

שַׁבָּת לְבֵית

SHABBAT AT HOME

WITH

TEMPLE BETH TORAH

בְּרִכּוֹת הַשַּׁחַר

BIRCHOT HASHACHAR — MORNING BLESSINGS

MODEH / MODAH ani l'fanecha,

Melech chai v'kayam,

she-hechezarta bi nishmati b'chemlah,

rabbah emunatecha.

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ,

מֶלֶךְ חַי וְקַיִם,

שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,

רַבָּה אֱמוּנָתְךָ.

I OFFER THANKS to You,
ever-living Sovereign,
that You have restored my soul to me in mercy:
How great is Your trust.

Tallit Blessing:

Baruch atah, Adonai

Eloheinu, Melech haolam,

asher kid'shanu b'mitzvotav

v'tzivanu l'hitateif batzitzit.

בְּרוּךְ אַתָּה, יְיָ

אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו

וְצִוָּנוּ לְהִתְעַטֵּף בְּצִיצִית.

BLESSED ARE YOU, Adonai our God,
Sovereign of the universe,
who hallows us with mitzvot,
commanding us to wrap ourselves in the fringes.

Ma Tovu- How Good it is to be in your Presence

MAH TOVU ohalecha, Yaakov,
mishk'notecha, Yisrael!

Vaani b'rov chasd'cha
avo veitecha,
eshtachaveh el heichal kodsh'cha
b'yiratecha.

Adonai, ahavti m'on beitecha
um'kom mishkan k'vodecha.

Vaani eshtachaveh v'echraah,
evr'chah lifnei Adonai osi.

Vaani t'filati l'cha, Adonai,
eit ratzon.

Elohim b'rov chasdecha,
aneini be-emet yishecha.

HOW FAIR are your tents, O Jacob,
your dwellings, O Israel.

מַה-טֹבֹו אֹהֶלְיָךָ, יַעֲקֹב,
מִשְׁכַּנְתֶּיךָ, יִשְׂרָאֵל!

וְאֲנִי בְרַב חַסְדֶּיךָ
אָבוֹא בֵיתְךָ,
אֲשַׁתַּחֲוֶה אֶל-הַיְחָל קֹדֶשְׁךָ
בְּיִרְאַתְךָ.

יְיָ, אֶהְבֵּתִי מֵעוֹן בֵּיתְךָ
וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.

וְאֲנִי אֲשַׁתַּחֲוֶה וְאֶכְרַעָה,
אֶבְרַכְּךָ לִפְנֵי-יְיָ עֹשֵׂי.

וְאֲנִי תִפְלַתִי לְךָ, יְיָ,
עֵת רְצוֹן.

אֱלֹהִים, בְּרַב-חַסְדֶּיךָ,
עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ.

The daily renewing of our soul

ELOHAI, n'shamah shenatata bi
t'horah hi.

Atah b'ratah, atah y'tzartah,

atah n'fachtah bi,

v'atah m'shamrah b'kirbi.

Kol z'man shehan'shamah b'kirbi,

modeh/modah ani l'fanecha,

Adonai Elohai

v'Elohei avotai v'imotai,

Ribon kol hamaasim,

Adon kol han'shamot.

Baruch atah, Adonai,

asher b'yado nefesh kol chai

v'ruach kol b'sar ish.

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּת בִּי
טְהוֹרָה הִיא.

אַתָּה בְּרַאתָה, אַתָּה יְצַרְתָּה,
אַתָּה נִפְחַתָּה בִּי,

וְאַתָּה מְשַׁמְרָה בְּקִרְבִּי.

כָּל זְמַן שֶׁהַנִּשְׁמָה בְּקִרְבִּי,
מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ,

יְיָ אֱלֹהֵי

וְאֱלֹהֵי אֲבוֹתַי וְאִמּוֹתַי,

רִבּוֹן כָּל הַמַּעֲשִׂים,

אֲדוֹן כָּל הַנְּשָׁמוֹת.

בָּרוּךְ אַתָּה, יְיָ,

אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי

וְרוּחַ כָּל בָּשָׂר אִישׁ.

MY GOD, the soul You have given me is pure.
You created it, You shaped it, You breathed it into me,
and You protect it within me.

For as long as my soul is within me,

I offer thanks to You,

Adonai, my God

and God of my ancestors,

Source of all Creation, Sovereign of all souls.

Praised are You, Adonai,

in whose hand is every living soul and the breath of humankind.

בָּרוּךְ אַתָּה, יְיָ, אֲשֶׁר בְּיָדוֹ נֶפֶשׁ כָּל חַי וְרוּחַ כָּל בָּשָׂר אִישׁ.

Baruch atah, Adonai, asher b'yado nefesh kol chai v'ruach kol b'sar ish.

Gratitude for Daily Miracles

נְסִימֵי בְּכֹל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai

Eloheinu, Melech haolam,

asher natan lasechvi vinah

l'havchin bein yom uvein lailah.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לַשְּׂכִיבִי בִינָה
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

For awakening

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has given the mind the ability to distinguish day from night.

Baruch atah, Adonai

Eloheinu, Melech haolam,

pokei-ach ivrim.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
פוֹקֵחַ עֵוְרִים.

For vision

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who opens the eyes of the blind.

Baruch atah, Adonai

Eloheinu, Melech haolam,

matir asurim.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

*For the ability
to stretch*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who frees the captive.

Baruch atah, Adonai

Eloheinu, Melech haolam,

zokeif k'fufim.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
זוֹקֵף כְּפוּפִים.

*For rising to the
new day*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who lifts up the fallen.

נסים בכל יום
NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai
Eloheinu, Melech haolam,
roka haaretz al hamayim.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.

*For firm earth to
stand upon*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who stretches the earth over the waters.

Baruch atah, Adonai
Eloheinu, Melech haolam,
hameichin mitzadei gaver.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמַּכִּין מִצְעָדֵי גֹבֵר.

*For the gift of
motion*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who strengthens our steps.

Baruch atah, Adonai
Eloheinu, Melech haolam,
malbish arumim.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרֻמִּים.

*For clothing
the body*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who clothes the naked.

