

עדת מקרא אמת

Adath Miqra Emet

Individual Prayer (for use in the online community)

A brief on the Online prayer service.

This short prayer is to allow us to have a short prayer prior to Shabbat and to get more familiar with the prayer service. This is a very abbreviated prayer that is not meant to replace Siddurim for the Synagogue or group prayer service. It is our goal to reach out to those who are not able to meet and provide a spiritual break between the mundane (daily life) to the holy (Shabbat). The design is for this entire prayer to be said in a short period while allowing participation.

The Adath Miqra Emet prayer service is interactive which means that there are sections that are said by individuals and sections said by the group. The different sections are highlighted as such:

Normal Print: Hazzan

Bold Black: Entire Congregation

Blue: Individual

The primary language used in the prayer service is Hebrew, however the Individual portions may be said in English for understanding by the reader.

The prayer service includes certain postures that can be done at home. During the service, there will be a short pause to allow time to navigate the postures for those who will be prostrating during the service.

Standing	Prostration	Hands High
		

There are 2 Silent Meditations close to the end of the service. These are designed to allow for prayer for oneself and to pray for others. There will be a pause in the service to accommodate this as well.

Introduction Kneeling Prayer



בָּאוּ, נִשְׁתַּחֲוּהוּ וְנִכְרַעְתֶּם; נִבְרַכְתֶּם, לְפָנַי יְהוָה עֲשֵׂנוּ.

Come, let us bow down and kneel, bend the knee before the Lord our maker. (Psalms 95:6)

Bou nishtahave venikhra'a, nivrekha lifne Adonai O-senu



Tallit Blessing

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצָנְנוּ לְלִבּוֹשׁ אַרְבַּע כַּנְפוֹת בְּצִיצֵת אָמֵן

Blessed be you YHWH our God, King of the universe, who has sanctified with his commandments to don four corners with tzitzit, Amen.

Baruch ata Adonai Eloheinu Melech HaOlam Asher Kideshanu Bemitzvotot vetzivanu lillbosh arba kanfot betzitzit amen.

וַיִּצְוֵנוּ יְהוָה, לַעֲשׂוֹת אֶת-כָּל-הַחֻקִּים הָאֵלֶּה, לְיִרְאָה, אֶת-יְהוָה אֱלֹהֵינוּ-- לְטוֹב לָנוּ כָּל-הַיָּמִים, לְחַיֵּתנוּ כְּהַיּוֹם הַזֶּה. וְצִדְקָה, תִּהְיֶה-לָּנוּ: כִּי-נִשְׁמַר לַעֲשׂוֹת אֶת-כָּל-הַמִּצְוָה הַזֹּאת, לְפָנַי יְהוָה אֱלֹהֵינוּ כַּאֲשֶׁר צִוֵּנוּ. מִגִּיד דַּבְּרוּ לִיעֲקֹב; חֻקָּיו וּמִשְׁפָּטָיו, לְיִשְׂרָאֵל. לֹא עָשָׂה כֵן, לְכָל-גּוֹי-- וּמִשְׁפָּטִים בָּל-יִדְעוּם: הַלְלוּ-יָהּ. בָּרוּךְ יְהוָה לְעוֹלָם: אָמֵן וְאָמֵן.

Then the Lord commanded us to observe all these laws, to revere the Lord our God, for our lasting good and for our survival, as is now the case. It will be therefore to our merit before the Lord our God to observe faithfully this whole Instruction, as He has commanded us. (Deuteronomy 6:24-25) He issued His commandments to Jacob, His statutes and rules to Israel. He did not do so for any other nation; of such rules they know nothing. Hallelujah. (Psalms 147:19-20) Blessed is the Lord forever. **Amen, and Amen.** (Psalms 89:53)

Vaitsavenu Adonai la'asot et kol haHukim ha'e'le leyira et Adonai eloheinu letov lanu kol hayamim leckotenu kehayom haze. Utsdaka tihye lanu ki nishmor la'asot et kol hamitsva hazot lifne Adonai Eloheinu Ka-asher tsivanu. Magid devarav leya'akov Hukav umispatim le-yisrael. Lo asa khen lekhol goi umishpatim ba-al yeda'um haleluYah. Baruch Adonai Le-Olam **Amen ve Amen.**

מִי אֲנֹכִי עֶפֶר וְאַפָּר רִמָּה וְתוֹלְעָה הֶבֶל וָרִיק שְׂאֵזְכָּה לַעֲמוּד בְּתַפְלָה
לִפְנֵי הַמֶּלֶךְ הַגָּדוֹל וְהַנּוֹרָא רַם וְנִשְׂא שְׁמוֹ מֶלֶךְ מַלְכֵי הַמַּלְכִּים הַקְּדוֹשׁ
בָּרוּךְ הוּא עֲלֵת כָּל הָעֲלוֹת וְסִבַּת כָּל הַסְּבוֹת אֵלָּא בְּהַשְׁעָנִי עַל רַחֲמֵי
הַרְבִּים וְחֲסָדָיו הַגְּדֹלִים שֶׁהוּא מְרַחֵם עַל בְּרִיּוֹתָיו וְרֹצֵה בְּתַפְלוֹת
וּבְתַחֲנוּנֵים שֶׁל עֲבָדָיו כְּמוֹ שֶׁנֶּאֱמַר (KS) קָרוֹב יְהוָה, לְכָל-קֹרְאָיו- לְכָל
אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת. רְצוֹן-יִרְאָיו יַעֲשֶׂה; וְאֵת-שׁוֹעֲתָם יִשְׁמַע,
וְיוֹשִׁיעֵם. שִׁמְעַ תַּפְלָה עֲדִיךָ, כָּל-בָּשָׂר יָבֹאוּ. אֲשֶׁרִי, יוֹשְׁבֵי בֵיתְךָ עוֹד,
יִהְלְלוּךָ סֵלָה.

Who am I, but dust and ashes, wretched and woeful, vain and empty, that I may be worthy to stand in prayer before the great and awesome king, sublime and exalted is his name, the king of emperors, the Holy One blessed be He, the cause of all causes, the reason for all reasons; but I am dependent upon his great mercy and his magnificent grace, for he has mercy upon on his creations and accepts the prayers and supplications of his servants, as it is written: (K.S.) The Lord is near to all who call Him, to all who call Him with sincerity. He fulfils the wishes of those who fear Him; He bears their cry and delivers them. (Psalms 145:18-19) All mankind comes to You, you who hear prayer. (Psalms 65:3) Happy are those who dwell in Your house; they forever praise You. Selah. (Psalms 84:5)

Mi anokhi afar ve-efer rima vetole'a hevel varik, she-ezke la'amod bitfila lifne hamelekh ha-gadol vehanora, ram venisa shemo. Melekh malkhe hamelakhim hakadosh baruckh hu i-lat kol ha'i-lot vesibat kol hasibot ela bahshani el raHamav vaHasadav hagedolim, shehu meraHem al beriyotav, verotse bitfilot uvtaHanunim shel avadav, kemo shene-emar. Karov Adonai lekhoh koreav lekhoh asher yikrauhu be-emet. Retson yereav ya'ase, ve-et shavatam yishma veyoshi'em. Shomeya tefila, adekha kol basar yavo-u. Ashre yoshve vetekha od yehalelukha sela.

Kneel 

יְהוָה, שִׁמְעָה תַּפְלָתִי; וְשׁוֹעֲתִי, אֵלֶיךָ תְּבוֹא.
O YHWH, hear my prayer, let my cry come before You. (Psalms 102:2) Adonai Shim'a tefilati, veshavati elekha tavo

Stand and Say **i**

הוֹדוּ לַיהוָה כִּי-טוֹב: כִּי לְעוֹלָם תְּסֻדּוּ. הוֹדוּ, לֵאלֹהֵי הָאֱלֹהִים: כִּי לְעוֹלָם
 תְּסֻדּוּ הוֹדוּ, לְאֲדֹנָי הָאֲדֹנִים: כִּי לְעוֹלָם תְּסֻדּוּ. לַעֲשֵׂה נִפְלְאוֹת גְּדוֹלוֹת
 לְבַדּוֹ: כִּי לְעוֹלָם תְּסֻדּוּ. לַעֲשֵׂה הַשְּׁמַיִם, בְּתַבּוּנָה: כִּי לְעוֹלָם תְּסֻדּוּ.
 לְרַקַּע הָאָרֶץ, עַל-הַמַּיִם: כִּי לְעוֹלָם תְּסֻדּוּ. לַעֲשֵׂה, אוֹרִים גְּדוֹלִים: כִּי
 לְעוֹלָם תְּסֻדּוּ. אֶת-הַשָּׁמַשׁ, לְמַמְשֶׁלֶת בַּיּוֹם: כִּי לְעוֹלָם תְּסֻדּוּ. אֶת-הַיָּרֵחַ
 וְכוֹכָבִים, לְמַמְשֶׁלוֹת בַּלַּיְלָה: כִּי לְעוֹלָם תְּסֻדּוּ שֶׁבַשְׁפָּלְנוּ, זָכַר לָנוּ: כִּי
 לְעוֹלָם תְּסֻדּוּ וַיִּפְרֹקֵנוּ מִצָּרֵינוּ: כִּי לְעוֹלָם תְּסֻדּוּ נָתַן לָחֶם, לְכָל-בָּשָׂר:
 כִּי לְעוֹלָם תְּסֻדּוּ. הוֹדוּ, לֵאלֹהֵי הַשְּׁמַיִם: כִּי לְעוֹלָם תְּסֻדּוּ. יְהִי-תְסֻדָּךְ יְהוָה
 עָלֵינוּ: כַּאֲשֶׁר, יִחַלְנוּ לָךְ. בָּרוּךְ יְהוָה לְעוֹלָם: אָמֵן וְאָמֵן.

