TIKKUN V’OR SIDDUR FOR ONLINE SERVICES

SHABBAT MORNING

Modeh Ani 2
Hinei Ma Tov 2
Ma Tovu 2
Tallit Blessing 2
Elohai Neshama 2
Birkot Hashachar 3-4
Ashrei (Aly Halpert) 4
Baruch She’amar 4
Kol Haneshama / Psalm 150 5
Nishmat Kol Hai 5
Sanctuary Song 5
Barchu 5
As We Bless (Faith Rogow) 5
Ahavat Olam 6
Ahavah V’Rachamim 6
We are Loved by an Unending Love (Rabbi Rami Shapiro) 6
Ahava Raba 7
V’Ha-er Aneinu 8
Shema 8
V’ahavta 8
L’maan Tizkaru 9
Mi Chamocha 9
Amidah for Shabbat morning 10-11
Oseh Shalom 12
Torah Service 12
   Holy Mountain 13
   Al Shlosha Devarim
   Torah Blessing Before Reading
   Torah Blessing After Reading
   Misheberach 14
   Healing Prayer / Al Na Refa Nala
   L’chi Lach
   Lifting and Dressing the Torah
   Eitz Chayim 15
   Od Navi Shalom Aleinu

Mourner’s Kaddish 15-16
Aleinu (with interpretive translation by Marcia Falk and Rabbi Rami Shapiro)
Adon Olam 16-17
Kiddush 18
Hamotzi 18
Va’ahavta Interpretations: 19
   by Marcia Falk
   by Marge Piercy
MODEH ANI

Mo-deh ani l’fan-e-cha
Melech chai v’ka-yam (Ruach chai v’kayam)
She-he-che-zar-ta bi ni-sh-mati
b’chemla, ra-bah e-mu-na-tech-a
I give thanks to You, living and everlasting God, for You have restored my soul with mercy.
Great is Your faithfulness.

HINEI MA TOV

Hineh mah tov
umah na’im
shevet achim (ach’yt / kulam) gam yachad
How good it is to be together in peace.

MA TOVU

Mah tovu ohalecha Ya’akov, mishkenotecha Yisrael.
How goodly are your tents, O Jacob, your dwelling places, O Israel.

TALLIT BLESSING

Baruch atah Adonai Eloheinu melech ha’olam asher kid-sha-nu b’mitz-vo-tav v’tzi-vanu lihtatef b’tzitzit.
Blessed are You, Adonai our God, Sovereign of all, who commands us to wrap ourselves in in the fringes.

ELOHAI NESHAMAH

Elohai neshama, shenata bi, t’horah hi
My God, the soul you have given me is pure
Baruch atah Adonai Eloheinu melech ha’olam asher natan lasechvi vinah l’havchin bein yom uvein lailah. (Baruch ata Chavaya, Ruach ha’olam / Blessed are You, the Breath of all life)

Praise to You, Adonai our God, Sovereign of the Universe
For the ability to distinguish day from night.

Baruch atah Adonai Eloheinu melech ha’olam pokei’ach ivrim.
For opening our eyes.

Baruch atah Adonai Eloheinu melech ha’olam matir asurim.
For helping us break free when we are bound.

Baruch atah Adonai Eloheinu melech ha’olam zokeif k’fufim.
For helping us rise when we have fallen.

Baruch atah Adonai Eloheinu melech ha’olam roka ha’aretz al hamayim.
For stretching the earth over the waters

Baruch atah Adonai Eloheinu melech ha’olam hameichin mitzadei gaver.
Who strengthens our steps

Baruch atah Adonai Eloheinu melech ha’olam malbish arumim.
For clothing our bodies.

Baruch atah Adonai Eloheinu melech ha’olam ha’notein laya’ef koach.
For giving strength to the weary

Baruch atah Adonai Eloheinu melech ha’olam haaavir sheinah mei-einai, utnumah mei-afapai
Who removes sleep from the eyes and slumber from the eyelids

Baruch atah Adonai Eloheinu cmelech ha’olam she’asani b’tzalmo.
For shaping us in your image.

Baruch atah Adonai Eloheinu melech ha’olam she’asani b’nei chorin.
For creating us to be free.

