

# Alignment Refinement: Jewish Meditations In English

Curated & Edited by Ken Lane

### Introduction:

This siddur is for those who are seeking to connect with the Creator of the Universe in a Jewish way, but are either still learning to make Hebrew the language of their heart or simply prefer to seek out HaShem in their English mother tongue. It is not meant as a replacement to traditional Hebrew prayer, but instead as an accompanying resource. The best siddur is the one that is regularly used.

Many of the prayers are inspired by the translations of Rabbi Zalman Schachter-Shalomi, z"l, whose memory lives on as someone who strove to connect Jews with HaShem in whichever way was most meaningful. There will, however, be slight changes to his language -- simply based on the curator's preference for a single gender pronoun in reference to the Creator for the sake of continuity and clarity. Also, the specific Name, "Yah", will be replaced with "HaShem" (meaning "The Name" -- which is alluding to the Tetragrammaton) or "Adonai" (My Lord) in order for the work to be more palatable across Jewish movements. There are also some areas where language is augmented, such as removal of mentions of the zodiac, again, for the sake of palatability. Certain sections may contain some Hebrew, but the main focus of this work is clear and concise Jewish prayer for those whom best understand English. Biblical names are also changed to their more original style.

I hope this work serves as a blessing to your connection with your Everlasting Sustainer, the Holy One of Yisrael.

Ken Lane / Yefet Ben Ezra

Psalm 119:169-176

*May my plea reach You, HaShem;  
grant me understanding according to Your word.  
May my petition come before You;  
save me in accordance with Your promise.  
My lips shall pour forth praise,  
for You teach me Your laws.  
My tongue shall declare Your promise,  
for all Your commandments are just.  
Lend Your hand to help me,  
for I have chosen Your precepts.  
I have longed for Your deliverance, HaShem;  
Your teaching is my delight.  
Let me live, that I may praise You;  
may Your rules be my help;  
I have strayed like a lost sheep;  
search for Your servant,  
for I have not neglected Your commandments.*

## Table of Contents

- 5 - Bedtime Shema For Adults
- 7 - Bedtime Shema For Children
- 8 - Modeh Ani 1
- 8 - Modeh Ani 2
- 9 - Modeh Ani 3
- 9 - Blessing For Bodily Functions
- 10 - Shacharit: Morning Meditations
- 56 - Birkat HaMazon - Grace After Meals
- 58 - Mincha - Afternoon Services
- 58 - Ma'ariv - Evening Services
- 61 - Rabbi Elimelech's Prayer To Be Able to Pray
- 68 - Mourner's Kaddish
- 69 - Erev Shabbat Kiddush
- 70 - Eishet Chayil - Blessing of the Wife
- 71 - Blessing of the Children
- 72 - Blessing For Reading of the Torah
- 73 - Shabbat Kiddush
- 74 - Havdalah
- 76 - Karaite Daily Prayer
- 85 - Praying In Solitude
- 86 - Tefillat HaDerek: The Traveler's Prayer
- 87 - HaGomel: Prayer of Gratitude
- 88 - Prayer for Safe Sleep of a Newborn Child
- 89 - Tikkun HaKlali: The General Remedy
- 97 - Blessings For Food
- 98 - Prayer for the Welfare of the State of Israel

## **Bedtime Shema 1**

(Siddur Sim Shalom: A Prayerbook for Shabbat, Festivals and Weekdays [1985], pp. 245-249)

Baruch attah Adonai, Eloheinu Melech Ha'Olam

Praised are You, HaShem our God, King of the universe, who brings sleep to my eyes, slumber to my eyelids. May it be Your will, HaShem my God and God of my ancestors, that I lie down in peace and that I arise in peace. Let my sleep be undisturbed by troubling thoughts, bad dreams, and wicked schemes. May I have a night of tranquil slumber. May I awaken to the light of a new day, that my eyes may behold the splendor of Your light. Praised are You, HaShem whose glory gives light to the entire world.

HaShem, faithful King.

Shema Yisrael, Adonai Eloheinu, Adonai Echad

Hear, O Yisrael: HaShem our God, HaShem is One.

Praised be His glorious sovereignty throughout all time.

Love HaShem your God with all your heart, with all your soul, with all your might. And these words which I command you this day you shall take to heart. You shall diligently teach them to your children. You shall recite them at home and away, morning and night. You shall bind them as a sign upon your hand, they shall be a symbol above your eyes, and you shall inscribe them upon the doorposts of your homes and upon your gates. (Deuteronomy 6:4-9)

Help us, our Father, to lie down in peace; and awaken us to life again, our King. Spread over us Your shelter of peace, guide us with Your good counsel. Save us because of Your mercy. Shield us from enemies and pestilence, from starvation, sword and sorrow. Remove the evil forces that surround us, shelter us in the shadow of Your wings. You, HaShem, guard us and deliver us. You are a gracious and merciful King. Guard our coming and our going, grant us life and peace, now and always.

Praised is HaShem by day and praised by night, praised when we lie down and praised when we rise up. In Your hand are the souls of the living and the dead, the life of every creature, the breath of all flesh. Into Your hand I entrust my spirit: You will redeem me, HaShem, God of truth. Our God in Heaven, assert the unity of Your rule; affirm Your sovereignty, and reign over us forever.

May our eyes behold, our hearts rejoice in, and our souls be glad in our sure deliverance, when it shall be said to Zion: Your god is King. HaShem Melech, HaShem Malacha, HaShem Yimloch, LeOlam Va'ed HaShem is King, HaShem was King, HaShem shall be King throughout all time. All sovereignty is Yours; unto all eternity only You reign in glory, only You are King. Praised are You, HaShem and glorious King, eternal Ruler over us, and over all creation.

(These biblical verses recall God's blessings and protection in ancient times:)

Then Yaakov said: "May the angel who has redeemed me from all harm bless the lads. May they carry on my name and the name of my fathers, Avraham and Yitzchak. May they become teeming multitudes upon the earth." And HaShem said: "If you will listen diligently to the voice of HaShem your God, doing what is right in His sight, heeding His mitzvot and keeping all His laws, then I will not inflict upon you any of the diseases that I brought upon the Egyptians, for I HaShem am your healer." The angel of HaShem said to Satan: "HaShem rebuke you, Satan. May HaShem who has chosen Jerusalem rebuke you. Is not this man a brand snatched from the fire?" Behold Solomon carried in his litter — sixty of Yisrael's heroes are its escort. All of them are skilled swordsmen, all trained at war, each with his sword at the ready to ward off any danger of the night. May HaShem bless you and guard you. May HaShem show you favor and be gracious to you. May HaShem show you kindness and grant you peace.

The Guardian of Yisrael neither slumbers nor sleeps.

I wait for Your deliverance, HaShem.  
HaShem eternal reigned before the birth of every living thing.  
When all was made as He ordained, then only He was known as King.  
When all is ended He will reign alone in awesome majesty.  
He was, He is, and He will be, glorious in eternity.  
Peerless and unique is He, with none at all to be compared.  
Beginningless and endless. His vast dominion is not shared.  
He is my God, my life's redeemer, my refuge in distress.  
My shelter sure, my cup of life, His goodness limitless.  
I place my spirit in His care, when I wake as when I sleep.  
God is with me. I shall not fear, body and spirit in His keep.

### **Bedtime Shema For Children**

(Siddur Sim Shalom: A Prayerbook for Shabbat, Festivals and Weekdays [1985], p. 249)

Shema Yisrael, Adonai Eloheinu, Adonai Echad  
Hear, O Yisrael: HaShem our God, HaShem is One.

Praised is HaShem by day and praised by night,  
praised when we lie down and praised when we rise up.  
I place my spirit in His care, when I wake as when I sleep.  
God is with me, I shall not fear, body and spirit in His keep.

## **Modeh Ani 1**

### **Blessing Upon Rising**

(Siddur Tehillat Hashem Yidaber Pi by Rabbi Zalman Schachter-Shalomi)

Thank You, Living God, and Master, for giving me another day of awareness. I thank You for this sacred trust.

## **Modeh Ani 2**

A Kavanah for Waking:

By Andrew Shaw

In these still, quiet moments,

I am not asleep

and not yet awake.

In the threshold of day and night,

with the mixture of darkness and light,

my body is once again coming to life.

I am reborn, each day,

from the womb of your compassion.

May all of my actions

be worthy of the faith You've placed in me.

With words of thanks I'll greet the dawn.



### **Modeh Ani 3**

Birkat HaShahar: Blessings for the Dawn

(נשמה שנתת בי | Neshamah Shenatata Bi (the breath you have given me), interpretive translation by Reb Zalman Schachter-Shalomi, z"l)

My God, Elohei

The breath You have given me is fresh.

You create it. You form it. You breathe it into me.

And you keep me breathing.

At some time, You will take it away from me, And I will have breathed my last breath in this body.

And You will resuscitate me, to the life of the spirit.

For each breath still in me, I thank You, my own God, Who is also my parents' God, Lord of all spirits, Master of all that happens.

I offer You thanks, Cosmic Majesty and worship You for keeping me breathing. And in this way, with each breath,

You give me Life anew.

### **Blessing For Bodily Functions**

By Rabbi Zalman Schachter-Shalomi

I worship You, HaShem, our God, Cosmic Majesty. You formed me, a human being, so wisely. You created in me all kinds of hollows and ducts, inner organs and intestines. As I am all transparent to You, it is apparent and clear that if any of these that need to be open would clog, or any of these which need to be enclosed would seep, I could not exist and live in Your sight, not even for a moment. So I am grateful and bless You, for healing me, in amazing ways.

## **Shacharit: Morning Meditations**

By Rabbi Zalman Schachter-Shalomi

ברכות התורה

Blessings of the Torah

You commanded us to exercise our awareness in Your Torah; for this instruction we offer You our appreciation, HaShem, our God. We ask that we may find zest and delight in the words of Your teaching. May we and our children (and their children, too) become intimate with You. And, with pure intent-- immerse ourselves in the Torah.

Barukh attah Adonai, You mentor Your people in Torah.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty, and worship You for selecting us among all nations to reveal to us the Torah meant for us.

Barukh attah Adonai, You keep gifting us with Your Torah.

(Now, study Torah where your heart prompts you.)

ברכות השחר

Blessing of the Dawn

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for giving me the gift to discern the difference between day and night.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for giving free movement to my limbs.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for helping me to stand upright.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for giving me clothes to wear.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for the firm ground on which You place me.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for leading my steps in the right direction.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You or providing for all my needs.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You or imbuing me among other Jews, with Strength.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for making my soul bright, when I wrestle and dance with You.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for taking my weariness and giving me energy.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You or shaping my life in Your image.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for giving me options.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for giving me the privilege to worship You, as a Jew.

Barukh attah Adonai, I offer You thanks, Cosmic Majesty and worship You for removing the last trace of sleep from my eyes.

יהי רצון

Yehi Ratzon

And we ask Your blessed help to find that our habits follow Your Torah, to make our desire seek Your mitzvot. Keep us from sin and offense, from shame and temptation. Do not allow evil to attract us. Keep us far from malicious people, but draw us to see goodness and right action. Induce our selfishness to serve You.

And help us this day, yes, every day, to be generous, friendly and cheerful.

As we face You and all who we will meet, keep us in Your grace and bless us.

Barukh attah Adonai,

You are always generous to us,

Your people Yisrael.

Amen

ואהבת לרעך כמוך

Veahavta Lereacha Kamocho

I accept upon myself

the command

to love my neighbor as myself.

Psalm 30

A Psalm for A Housewarming,

Composed by David

I acclaim You, my God. You set me free so that my foes could not gloat at my troubles. HaShem, my God, I pleaded with You. You healed me.

HaShem, you lifted me from the pit; from the brink of the grave - You brought me back to Life. Fellow devotees! Join me in my song.

Remembering what is sacred, let's give thanks.

For a moment, I felt You angry, then I felt Life and acceptance. Though weeping as I fell asleep, I woke up singing.

You, HaShem, made my mountain firm, I thought I was safe; that I won't ever stumble. But when You hid Your Face from me,

I panicked.

I call to You, HaShem! I plead with You, Adonai! What use is there in my death to go down to ruin? Can dust appreciate You? Can it discern Your Truth?

Listen, HaShem! Be kind to me! HaShem, Please help me.

You turned my grieving into a dance of reconciliation. You took off my rags and wrapped me in joy. Now, Your Glory is my song.

I won't hold back. HaShem, my God, I will ever be grateful!

Psalm 67

A Psalm for all the peoples of the planet

God, bless us with grace! Let Your loving Face shine on us!

We want to get to know Your way here on Earth, seeing how Your help is given to every group of people. Oh, how the various peoples will thank You, all of them will sing and be grateful.

Many people will be joyous and sing when You, Will set them right with forthrightness.

And the peoples, as You direct them, will cheer You.

Oh, how the various peoples will thank You.

All of them will sing, be grateful. The Earth will give her harvest. Such blessings come from God. Yes, from our God!

Bless us God,

All the ends of the Earth will esteem You!

ברוך שאמר

Baruch Sh'amar

Blessed Is He Who Spoke

Blessed One,

You talked the Worlds into being. What a blessing, You!

Blessed One, Your Word makes for becoming.

What a blessing, Your Name.

Blessed One, You decree and sustain.

Blessed One, all beginnings are Yours!

Blessed One, Your Compassion enwombs the Earth.

Blessed One, Your Caring is kind to all creatures.

Blessed One, You are generous in rewarding those who respect Your Creation.

Blessed One, ever alive, ever confirming existence.

Blessed One, You make us free, You rescue us!

When we hear Your Name we offer blessing.

Amen.

Psalm 100

This is how you sing to God a thank you song.

You join the symphony of the whole Earth. In your gratefulness, You meet Him. Voices echo joy in God's halls. In giving thanks, we engage His blessings. We meet His goodness, here and now; His encouragement from generation to generation. You are filled with joy serving God's purpose. You sound your own song as you do it. Certain that God is Be-ing, we know that we are brought forth from Him, --Both God's companions and His flock. Enter into God's Presence singing your own song, in grateful appreciation. Thank You God, You are all Blessing. In this world, You are goodness. Yes, Grace, itself. This is the trust we bequeath the next generation.

יהי כבוד  
Yehi Kh'vod

HaShem! Fill our world to reflect Your nobility, so You will find joy in Your creation. In all circumstances, we adore Your Name forever. Those who come from East, And those who come from the West, celebrate Your Name in their ways. HaShem transcends all national bigotries. His glory is in what concerns Heaven. HaShem -- this is Your Name forever. HaShem -- is the watch word, each generation passes to the next. HaShem, You have established Your Sh'chinnah in the Heavens. Your domain encompasses all there is. So, Heaven is glad. Earth is happy. All nations agree that You Are in charge. HaShem! You are now. HaShem! You were then. HaShem! You will be constant forever.

