

סדור הַלְבָב

A HEART-CENTERED
PRAYER BOOK

CHOCHMAT HALEV
“WISDOM OF THE HEART”

חוכמת הַלְבָב
BERKELEY, CALIFORNIA

ELOHAI NESHAMA

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.

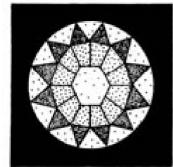
ASHER YATZAR

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. שְׁנַתָּתָךְ בִּי טְהוֹרָה הִיא.
Atah v'ratah, atah y'tzartah
אתה בָּרָאֲתָה, אַתָּה יֶצַרְתָּה
atah n'fahtah bi
אתה נְפִחְתָּה בִּי
v'atah m'shamrah b'kirbi,
וְאַתָּה מְשֻמְרָה בְּקָרְבֵּי
v'atah atid litlah mi-meni
וְאַתָּה עַתִּיד לְטַלָּה מִמֶּנִּי
u-l'hahazirah bi le'atid lavo.
וְלַחֲזִירָה בִּי לְעַתִּיד לְבוֹא.
Kol z'man she-ha-neshamah
כָּל זָמֵן שְׁהָנֵשָׁמָה
v'kirbi בְּקָרְבֵּי
modeh (masculine) **modah** מְזֻדָּה modeh (feminine) מְזֻדָּה
ani l'faneykha Adonai Elohai
אַנְיִ לְפָנֶיךָ אֱלֹהֵי
veilohei avotai v'imotai
רְבָבוֹן כָּל הַמּוֹעֲשִׂים
Adon kol ha-n'shamot
אָדוֹן כָּל הַנְּשָׁמוֹת.
Barukh Atah Adonai ha-mahazir
בָּרוּךְ אַתָּה יְהוָה הַמְּחַזֵּיר
n'shamot li-fgarim meitim.
נְשָׁמוֹת לְפָגָרִים מְתִים.

(Moving Light down into belly)
Barukh Ata Adonai
בָּרוּךְ אַתָּה יְהוָה
Eloheynu Melekh Ha-olam
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
asher yatzar et ha-adam
אֲשֶׁר יִצְאֶר אֶת הָאָדָם
b'hokhmah u-vara vo
בְּחִכְמָה וּבְרָא בָּו
n'kavim n'kavim
נְקָבִים נְקָבִים
halulim halulim.
חַלּוּלִים חַלּוּלִים.
Galui v'yadua
גָּלוּי וַיַּדְעָ
lifnei khisei kh'vodekha
לִפְנֵי כִּסֵּא כְּבוֹדְךָ
She-im yipatei'ah ehad meihem
שְׁאָם יִפְתַּח אֶחָד מֵהֶם
o yisateim ehad meihem,
או יִסְתַּחַם אֶחָד מֵהֶם,
iy efshar l'hitkayeim
אֵי אִפְשָׁר לְהַתְּקִים
v'la'amod l'fanekha.
וְלֹעֲמֹד לְפָנֶיךָ.
B'rukhah At Sh'khinah
בָּרוּכָה אַתָּה שְׁכִינָה
Rof'ah khol basar
רוֹפָאָה כָּל בָּשָׂר
u-mafli'ah la'asot.
וּמְפַלִּיאָה לְעֲשׂוֹת:





יְבָרֶכֶת יְהוָה וַיִּשְׁמַרְךָ
Y'varekh'kha Adonai, v'yishm'rekha.

יְאֵר יְהוָה פָּנָיו אֲלֵיךָ וַיְחַנֵּךְ
Ya'eir Adonai Panav Eileykhya vi-huneka.

יְשַׁא יְהוָה פָּנָיו אֲלֵיךָ וַיִּשְׁם לְךָ שָׁלוֹם
Yisa Adonai panav eileykha v'yaseim l'ika shalom.

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 - בָּרָכוֹת הַשָּׁחָר - BIRKHOT HA-SHAHAR

ברוכה אתה שכינה חי העולמים

Asher natnah la-sekhvi vina

לְהַבְּחִין בּीּן יוֹם וּבּीּן לִילָה, אָמֵן.

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

ברוך אתה יהוה אלְהִינוּ מֶלֶךְ הָעוֹלָם
she-asani Yisrael, Amein.

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

ברוכה אתה שכינה חי העולמים
she'lo astani oved, Amein.

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

ברוך אתה יהוה אלְהִינוּ מֶלֶךְ הָעוֹלָם
she-asani kir'tzono, Amein.

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

ברוכה אתה שכינה חי העולמים
pokhat ivrim, Amein.

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

ברוך אתה יהוה אלְהִינוּ מֶלֶךְ הָעוֹלָם
malbush arumim, Amein.

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

ברוכה אתה שכינה חי העולמים
matiyrah asurim, Amein.

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

ברוך אתה יהוה אלְהִינוּ מֶלֶךְ הָעוֹלָם
zokeyif k'fufim, Amein.

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

ברוכה אתה שְׁכִינָה חַי הָעוֹלָמִים

רוּקָעַת הָאָרֶץ עַל הַמֵּימִין, אָמֵן.

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

ברוך אתה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

הַמְבִין מַצְעָדֵי גָּבָר, אָמֵן.

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

ברוכה אתה שְׁכִינָה חַי הָעוֹלָמִים

שְׁעַשְׂתָּה לִי כָל צְرָפִי, אָמֵן.

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

ברוכה אתה שְׁכִינָה חַי הָעוֹלָמִים

אוֹזֶרֶת יִשְׂרָאֵל בְּגִבּוֹרָה, אָמֵן.

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

ברוך אתה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה, אָמֵן.

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

ברוכה אתה שְׁכִינָה חַי הָעוֹלָמִים

הַנּוֹתָנָת לִיעָף בְּתַחַת, אָמֵן.

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

ברוך אתה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

הַמְּעַבֵּר שְׁנָה מֵעַנִּי

וַתְּנוּמָה מַעֲפָעָבִי.

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

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

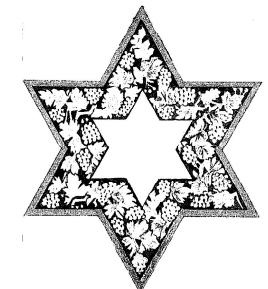
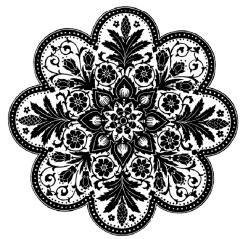
May it be Your Will, Divine Reality, that we integrate Your Teaching,

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 יְהוָה,
גּוֹמֵל חֶסְדִּים טֻובִים
לְעִמוֹ יִשְׂרָאֵל. Amen.

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.

Every soul will
praise *Yah*, Halleluyah!

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.



Hallelu Eil b'kodsho,	הַלְלוּ אֵל בָּקָדְשׁוֹ
halleuhu birkiya u-zu'o	הַלְלוּהוּ בִּרְקִיעַ עֹזֹּוּ
Halleuhu bi-g'vurotav,	הַלְלוּהוּ בְּגִבּוֹרָתְּתֵיּוּ
halleuhu k'rov gudlo.	הַלְלוּהוּ בְּרַב גָּדוֹלָהּ
Halleuhu b'teika shofar,	הַלְלוּהוּ בְּתִקְעָ שׂוֹפֶרּ
halleuhu b'neivel v'khinor	הַלְלוּהוּ בְּנִיבֵּל וּכְנוֹרָהּ
Halleuhu b'tof u-mahol,	הַלְלוּהוּ בְּתֻפָּה וּמַחְוָלָהּ
halleuhu b'minim v'ugav.	הַלְלוּהוּ בְּמִנִּים וּעֲגָבָהּ
Halleuhu b'tzitzlei shama,	הַלְלוּהוּ בְּצִלְצָלִי שָׁמָעָהּ
halleuhu b'tzitzlei t'ru'ah.	הַלְלוּהוּ בְּצִלְצָלִי תְּרוּעָהּ
Kol ha-n'shamah	כָּל הַגְּשָׁבָדָה
t'halleil Yah, Halelluyah!	תְּהִלְלֵל יְהָה הַלְלָיָה

Barukh Adonai L'olam	ברוך יהוה לעוֹלָם
Amein v'amein.	אמֵן וְאַמֵּן.
Barukh Adonai mi-tzion shokhein Yerushalayim	ברוך יהוה מִצְוֵן, שָׁבֵן יְרוּשָׁלָם,
Halleluyah!	הַלְלוּיָה.
Barukh Adonai Elohim Elohei Yisrael	ברוך יהוה אֱלֹהִים אֱלֹהֵי יִשְׂרָאֵל
osei nifla'ot l'vado.	עֲשֶׂה נְפָلָאות לְבָדוֹ.
U-varukh sheim k'vodo l'olom, v'yimalei kh'vodo et kol ha-aretz,	וּבָרוּךְ שֵׁם בָּבוֹדוֹ לְעוֹלָם, וַיִּמְלָא כָּבוֹדוֹ אֶת כָּל הָאָרֶץ,
Amein v'amein.	אמֵן וְאַמֵּן.

