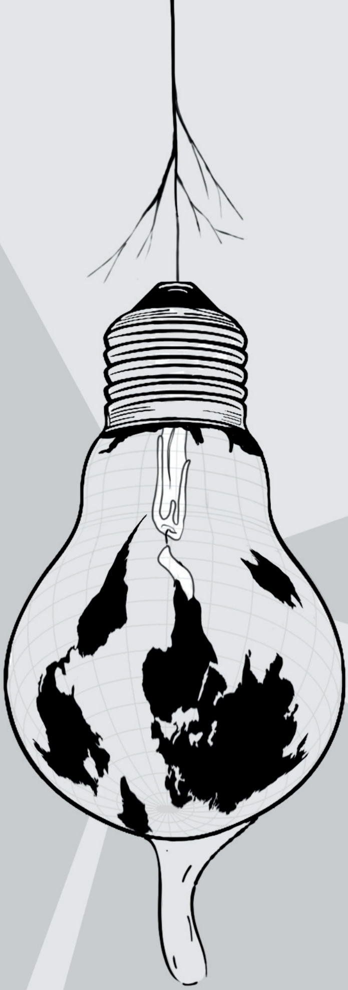
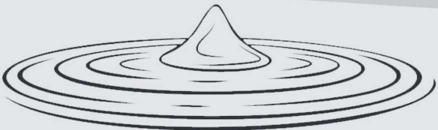


תפילת בראשית

16 October 2025 כ"ד בתשרי תשפ"ו



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Mod - h Ani p. 24

מוֹדה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיָּם
שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה,
רַבָּה אֱמוּנָתֶךָ

I offer thanks to You, living and everlasting One: You have mercifully restored my soul to me. How great is Your trust?

Kavanah #1

Our weekday shacharit takes us on a journey. It is the gradual acclamation from rest to mindfulness, night to day, and sleep to work. Of equal import, our siddur gently guides us from the slumbering solitude of waking to the conscious community of the daytime. When we begin the “Morning Blessings”, the liturgy emphasizes the self: Modeh Ani (I offer thanks), Elohai n’shema shenatata bi (My G-d, the soul you have given me). However, by the end of the service, we reach a place of togetherness, of unity, of “yachdav”. It is by approaching this communal consciousness--this pure guiding light at the end of service--that we finally emerge into our day.

As we begin, take this time for yourself. We so often think unilaterally about the needs of others: “How I can sacrifice myself to help my community?”. This morning, I want to urge you: Take up space. Be selfish. Have needs. Tend to your mind, body, and spirit. What do you need this morning, this week, and for the rest of this semester? Care for yourself before we even begin thinking of tending to our community.

Reading # 1

p. 25

There is grace that every dawn renews, a loveliness making every morning fresh. We will endure, we will prevail: We, the children of Hope, children of the One who crowds the heavens with stars, endows the earth with glory, and fills the mind with wonder!

Elohai N'shama

p. 34

אֱלֹהַי נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא

אַתָּה בְרָאתָהּ אַתָּה יְצַרְתָּהּ אַתָּה
נְפַחְתָּהּ בִּי וְאַתָּה מְשַׁמְּרָהּ בְּקִרְבִּי
וְאַתָּה עָתִיד לִטְּלָהּ מִמֶּנִּי וּלְהַחֲזִירָהּ
בִּי לֶעָתִיד לָבֹא, כָּל זְמַן שֶׁהַנְּשָׁמָה
בְקִרְבִּי מוֹדֶה אֲנִי לְפָנֶיךָ יְהֹוָה אֱלֹהַי
וֵאלֹהֵי אֲבוֹתַי רִבּוֹן כָּל הַמַּעֲשִׂים אֲדוֹן
כָּל הַנְּשָׁמוֹת: בָּרוּךְ אַתָּה יְהֹוָה
הַמַּחֲזִיר נְשָׁמוֹת לִפְגָרִים מֵתִים:

My G-d, the soul You have given me is pure.

You created it, You breathed it into me, and You maintain it within me. For as long as my soul is within me, I offer thanks to You, G-d of my ancestors, Source of all Creation, Sovereign of all souls. Praised are You, in whose hand is every living soul and the breath of humankind.

Nisim B'chol Yom

p. 36

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר נָתַן לַשֶּׂכְוִי בִינָה לְהַבְחִין בֵּין יוֹם
וּבֵין לָיְלָה.

Blessed are You, the One without End, Sovereign of the universe, who has given the mind the ability to distinguish day from night.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
פּוֹקֵחַ עִוְרִים.

Blessed are You, Sovereign of the universe, who opens our eyes.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַתִּיר אֲסוּרִים.

Blessed are You, Sovereign of the universe, who frees the captive.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
זוֹקֵף כְּפוּפִים.

Blessed are You, Sovereign of the universe, who raises the fallen.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
רוֹקַע הָאָרֶץ עַל הַמָּיִם.

Blessed are, Sovereign of the universe, who stretches the earth over the waters.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמֵּכִין מִצְעֲדֵי גָבֶר.

Blessed are You, Sovereign of the universe, who bolsters our stride.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
מַלְבִּישׁ עֲרֻמִּים.

Blessed are You, Sovereign of the universe, who cloths the naked.

Nisim B'chol Yom p. 38

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
הַנּוֹתֵן לַיָּעֵף כֹּחַ.