Praise the Lord; for He is good, **His steadfast love is eternal** Praise the God of Gods, **His steadfast love is eternal** Praise the Lord of Lords, **His steadfast love is eternal** Who alone works great marvels, **His steadfast love is eternal** Who made the heavens with wisdom, **His steadfast love is eternal** Who spread the earth over the water, **His steadfast love is eternal** Who made the great lights, **His steadfast love is eternal** The sun to dominate the day, **His steadfast love is eternal** The moon and the stars to dominate the night, **His steadfast love is eternal** (Psalms 136:1-9) Who took note of us in our degradation, **His steadfast love is eternal** And rescued us from our enemies, **His steadfast love is eternal** Who gives food to all flesh, **His steadfast love is eternal** Praise the God of heaven: **His steadfast love is eternal** (Psalms 136:23-26) May we enjoy, O Lord, Your faithful care, **As we have put our hope in You.** (Psalms 33:22) Blessed is the Lord forever. **Amen, and Amen.** (Psalms 89:53)

Hodu l'adonai kitov: **Ki le-Olam hasdo.** Hodu lelohe haelohim: **Ki le-Olam hasdo.** Hodu ladone ha-adonim: **Ki le-Olam hasdo.** Leose nifla-ot gedolot levado: **Ki le-Olam hasdo.** Leose hashamayim bitvuna: **Ki le-Olam hasdo.** Leroka ha-arets al hamayim: **Ki le-Olam hasdo.** Leose orim gedolim: **Ki le-Olam hasdo.** Et hashemesh lemמשלת bayom: **Ki le-Olam hasdo.** Et hayareah vekhokhavim lemמשלת balayla: **Ki le-Olam hasdo.** Shebeshiflenu zakhhar lanu: **Ki le-Olam hasdo.** Vayifrekenu mitzarenu: **Ki le-Olam hasdo.** Noten lehem lekhol basar: **Ki le-Olam hasdo.** Hodu le-el hashamayim: **Ki le-Olam hasdo.** Yehi hasdekha Adonai alenu: **Ka-asher yihalnu lakh.** Barukh Adonai le-Olam **Amen ve Amen**

Daily Sanctification

Saturday Night/Sunday Morning

יְהוָה--בְּחָכְמָה יָסַד-אֶרֶץ; כּוֹנֵן שָׁמַיִם, בְּתַבּוּנָה. בְּרֵאשִׁית בָּרָא אֱלֹהִים
אֵת הַשָּׁמַיִם, וְאֵת הָאָרֶץ. וְהָאָרֶץ, הִיְתָה תְהוֹ וְבָהוּ, וְחֹשֶׁךְ, עַל-פְּנֵי
תְהוֹם; וְרוּחַ אֱלֹהִים, מְרַחֶפֶת עַל-פְּנֵי הַמַּיִם. וַיֹּאמֶר אֱלֹהִים, יְהִי אוֹר;
וַיְהִי-אוֹר. וַיֵּרָא אֱלֹהִים אֶת-הָאוֹר, כִּי-טוֹב; וַיַּבְדֵּל אֱלֹהִים, בֵּין הָאוֹר
וּבֵין הַחֹשֶׁךְ. וַיִּקְרָא אֱלֹהִים לְאוֹר יוֹם, וְלַחֹשֶׁךְ קָרָא לַיְלָה; וַיְהִי-עֶרֶב
וַיְהִי-בֹקֶר, יוֹם אֶחָד.

The Lord founded the earth by wisdom; He established the heavens by understanding.
(Proverbs 3:19) When God began to create heaven and earth – the earth being unformed and void, with darkness over the surface of the deep and a wind from God sweeping over the water – God said, “Let there be light”; and there was light. God saw that the light was good, and God separated the light from the darkness. God called the light Day, and the darkness He called Night. And there was evening and there was morning, a first day.
(Genesis 1:1-5)

Adonai bechachemah yasad-aretz kovnen shamayim bitvunah. Bereshit bara Elohim et hashamayim ve-et ha-aretz. Veha-aretz hayetah tohu vavohu vechoshekh al-penei tehom veRuach Elohim merakhefet al-penei haMayim. VaYomer Elohim yehi-OR vayehi-OR. Vayar Elohim et-ha OR ki tov vaivdol elohim ben hai-OR uvein hachoshekh. Vayikra Elohim la-OR Yom velachoshekh kara laila va yehi-Erev vayehi voker Yom Echad.

Saturday Night/Sunday Morning

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אֵת הַשָּׁמַיִם, וְאֵת הָאָרֶץ. וְהָאָרֶץ, הִיְתָה תְהוֹ וְבָהוּ, וְחֹשֶׁךְ, עַל-פְּנֵי
תְהוֹם; וְרוּחַ אֱלֹהִים, מְרַחֶפֶת עַל-פְּנֵי הַמַּיִם. וַיֹּאמֶר אֱלֹהִים, יְהִי אוֹר;
וַיְהִי-אוֹר. וַיֵּרָא אֱלֹהִים אֶת-הָאוֹר, כִּי-טוֹב; וַיַּבְדֵּל אֱלֹהִים, בֵּין הָאוֹר
וּבֵין הַחֹשֶׁךְ. וַיִּקְרָא אֱלֹהִים לְאוֹר יוֹם, וְלַחֹשֶׁךְ קָרָא לַיְלָה; וַיְהִי-עֶרֶב
וַיְהִי-בֹקֶר, יוֹם אֶחָד.

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Sunday Night/Monday Morning

וַיֹּאמֶר אֱלֹהִים, יְהִי רַקִּיעַ בְּתוֹךְ הַמַּיִם, וַיְהִי מִבְדִּיל, בֵּין מַיִם לְמַיִם. וַיַּעַשׂ אֱלֹהִים, אֶת-הַרְקִיעַ, וַיַּבְדֵּל בֵּין הַמַּיִם אֲשֶׁר מִמַּסַּחַת לְרַקִּיעַ, וּבֵין הַמַּיִם אֲשֶׁר מֵעַל לְרַקִּיעַ; וַיְהִי-כֵן. וַיִּקְרָא אֱלֹהִים לְרַקִּיעַ, שָׁמַיִם; וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר, יוֹם שֵׁנִי.

God said, "Let there be an expanse in the midst of the water, that it may separate water from water." God made the expanse, and it separated the water which was below the expanse from the water which was above the expanse. And it was so. God called the expanse Sky. And there was evening and there was morning, a second day. (Genesis 1:6-8)

VaYomer Elohim yehi rakia betokh haMayim vihi mavdil bein Mayim laMayim. Vayas Elohim et-harakia vayavdel bein haMayim asher mitakhat larakia uvein haMayim asher meal larakia vayehi-khen Vayikra Elohim larakia shamayim va yehi-Erev vayehi-voker Yom Sheni.

Monday Night/Tuesday Morning

וַיֹּאמֶר אֱלֹהִים, יִקְוּוּ הַמַּיִם מִמַּסַּחַת הַשָּׁמַיִם אֶל-מְקוֹם אֶחָד, וַתִּרְאֶה, הַיַּבָּשָׁה; וַיְהִי-כֵן. וַיִּקְרָא אֱלֹהִים לַיַּבָּשָׁה אֶרֶץ, וּלְמִקְוֵה הַמַּיִם קָרָא יַמִּים; וַיִּרְא אֱלֹהִים, כִּי-טוֹב. וַיֹּאמֶר אֱלֹהִים, תִּדְשָׂא הָאָרֶץ דָּשָׂא עֵשֶׂב מִזְרִיעַ זֶרַע, עֵץ פְּרִי עֹשֶׂה פְּרִי לְמִינּוּ, אֲשֶׁר זֶרְעוֹ-בּוֹ עַל-הָאָרֶץ; וַיְהִי-כֵן. וַתּוֹצֵא הָאָרֶץ דָּשָׂא עֵשֶׂב מִזְרִיעַ זֶרַע, לְמִינֵהוּ, וְעֵץ עֹשֶׂה-פְּרִי אֲשֶׁר זֶרְעוֹ-בּוֹ, לְמִינֵהוּ; וַיִּרְא אֱלֹהִים, כִּי-טוֹב. וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר יוֹם שְׁלִישִׁי.

