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סידור רוממו יהוה

THE ROMEMU SIDDUR

Shabbat Evening Prayers to Elevate Spirit

This is an abridged PDF to accomodate CTI's abbreviated, online service.

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6 Pre-prayer

Sha·lom a·lei·chem
mal·a·chei ha·sha·ret mal·a·chei el·yon
mi·me·lech mal·chei ham·la·chim
ha·ka·dosh ba·ruch hu.

Bo·a·chem le·sha·lom
mal·a·chei ha·sha·lom mal·a·chei el·yon
mi·me·lech mal·chei ham·la·chim
ha·ka·dosh ba·ruch hu.

Bar·chu·ni le·sha·lom
mal·a·chei ha·sha·lom mal·a·chei el·yon
mi·me·lech mal·chei ham·la·chim
ha·ka·dosh ba·ruch hu.

Tzeit·chem le·sha·lom
mal·a·chei ha·sha·lom mal·a·chei el·yon
mi·me·lech mal·chei ham·la·chim
ha·ka·dosh ba·ruch hu.

שְׁלוֹם עֲלֵיכֶם

מְלֹאכֵי הַשָּׁרֵת מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם
מְלֹאכֵי הַשָּׁלוֹם מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרַכּוּנִי לְשָׁלוֹם
מְלֹאכֵי הַשָּׁלוֹם מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם
מְלֹאכֵי הַשָּׁלוֹם מְלֹאכֵי עֲלִיּוֹן
מִמְלֶךְ מַלְכֵי הַמַּלְכִּים
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Peace unto you, angels who serve the One,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Come in peace, angels of peace,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Bless us with peace, angels of peace,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Go in peace, angels of peace,
angels of the Most High
from the majesty of majesties,
the Holy Blessed One.

Soul-friend, kind Source,
Draw me after You — after Your will for me.
Let me run to You like a deer,
bowing before Your beauty.
Your companionship is sweeter than honey,
than any delight.

Splendid light of the world,
my soul is sick with love for You.
Please heal her, God —
show her the delight of your radiance.
Then she will be healed and strong
and will rejoice in you eternally.

Ancient one, stir up your compassion,
have mercy on this one, born of Your love,
who so greatly desires
to see Your potent glory
Please, my Divine, joy of my heart —
hurry, don't hide away.

Reveal Yourself, dear Friend.
Spread over me the shelter of
Your peace.

Let the earth be lit by Your glory —
how we will delight in You!
Quickly, my love — the time is coming.
Show me Your grace, as You always have.



8 Pre-prayer: Yedid Nefesh

Ye-did ne-fesh av ha-ra-cha-man
me-shoch av-de-cha el re-tzo-ne-cha
ya-rutz av-de-cha ke-mo a-yal
yish-ta-cha-veh el mul ha-da-re-cha
ye-e-ray lo ye-di-do-tei-cha
mi-no-fet tzuf ve-choh ta-am

Ha-dur na-eh ziv ha-o-lam
naf-shi cho-lat a-ha-va-te-cha
a-na el na re-fa na lah
be-har-ot lah no-am zi-vach
az tit-cha-zek ve-tit-ra-pe
ve-ha-ye-tah lah sim-chat o-lam

Va-tik ye-he-mu na ra-cha-mei-cha
ve-cho-sah na al ben a-hu-ve-cha
ki zeh ka-mah nich-sof nich-saf-ti
lir-ot be-tif-e-ret u-ze-cha
e-leh cham-dah li-bi
ve-cho-sah na ve-al tit-a-lam

יְדִיד נֶפֶשׁ אָב הַרְחֵמְנוּ
מִשׁוֹךְ עֲבָדֶיךָ אֶל רְצוֹנְךָ
יְרוּץ עֲבָדֶיךָ כְּמוֹ אֵיל
יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרֶךְ
יַעֲרֵב לּוֹ יְדִידוֹתֶיךָ
מִנוֹפֶת צוּף וְכֹל טָעַם.

הַדּוֹר נֶאֱחָה זֵיו הָעוֹלָם
נִפְשֵׁי חוֹלַת אֶהְבֶּתְךָ
אֲנָא אֶל נָא רַפָּא נָא לָהּ
בְּהִרְאוֹת לָהּ נוֹעַם זֵיוֶךָ
אֲז תִּתְחַזַּק וְתִתְרַפָּא
וְהִיְתָה לָהּ שְׂמֵחַת עוֹלָם.

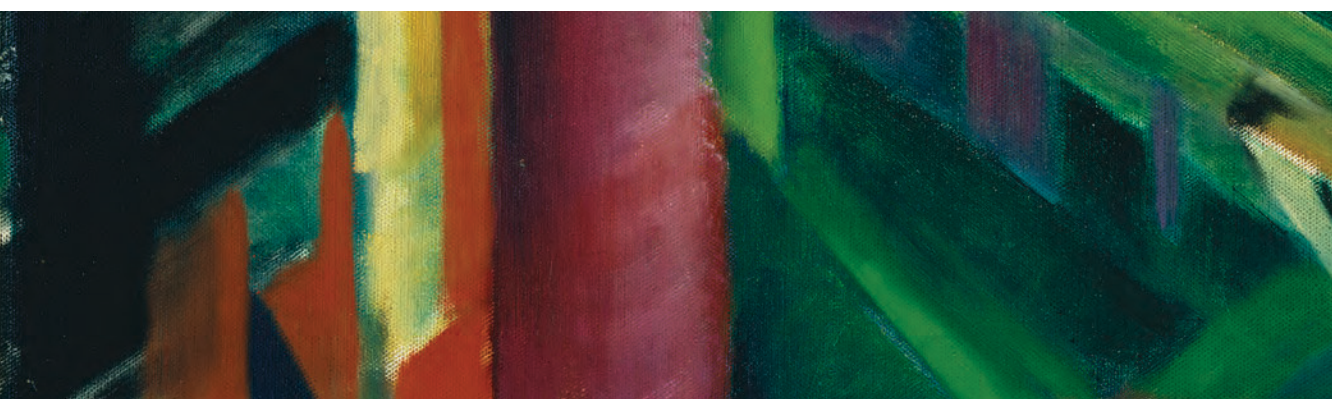
וְתִיק יְהֵמוּ נָא רַחֲמֶיךָ
וְחוּסָה נָא עַל בְּנֵי אֶהוּבְךָ
כִּי זֶה כְּמָה נְכֻסוּף נְכֻסְפָתִי
לְרְאוֹת בְּתַפְאֲרַת עֲדֶךָ
אֶלֶּה חֲמֻדָּה לְבִי
וְחוּסָה נָא וְאֵל תִּתְעַלֵּם.

הַגָּלָה נָא וּפְרוֹס חֲבִיבֵי עָלִי אֶת סִכַּת שְׁלוֹמְךָ

Hi-ga-leh na uf-ros cha-vi-vi a-lai et su-kat she-lo-me-cha

ta-ir e-retz mik-vo-de-cha
na-gi-lah ve-nis-me-chaḥ bach
ma-her e-hov ki va mo-ed
ve-cha-ne-nu ki-mei o-lam

תֵּאִיר אֶרֶץ מְכֻבָּדֶךָ
נְגִילָה וְנִשְׂמָחָה בְּךָ
מִהֵר אֶהוּב כִּי בָּא מוֹעֵד
וְחַנּוּנוּ כִּימֵי עוֹלָם.



Go out and sing to God!
Let's call out to the Rock of Grace.
Let's live before the Face
with gratefulness.

Let us celebrate in song!
The Infinite is a generous might
and a great guide, more than
all forms we imagine.

God's hand firms earth's edges,
molds mountain peaks —
makes sea,
shapes land.

Come, let us bow in awe
and say our blessings
before the Breath that made us,
for here is our God
And we are the shepherd's flock —
if only we heard God's voice:

Don't close your heart,
As you once did in that fearful wilderness
that place where your ancestors tested
and saw My mysteries.

Whole generations have been lost —
their hearts went straying,
and they forgot My ways.

In agitation I wait — perhaps
they'll come to My rest at last.

10 *Kabbalat Shabbat: Psalm 95*

Le·chu ne·ra·ne·nah la·do·nai
na·ri·ah le·tzur yish·e·nu.
Ne·kad·mah fa·nav
be·to·dah

biz·mi·rot na·ri·a lo.
Ki el ga·dol a·do·nai
u·me·lech ga·dol
al kol e·lo·him.

A·sher be·ya·do mech·ke·rei a·retz
ve·to·a·fot ha·rim lo.
A·sher lo ha·yam ve·hu a·sa·hu
ve·ya·be·shet ya·dav ya·tza·ru.
Bo·u nish·ta·cha·veh ve·nich·ra·ah

niv·re·chah
lif·nei a·do·nai o·se·nu.
Ki hu e·lo·hei·nu
va·a·nach·nu am mar·i·to ve·tzon ya·do
ha·yom im be·ko·lo tish·ma·u.

Al tak·shu le·vav·chem
kim·ri·vah ke·yom ma·sah ba·mid·bar.

A·sher ni·su·ni a·vo·tei·chem
be·cha·nu·ni gam ra·u fo·a·li.

✠ Ar·ba·im sha·nah a·kut be·dor
va·o·mar am to·ei le·vav hem
ve·hem lo yad·u de·ra·chai.

A·sher nish·ba·ti ve·a·pi
im ye·vo·un el me·nu·cha·ti.

לְכוּ
נְרַנְנָה לַיהוָה
נְרִיעָה לְצוּר יִשְׁעֵנו.
נִקְדְּמָה פְּנֵינוּ
בַּתּוֹדָה

בְּזִמְרוֹת נְרִיעַ לוֹ.
כִּי אֵל גָּדוֹל יְהוָה
וּמֶלֶךְ גָּדוֹל
עַל כָּל אֱלֹהִים.

אֲשֶׁר בִּידוֹ מַחְקְרֵי אֶרֶץ
וְתוֹעֲפוֹת הַרִים לוֹ.
אֲשֶׁר לוֹ הַיָּם וְהוּא עֹשֶׂהוּ
וַיִּבְשֶׁת יְדָיו יַצְרוּ.
בָּאוּ נִשְׁתַּחֲוֶה וְנִכְרַעַה

נִבְרַכָּה
לְפָנֵי יְהוָה עֲשֵׂנוּ.
כִּי הוּא אֱלֹהֵינוּ
וְאִנְחָנוּ עִם מַרְעִיתוֹ וְצֹאֵן יְדוֹ
הַיּוֹם אִם בְּקִלּוֹ תִשְׁמְעוּ.

אֵל תִּקְשׁוּ לְבַבְכֶם
כַּמְרִיבָה כִּיּוֹם מִסָּה בַּמִּדְבָּר.

אֲשֶׁר נִסּוּנִי אַבּוֹתֵיכֶם
בְּחַנוּנֵי גַם רָאוּ פְּעָלִי.

✠ אַרְבַּעִים שָׁנָה אָקוּט בְּדוֹר
וְאָמַר עִם תַּעֲיֵי לְבָב הֵם
וְהֵם לֹא יִדְעוּ דְרָכָי.

אֲשֶׁר נִשְׁבַּעְתִּי בְּאִפִּי
אִם יִבְאוּן אֵל מְנוּחָתִי.

Sing. Start all over again.
 Sing, every atom.
 Sing. Bless the word and the thing itself.
 Each moment has its story of grace.

