

*Temple Beth Miriam*



סדור למשפחה

*Family  
Prayerbook*



*Elberon, NJ*



*Shirei Shabbat*  
שירי שבת  
*Shabbat Songs*

*Ma Yafeh Hayom*

מה יפה היום  
שבת שלום

Ma yafeh hayom,  
Shabbat Shalom  
Ma yafeh hayom,  
Shabbat Shalom

Shabbat Shabbat Shalom  
Shabbat Shabbat Shalom  
Shabbat Shabbat Shalom  
Shabbat Shalom

*How beautiful is this day of  
peace.*

*Hava Nashira*

הבה נשירה שיר הללויה

Hava nashira shir halleluya

*Let us sing a song of praise.*

*Hiney Mah Tov*

הנה מה טוב ומה נעים  
שבת אחים גם-יחד

Hiney mah tov umah naim  
Shevet achim gam yachad

*Behold how wonderful it is  
for brothers to sit together.*

*Bim Bam*

בִּים בָּם בִּים בָּם ...  
שבת שלום....

Bim bam, bim bim bim bam,  
Bim bim bim bim bim bam,

Bim bam, bim bim bim bam,  
Bim bim bim bim bim bam,

Shabbat Shalom

Shabbat Shalom

Shabbat Shabbat Shabbat  
Shabbat Shalom

Shabbat Shabbat Shabbat

Shabbat Shalom

Shabbat Shabbat Shabbat  
Shabbat Shalom

*Birkat Hamishpacha*

בִּרְכַּת הַמִּשְׁפָּחָה

*The Family Blessing*

When the people of Israel stood at Mount Sinai ready to receive the Torah, God said to them, "Bring Me good securities to guarantee that you will keep it and then I will give the Torah to you."

They said, "Our ancestors will be our securities."

God said to them, "I have faults to find with your ancestors... But bring me good securities and I will give you the Torah."

They said, "Master of the Universe, our prophets will be our securities."

God replied, "I have faults with your prophets... Still, bring Me good securities and I will give the Torah to you."

They said to God, "Our children will be our securities."

And God replied, "Indeed, these are good securities. For their sake I will give you the Torah."

*Ye-sim-cha E-lo-him ke-Ef-ra-yim  
ve-chi-Me-na-sheh, Sa-rah, Riv-ka,  
ve-Lei-a*

יְשַׁמְךָ אֱלֹהִים כְּאַפְרַיִם  
וְכַמְנַשֶּׁה שָׂרָה רִבְקָה  
רָחֵל וְלֵאָה

*May God inspire our children to live in the tradition of Ephriam and Manasseh, who carried forward the life of our people, and also in the spirit of Sarah, Rebecca, Rachel and Leah whose love and devotion to the Jewish people made them beacons of goodness and righteousness.*

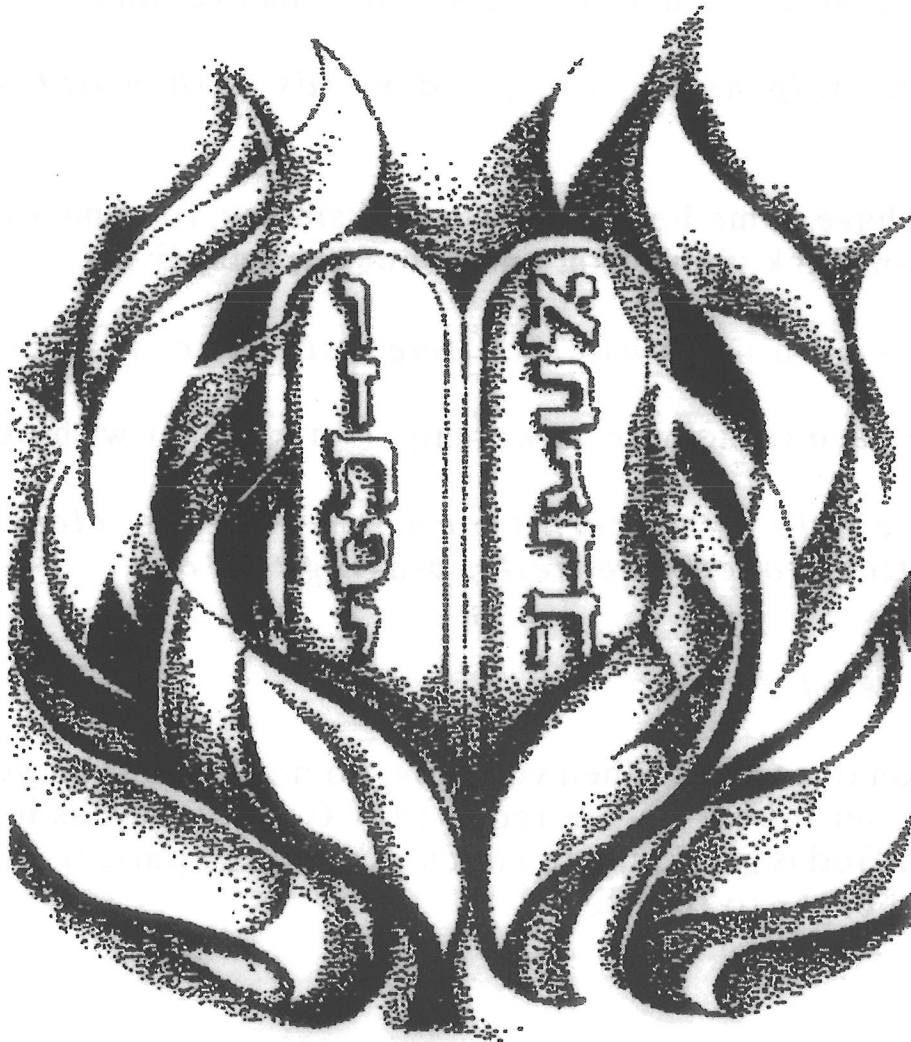
*Ye-va-re-che-cha A-do-nai  
ve-yish-me-re-cha.  
Ya-eir A-do-nai pa-nav  
ei-le-cha vi-chu-ne-ka.  
Yi-sa A-do-nai pa-nav ei-le-cha  
ve-ya-seim le-cha sha-lom*

יְבָרְכֶךָ יי  
וְיִשְׁמְרֶךָ  
יֵאֵר יי פָּנָיו  
אֵלֶיךָ וִיחַנּוּךָ  
יֵשֶׁא יי פָּנָיו אֵלֶיךָ  
וְיִשֶּׂם לְךָ שְׁלוֹם

*May God bless you and guard you. May the light of God shine upon you, and may God be gracious to you. May the presence of God be with you always and give you peace.*



*"Do not make your prayer routine..."*



*...rather, let it be a sincere request for God's mercy."*

## *Meditations*

הַתְּחִלָּה הַלֵּב

### *Why We are Here*

O God, we have come here to praise You this evening.

*Please help us to find good words with which to praise You.*

O God, we have come here for peace and silence, for time to ourselves when we can think about You and about our busy lives.

*Please help us to use this time well for ourselves alone.*

O God, we have come here to worship You together with our friends.

*Please help us to learn that we can become closer friends by sitting together quietly, praying to You.*

### *The Nature of Prayer*

Rabbi Simon once said: When you pray, do not let your prayer become routine, but let it be a sincere request for God's mercy, as it say in the Torah: "For God is gracious and merciful, endlessly patient, overflowing in love, and eager to forgive."

## *Our Ability to Hear*

On this Shabbat, O God, sharpen our ability to hear.

*May we hear the music of the world, the baby's cry, the children at play.*

May we hear the call for help of the lonely soul, and the sound of the breaking heart.

*May we hear the words of our friends and also their unspoken wants, needs and dreams.*

May we hear within ourselves the desires we have trouble expressing.

*May we hear You, O God.*

For only if we hear You can we hope that You will hear us.



## *Blessing for the Candles* הַדְּלָקַת הַנֵּרוֹת

In the beginning there was darkness  
and the spirit of God hovered over the darkness.  
Then God created light,  
and the work of creation was begun.

*As we kindle these lights of Shabbat  
we remember the majesty of creation  
and rejoice in our ability to experience it.*

Light is the symbol of the divine and creative goodness.  
It is the outward sign of the inner spark  
which God has shared with each of us.

*Blessed are You, O Lord our God*



*Who commands us to light the lights of Shabbat*

*Light is the symbol of warmth and unity.  
It binds us together with Jews in all lands  
who are kindling the Sabbath lights.*

*In joy and peace, in sanctity and in remembrance  
we now light the Sabbath candles:*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר  
שֶׁל שַׁבָּת

Blessed are You, O Lord Our  
God, Ruler of the Cosmos, who  
makes us holy with Your  
commandments and calls us to  
kindle the lights of Shabbat.

(Baruch atta Adonai Eloheinu melech ha'olam asher kidshanu b'mitzvotav  
v'tzivanu l'hadlik ner shel Shabbat.)



We thank You, O God, for Your gift of Shabbat,  
For the home in which we observe it,  
And for the dear ones with whom we share it.

*May the joy of Shabbat gladden our hearts  
And may its peace quiet our spirits.*

Bring us closer to one another in love;  
With laughter and soft words,  
With shared concerns and mutual respect.

*Help us to make our home a sanctuary,  
Warmed by reverence and adorned by tradition,*

With family bonds that are strong and enduring,  
Based on truth, trust, and faithfulness.

