

## SABBATH MORNING SERVICE

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### MORNING PRAYERS      בְּרִכּוֹת הַשַּׁחַר

*(The Congregation will stand)*

How lovely are your tents, O Jacob, your dwelling-places, O Israel! Through Your great love, O God, I enter Your house; with awe I worship in Your sanctuary.

Eternal God, I love the house where Your glory dwells; humbly I worship before my God and Maker.

May my prayer be acceptable to You, Eternal God. In Your great kindness, answer me with Your saving truth.

מִה־טֹבוֹ אֱהַלֶיךָ, יְעַקֹב, מִשְׁכְּנֹתֶיךָ, יִשְׂרָאֵל! וְאֲנִי בְּרַב חֶסֶדְךָ אָבוֹא בֵּיתְךָ, אֲשַׁתְּחִינָה אֶל־הֵיכַל־קִדְשְׁךָ בִּירְאָתְךָ. יְהוָה, אֲהַבְתִּי מֵעוֹן בֵּיתְךָ, וּמִקּוֹם מִשְׁכַּן כְּבוֹדְךָ. וְאֲנִי אֲשַׁתְּחִינָה וְאֶכְרַעָה, אֲבָרְכָה לִפְנֵי־יְהוָה עֲשֵׂי. וְאֲנִי תַפְלִיתֶיךָ, יְהוָה, עֵת רְצוֹן. אֱלֹהִים, בְּרַב־חֶסֶדְךָ, עֲנֵנִי בְּאֵמַת יִשְׁעֶיךָ.

*(The Congregation will sit)*

Eternal God, a mystery surrounds my life. What came before it and what lies beyond it are shrouded in darkness. But in the darkness is Your presence and in the mystery, Your love. No mind can grasp the splendour of Your Being, no tongue express the majesty of Your works. Yet there are times when we sense a reality that is beyond our mortal sight. May this Sabbath be such a time for us. Help us to hear Your voice, to find Your image in our souls, and to be at peace.

My God, the soul You have given me is pure. For You have created and formed it and breathed it into me, and You sustain it within me. So long as there is a soul within me I will give thanks to You, Eternal One, my God and God of my ancestors, Sovereign of all worlds, Guide of every human soul.

*We praise You, O God, in whose hands are the souls of all the living and the spirits of all flesh.*

אֱלֹהֵי, נִשְׁמָה שְׁנַתַּתָּ בִּי טְהוֹרָה  
 הִיא. אֵתָה בְּרֵאתָהּ, אֵתָה יִצְרַתָּהּ,  
 אֵתָה נִפְחַתָּהּ בִּי, וְאֵתָה מְשַׁמְרָהּ  
 בְּקִרְבִּי. כָּל־זָמַן שֶׁהַנְּשָׁמָה  
 בְּקִרְבִּי, מוֹדָה אֲנִי לְפָנֶיךָ, יְיָ  
 אֱלֹהֵי וְאֱלֹהֵי אֲבוֹתַי, רַבּוֹן כָּל־  
 הַמַּעֲשִׂים, אֲדוֹן כָּל־הַנְּשָׁמוֹת.

בְּרוּךְ אַתָּה יְיָ, אֲשֶׁר בְּיָדוֹ נִפְשׁ  
 כָּל־חַי, וְרוּחַ כָּל־בֶּשֶׂר־אִישׁ.

SONGS OF PRAISE

פסוקי דזמרא

Praised be the One at whose command the world came to be.

We praise You, our God, Sovereign of the universe, worshipped by Your people, lauded and glorified by those who love and serve You. With songs of praise we extol You, and proclaim Your sovereignty, sole Source of the life of all worlds.

*We praise You, Sovereign God, to whom all praise is due.*

בְּרוּךְ שְׂאֵמַר וְהָיָה הָעוֹלָם,  
 בְּרוּךְ הוּא.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ  
 הָעוֹלָם, הַמְהַלֵּל בְּפִי עַמּוֹ,  
 מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו  
 וְעַבְדָּיו. בְּשִׁבְחוֹת וּבְזִמְרוֹת  
 נִגְדְלֶךָ וְנִמְלִיכֶךָ, מִלְּכֵנוּ יְחִיד,  
 חַי הָעוֹלָמִים.

בְּרוּךְ אַתָּה יְיָ, מֶלֶךְ מְהַלֵּל  
 בַּתְּשֻׁבּוֹת.

We praise You, Eternal God,  
Sovereign of the universe, for  
eyes to see.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, פּוֹקֵחַ עֵינַיִם.

We praise You, Eternal God,  
Sovereign of the universe, for  
clothes to wear.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, מְלַבֵּשׁ עֲרוּמוֹתַי.

We praise You, Eternal God,  
Sovereign of the universe, for  
the joy of freedom.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, מְתִיר אֲסוּרִים.

We praise You, Eternal God,  
Sovereign of the universe, for the  
power to rise.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, זוֹקֵף כְּפוּפִים.

We praise You, Eternal God,  
Sovereign of the universe, for  
providing for all our needs.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, שׁוֹמֵר לִי כָּל-צָרָתִי.

We praise You, Eternal God,  
Sovereign of the universe, for daily  
renewing our strength.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַנּוֹתֵן לִי עֹז כָּח.

We praise You, Eternal God,  
Sovereign of the universe, for  
the blessing of sleep and the  
privilege of waking to a new  
day.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמַּעֲבִיר שְׁנָה מֵעֵינַי  
וְהַתּוֹמָה מֵעַפְעָפִי.



## SONGS OF PRAISE פסוקי דזמרא

Praised be the One at whose command the world came to be.

We praise You, our God, Sovereign of the universe, worshipped by Your people, lauded and glorified by those who love and serve You. With songs of praise we extol You, and proclaim Your sovereignty, sole Source of the life of all worlds.

*We praise You, Sovereign God, to whom all praise is due.*

With the coming of day and night I will enter the covenant of God, and when evening and morning depart I will recite God's decrees.

God Most High, You are my righteousness; You teach me goodness. You are the fountain of knowledge, the dwelling-place of holiness and the summit of glory; eternal might and majesty are Yours.

I will choose whatever You teach me, gladly accepting Your judgments.

ברוך שֶׁאָמַר וַתְּהִי הָעוֹלָם,  
בְּרוּךְ הוּא.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, הַמְהַלֵּל בְּפִי עַמּוֹ,  
מְשַׁבַּח וּמְפָאֵר בְּלִשׁוֹן חֲסִידָיו  
וְעַבְדָּיו. בְּשִׁבְחוֹת וּבְזִמְרוֹת  
נְגַדְלֶךָ וְנִמְלִיכֶךָ, מִלִּפְנֵי יְחִיד,  
חַי הָעוֹלָמִים.

בְּרוּךְ אַתָּה יי מֶלֶךְ מְהַלֵּל  
בַּתְּשֻׁבּוֹת.

עַם מְבוֹא יוֹם וְלַיְלָה אָבוֹאָה  
בְּבְרִית אֵל, וְעַם מוֹצָא עֶרֶב  
וּבֹקֵר אוֹמֵר חֲקִינוּ.

וְלֹאֵל אוֹמֵר, צְדָקָה וְלַעֲלִיּוֹן,  
מִכֵּין טוֹבִי, מְקוֹר דַּעַת וּמַעוֹן  
קוֹדֵשׁ, רוּם כְּבוֹד וּגְבוּרַת  
כּוֹל לְתַפְאֵרַת עוֹלָם.

