים הָאֵלֶּה וַתִּבָּקַע הָאֲדָמָה אֲשֶׁר תַּחְתֵּיהֶם:

Moses announced, "This shall demonstrate to you that God sent me to do all these deeds and I did not make up anything myself. If these men die like all other men, and share the common fate of man, then God did not send me. But if God creates something entirely new, making the earth open its mouth and swallow them and all that is theirs, so that they descend to the depths alive, then it is these men who are provoking God." Moses had hardly finished speaking when the ground under [Dathan and Aviram] split.

*Second Aliyah*

וַתִּפְתַּח הָאָרֶץ אֶת־פִּיהָ וַתִּבְלַע אֹתָם וְאֶת־בְּתֵיהֶם וְאֶת כָּל־הָאָדָם אֲשֶׁר לְקֶרֶח וְאֶת כָּל־הָרֵכוֹשׁ: וַיִּרְדּוּ הֵם וְכָל־אֲשֶׁר לָהֶם חַיִּים שְׁאֵלָה וַתִּכַּס עֲלֵיהֶם הָאָרֶץ וַיֵּאבְדוּ מִתּוֹךְ הַקֶּהֶל: וְכָל־יִשְׂרָאֵל אֲשֶׁר סְבִיבֹתֵיהֶם נָסוּ לְקֶלֶם כִּי אָמְרוּ פֶן־תִּבְלַעֵנוּ הָאָרֶץ: וְאִשׁ יֵצֵאָה מֵאֵת יִי וַתֹּאכַל אֶת הַחֲמִשִּׁים וּמֵאֵתִים אִישׁ מִקְרִיבֵי הַקֶּטֶרֶת:

The earth opened its mouth, and swallowed them and their houses, along with all the men who were with Korach and their property. They fell into the depths along with all that was theirs. The earth then covered them over, and they were lost to the community. [Hearing] their cries, all the Israelites around them screamed that the earth would also swallow them up, and they began to run away. Fire then came down from God, and it consumed the 250 men who were presenting the incense.

*Third Aliyah*

וּלְבְנֵי לֵוִי הִנֵּה נֹתַתִּי כָּל־מַעֲשֵׂר בְּיִשְׂרָאֵל לְנַחֲלָה חֶלֶף עֲבֹדְתָם אֲשֶׁר־הֵם עֹבְדִים אֶת־עֲבֹדַת אֱהֹל מוֹעֵד: וְלֹא־יִקְרְבוּ עוֹד בְּנֵי יִשְׂרָאֵל אֶל־אֱהֹל מוֹעֵד לְשֵׂאת חֹטֵא לְמוֹת: וְעֹבֵד הַלֵּוִי הוּא אֶת־עֲבֹדַת אֱהֹל מוֹעֵד וְהֵם יִשְׂאוּ עֹנָם חֶקֶת עוֹלָם לְדֹרֹתֵיכֶם וּבִתּוֹךְ בְּנֵי יִשְׂרָאֵל לֹא יִנְחִלוּ נַחֲלָה: כִּי אֶת־מַעֲשֵׂר בְּנֵי־יִשְׂרָאֵל אֲשֶׁר יִרְיִמוּ לִי תְרוּמָה נֹתַתִּי לְלוּיִם לְנַחֲלָה עַל־כֵּן אֲמַרְתִּי לָהֶם בְּתוֹךְ בְּנֵי יִשְׂרָאֵל לֹא יִנְחִלוּ נַחֲלָה:

[God said to Aaron:] "To the descendants of Levi, I am now giving all the tithes in Israel as an inheritance. This is in exchange for their work, the service that they perform in the Communion Tent. The [other] Israelites shall therefore no longer come forth to the Communion Tent, since they can then become guilty of sin and die. Instead, the necessary service in the Communion Tent will be performed by the Levites, and they will expiate the sins [of the Israelites]. It shall be an eternal law for future generations that [the Levites] not have any [land] inheritance. Instead, the inheritance that I am giving the Levites shall consist of the tithes of the Israelites, which they separate as an elevated gift. I have therefore told [the Levites] that they shall not have any [land] inheritance among the Israelites."



