

Laden with trouble and travail, life quickly passes, it flies away.

What are mortals, eternal God,
that You should be mindful of them?

What are mortals, that You should take note of them,
that You have made them little less than angels?

The sounds of infants attest to Your power,
the magnificence of life reflects Your glory.

The heavens display Your splendor.
What majesty is Yours throughout the world!

Teach us to use all of our days, O Lord,
that we may attain a heart of wisdom.

Grant us of Your love in the morning,
that we may joyously sing all our days.

שׁוֹיֵתִי יְהוָה לְנִגְדֵי תְמִיד, כִּי מִיָּמִינִי בַל אָמוּט.
לְכֵן שְׂמַח לְבִי וְיִגְל כְּבוֹדִי, אַף בְּשָׂרֵי יִשְׁכֵן לְבָטָח.

When I stray from You, O Lord, my life is as death;
but when I cleave to You, even in death I have life.

You embrace the souls of the living and the dead.

The earth inherits that which perishes.

The dust returns to dust;
but the soul, which is God's, is immortal.

The Lord has compassion for His creatures.

He has planted eternity within our soul,
granting us a share in His unending life.

He redeems our life from the grave.

May we all be charitable in deed and in thought,
in memory of those we love who walk the earth no longer.

May we live unselfishly, in truth and love and peace, so that we will
be remembered as a blessing, as we this day lovingly remember
those whose lives endure as a blessing.

YIZKOR

MEMORIAL SERVICE

יְהוָה, מֶה אָדָם וְתַדְעָהוּ, בְּיָאֲנוּשׁ וְתַחֲשִׁבְהוּ.
אָדָם לְהַבֵּל דְּמָה, יָמָיו כְּצֵל עוֹבֵר.
בְּבִקְרָה יִצִּיץ וְחָלַף, לְעָרֵב יִמּוֹלֵל וַיָּבֵשׁ.
תָּשֵׁב אָנוּשׁ עַד דְּבָא, וְתֵאמֶר שׁוּבוּ בְנֵי אָדָם.
שׁוּבָה יְהוָה, עַד מָתִי, וְהִנַּחֵם עַל עֲבָדֶיךָ.

There is a time for everything, for all things under the sun:

a time to be born and a time to die,
a time to laugh and a time to cry,

a time to dance and a time to mourn,
a time to seek and a time to lose,

a time to forget and a time to remember.

This day in sacred convocation we remember those who gave us life.

We remember those who enriched our lives with love and
beauty, kindness and compassion, thoughtfulness and understanding.

We renew our bonds to those who have gone the way of all the earth.

As we reflect upon those whose memory moves us this day, we seek
consolation, and the strength and the insight born of faith.

Tender as a father with his children,
the Lord is merciful with His worshipers.

He knows how we are fashioned, remembers that we are dust.

Our days are as grass; we flourish as a flower in the field.

The wind passes over it and it is gone,
and no one can recognize where it grew.

But the Lord's compassion for His worshipers,
His righteousness to children's children,
remain, age after age, unchanging.

Three score and ten our years may number,
four score years if granted the vigor.

In memory of a mother:

יִזְכֹּר אֱלֹהִים נִשְׁמַת אִמִּי מוֹרְתִי שֶׁהִלְכָה לְעוֹלָמָהּ. הִנְנִי נוֹדֵר
(נוֹדֶרֶת) צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתָהּ. אָנָּה תְּהִי נִפְשָׁה צְרוּרָה
בְּצָרוֹר הַחַיִּים וְתִהְיֶי מְנוּחָתָה כְּבוֹד, שְׁבַע שְׂמֵחוֹת אֶת־פְּנֵיהָ,
נְעִימוֹת בִּימִינָה נֹצֵחַ. אָמֵן.

May God remember the soul of my mother who has gone to her eternal home. In loving testimony to her life I pledge charity to help perpetuate ideals important to her. Through such deeds, and through prayer and memory, is her soul bound up in the bond of life. May I prove myself worthy of the gift of life and the many other gifts with which she blessed me. May these moments of meditation link me more strongly with her memory and with our entire family. May she rest eternally in dignity and peace. Amen.

In memory of a husband:

יִזְכֹּר אֱלֹהִים נִשְׁמַת בְּעָלִי שֶׁהִלְךָ לְעוֹלָמוֹ. הִנְנִי נוֹדֶרֶת צְדָקָה
בְּעַד הַזְכָּרָת נִשְׁמָתוֹ. אָנָּה תְּהִי נִפְשׁוֹ צְרוּרָה בְּצָרוֹר הַחַיִּים
וְתִהְיֶי מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׂמֵחוֹת אֶת־פְּנֵיהָ, נְעִימוֹת בִּימִינָה
נֹצֵחַ. אָמֵן.

May God remember the soul of my husband who has gone to his eternal home. In loving testimony to his life I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and memory, is his soul bound up in the bond of life. Love is strong as death; deep bonds of love are indissoluble. The memory of our companionship and love leads me out of loneliness into all that we shared which still endures. May he rest eternally in dignity and peace. Amen.

In memory of a wife:

יִזְכֹּר אֱלֹהִים נִשְׁמַת אִשְׁתִּי שֶׁהִלְכָה לְעוֹלָמָהּ. הִנְנִי נוֹדֵר
צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתָהּ. אָנָּה תְּהִי נִפְשָׁה צְרוּרָה בְּצָרוֹר
הַחַיִּים וְתִהְיֶי מְנוּחָתָה כְּבוֹד, שְׁבַע שְׂמֵחוֹת אֶת־פְּנֵיהָ, נְעִימוֹת
בִּימִינָה נֹצֵחַ. אָמֵן.

