



TEMPLE
BETH ABRAHAM
NASHUA, NEW HAMPSHIRE

Family Service Machzor



*Hineh ma tov uma na'im
Shevet achim gam yachad.*

הנה מה טוב ומה נעים
שבת אחים גם יחד.

How good and pleasant it is
For siblings to sit together.



*Mah ovu ohalecha Ya'akov
Mishkenotecha Yisrael*

מה טובו אהלֵיךָ יַעֲקֹב
משְׁכַנֹּתֶיךָ יִשְׂרָאֵל:

Your dwelling places are so good;
Your sacred spaces as well.

Beginning to Pray

Rabbi Harold Schulweis

Where do I begin?
Where do I find God?
How do I begin to pray?

There is a *tzelem Elohim*, an image of God, implanted in me.
The image of God is found in myself,
In whom God breathes *nishmat hayyim* -
The divine breath of life.

In each of us is a *n'shamah*, a soul whose origin is in God.
In prayer, I enter into the deepest parts of my self,
and discover who I am, and touch God's presence.

Birkot Hashachar: The Morning Blessings בְּרִכּוֹת הַשַּׁחַר

As we begin each day, we express gratitude for the simple things which make life possible.



בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אֲשֶׁר נָתַן לַשָּׁכּוֹי בִּינָה
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, asher natan la-sechvi bina le-havchin bein yom u-vein Laila.

Blessed are You, Adonai our God, Ruler of the world, for the wisdom to tell day from night.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. שְׁעֲשֵׂנִי בְּצַלְמוֹ:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, she-asani b'tzalmo.

Blessed are You, Adonai our God, Ruler of the world, for making me in God's image.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. שְׁעֲשֵׂנִי בֶן / בַּת חוֹרִין:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, she-asani ben / bat chorin.

Blessed are You, Adonai our God, Ruler of the world, for making me a free person.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. שְׁעֲשֵׂנִי יִשְׂרָאֵל:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, she-asani yisrael.

Blessed are You, Adonai our God, Ruler of the world, for making me a part of the Jewish people.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. פּוֹקֵחַ עִוְרִים:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, poke-ach ivrim.

Blessed are You, Adonai our God, Ruler of the world, for allowing the blind to see.

בָּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. מַלְבִּישׁ עֲרֻמִּים:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, malbish arumim.

Blessed are You, Adonai our God, Ruler of the world, for dressing the naked.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. מַתִּיר אֲסוּרִים:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, matir assurim.

Blessed are You, Adonai our God, Ruler of the world, for freeing those who are prisoned.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. זֹקֵף כְּפוּפִים:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, zokef k'fufim.

Blessed are You, Adonai our God, Ruler of the world, for allowing the bent to stand upright.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. רוֹקֵעַ הָאָרֶץ עַל הַמַּיִם:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, roka ha-aretz al hamayim.

Blessed are You, Adonai our God, Ruler of the world, for creating land and sea.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. הַמְכִּין מִצְעָדֵי גְבָר:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, hamechin mitz-adei gaver.

Blessed are You, Adonai our God, Ruler of the world, for supporting me in my path.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. שֹׁעֵשֶׂה לִּי כֹל צְרָכָי:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, she-asa li kol tzorki.

Blessed are You, Adonai our God, Ruler of the world, for giving me all I need.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. אוֹזֵר יִשְׂרָאֵל בְּגִבּוּרָה:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, ozer Yisrael bigvura.

Blessed are You, Adonai our God, Ruler of the world, for giving us courage.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. עוֹטֵר יִשְׂרָאֵל בְּתִפְאַרָה:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, otter Yisrael betifara.

Blessed are You, Adonai our God, Ruler of the world, for surrounding us with glory.

בְּרוּךְ אַתָּה ה' אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם. הַנּוֹתֵן לַיָּעֵף כֹּחַ:

Baruch Ata Adonai, Eloheinu Melech Ha-olam, hanoten la-yaef koach.

Blessed are You, Adonai our God, Ruler of the world, for giving strength to the weary.