Baruch atah Adonai Eloheinu melech ha’olam she’asani Yisrael.
For giving us the life of the Jewish people.

Baruch atah Adonai Eloheinu melech ha'olam ozer Yisrael bigvurah.

For giving our people strength to endure.

Baruch atah Adonai Eloheinu melech ha'olam oter Yisrael b'tifarah.

For crowning Israel with splendor.

Baruch atah Adonai Eloheinu emelech ha'olam she'asah li kol tzarki.

For enabling us to meet our needs.

In recognition of the miracle of the human body, we acknowledge the artistic and functional brilliance of its creator:

Baruch atah Adonai, Eloheinu melech haolam, asher yatzar et ha'adam b'chochma, uvara bo n'kavim n'kavim, chalulim chalulim, galu'i v'yadu'a lifnei chisei ch'vodecha, she'im yipatei echad meihem, ee efshar l'hitrakeyim v'la'amod l'fanecha, afilu sha'a echad. Baruch atah Adonai, rofei kol basar umafli la'asot.

Blessed are You, the architect, our God, sovereign of all worlds, who shaped the human being with wisdom, making for us all the openings and vessels of the body. It is revealed and known before You that if one of these passageways is open when it should be closed, or blocked up when it should be free, one could not stay alive to stand before You. Blessed are You, our God, the wondrous healer of our flesh.

ASHREI

interpretation by Aly Halpert

Ashrei yoshvei ashrei yoshvei veitecha
Ashrei yoshvei veitecha od y'hallelucha selah
I sing for you I sing for what is holy and is true
I sing for all creation for life and liberation every day anew

BARUCH SHE’AMAR

Baruch sheamar vehaya haolam,
Baruch hu, baruch ose bereshit
Baruch omer veose
Baruch gozer umekayem
Baruch merachem al haaretz
Baruch merachem al habriyot
Baruch meshalem sachar tov liyereativ
Baruch chay laad vekayam lanetsach
Baruch pode umatzil - baruch shemo

Baruch ata Adonai Melech mehulal batishbachot.

Blessed One, You talked the World into being
What a blessing, You.
Blessed One, Your Word makes for becoming.
Blessed One, You decree and sustain.
Blessed One, all beginnings are Yours!
Blessed One, Your compassion is upon the Earth.
Blessed One, Your caring is kind to all creatures.
Blessed One, You are generous in rewarding those who respect 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.

KOL HANESHAMA - PSALM 150

הַ֭לְל֥וּ יָ֨הּ ׀ הַֽלְלוּ־אֵ֥ל בְּקָדְשׁ֑וֹ הַֽ֝לְל֗וּהוּ בִּרְקִ֥יעַ עֻזּֽוֹ׃
 הַ֭לְל֥וּהוּ בְּתֵ֣קַע שׁוֹפָ֑ר הַ֭לְל֥וּהוּ בְּנֵ֣בֶל וְכִנּֽוֹר׃
 הַ֭לְל֥וּהוּ בְּצִלְצְלֵי־שָׁ֑מַע הַ֭לְל֥וּהוּ בְּצִלְצְלֵ֥י תְרוּעָֽה׃
 כֹּ֣ל הַ֭נְּשָׁמָה תְּהַלֵּ֥ל יָ֗הּ הַֽלְל֥וּ־יָ֨הּ׃

הַֽלְל֥וּהוּ בְּתֵ֣קַע שׁוֹפָ֑ר הַ֭לְל֥וּהוּ בְּנֵ֣בֶל וְכִנּֽוֹר׃
 הַ֭לְל֥וּהוּ בְּגָדוֹלָ֣ה בְּגָדוֹלָ֑ה הַ֭לְל֥וּהוּ בְּגָדוֹלָ֣ה בְּגָדוֹלָ֑ה׃

Halleluyah, hallelu el b’kodsho, halleluhu birkia uzo.
Halleluhu bigvurotav – halleluhu k’rov gudlo.

Halleluhu b’teki shofar, halleluhu b’neivel v’chinor
Halleluhu b’tof umachol, halleluhu b’mimin v’ugav.

Halleluhu b’tzil tzelei shama, halleluhu b’tzil tzelei t’ruah

Kol haneshamah t’halleil ya, halleluyah...