**REJOICING AND CONGRATULATIONS - SIMAN TOV** [after Bar/Bat Mitzvah Aliyah, sing while gently tossing candy]

סימן טוב ומזל טוב וסימן טוב... יהא לנו

Siman tov u'mazel tov, u'mazel tov v'siman tov...y'hei lanu

יהא לנו ולכל ישראל... יהא לנו ולכל יושבי תבל

Y'hei lanu u'l'khol Yisrael.. y'hei lanu u'l'khol yoshvei teivel.

Good sign and good fortune for us, for Israel and for all people on the earth!

**RECITED BY THE PARENT(S) OR GUARDIANS OF THE BAR/BAT MITZVAH:**

ברוך שפטרני מעונש [הלזת] Masculine [הלזאת] Feminine

**Barukh she-p'ta-rani mei'onesh** [Masculine ha-lazeh] [Feminine ha-lazot]

Blessed is the One who has released me from the consequences of my [son's] [daughter's] actions.

I hereby release my [son] [daughter] as an independent soul under the protective wings and guidance of *Shekhinah*, the Divine Presence. I will no longer bear responsibility and take the spiritual consequences for [his] [her] mistakes, sins, and errors as I did when [he] [she] was a child.

In the presence of this holy congregation, I declare [him] [her] to be a young adult with both the freedoms and responsibilities that this title implies.

**SHEHEHEYANU**

ברוך אתה יהוה, אלהינו מלך העולם, Barukh Ata Adonai, Eloheynu Melekh ha-olam,  
שהיינו וקימנו והגיענו לזמן הזה. she'he'heyanu, v'kiymanu, v'higiy'anu la-z'man hazeh.

Blessed are You, O Holy One, all pervading Spirit of the Universe,  
Who has given us life and sustained us and brought us to this moment.

**HEALING PRAYER**

אל נא רפא נא לה

God, Please heal her! [Numbers 12:13]



**FOREVER YOUNG** [by Bob Dylan]

May God bless and keep you always. May your wishes all come true.

May you always do for others. And let others do for you.

May you build a ladder to the stars And climb on every rung.

And may you stay forever young.

May you grow up to be righteous May you grow up to be true.

May you always know the truth. And see the lights surrounding you.

May you always be courageous Stand upright and be strong

And may you stay forever young.

May your hands always be busy May your feet always be swift

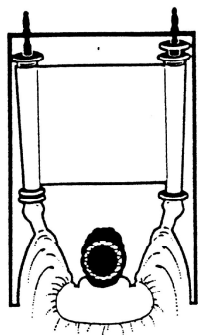
May you have a strong foundation When the winds of changes shift.

May your heart always be joyful May your song always be sung

May you stay forever young.



*Rise as the Torah is Lifted*



V'zot ha-Torah asher sam Moshe וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה  
lifnei B'nei Yisra-eil, לְפָנַי בְּנֵי יִשְׂרָאֵל,  
al pi Adonai b'yad Moshe. עַל פִּי יְהוָה בְּיַד מֹשֶׁה.

This is the Torah that Moses placed before the children of Israel, from the mouth of the Holy One, through the hand of Moses.

**BLESSING BEFORE THE HAFTORAH**

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים טוֹבִים, וְרָצָה בְּדַבְרֵיהֶם  
הַנְּאֻמִּים בְּאַמְתָּה, בְּרוּךְ אַתָּה יְהוָה, הַבוֹחֵר בַּתּוֹרָה וּבַמֹּשֶׁה עַבְדּוֹ, וּבִישְׂרָאֵל עַמּוֹ, וּבְנְבִיאֵי  
הָאַמְתָּה וְצִדְקָה.

**Barukh atah Adonai Eloheynu Melekh ha-olam, asher bahar binvi'im tovim, v'ratzah v'divreyhem ha-ne'emarim be-emet. Barukh ata Adonai ha-boheir ba-Torah u'v'Moshe avdo u'v'Yisra-eil amo, u-vinvi'ei ha-emet va-tzedek.**

A Fountain of Blessings are You YHVH who chooses exemplary prophets through whom the truth is told. You choose Torah, enlightened prophets like Moses, and deep listeners who bring truth and model righteousness.

