



TAMID

**WESTCHESTER
SYNAGOGUE**

ראש השנה

Rosh HaShanah

מחזור לימים הנוראים

משכן הנפש

MISHKAN HANEFESH

Machzor for the Days of Awe

ערבית

Arvit

Evening Service

L'sha'nah To'vah / To a Good Year

*L'sha'nah to'vah tee'ka'tay'voo—
v'tay'cha'tay'moo!*

לְשָׁנָה טוֹבָה תִּכְתְּבוּ -
וְתִחַתְּמוּ!
!

May you be inscribed—and sealed—for a good year!

Psalm 126

*Sheer ha'ma'a'lote, b'shoov Adonai,
et shee'vat Tzee'yon, ha'yee'noo
k'chol'meem.
Shabbat shalom...
Sha'nah to'vah!*

שִׁיר הַמַּעֲלוֹת בְּשׁוּב
יְיָ אֶת-שִׁיבַת צִיּוֹן הֵי יִנּוּ
כְּחֹלְמִים.
שַׁבַּת שְׁלוֹם...
לְשָׁנָה טוֹבָה!
!

A song of ascents:
When God returns us to Zion, it will seem like a dream.
Sabbath peace...a good year!

A New Year

May this be a year of love and kindness.

May strangers come to be friends.

May truth and compassion always guide us. Amen.

**May this be a year of hope and healing
for all of those in need.**

May all of our deeds be a blessing. Amen.

**A new year, a good year. A chance to start all over.
A new year, a sweet year. A chance to bring us closer.**

May this be a year of selfless giving.

May this be a year of peace.

And may we forgive and be forgiven. Amen.

**A new year, a good year. A chance to start all over.
A new year, a sweet year. A chance to bring us closer.**

**Closer to the ones we love.
A world that we can be proud of
long as there are stars above.
There comes a new year. Amen.**

Ha'shee'vay'noo / We Return

*Ha'shee'vay'noo Adonai ay'lay'cha
v'na'shoo'vah, cha'daysh ya'may'noo
k'keh'dehm.*

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,
חֲדָשׁ יָמֵינוּ כְּקִדְמוֹת.

Take us back, Adonai — let us come back to You.
Renew in our time the days of old.

Leet'ko'ah Shofar / Blast the Shofar

At the new moon,
at the full moon,
for our feast-day, sound the shofar!
For that is the law of Israel,
the way of the God of Jacob.

תִּקְעוּ בַחֲדָשׁ שׁוֹפָר בְּכֶסֶה
לְיוֹם חַגֵּנוּ: כִּי חֻק לְיִשְׂרָאֵל
הוּא מִשְׁפָּט לְאֱלֹהֵי יַעֲקֹב.

T'key'ah

Sh'va'reem-T'roo'ah

T'key'ah

תְּקִיעָה
שְׁבָרִים-תְּרוּעָה
תְּקִיעָה

Had'la'kat Nay'rote / Candle Lighting

*Ba'rooch a'tah, Adonai eh'lo'hay'noo,
meh'lech ha'o'lahm, a'sher kee'd'sha-
noo b'meez'vo'tahv, v'tzee'vah'oo
l'had'leek nayr shel Shabbat
v'shel yome tohv.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מְלֶכֶד
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ
בְּמִצְוֹתָיו, וְצִוָּנוּ לְהַדְלִיק
נֵר שֶׁל שַׁבָּת וְשֶׁל יוֹם טוֹב.

Blessed are You, who commands us
to kindle the lights of Shabbat and Yom Tov.

Bar'choo / The Call to Worship

*Bar'choo et Adonai ha'm'vo'rach.
Ba'rooch Adonai ha'm'vo'rach
l'ol'am va'ed.*

בָּרְכוּ אֶת יְיָ הַמְּבָרָךְ.
בָּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Praise Adonai to whom praise is due forever!
Praised be Adonai, to whom praise is due,
now and forever!