אֲבַחֲרָה בְּאֲשֶׁר יוֹרְנִי, וְאֶרְצֶה  
בְּאֲשֶׁר יִשׁוּפְטֵנִי.



As soon as I move my hands  
and feet I will praise Your  
name: when I go out and when I  
come in, when I lie down and  
when I rise up.

When I rest on my bed I will  
sing Your praise, and in the  
company of my friends I will  
praise You with the words of  
my mouth.

בְּרֵאשִׁית מְשַׁלַּח יָדַי וְרַגְלֵי  
אֶבְרָךְ שְׁמוֹ, בְּרֵאשִׁית צֵאת  
וּבוא לְשֶׁבֶת וְקוּם.

וְעַם מִשְׁכַּב יְצוּעֵי אַרְבָּנָה לוֹ  
וְאֶבְרָכְנוּ, תְּרוּמַת מוֹצֵא שְׁפָתַי  
מִמַּעַרְכַת אַנְשִׁים.

From Psalm 92

A PSALM FOR THE SABBATH DAY

It is good to give thanks to the  
Eternal One,

*to sing hymns to Your name, O  
Most High;*

To tell of Your love in the  
morning,

*and Your faithfulness in the  
night;*

To the sound of lute and harp,  
*and to the music of the lyre.*

Your deeds fill me with glad-  
ness,

*Your work moves me to song.*

How great are Your works,  
Eternal God,

*how very deep Your thoughts!*

מְזוֹמֵר שִׁיר לַיּוֹם הַשַּׁבָּת.

טוֹב לְהַדוֹת לַיהוָה, ♪

וּלְזַמֵּר לְשִׁמְךָ עֲלִינוּ,

לְהַגִּיד בַּבֶּקֶר חַסְדֶּךָ,

וְאִמּוֹנָתְךָ בַּלַּיְלוֹת;

עַל־עֵשׂוֹר וְעַל־נֶבֶל,

עַל־הַגִּיטוֹן בְּכִנּוֹר.

כִּי שִׁמְחַתָּנִי, יְהוָה, בַּפַּעֲלֶךָ,

בְּמַעֲשֵׂי יְדֶיךָ אַרְבָּן.

מִהֲגֹדְלוֹ מַעֲשֵׂיךָ, יְהוָה!

מֵאֵד עֲמָקוֹ מַחְשַׁבְתֶּיךָ.



The righteous shall flourish  
like the palm,  
*grow tall like the cedar of  
Lebanon.*

Planted in the house of the  
Eternal One,

*they shall flourish in the courts of  
our God;*

They shall still bear fruit in  
old age,

*they shall ever be fresh and green,*

Proclaiming that God is just,  
*my Rock, in whom there is no  
flaw.*

צָדִיק כְּתָמָר יִפְרֹחַ,

כְּאַרְזוֹ בַלְבָּנוֹן יִשְׁגֶּה.

שְׁתוּלִים בְּבֵית יְהוָה,

בְּחֲצֵרוֹת אֱלֹהֵינוּ יִפְרִיחוּ.

עוֹד יִנְבוֹן בְּשִׁיבָה,

דְּשָׁנִים וְרַעֲנָנִים יִהְיוּ,

לְהַגִּיד כִּי־יֵשֶׁר יְהוָה,

צוּרִי, וְלֹא־עוֹלָתָהּ בּוֹ.

*(The Congregation will stand)*

Praised be Your name,  
Eternal God, in heaven and on  
earth. To You, our God and  
God of our ancestors, let  
hymns and psalms be sung; to  
You all praise and thanks are  
due from now and for ever.

*We praise You, O God: may  
You accept our songs of praise.*

יִשְׁתַּבַּח שְׁמֶךָ לְעַד, מִלְפָּנֶיךָ,  
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְּדוֹשׁ  
בַּשָּׁמַיִם וּבָאָרֶץ. כִּי לְךָ נִאֲתָה,  
יְיָ אֱלֹהֵינוּ וְאַלֹהֵי אֲבוֹתֵינוּ, שִׁיר  
וְשִׁבְחָה, הַלֵּל וְזִמְרָה, בְּרִכּוֹת  
וְהוֹדָאוֹת, מֵעַתָּה וְעַד עוֹלָם.  
בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר בְּשִׁירֵי  
זִמְרָה.

*(We continue with the Shema and its Benedictions on page 135)*



At dawn and dusk I seek You,  
Reach out, and look to You.  
With soul athirst I yearn for  
You;  
I am a beggar at Your door.  
The galaxies cannot contain  
You,  
Yet You dwell in my inmost  
being.  
I hold Your glory in my heart;  
My love for You exceeds my  
speech.  
So I will praise Your name,  
Eternal One,  
As long as Your breath of life  
remains within me.

*Praised be the Eternal One for  
ever. Amen and Amen. Praised be  
the Eternal God, the God of Israel,  
who does wonderful things. Let  
God's glorious name be praised for  
ever, and let the whole earth be  
filled with God's glory. Amen and  
Amen.*

The soul of every living being  
shall praise Your name, Eternal  
One, our God, and the spirit of  
all flesh shall acclaim Your  
majesty for ever. From everlast-  
ing to everlasting You are God.

שְׁחַרְתִּיךָ בְּכָל־שַׁחְרֵי וְנֹשְׁפֵי,  
וּפְרַשְׁתִּי לְךָ כַּפֵּי וְאָפֵי,  
לְךָ אֶהְמָה בְּלֵב צָמָא, וְאֶדְמָה  
לְדַל שׂוֹאֵל עָלַי פִּתְחֵי וְסָפֵי.  
מִרְוּמוֹת לֹא יִכְלִיךָ לְשִׁבְתֶּךָ,  
וְאוֹלָם יֵשׁ מְקוֹמְךָ תוֹךְ סְעָפֵי.  
חֵלָא אֲצַפֵּן בְּלִבִּי שֵׁם כְּבוֹדְךָ  
וְגִבֹר חֲשָׁקְךָ עַד יַעֲבֹר־פִּי,  
אֲנִי עַל כֵּן אֶהְוֶדָה שֵׁם אֱדֹנָי,  
בְּעוֹד נִשְׁמַת אֱלֹהִים חַי בְּאָפֵי.

בְּרוּךְ יְיָ לְעוֹלָם אָמֵן וְאָמֵן.  
בְּרוּךְ יְיָ אֱלֹהִים, אֱלֹהֵי  
יִשְׂרָאֵל, עֲשֵׂה נִפְלְאוֹת לְבִדּוֹ.  
וּבְרוּךְ שֵׁם כְּבוֹדוֹ לְעוֹלָם,  
וַיִּמְלֵא כְבוֹדוֹ אֶת־כָּל־הָאָרֶץ.  
אָמֵן וְאָמֵן.

נִשְׁמַת כָּל־חַי תִּבְרַךְ אֶת־שִׁמְךָ,  
יְיָ אֱלֹהֵינוּ, וְרוּחַ כָּל־בָּשָׂר  
תִּפְאָר וּתְרוֹמִם זִכְרְךָ, מִלְּכֻנּוּ,  
תָּמִיד. מִן הָעוֹלָם וְעַד־הָעוֹלָם  
אֶתָּה אֵל.



God of all ages, of all generations, of all creatures, to whom our praise ascends: You guide the world with constant love, Your children with tender care. To You alone we give thanks.

Yet though our mouths should overflow with song as the sea, our tongues with exultation as the roaring waves, and our lips with praise as heaven's wide expanse; and though our eyes shine as the sun and moon, our arms spread forth like the wings of eagles, and our feet speed swiftly as hinds—still we could not fully thank You, Eternal God, for Your infinite kindness to our ancestors and to us.

