



shabliss!



A TORAH OF AWAKENING
SIDDUR FOR FRIDAY EVENING



MINKHA

ASHREI [Psalms 84:5, 144:15 & 145:1-21]

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה.
אַשְׁרֵי הָעַם שְׂכַנְתָּה לוֹ, אַשְׁרֵי הָעַם שִׁיחֻוּהוּ אֱלֹהָיו.

Ashrei yoshvei veitekha, od y'hal'lukha selah.

Ashrei ha-am she-kakha lo, ashrei ha-am she-Adonai Elohav

Joyous are those who dwell in Your house; may they always praise You, selah!
Joyous is the people for whom this is so, joyous is the people whose Divinity is Reality.

T'hilah l'David תְּהִלָּה לְדָוִד,

(a psalm of David)

אֲרוֹמְמֶךָ אֱלֹהֵי הַמְּלָכָה, וְאֶבְרַכְּךָ שְׁמֶךָ לְעוֹלָם וָעֶד.

Aromimkha Elohai Ha-melekh, va-avarkhah shimkha l'olam va-ed.

I will exalt You my Sovereign God and I will bless your name forever and ever.

בְּכֹל יוֹם אֶבְרַכְּךָ, וְאֶהְלֵלְךָ שְׁמֶךָ לְעוֹלָם וָעֶד.

B'khol yom avarkheka, va'ahal'lah shimkha l'olam va'ed.

Every day I will bless You, and I will laud Your name forever and ever.

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר.

Gadol Adonai u-m'hulal m'od, v'ligdulato ein heiker.

Great is Hashem and exceedingly lauded; Its greatness is beyond investigation.

דֹר כְּדֹר יִשְׁבַח מַעֲשֵׂיךָ, וּגְבוּרֹתֶיךָ יִגְדֹּו.

Dor l'dor y'shabah ma'aseykha, u-g'vuroteykha yagidu.

Generation to generation will praise Your deeds, and of Your mighty deeds they will tell.

הַדָּר כְּבוֹד הַדָּרָה, וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה.

Hadar k'vod hodekha, v'divrei nifloteykha asihah.

Splendorous glory of Your power and Your wondrous deeds I shall discuss.

וְעֵזוֹ נִרְאוֹתֶיךָ יֵאמְרוּ, וּגְדֻלְתְּךָ אֶסְפְּרָנָה.

Ve'ezuz Noroteikha yomeiru, u-g'dulat'kha asap'renah.

Of Power wondrous they will speak, and Your greatness I shall relate.

זְכוֹר רַב טוֹבָךָ יִבְיַעוּ, וְצִדְקֹתֶיךָ יִרְנְנוּ.

Zekher rav tuvkhah yabiyu, v'tzidkat'kha y'raneinu.

Remembrance of your goodness they will utter, and of Your righteousness they will sing exultantly.

זָנוּן וְרַחוּם יְהוָה, אַרְךָ אַפַּיִם וּגְדֹל חָסֵד.

Hanun v'rahum Adonai, erekh apayim u-g'dal hased.

Gracious and merciful is Hashem, slow to anger and great in bestowing kindness.

טוֹב יְהוָה לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו.

Tov Adonai la-kol, v'rahmav al kol ma'asav.

Good is Hashem to all, Compassionate to all beings.

יִדְוָה יְהוָה כָּל מַעֲשָׂיךָ, וְחִסְדֶּיךָ יִבְרַכּוּבָה.

Yodukha Adonai kol ma'aseikha, va-hasideikha y'varkhukhah.

Gratitude will be given by all Your works, Hashem, and Your devout ones will bless You.

כְּבוֹד מַלְכוּתְךָ יֹאמְרוּ, וְגִבּוֹרֹתֶיךָ יִדְבְּרוּ.

K'vod Malkhut'kha yomeiru, u-g'vurat'kha y'dabeiru.
Glory of Your domain they will speak, and of Your power they will tell.

לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֹתֶיךָ, וְכְבוֹד הַדָּר מַלְכוּתוֹ.

L'hodia livnei ha'adam g'vurotav, u-kh'vod hadar malkhuto.
To reveal His mighty deeds and the glorious splendor of His kingdom.

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים, וּמַמְשַׁלְתְּךָ בְּכָל דֹּר וָדֹר.

Malkhut'kha malkhut kol olamim, u-memshalt'kha b'khol dor va-dor.
Your kingdom is a kingdom spanning all worlds, and Your dominion throughout the generations.

סוּמְךָ יְהוָה לְכָל הַנִּפְלִים, וְזוֹקֵף לְכָל הַכְּפוּפִים.

Someikh Adonai l'khol ha-noflim, v'zokeif l'khol ha-k'fufim.
Support is Hashem for all the fallen ones, and straightens all the bent.

עֵינֵי כָל אֱלֹהֵי יִשְׂרָאֵל, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכָלָם בְּעֵתוֹ.

Einei khol eileykha y'sabeiru, v'atah notein la-hem et okhlam b'ito.
Eyes of all look to You with hope, and You give them food in its proper time.

(Palms open and facing upward to receive the Divine Bounty)

פּוֹתֵנֵנִי אֶת יָדְךָ, וּמְשַׁבֵּיעַ לְכָל חַי רִצּוֹן.

Potei'ah et yadekha, u-masbia l'khol hai ratzon.
Open Your hand, and satisfy the desire of every living thing.

צַדִּיק יְהוָה בְּכָל דְּרָכָיו, וְחָסִיד בְּכָל מַעֲשָׂיו.

Tzadik Adonai b'khol d'rakhav, v'hasid b'khol ma'asav.
Righteous is Hashem in all His ways, magnanimous is all His deeds.

קָרוֹב יְהוָה לְכָל קֹרְאָיו, לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת.

Karov Adonai l'khol korav, l'khol asher yikra'uhu ve'emet.
Intimate is Divinity with all who call; to all who call with sincerity.

רְצוֹן יִרְאִיו יַעֲשֶׂה, וְאֵת שׁוֹעֲתָם יִשְׁמַע יוֹשִׁיעֵם.

R'tzon y'reiav ya'aseh, v'et shavatam yishma v'yoshiyeim.
The will of those in awe will be done, their cry be heard, and they be saved.

שׁוּמֵר יְהוָה אֶת כָּל אֹהֲבָיו, וְאֵת כָּל הַרְשָׁעִים יִשְׁמִיד.

Shomer Adonai et kol ohavav, v'eit kol ha r'shayim yashmid.
Protection is Hashem for those who love, and hatred will be dissolved.

יְהִי שִׁמְחָת יְהוָה יְדַבֵּר פִּי, וַיְבָרֵךְ כָּל בֶּשָׂר שֵׁם קָדְשׁוֹ לְעוֹלָם וָעֶד.

וְאַנְחֵנוּ נְבָרֵךְ יְהוָה מֵעַתָּה וְעַד עוֹלָם, הַלְלוּיָהּ.

T'hilat Adonai y'daber pi, vi-vareikh kol basar shem kodsho l'olam va'ed.

Va-anahnu n'vareikh Yah, mei'atah v'ad olam, **Halleluyah.**

Praise of Hashem may my mouth speak and may all life bless the Holy Name forever.
We will bless Yah from this time and forever-Halleluyah.

HATZI KADDISH חצי קדיש [Congregational responses in **BOLD**]

Yitgadal v'yitkadash sh'mei raba.
(Amein.)

B'alma di v'rah khirutei, v'yamlikh
mal'khutei b'hayeikhon
uv'yomeikhon uv'haiyei d'khol beit
Yisrael, ba'agala uviz'man kariv
v'imru **amein.**

**Y'hei sh'mei raba m'vorakh
l'olam ul'almei almaiya.**

Yitbarakh v'yshtabah v'yitpa'ar
v'yitromam v'yitnasei v'yithadar
v'yit'aleh v'yit'halal sh'mei d'kud'shah,
B'rikh hu.

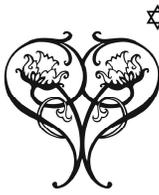
L'eila min kol birkhata v'shirata,
tush'b'- khata v'nekhemata
da'amiran b'alma, v'imru **amein.**

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא: **(אָמֵן:)**
בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךְ
מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי
דְכָל בֵּית יִשְׂרָאֵל בְּעַגְלָא וּבְזִמְנָן
קָרִיב וְאָמְרוּ אָמֵן:

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם
וּלְעָלְמֵי עָלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא:

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאָמִירָן
בְּעֵלְמָא וְאָמְרוּ אָמֵן:



☆ -Take three steps forward. The Amidah is prayed quietly and individually. ☆

Holy One, open my lips so my mouth can praise You!

אֲדַנִּי שְׁפֹתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiftah u'fi yagid t'hilatekha.

O God open up my lips as I begin to pray [singable words].



☆FIRST BLESSING - ANCESTORS ☆

Bend knees at "Blessed," bow at "You" and straighten at "Adonai".

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֵימֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי רַבֵּקָה, אֱלֹהֵי לָאָה וְאֱלֹהֵי רַחֵל, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקַנְיָה הַכֹּל, זוֹכֵר חֲסָדֵי אֲבוֹת וְאֵמֶהוֹת וּמְבִיא גְאוּלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׂמוֹ בְּאַהֲבָה.

Blessed are You, *Hashem*, Life of all worlds,
Supreme Divinity, eternally bestowing kindness and creating all;
Who remembers the kindness of our ancestors
And brings redemption to their children's children with love.

From Rosh Hashanah to Yom Kippur, add:

זְכַרְנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בְּחַיִּים, וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

Remember us for life, Sovereign who desires life!

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

Life, Helper, Savior, Shield

Bend knees at "Blessed," bow at "You" and straighten at "Adonai"

בְּרוּךְ אַתָּה יְהוָה, מְגֵן אַבְרָהָם וְעֹזֶרֶת שָׂרָה

Blessed are You, *Hashem*, Shield of Abraham and Help of Sarah.

☆SECOND BLESSING - POWER ☆

אַתָּה גְּבוּר לְעוֹלָם אֲדַנִּי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

You are the One Eternal Power, bringing life to the lifeless.

Summer (Pesah through Succot):

Who causes the dew to descend. מוֹרִיד הַטֶּל.

Winter (Sh'mini Atzeret until Pesah):

Who causes the wind to blow and the rain descend. מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמְתִיר אֲסוּרִים, וּמְקַיֵּם

אֲמוּנָתוֹ לִישׁוּי עֶפֶר, מִי כְמוֹךָ בֶּעַל גְּבוּרוֹת וּמִי דוֹמֵה לָךְ,

מֶלֶךְ יִמְמִית וּמְחַיֶּה וּמִצְמִיחַ יְשׁוּעָה.

Who sustains the living with kindness, supports the fallen,
heals the sick, and releases the bound.

Who is like You, who causes death and restores life and makes salvation sprout?

From Rosh Hashanah to Yom Kippur, add:

מִי כְמוֹךָ אֵב תְּרַחֲמִים, זוֹכֵר יְצוּרֵי לְחַיִּים בְּרַחֲמִים.

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

וְנִצְמַן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

Blessed are You, *Hashem*, Who enlivens the lifeless.

Chazzan:

נְקַדֵּשׁ אֶת־שִׁמְךָ בְּעוֹלָם כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשִׁמִּי מְרוֹם. כִּפְתּוּב עַל־יַד נְבִיאָךָ וְקָרָא זֶה
אֶל־זֶה וְאָמַר

Congregation:

קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְהוָה צְבָאוֹת מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ
Kadosh Kadosh Kadosh, Adonai Tzeva'ot, melo khol ha'aretz k'vodo!
(Holy, Holy, Holy, Unity of Forces, the Earth is the Fullness of Presence!)

