

# סידור למחנה



## CAMP SIDDUR



WILSHIRE BOULEVARD  
TEMPLE CAMPS  
MALIBU, CALIFORNIA













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When encountering symbols during the service, only include the indicated prayers at the appropriate time.

**Key:**

	Maariv	Evening service	מַעְרִיב
	Shacharit	Morning service	שַׁחֲרִית
 	Erev Shabbat	Shabbat evening	עֶרֶב שַׁבָּת
 	Shabbat Shacharit	Shabbat morning	שַׁבָּת שַׁחֲרִית

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## Table of Contents

<b>Erev Shabbat</b>	 	<b>ערב שַׁבַּת</b>
Kabbalat Shabbat	1	קַבְלַת שַׁבַּת
Lecha Dodi	3	לְכֵה דוֹדִי
<b>Shacharit</b>		<b>שַׁחֲרִית</b>
Modeh Ani	6	מוֹדֵה אֲנִי
Ma Tovu	7	מֵה-טֹבוּ
Nissim B'chol Yom	9	נִסִּים בְּכָל יוֹם
<b>Shema and Its Blessings</b>		<b>שְׁמַע וּבְרָכוֹתֶיהָ</b>
Barechu	11	בָּרְכוּ
Maariv Aravim	13	מַעְרִיב עֲרָבִים
Yotzer Or	15	יוֹצֵר אוֹר
Ahavah	17	אַהֲבָה
Shema	19	שְׁמַע
V'ahavta	21	וְאַהֲבָתָה
Mi Chamocha	23	מִי-כְמוֹכָה
<b>Amida</b>	27	<b>עֲמִידָה</b>
Avot v'Imahot	29	אֲבוֹת וְאִמּוֹת
G'vurot	31	גְּבוּרוֹת
Kedusha	33	קְדֻשָּׁה
Modim	39	מוֹדִים
Shalom	41	שָׁלוֹם
<b>Torah Service</b>	45	<b>סֵדֵר קְרִיאַת הַתּוֹרָה</b>
Mi Shebeirach	48	מִי שֶׁבִּירַךְ
<b>Concluding Prayers</b>		
Community Prayers	49	תְּפִלוֹת הַקְהֵלָה
Aleinu	51	עֲלֵינוּ
Kaddish	53	קַדִּישׁ יְתוֹם
Adon Olam	55	אֲדוֹן עוֹלָם



**S**halom everyone and welcome to your camp siddur. One of the best things about camp is we have the opportunity to challenge ourselves with new things every day. We evolve, we grow, and we learn. We make new friends. We try new things like sports, arts and crafts, climbing the rock wall, or even new foods. We try things, that outside of this place may seem too scary, but here seem exciting, safe, and fun. And for us as Jews, prayer is no different. At camp, we can push ourselves to explore new ways of looking at things, yet do it in a way that is still familiar to us in a place that we love.

The previous version of this siddur, this prayer book, was mostly empty space, solely in black and white, and felt unfinished. We were challenged to bring this book alive and we have succeeded. From photographs, to drawings, to paintings, to creative writings and Jewish thought, we filled in the gaps with our colorful artistic expression. This siddur is truly ours.

So I offer a new challenge. As we make our way through the siddur together, enter into it with a focused intention. Ask yourself, “Why was this photograph paired with this prayer?” “How does this piece of art relate to the meaning?” “How do these quotes relate to each other?”, and ultimately, “How do I relate to this siddur and how does it relate to me?”

I look forward to taking this sacred journey with you as we enter the conversation that is our Jewish tradition.



L'Shalom,

Rabbi David Eshel

# קַבֵּלֶת שַׁבָּת



מַה יָּפֶה הַיּוֹם, שַׁבָּת שְׁלוֹם.  
Mah yafeh hayom, Shabbat shalom  
How lovely today is, Shabbat shalom.

שִׁירוּ לִי כָּל-הָאָרֶץ, שִׁירוּ לִי שִׁיר חָדָשׁ.  
Shiru ladonai kol ha'aretz, shiru ladonai shir chadash.  
Sing unto God, all the earth, a new song.  
I will sing unto God a new song.  
Sing unto God and we'll all sing along,  
all the earth, a new song, unto God.

בּוֹאִי כָלָה - לְכָה דוֹדִי לְקִרְאָת כָּלָה. פְּנֵי שַׁבָּת נִקְבְּלָה.  
Bo'i kallah - L'cha Dodi likrat kalah, p'nei Shabbat n'kab'lah.  
Beloved, come to meet the bride; beloved come to greet Shabbat

Dodi li vaani lo	דוֹדִי לִי וְאֲנִי לוֹ,
haro-eh bashoshanim.	הָרֵעָה בְּשׁוֹשָׁנִים.
Mi zot olah min hamidbar,	מִי זֹאת עֹלָה מִן-הַמִּדְבָּר,
m'kuteret mor ul'vonah?	מִקְטֶרֶת מוֹר וּלְבוֹנָה?
Libavtini achoti chalah.	לִבַּבְתִּינִי, אֲחֹתִי כָלָה.
Uri tzafon uvo-i teiman.	עוֹרִי צָפוֹן וּבּוֹאִי תֵימָן.

My beloved is mine and I am my beloved's who browses among the lilies.  
Who is this that comes up from the desert, in clouds of myrrh and frankincense?  
You have captured my heart, my sister, my bride. Awake, O north wind, come, O south wind!

What are ways that you can welcome Shabbat?  
How can you make Shabbat a different day from the rest of the week?  
What are ways you can find in your day to rest?  
How can resting on Shabbat help you face the upcoming week?

Erev Shabbat  
Kabbalat Shabbat  
Lecha Dodi  
Shacharit  
Shema and Its Blessings

# Welcoming Shabbat

## *Kabbalat Shabbat*



# לְכָה דוּדִי

Lecha dodi likrat kallah. לְכָה דוּדִי לְקִרְאֵת כַּלָּה.  
P'nei shabbat nekebla. פְּנֵי שַׁבָּת נִקְבְּלָה.



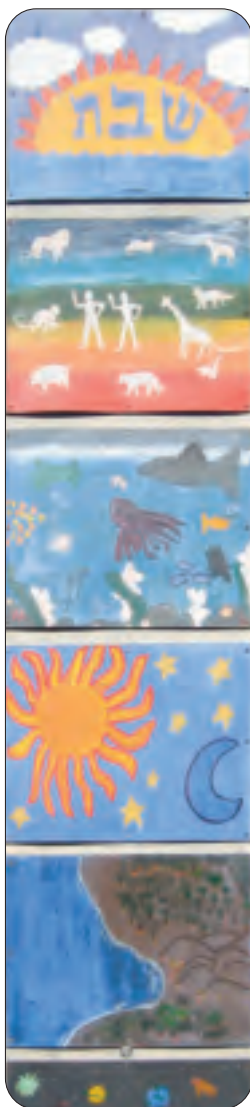
Shamor v'zachor b'dibur echad,	שְׁמור וְזָכור בְּדִבּוּר אֶחָד,
hishmi'anu el hamuchad	הִשְׁמִיעֵנוּ אֶל הַמִּיחָד.
Adonai echad ushmo echad.	יְיָ אֶחָד וּשְׁמוֹ אֶחָד.
L'shem ultif'eret v'lit'hila.	לְשֵׁם וּלְתִפְאֶרֶת וּלְתִהְלָה.
Lecha...	לְכָה...
Likrat Shabbat lechu v'nelcha.	לְקִרְאֵת שַׁבָּת לָכוּ וְנִלְכָה.
Ki hi m'kor hab'racha	כִּי הִיא מְקוֹר הַבְּרָכָה.
merosh mi'kedem nesucha.	מֵרֵאשׁ מִקֶּדֶם נְסוּחָה.
Sof ma'aseh b'machshava t'chilah.	סוֹף מַעֲשֵׂה בְּמַחֲשָׁבָה תִּחְלָה.
Lecha...	לְכָה...
Hitoreri hitoreri.	הִתְעוֹרְרִי הִתְעוֹרְרִי.
Ki vah orech kumi ori.	כִּי בָּא אוֹרְךָ קוּמִי אוֹרִי.
Uri uri shir daber.	עוֹרִי עוֹרִי שִׁיר דַּבֵּר.
K'vod Adonai aleich niglah.	כְּבוֹד יְיָ עָלֶיךָ נִגְלָה.
Lecha...	לְכָה...
Bo'i v'shalom ah'teret ba'ala.	בּוֹאִי בְּשָׁלוֹם עֲטֶרֶת בַּעֲלָה.
Gam b'simcha uv'tzoholah	גַּם בְּשִׂמְחָה וּבִצְהֻלָּה.
Toch emuneh am segulah.	תּוֹךְ אֱמוּנָתִי עִם סִגְלָה.
Bo'i challah, bo'i challah.	בּוֹאִי כָלָה, בּוֹאִי כָלָה.
Lecha...	לְכָה...