Our generations are bound to each other as children now remember their parents. Love is strong as death as husbands and wives now remember their mates, as parents now remember their children. Memory conquers death's dominion as we now remember our brothers and sisters, grandparents, and other relatives and friends.

The death of those we now remember left gaping holes in our lives. But we are grateful for the gift of their lives. And we are strengthened by the blessings which they left us, by precious memories which comfort and sustain us as we recall them this day.

A personal meditation

Eternal God, Master of mercy, give me the gift of remembering. May my memories of the dead be tender and true, undiminished by time, not falsified by sentimentality. Let me recall them, and love them, as they were. Give me the gift of tears. Let me express my sense of loss, my sorrow, my pain, as well as my gratitude and my love. Give me the gift of prayer. May I confront You with an open heart, with trusting faith, unembarrassed and unashamed. Give me the gift of hope. May I always believe in the beauty of life, the power of goodness, the right to joy. May I surrender my being, and the soul of the dead, to Your eternal compassion.

Each congregant reads silently the appropriate passages among those which follow. Personal meditations may also be added. We rise.

In memory of a father:

יִזְכֹּר אֱלֹהִים נִשְׁמַת אָבִי מוֹרֵי שֶׁהִלְךָ לְעוֹלָמוֹ. הִנְנִי נוֹדֵר
(נוֹדֶרֶת) צְדָקָה בְּעַד הַזְכָּרָת נִשְׁמָתוֹ. אָנָּה תְּהִי נִפְשׁוֹ צְרוּרָה
בְּצָרוֹר הַחַיִּים וְתִהְיֶי מְנוּחָתוֹ כְּבוֹד, שְׁבַע שְׂמֵחוֹת אֶת־פְּנֵיהָ,
נְעִימוֹת בִּימִינָה נֹצֵחַ. אָמֵן.

May God remember the soul of my father who has gone to his eternal home. In loving testimony to his life I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and memory, is his soul bound up in the bond of life. May I prove myself worthy of the gift of life and the many other gifts with which he blessed me. May these moments of meditation link me more strongly with his memory and with our entire family. May he rest eternally in dignity and peace. Amen.

In memory of other relatives and friends:

יִזְכֵּר אֱלֹהִים נַשְׁמוֹת קְרוֹבֵי וְרַעֵי שְׁהֻלְכוּ לְעוֹלָמָם. הַגְּנִי נוֹדֵר
(נוֹדֵרֶת) צְדָקָה בְּעַד הַזְּכָרֶת נַשְׁמוֹתֵיהֶם. אָנָּה תְּהַיְיָנָה
נַפְשוֹתֵיהֶם צְרוּרָה בְּצִרּוּר הַחַיִּים וְתִהְיֶינָה מְנוּחָתָם כְּבוֹד,
שְׁבַע שְׁמָחוֹת אֶת־פְּנֵיהָ, נְעִימוֹת בִּימֵיהָ נְצַח. אָמֵן.

May God remember the soul of _____ and of all relatives and friends who have gone to their eternal home. In loving testimony to their lives I pledge charity to help perpetuate ideals important to them. Through such deeds, and through prayer and memory, are their souls bound up in the bond of life. May these moments of meditation link me more strongly with their memory. May they rest eternally in dignity and peace. Amen.

In memory of martyrs:

יִזְכֵּר אֱלֹהִים נַשְׁמוֹת כָּל־אֶחָיוּנוּ בְּנֵי יִשְׂרָאֵל שֶׁמָּסְרוּ אֶת־
נַפְשָׁם עַל קְדוּשַׁת הַשֵּׁם. הַגְּנִי נוֹדֵר (נוֹדֵרֶת) צְדָקָה בְּעַד הַזְּכָרֶת
נַשְׁמוֹתֵיהֶם. אָנָּה יִשְׁמַע בְּתִיבֵינוּ הַד גְּבוּרָתָם וּמִסִּירוֹתָם וְיִרְאֶה
בְּמַעֲשֵׂינֵינוּ טֶהָר לָכֵם וְתִהְיֶינָה נַפְשוֹתֵיהֶם צְרוּרָה בְּצִרּוּר
הַחַיִּים וְתִהְיֶינָה מְנוּחָתָם כְּבוֹד, שְׁבַע שְׁמָחוֹת אֶת־פְּנֵיהָ, נְעִימוֹת
בִּימֵיהָ נְצַח. אָמֵן.

May God remember the souls of our brethren, martyrs of our people, who gave their lives for the sanctification of His name. In their memory do I pledge charity. May their bravery, dedication, and purity be reflected in our lives. May their souls be bound up in the bond of life. And may they rest eternally in dignity and peace. Amen.

In memory of congregants:

We lovingly recall the members of our congregation who no longer dwell upon this earth. They have a special place in our hearts. We pray this day that all who have sustained the loss of loved ones be granted comfort and strength.

Exalted, compassionate God, comfort the bereaved families of this congregation. Help all of us to perpetuate the worthy values in the lives of those no longer with us, whom we remember this day. May their memory endure as a blessing. And let us say: Amen.

May God remember the soul of my wife who has gone to her eternal home. In loving testimony to her life I pledge charity to help perpetuate ideals important to her. Through such deeds and through prayer and memory is her soul bound up in the bond of life. "Many women have done superbly, but you surpass them all." Love is strong as death; deep bonds of love are indissoluble. The memory of our companionship and love leads me out of loneliness into all that we share which still endures. May she rest eternally in dignity and peace. Amen.

