SHABBAT MORNING PRAYERS

EDITED BY RABBIS OREN STEINITZ AND DAVID LAZAR

MADE POSSIBLE BY SANDIE OVESEN, IN LOVING MEMORY OF HER BELOVED, HARRY DEAN
The Preliminary Service

Modeh Ani [I Thank You]

Modeh ani l’fanecha, melech chai v’kayam,
shehechezarta bi nishmati b’chemlah,
rabah emunatecha.

I give thanks to You, living and enduring Ruler.
You have carefully restored my soul to me.
Great is Your trust.

Breathing in, I am grateful for my heart
Even when feeling broken in a thousand little pieces.

   Breathing in, I am grateful for my tears
   Even when they flow in endless rivers from my eyes.

Breathing in, I am grateful for my strength,
Even when there is nothing left to hold onto.

   Breathing in, I am grateful for my gifts
   Even on the days there is nothing left to give.

Breathing in, I am grateful for my soul,
Even when empty darkness leaves me feeling all alone.

   Breathing in, I am grateful for my joy
   Even when my dancing feet are stumbling.

Breathing in, I am grateful for my life
Day by day unfolding

   In the good times and the bad
   Breathing in, I am grateful.

—Nancy Lynch Gibson
For Wearing a Tallit

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

Praised are You, Adonai, our God, Ruler of the universe, who makes us holy with Your commandments, and commands us to wrap ourselves in the tallit.

Mah Tovu [How Goodly]

Mah tovu ohalecha ya-akov, mishk’notecha yisra-eil. Va-ani b’rov chasd’cha avo veitecha, eshtachaveh el heichaoel kodsh’cha b’yiratecha.

Adonai ahavti m’on beitecha, u’n’kom mishkan k’vodecha. Va-ani eshtachaveh v’echara-ah, vor’chah lifnei Adonai osi.

Va-ani t’filati l’cha Adonai, eit ratzon, elohim b’rav chasdecha, aneini be-emt yishecha.

How goodly are your tents, O Jacob, your dwelling-places, O Israel! In Your abundant lovingkindness let me enter Your house, reverently to worship in Your holy temple. Adonai, I love Your house, the place where Your glory dwells. I would worship with humility, I would seek blessing in the presence of God, my Maker. To You, Adonai, does my prayer go forth. May this be a time of favor. In Your great lovingkindness, God, answer me with Your saving truth.

Hareini mekabel alay mitzvat haborei: ve-ahavtah le-re’acha kamocha.

I hereby accept upon myself my Creator’s commandment: to love my neighbor as myself.
Blessing for the Body

Baruch atah Adonai eloheinu melech ha-olam,
asher yatzar et ha-adam b’choch’mah,
uvra vo n’kavim n’kavim, chalulim
chalulim. Galuy v’yadua lifnei chisei
ch’vodecha, sheim yipatei-ach echad meihem,
o yisateim echad meihem,
i efshar l’hitkayeim v’la-amod l’faneya.
Baruch atah Adonai,
rofei chol basar umafli la-asot.

Praised are You, Adonai our God, ruler of the Infinite
who formed the human body with wisdom,
creating it with so many tunnels and passageways.
You know that if one of these would open or close by mistake
we could not stand before You.
Praised are You, Adonai
who heals all flesh and does wonders.

Blessing for the Soul

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 v’kirbi,
modeh/modah ani l’faneya,
Adonai elohei veilohei avotai v’imotai,
ribon kol hana-asim,
adon kol han’shamot.
Baruch atah Adonai,
hamachazir n’shamot lifgarim meitim.

My God, the soul which You have
bestowed in me is pure.
You created it, You formed it,
You breathed it into me,
You maintain it within me,
and You will one day
take my soul from me,
to restore it to me in time to come.

As long as my soul is in me
I give thanks to You,
Adonai my God and God of my
ancestors,
Master of all creation, Ruler of all souls.
Praised are You, Adonai,
who restores the soul to lifeless bodies.
Blessing for Torah Study

Baruch atah Adonai eloheinu melech ha-olam,
asher kid’shanu b’mitzvotav,
v’tzivanu la-asok b’divrei torah.

Praised are You, Adonai our God, who rules the universe, for commanding us to engage in the words of Torah.


