And the Holy One is Compassionate, pardoning transgression and not destroying. And the Patient One shows restraint with regard to anger and is not quick to fan the flames of rage. Adonai is [our] liberator, who responds when we call.

**Blessing of the Formation of the Cosmos**

Blessed are you, Adonai, our G-d, sovereign of time and space, whose word brings the evening dusk, whose wisdom opens the gates of dawn, whose understanding changes the day’s division, whose will sets the succession of the seasons and arranges the stars in their places in the sky, who creates day and night, who rolls light before darkness and darkness from light, Who makes day pass into night; Adonai Ts’vaot is Your name. Living and ever-present One, may He rule over us forever and ever. Blessed are You, Adonai, who brings each evening’s dusk.

---

**Uma-avir yom,umevi layla, umavdil beyn yom uveyn layla, Adonai Ts’va-ot Sh’mo. El Hay V’kayam, tamid yimloch aleynu l’olam va-ed. Baruch ata Adonai, ha’ma-ariv aravim.**
**Intention:** What is the connection between the previous blessing, expressing gratitude for cosmic light and this blessing, which expresses our relationship with Torah, an expression of our relationship with the Ultimate. According to liturgical scholars, while the first references light in a universal context, the second references our sacred teachings, which are often compared to light and illumination in our tradition.

<table>
<thead>
<tr>
<th>Blessing of Love</th>
<th>הָרְכַּתּ אָהֳבָה</th>
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<tbody>
<tr>
<td>With timeless love, You have loved your people,</td>
<td>אֲהַבְּתָךְ עַלֵּם בֵּיתַ יִשְׂרָאֵל יִצְרוּךָ</td>
</tr>
<tr>
<td>the House of Israel:</td>
<td>אֲהַבְּתָךְ, חֵרוּתָךְ לְפָדְתָךְ. נִלְּכָהּ בְּאָלֶיהָ, בֵּשָבֵכָהּ בֵּכַּפְּמוּנָה נִשְׁמָה</td>
</tr>
<tr>
<td>You have taught us Torah and commandment, statutes and law.</td>
<td>וְנְשָׁמְתָךְ בּדָבְרָךְ הָוַדְּקָה</td>
</tr>
<tr>
<td>Therefore, Adonai, our G-d, as we lie down and rise up, we shall speak of</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
</tr>
<tr>
<td>Your laws, rejoycing in the words of Your Torah and in your commandments</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
</tr>
<tr>
<td>throughout all time.</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
</tr>
<tr>
<td>For they are our life and the fullness of our days,</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
</tr>
<tr>
<td>And on them we shall meditate day and night.</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
</tr>
<tr>
<td>Do not ever withdraw your love from us.</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
</tr>
<tr>
<td>Blessed are you, Adonai, who loves the people Israel.</td>
<td>וְנַא לֹא נְזֵאֵר נְתִינָו עִמָּנוּ נְבָּטָנָו</td>
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_Ahavat Olam, beyt Yisrael, am’cha ahavta._
_Torah umitsvot, ḥukim umishpatim, otanu limad’ta._
_Al ken, Adonai Elohenu, b’shochvenu uvkumenu nasiaḥ b’hukecha, v’nismah b’divrey Toratecha umitsvotecha l’olam va’ed._
_Ki hem ḥayyenu v’orech yamenu uvaḥem Neh’geh yomam valaylah._
_V’ahavat’cha, al tasir mimenu l’olamim._
_Baruch ata Adonai, ohev amo Yisrael._
Time for Unification

Listen, Israel, Adonai is our God, Adonai is One.

(In a whisper): Blessed is the name of His Sovereignty forever and ever.

You shall love the LORD your God with all your heart and with all your soul and with all your might. Take to heart these instructions with which I charge you this day. Teach them incisively them to 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.

