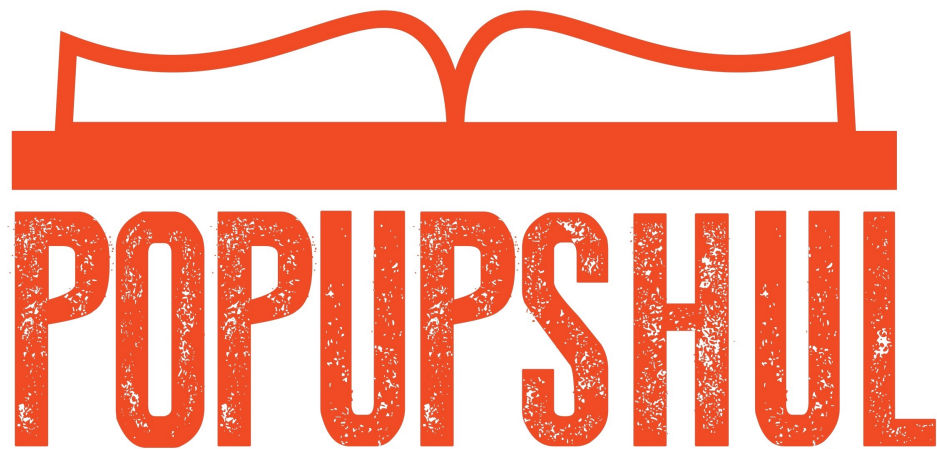


# The Rosh Hashana Yogi Meditative Service



# MODEH ANI אֲנִי מוֹדֶה

*Congregation recites together, first in English then in Hebrew.*

I am so grateful for waking up this morning. Some mornings it's so hard to get out of bed, whether because I went to bed too late, or because sometimes I feel so overwhelmed with my life that it's hard to sleep. Or maybe it's just hard for me to get out of bed and face the same old grind. But You know what, God? I'm still grateful for the ability to wake up and have new opportunities. Thanks for believing in me. Thanks for trusting me and empowering me with another chance. Help me to make it a great day, and to remember this gratitude. Specifically, I am grateful this morning for \_\_\_\_\_. (Adaptation by R. Koval)

MODEH ANI L'FANECHA, MELECH  
CHAI V'KAYAM, SHEHECHEZARTA BI  
NISHMATI B'CHEMLAH, RABAH  
EMUNATECHA.

מוֹדֶה אֲנִי לְפָנֶיךָ, מֶלֶךְ חַי וְקַיִם,  
שֶׁהַחַיָּוִת בִּי נִשְׁמָתִי בְּחֶמְלָה,  
רַבָּה אֱמוּנָתְךָ.

## JUDAISM TALKS ALOT ABOUT MEDITATION:

Let's use the prayer of Modeh-Ani to practice 4 meditation forms:

Sound  
Mind  
Visualization  
Movement

**Posture:** Sit comfortably in your chair, feet flat on the floor and no parts of your body crossed

**Breathing:** Take three deep breaths by breathing deeply through your nose. holding for a 3 count and releasing

**Sound:** With your eyes closed and your body relaxed repeat the word MODEH (10x) in a normal tone MO-DEH breathe in with the syllable "Mo" and out with "Deh".

**Mind:** With each intake of breath bring in gratefulness for something specific.

with each out-breath let go of ego and control which prevent feeling grateful. (5x)

**Visualization:** With your minds eye see the word MODEH being formed letter by letter in Hebrew or English (5x)

**Movement:** Bring a "sway" (in yiddish a shukkle) into your meditation

sway forward and think about coming close with the MO sound...sway backwards and think about pulling back as you say "Deh" (5x)

**Final intention:** (to be read by the leader)

The "gematriya" of "Modeh" is 50. in this meditation you breathed in 25 times and out 25 times to complete your 50 of "Modeh" and as you come out of this meditation may you be blessed that your life be full of gratitude.

# אֲדוֹן עוֹלָם ADON OLAM

Master of the world, Who ruled before any form was created. The time when His will brought all creation into being then His Name was established as "King". After all has ceased to exist, He the Awesome One, will rule alone. It is He Who was, He Who is and He Who will remain, in splendor. He is One - there is no second to compare to Him, to be His equal. Without beginning, without conclusion, power and dominion is His. He is my God, my living Savior, rock of my pain in time of distress. He is my banner, a refuge for me, my portion on the day I call. I will entrust my spirit into His hands when I go to sleep, and wake up. With my spirit, my body will remain. A-donoy is with me so I will not fear.

*(Adaptation by R. Koval)*

ADON OLAM ASHER MALACH, B'TEREM  
KOL Y'TZIR NIVRA. L'EIT NA-ASAH  
V'CHEFTZO KOL, AZAI MELECH SH'MO  
NIKRA.

אֲדוֹן עוֹלָם אֲשֶׁר מָלַךְ, בְּטֶרֶם כָּל  
יָצִיר נִבְרָא. לֵעֵת נַעֲשֶׂה בְּחֶפְצוֹ כָּל,  
אֲזִי מֶלֶךְ שְׁמוֹ נִקְרָא.

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2

V'ACHAREI KICHLOT HAKOL, L'VADO  
YIMLOCH NORA. V'HU HAYAH, V'HU  
HOVEH, V'HU YIHYEH, B'TIFARAH.

וְאַחֲרֵי כִכְלוֹת הַכֹּל, לְבָדּוֹ יִמְלֹךְ  
נוֹרָא. וְהוּא הָיָה, וְהוּא הוֹיָה, וְהוּא  
יִהְיֶה, בְּתִפְאָרָה.

3

V'HU ECHAD V'EIN SHEINI, L'HAMSHIL LO  
L'HACHBIRAH. B'LI REISHIT B'LI TACHLIT,  
V'LO HA-OZ V'HAMISRAH.

וְהוּא אֶחָד וְאֵין שֵׁנִי, לְהַמְשִׁיל לוֹ  
לְהַחְבִּירָה. בְּלִי רֵאשִׁית בְּלִי תַּחֲלִית,  
וְלוֹ הָעֹז וְהַמְשָׁרָה.

V'HU EILI V'CHAI GOALI, V'TZUR CHEVLI  
B'EIT TZARAH. V'HU NISI UMANOS LI,  
M'NAT KOSI B'YOM EKRA.

וְהוּא אֵלִי וְחַי גָּאֲלִי, וְצוּר חֲבֻלִי בְּעֵת  
צָרָה. וְהוּא נָסִי וּמָנוֹס לִי, מִנֶּת כּוֹסִי  
בְּיוֹם אֶקְרָא.

B'YADO AFKID RUCHI, B'EIT ISHAN  
V'AIRAH. V'IM RUCHI G'VIYATI, A-DONoy  
LI V'LO IRA.

בְּיָדּוֹ אֶפְקִיד רוּחִי, בְּעֵת אִישָׁן  
וְאֶעֱיָרָה. וְעַם רוּחִי גְּוִיָּתִי, יְיָ לִי וְלֹא  
אִירָא.

# בְּרִכַּת הַתּוֹרָה BLESSINGS OF THE TORAH

*Congregation recites together, first in English then in Hebrew.*

I know the Torah is so important, but sometimes I feel overwhelmed with it all. There's so much and I don't always understand what's in it or what it all means, or even what Your expectations are of me. Still, God, thank You for the gift of Torah. I recognize that there is so much depth and beauty there, and that so many of the values in the world today come from it. When I see the scroll in its beautiful velvet case, I am overwhelmed with love and reverence. Please allow its words to be sweet for me. Please allow my children to connect to it and recognize its value and centrality in our lives and in our faith. Thank You, God, for the gift of Torah. Thank You for choosing our nation to give it to. We're so blessed!

*(Adaptation by R. Koval)*

BARUCH ATAH A-DONAY ELOHEINU  
MELECH HA-OLAM, ASHER KID'SHANU  
B'MITZVOTAV, V'TZIVANU LA-ASOK  
B'DIVREI TORAH.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,  
וְצִנֵּנוּ לְעֶסֶק בְּדִבְרֵי תוֹרָה.

V'HA-AREV NA A-DONAY ELOHEINU ET  
DIVREI TORAT'CHA B'FINU UV'FI AM'CHA  
BEIT YISRA-EIL, V'NIHYEH ANACHNU  
V'TZE-ETZA-EINU V'TZE-ETZA-EI AM'CHA  
BEIT YISRA-EIL KULANU YOD'EI SH'MECHA  
V'LOM'DEI TORATECHA LISHMAH. BARUCH  
ATAH A-DONAY, HAMLAMEID TORAH  
L'AMO YISRA-EIL.

וְהֵעֵרַב נָא יְיָ אֱלֹהֵינוּ אֶת דִּבְרֵי  
תוֹרַתְךָ בְּפִינוּ וּבְפִי עַמְּךָ בֵּית  
יִשְׂרָאֵל, וְנִהְיֶה אֲנַחְנוּ וְצִאֲצֵאֵינוּ  
וְצִאֲצֵאֵי עַמְּךָ בֵּית יִשְׂרָאֵל כְּלָנוּ  
יוֹדְעֵי שְׁמֶךָ וְלוֹמְדֵי תוֹרַתְךָ  
לְשִׁמְחָה. בְּרוּךְ אַתָּה יְיָ, הַמְלַמֵּד  
תּוֹרָה לְעַמּוֹ יִשְׂרָאֵל.

