BLESSINGS
OF THE DAWN

ברכה השחר
BIRCHOT HASHACHAR
Baruch atah Adonai eloheinu melech ha-olam,
asher kid’shanu b’mitzvotav,
v’tzivanu l’hitateif batzitzit.

Blessed are you, Adonai, our God, who reigns above all,
who has kept us holy with mitzvot,
and who has instructed us to wrap ourselves with tzitzit.

Modeh/Modah ani l’fanecha,
melech chai v’kayam,
shehechezarta bi nishmati b’chemlah,
rubah emanatecha.

I am thankful to you—living, enduring sovereign
With compassion and great faithfulness
you restore my soul.

Mah tovu ohalecha ya-akov,
meishkotecha yisra-eil.

How good are your tents, Ya-akov,
your dwelling places, Israel.
Baruch atah Adonai eloheinu melech ha-olam
asher yatzar et ha-adam b’choch’mah
uv’ara vo n’kavim n’kavim,
chalulim chalulim.

Galuy v’yadua lifnei chiseich’vodecha sheim yipatei-ach echad meihem o yisateim echad meihem
eefshar l’hitkayeim
v’la-amod l’fanecha.

Baruch atah Adonai,
rofei chol basar umafli la-asot.

Blessed are you, Adonai our God, who heals all
and performs wonders.

Elohai, n’shamah shenatata bi t’horah hi.
Atah v’ratah, atah y’tzartah,
atah n’fachtah bi, v’atah m’sham’rah
b’kirbi, v’atah atid lit’lah mimeni,
ul’hachazirah bi le-atid lavo.
Kol z’man shehan’shamah b’kirbi,
modeh ani l’fanecha, Adonai elohai veilohhei
avotai, ribon kol hama-asim,
adon kol han’shamot.

Baruch atah Adonai, hamachazir n’shamot
lifgarim meitim.

My God, you have placed within me a pure soul
You created it, you formed it, you preserve it, and you will take it
to restore it to me in a time to come.
As long as this soul is within me,
I will give thanks to you, Adonai, my God and God of my ancestors,
master of all creatures and all souls.

Blessed are you, Adonai, who restores souls to the lifeless.
Ki hamitzvah hazot asher anochi
m’tzav’chah hayom lo niflait he meem’cha.
v’lo-r’chokah hee.
Lo bashamayim he laimor:
me ya-aleh lanu hashamaim
v’yeekachehah lanu v’yashmee-ainu
otah v’na-asenah.
V’lo-mai-aiver layam hee laimor:
me ya-avar-lanu el-aiver hayam
v’yeekachehah lanu v’yashmee-ainu
otah v’na-asenah.
Ki-karov ailechah hadavar m’od
b’feechah uveelvav’chah la-asoto

This instruction that I give you this day
is not too confusing for you,
nor is it beyond your reach.
It’s not in the heavens, that you could say:
Who among us can go up to the heavens
and get it and bring it to us, that we can do it.
And it’s not out over the sea, that you could say:
Who among us can go across the sea
and get it and bring it to us, that we can do it.
No, it is very close to you,
in your mouth and in your heart for you to do.
Before Praying, I Remember What My Rabbi Says

“Hope leaks through the enlarged cracks of attempted faith.”
(I agree.)

I wore a pink hat and marched.
(Did it help any?)

I am the granddaughter of an 11 year-old immigrant who escaped the burning pogroms.

One of my 4th graders won’t wear red for Valentine’s Day because it’s the color of that political party that voted for the new dark shadow in Washington.

I am standing in the ruins and the rubble.

Pistachio ice cream from Mitchell’s can’t soothe me.

My dad tried to pray and couldn’t so he became a Unitarian.

The word for wind is the word for spirit.

Ruach

I just need to listen and hear myself breathe.

I must remember the bluest hydrangea bush I ever saw on Harbour Island two summers ago.

I need to keep the solace of the smallest gesture between humans alive; the picked-up dime to feed a stranger’s meter.

Even though I can’t get quiet enough to listen to my internal ancestors,

I will keep coming back

because hope leaks through the enlarged cracks of attempted faith.

Meghan Adler
Baruch atah Adonai eloheinu melech ha-olam, ha-eil ha-av harachaman, hamhulal b’fi amo, m’shubach um’foar bilshon chasidav va-avadav, uv’shirei david avdecha. N’halecha Adonai eloheinu bishvachot uvizmirot, n’gadelcha un’shabechacha un’fa-ercha v’nazkir shimcha, v’namlitch’cha, malkeinu eloheinu, yachid, chei ha-olamim, melech m’shubach um’foar adei ad sh’mo hagadol. Baruch atah Adonai, melech m’halal batshbachot.

Blessed are you, Adonai sovereign of the universe, merciful one, praised by the mouth of your people, praised and glorified by the tongue of your loyal ones, Adonai our God, with the songs of David your servant. With the praises and psalms we will exalt, praise and glorify you. We will call on you by name, and proclaim your sovereignty, Our God, you are our One, the life of all worlds. Sovereign, your great name is praised and glorified for ever and ever. Blessed are you, Adonai, a sovereign exulted with psalms of praise.
To the chief Musician, A Psalm of David.

The heavens declare the glory of God; and the firmament proclaims the handiwork.

Day to day utters speech, and night to night expresses knowledge.

There is no speech nor are there any words; their voice is not heard.

Their line is gone out through all the earth, and their words to the end of the world.

In them God has set a tent for the sun, which comes forth like a bridegroom leaving his chamber, and rejoices like a strong man when he runs a race.

His going forth is from the end of the heaven, and his circuit to the ends of it; and there is nothing hidden from his heat.

The Torah of Adonai is perfect, reviving the soul; the testimony of Adonai is sure, making wise the simple.

The statutes of Adonai are right, rejoicing the heart; the commandment of Adonai is pure, enlightening the eyes.

The fear of Adonai is clean, enduring for ever; the judgments of Adonai are true and righteous altogether.

More to be desired are they than gold, even very fine gold; sweeter also than honey and the honeycomb.

Moreover by them is your servant warned; and in keeping of them there is great reward.

Who can discern his errors? Clean me from hidden faults.

Keep back your servant also from presumptuous sins; let them not have dominion over me; then shall I be blameless, and innocent of great transgression.

Let the words of my mouth, and the meditation of my heart, be acceptable in your sight.

* Adonai, my rock, and my redeemer.*
Mizmor Shir l’Yom Hashabbat.

It’s good to thank Adonai, and sing praise to your name, most high.

To recount your loving-kindness in the morning and your faithfulness at night.

With a ten-stringed instrument and a lute; with sacred music on the harp.

Adonai, you have given me joy by your deeds;

I sing with joy at the work of your hands.

* How wonderous are your works, Adonai;

* how deep your thoughts.

The ignorant cannot know; the fool cannot understand.

The wicked may spring up like grass—evildoers may flourish, only to be destroyed forever.

But you, Adonai, will remain exalted; Behold—your enemies, Adonai, your enemies will perish, your evildoers dispersed.

You increase my might like a wild ram; I am anointed with fresh oil.

My eyes see the defeat of my foes; my ears hear the doom of those who rise against me.

* The righteous will blossom like the palm tree, *

* grow tall like a cedar in Lebanon.*

Planted in the house of Adonai, they flourish in the courtyards of our God.