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

עָזִי וּמְרַת יְהֹוָה וִיהִדָּלִי לִישֻׁעָה Ozi v'zimrat Yah va-y'hi li liyshu'ah

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.

HATZI KADDISH [Congregational responses in bold]

Yitgadal v'yitkadas sh'mei raba, **Amein.** אָמֵן.

b'alma di v'ra khirutei, v'yamlikh malkhutei, v'ha-yekhon u-v'yomeikhon u-v'hayei d'khol
beit Yisrael, ba'agala u-vizman kariv. V'imru: **amein.** יְתַגֵּדֶל וַיִּתְקַדֵּשׁ שְׁמֵה רַבָּא. אָמֵן.

Amein. Y'hei sh'mei raba m'vorakh

I'olam u-l'almei almaya. לְעוֹלָם וּלְעַלְמִים עַלְמִיא.

Yitbarakh v'yishtabah v'yitpa'ar
v'yitromam v'yitnasei v'yithadar v'yitaleh
v'yit'halal sh'mei d'Kudsha **Brikh hu.** יְתִבְרָךְ וַיִּשְׂתַּבֵּח וַיִּתְפָּאֵר
וַיִּתְרוּם וַיִּתְנַשֵּׁא וַיִּתְהַדֵּר וַיִּתְעַלֵּה
וַיִּתְהַלֵּל שְׁמֵה דָּקְרָשָׁא בָּרִיךְ הוּא.

L'eila min kol

לְעַלָּא מִן כָּל

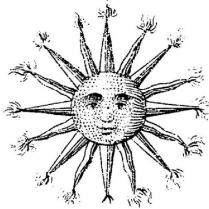
*[*Substitute on Shabbat Shuvah: L'eila u-l'eila mi kol]*

birkhata v'shirata tushb'hata v'nehemata, da'amiran b'alma. V'imru: **Amein.** אָמֵן.

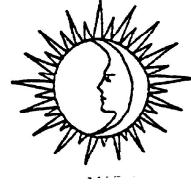
May the Great Name grow exalted and sanctified - **Amen** - in the world created as the expression of the Divine. May Divine Reality be revealed in your lifetimes and in your days, and in the lifetimes of the House of Israel swiftly and soon, and say: **Amen. May the Great Name be blessed forever and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



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



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

ברכו אָתָּה יְהוָה הַמֶּבֶךְ.

Bless Hashem, the Blessed One

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

ברוך יְהוָה הַמֶּבֶךְ לְעוֹלָם וָעֵד.

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

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:

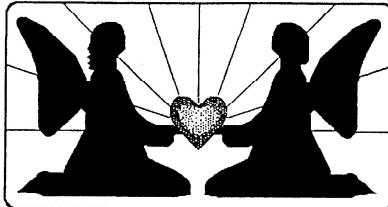
ברוך אתה יְהוָה,

אלְהַיִנוּ מֶלֶךְ הָעוֹלָם,

יֹצֵר אֹור וּבֹרֶא חֹשֶׁךְ,

וּשְׁהַ שְׁלֹום וּבֹרֶא אֶת הַכָּל.

תָּתַבְּרֹךְ צָוֵרֵנוּ מֶלֶכְנוּ וּגְאַלְנוּ בּוֹרֶא קָדוֹשִׁים,
 כָּלִם אֲהֹובִים, כָּלִם בְּרוּרִים, כָּלִם גְּבוּרִים,
 וּכָלִם עֲשִׂים בְּאִמָּה וּבִירָא רְצוֹן קָוָנִים.
 וּכָלִם מִקְבְּלִים עַלְיָהָם עַל מֶלֶכֶת שְׁמִים זֶה
 מִזֶּה: וּנוֹתְנִים רְש׊וֹת זֶה לְזֶה לְהַקְדִּישׁ לִיוֹצְרָם
 בְּנָחֶת רְוִית, קָרְשָׁה כָּלִם בְּאֶחָד עֲוָגִים
 וְאוֹמְרִים בִּירָא:



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

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ

יְהוָה צְבָאֹות

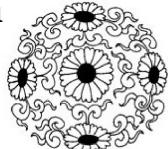
מֶלֶא כָּל הָאָרֶץ כְּבָדוֹךְ!

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.” יֹצֵר אֹור וּבֹרֶא חֹשֶׁךְ עַשְׂה שְׁלֹום וּבֹרֶא רָע אַנְיִינְהָ רְעָא כָּל־אֱלֹהָה:

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*

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.



אַהֲבָה רַבָּה אֶהֱבְתָנוּ,
יְהוָה אֱלֹהֵינוּ,
חִמְלָה גְדוֹלָה וַיִּתְרָה
חִמְלָתָךְ עַלְינוּ.

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.

V'HAEIR 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.

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

(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.

AHAVAH, RAHAMIM [chant by Bon Singer]

אַהֲבָה, וַרְחָמִים, חִסְדָׁן וְשָׁלוֹם
Ahavah v'rahamim, hesed, v' shalom
Love, compassion, kindness and peace



אָבִינוּ מַלְכֵנוּ, בַעֲבוּר אִימֹתֵנוּ וְאֶבְוֹתֵינוּ
שְׁבִטֵּחוּ בָּרוּךְ, וְתַלְמִידָם חֲקֵי חַיִם, בֶּן תְּחִנָּנוּ
וְתַלְמִידֵנוּ. אָמִינוּ הַרְחָמָנִית, רַחֲמֵי עַלְינוּ, וְתַנִּ
בְּלִבֵּנוּ לְהִבְין וְלִהְשִׁבֵּל, לְשִׁמְעָ, לְלִמּוֹד
וְלִלְמִידָה, לְשֻׁמֶר וְלַעֲשׂוֹת וְלִקְיָם אֶת כָּל דָּבָרִ
תַּלְמִידָוֹד תּוֹרְתֶךָ בָּאַהֲבָה.

וְהִאר עִינֵינוּ בְתֹרַתְךָ,
וְדַבֵּק לְבָנֵינוּ בְמְצֹוֹתְךָ,
וַיַּזְעֵד לְבָבֵנוּ לְאַהֲבָה
וְלִירָא אֶת שְׁמֶךָ,
וְלֹא נִבּוּשׁ כְעֹלָם וְעַד.

כִּי בְשֵׁם קָדוֹשָׁךָ
הַגָּדוֹל וְהַנּוֹרָא בְטַחַנוּ,
נְגִילָה וּנְשִׁמְחָה בִישׁוּעָתְךָ.

כִּי אֵל פּוּעֵל יִשְׁעָות אַתָּה, וּבָנָו בְּחִרְתָּ
עַם כָּל עַם וְלָשׁוֹן. וּקְרַבְתָנוּ לְשִׁמְךָ הַגָּדוֹל
סָלָה בְּאַמְתָה, לְהֽוֹדֹת לְךָ וְלִיחְדָךָ בָאַהֲבָה.

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

**ברוך אתה יְהוָה
הַבּוֹחֵר בָּעֲמֹד יִשְׂרָאֵל
וּכְלַדְעָמִים בְּאֶחָדָה.**

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

Sh'khinah, faithful
queen.