Therefore the limbs You have formed in us,  
the spirit You have breathed into us,  
and the tongue You have set in our mouths:  
all shall unite to thank and praise,  
extol You and exalt You,  
the sovereign God.

אלהי הראשונים והאחרונים,  
אלוה כל־בריות, אדון  
כל־תולדות, המהלל ברב  
התשבחות, המנהג עולמו בחסד  
ובריותיו ברחמים. לך לבדך  
אנחנו מודים.

אלו פינו מלא שירה פים,  
ולשוננו רנה כהמון גליו,  
ושפתותינו שבח כמרחבי  
רקיע, ועינינו מאירות כשמש  
וכירח, וידינו פרושות כנשרי  
שמים, ורגלינו קלות כאילות -  
אין אנחנו מספיקים להודות  
לך, ולברך את־שמך, על־אחת  
מאלף אלפי אלפים ורבי  
רבבות פעמים הטובות שעשית  
עם־אבותינו ועמנו.

על כן אברים שפלגת בנו,  
ורוח ונשמה שנפחת באפינו,  
ולשון אשר שמת בפינו,  
הן הם יודו ויברכו וישבחו  
ויפארו את־שמך, מלכנו.



How shall I sing of mountains and hills, When it is God who planted them?	איכה אֲשִׁיר עַל-הָרִים וְגִבְעוֹת, וְאֱלֹהִים הוּא טָבָעָם?
How shall I sing of deserts and seas, When it is God who begot them?	איכה אֲשִׁיר עַל-יָמִים וְצִיּוֹת, וְאֱלֹהִים הוּא חוֹלְלָם?
How shall I sing of earth and her fullness, When it is God who bade them be?	איכה אֲשִׁיר עַל-תְּבֵל וּמְלוֹאָהּ, וְאֱלֹהִים הוּא צָוָם?
I shall sing of the One who fashioned them all, The One who is above them all: Of God, God alone, I shall sing!	אֲשִׁיר לְיוֹצֵר הַכֹּל וְנֹעֵלָה עַל-כֹּל, לְאֱלֹהִים אֲשִׁירָהּ!

Psalm 150

Halleluyah!	הַלְלוּיָהּ! ♪
Praise God in the sanctuary,	הַלְלוּ-אֱלֹהִים בְּקִדְשׁוֹ,
Praise God whose power the heavens proclaim.	הַלְלוּהוּ בְּרִקְיעַ עֻזּוֹ.
Praise God's mighty deeds,	הַלְלוּהוּ בְּגִבּוֹרֹתָיו,
Praise God's abundant great- ness.	הַלְלוּהוּ כְּרַב גְּדֻלוֹ.
Praise God with Shofar blast,	הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר,
Praise God with lyre and harp.	הַלְלוּהוּ בְּנִבְל וְכִנּוֹר.
Praise God with timbrel and dance,	הַלְלוּהוּ בְּתֹף וּמְחוֹל,
Praise God with lute and pipe.	הַלְלוּהוּ בְּמִנִּים וְעֹגֵב.

Praise God with cymbals  
sounding,  
Praise God with cymbals  
resounding.  
Let every soul praise the  
Eternal One.  
Halleluyah!

הַלְלוּהוּ בְּצִלְצְלֵי־שֹׁמַע,  
הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה.  
כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה.  
הַלְלוּיָהוּ!

*(The Congregation will stand)*

Praised be Your name,  
Eternal God, in heaven and on  
earth. To You, our God and  
God of our ancestors, let  
hymns and psalms be sung; to  
You all praise and thanks are  
due from now and for ever.

*We praise You, O God: may  
You accept our songs of praise.*

יִשְׁתַּבַּח שִׁמְךָ לְעַד, מֶלְכֵנוּ,  
הָאֵל הַמֶּלֶךְ הַגָּדוֹל וְהַקְדוֹשׁ  
בְּשָׁמַיִם וּבָאָרֶץ. כִּי לְךָ יְיָ אֱלֹהֵינוּ  
וְיִי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שִׁיר  
וְשִׁבְחָה, הַלֵּל וְזִמְרָה, בְּרִכּוֹת  
וְהוֹדָאוֹת, מִעַתָּה וְעַד עוֹלָם.  
בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר בְּשִׁירֵי  
זִמְרָה.

THE SHEMA AND ITS BENEDICTIONS

שִׁמְעַ וּבְרִכּוֹתֶיהָ

בְּרַכּוּ אֶת־יְיָ הַמְּבָרָךְ.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Praise the One to whom our praise is due.

*We praise the Eternal One  
to whom our praise is due  
for ever.*

*(The Congregation will sit)*

We praise You, Eternal One, our God, Sovereign of the universe, Maker of light and Creator of darkness, Author of peace and Creator of all things. In Your mercy You give light to the earth and all who live on it, and in Your goodness You renew creation continually, day by day. How manifold are Your works, O God! With wisdom have You made them all; the world is full of Your creations. Your handiwork proclaims Your praise; the radiant stars bear witness to Your glory.

*We praise You, O God, Creator of light.*

Great is Your love for us, Eternal God, and abundant Your compassion. Our ancestors trusted in You, and You taught them the laws of life; so be gracious to us, and teach us. Incline our hearts to hear Your words, to know and understand, to learn and teach, and with love to uphold the truths of Your Torah. Enlighten us with Your Teaching, make us faithful to Your commandments, and

ברוך אתה יי אלהינו מלך  
העולם, יוצר אור ובורא חשך,  
עשה שלום ובורא את-הכל.  
המאיר לארץ ולדרים עליה  
ברחמים, ובטובו מחדש בכל-  
יום תמיד מעשה בראשית. מה  
רבו מעשיך, יי! כלם בחכמה  
עשית, מלאה הארץ קניינך.  
תתברך, יי אלהינו, על-שבח  
מעשה ידך ועל-מאורי-אור  
שעשית: יפארוך סלה.

ברוך אתה יי, יוצר המאורות.

אהבה רבה אהבתנו, יי אלהינו,  
חמלה גדולה ויתרה חמלת  
עלינו. אבינו מלפנו, בעבור  
אבותינו שבטחו בך ותלמדנו  
חקי חיים, כן תחננו ותלמדנו.  
ותן בלבנו להבין ולהשכיל,  
לשמע, ללמד וללמד, לשמר  
ולעשות ולקיים את-כל-דברי  
תורתך, באהבה. והאר עינינו

whole-hearted in the love and awe of Your name. For in love You summon us to serve You and proclaim Your unity.

*We praise You, O God: in love You have called Your people Israel to serve You.*

בְּתוֹרַתְךָ, וְדָבַק לִבְנוֹ בְּמִצְוֹתֶיךָ,  
וַיַּחַד לִבְבָּנוּ לְאַהֲבָה וּלְיִרְאַה  
אֶת־שִׁמְךָ. כִּי בָנוּ בְּחַרְתָּ לְיַחְדְּךָ  
בְּאַהֲבָה.

בְּרוּךְ אַתָּה יְיָ, הַבּוֹחֵר בְּעַמּוֹ  
יִשְׂרָאֵל בְּאַהֲבָה.

*(The Congregation will stand)*

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

**Hear, O Israel: the Eternal One is our God,  
the Eternal God is One.**

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכוֹתוֹ לְעוֹלָם וָעֶד.