Ma'a'reev A'ra'veem / Creation

BLESS ADONAI who spins day into dusk. With wisdom watch the dawn gates open, with understanding let time and seasons come and go;	With awe perceive the stars in lawful orbit. Morning dawns, evening darkens; darkness and light yielding one to the other, yet each distinguished and unique.	Marvel at Life! Strive to know its ways! Seek Wisdom and Truth, the gateways to Life's mysteries! Wondrous indeed is the evening twilight.
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K'ree'aht Sh'ma / Creation

שְׁמַע | יִשְׂרָאֵל, יְיָ | אֱלֹהֵינוּ, יְיָ | אֶחָד.
בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

*Sh'ma, Yisrael: Adonai E'lo'hay'noo, Adonai eh'chad!
Ba'rooch shaym k'vode mal'choo'to l'o'lahm va'ed.*

Listen, Israel: Adonai is our God, Adonai is One!
Blessed is God's glorious majesty forever and ever.

Rosh HaShanah In The Pines

Darkness settles, slowly, across the horizon. The new year rises before us, its fragile moon awaiting our embrace. Heaven and earth entwine in their annual dance of re-creation. A fissure appears in the firmament tonight, an entranceway into new beginnings.	Out beyond the swales the sea expands and contracts, keeping time to the thrumming of the universe. Under this Rosh HaShanah sky the path before us is uncertain. All we can do is hold each other tight as we make our way home.
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Ha't'fee'lah / The Prayer

*Adonai, sfa'tai teef'tahch,
oo'fee ya'geed t'hee'lah'teh'cha.*

אֲדֹנָי שְׁפֹתַי תִּפְתָּח וּפִי
יְגִיד תְּהִלָּתֶךָ.

Adonai, open my lips,
that my mouth may declare Your praise.

Ha't'fee'lah / The Prayer

*Ba'rooch a'tah, Adonai
eh'lo'hay'noo vay'lo'hay a'vo'tay'noo
v'ee'mo'tay'noo, Eh'lo'hay
Av'ra'hahm, eh'lo'hay Yeetz'chak,
vay'lo'hay Ya'akove, eh'lo'hay Sa'rah,
eh'lo'hay Reev'kah, eh'lo'hay
Ra'chayl, vay'lo'hay Lay'a. Ha'Ayl
ha'ga'dole ha'gee'bire v'ha'no'rah,
Ayl el'yone, go'mayl cha'sa'deem
to'veem, v'ko'nay ha'kole, v'zo'chayr
chas'day a'vote v'ee'mah'hote.
Oo'may'vee g'oo'lah leev'nay
v'nay'hem, l'mah'an sh'mo
b'a'ha'vah.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי
אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ, אֱלֹהֵי
אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי
יַעֲקֹב, אֱלֹהֵי שָׂרָה, אֱלֹהֵי
רַבֵּקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי
לֵאָה. הָאֵל הַגָּדוֹל הַגִּבּוֹר
וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל
חַסְדִּים טוֹבִים, וְקִנְיַת הַכֹּל,
וְזוֹכֵר חַסְדֵי אֲבוֹת וְאִמּוֹת.
וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם,
לְמַעַן שְׁמוֹ בְּאֶהְבָּה.

You are the Source of blessing, Adonai, our God and God of our fathers and mothers. God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Rachel, and God of Leah. Exalted God, dynamic in power, inspiring awe, God sublime, Creator of all — yet You offer us kindness, recall the loving deeds of our fathers and mothers, You bring redemption to their children's children, acting in love for the sake of Your name.

*Zoch'ray'noo l'cha'yeem, me'lech
cha'faytz ba'cha'yeem,
v'chote'vay'noo b'say'fehr
ha'cha'yeem, l'ma'an'cha
eh'lo'heem cha'yeem.*

זְכוֹרֵנוּ לְחַיִּים, מֶלֶךְ חַיִּים,
בְּחַיִּים, וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים,
לְמַעַן אֱלֹהִים חַיִּים.

Remember us for life, O Sovereign who delights in life,
and inscribe us in the Book of Life, For Your sake, ever-living God.

Meh'lech o'zayr oo'mo'shee'a
oo'ma'gayn. Ba'rooch a'tah Adonai,
ma'gayn Av'ra'hahm v'ez'raht Sa'rah.

מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.
בָּרוּךְ אַתָּה יְיָ, מִגֵּן אַבְרָהָם
וְעֲזַרַת שָׂרָה.

Sovereign of salvation, Pillar of protection.
Blessed are You in our lives, Adonai, Shield of Abraham,
Sustainer of Sarah.

G'voo'rote / God's Powers

Your life-giving power is forever, Adonai — with us in life and in death. You liberate and save, cause dew to descend; and with mercy abundant, lovingly nurture all life. From life to death, You are the force that flows without end —

You support the falling, heal the sick, free the imprisoned and confined;
You are faithful, even to those who rest in the dust.

Power-beyond-Power, from whom salvation springs, Sovereign over life and death — who is like You?

Merciful God, who compares with You? With tender compassion You remember all creatures for life. Faithful and true, worthy of our trust —
You sustain our immortal yearnings; in You we place our undying hopes.

V'ne'eh'mahn a'tah l'ha'cha'yote
ha'kole. Ba'rooch a'tah Adonai,
m'cha'yay ha'kole.

בָּרוּךְ אַתָּה יְיָ, מְחַיֶּה הַכּוֹל.

Wellspring of blessing, Power eternal, the One who gives and renews all life.

R'tzay / Our Offering

R'tzay Adonai eh'lo'hay'noo,
b'a'm'cha yees'ra'ayl oo't'fee'la'tahm
b'a'ha'vah t'ka'bayl b'ra'tzone,
oo't'hee l'ra'tzone ta'meed a'vo'daht
yees'ra'ayl a'meh'cha. Ayl ka'rove
l'chole kore'ahv, p'nay el a'va'deh'cah
v'cho'nay'noo. Sh'foch roo'cha'cha
a'lay'noo, v'te'che'zeh'nah
ay'nay'noo b'shoov'cha l'tzee'yone
b'ra'cha'meem.

רָצָה, יְיָ אֱלֹהֵינוּ, בְּעֵמֶךָ
יִשְׂרָאֵל וּבִתְפִלָּתָם בְּאַהֲבָה
תִּקְבַּל בְּרָצוֹן, וְתֵהִי לְרָצוֹן
תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ. אֵל
קָרוֹב לְכֹל קִרְאָיו, פְּנֵה אֶל
עֲבָדֶיךָ וְחַנּוּנוֹ. שִׂפְךָ רוּחְךָ
עָלֵינוּ, וְתַחֲזִיקֵנוּ עֵינֵינוּ בְּשׁוֹבֶךָ
לְצִיּוֹן בְּרַחֲמִים.

Ba'rooch a'tah Adonai,
ha'mah'cha'zeer sh'chee'na'to
l'tzee'yone.

בָּרוּךְ אַתָּה יְיָ, הַמְחַזֵּר
שְׁכִינָתוֹ לְצִיּוֹן.

Eternal, our God, Your people Israel yearns for Your favor. Receive their prayer with loving acceptance, and may You always desire Your people's worship. Divine One, close to all who call upon You, bring Your grace and presence near to those who serve You. Pour forth Your spirit on us, and may our eyes see Your merciful return to Zion. Blessed are You, whose Divine Presence is felt again in Zion.

T'fee'laht Ha'lev / Prayer of the Heart

I Was Never Able To Pray

*Wheel me down to the shore
where the lighthouse was abandoned
and the moon tolls in the rafters.*

*Let me hear the wind paging through the trees
and see the stars flaring out, one by one,
like the forgotten faces of the dead.*

*I was never able to pray,
but let me inscribe my name
in the book of waves
and then stare into the dome
of a sky that never ends
and see my voice sail into the night.*

Oo'v' chayn / And Therefore

**Oo'v' chayn, oo'v' chayn,
And then, and then when wholeness
and peace are restored.
Oo'v' chayn, oo'v' chayn,
And then, and then,
remembering what all life is for.**

**In awe and afraid,
taking stock of our days,
healed by forgiveness and love,
We pray a time will come,
as we return to the One,
That we can become truly one.**

**Oo'v' chayn, oo'v' chayn,
And then, and then when wholeness
and peace are restored.
Oo'v' chayn, oo'v' chayn,
And then, and then,
remembering what all life is for.**

