



מעריב לחול

Evening Service for Weekdays

**including prayers
for a House of Mourning**



The Hebrew Congregation of St. Thomas

ק"ק ברכה ושלווה וגמילות חסדים

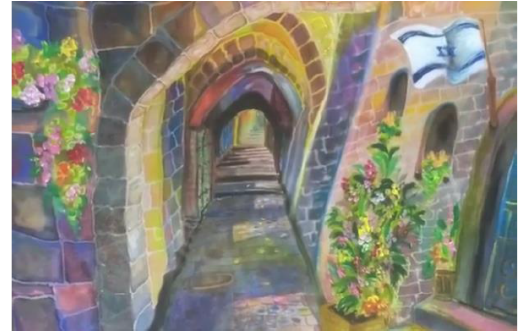
**Congregation of Blessing,
Peace and Loving Deeds**

A Meditation on Prayer

If prayer is pure and untainted,
surely that holy breath that rises from your lips
will join with the breath of heaven
that is always flowing into you from above.

Thus our masters have taught the verse of the Psalmist
"Every breath shall praise God." means,
with every single breath that you breathe, God is praised.

As the breath leaves you, it ascends to God,
and then it returns to you from above.
Thus that spark from the divine which lives within you
is reunited with its source.



Opening Prayer

"And after the fire, a still, small voice..." (I Kings 19)
Eternal God, You give meaning to our days, to our struggles and strivings.
In the stillness of the night, and in the press of the crowd,
Yours is the voice within that brings peace.

*We do not ask for a life of ease, for happiness without alloy.
We ask only to be uncomplaining, and unafraid.
In our darkness, be our light,
and in our loneliness, help us to discover
the many souls akin to our own.
Give us strength to face life with courage,
to draw blessing even from its discords and conflicts.
Help us to understand that life calls us not merely
to enjoy the richness of the earth,
but to exult in heights gained
after the toil of climbing.*

*O God, let our darkness be dispelled by Your love,
that we may rise above fear and failure.
You give meaning to our days;
You are our support and our trust.*

וְהוּא רַחוּם יְכַפֵּר עוֹן וְלֹא יִשְׁחִית,
וְהִרְבָּה לְהַשִּׁיב אָפוֹ, וְלֹא יַעֲרִיר כָּל חַמָּתוֹ.
יְיָ הוֹשִׁיעָה, הַמֶּלֶךְ יַעֲנֵנוּ בְיוֹם קִרְאָנוּ.

V'hu rachum y'chapeir avon v'lo yashchit.
v'hirba l'hashiv apo, v'lo ya'ir kol chamato.
Adonai Hoshiyah, haMelekh ya'aneinu, v'yom koreinu.

*Merciful God, grant us atonement for all our sins, and show us kindness!
God, You are great in restraint and slow to anger.
God, be our Deliverance!
Our Sovereign, answer us when we call upon Your name!*

Please rise.

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Barekhu et Adonai ham'vo-rakh.
Barukh Adonai ham-vo-rakh l'olam va'ed.

Praise Adonai to whom our praise is due!
Praise Adonai to whom our praise is due, now and forever!

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר בִּדְבָרוֹ מַעְרִיב עַרְבִים,
בְּחִכְמָה פּוֹתֵחַ שַׁעֲרִים, וּבִתְבוּנָה מְשַׁנֶּה עֵתִים, וּמַחְלִיף אֶת הַזְּמַנִּים,
וּמַסִּיד אֶת הַכּוֹכָבִים בְּמִשְׁמְרוֹתֵיהֶם בָּרְקִיעַ כְּרֻצּוֹנוֹ.
בוֹרֵא יוֹם וְלַיְלָה, גּוֹלֵל אוֹר מִפְּנֵי חֹשֶׁךְ, וְחֹשֶׁךְ מִפְּנֵי אוֹר.
וּמַעֲבִיר יוֹם וּמַבְיֵא לַיְלָה, וּמַבְדִּיל בֵּין יוֹם וּבֵין לַיְלָה, יְיָ צְבָאוֹת
שְׁמוֹ. אֵל חַי וְקַיִם, תָּמִיד יְמִלּוֹךְ עָלֵינוּ לְעוֹלָם וָעֶד.
בָּרוּךְ אַתָּה יְיָ, הַמַּעְרִיב עַרְבִים.

Barukh Atah Adonai, Elohenu Melekh ha-olam, asher bid-va-ro ma'ariv aravim,
b'hokhmah po-tay-ah sh'a-rim, u'veet'vu-nah m'sha-neh ee-teem, u'ma-ha-leef et haz-ma-nim,
u'm'sa-dair et a ko-kha-vim b'meesh-m'ro-tay-hem ba-ra-ki'a kir-tso-no.
Borai yom va-lai-lah, golel or mip-nay ho-shekh, v'ho-shekh meep-nay or.
U'ma'a-veer yom u'may-vee lai-lah, u'mav-dil bain yom u'vain lailah, Adonai Ts'va-ot Sh'mo.
El hai v'kay-yam, tamid yim-lokh aleinu l'olam va'ed.
Barukh Atah Adonai, ha-ma-a-reev ara-veem.

Praised be Adonai our God, Ruler of the universe, whose word brings on the evening, whose wisdom opens heaven's gates, whose understanding makes the ages pass and the seasons alternate, and whose will controls the stars as they travel through the skies. You are Creator of day and night, rolling light away from darkness and darkness away from light. You cause the day to pass and bring on the night, separating day from night. You command the hosts of heaven! May the living and eternal God rule us always, to the end of time! Blessed is Adonai, whose word makes evening fall.

אַהַבַּת עוֹלָם בֵּית יִשְׂרָאֵל עִמָּךְ אָהָבָה,
 תּוֹרָה וּמִצְוֹת, חֻקִּים וּמִשְׁפָּטִים אוֹתָנוּ לְמַדָּה.
 עַל כֵּן יְיָ אֱלֹהֵינוּ, בְּשֹׁכְבֵנוּ וּבִקְוֵמָנוּ נִשְׁיחַ בְּחֻקֶּיךָ,
 וְנִשְׁמַח בְּדִבְרֵי תוֹרָתְךָ וּבְמִצְוֹתֶיךָ לְעוֹלָם וָעֶד.
 כִּי הֵם חַיֵּינוּ וְאַרְךְ יָמֵינוּ, וּבָהֶם נִהְגֶּה יוֹמָם וְלַיְלָה,
 וְאַהַבָתְךָ אֶל תַּסִּיר מִמֶּנּוּ לְעוֹלָמִים.
 בָּרוּךְ אַתָּה יְיָ, אוֹהֵב עַמּוֹ יִשְׂרָאֵל.

Ahavat Olam beit Yisrael am'cha ahavta,
 Torah u'mitzvot, chukim u'mishpatim, otanu limad'ta.
 Al kein Adonai Eloheinu, b'shochveinu, u'v'kumeinu nasiach b'chukecha,
 v'nismach b'divrei Toratecha, u'v'mitzvotecha l'olam v'ed.
 Ki heim chayeinu v'orech yameinu, u'vaheim neh'geh yomam valaila.
 v'ahavat'cha al tasir mimeinu l'olamim.
 Baruch atta Adonai, oheiv amo Yisraei.

*Unending is Your love for Your people, the House of Israel;
 Torah and Mitzvot, laws and precepts have You taught us.
 Therefore, O God, when we lie down and when we rise up,
 we will meditate on Your laws and rejoice in Your Torah and Mitzvot forever.
 For they are our life, and the length of our days,
 and we will reflect upon them day and night.
 Then Your love shall never depart from us.
 Blessed are You, Eternal One, who loves Your people Israel.*



שְׁמַע | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד.
בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai Elohenu Adonai Ehad!

Barukh Shem k'vod Malkhuto l'olam va'ed!

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

Blessed is God's glorious majesty forever and ever!

Please be seated.

וְאַהֲבַתְּ אֶת יְיָ | אֱלֹהֶיךָ, בְּכָל | לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ.
וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר | אֲנֹכִי מְצַוְּךָ הַיּוֹם, עַל | לִבְבְּךָ.
וְשִׁנַּנְתָּם לְבָנֶיךָ, וְדִבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ,
וּבִלְכֹתְךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.
וּקְשַׁרְתָּם לְאוֹת | עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין | עֵינֶיךָ.
וְכִתַּבְתָּם | עַל מְזוֹזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם | אֶת כָּל מִצְוֹתַי, וְהָיִיתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם.
אֲנִי יְיָ | אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי | אֶתְכֶם | מֵאֶרֶץ מִצְרַיִם,
לְהוֹיֹת לָכֶם לֵאלֹהִים, אֲנִי | יְיָ | אֱלֹהֵיכֶם.

