

תְּפִלוֹת
לְלַיִל שַׁבָּת
וְיוֹם טוֹב

*Evening Service
for Shabbat
and Festivals*



On Shabbat Hol Ha-mo'ed, or any Shabbat that coincides with or follows a Festival, the service begins here.

תהלים צ"ב

מִזְמוֹר שִׁיר לְיוֹם הַשַּׁבָּת.

טוֹב לְהֵרוֹת לַיהוָה, וּלְזַמֵּר לְשִׁמְךָ עָלֵינוּ.
 לְהַגִּיד בְּבִקְרַח חֲסִדֶיךָ, וְאִמּוֹנֹתֶיךָ בְּלִילוֹת.
 עַל־יַעֲשׂוֹר וְעַל־נֶבֶל, עָלֵי הַגִּיּוֹן בְּכִנּוֹר.
 כִּי שִׁמְחַתְּנֵי יְהוָה בְּפִעֲלֶיךָ, בְּמַעֲשֵׂי יָדֶיךָ אֲרָגוּ.
 מִהֲגִדְלוּ מַעֲשֵׂיךָ יְהוָה, מֵאֵד עֲמָקוֹ מִחֲשַׁבְתֶּיךָ.
 אִישׁ־בְּעַר לֹא יֵדַע, וּכְסִיל לֹא יִבִּין אֶת־זֹאת.
 בְּפִרְחֵי רִשְׁעִים כְּמוֹ עֵשֶׂב, וַיִּצְיָצוּ כָּל־פְּעֻלֵי אָוֶן,
 לְהַשְׁמָדֵם עֲדֵי־עֵד.
 וְאַתָּה מָרוֹם לְעֵלָם יְהוָה.
 כִּי הִנֵּה אֵיבֹיךָ, יְהוָה,
 כִּי הִנֵּה אֵיבֹיךָ יֹאבְדוּ,
 יִתְפָּרְדּוּ כָּל־פְּעֻלֵי אָוֶן.
 וַתָּרֵם בְּרָאִים קַרְנֵי,
 בַּלְתֵּי בְשֶׁמֶן רֵעֵן.
 וַתִּבֶט עֵינֵי בְשׂוּרֵי,
 בְּקָמִים עָלֵי מְרַעִים תִּשְׁמַעְנָה אָזְנִי.
 צַדִּיק כַּתְמָר יִפְרַח, כְּאֶרְזוֹ בַּלְבָּנוֹן יִשָּׁגָה.
 שְׁתוּלִים בְּבֵית יְהוָה, בְּחֻצְרוֹת אֶלְהֵינוּ יִפְרִיחוּ.
 □ עוֹד יִנּוּבּוֹן בְּשִׁיבָה, דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ.
 לְהַגִּיד כִּי יָשָׁר יְהוָה, צוּרֵי וְלֹא עוֹלָתָהּ בּוֹ.

This psalm was recited by the Levites on Shabbat with the offering of the Tamid, the daily sacrifice. Rashi considers this psalm's dedication to Shabbat appropriate because it portrays an ideal world. This will become a reality only in messianic times, an era often described in rabbinic tradition as one long unbroken Shabbat.

PSALM 92

A Song for Shabbat.

It is good to acclaim Adonai,
to sing Your praise, exalted God,

*to affirm Your love each morning,
and Your faithfulness each night,
to the music of the lute
and the melody of the harp.*

Your works, Adonai, make me glad;
I sing with joy of Your creation.

*How vast Your works, Adonai!
Your designs are beyond our grasp.*

The thoughtless cannot comprehend;
the foolish cannot fathom this:

*The wicked may flourish, springing up like grass,
but their doom is sealed, for You are supreme forever.*

Your enemies, Adonai, Your enemies shall perish;
all the wicked shall crumble.

*But me You have greatly exalted;
I am anointed with fragrant oil.
I have seen the downfall of my foes;
I have heard the despair of my attackers.*

The righteous shall flourish like the palm tree;
they shall grow tall like a cedar in Lebanon.
Planted in the house of Adonai,
they will thrive in the courts of our God.

*They shall bear fruit even in old age;
they shall be ever fresh and fragrant,
to proclaim: Adonai is just —
my Rock, in whom there is no flaw.*

תהלים צ"ג

יהוה מֶלֶךְ גֵּאוֹת לְבָשׁ,
 לְבַשׁ יְהוּדָה, עַז הַתְּאֵזֶר,
 אֶף תִּכּוֹן תֵּיבֵל בַּל תִּמוּט.
 נִכּוֹן כִּסְאָךָ מֵאֵז, מֵעוֹלָם אֶתָּה.
 נִשְׂאוּ נְהָרוֹת יְהוּדָה, נִשְׂאוּ נְהָרוֹת קוֹלָם,
 יִשְׂאוּ נְהָרוֹת דְּכָיִם.
 מִקְלוֹת מַיִם רַבִּים אֲדִירִים מִשְׁבְּרֵי יָם,
 אֲדִיר בְּמָרוֹם יְהוּדָה.
 □ עֲדֹתֶיךָ נֶאֱמָנוּ מְאֹד,
 לְבֵיתְךָ נִאֲוָה-קֹדֶשׁ יְהוּדָה, לְאֶרֶץ יָמִים.

קדיש יתום

Mourners and those observing Yahrzeit:

וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֶלְמָא דִּי בְרָא, כְּרַעוּתָהּ,
 וַיִּמְלִיךָ מַלְכוּתָהּ בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית
 יִשְׂרָאֵל, בְּעֶגְלָא וּבְזִמְן קָרִיב, וְאִמְרוּ אָמֵן.

Congregation and mourners:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.

Mourners:

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
 וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְּקֻדְשָׁא, בְּרִיךְ הוּא *לְעֵלָא
 מִן כָּל-בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאַמִּירָן
 בְּעֶלְמָא, וְאִמְרוּ אָמֵן.

לְעֵלָא לְעֵלָא מְכַל-בְּרַכְתָּא וְשִׁירְתָּא: שבת שובה *On

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
 וְאִמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
 כָּל-יִשְׂרָאֵל וְאִמְרוּ אָמֵן.

ברכו is on page 28.

The song of the universe, at its most powerful, pales beside God's might, and gives eloquent testimony to God's supremacy. Holiness resides with God alone.

PSALM 93

Adonai is sovereign, crowned with splendor;
Adonai reigns, robed in strength.

*You set the earth on a sure foundation.
You created a world that stands firm.*

Your kingdom stands from earliest time.
You are eternal.

*The rivers may rise and rage,
the waters may pound and pulsate,
the floods may swirl and storm.*

Yet above the crash of the sea
and its mighty breakers
is Adonai our God, supreme.

*Your decrees, Adonai, never fail.
Holiness befits Your house for eternity.*



MOURNER'S KADDISH

Mourners and those observing Yahrzeit:

Yitgadal v'yitkadash sh'mei raba, b'alma di v'ra, kir'utei,
v'yamlikh malkhutei b'ḥayeikhon u-v'yomeikhon
u-v'ḥayei d'khol beit Yisra-el,
ba'agala u-vi-z'man kariv, v'imru amen.

Congregation and mourners:

Y'hei sh'mei raba m'varakh l'alam u-l'almei almay.

Mourners:

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnasei,
v'yit-hadar v'yit'aleh v'yit-halal sh'mei d'kudsha, b'rikh hu
*l'ela min kol birkhata v'shirata, tushb'ḥata v'neḥamata
da'amiran b'alma, v'imru amen.

**On Shabbat Shuvah: l'ela l'ela mi-kol birkhata v'shirata,*

Y'hei sh'lama raba min sh'maya
v'ḥayim aleinu v'al kol Yisra-el, v'imru amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom
aleinu v'al kol Yisra-el, v'imru amen.

Bar'khu is on page 28.

קריאת שמע וברכותיה

Hazzan:

בְּרַכּוּ אֶת־יְהוָה הַמְּבַרְךָ.

Congregation, then Hazzan:

בְּרוּךְ יְהוָה הַמְּבַרְךָ לְעוֹלָם וָעֶד.

The first bracha before שמע

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בְּדַבְּרוֹ
מַעְרִיב עַרְבִים, בְּחֻכְמָה פּוֹתַח שְׁעָרִים, וּבִתְבוּנָה
מְשַׁנֶּה עֵתִים וּמַחְלִיף אֶת־הַזְּמַנִּים, וּמַסְדֵּר אֶת־הַכּוֹכָבִים
בְּמִשְׁמְרוֹתֵיהֶם בְּרָקִיעַ כְּרָצוֹנוֹ. בּוֹרָא יוֹם וְלַיְלָה, גּוֹלֵל
אוֹר מִפְּנֵי חֹשֶׁךְ וְחֹשֶׁךְ מִפְּנֵי אוֹר, □ וּמַעְבִּיר יוֹם
וּמִבֵּיא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְהוָה צְבָאוֹת
שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יְמַלֵּךְ עָלֵינוּ לְעוֹלָם וָעֶד.
בְּרוּךְ אַתָּה יְהוָה הַמַּעְרִיב עַרְבִים.

To offer options and to embellish the themes of the evening service, readings from a variety of sources are presented on the following pages, along with the traditional text of the service.

Beloved are You, eternal God,
by whose design the evening falls,
by whose command dimensions open up
and aeons pass away and stars spin in their orbits.
You set the rhythms of day and night;
the alternation of light and darkness
sings Your creating word.
In rising sun and in spreading dusk,
Creator of all, You are made manifest.
Eternal, everlasting God,
may we always be aware of Your dominion.
Beloved are You, Adonai, for this hour of nightfall.

— Andre Ungar

EVENING SERVICE — MA'ARIV



K'RIAT SH'MA AND ITS B'RAKHOT

Reader:

Bar'khu et Adonai ha-m'vorakh.

Praise Adonai, the Exalted One.

Congregation, then Reader:

Barukh Adonai ha-m'vorakh l'olam va-ed.

Praised be Adonai, the Exalted One, throughout all time.

In this b'rakhah, we acknowledge the miracle of creation.

Praised are You Adonai our God, who rules the universe, Your word bringing the evening dusk. You open with wisdom the gates of dawn, design the day with wondrous skill, set out the succession of seasons, and arrange the stars in the sky according to Your will. *Adonai Tz'va-ot*, You create day and night, rolling light away from darkness and darkness away from light. Eternal God, Your sovereignty shall forever embrace us. Praised are You Adonai, for each evening's dusk.

Light and darkness, night and day;
We marvel at the mystery of stars.

*Moon and sky, sand and sea;
We marvel at the mystery of sun.*

Twilight, high noon, dusk, and dawn;
Though we are mortal, we are creation's crown.

*Flesh and bone, steel and stone;
We dwell in fragile, temporary shelters.*

Grant steadfast love, compassion, grace;
Sustain us, O God — our origin is dust.

*Majesty, mercy, love endure;
We are but little lower than the angels.*

Resplendent skies, sunset, sunrise;
The grandeur of creation lifts our lives.

*Evening darkness, morning dawn;
Renew our lives as You renew all time.*

— Jules Harlow

The second ברכה before שמע

אֶהְבֵּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אֶהְבֵּת.
 תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמִדָּת.
 עַל פֶּן יִהְיֶה אֱלֹהֵינוּ בְּשֹׂכְנֵנוּ וּבְקוֹמָנוּ נְשִׁיחַ בְּחֻקֶּיךָ,
 וְנִשְׂמַח בְּדַבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
 כִּי הֵם חַיֵּינוּ וְאָרְךָ יְמֵינוּ וּבְהֵם נִהְגָה יוֹמָם וְלַיְלָה.
 □ וְאֶהְבֵּתְךָ אֵל תָּסִיר מִמֶּנּוּ לְעוֹלָמִים.
 בְּרוּךְ אַתָּה יְהוָה אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Torah is a closed book
 until it is read with an open heart.

*House of Israel, great and small,
 open your hearts to the words of Torah.*

Torah is demanding,
 yet sweeter than honey, more precious than gold.

*House of Israel, young and old,
 open yourselves, heart and soul, to its treasures.*

Torah sanctifies life;
 it teaches us how to be human and holy.

*House of Israel, near and far,
 cherish the eternal sign of God's love.*

Torah is given each day;
 each day we can choose to reject or accept it.

*House of Israel, now as at Sinai,
 choose to accept and be blessed by its teachings.*

— Jules Harlow

Your love has embraced us always
 in wilderness and promised land,
 in good times and in bad.
 Night and day Your Torah sustains us,
 reviving the spirit, delighting the heart,
 informing the soul, opening the eyes,
 granting us a glimpse of eternity.

Because of Your love
 we shall embrace Torah night and day,
 in devotion and delight.

Beloved are You Adonai, whose Torah reflects Your love.

— Jules Harlow

*In this b'rakhah, we extol God for giving us the Torah,
testimony to God's love for Israel.*

With constancy You have loved Your people Israel, teaching us Torah and mitzvot, statutes and laws. Therefore, Adonai our God, when we lie down to sleep and when we rise, we shall think of Your laws and speak of them, rejoicing always in Your Torah and mitzvot. For they are our life and the length of our days; we will meditate on them day and night. Never take Your love from us. Praised are You Adonai, who loves the people Israel.

The Torah is a tapestry
that can adorn the days in which we dwell.

Let us embrace it and make it our own,
weave its text into the texture of our lives.

Its teachings sustain us, its beauty delights us
when we open our eyes to its splendor.

It is not a mystery, far beyond reach;
it is not in heaven, beyond our grasp.

It is as close to us as we allow it —
on our lips, in our heart, integral to our deeds.

Let us study its words, fulfill its commands,
and make its instruction our second nature.

It is the tangible gift of God's love.
Weave its text into the texture of your lives.

— Jules Harlow

“The secret things belong to Adonai our God; what is revealed belongs to us and to our children forever, that we may apply all the provisions of this teaching” (Deuteronomy 29:28). Revelation does not deal with the mystery of God, but with a person's life as it should be lived in the presence of that mystery. “This teaching is not beyond reach. It is not in heaven, that you should say: ‘Who among us can go up to heaven and get it for us and impart it to us, that we may do it?’... No, the word is very close to you in your mouth and in your heart, to do it” (Deuteronomy 30:11-14).

We now prepare to affirm God's sovereignty, freely pledging God our loyalty as witnesses to revelation. Twice each day, by reciting the Sh'ma, we lovingly reaffirm that loyalty, through our acceptance of mitzvot.

קריאת שמע 

If there is no minyan, add: אל מִלֶּךְ נֶאֱמָן

דברים ו':ד'-ט'

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה | אֶחָד:

Silently:

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד.

וְאֶהְיֶה אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ
 וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְךָ
 הַיּוֹם עַל-לְבָבְךָ: וּשְׁנַנְתָּם לְבִנְיָהּ וְדַבַּרְתָּ בָּם בְּשַׁבְּתֶךָ
 בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּקְשַׁרְתָּם לְאוֹת
 עַל-יָדְךָ וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֶיךָ: וּכְתַבְתָּם עַל-מְזוּזוֹת
 בֵּיתְךָ וּבְשַׁעְרֶיךָ:

דברים י"א:י"ג-כ"א

וְהָיָה אִם-שָׁמַעַתְּ תִשְׁמְעוּ אֶל-מִצְוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה
 אִתְּכֶם הַיּוֹם לְאֶהְיֶה אֶת-יְהוָה אֱלֹהֵיכֶם וּלְעַבְדוֹ בְּכָל-
 לְבַבְכֶם וּבְכָל-נַפְשְׁכֶם: וּנְתַתִּי מִטֶּר-אֲרֻצְכֶם בְּעֵתוֹ יוֹרֵה
 וּמִלְקוֹשׁ וְאֶסְפַּתְּ דָּגָךָ וְתִירְשָׁךָ וַיִּצְהַרְךָ: וּנְתַתִּי עֵשֶׂב
 בְּשָׂדֶךָ לְבַהֲמֹתֶךָ וְאֶכְלֹתָ וּשְׁבַעְתָּ: הִשְׁמַרְוּ לָכֶם פְּנֵי-יַפְתָּה
 לְבַבְכֶם וְסַרְתֶּם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם
 לָהֶם: וְחָרָה אַף-יְהוָה בְּכֶם וְעִצַּר אֶת-הַשָּׁמַיִם וְלֹא-יִהְיֶה
 מָטָר וְהִאֲדָמָה לֹא תִתֵּן אֶת-יְבוּלָהּ וְאֶבַדְתֶּם מְהֵרָה מֵעַל
 הָאָרֶץ הַטְּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׁמַתֶּם אֶת-דְּבָרֵי
 אֱלֹהֵי עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם וּקְשַׁרְתֶּם אִתְּם לְאוֹת
 עַל-יָדְכֶם וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וּלְמִדְתֶּם אִתְּם
 אֶת-בְּנֵיכֶם לְדַבֵּר בָּם בְּשַׁבְּתֶךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ
 וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וּכְתַבְתֶּם עַל-מְזוּזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:
 לְמַעַן יִרְבּוּ יְמֵיכֶם וַיְמִי בְנֵיכֶם עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע
 יְהוָה לְאַבְתֵּיכֶם לָתֵת לָהֶם פְּרִי הַשָּׁמַיִם עַל-הָאָרֶץ:



K'RIAT SH'MA

If there is no minyan, add: God is a faithful sovereign.