Blessed are You, Sovereign of the universe, who strengthens the weary.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
הַמַּעֲבִיר שֵׁנָה מֵעֵינַי, וּתְנוּמָה
מֵעַפְעַפָּי.

Blessed are You, Sovereign of the universe, who removes the sleep from my eyes and the slumber from my eyelids.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשַׂנִי בְּצֶלֶם אֱלֹהִים.

Blessed are You, Sovereign of the universe, who has made me in your own image.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשַׂנִי בֵּן / בַּת חוֹרִין.

Blessed are You, Sovereign of the universe, who has made me free.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
שֶׁעָשַׂנִי יִשְׂרָאֵל.

Blessed are You, Sovereign of the universe, who has made me a Jew.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר
יִשְׂרָאֵל בִּגְבוּרָה.

Blessed are You, Sovereign of the universe, who heroically helps us.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵנוּ מֶלֶךְ הָעוֹלָם,
עוֹטֵר יִשְׂרָאֵל בְּתִפְאָרָה.

Blessed are You, Sovereign of the universe, who decorates us with glory.

P'sukei D'Zimrah

P’sukei D’zimra p. 50

Blessed is the One who spoke and there was the
world. Blessed is the One.
Blessed is the One who creates creation.
Blessed is the One who proclaims and produces.
Blessed is the One whose tailors and establishes.
Blessed is the One who births the Earth.
Blessed is the One who Blessed is the One who
lovingly births all creatures.
Blessed is the One who rewards the fearful.
Blessed is the One without End, whose glory is
eternal. Blessed is the One who redeems and saves.
Blessed is One’s name.
With songs of praise, we extol You and proclaim
Your sovereignty, for You are the Source of life in the
universe. One G-d, Life of the Universe, praised and
glorious, Your Name is eternal.
Blessed are You, the One without end, sovereign who
is glorified through praise.

יָחִיד חַי הָעוֹלָמִים, מֶלֶךְ מְשֻׁבָּח וּמְפֹאָר
עֲדֵי עַד שְׁמוֹ הַגָּדוֹל. בָּרוּךְ אַתָּה יְהֹוָה,
מֶלֶךְ מְהֻלָּל בַּתִּשְׁבָּחוֹת:

As we continue onto Ashrei, before we begin, I would love to invite Lucy and Lila to play on their respective instruments with us.

Ashrei

p. 52

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶךָ, עוֹד יְהַלְלוּךָ סֶּלָה

Happy are those who dwell in Your house, may they always praise You!

אַשְׁרֵי הָעָם שֶׁכָּכָה לּוֹ, אַשְׁרֵי הָעָם שֶׁיהוה אֱלֹהָיו

Happy is the people for whom it is so, happy is the people for whom You are their G-d.

Kavanah #2

How fortunate are we? How fortunate are we to step into the renewal of our souls, bodies and prayer? How fortunate are we to have the opportunity to be better today than we were yesterday, and be better this year than we were last year. How fortunate are we to be able to sing together, to pray together, and to build the future of progressive Judaism together? And on that note we will continue to sing Dan Nichols's Ashrei and proclaim how fortunate we are.

Psalm 150 p. 55

הַלְלוּ־יָהּ!
הַֽלְלוּ־אֵל בְּקָדְשׁוֹ הַֽלְלוּהוּ
בִּרְקִיעַ עֻזּוֹ:
הַלְלוּהוּ בִגְבוּרֹתָיו
הַלְלוּהוּ כְּרֹב גֻּדְלוֹ:
הַלְלוּהוּ בְּתֵקַע שׁוֹפָר
הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר:
הַלְלוּהוּ בְּתֹף וּמָחוֹל
הַֽלְלוּהוּ בְּמִנִּים וְעֻגָֽב:
הַלְלוּהוּ בְצִלְצְלֵי־שָׁמַע
הַֽלְלוּהוּ בְּֽצִלְצְלֵי תְרוּעָֽה:
כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ
הַֽלְלוּ־יָֽהּ!

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

Yistabach p. 56

יִשְׁתַּבַּח שִׁמְךָ לָעַד מַלְכֵּנוּ. הָאֵל הַמֶּלֶךְ
הַגָּדוֹל וְהַקָּדוֹשׁ בַּשָּׁמַיִם וּבָאָרֶץ. כִּי לְךָ
נָאֶה יְהֹוָה אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ
וְאִמּוֹתֵינוּ.

You shall always be praised, great and holy G-d, our Sovereign in heaven and on earth.

שִׁיר וּשְׁבָחָה הַלֵּל וְזִמְרָה. עֹז וּמֶמְשָׁלָה.
נֶצַח גְּדֻלָּה וּגְבוּרָה. תְּהִלָּה וְתִפְאֶרֶת.
קְדֻשָּׁה וּמַלְכוּת. בְּרָכוֹת וְהוֹדָאוֹת מֵעַתָּה
וְעַד־עוֹלָם.

Songs of praise and psalms of adoration become You, acknowledging Your might and Your dominion. Yours are strength and sovereignty, sanctity, grandeur, and glory always. We offer our devotion, open our hearts in acclamation.