V'ahavta et Adonai Eloheicha b'chol l'vav'cha u'v'chol nafshecha uv'chol me'odecha.

V'hayu ha'd'varim ha'eleh, asher anochi m'tzav'cha hayom al l'vavecha.

V'shinantam l'vanecha, v'dibarta bam bishivt'cha b'veitecha,

U'v'lechtem badereck, u'v'shoch'b'cha, uv'kumecha.

U'k'shartem l'ot al yadecha, v'hayu l'totafot beyn eynecha,

Uch'tav'tam al m'zuzot beytecha, uvish'arecha.

L'ma'an tizk'ru va'asitem et kol mitzvotai, vi'h'yitem k'doshim leiloheichem.

Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim,

Li'h'yot lachem leilohim. Ani Adonai Eloheichem.

You shall love Adonai your God with all your mind, with all your strength, with all your being. Set these words, which I command you this day, upon your heart. Teach them faithfully 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 a symbol before your eyes; inscribe them on the doorposts of your house, and on your gates. Be mindful of all My Mitzvot, and do them; so shall you consecrate yourselves to your God. I am your Eternal God, who led you out of Egypt to be your God. I am your Eternal God.

אֱמֶת וְאֵמוּנָה כָּל זֹאת, וְקִיָּם עָלֵינוּ,
 כִּי הוּא יְיָ אֱלֹהֵינוּ וְאֵין זֹלָתוֹ, וְאֶנְחֵנוּ יִשְׂרָאֵל עַמּוֹ.
 Emet ve'emunah kol zot, v'kayam aleinu,
 ki hu Adonai Eloheinu, v'ein zulato, va'anachnu Yisrael amo.

True and faithful is this, enduring for us: that you are Adonai, our God, there is
 none else...
 and we are Israel Your people.

*Standing on the parted shores of history
 we still believe what we were taught
 before ever we stood at Sinai's foot;
 that wherever we go, it is eternally Egypt
 that there is a better place, a promised land;
 that the winding way to that promise passes
 through the wilderness
 that there is no way to get from here to there
 except by joining hands, marching
 together.*



וּמַלְכוּתוֹ בְּרָצוֹן קִבְּלוּ עֲלֵיהֶם, מֹשֶׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל
 לֵךְ עִנּוּ שִׁירָה בְּשִׂמְחָה רַבָּה, וְאָמְרוּ כֻלָּם :
 u'malchut v'ratzon kib'lu aleichem, Moshe u'Miryam uv'nai Yisrael
 l'cha anu shirah b'simchah rabah, v'amru chulam:

מִי כָמֹכָה בָּאֵלִים יְיָ, מִי כָמֹכָה נֶאֱדָר בִּקְדֻשָּׁה,
 נוֹרָא תְהִלָּת, עֹשֶׂה פֶלֶא.
 מַלְכוּתְךָ רָאוּ בְנֶיךָ, בּוֹקֵעַ יָם לִפְנֵי מֹשֶׁה,
 זֶה אֱלֹהֵינוּ וְאָמְרוּ:
 יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.
 וְנֶאֱמַר: כִּי פָדָה יְיָ אֶת יַעֲקֹב,
 וַיִּגְאֻלוּ מִיַּד חֲזָק מִמֶּנּוּ.
 בָּרוּךְ אַתָּה יְיָ, גֹאֵל יִשְׂרָאֵל.

Mi chamocha ba'eilim Adonai, mi kamocha ne'edar bakodesh,
 nora t'hilot oseh feleh.
 Malchut'cha ra'u vanecha, bokeya yam lifnei Moshe,
 zeh eil, anu v'am'ru.
 Adonai Yimloch l'olam va'ed.
 V'ne'emar ki fada Adonai et Ya'akov,
 u'ga'alo miyad chazak mimenu.
 Barukh atta Adonai, ga'al Yisraeil.

Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness, awesome in splendor, doing wonders? In their escape from the sea, Your children saw Your sovereign might displayed. "This is my God," they cried. "The Eternal will reign for ever and ever." And it has been said: The Eternal One delivered Jacob, and redeemed us from the hand of one stronger than ourselves. We praise You, Eternal One, Redeemer of Israel.

הִשְׁפִּיבֵנוּ יְיָ אֱלֹהֵינוּ לְשָׁלוֹם, וְהַעֲמִידֵנוּ מַלְכֵנוּ לְחַיִּים,
 וּפְרוֹשׁ עָלֵינוּ סִפְת שְׁלוֹמְךָ, וְתִקְנֵנוּ בְּעֶצֶה טוֹבָה מִלִּפְנֶיךָ,
 וְהוֹשִׁיעֵנוּ לְמַעַן שְׁמֶךָ. וְהִגֵּן בְּעַדֵּנוּ, וְהִסָּר מֵעָלֵינוּ אוֹיֵב, דָּבָר, וְחֶרֶב, וְרָעָב,
 וְיָגוֹן, וְהִרְחִיק מִמֶּנּוּ עוֹן וּפֶשַׁע. וּבְצֵל כְּנָפֶיךָ תִּסְתִּירֵנוּ,
 כִּי אֵל שׁוֹמְרָנוּ וּמַצִּילֵנוּ אַתָּה, כִּי אֵל חַנוּן וְרַחוּם אַתָּה.
 וְשִׁמּוֹר צִאתָנוּ וּבּוֹאֵנוּ, לְחַיִּים וּלְשָׁלוֹם, מֵעַתָּה וְעַד עוֹלָם.
 בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵר עַמּוֹ יִשְׂרָאֵל לָעֶד.

Hashkiveinu Adonai Eloheinu l'shalom, v'ha'amideinu malkeinu l'chayim
 U'fros aleynu sukkat sh'lomecha, v'takneinu b'eitzah tovah mil'fanecha,
 v'hoshiyeinu l'ma'an sh'mecha. V'hagein ba'adeinu, v'haseir mei'aleynu oyeiv, dever, v'cherev
 v'ra'av v'yagon, v'har'cheik mim'nenu avon va'fesha. U'v'tzeil k'nafecha tastireinu.
 Ki eil shom'reinu u'matzileinu a'tah, ki eil chanun v'rachum a'tah.
 U'sh'mor tzeiteinu u'vo'einu, l'chayim u'l'shalom, mei'atta v'ad olam.
 Barukh attah Adonai, shomeir amo Yisraeil la'ad.

Grant, our Eternal God, that we may lie down in peace,
 and raise us up, our Sovereign, to life renewed.
 Spread over us the shelter of Your peace;
 guide us with Your good counsel,
 and for Your name's sake, be our Help!
 Shield us from hatred and plague;
 keep us from war and famine and anguish;
 subdue our inclination to evil.
 God, our Guardian and Helper,
 our gracious and merciful Ruler,
 give us refuge in the shadow of Your wings.
 Guard our coming and our going,
 that now and always we have life and peace.
 Blessed is Adonai, Guardian of Your people Israel for ever.



יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
 בְּעֲלָמָא דִּי בְּרָא כְרַעוּתֵהּ, וְיַמְלִיךְ מַלְכוּתֵהּ
 בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
 בְּעֲגָלָא וּבְזִמָּן קָרִיב, וְאָמְרוּ אָמֵן.
 יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמַיָּא.
 יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
 וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל שְׁמֵהּ דְּקַדְשָׁא בְּרִיךְ הוּא,
 לְעָלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
 תְּשֻׁבְחָתָא וְנַחֲמָתָא, דְּאָמִירָן בְּעֲלָמָא
 וְאָמְרוּ אָמֵן.

Yitgadal v'yitkadash sh'mei raba.
 B'alma di-vara chirutei v'yamlich malchutei
 B'chayeichon u'v'yomeichon u'v'chayei d'chol beit Yisrael,
 Ba'a'galah u'vizman kariv. V'imru: Amen.
 Y'hei sh'mei raba m'varach l'alam ul'almei almaya.
 Yitbarach, viyishtabach, v'yit'pa'ar, v'yitromam v'yit'nasei,
 V'yit'hadar, v'yit'aleh,, v'yit'halal, sh'mei d'kud'sha, B'rikh Hu.
 L'eilah min kol birchata v'shirata,
 Tush'bechata, v'nechemata, da'amiran b'alma.
 V'imru: Amen.

Let the glory of God be extolled, let God's great name be hallowed, in the world whose creation God willed. May God's rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say Amen. Let God's great name be blessed forever and ever. Let the name of the Blessed Holy One be glorified, exalted and honored, though God is above all the praises, songs and adorations that we can utter, and let us say Amen.