Adonai our God, let the words of Your Torah be pleasant in our mouths and the mouths of all Your people, the House of Israel, and may our descendants and the descendants of all Your people Israel know you and study Your Torah for its own sake.

Baruch atah Adonai, hamlameid torah l’amo yisra-eil.

Praised are You, Adonai, for teaching Torah to Your people Israel.
Morning Blessings

Baruch atah Adonai eloheinu melech ha-olam...

We praise You, Eternal One, Ruler of the universe...

Roka ha-aretz al hamayim.

For stretching the ground over the waters.

Zokeif k’fufim.

For straightening the bent over.

Matir asurim.

For freeing the captive.

Malbish arumim

For clothing our bodies.

She-asah li kol tzar’ki.

For providing us with all our needs.

Hameichin mitzadei einosh.

For firming our steps.

Ozeir yisra-eil bigvurah.

For giving us strength.

Oteir yisra-eil b’tifarah.

For crowning us with glory.

Ha-ma’avir sheinah mei-einay
ut’numah mei-afapay

For removing sleep from eyes and slumber from our eyelids.
Pokei-ach ivrim

For opening our eyes.

Asher natan lasechvi vinah
l’havchin bein yom uvein lay’lah.

For giving us consciousness.

Hanotein la-ya’eif koach

For giving strength to the weary.

She-asanu b’tzalmo.

For making us in God’s image.

She-asanu b’nei chorin.

For making us free people.

She-asanu yisra’el.

For making us Israel, those who struggle.
Baruch Sh’amar [Blessed is the One]

*Baruch she-amar v’hayah ha-olam,*  
*baruch hu,*  
*baruch oseh v’reishit,*  
*baruch omeir v’oseh,*  
*baruch gozeir um’kayeim,*  
*baruch m’racheim al ha-aretz,*  
*baruch m’racheim al hab’riyot,*  
*baruch m’sha’leim sachar tov lirei-av,*  
*baruch chai la-ad v’kayam lanetzach,*  
*baruch podeh umatzil,*  
*baruch sh’mo.*

**Praised is the One who spoke and the world came to be.**  
*Praised is the Source.*

**Praised is the One whose thought is fact.**  
*Praised is the One whose word is deed.*

**Praised is the One whose compassion covers all creatures.**  
*Praised is the One who removes darkness and brings light.*

**Praised is the One who lives forever**  
*Praised is God’s Name.*

Praised are You, Adonai, our God, Infinite Ruler,  
God, the merciful Parent, who is praised by Your  
people, glorified and adored by the voice of Your  
faithful servants, and with the songs of Your  
servant David. We will exalt you, praise you, glorify  
You, declare Your name and crown You, our God  
and Ruler, the source of our lives, the Only One of  
all the worlds, the blessed and glorified ruler,  
whose name is forever.

**Baruch atah Adonai,**  
**melech m’hulal batishbachot.**

Praised are You, Adonai, our ruler, glorified in praises.
Ashrei [Happy are Those]

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 eloai hamelech,
va-avar’chah shimcha l’olam va-ed.

B’chol yom avar’cheka,
va-ahal’lah shimcha l’olam va-ed.

Gadol Adonai um’halal m’od,
v’ligdulato ein cheiker.

Dor l’dor y’shabach ma-asecha,
ug’vurotecha yagidu.

Hadar k’vod hodecha,
va-divrei nifl’otecha asichah.

Ve-ezuz nor’otecha yomeiru,
ug’dulat’cha asap’renah.

Zecher rav tiv’cha yabiu,
va-tzidkat’cha y’raneinu.

Chanun v’rachum Adonai,
erech apayim ug’dol chased.

Tov Adonai lakol,
v’rachamav al kol ma-asav.

Yoducha Adonai kol ma-asecha,
vachasidecha y’var’chuchah.

K’vod malchut’cha yomeiru,
ug’vurat’cha y’dabeiR.

L’hodi-a livnei ha-adam g’eurotav,
uch’vod hadar malchuto.

Malchut’cha malchut kol olamim,
umemshalt’cha b’chol dor vador.

