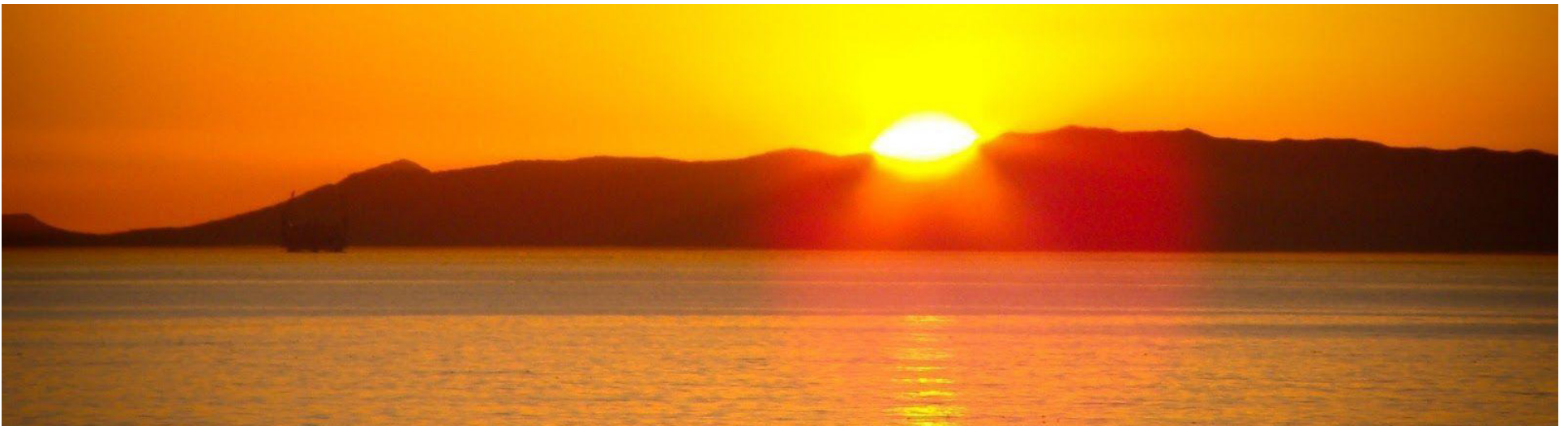




The "Boker Tov" SIDDUR

2021/5781

Boker Tov is TBZ's daily practice of gratitude, joyful worship and connection.



Modah/Modeh ani lefanekha melekh
chai vekayam shehechezarta bi
nishmahti b'chemlah, rabah
emunatekha

מוֹדָה/מוֹדָה אֲנִי לְפָנֶיךָ
מֶלֶךְ/רוּחַ חַי וְקַיִים שֶׁהַחַיָּוִת בִּי
נִשְׁמַתִּי, בְּחֶמְלָה רַבָּה אֶמְוֹנְתְּךָ:

Thank You, Living God And Master, for giving me another
day of awareness. I thank You for this sacred trust.

(Reb Zalman Schachter-Shalomi)

Elohai Neshamah shenatah bi,
tehorah hi.

אֱלֹהֵי נִשְׁמָה שֶׁנָּתַתָּ בִּי טְהוֹרָה
הִיא.

My God,
The breath You have given me Is fresh.
You create it.
You form it.
You breathe it into me.
And you keep me breathing.

At some time,
You will take it away from me, And I will have breathed
my last breath in this body.
And You will resuscitate me, To the life of the spirit.
For each breath still in me,
I thank You,
My own God,
Who is also my parents' God, Lord of all spirits,
Master of all that happens.
I offer You thanks, Cosmic Majesty,
And worship You,
For keeping me breathing.
And in this way,
With each breath,
You give me Life anew.
(Reb Zalman Schachter-Shalomi)

I take upon myself,
fulfilling the mitzvah of
the Creator:
"To love your neighbor
as yourself"

Hareini Mekabel/Mekabelet Alai,
et mitzvat haboreh,
"v'ahavtah l'rei'achah kamocho"

הֲרִינִי מְקַבֵּל/מְקַבֶּלֶת עָלַי
אֶת מִצְוַת הַבּוֹרֵא,
"וְאַהֲבַת לְרֵעֶךָ כְּמוֹךָ":

Sitting in Your home is
happiness. And, offering
appreciation of You,
Is even more so.
Selah!