Call out to God in heaven’s holy place. Exclaim to God across the firmament.
Shout to God for God’s mighty deeds. Proclaim to God as loud as God is great.
Blast out for God with piercing shofar sound. Strum to God with sweet lute and strings.
Drum to God with mighty rhythm. Dance to God with joyous abandon.

Sing out to the Creator with strings and husky flute!
Sing out to the Eternal with cymbals that resound!
Let every living thing praise God, Halleluyah.
NISHMAT KOL CHAI

Nishmat kol Chai Tevarech et shimcha Havaya Eloheynu
The Breath of all living beings, Praises Havaya/Being, our God.

V’ASU LI MIKDASH / SANCTUARY SONG

May the words of my mouth, and the meditations of my heart,
be acceptable to you YaH, my rock and my redeemer.
Love, prepare me, to be a sanctuary, pure and holy, tried and true.
With thanksgiving, I’ll be a living sanctuary for you.

V’asu li mikdash, v’shachanti b’tocham,
V’anachnu nevarech YaH, me-ata v’ad olam.
Halleluyah, halleluyah, halleluyah, halleluyah!

BARCHU

Barchu et Adonai ham’vorach
Bless the Eternal, the Source of all Blessing.

Baruch Adonai ham’vorach le’olam va’ed
Blessed is the Eternal, the Source of all Blessing, forever.

AS WE BLESS

Faith Rogow

As we bless the source of life, so we are blessed
As we bless the source of life, so we are blessed
and the blessings give us strength, and make our visions clear
And the blessings give us peace, and the courage to dare
As we bless the source of life, so we are blessed.

AHAVAT OLAM

Ahavat olam beit Yisrael, amecha ahavta Torah u’mitzvot chukim u’mishpatim otanu limadeta
Al ken Hashem Elokeinu b’shachveinu u’vekumeinu nasiach bechukecha v’nismach b’divrei Toratecha u’vemitzvotcha le’olam va’ed.

Ahavat olam beit Yisrael, amecha ahavta Torah u’mitzvot chukim u’mishpatim otanu limadeta
Al ken Hashem Elokeinu b’shachveinu u’vekumeinu nasiach bechukecha v’nismach b’divrei Toratecha u’vemitzvotcha le’olam va’ed.
Endless is Your love for Your people Israel. You have taught us Torah and its mitzvot, laws and judgement. Therefore, O God, when we lie down and when we rise up we shall speak of Your commandments and rejoice in Your Torah and mitzvot forever. Day and night we will reflect on them. They are our life and the length of our days. Your love shall never depart from our hearts. Blessed are You, Eternal God who loves Your people Israel.

**AHAVAH**

"Ahavah v'rachamim, chesed v'shalom"

Love and compassion, kindness and peace

Baruch atah Adonai oheiv amo Yisrael.
Blessed are You, our God, who loves Your people Israel.

**WE ARE LOVED BY AN UNENDING LOVE**

by Rabbi Rami Shapiro

Chorus: We are loved by an unending love.

We are embraced by arms that find us
even when we are hidden from ourselves.
We are touched by fingers that soothe us
even when we are too proud for soothing.

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

We are supported by hands that uplift us
even in the midst of a fall.
We are urged on by eyes that meet us
even when we are too weak for meeting.

Embraced, touched, soothed, and counseled,
Ours are the arms, the fingers, the voices;
Ours are the hands, the eyes, the smiles;
With abundant love have You loved us, Adonai our God; with overwhelming compassion have you dealt with us. On account of our ancestors whose trust led You to teach them the laws of life, be gracious to us, teaching us as well. O Merciful One, have mercy on us by making us able to understand and discern, to heed, learn, and teach, and lovingly to observe, perform, and fulfill all that is in your Torah. Enlighten our eyes with Your Torah, focus our minds on Your mizvot, unite our hearts in love and reverence for Your Name. Then we shall never feel shame, never deserve rebuke, and never stumble. Having trusted in Your great and awesome holiness, we shall celebrate Your salvation with joy. Gather us in peace from the four corners of the earth and lead us upright to our land. Great Name, that we might acknowledge You, declaring You One in love. Praised are You, Adonai, who relates to us in love.

