

May 22, 2021
11 Sivan, 5781
Shabbat Nassos



*It has been told to you, what is good, and what Adonai requires of you
Only to do justice, to love mercy, and to walk humbly with your God. (Micah 6:8)*

--- Morning Blessings and Psalms ---

Modeh Ani

Modeh/Modah ani l'fanecha, Melech chai v'kayam, מוֹדֵה/מוֹדָה אֲנִי לְפָנֶיךָ מֶלֶךְ חַי וְקַיִּים.
she-hechezarta bi nishmati b'chemlah, rabbah emunatecha. שְׁהֶחֱזַרְתָּ בִּי נִשְׁמָתִי, בְּחֶמְלָה. רַבָּה אֱמוּנָתְךָ:
*I offer thanks to You, ever-living Sovereign, that You have restored my soul to me in mercy:
How great is Your trust.*

We are good.

We are flawed.

We are the breath of an imperfect God.

Music and lyrics by Batya Levine

Elohai, n'shamah shenatata bi t'horah hi. אֱלֹהֵי, נְשָׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה הִיא.
Atah v'ratah, Atah y'tzartah, Atah n'fachta bi, אַתָּה בְּרֵאתָהּ, אַתָּה יִצְרַתָּהּ, אַתָּה נִפְחַתָּהּ בִּי,
v'Atah m'shamrah b'kirbi. וְאַתָּה מְשַׁמְרָהּ בְּקִרְבִּי.
*My God, the soul You have given me is pure.
You created it, You shaped it, You breathed it into me, and You protect it within me.*

Ashrei

Ashrei yoshvei veitecha, od y'hal'lucha selah. אֲשֶׁרֵי יוֹשְׁבֵי בֵּיתְךָ, עוֹד יְהַלְלוּךָ סֵלָה.
Happy are those who dwell in Your house; they will sing Your praises forever.

Psalm 150

Halleluyah! הַלְלוּיָהּ.
Hallelu El b'kodsho, hal'luhu birkia uzo. הַלְלוּ אֱלֹהִים בְּקֹדְשׁוֹ. הַלְלוּהוּ בְּרִקִיעַ עֲזוֹ:
Hal'luhu bigvurotav, hal'luhu k'rov gudlo. הַלְלוּהוּ בְּגִבּוֹרֹתָיו. הַלְלוּהוּ כְּרֹב גִּדְלוֹ:
Hal'luhu b'teika shofar, hal'luhu b'neivel v'chinor. הַלְלוּהוּ בְּתִקְעַת שׁוֹפָר. הַלְלוּהוּ בְּנִיבֹל וְכִנּוֹר:
Hal'luhu b'tof umachol, hal'luhu b'minim v'ugav. הַלְלוּהוּ בְּתוֹף וּמַחּוֹל. הַלְלוּהוּ בְּמִנִּים וְעִגָּב:
Hal'luhu b'tziltz'lei shama, hal'luhu b'tziltz'lei t'ruah. הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע. הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:
Kol han'shamah t'haleil Yah, Hal'lu Yah! כֹּל הַנְּשָׁמָה תְהַלֵּל יְהוָה. הַלְלוּיָהּ!
*Halleluyah! Praise God in God's sanctuary; praise God in the sky, God's stronghold. Praise God for mighty acts;
praise God for God's exceeding greatness. Praise God with blasts of the horn; praise God with harp and lyre.
Praise God with timbrel and dance; praise God with lute and pipe. Praise God with resounding cymbals; praise
God with loud-clashing cymbals. Let all that breathes praise God. Halleluyah!*

--- Sh'ma and its Blessings ---

שמע ישראל יהוה אלהינו יהוה אחד
Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad!
Hear, O Israel, Adonai is our God, Adonai is One!

ברוך שם כבוד מלכותו לעולם ועד
Baruch shem k'vod malchuto l'olam va'ed.
Blessed is God's glorious majesty forever and ever.

V'ahavta et Adonai Elohecha, b'chol l'vav'cha uv'chol nafsh'cha uv'chol m'odecha. V'hayu had'varim ha'eileh asher anochi m'tzavcha hayom al l'vavecha. V'shinantam l'vanecha v'dibarta bam b'shivt'cha b'veitecha uv'lecht'cha vaderech uv'shochb'cha uv'kumecha. Ukshartam l'ot al yadecha v'hayu l'totafot bein einecha. Uchtavtam al m'zuzot beitecha uvisharecha.