תפילה

O God, it is not easy to pray.
And yet I pray that these few moments
Will somehow bring me closer to You.

Create a pure heart within me;
let my soul wake up in Your light.
Open me to Your presence;
flood me with Your holy spirit.
Then I will stand and sing out
the power of Your forgiveness.
I will teach Your love to the lonely;
the lost will find their way home.
Adonai, open up my lips
and my mouth will declare Your praise.

Please Rise

אֲדֹנֵי, שִׁפְתֵי תִפְתָּח, וּפִי יַגִּיד תְּהִלָּתְךָ

Adonai, Sifatei Tiftach, u'fi Yagid t'hilatecha

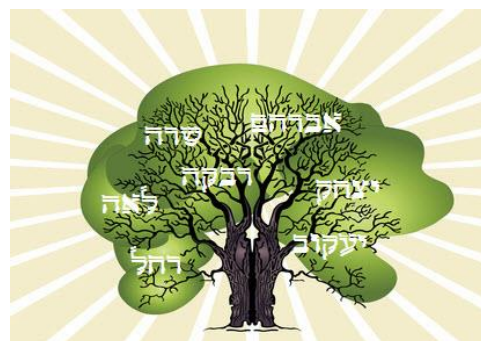
Eternal God, open up my lips, that my mouth may declare Your glory.

Avot v'Emahot

Our Patriarchs and Matriarchs

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ
· אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב,
אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל,
הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,
גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,
וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאִמּוֹת,
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:
מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן:
בְּרוּךְ אַתָּה יְיָ, מֶגֶן אַבְרָהָם וְעִזְרַת שָׂרָה

Barukh ata Adonai, Eloheinu veilohei avoteinu v'imoteinu
Elohei Avraham, Elohei Yitzchak, Veilohei Ya'akov,
Elohei Sarah, Elohei Rivkah, Elohei Leah, Veilohei Racheil,
Ha'eil hagadol hagibor v'hanora, Eil Elyon
Gomeil chasadim tovim, v'konei hakol,
V'zocheir chasdei avot v'imahot,
U'meivi g'ulah livnai v'neihem, l'ma'an shmo b'ahavah.
Melech ozeir u'moshia u'magein:
Barukh ata Adonai, Magein Avraham v'Ezrat Sarah



Blessed are You, Adonai our God, God of our fathers and mothers, God of Abraham, God of Isaac, and God of Jacob. God of Sarah, God of Rebecca, God of Rachel and God of Leah, the great, mighty and awesome God, transcendent God who bestows loving kindness, creates everything out of love, remembers the love of our fathers and mothers, and brings redemption to their children's children for the sake of the Divine Name. O Sovereign, Deliverer, Helper and Shield. Blessed are You, Adonai, Abraham's Shield, Helper of Sarah.

Gevurot
God's Power

אַתָּה גִּבּוֹר לְעוֹלָם אֲדֹנָי,
מְחִיָּה הַכֹּל אַתָּה, רַב לְהוֹשִׁיעַ:
מוֹרִיד הַטָּל מְשִׁיב הָרוּחַ וּמוֹרִיד הַגֶּשֶׁם.
מְכַלְכֵּל חַיִּים בְּחֶסֶד, מְחִיָּה הַכֹּל בְּרַחֲמִים רַבִּים,
סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,
וּמְקַיֵּם אֱמוּנָתוֹ לְיִשְׁרָאֵל עַד,
מִי כָמוֹךָ בַּעַל גְּבוּרוֹת וּמִי דוֹמֶה לָךְ,
מְלַךְ יִמִּית וּמְחִיָּה וּמְצַמִּיחַ יְשׁוּעָה:
וְנֶאֱמָן אַתָּה לְהַחְיֹת הַכֹּל.
בָּרוּךְ אַתָּה יְיָ, מְחִיָּה הַכֹּל.

Atta Gibor l'olam Adonai
M'cheyei hakol ata rav l'hoshiya:
Morid haTal/ Mashiv haruach, u'morid hagashem
M'chalkeil chayim b'chesed, m'chayei hakol b'rachamim rabim
Someich noflim v'rofei cholim, u'matir asurim,
u'm'kayeim emunato lisheinei afar.
Mi khamokha ba'al g'vurot, u'mi domeh lach,
melech meimit u'm'chayei u'matzmiach y'shuah.
V'ne'eman ata l'hachayot hakol.
Barukh ata Adonai, M'chayei hakol.



You are forever Mighty, Adonai; You give life to all.
WINTER: You cause the wind to shift and rain to fall.
SUMMER: You rain dew upon us.
You sustain the living through love, giving life to all through great compassion,
supporting the falling, healing the sick, freeing the captive,
keeping faith with those who sleep in the dust.
Who is like You, Source of mighty acts?
Who resembles You, a Sovereign who takes and gives life,
causing deliverance to spring up and faithfully giving life to all?
Blessed are You, Adonai, who gives life to all.

K'dushah
Sanctification

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ,
וְקָדוֹשִׁים בְּכָל יוֹם יְהַלְלוּךָ סֵלָה.
בָּרוּךְ אַתָּה יְיָ, הָאֵל הַקָּדוֹשׁ
Atta kadosh v'shim'cha kadosh
u'k'doshim b'chol yom y'hal'lucha selah.
Baruch atta Adonai, haEil HaKadosh.

You are holy, Your name is holy,
and those who are holy praise Your name every day.
Blessed are You, Adonai, the holy God.

Intermediate Blessings
(recited silently or out loud, seated or standing, in Hebrew or English)

Binah
Understanding

אַתָּה חוֹנֵן לְאָדָם דַּעַת, וּמְלַמֵּד לְאֶנוֹשׁ בִּינָה.
חֲנִינוּ מֵאַתָּה דְּעָה, בִּינָה וְהִשְׁכֵּל.
בָּרוּךְ אַתָּה יְיָ, חוֹנֵן הַדַּעַת.
Atta chonein l'adam daat, u'm'lameid le'enosh binah.
Choneinu mei'itcha dei'ah, binah, v'has'keil.
Baruch atta Adonai, chonein ha'da'at.

You grace human beings with knowledge and teach mortals understanding.
Graciously share with us Your insight, knowledge and wisdom.
Blessed are You, Adonai, who graces us with knowledge.

T'shuvah
Repentance

הַשִּׁיבֵנוּ לְתוֹרָתְךָ, וְקַרְבֵּנוּ לְעֲבוֹדָתְךָ,
וְהַחֲזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.
בָּרוּךְ אַתָּה יְיָ, הַרוֹצֶה בְּתַשׁוּבָה.
Hashiveinu L'Toratecha, v'karveinu la'avodatecha,
v'hachazireinu bi'tshuva sheleima l'fanecha.
Baruch atta Adonai, HaRotze Bi't'shuvah.

Return us to Your Torah and draw us near to Your service,
in complete repentance restore us to Your presence.
Blessed are You, Adonai, who welcomes repentance.

S'lichah

Forgiveness

סָלַח לָנוּ, כִּי חָטֵאנוּ, מָחַל לָנוּ, כִּי פָשַׁעְנוּ,
כִּי מוֹחֵל וְסוֹלֵחַ אַתָּה.

בָּרוּךְ אַתָּה יְיָ, חֲנוּן הַמְרַבֵּה לְסִלָּח.

S'lach lanu, ki chatanu, M'chal lanu, ki fashanu,
ki mochail v'soleach atta.

Baruch atta Adonai, chanun hamarbeh lisloach.

Forgive us, for we have sinned;
pardon us, for we have transgressed,
for You are the One who pardons and forgives.
Blessed are You, Adonai, graciously abounding in forgiveness.

G'ulah

Redemption

רָאָה בְּעֵינֵינוּ, וְרִיבָה רִיבָנוּ,
וּגְאַלְנוּ מִהֶרָה לְמַעַן שְׂמֶךְךָ,
כִּי גּוֹאֵל חֲזָק אַתָּה.

בָּרוּךְ אַתָּה יְיָ, גּוֹאֵל יִשְׂרָאֵל.

R'eih v'onyeinu v'rivah riveinu,
ug'aleinu m'heirah l'ma'an shemecha,
ki goeil chazak atta.

Baruch atta Adonai, go'eil Yisrael.

Take note of our affliction, and make our struggles Yours.
Redeem us swiftly for Your name's sake,
for You are the mighty redeemer.
Blessed are You, Adonai, who redeems Israel.

