

גבו וזן
קדשה
קדשת היום
עבודה
הודאה
שלום
תפלת הלב

תפלה

T'FILAH

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

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח,
וּפִי יגיד תְּהִלָּתְךָ.

ADONAI, open up my lips
that my mouth may declare Your praise.

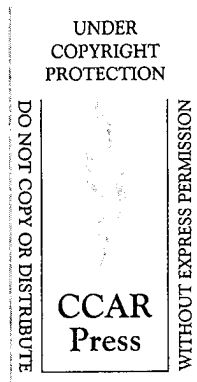
" We continue on

page ~~344~~ (wait)
344

PLEASE RISE. "

For those who choose: Before reciting תפלה T'filah, one takes three steps forward.

אֲדֹנָי, שְׁפֹתַי תִּפְתָּח Adonai, s'fatai tiftach . . . Adonai, open up my lips . . . Psalm 51:17



BARUCH atah, Adonai Eloheinu
 v'Elohei avoteinu v'imoteinu, Elohei
 Avraham, Elohei Yitzchak v'Elohei Yaakov,
 Elohei Sarah, Elohei Rivkah, Elohei
 Rachel v'Elohei Leah. Ha-El hagadol
 hagibor v'hanora, El elyon, gomeil
 chasadim tovim, v'koneih hakol, v'zocheir
 chasdei avot v'imahot, umeivi g'ulah
 livnei v'neihem l'maan sh'mo b'ahavah.

*SHABBAT SHUVAH —

Zochreinu l'chayim,
 Melech chafeitz bachayim,
 v'chorveinu b'sefer hachayim,
 l'maancha Elohim chayim.

Melech ozeir umoshia umagen.
 Baruch atah, Adonai,
 magein Avraham v'ezrat Sarah.

בָּרוּךְ אַתָּה, יי אֱלֹהֵינוּ
 וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
 אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,
 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי
 רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל
 הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֶלְיוֹן, גּוֹמֵל
 חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר
 חֲסָדֵי אֲבוֹת וְאִמּוֹת, וּמְבִיא גְאֻלָּה
 לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

— SHABBAT SHUVAH*

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

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.
 בָּרוּךְ אַתָּה, יי,
 מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

אבות ואמהות
 גבורות
 קדושה
 קדושת היום
 עבודה
 הודאה
 שלום
 תפלת הלב

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

*SHABBAT SHUVAH — Remember us for life, O Sovereign who delights in life,
 and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,
 Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

בָּרוּךְ אַתָּה, יי, מַגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.
 Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

*SHABBAT SHUVAH: The Shabbat between Rosh HaShanah and Yom Kippur.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows from the waist at the word בָּרוּךְ *Baruch* and stands straight at the word יי *Adonai*.

אבות ואמהות *Avot v'imahot* . . . As God has been gracious to our forbears, so may we receive divine favor.

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

*WINTER — Mashiv haruach
umorid hagashem.

*SUMMER — Morid hatal.

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

SHABBAT SHUVAH —

Mi chamocha Av harachamim,
zocheir y'tzurav l'chayim b'rachamim.

V'ne-eman atah l'hachayot hakol (meitim).

Baruch atah, Adonai, m'chayeh hakol (hameitim).

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

מְשִׁיב הַרוּחַ — WINTER*
וּמוֹרִיד הַגֶּשֶׁם.

מּוֹרִיד הַטַּל — SUMMER*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,
מְחַיֶּה הַכֹּל (מֵתִים)
בְּרַחֲמִים רַבִּים, סוֹמֵךְ נוֹפְלִים,
וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לִישְׁנֵי עֶפְרַיִם.
מִי כְמוֹךָ בַּעַל גְּבוּרוֹת
וּמִי דוֹמֵה לָךְ, מֶלֶךְ מֵמִית
וּמְחַיֶּה וּמְצַמִּיחַ יְשׁוּעָה.

— SHABBAT SHUVAH

מִי כְמוֹךָ אֵב הַרַחֲמִים,
זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.

וְנֶאֱמַן אַתָּה לְהַחְיֹת הַכֹּל (מֵתִים).

בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

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

WINTER — You cause the wind to shift and rain to fall.

SUMMER — You rain dew upon us.

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

SHABBAT SHUVAH — Who is like You, Compassionate God,
who mercifully remembers Your creatures for life?

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

בְּרוּךְ אַתָּה, יְיָ, מְחַיֶּה הַכֹּל (הַמֵּתִים).

