MOSh

Minyan Oneg Shabbat

Shabbat Morning Siddur 3.0

FINDING OUR WAY HOME

RABBI MARK NOVAK

הַרֵינִי מְקַבֵּל עָלַי
אֶת מִצְוַת הַבּוֹרֵא
"וְאָהַבְתָּ לְרֵעֲךָ כָּמוֹךָ"

Harèyni m'kabeyl alai
et mitzvat ha-Borey
"V'ahàvta l'reyacha kamòcha" *Leviticus 19:18*

I am here to take upon myself the mitzvah of the Creator:
"You Shall Love Your Fellow Person as Yourself"

"The only way to get it together ... is together!"
Reb Zalman Schachter-Shalomi, tz'l

A man had been wandering about in a forest for several days, not knowing which was the right way out. Suddenly he saw a man approaching him. His heart was filled with joy. "Now I shall certainly find out which is the right way," he thought to himself. When they neared one another, he asked the man, "Brother, tell me which is the right way. I have been wandering about in this forest for several days." Said the other to him, "Brother, I do not know the way out either. For I too have been wandering about here for many, many days. But this I can tell you: do not take the way I have been taking, for that will lead you astray. And now let us look for a new way out together."

Rabbi Chayim of Zans, 19th C.

שִׁוִּיתִי הוָיה לְנֶגְדִּי תָמִיד

Shivìti Havaya l'negdi tamid

I set Eternal Presence before me always

Psalm 16:8

Although the Hebrew word *shivìti* is usually translated as "I set,"
the Baal Shem Tov taught that it could also be
a form of a word that signifies "equanimity."
He suggested a deeper meaning of the verse:
that when we have equanimity
the Eternal is present in our consciousness.
He explained that equanimity is achieved
when we receive criticism with the same energy
with which we receive applause.

R' Ted Falcon

Morning Has Broken, like the first morning
Blackbird has spoken, like the first bird
Praise for the singing, praise for the morning
Praise for them springing fresh from the word

Mine is the sunlight, mine is the morning
Born of the one light Eden saw play
Praise with elation, praise every morning
G!d's re-creation of the new day

Lyrics: Eleanor Farjeon; Music: trad. Scottish/Gaelic tune
Popularized by Yusuf/Cat Stevens

כִּי עִמְּךָ מְקוֹר חַיִּים
בְּאוֹרְךָ נִרְאֶה אוֹר

Ki imcha m'kor chayim
b'orcha nir-eh or

For with You is the Source of life
In Your light we see light

Text: Psalm 36:10
Music: R' David Zeller z"l

Yai la la lai lai lai
I am alive
And Who is the aliveness I am
Is it not the Holy Blessed One?
Ai la la lai lai lai

הֲלֹא חַי אֲנִי
וּמִי הוּא הַחַיּוּת שֶׁלִּי
הֲלֹא הַבּוֹרֵא יִתְבָּרַךְ?

Ha-lo chai ani
U-mi hu ha-chayut sheli
Ha-lo ha-Borey Yitbarach?

Words: R' Menachem Nachum of Chernobyl (18th c.)
Music: R' David Zeller z"l

מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ
רוּחַ חַי וְקַיָּם
שֶׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה
רַבָּה אֱמוּנָתֶךָ

Modeh (m.) / Modah (f.) ani l'fanècha
Rù-ach chai v'kayam
she-hechezàrta bi nishmati b'chemla
raba emunatècha

Thank You, living G!d, for mercifully granting
my soul another day of awareness.
Thank You for this sacred trust.

Translation by Reb Zalman tz"l

אֱלֹהַי נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא
אַתָּה בְרָאתָהּ אַתָּה יְצַרְתָּהּ
אַתָּה נְפַחְתָּהּ בִּי
וְאַתָּה מְשַׁמְּרָהּ בְּקִרְבִּי

Elohai n’shama she-natàta bi t’hora hi
Ata v’ratah ata y’tzartah
ata n’fachtah bi
v’ata m’shamrah b’kirbi

My G!d the soul that You have given me,
my soul is pure.
You created her, You formed her,
You breathed life into her
and You protect her within me.

If you stand at the edge of the forest
and stare into it
every tree at the edge will blow a little extra
oxygen toward you

It has been proven
Leaves have admitted it

The pines I have known
have been especially candid

One said
that all breath in this world
is roped together

that breathing is
the most ancient language

Hannah Stephenson

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם ...

Baruch ata Adonai Elohèynu Mèlech ha-Olam ...

בְּרוּכָה אַתְּ יָהּ אֱלֹהֵינוּ רוּחַ חַיִּים ...

B'rucha at Yah Elohèynu Rùach ha-Chayim ...

You make us conscious beings

...אֲשֶׁר נָתַן לַשֶּׂכְוִי בִינָה לְהַבְחִין בֵּין יוֹם וּבֵין לָיְלָה

... asher natan la-sechvi vina l'havchin beyn yom u-veyn làila

You open our eyes

...פּוֹקֵחַ עִוְרִים

... pokèyach ivrim

You make me in Your image

...שֶׁעָשַׂנִי בְּצַלְמוֹ

... she-asàni b'tzalmo

You give me everything I need

...שֶׁעָשָׂה לִי כָּל צָרְכִּי

... she-asa li kol tzorki

Health & Happiness

FOR ALL

You give strength to us when we are weary

...הַנּוֹתֵן לַיָּעֵף כֹּחַ

... ha-noteyn la-ya-eyf kò-ach

You wipe sleep from our eyes and slumber from our eyelids

...הַמַּעֲבִיר שֵׁנָה מֵעֵינָי וּתְנוּמָה מֵעַפְעַפָּי

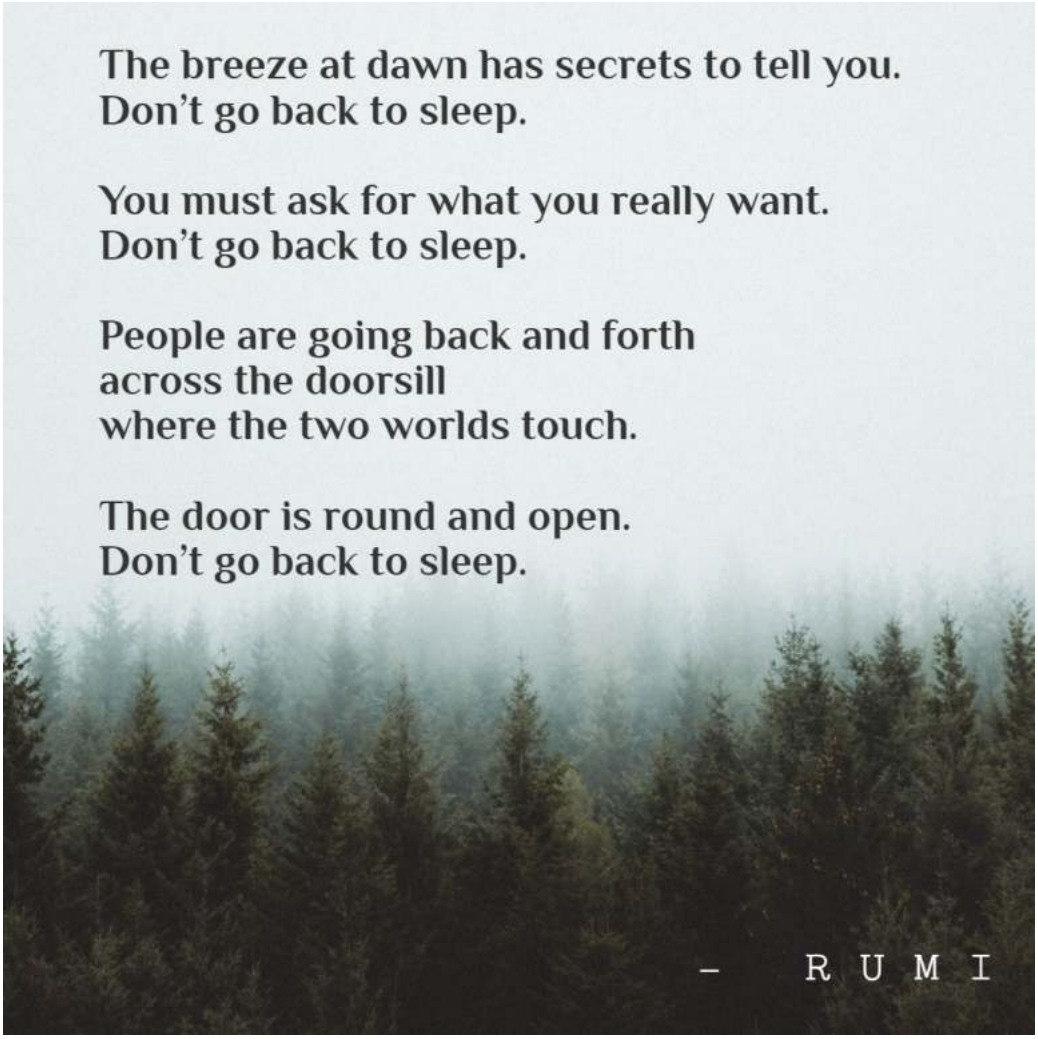
... ha-ma-avir sheyna mey-eynai u-t'numa mey-afapai

Ashrèynu ma tov chelkèynu
u-ma na-im goralèynu
u-ma yafa y'rushatèynu.

אַשְׁרֵינוּ מַה טּוֹב חֶלְקֵנוּ
וּמַה נָּעִים גּוֹרָלֵנוּ
וּמַה יָּפָה יְרֻשָּׁתֵנוּ.

We're happy — happy with our lot
How fortunate we are — with everything we've got
And what a beautiful heritage — is it not?

Music/Lyrics: R' Mark Novak



Psalm 30

תהילים ל׳

Elècha Adonai ekra
v’el Adonai et-chanan

אֵלֶיךָ יהוה אֶקְרָא
וְאֶל־אֲדֹנָי אֶתְחַנָּן:

Ma bètza b’dami
b’rid’ti el shàchat
ha-yod’cha afar ha-yagid amitècha

מַה בֶּצַע בְּדָמִי
בְּרִדְתִּי אֶל־שָׁחַת
הֲיוֹדְךָ עָפָר הֲיַגִּיד אֲמִתֶּךָ:

Sh’ma Adonai v’chonèyni
Adonai heyey ozeyr li

שְׁמַע יהוה וְחָנֵּנִי
יהוה הֱיֵה עֹזֵר לִי:

Hafàchta misp’di l’machol li
pitàchta saki va-t’azrèyni simcha
l’mà-an y’zamercha chavod v’lo yidom
Adonai Elohai l’olam odèka

הָפַכְתָּ מִסְפְּדִי לְמָחוֹל לִי
פִּתַּחְתָּ שַׂקִּי וַתְּאַזְּרֵנִי שִׂמְחָה:
לְמַעַן יְזַמֶּרְךָ כָבוֹד וְלֹא יִדֹּם
יהוה אֱלֹהַי לְעוֹלָם אוֹדֶךָּ:

To You will I call,
from my Teacher I will seek grace

for there is no good to be had from apathy
or from the fall into corruption.
Will the earth praise you and tell your truth?

Listen, my Source, and bestow grace.
Be my help, Breath of Life.

You have turned my mourning into dancing,
taken off my sackcloth and dressed me in joy —
so that I may sing the Presence and never stop.
Rock that is my origin, here I am, thanking You always.

