

# תְּפִלוֹת לְשַׁבָּת

T'FILOT L'SHABBAT

PRAYERS FOR SHABBAT

SHALOM aleichem, malachei hashareit,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

מזמור צ"ח-צ"ט, כ"ט  
לקה דודי  
מזמור צ"ב-צ"ג  
שלום עליכם

Bo-achem l'shalom, malachei hashalom,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Bar'chuni l'shalom, malachei hashalom,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

בְּרַכּוּנִי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

Tzeit'chem l'shalom, malachei hashalom,  
malachei elyon,  
mimelech malchei ham'lachim,  
HaKadosh Baruch Hu.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם,  
מַלְאָכֵי עֲלִיּוֹן,  
מִמְלֶךְ מַלְכֵי הַמַּלְאָכִים,  
הַקְּדוֹשׁ בְּרוּךְ הוּא.

PEACE BE TO YOU, O ministering angels, messengers of the Most High,  
Majesty of majesties, Holy One of Blessing.

Enter in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

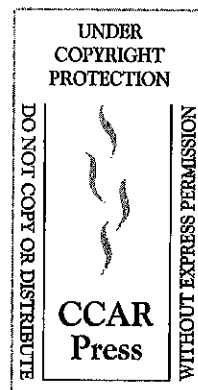
Bless me with peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

Depart in peace, O messengers of peace, angels of the Most High,  
Majesty of majesties, Holy One of Blessing.

*For Shabbat Evening I, turn to pages 144–145.*

*For Shabbat Evening II, turn to page 263.*

שְׁלוֹם עֲלֵיכֶם *Shalom Aleichem* — A 17th-century Shabbat table-song (זְמִירָה *zmirah*), probably composed under the influence of Lurianic Kabbalah, alludes to *Shabbat 119b*, which states that two angels accompany each person home from the synagogue as Shabbat begins.



*Candle Blessing*

*Kiddush, Evening*

*Welcome*

*Shabbat Songs*

*You may offer one of these before kindling the lights.*

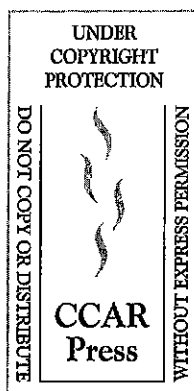
AS THESE SHABBAT CANDLES give light  
to all who behold them,  
so may we, by our lives, give light to all who behold us.

As their brightness reminds us  
of the generations of Israel who have kindled light,  
so may we, in our own day, be among those who kindle light.

O SOURCE of light and truth,  
Creator of the eternal law of goodness,  
help us to find knowledge by which to live.  
Lead us to take the words we shall speak  
into our hearts and our lives.

Bless all who enter this sanctuary in need,  
all who bring the offerings of their hearts.  
May our worship lead us to acts of kindness, peace and love.

*For Kabbalat Shabbat, turn to page 130.*



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Help me perfect my ways of loving and caring.  
Inspire me to make myself whole  
so that I may honor Your name and  
create a world of justice and peace.

*Martin Buber*

# קַבְּלַת פְּנִים

KABBALAT PANIM — WELCOMING

BLESSINGS FOR SHABBAT

*The candles are lit before the blessing is recited.*

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav,  
v'tzivanu l'hadlik  
ner shel Shabbat.

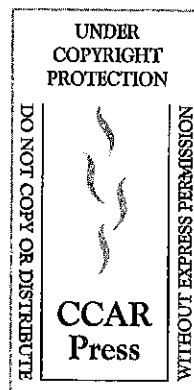
בְּרוּךְ אַתָּה, יי  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִוָּנוּ לְהַדְלִיק  
נֵר שֶׁל שַׁבָּת.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to kindle the light of Shabbat.

*For Kabbalat Shabbat, turn to page 130.*

*Shabbat Candle Blessing*—The mitzvah of kindling Shabbat lights in the home is an early rabbinic practice (*M. Shabbat 2:1ff.*) The Shabbat candle blessing is first recorded in the ninth-century prayerbook, *Seder Rav Amram*. Lighting Shabbat candles as part of the synagogue service is an innovation of Reform Judaism.