Chazzan:

לְעַמְתָּם בְּרוּךְ יֵאמְרוּ

Congregation:

בְּרוּךְ כְּבוֹד־יְהוָה מִמְקוֹמוֹ
Barukh k'vod Adonai MiM'komo!
(Blessed is the Divine Presence from Its Place)

Chazzan:

וּבְדַבְרֵי קִדְשְׁךָ כְּתוּב לְאֹמַר

Congregation:

יְמִלְךָ יְהוָה לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן לְדוֹר וָדוֹר הַלְלוּיָהּ
Yimlokh Adonai le'olam, Elohayikh Tzion, L'dor Vador, Halleluyah!
(The Eternal is Your Divinity – O Zion – from generation to generation!)

Chazzan:

לְדוֹר וָדוֹר נִגִּיד גְּדֻלָּתְךָ וְלִנְצַח נִצְחִים קִדְשְׁתָּךְ נְקַדֵּישׁ וְשִׁבְחָךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יִמּוּשׁ לְעוֹלָם וָעֶד
כִּי אֵל מְלֶךְ גָּדוֹל וְקְדוֹשׁ אַתָּה: בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקְּדוֹשׁ

(From generation to generation we will declare Your greatness, and to all eternity, we will sanctify Your holiness, and Your praise, our God, will not depart from our mouth forever and ever; because You are the Almighty Who is King; Great, and Holy. Blessed are You, Adonoy, the Almighty, the Holy One.)

☆THIRD BLESSING - HOLINESS☆

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשֵׁים בְּכֹל יוֹם יְהַלְלוּךָ סְלָה.
You are Holy and Your Name is holy, and holy ones praise you continuously.
Blessed are You, *Hashem*, the Holy One. *בְּרוּךְ אַתָּה יְהוָה, הָאֵל הַקָּדוֹשׁ.

*Substitute from Rosh Hashanah to Yom Kippur:

בְּרוּךְ אַתָּה יְהוָה, הַמְּלִיךְ הַקָּדוֹשׁ. Blessed are You, *Hashem*, the Holy Sovereign.

☆FOURTH BLESSING - INSIGHT☆

אַתָּה חוֹנֵן לְאָדָם דַּעַת, וּמְלִמֵד לְאִנּוּשׁ בִּינָה. חַנּוּן מֵאֲתָךְ חֶכְמָה בִּינָה וְדַעַת.
בְּרוּךְ אַתָּה יְהוָה, חוֹנֵן הַדַּעַת.
You graciously enlighten with insight; endow us from Yourself with wisdom, intellect, and consciousness.
Blessed are You, *Hashem*, gracious bestower of insight.

☆FIFTH BLESSING - RETURN☆

הַשִּׁיבֵנוּ אֲבִינוּ לְתוֹרָתְךָ, וְקָרְבָנוּ מִלְּבָנוּ לְעִבוּדְךָ, וְהַחְזִירֵנוּ בְּתִשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.
בְּרוּךְ אַתָּה יְהוָה, הַרוֹצֵה בְּתִשׁוּבָה.
Bring us back to Your Torah and bring us near to Your service. Help us return in sincere *t'shuvah* to You.
Blessed are You, *Hashem*, Who desires Return.

☆SIXTH BLESSING - FORGIVENESS☆

(Strike left side of chest with right fist)

סְלַח לָנוּ, אֲבִינוּ, כִּי חָטָאנוּ, מַחֵל לָנוּ, מִלְּבָנוּ, כִּי פָשַׁעְנוּ, כִּי מוּחֵל וְסוֹלֵחַ אַתָּה.
בְּרוּךְ אַתָּה יְהוָה, חַנּוּן הַמְּרַבֵּה לְסִלְחָם.
Forgive us, our Source, for we have erred; pardon us, our Teacher,
for we have turned away; for You are goodness and forgiveness.
Blessed are You, *Hashem*, Gracious One, abundant in forgiveness.

☆SEVENTH BLESSING - REDEMPTION☆

רְאֵה בְּעֵינֵינוּ, וְרִיבֵה רִיבֵנוּ, וּגְאֹלֵנוּ מִדֶּהַר לְמַעַן שְׁמֶךָ, כִּי גוֹאֵל חוֹק אַתָּה.
בְּרוּךְ אַתָּה יְהוָה, גּוֹאֵל יִשְׂרָאֵל.
Behold our suffering, and redeem us with a complete redemption for Your Name's sake. Blessed are You,
Hashem - Redeemer of Israel.

☆EIGHTH BLESSING - HEALING☆

רְפָאנוּ, יְהוָה, וְנִרְפָא, הוֹשִׁיעֵנוּ וְנוֹשְׁעָה,
כִּי תִהְיֶהנּוּ אַתָּה, וְהִעֲלָה רְפוּאָה שְׁלֵמָה לְכֹל מִכּוֹתֵינוּ.
Heal us *Hashem*, and we will be healed, save us and we will be saved, for You are our praise. Bring a
complete recovery for all our ailments.

[at this point, one may insert a special prayer for specific people who are sick.....]

כִּי אֵל מְלִיךְ רּוֹפֵא נֶאֱמָן וְרַחֲמָן אַתָּה. בְּרוּךְ אַתָּה יְהוָה, רוֹפֵא חוֹלֵי עַמּוֹ יִשְׂרָאֵל וְכֹל חַי.
For You are the faithful and compassionate Healer. Blessed are You, *Hashem*,
Who heals the sick of the people Israel and all life.

☆ NINTH BLESSING - ABUNDANCE ☆

בָּרַךְ עֲלֵינוּ יְהוָה אֱלֹהֵינוּ, אֶת הַשָּׁנָה הַזֹּאת וְאֶת כָּל מִיְּנֵי תְבוּאֶתָהּ לְטוֹבָה,

Bless this year and all its crops for the best,

Summer (From Pesah through December 4th): and give blessing בְּרָכָה

Winter (From December 5th through Pesah): and give dew and rain for a blessing וְתִתֵּן טַל וּמָטָר לְבְרָכָה

עַל פְּנֵי הָאָדָמָה, וְשָׂבַעְנוּ מִטּוֹבָךָ, וּבְרַךְ שָׁנָתֵנוּ כְּשָׁנִים הַטּוֹבוֹת.

בָּרוּךְ אַתָּה יְהוָה, מְבָרֵךְ הַשָּׁנִים.

on the face of the Earth. Satisfy us from its bounty, and bless our year like the best of years.

Blessed are You, *Hashem*, Who blesses the years.

☆ TENTH BLESSING - UNITY ☆

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוֹתֵנוּ, וְשֵׂא נֶס לְקַבֵּץ גְּלוּיֵינוּ, וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע כְּנֻפּוֹת הָאָרֶץ. בָּרוּךְ אַתָּה

יְהוָה, מְקַבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

Sound the great shofar for our freedom and gather our exiles from the four corners of the earth.

Blessed are You, *Hashem*, Who gathers in the dispersed of the people Israel.

☆ ELEVENTH BLESSING - JUSTICE ☆

הַשִּׁיבָה שׁוֹפְטֵינוּ כְּבִרְאשׁוֹנָה וְיוֹעֲצֵינוּ כְּבַתְּחִלָּה, וְהַסֵּר מִמֶּנּוּ יְגוֹן וְאַנְחָה, וּמְלוֹךְ עֲלֵינוּ אַתָּה, יְהוָה, לְבַדְּךָ

בְּחֶסֶד וּבְרַחֲמִים, וְצַדִּיקֵנוּ בְּמִשְׁפָּט.

Restore justice and remove from us sorrow and groan; guide us with kindness and compassion.

* בָּרוּךְ אַתָּה יְהוָה, מְלֹךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

Blessed are You, *Hashem*, Who loves righteousness and justice.

* *Substitute from Rosh Hashanah to Yom Kippur:*

בָּרוּךְ אַתָּה יְהוָה, הַמְּלֹךְ הַמְּשַׁפֵּט. Blessed are You, *Hashem*, - the just Sovereign.

☆ TWELFTH BLESSING - DISSOLUTION ☆

וְלִשְׁנֹאָה אֵל תְּהִי תְקוּדָה, וְכָל הַרְשָׁעָה כְּרָגַע תִּאֲבֵד. וְכָל אוֹיְבֶיךָ מִהֲרָה יִכְרַתוּ, וְהַזֵּדִים מִהֲרָה תִּעַקֵּר

וְתִכְנַע בְּמִהֲרָה בְּיָמֵינוּ. בָּרוּךְ אַתָּה יְהוָה, שֹׁרֵר אֵיבוֹת וּמְכַנְיַע וְדוֹן.

Let there be no hope for hatred and let evil-doing disappear.

May all aggression be cut off. May intentional deception be smashed and uprooted swiftly.

Blessed are You, *Hashem*, the One Who shatters enmity and subdues malice.

☆ THIRTEENTH BLESSING - BLESSING FOR THE RIGHTEOUS ☆

עַל הַצְּדִיקִים וְעַל הַחֲסִידִים וְעַל זְקֵנֵי עַמְּךָ בֵּית יִשְׂרָאֵל, וְעַל פְּלִיטַת סוֹפְרֵיהֶם, וְעַל גְּרֵי הַצָּדֵק וְעֲלֵינוּ,

יְהִימוּ נָא רַחֲמֶיךָ, יְהוָה אֱלֹהֵינוּ, וְתֵן שֹׁכֵר טוֹב לְכָל הַבוֹטְחִים בְּשִׁמְךָ בְּאַמְתָּה,

וְשִׁים חֲלָקֵנוּ עִמָּהֶם לְעוֹלָם, וְלֹא יִבוֹשׁ כִּי בָךְ בְּטַחְנוּ.

בָּרוּךְ אַתָּה יְהוָה, מִשְׁעֵן וּמִבְטָח לְצַדִּיקִים.

Upon the righteous, the compassionate, the elders of the House of Israel and upon us,

may Your compassion be aroused. Let our trust be rewarded.

Let our portion be like theirs. May we never be ashamed.

Blessed are You, *Hashem*, the support and trust of the righteous.

☆FOURTEENTH BLESSING - JERUSALEM☆

ולירושלים עירך ברחמים תשוב, ותשכון בתוכה כאשר דברת, ובנה אותה בקרוב בימינו בנין עולם,
וכסא דוד מהרה לתוכה תבין. ברוך אתה יהוה, בונה ירושלים בשלום.

And to Jerusalem, Your city, may You return in mercy, and rebuild it soon as a structure of eternal peace.
Blessed are You, *Hashem*, rebuilder of Jerusalem for peace.

☆FIFTEENTH BLESSING - MESSIANIC TIME☆

את צמח דוד עבדך מהרה תצמיח, וקרנו תרום בישועתך, כי לישועתך קנינו כל היום.
ברוך אתה יהוה, מצמיח קרן ישועה.

May You cause the bloom of David, Your servant, to speedily flourish,
and may the radiance of deliverance expand, for we hope for Your salvation all day long.
Blessed are You, *Hashem*, Who causes the glory of salvation to flourish.

☆SIXTEENTH BLESSING - MANIFESTATION☆

שמע קולנו, יהוה אלהינו, חוס ורחם עלינו, וקבל ברחמים וברצון את תפלתנו, כי אל שומע תפלות
ותחנונים אתה, ומלפניך, מלכנו, ריקם אל תשיבנו.

Hear our voice, Merciful One, and accept our prayers in love and favor,
and from Your Presence do not turn us away empty-handed.

