

שְׁלוֹם עֲלֵיכֶם. מַלְאָכֵי הַשָּׁרֵת. מַלְאָכֵי עֲלִיוֹן.
 מִמֶּלֶךְ מַלְכֵי הַמַּלְכִּים. הַקְּדוֹשׁ בְּרוּךְ הוּא:
 בּוֹאֲכֶם לְשָׁלוֹם. מַלְאָכֵי הַשָּׁלוֹם. מַלְאָכֵי עֲלִיוֹן.
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Peace be unto you, O ministering angels,
 Messengers of the Most High, the Supreme Sovereign,
 The Holy and Blessed One.

May your coming be in peace, O messengers of peace.
 May you bless us with peace, O messengers of peace;
 And may you depart in peace, O messengers of peace,
 Angels of the Most High, the Holy and Blessed One.

(A sixteenth-century Kabbalist)

Shalom aley-hem, mal-ahey ha-sha-reyt, mal-ahey el-yon,
 Mi-meleh mal-hey ha-m'lahim, ha-kadosh baruh hu.

Bo-ahem l'shalom, mal-ahey ha-shalom, mal-ahey el-yon,
 Mi-meleh mal-hey ha-m'lahim, ha-kadosh baruh hu.

Bar-huni l'shalom, mal-ahey ha-shalom, mal-ahey el-yon,
 Mi-meleh mal-hey ha-m'lahim, ha-kadosh baruh hu.

Tzeyt-hem l'shalom, mal-ahey ha-shalom, mal-ahey el-yon,
 Mi-meleh mal-hey ha-m'lahim, ha-kadosh baruh hu.

Shí·ru IA·do·nai shir cha·dash,

shí·ru IA·do·nai kol ha·á·retz.

Shí·ru IA·do·nai, ba·r'chu sh'mo,
bas·s'ru mi·yom l'yom y'shu·a·to.

Sap·p'ru va·go·yim k'vo·do,
b'chol ha·am·mim nif·l'o·tav.

Ki ga·dol A·do·nai u·m'hul·lal m'od,
no·ra hu al kol e·lo·him.

Ki kol e·lo·hei ha·am·mim e·li·lim,
vA·do·nai sha·má·yim a·sah.

Hod v'ha·dar l'fa·nav.

oz v'tif·é·ret b'mik·da·sho.

Ha·vu IA·do·nai mish·p'chot am·mim,

ha·vu IA·do·nai ka·vod va·oz.

Ha·vu IA·do·nai k'vod sh'mo,
s'u min·chah u·vó·u l'chatz·ro·tav.

Hish·ta·cha·vu IA·do·nai b'had·rat kó·desh,

chí·lu mi·pa·nav kol ha·á·retz.

Im·ru va·go·yim A·do·nai ma·lach,
af tik·kon tei·veil bal tim·mot,
ya·din am·mim b'mei·sha·rim.

Yis·m'chu ha·sha·má·yim v'ta·geil ha·á·retz,

yir·am ha·yam u·m'lo·o.

Ya·a·loz sa·dai v'chol a·sher bo,
az y'ran·n'nu kol a·tzei yá·ar.

שִׁירוּ לַיְי שִׁיר חֲדָשׁ,

שִׁירוּ לַיְי כָּל הָאָרֶץ.

שִׁירוּ לַיְי, בְּרַכּוּ שְׁמוֹ,
בְּשָׂרוּ מִיוֹם לְיוֹם יְשׁוּעָתוֹ.

סִפְרוּ בְּגוֹיִם כְּבוֹדוֹ,
בְּכָל הָעַמִּים נִפְלְאוֹתָיו.

כִּי גָדוֹל יְי וּמְהֻלָּל מְאֹד,
נוֹרָא הוּא עַל כָּל אֱלֹהִים.
כִּי כָּל אֱלֹהֵי הָעַמִּים אֱלִילִים,
וַיְי שְׁמַיִם עָשָׂה.

הוֹד וְהִדָּר לְפָנָיו,
עַז וְתַפְאֶרֶת בְּמִקְדָּשׁוֹ.

הִבּוּ לַיְי מִשְׁפָּחוֹת עַמִּים,
הִבּוּ לַיְי כְּבוֹד נְעִז.
הִבּוּ לַיְי כְּבוֹד שְׁמוֹ,
שְׂאוּ מִנְחָה וּבְאוּ לְחֻצְרוֹתָיו.

הִשְׁתַּחֲווּ לַיְי בְּהִדְרַת קִדְשׁ,
חִילוּ מִפְּנֵי כָּל הָאָרֶץ.
אָמְרוּ בְּגוֹיִם יְי מֶלֶךְ,
אֶף תִּכּוֹן תִּכְּל בְּל תַּמוּט,
יִדִין עַמִּים בְּמִישְׁרֵים.

יִשְׁמְחוּ הַשְּׁמַיִם וְתִגַּל הָאָרֶץ,
יִרְעַם הַיָּם וּמְלֵאוּ.

יַעֲלֶז שְׂדֵי וְכָל אֲשֶׁר בוּ,
אֲז יִרְנְנוּ כָּל עֲצֵי יַעַר. ←

PSALM 98 (II)

זָמְרוּ לַיהוָה בְּכִנּוֹר,	Zahmroo lah-donai b-cheenor,
בְּכִנּוֹר וְקוֹל זִמְרָה.	b-cheenor v-kol zimrah.
בַּחֲצֹצְרוֹת וְקוֹל שׁוֹפָר	Bah-chahtsots'rot v-kol shofahr
הֲרִיעוּ לְפָנַי הַמֶּלֶךְ יְהוָה.	hahree'oo lifnay hah-melech Ahdonai.
יִרְעַם הַיָּם וּמְלֹאוֹ,	Yir'ahm hah-yahm oo-m'lo'o,
תִּבֵּל וַיִּשְׁבֵּי בָהּ.	tayvayl v-yoshvay vah.
נִהְרֹת יַמְחֲאוּ כָּהּ,	N'hahrot yim'chah'oo chahf,
יַחַד הָרִים יִרְנְנוּ.	yahchahd hahreem y'rahnaynoo.
לְפָנַי יְהוָה	Lifnay Ahdonai
כִּי בָּא לְשִׁפֹּט הָאָרֶץ,	kee vah lishpot hah-ahrets,
יִשְׁפֹּט תִּבֵּל בְּצֶדֶק	yishpot tayvayl b-tsedek
וְעַמִּים בְּמִישָׁרִים.	v-ahmeem b-mayshahreem.

Sing praises to God with a harp,
 With harp and sound of song.
 With trumpets and sound of shofar,
 Shout out in praise before God, majestic One!
 Let the sea and its fullness roar,
 The world and those that dwell in it.
 Let the rivers clap with joy,
 The hills together singing praise ^
 Before God, for God is coming
 To govern the earth,
 God will judge the world with justice
 And nations with equality.