Even in old age they will bear fruit, full of vigor and freshness, declaring that Adonai is upright, my rock in whom there is no injustice.
ASHREI
Ashrei yosh’vei veitecha, od y’hal’lucha selah
Ashrei ha-am shekachah lo,
ashrei ha-am she-adonai elohav.
T’hilah l’david,
Aromimcha elohai hamelech,
va-avar’chah shimcha l’olam va-ed.
B’chol yom aver’cheka,
va-ahal’lah shimcha l’olam va-ed.
Gadol Adonai um’hulal m’od,
va-ar’chah shimcha l’olam va-ed.
Dor l’dor y’shabach ma-asecha,
ug’vurotecha yagidu.
Hadar k’vod hodecha,
v’l’dor v’le’ad hayu.
Ve-ezuz nor’otecha yomeiru,
ug’vurotecha asichah.
Ve-ezuz nor’otecha yomeiru,
ug’vurotecha asichah.
Zecher rav tuv’cha yabi,
v’tzikad’cha y’raneinu.
Chanun v’rachum Adonai,
erech apayim ug’dol chased.
Tov Adonai lakol,
va-rachamav al kol ma-asav.
Yoducha Adonai kol ma-asecha,
vachasdecha y’var’chuchad.
K’vod malchut’cha yomeiru,
ug’vurat’cha y’abire.
L’hodi a livnei ha-adam g’vuratov,
uch’vod hadar malchuto.
Malchut’cha malchut kol olamim,
umm shalt’cha b’chol dor vador.
Someich Adonai l’chol hanof’lim,
v’zokeif l’chol hak’funim.
Einei chol eilecha y’sabeiru,
v’atah notein lahem et ach’lam b’ito.

Happy are those who dwell in your house; they forever praise you - selah.
Happy the people who have it so; happy the people whose God is Adonai.
A song of praise; of David
I will extol you, my God and king, and bless your name forever and ever.
Every day I will bless you and praise your name forever and ever.
Great is Adonai and much acclaimed; with greatness that cannot be fathomed.
One generation shall laud your works to another and declare your mighty acts.
The glorious majesty of your splendor and your wondrous acts will I recite.
All will talk of the might of your awesome deeds, and will recount your greatness.
They shall celebrate your abundant goodness, and sing joyously of your beneficence.
Adonai is gracious and compassionate, slow to anger and abounding in kindness.
Adonai is good to all, with mercy upon all works.
All your works shall praise you, Adonai, and your faithful ones shall bless you.
They shall talk of the majesty of your kingship, and speak of your might.
To make the mighty acts known among men and the majestic glory of sovereignty.
Your sovereignty is an eternal sovereignty; your dominion is for all generations.
Adonai supports all who stumble, and makes all who are bent stand straight.
The eyes of all look to you expectantly, and you give them their food when it is due.
You give it openhandedly, feeding every creature to its heart’s content.
Adonai is beneficent in all ways and faithful in all works.
Adonai is near to all who call, to all who call with sincerity.
Fulfilling the wishes of those who fear; hearing their cry with deliverance.
Adonai watches over all who give their love, but all the wicked will be destroyed.
My mouth praises Adonai, and all creatures bless the holy name forever and ever.
We will bless God from now, for ever, Halleluyah.
Halleluyah, praise Adonai from the heavens. 
Halleluyah, praise from the heights.
Halleluyah, praise all the angels.
Halleluyah, praise all the hosts.
Halleluyah, sun and moon
Halleluyah, stars of light.

Halleluyah, heavens of heavens, and the waters above the heavens. 
Let them praise the name Adonai, 
who commanded, and created; 
who established them for ever and ever; 
who made a decree that will not change.

Praise Adonai from the earth, the sea-monsters from all deep seas; 
fire and hail, snow and smoke; stormy wind, fulfilling the word; 
mountains and all hills; fruit trees and all cedars: wild beasts and all cattle; 
creeping things and winged birds; 
kings of the earth and all peoples; 
princes and all judges of the earth; 
both young men and women, old men and children. 
Let them praise the name of Adonai; that Name alone is exalted.

A majesty above the earth and heaven. 
The power of his people exalted, to the praise of all the devoted ones, 
the children of Israel, the people drawn near, 
Halleluyah
Halleluyah, Praise God in the sanctuary
Halleluyah, Praise God in the powerful heavens
Halleluyah, Praise God according to exceeding greatness
Halleluyah, Praise God with the sound of the shofar
Halleluyah, Praise God with the harp and the lyre
Halleluyah, Praise God with the tambourine and dance
Halleluyah, Praise God with stringed instruments and the pipe
Halleluyah, Praise God with sounding cymbals
Halleluyah, Praise God with loud clashing cymbals
Let every thing that breathes praise Adonai.
Let every thing that breathes praise Adonai.
Ilu finu malei shirah kayam,
ul'shoneinu rinah kahamon galav,
v'siftoteinu r'usot k'nishrei shamayim,
v'yadeinu fi m v'ribei r'vavot
p'amim, hatovot she-asita im avoteinu v'imotainu.

Even if our mouths were filled with song, like the sea
And our tongues flooded with joy like countless waves
Could we soar with arms like eagle’s wings
And run with swiftest grace of gentle deer
Never could we fully state our gratitude for one ten-thousandth of lasting love
Which is your precious blessing, dearest God
Granted to our ancestors and to us.

Al kein eivarim shepilagta banu,
vruach un’shamah shenafachta b’apeinu,
vlashon ash'er samta b’finu,
hein heim yodu vivar’chu vishab’chu
vifa-aru virom’mu v’ya-aritzu v’yakdishu
v’yamlichu et shimcha malkeinu.

Therefore, these limbs you formed for us
And the spirit and soul you breathed into our nostrils
And the tongue you placed in our mouth—they will thank, bless, praise, laud, exalt, revere, sanctify, and proclaim
the sovereignty of your name.
Every mouth will thank you; every tongue swear by you.
Every knee will bend to you; every back will bow to you.
All hearts will revere you; all that is in us will sing to your name.
As the psalmist writes: ‘All my bones will say:
‘Who is like you, Adonai?
You save the poor and needy from those stronger who would take from them.’
Who is like you? Who is equal to you?
Who can be compared to you—The great, powerful, awesome, most high-creator of heaven and earth.
We extol, praise, glorify you and bless your holy name.
Ha-eil b’ta-atzumot uzecha,
haqadol bichvod sh’mecha, hagibor lanetzach,
v’hanaora b’nor’otecha, hamelech hayosheiv
al kisei ram v’nisa.

God—with absolute power
Great—in honor of your name. Mighty—for eternity
Awesome—through all your deeds
Sovereign—who sits, supreme, on a lofty throne.

Shochein ad, marom v’kadosh sh’mo.
V’chatuv, ran’nu tzadikim b’Adonai,
laysharim navah t’hilah.
B’fi y’sharim tithalal,
uv’divrei tzadikim titbarach,
uv’ilshon chasidim titromam,
uv’kerev k’doshim titkadash.

God, who dwells in eternity, with an exalted, holy name.*

As the psalmist writes:
“Righteous ones, joyfully sing to God—it is fitting for you to praise”

By the mouth of the upright, God is praised.
By the words of the righteous, God is blessed.
By the tongue of the faithful, God is exalted.
In the midst of the holy, God is sanctified.

Uv’makhalot riv’vot
’am’cha beit yisra-eil,
beq’ev yitpa-ar sh’mima malkeinu,
b’kol dor vador,
shochein chovat kol ha-y’tzurim.

Ifanecha Adonai elohenu
veihoi avoteinu v’imotainu,
’l’hodot, l’haleil, l’shabei-ach, l’fa-er,
’l’romeim, l’hidei, l’vareich, l’aleih ul’kalei,
al kol divrei shirot v’tishb’chot
david ben yishai
ayd’cha m’shichecha.

Your name will be glorified with joyful song
wherever the many people of Israel are gathered,
in every generation.

It is the duty of all of us, before you,
Adonai, our God and God of our ancestors,
to thank, extol, and praise; to glorify, exalt, and honor:
to bless, elevate, and acclaim.

Adding our words of song and praise to those of David, your servant.

