

HINEIH MAH TOV

Hineih mah tov u'mah na-im  
shevet achim gam yachad.

הִנֵּה מְהָטֹב וּמְהָצָعִים  
שְׁבַת אֶחָד גָּמִיחָד.

How good and how pleasant it is that brothers and sisters dwell together.

(*Psalm 133:1*)

MAH TOVU ohalecha Yaakov,  
mishlk'notecha, Yisrael!

Vaani b'rov chasd'cha  
avo veitecha,  
eshtachaveh el heichal kodsh'cha  
b'yiratecha.

Adonai, ahavti m'on beitecha  
um'kom mishkan k'vodecha.

Vaani eshtachaveh v'echraah,  
evr'chah lifnei Adonai osi.

Vaani t'filati l'cha, Adonai,  
eit ratzon.  
Elohim, b'rov chasdecha,  
aneini be-emet yishecha.

מְהָטֹב אֶחָלִיק, יַעֲקֹב  
מְשֻׁפְנְתִּיק, יִשְׂרָאֵל!

וְאַנְיִ בָּרְבָּ מִסְדָּךְ  
אָבוֹא בִּיתָּךְ,  
אָשְׁתְּחִוָּה אֶל-הַיכָּל קָדְשָׁךְ  
בִּירָאָתָּךְ.

גַּ, אֶחָבָתִי מַעֲוֹן בִּיתְךָ  
וּמִקּוֹם מִשְׁכָּן כְּבוֹדָךְ.

וְאַנְיִ אָשְׁתְּחִוָּה וְאֶכְרָעָה,  
אָבְרָכָה לְפָנֵי-יְיָ עָשָׂי.

וְאַנְיִ תִּפְלַתִּי לְךָ, גַּ  
עַת רְצֹן.  
אֱלֹהִים, בָּרְבָּ-מִסְדָּךְ,  
עֲנֵנִי בְּאֶמֶת יִשְׁעָךְ.

HOW FAIR are your tents, O Jacob,  
your dwellings, O Israel.

I, through Your abundant love, enter Your house;  
I bow down in awe at Your holy temple.

Adonai, I love Your temple abode,  
the dwelling-place of Your glory.

I will humbly bow down low before Adonai, my Maker.

As for me, may my prayer come to You, Adonai, at a favorable time.  
O God, in Your abundant faithfulness, answer me with Your sure deliverance.

# ברכות השחר

BIRCHOT HASHACHAR — MORNING BLESSINGS

MODEH / MODAH ani l'fanecha,  
Melech chai v'kayam,  
she-hechezarta bi nishmati b'chemlah,  
rabbah emunatecha.

מָזְדָה / מָזְדָה אַנִי לְפָנֶיךָ,  
מֶלֶךְ חַי וּקְיָם,  
שְׁחַנְצָרֶת בֵּין נִשְׁמָתִי בְּחַמְלָה,  
רַבָּה אֲמֹנוֹתֶךָ.

ASHER YATZAR et haadam b'chochmah  
uvara vo n'kavim n'kavim,  
chalulim, chalulim.  
  
Galui v'yadua lifnei chisei ch'vodecha  
she-im y'patei-ach echad meihem  
o yisateim echad meihem,  
i efshar l'hitkayeim  
v'laamod l'fanecha.  
  
Baruch atah, Adonai,  
rofei chol basar umafli laasot.

אֲשֶׁר יָצַר אֶת הָאָדָם בִּחְכָמָה  
וּבָרָא בּוֹ נִקְבִּים נִקְבִּים,  
חַלְוִילִים חַלְוִילִים.  
  
גָּלַי וַיַּדְעַ לְפָנֵי כְּסָא כְּבוֹדָךְ  
שָׁם ?פְּתַתְמָ אֶחָד מִהָּם  
או יִסְתַּטְמָ אֶחָד מִהָּם,  
אי אִפְּשָׁר לְהַתְּקִים  
וְלֹעֲמֵד לְפָנֶיךָ.  
  
בָּרוּךְ אֱתָה, יְיָ,  
רְזָפָא כָּל בָּשָׂר וּמִפְלִיא לְעַשּׂוֹת.

ELOHAI, n'shamah shenatata bi  
t'horah hi.  
  
Atah b'ratah, atah y'tzartah,  
atah n'fachtah bi,  
v'atah m'shamrah b'kirbi.

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּתָךְ בֵּין  
טָהוֹרָה רְיָא.  
  
אַתָּה בָּרָא אֶתְהָ, אַתָּה יָצַרְתָּה,  
אַתָּה נִפְרַחְתָּה בֵּין,  
וְאַתָּה מִשְׁמַרָה בְּקָרְבֵי.