מְדַלְקֵת הַנְּרוֹת  
קְדוּשָׁה, עֲרֵבִית  
בְּרוּכִים הַבָּאִים  
שִׁירֵי שַׁבָּת



*Candle Blessing*  
*Kiddush, Evening*  
*Welcome*  
*Shabbat Songs*

BARUCH atah, Adonai  
 Eloheinu, Melech haolam,  
 borei p'ri hagafen.

בָּרוּךְ אַתָּה, יי  
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
 בּוֹרֵא פְרֵי הַגָּפֶן.

Baruch atah, Adonai  
 Eloheinu, Melech haolam,  
 asher kid'shanu b'mitzvotav v'ratzah vanu,  
 v'Shabbat kodsho  
 b'ahavah uv'ratzon hinchilanu,  
 zikaron l'maaseih v'reishit.  
 Ki hu yom t'chilah l'mikra-ei kodesh,  
 zecher litziat Mitzrayim.  
 Ki vanu vacharta, v'otanu kidashta,  
 mikol haamim.  
 V'Shabbat kodsh'cha  
 b'ahavah uv'ratzon hinchaltanu.  
 Baruch atah, Adonai, m'kadeish HaShabbat.

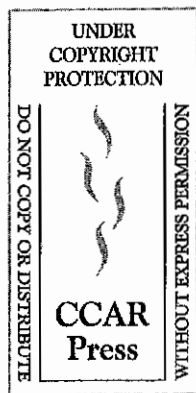
בָּרוּךְ אַתָּה, יי  
 אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתַי וַרְצָחַ בְּנוֹ,  
 וְשַׁבַּת קֹדֶשׁוֹ  
 בְּאַהֲבָה וּבְרָצוֹן הִנְחִילָנוּ,  
 זְכוֹר לְמַעֲשֵׂה בְרֵאשִׁית.  
 כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי קֹדֶשׁ,  
 זְכוֹר לְיִצְיַאת מִצְרַיִם.  
 כִּי בָנוּ בְּחַרְתָּ, וְאוֹתָנוּ קִדְּשָׁתָּ  
 מִכָּל הָעַמִּים.  
 וְשַׁבַּת קֹדֶשְׁךָ  
 בְּאַהֲבָה וּבְרָצוֹן הִנְחַלְתָּנוּ.  
 בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
 Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe  
 who finding favor with us, sanctified us with mitzvot.  
 In love and favor, You made the holy Shabbat our heritage  
 as a reminder of the work of Creation.  
 As first among our sacred days, it recalls the Exodus from Egypt.  
 You chose us and set us apart from the peoples.  
 In love and favor You have given us Your holy Shabbat as an inheritance.

Praise to You, Adonai, who sanctifies Shabbat.

בָּרוּךְ אַתָּה, יי, מְקַדֵּשׁ הַשַּׁבָּת.  
 Baruch atah, Adonai, m'kadeish HaShabbat.



הדלקת הנרות

קדוש, ערבית

ברוכים הבאים

שירי שבת

**WE ENTER THIS SANCTUARY** to welcome Shabbat.  
Within these walls we sit surrounded by numberless generations.  
Our ancestors built the synagogue as a visible sign of God's Presence in their midst.  
Throughout our long history and our endless wanderings, it has endured,  
a beacon of truth, love, and justice for all humanity.  
Its presence guided our ancestors to lives of righteousness,  
holding up to them a vision of their truest selves.

Now we, in our turn, come into this sanctuary to affirm the sacredness of our lives.  
May we enter this place in peace.  
May holiness wrap around us as we cross its threshold.  
Weariness, doubt, the flaws within our human hearts,  
the harshness of the week — let these drop away at the door.  
In the brightness of Shabbat, let peace settle upon us as we lift our hearts in prayer.

**MAY THE DOOR** of this synagogue be wide enough  
to receive all who hunger for love, all who are lonely for friendship.