May your name be praised forever, our sovereign God, Sovereign—great and holy in the heavens and on the earth. It is fitting to offer you, Adonai, our God and God of our ancestors, song and praise, psalm and hymn, proclaiming your strength and grandeur, your glory and might, your holiness and sovereignty, your blessings and thanksgivings, now and forever. Blessed are you, Adonai, almighty one—great in acclaim. God of thanksgiving; master of wonders who delights in songs of praise. Almighty one, life of the universe.
I try to measure myself in light, but the experience gets messy.

What I’ve collected doesn’t want to be stored in a bell jar or anything efficient, like an LED bulb. So, I forget about watts and lumens, for a while, at least.

What I’ve collected in light doesn’t like words in my mouth; it’s dark in there. But, who am I to call it my own—

I know that light sears, drops, tears, pokes, slants rises, drums, burns, combusts, fights, hides, saves, glistens, reflects, shouts, reaches, lifts, whispers, and so, I think we are inside of it, traveling, every minute

light spills into someone new.

Evan Schnair

CHATZI KADDISH


L’eila mi kol birchata v’shirata tushb’chata v’nechemata, da-amiran b’al’ma, v’imru amen.

Exalted and sanctified is God’s name, in the world which God created, according to plan. May God’s majesty be revealed in the days of our lifetime and the life of all Israel And let us say, Amen.

Blessed is God’s name for all time Blessed, praised, glorified, exalted, uplifted, honored, elevated, in the name of the holy One - blessed be - above all blessing, hymns, praises, and consolations we say in the world And let us say, Amen.
Baruch atah Adonai, Eloheinu melech ha-olam, Yotzeir or uvorei choshech, Oseh shalom uvorei et hakol.

Blessed are you, Adonai, our God, who reigns above all, former of light; creator of darkness; maker of peace; creator of all.

Blessed is Adonai, source of blessing.

Blessed is Adonai, source of blessing, for all time.

Baruch atah Adonai, Eloheinu melech ha-olam, Yotzeir or uvorei choshech, Oseh shalom uvorei et hakol.

Blessed are you, Adonai, our God, who reigns above all, former of light; creator of darkness; maker of peace; creator of all.
All will thank you, all will praise you, and all will proclaim:

“There is nothing as holy as Adonai”

All will exalt you, forever - creator of all.

God who opens the doors of the eastern gates, 
piercing the windows of the sky;
who brings out the sun from its place, the moon from its space, 
illuminating the world and all that dwell upon it,
all created with compassion.

That compassion lights up the earth and all its inhabitants,
God’s goodness renews each day, continuing the work of creation.

Sovereign who is exalted from the start, 
who is praised, glorified, uplifted from the beginning of time.

Eternal God, with your abundant compassion, have compassion for us.

God who is our strength; 
rock who is our shelter; 
shield who is our protector;
source of strength that sustains us.

Nothing can be compared to you—there is none but you.

Nothing exists without you—who is like you?

Nothing in this world can be compared to you, Adonai, our God; 
nothing in this world nor in the world to come.

Nothing is without you, our redeemer in the days of the Messiah; 
nothing is like you, our salvation, in life immortal.
God, master of all creation,
blessed by the mouth of every soul.
God's greatness and goodness fill the world,
knowledge and understanding all around
God, most high over all the holy beings,
adorned in glory above the chariot.
Merit and righteousness are before God's throne,
kindness and compassion are before God's glory.
Good are the lights our God created,
formed with perception, understanding, and wisdom.
Infused with strength and power
to rule the entire world.
Full of splendor, radiant lights;
a beautiful brightness throughout the universe.
Joy as they rise; happy as they set;
performing with reverence to the will of their creator.
Glory and honor to God's name,
jubilation and song mark God's sovereignty.
God called to the sun, and it shone with light.
God looked, and formed the moon.
Praise is given to God
by all that is most high.
Glory and greatness if given to God
by all the holy beings.

A poem that praises God as creator of stars and other celestial bodies. It is an alphabetic acrostic, each line beginning with a letter of the alef-bet. Like the colloquial “A to Z,” it symbolizes completeness—in this case, the wholeness of creation.
Shema & Blessings

To God, who rested from the work of creation,

On the seventh day, God went up to sit upon the throne of glory,

enveloped in the day of rest, calling the day of Shabbat a delight.

This is the praise for the seventh day—that God rested from all work.

The seventh day brings praise, for the psalmist says:

“A psalm, a song for Shabbat—it is good to give thanks to Adonai”

So let all that God created glorify and bring blessings;

praise, honor, and greatness will be given to God,

sovereign and creator of all.

With holiness, God brings the Shabbat day to Israel.

May God’s name, Adonai, be sanctified;

may God’s renown as sovereign be glorified

in the heavens above and in the earth below.

Be blessed, our deliverer, by the praises for your handiwork

and for the radiant lights that you made.

They will hold you high forever.
Kadosh, kadosh, kadosh, Adonai tz’va-ot, m’lo chol ha-aretz k’vodo

Holy, Holy, Holy is Adonai of hosts
The whole world is filled with God’s glory

All the holy beings rise with a mighty sound, and proclaim:
Praised is the glory of Adonai, wherever God dwells

To the blessed almighty, they sing sweet melodies
To the living God, they chant hymns and offer praise

God, alone, performs mighty deeds, creates new things, victorious in battles
God sows righteousness, brings deliverance, effects healing

God is beyond all praise, master of wonders, renewing creation each day
It is said: “Give thanks to the creator of great lights, God’s kindness is forever”

*Shine a light on Zion, that we all may be worthy of its radiance*

Blessed are you, Adonai, creator of lights.

Ahavah rabah ahavtanu,
Adonai eloheinu, chemlah g’dolah viteirah chamalta aleinu. Avinu malkeinu, ba-avur avoteinu v’imotainu shebat’chu v’cha,
va’t’am’dem chukei chayim,
kein t’chaneinu ut’lam’denu.

Avinu, ha-av harachaman, hamrachaim, racheim aleinu, v’t’an b’l’beinu l’havin u’hashki, lishmoa, lilmot u’lameid, lishmor v’la-asot u’l’akeim et kol divrei talmud toratecha b’ahavah.

V’ha-eir einu einu b’toratecha, v’badeik leibenu b’mitzvoteka, v’yachdik l’vaveinu l’ahavah ul’yirah et sh’mecha,
li v’lo nevish’lo l’om’va ed.

Ki v’sheim kodsh’cha hagadol v’honar batach’nu, nagilat v’nism’chah bisheuatcha.

Vahavi-einu l’shalom mei-arba kanaf ha-aretz, v’tolicheinu kom’miyyut l’artzeinu, ki eil poel y’shu atah, uvanu vacharta mikol am v’lashon.

V’keiravtanu l’shimha hagadol selah be-emet, l’hotot l’cha ul’yachdcha b’ahavah.

Baruch atah Adonai, habocheir b’amo yisra-el b’ahavah.

Kadosh, kadosh, kadosh,
Adonai tz’va-ot, m’lo chol ha-aretz k’vodo

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*Shine a light on Zion, that we all may be worthy of its radiance*

Blessed are you, Adonai, creator of lights. 
Your love for us is deep, Adonai our God, with boundless compassion
For the sake of our ancestors who trusted in you
to whom you taught the laws of life; be gracious to us and teach us.
Merciful parent who acts with compassion, show us compassion
Put in our hearts the ability to comprehend and discern
To listen, learn, teach; to preserve, practice, and fulfill
All the words of your Torah, with love
* Open our eyes to your Torah; hold our hearts to your mitzvot *
Unite our hearts to love and revere your name so we are not shamed
As we trust in your holy, great, and awesome name
May we rejoice in your deliverance
Bring us in peace from the four corners of the earth
And lead us in dignity to our land, you are the God of deliverance
And you have chosen us from other peoples to bring us close to your name
So that we may acknowledge you, and bring us close to your oneness with love
Blessed are you, Adonai, who cares for the people, Israel, with love.
Sh’ma Yisra-eil, Adonai Eloheinu Adonai Echad
Baruch sheim k’vod malchuto l’olam va-ed

Hear, Israel,
Adonai is God
Adonai is One
Blessed is the name
Whose glorious kingdom is forever and ever
You shall love God with all your heart, with all your soul, and with all your might. And these words which I command you today shall be upon your heart.