DEUTERONOMY 6:4-9

Sh'ma Yisra-el Adonai Eloheinu, Adonai Ehad.

Hear, O Israel: Adonai is our God, Adonai alone.

Silently:

Praised be God's glorious sovereignty throughout all time.

V'avavta et Adonai Elohekha b'khol l'avav'kha u-v'khol nafsh'kha u-v'khol m'odekha. V'hayu ha-d'varim ha-eleh asher anokhi m'tzav'kha ha-yom al l'avavekha. V'shinantam l'vanekha v'dibarta bam b'shivt'kha b'veitekha u-v'lekht'kha va-derekh u-v'shokh-b'kha u-v'kumekha. U-k'sharam l'ot al yadekha v'hayu l'totafot bein einekha. U-kh'tavtam al m'zuzot beitekha u-vi-sh'arekha.

You shall love Adonai your God with all your heart, with all your soul, with all your might. And these words, which I command you this day, you shall take to heart. Teach them, diligently, to your children, and recite them at home and away, night and day. Bind them as a sign upon your hand, and as a reminder above your eyes. Inscribe them upon the doorposts of your homes and upon your gates.

DEUTERONOMY 11:13-21

If you will earnestly heed the mitzvot I give you this day, to love Adonai your God and to serve God with all your heart and all your soul, then I will favor your land with rain at the proper season, in autumn and in spring, and you will have an ample harvest of grain, wine and oil. I will assure abundance in the fields for your cattle. You will eat to contentment. Take care lest you be tempted to stray, and to worship false gods. For then Adonai's wrath will be directed against you. God will close the heavens and hold back the rain; the earth will not yield its produce. You will soon disappear from the good land which Adonai is giving you. Therefore, impress these words of Mine upon your heart. Bind them as a sign upon your hand; let them be a reminder above your eyes. Teach them to your children. Repeat them at home and away, night and day. Inscribe them upon the doorposts of your homes and upon your gates. Then your days and the days of your children, on the land that Adonai swore to give to your ancestors, will endure as the days of the heavens over the earth.

במדבר ט"ו: ל"ז-מ"א

וַיֹּאמֶר יְהוָה אֶל-מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
אֲלֵהֶם וְעָשׂוּ לָהֶם צִיצִית עַל-כַּנְּפֵי בְּגָדֵיהֶם לְדֹרֹתָם
וְנָתַנּוּ עַל-צִיצִית הַכַּנָּף פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית
וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת-כָּל-מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם
וְלֹא תִתּוּרוּ אַחֲרָי לְבַבְכֶם וְאַחֲרָי עֵינֵיכֶם אֲשֶׁר-אֹתָם
זָנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי
וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהָיוֹת לָכֶם לֵאלֹהִים אֲנִי
□ יְהוָה אֱלֹהֵיכֶם: אָמֵן

You are My witnesses, says God:

*There is no king without a kingdom,
no sovereign without subjects.*

When you are My witnesses, I am Adonai.

*The coin of God's kingdom is Torah,
to be reflected in study and deeds.*

God is the first, God is the last,
there is no God but Adonai.

*The Torah is given each day;
each day we receive it anew
if we wish to make it our own.*

Testify for Me, says Adonai;
in your love for Me teach your children,
embracing the Torah now and forever.

*We accept God's sovereignty in reverence,
treating others with love, studying Torah.
May this be our will as we witness.*

— Adapted from Jules Harlow

The Gerer Rabbi said: "When one learns the Torah, prays much, and begins to think 'I am truly pious; I overlook nothing in the performance of my religious duties,' such a one transgresses the command 'Do not be seduced by your heart nor led astray by your eyes.' Let such people look at the *tzitzit* and be reminded who they are."

NUMBERS 15:37-41

Adonai said to Moses: Instruct the people Israel that in every generation they shall put *tzitzit* on the corners of their garments and bind a thread of blue to the *tzitzit*, the fringe on each corner. Look upon these *tzitzit* and you will be reminded of all the mitzvot of Adonai and fulfill them, and not be seduced by your heart nor led astray by your eyes. Then you will remember and observe all My mitzvot and be holy before your God. I am Adonai your God who brought you out of the land of Egypt to be your God. I, Adonai, am your God, *who is Truth*.

There is little we may claim to know about God,
 but this much is certain:
 One cannot come before God
 save in integrity of heart and mind.
 It would not do to try to feign or fib
 for the greater glory of God.
 It cannot be required of man,
 and surely it can never be made a duty,
 to plead falsely to the God of Truth.
 The fearless seeker of truth,
 even the honest blasphemer,
 is nearer to God than the liars for the benefit of religion.

— Shalom Spiegel

Cherish My words in your heart and soul;
 wear them as proud reminders on your arm and on your forehead.
 Instill them in your children and be guided by them
 at home and in public, night and day.
 Write them on your doorposts and gates.
 Then will your lives and your children's lives
 be as enduring on this good earth as the stars in the sky.
 Thus did God promise your ancestors.

If you faithfully obey My laws today, and love Me, I shall give you your livelihood in good time and in full measure. You shall work and reap the results of your labor, satisfied with what you have achieved. Be careful, however. Let not your heart be seduced, lured after false goals, seeking alien ideals, lest God's image depart from you and you sink into dissoluteness and lose your joyous, God-given heritage.

— Andre Ungar

The first שמע ברכה following קריאת שמע

אֱמֶת וְאִמוּנָה כָּל־זֹאת וְקִיָּם עָלֵינוּ, כִּי הוּא יְהוָה אֱלֹהֵינוּ
וְאֵין זוּלָתוֹ, וְאִנְחָנוּ יִשְׂרָאֵל עִמּוֹ. הַפּוֹדְנוּ מִיַּד מְלָכִים,
מִלְּבָנוּ הַגּוֹאֲלֵנוּ מִכַּף כָּל־הָעֲרִיצִים, הָאֵל הַנּוֹפֵר עָלֵינוּ
מִצָּרֵינוּ וְהַמְשַׁלֵּם גְּמוּל לְכָל־אוֹיְבֵי נַפְשָׁנוּ, הַעוֹשֶׂה גְדוּלוֹת
עַד אֵין חֶקֶר וְנִפְלְאוֹת עַד אֵין מִסְפָּר, הַשֵּׁם נַפְשָׁנוּ בְּחַיִּים
וְלֹא נָתַן לָמוֹט רַגְלָנוּ, הַמְדַרְיָנוּ עַל בְּמוֹת אוֹיְבֵינוּ וַיִּרָם
קַרְנָנוּ עַל כָּל־שׁוֹנְאֵינוּ, הַעוֹשֶׂה לָנוּ נְסִים וְנִקְמָה בַּפְּרָעָה,
אוֹתוֹת וּמוֹפְתִים בְּאֶדְמַת בְּנֵי חָם, הַמַּכֶּה בְּעִבְרָתוֹ כָּל־
בְּכוֹרֵי מִצְרַיִם, וַיּוֹצֵא אֶת־עַמּוֹ יִשְׂרָאֵל מִתּוֹכָם לְחֵרוֹת
עוֹלָם, הַמַּעְבִּיר בְּנָיו בֵּין גְּזֵרֵי יַם סוּף, אֶת־רוֹדְפֵיהֶם
וְאֶת־שׁוֹנְאֵיהֶם בְּתַהוֹמוֹת טַבַּע, וְרָאוּ בְנָיו גְּבוּרָתוֹ, שִׁבְחוּ
וְהוֹדוּ לְשִׁמּוֹ. □ וּמַלְכוּתוֹ בְּרִצּוֹן קָבְלוּ עֲלֵיהֶם. מִשָּׂה וּבְנֵי
יִשְׂרָאֵל לָךְ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כָּלָם:

מִי־כַמְכָה בְּאֵלִים יְהוָה, מִי כַמְכָה נְאֻדָר בְּקֹדֶשׁ,
נִזְרָא תְהִלָּת, עֲשֵׂה־פְלָא.

□ מַלְכוּתְךָ רָאוּ בְנֵיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה.
זֶה אֱלֵי עָנוּ וְאָמְרוּ:

יְהוָה יִמְלֹךְ לְעֹלָם וָעַד.

□ וְנֹאמַר: כִּי פָדָה יְהוָה אֶת־יַעֲקֹב, וְגִאֲלוּ מִיַּד חֲזָק מִמֶּנּוּ.
בְּרוּךְ אַתָּה יְהוָה גֹּאֲלֵ יִשְׂרָאֵל.

You cannot find redemption until you see the flaws in your own soul, and try to efface them. Nor can a people be redeemed until it sees the flaws in its soul and tries to efface them. But whether it be an individual or a people, whoever shuts out the realization of their flaws is shutting out redemption. We can be redeemed only to the extent to which we see ourselves.

The world is in need of redemption, but the redemption must not be expected to happen as an act of sheer grace. Our task is to make the world worthy of redemption. Our faith and our works are preparations for ultimate redemption.

— Adapted from Martin Buber

In this b'rakhah, we praise God as our eternal Redeemer.

We affirm the truth that Adonai alone is our God, and that we are God's people Israel. God redeems us from the power of kings and delivers us from the hand of all tyrants, bringing judgment upon our oppressors and retribution upon all our mortal enemies, performing wonders beyond understanding and marvels beyond all reckoning. God has maintained us among the living, not allowing our steps to falter, guided us to triumph over mighty foes, and exalted our strength over all our enemies, vindicating us with miracles before Pharaoh, with signs and wonders in the land of Egypt. God smote, in wrath, Egypt's firstborn, brought Israel to lasting freedom, and led them through divided waters as their pursuers sank in the sea. When God's children beheld the divine might they sang in praise, gladly accepting God's sovereignty. Moses and the people Israel joyfully sang this song to You:

Mi khamokha ba-elim Adonai, mi kamokha ne'dar ba-kodesh,
nora t'hilot, oseh feleh.

“Who is like You, Adonai, among all that is worshiped!
Who is, like You, majestic in holiness,
awesome in splendor, working wonders!”

As You divided the sea before Moses, Your children beheld Your sovereignty. “This is my God,” they proclaimed:

Adonai yimlokh l'olam va-ed.

“Adonai shall reign throughout all time.”

And thus it is written: “Adonai has rescued Jacob; God redeemed him from those more powerful.” Praised are You Adonai, Redeemer of the people Israel.

Daily You renew our souls, restoring us
as You redeemed our ancient nation Israel
from slavery to freedom, from sorrow to triumph,
blessing our people with the springtime of its life
to be renewed by all of us each year.
Healer of our wounds, holy God, do not abandon us
to enemies who threaten, to tyrants who deny Your sovereignty.
Into Your care we commit our souls, now as in the past,
sustained by Your truth, embraced by Your love,
inspired with hope for the future by Your faith in us.
Beloved are You, Redeemer of the people Israel,
whose faithfulness in ages past assures our future too.

— Jules Harlow

The second ברכה following שמע קריאת

הַשְּׂפִיבֵנוּ יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מִלְּפָנֶיךָ לְחַיִּים,
 וּפְרוֹשׁ עָלֵינוּ סֶכֶת שְׁלוֹמְךָ, וְתִקַּנְנוּ בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ,
 וְהוֹשִׁיעֵנו לְמַעַן שְׁמֹךָ. וְהִגֵּן בְּעַדָּנוּ, וְהִסֵּר מֵעָלֵינוּ אוֹיֵב,
 דָּבָר וְחָרֵב וְרָעַב וְיָגוֹן, וְהִסֵּר שָׁטָן מִלְּפָנֵינוּ וּמֵאַחֲרֵינוּ.
 וּבְצֶל כְּנַפֶּיךָ תִּסְתִּירֵנוּ, כִּי אֵל שׁוֹמְרָנוּ וּמְצִילָנוּ אַתָּה, כִּי
 אֵל מְלַךְ חַנוּן וְרַחוּם אַתָּה. □ וּשְׁמוֹר צִאתָנוּ וּבּוֹאָנוּ
 לְחַיִּים וּלְשָׁלוֹם מֵעַתָּה וְעַד עוֹלָם. וּפְרוֹשׁ עָלֵינוּ סֶכֶת
 שְׁלוֹמְךָ. בְּרוּךְ אַתָּה יְהוָה הַפּוֹרֵשׁ סֶכֶת שְׁלוֹם עָלֵינוּ
 וְעַל כָּל־עַמּוֹ יִשְׂרָאֵל וְעַל יְרוּשָׁלַיִם.

As a mother comforts her children,
 so I Myself will comfort you, says Adonai.
 And you will find peace in Jerusalem.

*Past troubles will be forgotten, hidden from sight.
 Jerusalem will be a delight, her people a joy.
 And you will find peace in Jerusalem.*

None shall hurt or destroy in all My holy mountain,
 says the Creator whose throne is heaven,
 says Adonai who also seeks peace in Jerusalem.

*Each month at the new moon, each week on Shabbat
 all people, all My children, shall worship Me,
 says Adonai who will also find peace
 and consolation in Jerusalem.*

— Jules Harlow

O God, You are a consolation to Your creatures,
 for in moments of forgetting,
 we but call to mind Your care, and we are comforted.
 When we hope no more,
 a pattern in the snow reminds us of Your lovingkindness.
 Your dawns give us confidence, and sleep is a friend.
 Our sorrows dissipate in the presence of an infant's smile,
 and oldmen's words revive our will-to-wish.
 Your hints are everywhere,
 Your signals in the most remote of places.
 You are here; we fail words to say, "Mah Tov!"
 How good our breath,
 our rushing energies,
 our silences of love.

— Danny Siegel

In this b'rakhah, we thank God for the peace and protection we are given in our times of need.

Help us, Adonai, to lie down in peace, and awaken us again, our Sovereign, to life. Spread over us Your shelter of peace; guide us with Your good counsel. Save us because of Your mercy. Shield us from enemies and pestilence, from starvation, sword, and sorrow. Remove the evil forces that surround us. Shelter us in the shadow of Your wings, O God, who watches over us and delivers us, our gracious and merciful Ruler. Guard our coming and our going; grant us life and peace, now and always. Spread over us the shelter of Your peace. Praised are You Adonai, who spreads the shelter of peace over us, over all His people Israel, and over Jerusalem.

Protect us with Your gift of peace
by helping us to overcome temptation.

*When we are weak, sustain us;
when we despair, open our hearts to joy.*

Shelter us in Your embrace of peace
when we are caught by conflict or desire.

*When we are torn, heal us;
when we are tormented, touch us with tranquility.*

Cherish our fragmented lives;
make our lives whole again through integrity.

*When we deceive, turn us to You;
when we corrupt, capture our hearts anew.*

Protect us from ourselves;
when we falter, help us to conquer the enemy within.

*When we blunder, restore us;
with compassion teach us
that peace is based on Your truth.*

— Jules Harlow

Creator of peace, compassionate God, guide us to a covenant of peace with all Your creatures — birds and beasts as well as all humanity — a reflection of Your image of compassion and peace. Give us strength to help sustain Your promised covenant abolishing blind strife and bloody warfare, so they will no longer devastate the earth, so discord will no longer tear us asunder. Then all that is savage and brutal will vanish, and we shall fear evil no more. Guard our coming and our going, now toward waking, now toward sleep, always within Your tranquil shelter. Beloved are You, Sovereign of peace, whose embrace encompasses Jerusalem, the people Israel, and all humanity.

