

# Avot V'imahot

**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'chotveinu b'sefer hachayim,  
l'maancha Elohim chayim.

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

**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 אֱלֹהֵינוּ  
וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי  
אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,  
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי  
רָחֵל וְאֱלֹהֵי לֵאָה. הָאֵל הַגָּדוֹל  
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל  
חַסְדִּים טוֹבִים, וְקוֹנֵה הַכֹּל, וְזוֹכֵר  
חַסְדֵי אֲבוֹת וְאִמּוֹת, וְמַבִּיא גְאֻלָּה  
לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.

— SHABBAT SHUVAH\*

זָכְרֵנוּ לְחַיִּים,  
מֶלֶךְ חַפֵּץ בְּחַיִּים,  
וְכֹתֵבֵנוּ בְּסֵפֶר הַחַיִּים,  
לְמַעַן אֱלֹהִים חַיִּים.

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