BARUCH ATAH A-DONAY ELOHEINU  
MELECH HA-OLAM, ASHER BACHAR BANU  
MIKOL HA-AMIM, V'NATAN LANU ET  
TORATO. BARUCH ATAH A-DONAY,  
NOTEIN HATORAH.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ  
הָעוֹלָם, אֲשֶׁר בָּחַר בָּנוּ מִכָּל  
הָעַמִּים, וְנָתַן לָנוּ אֶת תּוֹרָתוֹ.  
בְּרוּךְ אַתָּה יְיָ, נוֹתֵן הַתּוֹרָה.

# CONCLUSION OF THE MORNING BLESSINGS

*Choir sings along with Cantor*

NISHMAT KOL CHAI, T'VAREICH ET  
SHIMCHA A-DONAY ELOHEINU, V'RUACH  
KOL BASAR T'FA-EIR UT'ROMEIM  
ZICHR'CHA MALKEINU TAMID, MIN  
HA-OLAM V'AD HA-OLAM ATAH EIL

נְשַׁמַּת כָּל חַי, תִּבְרַךְ אֶת שְׁמֶךָ יי  
אֱלֹהֵינוּ, וְרוּחַ כָּל בָּשָׂר תִּפְאֶר  
וּתְרוּמָם זְכָרְךָ מִלְכֵּנוּ תָמִיד, מִן  
הָעוֹלָם וְעַד הָעוֹלָם אַתָּה אֵל,

## **Cantor continues alone**

I am picturing in God my mind, sitting on a throne, sitting in judgment over all of us. It's scary, and at the same time awesomely inspiring. You live forever, while we are so small and finite. Really, all the creatures of the world should praise, thank, glorify, adore, bless, and sing to you – way beyond the vocabulary that is available to me, and even beyond the beautiful Hebrew words of psalms written by King David himself.

But the fact remains that You deserve to be praised – today and forever. Really, in every moment I should be offering you song and praise, hymns, and descriptions of your power, dominion, triumph, greatness, strength, splendor, holiness, sovereignty, blessings and thanksgivings – from now till forever. I thank and bless you, God – ultimately it is only You who gives life to the entire world. (*Adaptation by R. Koval*)

The King who sits on a high throne

**הַמֶּלֶךְ הַיּוֹשֵׁב עַל כִּסֵּא רָם וְנִשְׂאֵ:**

**Hamelech** HAYOSHEIV AL KISEI RAM V'NISA.

Although Hashem dwells in the highest and holiest realm He nevertheless makes His home on earth through the Mitzvot that are done. Therefore the primary praise of Hashem comes from the righteous. (*Explanation*)

SHOCHEIN AD, MAROM V'KADOSH SH'MO.  
V'CHATUV, RAN'NU TZADIKIM B'A-DONAY,  
LAYSHARIM NAVAH T'HILAH. B'FI  
Y'SHARIM TITROMAM, UV'DIVREI  
TZADIKIM TITBARACH, UVILSHON  
CHASIDIM TITKADASH, UV'KEREV  
K'DOSHIM TITHALAL.

שׁוֹכֵן עַד, מְרוֹם וְקָדוֹשׁ שְׁמוֹ: וְכָתוּב,  
רָנְנוּ צְדִיקִים בֵּינִי, לַיְשָׁרִים נְאֻה  
תְּהִלָּה. בְּפִי יְשָׁרִים תִּתְרוּמָם,  
וּבִדְבָרֵי צְדִיקִים תִּתְבָּרַךְ, וּבִלְשׁוֹן  
חֲסִידִים תִּתְקַדֵּשׁ, וּבִקְרֵב קְדוּשִׁים  
תִּתְהַלַּל.

# BLESSINGS OF THE SH'MA

**Nature:** You, God, created this incredible physical world of sun, moon, and stars; of heaven and earth. Every day You choose to renew the workings of the world. This world of science is so full of wisdom and complexity, it astounds me anew each time I think of it. These celestial beings, we are taught, “praise” you in their own soundless way as they wax and wane, shine and fade, and bear testament to Your creativity. (Adaptation by R. Koval)

**Congregation recites together, first in English then in Hebrew.**

Blessed are You, A-donoy, our God, King of the universe, Who forms light and creates darkness, makes peace and creates all. The primeval light is in the treasury of eternal life; “Let there be lights from the darkness”, He declared, and so it was (translation)

BARUCH ATAH A-DONUY, ELOHEINU MELECH HA-OLAM,  
YOTZEIR OR UVOREI CHOSHECH, OSEH SHALOM UVOREI  
ET HAKOL.

בָּרוּךְ אַתָּה יי, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר,  
וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שָׁלוֹם וּבוֹרֵא אֶת הַכֹּל:

**Torah:** You love us so much, God – and this is why You have given us a Torah. The Torah is the intellectual way that we can perceive your wisdom. God, have compassion on us, and teach us. Instill in our hearts and in the hearts of our children and loved ones, to understand and to elucidate, to listen, learn, teach, safeguard, perform, and fulfill all the words of the Torah, with love. Enlighten us in Your Torah – it can be so vast and hard to access. Make it accessible, interesting, and relevant to us. Provide teachers who can explain it to us. Allow us to do the mitzvot that you’ve given us with joy, knowledge and pride. Instill in our hearts the desire to love You, Your Torah, and our faith – from a place of intellect and education. We don’t ever want to feel embarrassed at our ignorance. Thank You, God, for choosing the Jewish people with love.

(Adaptation by R. Koval)

AVINU, HA-AV HARACHAMAN, HAMRACHEIM,  
RACHEIM ALEINU, V'TEIN B'LIBEINU L'HAVIN  
UL'HASKIL, LISHMOA, LILMOD UL'LAMEID, LISHMOR  
V'LA-ASOT UL'KAYEIM ET KOL DIVREI TALMUD  
TORATECHA B'AHAVAH. V'HA-EIR EINEINU  
B'TORATECHA, V'DABEIK LIBEINU B'MITZVOTECHA,  
V'YACHEID L'VAEINU L'AHAVAH UL'YIRAH ET SH'MECHA

אָבִינוּ, הָאָב הַרַחֲמָן, הַמְרַחֵם, רַחֵם עָלֵינוּ, וְתֵן  
בְּלִבֵּנוּ לְהִבִּין וּלְהַשְׁכִּיל, לְשַׁמֵּעַ, לְלַמֵּד וּלְלַמֵּד,  
לְשַׁמֵּר וּלְעֲשׂוֹת וּלְקַיֵּם אֶת כָּל דְּבָרֵי תִלְמוּד  
תּוֹרַתְךָ בְּאַהֲבָה. וְהָאֵר עֵינֵינוּ בְּתוֹרַתְךָ, וְדַבֵּק  
לִבֵּנוּ בְּמִצְוֹתֶיךָ, וְיַחַד לְבַבְנוּ לְאַהֲבָה וּלְיִרְאָה  
אֶת שְׁמֶךָ

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# THE SH'MA

*Congregation recites together in Hebrew*

Hear, O Israel, A-donoy is our God, A-donoy is One.

שְׁמַע | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד:

SH'MA YISRA-EIL, ADONAI ELOHEINU ADONAI ECHAD.

Blessed is the name of His glorious kingdom forever.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

BARUCH SHEIM K'VOD MALCHUTO L'OLAM VA-ED.

V'AHAVTA EIT ADONAI ELOHECHA, B'CHOL  
L'VAV'CHA, 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 UVISHARECHA.

וְאַהֲבַתְּ אֶת יְיָ | אֱלֹהֶיךָ, בְּכָל-לִבְבְּךָ,  
וּבְכָל-נַפְשְׁךָ, וּבְכָל-מַאֲדְךָ. וְהָיוּ  
הַדְּבָרִים הָאֵלֶּה, אֲשֶׁר | אֲנֹכִי מְצַוְךָ  
הַיּוֹם, עַל-לִבְבְּךָ: וְשִׁנַּנְתָּם לְבִנְיָךְ,  
וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבִלְכֻתְךָ  
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם  
לְאוֹת | עַל-יָדְךָ, וְהָיוּ לְטָטְפֹת בֵּין |  
עֵינֶיךָ, וְכִתְבָתָם | עַל מְזוֹזַת בֵּיתְךָ  
וּבְשַׁעְרֶיךָ:

You shall love A-donoy, your God, with all your heart , with all your soul and with all your resources. Let these matters that I command you today be upon your heart. Teach them thoroughly to your children and speak of them while you sit in your home, while you walk on the way, when you retire and when you arise. Bind them as a sign upon your arm and let them be tefillin between your eyes. And write them on the doorposts of your house and upon your gates. (*translation*)

We begin this meditation by standing in mountain pose. So, make sure that:

1. Your feet are about shoulder-width apart
2. Your feet are pressing evenly into the floor
3. Your knees are relaxed
4. Your shoulders are loose and that your arms are dangling by your sides
5. Your facial muscles are softened
6. Your spine makes a straight line from your stomach to your neck, pulling up to a point above your head.
7. Your arms are stretched straight by your sides.

Take a deep breath in through your nose and out through your mouth to secure this position. With each breath afterwards, see if you can notice tiny adjustments you can make to deepen the posture.

In these next breaths, begin to imagine roots growing from all different parts of your feet, reaching deep into the ground. Imagine that these roots are pulling your feet down flat into the soil, supporting you-see if you can feel

them from your toes, your heels, your arches, and the ball of your feet. Relax your arms, straighten your spine and breathe.

