



סְדוּר קוֹל הַמִּשְׁפָּחוֹת

Kol HaMishpakhot Siddur

A Service of Families' Voices

We want to give you a hearty welcome to Oaks Lane Reform Synagogue. Our strapline is “honouring our past, building our future.”

We **honour our past** through the words in this *siddur* (prayer book). Some of these prayers are 3,000 years old. This first siddur was created over 1,000 years ago by Rav Amram haGaon.

In this siddur, you will also find a history that is special to our synagogue. As a community, we go back more than a century. We were made by a merger of two communities: The St George’s Settlement, and South West Essex Reform Synagogue.

You will find words of wisdom and prayers from the rabbis who served this synagogue throughout its history. When you use this prayer book, you are doing something your ancestors did for many years.

Building our future, however, rests with you. We hold these family services because we believe passionately that children and young people should keep alive these wonderful traditions.

We hope you will find, in this space, opportunities to sing, pray, eat, rejoice, and have fun as Jews.

Mah Tovu

מַה טֹבֹה אֱהָלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
וְאֲנִי בְּרֹב חֲסִדֶּיךָ אָבוֹא בֵּיתְךָ.
אֶשְׁתַּחֲוֶה אֶל־הַיְכָל־קֹדֶשְׁךָ בִּירְאָתְךָ :

How good are your tents O Jacob, and your homes, O Israel!
Through the greatness of Your love I enter Your house.
In awe of You I worship before the ark of Your holiness.

Mah tovu ohalecha ya'akov mishk'notecha Yisrael. Va'ani b'rov chasd'cha avo veitecha eshtachaveh el heichal kodsh'cha b'yiratecha.

When I open my eyes in the morning, my tradition bids me to thank God for having restored me to consciousness. Nothing is owed to me. Not only life itself but daily living is a gift to be cherished, acknowledged and appreciated. The primary function of prayer is gratitude and celebration.

- Rabbi Dow Marmur



Modeh Ani

מוֹדֶה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִם שֶׁהַחַיָּזְרָת
בִּי נִשְׁמָתִי בְּחֶמְלָה רַבָּה אֶמְוִנָתְךָ

I thank You, living and eternal God, for You have returned my soul to me in kindness. Great is Your faithfulness.

Modeh/Modah ani l'fanechah, melech chai v'kayam, shehechezarta bi nishmati, bechemlah, rabbah emunatechah.

Birkot HaShachar: The Morning Blessings

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂנִי בְּצֶלֶם
אֱלֹהִים

Blessed are You, our Living God, Ruler of the universe, who has made me in the image of God.

Baruch atah Adonai, eloheinu melech ha'olam, she'asani b'tselem Elohim.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁלֹּא עָשָׂנִי נֹכְרִי
אֶל נֹכְרִיָּה

Blessed are You, our Living God, who has not made me a stranger to You.

Baruch atah Adonai, eloheinu melech ha'olam, shelo a'sani nochri / nochriyah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁלֹּא עָשָׂנִי עֶבֶד
אֶל שִׁפְחָה

Blessed are You, our Living God, Ruler of the universe, who has not enslaved me.

Baruch atah Adonai, eloheinu melech ha'olam, shelo a'asni a'ved / shifchah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁעָשָׂה-לִּי כָּל-
צָרָתִי

Blessed are You, our Living God, Ruler of the universe, who provides for my every need.

Baruch atah Adonai, eloheinu melech ha'olam, she'asah-li kol-tzorki.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם פּוֹקֵחַ עֵוְרִים :

Blessed are You, our Living God, Ruler of the universe, who opens the eyes of those who do not see.

Baruch atah Adonai, eloheinu melech ha'olam, pokeach ivrim.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַלְבִּישׁ עֲרֻמִּים :

Blessed are You, our Living God, Ruler of the universe, who clothes the naked.

Baruch atah Adonai, eloheinu melech ha'olam, malbish arumim.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם מַתִּיר אֲסוּרִים :

Blessed are You, our Living God, Ruler of the universe, who frees those who are bound.

Baruch atah Adonai, eloheinu melech ha'olam, matir asurim

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם זוֹקֵף כְּפוּפִים :

Blessed are You, our Living God, Ruler of the universe, who lifts up those bent low.

Baruch atah Adonai, eloheinu melech ha'olam, zokef k'fufim

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמְכִּין מַצְעָדֵי
גִּבּוֹר :

Blessed are You, our Living God, Ruler of the universe, who supports our human steps.

Baruch atah Adonai, eloheinu melech ha'olam, ha'meichin mitzadei gaver.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אוֹזֵר יִשְׂרָאֵל
בְּגִבּוּרָה:

Blessed are You, our Living God, Ruler of the universe, who fortifies Israel with strength

Baruch atah Adonai, eloheinu melech ha'olam, ozeir Yisrael bigvurah.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם עוֹטֵר יִשְׂרָאֵל
בְּתִפְאַרָה:

Blessed are You, our Living God, Ruler of the universe, who crowns Israel with beauty.

Baruch atah Adonai, eloheinu melech ha'olam, oteir Yisrael betifarah

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַנוֹתֵן לַיָּעֹף
כֹּחַ:

Blessed are You, our Living God, Ruler of the universe, who gives strength to the weary.

Baruch atah Adonai, eloheinu melech ha'olam, ha'notein la'ya'eif koach.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמַּעֲבִיר שְׁנָה
מֵעֵינַי וּתְנוּמָה מֵעַפְעָפִי:

Blessed are You, our Living God, Ruler of the universe, who takes away sleep from my eyes and slumber from my eyelids.

Baruch atah Adonai, eloheinu melech ha'olam, ha'ma'avir sheinah



Asher Yatzar

ברוך אתה ה' אלהינו מלך העולם, אשר יצר
את האדם בחכמה, וברא בו נקבים
נקבים חלולים חלולים. גלוי וידוע לפני כסא
כבודך, שאם יפתח אחד מהם, או יסתם אחד
מהם, אי אפשר להתקיים ולעמוד לפניך אפלו
שעה אחת. ברוך אתה יי, רופא כל בשר
ומפליא לעשות :

Blessed are You, our Living God, Sovereign of the Universe,
who formed human beings in wisdom, creating within them
openings and vessels. It is revealed and known before the
throne of Your glory that if one of them is opened or one of
them closed it would be impossible to remain alive and
stand before You. Blessed are You, God, who heals all flesh
and performs such wonders.

*Barukh ata Adonai, Elo-heinu melekh ha'olam, asher yatzar et ha-
adam bekhokh-mah, uvara vo nekavim nekavim, khalulim khalulim,
galui ve-yadu'a lifnei kisei kh'vodekha she-im yip-atei-akh ekhad
meihem, o yisa-teim ekhad meihem, i efshar le-hit-kayeim ve-
la'amod le-fan-eikha. Barukh ata Adonai, rofei kol basar umaf-li
la'asot*

I thank you for my life, body and soul;
Help me to realize, I am beautiful and whole.
I am perfect the way I am, and a little broken too.
I will live each day as a gift I give to you.

- Dan Nichols

The Law has been handed down to the Prophets of Israel. That Law is not static, but ever expanding and progressing. It has been revealed to Israel in every generation, and every age should be able to stand on the shoulders of the previous generation, and to see more clearly what is the perfect Law of God. The Law, the Torah, should be the highest ethical code we can think of.

- Sir Basil Henriques

יְהוָה מֶלֶךְ. יְהוָה מֶלֶךְ. יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד:
וְהָיָה יְהוָה לְמֶלֶךְ עַל־כָּל־הָאָרֶץ:
בַּיּוֹם הַהוּא יְהָיָה יְהוָה אֶחָד וּשְׁמוֹ אֶחָד:
הוֹשִׁיעֵנו יְהוָה אֱלֹהֵינוּ:
לְהוֹדוֹת לְשֵׁם קִדְשְׁךָ לְהַשְׁתַּבֵּחַ בְּתִהְיוֹתְךָ:
בָּרוּךְ יְהוָה אֱלֹהֵי יִשְׂרָאֵל מִן־הָעוֹלָם וְעַד הָעוֹלָם:
וְאָמַר כָּל־הָעָם אָמֵן הַלְלוּיָהּ:
כָּל הַנְּשָׁמָה תְהַלֵּל יָהּ. הַלְלוּיָהּ:

God rules, God has ruled, God shall rule forever and ever.
When the rule of God is acknowledged throughout the earth,
on that day God shall be One, and known as One.
Save us, our Living God, to proclaim Your holy name and be
honoured in praising You. Blessed is the Eternal One, the God
of Israel from everlasting to everlasting. Let all the people
say: Amen! Praise God! Let everything that has breath praise
God. Hallelujah!

*Adonai melech, Adonai malach, Adonai yimloch l'olam va'ed.
V'hayah Adonai l'melech al kol ha-arets, ba-yom ha-hu yih'yeh Ado-
nai echad ush'mo echad. Hoshi'einu Adonai eloheinu, l'hodot l'sheim
kodshecha l'hishtabei'ach bit'hillatecha. Baruch Adonai elohei yisra'el
min ha-olam v'ad ha-olam, v'amar kol ha-am amen, hal'luyah.*

Baruch She-Amar

Blessed be the One who
spoke, and the World was.

Blessed be the One who
made creation.

Blessed be the One who de-
cides and acts.

Blessed be the One who has
mercy on the earth.

Blessed be the One who has
mercy on all creation.

Blessed be the One who re-
wards the faithful.

Blessed be the One who lives
and will live forever.

Praised in the mouths of Your
people, glorified and cele-
brated by all those who love
and serve You.

Blessed is our redeemer and
saviour.

Blessed are You, God, our Rul-
er, who we praise in all our
songs.

