

מודה אני

Modeh Ani Lfanecha melech chai vkayam,
shechechazarta bi nishmati b'chemlah rabah
emunatecha

מודה אני לפניך, מִלְּךָ חַי וְקַיִם, שֶׁהָחַזְרָתָה לִּי בְּיָמֵי
נִשְׁמָתִי בְּחַמְלָה רַבָּה אֲמוּנָתְךָ.

I give thanks to you, O everlasting ruler, for You have returned my soul to me in mercy. Great is your faithfulness.

מה טובו

Mah Tovu Ohalecha Yaakov, mishkenotecha,
yisrael, V'ani brov chasdecha avo veitecha,
eshtachaveh el heichal kodshecha b'yiratecha,
Adonai, ahavti meon beitecha umkom mishkan
kvodecha, V'ani eshtachaveh, v'echra'ah,
evrechah lifnei Adonai osi, V'ani tfilati l'cha
Adonai et ratzon, Elohim brov chasdecha, aneni
b'emet yishecha

מה טובו אהלך, יְיָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.
וְאֲנִי בְּרַב חֶסֶדְךָ אָבוֹא בֵּיתְךָ, אֲשַׁתְּחֶנּוּהָ אֵל
הַיְכָל קֹדֶשְׁךָ בְּיִרְאַתְךָ. יְיָ אֱהַבְתִּי מֵעוֹן בֵּיתְךָ,
וּמְקוֹם מִלְּשׁוֹן כְּבוֹדְךָ. וְאֲנִי אֲשַׁתְּחֶנּוּהָ וְאֶכְרַעָהּ,
אֲבָרְכָהּ לִפְנֵי יְיָ עֲשֵׂי. וְאֲנִי, תְּפִלַּתִּי לְךָ יְיָ, עֵת
רְצוֹן, אֱלֹהִים בְּרַב חֶסֶדְךָ, עֲנֵנִי בְּאַמֶּת יִשְׁעֶךָ.

How lovely are your tents, O Jacob, your dwellings, O Israel! But I, through Your abundant love, enter
Your house; I bow down in awe at Your holy dwelling, the place of Your
glory. So I will bow down and kneel, I will seek blessing before the Eternal One, at a favorable
moment; O God, in Your abundant faithfulness answer me with Your sure deliverance.

אלו דברים

Eilu dvarim sh'ein lahem shiur, v'eilu hen:
Kibud av v'eim, ugimilut chasadim, vhashkamat
beit hamidrash shacharit v'aravit, vhachnasat
orchim, uvikur cholim, vhachnasat kallah, ulvayat
hameit, v'iyun tfillah, hvavat shalom, bein adam
l'chavero, vtalmud torah kneged kulam

אלו דברים שאין להם שיעור וא, לו הן: כבוד
אב ואם, וגמילות חסדים, והשפכת בית
המדרש שחרית וערבית, והקנסת אורחים,
ובקור חולים, והקנסת פלה, ולנית המת, ועיון
תפלה, והקאת שלום בין אדם לחברו, ותלמוד
תורה כנגד גל פלם.

These are things that cannot be measured: to honor father and mother, to do acts of
lovingkindness, to attend the house of study daily, to welcome the stranger, to visit the sick,
to celebrate with those who sanctify their love, to comfort the mourner, to pray with sincerity, to make peace when
there is strife. And the study of Torah is equal to them all

חצי קדיש

Yitgadal v'yit'kadash sh'mei rabah. B'alma
div'ra chirutei, v'yam'lich mal'chutei
b'chayeichon uv'yomeichon uv'chaye d'chol
beit yisrael, ba'agalah uviz'man kariv, v'im'ru:
Amen.

יתגדל ויתקדש שמה רבא. בעלמא די ברך
כרעותה, וימליך מלכותה בחייכון וביומיכון
ובחיי דכל בית ישראל. בעגלא ובזמן קריב
ואמרו אמנו:

Y'hei sh'mei rabah m'vorach l'alam u'lal'mei
al'maya. Yitbarach v'yishtabach v'yitpa'ar
v'yitromam v'yitnasei v'yithadar v'yitaleh
v'yithalal sh'mei d'kudsha, b'rich hu, L'eila min
kol bir'chata v'shirata Tush'b'chata
v'nechemata da'amiran b'alma v'imru: Amen

יהא שמה רבא מברך לעלם ולעלמי עלמיא:
יתברך וישתבח, ויתפאר ויתרומם ויתנשא
ויתעדד ויתעלה ויתהלל שמה דקדשא בריך
הוא לעלא מן כל ברכתא ושירתא, תשבחתא
ונחמתא, דאמירן בעלמא, ואמרו אמנו:

Let the glory of God be extolled, and God's great name be hallowed in the world whose creation God willed. May God
rule in our own day in our own lives and in the life of all Israel and let us say: Amen.

Let God's great name be praised for ever and ever.
Beyond all praises, songs, and adorations that we can utter is the Holy One, the Blessed One, whom
yet we glorify, honor and exalt. And let us say: Amen

“Know thyself.”

Inscription at the Oracle of Delphi in ancient Greece

“I began wearing hats as a young lawyer because it helped me to establish my professional identity. Before that, whenever I was at a meeting, someone would ask me to get coffee.”

