

לְשָׁנָה טוֹבָה תִּכְתְּבוּ וְתִחַתְּמוּ

*L'shanah tovah tikatevu v'techatemu*

May all of us be inscribed and sealed for a good year!

קָחוּ עִמָּכֶם דְּבָרִים וְשׁוּבוּ אֶל־יְהוָה.

*K'chu ima-chem d'varim, v'shuvu el יהוה/Yah.*

(Hoshea 14:3)

Take with you words (of *t'shuvah*) and return, return to the Source of All.

*Shema and Her Blessings: Light, Love, Oneness, Freedom*

The angels praise and proclaim:

קָדוֹשׁ קָדוֹשׁ קָדוֹשׁ

*Kadosh!*

*Kadosh!*

*Kadosh!*

יְהוָה צְבָאוֹת מְלֵא כֹל הָאָרֶץ כְּבוֹדוֹ:

*יהוה Tzevaot! M'loh chol ha-aretz k'vodo.*

בָּרוּךְ יְהוָה מִמְּקוֹמוֹ: *Baruch K'vod יהוה mim'komo.*

Holy! Holy! Holy! Shaper of all the Powers of the Universe.

The Whole Earth Radiates Your Glory.

אֹר חֲדָשׁ עַל צִיּוֹן תֵּאִיר וְנִזְכֶּה כָּלֵנוּ מִהֶרָה לְאוֹרוֹ:

*Or chadash al Tzion ta-eer, v'niz-keh chulanu m'hey-rah l'oro!*

May a new light shine!

בָּרוּךְ אַתָּה יְהוָה יוֹצֵר הַמְּאוֹרוֹת

*Baruch Ata יהוה Yotzer Ha-M'orot*

## We Enter the Love Song

### אַהַבָּה רַבָּה אַהַבְתָּנוּ

*Ahavah Rabbah Ahavtanu*

#### Calling on the Presence of *Ahavah* in Creation

בְּרוּךְ אַתָּה יְהוָה הַמְקַרֵּב אֶת עַמּוֹ יִשְׂרָאֵל בְּאַהֲבָה *Baruch Ata יהוה ha-m'kareyv et amo Yisrael b'Ahavah*

שְׁמַיְךָ יִשְׂרָאֵל יְהוָה אֱלֹהֵינוּ יְהוָה אֶחָד

בְּרוּךְ שֵׁם כְּבוֹד מְלֻכּוּתוֹ לְעוֹלָם וָעֶד

*Shema Yisrael, יהוה Eloheynu יהוה Echad*

*Baruch Shem K'vod Malchuto l'Olam Va-ed*

## We Sing our Redemption Song!

As we stand on the shore of the Sea of Reeds, the waters part before our eyes.  
We join with Miriam and Moshe to sing our song of joy to You!

מִשֵּׁה וּמִרְיָם וּבְנֵי יִשְׂרָאֵל

לְךָ עָנוּ שִׁירָה בְּשִׂמְחָה רַבָּה וְאָמְרוּ כְּלָם:

*l'cha anu shirah b'simcha rabah, v'amru chulam:*

מִי כַמֹּכָה בְּאַלִּים יְהוָה • מִי כַמֹּכָה נְאֻדָּר בְּקֹדֶשׁ • נוֹרָא תְהִלַּת עֲשֵׂה פְלֵא.

*Mi chamocha ba-eylim יהוה • Mi kamocha nedar ba-kodesh. • Nora t'heelot oseh fele.*

Who is like You among the powers! Who is like You, awesome in holiness, author of wonders!

יְהוָה יִמְלֹךְ לְעוֹלָם וָעֶד. *yimloch l'olam va-ed*

“יהוה” will be our Power as long as space and time endure!” (Exodus 15:11,18)

בְּרוּךְ אַתָּה יְהוָה גָּאֹל יִשְׂרָאֵל *Baruch Ata יהוה Ga'al Yisrael*



## The Rosh HaShanah Amidah in Guided Imagery

The *Amidah*, the “Standing Prayer,” is one of the most powerful meditations in Jewish spiritual practice. During these High Holyday services, the *Amidah* is *davvened* (prayed) twice. In this *Machzor* the *Shacharit Amidah* is contemplative and private. The *Musaf Amidah* after the Torah service is communal and is *davvened* and sung aloud.