Tell that to everyone.
 The Mystery is vast;
 It makes us cry out in wonder.
 It makes us tremble,

so much more it is
 than what we thought.
 Every idea we've ever had
 pales

before World-weaver, Sky-maker.
 Beauty and majesty are the heralds;
 strength and glory
 serve in the sanctuary.

Offer your strength, your glory, all you multitudes.
 Offer it to God's greatness. that summoning presence.
 Lift up your offering;
 it will be accepted in those noble courts.

Bow down.
 Here is the glorious shrine.
 Tremble, you who are earth, before this Face.
 Say as you walk among the crowds.

here is the One
 who grounds the cosmos,
 the One with the scales of justice.
 The sky is shouting its joy, the earth dances its gladness,

the sea roars in jubilation,
 the fields, with plants and animals,
 are making merry and the trees are singing.
 Listen for God's footsteps!

The Living One comes to guide the earth
 on a path unshakably right,
 and all the beings, to a place unshakably here.



12 *Kabbalat Shabbat: Psalm 96*

Shi-ru la-do-nai shir cha-dash
Shi-ru la-do-nai kol ha-a-retz.
Shi-ru la-do-nai bar-chu she-mo
bas-ru mi-yom le-yom ye-shu-a-to.

Sap-ru va-go-yim ke-vo-do
be-chol ha-a-mim nif-le-o-tav.
Ki ga-dol a-do-nai
u-me-hu-lal me-od

no-ra hu
al kol e-lo-him.
Ki kol e-lo-hei ha-a-mim
e-li-lim

va-do-nai sha-ma-yim a-sah.
Hod ve-ha-dar le-fa-nav
oz ve-tif-e-ret
be-mik-da-sho.

Ha-vu la-do-nai mish-pe-cho-t a-mim
Ha-vu la-do-nai ka-vod va-oz.
Ha-vu la-do-nai ke-vod she-mo
se-u min-cha-h u-vo-u le-chatz-ro-tav.

Hish-ta-cha-vu la-do-nai
be-had-rat ko-desh
chi-lu mi-pa-nav kol ha-a-retz.
Im-ru va-go-yim

a-do-nai ma-lach
af ti-kon te-vel bal ti-mot
ya-din a-mim be-mei-sha-rim.
Yis-me-chu Ha-sha-ma-yim Ve-ta-gel Ha-a-retz

yir-am hai-yam u-me-lo-o.
Ya-a-loz sa-dai ve-chol a-she-r bo
az ye-ra-ne-nu kol a-tzei ya-ar.

✠ Lif-nei a-do-nai ki va

ki va lish-pot ha-a-retz
yish-pot te-vel be-tze-dek
ve-a-mim be-e-mu-na-to.

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ
שִׁירוּ לַיהוָה כָּל הָאָרֶץ.
שִׁירוּ לַיהוָה בְּרָכוּ שְׁמוֹ
בְּשָׁרוֹ מִיּוֹם לַיּוֹם יְשׁוּעָתוֹ.

סִפְרוּ בְּגוֹיִם כְּבוֹדוֹ
בְּכָל הָעַמִּים נִפְלְאוֹתָיו.
כִּי גָדוֹל יְהוָה
וּמְהֵלָל מְאֹד

נִרְאָה הוּא
עַל כָּל אֱלֹהִים.
כִּי כָל אֱלֹהֵי הָעַמִּים
אֱלִילִים

וַיהוָה שָׁמַיִם עָשָׂה.
הוֹד וְהִדָּר לְפָנָיו
עַז וְתִפְאֶרֶת
בְּמִקְדָּשׁוֹ.

הָבוּ לַיהוָה מִשְׁפָּחוֹת עַמִּים
הָבוּ לַיהוָה כְּבוֹד וְעֹז.
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ
שָׂאוּ מִנְחָה וּבָאוּ לְחַצְרוֹתָיו.

הִשְׁתַּחֲווּ לַיהוָה
בְּהַדְרַת קֹדֶשׁ
חִילוּ מִפְּנֵי כָל הָאָרֶץ.
אִמְרוּ בְּגוֹיִם

יְהוָה מֶלֶךְ
אֵף תִּכּוֹן תִּבְל בְּל תִּמוּט
יִדִין עַמִּים בְּמִישְׁרֵיהֶם.
יִשְׁמְחוּ הַשָּׁמַיִם וְתִגַּל הָאָרֶץ

יִרְעֵם הַיָּם וּמְלֵאוּ.
יַעֲלֵז שִׁדְי וְכָל אֲשֶׁר בּוֹ
אֲז יִרְנְנוּ כָּל עֲצֵי יָעַר.
לְפָנֵי יְהוָה כִּי בָא

כִּי בָא לְשַׁפֵּט הָאָרֶץ
יִשְׁפֹּט תִּבְל בְּצַדֵּק
וְעַמִּים בְּאִמוּנָתוֹ.

Sing to God a newborn song,
for He has shaped great wonders.

His hands are a salvation,
sowing holiness.

Making redemption visible,
giving a form to righteousness.

He has made us remember
His love and loyalty.

Even the ends of the earth witness
this divine deliverance.

Shout out to God, world!
Burst forth! Sing!

Chant to God with harps,
voices raised,
trumpets and rams' horns!

Make a noise
before your beloved, your king!

Let the sea and its waves thunder —
the earth roar with its creatures!

Let the rivers clap hands,
and the hills chant in chorus

before the One who even now arrives.
who leads the earth
forward with equity
and guides all beings with clarity.



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16 *Kabbalat Shabbat: Psalm 98*

Miz-mor

shi-ru la-do-nai shir cha-dash
ki nif-la-ot a-sah

ho-shi-ah lo ye-mi-no
u-ze-ro-a kod-sho.

Ho-di-a a-do-nai ye-shu-a-to
le-ei-nei ha-go-yim gi-lah tzid-ka-to.

Za-char chas-do
ve-e-mu-na-to le-veit yis-ra-el

ra-u chol af-sei a-retz
et ye-shu-at e-lo-hei-nu.

Ha-ri-u la-do-nai kol ha-a-retz
pitz-chu ve-ra-ne-nu ve-za-me-ru.

Zam-ru la-do-nai be-chi-nor
be-chi-nor ve-kol zim-rah.
Ba-cha-tzotz-rot ve-kol sho-far

ha-ri-u
lif-nei ha-me-lech a-do-nai.

Yir-am ha-yam u-me-lo-o
te-vel ve-yo-she-vei vah.

Ne-ha-rot yim-cha-u chaf
ya-chad ha-rim ye-ra-ne-nu.

✠ Lif-nei a-do-nai ki va
lish-pot ha-a-retz
yish-pot te-vel be-tze-dek
ve-a-mim be-mei-sha-rim.

מזמור

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ
כִּי נִפְלְאוֹת עָשָׂה

הוֹשִׁיעָה לוֹ יְמִינוּ
וְזָרוּעַ קִדְשׁוֹ.

הוֹדִיעַ יְהוָה יְשׁוּעָתוֹ
לְעֵינֵי הַגּוֹיִם גְּלָה צְדָקָתוֹ.

זָכַר חֲסֵדוֹ
וְאַמוּנָתוֹ לְבַיַּת יִשְׂרָאֵל

רְאוּ כָּל אַפְסֵי אֶרֶץ
אֵת יְשׁוּעַת אֱלֹהֵינוּ.

הֲרִיעוּ לַיהוָה כָּל הָאָרֶץ
פְּצְחוּ וְרִנְנוּ וְזָמְרוּ.

זָמְרוּ לַיהוָה בְּכִנּוֹר
בְּכִנּוֹר וְקוֹל זְמֵרָה.
בְּחִצְצָרוֹת וְקוֹל שׁוֹפָר

הֲרִיעוּ
לְפָנֵי הַמֶּלֶךְ יְהוָה.

יִרְעַם הַיָּם וּמְלֵאוּ
תֵּבֵל וְיִשְׁבְּבוּ בָּהּ.

נִהְרֹת יִמְחֲאוּ כָּף
יַחַד הָרִים יִרְנְנוּ.

✠ לְפָנֵי יְהוָה כִּי בָּא

לְשֹׁפֵט הָאָרֶץ
יִשְׁפֹּט תֵּבֵל בְּצַדֵּק
וְעַמִּים בְּמִישְׁרֵים.

Open up, all you images of the divine,
Open up to Goddess's beauty and strength!

Open up to Goddess. all presence is Her name.
Bow deeply before Goddess
in the magnificence of this earthly shrine!

The voice of Goddess rides on the waters;
The Presence thunders, the Divine One
upon the many waves!

Her voice in strength!
Her voice in beauty!
That thunder-voice cleaves cedars —
cleaves great cedars of the mountains,
so that they dance like calves,
and the mountains themselves leap like lambs!

The thunder-voice kindles flame!
The thunder-voice jolts the desert —
churns up the holy wilderness!
Her thunder-voice stirs up the deer
and shivers the leaves in the forest!

In that sacred shrine all murmur. glory.

Above the primordial deep
Goddess hovers,
watching over the unfathomable horizon.

To Her people, Goddess offers this strength.
Goddess blesses Her people with
a whole peace.



PLEASE DO NOT COPY.

Miz-mor le-da-vid

Ha-vu la-do-nai be-nei e-lim
Ha-vu la-do-nai ka-vod va-oz.

Ha-vu la-do-nai ke-vod she-mo
hish-ta-cha-vu la-do-nai
be-had-rat ko-desh.

Kol a-do-nai al ha-ma-yim
el ha-ka-vod hir-im
a-do-nai al ma-yim ra-bim.

Kol a-do-nai ba-ko-ach
kol a-do-nai be-ha-dar.
Kol a-do-nai sho-ver a-ra-zim
vay-sha-ber a-do-nai et ar-zei hal-va-non.
Va-yar-ki-dem ke-mo e-gel
le-va-non ve-sir-yon ke-mo ven re-e-mim.

Kol a-do-nai cho-tzev la-ha-vot esh.
Kol a-do-nai ya-chil mid-bar
ya-chil a-do-nai mid-bar ka-desh.
Kol a-do-nai ye-cho-lel a-ya-lot
va-ye-che-sof ye-a-rot

U-ve-hei-cha-lo kul-lo o-mer ka-vod.

✠ A-do-nai la-ma-bul ya-shav
va-ye-shev a-do-nai
me-lech le-o-lam.

A-do-nai oz le-a-mo yi-ten
a-do-nai ye-va-rech et a-mo
va-sha-lom.

מִזְמוֹר לְדָוִד

הָבוּ לַיהוָה בְּנֵי אֱלֹהִים
הָבוּ לַיהוָה כְּבוֹד וְעֹז.

הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ
הַשְׁתַּחֲוּוּ לַיהוָה
בְּהַדְרַת קֹדֶשׁ.

קוֹל יְהוָה עַל הַמַּיִם
אֶל הַכְּבוֹד הַרְעִים
יְהוָה עַל מַיִם רַבִּים.

קוֹל יְהוָה בַּפֶּחַח
קוֹל יְהוָה בְּהַדָּר.
קוֹל יְהוָה שֹׁבֵר אַרְזִים
וַיִּשְׁבֵּר יְהוָה אֶת אַרְזֵי הַלְּבָנוֹן.
וַיִּרְקִידֵם כְּמוֹ עֵגֶל
לְבָנוֹן וּשְׂרִיץ כְּמוֹ בֶן רְאֵמִים.