אל מלך נאמן.
שכינה מלכה נאמנה.
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 קבוד 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]



וְאֶת־בְּשָׁלַח את יהוה אלהיך בכל־לבך ובכל־נפשך ובכל־מאניך: וְהִזְמִין הָאֱלֹהִים אֲשֶׁר אָנֹכִי מֵצָא לְיּוֹם עַל־לְבָבֶךָ: וְשִׁנְתָּמָם לְבָנֶיךָ וְדִבְרָתָם בְּשִׁבְתָּךְ בְּבִיתְךָ וּבְלִבְתָּךְ בְּדֶרֶךְ וּבְשִׁכְבָּךְ וּבְקֻומָּךְ: וְקִשְׁרָתָם לְאוֹת עַל־יָדֶךָ וְהִזְמִין לְטַטְפָּת בֵּין עֵינֶיךָ: וְכִתְבָּתָם עַל־מִזּוֹזֶת בַּיּוֹתֶךָ וּבְשַׁעֲרֵיךָ:

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'vebekha, v'shitantam l'veneykha 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'shertam 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:

וְהִיא אָמַשְׁמָעָת שְׁמַעוּ אֶל מִצּוֹתִי, אֲשֶׁר אָנֹכִי מֵצָא אֶתְכֶם הַיּוֹם, לְאֶחֱבָה אֶת יהוה אֱלֹהֵיכֶם וְלַעֲבֹדוּ, בְּכָל לְבָבֶיכֶם וּבְכָל נֶפֶשֶׁיכֶם. וְנִתְתִּי מַטֶּר אֶרְצֶיכֶם בְּעַתָּה, יוֹרֶה וּמַלְקוֹשׁ, וְאַסְפָּתָה דְגַנְגָּב וּתְירַשְׁׂרֵב וְנִצְחָרָה. וְנִתְתִּי עַשְׂבָּבָשׂ בְּשָׁרוֹף לְבַהֲמַתָּר, וְאַכְלָתָה וְשְׁבָעָתָה. הַשְׁמַרְתָּנוּ לְכֶם פָּנֵי יְפָתָה לְבָבֶיכֶם, וְסִרְתָּמָן וְעַבְרָתָם אֱלֹהִים אֶחָרִים וְהַשְׁתְּחוּיוֹתָם לָהֶם. וְחַרָּה אָפָּה יְהוָה בָּכֶם, וְעַצֵּר אֶת הַשְׁמִים וְלֹא יְהִי מַטֶּר, וְהַאֲדָמָה לֹא תַּתְּנוּ אֶת יְבוּלָה, וְאַבְדָּתָם מִהָּרָה מִעַל הָאָרֶץ הַטְּבָה אֲשֶׁר יְהוָה נָתַן לְכֶם. וְשִׁמְתָּמָן | אֶת דְּבָרֵי אֱלֹהִים לְבָבֶיכֶם וְעַל נֶפֶשֶׁיכֶם, וְקִשְׁרָתָם אֶתְכֶם לְאֶתְכֶם, וְהִזְמִין לְטַטְפָּת בֵּין עֵינֶיכֶם. וְלִפְרָתָם אֶת בְּנֵיכֶם לְדִבָּר בָּם, בְּשִׁבְתָּךְ בְּבִיתְךָ, וּבְלִבְתָּךְ בְּדֶרֶךְ, וּבְשִׁכְבָּךְ, וּבְקֻומָּךְ. וְכִתְבָּתָם עַל מִזּוֹזֶת בַּיּוֹתֶךָ וּבְשַׁעֲרֵיךָ. לְמַעַן יְרַבּוּ יְמִיכֶם וַיִּמְלִיכּוּ בְנֵיכֶם עַל הָאָדָמָה. אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתֵיכֶם לְתִתְהִיא לָהֶם, בְּיָמֵי הַשְׁמִים 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.

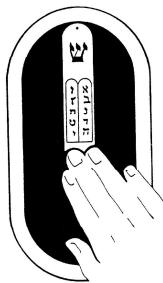
May these words of Mine rest upon your heart and soul

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]

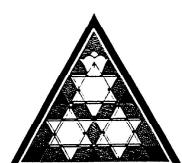


(Take tzitzit in right hand and kiss them at each saying of "tzitzit, while looking at them.)

וַיֹּאמֶר יְהוָה אֱלֹהֵינוּ מֹשֶׁה לֵאמֹר. דִּבֶּר אֶל בְּנֵי יִשְׂרָאֵל וְאָמְרָת אֱלֹהֵם, וְעַשׂו לָהֶם צִיצִית עַל כּוֹנְפִי בְגָדֵיכֶם לְדוֹרֶתֶם, וְנִתְנֶנוּ עַל צִיצִת הַכְּנֻף פְּתִיל תְּכִלָּת. וְהִיא לְכֶם לְצִיצִת, וּרְאֵיתֶם אֶת זֶה מְצֻוֹת יְהוָה, וְעַשְׂיִתֶם אֶתְכֶם, וְלֹא תַתְהִרוּ אַחֲרֵיכֶם לְבָבְכֶם וְאַחֲרֵי עֵינֵיכֶם, אֲשֶׁר אַתֶּם זָנִים אַחֲרֵיכֶם. לְמַעַן תִזְכְּרוּ וְעַשְׂיִתֶם אֶת כֵל מְצֻוֹתִי, וְהִיִּתֶם קָדְשִׁים לְאֱלֹהֵיכֶם. אַנְיִ יהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִאֶרֶץ מִצְרַיִם, לְהִיוֹת לְכֶם לְאֱלֹהִים, אַנְיִ יהוָה 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]



יְהוָה אֱלֹהֵיכֶם אַמְתָּה.
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 לְךָ עֲנוֹ שִׁירָה בְּשִׁמְחָה
רַבָּה וְאָמְרוּ בְּלָם:

Mi khamokhah ba'eilim Adonai,
Mi kamokhah ne'dar ba-kodsh,
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 שְׁבַחוּ גָּאוֹלִים לְשִׁמְךָ עַל
שְׁפַת הַיּוֹם, יְחִיד בְּלָם הַזָּדוֹן וְהַמְּלִיכָו
וְאָמְרוּ:

Yah yimlokh l'olam va-ed. יְהָה יִמְלֹךְ לְעוֹלָם וְעַד.
Yah reigns for all eternity. [Exodus: 15:18]

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

Take three steps back.

צָור יִשְׂרָאֵל, קוֹמָה בְעֹזֶרֶת יִשְׂרָאֵל, וּפְרָה כְּנָאָמָר יְהוּדָה וְיִשְׂרָאֵל.
גָּאָלֵנוּ יְהוָה צְבָאוֹת שְׁמוֹ, קָדוֹשׁ יִשְׂרָאֵל. בָּרוּךְ אַתָּה יְהוָה גָּאָל יִשְׂרָאֵל.

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

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

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

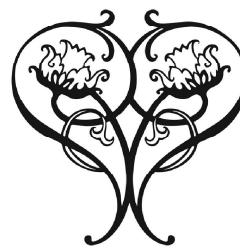
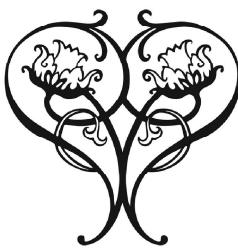
Our redeemer, Lord of All Forces is Your Name, the Holy One of Israel.

Blessed are You, Hashem Redeemer of Yisra-El.

יְהוָה דָנָה יְאַהֲדֹונָהִי

SHAHRIT SH'MA WITH HER BLESSINGS

◊ -Take three steps forward. ◊



Holy One, open my lips so my mouth can praise You!
 אָדֹנִי שְׁפַתִּי תִּפְתַּח וְפִי נָגֵד תְּהִלְתָּךְ.
 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.

Barukh ata Adonai Eloheynu בָּרוּךְ אֱתָה יְהוָה אֱלֹהֵינוּ
Vei'lohei avoteinu v'imoteinu וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֶמֶתֵּינוּ,
Elohei Avraham, Elohei Yitzhak, אֱלֹהֵי אֶבְרָהָם, אֱלֹהֵי יִצְחָק,
Vei'lohei Ya'kov, Elohei Sarah, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה,
Elohei Rivka, Elohei Le'ah, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה
Vei'lohei Raheil, ha-Eil ha-gadol וְאֱלֹהֵי רָחֵל, הָאֵל הַגָּדוֹל
ha-gibor, v'ha-nora, Eil Elyon גּוֹמֵל חֶסְדִים טוֹבִים,
v'konei ha-kol, v'zokheir hasdei וְקָנֵה הַכָּל, וּזְכֵר חֶסְדֵי
avot v'imahot, u-meivi אֲבוֹת וְאֶמֶתּוֹת, וּמְבֵיא
go'eil livnei v'neihem גּוֹאֵל לְבָנֵי בְּנֵיהֶם,
l'maan sh'mo b'ahavah. לְמַעַן שְׁמוֹ בְּאַהֲבָה.

On Shabbat Shuvah, add:

זכורנו לחיים, מלך חפץ בזמנים, וכתרנו בספר הימים, לנצח אליהם חיים.

Remember us for life, Sovereign who desires life!

מלך עוזר ומושיע ומגן.

◊ Barukh Ata Adonai בָּרוּךְ אֱתָה יְהוָה,

Magein Avraham מֶגֶן אֶבְרָהָם

v'Ezrat Sarah. וְעֹزֶרֶת שָׂרָה. ◊



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

אתה גיבור לעולם אָדָנִי,

מְחִיה מַתִּים אַתָּה, רַב לְהֹשִׁיעַ.

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** **משיב הרוח ומוריד הגשם**
Who causes wind blow and rain fall.