אשרי

כבר קיים בּוֹתֵךְ, וה’ חפץ הסברך.
כבר כך ישוהו אלהים: חנון ורחם ה’.
ודיעה לותר,
וה’ ב veniam קדושו אלהים.
זכר רב תועבך,
ודיעה לותר עתים.
חנון ורחם ה’.
ודיעה לאספה אספתך, וה’ ב תורה עתים.
יאמרו את ה’ אלהים.
ל逄 רוחם יהוה,
ethoven חפץ עבודה חכם.
זה יוהו долה, וה’ שאטו על כל משישו: זוהי יוהו כולם משישו.
סהيته חכמים: בברaketות י’, ונקרות.
ל逄 ישראל בגאליהם: בברكات הרב למעלות.
מלכותה ממלכת כולם מעולמים.
ולמלכותה ממלכת כל מעולמים.
Happy are those who dwell in Your house;  
they shall praise You:  

\begin{quote}
Happy is the nation that has it so;  
Happy are the people whose God is Adonai.
\end{quote}

David’s song of praise.

I will extol You, my God and Ruler;  
and I will bless Your name for ever and ever.  

\begin{quote}
Every day will I bless You;  
and I will praise Your name for ever and ever.
\end{quote}

Great is Adonai, and highly to be praised;  
God’s greatness is unsearchable.  

\begin{quote}
One generation shall laud Your works to another,  
and shall declare Your mighty acts.
\end{quote}

The glorious splendor of Your majesty,  
and Your wondrous works shall I recite.
People shall speak of the might of Your tremendous acts;  
I will tell of Your greatness.

They shall utter the fame of Your great goodness,  
and shall sing of Your righteousness.

Adonai is gracious and full of compassion;  
slow to anger, great in mercy.

Adonai is good to all;  
tender mercies are over all God’s works.

All Your works shall thank You, Adonai;  
Your pious ones shall bless You.

They shall speak of the glory of Your dominion,  
and talk of Your might;

To make known to all humans God’s mighty acts,  
and the majestic glory of God’s sovereignty.

Your dominion is for all ages,  
and Your rule endures through all generations.

Adonai supports all who fall,  
and raises up all those who are bowed down.

The eyes of all wait for You,  
and You give them their food in due season.

You open Your hand,  
and satisfy every living thing with favor.

All Adonai’s ways are righteous  
and all God’s works are gracious.

Adonai is close to all who call,  
to all who call upon God in truth.

God, You fulfill the desire of those in awe of You,  
hearing their cry and saving them.

You, Adonai guard all who love You,  
but destroy all the wicked.

My mouth shall speak Adonai’s praise,  
let all flesh bless God’s holy name for ever and ever.

We will bless Adonai now and forever,  
Halleluyah.
תקהלות קב

לְלָלוּיָהּ.
לְלָלוּ אֵל בְּקָדְשׁוֹ,
לְלָלוּהוּ בִּרְקִיעַ עֻזּוֹ;
לְלָלוּהוּ בִּגְבוּרֹתָיו,
לְלָלוּהוּ כְּרֹב גֻּדְלוֹ;
לְלָלוּהוּ בְּתֵקַע שׁוֹפָר,
לְלָלוּהוּ בְּנֵבֶל וְכִנּוֹר;
לְלָלוּהוּ בְּתֹף וּמָחוֹל,
לְלָלוּהוּ בְּמִנִּים וְעֻגָּב;
לְלָלוּהוּ בְּצִלְצְלֵי שָׁמַע,
לְלָלוּהוּ בְּצִלְצְלֵי תְרוּעָה;
כֹּל הַנְּשָׁמָה תְּהַלֵּל יָה, לְלָלוּיָהּ.
God abides forever, the High and Holy One.
As it is written:
Righteous ones sing to Adonai;
it is fitting that the upright praise God.

In the mouths of the honest You are exalted
In the words of the righteous You are blessed
In the actions of the devotees You are sanctified
In the midst of the holy You are praised.

In every gathering of Your people,
the House of Israel,
Your name will be glorified with song,
our Source, in every generation.
Yishtabach [Your Name be Praised]

Yishtabach shimcha la-ad malkeinu,
ha-eil hamelech hagadol v’hakadosh
bashamayim uva-aretz.
Ki l’cha na-eh, Adonai eloheinu veilohei
avoteinu, shir ush’vachah, haleil v’zimrah, oz
umemshalah, netzach, g’dulah ug’vurah,
t’hilah v’tiferet, k’dushah umalchut.
B’rachot v’hoda-ot mei-atah v’ad olam.
Baruch atah Adonai, eil melech gadol
batishbachot, eil hahoda-ot, adon
hanifla-ot, habocheir b’shirei zimrah,
melech, eil, chei ha-olamim.