HaShem! Your reign is eternal. Earth is Yours alone. No nation can claim her. You, HaShem, void the designs of tyrants.

You, HaShem, block their schemes.

People brood over so many desires. It is Your design, HaShem,

That prevails. What You, HaShem, design, lasts through all time.

What You propose, works for many generations. You speak, and it becomes real. You command, and it comes to existence. You, HaShem, chose Zion. You wish to make Your seat there.

You, HaShem, have singled out Yaakov. Yisrael, is Your treasure.

You, HaShem, will not desert Your people.

You will not forsake Your heritage.

Because You are caring, You will forgive sin.

You will not destroy. But time and again, You will subdue Your wrath and not let Your fury rise.

HaShem! Please help, Prince!

Answer us the same day when we cry out.

אשרי

Ashre

Psalms 145

Sitting in Your home is happiness. And, offering appreciation of You is even more so. Selah! There is contentment for a people so at home with HaShem. There is serenity among the people who have You as their God.

(David's Aleph Bet Praise)

I hold You in the highest esteem, my God, my King.

In all I do, I will offer praise to You. Every day, I will offer You my appreciation and I will cheer You, in all that I do.

Magnificent are You, HaShem, and much appreciated.

But, Your true greatness is beyond knowing.

One generation transmits its excitement to the next over Your amazing actions, telling them of Your might.

Splendid and glorious is Your fame.

In all that I do, I delight to tell of Your marvels.

While others may speak of Your awesome power, I stress Your great kindness. Many will recall Your great goodness, and sing of Your fairness. You, HaShem, are gentle and compassionate, most patient and caring.

You, HaShem, are good to all of us. All that You have made, You hold in Your tenderness. We, who are fashioned by You, Acclaim You. In fervent devoutness, we bless You. We talk of the honor of Your realm, and draw our energy from Your power.

Thus, we announce to others how powerful You are, and how distinguished Your Majesty is. Your domain embraces universes.

Your authority is recognized throughout all generations.

You, HaShem, keep us from faltering, and help us up, when we stumble.

We all look up to You with hope.

And trust that You will provide us, at the right moment, with what we need. You open Your hand, and each one of us receives, what we desire. You are a Tzaddik, in all Your ways; A Chassid, in all that You do. You are close by when we call on You; Especially, when we fully mean it. You shape the will of those who respect You; You hear their pleading, and, You help. You, HaShem, protect those Who love You. Those who do evil, You eliminate.

I offer my mouth to God's praise. Let all who are in bodies of flesh, bless Your holy Name at all times, and we will bless You, HaShem, from now on, and for as long as there is life on this world.

Psalm 146

Halleluyah!

Spirit of mine, praise HaShem! I will indeed praise HaShem, With my life. I will sing to God with all my being.

I will not put my reliance in big shots. What can people do, who can't even help themselves? When their spirits leave them, they return to their dust. All their schemes have vanished.



Happy is one, who is helped by Yaakov's God; Whose hope is entrusted in HaShem, His God--The One, Who makes heaven and earth, the ocean and all that lives there.

He is also the One, who is forever.

The standard of truth and sincerity. He seeks justice for the oppressed and gives food to the starved.

HaShem, is the One, Who frees the imprisoned.

HaShem, gives sight to the blind.

HaShem, upholds the stooping.

HaShem, loves the Tzaddikim.

HaShem, protects the converts, consoles the orphaned and the widowed, confounds the way of the malicious.

Please, HaShem! Zion's God! Manifest Your rule in the world!

For us, and for our children.

Halleluyah

Psalm 147

Halleluyah!

It is so good to sing to our God - make good music to accompany the words.

HaShem, Builds Jerusalem by gathering her scattered Godwrestlers. He makes the broken-hearted well and soothes the hurt of their bruises.

Counting the stars and naming them, He creates them each to be.

Great, is our Master, And powerful beyond measure. No one can describe His way of comprehension.

HaShem, encourages the downtrodden, but the insolent, He brings low.

Offer gratitude to HaShem! To the harp, sing songs to the celebration to our God He covers the sky with billowing clouds:

Thus arranging rain for the ground, making the hills sprout forth grass.

Giving the beasts the food they need;

Even to the young ravens, who cry to be fed.

He is not impressed by a stallion's feistiness; nor, by the muscles of a man's thighs.

HaShem, welcomes those who respect Him; who long for His grace.

Jerusalem! Zion! Give praise to HaShem. Celebrate that He is your God! Because He strengthened the bars of your gates, and blessed your children in your midst, your borders He set to hold peace and satisfies you with good nourishment. When He decrees something for Earth, His command is swiftly fulfilled. Snow, like white wool, He sends down frost, He scatters like sand. He sends hail, like crumbs. No one can stand it when He brings on the cold.

Sending His word, He melts them, blowing warm wind and the waters flow. He imparts His words to Yaakov; His statutes and judgments to Yisrael. Alas! He did not do the same for other nations. His judgments, He did not share with them.

Halleluyah!

Psalm 148

Halleluyah!

Applaud and cheer HaShem, from the heavens.

Praise Him, the most sublime! Angel assembly, sing Hallel! Heaven hosts, sing Hallel! Hallel, too, sun and moon. Hallel, also, stars of light! Jubilation from the heavens of heavens. From the streams of endless space, He has decreed your existence. Praise God and be grateful for life. He fortified you to last long; Set a directive, that cannot be disobeyed. Hallel, too, from earth, from beasts and deep canyons. Fire, hail, snow and fog, tempests and storms obeying His word. Mountains, Hallel! And hills echo. Fruit trees and cedars sway their praise. Wild and tame creatures, creepers and winged birds. Hallel, too, from you – Rulers of lands and nations,

Officials and judges of the land. Lads and also lasses, Hallel!

Elders together with youths. All of you, praise HaShem's Name.

His very Name, is so transcendent.

His glory is reflected by Heaven and Earth.

Grand is the fate of His people.

His devout ones, in constant adoration. Halleluyah those intimate and close to Him, you Children of Yisrael, Halleluyah.

## Psalm 149

Halleluyah!

Sing a brand new song to HaShem. This, is how He is celebrated among the Chassidim. Yisrael, is happy knowing his Maker.

Zion's children delight in their King.

Dancing, they chant His Name, making rhythm, with drums and strings.

HaShem, loves His people. The self-effacing can count on Him for help.

Chassidim, savor His awesome Presence. Even on their bed, they hum

His praises. They exalt God in inner speech. Such praise is a potent

weapon, repelling antagonists, scolding bigots, to immobilize their commanders and arrest their agitators.

Rebuke them, as they deserve! All this, because God's Chassidim give honor to Him in splendor.

Halleluyah!

## Psalm 150

Halleluyah. Attune to God in holiness: be in awe of God who is mighty in the heavens. Mark God for His potent acts:

Praise God for His generosity. Salute God with trumpet sound:

Hail God with the strings and harp. Worship God with drum and dance:

Intone to God with organ and flute. Make rhythm to God with crashing

cymbals: praise God with cymbals that ring out.

Let all who breathe chant HaShem. Halleluyah.

Barukh HaShem always, Amen, Amen.

From Zion, from Your dwelling in Jerusalem, We send our Halleluyah.

Barukh, too, to You, HaShem, Yisrael's God, Who alone, does amazing

things. May the glorious Presence, Governing numberless worlds

manifest in this world in all magnificence, Amen, Amen.

ויברך דוד

David Blessed

And David worshipped HaShem for all the crowd to see.

And David said, "I offer worship to You, HaShem."

Blessed are You, HaShem, God of Yisrael, our Father, ruling countless worlds. All virtue is Yours:  
Gedulah , Hesed, Largesse,  
Gevurah, power and Law,  
Tif'eret, balance and splendor,  
Netzach, effectiveness,  
And Hod, elegance.  
For all that is in Heaven and Earth is founded in Yesod.  
The urge to live. Yours, HaShem, is majesty,  
Malkhut, most sublime.  
Abundance and honor are before You.  
And You reign over the all. In your hand, is force and might.  
You can empower and raise up. And, as of right now, O, our God,  
We thank you and sing to your glory to our utmost.  
You, HaShem, You, alone have made the heavens, the heavens beyond  
our heaven, all those that serve You there.  
Earth and all that is on her; the oceans, and all that they contain.  
The host of heaven bow to You, and you infuse them all with Life.  
(here give Tzedakah)  
You chose Avram. You brought him out of Ur of the Chaldees.  
You named him Av-raham and found his heart to be trustworthy enough,  
to make a covenant with him. On the day, when You saved us,  
Avrahams children, from Mitzrayim, we saw how You dealt with  
Mitzrayim, with superior force. We, the people, saw it, And we put our  
faith in You, HaShem, and in Moshe, your servant. We sang then the  
great song. And placed our trust in You, to bring us, plant us, on the  
mountain sacred to You, the Place You established, to reside there, the  
sanctuary,  
That Your hands had set up for us.  
HaShem, will reign there always.  
HaShem, will reign there always.  
On that day, HaShem will be One.  
And, His Name, will be One.

ישתבח שמך  
Yishtabach

Your Name be praised, always, Majestic One.  
Powerful and gentle Source, making Heaven and Earth sacred.  
It is our pleasure to dedicate to You, our God and Our parents' God,  
Time and again: music and celebration, jubilation and symphony,  
fortissimo, anthem, victory march, largo, forte, paeon and hymn,  
sanctus and maestoso, laudo and aria,  
Celebrating Your Divine reputation in every realm.  
We worship You, HaShem, Generous, Great, Regal One,  
Who is the One, to whom we offer all these.  
God, whom we appreciate, Source of all wonder, Fountain of all souls,  
Author of all that happens, Who delights in music and chant, Origin of  
Unity. You are the Life that flows through all the worlds.  
Amen

Reb Ahrele Roth, a"h, wrote a list of 32 mitzvot whose fulfillment is  
completed in  
the brain, the heart and the mouth.  
A good preparation and a bridge for the next phase of prayer, as you  
enter into  
the world of B'riyah, is Reb Ahrele Roth's list of Mitzvot one can do with  
consciousness alone.  
The Hebrew alphabetical equivalent of 32 is ל"ב, the letters of which spell  
the  
Hebrew word LEV for Heart.  
O my Creator!  
May Your Name be praised: With my mouth, brain and heart prepared, I  
am  
ready to fulfill Your mitzvot. You who shape me.  
1. Faith I place in You.  
2. Oneness I affirm in You.  
3. I am mindful of You.

4. I focus on Your vast Greatness,  
5. and focus on my insignificance.  
6. Thus do I turn back to You  
in teshuvah,  
7. and am bashful in Your Presence.  
8. I am awed by You,  
9. and love You.  
10. I accept the authority of your  
mitzvot,  
11. find my joy in You,  
12. and place my trust in You.  
13. I deny all false gods and those  
in their service;  
I reject unfit thoughts that rise  
in my heart.  
14. I give You my thanks,  
15. and aim to hold You sacred.  
16. I remember Jerusalem,  
Your House of Prayer  
for all peoples,  
17. and look out to You,  
18. to redeem us and free our souls.  
19. Amalek, I will blot out,  
by loving my neighbor as myself,  
20. and adhering to You, in devekut,  
21. walking in Your ways.  
22. Thus, will I make in me a Holy  
Space for You to be at home in.  
23. I long for Your intimacy and love,  
24. and am energized to find You  
empowering my heart.  
25. I affirm that Your actions are just,  
26. and am mindful that  
You redeem us from Mitzrayim.  
27. Therefore,

I will not welcome  
in my awareness,  
thought that opposes faith  
in Your/our service  
and in Your Torah.  
28. I will not yield to pride.  
29. I will not hate any fellow  
Godwrestler in my heart,  
30. and I will give up  
all vindictiveness,  
not consider my self flawless,  
31. but remember that I caused You  
displeasure.  
32. With all these,  
I intend not to forget  
Your presence in my life.  
Amen!

Thus, may You be pleased, O Supernal Parent, that by the merit and the power of my making mention of these Mitzvot with my mouth, there be stimulated the energy of these Mitzvot in their supernal root to draw down to me that High Holy flow that will shield my thoughts my voice and my words from all damage, all taint, all dross and dirt. And there be drawn to me a flow that will make pure my thoughts and heart, my voice and words. May all of them be surrendered to You, Praised One, to the end that I may merit to be connected to You, In devekut, kavanah, and love and to attain the fulfillment of Your mitzvah to cleave to You.

Thus will I be privileged to be an instrument of Your will,  
A vehicle for the blessed Shechinah of Your Glory.  
Thus will the light in my soul not darken, nor will Your Divine spark be extinguished in me from now on and forever.  
Amen!  
May this be Your will.

תפילת הבריאה

I bow before You, HaShem, our God, Cosmic Majesty, for shaping light and creating darkness, promoting peace and creating what is. You bring on light with compassion to the world and to all who live in it. In goodness, You constantly renew each day what You made happen at the beginning, You make numberless beings, all different. Each one, with its own wisdom. All there is, is Yours.

HaShem, our Master! How mighty is Your fame all over Earth.

Such glory, You radiate from the Heavens.

I am awed when I see Your skies, Your handiwork and fingerprints, the moon and stars You have arranged.

And the angels; Ophanim,

Turning orbits and the planets, Hayot, the constellations,

Seraphim, blazing ones, the galaxies.

All in concert adore and venerate You, and sanctify Your Name

Chanting:

Kadosh, Kadosh, Kadosh

Holy, Holy, Holy are You HaShem of Diversity

The cosmos is filled with Your radiance.

They plead also...

Bring this glory to radiate to us also on the level where we live.

They all offer to You, blessed God all pleasure in worship.

Aware that You alone are Sacred, beyond all limits.

Condensing and focusing creating anew, overcoming all barriers, seeding virtue, growing liberations, making healing available, awesome in admiration, Master of marvels.

In Your benevolence, You renew each day, each moment, the work of Creation. Please, focus, new light on Zion and let us all receive its benefit.

Barukh attah Adonai, You shape luminaries.



אהבת עולם

Ahavat Olam

From ever You have loved us into life.

HaShem—our God, You nourished us with kindness and abundance.

Holy One! For the sake of Your plan, for Your honor and because we know that our parents trusted You, and You, in turn, taught them how to live life, so as to be serving Your purpose, we ask You to share with us in the same way.