Praised for ever be God's glorious majesty.

You shall love the Eternal One, your God, with all your heart, with all your soul, with all your might. Let these words, which I command you this day, be always in your heart. Teach them diligently to your children; speak of them in your home and on your way, when you lie down and when you rise up. Bind them as a sign upon your hand; let them be like

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל־  
לִבְבְּךָ וּבְכָל־נַפְשְׁךָ וּבְכָל־מְאֹדְךָ:  
וְהָיוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אֲנִי  
מְצַוְךָ הַיּוֹם עַל־לִבְבְּךָ: וְשָׁנַנְתָּם  
לְבָנֶיךָ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ  
בְּבֵיתְךָ וּבְלַכְתְּךָ בַדֶּרֶךְ וּבְשֹׁכְבְּךָ  
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאָזְנוֹת עַל־  
יָדְךָ וְהָיוּ לְטַטְפֹּת בֵּין עֵינֶיךָ:

frontlets between your eyes;  
inscribe them on the  
doorposts of your house, and  
on your gates.

וּכְתַבְתֶּם עַל־מְזוּזוֹת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ:

*(The Congregation will sit)*

Be mindful of all My  
commandments, and do  
them: so shall you be  
consecrated to your God. I,  
the Eternal One, am your  
God who led you out of  
Egypt to be your God; I, the  
Eternal One, am your God.

Good and beautiful and  
true; sound, established and  
enduring are these words,  
now and for ever. True it is,  
Eternal One, that You are our  
sovereign God and Redeemer,  
as You were the God and  
Redeemer of our ancestors;  
You are our Maker, the Rock  
of our salvation. We have  
known You always as our  
Helper and our Liberator;  
there is no God but You.  
Truly You are first and You  
are last; we have no Redeemer  
but You. You redeemed us  
from Egypt, and freed us  
from the house of bondage.  
Then, with great joy, Moses,

לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת־כָּל־  
מִצְוֹתַי וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם:  
אֲנִי יְהוָה אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי  
אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהֵיוֹת  
לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם:  
אֱמֶת וַיְצִיב וַיִּשֶׁר וַיִּקֶּם וְטוֹב  
וַיְפַה הַדְּבָר הַזֶּה עָלֵינוּ לְעוֹלָם  
וָעֶד. אֱמֶת שְׂאֵתָה הוּא יי  
אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, מִלְּכֵנוּ  
מֶלֶךְ אֲבוֹתֵינוּ, יוֹצְרֵנוּ צוֹר  
יְשׁוּעָתֵנוּ, פּוֹדֵנוּ וּמַצִּילֵנוּ מֵעוֹלָם  
הוּא שְׂמֵךְ, אֵין אֱלֹהִים זוֹלָתְךָ.  
אֱמֶת אַתָּה הוּא רֵאשׁוֹן וְאַתָּה  
הוּא אַחֲרוֹן, וּמִבְּלַעַדֶּיךָ אֵין לָנוּ  
מוֹשִׁיעַ. מִמִּצְרַיִם גָּאֵלְתָּנוּ, יי  
אֱלֹהֵינוּ, וּמִבֵּית עֲבָדִים  
פָּדִיתָנוּ. מוֹשֶׁה וּמְרִים וּבְנֵי

Miriam and all Israel together sang to You this song:

יִשְׂרָאֵל לְךָ עָנּוּ שִׁירָה  
בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כָלֵם:

Who is like You, Eternal One, among the gods people worship? Who is like You, glorious in holiness, awesome in splendour, doing wonders?

מִי־כַמֶּכֶה בְּאֵלִים, יְהוָה? מִי  
כַמֶּכֶה, נֶאֱדָר בְּקִדְשׁ, נוֹרָא  
תְּהִלָּתוֹ, עֲשֵׂה פִלְאָה?

A new song the redeemed sang to Your name at the shore of the sea; with one accord, they gave thanks and proclaimed Your sovereignty:

שִׁירָה חֲדָשָׁה שָׁבְחוּ גְאוּלִים  
לְשִׁמְךָ עַל־שִׁפְתַי הַיָּם; יַחַד  
כָּלֵם הוֹדּוּ וְהִמְלִיכוּ וְאָמְרוּ:

The Eternal One shall reign for ever!

יְהוָה יִמְלֹךְ לְעֹלָם וָעֶד! ♪

O Rock of Israel, sustain Your people Israel. For You, God of the hosts of heaven, are our Redeemer, the Holy One of Israel.

*We praise You, O God, Redeemer of Israel.*

צוּר יִשְׂרָאֵל, קוּמָה בְּעִזְרַת  
יִשְׂרָאֵל. גְּאֻלֵּנוּ יְיָ צְבָאוֹת  
שְׁמוֹ, קְדוֹשׁ יִשְׂרָאֵל.  
בְּרוּךְ אַתָּה יְיָ גְּאוּל יִשְׂרָאֵל.

ת פ ל ה THE DAILY PRAYER

(The Congregation will stand)

אֲדֹנָי שְׁפֹתַי תִּפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ.

Eternal God, open my lips, that my mouth may declare Your praise.

We praise You, Eternal One, our God and God of our ancestors: of Abraham, Isaac, and Jacob; of Sarah, Rebekah, Rachel and Leah; great and mighty, awesome and exalted God. You deal kindly with us and embrace us all. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

You are our Sovereign and Helper, our Redeemer and Shield.

*We praise You, O God, Shield of Abraham and Protector of Sarah.*

Unending is Your might, Eternal One; You are the Source of eternal life; great is Your power to redeem.

בְּרוּךְ אַתָּה יי, אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ: אֱלֹהֵי  
אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי  
יַעֲקֹב: אֱלֹהֵי שְׂרָה, אֱלֹהֵי  
רִבְקָה, אֱלֹהֵי רָחֵל וְאֱלֹהֵי  
לֵאָה; הָאֵל הַגָּדוֹל הַגִּבּוֹר  
וְהַנּוֹרָא, אֵל עֲלִיוֹן. גּוֹמֵל  
חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל,  
וְזוֹכֵר חֲסָדֵי אֲבוֹת וְאֲמָהוֹת,  
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם,  
לְמַעַן שְׁמוֹ בְּאַהֲבָה.  
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יי, מֶגֶן אַבְרָהָם  
וְעֹזֶרֶת שְׂרָה.

אַתָּה גִבּוֹר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה  
מֵתִים אַתָּה, רַב לְהוֹשִׁיעַ.

You cause the wind to blow  
and the rain to fall, the sun to  
shine and the dew to descend.

In Your love You sustain the  
living; in Your compassion You  
grant us eternal life. You  
support the falling and heal the  
sick; You free the captive and  
keep faith with those who sleep  
in the dust.

Who is like You, Source of all  
strength? Who is Your equal,  
sovereign Author of life and  
death, whose will it is that  
goodness shall prevail?

Trusting in You, we see life  
beyond death.

*We praise You, O God, Source  
of eternal life.*

We sanctify Your name on  
earth as in the prophet's vision  
the hosts of heaven sing Your  
praise above, for so it is  
written:

Holy, holy, holy is the Eternal  
One, God of the hosts of  
heaven! The whole earth is  
filled with God's glory!

מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם,

מוֹרִיחַ הַשֶּׁמֶשׁ וּמוֹרִיד הַטָּל.

מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחַיֶּה

מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ

נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר

אֲסוּרִים, וּמְקִים אַמּוֹנְתוֹ לִישְׁנֵי

עָפָר.