Your name be praised without end,
majestic One.
Powerful, generous Source of the sacred,
Filling heaven and earth.
It is pleasant to dedicate to You,
Our God, our ancestors’ God,
Time and again, Music and Celebration,
Jubilation and Symphony, Fortissimo, Anthem,
Victory-march, Largo, Forte, Paean,
Hymn, Sanctus, and Maestoso,
Hymns of blessing and thanksgiving,
Celebrating Your reputation, awesome and holy,
Because in every realm, there You are divine.
We worship You, Adonai, Generous, Great, Majestic One,
Who is celebrated in all praise,
Who is the God of thanksgiving,
The source of miracles, the fountain of souls,
The author of all happenings,
Who delights in music and in chant,
Origin of unity,
The life that flows through the worlds.

—Zalman Shachter-Shalomi
The Sh’mah and Its Blessings

Chatsi Kaddish [Reader’s Kaddish]

Yitgadal v’yitkadash sh’mehi raba. [Amein]

B’al’ma di v’ra chirutei, v’yamlich malchutei b’chayeichon uv’yomeichon uv’chaye’i d’chol beit yisra-eil, ba-agala uvizman kariv, v’imru amein.

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

Yitbarach v’yishtabach v’yitpa-ar v’yitromam v’yitnasei v’yitadar v’yitaleh v’yithalal sh’mehi d’kudsha b’rich hu, l’eila (on Shabbat Shuva u-l’eila) min kol birchata v’shirata tushb’chata v’nechemata, da-amiran b’al’ma, v’imru amein.

Let the great name of God be extolled and sanctified
Let God’s great name be hallowed
in the world whose creation God willed.
May God’s sovereignty soon prevail,
in our own day, in our own lives,
and in the life of all Israel, and let us say: Amen.

Let God’s great name be blessed for ever and ever.

Let the name of the Holy Blessed One be glorified,
exalted and honored,
though God is beyond all the praises, songs, and adorations
that we can utter, and let us say:
Amen
Our goal should be to live life in radical amazement. Get up in the morning and look at the world in a way that takes nothing for granted. Everything is phenomenal; everything is incredible; never treat life casually. To be spiritual is to be amazed.

— Abraham Joshua Heschel

Bar’chu [The Call for Prayer]

Bar’chu et Adonai hamvorach.
Baruch Adonai ham’vorach l’olam va-ed.

Praise Adonai to whom our praise is due!

Praised be Adonai to whom our praise is due, now and forever!
Praised are You, Adonai our God, ruler of the world,
Forming light, creating darkness, making peace, creating all.

All shall thank you, and all shall praise you,
and all shall proclaim: “There is no Holy like our God.”
God lovingly gives light to the earth and all who dwell there;
and in goodness renews the work of creation continually, day by day.
How manifold are Your works, Adonai;
in wisdom You made them all;
the earth is full of Your creations.

Let a new light shine on Zion,
and may we soon be worthy to see it shining.
Praised are You, Adonai, the Maker of light.
Ahavah [Love] Blessing

Ahavah rabah ahavtanu, Adonai eloheinu, chemlah g’dolah viteirah chamalta aleinu.
Avinu malkeinu, ba-avur avoteinu shebat’chu v’cha, vat’lam’dein chukei chayim, kein t’chaneinu ut’lam’deinu. Avinu, ha-av harachaman, hamracheim, racheim aleinu, v’tein b’lieinu l’havin ul’haskil, lishmoa, liilmod ul’lameid, lishmoa v’la-asot ul’kayeim et kol divrei talmud toratecha b’ahavah.

Ki v’sheim kodsh’cha hagadol v’hanora batach’nu, nagilah v’nism’chah bishuatecha.

How deeply you have loved us, Adonai our God, Your compassion for us is overflowing.
Our Maker and ruler, our ancestors trusted in You, and You taught them the laws of life; be gracious now to us, and teach us.
Have compassion on us, source of mercy, and guide us to know and understand, to listen, learn and teach, observe and fulfill with love all the teachings of Your Torah.