— Jules Harlow

On שבת:

שמות ל"א: ט"ז-י"ז

וּשְׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדֹרֹתֶם בְּרִית עוֹלָם:
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא לְעֹלָם
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ
וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנְפֹשׁ:

יום טוב On:

ויקרא כ"ג: מ"ד

וַיְדַבֵּר מֹשֶׁה אֶת־מַעֲדֵי יְהוָה אֶל בְּנֵי יִשְׂרָאֵל:

חצי קדיש

Hazzan:

וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דֵי בְרָא, כְּרַעוּתָהּ,
וַיִּמְלִיף מַלְכוּתָהּ בְּחֵיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and Hazzan:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֹלָם וּלְעֹלְמֵי עֲלְמַיָּא.

Hazzan:

יְתַבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיף הוּא *לְעֵלָא
מִן כָּל־בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאִמְרִין
בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

*On לְעֵלָא לְעֵלָא מְכַל־בְּרַכְתָּא וְשִׁירְתָּא: שבת שובה

On עמידה (including שבת חול המועד), continue with שבת on page 35a or 35b (with אמהות) through page 38.

On עמידה (including those on שבת), continue with שבת on page 41a or 41b (with אמהות) through page 44.

For notes on recitation of the Amidah, see page 155.

On Shabbat:

EXODUS 31:16-17

The people Israel shall observe Shabbat, to maintain it as an everlasting covenant through all generations. It is a sign between Me and the people Israel for all time, that in six days Adonai made the heavens and the earth, and on the seventh day, ceased from work and rested.

V'shamru v'nai Yisra-el et ha-Shabbat,
la'asot et ha-Shabbat l'dorotam b'rit olam.
Bei-ni u-vein b'nai Yisra-el ot hi l'olam,
ki sheshet yamim asah Adonai et ha-shamayim v'et ha-aretz
u-va-yom ha-sh'vi-i shavat va-yinafash.

On Festivals:

LEVITICUS 23:44

Thus Moses proclaimed the Festivals of Adonai before the people Israel.

**HATZI KADDISH***Reader:*

May God's name be exalted and hallowed throughout the world that He created, as is God's wish. May God's sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

Congregation and Reader:

Y'hei sh'mei raba m'varakh l'alam u-l'almei almayah.
May God's great name be praised throughout all time.

Reader:

Glorified and celebrated, lauded and worshiped, exalted and honored, extolled and acclaimed may the Holy One be, praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

*On Shabbat (including Shabbat Hol Ha-mo'ed),
continue with Amidah on page 35a or 35b
(with Matriarchs) through page 38.*

*On Festivals (including those on Shabbat),
continue with Amidah on page 41a or 41b
(with Matriarchs) through page 44.*

*For an interpretive Meditation on the Shabbat Amidah,
see page 39; on the Festival Amidah, page 45.*

עמידה – ערבית לשבת

אֲדָנִי, שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם
אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי
אֲבוֹת וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה.

On שבת שובה:

זְכַרְנוּ לְחַיִּים, מְלֶךְ חַפֵּץ בְּחַיִּים,
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן אֱלֹהִים חַיִּים.

מְלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְהוָה מַגֵּן אַבְרָהָם.
אַתָּה גְּבוּר לְעוֹלָם אֲדָנִי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

**From פסח שמיני עזרת until*

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמוּנָתוֹ
לְיִשְׂרָאֵל עַד עַד. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ, מְלֶךְ
מְמִית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.

On שבת שובה:

מִי כְמוֹךָ אֵב הַרְחֵמִים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנִצְאֵן אַתָּה לְהַחֲיֹת מֵתִים.
בְּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וּקְדוּשֵׁים בְּכָל־יּוֹם יְהִלְלוּךָ סְלָה.
**בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

***On שבת שובה:*

בְּרוּךְ אַתָּה יְהוָה הַמְּלֶךְ הַקָּדוֹשׁ.

Continue on page 36.

**From פסח to שמיני עזרת, some add: מוֹרִיד הַטָּל*

 **AMIDAH FOR SHABBAT MA'ARIV**

Adonai, open my lips, so I may speak Your praise.

Praised are You Adonai, our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, great, mighty, awesome, exalted God who bestows lovingkindness, Creator of all. You remember the pious deeds of our ancestors and will send a redeemer to their children's children because of Your loving nature.

On Shabbat Shuvah:

Remember us that we may live, O Sovereign who delights in life.
Inscribe us in the Book of Life, for Your sake, living God.

You are the Sovereign who helps and saves and shields.
Praised are You Adonai, Shield of Abraham.

Your might, Adonai, is boundless. You give life to the dead;
great is Your saving power.

**From Sh'mini Atzeret until Pesah:*

You cause the wind to blow and the rain to fall.

Your love sustains the living, Your great mercies give life to the dead. You support the falling, heal the ailing, free the fettered. You keep Your faith with those who sleep in dust. Whose power can compare with Yours? You are Master of life and death and deliverance.

On Shabbat Shuvah:

Whose mercy can compare with Yours, Source of compassion?
In mercy You remember Your creatures with life.

Faithful are You in giving life to the dead.
Praised are You Adonai, Master of life and death.

Holy are You and holy is Your name. Holy are those who praise You each day. **Praised are You Adonai, holy God.

***On Shabbat Shuvah:*

Praised are You Adonai, holy Sovereign.

Continue on page 36.

**From Pesah to Sh'mini Atzeret, some add: You cause the dew to fall.*

עמידה — ערבית לשבת (כולל אמהות) 

אֲדָנִי, שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

**בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם
אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שָׂרָה אֱלֹהֵי רַבְקָה
אֱלֹהֵי רְחֵל וְאֱלֹהֵי לָאָה, הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֶּלֶל, זוֹכֵר חַסְדֵי
אֲבוֹת וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוּ בְּאֵהָבָה.**

On שבת שובה:

זְכַרְנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בְּחַיִּים,
וּכְתַבְנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים.

מֶלֶךְ עוֹזֵר וּפּוֹקֵד וּמוֹשִׁיעַ וּמַגֵּן.
בְּרוּךְ אַתָּה יְהוָה מְגֵן אַבְרָהָם וּפְקֹד שָׂרָה.

אַתָּה גְּבוּר לְעוֹלָם אֲדָנִי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

**From פסח שמיני עזרת until*

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמְתִיר אֲסוּרִים, וּמְקַיֵּם אַמוּנָתוֹ
לְיִשְׂרָאֵל עַד עַד. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָּךְ, מֶלֶךְ
מְמִית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.

On שבת שובה:

מִי כְמוֹךָ אֵב הַרְחֲמִים, זוֹכֵר יְצוּרֵינוּ לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.
בְּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים.

**אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקָדוֹשִׁים בְּכָל-יוֹם יְהִלְלוּךָ סְלָה.
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

***On שבת שובה:*

בְּרוּךְ אַתָּה יְהוָה הַמֶּלֶךְ הַקָּדוֹשׁ.

**From פסח to שמיני עזרת, some add: מוֹרִיד הַטָּל.*

 **AMIDAH FOR SHABBAT MA'ARIV**
(with Matriarchs)

Adonai, open my lips, so I may speak Your praise.

Praised are You Adonai, our God and God of our ancestors, God of Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, great, mighty, awesome, exalted God who bestows lovingkindness, Creator of all. You remember the pious deeds of our ancestors and will send a redeemer to their children's children because of Your loving nature.

On Shabbat Shuvah:

Remember us that we may live, O Sovereign who delights in life.
Inscribe us in the Book of Life, for Your sake, living God.

You are the Sovereign who helps and guards, saves and shields. Praised are You Adonai, Shield of Abraham and Guardian of Sarah.

Your might, Adonai, is boundless. You give life to the dead; great is Your saving power.

**From Sh'mini Atzeret until Pesah:*

You cause the wind to blow and the rain to fall.

Your love sustains the living, Your great mercies give life to the dead. You support the falling, heal the ailing, free the fettered. You keep Your faith with those who sleep in dust. Whose power can compare with Yours? You are Master of life and death and deliverance.

On Shabbat Shuvah:

Whose mercy can compare with Yours, Source of compassion?
In mercy You remember Your creatures with life.

Faithful are You in giving life to the dead.
Praised are You Adonai, Master of life and death.

Holy are You and holy is Your name. Holy are those who praise You each day. **Praised are You Adonai, holy God.

***On Shabbat Shuvah:*

Praised are You Adonai, holy Sovereign.

**From Pesah to Sh'mini Atzeret, some add: You cause the dew to fall.*

אתה קדשת את-יום השביעי לשמך, תכלית מעשה שמים וארץ. וברכתו מכל-הימים וקדשתו מכל-הזמנים, וכן פתוב בתורתך.

ויכלו השמים והארץ וכל-צבאם. ויכל אלהים ביום השביעי מלאכתו אשר עשה, וישבת ביום השביעי מכל-מלאכתו אשר עשה. ויברך אלהים את-יום השביעי ויקדש אתו, כי בו שבת מכל-מלאכתו אשר ברא אלהים לעשות.

אלהינו ואלהי אבותינו, רצה במנוחתנו. קדשנו במצותיך ותן חלקנו בתורתך, שבענו מטובך ושמחנו בישועתך, וטהר לבנו לעבדך באמת. והנחילנו יהוה אלהינו באהבה וברצון שבת קדשך, וינוחו ביה ישראל מקדשי שמך. ברוך אתה יהוה מקדש השבת.

רצה יהוה אלהינו בעמך ישראל ובתפלתם, והשב את-העבודה לדביר ביתך, ותפלתם באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך.

On שבת חול המועד and ראש חודש:

אלהינו ואלהי אבותינו, יעלה ויבוא ויגיע, ויראה וירצה וישמע, ויפקד ויזכר וזכרוננו ופקדוננו, וזכרון אבותינו, וזכרון משיח בן-דוד עבדך, וזכרון ירושלים עיר קדשך, וזכרון כל-עמך בית ישראל לפניך, לפליטה לטובה, לחן ולחסד ולרחמים, לחיים ולשלום, ביום

ראש החודש הזה. ראש חודש:

חג הסוכות הזה. סוכות: חג המצות הזה. *פסח:*

זכרנו יהוה אלהינו בו לטובה, ופקדנו בו לברכה, והושיענו בו לחיים. ובדבר ישועה ורחמים חוס וחסנו ורחם עלינו והושיענו, כי אליך עינינו, כי אל מלך חנון ורחום אתה.

ותחזינה עינינו בשובך לציון ברחמים.
ברוך אתה יהוה המחזיר שכנתו לציון.

You sanctified the seventh day, the pinnacle of the creation of heaven and earth, to enhance Your name. You blessed it above all other days, sanctifying it above all other times. Thus it is written in Your Torah:

The heavens and the earth, and all they contain, were completed. On the seventh day God finished the work He had been doing, and ceased on the seventh day from all the work that He had done. Then God blessed the seventh day and called it holy, because on it God ceased from all the work of creation.

Our God and God of our ancestors, find favor in our Shabbat rest. Instill in us the holiness of Your mitzvot and let Your Torah be our portion. Fill our lives with Your goodness, and gladden us with Your triumph. Cleanse our hearts so that we might serve You faithfully. Lovingly and willingly, Adonai our God, grant that we inherit Your holy Shabbat, so that the people Israel, who hallow Your name, will always find rest on this day. Praised are You Adonai, who hallows Shabbat.

Accept the prayer of Your people Israel as lovingly as it is offered. Restore worship to Your sanctuary, and may the worship of Your people Israel always be acceptable to You.

On Rosh Hodesh and Hol Ha-mo'ed:

Our God and God of our ancestors, show us Your care and concern. Remember our ancestors; recall Your anointed, descended from David Your servant. Protect Jerusalem, Your holy city, and exalt all Your people, Israel, with life and well-being, contentment and peace on this

Rosh Hodesh. Festival of Sukkot. Festival of Matzot.

Grant us life and blessing, and remember us for good. Recall Your promise of mercy and redemption. Be merciful to us and save us, for we place our hope in You, loving and merciful God.

May we witness Your merciful return to Zion. Praised are You Adonai, who restores the Divine Presence to Zion.

מוֹדִים אֲנַחְנוּ לָךְ שְׂאֲתָה הוּא יְהוּה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם וָעֶד, צוֹר חַיֵּינוּ מִגֵּן יִשְׁעֵנו אֲתָה הוּא לְדוֹר וָדוֹר. נוֹדָה לָךְ וְנִסְפַּר תְּהַלְתָּךְ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ וְעַל נְשׂוֹמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שְׂבַכְל־יוֹם עִמָּנוּ וְעַל נַפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבַכְל־עֵת, עָרַב וּבָקָר וְצִהָרִים. הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם כִּי לֹא תִמּוּ חֲסִדֶיךָ, מְעוֹלָם קוֹיֵנוּ לָךְ.

On חנוכה:

עַל הַנְּסִים וְעַל הַפְּרָקָן, וְעַל הַגְּבוּרוֹת, וְעַל הַתְּשׁוּעוֹת, וְעַל הַמְּלַחְמוֹת שֶׁעָשִׂיתָ לְאֲבוֹתֵינוּ בַּיָּמִים הָהֵם וּבַזְּמַן הַזֶּה.

בִּימֵי מַתְתִּיָּהוּ בְּנֵי־יוֹחָנָן כִּהְיוּ גְדוֹל חֲשׂוֹנָאֵי וּבְנָיו, בְּשַׁעֲמָדָה מַלְכוּת יוֹן הִרְשָׁעָה עַל עַמָּךְ יִשְׂרָאֵל לְהַשְׁפִּיחֵם תּוֹרְתְךָ וּלְהַעֲבִירֵם מִחֻקֵּי רְצוֹנָךְ, וְאֲתָה בְּרַחֲמֶיךָ הַרְבִּים עֲמַדְתָּ לָהֶם בַּעַת צָרָתָם, רִבַּת אֶת־רִיבָם, הִנַּת אֶת־דִּינָם, נִקְמַת אֶת־נַקְמָתָם, מְסַרְתָּ גְבוּרִים בְּיַד חֲלָשִׁים, וְרַבִּים בְּיַד מְעֻטִּים, וְטָמְאִים בְּיַד טְהוּרִים, וְרַשְׁעִים בְּיַד צַדִּיקִים, וְזוֹדִים בְּיַד עוֹסְקֵי תּוֹרְתְךָ. וְלָךְ עָשִׂיתָ שֵׁם גְּדוֹל וְקָדוֹשׁ בְּעוֹלָמְךָ, וְלַעֲמָךְ יִשְׂרָאֵל עָשִׂיתָ תְּשׁוּעָה גְדוֹלָה וּפְרָקָן כְּהַיּוֹם הַזֶּה. וְאַחַר כֵּן בָּאוּ בְנֵיךָ לְדַבֵּר בֵּיתְךָ וּפְנּוּ אֶת־הַיְכָלְךָ, וְטָהְרוּ אֶת־מִקְדָּשְׁךָ, וְהִדְלִיקוּ נְרוֹת בְּחִצְרוֹת קִדְשְׁךָ, וְקָבְעוּ שְׂמוֹנֵת יָמֵי חֲנֻכָּה אֵלּוּ לְהַדוֹת וּלְהַלְלֵל לְשִׁמְךָ הַגְּדוֹל.

וְעַל כָּלֵם יִתְבָּרַךְ וְיִתְרוֹמַם שְׁמֶךָ מִלְּכָנוּ תָמִיד לְעוֹלָם וָעֶד.

שבת שובה:

וּכְתוּב לַחַיִּים טוֹבִים כָּל־בְּנֵי בְרִיתְךָ.

וְכֹל הַחַיִּים יוֹדוּךָ סְלָה, וַיְהִלְלוּ אֶת־שְׁמֶךָ בְּאַמָּת, הָאֵל יִשׁוּעָתָנוּ וְעֲזָרָתָנוּ סְלָה. בְּרוּךְ אַתָּה יְהוּה הַטוֹב שְׁמֶךָ וְלָךְ נֶאֱדָה לְהַדוֹת.