מִי כְמוֹךָ, בַּעַל גְּבוּרֹת, וּמִי

דּוֹמֶה לָךְ, מְלֵךְ מַמְיֵת וּמְחַיֶּה

וּמְצַמֵּחַ יְשׁוּעָה?

וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים.

בְּרוּךְ אַתָּה יי, מְחַיֶּה הַמֵּתִים.

נִקְדַּשׁ אֶת־שִׁמְךָ בְּעוֹלָם, כְּשֵׁם

שִׁמְךָ יְשִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,

כְּכַתוּב עַל־יַד נְבוֹאֶיךָ:

קְדוֹשׁ, קְדוֹשׁ, קְדוֹשׁ יְהוָה

צְבָאוֹת, מְלֵא כָּל־הָאָרֶץ

כְּבוֹדוֹ!



God's glory fills the universe.

כבודו מלא עולם.

Praised be God's glory in all creation.

ברוך כבוד יהוה ממקומו! ♪

From Your concealment, Majestic One, reveal Yourself, and rule over us, for You are our hope.

ממקומך, מלכנו, תופיע,  
ותמלוד עלינו, כי מחכים  
אנחנו לך.

The Eternal One shall reign for ever; your God, O Zion, from generation to generation. Halleluyah!

ימלך יהוה לעולם, אלהיך ♪  
ציון, לדר ודר. הללויה!

From generation to generation we will make known Your greatness; to the end of time we will proclaim Your holiness. Your praise, O our God, shall never depart from our lips.

לדור ודור נודר נגיד גדלך,  
ולנצח ונצח נצחים קדשתך  
נקדיש, ושבחך, אלהינו,  
מפינו לא ימוש לעולם ועד.  
ברוך אתה יי, האל הקדוש.

*We praise You, Eternal One, the holy God.*

*(The Congregation may sit)*

You inspired our ancestors to hallow this day for Your service. When upon its coming we pause to contemplate our life, we learn anew that we do not live by bread alone, but also by the spiritual nourishment we receive when we open ourselves to Your influence. We thank You for the Sabbath day and for the

opportunity it offers to enhance the quality of our lives. We thank You for its joy and for its peace. May our worship help us to take into our hearts its message of holiness, and consecrate all our days by devotion to what is true, beautiful and good.

Those who keep the Sabbath and call it a delight taste the joy of redemption. The people who hallow the seventh day delight in Your goodness. For it pleased You to set this day apart, that we may cherish it above all other days, and pause to remember that the world is Your creation.

Our God and God of our ancestors, may our rest on this day be pleasing in Your sight. Sanctify us by Your commandments, and make us loyal to Your Teaching. Satisfy us with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. In Your gracious love, Eternal One, let the holiness of Your Sabbath enter our hearts, and may all Israel, who hallow Your name, be exalted by its peace.

*We praise You, O God, for the holiness of the Sabbath.*

יְשַׁמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת  
וְקוֹרְאֵי עֲנִי. עִם מְקַדְּשֵׁי  
שְׁבִיעֵי כָּל־עַם יִשְׂרָאֵל וְיִתְעַנְּנוּ  
מִטּוֹבְךָ. וְהַשְׁבִּיעֵי רְצִיתָ בּוֹ  
וְקַדְּשָׁתוֹ. חֲמֶדֶת יָמִים אוֹתוֹ  
קָרָאתָ, זָכַר לְמַעֲשֵׂה בְּרֵאשִׁית.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, רְצֵה  
בְּמַנוּחָתֵנוּ. קַדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן  
חֵלְקֵנוּ בְּתוֹרָתְךָ. שְׂבַעֲנוּ מִטּוֹבְךָ,  
וְשַׁמְחֵנוּ בִּישׁוּעָתְךָ, וְטַהַר לִבֵּנוּ  
לְעִבְדֶּךָ בְּאֱמֶת. וְתַנְחִילֵנוּ, יְיָ  
אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרִצּוֹן שַׁבָּת  
קַדְּשֶׁךָ, וְיִגְדְּלוּ בְּךָ יִשְׂרָאֵל  
מְקַדְּשֵׁי שְׁמֶךָ.

בְּרוּךְ אַתָּה, יְיָ, מְקַדְּשֵׁי הַשַּׁבָּת.

Eternal God, be gracious to Your people Israel, and in Your love accept their prayers. May our worship now and always be acceptable in Your sight.

*We praise You, O God, whom alone we worship in reverence.*

We give thanks that You, Eternal One, are our God, as You were the God of our ancestors. You are the Rock of our life, the Power that shields us in every age. We thank and praise You for our lives, which are in Your hand; for our souls, which are in Your keeping; for the signs of Your presence we encounter every day; and for Your wondrous gifts at all times, morning, noon and night.

*We praise You, O God, Source of goodness, to whom our thanks are due.*

Grant peace, welfare and blessing, grace, love and mercy, to us and to all Israel, Your people. As a loving

רצה, יי אלהינו בעמך ישראל,  
ותפלתם באהבה תקבל, ותהי  
לרצון תמיד עבודת ישראל  
עמך.

ברוך אתה יי, שאותך לבדך  
ביראה נעבוד.

מודים אנחנו לך, שאתה הוא יי  
אלהינו ואלהי אבותינו לעולם  
ועד. צור חיינו, מגן ישענו,  
אתה הוא לדור ודור. נודה  
לך ונספר תהלתך, על חיינו  
המסורים בידך, ועל נשמותינו  
הפקודות לך, ועל נסידך  
שבכל-יום עמנו, ועל  
נפלאותיך וטובותיך שבכל-  
עת, ערב ובקר וצהרים.

ברוך אתה יי, הטוב שמך ולך  
נאה להודות.

שים שלום, טובה וברכה, חן  
וחסד ורחמים, עלינו ועל כל-  
ישראל עמך. ברכנו אבינו,

parent, bless us with the light of Your presence; for by the light of Your presence, Eternal God, You have revealed to us the law of life, a love of kindness and righteousness, blessing and mercy, life and peace. For it is good in Your sight that Your people Israel and all peoples be blessed at all times with Your gift of peace.

*We praise You, O God, the Source of peace.*

כִּלְנוּ כְּאַחַד בְּאוֹר פְּנִיךָ, כִּי  
בְּאוֹר פְּנִיךָ נִתְּתָה לָנוּ, יְיָ אֱלֹהֵינוּ,  
תּוֹרַת חַיִּים, וְאַהֲבַת חֶסֶד וְצַדִּיקָה  
וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם.  
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת־עַמְּךָ  
יִשְׂרָאֵל וְאֶת־כָּל־הָעַמִּים בְּכָל־  
עֵת וּבְכָל־שָׁעָה בְּשָׁלוֹמְךָ.  
בְּרוּךְ אַתָּה, יְיָ, עוֹשֵׂה הַשָּׁלוֹם.

*(The Congregation will sit)*

*Silent Prayer*

Let me feel Your loving kindness in the morning, for in You I trust. Teach me to do Your will, for You are my God. Guide me in Your truth and teach me, God of my salvation and my constant hope. Send out Your light and Your truth; let them lead me; let them bring me to Your holy mountain, to Your dwelling-place. Create in me a clean heart, O God, and renew a willing spirit within me.