And God said, "Let the water below the sky be gathered into one area, that the dry land may appear." And it was so. God called the dry land Earth, and the gathering of waters He called Seas. And God saw that this was good. And God said, "Let the earth sprout vegetation: seed-bearing plants, fruit trees of every kind on earth that bear fruit with the seed in it." And God saw that this was good. And there was evening and there was morning, a third day. (Genesis 1:9-13)

VaYomer Elohim Yikavu ha Mayim mitakhat haShamayim el-makom echad veteraeh Habashah; vayehi-khen. Vayikra Elohim laYabashah eretz ulemikveh haMayim kara Yamim vayar Elohim Ki-tov. VaYomer Elohim Tadshe haEretz deshe esev mazria zera etz peri ose peri lemino asher zaro-vo al-ha-Eretz; vayehi-khen. Vatotze haEretz deshe esev mazria zera leminehu ve-etz oseh-peri asher zaro-vo leminehu vayar Elohim ki-tov. Vayehi-erev vayehi-voker Yom Shelishi

Tuesday Night/Wednesday Morning

וַיֹּאמֶר אֱלֹהִים, יְהִי מְאֹרֶת בְּרִקְיעַ הַשָּׁמַיִם, לְהַבְדִּיל, בֵּין הַיּוֹם וּבֵין הַלַּיְלָה; וְהָיוּ לְאֹתוֹת וּלְמוֹעֲדִים, וּלְיָמִים וּשְׁנָיִם. וְהָיוּ לְמְאֹרֹת בְּרִקְיעַ הַשָּׁמַיִם לְהָאִיר עַל-הָאָרֶץ; וַיְהִי-כֵן. וַיַּעַשׂ אֱלֹהִים, אֶת-שְׁנֵי הַמְּאֹרֹת הַגְּדֹלִים: אֶת-הַמְּאֹרֶת הַגָּדֹל, לְמַמְשֶׁלֶת הַיּוֹם, וְאֶת-הַמְּאֹרֶת הַקָּטָן לְמַמְשֶׁלֶת הַלַּיְלָה, וְאֵת הַכּוֹכָבִים. וַיִּתֵּן אֹתָם אֱלֹהִים, בְּרִקְיעַ הַשָּׁמַיִם, לְהָאִיר, עַל-הָאָרֶץ. וְלִמְשָׁל, בַּיּוֹם וּבַלַּיְלָה, וּלְהַבְדִּיל, בֵּין הָאֹרֶךְ וּבֵין הַחֹשֶׁךְ; וַיֵּרָא אֱלֹהִים, כִּי-טוֹב. וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר, יוֹם רְבִיעִי.

And God said, "Let there be lights in the expanse of the sky to separate day from night; they shall serve as signs for the set times – the days and the years; and they shall serve as lights in the expanse of the sky to shine upon the earth." And it was so. God made the two great lights, the greater light to dominate the day and the lesser light to dominate the night, and the stars. And God set them in the expanse of the sky to shine upon the earth, to dominate the day and the night, and to separate light from darkness. And God saw that this was good. And there was evening and there was morning, a fourth day. (Genesis 1:14-19)

VaYomer Elohim Yehi me-orot birekia haShamayim lehavdil bein haYom uvein halailah vehayu leotot ulemoadim uleyamim veshamim. Vehayu limorot birkia haShamayim leha-ir al-ha-Eretz; vayehi-khen. Vayas Elohim et-sheni hamerot: Hagedolim et-hamaOR hagadol lememshelet haYom ve-et-hamaor hakaton lememshelet halailah ve-et hakochavim. Vayiten otam Elohim birekia haShamayim lehair al-haEretz. Velimshol baYom uvalailah elehavdil bein haor uvein hakhoshekh vayar Elohim ki-tov. Vayehi-Erev vayehi-voker Yom Revii:

Wednesday Night/Thursday Morning

וַיֹּאמֶר אֱלֹהִים יִשְׂרְצוּ הַמַּיִם שָׂרָץ נֶפֶשׁ חַיָּה; וְעוֹף יְעוֹפֵף עַל-הָאָרֶץ, עַל-פְּנֵי רִקְיעַ הַשָּׁמַיִם. וַיִּבְרָא אֱלֹהִים, אֶת-הַתַּנִּינִם הַגְּדֹלִים; וְאֵת כָּל-נֶפֶשׁ הַחַיָּה הַרְמֵשֶׁת אֲשֶׁר שָׂרָצוּ הַמַּיִם לְמִינֵהֶם, וְאֵת כָּל-עוֹף כָּנָף לְמִינֵהוּ, וַיֵּרָא אֱלֹהִים, כִּי-טוֹב. וַיְבָרֵךְ אֹתָם אֱלֹהִים, לֵאמֹר: פְּרוּ וּרְבוּ, וּמְלֵאוּ אֶת-הַמַּיִם בַּיָּמִים, וְהָעוֹף, יִרְבַּ בָּאָרֶץ. וַיְהִי-עֶרֶב וַיְהִי-בֹקֶר, יוֹם חַמִּישִׁי.

God said, "Let the waters bring forth swarms of living creatures, and birds that fly above the earth across the expanse of the sky." God created the great sea monsters, and all the living creatures of every kind that creep, which the waters brought forth in swarms, and all the winged birds of every kind. And God saw that this was good. God blessed them, saying, "Be fertile and increase on the earth." And there was evening and there was morning, a fifth day. (Genesis 1:20-23)

VaYomer Elohim Yishretzu haMayim sheretz nefesh khaya veof yeofef al-ha-Eretz al-penei rekia haShamayim. Vayivra Elohim et-hatananim hagedolim ve-et kol-nefesh hakhayah haromeset asher shartzu haMayim lemenehem ve-et kol-of kanaf lemenehu vayar Elohim ki-tov. Vayevarekh otam Elohim lemor: Peru urevu umilu et-haMayim bayamim vahaokh yirev baEretz. Vayehi-Erev vayehi-voker Yom Khamishi.

וַיֹּאמֶר אֱלֹהִים, תּוֹצֵא הָאָרֶץ נֶפֶשׁ חַיָּה לְמִינָהּ, בְּהֵמָה וְרֶמֶשׂ וְחַיֵּיתוֹ-אָרֶץ, לְמִינָהּ; וַיְהִי-כֵן. וַיַּעַשׂ אֱלֹהִים אֶת-חַיַּת הָאָרֶץ לְמִינָהּ, וְאֶת-הַבְּהֵמָה לְמִינָהּ, וְאֶת כָּל-רֶמֶשׂ הָאֲדָמָה, לְמִינָהּ; וַיִּרְא אֱלֹהִים, כִּי-טוֹב וַיֹּאמֶר אֱלֹהִים, נַעֲשֶׂה אָדָם בְּצַלְמֵנוּ כְּדְמוּתֵנוּ; וַיִּרְדּוּ בְדִגְתַּת הַיָּם וּבְעוֹף הַשָּׁמַיִם, וּבַבְּהֵמָה וּבְכָל-הָאָרֶץ, וּבְכָל-הָרֶמֶשׂ, הָרֹמֵשׂ עַל-הָאָרֶץ. וַיִּבְרָא אֱלֹהִים אֶת-הָאָדָם בְּצַלְמוֹ, בְּצֶלֶם אֱלֹהִים בָּרָא אֹתוֹ: זָכָר וּנְקֵבָה, בָּרָא אֹתָם. וַיִּבְרָךְ אֹתָם, אֱלֹהִים, וַיֹּאמֶר לָהֶם אֱלֹהִים פְּרוּ וּרְבוּ וּמְלֵאוּ אֶת-הָאָרֶץ, וּכְבַשְׁתֶּהּ וּרְדוּ בְּדִגְתַּת הַיָּם, וּבְעוֹף הַשָּׁמַיִם, וּבְכָל-חַיָּה, הָרֹמֶשֶׂת עַל-הָאָרֶץ. וַיֹּאמֶר אֱלֹהִים, הִנֵּה נָתַתִּי לָכֶם אֶת-כָּל-עֵשֶׂב זֶרַע זֶרַע אֲשֶׁר עַל-פְּנֵי כָל-הָאָרֶץ, וְאֶת-כָּל-הָאָרֶץ אֲשֶׁר-בוֹ פְּרִי-עֵץ, זֶרַע זֶרַע: לָכֶם יְהִי, לְאֹכְלָהּ. וְלִכְל-חַיַּת הָאָרֶץ וְלִכְל-עוֹף הַשָּׁמַיִם וְלִכְל רֹמֵשׂ עַל-הָאָרֶץ, אֲשֶׁר-בוֹ נֶפֶשׁ חַיָּה, אֶת-כָּל-יֶרֶק עֵשֶׂב, לְאֹכְלָהּ; וַיְהִי-כֵן. וַיִּרְא אֱלֹהִים אֶת-כָּל-אֲשֶׁר עָשָׂה, וְהִנֵּה-טוֹב מְאֹד; וַיְהִי-עָרֵב וַיְהִי-בֹקֶר, יוֹם הַשְּׁשִׁי.