Enlighten our eyes in Your Torah, cause our hearts to cling to Your commandments, and unite our hearts to love and revere Your name.
Then we shall not be shamed, nor humiliated, nor shall we ever stumble.
For we shall put our trust in You, the great, holy, and awesome One.
We shall rejoice and be glad in Your salvation.
Vahaveih aleinu b’rachah v’shalom
mei-arba kanfot ha-aretz,
v’tolicheinu kom’miyut b’artzeinu,
ki eil poeil y’shuot atah,
V’keiravtanu l’shimcha hagadol
b’achdut u-b’ahavah.

Bestow upon us wholeness and blessings
from the four corners of the earth
and lead us to walk upright in our land.
For You, God, are the only One who brings deliverance
and You, God, have drawn us near to Your great name
and your Oneness in love.

Baruch atah Adonai,
habocheir oheiv Yisrael.

Praised are You, Adonai,
who loves Israel, the ones who struggle.
You shall love Adonai your God with all your heart, with all your soul and with all your being. These words which I command you now shall be in your heart, always. Continuously teach them to your children, speak of them at all times, while at home, about town and on the road, when you lie down at night and when you rise up in the morning – always. Bind them on your arm, close to your heart, and between your eyes, close to your brain. Write them upon the doorposts of your home and at the entrance of your property.
It came to pass and will come to pass that we wore tzitzit / fringes on the corners of our clothing – tzitzit with a twine of blue, to remember God 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 Adonai in our living. I am Adonai your God when I call you out of the narrow places of your lives, so that I can become the sacred power among you.

—Lynn Gottlieb
Your word is the truth that stands,
Your word is the certainty that endures,
Your word is the unswerving trust.
joyful and happy,
sweet and receptive,
beautiful and good, forever and ever.

All praise to God Most High, the source of blessing!
Like Miriam, Moses and all Israel,
they sang to You this song of rejoicing:

Who is like You, Eternal One,
among the gods that are worshipped?
Who is like You, majestic in holiness,
awesome in splendor, doing wonders?

On the edge of the sea,
those saved sang a new song in praise of You,
all of them thanking you as their Ruler, saying:
Adonai will reign for ever and ever!
O Rock of Israel,
come to Israel’s help.
Fulfill Your promise of redemption for Judah and Israel.
Our Redeemer is the mighty Adonai,
the Holy One of Israel.

Praised are You, Adonai, Redeemer of Israel.
The Amidah

Adonai, open up my lips, that my mouth may declare Your glory.

1 – Avot v’Imahot [Ancestors]

Baruch Atah Adonai
Eloheinu Veilohei avoteinu,
Elohei Avraham, Elohei Sarah,
Elohei Yitzchak, Elohei Rivkah,
Eilohei Ya-akov, Elohei Rachel ve-Elohei Le’ah.
Ha-eil hagadol hagibor v’hanora, Eil elyon,
gomeil chasadim tovim, v’koneth hakol,
v’zocheir chasdei avot ve-imahot,
umeivi ge’ulah liveni v’neihem,
l’ma-an sh’mo b’ahavah.

On Shabbat Shuva add:
Mi chamocha av harachamim,
zocheir y’tzurav l’chayim b’rachamim.

Melech ozeir umoshi-a umagein.
Baruch Atah Adonai, magein Avot.

Praised are You, Adonai, our God and God of our ancestors:
God of Abraham, God of Sarah,
God of Isaac, God of Rebecca,
God of Jacob, God of Rachel and God of Leah,
God great, mighty and awesome God, God supreme.

God who bestows lovingkindness. Creator of all.
God who remembers the faithfulness of our ancestors and lovingly brings redemption to their offspring for the glorification of God’s name.

God, our ruler, our help, our savior and our shield.
Praised are You, Adonai, Shield of our ancestors.
Atah gibor l’olam Adonai,
m’chayeih meitim Atah, rav l’hoshi-a.

Winter: Mashiv haruach umorid hageshem.
Summer: Morid Hatal.

M’chalkeil chayim b’chesed,
m’chayeih meitim b’rachamim rabim,
someich nof’lim, v’rofei cholim, umatir asurim,
un’kayei emunato lishinei afar,
mi chamocha ba-al g’vurot umi domeh lach,
melech meimit un’chayeh umatzmi-ach y’shuah.