בָּרוּךְ שֶׁאָמַר וַהֲיָה
הָעוֹלָם
בָּרוּךְ עֹשֶׂה בְּרָאשִׁית
בָּרוּךְ אוֹמֵר וְעוֹשֶׂה
בָּרוּךְ גּוֹזֵר וּמְקַיֵּם
בָּרוּךְ מְרַחֵם עַל הָאָרֶץ
בָּרוּךְ מְרַחֵם עַל
הַבְּרִיּוֹת
בָּרוּךְ מְשַׁלֵּם שָׂכָר טוֹב
לִירְאָיו
בָּרוּךְ חַי לְעַד וְקַיִם
לְנֶצַח
הַמְהַלֵּל בְּפֶה עַמּוֹ
מְשֻׁבָּח וּמְפָאָר בְּלִשׁוֹן
חֲסִידָיו וְעַבְדָּיו
בָּרוּךְ פּוֹדֶה וּמַצִּיל
בָּרוּךְ אֱתָהּ יְהוָה
מֶלֶךְ מְהַלֵּל בְּתִשְׁבָּחוֹת

Barukh she-amar ve-hayah ha'olam. Barukh oseh ver-eishit. Barukh omer ve'oseh. Barukh gozeir um-kayeim. Barukh mera-kheim al ha-aretz. Barukh merakheim al habriyot. Barukh me-shaleim sakhar tov liyr-ei-av. Barukh khai le'ad ve-kayam le-netzakh. Hame-hulal baf-eh amo, me-shubakh um-fo-ar bilshon kha-sid-av ve-avod-av. Barukh podeh umatzil. Barukh ata Adonai, melekh me-hulal ba-tish-ba-khot.

Psalm 92

A Psalm to sing for the Shabbat Day. It is good to thank You, Eternal God, and to sing to Your name, God beyond all, to tell of Your love in the morning And Your faithfulness at night. With the ten stringed lute, with the lyre, with the gentle sound of the harp. For You made me glad because of Your deeds, O God, for all Your handiwork I sing out. God, how great are Your works, Your thoughts are so very deep.

מִזְמוֹר שִׁיר לַיּוֹם
הַשַּׁבָּת:
טוֹב לְהַדוֹת לַיהוָה
וּלְזַמֵּר לְשִׁמְךָ עֲלִינוּ:
לְהַגִּיד בַּבֹּקֶר חַסְדְּךָ
וְאֱמוּנָתְךָ בַּלַּיְלוֹת:
עָלֵי-עֶשְׂרִים וְעָלֵי-נָבֶל
עָלֵי הַגִּיטָּה בְּכִנּוֹר:
כִּי שִׁמְחָתָנִי יְהוָה
בְּפַעֲלֶךָ בְּמַעֲשֵׂי יָדֶיךָ
אֲרִינִי:
מִהֲגָדְלוֹ מַעֲשֵׂיךָ יְהוָה
מֵאֵד עַמְּקוֹ מַחֲשַׁבֶּתָּ:

Mizmor shir leyom ha-shabbat. Tov lehodot l'adonai, ulzammeir leshimcha elyon. Lehaggid baboker chasdecha, ve-emunat-cha ba-leilot. Alei asor a'alei navel, alei higgayon bechinnor. Ki simmachtani Adonai befo'olecha, bema'asei yadecha aranein. Mah gadlu ma'asecha Adonai, me-od amku machsh-votecha.



צַדִּיק כַּתְמָר יִפְרַח, כְּאַרְז בְּלִבָּנוֹן יִשְׁגֶּה.

The righteous shall flourish like the palm tree; grow tall like a cedar in Lebanon

Tzadik katamar yifrach; k-erez balvanon yisgeh

Psalm 121

אֶשָּׂא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֹא עֲזָרִי:
עֲזָרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ:
אֲלִי־יֵתֶן לְמוֹט רַגְלְךָ אֲלִי־נוֹם שְׁמֶרְךָ:
הִנֵּה לֹא־יָנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל:
יְהוָה שְׁמֶרְךָ יְהוָה צִלְךָ עַל־יָד יְמִינְךָ:
יוֹמָם הַשֶּׁמֶשׁ לֹא־יַכְכָּה וַיָּרֶחַ בַּלַּיְלָה:
יְהוָה יִשְׁמְרְךָ מִכָּל־רָע יִשְׁמֹר אֶת־נַפְשְׁךָ:
יְהוָה יִשְׁמֹר־צִיאְךָ וּבֹאְךָ מֵעַתָּה וְעַד־עוֹלָם:

I raise my eyes to the mountains;
from where will my help come?
My help comes from God
the maker of heaven and earth.
He will not let your foot give way;
your guardian will not slumber;
See, the guardian of Israel neither slumbers nor sleeps!
God is your guardian,
God is your protection at your right hand.
By day the sun will not strike you, nor the moon by night.
God will guard you from all harm; God will guard your life.
God will guard your going and coming now and forever.

*Esa einai el heharim, me'ayin me'ayin yavo ezri
Ezri me'im Hashem, Oseh shamayim va'aretz
Al yiten lamot raglecha, al yanum shomrecha.
Hineh lo yanum - v'lo yishan shomer yisrael.
Adonai shomrecha, Adonai tzilecha, al yad yeminecha.
Yomam hashemesh lo yakeka, vayareich baleilah
Adonai yishmarcha mikol ra, yishmor et nafshecha.
Adonai yishmor tzietcha uvoecha meata vead olam.*

Psalm 150

הַלְלוּיָהּ
הַלְלוּ אֵל בְּקֹדֶשׁוֹ הַלְלוּהוּ בְּרָקִיעַ עֶזְו
הַלְלוּהוּ בְּגִבּוֹרֹתָיו הַלְלוּהוּ כְּרֹב גִּדְלוֹ
הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר הַלְלוּהוּ בְּנֵבֶל וְכִנּוֹר
הַלְלוּהוּ בְּתוֹף וּמַחּוֹל הַלְלוּהוּ בְּמִנִּים וְעוּגָב
הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה
כָּל הַנְּשָׁמָה תְּהַלֵּלֶיהָ הַלְלוּיָהּ

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



Halleluyah!

*Hall'lu el b'kodsho, Hall'luhu birkiah uzo. Hall'luhu bigvurotav,
Hall'luhu k'rov gud'loh; Hall'luhu b'tekah shofar, Hall'luhu b'nevel
v'chinor, Hall'luhu b'tof u'machol, Halleluhu b'minim v'ugav;
Hall'luhu b'tziltzelei shamah, Hall'luhu b'tziltzelei truah
Kol Han'shamah t'halel yah, Halleluyah!*

Nishmat

נְשִׁמַת כָּל חַי תְּבָרֵךְ אֶת שְׁמֶךָ יְהוָה אֱלֹהֵינוּ.
וְרוּחַ כָּל בָּשָׂר תְּפַאֵר וְתַרְוִימַם זִכְרֶךָ מַלְכֵנוּ תָמִיד. מִן
הָעוֹלָם וְעַד־הָעוֹלָם אֲתָה אֵל.

The breath of all that lives will praise Your name, Eternal One, our God. The soul of all flesh will glorify and exalt your majesty, our Sovereign, forever. From this life unto all infinity, You are God.

Nish-mat kol khai te-var-eikh et shim-kha Adonai Eloheinu, ve-ru-akh kol basar te-fa-eir ut-ro-meim zikh-rekha mal-keinu tamid. Min ha'ol-am ve'ad ha'olam ata Eil.

Ilu finu

אֱלוֹ פִינוּ מָלֵא מָלֵא שִׁירָה בָּיָם וּלְשׁוֹנֵינוּ רִנָּה רִנָּה
בְּהַמּוֹן גָּלִיו וְשִׁפְתוֹתֵינוּ שִׁבַּח בְּמִרְחָבִי רָקִיעַ וְעֵינֵינוּ
מְאִירוֹת כְּשֶׁמֶשׁ וְכִיָּרַח אֵין אֲנַחְנוּ מִסְפִּיקִים לְהוֹדוֹת
לְךָ הוֹלְבָרֵךְ אֶת שְׁמֶךָ אֶת שְׁמֶךָ מַלְכֵנוּ.

Even if our mouths could fill with song as water fills the sea, and joy would move our tongues like countless waves, and our lips could utter praise as limitless as the sky, and our eyes could fill with light like the sun and the moon, and our arms spread like eagles' wings, and our legs run as fleet as gazelles', we could never sufficiently express our thanks.

Ilu finu malei shirah ka-yam, ulshoneinu rinah ka-hamon galaiv, ve-siftoteinu shevakh kamer-khevei raki'a, ve-einei-nu me-iroth ka-shemesh v'kha-yareyakh, ve-yadeinu frusot ke-nishrei shamayim, verag-leinu kalot ka-ayalot, ein anakhnu maspikim le-hodot lekha

Yishtabakh

Praised be Your Name forever,
our Sovereign
Almighty the great and holy
ruler in heaven and on earth.
We give thanks to you
We bring song and praise,
glory and blessings,
holiness and sovereignty,
to your great and holy name;
and from the highest world
to the lowest
you are Almighty.
Blessed are You, Eternal God
of to Whom we offer our
thanksgiving,
Maker of all wonders
creator of all souls
ruler of all creatures
the Selector of songs,
You are the only God
Life of all the worlds.

