# תפלת ערבית לסוכות

Sukkot Evening Service





#### ACROSS THE THRESHOLD

Psalm 84

פד

<sup>1</sup>For the Choirmaster. Upon the Gittit. For the Sons of Korach. A Psalm <sup>2</sup>How lovely where Your presence dwells Creator of all. <sup>3</sup>My soul is longing, pining for the courts of the Eternal. My heart and my flesh sing out to the Living God.

אַלְמְנַצֵּחַ עַל־הַגָּתִּית לִבְנֵי־לִּרַח מִּזְמוֹר: במה־יְּדִידוֹת מִשְׁכְּנוֹתֶיךְ יהוה צְבָאוֹת: גנְכְסְפָה וְגַם־כָּלְתָה נַפְשִׁי לְחַצְרוֹת יהוה לִבִּי וּבְשָׂרִי יְרַנְּנוּ אֶל־אֵל חָי: לִבִּי וּבְשָׂרִי יְרַנְּנוּ אֶל־אֵל חָי:



<sup>4</sup>Even a sparrow finds a home and a swallow her own nest in which to lay her young - such are Your altars, Creator of all, my Ruler and my God.

<sup>5</sup>Happy are those who live in Your house and can always praise You (*selah*). <sup>6</sup>Happy the pilgrim inspired by You, they journey to You in their heart. <sup>7</sup>They pass through the dry sad valley and make it seem a place of springs, as if the early rain covered it with blessings. <sup>8</sup>They go from strength to strength to appear before God in Zion.

<sup>9</sup>Eternal God of creation, hear my prayer, listen, God of Jacob (*selah*). <sup>10</sup>God, our shield, look and watch over Your anointed. <sup>11</sup>For one day in Your courts is better than a thousand elsewhere. I would rather stand at the doorway of the house of my God than live at ease in the tents of the wicked.

<sup>12</sup>For the Living God is a sun and a shield, the Eternal gives favour and glory, never withholding goodness from those who walk in integrity <sup>13</sup>Creator of all, happy are they who trust in You.

ַגַּם־צִפּוֹר מָצְאָה בַיִּת וּדְרוֹר קֵן לָה אֲשֶׁר־שֶׁתָה אֶפְרֹחֵיהָ אֶת־מִוְבָּחוֹתֶיךְ יהוה צְבָאוֹת מַלְכִּי וֵאלֹהָי:

> אַשְׁבִי יּוֹשְׁבֵי בֵיתֶּךְּ עוֹד יְהַלְּלוּךְ פֶּלָה: אַשְׁבִי אָדָם עוֹז לוֹ־כָּךְ עִבְבִי בְּעֵמֶק הַבָּכָא מַעְיָז יַשְׁיתְוּהוּ גַּם־בְּרָכוֹת יִצְטָה מוֹרֶה: "יִלְכוּ מֵחַיִל אֶל־חָיִל יֵרְאָה אֶל־אֱלֹהִים בִּצִיּוֹן:

יהוה אֱלֹהִים צְבָאוֹת שִׁמְעָה תְפִּלְתִי הַאֲזִינָה אֱלֹהִי יַעֲלִב סֶלְה: מְגנֵנוּ רְאֵה אֱלֹהִים הָבִּט פְּנֵי מְשִׁיחֶךְ: מִאֲלֶף בַּחַרְתִּי הִסְתּוֹפֵף בְּבֵית אֱלֹהַי מִדּוֹר בִּאָּהֵלֵי־רֵשַׁע:

בּי שֶׁמֶשׁ וּמְגן יהוה אֱלֹהִים חֵן וְכָבוֹד יִתֵּן יהוה לֹא־יִמְנַע טוֹב לַהֹלְכִים בְּתָמִים: "יהוה צְבָאוֹת אשׁרִי אָדם בֹּטֵח בַּדְ:

## שירים לקבלת שבת SONGS FOR WELCOMING SHABBAT

The tradition of singing 'table songs' during and after the Friday evening meal goes back to the tenth century. With their mixture of Shabbat themes and often jolly melodies, they help create the unique experience of joy that is central to the Shabbat. We introduced them into the Friday evening service in the last edition of *Forms of Prayer* as a teaching device to help people learn them for their own use at home. The songs themselves reflect traditions that go back to the Talmudic period, to the kabbalistic circles in Safed in the sixteenth century, and to the revival of Hebrew in the twentieth century. They attest to the transformation in our life each week as the Shabbat enters with its opportunity for freedom and rest.

Yom zeh l'yisrael

יוֹם This day for Israel is light and is joy ... a Shabbat of rest.

You commanded our ancestors standing at Sinai to keep Shabbat and seasons for all of our years, to share at our table the choicest of foods, a Shabbat of rest. This day ...

Treasure for the hearts of a wounded people, for souls that have suffered, an additional soul, to soothe away sighs from a soul that is bound, a Shabbat of rest. This day...

You have made this the holy, most blessed of days. In six days You finished the work of the worlds, this day the saddest find safety and peace, a Shabbat of rest. This day ...

יום זה לישראל

## יוֹם זֶה לְיִשְׂרָאֵל

אוֹרָה וִשִּׂמְחָה. שַׁבַּת מִנוּחָה:

צָּנְּיתָ פָּקּוּדִים בְּמַצְמֵד סִינֵי. שַּבָּת וּמוּעֲדִים לִשְׁמוֹר בְּכְּל־שָׁנֵי. לַעֲרוֹךְ לְפָנֵי מַשְּׁאֵת וַאֲרוּחָה. שַׁבַּת מְנוּחָה: יוֹם זֵה...

חֶמְדַת הַלְּבָבוֹת לְאָמָּה שְׁבוּרָה. לִנְפָשׁוֹת נִכְאָבוֹת נְשָׁמָה יְתֵרָה. לְנֶפֶשׁ מְצֵרָה יָסִיר אֲנָחָה. שַׁבַּת מְנוּחָה: יוֹם זה...

קָבְּשְׁתָּ בֵּרַכְתָּ אוֹתוֹ מִכְּּלֹ־יָמִים. בְּשֵׁשֶׁת כִּלִּיתָ מְלֶאכֶת עוֹלְמִים. בּוֹ מָצְאוּ עֲגוּמִים הַשְׁקֵט וּבִטְחָה. שַׁבַּת מְנוּחָה: יוֹם זה...

Isaac Luria יצחק לוריא

יוֹם Yom zeh l'yisra'el orah v'simchah, shabbat m'nuchah.

Tsivita pikkudim b'ma'amad sinai, shabbat umo'adim lishmor b'chol shanai, la'aroch l'fanai mas'eit va'aruchah, shabbat m'nuchah. Yom zeh...
Chemdat ha-l'vavot l'ummah sh'vurah, linfashot nich'avot n'shamah y'teirah, l'nefesh m'tseirah yasir anachah, shabbat m'nuchah. Yom zeh...
Kiddashta beirachta oto mikkol yamim, b'sheishet killita m'lechet olamim, bo matz'u agumim hashkeit uvitchah, shabbat m'nuchah. Yom zeh...

#### יוֹם זֶה לִישִׂרְאֵל This day for Israel ...

One of the songs to be sung after the evening meal of Shabbat, the opening letters of each verse together spell *Yitschak*, Isaac, indicating the name of the composer. It is assumed to be Isaac Luria, the sixteenth-century kabbalist who lived in Safed.

The Shabbat is more than simply a day of rest, it is a time of 'light and joy', a phrase

taken from the Book of Esther, but here applied to Shabbat. For a people embittered by the struggle of life in exile, it offers a taste of freedom. For those worn down by the everyday demands of earning a living or providing for others, it offers the refreshment that comes with an additional Shabbat soul. It is the reward for our ancestors who stood at Mount Sinai and accepted the covenant with God.

## לכה דודי L'CHAH DODI

Early Reformers in the nineteenth century were concerned about certain specific messianic hopes in Jewish liturgy, particularly for the return to the land of Israel, the rebuilding of the temple with its sacrificial cult, and the restoration of the Davidic monarchy. These are central themes in the mystical hymn *L'chah Dodi*. The 1930 edition of *Forms of Prayer* only included the first two and the last verses. In the 1977 edition, verse 5 was added to the Friday evening service, but the full text was included in the song anthology. In this edition we have included the entire text within the service, reflecting the more traditional practice of some congregations within the movement, but indented and coloured those passages which most congregations omit.

לְכָה Come, my friend, to greet the bride, to welcome in the Shabbat eve.

one command,
God made us hear a single phrase.
For God is One, and known as One, in fame, in glory and in praise.
Come, my friend ...

<sup>2</sup>To greet the Shabbat let us join for from her endless blessings pour. First of all creation willed, the final act, thought long before. Come, my friend ...

<sup>3</sup>Your royal city, holy place, rise from the ground where you have lain; no more a valley washed by tears, for God shall comfort you again.

Come, my friend ...

<sup>4</sup>Shake off the dust as you arise, my people, don your finest dress! Through Jesse's son, of Bethlehem, release my soul from its distress. Come, my friend ... לְבֶרָ דְרָדִי לִקְרַאת כַּלְּה. פָּנִי שֵׁבַּת נִקַבִּלָה:

> "ּשָׁמוֹר וְזָכוֹר בְּדִבּוּר אֶחָד. הִשְׁמִיעֲנוּ אֵל הַמְּיֶחָד. יהוה אֶחָד וּשְׁמוֹ אֶחָד. לְשֵׁם וּלְתִפְאֶרֶת וְלִתְהִלָּה: לכה דוֹדִי...

יּלְקְרַאת שַׁבָּת לְכוּ וְנֵלְכָה. כִּי הִיא מְקוֹר הַבְּרָכָה. מֵרֹאשׁ מִקֶּרֶם נְסוּכָה. סוֹף מַצְשֶׂה בְּמַחֲשָׁבָה תְּחִלָּה: לְכָה דוֹדִי...

גְּלַקְבַּשׁ מֶלֶךְ עִיר מְלוּכָה. קוּמִי צְאִי מִתּוֹךְ הַהְבֵּכָה. רַב לָךְ שֶׁבֶת בְּעֵמֶק הַבְּכָא. וְהוּא יַחֲמוֹל עָלַיִּךְ חֶמְלָה: לִכָּה דוֹדִי...

רָּהְנַצְרֵי מֵעְפָּר קוּמִי. לִבְשִׁי בִּגְדֵי תִפְאַרְתֵּךְ עַמִּי: עַל יַד בָּן יִשֵׁי בִּית הַלַּחְמִי. קְּרְבָה אֶל נַפְשִׁי גְּאָלָה: לִכָּה דוֹדִי...

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בְּלָהָה L'chah dodi likrat kallah, p'nei shabbat n'kabb'lah.

<sup>1</sup>Shamor v'zachor b'dibbur echad, hishmi'anu eil ha-m'yuchad,
Adonai echad ush'mo echad, l'sheim ul'tif'eret v'lit-hillah. L'chah dodi ...

<sup>2</sup>Likrat shabbat l'chu v'neil'chah, ki hi m'kor ha-b'rachah,
meirosh mikkedem n'suchah, sof ma'aseh b'machashavah t'chillah. L'chah dodi ...

[<sup>3</sup>Mikdash melech ir m'luchah, kumi ts'i mittoch ha-hafeichah,
rav lach shevet b'eimek ha-bacha, v'hu yachamol alayich chemlah. L'chah dodi ...

<sup>4</sup>Hitna'ari mei'afar kumi, livshi bigdei tif'arteich ammi,
al yad ben yishai beit ha-lachmi, korvah el nafshi g'alah. L'chah dodi ...]

<sup>5</sup>Arouse yourself, arouse yourself, your light is come, arise and shine! Awake, awake and pour out songs, God's glory greets us at this time. Come, my friend ...

<sup>6</sup>No more despised nor put to shame, why are you bowed, why so cast down? My humbled people wait for you, rebuilt upon your ancient ground. Come, my friend ...

<sup>7</sup>Those who would spoil you shall be spoil.
Your foes will scatter far and wide.
And God will share
with you such joy
as does the bridegroom
with the bride.
Come, my friend ...

