

*This service of the heart
is dedicated to all Jewish women
then, now and yet to be*



*The second edition of this prayerbook
was created under the loving guidance of
Rabbi Toba August and Cindy Paley, Cantorial Soloist*

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THE FOUNDATION

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L'SHANA TOVA

L'shana tova, l'shana tova ti-ka-tey-vu (2x)

Ti-ka-tey-vu v'tey-cha-tey-mu

"May you be written and inscribed for a good new year."

A Way to Say Ah

Words & Music by Beth A. Schafer

Ah, mmm, oh (2x)

A miracle happened today. Was I aware, did I even care?

A miracle happened today, and did I pause enough?

CHORUS: To find a way to say ah, a way to say mmm

A way to say, "Oh thank you God I've arrived"

A way to say ah, a way to say mmm

A way to say, "Oh thank God I'm alive"

A coincidence happened today

Was this circumstance happening by chance?

A coincidence happened today, and did I pause enough?

CHORUS

A way to sanctify the time to remember

That on our journey we are not alone

**A way to not allow my senses to be dulled to the wonders I
will be shown**

Soulful Thoughts

From his window facing the marketplace Rebbe Nachman of Breslav spotted one of his followers rushing by.

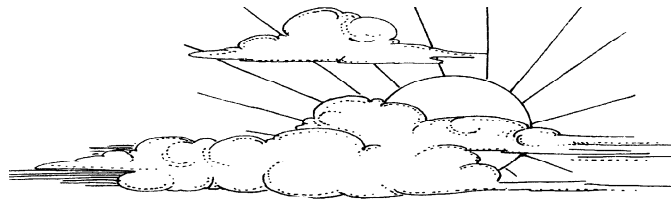
"Have you looked up at the sky this morning?" the Rebbe asked.

"No, Rebbe, I have not had the time."

"Believe me, in fifty years everything you see here today will be gone. There will be another fair - with other horses, other wagons, different people.

I will not be here then and neither will you.

So what is so important that you do not have time to look at the sky?!"



The world is full of wonders and miracles,
but we take our little hands and we cover our eyes and see nothing.

Baal Shem Tov

God is hiding in the world.
Our task is to let the divine emerge from our deeds.

Abraham Joshua Heschel



*When we were children, we thought of God as a father;
When we were slaves, we thought of God as a master;
When we were subjects, we thought of God as a ruler.
But I am a woman, not a slave, not a subject,
not a child who longs for God as father or mother.*

*I might imagine God as teacher or friend, but those images,
like ruler, master, father or mother, are too small for me now.*

*God is the force of motion and light in the universe;
God is the strength of life on our planet;
God is the power moving us to do good;
God is the source of love springing up in us.
God is far beyond what we can comprehend.*

Ruth Brin

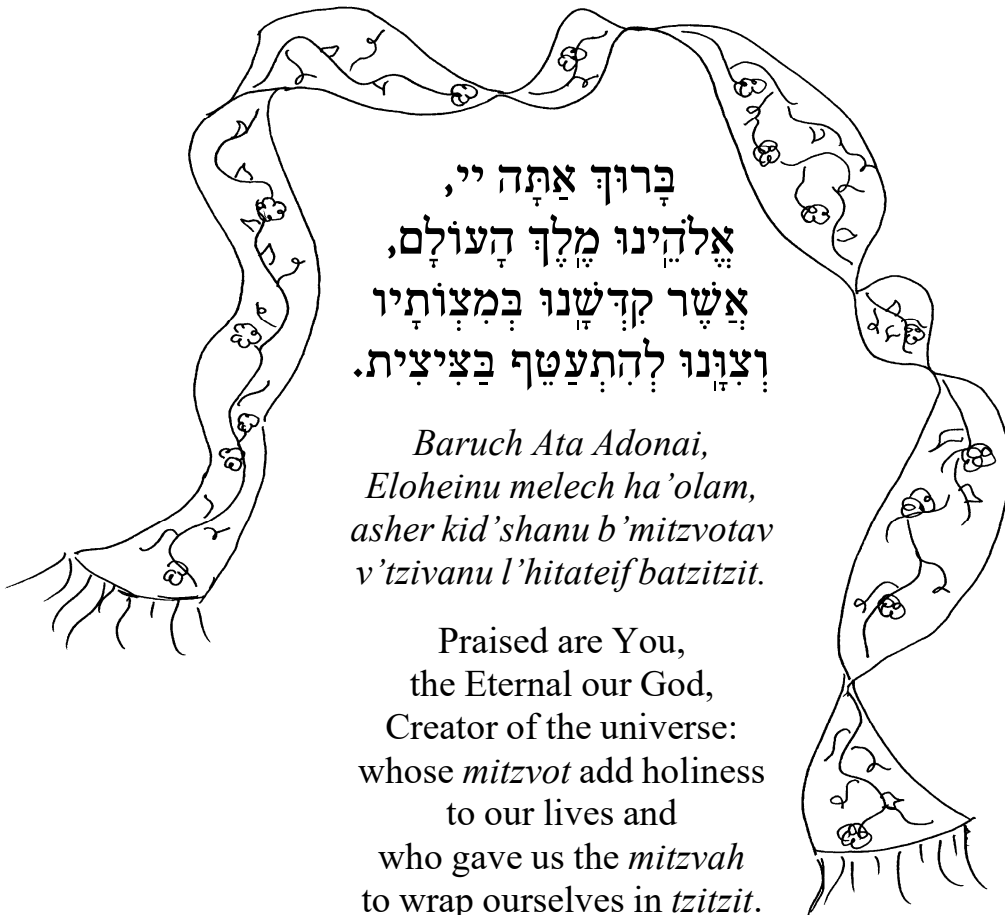
Tallit

אֲבָרַךְ אֶת מַעְיַן הַחַיִּים
וְהַמּוֹת אֲשֶׁר קִדְּשָׁתָנִי בְּמִצְוֹת
וְצִוְתָנִי לְהִתְעַטֵּף בְּבִגְד
נָאֵה לְמִצּוֹ מְנוּחָה תַּחַת כַּנְּפֵי הַשְּׁכִינָה.

*Avarech et ma'ayan hachayim
vehamavet asher kidashtani b'mitzvot
vetzivatani l'hitatef beveded
na'eh limtzo menuchah tachat kanfei haSh'chinah*

I bless the Wellspring of life and death that sanctifies me with *mitzvot* and commands me to enwrap myself in a comely garment and find peaceful rest beneath the wings of the *Sh'chinah*.

Marcia Falk



Sing Unto God a New Song

Ki Esh'm'ra

כִּי אֶשְׁמְרָה שַׁבָּת אֵל יִשְׁמְרֵנִי
אוֹת הִיא לְעוֹלָמִי עַד בֵּינוּ וּבֵינֵינוּ

*Ki esh'm'ra Shabbat, El yish'm'reini
Ot hi l'ol'mei ad beino u'veini*

If I keep *Shabbat*, God keeps me.
It is a sign forever between God and me.

B'ruchot Haba'ot

בְּרוּכוֹת הַבְּאוֹת תַּחַת כַּנְּפֵי הַשְּׁכִינָה
בְּרוּכִים הַבָּאִים תַּחַת כַּנְּפֵי הַשְּׁכִינָה

*B'ruchot haba'ot tachat kan'fei ha'sh'chinah
B'ruchim haba'im tachat kan'fei ha'sh'chinah*

May you be blessed beneath the wings of *Sh'chinah*
Be blessed with love, be blessed with peace.

Adapted by Debbie Friedman

Shir Hama'alot

שַׁבָּת שְׁלוֹם, שַׁבָּת שְׁלוֹם וּמְבֹרָךְ
שִׁיר הַמַּעֲלוֹת בְּשׁוּב יְיָ אֶת שִׁיבַת צִיּוֹן הָיִינוּ כְּחֹלְמִים
אֲזַי מָלֵא שְׁחוֹק פִּינוּ וּלְשׁוֹנֵנוּ רִנָּה
אֲזַי יֹאמְרוּ בְּגוֹיִם הַגְּדִיל יְיָ לַעֲשׂוֹת עִם אֱלֹהֵינוּ

*Shabbat Shalom, Shabbat Shalom u'm'vorach
Shir hama'alot b'shuv Adonai et shivat tziyon hayinu k'chol'mim
Az yimalei s'chok pinu u'lshoneinu rina
Az yom'ru vagoyim hig'dil Adonai la'asot im eileh*

When God returned us to Zion from exile, we thought we were dreaming.
Then our mouths filled with laughter and glad songs were on our tongues.
The other nations saw and said, "*Adonai* has done great things for them."

Psalm 126:1-2

Adapted by Craig Taubman



Anim Z'mirot

Anim z'mirot, these songs we sing
Anim z'mirot, these songs we weave
From where they come, to where they go
Anim z'mirot, these songs we sing.

These songs we sing, *anim z'mirot*
These songs we weave, *anim z'mirot*
From where they come, to where they go
These songs we sing, *anim z'mirot*.

Craig Taubman



Shir Chadash

שִׁירוּ לַיהוָה כָּל-הָאָרֶץ, שִׁירוּ לַיהוָה שִׁיר חָדָשׁ

Shiru Ladonai kol ha'aretz, shiru Ladonai shir chadash

Sing unto God all the earth a new song
I will sing unto God a new song
Sing unto God and we'll all sing along
All the earth a new song unto God

Julie Silver

Hava Nashira

הִבֵּה נְשִׁירָה שִׁיר הַלְלוּיָהּ.
Hava nashira shir Halleluya.

Let us sing a song of Praise.

V'nomar C'fanav

הַלְלוּיָהּ! וְנֹאמֵר לְפָנָיו שִׁירָה חָדָשָׁה:
Halleluya! V'nomar l'fanav shira chadasha.

Let us sing a new song before God: Halleluya!

Debbie Friedman

C'ma'an Tih'ye Ci

לְמַעַן תִּהְיֶה-לִּי הַשִּׁירָה הַזֹּאת לְעֵד בְּבִנְי יִשְׂרָאֵל.
L'ma'an tih'ye li hashira hazot l'eid biv'nei Yisra'el.

And in times of trouble we'll call Your name out loud,
For You are our blessing and our song.

Debbie Friedman

Shehecheyanu

Part 1:	Part 2:
<i>Baruch Atah Adonai</i>	Holy One of blessing
<i>Eloheihu Melech Ha'olam</i>	Your presence fills creation
You bring us here	
<i>Shehecheyanu</i>	You keep us alive
<i>V'kiy'manu</i>	Sustaining our lives
<i>V'higianu laz'man hazeh</i>	Helping us reach this day.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
שֶׁהַחַיִּינוּ וְקִיַּמְנוּ וְהִגִּיעַנוּ לְזֶמֶן הַזֶּה.

Craig Taubman



Kol Han'shama

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה הַלְלוּיָהּ.
Kol han'shama t'haleil Yah hal'luyah.
Let everything with breath praise God, Halleluyah!

Psalm 150:6

Or Zaru'a

אֹר זָרוּעַ לְצַדִּיק וְלַיִשְׁרֵי לֵב שִׂמְחָה.
Or zaru'a latzadik ul'yishrei leiv simcha..
Light is sown for the righteous and joy for those
who live straight from the heart.

Psalm 97:11

Ivdu

עֲבֹדוּ אֶת יְהוָה בְּשִׂמְחָה בּוֹאוּ לְפָנָיו בְּרִנָּה.
Ivdu et Yah b'simcha bo'u l'fanav birnana.
Serve the Holy One in joy, come to God's Presence through song.

Mah Tovu

מַה טֹבֵי אֱהַלֶיךָ יַעֲקֹב, מִשְׁכַּנְתֶּיךָ יִשְׂרָאֵל.

וְאֲנִי בְּרֹב חֲסָדֶיךָ אָבוֹא בֵיתְךָ,
אֲשַׁתְּחֶוּהָ אֶל הַיְיִכָּל קֹדֶשְׁךָ בְּיִרְאַתְךָ.

יְהוָה, אֶהְבֶּתִי מְעֹז בֵּיתְךָ, וּמְקוֹם מִשְׁכַּן כְּבוֹדְךָ.
וְאֲנִי אֲשַׁתְּחֶוּהָ וְאֶכְרַעָה אֲבָרְכָהּ לְפָנַי יְהוָה עֹשֵׂי.

וְאֲנִי תִפְלַתִי לָךְ, יְהוָה, עֵת רְצוֹן.
אֱלֹהִים, בְּרֹב חֲסָדֶיךָ, עֲנֵנִי בְּאַמַּת יִשְׁעֶיךָ.



Mah tovu ohalecha ya'akov, mishk'notecha Yisra'el.

*Va'ani b'rov chasd'cha avo veitecha
eshtachaveh el heichal kodsh'cha b'yiratecha.*

*Adonai, ahavti m'on beitecha, um'kom mishkan k'vodecha.
Va'ani eshtachaveh v'echra'ah evr'cha lifnei Adonai osi.*

*Va'ani t'filati l'cha Adonai et ratzon
elohim berov hasdecha aneini be'emet yishecha.*

How lovely are your sanctuaries, people of Jacob, your prayer houses, descendants of Israel. Your great love inspires me to enter Your house, to worship in Your holy sanctuary, filled with awe for You. I love Your house, the place of Your glory. Before my Maker will I bow in worship, bending the knee. I pray that this be an acceptable time for my prayer, O God, Your love is great; answer me with Your true deliverance.

Hal'luyah

וְאֲנַחְנוּ נְבָרְךָ יְיָ, מֵעַתָּה וְעַד עוֹלָם. הַלְלוּיָהּ.
Va'anachnu n'vareich Yah, mei'atah v'ad olam. Hal'luyah.

We will bless God from now and forever, Halleluyah.

Psalm 115:18

Songs by Shlomo Carlbach

Gesher Tzar M'od

כָּל הָעוֹלָם כְּלוֹ גֶשֶׁר צָר מְאֹד
וְהַעֲקָר וְהַעֲקָר לֹא לְפַחַד לֹא לְפַחַד כָּלֵל
וְהַעֲקָר וְהַעֲקָר לֹא לְפַחַד כָּלֵל

*Kol ha'olam kulo gesher tzar m'od
V'ha'ikar v'haikar lo l'facheid lo l'facheid k'lal,
V'ha'ikar v'ha'ikar lo l'facheid k'lal*

The entire world is but a narrow bridge,
and the most important thing is not to be afraid.

Rabbi Nachman of Bratzlav



Ken Bakodesh

כֵּן בְּקֹדֶשׁ חֲזִיתֶךָ לְרֵאוֹת עֲזָךָ וְכְבוֹדֶךָ:
צְמָאתָ לְךָ נַפְשִׁי כָּמָה לְךָ נַפְשִׁי כָּמָה לְךָ בְּשָׂרִי:

*Ken bakodesh chaziticha, lir'ot uz'cha uchvodecha.
Tzam'ah l'cha nafshi kama lecha v'sari.*

I envisioned You in holiness, seeing your strength, your Presence.
How my soul thirsts for You, how my body longs for You.

Bar'cheinu

בְּרַכְנוּ אָבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ:
Bar'cheinu avinu kulanu ke'echad b'or panecha.

Bless all of us equally with the light of your presence.

Min Hameitzar

מִן הַמִּצָּר קָרָאתִי יְהוָה, עָנְנִי בְּמִרְחָב יְהוָה.
Min hameitzar karati Yah, Anani vamerchav Yah.

From a narrow place, I cried out to God. God answered me with wide expanse.

