



T'filah תפילה

אֲדוֹנָי, שְׁפֹתַי תִּפְתָּח וּפִי יִגִּיד תְּהִלָּתְךָ.

Adonai s'fatai tiftach u'fee yageed t'heelatecha

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

*Baruch Ata, Adonai, Eloheinu
veilohei avoteinu v'imoteinu:*

*Elohei Avraham, elohei
Yitzchak, veilohei Ya'akov.*

*Elohei Sara, elohei Rivka,
elohei Racheil veilohei Leah.*

*Ha'eil hagadol higibor
v'hanora, Eil elyon gomeil*

*chasadim tovim, v'koneil
hakol, v'zocheir hasdei avot*

*v'imahot, u'meivee g'ula livnei
v'neihem, l'ma'an shemo,*

*b'ahava. Melech ozer
u'moshiya u'magein.*

*Baruch Ata Adonai, magein
Avraham, v'ezrat Sara.*

בְּרוּךְ אַתָּה, יי, אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ:

אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב.

אֱלֹהֵי שָׂרָה, אֱלֹהֵי רִבְקָה, אֱלֹהֵי רָחֵל, וְאֱלֹהֵי לֵאָה.

הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיּוֹן, גּוֹמֵל

חֲסָדִים טוֹבִים וְקוֹנֵה הַכֹּל, וְזוֹכֵר חֲסָדֵי אֲבוֹת

וְאִמָּהוֹת, וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם, לְמַעַן שְׁמוֹ

בְּאַהֲבָה.

מֶלֶךְ עוֹזֵר וּמוֹשִׁיעַ וּמִגֵּן.

בְּרוּךְ אַתָּה, יי, מִגֵּן אַבְרָהָם וְעִזְרַת שָׂרָה.

Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebecca, God of Leah and God of Rachel; great, mighty, and awesome God, God supreme. Ruler of all the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name. You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Protector of Sarah.

Source of all being, we turn to you as did our people in ancient days. They beheld you in the heavens, they felt You in their hearts, they sought You in their lives. Now, their quest is ours. Help us to see the wonder of being. Give us the courage to search for truth. Teach us the path to a better life. So shall we, by our lives and our labors, bring nearer the world we envision, one of justice, freedom and peace.