הַשְּׁמִיעֵנִי בַּבֶּקֶר חֲסִדְךָ, כִּי־בָךְ  
בְּטַחְתִּי. הוֹדִיעֵנִי דְרָדְדוֹתֶיךָ אֱלֹהִי,  
כִּי־אֱלֹהִיךָ נִשְׁאַתִּי נַפְשִׁי. הַדְרִיכֵנִי  
בְּאַמְתְּךָ, וְלַמְדֵנִי, כִּי־אַתָּה אֱלֹהֵי  
יִשְׂרָאֵל; אוֹתְךָ קָנִיתִי כָּל־הַיּוֹם.  
שְׁלַח־אוֹרְךָ וְאַמְתְּךָ, הַמָּה יִנְחֹוּנִי,  
וּבִיאֹוּנִי אֶל־הַר־קֹדֶשְׁךָ וְאֶל־  
מִשְׁכְּנֹתֶיךָ. לֵב טָהוֹר בְּרֹא־  
לִי, אֱלֹהִים, וְרוּחַ נְכוֹן חֲדַשׁ  
בְּקִרְבִּי.

O my God, guard my tongue from speaking evil and my lips from telling lies. Even when others curse me, may my soul be silent, and humble as the dust to all. Open my heart to Your Teaching, and make me eager to do Your will. Dissuade those who seek to harm me, and let not their plans prevail.

אלהי נצר לשוני מרע, ושפתי  
מדבר מרמה. ולמקללי נפשי  
תדום ונפשי כעפר לכל תקיח.  
פתח לבי בתורתך, ובמצותיך  
תרהר נפשי. וכל-החושבים  
עלי רעה, מהרה הפר עצתם  
וקלקל מחשבתם.

May the words of my mouth, and the meditation of my heart, be acceptable to You, O God, my Rock and my Redeemer.

♪ יהיו לרצון אמרי-פי, והגיון  
לבי לפניך, יהוה, צורי  
ונצלי.

or

May the Most High, Source of perfect peace, grant peace to us, to all Israel, and to all the world.

♪ עשה שלום במרומו, הוא יעשה  
שלום עלינו, ועל כל-ישראל,  
ועל כל-בני-אדם.

*(The service may continue with the 'Prayers and Readings on Various Themes')*

THE READING OF TORAH קריאת התורה

FOR SABBATH MORNING

There is none like You, Eternal One, among the gods people worship, and there are no deeds like Yours. Your sovereignty is everlasting; Your reign endures from age to age.

אין כְּמוֹךָ בַּאֱלֹהִים, אֲדֹנָי,  
וְאֵין כְּמַעֲשֵׂיךָ. מַלְכוּתְךָ  
מַלְכוּת כָּל־עוֹלָמוֹת וּמַמְשֻׁלְתְּךָ  
בְּכָל־דּוֹר וָדוֹר.

*(The Congregation will stand)*

Eternal One: You reign, You have reigned, You will reign for ever.

יְיָ מֶלֶךְ, יְיָ מֶלֶךְ, יְיָ מֶלֶךְ,  
לְעוֹלָם וָעֶד.

Eternal God: give strength to Your people; Eternal God: bless Your people with peace.

יְהוָה עֹז לְעַמּוֹ יִתֵּן, יְהוָה  
יְבָרֵךְ אֶת־עַמּוֹ בְּשָׁלוֹם.

*(The Scroll is taken from the Ark)*

שְׁמַע יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.

Hear, O Israel: the Eternal One is our God,  
the Eternal God is One.

אֶחָד אֱלֹהֵינוּ, גָּדוֹל אֲדֹנָינוּ, קָדוֹשׁ שְׁמוֹ.

One is our God and great our Sovereign;  
holy is God's name.

Let us magnify the Eternal One; together let us exalt God's name.

גְּדִלוֹ לַיהוָה אֱתָנָה, וְנִרְוַמְמָה  
שְׁמוֹ יַחְדָּו.

Eternal God, Yours are greatness, power, glory, victory and majesty, for all in heaven and on earth is Yours. You are the Sovereign, supreme over all.

לְךָ, יְהוָה, הַגְּדֻלָּה וְהַגְּבוּרָה,  
וְהַתְּפָאֶרֶת וְהַנְּצַח וְהַהוֹד, כִּי  
כָל בְּשָׁמַיִם וּבָאָרֶץ. לְךָ יְהוָה  
הַמְּמֻלְכָה, וְהַמְתַּנְשָׂא לְכָל  
לְרֹאשׁ.

*(The Congregation will sit)*

Praise the One to whom our praise is due.

בְּרַכּוּ אֱתֵיךָ הַמְּבָרָךְ.

*Praised be the Eternal One to whom our praise is due for ever.*

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

We praise You, Eternal One, our God, Sovereign of the universe: You have called us to serve You by giving us Torah.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מִלְּךְ

הָעוֹלָם, אֲשֶׁר בְּחַרְבָּנוּ מִכָּל־

הָעַמִּים וְנָתַתָּ לָנוּ אֶת־תּוֹרָתוֹ.

*We praise You, O God, Giver of Torah.*

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה.

**The Torah is read**

We praise You, Eternal One, our God, Sovereign of the universe: You have given us true teachings, and implanted within us eternal life.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מִלְּךְ

הָעוֹלָם, אֲשֶׁר נָתַתָּ לָנוּ תּוֹרַת

אֱמֶת וְחַיֵּי עוֹלָם נִשְׁע בְּתוֹכָנוּ.

*We praise You, O God, Giver of Torah.*

בְּרוּךְ אַתָּה יְיָ נוֹתֵן הַתּוֹרָה.

THE READING OF TORAH

*(The Congregation will stand while the Scroll is raised)*

בְּרוּךְ שָׂתַן תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל בְּקִדְשָׁתוֹ. ♪

We praise You, Holy One, for giving Torah to Your people Israel.

*(The Congregation will sit)*

We praise You, Eternal One, our God, Sovereign of the universe: You inspired faithful prophets, and took pleasure in the words they spoke in truth.

*We praise You, O God, for the gift of Torah, Your servant Moses, Your people Israel, and the prophets of truth and righteousness.*

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בְּנְבִיאִים  
שׁוֹבִים וְרָצָה בְּדַבְרֵיהֶם  
הַנְּאֻמִּים בְּאַמֶּת. בְּרוּךְ אַתָּה  
יי הַבּוֹחֵר בַּתּוֹרָה וּבַמִּשָּׁה  
עֲבָדוֹ וּבִישְׂרָאֵל עַמּוֹ וּבְנְבִיאָיו  
הָאֵמֶת וְצַדִּיק.

**The Haftarah is read**

We praise You, Eternal One, our God, Sovereign of the universe: You have been our Source of strength and righteousness throughout the ages, the faithful God whose word is deed, whose every word is true and just.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, צוּר כָּל־הָעוֹלָמִים,  
צַדִּיק בְּכָל־הַדּוֹרוֹת, הָאֵל  
הַנְּאֻמָּן, הָאוֹמֵר וְעוֹשֶׂה,  
הַמְדַבֵּר וּמַקְיֵם, שְׂכַל־דְּבָרָיו  
אֵמֶת וְצַדִּיק.



THE READING OF TORAH

and/or

For the Torah, for the privilege of worship, for the prophets, and for this Sabbath day which You, Eternal God, have given us for holiness and rest, for honour and beauty: for all these we offer thanks. May all the living come to praise Your name for ever.

