

# The "Boker Tov" Siddur

Updated May 2024, Iyyar 5774

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



TBZ



**Modah/Modeh** ani lefanecha melech chai/  
ruach chai vekayam shehechezarta bi  
nishmahti b'chemlah, rabah emunatecha

**מודה/מודה** אני לפניך מלך/רוח חי  
וקיים שהחזרת בי נשמת, בחמלה רבה  
אמונתך:

**Thank You, Living God And Master, for giving me another  
day of awareness. I thank You for this sacred trust.  
(Reb Zalman Schachter-Shalomi)**

**Baruch ata** Adonai, Eloheinu melech ha'olam,  
**asher yatzar et ha'adam b'chochma**, u'vara vo  
n'kavim n'kavim, chalulim chalulim, galui v'yadua  
lifnei kisei ch'vodecha she'im yipatei'ach echad  
meihem, o yisateim echad meihem, e efshar  
l'hitkatyeim v'la'amod l'fanecha. Baruch ata  
Adonai, rofei chol basar, u'mafli la'asot.

**ברוך אתה** יהוה אלהינו מלך העולם אשר  
**יצר את האדם בחכמה** וברא בו  
נקבים נקבים חלולים חלולים גלוי וידוע לפני  
כסא כבודך שאם יפתח אחד  
מהם או יסתם אחד מהם אי אפשר להתקיים ולעמד  
גמד לפניך אפילו שעה אחת.  
ברוך אתה יהוה רופא כל־בשר ומפליא לעשות:

I worship You, Yah,  
our God, Cosmic Majesty.  
You formed me,  
A human being,  
So wisely.  
You created in me  
All kinds of Hollows and ducts,  
Inner organs and intestines.

As I am all transparent to You,  
It is apparent and clear,  
That if any of these  
That need to be open would clog,  
Or any of these  
Which need to be enclosed Would seep,  
I could not exist and live  
In Your sight,  
Not even for a moment.

So I am grateful  
And bless You,  
For healing me,  
In amazing ways.

(Reb Zalman Schachter-Shalomi)

Elohai Neshamah shenatah bi, tehorah hi.

אֱלֹהֵי נִשְׁמָה שְׁנַתָּה 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'acha kamocha"

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

אֲשֵׁרֵי יוֹשְׁבֵי בֵיתְךָ. עוֹד  
יְהַלְלוּךָ 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

אֲשֵׁרֵי הָעָם שֶׁכָּפָה לוֹ. אֲשֵׁרֵי  
הָעָם שֶׁה' אֱלֹהֵיו:

## 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 l'-Da-vid.

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

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

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

תְּהִלָּה לְדָוִד.

אֲרוֹמַמְךָ אֱלֹהֵי הַמֶּלֶךְ.  
וְאֶבְרַכְּךָ שְׁמְךָ לְעוֹלָם וָעֶד:

בְּכָל יוֹם אֶבְרַכְּךָ. וְאֶהְלָלְךָ  
שְׁמְךָ לְעוֹלָם וָעֶד:

גָּדוֹל ה' וּמְהֻלָּל מְאֹד.  
וְלִגְדָּלְתוֹ אֵין חֵקֶר:

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

Splendid and glorious  
Is Your fame.

In all that I do,  
I delight to tell of  
Your marvels.

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

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

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

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

דור לדור ישבח מעשיך.  
וגבורתיך יגידו

הדר כבוד הודך. ודברי  
נפלאתיך אשיחה:

ועוז נוראתיך יאמרו.  
וגדלתך אספרנה:

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

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

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

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

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

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

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

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

זֵכֶר רַב טוֹבְךָ יִבְיְעוּ.  
וְצִדְקָתְךָ יִרְאֶנוּ:

חֲנוּן וְרַחוּם ה' .  
אֶרֶךְ אַפִּים וְגָדֹל חֶסֶד:

טוֹב ה' לְכָל.  
וְרַחֲמָיו עַל כָּל מַעֲשָׂיו:

יִדּוּכְךָ ה' כָּל מַעֲשֶׂיךָ.  
וְחִסְדֶּיךָ יִבְרַכְכָּה:



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.  
וְגִבּוֹרֶתְךָ יִדְבְּרוּ:

לְהוֹדִיעַ לְבְנֵי הָאָדָם גִּבּוֹרֶתְךָ.  
וְכָבוֹד הַדֹּר מַלְכוּתוֹ:

מַלְכוּתְךָ מַלְכוּת כָּל עוֹלָמִים.  
וּמִמְשַׁלְתְּךָ בְּכָל דּוֹר וָדֹר:

סוֹמֵךְ 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:

פּוֹתֵחַ אֶת יָדְךָ.  
וּמַשְׂבִּיעַ לְכָל חַי רָצוֹן:

צַדִּיק ה' בְּכָל דְּרָכָיו.  
וְחָסִיד בְּכָל מַעֲשָׁיו.

קָרוֹב ה' לְכָל קוֹרְאֵיו.  
לְכָל אֲשֶׁר יִקְרָאֵהוּ בְּאֵמֶת:

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.

Retzon 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 יִרְאִיו יַעֲשֶׂה.  
וְאֵת שׁוֹעֲתָם יִשְׁמַע וְיוֹשִׁיעֵם:

שׁוֹמֵר ה' אֶת כָּל אֲהָבָיו.  
וְאֵת כָּל הָרָשָׁעִים יִשְׁמִיד:

תְּהִלַּת ה' יִדְבָּר פִּי.  
וַיְבָרֶךְ כָּל בָּשָׂר שֵׁם קָדְשׁוֹ  
לְעוֹלָם וָעֶד:

וַאֲנַחְנוּ נְבָרֶךְ יְיָ מֵעַתָּה  
וְעַד עוֹלָם. הִלְלוּיָהּ:

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. הִלְלוּ אֵל בְּקֹדֶשׁוֹ.

הַלְלוּהוּ בְּרִקְיעַ עִזּוֹ:

הַלְלוּהוּ בְּגִבּוֹרָתוֹ.

הַלְלוּהוּ כָּרֵב גְּדֻלּוֹ:

הַלְלוּהוּ בְּתִקְעַ שׁוֹפָר.

הַלְלוּהוּ בְּנִבֵּל וְכִנּוֹר:

הַלְלוּהוּ בְּתֵף וּמָחוֹל.

הַלְלוּהוּ בְּמִנִּים וְעָגָב:

הַלְלוּהוּ בְּצִלְצְלֵי שָׁמַע.

הַלְלוּהוּ בְּצִלְצְלֵי תְרוּעָה:

כָּל הַנְּשָׁמָה תְהִלֵּל יָהּ. הַלְלוּיָהּ:

כָּל הַנְּשָׁמָה תְהִלֵּל יָהּ. הַלְלוּיָהּ:

Praised are You, Adonai our  
God, Ruler of the universe,  
who forms light and creates  
darkness, who ordains the  
harmony of all creation.

**Baruch ata** Adonai, Eloheinu  
melech ha'olam **Yotzer or**  
**u'Boreh choshech**, Oseh  
Shalom u'Boreh et hakol.

**בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ**  
**הָעוֹלָם יוֹצֵר אוֹר וּבוֹרֵא חֹשֶׁךְ**  
**עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת־הַכֹּל:**

Hear, O Israel, Adonai is our  
G-d, Adonai is One.  
Praised be God's glorious  
sovereignty for ever and ever

**Shema Yisrael YHVH Eloheinu**  
**YHVA Echad**  
**Baruch Shem Kavod Malchuto**  
**L'olam Vaed**

**שְׁמַע יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ**  
**יְהוָה אֶחָד:**  
**בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ**  
**לְעוֹלָם וָעֶד:**

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.