Hallelyah

הללויה

Hallelyah! Hallelu El Bekodsho,
 Halleluhu Birkiya Uzo
 Halleluhu Bigvurotav,
 Halleluhu K'rov Gudlo
 Halleluhu Beteka Shofar,
 Halleluhu Benevel Vechinor
 Halleluhu Betof U'Machol,
 Halleluhu Beminim Veugav
 Halleluhu Betzil'tzilei Shama,
 Halleluhu Betzil'tzilei Teruah
 Kol Haneshama Tehallel Yah, Halleluyah!

הללויה. הלו אל בקדשו.
 הללויה ברקיע עזו:
 הללויה בגבורתו.
 הללויה כרב גדלו:
 הללויה בתקע שופר.
 הללויה בגבל וכנור:
 הללויה בתוף ומחול.
 הללויה במנים ועגב:
 הללויה בצלצלי שמע.
 הללויה בצלצלי תרועה:
 כל הנשמה תהלל יה. הללויה:

Halleluyah.
 Praise God in the holy places;
 Praise God in the heavens.
 Praise God for God's mighty acts;
 And exceeding greatness.
 Blast the shofar; strum the strings.
 Toot the flutes; Clang the cymbals.
 Beat the drum and dance.
 Let everything that breathes sing praise.
 Halleluyah.



בְּרַכּוּ אֶת ה' הַמְּבָרָךְ.
בְּרוּךְ ה' הַמְּבָרָךְ לְעוֹלָם וָעֶד.

*Barchu et Adonai Ha-m'vo-rach
Baruch Adonai Ham'vo-rach L'olam Va-ed*

Praise Adonai, the Blessed One
Praised is Adonai, Who is Blessed Forever and Eternity.

Creator of Light and Darkness

*Baruch Ata Adonai
Eloheinu Melech ha-olam
Yotzer or u-voreh cho-shech,
Oseh shalom u-voreh et ha-kol.*

Blessed are You, Adonai our God,
Ruler of the world, who forms light and
darkness, peace-maker and creator of all.

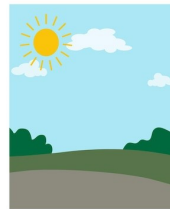
Yotzer HaMe'orot

Creator of Lights

The sun rose today. It will set this evening.
Tomorrow the sun will rise again.
The world goes on, day then night.
Day then night. Winter changes into spring.
Spring becomes summer.
Summer turns into fall.
Then winter happens again.
Life comes in circles.
I can learn from yesterday and change in time for tomorrow.
The world goes on, day then night. Day then night.

יוֹצֵר אוֹר וּבּוֹרֵא חֹשֶׁךְ

בְּרוּךְ אַתָּה ה',
אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
יוֹצֵר אוֹר וּבּוֹרֵא חֹשֶׁךְ,
עוֹשֶׂה שְׁלוֹם וּבּוֹרֵא אֶת הַכּוֹל.



שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד

Sh'-ma Yisrael, Adonai Eloheinu, Adonai Echad

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

וְאָהַבְתָּ אֶת ה' אֱלֹהֶיךָ, בְּכָל לִבְבְּךָ, וּבְכָל נַפְשְׁךָ, וּבְכָל מְאֹדְךָ.

וְהָיוּ הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר אֶנְכִי מְצַוְּךָ הַיּוֹם, עַל לִבְבְּךָ.

וּשְׁנַנְתָּם לְבִנְיָךְ, וְדִבַּרְתָּ בָּם,

בְּשֹׁבְתְךָ בְּבֵיתְךָ, וּבְלִקְחֶךָ בַּדֶּרֶךְ, וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ.

וְקִשַּׁרְתָּם לְאוֹת עַל יָדְךָ, וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ.

וְכַתַּבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבִשְׁעָרֶיךָ.



*V'ahavta et Adonai Elohecha b'chol l'vav'cha uv'chol nafsh'cha
uv'chol m'odecha. V'hayu had'varim ha'eleh asher anochi
m'tzav'cha hayom al l'vavckha.*

*V'shinantam l'vanecha v'dibarta bam
b'shivt'cha b'veitecha uv'lechtech vadvarech
uv'shochb'cha uv'kumecha.*

Uk'shartam l'ot al yadecha v'hayu l'totafot bein einecha.