(Insert your own spontaneous prayer)

כי אתה שומע תפלת כל פה ברחמים. ברוך אתה יהוה, שומע תפלה.

For You hear the prayers of every mouth.
Blessed are You, *Hashem*, Who attends to prayer.

☆SEVENTEENTH BLESSING - HOLY SERVICE☆

רצה, יהוה אלהינו, בעמך ישראל ובתפלתם, 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 before You.

On Rosh Hodesh or Hol haMo'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 ורחם עלינו והושיענו, כי אליך עינינו

Our Source and Divinity of our ancestors, 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 בשוברך לציון ברחמים. ברוך אתה יהוה, המחזיר שכנינו לציון.

May our eyes behold Your Presence in our midst and in the midst of our people in Zion. Blessed are You,
Hashem, Who restores *Sh'khinah* to Zion.

☆ EIGHTEENTH BLESSING - GRATITUDE ☆

(Bow at "Modim" and straighten at "Adonai יהוה")

מוֹדִים אֲנַחֲנוּ לָךְ, שְׂאֵתָהּ הוּא, יְהוָה אֱלֹהֵינוּ וְאֵלֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, לְעוֹלָם וָעֶד, צוּר חַיִּינוּ, מְגִן
 שְׂעֵנוּ, אֵתָהּ הוּא לְדוֹר וָדוֹר, נוֹדָה לָךְ וְנִסְפָּר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ, וְעַל נְשְׁמוֹתֵינוּ
 הַפְּקוּדוֹת לָךְ, וְעַל נִסֵּיךְ שֶׁבְּכָל יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שֶׁבְּכָל עֵת, עָרַב וּבָקֵר וְצָהָרִים,
 הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרָחֵם, כִּי לֹא תָמוּ חֲסִדֶיךָ, מֵעוֹלָם קִוִּינוּ לָךְ.

(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 Compassionate One, Your kindness is never-ending;
 we constantly put our hope in You.

On Hanukah and Purim, add:

עַל הַנִּסִּים, וְעַל הַפְּרָקָן, וְעַל הַגְּבוּרוֹת, וְעַל הַתְּשׁוּעוֹת, וְעַל הַמַּלְחָמוֹת,
 שְׁעִשִּׂיתָ לְאֲבוֹתֵינוּ בְּיָמֵים הָהֵם בְּזִמְן הַזֶּה.

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

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מְלֻכְנוּ תָּמִיד לְעוֹלָם וָעֶד.

For all of this, may Your Name be blessed, exalted and extolled, continuously, forever.

From Rosh Hashanah to Yom Kippur, add:

וְכָתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ. And inscribe all the children of Your covenant for a good life.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת, הָאֵל יְשׁוּעָתֵנוּ וְעִזְרָתֵנוּ סֵלָה.
 בְּרוּךְ אַתָּה יְהוָה, הַטּוֹב שְׁמֶךָ וְלָךְ נָאֶה לְהוֹדוֹת.

Everything alive will gratefully acknowledge You, *Sela*, and praise and bless Your Great Name sincerely
 forever, *Sela*! Blessed are You, *Hashem*, Your Name is the Beneficent One, and to You we give thanks.



PRIESTLY BLESSINGS

Image those you wish to bless as you say these words

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ.

May the Eternal bless you and protect you.

יָאֵר יְהוָה פְּנֵיו אֵלֶיךָ וַיְחַנֶּךָ.

May the Eternal's face give light to you and may you experience grace.

יִשָּׂא יְהוָה פְּנֵיו אֵלֶיךָ וַיִּשֶׂם לָךְ שְׁלוֹם.

May the Eternal's face be lifted toward you and bestow peace upon you.

☆ NINETEENTH BLESSING - PEACE ☆

MORNING:

שִׁים שְׁלוֹם טוֹבָה וּבִרְכָה, חֵן וְחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל כָּל הָעוֹלָם. בְּרַכְנוּ, אָבִינוּ, בְּלֵנוּ בְּאֶחָד בְּאוֹר פְּנִיךָ, כִּי בְּאוֹר פְּנִיךָ נִתַּת לָנוּ, יְהוּדָה אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד, וְצִדְקָה וּבִרְכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם, וְטוֹב בְּעֵינֶיךָ לְבָרְכֵנוּ בְּכָל עֵת וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ.

Establish peace, goodness, blessing, life, graciousness, kindness and compassion upon us and upon all the world. Bless us as one in Your Light, for with the light of Your face You have given us a Torah of life and a love of kindness, blessing, compassion, life and peace.

And may it be that we be blessed in every season and in every hour with wholeness.

AFTERNOON / EVENING

שְׁלוֹם רַב עַל כָּל יוֹשְׁבֵי תְּבֵל תְּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת כָּל הָעַמִּים בְּכָל עֵת וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ.

Bring a lasting and expansive peace to all the inhabitants of earth. You are the master of peace. Please bless all peoples at every season and every hour with Your peace.

MORNING AND EVENING:

From Rosh Hashanah to Yom Kippur, add:

בְּסֵפֶר חַיִּים, בְּרְכָה וְשְׁלוֹם, וּפְרֻסָּה טוֹבָה, נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,

אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וְלְשְׁלוֹם.

In the book of life, blessing and peace, good livelihood and good fortune, may we be remembered and inscribed before You- we and Your entire people the House of Israel- for a good life and for peace.

בְּרוּךְ אַתָּה יְהוָה, הַמְּבָרֵךְ בְּשְׁלוֹם.

Blessed are You, Hashem, Who blesses with peace.



☆ HAVINEINU - AN ALTERNATIVE TO MIDDLE 13 BLESSINGS WHEN TIME IS PRESSURED ☆

הַבִּינֵנוּ יְהוָה אֱלֹהֵינוּ לְדַעַת דְּרָכְךָ, וּמוֹל אֶת-לִבְבֵנוּ לִירְאָתְךָ, וְתִסְלַח לָנוּ לְהִיּוֹת גְּאוּלִּים, וְרַחֲמֵנוּ מִמְּכָאוֹב, וְדַשְׁנֵנוּ בְּנְאוֹת אֶרֶץ, וּנְפֻצוֹתֵינוּ מֵאֲרָבַע תְּקֵבִץ, וְהַתּוֹעִים עַל דַּעְתְּךָ יִשְׁפֹּטוּ, וְעַל הַרְשָׁעִים תִּגְיֵף יָדְךָ, וְיִשְׁמְחוּ צְדִיקִים בְּבִנְיַן עִירְךָ וּבִתְקוֹן הַיְכָלְךָ, וּבְצִמְחַת קֶרֶן לְדוֹד עֲבָדְךָ וּבְעֵרִיכַת נֵר לְבֶן-יְשִׁי מְשִׁיחְךָ. טָרָם יִקְרָא אֶתָּא תַעֲנֵה. בְּרוּךְ אַתָּא יְהוָה, שׁוֹמֵעַ תְּפִלָּה.

Grant us understanding, O Infinite One, so we might know Your path.

Circumcise our hearts so we might be in awe of You. Forgive us so we can be free.

Distance us from suffering. Let us enjoy the prosperity of Your land.

Gather our scattered and homeless from throughout the world. Judge those who have erred.

May those who do wrong intentionally know the consequences of their actions.

May the righteous rejoice in the rebuilding of Your dwelling place on earth, in the repair of Your palace Gaia, and in the growing radiance of the light of messianic hope.

Before we even call out, You will already have answered us.

Blessed are you, O Holy One, who listens to prayer.

1. Havineinu - the essence of the middle 13 Blessings of the Weekday Amidah from Babylonian Talmud B'rakhot 29a; translation R SaraLeya Schley

ELOHAI N'TZOR - CONCLUDING PERSONAL PRAYERS

אלהי, נצור לשוני מרע, ושפתי מנדבר מרמה, ולמקללי נפשי תדם, ונפשי כעפר לכל תהיה. פתח לבי בתורתך, ובמצותיך תרדוף נפשי. וכל החושבים עלי רעה, מהרה היפר עצתם וקלקל מחשבתם.
My God, keep my tongue from evil and my lips from lies. Help me to ignore those who slander me. Let me be humble before all. Open my heart to Your sacred teachings, so that I may pursue Your *mitzvot*. Frustrate the designs of those who plot evil against me; make nothing of their schemes.

יהי רצון מלפניך, יהוה אלהי ואלהי אבותי ואמותי, שלא תעלה קנאת אדם עלי, ולא קנאתי על אחרים, ושלא אבעס היום, ושלא אכעיסך, ותצילני מיצר הרע, ותן בלבי הכנעה וענוה. מלכנו ואלהינו, יחד שמך בעולמך, בנה עירך, יסד ביתך, ושכלל היכלך, וקבץ קבוץ גלויות, ופדה צאנך, ושמח עדתך.

May it be Your will, God of my ancestors, that none be jealous of me and that I not be jealous of others, that I not become angry and that I not make You angry. Save me from my negative tendencies, and place humility and contriteness in my heart. Please unify Your name in Your world, establish Your sanctuary, build Your city, perfect Your palace.

עשה למען שמך, עשה למען ימינך, עשה למען קדושתך, עשה למען תורתך. למען יחלצון ידיך, הושיעה ימינך וענגי. יהיו לרצון אמרי פי והגיון לבי לפניך, יהוה צורי וגואלי. עשה שלום במרומו. הוא יעשה שלום עלינו, ועל כל ישראל, ועל כל יושבי תבל, ואמרו אמן.

Do this because of Your Name, Your compassion, Your Holiness, Your *Torah*. Answer our prayers for the deliverance of our people. Please answer me with kindness. May the words of my mouth and the meditations of my heart be acceptable before You, *YHVH, Hashem*, my Rock and my Redeemer. May the One who makes peace in the heavens, make peace for us, for all Israel and for all the inhabitants of our world, and we say Amen.



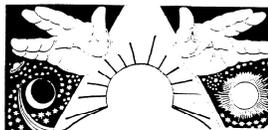
FROM TOUCHING PEACE BY THICH NHAT HANH

Our true home is in the present moment.
To live in the present moment is a miracle.
The miracle is not to walk on water.
The miracle is to walk on the green Earth in the present moment,
to appreciate the peace and beauty that is all around us ~
in the world and in nature ~ and within us ~ in our bodies and our spirits.
Once we learn to touch this peace, we will be healed and transformed.
It is not a matter of faith; it is a matter of practice.



UNENDING LOVE [Rabbi Rami Shapiro]

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



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

*Embraced, touched, soothed, and counseled.
Ours are the arms, the fingers, the voices; ours are the hands, the eyes, the smiles.
We are loved by an unending love.*

KADDISH SHALEIM - FULL KADDISH [Congregational responses - **bold**.]



Yitgadal v' yitkdash sh'mei raba. **Amein.** יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵי רַבָּא. אָמֵן.

b'alma di v'ra khirutei. בְּעֵלְמָא דִּי בְרָא כְרֵעוּתָהּ.

V'yamlikh malkhutei, וְיַמְלִיךְ מַלְכוּתָהּ.

b'haveikhon u-v'yomeykhon בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן

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

ba'agala u-vizman kariv, בְּעֵגְלָא וּבְזִמְן קָרִיב.

V'imru: **Amein.** וְאָמְרוּ אָמֵן.

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

l'olam u-l'almei almaya. לְעֵלָם וּלְעַלְמֵי עֲלְמַיָּא.

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 וְיִתְרוֹמַם וְיִתְנַשֵּׂא

v'yithadar v'yitaleh v'yithalal וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

sh'mei d'Kudsha **Brikh Hu.** שְׁמֵי דְקֻדְשָׁא בְרִיךְ הוּא.