Ashrei yoshvei vei'techa od
yehalelu'ha selah

אַשְׁרֵי יוֹשְׁבֵי בֵּיתְךָ.
עוֹד יִהְיֶה לָלוֹךְ סֵלָה:

There is contentment
for a people So at
home with Yah. There
is serenity among the
people Who have You,
as their God.

Ashrei Ha-am she'cacha lo, ashrei
ha'am; sh'Adonai elohav

אַשְׁרֵי הָעַם שֶׁכָּכָה לוֹ.
אַשְׁרֵי הָעַם שֶׁה' אֱלֹהָיו:

David's Aleph Bet Praise

I hold You in the highest
esteem, My God,
My King. In all I do,
I will offer praise to You.

Every day,
I will offer You my
appreciation And I will
cheer You,
In all that I do.

Magnificent are
You, Yah, And much
appreciated. But,
Your true greatness Is
beyond knowing.

T'-hi-lah I'-Da-vid.

A-ro-mim-cha E-lo-hai
ha-me-lech va-a-var-cha shim-cha
I'-o-lam va-ed.

B'-chol yom a-var-che-ka
va-a-ha-I'-la shim-cha I'-o-lam
va-ed.

Ga-dol Adonai um-hu-lal m'-od
v'-lig-du-la-to ein chei-ker.

תְּהִלָּה לְדָוִד.

אֲרוֹמְמֶךָ אֱלֹהֵי הַמֶּלֶךְ.
וְאֶבְרַכְּךָ שִׁמְךָ לְעוֹלָם
וָעֶד:

בְּכָל יוֹם אֶבְרַכְּךָ.
וְאֶהְלֵלְךָ שִׁמְךָ לְעוֹלָם
וָעֶד:

גָּדוֹל הוּא וּמְהֻלָּל מְאֹד.
וּלְגִדְלוֹתוֹ אֵין חֵיקָר:

One generation
Transmits its excitement
To the next Over Your
amazing actions, Telling
them of Your might.

Dor l'-dor y'-sha-bach ma-a-se-cha
ug-vu-ro-te-cha ya-gi-du.

דֹּדוֹר לְדוֹדוֹר יִשְׁבַּח מַעֲשֵׂיֶיךָ.
וְגִבּוֹרֹתֶיךָ יַגִּידוּ

Splendid and glorious
Is Your fame.
In all that I do,
I delight to tell of Your
marvels.

Ha-dar k'-vod ho-de-cha - v'-div-rei
nif-lo-te-cha a-si-cha.

הַדָּר כְּבוֹד הוֹדֶךָ. וְדַבְּרִי
נִפְלְאוֹתֶיךָ אֲשִׁיחָה:

While others may speak
Of Your awesome
power, I stress Your
great kindness.

Ve-e-zuz nor-o-te-cha yo-mei-ru
ug-du-lat-cha a-sap-re-na.

וְעֵזוּז נוֹרְאוֹתֶיךָ יֹאמְרוּ.
וְגִדְלַתְךָ אֲסַפְּרָנָה:

Many will recall
Your great goodness,
And sing of Your
fairness.

Zei-cher rav tuv-cha ya-bi-yu
v'-tzid-kat-cha y'-ra-nei-nu.

זֵכֶר רַב טוֹבְךָ יְבִיעוּ.
וְצִדְקַתְךָ יְרַנְנוּ:

You, Yah, are gentle
And compassionate,
Most patient
And caring.

Cha-nun v'-ra-chum Adonai - e-rech
a-pa-yim ug-dol cha-sed.

חַנּוּן וְרַחוּם ה'!
אֶרֶךְ אַפַּיִם וְגָדֹל חֶסֶד:

You, Yah, are good to all
of us. All that You have
made, You hold in Your
tenderness.