בָּרוּךְ אַתָּה יְהֹוָה אֵל מֶלֶךְ גָּדוֹל
בַּתִּשְׁבָּחוֹת. אֵל הַהוֹדָאוֹת אֲדוֹן הַנִּפְלָאוֹת
הַבּוֹחֵר בְּשִׁירֵי זִמְרָה. מֶלֶךְ אֵל חֵי
הָעוֹלָמִים.

Praised are You, Sovereign of wonders, crowned in adoration, delighting in song, Eternal one.

Sh'ma U'Virchoteha

Barchu p. 58

בָּרְכוּ אֶת יְיָ הַמְבֹרָךְ!
בָּרוּךְ יְיָ הַמְבֹרָךְ לְעוֹלָם וָעֶד!

Praise the eternal G-d!
Praised be G-d to whom praise is due now and forever!

Yotzer Or p. 60

בָּרוּךְ אַתָּה יְיָ אֱלֹקֵינוּ מֶלֶךְ הָעוֹלָם
יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ
עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת־הַכֹּל:

Blessed are you, HaShem our G-d, Sovereign of the universe, Creator of light and darkness, who makes peace and fashions all things.

הַמֵּאִיר לָאָרֶץ וְלַדָּרִים עָלֶיהָ
בְּרַחֲמִים וּבְטוּבוֹ מְחַדֵּשׁ בְּכָל־יוֹם
תָּמִיד מַעֲשֵׂה בְרֵאשִׁית: מָה־רַבּוּ
מַעֲשֶׂיךָ ,יְיָ ,כֻּלָּם בְּחָכְמָה עָשִׂיתָ
מָלְאָה הָאָרֶץ קִנְיָנֶךָ. תִּתְבָּרַךְ יְיָ אֱלֹהֵינוּ
עַל־שֶׁבַח מַעֲשֵׂה יָדֶיךָ וְעַל־מְאְוֹרֵי אוֹר
שֶׁעָשִׂיתָ יְפָאֲרְוּךָ סֶּלָה... כִּי לְעוֹלָם
חַסְדּוֹ: אוֹר חָדָשׁ עַל־צִיּוֹן תָּאִיר
וְנִזְכֶּה כֻלָּנוּ מְהֵרָה לְאוֹרוֹ: בָּרוּךְ
אַתָּה ה׳ יוֹצֵר הַמְּאוֹרוֹת:

In mercy, You illuminate the world and those who live upon it. In Your goodness You daily renew creation. How numerous are Your works. In wisdom, You formed them all, filling the earth with Your creatures. Be praised, our G-d, for the excellent work of Your hands, and for the lights You created; may they glorify You. Shine a new light upon us, that we all may swiftly merit its radiance. Praised are you, Creator of all heavenly lights!

Reading #2a

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

Reading #2b

Where were you when I laid the earth's foundations? Speak if you have the understanding. Do you know who fixed its dimensions or who measured it with a line? Onto what were its bases sunken? Who set its cornerstone when the morning stars sang together and all the divine beings shouted for joy?

Ahava Raba p. 62

וְהָאֵר עֵינֵינוּ בְּתוֹרָתֶךָ וְדַבֵּק לִבֵּנוּ
בְּמִצְוֹתֶיךָ וְיַחֵד לְבָבֵנוּ לְאַהֲבָה וּלְיִרְאָה
אֶת־שְׁמֶךָ: וְלֹא נֵבוֹשׁ לְעוֹלָם וָעֶד כִּי
בְשֵׁם קָדְשְׁךָ הַגָּדוֹל וְהַנּוֹרָא בָּטָחְנוּ
נָגִילָה וְנִשְׂמְחָה בִּישׁוּעָתֶךָ:

Enlighten our eyes with Torah, focus our minds on mitzvot, unite our hearts in love and reverence for Your Name. Then we will never feel shame, deserve rebuke or stumble. Having trusted in Your great and awesome holiness, we shall celebrate Your salvation with joy.

Iyun #1

Why do we cover our eyes before the Sh'ma? The simple explanation can be that we just want to be rid of all distractions among us. But, there's another explanation. It's said that the Shechina, the Divine Presence rests upon our faces during the Sh'ma, as we proclaim our faith in HaShem. And like in Exodus when God tells Moses that he cannot truly see His "Face (His Glory)," and live, thus we cover our eyes for the Sh'ma. Amen. And as we proclaim our faith in HaShem, I would like to invite our cantorial friends to join me in my choral arrangement of the traditional Sh'ma, originally composed by Shlomo Sulzer. And in honor of the return of our hostages who never gave up hope, and we never gave up hope for them, I've included a little taste of the HaTikvah, the hope, as we hope for a brighter future for Israelis and Palestinians together! As for the rest of Kahal, please sing out Sulzer's melody with all of us as our friends share their beautiful harmony with all of us.

Sh'ma p. 64

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Hear, O Israel! Adonai is our God,
Adonai is one.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:

Blessed G-d's glorious majesty forever.

וְאָהַבְתָּ אֵת יְהֹוָה אֱלֹהֶיךָ בְּכָל־לְבָבְךָ
וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדֶךָ: וְהָיוּ הַדְּבָרִים
הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךָ הַיּוֹם
עַל־לְבָבֶךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם
בְּשִׁבְתְּךָ בְּבֵיתֶךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ
וּבְשָׁכְבְּךָ וּבְקוּמֶךָ: וּקְשַׁרְתָּם לְאוֹת
עַל־יָדֶךָ וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶיךָ:
וּכְתַבְתָּם עַל־מְזֻזוֹת בֵּיתֶךָ וּבִשְׁעָרֶיךָ.