We proclaim that You are Adonai our God and God of our ancestors throughout all time. You are the Rock of our lives, the Shield of our salvation in every generation. We thank You and praise You for our lives that are in Your hand, for our souls that are in Your charge, for Your miracles that daily attend us, and for Your wonders and gifts that accompany us evening, morning, and noon. You are good, Your mercy everlasting; You are compassionate, Your kindness never-ending. We have always placed our hope in You.

On Hanukkah:

We thank You for the miraculous deliverance, for the heroism, and for the triumphs of our ancestors from ancient days until our time.

In the days of Mattathias son of Yoḥanan, the heroic Hasmonean *Kohen*, and in the days of his sons, a cruel power rose against Your people Israel, demanding that they abandon Your Torah and violate Your mitzvot. You, in great mercy, stood by Your people in time of trouble. You defended them, vindicated them, and avenged their wrongs. You delivered the strong into the hands of the weak, the many into the hands of the few, the corrupt into the hands of the pure in heart, the guilty into the hands of the innocent. You delivered the arrogant into the hands of those who were faithful to Your Torah. You have revealed Your glory and Your holiness to all the world, achieving great victories and miraculous deliverance for Your people Israel to this day. Then Your children came into Your shrine, cleansed Your Temple, purified Your sanctuary, and kindled lights in Your sacred courts. They set aside these eight days as a season for giving thanks and chanting praises to You.

For all these blessings we shall ever praise and exalt You.

On Shabbat Shuvah:

Inscribe all the people of Your covenant for a good life.

May every living creature thank You and praise You faithfully, God of our deliverance and our help. Praised are You Adonai, the essence of goodness, worthy of acclaim.

שָׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ וְעַל כָּל-יְשׁוּבֵי תֵּבֵל תְּשִׁים
 לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל-הַשָּׁלוֹם. וְטוֹב
 בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל-שָׁעָה
 בְּשָׁלוֹמָךְ. *בְּרוּךְ אַתָּה יְהוָה הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל
 בְּשָׁלוֹם.

**On שבת שובה, substitute the following:*

בְּסֶפֶר חַיִּים בְּרָכָה וְשָׁלוֹם, וּפְרָנְסָה טוֹבָה, נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,
 אֲנַחְנוּ וְכָל-עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים וּלְשָׁלוֹם. בְּרוּךְ
 אַתָּה יְהוָה עֹשֵׂה הַשָּׁלוֹם.

*The silent recitation of the עמידה concludes with
 a personal prayer.*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעַע וּשְׁפָתֵי מִדְּבַר מְרָמָה, וְלִמְקַלְלֵי
 נַפְשֵׁי תְדוּם, וְנַפְשֵׁי כְּעַפָּר לְכָל תְּהִיָּה. פְּתַח לְבִי בְּתוֹרַתְךָ
 וּבְמִצְוֹתֶיךָ תְּרַדְּף נַפְשִׁי. וְכָל-הַחוֹשְׁבִים עָלַי רָעָה, מְהֵרָה
 הִפֵּר עֲצָתָם וְקַלְקַל מִחֲשַׁבְתָּם. עֲשֵׂה לְמַעַן שְׁמֶךָ, עֲשֵׂה
 לְמַעַן יְמִינְךָ, עֲשֵׂה לְמַעַן קִדְשֶׁתְּךָ, עֲשֵׂה לְמַעַן תּוֹרַתְךָ,
 לְמַעַן יִחַלְצוֹן יְרִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעַנְּנִי. יְהִי לְרַצּוֹן
 אֱמִרֵי-פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְהוָה צוּרִי וְגוֹאֲלִי. עֲשֵׂה
 שָׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
 וְאָמְרוּ אָמֵן.

An alternative concluding prayer

זַפְנֵי לְשִׁמְחָה וְחֵרוֹת שֶׁל שַׁבָּת, לְטַעַם טַעַם עֲנֵג שַׁבָּת
 בְּאַמְתָּ. זַפְנֵי שְׂלָא יַעֲלֶה עַל לְבִי עֲצָבוֹת בְּיוֹם שַׁבָּת קֹדֶשׁ.
 שְׁמַח נֶפֶשׁ מִשְׂרָתְךָ, כִּי אֵלֶיךָ אֲדַנִּי נַפְשִׁי אֶשָּׂא. עוֹרְנֵי
 לְהַרְבוֹת בְּתַעֲנוּגֵי שַׁבָּת, וּלְהַמְשִׁיךְ הַשְׁמִיחָה שֶׁל שַׁבָּת
 לְשִׁשֶׁת יְמֵי הַחוּל. תוֹדִיעֵנִי אֲרַח חַיִּים. שְׁבַע שְׂמֵחוֹת
 אֶת-פָּנֶיךָ, נְעִימוֹת בִּימִינְךָ נִצַּח. יְהִי לְרַצּוֹן אֱמִרֵי-פִי וְהִגִּיוֹן
 לְבִי לְפָנֶיךָ יְהוָה צוּרִי וְגוֹאֲלִי. עֲשֵׂה שָׁלוֹם בְּמְרוֹמָיו, הוּא
 יַעֲשֵׂה שָׁלוֹם עֲלֵינוּ וְעַל כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

Continue on page 47.

Grant true and lasting peace to Your people Israel and to all who dwell on earth, for You are the supreme Sovereign of peace. May it please You to bless Your people Israel in every season and at all times with Your gift of peace. *Praised are You Adonai, who blesses the people Israel with peace.

**On Shabbat Shuvah, substitute the following:*

May we and the entire House of Israel be remembered and recorded in the Book of life, blessing, sustenance, and peace. Praised are You Adonai, Source of peace.

The silent recitation of the Amidah concludes with a personal prayer.

My God, keep my tongue from evil, my lips from lies. Help me ignore those who would slander me. Let me be humble before all. Open my heart to Your Torah, that I may pursue Your mitzvot. Frustrate the designs of those who plot evil against me; make nothing of their schemes. Act for the sake of Your compassion, Your power, Your holiness, and Your Torah. Answer my prayer for the deliverance of Your people. May the words of my mouth and the meditations of my heart be acceptable to You, my Rock and my Redeemer. May the One who brings peace to His universe bring peace to us and to all the people Israel. Amen.

An alternative concluding prayer

Grant me the privilege of the liberating joy of Shabbat, of truly tasting its delights. May I be undisturbed by sorrow during these holy Shabbat hours. Fill my heart with gladness, for to You, Adonai, I offer my entire being. Help me to expand the dimensions of all Shabbat's pleasures, to extend its spirit to the other days of the week. Show me the path of life, the fullness of Your presence, the bliss of being close to You forever. May the words of my mouth and the meditations of my heart be acceptable to You, Adonai, my Rock and my Redeemer. May the One who brings peace to His universe bring peace to us and to all the people Israel. Amen.

Continue on page 47.



A MEDITATION ON THE AMIDAH FOR SHABBAT

Help me, O God, to pray.

Our ancestors worshiped You. Abraham and Sarah, Rebecca and Isaac, Jacob, Rachel, and Leah stood in awe before You. We, too, reach for You, infinite, awesome, transcendent God, source of all being whose truth shines through our ancestors' lives. We, their distant descendants, draw strength from their lives and from Your redeeming love. Be our help and our shield, as You were theirs. We praise You, God, Guardian of Abraham.

Your power sustains the universe. You breathe life into dead matter. With compassion You care for all who live. Your limitless love lets life triumph over death, heals the sick, upholds the exhausted, frees the enslaved, keeps faith even with the dead. Who is like You, God of splendor and power incomparable? You govern both life and death; Your presence brings our souls to blossom. We praise You, God who wrests life from death.

Sacred are You, sacred Your mystery. Seekers of holiness worship You all their lives. We praise You, God, ultimate sacred mystery.

Culminating the birth of the cosmos You consecrated to Your own glory the day of Shabbat — blessed above all days, holiest of times, as it is written in Your Torah:

“Heaven and earth and all they contain were complete. In the seventh phase God brought to a halt His creative work and rested from all endeavor. And God blessed the seventh day because on it God desisted from all effort and striving and creation.”

O our God, our ancestors' God, find pleasure in our Shabbat, consecrate us with Your mitzvot, give us a share in Your truth. Sate us with Your goodness, delight us with Your help. Make our hearts worthy to serve You truly. May we possess Your holy Shabbat with love and eagerness. May the people Israel, bearer of Your holy name, be blessed with tranquility. We praise You O God, whose Shabbat is sacred.

Would that Your people at prayer gained delight in You. Would that we were aflame with the passionate piety of our ancestors' worship. Would that You found our worship acceptable, and forever cherished Your people. If only our eyes could see Your glory perennially renewed in Jerusalem. We praise You, God whose presence forever radiates from Zion.

You are our God today as You were our ancestors' God throughout the ages; firm foundation of our lives, we are Yours in gratitude and love. Our lives are safe in Your hand, our souls entrusted to Your care. Our sense of wonder and our praise of Your miracles and kindnesses greet You daily at dawn, dusk, and noon. O Gentle One, Your caring is endless; O Compassionate One, Your love is eternal. You are forever our hope. Let all the living confront You with thankfulness, delight, and truth. Help us, O God; sustain us. We praise You, God whose touchstone is goodness. To pray to You is joy.

O God, from whom all peace flows, grant serenity to Your Jewish people, with love and mercy, life and goodness for all. Shelter us with kindness, bless us with tranquility at all times and all seasons. We praise You, God whose blessing is peace.

May my tongue be innocent of malice and my lips free from lies. When confronted by enemies may my soul stay calm, truly humble to all. Open my heart with Your teachings, that I may be guided by You. May all who plan evil against me abandon their schemes. Hear my words and help me, God, because You are loving, because You reveal Your Torah. May you find delight in the words of my mouth and in the emotions of my heart, God, my strength and my salvation. As You maintain harmony in the heavens, give peace to us and to the whole Jewish people. Amen.

עמידה – ערבית ליום טוב

אֲדָנִי, שְׁפָתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם
אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, זוֹכֵר חַסְדֵי
אֲבוֹת וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה.
מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְהוָה מֶגֶן אַבְרָהָם.

אַתָּה גְבוּר לְעוֹלָם אֲדָנִי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

**On שמחת תורה and the first night of:*

מְשִׁיב הַרְיָח וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, טוֹמֵךְ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקִים אֲמוּנָתוֹ
לִישְׁנֵי עֶפְרַי. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מְלַךְ
מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן אַתָּה לְהַחֲיוֹת
מֵתִים. בְּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים.

אַתָּה קְדוֹשׁ וְשִׁמְךָ קְדוֹשׁ, וְקְדוּשֵׁיךָ בְּכָל-יוֹם יְהִלְלוּךָ סְלָה.
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקְּדוֹשׁ.

אַתָּה בַּחֲרַתְנוּ מְכַלְכְּעֵמִים, אֶהְבֵּת אוֹתָנוּ וְרָצִיתָ בָּנוּ,
וְרוֹמַמְתָּנוּ מְכַלְכְּ-הַלְשׁוֹנוֹת, וְקִדְשְׁתָּנוּ בְּמִצְוֹתֶיךָ, וְקִרְבַּתְנוּ
מִלְכָּנוּ לְעַבֹדְתֶךָ, וְשִׁמְךָ הַגָּדוֹל וְהַקְּדוֹשׁ עָלֵינוּ קְרָאתָ.

On Saturday night add:

וּתְוַדִּיעֵנוּ יְהוָה אֱלֹהֵינוּ אֶת-מִשְׁפָּטֵי צְדָקָה, וּתְלַמְּדֵנוּ לַעֲשׂוֹת
חֻקֵי רְצוֹנְךָ. וּתְתַן-לָנוּ יְהוָה אֱלֹהֵינוּ מִשְׁפָּטִים יְשָׁרִים וְתוֹרוֹת
אֲמִת, חֻקִּים וּמִצְוֹת טוֹבִים, וּתְנַחֵלְנוּ זְמַנֵי שְׁשׁוֹן וּמוֹעֲדֵי קֹדֶשׁ
וְחֻגֵי נְדָבָה, וּתְוַרִישְׁנוּ קֹדֶשׁ שַׁבָּת וְכְבוֹד מוֹעֵד וְחֻגֵיגַת הַרְגֵל.

Continue on page 42.

**From מוֹרִיד הַטֶּל to שְׁמִינֵי עֶצְרַת פֶּסַח, some add:*

 **AMIDAH FOR FESTIVAL MA'ARIV**

Adonai, open my lips, so I may speak Your praise.

Praised are You Adonai, our God and God of our ancestors, God of Abraham, God of Isaac, and God of Jacob, great, mighty, awesome, exalted God who bestows lovingkindness, Creator of all. You remember the pious deeds of our ancestors and will send a redeemer to their children's children because of Your loving nature. You are the Sovereign who helps and saves and shields. Praised are You Adonai, Shield of Abraham.

Your might, Adonai, is boundless. You give life to the dead; great is Your saving power.

**On Simḥat Torah and the first night of Pesah:*

You cause the wind to blow and the rain to fall.

Your love sustains the living, Your great mercies give life to the dead. You support the falling, heal the ailing, free the fettered. You keep Your faith with those who sleep in dust. Whose power can compare with Yours? You are Master of life and death and deliverance. Faithful are You in giving life to the dead. Praised are You Adonai, Master of life and death.

Holy are You and holy is Your name. Holy are those who praise You each day. Praised are You Adonai, holy God.


You have chosen us from among all nations for Your service by loving and cherishing us as bearers of Your Torah. You have loved and favored us, and distinguished us by instilling in us the holiness of Your mitzvot and drawing us near to Your service, our Sovereign, so that we became known by Your great and holy name.

On Saturday night add:

Adonai our God, You have shown us laws that embody Your justice, and have taught us to fulfill, through them, Your sovereign will. You have given us just laws, true teachings, goodly statutes, and mitzvot; with seasons of joy, appointed times of holiness, and Festivals for free-will offerings — as a heritage. You have transmitted to us the sanctity of Shabbat, the glory of the holy day and the celebration of the Festival.

Continue on page 42.

**From Pesah to Sh'mini Atzeret, some add: You cause the dew to fall.*

עמידה – ערבית ליום טוב (כולל אמהות) 

אֲדַנִּי, שְׁפַתִּי תִפְתַּח וּפִי יִגִּיד תְּהִלָּתְךָ:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם
אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב, אֱלֹהֵי שְׂרָה אֱלֹהֵי רַבְקָה
אֱלֹהֵי רָחֵל וְאֱלֹהֵי לָאָה, הָאֵל הַגָּדוֹל הַגְּבוּר וְהַנּוֹרָא,
אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים וְקוֹנֵה הַכֶּלֶל, וְזוֹכֵר חֲסָדֵי
אֲבוֹת וּמַבִּיא גּוֹאֵל לְבָנָיו בְּנֵיהֶם לְמַעַן שְׂמוֹ בְּאַהֲבָה.
מִלֶּךָ עוֹזֵר וּפוֹקֵד וּמוֹשִׁיעַ וּמַגֵּן. בְּרוּךְ אַתָּה יְהוָה מְגַן
אַבְרָהָם וּפְקֹד שְׂרָה.

אַתָּה גְבוּר לְעוֹלָם אֲדַנִּי, מְחַיֶּה מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

**On פסח שמחת תורה and the first night of*

משיב הרויח ומוריד הגשם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ
נוֹפְלִים וְרוֹפֵא חוֹלִים וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמוּנָתוֹ
לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ, מִלֶּךָ
מְמִית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה. וְנֶאֱמַן אַתָּה לְהַחֲיוֹת
מֵתִים. בְּרוּךְ אַתָּה יְהוָה מְחַיֶּה הַמֵּתִים.

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקָדוֹשִׁים בְּכָל-יוֹם יְהַלְלוּךָ סֵלָה.
בְּרוּךְ אַתָּה יְהוָה הָאֵל הַקָּדוֹשׁ.

אַתָּה בְּחַרְתָּנוּ מִכָּל-הָעַמִּים, אֶהְבֵּת אוֹתָנוּ וְרָצִיתָ בָּנוּ,
וְרוֹמַמְתָּנוּ מִכָּל-הַלְּשׁוֹנוֹת, וְקִדְשַׁתָּנוּ בְּמִצְוֹתֶיךָ, וְקִרְבַּתָּנוּ
מִלְּכָנוּ לְעַבֹדְתְּךָ, וְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ עָלֵינוּ קָרָאתָ.