You shall love Adonai your God with all your heart, 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, 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.

L'maan tizk'ru, vaasitem et kol mitzvotai vih'yitem k'doshim l'Eloheichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim lih'yot lachem l'Elohim ani Adonai Eloheichem.

*Thus you shall remember to observe all My commandments and to be holy to your God.
I am Adonai, your God, who brought you out of the land of Egypt to be your God: I am Adonai your God.*

Redemption

Mi chamocha ba'eilim Adonai! Mi kamocho nedar bakodesh, nora t'hilot, oseh feleh!

Who is like You, O God? Who is like You, majestic in holiness, awesome in splendor, working wonders?

Shirah chadashah shib'chu g'ulim l'shimcha al s'fat hayam. Yachad kulam hodu v'himlichu v'amru: Adonai yimloch l'olam va'ed.

With new song, inspired, at the shore of the Sea, the redeemed sang Your praise. In unison they all offered thanks. Acknowledging Your Sovereignty, they said: "Adonai will reign forever!"

ואהבת את יי אלהיך בכל לבבך ובכל נפשך ובכל מאדך: והיו הדברים האלה אשר אנכי מצוה היום על לבבך: ושננתם לבניך ודברת בם בשבתך בביתך ובליכתך בדרךך ובשכבך ובקומך: וקשרתם לאות על ידך והיו לטטפת בין עיניך: וכתבתם על מזוזות ביתך ובשעריך

למען תזכרו ונשיתם את כל מצותי, והייתם קדושים לאלהיכם. אני יי אלהיכם, אשר הוצאתי אתכם מארץ מצרים, להיות לכם לאלהים, אני יי אלהיכם.

מי־כמוכה באלים יהוה מי כמוכה נאדר בקדש נורא תהלת עשה פלא

שרה חדשה שבחו גאולים לשמך על שפת הים. יחד כלם הודו והמליכו ואמרו: יי ימלוך לעולם ועד.

--- Amidah ---

GOD OF OUR ANCESTORS

Baruch Atah Adonai Eloheinu v'Elohei avoteinu v'imoteinu, Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivkah, Elohei Rachel, v'Elohei Leah. Ha'Eil hagadol hagibor v'hanora Eil elyon, gomeil chasadim tovim v'koneh hakol v'zocheir chasei avot v'imahot, umeivi g'ulah livnei veneihem l'maan shemo b'ahavah. Melech ozeir umoshia umagen. Baruch Atah, 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 lovingkindness, creates all out of love, remembers the love of our ancestors, and brings redemption to their children's children for the sake of the Divine Name. Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

ברוך אתה יי אלהינו ואלהי אבותינו ואמותינו: אלהי אברהם, אלהי יצחק, ואלהי יעקב, אלהי שרה, אלהי רבקה, אלהי רחל, ואלהי לאה הגדול הגבור והנורא, אל עליון, גומל חסדים טובים, וקנה הכל, וזוכר חסדי אבות ואמהות, ומביא גאולה לבני בניהם, למען שמו באהבה. מלך עוזר ומושיע ומגן. ברוך אתה יי, מגן אברהם ועזרת שרה.

GOD OF MIGHT

Atah gibor l'olam Adonai, mechayeih hakol (meitim) Atah, rav l'hoshia. Morid hatal.

M'chalkel chayyim b'chesed, m'chayeh hakol (meitim) b'rachamim rabim, somech noflim, v'rofeh cholim, umatir asurim, um'kayem emunato lishenei afar. Mi chamocha ba'al g'vurot? U'mi domeh lach? Melech meimit um'chayeh, umatzmiach y'shuah.

V'neeman Atah l'hachayot hakol (meitim). Baruch Atah, Adonai, m'chayeih hakol (hameitim).

You are forever mighty, Adonai; You give life to all (revive the dead). You cause the wind to shift and rain to fall. You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, 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 (reviving that which is dead)?

Blessed are You, Adonai, who gives life to all (revives the dead).

אתה גבור לעולם אדני, מסיה הכל (מתים) אתה, רב להושיע. מוריד הטל.

מכלכל חיים בחסד, מסיה הכל (מתים) ברחמים רבים, סומך נופלים, ורופא חולים, ומתיר אסורים, ומקים אמונתו לישגי עפר, מי כמוד בעל גבורות ומי דומה לך, מלך ממת ומסיה ומצמיח ישועה.