קוֹל יְהוָה חֹצֵב לְהַבֹּת אֵשׁ.
קוֹל יְהוָה יַחִיל מִדְּבַר
יַחִיל יְהוָה מִדְּבַר קֹדֶשׁ.
קוֹל יְהוָה יַחֲלִיל אֵילֹת
וַיַּחֲשֹׁף יַעֲרוֹת

וּבְהִיכְלוֹ כָּלוּ אִמֵּר כְּבוֹד.

✠ יְהוָה לַמַּבּוּל יִשָּׁב
וַיִּשָּׁב יְהוָה
מִלֶּךְ לְעוֹלָם.

יְהוָה עַז לְעַמּוֹ יִתֵּן
יְהוָה יְבָרֵךְ אֶת עַמּוֹ
בְּשָׁלוֹם.

Come, beloved, to meet the Bride!

Let us greet the Sabbath together.

You made us hear two things in one.
keep and remember!
Unifying God, essence of Being,
One in splendor, One in praise.

Come, let's go out together,
to greet Shabbat, our Source of Blessing!
She was anointed for us at time's beginning,
last of all things, conceived at the first.

*My sanctuary! My royal refuge!
Arise from the tumult of the world,
for long have you sat in the valley of tears.
Now your Beloved welcomes you tenderly.*

*Be new again! Rise up from the earth!
My people, put on the garments of your beauty!
The redeemer and sustainer
brings grace close to the soul.*

*Awake, awake! Your light is coming!
Arise, you who are a light!
Awake and sing a song!
The Divine Presence is here with you!*



לְכָה דוּדֵי לְקִרְאֵת כַּלָּה פְּנֵי שַׁבַּת נְקֻבָּלָה

Le·cha do·di lik·rat ka·la pe·nei sha·bat ne·ka·be·lah.

Sha·mor ve·za·chor be·di·bur e·chad
hish·mi·a·nu el ham·yu·chad
a·do·nai e·chad u·she·mo e·chad
le·shem u·le·tif·e·ret ve·lit·hi·lah.

Le·cha...

שְׁמוֹר וְזָכוֹר בְּדַבּוֹר אֶחָד
הַשְּׁמִיעֵנוּ אֵל הַמִּיחָד
יְהוָה אֶחָד וְשְׁמוֹ אֶחָד
לְשֵׁם וּלְתַפְאֵרֶת וּלְתִהְלָה.

לכה...

Lik·rat sha·bat le·chu ve·nel·chah
ki hi me·kor ha·bra·chah
mei·rosh mi·ke·dem ne·su·chah
sof ma·a·seh be·mach·sha·vah te·chi·lah.

Le·cha...

לְקִרְאֵת שַׁבַּת לְכוּ וּנְלַכֶּה
כִּי הִיא מְקוֹר הַבְּרָכָה
מֵרֵאשׁ מִקְדָּם נְסוּכָה
סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תַּחֲלָה.

לכה...

Mik·dash me·lech ir me·lu·chah
ku·mi tze·i mi·toch ha·ha·fe·chah
rav lach she·vet be·e·mek ha·ba·cha
ve·hu ya·cha·mol a·la·yich chem·lah.

Le·cha...

מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה
קוּמִי צְאִי מִתּוֹךְ הַהֶפְכָּה
רַב לָךְ שַׁבַּת בְּעֵמֶק הַבְּכָא
וְהוּא יַחְמוֹל עָלֶיךָ חֲמָלָה.

לכה...

Hit·na·a·ri me·a·far ku·mi
liv·shi big·dei tif·ar·tech a·mi
al yad ben yi·shai beit ha·lach·mi
kor·vah el naf·shi ge·a·lah.

Le·cha...

הַתְּנַעֲרִי מֵעַפָּר קוּמִי
לְבָשִׁי בְּגָדֵי תַפְאֵרֶתךָ עִמִּי
עַל יַד בֶּן יִשָּׂי בֵּית הַלְחָמִי
קִרְבָּה אֶל נַפְשִׁי גְאֻלָּה.

לכה...

Hit·o·re·ri hit·o·re·ri
ki va o·rech ku·mi o·ri
u·ri u·ri shir da·be·ri
ke·vod a·do·nai a·la·yich nig·lah.

Le·cha... ←

הַתְּעוֹרְרִי הַתְּעוֹרְרִי
כִּי בָּא אוֹרֶךְ קוּמִי אוֹרֶךְ
עוֹרִי עוֹרִי שִׁיר דַּבְרֵי
כְבוֹד יְהוָה עָלֶיךָ נִגְלָה.

לכה... ←



Come, beloved, to meet the Bride!

Let us greet the Sabbath together.

*Don't be embarrassed. Don't be ashamed.
Why cast yourself down and hide yourself away?
The poor of My people find refuge in You.
In the ruins, we rebuild the city of spirit.*

*Those who trod you down will fall away.
All those who devoured you will be kept off.
I, the Divine One, rejoice in you
As lovers rejoice together.*

O burst out everywhere!
Adore your Beloved —
the redeemer who bursts forth.
O let us rejoice and be glad!

WE STAND AND FACE WEST

Come in peace, you who are your Beloved's crown.
Come joyful and exulting
among this precious, faithful people.
Come, O bride. Come.



לְכָה דוּדֵי לְקִרְאָת כַּלָּה פְּנֵי שַׁבַּת נְקֻבָּה

Le·cha do·di lik·rat ka·la pe·nei sha·bat ne·ka·be·lah.

Lo te·vo·shi ve·lo ti·kal·mi
mah tish·to·cha·chi u·mah te·he·mi
bach ye·che·su a·ni·yei a·mi
ve·niv·ne·tah ir al ti·lah.

Le·cha...

Ve·ha·yu lim·shi·sah sho·sa·yich
ve·ra·cha·ku kol me·val·a·yich
ya·sis a·la·yich e·lo·ha·yich
kim·sos cha·tan al ka·lah.

Le·cha...

Ya·min us·mol tif·ro·tzi
ve·et a·do·nai ta·a·ri·tzi
al yad ish ben par·tzi
ve·nis·me·chah ve·na·gi·lah.

Le·cha...

WE STAND AND FACE WEST

Bo·i ve·sha·lom a·te·ret ba·lah
gam be·sim·chah u·ve·tzo·ho·lah
toch e·mu·nei am se·gu·lah
bo·i cha·lah sha·bat ha·mal·kah.

לֹא תבוּשִׁי וְלֹא תִכְלַמִּי
מִה תִשְׁתַּחֲוִי וּמִה תִּהְיֶה
כְּךָ יִחַסּוּ עֵינַי עִמִּי
וְנִבְנְתָה עִיר עַל תְּלָהּ.
לכּה...

וְהָיוּ לְמִשְׁסָה שׁוֹסְקִי
וְרַחְקוּ כָּל מִבְלַעֲיִךְ
יִשֵּׁשׂ עֲלֶיךָ אֱלֹהֶיךָ
כְּמִשׁוֹשׁ חֲתָן עַל כַּלָּה.
לכּה...

יָמִין וּשְׂמֹאל תִּפְרוּצִי
וְאֶת יְהוָה תִּעְרִיצִי
עַל יַד אִישׁ בֶּן פְּרֻצִי
וְנִשְׁמַחָה וְנִגִּילָהּ.
לכּה...

אָנוּ עוֹמְדִים

בְּאֵי בְּשָׁלוֹם עֹטְרֵת בְּעָלָהּ
גַּם בְּשִׂמְחָה וּבְצִהָהּ
תּוֹךְ אָמוּנֵי עַם סְגָלָהּ
בְּאֵי כָלָה שַׁבַּת הַמַּלְכָּה.



The Sabbath's song.

It's good to praise you,
to hymn to your name, Most High —
to tell tales of your love in the morning
and of your loyalty each night
on the ten-stringed lyre, the harp, and the lute.
the instruments of our love.

Divine One, I rejoice in everything you do.
Everything you've made pleases me.

How abundant are Your artistries, God,
and how profound Your thoughts.

No fool could understand
You.

The wicked ones sprout up like grass,
push up their blades from the ground —
they'll only be trodden under.

But You, God, are always on high.

All that works against Your purposes,
All that works against You, withers —
All that divided from You will be divided.

You have made me bold as a bull,
made me drip with fragrant oil.

My eyes will see,
my ears will hear,
the routing of my demons.

The righteous will flower like the palm tree,
and flourish like groves of cedars.

Planted in God's house,
they will blossom in God's courtyards.

They will be fruitful even as they age.
Fresh and fragrant they'll be,
telling of God's own stature —
my rock, my flawless one.

Miz-mor shir
le-yom ha-sha-bat.

Tov le-ho-dot
la-do-nai u-le-za-mer
le-shim-cha el-yon.

Le-ha-gid ba-bo-ker chas-de-cha
ve-e-mu-nat-cha ba-lei-lot.

A-lei a-sor va-a-lei na-vel
a-lei hi-ga-yon be-chi-nor.

Ki si-mach-ta-ni a-do-nai be-fo-a-le-cha
be-ma-a-sei ya-de-cha a-ra-nen.

Mah gad-lu ma-a-se-cha yah
me-od am-ku mach-she-vo-te-cha.

Ish ba-ar lo ye-da
u-che-sil lo ya-vin et zot.

Bif-ro-ach re-sha-im ke-mo e-sev
vai-ya-tzi-tzu kol po-a-lei a-ven
le-hi-sham-dam a-dei ad.

Ve-a-tah ma-rom le-o-lam a-do-nai.

Ki hi-neh oy-vei-cha a-do-nai
ki hi-neh oy-vei-cha yo-ve-du
yit-par-du kol po-a-lei a-ven.

Va-ta-rem kir-eim kar-ni ba-lo-ti
be-she-men ra-a-nan.

Va-ta-bet ei-ni be-shu-rai
ba-ka-mim a-lai me-re-im
tish-ma-nah az-nai.

Tza-dik ka-ta-mar yif-rach
ke-e-rez bal-va-non yis-geh.

She-tu-lim be-veit a-do-nai
be-chatz-rot e-lo-hei-nu yaf-ri-cha.

Od ye-nu-vun be-sei-vah
de-she-nim ve-ra-a-na-nim
yih-yu.

Le-ha-gid ki ya-shar
a-do-nai tzu-ri ve-lo
av-la-tah bo.

מזמור

שִׁיר לַיּוֹם הַשַּׁבָּת.

טוֹב לְהַדוֹת לַיהוָה
וּלְזַמֵּר לְשִׁמְךָ עֲלֵינוּ.

לְהַגִּיד בְּבֹקֶר חֲסִדְךָ
וּבְמוֹנְתְךָ בְּלַילוֹת.

עָלַי עֲשׂוֹר וְעָלַי נָבֵל
עָלַי הַגִּיּוֹן בְּכִנּוּר.

כִּי שִׂמַּחְתָּנִי יְהוָה בְּפִעֲלֶךָ
בְּמַעֲשֵׂי יְדִידֶךָ אֲרַנֶּנּוּ.

מַה גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה
מֵאֵד עֲמָקוֹ מַחְשַׁבְתֶּיךָ.

אִישׁ בְּעַר לֹא יֵדַע
וּכְסִיל לֹא יָבִין אֶת זֹאת.

בְּפֶרֶחַ רִשְׁעִים כְּמוֹ עֵשֶׂב
וַיִּצְיָצוּ כָּל פְּעָלֵי אֱוֹן
לְהַשְׁמָדָם עַדִּי עַד.

וְאַתָּה מְרוֹם לְעֵלְמֵי יְהוָה.