Baruch atah, Adonai, m'chayeh hakol (hameitim).

מְשִׁיב הַרוּחַ / מּוֹרִיד הַטַּל *Mashiv haruach / Morid hatal* — with these words, we join our Israeli brothers and sisters in their prayers for seasonal rains in the Land of Israel.

מּוֹרִיד הַטַּל *Morid hatal* . . . *You rain dew upon us* . . . A seasonal insertion into the *G'vurot* acknowledges God as the Source of the power of nature. The variations in climate like growth and decay, birth and death, are part of the fixed pattern of the universe created by God. In his prayerbook, *Minhag America*, Isaac Mayer Wise used the prayer for dew and rain as a permanent part of this benediction.

*WINTER: *Atzeret-Simchat Torah to Pesach*. SUMMER: *Pesach to Sh'mini Atzeret / Simchat Torah*.

אֲבוֹת וְאִמּוֹת
גְּבוּרוֹת
קְדוּשָׁה
קְדוּשַׁת הַיּוֹם
עֲבוּדָה
הוֹדָאָה
שְׁלוֹם
תְּפִלַּת הַלֵּב

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CANTOR

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם,
כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,
כְּכַתוּב עַל יַד נְבִיאֶךָ,
וְקָרָא זֶה אֶל זֶה וְאָמַר:
קָדוֹשׁ, קָדוֹשׁ, קָדוֹשׁ יְיָ צְבָאוֹת,
מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.
אֲדִיר אֲדִירָנוּ, יְיָ אֲדוֹנֵנוּ,
מָה אֲדִיר שְׁמֶךָ בְּכָל הָאָרֶץ.
בְּרוּךְ כְּבוֹד יְיָ מִמְקוֹמוֹ.
אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ,
הוּא מְלֻכְנוּ, הוּא מוֹשִׁיעֵנוּ,
וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל חַי.
אֲנִי יְיָ אֱלֹהֵיכֶם.
יְמַלֵּךְ יְיָ לְעוֹלָם, אֱלֹהֵינוּ צִיּוֹן
לְדוֹר וָדוֹר, הַלְלוּיָהּ.

אבות ואמהות
גבורות
קדשה
קדשות היום
עבודה
הודאה
שלום
תפלת הלב

Adir adireinu, Adonai Adoneinu,
mah adir shimcha b'chol haaretz.

Baruch k'vod Adonai mimkomo.

Echad hu Eloheinu, hu Avinu,
hu Malkeinu, hu Moshi-einu,

v'hu yashmi-einu b'rachamav l'einei kol chai.

Ani Adonai Eloheichem.

Yimloch Adonai l'olam, Elohayich Tzion

l'dor vador, hal'luyah.

LET US SANCTIFY Your Name on earth, as it is sanctified in the heavens above.

As it is written by Your prophet:

Holy, holy, holy is Adonai Tz'vaot! God's presence fills the whole earth.

Source of our strength, Sovereign One, how majestic is Your presence in all the earth!

Blessed is the presence of God, shining forth from where God dwells.

God alone is our God and our Creator, our Ruler and our Helper; and in

mercy, God is revealed in the sight of all the living: I am Adonai your God!

Adonai shall reign forever, your God, O Zion,

from generation to generation, Hallelujah!

L'dor vador nagid godlecha ul'neitzach n'tzachim

k'dushat-cha nakdish, v'shivchacha Eloheinu,

mipinu lo yamush l'olam va-ed.*

Baruch atah, Adonai, Ha-El hakadosh.

לְדוֹר וָדוֹר נֹגִיד גֹּדְלֶךָ וְלִנְצַח נִצְחִים

קְדוּשַׁתְּךָ נִקְדִּישׁ, וְשִׁבְחָךָ, אֱלֹהֵינוּ,

מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֵד.*

בְּרוּךְ אַתָּה, יְיָ, הָאֵל הַקָּדוֹשׁ.

TO ALL GENERATIONS v

proclaim Your holiness. Your

Bless

וש

B

*SHABBAT SHUVA

Baruch atah, Adonai, HaMelech hakadosh.

"PLEASE
BE
SEATED"

and for all eternity

part from our lips.*

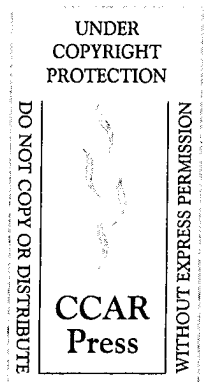
God.