More Songs by Shlomo Carlbach

L'ma'an Achai V'rei'ai

לְמַעַן אַחֵי וְרֵעֵי אֲדַבְרָה נָא שְׁלוֹם בְּךָ
לְמַעַן בֵּית יְיָ אֱלֹהֵינוּ אֲבַקֶּשׁה טוֹב לְךָ:

L'ma'an achai v'rei'ai (2x)
Adabra na (2x) shalom bach, l'ma'an
beit Adonai Eloheinu avaksha tov lach.

Because of my brothers/sisters and friends (2x)
Please let me ask, please let me say "peace to you."
This is the house, of *Adonai*,
I wish the best for you. (2x)

Esa Einai

אֶשָּׂא עֵינַי אֶל־הַהָרִים מֵאֵין מֵאֵין יְבֹא עֲזָרִי
עֲזָרִי מֵעַם יְיָ עֲשֵׂה שָׁמַיִם וָאָרֶץ.

Esa einai el heharim mei'ayin mei'ayin yavo ezri
Ezri mei'im Adonai osei shamayim va'aretz

I will lift my eyes to the mountains; from whence does my help come?
My help will come from God, maker of heaven and earth.

Psalm 121:1-2

Mi Ha'ish

מִי הָאִישׁ הַחֹפֵץ חַיִּים אוֹהֵב יָמִים לְרְאוֹת טוֹב
נִצּוֹר לְשׁוֹנָה מִרַע וּשְׁפָתֶיךָ מִדְּבַר מְרָמָה
סוֹר מִרַע וְעֹשֶׂה טוֹב בְּקֶשׁ שְׁלוֹם וְרֹדְפֶהוּ

Mi ha'ish hechafeitz chayim ohev yamim lir'ot tov.
N'tzor l'shoncha meira us'fatecha m'dabeir mirmah.
Sur meira va'aseh tov bakeish shalom v'rodfeihu.

Who among you loves life, and longs to enjoy good for many days?
Then guard your tongue from evil, and your lips from deceitful speech,
turn away from evil and do good, seek peace and pursue it.

Psalm 34:13-15

Birchot HaShachar

Birchot HaShachar are the early morning prayers of awakening consciousness. They form a daily meditation upon self awareness, offering thanks for the blessings of mind, body, and spirit. They acknowledge our place in the world of nature, the family of humanity, and the Covenant of Israel.

100 Blessings

Bless the morning when you awake and your eyes they open wide
Bless the promise of each new dawn and the comfort of the night
For the earth and for the waters so certain in their path
For the miracle of visions of our future and our past

**I give thanks, I learn to pray a hundred blessings every day
I would choose no other way a hundred blessings every day**

Bless the shelter that holds us safe and our minds that wander free
Bless our courage and hope and strength God's image breathes in me
For belonging to a people whose legacy is told, for in each day's creation a healing of the soul

I give thanks, I learn to pray a hundred blessings every day
I would choose no other way a hundred blessings every day
I will dream and feel and say a hundred blessings every day
I receive and give away a hundred blessings every day

Baruch ata eloheinu, she'asani b'chachmah, b'rucha hash'chinah, she'astani b'tzalmah

Bella Bogart

Modah Ani

Upon arising, we offer thanks for another day of life.

מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם, שֶׁהַחַיָּוִת בִּי נִשְׁמָתִי בְּחַמְלָה רַבָּה אֶמְוֹנְתֶךָ.

Modah ani l'fanecha melech chai v'kayam, shehechezarta bi nishmati b'chemla rabah emunatecha.

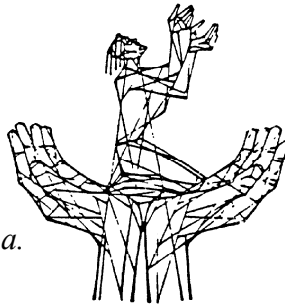
I am grateful to You, living, enduring God, for restoring my soul to me in compassion.
You are faithful beyond measure.

Asher Yatzar

*Asher yatzar et ha'adam b'chochma
u'vara vo n'kavim chalulim.*

*Galui v'yadua lifnei chisei ch'vodecha
she'im yipatei'ach echad meihem
o yisateim echad meihem.*

*I ef'shar l'hitkayeim v'la'amod l'fanecha.
Baruch atah Adonai rofei chol-basar
umafli la'asot.*



**אֲשֶׁר יָצַר אֶת הָאָדָם בְּחָכְמָה
וּבָרָא בּוֹ נְקָבִים חֲלוּלִים.
גָּלוּי וְיָדוּעַ לְפָנֶיךָ כְּסֵא כְבוֹדְךָ
שֶׁאִם יִפְתַּח אֶחָד מֵהֶם
אוֹ יִסָּתֵם אֶחָד מֵהֶם.
אִי אֶפְשֶׁר לְהִתְקַיֵּם וּלְעֲמוֹד לְפָנֶיךָ.
בְּרוּךְ אַתָּה יְיָ רֹפֵא כָּל-בָּשָׂר
וּמְפַלֵּיא לְעֲשׂוֹת.**

You have fashioned the human body with wisdom, creating openings, arteries, glands and organs, marvelous in structure, intricate in design. Should but one of them, by being blocked or opened, fail to function, it would be impossible to exist. Blessed are You, *Adonai*, healer of all flesh, who sustains our bodies in wondrous ways.

Elohai

אֱלֹהֵי, אֱלֹהֵי, נְשָׁמָה שְׁנַתַּתְּ בִּי טְהוֹרָה הִיא.
אַתָּה בְּרַאתָהּ, אַתָּה יִצְרַתָּהּ, אַתָּה נִפְחַתָּהּ בִּי, וְאַתָּה מְשַׁמְרָהּ מְשַׁמְרָה בְּקִרְבִּי.

*Elohai Elohai n'shamah shenatata bi t'horah hi.
Atah b'ratah Atah y'tzartah Atah n'fachtah bi v'Atah m'sham'rah m'sham'rah b'kirbi.*

My God, the soul You have given me is pure.
You fashioned it, and You breathed it into me. Within me, You sustain it.

Birchot Hashachar - For the Daily Miracles of Life

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לְשִׁכּוּי בִּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

*Baruch atah Adonai eloheinu melech ha'olam
asher natan lasech'vi vina l'hav'chin bein yom u'vein laila.*

Blessed are You, the Eternal our God, Ruler of the universe,
who has implanted mind and instinct within every living being.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי בְּצַלְמוֹ.
Baruch atah Adonai eloheinu melech ha'olam, she'asani b'tzal'mo.
. . .Who has made me in Your image.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי יִשְׂרָאֵל.
Baruch atah Adonai eloheinu melech ha'olam, she'asani Yisrael.
. . .Who has made me a Jew.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי בֵּת חוֹרִין.
Baruch atah Adonai eloheinu melech ha'olam, she'asani bat chorin.
. . .Who has made me to be free.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵינֵי עִוְרִים.
Baruch atah Adonai eloheinu melech ha'olam pokei'ach iv'rim.
. . .Who opens the eyes of the blind.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַלְבִּישׁ עֲרֻמִּים.
Baruch atah Adonai eloheinu melech ha'olam mal'bish arumim.
. . .Who provides clothes for the naked.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים:
Baruch atah Adonai eloheinu melech ha'olam matir asurim.
. . .Who brings freedom to the captive.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפוּפִים:
Baruch atah Adonai eloheinu melech ha'olam zokeif k'fufim.
. . . Whose power lifts up the fallen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם.
Baruch atah Adonai eloheinu melech ha'olam roka ha'aretz al hamayim.
...Who stretches out the earth over the waters.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה לִי כָל-צָרָכִי:
Baruch atah Adonai eloheinu melech ha'olam she'asah li kol tzor'ki.
...Who provides for all my needs.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִיז מִצְעָדֵי גֵבֶר.
Baruch atah Adonai eloheinu melech ha'olam hameichin mitz'adei gaver.
...Who makes firm each person's steps.

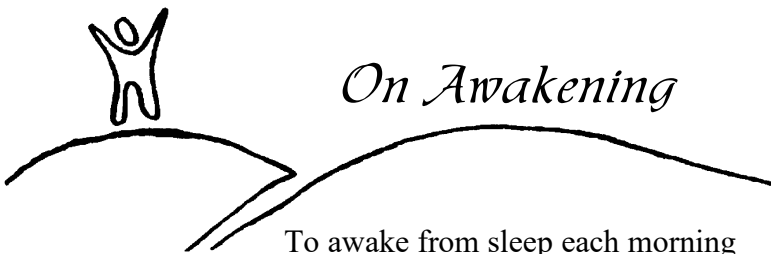
בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל בְּגִבּוֹרָה.
Baruch atah Adonai eloheinu melech ha'olam ozeir Yisra'el big'vurah.
...Who girds our people Israel with strength.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה.
Baruch atah Adonai eloheinu melech ha'olam oteir Yisra'el b'tif'arah.
...Who crowns Israel with glory.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנוֹתֵן לַיָּעֵף כֹּחַ.
Baruch atah Adonai eloheinu melech ha'olam hanotein la'ya'eif ko'ach.
...Who gives strength to the weary.

Ashreinu

אֲשֵׁרִינוּ מַה טוֹב חֶלְקֵנוּ וּמַה נְעִים גּוֹרְלֵנוּ וּמַה יָפָה יְרֻשָׁתֵנוּ.
Ash'reinu mah tov chel'keinu umah na'im goralei'nu umah yafah y'rushateinu.
How goodly is our portion! How pleasant our lot! How beautiful our heritage!



On Awakening

To awake from sleep each morning
Recalls Your mystifying promise that death is not the end,
But when this world awakens to the messianic dawn
Souls and bodies will somehow join together once again
In one grand reunion of the human race.

When I awoke this morning
It was as though that mystery was rehearsed
For as I gradually emerged from sleep
My soul became aware of my body once again
In a small but wondrous reunion of my own humanity.

Richard N. Levy

Pesukei D'Zimrah

Pesukei D'Zimrah are a collection of liturgical songs, prayers and psalms. This prelude to the morning service comes from the tradition of the rabbis "who used to wait an hour before prayer so that they might concentrate their hearts and minds of God." (Mishnah, B'rachot 5:1)

Baruch She'amar

בְּרוּךְ שְׂאֵמֵר וְהָיָה הָעוֹלָם. בְּרוּךְ הוּא. בְּרוּךְ עֹשֶׂה בְּרֵאשִׁית. בְּרוּךְ אוֹמֵר וְעוֹשֶׂה. בְּרוּךְ
גּוֹזֵר וּמְקַיֵּם. בְּרוּךְ מְרַחֵם עַל הָאָרֶץ. בְּרוּךְ מְרַחֵם עַל-הַבְּרִיּוֹת. בְּרוּךְ מְשַׁלֵּם שְׂכָר טוֹב
לִירְאָיו. בְּרוּךְ חַי לְעַד וְקַיֵּם לְנֶצְחַת. בְּרוּךְ פּוֹדֶה וּמַצִּיל בְּרוּךְ שְׁמוֹ:

*Baruch she'amar v'hayah ha'olam. Baruch hu. Baruch oseh v'reishit. Baruch omer v'oseh.
Baruch gozeir um'kayeim. Baruch m'racheim al ha'aretz. Baruch m'racheim al habriyot.
Baruch m'shaleim sachar tov lirei'av. Baruch chai la'ad v'kayam lanetzach. Baruch podeh
umatzil. Baruch sh'mo.*

Blessed is the One who spoke, and the world came to be.

Blessed is the source of creation.

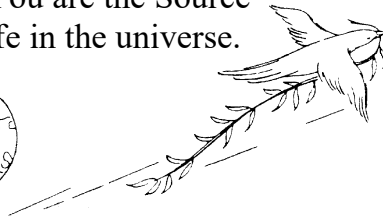
Blessed is the One whose word is deed, whose thought is fact.

Blessed is the One whose compassion covers the earth and all its creatures.

Blessed is the living and eternal God, Divine Source of deliverance and help.

With songs of praise we extol You and proclaim Your sovereignty.

For You are the Source
of life in the universe.



Baruch She'amar

בְּרוּךְ שְׂאֵמֵר בְּרוּכָה שְׂאֵמְרָה וְהָיָה הָעוֹלָם:

Baruch she'amar, Brucha she'amra, v'haya ha'olam.

Blessed is He, Blessed is She, Blessed are we who speak and are heard.

Teach Me To Pray, To Praise

Teach me, God, to pray, to praise
the splendor of ripe fruit, the wonder of a wrinkled leaf,
the freedom to see, to feel, to breathe,
to know, to hope, and even to know grief.

Teach my lips blessing, song, and praise
when You renew Your time each night, each dawn,
so that my days will not repeat my yesterdays
to save my life from mere routine of all days gone.

Rom'mu

רוֹמְמוּ יְיָ אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ:

Rom'mu Adonai Eloheinu v'hishtachavu l'har kod'sho, ki kadosh Adonai Eloheinu.
Exalt Adonai our God, worship God at God's holy mountain; for Adonai our God is holy.

Hodu: Psalm 136

This Psalm lists the many reasons for giving thanks to God.

הוֹדוּ לַיְיָ כִּי טוֹב, כִּי לְעוֹלָם חַסְדּוֹ: *Hodu l'Adonai ki tov, ki l'olam chasdo.*

Praise God supreme; כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*

Praise Adonai supreme; כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*

לַעֲשֵׂה נִפְלְאוֹת גְּדֻלוֹת לְבַדּוֹ, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
who works wonders alone,

לְגַזֵּר יַם סוּף לְגַזְרִים, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
who split the Sea of Reeds,

וְהֵעֱבִיר יִשְׂרָאֵל בְּתוֹכוֹ, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
and brought the people Israel through it,

לְמוֹלִיךְ עַמּוֹ בַּמִּדְבָּר, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
who led Israel through the wilderness,

וְנָתַן אֶרֶץ לְנַחֲלָה, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
and gave them the land of Israel,

שֶׁבִשְׁפָלָנוּ זָכַר לָנוּ, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
who remembered us when we were low,

וַיִּפְרֹקֵנוּ מִמְצַרֵינוּ, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
and rescued us from our oppressors,

נֹתֵן לֶחֶם לְכֹל בָּשָׂר, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
who gives food to all flesh,

הוֹדוּ לְאֵל הַשָּׁמַיִם, כִּי לְעוֹלָם חַסְדּוֹ: *ki l'olam chasdo.*
Praise the God of heaven,

Melody by Danny Maseng, from **Soul of Fire**

Mizmor Shir

Chorus:

Mizmor shir l'yom hashabat

Tov l'hodot L'adonai

Ul'zameir l'shimcha elyon

L'hagid baboker chasdecha

Ve'emunat'cha baleilot

Alei asor va'alei navel

Alei higayon b'chinor

Ki simachtani Adonai b'fo'alecha

B'ma'asei yadecha aranein

Ma gadlu ma'asecha Adonai

M'od amku mach'sh'votecha.

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת

טוֹב לְהוֹדוֹת לַיהוָה

וּלְזַמֵּר לְשִׁמְכָה עֲלִיּוֹן

לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ

וְאֱמוּנַתְךָ בַּלַּיְלוֹת

עַל־עֲשׂוֹר וְעַל־נַבְלָה

עַל־הַגִּיּוֹן בַּכִּנּוֹר

כִּי שִׂמַּחְתָּנִי יְיָ בְּפַעֲלֶיךָ

בְּמַעֲשֵׂי יְדֶיךָ אֲרָנָן

מַה־גָּדְלוֹ מַעֲשֵׂיךָ יְיָ

מְאֹד עֲמָקוֹ מַחְשַׁבְתֶּיךָ

A psalm, a song, for *Shabbat*. It is good to give thanks to *Adonai*, to sing hymns to Your name, O Most High! To tell of Your lovingkindness in the morning and Your faithfulness at night; To pluck the strings and to sound the lute. To make the harp vibrate. Your deeds, *Adonai*, fill me with gladness, Your work moves me to song. How great are Your works, *Adonai*! How profound your thoughts!
Psalm 92:1-6

Mah Gadlu

מַה־גָּדְלוֹ מַעֲשֵׂיךָ יְיָ מְאֹד עֲמָקוֹ מַחְשַׁבְתֶּיךָ.