יְשַׁתַּבַּח שְׁמֶךָ לְעַד
מִלְכֵנוּ הָאֵל הַמֶּלֶךְ
הַגָּדוֹל וְהַקָּדוֹשׁ
בְּשָׁמַיִם וּבָאָרֶץ כִּי לָךְ
נָאָה יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ
לְעוֹלָם וָעֶד שִׁיר
וְשִׁבְחָה הַלֵּל וְזִמְרָה
עַז וְהוֹדָאוֹת לְשִׁמְךָ
הַגָּדוֹל וְהַקָּדוֹשׁ
וּמַעֲוֹלָם וָעֶד עוֹלָם
אַתָּה אֵל : בָּרוּךְ אַתָּה
יְהוָה אֵל מֶלֶךְ גָּדוֹל
וּמְהֻלָּל בַּתְּשֻׁבּוֹת
בוֹרֵא כָּל הַנְּשָׁמוֹת
רַבּוֹן כָּל הַמַּעֲשִׂים
הַבוֹחֵר בְּשִׁירֵי זִמְרָה
מֶלֶךְ חַי הָעוֹלָמִים :

*Yish-ta-bakh shim-kha la-ad mal-keinu ha-eil ha-melekh ha-gadol ve
-ha-kadosh be-sha-mayim u-va-aretz, ki lekha na-eh Adonai elo-
heinu velohei avoteinu le-olam va-ed shir ush-vakha haleil vezimra,
oz ve-hoda-ot, le-shim-kha hagadol ve-ha-kadosh, u-mei-olam ve'ad
olam ata eil. Barukh ata Adonai, el melekh gadol umehulal betish-
bakhot, borei kol hana-shamot, ribbon kol hama'asim, habokheir
beshirei zimra, melekh kheh ha'olamim*

Hatzi Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא. בְּעָלְמָא דִּי-בְרָא
כְּרַעוּתֵיהּ. וְיִמְלִיךָ מַלְכוּתֵיהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ
וּבְחַיֵּי דִי-כָּל בֵּית יִשְׂרָאֵל בְּעָגְלָא וּבְזִמְנוֹ קָרִיב
וְאָמְרוּ אָמֵן
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ. לְעָלְמָא וּלְעָלְמֵי עָלְמֵי
יְתְבָרַךְ. וְיִשְׁתַּבַּח. וְיִתְפָּאֵר. וְיִתְרוֹמֵם. וְיִתְנַשֵּׂא.
וְיִתְהַדָּר. וְיִתְעַלֶּה. וְיִתְהַלָּל שְׁמֵהּ דִּי-קֳדִישָׁא בְּרִיךְ
הוּא. לְעָלְמָא מִן-כָּל-בִּרְכָתָא וְשִׁירָתָא תְּשֻׁבָּחָתָא
וְנַחֲמָתָא דִּי-אַמִּירָן בְּעָלְמָא וְאָמְרוּ אָמֵן.

Let us magnify and sanctify the great name of God in the world which God created according to God's will. May God's reign come in your lifetime, and in your days, and in the lifetime of all the family of Israel - quickly and speedily may it come. Amen.

May the greatness of God's being be blessed from eternity to eternity.

Let us bless and let us extol, let us tell aloud and let us raise aloft, let us set on high and let us honour, let us exalt and let us praise the Holy One – blessed be God – though God is far beyond any blessing or song, any honour or any consolation that can be spoken of in this world. Amen.

Yitgadal v'yitkadash sh'mei raba, b'alma div'ra chirutei, V'yamlich malchutei. B'chayeichon Uv'yomeichon Uv'chayei dichol beit yisrael ba'agala uvizman kariv, V'imru Amen. Y'hei sh'mei raba m'varach, L'alam ulalmei almaya. Yitbarach v'yishtabach, v'yitpaar, v'yitromam v'yitnasei, v'yithadar, v'yitalei, v'yithalal, sh'mei dikudsha, b'rich hu. L'elah min kol birchata v'shirata tushb'chata v'nechemata, di'amiran b'alma, v'imru Amen.

Barchu

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד

Bless God whom we are called to bless.

Blessed be God whom we are called to bless forever and ever

Bar'chu et Adonai Ham'vorach.

Baruch Adonai Ham'vorach l'olam va-ed

We are God's hands in the world, and God works through us to complete creation. So don't dive back under your duvet. Religion means facing facts and not fleeing from them. Get up quickly, and work out what you can do. Can you comfort someone, or give something to a disaster fund? You might look and feel a mess but you're God's representative—God's hands on earth. It's what we were created for. So let's get up, and get on with it.

- Rabbi Lionel Blue

בָּרוּךְ אַתָּה יְהוָה הַבּוֹחֵר בְּעַמּוֹ יִשְׂרָאֵל:

Blessed are You God, who chooses Your people Israel in love.

Baruch atah Adonai, ha-bocheir ba'amo Yisrael be-Ahava.



Ahavat Olam

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבַת תּוֹרָה
וּמִצְוֹת חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמִדָּת.
עַל כֵּן יְהוָה אֱלֹהֵינוּ בְּשֹׁכְבֵנוּ וּבִקְוֵינוּ נָשִׁיחַ
בְּחֻקֶּיךָ וְנִשְׂמַח בְּדִבְרֵי תִלְמוּד תּוֹרָתְךָ
וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד כִּי הֵם חַיֵּינוּ וְאַרְךְ
יָמֵינוּ וּבָהֶם נִהְגֶּה יוֹמָם וְלַיְלָה. וְאַהֲבַתְךָ אֵל
תָּסוּר מִמֶּנּוּ לְעוֹלָמִים : בָּרוּךְ אַתָּה יְהוָה אוֹהֵב
עַמּוֹ יִשְׂרָאֵל :

With an unending love You have loved the house of Israel
your people: You have taught us Torah and mitzvot, laws and
precepts. Therefore, our God, when we lie down and when
we rise up, we will discuss [the meaning of] your laws and
rejoice in the words of Your Torah and in Your mitzvot for ev-
er. For they are our life and the length of our days, and we
will meditate on them day and night. And may You not re-
move Your love from us for ever. We praise You, O God: You
love Your people Israel.

*Ahavat olam beit Yisrael am-kha ahavta. Torah u-mitzvot khukim
umish-patim otanu limad-ta. Al kein Adonai Eloheinu be-shokh-
veinu uv-kum-einu nasi-akh be-khuke-kha ve-nis-makh be-div-rei to-
rat-cha uv-mitz-vot-eikha le'olam va'ed. Ki hem khayeinu ve-orakh
yameinu uvahem neh-geh yomam valaila. Ve-ahavat-kha al tasir
mimenu le'olamim. Barukh ata Adonai, ohev amo Yisrael.*



Shema

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד׃
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד׃

Hear, O Israel, the Eternal is our God, the Eternal is One.
Blessed be God's glorious kingdom forever and ever.

Shema Yisrael, Adonai Eloheinu, Adonai echad.

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

וְאַהֲבַת אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לֵבְבְךָ וּבְכָל־נַפְשְׁךָ
וּבְכָל־מְאֹדֶךָ׃ וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי
מְצַוְךָ הַיּוֹם עַל־לֵבְבְךָ׃ וְשָׁנַנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָם
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ׃
וְקָשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ׃
וְכָתַבְתָּם עַל־מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ׃

Love the Eternal your God with all your heart, and all your soul, and all your might. These words that I command you today shall be upon your heart. Repeat them to your children, and talk about them when you sit in your home, and when you walk in the street; when you lie down, and when you rise up. Hold fast to them as a sign upon your hand, and let them be as reminders before your eyes. Write them on the doorposts of your home and at your gates.

Ve-ahavtah et Adonai Elohecha be-khol levav-kha uv-khol nafshekha uv-khol me-odekha. Vehayu hadvarim ha-eleh asher anokhi met-zavkha hayom al levavekha. Veshin-an-tam levanekha vedibarta bam, be-shivt-kha be-veite-kha, uv-lech-tekha va-derekh uv-shokh-bekha uv-kumekha. Ukshar-tam le-ot al yadekha, vehayu letotafot bein einekha.

וְהָיָה אִם-שָׁמַעַתְּ שְׁמִיעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנִי מֵצִוָּה
אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת-יְהוָה אֱלֹהֵיכֶם וּלְעַבְדּוֹ בְּכָל-
לְבַבְכֶם וּבְכָל-נַפְשְׁכֶם. וְנָתַתִּי מָטָר-אַרְצְכֶם בְּעֵתוֹ יוֹרֵה
וּמִלְקוֹשׁ וְאַסַּפְתָּ דָגָנְךָ וְתִירְשֶׁךָ וַיִּצְהָרְךָ. וְנָתַתִּי עֵשֶׂב
בְּשֹׂדֶךָ לְבַהֲמֹתֶךָ וְאָכַלְתָּ וְשָׂבַעְתָּ. הַשְׁמֵרוּ לָכֶם פֶּן-יִפְתָּה
לְבַבְכֶם וְסָרְתֶם וַעֲבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
לָהֶם. וְחָרָה אֶף-יְהוָה בָּכֶם וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-
יְהִי מָטָר וְהִיאָדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאַבְדֹתֶם
מִהָרָה מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם. וְשָׁמַתֶם
אֶת-דְּבָרֵי אֱלֹה עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אֹתָם
לְאוֹת עַל-יְדֵיכֶם וְהָיוּ לְטוֹטָפֹת בֵּין עֵינֵיכֶם. וּלְמַדְתֶּם
אֹתָם אֶת-בְּנֵיכֶם לְדַבֵּר בָּם בְּשַׁבָּתְךָ בְּבֵיתְךָ וּבִלְכַתְךָ
בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְכִתְבֹתֶם עַל-מְזוֹזוֹת בֵּיתְךָ
וּבְשַׁעְרֶיךָ. לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל הָאָדָמָה
אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְרָהָם לָתֵת לָהֶם כִּימֵי הַשָּׁמַיִם
עַל-הָאָרֶץ.

Listen to the voice of conscience I have given you, loving and serving Me with all your heart and soul. I will give your land seasonal rains throughout the year. You will gather your grain, wine and oil. Watch yourselves - so that you are not tempted by the false gods of ownership and control. Do not follow them or serve them. For then, the Source of Creation will turn against you, and the world in which you live will cease to sustain you. You will be lost upon the face of the earth which the Creator has provided for you. By observing our covenant, you will fulfil your lives and the lives of your children here on this earth, which the Creator prepared for those who came before you, for as long as the skies are over the earth.

Prayers which end just as words are not true prayers but part of a selfish longing for individual spiritual connections with God. And I'm not sure that constitutes true prayer.

We have our problems with prayer. We don't engage in them regularly enough. We don't understand the power they can have on the way we see life. We don't let them affect our daily actions and relationships and the result is that many feel that yes, prayer is useless and that therefore religion should know its place and that that place is limited.

But, maybe, if all of us could really engage in true prayer, and let the Divine light within them spill into our actions and out into the real world, then the result for all of us in this world would be truly wondrous.

- Rabbi Jackie Tabick

There is no shortage of prophets of doom. There is no shortage of men who tell us that life is sordid and mean; that commitment and involvement is useless; that self interest is all. We are all painfully aware of the negative side of life.

