

ביום־שבת ט' בכסלו 5782
אליהו בן־שׂי חיים ולאָה
עלה לתורה בפרשת ויֵצֵא

On Yom Shabbat, the 9th day of the
moon of Kislev, in the year 5782:

Eliyahu Ben Shai Chaim v Leah

Celebrates his b'mitzvah before the community
And chants from Parshat Vayetzei in the Torah

May Elijah continue to be blessed
With wisdom, compassion, courage and love
As he journey's forth into the world.
May the messengers of peace always protect him
In his comings and goings.



Shabbat Shalom!

We are so happy to have you join us at Chochmat Halev as our son, Elijah, is called to the Torah as a B'Mitzvah.* Elijah is a seventh grader at Martin Luther King Middle School in Berkeley. He has been studying with his B'Mitzvah teacher, Rabbi Lynn Gottlieb, for close to a year, mostly online, to prepare for this ceremony, which marks his entrance into Jewish adulthood. In this service, Elijah accepts responsibilities that have been passed through the generations for thousands of years, while our community encircles and embraces him with support and love.

This morning's service is similar to others that occur each Shabbat in every Jewish community throughout the world. The service blends elements of communal and personal prayer. Elijah will co-lead the Shabbat service today with our congregational leaders, Maggid Jhos Singer and Julie Batz. We feel so fortunate to have Jhos and Julie leading us today, shortly before they embark on their next adventure, after years of dedicated leadership here at Chochmat Halev. We feel a tremendous sense of gratitude for their steadfast and nurturing leadership. We are also grateful to have Rabbi Lynn, as Elijah's spiritual guide and mentor throughout this journey, leading us today alongside Jhos and Julie.

Today's Torah portion, Vayetze (from the Book of Genesis), chronicles Jacob's journey from Beer Sheba, his dream about a ladder to heaven and his receiving a commitment from the Divine. Elijah will chant ten verses from Parshat Vayetze and his father, Shai (Charles) will read the final three verses. Elijah will offer the Aliyot Blessings for his own reading and then his mother, Lily, will have the honor of the second Aliyah. The Torah will then be returned to the ark, and Elijah will deliver a D'var Torah (or Drash), his interpretation of today's Torah portion.

We are happy to have the company, via live-stream, of many members of our Chochmat Halev community for this Shabbat service. While we wish we could all be sharing the same physical space with you, we appreciate that you are still able to be with us, and we send our thanks to our dedicated technology experts for facilitating meaningful connection with the rest of our community that we are not able to have here today.

Today, we are especially grateful to have Elijah's paternal grandfather, Paul Wolff, and Elijah's maternal grandparents, Paula and David Shatkin. Other family members blessing us with their presence today include Elijah's brother, Rami Wolff, aunts and uncles Nina and Yaniv Tepper (through Zoom), Jesse Shatkin, Anna Cordell, Karen Wolff, Linda Wolff, Karma Dorji, great aunts and uncles Barbara and Andy Littman (travelling all the way from Newton, Mass.!), cousins Mila Dorji, Shey Dorji, Leo Kirshenbaum, Taavi Kirshenbaum, Aiden Tepper (Zoom), Talia Tepper, Ruby Tepper, Aaron Littman and Kate Morris, along with our dear friends, the Glasses (Dan, Kate, Sonia and Alma).

We are still very much feeling both the painful loss and the guiding, joyful presence of Elijah's maternal grandmother, Marion Wolff, who is absolutely here with us today in spirit.

We also want to remember Elijah's great grandparents, who have contributed to his identity in countless ways: Toby and Alfred Shatkin, Roz and Milton Katz, Lotte and Rudy Pollak, Erika and Karl (Charles) Wolff.

It means so much to us to have you all here with us. You all have helped Elijah and us to reach this special moment, through your love and support over the years. Thank you!!

Wishing you a Shabbat Shalom, a Sabbath of peace, and thanking you again for sharing this joyous milestone with us,

Shai and Lily

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

A Note From R. Lynn About Our Torah Translation Today

Parshat VaYetzei is translated in this supplement in a storyteller's idiom to honor and carry out the ancient and enduring oral tradition of storytelling in Jewish life. Sacred stories, including torah, are meant to be told and modified. Those who occupy the sacred role of Jewish storyteller have, in all times and places, digressed, changed directions, amplified, and flipped the script on stories that came before. All translations reflect the time and place of the storyteller, including Torah, which itself is essentially an oral tradition. Today, Elijah is taking on the storyteller's *m'targaman* role, when the storyteller translates Torah into the language of their audience. (M'targaman is an Aramaic word).

Jews strive to make Torah a living tradition in every generation. This can only be accomplished by lifting up traditions of storytelling and translating Torah in ways that reflect contemporary values and conditions. In this spirit, we have translated *Elohim/Adonai* into gender fluid language, and eliminated the many "and's" which are part of the Torah's telling. We both noticed the troubling idea of "colonial settlerism" when one interprets the promise as land expansion. There is another way to interpret this dream, as our sages often did, as a spiritual rather than geographical promise of safety when one relies on love as a source of power. What does the dream mean to you?

Rabbi Lynn grew up in a family of storytellers. Her mother was a puppeteer. R. Lynn was ordained by R. Zalman Schachter-Shalomi, z"l as "rabbi" and "maggid" in recognition of her master craft. Elijah, on the occasion of his b'mitzvah, steps into the ancient role of storyteller/translator-magid/m'targaman before his community.

Welcoming Blessings

(translations by R. Lynn Gottlieb)

Shehecheyanu שהחינו

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|--|---|
| <i>Barukh atah adonai elohainu melekh ha'olam shehecheyanu v'kiy'manu v'higi'anu lazman hazeh.</i> | ברוך אתה יי אלהינו מלך העולם שהחינו וקימנו והגיענו לזמן הזה. |
|--|---|

Blessed is the Spirit of Life which heals us,
fills us with resiliency, and has sustained us to this very moment.

Hinei Ma-Tov הנה מה-טוב

| | |
|--|--|
| <i>Hinei ma-tov u'mana'im shevet anashim gam yachad.</i> | הנה מה-טוב ומה-נעים שבת אנשים גם יחד. |
|--|--|

How good and how sweet it is, when kinfolk sit together in peace!

De Boca de Dio

*Sefardic Jews have lived on Turtle Island (the indigenous name of the United States) for 423 years.
They came to New Mexico in 1598, a date an experience often neglected by historians.*

| | |
|---|--|
| <i>De boca de Dio (2x) Somos Bendichos Todos Los Judios (hu-dee-os/hu-dee-as) De boca de Dio (2x) Somos Bendichos Todos Los Pueblos</i> | From the Divine Mouth: All of us are blessed, Jews and everyone. |
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Hand Washing Blessing

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|--|---|
| <i>Barukh atah Adonai eloheinu melekh ha'olam asher kidshanu b'mitzvotav v'tzivanu al n'tilat yadayim.</i> | ברוך אתה יי אלהינו מלך העולם, אשר קדשנו במצותיו, וצונו על נטילת ידים. |
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Let us bless the Source of Life and give thanks for the spiritual practice of washing our hands.