PSALM 99 (II)

מֹשֶׁה וְאַהֲרֹן בְּכֹהֲנָיו	Moshe v-ah'hahron b-chohahnahv
וְשָׁמוּאֵל בְּקִרְאֵי שְׁמוֹ	oo-sh'moo'ayl b-kor'ay sh'mo
קִרְאִים אֶל יְהוָה וְהוּא יַעֲנֵם.	kor'eem el Ahdonai v-hoo yah'ahnaym.
בְּעֲמוּד עָנָן יְדַבֵּר אֲלֵיהֶם,	B-ahmood ahnahn yidahber ahlayhem,
שָׁמְרוּ עֲדוֹתָיו וְחֻק נְתַן-לָמוֹ.	shahmroo aydotahv v-chok nahtahn lahmo
יְהוָה אֱלֹהֵינוּ אַתָּה עֲנִיתָם,	Ahdonai elohaynoo ahtah ahneetahm,
אֵל נְשֵׂא הַיִּתְּ לָהֶם,	ayl nosay hahyeetah lah'hem,
וְנִקֵּם עַל עֲלִילוֹתָם.	v-nokaym ahl ahleelotahm.
רוּמְמוּ יְהוָה אֱלֹהֵינוּ	Rom'moo Ahdonai elohaynoo
וְהִשְׁתַּחֲוּוּ לְהַר קְדֹשׁוֹ,	v-hishtah'chahvoo l-hahr kodsho,
כִּי קְדוֹשׁ יְהוָה אֱלֹהֵינוּ.	kee kahdosh Ahdonai elohaynoo.

Moses and Aaron are among God's priests,
And Samuel is among those that proclaim God's name,
They cried out to God and God answered them.
In a pillar of cloud, God spoke to them,
They witnessed God's promises,
And the law God gave them.
O God, our God, you answered them,
You were a forgiving God to them,
But punishing their willful ways.
Exalt, YAH our God
And glorify God's sacred altar-mount,
For Holy is YAH, our God.

PSALM 29

מִזְמוֹר לְדָוִד.	Mizmor L-Dahvid.
הָבוּ לַיהוָה, בְּנֵי אֱלֹהִים,	Hahvoo lah-donai, b'nay ayleem
הָבוּ לַיהוָה כְּבוֹד וָעֹז.	Hahvoo lah-donai kahvod vah-oz.
הָבוּ לַיהוָה כְּבוֹד שְׁמוֹ,	Hahvoo lah-donai k'vod sh'mo
הַשְׁתַּחֲוּוּ לַיהוָה	Hishtahchahvoo lah-donai
בְּהַדְרַת קֹדֶשׁ.	b-hahdraht kodesh.
קוֹל יְהוָה עַל הַמַּיִם,	Kol Ahdonai ahl hah-mah'yim
אֵל הַכְּבוֹד הַרְעִים,	Ayl hah-kahvod hir'eem,
יְהוָה עַל מַיִם רַבִּים.	Ahdonai ahl mah'yim rahbeem.
קוֹל יְהוָה בַּפֶּחַ,	Kol Ahdonai bah-ko'ahch,
קוֹל יְהוָה בְּהַדָּר.	Kol Ahdonai be-hahdahr.
קוֹל יְהוָה שֹׁבַר אֲרָזִים	Kol Ahdonai shovayr ahrahzeem
וַיִּשְׁבַּר יְהוָה	Vah-yi'shahbayr Ahdonai
אֶת־אֲרָזֵי הַלְּבָנוֹן.	et ahruzay hah-l'vahnon.

A Song of David.

Yield to the One, you heavenly beings,
 Yield to the One both glory and power!
 Yield to the One, the radiance of the Name;
 Worship the One in holy array.

The voice of YAH far above the deluge!
 God in glory thunders from the sky,
 YAH, Eternal, above the stormy heights!

The voice of YAH, full of power,
 The voice of YAH, filled with splendor.
 The voice of YAH shatters the cedars –
 YAH is shattering the cedars of Lebanon.

PSALM 29 (II)

וַיִּרְקֵדִים כְּמוֹ עֵגֶל,	Vah-yahrkeedaym k'mo āygel,
לְבָנוֹן וְשִׁירִיֹן	L'vahnon v-siryon
כְּמוֹ בְנֵי רְאֵמִים.	K'mo ven r'aymeem.
קוֹל יְהוָה חִצְבֵי לְהַבֹּת אֵשׁ.	Kol Ahdonai chotsayv lah'havot aysh.
קוֹל יְהוָה יַחֲלֵל מִדְבָּר,	Kol Ahdonai yahcheel midbahr,
יַחֲלֵל יְהוָה מִדְבָּר קָדֵשׁ.	Yahcheel Ahdonai midbahr kahdaysh.
קוֹל יְהוָה יַחֲלֵל אֵילֹת	Kol Ahdonai y'cholayl ah'yahlot
וַיַּחֲשֹׁף יַעֲרוֹת, וּבְהִיכְלוֹ	Vah-yechesof y'ahrot, oo-v-haychahlo
כָּלֹ אָמַר כְּבוֹד.	Koolo omayr kahvod.
יְהוָה לְמַבּוּל יִשָּׁב,	Ahdonai lah-mahbool yahshahv,
וַיֵּשֶׁב יְהוָה מֶלֶךְ לְעוֹלָם.	Vah-yayshev Ahdonai melech l-olahm.
יְהוָה עֹז לְעַמּוֹ יִתֵּן,	Ahdonai oz l-ahmo yitayn
יְהוָה יְבָרֵךְ	Ahdonai y'vahrech
אֶת־עַמּוֹ בְּשָׁלוֹם.	et ahmo vah-shahlom.

Siriyon and Lebanon leap up like a calf,
 Like a young wild ox they leap and buck!
 The voice of YAH flashes flames of fire.
 The voice of YAH whirls the desert sands.
 The voice of YAH shakes the Kadesh desert;
 The voice of YAH twists the oaks,
 stripping the forests bare.
 And here, in God's temple, we all cry: "Glory!"
 YAH reigns supreme above the flood,
 and dwells as sovereign forever and ever.
 And God will give great strength to the people,
 Yes, YAH will bless the people with peace.

L'CHAH DODEE / COME MY BELOVED

לְכֵה דוּדֵי לְקִרְאֵת בְּלָהּ, L'chah dodee likraht kahlah
פְּנֵי שַׁבָּת נִקְבְּלָהּ. P'nay Shahbaht n'kabh'lah.

Let us go forth to greet the bride,
Let us welcome the face of Shabbat.

שִׁמּוֹר וְזָכוֹר בְּדַבּוֹר אֶחָד Shahmor v-zahchor b-deeboor echahd
הַשְּׁמִיעֵנוּ אֵל הַמִּיּוֹחָד. Hishmee'ahnnoo ayl hah-m'yoochahd
יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד Ahdonai echahd oo-sh'mo echahd
לְשֵׁם וְלִתְפָאֶרֶת וְלִתְהִלָּה. L-shaym oo-l-tif'eret v-li-t'heelah.
לְכֵה דוּדֵי לְקִרְאֵת בְּלָהּ, L'chah dodee likraht kahlah
פְּנֵי שַׁבָּת נִקְבְּלָהּ. p'nay Shahbaht n'kabh'lah.