Baruch atah, Adonai
Eloheinu, Melech haolam,
hanotein laya-eif ko-ach.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַנּוֹתֵן לַיָּעֹף כֹּחַ.

*For renewed
enthusiasm for life*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who gives strength to the weary.

Baruch atah, Adonai
Eloheinu, Melech haolam,
hamaavir sheinah mei-einai,
ut'numah mei-afapai.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
הַמַּעֲבִיר שְׁנָה מֵעֵינַי,
וְתוֹנְמָה מֵעַפְעָפִי.

For reawakening

נְסִים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai
Eloheinu, Melech haolam,
she-asani b'tzelem Elohim.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנִי בְּצַלֵּם אֱלֹהִים.

*For being in
the image of God*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who made me in the image of God.

Baruch atah, Adonai
Eloheinu, Melech haolam,
she-asani ben / bat chorin.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנִי בֶן / בַּת חוֹרִין.

*For being
a free person*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has made me free.

Baruch atah, Adonai
Eloheinu, Melech haolam,
she-asani Yisrael.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
שֶׁעָשָׂנִי יִשְׂרָאֵל.

For being a Jew

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who has made me a Jew.

Baruch atah, Adonai
Eloheinu, Melech haolam,
ozeir Yisrael big'vurah.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה.

For purpose

PRAISE TO YOU, Adonai our God, Sovereign of the universe,
who girds Israel with strength.

Baruch atah, Adonai
Eloheinu, Melech haolam,
oteir Yisrael b'tifarah.

בָּרוּךְ אַתָּה, יי
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

For harmony

Hatzi Kaddish

YITGADAL v'yitkadesh sh'meih raba

b'alma di v'ra chiruteih,

v'yamlich malchuteih

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uviz'man kariv,

v'imru: Amen.

Y'hei sh'meih raba m'varach

l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal

sh'meih d'kud'sha b'rich hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma, v'imru: Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא
בְּעֵלְמָא דִּי בְּרָא כְרְעוּתְהָ,
וְיִמְלִיךְ מַלְכוּתְהָ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן
וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעֵגְלָא וּבְזִמְן קָרִיב,
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא,
לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,
תְּשׁוּבָתָא וְנַחֲמָתָא,
דְאָמִירוּ בְּעֵלְמָא, וְאָמְרוּ: אָמֵן.

EXALTED and hallowed be God's great name,

in the world which God created, according to plan.

May God's majesty be revealed in the days of our lifetime

Psalms of Praise/Pesukei d'Zimra
Halleluyah, Psalm 150

PSALM 150:1-6

HAL'LU YAH!

Hal'lu El b'kodsho,
hal'luhu bir'kia uzo.
Hal'luhu big'vurotav,
hal'luhu k'rov gudlo.
Hal'luhu b'teika shofar,
hal'luhu b'neivel v'chinor.
Hal'luhu b'tof umachol,
hal'luhu b'minim v'ugav.
Hal'luhu b'tziltz'lei shama,
hal'luhu b'tziltz'lei t'ruah.
Kol han'shamah t'haleil Yah,
Hal'lu Yah!

הַלְלוּ יְהוָה!
הַלְלוּ-אֵל בְּקֹדֶשׁוֹ,
הַלְלוּהוּ בְּרִקְיעַ עֵז.
הַלְלוּהוּ בְּגִבּוֹרֹתָיו,
הַלְלוּהוּ כְּרֹב גִּדְלוֹ.
הַלְלוּהוּ בְּתַקְעַ שׁוֹפָר,
הַלְלוּהוּ בְּנִבְל וְכִנּוֹר.
הַלְלוּהוּ בְּתוֹף וּמַחֹל,
הַלְלוּהוּ בְּמִנִּים וְעוּגָב.
הַלְלוּהוּ בְּצִלְצְלֵי-שִׁמְעַ,
הַלְלוּהוּ בְּצִלְצְלֵי-תְרוּעָה.
כָּל הַנְּשָׁמָה תִּתְהַלֵּל יְהוָה,
הַלְלוּ-יְהוָה!

HALLELUJAH!

Praise God in God's sanctuary;
praise God in the sky, God's stronghold.
Praise God for mighty acts;
praise God for God's exceeding greatness.
Praise God with blasts of the horn;
praise God with harp and lyre.
Praise God with timbrel and dance;
praise God with lute and pipe.
Praise God with resounding cymbals;
praise God with loud-clashing cymbals.
Let all that breathes praise God.
Hallelujah!

Barechu- Rising to the Call

שִׁמְעוּ וּבְרַכּוּתֵיהֶּ

SH'MA UVIRCHOTEHA — SH'MA AND ITS BLESSINGS

BAR'CHU et Adonai ham'vorach!

Baruch Adonai ham'vorach

l'olam va-ed!

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!
בְּרוּךְ יְיָ הַמְּבָרָךְ
לְעוֹלָם וָעֶד!

PRAISE ADONAI to whom praise is due forever!

Praised be Adonai to whom praise is due,
now and forever!

BARUCH atah, Adonai
 Eloheinu, Melech haolam,
 yotzeir or uvorei choshech,
 oseh shalom uvorei et hakol.
 Hamei-ir laaretz
 v'ladarim aleha b'rachamim,
 uv'tuvo m'chadeish b'chol yom tamid
 maaseih v'reishit.
 Mah rabu maasecha, Adonai,
 kulam b'chochmah asita,
 mal'ah haaretz kinyanecha.
 Titbarach, Adonai Eloheinu,
 al shevach maaseih yadecha
 v'al m'orei or she-asita,
 y'faarucha selah.
 Or chadash al Tzion tair,
 v'nizkeh chulanu m'heirah l'oro.
 Baruch atah, Adonai, yotzeir ham'orot.