Enjoy this personal journey through the *Rosh HaShanah Amidah* blessings in guided imagery. Think of each blessing as a beautiful garden. You may visit all the blessings, choose as many as you wish, or linger in one special blessing that attracts you right now. A Hebrew *Amidah* follows for those who wish a traditional text. We each take this journey privately until the melody calls us back.

### 1. *Avot*: We call upon our Ancestors for Support in our Journey

#### The image

Visualize Avraham and Sarah standing before you. They can be seen as two radiant light sources. Extend from them two rays of interwoven light. The light forms a chain that comes down through the generations into you. Receive the light from your feet. Connect it to the ground. Allow the light to grow up around you, following your spine until it comes to rest on the crown of your head. Spiral it down until you are enclosed in this light. The light is your protection.

Enveloped by protecting light, you feel your vitality, your urge to LIVE! Bring to awareness the link between your own urge to live and the great Power that sustains you. That Power is “*Melech*.”

#### The Blessing

זְכֵרְנוּ לְחַיִּים מֶלֶךְ חַפֵּץ בַּחַיִּים  
וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים לְמַעַן אֱלֹהִים חַיִּים. מֶלֶךְ עֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.  
בְּרוּךְ אַתָּה יְהוָה מֶלֶךְ אֲבֹרָהּ וְעֶזְרַת שָׂרָה:

*Zochreynu l'chayim, Melech chafeytz ba-chayim.*

*V'chat-veynu b'sefer ha-chayim, l'maan-cha Elohim Chayim*

*Melech ozeyr u-moshia u-mageyn.*

*Baruch Ata יהוה, mageyn Avraham v'ezrat Sarah.*

Remember us that we may live. *Melech* who delights in life! Inscribe us in the *Sefer Chayim*, The Book of Life, for Your sake, God of Life. Helping, saving, and protecting Power. A Fountain of Blessing are You, Holy One, protector of Avraham, supporter of Sarah.



## 2. *Chesed and Gevurah: We Open to Divine Expansiveness and Power*

### The Image

See yourself in a time of your life in which you felt lost, confused, despairing. See a light come into your heart. Allow it to grow until you shine with your own Source. Imagine yourself lying down at first, and gradually, as the light fills you, you come to standing.

### The Blessing

מִי כְמוֹךָ אֵב הַרְחָמִים זוֹכֵר יְצוּרָיו לְחַיִּים בְּרַחֲמִים.  
וְנֶאֱמַן אַתָּה לְהַחְיֹת מֵתִים. בָּרוּךְ אַתָּה יְהוָה מְחַיֵּה הַמֵּתִים:

*Mi chamocho Av ha-Rachamim, zocher yetzurav l'chayim b'rachamim.*

*V'ne-eman Ata l'ha-chayot meytim. Baruch Ata יהוה, m'chayey ha-meytim.*

Who is like You, incomparable Source-of-Rachamim, Source of womb-nurturing Compassion. With *rachamim* you recall all your creatures towards life. Loyal restorer of life. A Fountain of Blessing are You, Holy One, restorer of life to the deadened.

## 3. *Kedushat Ha-Shem: We Name the Holy*

### The Image

Breathe in and out, seeing the purity of your breath come into your body. Breathe out slowly, allowing all impurities to leave you. Experience the wholeness and completeness of each breath. Feel its circularity, its roundness, its holiness. God's Name is in each breath.

- Allow yourself to sense God's awesome power. Circulate this power through your body as you ask each part of you to become an extension of God's desire.
- Let your awareness shift to others who fill the room with you. Can you feel the others, like yourself, inviting their own selves to also become extensions of God? Feel their and your longing to serve God merge into one combined longing, like a woven wick that supports a great flame.
- Search within you for your old defenses and arrogances. They block your progress. If you can find them, this is a time to diminish their tyranny. Take a good look at where they come from, how they have served you, and also ruled you.



- As you begin to identify and work through each knot of negativity, you will feel yourself becoming lighter and more open. You can feel Godly energy move through you and into the world. This is the spiritual state of becoming a “throne” ~ a seat of the *Shekhinah*, The Divine Presence.
- Breathe deeply, allowing your breath to enter and soften all the sore, cramped muscles of your soul. As your breath fills you, an exaltation enters your being! You truly know your source in the One. Through your loving justice and compassion God’s *Kedushah*, Holiness, enters the world.