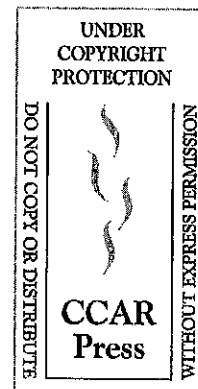
May it welcome all who have cares to unburden,  
thanks to express, hopes to nurture.

May the door of this synagogue be narrow enough  
to shut out pettiness and pride, envy and enmity.

May its threshold be no stumbling block  
to young or straying feet.

May it be too high to admit complacency,  
selfishness and harshness.

May this synagogue be, for all who enter,  
the doorway to a richer and more meaningful life.



L'CHAH DODI likrat kalah,  
p'nei Shabbat n'kab'lah.

לָכָה דוֹדֵי לְקִרְאת כַּלָּה,  
פְּנֵי שַׁבַּת נִקְבְּלָה.

BELOVED, COME to meet the bride; beloved come to greet Shabbat.

Shamor v'zachor b'dibur echad,      שְׁמֹר וּזְכוֹר בְּדַבּוּר אֶחָד, (1)  
hishmianu El ham'yuchad,      הִשְׁמִיעֵנוּ אֵל הַמְיֻחָד,  
Adonai echad ush'mo echad,      יְיָ אֶחָד וְשִׁמוֹ אֶחָד,  
l'shem ul'tiferet v'lit'hilah.      לְשֵׁם וּלְתִפְרָת וּלְתִהְלָה.

"Keep" and "remember": a single command the Only God caused us to hear;  
the Eternal is One, God's Name is One; glory and praise are God's.

Likrat Shabbat l'chu v'neilcha,      לְקִרְאת שַׁבַּת לְכוּ וְנִלְכָה, (2)  
ki hi m'kor hab'rachah,      כִּי הִיא מְקוֹר הַבְּרָכָה,  
meirosh mikedem n'suchah,      מֵרֵאשׁ מִקֶּדֶם נְסוּכָה,  
sof maaseh b'machashava t'chilah.      סוֹף מַעֲשֵׂה בַמַּחֲשָׁבָה תִּחְלָה.

Come with me to meet Shabbat, forever a fountain of blessing.  
Still it flows, as from the start: the last of days, for which the first was made.

Mikdash Melech, ir m'luchah,      מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה, (3)  
kumi tz'i mitoch hahafeichah,      קוּמִי צֵאִי מִתּוֹךְ הַחִפְיָה,  
rav lach shevet b'emek hab'chah,      רַב לָךְ שֶׁבֶת בְּעַמְקֵי הַבְּכָה,  
v'hu yachamol alayich chemlah.      וְהוּא יַחְמוֹל עָלֶיךָ חֲמֵלָה.

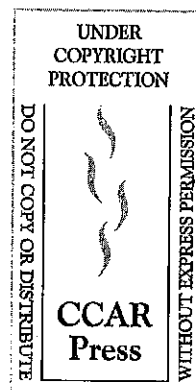
Royal shrine, city of kings, rise up and leave your ravaged state.  
You have dwelt long enough in the valley of tears; now God will shower mercy on you.

Hitnaari, mei-afar kumi,      הִתְנַעֲרִי, מֵעַפָּר קוּמִי, (4)  
livshi bigdei tifarreich ami,      לְבָשֵׁי בְגָדֵי תִפְאַרְתֶּיךָ, עִמִּי,  
al yad ben Yishai Beit haLachmi,      עַל יַד בֶּן יִשָּׂי בֵּית הַלְחָמִי,  
korvah el nafshi g'alah.      קִרְבָּה אֶל נַפְשִׁי גֵאֲלָה.

Lift yourself up! Shake off the dust! Array yourself in beauty, O my people!  
At hand is Bethlehem's David, Jesse's son, bringing deliverance into my life.

This poem was composed by Shlomo Halevi Alkabetz, 16th-century Safed kabbalist. The first eight verses are arranged acrostically according to the author's name (שלמה הלוי).