בָּרוּךְ אַתָּה, יי
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
 יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
 עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת-הַכּוֹל.
 הַמַּאִיר לָאָרֶץ
 וְלַדָּרִים עָלֶיהָ בְּרַחֲמִים,
 וּבִטְוֹבוֹ מְחַדֵּשׁ בְּכָל יוֹם תַּמִּיד
 מַעֲשֵׂה בְּרֵאשִׁית.
 מַה רַבּוּ מַעֲשֵׂיךָ, יי,
 כְּלָם בְּחֹכְמָה עָשִׂיתָ,
 מְלֵאָה הָאָרֶץ קִינְיָנֶיךָ.
 תִּתְבָּרַךְ, יי אֱלֹהֵינוּ,
 עַל שֶׁבַח מַעֲשֵׂה יָדֶיךָ
 וְעַל מְאֹרֵי אוֹר שֶׁעָשִׂיתָ,
 יִפְאָרוּךְ סֵלָה.
 אוֹר חָדָשׁ עַל צִיּוֹן תֵּאִיר,
 וְנִזְכֶּה כְּלָנוּ מְהֵרָה לְאוֹרוֹ.
 בָּרוּךְ אַתָּה, יי, יוֹצֵר הַמְּאֹרוֹת.

PRAISED ARE YOU, Adonai our God, Sovereign of the universe,
 Creator of light and darkness, who makes peace and fashions all things.
 In mercy, You illumine the world and those who live upon it.
 In Your goodness You daily renew creation.
 How numerous are Your works, Adonai!
 In wisdom, You formed them all, filling the earth with Your creatures.
 Be praised, Adonai our God, for the excellent work of Your hands,
 and for the lights You created, may they glorify You.
 Shine a new light upon Zion, that we all may swiftly merit its radiance.
 Praised are You, Adonai, Creator of all heavenly lights.

בָּרוּךְ אַתָּה, יי, יוֹצֵר הַמְּאֹרוֹת.
 Baruch atah, Adonai, yotzeir ham'orot.



God's Love/God's Gift of Torah

AHAVAH rabah ahavtanu, Adonai Eloheinu, chemlah g'dolah viteirah chamalta aleinu. Ba-avur avoteinu v'imoteinu shebat'chu v'cha vat'lamdeim chukei chayim, kein t'choneinu ur'lamdeinu. Ham'racheim, racheim aleinu, v'tein b'libeinu l'havin ul'haskil, lishmo-a, lilmod ul'lameid, lishmor v'laasot ul'kayeim et kol divrei talmud Toratecha b'ahavah.

אַהֲבָה רַבָּה אֶהְבַּתְנִי, יי אֱלֹהֵינוּ, חֲמָלָה גְדוֹלָה וַיִּתְּרָה חֲמַלְתָּ עָלֵינוּ. בְּעִבּוּר אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ שֶׁבְטָחוּ בְךָ וַתְּלַמְּדֵם חֻקֵי חַיִּים, כֵּן תִּחַנְּנֵנוּ וַיִּתְּלַמְּדֵנוּ. הַמְּרַחֵם, רַחֵם עָלֵינוּ, וְתֵן בְּלִבֵּנוּ לְהַבִּין וּלְהַשְׁכִּיל, לְשָׁמֹעַ, לְלַמֵּד וּלְלַמֵּד, לְשָׁמֹר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת-כָּל-דִּבְרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה.

HOW DEEPLY You have loved us Adonai, our God, gracing us with surpassing compassion! On account of our forebears whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and, lovingly, to observe, perform, and fulfill all that is in Your Torah.

Shema: Listen For God, Deep Within

שְׁמַע יִשְׂרָאֵל, יי אֱלֹהֵינוּ, יי אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.

V'AHAVTA et Adonai Elohecha,
 b'chol l'vav'cha uv'chol nafsh'cha uv'chol
 m'odecha. V'hayu had'varim ha-eileh
 asher anochi m'tzavcha hayom al
 l'vavecha. V'shinantam l'vanecha v'dibarta
 bam b'shiv'cha b'veitecha uv'lecht'cha
 vaderech uv'shochb'cha uv'kumecha.
 Ukshartam l'ot al yadecha v'hayu
 l'totafot bein einecha. Uch'tavtam
 al m'zuzot beitecha uvish'arecha.

וְאָהַבְתָּ אֶת יי אֱלֹהֶיךָ
 בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-
 מַאֲדֶךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה
 אֲשֶׁר אֲנֹכִי מְצַוֶּה הַיּוֹם עֲלֵי-
 לְבָבְךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ וְדַבַּרְתָּ
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ
 בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ:
 וְקָשַׁרְתָּם לְאוֹת עַל-יָדֶיךָ וְהָיוּ
 לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם
 עַל-מְזוּזוֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ:

YOU SHALL LOVE Adonai your God with all your heart,
 with all your soul, and with all your might.
 Take to heart these instructions with which I charge you this day.
 Impress them upon your children.
 Recite them when you stay at home and when you are away,
 when you lie down and when you get up.
 Bind them as a sign on your hand and let them serve as a symbol on your forehead;
 inscribe them on the doorposts of your house and on your gates.

Continue or turn to pages 236–237.

L'maan tizk'ru, vaasitem et
 kol mitzvotai vih'yitem k'doshim
 l'Eloheichem. Ani Adonai Eloheichem asher
 hotzeiti et-chem mei-eretz
 Mitzrayim lih'yot lachem l'Elohim
 ani Adonai Eloheichem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-
 כָּל-מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים
 לֵאלֹהֵיכֶם: אֲנִי יי אֱלֹהֵיכֶם אֲשֶׁר
 הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
 מִצְרַיִם לְהִיוֹת לָכֶם לֵאלֹהִים
 אֲנִי יי אֱלֹהֵיכֶם:

Thus you shall remember to observe all My commandments
 and to be holy to your God.

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

יי אֱלֹהֵיכֶם אֱמֶת.
 Adonai Eloheichem EMET.





MI CHAMOCHAH ba-cilim, Adonai!

Mi kamochah nedar bakodesh,
nora t'hilot, oseih fele!

Shirah chadashah shib'chu g'ulim
l'shimcha al s'fat hayam.

Yachad kulam hodu v'himlichu v'amru:
Adonai yimloch l'olam va-ed.

Tzur Yisrael, kumah b'ezrat Yisrael
uf'deih chinumecha Y'hudah v'Yisrael.