ונאמן אתה להחיות הכל (מתים). ברוך אתה יי, מסיה הכל (המתים).

GOD'S HOLINESS

N'kadesh et shimcha ba'olam k'shem shemakdishim oto bishmei marom. Kakatuv al yad n'viecha v'kara zeh el zeh v'amar: Kadosh, kadosh, kadosh Adonai tz'vaot! M'lo chol haaretz k'vodo!

Adir adireinu, Adonai adoneinu, mah adir shimcha b'chol haaretz. Baruch k'vod Adonai mim'komo!

Echad Hu Eloheinu, Hu avinu, Hu malkeinu, Hu moshieinu v'Hu yashmieinu b'rachamav l'einei kol chai. Ani Adonai Eloheichem. Yimloch Adonai l'olam Elohayich Tziyon l'dor vador. Haleluyah!

נקדש את שמך בעולם כשם שמקדישים אותך בשמי מרום. ככתוב על יד נביאך. וקרא זה אל זה ואמר: קדוש קדוש קדוש יהוה צבאות מלא כל הארץ כבודו:

אדיר אדירנו יי אדנינו מה אדיר שמך בכל הארץ! ברוך כבוד יי, ממקומו.

אחד הוא אלהינו, הוא אבינו, הוא מלכנו, הוא מושיענו והוא ישמיענו ברחמיו לעיני כל חי אני יי אלהיכם! ימלך יי לעולם, אלהיך ציון לדור ודור, הללויה!

L'dor vador, nagid godlecha. Ul'neitzach n'tzachim, k'dushatcha nakdish, v'shivchacha Eloheinu mipinu lo yamush l'olam va'ed. Baruch Atah, Adonai, ha'Eil haKadosh.

לְדוֹר וָדוֹר נָגִיד גּוֹדְלְךָ וּלְנֹצֵחַ נִצְחִים קְדֻשְׁתְּךָ נִקְדִּישׁ, וְשִׁיבְךָ אֱלֹהֵינוּ מִפִּינוּ לֹא יִמוּשׁ לְעוֹלָם וָעֶד. בָּרוּךְ אַתָּה יי, הָאֵל הַקְּדוֹשׁ.

Let us sanctify Your Name on earth, as it is sanctified in the heavens above. As it is written by Your prophet. Holy, holy, holy is Adonai Tz'vaot! God's presence fills the whole earth. Source of strength, Sovereign One, how majestic is Your presence in all the earth! Blessed is the presence of God, shining fourth from where God dwells. God alone is our God and our Creator, our Ruler and our Helper; and in mercy, God is revealed in the sight of all the living: I am Adonai your God! Adonai shall reign forever, your God, O Zion, from generation to generation, Hallelujah!

To all generations we will declare Your greatness, and for all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

THE HOLINESS OF SHABBAT

Yismechu v'malchut'cha shom'rei Shabbat v'korei oneg. Am m'kad'shei shvi'i, kulam yisb'u v'yitangu mituvecha. V'hashvi'i ratzita bo v'kidashto, chemdat yamim oto karata, zeicher l'maaseih v'reishit.

יִשְׂמְחוּ בְּמַלְכוּתְךָ שׁוֹמְרֵי שַׁבָּת וְקוֹרְאֵי עֲנֹג. עַם מְקַדְּשֵׁי שְׁבִיעִי. כָּלֶם יִשְׁבְּעוּ וַיִּתְעַנְּגוּ מִטוּבְךָ. וּבְשִׁבְעֵי רִצִּיתְךָ בּוֹ וְקִדְּשָׁתוּ חֲמִדַּת יָמִים אוֹתוֹ קְרָאתָ. זִכָּר לְמַעֲשֵׂה בְּרָאשִׁית

Those who keep Shabbat by calling it a delight will rejoice in Your realm. The people that hallows Shabbat will delight in Your goodness. For, being pleased with the Seventh Day, You hallowed it as the most precious of days, drawing our attention to the work of Creation.

V'shamru v'nei Yisrael et HaShabbat, la'asot et HaShabbat l'dorotam b'rit olam. Beini uvein b'nei Yisrael ot hi l'olam, ki sheshet yamim asah Adonai et hashamayim v'et haaretz, uvayom hashvi'i shavat vayinafash.