God, kind Parent, we live in the embrace of Your caring.

Make ours an understanding heart, to become aware and be careful and effective in this way, to make real what You speak to us in Torah, and with so much love. When we study Torah, may we see clearly what is meant for us to know. When we do Mitzvot, may all our feelings sit harmonious in our heart. Focus all our hearts' longing to that moment, when we stand in Your Presence,

In both awe and adoration. May we never have to be Apologetic for our love for You. Trusting You, we are happy to see Your beneficent plan unfolding. May Your kindness and compassion, be available to us.

Please hurry. Bring blessing and peace to us. Gather us, so we not be scattered all over the world.

Lift the hold of estrangement from us. Lead us to live in this world, so that we feel at home in it.

You can do this for us. You have assigned us to do our special work in life You brought us close to You. We are grateful. We hold You special. And are filled with love for You.

Barukh attah Adonai, Who relates to us in Love.

Amen.

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Shema Yisrael, Adonai Eloheinu, Adonai Echad

Listen, you, Yisrael person,

(say your own name here)

HaShem who Is, is our God,

HaShem who Is, Is One, Unique,  
All there Is.

ברוך שם כבוד מלכותו לעולם ועד  
Through time and space,  
Your glory shines, Majestic One.

Love HaShem, who is your God, in what your heart is, in what you aspire to, in what you have made your own. May these values which I connect with your life, be implanted in your feelings.

May they become the norm for your children: Keep talking with them in the privacy of your home, and on the errands you run. May they help you relax. And activate you to be productive. Display them visibly on your arm. Let them focus your attention. See them at all transitions at home and in your environment.

How good it will be when you really listen, and hear my directions, which I give to you today, for loving HaShem, Who is your God, and to act godly with feeling and inspiration.

Your earthly needs will be met at the right time.

ציצית  
Tzitzit

HaShem Who Is, said to Moshe,

“Speak, telling the Yisrael folks to make tzitzit on the corners of their garments, so they will have generations to follow them.

On each tzitzit tassel, let them set a blue thread. These tzitzit are for your benefit! Glance at them. And in your seeing, remember all the other directives of HaShem, who Is, and act on them!

This way, You will not be led astray, craving to see and want, and then prostitute yourself for your cravings. This way you will be mindful to actualize my directions for becoming dedicated to your God; to be aware that I Am HaShem, Who is your God, Who is the One who freed you from oppression, in order to God you. I am HaShem, who is your God.

That is the truth! אמת

You, HaShem, Who saved our ancestors, may You soon bring redemption to us also.

Barukh attah Adonai - Ga'al Yisrael.

תפילת האצילות

Weekday Affirmations

(Based on the Amidah.)

You can add personal affirmations to the following.

I affirm...

The power of positive affirmations. I affirm that the Shechinah surrounds me and blesses me. I affirm the light beings of God's service, Who support and guide me.

Avot

I affirm the blessings of Avraham and Sarah, in my life.

T'hiyah

I affirm the sacrifice of Yitzchak, and God's power over my life and death.

K'dushah

I affirm God's holiness and my growth toward it.

ה Shover oyvim

I place myself under the protection of the S'phirah of Keter,

Which will shield me from all harm and neutralize it.

ה Atah honen

I invoke the inflow of Chochmah, to align my intellect with clarity and purpose to inspiration and realization.

Hashivenu ה

I invoke the care of Binah, to lead me to God's heart.

ה S'lihah

I invoke the abundance of Chesed to bring me to atonement.

ה Ge'ullah

I invoke the power of Gevurah to see me through trouble and lead me to redemption.

in Refu'ah

I place myself in the compassionate heart of God's Tiferet,  
And affirm the healing, balancing, integrative, centering light within me.

ן Brachah, Mashiach, Shechinah

I support myself

On the pillar of Netzach, channeling to me all manner of blessing and  
prosperity, and place it at the disposal of the redeeming Mashiach,  
unfolding to witness the Shechinah's residing in Zion.

ן Kibbutz Galuyot, Yerushalayim,

Modim

I support myself on the pillar of Hod, making order in my life,  
gathering all the forces from dispersion, And settling them in the blessed  
Jerusalem, where I offer my thanks to God's Glory.

י Tzedakah Umishpat, Tzaddikim,

Shalom

I base myself on the foundation of Yesod, to act righteously and justly.  
To assist every righteous effort in the world, and to become peaceful, to  
work for peace.

ן Shome'a T'fillah

I affirm that Malchut, the Shechinah, is the one offering these  
affirmations in me and is attracting the flow of blessings to suffuse my  
life.

Amen...Amen.

(If you are pressed for time, you can use this short version.)

Havinenu

(J. F. Stern)

Help us HaShem to understand Your ways and sensitize our hearts with  
reverence all our days.

Forgive us, with compassion, each sin that redemption we may hope to  
win. In Your caring take our pain and suffering away and satisfy us with  
Your abundance we pray. With Your all-powerful and tremendous hand,  
our scattered ones bring together to our own land. May justice be  
effective and righteousness prevail.

May evil plots be razed and fail. But righteous efforts be well regarded.  
And those who serve goodness be rewarded when Your sacred city with  
joy we rebuild. And Your House of prayer with all peoples be filled. Then  
with a loud and exultant voice will the righteous, O God of Yisrael,  
rejoice. Let it be Thy divine will, to speedily found a messianic life for all  
abound. And, may the light of peace, brightly blaze, as in reverence,  
Your sacred Name we praise. For You do hear the voice of prayer are  
blessed!

This we declare. Amen

העמידה

Another version of the Amidah

בְּרוּךְ אַתָּה ה'

I bow before You, HaShem, our indwelling God,  
Our parents' God, Avraham and Sarah's God, Yitzchak and Rivkah's  
God, Yaakov and Leah and Rachel's God, Great, Powerful and  
Awesome God. God transcendent. You nurture us gently and are kind to  
us. You, who possesses it all. You remember how our parents loved  
You. Yes, we trust that You will bring redemption to us, their children's  
children, who chant Your name  
And love You...

Our Prince, Our Helper,  
Our Protector.

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai

Magen Avraham U'foked Sarah

You are powerful with worlds, Adonai.

What is dead, you can make live.

You are really capable of helping.

You give dew (and rain) to parched earth and souls.

You feed all life with gentleness. You invigorate bodies with mercy's  
flow. You support us in falling. You heal us in sickness. You free us from  
compulsion. You keep faith with those now dead.

In Your might, no one can compare with You.  
You deal out life and death, yet in all this,  
You make salvation grow.  
Barukh attah Adonai, m'chayeh hametim.

You are Holy, Your name is Sacred. And those who daily aspire to be  
holy, sing your Halleluyah all day - indeed, You are the Great and Holy  
God.

בְּרוּךְ אַתָּה ה'   
Barukh atah Adonai, Ha'el hakkadosh.

We pray for the right awareness  
(in your own words)

בְּרוּךְ אַתָּה ה'   
Barukh attah Adonai, chonen Hada'at.

We pray for becoming harmonized with God's will  
(in your own words)

בְּרוּךְ אַתָּה ה'   
Barukh attah Adonai, harotzheh bit'shuvah.

We pray for forgiveness  
(in your own words)

בְּרוּךְ אַתָּה ה'   
Barukh attah Adonai  
Channun Hammarbeh Lis'lo'ach.

We pray for support and redemption  
(in your own words)

בְּרוּךְ אַתָּה ה'   
Barukh attah Adonai, go'el Yisrael.

We pray for healing  
(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, rofe' chol bassar u'mafli' la'assot.

We pray for the ecology and economy

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, m'varech Hashanim.

We pray for the the ending of exile

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, m'kabbetz nid'chey ammo Yisrael.

We pray for a just society

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, Melech ohev tzedakka u'mishpat.

We pray for release from the struggle with negativity

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, Shover oyvim u'machni'a' Zeydim.

We pray for all righteous effort to succeed

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai

Mish'an U'mivtach latzaddikim

We pray for Jerusalem, God's city, The House of Prayer for all Peoples.

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, boneh Y'rushalayim.

We pray for

the rule of Mashi'ach

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, matzmi'ach keren y'shu'ah.

You hear Our Prayer, Compassionate parent. Accept our pleading, with kindness and grace. Everyone praying to You, is heard. So, I add the concerns I still have beyond what I have expressed before, and I trust, that You, will respond.

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, shome'a' tefillah.

Take pleasure God, in our way of praying.

Teach us, to encounter Your Presence. May we merit to pray in Your Temple in Zion.

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai

Hammachazir ch'chinnato l'tzion.

We are grateful God and count our blessings

(here in your words detail your gratitude  
for events in your life)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai

HaTov Shimcha U'l'cha Na'eh L'hodot.

We pray for Peace

(in your own words)

בְּרוּךְ אַתָּה ה'

Barukh attah Adonai, ha'm'varech et 'amo Yisrael bashalom.

Amen.

(After the Amidah, it is important to find a moment to search



your heart and conscience. If you find something that needs repair make your commitment to do so and ask for the grace to fulfill that tikkun.

(On days when Tachanun is not recited, joyful and celebrative days, recite

Psalm 15 instead.)

Tahanun

My God!

my soul is Yours

my body is Your servant

take pity on what You have created;

my soul is Yours

and my body is Yours

God help us for Your sake.

We come to You

because we want to honor

Your reputation.

Help us in our moral struggle

for the sake of Your reputation;

because You are kind and compassionate.

Forgive us,

for there is so much

we need to be forgiven for.

Pardon us our Father,

our errors are so great;

forgive us our Royal Master

many are our mistakes

Our God our parents God

pardon our sins

Erase our rebellions

Let our failures not appear before You.

Mold our drives to serve Your purposes;

let our stubbornness be in Your service.

Refresh our conscience

to guard Your instructions  
Sensitize our hearts to love You  
and to respect Your reputation  
as Your Torah prescribes:

"and HaShem Your God  
will sensitize Your heart  
and the hearts of Your children  
so that Your love for Your God  
will be wholehearted, inspired,  
to make Your life meaningful"  
Dear God.

I approach You  
from the desire to serve You  
and yet there is no Tzaddik  
who can do only good  
and not fail in it  
Please help me with my moral Life  
so that in every way  
my attitude will be balanced  
and right.

To begin with,  
help me to forgive anyone  
who is frustrated and upset me  
if they have sinned against me,  
my body my possessions  
my reputation anything of mine  
but unintentionally are intentionally  
whether they scheme to do it  
or were unaware  
whether it was in word or action  
whether it was in thought  
and the imagination  
Whether it was in this incarnation  
or in any other  
I completely forgive any God-wrestler;

let no one be punished on my account.  
My God and my parents God  
may our prayer come before You  
do not turn Your attention  
from our pleading  
we don't want to be impudent  
we don't want to be stubborn  
and claim that we are righteous  
and have- not sinned  
Indeed our parents have sinned  
and we have sinned  
Help us with God not to fail You again  
and what I hereby confess to You

-----

I beg You,  
that in Your great mercy  
You erase my sins  
but not by means  
of suffering and illness.  
May the words of my mouth and the meditation  
of my heart  
be acceptable for You HaShem my rock and my  
Redeemer  
I place my faith in You  
I place my trust in You  
I place my hope and You

At this point, you may wish to recite Psalm 6 or Psalm 25.

Psalm 6

A David Song

[Note to the Conductor- -

play this melody on the eight stringer]

HaShem! Please don't chide me  
in Your anger.

Don't scold me in Your wrath.

I need You to show me kindness.  
I am so miserable. Heal me, HaShem!  
My bones ache so.  
My inner self is very troubled.  
I ask You, HaShem!  
How long must I still endure?  
Relent, HaShem,  
And for mercy's sake  
Pull me out and spare me.  
How can I remember You  
If I am dead in the pits?  
Who will thank You?  
I groan and am all worn out.  
I sob on my bed;  
My tears drench my mattress.  
My eyes are stinging  
From frustration,  
As if all my troubles  
Wept them out.  
Away with you,  
All you traffickers of sin!  
HaShem has heard my wailing.  
HaShem has listened to my pleading.  
HaShem will fulfill my prayer.  
Confusion and embarrassment  
On you, you fiends!  
This very moment,  
Let shame  
Bring you to your senses.

Psalm 25

(an Aleph-Bet song)

Of David

א ,.HaShem! To You I raise my soul.

ב ,.My God, I trust You.

Let me not be shamed.  
 Let not my detractors mock me.  
 א ,.All who place their hope in You  
 Will not be disgraced,  
 But shame will cling to those  
 who riot without cause.  
 ט ,.Get me to know your ways.  
 Teach me your way.  
 ה ,.Guide me in Your Truth.  
 Teach me to know  
 That You are the God of my salvation.  
 All day long I set my trust on You.  
 --- ,.I  
 ז ,.Recall Your compassion, HaShem  
 And Your kindness,  
 They precede all Creation.  
 נ ,.To the failings of my youth  
 And my rebellions, don't pay heed.  
 Remember Your good will for me,  
 HaShem! for Your goodness' sake.  
 ו ,.Because You are good and fair,  
 You can gently show the way  
 to the neglectful.  
 י ,.You guide the modest  
 in their judgments,  
 Teaching the unassuming Your way.  
 כ ,.Those who respect Your covenant  
 And witness You,  
 Find that Your ways, HaShem,  
 Are kind and real.  
 ל ,.For Your sake, HaShem,  
 Pardon my flaw – though it is great.  
 מ ,.When a person so minds You, HaShem,  
 You will teach him the path to choose.  
 נ ,.Such one can sleep easy at night,

Knowing that her children  
will inherit the Earth.  
ו ,.You, HaShem, impart Your secrets  
To Your awakened ones.  
Your mysteries You share with them.  
ז ,.My eyes are focused on You, HaShem.  
You untangle my feet from the trap.  
ח ,.Turn to me with kindness,  
For I am lonely and wretched.  
ט ,.My troubles have opened my heart  
And made space in it for others.  
Do extricate me from my despair.  
י ,.See my struggle,  
my heavy burden.  
Forgive then all my failings.  
יא ,.See how much I suffer,  
How I am hated for no reason.  
יב ,.Keep my soul safe and free me.  
Let me not be reviled  
for my trust in You.  
יג ,.Because I trust You--  
Let simple directness protect me.  
God! Free all of Yisrael  
from all their distress.

Psalm 15

David's song:

HaShem!

Who may be at home in Your tent?

Who may find sanctuary

On Your Sacred mountain?