Go-aleinu Adonai Tz'vaot sh'imo,
k'dosh Yisrael.

Baruch atah, Adonai, gaal Yisrael.

מִי כְמוֹכָה בָּאֱלֹמִים, יְיָ!
מִי כְמוֹכָה נֹאדָר בִּבְקֹדֶשׁ,
נוֹרָא תְהִלֹת, עֹשֶׂה פִלְאִים!

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים
לְשִׁמְכָה עַל שִׁפְתֵי הַיָּם.
יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:
יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כְנָאֲמֶךָ יְהוּדָה וְיִשְׂרָאֵל.
גְּאֲלֵנוּ יְיָ צְבָאוֹת שְׁמוֹ,
קְדוֹשׁ יִשְׂרָאֵל.
בָּרוּךְ אַתָּה, יְיָ, גֹּאֵל יִשְׂרָאֵל.

WHO IS LIKE YOU, O God,
among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, working wonders?

We rise as we are able, for the Amidah, standing prayers

תְּפִלָּה

T'FILAH

ADONAI, s'fatai tiftach,
ufi yagid r'hilatecha.

אֲדֹנָי, שְׁפֵתַי תִּפְתָּח,
וּפִי יגיד תְּהִלָּתְךָ.

ADONAI, open up my lips,
that my mouth may declare Your praise.



BARUCH atah, Adonai Eloheinu
 v'Elohei avoteinu v'imoteinu, Elohei
 Avraham, Elohei Yitzchak v'Elohei Yaakov,
 Elohei Sarah, Elohei Rivkah, Elohei
 Rachel v'Elohei Leah. Ha-El hagadol
 hagibor v'hanora, El elyon, gomeil
 chasadim tovim, v'koneih hakol, v'zocheir
 chasdei avot v'imahot, umeivi g'ulah
 liv'nei v'neihem l'maan sh'mo b'ahavah.

*SHABBAT SHUVAH —

Zochreinu l'chayim,
 Melech chafeitz bachayim,
 v'chorveinu b'sefer hachayim,
 l'maancha Elohim chayim.

Melech ozcir umoshia umagen.
 Baruch atah, Adonai,
 magein Avraham v'ezrat Sarah.

BLESSED ARE YOU, Adonai our God,
 God of our fathers and mothers,
 God of Abraham, God of Isaac, and God of Jacob,
 God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
 the great, mighty and awesome God, transcendent God
 who bestows lovingkindness, creates everything out of love,
 remembers the love of our fathers and mothers,
 and brings redemption to their children's children for the sake of the Divine Name.

*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,
 and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,
 Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

ברוך אתה, יי, מגן אברהם ועזרת שרה.
 Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ
 ואלהי אבותינו ואמותינו, אלהי
 אברהם, אלהי יצחק ואלהי יעקב,
 אלהי שרה, אלהי רבקה, אלהי
 רחל ואלהי לאה. האל הגדול
 הגבור והנורא, אל עליון, גומל
 חסדים טובים, וקונה הכל, וזוכר
 חסדי אבות ואמהות, ומביא גאולה
 לבני בניהם למען שמו באהבה.

— SHABBAT SHUVAH*

זָכְרֵנוּ לְחַיִּים,
 מֶלֶךְ חַפֵּץ בְּחַיִּים,
 וְקִתְּבֵנוּ בְּסֵפֶר הַחַיִּים,
 לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
 בָּרוּךְ אַתָּה, יי,
 מֶגֶן אֲבֹרָהּ וְעֲזֶרֶת שָׂרָה.

G'vurot: God's Power in our world, in our lives

ATAH gibor l'olam, Adonai,
m'chayeh hakol (meitim) atah,
rav l'hoshia.

*WINTER — Mashiv haruach umorid hagashem.

*SUMMER — Morid hatal.

M'chalkeil chayim b'chesed,
m'chayeh hakol (meitim)
b'rachamim rabim, someich noflim,
v'rofei cholim, umatir asurim,
um'kaycim emunato lishcinei afar.
Mi chamocha baal g'vurot
umi domeh lach, melech meimit
um'chayeh umatzmiach y'shuah.

SHABBAT SHUVAH —

Mi chamocha El harachamim,
zocheir y'tzurav l'chayim b'rachamim.

V'ne-eman atah l'hachayot hakol (meitim).
Baruch atah, Adonai, m'chayeh hakol (hamcitim).

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי,
מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה,
רַב לְהוֹשִׁיעַ.

WINTER — מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

SUMMER — מוֹרִיד הַטַּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל (מֵתִים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֶה לָךְ, מְלֶכֶךְ מֵמִית
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

— SHABBAT SHUVAH

מִי כְמוֹךָ אֵל הַרַחֲמִים,
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).
בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

*WINTER — You cause the wind to shift and rain to fall.

*SUMMER — You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

Kedusha: Recognizing God as the Source of Holiness

<p>N'KADEISH et shimcha baolam, k'shem shemakdishim oto bish'mei marom, kakatuv al yad n'vi-echa, v'kara zeh el zeh v'amar: Kadosh, kadosh, kadosh Adonai tz'vaot, m'lo chol haaretz k'vodo. Adir adireinu, Adonai Adoneinu, mah adir shimcha b'chol haaretz. Baruch k'vod Adonai mimkomo. Echad hu Eloheinu, hu Avinu, hu Malkeinu, hu Moshi-einu, v'hu yashmi-einu b'rachamav l'einei kol chai. Ani Adonai Eloheichem. Yimloch Adonai l'olam, Elohayich Tzion l'dor vador, hal'luyah.</p>	<p>נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם שְׁמַקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם, כְּכַתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר: קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָל הָאָרֶץ כְּבוֹדוֹ. אֲדִיר אֲדִירֵנוּ, יְיָ אֲדוֹנֵנוּ, מַה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ. בְּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ. אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מַלְכֵנוּ, הוּא מוֹשִׁיעֵנוּ, וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָל חַי. אֲנִי יְיָ אֱלֹהֵיכֶם. יִמְלֹךְ יְיָ לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדוֹר וָדוֹר, הַלְלוּיָהּ.</p>
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LET US SANCTIFY Your Name on earth, as it is sanctified in the heavens above.

