

Kol Nidre

Opening Meditation by Tehilla Lichtenstein

God is overflowing with forgiveness, God is desirous of forgiving, he cannot but express himself in forgiveness, and over and over again, constantly, we are the recipients of his never-ending mercies in our behalf. God forgives and asks only that we be truly penitent, and that we truly set about to stop sinning. You can always open your heart to him, confess your sin, declare earnestly the new life that you will make for yourself, and set about to repair the injury that you have done.

Candles

Baruch atah Adonai, Eloheinu Melech ha'olam asher kid'shanu b'mitsvotav v'tsivanu l'hadlik ner shel Yom HaKippurim.

Blessed are you, Adonai our God, Life of the universe, who has sanctified us with mitzvot and given us the mitzvah or kindling the lights of Yom Kippur.

Baruch atah Adonai, Eloheinu Melech ha'olam shehechyanu, v'kiy'manu, v'higianu laz'man hazeh.

Blessed are you, Adonai our God, Life of the universe, who has given us life, sustained us, and brought us to this season.

Meditation by Rabbi Morris Lichtenstein

To repent of a wrong act is an act of [courage], but to brood over it is cowardice. Only those who have no faith in God's goodness and in their own power to lift their souls from wretchedness, continue in their despondency over their wrong-doings. God has endowed us with powers that make for perfection, our task is to realize this truth and give full expression to these powers that make for perfection; no wrong thought, no culpable feeling will then venture to invade our inner domain.

Kol Nidre

Kol Nidre is the prayer of people not free to make their own decisions, people forced to say what they do not mean. In repeating this prayer, we identify with the agony of our forebears who had to say ‘yes’ when they meant ‘no.’ Kol Nidre is also a confession: we are all transgressors, all exiled from the Highest we know, all in need of the healing of forgiveness and reconciliation. For what we have done, for what we may yet do, we ask pardon; for rash words, broken pledges, insincere assurances, and foolish promises, may we find forgiveness.

In the sight of God and of the congregation, no matter how far some of us may have transgressed by departing from our people and our heritage, we pray as one on this night of repentance.

Heart of all life, from this Day of Atonement to the next—may we reach it in peace—all Israel makes these vows: to turn from sin and wrongdoing, and to walk in the way of your Law, the path of justice and right. Yet we know our weakness—how prone we are to fail: help us to keep these vows made with contrite hearts. We have come to seek pardon and forgiveness.

Kol nidre ve'esarey vachamey v'konamey v'kinuyey v'kinusey ush'vu'ot, din'darna ud'isht'bana ud'acharim'na v'da'asarna al naf'shatana, miyom kipurim zeh ad yom kipurim haba aleinu l'tovah. Kul'hon icharat'na v'hon, kul'hon y'hon sh'ran, sh'vikin sh'viti, b'telin um'vutalin, lo sh'ririn v'lo kayamin. Nid'rana lo nidre ve'esarana lo esarey ush'vuatana lo sh'vuot.

Let all our vows and oaths, all the promises we make and the obligations we incur to you, God, between this Yom Kippur and the next, be null and void should we, after honest effort, find ourselves unable to fulfill them. Then may we be absolved of them.

Knowingly or not, the whole community of Israel and all who live among them have sinned; let them be forgiven. As in your love, you have been patient with this people from the time you led us out of Egypt to the present day, so, in your great love, may you forgive your people now.

And God said: I have pardoned in response to your plea.

Bar'chu

Bar'chu et Adonai ham'vorach.

Bless Adonai, the Source of all blessings.

Baruch Adonai ham'vorach l'olam va'ed.

Blessed is Adonai, the Source of all blessings forever and ever.

Ma'ariv Aravim

Praised are you, Eternal One our God, ruler of the world, by whose law the shadows of evening fall and the gates of dawn are opened. Your wisdom established the changes of times and seasons and ordered the ways of the stars in their heavenly courses. The heavens shall vanish like smoke, and the earth shall wax old like a garment; thus too, they that dwell therein shall die, but your salvation shall be forever, and your favor shall not fail.