**BLESSINGS AFTER THE HAFTORAH**

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל הָעוֹלָמִים, צִדִּיק בְּכָל הַדּוֹרוֹת, הָאֵל הַנְּאֻמָּן  
הָאוֹמֵר וְעָשָׂה, הַמְדַבֵּר וּמְקַיֵּם, שֶׁכֵּל דְּבָרָיו אֵמֶת וְצִדְקָה.

**Barukh Atah Adonai Eloheynu melekh ha'olam, tzur kol ha-olamim, tzaddik b'khol ha-dorot, ha-Eil ha-ne'man, ha-omeir v'oseh, ha-m'dabeir u-m'kayeim, she-kol d'varav emet va-tzedek.**

A Fountain of Blessings are you YHVH, our God and our Guide, pouring creation-energy into the unfolding of the universe. You are faithful with your power, you speak and physicality emerges. All your manifestations are true and righteous.

*Bracketed words said on festival holy days.*

עַל הַתּוֹרָה, וְעַל הָעֲבוּדָה, וְעַל הַנְּבִיאִים, וְעַל יוֹם הַשַּׁבָּת הַזֶּה, [וְעַל יוֹם הַטּוֹב הַזֶּה] שְׁנַתָּת לָנוּ,  
יְהוָה אֱלֹהֵינוּ, לְקַדְשָׁה וְלִמְנוּחָהּ, [לְשִׂשׁוֹן וְלִשְׂמֵחָה] לְכַבוֹד וְלִתְפָאֶרֶת. עַל הַכֹּל, יְהוָה אֱלֹהֵינוּ,  
אֲנַחְנוּ מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָּל חַי תָּמִיד לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת [וְיִשְׂרָאֵל וְהַזְּמַנִּים].

**Al ha-Torah, v'al ha'avodah, v'al ha-n'vi'im, v'al yom ha-Shabbat ha-zeh [v'al yom ha-Tov ha-zeh,] shenatata lanu, Adonai Eloheynu, li-k'dushah, v'li-m'nuhah, [l'sason u-'simhah,] l'khavod u-l'tifaret. Al ha-kol, Adonai Eloheynu, anahnu modim lakh, u-m'varkhim otakh, yitabarakh shimkha, b'fi kol hai tamid l'olam va-ed.**

**Barukh Ata Adonai m'kadesh ha-Shabbat [v'Yisrael v'ha-z'manim].**

We thank you for Torah, for the sacred service of this Sabbath day, [and of this Festival day,] for the enlightened prophets and seers, for holiness and rest, [for joy and gladness,] for glory and delight.

May Your Name be praised by all life.

You are Blessed, YHVH, creating holiness for Shabbat [and Israel and the appointed seasons].

יְהַלְלוּ אֶת שֵׁם יְהוָה, כִּי נִשְׁגָּב שְׁמוֹ לְבָדוֹ. הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.  
וַיִּרְם קֶרֶן לְעַמּוֹ, תְּהַלֵּה לְכָל חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל עִם קְרוֹבוֹ, הַלְלוּיָהּ.

**Y'halelu et sheim Adonai, ki nishgav sh'mo l'vado. Hodo al eretz v'shamayim.**

**Va-rarem keren l'amo, t'hilah l'khol hasidav, l'vnei Yisrael, am k'rovo, haleluyah.**

Praise YHVH's name, unique and exalted. Divine glory covers heaven and earth. Divinity extends radiance to her people, and praises to his righteous ones, to the children of Israel, a people close to the Holy. Haleluyah!



וּבְנֵי חַיִּים יֹאמְרוּ: שׁוּבָה, יְהוָה רַבְבוֹת אֵלַי יִשְׂרָאֵל.  
כִּי לָקַח טוֹב נָתַתִּי לָכֶם תּוֹרַתִּי אֵל תַּעֲזֹבוּ.

**U-v'nuhoh yomar: shuva Adonai riv'vot alfei Yisra-eil.**

**Ki lekah tov natati lakhem, Torati al ta'azovu.**

When the ark rested, it was said that God returned to every person in Israel [Numbers 10:36].

It is a good doctrine I have given you, do not forsake my Torah [Proverbs 4:2].