On Saturday night add:

וּתְוַדְּיעֵנוּ יְהוָה אֱלֹהֵינוּ אֶת-מִשְׁפָּטֵי צְדָקָה, וּתְלַמְּדֵנוּ לַעֲשׂוֹת
חֻקֵי רְצוֹנְךָ. וּתְתַנֶּן-לָנוּ יְהוָה אֱלֹהֵינוּ מִשְׁפָּטִים יְשָׁרִים וְתוֹרוֹת
אֱמֶת, חֻקִּים וּמִצְוֹת טוֹבִים, וּתְנַחֵלְנוּ זְמַנֵּי שְׁשׁוֹן וּמוֹעֲדֵי קָדֵשׁ
וּחֻגֵי נְדָבָה, וּתְוַרִישְׁנוּ קְדֻשַׁת שַׁבָּת וּכְבוֹד מוֹעֵד וְחֻגֵיגַת הַרְגָּל.

**From פסח to שמיני עצרת, some add: מוריד הטל*

 **AMIDAH FOR FESTIVAL MA'ARIV**
(with Matriarchs)

Adonai, open my lips, so I may speak Your praise.

Praised are You Adonai, our God and God of our ancestors, God of Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, great, mighty, awesome, exalted God who bestows lovingkindness, Creator of all. You remember the pious deeds of our ancestors and will send a redeemer to their children's children because of Your loving nature. You are the Sovereign who helps and guards, saves and shields. Praised are You Adonai, Shield of Abraham and Guardian of Sarah.

Your might, Adonai, is boundless. You give life to the dead; great is Your saving power.

**On Simḥat Torah and the first night of Pesah:*

You cause the wind to blow and the rain to fall.

Your love sustains the living, Your great mercies give life to the dead. You support the falling, heal the ailing, free the fettered. You keep Your faith with those who sleep in dust. Whose power can compare with Yours? You are Master of life and death and deliverance. Faithful are You in giving life to the dead. Praised are You Adonai, Master of life and death.

Holy are You and holy is Your name. Holy are those who praise You each day. Praised are You Adonai, holy God.

You have chosen us from among all nations for Your service by loving and cherishing us as bearers of Your Torah. You have loved and favored us, and distinguished us by instilling in us the holiness of Your mitzvot and drawing us near to Your service, our Sovereign, so that we became known by Your great and holy name.

On Saturday night add:

Adonai our God, You have shown us laws that embody Your justice, and have taught us to fulfill, through them, Your sovereign will. You have given us just laws, true teachings, goodly statutes, and mitzvot; with seasons of joy, appointed times of holiness, and Festivals for free-will offerings — as a heritage. You have transmitted to us the sanctity of Shabbat, the glory of the holy day and the celebration of the Festival.

**From Pesah to Sh'mini Atzeret, some add: You cause the dew to fall.*

וּתְבַדֵּל יְהוּדָה אֱלֹהֵינוּ בֵּין קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל
לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי הַמַּעֲשֵׂה. בֵּין קֹדֶשֶׁת שַׁבָּת
לְקֹדֶשֶׁת יוֹם טוֹב הַבְּדִלָּת, וְאֶת-יוֹם הַשְּׁבִיעִי מִשֵּׁשֶׁת יְמֵי הַמַּעֲשֵׂה
קֹדֶשֶׁת, הַבְּדִלָּת וְקֹדֶשֶׁת אֶת-עַמּוֹ יִשְׂרָאֵל בְּקֹדֶשֶׁתָּךְ.

וּתְתַן-לָנוּ יְהוּדָה אֱלֹהֵינוּ בְּאַהֲבָה (שַׁבָּתוֹת לְמִנוּחָה וּ)
מוֹעֲדִים לְשִׂמְחָה, חֲגִים וְזִמְנִים לְשִׂשׂוֹן, אֶת-יוֹם (הַשַּׁבָּת
הַזֶּה וְאֶת-יוֹם)

On סוכות:

חַג הַסֻּכּוֹת הַזֶּה, זְמַן שִׂמְחָתְנוּ,

On שמחת תורה and שמיני עצרת:

הַשְּׂמִינִי, חַג הָעֲצֵרֶת הַזֶּה, זְמַן שִׂמְחָתְנוּ,

On פסח:

חַג הַמַּצּוֹת הַזֶּה, זְמַן חֲרוּתְנוּ,

On שבועות:

חַג הַשְּׁבָעוֹת הַזֶּה, זְמַן מַתַּן תּוֹרַתְנוּ,

(בְּאַהֲבָה) מִקְרָא קֹדֶשׁ, זָכַר לִיְצִיאַת מִצְרָיִם.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וְיָבֹא וְיַגִּיעַ, וְיִרְאֶה וְיִרְצֶה
וְיִשְׁמַע, וְיִפְקֹד וְיִזְכֹּר זְכוֹרֹנָנוּ וּפְקֻדוֹנָנוּ, וְזָכוֹן אֲבוֹתֵינוּ,
וְזָכוֹן מְשִׁיחַ בֶּן-דָּוִד עַבְדְּךָ, וְזָכוֹן יְרוּשָׁלַיִם עִיר קֹדֶשְׁךָ,
וְזָכוֹן כָּל-עַמּוֹ בֵּית יִשְׂרָאֵל, לְפָנֶיךָ, לְפִלִּיטָה לְטוֹבָה, לְחַן
וּלְחֶסֶד וּלְרַחֲמִים, לְחַיִּים וּלְשָׁלוֹם

On שמחת תורה and שמיני עצרת:

בְּיוֹם חַג הַשְּׂמִינִי, חַג הָעֲצֵרֶת הַזֶּה.

On סוכות:

בְּיוֹם חַג הַסֻּכּוֹת הַזֶּה.

On שבועות:

בְּיוֹם חַג הַשְּׁבָעוֹת הַזֶּה.

On פסח:

בְּיוֹם חַג הַמַּצּוֹת הַזֶּה.

זָכְרָנוּ יְהוּדָה אֱלֹהֵינוּ בּוֹ לְטוֹבָה, וּפְקֻדָנוּ בּוֹ לְבִרְכָה,
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים. וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּנוּ
וְרַחֲמֵי עָלֵינוּ וְהוֹשִׁיעֵנוּ כִּי אֱלֹהֵי עֵינֵינוּ, כִּי אֵל מְלַךְ חַנּוּן
וְרַחוּם אַתָּה.

You have distinguished, Adonai our God, between the sacred and the secular, between light and darkness, between the people Israel and others, between the seventh day and the other days of the week. You have made a distinction between the sanctity of Shabbat and the sanctity of Festivals, and have hallowed Shabbat more than the other days of the week. You have set Your people Israel apart, making their lives holy through attachment to Your holiness.

Lovingly, Adonai our God, have You given us (Shabbat for rest,) Festivals for joy, and holidays for happiness, among them this (Shabbat and this)

Festival of Sukkot, season of our rejoicing,

Festival of Sh'mini Atzeret, season of our rejoicing,

Festival of Matzot, season of our liberation,

Festival of Shavuot, season of the giving of our Torah,

a day of sacred assembly, recalling the Exodus from Egypt.

Our God and God of our ancestors, show us Your care and concern. Remember our ancestors; recall Your anointed, descended from David Your servant. Protect Jerusalem, Your holy city, and exalt all Your people, Israel, with life and well-being, contentment and peace on this

Festival of Sukkot.

Festival of Sh'mini Atzeret.

Festival of Matzot.

Festival of Shavuot.

Grant us life and blessing, and remember us for good. Recall Your promise of mercy and redemption. Be merciful to us and save us, for we place our hope in You, loving and merciful God.

וְהַשְׂאֵנוּ יְהוָה אֱלֹהֵינוּ אֶת-בְּרַכַּת מוֹעֲדֶיךָ לְחַיִּים וְלְשָׁלוֹם,
 לְשִׂמְחָה וְלִשְׁשׁוֹן, בְּאֶשֶׁר רָצִיתָ וְאִמְרַתָּ לְבָרְכֵנוּ. אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ, (רְצֵה בְּמִנוּחָתְנוּ) קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתַן
 חֶלְקֵנוּ בְּתוֹרָתְךָ, שְׂבַעְנוּ מִטוֹבְךָ וְשִׂמְחָנוּ בִּישׁוּעָתְךָ, וְטַהַר
 לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ (בְּאַהֲבָה
 וּבְרַצוֹן) בְּשִׂמְחָה וּבִשְׁשׁוֹן (שֶׁבֶת וּ) מוֹעֲדֵי קִדְּשֶׁךָ, וְיִשְׂמְחוּ
 בְּךָ יִשְׂרָאֵל מְקֻדְּשֵׁי שְׁמֶךָ. בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ (הַשֶּׁבֶת
 וּ) יִשְׂרָאֵל וְהַזְּמִינִים.

רְצֵה יְהוָה אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּבְתַפְלָתָם, וְהִשָּׁב אֶת-
 הָעֲבוּדָה לְדָבִיר בֵּיתְךָ, וְתַפְלָתָם בְּאַהֲבָה תִּקְבַּל בְּרַצוֹן,
 וְתִהְיֶה לְרַצוֹן תָּמִיד עֲבוּדַת יִשְׂרָאֵל עִמָּךְ.

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוֹבְךָ לְצִיּוֹן בְּרַחֲמִים.
 בְּרוּךְ אַתָּה יְהוָה הַמְּחַזֵּיר שְׂכִינָתוֹ לְצִיּוֹן.

מוֹדִים אֲנַחְנוּ לָךְ שָׂאֲתָה הוּא יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ
 לְעוֹלָם וָעֶד, צוּר חַיֵּינוּ מִגֵּן יִשְׁעֵנוּ אַתָּה הוּא לְדוֹר וָדוֹר.
 נוֹדָה לָךְ וְנִסְפַּר תְּהִלָּתְךָ, עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ וְעַל
 נְשִׁמוֹתֵינוּ הַפְּקוּדוֹת לָךְ, וְעַל נִסִּיךָ שְׂבָכ־לַיּוֹם עִמָּנוּ וְעַל
 נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכ־לַעַתָּה, עָרַב וּבָקֵר וְצִהָרִים.
 הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהִמְרַחֵם כִּי לֹא תָמוּ חֲסִדֶּיךָ,
 מֵעוֹלָם קוּיֵנוּ לָךְ.

וְעַל כָּלֵם יִתְבַּרְךָ וְיִתְרוּמֵם שְׁמֶךָ מִלִּבֵּנוּ תָּמִיד לְעוֹלָם וָעֶד.

וְכָל הַחַיִּים יוֹדוּךָ סֶלָה, וַיְהִלְלוּ אֶת-שְׁמֶךָ בְּאֵמֶת, הָאֵל
 יִשְׁעָתְנוּ וְעִזָּרְתָנוּ סֶלָה. בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ
 וְלָךְ נֶאֱדָה לְהוֹדוֹת.

Adonai our God, bestow upon us the blessing of Your Festivals, for life and peace, for joy and gladness, even as You have promised. Our God and God of our ancestors, (find favor in our Shabbat rest,) instill in us the holiness of Your mitzvot and let Your Torah be our portion. Fill our lives with Your goodness, and gladden us with Your triumph. Cleanse our hearts so that we might serve You faithfully. (Lovingly and willingly,) Adonai our God, grant that we inherit Your holy (Shabbat and) Festivals, so that the people Israel, who hallow Your name, will rejoice in You. Praised are You Adonai, who hallows (Shabbat,) the people Israel and the Festivals.

Accept the prayer of Your people Israel as lovingly as it is offered. Restore worship to Your sanctuary, and may the worship of Your people Israel always be acceptable to You.

May we witness Your merciful return to Zion. Praised are You Adonai, who restores the Divine Presence to Zion.

We proclaim that You are Adonai our God and God of our ancestors throughout all time. You are the Rock of our lives, the Shield of our salvation in every generation. We thank You and praise You for our lives that are in Your hand, for our souls that are in Your charge, for Your miracles that daily attend us, and for Your wonders and gifts that accompany us evening, morning, and noon. You are good, Your mercy everlasting; You are compassionate, Your kindness never-ending. We have always placed our hope in You.

For all these blessings we shall ever praise and exalt You.

May every living creature thank You and praise You faithfully, God of our deliverance and our help. Praised are You Adonai, the essence of goodness, worthy of acclaim.

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ וְעַל כָּל-יְיֹשְׁבֵי תֵבֵל תְּשִׂים
 לְעוֹלָם, כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל-הַשָּׁלוֹם. וְטוֹב
 בְּעֵינֶיךָ לְבָרֵךְ אֶת-עַמְּךָ יִשְׂרָאֵל בְּכָל-עֵת וּבְכָל-שָׁעָה
 בְּשָׁלוֹמְךָ. בָּרוּךְ אַתָּה יְהוָה הַמְּבָרֵךְ אֶת-עַמּוֹ יִשְׂרָאֵל
 בְּשָׁלוֹם.

*The silent recitation of the עמידה concludes with
 a personal prayer.*

אֱלֹהֵי, נִצּוֹר לְשׁוֹנֵי מִרְעַע וּשְׁפָתֵי מִדְּבַר מִרְמָה, וְלִמְקַלְלֵי
 נַפְשֵׁי תְדוּם, וְנַפְשֵׁי כְּעַפָּר לְכָל תְּהִיָּה. פָּתַח לְבִי בְּתוֹרַתְךָ
 וּבְמִצְוֹתֶיךָ תִּרְדֹּף נַפְשִׁי. וְכָל-הַחוֹשְׁבִים עָלַי רָעָה, מִהֲרֵה
 הַפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ, עֲשֵׂה
 לִמְעַן יְמִינֶךָ, עֲשֵׂה לִמְעַן קִדְשֹׁתֶךָ, עֲשֵׂה לִמְעַן תּוֹרַתְךָ,
 לִמְעַן יִחַלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינֶךָ וְעַנְנֵי. יִהְיוּ לְרִצּוֹן
 אֲמִרֵי-פִי וְהִגִּיוֹן לְבִי לְפָנֶיךָ, יְהוָה צוּרֵי וְגוֹאֲלֵי. עֲשֵׂה
 שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
 וְאָמְרוּ אָמֵן.

An alternative concluding prayer

רְבוּנוּ שֶׁל עוֹלָם, אֲדוֹן הַשְּׁמַחָה שְׂאִין לְפָנָיו עֲצָבוֹת, וְכִנֵּי
 לְקַבֵּל וּלְהַמְשִׁיךְ עָלַי קְדוּשַׁת יוֹם טוֹב בְּשִׂמְחָה וְחִדּוּהָ.
 לְמַדְנֵי לְהַפּוֹךְ נִגּוֹן לְשִׂמְחָה, שֶׁהִתְרַחַקוּת מִמֶּךָ בָּאָה לָנוּ
 עַל יְדֵי הָעֲצָבוֹת. הַשִּׁיבָה לִי שְׁשׁוֹן יִשְׁעֶךָ, וְרוּחַ נְדִיבָה
 תִּסְמְכֵנִי. יְהִי רִצּוֹן מִלְּפָנֶיךָ, יְהוָה אֱלֹהֵי, שֶׁתִּפְתַּח לִי שַׁעֲרֵי
 תוֹרָה, שַׁעֲרֵי חֲכָמָה, שַׁעֲרֵי דַעָה, שַׁעֲרֵי פִרְנֶסֶה וְכֻלְכָּלָה,
 שַׁעֲרֵי חַיִּים, שַׁעֲרֵי אֱהָבָה וְאַחֻוּהָ, שָׁלוֹם וְרַעוּת. עֲשֵׂה
 שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל,
 וְאָמְרוּ אָמֵן.

On שבת, continue on page 47.

On a weekday, continue with קדיש שלם, page 48.

Grant true and lasting peace to Your people Israel and to all who dwell on earth, for You are the supreme Sovereign of peace. May it please You to bless Your people Israel in every season and at all times with Your gift of peace. Praised are You Adonai, who blesses the people Israel with peace.

The silent recitation of the Amidah concludes with a personal prayer.