כִּי הִנֵּה אֵיבֶיךָ יְהוָה
כִּי הִנֵּה אֵיבֶיךָ יֹאבְדוּ
יִתְפָּרְדוּ כָּל פְּעָלֵי אֱוֹן.

וְתָרַם כְּרָאִים קַרְנֵי
בְּלִתֵּי בְשָׁמֶן רַעֲנָן.

וְתַבַּט עֵינַי בְּשׁוּרֵי
בְקָמִים עָלַי מְרַעִים
תִּשְׁמַעְנָה אָזְנִי.

צַדִּיק כְּתָמַר יִפְרַח
כְּאַרְז בְּלִבְנוֹן יִשְׁגָּה.

שְׁתוּלִים בְּבֵית יְהוָה
בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.

עוֹד יִנּוּבוֹן בְּשִׁיבָה
דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ.

לְהַגִּיד כִּי יֵשֶׁר יְהוָה
צוּרֵי וְלֹא עוֹלְתָה בּוֹ.

Yit·ga·dal ve·yit·ka·dash
 she·mei ra·ba CONGREGATION ONLY: **a·men**
 Be·al·ma div·ra cḥir·u·teh
 ve·yam·lich mal·chu·teh
 be·cha·yei·chon u·ve·yo·mei·chon
 u·ve·cha·yei de·chol beit yis·ra·el
 ba·a·ga·la u·viz·man ka·riv
 ve·im·ru **a·men**

Ye·hei she·mei ra·ba me·vo·rach
 le·a·lam u·le·al·mei al·ma·ya

Yit·ba·rach ve·yish·ta·bach
 ve·yit·pa·ar ve·yit·ro·mam ve·yit·na·sei
 ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal
 she·mei de·kud·sha **be·rich hu**

Le·ei·la (u·le·ei·la)
 mi·kol bir·cha·ta ve·shi·ra·ta
 tush·be·cha·ta ve·ne·cha·ma·ta
 da·a·mi·ran be·al·ma
 ve·im·ru **a·men**

Ye·hei shla·ma ra·ba min she·mai·ya
 ve·cha·yim a·lei·nu ve·al kol yis·ra·el
 ve·im·ru **a·men**

O·seh sha·lom bim·ro·mav
 hu ya·a·seh sha·lom
 a·lei·nu ve·al kol yis·ra·el
 ve·al kol yosh·vei te·vel
 ve·im·ru **a·men**

יְתַגַּדֵּל וְיִתְקַדֵּשׁ

שְׁמִיָּה רַבָּא קְהֵל אָמֵן
 בְּעֵלְמָא דְבְרָא כְרַעוּתָהּ
 וְיִמְלִיךְ מַלְכוּתָהּ
 בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
 בְּעֵגְלָא וּבְזִמְן קָרִיב
 וְאָמְרוּ אָמֵן.

יְהֵא שְׁמִיָּה רַבָּא מְבָרַךְ
 לְעָלָם וּלְעַלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח
 וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמִיָּה דְקָדְשָׁא בְרִיךְ הוּא.

לְעֵלָא (וּלְעֵלָא)
 מְכַל בְּרַכְתָּא וְשִׁירְתָּא
 תְּשַׁבַּחְתָּא וְנַחְמְתָּא
 דְאִמְרִין בְּעֵלְמָא
 וְאָמְרוּ אָמֵן.

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

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

Amen Shem Nora

Shelomo Mazal-Tov arr. By Cantor Ramon Tasat

Amen (x3) shem nora Amen (x3)

El adir nora ve hayom le amecha tena fidiom
Vi barech etkhem hayom ve Imru kol ha'am Amen

Amen (x3) shem nora Amen (x3)

El adir venora yagdil ve yadir haTorah
ve iftah lanu sha'are ora v'imru kol ha'am Amen

Amen (x3) shem nora Amen (x3)

Nael dal shoel sameach ki alenu l'shabeach
Be shir mizmor ve la menatzeah u'virushalayim Amen

Amen (x3) shem nora Amen (x3)

Ve ashir be shir ve shevah beshir mizmor ve
Lamenatzeach

Ve nomar Aleinu l'shabeach ora veimru kol ha'am Amen

Amen (x3) shem nora Amen (x3)

Translation of the Hebrew Text

Amen, amen, amen to the awesome Name, Amen, amen, amen!
O powerful, awesome magnificent Lord, grant redemption to Your
people.

He will bless you today, and let all the people say: Amen.

Amen, amen, amen to the awesome Name, Amen, amen, amen!

Then I will sing with a song of praise, with the conductor's Psalm.
Then we shall say, "We must praise [the Lord]" and let all the
people say: Amen.

Amen, amen, amen to the awesome Name, Amen, amen, amen!

LEADER CALLS

בְּרָכוּ

bend

אֶת

bow

יְהוָה

rise

הַמְבָרָךְ

receive

Bar·chu et a·do·nai ham·vo·rach
Bless towards the ONE who is Blessed



COMMUNITY RESPONDS

בָּרוּךְ

bow

יְהוּה

rise

הַמְבָרֵךְ

receive

לְעוֹלָם

radiate

וְעַד

witness

Ba·ruch a·do·nai ham·vo·rach le·o·lam va·ed
Bless the ONE who is Blessed forever and ever





We are embraced by arms that find us
even when we are hidden from ourselves.

We are touched by fingers that soothe us
even when we are too proud for soothing.

We are counseled by voices that guide us
even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us
even in the midst of a fall.

We are urged on by eyes that meet us
even when we are too weak for meeting.

We are loved by an unending love.

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

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּת תּוֹרָה וּמִצְוֹת חֻקִּים וּמִשְׁפָּטִים
אוֹתָנוּ לְמַדְתָּ. עַל כֵּן יְהוּה אֱלֹהֵינוּ בְּשֹׁכְנֵנוּ וּבְקוֹמֵנוּ נְשִׂיחַ בְּחֻקֶיךָ וְנִשְׂמַח בְּדִבְרֵי
תּוֹרָתְךָ וּמִצְוֹתֶיךָ לְעוֹלָם וָעֶד כִּי הֵם חַיֵּינוּ וְאַרְךָ יָמֵינוּ וּבָהֶם נִהְגֶה יוֹמָם וְלַיְלָה
וְאַהֲבָתְךָ אֵל תִּסִּיר מִמֶּנּוּ לְעוֹלָמִים. בְּרוּךְ אַתָּה יְהוּה אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

A love across space
and time
and soul

Have you loved us
and taught us

Torah wisdom
mitzvot right action
laws traditions
statutes justice

And so as we sleep as we awake

We contemplate your truths
we rejoice in Torah
and in sacred practice

Always
for this is our life
and the measure of our days.
We meditate on it day and night.
This is a love eternal
that cannot be taken away.

Blessed be you who loves your people
your God-wrestling people.

A-ha-vat o-lam beit yis-ra-el am-cha a-hav-ta to-rah u-mitz-vot chu-kim
u-mish-pa-tim o-ta-nu li-mad-ta. Al ken a-do-nai e-lo-hei-nu be-shoch-ve-nu
u-ve-ku-me-nu na-si-ach be-chu-kei-cha ve-nis-mach be-div-rei to-ra-te-cha
u-mitz-vo-tei-cha le-o-lam va-ed. Ki hem cha-yei-nu ve-o-rech ya-mei-nu u-va-hem
neh-geh yo-mam va-lai-lah. ✨ Ve-a-ha-vat-cha al ta-sir mi-me-nu le-o-la-mim.
Ba-ruach a-tah a-do-nai o-hev a-mo yis-ra-el.

She·ma yis·ra·el
a·do·nai e·lo·hei·nu
a·do·nai e·ḥad

שְׁמַיִל יִשְׂרָאֵל יְהוָה

QUIETLY Ba·ruch shem ke·vod mal·chu·to le·o·lam va·ed

Hear, my people
the Breath of Life our Source
that Breath of Life is One.

אֱלֹהֵינוּ יְהוָה אֶחָד

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד

Blessed is the name of that being throughout all space and time.

וְאֶהְיֶה אִתְּךָ יְהוָה אֱלֹהֶיךָ בְּכֹל-לְבַבְךָ וּבְכֹל-
 נַפְשְׁךָ וּבְכֹל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר
 אֲנֹכִי מְצַוְךָ הַיּוֹם עַל לְבַבְךָ: וּשְׁנַנְתָּם לְבְנֵיךָ וּדְבַרְתָּ
 בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ
 וּבְקוּמְךָ: וְקִשְׁרַתָּם לְאוֹת עַל-יָדְךָ וְהָיוּ לְטַטְפֹּת
 בֵּין עֵינֶיךָ: וְכִתַּבְתָּם עַל-מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: ←

Ve·a·hav·ta et a·do·nai e·lo·he·cha be·chol le·vav·cha u·ve·chol
 naf·she·cha u·ve·chol me·o·de·cha. Ve·ha·yu had·va·rim ha·e·leh
 a·sher a·no·chi me·tzav·cha ha·yom al le·va·ve·cha. Ve·shi·nan·tam
 le·va·ne·cha ve·di·bar·ta bam be·shiv·te·cha be·vei·te·cha
 u·ve·lech·te·cha va·de·rech u·ve·shoch·be·cha u·ve·ku·me·cha.
 U·ke·shar·tam le·ot al ya·de·cha ve·ha·yu le·to·ta·fot bein ei·ne·cha.
 Uch·tav·tam al me·zu·zot bei·te·cha u·vish·a·re·cha. ←

Love the Breath of Life, your God, with all your heart, with all your soul, with all your gifts. Meditate on these words that I teach you today, and repeat them to your children. Speak of them when you sit at home, when you go on your journeys, when you lie down at night and when you rise up in the morning. Bind them as a sign on your hand and let them dangle between your eyes.

Write them on the doorposts of your houses, and on your gates.