Translation by R’ Jill Hammer, Romemu Siddur

Baruch she-amar v'haya ha-olam	בָּרוּךְ שֶׁאָמַר וְהָיָה הָעוֹלָם,
Baruch hu / B'rucha hi	בָּרוּךְ הוּא / בְּרוּכָה הִיא
Baruch oseh v'reysheet	בָּרוּךְ עֹשֶׂה בְרֵאשִׁית
Baruch omeyr v'oseh	בָּרוּךְ אוֹמֵר וְעוֹשֶׂה
Baruch gozeyr um'kayeym	בָּרוּךְ גוֹזֵר וּמְקַיֵּם
Baruch m'racheym al ha-àretz.	בָּרוּךְ מְרַחֵם עַל הָאָרֶץ
Baruch m'racheym al ha-b'riyot	בָּרוּךְ מְרַחֵם עַל הַבְּרִיּוֹת
Baruch m'shaleym sachar tov lireyav	בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב לִירֵאָיו
Baruch chay la-ad v'kayam la-nètzach	בָּרוּךְ חַי לָעַד וְקַיָּם לָנֶצַח
Baruch podeh u-matzil	בָּרוּךְ פּוֹדֶה וּמַצִּיל
Baruch sh'ma.	בָּרוּךְ שְׁמָהּ
B'rucha at Yah,	בְּרוּכָה אַתְּ יָהּ,
m'hulèlet ba-tishbachot.	מְהֻלֶּלֶת בַּתִּשְׁבָּחוֹת.

Blessed One You talked
The Worlds came into being;
What a Blessing You are!
Blessed One, Your Word
Makes for Becoming;
What a Blessing,
Your Name;
Blessed One,
You decree and sustain;
Blessed One,
All beginnings are Yours!
Blessed One,
Your Compassion Enwombs the Earth;
Blessed One,

Your Caring is kind
To all creatures;
Blessed One,
You are generous in rewarding those
Who respect Your creation;
Blessed One, ever alive,
Ever confirming existence;
Blessed One,
You make us free,
You rescue us!
When we hear Your Name
We offer blessing

Translation by Reb Zalman tz"l

Blessed is the One whose speech is the world
Blessed is the One *(call and response)*

Blessed is the One forever creating
Blessed is the One

Blessed is the One speaking and acting
Blessed is the One

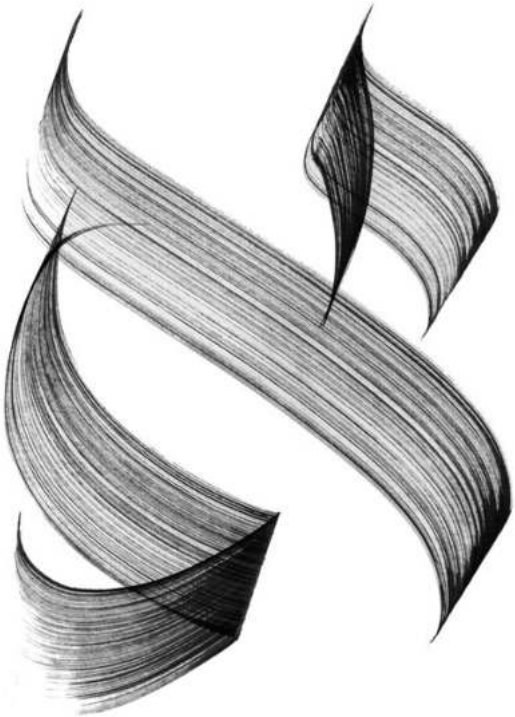
Blessed is the One separating and sustaining
Blessed is the One

Blessed is the One whose love fills the earth
Blessed is the One

Blessed is the One whose compassion gives life
Blessed is the One

Blessed is the One living forever
Blessed is the One

Music/Lyrics: R' Mark Novak



Psalm 92

תהילים צ״ב

Mizmor shir l’yom ha-Shabbat מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת

Tov l’hodot l-Adonai טוֹב לְהֹדוֹת לַיהוה

u-l’zameyr l’shimcha elyon וּלְזַמֵּר לְשִׁמְךָ עֶלְיוֹן

L’hagid ba-bòker chasdècha לְהַגִּיד בַּבֹּקֶר חַסְדֶּךָ

ve-emunat-cha ba-leylot וֶאֱמוּנָתְךָ בַּלֵּילוֹת

Aley asor va-aley nàvel עֲלֵי עָשׂוֹר וַעֲלֵי נָבֶל

aley higayon b’chinor עֲלֵי הִגָּיוֹן בְּכִנּוֹר

Let us sing a song for Shabbat!
It is good to praise Yah,
to give thanks to your Holy Name —
to tell tales of your love each morning
and your loyalty each night
on the ten-stringed lyre, the harp,
and the lute, the instruments of our love.

Ma gadlu ma-asècha Ya מַה גָּדְלוּ מַעֲשֶׂיךָ יה

m’od amku mach-sh’votècha מְאֹד עָמְקוּ מַחְשְׁבֹתֶיךָ

How abundant are Your artistries, G!d,
and how profound Your thoughts.

Translation by R’ Jill Hammer, Romemu Siddur

Ashrey yoshvey veytècha,
od y'hal'lùcha sèla

אַשְׁרֵי יוֹשְׁבֵי בֵיתֶךָ
עוֹד יְהַלְלוּךָ סֶלָה

Psalm 145:1

JOYOUS!!
DWELLING IN THE ONE
HOME IS IN MY HEART

Music/Lyrics: R' Hannah Tiferet

Potèy-ach et yadècha
u-masbì-a l'chol chai ratzon

פּוֹתֵחַ אֶת יָדֶךָ
וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן

The great Hand opens
and satisfies the desire of all the living

Va-anàchnu n'vareych Yah,
mey-ata v'ad olam.
Hal'luyah!

וַאֲנַחְנוּ נְבָרֵךְ יָהּ
מֵעַתָּה וְעַד עוֹלָם
הַלְלוּיָהּ!

Happy are those who dwell in Your house
You will be forever celebrated
And we offer our blessing of Breath, forever
Halleluyah!

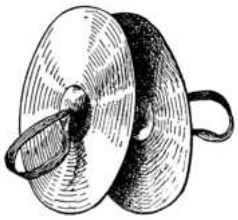
Psalms 84:5, 144:15, 145:16, 115:8

Psalm 150

תהילים ק״נ

Hal’lu Eyl b’kodsho
hal’lùhu birkìa uzo
Hal’lùhu bi-g’vurotav
hal’lùhu k’rov gudlo
Hal’lùhu b’tèyka shofar
hal’lùhu b’nèyvel v’chinor

הַלְלוּ אֵל בְּקָדְשׁוֹ
הַלְלוּהוּ בִּרְקִיעַ עֻזּוֹ
הַלְלוּהוּ בִּגְבוּרֹתָיו
הַלְלוּהוּ כְּרֹב גֻּדְלוֹ
הַלְלוּהוּ בְּתֵקַע שׁוֹפָר
הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר



Hal’lùhu b’tof u-machol
hal’lùhu b’minim v’ugav
Hal’lùhu b’tzil-tz’ley shàma
hal’lùhu b’tzil-tz’ley t’ru-a

הַלְלוּהוּ בְּתֹף וּמָחוֹל
הַלְלוּהוּ בְּמִנִּים וְעֻגָב
הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה

Kol ha-n’shama t’haleyl Yah.
Hal’luyah!

כֹּל הַנְּשָׁמָה תְּהַלֵּל יָהּ
הַלְלוּיָהּ!

Psalm 150

Praise the Source in the holy space
Praise the Source in the heights above
Praise the Source in its infinite expanse. Hal’luyah!

Praise the Source with shofar blast
With lute and harp, with drum and dance
With flute and strings and tambourines Hal’luyah!

Praise the Source with crashing cymbals
Let all who breathe now praise their source
Let every breath now praise the Source. Hal’luyah.

Translation by
R’ Burt Jacobson

עָזִּי וְזִמְרָת יָהּ וַיְהִי לִי לִישׁוּעָה

Exodus 15:2 / Psalm 118:15

Ozi v'zimrat Yah, va-y'hi li liyshu-a.

My strength and my song, Yah is my help when things go wrong.

נִשְׁמַת כָּל חַי

תְּבָרֵךְ אֶת שִׁמְךָ

יָהּ אֱלֹהֵינוּ

Nishmat kol chai

t'vareych et shimcha

Yah Elohèynu.

You whose very Name

YyyyHhhhWwwwHhhh

is the Breath of Life!

אִלּוּ פִינוּ מָלֵא שִׁירָה כַּיָּם

Ìlu fìnu maley shira ka-yam

If our mouths were filled with song
as waters fill the sea,
and our tongues rang with praise
as constant as the roaring waves

If our lips offered adoration,
as boundless as the sky
and our eyes shone in reverence
as brightly as the sun

If our hands were spread in prayer
as wide as eagles' wings,
and our feet ran to serve You
as swiftly as the deer …

Still we could not sufficiently thank You, Abundant One —
our G!d, and G!d of our ancestors —
nor could we praise Your name enough
for even one of the thousands,
the millions, the countless times
that You shared Your boundless goodness
with our ancestors and with us.

Ha-Eyl *b’ta-atzumot uzècha,*
ha-gadol bi-ch’vod sh’mècha,
ha-gibor la-nètzach
v’ha-nora b’nor-otècha.

Ha-Mèlech *ha-yosheyv*
al kisey ram v’nisa.

הָאֵל בְּתַעֲצֻמוֹת עֻזֶּךָ
הַגָּדוֹל בִּכְבוֹד שְׁמֶךָ
הַגִּבּוֹר לָנֶצַח
וְהַנּוֹרָא בְּנוֹרְאוֹתֶיךָ
הַמֶּלֶךְ הַיּוֹשֵׁב
עַל כִּסֵּא רָם וְנִשָּׂא.

שׁוֹכֵן עַד מָרוֹם וְקָדוֹשׁ שְׁמוֹ.
וְכָתוּב: "רַנְּנוּ צַדִּיקִים בַּיהוה,
לַיְשָׁרִים נָאוָה תְהִלָּה." *Psalm 33:1*

Shocheyn ad *marom v’kadosh sh’mo.*
V’chatuv: “Ran’nu tzadikim b-Adonai,
la-y’sharim na-va t’hila.”

Divine in the multiplicities of Your strength,
great in the honoring of Your Name,
You are eternally capable and awe-inspiring in Your miracles.

Enthroned on a lofty yet intimate seat, you are the Majesty.

O Dweller in eternity, Essence of holiness!

Rejoice, righteous ones, in the Righteous.
For those who walk the path, praise is a good thing.

Translation by R’ Jill Hammer, Romemu Siddur

B’fi	***y**’sharim*	*tit**r**omam*	בְּפִי יְשָׁרִים תִּתְרוֹמָם
U-v’divrey	***tz**adikim*	*tit**b**arach*	וּבְדִבְרֵי צַדִּיקִים תִּתְבָּרַךְ
U-vi-l’shon	***ch**asidim*	*tit**k**adash*	וּבִלְשׁוֹן חֲסִידִים תִּתְקַדָּשׁ
U-v’kèrev	***k**’doshim*	*tit**h**alal*	וּבְקֶרֶב קְדוֹשִׁים תִּתְהַלָּל

U-v’mak-halot riv’vot	וּבְמַקְהֲלוֹת רִבְבוֹת
am’cha beyt Yisrael	עַמְּךָ בֵּית יִשְׂרָאֵל
b’rina yitpa-ar shimcha	בְּרִנָּה יִתְפָּאַר שִׁמְךָ
Malkèynu b’chol dor va-dor	מַלְכֵּנוּ בְּכָל דּוֹר וָדוֹר.

By the mouths of all the **upright**,
And in the words of all the **just**,
On the tongues of all the **fervent**,
And by the congregation of all the **saintly**,

You are raised!
You are blessed!
You are sanctified!
You are praised!

And by the singing voices
of the tens of thousands
of congregations of Your people Israel,
Your name is glorified
in each and every generation.

יִשְׁתַּבַּח שִׁמְךָ לָעַד מַלְכֵּנוּ
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקָּדוֹשׁ
בַּשָּׁמַיִם וּבָאָרֶץ

Yishtabach *shimcha la-ad malkèynu*
Ha-Eyl ha-Mèlech ha-gadol v'ha-kadosh
ba-shamàyim u-va-àretz

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

Baruch ata Adonai
Eyl Mèlech gadol ba-tishbachot
Eyl ha-hoda-ot
Adon ha-nifla-ot
ha-bocheyr b'shirey zimra
Mèlech Eyl chey ha-olamim

Let all beings extol your essence, Our G!d,
Guide, Greatness, Holiness throughout heaven and earth.