Uch'tavtam al m'zuzot beitecha uvish'arecha.

You shall love Adonai your God with all your heart, with all your soul and with all your might. Take to heart these instructions, 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.

Amidah עמידה

Adonai, sephati tiftach,
ufi yagid tehitlatecha

אֲדֹנָי שִׁפְתַי תִּפְתַּח וּפִי יַגִּיד תְּהִלָּתֶךָ:

God, open my lips so that I can speak words of praise to You.

We read together:

“You are our God and the God of our ancestors. From one generation to the next, we thank You and sing Your praises - for our lives that are in Your hands, for our souls that are under your care, for Your miracles that accompany us each day, and for Your wonders and Your gifts that are with us each moment, evening, morning, and afternoon.

Creator of beginnings, as You created Your world on this day, uniting fragments into a universe, so may it be Your will to help unite the hearts of all Your people Israel. Illuminate our lives with the light of your Torah, for in your light do we see light. Grant abundant and lasting peace to Your people Israel and to all who dwell on earth.”

{Add your own personal tefilla here.}

We read together:

May the words of our mouths and the meditations of our hearts be acceptable to You, Adonai, our rock and our redeemer.

Y'varech'cha Adonai v'yishm'recha.

Ya-eir Adonai pahnava eilecha vichuneka.

Yisa Adonai pahnava eilecha
v'yahseim l'cha shalom.

יְבָרְכֶךָ ה' וַיְשַׁמְרֶךָ.

יָאֵר ה' פָּנָיו אֵלֶיךָ וַיְחַנֶּנֶךָ.

יִשָּׂא ה' פָּנָיו אֵלֶיךָ

וַיִּשֶׂם לְךָ שְׁלוֹם.

May God bless you and keep You
Shine light on you, help you learn.
May God watch you,
And guide you to find peace.



Oseh shalom bimromav
Hu ya'aseh shalom aleinu
V'al kol Yisrael
V'imru: amen.



עוֹשֵׂה שְׁלוֹם בְּמִרְוּמָיו
הוּא יַעֲשֶׂה שְׁלוֹם עָלֵינוּ
וְעַל כָּל יִשְׂרָאֵל
וְאָמְרוּ: אָמֵן.

May the one who creates peace in the heavens,
bring peace to us and to all Israel. And we say: Amen.



אָבִינוּ מַלְכֵנוּ Avinu Malkeinu

אָבִינוּ מַלְכֵנוּ Avinu Malkenu

Our Father, Our Ruler — Help us be kind

אִמָּנוּ מַלְכָתֵנוּ Imanu Malkateinu

Our Mother, Our Ruler — Love us always

מוֹרְנוּ מְלַמְּדֵנוּ Moreinu Malemdenu

Our Teacher Our Instructor — Teach us to do good for others

בְּרֵאשֵׁנוּ עוֹשֵׂנוּ Borenu Osehnu

Our Creator, Our Maker — Support us in making amends

רוֹפְאֵנוּ מְבַרֵּיָנוּ Rofeinu Mavrienu

Our Healer Our Curer — Keep us healthy and well

שׁוֹמְרֵנוּ מְבָרְכֵנוּ Shomeinu Mevarcheinu

Our Protector Our Blessor — Bless us with a good, sweet year

We call out to the One-ness of the Universe using human language:
Care for us like a just Ruler; Love us like a calming parent. We know
we did nothing to deserve being born into this beautiful life, yet here
we are. We hope for justice, lovingkindness, and redemption for us
and for the whole world.

Shofar Blast / by Peter and Ellen Allard



I like to hear the shofar blast
Sometimes slow and sometimes fast!
I like to hear the shofar blast
Happy, happy, happy new year!