Baruch atah Adonai, hama'ariv aravim.

Blessed are you, Adonai, who brings on the evening.

Ahavat Olam

You love your people Israel with an infinite love. You manifest it through Israel, your servant. By laws and commandments, by statutes and ordinances you have led us in the way of righteousness and brought us to the light of truth. Happy are they who are upright in the way, who walk in the law of Adonai. Happy are they who keep your commandments and seek you with a whole heart. Therefore, at our lying down and rising up, let us meditate on your Torah and find in your laws true life and length of days. Never let your love depart from our hearts.

Baruch atah Adonai, ohev amo Yisrael.

Blessed are you, Adonai, loving Israel, your people.

What Does God Say to Humanity? by Tehilla Lichtenstein

Those who have heard the voice of God, those who have listened for it and therefore have heard it, know that there are two things which God says to humanity. First, God says, *I am*. And then God says, *I am in you*. The voice of God the Creator, God who dwells about us; this is the voice that says *I am*. But God, the same God who dwells *within* us, is the voice of love, the voice of goodness, the voice of forgiveness, of pity, of charity, of amity, of brotherliness, of harmony, of humaneness, and it is that voice that speaks most urgently to us, that says: the rule of God, the rule of *good*, is in humanity's hands. Humanity must bring about the victory of good, the kingdom of God on earth, through obedience to the inner promptings of the soul.

Shema

Shema Yisrael, Adonai Eloheinu, Adonai echad!

Baruch shem k'vod malchuto l'olam va'ed.

Listen Israel, the Eternal One is our God, the Eternal God is One!

Blessed is the name of God's glorious kingdom forever and ever.

V'ahavta et Adonai Elohecha, b'kol l'vav'cha, uv'kol nafsh'cha, uv'kol m'odecha. V'hayu had'varim ha'eileh, asher anochi m'tzav'cha hayom al l'vavecha. V'shinantam l'vanecha. V'dibarta bam, b'shivt'cha b'veitecha, uv'lecht'cha vaderech, uv'shochb'cha uv'kumecha. Uk'shartam l'ot al yadecha, v'hayu l'totafot bein einecha. Uch'tavtam al mezuzot beitecha uvisharecha.

L'maan tizk'ru va'asitem et kol mitzvotai, vihyitem k'doshim leiloheichem. Ani Adonai Eloheichem asher hotzeiti etchem mei'erezt Mitzrayim, lihyot lachem leilohim. Ani Adonai Eloheichem.

Adonai Eloheichem Emet!

You shall love Adonai your God with all your heart, with all your soul, and with all your strength. And these words which I command you today will be upon your heart. Teach them to your children. Speak of them when you are at home and when you go on your way, when you lie down, and when you rise up. Bind them upon your hand and between your eyes as a sign. Write them upon the doorposts of your house and on your gates.

Remember and do all my mitzvot, and you will be holy to your God. I am Adonai your God, who took you from the land of Egypt to be your God. I am Adonai your God.

Adonai your God is Truth!

The Ten Commandments

For private contemplation

I am Adonai your God, who brought you out of the land of Egypt, out of the house of bondage.

You shall have no other gods before me. You shall not make any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them, nor serve them: for I, Adonai, your God am an impassioned God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; and showing mercy to thousands [of generations] of them that love me, and keep my commandments.

You shall not bear the name of Adonai your God in vain; for Adonai will not hold him guiltless that bears his name in vain.

Remember the sabbath day, to keep it holy. Six days shall you labour, and do all your work: But the seventh day is the sabbath of Adonai your God: in it you shall not do any work, you, nor your son, nor your daughter, nor your manservant, nor your maidservant, nor your cattle, nor your stranger that is within your gates: For in six days Adonai made heaven and earth, the sea, and all that is in them, and rested the seventh day: wherefore Adonai blessed the sabbath day, and hallowed it.