What we need is a vision of greatness in the real; an ideal of nobility in practicality; an aspiration of utopia with life as it is. We need prophets of vision. Prophets who can dream what is possible. When we know what might be done, we may not achieve it, but we will always move far beyond where we remain.

- Rabbi Alan Miller

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵּאמֹר. דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל
וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל-כַּנְפֵי בְגָדֵיהֶם
לְדֹרֹתָם וְנָתַנּוּ עַל-צִיצִית הַכָּנָף פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם
לְצִיצִית וּרְאִיתֶם אֹתוֹ וַיִּזְכְּרֶתֶם אֶת-כָּל-מִצְוֹת יְהוָה
וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי
עֵינֵיכֶם אֲשֶׁר-אַתֶּם זֹנִים אַחֲרֵיהֶם.

God spoke to Moses, saying: Speak to the Israelites. Tell them to make fringes on the edges of their clothes. Put a royal-blue thread in the fringes. When you see them, you will remember all your obligations to your Creator and you will fulfill them. Your heart and your eyes will not be distracted by other things that could attract you.

Vayo-mer Adonai el Moshe leimor: Da-beir el bnei Yisrael ve-amar-ta alei-hem ve'asu lahem tziy-tziyt al kanfei vig-bey-hem ledor-otam ve-nat-nu al tziy-tziyt ha-kanaf petiyl tekhelet. Ve-haya le-khem le-tziy-tziyt uriy-tem oto uz-khar-tem et kol mitz-vot Adonai ve-asi-tem otam. Ve-lo ta-tu-ru akharei le-vav-khem ve-akharei ein-eiy-khem asher atem zonim akher-eiy-hem.

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים
לֵאלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם
מִמִּצְרָיִם מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם

Be mindful of all my commandments, and do them. You will be consecrated to your God. I, the Eternal One, am your God

Lema'an tiz-keru, va'asitem et kol mitzvotai, vihi-tem kedoshim leloheikhem. Ani Adonai elo-heikhem asher ho-tzeiti etchem mei-eretz mitz-rayim lihyot lachem elohim. Ani Adonai elohei-khem.

Emet

אֶמֶת וַיֵּצִיב וְקָיָם וּמִקְבָּל וְטוֹב הַדָּבָר הַזֶּה עָלֵינוּ
לְעוֹלָם וָעֶד : אֶמֶת . אֱלֹהֵי עוֹלָם מַלְכֵנוּ . צוּר יַעֲקֹב
מִגֵּן יִשְׁעֵנוּ . לְדֹר וָדֹר הוּא קָיָם וְשִׁמוֹ קָיָם .
וּמַלְכוּתוֹ וְאַמוּנָתוֹ לְעַד קַיָּמָת : אֶמֶת שְׁאַתָּה הוּא
הָאֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ . פּוֹדֵנוּ וּמַצִּילֵנוּ מֵעוֹלָם
שְׁמֶךָ . אֵין אֱלֹהִים זוֹלָתְךָ : עֲזֵרַת אֲבוֹתֵינוּ אַתָּה
הוּא מֵעוֹלָם . מִגֵּן וּמוֹשִׁיעַ לְבָנֶיהֶם אַחֲרֵיהֶם בְּכָל
דֹּר וָדֹר : אֲשֶׁרִי אִישׁ שֶׁיִּשְׁמַע לְמִצְוֹתֶיךָ וְתוֹרָתְךָ
וַיְדַבֵּרְךָ יָשִׁים עַל לִבּוֹ :

Good, beautiful and true; sound, established and enduring are these words, now and forever. Truly only God is our Sovereign, the shield of Jacob, our shield of salvation. In every generation You stand firm, and your faith is everlasting. True it is that You are our God and the God of our ancestors, who rescues and delivers us. So were You ever known. There is no God but You. You were always the help of our ancestors. You will be the salvation for our children to come. Happy are those who listen to Your words and place Your teachings on their hearts.

Emet ve-yatziv ve-kayam um-kubal vetov hadvar hazeh 'aleinu le'ol-am va'ed. Emet elohei olam malkeinu. Tzur Ya'akov magein yish'einu. Ledor vador hu kayam ushmo kayam umal-kuto ve-emuna-to la'ad kayemet. Emet she-ata hu Adonai eloheinu velohei avoteinu. Po-deinu umatzil-einu me'olam shmekha. Ein Elohim zula-tekha. Ezrat avoteinu ata hu me'olam. Magein yish'einu liv-nei-hem akharei-hem bekol dor vador. Ashrei ish she-yishm'a le-mitz-vot-eikha ve-Torat-kha uv-devar-kha yasiym al libo.

Geulah

מִמִּצְרַיִם גָּאֲלָתָנוּ יְיָ אֱלֹהֵינוּ, וּמִבֵּית עֲבָדִים
פָּדִיתָנוּ. מֹשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה
בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כֻלָּם:

From Egypt You delivered us, Eternal our God, and redeemed us from the camp of slavery. Moses and Miriam and the children of Israel responded to You in song with great joy, all of them saying:

מִי כָמוֹךָ בָּאֱלֹם יְיָ, מִי כָמוֹךָ נָאֲדָר בְּקֹדֶשׁ, נוֹרָא
תְּהִלֹת, עֲשֵׂה פֶלֶא.

“God, who is like You among the gods people worship!
Who, like You, is majestic in holiness, awesome in praise,
working wonders!”

שִׁירָה חֲדָשָׁה שִׁבְּחוּ גְאוּלִּים לְשִׁמְךָ עַל שְׂפַת הַיָּם
יַחַד כֻּלָּם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ:

On the shore of the sea, those who were rescued sang a new song in Your praise. Together all of them thanked You and proclaimed you as Sovereign:

יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

“God alone will rule forever and ever.”

*Mimitsrayim g'altanu Adonai eloheinu, umibbeit avadim p'ditanu,
Mosheh u'Miryam uv'nei yisra'el l'cha anu shirah b'simchah rabbah
v'am'ru chullam. Mi kha-mokha ba-eilim Adonai mi kamocha nedar
ba-kodesh nora tehilot oseih fele. Shirah khadashah shibb-khu geulim
le-shim-kha al sfat hayam, yakhad kulam hodu ve-him-likhu ve-amru.
Adonai yimloch le-olam va-ed.*

Our teachers taught that our role is our responsibility here on earth is to make it a better place for all. Most of our teachings, and the Torah, provide a guidebook of how to care for each other – an ethical society.

We are constantly told, and we are constantly telling each other, things can be better, things must be better. Whilst we live in the world as it is we strive for a world as it should be.

There is a world that we can imagine when rulers act justly and act in the interests of their citizens and not themselves. There is a world we can imagine where we have systems that care for the most vulnerable in our society. A world where our care for the earth is primary. A world where ethics and values dictate our decisions, rather than greed and profit.

Our longing for this world, is vital for we then believe and act for a world where all of this is possible.

- Rabbi Robyn Ashworth-Steen

צור יִשְׂרָאֵל. קוּמָה בְּעֶזְרַת יִשְׂרָאֵל. גָּאֲלֵנוּ יְהוֹה
צְבָאוֹת שְׁמוֹ. קָדוֹשׁ יִשְׂרָאֵל :
בָּרוּךְ אַתָּה יְהוֹה גָּאֵל יִשְׂרָאֵל :

Rock of Israel, rise up to the aid of Israel. Our Saviour is the God of Hosts, the Holy One of Israel. Blessed are You, O God, the redeemer of Israel.

Tzur Yisrael, kuma be'ezrat Yisrael, go-al-einu Adonai Tzeva-ot Shmo, Kadosh Yisrael. Barukh atah Adonai, Ga-al Yisrael.

Amidah

אֲדֹנָי שְׁפָתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

Eternal God open up my lips, and my mouth shall declare
Your praise.

Adonai, s'fatai tiftach, ufi yagid t'hilatecha.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב אֱלֹהֵי
שָׂרָה, אֱלֹהֵי רִבְקָה אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה: הָאֵל
הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא אֵל עֶלְיוֹן גּוֹמֵל חֲסָדִים
טוֹבִים וְקִנְיָה הַכֹּל וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאִמָּהוֹת
וְיֹמְבִיא גּוֹאֵל לְבָנָי בְּנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה: מֶלֶךְ
עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן בָּרוּךְ אַתָּה יְיָ מַגֵּן אַבְרָהָם
פוֹקֵד שָׂרָה:

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 Rachel, God of Leah, the great, the
mighty, and the awesome God, God beyond, generous in
love and kindness, and possessing all. God remembers the
deeds of our ancestors, and therefore in love brings rescue
to the generations, for such is divine love. The Sovereign
who helps, saves and shields. Blessed are You Adonai, the
shield of Abraham who remembers Sarah.

Barukh Atah Adonai Eloheinu velohei avoteinu ve-imo-teinu. Elohei Avraham, elohei Yitzkhak velohei Ya'akov, Elohei Sara, elohei Rivkah elohei Rachel, velohei Leah. Ha-eil hagadol hagibor vecha-norah, El elyon, gomel khasadim tovim, vekoneh hakol, vezo-kheir khasdei avot ve-imahot, umeivi go-eil liv'ei veneihem, lema'an shmo be-ahavah. Mel-ekh ozer umoshia' umagen. Barukh Atah, Adonai, Magen Avraham pokeid Sarah.

אַתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי, מְחַיֶּה מֵתִים אַתָּה. רַב
לְהוֹשִׁיעַ:

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם \ מוֹרִיד הַטָּל:
מְכַלְכֵּל חַיִּים בְּחֶסֶד מְחַיֶּה מֵתִים בְּרַחֲמִים
רַבִּים סוֹמֵךְ נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר
אֲסוּרִים וּמַקְיֵם אֲמוֹנָתוֹ לִישְׁנֵי עֶפֶר מִי כָמוֹךְ
בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ מֶלֶךְ מַמְיֵת וּמְחַיֶּה
וּמַצְמִיחַ יְשׁוּעָה:

וְנֶאֱמָן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְיָ
מְחַיֶּה הַמֵּתִים:

You are the endless power that renews life beyond death.