וְהָיָה אִם-שָׁמַעַתְּ שִׁמְעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי מְצַוֶּה אֶתְכֶם
הַיּוֹם לְאַהֲבָה אֶת-יְהוָה אֱלֹהֵיכֶם וּלְעֲבֹדוֹ בְּכָל-לְבַבְכֶם וּבְכָל-
נַפְשְׁכֶם: וְנָתַתִּי מִטַּר-אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסַּפְתִּי דְגַנְךָ
וְתִירֹשְׁךָ וַיִּצְהַרְךָ: וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ לְבַהֲמֹתֶךָ וְאִכְלֹת וּשְׂבַעְתָּ:
הִשְׁמְרוּ לָכֶם פֶּן יִפְתָּה לְבַבְכֶם וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים
וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף-יְהוָה בְּכֶם וְעָצַר אֶת-הַשָּׁמַיִם
וְלֹא-יִהְיֶה מָטָר וְהָאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאִבַּדְתֶּם מִחֲרָה
מֵעַל הָאָרֶץ הַטּוֹבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׁמַתֶם אֶת-דְּבָרֵי
אֱלֹהֵי עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֶתֶם לְאוֹת עַל-יְרֵכֶם
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וּלְמַדְתֶּם אֶתֶם אֶת-בְּנֵיכֶם לְדַבֵּר בָּם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בְּדַרְךָ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-
מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמֵי בְנֵיכֶם עַל הָאֲדָמָה
אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם לֵאמֹר לָהֶם פִּימֵי הַשָּׁמַיִם עַל-הָאָרֶץ:

↩

Ve-ha-yah im sha-mo-a tish-me-u el mitz-vo-tai a-she-r a-no-chi me-tza-veh et-chem
ha-yom le-a-ha-vah et a-do-nai e-lo-hei-chem u-le-av-do be-cho-l le-vav-chem
u-ve-cho-l naf-she-chem. Ve-na-ta-ti me-tar ar-tze-chem be-i-to yo-reh u-mal-kosh
ve-a-saf-ta de-ga-ne-cha ve-ti-rosh-cha ve-yitz-ha-re-cha. Ve-na-ta-ti e-sev be-sad-cha
liv-hem-te-cha ve-a-cha-l-ta ve-sa-va-ta. Hi-sham-ru la-chem pen yif-teh le-vav-chem
ve-sar-tem va-a-vad-tem e-lo-him a-che-rim ve-hish-ta-cha-vi-tem la-hem. Ve-cha-rah
af a-do-nai ba-chem ve-a-tzar et ha-sha-ma-yim ve-lo yih-yeh ma-tar ve-ha-a-da-mah
lo ti-ten et ye-vu-lah va-a-vad-tem me-he-rah me-al ha-a-retz ha-to-vah a-she-r a-do-nai
no-ten la-chem. Ve-sam-tem et de-va-rai e-leh al le-vav-chem ve-al naf-she-chem
u-ke-shar-tem o-tam le-ot al yed-chem ve-ha-yu le-to-ta-fot bein ei-nei-chem.
Ve-li-mad-tem o-tam et be-nei-chem le-da-ber bam be-shiv-te-cha be-vei-te-cha
u-ve-lech-te-cha va-de-rech u-ve-sho-ach-be-cha u-ve-ku-me-cha. U-che-tav-tam
al me-zu-zot bei-te-cha u-vish-a-rei-cha. Le-ma-an yir-bu ye-mei-chem vi-mei
ve-nei-chem al ha-a-da-mah a-she-r nish-ba a-do-nai la-a-vo-tei-chem la-tet la-hem
ki-mei ha-sha-ma-yim al ha-a-retz. ↩

Now, if you will listen to my askings
that I ask you this day
to love the Well of Life
and serve it with all your heart and soul

I will pour rain
upon the land in its season
autumn rain and spring rain,
and you will gather in your grain,
your wine, and your oil.

I will put grass in the field
for your animals,
you will eat and be satisfied.

Guard yourselves
lest your hearts be seduced
and you turn and serve alienated gods
and bow down to them.

Then the Well of Life will be wounded
and will close up the sky
so that there is no rain
and the earth will yield no harvest
and you will be lost from the good land
that the Well of Life is giving you.

Put these words
on your hearts, on your souls,
bind them as a sign upon your hand
and let them dangle between your eyes.

Teach your children to speak of them
when you sit at home,
when you go on your journeys.

Write them on the doorposts
of your houses, and on your gates

In order that your days
and the days of your children
may be long on the earth
God promised to your ancestors,
as long as the days
of the skies above the land.

Then your children saw your power,
and offered praise and gratitude,
accepting the truth of that moment.

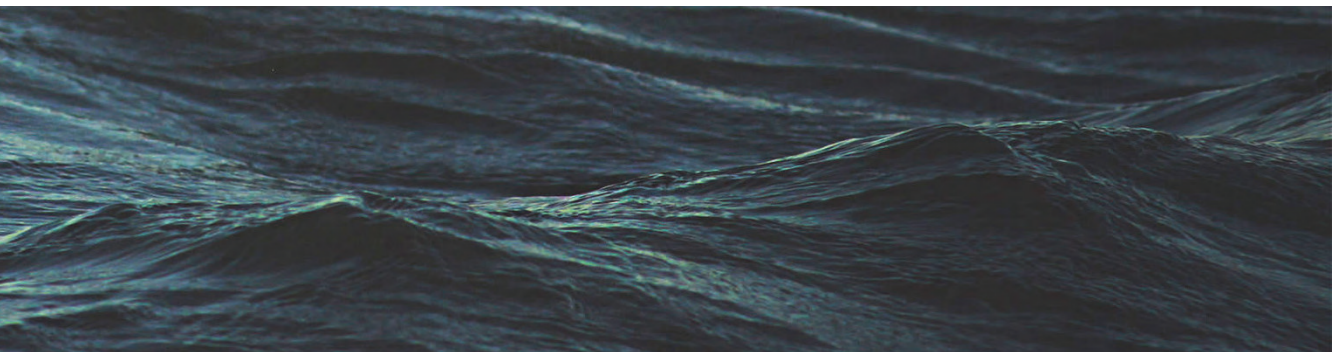
Moses and Miriam and the Israelites
sang a song to you
with great joy.

Who is like You among all that we worship?

Who is like you, cloaked in holiness,
bewildering in praises, maker of mystery?

Your children saw your presence manifest,
splitting the sea before Moses and Miriam.
“This is my God!” they cried,
“present throughout all space and time.”

So too the prophet said.
“The Breath of Life has redeemed the tribe of Jacob,
saving us from those who were stronger.”
Blessed are You, Source of Life,
who has redeemed this godwrestling people.



Ra-u va-nim et ge-vu-ra-to
shib-chu ve-ho-du lish-mo
u-mal-chu-to be-ra-tzon kib-lu a-lei-hem.

Mo-sheh u-mir-yam u-ve-nei yis-ra-el
le-cha a-nu shi-rah
ve-sim-cha-h ra-bah ve-am-ru chu-lam.

Mi cha-mo-cha-h ba-e-lim a-do-nai
mi ka-mo-cha-h ne-dar ba-ko-desh
no-ra te-hi-lot o-seh fe-le.

Mal-chu-te-cha ra-u va-nei-cha
bo-ke-a yam lif-nei mo-sheh u-mir-i-yam
zeh e-li a-nu ve-am-ru
a-do-nai yim-loch le-o-lam va-ed.

☞ Ve-ne-e-mar
ki fa-dah a-do-nai et ya-a-kov
u-ge-a-lo mi-yad cha-zak mi-me-nu.
Ba-ruch a-tah a-do-nai
ga-al yis-ra-el.

רְאוּ בָּנִים אֶת גְּבוּרָתוֹ
שִׁבְחוּ וְהוֹדוּ לְשֵׁמוֹ
וּמַלְכוּתוֹ בְּרִצּוֹן קִבְּלוּ עֲלֵיהֶם.

מֹשֶׁה וּמֵרִים וּבְנֵי יִשְׂרָאֵל
לָךְ עָנּוּ שִׁירָה
בְּשִׂמְחָה רַבָּה וְאָמְרוּ כְּלָם

**מִי כַמְכָה בְּאֵלִים יְהוָה
מִי כַמְכָה נְאֻדָּר בִּקְדוֹשׁ
נִוְרָא תַהֲלֵת עֵשֶׂה פְּלֵא.**

מַלְכוּתָךְ רְאוּ בְּנֵיךָ
בּוֹקֵעֵי יָם לִפְנֵי מֹשֶׁה וּמֵרִים
זֶה אֵלַי עָנּוּ וְאָמְרוּ
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד

☞ וְנֹאמַר
כִּי פָדָה יְהוָה אֶת יַעֲקֹב
וּגְאָלוֹ מִיַּד חֲזַק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יְהוָה
גְּאֹל יִשְׂרָאֵל.



The people of Israel shall keep
 Shabbat throughout the generations.
 it is a covenant eternal
 and a sign, between Me and the Godwrestling people
 that in six cycles of light and dark
 the Breath of Life made heaven and earth
 and on the seventh cycle the Breath of Life rested and was renewed.

ON PASSOVER, SHAVUOT AND SUKKOT

Then Moses announced the sacred times of the Divine
 to the people of Israel.

Abundant and holy
 is that Name
 in this world born out of God's desire.
 May that Reality be manifest
 In our lives,
 in the lives of the people now living,
 in the right time, and soon. And say
 Amen. May that great name be blessed in this world and all the worlds,
 in this time and in all times.

Blessed and praised
 glorified and exalted and lifted high,
 beautified and exalted and praised
 is that holy name — blessed be the One —

though that One is greater
 than all of the blessing, singing,
 praising and consoling
 that we can utter in this world.
 And say: amen.

Ve-sham·ru ve-nei yis·ra·el
 et ha-sha·bat la·a·sot et ha-sha·bat
 le·do·ro·tam be·rit o·lam.
 Bei·ni u·vein be·nei yis·ra·el ot hi le·o·lam
 ki she·shet ya·mim a·sah a·do·nai
 et ha·sha·ma·yim ve-et ha·a·retz
 u·vai·yom hash·vi·i sha·vat va·yi·na·fash.

וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל
 אֶת הַשְּׁבֹת לְעֲשׂוֹת אֶת הַשְּׁבֹת
 לְדֹרֹתֵם בְּרִית עוֹלָם:
 בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אוֹת הִיא לְעֹלָם
 כִּי שֵׁשֶׁת יָמִים עָשָׂה יְהוָה
 אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
 וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹּשׁ:

ON PASSOVER, SHAVUOT AND SUKKOT

Vay·da·ber mo·sheh et mo·a·dei a·do·nai
 el be·nei yis·ra·el.

בשלוש רגלים

וַיְדַבֵּר מֹשֶׁה אֶת מִצְדֵי יְהוָה
 אֶל בְּנֵי יִשְׂרָאֵל:

Yit·ga·dal ve·yit·ka·dash
 she·mei ra·ba
 be·al·ma div·ra çhir·u·teh
 ve·yam·lich mal·çu·teh
 be·çhai·yei·çhon uv·yo·mei·çhon uv·çha·yei
 de·çhol beit yis·ra·el
 ba·a·ga·la u·viz·man ka·riv ve·im·ru a·men.

יִתְגַּדַּל וַיִּתְקַדַּשׁ
 שְׁמִיָּה רַבָּא (קהל אָמֵן)
 בְּעֲלְמָא דְבְּרָא כְרַעוּתָהּ
 וַיִּמְלִיךְ מַלְכוּתָהּ
 בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
 בְּעֲגָלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן.

Ye·hei she·mei ra·ba me·vo·rach
 le·a·lam u·le·al·mei al·mai·ya.

יְהֵא שְׁמִיָּה רַבָּא מְבָרַךְ
 לְעֹלָם וּלְעֹלְמֵי עֲלְמַיָּא.

Yit·ba·rach ve·yish·ta·bach
 ve·yit·pa·ar ve·yit·ro·mam ve·yit·na·sei
 ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal she·mei
 de·kud·sha be·rich hu.

יִתְבָּרַךְ וַיִּשְׁתַּבַּח
 וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא
 וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל
 שְׁמִיָּה דְקֻדְשָׁא בְּרִיךְ הוּא.

Le·e·la (u·le·e·la)
 mi·kol bir·çha·ta ve·shi·ra·ta
 tush·be·çha·ta ve·ne·çha·ma·ta
 da·a·mi·ran be·al·ma
 ve·im·ru a·men.

לְעֵלָא (וּלְעֵלָא)
 מְכַל בְּרַכְתָּא וּשְׁיִרְתָּא
 תְּשַׁבְּחָתָא וּנְחַמְתָּא
 דְאִמְרִין בְּעֲלְמָא
 וְאָמְרוּ אָמֵן. (קהל אָמֵן)

Infinite, open my lips, and let my mouth speak Your praise.

Blessed are You, Breath of Life,
our God, God of our ancestors,
Abraham's God Isaac's God Jacob's God
Sarah's God Rebecca's God Rachel's God Leah's God
Deity — abundant mighty wondrous — O most high.
Doing good to those who love.