וְשָׁמְרוּ בְּנֵי־יִשְׂרָאֵל אֶת־הַשַּׁבָּת לַעֲשׂוֹת אֶת־הַשַּׁבָּת לְדוֹרֹתָם בְּרִית עוֹלָם: בְּנֵי וּבֵינָם בְּנֵי יִשְׂרָאֵל אוֹת הוּא לְעוֹלָם כִּי־שֵׁשֶׁת יָמִים עָשָׂה יְהוָה אֶת־הַשָּׁמַיִם וְאֶת־הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת וַיִּנָּפֵשׁ:

The people of Israel shall keep Shabbat, observing Shabbat throughout the ages as a covenant for all time. It is a sign for all time between Me and the people of Israel. For in six days Adonai made heaven and earth, and on the seventh day God ceased from work and was refreshed.

Eloheinu v'Elohei avoteinu v'imoteinu, r'tzeih vimnuchateinu. Kadsheinu b'mitzvatecha v'tein chelkeinu b'Toratecha, sabeinu mituvecha, v'samcheinu bishuatecha, v'taheir libeinu l'ovd'cha be'emet, v'hanchileinu Adonai Eloheinu, b'ahavah uv'ratzon Shabbat kodshecha v'yanuchu vah Yisrael, m'kad'shei sh'mecha. Baruch Atah, Adonai, m'kadeish HaShabbat.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ רָצָה בְּמִנּוּחַתֵּנוּ. קְדֻשָּׁנוּ בְּמִצְוֹתֶיךָ וְתָן חֶלְקֵנוּ בְּתוֹרַתְךָ. שִׁבְעֵנוּ מִטוּבְךָ וּשְׂמַחְנוּ בִּישׁוּעָתְךָ. וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְּאֵמֶת. וְהַנְחִילֵנוּ יי אֱלֹהֵינוּ בְּאַהֲבָה וּבְרָצוֹן שַׁבָּת קְדֻשָּׁה וַיְנַחֲחוּ בָּהּ יִשְׂרָאֵל מְקַדְּשֵׁי שְׁמֶךָ: בָּרוּךְ אַתָּה יי. מְקַדֵּשׁ הַשַּׁבָּת:

Our God and God of our ancestors, be pleased with our rest. Sanctify us with Your mitzvot, and grant us a share in Your Torah. Satisfy us with Your goodness and gladden us with Your salvation. Purify our hearts to serve You in truth. In Your gracious love, Adonai our God, grant us Your holy Shabbat as a heritage. May Israel who sanctifies Your Name rest on Shabbat. Blessed are You, Adonai, who sanctifies Shabbat.

AVODAH

R'tzei Adonai Eloheinu, b'amcha Yisrael, ut'filatam b'ahavah t'kabeil, ut'hi l'ratzon tamid avodat Yisrael amecha. Eil karov l'chol kor'av, p'nei el avadecha v'choneinu, sh'foch ruchacha aleinu. V'techezenah eineinu b'shuv'cha l'Tzion b'rachamim. Baruch Atah, Adonai, hamachazir Sh'chinato l'Tzion.

רָצָה יי אֱלֹהֵינוּ בְּעַמְּךָ יִשְׂרָאֵל וּבִתְפִלָּתָם בְּאַהֲבָה תִּקְבַּל, וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ: אֵל קָרוֹב לְכָל קוֹרְאָיו, פְּנֵי אֵל עֹבְדֶיךָ וְתַנְּנוּ, שְׂפוֹךְ רוּחְךָ עָלֵינוּ. וְתַחַזְּקֵנוּ עֵינֵינוּ בְּשׁוּבְךָ לְצִיּוֹן בְּרַחֲמִים: בָּרוּךְ אַתָּה יי. הַמַּחְזִיר שְׁכִינָתוֹ לְצִיּוֹן:

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 lovingly to Your servants. Pour out Your spirit upon us.

Let our eyes behold Your loving return to Zion. Blessed are You, Adonai, whose Presence returns to Zion.