V'ahavta et Adonai Elohecha,  
b'chol l'avcha uv'chol nafsh'cha  
uv'chol m'odecha. V'hayu  
had'varim ha-eileh asher  
anochi m'tzav'cha hayom al  
l'avcha. V'shinantam l'vanecha  
v'dibarta bam b'shiv'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

וְאַהַבְתָּ אֶת ה' אֱלֹהֶיךָ בְּכָל לִבְבְּךָ  
וּבְכָל נַפְשְׁךָ וּבְכָל מְאֹדְךָ: וְהָיוּ הַדְּבָרִים  
הָאֵלֶּה אֲשֶׁר אֶנְכִי מְצַוְךָ הַיּוֹם עַל  
לִבְבְּךָ: וְשִׁנַּנְתָּם לְבָנֶיךָ וְדִבַּרְתָּ בָּם  
בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ  
וּבְקוּמְךָ: וְקָשַׁרְתָּם לְאוֹת עַל יָדְךָ וְהָיוּ  
לְטֹטֶפֶת בֵּין עֵינֶיךָ:  
וְכָתַבְתָּם עַל מְזוֹזֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:

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.

Vehaya im Shamo'a tishme'u el mitzvotai  
 asher anokhi metzaveh etkhem hayom  
 Le'ahava et Adonai Elohekhem uleavdo  
 bekhoh levavkhem uvekhol nafshekhem.  
 Venatati metar artzekhem be'ito yoreh  
 umalkosh Ve'asafta deganekha vetiroshkha  
 veyitzharekha. Venatati esev besadkha  
 livhemtekha ve'akhalta Vesavata.  
 Hishamru lakhehm pen yifteh levavkhem  
 Vesartem va'avadetem elohim akherim  
 vehishtakhavitem lahem. Vekhara af Adonai  
 bakhem ve'atzar et hashamayim velo  
 yihyeh matar vaha'adama lo titen et yevula  
 Va'avadetem mehera me'al ha'aretz hatova  
 asher Adonai noten lakhem. Vesamtem et  
 devarai eileh al levavkhem ve'al nafshekhem  
 Ukshartemotam le'ot aliyedekhe 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 viymeiv enekhem al ha'adama  
 asher nishba Adonai la'avotekhem latet  
 lahem kimei hashamayim al ha'aretz.

וְהָיָה אִם שָׁמַעַתְּ שְׁמִיעוּ אֶל מִצְוֹתַי אֲשֶׁר אֲנִי  
 מְצַוֶּה אֶתְכֶם הַיּוֹם לְאַהֲבָה אֶת ה' אֱלֹהֵיכֶם  
 וּלְעֲבֹדוֹ בְּכָל לְבַבְכֶם וּבְכָל נַפְשְׁכֶם: וְנָתַתִּי  
 מִטַּר אֶרְצְכֶם בְּעֵתוֹ יוֹרֵה וּמִמְלָקוֹשׁ וְאֶסְפַּתְּ  
 דָּגָנְךָ וְתִירֹשְׁךָ וְיִצְהַרְךָ: וְנָתַתִּי עֵשֶׂב בְּשֹׁדְךָ  
 לַבְהֶמְתָּךְ וְאָכַלְתָּ וְשָׂבַעְתָּ: הַשְׁמֵרוּ לָכֶם פֶּן  
 יִפְתֶּה לְבַבְכֶם וְסוּרְתֶם וְעִבַּדְתֶּם אֱלֹהִים  
 אֲחֵרִים וְהִשְׁתַּחֲוִיתֶם לָהֶם: וְחָרָה אִף  
 ה' בָּכֶם וְעָצַר אֶת הַשָּׁמַיִם וְלֹא יִהְיֶה מָטָר  
 וְהָאֲדָמָה לֹא תִתֵּן אֶת יְבוּלָהּ וְאֶבְדְּתֶם מִהֲרָה  
 מֵעַל הָאָרֶץ הַטֹּבָה אֲשֶׁר ה' נָתַן לָכֶם: וְשָׁמַרְתֶּם  
 אֶת דְּבָרֵי אֱלֹהֵי עַל לְבַבְכֶם וְעַל נַפְשְׁכֶם  
 וְקִשְׁרְתֶּם אִתְּם לְאוֹת עַל יְדְכֶם וְהָיוּ  
 לְטוֹטְפֹת בֵּין עֵינֵיכֶם: וְלִמְדַתְּם אִתְּם אֶת  
 בְּנֵיכֶם לְדַבֵּר בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלֶכְתְּךָ  
 בַּדֶּרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ: וְכָתַבְתֶּם עַל מְזוֹזוֹת  
 בֵּיתְךָ וּבְשַׁעְרֶיךָ: לְמַעַן יִרְבוּ יְמֵיכֶם וְיָמֵי בְנֵיכֶם  
 עַל הָאֲדָמָה אֲשֶׁר נִשְׁבַּע ה' לַאֲבֹתֵיכֶם לֵאמֹר  
 לָהֶם כִּימֵי הַשָּׁמַיִם עַל הָאָרֶץ:

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 tzitzit 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"

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  
 oto Uzkharthem 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'eretz mitzrayim lihiyot lakhem  
 le'Elohim Ani Adonai Eloheykhem. Emet.

וַיֹּאמֶר ה' אֶל מֹשֶׁה לֵאמֹר: דַּבֵּר אֶל  
 בְּנֵי יִשְׂרָאֵל וְאָמַרְתָּ אֲלֵהֶם וַעֲשׂוּ לָהֶם  
 צִיצִית עַל כַּנְפֵי בִגְדֵיהֶם לְדֹרֹתָם וְנָתַנּוּ  
 עַל צִיצִית הַכָּנָף פֶּתִיל תְּכֵלֶת: וְהָיָה  
 לָכֶם לְצִיצִית וּרְאִיתֶם אֹתוֹ וְזָכַרְתֶּם אֶת  
 כָּל מִצְוֹת ה' וַעֲשִׂיתֶם אֹתָם וְלֹא תִתּוּרוּ  
 אַחֲרֵי לְבַבְכֶּם וְאַחֲרֵי עֵינֵיכֶם אֲשֶׁר אַתֶּם  
 זֹנִים אַחֲרֵיהֶם: לִמְעַן תִּזְכְּרוּ וַעֲשִׂיתֶם  
 אֶת כָּל מִצְוֹתַי וְהִיִּיתֶם קְדוֹשִׁים  
 לֵאלֹהֵיכֶם: אֲנִי ה' אֱלֹהֵיכֶם אֲשֶׁר  
 הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם לְהִיּוֹת  
 לָכֶם לֵאלֹהִים אֲנִי ה' אֱלֹהֵיכֶם. אָמֵת:



## SILENT TIME FOR AMIDAH OR YOUR OWN PERSONAL MEDITATION

(Amidah resources in the bottom of the Siddur)

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

Exalted and hallowed be God's  
great name in the world which  
God created, according to plan.

May God's majesty be revealed in  
the days of our lifetime and the  
life of all Israel –  
speedily, imminently,

Yitgadal v'yitkadash  
sh'mei raba

b'alma di v'ra chirutei,  
v'yamlich malchutei,  
b'chayeichon uv'yomeichon  
uv'chaye d'chol beit Yisrael,

יִתְגַּדֵּל וְיִתְקַדֵּשׁ שְׁמֵהּ רַבָּא.

בְּעֶלְמָא דִּי בְּרָא כְרַעוּתָהּ  
וְיִמְלִיךְ מַלְכוּתָהּ  
בְּחַיֵּינוּ וּבְיוֹמֵינוּ וּבְחַיֵּי  
דְּכָל בֵּית יִשְׂרָאֵל

To which we say: Amen.

Blessed be God's great  
name to all eternity.

Blessed, praised, honored,  
exalted, extolled,  
glorified, adored,  
and lauded be the  
name of the  
Holy Blessed One,  
beyond all earthly words  
and songs of  
blessing, praise,  
and comfort.  
To which we say: Amen.

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

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

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

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

l'eila min kol birchata v'shirata,

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

בַּעֲגָלָא וּבְזִמָּן קָרִיב,  
וְאָמְרוּ אָמֵן.