מְזֹמֶר צ"ה-צ"ט, כ"ט  
לְכָה דוֹדֵי  
מְזֹמֶר צ"ב-צ"ג  
שְׁלוֹם עֲלֵיכֶם



Psalms 95-99, 29

L'chah Dodi

Psalms 92-93

Shalom Aleichem

Hitor'ri, hitor'ri,	הִתְעוֹרְרִי, הִתְעוֹרְרִי,	(5)
ki va oreich, kumi ori,	כִּי בָּא אֹרֶךְ, קוּמִי אֹרִי,	
uri uri shir dabeiri,	עוּרִי עוּרִי, שִׁיר דְּבַעְרִי,	
k'vod Adonai alayich niglah.	כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.	

Awake, awake, your light has come! Arise, shine, awake and sing:  
the Eternal's glory dawns upon you.

Lo teivoshi v'lo tikalmi,	לֹא תִבּוֹשִׁי וְלֹא תִכַּלְמִי,	(6)
mah tishtochachi umah tehemi,	מַה תִּשְׁתּוֹחָחִי וּמַה תִּהְיֶמְנִי,	
bach yechesu aniyei ami,	בָּךְ יַחְסוּ עֲנֵיִי עַמִּי,	
v'nivn'tah ir al tilah.	וּנְבִנְתָה עִיר עַל תִּלָּהּ.	

An end to shame and degradation; forget your sorrow; quiet your groans. The  
afflicted of my people find respite in you, the city renewed upon its ancient ruins.

V'hayu lim'shisah shosayich,	וְהָיוּ לַמְשָׁסָה שְׂאֵסִיקֶךָ,	(7)
v'rachaku kol m'valayich,	וְרָחֲקוּ כָּל מְבַלְעֶיךָ,	
yasis alayich Elohayich,	יָשִׁישׁ עָלֶיךָ אֱלֹהֶיךָ,	
kimsos chatan al kalah.	כְּמִשׂוֹשׁ חָתָן עַל כַּלָּה.	

The scavengers are scattered, your devourers have fled;  
as a bridegroom rejoices in his bride, your God takes joy in you.

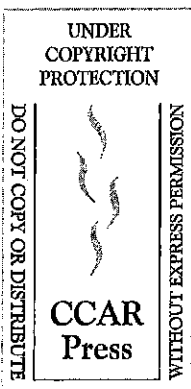
Yamin usmol tifrotzi,	יְמִין וּשְׂמֹאל תִּפְרֹצִי,	(8)
v'et Adonai taaritzi,	וְאֶת־יְיָ תַעֲרִיצִי,	
al yad ish ben partzi,	עַל יַד אִישׁ בֶּן פֶּרְצִי,	
v'nism'chah v'nagilah.	וְנִשְׁמַחָה וְנִגִּילָה.	

Your space will be broad, your worship free: await the promised one;  
we will exult, we will sing for joy!

Bo-i v'shalom ateret ba'lah,	בּוֹאִי בְּשָׁלוֹם עֲטֹרַת בַּעֲלָהּ,	(9)
gam b'simchah uv'tzoholah,	גַּם בְּשִׂמְחָה וּבְצֹהֳלוֹהּ,	
toch emunei am s'gulah,	תּוֹךְ אֲמוּנֵי עַם סִגְלָהּ,	
bo-i chalah, bo-i chalah.	בּוֹאִי כַלָּה, בּוֹאִי כַלָּה.	

Enter in peace, O crown of your husband; enter in gladness, enter in joy.  
Come to the people that keeps its faith. Enter, O bride! Enter, O bride!

For those who choose: When the congregation reaches the last verse, beginning **בּוֹאִי בְּשָׁלוֹם**  
*Bo-i v'shalom, Enter in peace*, all rise and turn toward the entrance of the sanctuary, as if to greet  
the Presence of Shabbat.



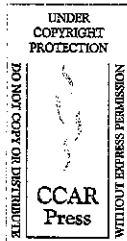


אֱלֹהֵינוּ יְהוָה אֶחָד

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Baruch shem k'vod malchuto l'olam va-ed.

Blessed is God's glorious majesty forever and ever.



The enlarged *ayin* at the end of *שמע* *Shima* (Hear) and the enlarged *daleth* at the end of *אחד* *echad* (one) combine to spell *עיד* *eid* (witness). We recite the *Shima* to bear witness to the Oneness of God.