All-creator taking note of our ancestors' love.
Bringing healing to their descendants
in love, for the sake of the holy essence dwelling in this world.

BETWEEN ROSH HASHANA AND YOM KIPPUR

Remember us for life, You who delight in life,
And inscribe us in the book of life for Your sake, Source of Life.

Guide Helper Rememberer Rescuer Defender.

Blessed are You, Breath of Life,
defender of Abraham, helper of Sarah.

You are our guardian always, in all the worlds,
Holy One, You turn death to life — so immense is your power to save!

IN WINTER

You whirl the wind
and bring down the rain

IN SUMMER

You bring down
the dew

You sustain all life in loving generosity.
You bring life out of death in your womb of compassion.
You lift up the falling and heal the sick and free the captive.
You are faithful to what sleeps in dust.
What other being could be like you, owner of the great powers?
Who could be like you, keeper of life and death gardener of salvation?

BETWEEN ROSH HASHANA AND YOM KIPPUR

Who is like you, our loving Origin, who remembers all beings for life and peace?

You are faithful to enliven what dies.

Blessed are You, Breath of Life,
who circles death back to life. ←

אֲדַנִּי שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ.

בְּרוּךְ אַתָּה יְהוָה

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֱמוּנָתֵנוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב
אֱלֹהֵי שְׂרָה אֱלֹהֵי רַבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה
הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא אֵל עֲלִיוֹן
גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל
וְזוֹכֵר חֲסָדֵי אָבוֹת וְאִמָּהוֹת
וּמְבִיא גּוֹאֵל לְבָנָי בְּנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה.

בשבת שובה

זְכַרְנוּ לְחַיִּים מְלֶךְ חַפֵּץ בְּחַיִּים
וְכַתְּבָנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים.

מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

בְּרוּךְ אַתָּה יְהוָה

מַגֵּן אַבְרָהָם וְעִזְרַת שְׂרָה.

אַתָּה גְּבוּר לְעוֹלָם אֲדַנִּי

מִחֲזִיקָה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ.

בַּחוּרף מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
בְּקִיץ מוֹרִיד הַטָּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד

מִחֲזִיקָה מֵתִים בְּרַחֲמִים רַבִּים
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמְתִיר אֲסוּרִים
וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם
מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לְךָ
מְלֶךְ מֵמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

בשבת שובה

מִי כְמוֹךָ אֲב הַרְחַמִּים זוֹכֵר יְצוּרֵינוּ לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים.

בְּרוּךְ אַתָּה יְהוָה

מִחֲזִיקָה הַמֵּתִים. ←

You are holy.
 Your name in this world is holy.
 And all who strive for holiness daily praise You.

Blessed are You, Breath of Life,
 holy divinity.

You made the Shabbat holy to Your name,
 the culmination of the work of earth and sky,
 and blessed it above all days and sanctified it above all seasons.

It is written in the Torah.

The sky and the earth were completed, and all their multitudes.
 God completed on the seventh day all the work that God had done.
 God rested on the seventh day from all the work that God had done.

God blessed the seventh day and made it holy for
 on that day God rested from all the work God had set out to do.

Our God and God of our ancestors,
 find joy in our resting.

Make us holy through acts that bring us near to You.
 Give us purpose through engagement with your Torah.

Sustain us from your abundance.
 Gladden us in your deliverance.
 Clarify the purpose of our hearts,
 that we may do the work You intend for us.

O cause us to aspire Holy One, our divine light
 to your Holy Shabbat, in love and desire.

Then those who call your holy name
 will rest in that sanctuary of time.

Blessed are You, Breath of Life,
 who makes Shabbat holy.

אַתָּה קָדוֹשׁ
וְשִׁמְךָ קָדוֹשׁ
וְקָדוֹשִׁים בְּכָל יוֹם יִהְיֶה לְלוֹךְ סְלָה.

בְּרוּךְ אַתָּה יְהוָה
הָאֵל (בשבת שובה המלך) הַקָּדוֹשׁ.

אַתָּה קָדְשָׁתְּ אֵת יוֹם הַשְּׁבִיעִי לְשִׁמְךָ
תְּכַלִּית מַעֲשֵׂה שָׁמַיִם וָאָרֶץ
וּבִרְכָתוֹ מִכָּל הַיָּמִים וְקָדְשָׁתוֹ מִכָּל הַזְּמַנִּים
וְכֵן כָּתוּב בְּתוֹרָתְךָ.

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל־צַבָּאָם.
וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מְלֹאכְתּוֹ אֲשֶׁר עָשָׂה
וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי מִכָּל־מְלֹאכְתּוֹ אֲשֶׁר עָשָׂה.
וַיְבָרֶךְ אֱלֹהִים אֵת יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ
כִּי בּוֹ שָׁבַת מִכָּל מְלֹאכְתּוֹ אֲשֶׁר בָּרָא אֱלֹהִים לַעֲשׂוֹת.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
רְצֵה בְּמִנוּחָתְנוּ.

קַדְשֵׁנוּ בְּמִצּוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ.

שְׂבַעְנוּ מִטוֹבֶךָ
וּשְׂמַחְנוּ בִּישׁוּעָתְךָ
וְטַהַר לִבֵּנוּ
לְעִבְדֶּךָ בְּאֵמֶת.

וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרִצּוֹן שְׁבִת קָדְשְׁךָ
וַיִּשְׂמְחוּ בָהּ
יִשְׂרָאֵל אוֹהֲבֵי שִׁמְךָ.

בְּרוּךְ אַתָּה יְהוָה
מִקְדָּשׁ הַשְּׁבִת.

Delight, O Breath of Life, in this people, this Godwrestling people
 and in the bright flame of their prayer —
 receive it in love and desire!
 May you always desire our prayer and our service.

ON ROSH CHODESH AND DURING CHOL HAMOED

You whom our ancestors revered, may our presence arise and come before you,
 reminding you of our forebearers, and of the future redemption that we await, and of the holy city
 Jerusalem, place of wholeness. May Your people the house of Israel be remembered before You,
 for protection and for abundance, for grace and love and compassion, for life and for peace,
 on this day of.

Rosh Chodesh,
 the New Moon

Pesach,
 Festival of Matzah

Sukkot,
 Festival of Booths

Remember us, Source of Life, for goodness.
 Be mindful of us for blessing. Deliver us to life with your compassionate word.
 Save us, have mercy on us, be kind and deliver us, for our eyes look to You —
 for You are the Sculptor of our Reality and a loving and gracious Guide.

May our eyes see the return of Shekhinah
 to all the sacred places of this world in compassion.

Blessed Source of life, Shekhinah, holy presence,
 returning to Zion.

We are grateful to You
 for being God to us
 and to our ancestors
 always, throughout time.

You are the root of our being
 and the shelter around us.

In every generation
 we sing gratitude, we sing your praise
 for our lives which are given into Your hand
 for our spirits, kept in Your treasury,
 for your wonders which are daily with us,
 for the miracles and favors
 we discover at all moments, morning, noon, and night. ←

רְצִיָּה יְהוּה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּבְתַפְלָתָם
וְהָשִׁב אֶת הָעֲבוּדָה לְדַבִּיר בֵּיתְךָ וְאֲשִׁי יִשְׂרָאֵל
וּתְפַלְתֵּם מִהֲרָה בְּאַהֲבָה תִקְבַּל בְּרָצוֹן
וּתְהִי לְרָצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.

בראש חודש ובחול המועד

אֱלֹהֵינוּ וְאֵלֵהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ

יַעֲלֶה וְיָבֵא וְיַגִּיעַ וְיִרְאֶה וְיִרְצֶה וְיִשְׁמַע וְיִפְקֹד וְיִזְכֵּר וְיִזְכְּרוּנוּ וּפְקֻדוֹנוּ

וְזִכְרוֹן אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ וְזִכְרוֹן מְשִׁיחַ בְּיָדְךָ עֲבָדְךָ וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ

וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ לְפִלִיטָה וְלִטּוּבָה וְלַחַן וְלַחֲסֵד וְלִרְחֻמִּים וְלַחַיִּים וְלִשְׁלוֹם

בְּיוֹם

לסכות

חג הסכות הזה

לפסח

חג המצות הזה

לראש חודש

ראש החודש הזה

וְזָכְרָנוּ יְהוּה אֱלֹהֵינוּ בּוֹ לְטוּבָה

וּפְקֻדָנוּ בּוֹ לְבִרְכָה וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים

וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּן וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ

כִּי אֵלֶיךָ עֵינֵינוּ כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

וּתְחַזְּקֵנָה עֵינֵינוּ בְּשׁוּבְךָ

לְצִיּוֹן בְּרַחֲמִים.

בְּרוּךְ אַתָּה יְהוּה

הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

מוֹדִים אֲנַחְנוּ לָךְ

שְׂאֵתָה הוּא יְהוּה אֱלֹהֵינוּ

וְאֵלֵהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ

לְעוֹלָם וָעֶד.

צוּר חַיִּינוּ

מִגֵּן יִשְׁעֵנוּ

אַתָּה הוּא לְדוֹר וָדוֹר.

נוֹדֶה לָךְ וְנִסְפָּר תְּהִלָּתְךָ

עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ

וְעַל נְשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ

וְעַל גְּסִיף שְׂבָכְלֵי-יוֹם עִמָּנוּ

וְעַל-נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ

שְׂבָכְלֵי-עַת עָרַב וּבִקֵּר וְצַהֲרִים. ←

O overflowing one, your compassion never runs dry.
 O matrix of mercy, your love is infinitely present.
 Since our primordial origins, we have hoped in you.

ON CHANUKAH

For the miracles and the deliverances,
 for the moments when power was used justly and the moments when the vulnerable were saved,
 and for the struggles that delivered many, for all you did, Source of Justice,
 for our ancestors and for us, we are grateful.

In a time of war, when freedom came under siege,
 You caused a new light to shine in Your Temple, a light that lasted eight days.
 Therefore we celebrate the eight nights of Chanukah.
 At this season of kindling lamps, may our light shine and inspire others.
 At this time of rededicating the Temple,
 may we be defenders of the freedoms of all.

For all this,
 we bless your holy name,
 O guide to life, always, forever, throughout all the worlds.

BETWEEN ROSH HASHANA AND YOM KIPPUR

Inscribe for a good life all the people of Your covenant!

All that lives calls out in gratitude,
 Praising Your name that sings itself through reality,
 Divine one, Well of help and new beginnings.

Blessed are You, Source of Life,
 for gratitude is good
 in the presence of Your abundant name.



הטוב כי לא כלו רחמיך
והמרחם כי לא תמו חסדיך
מעולם קוינו לך.

כל ימי חנוכה
על הנסים ועל הפרקן
ועל הגבורות ועל התשועות
ועל המלחמות שעשית לאבותינו ואמותינו
בימים ההם בזמן הזה.

בימי מתת?הו בן יוחנן כהן גדול חשמוני ובניו כשעמדה מלכות יון הרשעה על עמך ישראל להשכיחם
תורתך ולהעבירם מחקי רצונך. ואתה ברחמיך הרבים עמדת להם בעת צרתם רבת את ריכם ונתת את דינם
נקמת את נקמתם. מסרת גבורים ביד חלשים ורבים ביד מעטים וטמאים ביד טהורים ורשעים ביד צדיקים
וזדים ביד עוסקי תורתך. ולך עשית שם גדול וקדוש בעולמך ולעמך ישראל עשית תשועה גדולה ופרקן
כהיום הזה. ואחר כך באו בניך לדביר ביתך ופנו את היכלך וטהרו את מקדשך והדליקו נרות בחצרות
קדשך וקבעו שמונת ימי חגכה אלו להודות ולהלל לשמך הגדול.