### **The Past Year**

Now that we're in a relaxed position, start to think back through this past year. Let images enter and exit your mind-small moments, meaningful moments, smells, pictures and faces. Think back now to last Elul [the month preceding Rosh Hashanah], last September: where were you at the last High Holiday cycle? What promises had you made? What goals did you have for the coming year?

Move now into late September and October, the middle of fall, the Hebrew month of Tishrei; the holiday of Sukkot and the time for harvesting. What kinds of benefits did you reap this year? Financial? Educational? Experiential? See if you can recall them now.

Think now about last November, roughly the Hebrew month of Heshvan. Late fall, colder weather. The natural world slowly moving from bountiful to barren as the winter moves in, so that the cycle can begin again in the spring. Think now about changes that you made in your life this year. What patterns did you break? What new work did you take on?

Move slowly from November into December, the Hebrew month of Kislev, the month that holds Hanukkah, the holiday of lights and miracles. In what ways did you bring light or goodness into the world this year? What miracles happened in your life this year?

Then think back to last January and February; first, the Hebrew month of Tevet, the conclusion of Hanukkah.

Then, the month of Shevat, the month that contains Tu B'shevat, the festival of the trees, a time for planting. Think about new projects that you started this year, new plans that you made, "seeds" that you planted for your or your family's future.

Move from late February into March, the Hebrew month of Adar and the ending of winter. During Adar, we celebrate Purim, a festival of fun and revelry. Think about the joy that came into your life this year? In what ways were you silly? Can you think of moments when you laughed?

From March to April, from Adar to Nisan, the month of spring. The time we celebrate Pesach [Passover] and think about renewal, rebirth, and newfound freedom. What

struggles concluded in your life this year? Were there issues or difficulties in your life that you were able to overcome?

Next, think back to last May, the Hebrew month of Iyar. In the secular year, a time for closings and endings. Think about endings that occurred in your life this year. What issues, relationships, situations came to a close during the past 12 months?

Move from May into June and into the month of Sivan, the month that holds the holiday of Shavuot, the holiday that celebrates our receiving of the Torah. Think about learning that you did during the year. What new things did you learn this year, and what effect did they have on you?

From June into July and August; through the Hebrew months of Tammuz and Av; hot and humid weather; slowing of activity and some time for rest; in the Hebrew calendar, these months are a time to think about history and loss; think about losses in your life this past year. In what ways did you grieve?

And here we are in the new year, making new promises and setting new goals. So before we do that, take a few moments and deep breaths to remember the journey of the past year.

# THE SILENT DEVOTIONAL SERVICE FOR ROSH HASHANAH

אֲדֹנָי שְׁפָתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

## ***Congregation sings in an undertone, along with Cantor***

Blessed are You, A-donoy, our God and the God of our forefathers,  
God of Abraham, God of Isaac, and God of Jacob; the great, mighty, and awesome God, the  
supreme God, who bestows beneficial kindnesses and creates everything, Who recalls the  
kindnesses of the Patriarchs and brings a Redeemer to their children's children, for His  
Name's sake, with love. (translation)

BARUCH ATAH A-DONAY ELOHEINU  
VEILOHEI AVOTEINU, ELOHEI AVRAHAM,  
ELOHEI YITZCHAK, VEILOHEI YA-AKOV,  
HA-EIL HAGADOL HAGIBOR V'HANORA, EIL  
ELYON, GOMEIL CHASADIM TOVIM,  
V'KONEIH HAKOL, V'ZOCHEIR CHASDEI  
AVOT, UMEIVI GOEIL LIVNEI V'NEIHEM,  
L'MA-AN SH'MO B'AHAVAH.

בְּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי  
אֲבוֹתֵינוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי  
יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. הָאֵל הַגָּדוֹל  
הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל  
חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,  
זוֹכֵר חֲסֵדֵי אֲבוֹת, וּמַבִּיא גּוֹאֵל  
לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה:

## ***Congregation sings along with Cantor in English, then Hebrew.***

Remember us for life, O King Who delights in life, and inscribe us into the Book of Life -  
for Your sake, O Living God. (translation)

ZOCH'REINU L'CHAYIM, MELECH  
CHAFEITZ BACHAYIM, V'CHOT'VEINU  
B'SEIFER HACHAYIM, L'MA-ANCHA  
ELOHIM CHAYIM.

זָכְרֵנוּ לְחַיִּים, מֶלֶךְ חַפֵּץ בַּחַיִּים,  
וְכָתְבֵנוּ בְּסֵפֶר הַחַיִּים, לְמַעַן  
אֱלֹהִים חַיִּים.

O King, Helper, Savior, and Shield. Blessed are You, A-donoy, Shield of Abraham. (translation)  
MELECH OZEIR UMOSHI-A UIMAGEIN.  
BARUCH ATAH A-DONAY, MAGEIN  
AVRAHAM.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן: בְּרוּךְ  
אַתָּה יְיָ, מִגֵּן אַבְרָהָם

You are eternally mighty, my Lord, the Resuscitator of the dead are You; abundantly able to save. He sustains the living with kindness, resuscitates the dead with abundant mercy, supports the fallen, heals the sick, releases the confined and maintains His faith to those asleep in the dust. Who is like You, O Master of mighty deeds, and who is comparable to You, O King Who causes death and restores life and makes salvation sprout! (*translation*)

ATAH GIBOR L'OLAM ADONAY, M'CHAYEIH  
MEITIM ATAH, RAV L'HOSHI-A.  
M'CHALKEIL CHAYIM B'CHESD,  
M'CHAYEIH MEITIM B'RACHAMIM RABIM,  
SOMEICH NOF'LIM, V'ROFEI CHOLIM,  
UMATIR ASURIM, UM'KAYEIM EMUNATO  
LISHEINEI AFAR, MI CHAMOCHA BA-AL  
G'VUROT UMI DOMEH LACH, MELECH  
MEIMIT UM'CHAYEH UMATZMI-ACH  
Y'SHUAH.

אתה גבור לעולם אדני, מחיה  
מתים אתה, רב להושיע: מכלכל  
חיים בחסד, מחיה מתים  
ברחמים רבים, סומך נופלים,  
ורופא חולים, ומתיר אסורים,  
ומקים אמונתו לישגי עפר, מי  
כמוך בעל גבורות ומי דומה לך,  
מלך ממת ומחיה ומצמיח  
ישועה:

1  
2  
3  
4

**Congregation sings along with Cantor in English, then Hebrew.**

Who, like You, is a Father of compassion,  
Who in compassion remembers His creatures for life.

MI CHAMOCHA AV HARACHAMIM,  
ZOCHEIR Y'TZURAV L'CHAYIM  
B'RACHAMIM.

מי כמוך אב הרחמים, זוכר  
יצוריו לחיים ברחמים:

5

And You are faithful to resuscitate the dead. Blessed are You, A-donoy, who resuscitates the dead. (*translation*)

V'NE-EMAN ATAH L'HACHAYOT MEITIM.  
BARUCH ATAH A-DONAY, M'CHAYEIH  
HAMEITIM.

ונאמן אתה להחיות מתים. ברוך  
אתה יי, מחיה המתים:

You are holy and Your Name is holy, and holy ones praise You every day, forever. (*translation*)

ATAH KADOSH V'SHIMCHA KADOSH,  
UK'DOSHIM B'CHOL YOM Y'HAL'LUCHA  
SELAH.

אתה קדוש ושמיך קדוש  
וקדושים בכל יום יהללוך, סלה.

6  
7  
8  
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10  
11

# K'DUSHA FOR ROSH HASHANAH

## ***Congregation reads on their own***

Let us now relate the power of this day's holiness, for it is awesome and frightening. On it Your Kingship will be exalted; Your throne will be firmed with kindness and You will sit upon it in truth. It is true that You alone are the One Who judges, proves, knows, and bears witness; Who writes and seals, (counts and calculates); Who remembers all that was forgotten. You will open the Book of Chronicles – it will read itself, and everyone's signature is in it. The great shofar will be sounded and a still, thin sound will be heard. Angels will hasten, a trembling and terror will seize them – and they will say, 'Behold, it is the Day of Judgment, to muster the heavenly host for judgment!' – for they cannot be vindicated in Your eyes in judgment. All mankind will pass before You like members of the flock. Like a shepherd pasturing his flock, making sheep pass under his staff, so shall You cause to pass, count, calculate, and consider the soul of all the living; and You shall apportion the fixed needs of all Your creatures and inscribe their verdict.

*(translation)*

UN'TANEH TOKEF K'DUSHAT HAYOM, KI  
HU NORA V'AYOM: UVO TINASEI  
MALCHUTECHA, V'YIKON B'CHESD  
KISECHA, V'TEISHEIV ALAV BE-EMET.  
EMET KI ATAH HU DAYAN UMOCHI-ACH,  
V'YODEI-A VAEID, V'CHOTEIV V'CHOTEIM,  
V'SOFEIR UMONEH, V'TIZKOR KOL  
HANISHKACHOT: V'TIFTACH ET SEIFER  
HAZICHRONOT, UMEI-EILAV YIKAREI,  
V'CHOTAM YAD KOL ADAM BO.