The soul, You have given me is pure  
The soul, You have given me is pure  
And as long as I have breath, I will praise Your name  
And as long as I have breath, I will praise Your name

*A-tah b'-ra-tah, A-tah y'-tzar-tah, A-tah n'-fach-tah-bi  
V'-a-ath m'-sham'-rah b'-kir-bi*

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
asher natan lasechvi vinah  
l'havchin bein yom uvein lailah.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אשר נָתַן לְשָׁכֵן בִּינָה  
לְהַבְּחִין בֵּין יוֹם וּבֵין לְילָה.

*For awakening*

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
poker-ach ivrim.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
פּוֹקֵד עֲוֹרִים.

*For vision*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who opens the eyes of the blind.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
matir asurim.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַתִּיר אָסּוּרִים.

*For the ability  
to stretch*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who frees the captive.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
zokeif k'fufim.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
זָקֵף כְּפֻפִים.

*For rising to the  
new day*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who lifts up the fallen.

נִסִּים בְּכָל יוֹם Nisim b'chol yom . . . For daily miracles . . . These morning blessings evoke wonder at awakening to physical life: we open our eyes, clothe our bodies, and walk again with purpose; in spiritual life also, we are created in God's image, are free human beings, and as Jews, celebrate the joy and destiny of our people, Israel.

Though they are intended literally, we may perceive each blessing spiritually.

*For Daily Miracles — Inspiration for blessings three to five comes from Psalm 146:7–8.*

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai

Eloheinu, Melech haolam,  
roka haaretz al hamayim.

ברוך אתה, ייְהוָה,  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמִּים.

*For firm earth to  
stand upon*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who stretches the earth over the waters.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
hameichin mitzadei gaver.

ברוך אתה, ייְהוָה,  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמְּמֻכִין מִצְעָדֵי גָּבָר.

*For the gift of  
motion*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who strengthens our steps.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
malbish arumim.

ברוך אתה, ייְהוָה,  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַלְבִּישׁ עָרָםִים.

*For clothing  
the body*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who clothes the naked.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
hanotein laya-eif ko-ach.

ברוך אתה, ייְהוָה,  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַנוֹּטוֹן לִיעַר כְּתָה.

*For renewed  
enthusiasm for life*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who gives strength to the weary.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
hamaavir sheinah mei-einai,  
ut'numah mei-afapai.

ברוך אתה, ייְהוָה,  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמְּעַבֵּיר שְׁנָה מֵעַיִן,  
וַתְּנוּמָה מַעֲפָעָה.

*For reawakening*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who removes sleep from the eyes, slumber from the eyelids.

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
she-asani b'tzelem Elohim.

בָּרוּךְ אֱתָה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שַׁעֲשָׂנוּ בְצֵלָם אֱלֹהִים.

*For being in  
the image of God*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who made me in the image of God.

**Yeah, Yeah, Yeah Yeah, Yeah** (4 times)

We all got a life to live. We all got a gift to give.

Just open your heart and let it out.

We all got a peace to bring. We all got a song to sing.

Just open your heart and let it out. Yeah...

**When I reach out to you and you to me,  
We become b'tzelem Elohim.**

**When we share our hopes and our dreams,  
Each one of us, b'tzelem Elohim.**

We all got a tale to tell. We all want to speak it well.

Just open your heart and let it out.

We all got a mountain to climb. We all got a truth to find.

Just open your heart and let it out. Yeah...

**When I reach out to you...**

B'reishit bara Elohim, all our hopes, all our dreams,  
B'reishit bara Elohim, each one of us, b'tzelem Elohim.

**When I reach out to you...**

B'tzelem Elohim: In God's Image

B'reishit bara Elohim: In the beginning God created

Words: Genesis 1:1 1:27 D. Nichols, M. Moskowitz,

Music: D. Nichols

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani ben / bat chorin.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שַׁעֲשָׂנִי בֶן / בָת חֹרִין.

*For being  
a free person*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has made me free.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani Yisrael.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שַׁעֲשָׂנִי יִשְׂרָאֵל.

*For being a Jew*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has made me a Jew.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
ozeir Yisrael big'vurah.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אוֹזֵר יִשְׂרָאֵל בְגָבוֹרָה.

*For purpose*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who girds Israel with strength.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
oteir Yisrael b'tifarah.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
עוֹטֵר יִשְׂרָאֵל בְתִפְאָרָה.

*For harmony*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who crowns Israel with splendor.

# שְׁמָע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

ברוך שם כבוד מלכותו לעוזם נאך.

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'avacha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu had'varim ha-eileh  
asher anochi m'tzav'cha hayom al  
l'vevecha. V'shinantam l'venecha v'dibarta  
bam b'shivt'cha b'veitecha uv'lecht'cha  
vaderech uv'shochb'cha uv'kumeha.  
Ukshartam l'ot al yadecha v'hayu  
l'totafot bein einecha. Uch'tavtam  
al m'zuzot beitecha uvish'arecha.