You shall love your G-d with all your heart, soul, and might. Head these commandments. Teach them to your children. Discuss them in your home and outside; when you lie down and rise. Bind them upon your hand, and they shall be as a sign on your hand and a symbol between your eyes. Inscribe write them upon the doorposts of your house and gateways.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתָי
וִהְיִיתֶם קְדֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהֹוָה
אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יְהֹוָה
אֱלֹהֵיכֶם:

In order that you will remember and perform all My commandments and you will be holy unto your G-d. I am your G-d, who brought you out of the land of Egypt to be your God:
I am Adonai, your God.

Mi Chamocha

p. 72

מִי כָמֹכָה בָּאֵלִם יְהֹוָה מִי כָּמֹכָה נֶאְדָּר
בַּקֹּדֶשׁ נוֹרָא תְהִלֹּת עֹשֵׂה פֶלֶא:

Who is like You among the mighty, O G-d! Who is like You, adorned in holiness, awesome in praise, wonderous!

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְךָ
עַל־שְׂפַת הַיָּם יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ
וְאָמְרוּ: יְהֹוָה יִמְלֹךְ לְעוֹלָם וָעֶד:

With new song, inspired at the shore of the Sea, the redeemed sang Your praise. In unison they offered thanks. Acknowledging Your sovereignty, they said: “G-d will reign forever”.

צוּר יִשְׂרָאֵל קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כִנְאֻמֶךָ יְהוּדָה וְיִשְׂרָאֵל, גֹּאֲלֵנוּ
יְהֹוָה צְבָאוֹת שְׁמוֹ קְדוֹשׁ יִשְׂרָאֵל: בָּרוּךְ
אַתָּה יְהֹוָה גָּאַל יִשְׂרָאֵל:

Rock of Israel, rise in our support and redeem Judah and Israel as You promised. Our Redeemer. Adonai Tzvaot, is your Name. Blessed are You, Adonoy, Who redeems Israel.

Amidah

Iyun # 2

We sit, this morning, in the unsettling “betwixt and between” of beginnings: That period of cautious optimism and anticipatory anxiety at the edge of the precipice.

Students, staff, and faculty begin classes again after break. HUC Year in Israel students are in the first semester of our clergy education. The torah cycle begins again this week as we continue adjusting to our lives in 5786. All of this without mentioning the obvious: The desperate hope for a continuing ceasefire; the return, safety, and recovery of the hostages; and rebuilding and reestablishment of humanity, dignity, and community in Palestine.

As we approach the Amidah--praising, petitioning, and professing thanks to G-d--let us pray for new beginnings that give life to all. Rather than praying “ha meitim”--life from death--we encourage you to consider “ha kol”--life all encompassing--as we chant the Amidah. Let us hope for new life everywhere and focus on our optimism.

Please rise for the Amidah.

Amidah p. 74

אֲדֹנָי שְׂפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Adonai, open up my lips, and my mouth will declare Your praise.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמוֹתֵינוּ. אֱלֹהֵי אַבְרָהָם, אֱלֹקֵי יִצְחָק וֵאלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹקֵי רִבְקָה, אֱלֹהֵי רָחֵל וֵאלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל, הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים. וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמָּהוֹת. וּמֵבִיא גְּאֻלָּה לִבְנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

Blessed are You, our G-d, and G-d of our ancestors, Abraham, Isaac, Jacob, Sarah, Rebecca, Rachel, and Leah. The Almighty, the Great, the Powerful, the Awesome, most high Almighty, Who bestows beneficent kindness, Who possesses everything, Who remembers the piety of the Patriarchs, and Who brings a redeemer to their children's children, for the sake of His Name, with love.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן: בָּרוּךְ אַתָּה יְהֹוָה מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה:

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

Amidah p. 78

אַתָּה גִּבּוֹר לְעוֹלָם אֲדנָי מְחַיֵּה הַכֹּל
אַתָּה רַב לְהוֹשִׁיעַ: מַשִּׁיב הָרוּחַ וּמוֹרִיד
הַגָּשֶׁם: מְכַלְכֵּל חַיִּים בְּחֶסֶד. מְחַיֶּה
הַכֹּל בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים.
וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים. וּמְקַיֵּם
אֱמוּנָתוֹ לִישֵׁנֵי עָפָר. מִי כָמוֹךְ בַּעַל
גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ. מֶלֶךְ מֵמִית
וּמְחַיֶּה וּמַצְמִיחַ יְשׁוּעָה: וְנֶאֱמָן אַתָּה
לְהַחֲיוֹת הַכֹּל: בָּרוּךְ אַתָּה יְיָ, מְחַיֵּה
הַהַכֹּל:

You are mighty forever, G-d; You give life to all. You cause the wind to shift and rain to fall. You sustain life through love, giving life to all through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all? Blessed are you, G-d, who gives life to all.