*Keep us far from strife and anger;  
May we be spared shame and reproach.*

Help us so to live in the week ahead  
That You may look upon all we have done  
And find it good and worthy of Your blessing.



יְתַגְדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעֻלְמָא דִּי בְרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ  
וּבְיוֹמֵינוּ וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל בְּעֻלְמָא וּבְיוֹמָן קָרִיב וְאָמְרוּ: אָמֵן

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלָם וּלְעָלְמֵי עָלְמַיָּא.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקוֹדֶשׁ  
בְּרִיךְ הוּא לְעֻלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְּאִמְרֵין בְּעֻלְמָא וְאָמְרוּ:  
אָמֵן.

Let the glory of God be extolled, let God's great name be hallowed in the world  
whose creation He willed. May God's kingdom soon prevail, in our own day, our  
own lives, and the life of all Israel, and let us say: Amen. Let God's great name  
be blessed for ever and ever.

Let the name of the Holy One, blessed be He, be glorified, exalted, and honored,  
though God is beyond all the praises, songs, and adorations that we can utter, and  
let us say: Amen

(Yit-ga-dal ve-yit-ka-dash she-mei rab-ba, be-alma div-ra  
chir-u-tei ve-yam-lich mal-chu-tei, be-cha-yei-chon  
uv-yo-mei-chon uv-cha-yei de-chol beit Yis-ra-eil,  
b-a-ga-la u-viz-man ka-riv ve-im-ru: a-men.

Ye-hei sh-mei rab-ba me-va-rach le-a-lam ul-al-mei al-ma-ya.

Yit-ba-rach ve-yish-ta-bach ve-yit-pa-ar ve-yit-ro-mam  
ve-yit-na-sei ve-yit-ha-dar ve-yit-a-leh ve-yit-ha-lal she-mei  
de-kud-sha, be-rich hu, le-ei-la min kol bir-cha-ta ve-shi-ra-ta tush-be-cha-ta  
ve-ne-che-ma-ta da-a-mi-ran be-al-ma v-eim-e-ru: a-men.)

*Praised are You, O Lord our God,*

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדָבָרוֹ מַעֲרִיב  
עֲרָבִים. בְּחִכְמָה פּוֹתַח שְׁעִים, וּבְתַבּוּנָה מְשַׁנֶּה עֲתִים,  
וּמַחְלִיף אֶת־הַזְּמַנִּים, וּמַסִּיד אֶת־הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם  
בְּרָקִיעַ כְּרִצּוֹנוֹ.

בּוֹרֵא יוֹם וּלְיָלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר,  
וּמַעֲבִיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יי  
צְבֹאוֹת שָׁמוֹ.

אֵל חַי וְקַיִם, תָּמִיד יִמְלֹךְ עָלֵינוּ, לְעוֹלָם וָעֶד. בְּרוּךְ אַתָּה,  
יי, הַמַּעֲרִיב עֲרָבִים.

*whose word brings on the evening.*

## ברכו Barchu

ברכו את יי המברך!

Praise the Lord, the Source of blessing

ברוך יי המברך לעולם ועד.

Praised is the Lord, Source of blessing, throughout all time.

(Bar-chu et A-do-nai ha-me-vo-rach. Ba-ruch A-do-nai ham-vo-rach l'o-lam va-ed.)

### *An Evening Prayer*

ברוך אתה יי אלהינו מלך העולם אשר בדרו מעריב ערבים. בחכמה פותח שערים ובחבונה משנה עתים ומחליף את הזמנים ומסדר את הכוכבים במשמרותיהם ברקיע כרצונו. בורא יום ולילה גולל אור מפני חשך וחשך מפני אור ומעביר יום ומביא לילה ומבדיל בין יום ובין לילה יי צבאות שמו.

אל חי וקים תמיד ומלוך עלינו לעולם ועד. ברוך אתה יי המעריב ערבים.

Holy One of blessing, Your Presence fills creation. Your word causes twilight to fall. In wisdom, You open the gates to morning. With understanding, You change the seasons and renew time. You arrange the stars in their heavenly courses according to Your will. Creator of day and night, You roll away light before darkness and darkness before light; You cause the day to fade and bring on the night, making each separate from the other. You rule over the heavens. Your strength lives and endures. You will rule over us now and forever. Holy One of Blessing, You summon the mingling shadows of twilight.

(Ba-ruch at-ta A-do-nai, E-lo-hei-nu me-lech ha-o-lam, a-sheer bid-va-ro ma-a-riv a-ra-vim. B'choch-ma po-tei-ach sh'a-rim u-vit-vu-na m'sha-ney i-tim u-ma-cha-lif et haz-ma-nim u-m-sa-der et ha-ko-cha-vim b'mish-m'ro-tei-hem ba-ra-ki-ah kir-tzo-no. Bo-rei yom va-lay-la, go-lel or mip-ney cho-shech v'cho-shech mip-nei or, u-ma-a-vir yom u-mei-vee lay-la, u-mav-dil bein yom u-veyn lay-la, A-don-ai



tz'va-ot sh'mo. El chai v'kay-am, ta-mid yim-loch a-lei-nu l'o-lam va-ed.  
Ba-ruch at-ta A-don-ai, ha-ma-a-riv a-ra-vim.)

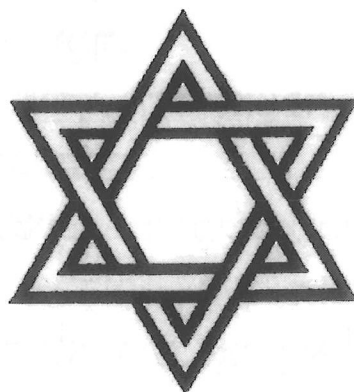


### *God's Love for Israel*

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֱהָבָת: תּוֹרָה וּמִצְוֹת חֻקִּים וּמִשְׁפָּטִים אוֹחֲזֵנוּ לְמִדָּת.  
עַל כֵּן יי אֱלֹהֵינוּ בְּשֹׁכְבֵינוּ וּבִקְוֵמֵנוּ נִשְׁיחַ בְּחֻקֶּיךָ וְנִשְׁמַח בְּדִבְרֵי תּוֹרָתְךָ  
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד. כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ וְבָהֶם נִתְּנָה יוֹמָם וּלְיָלָה.  
וְאֱהָבָתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים! בְּרוּךְ אַתָּה יי אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

*You love the house of Israel, Your people, with infinite love.  
You taught us Torah and commandments, judgements and laws.  
Therefore, God, before going to sleep and upon waking up, we  
will think about Your teachings. We will find joy in Your  
commandments and in Your words now and forever, for they are  
our life and the measure of our days and we will meditate on  
them day and night. Never turn Your love away from us. Holy  
One of Blessing, You love Your people, Israel.*

(A-ha-vat o-lam beit Yis-ra-el am-cha a-ha-vta. To-rah u-mitz-vot, chu-kim  
u-mish-pa-tim o-ta-nu li-mad-ta. Al keyn A-do-nai E-lo-hei-nu b'shoch-bei-nu uv-  
ku-maei-nu na-si-ach b'chu-ke-cha v'nis-mach b'div-rei to-rat-cha  
uv-mitz-vo-te-cha l'olam va-ed. Ki hem cha-yei-nu v'o-rech ya-mei-nu u-va-hem  
neh-geh yo-mam va-layla. V'a-hav-at-cha al ta-sir mi-mei-nu l'o-la-mim. Ba-ruch  
at-ta A-do-nai o-hev a-mo Yis-ra-el.)



## Shma

### שמע

O God, our Parent, may we ever try to understand and live up to the greatness and simplicity of the Shma. May its message of the oneness of Israel, the oneness of God, and the oneness of humanity guide and direct us through all our days. May the words of the Shma as they have come down unchanged from generation to generation continually remind us that the heritage of Israel lives on in us. Make us worthy of this trust, we pray You; fill our hearts with love of You and of all people.

שמע ישראל יי אלהינו יי אחד!

Hear, O Israel, Adonai is our God, Adonai alone!

ברוך שם כבוד מלכותו לעולם ועד.

Blessed is Adonai's sovereignty throughout all time!

(Shma Yis-ra-el A-do-nai E-lo-hei-nu A-do-nai e-chad. Ba-ruch shem k'vod mal-chu-to l'o-lam va-ed.)

ואהבת את יי אלהיך בכל לבבך ובכל נפשך ובכל מאדך.  
והיו הדברים האלה, אשר אנכי מצוך היום, על לבבך.  
ושננתם לבניך, ודברת בם בשבתך בביתך, ובלכתך  
בדרך, ובשכבך ובקומך.  
וקשרתם לאות על ידך, והיו לטשפת בין עיניך, וכתבתם  
על מזוזות ביתך, ובשעריך.  
למען תזכרו ועשיתם את כל מצותי, והייתם קדשים  
לאלהיכם. אני יי אלהיכם, אשר הוצאתי אתכם מארץ  
מצרים להיות לכם לאלהים. אני יי אלהיכם.

You shall love Your God with all your heart, with all your soul, and with all your might. And these words which I command you this day, shall be upon your heart. You shall teach them diligently to your children and you shall speak of them when you sit at home, when you are walking on the way, when you are lying down and when you are getting up. You shall bind them for a sign upon your hand, and they shall be for frontlets between your eyes. You shall write them upon the doorposts of your home and upon your gates.

Thus shall you be reminded to observe all My commandments and to be holy to your God. I am Adonai who brought you out of Egypt to be your God; I am your God.