You shall teach them thoroughly to your children, and you shall speak of them when you sit in your house and when you walk on the road, when you lie down and when you rise.

You shall bind them as a sign upon your hand, and they shall be for a reminder between your eyes.

And you shall write them upon the doorposts of your house and upon your gates.

And it will be, if you will diligently obey my commandments which I enjoin upon you this day, to love God with all your heart and with all your soul, I will give rain for your land at the proper time, the early rain and the late rain, and you will gather in your grain, your wine and your oil.

And I will give grass in your fields for your cattle, and you will eat and be sated.

Take care lest your heart be lured away, and you turn astray and worship alien gods and bow down to them.

For then God’s wrath will flare up against you, and the heavens will close so that there will be no rain and the earth will not yield its produce, and you will swiftly perish from the good land which God gives you.

I didn’t think much of this section when I was younger. Very reward-and-punishment. (I don’t know exactly what my theology is, but that’s not it.) Yet I have come to focus on it more than the rest of the Shema because it describes what might happen (as in climate disaster) that befalls a society that refuses to take seriously the consequences of their actions.
Therefore, place these words of mine upon your heart and upon your soul, and bind them for a sign on your hand, and they shall be for a reminder between your eyes. You shall teach them to your children, to speak of them when you sit in your house and when you walk on the road, when you lie down and when you rise. And you shall inscribe them on the doorposts of your house and on your gates so that your days and the days of your children may be prolonged on the land which God swore to your ancestors to give to them for as long as the heavens are above the earth.
Emet v’yatziv, v’nachon v’kayam,
v’yashar v’ne-eman, v’ahuv v’chaviv,
v’nechmad v’naim, v’nora v’adir,
wm’tukan um’kubal,
v’tov v’yafeh hadavar hazeh
aleinu l’olam va-ed.

Truly, this teaching is
firm, certain, enduring, upright, faithful, beloved, cherished
desired, pleasant, awesome, mighty, correct
acceptable, good, and beautiful
It is all of this for all time
It is true the eternal God is our sovereign
This rock of Jacob is our protective shield
In each generation, God is present
God’s sovereign throne is firmly established
God’s faithfulness is forever

God’s words are living, enduring, beloved and abiding, forever to all eternity
for our ancestors, for us, for our children, and for all generations
of those who will serve you.

Ram v’nisa, gadol v’nora,
mashpil gezaim, umagbihah sh’felim,
motzi asirim, ufodeh anavim,
v’ozer dalim, v’onem l’amo
be’it shavam eilav.
Thilotei elyon,
baruch hu um’vorach.

Mosheh uv’nee yisrae-el l’cha anu shirah
b’simchah rabah, v’am’ru chulam:

God is exalted and transcendent; great and powerful
God humbles the proud, raises the lowly;
frees the captives, redeems the poor, helps the weak,
and answers when people cry out.
Praises to God, supreme, who is ever blessed
Moshe and the people Israel sang this song to you with great joy:

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Observations

All we need to know about God we learn by looking into the eyes of another.

To the dyslexic fifth-grader who reads his first chapter book, learning how Frank and Joe Hardy find the tower of treasure.

To the newly motherless third-grader who recites Sonnet 29 at the Poetry Assembly; “Like to the lark at break of day arising.”

To the seventy-five year old widowed mother, who celebrates her eighth year of sobriety, riddled with arthritis, but won’t touch Merlot again.

We sing even when there is no music.

Who is like you among the mighty, Adonai
Who is like you, adorned in holiness, awesome in praise, performing wonders.

At the seashore with a new song, the redeemed people praised your name
Together, as one, they gave thanks and proclaimed your sovereignty:

“Adonai will reign forever and ever”

Rock of Israel, arise to help Israel
Fulfill your promise to liberate Judah and Israel,
Our redeemer, whose name is Adonai.

Blessed are you, Adonai, who has redeemed Israel.

—MEGHAN ADLER
Questions During Amidah.

How do you stand without legs?
How do you sing without a voice
How do you reach to the heavens without arms?
How do you dream without sleep?
How do you pray while children crawl under the pews?

More importantly, is there an elevator, and is it working?
Am I the only one asking these questions?

I’m afraid of what I will hear.
I’m afraid of the dark.

Thank God for light bulbs.
Thank God for accessible parking spaces and ramps and curb cuts and Medicaid, especially Medicaid.
Thank God for Tilt-in-Space chairs to lean back and see the stars.

Harriet Heydemann
Adonai s’fatai tiftach uf yagid t’hilatecha.
Adonai, open my lips and mouth will declare your praise.

Baruch atah Adonai eloheinu veilohei avoteinu, elohei avraham, elohei yitzchak, elohei yaakov; elohei sarah, elohei rivkah, elohei leah, elohei rachel.
Blessed are You, Adonai, our God and God of our ancestors, God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Leah, God of Rachel.

Baruch atah Adonai eloheinu veilohei avoteinu v'imotainu, elohei avraham, elohei yitzchak, elohei yaakov; elohei sarah, elohei rivkah, elohei leah, elohei rachel, elohei lea, elohei rachel, elohei avraham, elohei yitzchak, elohei yaakov, elohei sarah, elohei rivkah, elohei lea, elohei rachel.
Blessed are You, Adonai, our God and God of our ancestors and God of our mothers, God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Leah, God of Rachel.

Atah gibor olam Adonai, m’chayeih meitim atah, rav l’hoshi-a.
In Fall and Winter:
Mashiv haruach umorid hagashem
In Spring and Summer:
Morid hatal

Baruch atah Adonai eloheinu veilohei avoteinu v'imotainu, elohei avraham, elohei yitzchak, elohei yaakov; elohei sarah, elohei rivkah, elohei leah, elohei rachel, elohei avraham, elohei yitzchak, elohei yaakov, elohei sarah, elohei rivkah, elohei lea, elohei rachel.
Blessed are You, Adonai, our God and God of our ancestors and God of our mothers, God of Abraham, God of Isaac, God of Jacob; God of Sarah, God of Rebecca, God of Leah, God of Rachel.

Baruch atah Adonai, m’chayeih meitim.
Blessed are you, Adonai, shield of Abraham and help of Sarah.

I do not always know where I’m going with my prayer, but it helps to know where I’m coming from. We open the Amidah, which imagines itself as a formal audience with God, by invoking the names of our spiritual ancestors and their relationships with God.

Baruch atah Adonai, magein avraham v’ezrat sarah.
Blessed are You, Adonai, shield of Abraham and help of Sarah.

Atah gibor olam Adonai, m’chayeih meitim atah, Rav l’hoshi-a.
In Fall and Winter:
Mashiv haruach umorid hagashem
In Spring and Summer:
Morid hatal

M’chalkeil chayim b’chesed, m’chayeih meitim b’rachamim rabim, someich nof’lim, v’rofei cholim, umatir asurim, um’kayeim emunat ha-kevron, v’ne-eman atah l’hachayot meitim.

Mashiv haruach umorid hagashem
In Spring and Summer:
Morid hatal

M’chalkeil chayim b’chesed, m’chayeih meitim b’rachamim rabim, someich nof’lim, v’rofei cholim, umatir asurim, um’kayeim emunat ha-kevron, v’ne-eman atah l’hachayot meitim.

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Blessed are you, Adonai, master of life and death.