ועל כלם
יתברך ויתרומם שמך
מלכנו תמיד לעולם ועד.

בשבת שובה
וכתוב לחיים טובים כל בני ברייתך.

וכל החיים יודוך סלה
ויהללו את שמך באמת
האל ישועתנו ועזרתנו סלה.

ברוך אתה יהוה
הטוב שמך
ולך נאה להודות.



PLEASE DO NOT COPY.

May there be a wide, deep peace
for this Godwrestling people.
a forever peace,
for You are the guide and the way
to every kind of peace,
and it is good in Your eyes
to bless us
in all moments, in all places, with Your peace.

Blessed are You, Breath of Life,
who blesses the Godwrestling people
and all people everywhere
with peace.

BETWEEN ROSH HASHANA AND YOM KIPPUR

In the book of life,
blessing, peace, and sustenance,
inscribe and remember us before You,
us and all Your people — for good and peaceful lives.
Blessed are You,
Creator of Peace.

PLEASE DO NOT COPY.

שְׁלוֹם רַב
עַל־יִשְׂרָאֵל עַמֶּךָ
תְּשִׁים לְעוֹלָם
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכֹל־הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ
לְבָרֵךְ אֶת־עַמֶּךָ יִשְׂרָאֵל
בְּכֹל־עֵת וּבְכֹל־שָׁעָה בְּשִׁלּוֹמֶךָ.

בְּרוּךְ אַתָּה יְהוָה
הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל
וְאֵת כָּל יוֹשְׁבֵי תְּבֵל
בְּשִׁלּוֹם.

בשבת טובה
בְּסֵפֶר חַיִּים
בְּרָכָה וְשִׁלּוֹם וּפְרָגְסָה טוֹבָה
נִזְכָּר וְנִכְתָּב לְפָנֶיךָ
אֲנַחְנוּ וְכָל עַמֶּךָ בֵּית יִשְׂרָאֵל לְחַיִּים וּלְשִׁלּוֹם.
בְּרוּךְ אַתָּה יְהוָה
עוֹשֵׂה הַשָּׁלוֹם.

5

RETZEH/DESIRE

Delight,
O Breath of Life,
in this people,
this Godwrestling people
and in the bright flame of
their prayer —
receive it in love and desire!
May You always desire our
prayer and our service.

May our eyes see the
return of Shekhinah
to all the sacred places
of this world
in compassion.

Blessed Source of life,
Shekhinah,
holy presence,
returning to Tzion —
the place
where we know
the way.

6

MODIM/GRATITUDE

We are grateful to You
for being God to us
and to our ancestors
always, throughout time.

You are the root of being
and the shelter around us.

In every generation
we sing gratitude,
we sing Your praise
for our lives which are
given into Your hand
for our spirits, kept in Your
treasury, for your wonders
which are daily with us, for
the miracles and favors
we discover at all moments
morning, noon, and night.

O overflowing one,
Your compassion
never runs dry.

O matrix of mercy,
Your love is
infinitely present.

Since our
primordial origins,
we have hoped in You.

For all this, we bless Your holy name,
o guide to life, always, forever,
throughout all the worlds.

All that lives calls out in gratitude,
Praising Your name
that sings itself through reality,
Divine one,
Well of help and new beginnings.

Blessed are You,
Source of Life,
for gratitude is good
in the presence
of Your abundant name.

7

SHALOM/PEACE

May there be a wide,
deep peace
for this Godwrestling
people.
a forever peace,
for You are the
guide and the way
to every kind of peace,
and it is good in Your eyes
to bless us
in all moments,
in all places,
with Your peace.

Blessed are You,
Breath of Life,
who blesses the
Godwrestling people
and all people everywhere
with peace.

1
 AVOT/ANCESTRY
 Blessed are You,
 Breath of Life,
 our God,
 God of our ancestors,
 Abraham's God
 Isaac's God
 Jacob's God
 Sarah's God
 Rebecca's God
 Rachel's God
 Leah's God
 deity
 abundant
 mighty
 wondrous
 O most high
 doing good
 to those who love
 all-creator
 taking note
 of our ancestors'
 love
 bringing healing
 to their descendants
 in love, for the sake
 of the holy essence
 dwelling in this world
 guide
 helper
 rememberer
 rescuer
 defender
 Blessed are You,
 Breath of Life,
 defender of Abraham,
 helper of Sarah.

2
 GEVUROT/POWER
 You are our
 guardian always,
 in all the worlds,
 Holy One
 You turn death to life —
 so immense is your
 power to save.
 You sustain all life
 in loving generosity
 You bring life out of death
 in your womb
 of compassion.
 You lift up the falling
 You heal the sick
 You free the captive
 You are faithful
 to what sleeps in dust.
 What other being
 could be like you,
 owner of the great powers?
 Who could be like you,
 keeper of life and death
 gardener of salvation?
 Faithful you are
 to enliven
 what dies.
 Blessed are You,
 Breath of Life,
 who circles death
 back to life.

3
 KEDUSHA/HOLINESS
 You are holy,
 Your name
 in this world is holy,
 and all who strive for
 holiness daily praise You.
 Blessed are You,
 Breath of Life,
 holy divinity.

4
 KEDUSHAT HAYOM/HOLY DAY
 The sky and the earth
 and all their multitudes
 were completed,
 God completed on the
 seventh day all the work
 that God had done.
 God rested
 on the seventh day
 from all the work
 that God had done.
 God blessed the seventh day
 and made it holy
 for on that day God rested
 from all the work
 God had set out to do.
 Our God and
 God of our ancestors,
 find joy in our resting.
 Make us holy
 through acts that
 bring us near to You.
 Give us purpose
 through engagement
 with your Torah.
 Sustain us from
 your abundance.
 Gladden us in
 your deliverance.
 Clarify the purpose
 of our hearts,
 that we may do the work
 You intend for us.
 O cause us to aspire
 Holy One, our divine light
 to Your Holy Shabbat,
 in love and desire.
 Then those who call
 Your Holy name
 will rest in that
 sanctuary of time.
 Blessed are You,
 Breath of Life,
 who makes Shabbat holy.

Yit·ga·dal ve·yit·ka·dash
 she·mei ra·ba CONGREGATION ONLY: **a·men**
 Be·al·ma div·ra cḥir·u·teh
 ve·yam·lich mal·chu·teh
 be·cha·yei·chon u·ve·yo·mei·chon
 u·ve·cha·yei de·chol beit yis·ra·el
 ba·a·ga·la u·viz·man ka·riv
 ve·im·ru **a·men**

Ye·hei she·mei ra·ba me·vo·rach
 le·a·lam u·le·al·mei al·ma·ya

Yit·ba·rach ve·yish·ta·bach
 ve·yit·pa·ar ve·yit·ro·mam ve·yit·na·sei
 ve·yit·ha·dar ve·yit·a·leh ve·yit·ha·lal
 she·mei de·kud·sha **be·rich hu**

Le·ei·la (u·le·ei·la)
 mi·kol bir·cha·ta ve·shi·ra·ta
 tush·be·cha·ta ve·ne·cha·ma·ta
 da·a·mi·ran be·al·ma
 ve·im·ru **a·men**

Ye·hei shla·ma ra·ba min she·mai·ya
 ve·cha·yim a·lei·nu ve·al kol yis·ra·el
 ve·im·ru **a·men**

O·seh sha·lom bim·ro·mav
 hu ya·a·seh sha·lom
 a·lei·nu ve·al kol yis·ra·el
 ve·al kol yosh·vei te·vel
 ve·im·ru **a·men**

יְתַגְדֵּל וְיִתְקַדֵּשׁ

שְׁמִיָּה רַבָּא קְהַל אַמֵּן
 בְּעֵלְמָא דְבְרָא כְרַעוּתָהּ
 וְיִמְלִיךְ מַלְכוּתָהּ
 בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
 בְּעֵגְלָא וּבְזִמְן קָרִיב
 וְאִמְרוּ אַמֵּן.

יְהֵא שְׁמִיָּה רַבָּא מְבָרַךְ
 לְעָלָם וּלְעֵלְמֵי עֵלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח
 וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמִיָּה דְקָדְשָׁא בְרִיךְ הוּא.

לְעֵלָא (וּלְעֵלָא)
 מְכַל בְּרַכְתָּא וְשִׁירְתָּא
 תְּשַׁבַּחְתָּא וְנַחְמְתָּא
 דְאִמְרִין בְּעֵלְמָא
 וְאִמְרוּ אַמֵּן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְאִמְרוּ אַמֵּן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
 הוּא יַעֲשֵׂה שְׁלוֹם
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל
 וְאִמְרוּ אַמֵּן.

It is upon us to praise the Source of all,
to offer up abundance to creation's driving force,
who made us a part of the divine among all the peoples on the earth,
and made us holy beings among all the beings on the globe,
who gave us a divine purpose along with all peoples,
and intertwined our fate with all the multitudes.

We bend
and bow
in gratitude
before the Ground of All,
who guides all guides and teaches all teachers,
the Holy One of Blessing,

who spreads out the sky and roots the earth,
who makes a home in the starry heights
and manifests divine presence in the depths of the cosmos —
that one is God, and there is nothing but That.

True is that Reality, and all is included in Its Being.
It is written in our sacred writings —
know this day,

meditate in your heart
the Breath of Life is divinity.

Skyward and
earthward,
nothing but That exists.

Aleinu continues on the following page.

A-lei-nu le-sha-be-ach la-a-don ha-kol
 la-tet ge-du-lah le-yo-tzer be-re-shit
 she-lo a-sa-nu ke-go-yei ha-a-ra-tzot
 ve-lo sa-ma-nu ke-mish-pe-çhot ha-a-da-mah.

She-sam chel-ke-nu e-ma-hem
 ve-go-ra-le-nu ke-çhol ha-mo-nam.

Va-a-nach-nu kor-im
 u-mish-ta-çha-vim
 u-mo-dim
 lif-nei me-lech
 mal-çhei ham-la-çhim
 ha-ka-dosh ba-ruch hu.

She-hu no-teh sha-ma-yim ve-yo-sed a-retz
 u-mo-shav ye-ka-ro ba-sha-ma-yim mi-ma-al
 u-she-çhi-nat u-zo be-gav-hei me-ro-mim.
 Hu e-lo-hei-nu ein od.

E-met mal-ke-nu e-fes zu-la-to
 ka-ka-tuv be-to-ra-to.
 Ve-ya-da-ta ha-yom

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל
 לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
 שֶׁלוֹ אֲשֶׁנּוּ כְּגֹיֵי הָאֲרָצוֹת
 וְלוֹ שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה.

שָׁשֶׁם חֲלַקְנוּ עִמָּהֶם
 וְגָרְלָנוּ כְּכֹל הַמוֹנָם.

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

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיֹסֵד אֶרֶץ
 וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל
 וְשֹׁכֵינֵת עִזּוֹ בְּגִבְהֵי מְרוֹמִים.
 הוּא אֱלֹהֵינוּ אֵין עוֹד.