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

אהבת את ייָ אֱלֹהִיךְ  
בכָל־לַבְבָךְ וּבְכָל־נְפָשָׁתְךְ וּבְכָל־  
מְאֹדָךְ וְהִיא הַדְבָרִים הַאֲלָהָ  
אֲשֶׁר אָנֹכִי מְצִיאָה מִזֶּם עַל־  
לְבָבֶךְ: וְשִׁגְנְתָם לְבָנֶיךְ וְדִבְרָתָךְ  
בָּם בְּשִׁבְטָתָךְ בְּבִינְתָךְ וּבְלִכְתָּתָךְ  
בְּרַךְ וּבְשִׁכְבָךְ וּבְקִוּמָךְ:  
וְקִשְׁרָתָם לְאֹתָן עַל־יִדְךְ וּרְאֵין  
לְטֻפָת בֵּין עֵינֶיךְ: וְכַתְבָתָם  
עַל־מִזְזָות בִּינְתָךְ וּבְשִׁעָרָיךְ:

לְמַעַן תִּזְכְּרוּ וְעָשִׂיתָם אֶת־  
כָל־מְצֹוֹתִי וְהִיִּתְם קְדָשִׁים  
לְאֱלֹהִיכֶם: אָנֹי ייָ אֱלֹהִיכֶם  
אֲשֶׁר הַזִּצְאָתִי אֶתְכֶם מִאֶרֶץ  
מִצְרָיִם לְהִיוֹת לְכֶם לְאֱלֹהִים  
אָנֹי ייָ אֱלֹהִיכֶם:

LOVE ADONAI your God with every heartbeat,  
with every breath, with every conscious act.  
Keep in mind the words I command you today.  
Teach them to your children, talk about them at work;  
whether you are tired or you are rested.  
Let them guide the work of your hands;  
keep them in the forefront of your vision.  
Do not leave them at the doorway of your house, or outside your gate.  
They are reminders to do all of My mitzvot, so that you can be holy for God.  
I am Adonai your God.  
I led you out of Egypt to become your God,  
I am Adonai your God!

**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav  
v'tzivanu laasok b'divrei Torah.

**ברוך אתה, ייְהוָה,**  
**אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,**  
**אֲשֶׁר קָדַשְׂנוּ בְמִצְוֹתָיו**  
**וְצִוּנוּ לְעָסֹק בְדִבְרֵי תּוֹרָה.**

**BLESSED ARE YOU**, Adonai our God,  
Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to engage with words of Torah.

Sweet as honey, sweet as honey, sweet as honey on our tongue  
Sweet as honey, sweet as honey, sweet as honey on our tongue

Sweet as honey, sweet as honey, sweet as honey on our tongue  
Let us soak it up and let it all sink in-----sweet words of Torah  
Sweet as honey, sweet as honey, sweet as honey on our tongue  
Let us soak it up and let it all sink in-----sweet words of Torah

**MAY THE ONE** who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill [*names*]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

**MI SHEBEIRACH** avoteinu  
M'kor hab'rachah l'imoteinu.

**מי שברך אבותינו**  
**מקור הברכה לאמותינו.**

May the Source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing and let us say, Amen.

Mi shebeirach imoteinu  
M'kor hab'rachah laavoteinu.

**מי שברך אמותינו**  
**מקור הברכה לאבותינו.**

Bless those in need of healing with *r'fuah shleimah*,  
the renewal of body, the renewal of spirit, and let us say, Amen.

### BIRKAT HAGOMEIL — ברכת הגומל — THANKSGIVING BLESSING

*Individual recites:*

**BARUCH ATAH, ADONAI** Eloheinu  
Melech haolam, sheg'malanu kol tov.

**ברוך אתה, ייְהוָה,**  
**אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,**  
**שְׁגַמְלָנִי כָל טוֹב.**

**BLESSED ARE YOU**, Adonai our God, Sovereign of the universe,  
who has bestowed every goodness upon us.

*Congregation responds:*

Amen. Mi sheg'malchem kol tov,  
Hu yigmolchem kol tov. Selah.

**אמון. מי שגמלכם כל טוב,**  
**הוא יגמולכם כל טוב סלה.**

Amen. May the One who has bestowed goodness upon us  
continue to bestow every goodness upon us forever.

**נִסִּים בְּכָל יוֹם**  
NISIM B'CHOL YOM — FOR DAILY MIRACLES

**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
shenatan lanu hizdamnut  
l'takein et ha-olam

**בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**  
ZEHLAH ELOHIM  
.m'lFrö z b oiwz||

**BLESSED ARE YOU**, Adonai our God,  
Sovereign of the universe,  
for giving us the opportunity  
to repair the world.

**L'takein (The Na Na Song)**

Words: R. Klotz, Music: D. Nichols

Na na na na na na

Baruch atah Adonai, Eloheinu, Melech ha'olam

**בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

She-na-tan lanu hiz -dam-nut l 'takein et ha-olam.