Ma gadlu ma'asecha Adonai m'od amku mach'sh'votecha.

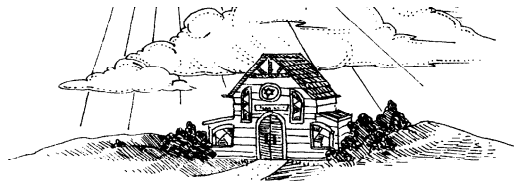
How great are Your works, O *Adonai*. Your thoughts are very deep.

The Gift of Gratitude

בְּפִה מְלֵא שִׁירָה וּבְלָשׁוֹן שׁוֹפְעַת רִנָּה.

B'feh malei shirah uv'lashon shofa'at rinah.

Our mouths filled with song, our tongues overflowing with joy.



Ashrei

אַשְׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יְהַלְלוּךָ סְלָה.

Ashrei yoshvei veitecha od yehalelucha selah.

Happy are they who dwell in your house, they will sing your praises forever.

Melody by Peri Smilow

Psalm 150

Hal'luYah

Hal'lu Eil b'kadsho,

Hal'luhu birki'a uzo.

Hal'luhu big'vurotav,

Hal'luhu k'rov gudlo.

Hal'luhu b'teika shofar,

Hal'luhu b'neivel v'chinos.

Hal'luhu b'tof umachol,

Hal'luhu b'minim v'ugav.

Hal'luhu b'tzil'tz'lei shama,

Hal'luhu b'tzil'tz'lei t'ru'ah.

Kol ha'n'shamah t'haleil Yah,

Kol ha'n'shamah t'haleil Yah.



הַלְלוּיָהּ

הַלְלוּ אֵל בְּקֹדֶשׁוֹ,

הַלְלוּהוּ בְּרִקְיעַ עֲזוֹ:

הַלְלוּהוּ בְּגִבּוֹרֹתָיו,

הַלְלוּהוּ כְּרֹב גְּדֻלוֹ:

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,

הַלְלוּהוּ בְּנִבְל וְכִנּוֹר:

הַלְלוּהוּ בְּתוֹף וּמַחּוֹל,

הַלְלוּהוּ בְּמִנִּים וְעָגָב:

הַלְלוּהוּ בְּצִלְצְלֵי שֹׁמֵעַ,

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה.

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה:

Halleluyah!

Praise God in the Sanctuary.

Give praise for God's mighty acts.

Praise God with shofar blast.

Praise with the drum and dance.

Praise God with cymbals sounding.

Praise God's power on high.

Praise for God's surpassing greatness.

Praise with the harp and lute.

Praise God with strings and pipe.

Praise God with cymbals resounding.

Let everything with breath praise God, Halleluyah!

Nishmat Kol Chai

נִשְׁמַת כָּל-חַי תְּבָרַךְ אֶת-שִׁמְךָ יְהוָה אֱלֹהֵינוּ.

Nishmat kol hai tevarech et shim'cha Adonai Eloheinu.

The breath of all that lives praises You, *Adonai* our God.

The force that drives all flesh exalts You, our God, always. Transcending space and time, You are God. Without You, we have no one to rescue and redeem us, to save us and sustain us, to show as mercy in disaster and distress. Eternal of all ages, God of all creatures, endlessly extolled. You guide the world with kindness, its creatures with compassion. *Adonai* neither slumbers nor sleeps. You stir the sleeping, support the falling, free the fettered, raise those bowed down, and give voice to the speechless. You alone do we acknowledge.

Shacharit

Shacharit, consisting of the Shema, the Amidah, and the Torah service, is the heart of our Shabbat morning prayers. The prayers contained in the Shacharit Service express many of the basic beliefs of Judaism - the existence of One God, the commandment to study Torah, and, the importance of bringing Torah into our daily lives and actions.

שׁוֹכֵן עַד, מְרוֹם וְקָדוֹשׁ שְׁמוֹ:

Shochein ad, marom v'kadosh sh'mo.
God inhabits eternity, sacred and exalted.

וְכַתּוּב, רָנְנוּ צְדִיקִים בַּיהוָה, לְיִשְׂרָאֵל נְאֻה תְּהִלָּה.

V'chatuv, ran'nu tzadikim baAdonai lay'sharim navah t'hilah.

בְּפִי יִשְׂרָאֵל תְּתַהַלַּל וּבְדַבְרֵי צְדִיקִים תִּתְבָּרַךְ.

B'fi y'sharim tithalal. Uv'divrei tzadikim titbarach

וּבְלִשׁוֹן חַסִּידִים תִּתְרוֹמֵם וּבְקֶרֶב קְדוֹשִׁים תִּתְקַדַּשׁ:

U'vilshon chasidim titromam uv'kerev k'doshim titkadash.

As the Psalmist wrote, "Rejoice in *Adonai*, you righteous. It is fitting to praise God." By the mouth of the upright are You extolled, by the words of the righteous are You praised, by the tongue of the faithful are You acclaimed, in the heart of the sanctity are You hallowed.

וּבְמִקְהֵלוֹת רַבּוֹת עֲמָךְ בֵּית יִשְׂרָאֵל

Uv'mak'halot riv'vot am'cha beit Yisrael
Among the assembled of the House of Israel

L'hodot l'haleil, l'shabei'ach l'fa'eir, l'romeim,

l'hadeir, l'vareich, l'alei ul'kaleis

al kol divrei shirot v'tishb'chot

David ben Yishai, avd'cha m'shichecha.

לְהוֹדוֹת לְהַלֵּל לְשַׁבַּח לְפָאֵר לְרוֹמֵם

לְהַדִּיר לְבָרַךְ לְעֵלָה וּלְקַלֵּם

עַל כָּל דְּבָרֵי שִׁירוֹת וְתִשְׁבְּחוֹת

דָּוִד בֶּן יִשָּׁי עַבְדְּךָ מְשִׁיחְךָ:

In every generation shall Your name be glorified in song, *Adonai*. For it is the duty of all creatures, *Adonai* our God and God of our ancestors, to extol, laud, and glorify You, extolling, exalting, to add our own praise to the songs of David, Your anointed servant.

יִשְׁתַּבַּח שְׁמֶךָ לְעַד מְלֶכְנֹו. . .

Yishtabach shimcha la'ad mal'keinu. . .
You shall always be praised, great and holy God. . .

הָאֵל הַמְּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ בְּשָׁמַיִם וּבָאָרֶץ.

Ha'eil hamelech hagadol v'hakadosh bashamayim uva'aretz.

Our God in heaven and on earth. Songs of praise and psalms of adoration become You, acknowledging Your might and Your dominion.

בְּרָכוֹת וְהוֹדָאוֹת מְעַתָּה וְעַד עוֹלָם. בְּרוּךְ אַתָּה יי, אֵל מֶלֶךְ גָּדוֹל בְּתִשְׁבָּחוֹת,
אֵל הַהוֹדָאוֹת, אֲדוֹן הַנִּפְלְאוֹת, הַבּוֹחֵר בְּשִׁירֵי זִמְרָה, מֶלֶךְ, אֵל, חַי הָעוֹלָמִים:

*B'rachot v'hoda'ot, mei'atah v'ad olam. Baruch atah Adonai, Eil melech gadol batishbachot,
Eil hahoda'ot, Adon hanif'la'ot, habocheir b'shinei zimrah, Melech, Eil, Chai Ha'olamim.*

Yours are strength and sovereignty, sanctity, grandeur and glory always. We praise You, Sovereign of wonders,
crowned with adoration, delighting in mortal song and psalm, exalted God, eternal life of the universe.

Chatzi Kaddish

Reader:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דִּי-בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ מְלְכוּתָהּ בְּחַיִּיכוּן
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב, וְאַמְרוּ: אָמֵן.

Congregation and Reader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמִי וּלְעָלְמֵי עָלְמַיָּא.

Reader:

יִתְבָּרַךְ וְיִשְׁתַּבַּח, וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא, וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ
דְּקוּדְשָׁא, בְּרִיךְ הוּא, לְעֵלְא מִן כָּל-בְּרָכְתָא וְשִׁירְתָא, תְּשַׁבַּחְתָּא וְנַחֲמְתָא דְאַמִּירָן
בְּעֵלְמָא, וְאַמְרוּ: אָמֵן

*Yitgadal v'yit'kadash sh'mei raba b'al'ma di-v'ra chir'utei, v'yam'lich mal'chutei b'chayeichon
uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala u'viz'man kariv, v'im'ru: Amein.*

Y'hei sh'mei raba m'varach l'alam ulalmei almaya.

*Yitbarach v'yishtabach v'yitpa'ar, v'yit'romam, v'yitnasei, v'yit'hadar v'yit'aleh, v'yit'halal sh'mei
d'ku'd'sha, b'rich hu. L'eila min kol bir'chata v'shirata, tush'b'chata v'nechemata da'amiran b'alma,
v'im'ru: Amein.*

Let the glory of God be extolled, let God's great name be hallowed in the world whose creation God willed. May
God's reign begin in our own day, our own lives, and the life of all Israel, and let us say: Amen. Let God's great
name be praised for ever and ever. Let the name of the Holy One, the Blessed One, be glorified, exalted, and
honored, though God is beyond all the praises, songs and adorations that we can utter, and let us say: Amen.



Bar'chu

בְּרָכוּ אֶת יי הַמְּבָרַךְ!

Bar'chu et Adonai ham'vorach!

Praised be the One to whom praise is due!

בְּרוּךְ יי הַמְּבָרַךְ לְעוֹלָם וָעֶד!

Baruch Adonai ham'vorach l'olam va'ed!

Praised be the One to whom praise is due, now and for ever!

Am I Awake/Bar'chu

A personal call to prayer

(we ask ourselves)

Am I awake?

Am I prepared?

Are You listening to my prayer?

Can You hear my voice?

Can You understand?

Am I awake?

Am I prepared?

(we sing together)

yai lai LAI LAI LAI (8x)

בְּרַכּוּ אֶת־יְיָ הַמְּבַרֵךְ
בְּרוּךְ יְיָ הַמְּבַרֵךְ לְעוֹלָם וָעֶד

(we are called)

Bar'chu et Adonai ha-m'vo-rach

(we answer)

Baruch Adonai ha-m'vo-rach

L'olam va-ed

L'olam va-ed

(we pray together)

yai lai LAI LAI LAI (8x)

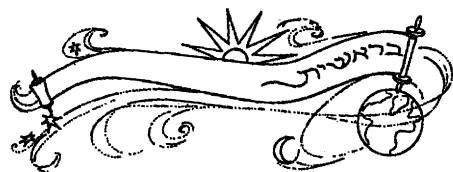
Yotzeir Or / The Miracle of Light

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל.

*Baruch atah Adonai eloheinu melech ha'olam,
yotzeir or uvorei choshech, oseh shalom uvorei et hakol.*

Yotzeir Or

*Yotzeir or uvorei choshech,
oseh shalom uvorei et hakol.
Or chadash al Tziyon ta'ir
V'nizkeh chulanu m'heira l'oro.*



יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ,
עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכֹּל.
אוֹר חָדָשׁ עַל-צִיּוֹן תְּאִיר,
וּנְזַכֶּה כָּלֵנוּ מִהֶרָה לְאוֹרוֹ.

Maker of light and Creator of darkness, who ordains peace and fashions all things,
cause a new light to shine upon Zion, and may we all be worthy to delight in its splendor.

Debbie Friedman

I Need Your Strength and Wisdom

Great Spirit, whose voice I hear in the winds,
and whose breath gives life to all the world,
hear me! I am small and weak,
I need your strength and wisdom.

*Let me walk in beauty,
and make my eyes ever behold the red and purple sunset.*

Make my hands respect the things you have made
and my ears sharp to hear your voice.

*Make me wise so that I may understand
the things that You have taught my people.*

Let me learn the lessons You have hidden in every leaf and rock.

*I seek strength, not to be greater than the other,
but to fight my greatest enemy - myself.*

Make me always ready to come to You
with clean hands and straight eyes.

*So when life fades, as the fading sunset,
my spirit may come to You without shame.*

Traditional Native American Prayer

Ahavah Rabah / A Thread of Love From God

We praise God for the gift of Torah, God's sign of love and compassion for us.

Ahavah rabah ahavtanu, Adonai eloheinu, chemlah g'dolah viteirah chamalta aleinu. Avinu malkeinu, ba'avur avoteinu shebat'chu v'cha. Vat'lamdeim chukei chayim, kein t'chaneinu ut'lamdeinu. Avinu ha'av harachaman, ham'racheim, racheim aleinu. V'tein b'libeinu l'havin ul'haskil, lishmo'ah, lilmod ul'lameid, lishmor v'la'asot. Ul'kayeim et-kol-divrei talmud toratecha b'ahavah.

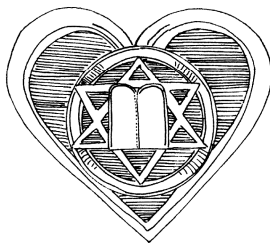
V'ha'eir eineinu b'Toratecha, v'dabeik libeinu b'mitzvatecha, v'yacheid l'vaveinu l'ahavah ul'yir'ah et sh'mecha, v'lo neivosh l'olam va'ed. Ki v'sheim kod'sh'cha hagadol v'havora batachnu. Nagilah v'nism'cha bishuatecha.

Vahavieinu l'shalom mei'arbah kanfot ha'arets. V'tolicheinu kom'miyut l'artzeinu, ki Eil po'eil y'shu'ot atah, uvanu vacharta mikol-am v'lashon, v'keiravtanu l'shimcha hagadol selah be'emet, l'hodot l'cha ul'yached'cha b'ahavah. Baruch atah Adonai, habocheir b'amo Yisrael b'ahavah.