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

מְכֻלָּפֶל חַיִם בְּחֵסֶד,

מְחִיה מַתִּים בְּרָחָמִים רַבִּים,

סָמֵךְ נָפְלִים, וַרְפֵּא חֹלִים,

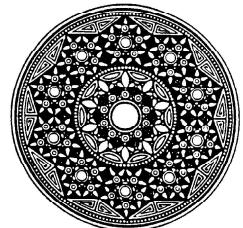
וַמְתִיר אֲסּוּרִים,

וַמְקִים אָמוֹנוֹ לִישְׁנִי עַפְרָה.

Mi khamokha b'al g'vurot **מי במוֹךְ בַּעַל גְּבוּרוֹת**

וְמֵדוֹמָה לָהּ, מֶלֶךְ מִמְּמִיתָ

וְמִיחִיה וּמִצְמִיחָה יְשׁוּעָה.



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?

מי במוֹךְ אָבְרָהָמִים, זָכֵר יְצָרֵיו לְחַיִם בְּרָחָמִים.

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

וְנִאְמַן אַתָּה לְהַחֲיוֹת מַתִּים.

You are the constant and trustworthy Life-Force.

◊**ברוך אתה יהוה, מִיחִיה הַמִּתִּים.** ◊

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

◊◊◊ THIRD BLESSING FOR SILENT INDIVIDUAL PRAYER: ◊◊◊

KEDUSHAT HA-SHEM - HALLOWING THE DIVINE NAME

אתה קדוש ושמך קדוש, וקדושים בכל יום יהלוך פלה. ◊

ברוך אתה יהוה, האל הקדוש. ◊

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.◊

◊**ברוך אתה יהוה, מלך הקדושים.** ◊

◊◊◊
**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

ישׁמֵח מֹשֶׁה בְּמִתְנַת חָלֻקָו, בַּי עָבֵד נָאָמֵן קָרָאת לָו. בְּלִיל תִּפְאָרֶת בָּרָאשׁו נָתַת לוֹ, בְּעַמְדוֹ לִפְנֵיךְ עַל
הר סִינַי. וְשַׁנִי לְוַחּוֹת אֲבָנִים הָזִירִיד בַּיּוֹד, וְכַתּוֹב בָּהֶם שְׁמִירַת שַׁבָּת, וְכֵן כַּתּוֹב בְּתּוֹרַתךְ:



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]:

וְשִׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשָּׁבָת, לְעֵשֹׂות אֹת הַשָּׁבָת לְדוֹרֹתֶם בְּרִית עוֹלָם. בֵּין וּבֵין בְּנֵי יִשְׂרָאֵל אָזֶה הִיא
לְעוֹלָם, כִּי שְׁשַׁת יָמִים עֲשָׂה יְהוָה אֹת הַשָּׁמְדִים וְאֹת הָאָרֶץ, וּבַיּוֹם הַשְׁבִּיעִי שַׁבָּת וַיְנַפְּשֶׁ.

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 *YHWH* made the heavens and earth and on the seventh day rested and was refreshed.

יְשִׁמְחוּ בְּמִלְכָוֶת, שׁוֹמְרִי שַׁבָּת וְקוֹרְאִי עַנְגָּה, עִם מִקְדְּשֵׁי שְׁבִּיעִי, בָּלָם יִשְׁבְּעוּ וַיְתַעֲגֹגְמוּ מַטּוֹבָה, וּבְשְׁבִּיעִי
רָצַית בָּו וּקְדַשְׁתָּו, חֶמְדַת יָמִים אָזֶה קָרָאת, זִכְרָה לְמַעַשָּׁה בְּרָאשָׁת:

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 הָוֶרֶינָה, רְצֵה בְּמִנוֹחָתָנוּ,
Eloheynu veilohei horeinu, r'tzei vi-m'nuhateinu
O God, and God or our ancestors, find pleasure in our *Shabbat*.

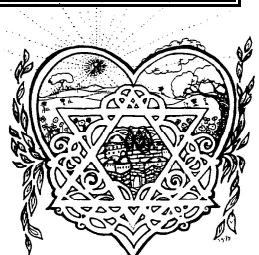
KADSHEINU

קָדְשָׁנוּ בְמִצְוֹתֶיךָ, וְתַנְּ חָלְקָנוּ בְתּוֹרַתֶךָ,
שְׁבָעָנוּ מַטּוֹבָה, וְשִׁמְחָנוּ נְפָשָׁנוּ בִּישׁוּעָתֶךָ,
sab'einu mi-tuvekha, v'samah nafsheinu biyshu'atекha
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

וְתַהַר לְבָנָנו לְעָבֹדךְ בְּאֶמֶת.

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



וְהַנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ בְּאֶחָבה וּבְרָצֹן שַׁבָּת קְדָשָׁה, וַיְנוֹחֵנוּ בָו יִשְׂרָאֵל מִקְדְּשֵׁי שְׁמָרָה.
◊ בָרוּךְ אַתָּה יְהוָה מִקְדֵּשׁ הַשָּׁבָת. ◊

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

רָצֶה, יְהוָה אֱלֹהֵינוּ, בְּעַמְךָ יִשְׂרָאֵל וּבְתְּפִלְתָּם, וְהַשֵּׁב אֶת הַעֲבוֹדָה לְדִבְרֵיךְ, וְאַשְׁרֵי יִשְׂרָאֵל, וּתְפִלְתָּם
בְּאֶחָבָה תִּקְבֵּל בְּרָצֹן, וְתַּהֲיוּ לְרָצֹן תָּמִיד עֲבוֹדָת יִשְׂרָאֵל עַמָּךְ.

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:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֶמוֹתֵינוּ יָעַלְהָ וּבָאֵן, וַיְגַע, וַיַּרְאָה, וַיַּשְׁמַע, וַיַּפְקַד, וַיִּזְכֶּר זְכָרוֹנוּ וַיִּקְדוּנוּ. זְכָרָנוּ, בַּיּוֹם
הַזֶּה, יְהוָה אֱלֹהֵינוּ בָּוּ לְטוֹבָה, וַיִּקְרְנוּ בָּוּ לְבָרְכָה, וְהַזְּשִׁיעָנוּ בָּוּ לְחַיִים...
חֹסֵךְ נַחֲנָנוּ, וַרְחָם עָלָנוּ וְהַשְׁעִינָנוּ, כִּי אַלְיךָ עִינָנָנוּ

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.

וְתַחְזִיןָה עִינָנָנוּ בְשֻׁוּבָה לְצִיּוֹן בְּרָחוּבִים. ❖ בָרוּךְ אַתָּה יְהוָה, הַמְּחַזֵּיר שְׁכִינְתְּךָ לְצִיּוֹן. ❖

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-" יְהוָה "

מוֹדִים אָנַחֲנוּ לְךָ, שָׁאַתָּה הוּא, יְהוָה, אֱלֹהֵינוּ וְאֱלֹהֵי הַוִּירוֹנִים, לְעוֹלָם וְעַד, צָור חַיִינָה, מְגַן יִשְׁעָנָה, אַתָּה
הוּא לְדוֹר וְדוֹר, נֹזֵה לְךָ וּנְסִפְרָתְךָ, עַל חַיִינָה הַמְּטוּרִים בִּיהִיא, וְעַל נְשָׁמוֹתֵינוּ הַפְּקוּדוֹת לְךָ, וְעַל
גְּסִיר שְׁבָכָל יוֹם עַמְנוּ, וְעַל נְפָלָאותִיךְ וְטוֹבָותִיךְ שְׁבָכָל עַתָּה, עָרָב וּבָקָר וְצָהָרִים, הַטּוֹב, כִּי לֹא כָּל-
רְחַמְּמִיחָה, וְהַמְּרִיחָה, כִּי לֹא תִּמְפּוֹחַדְךָ, מַעֲולָם קְוִינָה לְךָ.

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:

עַל הַנִּסִּים, וְעַל הַפְּרִזְקָן, וְעַל הַגְּבוּרוֹת, וְעַל הַתְּשׁוּוֹת, וְעַל גַּמְלָקָמוֹת

שְׁעַשְׂתָּה לְאֲבוֹתֵינוּ בִּימִים הָהִם בָּזְמַן הַזֶּה.

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

וְעַל בְּלָם יִתְבָּרֶךְ וַיִּתְרוּם שְׁמֵךְ מְלֵכָנוּ תָּמִיד לְעוֹלָם וְעַד.

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

On Shabbat Shuvah add:

וְכַתּוֹב לְחַיִם טוֹבִים כָּל בְּנֵי בְּרִיתְךָ.

וְכָל חַיִים יוֹדֵךְ סָלָה, וַיַּהַלְלוּ אֶת שְׁמֵךְ בְּאֶמֶת, הָאֵל יִשְׁוֹעָתָנוּ וְעֹזָרָתָנוּ סָלָה.