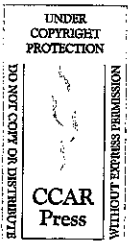
בָּרוּךְ שֵׁם כְּבוֹד *Baruch shem k'vod...* Blessed is God's glorious... *M. Yoma 3:8, inspired by Nehemiah 9:5*

שְׁמַע יִשְׂרָאֵל יְהוָה

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד!

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!

Hear, O Israel, Adonai is our God, Adonai is One!



שְׁמַע יִשְׂרָאֵל *Shima Yisrael...* Hear, O Israel... Deuteronomy 6:4

Bar'chu

Maariv Aravim

Ahavat Olam

Shma

Vahavta

L'maan tizk'ru

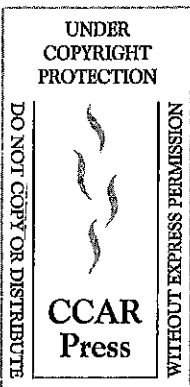
Emet Ve-Emunah

Mi Chamochah

Hashkiveinu

V'shamru

LOVE your God with every heartbeat,  
with every breath,  
with every conscious act.  
Keep in mind the words I command you today.  
Teach them to your children,  
talk about them at work:  
whether you are tired or you are rested.  
Let them guide the work of your hands;  
keep them in the forefront of your vision.  
Do not leave them at the doorway of your house,  
or outside your gate.  
They are reminders to do all of My mitzvot,  
so that you can be holy for God.  
I am Adonai your God.  
I led you out of Egypt to become your God,  
I am Adonai your God!



---

Judaism is a doing which can be grasped only by the heart. *Julius Lester*

When people come to you for help, do not turn them off with pious words, saying: "Have faith and take your troubles to God!" Act instead as if there were no God, as though there were only one person in all the world who could help — only yourself. *Martin Buber*

Abaye said: Spread the love of God through your actions. If you yourself study and help others to do so, if your business activities are decent and trustworthy, what will people say? "Have you seen the behavior of one who studies Torah? How beautiful! What a fine person!" Thus Isaiah (49:3) taught, "You are My servant Israel. I will be glorified through you." *based on Yoma 86a*

MI CHAMOCHAH ba-eilim, Adonai!

Mi kamochah nedar bakodesh,  
nora t'hilot, oseih fele!

Malchut'cha ra-u vanecha,  
bokei-a yam lifnei Moshe uMiryam.

Zeh Eli, anu v'amru,

Adonai yimloch l'olam va-ed!

V'ne-emar: ki fadah Adonai et Yaakov,

ug'alo miyad chazak mimenu.

Baruch atah, Adonai, gaal Yisrael.

מִי־כְמוֹחָהּ בָּאֵלִים, יְיָ!

מִי כְמוֹחָהּ נִאֲדָר בַּקֹּדֶשׁ,  
נוֹרָא תְהִלֹת, עֹשֶׂה פִלְאִי!

מַלְכוּתְךָ רָאוּ בְנֵי־ךָ,  
בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה וּמִרְיָם.  
זֶה אֱלֹהֵינוּ וְאָמְרוּ,  
יְיָ יִמְלֹךְ לְעֹלָם וָעֶד!

וְנֵאמַר: כִּי פָדָה יְיָ אֶת־יַעֲקֹב,  
וּגְאָלוֹ מִיַּד חֲזָק מִמֶּנּוּ.  
בָּרוּךְ אַתָּה, יְיָ, גֹּאֵל יִשְׂרָאֵל.

פְּרָכִי  
מְעֲרִיב עֲרָבִים  
אַהֲבַת עוֹלָם  
שְׁמֵעַ  
וְאַהֲבַת  
לְמַעַן תִּזְכְּרוּ  
אַהֲבַת וְאַמּוּנָה  
מִי־כְמוֹחָהּ  
הַשְׁפִּיכֵנוּ  
וְשִׁמְרוּ

WHO IS LIKE YOU, O God,  
among the gods that are worshipped?  
Who is like You, majestic in holiness,  
awesome in splendor, working wonders?