V’HA’ER AYNENU

V’ha-eir eineinu b’toratecha v’dabek libeinu b’mitzvotecha, v’yached l’vaveinu l’ahava ul-yira et sh’mecha v’lo nevosh v’lo nikalem v’lo nikašel l’olam vaed.

Light up our eyes with your Torah, and let our hearts cling to your Mitzvot, and unite our hearts to love and revere your name, that we shall never depart from it.
**SHEMA**

שְׁמַע יִשְׂרָאֵל, יְהֹוָה אֱהֵֽינוּ
יְהֹוָה אֶחָד.

*Shema Yisrael, Adonai Eloheinu, Adonai echad.*  
Listen, Israel – the Eternal is God, the Eternal is one.

כְּבוֹד מַלְכוּתוֹ לְעֹלָם וָעֶד.

*Baruch sheim k'vod malchuto le'olam va'ed.*  
Blessed is the name and glory of God’s realm, forever.

**V’AHAVTA**

וְאָהַבְתָּ אֵת יְהֹוָה אֱהֶֽי, בְּכָל לְבָבְ, וּבְכָל נַפְשְׁ, וּבְכָל מְאֹדֶֽ. וְהָיוּ הַדְּבָרִים הָאֵֽלֶּֽה, אֲשֶׁר
אָנֹכִי מְצַוְּ הַיּוֹם, עַל לְבָבֶֽ. וְשִׁנַּנְתָּם לְבָנֶֽי, וְדִבַּרְתָּ בָּם, בְּשִׁבְתְּ בְּבֵיתֶֽ, וּבְלֶכְתְּ בַדֶּֽריָֽ, וּבְשָׁכְבְּ, וּבְקוּמֶֽ. וּקְשַׁרְתָּם לְאוֹת עַל יָדֶֽ, וְהָיוּ לְטֹטָפֹת בֵּין עֵינֶֽי. וּכְתַבְתָּם עַל מְזֻזוֹת
בֵּיתֶֽ וּבִשְׁעָרֶֽי.

*V’ahavta eit Adonai Elohecha b’chol l’vavecha uv’chol nafschecha uv’chol me’odecha. Vhayu had’varim ha’eileh asher anochi m’tzavcha hayom al l’vavecha. V’shinantam l’vanecha v’dibarta bam b’shivtecha b’veitecha uv’lechtechava vaderech uv’shochbecha uvekumecha. Uks’hartam le’ot al yadecha v’hayu l’totafot bein einecha. Uch’tavtam al mezuzot beitecha uvisharecha.*

Love your God with every heartbeat  
with every breath,  
with every conscious act.  
Keep in mind the words I command you today.  
Teach them to your children,  
talk about them at work;  
whether you are tired or you are rested.

Let them guide the work of your hands;  
keep them in the forefront of your vision.  
Do not leave them at the doorway of your house, or outside your gate.  
They are reminders to do all of My mitzvot,  
so that you can be holy for God.  
I am Adonai your God.  
I led you out of Egypt to become your God.  
I am Adonai your God!
L’MA’AN TIZKIRU

Thus may you remember to fulfill all My commandments and be holy to your God. I am Adonai your God who brought you out of the land of Egypt to be your God;

I, Adonai, am your God. Truth.

MI CHAMOCHA

Who is like You, Eternal One, among heavenly powers?

Who is like You, awesome in splendor, doing wonders?

- Exodus 15.11
Open my lips, Eternal One, and let my mouth declare Your praise.


Blessed are You, Adonai our God and God of our ancestors;
God of Abraham, God of Isaac and God of Jacob;
God of Sarah, God of Rebecca, God of Rachel and God of Leah.
God the great, the mighty and the awesome, God on high, who rewards righteous goodness, maker of all, who remembers the righteousness of our ancestors and brings redemption before them, for the sake of Your name, in love.

Sovereign, helper, deliverer and guardian, blessed are You Adonai, shield of Abraham, helper of Sarah.