Bow at "Blessed-" and straighten at "Adonai-" בָרוּךְ "

❖ בָרוּךְ אַתָּה יְהוָה, הַטּוֹב שְׁמֵךְ וְלֹכֶד נָאָה לְהֽוֹדוֹת. ❖

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

✧ SEVENTH BLESSING: *BIRKAT HA-SHALOM* - בָּרְכַת הַשְׁלֹום
FOR WHOLENESS, PEACE AND FULFILLMENT

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

שִׁים שְׁלֹום טוֹבָה וּבָרְכָה,
חֵן וְחֶסֶד וּרְחַמִּים בְּעוֹלָם.
Sim shalom, tovah u-v'rakhah,
hein va-hesed v'raḥamim ba-olam.

BARKHEINU AVINU

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

Barkheinu Avinu kulanu בָּרְכֵנוּ אָבִינוּ כָּלָנוּ
k'ehad b'or panekha. כְּאֶחָד 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
natata lanu Adonai Eloheynu
Torat hayim, v'ahavat hesed
u-tz'dakah, u-vrakhah, v'raḥamim,
v'hayim v'shalom, v'tov
b'einekha l'verkheinu b'khol eit
u'v'khol sha'ah bi-sh'lomekha.

כִּי בְּאוֹר פָּנֶיךָ
נָתַת לְנוּ, יְיָ אֱלֹהֵינוּ
תוֹرַת חַיִם וְאֶחָבָת חֶסֶד,
צִדְקָה וּבָרְכָה וּרְחַמִּים
וְחַיִם וּשְׁלֹום, וּטוֹב
בְּעֵינֶיךָ לְבָרֵכֵינוּ בְּכָל עֵת
וּבְכָל שָׁעָה בְּשַׁלּוֹם.

On Shabbat Shuvah add:

בְּסֶפֶר חַיִם, בָּרְכָה וּשְׁלֹום, וּפָרָנָסָה טוֹבָה, נִצְרָךְ וּגְנַחֲתָב לְפָנֶיךָ, אָנֹחָנוּ וְכָל הָעָםִים, לְחַיִם טוֹבִים וּלְשְׁלֹום.

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. ✧ בָּרוּךְ אַתָּה יְהוָה, הַמַּבְרֵךְ בְּשְׁלֹום. ✧

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

OSEH SHALOM shalom bi-m'ro'mav
Hu ya'a'seh shalom aleynu
v'al kol Yisra'el
v'al kol Yishma'el
v'al kol ha-olam.
עֲשֵׂה שְׁלֹום בְּמַרְמֵיּוֹ
הָוּא יַעֲשֵׂה שְׁלֹום עַלְيָנוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יִשְׁמְעָאֵל
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.



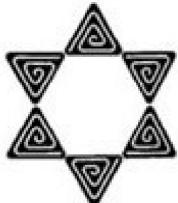
BRINGING THE *TORAH* OUT OF THE ARK

Stand as the ark is opened:

Va-y'hi binso'a ha-aron va-yomer Moshe וַיְהִי בָּנָסֹעַ הָאָרֶן וַיֹּאמֶר מֹשֶׁה
kuma Adonai v'yafutzu oyvekha קָוָמָה, יְהוָה, וַיַּפְצֹצּוּ אֵיבָרֶיךָ
v'yanusu m'sanekha mipanekha. וַיַּגְּסֹו מִשְׁנָאֶיךָ מִפְנִיכָךְ.

And it happened, when the Ark began its journey, that Moses said,

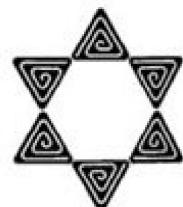
“Arise Infinite One and may Your enemies be scattered,
and may the ones who oppose You run from Your Presence.” [Numbers 10:35]



Ki mi-tzion teitzei Torah בְּיַמְצִיאָן תֵּצֵא תֹּרַה
u-dvar Adonai miyrushalim. וְדָבָר יְהוָה מִירוּשָׁלָם.

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

Barukh shenatan Torah בָּרוּךְ שְׁנַתֵּן תֹּרַה
l'amo Yisrael bi-k'dushato. לְעַמּוֹ יִשְׂרָאֵל בְּקָדְשָׁתוֹ.
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 רָחוּם וִתְּפִזּוֹן,

erekh apayim, v'rav hesed v'emet. אֲרֵךְ אֲפַיִם, וּרְבָב חִסְדָּה וְאֶמֶת:

Notzier hesed la-alafim, נָצֵר חִסְדָּה לְאַלְפִים,

nosei avon va-fesha v'hata'ah, v' nakei. נִשְׁאָעָן וְפָשָׁע וְחַטָּאת, וְנִקְהָה:

Yod Hey Vav Hey, 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, וְאַנְיִתְפִּלְתִּי לְךָ,

Yahweh, eit ratzon, יְהוָה, עֵת רָצֹן,

Elohim, b'rov hasdekha, אֱלֹהִים בָּרוּךְ חִסְדָּךָ,

Aneini be-emet yish'ekha. עֲנָנִי בְּאֶמֶת 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 בְּהָ אַנְּאָ רַחֵּץ,
 v'lishmei kadisha yakira ana eimar tushb'hān. וְלִשְׁמָהּ קָדִישָׁא יַקְרֵא אַנְּאָ אֶמְרָתְּתַשְׁבָּחָן.
 Ye'hei r'a'va kodamakh d'tiftah liba'i b'Oraita, יְהָא רְעֹוֹא קָדָמָךְ דְּתִפְתָּח לְבָאי בָּאוֹרִיתָא,
 v'tashlim mishalin d' liba'i, וְתְשַׁלֵּים מְשֻׁאָלֵין דְּלְבָאי,
 v'liba d'khol amakh Yisrael, וְלְבָא דְּכָל עַמּוֹ יִשְׂרָאֵל,
 l'tav u'l'hayin v'lishlam. (Amen.) לְטָב וְלִתְחִין וְלִשְׁלָם. (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 קָדוֹשׁ 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):

גָּדוֹלֹ קְלִיְתָה אֲתָי וְרָומְמָה שְׁמוֹ יִזְכָּרוּ.

Gadlu ladonai 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 הַגָּדְלָה וְהַגְּבוּרָה
v'ha-tiferet v'ha-neitzah v' ha-hod, וְהַתְּפִאָרָת וְהַנִּצְחָה וְהַהְוֹדָה,
ki kol ba-shamayim u'va-aretz כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ,
I'kha Adonai ha-mamlakhah לְךָ יְהוָה הַמֶּמְלָכָה,
v'ha-mitnasei l'khol l'rosh. וְהַמִּתְנִשָּׂא לְכָל לְרָאשׁ.

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 Yehoּdaָה אֱלֹהֵינוּ, רְוָמְמָוּ יְהוָה אֱלֹהֵינוּ
v'hishtahavu la-hadom raglav, kadosh Hu. וְהַשְׁתַּחֲווּ לְהַדּוֹם רְגָלָיו קָדוֹשׁ הוּא.
Rom'mu Yehoּdaָה אֱלֹהֵינוּ רְוָמְמָוּ יְהוָה אֱלֹהֵינוּ
v'hishtahavu l'har Kodesh, וְהַשְׁתַּחֲווּ לְהַר קָדוֹשׁ,
ki kadosh Yehoּdaָה אֱלֹהֵינוּ. כִּי קָדוֹשׁ 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. בָּרְכֵו אֶת יְהוָה הַמְבָרֵךְ.

Blessed is The Infinite One, the Source of blessing!

The congregation replies:

Adonai ha-m'vorakh l'olam va-ed. בָּרוּךְ יְהוָה הַמְבָרֵךְ לְעוֹלָם וְעַד.