HODAAH

Modim anachnu lach, shaAtah hu Adonai Eloheinu v'Elohei
avoteinu v'imoteinu l'olam va'ed. Tzur chayeinu, magein
yisheinu, Atah hu l'dor vador. Nodeh l'cha un'sapeir t'hilatecha.
Al chayeinu ham'surim b'yadecha, v'al nishmoteinu hap'kudot
lach, v'al nisecha sheb'chol yom imanu, v'al niflotecha
v'tovotecha sheb'chol eit, erev vavoker v'tzohorayim.
Hatov ki lo chalu rachamecha, v'ham'racheim ki lo tamu
chasadecha, mei'olam kivinu lach.

V'al kulam yitbarach v'yitromam shimcha, Malkeinu, tamid
l'olam va'ed. V'chol hachayim yoducha selah, viy'hal'lu et
shimcha be'emet, Ha'Eil y'shuateinu v'ezrateinu selah.

Baruch Atah, Adonai, hatov shimcha ul'cha na'eh l'hodot.

We acknowledge with thanks that You are Adonai, our God and the God of our ancestors, forever. You are the Rock of our lives, and the Shield of our salvation in every generation. Let us thank You and praise You – for our lives which are in Your hand, for our souls which are in Your care, for Your miracles that we experience every day and for Your wondrous deeds and favors at every time of day: evening, morning and noon. O Good One, whose mercies never end, O Compassionate One, whose kindness never fails, we forever put our hope in You. 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, Your Name is Goodness, and You are worthy of thanksgiving.

SHALOM

Sim Shalom tovah uvrachah, chein vachased v'rachamim, aleinu
v'al kol Yisrael amecha. Bar'cheinu, yotzreinu, kulanu k'echad
b'or panecha, ki v'or panecha natata lanu, Adonai Eloheinu, Torat
chayim v'ahavat chesed, utz'dakah uv'rachah v'rachamim
v'chayim v'shalom. V'tov b'einecha l'vareich et amcha Yisrael
b'chol eit uv'chol shaah bishlomecha.

Baruch Atah, Adonai, ham'vareich et amo Yisrael bashalom.

Grant peace, goodness and blessing, grace, kindness and mercy, to us and to all Your people Israel. Bless us, our Creator, all of us together, through the light of Your Presence. Truly through the light of Your Presence, Adonai our God, You gave us a Torah of life - the love of kindness, justice and blessing, mercy, life, and peace. May You see fit to bless Your people Israel at all times, at every hour, with Your peace.

Praised are You, Adonai, who blesses Your people Israel with peace.

Oseh shalom bimromav, Hu yaaseh shalom aleinu v'al
kol Yisrael, v'al kol yoshvei teivel. V'imru: Amen.

May the One who brings us peace bring this peace before us unto all of Israel, unto all the nations. Amen.

Yih'yu l'ratzon imrei 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, my Rock and my Redeemer.*

מודים אנחנו לך. שאַתָּה הוּא יי אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ לְעוֹלָם וָעֶד. צוּר חַיֵּינוּ. מָגֵן
יְשָׁעֵנו אַתָּה הוּא לְדוֹר וָדוֹר. נוֹדֶה לְךָ וְנִסְפָּר
תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים בְּיָדְךָ. וְעַל נַשְׁמוֹתֵינוּ
הַמְּקוּדוֹת לְךָ. וְעַל נְסִיָּה שְׂבָכָל יוֹם עִמָּנוּ. וְעַל
נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ שְׂבָכָל עֵת. עֶרֶב וּבֹקֶר
וְצַהֲרָיִם. הַטּוֹב כִּי לֹא כָלוּ רַחֲמֶיךָ. וְהִמְרָחֵם כִּי לֹא
תָמוּ חַסְדֶּיךָ. מֵעוֹלָם קוִיֵּנוּ לְךָ:

וְעַל כָּלֵם וְתַבְרָח וְיִתְרוֹמֵם שְׁמֶךָ מִלְּפָנֵינוּ תָּמִיד
לְעוֹלָם וָעֶד. וְכָל הַחַיִּים יוֹדוּךָ סֶלָה. וְיִהְלְלוּ אֶת
שְׁמֶךָ בְּאַמֶּת הָאֵל יִשְׁעֵתָנוּ וְעֲזָרָתָנוּ סֶלָה:

בְּרוּךְ אַתָּה יי. הַטּוֹב שְׁמֶךָ וְיָדְךָ נֹאֶה לְהוֹדוֹת:

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה. חֵן וְחֶסֶד וְרַחֲמִים עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל עִמָּךְ. בְּרַכְנוּ, יוֹצְרֵנוּ, כָּלֵנוּ בְּאַחַד
בְּאוֹר פְּנִיָּה. כִּי בְּאוֹר פְּנִיָּה נִתְּנָה לָנוּ יי אֱלֹהֵינוּ,
תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד. וְצַדִּיקָה וּבְרָכָה וְרַחֲמִים
וְחַיִּים וְשְׁלוֹם. וְטוֹב בְּעֵינֶיךָ לְבָרַךְ אֶת עַמָּךְ יִשְׂרָאֵל
בְּכָל עֵת וּבְכָל שְׁעָה בְּשְׁלוֹמָךְ:

בְּרוּךְ אַתָּה יי. הַמְּבָרַךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשְׁלוֹם:

עֹשֶׂה שְׁלוֹם בְּמְרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ, וְעַל
כָּל יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֶל. וְנֹאמְרוּ אָמֵן

יְהִיו לְרִצּוֹן אֲמָרֵי פִי וְהִגְיוֹן לִבִּי לְפָנֶיךָ,
יי צוּרִי וְגוֹאֲלִי.

--- Seder Kriat HaTorah: Reading of the Torah ---

Al sh'loshah d'varim haolam omeid:
al HaTorah v'al ha'avodah v'al g'milut chasadim.

על שלשה דברים העולם עומד:
על התורה ועל העבודה ועל גמילות חסדים.

The world is sustained by three things: Torah, worship, and loving deeds.

Blessing before the reading of the Torah

Reader: Bar'chu et Adonai ham'vorach.

Congregation: **Baruch Adonai ham'vorach l'olam va'ed.**

Reader: Baruch Adonai ham'vorach l'olam va'ed.

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher bachar
banu mikol haamim, v'natan lanu et Torato.

Baruch Atah, Adonai, notein haTorah.

Bless Adonai who is blessed. Blessed is Adonai who is blessed now and forever. Blessed are You, Adonai our God, Sovereign of the universe, who has chosen us from among the peoples, and given us the Torah. Blessed are You, Adonai, who gives the Torah.

Blessing after the reading of the Torah

Baruch Atah, Adonai, Eloheinu, Melech ha'olam, asher natan lanu
Torat emet v'chayei olam nata b'tocheinu.

Baruch Atah, Adonai, notein haTorah.

Blessed are You, Adonai our God, Sovereign of the universe, who has given us a Torah of truth, implanting within us eternal life. Blessed are You, Adonai, who gives the Torah.

Etz Chaim: Tree of Life

Etz chaim hi l'machazikim bah, v'tom'cheha m'ushar.

D'racheha darchei noam v'chol n'tivotaha shalom.

Hashiveinu Adonai, eilecha, v'nashuvah. Chadeish yameinu k'kedem.

It is a tree of life to those who hold fast to it, and all of its supporters are happy. Its ways are ways of pleasantness and all its paths are peace. Return us to You, Adonai, and we will return; renew our days as of old.

Blessing before the Haftarah

Baruch Atah, Adonai Eloheinu, Melech haolam, asher bachar
bin'vi'im tovim, v'ratzah v'divreihem hane'emarim be'emet.

Baruch Atah, Adonai, habocheh baTorah uv'Moshe avdo,
uv'Yisrael amo, uvinv'ei ha'emet vatzedek.

Blessed are You, Adonai our God, Sovereign of the universe, who has chosen faithful prophets to speak words of truth. Blessed are You, Adonai, for the revelation of Torah, for Your servant Moses, for Your people Israel and for prophets of truth and righteousness.

Blessing after the Haftarah

Baruch Atah, Adonai Eloheinu, Melech haolam, tzur kol
ha'olamim, tzadik b'chol hadorot, Ha'Eil hane'eman,
ha'omeir v'oseh, ham'dabeir um'kayeim, shekol d'varav emet
vatzedek. Al haTorah, v'al ha'avodah, v'al han'vi'im, v'al
yom HaShabbat hazeh, shenatata lanu Adonai Eloheinu,
likdushah v'limnuchah, l'chavod ul'tifaret. Al hakol Adonai
Eloheinu, anachnu modim lach, um'varchim otach, yitbarach
shimcha b'fi chol chai tamid l'olam va'ed.

Baruch Atah, Adonai, m'kadeish HaShabbat.