Your children witnessed Your sovereignty,  
the sea splitting before Moses and Miriam.  
"This is our God!" they cried.  
"Adonai will reign forever and ever!"

Thus it is said,  
"Adonai redeemed Jacob,  
from a hand stronger  
than his own."  
Praised are You, Adonai, for redeeming Israel.

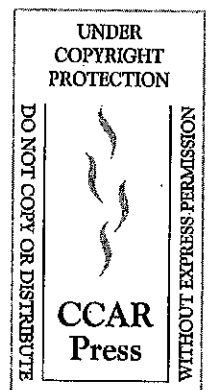
בָּרוּךְ אַתָּה, יְיָ, גֹּאֵל יִשְׂרָאֵל.  
Baruch atah, Adonai, gaal Yisrael.

מִי־כְמוֹחָהּ *Mi chamochah*... *Who is like You*... Exodus 15:11

זֶה אֱלֹהֵינוּ *Zeh Eli*... *This is our God*... Exodus 15:2

יְיָ יִמְלֹךְ *Adonai yimloch*... *Adonai will reign*... Exodus 15:18

כִּי פָדָה יְיָ *Ki fadah Adonai*... *Adonai redeemed*... Jeremiah 31:10



*Bar'chu*

*Maariv Aravim*

*Ahavat Olam*

*Sh'ma*

*V'havta*

*Lmaan tizk'ru*

*Emet Ve-Emunah*

*Mi Chamochab*

*Hashkiveinu*

*V'shamru*

LET THERE BE love and understanding among us.  
Let peace and friendship be our shelter from life's storms.  
Adonai, help us to walk with good companions,  
to live with hope in our hearts and eternity in our thoughts,  
that we may lie down in peace and rise up waiting to do Your will.

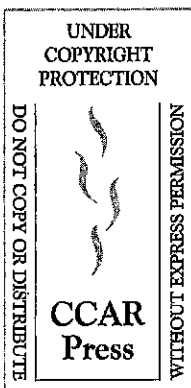
בְּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִפְתָּ שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu  
v'al kol amo Yisrael v'al Yerushalayim.

GIVE US A PLACE TO REST, Adonai, our God.  
Bring us into shelter  
in the soft, long, evening shadows of Your truth.  
For with You are true protection and safety,  
and in Your Presence are acceptance and gentle love.  
Watch over us as we go forth.  
Prepare for us as we return.  
Spread over us Your shelter of peace,  
over all we love — over our Jerusalem and Yours.

בְּרוּךְ אַתָּה, יְיָ, הַפּוֹרֵשׁ סִפְתָּ שְׁלוֹם עָלֵינוּ  
וְעַל כָּל עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

Baruch atah, Adonai, haporeis sukat shalom aleinu  
v'al kol amo Yisrael v'al Yerushalayim.



ELOHAI, n'tzor l'shoni meira us'fatai  
 midabeir mirmah, v'limkal'lai nafshi  
 tidom, v'nafshi ke-afar lakol tih'yeh.  
 P'tach libi b'Toratecha, uv'mitzvot  
 tirdof nafshi. V'chol hachoshvim  
 alai raah, m'heirah hafeir atzaram  
 v'kalkeil machashavtam. Aseih l'maan  
 sh'mecha, aseih l'maan y'minecha, aseih  
 l'maan k'dushatecha, aseih l'maan  
 Toratecha. L'maan yeichaltzun y'didecha,  
 hoshiah y'mincha vaancini.

אֱלֹהִי, נֹצֵר לְשׁוֹנֵי מֵיֵרָא וּשְׂפָתַי  
 מִדַּבֵּר מִרְמָה, וְלִמְקַלְלֵי נַפְשִׁי  
 תִּדּוֹם, וְנַפְשִׁי כְּעָפָר לְכֹל תִּהְיֶה.  
 פְּתַח לְבִי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ  
 תִּרְדּוֹף נַפְשִׁי. וְכֹל הַחֹשְׁבִים  
 עָלַי רָעָה, מְהִרָה הִפֵּר עֲצָתְךָ  
 וְקַלְקַל מַחְשַׁבְתְּךָ. עֲשֵׂה לְמַעַן  
 שְׁמֶךָ, עֲשֵׂה לְמַעַן יְמִינְךָ, עֲשֵׂה  
 לְמַעַן קִדְשֹׁתֶךָ, עֲשֵׂה לְמַעַן  
 תּוֹרַתְךָ. לְמַעַן יִחַלְצוּן יְדִידֶיךָ,  
 הוֹשִׁיעָה יְמִינְךָ וְעַנְיִי.