**שְׁנַתָּנוּ לְנוּ הַזְּדֻמָּנוּת לְתַקֵּין אֶת- הָעוֹלָם.**

# Modah Ani

Music & Arr.: Feliza Bascara-Zohar

Text: Liturgy

## A Meditative

**Lead**

Dm Gm Dm C Dm Gm Dm

Mo - dah a - ni\_\_\_\_ l' - fa-ne - cha,\_\_\_\_ Ru - ach\_\_\_\_ Chai v' - ka -

8 C Am Dm Gm Dm C Dm

yam Mo - dah a - ni\_\_\_\_ l' - fa ne - cha,\_\_\_\_ Ru -

Voice 2 *may be tenor* Mo - deh a - ni\_\_\_\_ l' - fa - ne - cha -

## B More spirited

14 Gm Dm C Am Fine Dm Dm C Dm C

ach\_\_\_\_ Chai v' - ka - yam\_\_\_\_ Mo dah a - ni l' - fa - ne - cha, Ru - ach

Ru - ach Chai v' - ka - yam\_\_\_\_ ni l' - fa - ne - cha, Ru - ach -

V.2 re-enter from 2nd rep. only

23 Dm C Am Am A<sup>7</sup> Gm Gm C C Am

Chai v' - ka - yam, she - he - che - zar - ta bi nish - ma - ti b' - chem - la, -

Chai v' - ka - yam, she - he - che - zar - ta bi nish - ma - ti b' - chem - la, -

33 B<sup>b</sup> A A A<sup>7</sup> 1. Dm Dm | 2. Dm Dm D.C. al Fine

rab - bah e - mu - na - te - cha. Mo dah a - cha.

rab - bah e - mu - na - te - cha. Mo deh a - cha.

V.2 enter bar 38

I offer thanks to You,  
Ever-living Spirit,  
That You have restored  
My soul to me in mercy:  
How great is Your trust.

מָדָה / מָדָה אֲנִי לְפָנֶיךָ  
רוּם סֵי וּקְרַבָּם,  
שְׁחַתְּרָתָךְ בְּיִ  
נְשָׂמְתִי בְּחַמְלָה:  
רַבָּה אִמּוֹנָתָךְ.

# V'ha-eir Eineinu וְהָאֵר עַנִּינוּ

Music: Or Zohar

Arr.: Feliza Bascara-Zohar

Text: Liturgy

**A**

Lead

Bm Em Bm C Bm Em Bm Em

V - tein b'-li - bei nu l' ha - vin u-l'has - kil li - shmo-a lil

Voice 2 enter from 2nd repetition only

tein b'-li - bei nu l' ha - vin u-l'has - kil li - shmo - a lil

9 Bm C Bm Em Bm C Bm C

mod u-l'la meid lish-mor v'-la-a - sot u - l'-ka-yeim et kol di

mod u - l'la - meid lish - mor v' - la - a - sot u - l' - ka - yeim et kol di

**B**

17 Bm C Bm C D C D G Am G

vrei tal-mud To-ra - te - cha b' - a - ha - vah. V' - ha - - - eir ei

vrei tal - mud To - ra - te - cha b' - a - ha - vah. V - ha - - - eir ei

25 D C Bm Bm C G Am G

nei-nu b' - To - ra - te - cha v' - da - - - beik li

nei - nu b' - To - ra - te - cha v' - da - - - beik li

33 D C Bm Bm C G Am G

bei-nu b' - mitz - vo - te - cha v' - ya - - - cheid l' va

bei - nu b' - mitz - vo - te - cha v' - ya - - - cheid l' - va

41 D C Bm Am Am Bm Bm C

vei-nu l' - a - ha-vah ul' yir - ah et sh'me cha v' - lo nei vosh ve - lo ni-ka

vei - nu l' - a - ha - vah ul' - yir - ah et sh'me - cha v' - lo nei vosh ve - lo ni - ka

49

Bm C Bm C D 1. C D 2. C D G Am

leim v'-lo ni-ka- sheil l'-o-lam va - ed. V' - ed. V' - ha - - -  
 leim v'-lo ni-ka- sheil l'-o - lam va - ed. V' - ed. V' - ha - - -

57

G D C Bm Bm C G Am

- eir ei-nei-nu b' - To - ra - te - cha v' - da - - -  
 - eir ei - nei - nu b' - To - ra - te - cha v' - da - - -