T'ki-ah ——— (chorus)
Sh'varim — — — (chorus)
T'ruah ha ha ha ha ha ha ha ----- (chorus)
T'ki-ah g'dolah ————— (chorus)

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְשִׁמְעַע קוֹל שׁוֹפָר:

*Baruch Ata Adonai, Eloheinu Melech Ha'olam, Asher Kidshanu
B'mitzvotav Vitzivanu Lishmoa Kol Shofar.*

Blessed are You, Adonai our God, Ruler of the world,
who made us holy with God's commandments
and commanded us to hear the sound of the Shofar.

Dear God, as You hear the call of the shofar,
Hear also the words of our prayers.
Show us compassion,
Judge us with kindness,
Grant us forgiveness.
Blessed are you God, for listening to our prayers.

בָּרוּךְ אַתָּה, ה' אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם, שֶׁהִחַיְנוּ וְקִיַּמְנוּ וְהִגִּיעָנוּ לְזֶמַן הַזֶּה.

*Baruch atah, Adonai Eloheinu, Melech haolam,
shehecheyanu, v'kiy'manu, v'higiyanu laz'man hazeh.*



Blessed are You, Adonai our God, Ruler of the world,
who has kept us alive, sustained us, and brought us to this season.

We Are Your People אָנוּ עַמְךָ

(On Yom Kippur)

כִּי אָנוּ עַמְךָ וְאַתָּה אֱלֹהֵינוּ. אָנוּ בְנֶיךָ וְאַתָּה אָבִינוּ: אָנוּ עַבְדֶיךָ וְאַתָּה אֲדוֹנָנוּ.
אָנוּ קְהֵלְךָ וְאַתָּה חֻלְקֵנוּ: אָנוּ נִחְלָתְךָ וְאַתָּה גּוֹרְלָנוּ. אָנוּ צֹאנְךָ וְאַתָּה רוֹעֵנוּ:
אָנוּ כְרֻמָּךָ וְאַתָּה נוֹטְרָנוּ. אָנוּ פְעֻלָתְךָ וְאַתָּה יוֹצְרָנוּ: אָנוּ רַעֲיָתְךָ וְאַתָּה דוֹדָנוּ.
אָנוּ סִגְלָתְךָ וְאַתָּה אֱלֹהֵינוּ. אָנוּ עַמְךָ וְאַתָּה מַלְכָנוּ: אָנוּ מַאֲמִירֶיךָ וְאַתָּה מַאֲמִירָנוּ:

*Ki anu amecha, v'atah eloheinu. Anu vanecha, v'atah avinu.
Anu avadecha, v'atah adoneinu. Anu k'halecha, v'atah chelkeinu.
Anu nachalatecha, v'atah goraleinu. Anu tzonecha, v'atah roeinu.
Anu charmecha, v'atah notreinu. Anu fulatecha, v'atah yotz'reinu.
Anu ra'ayatecha, v'atah dodeinu. Anu s'gulatecha, v'atah k'roveinu.
Anu amecha, v'atah malkeinu. Anu ma'amirecha, v'atah ma'amireinu.*

For we are Your people; and You are our God.
We are Your children; and You are our Parent.
We are Your servants; and You are our Overseer.
We are Your congregation;
and You are our Portion.
We are Your inheritance;
and You are our Destiny.
We are Your flock;
and You are our Shepherd.
We are Your vineyard;
and You are our Keeper.
We are Your work;
and You are our Creator.
We are Your dear ones and You are our Beloved.
We are Your treasure; and You are our God.



Ashamnu **(On Yom Kippur)**

We take responsibility (*ashamnu*) for times when...

We hid things from others — *bagadnu*

We took something that wasn't ours — *gazalnu*

We said something bad about others — *dibarnu dofi*

We got someone else into trouble — *hirshanu*

We told a lie — *tafalnu sheker*

We made fun of someone — *latznu*

We disobeyed our parents — *maradnu*

We were not always kind to our friends — *tzararnu*

We refused to admit that we were wrong — *kishinu oref*

We hit or hurt someone — *rashanau*

We did something we shouldn't have — *shihatnu*

We weren't thinking and just messed up — *tainu*

As we start a new year, forgive us for our mistakes
and give us a chance to be better.

Slach lanu.

Mechal lanu.

Kaper lanu.