**When reverence for life
is the prayer that unites
All people as one family,
We remember our light,
a spark of the divine
In ourselves and in all living beings.**

**Then, and then, just the sound of it
Gives wings to hope, lays fear to rest
To feel the open wings of possibility,
And then, and then, imagine.**

**Oo'v' chayn, oo'v' chayn,
And then, and then when wholeness
and peace are restored.
Oo'v' chayn, oo'v' chayn,
And then, and then, remembering
what all life is for.**

***Mee She'bay'rach* / Prayer for Healing**

*Mee she'bay'rach ah'vo'tay'noo,
m'kore ha'b'ra'chah l'ee'mo'tay'noo,*

מִי שֶׁבֵרַךְ אֲבוֹתֵינוּ, מְקוֹר
הַבְּרָכָה לְאֲמוֹתֵינוּ,

**May the Source of strength
who blessed the ones before us
help us find the courage
to make our lives a blessing,
and let us say: Amen.**

*Mee she'bay'rach ee'mo'tay'noo,
m'kore ha'b'ra'chah la'a'vo'tay'noo,*

מִי שֶׁבֵרַךְ אֲמוֹתֵינוּ, מְקוֹר
הַבְּרָכָה לְאֲבוֹתֵינוּ,

**Bless those in need of healing
with r'fuah sh'leimah,
the renewal of body,
the renewal of spirit,
and let us say: Amen.**

***A'vee'noo Mal'kay'noo* / Our Parent, Our Ruler**

*A'vee'noo Mal'kay'noo, sh'mah
ko'lay'noo.*

אָבִינוּ מֶלְכֵנוּ, שְׁמַע קוֹלֵנוּ.

Our Parent, our Ruler, hear our voice.

*A'vee'noo Mal'kay'noo, cha'tah'noo
l'fa'neh'cha.*

אָבִינוּ מֶלְכֵנוּ, חָטְאנוּ לְפָנֶיךָ.

Our Parent, our Ruler, we have sinned before You.

*A'vee'noo Mal'kay'noo, cha'mole
a'lay'noo v'ahl o'la'lay'noo
v'ta'pay'noo.*

אָבִינוּ מֶלְכֵנוּ, חָמוּל עָלֵינוּ
וְעַל עוֹלָלֵינוּ וְטַפֵּינוּ.

Our Parent, our Ruler, have compassion on us and on our families.

*A'vee'noo Mal'kay'noo, kah'lay
deh'vehr v'che'rehv v'ra'ahv
may'ah'lay'noo.*

אָבִינוּ מֶלְכֵנוּ, כִּלְה דָּבָר וְחָרָב
וְרָעָב מַעֲלֵינוּ.

Our Parent, our Ruler, halt the onslaught of sickness, violence,
and hunger.

*A'vee'noo Mal'kay'noo, ka'lay kole
tzar oo'mas'teen may'a'lay'noo.*

אָבִינוּ מִלְכֵנוּ, כִּלְה כָּל צָר
וּמִשְׁטִין מֵעֲלֵינוּ.

Our Parent, our Ruler, halt the reign of those who cause
pain and terror.

*A'vee'noo Mal'kay'noo, kote'vay'noo
b'say'fehr cha'yeem to'veem.*

אָבִינוּ מִלְכֵנוּ, כְּתִבֵנוּ בְּסֵפֶר
חַיִּים טוֹבִים.

Our Parent, our Ruler, inscribe us in the Book of Lives Well-Lived.

*A'vee'noo Mal'kay'noo, cha'daysh
a'lay'noo sha'nah to'vah.*

אָבִינוּ מִלְכֵנוּ, חֲדָשׁ עָלֵינוּ
שָׁנָה טוֹבָה.

Our Parent, our Ruler, renew us for a year of goodness.

*A'vee'noo Mal'kay'noo, cho'nay'noo
va'a'nay'noo, kee ayn ba'noo
ma'a'seem, a'say ee'mah'noo,
tz'da'kah va'che'sed,
v'ho'shee'ay'noo.*

אָבִינוּ מִלְכֵנוּ, חֲנִנוּ וְעַנְנוּ, כִּי
אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ
צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

Our Parent, our Ruler, answer us with grace, for our deeds are
wanting. Save us through acts of justice and love.