Blessings and thanks, now and throughout all worlds,
to the One who Is, abundant in praises, mighty in thanksgiving,
extraordinary in wonders, delighting in songs and poems:
the Indwelling, Life of all the Worlds.

As We Bless the Source of Life
so we are blessed.

And the blessing gives us strength,
and makes our visions clear,

And the blessing gives us peace,
and the courage to dare.

As we bless the Source of Life,
so we are blessed.

Music/Lyrics: Faith Rogow

Barchu (Barchu)
Dear One (Dear One)
Shechinah (Shechinah)
Holy name (Holy name)
When I call on the light of my soul
I come home (I come home)

Music/Lyrcis R' Lev Friedman

Come

Come all of you

Come all of us,

And bless the One who blesses

Blessed is the Blessed One

Blessed is the Giver of blessings

Blessed in this moment now

and every now to come

Music/Lyrics: Chava Mirel

בְּרוּכִים הַבָּאִים תַּחַת כַּנְפֵי הַשְּׁכִינָה

B'ruchim ha-ba-im tàchat kanfey ha-Shechina
B'ruchot ha-ba-ot tàchat kanfey ha-Shechina

Blessed are those who join with us beneath the wings of the Divine Presence

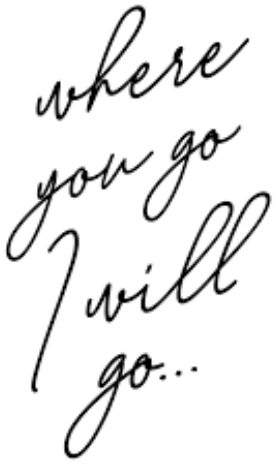
Where You Go

Where you go I will go Beloved
Where you go I will go

Where you gather I will gather
my good friends
Where you gather I will gather

And your people are my people
Your people are mine
Your people are my people
Your Divine, my Divine

Music/Lyrics by Shoshana Jedwab; adapted by Mark Novak



Baruch ata Yah Elohèynu
Mèlech ha-olam

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם

You are the Source of our blessing, Power of space and time

Yotzeyr or *u-vorey chòshech*
Oseh shalom u-vorey et ha-kol

יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ
עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת הַכֹּל

Forming light, creating darkness, making peace, creating all.

Kadosh kadosh kadosh
Adonai tz'va-ot
m'lo chol ha-àretz k'vodo

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ
יהוה צְבָאוֹת
מְלֹא כָל הָאָרֶץ כְּבוֹדוֹ

Isaiah 6:3

Holy Holy Holy

is this sweet G!d of mine
is this sweet G!d Divine

Music/Lyrics by Rick Recht, adapted by Mark Novak

Or chadash *al Tziyon ta-ir*
v'nizkeh chulànu m'heyra l'oro

אוֹר חָדָשׁ עַל צִיּוֹן תָּאִיר
וְנִזְכֶּה כֻּלָּנוּ מְהֵרָה לְאוֹרוֹ

May a new light shine on Zion
May we all soon be worthy of this light

בָּרוּךְ אַתָּה יהוה יוֹצֵר הַמְּאוֹרוֹת

Baruch ata Adonai yotzeyr ha-m'orot.

You are the Source of our blessing, who forms the lights.

Believe in a love
that is being stored up for you
like an inheritance,
and have faith that in this love
there is a strength and a blessing
so large
that you can travel as far as you wish
without having to step outside it.

Rainer Maria Rilke

Ahava raba

ahavtànu Yah Elohèynu

chemla g'dola

viyteyra chamàlta aleynu

אַהֲבָה רַבָּה

אֲהַבְתָּנוּ יהוה אֱלֹהֵינוּ

חֶמְלָה גְדוֹלָה

וִיתֵרָה חָמַלְתָּ עָלֵינוּ

A

A-ha!

Ahava raba

A

A-ha!

Ahava raba

Ahava raba

ahavtànu Yah Elohèynu.

chemla g'dola

viteyra chamàlta alèynu

Abounding love and compassion

we receive from You

Abounding love and compassion

we reflect to You

Music/Lyrics: R' Hanna Tiferet

בָּרוּךְ אַתָּה יהוה הַמְּקָרֵב אֶת עַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה

Baruch ata Adonai ha-m'kareyv et amo Yisrael b'ahava

We praise the One who gathers us in love

It Is Perfect
You Are Loved
All Is Clear And
I Am Holy

Music/Lyrics: Reb Zalman tz"l

Atzilut	י	Being
Briya	ה	Knowing
Yetzira	ו	Feeling
Assiya	ה	Acting

בָּרוּךְ אַתָּה יהוה הַמְּקָרֵב אֶת עַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה

Baruch ata Adonai ha-m'kareyv et amo Yisrael b'ahava

We praise the One who gathers us in love

We are loved by an **Unending Love**.

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.

Poem: R' Rami Shapiro / Music: R' Shir Meira Feit

בָּרוּךְ אַתָּה יהוה הַמְּקָרֵב אֶת עַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה

Baruch ata Adonai ha-m'kareyv et amo Yisrael b'ahava

We praise the One who gathers us in love

שְׁמַע יִשְׂרָאֵל יהוה אֱלֹהֵינוּ יהוה אֶחָד

Sh'ma, Yisrael: Adonai Elohèynu, Adonai Echad

Hear, O Israel, יהוה is our G!d, יהוה is One!

whisper:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Baruch sheym k'vod malchuto l'olam va-ed

Through time and space Your glory shines, Majestic One!

וְאָהַבְתָּ אֵת יְהוָה 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:

V'ahavta *eyt Adonai Elohècha b'chol l'vav-cha, u-v'chol nafsh'cha, u-v'chol m'odècha. V'hayu ha-d'varim ha-èyleh, asher anochi m'tzav'cha ha-yom, al l'vavècha. V'shinantam l'vanècha, v'dibartà bam b'shivt'cha b'veytècha, u-v'lech-t'cha va-dèrech, u-v'shochb'cha u-v'kumècha. U-k'shartam l'ot al yadècha, v'hayu l'totafot beyn eynècha. U-ch'tavtam al m'zuzot beytècha u-vish-arècha.*

Deuteronomy 6:4–9

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:

וַיֹּאמֶר יהוה אֶל־מֹשֶׁה לֵּאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל
וְאָמַרְתָּ אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִת עַל־כַּנְפֵי בִגְדֵיהֶם
לְדֹרֹתָם וְנָתְנוּ עַל־צִיצִת הַכָּנָף פְּתִיל תְּכֵלֶת: וְהָיָה
לָכֶם לְצִיצִת וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־מִצְוֹת
יהוה וַעֲשִׂיתֶם אֹתָם וְלֹא תָתוּרוּ אַחֲרֵי לְבַבְכֶם וְאַחֲרֵי
עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ
וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתָי וִהְיִיתֶם קְדֹשִׁים לֵאלֹהֵיכֶם:
אֲנִי יהוה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם לִהְיוֹת לָכֶם לֵאלֹהִים אֲנִי יהוה אֱלֹהֵיכֶם:

*Va-yòmer Adonai el Moshe leymor: Dabeyr el b'ney Yisrael v'amartà aleyhem, v'asu lahem **tzitzit** al kanfey vigdeyhem l'dorotam, v'nat'nu al **tzitzit** ha-kanaf p'til t'chèylet. V'haya lachem l'**tzitzit** u-r'item oto u-z'chartem et kol mitzvot Adonai va-asìtem otam, v'lo tatùru acharey l'vavchem v'acharey eyneychem asher atem zonim achareyhem. L'mà-an tizk'ru va-asitem et kol mitzvotai, vihyiytem k'doshim l-Eyloheychem. Ani Adonai Eloheychem, asher hotzèyti et-chem mey-èretz Mitzràyim lihyot lachem l-Eylohim. Ani Adonai Eloheychem.*

Numbers 15:37–41

It came to pass and will come to pass that we wore **t*zitzit*** / fringes on the corners of our clothing; ***tzitzit*** with a twine of blue, to remember G!d in our deeds. And when we come to want things without end, we grasp the corners of our ***tzitzit*** and fly to the sacred ground to remember יהוה in our living. I am יהוה, your G!d, when I call you out of the narrow places, the *Mitzrayim* of your lives, so that I can become the Sacred Power among you.

Adonai Eloheychem emet .... יהוה אֱלֹהֵיכֶם אֱמֶת...

And that's the truth!

אֱמֶת וְיַצִּיב וְנָכוֹן וְקַיָּם

וְיָשָׁר וְנֶאֱמָן וְאָהוּב וְחָבִיב

וְנֶחְמָד וְנָעִים וְנוֹרָא וְאַדִּיר

וּמְתֻקָּן וּמְקֻבָּל וְטוֹב וְיָפֶה

הַדָּבָר הַזֶּה עָלֵינוּ לְעוֹלָם וָעֶד

Emet v'yatziv v'nachon v'kayam
v'yashar v'ne-eman v'ahuv v'chaviv
v'nechmad v'na-im v'nora v'adir
u-m'tukan u-m'kubal v'tov v'yafeh

ha-davar ha-zeh alèynu l'olam va-ed

***True** and steady, correct and alive, honest and faithful, loved and beloved, precious and pleasant, awesome and strong, perfect and accepted, good and beautiful are these words eternally for us.*

מֹשֶׁה וּמִרְיָם וּבְנֵי וּבְנוֹת יִשְׂרָאֵל לְךָ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כֻּלָּם:

מִי־כָמֹכָה בָּאֵלִם יהוה
מִי כָּמֹכָה נֶאְדָּר בַּקֹּדֶשׁ
נוֹרָא תְהִלֹּת עֹשֵׂה פֶלֶא

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִים לְשִׁמְךָ
עַל שְׂפַת הַיָּם
יָחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ

יהוה יִמְלֹךְ לְעֹלָם וָעֶד

Exodus 15:11, 18

Mosheh u-Miriam u-v'ney u-v'not Yisrael
l'cha anu shira b'simcha raba v'amru chulam

Mi chamòcha ba-eylim, Adonai
Mi kamòcha ne-dar ba-kòdesh
Nora t'hilot, òsey fèleh

Shira chadasha shib'chu g'ulim l'shimcha
al s'fat ha-yam

yachad kulam hodu v'himlìchu v'amru
Adonai yimloch l'olam va-ed

Moses, Miriam, and all Israel sang this joyous song at their liberation:

"Oh Great Mystery, who is like You among the powers!
Who is like You, awesome in holiness,
author of wonders!"

At the shore of the Sea,
the redeemed ones sang a new song of praise to Your Name.
Together all called out:

"יהוה will be our Power as long as space and time endure!"

Tzur Yisrael,
***kùma** b'ezrat Yisrael*
u-f'dey chin-umècha
Y'huda v'Yisrael
Go-alèynu
Adonai tz'va-ot sh'mo
K'dosh Yisrael
Baruch ata, Adonai
Ga-al Yisrael

צוּר יִשְׂרָאֵל
קוּמָה בְּעֶזְרַת יִשְׂרָאֵל
וּפְדֵה כִנְאֻמֶךָ
יְהוּדָה וְיִשְׂרָאֵל
גֹּאֲלֵנוּ
יהוה צְבָאוֹת שְׁמוֹ
קְדוֹשׁ יִשְׂרָאֵל
בָּרוּךְ אַתָּה יהוה
גָּאַל יִשְׂרָאֵל

Rock of Yisrael, **ARISE**
to help your people Yisrael.
Fulfill Your promise of redemption
for Yehudah and Yisrael.
"Shaper of all the Powers of the Universe"
is Your Name, Holy One of Yisrael.
A Fountain of Blessing are You, יהוה,
Redeeming Power of Yisrael.

Standing Prayer *Amidah* עמידה

Adonai, s'fatai tiftach, u-fi yagid t'hilatècha אֲדֹנָי שְׂפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתֶךָ

Eternal One, open my lips that my mouth may sing Your praises.