R'fuah

Healing

רְפָאנוּ, יְיָ, וְנִרְפָּא, הוֹשִׁיעֵנוּ וְנִשְׁעָה,
וְהַעֲלֵה רְפוּאָה שְׁלֵמָה לְכָל מַכּוֹתֵינוּ.
כִּי אֵל מֶלֶךְ רוֹפֵא נְאֻמָּן וְרַחֲמָן אַתָּה.
בָּרוּךְ אַתָּה יְיָ, רוֹפֵא הַחוֹלִים

R'fa'einu, Adonai, v'neirafeih; hoshiyeinu v'nivasheya,
v'ha'aleih r'fuah sh'leimah l'chol makoteinu.
Ki eil melech rofeih ne'eman v'rachaman atta.
Baruch atta Adonai, rofeih hacholim.

Heal us, Adonai, and let us be healed; save us and let us be saved.
Grant full healing to our every illness, wound and pain,
for You are a God who is the gracious source of meaning and comfort.
Blessed are You, Adonai, who helps us heal, who brings us comfort.

We add our personal prayers for healing,
for loved ones and friends, and for ourselves.

Birkat HaShanim
Blessing of the land

בָּרַךְ עֲלֵינוּ, יְיָ אֱלֹהֵינוּ, אֶת הַשָּׁנָה הַזֹּאת
וְאֶת כָּל מִינֵי תְבוּאָתָהּ לְטוֹבָה,
וְתֵן בְּרָכָה עַל פְּנֵי הָאָדָמָה, וְשַׂבְּעֵנוּ מִטּוֹבָךְ,
בְּרוּךְ אַתָּה יְיָ, מִבְּרַךְ הַשָּׁנִים.

Bareich aleinu et hashanah hazot

v'et kol minei t'vuatah l'tovah.

V'tein b'rachah al p'nei ha'adamah, v'sabeinu mituvecha.

Baruch atta Adonai, m'vareich hashanim.

Adonai our God, bless this year
and all of its produce for good.
Grant blessing throughout the earth
and satisfy us with Your goodness.
Blessed are You, Adonai, who blesses the year.



Cheirut
Freedom

תִּקַּע בְּשׁוֹפָר גָּדוֹל לְחֵירוּתֵנוּ,
וְשֵׂא נֵס לְקַבֵּץ גְּלוּיֹתֵינוּ,
וְקַבְּצֵנוּ יַחַד מֵאַרְבַּע כְּנִפּוֹת הָאָרֶץ.
בְּרוּךְ אַתָּה יְיָ, מִקַּבֵּץ נִדְחֵי עַמּוֹ יִשְׂרָאֵל.

T'ka b'shofar gadol l'cheiruteinu,

v'sa neis gadol l'kabeitz galuyoteinu,

v'kab'tzeinu yachad mei'arba kan'fot ha'aretz.

Baruch atta Adonai, m'kabeitz nid'chai amo Yisrael.

Sound the great Shofar to proclaim our freedom,
raise a great banner for all those in exile and oppression,
and gather us together from the four corners of the earth.
Blessed are You, Adonai, who gathers the dispersed of the people Israel.

Rabbi Tarfon used to say:
It is not for you to complete the work,
but neither are you free to desist from it. (*Pirkei Avot* 2:21)

Mishpat
Justice

עַל שׁוֹפְטֵי אֶרֶץ שְׁפֹךְ רוּחְךָ
וְהַדְרִיכֵם בְּמִשְׁפָּטִי צְדָקָךְ,
וּמְלוֹךְ עָלֵינוּ אַתָּה לְבַדְּךָ בְּחֶסֶד וּבְרַחֲמִים.
בָּרוּךְ אַתָּה יְיָ, מֶלֶךְ אוֹהֵב צְדָקָה וּמִשְׁפָּט.

Al shof'tei eretz sh'foch ruchacha,
v'hadricheim b'mishp'tei tzid'kecha,
u'm'loch aleinu atta l'vad'cha b'chesed u'v'rachamim.
Baruch atta Adonai, melech ohev tzedaka u'mishpat.

Pour Your spirit upon the rulers of all lands;
guide them that they may govern justly.
O may You alone rule over us in steadfast love and compassion.
Blessed are You, Adonai, a Ruler who loves righteousness and justice.

Rabbi Chanina says:
Pray for the welfare of the government
(in the land in which you live). (*Pirkei Avot* 3:2)

Al HaRishah
Concerning Wickedness

וְלֹרְשָׁעָה אֵל תִּהְיֶה תִקְוָה,
וְהַתּוֹעִים אֵלֶיךָ יָשׁוּבוּ,
וּמַלְכוּת זָדוֹן מִהֲרָה תִשָּׁבֵר.
בָּרוּךְ אַתָּה יְיָ, שֶׁבֶר רָשָׁע מִן הָאָרֶץ.

V'la rishah al t'hi tikvah,
v'hato'im eilecha yashuvu,
u'malchut zadon m'heirah tishabeir.
Baruch atta Adonai, shoveir resha min ha'aretz.

And for the wicked let there be no hope,
and may all who are in error return to You.
May the realm of wickedness be broken.
Blessed are You, Adonai, who will shatter
the power of the wicked on this earth.

Nittai the Arbelite says:
Distance yourself from a bad neighbor
and do not associate with the wicked. (*Pirkei Avot* 1:7)

Tzadikim

The Righteous Ones

עַל הַצְדִּיקִים וְעַל הַחֲסִידִים וְעַל זִקְנֵי עַמֶּךָ בֵּית יִשְׂרָאֵל,
וְעַל גְּרֵי הַצֶּדֶק וְעַלֵּינוּ, יְהֵמוּ נָא רַחֲמֶיךָ, יְיָ אֱלֹהֵינוּ,
וְתֵן שָׂכָר טוֹב לְכָל הַבוֹטְחִים בְּשִׁמְךָ בְּאֱמֶת,
וְשִׁים חֶלְקֵנוּ עִמָּהֶם לְעוֹלָם.
בָּרוּךְ אַתָּה יְיָ, מְשַׁעַן וּמִבְטָח לַצְדִּיקִים.

Al hatzadikim, v'al hachasidim, v'al ziknei am'cha beit Yisrael,
v'al geirei hatzedek v'aleinu, yehemu na rachamecha, Adonai Eloheinu,
v'tein sachar tov l'chol habot'chim b'shimcha be'emet,
v'sim chelkeinu imahem l'olam.

Baruch atta Adonai, Mish'an u'mavtiach latzadikim.

Towards the righteous, towards the pious, towards the leaders of our people,
towards those who choose to join our people, and towards us all,
may Your tender mercies be stirred, Adonai our God,
and may You grant a good reward to all those who trust in your name in truth.
May our fate be among those who find fulfillment.
Blessed are You, Adonai, the staff and the support of the righteous.

Yerushalayim

Jerusalem

וְלִירוּשָׁלַיִם עִירְךָ בְּרַחֲמִים תִּפְנֶה,
וַיְהִי שָׁלוֹם בְּשַׁעְרֶיהָ וּשְׁלֹוה בְּלֵב יוֹשְׁבֶיהָ,
וְתוֹרַתְךָ מִצִּיּוֹן תֵּצֵא, וּדְבָרְךָ מִירוּשָׁלַיִם.
בָּרוּךְ אַתָּה יְיָ, נוֹתֵן שָׁלוֹם בִּירוּשָׁלַיִם.

V'lirushalayim ircha b'rachamim tifneh,
viy'hi shalom bisha'areha, v'shalvah b'leiv yoshvehah,
v'toratcha mitziyon teitzei, u'd'varcha mirushalayim.
Baruch atta Adonai, notein shalom BiY'rushalayim.

Turn in compassion to Jerusalem, Your city.
May there be peace in her gates, quietness in the hearts of her inhabitants.
Let Your Torah go forth from Zion, and Your word from Jerusalem.
Blessed are You, Adonai, who gives peace to Jerusalem.



Y'shuah

Salvation

אֶת צֶמַח דָּוִד עֲבֹדֶךָ מְהֵרָה תַצְמִיחַ,
וְקִרְנוֹ תָרוּם בִּישׁוּעָתְךָ,
כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְיָ, מַצְמִיחַ קֶרֶן יְשׁוּעָה.
Et Tzemach David avd'cha m'heirah tatzmiach,
v'karno tarum biy'shuatecha,
ki liy'shuat'cha kivinu kol hayom.
Baruch atta Adonai, Matzmiach keren Y'shuah.

Bring to flower the shoot of Your servant David.
Hasten the advent of redemption,
for we hope for Your redemption all through the day.
Blessed are You, Adonai, who assures our deliverance.

Alternative version

(from the liberal traditon; less literal):

אֱמֶת מֵאֶרֶץ תַצְמַח, וְצֶדֶק מִשְׁמַיִם נִשְׁקֹף,
וְקֶרֶן עֲמֹד תָרוּם בִּישׁוּעָתְךָ,
כִּי לִישׁוּעָתְךָ קִוִּינוּ כָּל הַיּוֹם.