You are mighty forever, Adonai.
You are the resurrector of the dead, the powerful One to deliver us.

In Fall and Winter:
You cause the wind to blow and the rain to fall.
In Spring and Summer:
You cause the dew to fall.
Your love sustains the living,
Your great mercies give life to the dead.
Supporter of the fallen, healer of the sick, releaser of the imprisoned,
You keep your faith with those who sleep in the dust.
Whose power can compare with yours?
You are the master of life and death and deliverance and you are faithful in giving life to the dead.
Blessed are you, Adonai, master of life and death.

Atah gibor olam Adonai, m’chayeih meitim atah, Rav l’hoshi-a.
In Fall and Winter:
Mashiv haruach umorid hagashem
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M’chalkeil chayim b’chesed, m’chayeih meitim b’rachamim rabim, someich nof’lim, v’rofei cholim, umatir asurim, um’kayeim emunat ha-kevron, v’ne-eman atah l’hachayot meitim.

Blessed are you, Adonai, our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Leah, God of Rachel, great, mighty, awesome, exalted God who bestows loving kindness, creator of all, who remembers the piety of our ancestors, and who brings a redeemer to their children’s children for the sake of your name, with love.
Sovereign, helper, deliverer, shield.

Blessed are you, Adonai, shield of Abraham and help of Sarah.
What are the angels

doing here, flapping wings inside my lungs
reminding me to breathe—instead
I think and forget—how holy?

What is the sound of us
in this room as soon as we leave?

What resonance?

Are there holes through this prayer, so I can peer
deepen than before
I began?

Why not flutter your feet like wings, why not
close your eyes, why not hold this light

closing, closing, closing
fluttering

light in every direction
is a distinction of each life’s
undeniable holiness.

If you have a piece
of it, give it a name

and throw it—eyes closed—
feet first, to the divine.

Evan Schnair
Standing Prayer

Mim’kom’cha malkeinu tofi-a,
v’timloch aleinu, ki m’chakim anachnu lach
Matai timloch b’tziyon, b’karov b’yameinu,
l’olam va-ed tishkon.
Titgadal v’titkadash
b’toch y’rushalayim ir’cha,
I’der vador ul’neitzach n’tzachim.
V’eineinu tirenah malchutecha,
kadavar ha-amur b’shirei uzecha,
al y’dei david m’shi-ach tzidkecha:
Yimloch l’olam, elohayich tziyon,
I’der vador, halleluyah.

Our sovereign, you will reveal yourself and reign over us.
We yearn for you - when will you rule in Zion?
May it be soon, and may you dwell there forever.
You will be exalted and sanctified in Jerusalem, your city,
through all the generations into eternity.
May our eyes see your sovereignty,
as it is said in songs of splendor, in the psalms of David:

“Adonai will reign forever—God, Zion,
from generation to generation
Halleluyah!”

When praying quietly on your own, continue here.

When praying quietly on your own, continue here.

When praying quietly on your own, continue here.

L’dor vador nagid god’lecha,
ul’neitzach n’tzachim k’dushat’cha nakdish,
v’shivchacha, eloheinu,
mipinu lo yamush l’olam vaed,
ki eil melech gadol v’kadosh atah
Baruch atah Adonai, ha-eil hakadosh.

From generation to generation we will declare your greatness
Sanctify Your holiness to all eternity
Your praise, our God, will never leave our mouths
For you are the almighty sovereign, great and holy.
Blessed are you, Adonai, the almighty, holy One.

Atah kadosh v’shimcha kadosh,
uk’doshim b’chol yom y’hal’ucha selah.
Baruch atah Adonai, ha-eil hakadosh.

You are holy; your name is holy;
holy beings praise you each day
Blessed are you, Adonai, holy One.
Standing Prayer

Yismach mosheh b’mat’nat chelko,
ki eved ne-eman karata lo.
K’lil tiferet b’rosho natata,
b’am’do l’fanecha al har sinay.
Ush’nei luchot avanim horid b’yado,
v’chatuv bahem sh’mirat shabat,
v’chein katuv b’toratecha.

Moses rejoiced at the gift alloted to him,
you called him a faithful servant.
A crown of glory you put on his head,
when he stood before you on Mount Sinai.

In his hands he brought down the two tablets of stone,
on which are written the observance of Shabbat, as written in your Torah.

V’sham’ru v’nei yisra-eil et hashabbat,
la-asot et hashabat l’drotam b’brit olam.
Beini uvein b’nei yisra-eil
ot hi lo’am
ki sheishet yamim asah Adonai
et hashamayim
v’yanuchu vo yisra-eil m’kad’shei sh’mecha.

And the children of Israel will keep Shabbat
maintaining Shabbat through all their generations—an everlasting covenant.
It is a sign for all times between me and the children of Israel.
For in six days Adonai made the heavens and the earth,
and on the seventh day God stopped work and rested.

Eloheinu veilohei avoteinu v’imotainu,
ro’zei v’locheinu v’kado ateh,
la-asot et hashabat.

Our God and God of our ancestors, find favor with our rest.
Bring us holiness with your commandments.
Give us our share in your Torah.
Satisfy us with your goodness.
Give us joy in your salvation.
Purify our hearts to serve you with truth.
Adonai, our God, with love and pleasure,
Give us our holy Shabbat as our inheritance.
May Israel, who sanctifies your name, find rest there.
Blessed are you, Adonai, who sanctifies Shabbat.

Ki l’yisra-eil am’cha n’tato b’ahavah,
l’zera ya-akov asher bam b’chav’ra.

With love you gave to your people Israel,
to the descendents of Ya-akov, whom you chose.
The people who make the seventh day holy
will be fulfilled and delighted with your goodness.
You took pleasure in the seventh day, and made it holy.
You called it the desirable of days,in remembrance of the creation.

A crown of glory you put on his head,
you called him a faithful servant.
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to the descendents of Ya-akov, whom you chose.
The people who make the seventh day holy
will be fulfilled and delighted with your goodness.
You took pleasure in the seventh day, and made it holy.
You called it the desirable of days,in remembrance of the creation.
R’tzeih, Adonai Eloheinu,
b’am’cha yisra-eil uvitlatam,

R’tzeih, Adonai Eloheinu, 
b’am’cha yisra-eil uvitlatam, v’hasheiv et ha-avodah lidvir beitecha, v’ishei yisra-eil, ut’filatam b’ahavah

t’kabeil b’ratzon, ut’hi l’ratzon tamid

Avodat yisra-eil amecha.

Adonai, our God, accept the prayer of your people, Israel. 
Restore the worship to your sanctuary, Accepting the offerings and prayers as lovingly as they are given. May you always find pleasure in the service of your people, Israel.

On Rosh Chodesh and Hol Hamoed days, add:

Eloheinu veilohei avoteinu v’imotainu,
yael v’yirah. v’yirah,

Adonai, our God, accept the prayer of your people, Israel. 
Restore the worship to your sanctuary, Accepting the offerings and prayers as lovingly as they are given. May you always find pleasure in the service of your people, Israel.

On Rosh Chodesh 
Rosh Hachodesh hazeh.

On Passover 
Chag Hamatzot hazeh.

On Sukkot 
Chag Hasukot hazeh.

Zoch’reinu, Adonai Eloheinu, bo l’tovah,
ufok deinu vo livrachah,
v’hoshi-einu vo l’chayim.

Uvidvar y’shuah v’rachamim, chus v’chaneinu, v’raheim aleinu
v’hoshi-einu, ki eilecha eineinu, 
ki eil melech chanun v’rachum atah.
Our God and God of our ancestors, may we arise, approach, reach, and appear; be desired, heard, counted, and recalled, in our remembrance and recollection, before you.  
The remembrance of our ancestors and the sons of David, who served you.  
In remembrance of Jerusalem, your holy city.  
In remembrance of all the people of Israel, for survival, well-being, grace, kindliness, and compassion; for life and peace on this day of:  
Rosh Chodesh or Pesach or Sukkot  
Remember us, Adonai our God, for goodness on this day.  
On this day of blessing, be mindful of our lives.  
With the promise of deliverance and compassion, spare us and grant us grace.  
We lift our eyes to you because you are the almighty sovereign, gracious and merciful.