Atah gibor l'olam Adonai, m'chayei hakol Atah rav l'hoshia.
M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim, someich noflim v'rofei cholim, umatir asurim, um'kayeim emunato lisheinei afar. Mi chamocha ba'al g'vurot umi domeh lach melech meimit um'chayeh umatzmi'ach y'shuah.
You are forever powerful, Almighty One, abundant in Your saving acts. You send down the dew. In loyalty, You sustain the living, nurturing the life of every thing, upholding those who fall, healing the sick, freeing the captive and remaining faithful to all life held dormant on the earth. Who can compare to You, Almighty God? Who can compare to You, source of all mercy, remembering all creatures mercifully, decreeing life. Faithful are You in giving life to every living thing.

וְנֶאֱמָן אַתָּה לְהַחֲיוֹת הַכֹּל. בָּרוּ אַתָּה יְהֹוָה מְחַיֵּה הַכֹּל.

V’ne’eman atah lehachayot hakol. Baruch atah Adonai m’chayei hakol.


You are our God today as You were our ancestors’ God throughout the ages; firm foundation of our lives, we are Yours in gratitude and love. Our lives are safe in Your hand, our souls entrusted to Your care. Our sense of wonder at Your miracles and kindness greet You daily at dawn, at dusk, and throughout the day. For all these things, Your name is blessed and raised in honor always, Sovereign of ours, forever. Write down for a good life all the people of Your covenant. Let all of life acknowledge You. May all beings praise Your name in truth. O God, our rescuer and aid, blessed are You, whose name is good, to whom all thanks are due.

Shim shalom tovah uv’rachah chein va’chesed v’rachamim aleinu v’al kol Yisrael amecha.

Establish peace, goodness, blessing, grace, loving kindness and mercy upon us and upon all Israel Your people.
לְמַעַן שְׁמֶה. עֲשֵׂה לְמַעַן יְמִין. עֲשֵׂה לְמַעַן קְדֻשָּׁת. עֲשֵׂה לְמַעַן תוֹרָתֶה. לְמַעַן יֵיחָלְצוּן יְדִידי הֹשִׁיעָה יְמִין וַעֲנֵנִי: יִהְיוּ לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן לִבִּי לְפָנֶיךָ. יְהוָה צוּרִי וְגֹאֲלִי.

God, protect my tongue from evil, and my lips from telling lies. May I turn away from evil and do what is good in your sight. Let me be counted among those who seek peace. May my words of prayer and my heart’s meditation be seen favorably, Beloved One, my rock and my redeemer.

OSEH SHALOM

Oseh shalom bimromav, hu ya’aseh shalom aleinu, v’al kol Yisrael, v'imru amein.

May the One who creates peace on high bring peace to us and to all Israel and to all who dwell on earth. And we say: Amen.

TORAH SERVICE

Shemu Yisrael Adonai Eloheinu Adonai Echad

Hear, O Israel! Adonai, our God, Adonai is One.

Echad Eloheinu, gadol adoneinu, kadosh v’norah shemo.

One is our God, great is our sovereign, holy and awesome is God’s name.

Gadlu l’Adonai iti, un’romema shemo yachdav

Declare with me the greatness of the Infinite, together let us raise God’s name.

Pitchu li shaarei tzedek avo vam odeh Yah

Open for us the gates of justice/love

We will enter and give thanks to You
And they will come to my holy mountain
and rejoice in my house of prayer.
My house will be a house of prayer for all people.
My house will be a house of prayer for all peoples.

AL SHLOSHA DEVARIM

Al sh'loshah d'varim ha-olam, ha-olam omeid
Al hatorah, v'al ha'avadah, v'al g'milut chasadim

Upon three things the world stands: On Torah, on service (prayer), and on loving kindness.

TORAH BLESSING BEFORE READING

Reader: בָּרְכוּ et Adonai ham'vorach.
Blessed is Adonai, who is blessed.

All: בָּרוּיָה יְהֹוָה הַמְּבֹרָ קָלָה לְעֹלָם va'ed.
Blessed is Adonai, who is blessed, now and forever.

Reader: Baruch Adonai ham'vorach l'olam va'ed.
Blessed is Adonai, who is blessed, now and forever.

Blessed are You, our God, Ruler of the universe, who has chosen us with all peoples
and given us Your Torah. Blessed are You, Adonai, who gives us Torah.

All: Amen.

Torah Blessing After Reading

Reader: Baruch atah Adonai, Eloheinu, Melech ha'olam, asher natan lanu torat emet
Blessed are You, our God, Ruler of the universe, who has given us the Torah of truth, and planted in our
midst an eternal legacy. Blessed are You, Adonai, who gives us Torah.