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

Those called to the Torah chant:

Barukh Yehova ha-m'berekh le-uolam v'ed. בָּרוּךְ יְהוָה הַמְבָרֵךְ לְעוֹלָם וְעַד. בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחר
בָּנָנוּ עִם כָּל הָעִמִּים וַיִּתְּנוּן אֶת תּוֹרַתּוֹ. בָּרוּךְ אַתָּה יְהוָה, נֹתֵן 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:

**Barukh Ata Yehova ha-m'berekh le-uolam, asher natan lanu torat emet,
v'hayei o'lam nata' b'tokheinu.** בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נִתְּנָהּ לְנוּ תּוֹרַת אֶמֶת,
וְחַי עַולְם נִטְעָ בְּתוֹכֵנוּ. בָּרוּךְ אַתָּה יְהוָה, נֹתֵן 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 ha-Gomeil li-chayim tovot, she-g'malani k'l tov. בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
הַגּוֹמֵל לִחְיִים טוֹבֹת, שֶׁגְמַלְתִּי כֹּל טוֹב:

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, Hu yig'mal'khem kol tov, Selah. אָמֵן. מֵי שֶׁגְמַלְתֶּם כֹּל טוֹב, הוּא יִגְמַלְתֶּם כֹּל טוֹב סֶלָה:

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



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

סִימָן טוֹב וּמֵזֵל טוֹב וּמֵזֵל טוֹב וְסִימָן טוֹב....יְהָא לְנוּ

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

יְהָא לְנוּ וְלִכְלֵל יִשְׂרָאֵל....יְהָא לְנוּ וְלִכְלֵל יוֹשְׁבֵי תַּבָּל

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 שפטני מענש הלוואת [Feminine] הלוואה [Masculine]

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

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שְׁהַחֲנִינוּ וּקְיִמְנָנוּ וְהִגִּיעֲנוּ לַזָּמֵן הַזֶּה.

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

אֵל נָא רְפָא נָא לְךָ
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.

Hermon B'Mitzvah - Torah Reading

First Aliyah

Leviticus 22:20

You shall not offer any that has a defect, for it will not be accepted in your favor.

וַיֹּאמֶר יְהוָה כֹּל אֲשֶׁר־בָּנוּ מִום לֹא תִקְרַבְתָּ בְּיָדֶךָ לְרֵצֶן יְהִיָּה לְכֶם:

Leviticus 22:21

And when any party offers, from the herd or the flock, a sacrifice of well-being to יהוה for an explicit vow or as a freewill offering, it must, to be acceptable, be without blemish; there must be no defect in it.

וַיֹּאמֶר יְהוָה כֹּל אֲשֶׁר־בָּנוּ מִום לֹא תִקְרַבְתָּ בְּיָדֶךָ לְפָלָא־נָדָר אָנוּ לְנִדְבָּח בְּבָקָר אָנוּ בְּצָאוֹתָם יְהִיָּה לְרֵצֶן כָּל־מִום לֹא יְהִי־בָּבוּ:

Leviticus 22:22

Anything blind, or injured, or maimed, or with a wen, boil-scar, or scurvy—such you shall not offer to יהוה; you shall not put any of them on the altar as offerings by fire to יהוה.

עִירָתָן אָוֶן שְׁבֹור אוֹדָרָוֹץ אוֹ-יְבָלָת אָנוּ גָּרָב אָנוּ יְלַפְּתָה לְאַתְקָרְבָו אֱלֹהִים לְיְהֻדָּה וְאַשְׁה לְאַתְתָּנוּ מִהְם עַל־הַמִּזְבֵּחַ לְיְהֻדָּה:

Leviticus 22:23

וַיֹּאמֶר יְהוָה כֹּל אֲשֶׁר־בָּנוּ מִום לֹא תִקְרַבְתָּ בְּיָדֶךָ לְפָלָא־נָדָר אָנוּ לְנִדְבָּח בְּבָקָר אָנוּ בְּצָאוֹתָם יְהִיָּה לְרֵצֶן כָּל־מִום לֹא יְהִי־בָּבוּ:

You may, however, present as a freewill offering an ox or a sheep with a limb extended or contracted; but it will not be accepted for a vow.

וְשׂוּר וְשֶׂה שָׁרוּעַ וְקָלֹט נִדְבָּה תַּעֲשֵׂה
אָתָּו וְלֹנְגָּר לֹא יָרַצָּה:

Leviticus 22:24

You shall not offer to יהוה anything [with its testes] bruised or crushed or torn or cut. You shall have no such practices in your own land,

וַיָּקֹרֶא כ"ב:כ"ד

וְמַעֲזָה וְכַתּוֹת נִתְחַזְקָה וְכַרְזָה לֹא
תִּקְרִיבָה לִיהְוָה וּבָאָרֶץ בְּךָ לֹא תַּעֲשֵׂה:

Leviticus 22:25

nor shall you accept such [animals] from a foreigner for offering as food for your God, for they are mutilated, they have a defect; they shall not be accepted in your favor.

וַיָּקֹרֶא כ"ב:כ"ה

וּמִזְדַּבְּנִיכָּר לֹא תִּקְרִיבָה אֶת־לְחַם
אֱלֹהֵיכֶם מִכֶּל־אֱלֹהָה כִּי מְשֻׁחָתָם
בְּהָם מְוּמָם בְּהָם לֹא יָרַצְנוּ
לְכָמָם: {ס}

Second Aliyah

Leviticus 22:26

spoke to Moses, saying:

וַיָּקֹרֶא כ"ב:כ"ו

וַיֹּאמֶר יהָנָה אֶל־מֹשֶׁה לֵאמֹר:

Leviticus 22:27

When an ox or a sheep or a goat is born, it shall stay seven days with its mother, and from the eighth day on it shall be acceptable as an offering by fire to **יְהוָה**.

וַיֹּאמֶר יְהוָה כֹּל כָּלֵב:

שׂוֹר אֲוֹכֶל שָׁבַע אֲוֹתָעֶז כִּי יָנַד וְהִיא
שְׁבֻעַת יָמִים תְּחַת אָמָן וּמִיּוֹם
הַשְׁמִינִי וְהַלְאָה יָרַצָּה לְקַרְבָּנוּ אֲשֶׁר
לִיהְיוֹת:

Leviticus 22:28

However, no animal from the herd or from the flock shall be slaughtered on the same day with its young.

וַיֹּאמֶר יְהוָה כֹּל כָּלֵב:

וְשׂוֹר אֲוֹתָה אֲת֔וּ וְאַתְּ בֶּן֮ לֹא
תְּשַׁחַטְתִּי בְּיּוֹם אֶחָד:

Leviticus 22:29

When you sacrifice a thanksgiving offering to **יְהוָה**, sacrifice it so that it may be acceptable in your favor.

וַיֹּאמֶר יְהוָה כֹּל כָּלֵב:

וְכִי-תִזְבְּחוּ זְבַח-תֹּודָה לִיהְיוֹת
לְרִצְנָכֶם תִּזְבְּחוֹ:

Leviticus 22:30

It shall be eaten on the same day; you shall not leave any of it until morning: I am **יְהוָה**.

וַיֹּאמֶר יְהוָה כֹּל כָּלֵב:

בַּיּוֹם הַהוּא יִאָכֵל לְאַתָּתֵיכֶם מִפְנֵי
עַד-בָּקָר אָנִי **יְהוָה**:

Leviticus 22:31

You shall faithfully observe My commandments: I am **יְהוָה**.

וַיֹּאמֶר יְהוָה כֹּל כָּלֵב:

וְשִׁמְרָתְכֶם מִצְוֹתִי וְעַשְׁיַתְכֶם אַתֶּם אָנִי
יְהוָה:

Leviticus 22:32

You shall not profane My holy name,
that I may be sanctified in the midst
of the Israelite people—I who
sanctify you,

וַיֹּאמֶר יְהוָה לְמֹשֶׁה

וְלَا תְּחֻלֵּל אֶת־שְׁם קָדְשִׁי וְנִקְדְּשָׂתִי
בְּתוֹךְ בָּנַי יִשְׂרָאֵל אָנִי יְהוָה
מְקֹדְשָׁכֶם:

Leviticus 22:33

I who brought you out of the land of
Egypt to be your God, I
יְהוָה I.

וַיֹּאמֶר יְהוָה לְמֹשֶׁה

הַמּוֹצִיא אֶתְכֶם מִמִּצְרַיִם מֵצְרָאִים לְהִזְמָת
לְכֶם לְאֱלֹהִים אֲנִי יְהוָה: {פ}

Third Aliyah

Leviticus 23:33

spoke to Moses, saying:

וַיֹּאמֶר יְהוָה לְמֹשֶׁה

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר:

Leviticus 23:34

Say to the Israelite people: On the
fifteenth day of this seventh month
there shall be the Feast of Booths to
יהוָה, [to last] seven days.

וַיֹּאמֶר יְהוָה לְמֹשֶׁה

דָבַר אֶל־בְּנֵי יִשְׂרָאֵל לֵאמֹר בְּחַמְשָׁה
עִשְׂרֵה יוֹם לְחֶדֶש הַשְׁבִּיעִי הַזֶּה חֶג
הַסְּפֻוֹת שְׁבָעַת יְמִים לְיְהוָה:

Leviticus 23:35

The first day shall be a sacred
occasion: you shall not work at your
occupations;

וַיֹּאמֶר יְהוָה לְמֹשֶׁה

בְּיוֹם הַרְאָשׁוֹן מִקְרָא־קָדְשׁ
כָּל־מְלָאכָת עֲבָדָה לֹא תַּעֲשֶׂה:

Leviticus 23:36

seven days you shall bring offerings by fire to **יְהוָה**. On the eighth day you shall observe a sacred occasion and bring an offering by fire to **יְהוָה**; it is a solemn gathering: you shall not work at your occupations.