“Keep” and “Remember” is one command,
The one which the Only One caused us to hear,
Adonai is one and has but one name
In greatness and in glory and in praise.
Let us go forth to greet the bride, let us welcome the face of Shabbat.

לְקִרְאֵת שַׁבָּת לְכוּ וְנִלְכֵה Likraht Shahbaht l'choo v-naylchah
כִּי הִיא מְקוֹר הַבְּרָכָה. Kee hee m'kor hah-b'rahchah.
מֵרֵאשׁ מְקֵדֵם נְסוּכָה May-rosh mee-kedem n'soochah
סוּף מַעֲשֵׂה בְּמַחְשָׁבָה תַּחֲלָה. Sof mah'ah'seh b-mahchshahvah t'cheelah.
לְכֵה דוּדֵי לְקִרְאֵת בְּלָהּ, L'chah dodee likraht kahlah
פְּנֵי שַׁבָּת נִקְבְּלָהּ. p'nay Shahbaht n'kabh'lah.

Let us go forth to greet Shabbat,
For she is the endless Source of Blessing;
As was ordained from the very beginning...
Last in Creation but first in the Plan.
Let us go forth to greet the bride, let us welcome the face of Shabbat.

L'CHAH DODEE / COME MY BELOVED (Verses Three & Four)

מִקְדָּשׁ מֶלֶךְ עִיר מְלוּכָה,
קוֹמִי צְאִי מִתּוֹךְ הַהִפְכָּה.
רַב לָךְ שִׁבְתַּת בְּעֵמֶק הַבְּכָא,
וְהוּא יַחְמוֹל עָלֶיךָ חֶמְלָה.

Mikdahsh melech eer m'loochah,
Koomee ts'ee mee-toch hah-hahfaychah
Rahv lahch shevet b-aymek hah-bahchah
V-hoo yahchahmol ahlahyeech chemlah.

לָכֵה דוּדֵי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

L'chah dodee likraht kahlah
p'nay Shahbaht n'kabh'lah.

Shrine of the Ruling One, city of Royalty,
Rise and go forth from the midst of your ruins.
You have dwelled long enough in the valley of tears;
Now the One will pour forth mercy upon you.

Let us go forth to greet the bride, let us welcome the face of Shabbat.

הִתְנַעֲרִי, מֵעָפָר קוֹמִי,
לְבָשֵׁי בְגָדֵי תְּפָאֲרֶתָּךְ עִמִּי,
עַל יַד בֶּן־יֵשָׁהי בַיִת הַלְּחֶמֶי.
קִרְבָּה אֶל נַפְשֵׁי גְאֻלָּה.

Hitnah'ahree, may-ahfah koomee,
Livshee bigday tif'ahrtaych ahmee,
Ahl yahd ben yeeshai bayt hah-lahchmee
Kohrvah el nahfshee g'ahlah.

לָכֵה דוּדֵי לְקִרְאֵת כְּלָה,
פְּנֵי שַׁבָּת נִקְבְּלָה.

L'chah dodee likraht kahlah
p'nay Shahbaht n'kabh'lah.

Shake yourself off! Arise from the dust!
Put on your garments of glory, My people.
Say, "Be near to my soul and redeem her,
By the hand of David ben Yeshai of Bayt Lechem."

Let us go forth to greet the bride, let us welcome the face of Shabbat.

L'CHAH DODEE / COME MY BELOVED (Verses Five & Six)

הִתְעוֹרְרִי הִתְעוֹרְרִי Hit'o'r'ree hit'o'r'ree
כִּי בָּא אֹרֶךְ קוֹמֵי אֹרֵי. Kee vah oraych koomēe oree
עֹרֵי עֹרֵי שֵׁר דַּבְּרֵי, Ooree ooree sheer dahbayree,
כְּבוֹד יְהוָה עֲלֶיךָ נִגְלָה. K'vod Ahdonai ahlahyich niglah.

לְכֵה דוּדֵי לְקִרְאֵת כְּלָה, L'chah dodee likraht kahlah
פְּנֵי שַׁבַּת נִקְבְּלָה. p'nay Shahbaht n'kabh'lah.

Awaken yourself, awaken yourself!
For your light has come. Arise and shine!
Awake, awake, and utter a song,
For Adonai's glory is opened to you.

Let us go forth to greet the bride, let us welcome the face of Shabbat.

לֹא תִבְשִׂי וְלֹא תִכְלָמִי, Lo tayvoshee v-lo teekahlmee
מָה תִשְׁתַּחֲחִי וּמָה תִתְהַמֵּי. Mah tishtochahchee oo-mah te'hemee
בְּךָ יִחְסוּ עַנְיֵי עַמִּי, Bahch yechesoo ahneeyay ahmee
וְנִבְנְתָה עִיר עַל תְּלָה. V-niv'n'tah eer ahl teelah.

לְכֵה דוּדֵי לְקִרְאֵת כְּלָה, L'chah dodee likraht kahlah
פְּנֵי שַׁבַּת נִקְבְּלָה. p'nay Shahbaht n'kabh'lah.

Be not ashamed and be not confounded.
Why are you downcast, and why do you moan?
In you will the poor of My people be sheltered,
The city rebuilt on its ancient site.

Let us go forth to greet the bride, let us welcome the face of Shabbat.

L'CHAH DODEE / COME MY BELOVED (Verses Seven & Eight)

וְהָיוּ לְמִשְׁפָּה שְׂאֵסִיךְ	V-hahyoo li-m'sheesah shosahyich
וְרַחֲקוּ כָּל־מְבַלְעֵיךְ.	V-rahchahkoo kol m'vahl'ahyich
יִשְׂשֵׂשׂ עָלֶיךָ אֱלֹהֶיךָ	Yahsees ahlahyich elohahyich
כְּמִשׁוֹשׁ חַתָּן עַל כַּלָּה.	Kimsos chahtahn ahl kahlah.

לָכֵה דוּדֵי לְקִרְאֵת כַּלָּה,	L'chah dodee likraht kahlah
פְּנֵי שַׁבָּת נִקְבְּלָה.	p'nay Shahbaht n'kahb'lah.

Those who despoiled you shall be your spoil;
All your devourers shall be far away;
Your God will rejoice over you
Like a bridegroom rejoices over his bride.

Let us go forth to greet the bride, let us welcome the face of Shabbat.