Clean our slate,
wipe away the bad,
help us to learn and grow.



A Positive “Ashamnu”

(On Yom Kippur)

As we take responsibility for mistakes we have made, we can also celebrate the positive things we do. In recent years, people have begun to recite a version of Ashamnu that helps us remember all the healthy behavior we want to continue in the new year:



Ahavnu — we loved

Beirachnu — we blessed

Gadalnu — we grew

Diminu yofi — we made beautiful things

Hitakashnu — we pushed on

Vitarnu — we compromised



Zaranu — we planted

Tiharnu sheker — we told the truth

Yatzarnu — we created

Ka'avnu — we felt other's pain

Lamadnu — we learned

Mahalnu — we gave someone a break

Nisinu — we tried



Salachnu — we forgave

Azarnu — we helped out

Pirganu — we showed appreciation

Tzahaknu — we laughed

Kibalnu — we accepted

Radafnu Tzedek — we demanded justice

Samachnu — we felt joy

Taramnu — we contributed

Tamachnu — we supported

Tikanu — we fixed



“Al Chet” for Adults and Children

(On Yom Kippur)

Adults' list of common mistakes:	Kids' list of common mistakes:
I did not listen to others.	I excluded someone from play and made them feel bad.
I was quick to anger or get frustrated.	I was mean to a sibling or classmate.
I yelled too much.	I was not generous with my toys and possessions and did not share.
I was distracted from important people and issues in my life.	I did not follow my parent's directions.
I did not stick up for someone who needed my help.	I talked back or was disrespectful to my parents or teachers.
I was not generous with my money or possessions.	I did not take care of my room/house/environment.
I did not honor my parents as well as I could have.	I did not stick up for someone when they needed my help.
I was not honest.	I was not honest.
I did not take care of my surroundings and the environment.	I wasted food or materials.
I did not make good choices about taking care of myself well, like brushing my teeth, eating healthy food, going to bed on time, getting exercise.	I did not make good choices about taking care of myself well, like brushing my teeth, eating healthy food, going to bed on time, getting exercise.

As Jews, we have an important job:

To praise God, the source of all life

To sing how wonderful the world can be.

And so we bend our knees and bow,

To give thanks to the One

Who is all around us, within us, and beyond us,

Whose presence is everywhere.

As it is said in the Bible:

"When God's presence is noticed by everyone,

on that day, God will be one, and God's name will be one."

Aleinu l'shabeyach la'adon hakol,
 latet g'dulah l'yotzer b'resheet,
 shelo asanu k'goyei ha'aratzot
 v'lo samanu k'mishp'chot ha'adamah,
 sh'lo sam chelkenu kahem,
 v'goralenu k'chol hamonam.
 Va'anachnu korim
 umishtachavim umodim
 Lifnei melech malchei ham'lachim,
 hakadosh baruch hu.

עלינו לְשַׁבַּח לְאֲדוֹן הַכֹּל.
 לַתֵּת גְּדֻלָּה לַיּוֹצֵר בְּרֵאשִׁית.
 שֶׁלֹא עָשָׂנו כְּגוֹיֵי הָאָרֶצוֹת.
 וְלֹא שָׁמְנו כְּמִשְׁפְּחוֹת הָאָדָמָה.
 שֶׁלֹא שָׂם חֵלְקֵנו כֵּהֶם
 וְגוֹרְלָנו כְּכֹל הַמּוֹנֵם:
 וְאֲנַחְנו כּוֹרְעִים
 וּמִשְׁתַּחֲוִים וּמוֹדִים
 לִפְנֵי מֶלֶךְ מַלְכֵי הַמַּלְכִּים
 הַקָּדוֹשׁ בְּרוּךְ הוּא:

V'ne'emar
 v'hayah Adonai l'melech
 al kol ha'aretz.
 Bayom hahu
 yihye Adonai echad
 ush'mo echad.

וְנֵאמַר:
 וְהָיָה ה' לְמֶלֶךְ
 עַל כָּל הָאָרֶץ.
 בַּיּוֹם הַהוּא
 יִהְיֶה ה' אֶחָד
 וְשֵׁמוֹ אֶחָד:



Apples and Honey

Tapuhim bidevash

I'Rosh Hashanah (x2)

Shanah tovah – shanah metukah!