Amidah p. 82

נְקַדֵּשׁ אֶת־שִׁמְךָ בָּעוֹלָם כְּשֵׁם
שֶׁמַּקְדִּישִׁים אוֹתוֹ בִּשְׁמֵי מָרוֹם. כַּכָּתוּב
עַל־יַד נְבִיאֶךָ וְקָרָא זֶה אֶל־זֶה וְאָמַר:

We sanctify Your Name in the world, as they hallow it in the heavens above, as is written by the hand of Your prophet, And they called one to another, and said:

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהֹוָה צְבָאוֹת מְלֹא
כָל הָאָרֶץ כְּבוֹדוֹ: לְעֻמָּתָם בָּרוּךְ יֹאמֵרוּ:

'Holy, holy, holy, is Adonai of Hosts, the fullness of all the earth is G-d's glory.'" Those facing them say:

בָּרוּךְ כְּבוֹד־יְהֹוָה מִמְּקוֹמוֹ: וּבְדִבְרֵי
קָדְשְׁךָ כָּתוּב לֵאמֹר:

Blessed is the glory of Adonai from its place. And in Your Holy Words it is written:

יִמְלֹךְ יְהֹוָה לְעוֹלָם אֱלֹהַיִךְ צִיּוֹן לְדֹר וָדֹר
הַלְלוּיָהּ: לְדוֹר וָדוֹר נַגִּיד גָּדְלֶךָ וּלְנֵצַח
נְצָחִים קְדֻשָּׁתְךָ נַקְדִּישׁ וְשִׁבְחֲךָ אֱלֹהֵינוּ
מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד כִּי אֵל
מֶלֶךְ גָּדוֹל וְקָדוֹשׁ אָתָּה: בָּרוּךְ אַתָּה
יְהֹוָה הָאֵל הַקָּדוֹשׁ:

Adonai will reign forever; Your G-d, throughout all generations! Praise G-d. From generation to generation we will declare Your greatness; to all eternity, we will sanctify Your holiness, and Your praise, will never depart from our mouth; because You are the Almighty who is Great, and Holy. Blessed are You, the Almighty Holy One.

Amidah p. 80

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וּקְדוֹשִׁים
בְּכָל יוֹם יְהַלְלוּךָ סֶּלָה, בָּרוּךְ אַתָּה ה',
הָאֵל הַקָּדוֹשׁ.

You are holy and Your Name is holy, and holy beings praise You daily for all eternity. Blessed are You L-rd, the holy G-d.

אַתָּה חוֹנֵן לְאָדָם דַּעַת. וּמְלַמֵּד לֶאֱנוֹשׁ
בִּינָה: חָנֵּנוּ מֵאִתְּךָ דֵּעָה בִּינָה וְהַשְׂכֵּל
בָּרוּךְ אַתָּה ה', חוֹנֵן הַדָּעַת:

You graciously bestow knowledge upon man and teach mortals understanding. Graciously bestow upon us from You, wisdom, understanding and knowledge. Blessed are You L-rd, who graciously bestows knowledge.

הֲשִׁיבֵנוּ אָבִינוּ לְתוֹרָתֶךָ. וְקָרְבֵנוּ מַלְכֵּנוּ
לַעֲבוֹדָתֶךָ וְהַחֲזִירֵנוּ בִּתְשׁוּבָה שְׁלֵמָה
לְפָנֶיךָ. בָּרוּךְ אַתָּה ה', הָרוֹצֶה
בִּתְשׁוּבָה:

Cause us to return, our Father, to Your Torah; draw us near, our King, to Your service; and bring us back to You in whole-hearted repentance. Blessed are You L-rd, who desires penitence.

סְלַח לָנוּ אָבִינוּ כִּי חָטָאנוּ. מְחַל לָנוּ
מַלְכֵּנוּ כִּי פָשָׁעְנוּ. כִּי מוֹחֵל וְסוֹלֵחַ
אָתָּה. בָּרוּךְ אַתָּה ה', חַנּוּן הַמַּרְבֶּה
לִסְלֹחַ:

Pardon us, our Father, for we have sinned; forgive us, our King, for we have transgressed; for You are a good and forgiving G-d. Blessed are You L-rd, gracious One who pardons abundantly.

Amidah

p. 84

רְאֵה בְעָנְיֵנוּ. וְרִיבָה רִיבֵנוּ. וּגְאָלֵנוּ
מְהֵרָה לְמַעַן שְׁמֶךָ. כִּי גּוֹאֵל חָזָק אָתָּה.
בָּרוּךְ אַתָּה ה׳, גּוֹאֵל יִשְׂרָאֵל:

O behold our affliction and wage our battle; redeem us speedily for the sake of Your Name, for You G-d are the mighty redeemer. Blessed are You L-rd, Redeemer of Israel.

רְפָאֵנוּ ה׳ וְנֵרָפֵא. הוֹשִׁיעֵנוּ וְנִוָּשֵׁעָה כִּי
תְהִלָּתֵנוּ אָתָּה. וְהַעֲלֵה רְפוּאָה שְׁלֵמָה
לְכָל מַכּוֹתֵינוּ. כִּי אֵל מֶלֶךְ רוֹפֵא נֶאֱמָן
וְרַחֲמָן אָתָּה. בָּרוּךְ אַתָּה ה׳, רוֹפֵא חוֹלֵי
עַמּוֹ יִשְׂרָאֵל:

Heal us, O L-rd, and we will be healed; help us and we will be saved; for You are our praise. Grant complete cure and healing to all our wounds; for You, Almighty King, are a faithful and merciful healer. Blessed are You L-rd, who heals the sick of His people Israel.