אבות ואמהות  
 גבורות  
 קדושה  
 קדושת חיים  
 עבודה  
 הודאה  
 שלום  
 תפלת חלב

MY GOD, guard my speech from evil and my lips from deception.  
 Before those who slander me, I will hold my tongue; I will practice humility.  
 Open my heart to Your Torah, that I may pursue Your mitzvot.  
 As for all who think evil of me, cancel their designs and frustrate their schemes.  
 Act for Your own sake, for the sake of Your Power,  
 for the sake of Your Holiness, for the sake of Your Torah;  
 so that Your loved ones may be rescued, save with Your power. And answer me.

Yih'yu l'ratzon imrei fi v'hegyon libi  
 l'fanecha, Adonai tzuri v'go-ali.

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגְיוֹן לְבִי  
 לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.

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

Oseh shalom bimromav,  
 hu yaaseh shalom aleinu,  
 v'al kol Yisrael, v'al kol yoshvei teveil,  
 v'imru: Amen.

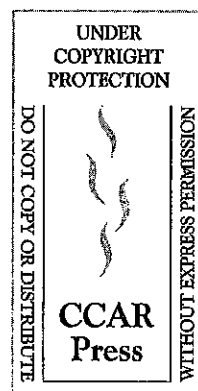
עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,  
 הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
 וְעַל כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֵל,  
 וְאָמְרוּ: אָמֵן.

May the One who makes peace in the high heavens  
 make peace for us, for all Israel and all who inhabit the earth. Amen.

For those who count the Omer, every evening between Pesach and Shavuot, turn to page 570.  
 Reading of the Torah is on page 362. Aleinu and Kaddish are on pages 586-587.

עֱלֹהִי, נֹצֵר לְשׁוֹנֵי מֵיֵרָא Elohai, n'tzor l'shoni meira . . . My God, guard my speech from evil . . .  
 based on Psalm 34:14

לְמַעַן יִחַלְצוּן L'maan yeichaltzun . . . so that Your loved ones . . . Psalm 60:7  
 יְהִי לְרָצוֹן Yih'yu l'ratzon . . . May the words of my mouth . . . Psalm 19:15



## עלינו

## ALEINU

Select one of the four passages on this or the facing page.

ALEINU l'shabei-ach laadon hakol,  
lateit g'dulah l'yotzeir b'reishit,  
shehu noteh shamayim v'yoseid aretz,  
umoshav y'karo bashamayim mimaal,  
ush'chinat uzo b'govhei m'romim,  
hu Eloheinu ein od.  
Vaanachnu kor'im  
umishtachavim umodim,  
lifnei Melech mal'chei hamlachim  
HaKadosh Baruch Hu.

עלינו לשבח לאדון הכל,  
לתת גדלה ליוצר בראשית,  
שהוא נוטה שמים ויסד ארץ,  
ומושב יקרו בשמים ממעל,  
ושכינת עזו בגבהי מרומים,  
הוא אלהינו אין עוד.  
ואנחנו כורעים  
ומשתחוים ומוזדים,  
לפני מלך מלכי המלכים  
הקדוש ברוך הוא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who spread out the heavens and established the earth, whose glory is revealed in the heavens above and whose greatness is manifest throughout the world. You are our God; there is none else. Therefore we bow in awe and thanksgiving before the One who is Sovereign over all, the Holy and Blessed One.

Continue on page 589.

