Friday Night Kabbalat Shabbat
With Transliteration
(Hebrew words in English letters)

DRAFT

Rabbi Carie Carter and Elizabeth Schmuk, PhD
Introduction to
Friday Night Services
and Transliteration

TRANSLITERATION CONVENTIONS

• A = the sound in “la-la”, unless it is followed by an “i”
• AI = the sound in “eye” or the Hebrew word for God, “Adonai”
• An apostrophe (’) after a letter gives it the vowel sound of “eh,” and represents a syllable break, for example, Y’ gets pronounced “veh”
• CH = the hard “chet” sound that is in “Bach” or the Hebrew word for life, “Chai” (NOT the “tsh” sound of “match” or “cherry”)
• E = the vowel sound of “net” or the Hebrew word for truth, “emet”, unless followed by an I
• EI or EY= the vowel sound in “day”
• I = the vowel sound in “bgt” or the Hebrew word for our father, “Avinu”
• O = the vowels sound in “boat”
• TZ = the consonant sounds at the end of “pits” or the Hebrew word for Zion, “Tzion”
• U – the vowel sound in “moot”

• All other letters and letter combinations are pronounced as in English.
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- **E** = the vowel sound of “neg” or the Hebrew word for truth, “emet”, unless followed by an I
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- **I** = the vowel sound in “heat” or the Hebrew word for our father, “Avinu”
- **O** = the vowels sound in “boat”
- **TZ** = the consonant sounds at the end of “pits” or the Hebrew word for Zion, “Tzion”
- **U** = the vowel sound in “moot”
- All other letters and letter combinations are pronounced as in English.

**SERVICES AT PSJC:** Services are typically led by congregants, in collaboration with the Rabbi, and Cantor Judy Ribnik leads one Friday night each month. If you are interested in learning more about our Shabbat services, a Learner’s Minyan is held once a month during Shabbat morning services – please check the PSJC Website (www.PSJC.org) for details. The Learner’s Minyan provides a more intimate setting in which to ask questions and learn about various aspects of the service. In addition, as with any other questions you may have, feel free to contact Rabbi Carie Carter at Rabbi.Carie@PSJC.org.

**SHABBAT SERVICES:** We observe Shabbat from dusk on Friday to nightfall on Saturday. It is our “palace in time,” a day devoted to God, study and sharing meals with family and friends. Friday night services begin with Kabbalat Shabbat, psalms and songs to help us celebrate and welcome in the Sabbath, followed by Maariv, the evening service. On Shabbat and Festival mornings, our services consist of three parts: Shacharit, the Torah Service (with chanting from Torah and Haftorah - Prophets - and a D’var Torah - a word of Torah, which is a commentary on the weekly Torah reading), and Musaf; on Festivals, holidays and Rosh Chodesh (the new month), a Hallel Service is added after Shacharit. On Shabbat afternoon, there is a shorter Mincha Service, which includes Torah reading but does not include a Haftorah. A communal Kiddush follows the Services.

**LEV TAHOR:** On the first Friday night of each month we welcome Shabbat with a lay-led, all sung Lev Tahor (the Pure Heart) service in the lower level social hall/sanctuary. We sit in concentric circles and harmonize together. The goal of Lev Tahor is to bring together different voices from our community to create a
When we appreciate someone’s leadership or teaching in the service, such as a bar or bat mitzvah youth giving a d’var Torah, we do not applaud, because they are leading us as members of the community rather than performing for us. Instead of applause, we use the phrase, “Yasher koach” (approximate translation: “May your strength be increased”) to express our appreciation during the services.

BOOKS AND GENDER CONVENTIONS: The small book (Siddur) is used for prayers and the large book (Chumash) is used for reading from the Torah and Haftorah (Prophets). We pray from the Siddur Sim Shalom, which draws its text from the Bible, Talmud, and other classical sources, as well as modern interpretations and also includes prayers and poetry composed over the last 2000 years. Although the Siddur uses traditional male references for God, PSJC is an egalitarian congregation and our practice is to substitute gender-neutral terms (e.g., "ruler" or “sovereign” for "king," "Adonai" for "Lord," and "God/God’s" for "him/his") – gender neutral terms have been substituted throughout this Transliteration/translation. As a sign of respect, please do not place siddurim, chumashim or the Transliteration on the floor. Please help the ushers at the conclusion of the service by bringing books and papers to the back of the Sanctuary.

We hope that You enjoy the services and come to daven (pray) and celebrate with us on many other occasions!
Kabbalat Shabbat/Maariv Services
KABALLAT SHABBAT

Y'did Nefesh (SSS p. 252/3)
Y'did ne-fesh, Av ha-ra-cha-man, m’shoch av-dach el r’tzo-nach
Ya-rutz av-dach k’mo a-yal, yish-ta-cha-veh el mul ha-da-rach
Ye-e-rray lo y’di-du-tach mi-no-fet tzuf v’chal ta-am.
   Soul mate, loving God, compassion’s gentle source,
   Take my disposition and shape it to Your will.
   Like a darting deer will I rush to You,
   Before Your glorious Presence humbly will I bow.
   Let Your sweet love delight me with its thrill,
   Because no other dainty will my hunger still.

Ha-dur, na-eh, ziv ha-o-lam, naf-shi cho-lat a-ha-va-tach
A-na, El na, r’fa na lah v’har-ot lah no-am zi-vach
Az tit-cha-zek v’tit-ra-pe, v’ha-y’ta lach shif-chat o-lam.
   How splendid is Your light, illuminating the world.
   My soul is weary yearning for Your love’s delight.
   Please, good God, do heal her; reveal to her Your face
   She will find strength and healing in Your sight;
   Forever will she serve You, grateful, with all her might.

Va-tik ye-he-mu ra-cha-me-cha v’chus na al ben o-ha-vach
Ki zeh ka-mah nich-sof nich-saf lir-ot b’tif-e-ret u-zach
   What mercy stirs in You since days of old, my God.
   Be kind to me, Your own child; my love for You requite.
   With deep and endless longing I yearned for Your embrace,
   To see my light in Your light, basking in Your grace.
   My heart’s desire, find me worthy in Your sight.
   Do not delay You mercy, please hide not Your light.

Hi-ga-le na uf-ros cha-viv a-lai et su-kat sh’lo-mach
Ta-ir e-retz mik-vo-dach na-gi-lah v’nis-me-cha bach
Ma-her a-huv yi va mo-ed v’cho-ne-ni ki-me o-lam.
   Reveal Yourself, Beloved, for all the world to see,
   And shelter me in peace beneath Your canopy.
   Illumine all creation lighting up the earth,
   And we shall celebrate You in choruses of mirth
   The time, my Love is now; rush be quick, be bold.
   Let Your favor grace me in the spirit of days of old.
Psalm 95

Let us sing to Adonai, rejoice in our Creator
Greeting God with acclaim, singing psalms of praise.
God is the foundation of our lives.
Adonai is exalted, beyond all that is worshiped.
In God’s hand God holds the world God fashioned;
Sea and land, abyss and mountain peak are God’s.
Let us worship Adonai, our Creator.
Adonai is our God, and we are God’s flock.
Help is ours today if only we would listen to God’s words:
Wander in the wilderness no longer,
harden not your heart in the way of your ancestors
In the wilderness they tried and tested Me
even though they had witnessed My miracles.
Forty years contending with that generation
led Me to say: “They are wayward, and care not for My ways.”
Therefore in indignation did I vow
they would never reach My land of peace and rest.
Psalm 96  (SSS p. 254/5)
Sing a new song to Adonai; renew yourselves, all people on earth
Sing to Adonai, praise God for God's daily help.
Proclaim God's glory and wonders to all the world.
Revere Adonai beyond all that is worshiped.
All of the gods are nothingness, but Adonai created the heavens.
Majesty and might accompany God,
Splendor and strength adorn God's sanctuary.
Acknowledge Adonai, all families of nations;
Acknowledge God's majestic power.
Acknowledge God's glory and bring God tribute.
Worship Adonai in sacred splendor;
Let the earth tremble in God's presence.
Declare to the world: Adonai is Sovereign.
God has steadied the world: it stands firm.
God judges the nations impartially.
Let the heavens rejoice, let the earth be glad.
Let the sea and all it contains roar in praise.
Let field and forest sing for joy: Adonai comes to rule the earth,
To rule the world justly, the nations with faithfulness.
Psalm 97 (SSS p. 256/7)

A-do-nai ma-lach ta·gel ha-a-re tz, yis-m’chu i-yim ra·bim.
A-nan va-a-ra-fel s’vi-vav, tze-dek u-mish-pat m’chon kis-o.
Esh l’fa-nav-te-lech, u-t’la-chet sa-viv tza-rav.
He-i-ru v’ra-kav te-vel, ra-a-ta va-ta-chel ha-a-re tz.
Ha-rim ka-do-nag na-ma-su mi-lif-nei A-do-nai, mi-lif-nei a-don kol ha-a-re tz.
Hi-gi-du ha-sha-ma-yim tzid-ko, v’ra-u kol ha-a-mim k’vo-do.
Ye-vo-shu kol ov-dei fe·sel ha-mit-hal’lim ba-e-li-lim,
hish-ta-cha-vu lo kol e-lo-him.
Sham-ah va-tis-mach Tzi-yon,
va-ta-gel-nah b’not Y’hu-dah,
Ki a-tah A-do-nai el-yon al kol ha-a-re tz,
m’od na-a-lei-ta al kol e-lo-him.
O-ha-vei A-do-nai si-n-u ra,
sho-mer naf-shot cha-si-dav, mi-yad r’sha-im ya-tzi-lem.
□ Or za-ru-a la-tza-dik, ul-yish-rei lev sim-chah.