You are the greatness that saves.

*[In winter: Making the wind blow and the rain fall; In
summer: Causing the dew to fall]*

You care for the living with love. You renew life beyond death with unending mercy. You support the falling, and heal the sick. You free prisoners, and keep faith with those who sleep in the dust. Who can perform such mighty deeds, and who can compare with You, a Ruler who brings death and life, and renews salvation? You are faithful to renew life beyond death. Blessed are You God, who renews life beyond death.

Atah gibor le'olam, Adonai, mekhayeh meitim Atah rav lehoshi'a .

Mashiv ha-ruakh umorid ha-gashem / Morid HaTal

*Mekhalkeil khayim bekhesed, mekhayeh meitim be-rakh-amim ra-
bim, someikh noflim verofeh kholim umatir asurim, um-kayem emu-
nato lishenei afar. Mi khamokha ba'al gevurot umi domeh lakh, mel-
ekh meimit um-khayeh umatz-miakh yeshu'ah. Vene-eman Atah le-
hakhayot meitim. Barukh atah, Adonai me-khayeh hametim.*

Kedushah

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם כְּשֵׁם שֶׁמִּקְדִּישִׁים אוֹתוֹ
בְּשִׁמֵי מְרוֹם. כְּכַתוּב עַל יַד נְבִיאָךְ. וְקָרָא זֶה אֵל
זֶה וְאָמַר:

**קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ יְהוָה צְבָאוֹת מֶלֶאכֵּה אֲרֶץ
כְּבוֹדוֹ:**

לְעַמָּתָם בְּרוּךְ יֹאמְרוּ:

בְּרוּךְ כְּבוֹד יְהוָה מִמְּקוֹמוֹ:

מִמְּקוֹמָךְ מְלָכֵנוּ תוֹפִיעַ וְתִמְלֹךְ עָלֵינוּ כִּי מַחֲכִים
אֲנִיחֵנוּ לָךְ. וּבִדְבָרֶיךָ קִדְשֶׁךָ כָּתוּב לֵאמֹר:

יְמִלְךָ יְהוָה לְעוֹלָם אֱלֹהֶיךָ צִיּוֹן לְדֹר וָדֹר הַלְלוּהָ:

לְדֹר וָדֹר נִגִּיד גְּדֻלָּתְךָ וְלִנְצַח נִצָּחִים קִדְשָׁתְךָ
נְקַדִּישׁ וְשִׁבְחָךְ אֱלֹהֵינוּ מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד
כִּי אֵל מְלֶךְ גָּדוֹל וְקָדוֹשׁ אַתָּה: בְּרוּךְ אַתָּה ה',
הָאֵל הַקָּדוֹשׁ:

We sanctify Your name in the world as they sanctify it in the highest heavens. As it is written by the hand of your prophet: **"And they called to each other and said: 'Holy, holy, holy, is the Creator of all, whose glory fills the earth.'"**

They cry in answer: **"Blessed is God's glory, revealed in every place."** From Your place, our Sovereign, shine forth and rule over us, for we wait for You.

And in Your writing it is said: **"The Almighty shall rule forever! Your God, O Zion, for all generations! Praise God!"**

We declare your greatness to all generations, and to all eternity we proclaim Your holiness. Your praise shall never depart from our mouth, for You are God, the great and holy Sovereign. Blessed are You, the holy God.

וְשָׁמְרוּ בְנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת לַעֲשׂוֹת אֹת-
הַשַּׁבָּת לְדֹרֹתָם בְּרִית עוֹלָם בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
אוֹת הִיא לְעָלְמָם כִּי-שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת-
הַשָּׁמַיִם וְאֶת-הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

The Children of Israel shall keep the Sabbath, observing the Sabbath as a timeless covenant for all generations. It is a sign between Me and the Children of Israel forever. For in six days the Creator made heaven and earth, and on the seventh day ceased from work and was at rest.

Veshamru, venei Yisrael et haShabbat. La'asot et haShabbat ledorotam brit olam. Beini uvein bnei Yisrael ot hi l'olam. Ki sheshet yamim asah Adonai et hashamayim ve-et ha-aretz. Uvayom hash-vi-ee shavat va-yinafash.

Almighty God, you have sustained us every day in the week that has passed, and brought us to this day—Your holy Shabbat—with all its precious opportunities. Help us to be worthy of Your mercy. Help us to devote ourselves to serving you. When our prayers are finished, let their influence stay with us. May the thought of You stay with us to inspire us with holiness. May we feel that we have always done our best.

- adapted from the St. George's Settlement Synagogue Siddur

מוֹדִים אֲנִיחֵנוּ לָךְ שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי
 אֲבוֹתֵינוּ לְעוֹלָם וָעֶד. צוּרֵנוּ צוּר חַיֵּינוּ וּמִגֵּן יִשְׁעֵנוּ
 אֵתָהּ הוּא לְדוֹר וָדוֹר : נוֹדָה לָךְ וּנְסַפֵּר תְּהִלָּתְךָ עַל
 חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ. וְעַל נַשְׁמוֹתֵנוּ הַפְּקוּדוֹת לָךְ.
 וְעַל נְסִיךְ שְׂבָכָל-יוֹם עִמָּנוּ. וְעַל נִפְלְאוֹתֶיךָ
 וְטוֹבוֹתֶיךָ שְׂבָכָל-עֵת עֶרֶב וּבֹקֶר וְצַהֲרַיִם : הַטּוֹב כִּי
 לֹא כָלוּ רַחֲמֶיךָ. הַמְּרַחֵם כִּי לֹא תָמוּ חֲסָדֶיךָ. כִּי
 מֵעוֹלָם קִוִּינוּ לָךְ :
 וְעַל כָּלֶם יִתְבָּרַךְ וְיִתְרוֹמֵם וְיִתְנַשֵּׂא תָמִיד שְׁמֶךָ
 מְלַכֵּנוּ לְעוֹלָם וָעֶד : וְכָל-הַחַיִּים יוֹדוּךָ סֵלָה. וַיִּהְלָלוּ
 וַיְבָרְכוּ אֶת-שְׁמֶךָ הַגָּדוֹל בְּאַמֶּת. הָאֵל יִשׁוּעֵתָנוּ
 וְעֲזָרְתָנוּ סֵלָה : בָּרוּךְ אַתָּה יְהוָה. הַטּוֹב שְׁמֶךָ וְלָךְ
 נִאֶה לְהוֹדוֹת :

We declare with gratitude that You are our God and the God of
 our ancestors forever. You are our Rock, the Rock of our life and
 the Shield that saves us. In every generation we thank You and
 recount Your praise for our lives held in Your hand, for our souls
 that are in Your care, and for the signs of Your presence that are
 with us every day. At every moment, at evening, morning and
 noon, we experience Your wonders and Your goodness. You are
 goodness itself, for Your mercy has no end. You are mercy itself,
 for Your love has no limit. Forever have we put our hope in You.
 And for all these things may Your name, our Sovereign, be
 blessed, exalted and honoured forever and ever. May every liv-
 ing being thank You; may they praise and bless Your great name
 in truth for You are the God who saves and helps us. Blessed are
 You God, known as goodness, whom it is right to praise.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה חַיִּים חַן וְחֶסֶד צְדָקָה
וְרַחֲמִים עָלֵינוּ. וּבְרַכְנוּ אֲבִינוּ כְּלָנוּ יַחַד בְּאוֹר פְּנִיךָ.
כִּי בְּאוֹר פְּנִיךָ נִתְּנָה לָנוּ יְהוָה אֱלֹהֵינוּ תּוֹרָה וְחַיִּים.
אַהֲבָה וְחֶסֶד. צְדָקָה וְרַחֲמִים. בְּרָכָה וְשְׁלוֹם. וְטוֹב
בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל בְּרַב-עֹז וּבְשְׁלוֹם :
בְּרוּךְ אַתָּה יְהוָה. הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל
בְּשְׁלוֹם :

Grant us peace, goodness and blessing; life, grace and kindness; justice and mercy. Source of our life, bless us all together with the light of Your presence, for in the light of Your presence You give us, our Living God, law and life, love and kindness, justice and mercy, blessing and peace. And in Your eyes it is good to bless Your people Israel with great strength and peace.

Blessed are You God, blessing Your people Israel with peace.

Sim shalom tovah uv-rakha khayim khein vakhesed, tzedakah verakh-amim aleinu. Uvar-kheinu avinu kulanu yakhad be-or paneikha. Ki be-or panekha natata lanu Adonai eloheinu Torah vekhayyim, ahavah vekhesed tzedakah verakh-amim brakha veshalom. Vetov be-eineicha levareikh et amkha Yisrael berov oz uvashalom. Barukh ata Adonai ham-vareikh et Amo Yisrael be-shalom.

עוֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵבֶל וְאָמְרוּ אָמֵן :

May God, who makes peace in the highest, bring this peace upon us, upon all Israel and upon all those who dwell on earth.

Oseh shalom bim-romav, hu ya'aseh shalom aleinu ve'al kol Yisrael, ve'al kol yoshvei tevel, v'e-mru amen.

The Torah is our sacred text. It has been handed down in the same form for thousands of years. The Torah is written in Hebrew, from left to right, with no vowels, so people study hard to be able to read it.

It takes years to write each Torah scroll. Talented scribes write out each Torah on animal skin with a quill pen. They have to make sure every letter and space is the same as in all other Torah scrolls.



Our story teaches that thousands of years ago, Moses and the Israelites were given the Torah by God in the desert. When we perform our Torah service, we act out that moment.

People will process the Torah scrolls around the synagogue, to show that it is a gift for everyone. When the Torah is coming round, we stand up, to show our respect. Some people will kiss the Torah with their tallit or their siddur, to show that they are thankful for it.

Torah Service

וַיְהִי בְּנִסּוֹעַ הָאָרוֹן וַיֹּאמֶר מֹשֶׁה: קוּמָה יְהוָה וַיִּפְצוּ
אֹיְבָיֶיךָ וַיִּגְסּוּ מִשְׁנֵאֵיךָ מִפָּנֶיךָ:

Whenever the ark moved forward, then Moses said:

'Almighty, rise up! Let Your enemies be scattered,
let those who hate You flee before You!'