וַיִּתְּנָה תְּקֵף קְדוּשַׁת הַיּוֹם, כִּי הוּא  
נוֹרָא וְאֵיּוֹם: וּבּוֹ תִּנָּשֵׂא מַלְכוּתְךָ,  
וַיִּכּוֹן בְּחֶסֶד כְּסֵאֲךָ, וַיִּתְּשֵׁב עָלָיו  
בְּאֵמֶת. אֵמֶת כִּי אַתָּה הוּא דִּין  
וּמוֹכִיחַ, וַיּוֹדֵעַ וַיַּעַד, וְכוּתֵּב וְחוֹתֵם,  
וְסוֹפֵר וּמוֹנֶה, וַיִּזְכּוֹר כָּל הַנִּשְׁכָּחוֹת:  
וַיִּתְּפַח אֶת סֵפֶר הַזְּכוֹנוֹת, וַיִּמְאֲלוּ  
יְקָרָא, וְחוֹתֵם יָד כָּל אָדָם בּוֹ.

## ***Congregation reads together in English, followed by Cantor in Hebrew***

On Rosh Hashanah will be inscribed and on Yom Kippur will be sealed how many will pass from the earth and how many will be created; who will live and who will die; who will die at his predestined time and who before his time; who by water and who by fire, who by sword, who by beast, who by famine, who by thirst, who by storm, who by plague, who by strangulation, and who by stoning. Who will rest and who will wander, who will live in harmony and who will be harried, who will enjoy tranquility and who will suffer, who will be impoverished and who will be enriched, who will be degraded and who will be exalted. *(translation)*

B'ROSH HASHANAH YIKATEIVUN,  
 UV'YOM TZOM KIPUR YEICHATEIMUN,  
 KAMAH YA-AVRUN, V'CHAMAH  
 YIBAREIUN: MI YICHYEH, UMI YAMUT: MI  
 V'KITZO, UMI LO V'KITZO: MI VAEISH,  
 UMI VAMAYIM: MI VACHEREV, UMI  
 VACHAYAH: MI VARA-AV, UMI VATZAMA:  
 MI VARA-ASH, UMI VAMAGEIFAH: MI  
 VACHANIKAH, UMI VISKILAH: MI  
 YA-NU-ACH, UMI YANU-A: MI YISHAKEIT,  
 UMI YITAREIF: MI YISHALEIV, UMI  
 YITYASAR: MI YEI-ANI, UMI YEI-ASHEIR:  
 MI YISHAFEIL, UMI YARUM.

בְּרֹאשׁ הַשָּׁנָה יִכְתִּיבוּן, וּבְיוֹם צוֹם  
 כְּפוּר יִחְתַּמּוּן, כַּמָּה יַעֲבִירוּ, וְכַמָּה  
 יִבְרֹאוּן: מִי יִחְיֶה, וּמִי יָמוּת: מִי בִקְצוֹ,  
 וּמִי לֹא בִקְצוֹ: מִי בָאֵשׁ, וּמִי בַמַּיִם:  
 מִי בַחֲרֵב, וּמִי בַחֲיָה: מִי בָרַעַב, וּמִי  
 בַצָּמָא: מִי בָרַעַשׁ, וּמִי בַמַּגָּפָה: מִי  
 בַחֲנִיקָה, וּמִי בַסְּקִילָה: מִי יָנוּחַ, וּמִי  
 יָנוּעַ: מִי יִשְׁקֵט, וּמִי יִטָּרֵף: מִי יִשְׁלֹו,  
 וּמִי יִתְיַסֵּר: מִי יַעֲנִי, וּמִי יַעֲשֶׂר: מִי  
 יִשְׁפֹּל, וּמִי יָרוּם.

### ***Congregation reads together in English, then Hebrew***

But repentance, prayer and charity remove the evil of the decree! (translation)

UT'SHUVAH UT'FILAH UTZ'DAKAH  
 MA-AVIRIN ET ROA HAG'ZEIRAH.

וּתְשׁוּבָה וּתְפִלָּה וְצְדָקָה  
 מַעֲבִירִין אֶת רָע הַגְּזֵירָה.

### ***Congregation reads together in English***

For Your Name signifies Your praise; hard to  
 anger and easy to appease, for You do not  
 wish the death of one deserving death, but  
 that he repent from his way and live. Until  
 the day of his death You await him; if he  
 repents You will accept him immediately. It  
 is true that You are their Creator and You  
 know their inclination, for they are flesh  
 and blood.

כִּי כְשֵׁמֶךָ כֵּן תִּהְיֶה לְתִלְתֵּךְ, קִשָּׁה לְכַעֲוֹס  
 וְנוֹחַ לְרַצּוֹת: כִּי לֹא תַחַפּוֹץ בְּמוֹת  
 הַמֵּת, כִּי אִם בְּשׁוּבוֹ מִדַּרְכּוֹ וְחַיָּה.  
 וְעַד יוֹם מוֹתוֹ תִּתְחַכֶּה לוֹ, אִם יָשׁוּב  
 מִיָּד תִּקְבְּלוּ. אֲמַת כִּי אַתָּה הוּא  
 יוֹצֵרָם, וְאַתָּה יוֹדֵעַ יִצָּרָם, כִּי הֵם  
 בָּשָׂר וָדָם.

A man's origin is from dust and his destiny  
 is back to dust, at risk of his life he earns his  
 bread; he is likened to a broken shard,  
 withering grass, a fading flower, a passing  
 shade, a dissipating cloud, a blowing wind,  
 flying dust, and a fleeting deram.

אָדָם יְסוּדוֹ מֵעָפָר וְסוּפוֹ לְעָפָר:  
 בְּנִפְשׁוֹ יָבִיא לַחֲמוֹ: מְשׁוּל בְּחָרָס  
 הַנִּשְׁבֵּר, כְּחֹצִיר יָבֵשׁ, וּכְצִיץ נוֹבֵל,  
 כְּצֶל עוֹבֵר, וּכְעָנָן כֹּלֵה, וּכְרוּחַ  
 נוֹשֶׁבֶת, וּכְאָבָק פּוֹרֵחַ, וּכְחֵלוֹם יַעוּף.

But You are the King, the living and  
 enduring God. (translation)

וְאַתָּה הוּא מֶלֶךְ אֵל חַי וְקַיִם.

**Hope for a brighter global future:** God, the world today sometimes seems so messed up. Imagine if everyone, every day, would be cognizant of a greater purpose...that we all have a role to play in the grand scheme of life...that You, God, made us to reach our potential...wouldn't that be a beautiful world? So I'm asking you God, for a better tomorrow – a tomorrow where the whole world recognizes Your role in a greater purpose. A tomorrow where world peace is possible.

A tomorrow where everyone is united in a mission of goodness. A tomorrow where the Jewish people is not maligned or oppressed, but respected and trusted to be a light unto the nations. A tomorrow where good people are recognized, honored and valued. A tomorrow where Israel is a safe and spiritual haven for all Jews. (Adaptation by R. Koval)

And so, too, O A-donoy, our God, instill Your awe upon all Your works, and Your dread upon all that You have created. Let all works revere You and all creatures prostrate themselves before You. Let them all become a single society, to do Your will wholeheartedly. For as we know, A-donoy, our God, that the dominion is Yours, might is in Your hand and strength is in Your right hand, and Your Name inspires awe over all that You have created.

And so, too, O A-donoy, grant honor to Your people, praise to those who revere You, good hope to those who seek You, and eloquent speech to those who hope to You; gladness to Your land and joy to Your city; flourishing pride to David, Your servant, and preparation of a lamp for the son of Jesse, Your anointed – speedily, in our days.

And so, too, the righteous will see and be glad, the upright will exult, and the devout will be mirthful with glad song. Iniquity will close its mouth and all wickedness will evaporate like smoke, when You will remove evil's domination from the earth. (translation)

וּבָכּוּ תָנוּ פִּחְדֶּךָ יְיָ אֱלֹהֵינוּ, עַל כָּל  
מַעֲשֶׂיךָ, וְאִמְתָּךְ עַל כָּל מָה שִׁבְרָאתָ,  
וַיִּרְאוּךָ כָּל הַמַּעֲשִׂים וַיִּשְׁתַּחֲווּ לִפְנֶיךָ  
כָּל הַבְּרוּאִים, וַיַּעֲשׂוּ כֻלָּם אֲגָדָה  
אַחַת לַעֲשׂוֹת רְצוֹנְךָ בְּלִבָּב שָׁלֵם, כְּמוֹ  
שֶׁיִּדְעֵנוּ יְיָ אֱלֹהֵינוּ, שֶׁהַשְּׁלֵטֹן לִפְנֶיךָ,  
עַז בְּיָדְךָ וּגְבוּרָה בְּיַמִּינְךָ, וְשִׁמְךָ נִזְרָא  
עַל כָּל מָה שִׁבְרָאתָ.

וּבָכּוּ תָנוּ כְּבוֹד, יְיָ לַעֲמֶךָ, תְּהִלָּה  
לִירֵאֶיךָ וְתִקְוָה טוֹבָה לְדוֹרְשֶׁיךָ,  
וּפְתִחוֹן פֶּה לַמְּיַחֲלִים לָךְ, שִׂמְחָה  
לְאַרְצְךָ וְשִׂשׂוֹן לְעִירְךָ, וְצִמְיַחַת קֶרֶן  
לְדָוִד עַבְדְּךָ, וְעֲרִיכַת נֵר לְבֶן-יִשִּׁי  
מְשִׁיחְךָ, בְּמַהֲרָה בְּיָמֵינוּ.