One who strides with wholeness,

Acts with fairness,

Whose heart and words

Speak with honesty,

Not given to gossip,  
Not hurting others,  
Not shifting blame on others.  
Wary of his own motives,  
He honors those  
Who are respectful of God.  
He will not stoop to lie  
When she swears,  
Even if it causes his loss.  
He lends his money, interest free,  
Won't accept a bribe,  
To convict the innocent.  
One who acts in this way,  
Will never waver.  
Dear God,  
We take delight in the privilege  
To be created for Your glory--  
Not to walk about in confusion;  
To feel in us,  
Your implant of eternal life.  
Open our hearts to Your Torah.  
Secure in our hearts,  
Love and Awe for You.  
May we not waste our lives  
Or cause discord.  
We plead with You, HaShem,  
Our God,  
Support of our Parents,  
That in this life  
We may be faithful to Your intent.  
And that we may live,  
To experience  
The days of Mashiach,  
And the life of the world to come.  
To trust in You, HaShem,

Is our blessing.  
I will keep chanting in Your honor,  
And offer my gratefulness,  
And not be silent.  
HaShem will prove trustworthy.  
HaShem shaped the worlds,  
We can stake our trust on this.  
Knowing how to call on You,  
We can depend on You.  
You never abandoned those  
Who sought You, HaShem.  
This is true because—  
You, HaShem,  
desire this.  
In order that Your justice prevail,  
You extend the Torah,  
To be ever more  
Compelling and strong

Here are Psalms for each day of the week

Psalm 24

David's song (for opening himself to Spirit).

This psalm was the Sunday song of the Levites in the Holy Temple.

Earth and her fullness

Are Yours, HaShem,

The cosmos and its beings.

You founded Earth

On the endless seas of space.

You set her by the streams

Of the great Flow.

Who can rise

To Your summit, HaShem?

Who can stand

In Your place of holiness?

One who has hands



that are clean,  
A heart that is pure,  
Who has no false oath  
On her conscience,  
Who swore not to larceny.  
Such a one  
Will raise a blessing  
from You, HaShem,  
Kind generosity from You,  
Her helpful God.  
Such people are of a generation  
That seeks You.  
Like Yaakov seeking to face You,  
Selah!  
Open your minds' imagination!  
Let the Gates to eternity  
Come into view!  
Then the King of Glory  
Will appear.  
Who is this,  
the King of Glory?  
HaShem – Tzevaot,  
He is the King of Glory.  
HaShem! Powerful and strong.  
HaShem, the ever victorious!  
Open your minds' imagination!  
Let the Gates to eternity  
Come into view,  
And then the King of Glory  
Will appear.  
Who is this, the King of Glory?  
HaShem – Tzebaot,  
He is the King of Glory.  
Selah!

## Psalm 48

This psalm was the Monday song of the Levites in the Holy Temple.

Song and music from the Korachites

Here in God's city,

On this holy mountain,

God is vast and His fame is glorious.

This beautiful landscape,

The joy place of Earth,

Mount Zion

at Jerusalem's North side,

The great royal capital.

In her palaces,

God is known in exaltation.

Here, kings gathered.

They came together.

(If they came as enemies...)

They saw and were overwhelmed

With awe.

They were shaken and took flight.

Trembling, they shook,

Shaking like a woman in labor.

A storm You raised from the East,

Shattering Tarshish cruisers.

All this we heard.

We even saw it all,

In God's city,

The Seat of Adonai—Tzevaot.

May God keep it flourishing forever.

Selah!

In the midst of Your Temple,

We looked for Your Grace,

O God.  
Your reputation is well deserved.  
So, we praise You  
To the ends of the Earth.  
Fairness and kindness  
Issue from Your right hand.  
Zion's mountain rejoices.  
Judah daughters are gleeful.  
All because of how You act justly.  
Go round Zion, enfold her.  
Take note of her towers.  
Set your heart on her strengths.  
Raise her mansions high.  
Then, you will tell about it  
To generations yet to come:  
This is God, our God!  
Forever and ever.  
He will guide us past death.

#### Psalm 82

This psalm was the Tuesday song of the Levites in the Holy Temple.  
Assaph sings:  
God is present  
to the godly gathering.  
He presides among those  
Who administer judgment,  
(and warns them),  
"How much longer will you twist  
Your verdicts  
and favor the wicked?  
Selah!  
In your judging,  
Consider the modest, the orphan.  
Find justice for the destitute  
And the oppressed.

Assist the poor, the down and out.  
Save them from the bullies' hands.  
Not knowing, unawares you are,  
You walk in the dark,  
While the foundations of earth  
Are toppling.  
I set you to be judges,  
To be like angels  
of the Most High.  
But you will die like anyone else,  
Topple like demoted princes.  
Arise, O God!  
Bring justice to the world!  
You can bring order  
to all the nations.

#### Psalm 94

This psalm was the Wednesday song of the Levites in the Holy Temple.  
God who settles scores!  
Appear in Divine vengeance!  
Make Yourself known,  
As The Judge of the World.  
Let the arrogant suffer  
Your retribution.  
How long yet HaShem  
will the wicked --  
How long yet  
will the evil ones prosper?  
Boasting their malice,  
They talk each other  
into greater evil.  
HaShem!  
They oppress Your people.  
They demean Your legacy.  
They murder widows

and strangers.  
They kill orphans!  
Deluded are they,  
Thinking that HaShem cannot see,  
The God of Yaakov is not aware.  
Boorish trash!  
Try to make sense!  
Fools, will you ever get wise?  
The One who plants ears --  
Can He not hear?  
Who shapes eyes --  
Can He not see?  
He who reproaches nations --  
Does He not call them to task?  
He, Who teaches people  
to be aware, Is He not aware?  
HaShem,  
Knows our human thoughts.  
They are all worthless.  
Blissful is the one  
whom You, HaShem,  
Take to task and teach him  
Of Your Torah,  
To keep him secure  
during evil days,  
Tiding him over until ruin  
Overtakes the wicked.  
Because HaShem,  
Will not forsake His people.  
He will not abandon His heritage.  
Justice will return to the courts,  
Vindicating those of upright heart.  
Will anyone  
Stand with me against the wicked?  
Who will stand up for me

Against the bullies?  
Had HaShem not helped me,  
I would not have escaped  
The silent tomb.  
When my knees buckled,  
Your Grace, HaShem,  
Held me up.  
When overwhelmed  
By disturbing thoughts—like...  
'How could You assist malice?'  
I found comfort  
As You delighted my soul.  
Those who scoff  
all laws and justice,  
Who band together  
Against righteous souls,  
And shed pure blood in meanness,  
You paid them back  
for their crimes.  
HaShem, God,  
You suppressed them for their evil.  
HaShem, Is at all times  
my tower of strength,  
My God,  
The rock of my safe place.

#### Psalm 81

This psalm was the Thursday song of the Levites in the Holy Temple  
(Accompany this Assaph song with the guitar)

Make music to God,  
The Source of our strength.  
Trumpet a fanfare to Yaakov's God:  
Louder, Drum rolls,  
Sweet sounding violins  
And pipes.

Greet the New Moon  
With the Shofar,  
The time  
When the moon is hidden,  
And still we celebrate.  
This is the imperative for Yisrael.  
To become prepared,  
For being judged by Yaakov's God.  
(Like that day when...)  
Joseph was empowered  
To go out and rule Egypt,  
Able to understand a language  
He never learned.  
(This caused that, in the end.)  
The heavy load  
was taken from his back  
No longer  
having to knead the clay.  
You called when oppressed,  
And I (said God) freed you.  
In the thunder  
You heard my secret message.  
Later, I tested you  
at Meribah's springs.  
Selah!  
Listen my people!  
I witness this to you!  
Yisrael, if only  
you would listen to Me.  
Don't cling to a strange god.  
Don't worship an alien deity.  
It is I, HaShem,  
Who took you up from Egypt.  
I fed you  
and you were sated to fullness.

But My people did not obey me.  
Yisrael did not desire Me close.  
I let them have their hearts' way,  
To pursue their own devices.  
Oy!  
If only my people would obey Me,  
Yisrael would walk in My ways.  
In a moment,  
I would subdue their foes.  
I would, with My own hands,  
repay them.  
Those who loathe HaShem, but deny it,  
Will have their rebuke forever.  
(But you who obey...)  
I will feed with the fat of grain.  
And satisfy  
With honey from the rock.

### Psalm 93

This psalm was the Friday song of the Levites in the Holy Temple  
HaShem, You ruled, robed in dignity.  
Donning intensity,  
Girded with strength,  
Even the cosmos you arrayed  
That it not falter.  
Your Throne  
Is prepared from the farthest past.  
You have been before  
There was a world.  
The currents raise their roar,  
The rivers raise the spumes,  
The mighty torrents' thunder.  
The thunder of the ocean's breakers: All exclaim,  
'Most powerful are You, HaShem!'  
Oh, HaShem! Your creation



witnesses You well.  
Of sacred beauty is Your house--  
Through all of time.

(on Rosh Chodesh, New Moon Day, or any other in which you  
appreciate God's hand in nature  
insert Psalm 104)

ברכי נפשי

Bless HaShem, breath of mine.  
HaShem, my God, You are so vast and great,  
All veiled in pride and glory!  
You are wrapped in Light.  
The sky, You spread like a sheet.  
Your upper chambers are water roofed,  
As You stride clouds.  
You waft on the wings of wind.  
The breezes, You send  
are Your aides,  
Your helpers, blazing flames.  
You founded Earth, so sound,  
To outlast time itself.  
The abyss, You covered like a mantle  
Water! On mountains rests.  
You sound a roar and they flee.  
Your thunder makes them shake.  
Mountains high and valleys low...  
Their places they assume.  
You set them limits they cannot pass. Never again to  
flood the land.  
Springs flow into brooks  
And snake between the mountains.  
All the wild of field drink there.  
The beasts slake there their thirst.  
By their shores,  
dwell birds that soar,

Sounding calls  
through leaves and reeds.  
You drench the hills  
From Your Upper Chambers.  
From your hands' produce  
The Earth is filled.  
You grow fodder  
for the tamed beasts,  
And herbs with human labor,  
To bring forth bread from Earth.  
And wine to delight the sad ones,  
And oil... that softens skin,  
And bread... that sustains the weak.  
Even the trees you sate with sap.  
The cedars You planted  
on the Lebanon.  
There, birds find their nesting.  
There, storks find homes to rest.  
Antelopes bound on the heights.  
Marmots hide behind rocks.  
The Moon pulls tides and seasons.  
The sun knows where to set.  
You darken dusk to night.  
The forest's night life stirs.  
The big cats cry for prey,  
Praying God for their food.  
They return  
at the rising of the sun,  
To crouch once more in lairs.  
While humans go out to work,  
To their toil, up to night.  
How many things You do!  
So wisely are they made.  
All Earth, at your command.  
This vast sea beyond all grasp.

Countless are the creatures in her,  
Tiny ones and giant whales.  
There go stately ships.  
This Leviathan You shaped  
To play and romp therein.  
They all rely on Your care,  
To feed them well each time.  
You give to them and they take it.  
Your hand's gifts sate them well.  
You hide your face, they panic.  
You recall their breaths, they die.  
They return to their dust.  
You send your spirit,  
And they are re-created.  
So too, You renew life on Earth.  
Let Your glory, HaShem,  
fill time and space.  
Take Joy, O HaShem, in what You do!  
You look at Earth and she trembles,  
Hills You touch, and they smoke.  
I live Your song, my HaShem,  
My HaShem, I am Your tune.  
Let my talking give You joy.  
I am so happy, my HaShem!  
I wish no sin exist on Earth.  
All wickedness were gone.  
Bless that HaShem, my soul,  
my breath.- HALLELU-YAH!

(Then close with the Aleynu)

עלינו לשבח – שלו עשנו עם

We rise to praise You, Source of All, Your generous work, As Creator of All. You made us One with all of Life You inspired us to share with all mankind. You linked our fate with all that lives. And made our portion with all in the world. Some of us like to worship You, as emptiness and

void. Some of us want to worship You as King of Kings. We all consider You sacred and blessed. We stand amazed at the vault of the sky, at the firmness of Earth. And deem You enthroned in the Highest realms, dwelling also in and with us. You are our God. There is nothing else. Your Truth is supreme. Existence is nothing but You. So Your Torah guides us; HaShem's kingdom extends throughout the Cosmos. Further it is stated:

HaShem will indeed govern

Over all there is.

On that Day, HaShem will be One.

And His Name, will be ONE.

(In a minyan you can recite

the Kaddish here. And if you are in mourning you can always say:)

א-ל מלא רחמים

Compassionate, Highest God!

Grant, repose under Your Sh'khinnah's wings in the company of saints and pure ones who radiate light like the bright sky, and among them may the soul of my --- who has gone to other realms find gentle rest. I will offer as Mitzvah, alms to honor & (his/her) memory. May & soul find itself in the garden of delight and may

his remains be undisturbed and may & soul be bound up in the chain of life. To this I say Amen

From the beginning of Elul we include Psalm 27

HaShem, you are my Light, my Savior,

Whom need I dread?

HaShem, With You as my strong Protector Who can make me panic?

When hateful bullies gang up on me,

Wanting to harass me,

To oppress and terrorize me,

They are the ones who stumble and fall.

Even if a gang surrounds me

My heart is not weakened.

If a battle is joined around me

My trust in You is firm.

Only one thing do I ask of You, HaShem,  
Just this alone do I seek:  
I want to be at home with You, HaShem,  
All the days of my life.  
I want to delight in seeing You,  
When I come to visit You in Your Temple.  
You hide me in Your Succah on an foul day.  
You conceal me unseen in Your tent  
And also raise me beyond anyone's reach.  
And now, as You have held my head high,  
Despite the presence of my powerful foes,  
I prepare to celebrate and thrill,  
Singing and making music to You, HaShem!  
Listen, HaShem, to the sound of my cry and being kind, answer me. My  
heart has said: -I turn to seek You,  
Your Presence is what I beg for.  
Don't hide Your Face from me.  
Don't just put me down,  
You, who have been my helper  
Don't abandon me, don't forsake me,  
God, my support.  
Though father and mother have left me You, HaShem, will hold me  
securely.  
Please teach me Your way  
And guide me on the straight path.  
Discourage those who defame me.  
False witnesses stood up against me,  
Belching out violence.  
Don't let me become the victim of my foes.  
[I would not have survived]  
If I had not hoped that I would yet see  
HaShem's goodness fully alive on Earth.  
So friend, you too, hope to HaShem.  
Be sturdy!  
And make strong your heart!

And most of all ---keep hoping to HaShem.

(Here you say some of these blessings to those you davvened with and to your own day)

El Shaddai bless you,  
Make you fruitful, give you the increase,  
that will become a  
source of harmony for people.

From El, your parents God, help for you!  
From Shaddai, all the blessings;  
Sky blessings from above,  
Blessings from the deepest strata below,  
Blessings of fertility and nurture.

May God fulfill the blessing  
to Avraham in you,  
and in your loved ones,  
along with you.

Wherever, like Avraham,  
you once were a stranger there,  
in that place,  
may you be at home.

Blessings of your parents (Yaakov),  
to add more force  
to those of their parents,  
(Yitzchak and Avraham),  
to cap the desires of the ancient hills,  
be they upon your head (Yosef),  
and surround the heads of your siblings.

God loves You.

God blesses and increases you.  
God blesses your family and your land,  
your income and your holdings,  
right here on Earth,  
as God promised your parents.  
All peoples will bless you.

You and your possessions,  
will all prosper.  
May God remove all illness and pain,  
all tensions and pressures  
you have known...  
The angel who redeemed me,  
from all that was corrupt,  
may that one bless these children.  
May my name,  
that of Avraham and Yitzchak,  
be associated with theirs.  
Be blessed in the city.  
Be blessed in the country.  
Blessed as you arrive,  
Blessed as you are leaving.  
God decree for you blessing  
in what you have stored up  
for yourself from before,  
through your hands' work now,  
right here on Earth.  
This be your gift from God.  
May God open for you,  
treasures of heavenly goodness,  
of earthly timeliness,  
to succeed in what you do.  
May you have good credit,  
and not need it.  
God be with you and help you  
at all times.  
May you not ever  
have to feel shame or blame.  
Go in joy, arrive in peace.  
Mountains and hills sing you on your way.  
Trees in the meadows applaud your trip.  
Draw waters of Joy

from the source of help.  
May you live to the day  
that God be so present,  
the way we hoped, HaShem,  
to be present to us all along,  
a real help in our lives!  
How we will then celebrate  
God's helpfulness!  
So you say to each other, L'chayim!  
To you, Shalom, to your home, Shalom.  
All of yours, Shalom!

### **Birkat HaMazon - Grace After Meals**

Let us praise God!  
Praised be the name of God, now and forever.  
Praised be the name of God, now and forever.  
Praised be our God, of whose abundance we have eaten.  
Praised be our God, of whose abundance we have eaten, and by whose  
goodness we live.  
Praised be our God, of whose abundance we have eaten, and by whose  
goodness we live. Praised be the Eternal God.  
Sovereign God of the universe, we praise You: Your goodness sustains  
the world. You are the God of grace, love, and compassion, the Source  
of bread for all who live; for Your love is everlasting. In Your great  
goodness we need never lack for food; You provide food enough for all.  
We praise You, O God, Source of food for all who live.  
As it is written: When you have eaten and are satisfied, give praise to  
your God who has given you this good earth. We praise You, O God, for  
the earth and for its sustenance.  
Let Jerusalem, the holy city, be renewed in our time. We praise You,  
Adonai, in compassion You rebuild Jerusalem. Amen.  
Merciful One, be our God forever. Merciful One, heaven and earth alike  
are blessed by Your presence. Merciful One, bless this house, this table  
at which we have eaten. Merciful One, send us tidings of Elijah, glimpses  
of good to come, redemption and consolation.



(On Shabbat: Merciful One, help us to see the coming of a time when all is Shabbat.)

May the Source of peace grant peace to us, to all Israel, and to all the world. Amen. May the Eternal grant strength to our people. May the Eternal bless our people with peace.

## **Mincha, Afternoon Prayer**

(For mincha, turn to the Ashre [15] and the Amidah [29] and follow with Aleynu [51].)

## **Ma'ariv, Evening Prayer**

Barkhu and Sh'ma'

We praise You, HaShem.  
By Your command,  
Pleasant evenings appear.  
With good judgment,  
You open gates to new awareness.  
You vary the seasons...  
Setting the sky's light,  
As You adjust the times,  
To conform  
To their appointed tasks.  
You create day and night.  
You make for dawn and dusk.  
Now the day is over,  
And you bring on the night.  
You give us discernment,  
To know the difference  
Between day and night.  
Adonai Tzeva'ot –  
Lord of Diversity,  
Is Your Name.  
Oh! Living, Present God,  
May You always  
Govern our lives.  
Barukh Attah Adonai  
Ha ma'ariv Aravim.  
You keep loving us,  
As You have always loved us.

HaShem, Our God.  
You impart to us:  
Torah and Mitzvot,  
To know reality and justice.  
Therefore, HaShem, our God,  
When we are to rest for the night,  
When we are to rise for the day,  
We will make Your principles  
Our conversation.  
That will give us steady joy  
As we talk Torah,  
And plan to do Mitzvot.  
This is what we live for.  
This is what keeps us going.  
Day and night we will  
Ponder their meaning.  
Just keep on all along loving us.  
Barukh Attah Adonai  
Ohev Ammo Yisrael.

For the Shema see above.  
אמת ואמונה  
It is true, and we believe it...  
That You are our redeemer.  
I am awed when I recall the miracles,  
And the help you gave me.  
You kept my spirit alive.  
You kept me from stumbling.  
In the past,  
You helped our people.  
We all accepted You,  
As our leader,  
And vowed to follow Your lead.  
With Moshe, Miriam, And all Yisrael,  
We sang to You...

מי כמוך באלים י-ה  
Mi Kamokha ba'elim Y-ah  
Mi Kamocha ne'dar bakodesh  
Nora' t'hillot 'Osseh fele'  
And we continue  
To celebrate You,  
As Redeemer of Yisrael.

השכיבנו  
Give us peaceful rest.  
And in the morning,  
Awaken us to the good life,  
And to peace.  
We need you  
To guide us,  
And to assist us.  
Protect us in the night.  
Keep us in health,  
And safe from ensnarement.  
Guard our coming and leaving,  
As You have, up to now.  
Barukh attah Adonai  
Shomer et Ammo Yisrael la'ad.

(Now pray the  
Amidah and Aleynu.)

## **Rabbi Elimelech's Prayer To Be Able to Pray**

HaShem, our God,  
You are our parents God,  
You are open to hear our pleading prayer  
with compassion.  
You give a caring ear  
to what Your people Yisrael is crying for.  
This is our prayer to You,  
please grant it.  
Open our hearts,  
focus our thoughts,  
help that our prayers  
may flow freely from our lips  
and incline Your ear to hear  
how we, Your servants  
are seeking Your favor,  
crying in a pleading voice  
and with a shattered spirit.  
You, kind compassionate One  
God of infinite mercy!  
Please forgive us, pardon us  
and atone  
for us and for Your entire people,  
the house of Yisrael,  
so that what ever we have failed  
to do right or what we have done wrong  
or when we acted in ways  
that are wicked  
and rebelled against You.  
be forgiven, pardoned and atoned  
for us and for Your entire people,  
the house of Yisrael,

How well You know,  
and it is apparent to You  
that it was not with malice or willfulness  
that we transgressed what You teach us,  
what You command us  
in Your Torah and Commandments.

In our bellies  
there burns a fire without ceasing,  
a Yetzer Hara', the drive of selfishness  
which draws us  
to the vices of this world  
and its follies.

The Yetzer confuses our awareness,  
even when we stand before You  
seeking to pray and plead for our lives.

The Yetzer's incitement  
constantly confuses our thoughts  
with all sorts of thoughts and schemes.

We cannot resist it;  
for our awareness is uncertain  
our mind unsteady  
the troubles and preoccupations  
of making a living  
under times of oppression  
bear down heavily on us.

Therefore, You ,  
who are compassionate and kind  
fulfill for us what You promised  
to Moshe, Your faithful servant;  
When You said,  
"I will favor whomever I will favor  
and I will be compassionate  
on whomever I will be compassionate."

And this You had our sages tell us  
This applies even to those

who are not worthy  
for this is Your way;  
to be kind both to those who are bad  
and those who are good.  
It must be obvious to You  
how we are troubled  
how hard our life is  
and what we must bear --  
it is so difficult for us  
to come near to You  
and to serve You well,  
to have our feelings be sincerely  
in harmony with Your will.  
Dear Father in heaven!  
What pain we feel in our souls!  
Please arouse Your mercy and kindness  
freely and abundantly  
and banish, erase  
our attraction to evil.  
Let not our evil Yetzer  
be active in our innards.  
Let him not seduce us  
let him not deflect us from serving You  
May no evil schemes arise in our heart  
when we are asleep or awake  
especially at that time  
when we stand in prayer before You  
or are at times  
when we study Your holy Torah  
or at times when we are busy  
fulfilling Your Commandments.  
Then let our thoughts be pure and clear,  
our own awareness steady and strong,  
sincere and heartfelt  
as You would have us be.

Awaken in our hearts  
and in the hearts of all of Yisrael,  
Your people,  
the aim to unify You  
in all truth, in all love,  
so to serve  
as to be pleasing to You.  
Fasten in us  
such a steadfast faith in You,  
To be so deeply anchored  
in our hearts as  
not to vacillate from it.  
Remove from us all the barriers  
that separate us from You,  
Our father in heaven.  
Save us from stumbling in our path,  
Keep us from going astray.  
Don't forsake us,  
don't abandon us,  
keep us from disgracing  
You before the world.  
Be present to us  
in the words of our prayer  
May the work of our hands  
and the thoughts of our hearts  
serve You  
as we think of You  
Please, our Father in heaven  
In Your abundant kindness  
Grant us the boon  
that our thoughts  
and words and actions,  
all our motives and our feelings  
those we are aware of  
and those near not aware of



those that are manifest  
and those that are hidden  
with all of them together  
be unified in sincerity and truth  
without any self deception.  
Purify our hearts,  
sanctify us,  
sprinkle us with Thy cleansing water  
to purify us,  
wash us clean  
with Your kindness and love.  
Plant Your steadfast love,  
and Your awe in our hearts  
at all times  
and in all places  
as we go about our lives whether  
we lie down or get up;  
that there always be Your Holy Spirit  
ardently active in our innards  
that we may rely on You always,  
on Your greatness,  
Your love and Your awe.  
May we be securely anchored  
in Your written and Oral Torah  
in the part of the Torah  
that is open to all  
and the part of Torah that is hidden.  
In doing the mitzvot.  
may we unify Your awesome Name.  
Protect us from hypocrisy,  
from pride, anger, and vindictiveness  
from depression, from tale bearing  
and other vices.  
Protect us from everything  
that might damage

the holiness and purity  
of our service to You, whom we love.  
Pour out thy Holy Spirit over us  
that we may stay close to You,  
that our longing for You may  
grow and increase.  
Raise us up from rung to rung  
that we might come close to the rung of  
our holy forebears  
Avraham, Yitzchak and Yaakov.  
We know  
You will always receive our prayer;  
You will always answer us  
when we pray for anyone,  
be it a single person  
or the whole people Yisrael.  
May You take joy in us  
May Your glory be reflected in us.  
May our prayers bear fruit  
and be fulfilled, above and below.  
Help us to attend to our flaws,  
especially the sins of our youth  
as King David, peace be upon him, said  
“my youthful sins and my rebellions  
do not keep in Your memory”.  
Please, enable us to turn from our sins  
and rebellions.  
Let there flow to us  
from the realm of repentance  
the challenging call  
to return to You wholeheartedly  
and to repair all that we have damaged  
of Your pure and holy Name.  
HaShem, rescue us from envy.  
Let not jealousy

of any person arise in our hearts  
and let not others be vindictive to us,  
on the contrary, place into our hearts  
appreciation for the goodness  
of our fellow beings.  
Let us not seek to find fault with them.  
May we speak to each person  
with civility and gentleness.  
Let not hatred arise from one to another.  
Strengthen us  
that we might love You more  
for You know well how our intention is  
that it all should bring You  
pleasure and joy,  
for this is the root of our intention  
despite the fact  
that we don't have a strong enough mind  
to keep the aim of the kavanah  
of our heart,  
focused on You.  
Enlighten us so that we might learn  
to fully know Your good purpose.  
This is what we plead to  
You, all merciful God.  
Please accept our prayer  
in compassion and good will.  
Amen, let this be so willed by You.

## **Mourner's Kaddish**

Yitgadal v'yitkadash sh'mei raba b'alma di-v'ra chirutei, v'yamlich malchutei b'chayeichon uvyomeichon uvchayei d'chol beit yisrael, ba'agala uvizman kariv, v'im'ru: "amen." Y'hei sh'mei raba m'varach l'alam ul'almei almaya. Yitbarach v'yishtabach, v'yitpa'ar v'yitromam v'yitnaseh, v'yithadar v'yit'aleh v'yit'halal sh'mei d'kud'sha, b'rich hu, l'eila min-kol-birchata v'shirata, tushb'chata v'nechemata da'amiran b'alma, v'im'ru: "amen."

Y'hei shlama raba min-sh'maya v'chayim aleinu v'al-kol-yisrael, v'im'ru: "amen."

Oseh shalom bimromav, hu ya'aseh shalom aleinu v'al kol-yisrael, v'imru: "amen."

### Mourner's Kaddish in English Translation

Glorified and sanctified be God's great name throughout the world which He has created according to His will.

May He establish His kingdom in your lifetime and during your days, and within the life of the entire House of Yisrael, speedily and soon; and say, Amen.

May His great name be blessed forever and to all eternity.

Blessed and praised, glorified and exalted, extolled and honored, adored and lauded be the name of the Holy One, blessed be He, beyond all the blessings and hymns, praises and consolations that are ever spoken in the world; and say, Amen.

May there be abundant peace from heaven, and life, for us and for all Yisrael; and say, Amen.

He who creates peace in His celestial heights, may He create peace for us and for all Yisrael; and say, Amen.

## **Erev Shabbat Kiddush**

Baruch atah, Adonai  
Eloheinu, Melech Haolam,  
borei p'ri hagafen.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav v'ratzah vanu,  
v'Shabbat kodsho  
b'ahavah uv'ratzon hinchilanu,  
zikaron l'maaseih v'reishit.  
Ki hu yom t'chilah l'mikra-ei kodesh,  
zecher litziat Mitzrayim.  
Ki vanu vacharta, v'otanu kidashta,  
mikol haamim.  
V'Shabbat kodsh'cha  
b'ahavah uv'ratzon hinchaltanu.  
Baruch atah, Adonai, m'kadeish HaShabbat.

Praise to You, Adonai our God, Sovereign of the universe,  
Creator of the fruit of the vine.

Praise to You, Adonai our God, Sovereign of the universe  
who finding favor with us, sanctified us with mitzvot.  
In love and favor, You made the holy Shabbat our heritage  
as a reminder of the work of Creation.  
As first among our sacred days, it recalls the Exodus from Egypt.  
You chose us and set us apart from the peoples.  
In love and favor You have given us Your holy Shabbat as an  
inheritance.  
Praise to You, Adonai, who sanctifies Shabbat.

## **Eishet Chayil - Blessing of the Wife**

A Woman of Valor, who can find? She is more precious than corals.  
Her husband places his trust in her and profits only thereby.  
She brings him good, not harm, all the days of her life.  
She seeks out wool and flax and cheerfully does the work of her hands.

She is like the trading ships, bringing food from afar.  
She gets up while it is still night to provide food for her household, and a fair share for her staff. She considers a field and purchases it, and plants a vineyard with the fruit of her labors. She invests herself with strength and makes her arms powerful. She senses that her trade is profitable; her light does not go out at night. She stretches out her hands to the distaff and her palms hold the spindle. She opens her hands to the poor and reaches out her hands to the needy. She has no fear of the snow for her household, for all her household is dressed in fine clothing. She makes her own bedspreads; her clothing is of fine linen and luxurious cloth. Her husband is known at the gates, where he sits with the elders of the land. She makes and sells linens; she supplies the merchants with sashes. She is robed in strength and dignity, and she smiles at the future. She opens her mouth with wisdom and a lesson of kindness is on her tongue. She looks after the conduct of her household and never tastes the bread of laziness. Her children rise up and make her happy; her husband praises her: "Many women have excelled, but you excel them all!" Grace is elusive and beauty is vain, but a woman who fears God -- she shall be praised. Give her credit for the fruit of her labors, and let her achievements praise her at the gates.

## **Blessing Of The Children**

(For boys, the introductory line is:)

May you be like Ephraim and Menashe.

יְשִׁימְךָ אֱלֹהִים כְּאַפְרַיִם וְכַמְנַשֶּׁה

(For girls, the introductory line is:)

May you be like Sarah, Rivkah, Rachel, and Leah.

יְשִׁימְךָ אֱלֹהִים כְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה

For both boys and girls, the rest of the blessing is:

May God bless you and guard you.

יְבָרֶכְךָ יְהוָה -- וְיִשְׁמְרֶךָ

May God show you favor and be gracious to you.

יָאֵר יְהוָה -- פְּנֵי אֱלֹהֶיךָ וְיַחֲנֶנְךָ

May God show you kindness and grant you peace.

יִשָּׂא יְהוָה -- פְּנֵי אֱלֹהֶיךָ וְיִשָּׂם לְךָ שְׁלוֹם

## **Blessing For Reading of the Torah**

The person who is called to the Torah (Oleh/Olah) says:

Bar'chu et Adonai ham'vorach.

Bless Adonai who is blessed.

(Congregation responds:)

Baruch Adonai ham'vorach l'olam va-ed.

Blessed is Adonai who is blessed now and forever.

(The Oleh/Olah then says:)

Baruch Adonai ham'vorach l'olam va-ed.

Baruch atah, Adonai

Eloheinu, Melech haolam,

asher bachar banu mikol haamim,

v'natan lanu et Torato.

Baruch atah, Adonai, notein haTorah.

Blessed is Adonai who is blessed now and forever.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from

among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

Blessing after reading Torah

(When the reading concludes, the Oleh/Olah says:)

Baruch atah, Adonai, Eloheinu, Melech haolam, asher natan lanu Torat emet, v'chayei olam nata b'tocheinu.

Baruch atah, Adonai, notein haTorah.

Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life.



Blessed are You, Adonai, who gives the Torah.

### **Shabbat Kiddush**

Ve-shameru venei Yisrael et ha-Shabbat, la'asot es ha-Shabbat le-dorotam brit olam. Beini u-vein benei Yisrael ot hee le-olam, ki sheishet yamim ata Adonai et ha-shamayim ve-et ha-aretz uva-yom ha-shevi'i shavat va-yinafash.

The children of Yisrael should keep Shabbat, observing Shabbat throughout their generations, as an everlasting covenant. It is a sign between Me and the children of Yisrael forever, that in six days God made the heavens and the earth, and that on the seventh day He was finished and He rested.

Zachor et yom ha-Shabbat le-kadesho. Sheishet yamim ta'avod ve-asita kol melach'techa. Ve-yom ha-shevi'i Shabbat la'Adonai Elohecha, lo ta'aseh chol melacha ata u-vincha u-vitecha avdecha va-amatecha vehem'techa ve-geirecha asher bi-she'arecha. Ki sheishet yamim ata Adonai et ha-shamayim ve-et ha-aretz et ha-yam ve-et kol asher bam, va-yanach ba-yom ha-shevi'i.

Remember Shabbat to keep it holy. You should labor for six days and do all your work, but the seventh day is Shabbat for HaShem your God. You may not do any creative work — neither you, your son, your daughter, your male or female worker, your animal, nor the stranger who dwells among you. Because it was in six days that God made the heavens and the earth, the sea and all that they contain, and He rested on the seventh day.

Al kein beirach Adonai et yom ha-Shabbat va-yekadisheihu. Savri maranan ve-rabanan ve-rabotai: Baruch ata Adonai, Eloheinu melech ha-olam, borei peri ha gafen. (Others: “Amen”)

Therefore God blessed Shabbat and made it holy. With the permission of the distinguished people present: Blessed are you God, King of the Universe, Creator of the fruit of the vine. (Others: "Amen")

## **Havdalah**

Hine el yeshu'ati evtah ve lo ehad.

Behold, God is my deliverance; I am confident and unafraid.

Ki ozi vezimrat yah Adonai, vayehi li lishu'a. Ush-avtem mayim besason mima'ainei hayeshu'a.

Adonai is my strength, my might, my deliverance. With joy shall you draw water from the wells of deliverance.

LaAdonai hayeshu'a, al amkha virkhatekha sela. Adonai tzeva'ot imanu misgav lanu elohei ya'akov, sela.

Deliverance is Adonai's; You will bless Your people. Adonai tz'va-ot is with us; the God of Yaakov is our fortress.

Adonai tzeva-ot, ashrei adam boteah bakh. Adonai hoshi'a, hamelekh ya'anenu veyom kor-enu.

Adonai tz'va-ot, blessed the one who trusts in You.

Help us, Adonai; answer us, O Sovereign, when we call.

Layehudim haita ora vesimha vesason vikar ken tihye lanu. Kos yeshu'ot esa uveshem Adonai ekra.

Grant us the blessings of light, of gladness and of honor which the miracle of deliverance brought to our ancestors.

Over the wine

Barukh ata Adonai eloheinu melek ha'olam bore peri hagafen.

Praised are You, Adonai our God, Sovereign of the universe, who creates fruit of the vine.

Over the spices

Barukh ata Adonai eloheinu melek ha'olam bore minei vesamim.

Praised are You, Adonai our God, Sovereign of the universe, who creates fragrant spices.

Over the flame

Barukh ata Adonai eloheinu melekh ha'olam bore me-orei ha-esh.  
Praised are You, Adonai our God, Sovereign of the universe, who  
creates the lights of fire.

Barukh ata Adonai eloheinu melekh ha'olam, hamavdil bein kodesh  
lehol, bein or lehoshekh, bein Yisrael la'amim,  
bein yom hashevi'i lesheshet yemei hama'ase. Barukh ata Adonai,  
hamavdil bein kodesh lehol.

raised are You, Adonai our God, Sovereign of the universe, who has  
endowed all creation with distinctive qualities, distinguishing between  
sacred and secular time, between light and darkness, between the  
people Yisrael and other peoples, between the seventh day and the six  
working days of the week. Praised are you, Adonai our God, who  
distinguishes between sacred and ordinary time.

(Drink from the wine cup)

Hamavdil bein kodesh lehol, hatoteinu hu yimhol. Zar'enu vekhaspenu  
yarbe kahol, vekhakovim balaila.

Likhvod hemdat levavi Eliyahu hanavi.

God separates sacred and profane; may God forgive our sins from on  
high. Our families and means may God increase like grains of sand, like  
stars in the sky. Eliyahu hanavi, Elijah the prophet, may he soon come to  
us along with the Messiah, son of David.

Eliyahu hanavi. Eliyahu hatishbi. Eliyahu hagil'adi. Bimhera veyameinu  
yavo eleinu, im mashiah ben David.

Eliyahu hanavi, Elijah the prophet, Elijah of Tishbi, Elijah of Gilead, may  
he soon come to us along with the Messiah, son of David.

Shavu'a tov !

May we have a good week!

## **Weekday Prayers in the Karaite Jewish Tradition (Abbreviated)**

Come, let us bow down and kneel, bend the knee before HaShem our maker. (Psalms 95:6)

### Tallit Blessing

Blessed be you HaShem our God, King of the universe, who has sanctified with his

commandments to don four corners with tzitzit, Amen.

Baruch ata Adonai Eloheinu Melech HaOlam Asher Kideshanu Bemitzvotov vetzivanu lilbosh arba kanfot betzitzit amen.

### "Vaitsavenu Adonai..."

Then HaShem commanded us to observe all these laws, to revere HaShem our God, for our lasting good and for our survival, as is now the case. It will be therefore to our merit before HaShem our God to observe faithfully this whole Instruction, as He has commanded us.

(Deuteronomy 6:24-25)

He issued His commandments to Yaakov, His statutes and rules to Yisrael. He did not do so for any other nation; of such rules they know nothing. Hallelujah. (Psalms 147:19-20) Blessed is HaShem forever. Amen, and Amen. (Psalms 89:53)

### "Mi Anokhi..."

Who am I, but dust and ashes, wretched and woeful, vain and empty, that I may be worthy to stand in prayer before the great and awesome King, sublime and exalted is His Name, the King of emperors, the Holy One blessed be He, the Cause of all causes, the Reason for all reasons; but I am dependent upon his great mercy and his magnificent grace, for he has mercy upon on his creations and accepts the prayers and supplications of his servants, as it is written: (K.S.) HaShem is near to all who call Him, to all who call Him with sincerity. He fulfils the wishes of

those who fear Him; He bears their cry and delivers them. (Psalms 145:18-19)

All mankind comes to You, you who hear prayer. (Psalms 65:3) Happy are those who dwell in Your house; they forever praise You. Selah. (Psalms 84:5)

(Kneel)

"Adonai Shim'a tefilati..."

HaShem, hear my prayer, let my cry come before You. (Psalms 102:2)

(Stand and Say)

"Ki le-Olam hasdo..."

Praise HaShem; for He is good, His steadfast love is eternal.

Praise the God of Gods, His steadfast love is eternal.

Praise the Lord of Lords, His steadfast love is eternal.

Who alone works great marvels, His steadfast love is eternal. Who made the heavens with wisdom, His steadfast love is eternal.

Who spread the earth over the water, His steadfast love is eternal.

Who made the great lights, His steadfast love is eternal.

The sun to dominate the day, His steadfast love is eternal. The moon and the stars to dominate the night, His steadfast love is eternal

(Psalms 136:1-9).

Who took note of us in our degradation, His steadfast love is eternal.

And rescued us from our enemies, His steadfast love is eternal.

Who gives food to all flesh, His steadfast love is eternal. Praise the God of heaven: His steadfast love is eternal. (Psalms 136:23-26)

May we enjoy, HaShem, Your faithful care, As we have put our hope in You. (Psalms 33:22)

Blessed is HaShem forever.

Amen, and Amen. (Psalms 89:53)

Daily Sanctification

Saturday Night/Sunday Morning

HaShem founded the earth by wisdom; He established the heavens by understanding. (Proverbs 3:19) When God began to create heaven and earth – the earth being unformed and void, with darkness over the surface of the deep and a wind from God sweeping over the water – God said, “Let there be light”; and there was light. God saw that the light was good, and God separated the light from the darkness. God called the light Day, and the darkness He called Night. And there was evening and there was morning, a first day. (Genesis 1:1-5)

#### Sunday Night/Monday Morning

God said, “Let there be an expanse in the midst of the water, that it may separate water from water.” God made the expanse, and it separated the water which was below the expanse from the water which was above the expanse. And it was so. God called the expanse Sky. And there was evening and there was morning, a second day. (Genesis 1:6-8)

#### Monday Night/Tuesday Morning

And God said, “Let the water below the sky be gathered into one area, that the dry land may appear.” And it was so. God called the dry land Earth, and the gathering of waters He called Seas. And God saw that this was good. And God said, “Let the earth sprout vegetation: seed-bearing plants, fruit trees of every kind on earth that bear fruit with the seed in it.” And God saw that this was good. And there was evening and there was morning, a third day. (Genesis 1:9-13)

#### Tuesday Night/Wednesday Morning

And God said, “Let there be lights in the expanse of the sky to separate day from night; they shall serve as signs for the set times – the days and the years; and they shall serve as lights in the expanse of the sky to shine upon the earth.” And it was so. God made the two great lights, the greater light to dominate the day and the lesser light to dominate the night, and the stars. And God set them in the expanse of the sky to shine upon the earth, to dominate the day and the night, and to separate light

from darkness. And God saw that this was good. And there was evening and there was morning, a fourth day. (Genesis 1:14-19)

#### Wednesday Night/Thursday Morning

God said, "Let the waters bring forth swarms of living creatures, and birds that fly above the earth across the expanse of the sky." God created the great sea monsters, and all the living creatures of every kind that creep, which the waters brought forth in swarms, and all the winged birds of every kind. And God saw that this was good. God blessed them, saying, "Be fertile and increase on the earth." And there was evening and there was morning, a fifth day. (Genesis 1:20-23)

#### Thursday Night/Friday Morning

God said, "Let the earth bring forth every kind of living creature: cattle, creeping things, and wild beasts of every kind." And it was so. God made wild beasts of every kind and cattle of every kind, and all kinds of creeping things of the earth. And God saw that this was good. And God said, "Let us make man in our image, after our likeness. They shall rule the fish of the sea, the birds of the sky, the cattle, the whole earth, and all the creeping things that creep on earth." And God created man in His image, in the image of God He created him; male and female He created them, "Be fertile and increase, fill the earth and master it; and rule the fish of the sea, the birds of the sky, and all the living things that creep on earth." God said, "See I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food. And to all the animals on land, to all the birds of the sky and to everything that creeps on earth, in which there is the breath of life, all the green plants for food." And it was so. And God saw all that He had made, and found it very good. And there was evening and there was morning, the sixth day. (Genesis 1:24-31)

#### Shabbat Sanctification

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that He had been doing, and He ceased on the seventh day from all the work that He had done. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that He had done. (Genesis 2:1-3) The Yisraelite people shall keep the Sabbath, observing the Sabbath throughout the ages as a covenant for all time: it shall be a sign for all time between Me and the people of Yisrael. For in six days HaShem made heaven and earth, and on the seventh day He ceased from work and was refreshed. (Exodus 31:16-17) Moshe then convoked the whole Yisraelite community and said to them: These are the things that HaShem has commanded you to do: On six days work may be done, but on the seventh day you shall have a Sabbath of complete rest, holy to HaShem; whoever does any work on it shall be put to death. You shall kindle no fire throughout your settlements on the Sabbath day. (Exodus 35:1-3) You shall keep My Sabbaths and venerate My sanctuary: I am HaShem (Leviticus 19:30) You shall each revere his mother and his father, and keep My Sabbaths: I HaShem am your God. (Leviticus 19:3)

(On Rosh Chodesh say...)

He made the moon to mark the seasons; the sun knows when to set. (Psalms 104:19) "As the moon, established forever, an enduring witness in the sky." Selah (Psalms 89:38) When I behold Your heavens, the work of Your fingers, the moon and stars that You set in place (Psalms 8:4) For He spoke, and it was; He commanded, and it endured. (Psalms 33:9) He made them endure forever, establishing an order that shall never change. (Psalms 148:6) Oh shout for joy, You who dwell in Zion! For great in your midst is the Holy One of Yisrael. (Isaiah 12:6) \*Our Redeemer, Lord of hosts is His name, is the Holy One of Yisrael. (Isaiah 47:4)

Then the moon shall be ashamed, And the sun shall be abashed. For the Lord of Hosts will reign On Mount Zion and in Jerusalem, and the Presence will be revealed to His elders (Isaiah 24:23) The Presence of HaShem shall appear, And all flesh, as one, shall behold – For HaShem



Himself has spoken (Isaiah 40:5) Blessed is the Presence of HaShem in His place (Ezekiel 3:12\*)

### Shema Yisrael

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

Shema Yisrael, Adonai Eloheinu, Adonai Echad  
Hear, O Yisrael: HaShem is our God, HaShem alone. (Deuteronomy 6:4)

Ehad elohenu gadol Adonenu, kadosh venora shemo le-Olam va'ed.  
One is our God, great is our Lord; holy and mighty is His name forever more. (K.S.)

### Shema 1: "Veahavta..."

You shall love HaShem 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 and 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. (Deuteronomy 6:5-9)

### Shema 2: "Vehaya im shamowa tishme-u el mitsvotay..."

If then you obey the commandments that I enjoin upon you this day, loving HaShem your God and serving Him with all your heart and soul, I will grant the rain for your land in season, the early rain and the late. You shall gather in your new grain and wine and oil – I will also provide grass in the fields for your cattle – and thus you shall eat your fill. Take care not to be lured away to serve other gods and bow to them. For HaShem's anger will flare up against you and He will shut up the skies so that there will be no rain and the ground will not yield its produce; and you will soon perish from the good land that HaShem is assigning to you.

Therefore impress these words upon your very heart; bind them as a sign on your hand and let them serve as a symbol on your forehead, and teach them to your children – reciting them when you stay at home and when you are away, when you lie down and when you get up; and inscribe them on the doorposts of your house and on your gates – to the end that you and your children may endure, in the land that HaShem swore to your fathers to assign to them, as long as there is a heaven over the earth. (Deut. 11:13-21)

### Shema 3: Tzitzit

HaShem said to Moshe as follows: Speak to the Yisraelite people and instruct them to make for themselves fringes on the corners of their garments throughout the ages; let them attach a cord of blue to the fringe at each corner. That shall be your fringe; look at it and recall all the commandments of HaShem and observe them, so that you do not follow your heart and eyes in your lustful urge. Thus you shall be reminded to observe all My commandments and to be holy to your God. I HaShem am your God, who brought you out of the land of Egypt to be your God: I, HaShem your God.(Numbers 15:37-41)

### "Emet"

HaShem our God is one God; Truth!

And His Torah is perfect; Truth!

And His Temple is the House of Prayer; Truth!

And His prophets; Truth!

And His sanctified Sabbaths; Truth!

And His commandments and His statutes and His testimonies and His judgement and all His words; Truth! (K.S.) But HaShem is truly God: He is a living God, the everlasting King. At his wrath, the earth quakes, and nations cannot endure his rage. (Jeremiah 10:10) Do not utterly take the truth away from my mouth, for I have put my hope in Your rules. (Psalms 119:43) And HaShem shall be king over all the earth; in that day there shall be one Lord with one name. (Zechariah 14:9) HaShem shall reign forever, your God, O Zion, for all generations, Hallelujah. (Psalms

146:10) Your kingship is an eternal kingship; Your dominion is for all generations. (Psalms 145:13) For kingship is HaShem's and He rules the nations (Psalms 22:29) God is king, God has always been king. (K.S.) God shall reign forever and ever. (Exodus 15:18) Blessed is HaShem forever. Amen, and Amen. (Psalms 89:53)

### Hosha Adonai

Save, HaShem, Your people, The remnant of Yisrael. (Jeremiah 31:7\*) Deliver and bless Your very own people; tend them and sustain them forever (Psalms 28:9) Blessed is HaShem forever. Amen, and Amen. (Psalms 89:53)

### "Barukh ata Adonai Elohe Yisrael Avinu"

Blessed are You, HaShem, God of Yisrael our father, from eternity to eternity. Yours, HaShem, are greatness, might, splendor, triumph, and majesty – yes, all that is in heaven and on earth; to You, HaShem, belong kingship and preeminence above all. Riches and honor are Yours to dispense; You have dominion over all; with You are strength and might, and it is in Your power to make anyone great and strong. Now, God we praise You and extol Your glorious name. (1Chronicles 29:10\*-13) But we will bless HaShem now and forever. Hallelujah. (Psalms 115:18) Blessed is HaShem forever. Amen, and Amen. (Psalms 89:53)

### Kneel

#### "...asher natan menuha leamo Yisrael..."

Praised be HaShem who has granted a haven to His people Yisrael, just as He promised; not a single word has failed of all the gracious promises that He made through His servant Moshe. (1 Kings 8:56)

#### "Ki lo al tsidkotenu..."

Not because of any merit of ours do we lay our plea before You but because of Your abundant mercies, HaShem, Hear! HaShem, forgive! HaShem, listen, and act without delay for Your own sake, O my God; for Your name is attached to Your city and Your people.\* (Daniel 9:18\*-19) Turn from Your blazing anger, and renounce the plan to punish Your

people. (Exodus 32:12\*) Return for Thy servants' sake, the tribes of Thine inheritance. (Isaiah 63:17\*) Take us back, HaShem, to Yourself, and let us come back; renew our days as of old. (Lamentations 5:21) Pardon our iniquity and our sin, and take us for Your own. (Exodus 34:9\*) Blessed is the HaShem forever.  
\*Amen, and Amen.\* (Psalms 89:53)

(Silent Meditation: Prayers for one's own well-being.)

"...tivne homot Yerushalayim."

May it please You to make Zion prosper; rebuild the walls of Jerusalem. (Psalms 51:20) HaShem rebuilds Jerusalem; He gathers in the exiles of Yisrael (Psalms 147:2) Heartening comforting words; it shall be well, Well with the far and the near. (Isaiah 57:19) Dominion and dread are His; He imposes peace in His heights. (Job 25:2) May HaShem grant strength to His people; may HaShem bestow on His people wellbeing. (Psalms 29:11) Blessed is HaShem forever. Amen, and Amen. (Psalms 89:53) (Psalms 89:53)

(Silent Meditation: Prayers for the well-being of others.)

"Tekubal leratson tefilatkhem..."

May your prayer be received with acceptance; Amen. May your prayer be received with acceptance; Amen. Be strong! Peace (bow to right), peace (bow to left), peace (bow forward) upon all Yisrael. (K.S.) But Yisrael has won through HaShem Triumph everlasting. You shall not be shamed or disgraced in all the ages to come. (Isaiah 45:17) Blessed is HaShem forever. Amen, and Amen. (Psalms 89:53)

## התבודדות

### Praying In Solitude

Prayer for the Ability to Pray Alone by Reb Natan of Nemirov from the teachings of Rebbe Nachman (from Likutei Tefillot volume 2, tefillah 11 [224])

Likutei Tefillot v.2 : Tefillah 11 (224)

“Come, my beloved, let us go forth into the field;

Let us lodge in the villages.

Let us get up early to the vineyards;

Let us see whether the vine hath budded,

Whether the vine-blossom be opened,

And the pomegranates be in flower;

There will I give thee my love.”

(The Song of Songs 7:12-13)

Master of the Universe, grant me the ability to be alone;

may it be my custom to go outdoors each day

among the trees and grass — among all growing things

and there may I be alone, and enter into התבודדות [hitbodedut] prayer,

to talk with the One to whom I belong.

May I express there everything in my heart,

and may all the foliage of the field —

all grasses, trees, and plants —

awake at my coming,

to send the powers of their life into the words of my prayer

so that my prayer and speech are made whole

through the life and spirit of all growing things,

which are made as one by their transcendent Source.

May I then pour out the words of my heart

before your Presence like water, HaShem,

and lift up my hands to You in worship,  
on my behalf, and that of my children!

**Tefillat HaDerek: The Traveler's Prayer**

May it be Your will, HaShem, our God and the God of our fathers, that You should lead us in peace and direct our steps in peace, and guide us in peace, and support us in peace, and cause us to reach our destination in life, joy, and peace

(If one intends to return immediately, one adds: and return us in peace).

Save us from every enemy and ambush, from robbers and wild beasts on the trip, and from all kinds of punishments that rage and come to the world. May You confer blessing upon the work of our hands and grant me grace, kindness, and mercy in Your eyes and in the eyes of all who see us, and bestow upon us abundant kindness and hearken to the voice of our prayer, for You hear the prayers of all. Blessed are You HaShem, who hearkens to prayer.

## **Birkat HaGomel: Prayer of Gratitude**

Individual:

Baruch ata Adonai, Eloheinu melech ha-olam, ha-gomel t'chayavim  
tovim she-g'malani kol tuv.

Blessed are You, Lord our God, ruler of the world, who rewards the  
undeserving with goodness,  
and who has rewarded me with goodness.

After the recitation of this blessing, the congregation responds:  
Mi she-g'malcha kol tuv, hu yi-g'malcha kol tuv selah.

May he who rewarded you with all goodness reward you with all  
goodness forever.

## **Prayer for Safe Sleep of a Newborn Child**

For a Girl:

Blessed are you God, Sovereign of the universe who brings sleep to her eyes and slumber to her eyelids. May it be your will my God and God of my ancestors, that you lay her down peacefully and awaken her peacefully. Do not let troubling thoughts or bad dreams disturb her sleep and may her bed be perfect before You. Illuminate her eyes so she will not die in sleep. Blessed are you God who illuminates the whole world with your glory. Our God, help her to lay down in peace and awaken her, our ruler, to life. Spread over her your Sukkah (shelter) of peace and guide her with your good advice. Save her for the sake of your name and defend her from enemies, plague, swords, famine, and sorrow. Remove evil from in front of her and from behind her. Shelter her in the shadow of your wings, as you guard and redeem us because you are a compassionate and gracious God. Protect our coming and going, for life and for peace, now and forever. In your hand is the life of every living creature, the breath of all human flesh. In Your hand I entrust her spirit, God of truth.

For a Boy:

Blessed are you God, Sovereign of the universe who brings sleep to his eyes and slumber to his eyelids. May it be your will my God and God of my ancestors, that you lay him down peacefully and awaken him peacefully. Do not let troubling thoughts or bad dreams disturb his sleep and may his bed be perfect before you. Illuminate his eyes so he will not die in sleep. Blessed are you God who illuminates the whole world with your glory. Our God, help him to lay down in peace and awaken him, our ruler, to life. Spread over him your Sukkah (shelter) of peace and guide him with your good advice. Save him for the sake of your name and defend him from enemies, plague, swords, famine, and sorrow. Remove



evil from in front of him and from behind him. Shelter him in the shadow of your wings, as you guard and redeem us because you are a compassionate and gracious God. Protect our coming and going, for life and for peace, now and forever. In your hand is the life of every living creature, the breath of all human flesh. In your hand I entrust his spirit, God of truth.

### **Tikkun HaKlali: The General Remedy**

(Before the Psalms are read)

Meditate on your intention (kavanah) before continuing by saying:

I am preparing my mouth to thank, praise, and honor my Creator, to bring about a unification of the blessed Holy One and his Shechinah, in awe and fear, through the [Godliness that is] hidden in the world, in the name of all Yisroel.

Psalms 16 A Mikhtam by David. Guard me, El (Almighty God), for I have taken refuge in you. [O my soul] you should say to HaShem, “You are my Master; [in bestowing your] benefits towards me, there is no duty on your part [on account of my own merit]. But on account of the holy ones who are [buried] in the earth, and of the mighty ones [in faith] in whom is all my delight[/all my needs are fulfilled]. The sorrows of those who hasten after another [deity] will increase; I will not pour their libations of blood, nor will I take their names upon my lips. HaShem is the share given for my portion [i.e. to believe in him] and [the share] for my cup is you, Who guide me in my lot. Portions have fallen to me in the most pleasant places [i.e. faith in you]; even a beautiful inheritance [ibid.] is upon me.” I will bless HaShem, Who counseled me; even at night my conscience instructs me. I have placed HaShem before me constantly; because [he is] at my right hand, I will not falter. Therefore, my heart rejoiced, and my soul was glad; even my flesh shall dwell in safety. For you shall not forsake my soul to the grave; you shall not allow your pious one to see destruction. You will make known to me the path of life: satiety of joys in seeing your face, [and being satisfied] unto eternity with the delights that are at your right hand.

Psalms 32 1 By David, a Maskil. Fortunate is he whose transgression is forgiven, whose sin is covered. Fortunate is the man to whom HaShem ascribes no iniquity and in whose spirit there is no guile. When I was silent, my bones decayed with my moaning all day long. For [both] day and night your hand is heavy upon me; my freshness was transformed as in the droughts of summer, Selah. I would inform you of my sin, and I did not conceal my iniquity; I said, "I will confess my transgressions to HaShem," and you forgave the iniquity of my sin, Selah. For this [thing] let every pious man judge himself: [to draw close] to you before [misfortune] befalls, only before the flooding of might waters [of afflictions]; such a person they will not reach. You are a hiding-place for me, from distress you guard me; with songs of deliverance you encompass me, Selah. "I will enlighten you and instruct you in the way which you shall go; I will wink My eye to you." Be not like a horse or like a mule that does not discern, which must be muzzled with its adornment of bit and rein, that it should not come near you. Many are the pains of the wicked, but as for him who trusts in HaShem — kindness will encompass him. Rejoice in HaShem and exult, O righteous ones, and cause all those of upright hearts to sing praises.

Psalms 41 For the Leader, a song by David. Fortunate is he who considers the sick; on a day of calamity HaShem will rescue him. HaShem will preserve him and keep him alive, and he will be called fortunate in all the land, and you will not deliver him into the desire of his enemies. HaShem will support him on his sickbed; when you have transformed his entire restfulness in his illness. I said, "HaShem, be gracious to me; heal my soul because I have sinned against you." My enemies speak evil of me; "When will he die and his name be lost?" And if he comes to see [me], he speaks falsely; his heart gathers iniquity to itself; when he goes outside, he speaks of it. All my enemies whisper together about me; against me do they devise my hurt. "An evil thing shall be poured into him, and once he lies down, he will no longer rise." Even my ally, in whom I trusted, who eats my bread, developed an ambush for me. But you, HaShem, be gracious to me and raise me up, so that I may repay them. By this I shall know that you delight in me,

when my enemy does not shout joyfully over me. And as for me, because of my integrity you shall support me, and set me up before your face forever. Blessed be HaShem, Elohei/(God of) Yisrael, from [one end of] the world, to the [other end of] the world. Amen and amen!

Psalms 42 For the Leader, a Maskil by the sons of Korach. As a doe cries longingly for rivulets of water, so does my soul cry longingly to you, Elohim (God, Almighty Master of all forces). My soul thirsts for Elohim, for the living God: “When will I come and appear before Elohim [in the Holy Temple]?” My tears were my bread day and night when they say to me all day long, “Where is your God?” These things I will remember, and I will pour out my soul [because of the pain which is] upon me: How I passed on in covered [wagons], pacing slowly up to the House of Elohim with a joyful shouting and thanksgiving, a celebrating multitude. Why are you downcast, my soul, and why do you wail over me? Hope to Elohim, for I will yet thank him for the salvations of his presence. My God, the soul that is upon me is downcast; therefore, I will remember you from the land of Yarden and the peaks of Chermom, from the young mountain. One deep [trouble] calls to [another] deep [trouble]; [I am ready] to hear the sound of your water channels [of afflictions]; all your breakers and waves are gone over me. By day, HaShem commands his kindness, and at night, his song is with me, a prayer to the God [who guards] my life. I will say to God, my Rock, “Why have you forgotten me? Why should I walk in gloom under the oppression of the enemy?” With murder in my bones, my oppressors have reproached me by saying to me all day long, “Where is your God?” 12 Why are you downcast, my soul, and why do you moan over me? Hope to Elohim, for I will yet thank him for the salvations of my countenance and my God.

Psalms 59 For the Leader, a plea to be spared from destruction; by David, a mikhtam; when Shaul dispatched and they guarded the house to slay him. Rescue me from my enemies, my God; from those who rise up against me, save me. Save me from workers of iniquity; and from bloodthirsty men rescue me. For behold, they lurked for my soul; strong men lodge against me, neither for any transgression of mine nor for any

sin of mine, HaShem. Without any iniquity [of mine], they run and prepare themselves; awaken [yourself] towards me and see. And you, HaShem-Elohim Tzevaot, God of Yisrael, arise to visit upon all the nations; be not gracious to any treacherous workers of iniquity, Selah. They return in the evening, they howl like a dog and go round about the city. Behold, they spew forth with their mouth; [they have] swords in their lips, for who hears? But you, HaShem, will laugh at them; you will mock all the nations. [In face of] his strength, for you do I wait, for Elohim is my stronghold. The God of my kindness will precede me; Elohim will show me what befalls my watchful foes. Do not kill them, lest my people forget; make them wander [destitute] with your power and bring them down, HaShem our Shield. The sin of their mouth is the word of their lips, and they will be seized because of their haughtiness, and because of the curse and the lies that they tell. Destroy [them] with wrath, destroy them so they be no longer, and let [people] know that Elohim rules in Yaacov to the ends of the earth, Selah. And let them return towards evening, let them howl like dogs and go round about the city. Groaning [for food] they will roam about to eat; if they are not sated, they will lodge. And I will sing of your power, and I will sing praises of your kindness in the morning, for you were my stronghold and a refuge on a day that I was in straits. My strength! To you will I sing, for Elohim is my stronghold, God of my kindness.

Psalms 77 For the Leader, on yedutun, by Asaf, a song. My voice is to God (Elohim), when I cry out; my voice is to God (Elohim), that he give ear to me. On the day of my distress, I sought HaShem; my wound oozes at night and does not abate; my soul refuses to be comforted. I remember Elohim and I moan; I speak and my spirit becomes faint, Selah. You held my eyes from [getting any sleep]; I am stricken and unable to speak. I think of days of yore, ancient years. I recall my music at night; I speak with my heart and my spirit searches. "Will HaShem forsake [me] forever and nevermore be appeased? Is his kindness ended forever? Has he finished consoling? Has the Merciful God forgotten graciousness? Has he, in anger, shut off his mercy?" Selah. And I said, "This is to infirm me, this change of the right hand of the Most

High.” I recall the deeds of HaShem when I remember your wonder from time immemorial. And I meditate over all your works, and of your deeds I speak. Elohim, your way is in sanctifying [your Name by judging the wicked]. Who is a great god as Elohim? You are the god who works wonders; you made known your might among the peoples. You redeemed your people with your arm, the sons of Yaacov and Yosef, Selah. The waters saw you, Elohim, the waters perceived you, and they trembled, the deeps even quaked. They poured forth thick waters; the skies let out a voice [of thunder], even your arrows [of lightning] went abroad. The sound of your thunder [rebuked] the wheel[s of Pharaoh’s chariots]; the lightning illuminated the world; the earth trembled and roared. In the sea was your way, and your path in the mighty waters; afterwards your steps were not known [when the sea returned to its strength to cover the Egyptians]. You led your people like sheep by the hand of Moshe and Aharon.

Psalms 90 1 A prayer by Moshe, the man of Elohim. Adonai, a shelter are you; you have been for us, in generation after generation. Before the mountains were born, and when the earth and inhabited land were yet non-existent, and from everlasting to everlasting, you are the God. You bring a man down to a crushing point, and you say, “Return, O sons of men.” For if a man lived a thousand years, they would be in your eyes like a bygone yesterday, for they will but pass away, and be like a watch in the night. You flow them; they are as a [dream] during sleep; in the morning, like grass he passes away. In the morning, it blossoms and is rejuvenated; by evening, it is cut off and withers. For we perish from your wrath, and from your anger we are dismayed. You have placed our iniquities before you, [the sins of] our youth before the light of your countenance. For all our days have passed away in your anger; we have consumed our years as a fleeting thought. The days of our years because of them are seventy years, and if with strength, eighty years; but their proudest success is toil and pain, for it is quickly shorn off and we fly away. Who knows the power of your anger, and your wrath according to the reverence that is due unto you? To number our days, so inform [us], that we may get a heart of wisdom. Return, HaShem [from

your wrath]. How long? And be consoled [in thinking favorably] regarding your servants. Sate us in the morning with your loving-kindness, and we will sing out and rejoice throughout our days. Cause us to rejoice according to the days that you afflicted us, the years when we saw evil. May your works appear to your servants, and your majesty to their sons. And may the pleasantness of HaShem our elo'ah be upon us, and the work of our hands, establish for us (without mishap to us), and the work of our hands, establish it.

Psalms 105 Give thanks to HaShem, proclaim his name; make his deeds known among the peoples. Sing enthusiastically to him, play music to him, speak of all his wonders. Boast of his holy name; may the heart of those who seek HaShem rejoice. Search for HaShem and his might; seek his presence constantly. Remember his wonders, which he performed, his miracles and the judgments of his mouth. The seed of Avraham his servant, the children of Yaacov, his chosen ones. He is HaShem our elo'ah; throughout all the earth are his judgments. He remembered his covenant forever, the word he had commanded to the thousandth generation, [The Covenant] which he cut with Avraham, and his oath to Yitzhak, And he set it up to Yaakov as a statute, to Yisroel as an everlasting covenant, Saying, "To you I shall give the land of Canaan, the lot of your inheritance." When they were few in number, hardly dwelling in it. And they walked [in their customs] among one nation and then among another nation, from one kingdom to another people. He let no man rob them, and he reprov'd kings on their account. "Do not touch My anointed ones, and do not harm My prophets." He called a famine upon the land; he broke every staff of bread. He sent a man before them; Yosef was sold as a slave. They afflicted his foot with fetters; his soul was placed in irons. Until his word came, the saying of HaShem purified him. A king sent and released him, a ruler of peoples [sent] and loosed his bonds. He made him the master of his household and the ruler over all his possessions. To bind up his princes at his wish, and he made his elders wise. Yisroel came to Egypt, and Yaacov sojourn'd in the land of Ham. And he made his people very fruitful, and he made it stronger than its adversaries. He turned their heart to hate his people, to

plot against his servants. He sent Moshe his servant, [and] Aharon whom he chose. They placed upon them the words of his signs and his miracles in the land of H̄am. He sent darkness and it darkened, and [the signs] did not disobey his word. He turned their water into blood, and killed their fish. Their land swarmed with frogs, [even] in the rooms of their monarchs. He commanded and a mixture of noxious beasts came, lice throughout their entire boundary. He made their rains into hail, flaming fire in their land. And it struck their vines and their fig trees, and it broke the trees of their boundary. He spoke and locusts came, and nibbling locusts without number. And they consumed all grass in their land, and they consumed the produce of their soil. And he smote every firstborn in their land, the first of all their strength. And he took them out with silver and gold, and there was no pauper among their tribes. Egypt rejoiced with their departure, for their fear had fallen upon them. He spread out a cloud for shelter, and fire to illuminate the night. They asked, and he brought quails, and the bread of heaven sated them. He opened a rock and water flowed; in the deserts ran rivers. For he remembered his holy word with Avraham his servant. And he took out his people with joy, his chosen ones with joyful singing. And he gave them lands of nations, and they inherited the toil of regimes. In order that they keep his statutes and observe his laws. Halleluyah!

Psalms 137 By the rivers of Babylon, there we sat, we also wept when we remembered Tzion. On willows in its midst we hung our harps. For there our captors asked us for words of song and our tormentors [asked of us] mirth, "Sing for us of the song of Tzion." "How shall we sing the song of HaShem on foreign soil?" If I forget you, Yerushalayim, may my right hand forget [its skill]. May my tongue cling to my palate, if I do not remember you, if I do not elevate Yerushalayim above my foremost joy. Remember, HaShem, and repay the children of Edom; and the day of Yerushalayim, those who say, "Raze it, raze it, down to its foundation!" Daughter of Babylon, who is destined to be plundered, praiseworthy is he who repays you in accordance with how you have done to us. Praiseworthy is he who will take and dash your infants against the rock.

Psalms 150 Halleluyah! Praise God in his holy place, praise him in the firmament of his might. Praise him for his mighty deeds; praise him as befits his superb greatness. Praise him the blast of the shofar; praise him with psaltery and lyre. Praise him with timbres and dance, praise him with stringed instruments and flute. Praise him with resounding cymbals; praise him with far-sounding trumpets. Let every soul praise HaShem! Halleluyah!

After finishing the Tehilim of the Tikkun Haklali recite the following three Pesukim:

O that the salvation of Yisrael would come from Tzion! When HaShem returns the captivity of his people, Yaacov shall rejoice, Yisrael shall be glad. (Psalms 14:7)

And the redemption of the righteous is from HaShem, their stronghold at times of trouble. And HaShem helped them and rescued them; he rescued them from the wicked and saved them because they took refuge in him. (Psalms 37:39-40)



## **Blessings for Food**

### מְזוֹנוֹת - Blessing for Grains

Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're minei m'zonot.

Blessed are You, Adonai our God, King of the universe, Who creates varieties of nourishment.

### הַגֶּפֶן - Blessing for Wine

Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're p'ri hagefen.

Blessed are You, Adonai our God, King of the universe, Who creates the fruit of the vine.

### הָעֵץ - Blessing for Fruit

Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're p'ri ha'etz.

Blessed are You, Adonai our God, King of the universe, Who creates the fruit of the tree.

### הָאֲדָמָה - Blessing for Plants from the Earth

Barukh ata Adonai Eloheinu, Melekh ha'olam, bo're p'ri ha'adama.

Blessed are You, Adonai our God, King of the universe, Who creates the fruit of the ground.

### שְׁהֵכֵל - Blessings for Other Foods

Barukh ata Adonai Eloheinu, Melekh ha'olam, shehakol nih'ye bidvaro.

Blessed are You, Adonai our God, King of the universe, through Whose word everything comes into being.

**תפילה לשלום מדינת ישראל | Prayer for the Welfare of the State of Israel  
by Rabbi Yitsḥak haLevi Hertzog (1948)**

Our Father in Shamayim, Tsur Yisra'el, fortress and redeemer of Yisra'el  
— bless the State of Israel, the initial sprouting of our redemption.  
Shield it beneath the wings of your lovingkindness;  
spread over it your Sukkah of peace;[1]  
send your light and your truth to its leaders, officers, and counselors,  
and correct them with your good counsel.  
Strengthen the defenders of our Holy Land;  
grant them, our elo'ah, salvation,  
and crown them with victory.  
Establish peace in the land,  
and everlasting joy for its inhabitants.  
Remember our brethren, the whole house of Yisra'el,  
in all the lands of their dispersion.  
Speedily bring them to Tsiyon, your city,  
to Yerushalayim, dwelling of your [spoken] name,  
as it is written in the Torah of your servant Moshe:  
“Even if you are dispersed in the uttermost parts of the world,  
from there HaShem your elo'ah will gather and fetch you.  
HaShem your elo'ah will bring you into the land which your ancestors  
possessed,  
and you shall possess it;  
and HaShem will make you more prosperous and more numerous than  
your ancestors.”  
Unite our hearts to love and revere your name,  
and to observe all the precepts of your Torah.  
Speedily send us your righteous Moshiah of the House of David,  
to redeem those waiting for your salvation.

Shine forth in your glorious majesty over all the inhabitants of your world.

Let everything that breathes proclaim:

HaShem Elo'hei Yisra'el is King;

“their majesty reigns over all.”[3][4]

Amen. Selah