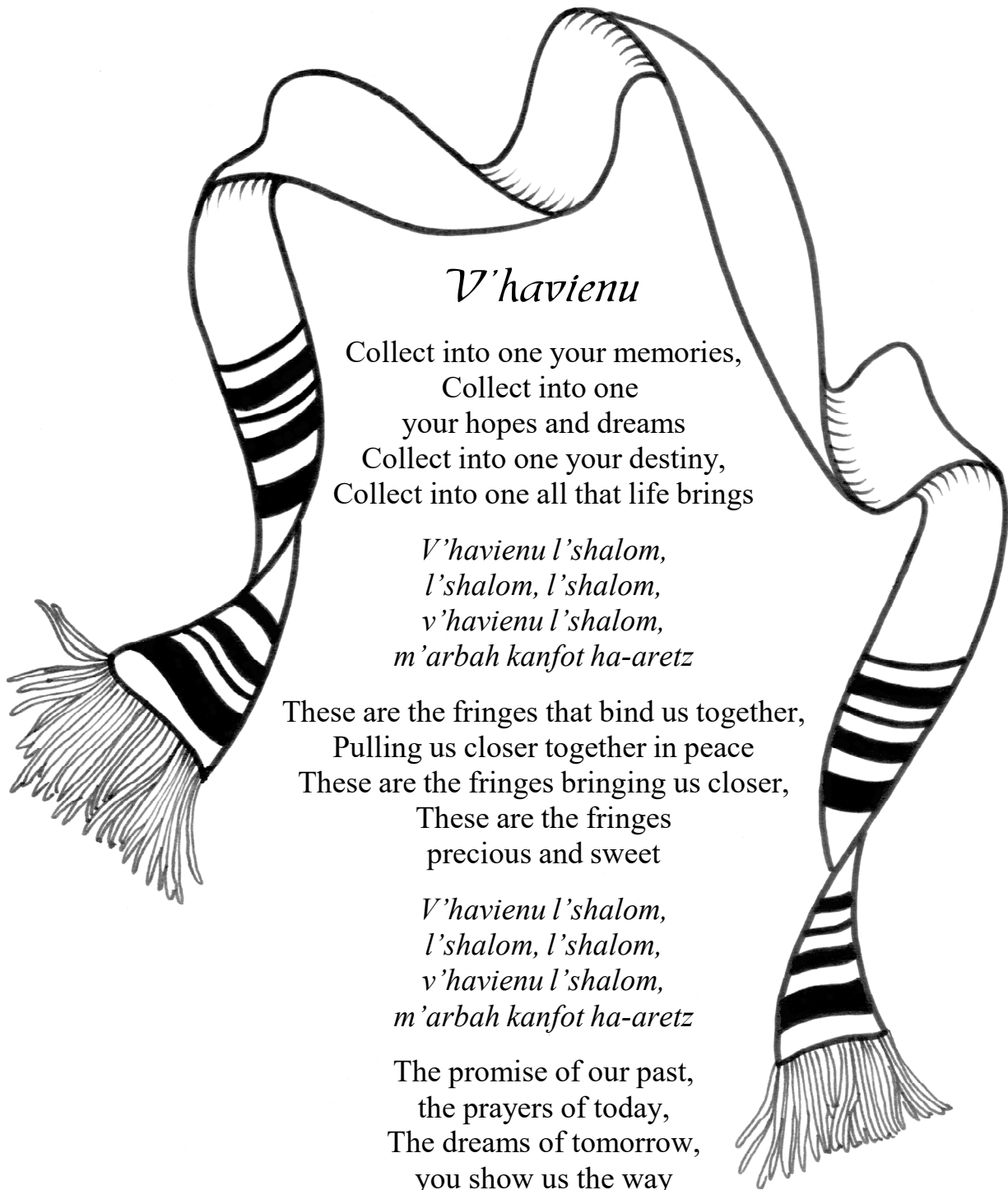
אַהֲבָה רַבָּה אֶהְבְּתָנוּ, יְהוָה אֱלֹהֵינוּ,
חִמְלָה גְדוֹלָה וַיְתִירָה חִמְלַת עָלֵינוּ. אָבִינוּ
מִלְכֵנוּ, בַּעֲבוּר אָבוֹתֵינוּ שֶׁבְטָחוּ בְךָ.
וַתְּלַמְּדֵם חֻקֵי חַיִּים, בֶּן תַּחֲנֶנּוּ וַתְּלַמְּדֵנוּ.
אָבִינוּ הָאֵב הַרְחֵמֵן, הַמְּרַחֵם, רַחֵם עָלֵינוּ.
וַתֵּן בְּלִבֵּנוּ לְהַבִּין וּלְהַשְׁכִּיל, לְשִׁמְעַ,
לְלַמּוֹד וּלְלַמֵּד, לְשִׁמּוֹר וּלְעֲשׂוֹת. וּלְקַיֵּם
אֶת־כָּל־דְּבָרֵי תְלִמּוֹד תּוֹרַתְךָ בְּאַהֲבָה.

וְהֵאָר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק לִבֵּנוּ
בְּמִצְוֹתֶיךָ, וַיַּחַד לִבֵּנוּ לְאַהֲבָה וּלְיִרְאָה
אֶת שִׁמְךָ, וְלֹא נִבּוֹשׁ לְעוֹלָם וָעֶד. כִּי
בְשֵׁם קִדְשְׁךָ הַגָּדוֹל וְהַנּוֹרָא בְּטָחֵנוּ.
נִגִּילָה וְנִשְׂמַחָה בִּישׁוּעַתְךָ.

וְהִבִּיאֵנוּ לְשָׁלוֹם מֵאַרְבַּע כַּנְפוֹת הָאָרֶץ.
וַתּוֹלִיכֵנוּ קוֹמָמִיּוֹת לְאַרְצֵנוּ, כִּי אֵל פּוֹעֵל
יְשׁוּעוֹת אַתָּה, וּבָנוּ בְּחֵרֶת מִכָּל־עַם
וּלְשׁוֹן, וְקִרְבָּתָנוּ לְשִׁמְךָ הַגָּדוֹל סְלָה
בְּאַמַּת, לְהוֹדוֹת לְךָ וּלְיַחְדְּךָ בְּאַהֲבָה.
בְּרוּךְ אַתָּה יְהוָה, הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל
בְּאַהֲבָה.



Strong is the love with which You love us. Great is the care with which You care for us. Enlighten our eyes in Your Torah, cause our hearts to cling to Your *mitzvot*, and unite our hearts to love and revere Your name. Spread peace throughout the four corners of the earth that all people may stand upright in their own land. You are the God of miracles and salvation. You are one. You are the God of all peoples. Thank you, God, for choosing the people Israel, in love, as an instrument of Your teaching.



V'havienu

Collect into one your memories,
Collect into one
your hopes and dreams
Collect into one your destiny,
Collect into one all that life brings

*V'havienu l'shalom,
l'shalom, l'shalom,
v'havienu l'shalom,
m'arbah kanfot ha-aretz*

These are the fringes that bind us together,
Pulling us closer together in peace
These are the fringes bringing us closer,
These are the fringes
precious and sweet

*V'havienu l'shalom,
l'shalom, l'shalom,
v'havienu l'shalom,
m'arbah kanfot ha-aretz*

The promise of our past,
the prayers of today,
The dreams of tomorrow,
you show us the way

True and enduring, awesome, revered,
These are the fringes drawing us near

*V'havienu l'shalom,
l'shalom, l'shalom,
v'havienu l'shalom,
m'arbah kanfot ha-aretz*

Craig Taubman

Prayer for Guidance

Beloved God, show me the truth about this. I now surrender all fears, doubts, and judgments,
and invite the light of perfect consciousness to illuminate my path

Pure love is present here and now, as God lives in every person I meet.
I send love and appreciation to all my associates, knowing with perfect confidence
that he or she is guided by the same Great Spirit that guides me.

I am not separate from my brothers and sisters, but one with them.
I trust that my highest good is unfolding before me,
and I accept the very best that love and life have to offer.

I am worthy of living in the kingdom of Heaven (*Malchut Shamayim*),
even as I walk the earth. I claim it now. Thank you, God,
for loving me infinitely, and opening all doors for the highest good of all concerned.
I receive your love, and magnify it. And so it is.

Alan Cohen



Listen

If you're lost, you feel afraid, and you don't know what to say,
Then listen, listen to our God.
Is there a question on your mind? Is the answer hard to find?
Then listen, listen to our God.

Listen with all your heart and soul, and with all your might;
Write them and learn them and teach them well
Every morning and night. Close your eyes and listen.

Quiet yourself; there's nothing to say,
Stop all the chatter that gets in the way; and listen, listen to our God.

When the wind and the thunder finally disappear,
There's still a voice that you can hear,
If you listen, listen to our God.

You can hear it from the top of the highest hill, or from the valley below.
It can come from the edge of the universe; it can come from within your soul.
Close your eyes and listen.

Lanny, Steve and Doug Cotler, & Jeffrey Marx

שְׁמַע יִשְׂרָאֵל

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד!

Sh'ma Yis'ra'el: Adonai Eloheinu, Adonai echad!

Hear, O Israel: the Eternal One is our God, the Eternal God alone!

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוֹתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod mal'chutoh l'olam va'ed!

Praised be God's glorious sovereignty throughout all time!

V'ahavta

וְאָהַבְתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל לִבְבְּךָ.
וְשָׁנַנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָם, בְּשֹׁבְתְךָ בְּבֵיתְךָ וּבִלְכֹתְךָ בַּדֶּרֶךְ
וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.
וְכָתַבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.

V'a'havta et Adonai elohecha b'chol l'vav'cha uv'chol naf'sh'cha uv'chol m'odecha.

V'hayu had'varim ha'eileh asher anochi m'tzav'cha hayom al l'vavecha.

*V'shinantam l'vanecha v'dibarta bam b'shiv't'cha b'veitecha uv'lech't'cha vaderech
uv'shoch'b'cha uv'kumecha. Uk'shar'tam l'ot al yadecha v'hayu l'totafot bein ei'necha.*

Uch'tav'tam al m'zuzot bei'techa u'vish'arecha.

Love *Adonai* your God with all your heart
with all your soul and with all your might
And these words which I command you on this day
shall be in your heart shall be in your heart

**Teach them faithfully unto your children
Speak of them when you sit in your house,
When you walk by the way
when you lie down and when you rise**

Bind them for a sign upon your hand
That they may be for frontlets between your eyes
Write them on the doorposts of your house
And upon your gates and upon your gates

Adapted by Julie Silver from Deuteronomy 6:5-9

The Water in the Well

**Chorus: Oh, the water in the well and the healing in the well. . .
The women and the water and the hope that's in the well.**

When the world was created there was heaven and dry land,
And all the waters gathered upon hearing God's command.
There was a bit of water that was left, or so they tell.
That was the water that became the water from the well.

It was in Miriam's honor that the first well came to be,
To celebrate her music, her dance and prophecy.
And the people came to Miriam when their spirits rose and fell,
She nourished all their visions with the water from the well.

"Spring up o'well," the twelve tribes sang and the rushing waters flowed.
High as pillars, into rivers, to the oceans they would go.
Surrounded by the trees and fruit, so rich and beautiful,
The Israelites were nourished by the water from the well.

When Miriam died the well dried up and Moses shed his tears.
And God said, "Moses, touch this rock and water will appear."
Well Moses raised his staff in anger and upon the rock it fell,
And out came springs of water . . . it was water from the well.

Bridge: For the memory of the women, for the memory of the well,
For the ones who came before us, their stories we must tell.
We are searching for the water where we wander, where we dwell.
For Miriam and all of us who thirst to find the well.

Debbie Friedman

Devorah's Song

**Arise, arise, Devorah. Arise, arise, and sing a song.
Arise, arise, Devorah. Uri, uri, dabri shir.**

Devorah, the prophet, was a judge in Israel.
She sat beneath her palm tree on a hill, and people came from everywhere
just to hear her judgments honest and fair. Devorah, the prophet, Devorah, a mother in Israel.

Devorah, the prophet, was courageous, strong and wise.
Her people lived in peace for forty years.
The twelve tribes lived together as one, for the first time since the world had begun.
Devorah, the prophet, Devorah, a mother in Israel.

**Arise, arise, Devorah. Arise, arise, and sing a song.
Arise, arise, Devorah. Uri, uri, dabri shir.**

Barak said, "Deborah, I cannot fight unless you are standing right by my side."
Devorah, the prophet, Devorah, a mother in Israel.

Debbie Friedman

Waters of Healing

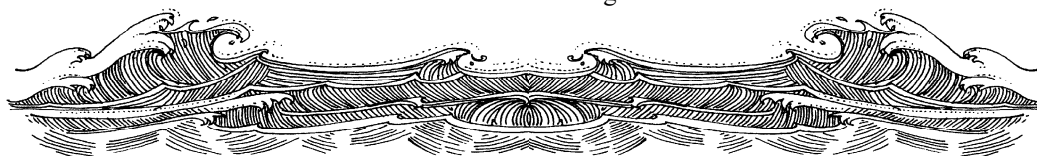
(Numbers 21:17)

אֶז יִשִּׁיר יִשְׂרָאֵל אֶת הַשִּׁירָה הַזֹּאת עָלַי בְּאֵר עֲנוּ-לָהּ.

Az yahir Yisrael et hashira hazot alli v'er enu la

Waters of healing, waters of life, we thirst for love and truth.
Waters of healing, waters of life, rise up and we'll sing with you.

Hanna Tiferet Siegel



I, Miriam, stand at the sea and turn to face
the desert stretching endless and still.
My eyes are dazzled, the sky brilliant blue,
sunburnt sands unyielding white.

My hands turn to dove wings.
My arms reach for the sky and
I want to sing the song rising inside me.
My mouth open, I stop.
Where are the words? Where the melody?

To take the first step – To sing a new song –
Is to close one's eyes and dive into unknown waters.
For a moment, knowing nothing, risking all –
but then to discover

The waters are friendly, the ground is firm and the song –
the song rises again.

Out of my mouth come words lifting the wind.
And I hear for the first the song that has been in my heart

Silent
Unknown
Even to me.

Ruth Sohn

Miriam's Slow Snake Dance

Part 1 nigun: *Lai-dai-dai-dai* . . .

Miriam (echo), *bim-hei-ra* (echo),
na lam-di-nu (echo), *ri-ku-da-yich* (echo).

Miriam come quickly, please teach us your dances.

Linda Hirschhorn

SH'MA KOLEINU

By Beth Schafer

**With humility and graciousness we stand before You.
The days have made us weary and unsure.
And although we've made mistakes the truth is we adore
You, and ask that You'll be with us evermore.**

**Sh'ma ko-lei-nu, hear our voices
Adonai Eloheinu, our One and only God,
Have compassion on us your children
And with compassion hear our prayer.**

**If you look into our eyes, you'll find a quest for learning.
If you look into our hearts, you'll find true love.
If you look inside our souls, you'll find a constant burning
It's the fire that's been kindled from above.**

**Sh'ma ko-lei-nu, hear our voices
Adonai Eloheinu, our One and only God,
Have compassion on us your children
And with compassion hear our prayer.**

**And if we've strayed, don't push us away.
Help us to return to what is right
We know that it's late, but we're willing to wait
For Your answer, for Your blessing, for Your light.**

Miriam's Song

And the women dancing with their timbrels
Followed Miriam as she sang her song
Sing a song to the One whom we've exalted
Miriam and the women danced and danced the whole night long

And Miriam was a weaver of unique variety
The tapestry she wove was one which sang our history
With every strand and every thread she crafted her delight
A woman touched with spirit, she dances toward the light.

When Miriam stood upon the shore and gazed across the sea
The wonder of this miracle she soon came to believe
Whoever thought the sea would part with an outstretched hand
And we would pass to freedom and march to the Promised Land.

And Miriam the prophet took her timbrel in her hand
And all the women followed her, just as she had planned
And Miriam raised her voice in song, she sang with praise and might
“We've just lived through a miracle; we're going to dance tonight!”

Debbie Friedman, based on Exodus 15:20-1



Mi Chamocha

מִי כַמֹּכָה בְּאֵלִים יְהוָה, מִי כַמֹּכָה נֹאדָר בְּקֹדֶשׁ, נוֹרָא תְהִלַּת עֲשֵׂה פְלֵא.

Mi chamocha ba'eilim Adonai, mi kamocha, ne'dar bakodesh, nora t'hilot, oseh feleh?

Who is like You, God, among all that is worshipped?
Who is like You, majestic in holiness, awesome in splendor, working wonders?

שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִּים לְשִׁמְךָ עַל שְׁפַת הַיָּם. יַחַד כָּלֶם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

*Shirah hadashah shib'chu g'ulim l'shimcha al s'fat hayam.
Yachad kulam hodu v'himlichu v'amru.*

The redeemed sang a new song for You.
They sang in chorus at the shore of the sea, acclaiming Your sovereignty:

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.

*Adonai yimloch l'olam va'ed.
Adonai shall reign throughout all time.*

God, You Listen

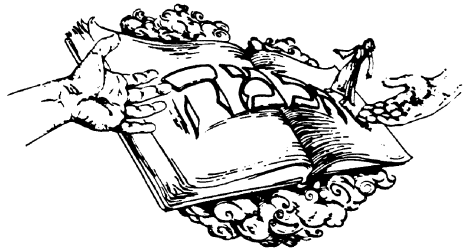
God, You listen to prayer.
Hear our prayers when they are worth listening to.