Tapuhim bidevash

I'Rosh Hashanah.

תפוחים בדבש לראש השנה,

תפוחים בדבש לראש השנה.

שנה טובה, שנה מתוקה!

תפוחים בדבש לראש השנה.

Apples and honey for Rosh Hashanah.

A good new year, a sweet new year!

Apples and honey for Rosh Hashanah.



There will be Peace

Od Yavo Shalom

Od yavo' shalom aleinu,

Od yavo' shalom aleinu,

Od yavo' shalom aleinu,

Ve'al kulam.

עוד יבוא שלום עלינו,

עוד יבוא שלום עלינו,

עוד יבוא שלום עלינו,

ועל כלם.

Salaam (Salaam),

Aleinu ve'al kol ha olam,

Salaam, salaam!

סלאם,

עלינו ועל כל העולם,

סלאם, סלאם!

One day, we will have peace,

One day, we will have peace

One day, we will have peace,

and so will the whole world.

Salaam ('peace' in Arabic),

For us and the whole world,

Peace, peace!

Ruler of the world

אָדוֹן עוֹלָם

Adon olam Asher Malach
Beterem Kol Y'tzir Nivra
Le'et Nasa Becheftzo Kol
Azai Melech Shemo Nikra.

V'acharei Kichlot Hakol
Levado Yimloch Nora
Vehu Haya, Vehu Hove,
Vehu Yyiheeyeh Beteefarah.

Vehu Echad Veayn Shayni
Lehamshilo Lehachbira
Beli Raysheet Beli Tachlit
Velo Ha'oz Vehamisra.

Vehu Eli Vechai Go'ali
Vetzur Chevli Be'ait Tzara
Vehu Neesi umanos Li
Menat Kosi Beyom Ekra.

Beyado Afkid Ruchi
Beait Eeshan VeA'ira
Ve'eem Ruchi Geviyati
Adonai Li Velo Eera.



אָדוֹן עוֹלָם אֲשֶׁר מָלַךְ
בְּטֶרֶם כָּל יִצְרִיר גְּבֻרָא
לְעֵת נַעֲשֶׂה בְּחִפְצוֹ כָּל
אֲזַי מְלֶכֶךְ שְׁמוֹ נִקְרָא.

וְאַחֲרַי כְּכֹלֹת הַכֹּל
לְבַדּוֹ יִמְלֹךְ גּוֹרָא
וְהוּא הַיָּהּ. וְהוּא הַיָּהּ.
וְהוּא יִהְיֶה בְּתֵפְאָרָה.

וְהוּא אֶחָד וְאֵין שְׁנַי
לְהַמְשִׁיל לוֹ לְהַחְבִּירָה
בְּלִי רֵאשִׁית בְּלִי תַכְלִית
וְלוֹ הָעֵז וְהַמְשָׁרָה.

וְהוּא אֵלֵי וְחַי גּוֹאֲלֵי
וְצוֹר חֲבִלֵי בְּעַת צָרָה
וְהוּא נְסִי וּמְנוֹס לִי
מִנְתַּ פּוֹסֵי בְּיוֹם אֶקְרָא.

בְּיָדוֹ אֶפְקִיד רוּחִי
בְּעַת אִישׁוֹן וְאַעֲרִירָה
וְעַם רוּחִי גְּוִיָּתִי
ה' לִי וְלֹא אִירָא.

Ruler of the world, Ruled before all was created.

At the time all was made according to God's will.

And after all was complete, God alone ruled, awe-inspiring.

God was, is, and will be glorified.

God was first, with no second, to rule over or to collaborate;

With no beginning and no end, God has the strength and honor.

Adonai is my God, my redeemer. Rock who sustains me in distress.

God is my banner and refuge, The full cup on the day I call out.

I safeguard my spirit with God. When I sleep, when I will wake. And

with my spirit in my body; Adonai is for me, I am not afraid.

Wishing you...