As it is written by Your prophet:

Holy, holy, holy is *Adonai Tz'vaot!* God's presence fills the whole earth.
 Source of our strength, Sovereign One, how majestic is Your presence in all the earth!
 Blessed is the presence of God, shining forth from where God dwells.
 God alone is our God and our Creator, our Ruler and our Helper; and in
 mercy, God is revealed in the sight of all the living: I am Adonai your God!
 Adonai shall reign forever, your God, O Zion,
 from generation to generation, Hallelujah!

<p>L'dor vador nagid godlecha ul'neitzach n'tzachim k'dushat-cha nakdish, v'shivchacha Eloheinu, mipinu lo yamush l'olam va-ed.* Baruch atah, Adonai, Ha-El hakadosh.</p>	<p>לְדוֹר וָדוֹר נֹגֵיד גּוֹדְלֶךָ וְלִנְצַח וְנִצְחִים קְדֻשַׁתְךָ נְקַדִּישׁ, וְשִׁבְחָךָ, אֱלֹהֵינוּ, מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֵד.* בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.</p>
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TO ALL GENERATIONS we will declare Your greatness, and for all eternity
 proclaim Your holiness. Your praise, O God, shall never depart from our lips.*

Blessed are You, Adonai, the Holy God.

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקְּדוֹשׁ.

Baruch atah, Adonai, Ha-El hakadosh.

Celebrating the Sacredness of Shabbat

YISM'CHU v'malchut'cha
shomrei Shabbat v'korei oneg.
Am m'kad'shei sh'vi-i,
kulam yish'u v'yitangu mituvecha.
V'hashvi-i ratzita bo v'kidashto,
chemdat yamim oto karata,
zecher l'maaseih v'reishit.

יִשְׁמְחוּ בְּמַלְכוּתְךָ
שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג.
עַם מְקַדְּשֵׁי שְׁבִיעִי,
כֻּלָּם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מִטוֹבְךָ.
וְהַשְׁבִּיעִי רְצִיתָ בּוֹ וְקִדַּשְׁתָּו,
חֶמְדַּת יָמִים אוֹתוֹ קָרַאתָ,
זֵכֶר לַמַּעֲשֵׂה בְּרֵאשִׁית.

THOSE WHO KEEP Shabbat by calling it a delight will rejoice in Your realm.
The people that hallows Shabbat will delight in Your goodness.
For, being pleased with the Seventh Day, You hallowed it
as the most precious of days, drawing our attention to the work of Creation.

V'SHAMRU v'nei Yisrael et HaShabbat,
laasot et HaShabbat l'dorotam
b'rit olam.
Beini u'vein b'nei Yisrael
ot hi l'olam,
ki sheshet yamim asah Adonai
et hashamayim v'et haaretz,
u'vayom hash'vi-i shavat vayinafash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת־הַשַּׁבָּת,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדוֹרֹתָם
בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעָלָם,
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְיָ
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat,
observing Shabbat throughout the ages as a covenant for all time.
It is a sign for all time between Me and the people of Israel.
For in six days Adonai made heaven and earth,
and on the seventh day God ceased from work and was refreshed.

Retzei- Grateful for the gift of Prayer

R'TZEI, Adonai Eloheinu, b'amcha Yisrael,

ut'filatam b'ahavah t'kabeil,

ut'hi l'ratzon tamid

avodat Yisrael amecha.

Baruch atah, Adonai,

she-ot'cha l'vadcha b'yirah naavod.

רְצֵה, יי אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל,

וּתְפִלָּתָם בְּאַהֲבָה תִקְבֹּל,

וּתְהִי לְרָצוֹן תָּמִיד

עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.

בְּרוּךְ אַתָּה, יי,

שְׂאוֹתֶךָ לְבִדְךָ בְּיִרְאָה נְעֹבֵד.

EVERPRESENT ONE, may we, Your people Israel,
be worthy in our deeds and our prayer.

Wherever we live, wherever we seek You —

in this land, in Zion restored, in all lands —

You are our God, whom alone we serve in reverence.

בְּרוּךְ אַתָּה, יי, שְׂאוֹתֶךָ לְבִדְךָ בְּיִרְאָה נְעֹבֵד.

Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

ON THIS HOLY SHABBAT,

may we draw nearer

to life, to peace and to joy.

May we find true rest,

holiness in our deeds,

worth in our study of Torah.

Let us feed on the love of goodness,

let us drink from the love of goodness,

restrain our thirst for excess,

and cleanse our hearts to serve life well.

On this holy Shabbat,

may we draw nearer

in life, in peace and in joy

בְּרוּךְ אַתָּה, יי, שְׂאוֹתֶךָ לְבִדְךָ בְּיִרְאָה נְעֹבֵד.

Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.

Modim Anachnu Lach- Gratitude for Your gifts to us

MODIM anachnu lach, shaatah hu
Adonai Eloheinu v'Elohei avoteinu v'imoteinu
l'olam va-ed. Tzur chayeinu, magein yisheinu,
atah hu l'dor vador.

Nodeh l'cha un'sapeir t'hilatecha. Al chayeinu
ham'surim b'yadecha, v'al nishmoteinu
hap'kudot lach, v'al nisecha sheb'chol yom
imanu, v'al niflotecha v'tovotecha
sheb'chol eit, erev vavoker v'tzohorayim.

Hatov ki lo chalu rachamecha, v'ham'racheim
ki lo tamu chasadecha, mei-olam kivinu lach.

מוֹדִים אַנַּחְנוּ לָךְ, שְׂאֵתָהּ הוּא
יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר.

נוֹדֶה לְךָ וְנִסְפֵּר תְּהִלָּתְךָ. עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ, וְעַל נִשְׁמוֹתֵינוּ
הַפְּקוּדוֹת לָךְ, וְעַל נִסְיֵיךָ שֶׁבְּכָל יוֹם
עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שֶׁבְּכָל עֵת, עֶרֶב וּבֹקֵר וְצַהֲרָיִם.

הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם
כִּי לֹא תָמוּ חַסְדֶּיךָ, מֵעוֹלָם קִוִּינוּ לָךְ.

WE ACKNOWLEDGE with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise You — for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You.

On Chanukah, continue on page 556.

V'al kulam yitbarach v'yitromam shimcha,
Malkeinu, tamid l'olam va-ed.

SHABBAT SHUVAH — Uch'tov l'chayim
tovim kol b'nei v'ritecha.

V'chol hachayim yoducha selah,
viy'hal'lu et shimcha be-emet,
Ha-El y'shuateinu v'ezratcinu selah.
Baruch atah, Adonai,
hatov shimcha ul'cha na-eh l'hodot.

וְעַל כָּלֶם יִתְבָּרַךְ וְיִתְרומם שְׁמֶךָ,
מַלְכֵנוּ, תָּמִיד לְעוֹלָם וָעֶד.

וּכְתוֹב לְחַיִּים — SHABBAT SHUVAH
טוֹבִים כָּל בְּנֵי בְרִיתְךָ.

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,
וַיְהִלּוּ אֶת שְׁמֶךָ בְּאֵמֶת,
הָאֵל יְשׁוּעָתָנוּ וְעִזְרָתָנוּ סֵלָה.
בְּרוּךְ אַתָּה, יְיָ,
הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱהָ לְהוֹדוֹת.

For all these things, O Sovereign, let Your Name be forever praised and blessed.

SHABBAT SHUVAH — Inscribe all the children of Your covenant for a good life.

O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in truth. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

בְּרוּךְ אַתָּה, יְיָ, הַטּוֹב שְׁמֶךָ וְלָךְ נֶאֱהָ לְהוֹדוֹת.

Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

SIM SHALOM tovah uv'rachah,
chein vachessed v'rachamim,
aleinu v'al kol Yisrael amecha.

Bar'cheinu, yotzreinu, kulanu k'echad
b'or panecha,

ki v'or panecha natata lanu,

Adonai Eloheinu,

Torat chayim v'ahavat chesed,

utz'dakah uv'rachah v'rachamim

v'chayim v'shalom.

V'tov b'einecha l'vareich et amcha Yisrael

b'chol eit uv'chol shaah bish'lomecha.

SHABBAT SHUVAH — B'sefer chayim,

b'rachah v'shalom, ufarnasah tovah,

nizacheir v'nikateiv l'fanecha,

anachnu v'chol amcha beit Yisrael,

l'chayim tovim ul'shalom.

Baruch atah, Adonai, oseih hashalom.

Baruch atah, Adonai,

ham'vareich et amo Yisrael bashalom.

GRANT PEACE, goodness and blessing, grace, kindness and mercy,
to us and to all Your people Israel.

Bless us, our Creator, all of us together, through the light of Your Presence.

Truly through the light of Your Presence, Adonai our God,

You gave us a Torah of life —

the love of kindness, justice and blessing, mercy, life, and peace.

May You see fit to bless Your people Israel

at all times, at every hour, with Your peace.

SHABBAT SHUVAH — Inscribe us for life, blessing, peace, and prosperity, remembering all
Your people Israel for life and peace. Blessed are You, Adonai, Source of peace.

ברוך אתה, יי, עשה השלום.

Baruch atah, Adonai, oseih hashalom.

Praised are You, Adonai, who blesses Your people Israel with peace.

ברוך אתה, יי, המברך את עמו ישראל בשלום.

Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה,

חוֹ וְחֶסֶד וְרַחֲמִים,

עֲלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.

בְּרַכְנוּ, יוֹצְרֵנוּ, כְּלָנוּ כְּאֶחָד

בְּאוֹר פְּנִיךָ,

כִּי בְאוֹר פְּנִיךָ נִתַּתָּ לָנוּ,

יְי אֱלֹהֵינוּ,

תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,

וְצִדְקָה וּבְרָכָה וְרַחֲמִים

וְחַיִּים וְשְׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל

בְּכָל עֵת וּבְכָל שְׁעָה בְּשְׁלוֹמְךָ.

SHABBAT SHUVAH — בְּסֵפֶר חַיִּים,

בְּרָכָה וְשְׁלוֹם, וּפְרִיָּסָה טוֹבָה,

נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,

אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל,

לְחַיִּים טוֹבִים וְלְשְׁלוֹם.

בְּרוּךְ אַתָּה, יְי, עֹשֵׂה הַשְּׁלוֹם.

בְּרוּךְ אַתָּה, יְי,

הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.



Introduction to Parshat Ha'Sha-vu-a/ The parasha of the week



סֵדֵר קְרִיאת התורה לשבת

SEDER K'RIAT HATORAH L'SHABBAT — READING THE TORAH ON SHABBAT

The Ark is opened. Remove the Torah.

EIN KAMOCHA vaElohim Adonai,

v'cin k'maasecha.

Malchut'cha malchut kol olamim,

umemshalt'cha b'chol dor vador.

Adonai melech, Adonai malach,

Adonai yimloch l'olam va-ed.

Adonai oz l'amo yitein,

Adonai y'vareich et amo vashalom.

אֵין כְּמוֹךָ בָּאֱלֹהִים אֲדֹנָי,

וְאֵין כְּמַעֲשֶׂיךָ.

מַלְכוּתְךָ מַלְכוּת כָּל-עֲלָמִים,

וּמְשַׁלְתְּךָ בְּכָל-דֹּר וְדֹר.

יְיָ מֶלֶךְ, יְיָ מֶלֶךְ,

יְיָ יִמְלֹךְ לְעֹלָם וָעֶד.

יְיָ עֹז לְעַמּוֹ יִתֵּן,

יְיָ יְבָרֵךְ אֶת עַמּוֹ בְּשָׁלוֹם.

THERE IS NONE LIKE YOU among the gods, Adonai,
and there are no deeds like Yours.

You are Sovereign over all worlds,
and Your dominion is in all generations.

Adonai reigns, Adonai has reigned,

Adonai will reign forever and ever.

Adonai will give strength to our people,

Adonai will bless our people with peace.