בָּרוּךְ אַתָּה יְיָ, מַצְמִיחַ קֶרֶן יְשׁוּעָה.
Emet mei'erezt titzmach, v'tzedek mishamayim nishaf
v'keren am'cha tarum biy'shuatecha,
ki liy'shuat'cha kivinu kol hayom.
Baruch atta Adonai, Matzmiach keren Y'shuah.

Truth springs up from the earth;
Justice looks down from the heavens.
May the strength of Your people flourish through Your deliverance,
for we hope for Your deliverance continuously.
Blessed are You, Adonai, who causes salvation to flourish.

Everything is foreseen, yet free will is given.
The world is judged by grace, yet all is according
to the balance of our deeds. (*Pirkei Avot* 3:15)

Shomeah Tefilah

Hearkening to Prayer

שִׁמְעֵנוּ יְיָ אֱלֹהֵינוּ, חוּס וְרַחֵם עָלֵינוּ,
וְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן אֶת תְּפִלָּתֵנוּ,
כִּי אֵל שׁוֹמֵעַ תְּפִלוֹת וְתַחֲנוּנִים אַתָּה.
בָּרוּךְ אַתָּה יְיָ, שׁוֹמֵעַ תְּפִלָּה.

Sh'ma Koleinu, Adonai Eloheinu, v'chus v'racheim aleynu,
v'kabeil b'rachamim uv'ratzon et t'filateinu,
Ki eil shomei'ah t'filot v'tachanunim atta.
Baruch atta Adonai, Shomei'ah T'filah.

Hear our voice, Adonai our God,
have compassion upon us and accept our prayers with favor and mercy,
for You are a God who hears prayer and supplication.
Blessed are You, Adonai, who hearkens to prayer.

Concluding Blessings

Avodah

Prayer and Action

רָצָה, יְיָ אֱלֹהֵינוּ, בְּעַמְּךָ יִשְׂרָאֵל
וּבְתַפִּלָּתָם בְּאַהֲבָה תִּקְבֹּל,
וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.
אֵל קָרוֹב לְכָל-קִרְאָיו, פָּנֶה אֶל עַבְדֶּיךָ וְחַנּוּנוֹ;
שְׁפֹךְ רוּחְךָ עָלֵינוּ, * וְתַחֲזִיקֵנוּ עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים.
בָּרוּךְ אַתָּה יְיָ, הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

R'tzei Adonai Eloheinu, B'Am'cha Yisrael
U't'filatam b'ahavah t'kabel.
U't'hi l'ratzon tamid avodat Yisrael amecha.
Eil karov l'chol korav, p'nei el avodecha v'choneinu;
Sh'foch ruchacha aleinu* (**see next page**).
V'techezeinah eyneinu b'shuv'cha l'tziyon b'rachamim.
Barukh Atta Adonai, HaMachazir Sh'chinato L'tziyon.

Find favor, Adonai our God, with Your people Israel,
and accept their prayer in love.
May the worship of Your people Israel always be acceptable.
God, who is near to all who call, turn graciously to Your servants.
Pour out your spirit upon us.* (**see next page**)
Let our eyes behold your return to Zion.
Blessed are You, Adonai, whose Presence returns to Zion.

*On Rosh Chodesh, the Intermediate Days of Pesach and Sukkot,
and Yom HaAtzmaut we add:

*אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, יַעֲלֶה וַיָּבֹא, וַיִּזְכֹּר זְכוֹרֹנוּ
וְזִכְרוֹן כָּל עַמּוֹד בֵּית יִשְׂרָאֵל לְפָנֶיךָ,
לְטוֹבָה, לָחַן וּלְחֶסֶד וּלְרַחֲמִים,
לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם

לְרֹאשׁ חֹדֶשׁ : לְרֹאשׁ חֹדֶשׁ
לְפֶסַח : חַג הַמַּצּוֹת הַזֶּה.
לְסֻכּוֹ : חַג הַסֻּכּוֹת הַזֶּה.
לְיוֹם הָעֲצָמוֹת : חַג הָעֲצָמוֹת הַזֶּה.

זְכוֹרֵנוּ, יְיָ אֱלֹהֵינוּ, בּוֹ לְטוֹבָה,
וּפְקֻדָּנוּ בּוֹ לְבִרְכָּה,
וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים.

*Eloheinu v'eilohei avotainu v'imoteinu, ya'aleh v'yavo v'yizacheir zichroneinu,
v'zichron kol amcha beit Yisrael l'fanecha
l'tovah l'chein u'l'chesed u'l'rachamim
l'chayim u'l'shalom, b'yom

- *On the first day of the new month: Rosh Hodesh hazeh
- *On the intermediate days of Passover: chag HaMatzot hazeh
- *On the intermediate days of Sukkot: chag HaSukkot hazeh.
- *On Israel Independence Day: chag HaAtzma'ut hazeh.

Zochreinu Adonai Eloheinu bo l'tovah. (Amen)
U'fokdeinu vo livracha. (Amen)
V'hoshiyanu vo l'chayim. (Amen).

*Our God, and God of our fathers and mothers, be mindful of us
and all Your people Israel, for good, for love,
for compassion, life and peace on this
(first day of the month)
(Day of Pesach)
(Day of Sukkot)
(Yom HaAtzmaut).

Remember us for wellbeing. (Amen)
Visit us with blessing. (Amen)
Help us to a fuller life (Amen)

Hoda'ah
Thanksgiving

מודים אנחנו לך, שאתה הוא, יי אלהינו ואלהי אבותינו ואמותינו, לעולם ועד,
צור חיינו, מגן ישענו, אתה הוא לדור ודור, נוֹדֶה לך ונִסְפֹּר תהלתך,
על חיינו המסורים בְּיָדְךָ, ועל נִשְׁמוֹתֵינוּ הַפְּקוּדוֹת לך,
ועל נִסִּיךָ שֶׁבְּכָל יוֹם עִמָּנוּ, ועל נִפְלְאוֹתֶיךָ וטוֹבוֹתֶיךָ שֶׁבְּכָל יֵת,
עֶרֶב וּבֹקֶר וְצֹהָרִים, הַטּוֹב, כִּי לֹא כָלוּ רַחֲמֶיךָ, וְהַמְּרָחֵם, כִּי לֹא תָמוּ חֲסָדֶיךָ,
מֵעוֹלָם קִוִּינוּ לָךְ. וְעַל כָּלֶם יִתְבָּרַךְ וַיִּתְּרוֹמַם שְׁמֶךָ מִלְּכָנוּ תָּמִיד לְעוֹלָם וָעֶד.
וְכָל הַחַיִּים יוֹדוּךָ סֵלָה, וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאַמֶּת, הֵאֵל יְשׁוּעָתָנוּ וְעֲזָרָתָנוּ סֵלָה.
בָּרוּךְ אַתָּה יי, הַטּוֹב שְׁמֶךָ וְלָךְ נָאֶה לְהוֹדוֹת.

Modim Anachnu Lach she'atta hu Adonai Eloheinu, v'elohei Avoteinu v'Imoteinu l'olam va'ed
Tzur chayeinu, magein yisheinu, atta hu l'dor vador, nodeh l'cha u'n'sapeir t'hilatecha,
al chayeinu ham'sorim b'yadecha, v'al nishmoteinu ha'p'kudot lach,
v'al nisecha she'b'chol yom imanu, v'al niflotecha v'tovotecha she'b'chol eit,
erev vavoker v'tzoharaim, hatov ki lo chalu rachamecha, v'ham'racheim ki lo tamu chasadecha
mei'olam kivinu lach. V'al kulam yitbarach v'yitromam shim'cha malkeinu tamid l'olam va'ed.
V'chol hachayim yoducha sela vihal'lu et shim'cha be'emet. Ha'eil yishuateinu v'ezrateinu sela.
Baruch atta Adonai, haTov shimcha ul'cha na'eh l'hodot.

We thank You, Adonai our God, God of our mothers and fathers forever.
You are the Rock of our lives, the Shield of our salvation in every generation.
Let us thank You, and proclaim Your praise --
for our lives which are placed in Your hand, our souls which are in Your care,
and for Your miracles which every day are with us,
and for Your wondrous deeds and favors at all times --
evening, morning and afternoon.
O Good One, whose mercies never end; O Compassionate One,
whose kindness never fails, You have always been our hope.
For all these things, O Sovereign, let Your name be forever praised and blessed.
O God, our Redeemer and Helper, let all who live affirm You
and praise Your name in truth.
Blessed are You, Adonai, Whose Name is Goodness,
and to Whom our thanks are due.