בָּרֵךְ עָלֵינוּ ה׳ אֱלֹהֵינוּ אֶת הַשָּׁנָה
הַזֹּאת וְאֶת כָּל מִינֵי תְבוּאָתָהּ לְטוֹבָה.
וְתֵן טַל וּמָטָר לִבְרָכָה עַל פְּנֵי הָאֲדָמָה
וְשַׂבְּעֵנוּ מִטּוּבָהּ. וּבָרֵךְ שְׁנָתֵנוּ כַּשָּׁנִים
הַטּוֹבוֹת. בָּרוּךְ אַתָּה ה׳, מְבָרֵךְ הַשָּׁנִים:

Bless for us, L-rd our G-d, this year and all the varieties of its produce for good; and bestow dew and rain for blessing upon the face of the earth. Satisfy us from Your bounty and bless our year like other good years, for blessing; for You are a generous G-d who bestows goodness and blesses the years. Blessed are You L-rd, who blesses the years.

Amidah

p. 86

תְּקַע בְּשׁוֹפָר גָּדוֹל לְחֵרוּתֵנוּ. וְשָׂא נֵס
לְקַבֵּץ גָּלֻיּוֹתֵינוּ. וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע
כַּנְפוֹת הָאָרֶץ. בָּרוּךְ אַתָּה ה׳, מְקַבֵּץ
נִדְחֵי עַמּוֹ יִשְׂרָאֵל:

Sound the great shofar for our freedom; raise a banner to gather our exiles, and bring us together from the four corners of the earth into our land. Blessed are You L-rd, who gathers the dispersed of His people Israel.

עַל שׁוֹפְטֵי אֶרֶץ שְׁפוֹךְ רוּחֲךָ וְהַדְרִיכֵם
בְּמִשְׁפְּטֵי צִדְקֶךָ, וּמְלוֹךְ עָלֵינוּ אַתָּה
לְבַדְּךָ בְּחֶסֶד וּבְרַחֲמִים. וְצַדְּקֵנוּ
בַּמִּשְׁפָּט. בָּרוּךְ אַתָּה ה׳, אוֹהֵב צְדָקָה
וּמִשְׁפָּט:

Restore our judges as in former times, and our counsellors as of yore; remove from us sorrow and sighing, and reign over us, You alone, O L-rd, with kindness and compassion, with righteousness and justice. Blessed are You L-rd, King who loves righteousness and justice.

וְלָרִשְׁעָה אַל תְּהִי תִקְוָה. וְהַתּוֹעִים
אֵלֶיךָ יָשׁוּבוּ, וּמַלְכוּת זָדוֹן מְהֵרָה
תְּשָׁבֵר. בָּרוּךְ אַתָּה יְיָ, שׁוֹבֵר רֶשַׁע מִן
הָאָרֶץ.

Let there be no hope for informers, and may all the heretics and all the wicked instantly perish; may all the enemies of Your people be speedily extirpated; and may You swiftly uproot, break, crush and subdue the reign of wickedness speedily in our days. Blessed are You L-rd, who crushes enemies and subdues the wicked.

Amidah p. 88

עַל הַצַּדִּיקִים וְעַל הַחֲסִידִים. וְעַל זִקְנֵי
עַמְּךָ בֵּית יִשְׂרָאֵל. וְעַל גֵּרֵי הַצֶּדֶק
וְעָלֵינוּ, יֶהֱמוּ רַחֲמֶיךָ ה' אֱלֹהֵינוּ. וְתֵן
שָׂכָר טוֹב לְכָל הַבּוֹטְחִים בְּשִׁמְךָ
בֶּאֱמֶת, וְשִׂים חֶלְקֵנוּ עִמָּהֶם לְעוֹלָם.
בָּרוּךְ אַתָּה ה', מִשְׁעָן וּמִבְטָח
לַצַּדִּיקִים:

Toward the Righteousness, toward the pious, toward the leaders of Your people Israel, toward those who choose sincerely to be Jews and toward us all, may Your tender mercies be stirred. Our G-d, grant a good reward to all who trust in Your name and number us among them. Blessed is G-d, the staff and the stay of the righteous.

וְלִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תִּפְנֶה, וִיהִי
שָׁלוֹם בִּשְׁעָרֶיהָ וְשַׁלְוָה בְּלֵב יוֹשְׁבֶיהָ,
וְתוֹרָתְךָ מִצִּיּוֹן תֵּצֵא, וּדְבָרְךָ מִירוּשָׁלָיִם.
בָּרוּךְ אָתָּה יְיָ, נוֹתֵן שָׁלוֹם בִּירוּשָׁלָיִם.

And turn in compassion to Jerusalem, Your city. May there be peace in her gates, quietness in the hearts of her inhabitants. Let Your Torah go from Zion and Your word from Jerusalem. Blessed is Adonai, who gives peace to Jerusalem.

אֱמֶת מֵאֶרֶץ תִּצְמָח וְצֶדֶק מִשָּׁמַיִם
נִשְׁקָף, וְקֶרֶן עַמְּךָ תָּרוּם בִּישׁוּעָתֶךָ, כִּי
לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם. בָּרוּךְ אָתָּה
יְיָ, מַצְמִיחַ קֶרֶן יְשׁוּעָה.