Tov Adonai la-kol - v'-ra-cha-mav
al kol ma-a-sav.

טוֹב ה' לְכָל.
וְרַחֲמָיו עַל כָּל
מַעֲשָׂיו:

We, who are fashioned
by You, Acclaim You.
In fervent devoutness,
We bless You.

Yo-du-cha Adonai kol ma-a-se-cha
va-cha-si-de-cha y'-var-chu-cha.

יְדוּוּךָ ה' כָּל מַעֲשֵׂיךָ.
וְחִסְדֵיךָ יְבָרְכוּכָה:

We talk of the honor Of
Your realm,
And draw our energy
From Your power.

Thus, we announce to
others How powerful
You are, And how
distinguished Your
Majesty is.

Your domain embraces
universes. Your authority
is recognized Throughout
all generations.

You, Yah,
Keep us from faltering,
And help us up, when
we stumble.

K'-vod mal-chut-cha yo-mei-ru
ug-vu-rat-cha y'-da-bei-ru.

L'-ho-di-a liv-nei ha-a-dam g'-vu-ro-
tav - uch-vod ha-dar mal-chu-to.

Mal-chut-cha mal-chut kol
o-la-mim u-mem-shal-t'-cha
b'-chol dor va-dor.

So-meich Adonai l'-chol ha-nof-lim
v'-zo-keif l'-chol hak-fu-fim.

כְּבוֹד מַלְכוּתְךָ יֵאמְרוּ.
וְגִבּוֹרְתְךָ יִדְבְּרוּ:

לְהוֹדִיעַ לְבְנֵי הָאָדָם
גִּבּוֹרְתִּיּוֹ. וְכְבוֹד הַדָּר
מַלְכוּתוֹ:

מַלְכוּתְךָ מַלְכוּת כָּל
עוֹלָמִים. וּמִמְשַׁלְתְּךָ
בְּכָל דּוֹר וָדוֹר:

סוּמְךָ ה' לְכָל
הַנִּפְלִים. וְזוֹקֵף לְכָל
הַכַּפּוּפִים:

We all look up to You
with hope. And trust
that You will provide us,
At the right moment,
With what we need.

You open Your hand,
And each one of us
receives, What we
desire.

You are a Tzaddik, In all
Your ways; A Chassid,
In all that You do.

You are close by
When we call on You;
Especially, when we fully
mean it.

Ei-nei chol ei-le-cha y'-sa-bei-ru
v'-a-ta no-tein la-hem et och-lam
B'-i-to.

Po-tei-ach et ya-de-cha - u-mas-bi-a
l'-chol chai ra-tzon.

Tza-dik Adonai b'-chol
d'-ra-chav v'-cha-sid b'-chol
ma-a-sav.

Ka-rov Adonai l'-chol kor-av - l'-chol
a-sheer yik-ra-u-hu v'e-met.

עֵינֵי כָל אֵלֶיךָ יִשְׁבְּרוּ.
וְאַתָּה נוֹתֵן לָהֶם אֶת
אֲכָלָם בְּעֵתוֹ:

פּוֹתַח אֶת יָדְךָ. וּמִשְׁבִּיעַ
לְכָל חַי רָצוֹן:

צַדִּיק ה' בְּכָל דְרָכָיו.
וְחַסִּיד בְּכָל מַעֲשָׂיו.

קָרוֹב ה' לְכָל קוֹרְאָיו.
לְכָל אֲשֶׁר יִקְרָאֵהוּ בְאֱמֶת:

You shape the will of
those Who respect You;
You hear their pleading,
And, You help.

You, Yah, protect those
Who love You.
Those who do evil, You
eliminate.

I offer my mouth to
God's praise. Let all who
are in bodies of flesh,

Bless Your holy Name
at all times, And we will
bless You, Yah, From
now on, and for as long
As there is life, on this
world.