On Shabbat Shuva add:
Mi chamocha av harachamim,
zocheir y’tzurav l’chayim b’rachamim.

V’ne-eman Atah l’hachayot meitim.
Baruch Atah Adonai, m’chayeih hameitim.

Your might, Adonai, is Eternal.
You give life to all.
Great is Your power to save.

Summer: You cause the dew to fall.
Winter: You cause the wind to blow and rain to fall.

With love You sustain the living,
with great compassion give life to all.
You support the falling and heal the sick;
You bring freedom to the captive and keep faith
with those who sleep in the dust.
Who is like You, Master of Might? Who is comparable?
Source of life and death, who causes salvation to blossom.

On Shabbat Shuva add:
Who is like You, nurturing parent, who in compassion sustains the life of all creatures?

You faithfully give life to all creatures.
Praised are You, who brings life to the dead.
(If praying privately add “Atah Kadosh.” and continue on page 28.  
When the Amidah is said out loud continue with K’dushah.)

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

On Shabbat Shuva:  
Baruch atah Adonai, ha-eil hakadosh  
Baruch atah Adonai, ha-melech hakadosh

You are holy and Your name is holy,  
and those who strive to be holy declare  
Your glory day by day.  
Praised are You, Adonai, the Holy God.

3 – K’dushah [Sanctification]

N’kadeish et shimcha ba-olam, k’sheim  
shemakdishim oto bishmei marom, kakatuv al  
yad n’vi-echa, v’kara zeh el zeh v’am:  
We will sanctify Your name on earth,  
as it is sanctified in the Heavens above  
in the words written by Your prophet,  
“the Angels called out to one another, saying:”

Kadosh, kadosh, kadosh, adonai tz’va-ot,  
m’lo chol ha-aretz tz’va-ot.  
Holy, Holy, Holy is Adonai Tz’va’ot!  
The whole earth is filled with God’s glory.

Az b’kol ra-ash gadol adir v’chazak,  
mashmiim kol, mitnasim l’umat s’rafim,  
l’umatam baruch yomeiru:  
Then with great noise, mighty and tremendous to be heard,  
the angels rise up and, responding, they offer praise:

Baruch k’vod adonai mim’komo.  
Praised be the Glory of God from God’s place.
Reveal yourself, wherever you are, our Ruler, and reign over us, for we await You.
When will You reign in Zion? Let it be soon, in our time!
May Your glory and holiness be apparent to all in Jerusalem Your city, from generation to generation, eternally.
May we see Your sovereignty, wherever you are, our Ruler, described in the songs of Your mightiness.

To all generations we will proclaim your greatness, and for all eternity proclaim your holiness.
Your praise, O God, shall never leave our lips, for You are a great and holy God.

Praised are You, Adonai, the holy God.

On Shabbat Shuva: Praised are You, Adonai the holy Ruler.
Moses, Your faithful servant,
rejoiced before You on Mount Sinai,
bringing to us the two tablets of stone,
engraved with the commandment to observe Shabbat,
and so it is written in Your Torah:

V’sham’ru v’nei yisraeil et hashabat,
la-asot et hashabat l’dorotam b’rit olam.
Beini wein b’nei yisraeil ot hi l’olam,
ki sheishet yamim asah Adonai et hashamayim
v’et ha-aretz, uwayom hashvii
shavat vayinafash.

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

Eloheinu veilohei avoteinu, r’tezeh na
vimmuchateinu, kad’sheinu b’mitzvoteca,
v’tein chelkeinu b’toratecha, sab’einu
mituvecha, v’sam’cheinu bishuatecha, v’taheir
libeinu l’ovd’cha be-emet, v’hanchileinu
Adonai Eloheinu b’ahavah u’voratzon shabat
kod’shecha, v’yanchu vah kol yisraeil
m’kad’shei sh’mecha.

Baruch atah Adonai, m’kadeish hashabat.
Our God and God of our ancestors,
may our rest on this day be pleasing in Your sight.
Make us Holy with Your Mitzvot,
and let Your Torah be our way of life.
Satisfy us with Your goodness,
gladden us with Your salvation,
and purify our hearts to serve You in truth.
In Your gracious love, Adonai our God,
let Your holy Shabbat remain our heritage,
that all Israel, declaring Your name holy,
may find rest and peace.
Praised are You, Adonai, who makes Shabbat holy.