65

G D C Bm Bm C G Am

- beik li - bei-nu b' - mitz - vo - te - cha v' - ya - - -  
 - beik li - bei - nu b' - mitz - vo - te - cha v' - ya - - -

73

G D C Bm Am Am Bm

- cheid l'-va - vei-nu l' a - ha-vah ul' yir - ah et sh'me cha v' - lo nei - vosh  
 - cheid l'-va - vei - nu l' - a - ha - vah ul' - yir - ah et sh'me - cha v' - lo nei - vosh

80

Bm C Bm C Bm

v' - lo ni - ka - leim v' - lo ni - ka - sheil l' - o -  
 v' - lo ni - ka - leim v' - lo ni - ka - sheil l' - o -

85

C D C D G Em Am D G

lam va - ed.  
 lam va - ed.

# V'HA'EIR EINANU

Make us able to understand and discern,  
To heed, learn, and teach,  
And lovingly to observe, perform, and fulfill  
All that is in Your Torah.

Enlighten our eyes with Your Torah,  
Focus our minds on Your mitzvot,  
Unite our hearts in love  
And reverence for Your Name.  
Then we will never feel shame,  
Never deserve rebuke,  
And never stumble.

וְתוּ בָּלְבָנָנוּ לְהַבִּין וְלִמְשָׁכֵיל,  
לְשִׁמְעַן לְלִמּוֹד וְלִלְמֹד,  
לְשִׁמְרָה וְלִעֲשֹׂות, וְלִקְיָם  
אֶת כָּל דְּבָרֵי תַּלְמוּד תּוֹرַתְךָ בָּאָבָה.

וְהִאר עֵינֵינוּ בְּתֻורָתֶךָ,  
וְדִבְקָע לְבָנָנוּ בְּמִצְוֹתֶיךָ,  
וְיִחְדֹּד לְבָנָנוּ לְאָבָה  
אֲלִירָאה אֶת שְׁמֶךָ.  
וְלֹא נִבּוֹשׁ וְלֹא נִכְלָם  
וְלֹא נִכְשַׁל לְעוֹלָם עוֹד.

HINEIH MAH TOV

Hineih mah tov u'mah na-im  
shevet achim gam yachad.

הִנֵּה מְהָטֹב וּמְהָצָعִים  
שְׁבַת אֶחָד גָּמִיחָד.

How good and how pleasant it is that brothers and sisters dwell together.

(*Psalm 133:1*)

MAH TOVU ohalecha Yaakov,  
mishlk'notecha, Yisrael!

Vaani b'rov chasd'cha  
avo veitecha,  
eshtachaveh el heichal kodsh'cha  
b'yiratecha.

Adonai, ahavti m'on beitecha  
um'kom mishkan k'vodecha.

Vaani eshtachaveh v'echraah,  
evr'chah lifnei Adonai osi.

Vaani t'filati l'cha, Adonai,  
eit ratzon.  
Elohim, b'rov chasdecha,  
aneini be-emet yishecha.

מְהָטֹב אֶחָלִיק, יַעֲקֹב  
מְשֻׁפְנְתִּיק, יִשְׂרָאֵל!

וְאַנְיִ בָּרְבָּ מִסְדָּךְ  
אָבוֹא בִּיתָּךְ,  
אָשְׁתְּחִוָּה אֶל-הַיכָּל קָדְשָׁךְ  
בִּירָאָתָּךְ.

גַּ, אֶחָבָתִי מַעֲוֹן בִּיתְךָ  
וּמִקּוֹם מִשְׁכָּן כְּבוֹדָךְ.

וְאַנְיִ אָשְׁתְּחִוָּה וְאֶכְרָעָה,  
אָבְרָכָה לְפָנֵי-יְיָ עָשָׂי.

וְאַנְיִ תִּפְלַתִּי לְךָ, גַּ  
עַת רְצֹן.  
אֱלֹהִים, בָּרְבָּ-מִסְדָּךְ,  
עֲנֵנִי בְּאֶמֶת יִשְׁעָךְ.

HOW FAIR are your tents, O Jacob,  
your dwellings, O Israel.

I, through Your abundant love, enter Your house;  
I bow down in awe at Your holy temple.

Adonai, I love Your temple abode,  
the dwelling-place of Your glory.

I will humbly bow down low before Adonai, my Maker.

As for me, may my prayer come to You, Adonai, at a favorable time.  
O God, in Your abundant faithfulness, answer me with Your sure deliverance.

# ברכות השחר

BIRCHOT HASHACHAR — MORNING BLESSINGS

MODEH / MODAH ani l'fanecha,  
Melech chai v'kayam,  
she-hechezarta bi nishmati b'chemlah,  
rabbah emunatecha.