וּבָכּוּ צַדִּיקִים יִרְאוּ וַיִּשְׂמְחוּ, וַיִּשְׂרִים  
יַעֲלִזוּ, וַחֲסִידִים בְּרָנָה יִגִּילוּ, וְעוֹלָתָה  
תִּקְפֹּץ-פִּיָּה, וְכָל הָרָשָׁעָה כִּלְהָ כָעָשָׁן  
תִּכְלָה, כִּי תַעֲבִיר מִמִּשְׁלַת זָדוֹן מִן  
הָאָרֶץ.

Then You, A-donoy, will reign alone over all Your works, on Mount Zion, resting place of Your glory; and in Jerusalem, Your holy city; as it is written in Your holy writings: A-donoy shall reign forever – your God, O Zion – from generation to generation, Halleluyah!

You are holy and Your Name is awesome, and there is no god other than You, as it is written: A-donoy, Master of Legions, will be lofty in judgment, and the holy God will be sanctified in righteousness. Blessed are You, A-donoy, the holy King.

You have chosen us from all the peoples; You loved us and found favor in us; You exalted us above all the languages and You sanctified us with Your commandments. You drew us close, our King to Your service and attached Your great and holy Name upon us.

**On Shabbat, add the bracketed phrases.**

And You gave us, A-donoy, our God, with love this (Shabbath Day for holiness and for rest, and this) Day of Remembrance, a day of (recalling the) sounding of the shofar, (with love) a holy convocation, a memorial of the Exodus from Egypt.

Our God and the God of our forefathers, may there rise, come, reach, be noted, be favored, be heard, be considered and be remembered - the remembrance and consideration of ourselves; the remembrance of our forefathers; the remembrance of Messiah, son of David, Your servant; the remembrance of Jerusalem, the City of Your Holiness; the remembrance of Your entire people, the Family of Israel, before You for deliverance, for goodness, for grace, for kindness, and for compassion, for life and for peace on this Day of Remembrance. (translation)

וְתִמְלֹךְ, אַתָּה יְיָ לְבִדְּךָ, עַל כָּל  
מַעֲשֶׂיךָ, בְּהַר צִיּוֹן מְשְׁכֹן כְּבוֹדְךָ,  
וּבִירוּשָׁלַיִם עִיר קִדְשְׁךָ, כְּכַתּוּב,  
בְּדַבְּרֵי קִדְשְׁךָ: יִמְלֹךְ יְיָ לְעוֹלָם,  
אֱלֹהֶיךָ צִיּוֹן לְדֹר וָדֹר: הַלְלוּיָהּ.

קְדוֹשׁ אַתָּה וְנוֹרָא שְׁמֶךָ, וְאֵין אֱלֹהִים  
מִבְּלַעַדֶּיךָ, כְּכַתּוּב: וַיִּגְבֶּה יְיָ צְבָאוֹת  
בְּמִשְׁפָּט, וְהָאֵל הַקְדוֹשׁ נִקְדָּשׁ  
בְּצִדְקָה. בָּרוּךְ אַתָּה, יְיָ, הַמְּלֹךְ  
הַקְדוֹשׁ.

אַתָּה בְּחַרְתָּנוּ מִכָּל הָעַמִּים, אֲהַבְתָּ  
אוֹתָנוּ וְרָצִיתָ בָּנוּ, וְרוֹמַמְתָּנוּ מִכָּל  
הַלְשׁוֹנוֹת, וְקִדַּשְׁתָּנוּ בְּמִצְוֹתֶיךָ,  
וְקִרְבַּתָּנוּ מִלְּכָנוּ לְעַבְדוֹתֶיךָ, וְשִׁמְךָ  
הַגָּדוֹל וְהַקְדוֹשׁ עָלֵינוּ קָרָאתָ

וְתַתֵּן לָנוּ, יְיָ אֱלֹהֵינוּ, בְּאַהֲבָה אֶת יוֹם  
(הַשַּׁבָּת הַזֶּה וְאֶת יוֹם) הַזְכָּרוֹן הַזֶּה,  
יוֹם (זְכָרוֹן) תְּרוּעָה (בְּאַהֲבָה) מִקְרָא  
קִדֵּשׁ, זִכָּר לַיְצִיאת מִצְרָיִם.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, יַעֲלֶה וַיָּבֹא,  
וַיִּגַּע וַיִּרְאֶה, וַיִּרְצֶה וַיִּשְׁמַע, וַיִּפְקֹד  
וַיִּזְכֹּר זְכָרוֹנֵנוּ וּפְקֻדּוֹנֵנוּ, וְזְכָרוֹן  
אֲבוֹתֵינוּ, וְזְכָרוֹן מְשִׁיחַ בֶּן-דָּוִד  
עַבְדְּךָ, וְזְכָרוֹן יְרוּשָׁלַיִם עִיר קִדְשְׁךָ,  
וְזְכָרוֹן כָּל עַמֶּךָ בֵּית יִשְׂרָאֵל לְפָלִיטָה  
וּלְטוֹבָה, לַחַן וּלְחֶסֶד וּלְרַחֲמִים,  
לְחַיִּים וּלְשָׁלוֹם, בְּיוֹם הַזְכָּרוֹן הַזֶּה.

Remember us on it, A-donoy, our God, for goodness.

Consider us on it for blessing.

And help us on it for life.

In the matter of salvation and compassion, pity, be gracious and compassionate with us and help us for our eyes are turned to You, because, You are God, the gracious and compassionate King.

Our God and the God of our forefathers, reign over the entire universe in Your glory; be exalted over all the world in Your splendor, reveal Yourself in the majestic grandeur of Your strength over all the dwellers of Your inhabited world. Let everything that has been made know that You are its Maker, let everything that has been molded understand that You are its Molder, and let everything with a life's breath in its nostrils proclaim: 'A-donoy, the God of Israel, is King, and His kingship rules over everything.'

Our God and the God of our forefathers, (may You be pleased with our rest.) Sanctify us with Your commandments and grant us our share in Your Torah; satisfy us from Your goodness and gladden us with Your salvation. (And grant us, O A-donoy our God, with love and favor, Your holy Shabbat as a heritage, and may Israel, the sanctifiers of Your Name, rest on it.) And purify our heart to serve You sincerely. For You are the true God, and Your word is true and endures forever. Blessed are You, A-donoy, King over all the world, Who sanctifies (Shabbat,) Israel and the Day of Remembrance. (translation)

זְכַרְנוּ, יְיָ אֱלֹהֵינוּ בּוֹ לְטוֹבָה,

וּפְקִדְנוּ בּוֹ לְבִרְכָּה,

וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים;

וּבְדָבָר יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּן,  
וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ, כִּי אֱלֹהֶיךָ  
עֵינֵינוּ, כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה.

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אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, מְלֹךְ עַל כָּל  
הָעוֹלָם בָּלוּ בְּכְבוֹדְךָ, וְהִנָּשָׂא עַל כָּל  
הָאָרֶץ בִּיקָרְךָ, וְהוֹפֵעַ בְּהִדָּר גָּאוֹן  
עֲזָךְ, עַל כָּל יוֹשְׁבֵי תֵבֶל אֶרֶץ, וַיֵּדַע  
כָּל פֶּעוּל כִּי אַתָּה פֹּעֵלָתוֹ, וַיָּבִין כָּל  
יָצוֹר כִּי אַתָּה יֹצְרָתוֹ, וַיֹּאמֶר כָּל אֲשֶׁר  
נִשְׁמָה בָּאֶפֶס, יְיָ אֱלֹהֵי יִשְׂרָאֵל מֶלֶךְ,  
וּמַלְכוּתוֹ בְּכָל מְשָׁלָה.

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אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, (רְצָה  
בְּמִנוּחֵתָנוּ) קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתַן  
חֻלְקֵנוּ בְּתוֹרָתְךָ, שְׂפָעֵנוּ מִטוֹבְךָ  
וְשִׂמְחָנוּ בִּישׁוּעָתְךָ (וְהִנְחִילֵנוּ, יְיָ  
אֱלֹהֵינוּ, בְּאַהֲבָה וּבְרָצוֹן שִׁבְת  
קִדְּשֶׁךָ, וַיְנַוְחוּ בָּהּ יִשְׂרָאֵל מְקִדְּשֵׁי  
שְׁמֶךָ) וְטַהַר לִבֵּנוּ לְעִבְדְּךָ בְּאַמֶּת, כִּי  
אַתָּה אֱלֹהִים אֱמֶת, וּדְבָרְךָ אֱמֶת  
וְקִיָּם לְעַד. בְּרוּךְ אַתָּה, יְיָ, מֶלֶךְ עַל  
כָּל הָאָרֶץ, מְקִדָּשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל  
וַיּוֹם הַזְּכָרוֹן.

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Be favorable, A-donoy our God, toward Your people Israel and their prayer, and restore the service to the Holy of Holies in Your Temple. The fire offerings of Israel and their prayer accept with love and favor and may the service of Your people Israel always be favorable to You. May our eyes behold Your return to Zion in compassion. Blessed are You, A-donoy, Who restores His Presence to Zion. (translation)

**Congregation recites together in English**

We gratefully thank You, for it is You Who are A-donoy, our God and the God of our forefathers for all eternity; Rock of our lives, Shield of our salvation are You, from generation to generation. We will thank You and relate Your praise for our lives, which are entrusted in your hands and for our souls that are entrusted to You; for Your miracles that are with us every day; and for your wonders and favors in every season - evening, morning and afternoon. The Beneficent One, for Your mercies are never ending, the Compassionate One, for Your kindnesses are never ending - always have we put our hope in You. For all these, may Your Name be blessed and exalted, our King, continually forever and ever. (translation)

**Congregation recites together in English, then in Hebrew along with Cantor**

And inscribe all the children of Your covenant for a good life. (translation)

UCH'TOV L'CHAYIM TOVIM KOL

B'NEI V'RITECHA.