אִמֵּת מִלְּכָנוּ אָפֶס זוֹלָתוֹ
 כְּכַתּוּב בְּתוֹרָתוֹ.
 וַיִּדְעַת הַיּוֹם

וְהִשְׁבַּת אֵל לְבַכָּךְ כִּי יְהוּה הוּא הָאֱלֹהִים

Va-ha-shay-vo-ta el le-va-ve-çha
 ki a-do-nai hu ha-e-lo-him

ba-sha-ma-yim mi-ma-al
 ve-al ha-a-retz mi-ta-çhat
 ein od. ←

בְּשָׁמַיִם מִמַּעַל
 וְעַל הָאֶרֶץ מִתַּחַת
 אֵין עוֹד. ←

Therefore we hope,
Indwelling One,
to perceive the glory of Your strength.
that cycles of violence be removed from earth
and tyrants be cut off from their sources of power,
that embodying Your nurturing presence we act to heal the world —

so all beings will feel Your essence within
and all the lost ones will return to You,

all dwellers on earth will know You in their being,
all separate existence will surrender to You,
and all language will articulate Your name.

Before You, God,
all barriers fall away, all walls fall,
as all discover Your essence at the core of things.

Let all accept the work of becoming Your Presence,
that Your Reality manifest in us
now and always,

for the All and all of its parts are Yours,
And so it has been
and always will be, glory without end.

Your Torah proclaims
the Infinite is greater than time.

The Breath of Life
encompasses the whole earth.

This and every day,
the Divine is One
and its Presence in us One.

Al ken ne-ka-veh
 le-cha a-do-nai e-lo-hei-nu
 lir-ot me-he-rah be-tif-e-ret u-ze-cha
 le-ha-a-vir gi-lu-lim min ha-a-retz
 ve-ha-e-li-lim ka-rot yi-ka-re-tun
 le-ta-ken o-lam be-mal-ḥut sha-dai
 ve-ḥol be-nei va-sar yik-re-u vish-me-cha
 le-haf-not e-lei-cha kol rish-ei a-retz.

Ya-ki-ru ve-yed-u kol yosh-vei te-vel
 ki le-cha tich-ra
 kol be-rech ti-sha-va kol la-shon.

Le-fa-ne-cha a-do-nai e-lo-hei-nu
 yich-re-u ve-yi-po-lu
 ve-lich-vod shim-cha ye-kar yi-te-nu.

Vi-kab-lu chu-lam et ol mal-ḥu-te-cha
 ve-tim-loch a-lei-hem
 me-he-rah le-o-lam va-ed.

Ki ha-mal-ḥut she-le-cha hi
 u-le-ol-meï ad
 tim-loch be-cha-vod.

Ka-ka-tuv be-to-ra-te-cha.
 a-do-nai yim-loch le-o-lam va-ed.

✠ Ve-ne-e-mar ve-ha-yah a-do-nai
 le-me-lech al kol ha-a-retz
 ba-yom ha-hu
 yih-yeh a-do-nai e-ḥad
 u-she-mo e-ḥad.

עַל כֵּן נִקְוָה

לְךָ יְהוָה אֱלֹהֵינוּ
 לְרֵאוֹת מְהֵרָה בְּתַפְאֵרֶת עֲזָךְ
 לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ
 וְהָאֱלִילִים כְּרוֹת יִכְרֹתוּן
 לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי
 וְכָל בְּנֵי בְשָׂר יִקְרְאוּ בְשִׁמְךָ
 לְהַפְנוֹת אֱלֹהֶיךָ כָּל רִשְׁעֵי אָרֶץ.

יִפְּיְרוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תְּבֵל
 כִּי לְךָ תִּכְרַע
 כָּל בָּרֶךְ תִּשְׁבַּע כָּל לְשׁוֹן.

לְפָנֶיךָ יְהוָה אֱלֹהֵינוּ
 יִכְרְעוּ וַיִּפּוּלוּ
 וְלִכְבוֹד שִׁמְךָ יִקְרֹוּ יַתְנוּ.

וַיִּקְבְּלוּ כָּלֶם אֶת עַל מַלְכוּתְךָ
 וְתִמְלֹךְ עֲלֵיהֶם
 מְהֵרָה לְעוֹלָם וָעֶד.

כִּי הַמַּלְכוּת שְׁלֹךְ הִיא
 וְלְעוֹלָמִי עַד
 תִּמְלֹךְ בְּכַבוֹד.

כַּפְתּוּב בְּתוֹרַתְךָ
 יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד.

✠ וְנֹאמַר וְהָיָה יְהוָה
 לְמֶלֶךְ עַל כָּל הָאָרֶץ
 בַּיּוֹם הַהוּא
 יְהִיָּה יְהוָה אֶחָד
 וְשִׁמוֹ אֶחָד.

Yit-ga·dal ve-yit-ka·dash
 she·mei ra·ba CONGREGATION ONLY: **a·men**
 Be·al·ma div·ra cḥir·u·teh
 ve·yam·lich mal·chu·teh
 be·cha·yei·chon u·ve·yo·mei·chon
 u·ve·cha·yei de·chol beit yis·ra·el
 ba·a·ga·la u·viz·man ka·riv
 ve·im·ru **a·men**

Ye·hei she·mei ra·ba me·vo·rach
 le·a·lam u·le·al·mei al·ma·ya

Yit·ba·rach ve-yish·ta·bach
 ve-yit·pa·ar ve-yit·ro·mam ve-yit·na·sei
 ve-yit·ha·dar ve-yit·a·leh ve-yit·ha·lal
 she·mei de·kud·sha **be·rich hu**

Le·ei·la (u·le·ei·la)
 mi·kol bir·cha·ta ve·shi·ra·ta
 tush·be·cha·ta ve·ne·cha·ma·ta
 da·a·mi·ran be·al·ma
 ve·im·ru **a·men**

Ye·hei shla·ma ra·ba min she·mai·ya
 ve·cha·yim a·lei·nu ve·al kol yis·ra·el
 ve·im·ru **a·men**

O·seh sha·lom bim·ro·mav
 hu ya·a·seh sha·lom
 a·lei·nu ve·al kol yis·ra·el
 ve·al kol yosh·vei te·vel
 ve·im·ru **a·men**

יְתַגַּדֵּל וְיִתְקַדֵּשׁ

שְׁמִיָּה רַבָּא קְהַל אַמֵּן
 בְּעֻלְמָא דְבְּרָא כְרַעוּתָהּ
 וְיִמְלִיךְ מַלְכוּתָהּ
 בְּחַיִּיכוּן וּבְיוֹמֵיכוּן
 וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל
 בְּעֻגְלָא וּבְזִמְן קָרִיב
 וְאִמְרוּ אַמֵּן.

יְהֵא שְׁמִיָּה רַבָּא מְבָרַךְ
 לְעָלַם וּלְעָלְמֵי עָלְמַיָּא.

יִתְבָּרַךְ וְיִשְׁתַּבַּח
 וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
 שְׁמִיָּה דְקָדְשָׁא בְרִיךְ הוּא.

לְעֻלָּא (וּלְעֻלָּא)
 מְכַל בְּרַכְתָּא וְשִׁירְתָּא
 תְּשַׁבַּחְתָּא וְנַחְמְתָּא
 דְאִמְרִין בְּעֻלְמָא
 וְאִמְרוּ אַמֵּן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְאִמְרוּ אַמֵּן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו
 הוּא יַעֲשֵׂה שְׁלוֹם
 עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל
 וְעַל כָּל יוֹשְׁבֵי תֵבֶל
 וְאִמְרוּ אַמֵּן.

World-joiner, hovering
before all things were formed —
when out of Your desire
the universe was born

You were the guide to All,
and when all things shall end —
O Was, Is, and Will Be,
You will be present then —

You are One without another,
and nothing rivals You.
Without origin or end,
Yours is the strength and rule.

O saver of my life,
my rock whenever I fall
my banner and my cup,
filling me when I call.

With You I place my soul
when I sleep and rise,
and with my soul, my body.
No fear — the One is mine.

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A-don o-lam a-she'r ma-lach
 be-te-rem kol ye-tzir niv-ra
 le-et na-sah ve-chef-tzo kol
 a-zai me-lech she-mo nik-ra.

Ve-a-ch-rei kich-lot ha-kol
 le-va-do yim-loch no-ra
 ve-hu ha-yah ve-hu ho-veh
 ve-hu yih-yeh be-tif-a-rah.

Ve-hu e-chad ve-ein she-ni
 le-ham-shi-lo u-le-hach-bi-rah
 be-li re-shit be-li tach-lit
 ve-lo ha-oz ve-ha-mis-rah.

Ve-hu e-li ve-chai go-a-li
 ve-tzur chev-li be-eit tza-rah
 ve-hu ni-si u-ma-nu-si
 me-nat ko-si be-yom ek-ra.

Be-ya-do af-kid ru-chi
 be-eit i-shan ve-a-i-rah
 ve-im ru-chi ge-vi-ya-ti
 a-do-nai li ve-lo i-ra.

אֲדוֹן עוֹלָם אֲשֶׁר מְלֶכֶךְ
 בְּטָרֶם כֹּל יִצִּיר נִבְרָא
 לַעֲת נַעֲשֶׂה בְּחַפְצוֹ כֹּל
 אֲזִי מְלֶכֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל
 לְבַדּוֹ יִמְלֶכֶךְ נוֹרָא
 וְהוּא הָיָה וְהוּא הֵנָּה
 וְהוּא יְהִיָּה בְּתַפְאָרָה.

וְהוּא אֶחָד וְאֵין שְׁנַי
 לְהַמְשִׁילוֹ וְלְהַחְבִּירָה
 בְּלִי רֵאשִׁית בְּלִי תַכְלִית
 וְלוֹ הָעֵז וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחֵי גּוֹאֲלֵי
 וְצוֹר חֲבֵלֵי בְּעַת צָרָה
 וְהוּא נְסִי וּמְנוֹסֵי
 מְנַת כּוֹסֵי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחֵי
 בְּעַת אִישׁוֹן וְאַעֲרִירָה
 וְעַם רוּחֵי גְּוִיָּתֵי
 אֲדַנִּי לִי וְלֹא אִירָא.

Amen Shem Nora

Shelomo Mazal-Tov arr. By Cantor Ramon Tasat

Amen (x3) shem nora Amen (x3)

El adir nora ve hayom le amecha tena fidiom
Vi barech etkhem hayom ve Imru kol ha'am Amen

Amen (x3) shem nora Amen (x3)

El adir venora yagdil ve yadir haTorah
ve iftah lanu sha'are ora v'imru kol ha'am Amen

Amen (x3) shem nora Amen (x3)

Nael dal shoel sameach ki alenu l'shabeach
Be shir mizmor ve la menatzeah u'virushalayim Amen

Amen (x3) shem nora Amen (x3)

Ve ashir be shir ve shevah beshir mizmor ve
Lamenatzeach

Ve nomar Aleinu l'shabeach ora veimru kol ha'am Amen

Amen (x3) shem nora Amen (x3)

Translation of the Hebrew Text

Amen, amen, amen to the awesome Name, Amen, amen, amen!
O powerful, awesome magnificent Lord, grant redemption to Your
people.

He will bless you today, and let all the people say: Amen.

Amen, amen, amen to the awesome Name, Amen, amen, amen!

Then I will sing with a song of praise, with the conductor's Psalm.
Then we shall say, "We must praise [the Lord]" and let all the
people say: Amen.

Amen, amen, amen to the awesome Name, Amen, amen, amen!