Bella Abzug

Please Rise

**בְּרַכּוּ אֶת יְיָ הַמֵּבְרֵךְ רַךְ:
בְּרוּךְ יְיָ הַמְּבָרֵךְ לְעוֹלָם וָעֶד:**

"It isn't until you come to a spiritual understanding of who you are, not necessarily a religious feeling, but deep down, the spirit within, that you begin to take control."

Oprah Winfrey

"I've got another confession to make

I'm your fool

Everyone's got their chains to break

Holdin' you

Were you born to resist or be abused?

Is someone getting the best, the best, the best, the best of you?

Is someone getting the best, the best, the best, the best of you?"

"Best of You" Foo Fighters

יוצר

*Baruch Atah Adonai eloheinu melech haolam
yotzer or uvoreh choshech oseh shalom uvoreh
et hakol, hameir l'aretz vladarim aleiha
brachamim uvuvu mchadesh bchol yom tamid
ma'aseh bereishit, mah rabu, masecha Adonai,
kulam, bchochmah asita malaah haaretz
kinyanechah, titbarach Adonai eloheinu al
shevach ma'aseh yadechah, v'al m'oreh or
sh'asita yfaruchah selah! Baruch Atah Adonai,
yotzeir hamorot*

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, יוֹצֵר אוֹר,
וּבוֹרֵא חֹשֶׁךְ, עֹשֶׂה שְׁלוֹם וּבוֹרֵא אֶת הַכּוֹל:
הַמְאִיר לְאֶרֶץ וְלְדָרִים עָלֶיהָ בְּרַחֲמִים, וּבְטוֹבוֹ
מְחַדֵּשׁ בְּכָל יוֹם תְּמִיד מַעֲשֵׂה בְּרֵאשִׁית: מָה רַבּוֹ
מַעֲשֵׂיךָ יְיָ, כָּלֵם בְּחִכְמָה עֲשִׂיתָ, מְלֵאָה הָאֶרֶץ
קִנְיָנְךָ: תִּתְבָּרַךְ יְיָ אֱלֹהֵינוּ עַל שִׁבְחָה מַעֲשֵׂה
יְדִיךָ. וְעַל מְאֹרֵי אוֹר שְׁעֲשִׂיתָ יְפָאֲרוּךְ סְלָה.
בְּרוּךְ אַתָּה יְיָ יוֹצֵר הַמְּאֹרוֹת:

Blessed are you, Eternal God, Sovereign of the universe. Your mercy makes light to shine over the earth and all its inhabitants, and Your goodness renews day by day the work of creation. How manifold are your works, O God! In wisdom, You have made them all. The heavens declare Your glory. The earth reveals Your creative power. You form light and darkness, bring harmony into nature, and peace to the human heart. Blessed are you, O God, Creator of light.

My dad is of Mexican heritage, and my mom is Jewish. My dad converted to Judaism before they got married, and embraced the religion. I was born in San Antonio, Texas. Where I lived was a predominantly Mexican and also Roman Catholic neighborhood. Meeting a Jewish person was not a common event. From the beginning of my life i have had two parts to my identity, Mexican and Jewish. The part of my identity that I relate to more has always been changing, depending on where I live, whether it is Boston or San Antonio

אהבה רבה

Ahavah rabah ahavtanu, Adonai eloheinu chamelah gdolah vyitarah chamaltah, aleinu. avinu malkeinu ba'avor avoteinu shabatachu bach, v'talmadam, chukei chayim, ken tachneinu utalmideinu. avinu ha'av harachaman hamrachem, rachem aleinu vtein bliveinu lhavin ulhashkil lishmoah lilmod ul'lamed lishmor vlaatot ulkayem et kol divrei talmud toratecha b'ahava. Vhaer eneinu btoratecha, vdabek libeinu mitzvatecha, vyached, l'vaveinu. v'ahavah ulyerah, et shimechah. vlo nevosh, lolam vaed. ki vshem kodshecha hagadol vhanorah batachnu nagilah vnishmecha bishuatecha. ki el poel yeshuot atah, uvanu bcharta mikol im vlishon. vkaravtanu lsimchah hagadol selah. bemet lhodot lach ulyachadechah bahavah. Baruch atah Adonai habocheir b'amo yisrael b'ahavah.

אהבה רבה אהבתנו, יי אלהינו, חמלה גדולה ויתרה חמלה על ינו. אב ינו מלפנו, בעבור אבותינו ושבטנו בך, ונתלמדנו חקי חיים, כן תחננו ונתלמדנו. אב ינו, האב הרחמן, הרחם, רחם על ינו, ותן לבנו ולהשכיל, לשמע, ללמד וללמד, לשמר ולעשות ולקיים את כל דברי תלמוד תורתך באהבה. והאר עינינו בתורתך, ודבק לבנו במצותיך, ויחד לבנו לאהבה וליראתך את שמך, ולא נבוש לעולם ועד: כי בשם קדשך הגדול והנורא בטחנו, נגילה ונשמחה בישועתך, כי אל פועל ישועות אתה, ובנו בחרת מפל עם ולשון. וקרבתנו לשמך הגדול סלה באמת להודות לך ולתהדר באהבה. ברוך אתה יי, הבוחר בעמו ישראל באהבה.