עֵץ חַיִּים הִיא לַמְחַזְקִים בָּהּ, וְתַמְכִּיחַ מֵאֲשֶׁר.  
Eitz hayim hi la-mahazikim bah, v'tomkheyhah m'ushar.

דְּרָכֶיהָ דְרָכֵי נְעִים, וְכָל נְתִיבוֹתֶיהָ שָׁלוֹם.  
D'rakhe'hah darkhei no'am, v'khol n'tivote'hah shalom.

She is a Tree of Life to those who hold fast to her and all her supporters are happy! [Proverbs 3:18]

Her ways are ways of pleasantness and all her paths are peace [Proverbs 3:17].

הֲשִׁיבֵנו יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה, Hashiveinu Adonai eileykha v'nashuvah

וְנִדְשׁ יָמֵינוּ כְּקֶדֶם. hadeish yameinu k'kedem.

Help us return to You O Lord; then truly we shall return.

Renew our days as of old

[Lamentations 5:21]



Our praise gives strength to the  
Shaper of Life. Every soul is  
blessed and rooted in the Divine.  
Our teaching of truth is to know  
we must hallow all life.

We bend our knees, bow,  
acknowledge and surrender,  
lifting our hearts in praise, joy  
and thanks to the Life within all  
life, The Holy Blessed One.

There will come a time when the forces of destruction and  
distortion of ego - the broken whole - will be reconnected into one  
sacred vessel.

The One will be truly One. We hold to this vision.  
We will not be swayed.

Though despair and pain is great, change is possible!  
We will work to bring the day that holy guidance directs the world.  
On that day all will know, experience and live the Unity.

Aleynu l'shabei-ah עֲלֵינוּ לְשַׁבַּח  
la-Adon ha-kol, לְאֲדוֹן הַכֹּל,  
lateit g'dulah לִתֵּת גְּדֻלָּה  
l'yotzeir b'reishit. לְיוֹצֵר בְּרֵאשִׁית.

Va'anahnu kor'im וְאַנְחֵנוּ כּוֹרְעִים  
u-mishtahavim u-modim וּמִשְׁתַּחֲוִים וּמוֹדִים,  
lifnei Melekh לְפָנֵי מֶלֶךְ  
mal'khei ha-m'lakhim מַלְכֵי הַמַּלְכִּים,  
Ha-Kadosh Barukh Hu. הַקְּדוֹשׁ בְּרוּךְ הוּא.



**TAKEYN OLAM** [singable English from R. Tirzah Firestone]

תִּקַּן עוֹלָם בְּמַלְכוּת שְׁדַי. **Takeyn Olam b'mal'khut Shaddai.**  
**To heal the world, we must feel the world.**  
**Heal the world with the power of Shaddai.**

**AND THEN** based on Judy Chicago's translation

And then, and then...all men and women will be gentle.  
And then, and then...all women and men will be strong.  
And they will be so varied, rich and free.  
And everywhere will be called Eden once again.

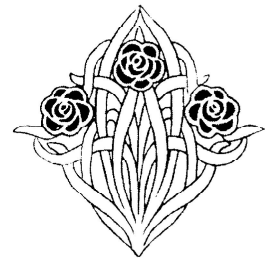
As Zechariah [14:9] said:

And YHVH will be Sovereign  
over all the Earth.

On that day YHVH will be One  
and God's Name will be One!

V'ne'emar v'ha-ya Adonai וְנֹאמַר, וְהָיָה יְהוָה  
l'melekh al kol ha-aretz! לְמֶלֶךְ עַל כָּל הָאָרֶץ,  
Ba-yom ha-hu yih-yeh בַּיּוֹם הַהוּא יִהְיֶה  
Adonai ehad u-she'mo ehad! יְהוָה אֶחָד, וּשְׁמוֹ אֶחָד:

Yitgadal v'yitkadash sh'mei raba. **Amein.** יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵיהּ רַבָּא. אָמֵן.  
 b'alma di v'ra khirutei. בְּעֵלְמָא דִּי בְרָא כְרֵעוּתֵיהּ,  
 V'yamlikh malkhutei, וְיַמְלִיךְ מַלְכוּתֵיהּ,  
 b'hayeikhon u-v'yomeykhon בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן  
 u-v'hayei d'khol beit Yisrael, וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,  
 ba'agala u-vizman kariv, בְּעֵגְלָא וּבְזִמַּן קָרִיב,  
 V'imru: **Amein.** וְאָמְרוּ אָמֵן.