יָמִין וּשְׂמֹאל תִּפְרֹצֵי	Yahmeen oo-s'mol tifrotsee
וְאֶת־יְהוָה תִּעְרִיצֵי.	V-et Ahdonai tah'ahreetsee.
עַל יַד אִישׁ בֶּן־פְּרֵצֵי,	Ahl yahd eesh ben pahrtsee
וְנִשְׂמְחָה וְנִגְיֵלָה.	V-nis'm'chah v-nahgeelah.

לָכֵה דוּדֵי לְקִרְאֵת כַּלָּה,	L'chah dodee likraht kahlah
פְּנֵי שַׁבָּת נִקְבְּלָה.	p'nay Shahbaht n'kahb'lah.

To the right and the left you shall extend,
And you shall admire and revere YAH,
By way of one of the line of Peretz,
And we shall rejoice and be glad.

Let us go forth to greet the bride, let us welcome the face of Shabbat.

L'CHAH DODEE / COME MY BELOVED (Concluding Verse)

(We rise and turn to the entrance to greet the Shabbat Bride)

בֹּאֵי בְּשָׁלוֹם עֲטֹרַת בִּיעָלָה,	Bō'ee v-shahlom ahteret bah'lah,
גַּם בְּשִׂמְחָה וּבְצִהְלָה,	Gahm b-simchah oo-v'tsah'holah,
תּוֹךְ אֲמוּנַי עִם סִגְלָה,	Toch emoonay ahm s'goolah,
בֹּאֵי כָּלָה, בֹּאֵי כָּלָה.	Bō'ee chahlah, bō'ee chahlah.
[בֹּאֵי כָּלָה, שִׁבְת מְלִכְתָּא]	[Bō'ee chahlah Shahbaht mahl'k'tah]

לָכָה דוּדֵי לְקִרְאֵת כָּלָה,	L'chah dodee likraht kahlah,
פְּנֵי שִׁבְת נְקִבְלָה.	p'nay Shahbaht n'kabh'lah.

Come in peace, O crown of her God / Mate;
Come in rejoicing and cheerfulness, come.
In the midst of the faithful of this chosen people.
Come, O bride, Come O bride...
[Come O Bride, Shabbat Queen]

Let us go forth to greet the bride, let us welcome the face of Shabbat.

מֵהַגְדִּלוּ מְעִשֵׂיךָ ִּי מֵאֵד אֲמִכּוּ מַחְשְׁבֹתֶיךָ:

Ma gadlu ma-aseha Adonai, m'od am-ku mah-sh'vo-teha.

בְּרַחוּ אֶת־יְהוָה הַמְּבָרָךְ Bahrchoo et Ahdonai hah-m'vorahch

בְּרוּךְ יְהוָה הַמְּבָרָךְ לְעוֹלָם וָעֶד Bahrooch Ahdonai hah-m'vorahch l'olahm vah'ed

בְּרוּךְ אַתָּה יְהוָה, אֱלֹהֵינוּ רוּחַ הָעוֹלָם, Bahrooch ahtah Ahdonai, Elohaynoo roo'ahch hah-olahm

Chorus: Evening, the evenings; evening the frayed edges of our lives;

מִעֲרִיב עֲרָבִים אָמֵן Mah'ahreev ahrahveem; ahmayn (2x)

Sacred words even the evenings;

Wisdom opens gates locked around our hearts.

אֲשֶׁר בְּדָבָרוֹ מִעֲרִיב עֲרָבִים Ahsher bi-d'vahro mah'ahreev ahrahveem;

בְּחֻכְמָהּ פּוֹתַח שְׁעָרִים B-chochmah potay'ahch sh'ahreem.

Understanding alters with the times;

Changing seasons, cycles divine

וּבִתְבוּנָהּ מְשַׁנֶּה עֵתִים Oo-vi-t'voonah m'shahneh eeteem;

וּמַחְלִיף אֶת־הַזְּמַנִּים oo-mahchahleef et hah-z'mahneem.

Paint diamonds on the canvas called sky;

Soothe our souls with a lilting lullaby.

וּמְסַדֵּר אֶת־הַכּוֹכָבִים Oo-m'sahdayr et hah-kochahveem;

בְּמִשְׁמְרוֹתֵיהֶם בְּרַקִּיעַ כְּרָצוֹנוֹ B-mishm'rotayhem bah-rahkee'ah kir'tsono.

Rolling, rolling, into the night;

Rolling rolling away the light.

גּוֹלָל אֹר מִפְּנֵי חֹשֶׁךְ Golayl or mi-p'nay choshech;

גּוֹלָל חֹשֶׁךְ מִפְּנֵי אֹר golayl choshech mi-p'nay or.

Spirit of the Night we bless Your Name,

Eternal Light, Eternal flame.

אֵל חַי וְקַיִם Ayl chai v'kahyahm

תָּמִיד יִמְלֹךְ עָלֵינוּ tahmeed yimloch ah-laynoo;

לְעוֹלָם וָעֶד L'olahm vah-ed

בְּרוּךְ אַתָּה יְהוָה הַמְּעֲרִיב עֲרָבִים. Bahrooch ahtah Ahdonai, hah-mah'ahreev ahrahveem.

Living and eternal God, Rule forever. You who brings the evening in are praised.

אַהֲבַת עוֹלָם בֵּית יִשְׂרָאֵל
עִמָּךְ אַהֲבָתָּ.

Ah'hahvaht olahm bayt yisrah'ayl
ahmchah ah'hahvtah

With everlasting love, you love the house of Israel.

We are loved by an unending love.

We are embraced by arms that find us
even when we are hidden from ourselves.

We are touched by fingers that soothe us
even when we are too proud for soothing.

We are counseled by voices that guide us
even when we are too embittered to hear.

We are loved by an unending love.

We are supported by hands that uplift us
even in the midst of a fall.

We are urged on by eyes that meet us
even when we are too weak for meeting.

We are loved by an unending love.

Embraced, touched, soothed, and counseled...

ours are the arms, the fingers, the voices;

ours are the hands, the eyes, the smiles;

We are loved by an unending love.

וְאַהֲבָתְךָ	V-ah'hahvahtchah
לֹא תִסּוּר מִמֶּנּוּ לְעוֹלָמִים.	lo tahsoor mee-menoo l-olahmeem
בָּרוּךְ אַתָּה יְהוָה	Bahrooch ahtah Ahdonai
אוֹהֵב עַמּוֹ יִשְׂרָאֵל.	Ohayv ahmo yisrah'ayl.

Your love will never depart from us as long as worlds endure.

Blessed are you, Adonai, who loves your people Israel.

K'REE' AHT SH'MAH / THE RECITATION OF THE SH'MAH
SH'MAH YISRAH'AYL / LISTEN ISRAEL

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Sh'mah Yisrah'ayl יהוה Elohaynoo יהוה Echahd

Hear, Israel, [and understand] יהוה is our God,
יהוה is One!

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

Bahrooch shaym k'vod mahlchooto l'olahm vah'ed

Through time and space Your glory shines MAJESTIC ONE.