When we behold Your heavens, the work of Your fingers,
the moon and stars that You set in place --
What are we, that You are mindful of us?
You made us little less than divine,
adorned us with glory and majesty.
You gave us dominion over Your handiwork,
laying the world at our feet...
Adonai our God, how majestic is Your name throughout the earth!

Birkat Shalom
The Blessing of Peace



שְׁלוֹם רַב עַל יִשְׂרָאֵל עַמָּךְ תָּשִׂים לְעוֹלָם,
כִּי אַתָּה הוּא מֶלֶךְ אֲדוֹן לְכָל הַשָּׁלוֹם.
וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמָּךְ יִשְׂרָאֵל
בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ.
בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם.

Shalom Rav al Yisrael amcha, tasim l'olam,
ki atta hu melech adon, l'chol hashalom.
v'tov b'einecha l'vareich et amcha Yisrael
b'chol eit u'v'chol sha'ah bishlomecha.
Baruch atta Adonai, haM'vareich et amo Yisrael baShalom.

Grant abundant peace to Israel Your people forever,
for You are the sovereign God of all peace.
May it be pleasing to You to bless Your people Israel
in every season and moment with Your peace.
Blessed are You, Adonai, who blesses Your people Israel with peace.

Silent Prayer

(with these words, or the meditations of our heart)

אֱלֹהִי, נִצּוֹר לְשׁוֹנִי מֵרָע, וּשְׁפָתֵי מִדְּבַר מְרֻמָּה, וְלִמְקַלְלֵי נַפְשִׁי תִדָּם, וְנִפְשִׁי כְּעֶפֶר לְכָל
תְּהִיָּה. פָּתַח לִבִּי בְּתוֹרָתְךָ, וּבְמִצְוֹתֶיךָ תִּרְדּוֹף נַפְשִׁי. וְכָל הַחוֹשְׁבִּים עָלַי רָעָה, מִהֲרָה
הִפֵּר עֲצָתָם וְקָלְקַל מַחֲשַׁבְתָּם. עֲשֵׂה לִמְעַן שְׁמֶךָ, עֲשֵׂה לִמְעַן יְמִינְךָ, עֲשֵׂה לִמְעַן
קִדְשֶׁךָ, עֲשֵׂה לִמְעַן תּוֹרָתְךָ. לִמְעַן יִחְלְצוּן יְדִידֶיךָ, הוֹשִׁיעָה יְמִינְךָ וְעֲנֵנִי.

Elohai n'tzor l'shoni meirah, u'sfatai midabbeir mirmah, v'lim'kal'lai nafshi tidom, v'nafshi
ke'afar lakol tih'yeh. P'tach libi b'toratecha, uv'mitzvotcha tirdof nafshi. V'chol hachoshvim
alai ra'ah, m'heirah hafar atzatom, v'kalkeil mach'sh'votam. Asei l'ma'an sh'mecha. aseih
l'ma'an y'minecha, asei l'ma'an k'dushatecha, asei l'ma'an toratecha, l'ma'an yeichal'tzun
y'didecha, hoshiya y'min'cha va'aneini.

My God, guard my speech from evil, and my lips from deception. Before those
who slander me I will hold my tongue; I will practice humility. Open my heart
to Your Torah, that I may pursue Your mitzvot. As for those who think evil of
me, cancel their designs, and frustrate their schemes. Act for the sake of Your
name, for the sake of Your power, for the sake of Your holiness, for the sake of
Your Torah; so that Your loved ones may be rescued, save with Your power,
and answer me.

Guiding Spirit of the Universe, grant me the ability to find comfort when alone:

May it be my custom to go outdoors each day,
among the trees and the grasses, among all growing things,
there to be alone, and to enter into prayer.

There may I express all that is in my heart,
talking with you to whom I belong.

And may all grasses and trees and plants
awake at my coming.

Send the power of their life into my prayer,
making whole my heart and my speech
through the life and spirit of growing things
made whole by their transcendent Source.

O that they would enter into my prayer!
Then would I fully open my heart
in prayer, supplication and holy speech;
then, O God, would I pour out the words
of my heart before Your presence.



יְהִי לְרָצוֹן אֲמֵרִי כִּי יִהְיֶה לִּבִּי לְפָנֶיךָ, יְיָ צוּרִי וְגוֹאֲלִי.
Yih'yu l'ratzon im'rei fi v'hegyon libi l'fanecha, Adonai Tzuri V'Go'ali.

May the words of my mouth, and the meditations of my heart
be acceptable to You, Adonai, my Rock and my Redeemer.

עֲשֵׂה שָׁלוֹם בְּמִרְמֹי, הוּא יַעֲשֶׂה שָׁלוֹם עֲלֵינוּ,
וְעַל כָּל יִשְׂרָאֵל, (וְעַל כָּל יוֹשְׁבֵי תֵבֵל) וְאָמְרוּ אָמֵן.
Oseh Shalom bimromov, hu ya'aseh shalom aleinu,
v'al kol Yisrael (v'al kol Yosh'vei Teiveil), v'imru: Amen.

May the One who makes peace in the heavens
make peace for us, for all Israel,
and for all who inhabit the earth.
And let us say: Amen.

Prayers at a House of Mourning

תפלה למשה..

אֲדֹנָי מַעֲוֹן אֶתָּה הָיִיתָ לָנוּ בְּדֹר וָדֹר :
בְּטָרֶם | הָרִים יֵלְדוּ וַתְּחַוֶּלֶל אֶרֶץ וַתִּבֵּל וּמַעֲוֹלָם עַד־עוֹלָם אֶתָּה אֵל :
תָּשִׁיב אֲנוֹשׁ עַד־דָּכָא וַתֹּאמֶר שׁוּבוּ בְּנֵי־אָדָם :
כִּי אֶלֶף שָׁנִים בְּעֵינֶיךָ כְּיוֹם אֶתְמוֹל כִּי יַעֲבֹר וְאַשְׁמוּרָה בְּלִילָה :

T'filah L'Moshe, ish haElohim

Adonai, ma'on atta hayita lanu b'dor vador

B'terem harim yuladu, vat'choleil eretz v'teivel u'mei'olam ad olam atta eil:

teisheiv enosh ad daka, vatomer shuvu v'nai Adam!

ki elef shanim b'einecha k'yom etmol, ki ya'avor v'ashmora valaila.

Eternal God, You have been our refuge in all generations.

*Before the mountains were born,
or earth and universe brought forth,
from eternity to eternity, You are God.*

You return us to dust, and say:

Turn back, O children of mortals.

*For a thousand years in Your sight
are but as yesterday when it is past,
or as a watch in the night.*

You sweep us away;

we are like dreamers who dream at daybreak.

We come and go like grass

*which in the morning shoots up, and grows,
and in the evening fades and withers...*

*The number of our years may be many or few,
yet vain toil fills their span,
for it is soon ended, and we fly away.*

*So teach us to number our days
that we may grow wise in heart.*

*Let Your servants understand Your ways
and Your children behold Your glory.*

*Let the beauty of our Eternal God be with us,
and may our work have lasting value.*

O let the work of our hands endure!

from Psalm 90

We are assembled with [our friends] [name of family]
in the shadow that has fallen on their home.
We raise our voices together in prayer to the Source of life,
asking for comfort and strength.

*We need light when gloom darkens our home;
to whom shall we look, if not to the Creator of light? We need fortitude and
courage when pain and loss assail us;
where shall we find them, if not in the thought
of the One who preserves all that is good from destruction?*

*Who among us has not passed through trials and bereavements?
Some bear fresh wounds in their hearts,
and therefore feel more keenly the kinship of sorrow.
Others, whose days of mourning are more remote,
still recall the comfort that sympathy brought to their sorrowing hearts.*

*All things pass.
All that lives must die.
All that we prize is but lent to us,
and the time comes when we must surrender it.
We are travellers on the same road,
that leads to the same end.*

Eternal God of the spirits of all flesh, you are close to the hearts of the
sorrowing, to strengthen and console them with the warmth of Your love, and
with the assurance that the human spirit is enduring and indestructible. Even
as we pray for perfect peace for those whose lives have ended, so do we ask You
to give comfort and courage to the living. May the knowledge of Your nearness
be our strength, O God, for You are with us at all times: in joy and in sorrow,
in light and in darkness, in life and in death.