5 - Avodah [Worship]

R’tzeih, Adonai Eloheinu, b’am’cha yisra-eil,
"u’l’tfilatam meheirah b’ahavah t’kabeil
b’ratzon, ut’hi l’ratzon tamid avodat yisra-eil amecha.

V’tichezenah eineinu
b’shuva’cha l’tziyon b’rachamim.
Baruch atah Adonai,
hamachazar sh’chinato l’tziyon.

Take pleasure, Adonai our God,
in Israel your people and heed their prayer,
willingly and lovingly.
May the worship of your people Israel
always be acceptable to you.

And may our eyes behold your homecoming,
with merciful intent, to Zion.
Praised are you, Adonai,
who brings your presence home to Zion.

We gratefully acknowledge that You are Adonai our God and God of our people, the God of all generations. You are the rock of our life, the power that shields us in every age. We thank You and sing Your praises: for our lives, which are in Your hands; for our souls, which are in Your keeping; for the signs of Your wondrous gifts at all times, morning, noon, and night.
You are Goodness:
You are the rock of our life, the power that shields us in every age.
You are the rock of our life, the power that shields us in every age.
You are the rock of our life, the power that shields us in every age.

V’al kulam vitbarach v’yitromam shimcha melkeinu tamid l’olam va-ed.

On Shabbat Shuva:
Uch’tov l’chayim lovim kol b’nei v’ritecha

V’chol hachayim yoducha selah,
vihal’lu et shimcha be-emet,
ha-eil y’shuateinu v’ezrateinu selah.

Baruch atah Adonai,
hatov shimcha ul’cha na-eh l’hodot.
For all these things, Sovereign God,
let Your name be for ever exalted and blessed.
All who live shall affirm You and praise Your name in truth,
Adonai our Redeemer and Helper.
Praised are You, Adonai, whose name is good,
to whom all thanks is due.

7 – Shalom [Peace]

Sim shalom tovah uv’rachah,
chein vachesed v’rachamim,
aleinu v’al kol yisra-eil v’al- ha-olam kulo.
Bar’cheinu, avinu, kulanu k’echad b’or
panecha, ki v’or panecha natata lanu,
Adonai eloheinu,
torat chayim v’ahavat chesed,
utz’dakah uv’rachah v’rachamim
v’chayim v’shalom,
v’tov b’einecha l’vreich et am’cha yisra-eil
v’eit ha-olam kulo
b’chol eit uv’chol sha-ah bishlomecha.

On Shabbat Shuvah add:
B’seifer chayim, b’rachah, v’shalom, ufarnasah tovah,
nizacheir v’nikateiv l’fanecha, anachnu v’chol am’cha
beit yisra-eil, l’chayim tovim ul’shalom.

Baruch atah Adonai,
oseh ha-shalom.

May peace, happiness and blessing,
grace and love and mercy
descend upon us, and on all Israel Your people.
Bless us, our Creator, one and all,
with the light of Your presence;
for by that light, O God,
You have revealed to us the Torah of life;
to love kindness, and justice, blessing and mercy, life and peace.
It is good in Your eyes to bless Your people and all peoples
at all times with Your peace.
Praised are You, Adonai,
Maker of peace.
Oseh shalom bimromav,
hu ya-aseh shalom aleinu,
v’al kol yisra-eil, v’al kol yoshvei tevel,
v’imru amein.

May the One who causes peace to reign in the high heavens,
grant peace to us, and to all Israel, and to all the world,
and let us say: Amen.

(Please be seated and take a moment for your own thoughts and prayers)
Kaddish Shalem [Full Reader’s Kaddish]

Yitgadal v’yitkash sh’meh raba. [Amein]
B’al’ma di v’ra’ chiriteih, v’yamlich
malchuteih v’chayichon uv’yomeichon
uv’chayei d’chol be’it yisra-eil, ba-agala
uvizman kario, v’imru amein.

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

Yitbarach v’yishtabach v’yitpa-ar v’yitromam
v’yitnasei v’yithadar v’yitaleh v’yithalal
sh’mehi d’kudsha b’rich hu,
l’eila (on Shabbat Shuva u-l’eila) min kol birchata
v’shirata tushb’chata v’nechemata, da-amiran
b’al’ma, v’imru amein.