ויקרא כ"ג:ל"ו

שְׁבֻעַת יְמִים תִּקְרִיבוּ אֶשֶּׂח לֵיהֶנֶּה
בַּיּוֹם הַשְׁמִינִי מִקְרָא־קָדֵשׁ יְהִי לְכֶם
וְהַקְרִיבְתֶם אֶשֶּׂח לֵיהֶנֶּה עֲצָרָת הָוָא
כָּל־מֶלֶאכֶת עֲבָדָה לֹא תַעֲשׂוּ:

Leviticus 23:37

Those are the set times of **יְהוָה** that you shall celebrate as sacred occasions, bringing offerings by fire to —burnt offerings, meal offerings, sacrifices, and libations, on each day what is proper to it—

ויקרא כ"ג:ל"ז

אֵלֶּה מוֹעֵדי יְהוָה אֲשֶׁר־תִּקְרָאוּ אֶתְכֶם
מִקְרָא־קָדֵשׁ לְהַקְרִיב אֶשֶּׂח לֵיהֶנֶּה
עַלְּה וּמְנַחָה זָבֵח וְנִסְכִים דְּבָרִיּוֹם
בַּיּוֹם:

Leviticus 23:38

apart from the sabbaths of **יְהוָה**, and apart from your gifts and from all your votive offerings and from all your freewill offerings that you give to **יְהוָה**.

ויקרא כ"ג:ל"ח

מִלְבָד שְׁבֻתַת יְהוָה וּמִלְבָד
מִתְנֻוֹתֵיכֶם וּמִלְבָד כָּל־נְדִירֵיכֶם
וּמִלְבָד כָּל־נְדִבְתֵיכֶם אֲשֶׁר תַּתְנוּ
לֵיהֶנֶּה:

Fourth Aliyah

Leviticus 23:39

Mark, on the fifteenth day of the seventh month, when you have gathered in the yield of your land, you shall observe the festival of [to last] seven days: a complete rest on the first day, and a complete rest on the eighth day.

ויקרא כ"ג:ל"ט

אָד בְּחַמְשָׁה עִשְׂרֵה יוֹם לְחֶדֶשׁ
הַשְׁבִּיעִי בְּאַסְפָּכָם אֶת-תְּבוּאַת
הָאָרֶץ תָּחַגּוּ אֶת-חֲגִיהָוָה שְׁבָעַת
יְמִים בַּיּוֹם הַרְאַשׁוֹן שְׁבָתוֹן וּבַיּוֹם
הַשְׁמִינִי שְׁבָתוֹן:

Leviticus 23:40

On the first day you shall take the product of *hadar* trees, branches of palm trees, boughs of leafy trees, and willows of the brook, and you shall rejoice before your God יְהוָה seven days.

ויקרא כ"ג:מ"

וְלִקְחַתֶּם לְכֶם בַּיּוֹם הַרְאַשׁוֹן פְּרִי עֵץ
הַדָּר, כְּפַת תְּמִרִים וְעֵנֶת עַז-עֲבָת
וּעֲרָבִי-גַּחַל וּשְׁמִחְתֶּם לִפְנֵי יְהוָה
אֱלֹהֵיכֶם שְׁבָעַת יְמִים:

Leviticus 23:41

You shall observe it as a festival of יְהוָה for seven days in the year; you shall observe it in the seventh month as a law for all time, throughout the ages.

ויקרא כ"ג:מ"א

וְחִגְתֶּם אֶת-זֶה לְיְהוָה שְׁבָעַת יְמִים
בְּשָׁנָה חֲקַת עֹלָם לְדָרְתֵיכֶם בְּחֶדֶשׁ
הַשְׁבִּיעִי תָּחַגּוּ אֶת-

Leviticus 23:42

You shall live in booths seven days; all citizens in Israel shall live in booths,

ויקרא כ"ג:מ"ב

בְּסֻקַּת תֵּשְׁבַּן שְׁבָעַת יְמִים
כָּל-הָאָזְרָח בְּיִשְׂרָאֵל יֵשְׁבַּן בְּסֻקַּת:

Leviticus 23:43

in order that future generations may know that I made the Israelite people live in booths when I brought them out of the land of Egypt—I, your God. יְהוָה

וַיֹּאמֶר יְהוָה:

לְמַעַן יִדְעُו דֶּرֶתְיכֶם כִּי בַּסְפּוֹת
הוֹשֵׁבָתִי אֶת־בְּנֵי יִשְׂרָאֵל בְּהַזִּיאִ
אוֹתֶם מֵאָרֶץ מִצְרָיִם אֲנִי יְהֻנָּה
אֱלֹהֵיכֶם:

Leviticus 23:44

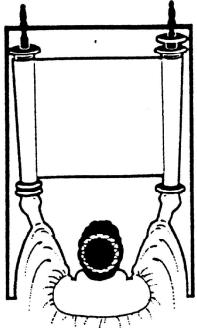
So Moses declared to the Israelites the set times of. יְהֻנָּה

וַיֹּאמֶר יְהוָה:

וַיֹּאמֶר מֹשֶׁה אֶת־מֵעֵדִי יְהֻנָּה אֶל־בְּנֵי
יִשְׂרָאֵל: {פ}

RAISING AND DRESSING THE TORAH

Rise as the Torah is Lifted



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

ברוך אתה יהוה אלְהֵינוּ מלך העולם, אשר בחר בנבאים טובים, ורצח בדוריהם הנאמרים באמתך, ברוך אתה יהוה, הבוחר בתורה ובמשה עבדו, ובישראל עמו, ובנבאים האמת וצדקה.

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've-Moshe avdo u've-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

ברוך אתה יהוה אלְהֵינוּ מלך העולם, צור כל העולמים, צדיק בכל הדורות, האיל הנאמן האומר ועשה, המדבר ומקיים, שפל דבריו אמת וצדקה.

Barukh Atah Adonai Eloheynu melek 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.

על התורה, ועל העבודה, ועל הנביאים, ועל יום השבת זהה, ועל יום הטוב הזה שנתת לנו יהוה אלְהֵינוּ, לך דשה ולמנוחה, [לשzon ולשמחה] לבבוד ולהתפארת. על הפל, יהוה אלְהֵינוּ אנחנו מודים לך, ומברכים אותך, יתברך שמה בפי כל חי תמיד לעולם ועד. ברוך אתה יהוה, מקדש השבת [ニישראַל וְהַזְמִינִים].

Al ha-Torah, v'al ha'avodah, v'al ha-n've'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, anaḥnu modim lakh, u-m'varkhim otakh, yitabarakh shimkha, b'fi kol hai tamid l'olam va-ed.

Barukh Ata Adonai m'kadash 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].

RETURNING THE TORAH TO THE ARK

יְהִלּוּ אֶת שֵׁם יְהוָה, כִּי נִשְׁגַּב שְׁמוֹ לְבָדוֹ. הַזְׂדָּנוּ עַל אָרֶץ וְשָׁמָיִם.
וְיָרַם קָרְן לְעַמּוֹ, תְּהִלָּה לְכָל חֲסִידִים, לְבָנִי יִשְׂרָאֵל עִם קְרוֹבוֹ, הַלְּלֹועַת.

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

Va-rarem keren l'amo, t'hilah l'khel hasidav, l'venei 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!



וּבְנָחָה יֹאמֶר: שׁוֹבֵה, יְהוָה רַבּוֹת אֱלֹפִי יִשְׂרָאֵל.
כִּי לְקַחْ טֻוב נִתְּתֵּנָה לְכֶם תּוֹרַתִּי אֶל תַּעֲזֹבָה.

U-v'nuḥoh yomar: shuva Adonai riv'ot alfei Yisra-eil.

Ki lekah̄ 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 זֶה יְהִי לְמִחְזִיקִים בָּהּ,
וְתִמְכִּיחָה מֵאָשָׁר.
Eitz ḥayim hi la-mahazikim bah,
v'tomkheyhah m'ushar.

דָּרְכֵיכָה דָּרְכֵי נָעַם,
וְכָל נִתְּבוֹתֶיךָ 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]

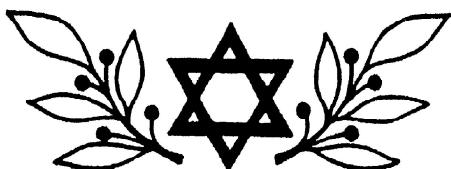
Her ways are ways of pleasantness and all her paths are peace [Proverbs 3:17].