Blessed, praised, glorified, exalted, extolled, mighty, upraised and lauded be

the Name of the Holy One of Blessing.

L'eila min kol *לְעֵלָא מִן כּוּל *

[*Substitute from Rosh haShanah until Yom Kippur: L'eila u-l'eila mi kol לְעֵלָא וּלְעֵלָא מִכּוּל]

birkhata v'shirata tush'b'hata v'nehemata בְּרִכְתָּא וְשִׁירָתָא תִּשְׁבַּחְתָּא וְנִחְמָתָא

da'amiran b'alma. V'imru: **Amein.** דְאָמִירָן 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.**

titkabeil tz'lot'hon u-va'ut'hon תִּתְקַבֵּל צְלוֹתְהוֹן וּבְעוּתְהוֹן

d'khol beit Yisrael דְכָל בֵּית יִשְׂרָאֵל

kodam Avuhon di vishmaya קֳדָם אַבּוּהוֹן דִּי בִשְׁמַיָּא

V'imru: **Amein.** וְאָמְרוּ אָמֵן.

Let the prayers and pleas of all the House of Israel be accepted by their Father in heaven, and say: **Amen.**

Y'hei sh'lama raba min sh'maya, יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

v'hayimaleynu v'al kol Yisra-eil, וְחַיִּים עֲלֵינוּ וְעַל כּוּל יִשְׂרָאֵל,

V'imru: **Amein.** וְאָמְרוּ אָמֵן.



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

Ose shalom bi-m'romav, עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו,

Hu ya'ase shalomaleynu הוא יַעֲשֵׂה שְׁלוֹם עֲלֵינוּ

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

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

The One who makes peace in the heights, will make peace upon us, upon all Israel,

and upon all who dwell on earth, and say: **Amen.**



ALEYNU

Aleynu l'shabei'akh la'adon ha-kol עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל
lateit g'dulah l'yotzeir b'reishit. לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית.

Our praise gives strength to the Shaper of life.
Every soul is blessed and rooted in the Divine.

Bend knees at va'anachnu kor'im; bow at umish'tachavim, straighten at lif'nay melech

Va'anhanu kor'im וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
u-mishtahavim u-modim lif'nei לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ
melekh malkhei ha-m'lakhim בְּרוּךְ הוּא:
ha-adosh barukh hu.

Acknowledge and surrender,
lift your hearts in praise and joy and thanks.
We are blessed by the Source—there is nothing else, only this,
the Life within all life, the Holy Blessed One.

שְׁהוּא נוֹטָה שָׁמַיִם וְיִסַּד אֶרֶץ וּמוֹשָׁב יִקְרוּ בְּשָׁמַיִם מִמַּעַל וּשְׁכִינַת עֶזְךָ
בְּגִבְהֵי מְרוֹמִים הוּא אֱלֹהֵינוּ אֵין עוֹד. אָמֵת מַלְכֵנוּ אַפְס זִילְתָּנוּ.
כְּכַתוּב בְּתוֹרָתוֹ:

For You spread out the heavens and stabilize the land .
Your precious dwelling place is in the heavens above, and
Your Presence of Strength is found in the lofty heights.

There is Nothing else!

Truly you are the Ground of our Being, nothing compares to You.

As it is written in Your Torah:

וַיֵּדַעְתָּ הַיּוֹם....

And you will know on this day....

...HU HA HU HU HA...

v'hasheivota el levavekha וְהִשְׁבֵּת אֶל לִבְךָ

ki Hashem HU HA-Elohim כִּי הַשֵּׁם הוּא הָאֱלֹהִים

ba-shamayim mi-ma'al בַּשָּׁמַיִם מִמַּעַל

v'al ha-aretz mi-taḥat, ein od! וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד.

...and bring back into to your heart, that Existence is the Godliness
in heaven above and earth below, **there is nothing else!**

[Deuteronomy 4:39]

עַל כֵּן נִקְוָה לָךְ יי אֱלֹהֵינוּ לְרֹאוֹת מְהֵרָה בְּתַפְאֵרַת עֲזָרָה לְהַעֲבִיר גְּלוּלִים מִן
הָאָרֶץ וְהָאֱלִילִים כְּרוֹת יִפְרֹתוֹן לְתַקֵּן עוֹלָם בְּמַלְכוּת שׁוֹדֵי וְכָל בְּנֵי בָשָׂר
יִקְרָאוּ בְּשִׁמְךָ. לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי אֶרֶץ. יִכִּירוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תֵבֵל כִּי
לָךְ תִּכְרַע כָּל בָּרָךְ תִּשָּׁבַע כָּל לְשׁוֹן: לְפָנֶיךָ יי אֱלֹהֵינוּ יִכְרַעוּ וַיִּפְּלוּ וְלִכְבוֹד
שִׁמְךָ יִקָּר יִתְּנוּ וַיִּקְבְּלוּ כָּלֵם אֶת עוֹל מַלְכוּתְךָ. וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם
וָעֵד. כִּי הַמַּלְכוּת שְׁלֹךְ הִיא וְלַעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד: כְּכָתוּב בְּתוֹרָתְךָ יי
יִמְלֹךְ לְעוֹלָם וָעֵד:

There will come a time when the forces of destruction and distortion of ego—yes, the broken whole—will reconnect into one vessel of the supernal. The One will be truly one. We will hold to this vision. We will not be swayed. Though the despair and pain of the world is great, change is possible. We will work to bring the day that holy guidance directs the world.

וְנֹאמַר וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאָרֶץ

בְּיוֹם הַהוּא יִהְיֶה יי אֶחָד וּשְׁמוֹ אֶחָד:

V'ne'emar: V'hayah Adonai l'melekh al kol ha'aretz.

Bayom hahu yih'yeh Adonai ekhad ush'mo ekhad.

On that day all will know the unity of God..

Yitgadal v'yitkadash sh'mei raba.
(**Amein.**) B'alma di v'rah khirutei,
v'yamlikh mal'khutei b'hayeikhon
u-v'yomeikhon uv'haiyei d'khol
beit Yisrael, ba'agala u-viz'man
kariv v'imru **amein.**

**Y'hei sh'mei raba m'vorakh
l'olam ul'almei almaiya.**

Yitbarakh v'yishtabah v'yitpa'ar
v'yitromam v'yit-nasei v'yit'hadar
v'yit'aleh v'yit'halal sh'mei
d'kudsha, **B'rikh hu.** L'eila min
kol birkhata v'shirata, tush'b-hata
v'nehemata da'amiran b'alma,
v'imru **amein.**

Y'hei sh'lama raba min sh'maiya
v'haiyim aleinu v'al kol Yisra'el
v'imru **amein.**

Oseh shalom bim'romav Hu
ya'aseh shalom aleynu v'al kol
Yisra'el, v'al kol yoshvei teiveil
v'imru **amein.**

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא:
(אָמֵן:) בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ
וְיִמְלִיךָ מַלְכוּתָהּ בְּחַיִּיכוּן
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
בְּעַגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן:

יְהִיא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי
וְלְעַלְמֵי עֲלַמְיָא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם
וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא: לְעַלְמָא
מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא
תְּשַׁבַּחְתָּא וְנִחַמְתָּא דְאִמְרִין
בְּעֶלְמָא וְאָמְרוּ אָמֵן:

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה
שְׁלוֹם עָלֵינוּ. וְעַל כָּל יִשְׂרָאֵל.
וְעַל כָּל יוֹשְׁבֵי תֵבֵל. וְאָמְרוּ אָמֵן:

KABBALAT SHABBAT

YEDID NEFESH (Hebrew: R. Eliezer Azkiri, 16th century; singable translation: R. Zalman Schachter-Shalomi)

יְדִיד נֶפֶשׁ אָב הַרְחָמֵן, Yedid nefesh av ha-rahaman
מִשֶׁךְ עֲבֹדָה אֶל רְצוֹנָהּ. m'shokh avd'kha el r'tzonekha
יְרוּץ עֲבֹדָה כְּמוֹ אֵיל, Yarutz av' d'kha k'mo ayal.
יִשְׁתַּחֲוֶה אֶל מוֹל הַדֶּרֶךְ. Yishtaḥaveh el mul ha-darekha.
יַעֲרֵב לוֹ יְדִידוֹתַי, Ye'e'rav lo y'diydoteykha,
מִנְפֶת צוּף וְכֹל טַעַם. minofet tzuf v'khol ta'am.
You who love my soul, sweet source of tenderness
Take my inner nature and shape it to Your will.
Like a darting deer I will flee to You.
Before Your glorious presence, humbly do I bow.
Let your sweet love delight me with its thrill.
Because no other dainty will my hunger still.

אֲדוֹר נְאֻה זִיו הָעוֹלָם, Hadur na-eh ziv ha-o'lam,
נִפְשֵׁי חוֹלֵת אֶהְבְּתֶךָ. nafshi ḥolat ahavatekha.
אֲנִי אֵל נָא רַפָּא נָא לָהּ, Ana El na r'fa na lah,
בְּהִרְאוֹת לָהּ נָעַם זִיוֶךָ. b'harot lah no'am zivekha.
אֲז תִתְחַזֵּק וְתִתְרַפָּא, Az tithazeik v'titrapei,
וְהִיְתָה לָהּ שִׂמְחַת עוֹלָם. v'haytah lah simhat olam.
How splendid is Your light which worlds do reflect.
My soul is worn from craving for Your love's delight.
Please good God do heal her, and show to her Your face
So my soul can see You, and bathe in Your grace.
There she will find strength, and healing in this sight.
Her joy will be complete then, eternal her delight.

וְתִיק יְהֵמוּ נָא רַחֲמֶיךָ, *Vatik yehemu na rahmeykha,*
 וְחוּסָה נָא עַל בֶּן אֶהוּבֶךָ. *v'husa na al ben ahuvekha.*
 כִּי זֶה כַּמָּה נְכֹסֶף נְכֻסְפִיתִי, *Ki zeh kama nikhsaf nikhsafti*
 לְרֵאוֹת מְהֵרָה בְּתַפְאֲרַת עֲזֶךָ. *Lirot m'heirah b'tiferet uzekha.*
 אֲלֶה חֲמֻדָּה לְבִי, *Eileh hamdah libi*
 וְחוּסָה נָא וְאַל תִּתְעַלֵּם. *v'husah na v'al tit'a'lam.*
What pity stirs in You, since days of old, my God!
Be kind to me, Your own child, begotten by Your love.
For long and longing hours, I yearned for Your embrace.
To see my light in Your light, basking in Your grace.
My heart's desire is to harmonize with Yours.
Do not conceal Your pity, hide not that light of Yours.

הִגְלֵה נָא וּפְרֹשׁ, חֲבִיבִי, עָלַי *Higaleh na u-fros havivi alai*
 אֶת סִכַּת שְׁלוֹמֶךָ. *et sukat sh'lomekha.*
 תֹּאִיר אֶרֶץ מִכְבוֹדֶךָ, *Ta-ir eretz mik'vodekha,*
 נְגִילָה וְנִשְׁמִיחָה בָּךְ. *nagilah v'nismihah bakh.*
 מְהֵרָה אָהֵב כִּי בָא מוֹעֵד, *Maheir ehov ki va mo'eid,*
 וְחַנּוּנוֹ כִּימֵי עוֹלָם. *v'honeinu kimei olam.*
Help, my lover, spread Your canopy of peace.
Enfold all human beings. Give all pain surcease.
Your presence on this earth-plane do make known to us.
And we shall respond then with song and with dance.
Rush my love, be quick! The time for love is now!
Let Your gentle favor grace us as of old.