God, You are one.
Hear us when we are one people.
Hear each of us when we speak as a whole person, a single one.

God, You create.
Hear us when we try to create a loving relationship,
or a better ground for a growing soul, or hope.

God, You know us.
Help us to summon our souls,
to stretch with utmost love toward You.

Ruth Brin



God, Our Friend

Almighty God, we thank You for this hour of prayer,
this precious opportunity of realizing Your presence,

*Of laying before You our desires,
our hopes, our gratitude.
Of all blessed things the realization
of Your presence is the most blessed.*

How empty would our life be without it.
Without You, in the maze of our confused world,
if we did not come back.

*From time to time to commune with You,
to receive the assurance of Your existence and Your love.*

How good it is to know that You are with us,
in all our difficulties and times of distress,

*To feel that in You we have one Friend
Whose help is sure, whose love is unchangeable.*

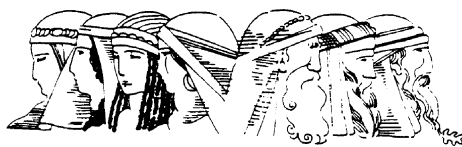
Amidah For Shabbat Morning

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתֶךָ.

Adonai s'fatai tiftach u'fi yagid t'hilatecha.

Oh, God open up my lips, as I begin to pray.

music: Hanna Tiferet Siegel



בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ: אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב.
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה, וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת וְאֲמָהוֹת, וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם,
לְמַעַן שְׂמוֹ בְּאַהֲבָה. מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמְגַן. בְּרוּךְ אַתָּה יְיָ, מְגַן אַבְרָהָם וּפּוֹקֵד שָׂרָה.

Baruch atah Adonai, Eloheinu veilohei avoteinu v'imoteinu: Elohei Avraham, elohei Yitz'chak, v'elohei Ya'akov. Elohei Sarah, elohei Rivkah, elohei Leah, v'elohei Rachel. Ha'el hagadol hagibor v'hanora, el elyon. Gomeil chasadim tovim, v'konei hakol, v'zocher chas'dei avot v'imahot, u'meivi goel liv'nei v'neihem, l'ma'on sh'mo, b'ahavah. Mehlech ozer u'moshia u'magein. Baruch atah Adonai, magein Avraham u'fokeid Sarah.

Praised be Our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah, and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors and in love bring redemption to their children's children for the sake of Your name. You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Guardian of Sarah.

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ.

(From Shemini Atzeret to Pesach add:) מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם:

מְכַלְכֵּל חַיִּים בְּחַסֵּד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עֶפְרָי. מִי כְמוֹךָ בְּעַל גְּבוּרֹת וּמִי דוֹמֵה לָךְ, מְלֶךְ מִמִּית וּמְחַיֶּה וּמְצַמְחֵה
יְשׁוּעָה. וְנִצְאָמֵן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה יְיָ הוֹה מְחַיֶּה הַמֵּתִים.

Atah gibor l'olam, Adonai, m'chayei metim atah, rav l'hoshi'a. (From Shemini Atzeret to Pesach add: Mashiv haru'ach umorid hagashem.) M'chalkeil chayim b'chehsed, m'chayei meitim b'rachamim rabim. Someich noflim, v'rofei cholim, u'matir asurim, u'm'kayeim emunato lisheinei afar. Mi chamocha ba'al g'vurot, umi domeh lach, mehlech meimit u'm'chayeh u'matzmiach y'shu'ah. V'ne'eman atah l'hachayot meitim. Baruch atah Adonai, m'chayei hameitim.

Your might O God, is boundless. You give life to the dead; great is Your saving power. (You cause the wind to blow and the rain to fall.) Your lovingkindness sustains the living, Your great mercies give life to the dead. You support the falling, heal the ailing, free the fettered. 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 and deliverance. Faithful are You in giving life to the dead. Praised are You, *Adonai*, Master of life and death.

K'dushah

When the Reader chants the Amidah aloud, K'dushah is added.
The congregation chants the indented verses aloud.

נְקַדֵּשׁ אֶת־שִׁמְךָ בְּעוֹלָם, כְּשֵׁם שְׁמִקְדֵי־שָׁמַיִם אוֹתוֹ בְּשָׁמַיִם מְרוֹם, כַּכְּתוּב עַל־יַד נְבִיאֶיךָ:
וְקָרָא זֶה אֶל־זֶה וְאָמַר:

N'kadeish et shim'cha ba'olam, k'shem shemak'dishim otoh bishmei marom, kakatuv al yad n'vi'echa: v'kara ze el ze v'amar:

We proclaim Your holiness on earth as it is proclaimed in heaven above. We sing the words of heavenly voices as recorded in Your prophet's vision:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְהוָה זְבָאוֹת, מְלֵא כָּל־הָאָרֶץ כְּבוֹדוֹ.

Kadosh kadosh kadosh Adonai tzevaot, m'lo khol ha'aretz k'vodo.

Holy, holy, holy Adonai tzeva'ot. The whole world is filled with God's glory!

אֲז בְּקוֹל רַעַשׁ גָּדוֹל אֲדִיר וְחֶזֶק מְשִׁמֵּיעִים קוֹל, מִתְנַשְׂאִים לְעֲמַת שְׂרָפִים, לְעֲמַתָּם
בְּרוּךְ יְאֹמְרוּ:

Az b'kol gadol adir v'chazak mashmi'im kol, mitnas'im l'umat s'rafim, l'umatam baruch yomeiru.
In thundering chorus, majestic voices resound, lifted toward singing seraphim and responding:

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ.

Baruch k'vod Adonai mim'komo.

Praised is the glory of Adonai throughout the universe.



מִמְּקוֹמְךָ מְלֻכְנוּ תוֹפִיעַ וְתִמְלוֹךְ עָלֵינוּ, כִּי מַחֲכִים אֲנַחְנוּ לָךְ. מַתִּי תִמְלוֹךְ בְּצִיּוֹן,
בְּקָרוֹב בְּיָמֵינוּ לְעוֹלָם וָעֶד תִּשְׁכּוֹן. תִּתְגַּדַּל וְתִתְקַדֵּשׁ בְּתוֹךְ יְרוּשָׁלַיִם עִירְךָ לְדוֹר
וְדוֹר וּלְנֹצֵחַ נִצְחִים. וְעֵינֵינוּ תִרְאִינָה מְלֻכּוֹתֶךָ, כַּדְּבַר הָאָמֹר בְּשִׁירֵי עֲזָרָה, עַל יְדֵי דָוִד
מְשִׁיחַ צְדָקָךְ.

Mimkom'cha malkeinu tofi'ah v'timloch aleinu, ki m'chakim anachnu lach. Matai timloch b'tziyon, b'karov b'yameinu l'olam va'ed tishkon. Titgadal v'titkadash b'toch y'rushalayim ir'cha l'dor vador ul'neitzach n'tzachim. V'eineinu tir'ena malchutecha, kadavar ha'amur b'shinei uzecha, al y'dei david tzidkecha.

Throughout Your universe reveal Yourself, our Sovereign, and reign over us, for we await You. When will You reign in Zion? Let it be soon, in our time and throughout all time. May Your glory and holiness be apparent to all in Jerusalem, Your city, from generation to generation, eternally. May we see Your sovereignty, described in David's psalms which sing Your splendor:

מִלְךָ יְהוָה לְעוֹלָם, אֶלְהֵיךָ צִיּוֹן, לְדוֹר וָדוֹר. הַלְלוּיָהּ.

Yimloch Adonai l'olam, elohayich tziyon l'dor va'dor. Halleluyah.

Adonai shall reign through all generations; Zion, your God, shall reign forever. Halleluyah.

לְדוֹר וָדוֹר נִגִּיד גְּדֻלַּתְךָ וְלִנְצַח נִצְחִים קִדְשָׁתְךָ נִקְדִּישׁ. וְשִׁבְחָךָ
אֱלֹהֵינוּ מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה.

L'dor vador nigid god'lecha ul'netzach n'tzachim k'dushatcha nakdish. V'shivchacha eloheinu mipinu lo yamush l'olam va'ed, ki eil melech gadol v'kadosh atah.

We declare Your greatness through all generations, hallow Your holiness to all eternity. Your praise will never leave our lips, for You are God and Sovereign, great and holy.

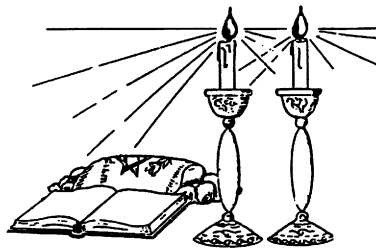
בָּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.
Baruch ata Adonai haeil hakadosh.
Praised are You, Adonai, holy God.

Vismach Moshe

יִשְׂמַח מֹשֶׁה בְּמַתַּנַּת חֶלְקוֹ, כִּי עָבַד נְאֻמָּן קָרָאתָ לוֹ. כְּלִיל תְּפִאָרֶת בְּרָאשׁוֹ נָתַתָּ, בְּעַמּוּדוֹ
לְפָנֶיךָ עַל הַר סִינַי. וּשְׁנֵי לוחֹת אֲבָנִים הוֹרִיד בְּיָדוֹ, וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת, וְכֵן
כָּתוּב בְּתוֹרָתְךָ:

Yis'mach moshe b'matnat chel'ko, ki ever ne'eman karatah lo. K'lil tif'eret b'rosho natatah, b'amdo l'fanecha al har sinai. Ush'nei luchot avanim horid b'yado, u'chatuv bahem shmirat shabbat, v'chein katuv b'toratecha.

Moses rejoiced in the gift of his destiny: that You considered him a faithful servant. A crown of splendor You placed upon his head as he stood in Your Presence atop Mount Sinai. He brought down Two tablets of stone, inscribed with the observance of *Shabbat*. As it is written in Your Torah:



V'shamru

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת, לְעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם. בֵּינִי וּבֵין בְּנֵי
יִשְׂרָאֵל אוֹת הִיא לְעֹלָם, כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ, וּבַיּוֹם
הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

V'sham'ru v'nei Yis'ra'el et hashabat, la'asot et hashabat l'dorotam b'rit olam. Beini uvein b'nei Yis'ra'el ot hi l'olam, ki sheishet yamim asa Adonai et hashamayim v'et ha'aretz, uwayom hash'vi'i shavat vayinafash.

The people of Israel shall keep the Sabbath in every generation as a covenant for all time. It is a sign forever between Me and the people of Israel. For in six days the Eternal God made heaven and earth, and on the seventh day the Creator rested.

Untie

Dear God,

We are bound with very tight knots.

They choke off air and stop the blood from pulsating freely.

The knots make us like computers with carefully controlled circuitry.

The knots in our brains tie our creativity – our link with You.

We follow the knot around in its intricacy – but it remains a knot.

The knots in our hearts keep us from crying and dancing when we long to –

They tie us to the posts of the fences that separate us from each other.

The knots in our muscles keep our teeth clenched, our jaws locked,

our legs crossed, our shoulders stooped, our backs bent,

our chests from inhaling and exhaling the full sweetness of life's breath.

O, God, untie all our knots!

Sheila Peltz Weinberg



R'tzei

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחֵתָנוּ. קְדֹשְׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ בְּתוֹרַתְךָ, שְׂבַעֲנוּ
מִטּוֹבְךָ וְשִׂמְחָנוּ בִּישׁוּעָתְךָ, וְטַהֵר לְבָנֵנוּ לְעִבְדֶּךָ בְּאַמֶּת. וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ בְּאַהֲבָה
וּבְרִצּוֹן שְׂבַת קְדֹשְׁךָ, וְיִנּוּחוּ בָּהּ יִשְׂרָאֵל מִקְדָּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשְּׂבַת.

*Eloheinu veilohei avoteinu, r'tzei vimnuchateinu. Kad'sheinu b'mitzvotcha v'tein chelkeinu
b'toratecha, sab'einu mituvehcha v'samcheinu bishu'atecha, v'taheir libeinu l'ovd'cha be'emet.
V'hanhileinu Adonai eloheinu b'ahavah uv'ratzon shabbat kod'shecha, v'yanuchu va Yisra'el
m'kad'shei sh'mecha. Baruch atah Adonai m'kadeish hashabat.*

Our God and God of ages past, be pleased with our *Shabbat* rest. Make our lives holy with your *Mitzvot*, and let Your Torah be our way of life. Fill our lives with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. *Adonai*, our God, let Your holy Sabbath remain our heritage, that all Israel, hallowing Your name, may find rest and peace. Praised are You, *Adonai*, Who hallows *Shabbat*.

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעִמְךָ יִשְׂרָאֵל וּבְתַפְלָתָם, וְהֵשֵׁב אֶת־הָעֲבוּדָה לְדָבִיר בֵּיתְךָ, וְתַפְלָתָם
בְּאַהֲבָה תִקַּבַּל בְּרִצּוֹן, וְתִהְיֶה לְרִצּוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמְךָ. וְתַחֲזִינָה עֵינֵינוּ בְּשׁוֹבְךָ
לְצִיּוֹן בְּרַחֲמִים. בְּרוּךְ אַתָּה יְהוָה הַמְחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן.

*R'tzei Adonai eloheinu b'amcha Yisra'el uvit'filatam, v'hasheiv et ha'avodah lid'vir beitecha,
ut'filatam b'ahavah t'kabeil b'ratzon, ut'hi l'ratzon tamid avodat Yisra'el amecha. V'techezenah
eineinu b'shuvcha l'tziyon b'rachamim. Baruch atah Adonai hamachazir sh'chinato l'tziyon.*

Look with favor, *Adonai* our God, upon Your people Israel and their prayers. Return our service to the holiest place in Your House. Accept our prayers and receive them in love. May the worship of Your people Israel always find favor with You. May we witness Your merciful return to Zion. Holy One of Blessing, Your Presence gives life to Zion and all Israel.



I have come before You as a single Jew
to pray the great prayer of my people.
It may be that no one has ever addressed You
from the spot on which I stand.
It may be that this mouth of mine
has never formed these words.

Perhaps some spark is slumbering here,
waiting for me and my prayer – a spark which only I can raise.

Give me the strength to concentrate my mind, my body, my senses
on this prayer, this time, this place alone,
so that no lamp will remain unlit on my account.

Rachel Adler

Modim

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֲתָהּ הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד, צוּר חַיֵּינוּ מִגֵּן
יִשְׁעֵנוּ אֲתָהּ הוּא לְדוֹר וָדוֹר. נוֹדֶה לָךְ וְנִסְפֵר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ וְעַל
נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ וְעַל נְסִיךְ שְׂבָכְל־יוֹם עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכְל עֵת,
עָרֵב וּבִקֵּר וְצָהָרִים. הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרָחַם כִּי־לֹא תָמוּ חֲסָדֶיךָ, מִעוֹלָם קִיְּנוּ
לָךְ.

*Modim anachnu lach, sha'atah hu Adonai eloheinu veilohei avoteinu l'olam va'ed, tzur chayeinu
magein yish'einu atah hu l'dor vador. Nodeh l'cha un'sapeir t'hilatecha, al chayeinu hamsurim
b'yadecha v'al nishmoteinu hapkudot lach v'al nisecha sheb'chol yom imanu, v'al nif'lotecha
v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim. Hatov ki lo chalu rachamecha, v'hamracheim
ki lo tamu chasadecha, mei'olam kivinu lach.*

We gratefully acknowledge that You are *Adonai* our God and God of our people, the God of all generations. You are the Rock of our life, the Power that shields us in every generation. We thank You and praise You morning, noon, and night for Your miracles which daily attend us and for Your wondrous kindnesses. Our lives are in Your hand; our souls are in Your charge. You are good, with everlasting mercy; You are compassionate, with enduring lovingkindness. We have always placed our hope in You.