Baruch ata, Adonai, Elohèynu
v-Eylohey avotèynu v-imotèynu,
Elohey Avraham, Elohey Yitzchak,
v-Eylohey Ya-akov,
Elohey Sarah, Elohey Rivkah,
Elohey Racheyl, v-Eylohey Ley-ah,
Ha-Eyl ha-gadol ha-gibor v'ha-nora,
Eyl elyon, gomeyl chasadim tovim,
v'koney ha-kol,
v'zocheyr chasdey avot v'imahot,
u-meyvi g'ula li-v'ney v'neyhem
l'mà-an sh'mo b'ahava.

בָּרוּךְ אַתָּה יהוה אֱלֹהֵינוּ
וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ
אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק
וֵאלֹהֵי יַעֲקֹב
אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה
אֱלֹהֵי רָחֵל וֵאלֹהֵי לֵאָה
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא
אֵל עֶלְיוֹן גּוֹמֵל חֲסָדִים טוֹבִים
וְקוֹנֵה הַכֹּל
וְזוֹכֵר חַסְדֵי אָבוֹת וְאִמָּהוֹת
וּמֵבִיא גְאוּלָה לִבְנֵי בְנֵיהֶם
לְמַעַן שְׁמוֹ בְּאַהֲבָה

On Shabbat Shuva add:

Zochrèynu l'chayim Mèlech chafeytz ba-chayim
V'chotvèynu b'sèyfer ha-chayim
l'ma-ancha Elohim chayim.

זָכְרֵנוּ לְחַיִּים מֶלֶךְ חָפֵץ בַּחַיִּים
וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים
לְמַעַנְךָ אֱלֹהִים חַיִּים

Mèlech ozeyr u-moshì-a u-mageyn.
Baruch ata, Adonai,
mageyn Avraham v'ezrat Sarah.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמָגֵן
בָּרוּךְ אַתָּה יהוה
מָגֵן אַבְרָהָם וְעֶזְרַת שָׂרָה

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי
מְחַיֵּה מֵתִים אַתָּה רַב לְהוֹשִׁיעַ

Ata gibor l'olam, Adonai,
m'chayey meytim ata rav l'hoshì-a.

Prayer for rain: from Sh'mini Atzèret until Pesach

מַשִׁיב הָרוּחַ וּמוֹרִיד הַגָּשֶׁם

Mashiv ha-rùach u-morid ha-gàshem.

Prayer for dew: from Pesach until Sh'mini Atzèret

מוֹרִיד הַטָּל

Morid ha-tal.

מְכַלְכֵּל חַיִּים בְּחֶסֶד
מְחַיֵּה מֵתִים בְּרַחֲמִים רַבִּים
סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים
וּמַתִּיר אֲסוּרִים
וּמְקַיֵּם אֱמוּנָתוֹ לִישֵׁנֵי עָפָר
מִי כָמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דּוֹמֶה לָּךְ
מֶלֶךְ מֵמִית וּמְחַיֶּה
וּמַצְמִיחַ יְשׁוּעָה

M'chalkeyl chayim b'chèsed,
m'chayey meytim b'rachamim rabim,
someych noflim, v'rofey cholim,
u-matir asurim,
u-m'kayeym emunato liysheyney afar.
Mi chamòcha bà-al g'vurot
u-mi dòmeh lach,
Mèlech meymit u-m'chayeh
u-matzmì-ach y'shu-a.

On Shabbat Shuva add:

מִי כָמוֹךָ אַב הָרַחֲמִים
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים

Mi chamòcha Av ha-rachamim,
zocheyr y'tzurav l'chayim b'rachamim

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת מֵתִים
בָּרוּךְ אַתָּה יהוה
מְחַיֵּה הַמֵּתִים

V'ne-eman ata l'hachayot meytim.
Baruch ata, Adonai,
m'chayey ha-meytim.

The Amidah continues on page 39.

Eternal One, open my lips,
that my mouth may sing Your praises.

Adonai, s'fatai tiftach, u-fi yagid t'hilatècha

A Fountain of Blessings are You יהוה,
our G!d and G!d of our ancestors,
G!d of Abraham, G!d of Isaac,
G!d of Jacob,
G!d of Sarah, G!d of Rebecca,
G!d of Rachel, G!d of Leah.
Great, Powerful, Awe-some!
A transcendent G!d,
Ancient Source of Kindness,
who possesses everything.
Mindful of our ancestors' loving acts,
You bring redemption
to their children's children
for the sake of the Divine name.

Baruch ata, Adonai, Elohèynu
v-Eylohey avotèynu v-imotèynu,
Elohey Avraham, Elohey Yitzchak,
v-Eylohey Ya-akov,
Elohey Sarah, Elohey Rivkah,
Elohey Racheyl, v-Eylohey Ley-ah,
Ha-Eyl ha-gadol ha-gibor v'ha-nora,
Eyl elyon,
gomeyl chasadim tovim,
v'koney ha-kol,
v'zocheyr chasdey avot v'imahot,
u-meyvi g'ula
li-v'ney v'neyhem
l'mà-an sh'mo b'ahava.

On Shabbat Shuva add:

Source of Life, remember us for life,
write us in the Book of Life,
for your sake, G!d of life.

Zochrèynu l'chayim Mèlech chafeytz ba-chayim
V'chotvèynu b'sèyfer ha-chayim
l'ma-ancha Elohim chayim.

Regal One,
our helper, salvation, and protector,
A Fountain of Blessings are You,
Shield of Abraham, and Helper of Sarah.

Mèlech
ozeyr u-moshì-a u-mageyn.
Baruch ata Adonai,
mageyn Avraham v'ezrat Sarah.

Adonai, always present,	*Ata gibor l'olam, Adonai,*
You give life to the deadened.	*m'chayey meytim*
Your help is abundant.	*ata rav l'hoshì-a.*

From Sh'mini Atzèret until Pesach

You renew wind and send rain.	*Mashiv ha-rùach u-morid ha-gàshem*

From Pesach until Sh'mini Atzèret

You freshen with dew.	*Morid ha-tal*

You sustain all that lives with loyal love	*M'chalkeyl chayim b'chèsed,*
With great compassion	*m'chayey meytim*
You give new life to that which has died	*b'rachamim rabim,*
You … raise up those who fall…	*someych noflim,*
heal the sick … free the captive	*v'rofey cholim, u-matir asurim,*
and remain faithful	*u-m'kayeym emunato*
to those who are gone.	*liysheyney afar.*
Who compares to You, Source of all power,	*Mi chamòcha bà-al g'vurot*
Who can resemble You?	*u-mi dòmeh lach,*
Source of life and death,	*Mèlech meymit u-m'chayeh*
from whom hope sprouts.	*u-matzmì-ach y'shu-a.*

On Shabbat Shuva add:

Who can compare to You, Source of mercy,	*Mi chamòcha Av ha-rachamim,*
With mercy, You remember all creatures, for life!	*zocheyr y'tzurav l'chayim b'rachamim*

You are Faithful,	*V'ne-eman ata*
giving life to every living thing.	*l'hachayot meytim.*
Blessed are You, the Fount of Life,	*Baruch ata, Adonai,*
who gives and renews life.	*m'chayey ha-meytim.*

Awaken

Kedusha: Guided Meditation

Isaiah's Vision of Angelic Beings

I beheld my Sovereign seated on a high and lofty throne;
and the skirts of G!d's robe filled the temple.
Seraphs stood in attendance, each with six wings—
two covering the face, two covering the body, and two to fly with.
And one would call to the other:
"Holy, Holy, Holy is the Source of Diversity!
All existence is filled with Divine Presence!"

Isaiah 6:1-3

Kedusha is a full body experience,
during which we imagine ourselves as angels.

With feet together
we bow to the left
we bow to the right
we bow straight ahead…then
we rise up on our toes three times:

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ

Kadosh Kadosh Kadosh

יהוה צְבָאוֹת

מְלֹא כָל הָאָרֶץ כְּבוֹדוֹ

Adonai Tz'va-ot
M'lo chol ha-àretz k'vodo

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ
וּקְדוֹשִׁים בְּכָל יוֹם יְהַלְלוּךָ סֶלָה.
*בָּרוּךְ אַתָּה יהוה הָאֵל הַקָּדוֹשׁ.

*Blessed are You, Holy One, Sacred Power.

On Shabbat Shuva replace with:

בָּרוּךְ אַתָּה יהוה הַמֶּלֶךְ הַקָּדוֹשׁ.

Blessed are You, Holy One, Sacred Majesty.

יִשְׂמַח מֹשֶׁה בְּמַתְּנַת חֶלְקוֹ, כִּי עֶבֶד נֶאֱמָן קָרָאתָ לוֹ.
כְּלִיל תִּפְאֶרֶת בְּרֹאשׁוֹ נָתַתָּ, בְּעָמְדוֹ לְפָנֶיךָ עַל הַר סִינָי.
וּשְׁנֵי לוּחוֹת אֲבָנִים הוֹרִיד בְּיָדוֹ, וְכָתוּב בָּהֶם
שְׁמִירַת שַׁבָּת, וְכֵן כָּתוּב בְּתוֹרָתֶךָ:

Your faithful servant Moshe
taught us the *mitzvah* of Shabbat:

וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת
לַעֲשׂוֹת אֶת הַשַּׁבָּת
לְדֹרֹתָם בְּרִית עוֹלָם.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִוא לְעֹלָם
כִּי שֵׁשֶׁת יָמִים עָשָׂה יהוה
אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפַשׁ.

V'sham'ru *v'ney Yisrael et ha-Shabbat,*
la-asot et ha-Shabbat l'dorotam b'rit olam.
Beyni u-veyn b'ney Yisrael ot hi l'olam,
ki shèyshet yamim asa Adonai
et ha-shamàyim v'et ha-àretz,
u-va-yom ha-sh'vi-i shavat va-yinafash.

The Children of Yisrael will be guardians of Shabbat for all generations!
It is a covenant for as long as space and time endure,
between Me and the Children of Yisrael.
For in six "days" יהוה made the physical realms;
and on the seventh day Shabbat unfurled,
and soul was imparted to the world.

Yism'chu b'malchut'cha
shomrey Shabbat v'korey òneg.
Am m'kad'shey sh'vi-i,
kulam yisb'u
v'yit-angu mi-tuvècha,
u-va-sh'vi-i ratzìta bo v'kidashto,
chemdat yamim oto karàta,
zèycher l'ma-asey v'reyshit.

יִשְׂמְחוּ בְּמַלְכוּתְךָ
שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֹנֶג
עַם מְקַדְּשֵׁי שְׁבִיעִי
כֻּלָּם יִשְׂבְּעוּ
וְיִתְעַנְּגוּ מִטּוּבֶךָ
וּבַשְּׁבִיעִי רָצִיתָ בּוֹ וְקִדַּשְׁתּוֹ
חֶמְדַּת יָמִים אוֹתוֹ קָרָאתָ
זֵכֶר לְמַעֲשֵׂה בְרֵאשִׁית

May those who keep Shabbat be filled with delight!
For You also took pleasure in the seventh day,
calling it the most precious of days,
a reminder of the flaring-forth of Creation.

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ, רְצֵה בִמְנוּחָתֵנוּ,
קַדְּשֵׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ,
שַׂבְּעֵנוּ מִטּוּבֶךָ וְשַׂמֵּחֵנוּ בִּישׁוּעָתֶךָ.
וְטַהֵר לִבֵּנוּ לְעָבְדְּךָ בֶּאֱמֶת. וְהַנְחִילֵנוּ, יהוה אֱלֹהֵינוּ,
בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קָדְשֶׁךָ, וְיָנוּחוּ בָהּ יִשְׂרָאֵל,
מְקַדְּשֵׁי שְׁמֶךָ. בָּרוּךְ אַתָּה, יהוה, מְקַדֵּשׁ הַשַּׁבָּת.

A Fountain of Blessing are You, Holy One,
who makes Shabbat a day apart.

רְצֵה, יהוה אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל,
וּתְפִלָּתָם בְּאַהֲבָה תְקַבֵּל בְּרָצוֹן.
וּתְהִי לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עַמֶּךָ.