*We praise You, O God, for the holiness of the Sabbath.*

עַל-הַתּוֹרָה וְעַל-הָעֲבוּדָה וְעַל-  
הַנְּבִיאִים וְעַל-יּוֹם הַשַּׁבָּת הַזֶּה,  
שִׁנְתָּתָּלֵנוּ, יי אֱלֹהֵינוּ, לְקַדְּשָׁה  
וּלְמַנוּחָהּ, לְכַבוֹד וּלְתַפְאֳרָתָהּ,  
עַל-הַכֹּל, יי אֱלֹהֵינוּ, אֲנַחְנוּ  
מוֹדִים לָךְ, וּמְבָרְכִים אוֹתְךָ.  
יִתְבָּרַךְ שְׁמֶךָ בְּפִי כָל-חַי תָּמִיד  
לְעוֹלָם וָעֶד.  
בְּרוּךְ אַתָּה יי, מְקַדֵּשׁ הַשַּׁבָּת.

*(The Congregation will stand)*

Eternal God, whose dominion embraces the universe, we ask Your blessing for our Sovereign Lady, Queen Elizabeth, and all the Royal Family; for those who govern our country, and all who influence the quality of its national life. Make them conscious of their responsibility, and teach them to exercise it in accordance with Your will. May we all help to fashion in this country a society that excels in freedom and justice, tolerance and compassion, so that it may be a force for righteousness and peace in the life of humanity.

Eternal God, as You blessed our ancestors in generations past, bless now this congregation: its leaders and its members, and all who enter this synagogue to meet, to study and to pray. Comfort the sorrowing hearts among us and heal those in anxiety or pain.

May we all find here community and friendship, renewal of purpose and hope, a deeper understanding of our heritage, and a sense of Your abiding presence. Bless all congregations of the House of Israel throughout the world; let those who live under oppressive rule soon be freed; and may we all unite to witness to Your truth and do Your will.

Eternal God, our Rock and Redeemer, grant blessing to the State of Israel, created to fulfil an age-old dream and to be a haven for the oppressed. Inspire its leaders and citizens with faithfulness to the aims of its founders: to develop the land for the benefit of all its inhabitants, and to implement the Prophetic ideals of liberty and justice. May they live in harmony with one another and in peace with their neighbours, and cause to come true once more the ancient vision, that 'out of Zion shall go forth Torah and the word of God from Jerusalem'.

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*For the New Month:*

Eternal One, our God and God of our ancestors, may the new month be for us a time of renewal.

Grant to each one of us a long life of peace, welfare and blessing; a life of prosperity and health; a life guided by conscience, unmarred by self-reproach or shame; a life exalted by love of Torah and

יהי רצון מלפניך, יי אלהינו  
ואלהי אבותינו, שתחדש עלינו  
את-החדש הזה (הבא), ותתן  
לנו חיים ארכים, חיים של-שלום,  
חיים של-טובה, חיים של-ברכה,  
חיים של-פרנסה, חיים של-חלוצין  
עצמות, חיים שיש בהם יראת  
חטא, חיים שאין בהם בושה

THE READING OF TORAH

reverence for the divine; a life in which the longings of our hearts may be fulfilled for good.

וּכְלָמָה, חַיִּים שֶׁתְּהֵא כְּנוֹ אֲהַבְתָּ  
תּוֹרָה וַיִּרְאֵת שָׁמַיִם, חַיִּים שֶׁיִּמְלְאוּ  
כָּל-מִשְׁאָלוֹת לְבַבְנוּ לְטוֹבָה.

רֵאשׁ חֹדֶשׁ ..... יִהְיֶה בַּיּוֹם .....

The new month of ..... will begin on .....

or

רֵאשׁ חֹדֶשׁ ..... הוּא הַיּוֹם.

The new month of ..... begins today.

May it be the will of the Holy One, ever to be praised, that it bring for us, and for the whole house of Israel, life and peace, happiness and joy, deliverance and consolation; and let us say: Amen.

יְחַדְּשֵׁהוּ הַקָּדוֹשׁ בְּרוּךְ הוּא עֲלֵינוּ  
וְעַל-כָּל-עַמּוֹ בֵּית יִשְׂרָאֵל: לְחַיִּים  
וְלְשָׁלוֹם, לְשִׁשׁוֹן וְלִשְׂמֻחָה, לִישׁוּעָה  
וְלִנְחֻמָּה, וְנֹאמַר: אָמֵן.

Let us praise the Eternal One, whose name alone is exalted.

יְהַלְלוּ אֶת-דָּשֵׁם יְהוָה, כִּי-נִשְׁגָּב  
שְׁמוֹ לְבַדּוֹ.

Your majesty spans heaven and earth; You are the strength of Your people; Your praise is sung by all who love You, by the children of Israel, a people close to You. Halleluyah!

הוֹדוּ עַל-אֶרֶץ וּשְׁמַיִם, וַיִּרְם  
קִרְן לְעַמּוֹ, תְּהַלֵּה לְכָל-  
חַסִּידֶיךָ, לְבַנֵּי יִשְׂרָאֵל, עַם-  
קָרְבֹנְךָ. הַלְלוּיָהּ!

THE READING OF TORAH

Behold, a good doctrine has been given you: do not forsake it. It is a tree of life to those who hold it fast, and all who cling to it find happiness. Its ways are ways of pleasantness, and all its paths are peace.

Help us to return to You, O God; then we shall return. Renew our days as in the past.

כִּי לֶקַח טוֹב נָתַתִּי לָכֶם, תּוֹרַתִי אֶל־תַּעֲזוּבוּ. עֵץ־חַיִּים הִיא לַמַּחְזִיקִים בָּהּ, וְתִמְכֶיהָ מֵאֲשֶׁר. דְּרָכֶיהָ דְרָכֵי־נְעָם, וְכָל־נְתִיבוֹתֶיהָ שְׁלוֹם. הַשִּׁיבֵנוּ יְהוָה אֱלֹהֵינוּ, וְנָשׁוּבָה. חֲדָשׁ יָמֵינוּ כְּקִדְמָם.

*(The Scroll is replaced in the Ark, and the Ark is closed)*

ALEYNU עלינו

(The Congregation will stand)

Let us now praise the Sovereign of the universe and proclaim the greatness of its Creator, whose unity it is our mission to make known, whose rule it is our task to make effective.

We bow in awe and thanksgiving before the supreme Sovereign, the Holy One, ever to be praised,

Who spread out the heavens and established the earth, whose glory fills the highest heavens, whose might extends throughout all space, who alone is our God, for no other exists, who in truth is our Sovereign, for there is none else; as it is written: 'Know then this day and take it to heart: the Eternal One is God in the heavens above and on the earth below; there is no other.'

עלינו לשבח לאדון הכל,  
לתת גדלה ליוצר בראשית,  
אשר שם חלקנו ליחד את-שמו,  
וגדלנו להמליך מלכותו.

ואנחנו כורעים ומשתחוים  
ומודים לפני מלך מלכי  
המלכים, הקדוש ברוך הוא,

שהוא נוטה שמים ויוסד ארץ,  
ומושב יקרו בשמים ממעל,  
ושכינת עזו בגבהי מרומים.  
הוא אלהינו, אין עוד. אמת  
מלכנו, אפס זולתו, כפתיב  
בתורתו: יודעת היום והשבת  
אל-לבבך, כי יהנה הוא  
האלהים בשמים ממעל ועל  
הארץ מתחת, אין עוד.'