Blessing for the Wonder of the Human Body

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|--|--|
| <i>Barukh atah Adonai, rofei khol basar u'mafli la'asot.</i> | ברוך אתה יי רופא כל בשר ומפליא לעשות. |
|--|--|

May we honor the wondrous gift of healing by taking care of our body.

Tallit Blessing

| | |
|---|---|
| <i>Barukh atah Adonai eloheinu melekh ha'olam asher kidshanu b'mitzvotav v'tzivanu l'hitateif ba'tzitzit.</i> | ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו להתעטף בציצית. |
|---|---|

Let us honor the practice of wrapping ourselves in a sacred garment with four fringes.

Blessing for Being Occupied with Torah

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|--|--|
| <i>Barukh atah Adonai eloheinu melekh ha'olam asher kidshanu b'mitzvotav v'tzivanu la'asok b'divrei Torah.</i> | ברוך אתה יי אלהינו מלך העולם אשר קדשנו במצותיו וצונו לעסוק בדברי תורה. |
|--|--|

Let us bless the Source of Life and give thanks
for the spiritual practice of immersing ourselves in words of Torah.

A decorative border surrounds the central text. At the top, two stylized birds are perched on a branch. At the bottom, two more stylized birds are perched on a branch, flanking a central, elongated, pointed object that resembles a heart or a stylized flame. Grapes hang from the branches on either side of the central object.

סְדוּר הַלֵּב

A HEART-CENTERED
PRAYER BOOK

CHOCHMAT HALEV

"WISDOM OF THE HEART"

חֲכָמַת הַלֵּב

BERKELEY, CALIFORNIA

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.



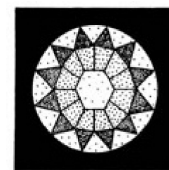
Elohai n'shamah אֱלֹהֵי נְשָׁמָה
she-natata bi t'horah hi. שֵׁנִיתָתָה בִּי טְהוֹרָה הִיא.
Atah v'ratah, atah y'tzartah אַתָּה בְּרַאתָהּ, אַתָּה יִצְרָתָהּ
atah n'fahtah bi אַתָּה נִפְחַתָּהּ בִּי
v'atah m'shamrah b'kirbi, וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי
v'atah atid litlah mi-meni וְאַתָּה עֲתִיד לִטְלֹה מִמֶּנִּי
u-l'haḥazirah bi le'atid lavo. וְלִהְיוֹזֵרָהּ בִּי לְעֵתִיד לָבוֹא.
Kol z'man she-ha-neshamah כָּל זְמַן שֶׁהַנְּשָׁמָה
v'kirbi בְּקִרְבִּי
modeh (masculine) מוֹדֶה modah (feminine) מוֹדֶה
ani l'faneykha Adonai Elohai אֲנִי לִפְנֵיךָ יְהוָה אֱלֹהֵי
veilohei avotai v'imotai וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי
Ribon kol ha-ma'asim רִבּוֹן כָּל הַמַּעֲשִׂים
Adon kol ha-n'shamot אֲדוֹן כָּל הַנְּשָׁמוֹת.
Barukh Atah Adonai ha-mahazir בְּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר
n'shamot li-f'garim meitim. נְשָׁמוֹת לִפְגָּרִים 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'hokhmah u-vara vo בְּחִכְמָה וּבְרָא בּוֹ
n'kavim n'kavim נִקְבִּים נִקְבִּים
halulim halulim. חֲלוּלִים חֲלוּלִים.
Galui v'yadua גָּלוּי וְיָדוּעַ
lifnei khisei kh'vodekha לִפְנֵי כִסֵּא כְבוֹדְךָ
She-im yipatei'ah ehad meihem שֶׁ-יִמּוּ יִפְתָּח אֶחָד מֵהֶם
o yisateim ehad meihem, אוּ יִסְתֶּם אֶחָד מֵהֶם,
iy efshar l'hitkayeim אִי אֶפְשָׁר לְהִתְקַיֵּם
v'la'amod l'fanekha. וְלַעֲמוֹד לִפְנֵיךָ.
B'rukha At Sh'khinah בְּרוּכָה אַתְּ שְׁכִינָה
Rof'ah khol basar רוֹפֵאָה כָּל בָּשָׂר
u-mafli'ah la'asot. וַיַּמְפְּלִיָּהּ לַעֲשׂוֹת:





Y'varekh'kha Adonai, v'yishm'rekha. **יְבָרֶכְךָ יְהוָה וַיְשַׁמְרֶךָ.**

Ya'eir Adonai Panav Eileykha vi-huneka. **יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיְחַנֶּכָּךְ.**

Yisa Adonai panav eileykha v'yaseim l'ka shalom. **יֵשׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם 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-SHAHAR

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

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

l'havhin bein yom uvein laila, **Amein. לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה, 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. שֶׁעָשָׂנִי יִשְׂרָאֵל, 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. שֶׁלֹא עָשִׂיתָנִי עֶבֶד, 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. שֶׁעָשָׂנִי כְרִצּוֹנוֹ, 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. פּוֹקַחַת עֵוְרִים, 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. מַלְבִּישׁ עֲרֻמִּים, 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. מַתִּירָה אֲסוּרִים, 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. זוֹקֵיף כְּפוּפִים, אָמֵן.**

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

ברוכה את שכינה חי העולמים B'rukhhah At Sh'khinah Hei Ha'olamim

רוקעת הארץ על המים, אמן. roka'at ha'arets al hamayim, Amein.

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

ברוך אתה יהוה אלהינו מלך העולם Barukh Ata Adonai Eloheinu Melekh Ha'olam

המכין מצעדי גבר, אמן. ha-meikhin mitz'adei gaver, Amein.

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

ברוכה את שכינה חי העולמים B'rukhhah At Sh'khinah Hei Ha'olamim

שעשתה לי כל צרכי, אמן. she'as'tah li kol tzorki, Amein.

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

ברוכה את שכינה חי העולמים B'rukhhah At Sh'khinah Hei Ha'olamim

אוזרת ישראל בגבורה, אמן. ozeret Yisrael bi'g'vurah, Amein.

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

ברוך אתה יהוה אלהינו מלך העולם Barukh Ata Adonai Eloheinu Melekh Ha'olam

עוטר ישראל בתפארה, אמן. oteir Yisrael b'tifarah, Amein.

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

ברוכה את שכינה חי העולמים B'rukhhah At Sh'khinah Hei Ha'olamim

הנותנת לי עז כח, אמן. ha-notenet la-ya'eif ko'ah, Amein.