May our prayers always be in rhythm with Your ways.

On Rosh Chodesh (the new month), and on chol ha-mo-eid Pesach and Sukkot:

אֱלֹהֵינוּ וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ,
יַעֲלֶה וְיָבוֹא, וְיַגִּיעַ וְיֵרָאֶה, וְיֵרָצֶה וְיִשָּׁמַע, וְיִפָּקֵד
וְיִזָּכֵר זִכְרוֹנֵנוּ וּפִקְדוֹנֵנוּ, וְזִכְרוֹן אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ,
וְזִכְרוֹן מָשִׁיחַ בֶּן דָּוִד עַבְדֶּךָ, וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קָדְשֶׁךָ,
וְזִכְרוֹן כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפָנֶיךָ, לִפְלֵיטָה לְטוֹבָה,
לְחֵן וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים טוֹבִים וּלְשָׁלוֹם בְּיוֹם
רֹאשׁ הַחֹדֶשׁ / חַג הַמַּצּוֹת / חַג הַסֻּכּוֹת
הַזֶּה. זָכְרֵנוּ, יהוה אֱלֹהֵינוּ, בּוֹ לְטוֹבָה, וּפָקְדֵנוּ בוֹ לִבְרָכָה,
וְהוֹשִׁיעֵנוּ בוֹ לְחַיִּים. וּבִדְבַר יְשׁוּעָה וְרַחֲמִים, חוּס וְחָנֵּנוּ
וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ. כִּי אֵלֶיךָ עֵינֵינוּ.
כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אָתָּה.

May we be remembered for good on this special day.

וְתֶחֱזֶינָה עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה, יהוה, הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

Blessed are You, Holy One, who brings Your Presence home.

מוֹדִים אֲנַחְנוּ לָךְ, שֶׁאַתָּה הוּא יהוה אֱלֹהֵינוּ
וֵאלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵנוּ לְעוֹלָם וָעֶד.
צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ, אַתָּה הוּא לְדוֹר וָדוֹר.
נוֹדֶה לְךָ וּנְסַפֵּר תְּהִלָּתֶךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדֶךָ,
וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נִסֶּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ,
וְעַל נִפְלְאוֹתֶיךָ וְטוּבוֹתֶיךָ שֶׁבְּכָל עֵת, עֶרֶב וָבֹקֶר צָהֳרָיִם.
הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְרַחֵם, כִּי לֹא תָמּוּ חֲסָדֶיךָ,
מֵעוֹלָם קִוִּינוּ לָךְ. וְעַל כֻּלָּם יִתְבָּרַךְ וְיִתְרוֹמַם שִׁמְךָ,
מַלְכֵּנוּ, תָּמִיד לְעוֹלָם וָעֶד.

On Shabbat Shuva add:
וּכְתוֹב לְחַיִּים כָּל בְּנֵי וּבְנוֹת בְּרִיתֶךָ.

וְכֹל הַחַיִּים יוֹדוּךָ סֶלָה. וִיהַלְלוּ אֶת שִׁמְךָ בֶּאֱמֶת,
הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֶלָה.
בָּרוּךְ אַתָּה, יהוה, הַטּוֹב שִׁמְךָ וּלְךָ נָאֶה לְהוֹדוֹת.

We thank You, for You are The Breath of Life,
our Source, G!d of our ancestors.
We give praise for our lives, our souls,
for daily miracles, and the wonder of it all.

For all this, may Your Holy Name be blessed and raised high forever.

On Shabbat Shuva add: May all who live by Your ways be inscribed for life.

Each living thing praises You in its unique way.

A Fountain of Blessings are You, Holy One,
goodness is Your essence, and to thank You is pleasure.

Sim shalom, *tova u-v'racha,*
cheyn va-chèsed v'rachamim,
alèynu v'al kol beyt Yisrael amècha.

Barchèynu, Avìnu,
kulànu k'echad b'or panècha.
Ki v'or panècha natàta lànu,
Adonai Elohèynu,
Torat chayim v'ahavat chèsed,
u-tz'daka u-v'racha v'rachamim
v'chayim v'shalom.

V'tov b'eynècha l'vareych
et amcha Yisrael b'chol eyt
u-v'chol sha-a bi-sh'lomècha.

שִׂים שָׁלוֹם, טוֹבָה וּבְרָכָה,
חֵן וָחֶסֶד וְרַחֲמִים,
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמֶּךָ.

בָּרְכֵנוּ, אָבִינוּ,
כֻּלָּנוּ כְּאֶחָד בְּאוֹר פָּנֶיךָ.
כִּי בְאוֹר פָּנֶיךָ נָתַתָּ לָּנוּ,
יהוה אֱלֹהֵינוּ,
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וּצְדָקָה וּבְרָכָה וְרַחֲמִים
וְחַיִּים וְשָׁלוֹם.

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת
וּבְכָל שָׁעָה בִּשְׁלוֹמֶךָ.

Place peace, good and blessing, loyal love and compassion upon us. Our Source, bless us all together in Your light. For Your light is the light of ◆ Torah ◆ Life ◆ Love ◆ Loyalty ◆ Correct Action ◆ Blessing ◆ Nurture ◆ Wholeness and Peace.

On Shabbat Shuva add:

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפַרְנָסָה טוֹבָה, נִזָּכֵר וְנִכָּתֵב לְפָנֶיךָ,
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

May we be remembered and inscribed for good life and peace.

בָּרוּךְ אַתָּה, יהוה, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בַּשָּׁלוֹם.

Blessed are You, Holy One, who shows us the blessing of peace.

Praying

Add a personal prayer here.

It doesn't have to be
the blue iris, it could be
weeds in a vacant lot, or a few
small stones; just pay attention,
then patch

a few words together, and don't try
to make them elaborate, this isn't
a contest but the doorway

into thanks, and a silence in which
another voice may speak.

-Mary Oliver

Yihyu l'ratzon
imrey fi v'hegyon libi
l'fanècha, Adonai, tzuri v'go-ali.

יִהְיוּ לְרָצוֹן
אִמְרֵי פִי וְהֶגְיוֹן לִבִּי
לְפָנֶיךָ יהוה צוּרִי וְגוֹאֲלִי

Psalm 19:15

May the words of my mouth and the meditations of my heart be acceptable to You, G!d, my Rock and my Redeemer.

***Oseh shalom** bi-m'romav,*
hu ya-aseh shalom alèynu,
v'al kol Yisrael,
v'al kol yoshvey teyveyl,
v'imru: Amen.

עוֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאִמְרוּ אָמֵן

May the One making harmony in the highest places,
help us make peace here, for us, for all Israel,
and for all who dwell on earth, and we say: Amen.

Awaken

Seven Breath Meditation

Breathing in, I take breath into myself.
Breathing out, I join the web of being.

Breathing in, I rest in the present.
Beathing out, I am part of past and future.

Breathing in, I honor the shrine of my body.
Breathing out, I honor the shrine of the cosmos.

Breathing in, Presence fills me.
Breathing out, Presence enfolds me.

Breathing in, I witness what is broken.
Breathing out, I bow to what is perfect.

Breathing in, I offer gratitude for what is.
Breathing out, I accept all that changes.

Breathing in, I pray for peace for myself.
Breathing out, I pray for peace for all beings.

R' Jill Hammer, Siddur haKohanot

Leiv tahor b'ra-li Elohim
v'rùach nachon chadeish b'kirbi.

לֵב טָהוֹר בְּרָאלִי אֱלֹהִים
וְרוּחַ נָכוֹן חַדֵּשׁ בְּקִרְבִּי

Psalm 51:12

Create a pure heart in me, Great Spirit
Create a pure heart in me
And renew a true soul within me
And renew a true soul within

Daphna Rosenberg and Yoel Sykes

I would love to live
Like a river flows
Carried by the surprise
Of its own unfolding.

John O'Donohue

Priestly Blessing

יְבָרֶכְךָ יהוה וְיִשְׁמְרֶךָ
יָאֵר יהוה פָּנָיו אֵלֶיךָ וִיחֻנֶּךָּ
יִשָּׂא יהוה פָּנָיו אֵלֶיךָ וְיָשֵׂם לְךָ שָׁלוֹם

Y'varech'cha Adonai v'yishm'rècha

Ya-eyr Adonai panav eylècha viychunèka

Yisa Adonai panav eylècha v'yaseym l'cha shalom

Numbers 6:24-26

May the One of Eternal Being bless and protect you.
Let it be G!d's will. Let it be.

May the One of Endless Light shine to face and grace you.
Let it be G!d's will. Let it be.

May the One who is Becoming bring you ease and give you peace.
Let it be G!d's will. Let it be.

To Us All

May be be blessed and watched over
To us all
May the light shine brightly on our lives
To us all
May the face of G!d shine brightly
and grant the peace (piece) of heaven
To us all

Music/Lyrics: R' Mark Novak

Ana Eyl na r'fa na lah אָנָּא אֵל נָא רְפָא נָא לָהּ

Heal our bodies Open our hearts Awaken our minds

Eh'yeh אֶהְיֶה

Music / English lyrics: R' Aryeh Hirschfield z'l

תּוֹרָה
צִוָּה לָנוּ מֹשֶׁה
מוֹרָשָׁה קְהִלַּת יַעֲקֹב

Deuteronomy 33:4

TORAH
tziva lànu Mosheh
morasha k'hilat Ya-akov

Music: R' Mark Novak

Moses instructed us with the Teaching,
the heritage of the community of Jacob

By the light
By the Torah's eternal light
By the light
By the lai lai lai lai lai
lai lai lai lai lai

Music: Paul Simon

*Ki mi-Tziyon teytzey **TORAH***
u-d'var Adonai miYrushalàyim

כִּי מִצִּיּוֹן תֵּצֵא **תּוֹרָה**
וּדְבַר יהוה מִירוּשָׁלָיִם

From Zion teaching will pour forth
and the speech of the Infinite from Jerusalem

יהוה יהוה אֵל רַחוּם וְחַנּוּן
אֶרֶךְ אַפַּיִם וְרַב חֶסֶד וֶאֱמֶת
נֹצֵר חֶסֶד לָאֲלָפִים
נֹשֵׂא עָוֹן וָפֶשַׁע וְחַטָּאָה וְנַקֵּה

Adonai Adonai Eyl rachum v'chanun
èrech apàyim v'rav chèsed be-emet
notzeyr chèsed la-alafim
nosey avon va-fèsha v'chata-a v'nakey

Yod Hey Vav Hey Compassion and Tenderness
Patience Forebarence Kindness Awareness
Bearing love from age to age
Lifting guilt and mistakes and making us free

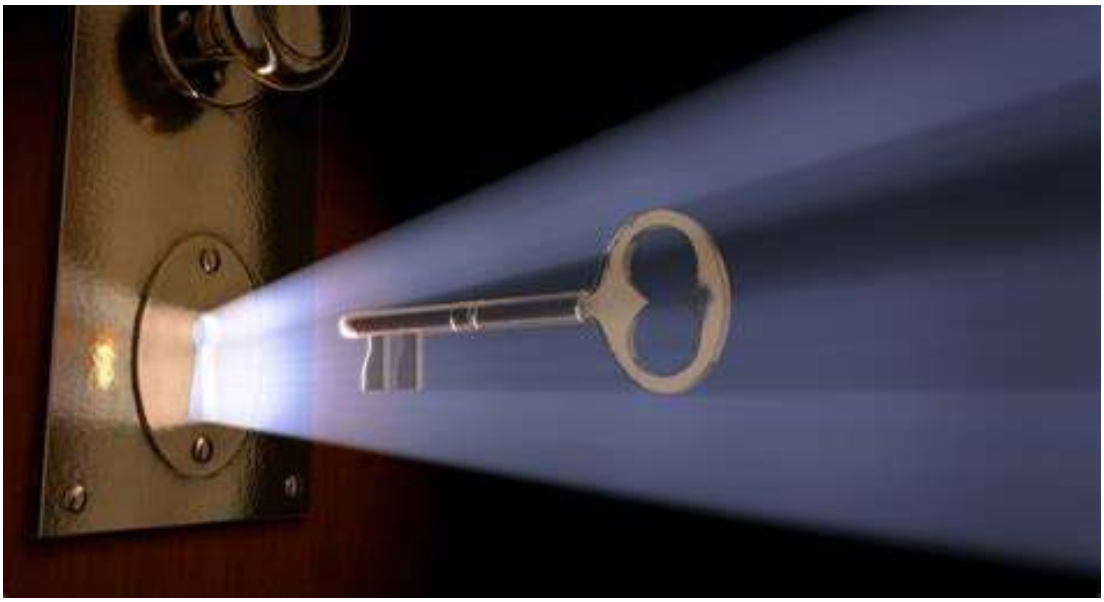
וַאֲנִי תְפִלָּתִי לְךָ יהוה עֵת רָצוֹן
אֱלֹהִים בְּרָב חַסְדֶּךָ
עֲנֵנִי בֶּאֱמֶת יִשְׁעֶךָ

Va-ani t'filati l'cha Adonai eyt ratzon
Elohim b'rov chasdècha
anèyni be-emet yish-ècha

I am my prayer.
To You I turn, my Rock, at this time of longing.
Great Power, in Your abundant love,
answer me with Your liberating truth.

