

Avinu Malkeinu - Praying for Help

Online Together Series

אָבִינוּ מַלְכֵנוּ חַנּוּן וְעֵנּוּן, כִּי אֵין בָּנוּ מַעֲשִׂים, עֲשֵׂה עִמָּנוּ צְדָקָה וְחֶסֶד וְהוֹשִׁיעֵנוּ.

A-vi-nu mal-kay-nu, cha-nay-nu va-a-nay-nu,

a-vi-nu mahl-kay-nu, cha-nay-nu va-a-nay-nu, ki ein ba-nu ma-a-sim.

A-say i-ma-nu tze-da-ka va-che-sed, a-say i-ma-nu tze-da-ka va-che-sed, ve-ho-shi-ei-nu.

Our Father, Our Sovereign! Have mercy on us and answer us for we do not have the deeds. Deal with us charitably and kindly and help us.

Healing Misheberach

Mi shebeirach avoteinu, Mekor ha-bracha le-imoteinu,

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.

Mi shebeirach imoteinu, Mekor ha-brachah le-avoteinu,

Bless those in need of healing with *refuah shleimah*,

The renewal of body, the renewal of spirit, and let us say, Amen

23rd Psalm for those who have passed away

A song of David. The L-rd is my shepherd; I shall not want.

G-d causes me to lie down in green pastures; G-d leads me beside still waters.

G-d restores my soul; G-d leads me in paths of righteousness for G-d's name's sake.

Even as I walk in the valley of the shadow of death, I will fear no evil

for You are with me;

Your rod and Your staff, they comfort me.

You set a table before me in the presence of my adversaries;

You anointed my head with oil; my cup overflows.

May only goodness and kindness pursue me all the days of my life,

and I will dwell in the house of the L-rd for length of days.

Four Worlds Kabbalistic Chant

It is perfect; You are loved; All is clear and I am Holy

It is perfect	<i>Asiyah</i>	Physical	I am because I do
You are loved	<i>Briyah</i>	Emotional	I am because I feel
All is clear	<i>Yetzirah</i>	Mind	I am because I think
I am Holy	<i>Atzilut</i>	Spiritual	I am because I am

Davening in the Four Worlds, by Rabbi Zalman Schachter-Shalomi, pp. 80-81

Shabbat Blessings in Our Home

Online Together Series

Blessing over Shabbat Candles (Friday evening)

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ לְהַדְלִיק נֵר שַׁבָּת.

Baruch atah Adonai Eloheinu melech ha-olam, asher kideshanu bemitz'votav vetzivanu lehadlik ner shel Shabbat.

Blessed are You, Lord our God, spirit of the universe, who makes us holy with Your mitzvot, and gives us the mitzvah of lighting the light of Shabbat

Blessing over Wine or Juice (Fri. dinner & Sat. lunch)

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, בּוֹרֵא פְּרֵי הַגֶּפֶן.

Baruch atah Adonai Eloheinu melech ha-olam, borey pri hagafen.

Blessed are You, Lord our god, spirit of the universe, creator of the fruit of the vine.

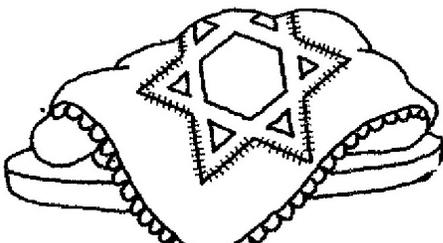


Blessing over hand washing

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
עַל נְטִילַת יָדַיִם.

Baruch atah Adonai Eloheinu melech ha-olam, asher kideshanu bemitz'votav vetzivanu al netilat yadayim.

Blessed are You, Lord our God, spirit of the universe, who makes us holy with Your mitzvot and gives us the mitzvah of rinsing our hands.



Blessing over bread

בְּרוּךְ אַתָּה אֲדֹנָי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
הַמוֹצִיא לֶחֶם מִן הָאָרֶץ.

Baruch atah Adonai Eloheinu melech ha-olam, hamotzi lechem min ha-aretz.

Blessed are You, Lord our God, spirit of the universe, who brings forth bread from the earth.