All living beings will gratefully acknowledge You, and praise Your Name sincerely, O God of our salvation and help! Blessed are You, A-donoy, Your Name is 'The Beneficent One' and to You it is appropriate to give thanks. (translation)

רצה, יי אלהינו, בעמך ישראל ובתפלתם, והשב את העבודה לדביר ביתך, ואשי ישראל, ותפלתם באהבה תקבל ברצון, ותהי לרצון תמיד עבודת ישראל עמך. ותחזינה עינינו בשובך לציון ברחמים. ברוך אתה יי, המחזיר שכנתו לציון.

מודים אנחנו לך, שאתה הוא, יי אלהינו ואלהי אבותינו, לעולם ועד, צור חיינו, מגן ישענו, אתה הוא לדור ודור נודה לך ונספר תהלתך. על חיינו המסורים בידיך, ועל נשמותינו הפקידות לך, ועל נסידך שבכל יום עמנו, ועל נפלאותיך וטובותיך שבכל עת, ערב ובקר וצהרים, הטוב כי לא כלי רחמך, והמרחם כי לא תמו חסדיך מעולם קוינו לך. ועל כלם יתברך ויתרומם שמך מלכנו תמיד לעולם ועד.

וכל החיים יודוך סלה, ויהללו את שמך באמת, האל ישועתנו ועזרתנו סלה. ברוך אתה יי, הטוב שמך ולך נאה להודות.

Establish peace, goodness, blessing, graciousness, kindness, and compassion upon us and upon all of Your people Israel. Bless us our Father all of us as one, with the light of Your countenance, for with the light of Your countenance You gave us, A-donoy, our God, the Torah of life and love of kindness, righteousness, blessing, compassion, life, and peace. And may it be good in Your eyes to bless Your people Israel, in every season and in every hour with Your peace. (translation)

SIM SHALOM TOVAH UV'RACHAH, CHEIN  
VACHESED V'RACHAMIM, ALEINU V'AL KOL  
YISRA-EIL AMECHA. BAR'CHEINU, AVINU,  
KULANU K'ECHAD B'OR PANECHA, KI V'OR  
PANECHA NATATA LANU, A-DONOV  
ELOHEINU, TORAT CHAYIM V'AHAVAT  
CHESED, UTZ'DAKAH UV'RACHAH  
V'RACHAMIM V'CHAYIM V'SHALOM, V'TOV  
B'EINECHA L'VAREICH ET AM'CHA YISRA-EIL  
B'CHOL EIT UV'CHOL SHA-AH  
BISHLOMECHA.

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד  
וְרַחֲמִים, עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ.  
בְּרַכְנוּ, אָבִינוּ, כְּלָנוּ כְּאַחַד בְּאוֹר  
פְּנִיךָ, כִּי בְאוֹר פְּנִיךָ נִתְּנָה לָנוּ, יי  
אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,  
וְצִדְקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים  
וְשְׁלוֹם, וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ  
יִשְׂרָאֵל בְּכָל עֵת וּבְכָל שָׁעָה  
בְּשְׁלוֹמְךָ.

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### ***Congregation together, followed by Cantor***

In the book of life, blessing and peace, and good livelihood, may we be remembered and inscribed before You -We and Your entire people the Family of Israel for a good life and for peace. Blessed are You, A-donoy, Who blesses His people Israel with peace. (translation)

B'SEIFER CHAYIM, B'RACHAH,  
V'SHALOM, UFARNASAH TOVAH,  
NIZACHEIR V'NIKATEIV L'FANECHA,  
ANACHNU V'CHOL AM'CHA BEIT  
YISRA-EIL, L'CHAYIM TOVIM  
UL'SHALOM.

בְּסֵפֶר חַיִּים, בְּרָכָה וְשְׁלוֹם וּפְרִיָּסָה  
טוֹבָה, נִזְכָּר וְנִכְתָּב לְפָנֶיךָ, אֲנַחְנוּ  
וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל, לְחַיִּים טוֹבִים  
וּלְשְׁלוֹם.

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BARUCH ATAH A-DONOV, HAMVAREICH ET  
AMO YISRA-EIL BASHALOM.

בָּרוּךְ אַתָּה יי, עוֹשֶׂה הַשְּׁלוֹם.

יְהִיו לְרָצוֹן אֲמָרֵי כִּי וְהִגִּיוֹן לִבִּי לְפָנֶיךָ, יְהוָה צוּרִי וְגֹאֲלִי.

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### ***Congregation sings together with Cantor in Hebrew***

Today, please strengthen us. Today, please bless us. Today, please make us great. Today, please seek us out for good. Today, please listen to our supplications. Today, please accept our prayers with mercy and favor. Today, please support us with the right hand of Your righteousness. (translation)

HAYOM T'AM'TZEINU	AMEIN	היום תִּאֲמָצֵנוּ
HAYOM T'VAR'CHEINU	AMEIN	היום תִּבְרַכֵּנוּ
HAYOM T'GAD'LEINU	AMEIN	היום תִּגְדֵּלֵנוּ
HAYOM TIDR'SHEINU L'TOVAH	AMEIN	היום תִּדְרֹשְׁנוּ לְטוֹבָה
HAYOM TIGHT'VEINU L'CHAYIM	AMEIN	היום תִּכְתְּבֵנוּ לְחַיִּים טוֹבִים
HAYOM T'KABEL B'RACHAMIM		היום תִּקְבֹּל בְּרַחֲמִים וּבְרָצוֹן אֶת
UV'RATZON ET T'FILATEINU	AMEIN	תַּפִּלָּתֵנוּ
HAYOM TISHMA SHAVATEINU	AMEIN	היום תִּשְׁמַע שְׁוַעֲתֵנוּ
HAYOM TITM'CHEINU BIMIN TZIDKECHA		היום תִּתְמַכֵּנוּ בְּיָמִין צְדִקְךָ.
	AMEIN	

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# OUR FATHER OUR KING אָבִינוּ מַלְכֵנוּ

The 'Avinu Malkeinu' prayer asks us to address God as "our father, our king." When I think about it, it's really hard to conceptualize God as anything without summoning up the big old man in the sky. (I know you're not that.)

But let's break this down. A good father wants only the good for his child – he just doesn't always have the power to give all the good that is in his heart. And a king – well, that's a tough one, because really, who can think of kings without dreaming up old fashioned fairy tales? – has all the power in the world to give good, but not always the will to give good. Many a king in history used power for evil and tyranny, not good. So You, God, are both a father and a king. You have the will and the power to give so much good. (Adaptation by R. Koval)

## ***Congregation recites together***

אָבִינוּ מַלְכֵנוּ I know I've done wrong this year.

אָבִינוּ מַלְכֵנוּ I affirm that You have ultimate power in this world and that you call the shots.

אָבִינוּ מַלְכֵנוּ Please...be good to us for the sake of Your reputation as a good God.

אָבִינוּ מַלְכֵנוּ Give us a good new year.

אָבִינוּ מַלְכֵנוּ If you've destined a difficult challenge for us – cancel it!

אָבִינוּ מַלְכֵנוּ Neutralize the negative energy of people who hate us.

אָבִינוּ מַלְכֵנוּ Sabotage the plans of those nations that plot against the Jewish people.

אָבִינוּ מַלְכֵנוּ Rid the world of evil people.

אָבִינוּ מַלְכֵנוּ End sickness, starvation, captivity, destruction, pain, and sin from among your people.

אָבִינוּ מַלְכֵנוּ Forgive and pardon all our mistakes.

אָבִינוּ מַלְכֵנוּ Wipe our slates clean. I know not everything I've done wrong this year has been a mistake. Sometimes I've done things in full awareness that they were wrong. Please – erase even these from my record.

## ***The following 9 verses are recited responsively, Congregation follows Cantor.***

אָבִינוּ מַלְכֵנוּ Help us develop a relationship with you. It can all be so confusing.

AVINU MALKEINU, HACHAZIREINU אָבִינוּ מַלְכֵנוּ! הַחֲזִירֵנוּ בְּתַשׁוּבָה שְׁלֵמָה לְפָנֶיךָ.  
BITSHUVAH SH'LEIMAH L'FANECHA.

אָבִינוּ מַלְכֵנוּ Send a complete recovery to all those that are ill.

AVINU MALKEINU, SH'LACH R'FUAH אָבִינוּ מַלְכֵנוּ! שְׁלַח רְפוּאָה שְׁלֵמָה לְחוּלֵי עַמְּךָ.  
SH'LEIMAH L'CHOLEI AMECHA.

אָבִינוּ מַלְכֵנוּ Rip up the evil decree which has been decided for us.

AVINU MALKEINU, K'RA ROA G'ZAR אָבִינוּ מַלְכֵנוּ! קַרַע רוּעַ גִּזְרֵי דִינֵנוּ.  
DINEINU.

**אָבִינוּ מַלְכֵנוּ** When You “recall” us this year, please do so favorably. I know that there are good memories from the year too. Let them take precedence.

