

# סדור לכול

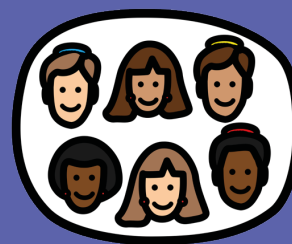
## Siddur Lakol

The JWeb Inclusive Prayer Book  
United Synagogue Edition

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Symbols – Hebrew – Phonetics – English

סדור  
לכול





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United Synagogue Edition

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Symbols – Hebrew – Phonetics – English



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This siddur is dedicated to the memory of  
Sonya Daniels z"l

יפה עדינה בת מיכאל ועלקא זצ"ל



# Contents

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This Siddur contains elements of our prayers which have been found to be most useful in Friday night and Shabbat morning inclusive services. They include parts of our prayers which are most often sung together.

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<b>Dedication</b>	<b>6</b>
<b>Preface</b>	<b>7</b>
<b>Foreword</b>	<b>8</b>
Welcome – Shabbat Shalom	10
<b>Friday Night</b>	
Lighting the Shabbat Candles	12
Yedid Nefesh	14
Psalm 95	16
Psalm 96	18
Psalm 97	20
Psalm 98	22
Psalm 99	24
Psalm 29	26
Lecha Dodi	28
Psalm 92	32
Psalm 93	34
Shema	36
The Amidah	42
Oseh Shalom	50
Lema'an Achai	52
Friday Night Kiddush	54
<b>Morning Service for Shabbat</b>	
Modeh Ani	56
Netillat Yadayim	58
Torah Tziva Lanu	60
Blessing on Tzitzit	62
Ma Tovu	64
Blessing on Tallit	66
Elohai Neshamah	68
Morning Blessings	70
Shema	80
The Amidah	86
Oseh Shalom	94

# Contents

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## Torah Reading

Blessing before Reading the Torah	96
Blessing after Reading the Torah	98
Mi Shebeirach	100
Prayer for the Royal Family	102
Prayer for the Welfare of the State of Israel	104
Eitz Chaim Hi	106

---

## Musaf Service for Shabbat

The Amidah	108
Oseh Shalom	116
Lema'an Achai	118
Aleinu	120
Mourner's Kaddish	122
Anim Zemirot	126
Adon Olam	142

---

<b>Kiddush for Shabbat Morning</b>	<b>146</b>
------------------------------------	------------

---

<b>Havdalah</b>	<b>148</b>
-----------------	------------

---

## Songs

D'ror Yikra	154
L'shanah Haba'a Biyerushalayim	158
Am Yisrael Chai	160
Hineh Mah Tov	162
David Melech Yisrael	164

---

<b>JWeb's Resource Pack</b>	<b>166</b>
-----------------------------	------------

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<b>Acknowledgements</b>	<b>167</b>
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# Dedication

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This siddur has been made possible by the generous and meaningful support of the Daniels family from the Pinner United Synagogue community, in order to honour the extraordinary life of Sonya Daniels, their wife, mother and grandmother.

Sonya Daniels was passionate about both Judaism and education throughout her life. She had a love of teaching and a desire to help others. This led to her involvement in numerous activities, including working with children with diverse educational needs as one-to-one support in school and co-founding the Pinner United Synagogue's Pre-Cheder. Sonya was a governor of the synagogue nursery, took on the role as one of the lead educators hosting local schools visiting the synagogue when learning about Judaism and volunteered with the Board of Deputies in their national schools' education programme. The same passion was always visible at home, most recently when she spent time with her grandsons.

It is evident how important it was for Sonya to be an active part of her community and give to those around her, so that they could benefit from her love, passion and expertise. Our hope, and that of her husband Steven and their children, is that this siddur will help everyone to be included, independent, engaged and active in their Judaism for many generations to come.

# Preface

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Judaism has always encouraged each and every Jew to develop their own relationship with Hashem (GOD). Over time, communities throughout the world have developed the tools to guide and help channel this relationship through the written word, but these traditional siddurim, chumashim and machzorim have not been designed specifically for those with disabilities or special needs.

It is with great pride that, as part of the United Synagogue's commitment to inclusion and equality, we are delighted to bring you Siddur Lakol. This new and important United Synagogue edition is the first of its kind for the US and takes its place amongst the suite of United Synagogue publications. With specialised content – descriptions, transliterations, explanations and symbols – it has been made possible by the unprecedented collaboration of the United Synagogue with JWeb, Gesher and Kisharon alongside the support of Langdon and Norwood, to ensure we reach as wide a Jewish audience as possible.

This more accessible siddur enables more people, specifically those with disabilities or special educational needs, their families and friends, to engage more fully in more religious services, rituals and communal activities. It also serves as a way to educate the wider community, to learn about those with individual differences, thereby promoting respect, understanding and inclusion amongst our members and congregants.

**Jacqui Zinkin**

Trustee,  
United Synagogue

**Miriam Marson**

Community Engagement Manager,  
United Synagogue

# Foreword

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Our tradition teaches that the Jewish people are just like a Sefer Torah – a complete and perfect whole. If one single letter is missing, then the entire scroll is not able to be used. Similarly with the Jewish people, every single person counts. Our concept of community, within which every single person is valued, underpins our commitment to making everyone feel welcome and included in our synagogues.

At the Pesach seder we declare “The Torah speaks to four types of children” and they are all equally echad – one. All our children are exceptionally precious in our eyes and we have a responsibility to ensure that our Judaism is accessible to all, so that each one will attain their own full personal potential.

Siddur Lakol is an outstanding publication, produced by a team with deep knowledge and expertise, which celebrates inclusion and seeks to make Shabbat accessible to people with disabilities. My hope is that it will not only serve as a way of making religious services more inclusive, but that it will also prompt a community-wide conversation about what more we can do to ensure that every aspect of Jewish life is truly accessible to all.

## Chief Rabbi Ephraim Mirvis

For Jewish people, everyone is important.  
We want everyone to feel welcome in our synagogues.





---

# שַׁבַּת שְׁלוֹם

---

Shabbat Shalom – May you have  
a peaceful Sabbath.

Shabbat Shalom

# Shabbat Shalom



Welcome!

A simple cartoon illustration of a person with a smiling face and arms outstretched to the sides, wearing a blue long-sleeved shirt.

Shabbat

A smaller version of the Shabbat symbols illustration, showing two lit candles, a wine glass, and a challah.

Shalom.

A simple line drawing of a white dove in flight, carrying an olive branch in its beak.



---

Shabbat starts with lighting the candles and a brachah (blessing). Light the candles and then wave both hands over the flames in a circle. Cover your eyes with both hands and say these words. This mitzvah is usually performed by women, but if there is no woman present, a man should perform it.

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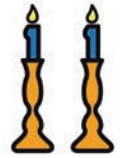
בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ, לְהַדְלִיק נֵר שֶׁל שַׁבָּת.

---

Blessed are You, LORD our GOD, King of the Universe, who has made us holy with His commandments and commanded us to light the Shabbat light.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher kid'shanu b'mitz'votav v'tzivanu, l'hadlik neir shel shabbat.

# Lighting the Shabbat Candles



---

Baruch 	Atah 	Adonai 	Eloheinu 
Melech 	ha'olam, 	asher 	kid'shanu 
b'mitz'votav 	v'tzivanu 	l'hadlik 	neir shel shabbat. 

---

---

The prayer service on Friday night is called Kabbalat Shabbat, which is a way to welcome Shabbat through songs and joy. These are the first and last verses of the introductory song.

---

יְדִיד נֶפֶשׁ אָב הַרְחָמָן, מִשְׁךְ עֲבָדְךָ אֶל רְצוֹנְךָ,  
יְרוּץ עֲבָדְךָ כְּמוֹ אַיִל, יִשְׁתַּחֲוֶה אֶל מוֹל הַדָּרֶךְ,  
יַעֲרַב לוֹ יְדִידוֹתֶיךָ, מִנִּפְתַּת צוּף וְכָל טַעַם.

הַגִּלְיָה נָא, וּפְרֹשׁ חֲבִיבִי עָלַי, אֶת סִכַּת שְׁלוֹמְךָ,  
תִּתְּאִיר אֶרֶץ מְכַבֹּדְךָ, נִגִּילָה וְנִשְׂמְחָה בָּךְ.  
מֵהֵרָ, אֶהֱבֶה, כִּי בָא מוֹעֵד, וְחָנְנוּ כִּימֵי עוֹלָם.

---

Beloved of the soul, Father of compassion, draw Your servant close to Your will. Like a deer will Your servant run and fall prostrate before Your beauty. To him Your love is sweeter than honey from the comb, than any taste.

Reveal Yourself, my beloved, and spread over me the tabernacle of Your peace. Let the earth shine with Your glory, let us be overjoyed and rejoice in You. Hurry, beloved, for the appointed time has come, and be gracious to us as in the times of old.

Yedid nefesh, Av harachaman, meshoch avd'cha el retzonecha, Yarutz avd'cha kemo ayal, yishtachaveh el mul hadarecha, Ye-erav lo y'didotecha, minofet tzuf vechol ta-am.

Higaleh na ufros chavivi alai, et sukkat sh'lomecha, Ta'ir eretz mik'vodecha, nagilah ve-nism'cha vach, Maheir ehov, ki va mo-ed v'choneinu kimei olam.

# Yedid Nefesh



Yedid 	nefesh, 	Av 	harachaman, 	meshoch 	avd'cha 
el retzonecha, 	Yarutz 	avd'cha 	kemo ayal, 	yishtachaveh 	el mul hadarecha, 
Ye-erav lo y'didotecha, 	minofet tzuf 	vechol ta-am. 			
Higaleh na 	ufros chavivi alai, 	et sukkat sh'lomecha, 	Ta'ir 	eretz 	mik'vodecha, 
nagilah ve-nism'cha vach, 	Maheir 	ehov, 	ki va mo-ed 	v'choneineu 	kimei olam. 

---

לְכוּ נִרְנְנָה לַיהוָה נְרִיעָה לְצוּר יִשְׁעֵנוּ. נִקְדָּמָה פָּנֵינוּ בְּתוֹדָה  
בְּזִמְרוֹת נְרִיעַ לוֹ.

אַרְבַּעִים שָׁנָה אָקוּט בְּדוֹר, וְאָמַר עִם תַּעֲיֵי לִבָּב הֵם,  
וְהֵם לֹא יֵדְעוּ דַרְכֵי. אֲשֶׁר נִשְׁבַּעְתִּי בְּאַפִּי, אִם יִבְאוּן אֶל  
מְנוּחָתִי.

---

Come, let us sing for joy to the LORD,  
let us shout aloud to the Rock of  
our salvation. Let us greet Him with  
thanksgiving, shout aloud to Him with  
songs of praise.

For forty years I strove with that  
generation. I said, "They are a people  
whose hearts go astray, who have not  
understood My ways." So I swore in My  
anger, "They shall not enter My place  
of rest."

Lechu n'ranenah LAdonai nari'ah l'tzur  
yish'ainu. N'kadma fanav b'todah  
b'zimrot nari'a lo.

Arbaim shanah akut b'dor, vaomar  
am to'ay leivav hem, v'hem lo yadu  
d'rachai. Asher nishbati v'apee,  
im y'vo'un el m'nuchati.

# Psalm 95



Lechu 	n'ranenah 	LAdonai 	nari'ah 	l'tzur 	yish'ainu. 
N'kadma fanav 	b'todah 	b'zmirot naria lo. 			
Arbaim shanah <b>40</b>	akut 	b'dor, 	vaomar 	am 	to'ay 
leivav hem, 	v'hem 	lo 	yadu 	d'rachai. 	
Asher nishbati 	v'apee, 	im y'vo'un 	el m'nuchati. 		

---

שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ שִׁירוּ לַיהוָה כָּל־הָאָרֶץ: שִׁירוּ  
לַיהוָה בְּרָכוּ שְׁמוֹ בַּשָּׁרוּ מִיּוֹם־לְיוֹם יְשׁוּעָתוֹ:  
לְפָנַי יְהוָה כִּי בָא כִּי בָא לְשַׁפֵּט הָאָרֶץ יִשְׁפֹּט־תֵּבֵל  
בְּצֶדֶק, וְעַמִּים בְּאֱמוּנָתוֹ:

---

Sing to the LORD a new song; sing  
to the LORD all the earth. Sing to  
the LORD, bless His name; proclaim  
His deliverance day after day.

He will judge the world with justice,  
and the peoples with His faithfulness.

Shiru LAdonai shir chadash, shiru  
LAdonai kol haaretz. Shiru LAdonai  
bar'chu sh'mo, bas'ru miyom l'yom  
y'shuato.

Lifnei Adonai ki va, ki va lishpot  
haaretz, yishpot teiveil b'tzdek, v'amim  
be'emunato.

# Psalm 96



Shiru 	LAdonai 	shir 	chadash, 	shiru 	
LAdonai 	kol haaretz. 	Shiru 	LAdonai 	bar'chu 	
sh'mo 	bas'ru 	miyom l'yom 	y'shuato. 		
Lifnei Adonai 	ki va 	ki va 	lishpot 	haaretz, 	yishpot 
teiveil 	b'tzedek, 	v'amim 	be'emunato. 		



---

אֱהִי יְהוָה שְׂנֵאו־רָע שׁוֹמֵר נַפְשׁוֹת חֲסִידָיו מִיַּד  
רְשָׁעִים יַצִּילֵם: אֹר זָרַע לַצַּדִּיק וּלְיִשְׁרֵי־לֵב שִׂמְחָה:  
שִׂמְחוּ צַדִּיקִים בִּיהוָה וְהוֹדוּ לְזִכְרֵ קֹדְשׁוֹ:

---

Let those who love the LORD hate evil,  
for He protects the lives of His devoted  
ones, delivering them from the hand  
of the wicked. Light is sown for the  
righteous, and joy for the upright in  
heart. Rejoice in the LORD, you who  
are righteous, and praise His holy  
name.

Ohavei Adonai sinu ra, shomer nafshot  
chavidav, miyad r'sha'im yatzileim. Ohr  
zaru'a la'tzadik, ul'yishrei leiv simchah.  
Simchu tzadikim b'Adonai, v'hodu  
l'zeicher kodsho.

# Psalm 97



Ohavei 	Adonai 	sinu 	ra, 	shomer 
nafshot 	chasidav, 	miyad 	r'sha'im 	yatzileim. 
Ohr 	zaru'a 	la'tzadik, 	ul'yishrei leiv 	simchah. 
Simchu 	tzadikim 	bAdonai, 	v'hodu 	l'zeicher kodsho. 

---

מִזְמוֹר, שִׁירוּ לַיהוָה שִׁיר חֲדָשׁ כִּי־נִפְלְאוֹת עָשָׂה  
הוֹשִׁיעָה־לוֹ יְמִינוֹ וּזְרוּעַ קִדְשׁוֹ:  
לְפָנָי יִהְיֶה כִּי בָא לְשִׁפֹּט הָאָרֶץ יִשְׁפֹּט־תֵּבֵל בְּצֶדֶק  
וְעַמִּים בְּמִישָׁרִים:

---

Sing a new song to the LORD,  
for He has done wonderful things; He  
has saved by His right hand  
and His holy arm.

Before the LORD, for He is coming  
to judge the earth. He will judge the  
world with justice and the peoples  
with equity.

Mizmor, shiru LAdonai shir chadash, ki  
nifla'ot asah, hoshiah lo y'mino uz'ro'a  
kodsho.

Lifnei Adonai ki va lishpot haaretz,  
yishpot teiveil b'tzedek, v'amim  
b'meisharim.

# Psalm 98



Mizmor, 	shiru 	LAdonai 	shir 	chadash, 
ki nifla'ot asah, 	hoshiah 	lo y'mino 	uz'ro'a 	kodsho. 
Lifnei 	Adonai 	ki va 	lishpot 	haaretz, 
yishpot 	teiveil 	b'tzedek, 	v'amim 	b'meisharim. 

---

בְּעַמּוּד עָנָן יְדַבֵּר אֲלֵיהֶם שָׁמְרוּ עֵדוֹתָיו וְחֹק נָתַן-לָמוֹ.  
יְהוָה אֱלֹהֵינוּ אַתָּה עָנִיתָם, אֵל נֹשֵׂא הַיִּתָּ לָהֶם וְנֹקֵם  
עַל-עֲלִילוֹתָם. רוֹמְמוּ יְהוָה אֱלֹהֵינוּ וְהִשְׁתַּחֲוּוּ לְהַר  
קָדְשׁוֹ, כִּי-קָדוֹשׁ יְהוָה אֱלֹהֵינוּ:

---

He spoke to them in a pillar of cloud;  
they observed His testimonies and  
the statute He gave them. LORD our  
GOD, You answered them. You were  
for them a forgiving GOD, though You  
punished their misdeeds. Exalt the  
LORD our GOD and bow at His holy  
mountain, for the LORD our GOD is  
holy.

Ba'amud anan y'daber aleihem  
shamru eidotav v'chok natan lamo.  
Adonai Eloheinu Atah anitam, El  
nosei hayita lahem, v'nokem al  
alilotam. Rom'mu Adonai Eloheinu  
v'hishtachavu l'har kodsho, ki kadosh  
Adonai Eloheinu.

# Psalm 99



Ba'amud anan 	y'daber aleichem 	shamru 	eidotav 	v'chok 
natan lamo. 	Adonai 	Eloheinu 	Atah anitam, 	Ei 
nosei hayita lahem, 	v'nokem al alilotam. 			
Rom'mu 	Adonai 	Eloheinu 	v'hishtachavu 	l'har kodsho, 
ki kadosh 	Adonai 	Eloheinu. 		