We are thankful to you that you Adonai, are our God and the God of our ancestors forever; rock of our lives, shield of our deliverance. In every generation we will give thanks to you and recount your praise, for our lives which are committed into your hand, and for our souls which are entrusted to you, and for your miracles of every day with us and for your wonders and benefactions at all times—evening, morning, and noon.

You are the beneficent One.  
Your compassion is never withheld; And you are the merciful One.  
your kindliness never ceases; we have always placed our hope in you.

And for all the foregoing, blessed and exalted be your name, our sovereign, constantly forever and ever. And inscribe for good life all the children of your covenant. And all the living shall thank you forever and praise your name with sincerity; The God of our deliverance and our help forever. Blessed are you, Adonai, goodness is your name and to whom praise is due.

Eloheinu veilohei avoteinu v’imotainu, Eloheinu veilohei avoteinu v’imotainu, bar’cheinu vab’rachah hamshuleshet batorah hak’tovah al y’dei mosheh avdecha, ha-amurah mipi aharon uvanav kohanim, am k’doshecha, ka-amur. Our God and God of our ancestors, bless us with the threefold blessing written in the Torah by Moses, your servant; pronounced by Aaron and his sons, the consecrated priests of your people.

Y’varechecha Adonai v’yishm’recha Kein y’hi ratzon Ya-eir Adonai panav eilecha vichuneka Kein y’hi ratzon Yisa Adonai panav eilecha v’yaseim l’cha shalom Kein y’hi ratzon

May Adonai bless you and watch over you. May it be so

May Adonai’s countenance shine upon you and be gracious to you. May it be so

May Adonai’s countenance show you kindness and grant you peace. May it be so
Sim shalom tovah uv'rabach ba-olam,
chein vachesed v'rachamim,
aleinu v'al kol yisra-eil ameca.
Bar'cheinu, avinu, kulanu k'echad
b'or paneca, ki v'or paneca
natata lanu, Adonai eloheinu,
torat chayim v'ahavat chesed,
uz'akah uv'rachah v'rachamim
v'chayim v'shalom,
v'tov b'einecha
l'vreich et am'cha yisra-eil
b'chol eit uv'chol sha-ah bishlochema.
Baruch atah Adonai,
hamvareich et amo yisra-eil
V'kol chesed,
V'kol yeshuv ve-ti.

My God, guard my tongue from evil and my lips from speaking deceitfully.
To those who curse me, may my soul be unresponsive;
and let my soul be like dust to all.
Open my heart to your Torah and my soul your commandments.
And all who plan evil against me,
quickly annul their counsel and frustrate their intention.
Act for the sake of your name.
Act for the sake of your right hand.
Act for the sake of your holiness.
Act for the sake of your Torah.
In order that your loved ones be released,
deliver with your right hand and answer me.
May they be acceptable, the words of my mouth
and the thoughts of my heart,
before you Adonai, my rock and my redeemer.
May the one who makes peace in the high heavens
make peace upon us, upon all Israel,
and upon all who dwell in this world,
and we say, Amen.
Think of All That Opens

torah

how my words fall into your words
swirl in distances so near
we rename the present, we call
this home.

We are born of reeds
and speak from what nourishes
the aleph
fastens and unfolds
in all directions, at each moment
we bind and cling there’s birth
along
fixed histories
erupt
diasporic
freedoms
we add what will change to what remains
rest with what comes and continues
expand in all directions, we share
what we name with
what holds the spilling
is spilling
bare in our being

who emits light

—Evan Schnair
Ein kamocha va-elohim, Adonai, v'ein k'ma-asecha.
Malchut'cha malchut kol olamim, umemshalt'cha b'chol dor vador.
Adonai melech, Adonai malach, Adonai yimloch l’olam va-ed.
Adonai oz l’am o yitein, Adonai y’vareich et amo vashalom.
Av harachamim, heitivah virtzon’cha et tziyon, tivneh chomot y’rushalayim.
Kir v’cha l’vad batach’nu, melech eil ram v’nisa, adon olamim.

There is none like you, Adonai; nothing compares to your creations.
Your sovereignty is everlasting; you rule through the generations.
Adonai is sovereign; Adonai was sovereign; 
Adonai will be sovereign forever and ever.
Adonai, bring strength to your people.
Adonai, bless your people with peace.
Compassionate one, bring goodness, as your will, to Zion.
Rebuild the walls of Jerusalem.
In you, alone, we trust
Almighty sovereign, master of all worlds.

The ark is opened
Vay’hi binsoa ha-aron vayomer mosheh,
kumah, Adonai, v’yafutzu oy’vecha,
v’yanusu m’sanecha mipanecha.
Ki mitziyon teitzei torah,
u’d’var Adonai mirushalayim.
Baruch shenatan torah
I’amo yisra-eil bikdushato

And whenever the ark traveled, Moses would say:
Rise, Adonai, let your enemies be scattered and flee before you
The Torah will go forth from Zion,
and the word of Adonai from Jerusalem.
Blessed is the One who gave the Torah to your people, Israel, in holiness

Sh’ma Yisra-eil, Adonai Eloheinu
Adonai Echad

Echad eloheinu, gadol adoneinu,
kadosh sh’mo
Gad’lu l’Adonai iti,
un’rom’mah sh’mo yachdav

Hear, Israel, Adonai our God
Adonai is One
One is our God
Great is our sovereign
Holy is God’s name

Declare the greatness of Adonai with me
Let us exalt God’s name together

Sh’mi ha-aron y’afutzu
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Adonai is One
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Declare the greatness of Adonai with me
Let us exalt God’s name together
L’cha Adonai hag’dulah v’hag’vurah
v’hatiferet v’haneitzach v’hahod,
ki chol bashamayim uva-aretz,
l’cha Adonai hamamlachah,
hamitnasei ‘l’choi l’rosh.
Rom’mu Adonai eloheinu,
v’hishtachavu lahodom raglav, kadosh hu.
Rom’mu Adonai eloheinu, v’hishtachavu
l’har kad’so, ki kadosh Adonai eloheinu

Yours, Adonai, is the greatness and strength;
the beauty, perseverance, and humility
for everything in heaven and on earth.
Your sovereignty, Adonai, is above all others.
Exalt Adonai, our God;
bow down at God’s throne, for our God is holy.
Exalt Adonai, our God;
bow down at God’s holy mountain, for our God is holy.
After Torah reading:

**Honoree recites:**

Baruch atah Adonai eloheinu melech ha-olam,
asher natan lanu torat emet,
v’chayei olam nata b’tocheinu.
Baruch atah Adonai, notein hatorah.

Blessed are you, Adonai, our God, sovereign of the universe
Who gave us the Torah of truth, planting eternal life within us
Blessed are you, Adonai, giver of the Torah

Blessing said by anyone who has survived a life-threatening crisis:

**BIRKAT HAGOMEL**

Baruch atah Adonai eloheinu melekh ha-olam,
hagomeil l’khayavim tovot,
sheg’malani kol tov.

Blessed are you, Adonai our God, sovereign of the universe,
who shows us goodness beyond what we can be, bringing us favor.

**Kahal responds:**

Mi sheg’mal’kha kol tov,
hu yigmol’kha kol tov selah.

May God who has been gracious to you continue to bring you all that is good.