### The Blessing

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ וְקְדוּשֵׁים בְּכֹל יוֹם יִהְלְלוּךָ. סְלָה.  
בְּרוּךְ אַתָּה יְהוָה הַמֶּלֶךְ הַקָּדוֹשׁ.

*Ata kadosh, v'shimcha kadosh, u-k'doshim b'chol yom y'hall'lu-cha. Selah.*  
*Baruch Ata יהוה, ha-Melech ha-Kadosh.*

You are holy, Your Name is holy. All holy beings hail You each day.

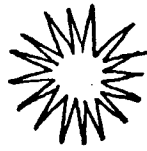
A Fountain of Blessing are You, Holy One, Breath-of-Life, Sacred *Melech* ~ Sourcing Power.

### 4. *Kedushat Ha-Yom*: We Open Ourselves to the Sacred on this Day of Remembrance

(On *Shabbat*, add the *Shabbat*-awareness phrases.)

#### The Image

- Look around the space you are in. We gather not only as individuals, but as a people. We share deep conscious and unconscious memories. Whether Jew by birth or choice, throughout our history our souls were together. Close your eyes and remember. You and we, fleeing *Mitzrayim* / Egypt. You and we at Sinai. You and we hearing Torah spoken as thunder shook the mountain. You and we hearing the *Teruah*, the *Shofar* blast, that split the heavens. Remember.
- We enter with God into a bond of shared memory. Feel all the prayers and hopes of the past flood into you to fortify your own deepest plea. Fill your heart with that plea and send it out.
- Locate in your body any remaining knots of cynicism and despair. Imagine hands massaging those knots. The hands are gentle and loving. Each time they touch you, you feel a warm rush of hope.
- Hope and gratitude blend as you and we allow Godly guidance, Torah and *mitzvot* to fill our lives. Feel the purity of your heart’s desire to serve the one Light.



### The Blessing

וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת.  
 בָּרוּךְ אַתָּה יְהוָה מֶלֶךְ עַל כָּל הָאָרֶץ מְקֹדֶשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל  
 וַיּוֹם הַזִּכְרוֹן.

*V'taher libeynu l'ovdecha beh-emet.*

*Baruch Ata יהוה, m'kadeysh (ha-Shabbat v-) Yisrael v-Yom ha-Zikaron.*

Purify our hearts to do Your work in truth. A Fountain of Blessing are You, Holy One, making sacred (*Shabbat* and) *Yisrael*, and this Day of Remembrance.

### 5. *Avodah*: We Open Ourselves to Sacred Service

#### The Image

See yourself as a flame, offering yourself to God. Feel the flame burning inside you. Feel your longing, your desire to know God, to serve God. Experience the great yearning that rests in that flame.

#### The Blessing

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָךָ לְצִיּוֹן בְּרַחֲמִים  
 בָּרוּךְ אַתָּה יְהוָה הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן.

*V'teche-zenah eyneynu b'shuv-chah l'Tzion b'rachamim.*

*Baruch Ata יהוה, ha-machazir Shekhinahto l'Tzion.*

May our eyes behold Your loving homecoming to Zion.

A Fountain of Blessing are You, Holy One, who brings Your *Shekhinah* home.

[*Shekhinah* is our name for the Divine Feminine, also called the Divine Presence, the aspect of the Creative Power we call God that dwells most closely and most intimately with us, and that most profoundly feels the pain of being exiled by our hardness of heart and alienation.]

### 6. *Modim*: We Open Ourselves to Gratitude

#### The Image

See yourself as being grounded in the earth and touching heaven. Know that you are a vessel for miracles. Contemplate for yourself some simple miracles that occur in your daily life. Find one that has happened to you this very day.



### The Blessing

וְכֹל הַחַיִּים יוֹדוּךָ סֵלָה וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאֵמֶת הָאֵל יְשׁוּעָתָנוּ וְעִזְרָתָנוּ  
סֵלָה. בְּרוּךְ אַתָּה יְהוָה הַטּוֹב שְׁמֶךָ וְלָךְ נִאֶה לְהוֹדוֹת.