Beloved, come to meet the bride; beloved come to greet Shabbat.  
 "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.  
 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.  
 Awake, awake, your light has come! Arise, shine, awake and sing:  
 the Eternal's glory dawns upon you.  
 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!

Erev Shabbat  
Kabbalat Shabbat  
**Lecha Dodi**  
Shacharit  
Shema and its Blessings

# The Sabbath Bride

## *Lecha Dodi*



To continue with Erev Shabbat services, turn to page 11.

# שַׁחֲרִית

## Morning Service



It is our tradition to begin our day with saying, “Thank You!” The instant we wake up we are overcome with gratitude. Thank You God for helping me wake up to another day of living and striving to be holy and living up to my role as Your partner in creation.

What will you do today to show how thankful you are for this new day?



Erev Shabbat  
Shacharit  
Modeh Ani  
Ma Tovu  
Nissim b'chol Yom

# מוֹדָה אֲנִי *Modeh Ani*

מוֹדָה / מוֹדָה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,  
שֶׁהֵחֵזַרְתָּ בִּי נִשְׁמָתִי בְּחֶמְלָה רַבָּה אֶמוּנָתְךָ.

MODEH/MODAH ani l'fanecha, Melech chai v'kayam,  
she-hechezarta bi nishmati b'chemlah, rabbah emunatecha.

I offer thanks to You, ever-living Sovereign, that You have restored my soul  
to me in mercy: How great is Your trust.



# מה טוב


MAH TOVU ohalecha Yaakov,  
mishk'notecha, Yisrael!

Vaani b'rov chasd'cha avo veitecha,  
eshtachaveh el heichal kodsh'cha  
b'yiratecha.

Adonai, ahavti m'on beitecha  
um'kom mishkan k'vodecha.

Vaani eshtachaveh v'echraah,  
evr'chah lifnei Adonai osi.

Vaani t'filati l'cha, Adonai, eit ratzon.  
Elohim, b'rov chasdecha,  
aneini be-emet yishecha.

מה טוב אהלֵיךָ יַעֲקֹב,   
מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

וְאֲנִי בְּרֹב חֶסֶדְךָ אָבוֹא בֵּיתְךָ,  
אֶתְחַוֶּה אֶל הַיֵּכָל קֹדֶשׁ  
בְּיִירָאֲתְךָ.

יְיָ אֶהְבְּתִי מֵעוֹן בֵּיתְךָ,  
וּמִקוֹם מִשְׁכַּן כְּבוֹדְךָ.

וְאֲנִי אֶשְׁתַּחֲוֶה וְאֶכְרָעָה,  
אֲבָרְכָה לִפְנֵי יְיָ עָשִׂי.

וְאֲנִי, תַּפְלִלְתִּי לְךָ יְיָ, עֵת רָצוֹן,  
אֱלֹהִים בְּרֹב חֶסֶדְךָ,  
עֲנֵנִי בְּאֵמֶת יִשְׁעֶךָ.

HOW FAIR are your tents, O Jacob, your dwellings, O Israel. I through Your abundant love, enter Your house; I bow down in awe at Your holy temple. Adonai, I love Your temple abode, the dwelling-place of Your glory. I will humbly bow down low before Adonai, my Maker. As for me, may my prayer come to You, Adonai, at a favorable time. O God, in Your abundant faithfulness, answer me with Your sure deliverance.



Erev Shabbat  
Shacharit  
Modeh Ani  
**Ma Tov**  
Nissim b'chol Yom

# How lovely are your tents...

## *Ma Tov*



The beauty of this place fills me with awe. In this place I feel like I can find You. Whether we pray in the Beit Kneset, at home, in our cabin, in the te'atron, on the beach, or overlooking the ocean, it is possible to feel the love and reverence of that place being the place where God lives.

# נִסִּים בְּכָל יוֹם

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
Zokeif k'fufim.

Praise to You, Adonai our God, Sovereign of the universe, who lifts up the fallen.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
זוֹקֵף כְּפוּפִים.



Baruch atah, Adonai  
Eloheinu, Melech haolam,  
Hanotein laya-eif ko-ach.

Praise to You, Adonai our God, Sovereign of the universe, who gives strength to the weary.

בָּרוּךְ אַתָּה יי  
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם  
הַנוֹתֵן לַיָּעִף כֹּחַ.



What role do we play in the daily blessings?  
What are the daily blessings in your life?



Erev Shabbat  
Shacharit  
Modeh Ani  
Ma Tovu  
Nissim b'chol Yom

# Daily Miracles

## *Nissim B'chol Yom*

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
She-asani b'tzelem Elohim.

ברוך אתה יי  
אלהינו מלך העולם  
שעשני בצלם אלהים.



Praise to You, Adonai our God, Sovereign of the universe, who made me in the image of God.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
She-asani bein/bat chorin.

ברוך אתה יי  
אלהינו מלך העולם  
שעשני בן/בת חורין.



(male/female)

Praise to You, Adonai our God, Sovereign of the universe, who has made me free.

What are the daily blessings of camp?  
How can you be a blessing at camp?



# בָּרְכוּ

## *Barchu*

The evening service begins here.

בָּרְכוּ אֶת יְיָ הַמְּבָרֵךְ  
בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד

BAR'CHU et Adonai ham'vorach!  
Baruch Adonai ham'vorach l'olam va-ed!

PRAISE ADONAI to whom praise is due forever!  
Praised be Adonai to whom praise is due, now and forever!



The Barchu is our call to prayer. Like the sound of the shofar, it gets our attention, asking us if we are ready. What calls you to be here at camp?



Shema and Its Blessings  
Barchu  
Nature - Creation  
God's Love  
Shema

# Shema and Its Blessings



# מַעֲרִיב עֶרְבִים

BARUCH atah, Adonai

Eloheinu, Melech haolam,

asher bid'varo maariv aravim,

b'chochmah potei-ach sh'arim,

uvit'vunah m'shaneh itim

umachalif et haz'manim,

um'sader et hakochavim,

b'mishm'roteihem

barakia kirtzono.

Borei yom valailah,

goleil or mipnei choshech

v'choshech mipnei or,

umaavir yom umeivi lailah,

umavdil bein yom uvein lailah,

Adonai Tz'vaot sh'mo.

El chai v'kayam,

tamid yimloch aleinu

l'olam va-ed.

Baruch atah, Adonai,

hamaariv aravim.

בָּרוּךְ אַתָּה יְיָ,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר בְּדַבְרוֹ מַעֲרִיב עֶרְבִים,

בְּחֶכְמָה פּוֹתֵחַ שְׁעָרִים,

וּבִתְבוּנָה מְשַׁנֶּה עֵתִים,

וּמַחְלִיף אֶת הַיָּמִים,

וּמַסְדֵּר אֶת הַכּוֹכָבִים,

בְּמִשְׁמְרוֹתֵיהֶם

בְּרָקִיעַ כְּרָצוֹנוֹ.

בוֹרֵא יוֹם וְלַיְלָה,

גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ,

וְחֹשֶׁךְ מִפְּנֵי אוֹר.

וּמַעֲבִיר יוֹם וּמַבִּיא לַיְלָה,

וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה,

יְיָ צְבָאוֹת שְׁמוֹ.

אֵל חַי וְקַיָּם,

תָּמִיד יִמְלֹךְ עָלֵינוּ

לְעוֹלָם וָעֶד.

בָּרוּךְ אַתָּה יְיָ,

הַמַּעֲרִיב עֶרְבִים.

PRAISED are You, Adonai our God, Ruler of the universe, who speaks the evening into being, skillfully opens the gates, thoughtfully alters the time and changes the seasons, and arranges the stars in their heavenly courses according to plan. You are Creator of day and night, rolling light away from darkness and darkness from light, transforming day into night and distinguishing one from the other; Adonai Tz'vaot is Your name. Ever-living God, may You reign continually over us into eternity.

Praise to You, Adonai, who brings on evening.



Shema and Its Blessings  
Barchu  
**Nature - Creation**  
God's Love  
Shema

# Nature - Creation


## *Ma'ariv Aravim*



We thank you, O God, for this new day, for morning sun and evening star, for flowering trees, for the rain and the cool breeze, for the turning seasons, and for all Your wonderful creation.