Titkabeil tz’lot’hon uva’ut’hon d’chol be’it
yisra-eil kodam avuhon di vishmaya
v’imru amein.

Y’hei sh’lama raba min sh’maya, v’chayim
tovim aleinu, al kol yisra-eil, v’al kol ba’e’i olam
v’imru amein.

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

May all prayers and petitions of the entire House of Israel
be accepted by their Heavenly Source,
and let us say: Amen!

May there be good life for us,
for all Israel and for all those who walk the earth,
and let us say: Amen!

May the One who makes peace in the High Heavens
send peace to all of us,
to all of Israel,
and all who dwell on earth,
and let us say: Amen!
For Those in Need of Healing

Mi sh’beirach avoteinu
Hu yivarech v’yir’rapeh et ha-cholim
bi’refuah she’mah,
refuat hanefesh v’refuat haguf.

Sh’yachkim et hametaplim bahem
b’yedah u’ba’kishraon
k’dei l’hakeil al machovam,
sh’y’varech otanu b’ahavah
k’dei sh’na’amod l’tzidam u’l’tzidei
mishpahoteihem.

El nah, r’fah nah lahem.
Yachad im kol haholim, v’nomar amen.

May the One who blessed our ancestors
bless and heal all those who are ill
with a wholeness of body and of soul.
May God grant wisdom and knowledge
to those professionals who care for them that they may ease their pain.

May God bestow upon us love
that we may stand by their side
and by the side of their loved ones.

Please God, heal them!

Together with all those who are ill and let us say, Amen.
May the source of strength
who blessed the ones before us,
help us find the courage
to make our lives a blessing
and let us say: Amen.

Bless those in need of healing
with refu‘ah sh’leimah
the renewal of body, the renewal of spirit
and let us say: Amen.

—Debbie Friedman
We Rise

Aleinu (Traditional modified)

Aleinu l’shabei-ach la-adon hakol, lateit
g’dulah l’yotzeir b’reishit,

Va-anachnu kor’im
umishtachavim umodim,
lifnei melech malchei ham’lachim,
hakadosh baruch hu.

We rise to praise You, Source of all,
your generous work as Creator of all.
You made us one with all of Life,
you helped us to share with all humankind.
You linked our fate with all that lives,
and made our portion with all in the world.

And so, we bend the knee and bow,
acknowledging the sovereign
who rules above all those who rule,
the Holy Blessed One.

And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind

And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another’s will

And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth’s abundance

And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life’s creatures

And then all will live in harmony with each other and the Earth

And then everywhere will be called Eden once again.

—Judy Chicago
As it is written:
On that day Adonai will be One and God’s name will be One.
Mourner's Kaddish

Yitgadal v'yitkadash sh'meih raba. [Amein]
B'al' ma di v'ra chiruteih, v'yamlich
malchuteih b'chayeichon uv'yomeichon
uv'chayei d'chol beit yisra-eil, ba-agala
uv'zim kariv, v'imru amein.

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

Yitbarach v'yishtabach v'yitpa-ar
v'yitromam v'yitnasei v'yithadar v'yitaleh
v'yithalal sh'meih d'kudsha b'rich lu,
l'eila
(on Shabbat Shuva u-l'eila) min kol birchata
v'shirata tushb'chata v'nechemata, da-amiran
b'al' ma, v'imru amein.

Y'hei sh'lama raba min sh'maya, v'chayim
tovim aleinu, al kol yisra-eil, v'al kol ba'e'i
olanv'imru amein.

Oseh shalom bimromav, hu ya-aseh shalom
aleinu, v'al kol yisra-eil, v'al kol yoshvei tevel,
v'imru amein.

Let the glory of God be extolled [Amen].
Let God's great name be hallowed in the world whose creation Adonai willed.
May God's sovereignty soon prevail in our own day, our own lives,
and in the life of all Israel, and let us say: Amen.

Let God's great name be blessed forever and ever.

Let the name of the Holy Blessed One be glorified, exalted, and honored,
though Adonai is beyond all the praises, songs, and adorations that we can utter,
and let us say: Amen.

May there be good life for us,
for all Israel and for all those who walk the earth,.
and let us say: Amen.

May God, who makes peace on high, bring peace to us, to all Israel,
and to all those who live on earth, and let us say: Amen.