מָזְדָה / מָזְדָה אַנִי לְפָנֶיךָ,  
מֶלֶךְ חַי וּקְיָם,  
שְׁחַנְצָרֶת בֵּין נִשְׁמָתִי בְּחַמְלָה,  
רַבָּה אֲמֹנוֹתֶךָ.

ASHER YATZAR et haadam b'chochmah  
uvara vo n'kavim n'kavim,  
chalulim, chalulim.  
  
Galui v'yadua lifnei chisei ch'vodecha  
she-im y'patei-ach echad meihem  
o yisateim echad meihem,  
i efshar l'hitkayeim  
v'laamod l'fanecha.  
  
Baruch atah, Adonai,  
rofei chol basar umafli laasot.

אֲשֶׁר יָצַר אֶת הָאָדָם בִּחְכָמָה  
וּבָרָא בּוֹ נִקְבִּים נִקְבִּים,  
חַלְוִילִים חַלְוִילִים.  
  
גָּלַי וַיַּדְעַ לְפָנֵי כְּסָא כְּבוֹדָךְ  
שָׁם ?פְּתַתְמָ אֶחָד מִהָּם  
או יִסְתַּטְמָ אֶחָד מִהָּם,  
אי אִפְּשָׁר לְהַתְּקִים  
וְלֹעֲמֵד לְפָנֶיךָ.  
  
בָּרוּךְ אֱתָה, יְיָ,  
רְזָפָא כָּל בָּשָׂר וּמִפְלִיא לְעַשּׂוֹת.

ELOHAI, n'shamah shenatata bi  
t'horah hi.  
  
Atah b'ratah, atah y'tzartah,  
atah n'fachtah bi,  
v'atah m'shamrah b'kirbi.

אֱלֹהֵי, נִשְׁמָה שְׁנַתָּתָךְ בֵּין  
טָהוֹרָה רְיָא.  
  
אַתָּה בָּרָא אֶתְהָ, אַתָּה יָצַרְתָּה,  
אַתָּה נִפְרַחְתָּה בֵּין,  
וְאַתָּה מִשְׁמַרָה בְּקָרְבֵי.

The soul, You have given me is pure  
The soul, You have given me is pure  
And as long as I have breath, I will praise Your name  
And as long as I have breath, I will praise Your name

*A-tah b'-ra-tah, A-tah y'-tzar-tah, A-tah n'-fach-tah-bi  
V'-a-ath m'-sham'-rah b'-kir-bi*

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
asher natan lasechvi vinah  
l'havchin bein yom uvein lailah.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אשר נָתַן לְשָׁכֵן בִּינָה  
לְהַבְּחִין בֵּין יוֹם וּבֵין לְילָה.

*For awakening*

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
pokei-ach ivrim.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
פֹּוקֵם עֲוֹרִים.

*For vision*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who opens the eyes of the blind.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
matir asurim.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַתִּיר אָסּוּרִים.

*For the ability  
to stretch*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who frees the captive.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
zokeif k'fufim.

ברוך אתה, ייְהוָה,  
אלֲהֵינוּ, מֶלֶךְ הָעוֹלָם,  
זָקֵף כְּפֻפִים.

*For rising to the  
new day*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who lifts up the fallen.

נִסִּים בְּכָל יוֹם Nisim b'chol yom . . . For daily miracles . . . These morning blessings evoke wonder at awakening to physical life: we open our eyes, clothe our bodies, and walk again with purpose; in spiritual life also, we are created in God's image, are free human beings, and as Jews, celebrate the joy and destiny of our people, Israel.

Though they are intended literally, we may perceive each blessing spiritually.

*For Daily Miracles — Inspiration for blessings three to five comes from Psalm 146:7–8.*

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai

Eloheinu, Melech haolam,  
roka haaretz al hamayim.

ברוך אתה, ייְהוָה  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
רוֹקֵעַ הָאָרֶץ עַל הַמִּים.

*For firm earth to  
stand upon*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who stretches the earth over the waters.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
hameichin mitzadei gaver.

ברוך אתה, ייְהוָה  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַפְּמִיכִין מִצְעָדֵי גָּבָר.

*For the gift of  
motion*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who strengthens our steps.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
malbish arumim.

ברוך אתה, ייְהוָה  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מִלְבִּישׁ עָרָםִים.

*For clothing  
the body*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who clothes the naked.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
hanotein laya-eif ko-ach.

ברוך אתה, ייְהוָה  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַנוֹּתֵן לִיעָרֶךְ.

*For renewed  
enthusiasm for life*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who gives strength to the weary.

Baruch atah, Adonai

Eloheinu, Melech haolam,  
hamaavir sheinah mei-einai,  
ut'numah mei-afapai.

ברוך אתה, ייְהוָה  
אלָהֵינוּ, מֶלֶךְ הָעוֹלָם,  
הַמְּעַבֵּיר שְׁנָה מֵעַיִן,  
וַתִּנוּמָה מַעֲפָעָנוּ.

*For reawakening*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who removes sleep from the eyes, slumber from the eyelids.

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

BARUCH atah, Adonai  
Eloheinu, Melech haolam,  
she-asani b'tzelem Elohim.

בָּרוּךְ אֱתָה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שַׁעֲשָׂנוּ בְצֵלָם אֱלֹהִים.

*For being in  
the image of God*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who made me in the image of God.

**Yeah, Yeah, Yeah Yeah, Yeah** (4 times)

We all got a life to live. We all got a gift to give.

Just open your heart and let it out.

We all got a peace to bring. We all got a song to sing.

Just open your heart and let it out. Yeah...

**When I reach out to you and you to me,  
We become b'tzelem Elohim.**

**When we share our hopes and our dreams,  
Each one of us, b'tzelem Elohim.**

We all got a tale to tell. We all want to speak it well.

Just open your heart and let it out.

We all got a mountain to climb. We all got a truth to find.

Just open your heart and let it out. Yeah...

**When I reach out to you...**

B'reishit bara Elohim, all our hopes, all our dreams,  
B'reishit bara Elohim, each one of us, b'tzelem Elohim.

**When I reach out to you...**

B'tzelem Elohim: In God's Image

B'reishit bara Elohim: In the beginning God created

Words: Genesis 1:1 1:27 D. Nichols, M. Moskowitz,

Music: D. Nichols

## נִסִּים בְּכָל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani ben / bat chorin.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שַׁעֲשָׂנִי בֶן / בָת חֹרִין.

*For being  
a free person*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has made me free.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
she-asani Yisrael.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
שַׁעֲשָׂנִי יִשְׂרָאֵל.

*For being a Jew*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who has made me a Jew.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
ozeir Yisrael big'vurah.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אוֹזֵר יִשְׂרָאֵל בְגָבוֹרָה.

*For purpose*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who girds Israel with strength.

Baruch atah, Adonai  
Eloheinu, Melech haolam,  
oteir Yisrael b'tifarah.

ברוך אֱתָה, ייְ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
עוֹטֵר יִשְׂרָאֵל בְתִפְאָרָה.

*For harmony*

PRAISE TO YOU, Adonai our God, Sovereign of the universe,  
who crowns Israel with splendor.

# שְׁמָע יִשְׂרָאֵל ייְהוָה אֱלֹהֵינוּ ייְהוָה אֶחָד.

Sh'ma Yisrael, Adonai Eloheinu, Adonai Echad.

HEAR O ISRAEL, Adonai is our God, Adonai is One.

ברוך שם כבוד מלכותו לעוזם נאך.

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'avacha uv'chol nafsh'cha uv'chol  
m'odecha. V'hayu had'varim ha-eileh  
asher anochi m'tzav'cha hayom al  
l'vevecha. V'shinantam l'venecha v'dibarta  
bam b'shivt'cha b'veitecha uv'lecht'cha  
vaderech uv'shochb'cha uv'kumeha.  
Ukshartam l'ot al yadecha v'hayu  
l'totafot bein einecha. Uch'tavtam  
al m'zuzot beitecha uvish'arecha.

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

אהבת את ייְהוָה  
בכל לבבך ובכל נפשך ובכל-  
מאנך ורחוי הדברים האללה  
אשר אנכי מצוה מיום על-  
לבך: ושננתם לבניך ודברת  
בם בשכחת בביתך ובכלתך  
ברוך ובשכחה ובקיומך:  
וקשרתם לאות עליך ורמי  
לטפחת בין עיניך: וכתבתם  
על-מיזות ביתך ובשעריך:

למען תזכור ועשיתם את  
כל-מצותי והייתם קדושים  
לאלהיכם: אני ייְהוָה  
אשר הוציאתי אתכם מארץ  
מארים להיות לכם לאלהים  
אני ייְהוָהיכם:

LOVE ADONAI your God with every heartbeat,  
with every breath, with every conscious act.  
Keep in mind the words I command you today.  
Teach them to your children, talk about them at work;  
whether you are tired or you are rested.  
Let them guide the work of your hands;  
keep them in the forefront of your vision.  
Do not leave them at the doorway of your house, or outside your gate.  
They are reminders to do all of My mitzvot, so that you can be holy for God.  
I am Adonai your God.  
I led you out of Egypt to become your God,  
I am Adonai your God!

**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
asher kid'shanu b'mitzvotav  
v'tzivanu laasok b'divrei Torah.

**ברוך אתה, ייְהוָה,**  
**אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,**  
**אֲשֶׁר קָדַשְׂנוּ בְמִצְוֹתָיו**  
**וְצִוּנוּ לְעָסֹק בְדִבְרֵי תּוֹרָה.**

**BLESSED ARE YOU**, Adonai our God,  
Sovereign of the universe,  
who hallows us with mitzvot,  
commanding us to engage with words of Torah.