KABBALAT SHABBAT - RECEIVING THE SABBATH קַבְלַת שַׁבָּת

חֶסֶד | יוֹם רֵאשִׁיׁן

**L'khu n'ran'na l'Adonai,
nari'ah l'tzur yisheinu;
n'kadmah fanav
b'todah, bi-z'mirot
nari'a lo.**

Ki eil gadol Adonai u'melekh
gadol al kol elohim. Asher
b'yado mekhk'rei aretz
v'to'afot harim lo; asher lo
hayam v'hu asahu
v'yabeshet yadav yatzaru.
Bo'u nish'tahaveh
v'nikh'ra'ah niv'r'khah lifnei
Adonai oseinu.
Ki hu Eloheinu v'anahnu am
mar'ito v'tzon yado hayom
im b'kolo tishma'u.
Al takshu l'vav'khem
ki-m'rivah k'yom masah
ba-midbar. Asher nisuni
avoteikhem b'hanuni gam
ra'u fa'ali. Arba'im shanah
akut b'dor va'omar am
to'ei leivav heim, v'heim
lo yad'u d'rakhai, asher
nishba'ti v'api im y'vo'un
el m'nuhati.

לְכוּ נִרְנְנָה לַיּוֹם, נִרְיַעָה לְצוּר
יִשְׁעֵנוּ: נִקְדְּמָה פָּנֵינוּ בְּתוֹדָה בְּזִמְרוֹת
נִרְיַע לּוֹ:

כִּי אֵל גָּדוֹל יי, וּמֶלֶךְ גָּדוֹל עַל כָּל
אֱלֹהִים: אֲשֶׁר בְּיָדוֹ מְחַקְרֵי אָרֶץ,
וְתוֹעֲפוֹת הָרִים לוֹ; אֲשֶׁר לוֹ הַיָּם
וְהוּא עֹשֶׂהוֹ, וַיִּבְשֶׁת יַדָּיו יִצְרוּ: בָּאוּ
נִשְׁתַּחֲוּוּהוּ וְנִכְרַעְתֶּם, נִבְרַכָּה לְפָנָיו יי
עַשְׂנוּ: כִּי הוּא אֱלֹהֵינוּ וְאַנְחָנוּ עִם
מִרְעִיתוֹ וְצֵאן יְדוֹ, הַיּוֹם אִם בְּקִלּוֹ
תִּשְׁמָעוּ: אֵל תִּקְשׁוּ לְבַבְכֶם כַּמְרִיבָה,
כִּיּוֹם מִסָּה בַּמִּדְבָּר: אֲשֶׁר נִסּוּנֵי
אֲבוֹתֵיכֶם, בְּחַנוּנֵי גַם רָאוּ פְעֻלָּי:
אֲרַבְעִים שָׁנָה אָקוּט בְּדוֹר. וְאָמַר עִם
תַּעֲי לִבְבֵּי הֵם וְהֵם לֹא יָדְעוּ דְרָכָי:
אֲשֶׁר נִשְׁבַּעְתִּי בְּאִפִּי אִם יִבְאוּן אֵל
מִנוּחָתִי:

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**Come, let us sing in joy to the One,
exclaim to the Rock of salvation!**

Let us come forth with gratitude, exulting with songs.
The farthest places of the Earth, the folds of the hills
are held within Your hand.

The sea, the dry land, all did Your hands shape.
Come, let us give ourselves to bowing
and kneel and bless our Creator.

For Divine power leads us
as a people shepherded, as a flock in the hand of God—
today, right now, if only you listen for the Voice.

Do not harden your heart as it was at Meribah—Strife—on the day of
Massah—Struggle—
as it was in the wilderness,

when your ancestors struggled with Me,
they tested Me — even those who had seen Me within My works.

For forty years I bore that generation, saying:

'They are a people who have lost heart,
unable to discern My Path?

I made an oath against My anger,
If only they would find rest!'

גְבוּרָה | יוֹם שֵׁנִי

**Shiru ladonai shir khadash
shiru ladonai kol ha'aretz.
Shiru ladonai barkhu
sh'mo basru m'yom l'yom
y'shu'ato.** Sapru vagoyim
k'vodo b'khol ha'amim
nif'lotav. Ki gadol Adonai
um'hulal m'od nora hu al kol
elohim. Ki kol elohei ha'amim
elilim v'Adonai shamayim asah.
Hod v'hadar l'fanav oz v'tiferet
b'mikdasho. Havu l'Adonai
mishp'khot amim havu l'Adonai
kavod v'oz. Ha'vu l'Adonai k'vod
sh'mo s'u minkhah u'vo'u
l'khatz'rotav. Hish'takhavu
l'Adonai b'hadrat kodesh khilu
mipanav kol ha'aretz. Imru
vagoyim Adonai malakh, af
tikon teiveil bal timot, yadin
amim b'meisharim.

**Yis'm'khu hashamayim
v'tageil ha'aretz yiram
hayam um'lo'o.**

Ya'aloz sadai v'khol asher bo,
az y'ran'nu kol atzei ya'ar.
Lifnei Adonai ki va ki va
lishpot ha'aretz, yishpot
teiveil b'tzedek v'amim
be'emunato.

שִׁירוּ לַי שִׁיר חָדָשׁ, שִׁירוּ לַי כָּל
הָאָרֶץ: שִׁירוּ לַי בְּרָכוּ שְׁמוֹ, בְּשִׁירוֹ
מִיּוֹם לְיוֹם יִשׁוּעָתוֹ: סִפְרוּ בְּגוֹיִם
כְּבוֹדוֹ, בְּכָל הָעַמִּים נִפְלְאוֹתָיו: כִּי
גָדוֹל יי וּמְהֻלָּל מְאֹד, נוֹרָא הוּא עַל
כָּל אֱלֹהִים: כִּי כָל אֱלֹהֵי הָעַמִּים
אֱלִילִים, וַיִּי שָׁמַיִם עָשָׂה: הוֹד וְהָדָר
לְפָנָיו, עֵז וְתִפְאַרֶת בְּמִקְדָּשׁוֹ: הָבוּ
לַי מִשְׁפָּחוֹת עַמִּים, הָבוּ לַי כְּבוֹד
וְעֹז: הָבוּ לַי כְּבוֹד שְׁמוֹ, שְׂאוּ מִנְהָה
וּבְאוּ לְחַצְרוֹתָיו: הִשְׁתַּחֲוּוּ לַי
בְּהִדְרַת קֹדֶשׁ, חִילוּ מִפְּנֵיו כָּל הָאָרֶץ:
אָמְרוּ בְּגוֹיִם יי מֶלֶךְ, אֵף תִּכּוֹן תִּבְל
בַּל תִּמּוֹט, יָדִין עַמִּים בְּמִישָׁרִים:
יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ, יִרְעֵם
הַיָּם וּמְלֹאוּ:
יַעֲלֹז שְׂדֵי וְכָל אֲשֶׁר בּוֹ, אֲזוּ יִרְנְנוּ כָּל
עֲצֵי יַעַר: לְפָנָיו יי כִּי בָא, כִּי בָא
לְשַׁפֵּט הָאָרֶץ, יִשְׁפֹּט תִּבְל בְּצֶדֶק.
וְעַמִּים בְּאַמוֹנָתוֹ:



PSALM 96

G'vurah | Strength | Monday

Sing a new song to Yah Adonai.
Let all the Earth sing—Sing and give blessing.
Tell the news, make Salvation real each day.
Proclaim to the nations the Divinity
that permeates all the peoples.
Adonai is Expansiveness—
the Recipient and the Source of praise.
All separate powers are hollow gods without breath,
for Creation is One!
Majesty and Splendor are the expressions of God—
Might and Beauty in sacred communion.
Give yourselves to The Real, O families of peoples,
give praise with all your strength!
Give life to the Name, raise up gifts of prayer,
and come into the inner courts of Divinity.
Entering the Splendor of Holiness, bowing to The Infinite,
all the Earth dances before the One.
Let them say in the nations:
Adonai is Order—
the unshakable Balance of the World—
so will all peoples be brought into harmony.
The Heavens will rejoice and the Earth will be ecstatic!
The sea will roar with all that fills it!
Lush fields will exult and the trees of the forest
will sing aloud in the nearness of God,
Who will bring balance to the Earth
through the goodness of the peoples,
and justice to the peoples, through Trust.



תפארת | יום שלישי

Adonai malakh tageil ha'aretz, yis'm'hu iyim rabim.

Anan va'arafel s'vivav, tzedek
u'mishpat m'khon kis'o. Eish
l'fanav teileikh ut'laheit saviv
tzarav. Hei'iru v'rakav, teiveil
ra'atah vatakhel ha'aretz. Harim
kadonag namasu milif'nei
Adonai, milif'nei adon kol
ha'aretz. Higidu hashamayim
tzidko v'ra'u kol ha'amim k'vodo.
Yeivshu kol ovdei fesel,
hamit'hal'lim ba'elilim,
hish'takhavu lo kol elohim.
Sham'a vatismakh Tziyon,
vatageilna b'not Yehudah
l'ma'an mishpatekha Adonai.
Ki atah Adonai elyon al kol
ha'aretz, m'od na'aleita al kol
elohim. Ohavei Adonai sin'u ra,
shomer nafshot khasidav, miyad
r'sha'im yatzileim.

Or zaru'a latzadik ul'yishrei leiv simkhah.

Simkhu tzadikim b'Adonai
v'hodu l'zeikher kodsho.

יי מלך תגל הארץ. ישמחו איים רבים:

עָנַן וְעַרְפֵּל סְבִיבָיו, צְדָק וּמִשְׁפָּט
מְכוּן כְּסָאוֹ: אֵשׁ לְפָנָיו תִּלְךָ, וּתְלַהֵט
סְבִיב צָרָיו: הָאֵירוּ בְּרַקְיוֹ תִּבְל,
רְאֵתָה וּתְחַל הָאָרֶץ: הָרִים כְּדוֹנָג
נִמְסוּ מִלְּפָנֵי יי, מִלְּפָנֵי אֲדוֹן כָּל
הָאָרֶץ: הִגִּידוּ הַשָּׁמַיִם צְדָקוֹ, וְרָאוּ כָּל
הָעַמִּים כְּבוֹדוֹ: יִבְשׁוּ כָּל עַבְדֵי פֶסֶל
הַמֵּתְהַלְלִים בְּאֱלִילִים, הַשֹּׁתְחָוּ לֹ
כָּל אֱלֹהִים: שִׁמְעָה וּתְשַׁמַּח צִיּוֹן
וּתְגַלְגַּלְנָה בְּנוֹת יְהוּדָה, לְמַעַן מִשְׁפָּטֶיךָ
יי: כִּי אַתָּה יי עֲלִיוֹן עַל כָּל הָאָרֶץ,
מְאֹד נְעֻלִית עַל כָּל אֱלֹהִים: אֲהַבִּי יי
שְׁנָאוֹ רָע, שֹׁמֵר נַפְשׁוֹת הַחֲסִידִיו מִיַּד
רְשָׁעִים יִצְיִלֵם:

אור זרע לצדיק ולישרי לב שמחה:

שמחו צדיקים ביי והודו לזכר קדשו:

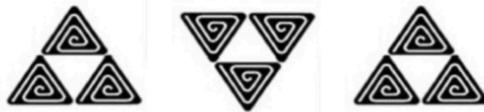
PSALM 97

Tiferet | Beauty | Tuesday

Realizing The Order that has Always Been,
the Earth appears ecstatic,
Her many islands joyfully radiant.
Deep in the dark cloud of Mystery,
Love and Justice adorn the Throne,
going out as a burning fire,
consuming the illusions of separation!
Its lightning-flashes illuminate the world;
the Earth beholds trembling—
Pride—like mountains of wax—melting
before the Redeemer, before the Source of All Life.
The Heavens themselves embody fairness—
the expanse in which the glory of all peoples live.
But when people serve that which crumbles—
praising the dead, their spirit dries up;
for all powers must bow to the Eternal Power.
Listen O Zion, and rejoice!
Sing out daughters of Judah!
For You soar over all the Earth,
a strength exalted beyond all powers.
Lovers of God, hate nothing but injustice!
God is a protection for souls filled with love,
Rescuing them from the hand of harm.

**Great light is sown for the righteous,
Joy for the hearts standing upright.**

Tzadikim, enlightened ones—rejoice in Adonai!
Give thanks for the remembering of this Holiness.



נְצַח | יוֹם רְבִיעִי

**Mizmor shiru l'Adonai shir
khadash ki nifla'ot asa,
hoshi'a lo y'mino uz'ro'a
kod'sho.**

מְזַמֵּר שִׁיר לַי שִׁיר חָדָשׁ, כִּי
נִפְלְאוֹת עָשָׂה הוֹשִׁיעָה לּוֹ יְמִינוּ
וְזָרַע קִדְשׁוֹ:

Hodi'a Adonai y'shu'ato

הוֹדִיעַ יי יְשׁוּעָתוֹ,

l'einei hagoyim gilah tzidkato.
Zakhor khasdo ve'emunato l'veit
Yisra'el, ra'u kol afsei aretz et
yishu'at Eloheinu.

לְעֵינֵי הַגּוֹיִם גִּלָּה צְדָקָתוֹ: זְכֹר חֲסִדוֹ
וְאִמּוֹנָתוֹ לְבַיִת יִשְׂרָאֵל, רְאוּ כָּל
אֲפְסֵי אֶרֶץ אֵת יְשׁוּעַת אֱלֹהֵינוּ:

**Hari'u l'Adonai kol
ha'aretz pitz'khu
v'ran'nu v'zameiru.**



הָרִיעוּ לַי כָּל הָאָרֶץ,
פָּצְחוּ וְרַנְּנוּ וְזַמְרוּ:

Zamru l'Adonai b'khinor,
b'khinor v'kol zimrah.
Bakhatzotz'rot v'kol shofar hari'u
lifnei ha'melekh Adonai. Yir'am
hayam um'lo'o, teiveil v'yoshvei
va. N'harot yim'kha'u khaf,
yakhad harim y'raneinu.
Lifnei Adonai ki vah lishpot
ha'aretz yishpot teiveil
b'tzedek v'amim b'meisharim.

זַמְרוּ לַי בְּכִנּוֹר בְּכִנּוֹר וְקוֹל זְמֵרָה:
בְּחִצְצְרוֹת וְקוֹל שׁוֹפָר הָרִיעוּ לְפָנַי
הַמֶּלֶךְ יי: יִרְעַם הַיָּם וּמְלֵאוֹ, תִּבֵּל
וְיִשְׁבִּי בָהּ: נְהַרֹת יִמְחֲאוּ כָף, יִחַד
הָרִים יִרְנְנוּ: לְפָנַי יי כִּי בָּא לְשַׁפֵּט
הָאָרֶץ, יִשְׁפֹּט תִּבֵּל בְּצֶדֶק וְעַמִּים
בְּמִישָׁרִים:

PSALM 98

Netzah | Endurance/Victory | Wednesday

Sing a new song to Yah,
The One who did wonders!
Salvation comes even to God
through the Hand of Compassion
and the Arm of Holiness.



Make Salvation known, Adonai!

Reveal Your Justice in the sight of nations!
Remember Your Divine love and faith
for the House of Israel!
Then all ends of the Earth will see—

**All the Earth shout praise to Adonai!
Break into song; rejoice and make music!**

Make music for Yah with harps, with violins—the
musical sounds of melody—
with trumpet and shofar horns,
shouting praises before the sublime
Order of the Universe.

Let the sea roar and all that fills it,
the world and all who dwell therein.

The rivers will be clapping,
The hills sing out loud together before the Holy One
Who will reveal justice on the Earth.

The hidden lawfulness governing the world
will be expressed in fairness between all peoples!

הוֹד | יוֹם הַמִּישִׁי

**Adonai malakh yirg'zu amim,
yosheiv k'ruvim tanut ha'arets.**

Adonai b'Tziyon gadol, v'ram hu al
kol ha'amim. Yodu shimkha gadol
v'nora, kadosh hu. V'oz melekh
mishpat aheiv atah, konanta
meisharim, mishpat utz'dakah
b'Ya'akov atah asita. Rom'mu
Adonai Eloheinu v'hishtakhavu
l'hadom raglav kadosh hu. Moshe
v'Aharon b'khohanav u-Sh'mu'el
b'kor'ei sh'mo, kor'im el Adonai
v'hu ya'aneim. B'amud anan
y'daber aleihem, shamru eidotav
v'khok natan lamo. Adonai
Eloheinu atah anitam, Eil nosei
hayita lahem v'nokeim al alilotam.

**Rom'mu Adonai Eloheinu
v'hishtakhavu l'har kodsho, ki
kadosh Adonai Eloheinu.**

יִי מֶלֶךְ יִרְגְּזוּ עַמִּים, יֵשֵׁב כְּרוּבִים
תָּנוּט הָאָרֶץ:
יִי בְּצִיּוֹן גָּדוֹל, וְרָם הוּא עַל כָּל
הָעַמִּים: יוֹדוּ שִׁמְךָ גָּדוֹל וְנוֹרָא.
קְדוֹשׁ הוּא: וְעַז מֶלֶךְ מְשַׁפֵּט אֲהַב,
אֶתָּה פּוֹנֵנֶת מִיִּשְׂרָאֵל, מְשַׁפֵּט וְצַדִּיקָה
בִּיעֶקֶב אֶתָּה עֲשִׂית: רוֹמְמוּ יִי
אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לַיהוָה רַגְלָיו,
קְדוֹשׁ הוּא: מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו
וְשִׁמּוֹאֵל בְּקִרְאֵי שְׁמוֹ קִרְאִים אֵל יִי
וְהוּא יַעֲנֵם: בְּעַמּוּד עָנָן יִדְבֹר
אֲלֵיהֶם, שְׁמְרוּ עֲדוֹתָיו וְחֹק נָתַן לָמוֹ:
יִי אֱלֹהֵינוּ אֶתָּה עֲנִיתָם, אֵל נִשְׂא
הַיִּיתָ לָהֶם, וְנָקַם עַל עֲלִילוֹתָם:

רוֹמְמוּ יִי אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לַיהוָה
קְדוֹשׁוֹ. כִּי קְדוֹשׁ יִי אֱלֹהֵינוּ:



PSALM 99

Hoḏ | Splendor/Humility | Thursday

When Order is revealed, the arrogance of nations will tremble
Before The Spirit who dwells between the Cherubim,
the Earth will quake.

Adonai is great in Zion, yet far beyond all nationalities.
For anyone can give thanks to Your Greatness—
and this is what is holy.

You are Love with Justice—You are Balance.

You make equity the natural Order.

Justice and Charity—the inner reality of Jacob.

Let us raise Adonai, our Source, up high!

Let us bow down upon this sacred Earth,
resting place of the Heavens? It is holy!

Moses and Aaron are among the Priests,
Samuel is among those who invoke Your Name.
When they call to You, they call to Being Itself;
and Being answers them with Becoming:

From the cloud of mystery, Reality takes form.
God is speaking! They live by what they witnessed;
it is etched in them as Divine Response.

Whether it be for blessing or curse,
it is always only You who answers, Adonai.

Let us raise Adonai, our Source, up high!
Let us bow down towards the Holy Mountain!
Yah our God is holy!

יְסוּד | יוֹם הַשִּׁשִּׁי

Mizmor l'David	מִזְמוֹר לְדָוִד
havu ladanai b'nei eilim	הָבוּ לַיְי בְּנֵי אֱלִים
Havu ladanai kavod va'oz.	הָבוּ לַיְי כְּבוֹד וְעֹז.
Havu Ladanai k'vod sh'mo	הָבוּ לַיְי כְּבוֹד שְׁמוֹ,
hishtahavu Ladanai b'hadrat kodesh.	הִשְׁתַּחֲוּוּ לַיְי בְּהַדְרַת קֹדֶשׁ.
Kol Adonai al hamayim	קוֹל יי עַל הַמַּיִם
Eil ha-kavod hir'im,	אֵל הַכְּבוֹד הִרְעִים,
Adonai al mayim rabim	יי עַל מַיִם רַבִּים.
Kol Adonai ba'koah,.	קוֹל יי בַּכֹּחַ,
kol Adonai behadar	קוֹל יי בְּהַדָּר.
Kol Adonai shoveir arazim	קוֹל יי שֹׁבֵר אֲרָזִים
va-y'shabeir Adonai et arzei ha-L'vanon.	וַיִּשְׁבֵּר יי אֶת אֲרָזֵי הַלְּבָנוֹן.
Va-yarkideim k'mo eigel	וַיִּרְקִידֵם כְּמוֹ עֵגֶל,
L'vanon v'Siryon k'mo ven r'eimim.	לְבָנוֹן וְשִׁרְיוֹן כְּמוֹ בֶן רְעִימִים.
Kol Adonai hotzeiv lahavot eish.	קוֹל יי חוֹצֵב לְהַבּוֹת אֵשׁ.
Kol Adonai yahil midbar,	קוֹל יי יַחִיל מִדְבָּר,
yahil Adonai midbar kadeish.	יַחִיל יי מִדְבָּר קֹדֶשׁ.
Kol Adonai y'holeil ayalot	קוֹל יי יַחֲוִלֵל אַיָּלוֹת
vayehesof y'arot.	וַיַּחֲשֹׁף יַעְרוֹת,
u-v'heykhalo kulo omeir kavod.	וּבְהִיכָלוֹ כָּלוֹ אֹמֵר כְּבוֹד.
Adonai lamabul yashav	יי לְמַבּוּל יֵשֵׁב,
va-yeishev Adonai melekh l'olam	וַיֵּשֶׁב יי מֶלֶךְ לְעוֹלָם.
Adonai oz l'amo yitein,	יי עֹז לְעַמּוֹ יִתֵּן,
Adonai yevareikh et amo va-shalom.	יי יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

MIZMOR L'DAVID - PSALM 29

Yesod | Foundation | Friday



A psalm of David. To YHVH belongs the glory and the power!

The voice of YHVH thunders over the waters, full of might.

The voice of YHVH shatters the cedars of Lebanon,
making mountains leap like calves and rams.

The voice of YHVH carves out flames of fire.

The desert trembles, oak trees dance
and the forests are stripped bare!

In the Temple, everything proclaims G!d's presence!

YHVH ruled over the flood and will rule forever.

May YHVH give us strength and bless us with peace.