*V'chol ha-chayim yoducha, Selah. Viy-hall'lu et Shimcha beh-emet. Ha-El yeshua-teynu v'ezra-teynu. Selah! Baruch Ata יהוה, ha-tov shimcha, u-l'cha na-eh l'hodot.*

Let all life acknowledge You in gratitude! And sing *Hallel/Praise* to Your Name in truth, saving and helping Power. A Fountain of Blessing are You, Holy One, Your Name is Goodness and to thank you is pleasure!

## 7. *Shalom*: We Open to Wholeness, Completeness, Fulfillment and Peace.

### The Image

Visualize yourself bathed in light. The light is a rainbow of contentment, moving from your heart out to the people around you, into the ones you love, out into the community and beyond. See the light bathing the earth in love and peace. See what your world might look like filled with *shalom*: wholeness, completeness, perfection. Picture yourself in a place of true peace. Allow one image to grow colorful, clear and radiant. Rest in that image of yourself in *shalom*.

### The Blessing

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרִנָּסָה טוֹבָה נִזְכָּר וְנִכְתָּב לְפָנֶיךָ  
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל לְחַיִּים טוֹבִים וּלְשָׁלוֹם.  
בְּרוּךְ אַתָּה יְהוָה עוֹשֵׂה הַשָּׁלוֹם.

*B'Sefer Chayim, bracha, v'shalom, u-farnassah tovah, nizacher v'nikatev l'fanecha, anachnu v'chol am'cha Beyt Yisrael, l'chayim tovim, u-l'shalom.*

*Baruch Ata יהוה, oseh ha-shalom.*

In the Book of Life, blessing, *shalom* and prosperity, may we be remembered and written before You, all of us, and all Your people *Beyt Yisrael*, for good lives and *shalom*. A Fountain of Blessing are You, Holy One, You bless us with *shalom*.

(Brachas 1-3 and 5-7 are adapted from "Amidah in Movement" by Talia DeLone in P'nai Or Religious Fellowship Siddur Or Chadash 1989)

In the Book of Life, blessing, *shalom* and prosperity,  
may we be remembered and written before You;  
all of us, and all Your people *Beyt Yisrael*,  
for good lives and *shalom*.

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם וּפְרִיָּסָה טוֹבָה  
נִזְכָּר וְנִכְתָּב לְפָנֶיךָ  
אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל  
לְחַיִּים טוֹבִים וּלְשָׁלוֹם.

*B'Sefer Chayim, bracha, v'shalom, u'farnassah tovah,  
n'zacher v'nikatev l'fanecha!  
Anachnu v'chol am'cha Beyt Yisrael:  
L'chayim tovim, u-l'shalom*



# The 13 Attributes of Mercy

יהוה Adonay Adonay יהוה

**Compassion and Tenderness, Patience, Forbearance,  
Kindness, Awareness.**

**Bearing love from age to age. Lifting guilt and mistakes  
and making us free!**

יהוה	Yah/ Adonay	Yah/ Adonay
יהוה	Yah/ Adonay	Yah/ Adonay
אל	El	God, Nurturing Womb, Compassionate, Patient,
רחום	Rachum	Abounding in Loyal Love,
וחנון	v'Chanun	Assuring Loyal Love for a thousand generations,
אָרְךָ אֲפִים	Erech Apayim	Forgiving bad behavior, intentional and unintentional,
וְרַב חֶסֶד וְאֵמֶת	v'Rav Chesed v'Emet	when we miss the mark,
נִצֵּר חֶסֶד לְאַלְפִים	Notzer Chesed l'Alafim	and Forgiving.
נִשְׂאָ אָוֶן	Nosay Avon	
וּפְשָׁע	va-Fesha	
וְחַטָּאָה	v'Chatah	
וְנִקְיָה	v'Nakeh	



וְטַהֵר לִבֵּנוּ לְעִבְדֶּךָ בְּאֵמֶת.

*V'taher libeynu l'avdecha beh-Emet*

*Purify our hearts that we may do Your work in Truth.*

## *The Great Aleynu*

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית  
שְׁלֹא (שְׁלוֹ\*) עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת וְלֹא (לוֹ\*) שָׁמְנוּ כְּמִשְׁפְּחוֹת הָאָדָמָה.  
שְׁלֹא (שְׁלוֹ\*) שָׂם חֶלְקֵנוּ כִּפְהֵם וְגָרְלָנוּ כְּכֹל הַמּוֹנֵם.