In memory of a son:

יִזְכֵּר אֱלֹהִים נַשְׁמַת בְּנֵי הָאֵהוּב מַחְמַד עֵינֵי שְׁהֻלְךָ לְעוֹלָמוֹ.
הַגְּנִי נוֹדֵר (נוֹדֵרֶת) צְדָקָה בְּעַד הַזְּכָרֶת נַשְׁמָתוֹ. אָנָּה תְּהִי
נַפְשׁוֹ צְרוּרָה בְּצִרּוּר הַחַיִּים וְתִהְיֶינָה מְנוּחָתוֹ כְּבוֹד, שְׁבַע
שְׁמָחוֹת אֶת־פְּנֵיהָ, נְעִימוֹת בִּימֵיהָ נְצַח. אָמֵן.

May God remember the soul of my beloved son who has gone to his eternal home. In loving testimony to his life I pledge charity to help perpetuate ideals important to him. Through such deeds, and through prayer and memory, is his soul bound up in the bond of life. I am grateful for the sweetness of his life and for what he did accomplish. May he rest eternally in dignity and peace. Amen.

In memory of a daughter:

יִזְכֵּר אֱלֹהִים נַשְׁמַת בְּתִי הָאֵהוּבָה מַחְמַד עֵינֵי שְׁהֻלְכָה
לְעוֹלָמָהּ. הַגְּנִי נוֹדֵר (נוֹדֵרֶת) צְדָקָה בְּעַד הַזְּכָרֶת נַשְׁמָתָהּ.
אָנָּה תְּהִי נַפְשָׁהּ צְרוּרָה בְּצִרּוּר הַחַיִּים וְתִהְיֶינָה מְנוּחָתָה כְּבוֹד,
שְׁבַע שְׁמָחוֹת אֶת־פְּנֵיהָ, נְעִימוֹת בִּימֵיהָ נְצַח. אָמֵן.

May God remember the soul of my beloved daughter who has gone to her eternal home. In loving testimony to her life I pledge charity to help perpetuate ideals important to her. Through such deeds, and through prayer and memory, is her soul bound up in the bond of life. I am grateful for the sweetness of her life and for what she did accomplish. May she rest eternally in dignity and peace. Amen.

יהוה רעי, לא אחסר.

The Lord is my shepherd; I shall not want.

בנאות דשא ירביצני,

He gives me repose in green meadows.

על מי מנחות ינהלני, נפשי ישובב,

He leads me beside the still waters to revive my spirit.

ינחני במעגלי צדק למען שמו.

He guides me on the right path, for that is His nature.

גם כי אלה בגיא צלמות
לא אירא רע כי אתה עמדי.

Though I walk in the valley of the shadow of death,
I fear no harm, for You are with me.

שבטך ומשענתך תמה ינחמני.

Your staff and Your rod comfort me.

תעריך לפני שלחן נגד צררי,

You prepare a banquet for me in the presence of my foes.

דשנת בשמן ראשי, כוסי רונה.

You anoint my head with oil; my cup overflows.

אך טוב נחסד ירדפוני כל ימי חיי,

Surely goodness and kindness shall be my portion
all the days of my life.

ושבתי בבית יהוה לארך ימים.

And I shall dwell in the House of the Lord forever.

PSALM 23

In memory of the six million:

□ אל מלא רחמים, שוכן במרומים, המצא מנוחה וכוונה
תחת כנפי השכינה במעלות קדושים וטהורים כזהר הקריע
מזהירים, את-נשמות כל-אחינו בני ישראל, אנשים נשים
וטף, שנטבחו ושנהקו ושנשרפו ושנהרגו, בגן עדן תהי
מנוחתם. אנא בעל הרחמים, הסתירם בסתר כנפיה
לעולמים וצור בצרור החיים את-נשמותיהם. יהוה הוא
נחלתם, וינחו בשלום על משפבותיהם. ונאמר אמן.

Exalted, compassionate God, grant perfect peace in Your sheltering Presence, among the holy and the pure, to the souls of all our brethren, men, women, and children of the House of Israel who were slaughtered and suffocated and burned to ashes. May their memory endure, inspiring truth and loyalty in our lives. May their souls thus be bound up in the bond of life. May they rest in peace. And let us say: Amen.

In memory of all the dead:

□ אל מלא רחמים, שוכן במרומים, המצא מנוחה וכוונה
תחת כנפי השכינה במעלות קדושים וטהורים כזהר הקריע
מזהירים את-נשמות כל-אלה שהזכרנו היום לברכה
שהלכו לעולמם, בגן עדן תהי מנוחתם. אנא בעל הרחמים,
הסתירם בסתר כנפיה לעולמים וצור בצרור החיים את-
נשמותיהם. יהוה הוא נחלתם, וינחו בשלום על
משפבותיהם. ונאמר אמן.

Exalted, compassionate God, grant perfect peace among the holy and the pure, in Your sheltering Presence, to the souls of all our beloved who have gone to their eternal home. May their memory endure as inspiration for deeds of charity and goodness in our lives. May their souls thus be bound up in the bond of life. May they rest in peace. And let us say: Amen.

MOURNER'S KADDISH

Yitgadal v'yitkadash sh'mei raba b'alma di v'ra khir'utei, v'yamlikh malkhutei b'hayeikhon u-v'yomeikhon u-v'hayei d'khol beit yisrael, ba-agala u-vi-z'man kariv v'imru amen.

Y'hei sh'mei raba m'vorakh l'alam u-l'almei almay.

Yitbarakh v'yishtabah v'yitpa'ar v'yitromam v'yitnasei, v'yit-hadar v'yit'aleh v'yit-halal sh'mei d'kudsha, b'rikh hu l'ela (l'ela mi-kol) min kol birkhata v'shirata, tushb'ḥata v'nehemata da-amiran b'alma, v'imru amen.

Y'hei shlama raba min sh'maya v'hayim aleinu v'al kol yisrael, v'imru amen.

Oseh shalom bi-m'romav, hu ya'aseh shalom aleinu v'al kol yisrael, v'imru amen.

Hallowed and enhanced may He be throughout the world of His own creation. May He cause His sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

May He be praised throughout all time.