ALEINU l'shabei-ach laadon hakol,  
lateit g'dulah l'yotzeir b'reishit,  
shelo asanu k'goyei haaratzot,  
v'lo samanu k'mishp'chot haadamah.  
Shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam.  
Vaanachnu kor'im  
umishtachavim umodim,  
lifnei Melech malchei ham'lachim  
HaKadosh Baruch Hu.

עלינו לשבח לאדון הכל,  
לתת גדלה ליוצר בראשית,  
שלא עשנו כגויי הארצות,  
ולא שמנו כמשפחות האדמה.  
שלא שם חלקנו בהם,  
וגרלנו ככל המונים.  
ואנחנו כורעים  
ומשתחוים ומוזדים,  
לפני מלך מלכי המלכים  
הקדוש ברוך הוא.

LET US NOW PRAISE the Sovereign of the universe, and proclaim the greatness of the Creator who has set us apart from the other families of the earth, giving us a destiny unique among the nations. We bend the knee and bow, acknowledging the supreme Sovereign, the Holy One of Blessing.

Continue on page 588 or 589.

For those who choose: At the word כורעים *kor'im*, one bends the knees; at *umishtachavim*, one bows at the waist; and at לפני מלך *lifnei Melech*, one stands straight.



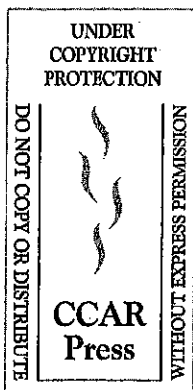
*Aleinu*

LET THE TIME not be distant, O God,  
when all shall turn to You in love,  
when corruption and evil shall give way to integrity and goodness,  
when superstition shall no longer enslave the mind,  
nor idolatry blind the eye.  
O may all, created in Your image,  
become one in spirit and one in friendship,  
forever united in Your service.  
Then shall Your realm be established on earth,  
and the word of Your prophet fulfilled:  
"Adonai will reign for ever and ever."

Al kein n'kaveh l'cha Adonai Eloheinu,  
lirot m'heirah b'tiferet uzecha,  
l'takein olam b'malchut Shaddai.

על כן נקוה לך יי אלהינו,  
לראות מהרה בתפארת עגה,  
לתקן עולם במלכות שדי.

Adonai our God, how soon we hope to behold the perfection of our world,  
guided by a sacred Covenant drawn from human and divine meeting.



## MOURNER'S KADDISH

קדיש ותום

YITGADAL v'yitkadesh sh'mei raba.

B'alma di v'ra chirutei,

v'yamlich malchutei,

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uvizman kariv. V'im'ru: Amen.

Y'hei sh'mei raba m'varach

l'alma ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar

v'yitromam v'yitnasei,

v'yit'hadar v'yitaleh v'yit'halal

sh'mei d'kudsha b'rich hu,

l'eila min kol birchata v'shirata,

tushb'chata v'nechemata,

daamiran b'alma. V'imru: Amen.

Y'hei sh'lama raba min sh'maya,

v'chayim aleinu v'al kol Yisrael.

V'imru: Amen.

Oseh shalom bimromav,

Hu yaaseh shalom aleinu,

v'al kol Yisrael. V'imru: Amen.

יִתְגַּדַּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְּרָא כְרַעוּתָהּ,

וַיְמַלִּיךְ מַלְכוּתָהּ,

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,

בְּעֵגְלָא וּבְזַמַּן קָרִיב. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ

לְעָלְמֵי עֵלְמַיָּא.

וַיְבָרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר

וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא,

וַיִּתְחַדֵּר וַיִּתְעַלֶּה וַיִּתְהַלַּל

שְׁמֵהּ דְקֻדְשָׁא בְּרִיךְ הוּא,

לְעֵלְמָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא,

תְּשַׁבְּחָתָא וְנִחְמָתָא,

דְאָמְרוּ בְּעֵלְמָא. וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,

וּחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.

וְאָמְרוּ: אָמֵן.

עֹשֵׂה שְׁלוֹם בְּמְרוֹמָיו,

הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ: אָמֵן.

EXALTED and hallowed be God's great 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 — speedily, imminently, to which we say Amen.

Blessed be God's great name to all eternity.

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

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

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