God said, "Let the earth bring forth every kind of living creature: cattle, creeping things, and wild beasts of every kind." And it was so. God made wild beasts of every kind and cattle of every kind, and all kinds of creeping things of the earth. And God saw that this was good. And God said, "Let us make man in our image, after our likeness. They shall rule the fish of the sea, the birds of the sky, the cattle, the whole earth, and all the creeping things that creep on earth." And God created man in His image, in the image of God He created him; male and female He created them, "Be fertile and increase, fill the earth and master it; and rule the fish of the sea, the birds of the sky, and all the living things that creep on earth." God said, "See I give you every seed-bearing plant that is upon all the earth, and every tree that has seed-bearing fruit; they shall be yours for food. And to all the animals on land, to all the birds of the sky and to everything that creeps on earth, in which there is the breath of life, all the green plants for food." And it was so. And God saw all that He had made, and found it very good. And there was evening and there was morning, the sixth day. (Genesis 1:24-31)

VaYomer Elohim Totze haEretz nefesh khayah leminah behemah varemeh vechaito-Eretz leminah; vayehi-khen. Vayais Elohim et-khayat haEretz leminah ve-et-habehemah leminah ve-et kol-remes ha-adamah leminehu vayar Elohim kitov. VaYomer Elohim Na-aseh adam betzalmenu kedemutenu veyirdu vidgat hayam uve-of haShamayim uvbehmah uvekhohal ha-Eretz uvekhohal-harmes haromes al-ha-Eretz. Vayivra Elohim et ha-adam betzalmo betzelem Elohim bara oto zakhar unekevah bara otam. Vayevrekh otam Elohim Vayomer lahem Elohim. Peru urevu umilu et-ha-Eretz vekhvisha uredu bidgat hayam uve-of haShamayim uvekho-khaya haromeshet al-ha-Eretz. Vayomer Elohim Hineh natati lakhem et-kol-esev zore zera asher al-penei kol-ha-Eretz ve-et-kol-ha-Eretz asher-bo feri-etz zore zara lakhem yihyehle-okhlah. Ulekhohal-khayat ha-Eretz ulekhohal-of haShamayim ulekhohal romesh al-ha-Eretz asher-bo ne-fesh khaya et-kol-yerek esev leokhlah; vayehi-khen. Vayar Elohim et-kol-asher asha vehineh-tov meod vayehi-Erev vayehi-voker Yom hashishi

Shabbat Sanctification

וַיְכַלּוּ הַשָּׁמַיִם וְהָאָרֶץ, וְכָל-צָבָאָם. וַיְכַל אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי, מְלַאכְתּוֹ
אֲשֶׁר עָשָׂה; וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי, מְכַל-מְלַאכְתּוֹ אֲשֶׁר עָשָׂה. וַיְבָרֶךְ
אֱלֹהִים אֶת-יוֹם הַשְּׁבִיעִי, וַיְקַדְּשׁ אֹתוֹ: כִּי בּו שְׁבֹת מְכַל-מְלַאכְתּוֹ,
אֲשֶׁר-בָּרָא אֱלֹהִים לַעֲשׂוֹת. וַשְּׁמְרוּ בְנֵי-יִשְׂרָאֵל, אֶת-הַשְּׁבֹת, לַעֲשׂוֹת
אֶת-הַשְּׁבֹת לְדֹרֹתָם, בְּרִית עֹלָם. בֵּינִי, וּבֵין בְּנֵי יִשְׂרָאֵל--אֹת הוּא,
לְעֹלָם: כִּי-שֵׁשֶׁת יָמִים, עָשָׂה יְהוָה אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ, וּבַיּוֹם
הַשְּׁבִיעִי, שָׁבֹת וַיִּנָּפֵשׁ. וַיְקַהֵל מֹשֶׁה, אֶת-כָּל-עַדְת בְּנֵי יִשְׂרָאֵל וַיֹּאמֶר
אֲלֵהֶם: אֵלֹהִים, הַדְּבָרִים, אֲשֶׁר-צִוָּה יְהוָה, לַעֲשׂוֹת אַתֶּם. שֵׁשֶׁת יָמִים,
תַּעֲשֶׂה מְלָאכָה, וּבַיּוֹם הַשְּׁבִיעִי יִהְיֶה לָכֶם קֹדֶשׁ שְׁבֹת שְׁבֹתוֹן, לַיהוָה;
כָּל-הָעֹשֶׂה בּו מְלָאכָה, יוּמָת. לֹא-תַבְעֲרוּ אֵשׁ, בְּכָל מְשַׁבְּתֵיכֶם, בַּיּוֹם,
הַשְּׁבֹת. אֶת-שְׁבֹתֵי תִשְׁמְרוּ, וּמִקֹּדְשֵׁי תִירָאוּ: אֲנִי, יְהוָה. אִישׁ אָמוּ
וְאָבִיו תִּירָאוּ, וְאֶת-שְׁבֹתֵי תִשְׁמְרוּ: אֲנִי, יְהוָה אֱלֹהֵיכֶם.

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that He had been doing, and He ceased on the seventh day from all the work that He had done. And God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that He had done. (Genesis 2:1-3) The Israelite people shall keep the Sabbath, observing the Sabbath throughout the ages as a covenant for all time: it shall be a sign for all time between Me and the people of Israel. For in six days the Lord made heaven and earth, and on the seventh day He ceased from work and was refreshed. (Exodus 31:16-17) Moses then convoked the whole Israelite community and said to them: These are the things that the Lord has commanded you to do: On six days work may be done, but on the seventh day you shall have a Sabbath of complete rest, holy to the Lord; whoever does any work on it shall be put to death. You shall kindle no fire throughout your settlements on the Sabbath day. (Exodus 35:1-3) You shall keep My Sabbaths and venerate My sanctuary: I am the Lord (Leviticus 19:30) You shall each revere his mother and his father, and keep My Sabbaths: I the Lord am your God. (Leviticus 19:3)

Vaykhulu hashamayim vеха-arets vekhol tseva-am. Vaykhal elohim bayom hashevi-i melakhto asher asa. Vayishbot bayom hashevi'i, mikol melakhto asher asa. Vayvarekh elohim et yom hashevi-i vaykadesh oto, ki vo Shabbat mikol melakhto, asher bara elohim la-asot. Veshameru vene-Israel et hashabbat, la-asot et hashabbat, ledorotam berit Olam. Beni uven bene Israel ot hi leOlam, ki sheshet yamin asa Adonai et hashamayim ve-et ha-arets uvayom hashevi-i Shavat vayinafash. Vayakhel Moshe et kol adat bene Israel vayomer alehem ele hadevarim, asher tsua Adonai la-asot otam. Sheshet yamin te-ase melakha uvayom hashevi-i yihye lakhem kodesh Shabbat Shabbaton ladonai, kol haose vo melakha yumat. Lo teva-arush, bekol mishvotekhem beyom hashabbat. Et shabetotay tishmoru umikdashi tirau, ani Adonai. Ish imo veaviv tirau, ve-et shabetotay tishmoru, ani Adonai elohekhem.