As the Torah is lifted:

V’zot hatorah asher sam Mosheh
lifnei b’nei yisra-eil, al pi Adonai
b’yad Mosheh

This is the Torah that Moses placed before the people of Israel,
from the mouth of Adonai to the hand of Moses.
Returning the Torah to the Ark

Y’hal’lu et sheim Adonai,
ki nisgav sh’mo l’vado.

Hodo al eretz v’shamayim.
Vayarem keren l’amo,
it’lah l’chol chasidav, livnei yisra-eil am k’rovo, hal’luyah.

Praise the name, Adonai, unique, exalted;
sovereign over the earth and the heavens.
Raising up the faithful of Israel with praise, keeping them close,
Halleluyah.

PRAISE THE NAME, ADONAI, UNIQUE, EXALTED;
SOVEREIGN OVER THE EARTH AND THE HEAVENS.
RAISING UP THE FAITHFUL OF ISRAEL WITH PRAISE, KEEPING THEM CLOSE,
HALLELUYAH.
Ki lekach tov natati lachem, 
Don’t ignore this teaching you have been given.
Torati al ta-azovu.
It is a tree of life to those who grasp it;
Eitz chayim hi lamachazikim bah, 
all who hold it are blessed.
Um'ushar.
Its ways are pleasant; all its paths are peace.
D'racheha darchei noam, 
Help us to return to you, Adonai;
v'tom'cheha m'ushar. D'racheha darchei noam,
renew our days as of old.
Chol n'tivoteha shalom.
In God’s sanctuary, all proclaim - “Glory!”
Hashiveinu Adonai eilecha v'nashuvah,
Adonai sits enthroned, even at the flood.
Chadeish yameinu k'kedem.
Adonai sits enthroned, sovereign forever.

Adonai is on the waters, a powerful, beautiful voice.
The voice of Adonai breaks cedars, shatters the cedars of Lebanon.
Adonai shakes the desert of Kadesh.

The voice of Adonai causes hinds to give birth and strips the forests bare.

Adonai will give strength to the people.
Adonai will bless us with peace.
Priests sliced clean
to bleed a prayer.
Something died to
make it set.

That cut
engraved in life
read in blood.

Reckless now
the flow
in your own blessed tent.

Your tongue the knife that
cuts through time
aims holy.

Anne Germanacos

Altar

Priests sliced clean
to bleed a prayer.
Something died to
make it set.

That cut
engraved in life
read in blood.

Reckless now
the flow
in your own blessed tent.

Your tongue the knife that
cuts through time
aims holy.

Adonai, open my lips and my mouth will declare your praise

Blessed are You, Adonai, our God, and God of our ancestors,
God of Abraham, God of Isaac, and God of Jacob;
God of Sarah, God of Rebecca, God of Leah, God of Rachel,
great, mighty, awesome, exalted God who bestows loving kindness,
creator of all, who remembers the piety of our ancestors, and
who brings a redeemer to their children’s children
for the sake of your name, with love.
Sovereign, helper, deliverer, shield.

Blessed are you, Adonai, shield of Abraham and help of Sarah.
Atah gibor l’olam, Adonai, m’chayeih meitim atah, rav l’hoshi-a.

In Fall and Winter:

Mashiv haruach umorid hagashem

In Spring and Summer:

Morid hatal

M’chalkei chayim b’chesed,
M’chayeih meitim b’yachidim rabim,
someich nof’lim, v’rofei cholim,
melech meimit um’asir mebatim,
leisheni’im, ve’amot ha’olem,
lehoteh chayim, ve’al chayim,
ve’hoteh b’chesed,
ve’hoteh ve’al chayim.

Baruch atah Adonai, m’chayeih meitim.

You are mighty forever, Adonai.
You are the resurrector of the dead,
the powerful One to deliver us.
In Fall and Winter:
You cause the wind to blow and the rain to fall.
In Spring and Summer:
You cause the dew to fall.
Your love sustains the living,
Your great mercies give life to the dead.
Supporter of the fallen, healer of the sick,
releaser of the imprisoned,
You keep your faith with those who sleep in the dust.
Whose power can compare with yours?
You are the master of life and death and deliverance and you are faithful in giving life to the dead.
Blessed are you, Adonai, master of life and death.

Baruch atah Adonai, m’chayeih meitim.

We will revere and sanctify you according to the speech of the holy seraphim who make your name holy.

As it was in your prophet’s vision:
And they called to one another and said:
“Holy, Holy, Holy Adonai of hosts, whose glory fills the world.”

Ministering angels ask each other, “Where is the place of God’s glory?”
Those facing them answer, “Blessed”
“Blessed is the glory of Adonai from God’s place in the universe.”

Kvodo malei olam,
m’shar’tav sho’alim zeh lazez,
ayei m’kom kvodo,
’ummatam baruch yomeiru:
Baruch kvod Adonai mim’komo.

God’s glory fills the world.
Ministering angels ask each other, “Where is the place of God’s glory?”
Those facing them answer, “Blessed”
“Blessed is the glory of Adonai from God’s place in the universe.”
Mim’komo hu yifen b’rachamim,
v’yachon am hamyachadim sh’mo.
Erev vavoker b’chol yom tamid,
pa-amayim b’ahavah sh’mah om’rim:
Sh’m’a yisra-eil, Adonai eloheinu,
Adonai echad.

In place, may God turn with compassion and graciousness
towards the people who proclaim the oneness of the Name,
evening and morning each day, continually,
twice each day reciting, with love, the Shema:
“Hear, Israel, Adonai is God, Adonai is One”

Our God, our parent, our sovereign, our savior
with compassion, we will hear a second time
in the presence of all that lives
the promise to be “your God.”
“I am Adonai, your God”

In your holy words, it is written:
“Adonai will reign forever - God, Zion,
from generation to generation, Halleluyah”
The end of sacrifice

When the stone cracked, the knife stopped midair, the sheep ran off, a bleat.
Goats, too, found their way home; we’d lost ours, mute.

You’ve been like that: parched beneath a scorching sky, without a word for please, without a way to praise.

You’ve raised your hands—empty and inscrutable.

No stone, no knife, no goat, no sheep.
No wall, no roof.
Impossibly—no home.

Caught mid-gesture, we had no way to

* 

Twist a human line in the desert, syllables bubble forth.
Words: a roof rooted heel-toe.
Home: wherever we stand.

The words from their mouths, emitted on our lips: achshav, this moment, now.

Anne Germanacos

Y’hi ratzon mi’fanecha, Adonai eloheinu vei’loheinu ve’oteinu ve’avoteinu ve’imotainu, sheta-aleinu v’simchah l’artzeinu, v’tita-einu b’igvuleinu, v’sham na-aseh l’fanecha et kor’b’not chovoteinu, t’midim k’sidram umusafim k’hilchatam. V’et musaf yom hashabat hazeh, na-aseh v’nakriv l’fanecha b’ahavah, k’mitzvat r’tzonecha, k’mo shekatatva aleinu b’toratecha, al y’dei mosheh avdecha, mipi ch’vodecha, ka-amur:

May it be your will, Adonai, our God and God of our ancestors, bringing us back to our land with joy, planting us within our borders. There we will prepare before you the daily offerings, these additional offerings according to the laws. These additional offerings of Shabbat we prepare and bring with love, according to the instructions written in your Torah, given by Moses, your servant, from your words, saying:

B’nei hashavat sh’nei b’nei shanah t’mimim, ush’nei esronim t’she’en v’she’en u’she’en. Olah shabat b’shabato, al olat hatamid v’niskah.

On Shabbat, two yearling lambs without blemish, together with two-tenths of a measure of choice flour with oil mixed in as a meal offering, and with the proper libation.
A burnt offering each Shabbat, in addition to the regular burnt offering and its libation.
Those who preserve Shabbat, calling it a delight,
they rejoice in God’s sovereignty.
The people who honor the seventh day will all be satisfied,
taking delight in your goodness.
You favored the seventh day, making it holy.
You called it the most desirable of days—commemorating the work of creation.