Glorified and celebrated, lauded and worshipped, acclaimed and honored, extolled and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen.

Let there be abundant peace from Heaven, with life's goodness for us and for all the people Israel. And let us say: Amen.

He who brings peace to His universe will bring peace to us and to all the people Israel. And let us say: Amen.

Our Creator, the King of kings, delights in life. Because of His love for us, and because we are so few, each of us is important in His kingdom. Though we are flesh and blood, we are irreplaceable. When one of the House of Israel dies, there is a loss of glory in His kingdom and His grandeur is diminished. Therefore, members of the House of Israel, all of you who mourn and all of you who remember on this day, let us fix our hearts on our Father in Heaven, our King and our Redeemer, and let us pray for ourselves, and for Him too, that He and His sovereignty be hallowed and enhanced, glorified and celebrated.

MOURNER'S KADDISH

Mourners and those observing Yahrzeit:

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעָלְמָא דִּי בְרָא כְרַעוּתָהּ, וְיִמְלִיךְ
מַלְכוּתָהּ בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי כָּל-בֵּית יִשְׂרָאֵל, בְּעָגְלָא
וּבְזִמְנָן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and mourner:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלְמָא וְלְעָלְמֵי עָלְמַיָּא.

Mourner:

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא, וְיִתְהַדָּר וְיִתְעַלֶּה
וְיִתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא, בְּרִיךְ הוּא לְעָלְמָא (לְעָלְמָא מְכַל-) מִן
כָּל-בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבַּחְתָּא וְנַחֲמַתָּא דְאִמְרֵין בְּעָלְמָא,
וְאָמְרוּ אָמֵן.

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

עוֹשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל-
יִשְׂרָאֵל, וְאָמְרוּ אָמֵן.

A prayer for our congregation

May He who blessed our ancestors, Abraham, Isaac, and Jacob, Sarah, Rebecca, Rachel, and Leah, bless this entire congregation, together with all holy congregations: them, their sons and daughters, their families, and all that is theirs, along with those who unite to establish synagogues for prayer, and those who enter them to pray, and those who give funds for heat and light, and wine for Kiddush and Havdalah, bread to the wayfarer and charity to the poor, and all who devotedly involve themselves with the needs of this community and the Land of Israel. May the Holy One Praised be He reward them; may He remove sickness from them, heal them, and forgive their sins. May He bless them by prospering all their worthy endeavors, as well as those of the entire people Israel. And let us say: Amen.

A prayer for our Country

Our God and God of our ancestors: We ask Your blessings for our country, for its government, for its leader and advisors, and for all who exercise just and rightful authority. Teach them insights of Your Torah, that they may administer all affairs of state fairly, that peace and security, happiness and prosperity, justice and freedom may forever abide in our midst.

Creator of all flesh, bless all the inhabitants of our country with Your spirit. May citizens of all races and creeds forge a common bond in true harmony to banish all hatred and bigotry and to safeguard the ideals and free institutions which are the pride and glory of our country.

May this land under Your Providence be an influence for good throughout the world, uniting all people in peace and freedom and helping them to fulfill the vision of Your prophet: "Nation shall not lift up sword against nation, neither shall they experience war any more." And let us say: Amen.

A prayer for our congregation

מִי שֶׁפָּרַךְ אֲבוֹתֵינוּ אֲבָרְהָם יִצְחָק וְיַעֲקֹב, שָׂרָה רַבֵּקָה רַחֵל וְלֵאָה, הוּא יְבָרֵךְ אֶת־כָּל־הַקְהָלִים הַקְדוּשִׁים הַזֵּה עִם כָּל־הַקְהָלוֹת הַקְדוּשָׁה, הֵם וּבְנֵיהֶם וּבְנוֹתֵיהֶם וְכֹל אֲשֶׁר לָהֶם, וְיָמֵי שְׂמֵיחָדִים בְּתֵי כְנִסְיוֹת לְתַפְלָה, וְיָמֵי שְׂבָאִים בְּתוֹכְכֶם לְהַתְפַּלֵּל, וְיָמֵי שְׂנוּתָנִים נָר לְמֵאוֹר וְיָיִן לְקַדוּשׁ וְלַהֲבַדְלָה, וּפֶת לְאוֹרְחֵימָה וְצַדִּיקָה לְעֹנִיִּים, וְכֹל־מִי שֶׁעוֹסְקִים בְּצַרְכֵי צְבוּר וּבְבִגְנֵן אֶרֶץ יִשְׂרָאֵל בְּאַמּוּנָה. הַקְדוּשׁ בְּרוּךְ הוּא יִשְׁלַם שְׂכָרָם וְיַסִּיר מֵהֶם כָּל־מַחֲלָה וְיִרְפָּא לְכָל־גּוֹפֵם וְיַסְלַח לְכָל־עוֹנָם, וְיַשְׁלַח בְּרַכָּה וְהַצְלָחָה בְּכָל־מַעֲשֵׂה יְדֵיהֶם עִם כָּל־יִשְׂרָאֵל אַחֵיהֶם, וְנֹאמֵר אָמֵן.

A prayer for our Country

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, קַבֵּל נָא בְּרַחֲמִים אֶת־תְּפִלָּתֵנוּ בְּעַד אֶרְצֵנוּ וּמְמַשְׁלֵתָהּ. הִרַק אֶת־בְּרַכְתְּךָ עַל הָאָרֶץ הַזֹּאת, עַל רֵאשָׁהּ, שׁוֹפְטֵיהָ, שׁוֹטְרֵיהָ וּפְקִידֵיהָ הַעוֹסְקִים בְּצַרְכֵי צְבוּר בְּאַמּוּנָה. הוֹרֵם מַחֲקֵי תוֹרְתְךָ, הַבְּיָנִים מִשְׁפָּטֵי צְדָקָה לְמַעַן לֹא יִסְרוּ מֵאֶרְצֵנוּ שְׁלוֹם וְשִׁלְוָה, אֲשֶׁר נְחַפֵּשׁ כָּל־הַיָּמִים. אָנָּה יְהוּה אֱלֹהֵי הַרְוַחוֹת לְכָל־בָּשָׂר, שִׁלַּח רוּחְךָ עַל כָּל־תּוֹשְׁבֵי אֶרְצֵנוּ וְטַע בֵּין בְּנֵי הָאֲמוֹת וְהָאֲמוּנוֹת הַשּׂוֹנוֹת הַשּׂוֹכְנִים בָּהּ, אַחֲבָה וְאַחְוָה, שְׁלוֹם וְרַעוּת. וְעַקֵּר מִלֶּפֶם כָּל־שִׁנְאָה וְאִיבָה, קַנְאָה וְתַחֲרוּת, לְמַלְאוֹת מִשָּׂא נֶפֶשׁ בְּגִיָּה הַמְתִּימְרִים בְּכַבּוּדָה וְהַמְשַׁתְּוִקִים לְרֵאוּתָהּ אוֹר לְכָל־הַגּוֹיִים.

וּבְכֵן יְהִי רְצוֹן מִלְּפָנֶיךָ שְׂתֵהִי אֶרְצֵנוּ בְּרַכָּה לְכָל־יּוֹשְׁבֵי חֶבֶל, וְתִשְׁרַח בֵּינֵיהֶם רַעוּת וְחֲרוּת, וְקַיֵּם בְּמַהֲרָה חֻזּוֹן וּבִיאִירָה: לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה. וְנֹאמֵר: כִּי כוֹלָם יִדְעוּ אוֹתֵי לְמַקְטָנָם וְעַד גְּדוּלָם, וְנֹאמֵר אָמֵן.

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A prayer for the State of Israel

Our Father in Heaven, Rock and Redeemer of the people Israel: Bless the State of Israel, with its promise of redemption. Shield it with Your love; spread over it the shelter of Your peace. Guide its leaders and advisors with Your light and Your truth. Help them with Your good counsel. Strengthen the hands of those who defend our Holy Land. Deliver them; crown their efforts with triumph. Bless the land with peace, and its inhabitants with lasting joy. And let us say: Amen.

A Prayer for Peace

May we see the day when war and bloodshed cease,
when a great peace will embrace the whole world.

*Then nation will not threaten nation,
and mankind will not again know war.*

For all who live on earth shall realize
we have not come into being to hate or to destroy.

*We have come into being
to praise, to labor and to love.*

Compassionate God, bless the leaders of all nations
with the power of compassion.

Fulfill the promise conveyed in Scripture:

I will bring peace to the land,
and you shall lie down and no one shall terrify you.

*I will rid the land of vicious beasts
and it shall not be ravaged by war.*

Let love and justice flow like a mighty stream.

Let peace fill the earth as the waters fill the sea.

And let us say: Amen.

A prayer for the State of Israel


אָבִינוּ שְׁבַשְׁמִים, צוֹר יִשְׂרָאֵל וְגוֹאֲלוֹ, בְּרַח אֶת־מְדִינַת
יִשְׂרָאֵל, רֵאשִׁית צְמִיחַת גְּאֻלְתָּנוּ. הֲגֵן עֲלֶיךָ בְּאַבְרַת חֲסֶדְךָ,
וּפְרַס עֲלֶיךָ סֶפֶת שְׁלוֹמְךָ. וְשַׁלַּח אוֹרְךָ וְאַמְתָּךְ לְרֵאשִׁיָּה,
שְׂרֵיָה וְיוֹעֲצֵיָה, וְתַקְנֵם בְּעֵצָה טוֹבָה מִלְּפָנֶיךָ. חֹזֵק אֶת־יְדֵי
מַגְנֵי אֶרֶץ קִדְשֵׁנוּ, וְהַנְחִילֵם אֶל־הֵינוּ יְשׁוּעָה, וְעֲטַרְתָּ נֶצְחוֹן
תְּעַטְרֵם. וְנָתַתְּ שְׁלוֹם בְּאֶרֶץ וְשִׁמְחַת עוֹלָם לְיוֹשְׁבֵיהָ, וְנֹאמֵר
אָמֵן.

A Prayer for Peace

יְהִי רְצוֹן מִלְּפָנֶיךָ יְהוָה אֱלֹהֵינוּ וְאַל־הִי אַבּוֹתֵינוּ
שֶׁתִּבְטַל מִלְחָמוֹת וְשִׁפִּיכוֹת דָּמִים מִן הָעוֹלָם
וְתִמְשִׁיךְ שְׁלוֹם גָּדוֹל וְנִפְלֵא בְּעוֹלָם
וְלֹא יֵשָׂא גּוֹי אֶל גּוֹי חָרֵב וְלֹא יִלְמְדוּ עוֹד מִלְחָמָה.

רַק יִפְּירוּ וְיִדְעוּ כָּל־יוֹשְׁבֵי תְּבֵל הָאֲמֵת לְאַמְתּוֹ
אֲשֶׁר לֹא בָּאנוּ לְזוֹה הָעוֹלָם בְּשִׁבִיל רִיב וּמַחְלָקָת
וְלֹא בְּשִׁבִיל שִׁנְאָה וְקִנְאָה וְקִנְתוּר וְשִׁפִּיכוֹת דָּמִים.
רַק בָּאנוּ לְעוֹלָם בְּרִי לְהַפִּיר אוֹתָךְ תִּתְבַּרְךָ לְנֶצְחָת.

וּבְכֵן תִּרְחַם עֲלֵינוּ וְיִקְּים בְּנוּ מִקְרָא שְׁפָתוֹב:
וְנָתַתִּי שְׁלוֹם בְּאֶרֶץ וְשִׁכְבַתֶּם וְאִין מַחְרִיד
וְהַשְׁבַּתִּי חֲזֵה רְעָה מִן הָאֶרֶץ וְחָרֵב לֹא תַעֲבֹר בְּאֶרְצְכֶם.
וְיִגַּל בְּפָיִם מִשְׁפָּט, וְצִדְקָה בְּנֶחַל אִיתָן.
כִּי מְלֹאָה הָאֶרֶץ דַּעַה אֶת־יְהוָה בְּפָיִם לַיִם מְבַסִּים.

 PEACE

I have lived among those who hated peace.
I sought peace, but they longed for war.

Often since my youth they have sorely afflicted me.

This is a refrain of the people Israel:
Often since my youth they have sorely afflicted me.

But they have not prevailed.

Let those who hate Zion be put to shame.

They have not prevailed.

Pray for the peace of Jerusalem.
May all who love her prosper.

May there be peace within her gates,
well-being within her homes.

Deal kindly with us, Lord, deal kindly,
for we have suffered enough.

Too long have we suffered the insults
and the contempt of haughty oppressors.


You have been forsaken and despised, says the Lord,
but I will make you majestic forever.

Violence will no more be heard in your land,
nor devastation within your borders.

May the Lord bless us from Zion.

May we witness the well-being of Jerusalem
all the days of our lives.

May peace embrace Israel, and the people Israel.
And let us say: Amen.

 DO NOT DESPAIR

Gevalt, Jews! Do not despair.
In the Holocaust the Partisans sang:

Never say that we have come to journey's end
when days are dark and clouds upon the world descend.

Our past is a prelude; we are never at the end of the road.

God redeems the people Israel; He rebuilds Jerusalem.

In the Warsaw ghetto,
Jews added an eleventh commandment:

Gevalt, Jews! You shall not despair.

We believe that justice and peace will reign.
God's splendor will then be seen in all humanity.

We believe in the sun even when it is not shining.
We believe in God even when He is silent.

We believe with perfect faith in the coming of the Messiah.

And though he tarry, as all of us have tarried,
nevertheless—and truly—we believe.

Though we walk in a valley overshadowed by death,
we shall fear no harm for You are with us.

Gevalt, Jews! Do not despair.

Those who dwell in darkness will be bathed in light.

Ruthlessness and arrogance will cease to be.

The glory of humanity will be revealed.

The upright will rejoice, the pious celebrate in song.

There will be peace within our walls,
serenity within our homes.

Hope in the Lord and be strong;
take courage, and hope in the Lord.

PSALMS FOR SHABBAT AFTERNOON

Psalm for Shabbat Minḥah begin with Psalm 104 [page 35] and continue below

A Song of Ascent.

To the Lord in my anguish
I call that He may answer:

"Save me, Lord, from lying lips,
from a treacherous tongue."

What will it benefit you,
what will you gain, treacherous tongue?

A warrior's sharp arrows and red-hot coals.

Alas that I dwell with the ruthless,
that I live among the lawless.

Too long have I lived among those who hate peace.

I am for peace,
but whenever I speak, they are for war.

PSALM 120

A Song of Ascent.

I lift up my eyes to the hills.
What is the source of my help?

*My help comes from the Lord,
Maker of the heavens and the earth.*

He will not allow you to stumble, Your Guardian will not slumber.

Indeed, the Guardian of Israel neither slumbers nor sleeps.

The Lord is your Guardian, your shelter at your side.

The sun will not smite you by day nor the moon by night.

The Lord will guard you against all evil;
He will guard you, body and soul.

The Lord will guard your going out
and your coming home, now and forever.

PSALM 121

PSALMS FOR SHABBAT AFTERNOON

It is customary to read and study these psalms from the Shabbat when the annual cycle of Torah Readings is begun (Shabbat Bereishith) until the Shabbat preceding the Shabbat before Pesah (Shabbat Hagadol).

Psalm for Shabbat Minḥah begin with Psalm 104 [page 34] and continue below

שיר המעלות.

אֵל יְהוָה בְּצַרְתָּהּ לִי קָרָאתִי וַיַּעֲנֵנִי.
יְהוָה, הַצִּילָה נַפְשִׁי מִשִּׁפְּתֵי שָׁקֶר, מִלְּשׁוֹן רַמְיָה.

מִה יִתֵּן לָהּ וּמִה יִסִּיף לָהּ לְשׁוֹן רַמְיָה.

חֲצִי גִבּוֹר שְׁנוּנִים עִם גִּחְלֵי רַתְמִים.

אָזְנָה לִי כִּי גִרְתִּי מִשָּׁקֶר,

שִׁכְנָתִי עִם אֲהַלֵי קִדְר.

רַבַּת שִׁכְנֵה-לָהּ נַפְשִׁי עִם שׁוֹנֵא שְׁלוֹם.

אֲנִי שְׁלוֹם

וְכִי אֲדַבֵּר הַמָּה לַמַּלְחָמָה.

שיר למעלות.

אֲשָׂא עֵינַי אֶל הַהָרִים, מֵאֵין וְבֵא עֲזָרִי.

עֲזָרִי מֵעַם יְהוָה, עֲשֵׂה שָׁמַיִם וְאָרֶץ.

אֵל יִתֵּן לַמּוֹט רַגְלָהּ, אֵל יְנוּם שִׁמְרָהּ.

הַיָּה לֹא יְנוּם וְלֹא יִישָׁן שׁוֹמֵר יִשְׂרָאֵל.

יְהוָה שִׁמְרָהּ, יְהוָה צִלָּהּ עַל יַד יְמִינָהּ.

יִוָּמֵם הַשֶּׁמֶשׁ לֹא יִכְבֶּה, וְיָרַח בְּלִילָהּ.

יְהוָה יִשְׁמְרָהּ מִכָּל-רָע, יִשְׁמֵר אֶת-נַפְשָׁהּ.

יְהוָה יִשְׁמֵר צִאתָהּ וּבואָהּ מֵעַתָּה וְעַד עוֹלָם.

 A SUPPLEMENT FOR FESTIVALS

On a Festival, the following, or other Hallel passages, may be added.

Halleluyah! Praise the Lord.
Sing praises, you servants of the Lord.
Let the Lord be praised now and forever.


From east to west, praised is the Lord.
He is exalted above all nations,
His glory extends beyond the heavens.
Who is like the Lord our God, enthroned on high,
concerned with all below on earth and in the heavens?

He lifts the poor out of the dust,
He raises the needy from the rubbish heap.
He seats them with the powerful, with the powerful of His people.
He sets a barren woman in her home
as a mother happy with children. Halleluyah!

Praise the Lord, all nations. Laud Him, all peoples.
His love has overwhelmed us,
His faithfulness endures forever. Halleluyah!

Acclaim the Lord, for He is good; His love endures forever.
Let the House of Israel declare: His love endures forever.
Let the House of Aaron declare: His love endures forever.
Let those who revere the Lord declare: His love endures forever.

Hodu l'adonai ki tov, ki l'olam hasdo.

A SUPPLEMENT FOR FESTIVALS 

On a Festival, the following, or other Hallel passages, may be added

הַלְלוּ יְהוָה. הַלְלוּ, עַבְדֵי יְהוָה, הַלְלוּ אֶת־שֵׁם יְהוָה.
יְהִי שֵׁם יְהוָה מְבָרָךְ מְעַתָּה וְעַד עוֹלָם.
מִמִּזְרַח־שֶׁמֶשׁ עַד מְבֹאוֹ מִהַלֵּל שֵׁם יְהוָה.
רַם עַל כָּל־גּוֹיִם יְהוָה, עַל הַשָּׁמַיִם כְּבוֹדוֹ.
מִי כִיְהוָה אֱלֹהֵינוּ, הַמְגַבִּיהִי לְשָׁבֶת,
הַמְשַׁפִּילֵי לְרֵאוֹת בַּשָּׁמַיִם וּבָאָרֶץ.
מְקִימֵי מַעַפְרֵי דָל, מְאַשְׁפֵּת יָרִים אֲבִיוֹן,
לְהוֹשִׁיבֵי עִם נְדִיבִים, עִם נְדִיבֵי עַמּוֹ.
מוֹשִׁיבֵי עֵקֶרֶת הַבַּיִת, אִם הַבְּנִיִּים שִׁמְחָה. הַלְלוּ יְהוָה.

הַלְלוּ אֶת־יְהוָה כָּל־גּוֹיִם, שִׁבְחוּהוּ כָּל־הָאֲמִיּוֹת.
כִּי גָבַר עָלֵינוּ חֶסֶדּוֹ, וְאַמֶּת יְהוָה לְעוֹלָם. הַלְלוּ יְהוָה.

הוֹדוּ לַיהוָה כִּי טוֹב, כִּי לְעוֹלָם חֶסֶדּוֹ.
יֹאמְרוּ נָא יִשְׂרָאֵל, כִּי לְעוֹלָם חֶסֶדּוֹ.
יֹאמְרוּ נָא בֵּית אַהֲרֹן, כִּי לְעוֹלָם חֶסֶדּוֹ.
יֹאמְרוּ נָא יְרֵאֵי יְהוָה, כִּי לְעוֹלָם חֶסֶדּוֹ.

A Song for Shabbat:

It is good to acclaim the Lord,
to sing Your praise, exalted God,

to proclaim Your love each morning,
to tell of Your faithfulness each night,
to the music of the lute and the melody of the harp.

Your works, O Lord, make me glad;
I sing with joy of Your creation.

How vast Your works, O Lord.
Your designs are beyond our grasp.

The thoughtless cannot comprehend,
the foolish cannot fathom this:

The wicked may flourish,
they may spring up like grass,
but their doom is forever sealed,
for You are supreme forever.

Your enemies, Lord, Your enemies shall perish;
all the wicked shall disintegrate.

But You have greatly exalted me;
I am anointed as with fragrant oil.

I have seen the downfall of my foes;
I have heard the doom of my attackers.

The righteous shall flourish like the palm tree;
they shall thrive like a cedar in Lebanon.

Planted in the house of the Lord,
they shall flourish in the courts of our God.

They shall bear fruit even in old age;
they shall be ever fresh and fragrant.

They shall proclaim: The Lord is just.
He is my Rock, in whom there is no flaw.

PSALM 92

מזמור שיר ליום השבת.

טוב להודות ליהוה, ולזמר לשמחה עליון.

להגיד בבקר חסדך, ואמונתך בלילות.
עלי עשור ועלי נבל, עלי הגיטון בכנור.

כי שמחתני יהוה בפעלה, במעשי ידך ארנן.

מה גדלו מעשיך יהוה, מאד עמקו מחשבתך.
איש בער לא ידע, וכסיל לא יבין את-זאת.

בפרח רשעים כמו עשב, ויציצו כל-פעלי און.
להשמדם עדי עד. ואתה מרום לעלם יהוה.

כי הנה איביך, יהוה,

כי הנה איביך יאבדו,

יתפרדו כל-פעלי און.

ותקום כראים קרני,

בלתי בשמן רענן.

ותבט עיני בשורי,

בקמים עלי מרעים תשמענה אזני.

צדיק בתמר יפרח, בארו בלבנון ישגה.