Honour your father and your mother: that your days may be long upon the land which Adonai your God gives you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house, you shall not covet your neighbour's spouse, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor any thing that is your neighbour's.

Blessing for Redemption (Psalm 114)

True and enduring are the words spoken by our prophets. You are the living God; your word brings life and light to the soul. You are the first and the last: besides you there is no redeemer or savior. You are the strength of our lives, the Power that saves us. Your majesty and your truth abide forever. You have been the help of our people in time of trouble; you are our refuge in all generations. Your power was manifest when we went free out of Egypt; in every liberation from bondage we see it. May your law of freedom rule the hearts of all your children, and the law of justice unite them in friendship. May the righteous of all nations rejoice in your love and triumph by your power.

God, our refuge and our hope, we glorify your name now as did our people in ancient days:

Mi chamocha ba'eilim, Adonai? Mi kamocha nedar bakodesh? Nora tehillot, oseh fele.

Malchut'cha ra'u vanecha, bokei'a yam lifnei Moshe, "Zeh Eli" anu, v'amru: "Adonai yimloch l'olam va'ed."

V'ne'emar: "Ki fadah Adonai et Yaakov, ug'alo miyad chazak mimenu."

Who is like you among the so-called gods? Who is like you, majestic in holiness? You are awesome, doing amazing deeds. Your children saw your kingship when you split the sea before Moses. "This is my God!" they responded. And they said, "Adonai will rule forever and ever." As it is said, "For Adonai redeemed Jacob and saved him from those who were stronger."

Baruch atah Adonai, ga'al Yisrael.

Blessed are you, Adonai, Redeemer of Israel.

Hashkivenu

Thus, continue to be with us, God. Let our lying down and our rising up be in peace; let us always dwell in the shadow of your tent. Protect us from grief and need, from hostile attempts and destructive diseases; for to you our eye is turned, merciful Sovereign.

Baruch atah Adonai, haporeis sukat shalom aleinu, v'al kol amo Yisrael, v'al Yerushalayim.

Blessed are you Adonai, Guardian of your people Israel forever.

Chatzi Kaddish

*Yitgadal v'yitkadash sh'mei raba. B'alma di
v'ra chirutei, v'yamlich malchutei,
b'chayeichon uv'yomeichon uv'chaye
d'chol beit Yisrael, baagala uviz'man kariv.
V'im'ru: Amen.*

*Y'hei sh'mei raba m'varach l'alam ul'almei
almaya.*

*Yitbarach v'yishtabach v'yitpaar
v'yitromam v'yitnasei, v'yit'hadar v'yitaleh
v'yit'halal sh'mei d'Kud'sha B'rich Hu, l'eila
min kol birchata v'shirata, tushb'chata
v'nechemata, da'amiran b'alma. V'imru:
Amen.*

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel—speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity. Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

Reflection on Prayer by Rabbi Morris Lichtenstein

One must never become oblivious of the truth that love is the attribute of the Creator. God's relation to humanity is therefore, in human terms, that of the parent to the child. The parent loves the child and desires its good and its happiness. The appeal of a child to his parent is simple and direct, and the child strikes a sympathetic chord, no matter what he may express. For his appeal is to one who loves him and desires his well-being.

Amidah

Blessing God for Love and Faithfulness

Baruch atah Adonai, Eloheinu v'elohei avoteinu Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivka, Elohei Rachel, v'Elohei Leah. Ha'El ha'gadol ha'gibor v'ha'nora El Elyon, gomel chasadim tovim v'koneh ha'kol, V'zocher chasdei avot v'imahot Umevi go'el livnei v'neiheim l'ma'an sh'mo b'ahavah. Zachrenu l'chaim Melech chafetz bachaim, v'kat'venu b'sefer hachaim, l'maancha Elohim chaim. Melech ozer umoshiya umagen.

Baruch atah Adonai, magen Avraham v'ezrat Sarah.