---Deuteronomy 6:4-6:9
If, then, you obey the commandments that I enjoin upon you this day, loving Adonai your God and serve [God] with all your heart and soul, I will grant the rain for your land in season, the early rain and the late. You shall gather in your new grain and wine and oil--I will also provide grass in the fields for your cattle--and thus you shall eat your fill. Take care not to be lured away to serve other gods and bow to them. For Adonai’s anger will flare up against you, shutting up the skies so that there will be no rain and the ground will not yield its produce; and you will soon perish from the good land that Adonai is assigning to you. Therefore impress these My words upon your very heart: bind them as a sign on your hand and let them serve as a symbol on your forehead, and teach them to your children--reciting them when you stay at home and when you are away, when you lie down and when you get up; and inscribe them on your gates--to the end that you and your children may endure in the land that Adonai swore to you fathers to assign to them, as long as there is a heaven over the earth.

---Deuteronomy 11:13-21
The LORD said to Moses as follows:

Speak to the Israelite people and instruct them to make for themselves fringes on the corners of their garments throughout the ages; let them attach a cord of blue to the fringe at each corner. Thus you shall be reminded to observe all My commandments and to be holy to your God. That shall be your fringe; look at it and recall all the commandments of the LORD and observe them, so that you do not follow your heart and eyes in your lustful urge.

Thus you shall be reminded to observe all My commandments and to be holy to your God.

The LORD am your God, who brought you out of the land of Egypt to be your God: I, the LORD your God.

---Numbers 15:37-41

Loving life
and its mysterious source
with all our heart
and all our spirit,
all our senses and strength,
we take upon ourselves
and into ourselves
these promises:
to care for the earth
and those who live upon it,
to pursue justice and peace,
to love kindness and compassion.
We will teach this to our children throughout the passage of the day,
as we dwell in our homes
and as we go on our journeies,
from the time we rise
until we fall asleep.
And may our actions
be faithful to our words
that our children’s children
may live to know:
Truth and kindnesss have embraced,
peace and justice have kissed and are one.  ---Marcia Falk
Blessing of Liberation

The Holy One’s children saw the Divine strength and they praised and offered thanksgiving. They willingly accepted the Compassionate’s sovereignty. Moses and the children of Israel, to You [G-d], they responded with song and with great joy, all declaring:


Your children perceived Your sovereignty, as you split the Sea [of Reeds] before Moses, “This is my G-d [Whom I will beautify]” they answered and [then] declared, “Adonai will reign in and beyond time.” [Exodus 15:18]

And it is said, “Adonai has rescued Jacob and redeemed him from the grasp of those more strong than him.” [Jeremiah 31:10] Blessed are you, Adonai, rescuer of Israel.

---


Moshe UvMiriram Uvney Yisrael, L’cha anu shirah b’simya rabba, v’am’ru chulam.

“My chamoach Ba-elim Adonai, mi kamocha nedar bakodesh, nora t’hilot oseh feleh.”


V’ne-emar: Ki fada Adonai et Ya’akov, ugalo miyad hazak mimenu.

Baruch ata Adonai, ga-al Yisrael.
Prayer for Peace and Tranquility in the Evening
Enable us, Adonai our God, to sleep peacefully,
Awaken us to life, O sovereign.
Spread over us Your canopy of peace, restore us with Your good counsel, and save us for the sake of Your name.
Shield us. Remove from us enemies, pestilence, sword, starvation, and sorrow;
Remove that evil forces that surround us.
Shelter us in the shadow of Your wings, for You God, watch over and deliver us, You, God, are sovereign, merciful, and compassionate.
Guard our going out and coming in, for life and for peace, from now and throughout all time.
Blessed are You, Adonai,
Who guards the People of Israel forever.

Ushmor tsetenu uvo-enu, l’hayyim ulshalom, me-atah v’ad olam.
Baruch ata Adonai, shomer amo Yisrael la-ad.
Before the Amidah begins, it is customary to take three steps backward, as if we are leaving our familiar surroundings and then take three steps forward, as we approach a Divine Presence.