הַשְׁיבֵנוּ יְהוָה אֱלֹךְ וְנִשְׁׁבוּבָה,
הַדְּשֵׁי יְמִינֵנוּ כְּקֶדֶם.

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

Renew our days as of old

[Lamentations 5:21]



ALEYNU

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.

עלינו לשבח **Aleynu l'shabei-ah**

לאדון הכל, **la-Adon ha-kol,**

lateit g'dulah **לטת גָּדוֹלָה**

ליוצר בראשית. **לִיּוֹצֵר בִּרְאָשִׁית.**

ואנחנו פורעים **Va'anaḥnu kor'im**

ומשתחווים ומודים, **u-mishtahavim u-modim**

לפנֵי מלך **לִפְנֵי מֶלֶךְ**

מלכי המלכים, **מֶלֶכִי הַמֶּלֶכִים,**

הקדוש ברוך הוא. **הַקָּדוֹשׁ בָּרוּךְ הוּא.**



TAKEYN OLAM [singable English from R. Tirzah Firestone]

Takeyn Olam b'mal'khut Shaddai. תָּקַן עַזְלָם בְּמַלְכָות שָׁדַי.
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!

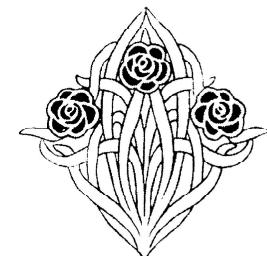
ונאמר, זה יהיה יהוה **V'ne'emar v'ha-ya Adonai**

מלך על כל הארץ! **לְמֶלֶךְ עַל כָּל הָאָרֶץ,**

ביום ההוא יהיה **Ba-yom ha-hu yih-yeh**

יהוה אחד, ושםו אחד: **יְהוָה אֶחָד, וְשַׁמוֹ אֶחָד:**

Yitgadal v'yitkadash sh'mei raba. **Amein..** יִתְגָּדֵל וַיִּתְקָדֵשׁ שְׁמֵה רַبָּא. אָמֵן.
 b'alma di v'ra khirutei. בָּעֵלֶםְאָדָם דִּבְרָא בְּרֻעֹתָה
 V'yamlikh malkhutei, וַיִּמְלִיךְ מֶלֶכֶתָה
 b'hayeikhon u-v'yomeykhon בְּחַיָּיכָוּן וּבְיוּמֵיכָוּן
 u-v'hayei d'khol beit Yisrael, וּבְחַיִּים דְּכָל בֵּית יִשְׂרָאֵל,
 ba'agala u-vizman kariv, בָּעֲגָלָא וּבִזְמָן קָרִיב,
 V'imru: **Amein.** וְאָמַרְוּ אָמֵן.



Y'hei sh'mei raba m'vorakh יֵהָא שְׁמֵה רַבָּא מִבָּרָךְ
l'olam u-l'almei almaya. לְעוֹלָם וּלְעַלְמֵי עַלְמִיאָה.

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 וַיִּשְׁתַּבְּחָה וַיִּתְפָּאַר
 v'ytromam v'yitnasei וַיִּתְרוּם וַיִּתְנַשֵּׁא
 v'yithadar v'yitaleh v'yithalal וַיִּתְהַדֵּר וַיִּתְعַלֵּה וַיִּתְהַלֵּל
 sh'mei d'Kudsha **Brikh Hu.** שְׁמֵה דְּקָדְשָׁא בְּרִיךְ הוּא.
 Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be
 the Name of the Holy One of Blessing.
 *L'eila min kol *לְעַלָּא מִן כָּל

[*Substitute on Shabbat Shuvah: L'eila u-l'eila mi kol / *לְעַלָּא וּלְעַלָּא מִן כָּל

birkhata v'shirata tush'b'hata v'nehemata בְּרִכַּתָּא וּשְׁירִתָּא תְּשִׁבְחָתָא וּנְחַמְתָּא

da'amiran b'alma. V'imru: **Amein.** דָּאָמִירָן בָּעֵלֶםְאָדָם וְאָמַרְוּ 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, יֵהָא שְׁלָמָא רַבָּא מִן שְׁמִיאָה,
 v'hayim aleynu וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
 V'imru: **Amein.** וְאָמַרְוּ אָמֵן.

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

עֲשֵׂה שְׁלָום בְּמַרְומִיו, Ose shalom bi-m'romav,
 הָא יָעֹשֶׂה שְׁלָום עָלֵינוּ Hu ya'ase shalom aleynu
 וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל yisra'el,

v'al kol yoshvei tevel, v'imru: **Amein.** וְעַל כָּל יוֹשְׁבֵי תָּבֵל וְאָמַרְוּ 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]

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

[34] *AHAT SHA'ALTI* [Psalm 27:4]

אחת שְׁאַלְתִּי מֵאַת הַשָּׁם,
Ahat sha'alti me'eit Ha-Shem (4x)
אוֹתָה אֶבְקַשׁ שְׁבַתִּי בַּבִּיטָה הַשָּׁם
Otah avakeish shivti b'veit Ha-Shem (4x)
כָּל יְמִי חַיִ לְחוֹזֹת בָּנָעָם הַשָּׁם
Kol y'mei hayai la'hazot b'no'am Ha-Shem (3x)
וְלִבְקָר בְּהַיכְלָוֹ
U-l'vekeir b'heykhalo

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]

קוֹהֶה, קוֹהֶה, קוֹהֶה אֶל הַשָּׁם
Kaveh kaveh kaveh el Ha-Shem
קוֹהֶה, קוֹהֶה, קוֹהֶה אֶל הַשָּׁם
Kaveh kaveh kaveh el Ha-Shem
קוֹהֶה אֶל הַשָּׁם, חִזְקֵ וַיַּאמֵץ לְבָךְ
Kaveh el HaShem, hazak v'ya'ameitz libekha
וְקוֹהֶה אֶל הַשָּׁם.
V'kaveh el Ha-Shem.
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



עוֹד יָבוֹא שְׁלָום עֲלֵינוּ וְעַל כָּלַמְּ.
Od yavo shalom aleynu ve'al kulam.
سَلَام...أَلِيْنُو وَعَلَ كُلِّ الْعَالَمِ...
Salaam...Aleynu ve'al kol ha'olam,
سَلَام، سَلَام!
Salaam, salaam!
راح يجي السلام علينا
و عال كول العالم
Raah Yiji Al Sallam A'laina
Waa'l Kol El A'lam.
سلام علينا و عال كول العالم
سلام سلام
Salaam, A'laina Waa'l Kol El A'lam.
Salaam, salaam!

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 Nossen in Likutei T'filot 2:11 - name of translator unknown]

רְבָנוֹ שֶׁל עַולם זָכָר לְהִרְבּוֹת בַּהֲתֻבּוֹדָות תָּמִיד, וְאַזְכָּה לְהִיּוֹת רְגִיל לְצֵאת בְּכָל יוֹם לְשָׁדָה בֵּין
אִילָנוֹת וְעֵשָׂבִים וּבְכָל שֵׁיחַ הַשָּׁדָה, וְשֶׁם אַזְכָּה לְהִתְבּוֹדֵד וְלְהִרְבּוֹת בְּשִׁיחָה זוּ תְּפִלָּה בֵּין לְבִין קֹנוֹן,
לְשָׁוֹחֵךְ שֶׁם בְּכָל אֲשֶׁר עָם לְבָבִי. וּבְכָל שֵׁיחַ הַשָּׁדָה וּבְכָל הַעֵשָׂבִים וְהַאִילָנוֹת וּבְכָל הַצְמָחִים, כּוֹלִם יִתְעוֹרֶר
לְקַרְאָתִי, וַיַּעֲלֹו וַיַּתְּהִלֵּו כְּחַם וְחַיוֹתָם לְתוֹזֵר דְּבָרֵי שִׁיחָתִי וְתְּפִלָּתִי, עַד שְׁתִּיהִי תְּפִלָּתִי וְשִׁיחָתִי נִשְׁלָמָת
בְּתַכְלִית הַשְּׁלִימּוֹת עַל יְדֵי כָּל שֵׁיחַ הַשָּׁדָה, שִׁיבְלָלו כּוֹלִם, עַם בְּכָל מְחוֹתָם וְחַיוֹתָם וּרְוחַנִּוֹתָם עַד שִׁירְשָׁם
הַעֲלִיוֹן, כּוֹלִם יִכְלְלוּ בְּתוֹךְ תְּפִלָּתִי. וְעַל יְדֵי זה אַזְכָּה לְפַתּוֹחַ אֶת לְבִי.



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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