יְהִי שֵׁמִי רַבָּא מְבָרַךְ  
לְעָלָם וּלְעָלְמֵי עָלְמֵיָא

יִתְבָּרַךְ וְיִשְׁתַּבַּח וְיִתְפָּאֵר  
וְיִתְרֹמֵם וְיִתְנַשֵּׂא

וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל  
שְׁמֵי דְקֻדְשָׁא. בְּרִיךְ הוּא.

לְעָלָא מִן כָּל בִּרְכָתָא  
וְשִׁירָתָא

תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאַמִּירוֹ  
בְּעָלְמָא. וְאָמְרוּ אָמֵן.

May there be abundant  
peace from heaven, and life,  
for us and all Israel.  
To which we say: Amen.

May the One who creates  
harmony on high,  
bring peace to us,  
to all Israel, and to all who  
dwell on earth/  
To which we say: Amen.

Y'hei sh'lama raba min sh'maya,  
v'chayim aleinu v'al kol Yisrael,  
v'imru: Amen.

Oseh shalom bimromav,  
Hu yaaseh shalom aleinu,  
v'al kol Yisrael, v'al kol yoshvei  
teivel v'imru: Amen.

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא  
וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל.  
וְאָמְרוּ אָמֵן.

עֲשֵׂה שְׁלוֹם בְּמִרְמֵי הוּא  
יַעֲשֶׂה שְׁלוֹם עָלֵינוּ  
וְעַל כָּל יִשְׂרָאֵל וְעַל כָּל יוֹשְׁבֵי  
תֵּיבֵל וְאָמְרוּ אָמֵן.

Our siblings, the whole house  
of Israel, who are given  
over to trouble or captivity,  
whether they abide on the  
sea or on the dry land:  
May the All-present have  
mercy upon them, and bring  
them forth from trouble to  
enlargement, from darkness  
to light, and from subjection  
to redemption, now speedily  
and at a near time.

Acheinu kol beit yisrael,  
Acheinu kol beit yisrael,  
han'tunim b'tzara, b'tzara  
uvashivyah, haomdim bein  
bayam uvein bayabasha.  
Hamakom Y'racheim,  
Y'racheim Aleihem v'yotziem  
mitzara lirvacha um'afaila  
l'orah umishiabud lig'ulah,  
hashta ba'agala uvizman kariv

אֲחֵינוּ כָּל בֵּית יִשְׂרָאֵל, הַנְּתוּנִים  
בְּצָרָה וּבִשְׁבִיָּה, הָעוֹמְדִים בֵּין  
בָּיִם וּבֵין בִּיבְשָׁה, הַמְּקוּם יָרֵחַם  
עֲלֵיהֶם, וְיוֹצִיאֵם מִצָּרָה לְרוּחָה,  
וְחָה, וּמֵאֲפֵלָה לְאוֹרָה, וּמִשְׁעָבוֹד  
לְגֵאֻלָּה, הַשְּׁתָּא בְּעֶגְלָא וּבְזִמָּן  
קָרִיב.

## 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 the human family will not again know about 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 justice and righteousness flow like a mighty stream.  
Let God's peace fill the earth as the waters fill the sea.

*(From Siddur Lev Shalem)*

Nation shall not lift sword  
against nation, neither shall  
they learn war anymore.

Lo yisa goy el goy cherev lo  
yil'medu od milchamah.

לֹא יִשָּׂא גּוֹי אֶל גּוֹי חֶרֶב  
לֹא יִלְמְדוּ עוֹד, מִלְחָמָה.

## Additional Resources:

1. [Siddur “ידבר פי: As I Can Say It A Weekday Siddur - For Praying In The Vernacular” \(Reb Zalman Shachter-Shalomi\)](#)
  2. [Amidah for weekdays \(traditional from Sefaria\)](#)
  3. [Amidah for weekdays \(contemplative\) by Reb Zalman Shachater- Shalomi](#)
  4. [Hallel \(Hebrew and English from The Rabbinical Assembly\)](#)
  5. [Hallel \(with transliteration, source unknown\)](#)
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Translations by Reb Zalman Shachter-Shalomi, from Reb Zalman’s  
*“As I Can Say It: ידבר פי” - A Weekday Siddur - For Praying In The Vernacular”*