When Adonai is the Sovereign, the world rejoices
God’s throne is founded on justice.
Though God be clouded from view, God’s justice reveals God.
God’s lightning illumines the globe, fire consumes God’s foes.
Mountains melt like wax in God’s presence, the earth trembles.
The heavens proclaim God’s righteousness;
all people behold God’s majesty.
Shame covers those who worship images,
who pride themselves on nothingness.
Zion rejoices, the cities of Judah are glad
when they hear of Your judgements, Adonai.
You are supreme over all the earth,
Highly exalted beyond all that is worshipped.
Those who love Adonai, hate evil;
God protects the faithful, saves them from the wicked.
□ Light is stored for the righteous, joy for the honorable.
Let the righteous rejoice in Adonai, praising God’s holy name.
Yish·pot te·vel b’tze·dek, v’a·mim b’mei·sha·rim.

Ho·shi·ah lo y·mi·nu u·z’ro·a kod·sho,
Miz·mor, ševa l’lit ha·mikvah, y’mei ha·me·lech ha·a·retz.

Za·char chas·do v’e·mu·na·to l’veit Yis·ra·el,
Ho·di·a A·do·nai y’shu·a·to, l’ei·nei ha·go·yim gi·lah tzid·ka·to.

Za·char chas·do v’e·mu·na·to l’veit Yis·ra·el,
Ho·di·a A·do·nai y’shu·a·to, l’ei·nei ha·go·yim gi·lah tzid·ka·to.

La·mí·ku ní·cha·ma·to l’A·do·nai, ki ha·lo·ló·t ha·nig·du·to,
Ko·shim av·di·nu le·la·mat ha·kama·to.

Zam·ru l’A·do·nai kol ha·a·retz, pitz·chu v’ran’nu v’za·me·ru.
Ní·na·m b’cham·nu ta·khol, ha·rav v’shi·anu v’ya·zivu·nu,
Lif·nei A·do·nai ki va lish·pot ha·a·retz.

Lif·nei A·do·nai kol ha·a·retz, pitz·chu v’ran’nu v’za·me·ru,
Ní·na·m b’cham·nu ta·khol, ha·rav v’shi·anu v’ya·zivu·nu,
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Lif·nei A·do·nai kol ha·a·retz, pitz·chu v’ran’nu v’za·me·ru.
Adonai is Sovereign, enthroned on high.  
The earth quivers, nations tremble.  
Adonai is great in Zion,  
exalted beyond those who praise God.  
God is awesome, holy.  
Our Sovereign loves lawful order, maintaining justice  
and equity among the people of Jacob.  
Worship Adonai our God.  
Exalt God, God is holy.  

Adonai, You answered Moses, Aaron, and Samuel  
when they called upon You.  
They obeyed Your decrees,  
You spoke to them in a pillar of cloud.  
You were forgiving in answering them,  
though You rebuked them for their offenses.  

Exalt Adonai, bow toward Jerusalem.  
Adonai our God is holy.
Blessing God's people with peace.

Adonai will sit enthroned forever,
Adonai sat enthroned at the Flood;
Adonai will sit enthroned forever,
Adonai commands rock-splitting lightning.

The voice of Adonai shatters the cedars;
Adonai shatters the cedars of Lebanon,
Making the hills skip like rams,
The mountains leap like lambs.

Adonai will sit enthroned forever,
Bestowing strength upon God’s people,
Blessing God’s people with peace.

The voice of Adonai strips the forest bare,
The voice of Adonai stirs the wilderness.
Adonai commands rock-splitting lightning.

The voice of Adonai shatters the cedars;
The mountains leap like lambs.
Adonai will sit enthroned forever,
Adonai commands rock-splitting lightning.

The voice of Adonai strips the forest bare,
The voice of Adonai stirs the wilderness.
Adonai commands rock-splitting lightning.

The mountains leap like lambs.
Making the hills skip like rams,
The voice of Adonai echoes with majesty and might.

The God of glory thunders over rushing waters.
Worship Adonai in sacred splendor.
Acclaim Adonai

[All rise]

Psalm 29 (SSS p. 260/1)

Mizmor L’david / Psalms of David:
Acclaim Adonai, God’s majestic glory.
Worship Adonai in sacred splendor.

The voice of Adonai shatters the cedars;
Adonai shatters the cedars of Lebanon,
Making the hills skip like rams,
The mountains leap like lambs.

Adonai commands rock-splitting lightning.
The voice of Adonai stirs the wilderness.

The voice of Adonai strips the forest bare,
While in God’s sanctuary all chant: Glory.

Adonai sat enthroned at the Flood;
Adonai will sit enthroned forever,
Bestowing strength upon God’s people,
Blessing God’s people with peace.

Ha’vu l’Adonai, b’nei e-lim, ha-vu l’Adonai k’vod va-oz.
Ha-vu l’Adonai k’vod sh’mo, hish-ta-chav y’la-Adonai b’had rat ko-desh.
Kol y’la-Adonai al ha-ma-yim, El ha-k’vod hir-im, Adonai al ma-yim ra-bim.
Kol Adonai ba-k’o-ach, kol Adonai be-ha-dar.
Kol Adonai sho-ver a-ra-zim, va-y’sha-ber Adonai et ar-zei hal-va-non.
Kol Adonai cho-tzev la-ha-vot esh,
Kol Adonai y’cho-lel a-ya-lot.
Kol Adonai ya-chil mid-bar, ya-chil Adonai mid-bar ka-desh.
Kol Adonai l’mi-hilel alelot.

Va’yechasof y’arot u’vehi’cha-lo ku-lo omer k’vod.
Va-yemot shel yesh, yesh la-mid-ru le-hillum.
A-Adonai la-ma-bul ya-shav, va-yesh Adonai me-lech lo o-lam.
L’cha Dodi (continued)

Hit-na-ri me-a-far ku-mi,
Arise and shake off the dust of the earth
Liv-shi big-dei tif-ar-tech a-mi,
Wear glorious garments reflecting your worth.
Al yad ben Yi-shai bet ha-lach-mi,
Messiah will lead us all soon to rebirth.
Kor-vah el naf-shi g’a-lah.
Let my soul now sense redemption’s warm rays.

L’cha do-di lik-rat ka-lah, p’nei Sha-bat n’kab’lah

Lo te-voh v’lo ti-kal-mi,
In your radiance the world will be bright.
Mah tish-to-cha-chi u-mah te-he-mi,
Be not downcast, you will not be defamed.
Bach ye-che-su a-ni-yay a-mi,
Sheltered by you will my poor be reclaimed.
V’ni-v’tah ir al ti-lah.
The city renewed on its rains will He raise.

V’ha-yu li-mesh-sah sho-sa-yich,
Then your destroyers will themselves be destroyed;
V’ra-cha-ku kol m’val-a-yich,
Ravagers, at great distance, will live in a void.
Ya-sis a-la-yich E-lo-ha-yich,
Your God then will celebrate you, overjoyed.
As a groom with his bride when his eyes meet her gaze

[Continued on next page]
L’cha Dodi (continued)

לכה דוֹדִי לְכָרָאת קְלָה, פֵּנֶי שַׁבָּת נְקָבְלָה

L’cha do-di lik-rat ka-lah, p’nei Sha-bat n’kab’lah

Ya-min u-s’mol tif-ro-tzi,

Break out of your confines, to the left and the right.

V’et A’do-nai ta-a-ri-tzi,
Revere Adonai in whom we delight.

Al yad ish ben par-tzi,
The Messiah is coming to gladden our sight.

V’nis-m’chah v’na-gi-lah.
Bringing joy and rejoicing in fullness of days.

לכה דוֹדִי לְכָרָאת קְלָה, פֵּנֶי שַׁבָּת נְקָבְלָה

L’cha do-di lik-rat ka-lah, p’nei Sha-bat n’kab’lah

[For this last verse, we all rise and turn towards the entryway to symbolically greet the Sabbath Bride. On the last line, Bo’i Cha’lah (Come, Bride), we bow slightly each time the word “Bo’i” (Come) is recited.]

Bo’i v’sha-lom a-te-ret ba-lah,
Come in peace, soul mate, sweet gift of Adonai.

Gam b’sim-cha u-v’tso-ha-lah,
Greeted with joy and in song so adored

Toch e-mu-nei am s’gu-lah,
Amidst God’s people, in faith in accord.

Bo’i cha-lah, bo’i cha-lah.

לכה דוֹדִי לְכָרָאת קְלָה, פֵּנֶי שַׁבָּת נְקָבְלָה

L’cha do-di lik-rat ka-lah, p’nei Sha-bat n’kab’lah

[Mourners do not observe public forms of mourning on the Sabbath. When mourners come to Shabbat evening services during the period of Shiva, members of the congregation greet the mourners after the singing of L’Cha Dodi, with the following words:]

Ha-ma-kom y’na-chem et’chem sh’ar a-ve-lei
Tzi-yon v’Ye-ru-sha’la-yim.

May God comfort you together with all the other mourners of Zion and Jerusalem.
A Song for Shabbat - Psalm 92 (SSS p.266/7)

God is my Rock, in Whom there is no flaw.

They shall flourish in the courts of our God.
They shall thrive like a cedar of Lebanon
Planted in the house of Adonai,
They shall flourish in the courts of our God.