*Trusting in You, Eternal God, we hope soon to behold the glory of Your might, when false gods will vanish from our hearts, and idolatry cease for ever. Help us to perfect the world by bringing it under Your unchallenged rule, when all will invoke Your name, relinquish evil, and turn to You alone.*

*May all who dwell on earth come to know that to You every knee must bend and every tongue swear loyalty. Before You, let them humble themselves, and to Your glorious name let them give honour. Let all submit to Your sovereign rule; may that time come soon, and last for ever.*

*For ultimate sovereignty is Yours, and to all eternity You will reign in glory, as it is written: The Eternal One shall reign for ever.*

And it has been said: The Eternal God shall rule over all the earth; on that day the Eternal God shall be One, and known to be One.

על-כן נקווה לך, יי אלהינו,  
לראות מהרה בתפארת עזך,  
להעביר גלילים מן הארץ,  
והאלילים פרות יפרתו, לתקן  
עולם במלכות שדי, וכל-בני  
בשר יקראו בשמך, להפנות  
אליך כל-רשעי ארץ.

יכירו וידעו כל-יושבי תבל כי  
לך תכרע כל-ברך, תשבע  
כל-לשון. לפניך, יי אלהינו,  
יכרעו ויפלו, ולכבוד שמך  
יקר יתנו, ויקבלו כלם את-על  
מלכותך, ותמלך עליהם מהרה  
לעולם ועד.

כי המלכות שלך היא,  
ולעולמי עד תמלוך בכבוד,  
כפתיב בתורתך: יהוה ימלך  
לעלם ועד.

ונאמר: והיה יהוה למלך על-  
כל-הארץ; ביום ההוא יהיה  
יהוה אחד ושמו אחד.

*Meditations before Kaddish*

1

Creator of the universe, You give us life, in which joys and sorrows are commingled in accordance with Your wisdom; and You send death, with its promise of eternal peace. Teach us to accept humbly and courageously whatever burden is laid upon us. Comfort those who mourn, and let the light of faith illumine the darkness of their sorrow with the hope of immortality. Strengthen us at all times with an unflinching trust in Your providence.

2

As we worship before You, O God, we think of those who once shared with us the joys and burdens of life, and who are no longer in our midst. The sorrow of bereavement is softened by the bond of love which continues to unite us with our dear ones, and by our cherished memories of them which we will always carry in our hearts. May all that was good in their lives remain with us as an influence for good. O God, grant consolation to those who are in sorrow, and light to those in darkness. Teach us at all times to put our trust in You, and to praise Your name.

3

'The growing good of the world is partly dependent on unhistoric acts; and that things are not so ill with you and me as they might have been, is half owing to the number who lived faithfully a hidden life, and rest in unvisited tombs.'

Even when they are gone, the departed are with us. They inspire us to live as, in their higher moments, they themselves sought to live. We remember them now; they remain in our hearts; they are a continual blessing.

4

It is hard to feel serene when our world is not complete, when those who once brought wholeness to our life have gone. Yet in the emptiness their passing leaves behind, we are not alone. For we have the companionship of the living, and even our loved ones who have died live on in our hearts, for what they were is part of what we have become. We honour them best when we live, as they would wish, responsibly and happily, even in the shadow of our loss, and so draw closer to the Source of life, in whom every life finds meaning, purpose, and hope.

5

Life is finite. Like a candle, it burns, it glows, it is radiant with warmth and beauty; then it fades; its substance is consumed, and it is no more. Yet we do not despair, for we know that we are more than a flickering flame. With our lives we give life. Something of us can never die. We move in the eternal cycle of darkness and light, of death and life. As in our hearts we name our loved ones, we pray that the Divine Presence will comfort us and all who mourn.



## KADDISH קדיש

Magnified and sanctified be the great name of the One by whose will the world was created. May God's rule become effective in your lives, and in the life of the whole House of Israel. May it be so soon, and let us say: Amen.

May God's great name be praised to all eternity.

Blessed and praised; glorified, exalted and extolled; lauded, honoured and acclaimed be the name of the Holy One, who is ever to be praised, though far above the eulogies and songs of praise and consolation that human lips can utter; and let us say: Amen.

May great peace descend from heaven, and abundant life be granted, to us and all Israel; and let us say: Amen.

May the Most High, Source of perfect peace, grant peace to us, to all Israel, and to all humanity, and let us say: Amen.

וַתְּגַדֵּל וַיְתַקְדֵּשׁ שְׁמֵהּ רַבָּא  
בְּעֻלְמָא דִּי-בְרָא כְרַעוּתָהּ,  
וַיְמַלִּיךְ מַלְכוּתָהּ בְּחַיִּיכוֹן  
וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל-בֵּית  
יִשְׂרָאֵל, בְּעֻגְלָא וּבְזִמְן קָרִיב,  
וְאָמְרוּ: אָמֵן.

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמַם  
וּלְעָלְמֵי עָלְמַיָּא.

יְתַבְרַךְ וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר  
וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר  
וַיִּתְעַלֶּה וַיִּתְהַלֵּל שְׁמֵהּ דְּקוּדְשָׁא,  
בְּרִיךְ הוּא,

לְעֵלְא מִן-כָּל-בְּרַכְתָּא וְשִׁירְתָּא,  
תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאַמִּירָן  
בְּעֻלְמָא, וְאָמְרוּ: אָמֵן.

יְהֵא שְׁלָמָא רַבָּא מִן-שְׁמַיָּא וְחַיִּים  
עָלֵינוּ וְעַל-כָּל-יִשְׂרָאֵל, וְאָמְרוּ:  
אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֵׂה  
שְׁלוֹם עָלֵינוּ וְעַל כָּל-יִשְׂרָאֵל  
וְעַל כָּל-בְּנֵי-אָדָם, וְאָמְרוּ: אָמֵן.

CONCLUDING PRAYERS AND SONGS

*Adon Olam*

אֲדוֹן עוֹלָם אֲשֶׁר מֶלֶךְ, בְּטָרַם כָּל יְצִיר וּבָרָא,  
לֵעַת נַעֲשֶׂה בְּחַפְצוֹ כֹּל, אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבַדּוֹ יִמְלֹךְ נֹרָא;  
וְהוּא הָיָה וְהוּא הוֹה, וְהוּא יִהְיֶה בְּתַפְאָרָה.

וְהוּא אֶחָד, וְאֵין שֵׁנִי, לְהַמְשִׁיל לּוֹ, לְהַחְבִּירָה,  
בְּלִי רֵאשִׁית, בְּלִי תְכָלִית, וְלוֹ הָעוֹ וְהַמְשָׁרָה.

וְהוּא אֱלֹהֵי, וְחַי גַּאֲלֵי, וְצוּר חֲבֵלֵי בְּעַת צָרָה,  
וְהוּא נָסִי וּמְנוֹס לִי, מְנַת כּוֹסֵי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי, בְּעַת אִישָׁן וְאַעֲרָה,  
וְעַם רוּחִי גְּוִיָּתִי; יְיָ לִי, וְלֹא אִירָא.

- |  |   |
|--|---|
| 1 Eternal God, who reigned before<br>Your will had caused the world to be:<br>Already then You reigned supreme<br>In undisputed sovereignty. | 3 And You are One, there is none else,<br>No equal standing at Your side,<br>Without beginning, without end,<br>All might and rule in You reside. |
| 2 And when the universe has ceased,<br>You will still reign in majesty;<br>For as You were, so will You be<br>From now until eternity.       | 4 My living and redeeming God,<br>My shelter on a stormy day,<br>My banner and my refuge still,<br>My cup of comfort when I pray.                 |
| 5 Into Your hand I place my soul,<br>Asleep, awake, for You are near,<br>And with my soul, my body too:<br>You are my God, I shall not fear. |   |