***HEAR, O ISRAEL!  
ADONAI IS OUR GOD, ADONAI ALONE!***

(V'a-hav-ta et A-do-nai e-lo-he-cha b'chol l'vav-cha u-v-chol naf-sh'cha uv-chol m'o-de-cha. V'ha-yu had-va-rim ha-ei-leh a-sher a-no-chi m'tzav-cha ha-yom al l'va-ve-cha. V'shin-an-tam l'va-ne-cha v'di-bar-ta bam b'shiv-tcha b'vei-te-cha uv-lech-te-cha va-der-ech uv-shoch-be-cha uv-ku-me-cha. Uk-shar-tam l'ot al ya-de-cha v'ha-yu l'to-ta-fot bein ei-ne-cha uch-tav-tam al m'zu-zot bei-te-cha u-vish-a-re-cha. L'ma-an tiz-k'ru va-asi-tem et kol mitz-vo-tai vi-hyi-tem k'do-shim lei-lo-hei-chem. A-ni A-do-nai e-lo-hei-chem a-sher ho-tzei-ti et-chem mei-e-retz mitz-ra-yim lih-yot la-chem lei-lo-him. A-ni A-do-nai e-lo-hei-chem. E-met)



Who is like You, Adonai, among the mighty ones?  
Who is like You, majestic in holiness?  
Awesome in splendor, Maker of miracles?

The children of Israel saw Your majesty when You split the sea before Moses and they exclaimed: "This is my God!" and they cried out:

"God rules now and forever."

You rescued Jacob and delivered him from a power greater than he.  
You are the Holy One of Blessing, Redeemer of Israel.

מִי כַמְכָה בְּאֵלִים יי  
מִי כַמְכָה נֶאֱדָר בְּקִדְשׁ  
נִזְרָא תְהִלַּת עֲשֵׂה פֶלֶא

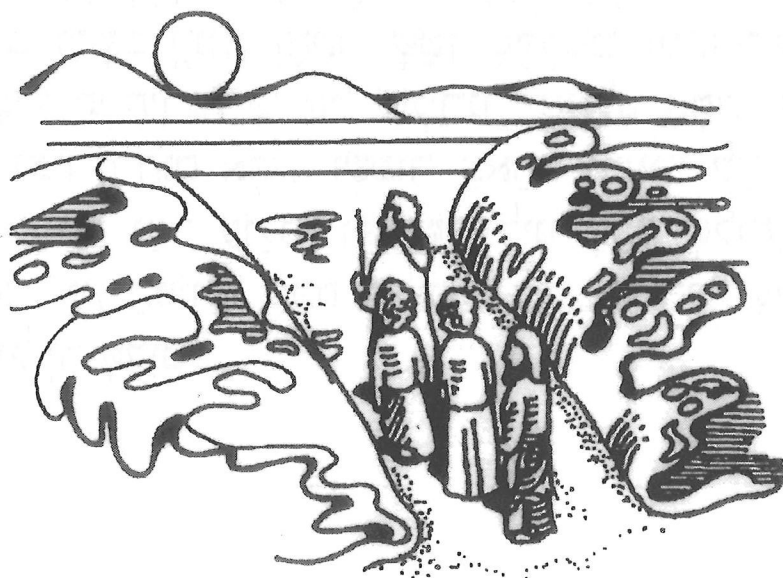
מִלְכוּתְךָ רָאוּ בְנֵיךָ בּוֹקֵעַ יָם לִפְנֵי  
מֹשֶׁה "זֶה אֱלֹהֵינוּ" עָנוּ וְאָמְרוּ. "יי  
יִמְלֹךְ לְעֹלָם וָעֶד."

וְנֶאֱמַר כִּי פָדָה יי אֶת יַעֲקֹב וַיִּגְאֹל מִיַּד  
חֲזַק מִמֶּנּוּ. בְּרוּךְ אַתָּה יי נֶאֱלָ  
יִשְׂרָאֵל

(Mi cha-mo-cha, ba-ei-lim A-do-nai, mi k-mo-cha ne-dar ba-ko-desh? No-ra te-hi-lot o-sei fe-leh? Mal-chu-t'cha ra-u va-ne-cha bo-kei-a yam lif-nei Mo-she. "Zeh Ei-li a-nu v'am-ru: "A-do-nai yim-loch l'o-lam va-ed.")

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*Who is like You, O God among the gods that are worshipped?*



*And who is like You, majestic in holiness?*

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◆ ◆  
*Prayer for the Night* השְׁכִיבֵנוּ

השְׁכִיבֵנוּ

השְׁכִיבֵנוּ, יְיָ אֱלֹהֵינוּ, לְשָׁלוֹם, וְהַעֲמִידֵנוּ, מִלְּכֵנוּ, לְחַיִּים.  
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ, וְתַקֵּנֵנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,  
וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ, וְהִגֵּן בְּעַדֵּנוּ. וְהִסֵּר מֵעָלֵינוּ אוֹיֵב,  
דָּבָר וְחָרָב וְרָעָב וְיָגוֹן; וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ;  
וּבָצַל כְּנָפֶיךָ תַּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה, כִּי  
אֵל מֶלֶךְ חַנוּן וְרַחוּם אַתָּה. וְשִׁמּוֹר צִאֲתֵנוּ וּבֹאֲנוּ לְחַיִּים  
וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם, וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמְךָ.  
בָּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ, וְעַל-כָּל-עַמּוֹ  
יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Help us to lie down in peace and wake up secure in Your love. Spread Your sheltering peace over us; guide us with Your own good counsel; save us for Your own sake. Be a shield around us, turning away enemies, disease, violence, hunger, and sorrow. Remove the evil temptations that surround us. Keep us safe in the shadow of your wings, for You are our Guardian and Deliverer. You rule us with mercy and compassion. Watch over us as we come and go in life, so that we may live in peace now and forever. Spread Your sheltering peace over us. Holy One of Blessing, You spread the shelter of peace over us, Your people Israel, and all the world.

(Hash-ki-vei-nu A-do-nai E-lo-hei-nu l'sha-lom v'ha-a-mi-dei-nu mal-kei-nu l'chai-im. U-fros a-lei-nu suk-kat shlo-me-cha, v'tak-nei-nu b'ei-tza to-va mil-fa-ne-cha, v'ho-shi-ei-nu l'ma-an sh'me-cha v'ha-gein b'a-dei-nu. V'ha-seir mil-fa-nei-nu u-mei-a-cha-rei-nu. Uv-tzel k'na-fe-cha tas-ti-rei-nu ki Eil me-lech chanun v'ra-chum at-ta. Ush-mor u-vo-ei-nu l'chai-im ul-sha-lom, mey-at-ta v'ad o-lam, u-fros a-lei-nu a-cha. Ba-ruch at-ta A-do-nai ha-po-reis suk-kat sha-lom a-lei-nu 's-ra-el v'al Ye-ru-sha-la-im.)



Help us, O God, to lie down in peace;  
But teach us that peace means more than quiet.

*Remind us that if we are to be at peace at night,  
We must take heed how we live by day.*

Grant us the peace that comes with honest dealing,  
So that no fear of discovery will haunt our sleep.

*Rid us from resentments and hatred  
Which rob us of the peace we crave.*

Liberate us from enslaving habits  
Which disturb us and give us no rest.

*May we inflict no pain, bring no shame,  
And seek no profit by another's loss.*

May we so live that we can face  
The whole world with serenity.

*May we feel no remorse at night  
For what we have done during the day.*

May we lie down in peace tonight  
And awaken tomorrow to a richer and fuller life.

*Amen*



V'shamru וְשָׁמְרוּ

The children of Israel will keep the Shabbat, each generation fulfilling it in an everlasting covenant. It is a sign between Me and the children of Israel forever, for in six days God created the heavens and the earth and on the seventh day God rested.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת  
הַשַּׁבָּת לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם  
בְּרִית עוֹלָם בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל  
אֹת הִיא לְעוֹלָם כִּי שֵׁשֶׁת יָמִים עָשָׂה יי  
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי  
שָׁבַת וַיָּנַחשׁ.

(V'sham-ru v'nei Yis-ra-el et ha-shab-bat, la-a-sot et ha-shab-bat l'do-ro-tam b'rit o-lam. Ki shei-shet ya-mim a-sah A-do-nai et ha-sha-ma-yim v'et ha-ar-etz u-va-yom hash-vi-i sha-vat va-yi-na-fash.)



### *Meditations Before the Amidah*

A bond unseen holds me  
To my congregation.  
Their voices one with mine  
Have sung Your praises  
In prayer and psalm.  
Now comes the time  
When I speak to You alone.  
The bond is momentarily broken.  
I have been one of many....  
Now I seek You alone.  
Now alone I try to address You.  
Shall I sing or shout?  
Shall I be silent?  
Hush...  
Will my heart speak in silence?

O God, it is not easy to pray.  
And yet I pray that these few  
moments  
Will somehow bring me closer to  
You.



Let us be silent with our  
ancestors,  
Remember with reverence their  
ancient prayer,  
Pronounced for millennia, their  
words, their faith.





Gather the gleanings with  
thanks,

The marvelous gleanings,  
Those we can share in truth with  
ourselves

And our sense, and our thinking.

Shine in the glow of their vision  
with gladness,  
That we may build as their seed

Upon their soul's searching  
Seeking for meaning in the  
mystery of life and of being.

Through justice, mercy, truth and  
peace,  
Through love of humanity, and  
humbleness.