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

ברוך אתה יהוה אלהינו מלך העולם Barukh Ata Adonai Eloheinu Melekh Ha'olam

המעביר שנה מעיני ha-ma'avir sheinah mei-eynai

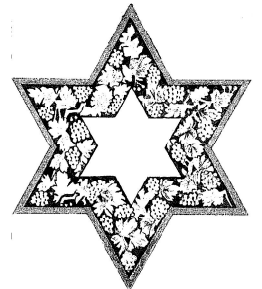
ותנומה מעפעפי. u-t'numah mei-af'apai.

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.

ברוך אתה יהוה, Barukh Atah Adonai,
גומל חסדים טובים gomel hasadim tovim
לעמו ישראל. l'amo Yisra'el. אמן. Amein.



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.

Every soul will
 praise *Yah*, Halleluyah!

Hallelu Eil b'kodsho, הַלְלוּ אֵל בְּקֹדֶשׁוֹ,
 halleuhu birkiya u-zu'o. הַלְלוּהוּ בִּרְקִיעַ עֲזוֹ.
 Halleluhu bi-g'vurotav, הַלְלוּהוּ בְּגִבּוּרָתוֹ,
 halleuhu k'rov gudlo. הַלְלוּהוּ בְּרֹב גְּדֻלּוֹ.
 Halleluhu b'teika shofar, הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,
 halleuhu b'neivel v'khinor. הַלְלוּהוּ בְּנֵיבֶל וּכְנֹר.
 Halleluhu b'tof u-mahol, הַלְלוּהוּ בְּתוֹף וּמְחוּל,
 halleuhu b'minim v'ugav. הַלְלוּהוּ בְּמִנִּים וְעָגָב.
 Halleluhu b'tzitzlei shama, הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע,
 halleuhu b'tzitzlei t'ru'ah. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.
Kol ha-n'shamah כָּל הַנְּשָׁמָה
t'halleil Yah, Halelluyah! 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 בָּרוּךְ יְהוָה לְעוֹלָם
 Amein v'amein. אָמֵן וְאָמֵן.
 Barukh Adonai mi-tzion בָּרוּךְ יְהוָה מִצִּיּוֹן,
 shokhein Yerushalayim שׁוֹכֵן יְרוּשָׁלַיִם,
 Halleluyah! הַלְלוּיָהּ.
 Barukh Adonai Elohim בָּרוּךְ יְהוָה אֱלֹהִים
 Elohei Yisrael אֱלֹהֵי יִשְׂרָאֵל,
 ose ni fla'ot l'vado. עֲשֵׂה נִפְלְאוֹת לְבִדּוֹ.
 U-varukh sheim k'vodo וּבָרוּךְ שֵׁם כְּבוֹדוֹ
 l'olom, v'yimalei לְעוֹלָם, וַיְמַלֵּא
 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!

YISHTABAH

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 לָעַד

Malkeinu ha'Eil מַלְכֵנוּ הָאֵל

ha-gadol v'ha-kadosh הַגָּדוֹל וְהַקָּדוֹשׁ

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

Ki l'kha na'eh Adonai Eloheynu כי לְךָ נָאֵה, יְהוָה אֱלֹהֵינוּ
eilohei avoteinu v'imoteinu, וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
shir u-sh'vakhah, haleil v'zimrah, שִׁיר וְשִׁבְחָהּ, הַלֵּל וְזִמְרָה,
oz u-memshalah, netzah g'dulah, עֹז וּמִמְשָׁלָה, נִצָּחַת, גְּדֻלָּה
u-g'vurah, t'hilah v'tiferet וְגִבּוּרָה, תְּהִלָּה וְתִפְאָרֶת,
k'dushah u-malkhut, b'rakhot קִדְשָׁהּ וּמַלְכוּתָהּ, בְּרָכוֹת
v'hoda'ot mei-atah v'ad olam. וְהוֹדָאוֹת מֵעַתָּה וְעַד עוֹלָם.
Barukh Atah Adonai בָּרוּךְ אַתָּה יְהוָה,
El melekh gadol ba-tishbahot אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת,
Eil ha-hoda'ot Adon ha-nifla'ot, אֵל הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלְאוֹת,
ha-Boheir b'shrei zimrah, הַבּוֹחֵר בְּשִׁירֵי זִמְרָה,
Melekh El Hei ha-olamim. מֶלֶךְ אֵל חַי הָעוֹלָמִים.

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 כְּרֵעוּתֵיהּ, וְיַמְלִיךְ מַלְכוּתֵיהּ,
b'hayekhon u-v'yomeikhon u-v'hayei d'khol בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכֹל
beit Yisrael, ba'agala u-vizman kariv. V'imru: בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְנָן קָרִיב, וְאָמְרוּ:

Amein. Y'hei sh'mei raba m'vorakh אָמֵן. יְהִי שְׁמֵהּ רַבָּא מְבֹרָךְ

l'olam u-l'almei almaya. לְעָלָם וּלְעָלְמֵי עֲלְמַיָּא.

Yitbarakh v'yishtabah v'yitpa'ar יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
v'yitromam v'yitnasei v'yithadar v'yitaleh וְיִתְרומם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה
v'yit'halal sh'mei d'Kudsha **Brikh hu.** וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא.
L'eila min kol לְעֵלָא מִן כָּל

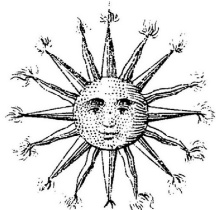
[*Substitute on Shabbat Shuvah: L'eila u-l'eila mi kol לְעֵלָא וּלְעֵלָא מִכָּל

birkhata v'shirata tushb'hata v'nehemata, בִּרְכָתָא וְשִׁירָתָא תִּשְׁבְּחָתָא וְנִחְמָתָא,
da'amiran b'alma. V'imru: **Amein.** דְאַמְרִין 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 הַמְּבָרָךְ. Barkhu et Adonai ha-m'vorakh.**

Bless Hashem, the Blessed One

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

Congregation, then Hazan: **בָּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד.**

Barukh Adonai ha-m'vorakh l'olam va-ed.