*Aleynu l'shabey-ach la-Adon ha-kol! Latet g'dulah l'Yotzer V'reysheet.*

*Sheh lo asanu k'goy-yey ha aratzot, v'lo samanu k'mish'p'chot ha-adamah. Sheh lo sam chel'keynu ka-hem, v'goraleynu k'chol hamonam.*

וְאֲנַחְנוּ כּוֹרְעִים

*Va-anachnu kor'im*

(we bow down)

וּמִשְׁתַּחֲוִים

*u-mish'tachavim*

(we fall to our knees in humility)

וּמוֹדִים

*u-modim*

(we stretch out in prostration, fully surrendering ego)

לְפָנֵי מֶלֶךְ מַלְכֵי הַמְּלָכִים הַקְּדוֹשׁ בְּרוּךְ הוּא.

*Lifney Melech, Mal'chey ha-M'lachim Ha-Kadosh Baruch Hu.*

Before the Holy One of Blessing, the Ultimate *Melech* - Sourcing Power.

\* note: Without altering the pronunciation, in this version the Hebrew spelling of שְׁלוֹ *sheh-lo* changes the meaning of the traditional text from “שְׁלֹא - who has not” (...made us like other nations) to “שָׁלוֹ - who has made us God's” (implying with the other nations) making the text more universalistic and inclusive. - Reb Zalman

יְהוָה בְּרוּךְ אַתָּה יְהוָה, *Baruch Ata*

מֶלֶךְ עַל כָּל הָאָרֶץ מְקַדֵּשׁ (הַשַּׁבָּת וְ) יִשְׂרָאֵל וְיוֹם הַזִּכְרוֹן.

*Melech al kol ha-aretz, m'kadesh (ha-Shabbat v') Yisrael v'Yom ha-Zikaron.*

A Fountain of Blessings are You, Holy One, Sourcing Power of the world,  
You make holy (*Shabbat* and) *Yisrael*, and this Day of Remembering.

יהוה בָּרוּךְ אַתָּה יהוה *Baruch Ata יהוה*  
מֶלֶךְ עַל כָּל הָאָרֶץ מְקַדֵּשׁ יִשְׂרָאֵל וַיּוֹם הַזִּכְרוֹן.  
*Melech al kol ha-aretz, m'kadesh Yisrael v'Yom ha-Zikaron!*

## *Malchuyot Shofar*

תְּקִיעָה שְׁבָרִים תְּרוּעָה תְּקִיעָה  
תְּקִיעָה שְׁבָרִים תְּקִיעָה  
תְּקִיעָה תְּרוּעָה תְּקִיעָה



הַיּוֹם הַרַת עוֹלָם הַיּוֹם יַעֲמִיד בַּמִּשְׁפָּט כָּל יְצוּרֵי עוֹלָמִים

*Ha-Yom harat olam! Ha-Yom ya'amid ba-mishpat kol y'tzurey olamim.*

This day the Universe is born! This day is pregnant with new possibilities!

אַרְשֶׁת שְׁפָתֵינוּ יַעֲרַב לְפָנֶיךָ אֵל רָם וְנִשָּׂא.  
מִבֵּין וּמֵאֲזִין מִבֵּית וּמִקְשִׁיב לְקוֹל תְּקִיעָתֵנוּ.  
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר מַלְכוּתֵנוּ.

*Areshet s'fateynu yey-rav l'fanecha, El ram v'nisah!*

*Mayvin, u-ma'azin, mabeet u-mak'shiv l'kol t'kiyateynu!*

*U-t'kabeyl b'rachamim, u-v'ratzon seder Malkhuyot-eynu.*

May the offerings of our lips rise up to You! High and exalted One!

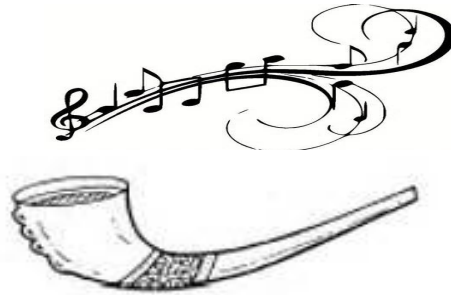
May You truly hear the *Tekiyah* call of our *Shofar*,

for You are the Source of Knowing, Deep Listening, and Understanding.