They shall bear fruit even in old age,
They shall be ever fresh and fragrant.

They shall proclaim: Adonai is just,
God is my Rock, in Whom there is no flaw.

Your works, Adonai, make me glad; I sing with joy of Your creation.

Mah gad-lu ma-a-se-cha Ya, m’od am-ku mach-sh-e vo-te-cha
How vast Your works, O Adonai, Your designs are beyond our grasp

The thoughtless cannot comprehend, the foolish cannot fathom this:
The wicked may flourish, they may spring up like grass,
but their doom is forever sealed, for You are supreme forever.
Your enemies Adonai, Your enemies shall perish: all the wicked shall disintegrate.
But You have greatly exalted me; I am anointed as with fragrant oil.
I have seen the downfall of my foes; I have heard the doom of my attackers.

Your enemies Adonai, Your enemies shall perish: all the wicked shall disintegrate.
but their doom is forever sealed, for You are supreme forever.

The wicked may flourish, they may spring up like grass,
but their doom is forever sealed, for You are supreme forever.
Your enemies Adonai, Your enemies shall perish: all the wicked shall disintegrate.
But You have greatly exalted me; I am anointed as with fragrant oil.
I have seen the downfall of my foes; I have heard the doom of my attackers.

[The following part of the psalm is usually read silently, so it is not transliterated, except for the bold line that occasionally is sung]

Psalm 92

A Song for Shabbat.
A·do·nai Ma·lach ge·ut la·vesh, la·vesh
A·do·nai oz hit·a·zar
Af ti·kon te·vel bal ti·mot.
Na·chon kis·a·cha me·az, me·o·lam a·tah.
Nas·u n’ha·rot A·do·nai, nas·u n’ha·rot ko·lam,
Yis·u n’ha·rot doch·yam.
Mik·o·lot ma·yim ra·bim a·di·rim·mish·b’rei yam,
Adir ba·ma·rom A·do·nai.

E·do·te·cha ne·em·nu m’od
L’veit·cha na·a·vah ko·desh, A·do·nai l’or·rech ya·mim.

Adonai is Ruler, crowned with splendor;
Adonai reigns, robed in strength.
God set the earth on a sure foundation,
God created a world that stands firm.
God’s kingdom stands from earliest time. God is eternal.
The rivers may rise and rage, the waters may pound and roar,
The floods may spread and storm;
Above the crash of the sea and its breakers,
Awesome is Adonai our God.
Your decrees, Adonai, never fail.
Holiness befits your house for eternity.

-Psalm 93
Kaddish Yatom – Mourners’ Kaddish (SSS p. 268)


Hallowed and enhanced may God be throughout the world of God’s own creation. May God cause God’s sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

[Congregation and Leader respond]:
Y’he shmeh ra-ba m’vo-rach l’o-lam u’al-mei al-ma-ya.
May God be praised throughout all time.


Glorified and celebrated, lauded and worshipped, acclaimed and honored, extolled and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen

Y’he sha-ma ra-ba min sh’ma-ya v’cha-yim a-lei-nu v’al kol Yis-ra-el, v’im-ru a-men.

Let there be abundant peace from Heaven, with life’s goodness for us and for all the people Israel. And let us say: Amen


The One who brings peace to God’s universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.

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The One who brings peace to God’s universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.
Kaddish d’Rabbanan (Kaddish of the Teachers/Rabbis) (SSS p. 274/5)

Yit-ga-dal v’yit-ka-dash sh’meh ra-ba b’al-ma di v’ra chi-ru-teh, v’yam-līch mal-chu-teh b’cha-yei-cho{n u-v’yо-mi-cho{n u-v’cha-yei d’chol beit
Yis-ra-el, ba-a-ga-la u-vi-z’man ka-riv, v’im-ru a-men.

Hallowed and enhanced may God be throughout the world of God’s own creation. May God cause God’s sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

[Congregation and Leader respond]:

Y’he shmeh ra-ba m’vo-rach l’o-lam ul-al-mei al-ma-ya.

May God be praised throughout all time.


Glorified and celebrated, lauded and worshipped, acclaimed and honored, extolled and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen.

Al Yis-ra-el v’al ra-ba-nan, v’al tal-mi-dei-hon v’al kol tal-mi-dei
tal-mi-dei-hon, v’al kol man d’os-kiv b’o-rai-ta, di v’at-ra ha-dein v’di v’chol
a-tar v’at-ar. Y’he l’hon ul’chon sh’la-ma ra-ba, chi-na v’chis-da
v’ra-cha-min, v’cha-yin a-ri-chi, U-m’zo-nei r’vi-chei, u-fur-ka-na, min
ka-dam a-vu-hon di vish-ma-ya, v’im-ru a-men.

Heavenly Parent, grant lasting peace to our people and their leaders, to our teachers and their disciples, to all who engage in the study of Torah in this land and in all other lands. Let there be grace and kindness, compassion and love for them and for us all. Grant us fullness of life, and sustenance. Save us from all danger and distress. And let us say: Amen.

Y’he shla-ma ra-ba min sh’ma-ya v’cha-yin (tov-vim) a-lei-nu v’al kol
Yis-ra-el, v’im-ru a-men.

Let there be abundant peace from Heaven, with life’s goodness for us and for all the people Israel. And let us say: Amen.

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v’al kol Yis-ra-el,
(v’al kol yosh-vei te-vel) v’im-ru a-men.

The One who brings peace to God’s universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.

Kaddish d’Rabbanan (SSS p. 274/5)

Yit-ga-dal v’yit-ka-dash sh’meh ra-ba b’al-ma di v’ra chi-ru-teh, v’yam-līch mal-chu-teh b’cha-yei-cho{n u-v’yо-mi-cho{n u-v’cha-yei d’chol beit
Yis-ra-el, ba-a-ga-la u-vi-z’man ka-riv, v’im-ru a-men.

Hallowed and enhanced may God be throughout the world of God’s own creation. May God cause God’s sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

[Congregation and Leader respond]:

Y’he shmeh ra-ba m’vo-rach l’o-lam ul-al-mei al-ma-ya.

May God be praised throughout all time.


Glorified and celebrated, lauded and worshipped, acclaimed and honored, extolled and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen.

Al Yis-ra-el v’al ra-ba-nan, v’al tal-mi-dei-hon v’al kol tal-mi-dei
tal-mi-dei-hon, v’al kol man d’os-kiv b’o-rai-ta, di v’at-ra ha-dein v’di v’chol
a-tar v’at-ar. Y’he l’hon ul’chon sh’la-ma ra-ba, chi-na v’chis-da
v’ra-cha-min, v’cha-yin a-ri-chi, U-m’zo-nei r’vi-chei, u-fur-ka-na, min
ka-dam a-vu-hon di vish-ma-ya, v’im-ru a-men.

Heavenly Parent, grant lasting peace to our people and their leaders, to our teachers and their disciples, to all who engage in the study of Torah in this land and in all other lands. Let there be grace and kindness, compassion and love for them and for us all. Grant us fullness of life, and sustenance. Save us from all danger and distress. And let us say: Amen.

Y’he shla-ma ra-ba min sh’ma-ya v’cha-yin (tov-vim) a-lei-nu v’al kol
Yis-ra-el, v’im-ru a-men.

Let there be abundant peace from Heaven, with life’s goodness for us and for all the people Israel. And let us say: Amen.

O-seh sha-lom bim-ro-mav, hu ya-a-seh sha-lom a-lei-nu v’al kol Yis-ra-el,
(v’al kol yosh-vei te-vel) v’im-ru a-men.

The One who brings peace to God’s universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.
EVENING SERVICE FOR SHABBAT AND FESTIVALS

First blessing before the Sh’ma (SSS, p. 280/1)

Praised are You, Adonai, Ruler of the universe, whose word brings the evening dusk. You open the gates of dawn with wisdom, change the day’s divisions with understanding, set the succession of seasons, and arrange the stars in the sky according to Your will. Adonai Tzeva-ot, You create day and night, rolling light away from darkness and darkness away from light. Eternal God, Your rule shall embrace us forever. Praised are You, Adonai, for each evening’s dusk.

Second blessing before the Sh’ma (p.282/3)

With constancy You have loved Your people Israel, teaching us Torah and mitzvot, statutes and laws. Therefore, Adonai our God, when we lie down to sleep and when we rise, we shall think of Your laws and speak of them, rejoicing in Your Torah and mitzvot always. For they are our life and length of days; we will meditate on them day and night. Never take away Your love from us.

First blessing before the Sh’ma (SSS, p. 280/1)

[Congregation bows slightly while saying, and then Leader repeats]:

Praise Adonai, Source of blessing, throughout all time.

Second blessing before the Sh’ma (p.282/3)

Amen.
K'riat Sh'ma (SSS p. 284/5)

[If there is no minyan, add this phrase: El me-lech ne-e-man]

If you will earnestly heed the mitzvot that I give you this day, to love Adonai your God and to serve God with all your heart and all your soul, then I will favor your land with rain at the proper season - rain in autumn and rain in spring - and you will have an ample harvest of grain and wine and oil. I will assure abundance in the fields for your cattle. You will eat to contentment. Take care lest you be tempted to forsake God and turn to false gods in worship. For then the wrath of Adonai will be directed against you.

God will close the heavens and hold back the rain; the earth will not yield its produce. You will soon disappear fro the good land which Adonai is giving you.