Av harachamim,

heitivah virtzoncha et Tzion,

tivneh chomot Y'rushalayim.

Ki v'cha l'vad batachnu,

Melech El ram v'nisa, Adon olamim.

אב הרחמים,

היטיבה ברצונך את ציון,

תבנה חומות ירושלים.

כי בך לבד בטחנו,

מלך אל רם ונשא, אדון עולמים.

Source of mercy: favor Zion with your goodness;
rebuild the walls of Jerusalem.

For in You alone do we trust,

Sovereign, high and exalted, God Eternal.

KI MITZIYON teitzei Torah,
ud'var Adonai miY'rushalayim.

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה,
וּדְבַר יְיָ מִירוּשָׁלַיִם.

FOR FROM OUT OF ZION will come the Torah,
and the word of Adonai from Jerusalem.



BARUCH shenatan Torah
l'amo Yisrael bik'dushato.

בָּרוּךְ שֶׁנָּתַן תוֹרָה
לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשׁוֹ.

BLESSED IS GOD who in holiness gave the Torah to the people Israel.

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

Echad Eloheinu gadol Adoneinu,
kadosh sh'mo.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ,
קָדוֹשׁ שְׁמוֹ.

OUR GOD IS ONE, Adonai is great, holy is God's Name.

Gadlu l'Adonai iti,
un'rom'mah sh'mo yachdav.

גָּדְלוּ לַיְיָ אִתִּי,
וּנְרוֹמְמָה שְׁמוֹ יַחְדָּו.

EXALT ADONAI with me, let us extol God's name together.

BLESSING BEFORE THE READING OF THE TORAH

BAR'CHU et Adonai ham'vorach.

Baruch Adonai ham'vorach l'olam va-ed.

Baruch atah, Adonai

Eloheinu, Melech haolam,

asher bachar banu mikol haamim,

v'natan lanu et Torato.

Baruch atah, Adonai, notein haTorah.

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים,
וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.
בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BLESS ADONAI who is blessed.

Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

BLESSING AFTER THE READING OF THE TORAH

BARUCH atah, Adonai

Eloheinu, Melech haolam,

asher natan lanu Torat emet,

v'chayei olam nata b'tocheinu.

Baruch atah, Adonai, notein haTorah.

בְּרוּךְ אַתָּה, יְיָ
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,
וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.
בְּרוּךְ אַתָּה, יְיָ, נוֹתֵן הַתּוֹרָה.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,
who has given us a Torah of truth, implanting within us eternal life.

Blessed are You, Adonai, who gives the Torah.



MI SHEBEIRACH avoteinu v'imoteinu,
Avraham, Yitzchak v'Yaakov, Sarah, Rivkah,
Rachel v'Lei-ah, hu y'vareich et hacholim
[names]. HaKadosh Baruch Hu yimalei
rachamim aleihem, l'hachalimam ul'rapotam
ul'hachazikam, v'yishlach lahem m'heirah
r'fuah, r'fuah shleimah min hashamayim,
r'fuat hanefesh ur'fuat haguf, hashta
baagala uviz'man kariv. V'nomar: Amen.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
אֲבֵרָהֶם, יִצְחָק וְיַעֲקֹב, שָׂרָה, רִבְקָה,
רָחֵל וְלֵאָה, הוּא יְבָרֵךְ אֶת הַחֹלִים
[names]. **הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא**
רַחֲמִים עֲלֵיהֶם, לְהַחֲלִימָם וּלְרַפְּאֵתָם
וּלְהַחֲזִיקָם, וְיִשְׁלַח לָהֶם מְהֵרָה
רְפוּאָה, רְפוּאָה שְׁלֵמָה מִן הַשָּׁמַיִם,
רְפוּאָת הַנֶּפֶשׁ וּרְפוּאָת הַגּוּף, הַשְּׂתָא
בְּעִגְלָא וּבִזְמַן קָרִיב. וְנֹאמַר: אָמֵן.

MAY THE ONE who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill [names]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

MI SHEBEIRACH avoteinu
M'kor hab'rachah l'imoteinu.

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ.

May the Source of strength who blessed the ones before us
help us find the courage to make our lives a blessing and let us say, Amen.

Mi shebeirach imoteinu
M'kor hab'rachah laavoteinu.

מִי שֶׁבֵרַךְ אִמּוֹתֵינוּ
מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ.


Bless those in need of healing with *r'fuah sh'leimah*,
the renewal of body, the renewal of spirit, and let us say, Amen.

HAGBAHAH UG'LILAH— **הַגְּבָהָה וּגְלִילָה**
The Torah is raised, rolled and wrapped

V'ZOT haTorah asher sam Moshe
lifnei b'nei Yisrael,
al pi Adonai b'yad Moshe.

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה
לְפָנֵי בְנֵי יִשְׂרָאֵל,
עַל-פִּי יְיָ בְיַד-מֹשֶׁה.

THIS IS THE TORAH which Moses placed
before the people of Israel,
God's word through the hand of Moses.



WHEN TORAH ENTERED the world, freedom entered it.
The whole Torah exists only to establish peace.

Its highest teaching is love and kindness.
What is hateful to you, do not do to any person.

That is the whole Torah; all the rest is commentary. Go and learn it.
Those who study Torah are the true guardians of civilization.

Honoring one another, doing acts of kindness,
and making peace: these are our highest duties.
But the study of Torah is equal to them all,
because it leads to them all.

Let us learn in order to teach.
Let us learn in order to do!

Eitz chayim hi lamachazikim bah,
v'tom'cheha m'ushar.
D'rachehah darchei no-am,
v'chol n'tivotcha shalom.

Hashiveinu Adonai eilecha v'nashuvah,
chadeish yamcinu k'kedem.

עץ חיים היא למחזיקים בה,
ותמכה מאשר.
דרכיה דרכי נעם,
וכל נתיבותיה שלום.

השיבנו יי אלקיך ונשובה,
חדש ימינו כקדם.

FOR I HAVE GIVEN YOU good instruction; do not abandon My Torah.