וְעַל כָּל־מִבְּרָכָי וְיִתְרוֹמָם שְׂמַחַ מְלַכְּנוּ, תָּמִיד לְעוֹלָם וָעֶד.

V'al kulam yit'barach v'yit'romam shim'cha malkeinu, tamid l'olam va'ed.

For all these blessings we shall ever praise and exalt You.

וְכָל הַחַיִּים יוֹדוּךָ סֶלָה, וְיִהְלְלוּ אֶת־שְׂמֹךְ בְּאַמֶּת, הָאֵל יִשׁוּעָתָנוּ וְעִזְרָתָנוּ סֶלָה. בְּרוּךְ
אֲתָהּ יְהוָה, הַטוֹב שְׂמַחַ וְלָךְ נֶאֱדָה לְהוֹדוֹת.

*V'chol hachayim yoducha selah, vihal'lu et shimcha be'emet, haeil y'shuateinu v'ezrateinu selah.
Baruch atah Adonai, hatov shimcha ul'cha na'eh l'hodot.*

May every living creature thank You and praise You faithfully, our deliverance and our help. Praised are You, beneficent God to whom all praise is due.

שִׁים שְׁלוֹם בְּעוֹלָם, טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל עַמְּךָ.
 בְּרַכְנוּ אֲבִינוּ כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנִיךָ, כִּי בְאוֹר פְּנִיךָ נִתַּת לָנוּ, יְהוּה אֱלֹהֵינוּ, תּוֹרַת
 חַיִּים וְאַהֲבַת חֶסֶד, וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
 אֶת-עַמְּךָ יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל-שָׁעָה בְּשְׁלוֹמְךָ.

*Sim shalom ba'olam, tovah uv'racha, chein vachessed v'rachamim aleinu v'al kol Yisra'el
 amecha. Bar'cheinu avinu kulanu k'echad b'or panecha, ki v'or panecha, natata lanu, Adonai
 eloheinu, torat chayim v'ahavat chesed, utz'dakah uv'racha v'rachamim v'chayim v'shalom.
 V'tov b'einecha l'vareich et am'cha Yisra'el b'chol eit u'v'chol sha'ah bish'lomecha.*

Grant peace to the world, with happiness and blessing, grace, love, and mercy for us and for all the
 people Israel. Bless us, our Creator, one and all, with Your light; for by that light did You teach us
 Torah and life, love and tenderness, justice and mercy, and peace. May it please You to bless Your
 people Israel in every season and at all times with Your gift of peace.

בְּרוּךְ אַתָּה יְהוּה הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Baruch atah Adonai ham'vareich
 Praised are You, Adonai, who blesses

et amo Yisra'el bashalom.
 Your people Israel with peace.



Silent Meditation

Elohai N'tzor

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעַע וּשְׁפָתַי מִדְּבַר מִרְמָה, וְלִמְקַלְלֵי נַפְשֵׁי תְדוּם, וְנַפְשֵׁי כְּעַפָּר
 לְכָל תְּהִיָּה. פִּתַּח לְבָבִי בְּתוֹרַתְךָ וּבְמִצְוֹתֶיךָ תְּרַדּוּף נַפְשִׁי. וְכָל-הַחֹשְׁבִים עָלַי רָעָה,
 מְהִרָה הִפֵּר עֲצָתָם וְקִלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׂמֶךָ, עֲשֵׂה לְמַעַן יִמְנָךְ, עֲשֵׂה
 לְמַעַן קִדְשֶׁתְךָ, עֲשֵׂה לְמַעַן תּוֹרַתְךָ, לְמַעַן יַחְלִצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.
 יְהִיו לְרִצּוֹן אֲמֵרֵי-פִי וְהִגִּיוֹן לְבָבִי לְפָנֶיךָ, יְהוּה צוּרִי וְגוֹאֲלִי.

*Elohai, n'tzor l'shoni meira us'fatai midabeir mir'mah, v'lim'kal'lai nafshi tidom, v'nafshi
 ke'afar lakol tih'yeh. P'tach libi b'toratecha uv'mitzvotcha tirdof nafshi. V'chol hachoshvim
 alai ra'ah, m'heirah hafeir atzatham v'kal'keil machashavtam. Asei l'ma'an sh'mecha, asei
 l'ma'an y'minecha asei l'ma'an k'dushatecha, asei l'ma'an toratecha, l'ma'an yeichal'tzun
 y'didecha, hoshi'ah y'min'cha va'aneini. Yih'yu l'ratzon imrei fi v'hegyon libi l'fanecha,
 Adonai tzuri v'go'ali.*

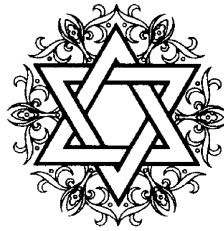
My God, Keep my tongue from evil, my lips from lies. Help me ignore those who slander me. Let
 me be humble before all. Open my heart to Your Torah, so that I may pursue Your *mitzvot*.
 Frustrate the designs of those who plot evil against me. Make nothing of their schemes. Do so
 because of Your compassion, Your power, Your holiness, and Your Torah. Answer my prayer for
 the deliverance of Your people. May the words of my mouth and the meditations of my heart be
 acceptable to You, my Rock and my Redeemer.

Before reciting the final paragraph of the Amidah, some people follow the custom of bowing and taking three steps backward, and three steps forward - leaving the sacred presence of God and entering back into our every day world.

עֲשֵׂה שָׁלוֹם בְּמִרְמֵי, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol Yisra'el v'imru amein.

May the One who makes peace in the heavens, make peace upon us,
and upon all Israel, and let us say: Amen.



Meditations on the Amidah

Overcoming Our Faults and Failures: A Guided Imagery Exercise

A Jerusalem *Kabbalist*, Colette Aboulker-Muscat, specializes in the use of imagery in spiritual practice. The following guided imagery exercise is based on her teaching.

Close your eyes and imagine that a beautiful apple tree is before you. There is a ladder leaning against the tree. Go up the ladder. There are apples on the tree. Take one. Look at it in your hand and see that it grows in size. Then it opens. Notice inside any dark spots. These are your faults and failings- anger, pride, whatever they are. Pluck them out with your other hand and throw them away. The apple closes. It reduces to its usual size. You put it back on the tree. You descend the ladder. Open your eyes.

Yitzhak Buxbaum



To pray is so necessary and so hard. Hard not because it requires intellect or knowledge or a big vocabulary, but because it requires of us humility. And that comes, I think, from a profound sense of one's brokenness, and one's need. Not the need that causes us to cry, "Get me out of this trouble, quick!" but the need that one feels every day of one's life - even though one does not acknowledge it - to be related to something bigger than one's self, something more alive than one's self, something older and something not yet born, that will endure through time.

Lillian Smith

A Prayer for Peace

May we see the day when war and bloodshed cease,
when a great peace will embrace the whole world.

Then nation will not threaten nation,
and humankind will not again know war.

For all who live on earth shall realize
we have not come into being to hate or to destroy.
We have come into being to praise, to labor and to love.

Compassionate God, bless the leaders of all nations
with the power of compassion.

Fulfill the promise conveyed in Scripture:

I will bring peace to the land,
and you shall lie down and no one shall terrify you.

I will rid the land of vicious beasts and it shall not be ravaged by war.

Let love and justice flow like a mighty stream.
Let peace fill the earth as the waters fill the sea.
And let us say: Amen.

Nasim Shalom

נְשִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים.
Nasim shalom tova uv'racha, chein vachased v'rachamim.



Let the light of Your presence
Be the light of our lives
Grant us happiness, mercy and peace
May the people of Israel join hands with the world
And our passion for justice increase.

Let the light of Your Torah be the light of our dreams.
Grant us goodness, grant us blessings and love
May our yearning for peace be a blessing to the world.
As the olive branch soars with the dove.

words and music: Debbie Friedman

Lo Yisa Goi

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב, לֹא יִלְמְדוּ עוֹד מִלְחָמָה.
Lo yisa goi el goi cherev, lo yilm'du od milchama.

Let no nation lift a sword against a nation - let them learn no more the ways of war!

Torah Service

אֵין כְּמוֹךָ בְּאֱלֹהִים אֲדֹנָי, וְאֵין כְּמַעֲשֶׂיךָ.
מִלְכוּתְךָ מִלְכוּת כָּל-עוֹלָמִים, וּמַמְשַׁלְתְּךָ בְּכָל-דּוֹר וָדוֹר.

*Ein kamocho va'elohim Adonai, v'ein k'ma'asecha.
Mal'chut'cha mal'chut kol olamim, u'mem'shal't'cha b'chol dor vador.*

None compare to You, O God, and nothing compares to Your creation.
Your sovereignty is everlasting; Your dominion endures throughout all generations.

יְהוָה מֶלֶךְ, יְהוָה מֶלֶךְ, יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.
יְהוָה עֹז לְעַמּוֹ יִתֵּן, יְהוָה יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם.

*Adonai melech, Adonai malach, Adonai yimloch l'olam va'ed.
Adonai oz l'amo yiten, Adonai y'varech et amo vashalom.*

*Adonai reigns, Adonai has reigned, Adonai will reign for all eternity.
May God give strength to His people; may the Sh'chinah bless Her people with peace.*

אֵב הַרְחָמִים, הֵיטִיבָהּ בְּרָצוֹנָךְ אֶת-צִיּוֹן, תִּבְנֶה חוֹמוֹת יְרוּשָׁלָּיִם.
כִּי כָךְ לְבַד בְּטַחָנוּ, מֶלֶךְ אֵל רַם וְנִשְׂא, אֲדוֹן עוֹלָמִים.

*Av harachamin heitivah virtzoncha et tzion, tivneh chomot yerushalayim.
Ki v'cha l'vad batachnu, melech Eil ram v'nisa Adon olamim.*

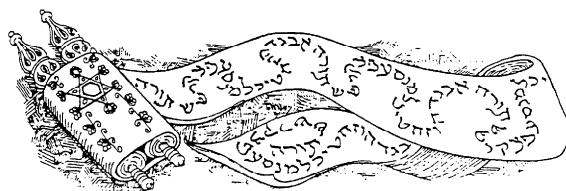
Source of mercy, favor Zion with Your goodness; let Jerusalem be rebuilt.
In You alone do we put our trust, O Sovereign God, high and exalted, God of eternity.

We rise as the Ark is opened

וַיְהִי בְּנִסְעֵ הָאָרֶץ וַיֹּאמֶר מֹשֶׁה: קוּמָה יְהוָה וַיִּפְצוּ אֵיבֶיךָ, וַיִּנָּסוּ מִשְׁנֵאֵיךָ מִפְּנֵיךָ.

*Va'y'hi binso'a ha'aron va'yomer Moshe:
kuma Adonai v'yafutzu oy'vecha, v'yanusu m'san'echa mipanecha.*

Whenever the Ark was carried forward, Moses would say: Arise, God.
May Your enemies be scattered, may Your foes be put to flight.



כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה, וּדְבַר-יְהוָה מִירוּשָׁלָּיִם.

*Ki mitzion tetze Torah, u'd'var Adonai mirushalayim.
Torah shall come from Zion, the word of Adonai from Jerusalem.*

בָּרוּךְ שֶׁנָּתַן תוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקֹדֶשׁתּוֹ.

*Baruch shenatan Torah l'amo yisrael bik'dushato.
Praised be the One who in holiness gives Torah to our people Israel.*

יְהוָה אֱנֶה רַחֵץ וְלִשְׁמֵהּ קִדִּישָׁא יְקִירָא אָנָּא אָמַר תּוּשְׁבְּחָן.
יְהִיא רַעְוָא קְדָמְךָ דְּתַפְתַּח לְבִי בְּאוֹרֵיתָא.
וְתִשְׁלִים מִשְׁאַלֵּין דְּלְבִי. וְלִבָּא דְּכָל-עַמְךָ יִשְׂרָאֵל. לְטָב וְלְחַיִּין וְלְשָׁלָם. אָמֵן.

Bei ana racheitz v'lishmei kadisha yakira, ana amar tush'b'chan.

Y'hei ra'avah kodamach d'tiftach libi b'oraita.

V'tashlim mish'alim dilibi. V'liba d'chol amach Yisra'el. L'tav ul'chayin v'lishlam. Amen.

In the Holy One do we put our trust; unto God's holy, precious being do we utter praise.
Open our hearts to Your Torah. Answer our prayers and the prayers of all Your people Israel
for goodness, for life, and for peace. Amen.

The Sefer Torah is taken out of the Ark. Reader, then congregation:

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Sh'ma yisrael Adonai Eloheinu Adonai echad.

Hear, O Israel: Adonai is our God, Adonai is One.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵינוּ, קָדוֹשׁ שְׁמוֹ.

Echad Eloheinu, gadol Adoneinu, kadosh sh'mo.

Our God is One, our God is great; holiness is God's nature.

Reader:

גָּדְלוֹ לִיהִיָּה אִתִּי, וְנִרְוֹמְמָה שְׁמוֹ יַחְדָּו.

Gadlu ladonai iti, un'rom'ma sh'mo yachdav.

Proclaim God's greatness with me; let us exalt God together.



Reader and congregation:

לְךָ יְהוָה הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְחָה וְהַהוֹד
כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ: לְךָ יְהוָה הַמְּמֹלָכָה וְהַמְּתַנַּשָּׂא לְכָל לְרֹאשׁ:

L'cha Adonai hag'dula v'hag'vura v'hatiferet v'haneitzach v'hahod,

ki chol bashamayim uva'aretz, l'cha Adonai hamamlacha v'hamitnasei l'chol l'rosh.

Yours, O God, is the greatness and the power and the splendor. Yours is the triumph and the majesty;
for all that is in heaven and on earth is Yours. Yours is supreme sovereignty.

רוֹמְמוֹ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהֵדֵם רַגְלָיו קְדוֹשׁ הוּא:
רוֹמְמוֹ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהֵר קְדָשׁוֹ כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ:

Rom'mu Adonai eloheinu v'hishtachavu lahadom raglav kadosh hu.

Rom'mu Adonai eloheinu v'hishtachavu lehar kodsho ki kadosh Adonai eloheynu.

Exalt and worship God, for God is holy. Exalt and worship God at the holy mountain.

The Eternal One, our God is holy.

וְיַעֲזֹר וְיִגְן וְיִשְׁעֵ לְכָל הַחֹסִים בּוֹ וְנֹאמַר אָמֵן:
הַכֹּל הֵבִי גִדְל לְאַלְהֵינוּ וְתִנּוּ כְבוֹד לְתוֹרָה: תַּעֲמִד _____

Strengthen, protect, and redeem all who trust in God, and say: Amen. Let all ascribe greatness to our God, and give honour to the Torah. Let ____ Aliyah honouree come forward.

בְּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:

Blessed be the One who with divine holiness has given Torah to our people Israel.

Congregation and Reader continue:

וְאַתֶּם הַדְּבָקִים בִּיהוָה אֱלֹהֵיכֶם חַיִּים כָּלְכֶם הַיּוֹם:

Ve'atem had'veikim ba'Adonay Eloheichem chayim, kulchem hayom.

You who cleave to the Eternal your God, are alive, every one of you, today. Deuteronomy 4

Blessing Before Reading the Torah

Each person called up to the Torah touches it with tzitzit, kisses the tzitzit, holds the handles of the Torah and recites:

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ!

Bar'chu et Adonai ham'vorach!