My God, keep my tongue from evil, my lips from lies. Help me ignore those who would slander me. Let me be humble before all. Open my heart to Your Torah, that I may pursue Your mitzvot. Frustrate the designs of those who plot evil against me; make nothing of their schemes. Act for the sake of Your compassion, Your power, Your holiness, and Your Torah. Answer my prayer for the deliverance of Your people. May the words of my mouth and the meditations of my heart be acceptable to You, my Rock and my Redeemer. May the One who brings peace to His universe bring peace to us and to all the people Israel. Amen.

An alternative concluding prayer

Sovereign, Master of joy in whose presence despair takes flight, grant me the capacity to welcome and extend the holiness of this Festival with happiness and delight. Teach me to transcend sorrow with abiding contentment, for estrangement from You grows out of despair. Revive in me the joy of Your deliverance; may a willing spirit strengthen me. May it be Your will, Adonai my God, to open for me the gates of Torah, the gates of wisdom and understanding, the gates of sustenance and life, the gates of love and harmony, peace and companionship. May God who ordains universal peace bring peace to us and to all the people Israel. Amen.

On Shabbat, continue on page 47.

On a weekday, continue with Kaddish Shalem, page 48.



A MEDITATION ON THE AMIDAH FOR FESTIVALS

Help me, O God, to pray.

Our ancestors worshiped You. Abraham and Sarah, Rebecca and Isaac, Jacob, Rachel, and Leah stood in awe before You. We, too, reach for You, infinite, awesome, transcendent God, source of all being, whose truth shines through our ancestors' lives. We, their distant descendants, draw strength from their lives and from Your redeeming love. Be our help and our shield, as You were theirs. We praise You, God, Guardian of Abraham.

Your power sustains the universe. You breathe life into dead matter. With compassion You care for all who live. Your limitless love lets life triumph over death, heals the sick, upholds the exhausted, frees the enslaved, keeps faith even with the dead. Who is like You, God of splendor and power incomparable? You govern both life and death, Your presence brings our souls to blossom. We praise You, God who wrests life from death.

Sacred are You, sacred Your mystery. Seekers of holiness worship You all their lives. We praise You, God, ultimate sacred mystery.

Out of all humanity You chose us, You loved us, You found pleasure in us. Out of all peoples, through Your law, You uplifted us, You consecrated us, You drew us near to serve You, and shared with us Your great and holy name. Lovingly, *Adonai Eloheinu*, You gave us (Sabbaths for rest,) Festivals for joy, feasts and holy days for delight,

 this Festival of Sukkot, season of our rejoicing,

 this Festival of Sh'mini Atzeret, season of our rejoicing,

 this Feast of Matzah, season of our liberation,

 this Feast of Shavuot, season of Matan Torah,

a sacred gathering, memento of our Exodus from Egypt.

Our God, our ancestors' God, let an awareness of us and our destiny, of our ancestors, and of our messianic dreams, of the holy city of Jerusalem, and of Your people, the family that is Israel, rise and ascend, soar and unfold, and shine in Your presence. May there be survival and sweetness, grace and tenderness, compassion and life and peace on this festive day. Remember us generously, find us worthy of Your blessing. Help us to choose life. Through Your word of comfort and mercy show us grace, solace, and pity, and help us, O our God, our Guardian, tender and gentle; our eyes look toward You always.

Shower upon us, *Adonai Eloheinu*, the gift of Your Festivals for life and peace, for happiness and joy, as You have promised to bless us. Consecrate us through Your law, give us a share of Your truth, fulfill us with Your goodness, cheer us with Your help. Make our hearts worthy to serve You truly. May Your holy Festivals be our glad and glorious treasure. Let Jews who worship You find joy today. We praise You O God, whose holiness illumines Israel and the sacred seasons.

Would that Your people at prayer gained delight in You. Would that we were aflame with the passionate piety of our ancestors' worship. Would that You found our worship acceptable, and forever cherished Your people. If only our eyes could see Your glory perennially renewed in Jerusalem. We praise You, God whose presence forever radiates from Zion.

You are our God today as You were our ancestors' God throughout the ages; firm foundation of our lives, we are Yours in gratitude and love. Our lives are safe in Your hand, our souls entrusted to Your care. Our sense of wonder and our praise of Your miracles and kindnesses greet You daily at dawn, dusk, and noon. O Gentle One, Your caring is endless; O Compassionate One, Your love is eternal. You are forever our hope. Let all the living confront You with thankfulness, delight, and truth. Help us, O God; sustain us. We praise You, God whose touchstone is goodness. To pray to you is joy.

O God, from whom all peace flows, grant serenity to Your Jewish people, with love and mercy, life and goodness for all. Shelter us with kindness, bless us with tranquility at all times and all seasons. We praise You, God whose blessing is peace.

May my tongue be innocent of malice and my lips free from lies. When confronted by enemies may my soul stay calm, truly humble to all. Open my heart with Your teachings, that I may be guided by You. May all who plan evil against me abandon their schemes. Hear my words and help me, God, because You are loving, because You reveal Your Torah. May you find delight in the words of my mouth and in the emotions of my heart, God, my strength and my salvation. As You maintain harmony in the heavens, give peace to us and to the whole Jewish people. Amen.

On Shabbat (including שבת טוב and חול המועד):

It is customary to remain standing for this passage.

בראשית ב': א-ב'

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכָל-צְבָאָם: וַיְכַל אֱלֹהִים בְּיוֹם הַשְּׁבִיעִי מְלַאכְתּוֹ אֲשֶׁר עָשָׂה וַיִּשְׁבֹּת בְּיוֹם הַשְּׁבִיעִי מְכַל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה: וַיְבָרֶךְ אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי וַיְקַדֵּשׁ אֹתוֹ כִּי בּו שְׁבֹת מְכַל-מְלַאכְתּוֹ אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת:

*The following passages are recited only with a minyan.
(On the first night of פסח they are omitted.)*

Hazzan: (with אמהות)

Hazzan:

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאַלְהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאַלְהֵי יַעֲקֹב, אֱלֹהֵי רַחֵל וְאַלְהֵי לֵאָה, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, קוֹנֵה שָׁמַיִם וָאָרֶץ,	בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאַלְהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם אֱלֹהֵי יִצְחָק וְאַלְהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, קוֹנֵה שָׁמַיִם וָאָרֶץ,
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Hazzan and congregation:

מִגֵּן אֲבוֹת בְּדַבְּרוֹ, מִחַיָּה מֵתִים בְּמֵאֲמָרוֹ, הָאֵל (הַמְּלֹךְ) הַקְּדוֹשׁ שְׁאִין בְּמוֹהוֹ, הַמְּנִיחַ לְעַמּוֹ בְּיוֹם שְׁבֹת קְדֻשׁוֹ, כִּי בָם רָצָה לְהַנִּיחַ לָהֶם. לְפָנָיו נַעֲבֹד בִּירְאָה וּפְחָד, וְנוֹדָה לְשִׁמּוֹ בְּכָל-יוֹם תָּמִיד*. מֵעוֹן הַבְּרֻכּוֹת, אֵל הַהוֹדָאוֹת, אֲדוֹן הַשְּׁלוֹם, מְקַדֵּשׁ הַשְּׁבֹת וּמְבָרֵךְ שְׁבִיעִי, וּמְנִיחַ בְּקַדְשָׁהּ לְעַם מְדֻשְׁנֵי-עֲנָג, זְכַר לְמַעֲשֵׂה בְּרֵאשִׁית.

**Some texts read: מֵעֵין הַבְּרֻכּוֹת. אֵל הַהוֹדָאוֹת.*

Magen avot bid'varo, m'hayei metim b'ma'amaro,
ha-El (on Shabbat Shuvah: ha-Melekh) ha-kadosh she-ein kamohu,
ha-meniah l'amo b'yom Shabbat kodsho,
ki vam ratzah l'hani-ah lahem.
L'fanav na'avod b'yir-ah va-fahad,
v'nodeh li-sh'mo b'khol yom tamid*. Me-on ha-b'rakhot,
El ha-hoda-ot, Adon ha-shalom, m'kadesh ha-Shabbat
u-m'varekh sh'vi-i, u-meni-ah bi-k'dushah l'am m'dushnei oneg,
zekher l'ma'asei v'reshit.

**Some texts read: me-ein ha-b'rakhot. El ha-hoda-ot,*

On Shabbat (including Festivals and Shabbat Ḥol Ha-mo'ed):

It is customary to remain standing for this passage.

GENESIS 2:1-3

The heavens and the earth, and all they contain, were completed. On the seventh day God finished the work He had been doing, and ceased on the seventh day from all the work that He had done. Then God blessed the seventh day and called it holy, because on it God ceased from all the work of creation.

Va-y'khulu ha-shamayim v'ha-aretz v'khol tz'va-am.
 Va-y'khal Elohim ba-yom ha-sh'vi-i m'lakhto asher asah,
 va-yishbot ba-yom hash'vi-i mi-kol m'lakhto asher asah.
 Va-y'varekh Elohim et yom hash'vi-i va-y'kadesh oto,
 ki vo shavat mi-kol m'lakhto asher bara Elohim la'asot.

*The following passages are recited only with a minyan.
 (On the first night of Pesah they are omitted.)*

Reader:

Praised are You Adonai,
 our God and God of our
 ancestors, God of Abraham,
 God of Isaac, and God
 of Jacob, great, mighty, awe-
 some, exalted God, Creator
 of heaven and earth,

Reader: (with Matriarchs)

Praised are You Adonai, our
 God and God of our ancestors,
 God of Abraham, Isaac, and
 Jacob, Sarah, Rebecca, Rachel,
 and Leah, great, mighty, awe-
 some, exalted God, Creator of
 heaven and earth,

Reader and congregation:

Shield of our ancestors by His promised word, Guarantor of life to the dead, Holy God (*on Shabbat Shuvah*: Holy Sovereign) beyond compare, who bestows rest to His people on the holy Shabbat, who takes pleasure in them, and invites them to rest. We will honor God with reverence and awe, and offer our thanks day after day*. The Source of blessings, God worthy of acclaim, the Master of peace, hallows Shabbat, the seventh day — granting Shabbat in holiness to a people overflowing with joy — this day that recalls the act of Creation.

**Some texts read:*

with appropriate blessings. God worthy of acclaim,

Hazzan:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה בְּמִנוּחָתָנוּ. קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ
וְתֵן חֶלְקֵנוּ בְּתוֹרָתֶךָ, שְׂבַעְנוּ מִטוֹבֶךָ וְשִׂמְחָנוּ בִּישׁוּעָתֶךָ,
וְטַהַר לִבָּנוּ לְעִבְדֶּךָ בְּאֵמֶת. וְהִנְחִילֵנוּ יְהוָה אֱלֹהֵינוּ
בְּאַהֲבָה וּבְרִצּוֹן שֶׁבֶת קִדְּשָׁךָ, וַיְנַחֲנוּ בָּהּ יִשְׂרָאֵל מִקִּדְּשֵׁי
שְׁמֶךָ. בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת.

קדיש שלם

Hazzan:

וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דִּי בְרָא, בְּרַעוּתָהּ,
וַיְמַלִּיךָ מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל־בֵּית
יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and Hazzan:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמֵי וְלְעָלְמֵי עָלְמַיָּא.

Hazzan:

יְתַבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְּקִדְּשָׁא, בְּרִיךְ הוּא *לְעֵלָא
מִן כָּל־בְּרִכְתָּא וְשִׁירְתָּא תְּשַׁבְּחָתָא וְנַחֲמָתָא דְּאִמְרִין
בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

*On לְעֵלָא לְעֵלָא מְכָל־בְּרִכְתָּא וְשִׁירְתָּא: שבת שובה

תְּתַקַּבַּל צְלוֹתְהוֹן וּבְעוּתְהוֹן דְּכָל־יִשְׂרָאֵל קָדָם אָבוּהוֹן
דִּי בְשִׁמְיָא וְאָמְרוּ אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמֵיָא וְחַיִּים עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל,
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל־יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

On שמחת תורה, continue with *הקפית*, page 213.

On חול המועד, continue with *קידוש לשבת*, page 49.

Reader:

Our God and God of our ancestors, find favor in our Shabbat rest. Instill in us the holiness of Your mitzvot and let Your Torah be our portion. Fill our lives with Your goodness, and gladden us with Your triumph. Cleanse our hearts so that we might serve You faithfully. Lovingly and willingly, Adonai our God, grant that we inherit Your holy Shabbat, so that the people Israel, who hallow Your name, will always find rest on this day. Praised are You Adonai, who hallows Shabbat.



KADDISH SHALEM

Reader:

May God's name be exalted and hallowed throughout the world that He created, as is God's wish. May God's sovereignty soon be accepted, during our life and the life of all Israel. And let us say: Amen.

Congregation and Reader:

Y'hei sh'mei raba m'varakh l'alam u-l'almei almay.

May God's great name be praised throughout all time.

Reader:

Glorified and celebrated, lauded and worshiped, exalted and honored, extolled and acclaimed may the Holy One be, praised beyond all song and psalm, beyond all tributes that mortals can utter. And let us say: Amen.

May the prayers and pleas of all the people Israel be accepted by our Guardian in heaven. And let us say: Amen.

Let there be abundant peace from heaven, with life's goodness for us and for all Israel. And let us say: Amen.

May the One who brings peace to His universe bring peace to us and to all Israel. And let us say: Amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom
aleinu v'al kol Yisra-el, v'imru amen.

On Simḥat Torah, continue with Hakafot, page 213.

On Shabbat Ḥol Ha-mo'ed,

continue with the Shabbat Kiddush, page 49.

קידוש לשבת 

סְבָרֵי מִרְגָּן (וּרְבִנָּן וְרַבּוֹתֵי)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,

אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְרָצָה בָּנוּ,

וְשַׁבַּת קִדְּשׁוּ בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָנוּ,

זָכְרוֹן לְמַעֲשֵׂה בְּרֵאשִׁית.

כִּי הוּא יוֹם תְּחִלָּה לְמִקְרָאֵי־קֹדֶשׁ,

זָכַר לִיצִיאַת מִצְרַיִם.

כִּי בָנוּ בְּחֶרֶת וְאוֹתָנוּ קִדְּשַׁת מְכַל־הָעַמִּים,

וְשַׁבַּת קִדְּשָׁה בְּאַהֲבָה וּבְרָצוֹן הַנְּחִילָתָנוּ.

בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ הַשַּׁבָּת.

סוכה, if קידוש is recited in the סוכה חול המועד סוכות, שבת conclude with the following ברכה:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לֵישֵׁב בְּסֻכָּה.

שבועות פסח until פסח the second night of, עומר is counted, the

Continue with עלינו, page 51.

The twin Commandments in Exodus and Deuteronomy, to “remember” and “observe” Shabbat, were understood by our sages to mean that God revealed both texts simultaneously. Our observance of Shabbat, the rabbis concluded, commemorates both God’s act of Creation and the Exodus from Egypt. Both themes are recalled side by side in the Kiddush.

It is believed that Kiddush was originally recited in the home. Since it was common in early Talmudic times for itinerant strangers to have their meal in the synagogue, the wine of the Kiddush became a prelude to their meal. Later the Kiddush was incorporated into the Shabbat evening service.



KIDDUSH FOR SHABBAT

Barukh atah Adonai, Eloheinu melekh ha-olam, borei p'ri ha-gafen.

Barukh atah Adonai, Eloheinu melekh ha-olam,
 asher kid'shanu b'mitzvotav v'ratzah vanu,
 v'Shabbat kodsho b'ahavah u-v'ratzon hin-ḥilanu,
 zikaron l'ma-asei v'reshit.

Ki hu yom t'ḥilah l'mikra-ei kodesh, zekher li-y'tzi-at mitzrayim.

Ki vanu vaḥarta v'otanu kidashta mi-kol ha-amim,
 v'Shabbat kod'sh'kha b'ahavah u-v'ratzon hin-ḥal-tanu.

Barukh atah Adonai, m'kadesh ha-Shabbat.

Praised are You Adonai our God, who rules the universe,
 creating the fruit of the vine.

Praised are You Adonai our God, who rules the universe,
 instilling in us the holiness of mitzvot and cherishing us by
 granting us His holy Shabbat lovingly, gladly, a reminder of
 Creation. It is the first among our days of sacred assembly
 that recall the Exodus from Egypt. Thus You have chosen us
 — endowing us with holiness — from among all peoples,
 granting us Your holy Shabbat lovingly and gladly. Praised are
 You Adonai, who hallows Shabbat.

