

1. SHALOM

שלום

2. TALIT

Nafshi ruhi nishmati ut'filati

Spread your wings and protect me

Wrap me in your warmth and your care

Hover over me--

like you would to shield your young

My soul and my body in your care

3. MODEH ANI

מוֹדָה אֲנִי לְפָנֶיךָ, רוּחַ חַי וְקַיָּם

Modeh/Modah ani l'fanekha, ruah hai v'kayam

Thank You Adonai for another day of miracles

4. RABBAH EMUNATEKHA

רַבָּה אֱמוּנָתְךָ

Raba emunatekha

The Divine flow is abundantly present in our lives

5. ELOHAI NESHAMA

אֱלֹהֵי, נְשָׁמָה שָׁנַתָּה בִּי טְהוֹרָה הִיא

Elohai neshamah shenatata bi t'horah he.

My God, the soul you've given me is pure

6. HAREINI M'KABEL

הֲרִינִי מְקַבֵּל/מְקַבֶּלֶת עָלַי מִצְוַת הַבוֹרָא:

וְאֶהְבֶּתָּ לְרַעְדָּה כְּמוֹךָ

Ha rei ni m'ka bel/m'ka be let a lai mitz vat

ha bo rei: v'a hav ta l'rei a kha ka mo kha

Behold, I accept upon myself the mitzvah of the

Creator: Love you neighbor as yourself.

7. HINEI MA TOV

Hinei ma tov u'ma'na'im,

shevet ahim gam yahad

How awesome is it that we have each other?

Friends, to share our lives!

8. SANCTUARY

O Lord prepare me to be a sanctuary

pure and holy, tried and true.

And with thanksgiving, I'll be a living

sanctuary for you.

9. BIRKOT HASHAHAR

See page 39

10. AMEN

אמן

11. KADDISH

See page 224

12. GALEI

גִּלְהַ כְּבוֹד מַלְכוּתְךָ עָלֵינוּ

Galei k'vod malchutkha aleinu

Reveal Your presence to us

13. BAR'HU

Am I awake? Am I prepared?

Are you listening to my prayer?

Can you hear my voice? Can you understand?

Am I awake, am I prepared?

Bar'hu et Adonai ham'vorah

Baruch Adonai ham'vorah l'olam va'ed

14. SHEMA

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

Shema Yisrael Adonai eloheinu, Adonai ehad.

Hear O Israel, the Lord is our God,

the Lord is One.

See page 75 for V'ahavta

15. ADONAI S'FATAI

אֲדַנִּי שִׁפְתַי תִּפְתָּח וּפִי יַגִּיד תְּהִלָּתְךָ:

Adonai s'fatai tiftach ufi yagid t'hilatekha.

Adonai, open my lips so I may speak your praise

For full Amidah, see page 87

16. OSEH SHALOM

Oseh shalom bimromav, hu ya'ase shalom aleinu,

v'alkol Yisrael, v'imru, Amen

May the One who brings harmony on high,

bring harmony to us and to all Israel.

And let us say, Amen.

17. HASHIVEINU (Shefa Gold)

הַשִּׁיבֵנוּ אֵלֶיךָ וְנִשְׁוֹבָה

Ha'shivenu eleikha v'nashuvah

Turn us to You, Adonai, and we shall return

18. HASHIVEINU (Carlebach)

Hashiveinu Adonai elekha v'nashuva

Hadesh, hadesh yameinu, hadesh yameinu k'kedem

Turn us to You, Adonai, and we shall return; return

us as in days of old