My truth spring up from the earth; may justice look down from the heavens. May the strength of Your people flourish through Your deliverance, for we continually hope for Your deliverance. Blessed are You, who causes salvation to flourish.

Amidah

p. 88

שְׁמַע קוֹלֵנוּ. ה׳ אֱלֹהֵינוּ חוּס וְרַחֵם עָלֵינוּ. וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ. כִּי אֵל שׁוֹמֵעַ תְּפִלּוֹת וְתַחֲנוּנִים אָתָּה. בָּרוּךְ אַתָּה ה׳, שׁוֹמֵעַ תְּפִלָּה:

Hear our voice, L-rd our G-d; merciful Father, have compassion upon us and accept our prayers in mercy and favor, for You are G-d who hears prayers and supplications; do not turn us away empty-handed from You, our King, for You hear the prayer of everyone. Blessed are You L-rd, who hears prayer.

רְצֵה ה׳ אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל \וּתְפִלָּתָם בְּאַהֲבָה תְקַבֵּל. וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךָ. אֵל קָרוֹב לְכָל קֹרְאָיו, פְּנֵה אֶל עֲבָדֶיךָ וְחָנֵּנוּ שְׁפוֹךְ רוּחֲךָ עָלֵינוּ:

Look with favor, L-rd our G-d, on Your people Israel and pay heed to their prayer; restore the service to Your Sanctuary and accept with love and favor Israel's fire-offerings and prayer; and may the service of Your people Israel always find favor. May our eyes behold Your return to Zion in mercy. Blessed are You L-rd, who restores His Divine Presence to Zion.

Amidah

p. 94

מודִים אֲנַחְנוּ לָךְ. שָׁאַתָּה הוּא ה'
אֱלהֵינוּ וֵאלהֵי אֲבותֵינוּ לְעולָם וָעֶד.
צוּר חַיֵּינוּ. מָגֵן יִשְׁעֵנוּ אַתָּה הוּא לְדור
וָדור: נודֶה לְּךָ וּנְסַפֵּר תְּהִלָּתֶךָ עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדֶךָ. וְעַל נִשְׁמותֵינוּ
הַפְּקוּדות לָךְ. וְעַל נִסֶּיךָ שֶׁבְּכָל יום
עִמָּנוּ. וְעַל נִפְלְאותֶיךָ וְטובותֶיךָ שֶׁבְּכָל
עֵת. עֶרֶב וָבקֶר וְצָהֳרָיִם: הַטּוב כִּי לא
כָלוּ רַחֲמֶיךָ. וְהַמְרַחֵם כִּי לא תַמּוּ
חֲסָדֶיךָ. מֵעולָם קִוִּינוּ לָךְ: וְעַל כֻּלָּם
יִתְבָּרַךְ וְיִתְרומַם שִׁמְךָ מַלְכֵּנוּ תָּמִיד
לְעולָם וָעֶד.

We thankfully acknowledge that You are the L-rd our G-d and G-d of our fathers forever. You are the strength of our life, the shield of our salvation in every generation. We will give thanks to You and recount Your praise, evening, morning and noon, for our lives which are committed into Your hand, for our souls which are entrusted to You, for Your miracles which are with us daily, and for Your continual wonders and beneficences. You are the Beneficent One, for Your mercies never cease; the Merciful One, for Your kindnesses never end; for we always place our hope in You. And for all these, may Your Name, our King, be continually blessed, exalted and extolled forever and all time.

וכל הַחַיִּים יודוּךָ סֶּלָה. וִיהַלְלוּ אֶת
שִׁמְךָ בֶּאֱמֶת. הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ
סֶלָה. בָּרוּךְ אַתָּה ה', הַטּוב שִׁמְךָ וּלְךָ
נָאֶה לְהודות:

And all living things shall forever thank You, and praise Your great Name eternally, for You are good. G-d, You are our everlasting salvation and help, O benevolent G-d. Blessed are You L-rd, Beneficent is Your Name, and to You it is fitting to offer thanks.

Amidah p. 98

שִׂים שָׁלוֹם טוֹבָה וּבְרָכָה. חֵן וָחֶסֶד
וְרַחֲמִים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמֶּךָ.
בָּרְכֵנוּ אָבִינוּ כֻּלָּנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ. כִּי
בְאוֹר פָּנֶיךָ נָתַתָּ לָּנוּ ה׳ אֱלֹהֵינוּ תּוֹרַת
חַיִּים וְאַהֲבַת חֶסֶד. וּצְדָקָה וּבְרָכָה
וְרַחֲמִים וְחַיִּים וְשָׁלוֹם. וְטוֹב בְּעֵינֶיךָ
לְבָרֵךְ אֶת כָּל עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת
וּבְכָל שָׁעָה בִּשְׁלוֹמֶךָ: בָּרוּךְ אַתָּה ה׳,
הַמְבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם:

And all living things shall forever thank You, and praise Your great Name eternally, for You are good. G-d, You are our everlasting salvation and help, O benevolent G-d. Blessed are You L-rd, Beneficent is Your Name, and to You it is fitting to offer thanks.

Oseh Shalom

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו. הוּא יַעֲשֶׂה
שָׁלוֹם עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאִמְרוּ
אָמֵן:

May the One who makes peace in the heavens, make peace for us and for all humanity.