Blessed are you, Adonai, our God and God of our ancestors, God of Abraham, Isaac, and Jacob; God of Sarah, Rebecca, Rachel, and Leah. The great, mighty, and awesome God, God Most High, doing good and loving acts for all. You remember the love of our ancestors and will bring a redeemer to their children's children for the sake of your name in love. Remember us unto life, our Sovereign, and inscribe us in the Book of Life, for your sake, God of life. You are a sovereign who helps, saves, and protects.

Blessed are you, Adonai, Shield of Abraham and Help of Sarah.

Blessing God's Might and Mercy

Atah gibor l'olam Adonai, m'chayei metim atah rav l'hoshia. M'chalkel chayim b'chesed, m'chayei metim b'rachamim rabim. Somech nof'lim, v'rofei cholim, umatir asurim. Um'kayem emunato lisheinei afar. Mi chamocha ba'al g'vurot umi domeh lach? Melech memit um'chayeh umatzmiach yeshuah? Mi chamocha av harachamim, zocher y'tzurav l'chaim b'rachamim? V'ne'eman atah l'hachayot metim.

Baruch atah Adonai, m'chayei hametim.

You are eternally mighty, Adonai, you give life to the dead. Your deliverance is great. You nourish the living with loving kindness, you give life to the dead in abundant mercy. You support the falling, heal the sick, and release the bound. You fulfill your promises to those who are gone. Who is like you, Master of might, and who can compare to you? You are Sovereign of death and life, bringer of salvation. Whose mercy can compare with yours, merciful Father? In mercy you remember your creatures for life. You faithfully give life to the dead.

Blessed are you, Adonai, who gives life to the dead.

Blessing God's Holiness

Atah Kadosh v'shimcha Kadosh uk'doshim b'kol yom y'hal'lucha, selah.

You are holy, and your name is holy, and holy ones praise you every day.

Eternal God, let your presence be manifest to us in all your works, that reverence may fill the hearts of all your creatures. Make all your children mindful of your glory, that we may unite to do your will with perfect heart. For yours are dominion and power, and the impress of your hand is upon all that you have made.

Grant honor to those who revere you, inspire with courage those who wait for you, and fulfill the hope of all who trust in your name. Hasten the day that will bring gladness to all who dwell on earth and victory of the spirit to those who bear witness to your truth.

You alone shall reign over all your works, as it is written: the Eternal One shall reign forever, your God, Zion, from generation to generation. Halleluyah! The God of all being is exalted by justice; the holy God is sanctified by righteousness.

Baruch atah, Adonai, ha-El hakadosh.

Blessed are you, Adonai, the holy God.

Blessing for Yom Kippur

We give thanks to you that you have called us to your service and entrusted us with your commandments. In love you have given us this Day of Atonement, that we may obtain forgiveness for our sins and become reconciled to you and our neighbors.

May this day lead us to search the hidden recesses of our hearts. May it arouse us to examine all our thoughts and deeds in the light of your truth, that we may know wherein we have strayed from your way. And when we have learned our shortcomings and the burden of our sins weighs us down, grant us the strength and courage to turn from the evil of our ways and to seek the shelter of your parental love.

Adonai, enter not into judgment with us. Show us your mercy; grant us your favor. Aid us as we seek to purify our spirits; in your lovingkindness protect us for we put our trust in you.

Our God and God of our ancestors, pardon our transgressions on this Day of Atonement; remove our guilt and blot out our iniquities. May we, sanctified through your commandments, become sharers in the blessings of your word. Teach us to be satisfied with the gifts of your goodness and gratefully to rejoice in all your mercies. Purify our hearts that we may serve you in truth. In all ages, your people Israel turned to you for forgiveness

and received assurance of your pardon. We, too, seek forgiveness for our sins by turning to you.

Blessed are you, Adonai, who forgives transgressions; Ruler of the world, who sanctifies Israel and the Day of Atonement.

Blessing for Worship

Your desire is for your people Israel and their prayers. You receive our worship in this holy sanctuary, and the prayers of your children are accepted in love.