שתולים בבית יהוה, בחצרות אלהינו יפריחו.

□ עוד ינובון בשיבה, רשנים ורעננים יהיו.

להגיד כי ישר יהוה, צורי ולא עולתה בו.

On Shabbat:

The people Israel shall observe Shabbat, to maintain it as an everlasting covenant through all generations. It is a sign between Me and the people Israel for all time, that in six days the Lord made the heavens and the earth, and on the seventh day He ceased from work and rested.

EXODUS 31:16-17

On Festivals:

Thus Moses declared the appointed seasons of the Lord to the people Israel.

LEVITICUS 23:44



HATZI KADDISH

Reader:

Hallowed and enhanced may He be throughout the world of His own creation. May He cause His sovereignty soon to be accepted, during our life and the life of all Israel. And let us say: Amen.

Congregation and Reader:

Y'hei sh'mei raba m'varakh l'alam u-l'almei almaya.

May He be praised throughout all time.

Reader:

Glorified and celebrated, lauded and worshiped, acclaimed and honored, extolled and exalted may the Holy One be, praised beyond all song and psalm, beyond all tributes which mortals can utter. And let us say: Amen.

On Shabbat, including Shabbat of Hol Ha-mo'ed,
we continue on the following page

On Festivals, including those on Shabbat,
we continue on page 305

On Shabbat:

וּשְׁמְרוּ בְנֵי יִשְׂרָאֵל אֶת-הַשַּׁבָּת לַעֲשׂוֹת אֶת-הַשַּׁבָּת לְדֹרֹתָם
בְּרִית עוֹלָם: בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הוּא לְעַלְמֵי כִּי-שֵׁשֶׁת
יָמִים עָשָׂה יְהוָה אֶת-הַשָּׁמַיִם וְאֶת-הָאָרֶץ וּבַיּוֹם הַשְּׁבִיעִי
שָׁבַת וַיִּנְפֹשׁ:

On Festivals:

וַיְדַבֵּר מֹשֶׁה אֶת-מִעַדֵי יְהוָה אֶל בְּנֵי יִשְׂרָאֵל:

HATZI KADDISH

Reader:

יִתְגַּדַּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא בְּעַלְמָא דִּי כְּרָא כְרַעִיתָהּ, וַיִּמְלִיךְ
מַלְכוּתָהּ בְּחַיִּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל-בֵּית יִשְׂרָאֵל, בְּעַגְלָא
וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

Congregation and Reader:

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעַלְמֵי עַלְמַיָּא.

Reader:

יִתְבָּרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר וַיִּתְעַלֶּה
וַיִּתְהַלַּל שְׁמֵהּ דְקָדְשָׁא, בְּרִיךְ הוּא לְעַלְמָא (לְעַלְמָא מְבַלְּ) מִן
כָּל-בְּרַכְתָּא וְשִׁירָתָא, תְּשַׁבְּחָתָא וְנַחֲמָתָא דְאִמְרוּן בְּעַלְמָא,
וְאָמְרוּ אָמֵן.

On Shabbat, including Shabbat of Hol Ha-mo'ed,
we continue on the following page

On Festivals, including those on Shabbat,
we continue on page 304

RITUALS AND SONGS FOR THE TABLE

FAMILY BLESSINGS

It is customary for parents to place hands on the heads of children being blessed.

For sons:

May God give you the blessings of Ephraim and Menasseh.

For daughters:

May God give you the blessings of Sarah, Rebecca, Rachel, and Leah.

Continue for all:

May the Lord bless you and guard you. May the Lord show you favor and be gracious to you. May the Lord show you kindness and grant you peace.

SHALOM ALEIKHEM

We wish you peace, attending angels, angels of the most sublime, the King of kings, the Holy One praised be He.

Come to us in peace, angels of peace, angels of the most sublime, the King of kings, the Holy One praised be He.

Bless us with peace, angels of peace, angels of the most sublime, the King of kings, the Holy One praised be He.

Take your leave in peace, angels of peace, angels of the most sublime, the King of kings, the Holy One praised be He.

He will instruct His angels to guard you in all your paths.
May the Lord guard your going and your coming now and forevermore.

RITUALS AND SONGS FOR THE TABLE

FAMILY BLESSINGS

It is customary for parents to place hands on the heads of children being blessed.

For sons:

יְשִׁמָּה אֱלֹהִים בְּאַפְרַיִם וּבְמְנַשֶּׁה.

For daughters:

יְשִׁמָּה אֱלֹהִים בְּשָׂרָה רִבְקָה רָחֵל וְלֵאָה.

Continue for all:

יְבָרְכֶךָ יְהוָה וַיְשַׁמְרֶךָ. יֵאָר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחַנֶּךָ. יֵשֶׁא יְהוָה פָּנָיו אֵלֶיךָ, וַיֵּשֶׁם לְךָ שְׁלוֹם.

SHALOM ALEIKHEM

שְׁלוֹם עֲלֵיכֶם, מַלְאָכֵי הַשָּׁרֵת, מַלְאָכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

בּוֹאֲכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

בְּרִכּוֹנֵי לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

צֵאתְכֶם לְשָׁלוֹם, מַלְאָכֵי הַשָּׁלוֹם, מַלְאָכֵי עֲלִיּוֹן
מִמְּלַךְ מַלְכֵי הַמַּלְכִּים, הַקְּדוֹשׁ בְּרוּךְ הוּא.

כִּי מַלְאָכָיו יִצְוֶה-לְךָ לְשַׁמְרֶךָ בְּכָל-דַּרְכֶיךָ.
יְהוָה יִשְׁמֶר צֵאתְךָ וּבּוֹאֶךָ מֵעַתָּה וְעַד עוֹלָם.