♦ ♦

May the brightness of this day  
banish all gloom, anxiety, and  
care from my heart and the  
hearts of my loved ones.

May this Shabbat bring us peace  
and serenity, joy and rest. Keep  
aglow within us, O God, the  
spirit of gratitude for Your many  
blessings, so that we may know  
the sweet taste of contentment  
and the rich harvest of sharing.

Kindle in my heart a deeper love  
for my family, for my people,  
and for all Your children.

This is my prayer to You, O my  
God:

Let me not swerve from my life's  
path,

Let not my spirit wither and  
shrivel

In its thirst for You,

And lose the dew

With which You sprinkled it

When I was young.

Be my heart open  
To every broken thing.

To orphaned life,

To every stumbler

Wandering unknown

And groping in the shadow.

Bless my eyes, purify me to see  
Humanity's beauty rise in the  
world,

And my people's grandeur

In its land redeemed

Scattering its scent

Over all the earth.

♦

*Praised are You, O Lord our God and God of our ancestors,*

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי  
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב: הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן.  
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, חֹזֵר חֲסָדֵי אֲבוֹת, וּמֵבִיא  
וְאֵלָה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ, בְּאַהֲבָה.  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה, יי, מֶגֶן אַבְרָהָם.

*God of Abraham, Isaac, and Jacob*

*Sarah, Leah, Rachel, and Rebecca.*

◆  
*Amidah*  
תפילה

אבות

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי  
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב: הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן.  
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת, וּמֵבִיא  
וְנֹאֲלָה לְבָנָי בְּנֵיהֶם, לְמַעַן שְׁמוֹ, בְּאַהֲבָה.  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בָּרוּךְ אַתָּה, יי, מֶגֶן אַבְרָהָם.

Praised are You, Lord our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, great, mighty, awesome, exalted God who bestows lovingkindness, Creator of all. You remember the pious deeds of our ancestors and will send a redeemer to their children's children because of Your loving nature.

גבורות

אַתָּה גִּבּוֹר לְעוֹלָם, אֲדֹנָי, מַחֲיֵה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ.  
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מַחֲיֵה הַכֹּל בְּרַחֲמִים רַבִּים. סוֹמֵךְ  
נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמַקְיֵם אַמּוּנָתוֹ  
לְיִשְׁרָאֵל עַד עַד.

מִי כְמוֹךָ, בּוֹעֵל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ מִמִּית וּמַחֲיֵה  
וּמַצְמִיחַ יְשׁוּעָה?

וְנֹאמָן אַתָּה לְהַחְיֹת הַכֹּל. בָּרוּךְ אַתָּה, יי, מַחֲיֵה הַכֹּל.

You are the Sovereign One who helps and saves and shields. Praised are You, Lord, the Shield of Abraham.

Your might, O Lord, is boundless. You give us life eternal. Great is Your saving power.

Your lovingkindness sustains the living. Your great mercies give life to the dead. You support the falling, heal the sick, free the bound. You keep Your faith with those who sleep in the dust. Whose power can compare with Yours? You are the Master of life and death.

Faithful are You in giving us life eternal. Praised are You, Master of life and death.

קדושת השם

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוּשִׁים בְּכָל־יּוֹם יְהַלְלוּךָ סֶלָה.  
בְּרוּךְ אַתָּה, יי, הָאֵל הַקָּדוֹשׁ.

You are holy, Your name is holy and those who strive to be holy declare Your glory day by day. Praised is the Lord, the holy God.

(Ba-ruch at-ta A-do-nai, E-lo-hei-nu vei-lo-hei a-vo-tei-nu, E-lo-hei Av-ra-ham, E-lo-hei Yitz-chak vei-lo-hei Ya-a-kov. Ha-eil ha-ga-dol ha-gi-bor ve-ha-no-ra, Eil el-yon. Go-meil cha-sa-dim to-vim, v'ko-nei ha-kol, v'zo-cher chas-dei a-vot u-mei-vi g'u-lah liv-nei v'nei-hem. l'ma-an sh'mo b'a-ha-va. Me-lech o-zer u-mo-shi-ah u-mag-en. Ba-ruch at-ta A-do-nai, ma-gen Av-ra-ham.

At-ta gi-bor l'o-lam A-do-nai m'cha-yei ha-kol at-ta rav l'ho-shi-ah. M'chal-kel chai-im b'che-sed. M'cha-yei ha-kol b'ra-cha-mim ra-bim. So-meich nof-lim v'ro-fei cho-lim, u-ma-tir a-su-rim. Um-ka-yeim e-mu-na-to li-shei-nei a-far. Mi cha-mo-cha ba'al g'vu-rot, u-mi do-meh lach? Me-lech mei-meet um'cha-yeh u'matz-mi-ach ye-sh-ua? Ba-ruch at-ta A-do-nai, m'cha-yei ha-kol.)



You set the seventh day apart for Your service; it is the goal of creation, more blessed than other days, more sacred than other times, as we read in the story of creation:

*Now the whole universe - sky, earth, and all their array - was completed. With the seventh day God ended His work of creation: on the seventh day God rested, with all the work completed. Then God blessed the seventh day and called it holy, for with this day, God had completed the work of creation.*

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-  
צָבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם  
הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה;  
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל-  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ  
אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדְּשׁ  
אֹתוֹ, כִּי בּוֹ שָׁבַת מְכַל-מְלַאכְתּוֹ  
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת.

(Vay-chu-lu ha-sha-ma-yim v'ha-a-retz v'chol tz'va-am. Va-y'chal E-lo-him ba-yom hash-vi-i m'lach-to a-sheer a-sah. Va-yish-bot ba-yom hash-vi-i mi-kol m'lach-to a-sheer a-sah. Va-y'va-rech E-lo-him et yom hash-vi-i va-y'ka-deish o-to, ki bo sha-vat mi-kol m'lach-to a-sheer ba-ra E-lo-him la-a-sot.)



קדושת היום

יִשְׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֵג. עַם מְקַדְּשֵׁי  
שְׁבִיעִי כָּלָם יִשְׁבְּעוּ וַיִּתְּעֲנֵגוּ מִטּוֹבְךָ. וְהַשְּׁבִיעִי רָצִיתָ בּוֹ  
וְקִדְשָׁתוֹ. חֲמִדַּת יָמִים אוֹתוֹ קָרָאתָ, זִכָּר לְמַעֲשֵׂה בְּרֵאשִׁית.

Those who keep the Sabbath and call it a delight shall rejoice in Your kingdom. All who hallow the seventh day shall be gladdened by Your goodness. This day is Israel's festival of the spirit, sanctified and blessed by You, the most precious of days, a symbol of the joy of creation.

(Yis-me-chu v'mal-chu-t'cha shom-rei shab-bat v'ko-rei o-neg shab-bat. Am m'kad-shei shvi-i ku-lam yis-b'u v'yit-an-gu mi-tu-ve-cha. V'hash-vi-i ra-tzi-tah bo v'ki-dash-to. Chem-dat ya-mim o-to ka-ra-ta zei-cher l'ma-a-sei v'rei-sheet.)



אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחֵינוּ. קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ,  
וְתֵן חֻלְקֵנוּ בְּתוֹרָתְךָ. שְׂבַעְנוּ מִטּוֹבֶךָ, וְשִׂמְחָנוּ בִּישׁוּעָתְךָ,  
וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחִילֵנוּ, יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה  
וּבְרַצוֹן שַׁבַּת קִדְּשֶׁךָ, וְיִנוּחוּ בָּהּ יִשְׂרָאֵל מִקִּדְּשֵׁי שְׁמֶךָ. בְּרוּךְ  
אַתָּה, יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Our God and God of all ages, may our worship on this Shabbat bring us closer to You.

*Make us loyal to Your Torah, and make our hearts pure,  
that we may truly serve You.*

Teach us to keep this day as a day of peace and hope, a day of rest and learning.

*We thank You, O Lord, for the holy Sabbath day.*

(E-lo-hei-nu vei-lo-hei a-vo-tei-nu, r'tzey vim-nu-cha-tei-nu. Kad-shei-nu  
b'mitz-vo-te-cha v'tein chel-kei-nu b'to-ra-techa. Sa-bei-nu mi-tu-vecha,  
v'sam-chei-nu bi-shu-a-te-cha, v'ta-heir li-bei-nu l'ov-d'cha b'e-met.  
V'han-chi-lei-nu A-do-nai E-lo-hei-nu b'a-ha-va uv-ra-tzon shab-bat kod-she-cha,  
v'ya-nu-chu va Yis-ra-el m'kad-shei shme-cha. Ba-ruch at-ta A-do-nai, m'ka-deish  
ha-shab-bat.)



רְצֵה, יְיָ אֱלֹהֵינוּ, בְּעַמֶּךָ יִשְׂרָאֵל, וְתַפְלֵתָם בְּאַהֲבָה תִּקְבֹּל,  
וְתֵהִי לְרַצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל קְרוֹב לְכָל-  
קִרְאִיו, פָּנֶה אֶל עֲבָדֶיךָ וְחַנּוּנוֹ; שְׁפוּף רוּחֶךָ עָלֵינוּ, וְתַחֲזִינָה  
עֵינֵינוּ בְּשׁוֹבֶךָ לְצִיּוֹן בְּרַחֲמִים.

בְּרוּךְ אַתָּה, יְיָ, הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

O God, accept Your people Israel and their prayer. May our worship always be acceptable to You.