On Rosh Hodesh say

עָשָׂה יָרַח לְמוֹעֲדִים שֶׁמֶשׁ יָדַע מְבוֹאוֹ: כִּי־רַח יִכּוֹן עוֹלָם וְעַד בִּשְׁחַק
נֶאֱמַן סֵלָה: כִּי אֶרְאֶה שְׁמִיךָ מַעֲשֵׂי אֲצַבְעֹתֶיךָ יָרַח וְכוֹכְבִים אֲשֶׁר כּוֹנְנִתָּה
כִּי-אֶרְאֶה שְׁמִיךָ מַעֲשֵׂה אֲצַבְעֹתֶיךָ יָרַח וְכוֹכְבִים אֲשֶׁר כּוֹנְנִתָּה.: כִּי הוּא
אָמַר וַיְהִי הוּא צְנִיָּה וַיַּעֲמֵד: וַיַּעֲמִידֵם לָעַד לְעוֹלָם חֶק נָתַן וְלֹא יַעֲבוֹר:
צָהָלִי וְרַנִּי יוֹשֶׁבֶת צִיּוֹן כִּי גָדוֹל בְּקִרְבֶּךָ קְדוֹשׁ יִשְׂרָאֵל: גֹּאֲלֵנוּ יְהוָה
צְבָאוֹת שְׁמוֹ קְדוֹשׁ יִשְׂרָאֵל:

He made the moon to mark the seasons; the sun knows when to set. (Psalms 104:19) “As the moon, established forever, an enduring witness in the sky.” Selah (Psalms 89:38) When I behold Your heavens, the work of Your fingers, the moon and stars that You set in place (Psalms 8:4) For He spoke, and it was; He commanded, and it endured. (Psalms 33:9) He made them endure forever, establishing an order that shall never change. (Psalms 148:6) Oh shout for joy, You who dwell in Zion! For great in your midst Is the Holy One of Israel. (Isaiah 12:6) Our Redeemer, Lord of hosts is His name, Is the Holy One of Israel. (Isaiah 47:4)

asah yarech lemoadim shemesh yada mevo-o. keyarech yikon olam ve'ed bashachak ne'eman selah. Ki er-eh shameicha ma'asei etzbe-oteicha yarech vechochavim asher konanetah. ki-er-eh shameicha ma'asei etzbe-oteicha yarech vechochavim asher konantaah. ki hu amar vaiyehi hu tzuah vaiyamod. vaiyamidem la-ad leolam chak natan velo ya-avor. tzahali varoni yoshevet tziyon ki-gadol bekirbech kedosh yisrael. **goalenu Adonai tzevaot shemo kedosh yisrael.**

וְחִפְרָה הַלְבָנָהּ בּוֹ שָׁה הַחֲמָה כִּי מָלַךְ יְהוָה צְבָאוֹת בְּהַר צִיּוֹן וּבִירוּשָׁלַם וְנִגְדָה זִקְנָיו כְּבוֹד: וְנִגְלָה כְּבוֹד יְהוָה וְרָאוּ כָל בָּשָׂר יַחְדָּו כִּי פִי יְהוָה דִּבֶּר: בְּרוּךְ כְּבוֹד יְהוָה מִמְקוֹמוֹ:

Then the moon shall be ashamed, And the sun shall be abashed. For the Lord of Hosts will reign On Mount Zion and in Jerusalem, and the Presence will be revealed to His elders (Isaiah 24:23) The Presence of the Lord shall appear, And all flesh, as one, shall behold – For the Lord Himself has spoken (Isaiah 40:5) **Blessed is the Presence of the Lord in His place** (Ezekiel 3:12*)

vechaferah halevanah vo shah hachamah ki malach Adonai tzevaot behar tziyon uv yerushalim veneged zekenav kavod. veneglah kevod Adonai verau chol basar yachdav ki pi Adonai diber. **baruch kevod- Adonai mimekomo.**

Shema Israel

שְׁמַע, יִשְׂרָאֵל: יְהוָה אֱלֹהֵינוּ, יְהוָה אֶחָד.	
Hear, O Israel: The Lord is our God, the Lord alone. (Deuteronomy 6:4)	Shema Israel, Adonai Eloheinu, Adonai Echad

אֶחָד אֱלֹהֵינוּ גָדוֹל אֲדוֹנֵינוּ קְדוֹשׁ וְנוֹרָא שְׁמוֹ לְעוֹלָם וָעֶד	
One is our God, great is our Lord; holy and mighty is His name forever more. (K.S.)	Ehad elohenu gadol Adonenu, kadosh venora shemo le-Olam va'ed

Shema 1

וְאָהַבְתָּ, אֵת יְהוָה אֱלֹהֶיךָ, בְּכָל-לְבָבְךָ וּבְכָל-נַפְשְׁךָ, וּבְכָל-מְאֹדְךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֲנֹכִי מְצַוְךָ הַיּוֹם עַל-לְבָבְךָ. וְשָׁנַנְתָּם לְבָנֶיךָ, וְדַבַּרְתָּ בָם, בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וְקִשַּׁרְתָּם לְאוֹת, עַל-יָדְךָ; וְהָיוּ לְטָטְפֹת, בֵּין עֵינֶיךָ. וְכַתַּבְתָּם עַל-מְזוֹזוֹת בֵּיתְךָ, וּבְשַׁעְרֶיךָ.	
You shall love the Lord your God with all your heart and with all your soul and with all your might. Take to heart these instructions with which I charge you this day, Impress them upon your children. Recite them when you stay at home and when you are away and when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; Inscribe them on the doorposts of your house and on your gates. (Deuteronomy 6:5-9)	Veahavta et Adonai eIlohekha, bekol levavekha uvkhol nafshekha uvkhol meodekha. Vehayu hadevarim haele asher anokhi metsavekha hayom al levavekha. Veshinantam levanekha vediarta bam, beshivtekha bevetekha uvIekhtekha vaderekh uvshokhbekha uvkumekha. Ukshartam leot al yadekha, vehayu letotafot ben enekha. Ukhtavtam al mezuzot betekha uvisharekha.

Shema 2

וְהָיָה, אִם-שָׁמַעַתְּ מִשְׁמְעוּ אֶל-מִצְוֹתַי, אֲשֶׁר אֲנֹכִי מְצַוֶּה אֶתְכֶם, הַיּוֹם לְאַהֲבָה אֶת-יְהוָה אֱלֹהֵיכֶם, וּלְעֲבֹדוֹ, בְּכֹל-לְבַבְכֶם וּבְכֹל-נַפְשְׁכֶם. וְנָתַתִּי מָטָר-אַרְצְכֶם בְּעֵתוֹ, יוֹרֵה וּמְלִקוֹשׁ; וְאִסְפַּתְּ דְגָנְךָ, וְתִירְשָׁךָ וַיִּצְהַרְךָ. וְנָתַתִּי עֵשֶׂב בְּשָׂדֶךָ, לְבִהֵמֹתֶךָ; וְאָכַלְתָּ, וְשָׂבַעְתָּ. הַשְּׁמְרוּ לָכֶם, פֶּן יִפְתָּה לְבַבְכֶם; וְסָרְתֶם, וְעַבַדְתֶּם אֱלֹהִים אֲחֵרִים, וְהִשְׁתַּחֲוִיתֶם, לָהֶם. וְחָרָה אַף-יְהוָה בְּכֶם, וְעָצַר אֶת-הַשָּׁמַיִם וְלֹא-יְהִי מָטָר, וְהִיאַדְמָה, לֹא תִתֵּן אֶת-יְבוּלָהּ; וְאֲבַדְתֶּם מְהֵרָה, מֵעַל הָאָרֶץ הַטֹּבָה, אֲשֶׁר יְהוָה, נָתַן לָכֶם. וְשָׁמַתֶּם אֶת-דְּבַרֵי אֱלֹהֵי, עַל-לְבַבְכֶם וְעַל-נַפְשְׁכֶם; וּקְשַׁרְתֶּם אֶתְּכֶם לְאוֹת עַל-יְדֵיכֶם, וְהָיוּ לְטוֹטְפֹת בֵּין עֵינֵיכֶם. וְלִמְדַתֶּם אֶת-בְּנֵיכֶם, לְדַבֵּר בָּם, בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתְּךָ בַדֶּרֶךְ, וּבְשֹׁכְבְךָ וּבְקוּמְךָ. וּכְתַבְתֶּם עַל-מְזוּזוֹת בְּיַתְדְךָ, וּבְשַׁעְרֵיךָ. לְמַעַן יִרְבוּ יְמֵיכֶם, וַיְמִי בְנֵיכֶם, עַל הָאֲדָמָה, אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתֵּיכֶם לָתֵת לָהֶם--כִּימֵי הַשָּׁמַיִם, עַל-הָאָרֶץ.

If then you obey the commandments that I enjoin upon you this day, loving the Lord your God and serving Him with all your heart and soul, I will grant the rain for your land in season, the early rain and the late. You shall gather in your new grain and wine and oil – I will also provide grass in the fields for your cattle – and thus you shall eat your fill. Take care not to be lured away to serve other gods and bow to them. For the Lord's anger will flare up against you and He will shut up the skies so that there will be no rain and the ground will not yield its produce; and you will soon perish from the good land that the Lord is assigning to you. Therefore impress these words upon your very heart; bind them as a sign on your hand and let them serve as a symbol on your forehead, and teach them to your children – reciting them when you stay at home and when you are away, when you lie down and when you get up; and inscribe them on the doorposts of your house and on your gates – to the end that you and your children may endure, in the land that the Lord swore to your fathers to assign to them, as long as there is a heaven over the earth. (Deut. 11:13-21)

Vehaya im shamowa tishme-u el mitsvotay asher anokhi metsave etkhem hayom leahava et Adonai elohekhem ul-ovdo bechol levavkhem uvkhol nafshekhem. Venatati metar artsekhem be-ito yore umalkosh, veaseftah deganekha vetiroshekha veyitsharekha. Venatati esev besadekha livhemtekha, veakhalta vesavata. Hishameru lakhem pen yifte levavkhem, vesartem va-avadtem elohim aherim, vehishtahavitem lahem vehara af Adonai bakhem veatsar et hashamayim velo yihye matar, vеха-adama lo titen et yevylah va-avadtem mehera meal ha-arets hatova, asher Adonai noten lakhem. Vesamtem et devarai ele al levavkhem veal nafshekhem, ukshartem otam leot al yedkhem vehayu letotafot ben enekhem. Velimadtem otam et benekhem ledaber bam, beshivtekha bevetekha uvlekhtekha vaderekh uvshokhbekha uvkumekha. Ukhtavtam al mezuzot betekha uvisharekha. Lema-an yirbu yimekhem vime venekhem al ha-adama asher nishba Adonai la-avotekhem latet lahem, kime hashamayim al ha-arets.