K'riat Sh'ma (SSS p. 284/5) - continued


If you will earnestly heed the mitzvot that I give you this day, to love Adonai your God and to serve God with all your heart and all your soul, then I will favor your land with rain at the proper season - rain in autumn and rain in spring - and you will have an ample harvest of grain and wine and oil. I will assure abundance in the fields for your cattle. You will eat to contentment. Take care lest you be tempted to forsake God and turn to false gods in worship. For then the wrath of Adonai will be directed against you.

God will close the heavens and hold back the rain; the earth will not yield its produce. You will soon disappear fro the good land which Adonai is giving you.

Sh’mar yad-achot Adonai, l’cha-ke’a be-emunah va-a-chal l’zir ba-chem v’a-tzar et ha-sha-ma-yim v’lo yi-h’ye ma-tar, v’ha-a-da-mah lo ti-ten et-y’vu-lah. Va-a-vad’tem m’he-rah me-al ha-a-rez ta ha-to-vah a-sher A-do-nai no-ten la-chem.

If you will earnestly heed the mitzvot that I give you this day, to love Adonai your God and to serve God with all your heart and all your soul, then I will favor your land with rain at the proper season - rain in autumn and rain in spring - and you will have an ample harvest of grain and wine and oil. I will assure abundance in the fields for your cattle. You will eat to contentment. Take care lest you be tempted to forsake God and turn to false gods in worship. For then the wrath of Adonai will be directed against you.

God will close the heavens and hold back the rain; the earth will not yield its produce. You will soon disappear fro the good land which Adonai is giving you.
Therefore, impress these words of Mine upon your heart. Bind them as a sign upon your hand, and let them be a reminder between your eyes. Teach them to your children. Repeat them at home and away, morning and night. Inscribe them upon the doorposts of your homes and upon your gates. Then your days and the days of your children on the land which Adonai swore to give to your ancestors will endure as the days of the heavens over the earth.

[In the following, final part of the Sh’ma, many people kiss the fringes of their prayer shawls at each mention of the word for fringes, “tzitzit.” Part or all of this paragraph may be chanted by the leader]
[Congregation and Leader:]

Mi cha-mo-chah ba’el-lim A·do·nai? Mi ka-mo-chah ne·dar ba·ko·desh,
No·ra t’hi·lot o·seh fe·leh?

Who is like You, Adonai, among all that worshipped? Who is like You, majestic in
holiness, awesome in splendor, working wonders?

[Leader:]

Mal·chu·t’cha ra·u va-ne·cha, bo·ke-a yam lif·nei Mo·sheh
(u-Mi·ri-yam), zeh E·li a·nu v’am·ru:

Your children beheld Your sovereignty as You divided the sea before Moses (and
Miriam). “This is my God.” they responded, declaring;

[Congregation and Leader:]

A·do·nai shall reign throughout all time.

“Adonai shall reign throughout all time.”

[Leader:]

V·ne·e·mar: ki fa·dah A·do·nai et·Ya·a·kov, u·g’a-lo mi·yad cha·zak mi·ne·nu. Ba·ruch A·ta·h A·do·nai, ga·al Yis·ra·el.

And thus it is written: “Adonai has rescued Jacob: God redeemed him from those more
powerful.” Praised are You, Adonai, Redeemer of the people Israel.
Va'ya'avor

V'sham ru v'nei Yis-ra-el et ha-Sha-bat, la-a-sot et ha-Sha-bat l'do-ro-tam b'rit o-lam. Bei-ni u-vein b'nei Yis-ra-el ot he l'o-lam, ki she-shet ya-mim-a-sah A-do-nai et ha-sha-ma-yim v'et ha-a-rez, u-va-yom ha-shi-vi i-Sha-vat va-ya-ni-fash.

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

[All Rise - On Shabbat:]

V'sham ru v'nei Yis-ra-el et ha-Sha-bat, la-a-sot et ha-Sha-bat l'do-ro-tam b'rit o-lam. Bei-ni u-vein b'nei Yis-ra-el ot he l'o-lam, ki she-shet ya-mim-a-sah A-do-nai et ha-sha-ma-yim v'et ha-a-rez, u-va-yom ha-shi-vi i-Sha-vat va-ya-ni-fash.

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

[All Rise - On Shabbat:]

V'sham ru v'nei Yis-ra-el et ha-Sha-bat, la-a-sot et ha-Sha-bat l'do-ro-tam b'rit o-lam. Bei-ni u-vein b'nei Yis-ra-el ot he l'o-lam, ki she-shet ya-mim-a-sah A-do-nai et ha-sha-ma-yim v'et ha-a-rez, u-va-yom ha-shi-vi i-Sha-vat va-ya-ni-fash.

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

[All Rise - On Shabbat:]

Va-y'da-ber Mo-sheh et mo-a-dei A-do-nai el b'nei Yis-ra-el.

Thus Moses declared the appointed seasons of Adonai to the people Israel.

Chazti Kaddish (SSS p. 294) [All Rise]

[Leader]: Yit-ya-gal v'iyi-ka-da-sh sh'meh ra-ba b'al-ma di v'ra chi-ru-teh, v'yi-lich mal-cho-teh b'cha-yei-chon u-v'yo-me-i-chon u-v'cha-yei d'cho-l beit Yis-ra-el, ba-a-ga-la v'i-zi-man ka-riv, v'im-ru a-men.

Hallowed and enhanced may God be throughout the world of God's own creation. May God cause God's sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

[Congregation and Leader respond:]

Y'he sh'meh ra-ba m'vo-ra-ch l'o-lam u-l'al-me'i al-ma-ya. Yit-ba-rach...

May God be praised throughout all time. Glorified...


Glorified and celebrated, lauded and worshipped, acclaimed and honored, extolled and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen.
AMIDAH FOR SHABBAT EVENING

[All rise. The Amidah is recited silently. It is customary to enter into the Amidah by taking 3 steps back and then forward - symbolizing approaching God by stepping forward (so we need to step back first); we bend and bow slightly at the start of the first blessings.]

A·do·nai, s’fa·tai tif·tach u·fi ya·gid t’hi·la·te·cha
Adonai, open my mouth, and my lips will proclaim Your praise.

Ba·ruch A·ta·h A·do·nai E·lo·he·nu v’E·lo·hei a·vo·tei·nu (v’i·mo·tei·nu), E·lo·he·nu Av·ra·ham v’ez’rat Sa·rah.
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 Leah, and God of Rachel, great, mighty, awesome, exalted God Who bestows loving-kindness. Creator of all, You remember the pious deeds of our ancestors and will send a redeemer to their children’s children because of Your loving nature.

[On the Shabbat before Yom Kippur add:] [Zoch-re-nu l’cha·yim, me·lech cha·fetz ba·cha·yim, v’kot·ve·nu b’se·fer Shabbat m’cha·yeh me·tim b’ra·cha·mim ra·bim, v’kot·ve·nu b’se·fer to·Passover include next line:]
Me·lech o·zer u·mo·shi·a u·ma·ga·gen. Ba·ruch A·ta·h A·do·nai, ma·gen Av·ra·ham v’e’z’rat Sa·rah.
You are the Ruler who helps and saves and shields. Praised are You, Adonai, Shield of Abraham and Help of Sarah.

A·ta·h gí·bor l’o·lam A·do·nai, m’cha·yeh me·tim A·ta·h rav l’ho·shi·a.
You are the Ruler, O Adonai, is boundless. You give life to the dead; great is Your saving power.

[From Sh’mi·ni A·tzeret to Passover include next line:]
Ma·shiv ha·ru·ach u·mo·rid ha·ga·shem. You cause the wind to blow and the rain to fall

M’cha·kel kham·b’cha·sed, m’cha·yeh me·tim b’ra·cha·mim ra·bim, so·meh nof·lim v’ro·fe·h cho·lim u·ma·tir a·su·rim, um’ka·yem e·mu·na·to. You cause the wind to blow and the rain to fall; You help and save and shield. Praised are You, Adonai, Shield of the creatures with life. You cause the wind to blow and the rain to fall; You help and save and shield. Praised are You,

[On Shabbat before Yom Kippur add:] [Mi ch·mo·cha Av ha·ra·cha·mim, zo·cher y’tzu·rav l’cha·yim b’ra·cha·mim, zo·cher nof·lim, zo·cher cho·lim v’ro·fe·h cho·lim, um’ka·yem e·mu·na·to.]
Whose mercy can compare with Yours, merciful Parent? In mercy You remember Your creatures with life.

V’ne·em·an A·ta·h l’ha·cha·yot me·tim. Ba·ruch A·ta·h A·do·nai, m’cha·yeh ha·me·tim. Faithful are you in giving life to the dead. Praised are You,
A·tah ka·dosh v’shim·cha ka·dosh, uk’dor·him yom y’ha·l’lu·cha se·lah.
Holy are You and holy is Your name. Holy are those who praise You daily.

[Between Rosh Haschanah and Yom Kippur substitute the following for the subsequent line:]
[Ba·ruch A·tah ka·dosh/Praised are You, Adonai, holy Ruler].

Ba·ruch A·tah ka·dosh, ha·El ka·dosh v’shim·cha ka·dosh, uk’dor·him yom y’ha·l’lu·cha se·lah.
Praised are You, Adonai, holy God.

(SSS p. 298/9) A·tah ki·dash·ta et yom ha·sh’vi·i lish·me·cha, tach·lit ma·a·se sha·ma·yim va’a·retz, u·ve·rach·to mi·kol ha·ya·mim, v’ki·dash·to mi·kol ha·z’mi·nim, v’chen b’to·ra·te·cha.
The heavens and the earth, and all they contain, were completed. On the seventh day God finished the work which God had been doing; God ceased on the seventh day from all the work which God had done. Then God blessed the seventh day and called it holy, because on that day God ceased from all God’s work of creation.