[translation adapted from R. Marcia Prager]

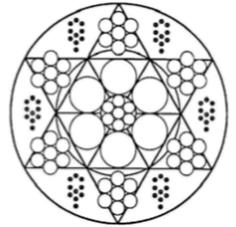


ANA B'KHOAH

אָנָא בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה:
קִבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טְהַרְנוּ נוֹרָא:
נָא גִבּוֹר דּוֹרְשֵׁי יַחֲוֶדְךָ כְּבַבַּת שְׁמַרֵם:
בְּרַכְּם טְהַרֵם רַחֲמֵם צְדָקָתְךָ תָּמִיד גַּמְלֵם:
חֲסִין קָדוֹשׁ בְּרוּב טוֹבְךָ נֵהַל אֲדַתְךָ:
יַחֲוֶד גְּאָה לְעַמְּךָ פְּנֵה זוֹכְרֵי קְדוּשָׁתְךָ:
שְׁוַעֲתֵינוּ קִבֵּל וּשְׁמַע צַעֲקוֹתֵינוּ יוֹדְעַ תַּעֲלָמוֹת:

אָנָא בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה:
קִבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טְהַרְנוּ נוֹרָא:
נָא גִבּוֹר דּוֹרְשֵׁי יַחֲוֶדְךָ כְּבַבַּת שְׁמַרֵם:
בְּרַכְּם טְהַרֵם רַחֲמֵם צְדָקָתְךָ תָּמִיד גַּמְלֵם:
חֲסִין קָדוֹשׁ בְּרוּב טוֹבְךָ נֵהַל אֲדַתְךָ:
יַחֲוֶד גְּאָה לְעַמְּךָ פְּנֵה זוֹכְרֵי קְדוּשָׁתְךָ:
שְׁוַעֲתֵינוּ קִבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדְעַ תַּעֲלָמוֹת:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:



**Ana b'kho'ah g'dulat y'minkha, tatir tz'rurah
Kabeil rinat amkha, sagveinu, tahareinu nora
Na gibor, dorshei yihudkha, k'avavat shamreim
Barkheim, tahareim, rakhameim, tzidkat'kha tamid gamleim
Hasin kadosh, b'rov tuvkha naheil adatekha
Yahid ge'eh, l'amkha p'neih, zokhrei k'dushatekha
Shav'ateinu kabeil, ush'ma tza'akateinu, yodei'a ta'alumot.**

Barukh sheim k'vod malkhuto l'olam va'ed.



ANA B'KHOAH [singable translation by Rabbi Zalman Schachter-Shalomi]

Source of mercy! With loving strength, untie our tangles.
Your chanting folk raise high, make pure, accept our song.
Like Your own eye, please keep us safe, who seek union with You.
Cleanse and bless us, infuse us ever with loving care.
Gracious Source, O Holy Power! Do guide Your folk.
Sublime and Holy One, do turn to us, of holy chant.
Receive our prayer, do hear our cry, Who secrets knows.
Through time and space, Your glory shines, Majestic One!



L'KHA DODI - WELCOMING THE SABBATH BRIDE

לְכָה דוּדֵי לְקִרְאֵת כַּלָּה, פְּנֵי שַׁבַּת נִקְבְּלָה.
L'kha dodi, likrat kallah, p'nei Shabbat n'kab'lah

שָׁמֹר וְזָכוֹר בְּדְבוּר אֶחָד, Shamor v'zaḥor b'dibur eḥad,
הַשְּׁמִיעֵנוּ אֵל הַמְּיֻחָד, hishmiy'anu El ha'm'yuhad,
יְהוּדָה אֶחָד וְשִׁמוֹ אֶחָד, Adonai eḥad u'sh'mo eḥad,
לְשֵׁם וְלִתְפָאֵרֶת וְלִתְהִלָּה. l'sheim u-l'tiferet v'lit'hilah.
לְכָה...L'kha...

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה, Likrat Shabbat l'khu v'neilkha,
כִּי הִיא מְקוֹר הַבְּרָכָה, ki hi m'kor ha'b'rakhah,
מֵרֵאשׁ מְקֵדִם נְסוּכָה, Mei-rosh mi-kedem n'sukhah,
סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תְּחִלָּה. sof ma'a'seh b'maḥshavah t'hilah.
לְכָה...L'kha...

מְקֵדֵשׁ מְלֶךְ עִיר מְלוּכָה. Mikdash melek, ir m'lukhah.
קוּמִי צְאִי מִתּוֹךְ הַהִפְכָּה. Kumi tz'i mitokh hahafeikhah.
רַב לָךְ שַׁבַּת בְּעֵמֶק הַבְּכָא. Rav lakh shevet b'eimek habakhah.
וְהוּא יַחְמוּל עָלֶיךָ חֲמֻלָּה: V'hu yakh'mol alaiyikh khemlah.
לְכָה...L'kha...

הַתְּנַעֲרִי מֵעַפְרֵי קוּמִי. Hit'na'ari, mei'afar kumi.
לְבָשִׁי בְּגֵדֵי תְּפִאֲרֶתְךָ עִמִּי: Livshi big'dei tif'artekh ami.
עַל יַד בֶּן יִשָּׁי בֵּית הַלְּחָמִי. Al yad ben yishai beit halakhmi.
קָרְבָּה אֶל נַפְשִׁי גְּאֻלָּה: Karvah el nafshi g'olah.
לְכָה...L'kha...

Go forth, my love, to meet the bride, Let us receive the Presence of Shabbat!

“Keep” and “remember” her – in one spoken word
the God of unity allowed us to hear both commands.
Adonai is One and the Name, One
in Name, in Beauty, and in Praise.
Go out...

To meet with Shabbat – Let’s all go,
For she is the Source of Blessing.
From before, from the first, anointed to come.
The last of the Creation’s work, but first in thought.
Go out...

Sanctuary of the King, city of reign,
Get up, get out, from confusion’s path.
Enough! You’ve sat too long in the vale of tears—
The One will hold you with tenderness.
Go out...

Shake yourself off, get up from the dust.
Wear Splendor, My people, your garments of Beauty,
By the hand of Jesse’s son, Bethlehemite, Ruth’s line.
Redemption is drawing near to my soul.
Go out...



הַתְּעוֹרְרִי הַתְּעוֹרְרִי, Hit'or'ri hit'or'ri,
כִּי בָּא אֲוִרְךָ קוּמִי אֲוִרִי. Ki va oreikh, kumi ori.
עוֹרִי עוֹרִי שִׁיר דְּבַרִי. Uri uri shir dabeiri.
כְּבוֹד יְיָ עָלֶיךָ נִגְלָה: K'vod Adonai alaiyikh nig'lah.
לְכָה... L'kha....

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי. Lo teivoshi v'lo tikalmi.
מָה תִּשְׁתַּחֲוֶה וּמָה תִּתְהַמְי. Mah tish'tokhachi umah tehemi.
בָּךְ יִחַסוּ עֲנֵי עַמִּי. Bakh yekhesu aniyei ami.
וְנִבְנְתָה עִיר עַל תִּלָּה: V'nivn'tah ir al tilah.
לְכָה... L'kha....

וְהָיוּ לְמִשְׁסָה שְׂאֵסִיךְ. V'hayu li-m'shisah shosayikh.
וְרַחֲקוּ כָּל מִבְּלָעֶיךָ. V'rahaku kol m'val'ayikh.
יִשִּׁישׁ עָלֶיךָ אֱלֹהֶיךָ. Ya'sis alaiyikh Elohayikh.
כִּי-מִ'סוֹס כְּחָטָן אַל כָּלָה: Ki-m'sos khatan al kalah.
לְכָה... L'kha....

יָמִין וּשְׂמֹאל תִּפְרוֹצִי, Yamin u-smol tifrotzi,
וְאֵת יְהוּה תִּעַרְיִצִי, v'et Adonai ta'ariytzi,
עַל יַד אִישׁ בֶּן פְּרִצִי, Al yad ish ben partzi,
וְנִשְׁמַחָה וְנִגִּילָה. v'nis'm'hah v'nagilah.
לְכָה... L'kha....

(Rise, face the open door, bow at each "bo-i")

בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בַּעֲלָהּ, Bo-i v'shalom a'teret ba'a'lah,
גַּם בְּשִׂמְחָה וּבִצְהֵלָה, gam b'simhah u-v'tzoholah,
תּוֹךְ אֲמוּנֵי עַם סִגְלָה, Tokh emunei am s'gulah,
בּוֹאִי כָּלָה, בּוֹאִי כָּלָה! bo-i Khallah, bo-i khallah!
לְכָה... L'kha....

Stir yourself, wake yourself up!
For your light comes—my light, arise!
Awake, awake, song of my speech.
Adonai's glory is revealed through you
Go out...

Don't be ashamed, don't be upset.
What confuses you, what casts you down?
In you the poorest of My people will find shelter.
And so she'll be rebuilt, a city on a hill.
Go out...

And they'll become spoil, those who despoiled you,
And all who swallowed you, far removed.
Your God, your Power, will rejoice over you
like the rejoicing for the bride of a groom.
Go out...

Right and left you will spread out,
And Adonai embrace in reverence
By the hand from Peretz, Tamar's line.
Then we'll rejoice and sing out!
Go out...

Rise and face the west .

Come in peace, Crown of the Beloved,
Also with joy and with ringing song,
Amidst the treasured people of faith
Come bride, come bride!
Come bride, Shabbat queen!



MOURNERS ARE WELCOMED INTO THE SANCTUARY:

הַמָּקוֹם יְנַחֵם אֶתְכֶם בְּתוֹךְ שְׂאֵר אַבְלֵי צִיּוֹן וִירוּשָׁלַיִם

Ha-Makom y'naheim etkhem b'tokh sh'ar aveilei Tzion viYrushalayim.

May The Omnipresent comfort you among the mournes of our people.

Mizmor shir l'yom ha-Shabbat. מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת.
Tov l'hadot La'Adonai, טוֹב לְהַדוֹת לַיהוָה,
U'l'zameir l'shimkha Elyon. וּלְזַמֵּר לְשִׁמְךָ עֲלִיוֹן.
L'hagid ba-boker ḥasdekha, לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ,
Ve'emunatkha ba-leylot. וְאֱמוּנַתְךָ בַּלַּיְלוֹת.

עָלִי עֲשׂוֹר וְעָלִי נָבֵל עָלִי הַגִּיוֹן בְּכַנּוֹר:
כִּי שָׁמַחְתָּנִי יְהוָה בְּפַעֲלֶךָ
בְּמַעֲשֵׂי יְדֶיךָ אֲרָנָן:

Ma gadlu ma'aseykha Yah מַה גָּדְלוּ מַעֲשֵׂיךָ יְהוָה
m'od amku mahsh'voteykha. מֵאֵד אֲמַכּוּ מַחֲשַׁבְתֶּיךָ:

אִישׁ בְּעַר לֹא יָדַע וּכְסִיל לֹא יָבִין אֶת זֹאת: בְּפִרְחֵי רִשְׁעִים כְּמוֹ עֵשֶׂב וַיִּצְיָצוּ
כָּל פְּעָלֵי אֲוֹן לְהַשְׁמִדֵם עֲדֵי עַד: וְאַתָּה מְרוֹם לְעֵלָם יְהוָה: כִּי הִנֵּה אֵיבֶיךָ
יְהוָה כִּי הִנֵּה אֵיבֶיךָ יֵאבְדוּ יִתְפָּרְדּוּ כָּל פְּעָלֵי אֲוֹן: וְתָרַם כְּרָאִים קֶרְנֵי בַלְתֵּי
בְּשֶׁמֶן רַעְנָן: וַתִּבֶט עֵינַי בְּשׂוֹרֵי קָמִים עָלַי
מֵרַעִים תִּשְׁמַעְנָה אָזְנִי:

Tzadik ka-tamar yifrah צַדִּיק כַּתְּמָר יִפְרַח
k'erez balvanon yisgeh. כְּאֶרֶז בַּלְבָּנוֹן יִשְׁגָה:
Sh'tulim b'veit Adonai שְׁתוּלִים בְּבֵית יְהוָה
b'hatzrot Eloheinu yafrihu. בְּחֻצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ:
Od y'nuvun b'seiva עוֹד יִנוּבּוֹן בְּשֵׂיבָה
d'sheinim v'ra'ananim yihyu. דְּשֵׁנִים וְרַעֲנָנִים יִהְיוּ:
l'hagid ki yashar Adonai, לְהַגִּיד כִּי יָשָׁר יְהוָה,
tzuri v'lo avlatah bo. צוּרִי וְלֹא עוֹלָתָה בּוֹ.