K'REE' AHT SH'MAH / THE RECITATION OF THE SH'MAH
 V'AH'HAHVTAH / AND YOU SHALL LOVE

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ	V-ahahvtah ayt Ahdonai Elohechah
בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ	b-chol l'vahn'chah oo-v-chol nahfsh'chah
וּבְכָל-מְאֹדְךָ.	oo-v-chol m'odechah.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה	V-hahyoo hah-d'vahreem hah-ayleh
אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם	ahsher ahnochee m'tsahn'chah hah-yom
עַל-לְבָבְךָ.	ahl l'vahvechah.
וּשְׁנַנְתָּם לְבְנֵיךָ	V-sheenahntahm l-vahnechah
וּדְבַרְתָּ בָּם	v-deebahrtah bahm
בְּשִׁבְתְּךָ בְּבֵיתְךָ	b-shivt'chah b'vaytechah
וּבְלֻכְתְּךָ בְּדַרְךָ	oo-v'lecht'chah vahderech
וּבְשׁוֹכְבְּךָ וּבְקוּמְךָ.	oo-v-shochb'chah oo-v-koomechah.
וּקְשַׁרְתָּם לְאוֹת עַל יָדְךָ	Oo-k'shahrtahm l'ot ahl yahdechah
וְהָיוּ לְטֹטְפוֹת בֵּין עֵינֶיךָ.	v-hahyoo l'totahfot bayn aynechah
וּכְתַבְתָּם עַל מְזוֹזוֹת	Oo-ch'tahvtahm ahl m'zoozot
בֵּיתְךָ וּבְשַׁעְרֵיךָ.	baytechah u-vee-sh'ahrechah.

Love Adonai your God with all your heart
 and with all your soul and with all your might.
 Take to heart these instructions with which I charge you this day.
 Impress them upon your children.
 Recite them when you stay at home and when you are away,
 when you lie down and when you get up.
 Bind them as a sign on your hand
 and let them serve as a symbol on your forehead;
 inscribe them on the doorposts of your house and on your gates.

G'OOLAH / THE BLESSING OF REDEMPTION
TEXT (III)

וּמְלִיכוּתוֹ בְּרָצוֹן קִבְּלוּ עֲלֵיהֶם	Oo-mahlchooto b-rahtson kibloo ahlayhem.
מִרְיָם וּמֹשֶׁה וּבְנֵי יִשְׂרָאֵל	Miryahm oo-Moshe oo-v'nay yisrah'ayl
לָּהּ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה	l'chah ahnoo sheerah b'simchah rahbah,
וְאָמְרוּ כָּלֵם:	v-ahmroo choolahm:
מִי כַמֹּכָה בְּאֵלִים יְהוָה,	Mee chahmochah bah-ayleem YAH,
מִי כַמֹּכָה נֶאֱדָר בְּקֹדֶשׁ,	mee kahmochah nedahr bah-kodesh,
נִוְרָא תְהִלּוֹת עֲשֵׂה פֶּלֶא.	norah t'heelot osay feleh.
מְלִיכוּתָהּ רָאוּ בְּנֵיהּ,	Mahl'choot'chah rah'oo vahnechah
בּוֹקַע יָם לְפָנֵי מֹשֶׁה,	bokay'ah yahm lifnay Moshe.
זֶה אֱלֹהֵינוּ וְאָמְרוּ:	Zeh aylee ahnoo v'ahmroo:
יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד.	YAH yimloch l'olahm vah'ed.
וְנֶאֱמַר:	V-ne'emahr:
כִּי פָדָה יְהוָה אֶת יַעֲקֹב,	Kee fahdah Ahdonai et Ya'akov,
וּגְאָלוֹ מִיַּד חֲזַק מִמֶּנּוּ.	oo-g'ahlo mi-yahd chahzahk mee-menoo.
בָּרוּךְ אַתָּה יְהוָה,	Bahrooch ahtah YAH
גֹּאֲלֵי יִשְׂרָאֵל.	gah'ahl yisrah'ayl.

They gladly accepted God's sovereignty.
Miriam and Moses and the people Israel
sang with great joy this song to Adonai:
**"Who is like you among the gods, O Infinite One?
Who is like You, glorious in holiness,
awesome in splendor, amazing in miracles."**
Your children witnessed Your sacred sovereignty
as you split the sea before Moses.
They responded and said: "This is my God."
"The Eternal will be sovereign forever and ever."
And as it is written: "The Eternal remembered Jacob
and saved him from a hand mightier than he."
Blessed is the Eternal, Redeemer of Israel.

הַשְּׂכִיבֵנוּ	Hahshkeevaynoo
יְהוָה אֱלֹהֵינוּ לְשָׁלוֹם	YAH Elohaynoo l'shahlom,
וּפְרוֹשׁ עָלֵינוּ סִכַּת שְׁלוֹמָהּ.	Oo-f'ros ahlaynoo sookaht sh'lomechah.
בְּרוּךְ אַתָּה יְהוָה	Bahrooch ahtah Ahdonai
הַפּוֹרֵשׁ סִכַּת שְׁלוֹם עָלֵינוּ	hah-porays sookaht shahlom ahlaynoo
וְעַל כָּל־עַמּוֹ יִשְׂרָאֵל	v-ahl kol ahmo yisrah'ayl
וְעַל יְרוּשָׁלַיִם.	v-ahl y'rooshahlahyim.

Grant, Adonai our God, that we may lie down in peace,
 Spread over us the shelter of your peace.
 Blessed is Adonai, whose shelter of peace is spread over us,
 over all the people Israel, and over Jerusalem.

וְשָׁמְרוּ בְנֵי־יִשְׂרָאֵל	V-shahmroo v'nay yisrah'ayl
אֶת־הַשַּׁבָּת,	et ha-shahbaht,
לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדוֹרֹתָם	lah'ah'sot et hah-shahbaht l-dorotahm
בְּרִית עוֹלָם.	b'rit olahm.
בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל	Baynee oo-vayn b'nay yisrah'ayl
אוֹת הִיא לְעוֹלָם,	ot hee l-olahm;
כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה	Kee shayshet yahmeem ahsah Ahdonai,
אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ,	et hah-shahmahyim v-et hah-ahretz;
וּבַיּוֹם הַשְּׁבִיעִי	Oo-vahyom ha-sh'vee'ee
שָׁבַת וַיִּנְפָּשׁ:	shahvaht vah-yinahfahsh.