Blessed are you, Adonai, who will restore your Presence to Zion.

Gratitude

We give thanks to you, Adonai, our God and God of our ancestors. You are the Rock of our lives and shield of our salvation from generation to generation. We thank you and sing your praises for our lives in your hands and our souls in your keeping. We are grateful for your miracles that are with us every day and for your wonders at all times, evening, morning, and afternoon. You are Goodness and Compassion for your mercy and kindness never ends. For all these, we will bless and exalt your name, our Sovereign, forever and ever. Inscribe all of us in your Book of Life.

Blessed are you, Merciful One, to whom all praise is due.

Blessing for Peace

Grant abundant peace to Israel, your people, forever. For you are the Eternal Sovereign, Master of all peace. It is good in your eyes to bless your people Israel, and all who dwell on earth, at all times and moments with your peace. May we be remembered and recorded in the Book of life, blessing, sustenance, and peace.

Blessed are you, Adonai, who blesses your people Israel with peace.

Meditations

What is genuine repentance? When an opportunity for transgression occurs and we resist it, not out of fear or weakness, but because we have repented (*Gates of Repentance*).

We do not need to rebuke our past, nor punish ourselves for it, we have only to transcend it, to live a better life in the present and aspire to an even better one in the future. (Rabbi Lichtenstein)

Vidui

Our God, God of our mothers and fathers, grant that our prayers may reach you. Do not be deaf to our pleas, for we are not so arrogant and stiff-necked as to say before you, our God and God of all ages, we are perfect and have not sinned; rather do we confess: we have gone astray, we have sinned, we have transgressed.

Ashamnu, bagadnu, gazalnu, dibarnu dofi, he'evinu, v'hirshanu, zadnu, chamasnu, tafalnu sheker. Yaatz'nu ra, kizavnu, latznu, maradnu, niatznu. Sararnu, avinu, pashanu, tzararnu, kishinu oref. Rashanu, shichatnu, tiavnu, ta'inu, ti'tanu.

We abuse, we betray, we are cruel. We destroy, we embitter, we falsify. We gossip, we hate, we insult. We jeer, we kill, we lie. We mock, we neglect, we oppress. We pervert, we quarrel, we rebel. We steal, we transgress, we are unkind. We are violent, we are wicked, we are xenophobic. We yield to evil, we are zealots for bad causes.

We have turned aside from your commandments and from your precepts, and it has not availed us; you are just, whatever befalls us; you call us to righteousness, but we bring evil upon ourselves.

What can we say before you? What shall we plead before you? Are not all things known to you, both the mysteries of eternity and the dark secrets of all that live? You search the inmost chamber of the heart, and probe the deep recesses of the soul. Nothing is concealed from your sight.

Now may it be your will, God of all generations, to forgive all our sins, to pardon all our wrongdoings, and to blot out all our transgressions.

Al Chet

The sin we have committed against you under duress or by choice,

The sin we have committed against you consciously or unconsciously,

And the sin we have committed against you openly or secretly.

The sin we have committed against you in our thoughts,

The sin we have committed against you with our words,

And the sin we have committed against you by the abuse of power.

For all these, God of mercy, forgive us, pardon us, grant us atonement.

V'al kulam eloah slichot, s'lach lanu, m'chal lanu, kaper lanu.

The sin we have committed against you by hardening our hearts,

The sin we have committed against you by profaning your name,

And the sin we have committed against you by disrespect for parents and teachers.

The sin we have committed against you by speaking slander,

The sin we have committed against you by dishonesty in our work,

And the sin we have committed against you by hurting others in any way.

For all these, God of mercy, forgive us, pardon us, grant us atonement.

V'al kulam eloah slichot, s'lach lanu, m'chal lanu, kaper lanu.

Psalm 51

For the Leader. A Psalm of David; when Nathan the prophet came unto him, after he had gone in to Bath-sheba.

Be gracious unto me, O God, according to Your mercy; According to the multitude of Your compassions blot out my transgressions.