<sup>8</sup>You shall spread out right and left and worship there our God alone; through one born out of Perez' seed, with joy such as was never known. Come, my friend ... הָתְעוֹרֵרִי הִתְעוֹרֵרִי. כִּי כָא אוֹרֵךְ קְוּמִי אְוֹרִי. עְוּרִי עְוּרִי שִׁיר דַבֵּרִי. כְּבוֹד יהוה עָלֵיִךְ נִגְּלָה: לְכָה דוֹדִי...

ילא תַבְוֹשִׁי וְלֹא תַכְּלְמִי. מַה תִּשְׁתּוֹחֲחִי וּמַה תָּהֶמִי. בָּךְ יֶחֱסוּ עֲנִיֵּי עַמִּי. וְנִבְנְתָה עִיר עַל תִּלְהִּ: לכה דוֹדי...

> ּוְהִיוּ לִמְשִׁסָּה שֹאסְיִךְ. וְרָחֲקוּ פְּל מְבַלְּעֵיךְ. יְשִׁישׁ עְלַיִּךְ אֱלֹחֵיךְ. כִּמְשׁוֹשׁ חָתָן עַל כַּלְה: לָכָה דוֹדִי...

יְנְמִין וּשְׁמֹאל תִּפְּרְוֹצִי. וְאֶת־יהוֹה תַּעְרֵיצִי. עַל יַד אִישׁ בֶּן פַּרְצִי. וְנִשְּׁמְחָה וְנָגִילָה: לְכָה דוֹרִי...

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<sup>5</sup>Hit'or'ri hit'or'ri, ki va orech kumi ori, uri uri shir dabbeiri, k'vod Adonai alayich niglah. L'chah dodi ... [<sup>6</sup>Lo teivoshi v'lo tikkal'mi, ma tishtochachi u'ma tehemi, bach yechesu aniyei ammi, v'nivn'tah ir al tillah. L'chah dodi ... <sup>7</sup>V'hayu limshissah shosayich, v'rachaku kol m'vall'ayich, yasis alayich elohayich kimsos chatan al kallah. L'chah dodi ... <sup>8</sup>Yamin u'smol tifrotsi v'et Adonai ta'aritsi, al yad ish ben partsi, v'nism'cha v'nagilah. L'chah dodi ...] When singing the last verse we rise and turn to face the door to the synagogue.

As we sing the closing words bo'i challah, bo'i challah

we bow to greet the Shabbat queen.

<sup>9</sup>Come in peace and come in joy, God, your husband, you, God's pride; among the faithful chosen people, come my bride, come my bride! <sup>°</sup>בְּוֹאִי בְשָׁלוֹם עֲטֶרֶת בַּעְלָה. גַם בְּשִׂמְחָה וּבְצְּבְּלָה. תּוֹך אֱמוּנֵי עַם סְגָּלָה. בִּוֹאִי כַלָּה. בְּוֹאִי כַלָּה:

Come, my friend, to greet the bride, to welcome in the Shabbat eve. לְכָה דוֹדִי לִקְרַאת כַּלְה. פָנִי שַׁבָּת נִקַבְּלָה:

Shlomo ha-levi Alkabetz

שלמה הלוי אלקבץ

<sup>9</sup>Bo'i v'shalom ateret ba'lah, gam b'simcha u'vtsoholah, toch emunei am s'gullah bo'i challah bo'i challah. L'chah dodi likrat kallah, p'nei shabbat n'kab'lah.

In some congregations mourners enter at this point and are greeted:

חַמְּקוֹם May the Everpresent comfort you together with all those who mourn.

הַפָּקוֹם יְנַחֵם אֶתְכֶם בְּתוֹךְ שְׁאָר הָאֲבֵלִים:

המקוֹם Ha-makom y'nacheim etchem b'toch sh'ar ha-aveilim.

## מזמורים לקבלת סוכות THE PSALM FOR WELCOMING SUKKOT

Psalm 122 

□ Table 122

<sup>1</sup> A Pilgrim Song. David's

אָרְתְּתְּיִּעְ I rejoiced

when they said to me:

'Let us go to the house of the Eternal!'

<sup>2</sup>And now our feet are standing inside your gates, O Jerusalem!

<sup>3</sup>Jerusalem rebuilt! As a city where all are united together. <sup>4</sup>Here the tribes came up, the tribes of the Eternal - for it is a mark of Israel to thank the name of the Eternal. <sup>5</sup>There were the seats of justice, the thrones of the house of David. <sup>6</sup>Pray for the peace of Jerusalem, may those who love you prosper. <sup>7</sup>Peace be within your walls, tranquillity inside your homes.

<sup>8</sup>For the sake of my brothers and friends I call out, 'Peace be with you!' <sup>9</sup>For the sake of the house of the Eternal our God, I will seek your good.

אָשִיר הַמַּצְלוֹת לְדָוִד שָּׁמַחְתִּי בְּאֹמְרִים לִי בֵּית יהוה נֵלֵך: עמְדוֹת הָיוּ רַגְּלֵינוּ בִּשִׁעָרַיִּךְ יִרוּשָׁלָיִם:

יִרוּשָׁלֵיִם הַבְּנוּיָה בְּעִיר שֶׁחָבְּרָה־לָּה יַחְדָּוּ: שֶׁבְטֵי־יָה עֵדוּת לְיִשְׂרָאֵל לְהֹדוֹת לְשֵׁם יהוה: כִּסְאוֹת לְשֵׁם יהוה: כִסְאוֹת לְבֵית דְּוִד: יִשְׁאָלוּ שְׁלוֹם יְרוּשָׁלֵיִם יִשְׁלֵיוּ אֹהְבֵיְה: יִשְׁלֵיוּ אֹהְבֵיִה: שַׁלְוָה בָּאַרְמִנוֹתְיְה: שַׁלְוָה בָּאַרְמִנוֹתְיִה:

"לְמַעַן־אַחַי וְרֵעִי אֲדַבְּרָה־נָּא שָׁלוֹם בָּך: "לְמַעַן בֵּית־יהוה אֱלֹהֵינוּ אֲבַקְשָׁה טוֹב לָךְ:

## שמע וברכותיה THE *SH'MA* AND ITS BLESSINGS

With the *Bar'chu*, the call to worship, the formal part of the service begins. At the heart of the first unit is the *Sh'ma*, 'Hear O Israel ...', the central affirmation of Jewish belief: that behind the diversity of nature and of human experience there is a single power, a God who can be known and encountered. The three Biblical passages that make up the 'Sh'ma', are framed by blessings, two before that reflect on God as Creator of all that exists who has a loving relationship with the Jewish people, and two following, one that celebrates God's engagement in Jewish history and a more private blessing for an untroubled night of rest.

It is traditional for the Prayer Leader to bow slightly from the waist when saying Bar'chu, and for the congregation to do likewise when responding, returning to the upright position when mentioning the name of God.

THE CALL TO COMMUNITY PRAYER

Bless the Living God whom we are called to bless.

בָּרֶכָּרָ אֶת־יהוה הַמְּבֹרְרְ:

בּרְכוּ Bar'chu et Adonai ha-m'vorach.

קרוּדְ Blessed is the Living God whom we are called to bless forever and ever.

בָּרוּךְ יהוה הַמְּבֹרָךְ לִעוֹלָם וָעֵר:

ברוּך Baruch Adonai ha-m'vorach l'olam va'ed.

#### ברכו Bless ...

The call to 'bless' or 'praise' God marks the next major stage in the service. The individuals who have been preparing themselves, adjusting to the inner world of Jewish worship, now become formally a community. Traditionally, without the presence of a *minyan*, ten adult males, this call to prayer, and some prayers like the

mourner's *kaddish*, would not be recited. This is a reminder that all have a shared responsibility for ensuring that the community meets the needs of all its members. Today a *minyan* may be made up in different ways, or even ignored, but this call and its response by the community leads us across another threshold on the journey, outer and inner, towards the divine presence.

#### THE CREATOR OF THE UNIVERSE 1327

Blessed are You, our God and Creator, Sovereign of the universe, whose word brings on the evening twilight, who opens the gates of dawn with wisdom, and with foresight makes times pass and seasons change. Your plan sets the stars in their courses in the sky, creating day and night, turning light into darkness and darkness into light. You make the day fade away and bring on the night, separating day and night. You are the Ruler of the hosts of heaven. Blessed are You God, who brings on the evening twilight.

בְּרוּךְ אַתָּה יהוֹה אֱלֹהֵינוּ מֶלֶךְּ הָעוֹלְם. אֲשֶׁר בִּיְבְרוֹ מַעְרִים. עֲרָבִים. בְּחְיְכְמָה פּוֹתֵחַ שְׁעָרִים. וּבִתְבוּנָה מְשַׁנֶּה עִתִּים. וּמַחֲלִיף אֶת־הַוְּמַנִּים. וּמְסַדֵּר אֶת־הַכּוֹכְבִים בְּּמִשְׁמְרוֹתִיהֶם בְּּרָקִיעַ כִּרְצוֹנוֹ: בּוֹרֵא יוֹם וְלֵיִלְה. גּוֹלֵל אוֹר מִפְּנֵי חְשֶׁךְ וְחְשֶׁךְ מִפְּנֵי אוֹר: הַמַּעְבִיר יוֹם וּמֵבִיא לְיִלָה. וּמַבְדִּיל בֵּין יוֹם וּבִין לְיִלָה. יהוֹה צְּבָאוֹת שְׁמוֹ: בַּרוּךְ אַתַּה יהוֹה. הַמַּעְרִיב עַרַבִים:

בּרוּדְּ Baruch attah Adonai eloheinu melech ha-olam, asher bidvaro ma'ariv aravim, b'chochmah potei'ach sh'arim. Uvitvunah m'shanneh ittim, umachalif et ha-z'mannim, um'saddeir et ha-kochavim b'mishm'roteihem baraki'a kirtzono. Borei yom valailah, goleil or mip'nei choshech v'choshech mip'nei or. Hama'avir yom umeivi lailah, umavdil bein yom uvein lailah, Adonai ts'va'ot sh'mo. Baruch attah Adonai, ha-ma'ariv aravim.

#### מעריב ערבים

#### Who brings on the evening twilight ...

This is the first of two blessings leading up to the recital of the *Sh'ma*, 'Hear O Israel ...' Like its morning counterpart (about God who 'creates light'), the blessing acknowledges God as Creator of the universe. The spectacle of the sky at night, the ever-recurring change from light to dark and back again, however we explain this phenomenon, remains an extraordinary pattern of ebb and flow, of concealment and vision, that underpins all of life. For our

ancestors, the blaze of light in the skies at night displayed for all to see the battalions of the 'Lord of hosts', or myriads of serving angels, or a supernal light shining through holes in the firmament which covered the earth. This vastness demands that, at least for the duration of the prayer, we mute our human arrogance and acknowledge our collective and individual limitations. But we do not remain cowed or humbled, for the blessing that follows asserts our uniqueness before God.

GOD'S LOVE FOR ISRAEL

With everlasting love have You loved Your people the family of Israel. Teaching and practice, duty and justice - these You have taught us. Therefore, our God and Guide, we think upon all this before we sleep and when we wake, and rejoice and delight in Your teaching and its practice forever and ever, for they are our life and the measure of our days. We keep them in mind both day and night. Never take Your love away from us. Blessed are You God, who loves Your people Israel.

אַהְבַת עוֹלֶם בֵּית יִשְׂרָאֵל עַמְּדְ אָהֶבְתָּ. תּוֹרָה וּמִצְוֹת חָקִים וּמִשְׁפָּטִים אוֹתְנוּ לִמַּדְתָּ: עַל־כֵּן יהוה אֱלֹהֵינוּ. בְּשְׁרְבֵּנוּ וּבְקוּמֵנוּ נְשִׂיחַ בְּחָקֵיךּ. וְנִשְׂמַח וְנַעֲלוֹו בְּדִבְרֵי תוֹרָתֶךְ וּמִצְוֹתֶיךְ וְחֻקּוֹתֵיךְ לְעוֹלֶם וְעֶד: כִּי הֵם וֹמֵינוּ וְאָרֶךְ יָמֵינוּ. וּבָהֶם נָהְגָּה יוֹמָם וָלְיְלָה. וְאַהְבָתְךְ אַל־תְּסִיר מִמֶּנוּ לְעוֹלְמִים: בָּרוּךְ אַתְּהִי יהוה. אוֹהַב אַת־עַמּוֹ יִשְׂרָאֵל:

Ahavat olam beit yisra'el amm'cha ahavta, torah umitsvot chukkim umishpatim otanu limmadta. Al kein Adonai eloheinu, b'shochbeinu uv'kumeinu nasi'ach b'chukkecha, v'nismach v'na'aloz b'divrei toratecha umitsvotecha v'chukkotecha l'olam va'ed. Ki heim chayeinu v'orech yameinu, uvahem nehgeh yomam valailah, v'ahavat'cha al tasir mimmennu l'olamim. Baruch attah Adonai, oheiv et ammo yisra'el.