Ka'deesh Ya'tome / Mourner's Kaddish

*Yeet'ga'dal v'yeet'ka'dash sh'may
ra'bah. B'al'ma dee v'ra chee'roo'tay,
v'yahm'leech mal'choo'tay b'cha-
y'yay'chon oov'yo'may'chon oo'v'cha-
y'yay d'chole bayt Yisrael, ba'a'ga'la
oo'veez'man ka'reev, v'eem'roo: Amen.
Y'hay sh'may ra'bah m'vo'rach l'a'lahm
ool'al'may al'may'ya. Yeet'ba'rach
v'yeesh'ta'bach v'yeet'pa'ar
v'yeet'ro'mahm v'yeet'nah'say
v'yeet'ha'dar v'yeet'a'lay v'yeet'ha'lal
sh'may d'kood'sha breech hoo,*

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא.
בְּעֵלְמָא דִּי בְרָא כְרַעוּתָהּ,
וְיִמְלִיךְ מַלְכוּתָהּ בְּחַיִּיכוּן
וּבְיוֹמֵיכוּן וּבְחַיֵּי דְכָל
בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזַמֵּן
קָרִיב, וְאִמְרוּ אָמֵן. יְהֵא שְׁמֵהּ
רַבָּא מְבָרַךְ לְעַלְמֵי וְלְעַלְמֵי
עַלְמַיָּא. יִתְבָּרַךְ וְיִשְׁתַּבַּח
וְיִתְפָּאֵר וְיִתְרוֹמַם וְיִתְנַשֵּׂא
וְיִתְהַדָּר וְיִתְעַלֶּה וְיִתְהַלָּל
שְׁמֵהּ דְקַדְשָׁא בְרִיךְ הוּא,

l'ay'lah meen kole beer'cha'ta
 v'shee'ra'ra toosh'b'cha'ta
 v'ne'che'ma'ta, dah'a'mee'rahn
 b'al'ma, v'eem'roo: Amen.
 Y'hay sh'la'mah ra'bah
 meen sh'ma'yah, v'cha'yeem
 a'lay'noo v'al kole Yees'ra'ayl, v'imru:
 Amen.
 O'say shalom beem'ro'mahv, hoo
 ya'a'say shalom a'lay'noo v'al kole
 Yisrael, v'al kole yosh'vay tay'vel,
 v'eem'roo: Amen.

לְעֵלָא מִן בְּרַכְתָּא וְשִׁירְתָּא
 תְּשַׁבְּחִתָּא וְנִחַמְתָּא, דְּאִמְרוּ
 בְּעֵלְמָא, וְאִמְרוּ אָמֵן.
 יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא,
 וְחַיִּים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל,
 וְאִמְרוּ אָמֵן.
 עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו, הוּא
 יַעֲשֵׂה שְׁלוֹם עָלֵינוּ וְעַל כָּל
 יִשְׂרָאֵל, וְעַל כָּל יוֹשְׁבֵי תֵבֶל,
 וְאִמְרוּ אָמֵן.

Our Parent, our Ruler, answer us with grace, for our deeds are wanting. Save us through acts of justice and love.

Kee'doosh / Sanctification

Ba'rooch a'tah Adonai, eh'lo'hay'noo
 me'lech ha'o'lahm, bo'ray p'ree
 ha'gah'fen. Ba'rooch a'tah Adonai,
 eh'lo'hay'noo me'lech ha'o'lahm,
 a'sheyr ba'char ba'noo mee'kole-
 ahm, v'rome'ma'noo mee'kole
 la'shone, v'kee'd'sha'noo
 b'meetz'vo'tahv. Va'tee'ten la'noo Ad-
 onai eh'lo'hay'noo eht [yome
 ha'Shabbat ha'zeh v'eht] yome
 ha'zee'ka'rone ha'zeh, yome
 [zeech'rone] t'roo'ah [b'a'ha'vah],
 meek'rah ko'desh, zay'cher
 lee'tzee'aht meetz'ra'yeem. Kee
 va'noo va'char'ta, v'o'ta'noo
 kee'dash'ta mee'kole ha'a'meem,
 oo'd'var'cha eh'meht v'ka'yahm
 la'ad. Ba'rooch a'tah Adonai, me-
 h'lech ahl kole ha'a'retz, m'ka'daysh
 [ha'Shabbat v'] yees'ra'ayl v'yome
 ha'zee'ka'rone.