Praise the One to whom praise is due!

Congregation, repeated by people with the Aliyah:

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד!

Baruch Adonai ham'vorach l'olam va'ed!

Praised be the One to whom praise is due, now and for ever!

Aliyah continues:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים,
וְנָתַן-לָנוּ אֶת תּוֹרָתוֹ. בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

*Baruch atah Adonai eloheinu melech ha'olam asher bachar banu mikol ha'amim,
v'natan lanu et Torato. Baruch atah Adonai, notein haTorah.*

Praised be our Eternal God, Ruler of the universe, who has chosen us from all peoples by giving us the Torah.

We praise You, Eternal One, Giver of the Torah.

Blessing After Reading the Torah

The Torah reader indicates the last word of the reading with the yad, and the "touch and kiss" procedure is repeated. Again the "handles" may be held during the blessing.

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

*Baruch atah Adonai eloheinu melech ha'olam asher natan lanu toraht emet,
v'cha'yei olam nata b'tocheinu. Baruch atah Adonai, notein haTorah.*

Praised be our Eternal God, Ruler of the universe, who has given us a Torah of truth, implanting within us eternal life. We praise You, Eternal One, Giver of the Torah.

Prayer for the Sick - *Mi Shebeirach C'cholim*

I do not beg You to reveal to me the secret of Your ways; I could not bear it. But show me one thing; show it to me more clearly and more deeply: show me what this, which is happening at this very moment, means to me, what it demands of me, and what You, *Ribbono Shel Olam*, are telling me by way of it. I do not wish to know why I suffer, but only whether I suffer for Your sake.

Rabbi Levi Yitzhak of Berdichev

מִי שְׁבִרְךָ אֲבוֹתֵינוּ, אֲבִרְהֵם יִצְחָק וְיַעֲקֹב, וְאַמּוֹתֵינוּ, שָׂרָה רַבֵּקָה רָחֵל וְלֵאָה, הוּא יְבָרְךָ וַיְרַפֵּא אֶת־הַחֹלִים שְׁלָנוּ. הַקְּדוֹשׁ בְּרוּךְ הוּא יִמְלֵא רַחֲמִים עָלֵיהֶם לְהַחֲלִימָם וְלִרְפְּאוֹתָם, לְהַחֲזִיקָם, וְלִישְׁלַח לָהֶם בְּמַהֲרָה רְפוּאָה שְׁלֵמָה, רְפוּאָת הַנַּפְשׁ וְרְפוּאָת הַגּוּף, בְּתוֹךְ שְׁאֵר חוּלֵי יִשְׂרָאֵל הַשְּׂתָא בְּעַגְלָא וּבְזִמְן קָרִיב, וְנֹאמֵר אָמֵן.

Mi shebeirach avoteinu, Avraham, Yitzchak, v'Ya'akov, v'imoteinu, Sarah, Rivka, Rachel, v'Leah, hu y'vareich virapei et hacholim shelanu. Hakadosh baruch hu yimalei rachamim aleihem l'hachalimam ul'rap'otam, l'hachazikam, ul'hachayotom. V'yishlach lahem bimheira r'fu'a sh'leima, r'fu'at hanefesh u'r'fu'at haguf, b'toch sh'ar cholei Yisra'el hash'ta ba'agala u'viz'man kariv, v'nomar Amen.

O God, who blessed our ancestors, Abraham, Isaac and Jacob; Sarah, Rebekah, Rachel and Leah, send Your blessing to those of our dear ones who are ill and whom we now mention by name _____. Have mercy on them and graciously restore them to good health and strength. Grant them a *r'fu'a shlei'ma*, a complete recovery - both in spirit and in body - along with all others who are stricken. May healing come speedily to them, and let us say: Amen.

בְּרוּךְ אַתָּה יְהוָה רֹפֵא הַחֹלִים.

Baruch atah Adonai rofei hacholim.

Blessed are You, *Adonai*, healer of the sick.



A Song of Healing

מִי שְׁבִרְךָ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ

Mi shebeirach avoteinu m'kor hab'racha l'imoteinu

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.

מִי שְׁבִרְךָ אֲבוֹתֵינוּ מְקוֹר הַבְּרָכָה לְאַמּוֹתֵינוּ

Mi shebeirach imoteinu m'kor hab'racha lavoteinu

Bless those in need of healing with רְפוּאָה שְׁלֵמָה (*r'fu'a sh'leima*)

The renewal of body, The renewal of spirit. And let us say Amen.

Adapted by Debbie Friedman based on Mi Shebeirach

R'fa'einu

רְפָאֵנוּ מִקּוֹם רַחֲמִים וְנִרְפָּא הוֹשִׁיעֵנוּ וְנִשְׁעָה כִּי תִהְלֵתְנוּ אִתָּהּ.
R'fa'einu m'kor rachamim v'neirafei hoshi'einu v'nivashei'a ki t'hilateinu ata.

Heal us when we call for help, save us when we're in need.
Source of compassion, blessing and grace we humbly seek your embrace. Jeremiah 17:14

Hanna Tiferet Siegel

Birkat Hagomel

B'racha recited by one who has recovered from serious illness, one who has returned safely from a long journey, or one who has survived any type of danger (including childbirth).

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַגּוֹמֵל לְחַיִּים טוֹבוֹת, שְׂגַמְלָנִי כָּל-טוֹב.
Baruch atah Adonai eloheinu melech ha'olam, hagomeil l'chayavim tovot, she'gmalani kol tov.

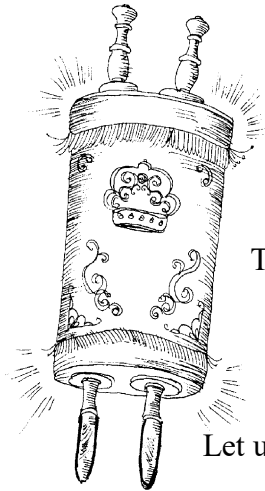
Praised are You, God, Ruler of the universe who graciously bestows favor upon the undeserving, even as You have bestowed favor upon me.

Congregation responds:

מִי שְׂגַמְלָךְ (שְׂגַמְלָךְ) כָּל-טוֹב הוּא יִגְמְלָךְ (יִגְמְלָךְ) כָּל-טוֹב סְלָה.
Mi she'g'maleich (she'g'mal'cha) kol tov hu yig'm'leich (yig'mol'cha) kol tov selah.
May the One who has been gracious to you continue to favor you with all that is good.

Returning the Torah

We Rise as the Torah is Lifted



וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לְפָנֵי בְנֵי יִשְׂרָאֵל,
עַל פִּי יְהוָה בְּיַד מֹשֶׁה.

*V'zot HaTorah asher sam Moshe lifney b'nei Yis'ra'el,
al pi Adonai b'yad Moshe.*

This is the Torah that Moses placed before the people Israel
at the command of God.

יְהַלְלוּ אֶת-שֵׁם יְהוָה כִּי נִשְׁגַּב שְׁמוֹ לְבָדוֹ.

Y'hal'lu et shem Adonai ki nis'gav sh'mo l'vado.

Let us praise the name of our God, for God's Name alone is exalted.

הוֹדוּ עַל אֶרֶץ וְשָׁמַיִם, וְיָרִם קֶרֶן לְעַמּוֹ,
תְּהִלָּה לְכָל-חַסִּידָיו, לְבְנֵי יִשְׂרָאֵל עַם קָרְבוֹ. הַלְלוּיָהּ.

*Hodo al eretz v'shamayim, vayarem keren l'amo
T'hilah l'chol chasidav, livnei Yisra'el am k'rovo. Hal'luya.*

Your splendor covers heaven and earth; You are the strength of Your people,
making glorious Your faithful ones, Israel, a people close to You, Halleluyah! (Psalm 148:13-14)

We return the Torah into the Ark, and say:

כִּי לֵקַח טוֹב נָתַתִּי לָכֶם, תּוֹרַתִּי אֶל תַּעֲזֹבוּ.

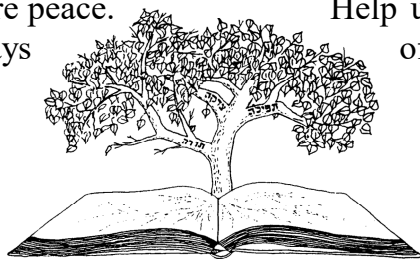
Ki lekach natati lachem, torati al ta'azovu.

Behold, a good doctrine has been given to you, My Torah; do not forsake it.

עֵץ חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתַמְכֶיהָ מְאֹשֶׁר. דְּרַכֶיהָ דְרָכֵי־נֹעַם, וְכָל־נְתִיבוֹתֶיהָ שְׁלוֹם. הַשִּׁבְנוּ יְהוָה אֱלֹהֵיךָ, וְנִשְׁוֵבָה. חֲדַשׁ יְמֵינוּ כְּקֶדֶם.

Eitz chayim hi lamachazikim ba, v'tomcheha m'ushar. D'racheha dar'chai no'am, v'chol n'tivoteha shalom. Hashiveinu Adonai eilecha v'nashuvah, chadeish yameinu k'kedem.

It is a tree of life to those who grasp it, and all who uphold it are blessed. Its ways are pleasantness, and all its paths are peace. Help us to turn to You, and we shall return. Renew our lives as in days of old.



Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדוּלָה לְיוֹצֵר בְּרָאשִׁית, שְׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה, שְׁלֹא שָׁם חֻלְקָנוּ כָּהֵם, וְגוֹרְלָנוּ כְּכָל־הַמּוֹנִם.

Aleinu l'shabei'ach la'adon hakol, lateit g'dulah l'yotzeir b'reishit, shelo asanu k'goyei ha'aratzot v'lo samanu k'mish'p'chot ha'adama; shelo sam chel'keinu kahem, v'goraleinu k'chol hamonam.

Let us adore the everliving God, and render praise unto *Adonai* who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. This is our God, there is none else.

וְאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
לְפָנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Va'anachnu kor'im u'mish'tachavim u'modim
lif'nei melech mal'chei ham'lachim, hakadosh baruch hu.*

We bow the head in reverence and worship
the Ruler of Rulers, the Holy One, praised be God.

וְנֵאמַר וְהָיָה יְיָ לְמֶלֶךְ עַל־כָּל־הָאָרֶץ, בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד וַשְׁמוֹ אֶחָד.

V'ne'amar; V'ha'ya Adonai l'melech al kol ha'arets, bayom hahu yi'h'yeh Adonai echad u'sh'mo echad.

And on that day, *Adonai* shall be One and God's name shall be One.

Mourners' Kaddish

Our thoughts turn to those who have departed this earth. As we remember them, let us allow our memory of them to be a joy and a source of strength and comfort to us. May they inspire us to a better life, to higher hopes, and to a greater contentment of spirit.

The origins of the *Kaddish* are mysterious; angels are said to have delivered it from heaven. The *Kaddish* possesses wonderful power providing a bond strong enough to join heaven to earth. It keeps the living together, and forms a bridge to the mysterious realm of the dead. This prayer protects and nurtures those who recite it, which is why it has been part of our liturgy for generations. One might almost ask: "how can a people disappear so long as children remember their parents?" This prayer does not acknowledge death, instead it permits the blossom, which has fallen from the tree of humankind, to flower and develop again in the human heart; therefore, it possesses the power to make us holy.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דִּי בְרָא, כְּרַעוּתָהּ וְיִמְלִיךָ מַלְכוּתָהּ, בְּחַיִּיכוֹן
וּבְיָוְמֵיכוֹן, וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאִמְרוּ אָמֵן:
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי עֵלְמַיָּא:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל שְׁמֵהּ דְקוּדְשָׁא
בְּרִיךְ הוּא. לְעֵלְא מִן כָּל-בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא, דְאִמְרִין בְּעֵלְמָא,
וְאִמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּהּ וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

עוֹשֶׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן:

*Yit'gadal v'yit'kadash sh'mei raba b'al'ma di v'ra chir'utei, v'yam'lich mal'chutei b'chayeichon
uv'yomeichon uv'chayei d'chol beit Yisra'el, ba'agala uviz'man kariv, v'im'ru: Amein.*

Y'hei sh'mei raba m'varach l'alam ul'al'mei al'maya.

*Yit'barach v'yish'tabach v'yit'pa'ar, v'yit'romam, v'yit'nasei, v'yit'hadar v'yit'aleh, v'yit'halal
sh'mei d'ku'd'sha, b'rich hu. L'eila min kol bir'chata v'shirata, tush'b'chata v'nechemata
da'amiran b'alma, v'im'ru: Amein.*

Y'hei sh'lama raba min sh'maya v'chiyim aleinu v'al kol Yis'ra'el, v'im'ru Amein.

Oseh shalom bim'romav, hu ya'aseh shalom aleinu v'al kol Yis'ra'el, v'im'ru Amein.

Sustaining Life. Embracing Death

נְבָרַךְ אֶת הַמְּעִין עַד־עַד מְפָכָה, מְעַגַּל הַחַיִּים הַמְּמִית וּמְחַיֶּה.

N'vareich et hama'ayan adei-ad m'fakeh, ma'gal hachayim hameimit um'chayeh.

Let us bless the well eternally giving, the circle of life ever dying ever living.

words: Marcia Falk music: Linda Hirschhorn

Ein Keiloheinu

אֵין כְּאַלְהֵינוּ, אֵין כְּאַדוֹנֵינוּ, אֵין כְּמַלְכֵנוּ, אֵין כְּמוֹשֵׁיעֵנוּ.
מִי כְּאַלְהֵינוּ ? מִי כְּאַדוֹנֵינוּ ? מִי כְּמַלְכֵנוּ ? מִי כְּמוֹשֵׁיעֵנוּ ?
נוֹדֶה לְאַלְהֵינוּ, נוֹדֶה לְאַדוֹנֵינוּ, נוֹדֶה לְמַלְכֵנוּ, נוֹדֶה לְמוֹשֵׁיעֵנוּ.
בְּרוּךְ אֱלֹהֵינוּ, בְּרוּךְ אֲדוֹנֵינוּ, בְּרוּךְ מַלְכֵנוּ, בְּרוּךְ מוֹשֵׁיעֵנוּ.
אַתָּה הוּא אֱלֹהֵינוּ, אַתָּה הוּא אֲדוֹנֵינוּ, אַתָּה הוּא מַלְכֵנוּ, אַתָּה הוּא מוֹשֵׁיעֵנוּ.

*Ein keiloheynu, ein kadoneinu, eyn k'malkeinu, ein k'moshi'einu.
Mi cheiloheinu, me chadoneinu, mi ch'malkeinu, mi ch'moshi'einu.
Nodeh leiloheynu, nodeh ladoneinu, nodeh l'malkeinu, nodeh l'moshi'einu.
Baruch eloheinu, baruch adoneinu, baruch malkeinu, baruch moshi'einu.
Atah hu eloheinu, atah hu adoneinu, atah hu malkeinu, atah hu moshi'einu.*

None is like our God, none like our provider, none like our sovereign, none like our redeemer!
Who is like our God? Who, like our provider? Who, like our Sovereign? Who, like our Redeemer?
We give thanks to our God, thanks to our provider, thanks to our sovereign, thanks to our redeemer.
Blessed is our God, blessed is our provider, blessed our Sovereign, blessed our redeemer.
You are our God, you are our provider, you are our sovereign, you are our redeemer.