## שמע SH'MA

Traditionally one remains seated during the recital of the *Sh'ma*, though some progressive communities stand so as to give prominence to this affirmation of God's unity. It is a custom to cover the eyes while reciting the first sentence, 'Hear O Israel', as an aid to concentrating on the words. The *dalet*, the final letter of *echad*, 'One', is emphasised because of the danger of misreading the letter as *reish*, which would spell the word *acheir*, 'other'.

#### אהבת עולם Ahavat olam

It is the faith and experience of the Jewish people that the God who is the Creator of all holds us in a special regard. The previous blessing signalled the universal power of God, this one centres on our own particular destiny. God's love for us is expressed through the gift of Torah, guidance for our lives, individually and as a people. In the *Sh'ma* that follows we are called to think of God's word 'when you lie down and when you rise up'. Here we assert our willingness to do so, meditating on the Torah, as if a love letter from the beloved, by day and by night.

When praying individually it is customary to add here אָל מֵלְךְּ נֵאָמַן (el melech ne'eman) - 'God, the faithful Sovereign'.

## :קָּאָן ישִׂרָאֵל יהוָה אֱלֹהֵינוּ יהוָה אֶקָּ

Sh'ma Yisra'el, Adonai eloheinu Adonai echad

### בַּרוּךְ שֵׁם כִּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֵד:

Baruch sheim k'vod malchuto l'olam va'ed.

וְאָהַבְּתָּ אֵת יהוָה אֱלֹהֶיְךְ בְּכְּל־לְבֵבְךְ וּבְכְּל־נַפְשְׁךְ וּבְכְּל־מְאֹדֶך:
יְהְיֹּוּ הַדְּבָרִים הָאֵלֶּה אֲשֶׁר אָנֹכִי מְצַוְּךְ הַיֻּוֹם עַל־לְבָבֶך: וְשִׁנַּנְתְּם
לְבָנִיךְ וְדִבַּרְתְּ בְּם בְּשִׁבְתְּךְ בְּבִיתֶּךְ וּבְלֶּכְתְּךְ בַדֶּרֶךְ וּבְשְּׁכְבְּךְ
וֹבְלֶיִךְ וְדְכַּלְתְּךְ בְּם בְּשִׁבְתְּךְ בְּבִיתֶּךְ וְהְיָוּ לְטִטְפָׂת בֵּין עֵינֶיְך:
וּבְקוּמֶך: וּלְשַׁרְתָּם לְאָוֹת בֵּיתֶךְ וּבִשְׁעֵרֵיך:

ּ וְאָהַרְאַ V'ahavta eit Adonai elohecha, b'chol l'vav'cha, uv'chol nafsh'cha uv'chol m'odecha. V'hayu ha-d'varim ha-eilleh asher anochi m'tsav'cha ha-yom al l'vavecha. V'shinnantam l'vanecha, v'dibbarta bam, b'shivt'cha b'veitecha, uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha. Uch'tavtam al m'zuzot beitecha uvish'arecha.

#### שמע Hear ...

'Hear' or 'Listen' Israel! In the Bible (Deut 6:4-9) Moses is addressing the Israelites in the wilderness. Here, relocated to the service, we may be addressing each other, or our own inner 'Israel', that part of us which struggles with/for God.

Not a prayer, this and the following passages are examples of texts that we are to study, but also an affirmation of our relationship to God. It is said that 'God is one, but not in number'. This 'unity' of God is at the heart of the Jewish affirmation of faith, but it is no less a mystery. Behind the manifold aspects of life, nature and society, we experience every day a unity that binds all together. That ultimate unity challenges any attempt to elevate any single part of creation above the rest, to worship

any ideology, any leader, any idol. The enlarged letter *ayin* at the end of *Sh'ma*, 'Hear!', together with the enlarged *dalet* at the end of *echad*, 'One', spell the word *ed*, 'witness'. By reciting the verse we witness to the existence of God.

In a traditional interpretation by this recital we accept upon ourselves the 'yoke of the kingdom of heaven', taking responsibility for our own life and that of our society.

Baruch sheim k'vod - this doxology, a praise of God, is constructed of Biblical phrases, but is difficult to translate. It emphasises God's rule over the world, and was already recited in the temple. It is recited silently, possibly because it interrupts the text of the Sh'ma.

GOD IS ONE

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

Blessed is the knowledge of God's glorious rule forever and ever.

בְּאָהַבְּרָ Love the Eternal your God with all your heart, and all your soul, and all your might. These words that I command you today shall be upon your heart. Repeat them to your children, and talk about them when you sit in your home, and when you walk in the street; when you lie down, and when you rise up. Secure them as a sign upon your hand, and let them be as reminders before your eyes. Write them on the doorposts of your home and at your gates. I

V'ahavta et Adonai - in the Biblical world, the lev, heart, was the seat of the mind and intellect rather than the emotions. Thus we are called upon to try at all times to understand the meaning and significance of loving God, even when the circumstances make this a challenge. The word nefesh, soul, is related to the word for breathing, so it reflects that invisible 'life force' that distinguishes life from death - hence the word can mean 'soul', 'spirit', 'appetite' or 'self'. The nefesh can 'leak away' in illness, and be restored on recovery. According to Psalm 19, the Torah itself can 'restore the

soul'. Rabbi Akiva understood this love to be self-sacrificing, even to the extent of martyrdom.

'Me'od', power, is used to express a great amount of something. In this context it has been understood by Jewish tradition to mean our material wealth that should be dedicated to God as the source of all we possess. What we owe to God, we repay by what we share with others. Thus mind, spirit and material power are to be brought to the service of God.

<sup>&</sup>lt;sup>1</sup> Deut 6:4-9.

During the silence the traditional second and third paragraphs of the Sh'ma may be read, or the alternative Biblical passages on pages 689-697.

This will happen if you listen carefully to My commands which I give you today, to love and to serve the Eternal your God with all your heart and all your soul. I shall then give your land rain at the right time, the autumn rain and the spring rain, so that each one of you can harvest your own grain, wine and oil. I shall also give grass in your fields for your cattle, and you will eat and be satisfied.

Take care that your heart is not deceived into straying, obeying other gods and worshipping them. God's anger will then blaze out against you. God will shut up the sky. There will be no rain. The land will not produce, and you will quickly be destroyed from the good land which God gives you. So put these words of Mine in your heart and in your soul, and secure them as a sign upon your hand and as reminders before your eyes. Teach them to your children, and talk about them 'when you sit each of you in your home, and when you walk in the street, when you lie down and when you rise up. Write them on the doorposts of your home and at your gates.'

Then you and your children may live long on the land that God promised to give your ancestors as long as there is a sky over the earth.<sup>1</sup>

ְּרָהָיָה אִם־שָּׁמְעַ תִּשְׁמְעוּ אֶל־מִצְּוֹתֵׁי אֲשֶׁר אֵנֹכֵי מְצַנָּה אֶתְכֵם הַיְּוֹם לְאַהֲבָּה אֶת־יהוַה אֱלְהֵיכֶם וּלְעְּבְּדֹּוֹ מְטַר־אַרְצְכֶם וּבְכֶּל־נַפְשְׁכֵם: וְנְתַתְּי וְאֶסַפְּתְּ דְגָּנֶּךְ וְתִירְשְׁךָ וְיִצְהָרֶך: וְנְתַתְּי וַשֶּׁבַבְּתָּרָ לִבְהָמְתָּךְ וְאֲכַלְתְּ

הּשֶּׁמְרֵנּ לְבֶּׁם פֶּּן־יִפְּתָּה לְבַּבְּכֶּח וְסַרְמָּם וַנְצַבַּדְתָּם אֱלֹהִים אֲחַרִּים וְהִשְּׁתִּחֲוִיתָם לְהֶם: וְחָרָה אַף־יהוֹה בְּבָׁם וְעָצֵר אָת־הַשְּׁמַׂיִם וְלֹא־יִהְיֶה מְשָׁר וְהַאֲדְמָה לְאׁ תִתֵּן אֶת־יְבוּלְּה וַאֲבַרְתָּם מְהַרָּה מֵעַל הָאֵרֶץ הַטֹּבְּה אַשֶּׁר יהוָה נֹתֵן לְכֶם: וְשַׂמְתֶּם נְפְשְׁכֶבְּר יִהְוֹה נֹתֵן לְכֶם: וְשַׂמְתֶּם נְפְשְׁכֶם וּקְשַׁרְתָּם אֹתֶם לְאוֹת עַל־ וְלִמַּדְתָּם אֹתֶם אֹתְם לְאוֹת עַל־ וְלִמַּדְתָּם אֹתֶם אֶת־בְּנֵיכֶם לְצִבֵּר מְזוּזוֹת בֵּיתָּךְ וּבְשָׁרֵיךְ: מְזוּזוֹת בֵּיתָךְ וּבְשָׁרֵיךְ:

לְמַעַן יִרְבָּוּ יְמֵיכֶם וִימֵי בְנֵיכֶּם עַל הָאָדְמָה אֲשֶּׁר נִשְׁבַּע יהוָה לַאֲבְתֵיכֶם לָתַת לָהֶם כִּימִי הַשָּׁמַיִם על־הארץ:

<sup>&</sup>lt;sup>1</sup>Deut 11:13-21.

יְהְיָה V'hayah im shamo'a tishm'u el mitsvotai asher anochi m'tsaveh etchem ha-yom, l'ahavah et Adonai eloheichem ul'ovdo b'chol l'vavchem uv'chol nafsh'chem. V'natatti m'tar arts'chem b'itto, yoreh umalkosh, v'asafta d'ganecha v'tirosh'cha v'yits-harecha. V'natatti eisev b'sad'cha livhemtecha, v'achalta v'sava'ta.

Hisham'ru lachem, pen yifteh l'vavchem, v'sartem va'avadtem elohim acheirim v'hishtachavitem lahem. V'charah af Adonai bachem, v'atsar et ha-shamayim, v'lo yihyeh matar v'ha-adamah lo tittein et y'vulah, va'avadtem m'heirah mei'al ha-arets ha-tovah asher Adonai notein lachem. V'samtem et d'varai eilleh, al l'vavchem v'al nafsh'chem, uk'shartem otam l'ot al yedchem, v'hayu l'totafot bein eineichem. V'limmadtem otam et b'neichem l'dabbeir bam, b'shivt'cha b'veitecha, uv'lecht'cha va-derech, uv'shochb'cha uv'kumecha. Uch'tavtam al m'zuzot beitecha uvisharecha.

L'ma'an yirbu y'meichem vimei v'neichem, al ha-adamah asher nishba Adonai la'avoteichem lateit lahem, kimei ha-shamayim al ha-arets.



#### וָהָיָה אָם־שָׁמֹעַ

#### This will happen if you listen ...

The second paragraph of the *Sh'ma* is mostly addressed to Israel in the plural; obedience of the people as a whole is the condition for bringing the rain. But in two places **(shown in bold)** the individual is addressed ('so that each one of you can harvest ...'; 'when you sit each of you in your home ...') indicating how our personal

experience and responsibility are bound up with those of the entire community.

In the traditional view, by reciting this verse we accept upon ourselves the 'yoke of the commandments', our commitment to fulfilling the obligations on the Jewish people as a whole because of our covenant with God.

The Eternal said to Moses: 'Speak to the children of Israel and tell them that each generation shall put tassels on the corner of their clothes, and put a blue thread on the corner tassel. Then when this tassel catches your eye, you will remember all the commands of the Eternal and do them. Then you will no longer wander after the desires of your heart and your eyes which led you to lust.