Va’y’chu·lu ha·sha·ma·yim v’ha·a·retz v’chol tz’va·am. Va’y’cha·l E·lo·him ba·yom ha·sh’vi·i m’lach·to a·sher a·sa, va·yis·hob ba·yom ha·sh’vi·i, mi·kol m’lach·to a·sher a·sa. Va’y’va·rech E·lo·him et yom ha·sh’vi·i va’y’ka·des·h o·to, ki vo sha·bat mi·kol m’lach·to a·sher ba·ra E·lo·him la·a·sot.
Our God and God of our ancestors, accept our Shabbat offering of rest. Add holiness to our lives with Your mitzvot (commandments) and let Your Torah be our portion. Fill our lives with Your goodness, and gladden us with Your triumph. Cleanse our hearts and we shall serve You faithfully. Lovingly and willingly, Adonai our God, grant that we inherit Your holy gift of Shabbat forever, so that Your people Israel who hallow Your name will always find rest on this day. Praised are You, Adonai, who hallows Shabbat.

R’Tzeh A·do·nai E·lo·he·nu b’am·cha Yis·ra·el u·vit·fi·la·tam, v’ha·shev et ha·a·vo·dat Yis·ra·el a·me·cha.
Accept the prayer of Your people Israel as lovingly as it is offered. Restore worship to Your sanctuary. May the worship of Your people Israel always be acceptable to You. May we witness Your merciful return to Zion. Praised are You, Adonai, Who restores God’s Presence to Zion.
[On Rosh Chodesh and Chol Hamoed Pesach and Sukkot add the following:]


Our God and God of our ancestors, may the thought of us rise up and reach You. Attend to us and accept us; hear us and respond to us. Keep us in mind, and keep in mind the thought of our ancestors, as well as the Messiah, the descendant of David; Jerusalem, Your holy city; and all Your people, the House of Israel. On the day of:

On Rosh Chodesh: Rosh ha-Chodesh ha-zeh
This new month

On Passover: Chag ha-Matzot ha-zeh
This Festival of Matzot

On Sukkot: Chag ha-Sukkot ha-zeh
This Festival of Sukkot


Remember us for good (Amen). Respond to us with blessing (Amen). Redeem us with life (Amen). Show us compassion and care with words of salvation and kindness; have mercy on us and redeem us. Our eyes are turned to You, for You are a compassionate and loving Sovereign. [Translation adapted from Machzor Lev Shalem].

[All services continue here]

V’tche-ze-eh na e-nei-nu b-shuvcha l’Tzi-yon, b’ra-cha-cha-mim.

May we witness Your merciful return to Zion. Praised are You, Adonai, who restores God’s Presence to Zion.

[Leader continues, all bow slightly at bold words below] (SSS p. 300/1)


We proclaim to you that You are Adonai our God and God of our ancestors throughout all time. You are the Rock of our lives, the Shield of our salvation in every generation. We thank You and praise You morning, noon, and night for Your miracles which daily attend us and for Your wondrous kindnesses. Our lives are in Your hand; our souls are in Your charge. You are good, with everlasting mercy; You are compassionate, with enduring loving-kindness. We have always placed our hope in You.

[On Rosh Chodesh and Chol Hamoed Pesach and Sukkot add the following:]

Rosh ha-Chodesh ha-zeh
This new month

On Passover: Chag ha-Matzot ha-zeh
This Festival of Matzot

On Sukkot: Chag ha-Sukkot ha-zeh
This Festival of Sukkot

V’tche-ze-eh na e-nei-nu b-shuvcha l’Tzi-yon, b’ra-cha-cha-mim.

May we witness Your merciful return to Zion. Praised are You, Adonai, who restores God’s Presence to Zion.

[All services continue here]

Chag ha-Sukkot ha-zeh
This Festival of Sukkot


Remember us for good (Amen). Respond to us with blessing (Amen). Redeem us with life (Amen). Show us compassion and care with words of salvation and kindness; have mercy on us and redeem us. Our eyes are turned to You, for You are a compassionate and loving Sovereign. [Translation adapted from Machzor Lev Shalem].

[All services continue here]

Ha-shem-enu, ki y’ne-eh be-shok va-berah, bo l’tovah, bo l’tahk, bo Leh inah, ki Alekh.

We proclaim to you that You are Adonai our God and God of our ancestors throughout all time. You are the Rock of our lives, the Shield of our salvation in every generation. We thank You and praise You morning, noon, and night for Your miracles which daily attend us and for Your wondrous kindnesses. Our lives are in Your hand; our souls are in Your charge. You are good, with everlasting mercy; You are compassionate, with enduring loving-kindness. We have always placed our hope in You.
For the miracles of deliverance, for the heroism, and for the triumphs in battle of our ancestors in other days, and in other times, we thank You.

Baruch Atah Adonai, ha-tov shimcha v’al kulam l’shimcha ha-gadol.

B’chatzrot kodeshcha, v’kav sh’mot neshama, b’sefer ha-azza el ha-zeh.

To’aratecha u’la’avim me-chukeni u’lakhamen she’as hama’asim l’shem r’sha, v’hi ha-dot u’la-la l’shimcha ha-gadol.

In the days of Mattathias son of Yochanan, the Hasmonaeian kohen gadol, and in the days of his sons, a cruel power rose against Your people Israel, demanding that they abandon Your Torah and violate Your mitzvot. You, in great mercy, stood by Your people in time of trouble. You defended them, vindicated them, and avenged their wrongs. You delivered the strong into the hands of the weak, the many into the hands of the few, the corrupt into the hands of the pure in heart, the guilty into the hands of the innocent. You delivered the arrogant into the hands of those who were faithful to Your Torah. You have wrought this day, revealing Your glory and those who were faithful to Your Torah. You have revealed Your glory and Your holiness to all the world. Then Your children came into Your shrine, cleansed Your Temple, purified Your sanctuary, and kindled lights in Your sacred courts. They set aside these eight days for a season of thanks and reciting praises to You.

Inscribe all the people of Your covenant for a good life.


For all these blessings we shall ever praise and exalt You.

[V’cho l’ha-rav l’ha-rav, v’cho l’ha-rav, v’cho l’ha-rav]

[The next two paragraphs are only read on Channukah] (SSS p. 300)
(SSS p. 312/13)

At the end of the Amidah the following personal prayer may be added:

E·lo-hai n’tzor l’sho-ni me-ra us-fa-tai mi-da·ber mir·mah, v’lim-ka-l’lai naf-shi ti-dom, v’naf-shi ke-a-far la-kol ti-h’yeh. P’tach li-bi b’ta-ra-te·cha uv-mitz-vo-te·cha tir·dof naf·shi. V’chol ha-chosh·vim a-lai ra·ah, m’he·ra·h ha·fer a-tza·tam v’kal·kel ma·cha·shav·tam. A·seh l’ma·an sh’me·cha, a·seh l’ma·an y’mi·ne·cha, a·seh l’ma·an k’du·sha·te·cha, a·seh l’ma·an To·ra·te·cha. L’ma·an ye·chal·tzun y’di·de·cha, ho·shi·ah y’mi·ne·cha, a·seh l’mi·ne·cha, a·seh l’mi·ne·cha, a·seh l’mi·ne·cha.

Yih·yu b’to·ra·te·cha, v’naf·shi ke·a·far la·kol ti·h’yeh. P’tach li·bi b’to·ra·te·cha E·lo·hai

My God, keep my tongue from evil, my lips from lies. Help me ignore those who slander me. Let me be humble before all. Open my heart to Your Torah, so that I may pursue Your mitzvot. Frustrate the designs of those who plot evil against me. Make nothing of their schemes. Do so because of Your compassion, Your power, Your holiness, and Your Torah. Answer my prayer for the deliverance of Your people. May the words of my mouth and the meditations of my heart be acceptable to You, my Rock and my Redeemer.

At the end of the Amidah, with “Oseh Shalom” below, we take leave respectfully, stepping back and then forward in order to come back to our place. Before returning forward, we bow left, right, and forward, (and some take a small step upwards) to symbolize every direction.

O·seh sha·lo·m bim·ro·nave, hu ya·a·seh sha·lo·m a·le·nu v’al kol Yis·ra·el (v’al kol yosh·vei te·vel) v’im·ru A·men.

The One who brings peace to God’s Universe will bring peace to us and to all the people Israel (and to all who dwell on earth). And let us say Amen.
Leader’s Partial Repetition of the Amidah (SSS p.314/15)

Add holiness to our lives with Your mitzvot and let Your Torah be our portion.

Fill our lives with Your goodness and gladden us with Your triumph.

Cleanse our hearts, and we shall serve You faithfully. Lovingly and willingly, Adonai our God, grant that we inherit Your holy gift of Shabbat forever, so that Your people Israel who hallow Your name will always find rest on this day. Praised are You, Adonai who hallows Shabbat.
Kaddish Shalem (SSS p. 316)


Hallowed and enhanced may God be throughout the world of God's own creation. May God cause God's sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

[Congregation and Leader respond:]

Y'he sh'meh ra-ba m'va-ra-ch l'a-lam ul-al-mei al-ma-ya.

May God be praised throughout all time.


Glorified and celebrated, lauded and worshipped, acclaimed and honored, exulted and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen.