# יוצר אור

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
yotzeir or uvorei choshech,  
oseh shalom uvorei et hakol.  
Hamei-ir laaretz v'ladarim  
aleha b'rachamim,  
uv'tuvo m'chadeish b'chol yom  
tamid maaseih v'reishit.  
Mah rabu maasecha, Adonai,  
kulam b'chochmah asita,  
mal'ah haaretz kinyanecha.  
Titbarach, Adonai Eloheinu,  
al shevach maaseih yadecha  
v'al m'orei or she-asita,  
y'faarucha selah.  
Or chadash al Tzion tair,  
v'nizkeh chulanu m'heirah l'oro.  
Baruch atah, Adonai,  
yotzeir ham'orot.

ברוך אתה יי,   
אלהינו מלך העולם,  
יוצר אור, ובורא חשך,  
עשה שלום ובורא את הכל.  
המאיר לארץ ולדרי  
עליה ברחמים,  
ובטובו מחדש בכל יום  
תמיד מעשה בראשית.  
מה רבו מעשיך יי,  
כלם בחכמה עשית,  
מלאה הארץ קניינך.  
תתברך יי אלהינו  
על שבח מעשה ידיך.  
ועל מאורי אור שעשית  
יפארוך סלה.  
אור חדש על ציון תאיר,  
וניזכה כלנו מהרה לאורו.  
ברוך אתה יי  
יוצר המאורות.

PRAISED ARE YOU, Adonai our God, Sovereign of the universe, Creator of light and darkness, who makes peace and fashions all things. In mercy, You illumine the world and those who live upon it. In Your goodness You daily renew creation. How numerous are Your works, Adonai! In wisdom, You formed them all, filling the earth with Your creatures. Be praised, Adonai our God, for the excellent works of Your hands, and for the lights You created; may they glorify You. Shine a new light upon Zion, that we all may swiftly merit its radiance.

Praised are You, Adonai, creator of all heavenly lights.

Shema and Its Blessings  
Barchu  
**Nature - Creation**  
God's Love  
Shema

# Nature - Creation

## *Yotzer Or*



When our eyes look out on our world and when we see its beauty, we come to see Your wisdom and goodness. We awake and behold a new day! O God, teach us to recognize You in all of Your creation. Then we will praise You for all Your gifts and turn our heads to You in thanks. We praise You, O God, for the wonder of creation.



God was in this place and I did not know. *Genesis 28:16*

# אַהֲבָה

## *Ahavat Olam*



אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אַהֲבַת, תּוֹרָה וּמִצְוֹת, חֻקִּים  
וּמִשְׁפָּטִים, אוֹתָנוּ לְמַדָּת עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבִקְוֵמֵנוּ  
נִשְׂמַח בְּחֻקֶיךָ, וְנִשְׁמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.  
כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְיָה יוֹמָם וְלַיְלָה, וְאַהֲבַתְךָ  
אֵל תִּסֵּר מִמֶּנּוּ לְעוֹלָמִים. בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

AHAVAT OLAM beit Yisrael amcha ahavta, Torah umitzvot, chukim  
umishpatim, otanu limad'ta, Al kein, Adonai Eloheinu, b'shochveinu  
uv'kumeinu nasiach b'chukeicha, v'nismach b'divrei Torat'cha  
uv'mitzvotcha l'olam va-ed. Ki heim chayeinu v'orech yameinu  
uvahem neh'geh yomam valailah. V'ahavat'cha al tasir mimenu  
l'olamim. Baruch atah, Adonai, ohev amo Yisrael.

EVERLASTING LOVE You offered Your people Israel by teaching us Torah and  
mitzvot, laws and precepts. Therefore, Adonai our God, when we lie down and  
when we rise up, we will meditate on Your laws and Your commandments. We  
will rejoice in Your Torah forever. Day and night we will reflect on them for they  
are our life and doing them lengthens our days. Never remove Your love from  
us. Praise to You, Adonai, who loves Your people Israel.



# God's Love

## *Ahavah Rabbah*



אַהֲבָה רַבָּה אֶהְבְּתֵנוּ, יְיָ אֱלֹהֵינוּ, חֲמֵלָה גְדוֹלָה וַיִּתֵּרָה חֲמֵלָתָּ  
עָלֵינוּ. בַּעֲבוּר אַבוֹתֵינוּ וְאֻמוֹתֵינוּ שֶׁבָּטְחוּ בָךְ, וַתִּלְמְדֵם חֻקֵּי  
חַיִּים, כֵּן תִּחַנֵּנֵנוּ וַתִּלְמְדֵנוּ. הַמְרַחֵם, רַחֵם עָלֵינוּ, וְתֵן בְּלִבֵּנוּ  
לְהִבִּין וּלְהַשְׁכִּיל, לְשֹׁמֵעַ, לְלֹמֵד וּלְלַמֵּד, לְשֹׁמֵר וּלְעֹשׂוֹת וּלְקַיֵּם  
אֶת כָּל דְּבָרֵי תִלְמוּד תּוֹרַתְךָ בְּאַהֲבָה. בְּרוּךְ אַתָּה יְיָ, הַבוֹחֵר  
בְּעַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה.

AHAVAH rabbah ahavtanu, Adonai Eloheinu, chemlah g'dolah viteirah chamalta aleinu. Baavur avoteinu v'imoteinu shebat'chu v'cha vat'lamdeim chukei chayim, kein t'choneinu ur'lamdeinu. Ham'racheim, racheim aleinu, v'tein b'libeinu l'havin ul'haskil, lishmo-a, lilmod ul'ameid, lishmor v'laasot ul'kayeim et kol divrei Talmud Toratecha b'ahavah. Baruch atah, Adonai, habocheir b'amo Yisrael b'ahavah.

HOW DEEPLY You have loved us Adonai, our God, gracing us with surpassing compassion! On account of our fore-bearers whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and, lovingly, to observe, perform, and fulfill all that is in Your Torah. Praised be You, Adonai, who chooses Your people Israel in love.

I know there are people who love me. My family, my friends, maybe even my pet. Now I am beginning to understand that Your love, God, is the source of all love. Your love helps to teach me how to live my life, how to do what is right, especially when there are temptations to do otherwise. Loving and learning is deeply connected to You.

When love depends on something other than itself, when that something disappears, love disappears. But when love does not depend on something other than itself, that love will never disappear.

- Pirkei Avot 5:16

# שְׁמַע

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.  
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!  
Baruch shem k'vod malchuto l'olam va-ed.

Hear, O Israel, Adonai is our God, Adonai is One!  
Blessed is God's glorious majesty forever and ever.





Shema and Its Blessings

**Shema**

V'ahavta

Mi Chamocha

Amida

# Listen *Shema*



# וְאַהֲבַת

וְאַהֲבַת אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לִבְּךָ, וּבְכָל-נַפְשְׁךָ, וּבְכָל-מַאֲדְךָ. וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֶנְכִי מְצַוְךָ הַיּוֹם, עַל-לִבְּךָ. וְשִׁנַּנְתָּם  
לְבָנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבִלְכֻתְךָ בְּדֶרֶךְ, וּבְשֹׁכְבְּךָ,  
וּבְקוּמְךָ. וְקִשְׁרָתָם לְאוֹת עַל-יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ,  
וְכִתְבָתָם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ.  
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:  
אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרָיִם, לִהְיוֹת  
לְכֶם לֵאלֹהִים, אֲנִי יְיָ אֱלֹהֵיכֶם:

V'AHAVTA et Adonai Elohecha, b'chol l'av'cha uv'chol nafsh'cha  
uv'chol m'odecha. V'hayu had'varim ha-eileh asher anochi m'tzav'cha  
hayom al l'avecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha  
b'veitecha uv'lecht'cha vaderech uv'shochb'cha uv'kumecha.  
Uk'shartam l'ot al yadecha v'hayu l'totafot bein einecha. Uch'tavtam  
al m'zuzot beitecha uvish'arecha.

L'maan tizk'ru vaasitem et kol mitzvotai vih'yitem k'doshim  
l'Eloheichem. Ani Adonai Eloheichem, asher hotzeiti et-chem mei-  
eretz Mitzrayim lih'yot lachem l'Elohim ani Adonai Eloheichem.

AND YOU SHOULD LOVE Adonai your God with all your heart

With all your soul and with all of your might.

And all these words which I command you on this day shall be in your heart.

And you should teach them diligently unto your children.

And you should speak of them when you sit in your house

When you walk by the way and when you rise up,

and when you lie down.

And you should bind them for a sign upon your hand,

And they shall be for frontlets between your eyes.