TORAH:

THE ULTIMATE BREAKTHROUGH ROOM



Blessing for the New Month

Y'hi ratzon she-t'chadeysh alèynu
et ha-chòdesh ha-zeh
l'tova v'li-v'racha
l'sason u-l'simcha
l'shalom v'achava
rey-ut v'ahava

יְהִי רָצוֹן שֶׁתְּחַדֵּשׁ עָלֵינוּ
אֶת הַחֹדֶשׁ הַזֶּה
לְטוֹבָה וְלִבְרָכָה
לְשָׂשׂוֹן וּלְשִׂמְחָה
לְשָׁלוֹם וְאַחֲוָה
רֵעוּת וְאַהֲבָה

a life that knows
no embarrasment or shame
knowing we've lived
as fully as we can
a life that's filled
with the wonders of the world
renewed with the
cycles of the moon

Music/Lyrics: Cantor Linda Hirschhorn

Rosh chodesh _____
yihyeh b'yom ____ ha-ba
alèynu v'al kol Yisrael l'tova

רֹאשׁ חֹדֶשׁ _____
יִהְיֶה בְּיוֹם _____ הַבָּא
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל לְטוֹבָה

Y'chadshèyhu ha-Kadosh Baruch Hu
alèynu v'al kol amo beyt Yisrael
l'chayim u-l'shalom (amen)
l'sason u-l'simcha (amen)
v'li-r'fua sh'leyma (amen)
v'nomar: amen

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בָּרוּךְ הוּא
עָלֵינוּ וְעַל כָּל עַמּוֹ בֵּית יִשְׂרָאֵל
לְחַיִּים וּלְשָׁלוֹם (אָמֵן)
לְשָׂשׂוֹן וּלְשִׂמְחָה (אָמֵן)
וְלִרְפוּאָה שְׁלֵמָה (אָמֵן)
וְנֹאמַר:
אָמֵן

May G!d renew the month
For us and for all G!d seekers
For life and peace (amen)
For happiness and rejoicing (amen)
And for complete healing (amen)
And let us say: Amen

יהוה עֹז לְעַמּוֹ יִתֵּן
יהוה יְבָרֵךְ אֶת עַמּוֹ
בַשָּׁלוֹם

Adonai oz l'amo yiteyn

Adonai y'vareych et amo

va-shalom

Psalm 29:11
Music: Yoel Sykes and Daphna Rosenberg

May Yah give strength to us
And bless us with peace

One Day

Sometimes I lay
Under the moon
And thank G!d I'm breathing
Then I pray
Don't take me soon
'Cause I am here for a reason

Sometimes in my tears I drown
But I never let it get me down
So when negativity surrounds
I know some day it'll all turn around because...

All my life I've been waiting for
I've been praying for
For the people to say
That we don't wanna fight no more
There will be no more wars
And our children will play
One day (One day)

Music/Lyrics: Matisyahu

V'ne-emar v'haya Adonai
l'Mèlech al kol ha-àretz
ba-yom ha-hu
yihyeh Adonai echad
u-sh'mo (u-sh'mah) echad

וְנֶאֱמַר וְהָיָה יהוה
לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא
יִהְיֶה יהוה אֶחָד
וּשְׁמוֹ (וּשְׁמָהּ) אֶחָד

Zecharyah 14:9

As Your prophet said:
"When all on earth are guided by Divinity,
On that day, Yah will be one and her name will be one."

And then (and then)
both men and women will be gentle
And then (and then)
both women and men will be strong
And then all will be so varied, rich and free
and everywhere will be called Eden once again

Poem: Judy Chicago

וְנֶאֱמַר וְהָיָה יהוה
לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא יִהְיֶה יהוה אֶחָד
וּשְׁמוֹ (וּשְׁמָהּ) אֶחָד

Zecharyah 14:9

V'ne-emar v'haya Adonai l'Mèlech al kol ha-àretz
ba-yom ha-hu yihyeh Adonai echad
u-sh'mo (u-sh'mah) echad

As Your prophet said:
"When all on earth are guided by Divinity,
On that day, Yah will be one and her name will be one."

עלינו
Aleynu
It's Upon Us

Va-hasheyvota
el l'vavècha
ki Havaya
hu ha-Elohim

Know and return to your heart
that Being and Divinity are One

וַהֲשֵׁבֹתָ
אֶל לְבָבֶךָ
כִּי הויה
הוּא הָאֱלֹהִים

Deuteronomy 4:39
Music: R' Shir Meira Feit

V'ne-emar
v'haya Havaya
l'Mèlech al kol ha-àretz
ba-yom ha-hu
yihyeh Havaya echad
u-sh'mo
(u-sh'mah)
echad

וְנֶאֱמַר
וְהָיָה הויה
לְמֶלֶךְ עַל כָּל הָאָרֶץ
בַּיּוֹם הַהוּא
יִהְיֶה הויה אֶחָד
וּשְׁמוֹ
(וּשְׁמָהּ)
אֶחָד

Zecharyah 14:9

As Your prophet said:
"When all on earth are guided by Divinity,
On that day, Yah will be one and her name will be one."

קדיש יתום

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא

יִתְבָּרַךְ וְיִשְׁתַּבַּח
וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל
שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא
לְעֵלָּא [וּלְעֵלָּא] מִן כָּל בִּרְכָתָא
וְשִׁירָתָא, תֻּשְׁבְּחָתָא וְנֶחֱמָתָא
דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ אָמֵן

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

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאִמְרוּ אָמֵן

Kaddish Yatom

Yitgadal v'yitkadash sh'mey raba,
b'alma di-v'ra chi-r'utey,
v'yamlich malchutey
b'chayeychon u-v'yomeychon,
u-v'chayey d'chol beyt Yisrael,
ba-agala u-vi-z'man kariv,
v'imru: Amen.

Y'hey sh'mey raba m'varach
l'alam u-l'almey almaya.

Yitbarach v'yishtabach,
v'yitpa-ar v'yitromam v'yitnasey,
v'yit-hadar v'yit-aleh v'yit-halal
sh'mey d'kudsha, b'rich hu,
l'èyla (u-l'èyla) min kol birchata
v'shirata, tushb'chata
v'nechemata da-amiran b'alma,
v'imru: Amen.

Y'hey shlama raba min shmaya
v'chayim alèynu v'al kol Yisrael,
v'imru: Amen.

Oseh shalom bi-m'romav,
hu ya-aseh shalom alèynu
v'al kol Yisrael,
v'al kol yoshvey teyveyl
v'imru: Amen.

Mourner's Kaddish

Magnified and sanctified is the Name of *Yah*
in the world by will created.
May *Yah's* governance govern in your lifetime, and in your days ,
and in the life of the Family *Yisrael,*
speedily, and in a time come near.
And we say: *Amen.*

We praise the Name of *Yah,* unceasing,
Eternally turning to eternity.

May it be blessed, and it be acclaimed, and it be gloried,
and it be adorned, and it be hailed, and it be adored, and it be raised,
and it be praised — the Name, the Holy Name, Blessed Be —
far *(on Shabbat Shuvah add:* and farther*)* beyond any blessings and hymns,
praises and solace uttered in this world. And we say: *Amen.*

May there be abundant peace from Heaven,
and life upon us and on all *Yisrael.* And we say: *Amen.*

May the Maker of *Shalom* above
continue to make *Shalom* upon us
and on all *Yisrael* and on the world wherein we dwell.
And we say: *Amen.*

Euphonic Translation by Richard Heiberger,
matches the assonance, cadence and rhythm of the Aramaic.

Psalm 27

for Elul through Hashanah Rabah

Achat sha-alti	אַחַת שָׁאַלְתִּי
meyeyt Adonai	מֵאֵת יהוה
otah avakeysh	אוֹתָהּ אְבַקֵּשׁ
Shivti b'veyt Adonai	שִׁבְתִּי בְּבֵית יהוה
kol y'mey chayai	כָּל יְמֵי חַיַּי

One thing I ask
Of You my Holy friend
To sit in Your Presence
All the days of my life

Music and English by R' Mark Novak

I ask of you, G!d,
fulfill my heart's desire
to live aligned with You, now and forever.
May I have faith and be grateful,
remembering to seek You within.

Meira Ilana Appell

Adon olam *asher malach*
b'tèrem kol y'tzir nivra
l'eyt na-asa v'cheftzo kol
azai Mèlech sh'mo nikra

V'acharey kich'lot ha-kol
l'vado yimloch nora
v'hu haya v'hu hoveh
v'hu yihyeh b'tif-ara.

V'hu echad v'eyn sheyni
l'hamshil lo l'hachbìra
b'li reyshit b'li tachlit
v'lo ha-oz v'ha-misra.

V'hu Eyli, v'chai go-ali
v'tzur chevli b'eyt tzara
v'hu nisi u-manos li
m'nat kosi b'yom ekra.

B'yado afkid ruchi
b'eyt ishan v'a-ira
v'im ruchi g'viyati
Adonai li, v'lo ira.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ
בְּטֶרֶם כָּל יְצִיר נִבְרָא
לְעֵת נַעֲשָׂה בְחֶפְצוֹ כֹּל
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא

וְאַחֲרֵי כִּכְלוֹת הַכֹּל
לְבַדּוֹ יִמְלוֹךְ נוֹרָא
וְהוּא הָיָה וְהוּא הֹוֶה
וְהוּא יִהְיֶה בְּתִפְאָרָה

וְהוּא אֶחָד וְאֵין שֵׁנִי
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית בְּלִי תַכְלִית
וְלוֹ הָעוֹז וְהַמִּשְׂרָה

וְהוּא אֵלִי וְחַי גֹּאֲלִי
וְצוּר חֶבְלִי בְּעֵת צָרָה
וְהוּא נִסִּי וּמָנוֹס לִי
מְנָת כּוֹסִי בְּיוֹם אֶקְרָא

בְּיָדוֹ אַפְקִיד רוּחִי
בְּעֵת אִישָׁן וְאָעִירָה
וְעִם רוּחִי גְּוִיָּתִי
יהוה לִי וְלֹא אִירָא

Eternal and sovereign G!d,
even before the beginning,
when You willed the world into life,
Your power was infinite.

And at time's end, still supreme,
You will be as You have been,
as You are now, awesome in majesty.

You are One, alone beyond comparing,
without beginning, without end,
infinite in ruling power.

You are my G!d and my hope,
my strength in times of sorrow.
You guide me and comfort me,
answering when I call.

I yield my soul into Your hand
at night asleep, and when I rise.
For as long as I have breath
You are with me; I shall not fear.