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

(Exodus 31:16-17)

CHAHTSEE KAHDEESH / SHORT KADDISH

יִתְגַּדַּל וְיִתְקַדַּשׁ	Yitgahdahl v-yitkahdahsh
[אמן] שְׁמֵהּ רַבָּא	sh'may rahbah [Ahmayn]
בְּעֵלְמָא דִּי בְּרָא כְרְעוּתָהּ,	b-ahlmah dee vrah chir'ootay
וְיִמְלִיךְ מַלְכוּתָהּ,	v-yahmleech mahlchootay
[וְיִצְמַח פּוּרְקָנָהּ	[v-yahtsmahch poorkahnay
וְיִקְרַב מְשִׁיחָהּ	vee-kahrayv m'sheechay Ahmayn]
[אמן] בְּחַיִּיכוּן וּבְיוֹמֵיכוּן	b-chahyaychon oo-v-yomaychon
וּבְחַיֵּי דְכָל בֵּית־יִשְׂרָאֵל,	oo-v-chahyay d'chol bayt yisrah'ayl,
בְּעַגְלָא וּבְזַמְן קָרִיב,	bah'ah'gahlah oo-vi-z'mahn kahreev
[אמן] וְאָמְרוּ אָמֵן.	v-imroo Ahmayn. [Ahmayn]
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ	Y'hay sh'may rahbah m'vahrahch
לְעַלְמֵי וּלְעַלְמֵי עַלְמַיָּא.	l'ahlahm oo-l'ahlmay ahlmahyah.
יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר	Yitbahrahch v-yishtahbahch v-yitpah'ayr
וְיִתְרוֹמַם וְיִתְנַשֵּׂא	v-yitromahm v-yitnahsay,
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל	v-yit'hahdahr v-yit'ahleh v-yit'hahlahl
[אמן] שְׁמֵהּ דְקוּדְשָׁא בְּרִיךְ הוּא	sh'may d'koodshah b'reech hoo [Ahmayn]
לְעַלְמֵי מִן כּוֹל בִּרְחַחְתָּהּ וְשִׁירְתָּהּ,	L'aylah min kol birchahtah v-sheerahtah,
תְּשַׁבַּחְתָּהּ וְנַחֲמַחְתָּהּ	toosb'chahtah v-nechemahtah
דְּאִמְרֵן בְּעֵלְמָא,	dah-ah'meerahn b-ahlmah
[אמן] וְאָמְרוּ אָמֵן.	v-imroo Ahmayn. [Ahmayn]

Let the glory of God be extolled. [Amen]
 Let God's great name be hallowed,
 in the world whose creation YAH willed.
 May God's sovereignty soon prevail,
[the redemption grow and the time of the messiah be near],
 in our own day, our own lives,
 and the life of all Israel, and let us say: Amen.

Let God's great name be blessed forever and ever.

Let the name of the Holy Blessed One be glorified, exalted, and honored,
 though YAH is beyond all the praises, songs, and adorations
 that we can utter, and let us say: Amen.

Ha-tov, ki lo cha-lu ra-cha-mé-cha,
v'ham-ra-cheim, ki lo tám-mu cha-sa-dé-cha,
mei-o-lam kiv-ví-nu lach.

On Chanukkah, we recite here Al Hanissim.

Al ha-nis-sim, v'al ha-pur-kan, v'al ha-g'vu-rot, v'al
ha-t'shu-ot, v'al ha-mil-cha-mot, she-a-sí-ta la-a-vo-téi-nu
u-l'im-mo-téi-nu ba-ya-mim ha-heim ba-z'man ha-zeh.
Bi-mei Mat-tit-yá-hu ben Yo-cha-nan ko-hein ga-dol,
Chash-mo-nai u-va-nav, k'she-am-dah mal-chut Ya-
van ha-r'sha-ah al am-m'cha Yis-ra-eil l'hash-ki-cham
To-ra-té-cha, u-l'ha-a-vi-ram mei-chuk-kei r'tzo-né-cha.
V'At-tah b'ra-cha-mé-cha ha-rab-bim a-mád-ta la-hem
b'eit tza-ra-tam, ráv-ta et ri-vam, dán-ta et di-nam,
na-kám-ta et nik-ma-tam. Ma-sár-ta gib-bo-rim b'yad
chal-la-shim, v'rab-bim b'yad m'at-tim, u-t'mei-im b'yad
t'ho-rim, u-r'sha-im b'yad tzad-di-kim, v'zei-dim b'yad
o-s'kei To-ra-té-cha. U-l'cha a-sí-ta sheim ga-dol
v'ka-dosh b'o-la-mé-cha, u-l'am-m'cha Yis-ra-eil a-sí-ta
t'shu-ah g'do-lah u-fur-kan k'ha-yom ha-zeh. V'a-char
kein bá-u va-né-cha lid-vir bei-té-cha, u-fin-nu et
hei-cha-lé-cha, v'ti-ha-ru et mik-da-shé-cha, v'hid-lí-ku
nei-rot b'chatz-rot kod-d'shé-cha, v'ka-v'u sh'mo-nat
y'mei Cha-nuk-kah éil-lu, l'ho-dot u-l'hal-leil l'Shim-cha
ha-ga-dol.

MEDITATION

Gratitude. *Read this silent prayer one phrase at a time, pausing between phrases. Let your lips move, giving life to your words.*

Rib-bo-no shel o-lam ... God of all that is ...

Mo-dim a-nách-nu lach ... I thank you ...

I acknowledge Your presence in my life ...

I thank You for all the blessings You provide ...

and I bow to You in gratitude ...

My life has many blessings ...

I now acknowledge ... that so much comes from You ...

הטוב, כי לא כלו רחמיך,
יהמרחם, כי לא תמו חסדיך,
מעולם קוינו לך.

On Chanukkah, we recite here על הנסים.

על הנסים, ועל הפרקן, ועל הגבורות, ועל
התשועות, ועל המלחמות, שעשית לאבותינו
ולאמותינו בימים ההם בזמן הזה.

בימי מתתיהו בן יוחנן כהן גדול, תשמונאי
ובניו, כשעמדה מלכות יון הרשעה על עמך
ישראל להשכיחם תורתך, ולהעבירם מחקי
רצונך. ואתה ברחמיך הרבים עמדת להם
בעת צרתם, רבת את ריבם, הנתת את דינם,
נקמת את נקמתם. מסרת גבורים ביד חלשים,
ורבים ביד מעטים, וטמאים ביד טהורים,
ורשעים ביד צדיקים, וזדים ביד עוסקי
תורתך. ולך עשית שם גדול וקדוש בעולמך,
ולעמך ישראל עשית תשועה גדולה ופרקן
כהיום הזה. ואחר כן באו בניך לדביר ביתך,
ופנו את היכלך, וטהרו את מקדשך, והדליקו
נרות בחצרות קדשך, וקבעו שמונת ימי חגכה
אלו, להודות ולהלל לשמך הגדול.

I am grateful ... that I am alive today ...

I am grateful ... for health ... and the possibility of healing

I am grateful for the people in my life ...

I thank You for all the blessings You provide ...

the courage and determination ...

... to meet the challenges that I face each day ...

the abilities and skills ...

... to make my way in the world ...

the insight and direction ...

... to stay on a productive path ...

the love and understanding ...

... that enable me to see my true worth ...

Source of goodness, whose mercies never end,
source of mercy, whose kindnesses never cease,
we have always put our hope in You.