Titka-bel tz'lot-hon u-va-ut-hon d'choth Yis-ra-el ko-dam a-vu-hon di vish-ma-ya v'im-ru a-men.

May the prayers and pleas of the whole House of Israel be accepted by our Parent in Heaven. And let us say: Amen.

Y'he shla-ma ra-ba min sh'ma-ya v'cha-yim a-lei-nu v'al kol Yis-ra-el, v'im-ru a-men.

Let there be abundant peace from Heaven, with life's goodness for us and for all the people Israel. And let us say: Amen.

Oseh sha-lom bim-ro mav, hu ya-a-seh sha-lom a-lei-nu v'al kol Yis-ra-el, (v'al kol yosh-vei te-vel) v'im-ru a-men.

The One who brings peace to God's universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.

Kaddish Shalem (SSS p. 316)

May the prayers and pleas of the whole House of Israel be accepted by our Parent in all tributes which mortals can utter. And let us say: Amen.

Glorified and celebrated, lauded and worshipped, acclaimed and honored, exulted and exalted may God be praised throughout all time.


Substitue during High Holy Days

May the blessed Creator of the universe bring peace to us and all the people Israel.

Be praised, our God. Amen.

May the blessed Creator of the universe bring peace to us and all the people Israel.

Be praised, our God. Amen.

May the blessed Creator of the universe bring peace to us and all the people Israel.

Be praised, our God. Amen.
Aleinu (SSS p. 320/1)


We rise to our duty to praise Adonai of all, to acclaim the Creator. God made our lot unlike that of other people, assigning to us a unique destiny.

[All bend knees then bow from waist:]


We bend the knees and bow, acknowledging the Sovereign of sovereigns, the Holy One praised by God, who spread out the heavens and laid the foundations of the earth, whose glorious abode is in the highest heaven, whose mighty dominion is in the loftiest heights God is our God; there is no other. In truth, God alone is our Ruler, as it is written in God’s Torah: “Know this day and take it to heart that Adonai is God in heaven above and on earth below; there is no other.”


V’ne-em-ar: V’ha-yah A-do-nai l’me-lech al kol ha-a-retz, ba-yom ha-hu yih’yeh A-do-nai e-chad u-sh’mo e-chad. And so we hope in You, Adonai our God, soon to see Your splendor, sweeping idolatry away so that false gods will be utterly destroyed, perfecting earth by Your sovereignty so that all humanity will invoke Your name, bringing all the earth’s wicked back to You, repentant. Then all who live will know that to You every knee must bend, every tongue pledge loyalty. To You, Adonai, may all bow in worship, may they give honor to Your glory. May everyone accept the rule of Your sovereignty. Reign over all, soon and for all time. Sovereignty is Yours in glory, now and forever. Thus it is written in Your Torah: Adonai reigns for ever and ever.

And it is said: Adonai shall be acknowledged Ruler of all the earth. On that day Adonai shall be One and God’s name One.

Aleinu - יָיָהשֶׁלָם (SSS p. 320/1)

עלמי לשון ל palabra כל, חת ידך דורות ברעות, ישא עשה
cות המלך,פק כתיב בiroת השם, ישאים שользоват
ביה יתיב, ברי אדוניא, תבנוה תבנוה
כוה, ינהל לכל מנה.

[All bend knees then bow from waist:]

ונתתי פערים בも多いים דיום, כל מלךimenti, הקדוש ברך ה. שאה הנה שמו זהד ארצי, ומושב יקר. ב indispensים משלו, יחכית את שביחי מורדים, את אללהם את. על המלך, אני יוחה, כתובות כתרות: إنحتו השם משמעת על
לבב, כי את אלהים בשם ומיעל, על האר צמחת, אני
עוז.

עלכי לשון ל palabra כל, חת ידך דורות ברעות, ישא עשה
cות המלך,פק כתיב בiroת השם, ישאים שgunakan
ביה יתיב, ברי אדוניא, תבנוה תבנוה
כוה, ינהל לכל מנה.

סullo del tuo nome in tutte le terre, Dio, la tua regalità e il tuo nome in tutte le terre.

E allora, ringraziando Dio, il nostro Re, avremo la giustizia, e la giustizia del nostro Dio regnerà per sempre.

E tu, Adonai, guida tutti i tuoi popoli, e siano tutti i tuoi popoli il tuo Dio.

Appoggiati, tu, Dio, su tutta la terra, Dio, e domandati: 

che Dio sei tu, Dio, che Dio sei tu, Dio, che Dio sei tu, Dio, che Dio sei tu, Dio.
We often sing the bolded lines, below

Though armies be arrayed against me, I will have no fear,
To dwell in the House of Adonai all the days of my life
When evildoers draw near to slander me,
Adonai is the strength of my life. Whom shall I dread?

Teach me Your way, O Adonai; guide me on the right path, to confound my oppressors
Though my father and my mother leave me, Adonai will care for me.

Forsake me not, my God of deliverance.

It is Your Presence that I seek, O Adonai
It is You that I seek, says my heart
O Adonai, hear my voice when I call, be gracious to me, and answer.

Shivti be veit A-do-nai ko-y’mei cha-yai,
To dwell in the House of Adonai all the days of my life

Lacha’zot b’no-am A-do-nai u’l’va-ker b’he’i-cha-lo.
To behold God’s beauty, to pray in God’s sanctuary
Ki yitz, p’ne-ni b’su-koh be-yom ra-ah,
God will hide me in God’s shrine, safe from peril.
Yas-ti-re-ni b’se-ter o-ho-lo, b’tzur y’ro’o-m’re-ni.
God will shelter me beyond the reach of disaster
V’A-tah ya-rum ro-shi al o’y-va s’vi-vo-tai,
God will raise my head high above my enemies
V’e-z b’cha v’ho-lo ziv-che t’ru-ah,
I will bring God offerings with shouts of joy
Singing, chanting praise to Adonai.
O Adonai, hear my voice when I call, be gracious to me, and answer.
L’cha-a-mar li-bi bak-shu fa-nai,
It is You that I seek, says my heart
Et-pa-ne-cha A-do-nai a-va-keb.
It is Your Presence that I seek, O Adonai
Al tas-ter pa-ne-cha mi-me-ni,
Hide not from me, reject not Your servant.
Al tat b’af av-de-cha ez-ra-ti ha-yi-ta,
You have always been my help, do not abandon me.
Forsake me not, my God of deliverance.
Though my father and my mother leave me, Adonai will care for me.
Ho-re-ni A-do-na dar-ke-cha un-che-ni b’o-rach mi-shor l’ma-an shor’rai.
Teach me Your way, O Adonai; guide me on the right path, to confound my oppressors

[This psalm is often recited from Rosh Chodesh Elul through Hoshana Rabbah]
Al tit-ne·ni b’ne·fesh tza·rai,
Abandon me not to the will of my foes,
Ki ka-mu vi ei-dei she-ker vi-fe·ach cha-mas.
False witnesses have risen against me, people who breathe out lies

Lu·le he·e·man·ti lir·ot b’tuv A·do·nai b’e·retz cha·yim.
Mine is the faith that I surely shall see Adonai’s goodness in the land of the living.

Kav·ve el A·do·nai, cha·zak, v’ya·a·metz li·be·cha; v’ka·ve el A·do·nai.
Hope in Adonai and be strong. Take courage, hope in Adonai.
Kaddish Yatom – Mourner’s Kaddish (SSS p. 322/3)


Hallowed and enhanced may God be throughout the world of God’s own creation. May God cause God’s sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

[Congregation and Leader respond:]

Y’he shme-h ra-ba m’va-rach l’a-lam u-al-ma-yah.
May God be praised throughout all time.


Glorified and celebrated, lauded and worshipped, acclaimed and honored, exulted and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen

Y’he shla-ma ra-ba min sh’ma-ya v’cha-yim a-lei-nu v’al kol Yis-ra-el, v’im-ru a-men.

Let there be abundant peace from Heaven, with life’s goodness for us and for all the people Israel. And let us say: Amen

O-seh sha-lo-m bim-ro-mav, hu ya-a-seh shal-om a-lei-nu v’al kol Yis-ra-el, (v’al kol yosh-vei te-vel) v’im-ru a-men.

The One who brings peace to God’s universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.

Mourner’s Kaddish - (SSS p. 322/2)

[Mourner] Y’he shla-ma ra-ba m’va-rach l’a-lam u-al-ma-yah.
May God be praised throughout all time.


Glorified and celebrated, lauded and worshipped, acclaimed and honored, exulted and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen

Y’he shla-ma ra-ba min sh’ma-ya v’cha-yim a-lei-nu v’al kol Yis-ra-el, v’im-ru a-men.

Let there be abundant peace from Heaven, with life’s goodness for us and for all the people Israel. And let us say: Amen

O-seh sha-lo-m bim-ro-mav, hu ya-a-seh shal-om a-lei-nu v’al kol Yis-ra-el, (v’al kol yosh-vei te-vel) v’im-ru a-men.

The One who brings peace to God’s universe will bring peace to us and all the people Israel, (and to all who dwell on earth). And let us say: Amen.

Page 58
PSJC Friday night service with transliteration

Page 57
PSJC Friday night service with transliteration
These are the thirteen principles of faith they are the foundation of the God’s law and God rewards humanity with kindness according to God’s works.

God has bestowed an abundance of prophecy upon God’s treasured and splendorous Oneness.

Oneness.

Time.

God knows the deeds and thoughts of all.

The Messiah will come. God, forever praised, will resurrect the dead.