PSALM 92

Let's sing a song of Shabbat.
How good it is offer praises to Divinity
and to chant to Your Name, O Exalted One,
telling of Your loving grace in the morning
and Your faithfulness at night.
Upon an instrument of ten strings, and upon the harp,
to the melody of the lyre.
For You, *YHVH*, gladden me through Your work;
I will sing about the works of Your hands.

**O Magnificent One, how great are Your works
and how deep are Your thoughts!**

An unthinking person does not know;
nor can the naive one understand this.
When the impious sprout like grass,
and when all who foment negativity flourish;
it is that they shall be destroyed forever;
but you, *YHVH*, are most high forevermore.
For, behold, Your enemies, O Adonai, behold, Your enemies will perish;
all who bring about evil shall be scattered.
You will raise up my horn like the horn of a wild ox;
I will be anointed with fresh oil.
My eyes and ears will witness the downfall
of those who oppose me and rise up against me.

**The righteous will flower like a palm tree,
like the cedars of Lebanon.
Planted in the house of the Holy One,
they blossom in the Eternal's courtyards.
In old age they will still be fruitful, vigorous and fresh,
continuing to to declare Divinity's uprightness,
My Rock who has no injustice.**

Adonai malakh gei'ut
 laveish, laveish Adonai oz hit'azar.
 Af tikon teiveil bal timot. Nakhon
 kis'akha mei'az mei'olam atah.
 Nas'u n'harot Adonai, nas'u
 naharot kolam, yis'u naharot
 dakh'yam. Mikolot mayim rabim
 adirim mish'b'rei yam, adir
 bamarom Adonai. Eidotekha
 ne'emnu m'od, l'veit'kha na'avah
 kodesh, Adonai l'orekh yamim.

יִי מֶלֶךְ גִּאוֹת לָבֵשׁ, לָבֵשׁ יִי עִז
 הַתְּאֹזֵר: אֶף תִּכּוֹן תִּבֵּל בֵּל תִּמּוֹט:
 נִכּוֹן כְּסִיָּאךְ מֵאֲזוּ מֵעוֹלָם אֲתָהּ: נִשְׂאוּ
 נְהָרוֹת יִי, נִשְׂאוּ נְהָרוֹת קוֹלָם, יִשְׂאוּ
 נְהָרוֹת דְּכָיִים: מִקּוֹלוֹת מַיִם רַבִּים
 אֲדִירִים מִשְׁבְּרֵי יָם. אֲדִיר בְּמָרוֹם יִי:
 עֲדַתְיָךְ נֶאֱמְנוּ מְאֹד, לְבֵיתְךָ נֶאֱוָה
 קֹדֶשׁ, יִי לְאֶרֶץ יָמִים:

RAZA D'SHABBAT -

ZOHAR 2:135A-B

Raza d'Shabbat. Iyhi Shabat
 d'it'akhadat b'razah d'ekhad
 v'itparshat misit'ra akhara,
 v'khol dinin mit- ab'rin minah,
 v'ihhi isht'arat b'yikhuda din'hiru
 kadisha v'it'atrat b'kamah it'rin
 l'ga- bei malka kadisha. V'khol
 shultanei rug'zin umarei d'dina
 kul'hu arkin v'it'abru minah.
 V'leit shultana ila'ah akhara
 b'khul'hu almin, v'anpaha n'hirin
 bin'hiru ila'ah V'it'at'rat l'tata
 b'ama kadisha. v'khul'hon
 mit'at- rin b'nishmatin khad'tin
 k'dein sheiruta ditz'lota l'varkha
 lah b'khedvah bin'hiru d'anpin,
 v'lomar: **Barkhu!**

רָזָא דְּשַׁבָּת! אִיהִי שַׁבָּת דְּאִתְאַחַדַּת
 בְּרָזָא דְּאֶחָד וְאִתְפְּרִישַׁת מִסְטָרָא
 אַחְרָא. וְכָל דִּינִין מִתְעַבְרִין מִנְהָ, וְאִיהִי
 אִשְׁתְּאַרַת בְּיַחְוּדָא דְּנְהִירוּ קְדִישָׁא.
 וְאִתְעַטְרַת בְּכַמְהָ עַטְרִין לְגַבֵּי מַלְכָּא
 קְדִישָׁא. וְכָל שׁוּלְטָנֵי רוּגְזִין וּמְאִרֵי
 דְּדִינָא כְּלָהּוּ עַרְקִין וְאִתְעַבְרוּ מִנְהָ.
 וְלִית שׁוּלְטָנָא עַלְאָה אַחְרָא בְּכָלְהוּ
 עַלְמִין. וְאִנְפָּהָא נְהִירִין בְּנְהִירוּ עַלְאָה.
 וְאִתְעַטְרַת לְתַתָּא בְּעַמָּא קְדִישָׁא.
 וְכָלְהוּן מִתְעַטְרִין בְּנִשְׁמַתִּין חַדְתִּין.
 כְּדִין שִׁירוּתָא דְּצִלוּתָא לְבִרְכָּא לָהּ
 בְּחֻדָּה בְּנְהִירוּ דְּאִנְפִּין וְלוֹמַר בְּרַכּוּ...
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PSALM 93

Divine Order pervades all time, clothed in perfection

Wearing strength, girded in strength!

Thus did a world, a dwelling place

become established, unshakable.

Enthroned since ancient times, You always were—You are Eternity.

The rivers are rising, Yah, the rivers lift up their voice!

The rivers will lift up their crashing waves!

Yet above the noise of abundant waters—

above the breaking waves of the sea—

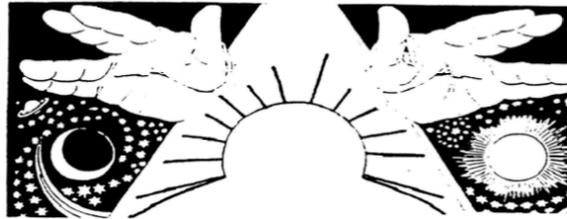
You are exalted in the heights, Creator of All.

You testify through Your house

Within great faith dwells the Sacred.

Adonai, may it be through the longest days—

for the span of all days!



THE SECRET OF SHABBAT from the Zohar:

This is the **mystery of Shabbat**: She becomes Shabbat, unified in the Mystery of Oneness. She is separated from the other side and all harsh judgments are removed from her, while she remains alone in the intimacy of the Holy Light, and she is crowned with many crowns from the Holy King. Then all powers of wrath and judgment are uprooted and gone, and no other power reigns in all the many worlds. Her face shines with a transcendent light, and she crowns herself below with the holy people, and all of them become crowned with new souls. This the moment of prayer, to bless her with joy and with radiant faces, saying: Bar'khu! Let us bless!

SHALOM ALEIKHEM - WELCOMING THE SHABBAT ANGELS

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, **Shalom aleykhem, malakhei ha-shareit,**

מַלְאָכֵי עֲלִיּוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

**malakhei elyon, mi-Melekh mal'khei ha-m'lakhim,
ha-Kadosh Barukh Hu.**

Welcome to you ministering angels, messengers of the Most High,
the Holy Blessed One!

בּוֹאֲכֶם לְשָׁלוֹם, **Bo'akhem l'shalom,**

מַלְאָכֵי הַשָּׁלוֹם, **malakhei ha-shalom,**

מַלְאָכֵי עֲלִיּוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

**malakhei elyon, mi-Melekh mal'khei ha-m'lakhim,
ha-Kadosh Barukh Hu.**

Come in peace, angels of peace,
messengers of the Most High, the Holy Blessed One!

בְּרַכּוּנִי לְשָׁלוֹם, **Bar'khuni l'shalom,**

מַלְאָכֵי הַשָּׁלוֹם, **malakhei ha-shalom,**

מַלְאָכֵי עֲלִיּוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

**malakhei elyon, mi-Melekh mal'khei ha-m'lakhim,
ha-Kadosh Barukh Hu.**

Bless me, angels of peace, messengers of the Most High, the Holy Blessed One!

צֵאתְכֶם לְשָׁלוֹם, **Tzeit'khem l'shalom,**

מַלְאָכֵי הַשָּׁלוֹם, **malakhei ha-shalom,**

מַלְאָכֵי עֲלִיּוֹן, מִמְּלָךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

**malakhei elyon, mi-Melekh mal'khei ha-m'lakhim,
ha-Kadosh Barukh Hu.**

Go in peace, angels of peace, messengers of the Most High, the Holy Blessed One!

[שׁוּבְכֶם shuvkhem.... return!!!]

ADDITIONAL CHANTS AND PRAYERS

V'ERASTICH LI

V'erastich li l'olam.

V'erastich li v'chesed uv'rachamim.

V'erastich li b'emunah, v'yada'at et Hashem

I will betroth you forever

I will betroth you in kindness and compassion

I will betroth You in faith, and you will know the Divine

OSAH SHALOM

Osah Shalom Bimromeha (x2)

Hi Taaseh Shalom Aleinu

May She who makes peace

Shine peace upon all of us

HALLELU (Psalm 150)

Hallelu El Bekodsho

Halleluhu Birkia Uzo

Halleluhu Bigvurotav

Halleluhu Kerov Gudlo.

Halleluhu Beteika Shofar

Halleluhu Beneivel Vechinor.

Halleluyah (x4)

Halleluhu Betoph U'Machol

Halleluhu Bemanim Veugav.

Halleluhu Betziltzilei Shama

Halleluhu Betziltzilei Teruah.

Kol Haneshama Tehallel Yah

Halleluyah

Light before me
Light behind me
Light on my right
And light on my left
Light above me
Light below me
Light within me
Light on my tongue

BOI KALLAH

Boi (Boi) Boi (Boi)
Boi Kallah
Shabbat (Shabbat) Shabbat (Shabbat)
Shabbat HaMalka
Come (Come) Come (Come)
Come to me
My Beloved my beautiful Queen

LO LANU

Lo lanu Shaddai lo lanu
kiy-leshimkha tein kavod
al-chasdekha al-amittekha

Not for us, Shaddai, not for us
For Your Name give honor, for Your Loving Kindness and Your Truth.

ESA EINAI

Esa einai el heharim,
me'ayin yavo ezri
Ezri me'im Hashem,
Oseh shamayim va'aretz

I lift my eyes to the mountains
Where will where will my help come from?
My help comes from creator; Maker, maker of the earth and the sky

SING A HEALING SONG (words and music © 2018 Gary Lapow)

Sing a healing, Sing a healing, Sing a healing song
El Na refanala, El Na refanala, El Na refanala
Sing a healing song
R'fuah Shlayma, R'fuah Shlayma, R'fuah Shlayma
Sing a healing song

HAMAKOM

Verse:

Elohai Come guide me
El Shaddai Abide in me
Shechinah
Spread your wings of peace
Ima
May every heart be free

Chorus:

HaMakom
I am home
HaMakom
I am home

(words and music © 2018 Gary Lapow & Ahbi Vernon)

SHIVITI

Shiviti HaShem l'negdi tamid
I place the Divine before me constantly

KAVEH

Kaveh, Kaveh, Kaveh el Hashem (2x)
Kaveh el Hashem chazak ve'ametz libecha
v'kaveh el Hashem
Hope, strive for the Divine, be strong and your heart will have courage!