On Chanukkah, we recite here Al Hanissim.

We thank You also for the miracles, the victories,
and the liberations that You have performed
for our ancestors from ancient times to this day.

We remember today the battles of Mattathias, the high
priest, and his Hasmonean family against the Hellenists
who wanted to turn us away from the study and practice
of our religion. Through Your great compassion,
You stood up for them in the time of their distress,
You provided them miraculous support and assistance,
helping the weak overcome the strong, the few the many,
and the good the wicked. You provided Your people
Israel with an amazing rescue, and made the world aware
of Your Name and presence. Afterward, Your children
cleaned and purified Your Temple, once again lit the
menorah, and declared a holiday that would be observed
throughout the generations.

In remembrance of these events, we observe eight days
of Chanukkah with lights and with expressions of praise
and thanks to You.

I bring You today my gratitude ...
placing it before You ...
as our ancestors placed their gifts on Your altar.
Thank You God ... Mo·dim a·nách·nu lach ...
for all that You have given me ...
for all that You give me each and every day ...
Breathing in ... I receive Your blessings ...
Breathing out ... I offer You my gratitude ...
I place my gratitude on Your altar ...
I acknowledge Your presence in my life ...
I thank You for all the blessings You provide ...
and I bow to You in gratitude ...

single paragraph to be recited here:

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא יי אֱלֹהֵינוּ
וְאֵלֵי אֲבוֹתֵינוּ וְאֵמוּנֵינוּ, אֱלֹהֵי כָל בָּשָׂר,
יוֹצְרֵנוּ, יוֹצֵר בְּרֵאשִׁית. בְּרִכּוֹת וְהוֹדָאוֹת
לְשִׁמְךָ הַגָּדוֹל וְהַקְּדוֹשׁ, עַל שֶׁהַחַיִּיתָנוּ
וְקִיַּמְתָּנוּ, בְּן תַּחֲנוּנוֹ וְתַקִּימָנוּ, וְתִאֶסְפֶּךָ
גְּלוּתֵינוּ לְחַצְרוֹת קְדֻשָּׁךְ, לְשִׁמּוֹר חֻקֶיךָ
וְלַעֲשׂוֹת רְצוֹנְךָ, וְלַעֲבֹדְךָ בְּלֵבב שְׁלֵם, עַל
שֶׁאֲנַחְנוּ מוֹדִים לָךְ. בְּרוּךְ אַתָּה הוֹדָאוֹת.

Mo·dim a·nách·nu lach, she·At·tah hu A·do·nai
E·lo·héi·nu vEi·lo·hei a·vo·téi·nu v'im·mo·téi·nu, E·lo·hei
chol ba·sar, yo·tz'réi·nu, yo·tzeir b'rei·shit. B'ra·chot
v'ho·da·ot l'shim·cha ha·ga·dol v'ha·ka·dosh, al
she·he·che·yi·tá·nu v'ki·yam·tá·nu, kein t'chay·yéi·nu
u·t'kay·y'méi·nu, v'te·e·sof ga·lu·yo·téi·nu l'chatz·rot
kod·shé·cha, lish·mor chuk·ké·cha v'la·a·sot
r'tzo·né·cha, u·l'ov·d'cha b'lei·vav sha·leim, al
she·a·nách·nu mo·dim lach. Ba·ruch Eil ha·ho·da·ot.

"We thankfully acknowledge that You are our God and the
God of our ancestors, the God of all life, our creator and
the creator of the universe. We offer blessings and praise
to Your holy Name, because You have kept us alive and
well – may You continue to do so. May You gather all of
our exiles together so that they can serve You whole·
heartedly. Thank You God, we are ever grateful to You."

Breathing in ... I receive Your blessings ...

Breathing out ... I offer You my gratitude ...

Our lives are in Your hands ... Our souls are in Your care

Your miracles are always with us ...

Your loving kindness is endless ...

Your compassion is boundless ...

Mei·o·lam kiv·vi·nu lach ...

You are the source of our hope ...

We always put our hope in You ...

Breathing in ... I receive Your blessings ...

Breathing out ... I offer You my gratitude ...

Thank You, God.

V'al kul·lam yit·ba·rach v'yit·ro·mam
shim·cha mal·kéi·nu ta·mid l'o·lam va·ed.

*On the Shabbat before Yom Kippur, add:
U·ch'tov l'chay·yim to·vim kol b'nei v'ri·té·cha.*

V'chol ha·chay·yim yo·dú·cha, sé·lah,
vi·ha·l'lu et shim·cha be·e·met,
ha·Eil y'shu·a·téi·nu v'ez·ra·téi·nu. Sé·lah.

*Bend your knees at "Baruch,"
bow at "Attah," straighten up at "Adonai."*

Ba·ruch At·tah A·do·nai,
ha·tov Shim·cha,
u·l'cha na·eh l'ho·dot.

Sha·lom

Sha·lom rav al Yis·ra·eil am·m'cha
ta·sim l'o·lam,
ki At·tah hu mé·lech a·don l'chol ha·sha·lom.
V'tov b'ei·né·cha l'va·reich et am·m'cha Yis·ra·eil,
v'et kol yo·sh·vei tei·veil,
b'chol eit u·v'chol sha·ah bish·lo·mé·cha.
*Ba·ruch At·tah A·do·nai,
ham·va·reich et am·mo Yis·ra·eil ba·sha·lom.

**On the Shabbat before Yom Kippur,
replace the last two lines above with the following:*

B'séi·fer chay·yim, b'ra·chah, v'sha·lom,
u·far·na·sah to·vah,
niz·za·cheir v'nik·ka·teiv l'fa·né·cha,
a·nách·nu v'chol am·m'cha beit Yis·ra·eil,
l'chay·yim to·vim u·l'sha·lom.
Ba·ruch At·tah A·do·nai, o·seih ha·sha·lom.

וְעַל כָּל־ם יִתְבַּרְךְ וַיְתְּרוּמָם
שְׁמֶךָ מִלְּפָנָיו תָּמִיד לְעוֹלָם וָעֶד.

*On the Shabbat before Yom Kippur, add:
וּכְתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ.*

וְכֹל הַחַיִּים יוֹדוּךָ, סְלָה,
וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאֵמֶת,
הָאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ. סְלָה.

*Bend your knees at "Baruch,"
bow at "Attah," straighten up at "Adonai."*

בָּרוּךְ אַתָּה יי,
הַטוֹב שְׁמֶךָ,
וְלֶךְ נָאָה לְהוֹדוֹת.