Exalted be the Living God, and praise God exists and God’s existence is unbound by time.

God is One and there is no unity like God’s Oneness inscrutable and infinite is God’s Oneness.

God has neither form of body nor is God corporeal nor may God’s holiness be compared to anything.

God preceded all that was created, and nothing preceded God’s precedence.

Behold, the Master of the universe to all creations demonstrating God’s greatness and sovereignty.

God has bestowed an abundance of prophecy upon God’s treasured and splendorous people.

There has not arisen in Israel another like Moses a prophet who beheld God’s image. God gave a Torah of truth to God’s nation by means of God’s prophet, the faithful of God’s house.

God will never exchange or alter God’s Law for any another, for all eternity.

God sees and knows our most hidden secrets, God perceives a matter’s outcome at its inception.

God rewards re humanity with kindness according to God’s works.

God places evil on the wicked according to God’s judgement.

God will send our Messiah at the End of Days to redeem those waiting for God’s final salvation.

God will revive the dead in God’s abundant kindness, may God’s splendorous Name be blessed forever more.

These are the thirteen principles of faith they are the foundation of the God’s law and Torah.*

Moses’ Torah and prophecy are true and blessed eternally be God’s great name* [*The asterisked verses are found in Sephardic traditions] [Translation adapted from B’nai Jeshuran website, http://www.bj.org]

Yigdal Summary: (SSP s. 326/7)
There is a creator, who alone created and creates all things.

God is one, unique.

God has no body, no form.

God is eternal. God alone is to be worshipped.

The words of the prophets are true.

Moses was the greatest prophet.

The source of the Torah is divine.

The Torah is immutable.

God knows the deeds and thoughts of all.

God rewards and punishes

The Messiah will come. God, forever praised, will resurrect the dead.

Yigdal Translation:

Yigdal -ייגדאל (SSP s. 326/7)

Yigd-al E-lo-him chai ve’yish-ta-bach, nim-tza v’ein et El me-tzi-u-to.

E-chad V’ein ya-chid k’yi-chu-do, ne’e-lam v’gam ein sof l’ach-du-to.

Ein lo d’mut ha-guf v’ei-no guf, lo na’a-roch el-lav ke-du-sha-to.

Kad-mon l’choh-da-var a-sher niv-ra, ri-shon v’ein re-shit l’re-shi-to.

Hi-no a-don o-lam l’choh no-tsar, yo-reh g’du-la-to u-mal-chu-to.

She-fa n’vu-ato n’ta-no, el-an-shi s’gu-la-to v’tif-ar-to.

Lo kam b’Yis-ra-el k’Mo she od, na-va u-ma-bit et t’mu-na-to.

To-rat e-met na-tan le’a-mo El, al yad n’vi-o ne’e-man beit-o.


Tzo-feh v’yo-de-a se ta-rei-nu, ma-bit l’sof da-var b’kad-ma-to.

Go-mel l’ish che sed k’mif-a-lo, no-ten l’ra-sha ra k’ri-sha-to.

Yish-lach l’ketz ya-min m’shi-che-nu, lif-dot m’cha-kei ketz y’shu-a-to.

Me-tim y’cha-yeh El b’rov chas-do, ba-ruch a-dei ad shem t’hi-la-to.
10. Today is the ________ day of the Omer

Ha-yom A-sa-rah ya-mim she-hem sha-vu-a e-chad u-sh’lo-shah ya-mim la-O-mer.

11. Today is the ________ day of the Omer

Ha-yom E-chad A-sar yom she-hem sha-vu-a e-chad v’ar-baah ya-mim la-O-mer.

12. Today is the ________ day of the Omer

Ha-yom Sh’neim A-sar yom she-hem sha-vu-a e-chad v’cha-mi-shah ya-mim la-O-mer.

13. Today is the ________ day of the Omer

Ha-yom Sh’lo-sha A-sar yom she-hem sha-vu-a e-chad v’shi-shah ya-mim la-O-mer.

14. Today is the ________ day of the Omer

Ha-yom Ar-ba-ah A-sar yom she-hem sh’nei sha-vu-ot la-O-mer.

15. Today is the ________ day of the Omer

Ha-yom Cha-mi-shah A-sar yom she-hem sh’nei sha-vu-ot v’yom E-chad la-O-mer.

[Iyyar 1, Rosh Chodesh]

16. Today is the ________ day of the Omer


17. Today is the ________ day of the Omer


18. Today is the ________ day of the Omer

Ha-yom Sh’mo-nah A-sar yom she-hem sh’nei sha-vu-ot v’ar-ba-ah ya-mim la-O-mer.

19. Today is the ________ day of the Omer

Ha-yom Tish-ah A-sar yom she-hem sh’nei sha-vu-ot va-cha-mi-shah ya-mim la-O-mer.

[Iyyar 5, Israel Independence Day]

20. Today is the ________ day of the Omer

Ha-yom Es-rim yom she-hem sh’nei sha-vu-ot v’shi-shah ya-mim la-O-mer.

21. Today is the ________ day of the Omer

Ha-yom E-chad v’Es-rim yom she-hem sh’lo-sha sha-vu-ot la-O-mer.

22. Today is the ________ day of the Omer

Ha-yom Sh’na-yim v’Es-rim yom she-hem sh’lo-sha sha-vu-ot v’yom E-chad la-O-mer.
Ha-yom Sh’na-yim u-Sh’lo-shim yom she-hem Ar-ba-ah sha-vu-ot v’Ar-ba-ah ya-mim la-O-mer.

Ha-yom sh’lo-sha u-Sh’lo-shim yom she-hem Ar-ba-ah sha-vu-ot va-Cha-mi-shah ya-mim la-O-mer.

Ha-yom Cha-mi-shah u-Sh’lo-shim yom she-hem Cha-mi-shah sha-vu-ot la-O-mer.

Ha-yom Shi-shah u-Sh’lo-shim yom she-hem Cha-mi-shah sha-vu-ot v’yom E-chad la-O-mer.

Ha-yom Shiv-ah u-Sh’lo-shim yom she-hem Cha-mi-shah sha-vu-ot u-sh’nei ya-mim la-O-mer.

Ha-yom Sh’mo-nah u-Sh’lo-shim yom she-hem Cha-mi-shah sha-vu-ot u-sh’lo-shah ya-mim la-O-mer.

Ha-yom Tish-ah u-Sh’lo-shim yom she-hem Cha-mi-shah sha-vu-ot v’Ar-ba-ah ya-mim la-O-mer.

Ha-yom Tish-ah u-Sh’lo-shim yom she-hem Ar-ba-ah sha-vu-ot v’yom E-chad la-O-mer.

Ha-yom Tish-ah u-Sh’lo-shim yom she-hem Ar-ba-ah sha-vu-ot u-sh’lo-sha ya-mim la-O-mer.

Ha-yom E-chad u-Sh’lo-shim yom she-hem Ar-ba-ah sha-vu-ot u-sh’lo-sha ya-mim la-O-mer.
**Shabbat Candle Lighting** (SSS p. 717)

Bron: A-ha m' Al-mi'ot melo H-uleq. A-sheh K'deshem mi-ma'ali'ot zeta

Lene Machi el Shem.

Ba-ruch A-tah A-do-nai, E-lo-hei-nu me-lech ha-o-lam, a-sher kid'sha-nu b'mitz-vot va-tzi-ya-nu l'had-lik nair shel Sha-bat.

Praised are You, Adonai our God, Ruler of the universe, whose mitzvot add holiness to our lives and who gave us the mitzvah to kindle the Shabbat light.

**Blessing the Children** (SSS p. 722)

[The words of the blessing are taken from the priestly blessing (Numbers 6:24-26) and the introduction is altered depending on whether the child being blessed is a boy or girl.]

[For boys, the introductory line is:]

Y'sim-ch'a E-lo-him k'E-fray-im v'Me-na-sheh

May you be like Ephraim and Menasheh.

[For girls, the introductory line is:]

Y'si-mech E-lo-him k'Sa-rah Riv-ka Le-ah v'Ra-chel

May you be like Sarah, Rebecca, Leah and Rachel

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

Y'va-re-ch'cha A-do-nai v'yish-m're-cha

May God bless you and guard you.

Ya'er A-do-nai pa-nav e-le-cha vi-cho-ne-ka

May God show you favor and be gracious to you.

Yi-sa A-do-nai pa-nav e-le-cha v'ya-sem l'cha sha-lom.

May God show you kindness and grant you peace.
First time in Sukkah add:

A·ta A·do·nai, mi·ka·desh ha·Sha·bat.
hin·chi·la·nu zi·ka·ron l'ma·a·seh v're·shit, ki hu yom t'hi·la l'mi·k·ra·ei ko·desh,
b'mitz·vo·tav v'ra·tzah va·nu, v'Sha·bat kod·sho b'a·ha·vah u·ra·tzon
Ba·ruch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, a·sher kid'sha·nu

[We gather together before Kiddush to welcome in the angels (Malachim) of Shabbat with song. If a PSJC custom to introduce ourselves to one another at the conclusion of this song, so that nobody will be among strangers, before Kiddush is recited over the wine and the Motzi over the bread.]

シュアルム・アレイム - שולחני עליכם (SSS p. 722)

[On Sukkot add: Bar·uch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, a·sher kid'sha·nu b'mitz·vo·tav v'izi·va·nu le·shev ba·su·kah.
First time in Sukkah add: Bar·uch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, she·he·chi·ya·nu v'ki·y'na·nu v'hi·gi·ya·nu la·z' man ha·zeh.]