R'-tson y'-rei-av ya-a-seh - v'-et sha-
va-tam yish-ma v'-yo-shi-eim.

Sho-meir Adonai et kol o-ha-vav.
v'-eit kol har-sha-im yash-mid.

T'-hi-lat Adonai y'-da-beir pi vi-va-
reich kol ba-sar sheim kod-sho l'-o-
lam va-ed.

Va-a-nach-nu n'-va-reich ya -
mei-a-ta v'-ad o-lam ha-l'-lu-ya

רְצוֹן יִרְאוּ יַעֲשֶׂה.
וְאֵת שׁוֹעֲתָם יִשְׁמַע
וְיוֹשִׁיעֵם:

שׁוֹמֵר ה' אֵת כָּל
אֲהַבָּיו. וְאֵת כָּל
הַרְשָׁעִים יִשְׁמִיד:

תְּהִלַּת ה' יִדְבַּר פִּי.
וַיְבָרֵךְ כָּל בָּשָׂר שֵׁם
קִדְשׁוֹ לְעוֹלָם וָעֶד:

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה.
מֵעַתָּה וְעַד עוֹלָם.
הַלְלוּיָהּ:

Hallelujah!

Praise God in the sacred sanctuary;

Praise God in the mighty heavens

Praise God for the vast power;

Praise God for abundant greatness.

Praise God with the sound of the

Shofar,

Praise God with lute and lyre.

Praise God with drum and dance,

Praise God with strings and flute.

Praise God with resounding cymbals,

Praise God with clanging cymbals.

Praise God everything that breathes.

Hallelujah! Praise the Lord!

Hallelujah.

Hallelu El Bekodsho

Halleluhu Birki'a Uzo

Halleluhu Bigvurotav

Halleluhu Kerov Gudlo.

Halleluhu Beteika Shofar

Halleluhu Beneivel Vechinor.

Halleluhu Betoph U'Machol

Halleluhu Beminim Veugav.

Halleluhu Betziltzilei Shama

Halleluhu Betziltzilei Teruah.

Kol Haneshama Tehallel Yah Halleluyah

Kol Haneshama Tehallel Yah Halleluyah

הַלְלוּיָהּ. הַלְלוּ אֵל בְּקֹדֶשׁוֹ.

הַלְלוּהוּ בְּרִקְיעַ עִזּוֹ:

הַלְלוּהוּ בְּגְבוּרַתּוֹ.

הַלְלוּהוּ כְּרֹב גְּדֻלוֹ:

הַלְלוּהוּ בְּתַקַּע שׁוֹפָר.

הַלְלוּהוּ בְּנִבְל וְכִנּוֹר:

הַלְלוּהוּ בְּתֶף וּמַחּוֹל.

הַלְלוּהוּ בְּמִנִּים וְעֶגְב:

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע.

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה. הַלְלוּיָהּ:

כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה. הַלְלוּיָהּ:

Shema Yisrael YHVH Eloheinu
YHVA Echad

Baruch Shem Kavod Malchuto

L'olam Vaed

V'ahavta et Adonai Elohecha, b'chol l'vavcha
uv'chol nafsh'cha uv'chol m'odecha. V'hayu
had'varim ha-eileh asher anochi m'tzav'cha
hayom al l'vavecha. V'shinantam l'vanecha
v'dibarta bam b'shivt'cha b'veitecha
uv'lecht'cha vaderech uv'shochb'cha
uv'kumecha. Uk'shartam l'ot al yadecha v'hayu
l'totafot bein einecha. Uch'tavtam al m'zuzot
beitecha uvish'arecha

שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד:

בְּרוּךְ שֵׁם כְּבוֹד מְלַכּוּתוֹ לְעוֹלָם וָעֶד:

וְאַהֲבַתְּ אֶת יְהוָה אֱלֹהֶיךָ בְּכָל-לֵבְבְךָ וּבְכָל-נַפְשְׁךָ
וּבְכָל-מְאֹדְךָ: וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנִי מְצַוְךָ הַיּוֹם עַל-לֵבְבְךָ: וְשִׁנַּנְתָּם לְבְנֶיךָ וְדִבַּרְתָּ
בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלַכְתְּךָ
בַּדֶּרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְקִשְׂרַתָּם לְאוֹת עַל-יָדֶיךָ וְהָיוּ
לְטֹטְפוֹת בֵּין עֵינֶיךָ: וְכָתַבְתָּם
עַל-מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

You shall love Adonai your God with all your heart, with all your soul, and with all your might. Take to heart these instructions with which I charge you this day. Impress them upon your children. Recite them when you stay at home and when you are away, when you lie down and when you get up. Bind them as a sign on your hand and let them serve as a symbol on your forehead; inscribe them on the doorposts of your house and on your gates.

Vehaya im Shamo'a tishme'u el mitzvotai asher anokhi metzaveh etkhem hayom Le'ahava et Adonai Elohekhem uleavdo bekol levavkhem uvekhol nafshekhem. Venatati metar artzekhem be'ito yoreh umalkosh Ve'asafta deganekha vetiroshkha veyitzharekha. Venatati esev besadkha livhemtekha ve'akhalta Vesavata. Hishamru lakhem pen yifteh levavkhem Vesartem va'avadetem elohim akherim vehishtakhavitem lahem. Vekhara af Adonai bakhem ve'atzar et hashamayim velo yihyeh matar vecha'adama lo titen et yevula Va'avadetem mehera me'al ha'aretz hatova asher Adonai noten lakhem. Vesartem et devarai eileh al levavkhem ve'al nafshekhem Ukshartemotam le'ot alyedekhe mvehayu v'totafot bein einekhem. Velimadetem otam et benekhem ledaber bam Beshivtekha bevetekha uvlekhtekha vaderekh uvshokhbekha uvkumekha. Ukhtavtam al mezuzot betekha uvisharekha. Lema'an yirbu yemekhem viyme venekhem al ha'adama asher nishba Adonai la'avotekhem latet lahem kimei hashamayim al ha'aretz.

וְהָיָה אִם־שָׁמַעַתְּ שְׁמֵעוּ אֶל־מִצְוֹתַי אֲשֶׁר אֲנִי מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת־יְהוָה אֱלֹהֵיכֶם וּלְעַבְדוֹ בְּכָל־לֵבְבְכֶם וּבְכָל־נַפְשְׁכֶם: וְנָתַתִּי מְטֹר־אֲרָצְכֶם בְּעֵתוֹ יוֹרֵה וּמִלְקוֹשׁ וְאִסְפַּתְּ דָגָנְךָ וְתִירֶשֶׁךָ וַיִּצְהַרְךָ: וְנָתַתִּי עֵשֶׂב בְּשִׂדְךָ לְבַהֲמֹתֶךָ וְאִכְלַתְּ וּשְׂבַעְתָּ: הַשְׁמֵרוּ לָכֶם פְּרִי־יִפְתָּה לְבַבְכֶם וְסוֹרֹתֶם וְעַבְדֹתֶם אֱלֹהִים אֲחֵרִים וְהַשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אַף־יְהוָה בְּכֶם וְעִצְרוּ אֶת־הַשָּׁמַיִם וְלֹא־יְהִי מְטֹר וְהִאֲדָמָה לֹא תִתֶּן אֶת־יְבוּלָהּ וְאֲבֹדְתֶם מִן־הָאָרֶץ הַטְּבָה אֲשֶׁר יְהוָה נָתַן לָכֶם: וְשִׁמְתֶם אֶת־דְּבַר־יְהוָה עַל־לֵבְבְכֶם וְעַל־נַפְשְׁכֶם וְקִשְׂרֹתֶם אֹתָם לְאוֹת עַל־יְדֵיכֶם וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֵיכֶם: וְלִמְדֹתֶם אֹתָם אֶת־בְּנֵיכֶם לְדַבֵּר בָּם בְּשַׁבְתְּךָ בְּבֵיתְךָ וּבְלִכְתּוֹךָ בְּדֶרֶךְ וּבְשֹׁכְבְךָ וּבְקוּמְךָ: וְכִתַּבְתֶּם עַל־מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וַיְמִי בְנֵיכֶם עַל הַאֲדָמָה אֲשֶׁר נִשְׁבַּע יְהוָה לְאַבְתִּיכֶם לָתֵת לָהֶם כִּי־יְמֵי הַשָּׁמַיִם עַל־הָאָרֶץ:

Now listen. If you pay attention to the rules I have set for nature, in love and respect for the Creator and with a soul-deep commitment to the future, your place in the world will be secure. The climate will function as it should, spring showers and fall rains will water the earth in season, and the ecosystem will flourish, nourishing all life and you within it. Take care to remain focused on this and not be seduced into callous, inconsiderate ways by false values and empty promises. Otherwise, the weather will be turned against you, drought will strike, storms will ravage the earth, and all that is good in your lives on this planet that God has given you will be lost.

You need to take to heart all I have said, letting it guide your actions and your thoughts. Pass the message on to the next generation, too, teaching them at every opportunity, at home and in school. Make it the very hallmark of your lives both as individuals and communities. That way, you and your descendants will be able to live fully in the world you have inherited, resplendent in
My harmony - the harmony of heaven and earth.

(An Interpretation by Boker Tov member: Adam Teller)



Vayomer Adonai el Mosheh le'mor. Daber el benei
 Yisra'el ve'amarta aleihem Ve'asu lahem tzitzit
 al kanfei bigdeihem ledorotam Venatnu al tzitzit
 hakanaf petil tekhelet. Vehaya lakhem letzitzit ur'item
 otoUzkhartem et kol mitzot Adonai va'asitem otam
 Velo taturu akharei levavkhem
 Ve'akharei einekhem asher atem zonim akhareihem.
 Lema'an tizkeru va'asitem et kol mitzvotai Vi'hyitem
 kedoshim le'Eloheykhem
 Ani Adonai Eloheykhem asher hotzeti etkhem
 Me'erezt mitzrayim lihiyot lakhem le'Elohim Ani
 Adonai Eloheykhem. Emet.

וַיֹּאמֶר יְהוָה אֶל־מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל־בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ
 אֲלֵהֶם וַעֲשׂוּ לָהֶם צִיצִית עַל־כַּנְּפֵי בְגָדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ
 עַל־צִיצִית הַכְּנָף פִּטְיֵל תְּכֵלֶת: וְהָיָה לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ
 וְזָכַרְתֶּם אֶת־כָּל־מִצְוֹת יְהוָה וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ אַחֲרַי
 לְבַבְכֶם וְאַחֲרַי עֵינֵיכֶם אֲשׁוּ־אֹתָם זִנִּים אַחֲרֵיהֶם: לִמְעַן תִּזְכְּרוּ
 וַעֲשִׂיתֶם אֶת־כָּל־מִצְוֹתַי וְהֵייתֶם קְדוֹשִׁים לֵאלֹהֵיכֶם: אֲנִי יְהוָה
 אֱלֹהֵיכֶם אֲשֶׁר הוֹצֵאתִי אֶתְכֶם מִמִּצְרַיִם
 לְהִיּוֹת לָכֶם לֵאלֹהִים אֲנִי יְהוָה אֱלֹהֵיכֶם: אֱמֶת

Yah who Is, said to Moses, "Speak, telling the Israel folks To make tzitzit

On the corners of their garments, So they will have generations To follow them.

On each tzizit tassel, Let them set a blue thread. These tzitzit are for your benefit! Glance at them. And in your seeing,
 Remember all the other directives Of Yah, who Is, And act on them! This way, You will not be led astray, Craving to see and
 want, And then prostitute yourself For your cravings. This way You will be mindful To actualize my directions For becoming
 dedicated to your God; To be aware That I Am Yah, Who is your God, Who is the one who freed you From oppression, in
 order to God you. I am Yah, who is your God. That is the truth! / Emet"

(Translation by Reb Zalman Schachter-Shalomi)

El na refah nah lah,
refuah shelemah.