שְׁלוֹם

שְׁלוֹם רַב עַל יִשְׂרָאֵל עִמָּךְ
תְּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשְּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֶךְ אֶת עַמְּךָ יִשְׂרָאֵל,
וְאֵת כָּל יוֹשְׁבֵי תְּחִלָּה,
בְּכָל עֵת וּבְכָל שָׁעָה בְּשְׁלוֹמְךָ.
*בָּרוּךְ אַתָּה יי,
הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

בְּסֵפֶר חַיִּים, בְּרַכָּה, וְשְׁלוֹם,
וּפְרִנְסָה טוֹבָה,
נִזְכָּר וְנִפְתָּח לְפָנֶיךָ,
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל,
לְחַיִּים טוֹבִים וְלְשְׁלוֹם.
בָּרוּךְ אַתָּה יי, עֹשֶׂה הַשְּׁלוֹם.

ELOHAI N'TSOR / A CONCLUDING MEDITATION
TEXT (Part Two)

When saying oseh shalom at the end of the prayer, step and bow left, step and bow right, step left again and bow to the front. When leaving the presence of a king or queen, one would bow only to the front. When "leaving" God's presence, we bow in three directions, demonstrating that God is everywhere.

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו,	Oseh shahlom bimromahv,
הוּא יַעֲשֶׂה שְׁלוֹם	hoo yah'ah'seh shahlom
עָלֵינוּ וְעַל כָּל־יִשְׂרָאֵל	ahlaynoo v-ahl kol yisrah'ayl
וְעַל כָּל־יּוֹשְׁבֵי תֵבֵל,	v'ahl kol yoshvay tayvayl,
וְאָמְרוּ אָמֵן.	v-imroo ah'mayn.

God who brings peace to the universe
will bring peace to us
and to all the people Israel
and to all those who live in the world.
Amen.

A MODERN PRAYER FOR PEACE, FROM ISRAEL

עוֹד יָבוֹא שְׁלוֹם עָלֵינוּ	Od yahvo shahlom ahlaynoo
וְעַל כּוֹלָם	v-ahl koolahm
שְׁלָאֵם	sahlahm,
עָלֵינוּ וְעַל כָּל הָעוֹלָם	ahlaynoo v-ahl kol hah-olahm
שְׁלָאֵם שְׁלָאֵם	sahlahm, sahlahm.

Peace will still come upon us and upon everyone
Peace upon us and upon the whole world.

AHLAYNOO: AND SO WE HOPE (III)

And then all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind

*And then both men and women will be gentle
And then both women and men will be strong
And then no person will be subject to another's will*

And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth's abundance

*And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures*

And then all will live in harmony with each other and the Earth

And then everywhere will be called Eden once again.

And then, and then, both men and women will be gentle
And then, and then, both women and men will be strong
And then, we'll be, so varied rich and free
And everywhere will be called Eden once again.

KAHDEESH YAHTOM / THE MOURNERS' KADDISH

	יִתְגַּדַּל וְיִתְקַדַּשׁ	Yitgahdahl v-yitkahdash	
[אמן]	שְׁמֵהּ רַבָּא	sh'may rahbah	[Ahmayn]
	בְּעֻלְמָא דִּי בְּרָא כְרַעוּתֵיהּ,	b-ahlmah divrah chir'ootay	
	וְיִמְלִיךְ מַלְכוּתֵיהּ,	v-yahmleech mahlchootay	
	[וְיִצְמַח פּוּרְקָנָהּ	[v-yahtsmahch poorkahnay	
[אמן]	וְיִקְרַב מְשִׁיחָהּ	vee-kahrayv m'sheechay	Ahmayn]
	בְּחַיִּיכוּן וּבְיוֹמֵיכוּן	b-chahyaychon oo-v-yomaychon	
	וּבְחַיֵּי דְכָל בַּיִת-יִשְׂרָאֵל,	oo-v-chahyay d'chol bayt yisrah'ayl,	
	בְּעֻגְלָא וּבְזַמַּן קָרִיב,	bah'ah'gahlah oo-vi-z'mahn kahreev	
[אמן]	וְאָמְרוּ אָמֵן.	v-imroo Ahmayn.	[Ahmayn]

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ
לְעַלְמֵם וּלְעַלְמֵי עָלְמֵיָא.

*Y'hay sh'may rahbah m'vahrach
l'ahlahm oo-l'ahlmay ahlmahyah.*

Let the glory of God be extolled.
Let God's great name be hallowed,
in the world whose creation Adonai willed.
May God's sovereignty soon prevail,
[the redemption grow and the time of the messiah be near],
in our own day, our own lives,
and the life of all Israel,
and let us say: Amen.

*Let God's great name be blessed
forever and ever.*

KAHDEESH YAHTOM / THE MOURNERS' KADDISH (II)

יִתְבַּרְךָ וְיִשְׁתַּבַּח וְיִתְפָּאֵר	Yitbahrahch v-yishtahbahch v-yitpah'ayr
וְיִתְרוֹמֵם וְיִתְנַשֵּׂא וְיִתְהַדָּר	v-yitromahm v-yitnahsay, v-yit'hahdahr
וְיִתְעַלֶּה וְיִתְהַלָּל	v-yit'ahleh v-yit'hahlahl
שְׁמֵהּ דְקוּדְשָׁא	sh'may d'koodshah
[אמן] בְּרִיךְ הוּא	b'reech hoo. [Ahmayn]
לְעֵלָא מִן כּל־בְּרַחְתָּא	L'aylah min kol birchahtah
וְשִׁירְתָּא,	v-sheerahtah,
תְּשַׁבְּחָתָא וְנַחֲמָתָא	tooshb'chahtah v-nechemahtah
דְּאִמְרוּן בְּעֵלְמָא,	dah-ah'meerahn b-ahlmah
[אמן] וְאִמְרוּ אָמֵן.	v-imroo Ahmayn. [Ahmayn]
יְהֵא שְׁלָמָא רַבָּא	Y'hay sh'lahmah rahbah
מִן שְׁמַיָּא וְחַיִּים	min sh'mahyah v-chahyeem
עַלֵינוּ וְעַל כּל־יִשְׂרָאֵל	ahlaynoo v-ahl kol yisrah'ayl
[אמן] וְאִמְרוּ אָמֵן.	v-imroo Ahmayn. [Ahmayn]
עוֹשֵׂה שְׁלוֹם בְּמִרְוּמָיו,	Oseh shahlom bimromahv
הוּא יַעֲשֶׂה שְׁלוֹם	hoo yah'ahseh shahlom
עַלֵינוּ וְעַל כּל־יִשְׂרָאֵל	ahlaynoo v-ahl kol yisrah'ayl
וְעַל כּל יוֹשְׁבֵי תֵבֵל	v-ahl kol yoshvay tayvayl
[אמן] וְאִמְרוּ אָמֵן.	v-imroo Ahmayn. [Ahmayn]

Let the name of the Holy Blessed One
be glorified, exalted, and honored,
though Adonai is beyond all the praises, songs, and adorations
that we can utter, and let us say: Amen.
May peace abundant descend from heaven,
with life for us and for all Israel, and let us say: Amen.
May God, who makes peace on high,
bring peace to us, to all Israel,
and to all those who live on earth, and let us say: Amen.