Then you will remember all My commands and do them and you will be set apart for your God. I am the Eternal your God who brought you out of the land of Egypt, to be your own God. I, the Eternal, am your God.'

ַרִּאמֶר יהוָה אֶל־מֹשֶׁה לֵּאמְר:
דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאֲמַרְתְּ
אֲלֵהֶם וְעָשׁוּ לְהֶם צִיצֵת עַל־בִּנְפֵי
בְּגְרֵיהֶם לְדְרֹתְם וְנֶתְנֵּוּ עַל־צִיצֵת
הַכְּנֵף פְּתִיל תְּכֵלֶת: וְהְיֵה לְכֶם לְצִיצִת וּרְאִיתֶם אֹתוֹ וּוְכַרְתָּם אֶת־בְּלְ־מִצְרָת יהוֹה וַעֲשִׁיתֶם אֹתֶם וְלֹא תָתׄוּרוּ אֲחֲבִי לְבַּבְכֶם וְאַחֲבִי עֵינִיכֶם אֲשֶׁר־אַתֶּם זֹנֵים אָחֲבִיהַם:

ְּלֶמַעַן תִּזְכְּלוּ וַעֲשִׂיתָם אֶת־ כְּלֹ־מִצְוֹתֶּי וְהְיִיתָם קְדֹשִׁים לֵאלְהִיכֶם: אֲנִּי יהוָה אֱלְהִיכָּם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְלַיִם לִהְיִוֹת לְכֶם לֵאלֹהֵים אֲנֵי יהוה אלהיכם:

עמָלָר Vayomer Adonai el mosheh leimor: Dabbeir el b'nei yisra'el v'amarta aleihem, v'asu lahem tsitsit al kanfei vigdeihem l'dorotam, v'nat'nu al tsitsit ha-kanaf p'til t'cheilet. V'hayah lachem l'tsitsit, ur'item oto, uz'chartem et kol mitsvot Adonai, va'asitem otam, v'lo taturu acharei l'vavchem v'acharei eineichem, asher attem zonim achareihem.

L'ma'an tizk'ru, va'asitem et kol mitsvotai, vih'yitem k'doshim leiloheichem. Ani Adonai eloheichem, asher hotseiti etchem mei'erets mitsrayim, lih'yot lachem leilohim, ani Adonai eloheichem.

#### דויאמר יהוה The Eternal said ...

This third paragraph of the *Sh'ma* brings the general requirements on the people of Israel as a whole down to our responsibility for our own individual behaviour. Even our very clothing can be used as a symbolic way of remembering God's presence in our lives. It concludes by recalling the exodus from Egypt that introduces the theme of the blessing that follows.

#### All this is true ...

This blessing completes the trilogy of blessings that surround the *Sh'ma*. In one interpretation the two that precede it speak of 'Creation', that God is the source of all life, and 'Revelation', that God

communicates with humanity, via the Jewish people through the giving of Torah. This third one, which follows, speaks of 'Redemption', that God intervenes in the life of the Jewish people by rescuing us from slavery in the past, and time and time again from other dangers. On another interpretation the first blessing celebrates God's universal concern for all humanity and all of nature, before focusing on God's particular relationship with Israel. Now as we approach the central prayer, the *Amidah*, where we stand before God, we are reassured that God has stood by us in past times of trouble.

<sup>&</sup>lt;sup>1</sup> Num 15:37-41.

OUR REDEEMER

אַכֶּה All this is true and firmly held by us, that You are our Living God and no other exists, and that we are Israel, Your people. You perform great deeds beyond research, too wonderful to tell. Your children saw Your power, praised and thanked Your name, and willingly accepted Your rule over them. With great joy Moses and Miriam and the children of Israel answered You in song, all of them saying:

'God, who is like You among the gods people worship! Who, like You, is majestic in holiness, awesome in praise, working wonders!'

Our Living God
Your children saw Your rule
over the Sea of Reeds.
All of them as one
honoured You as Sovereign, saying:
'God shall rule forever and ever!'
And it is prophesied:

'For the Almighty has set Jacob free and rescued him from a hand stronger than his own.' Blessed are You God, who rescues Israel.

## אֱמֶת וֱאֱמוּנָה

וֹאת וָקַיַּם עַלֵינוּ. כִּי הוּא יהוה אֱלֹהֵינוּ וְאֵין זוּלַתוֹ וַאַנַחִנוּ העשה גדלות עמו. אין חקר ונפלאות עד־אין: מספר. וראו בניו גבורתו שבחו והודו לשמו ומלכותו ברצון קבלו עליהם: משה ומרים ובני יִשַּׂרָאֵל לְדְּ עַנוּ שִׁירַה בִּשִּׁמַחַה רבה. ואמרו כלם. מי־כמכה באלים יהוה. מי כמכה נאדר בקדש נורא תהלת עשה פלא: מַלְכוּתָדְ יהוה אֱלֹהֵינוּ ראו בניך על הים. יַחַד כִּלַם הודוּ וָהָמֶלֶכוּ וָאַמֵּרוּ. יהוה ימלך לעולם ועד: ונאמר. כּי־פדה יהוה את־יעקֹב וּגְאַלוֹ מִיַּד חַזַק מִמֵּנוּ. ברוך אתה יהוה. :גאל ישראל

Emet ve'emunah kol zot v'kayyam aleinu, ki hu Adonai eloheinu v'ein zulato va'anachnu Yisra'el ammo, ha-oseh g'dolot ad ein cheiker, v'nifla'ot ad ein mispar, v'ra'u vanav g'vurato shib'chu v'hodu lishmo, umalchuto b'ratson kib'lu aleihem, moshe umiryam uv'nei yisra'el l'cha anu shirah b'simchah rabbah, v'am'ru chullam:

Mi-chamocha ba-eilim Adonai. mi kamocha ned'ar ba-kodesh, nora t'hillot, oseih fele.

Malchut'cha Adonai eloheinu ra'u vanecha al ha-yam, yachad kullam hodu v'himlichu v'amaru:

#### Adonai yimloch l'olam va'ed.

V'ne'emar, ki fadah Adonai et ya'akov, ug'alo miyad chazak mimmennu. Baruch attah Adonai, ga'al yisra'el.

<sup>&</sup>lt;sup>1</sup>Ex 15:11, Ex 15:18, Jer 31:11.

GOD'S GIFT OF PEACE AND PROTECTION

Source of our life and our Sovereign, cause us to lie down in peace, and rise again to enjoy life. Spread over us the covering of Your peace, guide us with Your good counsel and save us for the sake of Your name. Be a shield about us, turning away every enemy, disease, violence, hunger and sorrow. Remove the temptation that awaits us and the guilt that lies behind us. Shelter us in the shadow of Your wings, for You are a God who guards and protects us, a ruler of mercy and compassion. Guard us when we go out and when we come in, to enjoy life and peace both now and forever, and spread over us the shelter of Your peace. Blessed are You God, spreading the shelter of peace over us, over Your people Israel, and over all the world.

השכיבנו יהוה אלהינו לשלום סכת עלינו ותקננו בעצה טובה וחרב ורעב ויגון. והסר שטן מלפנינו ומאחרנו. ובצל אל כל תסתירנו שומרנו ומצילנו אתה. כי אל מֵלֶךְ חַנּוּן וְרַחוּם אַתַּה. וּשָׁמוֹר צאתנו ובואנו לחיים ולשלום מעתה ועד עולם. ופרש עלינו אתה הפורש סכת עלינו ועל־עמו ישראל כֿל־העוֹלם:

I'chayyim, uf'ros aleinu sukkat sh'lomecha, v'takk'neinu b'eitsah tovah mill'fanecha, v'hoshi'einu l'ma'an sh'mecha, v'hagein ba'adeinu v'haseir mei'aleinu, oyeiv dever v'cherev v'ra'av v'yagon. V'haseir satan mil'faneinu umei'achareinu, uv'tseil k'nafecha tastireinu, ki eil shom'reinu umatsileinu attah, ki eil melech channun v'rachum attah, ush'mor tseiteinu uvo'einu l'chayyim ul'shalom mei'attah v'ad olam, uf'ros aleinu sukkat sh'lomecha. Baruch attah Adonai, ha-poreis sukkat shalom aleinu v'al ammo visra'el, v'al kol ha-olam

#### השכיבנו Cause us to lie down ...

In the morning service only three 'blessings' surround the *Sh'ma*, but in the evening service this fourth one is added. It is viewed traditionally as a continuation of the theme of the one before, God's protection extended over us at night time as we sleep. But in addition it asks God's help in the face of all the dangers that confront us throughout our life, from illness to natural

disasters. It can serve alone as a night time prayer. On weekdays the blessing concludes 'who guards Your people Israel forever'. On Shabbat, the ending is changed as the Shabbat itself is understood to be a 'protection' of Israel. The traditional version concludes 'over Israel and over Jerusalem'. Reform practice has been to universalise this and extend 'God's tabernacle of peace' 'over all the world'.

The Chatsi Kaddish may be read here:

Chatsi Kaddish

חַצִּי קַדִּישׁ

בּרְלְבְּרֵל Let us magnify and let us sanctify in this world the great name of God whose will created it.

May God's reign come in your lifetime, and in your days, and in the lifetime of the family of Israel - quickly and speedily may it come.

#### Amen.

May the greatness of God's being be blessed from eternity to eternity.

Let us bless and let us extol, let us tell aloud and let us raise aloft, let us set on high and let us honour, let us exalt and let us praise the Holy One, whose name is blessed,

who is far beyond any blessing

During the Ten Days of Penitence: who is far above and beyond any blessing

or song, any honour or any consolation that can be spoken of in this world. **Amen.** 

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵה רַבָּא (אָמֵן)
בְּעְלְמָא דִּי־בְרָא כִּרְעוּתֵה:
בְּעָלְמָא דִּי־בְרָא כִּרְעוּתֵה:
בְּעָגְלָא וּבִיְמֵן קָרִיב.
בְּעֲגָלָא וּבִוְמֵן קָרִיב.
יְתֵא שְׁמֵה רַבָּא מְבָרַךְ
יְתָא שְׁמֵה רַבָּא מְבָרַךְ
יִתְעְלָם וּלְעָלְמֵי עָלְמַיָּא:
יִתְבָּרַךְ וְיִשְׁתַּבֵּח וְיִתְפָּאַר
יִתְבָּלָה וְיִתְבָּא מְבָרַךְ
יִתְרוֹמֵם וְיִתְנַמֵּא וְיִתְפָּאַר
יִתְבָלָה וְיִתְנַמֵּא וְיִתְהַדִּר
יְיִתְעַלֶּה וְיִתְנַמֵּא וְיִתְהַדִּר

לְעֵלָּא מִן־בְּּל־בִּרְכָתָא During the Ten Days of Penitence: לְעֵלָּא לְעֵלָּא מִבְּּל־בִּרְכָתָא וְשִׁירָתָא תָּשְׁבְּחָתָא וְנָחֲמָתָא דִּי־אֲמִירָן בְּעָלְמָא. וִאָמִרוּ אָמֵן:

יְתְּנְדְּלְ Yitgaddal v'yitkaddash sh'meih rabba (amen), b'alma di v'ra chir'uteih, v'yamlich malchuteih, b'chayyeichon uv'yomeichon uv'chayyei di chol beit yisra'el, ba'agala u'vizman kariv, v'imru amen. Y'hei sh'meih rabba m'varach l'alam ul'almei almaya. Yitbarach v'yishtabbach v'yitpa'ar v'yitromam v'yitnassei, v'yit-haddar v'yit'alleh v'yit-hallal sh'meih di kudsha, b'rich hu, l'eilla min kol birchata

During the Ten Days of Penitence: l'eilla l'eilla mikol birchata v'shirata, tushb'chata v'nechemata, di amiran b'alma, v'imru **amen**.

#### חצי קדיש Chatsi Kaddish

The *Kaddish*, with its praises of God, is used throughout the liturgy to mark the close of

particular sections. Here a shortened version prepares us for the *Amidah* that follows immediately after.