*On Shabbat Ḥol Ha-mo'ed Sukkot, if Kiddush is recited
 in the sukkah, conclude with the following b'rakhah:*

Praised are You Adonai our God, who rules the universe,
 instilling in us the holiness of mitzvot
 by commanding us to dwell in the sukkah.

*From the second night of Pesah until Shavuot,
 the Omer is counted, page 55.*

Continue with Aleinu, page 51.

*Since antiquity, wine has been associated with moments of sanctity
 and joy; it was used as an offering upon the altar in the Temple.
 The rabbis suggested that God looked upon our use of wine for
 Kiddush with satisfaction (B'rakhot 35a). They saw it as a symbol of
 profound spiritual significance. Wine represents the incorruptible
 — it does not deteriorate, but improves with age. Wine thus
 symbolizes all the idealized treasures of the Jewish people — the
 Torah, the Righteous, the Messiah, Jerusalem, and Eretz Yisrael.
 Since the primary goal of Shabbat is to impart holiness to our lives,
 the wine suggests that this holiness must not be permitted to
 dissipate, but must, rather, grow deeper with the passage of time.*

קידוש ליום טוב 

On evenings of the פסח Seder, קידוש is not chanted in the synagogue.

סְבָרֵי מָרְנָן (וּרְבָנָן וּרְבוּתֵי)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְרֵי הַגֶּפֶן.
 בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל-
 עַם וְרוֹמְמָנוּ מִכָּל-לְשׁוֹן וְקִדְּשָׁנוּ בְּמִצְוֹתָיו. וְתַתֵּן-לָנוּ יְהוָה
 אֱלֹהֵינוּ בְּאַהֲבָה (שְׁפָתוֹת לְמִנוּחָה וּמוֹעֲדִים לְשִׂמְחָה, חֲגִים
 וְזִמְנִים לְשִׂשׁוֹן, אֶת-יְיָוִם (הַשְּׁבֵת הַזֶּה וְאֶת-יְיָוִם)

On סוכות:

חַג הַסּוּכוֹת הַזֶּה, זְמַן שִׂמְחָתֵנוּ,

שמחת תורה and שמיני עצרת On

הַשְּׁמִינִי, חַג הָעֲצֵרֶת הַזֶּה, זְמַן שִׂמְחָתֵנוּ,

שבועות On

פסח On

חַג הַמִּצּוֹת הַזֶּה, זְמַן חֲרוּתֵנוּ, חַג הַשְּׁבָעוֹת הַזֶּה, זְמַן מִתֵּן תּוֹרָתֵנוּ,

(בְּאַהֲבָה) מִקְרָא קֹדֶשׁ, זָכָר לִיצִיאַת מִצְרָיִם. כִּי בָנוּ בְּחִרְתָּ
 וְאוֹתָנוּ קִדְּשָׁתָּ מִכָּל-הָעַמִּים, (וְשֵׁבֶת) וּמוֹעֲדֵי קֹדֶשׁךָ (בְּאַהֲבָה
 וּבְרָצוֹן) בְּשִׂמְחָה וּבְשִׂשׁוֹן הַנְּחַלְתָּנוּ. בְּרוּךְ אַתָּה יְהוָה מְקַדֵּשׁ
 (הַשְּׁבֵת וְיִשְׂרָאֵל וְהַזִּמְנִים).

On Saturday night הברלה is added:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי הָאֵשׁ.
 בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְּבַדִּיל בֵּין קֹדֶשׁ לְחֹל, בֵּין
 אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יְמֵי
 הַמַּעֲשֵׂה. בֵּין קֹדֶשֶׁת שְׁבֵת לְקֹדֶשֶׁת יוֹם טוֹב הַבְּדִלְתָּ, וְאֶת-יְיָוִם
 הַשְּׁבִיעִי מִשֵּׁשֶׁת יְמֵי הַמַּעֲשֵׂה קֹדֶשֶׁת, הַבְּדִלְתָּ וְקִדְּשָׁתָּ אֶת-עַמְּךָ
 יִשְׂרָאֵל בְּקִדְּשָׁתְךָ. בְּרוּךְ אַתָּה יְהוָה הַמְּבַדִּיל בֵּין קֹדֶשׁ לְקֹדֶשׁ.

This ברכה is omitted on the last two nights of פסח:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 שְׂהַחֲיֵנוּ וְקִיַּמְנוּ וְהִגִּיעְנוּ לְזְמַן הַזֶּה.

On סוכה, when קידוש is chanted in the סוכה,

add the following ברכה. (On the first night,

before שְׁהַחֲיֵנוּ; on the second night, after שְׁהַחֲיֵנוּ)

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
 אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לֵישֵׁב בְּסֻכָּה.

On פסח, starting with the second night,

the עומר is counted, page 55.

 **KIDDUSH FOR FESTIVALS**

Praised are You Adonai our God, who rules the universe,
creating the fruit of the vine.

Praised are You Adonai our God, who rules the universe, choosing
and distinguishing us from among all others by instilling in us the
holiness of mitzvot. Lovingly have You given us (Shabbat for rest,
Festivals for joy and holidays for happiness, among them this
(Shabbat and this) day of

Sukkot, season of our rejoicing,
Sh'mini Atzeret, season of our rejoicing,
Matzot, season of our liberation,
Shavuot, season of the giving of our Torah,

a day of sacred assembly recalling the Exodus from Egypt. Thus You
have chosen us — endowing us with holiness — from among all
peoples, granting us (Shabbat and) Your hallowed Festivals (lovingly
and gladly,) in happiness and joy. Praised are You Adonai, who
hallows (Shabbat,) the people Israel and the Festivals.

On Saturday night:

Praised are You Adonai our God, who rules the universe,
creating the lights of fire.

Praised are You Adonai our God, who rules the universe,
endowing all creation with distinctive qualities, distinguishing
between the sacred and the secular, between light and darkness,
between the people Israel and others, between the seventh day
and the other days of the week. You have made a distinction
between the sanctity of Shabbat and the sanctity of Festivals, and
have hallowed Shabbat more than the other days of the week. You
have set Your people Israel apart, making their lives holy through
attachment to Your holiness. Praised are You Adonai, who
distinguishes one sacred time from another.

Omit on the last two nights of Pesah:

Praised are You Adonai our God, who rules the universe,
granting us life, sustaining us, and enabling us to reach this day.

On Sukkot, when Kiddush is chanted in the sukkah:

Praised are You Adonai our God, who rules the universe,
instilling in us the holiness of mitzvot
by commanding us to dwell in the sukkah.

*On Pesah, starting with the second night,
the Omer is counted, page 55.*

עלינו 

עלינו לשבח לאדון הכל, לתת גדלה ליוצר בראשית, שלא עשנו פגויי הארצות ולא שמנו במשפחות האדמה, שלא שם חלקנו בהם, וגורלנו ככל-המונם.

ואנחנו כורעים ומשתחוים ומודים

לפני מלך מלכי המלכים, הקדוש ברוך הוא,

שהוא נוטה שמים ויוסד ארץ, ומושב יקר בשמים ממעל, ושכינת עוז בגבהי מרומים. הוא אלהינו אין עוד. אמת מלבנו, אפס זולתו, כפתוב בתורתו: וידעת היום והשבת אל לבבך, כי יהוה הוא האלהים בשמים ממעל ועל הארץ מתחת, אין עוד.

על כן נקנה לך יהוה אלהינו, לראות מהרה בתפארת עזך, להעביר גלולים מן הארץ והאלילים פרות יברתון, לתקן עולם במלכות שדי, וכל-בני בשר יקראו בשמך, להפנות אליך כל-רשעי ארץ. יכירו וידעו כל-יושבי תבל, כי לך תכרע כל-ברך, תשבע כל-לשון. לפניה יהוה אלהינו יכרעו ויפלו. ולכבוד שמך יקר יתנו, ויקבלו כלם את-על מלכותך ותמלך עליהם מהרה לעולם ועד, כי המלכות שלך היא ולעולמי עד תמלך בכבוד, כפתוב בתורתך: יהוה ימלך לעלם ועד. □ ונאמר: והיה יהוה למלך על כל-הארץ, ביום ההוא יהיה יהוה אחד ושמו אחד.

הושענא רבה through ראש חודש אלול
(in some congregations, through כפור).
Psalm 27 is recited, page 80.

Since the Middle Ages, Aleinu has been included in every daily service throughout the year, although it was originally composed for the Rosh Hashanah liturgy. It contains two complementary ideas. The first paragraph celebrates the distinctiveness of the Jewish people, and its unique faith in God. The second speaks eloquently of our universalist hope that someday God will be worshiped by all humanity.

 ALEINU

We rise to our duty to praise the Master of all, to acclaim the Creator. God made our lot unlike that of other people, assigning to us a unique destiny. We bend the knee and bow, acknowledging the Supreme Sovereign, the Holy One, exalted, who spread out the heavens and laid the foundations of the earth; whose glorious abode is in the highest heaven, whose mighty dominion is in the loftiest heights. This is our God; there is no other. In truth, God alone is our Ruler, as is written in the Torah: “Know this day and take it to heart that Adonai is God in heaven above and on earth below; there is no other.”

Aleinu l'shabe-ah la'adon ha-kol, la-tet g'dulah l'yotzer b'reshit,
 she-lo asanu k'goyei ha'aratzot
 v'lo samanu k'mishp'hot ha'adamah,
 she-lo sahm helkenu kahem, v'goralenu k'khol hamonam.

Va-anahnu kor'im u-mishta'avim u-modim
 lifnei Melekh malkhei ha-m'lakhim, Ha-kadosh Barukh Hu.

And so we hope in You, Adonai our God, soon to see Your splendor: That You will sweep idolatry away so that false gods will be utterly destroyed, and that You will perfect the world by Your sovereignty so that all humanity will invoke Your name, and all the earth's wicked will return to You, repentant. Then all who live will know that to You every knee must bend, every tongue pledge loyalty. To You, Adonai, may all bow in worship. May they give honor to Your glory; may everyone accept Your dominion. Reign over all, soon and for all time. Sovereignty is Yours in glory, now and forever. Thus is it written in Your Torah: “Adonai reigns for ever and ever.” Such is the prophetic assurance: “Adonai shall be acknowledged Ruler of all the earth. On that day Adonai shall be One and His name One.”

V'ne-emar, v'haya Adonai l'melekh al kol ha-aretz,
 ba-yom ha-hu yih'yeh Adonai ehad u-sh'mo ehad.

*From Rosh Hodesh Elul through Hoshana Rabbah
 (in some congregations, through Yom Kippur),
 Psalm 27 is recited, page 80.*

The authorship of Aleinu has been ascribed to Rav, a Babylonian rabbi of the third century C.E., although some scholars believe it may have been composed centuries earlier, and was already part of the ritual in the Second Temple.

קדיש יתום 

In love we remember those who no longer walk this earth. We are grateful to God for the gift of their lives, for the joys we shared, and for the cherished memories that never fade. May God grant those who mourn the strength to see beyond their sorrow, sustaining them despite their grief. May the faith that binds us to our loved ones be a continuing source of comfort, as we invite those who mourn, and those observing Yahrzeit, to praise God's name with the words of the Kaddish.

Mourners and those observing Yahrzeit:

וַיִּתְגַּדַּל וַיִּתְקַדֵּשׁ שְׁמֵהּ רַבָּא, בְּעֵלְמָא דִּי בְרָא, כְּרַעוּתָהּ,
וַיִּמְלִיף מְלֻכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית
יִשְׂרָאֵל, בְּעֵגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and mourners:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי וְלְעַלְמֵי עַלְמֵיָא.

Mourners:

יְתַבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא וַיִּתְהַדָּר
וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיף הוּא *לְעֵלְא
מִן כָּל-בְּרַכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא וְאָמְרִין
בְּעֵלְמָא, וְאָמְרוּ אָמֵן.

**On לעלא לעלא מכל-ברכתא ושירתא: שבת שובה*

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

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל
כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.



MOURNER'S KADDISH

As we recite the Kaddish, we pray that all people throughout the world will recognize God's sovereignty in our time. For only to the extent that God's sovereignty is felt in the world, can blessing and song, peace and harmony, hope and consolation fill our lives. Thus, in recalling our dead, of blessed memory, we confront our loss in the presence of the congregation, with an affirmation of faith. Let those who are in mourning or observing Yahrzeit join in praise of God's name.

Mourners and those observing Yahrzeit:

Yitgadal v'yitkadash sh'mei raba, b'alma di v'ra, kir'utei,
v'yamlikh malkhutei b'hayeikhon u-v'yomeikhon
u-v'hayei d'khol beit Yisra-el,
ba'agala u-vi-z'man kariv, v'imru amen.

Congregation and mourners:

Y'hei sh'mei raba m'varakh l'alam u-l'almei almaya.

Mourners:

Yitbarakh v'yishtabah v'yitpa-ar v'yitromam v'yitnasei,
v'yit-hadar v'yit'aleh v'yit-halal sh'mei d'kudsha, b'rikh hu
*l'ela min kol birkhata v'shirata, tushb'hata v'nehamata
da'amiran b'alma, v'imru amen.

**On Shabbat Shuvah: l'ela l'ela mi-kol birkhata v'shirata,*

Y'hei sh'lama raba min sh'maya
v'hayim aleinu v'al kol Yisra-el, v'imru amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom
aleinu v'al kol Yisra-el, v'imru amen.

*An English translation of the Mourner's Kaddish
may be found on page 12.*

The hymn Yigdal is based on the thirteen principles of faith articulated by Maimonides as part of his Commentary on the Mishnah. This poetic version is attributed to Daniel ben Judah, who lived in Rome in the late fourteenth century.

יגדל אלהים חי וישתבח,	נמצא, ואין עת אל מציאותו.
אחד ואין יחיד פיהודו,	נעלם וגם אין סוף לאחדותו.
אין לו דמות הגוף ואינו גוף,	לא נערה אליו קדשתו.
קדמון לכל דבר אשר נברא,	ראשון ואין ראשית לראשיתו.
הנו אדון עולם, וכל נוצר	יורה גדלתו ומלכותו.
שפע נבואתו נתנו	אל אנשי סגלתו ותפארתו.
לא קם בישראל כמשה עוד	נביא, ומביט את תמונתו.
תורת אמת נתן לעמו אל	על יד נביאו נאמן ביתו.
לא יחליף האל ולא ימיר דתו	לעולמים לזולתו.
צופה ויודע סתרינו,	מביט לסוף דבר בקדמתו.
גומל לאיש חסד כמפעלו,	נותן לרשע, רע ברשעתו.
ישלח לקץ הימין משיחנו,	לפדות מחפי קץ ישועתו.
מתים יחיה אל ברב חסדו,	ברוך עדי עד שם תהלתו.

Yigdal Elohim hai v'yishatabah,
Ehad v'ein yahid k'yihudo,

nimtza, v'ein et el metzi-uto.
ne'lam v'gam ein sof l'ahdoto.

Ein lo d'mut ha-guf v'eino guf,
Kadmon l'khol davar asher nivra,

lo na'arokh elav k'dushato.
rishon v'ein reshit l'reshito.

Hino Adon olam, v'khol notzar
Shefa n'vu-ato n'tano

yoreh g'dulato u-malkhuto.
el anshei s'gulato v'tif-arto.

Lo kam b'Yisra-el k'Mosheh od
Torat emet natan l'amo El

navi, u-mabit et t'munato.
al yad n'vi-o ne'eman beito.

Lo ya'alif ha-El v'lo yamir dato
Tzofeh v'yode-a s'tareinu,

l'olamim l'zulato.
mabit l'sof davar b'kadmato.

Gomel l'ish hesed k'mif-alo,
Yishlah l'ketz ha-yamin m'shihenu,

noten l'rasha ra k'rish-ato.
lifdot m'hakei ketz y'shu-ato.

Metim y'hayah El b'rov hasdo,

barukh adei ad shem t'hilato.



YIGDAL

*Maimonides' thirteen principles of faith state:
 God is eternal. God is one, unique, with neither body
 nor form. Only God is to be worshiped. God alone
 created and creates all things. The words of the
 prophets are true. Moses was the greatest prophet.
 The source of the Torah is divine. The Torah is
 immutable. God knows our deeds and thoughts.
 God rewards and punishes. The Messiah will come.
 God, ever loving, will resurrect the dead.*

Revere the living God, sing praises to God's name,
 Both immanent and timeless, through eternity.