Sweet as honey, sweet as honey, sweet as honey on our tongue  
Sweet as honey, sweet as honey, sweet as honey on our tongue

Sweet as honey, sweet as honey, sweet as honey on our tongue  
Let us soak it up and let it all sink in-----sweet words of Torah  
Sweet as honey, sweet as honey, sweet as honey on our tongue  
Let us soak it up and let it all sink in-----sweet words of Torah

**MAY THE ONE** who blessed our ancestors, Abraham, Isaac and Jacob, Sarah, Rebecca, Rachel and Leah, bless and heal those who are ill [*names*]. May the Blessed Holy One be filled with compassion for their health to be restored and their strength to be revived. May God swiftly send them a complete renewal of body and spirit, and let us say, Amen.

**MI SHEBEIRACH** avoteinu  
M'kor hab'rachah l'imoteinu.

**מי שברך אבותינו**  
**מקור הברכה לאמותינו.**

May the Source of strength who blessed the ones before us  
help us find the courage to make our lives a blessing and let us say, Amen.

Mi shebeirach imoteinu  
M'kor hab'rachah laavoteinu.

**מי שברך אמותינו**  
**מקור הברכה לאבותינו.**

Bless those in need of healing with *r'fuah shleimah*,  
the renewal of body, the renewal of spirit, and let us say, Amen.

### BIRKAT HAGOMEIL — ברכת הגומל — THANKSGIVING BLESSING

*Individual recites:*

**BARUCH ATAH, ADONAI** Eloheinu  
Melech haolam, sheg'malanu kol tov.

**ברוך אתה, ייְהוָה,**  
**אלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,**  
**שְׁגַמְלָנִי כָל טוֹב.**

**BLESSED ARE YOU**, Adonai our God, Sovereign of the universe,  
who has bestowed every goodness upon us.

*Congregation responds:*

Amen. Mi sheg'malchem kol tov,  
Hu yigmolchem kol tov. Selah.

**אמון. מי שגמלכם כל טוב,**  
**הוא יגמולכם כל טוב סלה.**

Amen. May the One who has bestowed goodness upon us  
continue to bestow every goodness upon us forever.

**נִסִּים בְּכָל יוֹם**  
NISIM B'CHOL YOM — FOR DAILY MIRACLES

**BARUCH** atah, Adonai  
Eloheinu, Melech haolam,  
shenatan lanu hizdamnut  
l'takein et ha-olam

**בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**  
ZEHLAH ELOHIM  
.m'lFrö z b oiwz||

**BLESSED ARE YOU**, Adonai our God,  
Sovereign of the universe,  
for giving us the opportunity  
to repair the world.

**L'takein (The Na Na Song)**

Words: R. Klotz, Music: D. Nichols

Na na na na na na

Baruch atah Adonai, Eloheinu, Melech ha'olam

**בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם**

She-na-tan lanu hiz -dam-nut l 'takein et ha-olam.

**שְׁנַתָּנוּ לְנוּ הַזְּדֻמָּנוּת לְתַקֵּין אֶת- הָעוֹלָם.**

### **V'Har-eir Eineinu**

Make us able to understand and discern,  
To heed, learn, and teach,  
And lovingly to observe, perform, and fulfill  
All that is in Your Torah.  
Enlighten our eyes with Your Torah,  
Focus our minds on Your mitzvot,  
Unite our hearts in love  
-And reverence for Your Name,  
Then we will never feel shame,  
Never deserve rebuke,  
And never stumble.

**BARCHI NAFSHI ET HASHEM  
HASHEM ELOKEI GADALTA MEOD  
HOD V'HADAR LAVASHATA**

**ברכי נפשי את ה' אלهي גדלה מאד  
הוד והדר לבשת**

God, please heal her. (עטוףה)

אל נא רפא נא לה.

God grant me the serenity  
to accept the things I cannot change.  
God grant me the courage  
to change the things I can.  
And God grant me the wisdom  
to know the difference.

ה',תו ב' שלוחה  
לקבל את מה שלא ניתן לשנות,  
ה',תו ב' האמץ  
לשנות את מה שניתן לשנות,  
ותנו ב' את החוכמה  
להבדיל בין זה לזה.

May God who has blessed the generations  
Bless and heal all who are ill.  
May the love and mercy of Shechina  
Ease the pain of all those in need,  
Healing the body and the soul.  
Whole healing.

מי שברך אבותינו  
הוא ירפא את החולים.  
מקור שכינה לאמותינו  
היא תמצא מזרע לשובלים.  
רפואת הגוף והנפש,  
רפואה שלמה.