## עמידה AMIDAH

Rab Judah said: People should never introduce a petition for their own needs either in the first three or last three blessings of the *Amidah*, but only in the middle [thirteen daily] blessings. Rabbi Hanina said: In the first three we are like a servant who is addressing praises to his master; in the middle ones we are like a servant who is requesting a gift from his master; in the last ones we are like a servant who has received a gift from his master and takes his leave and departs (*Berachot* 34a).

On Shabbat we withhold our petitions, as if giving God a rest, and replace the thirteen middle blessings of the weekday with one in praise of Shabbat rest.

Traditionally the Amidah is said whilst standing, beginning with three short steps forward, a reminder of our entry into the divine presence.

It is customary at the beginning and end of the first paragraph to bend the knee when saying the word baruch, to bow from the waist at the second word attah and to become upright again with the third word, the name of God, Adonai.

These are the festivals of the אֵלֶה מוֹעֲדֵי יְהֹוָה מִקְרָאֵי קֹדֶשׁ אַ Almighty which you shall proclaim at their appointed times as holy gatherings.

אַדני שָׁפַתַי תִּפְתַח וּפִי יַגִּיד תִּהְלַתֵּך:

בררך אַפָּה יהוה אֱלֹהֵינוּ

ַנְאלהֵי אֲבוֹתֵינוּ וֵאלהֵי אָמּוֹתֵינוּ. אֱלהֵי אַבְרָהָם אֱלהֵי שָּׂרָה. אֱלהֵי יִצְחָק אֱלהֵי רִכְקָה.

אֵלהֵי רִבְקַה. אלהי רחל ואלהי יעקב

ואלהי לאה.

ָהָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא. אֵל עֵלְיוֹן.

גוֹמֵל חַסָּדִים טוֹבִים קוֹנֵה הַכֹּל. וְזוֹכֵר חַסְדֵי

וָאָמַהוֹת אבות

וּמֵבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם לְמַעַן שָׁמוֹ בִּאַהַבָה:

During the Ten Days of Penitence add:

זַּכְרֵנוּ לְחַיִּים. מֵלֶךְ חַפֵּץ בַּחַיִּים.

ּוְכֶּתְבֵנוּ בְּסֵפֶּר הַחַיִּים. לְמַעַנְדְּ אֵלֹהִים חַיִּים:

:מֶלֶך עוֹזֵר וּמוֹשִׁיעַ וּמְגַן:

בַרוּךְ אַתַּה יהוה

פּוֹקֵד שַׂרַה: מַגֶּן אַבְרַהַם

אַרֹנִי Adonai s'fatai tiftach ufi yaggid t'hillatecha.

ורק Baruch attah Adonai eloheinu

veilohei avoteinu veilohei immoteinu.

elohei avraham, elohei sarah, elohei yitschak, elohei rivkah, veilohei ya'akov, elohei rachel

veilohei le'ah.

Ha'eil ha-gadol, ha-gibbor v'ha-nora, eil elyon,

gomeil chasadim tovim, koneih ha-kol. V'zocheir chasdei

avot v'immahot

u'meivi go'eil livnei v'neihem l'ma'an sh'mo b'ahavah.

During the Ten Days of Penitence add: Zochreinu l'chayyim, melech chafeits ba-chayyim, v'chotveinu b'seifer ha-chayyim,

l'ma'ancha elohim chayyim.

Melech ozeir u'moshi'a umagein.

Baruch attah Adonai,

magein avraham pokeid sarah. אַרֹנֵי My God, open my lips and my mouth shall declare Your praise.1

GOD OF HISTORY

Blessed are You, our God, and God of our ancestors,

God of Abraham, God of Sarah,
God of Isaac, God of Rebecca,
and God of Jacob, God of Rachel
and God of Leah,

the great, the mighty, and the awesome God, God beyond, generous in love and kindness, and possessing all. You remember the good deeds of those before us, and therefore in love bring rescue to the generations, for such is Your being.

During the Ten Days of Penitence add:

Sovereign who delights in life, recall us to life and record us in the Book of Life for Your own sake, God of life!

The Sovereign who helps and saves and shields.

Blessed are You God,

who shields Abraham who remembers Sarah.

#### אַרני שפתי תפתח My God, open my lips ...

This verse, from Psalm 51:17, comes as a personal meditation, 'I', before the *Amidah* itself which is a collective prayer, 'we'. It affirms that I personally feel part of the prayers that the community is about to say. Also it expresses the hope that my prayers are a true expression of my personal relationship with God.

This personal element is matched by the meditation that comes immediately after the close of the *Amidah*, concluding with Psalm 19:15, emphasising the integrity between the words I speak and my inner thoughts.

#### Ancestors אבות

The Amidah, the 'standing prayer', is known as the 'eighteen blessings', though during the week when the full set are recited, the number was expanded at some time in the past to become nineteen. It opens with the avot, the 'patriarchs', to which we add the 'matriarchs', as if we are

introducing ourselves as a community to God: 'we are the descendants of that same Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, whom You called to Your service'. We list some of God's powers and qualities revealed to different generations in Biblical times. Like the court protocol when addressing a monarch, this introduction makes a formal beginning to the blessings and prayer that follow where we present ourselves and our requests to God.

In our progressive view the tradition has not adequately expressed the equal contribution of women to our understanding and experience of God. God *pakad*, 'visited' ('became directly engaged with'), Sarah (Gen 21:1); God answered the question asked by Rebecca (Gen 25:23); God responded to the prayers of Rachel and Leah (Gen 30). We have included their names and their individual relationship with God.

<sup>&</sup>lt;sup>1</sup> Ps 51:17.

אָבוֹר לְעוֹלָם אֲדֹנָי. מְחַיֵּה מֵתִים אַתָּה. רַב לְהוֹשִׁיעַ: מַשִּׁיב הָרְוּחַ, וּמוֹרִיד הַגְּשֶׁם: In winter

:ו מוֹרִיד הַטַּל

מְכַלְכֵּל חַיִּים בְּחֶסֶד. מְחַיֵּה מֵתִים בְּרַחֲמִים רַבִּים. סוֹמֵךְ נוֹפְלִים. וְרוֹפֵא חוֹלִים. וּמַתִּיר אֲסוּרִים. וּמְלַיֵּם אֱמוּנְתוֹ לִישֵׁנֵי עָפָר: מִי כָמְוֹךְ בַּעַל גְּבוּרוֹת וּמִי דְּוֹמֶה לָךְ. מֶלֶךְ מֵמִית וּמְחַיֶּה וּמַצְמֵיחַ יִשׁוּעָה:

During the Ten Days of Penitence add:

מִי כָמְוֹדְ אַב הָרַחֲמִים. זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים: וְנֵאֵמֶן אַתָּה לְהַחֵיוֹת מֵתִים. בַּרוּךְ אַתַּה יהוה. מִחַיֵּה הַמֵּתִים:

GOD OF MIGHT

אַתְּה You are the endless power that renews life beyond death; You are the greatness that saves.

*In winter months from* Shemini Atzeret *to* Pesach: making the wind blow and the rain fall. *In summer months from* Pesach *to* Shemini Atzeret: causing the dew to fall.

You care for the living with love. You renew life beyond death with unending mercy. You support the falling, and heal the sick. You free prisoners, and keep faith with those who sleep in the dust. Who can perform such mighty deeds, and who can compare with You, a Sovereign who brings death and life, and renews salvation?

During the Ten Days of Penitence add:

Who is like You, source of compassion, recalling Your creatures to life in compassion.

You are faithful to renew life beyond death. Blessed are You God, who renews life beyond death.

אתה Attah gibbor l'olam Adonai, mechayyeih meitim attah rav l'hoshi'a.

In winter: Mashiv ha-ru'ach, u'morid ha-gashem. In summer: Morid ha-tal.

M'chalkeil chayyim b'chesed, m'chayyeih meitim b'rachamim rabbim, someich noflim, v'rofeih cholim, umattir asurim, um'kayyeim emunato lisheinei afar. Mi chamocha ba'al g'vurot, umi domeh lach, melech meimit um'chayyeh, u'matsmi'ach v'shu'ah.

During the Ten Days of Penitence add:

Mi chamocha av ha-rachamim, zocheir y'tsurav l'chayyim b'rachamim.

V'ne'eman attah l'hachayot meitim. Baruch attah Adonai, m'chayyeih ha-meitim.

#### Powers גבורות

Our tradition assumes that life exists for us beyond the grave but without dogmatic views on its form. The repeated phrase that God 'brings the dead to life', or, as we express it, 'gives life beyond death', applies both to awakening daily and to this future existence.

I

One of the following two versions below. As we recite kadosh kadosh kadosh some rise on tiptoe, as if trying to join with the heavenly beings singing praises to God.

#### GOD OF HOLINESS

ואתה קדוש יושב תהלות ישראל: קַדוש קַדוש קדוש יהוה צָבַאוֹת. מָלֹא כֶּל־הַאַרֵץ כִּבוֹדוֹ: ברוך כבוד־יהוה ממקומו: יִמְלֹדְ יהוה לְעוֹלֵם אֵלהַיִר צִיוֹן לְדֹר וַדֹר הַלְלוּיָה: בַּרוּךְ אַתַּה יהוה. הַאֵל הַקַּדוֹשׁ: During the Ten Days of Penitence: הַמֵּלֵךְ הַקַּדוֹשׁ:

וֹאַתְּה You are holy, dwelling in the prayers of Israel.<sup>1</sup> Holy, holy, holy is the Creator of all, whose glory fills all the earth.2 Blessed is God's glory, revealed in every place.<sup>3</sup> The Almighty shall rule forever!

Your God, O Zion, for all generations! Praise God!<sup>4</sup> Blessed are You, the holy God.

During the Ten Days of Penitence: the holy Sovereign.1

וֹאַתַּה V'attah kadosh yosheiv t'hillot yisra'el.

Kadosh kadosh, Adonai ts'va'ot, m'lo chol ha-arets k'vodo. Baruch k'vod Adonai mim'komo.

Yimloch Adonai l'olam,

elohayich tsiyyon, l'dor vador hal'luyah.

Baruch attah Adonai ha-eil ha-kadosh. During the Ten Days of Penitence: ha-melech ha-kadosh.

אַתָּה קַדוֹשׁ וִשִּׁמִדְּ קַדוֹשׁ וּקְדוֹשִׁים בְּכְּל־יוֹם יְהַלְלְוּךְ. מֵּלָה: בַּרוּךְ אַתַּה יהוה. הַאֵל הַקַרוֹשׁ:

During the Ten Days of Penitence:

הַמַּלֵרְ הַקַּרוֹשׁ:

You are holy and Your name is holy, and those who seek holiness praise You day by day. Blessed are You Eternal, the holy God.

> During the Ten Days of Penitence: the holy Sovereign.

אַתַּה Attah kadosh v'shimcha kadosh uk'doshim b'chol yom y'hal'lucha selah. Baruch attah Adonai ha-eil ha-kadosh.

During the Ten Days of Penitence:

ha-melech ha-kadosh.

#### Holiness קדושה

This blessing has many variations: a short statement when said by someone alone, a long series of choral responses for the morning or additional services of Shabbat and festivals.

Its origins lie in the Biblical visions of the heavenly court where semi-divine creatures sing praises to God. We join them in this worship, stringing together phrases from this Biblical experience.

<sup>1</sup> Ps 22:4. <sup>2</sup> Isa 6:3. <sup>3</sup> Ezek 3:12. <sup>4</sup> Ps 146:10.

THE HOLINESS OF THE SHABBAT

אַתְּה You made the seventh day holy to Your name, as the end of the creation of heaven and earth. You blessed it above all other days and made it holier above all other times, and so it is written in Your Torah:

אַתָּה קִדְּשְׁתָּ אֶת־יוֹם הַשְּׁבִיעִי לִשְׁמֶך: תַּכְלִית מַעֲשֵׂה שְׁמֵיִם וְאֶרֶץ: וּבֵרַכְתּוֹ מִכְּּל־הַיָּמִים. וְקִדַּשְׁתּוֹ מִבְּּל־הַוְּמֵנִּים וְכֵן כָּתוּב בָּתוֹרָתֶךְ:

אַרְּהּ Attah kiddashta et yom ha-shvi'i lishmecha. Tachlit ma'aseih shamayim va'arets. U'veirachto mikkol ha-yamim, v'kiddashto mikkol ha-z'manim, v'chein katuv b'toratecha.