God's oneness is unique, no other can compare;
 Unlimited and boundless is God's majesty.

No image can be seen, no form or body known;
 No mortal mind can fathom God's totality.

Before creation's start, the world as yet unformed,
 The living God endured in endless mystery.

The Ruler of the world! whose creatures all declare
 The glory and the greatness of God's sovereignty.

God chose devoted servants, wise and faithful seers,
 And showered on each one the gift of prophecy.

In Israel none arose like Moses — touched by God —
 Whose visions probed the limits of humanity.

The Torah, in its truth, God granted to us all,
 Which loyal servant Moses taught us faithfully.

Our God will neither change nor modify His law;
 Its place remains established for eternity.

God penetrates our minds, the promptings of our hearts,
 Anticipating actions that are yet to be.

God grants reward to those who lead a noble life,
 While punishing transgressors sinning wantonly.

Messiah, God will send, to greet the end of days,
 Redeeming all who long for God to make them free.

In love our God restores the life of all our souls —
 May God be ever praised until eternity.

אָדוֹן עוֹלָם 

בְּטֶרֶם כָּל-יִצִיר נִבְרָא.	אָדוֹן עוֹלָם אֲשֶׁר מְלַךְ
אֲזֵי מְלַךְ שְׁמוֹ נִקְרָא.	לַעֲת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל
לְבַדּוֹ יְמַלֵּךְ נוֹרָא.	וְאֲחֲרֵי כְּכֹלֹת הַכֹּל
וְהוּא יִהְיֶה בְּתַפְאָרָה.	וְהוּא הִקְיָה וְהוּא הוֹדָה,
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.	וְהוּא אָחַד וְאֵין שְׁנֵי
וְלוֹ הָעֹז וְהַמְשָׁרָה.	בְּלִי רֵאשִׁית בְּלִי תְּכֵלִית,
וְצוּר חֲבֵלֵי בַּעַת צָרָה.	וְהוּא אֵלֵי וְחֵי גּוֹאֲלֵי,
מִנַּת כּוֹסֵי בְּיוֹם אֶקְרָא.	וְהוּא נְסִי וּמְנוּס לִי
בַּעַת אֵישָׁן וְאַעֲיָרָה.	בְּיָדוֹ אֶפְקִיד רוּחֵי
יִהוּדָה לִי וְלֹא אֵירָא.	וְעַם רוּחֵי גְּוִיָּתִי

Adon olam asher malakh
L'eit na'asah b'heftzo kol,

V'aharei kikh-lot ha-kol
V'hu hayah v'hu hoveh,

V'hu ehad v'ein sheni
B'li rei-sheet b'li takhleet,

V'hu e-li v'hai go-ali
V'hu nisi u-manos li,

B'yado afkid ruhi
V'im ruhi g'viyati,

b'terem kol y'tzir nivra,
azai Melekh sh'mo nikra.

l'vado yimlokh nora,
v'hu yih'yeh b'tif-arah.

l'hamshil lo l'haḥbirah,
v'lo ha-oz v'hamisrah.

v'tzur hevli b'et tzarah,
m'nat kosi b'yom ekra.

b'et ishan v'a-irah,
Adonai li v'lo ira.

**ADON OLAM**

Adon Olam is perhaps the best known and most frequently sung of all synagogue hymns, often attributed to Solomon ibn Gabirol, the great Spanish philosopher-poet. It begins by lauding God as the Infinite, the Creator of all, destined to reign over all. But in the end, the poet can place his ultimate trust only in God's loving embrace, for "God is with me; I have no fear."

Before creation shaped the world,
 God, eternal, reigned alone;
 but only with creation done
 could God as Sovereign be known.

When all is ended, God alone
 will reign in awesome majesty.

God was, God is, always will be
 glorious in eternity.

God is unique and without peer,
 with none at all to be compared.

Without beginning, endlessly,
 God's vast dominion is not shared.

But still — my God, my only hope,
 my one true refuge in distress,
 my shelter sure, my cup of life,
 with goodness real and limitless.

I place my spirit in God's care;
 my body too can feel God near.

When I sleep, as when I wake,
 God is with me; I have no fear.



From the second night of Pesah until the night before Shavuot, we stand as the Omer is counted.

The “Omer” (literally “sheaf”) refers to an offering from the new barley crop, brought to the ancient Temple on the sixteenth of Nisan, the eve of the second day of Pesah. Omer has come to be the name of the period between Pesah and Shavuot. By counting these days (s’firat ha-omer), we recall our people’s liberation from enslavement, commemorated by Pesah — along with God’s gift of Torah, commemorated by Shavuot. As we count the Omer, our hearts turn to the revelation of Torah, so essential for our spiritual sustenance. We count the days between Pesah and Shavuot to heighten our anticipation of celebrating the Revelation, the event that gave meaning to our liberation and continued meaning to our existence as Jews.

הֲנִי מוֹכֵן וּמוֹמֵן לְקַיֵּם מִצְוֹת עֲשֵׂה שֶׁל סְפִירַת הָעֹמֶר, כְּמוֹ שִׁכְתוֹב בַּתּוֹרָה: וּסְפַרְתֶּם לָכֶם מִמַּחֲרַת הַשַּׁבָּת מִיּוֹם הִבִּיאְכֶם אֶת־עֹמֶר הַתְּנוּפָה, שִׁבְעַת שָׁבָתוֹת תְּמִימֹת תִּהְיֶינָה. עַד מַמַּחֲרַת הַשַּׁבָּת הַשְּׂבִיעִית תִּסְפְּרוּ חֲמִשִּׁים יוֹם.

I am ready to fulfill the mitzvah of counting the Omer, as it is ordained in the Torah: “You shall count from the eve of the second day of Pesah, when an omer of grain is to be brought as an offering, seven complete weeks. The day after the seventh week of your counting will make fifty days” (Leviticus 23:15-16).

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מְלֶכֶּ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Praised are You Adonai our God, who rules the universe, instilling in us the holiness of mitzvot by commanding us to count the Omer.

On Friday or Yom Tov evenings,
the service continues, following the counting,
with Aleinu, page 51.

On Saturday night, the service continues,
following the counting, with Havdalah, page 299.

On weekday evenings (including *Hol Ha-mo'ed Pesah*),
the service continues, following the counting,
with Aleinu, page 297.

Today is _____ of the Omer.

1. הַיּוֹם יוֹם אֶחָד לְעֹמֶר.
1 day (16 Nisan, 2nd night of Pesah)
2. הַיּוֹם שְׁנֵי יָמִים לְעֹמֶר.
2 days (17 Nisan, 1st night of *Hol Ha-mo'ed*)
3. הַיּוֹם שְׁלֹשָׁה יָמִים לְעֹמֶר.
3 days (18 Nisan, 2nd night of *Hol Ha-mo'ed*)
4. הַיּוֹם אַרְבָּעָה יָמִים לְעֹמֶר.
4 days (19 Nisan, 3rd night of *Hol Ha-mo'ed*)
5. הַיּוֹם חֲמִשָּׁה יָמִים לְעֹמֶר.
5 days (20 Nisan, 4th night of *Hol Ha-mo'ed*)
6. הַיּוֹם שֵׁשָׁה יָמִים לְעֹמֶר.
6 days (21 Nisan, 7th night of Pesah)
7. הַיּוֹם שִׁבְעָה יָמִים שָׁהֵם שָׁבוּעַ אֶחָד לְעֹמֶר.
7 days — one week (22 Nisan, 8th night of Pesah)
8. הַיּוֹם שְׁמוֹנֶה יָמִים שָׁהֵם שָׁבוּעַ אֶחָד וְיוֹם אֶחָד לְעֹמֶר.
8 days — a week and one day (23 Nisan)
9. הַיּוֹם תְּשַׁעָּה יָמִים שָׁהֵם שָׁבוּעַ אֶחָד וְשְׁנֵי יָמִים לְעֹמֶר.
9 days — a week and two days (24 Nisan)
10. הַיּוֹם עֶשְׂרֵה יָמִים שָׁהֵם שָׁבוּעַ אֶחָד וְשְׁלֹשָׁה יָמִים לְעֹמֶר.
10 days — a week and three days (25 Nisan)
11. הַיּוֹם אֶחָד עָשָׂר יוֹם שָׁהֵם שָׁבוּעַ אֶחָד וְאַרְבָּעָה יָמִים לְעֹמֶר.
11 days — a week and four days (26 Nisan)
12. הַיּוֹם שְׁנָיִם עָשָׂר יוֹם שָׁהֵם שָׁבוּעַ אֶחָד וְחֲמִשָּׁה יָמִים לְעֹמֶר.
12 days — a week and five days (27 Nisan, *Yom Ha-shoah*)
13. הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם שָׁהֵם שָׁבוּעַ אֶחָד וְשֵׁשָׁה יָמִים לְעֹמֶר.
13 days — a week and six days (28 Nisan)

14. הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת לְעֹמֵר.
14 days — two weeks (29 Nisan)
15. הַיּוֹם חֲמִשָּׁה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֵר.
15 days — two weeks and one day (30 Nisan, first day of Rosh Hodesh)
16. הַיּוֹם שֵׁשָׁה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֵר.
16 days — two weeks and two days (1 Iyar, second day of Rosh Hodesh)
17. הַיּוֹם שִׁבְעָה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֵר.
17 days — two weeks and three days (2 Iyar)
18. הַיּוֹם שְׁמוֹנֶה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֵר.
18 days — two weeks and four days (3 Iyar)
19. הַיּוֹם תְּשַׁעָּה עָשָׂר יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֵר.
19 days — two weeks and five days (4 Iyar)
20. הַיּוֹם עָשָׂרִים יוֹם שֶׁהֵם שְׁנֵי שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֵר.
20 days — two weeks and six days (5 Iyar, Yom Ha-atzma'ut)*
21. הַיּוֹם אֶחָד וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת לְעֹמֵר.
21 days — three weeks (6 Iyar)
22. הַיּוֹם שְׁנַיִם וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֵר.
22 days — three weeks and one day (7 Iyar)
23. הַיּוֹם שְׁלֹשָׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֵר.
23 days — three weeks and two days (8 Iyar)
24. הַיּוֹם אַרְבָּעָה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֵר.
24 days — three weeks and three days (9 Iyar)
25. הַיּוֹם חֲמִשָּׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֵר.
25 days — three weeks and four days (10 Iyar)

*When 5 Iyar falls on Friday or Shabbat, Yom Ha-atzma'ut is celebrated on the preceding Thursday.

26. הַיּוֹם שֶׁשָּׁה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר.

26 days — three weeks and five days

(11 Iyar)

27. הַיּוֹם שֶׁבַעָה וְעֶשְׂרִים יוֹם שֶׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר.

27 days — three weeks and six days

(12 Iyar)

28. הַיּוֹם שְׁמוֹנֶה וְעֶשְׂרִים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת לְעֹמֶר.

28 days — four weeks

(13 Iyar)

29. הַיּוֹם תְּשַׁעָה וְעֶשְׂרִים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

29 days — four weeks and one day (14 Iyar, Pesah Sheni)

30. הַיּוֹם שְׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשְׁנַי יָמִים לְעֹמֶר.

30 days — four weeks and two days

(15 Iyar)

31. הַיּוֹם אַחָד וְשְׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשִׁלְשָׁה יָמִים לְעֹמֶר.

31 days — four weeks and three days

(16 Iyar)

32. הַיּוֹם שְׁנַיִם וְשְׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר.

32 days — four weeks and four days

(17 Iyar)

33. הַיּוֹם שְׁלֹשָׁה וְשְׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וַחֲמִשָּׁה יָמִים לְעֹמֶר.

33 days — four weeks and five days (18 Iyar, Lag Ba'Omer)

34. הַיּוֹם אַרְבָּעָה וְשְׁלֹשִׁים יוֹם שֶׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר.

34 days — four weeks and six days

(19 Iyar)

35. הַיּוֹם חֲמִשָּׁה וְשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת לְעֹמֶר.

35 days — five weeks

(20 Iyar)

36. הַיּוֹם שִׁשָּׁה וְשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר.

36 days — five weeks and one day

(21 Iyar)

37. הַיּוֹם שֶׁבַעָה וְשְׁלֹשִׁים יוֹם שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשְׁנַי יָמִים לְעֹמֶר.

37 days — five weeks and two days

(22 Iyar)

38. היום שמונה ושלשים יום שהם חמשה שבועות ושלשה ימים לעומר.
38 days — five weeks and three days (23 Iyar)
39. היום תשעה ושלשים יום שהם חמשה שבועות וארבעה ימים לעומר.
39 days — five weeks and four days (24 Iyar)
40. היום ארבעים יום שהם חמשה שבועות וחמשה ימים לעומר.
40 days — five weeks and five days (25 Iyar)
41. היום אחד וארבעים יום שהם חמשה שבועות וששה ימים לעומר.
41 days — five weeks and six days (26 Iyar)
42. היום שנים וארבעים יום שהם ששה שבועות לעומר.
42 days — six weeks (27 Iyar)
43. היום שלשה וארבעים יום שהם ששה שבועות ויום אחד לעומר.
43 days — six weeks and one day (28 Iyar, Yom Yerushalayim)
44. היום ארבעה וארבעים יום שהם ששה שבועות ושני ימים לעומר.
44 days — six weeks and two days (29 Iyar)
45. היום חמשה וארבעים יום שהם ששה שבועות ושלשה ימים לעומר.
45 days — six weeks and three days (Rosh Hodesh Sivan)
46. היום ששה וארבעים יום שהם ששה שבועות וארבעה ימים לעומר.
46 days — six weeks and four days (2 Sivan)
47. היום שבעה וארבעים יום שהם ששה שבועות וחמשה ימים לעומר.
47 days — six weeks and five days (3 Sivan)
48. היום שמונה וארבעים יום שהם ששה שבועות וששה ימים לעומר.
48 days — six weeks and six days (4 Sivan)
49. היום תשעה וארבעים יום שהם שבעה שבועות לעומר.
49 days — seven weeks (5 Sivan, Erev Shavuot)

תהלים קכ"ח
שיר המעלות.

אֲשֶׁרֵי כָל־יְרֵא יְהוָה, הִהְלֵךְ בְּדַרְכָּיו. יִגִּיעַ כַּפְיָךְ כִּי תֹאכַל,
אֲשֶׁרֵיךְ וְטוֹב לָךְ. אֲשַׁתְּךָ כַּגֶּפֶן פְּרִיָה בִּירְכָתִי בֵּיתְךָ, בְּנֵיךָ
כְּשִׁתְּלֵי זֵיתִים סָבִיב לְשִׁלְחָנְךָ. הִנֵּה כִי־כֵן יְבָרֶךְ גְּבֹר יְרֵא
יְהוָה. יְבָרְכֶךָ יְהוָה מִצִּיּוֹן, וְרֵאָה בְּטוֹב יְרוּשָׁלַיִם כָּל יְמֵי
חַיֶּיךָ. וְרֵאָה בָּנִים לְבָנֶיךָ, שְׁלוֹם עַל יִשְׂרָאֵל.

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A Song of Ascent.

Blessed are all who revere Adonai, who follow in God's ways. You shall enjoy the fruit of your labors; you shall be happy and prosper. Your wife shall be like a fruitful vine within your house, your children like olive shoots round about your table. This is the blessing of one who reveres Adonai. May Adonai bless you from Zion. May you see Jerusalem prosper all the days of your life. May you live to see children's children. May there be peace for the people Israel.

A concluding prayer

Our personal journeys in life are marked by enslavements and liberations, revelations and promised lands. Just as we mark the approach of significant moments in our own lives, so we count such days in the life of our people. As we pause to recall our ancestors' bond with the soil, their dependence on its fertility, and their gratitude for the annual harvest of grain, we also give thanks to God for renewing for us a year of life and of blessing.

On Friday or Yom Tov evenings, continue with Aleinu, page 51.

On Saturday night, continue with Havdalah, page 299.

On weekday evenings (including Hōl Ha-mo'ed Pesah), continue with Aleinu, page 297.