You are the One who welcomes our awe of You as *Melech*  
with loving, nurturing desire.

## *Zichronot Shofar*

תְּקִיעָה שְׁבָרִים תְּרוּעָה תְּקִיעָה  
תְּקִיעָה שְׁבָרִים תְּקִיעָה  
תְּקִיעָה תְּרוּעָה תְּקִיעָה



הַיּוֹם הֵרַת עוֹלָם הַיּוֹם יַעֲמִיד בַּמִּשְׁפָּט כָּל יְצוּרֵי עוֹלָמִים.

*Ha-Yom harat olam! Ha-Yom ya'amid ba-mishpat kol y'tzurey olamim.*

This day the Universe is born! This day is pregnant with new possibilities!

אֶרֶשֶׁת שְׁפָתֵינוּ יַעֲרֹב לְפָנֶיךָ אֵל רָם וְנִשָּׂא.  
מִבֵּין וּמֵאֲזִין מִבֵּית וּמִקְשִׁיב לְקוֹל תְּקִיעָתֵנוּ.  
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר זְכוֹרוֹתֵינוּ.

*Areshet s'fateynu yey-rav l'fanecha, El ram v'nisah!*

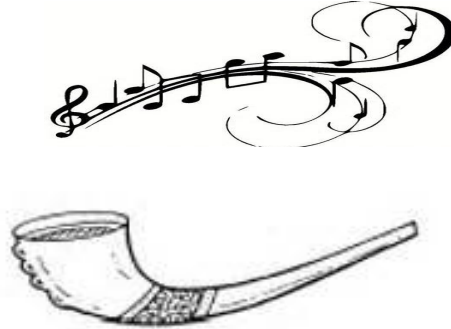
*Mayvin, u-ma'azin, mabeet u-mak'shiv l'kol t'kiyateynu!*

*U-t'kabeyl b'rachamim, u-v'ratzon seder Zich'ronot-eynu.*

May the offerings of our lips rise up to You! High and exalted One!  
May You truly hear the *Tekiyah* call of our *Shofar*,  
for You are the Source of Knowing, Deep Listening, and Understanding.  
You are the One who welcomes our *zichronot*, our remembering,  
with loving, nurturing desire.

## *Shofarot Shofar*

תְּקִיעָה שְׁבָרִים תְּרוּעָה תְּקִיעָה  
תְּקִיעָה שְׁבָרִים תְּקִיעָה  
תְּקִיעָה תְּרוּעָה תְּקִיעָה גְדוּלָה



הַיּוֹם הַרְתָּ עוֹלָם הַיּוֹם יַעֲמִיד בַּמִּשְׁפָּט כָּל יְצוּרֵי עוֹלָמִים

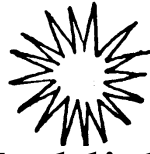
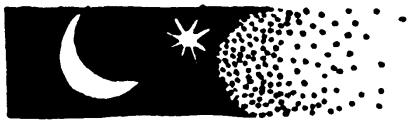
*Ha-Yom harat olam! Ha-Yom ya'amid ba-mishpat kol y'tzurey olamim.*

This day the Universe is born! This day is pregnant with new possibilities!

אַרְשֶׁת שְׁפָתֵינוּ יַעֲרַב לְפָנֶיךָ אֵל רָם וְנִשָּׂא.  
מִבֵּין וּמֵאֲזִין מִבֵּיט וּמִקְשִׁיב לְקוֹל תְּקִיעָתֵנוּ.  
וּתְקַבֵּל בְּרַחֲמִים וּבְרָצוֹן סֵדֶר שׁוֹפְרוֹתֵנוּ.

*Areshet s'fateynu yey-rav l'fanecha, El ram v'nisah!  
Mayvin, u-ma'azin, mabeet u-mak'shiv l'kol t'kiyateynu!  
U-t'kabeyl b'rachamim, u-v'ratzon seder Shofrot-eynu.*

May the offerings of our lips rise up to You! High and exalted One!  
May You truly hear the *Tekiyah* call of our Shofar,  
for You are the Source of Knowing, Deep Listening, and Understanding.  
You are the One who welcomes our *Shofar* blasts  
with loving, nurturing desire.