Heaven and earth were finished and all their host. On the seventh day God finished the work that had been done, and ceased on the seventh day from all the work that had been done. God blessed the seventh day, and made it holy, because on it God ceased from all the work of creation that God had done.

וַיְכַלְּוּ הַשָּׁמַיִם וְהָאָרֶץ וְכְּלֹ־צְּבָאֶם: וַיְכַלֹ אֱלֹהִים בַּיִּוֹם הַשְּׁבִיעִּי מְלַאכְתִּוֹ אֲשֶׁר עָשֶׂה וַיִּשְׁבֹּת בַּיִּוֹם הַשְּׁבִיעִּי מִפְּלֹ־מְלַאכְתִּוֹ אֲשֶׁר עָשֶׂה: וַיְבָרֶךְ אֱלֹהִים אֶת־יִּוֹם הַשְּׁבִיעִי וַיְקַדָּשׁ אֹתְוֹ כִּי כָּוֹ שְׁבַת מִפְּל־מְלַאכְתוֹ אֲשֶׁר־בָּרָא אֱלֹהִים לעשׁוֹם:

רַיְּכֵּלְּדּ Vay'chulu ha-shamayim v'ha-arets v'chol ts'va'am. Vay'chal elohim ba-yom ha-sh'vi'i m'lachto asher asah, vayishbot ba-yom ha-sh'vi'i mikkol m'lachto asher asah. Vay'varech elohim et yom ha-sh'vi'i vay'kaddesh oto, ki vo shavat mikkol m'lachto, asher bara elohim la'asot.

#### You are holy ...

This blessing completes the three opening ones that are recited in every version of the *Amidah*. On weekdays we would now bring our petitions to God, but on Shabbat and festivals we celebrate instead the special nature of the day and express our gratitude for the blessing of rest and peace.

#### You made holy ...

This summary of the theme of Shabbat, that God sanctified and blessed it, serves to introduce the following Biblical passage.

#### ... were finished ...

This passage concludes the creation story at the beginning of the Book of Genesis. By repeating the words for 'work', 'creating' and 'doing' it emphasises the extraordinary complexity of the world and cosmos. All now comes to a halt and stillness, as the seventh day is to be set apart for the special blessing of rest.

<sup>1</sup> Gen 2:1-3.

Our God and God of our ancestors, may our rest be pleasing to You. Make us holy by doing Your commands and let us share in the work of Your Torah. Make us content with Your goodness and let our souls know the joy of Your salvation. Purify our hearts to serve You in truth. In Your love and goodwill let us inherit Your holy Shabbat and may all Israel who seek holiness find in it their rest. Blessed are You God, who makes the Shabbat holy.

אֶלהֵינוּ וֵאלהֵי אָבוֹתֵינוּ. רְצַה־נָא בִּמְנוּחָתֵנוּ. קַדְּשֵׁנוּ בְמִצְוֹתֶיךְ. שִׁים חֶלְקֵנוּ בְתוֹרָתֶךְ. שַׂבְּעֵנוּ מִטוּבֶךְ. שַׁמַּח נַפְשֵׁנוּ בִישׁוּעְתֶךְ. וְטַהֵר לִבֵּנוּ לְעְיְבְּדְּ בָּאֶמֶת. וְבַרְצוֹן שַׁבַּת קְּדְשֶׁךְ. וְיָנְוּחוּ בָה וּבְרָצוֹן שַׁבַּת קְּדְשֶׁךְ. וְיָנְוּחוּ בָה בְּלִישְׂרָאֵל. מְקַדְשֵׁי שְׁמֶךְ: בָּרוּךְ אַתָּה יהוה. מִקַדְשׁי חַשַּׁבָת:

אַלהִינוּ Eloheinu veilohei avoteinu, r'tseih na vimnuchateinu, kadd'sheinu v'mitsvotecha, sim chelkeinu v'toratecha, sab'einu mittuvecha, sammach nafsheinu vishu'atecha, v'taheir libeinu l'ovd'cha be'emet. V'hanchileinu Adonai eloheinu b'ahavah u'v'ratson shabbat kodshecha. V'yanuchu vah kol yisra'el m'kadd'shei sh'mecha. Baruch ata Adonai m'kaddeish ha-shabbat.

#### THANKSGIVING AND PEACE

רֵצה Our Living God be pleased with Your people Israel and listen to their prayers. In Your great mercy delight in us so that Your presence may rest upon Zion.

ְרְצֵה יהוה אֱלֹהֵינוּ בְּעַמְּךְ יִשְׂרָאֵל. וְלִתְפִּלָּתָם שְׁעֵה. וּבְרַחֲמֵיךְ הָרַבִּים תַּחְפֹּץ בְּנוּ וְתַשְׁרָה שְׁכִינָתְךְּ עַל צִיּוֹן.



רצה R'tseih Adonai eloheinu b'amm'cha yisra'el, v'litfillatam sh'eih. Uv'rachamecha ha-rabbim tachpots banu, v'tashreh sh'chinat'cha al tsiyyon.

#### Our God ...

Just as God rested so we ask God's blessing on our rest for this day. Let our outer world be secure and let our inner life be dedicated to God's service.

#### דצה Be pleased ...

This blessing is the first of three closing blessings of the *Amidah*. Just as the opening three followed 'court protocol', on entering the presence of the Sovereign, so we take our leave also in a formal way.

In its earlier forms this blessing called for the restoration of temple sacrifices. This version asks that God accept the prayers we have just recited and find favour with the Jewish people. This hope is to be expressed by our return to the land of Israel, but the physical return should also be accompanied by the tangible presence of God. The passage speaks of 'Zion', the term the psalmists used to describe Jerusalem not just as a political centre but also as a spiritual home for all who wished to encounter God.

On the New Moon and middle days of festivals, a blessing for the special occasion is inserted here.

On the New Moon and festivals, the following prayers are added, otherwise the service continues on page 147.

Our God and God of our ancestors, may Your regard and concern for us and our ancestors, for the time of our redemption, for Jerusalem the city of Your holiness, and for all Your people the family of Israel, be close to You and be pleasing to You. Favour us all with freedom and goodness, with grace, love and mercy, on this day of

(On the New Moon) the New Moon. (On Pesach) the Feast of Unleavened Bread. (On Succot) the Feast of Tabernacles.

Our Living God, remember us for good, Amen bring us Your blessing, Amen and save us for a good life. Amen

Spare us and be kind to us according to Your promise of deliverance and mercy. Our eyes are turned towards You, for You are a Sovereign of mercy and compassion.

אֶלהֵינוּ וַאלהֵי אֲבוֹתֵינוּ. יַצְלֶה וְיָבֹא וְיִגְּיעַ וְיִרְאָה וְיֵרָצֶה וְיִשְּׁמִע וְיִפְּקֵד וְיִזְּכֵר זִכְרוֹנְנוּ וּפִּקְדּוֹנֵנוּ וְזִכְרוֹן אֲבוֹתֵינוּ וְזִכְרוֹן מְשִׁיחַ בֶּן דְּוִד עַבְּדֶּךְ. וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קְדְשֶׁךְ וְזִכְרוֹן כְּלֹדעִמְךְ בִּית יִשְׂרָאֵל לְפָנֵיךְ. לִפְלֵיטָה וּלְטוֹבָה לְחֵן וּלְחֶסֶד וּלְרַחֲמִים לְחַיִּים וּלְשַׁלוֹם בִּיוֹם

ראשׁ הַּחְׂדֶשׁ הַזֶּה On the New Moon
מג הַמַּצוֹת הַזֶּה
On Pesach
מג הַסָּכוֹת הַזֶּה
On Succot

זְּכֶּרֵנוּ יהוה אֱלֹהֵינוּ בּוֹ לְטוֹכָה אָמֵן וּפְּקְרֵנוּ בוֹ לִבְרָכָה וְהוֹשִׁיעֵנוּ בוֹ לְחַיִּים טוֹבִים אָמֵן

> וּבְדְבַר יְשׁוּעָה וְרַחֲמִים חוּס וְחְנֵנוּ. כִּי אֵלֶיךּ עֵינֵינוּ. כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אֲתָּה.

Eloheinu veilohei avoteinu, ya'aleh v'yavo v'yagi'a v'yeira'eh v'yeiratseh v'yishama v'yippakeid v'yizzacheir zichroneinu ufikdoneinu v'zichron avoteinu v'zichron mashi'ach ben david avdecha, v'zichron y'rushalayim ir kodshecha, v'zichron kol amm'cha beit yisra'el l'fanecha, lifleitah ul'tovah l'chein ul'chesed ul'rachamim, l'chayyim ul'shalom, b'yom (On the New Moon) rosh ha-chodesh ha-zeh (On Pesach) chag ha-matsot ha-zeh (On Succot) chag ha-sukkot ha-zeh

Zochreinu Adonai eloheinu bo l'tovahAmenU'fokdeinu vo livrachaAmenV'hoshi'einu vo l'chayyim tovimAmen

Uvidvar y'shua'ah v'rachamim chus v'chonneinu, ki eilecha eineinu, ki eil melech channun v'rachum attah.

The service continues here:

וְתְּחֵזֵינְה Our eyes look forward to Your return to Zion in mercy! Blessed are You God, ever restoring Your presence to Zion. ְוֶתֶחֶזֶינָה עֵינֵינוּ בְּשׁוּכְךְּ לְצִיּוֹן בְּרַחֲמִים: בָּרוּךְ אַתָּה יהוה. הַמַּחֲזִיר שְׁכִינָתוֹ לְצִיּוֹן.

וְתֶּחֱזֶינָה V'techezenah eineinu b'shuv'cha l'tsiyyon b'rachamim. Baruch attah Adonai ha-machazir sh'chinato l'tsiyyon.

It is customary to bow as one recites the opening words of this blessing, rising as we recite the name of God, Adonai and the list of God's gifts to us.

We declare with gratitude that You are our God and the God of our ancestors. You are our rock, the rock of our life and the shield that saves us. In every generation we thank You and recount Your praise for our lives held in Your hand, for our souls that are in Your care, and for the signs of Your presence that are with us every day. At every moment, at evening, morning and noon, we experience Your wonders and Your goodness. You are goodness itself, for Your mercy has no end. You are mercy itself, for Your love has no limit. Forever have we put our hope in You.

מוֹדִים אֲנַחְנוּ לָךְ שֶׁאַתָּה הוּא יהוה אֱלֹהֵינוּ וֵאלֹהִי אֲבוֹתֵינוּ לְעוֹלֶם וָעֶד. צוּרֵנוּ צוּר חַיֵּינוּ וּמְגַן יִשְׁעֵנוּ אַתְּה הוּא: לְדוֹר נוֹדֶה לְּךְ וּנְסַפֵּר תְּהִלְּתֶךְ עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדֶךְ. וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לְךְ. וְעַל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לְךְ. וְעַל נִפְיְר שֶׁבְּכֶל־יוֹם עִמֶּנוּ. שְׁבְּכְל־עַת עֶרֶב וְבְּקֶר וְטוֹבוֹתֵיךְ הַטוֹב כִּי לֹא כָלוּ וַרְחֲמֶיךְ. הַמְרַחֵם כִּי לֹא כָלוּ וַחְסָגִיךְ. הַמְרַחֵם כִּי לֹא תַמוּ חֲסְגִיךְ.

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Modim anachnu lach, she'attah hu Adonai eloheinu veilohei avoteinu l'olam va'ed, tsureinu tsur chayyeinu umagein yish'einu, attah hu. L'dor vador nodeh l'cha un'sappeir t'hillatecha, al chayyeinu ha-m'surim b'yadecha, v'al nishmoteinu ha-p'kudot lach, v'al nissecha sheb'chol yom immanu, v'al nifl'otecha v'tovotecha sheb'chol eit, erev va'voker v'tsohorayim. Ha-tov ki lo chalu rachamecha, ha-m'racheim ki lo tammu chasadecha, ki mei'olam kivvinu lach.

#### Gratitude ...

Protocol demands that we express our gratitude when leaving from an audience with the Sovereign. Here we sum up the benefits we have experienced because of our relationship with God. So we are reminded to take nothing in our life for granted, but

rather to acknowledge 'the signs of Your presence', the miracles, that are daily with us.