---

מִזְמוֹר לְדָוִד, הָבוּ לַיהוָה בְּנֵי אֱלִים הָבוּ לַיהוָה  
כְּבוֹד וְעֹז:

יהוה, עֹז לְעַמּוֹ יִתֵּן, יהוה יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם:

---

A psalm of David. Render to the LORD,  
you angelic powers, render  
to the LORD glory and might.

The LORD will give strength to  
His people, the LORD will bless  
His people with peace.

Mizmor l'David, havu LAdonai b'nei  
eilim, havu LAdonai k'vod va'oz...

Adonai oz l'amo yiten, Adonai  
yevarech et amo vashalom.

# Psalm 29



Mizmor 	l'David, 	havu 	LAdonai 	b'nei eilim, בְּנֵי עֵיִלִּים 
havu 	LAdonai 	k'vod 	va'oz... 	
Adonai 	oz 	l'amo yiten, 	Adonai 	yevarech et amo 
vashalom. 				



In this tefillah we think about how special Shabbat is for us.

Most people start this tefillah sitting down. For the last verse, those who are able stand, turn and face the back of the room. Bow whilst saying the transliterated words in **red**, turn to the front, bow again and say the transliterated words in **green**.

הַתְּעוֹרְרִי הַתְּעוֹרְרִי,  
כִּי בָּא אֹרֶךְ קוֹמֵי אֹרֵי,  
עוֹרֵי עוֹרֵי שִׁיר דְּבָרֵי,  
כְּבוֹד יְהוּה עֲלֶיךָ נִגְלָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

לֹא תִבּוֹשִׁי וְלֹא תִכְלָמִי,  
מָה תִשְׁתַּחֲוֶה וּמָה תִּתְהַמֵּי,  
בְּךָ יִחַסּוּ עַנְיֵי עַמִּי,  
וְנִבְנְתָה עִיר עַל תִּלְהָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

וְהָיוּ לְמִשְׁסָה שְׂאִסְיָה,  
וְרַחֲקוּ כָּל מִבְּלָעֵיךָ,  
יִשִּׁישׁ עֲלֶיךָ אֱלֹהֶיךָ,  
כְּמִשׁוֹשׁ חֲתָן עַל כֹּלֵה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

יְמִין וּשְׂמֹאל תִּפְרוּצֵי,  
וְאֶת־יְהוּה תִּעְרִיצֵי,  
עַל יַד אִישׁ בֶּן פֶּרֶצִי,  
וְנִשְׁמַחָה וְנִגִּילָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

Stand and turn to face the rear of the synagogue, as if to greet the incoming bride, bowing at the words בואי כלה

בּוֹאֵי בְּשָׁלוֹם עֹטְרַת בַּעֲלָה,  
גַּם בְּשִׂמְחָה וּבְצִדָּה,  
תּוֹךְ אֲמוּנֵי עַם סִגְלָה,  
בּוֹאֵי כֹלֵה, בּוֹאֵי כֹלֵה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה,  
פְּנֵי שַׁבַּת נִקְבְּלָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

שְׁמֹר וְזָכוֹר בְּדַבּוֹר אֶחָד,  
הַשְּׁמִיעֵנוּ אֵל הַמִּיָּחָד,  
יְהוּה אֶחָד וּשְׁמוֹ אֶחָד,  
לְשֵׁם וּלְתַפְאֵרַת וּלְתִהְלָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

לְקִרְאֵת שַׁבַּת לָכוּ וְנִלְכָה,  
כִּי הִיא מְקוֹר הַבְּרָכָה,  
מִרֹאשׁ מְקָדָם נְסוּכָה,  
סוֹף מַעֲשֵׂה בְּמַחְשָׁבָה תִּחְלָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

מְקַדָּשׁ מֶלֶךְ עִיר מְלוּכָה,  
קוֹמֵי צְאֵי מִתּוֹךְ הַהִפְכָּה,  
רַב לָךְ שַׁבַּת בְּעַמְּקֵי הַבְּכָא,  
וְהוּא יַחְמוֹל עֲלֶיךָ חֶמְלָה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

הַתְּנַעֲרֵי מֵעַפְרֵי קוֹמֵי,  
לְבָשֵׁי בְּגָדֵי תִפְאֵרַתְךָ עַמִּי,  
עַל יַד בֶּן יִשִּׁי בֵּית הַלְּחָמִי,  
קִרְבָּה אֶל נַפְשֵׁי גְאֻלָּה.

לְכֵה דוּדֵי לְקִרְאֵת כֹּלֵה, פְּנֵי שַׁבַּת נִקְבְּלָה.

# Lecha Dodi



Lecha dodi 	likrat kalah 	p'nei Shabbat 	n'kabelah. 	X 2
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Bo'i 	v'shalom 	Ateret 	ba'lah 
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Gam 	b'simchah 	uv'tzaholah 
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Toch emunei 	am 	segulah 
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Bo'i 	challah, 	Bo'i 	challah 
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Lecha dodi 	likrat kalah 	p'nei Shabbat 	n'kabelah. 
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Wake up, wake up, Your light has  
come, rise, shine! Awake, awake;  
break out in song, For the LORD's  
glory is revealed on you.

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

Do not be ashamed, do not be  
confounded. Why be downcast? Why  
do you mourn? In you the needy of  
My people find shelter, And the city  
shall be rebuilt on its hill.

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

Those who despoiled you shall be  
despoiled, And all who devoured  
you shall be far away. Your GOD will  
rejoice over you As a bridegroom  
rejoices over his bride.

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

Right and left you shall spread out,  
And GOD you will revere. Through  
the descendant of Peretz, We shall  
rejoice and we shall be glad.

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

[Those who are able stand and turn  
to face the rear of the synagogue,  
as if to greet the incoming bride,  
bowing at the words "Enter, O  
bride!", then turn forward.]

Come in peace, O crown of her  
husband, Come with joy and  
jubilation, Among the faithful of the  
treasured people. **Enter, O bride!**  
**Enter, O bride!**

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

Hit'or'ri hit'or'ri  
Ki va orech kumi ori  
Uri uri shir daberi  
K'vod Adonai alayich niglah

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

Lo teivoshi v'lo tikalmi  
Mah tishtoch'chi u'mah tehemi  
Bach yechesu aniyay ami  
V'nivn'tah ir al tilah.

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

V'hayu limshisah shosayich  
V'rachaku kol m'valayich  
Yasis alayich Elohayich kimsos  
chatan al kallah.

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

Yamin u'smol tifrotzi  
V'et Adonai ta'aritz  
Al yad ish ben Partzi  
V'nism'cha v'nagilah.

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

[Those who are able stand and turn  
to face the rear of the synagogue,  
as if to greet the incoming bride,  
bowing at the words "Enter, O  
bride!", then turn forward.]

Bo'i v'shalom ateret ba'lah  
Gam b'simchah uv'tzaholah  
Toch emunei am segulah  
**Bo'i challah, bo'i challah.**

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

# Lecha Dodi



**Come, my Beloved, to greet the  
Bride; let us welcome the Sabbath.**

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

**“Observe” and “Remember” in one  
act of speech, The One and Only  
GOD made us hear. The LORD is One  
and His Name is One, For renown, for  
splendour and for praise.**

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

**To greet the Shabbat, come let us  
go, For of blessing, she is the source.  
From the outset, as of old, ordained:  
Last in deed, first in thought.**

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

**Sanctuary of the King, royal city,  
Arise, go forth from your ruined state.  
Too long you have dwelt in the valley  
of tears, He will shower compassion  
on you.**

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

**Shake off the dust, arise! Put on your  
clothes of glory, My people. Through  
the son of Jesse, the Bethelinite,  
Draw near to my soul, and redeem it.**

Come, my Beloved, to greet the Bride;  
let us welcome the Sabbath.

**Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.**

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

**Shamor v'zachor, b'dibur echad  
Hishmi'anu El ham'yuchad  
Adonai Echad u'shemo echad  
L'shem ul'tiferet v'lit'hilah.**

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

**Likrat Shabbat l'chu v'nelchah  
Ki hi m'kor hab'rachah  
Meirosh mikedem n'suchah  
Sof ma'aseh b'machashavah t'chilah.**

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

**Mikdash Melech ir m'luchah  
Kumi tz'i mitoch hahafeichah  
Rav lach shevet b'emek habachah  
V'hu yachamol alayich chemlah.**

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

**Hitna'ari mei'afar kumi  
Livshi bigdei tifartech ami  
Al yad ben Yishai bet halachmi  
Korvah el nafshi g'alah**

Lecha dodi likrat kalah,  
p'nei Shabbat n'kabelah.

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If you are able, stand up and sing these words out loud.

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מִזְמוֹר שִׁיר לַיּוֹם הַשַּׁבָּת: טוֹב לְהַדוֹת לַיהוָה וּלְזַמֵּר לְשִׁמְךָ  
עֲלִיוֹן. לְהַגִּיד בַּבֹּקֶר חֶסֶדְךָ וְאֱמוּנָתְךָ בַּלַּיְלוֹת.

צַדִּיק כִּתְמָר יִפְרַח, כְּאֶרֶז בַּלְבָּנוֹן יִשְׁגֶּה. שְׁתוּלִים בְּבַיִת  
יְהוָה, בְּחִצְרוֹת אֱלֹהֵינוּ יִפְרִיחוּ. עוֹד יְנוּבוֹן בְּשֵׁיבָה דְשָׁנִים  
וְרַעֲנָנִים יִהְיוּ. לְהַגִּיד כִּי־יָשָׁר יְהוָה, צוּרִי, וְלֹא־עוֹלָתָהּ בּוֹ.

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A Song for the Sabbath Day. It is good to thank the LORD and sing psalms to Your name, Most High – to tell of Your lovingkindness in the morning and Your faithfulness at night.

The righteous will flourish like a palm tree and grow tall like a cedar in Lebanon. Planted in the LORD's house, blossoming in our GOD's courtyards, they will still bear fruit in old age, and stay vigorous and fresh, proclaiming that the LORD is upright: He is my Rock, in whom there is no wrong.

Mizmor shir leyom hashabbat.

Tov lehodot LAdonai, ul'zamer l'shimcha elyon. L'hagid baboker chasdecha ve-emunatcha, baleylot.

Tzadik katamar yifrach; k'erez balvanon yisgeh. Sh'tulim b'veit Adonai; b'chatzrot Eloheinu yafrichu. Od y'nuvun b'seiva; d'sheinim v'ra'ananim yihiyu. L'hagid, ki-yashar Adonai; tzuri, v'lo av'latah bo.

# Psalm 92



Mizmor 	shir 	leyom hashabbat. 		
Tov 	lehadot 	LAdonai, 	ul'zamer 	l'shimcha 
elyon. 	L'hagid 	baboker 	chasdecha 	
ve-emunatcha, 	baleylot. 			
Tzadik 	katamar 	yifrach; 	k'erez balvanon yisgeh. 	Sh'tulim 
b'veit 	Adonai; 	b'chatzrot 	Eloheinu 	yafrichu. 
Od y'nuvun 	b'seiva; 	d'sheinim v'ra'nanim yiyihu. 	l'hagid 	ki-yashar 
Adonai; 	tzuri, 	v'lo avalatah bo. 		

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מִקְלוֹת מַיִם רַבִּים אֲדִירִים מִשְׁבְּרֵי יָם, אֲדִיר בַּמָּרוֹם  
יְהוָה: עֵדוּתְךָ נֶאֱמְנוּ מֵאֵד לְבֵיתְךָ נֶאֱוָה קֹדֶשׁ, יְהוָה  
לְאָרֶךְ יָמִים:

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Mightier than the noise of the many waters, than the mighty waves of the sea is the LORD on high. Your testimonies are very sure; holiness adorns Your house, LORD, for evermore.

Mikolot mayim rabim, adirim mishb'rei yam, adir bamarom Adonai. Aydotecha ne'emnu m'od l'veit'cha nava kodesh Adonai l'orech yamim.



# Psalm 93



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Mikolot 	mayim rabim, 	adirim mishb'rei 	yam, 	adir bamarom 
Adonai. 	Aydotecha 	ne'emnu m'od 	l'veit'cha 	nava kodesh 
Adonai. 	l'orech yamim. 			

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The Shema is one of the most important prayers in all of Judaism. If we are able to, we say the first line with our eyes closed and our right hand in front of our eyes. The second line is said very quietly. You will see all three paragraphs of the Shema in Hebrew below.

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## שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

Quietly:

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֶּתָּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לִבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ:  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי מְצַוְּךָ הַיּוֹם עַל־לִבְּךָ: וְשִׁנַּנְתָּם  
לְבָנֶיךָ וְדַבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:  
וּקְשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ: וּכְתַבְתָּם עַל־  
מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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Listen, Israel: the LORD is our GOD, the LORD is One.

### Quietly:

Blessed be the name of His glorious kingdom forever and ever.

Love the LORD your GOD with all your heart, with all your soul, and with all your might. These words which I command you today shall be on your heart. Teach them repeatedly to your children, speaking of them when you sit at home and when you travel on the way, when you lie down and when you rise. Bind them as a sign on your hand, and they shall be an emblem between your eyes. Write them on the doorposts of your house and gates.

Shema Yisrael Adonai Eloheinu Adonai echad.

### Quietly:

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

V'ahav'ta et Adonai Elohecha b'chol  
l'va'cha uv'chol naf'sh'cha uv'chol  
m'odecha. V'hayu had'varim ha'eileh  
asher anochi m'tzav'cha hayom al  
l'vavecha. V'shinan'tam l'vanecha  
v'dibar'ta bam b'shiv't'cha b'veitecha  
uv'lech't'cha vaderech uv'shoch'b'cha  
uv'kumecha. Uk'shar'tam l'ot al  
yadecha v'hayu l'totafot bein einecha.  
Uch'tav'tam al m'zuzot beitecha  
uvish'arecha.

# Shema



Shema 	Yisrael, 	Adonai 	Eloheinu, 	Adonai 	echad. 
[Baruch 	sheim k'vod, 	malchuto 	l'olam va'ed.] 		
V'ahav'ta 	et Adonai 	Elohecha 	b'chol l'vav'cha 	uv'chol naf'sh'cha 	
uv'chol m'odecha. 	V'hayu had'varim ha'eileh 	asher anochi 	m'tzav'cha 	hayom al l'vavecha. 	
V'shinan'tam 	l'vanecha 	v'dibar'ta bam 	b'shiv't'cha b'veitecha 	uv'lech't'cha vaderech 	
uv'shoch'b'cha 	uv'kumecha. 	Uk'shar'tam l'ot al yadecha 	v'hayu l'totafot bein einechah. 	Uch'tav'tam al m'zuzot 	beitecha uvish'arecha. 

וְהָיָה אִם־שָׁמַעַ תִּשְׁמְעוּ אֶל־מִצְוֹתַי אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם  
הַיּוֹם לְאַהֲבָה אֶת־יְהוָה אֱלֹהֵיכֶם וּלְעֲבֹדוֹ בְּכָל־לִבְבְּכֶם וּבְכָל־  
נַפְשְׁכֶם: וְנָתַתִּי מִטֶּר־אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפַּת דְּגָנְךָ  
וְתִירֹשְׁךָ וְיִצְהַרְךָ: וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבַהֲמֹתֶךָ וְאָכַלְתָּ וּשְׂבַעְתָּ:  
הִשְׁמְרוּ לָכֶם פֶּן־יִפְתָּה לְבַבְכֶם וְסָרְתֶם וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים  
וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף־יְהוָה בְּכֶם וְעָצַר אֶת־הַשָּׁמַיִם  
וְלֹא־יִהְיֶה מָטָר וְהִאֲדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ וְאֲבַדְתֶּם מִהָרָה  
מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׁמַתֶם אֶת־דְּבָרֵי  
אֱלֹהֵי לְבַבְכֶם וְעַל־נַפְשְׁכֶם וְקִשְׁרֹתֶם אֹתָם לְאוֹת עַל־יְדֹכֶם  
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וּלְמַדְתֶּם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר  
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְכִתַּבְתֶּם  
עַל־מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם עַל  
הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאֲבֹתֵיכֶם לָתֵת לָהֶם כִּימֵי הַשָּׁמַיִם  
עַל־הָאָרֶץ:

If you indeed heed My commandments with which I charge you today, to love the LORD your GOD and worship Him with all your heart and with all your soul, I will give rain in your land in its season, the early and late rain; and you shall gather in your grain, wine and oil. I will give grass in your field for your cattle, and you shall eat and be satisfied.

V'hayah im shamo'a tish'm'u el mitzvotai asher anochi m'tzaveh et'chem hayom l'ahavah et Adonai Eloheichem ul'ov'do b'chol l'av'chem uv'chol naf'sh'chem. V'natati m'tar ar'tz'chem b'ito yoreh umal'kosh v'asaf'ta d'ganecha v'tirosh'cha v'yitz'harecha. V'natati eisev b'sad'cha liv'hem'techa v'achal'ta v'sava'ta.

# Shema



V'hayah im  
shamo'a tish'm'u



el mit'zvotai



asher anochi  
m'tzaveh  
et'chem



hayom



l'ahavah



et Adonai  
Eloheichem



ul'ov'do



b'chol  
l'vav'chem



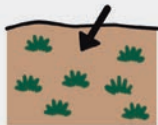
uv'chol  
naf'sh'chem.



V'natati m'tar



ar'tz'chem



b'ito yoreh  
umal'kosh



v'asaf'ta  
d'ganecha



v'tirosh'cha



v'yitz'harecha.



V'natati eisev  
b'sad'cha



liv'hem'techa



v'achal'ta  
v'sava'ta.



וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם  
וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְּגָדֵיהֶם לְדֹרֹתָם וּנְתַנּוּ עַל־צִיצִית הַכַּנָּף  
פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־  
מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי  
עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־  
כָּל־מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה  
אֱלֹהֵיכֶם: אֱמֶת

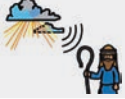
The LORD spoke to Moses, saying:  
Speak to the Israelites and tell them  
to make tassels on the corners of  
their garments for all generations.  
They shall attach to the tassel at  
each corner a thread of blue. This  
shall be your tassel, and you shall see  
it and remember all of the LORD's  
commandments and keep them, not  
straying after your heart and after  
your eyes, following your own sinful  
desires. Thus you will be reminded to  
keep all My commandments, and be  
holy to your GOD. I am the LORD your  
GOD, who brought you out of the  
land of Egypt to be your GOD. I am  
the LORD your GOD. True.

Vayo'mer Adonai el Moshe lei'mor...  
Dabeir el b'nei Yisra'el v'amar'ta  
aleihem v'asu lahem tzitzit al kan'fei  
vig'deihem l'dorotam v'nat'nu al  
tzitzit hakanaf p'til t'cheilet. V'hayah  
lachem l'tzitzit ur'item oto uz'char'tem  
et kol mitzvot Adonai va'asitem  
otam v'lo taturu acharei l'vav'chem  
v'acharei eineichem asher atem zonim  
achareihem. L'ma'an tiz'k'ru va'asitem  
et kol mitzvotai vehiyitem k'doshim  
IEi'loheichem. Ani Adonai Eloheichem  
asher hotzei'ti et'chem mei'erezt  
Mitz'rayim lih'yot lachem IEilohim. Ani  
Adonai Eloheichem. Emet.

# Shema



Vayo'mer  
Adonai el  
Moshe lei'mor...



Dabeir



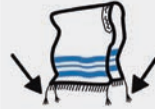
el b'nei Yisrael



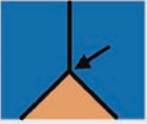
v'amar'ta  
aleihem



v'asu lahem  
tzitzit



al kan'fei



vig'deihem



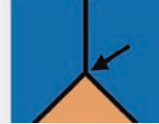
l'dorotam.



v'nat'nu  
al tzitzit



hakanaf



p'til



t'cheilet.



Ani Adonai



Eloheichem



Emet.





---

This tefillah is the Amidah which means “standing up”. It is one of the most important prayers in the synagogue service.

In the Amidah we remember how good GOD, is. We ask GOD to help us feel better and be healthy and safe. We finish the Amidah by thanking God, for the good things we have.

If you are able, stand up, take three small steps backwards and then take three steps forward. Each time you see the ▼ (triangle) symbol, bend your knees and bow. Say this tefillah quietly. After you finish, the prayer leader will say it out loud and you can follow along.

---

## אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

אבות

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל  
עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת,  
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

---

### [In a whisper]

O LORD, open my lips, so that my mouth may declare Your praise.

▼ Blessed are You, LORD our GOD, and GOD of our Fathers, GOD of Abraham, GOD of Isaac, and GOD of Jacob; the great, mighty and awesome GOD, GOD most high, who bestows acts of lovingkindness and creates all, who remembers the lovingkindness of the Fathers and will bring a Redeemer to their children’s children for the sake of His name, in love.


### [In a whisper]

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

▼ Baruch Atah Adonai, Eloheinu v’Elohei avoteinu, Elohei Avraham, Elohei Yitzchak v’Elohei Yaakov. Ha’El hagadol hagibor v’hanora, El elyon, gomel chasadim tovim v’konei hakol, v’zocher chasdai avot, umeivi go’el livnei v’neihem, l’maan sh’mo b’ahavah.

# The Amidah



Adonai 	s'fatai 	tiftach, 	ufi yagid 	t'hilatecha. 	
Baruch 	Atah 	Adonai, 	Eloheinu 	v'Elohei 	avoteinu, 
Elohei 	Avraham, 	Elohei 	Yitzchak, 	v'Elohei 	Yaakov 
Ha'El 	hagadol 	hagibor 	v'honora, 	El elyon, 	gomel chasadim tovim 
v'konei hakol, 	v'zocher 	chasdai 	avot, 	umeivi go'el 	livnei v'neihem, 
l'maan sh'mo 	b'ahavah. 				



---

Between ראש השנה and יום כפור, add:

זְכֹרֵנוּ לַחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים, וְכָתְבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן  
אֱלֹהִים חַיִּים.

---

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. יְבָרוּךְ אַתָּה יְהוָה, מַגֵּן אַבְרָהָם.

---

**[Between Rosh Hashanah and Yom Kippur add:** Remember us for life, O King who desires life and write us in the book of life – for Your sake, O GOD of life.]

King, Helper, Saviour, Shield, Blessed are You LORD, Shield of Abraham.

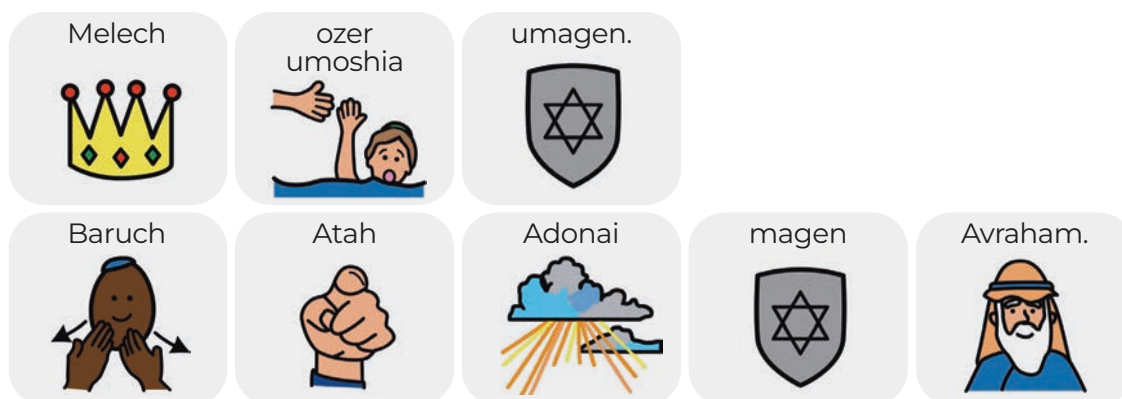
**[Between Rosh Hashanah and Yom Kippur add:** Zochreinu lachaim, Melech chafetz bachaim, v'chotveinu b'sefer hachaim, l'maancha Elohim chaim.]

Melech ozer u'moshia u'magen.  
Baruch Atah Adonai, magen Avraham.

# The Amidah



Between Rosh Hashanah and Yom Kippur, add



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

From after שמחת תורה until פסח, add:

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אַמוּנָתוֹ לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ מִמִּית וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

You are eternally mighty, LORD.  
You give life to the dead and have  
great power to save.

**[From after Simchat Torah until  
Pesach, add: He makes the wind blow  
and the rain fall.]**

He sustains the living with  
lovingkindness, and with great  
compassion revives the dead. He  
supports the fallen, heals the sick,  
sets captives free, and keeps His faith  
with those who sleep in the dust. Who  
is like You, Master of might, and to  
whom can You be compared, O King  
who brings death and gives live, and  
makes salvation grow?

Atah gibor l'olam Adonai, m'chayei  
meitim atah rav lehoshiah.

**[From after Simchat Torah until  
Pesach, add: Mashiv haruach umorid  
hagashem.]**

M'chalkel chaim b'chesed, m'chayei  
meitim b'rachamim rabim, somech  
noflim, v'rofei cholim, umatir asurim,  
um'kayeim emunato lisheinei afar. Mi  
chamocha baal g'vurot umi domeh  
lach, Melech meimit um'chayeh  
umatz'miach y'shua.

# The Amidah



Atah 	gibor l'olam 	Adonai, 	m'chayei 	meitim 	Atah 
rav lehoshiah. 					

From after Simchat Torah until Pesach, add

Mashiv haruach 	umorid hagashem. 				
M'chalkel chaim 	b'chesed, 	m'chayei 	meitim 	b'rachamim rabim, 	somech 
noflim, 	v'rofei 	cholim, 	umatir asurim, 	um'kayeim emunato 	lisheinei 
afar. 	Mi 	chamocha 	baal g'vurot 	umi 	domeh lach, 
Melech 	meimit 	um'chayeh 	umatz'miach 	y'shua. 	

---

Between ראש השנה and יום כפור, add:

מִי כַמוֹךְ אֲב הַרְחַמִּים, זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

---

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

קדושת השם

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוֹשִׁים בְּכָל־יוֹם יְהַלְלוּךָ  
סֵלָה. בְּרוּךְ אַתָּה יְהוָה, \*הַאֵל הַקָּדוֹשׁ.

---

\*Between ראש השנה and יום כפור, end the blessing:

הַמֶּלֶךְ הַקָּדוֹשׁ.

---

[Between Rosh Hashanah and Yom Kippur add: Who is like You, kindly Father, who remembers His creatures in kindness for life.]

Faithful are You to revive the dead. Blessed are You, LORD, who revives the dead.

You are holy and Your name is holy, and holy ones praise You daily, Selah! Blessed are You, LORD, the holy GOD.

[Between Rosh Hashana and Yom Kippur, end the blessing: the Holy King.]

[Between Rosh Hashanah and Yom Kippur add: Mi chamocho Av harachamim, zocher y'tzurav lachaim b'rachamim.]

V'ne'eman ata l'hachayot meitim. Baruch Atah Adonai, m'chayei hameitim.

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

[Between Rosh Hashana and Yom Kippur, end the blessing: HaMelech hakadosh.]

# The Amidah



Between Rosh Hashanah and Yom Kippur, add:

Mi 	chamocha 	av harachamim, 	zocher y'tzurav 	lachaim 	b'rachamim. 
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v'ne'eman 	Atah 	l'hachayot 	meitim 		
Baruch 	Atah 	Adonai 	m'chayei 	hameitim. 	
Ata 	kadosh 	v'shimcha 	kadosh, 	uk'doshim 	b'chol yom 
y'hal'lucha selah. 	Baruch 	Atah 	Adonai, 	Ha'El 	hakadosh. 

Between Rosh Hashana and Yom Kippur, end the blessing:

HaMelech 	hakadosh. 
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עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,  
וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

---

May He who makes peace in His high  
places, make peace for us and all Israel  
– and say: Amen.

Oseh shalom bim'romav,  
Hu ya-aseh shalom aleinu  
V'al kol Yisrael, v'imru Amen.

# Oseh Shalom



Oseh shalom



bim'romav,



Hu ya-aseh  
shalom



aleinu



V'al kol Yisrael,



v'imru



Amen.





---

לְמַעַן אַחֵי וְרַעֵי אֲדַבְרָה נָא שְׁלוֹם בְּךָ. לְמַעַן בֵּית  
יְהוָה אֱלֹהֵינוּ, אֲבַקֶּשֶׁה טוֹב לְךָ. יְהוָה עִזְ לְעַמּוֹ יִתֵּן,  
יְהוָה יְבָרֶךְ אֶת עַמּוֹ בְּשָׁלוֹם.

---

Because of my brothers and friends.  
Because of my brothers and friends.  
Please let me ask, please let me sing  
Peace to you.

[x2]

For the sake of the house of the LORD  
our GOD, I will seek your good.

May the LORD grant strength to  
His people, may the LORD bless His  
people with peace.

Lema'an achai vere'ai, lema'an  
achai vere'ai, adabra na, adabra na,  
shalom bach.

[x2]

Lema'an beit Adonai Eloheinu avaksha  
tov lach.

Adonai oz le'amo yiten, Adonai  
yevarech et amo va'shalom.

# Lema'an Achai



Lema'an achai 	vere'ai, 	lema'an achai 	vere'ai, 	adabra na, 
adabra na, 	shalom bach. 	X 2		
Lema'an beit 	Adonai 	Eloheinu 	avaksha 	tov lach. 
Adonai 	oz 	le'amo yiten, 	Adonai 	yevarech et amo 
va'shalom. 				

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One person says the kiddush and everyone else follows along.

The person saying kiddush holds a cup of wine or grape juice while saying these words, and drinks the wine when they have finished the blessing. Everyone else says “Amen”.

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בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו וְרָצָה בָּנוּ, וְשִׁבֵּת קִדְּשׁוֹ בְּאַהֲבָה וּבְרָצוֹן  
הִנְחִילָנוּ, זְכוֹרֹן לְמַעֲשֵׂה בְּרִאשִׁית. כִּי הוּא יוֹם תְּחִלָּה  
לְמִקְרָאֵי קִדְּשׁ, זֵכֶר לְיִצִּיאת מִצְרַיִם. כִּי־בָנוּ בַּחֲרֵת,  
וְאוֹתָנוּ קִדְּשָׁתָּ, מִכָּל־הָעַמִּים. וְשִׁבֵּת קִדְּשְׁךָ בְּאַהֲבָה  
וּבְרָצוֹן הִנְחַלְתָּנוּ. בְּרוּךְ אַתָּה יְהוָה, מְקַדֵּשׁ הַשַּׁבָּת.

---

Blessed are You, LORD our GOD, King of the Universe, who creates the fruit of the vine.

Blessed are You, LORD our GOD, King of the Universe, who has made us holy with His commandments, has favoured us, and in love and favour has given us His holy Sabbath as a heritage, a reminder of the work of creation. It is the first among the holy days of assembly, a reminder of the exodus from Egypt. For You chose us and sanctified us from all the peoples, and in love and favour gave us Your holy Sabbath as a heritage.

Blessed are You, LORD, who sanctifies the Sabbath.

Baruch Atah Adonai, Eloheinu Melech ha'olam borei p'ri hagafen.

Baruch Atah Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitz'votav v'ratzah vanu, v'shabbat kodsho b'ahavah uv'ratzon hinchilanu, zikaron l'maaseh v'reishit. Ki hu yom t'chilah l'mikra'ei kodesh, zeicher litziyat mitzra'im.

Ki vanu vacharta, v'otanu kidashta, mikol ha'amim. V'shabbat kod'shecha b'ahavah uv'ratzon hinchaltanu.

Baruch Atah Adonai, m'kadesh hashabbat.

# Friday Night Kiddush



Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
borei 	p'ri hagafen. 				
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
asher 	kid'shanu 	b'mitz'votav 	v'ratzah vanu, 	v'shabbat kodsho 	b'ahavah 
uv'ratzon hinchilanu, 	zikaron 	l'maaseh v'reishit. 	Ki hu yom t'chilah 	l'mikra'ei kodesh, 	zeicher 
litziyat 	mitzra'im. 	Ki vanu vacharta, 	v'otanu 	kidashta, 	mikol ha'amim. 
V'shabbat kod'shecha 	b'ahavah 	uv'ratzon hinchaltanu. 			
Baruch 	Atah 	Adonai, 	m'kadesh 	hashabbat. 	

---

We are thankful to GOD that we are awake and ready for a new day. Some people say this tefillah as soon as they wake up, or any time in the morning.

When we say this tefillah, we are thanking GOD that we wake up every day. It is nice for us to remember to say thank you for good things.

---

מוֹדָה (Women say מוֹדָה) אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,  
שֶׁחֶזַרְתָּ בִּי נִשְׁמַתִּי בְּחֶמְלָה, רַבָּה אֱמוּנָתְךָ.

---

I thank You, living and eternal King,  
for giving me back my soul in mercy.  
Great is Your faithfulness.

Modeh [**women say** Modah] ani  
lefanecha,  
Melech chai vekayam,  
shehechezarta be nishmati b'chemlah,  
rabah emunatecha.

# Modeh Ani



Modeh ani  
lefanecha,



Modah ani  
lefanecha,



Melech chai  
vekayam,



shehechezarta  
be



nishmati  
b'chemlah,



rabah  
emunatecha.



---

Before we say our morning prayers, we wash our hands in a special way.

If you are able, pour water from a container over your right hand up to the wrist.

Now pour water over your left hand.

Pour water over each hand again.

Pour water over each hand for a third time.

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר  
קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

---

Blessed are You, LORD our GOD, King of the Universe, who has made us holy through His commandments, and has commanded us about washing hands.

Baruch Atah Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitz'votav v'tzivanu al netillat yadayim.

# Netillat Yadayim



Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
asher kid'shanu 	b'mitz'votav 	v'tzivanu 	al netillat yadayim. 		



---

# תּוֹרָה צִוָּה לָנוּ מֹשֶׁה מִוֶּרְשָׁה מִקְהֵלַת יַעֲקֹב.

---

The Torah which Moshe commanded us is the heritage of the congregation of Jacob.

Torah tsiva lanu Moshe,  
morasha kehillat Yaakov.

# Torah Tziva Lanu



Torah



tsiva lanu



Moshe,



morasha



kehillat



Yaakov.



---

Men and boys say this blessing while standing if they can and then immediately put on the tzitzit. After putting it on, they kiss the fringes.

They wear tzitzit to help feel them closer to GOD, and to help them think about the prayers. There are fringes or tassels on each of the four corners and these are put there to remind us of all of GOD's commandments. There are 613 commandments in the Torah, not just 10.

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ עַל מִצְוֹת צִיצִית.

---

Blessed are You, LORD our GOD, King of the Universe, who has made us holy through His commandments, and has commanded us regarding the mitzvah of tzitzit.

Baruch Atah Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitz'votav v'tzivanu al mitzvat tzitzit.

# Blessing on Tzitzit



Baruch 	Atah 	Adonai 	Eloheinu 
Melech 	ha'olam, 	asher 	kid'shanu 
b'mitz'votav 	v'tzivanu 	al mitzvat tzitzit. 	