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

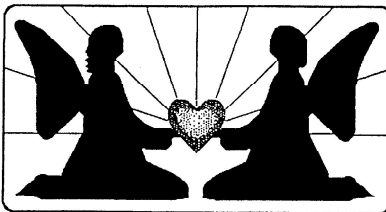
YOTZER BLESSING

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

בָּרוּךְ אַתָּה יְהוָה, Barukh Atah Adonai
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, Eloheynu melekh ha-olam
יוֹצֵר אֹר וּבוֹרֵא חֹשֶׁךְ, Yotzeir or u-vorei hoshekh,
עֹשֶׂה שָׁלוֹם 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 צִוְּרֵי מַלְכֵנוּ וְגַאֲלֵנוּ בּוֹרֵא קְדוֹשִׁים:
כָּלם אֱהוּבִים, כָּלם בְּרוּרִים, כָּלם גְּבוּרִים,
וְכָלם עֹשִׂים בְּאֵימָה וּבִירָאָה רְצוֹן קוֹנֵם.
וְכָלם מְקַבְּלִים עֲלֵיהֶם עַל מַלְכוּת שָׁמַיִם זֶה
מִזֶּה: וְנוֹתְנִים רְשׁוּת זֶה לָזֶה לְהַקְדִּישׁ לְיוֹצֵרָם
בְּנִחָת רוּחַ, קְדֻשָּׁה כָּלם בְּאַחַד עוֹנִים
וְאוֹמְרִים בִּירָאָה:

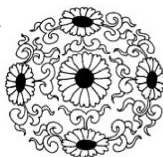


Holy! holy! holy! is the
single Source of all
diversity; Its glory fills
the earth! [Isaiah 6:3]

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ Kadosh, kadosh, kadosh
יְהוָה זָבָאוֹת Adonai tz'vaot,
מֶלֶךְ 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 אֹר וּבוֹרֵא חֹשֶׁךְ עֹשֶׂה שָׁלוֹם וּבוֹרֵא רָע אֲנִי יְהוָה עֹשֶׂה כָּל-אֵלֶּה: "

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



Ahavah rabah ahavtanu, אַהַבָּה רַבָּה אֶהְבְּתָנוּ,
Adonai Eloheynu, יְהוָה אֱלֹהֵינוּ,
hemla g'dolah viy'teirah חֲמֵלָה גְדוֹלָה וַיִּתְּרָה
hamalta aleynu. חֲמֵלָתָ 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 מִלְכֵּנוּ, בְּעִבּוּר אִימּוֹתֵנוּ וְאֲבוֹתֵנוּ
שֶׁבִטְחוּ בְּךָ, וְתִלְמָדִם חֻקֵּי חַיִּים, בֵּין תַּחֲנוּנוֹ
וְתִלְמִידוֹ. אֲמִינוּ הִרְחַמְנִית, רַחֲמֵי עָלֵינוּ, וְתִנֵּי
בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל, לְשִׁמּוֹעַ, לְלַמֵּד
וּלְלַמֵּד, לְשַׁמֵּר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל דִּבְרֵי
תִּלְמוּד תּוֹרָתְךָ 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 בְּתוֹרָתְךָ,
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 נִבּוֹשׁ לְעוֹלָם וָעֶד.

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 בְּשֵׁם קֹדֶשְׁךָ
hagadol v'hanora batahnu, הַגָּדוֹל וְהַנּוֹרָא בָּטַחְנוּ,
nagilah v'nism'hah biyshu'atekha. נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעָתְךָ.

(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.



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.

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ,
וְתוֹלִיכֵנוּ קוֹמְמִיּוֹת לְאַרְצֵנוּ.
כִּי אֵל פּוֹעֵל יִשׁוּעוֹת אַתָּה, וּבָנוּ בְּחֵרָתָ
עִם כָּל עַם וְלָשׁוֹן. וְקִרְבָּתָנוּ לְשִׁמְךָ הַגָּדוֹל
סֵלָה בְּאַמֶּת, לְהוֹדוֹת לָךְ וּלְיַחְדְּךָ בְּאַהֲבָה.

AHAVAH, RAHAMIM [chant by Bon Singer]

Ahavah v'rahamim, hesed, v' shalom אַהַבָּה, 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*
 הבוחר 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 מְצַוֶּךָ הַיּוֹם עַל-לִבְבְּךָ: וּשְׁנַנְתָּם לְבִנְיֶיךָ וְדִבַּרְתָּ בָם
בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם לְאוֹת עַל-יָדְךָ
וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ: וְכַתַּבְתָּם עַל-מְזוּזֹת 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'shartam 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 תִשְׁמָעוּ אֶל מְצֻוֹתַי, אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם הַיּוֹם, לְאַהֲבָה אֶת יְהוָה אֱלֹהֵיכֶם וּלְעֲבֹדוֹ
בְּכָל לִבְבְּכֶם וּבְכָל נַפְשְׁכֶם. וְנָתַתִּי מִטֶּר אֲרָצְכֶם בְּעֵתוֹ, יוֹרֵה וּמִלְקוֹשׁ, וְאֶסְפַּת דֶּגָּף וְתִירֶשֶׁת וְיִצְהָרָה.
וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבְהֵמָתְךָ, וְאֶכְלָתָ וּשְׂבַעְתָּ. הִשְׁמָרוּ לָכֶם פֶּן יִפְתָּה לְבַבְכֶם, וְסָרְתֶם וְעַבַּדְתֶּם אֱלֹהִים
אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם. וְחָרָה אַף יְהוָה בָּכֶם, וְעָצַר אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר, וְהָאֲדָמָה לֹא תִתֵּן
אֶת יְבוּלָהּ, וְאֶבְדְּתֶם מְהֵרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם. וְשָׁמַתָּם | אֶת דְּבָרֵי אֱלֹהֵי עַל
לְבַבְכֶם וְעַל נַפְשְׁכֶם, וּקְשַׁרְתֶּם אֹתָם לְאוֹת עַל יָדְכֶם, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֵיכֶם.
וְלִמְדֶתֶם אֹתָם אֶת בְּנֵיכֶם לְדַבֵּר בָּם, בְּשַׁבְתְּךָ בְּבֵיתְךָ, וּבְלַכְתְּךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וְכַתַּבְתָּם עַל מְזוּזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ. לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאֲדָמָה
אֲשֶׁר נִשְׁבַּע יְהוָה לְאֲבֹתֵיכֶם לֵאמֹר, כִּי־יָמֵי 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;

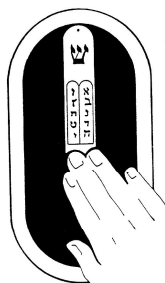
Don't make gods of them, or you will appear separate from Me.

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]

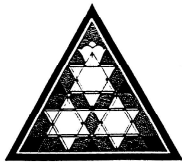


(Take tzitzit in right hand and kiss them at each saying of "tzitzit, while looking at them.)

וַיֹּאמֶר יְהוָה אֶל מֹשֶׁה לֵאמֹר. דַּבֵּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם, וַעֲשׂוּ לָהֶם צִיצִית עַל כְּנָפֵי בְגָדֵיהֶם לְדֹרֹתָם, וְנָתַנּוּ עַל צִיצִית הַכֶּנֶף פִּתִּיל תְּכֵלֶת. וְהָיָה לָכֶם לְצִיצִית, וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת כָּל מִצְוֹת יְהוָה, וַעֲשִׂיתֶם אֹתָם, וְלֹא תִתּוּרוּ אַחֲרֵי לְבַבְכֶּם וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר אַתֶּם זֹנִים אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לְהִיּוֹת 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]



יהוה אלהיכם אמת. Adonai Eloheykhem Emet

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
רָבָה וְאָמְרוּ כֻלָּם:

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

מי כמכה נאֲדָר בְּקֹדֶשׁ, Mi kamokhah ne'dar ba-kodsh,

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

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 גְאוּלִּים לְשִׁמְךָ עַל
שִׁפְתַּת הַיָּם, יַחַד כֻּלָּם הוֹדּוּ וְהִמְלִיכוּ
וְאָמְרוּ:

יְהִי יְמִלְכָּךְ לְעוֹלָם וָעֶד. Yah yimlokh l'olam va-ed

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 בנאמך 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 שִׁפְתֵי תִפְתָּח 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 Barukh ata Adonai Eloheynu
ואלהי אבותינו ואמותינו Vei'lohei avoteinu v'imoteinu
אלהי אברהם, אלהי יצחק, Elohei Avraham, Elohei Yitzhak
ואלהי יעקב, אלהי שרה, Vei'lohei Ya'kov, Elohei Sarah
אלהי רבקה, אלהי לאה, Elohei Rivka, Elohei Le'ah,
ואלהי רחל, האל הגדול Vei'lohei Raheil, ha-Eil ha-gadol
הגבור והנורא, אל עליון, ha-gibor, v'ha-nora, Eil Elyon
גומל חסדים טובים, gomeil hasadim tovim
וקנה הכל, וזוכר חסדי v'konei ha-kol, v'zokheir hasdei
אבות ואמהות, ומביא avot v'imahot, u-meivi
גואל לבני בניהם, go'eil livnei v'neihem
למען שמו באהבה. l'ma'an sh'mo b'ahavah.

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. ☆

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



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

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, **Ata gibor l'olam Adonai,**

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

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'mo'rid ha-gashem** מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם

Who causes wind blow and rain fall.

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

מְכַלְכֵּל חַיִּים בְּחָסֶד, **M'khalkeil hayim b'hased,**

מַחֲיֵה מֵתִים בִּרְחָמִים רַבִּים, **m'hayei meitim b'rahmim rabim,**

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

וּמַתִּיר אֲסוּרִים, **u'matir asurim,**

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

מִי כְמוֹךָ בַּעַל גְּבוּרוֹת **Mi khamokha b'al g'vurot**

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

וּמַחֲיֵה וּבִמְצַמִּיחַ יְשׁוּעָה. **u'm'hayeh u'matzmiah yeshu'ah.**

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 אֵל הַרְחָמִים, זוֹכֵר יְצוּרֵי לְחַיִּים בִּרְחָמִים.**

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

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

You are the constant and trustworthy Life-Force.

☆ **Barukh ata Adonai, m'hayeih ha-meitim.** ☆ **בָּרוּךְ אַתָּה יְהוָה, מַחֲיֵה הַמֵּתִים.** ☆

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

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

KEDUSHAT HA-SHEM -HALLOWING THE DIVINE NAME

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקִדּוּשִׁים בְּכָל יוֹם יִהְיֶה לְךָ סֵלָה. ☆

בָּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ. ☆

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.** ☆ **בָּרוּךְ אַתָּה יְהוָה, הַמֶּלֶךְ הַקָּדוֹשׁ.** ☆

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



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

יְשׁוּמַח מֹשֶׁה בְּמַתַּנֵּת חֶלְקוֹ, כִּי עֶבֶד נְאֻמָּן קָרָאתָ לוֹ. כָּלִיל תְּפִאֲרַת בְּרָאשׁוֹ נָתַתָּ לוֹ, בְּעֶמְדוֹ לְפָנֶיךָ עַל הָר סִינַי. וְשָׁנִי לִזְכוֹת 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 לְדֹרֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעוֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ, וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

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.

וְשִׁמְחוּ בְּמַלְכוּתְךָ, שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג, עִם מְקוֹדְשֵׁי שְׁבִיעִי, כָּלֵם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מְטוֹבָךְ, וּבְשִׁבְעִי רָצִיתָ בּוֹ וְקִדְשָׁתוֹ, חֲמִידַת יָמִים אוֹתוֹ קָרָאתָ, 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.

אֱלֹהֵינוּ וְאֱלֹהֵי הוֹרִינוּ, רְצֵה בְּמִנוּחֵינוּ, Eloheynu veilohei horeinu, r'tzei vi-m'nuhateinu

O God, and God of our ancestors, find pleasure in our Sabbath.

KADSHEINU

קִדְשֵׁנוּ בְּמִצְוֹתֶיךָ, וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ, Kadsheinu b'mitzvoteykha, v'tein helkeinu b'Toratekha
שְׂבַעֲנוּ מְטוֹבָךְ, וְשִׁמַּח נַפְשֵׁנוּ בִּישׁוּעָתְךָ, sab'einu mi-tuvekha, v'samah nafsheinu biyshu'atekha

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

וְטַהֵר לִבֵּנוּ לְעִבְדְּךָ בְּאֵמֶת. V'taheir libeinu l'ovd'kha b'emet.

Bring purity to our hearts so we may serve You in truth.



וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה וּבְרִצּוֹן שַׁבָּת קִדְשֶׁךָ, 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 שכינתו 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 וגספר תהלתך, על חיינו המסורים בידיך, ועל נשמותינו הפקודות לך, ועל נסיו שבעל יום עמנו, ועל נפלאותיך וטובותיך שבעל עת, ערב ובקר וצהרים, הטוב, כי לא כלו רחמך, 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 הפרקן, 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* בִּרְכַּת הַשָּׁלוֹם
FOR WHOLENESS, PEACE AND FULFILLMENT

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

Sim shalom, tovah u-v'rakhah, שִׁים שָׁלוֹם טוֹבָה וּבְרָכָה,
hein va-hesed v'rahamim ba-olam. חֵן וְחֶסֶד וְרַחֲמִים בְּעוֹלָם.

BARKHEINU AVINU

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

Barkheinu Avinu kulanu בָּרְכֵנוּ, אֲבִינוּ, כָּלָנוּ
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-v'rakhah, v'rahamim, וְצִדְקָה וּבְרָכָה וְרַחֲמִים
v'hayim v'shalom, v'tov וְחַיִּים וְשָׁלוֹם, וְטוֹב
b'einekha l'varkheinu b'khol eit בְּעֵינֶיךָ לְבָרְכֵנוּ בְּכָל עֵת
u'v'khol sha'ah bi-sh'lomekha. וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.

On Shabbat Shuvah add:

בְּסֵפֶר חַיִּים, בְּרָכָה וְשָׁלוֹם, וּפְרֻנְסָה טוֹבָה, נִזְכֵּר וְנִכְתָּב לְפָנֶיךָ, אֲנַחְנוּ וְכָל הָעַמִּים, לְחַיִּים טוֹבִים וְלִשְׁלוֹם.

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. ☆

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

OSEH SHALOM shalom bi-m'ro'mav עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו,

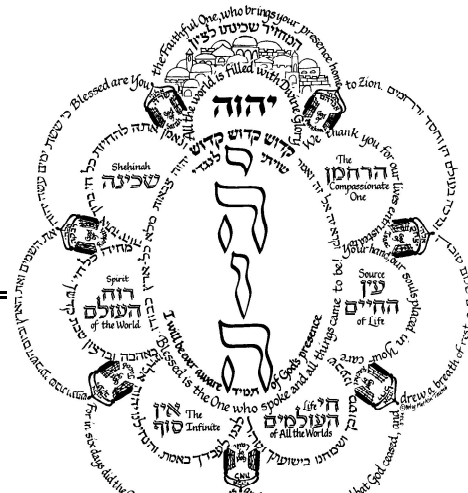
Hu ya'a'seh shalom aleynu הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ

v'al kol Yisra'eil וְעַל כָּל יִשְׂרָאֵל,

v'al kol Yishma'eil וְעַל כָּל יִשְׁמָעֵאל,

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

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. וַיִּגָּסוּ מִשְׁנְאֶיךָ מִפְּנֶיךָ.

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 בְּקִדְשָׁתּוֹ.
Blessed is the One who gave Torah to Israel in holiness.



CHANT THESE PRAYERS ON FESTIVAL DAYS:

13 ATTRIBUTES:

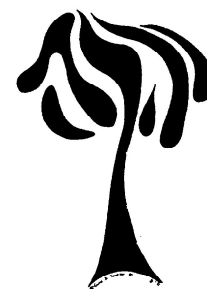
Chant Hebrew, English, Hebrew

Adonai, Adonai, Eil rahum v'hanun, יְהוָה יְהוָה אֵל רַחוּם וְחַנּוּן,
erekh apayim, v'rav hesed v'emet. אֶרֶךְ אַפַּיִם, וְרַב חֶסֶד וְאֱמֶת:
Notzier hesed la-alafim, נֹצִיֵר חֶסֶד לְאַלְפִים,
nosei avon va-fesha v'hata'ah, v' nakei. נוֹשֵׂא עֲוֹן וּפֹשֵׁעַ וְחַטָּאת, וְנִקֵּה:

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, וָאֲנִי תְפִלָּתִי לְךָ,
Adonai, eit ratzon, יְהוָה, עֵת רָצוֹן,
Elohim, b'rov hasdekha, אֱלֹהִים בְּרַב חַסְדֶּךָ,
Aneini be-emet yish'ekha. עֲנֵנִי בְאֱמֶת יִשְׁעֶךָ.

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 רַחֵיץ, וְלִשְׁמֵהּ קְדִישָׁא יִקְרָא אָנָא אִמְרַתְּ שְׁבָחָן.
 v'lishmei kadisha yakira ana eimar tushb'han.
 Ye'hei r'a'va kodamakh d'tiftah liba'i b'Oraita, יִהְיֶה רַעְוָא קְדָמְךָ דִּתְפַתַּח לִבִּי בְּאֹרֵיתָא,
 v'tashlim mishalin d' liba'i, וְתִשְׁלִים מִשְׁאַלִּין דִּלְבָּבִי,
 v'liba d'khol amakh Yisrael, וְלִבָּא דְכָל עַמְךָ יִשְׂרָאֵל,
 l'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 אִתִּי, וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו.

Gadlu l'adonai 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, וְהַתִּפְאָרֶת וְהַנִּצָּח 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, רִוַּמְמוּ יְהוָה אֱלֹהֵינוּ,

v'hishtahavu la-hadom raglav, kadosh Hu. וְהִשְׁתַּחֲוּוּ לַהֲדָם רִגְלָיו, קְדוֹשׁ הוּא.

Rom'mu Adonai Eloheynu רִוַּמְמוּ יְהוָה אֱלֹהֵינוּ,

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

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. בָּרְכוּ 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:

בָּרְכוּ יְהוָה הַמְבָרָךְ לְעוֹלָם וָעֶד. בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר

בָּנוּ עִם כָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ. בָּרוּךְ אַתָּה 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:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בָּרוּךְ אַתָּה 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:

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, **Barukh Ata Adonai Eloheynu Melekh ha-o'lam**
הַגּוֹמֵל לְחַיִּיבִים טוֹבוֹת, שְׁגַמְלָנִי 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:

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

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

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



First Aliyah

וַיֵּצֵא יַעֲקֹב מִבְּעֵר שָׁבַע וַיֵּלֶךְ חֶרֶנָּה: וַיִּפְגַּע בַּמָּקוֹם וַיֵּלֶן שָׁם כִּי־בָא הַשָּׁמַשׁ וַיִּקַּח מֵאֲבָנֵי הַמָּקוֹם וַיִּשָּׁם מְרֻאָשָׁתוֹ וַיִּשְׁכַּב בַּמָּקוֹם הַהוּא: וַיַּחֲלֹם וְהִנֵּה סֹלֶם מַצֵּב אֶרְצָה וּרְאִישׁוֹ מִגִּיעַ הַשָּׁמַיְמָה וְהִנֵּה מַלְאָכֵי אֱלֹהִים עֹלִים וְיֹרְדִים בּוֹ: וְהִנֵּה יְיָ נֹצֵב עָלָיו וַיֹּאמֶר אָנֹכִי יְיָ אֱלֹהֵי אֲבֹרָהֶם אָבִיךָ וְאֱלֹהֵי יִצְחָק הָאָרֶץ אֲשֶׁר אַתָּה שֹׁכֵב עָלֶיהָ לֵךְ אֶתְנַנֶּה וְלִזְרַעֲךָ: וְהִנֵּה זֶרְעֶךָ כְּעֶפֶר הָאָרֶץ וּפְרֻצָּתָהּ יָמָה וְקִדְמָה וְצָפֹנָה וְנִגְבָּהּ וְנִבְרָכּוּ בָךְ כָּל־מְשֻׁפָּחֹת הָאָדָמָה וּבְזִרְעֶךָ: וְהִנֵּה אָנֹכִי עִמָּךְ וְשִׁמְרֹתֶיךָ בְּכָל אֲשֶׁר־תֵּלֵךְ וְהִשְׁבַּתִּיךָ אֶל־הָאָדָמָה הַזֹּאת כִּי לֹא אֶעְזֹבְךָ עַד אֲשֶׁר אִם־עָשִׂיתִי אֵת אֲשֶׁר־דִּבַּרְתִּי לָךְ: וַיִּיקֶץ יַעֲקֹב מִשְׁנָתוֹ וַיֹּאמֶר אָכֵן יֵשׁ יְיָ בַּמָּקוֹם הַזֶּה וְאָנֹכִי לֹא יָדַעְתִּי: וַיִּירָא וַיֹּאמֶר מִה־נֹּרָא הַמָּקוֹם הַזֶּה אֵין זֶה כִּי אִם־בֵּית אֱלֹהִים וְזֶה שַׁעַר הַשָּׁמַיִם:

Jacob left Beer Sheva and set out for Haran. He came upon a certain place and stopped there for the night for the sun had set. He took one of the stones of the place, put it under his head, and lay down in that place. Jacob dreamed.

Henai! Behold! A ladder was set on the ground with its top reaching the heavens. Henai! Messengers of The Divine were going up and coming down the ladder. Henai! Adonai was poised over him and They said, "I am Adonai, Divine Spirit of Abraham and Sarah, your grandparents, Divine Spirit of Isaac and Rebecca. The earth on which you lie, I will give to you and to your seed. Your seed shall be like the dust of the earth. You shall burst forth to the west, east, north and south. *May all the families of the earth be blessed through you and through your seed.* Henai! I am with you. I will guard you wherever you go. I will bring you back to this land. I will not leave you until I have done what I promised you."

Jacob awoke from his sleep and said, "Amazing! Adonai is in this place and I did not know!" Jacob was awe-struck and said, "This place is awesome! This is the house of Elohim! This is the gateway to heaven!"

Second Aliyah

וַיִּשָּׁם יַעֲקֹב בַּבֹּקֶר וַיִּקַּח אֶת־הָאֶבֶן אֲשֶׁר־שָׁם מֵרֹאשִׁיתוֹ וַיִּשָּׂם אֹתָהּ מִצְבֵּה וַיִּצֹק שָׁמֶן
עַל־רֹאשָׁהּ: וַיִּקְרָא אֶת־שֵׁם־הַמָּקוֹם הַהוּא בֵּית־אֵל וְאוּלָם לוֹז שֵׁם־הָעִיר לְרֹאשֻׁנָּה: וַיַּדַּר
יַעֲקֹב נֶדֶר לֵאמֹר אִם־יְהִיֶּה אֱלֹהִים עִמָּדִי וּשְׁמֶרְנִי בַדֶּרֶךְ הַזֶּה אֲשֶׁר אָנֹכִי הוֹלֵךְ וְנָתַן־לִי לֶחֶם
לֵאכֹל וּבִגְד לְלַבֵּשׁ: וְשָׁבְתִי בְשָׁלוֹם אֶל־בֵּית אָבִי וְהָיָה יְיָ לִי לֵאלֹהִים: וְהָאֶבֶן הַזֹּאת
אֲשֶׁר־שָׁמַתִּי מִצְבֵּה יְהִיֶּה בֵּית אֱלֹהִים וְכָל אֲשֶׁר תִּתֶּן־לִי עֲשֹׂר אֶעֱשֹׂרְנָו לָךְ:

Jacob rose early in the morning and took the stone he put under his head, set it upright, like a pillar, and poured oil over its top. He re-named the place Beit El, even though the original name of the town was Luz (Almond).

Jacob made a vow. "If Adonai Elohim is with me, guards me on this journey, gives me food to eat and clothing to wear, and I return safely to my parents' house, then Adonai will become my Elohim. This stone, that I designate an altar, will mark the place of the house of Elohim. And everything You give me, I will give one tenth back to You."



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 [הלזה] Masculine [הלזת] 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

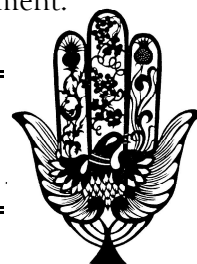
ברוך אתה יהוה, אלהינו מלך העולם, Barukh Ata Adonai, Eloheynu Melekh ha-olam,
שהיינו וקימנו והגיענו לזמן הזה. she'he'heyanu, v'kiymanu, v'higiy'anu la-z'man hazeh.

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 Eil na r'fa na lah

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

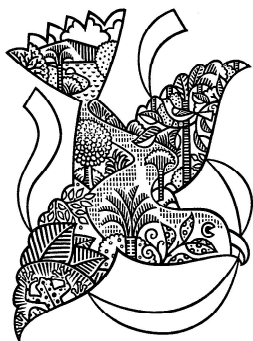
And may you stay forever young.

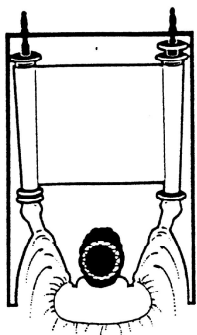
May your hands always be busy May your feet always be swift

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.





V'zot ha-Torah asher sam Moshe וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
lifnei B'nei Yisra-eil, לְפָנֵי בְנֵי 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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בְּנָבִיאִים טוֹבִים, וְרָצָה בְּדַבְרֵיהֶם
הַנֶּאֱמָרִים בְּאַמְתָּה, בָּרוּךְ אַתָּה יְהוָה, הַבוֹחֵר בַּתּוֹרָה וּבַמִּשָּׁה עֲבָדוֹ, וּבִישְׂרָאֵל עַמּוֹ, וּבְנָבִיאֵי
הָאַמֶּת וְצִדִּיק.

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, צוּר כָּל הָעוֹלָמִים, צִדִּיק בְּכָל הַדּוֹרוֹת, הָאֵל הַנֶּאֱמָן
הָאוֹמֵר וְעָשָׂה, הַמְדַּבֵּר וּמְקַיֵּם, שֶׁכֵּל דְּבָרָיו אֱמֶת וְצִדִּיק.

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] שְׁנַתָּה לָנוּ,
יְהוָה אֱלֹהֵינוּ, לְקִדְשָׁה וּלְמִנוּחָה, [לְשִׂשׁוֹן וּלְשִׁמְחָה] לְכָבוֹד וּלְתִפְאַרֶת. עַל הַכֹּל, יְהוָה אֱלֹהֵינוּ,
אֲנִיחָנוּ מוֹדִים לָךְ, וּמְבָרְכִים אוֹתָךְ, יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל חַי תָּמִיד לְעוֹלָם וָעֶד.
בָּרוּךְ 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 לְבָדּוֹ. הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם.
וַיִּרְם קֶרֶן לְעַמּוֹ, תְּהַלֵּלָה לְכָל חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל עִם קְרוֹבּוֹ, 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!



וּבְנִחוּחַ יֹאמַר: שׁוּבָה, יְהוָה רַבּוֹת אֵלַיִי יִשְׂרָאֵל.
כִּי לָקַח טוֹב נָתַתִּי לָכֶם תּוֹרָתִי 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 לַמַּחְזִיקִים בָּהּ, וְתִמְכֶּיָּהּ מֵאֲשָׁר.
Eitz hayim hi la-mahazikim bah, v'tomkheyhah m'ushar.

דְּרָכֶיהָ דְּרָכֵי נְעִים, D'rakhe'hah darkhei no'am,

וְכָל נְתִיבוֹתֶיהָ שְׁלוֹם. 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].

הֲשִׁיבֵנוּ 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.

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

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.

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

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.



TAKEYN OLAM [singable English from R. Tirzah Firestone]

Takeyn Olam b'mal'khut Shaddai. תִּקֵּן עוֹלָם בְּמַלְכוּת שַׁדַּי.

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 וְנֵאמַר, 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 שֵׁמֶה רַבָּא. **אָמֵן.**

b'alma di v'ra khirutei. בְּעֵלְמָא דִּי בְּרָא כְּרֵעֻתֵיהּ

V'yamlikh malkhutei, וְיַמְלִיךְ מַלְכוּתֵיהּ

b'hayeikhon u-v'yomeykhon בְּחַיֵּיכֻן וּבְיוֹמֵיכֻן

u-v'hayei d'khol beit Yisrael, וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

ba'agala u-vizman kariv, בְּעֵגְלָא וּבְזִמָּן קָרִיב,

V'imru: **Amein.** וְאָמְרוּ **אָמֵן.**

Y'hei sh'mei raba m'vorakh יְהִי שֵׁמֶה רַבָּא מְבֹרָךְ

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.** שֵׁמֶה דְּקֻדְשָׁא בְּרִיךְ הוּא.

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

*L'eila min kol לְעֵלָא מִן כָּל

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

birkhata v'shirata tush'b'hata v'nehemata בִּרְכַּתָּא וְשִׁירָתָא תִּשְׁבַּחְתָּא וְנִחַמְתָּא

da'amiran b'alma. V'imru: **Amein.** דְּאָמִירָן 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 שָׁמַיָּא,

v'hayim aleynu v'al kol Yisra-eil, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,

V'imru: **Amein.** וְאָמְרוּ **אָמֵן.**

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

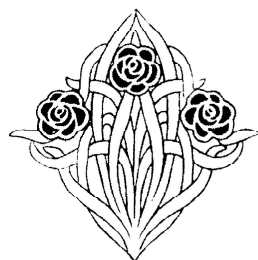
Ose shalom bi-m'romav, עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,

Hu ya'ase shalom aleynu הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ

v'al kol Yisra'eil, וְעַל כָּל יִשְׂרָאֵל,

v'al kol yoshvei tevel, v'imru: **Amein.** וְעַל כָּל יוֹשְׁבֵי תֵבֶל 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 וְחֲנִינִי 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) אֶחָת שְׁאַלְתִּי מֵאֵת הַשֵּׁם,
Otah avakeish shivti b'veit Ha-Shem (4x) אוֹתָהּ אֶבְקֶשׁ שִׁבְתִּי בְּבֵית הַשֵּׁם
Kol y'mei ḥayai la'hazot b'no'am Ha-Shem (3x) כָּל יְמֵי חַיִּי לַחֲזוֹת בְּנוֹעַם הַשֵּׁם
U-l'vakeir b'heykhalo: וּלְבַקֵּר בְּהֵיכָלוֹ:

**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 וַיֵּאֲמֵץ 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 שָׁלוֹם עָלֵינוּ וְעַל כּוֹלָם.

Salaam...Aleynu ve'al kol ha'olam, ... סָלָאם...עָלֵינוּ וְעַל כָּל הָעוֹלָם...



Salaam, salaam! סָלָאם, סָלָאם!

Raah Yiji Al Sallam A'laina رَاح يَجِي السَّلام عَلَيْنَا
Waa'l Kol El A'lam. وَعَال كَوَل الْعَالَمِ

Salaam, A'laina Waa'l Kol El A'lam. سَلام عَلَيْنَا وَعَال كَوَل الْعَالَمِ

Salaam, salaam! سَلام سَلام

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 לְהִרְבּוֹת בְּהִתְבּוֹדְדוֹת תָּמִיד, וְאַזְכָּה לְהִיּוֹת רְגִיל לְצֵאת בְּכָל יוֹם לַשָּׂדֶה בֵּין
אֵילָנוֹת וְעֵשְׂבִים וְכָל שִׁיחַ הַשָּׂדֶה, וְשֵׁם אֲזַכָּה לְהִתְבּוֹדֵד וּלְהִרְבּוֹת בְּשִׂיחָה זוֹ תִּפְלֶה בִּי לְבִין קוֹנִי,
לְשׁוֹחַ שֵׁם כָּל אֲשֶׁר עִם לִבִּי. וְכָל שִׁיחַ הַשָּׂדֶה וְכָל הָעֵשְׂבִים וְהָאֵילָנוֹת וְכָל הַצִּמְחִים, כּוֹלֵם יִתְעוֹרְרוּ
לְקִרְאָתִי, וְיַעֲלוּ וְיִתְּנוּ כַּחֵם וְחַיּוּתָם לְתוֹךְ דְּבָרֵי שִׁיחָתִי וְתִפְלָתִי, עַד שֶׁתִּהְיֶה תִּפְלָתִי וְשִׁיחָתִי נִשְׁלֶמֶת
בְּתִכְלִית הַשְּׁלֵמוֹת עַל יְדֵי כָּל שִׁיחַ הַשָּׂדֶה, שֶׁיִּכְלְלוּ כּוֹלֵם, עִם כָּל כַּחוֹתָם וְחַיּוּתָם וְרוּחָנִיּוּתָם עַד שֶׁרָשָׁם
הָעֲלִיז, כּוֹלֵם יִכְלְלוּ בְּתוֹךְ תִּפְלָתִי. וְעַל יְדֵי זֶה אֲזַכָּה 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.



ACKNOWLEDGEMENTS:

This *Siddur* has been compiled and edited for use by Chochmat HaLev
in gratitude by Rabbi SaraLeya Schley.

Thank you to Chochmat HaLev's first B'nei Mizvah class and their families
for underwriting the initial publication costs.

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Most of *Siddur HaLev* has been adapted from *Mahzor HaLev*, so continued gratitude for proof-reading and consultation to Brian Schachter- Brooks, Avishai Pearlson, Jeffrey Kessler, Mark Rubin and Ron Feldman.

Sources and inspiration for translations come from prayer books of Aquarian Minyan, Eitz Or, Or Shalom, Kehilla Community Synagogue, Reconstructionist and Conservative movements, Chochmat HaLev's previous prayer books, as well as web-available quotes, poetry, prayers and songs.

Artwork is from many publicly-available sources including previously-complied Jewish Renewal prayer books, Oz HaTefila siddur, Gate to the Heart, greeting cards, fabric designs, web-available and Dover Press clip art, previous Chochmat HaLev publications, Judith Hankin papercuts, and classic Jewish woodcuts by Jakob Steinhart.

Thanks to Lili Lash-Rosenberg for her decorative Torah illustration (G8) and special appreciation to the Tzfat Gallery of Mystical Art for permission to print the Hamsa (B1) and Tree of Life (D4).

Pen and ink sketches of the Sierra Nevada from note cards by Peggy Gray, z"l.

We extend our sincere gratitude to all the unnamed artists and illustrators!