Our God and God of our ancestors, find favor with our rest.
Bring us holiness with your commandments.
Give us our share in your Torah.
Satisfy us with your goodness.
Give us joy in your salvation.
Purify our hearts to serve you with truth.
Adonai, our God, with love and pleasure,
Give us your holy Shabbat as our inheritance.
May Israel, who sanctifies your name, find rest there.
Blessed are you, Adonai, who sanctifies Shabbat.
Modim anachnu lach,
sha-atah hu, Adonai Eloheinu
veilohei avoteinu v’imotainu,
’olam va-ed, tzur chayeinu,
magein yisheinu, ata hu l’dor vador,
nodeh l’cha un’sapeir t’hilatecha,
un lifnei kemayim b’dor,
un lifnei mishamayim pokidot lach,
un lifnei shevchel yom sheenu,
un lifnei tikvah tikvot yivkot,
un lifnei kol bekol ha-am.

We are thankful to you that you Adonai,
are our God and the God of our ancestors forever,
rock of our lives, shield of our deliverance.
In every generation we will give thanks to you and recount your praise,
for our lives which are committed into your hand.
For our souls which are entrusted to you,
and for your miracles of every day with us.
For your wonders and benefactions at all times--evening, morning, and noon.
You are the beneficent one.
Your compassion is never withheld;
You are the merciful one; your kindliness never ceases;
we have always placed our hope in you.

And for all the foregoing, blessed and exalted be your name,
our sovereign, constantly forever and ever.
And inscribe for good life all the children of your covenant.
And all the living shall thank you forever
and praise your name with sincerity;
The God of our deliverance and our help forever.
Blessed are you, Adonai, goodness is your name
and to whom praise is due.
Our God and God of our ancestors, bless us with the threefold blessing written in the Torah by Moses, your servant; pronounced by Aaron and his sons, the consecrated priests of your people.

May Adonai bless you and watch over you
May it be so

May Adonai’s countenance shine upon you and be gracious to you
May it be so

May Adonai’s countenance show you kindness and grant you peace
May it be so

Bring universal peace, goodness, blessing, favor, kindness, and compassion upon us and upon all of the people, Israel. Bless all of us as one in the light of your countenance, for it is with that light, Adonai our God, that you gave us a living Torah with a love of kindness, righteousness, blessing, compassion, life, and peace. May it be good in your eyes to bless your people, Israel, each and every moment with your peace. Blessed are you, Adonai, who blesses us with peace.
My God, guard my tongue from evil and my lips from speaking deceitfully.
To those who curse me, may my soul be unresponsive;
and let my soul be like dust to all.
Open my heart to your Torah and my soul your commandments.
And all who plan evil against me, quickly annul their counsel and frustrate their intention.
Act for the sake of your name.
Act for the sake of your right hand.
Act for the sake of your holiness.
Act for the sake of your Torah.
In order that your loved ones be released, deliver with your right hand and answer me.
May they be acceptable, the words of my mouth and the thoughts of my heart, before you Adonai, my rock and my redeemer.
May the one who makes peace in the high heavens make peace upon us, upon all Israel, and upon all who dwell in this world, and we say, Amen.
Exalted and sanctified is God's name, in the world which God created, according to plan. May God's majesty be revealed in your lifetime, in your days, and in the lifetime of all Israel, soon, in a time that is close. And let us say, amen.

Blessed is God's name for all time

Blessed, praised, glorified, exalted, uplifted, honored, elevated, in the name of the holy one, blessed be, above all blessing, hymns, praises, and consolations we say in the world And let us say, Amen.

May there be acceptance of the prayers and supplications of all Israel before the one in Heaven And let us say, Amen

May there be abundant peace from heaven, for us and all Israel And let us say, Amen

May the one who creates peace in the heavens bring peace to us, to all Israel, and to all peoples of the world, and let us say, Amen.

Ein keiloheinu
Ein kadoneinu
Ein k’malkeinu
Ein k’moshi-einu
Mi kheiloheinu
Mi khadoneinu
Mi k’h’malkeinu
Mi k’h’moshi-einu
Nodeh leiloheinu
Nodeh ladoneinu
Nodeh l’malkeinu
Nodeh l’moshi-einu
Barukh eloheinu
Barukh adoneinu
Barukh malkeinu
Barukh moshi-einu
Atah hu eloheinu
Atah hu adoneinu
Atah hu malkeinu
Atah hu moshi-einu
Nodeh lekhameinu
Nodeh lehadoneinu
Nodeh lemaldaneinu
Nodeh lemossheinu
Barukh eloheinu
Barukh adoneinu
Barukh malkeinu
Barukh moshi-einu
Atah hu eloheinu
Atah hu adoneinu
Atah hu malkeinu
Atah hu moshi-einu

There is no one like our God / There is no one like our Adonai
There is no one like our sovereign / There is no one like our deliverer

Who is like our God / Who is like our Adonai
Who is like our sovereign / Who is like our deliverer

Let us thank our God / Let us thank our Adonai
Let us thank our sovereign / Let us thank our deliverer

Blessed is our God / Blessed is our Adonai
Blessed is our sovereign / Blessed is our deliverer

Who is like our God / Who is like our Adonai
Who is like our sovereign / Who is like our deliverer

You are the one before whom our ancestors offered incense.
We rise to praise the ruler of all, to acclaim the creator of the world
Who made us different from others, with a different destiny
We bend our knee, bow, and offer thanks
Before this blessed, supreme One
Who spreads the heavens and establishes the earth
This One God. our sovereign is true,
As it is written in Torah:
“And you will know this day in your heart
That Adonai is God in the heavens above and on the earth below
There is no one else.”
As it is written in your Torah:
“Adonai will reign forever and ever”
And it is said:
“Adonai will reign over the earth
Adonai will be acknowledged as the One
Adonai is One.”
MOURNERS’ KADDISH

Yitgadal v’yitkadash sh’méih raba.
B’al’má di v’ra chiruteih,
v’yamlich malchuteih
b’chayeichon uv’yomeichon
uv’chaye’i d’chol beit yisra-eil,
ba-agala uvizman kariv, v’imru amein.

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

Yitbarach v’yishtabach v’yip’a-ar
v’yitromam v’yitnasei v’yitdáchar
v’yitaleh v’yithálal sh’méih d’kudsha
b’rich hu,
le’ila mi kol birchata v’shirata
tushb’chata v’nechemata,
da-amiran b’al’má, v’imru amein.

Y’hei sh’lama raba min sh’maya,
v’chayím aleinu v’al kol yisra-eil,
v’imru amein.

Oseh ha-shalom bimromav,
hu ya-aseh shalom
aleinu v’al kol yisra-eil,
v’al kol yoshvei teiveil
v’imru amein

—

Exalted and sanctified is God’s name,
in the world which God created, according to plan.
May God’s majesty be revealed in the days of our lifetime
and the life of all Israel
And let us say, Amen.

Blessed is God’s name for all time
Blessed, praised, glorified, exalted, uplifted, honored, elevated,
in the name of the holy One, above all blessing we say in the world
And let us say, Amen.

May there be abundant peace from heaven, for us and for all Israel
And let us say, Amen

May the One who creates peace in the heavens
bring peace to us and to all Israel.
And let us say, Amen.
God is my strength, my might, and has become my deliverance.

Psalm 118:14

THE KITCHEN

The Kitchen is one part indie shabbat community, one part San Francisco experiment, and one part tool kit for DIY Jewish practice. We’re building a connected, spiritually alive Jewish generation and a new resonant approach to religious life in San Francisco.

We believe that Jewish religious practice can transform: It can change lives, make meaning, and invest people in the world.

Visit us at www.thekitchensf.org