Wash me thoroughly from my iniquity, And cleanse me from my sin.

For I know my transgressions; And my sin is ever before me.

Against You, You only, have I sinned, And done that which is evil in Your sight;

That You may be justified when You speak, And be in the right when You judge.

Behold, I was brought forth in iniquity, And in sin did my mother conceive me.

Behold, You desire truth in the inward parts; Make me, therefore, to know wisdom in my inmost heart.

Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow.

Make me to hear joy and gladness; That the bones which You had crushed may rejoice.

Hide Your face from my sins, And blot out all my iniquities.

Create in me a clean heart, O God; And renew a steadfast spirit within me.

Cast me not away from Your presence; And take not Your holy spirit from me.

Restore unto me the joy of Your salvation; And let a willing spirit uphold me.

Then will I teach transgressors Your ways; And sinners shall return unto You.

Deliver me from bloodguilt, God of my salvation; So shall my tongue sing aloud of Your righteousness.

Lord, open my lips; And my mouth shall declare Your praise.

For You delight not in sacrifice, else would I give it; You have no pleasure in burnt-offering.

The sacrifices of God are a broken spirit; A broken and a contrite heart, God, You will not despise.

Do good in Your favor unto Zion; Build the walls of Jerusalem.

Then will You delight in the sacrifices of righteousness, in burnt-offering and whole offering; Then will they offer bullocks upon Your altar.

Avinu Malkeinu

Avinu Malkeinu, hear our prayer. Sh'chinah M'kor Chayeinu, let the gates of heaven be open to our plea. Avinu Malkeinu, let this be an hour of compassion and favor.

Sh'chinah M'kor Chayeinu, give strength to your people Israel. Avinu Malkeinu, remember those slain for their love of your name. Sh'chinah M'kor Chayeinu, remember those who went through fire and water for your sake.

Avinu Malkeinu, be mindful of us, and help us. Sh'chinah M'kor Chayeinu, inscribe us in the book of forgiveness. Avinu Malkeinu, inscribe us for blessing in the book of life. Sh'chinah M'kor Chayeinu, inscribe us in the book of deliverance and redemption.

Avinu Malkeinu, be gracious and answer us, for we have little merit. Treat us generously and with kindness, and be our help.

Avinu Malkeinu, choneinu va'anenu ki ein banu maasim, aseh imanu tz'dakah vachessed v'hoshienu.

D'var Torah

Jewish Science Affirmations (lightly adapted)

I am calm and cheerful. I hate no one; I envy no one. There is no worry or fear in me. I trust in God all the time.

The God-consciousness in me expresses itself in health, in calmness, in peace, in power, in happiness, and in love.

Aleinu

Aleinu leshabeyach la'Adon hakol. Lateit g'dulah l'yotzer b'reshit, shelo asanu k'goyei ha'artzot, v'lo samanu k'mishpachot ha'adamah. Shelo sam chelcheinu kahem, v'goraleinu k'chol hamonam.

Va'anachnu korim, umishtachavim umodim, lifnei Melech, Malchei ham'lachim haKadosh Baruch hu.

It is our duty to praise the Life of the Universe, to glorify the Source of All, who has revealed to us the pure light of Wisdom. We bow before the Awesome One, the Most-Holy who has created heaven and earth. The Eternal alone is our God, none besides.

Thus speaks our holy tradition: Recognize it, and ponder it in your heart, that the Eternal is God in heaven above as on earth below, and none besides. Therefore, God, we hope to behold the glorification of your majesty, such as will cause unbelief to vanish from the earth, your cosmic order to become manifest as your reign, all children of the earth to invoke your name, and all the wicked to turn back to you.

May all that dwell on this globe recognize and perceive that before you alone every knee must bend, to you alone every tongue must do homage. Before you, Righteous One, our God, all people will prostrate and honor your holy name; they will acknowledge your power, and you will be their all-loving Ruler forever; for yours is the kingdom, through all eternity. God will be Sovereign forever. God will be Ruler over all the earth. The day will come when God alone will be recognized, and his name alone.

Our Connection to God by Rabbi Lichtenstein

Human beings are but a spark of the Divine Mind expressed in flesh and blood. The real essence of a person, their soul, is Divine in its very nature. A person's life, their soul, is a ray of the Divine Light. The ray of Light which is in humanity can never be extinguished; this essence can never die, for its fountain is eternal. Human beings are immortal because the Source of their being, of which they are an integral part, is immortal.

This week, we honor the memories of..... May their memories be a blessing.

Mourners' Kaddish

Yitgadal v'yitkadash sh'mei raba. B'alma di v'ra chirutei, v'yamlich malchutei, b'chayeichon uv'yomeichon uv'chayei d'chol beit Yisrael, baagala uviz'man kariv. V'im'ru: **Amen**.

Y'hei sh'mei raba m'varach l'alam ul'almei almaya.

Yitbarach v'yishtabach v'yitpaar v'yitromam v'yitnasei, v'yit'hadar v'yitaleh v'yit'halal sh'mei d'Kud'sha **B'rich Hu**, l'eila min kol birchata v'shirata, tushb'chata v'nechemata, da'amiran b'alma. V'imru: **Amen**.

Y'hei sh'lama raba min sh'maya, v'chayim aleinu v'al kol Yisrael. V'imru: **Amen**.

Oseh shalom bimromav, Hu ya'aseh shalom aleinu, v'al kol Yisrael. V'imru: **Amen**

Exalted and hallowed be God's great name in the world which God created, according to plan. May God's majesty be revealed in the days of our lifetime and the life of all Israel—speedily, imminently. To which we say: Amen.

Blessed be God's great name to all eternity.

Blessed, praised, honored, exalted, extolled, glorified, adored, and lauded be the name of the Holy Blessed One, beyond all earthly words and songs of blessing, praise, and comfort. To which we say: Amen.

May there be abundant peace from heaven, and life, for us and all Israel. To which we say: Amen.

May the One who creates harmony on high, bring peace to us and to all Israel. To which we say: Amen.

Final Blessing

Y'varech'cha Adonai v'yishm'recha. (*Ken y'hi ratzon.*)

Ya'er Adonai panav eilecha vichuneka. (*Ken y'hi ratzon.*)

Yisa Adonai panav eilecha v'yaseim l'cha shalom. (*Ken y'hi ratzon.*)

Adonai will bless and protect you.

Adonai's face will shine on you with compassion.

Adonai will lift his face to you and grant you peace.

The Ten Fundamentals of Jewish Science

For private contemplation

1. The Jewish Faith is the only faith we acknowledge. *Jewish Science is the application of the Jewish Faith to the practice of life.*
2. We believe wholeheartedly in the efficacy of prayer. We believe that no prayer, when properly offered, goes unanswered.
3. We shall endeavor every day of our lives to keep serene; to check all tendencies to violence and anger; to keep calm even in the face of unpleasant and discouraging circumstances.
4. We shall strive to be cheerful every day of our lives. The Talmud says that the Divine Presence departs from one who is in gloom. It is God's design that man should find joy and cheer in his existence on earth.
5. We shall seek to cultivate an attitude of love and goodwill towards everyone. We shall make no room in our heart for hatred and bitterness. The world was created on a plan of divine love, and to admit thoughts of hatred or malice is to violate the plan of God.
6. We shall cultivate a disposition of contentment, envying no one, and praising God for the good he has already bestowed on us. Contentment is the greatest friend of happiness; envy its greatest enemy.
7. We shall make conscious effort to banish worry and fear from our lives. We regard these two as the greatest enemies of mankind and give them no place in our consciousness.
8. We shall trust in God's goodness in every circumstance of our life.
9. We believe that death is an elevation to eternal life, and not a cessation of existence.
10. We believe that God is the Source of health and the Restorer of health.