Torah Service

Kabbalat HaTorah p. 104

כִּי מִצִּיּוֹן תֵּצֵא תוֹרָה וּדְבַר
יְהֹוָה מִירוּשָׁלָֽםִ:

For out of Zion will come the Torah,
and the word of G-d from Jerusaelm.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ
יִשְׂרָאֵל בִּקְדֻשָּׁתוֹ

Blessed is G-d who in holiness gave
the Torah to the people of Israel.

גַּדְּלוּ לַיהוָֹה אִתִּי וּנְרוֹמְמָה
שְׁמוֹ יַחְדָּו:

Exalt Adonai with me, let us extol
G-d's name together.

Hakafah

עַל שְׁלֹשָׁה דְבָרִים הָעוֹלָם
עוֹמֵד, עַל הַתּוֹרָה וְעַל
הָעֲבוֹדָה וְעַל גְּמִילוּת חֲסָדִים:

The world stands upon three things:
the Torah, the Temple service
[prayer], and acts of loving kindness.

Hagbahah p. 108

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם
מֹשֶׁה לִפְנֵי בְּנֵי יִשְׂרָאֵל
עַל פִּי יְיָ בְּיַד מֹשֶׁה:

This is the Torah which Moses placed before the people of Israel, G-d's worth through the hand of Moses!

Returning the Torah p. 110

הוֹדוֹ עַל־אֶרֶץ וְשָׁמָיִם: וַיָּרֶם
קֶרֶן לְעַמּוֹ תְּהִלָּה
לְכָל־חֲסִידָיו לִבְנֵי יִשְׂרָאֵל
עַם קְרֹבוֹ הַלְלוּיָהּ:

G-d's majesty is above the earth an heaven; and G-d is the strength of our people, making G-d's faithful ones, a people close to the Eternal. Halleuyah!

כִּי לֶקַח טוֹב נָתַתִּי לָכֶם,
תּוֹרָתִי אַל תַּעֲזֹבוּ.

For I have given you good instruction: Do not abandon My Torah.

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים
בָּהּ וְתוֹמְכֶיהָ מְאֻשָּׁר: דְּרָכֶיהָ
דַּרְכֵי נֹעַם וְכָל נְתִיבוֹתֶיהָ
שָׁלוֹם

It is a tree of life for those who hold fast to it, and all is supporters are happy. Its ways are ways of pleasantness and all its paths are peace.

הֲשִׁיבֵנוּ יְיָ אֵלֶיךָ וְנָשׁוּבָה,
חַדֵּשׁ יָמֵינוּ כְּקֶדֶם.

Return us to You, G-d, and we will return; renew our days as of old.

Concluding Prayers

Aleinu

p. 587

עָלֵינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל לָתֵת
גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית
שֶׁהוּא נוֹטֶה שָׁמַיִם וְיוֹסֵד אָֽרֶץ,
וּמוֹשַׁב יְקָרוֹ בַּשָּׁמַיִם מִמַּֽעַל,
וּשְׁכִינַת עֻזּוֹ בְּגָבְהֵי מְרוֹמִים,
הוּא אֱלֹהֵינוּ אֵין עוֹד.וַאֲנַֽחְנוּ
כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים
לִפְנֵי מֶֽלֶךְ מַלְכֵי הַמְּלָכִים
הַקָּדוֹשׁ בָּרוּךְ הוּא

Let us now praise the Sovereign of the universe, and proclaim the greatness of the Creator 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. You are our G-d; there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

וְנֶאֱמַר וְהָיָה יְהֹוָה לְמֶֽלֶךְ עַל
כָּל הָאָֽרֶץ בַּיּוֹם הַהוּא יִהְיֶה
יְהֹוָה אֶחָד וּשְׁמוֹ אֶחָד

Thus it has been said: G-d will become Sovereign of all the earth. On that day, G-d will become One and G-d's name will be One.

Mourner's Kaddish p. 598

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעָלְמָא דִּי־בְרָא כִרְעוּתֵהּ
וְיַמְלִיךְ מַלְכוּתֵהּ בְּחַיֵּיכוֹן
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל בַּעֲגָלָא וּבִזְמַן קָרִיב
וְאִמְרוּ אָמֵן:

Exalted and hallowed be G-d's great name in the world which G-d created, according to plan. May G-d's majesty be revealed in the days of our lifetime and the life of all Israel – speedily, imminently, to which we say Amen.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם
וּלְעָלְמֵי עָלְמַיָּא

Blessed be G-d's great name to all eternity.

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר
וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר
וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ
דְּקוּדְשָׁא בְּרִיךְ הוּא.לְעֵלָּא
מִן־כָּל־בִּרְכָתָא וְשִׁירָתָא
תֻּשְׁבְּחָתָא וְנֶחָמָתָא דַּאֲמִירָן
בְּעָלְמָא וְאִמְרוּ אָמֵן:

Blessed, praised, honored, exalted, extolled, glorified, adorned, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessings, praise, and comfort. To which we say Amen.

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

May there be abundant peace from heaven, and life, for us and all Israel to which we say Amen.

עושה שָׁלוֹם בעשי"ת: הַשָּׁלוֹם
בִּמְרוֹמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל וְאִמְרוּ אָמֵן

May the One who creates harmony on high, bring peace to us and all Israel. To which we say Amen.