---

מֵה טוֹבוֹ אֹהֲלֶיךָ יַעֲקֹב מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל. וְאֲנִי  
בְּרַב חַסְדֶּךָ אָבוֹא בְּיַתְּךָ, אֶשְׁתַּחֲוֶה אֶל־הַיְיָ כֹל  
קֹדֶשְׁךָ בְּיִרְאֶתֶךָ.

---

How goodly are your tents, Jacob, your dwelling places, Israel. As for me, in Your great lovingkindness, I will come into Your house.

Ma tovu ohaleicha Yaakov mishkenoteicha Yisrael.

Va'ani berov chasdecha avo veitecha, eshtachaveh el heichal kod'shecha beyiratecha.

# Ma Tovu



Mah tovu



ohaleicha



Yaakov



mishkenoteicha



Yisrael.



Va'ani



berov  
chasdecha



avo



veitecha,



eshtachaveh



el heichal  
kod'shecha



beyiratecha.



---

Some men and boys wear a tallit in synagogue. If you do, stand if you can, wrap it around your body and cover your eyes with the tallit. Then say these words.

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו  
וְצִוָּנוּ לְהִתְעַטֵּף בַּצִּיצִית.

---

Blessed are You, LORD our GOD, King of the Universe, who has made us holy through His commandments, and has commanded us to wrap ourselves in the tasselled garment.

Baruch Atah Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitz'votav v'tzivanu lehitatef batzitzit.

# Blessing on Tallit



Baruch 	Atah 	Adonai 	Eloheinu 
Melech 	ha'olam, 	asher 	kid'shanu 
b'mitz'votav 	v'tzivanu 	lehitatef batzitzit. 	



---

This brachah is another chance for us to say thank you to GOD for giving each of us a special and wonderful soul.

---

אֱלֹהִי, נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא. אֶתָּה בְּרָאתָה  
אֶתָּה יִצְרָתָהּ, אֶתָּה נִפְחָתָהּ בִּי, וְאֶתָּה מְשַׁמְרָהּ  
בְּקִרְבִּי.

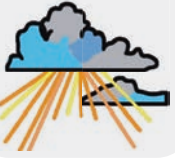

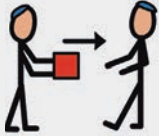











---

My GOD, the soul You have given me is pure. You created it, You formed it, You breathed it into me, and You guard it while it is within me.

Elohai, n'shamah shenatata be t'horah he. Atah v'ratah Atah y'tzartah, Atah n'fachtah be, v'Atah m'sham'rah b'kirbi.

# Elohai Neshamah



Elohai, 	n'shamah 		
shenatata 	be 	t'horah he. 	
Atah 	v'ratah, 	Atah 	y'tzartah, 
Atah 	n'fachtah be 		
V'Atah 	m'sham'rah, 	b'kir'bi. 	

---

If you are able, stand up and say these brachot (blessings) in a quiet voice. The prayer leader is the only one who says these brachot out loud. When you hear them said aloud, say “Amen” at the end of each brachah.

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן לִשְׂכוֹי  
בִּינָה לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁלֹא עָשִׂנִי נִכְרִי.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁלֹא עָשִׂנִי עֶבֶד.

---

Blessed are You, LORD our GOD, King of the Universe, who give the heart understanding to distinguish day from night.

Blessed are You, LORD our GOD, King of the Universe, who has not made me a heathen.

Blessed are You, LORD our GOD, King of the Universe, who has not made me a slave.

Baruch Atah Adonai, Eloheinu Melech ha'olam, asher natan lasech'vi vinah l'havchin bein yom uvein layla.

Baruch Atah Adonai, Eloheinu Melech ha'olam, shelo asani nochri.

Baruch Atah Adonai, Eloheinu Melech ha'olam, shelo asani aved.

# Morning Blessings



Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	asher 	natan 	lasech'vi 	vinah 
l'havchin 	bein yom 	uvein layla. 		
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	shelo 	asani 	nochri. 	
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	shelo 	asani 	aved. 	

---

Men say:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שְׁלֹא עָשִׂיתָ אִשָּׁה.

Women say:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשִׂיתָ כְּרִצּוֹנוֹ.

---

**[Boys and men say]** Blessed are You, LORD our GOD, King of the Universe, who has not made me a woman.

**[Girls and women say]** Blessed are You, LORD our GOD, King of the Universe, who has made me according to His will.

**[Boys and men say]** Baruch Atah Adonai, Eloheinu Melech ha'olam, shelo asani isha.

**[Girls and women say]** Baruch Atah Adonai, Eloheinu Melech ha'olam, she'asani kir'tzono.

# Morning Blessings



[Boys and men say]



Baruch



Atah



Adonai,



Eloheinu



Melech



ha'olam,



sh'lo



asani



isha.



[Girls and women say]



Baruch



Atah



Adonai,



Eloheinu



Melech



ha'olam,



she'asani



kir'tzono.



---

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, פּוֹקֵחַ עֵוְרִים.  
בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מַלְבִּישׁ עֲרֻמִּים.

---

Blessed are You, LORD our GOD, King  
of the Universe, who has given sight to  
the blind.

Blessed are You, LORD our GOD,  
King of the Universe, who clothes the  
naked.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, pokei'ach iv'rim.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, malbish arumim.

# Morning Blessings



---

Baruch 	Atah 	Adonai, 	Eloheinu 
Melech 	ha'olam, 	pokei'ach 	iv'rim. 
Baruch 	Atah 	Adonai, 	Eloheinu 
Melech 	ha'olam, 	malbish 	arumim. 

---



---

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, מִתִּיר אֲסוּרִים.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, זוֹקֵף כְּפוּפִים.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, רוֹקֵעַ הָאָרֶץ עַל-  
הַמַּיִם.

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁעָשָׂה לִי כָל-  
צְרָכַי.

---

Blessed are You, LORD our GOD, King  
of the Universe, who sets captives free.

Blessed are You, LORD our GOD, King  
of the Universe, who raises those  
bowed down.

Blessed are You, LORD our GOD, King  
of the Universe, who spreads the earth  
above the waters.

Blessed are You, LORD our GOD, King  
of the Universe, who provides me with  
all I need.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, matir asurim.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, zokef kefufim.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, roka ha'aretz al hamayim.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, she'asah li kol tzorki.

# Morning Blessings



Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	matir 	asurim. 		
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	zokef 	kefufim. 		
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	roka ha'aretz 	al hamayim. 		
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	she'asah 	li 	kol 	tzorki. 

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר הֵכִין  
מִצְעָדֵי־גִבּוֹר.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אוֹזֵר יִשְׂרָאֵל  
בְּגִבּוֹרָה.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, עוֹטֵר יִשְׂרָאֵל  
בְּתִפְאַרָה.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַנּוֹתֵן לַיָּעֵף כֹּחַ.

---

Blessed are You, LORD our GOD, King  
of the Universe, who makes firm the  
steps of humans.

Blessed are You, LORD our GOD, King  
of the Universe, who girds Israel with  
strength.

Blessed are You, LORD our GOD, King  
of the Universe, who crowns Israel  
with glory.

Blessed are You, LORD our GOD, King  
of the Universe, who gives strength to  
the weary.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, asher heichin mitz'adei gaver.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, ozer Yisrael big'vurah.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, oter Yisrael b'tif'arah.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, hanoten laya'ef ko'ach.

# Morning Blessings



Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	asher 	heichin 	mitz'adei 	gaver. 
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	ozer 	Yisrael 	big'vurah. 	
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	oter 	Yisrael 	b'tif'arah. 	
Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 
ha'olam, 	hanoten 	laya'ef 	ko'ach. 	

The Shema is one of the most important prayers in all of Judaism. If we are able to, we say the first line with our eyes closed and our right hand in front of our eyes. The second line is said very quietly. You will see all three paragraphs of the Shema in Hebrew below.

## שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

Quietly:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

וְאֶהְבֵּת אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־לִבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ:  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל־לִבְּךָ: וְשָׁנַנְתָּם  
לְבְנֶיךָ וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ:  
וּקְשַׁרְתָּם לְאוֹת עַל־יָדְךָ וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ: וּכְתַבְתָּם עַל־  
מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

Listen, Israel: the LORD is our GOD, the LORD is One.

**Quietly:**

Blessed be the name of His glorious kingdom forever and ever.

Love the LORD your GOD with all your heart, with all your soul, and with all your might. These words which I command you today shall be on your heart. Teach them repeatedly to your children, speaking of them when you sit at home and when you travel on the way, when you lie down and when you rise. Bind them as a sign on your hand, and they shall be an emblem between your eyes. Write them on the doorposts of your house and gates.

Shema Yisrael Adonai Eloheinu Adonai echad.

**Quietly:**

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

V'ahav'ta et Adonai Elohecha b'chol l'vav'cha uv'chol naf'sh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh asher anochi m'tzav'cha hayom al l'vavecha. V'shinan'tam l'vanecha v'dibar'ta bam b'shiv't'cha b'veitecha uv'lech't'cha vaderech uv'shoch'b'cha uv'kumecha. Uk'shar'tam l'ot al yadecha v'hayu l'totafot bein einecha. Uch'tav'tam al m'zuzot beitecha uvish'arecha.



# Shema



Shema 	Yisrael, 	Adonai 	Eloheinu, 	Adonai 	echad. 
[Baruch 	sheim k'vod, 	malchuto 	l'olam va'ed.] 		
V'ahav'ta 	et Adonai 	Elohecha 	b'chol l'vav'cha 	uv'chol naf'sh'cha 	
uv'chol m'odecha. 	V'hayu had'varim ha'eileh 	asher anochi 	m'tzav'cha 	hayom al l'vavecha. 	
V'shinan'tam 	l'vanecha 	v'dibar'ta bam 	b'shiv't'cha b'veitecha 	uv'lech't'cha vaderech 	
uv'shoch'b'cha 	uv'kumecha. 	Uk'shar'tam l'ot al yadecha 	v'hayu l'totafot bein einechah. 	Uch'tav'tam al m'zuzot 	beitecha uvish'arecha. 

וְהָיָה אִם־שָׁמַעַתְּ אֶל־מִצְוֹתַי אֲשֶׁר אֲנִי מְצַוֶּה אֶתְכֶם  
הַיּוֹם לְאַהֲבָה אֶת־יְהוָה אֱלֹהֵיכֶם וּלְעֲבֹדוֹ בְּכָל־לִבְבְּכֶם וּבְכָל־  
נַפְשְׁכֶם: וְנָתַתִּי מִטַּר־אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפַּת דְּגָנְךָ  
וְתִירֹשְׁךָ וַיְצַהֲרֶךָ: וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבַהֲמֹתֶךָ וְאָכַלְתָּ וּשְׂבַעְתָּ:  
הִשְׁמְרוּ לָכֶם פֶּן־יִפְתָּה לְבַבְכֶם וְסָרְתֶם וְעַבַּדְתֶּם אֱלֹהִים אֲחֵרִים  
וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף־יְהוָה בְּכֶם וְעָצַר אֶת־הַשָּׁמַיִם  
וְלֹא־יִהְיֶה מָטָר וְהִאֲדָמָה לֹא תִתֵּן אֶת־יְבוּלָהּ וְאֲבַדְתֶּם מִהָרָה  
מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וּשְׁמַתֶּם אֶת־דְּבָרֵי  
אֱלֹהֵי לְבַבְכֶם וְעַל־נַפְשְׁכֶם וְקִשְׁרֹתֶם אֹתָם לְאוֹת עַל־יְדֹכֶם  
וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וּלְמַדְתֶּם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר  
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְכִתַּבְתֶּם  
עַל־מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמִי בְנֵיכֶם עַל  
הָאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאֲבֹתֵיכֶם לֵאמֹר לְהֵם כִּי־מִי הַשָּׁמַיִם  
עַל־הָאָרֶץ:

If you indeed heed My commandments with which I charge you today, to love the LORD your GOD and worship Him with all your heart and with all your soul, I will give rain in your land in its season, the early and late rain; and you shall gather in your grain, wine and oil. I will give grass in your field for your cattle, and you shall eat and be satisfied.

V'hayah im shamo'a tish'm'u el mitzvotai asher anochi m'tzaveh et'chem hayom l'ahavah et Adonai Eloheichem ul'av'do b'chol l'av'chem uv'chol naf'sh'chem. V'natati m'tar ar'tz'chem b'ito yoreh umal'kosh v'asaf'ta d'ganecha v'tirosh'cha v'yitz'harecha. V'natati eisev b'sad'cha liv'hem'techa v'achal'ta v'sava'ta.

# Shema



V'hayah im  
shamo'a tish'm'u



el mit'zvotai



asher anochi  
m'tzaveh  
et'chem



hayom



l'ahavah



et Adonai  
Eloheichem



ul'ov'do



b'chol  
l'vav'chem



uv'chol  
naf'sh'chem.



V'natati m'tar



ar'tz'chem



b'ito yoresh  
umal'kosh



v'asaf'ta  
d'ganecha



v'tirosh'cha



v'yitz'harecha.



V'natati eisev  
b'sad'cha



liv'hem'techa



v'achal'ta  
v'sava'ta.





וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם  
וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם וּנְתַנּוּ עַל־צִיצִית הַכַּנָּף  
פְּתִיל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וּזְכַרְתֶּם אֶת־כָּל־  
מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי לְבַבְכֶם וְאַחֲרַי  
עֵינֵיכֶם אֲשֶׁר־אַתֶּם זֹנִים אַחֲרֵיהֶם: לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־  
כָּל־מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר  
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה  
אֱלֹהֵיכֶם: אֱמֶת

The LORD spoke to Moses, saying:  
Speak to the Israelites and tell them  
to make tassels on the corners of  
their garments for all generations.  
They shall attach to the tassel at  
each corner a thread of blue. This  
shall be your tassel, and you shall see  
it and remember all of the LORD's  
commandments and keep them, not  
straying after your heart and after  
your eyes, following your own sinful  
desires. Thus you will be reminded to  
keep all My commandments, and be  
holy to your GOD. I am the LORD your  
GOD, who brought you out of the  
land of Egypt to be your GOD. I am  
the LORD your GOD. True.

Vayo'mer Adonai el Moshe lei'mor...  
Dabeir el b'nei Yisra'el v'amar'ta  
aleihem v'asu lahem tzitzit al kan'fei  
vig'deihem l'dorotam. V'nat'nu al  
tzitzit hakanaf p'til t'cheilet. V'hayah  
lachem l'tzitzit ur'item oto uz'char'tem  
et kol mitzvot Adonai va'asitem otam  
v'lo taturu acharei l'vav'chem v'acharei  
eineichem. Asher atem zonim  
achareihem. L'ma'an tiz'k'ru va'asitem  
et kol mitzvotai vehiyitem k'doshim  
IE'loheichem. Ani Adonai Eloheichem  
asher hotzei'ti et'chem mei'erezt  
Mitz'rayim lih'yot lachem IEilohim. Ani  
Adonai Eloheichem. Emet.

# Shema



Vayo'mer Adonai el Moshe lei'mor... 	Dabeir 	el b'nei Yisrael 	v'amar'ta aleihem 	v'asu lahem tzitzit 
al kan'fei 	vig'deihem 	l'dorotam. 	v'nat'nu al tzitzit 	hakanaf 
p'til 	t'cheilet. 			
Ani Adonai 	Eloheichem 	Emet. 		

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This tefillah is the Amidah which means “standing up”. It is one of the most important prayers in the synagogue service.

In the Amidah we remember how good GOD is. We ask GOD to help us feel better and be healthy and safe. We finish the Amidah by thanking GOD for the good things we have.

If you are able, stand up, take three small steps backwards and then take three steps forward. Each time you see the ▼ (triangle) symbol, bend your knees and bow. Say this tefillah quietly. After you finish, the prayer leader will say it out loud and you can follow along.

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אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

אבות

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל  
עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת,  
וּמְבִיא גּוֹאֵל לְבְנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

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[In a whisper]

O LORD, open my lips, so that my mouth may declare Your praise.

▼ Blessed are You, LORD our GOD, and GOD of our Fathers, GOD of Abraham, GOD of Isaac, and GOD of Jacob; the great, mighty and awesome GOD, GOD most high, who bestows acts of lovingkindness and creates all, who remembers the lovingkindness of the Fathers and will bring a Redeemer to their children’s children for the sake of His name, in love.

[In a whisper]

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

▼ Baruch Atah Adonai, Eloheinu v’Elohei avoteinu, Elohei Avraham, Elohei Yitzchak v’Elohei Yaakov. Ha’El hagadol hagibor v’hanora, El elyon, gomel chasadim tovim v’konei hakol, v’zocher chasdai avot, umeivi go’el livnei v’neihem, l’maan sh’mo b’ahavah.

# The Amidah



Adonai 	s'fatai 	tiftach, 	ufi yagid 	t'hilatecha. 	
Baruch 	Atah 	Adonai, 	Eloheinu 	v'Elohei 	avoteinu, 
Elohei 	Avraham, 	Elohei 	Yitzchak, 	v'Elohei 	Yaakov 
Ha'El 	hagadol 	hagibor 	v'hadora, 	El elyon, 	gomel chasadim tovim 
v'konei hakol, 	v'zocher 	chasdai 	avot, 	umeivi go'el 	livnei v'neihem, 
l'maan sh'mo 	b'ahavah. 				

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Between ראש השנה and יום כפור, add:

זְכֹרֵנוּ לַחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים, וְכָתְבָנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן  
אֱלֹהִים חַיִּים.

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מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. יְבָרוּךְ אַתָּה יְהוָה, מֶגֶן אַבְרָהָם.

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**[Between Rosh Hashanah and Yom Kippur add:** Remember us for life, O King who desires life and write us in the book of life – for Your sake, O GOD of life.]