*Fill us with the knowledge that You are near to all who  
seek You in truth. Let our eyes behold Your presence in  
our midst and in the midst of our people in Zion.*

Blessed is the Lord, whose presence gives life to Zion and all Israel

(R'tzey A-do-nai E-lo-hei-nu b'am-cha Yis-ra-el, ut-fi-la-tam b'a-ha-va t'ka-beil, ute-hi l'ra-tzon ta-mid a-vo-dat Yis-ra-el a-me-cha. El kor-av l'chol ko-rav p'nei el a-va-decha v'cha-nei-nu. Sh'foch ru-cha-cha a-lei-nu, v'te-che-ze-na ei-nei-nu b'shuv-cha l'tzi-on b'ra-cha-mim. Ba-ruch at-ta A-do-nai, ha-ma-cha-zir sh'chi-na-to l'tzi-on.)

מִדִּים אֲנַחֲנוּ לָךְ, שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ,  
אֱלֹהֵי כָל־בָּשָׂר, יוֹצְרֵנוּ יוֹצֵר בְּרֵאשִׁית.  
בְּרָכוֹת וְהוֹדָאוֹת לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ עַל־שִׁחְיֵיתָנוּ  
וְקִיּוּמָנוּ.  
כֵּן תַּחֲיֵנוּ וְתַקִּימָנוּ, יי אֱלֹהֵינוּ, וְתַאֲמִצְנוּ לְשֹׁמֵר חֻקֶּיךָ, לַעֲשׂוֹת  
רְצוֹנְךָ, וּלְעִבְדֶּךָ בְּלִבָּב שָׁלֵם. בָּרוּךְ אַתָּה ה' הוֹדָאוֹת.

*We gratefully acknowledge that You are the Lord our God and God of our people. You are the refuge of our life, the Shield of our help. From generation to generation we thank You and count Your praises: evening, morning and noon: for our lives, for our souls, for Your miracles and wonders. O God, Your compassion does not fail. O Merciful One, Your kindness never ceases. We hope in You forever.*

(Mo-dim a-nach-nu lach she-at-ta hu A-do-nai E-lo-hei-nu vei-lo-hei a-vo-tei-nu, E-lo-hei chol ba-sar yotz-rei-nu yo-tzeir brei-sheet. B'ra-chot v'ho-da-ot l'shim-cha ha-ga-dol v'ha-ka-dosh al sh'he'chey-ta-nu v'ki-yam-ta-nu. Kein t'cha-yei-nu ut-kay-mei-nu, A-do-nai E-lo-hei-nu, ut-am-tzei-nu lish-mor chu-ke-cha, la-a-sot r'tzon-e-cha u'l-ov-d'cha b'lai-vav sha-leim. Ba-ruch el ha-ho-da-ot.

♦ ♦



ברכת שלום

שְׁלוֹם רַב עַל-יִשְׂרָאֵל עִמָּךְ תָּשִׂים לְעוֹלָם, כִּי אַתָּה הוּא  
מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמָּךְ  
יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל-שָׁעָה בְּשָׁלוֹמְךָ.  
בָּרוּךְ אַתָּה, יְיָ, הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

You have given us the power, O God, to bring peace and justice into the world. May we always love peace and pursue it, and love our fellow creatures. Fill Your children with kindness, wisdom, and love. Then shall they learn to live at peace.

Blessed is the Lord, the Teacher of peace.

(Sha-lom rav al Yis-ra-el am-cha ta-sim l'o-lam. Ki at-ta hu me-lech a-don, l'chol ha-sha-lom. V'tov b'ei-ne-cha l'va-reich et am-cha Yis-ra-el, b'chol eit u'v-chol sha-ah bish-lo-me-cha. Ba-ruch at-ta A-do-nai ham-va-reich et a-mo Yis-ra-el ba-sha-lom.)



### *Silent Meditations* תְּפִלַּת הַלֵּב

#### *Memories of Shabbat*

Shabbat and Home! Shabbat and Synagogue!  
These we remember:  
The touch of a loving hand,  
The sound of a loving voice,  
The glow of the candlelight upon our faces,  
The sweetness of the Shabbat wine upon our lips,  
Standing together before God,  
Our spirits entwined in Shabbat peace,  
Through all our years,  
These we remember,  
These shall warm our hearts.



## *Thank You God*

As I think of the great wide world on Shabbat, I also think of my own small world. I thank You, O God, for my home and for the many blessings it brings into my life:

The blessings of love

The blessings of wisdom

The blessings of kindness

The blessings of cheerfulness

The blessings of helpfulness

How fortunate I am to enjoy them! In this hour of worship, my heart is filled with thankfulness. Thank You, God!

## *A Silent Prayer*

My God and God of my ancestors, accept my Shabbat rest and make me holy with Your commandments. Help me to find fulfillment in the observance of Your Torah. Satisfy my needs out of Your goodness and let me rejoice in You. Cleanse my heart that I may serve You in truth. Help me to hold onto the Sabbath of Your holiness, with love and joy. May I find refreshment of soul whenever I sanctify Your name. Blessed are You, O God, who makes the Shabbat holy.

## *The Nature of God's Work*

Around us, above us, beneath us, within us - wherever we turn, we find God's work.

We see You, God, in the beauty of the trees.

We see You, God, in the loveliness of flowers.

We see You, God, in the order of nature.

We see You, God, in the miracle of growth.

We see You, God, in the wonder of understanding.

We see You, God, in the sheltering love of parents.

We see You, God, in the warmth of friendship.

In all these, Your gifts, we sense Your presence, O God.

## *Service for the Reading of the Torah* *סדר לקריאת התורה*

### *The Torah and Justice*

Great is the love which You, God, have shown to Your people Israel. You have given us the Torah. With Torah, we have begun to know the beauty and power of justice. We have learned not to place our trust in force and violence, but in justice and love. Through Torah, we have learned the beauty of searching for a world of peace and friendship.

### *Rabbi Hillel and Torah*

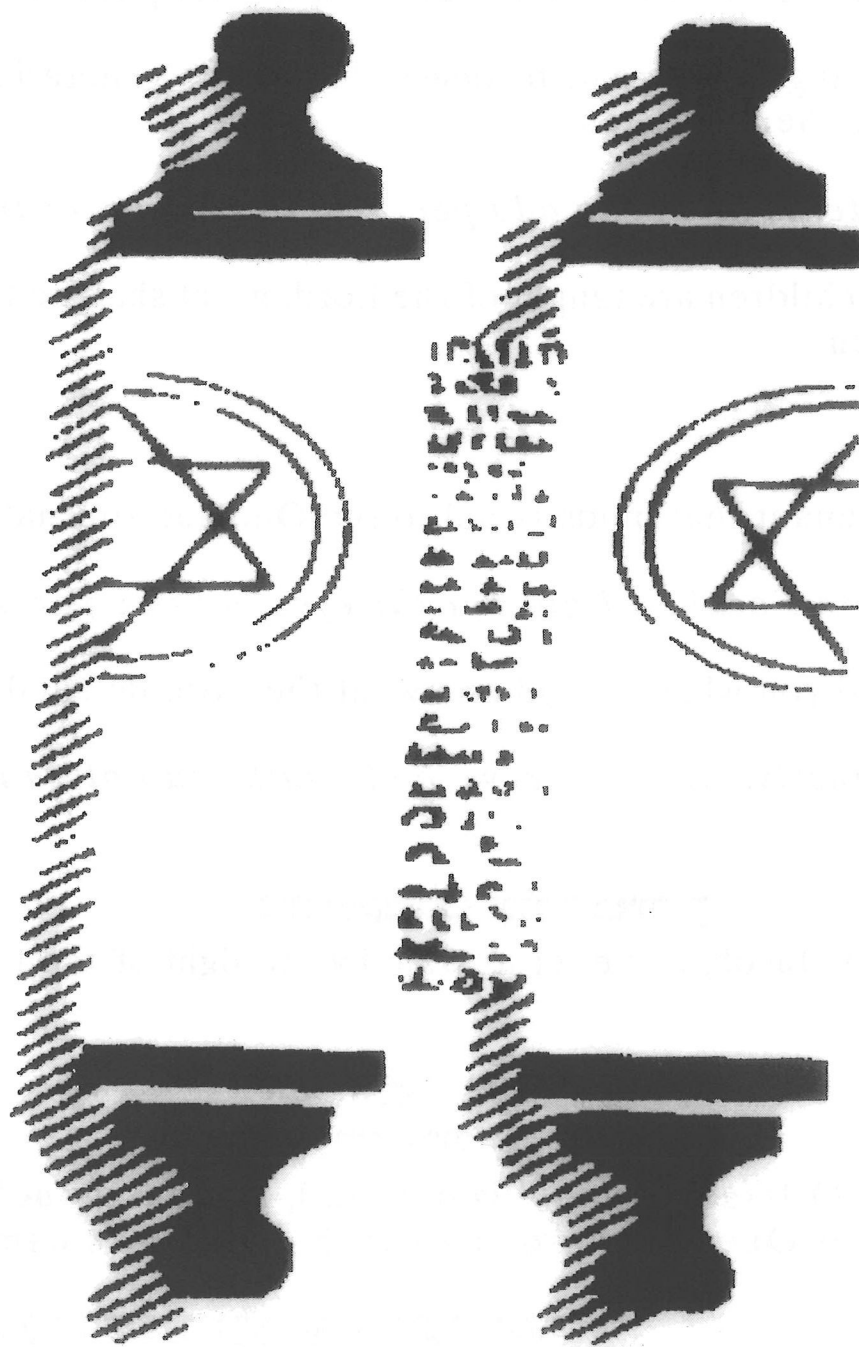
Hillel was one of the greatest Rabbis of all time. Hillel once said that the Torah teaches us not to do to others that which is hurtful to us. The Torah teaches us to treat other people nicely and to work for peace in the world. We must listen to the Torah's message and learn from it.

### *Torah - A Way of Life*

The Torah is a very important part of every Jew's life. It is the source of Jewish traditions and the Jewish way of life. It was given to Moses by God for the people of Israel to have something to respect and look toward for a way of life. In the Torah are commandments which every person should try to obey to live a happy life. As it is said, "It is a tree of life to them that hold on to it!"

♦ ♦

*All her ways are ways of pleasantness...*



*...and all her paths are peace.*

Our light is Torah; Mitzvot are our lamp.

*Pleasing are the ways of Torah, and all her paths are peace.*

Dark and twisting is the road to peace; happy the generation whose light will guide them to its end.

*The students of Torah add peace to the world, as it is said:*

When all your children are taught of the Lord, great shall be the peace of your children.



This is the covenant that binds Israel to the One and Eternal God.

*This is the Torah, a light for the eyes, a lamp for our way.*

It has been told you what is good and what the Lord demands of you:

*To do justly, love mercy, and walk humbly in God's presence.*

בֵּית יַעֲקֹב לְכוּ וְנִלְכֶּה בְּאוֹר יְיָ.

O House of Jacob, come let us walk by the light of the Lord

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד!

אַחַד אֱלֹהֵינוּ גָּדוֹל אַרְוֵנוּ קְרוֹשׁ שְׁמוֹ.

Listen, O Israel: Adonai is our God, Adonai alone!  
Our God is One; our Lord is great; holy is God's name.

לְךָ יְיָ תְהַלֵּלָה וְתִגְבוֹרָה וְתִתְפַּאֲרֶת וְתִנְיָצַח וְתִהְיֶה  
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ הַמְּמֻלָּכָה וְהַמְּתַנַּשֶּׁה לְכֹל לְרֹאשׁ.

Yours, Lord, is the greatness, the power, the glory, the victory, and the majesty; for all that is in heaven and earth is Yours. Yours is the kingdom, O Lord; You are supreme over all.

(Beit Ya-akov l'chu va-nel-cha b'or A-do-nai.

Shma Yis-ra-el A-do-nai E-lo-hei-nu A-do-nai e-chad. E-chad E-lo-hei-nu ga-dol a-do-nei-nu ka-dosh she-mo.

Le-cha A-do-nai ha-ge-du-lah v'ha-ge-vu-rah v'ha-ti-fe-ret v'ha-netz-ach v'ha-hod. Ki chol ba-sha-ma-yim u'va-a-retz, le-cha A-do-nai ha-mam-la-cha v'ha-mit-na-seh l'chol l'rosh.)

**Blessing before the Reading of the Torah**

בְּרַכּוּ אֶת יְיָ הַמְּבָרֵךְ!  
בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד!  
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר בְּנוּ מִכָּל הָעַמִּים וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.  
בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה.

Praise the Lord, to whom our praise is due!  
Praised be the Lord, to whom our praise is due, now and forever!  
Praised is the Lord our God, Ruler of the universe, who has chosen us from all peoples by giving us His Torah. Praised is the Lord, the Giver of the Torah.

**Blessing after the Reading of the Torah**

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָשֶׁע בְּתוֹכָנוּ.  
בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה.

Blessed is the Lord our God, Ruler of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed is the Lord, Giver of Torah.

## *Returning the Torah to the Ark*

The world is sustained by three things: by truth, by justice and by peace.



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 other 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 kind things, 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!*

כִּי לְקַח טוֹב נָתַתִּי לָכֶם, תּוֹרַתִּי אֶל־תַּעֲזוּבוּ.

עַץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְחַיִּים

דַּרְכֶּיהָ דֶּרֶךְ־נֶעֱמָם, וְכָל־נִתְחַיֵּי

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ, וְנִשׁוּבָה. נ.

*to it and all who cling to it find happiness.  
all its paths are peace! Help us to return to  
rn. Renew our days as our days in the past.*



*...to recognize the greatness of God.*



## *Aleinu* עלינו

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹּא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה;  
שֶׁלֹּא שָׁם חִלְקֵנוּ כָּהֶם, וְגָרְלָנוּ כְּכָל־הַמוֹנִם.  
וְאַנְחָנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי  
הַמַּלְכִּים, הַקָּדוֹשׁ בָּרוּךְ הוּא,

It is up to us to praise the Holy One of Blessing, to recognize the greatness of God, our Creator, who has not made us like the other nations of the earth, but bound our lives together. You gave us a sense of destiny and an inheritance all our own.

Therefore, we bend our knees and bow and give thanks before the Sovereign forever Sovereign, the Holy One of Blessing.

שְׁהוּא נוֹטֶה שָׁמַיִם וְיֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּעַל,  
וּשְׁכֵינָת עֲזוֹ בְּגִבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ, אֵין עוֹד; אֵמֶת  
מִלְכֵנוּ, אֵפֶס זולָתוֹ, כְּכָתוּב בְּתוֹרָתוֹ: "וַיִּדְעַתְּ הַיּוֹם וַהֲשַׁבְתָּ  
אֶל־לִבְבְּךָ, כִּי יְיָ הוּא הָאֱלֹהִים בַּשָּׁמַיִם מִמַּעַל וְעַל־הָאָרֶץ  
מִתַּחַת, אֵין עוֹד."

You stretch the limits of space and set the foundations of the earth. Your splendor dwells in the skies above, Your powerful presence in the highest heavens. You are our God; there is no other. Our Sovereign is truth: there is none else. As it is written in Your Torah: "May you know this day and may you fix it to your heart that our God is in the heavens above and on the earth below. There is no other."



על־כֵּן נִקְוָה לָךְ, יְיָ אֱלֹהֵינוּ, לִרְאוֹת מְהֵרָה בְּתַפְאֶרֶת עֲזָךְ,  
לְהַעֲבִיר גִּלּוּלִים מִדְּהָאָרֶץ, וְהָאֱלִילִים כָּרוֹת יִכְרֹתוּן,  
לְתַקֵּן עוֹלָם בְּמַלְכוּת שִׁדְי. וְכָל־בְּנֵי בָשָׂר יִקְרְאוּ בְּשִׁמְךָ,  
לְהַפְנוֹת אֵלֶיךָ כָּל־רְשָׁעֵי אָרֶץ.

יִכִּירוּ וַיֵּדְעוּ כָּל־יֹשְׁבֵי תֵבֶל כִּי לָךְ תִּכְרַע כָּל־בָּרָךְ, תִּשְׁבַּע  
כָּל־לִשׁוֹן. לִפְנֶיךָ, יְיָ אֱלֹהֵינוּ, יִכְרְעוּ וַיִּפְּלוּ, וְלִכְבוֹד שִׁמְךָ  
יִקְרַ יִתְּנוּ, וַיִּקְבְּלוּ כָּלֵם אֶת־עַל מַלְכוּתְךָ, וְתִמְלֹךְ עֲלֵיהֶם  
מְהֵרָה לְעוֹלָם וָעֶד.

כִּי הַמַּלְכוּת שֶׁלָּךְ הִיא, וְלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד,  
כִּכְתוּב בְּתוֹרָתְךָ: "יְיָ יִמְלֹךְ לְעֹלָם וָעֶד."

*And so we hope in You, O God, to see soon the splendor of Your power, keeping us from the worship of luxury and fashion, sweeping such false gods from the earth, perfecting Your world, Almighty, so that all people will come to know You and You will cause the wicked of the earth to turn towards You. May all who live in this world perceive and know that to You every knee must bend, and every tongue pledge loyalty. Before You, O God, may all bow down and prostrate themselves and give honor to You. May everyone accept Your rule, and may You rule over them all, soon and forever.*

וְנֹאמַר: "יְהִיָּה יְיָ לְמֶלֶךְ עַל־כָּל־הָאָרֶץ; בַּיּוֹם הַהוּא יְהִיָּה  
יְיָ אֶחָד וְשִׁמוֹ אֶחָד."

As it is said: "Adonai shall rule over all the earth. On that day the Lord shall be One."

(A-lei-nu l'sha-bei-ach la-adon ha-kol la-teit g'du-lah l'yo-tzeir b'rei-sheet, she-lo a-sa-nu k'go-yei ha'a-ra-tzot v'lo sa-ma-nu k'mish-p'chot ha'a-da-ma. She-lo sam chel-kei-nu ka-hem, v'go-ra-lei-nu k'chol ha-mo-nam. V'a-nach-nu kor-im u-mish-ta-cha-vim u-mo-dim lif-nei me-lech mal-chei ham-la-chim ha-ka-dosh ba-ruch hu.)



♦ ♦

## *Meditations Before the Kaddish*

זְכוֹר צְדִיק לְבְרָכָה

To everything there is a season,  
A time for everything under the sun:  
A time to be born and a time to die  
A time to laugh and a time to cry  
A time to dance and a time to mourn  
A time to seek and a time to lose.  
This is the time we remember  
those who gave meaning to our lives.  
This is the time we remember  
the bonds that tied us together, the  
love that we shared,  
and the memories that remain with us.

alone are everlasting, our eternal  
Rock whose presence redeems us  
from death and despair. God of  
comfort, shield us with Your love and  
kindness. Help us to know that time  
does heal and grief will yield its final  
grip. May the memory of those we  
loved and lost strengthen our lives  
and guide us always in ways of  
goodness. God of compassion, be  
with us now and grant us peace.

♦

Shepherd to our lives, definer of our  
days,  
Bringer of the morning.  
Why does night come to turn,  
with the fall of dark marking end to  
life,  
cleaving short our time, marking our  
measure?  
Is our journey done, in the loss of  
self,  
or are we joined as once the link was  
forged  
to our covenant forever dawning?

♦

The shadow of death has touched my  
life.  
My world lies shattered about me.  
I am alone.  
Dare I think of life eternal?  
Can I trust in You, my God?  
Help me.

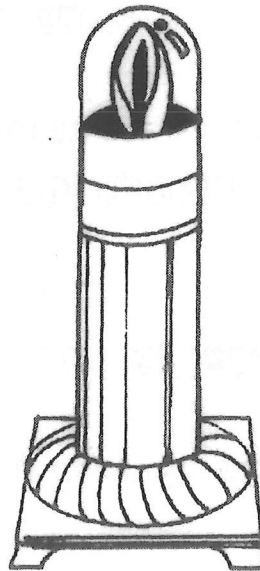
♦

O God, as we recall the loss of those  
so loved, be with us. Help us to  
remember that all things change: the  
earth and the stars, time and seasons.  
And we who must to dust return. You

♦

We are the candle  
lit by a spark from God  
Toward the heavens  
our bright flame reaches  
adding light to the world around us.  
So frail this flame,  
to be extinguished  
by a breath from God.

Light is the symbol of remembrance.  
The flickering flame, whose beauty lingers  
even after the light is gone,  
reminds us of those lovely spirits  
who were once with us.  
It is a bond recalling to mind  
those whose light is now extinguished.



*May Their Memory be for a Blessing!*

We remember our loved ones ..... With fondness and an abiding sense of love shaded with the memory of them we praise God and pray for God's Sovereignty to fill the hearts of all humanity. Let us say Kaddish.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעֻלְמָא דִּי בְּרָא כְרַעוּתָהּ וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי רֵכֶל בֵּית יִשְׂרָאֵל בְּעָנְלָא וּבְזִמָּן קָרִיב וְאָמְרוּ: אָמֵן

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעָלְמֵי עָלְמֵיָא.

יְתַבְרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלָּה וְיִתְהַלָּל שְׁמֵהּ דְּקוּדְשָׁא  
בְּרִיךְ הוּא לְעָלָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא וְשִׁבְחָתָא וְנַחֲמָתָא דְּאֲמִירָן בְּעֻלְמָא וְאָמְרוּ:  
אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִדְּוָמֵינוּ הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ אָמֵן.

*Yit-ga-dal ve-yit-ka-dash sh'mei rab-ba be-alma div-ra  
chir-u-tei ve-yam-lich mal-chu-tei b'ch'-yei-chon  
uv-yom-ei-chon uv-cha-yei de-chol beit Yis-ra-eil  
b-a-ga-la u-viz-man ka-riv ve-im-ru: a-men.*

*Ye-hei sh'mei rab-ba me-va-rach le-a-lam ul-al-mei al-ma-ya.*

*Yit-ba-rach v'yish-ta-bach v'yit-pa-ar v'yit-ro-mam  
v'yit-na-seh v'yit-ha-dar v'yit-a-leh v'yit-ha-lal sh'mei  
d'kud-sha be-rich hu l'ei-la min kol bir-cha-ta v'shi-ra-ta  
tush-b'cha-ta v'ne-che-ma-ta da-a-mi-ran be-al-ma  
v-eim-e-ru: a-men.*

*Ye-hei shla-ma ra-ba min sh'ma-ya v'cha-yim a-lei-nu v'al kol  
Yis-ra-eil v'im-ru: a-men.*

*O-seh sha-lom bim-ro-mav hu ya-a-seh sha-lom a-lei-nu v-al kol  
Yis-ra-eil ve-im-ru: a-men.*

*May God send peace to all who mourn  
And comfort to all who are bereaved.*



### *Kiddush*

#### קדוש

Now the whole universe - sky, earth, and all their array - was completed. With the seventh day God ended His work of creation; on the seventh day God rested, with all the work completed. Then God blessed the seventh day and called it holy, for with this day, God had completed the work of creation.

וַיְכַל הַשָּׁמַיִם וְהָאָרֶץ וְכָל-  
צָבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם  
הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה;  
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מְכַל-  
מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ  
אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ  
אֹתוֹ, כִּי בּו שְׁבֹת מְכַל-מְלַאכְתּוֹ  
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת.

The seventh day is consecrated to the Lord our God. With wine, our symbol of joy and delight, we celebrate Shabbat and its holiness. We give thanks for our many blessings, for life and health, for work and rest, for home and the love of our family. On Shabbat, eternal sign of creation, we remember that we are created in the divine image. We therefore raise the cup in thanksgiving for this day of rest and for all our blessings:

בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.  
בָּרוּךְ אַתָּה, יְיָ אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְרָצָה בָּנוּ, וְשִׁבֹּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הַנִּחְיָלָנוּ, וּבְרָוֶן  
לְמַעֲשֵׂה בְּרֵאשִׁית. כִּי הוּא יוֹם תַּחֲלָה לְמִקְרָאֵי קִדְּשׁ, זִכָּר  
לִיצִיאַת מִצְרַיִם. כִּי-בָנוּ בְּחֵרֶת וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל-הָעַמִּים,  
וְשִׁבֹּת קִדְּשָׁךְ בְּאַהֲבָה וּבְרָצוֹן הַנִּחְלָתָנוּ. בָּרוּךְ אַתָּה, יְיָ,  
מְקִדֵּשׁ הַשְּׁבֹתָ.



*"Sing to Him a New Song; Play  
skillfully with a shout of joy."*

## **Music Supplement**







A·don o·lam, a·sher ma·lach  
     be·te·rem kol ye·tsir niv·ra,  
 le·elt na·a·sa ve·chef·tso kol,  
     a·zai me·lech she·mo nik·ra.  
 Ve·a·cha·rei ki·che·lot ha·kol,  
     le·va·do yim·loch no·ra,  
 ve·hu ha·ya, ve·hu ho·veh,  
     ve·hu yi·he·yeh be·lif·a·ra.  
 Ve·hu e·chad, ve·ein shel·ni  
     le·ham·shil lo, le·hach·bi·ra,  
 be·li rel·shit, be·li tach·lit,  
     ve·lo ha·oz ve·ha·mis·ra.  
 Ve·hu Ei·li, ve·chai go·a·li,  
     ve·tsur chev·li be·eit tsa·ra,  
 ve·hu ni·si u·ma·nos li,  
     me·nat ko·si be·yom ek·ra.  
 Be·ya·do af·kid ru·chl  
     be·elt i·shan ve·a·i·ra,  
 ve·lm ru·chl ge·vi·ya·ti:  
     A·do·nai li, ve·lo i·ra.

אֲדוֹן עוֹלָם, אֲשֶׁר מָלַךְ  
 בְּטֶרֶם כָּל־יָצִיר נִבְרָא,  
 לַעֲת נַעֲשָׂה בְּחֶפְצוֹ כָּל,  
 אֲזִי מָלַךְ שְׁמוֹ נִקְרָא.  
 וְאַחֲרֵי כָכֵלֹת הַכֹּל,  
 לְבָדּוֹ יִמְלֹךְ גּוֹרָא,  
 וְהוּא הָיָה, וְהוּא הוֹוֶה,  
 וְהוּא יִהְיֶה בְּתִפְאָרָה.  
 וְהוּא אֶחָד, וְאֵין שֵׁנִי  
 לְהַמְשִׁיל לוֹ, לְהַחֲבִירָה,  
 בְּלִי רֵאשִׁית, בְּלִי תַכְלִית;  
 וְלוֹ הָעֹז וְהַמְשָׁרָה.  
 וְהוּא אֵלִי, וְחַי גּוֹאֲלִי,  
 וְצוּר חֲבִלִי בְּעֵת צָרָה,  
 וְהוּא נְסִי וּמְנוֹס לִי,  
 מִנֶּת כּוֹסֵי בַיּוֹם אֶקְרָא.  
 בְּיָדּוֹ אֶפְקִיד רוּחִי  
 בְּעֵת אִישָׁן וְאַעֲרִירָה,  
 וְעַם־רוּחִי גְוִיָּתִי:  
 יְיָ לִי, וְלֹא אֵירָא.

He is the eternal Lord, who reigned before any being had yet been created; when all was done according to His will, already then His name was King.

And after all has ceased to be, still will He reign in solitary majesty; He was, He is, and He shall be in glory.

And He is One; none other can compare to Him, or consort with Him; He is without beginning, without end; to Him belong power and dominion.

And He is my God, my living Redeemer, my Rock in time of trouble and distress; He is my banner and my refuge, my benefactor when I call on Him.

Into His hands I entrust my spirit, when I sleep and when I wake; and with my spirit, my body also: the Lord is with me, I will not fear.

# SHALOM ALEICHEM

Sha-lom a-lei-chem, mal-a-chei  
ha-sha-relt,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

Bo-a-chem le-sha-lom, mal-a-chei  
ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

Ba-re-chu-ni le-sha-lom, mal-a-chei  
ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

Tsel-te-chem le-sha-lom, mal-a-chei  
ha-sha-lom,  
mal-a-chei El-yon,  
mi-me-lech ma-le-chei ha-me-la-chim,  
ha-ka-dosh ba-ruch Hu.