Shema 3

וַיֹּאמֶר יְהוָה, אֶל-מֹשֶׁה לֵאמֹר. דַּבֵּר אֶל-בְּנֵי יִשְׂרָאֵל, וְאָמַרְתָּ אֲלֵהֶם,
וַעֲשׂוּ לָהֶם צִיצִית עַל-פְּנֵי בְגָדֵיהֶם, לְדֹרֹתָם; וְנָתַנּוּ עַל-צִיצִית הַכֶּנֶף,
פֶּתִיל תְּכֵלֶת. וְהָיָה לָכֶם, לְצִיצִית, וּרְאִיתֶם אֹתוֹ וַיִּזְכְּרֶתֶם אֶת-כָּל-מִצְוֹת
יְהוָה, וַעֲשִׂיתֶם אֹתָם; וְלֹא-תִתּוּרוּ אַחֲרַי לְבַבְכֶם, וְאַחֲרַי עֵינֵיכֶם, אֲשֶׁר-
אֹתָם זָנִים, אַחֲרֵיהֶם. לְמַעַן תִּזְכְּרוּ, וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי; וְהֵייתֶם
קְדוֹשִׁים, לֵאלֹהֵיכֶם. אֲנִי יְהוָה אֱלֹהֵיכֶם, אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ
מִצְרַיִם, לֵהֵיוֹת לָכֶם, לֵאלֹהִים: אֲנִי, יְהוָה אֱלֹהֵיכֶם.

The Lord said to Moses as follows: Speak to the Israelite people and instruct them to make for themselves fringes on the corners of their garments throughout the ages; let them attach a cord of blue to the fringe at each corner. That shall be your fringe; look at it and recall all the commandments of the Lord and observe them, so that you do not follow your heart and eyes in your lustful urge. Thus you shall be reminded to observe all My commandments and to be holy to your God. I the Lord am your God, who brought you out of the land of Egypt to be your God: I, the Lord your God.(Numbers 15:37-41)

Vayomer Adonai el moshe lemor. Daber el bene Yisrael veamarta alehem, veasu lahem tsitsit al kanfe vigdehem ledorotam, venatenu al tsitsit hakanaf petil tekhelet. Vehaya lakhem letsitsit, uritem oto uzkhartem et kol mitsvot Adonai va-asitem otam, velo taturu ahare levavkhem veahare enekhem, asher atem zonim aharehem. Lema-an tizkeru va-asitem et kol mitsvotay, vihyitem kedoshim leIohekhem. Ani Adonai elohekhem, asher hotseti etkhem me-erets mitsrayim lihyot lakhem leIohim, ani Adonai eIohekhem.

יְהוָה אֱלֹהֵינוּ אֵל אֶחָד אֱמֶת: וְתוֹרָתוֹ הַתְּמִימָה אֱמֶת: וּמִקְדָּשׁוֹ בַּיִת
 הַתְּכֵלֵה אֱמֶת: וּנְבִיאָיו אֱמֶת: וְשַׁבְּתוֹתָיו הַמְּקֻדָּשׁוֹת אֱמֶת: וּמִצְוֹתָיו
 וְחֻקֹּתָיו וְעֲדוֹתָיו וּמִשְׁפָּטָיו וְכָל דְּבָרָיו אֱמֶת: וַיְהוָה אֱלֹהִים אֱמֶת, הוּא-
 אֱלֹהִים חַיִּים וּמְלֶךְ עוֹלָם; מְקַצֵּפוֹ תְּרַעַשׁ הָאָרֶץ, וְלֹא-יִכְלוּ גוֹיִם וְעַמּוֹ.
 וְאֵל-תִּצַּל מִפִּי דְבַר-אֱמֶת עַד-מָאד: כִּי לְמִשְׁפָּטָךְ, יִחַלְתִּי. וְהָיָה יְהוָה
 לְמֶלֶךְ, עַל-כָּל-הָאָרֶץ; בַּיּוֹם הַהוּא, יְהִיָּה יְהוָה אֶחָד וְשֵׁמוֹ אֶחָד. יְמֶלֶךְ
 יְהוָה לְעוֹלָם אֱלֹהֵי צִיּוֹן, לְדוֹר וָדוֹר: הִלְלוּ-יְהוָה מַלְכוּתְךָ מַלְכוּת כָּל-
 עֲלָמִים; וּמְמַשְׁלֶתְךָ, בְּכָל-דּוֹר וָדוֹר. כִּי לִיהוָה, הַמְּלוֹכָה; וּמִשְׁלַל,
 בְּגוֹיִם. יְהוָה מְלֶךְ יְהוָה מְלֶךְ יְהוָה יְמֶלֶךְ, לְעֹלָם וָעַד בְּרוּךְ יְהוָה
 לְעוֹלָם: אָמֵן וְאָמֵן.

YHWH our God is one God; **Truth!** And His Torah is perfect; **Truth!** And His Temple is the House of Prayer; **Truth!** And His prophets; **Truth!** And His sanctified Sabbaths; **Truth!** And His commandments and His statutes and His testimonies and His judgement and all His words; **Truth!** (K.S.) But the Lord is truly God: He is a living God, the everlasting King. At his wrath, the earth quakes, and nations cannot endure his rage. (Jeremiah 10:10) Do not utterly take the truth away from my mouth, for I have put my hope in Your rules. (Psalms 119:43) And the Lord shall be king over all the earth; in that day there shall be one Lord with one name. (Zechariah 14:9) The Lord shall reign forever, your God, O Zion, for all generations, Hallelujah. (Psalms 146:10) Your kingship is an eternal kingship; Your dominion is for all generations. (Psalms 145:13) For kingship is the Lord's and He rules the nations (Psalms 22:29) God is king, God has always been king. (K.S.) God shall reign for ever and ever. (Exodus 15:18) Blessed is the Lord forever. **Amen, and Amen.** (Psalms 89:53)

Adonai elohenu el echad: **Emet.** Vektorato hatemima: **Emet.** Umikdasho bet hatefila: **Emet.** Unviav: **Emet.** Veshabetotav hamkudashot: **Emet.** Umitsvotav vehukotav ve-edotav umishpatav vekhol devarav: **Emet.** Vadonai elohim: **Emet.** Hu elohim hayim umelekh Olam, mikitspo tirash ha-arets velo yakhilu goyim zamo. Veal tatsel mipi devar emet ad meod, ki lemishpatekha yihalti. Vehaya Adonai lemelekh al kol ha-arets, bayom hahu yihye Adonai ehad ushmo ehad. Yimlokh Adonai, leOlam elohayikh tsiyon ledor vador haleluyah. Malkhutekha malkhut kol olamim umemshaletekha bekol dor vador. Ki lardonai hamelukha umoshel bagoyim. Adonai melekh Adonai melakh Adonai yimlokh leOlam vaed. Barukh Adonai leOlam **Amen veAmen.**

Hosha Adonai

<p>הוֹשֵׁעַ יְהוָה אֶת-עַמּוֹ, אֶת שְׂאֵרֵי יִשְׂרָאֵל. הוֹשִׁיעָה, אֶת-עַמּוֹ וּבְרָךְ. אֶת-נִחְלָתָהּ; וּרְעֵם וּנְשָׂאִם, עַד-הָעוֹלָם. בְּרוּךְ יְהוָה לְעוֹלָם: אָמֵן וְאָמֵן.</p>	
<p>Save, O Lord, Your people, The remnant of Israel. (Jeremiah 31:7*) Deliver and bless Your very own people; tend them and sustain them forever (Psalms 28:9) Blessed is the Lord forever. Amen, and Amen. (Psalms 89:53)</p>	<p>Hosha Adonai et amekha, et she-erit Yisrael. Hoshia et amekha uvarekh et nahalatekha, ur-em venase-em ad-haOlam. Barukh Adonai leOlam Amen veAmen</p>

<p>בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵי יִשְׂרָאֵל אָבִינוּ מֵעוֹלָם וְעַד עוֹלָם לְךָ יְהוָה הַגְדֹּלָה וְהַגְבוּרָה וְהַתְּפָאֶרֶת וְהַנִּצְחָן וְהַהוֹד כִּי כָל בְּשָׁמַיִם וּבָאָרֶץ לְךָ יְהוָה הַמְּמַלְכָה וְהַמְּתַנַּשֵּׂא לְכֹל לְרֹאשׁ: וְהַעֲשֵׂר וְהַכְּבוֹד מִלְּפָנֶיךָ וְאַתָּה מוֹשֵׁל בְּכֹל וּבְיָדְךָ פֶּתַח וּגְבוּרָה וּבְיָדְךָ לְגִדּוֹל וּלְחֹזֶק לְכֹל וְעַתָּה אֱלֹהֵינוּ מוֹדִים אֲנַחְנוּ לְךָ וּמְהִלִּים לְשֵׁם תְּפָאֶרְתָּךְ. וְאֲנַחְנוּ, נְבָרְךָ יְהוָה מֵעַתָּה וְעַד- עוֹלָם: הִלְלוּ-יְהוָה. בְּרוּךְ יְהוָה לְעוֹלָם: אָמֵן וְאָמֵן.</p>	
<p>Blessed are You, Lord, God of Israel our father, from eternity to eternity. Yours, Lord, are greatness, might, splendor, triumph, and majesty – yes, all that is in heaven and on earth; to You, Lord, belong kingship and preeminence above all. Riches and honor are Yours to dispense; You have dominion over all; with You are strength and might, and it is in Your power to make anyone great and strong. Now, God we praise You and extol Your glorious name. (1Chronicles 29:10*-13) But we will bless the Lord now and forever. Hallelujah. (Psalms 115:18) Blessed is the Lord forever. Amen, and Amen. (Psalms 89:53)</p>	<p>Barukh ata Adonai elohe Yisrael avinu, meOlam ve-ad Olam. Lekha Adonai hagedula vehagevura, vehatiferet vehanesah vehahod, ki khol bashamayim uva-arets, lekha Adonai hamamlakha vehamitnase lekhoh lerosh. Vehaoshher vehakavod milefanekha, veata moshel bakol uvyadekha koah ugvura, uvyadekha legadol ulhazek lakol. Veata elohenu modim anahnu lakh, umehallim leshem tifartekha. Va-anahnu nevarekh yah, meyata ve-ed olam, Halleluyah. Barukh Adonai leOlam Amen veAmen.</p>

Kneel



<p>בְּרוּךְ יְהוָה, אֲשֶׁר נָתַן מְנוּחָה לְעַמּוֹ יִשְׂרָאֵל, כְּכֹל, אֲשֶׁר דִּבֶּר: לֹא-נִפְלָה דְּבַר אֶחָד, מִכֹּל דְּבָרָיו הַטּוֹב, אֲשֶׁר דִּבֶּר, בְּיַד מֹשֶׁה עַבְדּוֹ.</p>	
<p>Praised be the Lord who has granted a haven to His people Israel, just as He promised; not a single word has failed of all the gracious promises that He made through His servant Moses. (1Kings 8:56)</p>	<p>Barukh Adonai asher natan menuha leamo Yisrael kekhol asher diber, lo nafal davar ehad mikol devaro hatov asher diber beyad Moshe avdo.</p>

כִּי לֹא עַל-צְדָקוֹתֵינוּ, אֲנַחְנוּ מִפִּילִים תַּחֲנוּנֵינוּ לְפָנֶיךָ--כִּי, עַל-רַחֲמֶיךָ הֶרְבִּים. אֲדֹנָי שְׁמַעָה, אֲדֹנָי סִלַּחָה, אֲדֹנָי הִקְשִׁיבָה וַעֲשֵׂה, אֵל-תֹּאחֵר: לְמַעַנְךָ אֱלֹהֵי--כִּי-שָׁמַךְ נִקְרָא, עַל-עִירְךָ וְעַל-עַמֶּךָ. שׁוּב מִחֲרוֹן אַפֶּךָ, וְהִנָּחֵם עַל-הָרָעָה לְעַמֶּךָ. שׁוּב לְמַעַן עֲבָדֶיךָ, שְׁבִטֵי נַחְלָתְךָ. הֲשִׁיבֵנו יְהוָה אֱלֹהֶיךָ וְנִשׁוּב, חֲדָשׁ יָמֵינוּ כְּקֶדֶם. וְסִלַּחְתָּ לְעֹונֵנוּ וְלַחַטָּאתֵנוּ וְנִסְלַחְנוּ. בְּרוּךְ יְהוָה לְעוֹלָם: אָמֵן וְאָמֵן.

Not because of any merit of ours do we lay our plea before You but because of Your abundant mercies, O Lord, Hear! O Lord, forgive! O Lord, listen, and act without delay for Your own sake, O my God; for Your name is attached to Your city and Your people. (Daniel 9:18*-19) Turn from Your blazing anger, and renounce the plan to punish Your people. (Exodus 32:12*) Return for Thy servants' sake, the tribes of Thine inheritance. (Isaiah 63:17*) Take us back, O Lord, to Yourself, and let us come back; renew our days as of old. (Lamentations 5:21) Pardon our iniquity and our sin, and take us for Your own. (Exodus 34:9*) Blessed is the Lord forever. **Amen, and Amen.** (Psalms 89:53)

Ki lo al tsidkotenu anahnu mapilim tahanunenu lefanekha ki al rahamekha harabim. Adonai shema-a Adonai selakha, Adonai hakshiva va-ase el tehar, lema-ankha elohay, ki shimkha nikra al irekha veal amekha. Shuv meharon apekha venahem el Hariah lemekha. Shuv lema-an avadekha, shivte nahalatekha. Hashivenu Adonai elekha venashuva, hadesh yamenu kekedem. vesalaha, la-avotenu ulhatatenu unhaltanu. Barukh Adonai leOlam, **Amen veAmen.**

Silent Meditation

הִיטִיבָה בְּרָצוֹנְךָ, אֶת-צִיּוֹן; תִּבְנֶה, חוֹמוֹת יְרוּשָׁלַם. בּוֹנֵה יְרוּשָׁלַם יְהוָה; נִדְחֵי יִשְׂרָאֵל יִכַּנְּסוּ. בּוֹרָא, נוֹב שְׁפָתַיִם; שָׁלוֹם שָׁלוֹם לְרַחֲוֹק וְלִקְרוֹב, אָמַר יְהוָה--וַיִּרְפָּאתֵנוּ. הִמְשַׁל וְפָחַד עַמּוֹ; עֲשֵׂה שָׁלוֹם בְּמִרוֹמָיו. יְהוָה--עֲזֵ, לְעַמּוֹ יִתֵּן; יְהוָה, יְבָרֵךְ אֶת-עַמּוֹ בְּשָׁלוֹם. בְּרוּךְ יְהוָה לְעוֹלָם: אָמֵן וְאָמֵן.

May it please You to make Zion prosper; rebuild the walls of Jerusalem. (Psalms 51:20) The Lord rebuilds Jerusalem; He gathers in the exiles of Israel (Psalms 147:2) Heartening comforting words; it shall be well, Well with the far and the near. (Isaiah 57:19) Dominion and dread are His; He imposes peace in His heights. (Job 25:2) May the Lord grant strength to His people; may the Lord bestow on His people wellbeing. (Psalms 29:11) Blessed is the Lord forever. **Amen, and Amen.** (Psalms 89:53) (Psalms 89:53)

Hitiva birtonekha et tsiyon, tivne homot Yerushalayim. Bone Yerushalayim Adonai, nedkhi Israel yekhenes borea niv sefatayim, shalom shalom larahok velakarov, amar Adonai urfativ. Hamshel vafahad imo ose shalom bimromav. Adonai oz leamo yiten, Adonai yevarekh et amo vashalom. Barukh Adonai leOlam, **Amen veAmen.**

Silent Meditation

Stand and Say



תְּקַבַּל בְּרָצוֹן תְּפִלַּתְכֶם אָמֵן: תְּקַבַּל בְּרָצוֹן תְּפִלַּתְכֶם אָמֵן: חֲזַק שְׁלוֹם
שְׁלוֹם שְׁלוֹם עַל כָּל יִשְׂרָאֵל: יִשְׂרָאֵל נוֹשָׁע בִּיהוָה, תְּשׁוּעַת
עוֹלָמִים: לֹא-תִבְשׁוּ וְלֹא-תִכְלְמוּ, עַד-עוֹלָמֵי עַד. בָּרוּךְ יְהוָה לְעוֹלָם:
אָמֵן וְאָמֵן.

May your prayer be received with acceptance;
Amen. May your prayer be received with
acceptance; **Amen.** Be strong! Peace, peace, peace
upon all Israel. (K.S.) But Israel has won through
the Lord Triumph everlasting. You shall not be
shamed or disgraced in all the ages to come.
(Isaiah 45:17) Blessed is the Lord forever. **Amen,
and Amen.** (Psalms 89:53)

Tekubal leratson tefilatkhem **Amen,** Tekubal
leratson tefilatkhem **Amen,** hazak Shalom Shalom
Shalom al kol Yisrael. Yisrael nosha badonai
teshuat olamim lo tevoshu velo tikalemu ad oleme
ad. Barukh Adonai leOlam **Amen veAmen.**

Blessing Over the Wine

הודו ליהוה כּי-טוב: כּי לעולם חסדו. הודו, לאלהי האלהים: כּי לעולם חסדו. הודו, לאדני האדנים: כּי לעולם חסדו. ברוך אתה יהוה אלהינו מלך העולם הנותן לנו ושמחה ובורא פרי הגפן: אמן.

Praise the Lord; for He is good **His steadfast love is eternal**. Praise the God of Gods **His steadfast love is eternal**. Praise the Lord of Lords **His steadfast love is eternal**. (Psalms 136:1-3) Blessed are you Adonai our God King of the Universe who creates the fruit of the vine.

Hodu ladonai kitov: **Ki le-Olam hasdo**. Hodu lelohe haelohim: **Ki le-Olam hasdo**. Hodu ladone ha-adonim: **Ki le-Olam hasdo**. Barukh Ata Adonai Eloheinu Melekh Ha-O'lam Ha-noten Lanu Sason Ve-simkha U-vore Peri Ha-gafen. **Amen**.

Blessing Over the Bread

ברוך אתה יהוה אלהינו מלך העולם המוציא לחם מן הארץ: אמן.

Blessed are You, Adonai, our God, King of the universe, Who brings bread out of the earth.

Barukh ata Adonai eIohainu melekh ha-olam hamotsi Iehem min ha-arets amen.

Kiddush for Shabbat

ויכלו השמים והארץ, וכל צבאם. ויכל אלהים ביום השביעי, מלאכתו אשר עשה; וישבת ביום השביעי, מכל מלאכתו אשר עשה. ויברך אלהים את-יום השביעי, ויקדש אתו: כי בו שבת מכל מלאכתו, אשר-ברא אלהים לעשות. וברוך אלהינו מלך העולם אשר ברא עץ הגפן ומיין משמח לבב בני האדם: כפתיב, ויין. ישמח לבב-אנוש להצהיל פנים משמן ולחם לבב-אנוש יסעד: ברוך אתה יהוה אלהינו מלך העולם המברך והמקדש את-יום השבת לעמו ישראל אמן: וברוך אלהינו מלך העולם הנותן לנו ששון ושמחה ובורא פרי הגפן: אמן.

The heaven and the earth were finished, and all their array. On the seventh day God finished the work that He had been doing, and He ceased on the seventh day from all the work that He had done. Ad God blessed the seventh day and declared it holy, because on it God ceased from all the work of creation that He had done. (Genesis 2:1-3). And blessed is our Elohim, king of the universe, who created the vine and from its wine makes happy the heart of the sons of men. As it is written, (N.B.) 'Wine that cheers the hearts of men, oil that makes the face shine, and bread that sustains man's life.' (Psalms 104:15). Blessed are you Lord, our Elohim, king of the universe, who blesses and sanctifies the Sabbath day for his people Israel, Amen. And blessed be our Elohim king of the universe who gives us celebration and joy and who creates the fruit of the vine, Amen. (N.B.)

Vaykhulu hashamayim vaha-arets vekhol tseva-am. Vaykhal elohim bayom hashevi'I melakhto asher asa. Vayishbot bayom hashevi'i, mikol melakhto asher asa. Vayvarekh elohim et yom hashevi'i vaykadesh oto, ki vo Shabbat mikol melakhto, asher bara elohim la-asot. uvaruch eloheinu melech haolam asher bara ets hagefen umiyeino mesameiach levav benei ha-adam N.B.). kakatov veyayin yesamach levave. No-osh lehatshil panim mishamen velechem levave. no-osh yisad: (Psalms 104:15) baruch ata adonai eloheinu melech haolam hamevarech vehamekadesh et yom hashabbat leamo yisrael amen. uvaruch eloheinu melech haolam hanoten lanu sason vesimchah uvorei peri hagefen amen. (N.B.)

Prayer for the Sick

יְהוָה אֱלֹהֵי יִשְׂרָאֵל בְּרַחֲמָיו הַרְבִּים וּבְחַסְדָּיו הַגְּדוֹלִים וְהַנְּאֻמָּנִים, הוּא
 יִחַן וִירַחֵם וְיַחְמַל עַל מַעַלְתּוֹ וְכָל חוֹלֵי עַמּוֹ בֵּית יִשְׂרָאֵל
 שֶׁנִּפְלוּ בַחֲלֵי. אֱלֹהֵי יִשְׂרָאֵל בְּרַחֲמָיו הַרְבִּים יַחֲיֵהֶם מִחֲלָיִם וְיִרְפְּאֵם
 מִמַּכְאוּבָם, וִירַחֵם עָלֵיהֶם: וַיְקִימֵם וַיַּחְלִימֵם מִמַּחֲלָתָם: וַיְקִיֵם עָלֵיהֶם
 מִקָּרָא שְׁכָתוֹב: וַיֹּאמֶר אֱ-שָׁמוּעַ תִּשְׁמַע לְקוֹל | יְהוָה אֱלֹהֵיךָ וְהִישָׁר
 בְּעֵינָיו תַּעֲשֶׂה וְהִאֲזִינָה לְמִצְוֹתָיו וְשָׁמְרָתָ כָּל-חֻקָּיו, כָּל-הַמַּחֲלָה
 אֲשֶׁר-שָׁמְתִי בְּמִצְרַיִם לְאֲ-אֲשִׁים עָלֶיךָ כִּי אָנִי יְהוָה רֹפֵאֲךָ: וְהִסִּיר יְהוָה
 מִמֶּךָ כָּל-חֲלֵי, וְכָל-מַדּוּי מִצְרַיִם הָרָעִים אֲשֶׁר יָדַעְתָּ לֹא יִשִּׁימֶם בְּךָ
 וּנְתַנֶּם בְּכָל-שָׁנָאִיךָ: רֹפֵאֵם יְהוָה וַיִּרְפְּאוּ הוֹשִׁיעֵם וַיִּנְשְׂעוּ כִּי תִהְלָתִי
 אַתָּה: אֵל נָא רֹפֵא נָא לָהֶם: אֵל נָא רֹפֵא נָא לָהֶם: אֵל נָא רֹפֵא נָא לָהֶם:
 יְהוָה הוֹשִׁיעָה, הַמְלִךְ יַעֲנֵנוּ בְיוֹם-קָרְאֵנוּ: בָּרוּךְ יְהוָה לְעוֹלָם: אָמֵן

וְאָמֵן.

May Adonai, God of Israel, in his great mercies and reliable charities, will show favor and have mercy and have pity on and all the sick people of Israel that became sick. May The God of Israel, in his great mercies, make them revive from ther illness and heal them from ther suffering and show mercy on them, and raise them again, and recuperate from their sickness. And treat them as it is written: And said, If you will diligently listen to the voice of Adonai, your God, and will do that which is right in his sight, and will give ear to his commandments, and keep all his statutes, I will put none of these diseases upon you, which I have brought upon the Egyptians; for I am the Lord that heals you: And Adonai will take away from you all sickness, and will put none of the evil diseases of Egypt, which you know, upon you; but will lay them upon all those who hate you: Heal Them, Adonai, and They shall be healed; save Them, and They shall be saved; for you are my praise: Heal them now, O God, I beseech you: Heal them now, O God, I beseech you: Heal them now, O God, I beseech you: Save, Adonai; the king will answer us on the day when we call: Blessed be Adonai for evermore; Amen ve Amen

Adonai Elohe Israel berachamav harabim uvakhsadav hagedolim vehane-emanim, hu yakhon virakhem veyakhmol al ma-a-lat _____ vekhol khole amo bet Israel shenafelu bekholi. Elohe Israel berachamav harabim yekhayehem mekholyam veyirpaem mimakhovam, virakhem alehem: vikimem veyakhhalimem mimakhalatam: vikayem alehem mikra shekatuv: vayomer aim shamo'a tishma-a lekol Adonai elohekha vehayashar be-enav ta-ase vaha-azanta lemitzvotav veshamarta kol khukav, hol hamkhala asher samti bemitzrayim lo asim alekha ki ani Adonai rofe-ekha: vehesir Adonai mimekha kol kholi, vekhol madve mitzrayim ha-ra-im asher yadaa-ta ki yesimam bakh untanam bekhoh sone-ekha: refaem Adonai veyerafeu hoshiem veyivasheu ki tehilati ata: el na, refa na lahem: el na, refa na lahem: el na, refa na lahem: Adonai hoshia hamelekh ya-anenu beyom korenu: Barukh Adonai leOlam, Amen Ve-Amen.