All: Amen.
**MISHEBEIRACH**

Debbie Friedman

*Mi shebeirach avoteinu*

*M'kor hab'racha l'imoteinu*

May the source of strength,
Who blessed the ones before us,
Help us find the courage to make our lives a blessing,
and let us say, Amen.

*Mi shebeirach imoteinu*

*M'kor habrachah l'avoteinu*

Bless those in need of healing with r'fuah sh'leimah,
The renewal of body, the renewal of spirit,
And let us say, Amen.

**HEALING PRAYER**

*Ana el na refa nala*

**L'CHI LACH**

Debbie Friedman

*L'chi lach, to a land that I will show you*

*Leich l'cha, to a place you do not know*

*L'chi lach, on your journey I will bless you*

And you shall be a blessing (3x) *l'chi lach*

*L'chi lach, and I shall make your name great*

*Leich l'cha, and all shall praise your name*

*L'chi lach, to the place that I will show you*

*L'sim-chat cha-yim (3x) l'chi lach*

**LIFTING AND DRESSING THE TORAH**

*(All rise as the Torah is lifted and dressed.)*

*V'zot ha'Torah asher sam Moshe*

*Ifnei b'nei Yisrael al pi Adonai b'yad Moshe.*

This is the Torah, which Moses placed before the children of Israel,
by the word of the Almighty One, through the hand of Moses.

*V'hallelu et sheim Adonai ki nisgov shemo l'vado.*

*Hodo al etez v'shamayim va'yarem keren lamov t'hilah l'chol chasidav livnei Yisrael am k'rovo.*  
*Halleluyah.*
Let us all bless the name of God, who alone is to be exalted. God’s splendor is found on earth and in the heavens. God has lifted up our people’s strength. May praise reflect on all God’s followers, to the children of Israel, and to all people near to God. Halleluyah.

**EITZ CHAYIM**

עֵץ חַיִּים הִיא לַמַּחֲזִיקִים בָּהּ, וְתֹמְכֶֽיהָ מְאֻשָּׁר. דְּרָכֶֽיהָ דַּרְכֵּי נֹֽעַם, וְכָל נְתִיבוֹתֶֽיהָ שָׁלוֹם. חֲשִׁבֵֽנוּ יְהוָה אֵלֶֽי וְנָשֽׁוּבָה, חַדֵּשׁ יָמֵֽינוּ כְּקֶֽדֶם.

It is a Tree of Life to those who hold fast to it, and all who support it are happy. Its ways are ways of pleasantness, and all its paths are peace. Return us, O God, to You – let us return. Renew our days as of old, now and evermore.

**OD NAVI SHALOM ALEINU**

Od navi shalom aleinu (3x) v’al kulam (repeat)
Salaam, aleinu v’al kol haolam
Salaam, Shalom (repeat)

We will pursue peace for us and everyone.
Salaam/Shalom for us and for the entire world.

**MOURNERS KADDISH**

ירצינו ויהיה שמה ראם כלָּלֶמֶה דְּרוּ ברָאִים וּברָאִים וּברָאִים ברָאִים עַל עָלָּא וְאִמְרוּ אָמֵן.

We will pursue peace for us and everyone.
Yehi Shem Re’aya, Eziel Re’aya, and Eziel Re’aya, and let us say Amen.

page 598
Yitgadal v’yitkdash sh’mei rabah

B’alma d’vra chirutei v’yamlich malchutei, b’chayeichon uv’yomeichon uv’chaiyei d’chol beit Yisrael ba’agal vehuviz’mah kariv. V’imru: Amen.

Y’hei sh’mei raba m’varach l’alam ul’almei almaya.

Yitbarach v’yishtabach v’yitpa’ar v’yitromam v’yitnasei, v’yit’hadar v’yitaleh v’yithalal shemei d’Kudsha B’rich hu,

Le’eila min kol birchata v’shirata, tushb’chata v’nechemata da’amiran b’alma. V’imru: Amen.

May God’s majesty be revealed in the days of our lifetime and the life of all Israel — speedily, imminently.

To which we say: Amen.

Blessed be God’s great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: Amen.