My Lord, open my lips, that my mouth may speake Your praise. [Psalm 51:17]

Our Ancestors
Blessed are you, Adonai, Our G-d and G-d of our ancestors, G-d of Abraham, G-d of Isaac, and G-d of Jacob, G-d of Sarah, G-d of Rebecca, G-d of Rachel, and G-d of Leah. The G-d, the Great, the Mighty, the Awesome, Transcendent One, Who acts with loving-kindness, and creates all, Who remembers the compassionate deeds of [our] ancestors, and shall send redemption to their children’s children in love for the sake of divine honor.

You are the sovereign who helps and guards, rescues and shields. Blessed are you, Adonai, shield of Abraham and Guardian of Sarah.
| Blessing for Divine Care and Protection | נבודות  
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>You are mighty forever, Adonai, You</td>
<td>אנה ה׳ גובר לעילם אדני, מחיה מותים</td>
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<tr>
<td>who give life to the dead; Great is Your</td>
<td>ה׳, רב לחותיא.</td>
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<tr>
<td>power to liberate.</td>
<td></td>
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<tr>
<td>The Holy One returns the wind and</td>
<td></td>
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<tr>
<td>causes the rain to fall [again].</td>
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<tr>
<td>You sustain the living through kindness</td>
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<tr>
<td>and love, and with great mercy give life</td>
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<tr>
<td>to the dead.</td>
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<tr>
<td>You support the falling, heal the sick,</td>
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<tr>
<td>loosen the chains of the bound,</td>
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<td>and keep faith with those who sleep in</td>
<td></td>
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<tr>
<td>the dust.</td>
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<tr>
<td>Who is like You, Mighty One,</td>
<td></td>
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<tr>
<td>and who can be compared to You,</td>
<td></td>
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<tr>
<td>Sovereign who brings death and life,</td>
<td></td>
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<tr>
<td>and causes redemption to sprout?</td>
<td></td>
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<tr>
<td>You are steadfast in bringing life to</td>
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<tr>
<td>the dead. Blessed are You, Adonai, who</td>
<td></td>
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<tr>
<td>gives life to the dead.</td>
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</tbody>
</table>
| Divine Santification | קדושת השם  
| You are holy and Your name is holy    | אנה קדוש ושמה קדוש קדושים |
| and [the] holy ones praise You each    | בך והללותך אתה. |
| day. Selah!                            |                                  |
| |                                  |
| Blessing for Understanding | ברכת בנייה  
| You favor the human being with        | אתה חוחי לאדם יעשך |
| knowledge and teach humanity           | עם חכמה ורוחה בינה: |
| understanding.                        | אתה חוחי לאדם יעשך |
| Grant us knowledge, understanding, and | אתה חוחי לאדם יעשך |
| the ability to reflect.               | אתה חוחי לאדם יעשך |
| Blessed are You, Enlightened One, who  | אתה חוחי לאדם יעשך |
| grants knowledge.                     | אתה חוחי לאדם יעשך |
| |                                  |
**Blessing of Return**
Return us, our Father to Your teaching
and draw us near, our Sovereign to
Your service.
And bring us back in whole-hearted
repentance before You.
Blessed are You, Yearning One, who
desires [our] return.

**Blessing of Forgiveness**
Forgive us, our Father, for we have
made mistakes.
Pardon us, our Sovereign, for we have
transgressed.
For You forgive and pardon.
Blessed are You, Gracious one, who
pardons abundantly.

**Blessing of Redemption**
Bear witness to our affliction and take
up our cause,
And may you deliver us speedily for the
sake of Your name,
for You are an enduring liberator.
Blessed are You, Liberator of Israel.
Blessing for Healing

Heal us, Holy One, and we shall be healed.
Deliver us, and we shall be liberated, for You are our praise.
And effect complete healing to all of our affliction, for You are a consummate and trustworthy healer; And You are compassionate.
Blessed are You, Healer of the people Israel.