Adon Olam

אֲדוֹן עוֹלָם אֲשֶׁר מַלְךְ. בְּטָרֵם כָּל יְצִיר נִבְרָא: לַעֲת נַעֲשֶׂה בְּחִפְצוֹ כָּל. אֲזִי מַלְךְ שְׁמוֹ נִקְרָא:
וְאַחֲרֵי כִכְלוֹת הַכָּל. לְבִדּוֹ יִמְלֹךְ נוֹרָא: וְהוּא הָיָה וְהוּא הוֹנֶה. וְהוּא יְהִיָּה בְּתַפְאָרָה:
וְהוּא אֶחָד וְאֵין שְׁנַי. לְהַמְשִׁיל לוֹ לְהַחְבִּירָה: בְּלִי רֵאשִׁית בְּלִי תַכְלִית וְלוֹ הָעֵז וְהַמְשָׁרָה:
וְהוּא אֵלִי וְחִי גּוֹאֲלִי. וְצוֹר חֲבָלֵי בְּעֵת צָרָה: וְהוּא נָסִי וּמְנוֹס לִי מִנַּת כּוֹסֵי בְיוֹם אֶקְרָא:
בְּיָדוֹ אֶפְקִיד רוּחִי בְּעֵת אִישָׁן וְאַעִירָה: וְעַם רוּחִי גְּוִיָּתִי יְהוּה לִי וְלֹא אִירָא:

*Adon olam asher malach, b'terem kol y'tzir nivra.
L'eit na'asah v'cheftzo kol, azai melech sh'mo nikra.*

*V'acharei kichlot hakol, l'vado yimloch nora. V'hu hayah v'hu hoveh, v'hu yihyeh b'tifarah.
V'hu echad v'ein sheini, l'hamshil lo l'hachbirah. B'li reishit b'li tachlit, v'lo ha'oz v'hamishrah.
V'hu eili vechai go'ali, v'tzur chevli b'eit tzarah. V'hu nisi umanos li, m'nat kosi b'yom ekra.
B'yado afkid ruchi, b'et ishan v'a'irah. V'im ruchi g'viyati, Adonai li v'lo ira.*

The Eternal reigned before the birth of every living thing. When all was made as was ordained, then only God was known as Ruler. When all is ended God will reign alone in awesome majesty. The Holy One was, is, will be, glorious in eternity. Peerless and unique is God, with none at all to be compared. Without beginnings and without end, the vast dominion is not shared. God is my life's redeemer, my refuge in distress, my shelter sure, my cup of life, with goodness limitless. I place my spirit in God's care, when I wake as when I sleep. God is with me, I shall not fear, body and spirit secure.

Closing Songs

Y'varech'cha

יְבָרְכֶךָ וַיְשִׁמְרֶךָ: יְאֵר אֶזְרְךָ אֵין סוּף פָּנָיו: וַיְשִׁם לְךָ שְׁלוֹם:

Y'varech'cha v'yishm'recha. Ya'eir or ein sof panav. V'yaseim lach shalom.

May the Divine One bless and protect you. May she grace you with the warmth of her smile.
May she turn to you and shine into your eyes, and enfold you in her mantle of peace.

words: Priestly Blessing, translated by Judith HaLevy & Marsha Attie



Y'varech'cha

יְבָרְכֶךָ יְהוָה וַיְשִׁמְרֶךָ:

Y'varech'cha Adonai v'yishm'recha.

May God bless you with good and keep you safe.

יְאֵר יְהוָה אֵלֶיךָ וַיְחַנֶּנֶךָ:

Ya'eir Adonai panav eilecha vichuneka.

May God be with you and be kind to you.

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיְשִׁם לְךָ שְׁלוֹם:

Yisa Adonai panav, panav eilecha, v'yaseim l'cha shalom, shalom.

May you always know that God is close
And may God give you the gift, the gift of peace.

David Kates

L'chi Lach

L'chi Lach to a land that I will show you,

Lech L'cha to a place you do not know

L'chi Lach on your journey I will bless you,

and you shall be a blessing (3x) L'chi Lach

L'chi Lach and I shall make your name great,

Lech L'cha and all shall praise your name

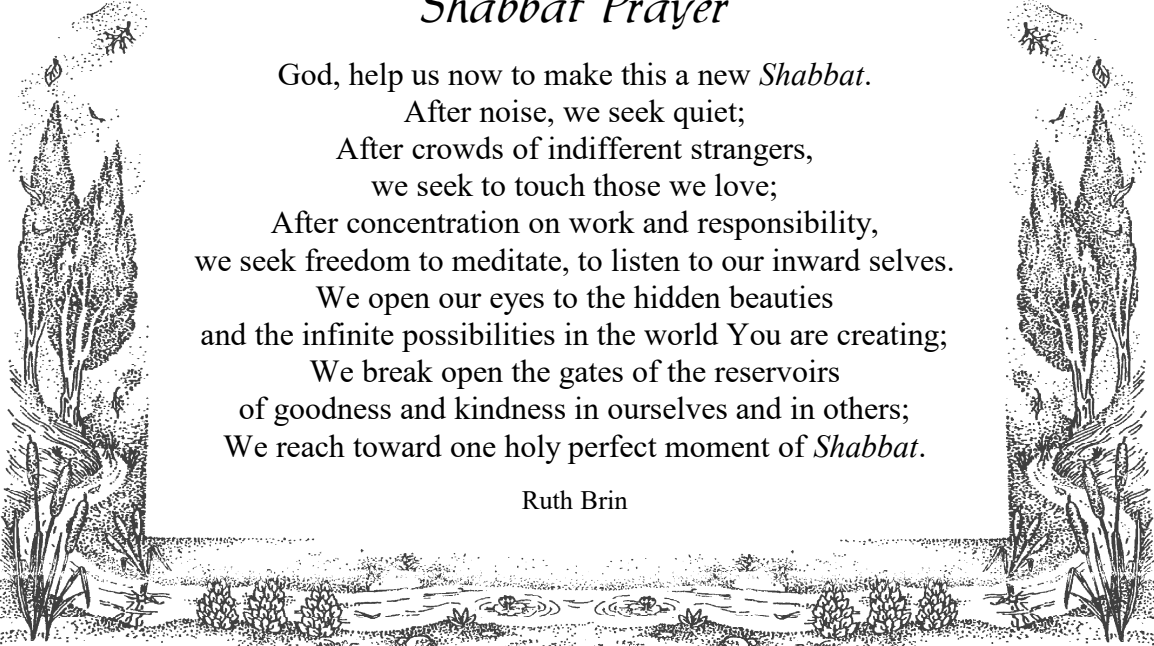
L'chi Lach to the place that I will show you,

L'simchat chayim (3x) L'chi Lach

Lyrics by Debbie Friedman and Savina Teubal

Additional Meditations

Shabbat Prayer



God, help us now to make this a new *Shabbat*.
After noise, we seek quiet;
After crowds of indifferent strangers,
we seek to touch those we love;
After concentration on work and responsibility,
we seek freedom to meditate, to listen to our inward selves.
We open our eyes to the hidden beauties
and the infinite possibilities in the world You are creating;
We break open the gates of the reservoirs
of goodness and kindness in ourselves and in others;
We reach toward one holy perfect moment of *Shabbat*.

Ruth Brin

Place Me Under Your Wing

Place me under your wing and be to me mother and sister.
And allow your breast to shelter my head, the nest of my deepest prayers.
In time of mercy in twilight hours bend over and I'll disclose the secrets of my suffering:
They say, there is youth in the world. Where is my youth?
And one more secret I'll confess: My soul burned in the flame.
They say there is love in the world. What is love?
The stars lied to me, there was a dream - it also passed;
Now I have nothing in the world - I have nothing.
Place me under your wing and be to me mother and sister.
And allow your breast to shelter my head, the nest of my deepest prayers.

Chayim Nachman Bialik

Psalm 93

God acts within every moment and creates the world with each breath.
God speaks from the center of the universe, in the silence beyond all thought.
Mightier than the crash of a thunderstorm, mightier than the roar of the sea,
is God's voice silently speaking in the depths of the listening heart.

translated by Stephen Mitchell

Patience

Steady yourself. Living takes time
Each moment is a moment to be lived.
Each emotion is to be felt.
We are here in this world to learn and grow.
Fear can teach. Confusion instructs. Sadness informs.
Love elevates.
Take the time to experience each breath,
Especially the ones that make you want to run.

Patience. Steady.
Rush and race banish joy and peace.
There is wonder to experience if you take the time.
Step softly and deliberately.
What lingers must be lived and
Once lived completely passes in its own time.
To force the natural rhythms of life
Is to deny yourself of the
Divine wisdom in each experience.

Rabbi Karyn Kedar

Forgiveness

Forgiveness is the Great Mother of inner peace and calm.
The wrongs of the world hold you prisoner
When your heart can not release the pain.

To forgive is the ultimate act of self-love.
Forgive out of kindness to yourself
And out of the recognition
That despite all the anger and confusion,
God is everywhere.

Rabbi Karyn Kedar

Visions of Hope

God, cleanse my memory of shadows and pain,
Help me see that I have been truly blessed
So that I may receive your blessing.
Whisper to my soul melodies of long-ago love.
With songs of love as my past,
Visions of hope will be my destiny.

Rabbi Karyn Kedar

Additional Songs

You are the One

You are the One, for this I pray that
I may have the strength to be alone.
To see the world, to stand among the trees, and all the living things.
That I may stand alone and offer prayers and talk to You;
You are the One to whom I do belong.
And I'll sing my soul to You, and give You all that's in my heart.
May all the foliage of the field, all grasses, trees and plants,
Awaken at my coming, this I pray,
and send their life into my words of prayer.
So that my speech, my thoughts and my prayers
will be made whole, and through the spirit of all growing things
and we know that everything is one,
Because we know that everything is You.

You are the One, for this I pray, I ask You, God,
to hear my words that pour out from my heart; I stand before You;
I, like water, lift my hands to You in prayer.
And grant me strength, and grant me strength to stand alone.
You are the One to whom I do belong.
And I'll sing my soul, I'll sing my soul to You
And give You all that's in my heart.
You are the One, for this I pray, and I'll sing my soul to You.

Debbie Friedman, adapted from Rebbe Nachman of Breslav

Al Tasteir (Don't Hide Your Face)

Don't hide Your face from me; I'm asking for Your help
I call to You, please hear my prayer, O God
If You would answer me, as I have called to You
Please heal me now. Don't hide Your face from me.

Debbie Friedman

Od Yavo Shalom

Od yavo shalom aleinu (3x)
v'al kulam
Salaam aleinu v'al kol ha'olam
Salaam, salaam



עוד יבוא שלום עלינו
ועל כָּלָם.
סָאָלָם, עָלֵינוּ וְעַל כָּל הָעוֹלָם.
סָאָלָם.



Rosh Chodesh

Like the moon, we shed our layers.
Leave them at the door.
We who caretake life. We who are healers.
We who are doers. We who mother the world.

It is time for us. This time is for us.
We step inside the sacred circle.
We make space for ourselves to be.

The moon now glides toward darkness, toward rest.
She retreats in order to emerge whole.
She quiets in order to replenish and fill night with light.

So too shall we make a space for ourselves.
A space for renewal.
So we who nourish life can emerge as the moon,
bearing our light, our touch, to better repair the world.

Seasons of the Moon

A sliver, a quarter, a half then full light -
Revealing yourself in the darkness of night
And we go round and round and round,
And we go round and round.

This is the cycle, the rhythm of time.
Days turn to weeks into months into years.
As we go round and round and round.

A sliver, a quarter, a half, then full heart.
Revealing the mysteries that set us apart.
And we go round and round and round.

Earth sleeps in the winter, awakening spring.
Light kisses the summer, igniting the fall.
And we go round and round and round.

It is new, it is ours, we see it again.
It is sacred, it has no beginning, no end.
And we go round and round and round.

Debbie Friedman

Prayer for the New Month

We bless you, divine presence, life's breath of the universe, protector of Sarah, Rebekah, Rachel and Leah, who sanctifies us through the blessing of the new moon in her rebirth.

Or chadash, mei'or kadmon, tinasei, naf'shi eilecha bishmei chodesh _____.



May the month of _____ be a month of blessings:
blessings of goodness, blessings of joy,
peace and kindness, friendship and love,
creativity, strength, serenity,
fulfilling work and dignity,
satisfaction, success, and sustenance,
physical health and radiance.
May truth and justice guide our acts,
and compassion temper our lives
that we may blossom as we age
and become our sweetest selves.
May it be so.

יהי רצון שיתחדש עלינו חֶדֶשׁ _____
Y'hi ratzon sheyitchadeish aleinu chodesh _____

לְטוֹבָה וְלִבְרָכָה, לְשִׂשׂוֹן וְלִשְׂמֵחָה,
l'tovah v'livracha, l'sason ul'simchah,

לְשָׁלוֹם וְאַחְוָה, רַעוּת וְאַהֲבָה,
l'shalom v'achvah, rei'ut v'ahavah,

לְעִבוּדָה וְיִצִירָה, פְּרִנָּסָה וְכִלְכָּלָה,
la'avodah vitzirah, parnasah v'chal'kalah,

לְשִׁלְוַת הַנֶּפֶשׁ וּבְרִיאוֹת הַגּוּף,
l'shalvat hanefesh uv'ri'ut haguf,

לְחַיִּים שֶׁל דֶּרֶךְ אֶרֶץ וְאַהֲבַת תּוֹרָה,
l'chayim shel derech eretz v'ahavat Torah,

לְחַיִּים שֶׁיִּמְלְאוּ בָּם מִשְׁאֲלוֹת לְבַנּוֹ לְטוֹבָה.
l'chayim sheyimal'u bam mish'alot libeinu l'tovah.

כֵּן יְהִי רָצוֹן.
kein y'hi ratzon.

words: Marcia Falk
music: Linda Hirschhorn

May We Be Blessed

May we be blessed as we go on our way.
May we be guided in peace.
May we be blessed with health and joy.
May this be our blessing. Amen

May we be sheltered by the wings of peace.
May we be kept in safety and in love.
May grace and compassion find their way to every soul.
May this be our blessing. Amen

Lyrics by Debbie Friedman and Savina Teubal

T'filat Haderech - Prayer for a Journey

יְהִי רָצוֹן יְהוָה אֱלֹהֵינוּ שְׁתוּלִיכֵינוּ וְתִצְדֵינוּ וְתִדְרִיכֵנוּ לְשָׁלוֹם,
וְתִגְיַעֲנוּ לְמַחֲזוֹת חַפְצֵנוּ לְחַיִּים, וְלִשְׂמֵחָה וְלְשָׁלוֹם.

*Y'hi ratzon (3x) Yah eloheinu, shetolicheinu
v'tatzideinu v'tad'richeinu l'shalom,
v'tagi'einu limchoz cheftzeinu l'chayim,
ul'simchah ul'shalom.*

God who hears our prayers, guide us on our journey
Send your angels of peace, to guard us on our way.

Hanna Tiferet Siegel



T'filat Haderech - Prayer for a Journey

Guide our steps, light our way, help us be strong,
l'chaim, l'simcha, ul'shalom.
Keep the ones whom we love secure from the storm,
l'chaim, l'simcha, ul'shalom.
Bless the work we have done, all our hopes, all our dreams,
l'chaim, l'simcha, ul'shalom.
Watch over us as we go and in peace bring us home,
l'chaim, l'simcha, ul'shalom.
L'chaim, l'simcha, ul'shalom Amen.
Watch over us as we go and in peace bring us home.

Doug Cotler

There is Hope

Words and music by Shirav

**There is hope, there is healing,
there is peace, there is blessing**

**When the waters are wide
And you cannot reach the other side
Should your courage run dry**

**There is hope, there is healing,
there is peace, there is blessing**

**What you try to endure,
when the future's unsure
Believe there's something more**

**There is hope, there is healing,
there is peace, there is blessing**

**Yesh tikvah, yesh r'fu-ah,
Yesh shalom v'yesh b'racha**

**There is hope, there is healing,
there is peace, there is blessing**