May the One who creates harmony on high, bring peace to us and to all Israel and to all who dwell on earth.

To which we say: Amen.

ALEINU

It is ours to praise the beauty of the world, even as we discern its tatteredness.
For nothing is whole that is not first rent and out of the torn we make whole again.
May we live with promise in creation’s lap, redemption budding in our hands.
It is up to us to hallow creation, to respond to Life with the fullness of our lives.
It is up to us to meet the world, to embrace the whole even as we wrestle with its parts.
Therefore we bend the knee and shake off the stiffness that keeps us from the subtle graces of life and the supple gestures of love. With reverence and thanksgiving we accept our destiny and set for ourselves the task of redemption.

[The One] who stretched out the heavens and founded the earth, whose realm embraces heaven’s heights, whose mighty presence stalks celestial ramparts. This is our God; there is none else besides, as it is written in the Torah: “You shall know this day, and bring it home inside your heart, that Adonai is God in the heavens above and on the earth below. There is no other God.”

And it is written: “Adonai will reign as sovereign over all the earth. On that day shall Adonai be one, God’s name be one!”
ההוא אוחז זאצאי新西兰. הלגיטימי על להbbleנה
כליל רואים כפי שכלית קהל נוער להbbleנה
ההוא אלי ורי נאצל. עזרו חכלי ב防腐 סרה
ההוא בפי יומם ל. קשת יזכי ביום אקראמ
כי באפקיד רוחה. קשת איריש לאשיפחה
עם רוחה גוותה. ה. ל"א אירה

Adon olam asher malach
Beterem kol yitzur nivra
Li-ait nasa becheftzo kol
Azai Melech shemo nikra
Viacharei Kkchlot hakol
Levado yimloch nora
Vehu haya vehu hove
Vehu yiheeyeh beteefarah
Vehu echad veayn shayni
Lehamshilo lehachbira

Beli rayshit beli tachlit
Velo ha’oz vehamisra
Vehu eili vechai go’ali
Vetzur chevli be’ait tzara
Vehu neesi umanos li
Menat kosi beyom ekra
Beyado afkid ruchi
Beait eeshan veoeera
Ve’eem ruchi geviyati
Adon-nay li velo eera

KIDDUSH

ברוך אתה י玩笑 אלוהינו מלך העולם בורא פרי הגפן.

Blessed are You, Adonai our God, Sovereign of all, Creator of the fruit of the vine

HAMOTZI

ברוך אתה י玩笑 אלוהינו מלך העולם, הבורא בראא היום פרי הגפן.

Blessed are You, Adonai our God, Sovereign of all, who brings forth bread from the earth.
V’AHAVTA INTERPRETATIONS

Version 1
by Marcia Falk
Loving life
and its mysterious source
with all our heart
and all our spirit,
all our senses and strength,
we take upon ourselves
and into ourselves
these promises:
to care for the earth
and those who live upon it,
to pursue justice and peace,
to love kindness and compassion.
We will teach this to our children
throughout the passage of the day—
as we dwell in our homes
and as we go on our journeys,
from the time we rise
until we fall asleep.
And may our actions
be faithful to our words
that our children's children
may live to know:
Truth and kindness
have embraced,
peace and justice have kissed
and are one.

Version 2
by Marge Piercy
So you shall love what is holy
with all your courage, with all your passion,
with all your strength.
Let the words that have come down
shine in our words and our actions.
We must teach our children
to know and understand them.
We must speak about what is good and holy
within our homes,
when we are working,
when we are at play,
when we lie down and when we get up.
Let the work of your hands speak them,
let your eyes shine and see with their knowledge.
Let them run in your blood
and glow from your doors and windows.
We should love ourselves, for we are of God.
We should love our neighbor as ourselves.
We should love the stranger,
for we were once strangers in the land of Egypt...
Let love fill our hearts with its clear precious
water
for all living with whom we share the water of
life.
Heaven and earth observe
how we cherish and spoil our world.
Heaven and earth watch
whether we choose life or choose death.
We must choose life
so that we and our children's children may live.
We must love the source of being and the power of
life.
Be quiet and listen to the still small voice within
that speaks in love.
Open to it, hear it, heed it and work for life.
Let us remember and strive to be good.