*Vay-hi binso'a ha-aron vayomer Mosheh: Kumah Adonai vaya-futsu
oyvey-kha vayanusu mesane-kha mipane-kha.*

כִּי מִצִּיּוֹן תֵּצֵא תּוֹרָה. וּדְבַר-יְהוָה מִירוּשָׁלַיִם:

For Torah shall come out of Zion, and the word of Adonai
from Jerusalem.

Ki miTzion teitze Torah, udvar Adonai miYerush-alayim.

בָּרוּךְ שֶׁנָּתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ:
שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:
אֶחָד אֱלֹהֵינוּ גָּדוֹל אֲדוֹנֵנוּ קָדוֹשׁ שְׁמוֹ:

Blessed is the One who in holiness gave Torah to Israel.
Hear O Israel, the Eternal is our God, the Eternal is One.
Our God is One. Our Sovereign is great. Holy is God's name.

Barukh shenatan torah le-ammo yisra-el bik-dushato.

Shema Yisrael, Adonai eloheinu, Adonai ekhad.

Ekhad eloheinu, gadol adoneinu, kadosh shmo.

גָּדְלוּ לַיהוָה אֱתֵי. וְנִרְמָמָה שְׁמוֹ יַחְדָּו:

Celebrate God with me. Let us dance for joy together.

Gadlu ladonai iti, unromamah shmo yakhdav.

הִנֵּה מַה-טוֹב וּמַה-נְּעִים שֶׁבֶת אַחִים גַּם-יַחַד :

How good and pleasant it is for siblings to dwell together.

Hineh ma tov uma na'im shevet akhim gam yakhad.



עֵץ-חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ וְתִמְכֶּיהָ מְאֻשָּׁר :

It is a tree of life to all who hold fast to it, and all of its supporters are happy.

Eitz khayim hi lemakha-zikim bah, Vetom-khei-ha me-ushar!



הַכֹּל תִּנְנוּ עֹז לֵאלֹהִים. וְתִנְנוּ כְבוֹד לַתּוֹרָה :

Let everything declare God's power and the glory of God's Torah.

Ha-kol t'nu oz leilohim, ut'nu chavod la-torah.



זֹאת הַתּוֹרָה אֲשֶׁר-שָׂם מֹשֶׁה לִפְנֵי בְנֵי יִשְׂרָאֵל
עַל פִּי יְהוָה בְּיַד מֹשֶׁה :

This is the Torah that Moses set before the children of Israel.,
by the word of God and the hand of Moses.

*Vezot ha-Torah asher sam Moshe lifnei benei Yisrael al pi Adonai
beyad Moshe*

Blessing before reading the Torah

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ :
בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד :
בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר בָּחַר-בָּנוּ מִכָּל-הָעַמִּים וְנָתַן-לָנוּ אֶת תּוֹרָתוֹ :
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה :

Bless Adonai, whom we are called to bless.

Blessed be Adonai, whom we are called to bless forever and ever.

Blessed are You, Adonai our God, ruler of the universe who chose us from all peoples to give us the Torah.

Blessed are You, Adonai who gives us the Torah.

Bar-khu et Adonai ham-vor-akh.

*Barukh Adonai ham-vor-akh le'olam va'ed. (*Repeat this line)*

Barukh atah Adonai elo-heinu melekh ha'olam, asher bakhar banu mikol ha'amim venatan lanu et Torato.

Barukh atah Adonai, noten ha-Torah.

Blessing after reading the Torah

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם
אֲשֶׁר נָתַן-לָנוּ תּוֹרַת אֱמֶת וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ :
בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה :

Blessed are You Adonai our God, Ruler of the universe who gave us the teaching of truth and planted eternal life within us. Blessed are You, Adonai who gives us the Torah.

Barukh atah Adonai elo-heinu melekh ha'olam, asher natan lanu Torat emet vekhayei olam nata be-tokheinu.

Barukh atah Adonai notein ha-Torah.

Community Prayers

We ask you, O God, to sustain and support King Charles III in his service to our nation. Endow him with righteousness that he may do justly. Let him champion the lowly among the people, deliver the needy, and rebuke those who wrong them.

May he find the freedom and strength to speak out against cruelty and injustice and to lead by example, living in harmony with nature, conserving its resources, diversity and beauty for future generations so that they may reap in joy. May he be governed by truth, justice and peace.

- Rabbi Alexandra Wright

Our God, guide the government of this country. Help us to be good citizens, working together for justice and peace, at home and abroad. Bless this holy community and all holy communities, and support the life and work of all who labour for their welfare.

Our God and God of the generations, we ask Your blessing upon the State of Israel and all who dwell in it. Send Your light and Your truth to the leaders of the people, and guide them with wisdom and understanding, so that peace and tranquillity may reign on its borders and in its homes.

May the spirit of friendship and understanding remove all fears and heal all wounds. There, may mercy and truth come together for the good of all, so that Your promise is fulfilled: 'for Torah shall come out of Zion and the word of God from Jerusalem.'

- Movement for Reform Judaism

Community Prayers

We think now of all those who are sick and in pain and who are suffering at home and in hospital at this time. May it be Your will, Eternal God, to renew their strength and bring them back to health. Renew their spirits also and free them from anxiety for You watch over their bodies and their souls.

Though we cannot share their pain, help us to bring them good cheer and comfort. Give us the joy of helping each other through all the fortunes of life. Blessed are You God, who heals the sick.

- Rabbi Lisa Barrett

Eternal Teacher of Your people Israel, as the children and grandchildren and descendants of refugees, aware of Your teachings of justice and our sacred obligations towards the stranger, we express our commitment before You now to open our hearts and our hands and our communities to welcome those in need of refuge, and to do what we can to contribute to the alleviation of their suffering. And let us say: Amen.

- Rabbi Elli Tikvah Sarah

Child's Prayer

We thank you, God, for trees and flowers.
We thank you, God, for all the animals.
We thank you, God, for our families and friends.
Above all, we thank you, God, that we are alive.

Prayers for Blessing a Baby

The Parent's Prayer

Creator of all human beings and source of life, through Your great love, I enter Your house to thank You and bless Your name. You have given me the joy of creation, which supported me in my weakness, and comforted me in my anxiety. Your mercy has restored me. I thank you for my life and the life of my child, for You renew the wonder of creation.

Blessing over a Baby

As this child grows in body and mind, may the teaching of truth be found on their lips, and love of justice in their heart. May this child be a blessing to all around her, and bring honour to God in the sight of all.

God, be with me and my family. May our love of our child draw us even more closely together in helpfulness and trust. Teach us to carry on through our child the heritage of Israel, so that its traditions of wisdom and holiness may never cease.

Blessing by the Service Leader

Creator of love and compassion, accept the thanksgiving of these parents in Israel. May they always find help and strength in You. May all who raise this child be guided by Your wisdom, giving examples in their lives of Your care and understanding. May the light of love fill their homes. May You bless them, and everyone they love.

Birthdays

היום יום הולדת ל...

Today is the birthday of...

Hayom Yom Huledet Le...

יום הולדת שמח

Happy birthday to you

Yom Huledet Sameach

וְזֵר לוֹ/לָהּ פֹּרֶיֶךָ

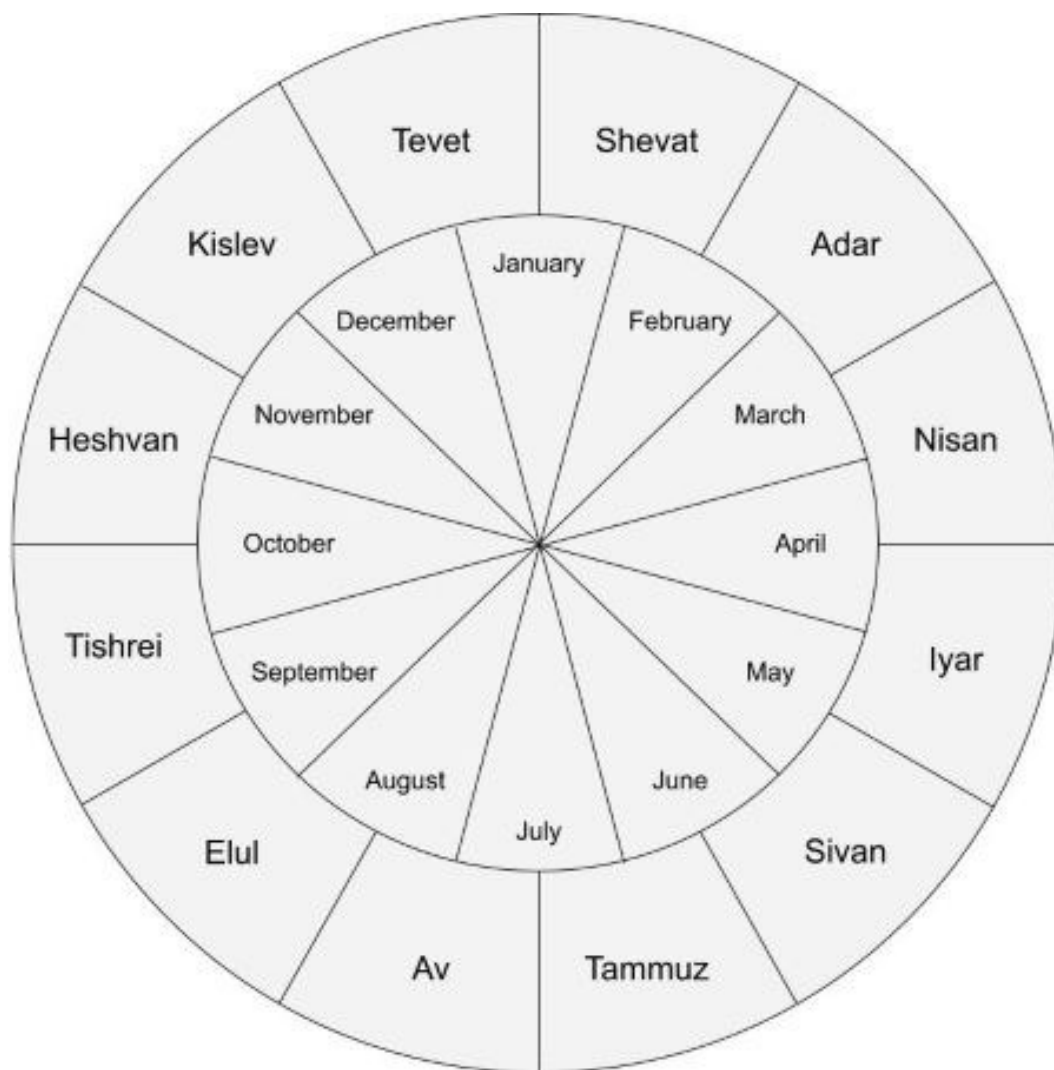
And give him/ her a flower

Ve-zer lo/lah porei-akh

חג לוֹ/לָהּ שְׂמֵי־אָח

This is a celebration for him/her

Chag lo/lah samei-akh



On the Shabbat preceding the New Moon, the following is said:

Our God, and God of our ancestors,
may it be Your will that the new
moon come to us for goodness and
blessing. May the new month bring
us a life of fulfilment and peace, a life
of goodness and blessing; a life of
sustenance and health; a life filled
with awe of God and fear of sin; a life
without self-reproach and shame; a
life of wealth and honour; a life
marked by love of Your teaching and
awe of God, when the desires of our
hearts may be fulfilled for good.
Amen.

יְהִי רָצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ
וְאֱלֹהֵי אֲבוֹתֵינוּ שֶׁתַּחֲדֹשׁ עָלֵינוּ
אֶת־הַחֹדֶשׁ הַזֶּה לְטוֹבָה
וְלִבְרָכָה. וְתַתֵּן־לָנוּ חַיִּים
אֲרָכִים. חַיִּים שְׁלֵשָׁלוּם. חַיִּים
שְׁלֵטוֹבָה. חַיִּים שְׁלִפְרָנְסָה. חַיִּים
שְׁל־חֲלוּץ עֲצָמוֹת. חַיִּים שְׁיֵשׁ
בָּהֶם יִרְאֵת שָׁמַיִם וְיִרְאֵת חֹטֵא :
חַיִּים שְׁאִין בָּהֶם בּוֹשָׁה וְכִלְמָה.
חַיִּים שְׁל־עֶשֶׂר וְכָבוֹד. חַיִּים שְׁל־
אֲהָבַת תּוֹרָה וְיִרְאֵת שָׁמַיִם.
חַיִּים שְׁיִמְלְאוּ מִשְׁאָלוֹת לִבָּנוּ
לְטוֹבָה. אָמֵן :



רֹאשׁ חֹדֶשׁ _____
יְהִיָּה בְּיוֹם _____
הַבָּא עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל
לְטוֹבָה :
יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בְּרוּךְ הוּא
עָלֵינוּ וְעַל כָּל־עַמּוֹ בֵּית יִשְׂרָאֵל
לְטוֹבָה וְלִבְרָכָה לְחַיִּים וְלְשָׁלוֹם.
לְשִׁשׁוֹן וְלְשִׁמְחָה. לְיִשׁוּעָה וְלִנְחֻמָּה. וְנֹאמַר אָמֵן :

The new moon of _____ will be on _____

May it come to us and to all Israel for good.

May the Holy One, who is blessed, bring us and all this people, the family of Israel, a new month of life and peace, of happiness and joy, of achievement and consolation. And let us say Amen.

Conclusion of Torah Service

עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד. עַל הַתּוֹרָה, וְעַל
הָעֲבוֹדָה וְעַל גְּמִילוּת חַסְדִּים:

The world stands on three things: on Torah, on worship,
and on acts of loving kindness.

*Al shloshah devarim ha'olam omed. Al ha-Torah, ve'al ha'avodah
ve'al gemilut khas-adim.*



עֵץ-חַיִּים הִיא לְמַחְזִיקִים בָּהּ וְתִמְכֶּיהָ מְאֻשָּׁר:

It is a tree of life to all who hold fast to it, and all of its
supporters are happy.

Eitz khayim hi le-makh-azikim bah, vetom-akhei-ha me-ushar!



הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ וְנָשׁוּבָה חֲדָשׁ יָמֵינוּ כְּקֶדֶם:

Turn us back to You, O God, and we shall return. Renew our
lives, as they were at the beginning.

*Ha-shi-veinu Adonai eile-kha ve-nashu-vah, kha-deish yameinu
kekedem.*

Aleinu

It is our duty to praise the Ruler of all, to recognise the greatness of the Creator of first things, who has chosen us from all peoples by giving us Torah. We bend low and submit, and give thanks before the supreme Sovereign, the Holy One, who is blessed, who extends the limits of space and makes the world firm; whose glory extends through the universe beyond, and whose strength into farthest space. This is our God and no other; in truth this is our Sovereign and none else. It is written in God's Torah: 'Know today and take it to heart; that God is Sovereign in the heavens above and on the earth beneath; no other exists.'

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל:
לְתֵת גְּדֻלָּה לְיוֹצֵר
בְּרָאשִׁית. אֲשֶׁר בָּחַר-בָּנוּ
מִכָּל-הָעַמִּים. וְנִתַּן-לָנוּ
אֶת-תּוֹרָתוֹ: וְאֶנְחָנוּ
כּוֹרְעִים וּמִשְׁתַּחֲוִים
וּמוֹדִים לִפְנֵי מֶלֶךְ מַלְכֵי
הַמַּלְכִּים הַקָּדוֹשׁ בָּרוּךְ.
הוּא: שֶׁהוּא נוֹטֶה שָׁמַיִם
וְיוֹסֵד אָרֶץ. וּמוֹשֵׁב יָקָרוֹ
בְּשָׁמַיִם מִמַּעַל. וְשֹׁכֵן
עֵזוֹ בְּגִבְהֵי מְרוֹמִים:
הוּא אֱלֹהֵינוּ אֵין עוֹד.
אֵמֶת מִלְכָּנוּ אָפֶס זִוְלָתוֹ:
כִּכְתוּב בְּתוֹרָתוֹ. וַיִּדְעָתָּ
הַיּוֹם וְהַשַּׁבָּת אֵל לְבַבְךָ.
כִּי יְהוָה הוּא הָאֱלֹהִים
בְּשָׁמַיִם מִמַּעַל וְעַל
הָאָרֶץ מִתַּחַת אֵין עוֹד:

Aleinu leshe-bei-akh la-adon ha-kol, lateit gedulah le-yotseir berei-shit, asher bakhar banu mikol ha'amim, venatan lanu et torato, va-anakh-nu kor'im umish-takha-vim umodim, lifnei melekh malkhei ham-lakhim, hakadosh barukh hu, shehu noteh shamayim ve-yoseid arets, umoshav yekaro basha-mayim mima'al ush-khinat uzo begov-hei meromim. Hu eloheinu, ein od, emet malkeinu, efes zulato, ka-katuv betorato: Veyada'ta hayom vahasheiv-ota el levavekha, ki Adonai hu ha-elohim basha-mayim mima'al ve'al ha-arets mita-khat ein od.

Your religion isn't asking you to look at what others should be doing. It is calling on you to consider what *you* should be doing.

Aleinu. It is on *us*. The power and responsibility for what happens in this world rests with us.

To be a Jew is to be singled out, directly and personally, by God. You have been called upon by God and tasked with Torah, with the moral welfare and social responsibility for all humanity. You are asked to take action.

To cut off the worship of material things. To destroy prejudice and superstition. To speak out against oppression. To unite the whole world. To bring goodness and truth and justice to this world.

- Rabbi Lev Taylor



וְנֵאמָר וְהָיָה יְהוָה לְמֶלֶךְ עַל כָּל הָאָרֶץ בַּיּוֹם
הַהוּא יְהִיָּה יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד :

And it has been promised: There will come a day when God will rule over all the earth. On that day, God will be One, and known as One.

Ve-ne-emar ve-haya Ado-nai le-melekh al kol ha-aretz bayom hahu yihyeh Ado-nai ekhad ush-mo ekhad.

Lo alecha

לֹא עָלֶיךָ הַמְּלָאכָה לִגְמֹר וְלֹא אֶתָּה בֶּן חוֹרִין
לְהִבָּטֵל מִמֶּנָּה.

Lo alekha ham-lakha ligmor veloata ben cho-rin lehi-ba-teil
mi-me-nah

Even if you can't finish what you begin
There's no reason you shouldn't dig your heels in
Roll up your sleeves for the hour is late
Doing your part to make this world great

Merger Poem, by Judy Chicago

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 un-
kind
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 everywhere will be called Eden once again

Kaddish

For more than two thousand years, the Jews have recited the Kaddish. What have we achieved? My friends, I tell you this: our Kaddish has changed the world, and it is going to change the world in future, too. It has given humanity hope for the future.

There are dark nights through which we have to pass; there is a valley of tears through which we have to wander, but the searchlight of prayer brings into our life the future that God has in store for us.

- *Rabbi Ignaz Maybaum*



Being a Jew is not only about survival. It is also about purpose. It is about what we have to offer the world. What we have to offer is our ability to hold tensions between opposites: to keep memory alive, without living in the past; to see the present clearly, with eyes that are thousands of years old; to live with enthusiasm here and now, while keeping an eye on eternity; and to take responsibility for ourselves without denying our dependence on each other. That is the Jewish blessing.