Reference to God's wonders and miracles led to the insertion into this passage of a special prayer for the festival of *Chanukah* to celebrate that miraculous rescue.

On Chanukah add al ha-nissim on page 374, otherwise continue here:

וְעַל And for all these things may Your name, our Sovereign, be blessed, exalted and honoured forever and ever.

During the Ten Days of Penitence add:

Record all the children of Your covenant for a good life.

May every living being thank You; may they praise and bless Your great name in truth, for You are the God who saves and helps us. Blessed are You God, known as goodness, whom it is right to praise. ְוְעַל כָּלָם יִתְבָּרַךְּ וְיִתְרוֹמֵם וְיִתְנַשֵּׂא תָּמִיד שִׁמְךְּ מַלְבֵּנוּ לְעוֹלָם וָעֶד:

During the Ten Days of Penitence add:

וּכְתוֹב לְחַיִּים טוֹבִים כְּל־בְּנֵי בְּרִיתֶךְ. וְכְּל־הַחַיִּים יוֹדְוּךְ סֶּלָה. וִיהַלְּלוּ וִיבָרְכוּ אֶת שִׁמְךְ הַגְּדוֹל בֶּאֶמֶת. הָאֵל יְשׁוּעָתֵנוּ וְעֶזְרָתֵנוּ סֶלָה: בָּרוּךְ אַתָּה יהוה. הַטוֹב שִׁמְךְ וּלְךְּ נאה להוֹדוֹת:

יְעַל V'al kullam yitbarach v'yitromeim v'yitnassei tamid shimcha malkeinu l'olam va'ed.

During the Ten Days of Penitence add: Uch'tov l'chayyim tovim kol b'nei v'ritecha.

V'chol ha-chayyim yoducha selah, vihal'lu vivar'chu et shimcha ha-gadol be'emet, ha-eil y'shu'ateinu v'ezrateinu selah. Baruch attah Adonai, ha-tov shimcha ul'cha na'eh l'hodot.

Set true peace upon Your people Israel forever. For You are the Source of all peace, and in Your eyes it is good to bless Your people Israel at every time and in every hour with Your peace.

During the Ten Days of Penitence add:

In Your presence may we and all Your people, the family of Israel, be remembered and recorded in the Book of Life for a good life and for peace.

Blessed are You God, blessing Your people Israel with peace.

שָׁלוֹם רָב עַל יִשְּׂרָאֵל עַמְּךְ תִּשִּׁים לְעוֹלָם. כִּי אַתָּה הוּא מֶלֶךְ אָדוֹן לְכֶּל־הַשָּׁלוֹם. וְטוֹב בְּעֵינֶיךְּ לְבָרְךְ אֶת עַמְּךְ יִשְׂרָאֵל בְּכְּל־עֵת וּבִכֵּל־שַׁעָה בִּשִׁלוֹמֵךְ.

During the Ten Days of Penitence add:

בְּסֵפֶּר חַיִּים נִזְּכֵר וְנִכָּתֵב לְפָנֶיְדּ אֲנַחְנּוּ וְכְּל־עַמְדְּ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וּלשׁלוֹם:

בָּרוּךְ אַתָּה יהוה. הַמְבָרֵךְ אֶת עַמּוֹ יִשִׂרָאֵל בַּשַׁלוֹם:

שָׁלוֹם Shalom rav al Yisra'el amm'cha tasim l'olam, ki attah hu melech adon l'chol ha-shalom, v'tov b'einecha l'vareich et amm'cha Yisra'el b'chol eit uv'chol sha'ah bishlomecha.

During the Ten Days of Penitence: B'seifer chayyim nizzacheir v'nikkateiv l'fanecha, anachnu v'chol amm'cha beit Yisra'el, l'chayvim tovim ul'shalom.

Baruch attah Adonai, ha-m'vareich et ammo Yisra'el ba-shalom.

#### Set true peace ...

The closing blessing is a request for, and a declaration of, peace. Just as we would want

to depart from friends with a word of peace, so do we as we take our leave of the Sovereign. **MEDITATION** 

אַלהֵי My God, keep my tongue from causing harm and my lips from telling lies. Let me be silent if people curse me, my soul still humble and at peace with all. Open my heart to Your teaching, and give me the will to practise it. May the plans and schemes of those who seek my harm come to nothing.

May the words of my mouth and the meditation of my heart be acceptable to You, O God, my Rock and my Redeemer.<sup>1</sup> אֶלהַי נְצוֹר לְשׁוֹנִי מֵרְע.
וְשִּׁפְתוֹתִי מִדַּבֵּר מִרְמָה. וְלִמְקַלְלֵי
נַפְשִׁי תִדֹם. וְנַפְשִׁי כֶּעָפָּר לַכִּל
תִּקְיה: פְּתַח לִבִּי בְּתוֹרָתֶךְ. וְאַחֲבִי מִצְוֹתֶיךְ תִּרְדּוֹף נַפְשִׁי. וְכְל־ מִצְוֹתֶיךְ תִּרְדּוֹף נַפְשִׁי. וְכְל־ תַצְתָם וְקַלְקֵל מַחְשְׁבוֹתָם: יִהְיִּי לְנָצוֹן אִמְרִי־פִי. וְהָגְיוֹן לִבִּי לְפָנֵיךְ. יהוה צוּרִי וִגוֹאֵלִי:

אֵלהֹי Elohai n'tsor l'shoni meira, v'siftotai middabbeir mirmah, v'limkal'lai nafshi tiddom, v'nafshi ke'afar la-kol tihyeh. P'tach libbi b'toratecha, v'acharei mitsvotecha tirdof nafshi, v'chol ha-kamim alai l'ra'ah, m'heirah hafeir atsatam, v'kalkeil machsh'votam. Yihyu l'ratson imrei fi, v'hegyon libbi l'fanecha, Adonai tsuri v'go'ali.

While reciting Oseh shalom it is customary to take three steps backwards, to bow to the left at the words oseh shalom bimromay, to the right at hu ya'aseh shalom and to the centre at aleinu.

מֹשֶׁה May the Maker of peace in the highest bring this peace upon us and upon all Israel and upon all the world. Amen.

עֹשֶׂה שָׁלוֹם בִּמְרוֹמֶיוּ. הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כְּּל־יִשְׂרָאֵל וְעַל־כָּל־הָעוֹלָם. וִאִמְרוּ. אַמֵן:

עשה Oseh shalom bimromav hu ya'aseh shalom aleinu v'al kol yisra'el v'al kol ha-olam, v'imru Amen.

#### אַלהַי נִצוֹר My God, keep ...

This private meditation is one of a number included in the Talmud (*Berachot* 16b-17a). It is attributed to Mar bar Ravina (fourth Century CE) At the end of the *Amidah* there is time for private thoughts and prayers, either with or without the words of this passage. It is followed by a quotation from Psalm 19:15 in the first person singular which matches the sentence from Psalm 51 with which we prepared ourselves for the *Amidah*. Now we hope that there is

integrity between the thoughts that lie in our hearts and the words that we say aloud.

#### עשה שלום May the maker of peace ...

Oseh shalom is a rabbinic prayer based on a phrase from Job 25:2 seeking peace at the conclusion of a prayer. It is also found at the end of the *Kaddish*. Various progressive liturgies have made its conclusion more universalistic by adding phrases like 'and upon all dwellers on earth' or 'upon all humanity'.

<sup>1</sup> Ps 19:15.

## עלינו ALEINU

**J** BUILDING THE KINGDOM OF GOD: THE DUTY OF ISRAEL

עלינוּ It is our duty to praise the Ruler of all, to recognise the greatness of the Creator of first things, who has chosen us from all peoples by giving us Torah. Therefore we bend low and submit, and give thanks before the supreme Sovereign, the Holy One, who is blessed, who extends the limits of space and makes the world firm; whose glory extends through the universe beyond, and whose strength into farthest space. This is our God and no other; in truth this is our Sovereign and none else. It is written in God's Torah: 'Realise this today and take it to heart; that God is Sovereign in the heavens above and on the earth beneath; no other exists.'1

רָּ לְשַׁבֵּחַ לַאֲדוֹן הַכֹּל. ־בנוּ את־תורתו: הקדוש ברוך הוא: שהוא נוטה שמים ויוסד ארץ. ומושב יקרו מְמַעל. ושכינת עזו הוא מרומים: אמת עוד. זוּלַתוֹ: כַּכַּתוּב בַּתוֹרַתוֹ. והשבת הוא יהוה ועל ממעק מתחת :אין עוד

לְלְנוֹ Aleinu l'shabbei'ach la'adon ha-kol, lateit g'dullah l'yotseir b'reishit, asher bachar banu mikkol ha-ammim, v'natan lanu et torato, va'anachnu kor'im umishtachavim umodim, lifnei melech malchei ha-m'lachim, ha-kadosh baruch hu, shehu noteh shamayim v'yoseid arets, umoshav y'karo ba-shamayim mimma'al ush'chinat uzzo b'govhei m'romim. Hu eloheinu, ein od, emet malkeinu, efes zulato, ka-katuv b'torato: V'yadata ha-yom vahasheivota el l'vavecha, ki Adonai hu ha-elohim bashamayim mimma'al v'al ha-arets mittachat ein od.

#### עלינו It is our ...

The first paragraph defines our task to be witnesses to God, and to make God's presence known and celebrated in the world. Earlier versions expressed the need to do this by contrasting us with other peoples and faiths, who are viewed negatively as idol-worshippers. Some of these phrases were censored by surrounding authorities or

by Jewish self-censorship. One of them, 'who has not made us like the nations of the earth', is a potentially dangerous denial of our own capability to behave badly as individual Jews or as a nation when we have power over others. We have replaced them with another classical Jewish teaching that by giving us the Torah, God has offered us a special role in the world.

<sup>&</sup>lt;sup>1</sup> Deut 4:39.

THE HOPE FOR HUMANITY

על־בֵּן Therefore, Almighty God, we put our hope in You. Soon let us witness the glory of Your power; when the worship of material things shall pass away from the earth, and prejudice and superstition shall at last be cut off; when the world will be set right by the rule of God, and all humanity shall speak out in Your name, and all the wicked of the earth shall turn to You. Then all who inhabit this world shall meet in understanding, and shall know that we are all partners in the repairing of Your world. For Yours alone is the true reign, and only the glory of Your rule endures forever.

So it is written in Your Torah:

'The Eternal shall rule forever and ever.' So it is prophesied:

'The Eternal shall be Sovereign over all the earth. On that day the Eternal shall be One, and known as One.'

עוד. גלולים מן הארץ והאי ברות יכרתון: לתקן בִמַלְכוּת פנות יושבי תבל כי שתפים עולמד. בתקון המלכות שלך היא ולעולמי עַד תִּמְלוֹךְ בָּכַבוֹד: כַּכַּתוּב יהוה בתורתק. לעוֹלם ועד: ונאמר. והיה יהוה לְמֵלֶךְ עַל־בֶּל־הַאַרִץ. בַּיוֹם הַהוֹא יָהֵיָה יהוה אַחַד ושמו אחד:

לרֹכֵן Al kein n'kavveh l'cha Adonai eloheinu lir'ot m'heirah b'tif'eret uzzecha, l'ha'avir gillulim min ha-arets, v'ha-elilim karot yikareitun, l'takkein olam b'malchut shaddai v'chol b'nei vasar yikr'u vishmecha, l'hafnot eilecha kol rish'ei arets. Yakiru v'yeid'u kol yosh'vei teiveil, ki shuttafim kullanu b'tikkun olamecha, ki ha-malchut shell'cha hi, ul'ol'mei ad timloch b'chavod, ka-katuv b'toratecha: Adonai yimloch l'olam va'ed. V'ne'emar: v'hayah Adonai l'melech al kol ha-arets, ba-yom ha-hu yihyeh Adonai echad ush'mo echad.

דל־כֵּן נְקוָה Therefore we put our hope ...