*O God,
Healer of the broken-hearted
and Binder of their wounds,
grant consolation to those who mourn.
Give them strength and courage in the time of their grief,
and restore to them a sense of life's goodness.
Fill them with love, that they may serve You with a whole heart,
and let them soon know peace.*

Fear not death, for we are destined to die. (It is a fate) we share... with all who ever lived, with all who ever will be. Bewail the dead, hide not your grief, do not restrain your mourning. But remember that continuing sorrow is worse than death. When the dead are at rest, let their memory rest, and be consoled when the soul departs. Seek not to understand what is too difficult for you, search not for what is hidden from you. Be not over occupied with what is beyond you, for you have been shown more than you can understand. As a drop of water in the sea, as a grain of sand on the shore are our few days in eternity. The good things in life are fleeting, but a good name endures forever.

based on *Ben Sira*

מִזְמוֹר לְדָוִד יְהוָה מִי־יָגוּר בְּאַהֲלֶךָ מִי־יִשְׁכֹּן בְּהָר קֹדֶשְׁךָ :
הוֹלֵךְ תָּמִים וּפְעֵל צֶדֶק וְדָבָר אֱמֶת בְּלִבָּבוֹ :

Mizmor L'david. Adonai Mi Yagur B'ohalecha? Mi yishkon b'har kodshecha? Holeich tamim u'fo'eil tzedek, v'doveir emet bil'vavo...

*Eternal God, who may abide in your tent?
Who may dwell in your holy mountain?
Those who are upright; who do justly;
who speak the truth within their hearts;
Who do not slander others, or wrong them;
Who scorn the lawless, but honor those who revere God;
Who give their word and, come what may, do not retract;
Who do not exploit others; who do not take bribes.
Those who live in this way shall never be shaken.*

Psalms 15

מִזְמוֹר לְדָוִד יְהוָה רָעִי לֹא אֶחָסֵר :
ב בְּנֵאוֹת דָּשָׁא יִרְבִּיצֵנִי עַל־מִי מְנַחוֹת יִנְהַלֵּנִי :
ג נַפְשִׁי יִשׁוּבֵב יִנְחֵנִי בְּמַעְגְּלֵי־צֶדֶק לְמַעַן שְׁמוֹ :
ד גַּם כִּי־אֵלֶךְ בְּגִיא צִלְמוֹת לֹא־אִירָא רָע כִּי־אֶתֶּה עִמָּדִי
שְׁבֻטְךָ וּמִשְׁעֲנֶתְךָ הִמָּה יִנְחֲמֵנִי :
ה תַּעֲרֹךְ לִפְנֵי | שְׁלֹחַן נֶגֶד צִרְרֵי
דְּשִׁנֶּה בְּשִׁמּוֹן רֹאשִׁי כּוֹסֵי רוּיָה :
ו אֵךְ טוֹב וְחָסֵד יִרְדְּפוּנִי כָּל־יְמֵי חַיִּי
וְשִׁבְתִּי בְּבֵית־יְהוָה לְאָרְךָ יָמִים :

Adonai Ro'i Lo Echsar.
 Bin'ot deshe yarbitzeini, al mai m'nuchot y'na'haleini.
 Nafshi y'shoveiv, yan'cheini v'ma'agalei tzedek, l'ma'an sh'mo.
 Gam ki eileich b'gai tzalmavet, lo ira ra, ki atta imadi.
 Shiv'techa umishantecha, heima y'nachamuni.
 Ta'aroch lifanai shulchan neged tzor'rai,
 dishanta vashemen roshi, kosi rivaya.
 Ach tov vachased yird'funi kol y'mei chayai,
 v'shavti b'veit Adonai, l'orech yamim.

*The Lord [Eternal One] is my shepherd; I shall not want.
 God makes me lie down in green pastures;
 God leads me beside still waters.
 God restores my soul;
 God leads me in paths of righteousness for God's name's sake.
 Yea, though I walk through the valley of the shadow of death,
 I will fear no evil, for You are with me;
 Your rod and Your staff, they comfort me.
 You prepare a table before me
 in the presence of my enemies;
 You anoint my head with oil; my cup runs over.
 Surely goodness and kindness shall follow me
 all the days of my life;
 and I will dwell
 in the house of the Lord [Eternal]
 forever.*

Psalm 23

אֶשָּׂא עֵינַי אֶל־הַהָרִים מֵאֵין יָבֹא עֶזְרִי :
 עֶזְרִי מֵעַם יְהוָה עֲשֵׂה שָׁמַיִם וָאָרֶץ :
 Esa eynai el heharim mei'ayin yavo ezri
 Ezri mei'im Adonai oseih shamayim va'aretz.

*I lift up my eyes unto the mountains; what is the source of my help?
 My help comes from Adonai, Maker of heaven and earth.
 God will not let your foot give way; Your Protector will not slumber.
 See the Protector of Israel neither slumbers nor sleeps!
 God is your guardian, God is your protection
 at your right hand.
 The sun will not strike you by day, nor the moon by night.
 God will guard you from all harm.
 God will guard your soul,
 your coming and going
 Now and forever.*

Psalm 121

Eil Malei Rachamim:
O God Full of Compassion

For a man:

אל מלא רחמים, שוכן במרומים,
המצא מנוחה נכונה תחת כנפי
השכינה,
עם קדושים וטהורים
כזהר הרקיע מזהירים,
את נשמת... שהלך לעולמו.
בעל הרחמים,
יסתרהו בסתר כנפיו לעולמים,
ויצורו בצרור החיים את נשמתו,
?? הוא נחלתו,
וינוח בשלום על משכבו.
ונאמר אמן.

Eil Malei Rachamim, shochein bam'romim,
ham'tzei m'nucha n'chona
tachat kan'fei hash'chinah,
im k'doshim ut'horim
k'zohar harakiyah mazhirim
et nishmat [] ben [],
shehalach l'olamo.
Ba'al harachamim,
yastireihu b'seiter k'nafov l'olamim,
v'y'tzor bitzror hachayim et nishmato.
Adonai, hu nachalato,
v'yanuach b'shalom al mishkavo,
v'nomar: Amen.

For a woman:

אל מלא רחמים, שוכן במרומים,
המצא מנוחה נכונה תחת כנפי
השכינה,
עם קדושים וטהורים
כזהר הרקיע מזהירים,
את נשמת... שהלכה לעולמה.
בעל הרחמים,
יסתרה בסתר כנפיו לעולמים,
ויצורו בצרור החיים את נשמתה,
?? היא נחלתה,
ותנוח בשלום על משכבה.
ונאמר אמן.

Eil Malei Rachamim, shochein bam'romim,
ham'tzei m'nucha n'chona
tachat kan'fei hash'chinah,
im k'doshim ut'horim
k'zohar harakiyah mazhirim
et nishmat [] bat [],
shehalcha l'olama'ah.
Ba'al harachamim,
yastireha b'seiter k'nafov l'olamim,
v'y'tzor bitzror hachayim et nishmata.
Adonai Hu Nachalata,
v'tanuach b'shalom al mishkava'ah,
v'nomar: Amen.

O God, full of compassion, who dwells on high:
grant perfect rest in Your sheltering presence
along with the holy and pure, who shine as the brightness of the firmament,
to ... who has gone to his/her eternal home.
Master of mercy, shelter him/her
in Your eternal presence/in the shadow of Your wings,
and let his/her soul be bound up in the bond of eternal life.
The Eternal God is his/her inheritance; may he/she rest in peace.
And let us say, Amen.

Concluding Prayers

Aleinu

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל, לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאָדָמָה,
שֶׁלֹא שָׁם חִלְקֵנוּ כָּהֶם, וְגִרְלָנוּ כָּכָל הַמוֹנִם,
וְאַנְחֵנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים, הַקָּדוֹשׁ בְּרוּךְ הוּא.

Aleinu l'shabeiach la'adon hakol, lateit g'dulah l'yotzeir b'reishit,
Shelo asanu k'goyei ha'aratzot, v'lo samanu k'mishpachot ha'adamah,
Shelo sam chelkeinu kahem, v'goraleinu k'chol ha'monam.
Va'anachnu korim, u'mishtachavim u'modim
Lifnei Melekh, Malkei Ham'lachim, HaKadosh, Barukh Hu.

We must praise the God of all, acclaim the One who shaped creation,
(Who did not make one nation identical to another,
and did not make every family the same)
Who has set us apart from the other families of the earth,
giving us a destiny unique among the nations.
We bend the knee and bow, giving thanks
before the supreme Sovereign,
the Holy One, Blessed be God.