- *Rabbi Howard Cooper*

Kaddish

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.
בְּעֻלְמָא דִּי-בְרָא כְרַעוּתָהּ:
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי דִי-כָּל
בֵּית יִשְׂרָאֵל בְּעָגְלָא וּבְזֵמַן קָרִיב וְאָמְרוּ אָמֵן

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ. לְעַלְמָא וּלְעַלְמֵי עַלְמֵיָא

יִתְבָּרַךְ. וְיִשְׁתַּבַּח. וְיִתְפָּאֵר. וְיִתְרוֹמֵם. וְיִתְנַשָּׂא.
וְיִתְהַדָּר. וְיִתְעַלֶּה. וְיִתְהַלָּל שְׁמֵהּ דִּי-קֻדְשָׁא בְּרִיךְ
הוּא:

לְעַלְמָא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחַתָּא וְנַחֲמַתָּא
דִּי-אַמְיָרָן בְּעֻלְמָא וְאָמְרוּ אָמֵן:

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמֵיָא וְחַיִּים עָלֵינוּ וְעַל-כָּל-
יִשְׂרָאֵל. וְאָמְרוּ אָמֵן:

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו. הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל-
כָּל-יִשְׂרָאֵל וְעַל-כָּל-הָעוֹלָם:
וְאָמְרוּ אָמֵן:

Let us magnify and sanctify the great name of God in the world which God created according to God's will.

May God's kingdom come in your lifetime, and in your days, and in the lifetime of all the family of Israel - quickly and speedily may it come. Amen

May the greatness of God's being be blessed always. Let us bless and extol, let us tell aloud and raise aloft, let us set on high and honour, let us exalt and praise Adonai – blessed be God! – though God is far beyond any blessing or song, any honour or any consolation that can be spoken of in this world. Amen.

May great peace from heaven and the gift of life be granted to us and to all the family of Israel. Amen.
May God who makes peace in the highest bring peace to us and to all Israel. Amen.

*Yit-gadal ve-yit-kadash shmei raba be'alma divra khiru-tei, veyam-likh mal-khutei. Bekhay-eikhon Uv-yomei-khon Uv-khayei di-khol be-it Yisrael ba'agala uviz-man kariv, ve-imru **Amen. Yehei shemei raba me-varach, lea'lam ul'al-mei al-maya.***

*Yit-barakh ve-yish-tabakh ve-yit-pa-ar, ve-yit-romam ve-yit-nasei, ve-yit-hadar, ve-yit-alei, ve-yit-halal, shmei dikud-sha, **b'rikh hu.** Le'eilah min kol bir-khata ve-shirata tushbe-khata ve-nekhe-mata, di-ami-ran be'alma, ve-imru **Amen***

*Yehei shlama raba min shemaya ve-khayim aleinu, ve'al kol Yisrael, ve-imru **Amen.** Oseh shalom bim-romav, hu ya'asei shalom, aleinu ve'al kol Yisrael, ve'al kol ha'olam. Ve-imru **Amen.***

Adon Olam

אָדוֹן עוֹלָם אֲשֶׁר מַלְךְ בְּטֶרֶם כָּל-יֵצִיר נִבְרָא.
לֵעֵת נַעֲשֶׂה כְּחֶפְצוֹ כֹּל אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא:
וְאַחֲרֵי כָכֶלֶת הַכֹּל לְבַדּוֹ יִמְלֹךְ נֹרָא.
וְהוּא הָיָה וְהוּא הוֹה וְהוּא יִהְיֶה בְּתַפְאָרָה:
וְהוּא אֶחָד וְאֵין שֵׁנִי לְהַמְשִׁילוֹ לְהַחְבִּירָה.
בְּלִי רֵאשִׁית בְּלִי תַכְלִית וְלוֹ הָעֵז וְהַמְשָׁרָה:
וְהוּא אֱלִי וְחִי גּוֹאֲלִי, וְצוּר חֲבֻלִי בְיוֹם צָרָה.
וְהוּא נָסִי וּמְנוּסִי מִנֶּת כּוֹסִי בְיוֹם אֶקְרָא:
בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן וְאַעִירָה.
וְעַם רוּחִי גְוִיָּתִי, יֵי לִי וְלֹא אִירָא:

*Adon olam, asher malach, b'terem kol yetzir nivra.
L'et na'asah kechef-tzo kol, azai melech shemo nikra.*

*Ve-acharey kichlot hakol, l'vado yimloch nora.
Ve-hu haya, ve-hu hoveh, ve-hu yih'yeh beti-fara.*

*Ve-hu echad, v'eyn sheni l'hamshilo, l'hachbira.
Bli reishit, b'li tachlit, ve-lo ha'oz v'hamisrah.*

*Ve-hu Eli, ve-chai go-ali, ve-tzur chevli be-yom tzarah.
Ve-hu nisi uma-nusi, menat kosi be-yom ekra.*

*Be-yado afkid ruchy b'et ishan ve-a-irah.
Ve-im ruchy gevi-yati, Adonai li velo ira.*

Adon Olam

Eternal God, who reigned before Your will had caused the
earth to be
Already then you reigned supreme in undisputed sovereignty

And when the universe has ceased, You will still reign
in majesty
For as You were, so will You be, from now until eternity

And You are one, there is none else, no equal standing at
your side
Without beginning, without end, all might and rule in
You reside

My living and redeeming God, my shelter on a stormy day
My banner and my refuge still, my cup of comfort when I
pray

Into Your hand, I place my soul; asleep, awake, for You are
near
And with my soul, my body too. You are my God—I shall not
fear.

- Rabbi Solomon ibn Gabirol



Blessing over children

יְשִׁימְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה
יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה
יְבָרְכְךָ יְהוָה וַיְשִׁמְרֶךָ
יֵאָר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ
יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיַּשֵּׁם לְךָ שָׁלוֹם:

Yesimcha Elohim k'Ephraim v'chi-Menashe

Yesimech Elohim k'Sarah Rivka Rachel v'Leah

Yivarechecha Adonai v'yishmerecha

Ya'er Adonai panav eilecha vichuneka

Yisa Adonai panav eilecha v'yasem lecha shalom

May the Holy One make you like Ephraim and Menashe.

May the Holy One make you like Rebecca, Rachel and Leah.

May God bless you and keep you.

May God's face turn graciously towards you.

May God reach out to you in tenderness and give you peace.

Od Yavo Shalom

עוֹד יָבוֹא שָׁלוֹם עָלֵינוּ וְעַל כָּלָם
סְלֵאם עָלֵינוּ וְעַל כָּל הָעוֹלָם

Od yavo' shalom aleinu ve-al kulam. Shalom (Salaam) Aleinu v'al kol ha'olam.

One day, peace will come to us and everyone.

RSY Song Anthology

Olam Chesed Yibaneh

עֹלָם חֶסֶד יִבְנֶה

Olam chesed yibaneh...yai dai dai

I will build this world from love...yai dai dai

And you must build this world from love...yai dai dai

And if we build this world from love...yai dai dai

Then God will build this world from love...yai dai dai

- *Rabbi Menachem Creditor*

Hineh Mah Tov

הִנֵּה מַה טוֹב וַיְמָה נְעִים שְׁבֶת אַחִים גַּם יַחַד

Behold, how good it is for siblings to sit together in unity

Hineh mah tov umah na'im hevet achim gam yachad

-*Psalm 133:1*

Ivdu

עֲבֹדוּ אֶת-ה' בְּשִׂמְחָה בָּאוּ לִפְנֵי בְּרִנָּה. כִּי-טוֹב ה'
לְעוֹלָם חֶסֶדוֹ וְעַד-דֹּר וָדָר אֲמוֹנָתוֹ:

Serve God with happiness, come before the Eternal with joy.

*Ivdu et Adonai be-sim-kha bo-u le-fanav bir-nana. Ki tov Adonai
le'olam khasdo ve'ad dor vador emu-nato*

-*Psalm 100:5*

Ani ve Ata

אני ואתה נשנה את העולם
אני ואתה אז יבואו כבר כולם
אמרו את זה קודם לפני, זה לא משנה
אני ואתה נשנה את העולם
אני ואתה ננסה מהתחלה
יהיה לנו רע, אין דבר זה לא נורא
אמרו את זה קודם לפני זה לא משנה
אני ואתה נשנה את העולם

You and I we'll change the world
you and I by then all will follow
Others have said it before me but
doesn't matter you and I we'll change the world.

You and I we'll try from the beginning
it will be tough for us, no matter, it's not too bad!
Others have said it before me but it
doesn't matter you and I we'll change the world.

*Ani ve'ata neshaneh et ha'olam
ani ve'ata az yavo'u kvar kulam
Amru et zeh kodem lefanai
lo meshaneh, ani ve'ata neshaneh et ha'olam.*

*Ani ve'ata nenaseh mehahatchalah
yihyeh lanu ra ein davar zeh lo nora.
Amru et zeh kodem lefanai
zeh lo meshaneh, ani ve'ata neshaneh et ha'olam.*

- Arik Einstein

Kiddush



וְשָׁמְרוּ בְּנֵי-יִשְׂרָאֵל אֶת-הַשַּׁבָּת
לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרֹתָם בְּרִית
עוֹלָם. בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל—אֹת
הִיא לְעֹלָם: כִּי-שֵׁשֶׁת יָמִים עָשָׂה
יְהוָה אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ וּבַיּוֹם
הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׂ בְּרוּךְ אַתָּה יְיָ
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם בּוֹרֵא פְּרִי הַגֶּפֶן:

The children of Israel shall observe the Shabbat, by establishing the Shabbat for their generations as an eternal covenant. Between Me and the Children of Israel it is an eternal sign, that in six days God made the heavens and the earth, and on the seventh day God ceased from work and rested. Blessed are You, Eternal One our God, Sovereign of the universe, who creates the fruit of the vine.

Vesham-ru vnei Yisrael et ha-Shabbat, la'asot et ha-Shabbat ledor-otam brit olam. Beini u-vein b-nei Yisrael ot hi le'olam. Ki sheshet yamim asah Adonai et hasham-ayim ve-et ha-aretz uva-yom hash-viy'iy shavat vayin-afash. Barukh atah Adonai eloheinu melek ha'olam borei priy hagafen.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם הַמוֹצִיא לֶחֶם
מִן הָאָרֶץ



Blessed are you, Eternal One our God, ruler of the universe who brings forth bread from the earth.

Barukh ata Adonai Eloheinu melek ha'olam hamotzi lekhem min ha-aretz.