## שלום עליכם

שְׁלוֹם עָלֵיכֶם, מְלָאכֵי הַשָּׁרָת,  
מְלָאכֵי עֲלִיּוֹן,  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מְלָאכֵי הַשָּׁלוֹם,  
מְלָאכֵי עֲלִיּוֹן,  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

בְּרָכוּנִי לְשָׁלוֹם, מְלָאכֵי הַשָּׁלוֹם,  
מְלָאכֵי עֲלִיּוֹן,  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם, מְלָאכֵי הַשָּׁלוֹם,  
מְלָאכֵי עֲלִיּוֹן,  
מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים,  
הַקָּדוֹשׁ בְּרוּךְ הוּא.

# ESA EINAI

E-sa ei-nai el he-ha-rim,  
mel-a-yin ya-vo ez-ri.  
Ez-ri mei-lm A-do-nai,  
o-seh sha-ma-yim va-a-rels.

## אשא עיני

אֲשָׂא עֵינַי אֶל-הַהָרִים,  
מֵאֵין יָבוֹא עֲזָרִי.  
עֲזָרִי מֵעַם יי,  
עוֹשֶׂה שָׁמַיִם וָאָרֶץ.

# EIN ADIR

# אין אדיר

Eln a-dlr ka-a-do-nai  
ve-eln ba-ruch ke-ven Am-ram.  
Eln ge-do-lah ka-to-rah  
ve-eln dar-sha-ne-ha ke-yis-ra-ell.

Mi-pl Eil u-mi-pl Eil  
ye-vo-rach kol Yis-ra-ell.

Eln ha-dur ka-a-do-nai  
ve-eln va-tlk ke-ven Am-ram.  
Eln za-ka ka-to-rah  
ve-eln cha-cha-me-ha ke-yis-ra-ell.

Mi-pl Eil . . . .

Eln ta-hor ka-a-do-nai  
ve-eln ya-chld ke-ven Am-ram.  
Eln ka-bl-ra ka-to-rah  
ve-eln lam-da-ne-ha ke-yis-ra-ell.

Mi-pl Eil . . . .

Eln po-deh ka-a-do-nai  
ve-eln tsa-dik ke-ven Am-ram.  
eln ke-do-sha ka-to-rah  
ve-eln to-me-che-ha ke-yis-ra-ell.

Mi-pl Eil . . . .

אין אדיר כִּי  
וְאֵין בָּרוּךְ כָּכֵן עַמְרָם.  
אֵין גְּדוֹלָה כַּתּוּרָה  
וְאֵין דִּרְשָׁנִיָּה כִּי־יִשְׂרָאֵל.  
מִפִּי אֵל וּמִפִּי אֵל  
יְבָרֵךְ כָּל יִשְׂרָאֵל.

אֵין הָדוּר כִּי  
וְאֵין וְתִיק כָּכֵן עַמְרָם.  
אֵין זָכָה כַּתּוּרָה  
וְאֵין חֲכָמִיָּה כִּי־יִשְׂרָאֵל.  
מִפִּי אֵל . . .

אֵין טָהוֹר כִּי  
וְאֵין יָחִיד כָּכֵן עַמְרָם.  
אֵין כְּבִירָה כַּתּוּרָה  
וְאֵין לְמִדָּנִיָּה כִּי־יִשְׂרָאֵל.  
מִפִּי אֵל . . .

אֵין פּוֹדֶה כִּי  
וְאֵין צַדִּיק כָּכֵן עַמְרָם.  
אֵין קְדוּשָׁה כַּתּוּרָה  
וְאֵין תּוֹמָכִיָּה כִּי־יִשְׂרָאֵל.  
מִפִּי אֵל . . .

None is mighty as the Lord; none so blessed as Amram's son; nothing is as great as the Torah; none can interpret it as Israel can. *From the mouth of God, the mouth of God, let all Israel be blessed.*

None is glorious as the Lord; none so pious as Amram's son; nothing is as pure as the Torah; none so wise as Israel. *From the mouth . . . .*

None is pure as the Lord; none can match Amram's son; nothing is as mighty as the Torah; none so learned as Israel. *From the mouth . . . .*

None can redeem like the Lord; none is as righteous as Amram's son; nothing is as holy as the Torah; none who hold fast to it as Israel. *From the mouth . . . .*

# VEHA·EIR EINEINU

והאר עינינו

Ve·ha·elr el·nel·nu be·to·ra·te·cha,  
 ve·da·belk il·bei·nu be·mlts·vo·te·cha,  
 ve·ya·cheld le·va·vel·nu  
 le·a·ha·va u·le·ylr·a et she·me·cha.  
 Ve·lo nel·vosh  
 ve·lo nl·ka·felm  
 ve·lo nl·ka·shell  
 le·o·lam va·ed.

והאר עינינו בתורתך,  
 ודבק לבנו במצותיך,  
 ויחד לבבנו  
 לאהבה וליראה את־שִׁמְךָ.  
 ולא נבוש  
 ולא נכלם  
 ולא נכשל  
 לעולם ועד.

Enlighten our eyes in Your Torah, cause our hearts to cling to Your Mitzvot,  
 and unite our hearts to love and revere Your name. Then we shall not be  
 shamed, nor humiliated, nor shall we ever stumble.

## EILEH CHAMEDA LIBI

אלה חמדה לבי

El·leh cha·me·da il·bi  
 chu·sa na ve·al na tit·a·leim.

אֵלֶּה חֲמֻדָּה לִבִּי  
 חוּסָה נָא וְאַל נָא תִּתְעַלֵּם.

This is my heart's desire: have pity, do not hide Yourself!

## KI ESHMERA SHABBAT

כי אשמרה שבת

KI esh·me·ra Sha·bat  
 Ell ylsh·me·rel·ni.

כִּי אֶשְׁמְרָה שַׁבָּת  
 אֵל יִשְׁמְרֵנִי.

TOV LEHODOT

Tov, tov, tov le-ho-dot,  
tov le-ho-dot la-a-do-nai.

U-le-za-meir le-shi-me-cha, El-yon,  
le-shi-me-cha El-yon.

Tov, tov . . . .

Le-ha-gid ba-bo-ker chas-de-cha  
ve-e-mu-na-te-cha ba-lel-lot.

Tov, tov . . . .

It is good to give thanks to the Lord, to sing praises to Your name, O Most High!

טוב להודות

טוב, טוב, טוב להודות,  
טוב להודות ליי.

ולומר לשמך עליון,  
לשמך עליון.

טוב, טוב. . . .

להגיד בבקר חסדך  
ואמונתך בלילות.

טוב, טוב. . . .

LO YISA GOI

Lo yi-sa goi el goi che-rev,  
lo yll-me-du od mll-cha-ma.

Nation shall not lift up sword against nation, nor ever again shall they train for war.

לא ישא גוי

לא ישא גוי אל גוי חרב,  
לא ילמדו עוד מלחמה.

# EIN KEILOHEINU

אין כאלהינו

Eln kel-lo-hel-nu, eln ka-do-nel-nu,  
eln ke-mal-kel-nu, eln ke-mo-shi-el-nu.

אין כאלהינו, אין כַּאדוֹנֵינוּ,

אין כְּמַלְכֵנוּ, אין כְּמוֹשִׁיעֵנוּ.

Mi chel-lo-hel-nu? Mi cha-do-nel-nu?

מִי כַּאֲלֵהֵינוּ מִי כַּאדוֹנֵינוּ?

Mi che-mal-kel-nu? Mi che-mo-shi-el-nu?

מִי כְּמַלְכֵנוּ מִי כְּמוֹשִׁיעֵנוּ?

No-deh lel-lo-hel-nu, no-deh  
la-do-nel-nu,

נֹדֶה לְאֱלֹהֵינוּ, נֹדֶה לַאדוֹנֵינוּ,

no-deh le-mal-kel-nu, no-deh  
le-mo-shi-el-nu.

נֹדֶה לְמַלְכֵנוּ, נֹדֶה לְמוֹשִׁיעֵנוּ.

Ba-ruch E-lo-hel-nu, ba-ruch  
A-do-nel-nu,

בָּרוּךְ אֱלֹהֵינוּ, בָּרוּךְ אֲדוֹנֵינוּ,

ba-ruch Mal-kel-nu, ba-ruch  
Mo-shi-el-nu.

בָּרוּךְ מַלְכֵנוּ, בָּרוּךְ מוֹשִׁיעֵנוּ.

A-ta hu E-lo-hel-nu,

אַתָּה הוּא אֱלֹהֵינוּ,

a-ta hu A-do-nel-nu,

אַתָּה הוּא אֲדוֹנֵינוּ,

A-ta hu Mal-kel-nu,

אַתָּה הוּא מַלְכֵנוּ,

a-ta hu Mo-shi-el-nu.

אַתָּה הוּא מוֹשִׁיעֵנוּ.

There is none like our God; there is none like our Lord; there is none like our King; there is none like our Savior.

Who is like our God? Who is like our Lord? Who is like our King? Who is like our Savior?

We will give thanks to our God; we will give thanks to our Lord; we will give thanks to our King; we will give thanks to our Savior.

Blessed is our God; blessed is our Lord; blessed is our King; blessed is our Savior.

You are our God; You are our Lord; You are our King; You are our Savior.