בְּרוּךְ אַתָּה, יְיָ, אֱלֹהֵינוּ מֶלֶךְ
 הָעוֹלָם, בּוֹרֵא פְּרִי הַגֶּפֶן.
 בְּרוּךְ אַתָּה, יְהוָה,
 אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר
 בָּחַר בָּנוּ מִכָּל-עַם, וְרוֹמְמָנוּ
 מִכָּל לְשׁוֹן, וְקִדְּשָׁנוּ בְּמִצּוֹתָיו.
 וַתִּתֵּן לָנוּ, יְהוָה אֱלֹהֵינוּ,
 בְּאַהֲבָה אֶת [יוֹם הַשַּׁבָּת הַזֶּה
 וְאֶת] יוֹם הַזְכָּרוֹן הַזֶּה, יוֹם
 [הַזְכָּרוֹן] תְּרוּעָה [בְּאַהֲבָה],
 מִקְרָא קֹדֶשׁ, זְכוֹר לִיצִיאת
 מִצְרַיִם. כִּי בָנוּ בְּחִרְתָּ, וְאוֹתָנוּ
 קִדְּשַׁתָּ מִכָּל הָעַמִּים, וּדְבַרְךָ
 אֶמֶת וְקַיִם לְעַד. בְּרוּךְ אַתָּה,
 יְיָ, מֶלֶךְ עַל כָּל הָאָרֶץ, מִקְדָּשׁ
 [הַשַּׁבָּת וְ] יִשְׂרָאֵל וַיּוֹם
 הַזְכָּרוֹן.

Blessed are You, Adonai our God, ruler of the universe, creator of the fruit of the vine. Blessed are You, Adonai, ruler of the universe, You chose us to make known Your aspirations among all the many peoples, making our lives holy through You commandments. In Your love, Eternal our God, You have given us [this Shabbat and] this Day of Remembrance : a day for the shofar's joyful sound [remembered and cherished in our hearts]; a day of sacred assembly; a day to be mindful of our people's going-out from Egypt. A unique place among the nation You have chosen for us—and Your word is true; it endures forever. Blessed are You, Adonai, Sovereign over all the earth, who sanctifies [Shabbat,] Israel and the Day of Remembrance.

She'he'che'yah'noo / Thanksgiving

*Ba'rooch a'tah, Adonai eh'lo'hay'noo,
meh'lech ha'o'lahm,
she'he'che'yah'noo v'key'mah'noo
v'hee'gee'ah'noo la'z'man ha'zeh.*

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, שֶׁהַחַיִּינוּ וְקִיָּמָנוּ
וְהַגִּיעָנוּ לַזְּמַן הַזֶּה.

Blessed are You, Adonai, our God, Ruler of the Universe, who gave us life, who sustains us, and has brought us together in this moment.

Bo'ray Mee'nay M'zo'note / For Nourishment

*Ba'rooch a'tah, Adonai eh'lo'hay'noo,
meh'lech ha'o'lahm, bo'ray mee'nay
m'zo'note.*

בָּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, בּוֹרֵא מִיָּנִי מְזֻנוֹת.

Blessed are You, Adonai, our God, Ruler of the Universe, who created varied types of nourishment.

Ha'shee'vay'noo / We Return

*Ha'shee'vay'noo Adonai ay'lay'cha
v'na'shoo'vah, cha'daysh ya'may'noo
k'keh'dehm.*

הַשִּׁיבֵנוּ יְיָ אֱלֹהֵינוּ וְנָשׁוּבָה,
חֲדָשׁ יָמֵינוּ כְּקִדְמָם.

Take us back, Adonai — let us come back to You.
Renew in our time the days of old.