Blessed are You, Adonai our God, Sovereign of the universe, Rock of all creation, Righteous One of all generations, the faithful God whose word is deed, whose every command is just and true. For the Torah, for the privilege of worship, for the prophets, and for this Shabbat that You, Adonai our God, have given us. For holiness and rest, for honor and glory: we thank and bless You. May Your name be blessed for ever by every living being. Blessed are You, Adonai, for the Sabbath and its holiness.

R'fuah Sh'leimah

Ellen Buckley, Paula Krock Cameron, Barbara Cleveland, Timothy Dunar, Esther bat Chaim v'Chaya, Netanel Felber, Chelo Fournier, Glen Gabriel, Gittel bat Sh'muel v'Bella, Carole Greenberg, Edward Greenberg, Richard Greenfield, Andrea Hamos, Daryl Hawkins, Dusty Kaplan, Joan Kupferberg, Philip Levine, Stu Levine, Sam Levinson, Sharonette Leonard, Dan Lutenegger, Avital Manor, Mildred Marin, Sophie Meyers, Cheryl Mitchell, David Ransohoff, Lois Rosen, Eric Rosenberg, Rabbi Steve Sager, Sarah Golde bat Shifrah, David Scheever, Mary Schwartz, Cynthia Seymour, Paul Shapiro, Harry Silver, Kristen Surya, Betty Ustun, Charlotte Wasser, Meryl Weiner



We Remember a Few of Far Too Many Lives Lost to COVID-19

James Williams, 35, gay rights activist, Mumbai, India
Week Day, 6, refugee, elder sibling, and first grader, Marshall, Minnesota
Alan Pastrana, 76, former NFL player, community college educator, Annapolis, Maryland

We Remember Those Lost to Violence in Washington, DC

Daqual Covington, 27, SE DC; Lester Howard, 28, SE DC; Leonard Turner, 27, SE DC

Shloshim

John Pasco, Joan Schwarz, Myrna G. Wisotsky

Yahrzeit

Emily Adler, Louis Appleton, Nathan Brodsky, Dorothy Brown, Sara Ehrman, Lilian Freeman, Daniel Galper, Morton Gordon, Richard Gross, Arthur Karabell, Linda Kriger, Manuel Kurzberg, Harry J. Luterman, Mark Levin, Annette Matsil, Suzanne Oppenheimer, Edward Makowsky Petsonk, Robert Riggs, Jay Sterling Riskind, Maxine Sablosky, Bella Weiner, Nathan Weinstock, Ida J. White, Joseph J. Wolf

Kaddish Yatom

Yitgadal v'yitkadash sh'mei raba.

B'alma di v'ra chirutei, v'yamlich malchuteih, b'chayeichon
uv'yomeichon uv'chayei d'chol beit Yisrael, ba'agala uvizman
kariv. V'imru: Amen.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.
Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei,
v'yit'hadar v'yit'aleh v'yit'halal sh'mei d'kud'sha,
b'rich Hu.

L'eila min kol birchata v'shirata, tushb'chata v'nechemata,
daamiran 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 yaaseh shalom aleinu, v'al kol
Yisrael, v'al kol yoshvei tevel. V'imru: Amen.

Exalted and hallowed be God's great name. In the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime. And the life of all Israel – speedily, imminently, to which we say Amen. Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort, to which we say Amen. May there be abundant peace from heaven, and life, for us and all Israel, to which we say Amen. May the One who creates harmony on high, bring peace to us and to all Israel, and to all who dwell on earth. To which we say Amen.

יתגדל ויתקדש שמה רבא.
בעלמא די ברךא כרעותיה ונמליד מלכותיה בענייכון
ובימיו מכון ובחיי דכל בית ישראל בעגלא ובזמן קריב,
ואמרו אמן.
זהא שמה רבא מברך לעלם ולעלמי עלמיא.
יתברך וישתבח ויתפאר ויתרום ויתנשא ויתחדר
ויתעלה ויתהלל שמה דקדשא.
ברוך הוא.
לעלא מן כל ברכתא ושירתא תשבחתא ונחמתא
דאמירן בעלמא. ואמרו אמן.
זהא שלמא רבא מן שמיא נסיים עלינו ועל כל
ישראל. ואמרו אמן.
עשה שלום במרומי הוא יעשה שלום עלינו ועל כל
ישראל ועל כל יושבי תבל. ואמרו אמן.