IT IS A TREE OF LIFE for those who hold fast to it, and all its supporters are happy.
Its ways are ways of pleasantness and all its paths are peace.
Return us to You, Adonai, and we will return; renew our days as of old.

Aleinu: Working for the Future World of Harmony

ALEINU l'shabei-ach laadon hakol,
lateit g'dulah l'yotzeir b'reishit,
shelo asanu k'goyei haaratzot,
v'lo samanu k'mishp'chot haadamah.
Shelo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.

עָלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,
וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.
שֶׁלֹא שָׂם חֶלְקֵנוּ כֵּהֶם,
וְגָרְלָנוּ כְּכָל־הַמּוֹנָם.

OURS IS THE RESPONSIBILITY to praise the God of all,
to ascribe to the greatness of the Creator,
who has set us apart from the other families of earth,
giving us a destiny unique among the nations.

Vaanachnu kor'im
umishtachavim umodim,
lifnei Melech mal'chei hamlachim
HaKadosh Baruch Hu.

וְאֲנַחְנוּ כּוֹרְעִים
וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים
הַקָּדוֹשׁ בְּרוּךְ הוּא.

We bend the knee and bow,
acknowledging the supreme Sovereign,
the Holy One of Blessing.

ALEINU I, CONTINUED

SHEHU noteh shamayim v'yoseid aretz,

umoshav y'karo bashamayim mimaal

ush'chinat uzo b'govhei m'romim.

Hu Eloheinu ein od,

emet Malkeinu efes zulato.

Kakatuv b'Torato, v'yadata hayom

v'hasheivota el l'vavecha,

ki Adonai hu HaElohim

bashamayim mimaal,

v'al haaretz mitachat, ein od.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ,

וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל

וְשׁוֹכֵנֵת עֵז בְּגִבְהֵי מְרוֹמִים.

הוּא אֱלֹהֵינוּ אֵין עוֹד,

אֱמֶת מַלְכֵנוּ אָפֶס זִלְתּוֹ.

כְּכָתוּב בְּתוֹרָתוֹ, וְיָדַעַת הַיּוֹם

וְהִשְׁבַּת אֶל לְבַבְךָ,

כִּי יי הוּא הָאֱלֹהִים

בַּשָּׁמַיִם מִמַּעַל,

וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד.

FOR YOU SPREAD OUT THE HEAVENS and establish the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: Know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.



v ne-emar, v'hayah Adonai

l'Melech al kol haaretz.

Bayom hahu yih'yeh Adonai echad

ush'mo echad.

וְנֹאמֵר, וְהָיָה יי

לְמֶלֶךְ עַל כָּל הָאָרֶץ.

בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד

וּשְׁמוֹ אֶחָד.

Thus it has been said, Adonai will be Sovereign over all the earth.

On that day, Adonai will be one, and God's Name will be one.

KADDISH- Remembering our Loved Ones

We mourn this recent death:

Ceil Gordon, mother of Cindy Schneider(Jacklyn Wolf)

Anna Apple, mother of Bette Rotenberg

** Abe Apple, remembered by Jean Apple

** Helen Bolker, remembered by the Bolker family

** Michael Brand, father of Richard Brand

** Sam Caplan, remembered by Clarence Caplan

Deganit Dooster, niece of Amnon Zaks

** Harold Dressler, husband of Selma Dressler

Robert Ellen, father of Ann Kerman

Mark Furman, nephew of Dottie Fisch and
cousin of Bryan Fisch

Morris Glasser, uncle of Ilene Gavenman



Stephen "Steve" Globberman, father of Randall
Globberman and Bruce Globberman

**

F. Griswold, son of Fred Griswold

Mayviolet Hazelton, grandmother of Pam Small

Zelda Kagan, mother of Herman Kagan

Dorothy Kosoff, mother of Jay Kosoff

Richard Kralian, husband of Ada Kralian

Kathe Kywi, mother of Alberto Kywi

**

Florence Ogle, mother-in-law of Ivor Davis

**

Violet Perlman, mother of Steven Perlman

Hans Petersdorf, father-in-law of Rikki Horne

**

Jonah Reid, remembered by the Reid family

**

Bernard Reiver, grandfather of Brian Reiver

**

Ruth Riave, remembered by Riave Family

**

Max Riave, remembered by Riave Family

**

Beverly Rosenberg, remembered by Harry
Rosenberg

Joseph Siegel, father of Annette Halpern

Pat Wastel, brother-in-law of Jerry Filzen

Dayton Weil, uncle of Ruthann Feingold

Louis Weinstein, father of Irving Weinstein

**

Seymour Whitebook, father of Elaine Whitebook

**

Willy Wyler, remembered by the Reach family

MOURNER'S KADDISH

YITGADAL v'yitkdash shmei raba,

B'alma div'ra chirutei,

v'yamlich malchutei,

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uvizman kariv. V'im'ru: Amen.

Y'hei sh'mei raba m'varach

l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit-hadar v'yitaleh v'yit'halal

sh'mei d'Kud'sha B'rich Hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya,

v'chayim aleinu v'al kol Yisrael.

V'imru: Amen.

Oseh shalom bimromav,

Hu yaaseh shalom aleinu,

v'al kol Yisrael. V'imru: Amen.

יִתְגַּדֵּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְרָא כְרַעוּתְהָ,

וַיְמַלִּיךְ מַלְכוּתְהָ,

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלַם וּלְעֵלְמֵי עֵלְמַיָּא.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר

וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא,

וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל

שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא,

לְעֵלְמָא מִן כָּל בִּרְכַתָּא וְשִׁירַתָּא,

תְּשֻׁבַּחַתָּא וְנַחֲמַתָּא,

דְאָמְרוּ בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וּחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

SHABBAT SHALOM! THANK YOU FOR JOINING US!



Oseh shalom bimromav,
hu yaaseh shalom aleinu,
v'al kol Yisrael, v'al kol yoshvei teiveil,
v'imru. Amen.

עֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו,
הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ
וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,
וְאָמְרוּ: אָמֵן.

May the One who makes peace in the high heavens
make peace for us, for all Israel and all who inhabit the earth. Amen.