AVINU MALKEINU, ZOCH'REINU

**אָבִינוּ מַלְכֵנוּ! זְכַרְנוּ בְּזִכְרוֹן טוֹב לְפָנֶיךָ.**

B'ZIKARON TOV L'FANECHA.

**אָבִינוּ מַלְכֵנוּ** Inscribe us in the Book of Life.

AVINU MALKEINU, KOT'VEINU B'SEIFER

**אָבִינוּ מַלְכֵנוּ! כְּתִבְנוּ בְּסֵפֶר חַיִּים טוֹבִים**

CHAYIM TOVIM

**אָבִינוּ מַלְכֵנוּ** Inscribe us in the book of redemption and salvation.

AVINU MALKEINU, KOT'VEINU B'SEIFER

**אָבִינוּ מַלְכֵנוּ! כְּתִבְנוּ בְּסֵפֶר גְּאֻלָּה וְיִשׁוּעָה.**

G'ULAH VISHUAH

**אָבִינוּ מַלְכֵנוּ** Inscribe us in the book of sustenance and financial independence.

AVINU MALKEINU, KOT'VEINU B'SEIFER

**אָבִינוּ מַלְכֵנוּ! כְּתִבְנוּ בְּסֵפֶר פְּרִנְסָה וְכִלְקָלָה.**

PARNASAH V'CHALKALAH.

**אָבִינוּ מַלְכֵנוּ** Inscribe us in the book of merits.

AVINU MALKEINU, KOT'VEINU B'SEIFER

**אָבִינוּ מַלְכֵנוּ! כְּתִבְנוּ בְּסֵפֶר זְכוֹת.**

Z'CHUYOT.

**אָבִינוּ מַלְכֵנוּ** Inscribe us in the book of forgiveness.

AVINU MALKEINU, KOT'VEINU B'SEIFER

**אָבִינוּ מַלְכֵנוּ! כְּתִבְנוּ בְּסֵפֶר סְלִיחָה וּמַחִילָה.**

S'LICHAH UM'CHILAH.

### ***Congregation continues together***

**אָבִינוּ מַלְכֵנוּ** Allow us to be proud Jews, and allow the world to respect its Jews.

**אָבִינוּ מַלְכֵנוּ** Fill our hands with Your blessings.

**אָבִינוּ מַלְכֵנוּ** Bless us with abundance.

**אָבִינוּ מַלְכֵנוּ** Hear our voices. Have compassion on us.

**אָבִינוּ מַלְכֵנוּ** Accept our prayers.

**אָבִינוּ מַלְכֵנוּ** Remember that we are only human.

**אָבִינוּ מַלְכֵנוּ** Don't turn us away empty-handed.

**אָבִינוּ מַלְכֵנוּ** Be compassionate not only on us, but on our children and babies.

**אָבִינוּ מַלְכֵנוּ** Have compassion and act kindly with us, if not for our sakes, then for the sakes of those innocent Jews throughout the ages who were burned and murdered, who went through fire and water, just because of their faith.

### ***Congregation sings along with Cantor***

Our Father, our King...be gracious with us and answer us, though we are hardly worthy.

Treat us with charity and kindness.

AVINU MALKEINU, CHONEINU VA-ANEINU,

KI EIN BANU MA-ASIM, ASEIH IMANU

TZ'DAKAH VACHESED V'HOSHI-EINU.

**אָבִינוּ מַלְכֵנוּ! חֲנֵנוּ וְעֲנֵנוּ, כִּי אֵין בָּנוּ**

**מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.**

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**The Rabbis Rosh Hashana Sermon:  
To be read by anyone willing!**

**Dear Friends,**

**Someone said that they will not celebrate a new year until they can watch a preview!**

**This year tossed so many curve balls at us. The virus is just the tip of the iceberg. Every single person was impacted in incredibly dramatic ways. Kids stuck in foreign countries, grandparents unable to see their families. People dying alone, weddings celebrated much smaller than anyone ever would want. All of these twists and turns toss us around. Sometimes we can feel like a ship at sea in the midst of a raging storm. Always trying to figure where the next wave is going to come from and how far will it toss us? Will we be totally off course or will we be able to navigate back. Corona was a storm that hit us all, rocked us all, and now we have to ask how to keep the balance in the midst of this storm. We know we need to be there for everyone around us, to be the calm center in the middle of a storm, so how do we do that?**

**The Talmud describes the Torah as an anchor. Hold on to the anchor in the raging sea says the Talmud. As the Jewish people we have an anchor that tells us how to process all these historic events. This anchor helps us put it into perspective the events around us so we can be tossed around and still function. This anchor of our lives is Torah. This needs to be the year that together we focus on learning that Torah and discovering how to keep it's Mitzvot. The Torah that has provided our grandparents an anchor, and today will provide us an anchor.**

**may we all merit a happy, healthy, super sweet, new-year!**

**Rabbi T.**

# PRAYER FOR THE STATE OF ISRAEL

Our Father in Heaven, Rock and Redeemer of Israel, bless the State of Israel.

Shield it with Your loving kindness, envelop it in Your peace, and bestow Your light and truth upon its leaders, ministers, and advisors, and grace them with Your good counsel. Strengthen the hands of those who defend our holy land, grant them deliverance, and adorn them in a mantle of victory. Ordain peace in the land and grant its inhabitants eternal happiness.

Draw our hearts together to revere and venerate Your name and to observe all the precepts of Your Torah, and send us quickly the Messiah son of David, agent of Your vindication, to redeem those who await Your deliverance.

Manifest Yourself in the splendor of Your boldness before the eyes of all inhabitants of Your world, and may everyone endowed with a soul affirm that the Lord, God of Israel, is king and his dominion is absolute.

## Prayer for the IDF

He Who blessed our forefathers Abraham, Isaac and Jacob - may He bless the fighters of the Israel Defense Force, who stand guard over our land and the cities of our God from the border of the Lebanon to the desert of Egypt, and from the Great Sea unto the approach of the Aravah, on the land, in the air, and on the sea.

May Hashem cause the enemies who rise up against us to be struck down before them.

May the Holy One, Blessed is He, preserve and rescue our fighting men from every trouble and distress and from every plague and illness, and may He send blessing and success in their every endeavor. May He lead our enemies under their sway and may He grant them salvation and crown them with victory. And may there be fulfilled for them the verse: For it is Hashem, your God, Who goes with you to battle your enemies for you, to save you

# Prayer for the Sick

He Who Blessed our forefathers, Abraham, Isaac  
and Jacob, Moses and Aaron, David and Solomon -  
May He Bless and heal the sick person  
(patient's Hebrew name)  
son/daughter of  
(patient's Mother's Hebrew name)  
because all of the congregation is praying on their  
behalf.

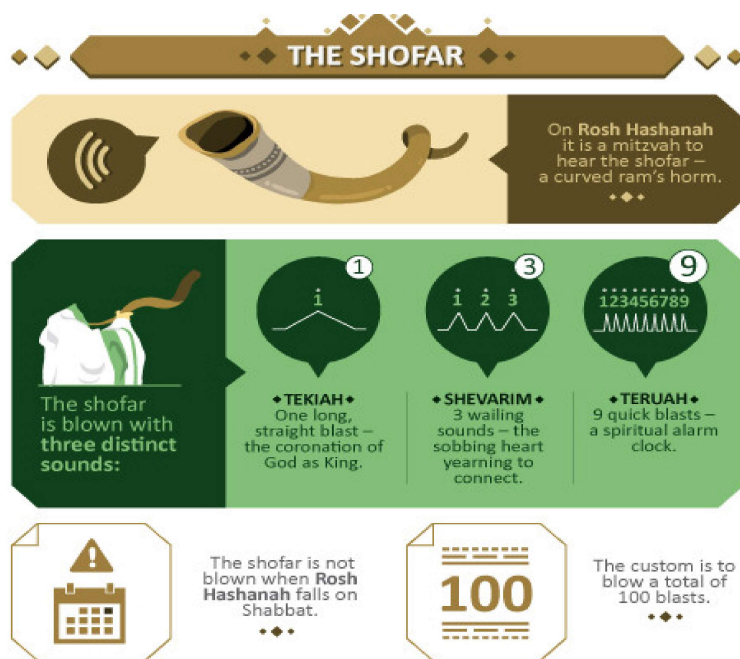
In this merit, may the Holy One, Blessed be He, be  
filled with compassion for them to restore their  
health, to strengthen them, and revitalize them.