And you should write them on the doorposts of your house, and upon your gates.

That you may remember and do all of My commandments,

and be holy unto your God.



Shema and Its Blessings

Shema

**V'ahavta**

Mi Chamocha


Amida

# And You Shall Love *V'ahavata*



What does it mean to love with all your heart, all your soul, and all your might? How is our life here at camp just like each part of this prayer?

# מִי כַמּוֹחַ


MI CHAMOCHAH ba-eilim, Adonai?	מִי כַמּוֹחַ בְּאֵלִים יִי? 
Mi kamochah nedar bakodesh,	מִי כַמּוֹחַ נֶאֱדָר בְּקֹדֶשׁ,
nora t'hilot, oseh fele?	נוֹרָא תְהִילֹת, עֹשֶׂה פֶלֶא?
Malchut'cha ra-u-vanecha,	מַלְכוּתְךָ רָאוּ בְנֶיךָ
bokei-a yam lifnei Moshe.	בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,
Zeh Eli, anu v'amru,	זֶה אֱלֹהֵינוּ וְאָמְרוּ:
Adonai yimloch l'olam va-ed!	יִי יִמְלֹךְ לְעוֹלָם וָעֶד.
V'ne-emar: ki fadah Adonai et Yaakov, יַעֲקֹב,	וְנֵאמַר: כִּי פָדָה יִי אֶת יַעֲקֹב,
ug'alo miyad chazak mimenu.	וְגָאֵלוֹ מִיַּד חָזַק מִמֶּנּוּ.
Baruch atah, Adonai, gaal Yisrael.	בָּרוּךְ אַתָּה יִי גֵאֵל יִשְׂרָאֵל:

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. "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.



# Who is Like You?

## *Mi Chamocha*

MI CHAMOCHAH ba-eilim, Adonai?	מִי כְמוֹכָה בָּאֵלִים יי? 
Mi kamochah nedar bakodesh,	מִי כְמוֹכָה נֹאדָר בְּקֹדֶשׁ,
nora t'hilot, oseh fele?	נֹרָא תְהִילֹת, עֹשֶׂה פֶלֶא?
Shirah chadasha shib'chu g'ulim	שִׁירָה חֲדָשָׁה שְׁבָחוּ גְאוּלִּים
l'shimcha al s'fat hayam.	לְשִׁמְךָ עַל שְׂפַת הַיָּם.
Yachad kulam hodu	יַחַד כָּלָם הוֹדוּ
v'himlichu v'amru:	וְהִמְלִיכוּ וְאָמְרוּ:
Adonai yimloch l'olam va-ed.	יְי יִמְלֹךְ לְעוֹלָם וָעֶד.
Tzur Yisrael,	צוּר יִשְׂרָאֵל,
kuman b'ezrat Yisrael	קוּמָה בְּעֶזְרַת יִשְׂרָאֵל,
uf'deih chinumecha Y'hudah v'Yisrael.	וּפְדֵיהַ כִּנְאֻמְךָ יְהוּדָה וְיִשְׂרָאֵל.
Go-aleinu Adonai Tz'vaot sh'mo,	גְּאֻלֵּנוּ יְי צְבָאוֹת שְׁמוֹ,
k'dosh Yisrael.	קְדוֹשׁ יִשְׂרָאֵל.
Baruch atah, Adonai, gaal Yisrael.	בָּרוּךְ אַתָּה יְי גָּאֵל יִשְׂרָאֵל:

WHO IS LIKE YOU, O God, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor; working wonders? With new song, inspired, at the shore of the Sea, the redeemed sang Your praise. In unison they all offered thanks. Acknowledging Your Sovereignty, they said: "Adonai will reign forever!"

Rock of Israel, rise in support of Israel and redeem Judah and Israel as You promised. Our redeemer, Adonai Tz'vaot is Your Name. Blessed are You, Adonai, who redeems Israel.

Every new day reminds us of God's wonderful creation. How great is the universe, and yet, how little we understand it. How small we seem to ourselves, and how mysterious is the God who created us. Yet our minds can make us more than we are. We can become like God in goodness. So help us to make our minds grow. Help us bring friendship and caring to others. Help us to add happiness to our world. Help us to speak the truth and listen with honest minds. Help us to free ourselves from selfishness and to use our powers for goodness.

# Hashkiveinu

During morning services, turn to page 27.

During evening services include:



HASHKIVEINU Adonai eloheinu l'shalom,, הַשְׁכִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם,  
v'ha'amideinu Shomreinu l'chayim וְהַעֲמִידֵנוּ שׁוֹמְרֵינוּ לְחַיִּים  
ufros aleinu sukkat shlomecha. וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלֹמֶךָ.

Baruch ata Adonai, בָּרוּךְ אַתָּה יְיָ,  
hapores sukkat shalom הַפּוֹרֵשׁ סִכַּת שָׁלוֹם  
aleinu v'al kol amo Yisrael עָלֵינוּ וְעַל כָּל עַמּוֹ יִשְׂרָאֵל  
v'al Yerushalayim. וְעַל יְרוּשָׁלַיִם.

GRANT, O GOD, that we lie down in peace, and raise us up, our Guardian, to life renewed. Spread over us the shelter of Your peace.

Blessed are You, Adonai, Guardian of Israel, whose shelter of peace is spread over us, over all Your people Israel, and over Jerusalem.



Shelter us beneath Thy wings, O Adonai. Guard us from all harmful things, O Adonai. Keep us safe throughout the night until we wake with morning's light. Teach us, God, wrong from right. Amen

# V'shamru

During morning services, turn to page 27.

On erev Shabbat include:



V'SHAMRU v'nei Yisrael et HaShabbat,	וְשָׁמְרוּ בְּנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
lassot et HaShabbat	לַעֲשׂוֹת אֶת הַשַּׁבָּת
l'dorotam b'rit olam.	לְדֹרוֹתָם בְּרִית עוֹלָם.
Beini u'vein b'nei Yisrael	בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
ot hi l'olam,	אוֹת הִיא לְעוֹלָם,
ki sheishet yamim asah Adonai	כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ
et hashamayim v'et haaretz,	אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
u'vayom hashvi-i shavat vayinafash.	וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֶשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat, observing, Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.



*One mitzvah leads to another mitzvah, and one transgression leads to another transgression. Pirkei Avot 4:2*

# עֲמִידָה

אֲדַנִּי שִׁפְתַּי תִּפְתָּח  
וּפִי יַגִּיד תְּהִלָּתְךָ.

that my mouth may declare Your praise.



to reach out, and to reach in towards You.



Amida  
Avot v'Imahot  
G'vurot  
Kedusha

# Amida

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

Adonai, open up my lips,



God, please help me to find the words, feelings and focus,

# אָבוֹת וְאִמֹּהוֹת



בְּרוּךְ 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 עֲלִיוֹן,  
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,  
וְזוֹכֵר חֲסִדֵי אָבוֹת וְאִמֹּהוֹת,  
וּמְבִיא גְּאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם וְעֶזְרַת שָׂרָה.

BARUCH atah Adonai Eloheinu v'Elohei avoteinu v'imoteinu,  
Elohei Avraham, Elohei Yitzchak v'Elohei Yaakov,  
Elohei Sarah, Elohei Rivkah, Elohei Rachel v'Elohei Lei-ah.  
Ha-El hagadol hagibor v'hanora, El elyon,  
gomeil chasadim tovim, v'koneih hakol,  
v'zocheir chasdei avot v'imahot,  
umeivi g'ulah liv'nei v'neihem l'maan sh'mo b'ahavah.  
Melech ozeir u'moshia u'magen.  
Baruch atah Adonai, magein Avraham v'ezrat Sarah.

BLESSED ARE YOU, Adonai, our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob, God of Sarah, God of Rebecca, God of Rachel, and God of Leah, the great, mighty and awesome God, transcendent God who bestows lovingkindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children for the sake of the Divine Name. Sovereign, Deliverer; Helper and Shield, Blessed are You, Adonai, Abraham's Shield and Sarah's Helper.



We thank You, God for all of those who have come before us. You were a personal God for each of our revered ancestors, and therefore we know, You are a personal God for us as well.



Amida  
Avot v'Imahot  
G'vurot  
Kedusha

# Ancestors

## *Avot v'Imahot*



Reflect on three things  
and it will lead you to the hand of goodness:  
Know where you come from.  
Know where you are going.  
Know before whom you stand.

- Pirkei Avot 3:1

Treat no one lightly and think nothing  
is useless, for everyone has his or her  
moment and everything has its place.

- Pirkei Avot 4:3

**Who in your life are you thankful for? Why?  
What have you learned from them? What do  
you hope to teach others because of them?**



# גְבוּרוֹת

ATAH gibor l'olam, Adonai,  
m'chayeih hakol (meitim) atah,  
rav l'hoshia

WINTER – Mashiv haruach  
umorid hagashem.

SUMMER – Morid hatal.

M'chalkeil chayim b'chesed,  
m'chayeih hakol (meitim)  
b'rachamim rabim,  
someich noflim,  
v'rofei cholim,  
umatir asurim,  
um'kayeim emunato lisheinei afar.  
Mi chamocha baal g'vurot  
umi domeh lach,  
melech meimit um'chayeh  
umatzmiach y'shuah.  
V'ne'eman ata l'hachayot  
hakol (meitim).  
Baruch ata Adonai,  
m'chayey hakol (meitim).

אתָּה גִבּוֹר לְעוֹלָם אֲדֹנָי,  
מְחַיֶּה הַכֹּל (מֵתִים) אַתָּה,  
רַב לְהוֹשִׁיעַ.

חָרֵף - מְשִׁיב הָרוּחַ

וּמוֹרִיד הַגֶּשֶׁם.

קָיַץ - מוֹרִיד הַטֶּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל (מֵתִים)

בְּרַחֲמִים רַבִּים,

סוֹמֵךְ נוֹפְלִים,

וְרוֹפֵא חוֹלִים,

וּמְתִיר אֲסוּרִים,

וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עָפָר,

מִי כְמוֹךָ בַּעַל גְּבוּרוֹת

וּמִי דוֹמֶה לָךְ,

מֶלֶךְ מֵמִית וּמְחַיֶּה

וּמַצְמִיחַ יְשׁוּעָה.

וְנֶאֱמָן אַתָּה לְהַחְיֹת

הַכֹּל (מֵתִים).

בָּרוּךְ אַתָּה יְיָ,

מְחַיֶּה הַכֹּל (מֵתִים).

YOU ARE FOREVER MIGHTY, Adonai; You give life to all (revive the dead).

Winter – You cause the wind to shift and rain to fall

Summer – You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

Blessed are You, Adonai, who gives life to all (revives the dead).

Amida  
Avot v'Imahot  
**G'vurot**  
Kedusha

# Strength *G'vurot*

Where and when do you find strength at camp?



If I am not for myself, who will be for me?  
But, if I am only for myself, what am I?  
And if not now, when?

- Pirkei Avot 1:14

In a place where there are no humans,  
you must strive to be human.

- Pirkei Avot 2:5

They will not hurt or  
destroy. They will beat their  
swords into plowshares and  
their spears into pruning  
hooks. Nation shall not lift  
up sword against nation and  
they will not learn war  
anymore.

- Isaiah 11:9 and 2:4

Weekday morning services continue on page 37. 

Shabbat morning services continue on page 35.   

# קְדוּשָׁה

## *Kedusha*

During weekday evenings include:

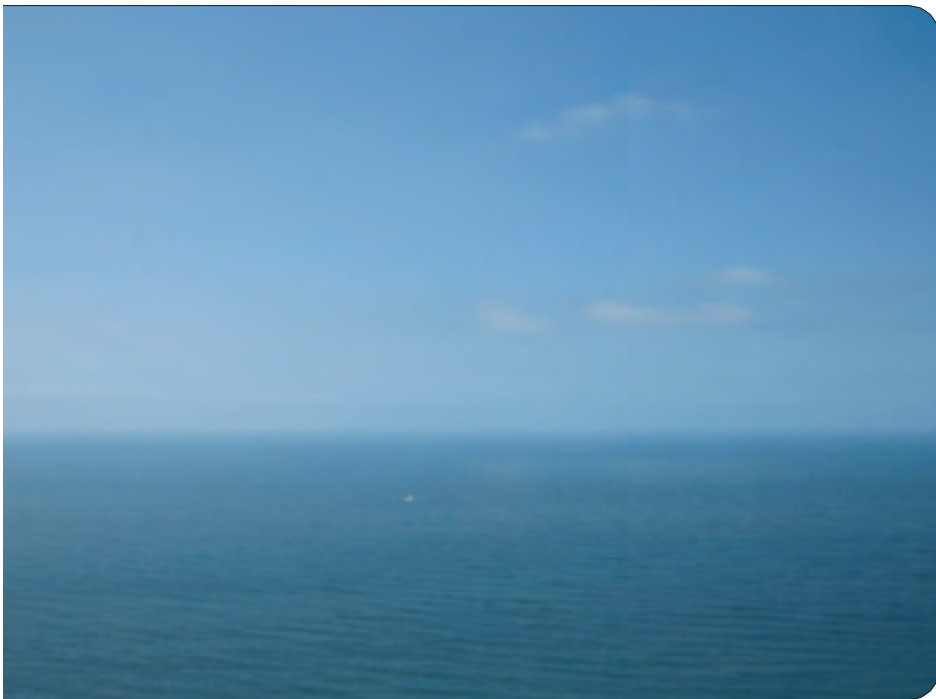


אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשִׁים בְּכָל יוֹם  
יְהַלְלוּךָ, סֵלָה. בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

ATAH kadosh v'shimcha kadosh uk'doshim b'chol yom  
y'hal'lucha, selah. Baruch atah, Adonai, Ha-El hakadosh.

YOU ARE HOLY, Your Name is holy, and those who are holy  
praise You every day. Blessed are You, Adonai, the holy God.

Weekday services continue on page 37.



Amida  
Avot v'Imahot  
G'vurot  
Kedusha

# Holiness

## *Kedushat HaYom*

On erev Shabbat include:

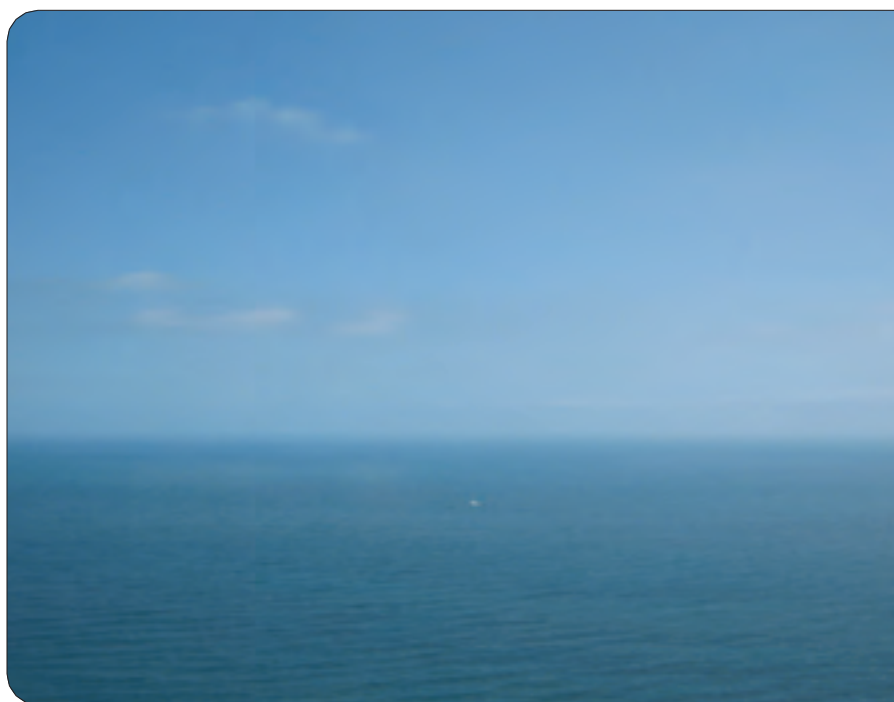


בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

**Baruch ata Adonai, m'kadesh haShabbat.**

Blessed are you Adonai, who sanctifies Shabbat.

“Be holy because I, Adonai your God am holy!” Leviticus 19:2  
What is holiness? How can we be holy?



# קְדוּשָׁה

## *Kedusha*

On Shabbat morning include:



N'KADEISH et shimcha baolam,  
k'sheim shemakdishim oto  
bish'mei marom,  
kakatuv al yad n'vi-echa,  
v'kara zeh el zeh v'amar:

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם,  
כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ  
בְּשָׁמַי מְרוֹם,  
כַּכְּתוּב עַל יַד נְבִיאֶךָ.  
וְקָרָא זֶה אֶל זֶה וְאָמַר:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְיָ צְבָאוֹת,

Kadosh, kadosh, kadosh Adonai Tz'vaot,

m'lo chol haaretz k'vodo.  
Adir adireinu, Adonai Adoneinu,  
mah adir shimcha b'chol haaretz.  
Baruch k'vod Adonai mimkomo.  
Echad hu Eloheinu, hu Avinu,  
hu Malkeinu, hu Moshi-einu,  
v'hu yashmi-einu b'rachamav  
l'eini kol chai.

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.  
אֲדִיר אֲדִירֵנוּ, יְיָ אֲדוֹנֵנוּ,  
מַה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.  
בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ.  
אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,  
הוּא מֶלֶכֵנוּ, הוּא מוֹשִׁיעֵנוּ,  
וְהוּא יְשַׁמֵּיעֵנוּ בְּרַחֲמָיו  
לְעֵינֵי כָּל חַי.

Ani Adonai Eloheichem.

אֲנִי יְיָ אֱלֹהֵיכֶם.

Yimloch Adonai l'olam,

יִמְלֹךְ יְיָ לְעוֹלָם,

Elohayich Tzion l'dor vador, hal'luyah. הַלְלוּיָהּ. אֱלֹהֶיךָ צִיּוֹן לְדֹר וָדֹר,

LET US SANCTIFY Your name on Earth as it is sanctified in the heavens above. As written by Your prophet:

Holy, holy, holy is Adonai Tz'vaot! God's Presence fills all the earth. Source of our strength, Sovereign One, how majestic is Your presence in all the earth.

Blessed is the presence of God, shining forth from where God dwells. God alone is our God and our Creator; our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai your God!

Adonai shall reign forever; Your God O Zion, for all generations, Hallelujah.

## Amida

Avot v'Imahot

G'vurot

Kedusha

L'DOR VADOR nagid godlecha	לְדוֹר וָדוֹר נָגִיד גִּדְלָךְ,
ul'neitzach n'tzachim	וּלְנִצַּח נִצָּחִים
k'dushat'cha nakdish,	קְדֻשַׁתְּךָ נְקַדִּישׁ,
v'shivchacha Eloheinu,	וְשִׁבְחָךְ, אֱלֹהֵינוּ,
mipinu lo yamush l'olam va-ed.	מִפִּינוּ לֹא יָמוּשׁ לְעוֹלָם וָעֶד,
Baruch atah, Adonai, Ha-El hakadosh.	בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ.

FOR ALL GENERATIONS we will tell of Your greatness and for all eternity proclaim Your holiness. Your praise, our God, will never depart from our mouths, for You are a Sovereign God, great and holy. Blessed are You Adonai, the holy God.

## V'shamru

On Shabbat morning include:



V'SHAMRU v'nei Yisrael et HaShabbat,	וְשָׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת,
lassot et haShabbat	לַעֲשׂוֹת אֶת הַשַּׁבָּת
l'dorotam b'rit olam.	לְדֹרוֹתָם בְּרִית עוֹלָם.
Beini u'vein b'nei Yisrael	בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל
ot hi l'olam,	אוֹת הִיא לְעוֹלָם,
ki sheishet yamim asah Adonai	כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ
et hashamayim v'et haaretz,	אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ,
u'vayom hashvi-i shavat vayinafash.	וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ.

THE PEOPLE OF ISRAEL shall keep Shabbat, observing, Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

On Shabbat morning, continue on page 41.

# עמידה

On weekdays, continue here:

ברוך אתה יי חונן הדעת. Baruch atah, Adonai chonein hadaat.

Blessed are You, Adonai who graces us with knowledge.

ברוך אתה יי הרוצה בתשובה. Baruch atah, Adonai harotzeh bit'shuvah.

Blessed are You, Adonai who welcomes repentance.

ברוך אתה יי המרבה לסלח. Baruch atah, Adonai hamarbeh lislo-ach.

Blessed are You, Adonai abounding in forgiveness.

ברוך אתה יי גואל ישראל. Baruch atah, Adonai go-eil Yisrael.

Blessed are You, Adonai who redeems Israel.

ברוך אתה יי רופא החולים. Baruch atah, Adonai rofei hacholim.

Blessed are You, Adonai who heals the sick.

ברוך אתה יי מברך השנים. Baruch atah, Adonai m'vareich hashanim.

Blessed are You, Adonai who blesses the years.

ברוך אתה יי פודה עשוקים. Baruch atah, Adonai podeh ashukim.

Blessed are You, Adonai who redeems the oppressed.

ברוך אתה יי אוהב צדקה ומשפט. Baruch atah, Adonai ohev tz'dakah umishpat.

Blessed are You, Adonai who loves righteousness and justice.

ברוך אתה יי שובר רשע מן הארץ. Baruch atah, Adonai shoveir resha min haaretz.

Blessed are You, Adonai who wills that the wicked vanish from the earth.

ברוך אתה יי משען ומבטח לצדיקים. Baruch atah, Adonai mishan umivtach latzadikim.

Blessed are You, Adonai the staff and the stay of the righteous.



## Amida

continued

Hoda'ah

Prayers of Peace

Prayers of the Heart

# Amida

**Baruch atah, Adonai, notein shalom biYrushalayim.** בָּרוּךְ אַתָּה יְיָ, נֹתֵן שְׁלוֹם בִּירוּשָׁלַיִם.

Blessed are You, Adonai, who gives peace to Jerusalem.

**Baruch atah, Adonai, matzmiach keren y'shuah.** בָּרוּךְ אַתָּה יְיָ, מַצְמִיחַ קֶרֶן יְשׁוּעָה.

Blessed are You, Adonai, who causes salvation to flourish.

**Baruch atah, Adonai, shomei-a t'filah.** בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵעַ תְּפִלָּה.

Blessed are You, Adonai, who hearkens to prayer.

**Baruch atah, Adonai, hamachazir Shechinato l'Tzion.** בָּרוּךְ אַתָּה יְיָ, הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן.

Blessed are You, Adonai, whose Presence returns to Zion.

Where there is no bread, there will be no Torah.

Where there is no Torah, there will be no bread.

— Pirkei Avot 3:17

It is not your responsibility to finish the work.

But you are not free to avoid it.

— Pirkei Avot 2:16

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

— Pirkei Avot 1:2

All is foreseen,  
yet free choice is given.  
By goodness is the world judged.  
Yet all things depend on our actions.

— Pirkei Avot 3:15

Rabbi Yehuda said, "Do not look at the bottle, rather what is inside."

— Pirkei Avot 4:20

Who is wise? Those who learn from all people.

Who is strong? One who is slow to anger and rules his or her spirit.

Who is rich? Those who are happy with what they have.

— Pirkei Avot 4:1

# מודים

MODIM anachnu lach,	מודים אנחנו לך,
shaatah hu	שאתה הוא,
Adonai Eloheinu v'Elohei	יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי
avoteinu v'imoteinu	אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,
l'olam va-ed.	לְעוֹלָם וָעֶד.
Tzur chayeinu,	צוּר חַיֵּינוּ,
magein yisheinu,	מָגֵן יִשְׁעֵנוּ,
atah hu	אַתָּה הוּא
l'dor vador.	לְדוֹר וָדוֹר.
Baruch atah, Adonai,	בָּרוּךְ אַתָּה יְיָ,
hatov shimcha	הַטוֹב שִׁמְךָ
ul'cha na-eh l'hodot.	וְלָךְ נֶאֱדָה לְהוֹדוֹת.

WE ACKNOWLEDGE with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

What are you thankful for? Who are you thankful for?  
How do you show your gratitude?



Amida  
continued  
**Hoda'ah**  
Prayers of Peace  
Prayers of the Heart

# Giving Thanks

## *Modim*



# שָׁלוֹם

## Shalom Rav



שָׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ תָּשִׁים לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן  
לְכָל הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל, בְּכָל עֵת וּבְכָל  
שָׁעָה בְּשָׁלוֹמְךָ. בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

SHALOM RAV al Yisrael amcha tasim l'olam, ki atah hu Melech Adon  
l'chol hashalom. V'tov b'einecha l'vareich et amcha Yisrael b'chol eit  
uv'chol shah bish'lomecha.

Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

GRANT ABUNDANT peace to Israel Your people forever; for You are the Sovereign  
God of all peace. May it be pleasing to You to bless Your people Israel, in every  
season and moment with Your peace.

Blessed are You, Adonai, who blesses Your people Israel with peace.



# Peace *Shalom*

## Sim Shalom



שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חַן וְחֶסֶד וְרַחֲמִים, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל  
עַמְּךָ. בְּרַכְנוּ, יוֹצְרֵנוּ, בְּלֵנוּ כְּאַחַד בְּאוֹר פְּנִיךָ, כִּי בְאוֹר פְּנִיךָ נִתַּת לָנוּ, יְיָ  
אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד, וּצְדִיקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים  
וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה  
בְּשָׁלוֹמְךָ. בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

SIM SHALOM tovaḥ uv'rachah, chein vachessed v'rachamim, aleinu v'al kol  
Yisrael amecha. Bar'cheinu, yotzreinu, 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'rov b'einecha  
l'vareich et amcha Yisrael b'chol eit uv'chol sha'ah bish'lomecha  
Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

GRANT PEACE, goodness and blessing, grace, kindness, and mercy, to us and to all Your  
people Israel. Bless us, our Creator; all of us together; through the light of Your Presence.  
Truly through the light of Your Presence, Adonai our God, You gave us a Torah of life –  
the love of kindness, justice and blessing, mercy, life, and peace. May You see fit to bless  
Your people Israel, at all times, at every hour; with Your peace.  
Praised are You Adonai, who blesses Your people Israel with peace.

Please help us to bring peace to our world.  
Help bring peace to us, to all Israel, and all humanity.





# תְּפִילַּת הַלֵּב

Yih'yu l'ratzon imrei fi

v'hegyon libi l'fanecha,

Adonai tzuri v'go-ali.

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

יְהִי לְרָצוֹן אֱמֹרֵי פִי

וְהִגִּיוֹן לִבִּי לְפָנֶיךָ,

יְיָ צוּרִי וְגוֹאֲלִי.



Amida  
continued  
Hoda'ah  
Prayers of Peace  
Prayers of the Heart

# Prayers of the Heart

## *T'filat HaLev*

Oseh shalom bimromav,

hu yaaseh shalom aleinu,

v'al kol Yisrael, v'imru: Amen

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

עֹשֶׂה שָׁלוֹם בְּמִרְוֹמָיו,

הוא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,

וְעַל כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.





# סֵדֵר קְרִיאַת הַתּוֹרָה

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad

HEAR O ISRAEL, Adonai is our God, Adonai is One

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדוֹנֵנוּ, קְדוֹשׁ שְׁמוֹ.

Echad Eloheinu gadol Adoneinu, kadosh sh'mo

OUR GOD IS ONE, Adonai is great, holy is God's Name.

גִּדְּלוּ לַיְיָ אִתִּי, וְנִרְוַמְמָה שְׁמוֹ יַחְדָּו.

Gadlu l'Adonai iti, un'rom'mah sh'mo yachdav.

EXALT ADONAI with me, let us extol God's name together.

בֵּית יַעֲקֹב לְכוּ וְנִלְכֶּה בְּאוֹר יְיָ.

Beit Ya'akov l'chu v'nelcha b'or Adonai.

HOUSE OF JACOB, come let us walk in the light of Adonai.

## Hakafah

## Torah Processional

לְךָ יְיָ הַגְדָּלָה וְהַגְבוּרָה וְהַתְפָּאָרַת וְהַנִּצָּח וְהַהוֹד, כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ.  
לְךָ יְיָ הַמְּמֻלָּכָה וְהַמִּתְנַשֵּׂא לְכָל לְרֹאשׁ.

L'cha Adonai hag'dulah v'hag'vurah v'hatiferet v'haneitzach v'hahod, ki-chol  
bashamayim uvaaretz. L'cha Adonai hamamlachah v'hamitnasei l'chol l'rosh.

YOURS, ADONAI, is the greatness, might, splendor, triumph, and majesty – yes all that is  
in heaven and on earth. To You, Adonai, belong sovereignty and preeminence above all.

Rom'mu Adonai Eloheinu,

רוֹמְמוּ יְיָ אֱלֹהֵינוּ,

v'hishtachavu l'har kodsho,

וְהִשְׁתַּחֲווּ לְהַר קֹדֶשׁוֹ,

ki kadosh Adonai Eloheinu.

כִּי קְדוֹשׁ יְיָ אֱלֹהֵינוּ.

EXALT ADONAI our God and bow down toward God's holy mountain, for Adonai our  
God is holy.

Al Sh'loshah d'varim haolam omeid:

עַל שְׁלֹשָׁה דְּבָרִים הָעוֹלָם עוֹמֵד:

al HaTorah v'al haavodah

עַל הַתּוֹרָה וְעַל הָעֲבוּדָה

v'al g'milut chasadim.

וְעַל גְּמִילוּת חֲסָדִים.

THE WORLD is sustained by three things: Torah, worship and loving deeds.

Torah Service  
Mi Shebeirach  
Aleinu  
Kaddish  
Adon Olam

# Reading of Torah

## *Seder K'riat HaTorah*

### Torah Blessing - Before Reading

**READER:**

BAR'CHU et Adonai ham'vorach.

בְּרַכּוּ אֶת יְיָ הַמְבָרֵךְ.

BLESS ADONAI who is blessed.

**COMMUNITY:**

Baruch Adonai ham'vorach l'olam va-ed.

בָּרוּךְ יְיָ הַמְבָרֵךְ לְעוֹלָם וָעֶד.

Blessed is Adonai who is blessed now and forever.

**READER:**

Baruch Adonai ham'vorach l'olam va-ed.

בָּרוּךְ יְיָ הַמְבָרֵךְ לְעוֹלָם וָעֶד.

Blessed is Adonai who is blessed now and forever.

Baruch atah, Adonai Eloheinu,

בָּרוּךְ אַתָּה יְיָ

Melach haolam,

אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

asher bachar banu mikol haamim,

אֲשֶׁר בָּחַר בָּנוּ מִכָּל הָעַמִּים

v'natan lanu et Torato.

וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.

Baruch atah, Adonai, notein haTorah.

בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

### Torah Blessing - After Reading

**READER:**

Baruch atah, Adonai Eloheinu,

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ

Melech haolam,

מֶלֶךְ הָעוֹלָם,

asher natan lanu Torat emet,

אֲשֶׁר נָתַן לָנוּ תּוֹרַת אֱמֶת,

v'chayei olam nata b'tocheinu.

וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ.

Barach atah, Adonai, notein haTorah.

בָּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

BLESSED ARE YOU, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, who gives the Torah.

## Hagbahah

## Lifting of the Torah

וְזֹאת הַתּוֹרָה אֲשֶׁר שָׂם מֹשֶׁה לִפְנֵי בְנֵי יִשְׂרָאֵל עַל פִּי יְיָ בְּיַד מֹשֶׁה.

V'zot haTorah asher sam Moshe lifnei b'nei Yisrael al pi Adonai b'yad Moshe.

This is the Torah which Moses placed before the people of Israel, God's word through the hand of Moses.



Torah Service  
Mi Shebeirach  
Aleinu  
Kaddish  
Adon Olam

# Healing

## Mi Shebeirach

Mi Shebeirach avoteinu

מי שֶׁבִּרַךְ אֲבוֹתֵינוּ

M'kor habrachah l'imoteinu

מְקוֹר הַבְּרָכָה לְאִמּוֹתֵינוּ

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.

Mi Shebeirach imoteinu

מי שֶׁבִּרַךְ אִמּוֹתֵנוּ

M'kor habrachah l'avoteinu

מְקוֹר הַבְּרָכָה לְאֲבוֹתֵינוּ

Bless those in need of healing with *refuah shleimah*,  
the renewal of body, the renewal of spirit, and let us say, Amen.



# Prayer for Israel

Avinu Shebashamayim,  
tzur Yisrael v'go-alo,  
bareich et m'dinat Yisrael,  
reishit tz'michat g'ulateinu.

Hagein aleha b'evrat chasdecha,  
ufros aleha sukat sh'lomecha.  
Ush'lach orcha vaamit'cha l'rasheha,  
sareha v'yo-atzecha,  
v'takneim b'eitzah tova milfanacha.  
V'natata shalom baaretz,  
v'simchat olam l'yoshveha.  
V'nomar: Amen.

אָבִינוּ שֶׁבַשְׁמַיִם,  
צוּר יִשְׂרָאֵל וְגוֹאֲלוֹ,  
בְּרַךְ אֶת מְדִינַת יִשְׂרָאֵל,  
רֵאשִׁית צְמִיחַת גְּאֻלַּתֵּנוּ.

הַגֵּן עָלֶיהָ בְּאַבְרַת חַסְדֶּךָ,  
וּפְרוֹס עָלֶיהָ סִכַּת שְׁלוֹמֶךָ.  
וּשְׁלַח אוֹרְךָ וְאַמְתֶּךָ לְרֹאשֶׁיהָ,  
שָׂרֶיהָ וְיוֹעֲצֶיהָ,  
וְתַקְנֵם בְּעֶצֶה טוֹבָה מִלְּפָנֶיךָ.  
וְנָתַתָּ שְׁלוֹם בְּאֶרֶץ,  
וְשִׂמְחַ עוֹלָם לְיוֹשְׁבֶיהָ.  
וְנֹאמַר: אָמֵן.

○ Heavenly One, Protector and Redeemer of Israel, bless the State of Israel which marks the dawning of hope for all who seek peace. Shield it beneath the wings of Your love; spread over it the canopy of Your peace; send Your light and truth to all who lead and advise, guiding them with Your good counsel. Establish peace in the land and fullness of joy for all who dwell there. Amen.



Torah Service  
**Community Prayers**  
Aleinu  
Kaddish  
Adon Olam

## Prayer for Nation

We ask Your blessing upon our nation. Guard it from calamity and injury. “Let justice well up as waters, and righteousness as a mighty stream.” Enlighten with Your wisdom and sustain with Your power those whom the people have set in authority; the President, all counselors and legislators, judges and officials who are entrusted with our safety and with upholding our rights and liberties. May religion spread its blessings among us and exalt our nation with peace.

If you will it, it is not a dream.  
—Theodore Herzl





# עֲלִינוּ

ALEINU l'shabei-ach laadon hakol,  
lateit g'dulah l'yotzeir b'reishit,  
shelo asanu k'goyei haaratzot,  
v'lo saman u k'mishp'chot haadamah.  
Shelo sam chelkeinu kahem,  
v'goraleinu k'chol hamonam.

Vaanachnu kor'im  
umishtachavim umodim,  
lifnei Melech mal'chei hamlachim  
HaKodosh Baruch hu.

עֲלִינוּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל,  
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,  
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאֲרָצוֹת,  
וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה,  
שֶׁלֹא שָׂם חֶלְקֵנוּ כֵּהֶם,  
וְגָרְלָנוּ כָּכָל הַמּוֹנָם.

וְאִנְחָנוּ כּוֹרְעִים  
וּמִשְׁתַּחֲוִים וּמוֹדִים,  
לִפְנֵי מֶלֶךְ, מַלְכֵי הַמַּלְכִּים,  
הַקְּדוֹשׁ בָּרוּךְ הוּא.

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.





# Aleinu

She'hu noteh shamayim v'yosed aretz,  
umoshav y'karo bashamayim mi'ma'al  
ushchina'to uzo b'govhey m'romim.  
Hu Eloheinu ein od. Emet  
malkeinu efes zulato, kakatuv  
b'Torahto. V'yada'ta hayom vahashevota  
el l'vavecha, ki Adonai hu ha'Elohim  
ba'shamayim mima'al, v'al ha'aretz  
mitachat, ein od.

שהוא נוטה שמים ויסד ארץ,  
ומושב יקרו בשמים ממעל,  
ושכינת עוז בגבהי מרומים,  
הוא אלהינו אין עוד. אמת  
מלכנו אפס זולתו, ככתוב  
בתורתו. וידעת היום והשבת  
אל לבבך, כי יי הוא האלהים  
בשמים ממעל, ועל הארץ  
מתחת, אין עוד.

FOR YOU SPREAD OUT THE HEAVENS and established the earth; Your majestic abode is in the heavens above and Your mighty Presence is in the loftiest heights. You are our God and there is none else. In truth You are our Sovereign without compare, as is written in Your Torah: Know then this day and take it to heart that Adonai is surely God in the heavens above and on the earth below. There is none else.

Teach us to share the pain of others, to hear Your call for justice, to pursue the blessing of peace. Help us to gain victory over evil, to bring nearer the day when all the world shall be one.

ונאמר, והיה יי למלך על כל הארץ,  
ביום ההוא יהיה יי אחד, ושמו אחד.

V'ne-emar, v'hayah Adonai l' Melech al kol haaretz.  
Bayom hahu yih'yeh Adonai echad ush'mo echad.

Thus it has been said, Adonai will be Sovereign over all the earth.  
On that day, Adonai will be one, and God's Name will be One.

# קדיש יתום

YITGADAL v'yitkadash sh'mei raba.

B'alma di v'ra chirutei,

v'yamlich malchutei,

b'chayeichon uv'yomeichon

uv'chayei d'chol beit Yisrael,

baagala uviz'man kariv. V'im'ru: Amen.

Y'hei sh'mei raba m'varach l'alam

ul'almei almaya. Yitbarach v'yishtabach

v'yitpaar v'yitromam v'yitnasei,

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

sh'mei d'Kud'sha 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

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

בְּעֵלְמָא דִּי בְּרָא כְרַעוּתֵהּ,

וְיַמְלִיךְ מַלְכוּתֵהּ

בְּחַיֵּינוּ וּבְיוֹמֵינוּ

וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.

בְּעֵגְלָא וּבְזִמְן קָרִיב וְאָמְרוּ אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם

וּלְעָלְמֵי עָלְמַיָּא. יִתְבָּרַךְ וְיִשְׁתַּבַּח,

וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל

שְׁמֵהּ דְקֻדְשָׁא בְרִיךְ הוּא

לְעֵלְא מִן כָּל בְּרַכְתָּא וְשִׁירָתָא,

תְּשֻׁבָּתָא וְנִחְמָתָא, דְאָמְרִין

בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,

וְאָמְרוּ אָמֵן.

עֹשֶׂה שְׁלוֹם בְּמִרְמֵי

הוּא יַעֲשֶׂה 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.

Torah Service  
Community Prayers  
Aleinu  
Kaddish  
Adon Olam

# Mourner's Kaddish

## *Kaddish Yatom*

### WE REMEMBER THEM

At the rising of the sun and in its going down  
we remember them.

At the blowing of the wind and in the chill of winter,  
we remember them.

At the opening of buds and in the rebirth of spring,  
we remember them.

At the blueness of the sky and in the warmth of summer,  
we remember them.

At the rustling of leaves and in the beauty of autumn, we  
remember them.

At the beginning of the year and when it ends,  
we remember them.

So long as we live, they too shall live,  
for they are now a part of us,  
as we remember them.



# Adon Olam

Adon olam asher malach,  
b'terem kol y'tzir nivra.  
L'eit naasah v'cheftzo kol,  
azai Melech sh'mo nikra.

V'acharei kichlot hakol,  
l'vado yimloch nora.  
V'hu hayah, v'hu hoveh,  
v'hu yih'yeh, b'tifarah.

V'hu echad v'ein sheini,  
l'hamshil lo l'hachbirah.  
B'li reishit b'li tachlit,  
v'lo haoz v'hamisrah.

V'hu Eli v'chai go-ali,  
v'tzur chevli b'eit tzarah.  
V'hu nisi umanos li  
m'nat kosi b'yom ekra.

B'yado afkid ruchy,  
b'eit ishan v'a-irah.  
V'im ruchy g'viyati,  
Adonai li v'lo ira.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ,  
בְּטֶרֶם כָּל יָצִיר נִבְרָא.  
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,  
אֲזַי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כָכָלוֹת הַכֹּל,  
לְבַדּוֹ יִמְלֹךְ נוֹרָא.  
וְהוּא הָיָה, וְהוּא הוֹוֶה,  
וְהוּא יִהְיֶה, בְּתִפְאָרָה.

וְהוּא אֶחָד וְאֵין שֵׁנִי,  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
בְּלִי רֵאשִׁית בְּלִי תַּחְלִית,  
וְלֹו הָעֹז וְהַמְשָׁרָה.

וְהוּא אֵלִי וְחַי גָּאֵלִי,  
וְצוּר חֲבִלִי בְּעֵת צָרָה.  
וְהוּא נָסִי וּמְנוֹס לִי  
מִנֶּת כּוֹסֵי בַּיּוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי,  
בְּעֵת אִישָׁן וְאַעִּירָה.  
וְעַם רוּחִי גְוִיָּתִי,  
יְיָ לִי וְלֹא אִירָא.

You are our Eternal God, who reigned before any being had been created; when all was done according to Your will, then You were called Ruler. // And after all ceases to be, You alone will rule in majesty. You have been, are yet, and will be in glory. // And You are One; none other can compare to or consort with You. You are without beginning, without end. To You belong power and dominion. // And You are my God, my living Redeemer, my Rock in times of trouble and distress. You are my standard bearer and my refuge, my benefactor when I call on You. // Into Your hands I entrust my spirit, when I sleep and when I wake, and with my spirit my body also; Adonai is with me and I shall not fear.