Rather than insist that all peoples will eventually come to worship Israel's God, as in the traditional version, we express here the hope that all will acknowledge our shared responsibility, each in our own particular way, as partners in *tikkun olam*,

in 'repairing the world'. 'Every people is a question which God addresses to humanity; and every people, from its place, with its special talents and possibilities must answer for its own sake and for the sake of humanity' (Leo Baeck).

<sup>1</sup> Ex 15:18; Zech 14:9.

One of the following prayers may be read before reciting the Kaddish:

#### I

On this Shabbat, as our week's work is ended, and we enjoy a brief time of rest, we think of those whose life's work is done, and have gone to their eternal rest. We think especially now of those who died at this time in years past.

We face the mysteries of life and death and eternal life. We put our trust in God whom we have never trusted enough. *Harachaman*, may we inherit a day that shall be wholly a Shabbat and rest in life everlasting.

We pray for the coming of God's kingdom in the words of the *Kaddish* ...

#### II

We live our life, yet hardly know its nature, for from a mystery we come and to this mystery we return. The death of those close to our hearts grieves and humbles us. It reminds us that we all must die, like grass that grows in the morning, that grows so fresh in the morning, and in the evening fades and dies. So we end our years like a sigh.

Let us think of those who died at this time in years past.

How can we accept the reality of death? By remembering the goodness of our loved ones, and by shaping our lives after their example. For the memory of the righteous is truly a blessing, and an inspiration for all our days. May our lives be always worthy of their memory.

#### Ш

The souls of the righteous are in the hands of God and no harm shall come to them.

God, source of compassion, You give life, in which joys and sorrows are mingled, and send death with its promise of eternal peace.

(We mourn this week the deaths of ...

May You comfort their families and all who mourn for them. May God who is full of compassion, whose presence is over us, cover them in the shelter of Your wings forever and bind their souls into the gathering of life.)

We remember at this time all those who once shared with us the joys and challenges of life, but who are with us no longer. May their souls shine like the brightness of the heavens. We thank You for all You gave them during their lives.

(We think especially of those who died at this time in years past ... )

Zichronam livrachah - may the memory of their love and guidance be a source of enduring blessing. In loving memory we sanctify Your name and say:

When the Kaddish is recited by the mourners the congregation responds throughout at Amen and b'rich hu as well as reciting the sentence beginning: y'hei sh'meih rabba ...

Before reciting the concluding sentence, oseh shalom, as previously at the end of the Amidah, it is a custom to take three steps backwards, to bow to the left at the words oseh shalom bimromav, to the right at hu ya'aseh shalom and to the centre at aleinu.

קדיש יתום MOURNERS' *KADDISH*  סיום התפלה 316

איתנדיל Let us magnify and let us sanctify in this world the great name of God whose will created it.

May God's reign come in your lifetime, and in your days, and in the lifetime of the family of Israel - quickly and speedily may it come.

#### Amen.

May the greatness of God's being be blessed from eternity to eternity.

Let us bless and let us extol, let us tell aloud and let us raise aloft, let us set on high and let us honour, let us exalt and let us praise the Holy One, whose name is blessed,

who is far beyond any blessing or song,

During the Ten Days of Penitence: who is far above and beyond any blessing

any honour or any consolation that can be spoken of in this world. **Amen**.

May great peace from heaven and the gift of life be granted to us and to all the family of Israel.

#### Amen.

May the Maker of peace in the highest bring this peace upon us and upon all Israel and upon all the world.

Amen.

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵה רַבָּא (אָמֵן)
בְּעָלְמָא דִּי־בְרָא כִּרְעוּתֵה:
רְיַמְלִיךְ מַלְכוּתִה
בְּעֲגָלָא וּבִיוֹמֵיכוֹן
בְּעֲגָלָא וּבִיְמֵן קָרִיב.
רְאַמְרוּ אָמֵן:
רְעָלַם וּלְעָלְמֵי עָלְמֵיָּא:
רְיִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאַר
רְיִתְבַלָּם וּלְעָלְמִי עָלְמֵיָּא:
רְיִתְבַלָּם וִּיְתְנַשֵּׂא וְיִתְפָּאַר
רְיִתְנַשֵּׂא וְיִתְהַבִּר
רְיִתְנַשֵּׂא וְיִתְהַבִּר

לְעֵלָּא מָן־כָּ<sup>°</sup>ל־בָּרְכָתָא

During the Ten Days of Penitence:

לְעֵלָּא לְעֵלָּא מִכְּּל־בִּרְכָתָא רְשִׁירָתָא תָּשְׁבְּחָתָא וְנָחֲמְתָא דִּי־אֲמִירָן בְּעָלְמָא. וָאָמָרוּ אֲמֵן:

יְהֵא שְׁלָמֶא רַבָּא מִן שְׁמֵיָּא וְחַיִּים עָלֵינוּ וְעַל־כְּּל־יִשְׂרָאֵל. וְאִמְרוּ אָמֵן: עֹשֶׁה שָׁלוֹם בִּמְרוֹמֶיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ וְעַל כְּּל־יִשְׂרָאֵל וְעַל־כְּּל-הָעוֹלֶם. וְאַמָרוּ אָמֵן:

#### קדיש יתום Mourners' Kaddish

The *Kaddish*, composed in Aramaic, in its various forms is a hymn of praise to God that is used to mark the conclusion of different sections of the service. At the end

of the service it is customary for mourners to recite it during the period of mourning after the death of a relative and on the anniversary of that death. In some congregations it is the custom, following the

'תְבְּדֵל Yitgaddal v'yitkaddash sh'meih rabba (amen),

b'alma di v'ra chiruteih,

v'yamlich malchuteih,

b'chayyeichon uv'yomeichon

uv'chayyei di chol beit yisra'el,

ba'agala u'vizman kariv,

v'imru **amen**.

Y'hei sh'meih rabba m'varach,

#### l'alam ul'almei almaya.

Yitbarach v'yishtabbach v'yitpa'ar

v'yitromam v'yitnassei v'yit-haddar

v'yit'alleh v'yit-hallal,

sh'meih di kudsha,

#### b'rich hu.

l'eilla min kol birchata

During the Ten Days of Penitence:

l'eilla l'eilla mikol birchata

v'shirata tushb'chata v'nechemata.

di amiran b'alma,

v'imru amen.

Y'hei sh'lama rabba min sh'maya,

v'chayyim aleinu v'al kol yisra'el,

v'imru amen.

Oseh shalom bimromav,

hu ya'aseh shalom

aleinu v'al kol yisra'el,

v'al kol ha-olam,

v'imru **amen**.

tradition, for the mourners alone to recite it; in others the entire congregation recites it, taking on this responsibility of behalf of those, like victims of the *Shoah*, who have no survivors to recite it.

During the High Holydays the word *l'eilla*, 'above', in the third paragraph, is repeated as God is understood to ascend to the judgment seat.

לְבְּדְלְ We praise the living God, the One Whom we adore, who is outside the bounds of space and time;

Who is unique, alone and far beyond compare, outside all limitations we define;

Who has no human frame, no human shape or form; alone the source of holiness and awe.

When not a single form appeared within the world, God was the first where nothing was before.

Such is the Sovereign power that rules the universe, each creature knows it lives in God's domain.

But through a special grace the prophets learned God's will, those chosen ones who guide our journeying. ָּרְבְּרַלְ אֶלֹהִים חַי וְיִשְׁתַּבַּח. נִמְצָא וְאֵין עֵת אֶל־מְצִיאוּתוֹ:

אֶחָד וְאֵין יָחִיד כְּיִחוּדוֹ. נֶעְלָם וְגַם אֵין סוֹף לְאַחְדּוּתוֹ:

אֵין לוֹ דְמוּת הַגוּף וְאֵינוֹ גוּף. לֹא נַעֲרוֹךְ אֵלְיו קְדָשָּׁתוֹ:

קַרְמוֹן לְכְּל־דְּבָר אֲשֶׁר נִבְרָא. רִאשׁוֹן וְאֵין רֵאשִׁית לְרֵאשִׁיתוֹ:

הִנּוֹ אֲדוֹן עוֹלְם. לְכָּל־נוֹצְר יוֹרֶה גְדִלְתוֹ וּמַלְכוּתוֹ:

> שֶׁפַע נְבוּאָתוֹ נְתָנוֹ אֶל־אַנְשֵׁי סְגֻלְתוֹ וְתִפְאַרְתּוֹ:

<<<

יְגְּדֵּלְ Yigdal elohim chai v'yishtabach, nimtsa v'ein eit el m'tsi'uto.
Echad v'ein yachid k'yichudo, ne'lam v'gam ein sof l'achduto.
Ein lo d'mut ha-guf v'eino guf, lo na'aroch eilav k'dushato.
Kadmon l'chol davar asher nivra, rishon v'ein reishit l'reishito.
Hinno adon olam l'chol notsar yoreh g'dulato umalchuto.
Shefa n'vu'ato n'tano, el anshei s'gullato v'tif'arto.

#### יגדל Yigdal

The hymn *Yigdal* is based on the thirteen principles of faith expressed by Moses Maimonides (1135-1204). They represent issues that he felt needed to be addressed in his time, partly because of internal debates within Judaism, partly to distinguish it from the views of the surrounding Islamic culture. This version may have been composed in

the fourteenth century by the judge Daniel ben Yehudah of Rome. The poem is not included in some traditional prayer books as it was felt wrong to reduce the 613 *mitsvot* to any formulaic list. The conclusion 'These thirteen ...' is a Sephardic addition.

We have understood the line that God 'brings evil (punishment) upon evil-doers according to their evil' in line with Psalm 1, that evil leads to its own disaster.

No prophet has there been since Moses was our guide, who knew the Living God and came so close.

God gave to Israel truth by which to lead our lives taught by the faithful prophet that God chose.

God will never change the teaching we received nor ever put another in its place.

God watches and can see the secrets in our hearts, before each deed foresees its final ways.

Whoever loves good deeds rejoices in God's love, but evil leads to evil which destroys.

And at the end of days, an anointed one will come redeeming those who wait for God to save.

Life beyond all death, God gives with greatest love. We bless for evermore God's glorious name.

> These thirteen play a part in Israel's faith in God, the principles derived from God's Torah.

לֹא קָם בְּיִשְׂרָאֵל כְּמֹשֶׁה עוֹד נָבִיא. וּמַבִּיט אֶל־תִּמוּנָתוֹ:

> תּוֹרַת אֱמֶת נָתַן לְעַמּוֹ אֵל. עַל יַד נְבִיאוֹ נָאֱמֵן בֵּיתוֹ:

לא יַחֲלִיף הָאֵל וְלֹא יָמִיר דְּתוֹ לְעוֹלְמִים לְזוּלְתוֹ:

צוֹפֶה וְיוֹדֵעַ סְתָרֵינוּ. מַבִּיט לְסוֹף דָּבָר בְּקַדְמוּתוֹ:

גּוֹמֵל לְאִישׁ חָסִיד כְּמִפְעָלוֹ. נוֹתֵן לְרָשָׁע רָע כְּרִשְׁעָתוֹ:

יִשְׁלַח לְקֵץ יָמִים מְשִׁיחֵנוּ. לִפְדוֹת מְחַבֵּי קֵץ יְשׁוּעָתוֹ:

מֵתִים יְחַיֶּה אֵל בְּרוֹב חַסְדּוֹ. בָּרוּך עֲדֵי עַד שֵׁם תִּהִלְּתוֹ:

אֵלֶה שְׁלשׁ עֶשְׂרֵה לְעִקְּרִים. הַנָּם יִסוֹד דַּת אֵל וְתוֹרָתוֹ:

Lo kam b'yisra'el k'mosheh od navi, umabbit el t'munato.
Torat emet natan l'ammo eil, al yad n'vi'o ne'eman beito.
Lo yachalif ha-eil v'lo yamir dato, l'olamim l'zulato.
Tsofeh v'yodei'a s'tareinu, mabbit l'sof davar b'kadmuto.
Gomeil l'ish chasid k'mif'alo, notein l'rasha ra k'rish'ato.
Yishlach l'keits yamim m'shicheinu, lifdot m'chakkei keits y'shu'ato.
Meitim y'chayeh eil b'rov chasdo, baruch adei ad sheim t'hillato.

Eilleh sh'losh esreih l'ikkarim, Hinnam y'sod dat eil v'torato.