And may He send them speedily, a complete  
recovery from Heaven, to their entire body, along  
with the other sick people of Israel, a recovery of  
both body and soul, very soon, and now let us  
respond Amen

In order to prevent the possibility of Shabbat desecration the Shofar is not blown on Shabbat.  
This year the Shofar will only be blown on Sunday, the second day of Rosh HaShana

# THE SHOFAR BLOWING

## The Thirty Shofar Blasts



TEKI-A SHEVARIM TERUA TEK-I-A  
TEKI-A SHEVARIM TERUA TEK-I-A  
TEKI-A SHEVARIM TERUA TEK-I-A

תקיעה שברים-תרועה תקיעה  
תקיעה שברים-תרועה תקיעה  
תקיעה שברים-תרועה תקיעה

TEKI-A SHEVARIM TEK-I-A  
TEKI-A SHEVARIM TEK-I-A  
TEKI-A SHEVARIM TEK-I-A

תקיעה שברים תקיעה  
תקיעה שברים תקיעה  
תקיעה שברים תקיעה

TEKI-A TERUA TEK-I-A  
TEKI-A TERUA TEK-I-A  
TEKI-A TERUA TEK-I-A GEDOLA

תקיעה תרועה תקיעה  
תקיעה תרועה תקיעה  
תקיעה תרועה תקיעה גדולה

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# SHOFAR THOUGHTS

## 10 Ideas to Consider During Shofar Blowing



אע"פ שתקיעת שופר בראש השנה גזירת הכתוב רמו יש בו כלומר: עורו ישנים משנתכם ונרדמים הקיצו מתרדמתכם וחפשו במעשיכם וחזרו בתשובה וזכרו בוראכם אלו השוכחים את האמת בהבלי הזמן... והטיבו דרכיכם ומעלליכם ויעזוב כל אחד מכם דרכו הרעה ומחשבתו אשר לא טובה... (רמב"ם הלכות תשובה ג:)

Even though the sounding of the shofar on Rosh HaShanah is a decree from God, it still contains a personal message: It is as if the shofar's call is telling us, "AWAKEN FROM YOUR SLUMBER! Examine your actions, return to your true selves, and remember your Creator. Those who forget the truth in the vanities of time... Look inside yourselves. Improve your ways and your actions, and abandon the negativity in your life..."

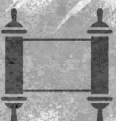
- Rambam, Laws of Teshuva 3:4



IT IS CUSTOMARY TO SOUND TRUMPETS AT THE CORONATION OF A NEW KING. THE SHOFAR OF ROSH HASHANA IS HOW WE RECOGNIZE AND ACCEPT GOD'S KINGSHIP.



JUST AS A KING MAY PROCLAIM A PERIOD OF FORGIVENESS BEFORE HE PUNISHES WRONGDOERS, SO TOO, THE SHOFAR BLAST PROCLAIMS, "WHOEVER WISHES TO REPENT - LET THEM DO SO NOW. IF THEY DO NOT, THEY CANNOT COMPLAIN LATER."



AT MOUNT SINAI WHEN THE JEWS ACCEPTED THE TORAH, "THE SOUND OF THE SHOFAR CONTINUALLY INCREASED AND WAS VERY GREAT" (EXODUS 19:19). ON ROSH HASHANA, THE SHOFAR REMINDS US TO RENEW OUR COMMITMENT TO TORAH.



THE SHOFAR REMINDS US OF THE GREAT AND AWESOME FUTURE DAY OF JUDGMENT, WHICH ZEPHANIAH (1:16) DESCRIBES AS A DAY OF SHOFAR BLOWING AND SHOUTING.



THE SHOFAR, A RAM'S HORN, REMINDS US OF AKEIDAS YITZCHAK, THE BINDING OF ISAAC (SEE GENESIS 22), WHEN AVRAHAM SACRIFICED A RAM IN LIEU OF HIS SON. WE PRAY THAT THIS MEMORY SHOULD ASCEND BEFORE GOD FOR THE GOOD.



THE SHOFAR MAKES US YEARN FOR THE INGATHERING OF THE EXILES OF WHICH WILL BE ACCOMPANIED BY THE BLAST OF THE SHOFAR (SEE ISAIAH 27:13).



THE SOUND OF THE SHOFAR INSPIRES FEAR AND TREMBLING IN THE HEARTS OF ALL WHO HEAR IT - AS THE PROPHET ASKS, "CAN A SHOFAR BE BLOWN IN A CITY, AND THE PEOPLE NOT TREMBLE?" (AMOS 3:6).



THE SHOFAR RECALLS THE RESURRECTION OF THE DEAD, WHICH WILL BE ACCOMPANIED BY THE SOUNDING OF A SHOFAR (SEE ISAIAH 18:3).



IN BIBLICAL TIMES, WHEN PROPHETS WOULD CALL FOR SPIRITUAL TRANSFORMATION AND REPENTANCE, THEIR CRIES WERE ACCOMPANIED BY A SHOFAR (SEE EZEKIEL 33:2-3).



THE SHOFAR REMINDS US TO PRAY FOR THE REBUILDING OF THE DESTROYED HOLY TEMPLE, OF WHICH THE PROPHET (JEREMIAH 4:19-20) LAMENTED: "I SHALL NOT BE SILENT, FOR THE SOUND OF THE SHOFAR HAVE YOU HEARD, O MY SOUL, THE SHOUT OF WAR. DESTRUCTION UPON DESTRUCTION HAS BEEN PROCLAIMED..."

**NCSJ**  
Inspiring the Jewish Future

These 10 ideas are from Rabbi Saadia Gaon, as found in the Ruudraham, Laws of Rosh Hashana. Translations adapted from the Artscroll Rosh Hashana Machzor and Chabad.org.

## עלינו ALEINU

ALEINU L'SHABEI-ACH LA-ADON HAKOL,  
LATEIT G'DULAH L'YOTZEIR B'REISHIT,  
SHELO ASANU K'GOYEI HA-ARATZOT, V'LO  
SAMANU K'MISHP'CHOT HA-ADAMAH,  
SHELO SAM CHELKEINU KAHAM,  
V'GORALEINU K'CHOL HAMONAM,  
(SHEHEIM MISHTACHAVIM L'HEVEL VARIK,  
UMITPAL'LIM EL EIL LO YOSHI-A.)  
VA-ANACHNU KOR'IM UMISHTACHAVIM  
UMODIM, LIFNEI MELECH MALCHEI  
HAM'LACHIM, HAKADOSH BARUCH HU.  
SHEHU NOTEH SHAMAYIM V'YOSEID  
ARETZ, UMOSHAV Y'KARO BASHAMAYIM  
MIMA-AL, USH'CHINAT UZO B'GAV'HEI  
M'ROMIM, HU ELOHEINU EIN OD. EMET  
MALKEINU, EFES ZULATO, KAKATUV  
B'TORATO: V'YADATA HAYOM  
VAHASHEIVOTA EL L'VAVECHA, KI  
A-DONNOY HU HA-ELOHIM BASHAMAM  
MIMA-AL, V'AL HA-ARETZ MITACHAT, EIN  
OD.

AL KEIN N'KAVEH L'CHA A-DONNOY ELOHEINU,  
LIROT M'HEIRAH B'TIFERET UZECHA, L'HA-AVIR  
GILULIM MIN HA-ARETZ, V'HA-ELILIM KAROT  
YIKAREITUN, L'TAKEIN OLAM B'MALCHUT  
SHADAI, V'CHOL B'NEI VASAR YIKR'U VISHMECHA,  
L'HAFNOT EILECHA KOL RISHEI ARETZ. YAKIRU  
V'YEID'U KOL YOSH'VEI TEIVEIL, KI L'CHA TICHRA  
KOL BERECH, TISHAVA KOL LASHON. L'FANECHA  
A-DONNOY ELOHEINU YICHR'U V'YIPOLU,  
V'LICHVOD SHIMCHA Y'KAR YITEINU, VIKAB'LU  
CHULAM ET OL MALCHUTECHA, V'TIMLOCH  
ALEIHEM M'HEIRAH L'OLAM VA-ED. KI  
HAMALCHUT SHEL'CHA HI, UL'OL'MEI AD  
TIMLOCH B'CHAVOD, KAKATUV B'TORATECHA,  
A-DONNOY YIMLOCH L'OLAM VA-ED. V'NE-EMAR,  
V'HAYAH A-DONNOY L'MELECH AL KOL HA-ARETZ,  
BAYOM HAHU YIHYEH A-DONNOY ECHAD, USH'MO  
ECHAD.

עלינו לשבח לאדון הכל, לתת גדלה  
ליוצר בראשית, שלא עשנו כגויי  
הארצות, ולא שמנו כמשפחות  
האדמה, שלא שם חלקנו בהם, וגרלנו  
ככל המונם (שהם משתחוים להבל  
וריק ומתפללים אל אל לא יושיע)  
ואנחנו כורעים ומשתחוים ומוזדים,  
לפני מלך, מלכי המלכים, הקדוש ברוך  
הוא. שהוא נוטה שמים ויסד ארץ,  
ומושב יקרו בשמים ממעל, ושכינתו עז  
בגבהי מרומים, הוא אלהינו אין עוד.  
אמת מלכנו אפס זולתו, כפיתוב  
בתורתו: וידעת היום והשבת אל לבבך,  
כי יי הוא האלהים בשמים ממעל, ועל  
הארץ מתחת, אין עוד:

על כן נקווה לך יי אלהינו, לראות  
מהרה בתפארת עגד, להעביר גלולים  
מן הארץ והאלילים פרות יפרתו.  
לתקן עולם במלכות שדי, וכל בני בשר  
יקראו בשמך. להפנות אליך כל רשעי  
ארץ. יפירו וידעו כל יושבי תבל, כי לך  
תכרע כל ברך, תשבע כל לשון: לפניך  
יי אלהינו יכרעו ויפלו. ולכבוד שמך  
יקר יתנו. ויקבלו כלם את עול מלכותך.  
ותמלך עליהם מהרה לעולם ועד. כי  
המלכות שלך היא, ולעולמי עד תמלוך  
בכבוד: כפיתוב בתורתך, יי מלך לעולם  
ועד: ונאמר, והיה יי למלך על כל  
הארץ, ביום ההוא יהיה יי אחד, ושמו  
אחד: