

עֲלֵינוּ

Aleinu

This prayer comes towards the end of the service just before Mourner's Kaddish. Aleinu means it is up to us. Aleinu is a prayer that talks about our dedication to having faith and seeing God as a potential partner in our lives. We stand during this prayer and bow when it says "va'anachnu korim" which translates to "we bend the knee".

עֲלֵינוּ לְשִׁבְחָהּ לְאֲדוֹן הַכֹּל,
לְתַת גְּדֻלָּהּ לְיוֹצֵר בְּרֵאשִׁית
שָׁנָתָן לָנוּ תוֹרַת אֱמֶת
וְחַיֵּי עוֹלָם נִטְעַ בְּתוֹכֵנוּ
וְאֲנַחְנוּ כּוֹרְעִים וּמְשַׁתַּחֲוִים וּמוֹדִים
לְפָנֶי מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ בְּרוּךְ הוּא,
שֶׁהוּא נוֹטֵה שָׁמַיִם וְיִסַּד אֶרֶץ,
וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל,
וּשְׁכִינַת עֲזוֹ בְּגִבְהֵי מְרוֹמִים.
הוּא אֱלֹהֵינוּ, אֵין עוֹד,
אֱמֶת מְלַכְנוּ, אֶפְס זוּלָתוֹ.
כְּפִתּוּב בְּתוֹרָתוֹ וְיִדְעֶתָ הַיּוֹם וְהַשַּׁבָּת אֵל לְבַבְךָ
כִּי יי הוּא הָאֱלֹהִים
בְּשָׁמַיִם מְמַעַל וְעַל הָאֶרֶץ מִתְּחַת אֵין עוֹד
וְנֹאמַר וְהָיָה יי לְמֶלֶךְ עַל כָּל הָאֶרֶץ
בַּיּוֹם הַהוּא יְהִיָּה יי אֶחָד וּשְׁמוֹ אֶחָד

It is up to us to offer praises to the Source of all,
to declare the greatness of the author of Creation,
who gave us teachings of truth
and planted eternal life within us.

And so, we bend the knee and bow,
acknowledging the ruler who rules
above all those who rule, the blessed Holy One,
who stretched out the heavens and founded the earth,
whose realm embraces heaven's heights,
whose mighty presence stalks celestial ramparts.

This is our God; there is none else besides,
as it is written in the Torah:

You shall know this day, and bring it home inside your heart,
that *THE SUPREME ONE* is God
in the heavens above and on the earth below.

There is no other God.