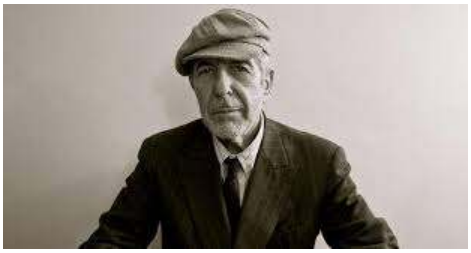
"For my sake, the entire world was created." *BT Sanhedrin 37b*

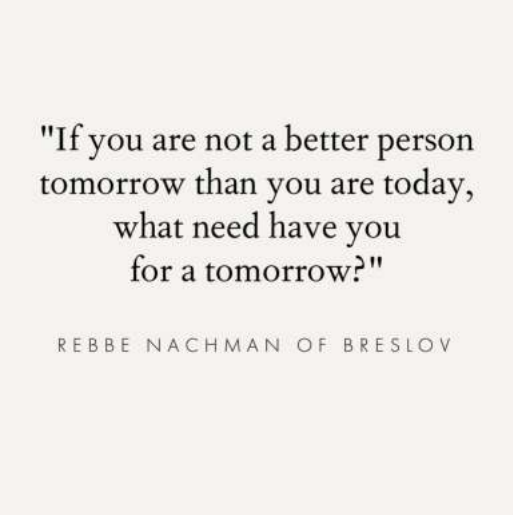
"So often in life, things that you regard as an impediment turn out to be great, good fortune."
— Ruth Bader Ginsburg

"Act the way you'd like to be and soon you'll be the way you act." *Leonard Cohen*

"Gam zu l'tova. This too is for the good." *Nachum Ish Gamzu, Talmud, Taanit, 21a*

"How wonderful it is that nobody need wait a single moment
before starting to improve the world." *Anne Frank*





"If you have a sapling in your hand, and someone should say to you that the Messiah has come, stay and complete the planting, and then go to greet the Messiah."
R' Yohanan ben Zakkai

"Who is wise? He who learns from everyone" *Ben Zoma*

"If you've heard this story before, don't stop me, because I'd like to hear it again."
Groucho Marx

"If I am not for myself, who will be for me?
But if I am only for myself, what am I?
And if not now, when?" *Hillel the Elder*

"Only a life lived for others is a life worthwhile." *Albert Einstein*

"To be kind is more important than to be right.
Many times what people need is not a brilliant mind that speaks
but a special heart that listens." *R' Menachem Mendel*

Hallel

הלל

Baruch ata Adonai
Elohèynu Mèlech ha-olam
asher kid'shànu b'mitzvotav
v'tzivànu likro et ha-haleyl

בָּרוּךְ אַתָּה יהוה
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לִקְרֹא אֶת הַהַלֵּל

A Fountain of Blessings are You,
Infinite One, our G!d and our Guide,
who brings us together in holiness
to sing Your songs of praise.

Psalm 114

תהילים קי"ד

B’tzeyt Yisrael mi-Mitzràyim,
beyt Ya-akov mey-am lo-eyz,
Hayta Y’huda l’kodsho,
Yisrael mamsh’lotav.

בְּצֵאת יִשְׂרָאֵל מִמִּצְרָיִם
בֵּית יַעֲקֹב מֵעַם לֹעֵז
הָיְתָה יְהוּדָה לְקָדְשׁוֹ
יִשְׂרָאֵל מַמְשְׁלוֹתָיו

Ha-yam ra-a va-yanos,
ha-Yardeyn yisov l’achor.
He-harim rakdu ch’eylim,
g’va-ot ki-v’ney tzon.

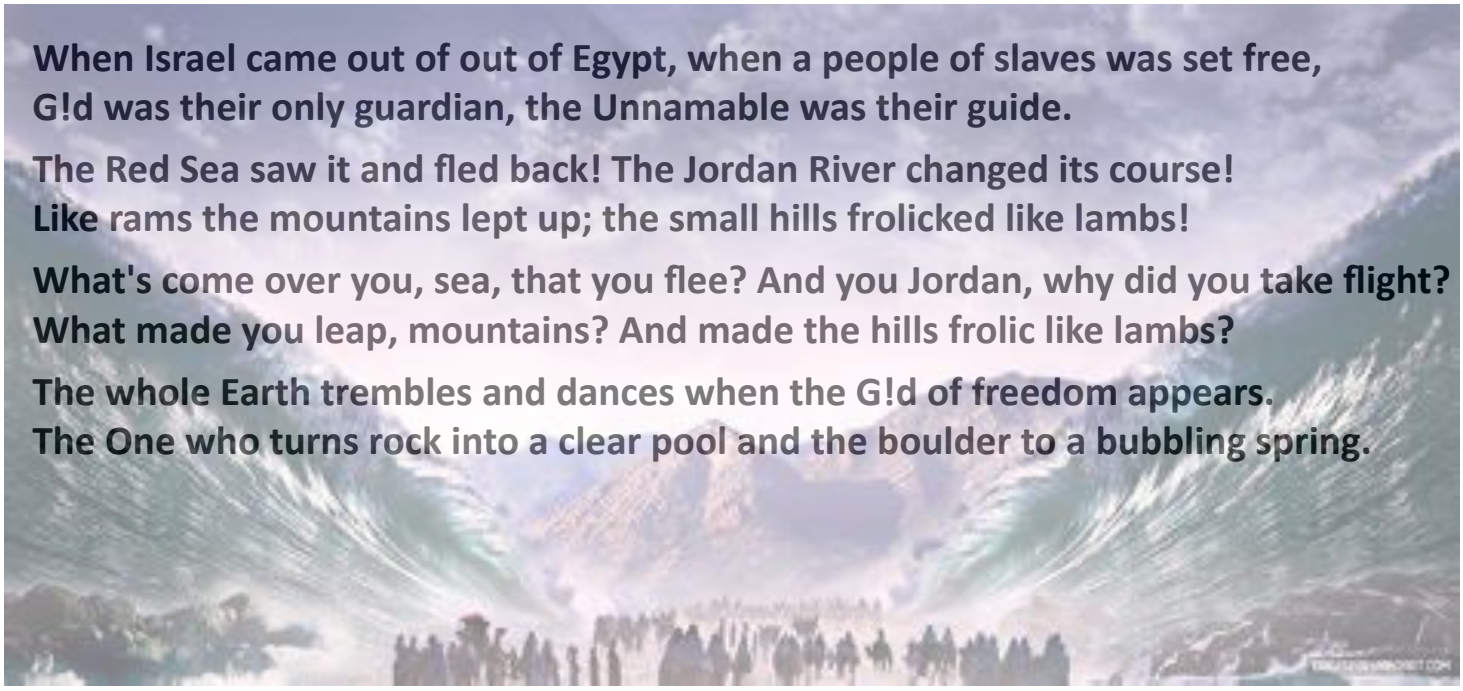
הַיָּם רָאָה וַיָּנֹס
הַיַּרְדֵּן יִסֹּב לְאָחוֹר
הֶהָרִים רָקְדוּ כְּאֵילִים
גְּבָעוֹת כִּבְנֵי צֹאן

Ma l’cha ha-yam ki tanus?
Ha-Yardeyn, tisov l’achor?
He-harim, tirk’du ch’eylim?
G’va-ot ki-v’ney tzon?

מַה לְּךָ הַיָּם כִּי תָנוּס
הַיַּרְדֵּן תִּסֹּב לְאָחוֹר
הֶהָרִים תִּרְקְדוּ כְּאֵילִים
גְּבָעוֹת כִּבְנֵי צֹאן

Mi-lifney Adon chùli àretz,
mi-lifney Elò-ah Ya-akov,
Ha-hofchi ha-tzur agam màyim,
chalamish l’mayno màyim.

מִלִּפְנֵי אָדוֹן חוּלִי אָרֶץ
מִלִּפְנֵי אֱלוֹהַּ יַעֲקֹב
הַהֹפְכִי הַצּוּר אֲגַם מָיִם
חַלָּמִישׁ לְמַעְיְנוֹ מָיִם



Psalm 115

תהילים קט"ו

Adonai z’chàrnu y’vareych
Y’vareych et beyt Yisrael,
y’vareych et beyt Aharon.
Y’vareych yir-ey Adonai,
ha-k’tanim im ha-g’dolim.

יהוה זְכָרָנוּ יְבָרֵךְ
יְבָרֵךְ אֶת בֵּית יִשְׂרָאֵל
יְבָרֵךְ אֶת בֵּית אַהֲרֹן
יְבָרֵךְ יִרְאֵי יהוה
הַקְּטַנִּים עִם הַגְּדֹלִים

Yoseyf Adonai aleychem,
aleychem v’al b’neychem.
B’ruchim atem l-Adonai,
osey shamàyim va-àretz.

יֹסֵף יהוה עֲלֵיכֶם
עֲלֵיכֶם וְעַל בְּנֵיכֶם
בְּרוּכִים אַתֶּם לַיהוה
עֹשֵׂה שָׁמַיִם וָאָרֶץ

Ha-shamàyim shamàyim l-Adonai,
v’ha-àretz natan li-v’ney Adam.
Lo ha-meytim y’hal’lu Yah,
v’lo kol yordey duma.

הַשָּׁמַיִם שָׁמַיִם לַיהוה
וְהָאָרֶץ נָתַן לִבְנֵי אָדָם
לֹא הַמֵּתִים יְהַלְלוּ יָהּ
וְלֹא כָּל יֹרְדֵי דוּמָה

Va-anàchnu n’vareych Yah
mey-ata v’ad olam. Hal’luyah!

וַאֲנַחְנוּ נְבָרֵךְ יָהּ
מֵעַתָּה וְעַד עוֹלָם הַלְלוּיָהּ!

Yah, be mindful of us.
Bless us.
Bless the house of Israel.
Bless the house of Aaron.
Bless those awed by You,
Both the little and the big.

You are all blessed by יהוה,
Maker of heaven and the earth.

While Heaven is G!d’s Heaven —
Earth is for the children of the soil.

The silent dead cannot sing praise, but we can!
Yes! We will sing our praise to Yah
in the now and forever.
Halleluya, Praise Yah!

Psalm 118

תהילים קי"ח

Min ha-meytzar karàti Yah
anàni va-merchav Yah

מִן הַמֵּצַר קָרָאתִי יָהּ
עָנָנִי בַמֶּרְחָב יָהּ

Òzi v'zimrat Yah
va-y'hi li liyshu-a

עָזִּי וְזִמְרָת יָהּ
וַיְהִי לִי לִישׁוּעָה

Pit-chu li sha-arey tzèdek
avo vam, odeh Yah
Zeh ha-shà-ar l-Adonai
tzadikim yavò-u vo

פִּתְחוּ לִי שַׁעֲרֵי צֶדֶק
אָבֹא בָם אוֹדֶה יָהּ
זֶה הַשַּׁעַר לַיהוה
צַדִּיקִים יָבֹאוּ בוֹ

Od'cha ki anitàni
va-t'hi li liyshu-a
Èven ma-asu ha-bonim
haytah l'rosh pina
Mey-eyt Adonai hayta zot
hi niflat b'eynèynu
Zeh ha-yom asa Adonai
nagìla v'nism'cha vo

אוֹדְךָ כִּי עֲנִיתָנִי
וַתְּהִי לִי לִישׁוּעָה
אֶבֶן מָאֲסוּ הַבּוֹנִים
הָיְתָה לְראשׁ פִּנָּה
מֵאֵת יהוה הָיְתָה זֹּאת
הִיא נִפְלָאת בְּעֵינֵינוּ
זֶה הַיּוֹם עָשָׂה יהוה
נָגִילָה וְנִשְׂמְחָה בוֹ

Out of my distress I called on יהוה, who answered by setting me free.

Yah is my strength and my song, and will be my saving power.

Open to me the gates of righteousness! I will enter and thank יהוה.
This is the gate of יהוה that the righteous will enter.

I thank You, for You have answered and saved me.
The stone which the builders rejected has become the cornerstone.
This is the marvelous work of יהוה.
This is the day יהוה has made. Rejoice and be glad in it!