אל נא רפא נא לה: רפואה שלמה:

Oh God, please heal her now, a complete healing.

Mourner's Kaddish

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.

Yitgadal v'yitkadash sh'mei raba

בְּעַלְמָא דִּי בְּרָא כְרַעוּתֵיהּ וַיַּמְלִיךְ מַלְכוּתֵיהּ

b'alma di v'ra chirutei, v'yamlich malchutei,

בְּחַיֵּיכוּן וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל

b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael,

בְּעִגְלָא וּבְזִמְן קָרִיב, וְאָמְרוּ אָמֵן.

baagala uviz'man kariv, v'im'ru: Amen.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעָלַם וּלְעַלְמֵי עַלְמַיָּא

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

יְתַבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמַם וַיִּתְנַשֵּׂא

Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei,

וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלַּל שְׁמֵהּ דְקֻדְשָׁא. בְּרִיךְ הוּא.

v'yit'hadar v'yitaleh v'yit'halal sh'mei d'kud'sha b'rich hu,

לְעֵילָא מִן כּוֹל בִּרְכָתָא וְשִׁירָתָא

l'eila min kol birchata v'shirata,

תִּשְׁבַּחְתָּא וְנַחֲמַתָּא דְאַמִּירוּ בְּעֵלְמָא. וְאִמְרוּ אָמֵן.

tushb'chata v'nechemata, daamiran b'alma, v'imru: Amen.

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא

Y'hei sh'lama raba min sh'maya,

וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל. וְאָמְרוּ אָמֵן.

v'chayim aleinu v'al kol Yisrael, v'imru: Amen.

עֲשֵׂה שָׁלוֹם בְּמִרְמָיו הוּא יַעֲשֶׂה שָׁלוֹם עָלֵינוּ

Oseh shalom bimromav, Hu yaaseh shalom aleinu,

וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי תֵיבֵל וְאָמְרוּ אָמֵן.

v'al kol Yisrael, v'al kol yoshvei teivel v'imru: Amen.

Sanctuary

May the words of my mouth and the meditations of my heart

Be acceptable to you Yah,

My Rock and My Redeemer.

Oh Lord prepare me

to be a Sanctuary

Pure and holy, tried and true

And with thanksgiving, I'll be a living Sanctuary for You.

וְעָשׂוּ לִי מִקְדָּשׁ וְשַׁכַּנְתִּי בְּתוֹכְכֶם
וְאַנְחֵנוּ נְבָרְךָ יְיָ מֵעַתָּה וְעַד עוֹלָם הַלְלוּ יְיָ

Ve-asu li mikdash

Ve-shachanti be-tocham

Ve-a-nach-nu ne-var-ech Yah,

May-atah ve-ad o-lam

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*Translations by Reb Zalman Shachter-Shalomi, from Reb Zalman's "ידבר פי" -
"As I Can Say It" A Weekday Siddur - For Praying In The Vernacular*

With hope, the need for this page is no more...

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל הַנִּתְּוֹנִים בַּצָּרָה וּבַשְּׁבִיָּה
הָעוֹמְדִים בֵּין בָּיִם וּבֵין בֵּיבְשָׁה הַמָּקוֹם יְרַחֵם
עֲלֵיהֶם וְיוֹצִיאֵם מִצָּרָה לְרוֹחָה וּמֵאֲפֵלָה לְאוֹרָה
וּמִשְׁעָבוֹד לְגֵאֲלָה הַשְּׂתָא בְּעֵגְלָא וּבְזִמְן קָרִיב
וְנֹאמֵר אָמֵן:

[As for] our brothers and sisters, the entire House of Israel who [still] remain in distress and captivity, whether on sea or on land, may God have compassion on them, and bring them from distress to relief, (from constraint to expansion) from darkness to light, from captivity to redemption, at this moment, speedily, very soon; and let us say Amein.