בר

h.

ly Sovereign.

בְּרוּךְ אַתָּה, יְיָ, הַמֶּלֶךְ הַקָּדוֹשׁ.



For those who choose: At the words וְקָרָא זֶה v'kara zeh one bows to the left and at אֶל זֶה el zeh one bows to the right, and at each mention of קָדוֹשׁ kadosh, one rises on one's toes.

Avot v'Imahot

"PLEASE READ WITH ME" ON Pg. 353 //

G'vurot

K'dushab



K'dushat HaYom

Avodah

Hodaah

(1)

Shalom

T'filat HaLev

OUR ANCESTORS brought You spices and foods to gain Your favor, O God.

Most precious in our day is the offering of time.

Accept this gift we have set aside, the sanctity of this full day.

Oh! To revel in Your presence, to celebrate the beauty of Your handiwork, to rejoice in the gift of life!

בָּרוּךְ אַתָּה, יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish HaShabbat.

PLEASE READ WITH ME IN THE MIDDLE OF PAGE 353 //

FOR THE GOOD in us which calls us to a better life, we give thanks.

For the strength to improve the world with our hearts and hands, we give praise.



For the peace in us which leads us to work for peace, we are grateful.

(2)

For the gift of Shabbat which renews us for life, we offer blessing.

בָּרוּךְ אַתָּה, יְיָ, מְקַדֵּשׁ הַשַּׁבָּת.

Baruch atah, Adonai, m'kadeish HaShabbat.

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Avot v'Imabot



G'vurot

K'dushah

K'dushat HaYom



Avodah

Hodaah

Shalom

T'filat HaLev



ADONAI OUR GOD, may we, Your people Israel,
be worthy in our deeds and our prayer.
Wherever we live, wherever we seek You –
in this land, in Zion restored, in all lands –
You are our God, whom alone we serve in reverence.

בָּרוּךְ אַתָּה, יְיָ, שְׂאוֹתֶךָ לְבַדְּךָ בְּיַרְאֵה נַעֲבֹד.
Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.



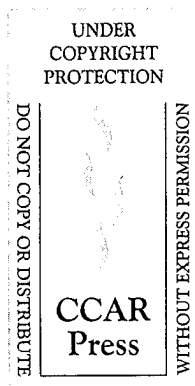
ON THIS HOLY SHABBAT,
may we draw nearer
to life, to peace and to joy.

May we find true rest,
holiness in our deeds,
worth in our study of Torah.

Let us feed on the love of goodness,
let us drink from the love of goodness,
restrain our thirst for excess,
and cleanse our hearts to serve life well.

On this holy Shabbat,
may we draw nearer
in life, in peace and in joy

בָּרוּךְ אַתָּה, יְיָ, שְׂאוֹתֶךָ לְבַדְּךָ בְּיַרְאֵה נַעֲבֹד.
Baruch atah, Adonai, she-ot'cha l'vad'cha b'yirah naavod.



Words of prayer do not ascend to God automatically. They need the burning desire of the heart
in order to rise like perfumed offerings to heaven. *Nachman of Bratzlav*

MODIM anachnu lach, shaatah hu
Adonai Eloheinu v'Elohei avoteinu v'imoteinu
l'olam va-ed. Tzur chayeinu, magein yisheinu,
atah hu l'dor vador.

Nodeh l'cha un'sapeir t'hilatecha. Al chayeinu
ham'surim b'yadecha, v'al nishmoteinu
hap'kudot lach, v'al nisecha sheb'chol yom
imanu, v'al niflotecha v'tovotecha
sheb'chol eit, erev vavoker v'tzohorayim.

Hatov ki lo chalu rachamecha, v'ham'racheim
ki lo tamu chasadecha, mei-olam kivinu lach.

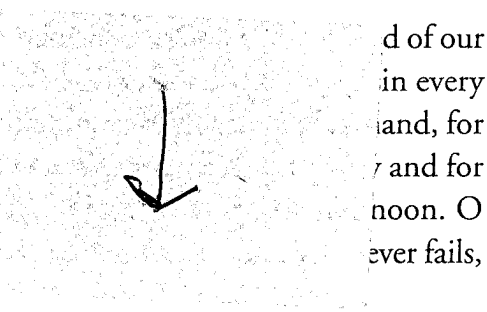
מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא
יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ, מָגֵן יִשְׁעֵנוּ,
אַתָּה הוּא לְדוֹר וָדוֹר.

נוֹדֶה לְךָ וְנִסְפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ
הַמְּסוּרִים בְּיָדְךָ, וְעַל נִשְׁמוֹתֵינוּ
הַפְּקוּדוֹת לָךְ, וְעַל נְסִיךְ שֶׁבְּכָל יוֹם
עִמָּנוּ, וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ
שֶׁבְּכָל עֵת, עֶרֶב וּבֹקֵר וְצַהֲרָיִם.

הַטוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרַחֵם
כִּי לֹא תָמוּ חַסְדֶּיךָ, מֵעוֹלָם קִוִּינוּ לָךְ.

אבות ואמהות
גבורות
קדושה
קדשת היום
עבודה
הודאה
שלום
תפלת הלב

WE ACKNOWLEDGE with thanks that You are
ancestors forever. You are the Rock of our lives, at
generation. Let us thank You and praise You — for
our souls which are in Your care, for Your miracle
Your wondrous deeds and favors at every time of
Good One, whose mercies never end, O Compass
we forever put our hope in You.



On Chanukah, continue on page 556.

V'al kulam yitbarach v'yitromam shimcha,
Malkeinu, tamid l'olam va-ed.

SHABBAT SHUVAH — Uch'tov l'chayim tovim
kol b'nei v'ritecha.

V'chol hachayim yoducha selah,
viy'hal'lu et shimcha be-emet,
Ha-El y'shuateinu v'ezrateinu selah.
Baruch atah, Adonai,
hatov shimcha ul'cha na-eh l'hodot.

וְעַל כָּלֶם יִתְבָּרַךְ וְיִתְרומֵם שְׁמֶךָ,
מַלְכֵנוּ, תָּמִיד לְעוֹלָם וָעֶד.

□

וְכָל הַחַיִּים יוֹדוּךָ סֵלָה,
וַיְהִלּוּ אֶת שְׁמֶךָ בְּאֵמֶת,
הָאֵל יִשְׁוּעֵתָנוּ וְעִזְרָתָנוּ סֵלָה.
בָּרוּךְ אַתָּה, יְיָ,
הַטוֹב שְׁמֶךָ וְלָךְ נָאֶה לְהוֹדוֹת.

For all these things, O Sovereign, let Your Name be forever praised and blessed.

SHABBAT SHUVAH — Inscribe all the children of Your covenant for a good life.

O God, our Redeemer and Helper, let all who live affirm You and praise Your Name in
truth. Blessed are You, Adonai, Your Name is Goodness, and You are worthy of thanksgiving.

בָּרוּךְ אַתָּה, יְיָ, הַטוֹב שְׁמֶךָ וְלָךְ נָאֶה לְהוֹדוֹת.
Baruch atah, Adonai, hatov shimcha ul'cha na-eh l'hodot.

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

שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמְּךָ
תְּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן
לְכֹל הַשְּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ
אֶת עַמְּךָ יִשְׂרָאֵל
בְּכֹל עֵת וּבְכֹל שָׁעָה בְּשְׁלוֹמְךָ.

אבות ואמהות
גבורות
קדשה
קדשת היום
עבודת
הודאה
שלום
תפלת הלב

SHABBAT SHUVAH — B'sefer chayim,
b'rachah, v'shalom, ufarnasah tovah,
nizacheir v'nikateiv l'fanecha,

SHABBAT SHUVAH — בְּסֵפֶר חַיִּים,
בְּרַכָּה וְשְׁלוֹם וּפְרִנְסָה טוֹבָה,
נִזְכָּר וְנִכְתָּב לְפָנֶיךָ,
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל,
לְחַיִּים טוֹבִים וּלְשְׁלוֹם.
בְּרוּךְ אַתָּה, יְיָ, עוֹשֵׂה הַשְּׁלוֹם.
בְּרוּךְ אַתָּה, יְיָ,
הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.

Please read
with me on
Ba
ha Page 358

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

Book of life, blessing, peace and prosperity,
inscribed by You,
for a good life and for peace.
makes peace.
ברוך
om.

Blessed are You, Adonai, who blesses Your people Israel with peace.
ברוך אַתָּה, יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם.
Baruch atah, Adonai, ham'vareich et amo Yisrael bashalom.

"We pause
for a moment
of silent prayer."

"Seek peace and pursue it." (Psalm 34:15) . . . The midrash observes, we must "seek peace" in our own place, and "pursue it" in every other place. Numbers Rabbah, Chukat 19:27

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