A Contemporary Prayer for Healing

God who heals all flesh, God who lives in each breath
Strengthen your people Israel and all who dwell on your earth at this time.
Give us blessing and peace of mind.
Grant our hearts strength to stand in our places, and to stand at this moment of radical change.
Provide a complete healing of body and spirit to all of the sick, and to...
And grant to all those who are tending to their needs, nurses, doctors, family and friends, the power to comfort and heal.
When we are alone, may we find times to be at one with you.
While we are withdrawn, may we still be with our friends and family.
Enable us to take steps to bring help and assistance in all the ways that we can.
Please God, please heal us all.
---Jeffrey Spitzer
### Blessing for Years [of Plenty]
Bless us, Our God this year with every variety of good produce;
And grant dew and rain for a blessing upon the surface of the soil;
And satisfy us with Your goodness;
And bless our year like all good years.
Blessed are You, Nurturer, who blesses the years.

### Blessing of Unity Among the Jewish Communities
Blast the great shofar for our freedom,
And raise a banner to gather in our exiles;
Bring us together from the four corners of the earth.
Blessed are You, Gatherer of the dispersed of the people Israel.

### Blessing for Justice
Restore our judges as before
and our counselors as in former times
and remove grief and sighing from us.
And may You alone reign over us, Holy One, in lovingkindness and compassion,
and empower us to be righteous in [our] justice.
Blessed are You, Sovereign who loves righteousness and justice.
| Blessing of the Sectarians | ברכת המנין
<table>
<thead>
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<tbody>
<tr>
<td>Let there be no hope for informers and may all wickedness instantly perish; may all the enemies of Your people be swiftly cut off, and may You quickly uproot, crush, rout and subdue the insolent, speedily in our days. Blessed are You, Crusher of enemies. and Subduer of the insolent.</td>
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</tbody>
</table>

| Blessing of the Righteous | ברכת צדקים
<table>
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<tbody>
<tr>
<td>May Your mercy be aroused, Holy One, upon the righteous, upon the pious, upon the elders of Your people, Israel, upon the remnant of their scholars, upon the righteous Jews-by-choice, and upon us. Grant bountiful reward to all who trust in Your Name in truth; and place our lot among them, and may we never be put to shame, for we have put our trust in You. Blessed are You, Supporter and Trust of the righteous.</td>
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| Blessing for the Rebuilding of Jerusalem | ברכת ירושלים
<table>
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<tbody>
<tr>
<td>And return in mercy to Jerusalem, Your city, and dwell therein as You have spoken; and rebuild it soon, in our days, as an everlasting structure, and may You speedily establish the throne of David therein. Blessed are You, Creative One, Builder of Jerusalem.</td>
<td></td>
</tr>
</tbody>
</table>
Blessing of the Messianic Line
Speedily cause the sprout of David, Your servant, to flourish and exalt his power with Your deliverance.
We hope all day for Your deliverance.
Blessed are You, Liberator, Who causes the power of salvation to sprout.

Hear Our Voice
Hear our voice, our God;
Apare us and have compassion on us,
and accept our prayers compassionately and willingly,
for You are Almighty Who hears prayers and supplications;
and do not turn us away empty-handed from Your Presence, our King,
for You hear the prayers of Your people, Israel, with compassion.
Blessed are You, Attentive One, who hears prayers.

Blessing of the Temple Service
Desire, Adonai, our G-d, Your people Israel and their prayer. Restore worship to Your innermost sanctuary and may You receive their prayer with love and desire. May the worship of Your people Israel always be wanted. May our eyes behold Your return to Jerusalem in compassion. Blessed are You, Adonai, who returns His presence to Jerusalem.
Blessing of Thanksgiving

We thank You, for You are our G-d, the G-d of our ancestors and throughout all time.
The rock of our lives, shield of our deliverance, You are from generation to generation.
We shall thank You, and recount Your praise, for our lives, which are in Your hands, for our souls, which are in Your care, for the wonders that surround us every day, and for Your marvels, and Your goodness that are present in every moment: evening, morning, and afternoon. You are the Good One, whose mercy does not end, the Compassionate One, whose love is unceasing. We have always placed our hope in You. For all of this Your name is blessed and exalted, our King, throughout all time.