Psalm 118

תהילים קי"ח

Ana Adonai hoshìa na אָנָּא יהוה הוֹשִׁיעָה נָּא
Ana Adonai hoshìa na אָנָּא יהוה הוֹשִׁיעָה נָּא
Ana Adonai hatzlicha na אָנָּא יהוה הַצְלִיחָה נָּא
Ana Adonai hatzlicha na אָנָּא יהוה הַצְלִיחָה נָּא

Please יהוה, save us!

Please יהוה, let us prosper!

Baruch ata Adonai בָּרוּךְ אַתָּה יהוה
Mèlech m'hulal ba-tishbachot מֶלֶךְ מְהֻלָּל בַּתִּשְׁבָּחוֹת

A Fountain of Blessings are You יהוה, extolled with our praises!

(Continue on page 39)

לִמְנוֹת יָמֵינוּ
כֵּן הוֹדַע
וְנָבִא לְבַב חָכְמָה

Limnot yamèynu
keyn hoda
v'navi l'vav chochma.

Psalm 90:12

Teach us to treasure each day,
teach us to treasure each day
that we may open our hearts to your wisdom.
O teach us to treasure each day

Treasure each day
Teach us to treasure each day
Treasure each day
O teach us to treasure each day

Music/Lyrics:
R' Yitzhak Husbands-Hankin

YIZKOR

יזכור

Remembering him

יִזְכֹּר אֱלֹהִים נִשְׁמַת _____, _____ בֶּן _____ ו _____ שֶׁהָלַךְ לְעוֹלָמוֹ.
הִנְנִי נוֹדֵב / נוֹדֶבֶת צְדָקָה מַעֲשִׂים טוֹבִים בְּעַד הַזְכָּרַת נִשְׁמָתוֹ.
אָנָּא תְּהִי נַפְשׁוֹ צְרוּרָה בִּצְרוֹר הַחַיִּים וּתְהִי מְנוּחָתוֹ כָּבוֹד. אָמֵן.

Remembering her

יִזְכֹּר אֱלֹהִים נִשְׁמַת _____, _____ בַּת _____ ו _____ שֶׁהָלְכָה לְעוֹלָמָהּ.
הִנְנִי נוֹדֵב / נוֹדֶבֶת צְדָקָה מַעֲשִׂים טוֹבִים בְּעַד הַזְכָּרַת נִשְׁמָתהּ.
אָנָּא תְּהִי נַפְשָׁהּ צְרוּרָה בִּצְרוֹר הַחַיִּים וּתְהִי מְנוּחָתָהּ כָּבוֹד. אָמֵן.

Remembering her

May G!d remember the soul of my *relationship*, *name,* who has gone to her eternal rest. Her memory inspries me to perform acts of tz'daka and kindness. May her soul be bound up in the bond of life and find eternal rest in Your presence. Amen

Remembering him

May G!d remember the soul of my *relationship*, *name,* who has gone to his eternal rest. His memory inspries me to perform acts of tz'daka and kindness. May his soul be bound up in the bond of life and find eternal rest in Your presence. Amen

Remembering them

May G!d remember the soul of my *relationship*, *name,* who has gone to their eternal rest. Their memory inspries me to perform acts of tz'daka and kindness. May their soul be bound up in the bond of life and find eternal rest in Your presence. Amen

Broken-Hearted

Ha-Rofey li-sh'vurey leyv
u-m'chabeysh l'atzvotam
Moneh mispar la-kochavim
l'chulam sheymot yikra
Hal'luyah

Ana Eyl na r'fa na lah

הָרוֹפֵא לִשְׁבוּרֵי לֵב
וּמְחַבֵּשׁ לְעַצְּבוֹתָם
מוֹנֶה מִסְפָּר לַכּוֹכָבִים
לְכֻלָּם שֵׁמוֹת יִקְרָא
הַלְלוּיָהּ

אָנָּא אֵל נָא רְפָא נָא לָהּ

Psalm 147:3-4; Numbers 12:13

Healer of the broken-hearted,
binder of their wounds.
Counter of uncountable stars,
You know where they are.

Healer of the broken-hearted,
binder of our wounds.
Counter of uncountable stars,
You know who we are.

Hal'luyah.

Please G!d, please heal us all, we pray.

Music/Lyrics: R̄' Shir Meira Feit

Eyl Maley Rachamim

אל מלא רחמים

Eyl maley rachamim,
shocheyn ba-m'romim,
hamtzey m'nucha n'chona
tàchat kanfey ha-Shechina,
b'ma-alot k'doshim u-t'horim
k'zòhar ha-rakì-a maz-hirim
et nishmot kol èyleh
she-hizkàrnu ha-yom li-v'racha
she-halchu l'olamam,
ana bà-al ha-rachamim,
tastiriheym b'sèyter k'nafàyècha l'olamim,
v'titzror bi-tz'ror ha-chayim
et nishmoteyhem.
v'yanùchu al mishk'votam b'shalom.
V'nomar: Amen.

אֵל מָלֵא רַחֲמִים
שׁוֹכֵן בַּמְּרוֹמִים
הַמְצֵא מְנוּחָה נְכוֹנָה
תַּחַת כַּנְפֵי הַשְּׁכִינָה
בְּמַעֲלַת קְדוֹשִׁים וּטְהוֹרִים
כְּזֹהַר הָרָקִיעַ מַזְהִירִים
אֶת נִשְׁמוֹת כָּל אֵלֶּה
שֶׁהִזְכַּרְנוּ הַיּוֹם לִבְרָכָה
שֶׁהָלַכוּ לְעוֹלָמָם
אָנָא בַּעַל הָרַחֲמִים
תַּסְתִּירֵם בְּסֵתֶר כְּנָפֶיךָ
לְעוֹלָמִים וְתִצְרוֹר בִּצְרוֹר הַחַיִּים
אֶת נִשְׁמוֹתֵיהֶם
וְיָנוּחוּ עַל מִשְׁכָּבוֹתָם בְּשָׁלוֹם
וְנֹאמַר אָמֵן

G!d Full of Compassion

G!d, full of mercy, who dwells in the heights and in my heart,
grant perfect rest beneath the wings of Shechina
to all those mentioned today
who have gone to their eternal home
together with the souls of all the holy and pure
whose light shines brightly and eternally.
Keep them in the shelter of Your wings forever.
May their souls be bound up in the bonds of life.
May they rest in peace and
may their memory ever be for a blessing.
And we say: Amen

Psalm 23

תהילים כ"ג

Mizmor l'David מִזְמוֹר לְדָוִד
Adonai ro-i lo echsar יהוה רֹעִי לֹא אֶחְסָר
Bi-n'ot dèsheh yarbitsèyni בִּנְאוֹת דֶּשֶׁא יַרְבִּיצֵנִי
al mey m'nuchot y'nahalèyni עַל מֵי מְנֻחוֹת יְנַהֲלֵנִי
nafshi y'shoveyv נַפְשִׁי יְשׁוֹבֵב
Yanchèyni v'ma-g'ley tsèdek יַנְחֵנִי בְּמַעְגְּלֵי צֶדֶק
l'mà-an sh'mo לְמַעַן שְׁמוֹ
Gam ki eyleych b'gey tsalmàvet גַּם כִּי אֵלֵךְ בְּגֵיא צַלְמָוֶת
lo ira ra ki ata imadi לֹא אִירָא רָע כִּי אַתָּה עִמָּדִי
Shivt'cha u-mish-antècha שִׁבְטְךָ וּמִשְׁעַנְתֶּךָ
hèyma y'nachamùni הֵמָּה יְנַחֲמֻנִי
Ta-aroch l'fanai shulchan תַּעֲרֹךְ לְפָנַי שֻׁלְחָן
nèged tsor'rai נֶגֶד צֹרְרָי
Dishànta va-shèmen roshi דִּשַּׁנְתָּ בַשֶּׁמֶן רֹאשִׁי
kosi r'vaya כּוֹסִי רְוָיָה
Ach tov va-chèsed yird'fùni אַךְ טוֹב וָחֶסֶד יִרְדְּפוּנִי
kol y'mey chayai כָּל יְמֵי חַיָּי
v'shavti b'veyt Adonai וְשַׁבְתִּי בְּבֵית יהוה
l'òrech yamim לְאֹרֶךְ יָמִים

A Song of David

Yah, You are my shepherd;
I lack nothing.
You lead me to rest in grass meadows,
to lie down by the quiet waters,
and I am refreshed.
You guide me down the righteous path,
a path that unwinds
in the pattern of Your name.
And even if I walk through the darkest valley
or stand in the shadow of of death,
I will not fear
for You are with me.

You prepare a full table before me,
even in the midst of adversity
You feast me with your abundance
and honor me like royalty,
anointing my head with oil;
my cup runneth over.
I affirm that only goodness and graciousness
will manifest for the rest of my life.
I will always be at home with You.

Kaddish Yatom

Yitgadal v’yitkadash sh’mey raba,
b’alma di-v’ra chi-r’utey,
v’yamlich malchutey
b’chayeychon u-v’yomeychon,
u-v’chayey d’chol beyt Yisrael,
ba-agala u-vi-z’man kariv,
v’imru: Amen.

Y’hey sh’mey raba m’varach
l’alam u-l’almey almaya.

Yitbarach v’yishtabach,
v’yitpa-ar v’yitromam v’yitnasey,
v’yit-hadar v’yit-aleh v’yit-halal
sh’mey d’kudsha, b’rich hu,
l’èyla (u-l’èyla) min kol birchata
v’shirata, tushb’chata
v’nechemata da-amiran b’alma,
v’imru: Amen.

Y’hey shlama raba min shmaya
v’chayim alèynu v’al kol Yisrael,
v’imru: Amen.

Oseh shalom bi-m’romav,
hu ya-aseh shalom alèynu
v’al kol Yisrael,
v’al kol yoshvey teyveyl
v’imru: Amen.

קדיש יתום

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

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעָלַם וּלְעָלְמֵי עָלְמַיָּא

יִתְבָּרַךְ וְיִשְׁתַּבַּח
וְיִתְפָּאַר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדַּר וְיִתְעַלֶּה וְיִתְהַלַּל
שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא
לְעֵלָּא [וּלְעֵלָּא] מִן כָּל בִּרְכָתָא
וְשִׁירָתָא, תֻּשְׁבְּחָתָא וְנֶחֱמָתָא
דַּאֲמִירָן בְּעָלְמָא, וְאִמְרוּ אָמֵן

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

עֹשֶׂה שָׁלוֹם בִּמְרוֹמָיו
הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְעַל כָּל יוֹשְׁבֵי תֵבֵל
וְאִמְרוּ אָמֵן

The Yizkor service was called ***Seder Matnat Yad,***
the service of expressing generosity (literally, giving hand)
on behalf of those who have died.

That name comes from the closing line of the Torah reading
for the final day of the pilgrimage festivals (when Yizkor is recited):

אִישׁ כְּמַתְּנַת יָדוֹ כִּבְרִכַּת יהוה אֱלֹהֶיךָ אֲשֶׁר נָתַן לָךְ

Ish k'matnat yado k'virkat Yah Elohècha asher nàtan lach

Every person giving a gift according to the blessing
they have received from יהוה

Deuteronomy 16:17

Offering charitable gifts and performing acts of justice,
love and care in memory of those who have died
provide us with ways of honoring their memory
and continuing their influence for good.

Mahzor Lev Shalem

This Labor of Love is dedicated to:

My rebbe, Zalman Schachter-Shalomi tz"l,
and his students — my teachers
who have guided me home.

♥ My beloved, Renée Brachfeld,
my companion, teacher and story-mate.
Years ago, when I was contemplating whether or not
to pursue the rabbinate,
I realized that I wouldn't complete the work
until I was 60 (!)
Renée responded with the best *eytza/guidance*
I have ever received,
"You're gonna be 60 anyway … you might as well be 60
and a rabbi!"

Special thanks to:

- Scott Reiter for his wisdom, humor, and creative input
- R' Marcia Prager, whose siddur served as inspiration
- All of you MOShniks who fill in the white spaces

What a joy to lead a Shabbaton
with Reb Zalman
at the Boulderado Hotel
Boulder, CO • August, 2012