**Y'hei sh'mei raba m'vorakh** יְהִי שְׁמֵיהּ רַבָּא מְבָרַךְ  
**P'olam u-l'almei almaya.** לְעֵלָם וּלְעֵלְמֵי עֲלְמֵיָא.

May the Great Name grow exalted and sanctified in the world created as the expression of the Divine.  
 May Divine Reality be revealed in your lifetimes and in your days, and in the lifetimes of the House of Israel  
 swiftly and soon, and say: **Amen. May the Great Name be blessed forever and ever.**

Yitbarakh v'yishtabah v'yitpa'ar יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
 v'yitromam v'yitnasei וְיִתְרֹמַם וְיִתְנַשֵּׂא  
 v'yithadar v'yitaleh v'yithalal וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
 sh'mei d'Kudsha **Brikh Hu.** שְׁמֵיהּ דְקֻדְשָׁא בְרִיךְ הוּא.

Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be  
 the Name of the Holy One **of Blessing.**

\*L'eila min kol לְעֵלְא מִן כּוֹל\*

[\*Substitute on Shabbat Shuvah: L'eila u-l'eila mi kol לְעֵלְא וּלְעֵלְא מִכּוֹל\*]

birkhata v'shirata tush'b'hata v'nehemata בִּרְכַתָּא וְשִׁירָתָא תִּשְׁבַּחְתָּא וְנַחֲמָתָא  
 da'amiran b'alma. V'imru: **Amein.** דְאָמְרִין בְּעֵלְמָא וְאָמְרוּ אָמֵן.

Blessed is the One beyond and above all blessing and song, praise and consolation  
 that are uttered in the world, and say: **Amen.**

Y'hei sh'lama raba min sh'maya, יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא,  
 v'hayim aleynu v'al kol Yisra-eil, וְחַיִּים עָלֵינוּ וְעַל כּוֹל יִשְׂרָאֵל,  
 V'imru: **Amein.** וְאָמְרוּ אָמֵן.

May great peace come from Heaven, bringing life to us and all Israel,  
 and say: **Amen.**

Ose shalom bi-m'romav, עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,  
 Hu ya'ase shalom aleynu הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ  
 v'al kol Yisra'eil, וְעַל כּוֹל יִשְׂרָאֵל,



v'al kol yoshvei tevel, v'imru: **Amein.** וְעַל כּוֹל יוֹשְׁבֵי תֵבֵל וְאָמְרוּ אָמֵן.

The One who makes peace in the heights, will make peace upon us, upon all Israel,  
 and upon all who dwell on earth, and say: **Amen.**

[33] **SH'MA ADONAI KOLI** [Psalm 27:7 - chant by R. Diane Elliot]

**Sh'ma Adonai koli ekra, v'honeini va-aneini.** שְׁמַע־יְהוָה קוֹלִי אֶקְרָא וְחֲנִנִי וְעֲנֵנִי:  
Adonai, hear my voice when I call, and grant me grace and answer me.

[34] **AḤAT SHA'ALTI** [Psalm 27:4]

Aḥat sha'alti me'eit Ha-Shem (4x) אַחַת שְׂאֲלָתִי מֵאֵת הַשֵּׁם,  
Otah avakeish shivti b'veit Ha-Shem (4x) אוֹתָהּ אֶבְקֵשׁ שִׁבְתִּי בְּבַיִת הַשֵּׁם  
Kol y'mei ḥayai la'ḥazot b'no'am Ha-Shem (3x) כָּל יְמֵי חַיַּי לַחֲזוֹת בְּנוֹעַם הַשֵּׁם  
U-l'vakeir b'heykhalo: וּלְבַקֵּר בְּהֵיכָלֹו:

**Only one thing I ask of you, O Lord  
Only one thing I ask of you, O Lord  
That I should dwell in Your house, Hashem  
Dwell in Your house all the days of my life**

[35] **KAVEH** [Psalm 27:14]

**Kaveh kaveh kaveh el Ha-Shem** קָוֵה, קָוֵה, קָוֵה אֶל הַשֵּׁם  
**Kaveh kaveh kaveh el Ha-Shem** קָוֵה, קָוֵה, קָוֵה אֶל הַשֵּׁם  
**Kaveh el HaShem, ḥazak v'ya'ameitz libekha** קָוֵה אֶל הַשֵּׁם, חֲזַק וַיִּצְמַח לִבְךָ  
**V'kaveh el Ha-Shem.** וְקָוֵה אֶל הַשֵּׁם.  
Hope to Hashem; be strong and you will be given heart. Hope to Hashem!