All living things shall praise You, Selah, and shall extol your name with truth, G-d of our deliverance and help, Selah.
Blessed are You, Adonai; How good is your name, and how beautiful it is to thank You.
Blessing for Peace
May You bestow great peace upon your people Israel and upon all who dwell on earth, for You are the Lord of every path of peace. May it be good in Your eyes to bless Your people Israel at every moment and in every hour with Your peace.

Blessed are You, Adonai, who blesses the people Israel with peace.

Concluding Meditations
May the utterances of my mouth and the meditations of my heart be pleasing to You, Adonai, my rock and my deliverer. [Psalm 19:15]

May the One who makes peace in His heights, make peace about us, and about all Israel, and about who dwell on earth, and they shall say, “Amen.”

Concluding Prayers

It is for us to praise the ruler of all, to acclaim the Creator, who has not made us merely a nation, nor formed us as all earthly families, nor given us an ordinary destiny. And so we bow, acknowledging the supreme sovereign, the Holy One, who is praised, the One who spreads out the heavens and establishes the earth, whose glorious abode is in the highest heaven, whose powerful presence is in the loftiest heights.

This is our G-d, none else, ours is the true sovereign, there is no other. As it is written in the Torah: “Know this day and take it to heart, that Adonai is G-d in heaven above and on earth below; there is no other.”

As the prophet said [Zechariah 14:9], “Adonai shall be acknowledged sovereign of all the earth. On that day Adonai shall be one, and the name of G-d, one.”

Alenu l’shabeah la-adon hakol, latet g’dulah l’yotser b’reshhit, shelo asanu k’goey ha-aratsot, v’lo samanu k’mishp’hot ha-adamah, shelo sam helkenu kahem, v’goralenu k’chol hamonam. Va-anachnu kor’im umishtahavim umodim, lifney Melech Malchey Ham’lachim, Hakadosh Baruch Hu. She-hu noteh shamayim v’oseh arets umoshay y’karo bashamayim mima-al, ushchinat uzo b’govhey m’romim, Hu Elohenu eyn od. Emet malkenu efes zulato, kakatuv b’torato: v’yadata hayom vahashevota el l’vavecha, ki Adonai Hu Ha’Elohim bashamayim mima-al, v’al ha-arets mitahat, eyn od.

V’ne’emar: V’haya Adonai l’melech al kol ha’arets, bayom hahu yihyeh ehad, ushmo ehad.
Mourner’s Kaddish


Y’hey sh’me’ham rabba m’varach l’alam ulal’me’ay almaya.


Y’hey sh’lamah rabba min sh’maya v’hayyim aleynu v’al kol Yisrael v’imru [Congregation responds] “Amen”.


May the Holy One’s great name be exalted and hallowed throughout the created world, as is His wish. May His sovereignty soon be established in your lifetime and in your days, and in the days of all the house of Israel. And respond with, “Amen”.

Response: May the Ultimate’s great name be acknowledged forever and ever!

May the name of the Holy One be acknowledged and celebrated, lauded and worshipped, exalted and honored, extolled and acclaimed, though the Divine, who is blessed, is truly beyond all acknowledgment and praise, or any expressions of gratitude or consolation ever spoken in this world. And respond with, “Amen.”

May abundant peace from heaven, and life, come to us and to all Israel. And respond with “Amen.”

May the One who brings harmony on high bring harmony to us and to all Israel and to all who dwell on earth. And respond with, “Amen.”