# Mourner's Kaddish

Euphonic Translation, by Richard Heiberger,  
– matches the assonance and rhythm of the Aramaic.

יִתְגַּדַּל וְיִתְקַדַּשׁ שְׁמֵהּ רַבָּא

*Yit' gadal v'yit' kadash Sh'mey Rabba*

בְּעֻלְמָא דֵּי בְּרָא כְרַעוּתֵיהּ וַיִּמְלִיךְ מַלְכוּתֵיהּ

*b'al'ma dee vra chee-r'ootey v'yam'leech mal'chutey*

בְּחַיֵּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל.

*b'cha-yey-chon u-v'yomey-chon u-v'cha-yey d'chol Beyt Yisrael*

בְּעֻגְלָא וּבְזִמָּן קָרִיב. וְאָמְרוּ אָמֵינּוּ:

*ba-a-ga-la u-vee-zman kareev, v'imru: Ameyn*

יְהֵא שְׁמֵהּ רַבָּא מְבָרַךְ לְעֵלָם וְלְעֵלְמֵי עֵלְמַיָּא:

*Y'hey Sh'mey Rabba m'va-rach l'alam, u-l'al'mey al'maya*

יְתַבְרַךְ וַיִּשְׁתַּבַּח וַיִּתְפָּאֵר וַיִּתְרוֹמֵם וַיִּתְנַשֵּׂא

*Yit'barach v'yish-ta bach v'yit'pa-ar, v'yit'romam, v'yit'nasey*

וַיִּתְהַדָּר וַיִּתְעַלֶּה וַיִּתְהַלָּל שְׁמֵהּ דְקֻדְשָׁא

*v'yit'hadar, v'yit'aleh, v'yit'halal, Sh'mey d'Kud'sha*

בְּרִיךְ הוּא *Brich Hu*

לְעֵלָא וְלְעֵלְמָא מִן כּוֹל בְּרַכְתָּא וְשִׁירְתָּא

*L'eyla u-l'eyla meen kol bir'chata v'shirata*

תְּשַׁבַּחְתָּא וְנַחֲמָתָא דְאַמִּירָן בְּעֻלְמָא

*toosh'b'chata v'nechemata da-amiran b'al'ma*

וְאָמְרוּ אָמֵינּוּ: *v'imru: Ameyn*

יְהֵא שְׁלָמָא רַבָּא מִן שְׁמַיָּא

*Y'hey shlama rabba min sh'maya*

וְחַיִּים עָלֵינוּ וְעַל כּוֹל יִשְׂרָאֵל

*v'chayim aleynu v'al kol Yisrael*

וְאָמְרוּ אָמֵינּוּ: *v'imru: Ameyn*

עֲשֵׂה שְׁלוֹם בְּמִרוֹמָיו הוּא יַעֲשֵׂה שְׁלוֹם

*Oseh Shalom bim'ro-mav, Hu ya'aseh Shalom*

עָלֵינוּ וְעַל כּוֹל יִשְׂרָאֵל וְעַל כּוֹל יוֹשְׁבֵי תֵבֵל

*aleynu, v'al kol Yisrael, v'al kol yosh'vey teyveyl,*

וְאָמְרוּ אָמֵינּוּ: *v'imru: Ameyn*

Magnified and sanctified is the name of *Yah*

in the world by will created.

May *Yah's* governance govern

in your lifetime, and in your days,  
and in the life of the Family Israel,

speedily, and in a time come near.

**And we say: Ameyn.**

**We praise the Name of *Yah*, unceasing,  
Eternally turning to eternity.**

May it be blessed, and it be acclaimed,  
and it be gloried, and it be adorned, and it be

hailed, and it be adored, and it be raised, and  
it be praised – the Name, the Holy Name,

**Blessed Be---**

far, and farther, beyond any blessings and  
hymns,

praises and solace uttered in this world.

**And we say: Ameyn.**

May there be abundant peace from Heaven,

and life upon us and on all Israel.

**And we say: Ameyn.**

May the Maker of *Shalom* above  
continue to make *Shalom*

upon us and on all Israel,  
and on the world wherein we dwell.

**And we say: Ameyn.**