[36] **OD YAVO SHALOM ALEINU** Arabic translation and transliteration by Manar Azreik

**Od yavo shalom aleynu ve'al kulam.** עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ וְעַל כּוֹלָם.

**Salaam...Aleynu ve'al kol ha'olam, ...** סָלָאָם...עָלֵינוּ וְעַל כּוֹל הָעוֹלָם...



**Salaam, salaam!** סָלָאָם, סָלָאָם!

**Raah Yiji Al Sallam A'laina** رَاح يَجِي السَّلَام عَلَيْنَا  
**Waa'l Kol El A'lam.** وَعَال كَوَل الْعَالَم

**Salaam, A'laina Waa'l Kol El A'lam.** سَلَام عَلَيْنَا وَعَال كَوَل الْعَالَم

**Salaam, salaam!** سَلَام سَلَام

May peace yet come - to us and to all, to us and to the entire world!  
Salaam! Shalom!

## REBBE NAHMAN OF BRESLOV'S *HITBOD'DUT* PRAYER

[as written by Reb Nosson in *Likutei T'filot* 2:11 - name of translator unknown]

רבונו של עולם וּפְנֵי לְהִרְבוֹת בְּהִתְבוּדוֹת תָּמִיד, וְאַזְכָּה לְהִיּוֹת רְגִיל לְצֵאת בְּכָל יוֹם לַשָּׂדֶה בֵּין  
אֵילָנוֹת וְעֵשְׂבִים וְכָל שֵׁיחַ הַשָּׂדֶה, וְשֵׁם אֲזַכֶּה לְהִתְבוּדָד וּלְהִרְבוֹת בְּשִׂיחָה זֹאת תְּפִלָּה בִּינִי לְבֵין קוֹנֵי  
לְשׁוֹחַ שֵׁם כָּל אֲשֶׁר עִם לִבִּי. וְכָל שֵׁיחַ הַשָּׂדֶה וְכָל הָעֵשְׂבִים וְהָאֵילָנוֹת וְכָל הַצְּמִחִים, כּוֹלֵם יִתְעוֹרְרוּ  
לְקִרְאתִי, וְיַעֲלוּ וְיִתְּנוּ כַּחֵם וְחַיּוּתָם לְתוֹךְ דְּבָרֵי שִׂיחָתִי וְתְּפִלָּתִי, עַד שֶׁתְּהִיָּה תְּפִלָּתִי וְשִׂיחָתִי נִשְׁלֶמֶת  
בְּתַכְלִית הַשְּׁלֵמוֹת עַל יְדֵי כָּל שֵׁיחַ הַשָּׂדֶה, שֶׁיִּכְלְלוּ כּוֹלֵם, עִם כָּל כַּחוֹתָם וְחַיּוּתָם וְרוּחֵיגִיּוּתָם עַד שֶׁרָשָׁם  
הָעֲלִיזוּ, כּוֹלֵם יִכְלְלוּ בְּתוֹךְ תְּפִלָּתִי. וְעַל יְדֵי זֶה אֲזַכֶּה לִפְתּוֹחַ אֶת לִבִּי.



**Master of the Universe:**  
**Grant me the ability to be alone.**  
**May it be my custom to go outdoors each day**  
**among the trees and the grass,**  
**among all growing things.**  
**And, there, may I be alone to enter into prayer**  
**talking to the One to whom I belong.**  
**May I express there everything in my heart,**  
**and may all the foliage of the field**  
**awake at my coming to send the powers**  
**of their life into the words of my prayer,**  
**so that my speech is made whole through**  
**the life and spirit of all growing things**  
**which are made as One by their Transcendent Source.**  
**And, through this, may my heart open.**



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