שֶׁהוּא נוֹטֶה שָׁמַיִם וְיִסֵּד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מְמַעַל,
וּשְׁכִינַת עֶזוֹ בְּגִבְהֵי מְרוֹמִים, הוּא אֱלֹהֵינוּ אֵין עוֹד.
אֶמֶת מַלְכָּנוּ, אֶפֶס זִוְלָתוֹ, כִּכְתוּב בְּתוֹרָתוֹ:
וַיִּדְעַת הַיּוֹם וְהַשַּׁבָּת אֶל לְבָבָךְ,
כִּי יְיָ הוּא הָאֱלֹהִים
בְּשָׁמַיִם מְמַעַל,
וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד.

Shehu Noteh Shamayim, V'yoseid Aretz, u'moshav y'karo bashamayim mim'al,
Ush'chinat uzo, b'govhei m'romim, Hu Eloheinu, Ein Od.
Emet Malkeinu, efes zulato. Kakatuv b'torato
"v'yada'ata hayom v'hasheivota el l'avvcha.
Ki Adonai, Hu HaElohim
Bashamayim Mim'al
V'al HaAretz mitachat, Ein Od.

You spread out the heavens, and established the earth.

God's majestic abode is in the heavens above,
and God's mighty presence is in the loftiest heights.

You are our God, there is none else.

In truth You alone are our Sovereign, without compare,
as it is written in Your Torah: "Know then this day, and take it to heart: Adonai
is God in the heavens above, and the earth below,
There is none else." (Deuteronomy 4:39)

עַל כֵּן נִקְוָה לָךְ יְיָ אֱלֹהֵינוּ, לְרֹאוֹת מְהֵרָה בְּתַפְאֶרֶת עֲזָךְ,
לְהַעֲבִיר גְּלוּלִים מִן הָאָרֶץ, וְהָאֱלִילִים כְּרוֹת יִפְרֹתוֹן,
לְתִקֵּן עוֹלָם בְּמַלְכוּת שְׁדִי, וְכָל בְּנֵי בָשָׂר יִקְרְאוּ בְשִׁמְךָ,
לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי אֶרֶץ. יִפְּרֹוּ וַיִּדְעוּ כָּל יוֹשְׁבֵי תֵבֵל,
כִּי לָךְ תִּכְרַע כָּל בָּרָךְ, תִּשָּׁבַע כָּל לָשׁוֹן. לִפְנֶיךָ יְיָ אֱלֹהֵינוּ יִכְרְעוּ וַיִּפְּלוּ,
וְלִכְבוֹד שִׁמְךָ יִקָּר יִתְּנוּ, וַיִּקְבְּלוּ כָּלֵם אֶת עוֹל מַלְכוּתְךָ,
וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד.

Al kein n'kaveh l'cha Adonai Eloheinu, lirot m'heirah b'tiferet uzecha,

l'ha'avir gilulim min ha'aretz, v'haelilim karot y'kareitun.

l'takein olam b'malchut shadai, v'chol b'nai vasar yik'r'u vish'mecha

l'hafnot eilecha kol rishei aretz. Yakiru v'yad'u kol yoshvei teiveil

ki lecha tich'ra kol berech, tishava kol lashon. L'fanecha Adonai eloheinu, yichr'u v'yipolu,

l'lichvod shimcha y'kar yiteinu, vikablu chulam et ol mal'chutecha

v'timloch aleiheim m'heira l'olam va'ed.

We therefore hope, Adonai our God, soon to behold the glory of Your might.

Then will false gods vanish from our hearts,

And the world will be perfected under Your unchallenged rule.

Then will all acclaim You as their God, and, forsaking evil, turn to You alone.

Let all who dwell on earth acknowledge

that unto You every knee must bend and ever tongue swear loyalty.

Before You, Eternal our God, let them humble themselves.

To Your glorious name let them give honor.

*Let all accept the Yoke of your dominion,
that You may rule over them soon and forever.*

כִּי הַמְּלָכוֹת שְׁלָךְ הִיא, וְלְעוֹלָמִי עַד תִּמְלֹךְ בְּכָבוֹד,
בְּכַתוּב בְּתוֹרָתְךָ, יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד.

Ki hamalchut shelcha hi, ul'olmai ad tim'loch b'chavod.
Kakatuv b'toratecha: Adonai Yimloch L'olam Va'ed.

*For the dominion is Yours, and to all eternity You will reign in glory,
as it is written in Your Torah: "The Eternal God will reign for ever and ever."*

Alternative English reading:

*Eternal God, we face the morrow with hope made stronger
by the vision of Your deliverance:
a world where poverty and war are banished,
where injustice and hate are gone.
Teach us more and more to respond to the pain of others,
to heed Your call for justice,
that we may bring nearer the day
when all the world shall be one.
On that day, the age old dream shall come true:
You shall be One,
and Your name shall be One.*

וְנֹאמַר, יְהִיָּה יְיָ לְמֶלֶךְ עַל כָּל הָאָרֶץ,
בַּיּוֹם הַהוּא יְהִיָּה יְיָ אֶחָד, וּשְׁמוֹ אֶחָד.

V'ne'emar, v'haya Adonai, l'Melekh Al Kol HaAretz,
Bayom Hahu, yihyeh Adonai Echad, u'Shmo Echad.

On that day, God shall be One,
and God's name shall be One.

There are stars
whose radiance is visible on this earth
though they have long been extinct.

There are people
whose light and whose warmth continue to shine
though they are no longer among us.

These lights which shine in the dark of the night --
they light the way for humankind.

Hanna Senesh

When I die
Give what's left of me away
To children
And old men
That wait to die.
And if you need to cry,
Cry for your brother,
Walking the street beside you.
And when you need me
Put your arms around anyone
And give to them
What you need
To give to me.

I want to leave you something,
Something better
Than words
Or sounds.

Look for me
In the people I've known
Or loved.
And if you cannot give me away,
At least let me live on in your eyes
And not in your mind.

You can love me most
By letting hands touch hands,
By letting bodies touch bodies,
And by letting go
Of children
That need to be free.

Love doesn't die.
People do.
So when all that's left of me
Is love
Give me away.

Merrit Malloy

We might share memories of our loved one
before concluding with the Mourner's Kaddish.

We ask if there is anyone else present who is in mourning,
or anyone else observing Yahrtzeit (anniversary of the death) for a loved one.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֲלָמָא דִּי בְּרָא כְּרֻעֻתָּהּ, וְיִמְלִיךְ מַלְכוּתָּהּ
בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל,
בְּעָגְלָא וּבְזָמַן קָרִיב, וְאָמְרוּ אָמֵן.
יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וּלְעָלְמֵי עָלְמֵינָא.
וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְּקֻדְשָׁא בְּרִיךְ הוּא, לְעָלְמָא מִן כָּל בִּרְכָתָא וְשִׁירָתָא
תְּשַׁבְּחָתָא וְנִחְמָתָא, דְּאָמְרִין בְּעֲלָמָא, וְאָמְרוּ אָמֵן.
יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא, וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.
עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם
עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, (וְעַל כָּל יוֹשְׁבֵי תֵבֶל) וְאָמְרוּ אָמֵן.

Yitgadal v'yitkadesh sh'mei raba.
B'alma di-vara chirutei v'yamlich malchutei
B'chayeichon u'v'yomeichon u'v'chayei d'chol beit Yisrael,
Ba'a'galah u'vizman kariv. V'imru: Amen.
Y'hei sh'mei raba m'varach l'alam ul'almei almaya.
Yitbarach, viyishtabach, v'yit'pa'ar, v'yitromam v'yit'nasei, V'yit'hadar, v'yit'aleh, v'yit'halal,
sh'mei d'kud'sha, B'rikh Hu. L'eilah min kol birchata v'shirata,
Tush'bechata, v'nechemata, da'amiran b'alma. V'imru: Amen.
Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: Amen.
Oseh Shalom bimromav, hu ya'aseh shalom
Aleinu v'al kol Yisrael (v'al Kol Yoshvei Teivel)
. V'im'ru: Amen

Let the glory of God be extolled, let God's great name be hallowed, in the world whose creation God willed. May God's rule soon prevail, in our own day, our own lives, and the life of all Israel, and let us say Amen.

Let God's great name be blessed forever and ever.

Let the name of the Blessed Holy One be glorified, exalted and honored, though God is above all the praises, songs and adorations that we can utter, and let us say Amen.

For us and all Israel, may the blessing of peace and the promise of life come true, and let us say Amen.

May the One who causes peace to reign in the high heavens let peace descend upon us, on all Israel (on all the inhabitants of the world), and let us say Amen.

The Hebrew Congregation of St. Thomas

ק"ק ברכה ושלום וגמילות חסדים
Congregation of Blessing, Peace and Loving Deeds



2116 Crystal Gade (Synagogue Hill)

St. Thomas, VI 00802

340-774-4312

info@synagogue.vi

www.synagogue.vi