Kiddush for Shabbat Evening - Continued - Page 68

Sov’ri cha·vei·rai: סוברי החבái: Leader

With the approval of my friends:

Ba·ru·ch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, bo·rei pri ha·ga·fen.
Blessed are you Adonai our God, Ruler of the world, creator of the fruit of the vine.

Bâ·rch A·le·him, ma·la·chei ha·sha·a·ret, ma·la·chay eil·yon, mi·me·lech ha·m'la·chim ha·Ka·dosh Ba·ruch·Hu.
Sha·lom A·lei·chem, ma·la·chei ha·sha·a·ret, ma·la·chay eil·yon, mi·me·lech ha·m'la·chim ha·Ka·dosh Ba·ruch·Hu.

Come to us in peace, angels of the most sublime, the Sovereign of Sovereigns, the Holy One, praised be God.

Bar·ch’u·ni l’sha·lom, ha·ale·hem eil·yon, mi·me·lech ha·m’la·chim ha·Ka·dosh ba·ru·ch hu.
Bar·ch’u·ni l’sha·lom, ha·ale·hem eil·yon, mi·me·lech ha·m’la·chim ha·Ka·dosh ba·ru·ch hu.

Go from us in peace, angels of peace, angels of the most sublime, the Sovereign of Sovereigns, the Holy One, praised be God.

Bless us with peace, angels of peace, angels of the most sublime, the Sovereign of Sovereigns, the Holy One, praised be God.

Za·rakh l’sha·lom, ma·la·chei ha·sha·a·ret, ma·la·chay eil·yon, mi·me·lech ha·m’la·chim ha·Ka·dosh ba·ru·ch hu.
Za·rakh l’sha·lom, ma·la·chei ha·sha·a·ret, ma·la·chay eil·yon, mi·me·lech ha·m’la·chim ha·Ka·dosh ba·ru·ch hu.

Go from us in peace, angels of peace, angels of the most sublime, the Sovereign of Sovereigns, the Holy One, praised be God.

Kiddush for Shabbat Evening - Page 67

Shalom Aleichem - שלוםlekem (SSS p. 726)

[On Sukkot add: Bar·uch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, a·sher kid'sha·nu b'mitz·vo·tav v'tz'i·va·nu le·shev ba·su·kah.
First time in Sukkah add: Bar·uch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, she·he·chi·ya·nu v'ki·y'na·nu v'hi·gi·ya·nu la·z' man ha·zeh.]

Kiddush for Shabbat Evening - תזית צום (SSS p. 726)

Ba·ru·ch A·ta A·do·nai E·lo·hei·nu Me·lech ha·o·lam, ha·mo·tzi le·chem min ha·a·re·tiz.
Blessed are You Adonai our God, Ruler of the world, Who brings bread from the earth.
Y’hi shem Adonai m’vorach me-a-tah v’ad olam.

Blessed be the name of Adonai now and forever.

Friends, let us say grace.

Y’hi shem Adonai m’vo·rach me-a·tah v’ad olam.

Blessed be the name of Adonai now and forever.

With your permission, let us now bless (our God) whose food we have eaten.

Y’mai lel se-chok pi-nu ul’she-ne-nu ri-na. Az y’mar va-go-yim hig·di l’Alex koretz la-shehim ya evrim ve-te-nu ka-a-fi-kim ba-Ne’-gev. Ha-zo·rim b’di·mah b’ri·nah yik-tso·ru. Ha-loch ye-lech u-vact na-se shech ha-za·rah, bo ya·vo (ya-vi) v’ri·nah no-se a·lu ma·ta.

Bir·shut Cha·ve·rai, n’va·rech (E-lo·he·nu) she·a·chal·nu mi·she·lo u-v’tu·vo cha·yi·nu.

Blessed be (our God) whose food we have eaten and through whose goodness we live.

Ba·ruch (E-lo·he·nu) she·a·chal·nu mi·she·lo u-v’tu·vo cha·yi·nu.

Blessed be (our God) whose food we have eaten and through whose goodness we live.

Ba·ruch hu u-vat·chal·sh’mo.

Blessed be God and blessed be God’s name.

For everything, Adonai, our God, we thank and praise You. May Your name be blessed by all forever, as it is written: “After you have eaten and are satisfied, then shall bless Adonai, our God for the good land God has given you.” Praised are You, Adonai, for the land and the food.

Ra-chem A-do-nai E-lo-hei-nu, al Yis-ra-el a-me-cha, v’al Y’ru-sha-layim v’al Yis-ra-el u-te-ke’am-yi, v’al Zemed Yis-ra-el, v’al O-ras Yis-ra-el, v’al D’ser Yis-ra-el, v’al S’lah Yis-ra-el, v’al She-rut Yis-ra-el, v’al Nas’im Yis-ra-el, v’al Me’assef Yis-ra-el, v’al Me’asef Yis-ra-el, v’al Me’asef Yis-ra-el.

Have mercy, Adonai our God, on Israel Your people, on Jerusalem Your city, on Zion the abode of Your glory, on the kingdom of the house of David Your anointed one, and on the great and holy Temple that bears Your name. Our God, our Father, tend and feed us; sustained and support us and relieve us. Speedily, Adonai our God, grant us relief from all our troubles. Adonai our God, make us not subject to the gifts and loans of men but rather on Your full, open and generous hand, that we may never be put to shame and disgrace.


We Thank You, Adonai, our God, for having given a beautiful, good, and spacious land to our ancestors as a heritage; for having taken us out from the land of Egypt and redeemed us from the house of slavery; Your covenant which You sealed in our flesh; for Your Torah which You taught us; for Your laws which You have given to us; for the life, grace and kindness You have granted us; and for the food with which You sustain us.
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Praised are You, Adonai our God, Ruler of the universe. Adonai, You are our father, our Ruler and sovereign, our creator, our redeemer, our maker, the holy one of Jacob, the shepherd of Israel, the good Ruler who does good to all and has done good, is doing good, and will do good. You bestow favors on us constantly. You lavish on us kindness and mercy, relief and deliverance, success, blessing, salvation, comfort, sustenance, support mercy, life and peace and all goodness. May You never deprive us of any good thing.

Ha-ra-chu-man, hu yim-loch a-lei-nu l’o-lam va-ed.

May the Merciful One reign over us forever and ever.

Ha-ra-chu-man, hu yit-ba-rach ba-sha-ma-yim u-va-a-retz scary.

May the Merciful One be blessed in heaven and on earth.


May the Merciful One be praised for all generations; may God be glorified in us forever and ever; may God be honored in us to all eternity.

Ha-ra-chu-man, hu yfar-n’se-nu b’cha-vod.
And the host and hostess of this house

And the Merciful One grant us an honorable livelihood.

May the Merciful One send ample blessing into this house and upon this table at which we have eaten.

Et (a-vi mo-ri) ba-al ha-ba-yit ha-zeh, v’et (i-mi mo-ra-ti) ba-a-lat ha-ba-yit ha-zeh
And (my revered father) the master of this house and (my revered mother) the mistress of this house.

Ha-ra-cha-man, hu y’a-reich...
May the Merciful One bless...

[At the home of one’s parents, add words in parenthesis:]

Et ba-al ha-ba-yit ha-zeh, v’et ba-a-lat ha-ba-yit ha-zeh
At an additional home:

Ha-ra-cha-man, hu y’varech...
Shabbat Shalom

Ha-raham, hu y’va-rech ha-a-retz ha-zot.
May the Merciful One bless this country and protect it.

Ha-raham, ha-y’tzor et TzH’L v’yish-mor a-lei-hem.
May the Merciful One bless those who serve in the IDF and watch over them.

Ha-raham, yu-ya-teyn a-cha va bein Sa-rah u-vein b-nay Ha-gar.
May the Merciful One create a caring bond between the children of Sarah and the children of Hagar.

God is our tower of salvation, showing kindness to God’s anointed, to David and his descendents forever. May God who creates peace in God’s heavenly heights, may God grant peace for us, all Israel; and all humanity, and we can say: Amen.

Revere Adonai, you God’s holy ones for those who revere God suffer no want. Lions may be famishing and starving, but those who seek Adonai shall not lack any good thing. Give thanks to Adonai, for God is good; God’s kindness endures forever. You open Your hand and satisfy the desire of every living thing. Blessed is the one who trusts in Adonai, and whose trust is in Adonai. I have been young and now I am old, but never have I seen the righteous person forsaken, nor his children wanting bread. Adonai will give strength to God’s people; Adonai will bless God’s people with peace.
TRANSLITERATION CONVENTIONS

• **A** = the sound in “la-la”, unless it is followed by an “i”
• **AI** = the sound in “eye” or the Hebrew word for God, “Adonai”
• An **apostrophe (’)** after a letter gives it the vowel sound of “eh,” and represents a syllable break. For example, **Y’** gets pronounced “veh”
• **CH** = the hard “chet” sound that is in “Bach” or the Hebrew word for life, “Chai” (NOT the “tsh” sound of “match” or “cherry”)
• **E** = the vowel sound of “net” or the Hebrew word for truth, “emet”, unless followed by an I
• **EI** or **EY** = the vowel sound in “day”
• **I** = the vowel sound in “hat” or the Hebrew word for our father, “Avinu”
• **O** = the vowels sound in “boat”
• **TZ** = the consonant sounds at the end of “pits” or the Hebrew word for Zion, “Tzion”
• **U** = the vowel sound in “ moot”

• All other letters and letter combinations are pronounced as in English.