King, Helper, Saviour, Shield, Blessed are You LORD, Shield of Abraham.

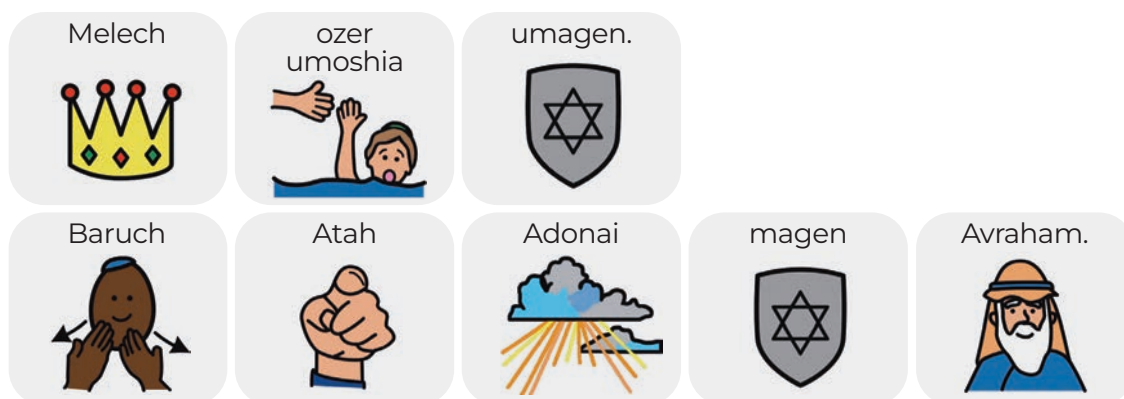
**[Between Rosh Hashanah and Yom Kippur add:** Zochreinu lachaim, Melech chafetz bachaim, v'chotveinu b'sefer hachaim, l'maancha Elohim chaim.]

Melech ozer u'moshia u'magen.  
Baruch Atah Adonai, magen Avraham.

# The Amidah



Between Rosh Hashanah and Yom Kippur, add



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

From after שמחת תורה until פסח, add:

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עָפָר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ מִמִּית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.

You are eternally mighty, LORD.  
You give life to the dead and have  
great power to save.

**[From after Simchat Torah until  
Pesach, add: He makes the wind blow  
and the rain fall.]**

He sustains the living with  
lovingkindness, and with great  
compassion revives the dead. He  
supports the fallen, heals the sick,  
sets captives free, and keeps His faith  
with those who sleep in the dust. Who  
is like You, Master of might, and to  
whom can You be compared, O King  
who brings death and gives live, and  
makes salvation grow?

Atah gibor l'olam Adonai, m'chayei  
meitim atah rav lehoshiah.

**[From after Simchat Torah until  
Pesach, add: Mashiv haruach umorid  
hagashem.]**

M'chalkel chaim b'chesed, m'chayei  
meitim b'rachamim rabim, somech  
noflim, v'rofei cholim, umatir asurim,  
um'kayeim emunato lisheinei afar. Mi  
chamocha baal g'vurot umi domeh  
lach, Melech meimit um'chayeh  
umatz'miach y'shua.



# The Amidah



Atah 	gibor l'olam 	Adonai, 	m'chayei 	meitim 	Atah 
rav lehoshiah. 					

From after Simchat Torah until Pesach, add

Mashiv haruach 	umorid hagashem. 				
M'chalkel chaim 	b'chesed, 	m'chayei 	meitim 	b'rachamim rabim, 	somech 
noflim, 	v'rofei 	cholim, 	umatir asurim, 	um'kayeim emunato 	lisheinei 
afar. 	Mi 	chamocha 	baal g'vurot 	umi 	domeh lach, 
Melech 	meimit 	um'chayeh 	umatz'miach 	y'shua. 	



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Between ראש השנה and יום כפור, add:

מִי כַּמוֹךָ אֲבֵ הַרַחֲמִים, זֹכֵר יְצוּרָיו לַחַיִּים בְּרַחֲמִים.

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וְנֶאֱמַן אַתָּה לְהַחַיּוֹת מֵתִים. בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

קדושת השם

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוֹשִׁים בְּכָל־יּוֹם יְהַלְלוּךָ  
סֵלָה. בְּרוּךְ אַתָּה יְהוָה, \*הַאֵל הַקָּדוֹשׁ.

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\*Between ראש השנה and יום כפור, end the blessing:

הַמֶּלֶךְ הַקָּדוֹשׁ.

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[Between Rosh Hashanah and Yom Kippur add: Who is like You, kindly Father, who remembers His creatures in kindness for life.]

Faithful are You to revive the dead. Blessed are You, LORD, who revives the dead.

You are holy and Your name is holy, and holy ones praise You daily, Selah! Blessed are You, LORD, the holy GOD.

[Between Rosh Hashana and Yom Kippur, end the blessing: the Holy King.]

[Between Rosh Hashanah and Yom Kippur add: Mi chamocho Av harachamim, zocher y'tzurav lachaim b'rachamim.]

V'ne'eman ata l'hachayot meitim. Baruch Atah Adonai, m'chayei hameitim.

Atah Kadosh v'shimcha Kadosh, uk'doshim b'chol yom y'hal'lucha selah. Baruch Atah Adonai, Ha'El hakadosh.

[Between Rosh Hashana and Yom Kippur, end the blessing: HaMelech hakadosh.]

# The Amidah



Between Rosh Hashanah and Yom Kippur, add:

Mi 	chamocha 	av harachamim, 	zocher y'tzurav 	lachaim 	b'rachamim. 
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v'ne'eman 	Atah 	l'hachayot 	meitim 		
Baruch 	Atah 	Adonai 	m'chayei 	hameitim. 	
Ata 	kadosh 	v'shimcha 	kadosh, 	uk'doshim 	b'chol yom 
y'hal'lucha selah. 	Baruch 	Atah 	Adonai, 	Ha'El 	hakadosh. 

Between Rosh Hashana and Yom Kippur, end the blessing:

HaMelech 	hakadosh. 
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עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֵׂה שָׁלוֹם עָלֵינוּ,  
וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

---

May He who makes peace in His high  
places, make peace for us and all Israel  
– and say: Amen.

Oseh shalom bim'romav,  
Hu ya-aseh shalom aleinu  
V'al kol Yisrael, v'imru Amen.

# Oseh Shalom



Oseh shalom



bim'romav,



Hu ya-aseh  
shalom



aleinu



V'al kol Yisrael,



v'imru



Amen.



---

We are now ready to take the Torah scroll out from the Ark so that we can read this week's portion, which is also known as a Parashah. Everyone who is able, stands when the Torah scrolls are carried to the Bimah.

Some men will get called up to the Torah to say these brachot out loud. This is called an "Aliyah".

---

1 בְּרַכּוּ אֶת יְהוָה הַמְּבֹרָךְ.

The Congregation responds:

2 בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

The עולה continues:

3 בָּרוּךְ יְהוָה הַמְּבֹרָךְ לְעוֹלָם וָעֶד.

4 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר־בָּחַר בְּנוֹ  
מִכָּל־הָעַמִּים, וְנָתַן לָנוּ אֶת־תּוֹרָתוֹ. בָּרוּךְ אַתָּה יְהוָה,  
נוֹתֵן הַתּוֹרָה.

---

1 Bless the LORD, the blessed One.

1 Bar'chu et Adonai hamevorach.

2 Bless the LORD, the blessed One, for ever and all time.

2 Baruch Adonai hamevorach l'olam va'ed.

3 Bless the LORD, the blessed One, for ever and all time.

3 Baruch Adonai hamevorach l'olam va'ed.

4 Blessed are You, LORD our GOD, King of the Universe, who has chosen us from all people and has given us His Torah. Blessed are You, LORD, Giver of the Torah.

4 Baruch Atah Adonai, Eloheinu Melech ha'olam, asher bachar banu mikol ha'amim, v'natan lanu et Torato. Baruch Atah Adonai, notein haTorah.

# Blessing before reading the Torah



1	Bar'chu 	et Adonai 	hamevorach. 			
2	Baruch 	Adonai 	hamevorach 	l'olam va'ed. 		
3	Baruch 	Adonai 	hamevorach 	l'olam va'ed. 		
4	Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
	asher 	bachar banu 	mikol ha'amim, 	v'natan lanu 	et Torato. 	
	Baruch 	Atah 	Adonai, 	notein 	haTorah. 	

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר נָתַן-לָנוּ  
תּוֹרַת־אֱמֶת, וְחַיֵּי עוֹלָם נָטַע בְּתוֹכֵנוּ. בְּרוּךְ אַתָּה יְהוָה,  
נוֹתֵן הַתּוֹרָה.

---

Blessed are You, LORD our GOD, King  
of the Universe, who has given us the  
Torah of truth, planting everlasting life  
in our midst. Blessed are You, LORD,  
Giver of the Torah.

Baruch Atah Adonai, Eloheinu Melech  
ha'olam, asher natan lanu Torat emet,  
v'chayei olam nata b'tochenu, baruch  
Atah Adonai, notein haTorah.

# Blessing after reading the Torah



Baruch 	Atah 	Adonai, 	Eloheinu 
Melech 	ha'olam, 	asher 	natan lanu 
Torat emet, 	v'chayei olam 	nata b'tochenu, 	baruch 
Atah 	Adonai, 	notein 	haTorah. 



---

During this prayer, we ask GOD to look after the community and all the people who help us.

---

מִי שֶׁבֵּרַךְ אֲבוֹתֵינוּ אַבְרָהָם יִצְחָק וְיַעֲקֹב, הוּא יְבָרַךְ  
אֶת־כָּל־הַקְּהָל הַקְּדוֹשׁ הַזֶּה, עִם כָּל־קְהָלוֹת הַקְּדוֹשׁ,  
הֵם, וְנִשְׁיָהֶם, וּבְנֵיהֶם, וּבְנוֹתֵיהֶם, וְכָל אֲשֶׁר לָהֶם.  
וּמִי שֶׁמִּיְחַדִּים בְּתֵי כְּנִסְיֹת לְתַפְלָה, וּמִי שֶׁבָּאִים  
בְּתוֹכָם לְהַתְּפִיל, וּמִי שֶׁנּוֹתְנִים נֶר לְמָאוֹר, וְיִין לְקְדוֹשׁ  
וְלַהֲבַדְּלָה, וּפֶת לְאוֹרְחִים, וְצַדִּיקָה לְעֲנִיִּים, וְכָל־מִי  
שֶׁעוֹסְקִים בְּצָרְכֵי צְבוּר בְּאַמוּנָה, הַקְּדוֹשׁ בְּרוּךְ הוּא  
יְשַׁלֵּם שְׂכָרָם, וְיַסִּיר מֵהֶם כָּל־מַחְלָה, וְיִרְפָּא לְכָל־גּוֹפָם,  
וְיִסְלַח לְכָל־עוֹנָם, וְיִשְׁלַח בְּרָכָה וְהַצְלָחָה בְּכָל־מַעֲשֵׂה  
יְדֵיהֶם, עִם כָּל־יִשְׂרָאֵל אַחֵיהֶם. וְנֹאמַר אָמֵן.

---

GOD of our fathers, Avraham, Yitzchak and Yaakov, we ask You to bless this gathering here today – them and all their families. Comfort those who are poor, ill, old or lonely. Bless those who look after their needs and the needs of all the community, with good health and success.

Mi shebeirach avoteinu Avraham, Yitzchak, v'Yaakov, hu y'varech et kol hakahal hakadosh hazeh, im kol k'hilot hakadosh, heim un'sheihem, uv'neihem, uv'noteihem, v'chol asher lahem.

# Mi Shebeirach



Mi shebeirach



avoteinu



Avraham,



Yitzchak,



v'Yaakov,



hu y'varech



et kol



hakahal



hakadosh  
hazeh,



im kol



k'hilot



hakadosh,  
heim



un'sheihem,



uv'neihem,



uv'noteihem,



v'chol asher  
lahem.



---

**Every week in synagogue we pray for the wellbeing of the Monarch and the Royal Family.**

---

He who gives salvation to kings and dominion to princes, whose kingdom is an everlasting kingdom – may He bless

OUR SOVEREIGN LORD  
KING CHARLES, OUR GRACIOUS  
QUEEN CONSORT CAMILLA,  
THE PRINCE AND PRINCESS OF  
WALES, AND ALL THE ROYAL FAMILY.

May the supreme King of kings in His mercy preserve the King in life, guard him and deliver him from all trouble and sorrow. May He bless and protect his Majesty's Armed Forces.

May He put a spirit of wisdom and understanding into his heart and into the hearts of all his counsellors, that they may uphold the peace of the realm, advance the welfare of the nation, and deal kindly and justly with all the House of Israel. In his days and in ours may our Heavenly Father spread the tabernacle of peace over all the dwellers on earth; and may the redeemer come to Zion; and let us say Amen.

# Prayer for the Royal Family



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**Every week in synagogue we pray for the State of Israel, the safety of the Israeli people and the soldiers who protect them.**

---

GOD of our fathers Avraham, Yitzchak and Yaakov, bless the State of Israel. Help its rulers to love You, so that they will serve You with justice and honesty, truth and goodness. Heavenly Father, remember the Israel Defence Forces, the guardians of our holy land. Protect them from all trouble and sorrow

and send blessing and success in all their efforts. Grant peace in Your holy land and everlasting happiness to all who live there. Spread the shelter of Your peace over all who live on earth. Amen.

# Prayer for the Welfare of the State of Israel



Prayer



State of Israel



---

The Torah scroll is now returned to the Ark while we sing this song. Everyone who is able to stands up when the Torah scroll is carried back to the Ark. Some people like to touch or kiss the Torah as it goes past them.

---

עֵץ־חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתִמְכֶיהָ מֵאֲשָׁר.  
דְּרָכֶיהָ דְרָכֵי־נְעָם, וְכָל־נְתִיבוֹתֶיהָ שְׁלוֹם.  
הַשִּׁיבֵנוּ יְהוָה אֵלֶיךָ וְנִשְׁוֵבָה, חֲדָשׁ יָמֵינוּ  
כְּקֶדֶם.

---

It is a tree of life to those who grasp it, and those who uphold it are happy. Its ways are ways of pleasantness and all its paths are peace. Turn us back, O LORD, to You, and we will return. Renew our days as of old.

Eitz chaim hi lemachazikim ba, v'tomcheha m'ushar. D'racheha darchei no'am, v'chol n'tivoteha shalom. Hashiveinu Adonai Elecha v'nashuva, chadesh yameinu k'kedem.

# Eitz Chaim Hi



Eitz chaim hi



lemachazikim  
ba,



v'tomcheha



m'ushar.



D'racheha



darchei no'am,



v'chol  
n'tivotecha  
shalom.



Hashiveinu



Adonai



Elecha



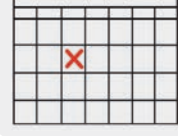
v'nashuva,



chadesh



yameinu



k'kedem.





---

This tefillah is the Amidah which means “standing up”. It is one of the most important prayers in the synagogue service.

In the Amidah we remember how good God, is. We ask GOD to help us feel better and be healthy and safe. We finish the Amidah by thanking God, for the good things we have.

If you are able, stand up, take three small steps backwards and then take three steps forward. Each time you see the ▼ (triangle) symbol, bend your knees and bow. Say this tefillah quietly. After you finish, the prayer leader will say it out loud and you can follow along.

---

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח, וּפִי יִגִּיד תְּהִלָּתְךָ.

אבות

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם,  
אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב, הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל  
עֲלִיוֹן, גּוֹמֵל חַסְדִּים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חַסְדֵי אֲבוֹת,  
וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ בְּאַהֲבָה.

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[In a whisper]

O LORD, open my lips, so that my mouth may declare Your praise.

▼ Blessed are You, LORD our GOD, and GOD of our Fathers, GOD of Abraham, GOD of Isaac, and GOD of Jacob; the great, mighty and awesome GOD, GOD most high, who bestows acts of lovingkindness and creates all, who remembers the lovingkindness of the Fathers and will bring a Redeemer to their children’s children for the sake of His name, in love.

[In a whisper]

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

▼ Baruch Atah Adonai, Eloheinu v’Elohei avoteinu, Elohei Avraham, Elohei Yitzchak v’Elohei Yaakov. Ha’El hagadol hagibor v’hanora, El elyon, gomel chasadim tovim v’konei hakol, v’zocher chasdai avot, umeivi go’el livnei v’neihem, l’maan sh’mo b’ahavah.

# The Amidah



Adonai 	s'fatai 	tiftach, 	ufi yagid 	t'hilatecha. 	
Baruch 	Atah 	Adonai, 	Eloheinu 	v'Elohei 	avoteinu, 
Elohei 	Avraham, 	Elohei 	Yitzchak, 	v'Elohei 	Yaakov 
Ha'El 	hagadol 	hagibor 	v'hadora, 	El elyon, 	gomel chasadim tovim 
v'konei hakol, 	v'zocher 	chasdai 	avot, 	umeivi go'el 	livnei v'neihem, 
l'maan sh'mo 	b'ahavah. 				

---

Between ראש השנה and יום כפור, add:

זְכֹרֵנוּ לַחַיִּים, מֶלֶךְ חָפֵץ בַּחַיִּים, וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַנְךָ  
אֱלֹהִים חַיִּים.

---

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן. יְבָרוּךְ אַתָּה יְהוָה, מַגֵּן אַבְרָהָם.

---

[Between Rosh Hashanah and Yom Kippur add: Remember us for life, O King who desires life and write us in the book of life – for Your sake, O God of life.]

King, Helper, Saviour, Shield, Blessed are You LORD, Shield of Abraham.





[Between Rosh Hashanah and Yom Kippur add: Zochreinu lachaim, Melech chafetz bachaim, v'chatveinu b'sefer hachaim, l'maancha Elohim chaim]

Melech ozer u'moshia u'magen.  
Baruch Atah Adonai, magen Avraham.

# The Amidah



Between Rosh Hashanah and Yom Kippur, add

Zochreinu 	lachaim, 	Melech 	chafetz 	bachaim, 	v'chotveinu 
b'sefer hachaim, 	l'maancha 	Elohim 	chaim. 		
Melech 	ozar umoshia 	umagen. 			
Baruch 	Atah 	Adonai 	magen 	Avraham. 	

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

From after שמחת תורה until פסח, add:

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים, וּמְקַיֵּם אֲמוּנָתוֹ לִישְׁנֵי עֶפֶר. מִי כְמוֹךָ בְּעַל גְּבוּרוֹת, וּמִי דוֹמֶה לָךְ, מֶלֶךְ מַמְיֵת וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

You are eternally mighty, LORD.  
You give life to the dead and have  
great power to save.

**[From after Simchat Torah until  
Pesach, add: He makes the wind blow  
and the rain fall.]**

He sustains the living with  
lovingkindness, and with great  
compassion revives the dead. He  
supports the fallen, heals the sick,  
sets captives free, and keeps His faith  
with those who sleep in the dust. Who  
is like You, Master of might, and to  
whom can You be compared, O King  
who brings death and gives live, and  
makes salvation grow?

Atah gibor l'olam Adonai, m'chayei  
meitim atah rav lehoshiah.

**[From after Simchat Torah until  
Pesach, add: Mashiv haruach umorid  
hagashem.]**

M'chalkel chaim b'chesed, m'chayei  
meitim b'rachamim rabim, somech  
noflim, v'rofei cholim, umatir asurim,  
um'kayeim emunato lisheinei afar. Mi  
chamocha baal g'vurot umi domeh  
lach, Melech meimit um'chayeh  
umatz'miach y'shua.

# The Amidah



Atah 	gibor l'olam 	Adonai, 	m'chayei 	meitim 	Atah 
rav lehoshiah. 					

From after Simchat Torah until Pesach, add

Mashiv haruach 	umorid hagashem. 				
M'chalkel chaim 	b'chesed, 	m'chayei 	meitim 	b'rachamim rabim, 	somech 
nof'lim, 	v'rofei 	cholim, 	umatir asurim, 	um'kayeim emunato 	lisheinei 
afar. 	Mi 	chamocha 	baal g'vurot 	umi 	domeh lach, 
Melech 	meimit 	um'chayeh 	umatz'miach 	y'shua. 	

---

Between ראש השנה and יום כפור, add:

מִי כְמוֹךָ אֲבֵרָחֲמִים, זֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

---

וְנֶאֱמַן אֶתָּה לְהַחְיֹת מֵתִים. בְּרוּךְ אַתָּה יְהוָה, מְחַיֶּה הַמֵּתִים.

קדושת השם

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ, וְקְדוֹשִׁים בְּכָל־יּוֹם יְהַלְלוּךָ  
סֵלָה. בְּרוּךְ אַתָּה יְהוָה, \*הַאֵל הַקָּדוֹשׁ.

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\*Between ראש השנה and יום כפור, end the blessing:

הַמֶּלֶךְ הַקָּדוֹשׁ.

---

[Between Rosh Hashanah and Yom Kippur add: Who is like You, kindly Father, who remembers His creatures in kindness for life.]

Faithful are You to revive the dead. Blessed are You, LORD, who revives the dead.

You are holy and Your name is holy, and holy ones praise You daily, Selah! Blessed are You, LORD, the holy GOD.

[Between Rosh Hashana and Yom Kippur, end the blessing: the Holy King.]

[Between Rosh Hashanah and Yom Kippur add: Mi chamocho Av harachamim, zocher y'tzurav lachaim b'rachamim.]

V'ne'eman ata l'hachayot meitim. Baruch Atah Adonai, m'chayei hameitim.

Atah Kadosh v'shimcha Kadosh, uk'doshim b'chol yom y'hal'lucha selah. Baruch Atah Adonai, Ha'El hakadosh.

[Between Rosh Hashana and Yom Kippur, end the blessing: HaMelech hakadosh.]



# The Amidah



Between Rosh Hashanah and Yom Kippur, add:

Mi 	chamocha 	av harachamim, 	zocher y'tzurav 	lachaim 	b'rachamim. 
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v'ne'eman 	Atah 	l'hachayot 	meitim 		
Baruch 	Atah 	Adonai 	m'chayei 	hameitim. 	
Ata 	kadosh 	v'shimcha 	kadosh, 	uk'doshim 	b'chol yom 
y'hal'lucha selah. 	Baruch 	Atah 	Adonai, 	Ha'El 	hakadosh. 

Between Rosh Hashana and Yom Kippur, end the blessing:

HaMelech 	hakadosh. 
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עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ,  
וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

---

May He who makes peace in His high  
places, make peace for us and all Israel  
– and say: Amen.

Oseh shalom bim'romav,  
Hu ya-aseh shalom aleinu  
V'al kol Yisrael, v'imru Amen.

# Oseh Shalom



Oseh shalom



bim'romav,



Hu ya-aseh  
shalom



aleinu



V'al kol Yisrael,



v'imru



Amen.



---

לְמַעַן אַחֵי וְרַעֵי אֲדַבְרָה נָא שְׁלוֹם בְּךָ. לְמַעַן בֵּית  
יְהוָה אֱלֹהֵינוּ, אֲבַקֶּשֶׁה טוֹב לְךָ. יְהוָה עִזְ לְעַמּוֹ יִתֵּן,  
יְהוָה יְבָרֶךְ אֶת עַמּוֹ בְּשָׁלוֹם.

---

Because of my brothers and friends.  
Because of my brothers and friends.  
Please let me ask, please let me sing  
Peace to you.

[x2]

This is the House,  
The House of Hashem.  
I wish the best to you.

Hashem will give strength to His  
people Hashem will bless the world  
with Peace.

Lema'an achai vere'ai, lema'an  
achai vere'ai, Adabra na, adabra na,  
shalom bach.

[x2]

Lema'an beit Adonai Eloheinu avaksha  
tov lach.

Lema'an beit Adonai Eloheinu avaksha  
tov lach.

Adonai oz le'amo yiten, Adonai  
yevarech et amo va'shalom.

# Lema'an Achai



Lema'an achai 	vere'ai, 	lema'an chai 	vere'ai, 	Adabra na, 
adabra na, 	shalom bach. 			
Lema'an beit 	Adonai 	Eloheinu 	avaksha 	tov lach. 
Adonai 	oz 	le'amo yiten, 	Adonai 	yevarech et amo 
va'shalom. 				

---

In this prayer we hope that in the future everyone will be good to each other and trust in GOD. Only the first three lines and the last two lines are shown here. If you can, stand for this prayer.

---

עֲלֵינוּ לְשַׁבַּח לַאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית, שְׁלֹא  
עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה. שְׁלֹא  
שָׁם חֶלְקֵנוּ כָּהֶם, וְגִרְלָנוּ כְּכֹל־הַמוֹנָם.

וְנֹאמַר, וְהָיָה יְהוָה לְמֶלֶךְ עַל־כָּל־הָאָרֶץ, בַּיּוֹם הַהוּא יְהִי  
יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד.

---

It is our duty to praise the Master of all and ascribe greatness to the Author of creation, who has not made us like the nations of the lands nor placed us like the families of the earth; who has not made our portion like theirs, not our destiny like all their multitudes.

And it is said: "Then the LORD shall be King over all the earth: on that day the LORD shall be One and His name One".

Aleinu leshabe'ach la-Adon hakol, latet g'dulah l'yotzer b'reishit, She'lo asanu k'goyei haaratzot, ve'lo samanu k'mishp'chot ha'adama. She'lo sam chelkeinu kahem, vegoraleinu k'chol hamonam.

V'ne'emar: v'hayah Adonai leMelech al kol haaretz, bayom hahu yiheyeh Adonai echad u'shemo echad.



<p>Aleinu</p>	<p>leshabe'ach la-Adon hakol,</p>	<p>latet g'dulah</p>	<p>l'yotzer b'reishit,</p>	<p>She'lo asanu</p>	<p>K'goyei haartzot,</p>														
<p>ve'lo samanu</p>	<p>k'mishp'chot ha'adama.</p>	<p>She'lo sam</p>	<p>chelkeinu kahem,</p>	<p>vegoraleinu</p>	<p>k'chol hamonam.</p>														
<p>V'ne'emar:</p>	<p>v'hayah Adonai</p>	<p>leMelech</p>	<p>al kol haaretz,</p>																
<p>bayom hahu yiheyeh</p> <table border="1"> <tr> <td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td> </tr> <tr> <td><input checked="" type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td><td><input type="checkbox"/></td> </tr> </table>	1	2	3	4	5	6	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<p>Adonai</p>	<p>echad</p>	<p>u'shemo</p>	<p>echad.</p>	
1	2	3	4	5	6	7													
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													

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This tefillah is said to remember people we love, who have died.

It is said by a son or daughter for their parent in the first year after the parent has passed away. It is also said for brothers and sisters, husbands and wives and children in the first 30 days.

Mourners say it every year on the yartzheit (anniversary of their death) of a close relative.

Everyone who is able to stands up. Mourners say this tefillah out loud. Listen carefully and answer at All or Cong.

Kaddish means Holy and the prayer reminds us that GOD is good and helps to create peace.

---

Mourner:

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא. (אָמֵן. Cong.) בְּעֶלְמָא דִּי־בְרָא כְרַעוּתָהּ.  
וְיִמְלִיךְ מַלְכוּתָהּ, בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דִי־כָל־בֵּית יִשְׂרָאֵל, בְּעֶגְלָא  
וּבְזִמְן קָרִיב. וְאָמְרוּ אָמֵן. (אָמֵן. Cong.)

All:

יְיָ הֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעֶלְמֵי עֶלְמֵיָא.

Mourner:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלַּל  
שְׁמֵהּ דִּי־קְדֻשָּׁא בְרִיךְ הוּא (בְּרִיךְ הוּא. Cong.) לְעֶלְא (לְעֶלְא add שְׁבַת שׁוּבָה On)  
מִן־כָּל־בְּרֻכְתָּא וְשִׁירְתָּא תְּשַׁבַּחְתָּא וְנַחֲמַתָּא, דִּי־אֲמִירָן בְּעֶלְמָא.  
וְאָמְרוּ אָמֵן. (אָמֵן. Cong.)  
יְיָ שְׁלָמָא רַבָּא מִן־שְׁמַיָא, וְחַיִּים עָלֵינוּ וְעַל־כָּל־יִשְׂרָאֵל. וְאָמְרוּ  
אָמֵן. (אָמֵן. Cong.)

Bow, take three steps back, then bow, first left, then right, then centre, while saying:

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

# Mourners' Kaddish



<p>Yit'gadal</p>	<p>v'yitkadash</p>	<p>sh'meh rabba.</p>	<p>B'al'ma</p>	<p>dee v'ra chiruteh,</p>	<p>v'yamleech malchuteh</p>
<p>b'chayaychon, uv'yomaychon,</p>	<p>uv'chayay dee chol beit Yisrael,</p>	<p>ba'agala uvizman kareev,</p>	<p>v'imru</p>	<p>"Amen".</p>	
<p>Y'heh sh'meh rabba</p>	<p>mevarach</p>	<p>l'alam ulal'mei al'ma-ya.</p>			
<p>Yitbarach v'yishtabach</p>	<p>v'yitpa-ar v'yitromam</p>	<p>v'yitnaseh, v'yit-hadar</p>	<p>v'yit'aleh v'yit-hallal</p>	<p>sh'meh dee kudsha,</p>	<p>b'reech hu.</p>
<p>L'ela</p>	<p>min kol birchata</p>	<p>v'sheerata</p>	<p>tushb'chata</p>	<p>v'nechemata,</p>	<p>dee amiran</p>
<p>b'al'ma,</p>	<p>v'imru</p>	<p>"Amen".</p>			



---

**Mourner:** Magnified and sanctified may His great name be, in the world He created by His will. May He establish His kingdom in your lifetime and in your days, and in the lifetime of all the House of Israel, swiftly and soon – and say: Amen.

**All:** Amen

**All:** May His great name be blessed for ever and all time.

**Mourner:** Blessed and praised, glorified and exalted, raised and honoured, uplifted and lauded be the name of the Holy One, blessed be He, beyond any blessing, song, praise and consolation uttered in the world – and say: Amen.

**All:** Amen

May there be great peace from heaven, and life for us and all Israel – and say: Amen.

**All:** Amen

May He who makes peace in His high places, make peace for us and for all Israel – and say: Amen.

**All:** Amen

**Mourner:** Yit'gadal v'yitkadash sh'meh rabba

**[All: Amen].**

B'al'ma dee v'ra chiruteh, v'yamleech malchuteh b'chayaychon, uv-yomaychon, uv-chayay dee chol beit Yisrael, ba'agala uvizman kareev, v'imru Amen.

**[All: Amen]**

All: Y'heh sh'meh rabba mevarach l'alam ulal'mei al'ma-ya.

**Mourner:** Yitbarach v'yishtabach v'yitpa-ar v'yitromam v'yitnaseh, v'yit-hadar v'yit'aleh v'yit-hallal sh'meh dee kudsha, b'reech hu.

**[All: b'reech hu]**

L'ela **[between Rosh Hashanah and Yom Kippur add: L'ela]** min kol birchata v'sheerata tushb'chata v'nechemata, dee amiran b'al'ma, v'imru, Amen.

**[All: Amen]**

Y'heh sh'lama rabba min sh'maya v'chayim aleynu v'al kol Yisrael v'imru Amen.

**[All: Amen]**

Bow, take three steps back, then bow, first left, then right, the centre, while saying: Oseh shalom bimromav, hu ya'aseh shalom aleynu v'al kol Yisrael, v'imru Amen.

**[All: Amen]**

# Mourners' Kaddish



Y'heh sh'lama rabba 	min sh'maya 	v'chayim aleynu 	v'al kol Yisrael, 	v'imru 	"Amen". 
Oseh shalom 	bimromav, 	hu ya'aseh shalom 	aleynu 	v'al kol Yisrael, 	v'imru 
"Amen". 					

---

This song is also known as the “Song of Glory” and is about how much we love and want to be with GOD.

The song is led by one person, who sings the first line, and then the congregation sings the next line, and it continues in this pattern until the end of the song. In lots of synagogues the song is led by a child.

---

אֲנֵעִים זְמִירוֹת וְשִׁירִים אֶרְוֹג, כִּי אֵלֶיךָ נַפְשִׁי תִעְרוֹג.  
נַפְשִׁי חִמְדָּה בְּצֵל יָדְךָ, לְדַעַת כָּל רַז סוּדְךָ.  
מִדֵּי דַבְרֵי בְּכַבּוֹדְךָ, הוֹמָה לְבִי אֶל דּוֹדֶיךָ.  
עַל כֵּן אֲדַבֵּר בְּךָ נִכְבְּדוֹת, וְשִׁמְךָ אֶכְבֵּד בְּשִׁירֵי יְדִידוֹת.

---

- 1 I will sing sweet psalms and I will weave songs, to You for whom my soul longs.
- 2 My soul yearns for the shelter of Your hand, that all Your mystic secrets I might understand.
- 3 Whenever I speak of Your glory above, my heart is yearning for Your love.
- 4 So Your glories I will proclaim, and in songs of love give honour to Your name.

- 1 Anim zemirot v'shirim e'erog ki eilecha nafshi ta'arog.
- 2 Nafshi chimda b'tzel yadecha lada'at kol raz sodecha.
- 3 Midei dab'ri bi'chvodecha homeh libi el dodecha.
- 4 Al ken adaber b'cha nichbadot v'shimcha achabed b'shrei y'didot.

# Anim Zemirot



1	Anim 	zemirot 	v'shirim 	e'erog 	ki eilecha 	nafshi ta'arog. 
2	Nafshi chimda 	b'tzel 	yadecha 	lada'at 	kol raz sodecha. 	
3	Midei daberi 	bi'chvodecha 	homeh libi 	el dodecha. 		
4	Al ken adaber 	b'cha nichbadot 	v'shimcha 	achebed 	b'shirei 	y'didot. 

---

אֶסְפְּרָה כְבוֹדְךָ וְלֹא רֵאִיתִיךָ, אֲדַמְּךָ אֲכַנֶּךָ וְלֹא יִדְעֶתִיךָ.  
בְּיַד נְבִיאֶיךָ בְּסוּד עֲבָדֶיךָ, דְּמִית הַדָּר כְּבוֹד הוֹדְךָ.  
גְּדֻלַּתְךָ וּגְבוּרַתְךָ, כִּנּוּ לְתוֹקֶף פְּעֻלַּתְךָ.  
דְּמוּ אוֹתְךָ וְלֹא כְּפִי יֵשְׁחָ, וַיִּשְׁוֹוְךָ לְפִי מַעֲשֵׂיךָ.

---

5 I will tell of Your glory though I have not seen You, imagine and describe You, though I have not known You.

6 By the hand of Your prophets, through Your servants' mystery, You gave a glimpse of Your wondrous majesty.

7 Recounting Your grandeur and Your glory, of Your great deeds they told the story.

8 They depicted You, though not as You are, but as You do: Your acts, Your power.

5 Asap'ra ch'vodcha velo r'i'ticha adamcha achancha v'lo y'daticha.

6 B'yad n'viecha b'sod avadecha dimita hadar k'vod hodecha.

7 Gedulat'cha ug'vuratecha kinu letokef pe'ulatecha.

8 Dimu ot'cha v'lo Ch'fi yeshcha vayshavucha l'fi ma'asecha.

# Anim Zemirot



5	Asap'ra 	ch'vodcha 	velo 	r'i'ticha 	adamcha achancha 	v'lo y'daticha. 
6	Be'yad 	n'viecha 	b'sod avadecha 	dimita 	hadar 	k'vod hodecha. 
7	Gedulat'cha 	ug'vuratecha 	kinu letokef 	pe'ulatecha. 		
8	Dimu 	ot'cha 	v'lo 	Ch'fi yeshcha 	vayshavucha 	l'fi ma'asecha. 

הַמְשִׁילֹךְ בְּרוֹב חֶזְיוֹנוֹת, הֵנֶךְ אֶחָד בְּכָל דְּמִיוֹנוֹת.  
וַיַּחֲזוּ בְּךָ זִקְנָה וּבַחֲרוּת, וּשְׁעָר רֹאשְׁךָ בְּשֵׂיבָה וּשְׁחָרוּת.  
זִקְנָה בְּיוֹם דִּין וּבַחֲרוּת בְּיוֹם קָרֵב, כְּאִישׁ מִלְחָמוֹת יָדָיו לֹא רַב.  
חֲבַשׁ כּוֹבֵעַ יְשׁוּעָה בְּרֹאשׁוֹ, הוֹשִׁיעָה לּוֹ יְמִינוֹ וּזְרוּעַ קִדְשׁוֹ.

- 9 They represented You in many visions; through them all You are One without divisions.
- 10 They saw You, now old, then young, Your head with grey, with black hair hung.
- 11 Age on the day of judgment, yet on the day of war, a young warrior with mighty hands they saw.
- 12 Triumph like a helmet He wore on His head, His right hand and holy arm to victory have led.

- 9 Himshilucha b'rov chezyonot hinchah echad b'chol dimyonot.
- 10 Vayechezu v'cha ziknah uvacharut, us'ar roshcha b'seiva v'shacharut.
- 11 Ziknah b'yom din uvacharut b'yom k'rav k'ish milchamot yadav lo rav.
- 12 Chavash kovah y'shuah b'rosho hoshia lo y'mino uzroah kodsho.



9	Himshilucha 	b'rov chezyonot 	hincha echad <b>1</b>	b'chol dimyonot. 																
10	Vayechezu 	v'cha 	zikna 	uvacharut 	us'ar 															
	roshcha 	b'seiva 	v'shacharut. 																	
11	Ziknah 	b'yom din 	uvacharut 	b'yom k'rav <table border="1" data-bbox="787 1008 959 1064"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>✓</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </table>	1	2	3	4	5	6	7	✓							k'ish milchamot 	yadav lo rav. 
1	2	3	4	5	6	7														
✓																				
12	Chavash kovah 	y'shua 	b'rosho 	hoshia lo y'mino 	uzroah 	kodsho. 														



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טְלֵי אֹרֹת רֹאשׁוֹ נִמְלָא, קְּוֻצוֹתָיו רְסִיִּי לַיְלָה.  
יִתְפָּאֵר בִּי כִּי חִפֵּץ בִּי, וְהוּא יִהְיֶה לִּי לְעֵטָרֶת צְבִי.

כֶּתֶם טָהוֹר פָּז דְּמוֹת רֹאשׁוֹ, וְחֶק עַל מְצַח כְּבוֹד שֵׁם קְדֻשׁוֹ.  
לְחֵן וּלְכָבוֹד צְבִי תִפְאָרָה, אֲמַתּוֹ לוֹ עֵטָרָה עֵטָרָה.

---

- 13 His curls are filled with  
dew-drops of light, His locks  
with fragments of the night.
- 14 He will be glory in me, for He  
delights in me; my diadem of  
beauty He shall be.
- 15 His head is like pure beaten  
gold; engraved on His brow,  
His sacred name behold.
- 16 For grace and glory, beauty and  
renown, His people have adorned  
Him with a crown.

- 13 Tal'lei orot rosho nimlah  
k'vut'sotav r'sisei laila.
- 14 Yitpa'er bi ki chafetz bi, v'hu  
yihyeh li la'ateret tzvi.
- 15 Ketem tahor paz d'mut rosho  
v'chak al metzach k'vod shem  
kodsho.
- 16 L'chen ul'chavod tzvi tifarrah  
umato lo itra atara.

# Anim Zemirot



13	<p>Tal'lei</p>	<p>orot</p>	<p>rosho nimlah</p>	<p>k'vut'sotav</p>	<p>r'sisei</p>	<p>laila.</p>
14	<p>Yitpa'er</p>	<p>bi</p>	<p>ki chafetz</p>	<p>bi,</p>	<p>v'hu yihyeh</p>	<p>li,</p>
	<p>la'ateret tzvi.</p>					
15	<p>Ketem tahor paz</p>	<p>d'mut rosho</p>	<p>v'chak al metzach</p>	<p>k'vod</p>	<p>shem kodsho.</p>	
16	<p>L'chen</p>	<p>ul'chavod</p>	<p>tzvi tifarah</p>	<p>umato lo</p>	<p>itra atara.</p>	

מַחְלְפוֹת רֹאשׁוֹ כְּבִימֵי בְּחֵרוֹת, קְּוֹצוֹתָיו תַּלְתָּלִים שְׁחֹרוֹת.  
 נוֹה הַצֶּדֶק צְבִי תִפְאַרְתּוֹ, יַעֲלֶה נָא עַל רֹאשׁ שִׂמְחָתוֹ.  
 סְגֻלָּתוֹ, תְּהִי בְיָדוֹ עֶטְרֵת, וְצִנִּיף מְלוּכָה צְבִי תִפְאַרְתּוֹ.  
 עֲמוּסִים נִשְׂאָם עֶטְרֵת עֲנָדָם. מֵאֲשֶׁר יִקְרוּ בְּעֵינָיו כְּבָדָם.

- 17 Like a youth's, His hair in locks unfurls; its black tresses flowing in curls.
- 18 Jerusalem, His splendour, is the dwelling place of right – may He prize it as His highest delight.
- 19 Like a crown in His hand may His treasured people be, a turban of beauty and majesty.
- 20 He bore them, carried them, with a crown. He adorned them. They were precious in His sight, and He honoured them.

- 17 Machl'fot rosho k'vimei b'churot, k'vutzotav taltalim sh'chorot.
- 18 N'veh hatzedek tzvi tifarto ya'aleh na al rosh simchato.
- 19 S'gulato t'hi b'yado ateret utznif m'lucha tzvi tiferet.
- 20 Amusim nesa'am ateret indam me'asher ya'kru b'ainav kib'dam.

# Anim Zemirot



17	Machl'fot 	rosho 	k'vime b'churot, 	k'vutzotav 	taltalim sh'chorot. 
18	N'veh 	hatzedek 	tzvi tifarto 	ya'aleh na 	al rosh simchato. 
19	S'gulato t'hi 	b'yado 	ateret 	utznif m'lucha 	tzvi tiferet. 
20	Amusim nesa'am 	ateret indam 	me'asher ya'kru 	b'ainav 	kib'dam. 

פִּאֲרוֹ עָלַי וּפְאִירֵי עָלָיו, וְקָרוֹב אֵלַי בְּקִרְאֵי אֵלָיו.  
 צַח וְאֲדוֹם לְלְבוּשׁוֹ אֲדוֹם, פּוֹרָה בְּדַרְכּוֹ בְּבוֹאוֹ מֵאֲדוֹם.  
 קֶשֶׁר תְּפִלִּין הִרְאָה לְעֵנָו, תְּמוּנַת יְהוָה לְנֶגֶד עֵינָיו.  
 רוֹצֵה בְּעַמּוֹ עֲנָוִים יִפְאֵר, יוֹשֵׁב תְּהִלוֹת בָּם לְהִתְפַּאֵר.

21 His glory is on me; my glory is on Him. He is near to me when I call to Him.

22 He is bright and rosy, red will be His dress, when He comes from Edom, treading the winepress.

23 He showed the tefillin-knot to Moses, humble, wise, when the LORD's likeness was before his eyes.

24 He delights in His people, the humble He does raise – He glories in them; He sits enthroned upon their praise.

21 P'ero alai uf'eri alav, v'karov eilai b'kor'i eilav.

22 Tzach v'adom lilvusho adom pura b'dorcho b'vo'oh me'edom.

23 Keshher tefilin herah le'anav, temunat Adonai l'neged einav.

24 Rotzeh b'amo anavim y'fa'er, yoshev tehilot bam l'hit'pa'er.

# Anim Zemirot



21	<p>P'ero</p>	<p>alai</p>	<p>uf'eri alav,</p>	<p>v'karov eilai</p>	<p>b'kor'i eilav.</p>	
22	<p>Tzach</p>	<p>v'adom</p>	<p>lilvusho</p>	<p>adom</p>	<p>pura b'dorcho</p>	<p>b'vo'oh me'edom</p>
23	<p>Kesher</p>	<p>tefilin</p>	<p>herah</p>	<p>le'anav</p>	<p>temunat Adonai</p>	<p>l'neged einav.</p>
24	<p>Rotzeh</p>	<p>b'amo</p>	<p>anavim</p>	<p>y'fa'er,</p>	<p>yoshev tehilot</p>	<p>bam l'hit'pa'er.</p>

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רֹאשׁ דְּבָרְךָ אֱמֶת קוֹרֵא מִרֹאשׁ, דּוֹר וָדוֹר עִם דּוֹרְשֶׁךָ דְּרוֹשׁ.  
שִׁית הַמּוֹן שִׁירֵי, נָא עֲלֶיךָ, וְרִנָּתִי תִקְרַב אֵלֶיךָ.  
תְּהִלָּתִי, תְּהִי לְרֹאשֶׁךָ עֶטְרֶת, וְתִפְלָתִי תִכּוֹן קְטוֹרֶת.  
תִּיקַר שִׁירַת רִשׁ בְּעֵינֶיךָ, כְּשִׁיר יוֹשָׁר עַל קֶרְבָּנֶיךָ.

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25 Your first word, Your call to every  
age is true: O seek the people  
who seek You.

26 My many songs please take and  
hear and may my hymn of joy to  
You come near.

27 May my praise be a crown for  
Your head, and like incense before  
You, the prayers I have said.

28 May a poor man's song be  
precious in Your eyes, like a song  
sung over sacrifice.

25 Rosh d'varcha emet koreh  
merosh, dor vador am doreshcha  
d'rosh.

26 Sheet hamon shirai na alecha,  
v'rinati tikrav eileicha.

27 T'hilati t'hi l'roshcha ateret, ut'filati  
tikon k'toret.

28 Tikar shirat rush b'einecha kashir  
yushar al korbanecha.

# Anim Zemirot



25	Rosh d'varcha 	emet 	koreh merosh 	dor vador 	am doreshcha d'rosh. 
26	Sheet hamon shirai 	na alecha, 	v'rinati 	tikrav 	eilecha. 
27	T'hilati t'hi 	l'roshcha 	ateret, 	ut'filati 	tikon k'toret. 
28	Tikar 	shirat rush 	b'einecha 	kashir yushar 	al korbanecha. 



בְּרַכְתִּי תַעֲלֶה לְרֹאשׁ מִשְׁבִּיר, מְחֹלֵל וּמוֹלִיד צְדִיק כְּבִיר.  
וּבְבְרַכְתִּי תִנְעֲנַע לִי רֹאשׁ, וְאוֹתָהּ קַח לְךָ כְּבִשְׁמִים רֹאשׁ.  
יַעֲרַב נָא שִׁיחֵי עֲלֶיךָ, כִּי נַפְשִׁי תַעֲרוֹג אֵלֶיךָ.

לְךָ יְהוּהַ הַגְּדֻלָּה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצָּח וְהַהוֹד, כִּי כָל  
בְּשָׁמִים וּבְאָרֶץ, לְךָ יְהוּהַ הַמְּמֹלָכָה וְהַמְּתַנַּשֵּׂא לְכָל לְרֹאשׁ.  
מִי יִמְלֵל גְּבוּרוֹת יְהוּהַ, יִשְׁמִיעַ כָּל תְּהִלָּתוֹ.

29 To the One who sustains all, may my blessing take flight: Creator, Life-giver, GOD of right and might.

30 And when I offer blessings, to me Your head incline: accepting it as spice, fragrant and fine.

31 May my prayer be to You sweet song. For You my soul will always long.

**[Say the next two lines quietly, but sing the last line out loud ]**

Yours, LORD, are the greatness and the power, the glory, the majesty and splendour, for everything in heaven and earth is Yours. Yours, O LORD, is the kingdom; You are exalted as head over all.

Who can tell of the LORD'S mighty acts of the LORD and make all His praise be heard?

29 Birchati ta'aleh l'rosh mashbir, m'cholel u-molid tzadik kabeer.

30 Uv'virchati t'na'a'nah li rosh, v'o'tah kach l'cha ki'vsamim rosh.

31 Ye'erav na sichi aleicha ki nafshi ta'arog eileicha.

**[Say the next two lines quietly, but sing the last line out loud ]**

Lecha Adonai hag'dulah vehag'vurah vehatiferet vehanetzach vehahod, ki chol bashamayim u'vaaretz, lecha Adonai hamamlacha vehamitnasei lechol lerosh.

Mee yimalel, g'vurot Adonai, yashmiya kol tehillato.

# Anim Zemirot



29	Birchati 	ta'aleh 	l'rosh mashbir, 	m'cholel 	u-molid 	
	tzadik 	kabeer. 				
30	Uv'virchati 	t'na'a'nah li rosh, 	v'otah kach l'cha 	kiv'samim 	rosh. 	
31	Ye'erav na 	sichi 	aleicha 	ki nafshi 	ta'arog 	eileicha. 
	Mee yimalel, 	g'vurot 	Adonai, 	yashmiya 	kol tehillato. 	

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This famous Shabbat service song has been a part of synagogue services since the 15th Century. Adon Olam is about how God lives forever and about how God is there to look after us every day. There are lots of different tunes for this song.

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אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ,  
לְעֵת נַעֲשֶׂה בְּחֶפְצוֹ כֹּל,  
וְאַחֲרֵי כָכֵל הַכֹּל,  
וְהוּא הָיָה וְהוּא הוֹה,  
וְהוּא אֶחָד וְאֵין שֵׁנִי,  
בְּלִי יְרֵאֻשִׁית בְּלִי תַכְלִית,  
בְּטֶרֶם כָּל־יִצְיִר נִבְרָא.  
אֲזֵי מֶלֶךְ שְׁמוֹ נִקְרָא.  
לְבַדּוֹ יִמְלֹךְ נֹרָא.  
וְהוּא יִהְיֶה בְּתַפְאָרָה.  
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה.  
וְלוֹ הָעוֹז וְהַמְשֻׁרָה.

---

LORD of the Universe who reigned  
before the birth of any thing  
– When by His will all things were  
made then was His name proclaimed  
King.

And when all things shall cease  
to be, He alone will reign in awe.  
He was, He is, and He shall be Glorious  
for evermore.

He is one, there is none else, alone,  
unique, beyond compare; Without  
beginning, without end, His might, His  
rule are everywhere.

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

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

V'hu echad v'ein sheni,  
l'ham'shil lo l'hachbirah.  
B'li reishit b'li tachlit,  
v'lo ha'oz v'hamisra.



Adon olam 	asher 	malach, 	b'terem kol 	y'tzir nivra. 	
L'eit na'asah 	b'cheftzo kol, 	azai Melech 	sh'mo nikra. 		
V'acharei 	kichlot hakol, 	l'vado 	yimloch nora. 		
V'hu hayah, 	v'hu hoveh, 	v'hu yih'heh, 	b'tifarah. 		
V'hu echad 	v'ein 	sheni, <b>2</b>	l'ham'shil lo 	l'hachbirah. 	
B'li 	reishit 	b'li 	tachlit 	v'lo ha'oz 	v'hamisra. 

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וְצוֹר חֲבִלִי בְּעֵת צָרָה.  
מִנַּת כּוֹסֵי בַיּוֹם אֶקְרָא.  
בְּעֵת אִישָׁן וְאֶעֱרָה.  
יְהוָה לִי וְלֹא אִירָא.

וְהוּא אֱלֹהֵי וְחַי גֹּאֲלִי,  
וְהוּא נֹסִי וּמְנוֹס לִי,  
בְּיָדוֹ אֶפְקִיד רוּחִי,  
וְעַם־רוּחִי גֹוִיתִי,

---

He is my GOD; my Redeemer lives.  
He is the rock on whom I rely  
– my banner and my safe retreat,  
My cup, my portion with I cry.

Into His hand my soul I place,  
when I awake and when I sleep,  
GOD is with me, I shall not fear;  
Body and soul from harm will  
He keep.

V'hu Eili v'chai go'ali  
v'tsur chevli b'eit tsarah.  
V'hu nisi umanos li,  
m'nat kosi b'yom ekrah.

B'yado afkid ruchi,  
b'eit ishan v'a'irah.  
V'im ruchi g'vi'ati,  
Adonai li v'lo irah.



V'hu Eili



v'chai go'ali



v'tsur chevli



b'eit tsarah.



V'hu nisi



umanos li,



m'nat kosi



b'yom ekrah.



B'yado



afkid ruchi,



b'eit ishan



v'a'irah.



V'im ruchi



g'vi'ati,



Adonai li



v'lo



irah.



---

We have now finished the Shabbat service and are ready to say the Kiddush blessings over the wine or grape juice.

One person says the Kiddush and everyone else follows along. The person saying Kiddush holds a cup of wine or grape juice while saying these words and drinks the wine when they have finished the blessing. Everyone else says “Amen”. 1

If we are eating a meal, we wash our hands and then say the brachah over two challot. Whenever we eat bread, we wash our hands in a special way.

First make sure your hands are properly clean.

Pour water from a container twice on your right hand up to the wrist.

Now pour water from a container twice on your left hand up to the wrist. 2

Now say the blessing for washing your hands. Dry your hands and be careful not to speak until after you have eaten your first piece of bread. Then say the blessing for eating bread. 3

---

1 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

2 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ  
בְּמִצְוֹתָיו, וְצִוָּנוּ עַל נְטִילַת יָדַיִם.

3 בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמּוֹצֵא לֶחֶם מִן  
הָאָרֶץ.

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1 Blessed are You, LORD our GOD, King of the Universe, who created the fruit of the vine.

2 Blessed are You, LORD our GOD, King of the Universe, who has made us holy through His commandments, and has commanded us about washing hands.

3 Blessed are You, LORD our GOD, King of the Universe, who brings forth bread from the earth.

1 Baruch Atah Adonai, Eloheinu Melech ha'olam, borei p'ri hagafen.

2 Baruch Atah Adonai Eloheinu Melech ha'olam, asher kid'shanu b'mitz'votav v'tzivanu al netillat yadayim.

3 Baruch Atah Adonai, Eloheinu Melech ha'olam, hamotzi lechem min ha'aretz.



# Shabbat Morning Kiddush



1

Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
borei 	p'ri hagafen. 				

2

Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
asher kid'shanu 	b'mitz'votav 	v'tzivanu 	al netillat yadayim. 		

3

Baruch 	Atah 	Adonai, 	Eloheinu 	Melech 	ha'olam, 
ha'motzi lechem 	min ha'aretz. 				



---

Havdalah is a ceremony to end Shabbat and welcome the new week using our senses of taste, smell and sight.

You will need a very full cup of wine or grape juice on a plate, a special Havdalah candle with several wicks and a spice like cloves or cinnamon. One person says the Havdalah out loud and everyone else follows along.

Hagafen – hold up the cup of wine and look at it.

Besamim – after this brachah is said, smell the spices.

Ha'esh – hold your fingers up to the flame to see the reflection of the light.

At the end of the blessings, the person making Havdalah drinks the wine and puts out the candle in the wine that has overflowed onto the plate.

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הִנֵּה אֵל יְשׁוּעָתִי אֲבֹטֵחַ וְלֹא אֶפְחָד, כִּי עֲזִי וְזִמְרַת יְהוָה  
יְהוּה, וַיְהִי־לִי לִישׁוּעָה. וּשְׂאֵבֹתֶם מַיִם בְּשִׁשׁוֹן, מִמַּעַיְנֵי  
הַיְשׁוּעָה. לִיהוּה הַיְשׁוּעָה, עַל־עַמְּךָ בְּרַכְתֶּךָ סֵלָה. יְהוּה  
צָבָאוֹת עִמָּנוּ, מִשְׁגַּב־לָנוּ אֱלֹהֵי יַעֲקֹב סֵלָה. לַיהוּדִים  
הִיְתָה אוֹרָה וְשִׂמְחָה, וְשִׁשׁוֹן וַיִּקָּר, כִּן תִּהְיֶה לָנוּ. כּוֹס  
יְשׁוּעוֹת אֶשָּׂא, וּבְשֵׁם יְהוּה אֶקְרָא.


















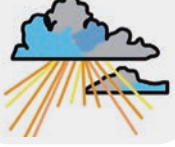


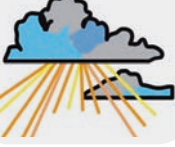



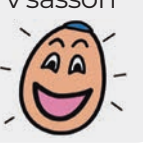





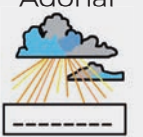

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Behold, GOD is my salvation. I will trust and not be afraid. The LORD, the LORD, is my strength and my song. He has become my salvation. With joy you will draw water from the springs of salvation. Salvation is the LORD's; on Your people is Your blessing, Selah. The LORD of hosts is with us, the GOD of Jacob is our Stronghold, Selah. For the Jews there was light and gladness, joy and honour – so may it be for us. I will lift the cup of salvation and call on the name of the LORD.

Hinei El y'shu'ati, ev'tach v'lo ef'chad,  
ki ozi v'zimrat Yah, Adonai vay'hi li  
lishua. Ushavtem mayim b'sasson,  
mima'yanei ha-y'shua. LAdonai ha-  
y'shua, al am'cha virchatecha selah.  
LaY'hudim, hay'tah orah, v'simcha  
v'sasson viykar, ken tih'yeh lanu. Kos  
yeshuot esah, uv'sheim Adonai ekra.

# Havdalah



Hinei El 	y'shu'ati, 	ev'tach 	v'lo 	ef'chad, 	ki ozi 
v'zimrat Yah, 	Adonai 	vay'hi li lishua. 	Ushav'tem mayim 	b'sasson, 	mima'yanei 
ha-y'shua. 	LAdonai 	ha-y'shua, 	al am'cha 	virchatecha selah. 	
Adonai tz'va'ot, 	imanu, 	misgav lanu, 	Elohei 	Yaakov Selah. 	
La'Yhudim, 	hay'tah orah, 	v'simcha v'sasson 	viykar, 	ken tih'yeh lanu. 	
Kos 	yeshuot 	esah, 	uv'sheim Adonai 	ekra. 	

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בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגָּפֶן.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מִיְנֵי  
בְּשָׂמִים.

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא מְאוּרֵי  
הָאֵשׁ.

---

Blessed are You, LORD our GOD, King  
of the Universe, who created the fruit  
of the vine.

Blessed are You, LORD our GOD, King  
of the Universe, who created the  
various spices.

Blessed are You, LORD our GOD, King  
of the Universe, who created the lights  
of fire.

Baruch Atah Adonai Eloheinu Melech  
ha'olam borei peri hagafen.

Baruch Atah Adonai Eloheinu Melech  
ha'olam borei minei v'samim.

Baruch Atah Adonai Eloheinu Melech  
ha'olam borei me'orei ha'esh.

# Havdalah



Baruch 	Atah 	Adonai 	Eloheinu 	Melech 	ha'olam, 
borei 	peri hagafen. 				

Baruch 	Atah 	Adonai 	Eloheinu 	Melech 	ha'olam, 
borei 	minei v'samim. 				

Baruch 	Atah 	Adonai 	Eloheinu 	Melech 	ha'olam, 
borei 	me'orei ha'esh. 				

---

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, הַמְבַדִּיל בֵּין  
קֹדֶשׁ לְחֹל, בֵּין אֹר לְחֹשֶׁךְ, בֵּין יִשְׂרָאֵל לְעַמִּים, בֵּין  
יוֹם הַשְּׁבִיעִי לְשֵׁשֶׁת יָמֵי הַמַּעֲשֵׂה. בְּרוּךְ אַתָּה יְהוָה,  
הַמְבַדִּיל בֵּין קֹדֶשׁ לְחֹל.

---

Blessed are You, LORD our GOD, King of the Universe, who distinguishes between sacred and secular, between light and darkness, between Israel and the nations, between the seventh day and the six days of work. Blessed are You, LORD, who distinguishes between sacred and secular.

Baruch Atah Adonai, Eloheinu Melech ha'olam, hamavdil bein kodesh lechol bein or l'choshech, bein Yisrael la'amim, bein yom hashevi'i lesheshet y'mei hama'aseh. Baruch Atah Adonai, hamavdil bein kodesh lechol.

# Havdalah



Baruch 	Atah 	Adonai 	Eloheinu 	Melech 	ha'olam, 
hamavdil 	bein kodesh 	lechol 	bein or 	l'choshech, 	bein Yisrael 
la'amim, 	bein yom hashevi'i 	l'sheshet y'mei hama'aseh. 			
Baruch 	Atah 	Adonai, 	hamavdil 	bein kodesh 	lechol. 

---

This is a song that is sung during the Shabbat meal.  
We ask God to protect Israel and bring us all peace.

---

דְּרוֹר יִקְרָא לְבֵן עִם בַּת, וַיִּנְצָרְכֶם כְּמוֹ בַּבַּת,  
נְעִים שְׂמֵכֶם וְלֹא יִשְׁבַּת, שְׁבוּ וְנוּחוּ בְיוֹם שַׁבַּת.

דְּרוֹשׁ נָוִי וְאוּלָמִי, וְאוֹת יִשַׁע עֲשֵׂה עִמִּי,  
נָטַע שׁוֹרֵק בְּתוֹךְ כַּרְמִי, שְׁעֵה שׁוֹעֵת בְּנֵי עִמִּי.

דְּרוֹךְ פּוֹרָה בְּתוֹךְ בְּצָרָה, וְגַם בְּכֹל אֲשֶׁר גְּבָרָה,  
נְתוּץ צָרִי בְּאֵף וְעִבְרָה, שְׁמַע קוֹלִי בְיוֹם אֶקְרָא.

---

He will proclaim freedom for all  
His children  
And will keep you as the apple of  
His eye.  
Pleasant is Your name and it will not  
be destroyed.  
Repose and rest on the Sabbath day.  
Seek my sanctuary and my home.  
Give me a sign of deliverance.  
Plant a vine in my vineyard.  
Look to my people, hear their laments.  
Tread the wine-press in Basra,  
And in Babylon that city of might.  
Crush my enemies in anger and fury.  
On the day when I cry hear my voice.

D'ror yikra l'vein im bat, v'yintzarchem  
k'mo vavat, n'im shimchem v'lo  
yushbat, sh'vu v'nuchu b'yom  
Shabbat.

D'rosh navi v'ulami, v'ot yesha  
aseih imi, n'ta sorek b'toch karmi,  
she'eih shavat b'nei ami.

D'roch purah b'toch Botzrah, v'gam  
Bavel asher gav'rah, n'totz tzarai b'af  
v'evrah, sh'ma koli b'yom ekra.



# D'ror Yikra



D'ror 	yikra 	l'vein im bat, 	v'yintzarchem 	k'mo vavat, 															
n'im 	shimchem 	v'lo yushbat, 	sh'vu v'nuchu 	b'yom Shabbat. 															
D'rosh 	navi v'ulami, 	v'ot 	yesha aseih imi, 																
n'ta sorek 	b'toch karmi, 	she'eih shavat 	b'nei ami. 																
D'roch 	purah 	b'toch Botzrah, 	v'gam Bavel, 	asher gav'rah, 															
n'totz 	tzarai 	b'af v'evrah, 	sh'ma 	koli 	b'yom ekra. <table border="1" data-bbox="1230 1400 1411 1467"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td><input checked="" type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	1	2	3	4	5	6	7	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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אֱלֹהִים תֵּן בַּמִּדְבָּר הַר, הַדַּס שִׁטָּה בְּרוֹשׁ,  
 תִּדְהָר  
 וְלַמַּזְהִיר וְלַנִּזְהָר, שְׁלֹמִים תֵּן כְּמִי נָהָר.  
 הַדּוֹךְ קָמִי אֵל קָנָא, בְּמוֹג לֵבָב וּבַמְּגִנָּה,  
 וְנִרְחִיב פֶּה וְנִמְלְאֵנָה, לְשׁוֹנֵנוּ לְךָ רִנָּה.  
 דַּעַה חֲכָמָה לְנַפְשֶׁךָ, וְהִיא כֶּתֶר לְרֵאשֶׁךָ,  
 נִצּוֹר מִצְוֹת קְדוֹשֶׁךָ, שְׁמֹר שַׁבַּת קְדוֹשֶׁךָ.

Plant, Oh GOD, in the mountain  
 waste, fir and acacia, myrtle and elm  
 Give to those who teach and to those  
 who obey abundant peace, like the  
 flow of a river.

Repel my enemies, oh zealous GOD.  
 Fill their hearts with fear and despair.  
 Then we shall open our mouths,  
 And fill our tongues with praise  
 to You.

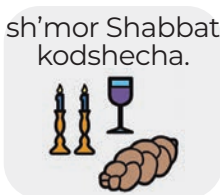
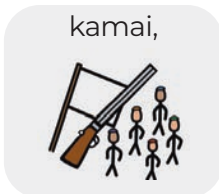
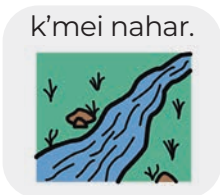
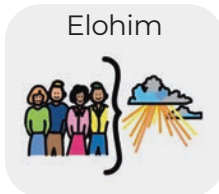
Know wisdom, that your soul may live,  
 And it shall be a diadem for your brow.  
 Keep the commandment of your  
 Holy One. Observe the Sabbath, Your  
 sacred day.

Elohim tein bamidbar har, hadas,  
 shitah b'rosh tidhar, v'lamazhir  
 v'lanizhar, sh'lomim ten k'mei nahar.

Hadoch kamai, El kanah, b'mog  
 leivav uvam'ginah, v'narchiv peh  
 unmal'enah, l'shoneinu l'cha rinah.

D'eih chochmah l'nafshecha,  
 v'hi cheter l'roshecha,  
 n'tzor mitzvat k'doshecha,  
 sh'mor Shabbat kodshecha.

# D'ror Yikra



---

לְשָׁנָה הַבָּאָה בְּיְרוּשָׁלַיִם  
לְשָׁנָה הַבָּאָה בְּיְרוּשָׁלַיִם  
לְשָׁנָה הַבָּאָה בְּיְרוּשָׁלַיִם  
לְשָׁנָה הַבָּאָה בְּיְרוּשָׁלַיִם הַבְּנוּיָה.

---

Next year in Jerusalem. [x3]

Next year in Jerusalem rebuilt.

L'shanah haba'a biyerushalayim [x3]

L'shanah haba'a biyerushalayim  
hab'nuyah.

# L'Shana Haba'a BiYerushalayim



L'shanah



haba'a



biyerushalayim



L'shanah



haba'a



biyerushalayim



L'shanah



haba'a



biyerushalayim



L'shanah



haba'a



biyerushalayim



hab'nuyah.



---

This song is a very happy song about the Jewish people being alive and well.

---

עַם יִשְׂרָאֵל חַי  
עוֹד אָבִינוּ חַי

---

The Jewish people live! [x4]  
Our Father in heaven lives! [x4]

Am Yisrael chai, Am Yisrael chai,  
Am Yisrael, Am Yisrael, Am Yisrael chai.  
Am Yisrael, Am Yisrael, Am Yisrael chai.  
Od Avinu chai, od Avinu chai,  
Od Avinu, od Avinu, od Avinu chai.  
Od Avinu, od Avinu, od Avinu chai.

# Am Yisrael Chai



Am Yisrael 	chai, 	Am Yisrael 	chai, 
Am Yisrael, 	Am Yisrael, 	Am Yisrael 	chai. 
Od Avinu 	chai, 	Od Avinu 	chai. 
Od Avinu, 	Od Avinu, 	Od Avinu 	chai. 

---

This song is from Psalm 133. We sing about how great it is when we all try to be kind to each other and don't fight. It is lovely when we all live in peace.

---

הִנֵּה מַה טוֹב וּמַה נְעִים  
שֵׁבֶת אַחִים גַּם יַחַד

---

How good and pleasant it is that  
siblings live peacefully together. [x2]

Hineh ma tov u-mah na'im,  
shevet achim gam yachad. [x2]

Hineh ma tov, shevet achim  
gam yachad. [x2]

# Hineh Ma Tov



Hineh ma tov



u'mah na'im,



shevet



achim



gam yachad.



Hineh ma tov,



shevet



achim



gam yachad.





---

This song is loved by many people. In ancient times in Israel, the words of the song were used as a code to tell people that there was a new moon. A new moon in the sky was the old way of telling us when the new Jewish month had started.

---

דָּוִד מֶלֶךְ יִשְׂרָאֵל חַי חַי וְקַיִם

---

David, the king of Israel,  
lives on in the heart of our people.

David Melech Yisrael,  
Chai, chai v'kayam.

# David Melech Yisrael



---

David 	Melech 	Yisrael 
Chai, 	chai 	v'kayam. 

---

# JWeb's Resource Pack for your Inclusive Shabbat

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This project is the result of our research and consultation with learning disability professionals, rabbis, parents, carers and people with learning disabilities. Please spread the word by encouraging everyone to take a look. Let's make our communities more inclusive and bring the joy of Shabbat to everyone with learning disabilities.

JWeb has produced a pack of free online resources which are designed to inspire and support inclusion in synagogues. Our Inclusion Campaign includes a downloadable copy of this inclusive siddur and a practical toolkit, packed with ideas and inspiration. You can find it at [www.jweb.org.uk](http://www.jweb.org.uk).

A series of short explanatory films have been produced to complement Siddur Lakol, as part of the United Synagogue's Inclusion Series.

Please scan the QR code below or visit [www.theus.org.uk/siddurlakol](http://www.theus.org.uk/siddurlakol) to view them.



If you would like to purchase further copies of Siddur Lakol, email [publications@theus.org.uk](mailto:publications@theus.org.uk).

If you have something to share with our community, please contact the United Synagogue at [inclusion@theus.org.uk](mailto:inclusion@theus.org.uk) or JWeb at [jweb@jweb.org.uk](mailto:jweb@jweb.org.uk).

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Please don't throw this siddur away! If it is not useful for you any more, please pass it on to some else who might like to have it. A siddur is a special kind of book that we don't destroy.

If you have printed out extra copies, or your copy is worn out, please ask your rabbi to help you to dispose of the book or printed pages, respectfully.

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With thanks to the late Mitch Wax whose many years of volunteer-led Shabbat services at Ravenswood village inspired us to produce this siddur.

**Design: hope.agency**



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**CHIEF RABBI**



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י. Web