Deep is Your for us, abiding Your compassion. From of old we have put our trust in You, and you have taught us the laws of life. Be gracious to us now, that we may understand and fulfill the teachings of Your word. Enlighten our eyes in Your Torah, that we may cling to Your commandments. Unite our hearts to love and respect Your name. We trust in you and rejoice in Your saving power, for You are the Source of our help. You have called us and drawn us near to You in faithfulness. Joyfully we lift up our voices and proclaim Your unity, O God, In love, You have called us to Your service

"Do what you want to do. . . .
But want to do what you are doing.
Be what you want to be. . . .
But want to be what you are."
Unknown

"It doesn't matter who my father was; it matters who I remember he was."
Anne Sexton

שִׁמְעוּ יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:
ברוך שם כבוד מלכותו לעולם ועד.

Please be seated if it is your custom

*V'ahavta et Adonai Elohecha
b'chol l'av'cha, u'v'chol naf'shecha u'v'chol
m'odecha. V'hayu ha-d'varim ha'eileh
asher anochi m'tzav'cha hayom al l'vavecha.
V'shinantem l'vanecha v'dibarta bam
b'shiv'techa b'veltecha u'v'lech-techa vaderech
u'v'shoch'becha u'v'kumecha. U'k'shartam l'ot
al yadecha v'hayu l'totafot bein einecha,
u'ch'tavtam al m'zuzot beitecha u'vish'arecha.
L'ma'an tizkaru va'asitem et-kol-mitzvotai
v'h'yitem k'doshim lei-lo-hei-chem Ani Adonai
Eloheichem asher hotzeiti etchem mei-eretz
mitzrayim l'h'yot lachem leilohim. Ani Adonai
Eloheichem.*

וְאָהַבְתָּ אֶת יְיָ אֱלֹהֶיךָ, בְּכָל-לֵב, בְּכָל-
נַפְשְׁךָ, וּבְכָל-מְאֵד, דְּךָ. וְהָיוּ הַדְּבָרִים הָאֵלֶּה,
אֲשֶׁר אָנֹכִי מְצַוְךָ הַיּוֹם, עַל-לִבְּךָ, וְשִׁנַּנְתָּם
לְבָנֶיךָ, וְדִבַּרְתָּ בָם בְּשִׁבְתְּךָ בְּבֵיתְךָ, וּבְלֶכְתְּךָ
בְּדֶרֶךְ, וּבְשֹׁכְבְךָ, וּבְקוּמְךָ. וְקָשַׁרְתָּם לְאוֹת עַל-
יָדְךָ, וְהָיוּ לְטוֹטְפוֹת בֵּין עֵינֶיךָ, וְכִתְבָתָם עַל
מְזוֹזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ:
לְמַעַן תִּזְכְּרוּ וַעֲשִׂיתֶם אֶת-כָּל-מִצְוֹתַי, וְהָיִיתֶם
קְדוֹשִׁים לַאֱלֹהֵיכֶם, אֲנִי יְיָ אֱלֹהֵיכֶם, אֲשֶׁר
הוֹצֵאתִי אֶתְכֶם מֵאֶרֶץ מִצְרַיִם, לִהְיוֹת לְכֶם
לֵאלֹהֵיכֶם, אֲנִי יְיָ אֱלֹהֵיכֶם: אָמֵן.

*You shall love the Eternal God with all your heart, with all your soul, and with all your
might. And all these words which I command you on this day shall be upon your hear. And you
shall teach them diligently to your children. And you shall speak of them when you sit in your
house, when you walk by the way, and when you lie down and rise up. And you shall bind them for a
sign upon your hand. And they shall be for frontlets between your eyes. And you shall write them on the
doorposts of your house and on your gates. Be mindful of all My commandments and do them. So you will
remember and fulfill all of My commandments and be holy unto your God. I am the Eternal God who led
you out of Egypt to be your God. I am your Eternal God: in Truth.*

"A man cannot be comfortable without his own approval."

Mark Twain

When I lived in Texas, I was still a Mexican Jew, but I felt more connected to my Judaism. There were not nearly as many Jews where I lived in Texas as there are in Belmont and its surrounding towns. Being Jewish gave me a feeling of uniqueness. I would go to temple often, and became a favorite of the rabbi and the songleader. Many of my friends had no idea what Judaism was. I was different to the other kids in the neighborhood.

"My mother said to me, 'If you become a soldier, you'll be a general; if you become a monk, you'll end up as the Pope.' Instead, I became a painter and wound up as Picasso."

Pablo Picasso

גאולה

Mi chamocha baleim, Adonai? Mi kamocho nedar bakodesh, nora thilot, oseh feleh. shirah chadashah shibchu geulim Isimcha al sfat hayam, yachah kulam hodu vhimlichu v'amru: Adonai yimloch l'olam vaed.

מי כִּמֹּךָ בָּאֵלִים יְיָ, מִי כִּמֹּךָ נִאֲדָר בְּקֹדֶשׁ, נוֹרָא תְהִלֹּת עֲשֵׂה פֶלֶא. שִׁירָה חֲדָשָׁה שִׁבְחוּ גְאוּלִים לְשִׁמְךָ עַל שְׁפַת הַיָּם, יְיָ חַד כָּלָם הוֹדוּ וְהִמְלִיכוּ וְאָמְרוּ: יְיָ יִמְלֹךְ לְעוֹלָם וָעֶד:

Tzur yisrael kumah v'ezrat yisrael, ufdeh knumecha yehuda v'yisrael. goaleinu Adonai tzvaot shmo, kadosh yisrael. Baruch Atah Adonai Ga'al Yisrael.

צוּר יִשְׂרָאֵל, קוּמָה בְּעֶזְרַת יִשְׂרָאֵל, וּפְדֵה כְנָעַם, כִּי הִוָּדָה וְיִשְׂרָאֵל. גְּאֹל, נוּ יְיָ צְבָאוֹת שְׁמוֹ, קָדוֹשׁ יִשְׂרָאֵל. בְּרוּךְ אַתָּה יְיָ גְּאֹל יִשְׂרָאֵל:

Who is like You, Eternal One, among the gods that are worshipped? Who is like You, majestic in holiness. awesome in splendor, doing wonders? A new song the redeemed sang to Your name. At the shore of the sea, saved from destruction, they proclaimed Your sovereign power; "The Eternal One shall reign for ever and ever! Rock of Israel, rise to the aide of Israel and liberate, as You pledged, Judah and Israel. Our redeemer, the Eternal God, blessed is Your name The Holy One of Israel, Blessed are You, redeemer of Israel.

Please Rise

אֲדוֹנֵי שְׁפַתֵי תִפְתָּח וּפִי יִגִּיד תְהִלָּתְךָ:

Baruch Atah Adonai, Eloheinu v'eylohei avoteinu v'imotein Elohei Avraham, Elohei Yitzchak, v'Elohei Ya'akov, Elohei Sarah, Elohei Rivka, v'Elohei Lei-ah v'Elohei Rachel. Ha-eyl ha-gadol, ha-gibor v'ha-nora, Eyl Elyon, Gomeil chasadim tovim, v'konei ha-kol v'zocheir chasdei avot v'imahot u'meivee g'ulah l'vnei v'nei-hem l'ma'an sh'mo b'ahavah. Melech o-zeir u'moshee-a u'magein: Baruch Atah Adonai, Magein Avraham v'ezrat Sarah.

אֲבוֹת וְאֵמֶהוֹת בְּרוּךְ אַתָּה יְיָ אֱלֹהֵי יִנּוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֵמוֹתֵנוּ, אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק, וְאֱלֹהֵי יַעֲקֹב. אֱלֹהֵי שָׂרָה אֱלֹהֵי רִבְקָה אֱלֹהֵי לֵאָה וְאֱלֹהֵי רָחֵל. הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן, גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכּוֹל, נוֹזֵקֵר חֲסָדֵי אֲבוֹת וְאֵמֶהוֹת, וּמְבִיא גּוֹאֵל לְבְנֵי כְנִיָּהִם לְמַעַן שְׁמוֹ בְּאַהֲבָה: מְלֶכֶך עוֹזֵר וּמוֹשִׁיעַ וּמְגִן: בְּרוּךְ אַתָּה יְיָ, מְגִן אַבְרָהָם, וְעֶזְרַת שָׂרָה:

Blessed are You, the Eternal One, our God and God of our ancestors: God of Abraham, God of Isaac, and God Of Jacob; God of Sarah, God of Rebecca, God of Leah, and the God of Sarah. The great, powerful, and awesome God, God exalted, who bestows good and kindness and controls everything, Who remembers the kindness of our ancestors, and Who with love brings redemption to their children's children for the sake of the name; Ruler, Helper, Savior, and Protector. Blessed are You, the Eternal One, Shield of Abraham and aid to Sarah.

גבורות

Atah gibor l'olam Adonai,
m'chayei hakol, Atah, rav l'hoshi-ah.
Mechahl-kel chaim b'chesed,
m'chayei hakol, b'rachamim rabim.
Someich noflim v'rofei cholim,
u'matir asurim, u'm'ka-yeim emunato
lishei-nei afar. Mi chamocha ba'al g'vurot
umee domeh lach, melech mei-mit
u'm'chayei u'matzme'ach y'shua?
V'ne-eman Atah l'ha-chayot hakol.

אתה גבור לעולם אדני, מחיה הכל אתה, רב להושיע: מכלכל חיים בחסד, מחיה הכל ברחמים רבים, סומך נופלים, ורופא חולים, ומתיר אסורים, ומקים אמונתו לישגי עפר, מי כמוך בעל גבורות ומי דומה לך, מלך ממית ומחיה ומצמיח ישועה: ונאמן אתה להחיות הכל. ברוך אתה יי, מחיה הכל:

You are eternally might, O God; You give life to everything, great is your ability to save! With kindness You sustain the living, with great compassion give life to all, helping the fallen and healing the sick; bringing freedom to the restrained and keeping faith with those who sleep in the dust. Who is like You, Master of Might, and who is like You, Ruler who causes death and life and birth of salvation? You faithful give life to all. Blessed are you, Eternal God, who gives life to all.

קדושה

Nkadesh et shimcha b'olam kshem
shmakdishim oto bshmeih marom kakatuv al
yad nviyecha vkara zeh al zeh v'amar:

נקדש את שמך בעולם, כשם שמקדישים אותו בשמי מרום, ככתוב על יד נביא, כ: וקרא זה אל זה ואמר:

Kadosh Kadosh Kadosh, Adonai tza'vat shmo
m'lo chol ha'aretz kvodo.

קדוש, קדוש, קדוש יי צבאות, מלא כל הארץ כבודו.

L'umatam baruch yomeiru:

לעממתם ברוך י' אמרו:

Baruch kvod Adonai Mimkomo

ברוך כבוד יי ממקומו.

Uvdivrei kodshecha katuv leimor:

ובדברי קדשך כתוב לאמר:

Yimloch Adonai l'olam, elohayich tzion ldor
vdor, Haleluyah!

ימלך יי לעולם, אל ה' יי ציון לדור ודור, הללויה.

Ldor vdor nagid gadlecha ulnetzach nitzachim
kdushatcha nakdish vshiv'cha eloheinu, mipinu
lo yamush l'olam vaed. Baruch atah Adonai
HaEl hakadosh.

לדור ודור נגיד גדלך, ולג, צח נצחים קדשך נקדיש, ושבחך, אל ה' ינו, מפ' ינו ל' א' ימוש לעולם נעד. ברוך אתה יי, האל הקדוש.

We sanctify Your name on earth, even as all things, to the ends of time and space, proclaim Your holiness; and in the words of the prophet, we say: Holy, Holy, Holy is the Lord of Hosts; the fullness of the earth is filled with Your glory. All being recounts Your praise: Praised be the glory of God in heaven and earth. And this is Your sacred work. The Eternal One shall reign for ever; Your God, O Zion, from Generation to generation, Halleluyah! To all generations we will make known Your greatness, and to all eternity proclaim Your holiness, Your praise, O god, shall never depart from our lips. We praise You, Eternal one, the holy God

בינה

Atah chonen l'adam da'at u'm'lamed l'enosh binah. Chaneinu m'itach deiah binah v'hashkeil. מאתך חונן לאדם דעת, ומלמד לאנוש בינה. חננו, חונן הדעת.

Baruch Atah Adonai chonein hada'at.

By Your grace we have the power to gain knowledge and learn wisdom. Favor us with the knowledge, wisdom and insight, for You and their source. We Praise You, God, Giver of knowledge

תשובה

Hashiveinu avinu l'toratecha vkarbeinu malkeinu l'avodatecha v'hachazireinu b'tshuvah shleimah l'faneychah. Baruch Atah Adonai harotzeh btshuvah. השיבנו אבינו לתורתך, וקרבונו מלפנינו לעבודתך, והחזירנו בתשובה שלמה לפניך. ברוך אתה יי, הרוצה בתשובה.

Help us, Our Creator, to return to Your teaching; draw us near, our Sovereign, to Your service; and bring us back into Your presence in perfect repentance. We praise You, O God, You delight in repentance.

סליחה

Slach lanu avinu, ki chatanu m'chal lanu malkeinu ki pashanu, ki mochel v'soleich atah. Baruch Atah Adonai chanun hamarbeh lisloach. סלח לנו אבינו, כי חטאנו, מחל לנו, מלפנינו, כי פשענו, כי מוחל וסולח אתה. ברוך אתה יי, חנון המרבה לסלח.

Forgive us, our Creator, when we sin; pardon us, our sovereign, when we transgress; for You are eager to forgive. We praise You, O God: You are gracious and quick to forgive.

גאולה

R'eh nah b'anyeinu v'rivah u'goaleinu m'heirah l'ma'an shimecha. Ki goel hazak atah. Baruch Atah Adonai goel yisrael. ראה בעינינו, ור, יבה ריבנו, ויגאלנו מהרה למען שמך, כי גואל חזק אתה. ברוך אתה יי, גואל ישראל.

Look upon our affliction and help us in our need; O mighty Redeemer, redeem us speedily for Your name's sake. We praise You, O God, Redeemer of Israel.

רפואה

Rfa'einu Adonai v'neirafei, hoshieinu v'nivashei'ah. ki thilateinu Atah. V'ha'aleih rfuah shleimah l'kol mikoteinu. ki eil melech rofeih ne'eman v'rachaman atah. Baruch Atah, Adonai rofeh choleih amo yisrael. רפאנו אבינו, ונרפאנו, הושיענו וננשענו, כי תהלתנו אתה, והעלה רפואה שלמה לכל מכותינו. כי אל מלך רופא נאמן ורחמן אתה. ברוך אתה יי, רופא חולי עמו ישראל.

Compassionate Source of healing, heal us, and we shall be healed; save us, and we shall be saved; grant us a perfect healing for all our infirmities. We praise You, O God, Healer to the sick.

ברכת השנים

Bareich aleinu, Adonai eloheinu et hashanah hazot v'et kol minei t'vuatah l'tovah v'tein brachah al pnei ha'adamah v'sabeinu mituvah u'vareich sh'natanu b'shanim hatovot. Baruch Atah, Adonai m'vareich hashanim. ברכנו על ימינו, יי אל ה, את השנה הזאת ואת כל מיני תבואתה לטובה ותן ברכה על פני האדמה, ושבענו מטובה, וברך שנתנו, נו בשנים הטובות. ברוך אתה יי, מברך השנים.

Bless this year for us, Eternal God: may its produce bring us well-being. Bestow Your blessing on the earth that all Your children may share its abundance in peace. We praise You, O God, Redeemer of the oppressed.

חרות

*T'kah b'shofar gadol l'cheiruteinu, v'sa nas
lkabeitz gluyoteinu v'kabtzeinu yachad
mei'arbah kanfot ha'aretz. Baruch Atah
Adonai, mkabeitz nidcheih amo yisrael.*

תקע בשופר גדול לחרותנו, ושא נס לקביץ גליותינו,
וקבץנו יחד מארבע פנפות הארץ. ברוך אתה יי,
מקביץ נדחי עמו ישראל.

*Sound the great Shofar to proclaim the freedom, raise high the banner of liberation for the oppressed, and let the song
of liberty be heard until the ends of the earth. We praise You, O God, Redeemer of the oppressed.*

משפט

*Hashivah shohteinu kvarishonah, vyo'atzeinu
kvatchilah vhaseir mimeinu yagon v'anachnu
umloch aleinu Atah Adonai l'vadechah
b'chesed uvrachamim vtzadkeinu bmishpat.*

השׁיבֵה שׁוֹחֵטֵינוּ יְבוֹ בְּכִרְאוֹנוֹהַּ נְיוֹעֵצֵינוּ בְּכִבְתְּחִלָּה,
וְהַסֵּר מִמֶּנּוּ יָגוֹן וְאֲנַחָה, וּמְלוֹךְ עָלֵינוּ אֶתְהָ, יי, לְבִדְךָ
בְּחֶסֶד וּבְרַחֲמִים, וְצַדִּיק, נוּ בְּמִשְׁפָּט. בְּרוּךְ אַתָּה יי, מֶלֶךְ
אוֹהֵב צְדָקָה וּמִשְׁפָּט.

*Bestow Your spirit upon the rulers of all lands; guide them, that they may govern justly. Then shall love and
compassion be enthroned among us. We praise You, Eternal One, the Sovereign God who loves
righteousness and justice*

על הצדיקים

*Al hatzadikim v'al hachasidim v'al z'kneih
amechah beit yisrael pleitat sofreihem , v'al
geireih hatzedek v'aleinu yachemu nah
rachamechah Adonai eloheinu vtein shachar
tov l'kol habotchim b'shimcha b'emet
chalkeinu imahem l'olam, vlo n'vosh ki bach
batachnu. Baruch Atah Adonai, mishaan
umivatach l'tzadikim.*

על הצדיקים ועל החסידים ועל זקני עמך בית ישראל,
ועל פליטת סופריהם, ועל גרי הצדק ועל ינו, יהמו
נא רחמיך, יי אל ה'ינו, ותן שכר טוב לכל הבוטחים
בשמך באמת, ושים חלקנו עמם לעולם, ונא יבוש
פיך בן בטחוננו. ברוך אתה יי, משען ומבטח לצדיקים.

*For the righteous and faithful of all humankind, for all who join themselves to our people, for all who put their trust in
You, and for all honest men and women, we ask Your favor, Eternal God. Grant that we may always be numbered
among them. We praise You, Eternal God, Staff and support of the righteous.*

בונה ירושלים

*v'l'Yirushalayim irechah brachamim tashuv
v'tishkon b'tochah k'asher dibarta uvneh otah
b'karov byameinu binyan olam. Baruch Atah
Adonai Boneh Yirushalayim*

ולירושלם ים עירך ברחמים תשוב, ותשפון בתוכה
כאשר דברת, ובנה אותה בקרוב בימינו בננו עולם.
ברוך אתה יי, בונה ירושלים.

*And to Jerusalem, Your city, may You return in compassion, and my You rest within it, as You have spoken. May You
rebuild it soon in our days as an eternal structure, We praise You, Eternal God, the Builder of Jerusalem.*

ישועה

*Et Tzemach tatzmeyach v'karno tarum
biyishuatechah ki lshuatechah. kivanu kol
hayom . Baruch Atah Adonai matzmiyach
keren yeshuah.*

את תצמיח יח, וקרנו תרום בישועתך, פי לישועתך
קו, ינו כל היום. ברוך אתה יי, מצמיח יח קו... רן ישועה.

*Let the plant of righteousness blossom and flourish , and let the light of deliverance shine forth according to Your word,
for we await Your deliverance all the day. We praise You, O God, who will cause the light of deliverance for all the world.*

שמע קולנו

Shema koleinu, Adonai Eloheinu chus vrachem aleinu vkabel brachamim u'v ratzon et tfilateinu, ki el shomeiah tfilot vtachnunim atah Baruch Atah Adonai shomeah tfilah.

שמע קולנו, יי אל הינו, חוס ורחם על ינו, וקבל ברחמים וברצון את תפלתנו, כי אל שומע תפלות ותחנונים אתה. ברוך אתה יי, שומע תפלה.

Hear our voice, Eternal God: have compassion upon us, and accept our prayer with favor and mercy, for You are a God who hears prayer and supplication. We praise You, O God: You hearken to prayer.

עבודה

Rtze Adonai Eloheinu b'amechah yisrael utfilatam, b'ahavah tikavel b'ratzon ut'hi l'ratzon tamid avodat yisrael amechah. Vtechezeinu eineinu b'shuvchah l'tzion b'rachamim. Baruch Atah Adonai, hamachazir shechinato l'tzion.

רצה, יי אל הינו, בעמך ישראל ובתפלתם, באהבה תקבל בברצון, ותהי לרצון תמיד עבודת ישראל עמך. ותחזי ינה עינינו בשובך לציון ברחמים. ברוך אתה יי, המחזיר שכנתו לציון.

Before Favorable, Adonai our God, towards Your people Israel and receive their prayers in love. May the prayers of Israel always be acceptable to you. And may our eyes behold your homecoming, with merciful intent to Zion. Praised be you, Eternal One, who brings your presence to home to Zion.

הודאה

Modim anachnu lach sh'atah hu, Adonai Eloheinu v'elohei avoteinu v'imoteinu, l'olam vaed. Tzur Chayeinu magen yisheinu atah hu l'dor v'dor. Nodeh l'cha u'nsaper thilatecha al chayeinu ham'sorim b'yadecha v'al nishmoteinu hap'kudot lach, v'al nisechah sh'b'chol yom imanu v'al niflotecha v'tovotecha sh'b'chol et erev v'boker v'tzohorayim hatov ki lo chalu rachamecha v'hamracheim ki lo tamu chasdechah mei'olam kivinu lach v'al kulam yitbarach v'yitromam shimchah malkeinu tamid l'olam vaed. v'kol hachayim yoduchah selah vihalelu et shimechah b'emet ha'el yeshuateinu v'ezrateinu selah. Baruch Atah Adonai, hatov shimchah u'l'cha na'eh lhodot.

מודים אנחנו לך, שאתה הוא, יי אל הינו ואל הי אבותינו ונאמותנו, לעולם ועד, צור חיינו, מגן ישענו, אתה הוא לדור ודור נודה לך ונספיר תהלתך. על חיינו המסורים בידיך, ועל נשמותינו הפקודות לך, ועל נפלינו, ועל נשכח יום עמנו, ועל נפלאותיך וטובותיך ששכח עת, ע. רב וברך וצדק ים, הטוב כי לא כלו רחמיך, והמרחם כי לא תמו חסדך, מעולם קונו ינו לך. ועל כלם יתברך ויתרומם שמך, מלפנינו, תמיד לעולם ועד. וכי ל החיים יודוך ס לה, ויהללו את שמך באמת, האל ישועתנו ונעזרתנו ס לה. ברוך אתה יי, הטוב שמך ולך נאה להודות

We gratefully acknowledge that You are the Eternal our God and God of our people, the God of all generations. You are the Rock of our life, the Power that shields us in every generation. We thank You and sing Your praises: for our lives which are in Your hand; for our souls which are in Your keeping; for the signs of Your presence we encounter every day; and for Your wondrous gifts at all times, morning, noon and night. You are Goodness: Your mercies never end; You are Compassion: Your love will never fail. You have always been our hope. For all these things, O Sovereign God, let Your name be forever exalted and blessed. O God our Redeemer and Helper, let all who live affirm You and praise Your name in truth. Eternal, whose nature is goodness, we give You thanks and praise.

ברכת שלום

*Sim shalom u'vracha, chen v'chesed
v'rachamim, aleinu v'al kol yisrael amechah.
Barchenu avinu kulanu k'echad b'or
panechah, ki b'or panechah n'tata lanu,
Adonai Eloheinu , torat chayim v'ahavat
chesed, utzedakah u'vrachah v'rachamim
v'chayim v'shalom, v'tov b'einechah l'vareich et
am'chah yisrael b'chol eit u'vchol sha'ah
bishlomechah. Baruch Atah Adonai,
ham'vareich et amo yisrael b'shalom.*

שִׁים שְׁלוֹם טוֹבָה וּבְרָכָה, חֵן וְחֶסֶד וְרַחֲמִים,
עַל יִנּוּ וְעַל כָּל יִשְׂרָאֵל עַמְּךָ. בְּרַכֵּנוּ, אָבִי יְיָ,
כָּל נֹו כְּאַחַד בְּאוֹר פְּנֵי יְיָ, כִּי בְאוֹר פְּנֵי יְיָ נָתַתָּה
לָנוּ, יְיָ אֱלֹהֵינוּ, תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד,
וּצְדָקָה וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשְׁלוֹם, וְטוֹב
בְּעֵינֶיךָ יְיָ לְבָרְכֵךָ אֶת עַמְּךָ יִשְׂרָאֵל בְּכָל עֵת וּבְכָל
שָׁעָה בְּשְׁלוֹמְךָ. בָּרוּךְ אַתָּה יְיָ, הַמְּבָרֵךְ אֶת עַמּוֹ
יִשְׂרָאֵל בְּשְׁלוֹם.

*Set peace upon the world, with happiness, and blessing, grace, love, and mercy for us and for all the people of Israel.
Bless us, Eternal God, with Your light. For with that light did You teach us Torah and life, love and tenderness, justice,
mercy, and peace. May it please You to bless Your people Israel in every season and at all times with Your gift of peace.*

אלהי נצור

*Elohai ntzor l'shonei meirah usfartai m'daber
mirmah v'limkalalai nafshi k'efar l'kol t'hiyeh.
Ptach libi b'toratechah u'mitzvotachah tirdof
nafshi. V'kol hachoshvim alei ra'ah m'heirah
hafar atzatham v'kalkeil mchashvatam. aseih
l'ma'an shimechah, aseih l'ma'an yminechah,
aseih l'ma'an kdushatechah. Aseih l'ma'an
toratechah. L'ma'an yeichaltzun y'didechah
hoshei'ah yminchah v'eineini. Yihyu l'ratzon
imrei fi v'hegyon libi l'fanechah, Adonai tzuri
v'goali. Oseh shalom bimromav, hu ya'aseh
shalom aleinu v'al kol yisrael v'imru Amein.*

אֱלֹהֵי, נְצוֹר לְשׁוֹנֵי מַרְעֵי. וּשְׁפָתַי מִדְּבַר מְרָמָה:
וְלִמְקַלְלֵי נַפְשִׁי תִדְּם, וְנִפְשֵׁי כְּעַפְּרָה לִּכְלִי
תִּהְיֶה. פָּתַח לִבִּי בְּתוֹרַתְךָ, וּבְמִצְוֹתֶיךָ יְיָ תִרְדּוּף
נַפְשִׁי. וְכָל הַחֹשְׁבִים עָלַי רָעָה, מְהֵרָה הִפֵּר
עֲצָתָם וְקַלְקַל מַחְשְׁבָתָם. עֲשֵׂה לְמַעַן שְׁמִי יְיָ,
עֲשֵׂה לְמַעַן יִמְיִנְךָ, עֲשֵׂה לְמַעַן קִדְּשֶׁתָּךְ. עֲשֵׂה
לְמַעַן תּוֹרַתְךָ. לְמַעַן יִחַלְצוּן יְדֵיךָ יְיָ,
הוֹשֵׁה יְעָה יְמִינְךָ וְעֵינַי נִי. יִהְיוּ לְרָצוֹן אֲמָרֵי פִי
וְהִגִּיוֹן לִבִּי לְפָנֶיךָ יְיָ, יְיָ צוּרֵי וְגוֹאֲלֵי. עֲשֵׂה
שְׁלוֹם בְּמִרְוַמָּיו, הוּא יַעֲשֵׂה שְׁלוֹם עָלֵינוּ, וְעַל
כָּל יִשְׂרָאֵל וְאָמְרוּ: אָמֵן.

*My God, keep my tongue from evil, my lips from false words. Aid me in ignoring those who slander me. Let me be
humble before all. Open my heart to Your torah , so that i may fullfill your Mitzvot. Thwart those who plot evil against me.
Make nothing of their plans. Do so because of Your compassion, Your holiness, and Your Torah. Answer my prayer for
the deliverance of your people. May the words of my mouth and the prayers of my heart be acceptable to You, my rock
and my redeemer. Maker of peace, make peace on all of us and on all of Israel and we say: Amen.*

When I moved to Boston, I met people who lived near me that were Jewish, but none of my neighbors were Mexican-Americans. Now, being Mexican gave me a feeling of uniqueness. When I was in Texas, everyone spoke Spanish, so I spoke it back to them. When in Belmont the only people I knew that spoke Spanish were my dad and brother. I began to speak Spanish less and less, and I eventually lost most of my Spanish skills. Even with my minimal Spanish skills, I felt more connected to the Mexican part of my identity. In 6th grade, I went on a trip to Mexico with my family, which was amazing and it really strengthened my Mexican identity

עלינו

*Aleinu l'shabei-ach la'adon hakol, Lateit
g'dulah l'yotzeir b'reishit, sh'lo asanu k'goyei
ha'aratzot v'lo samanu k'mish'p'chot
ha'adamah. Sh'lo sam chelkeinu kahem,
v'goraleinu k'chol hamonam.*

*Va'anachnu kor'im u'mishtachavim u'modim,
lifnei Melech, Mal'chei ham'lachim HaKadosh
Baruch Hu.*

*She-hu noteh shamayim v'yoseid aretz
u'moshav y'karo ba-shamayim mi'm'al,
u'sh'chinat uzo b'gav'hei m'romim*

*Hu Eloheinu, Ein od., emet mal'keinu efes
zulato, kakatuv b'Torahto v'yadata hayom*

*v'hasheivota el l'vav'cha Ki Adonai Hu ha-
Elohim ba-shamayim mi'm'al v'al ha-aretz
mitachat, ein od.*

על ינו לשב, ח לאדון הכל, לתת גדלה ליוצר
בראשית, של א עשנו כגויי הארצות, ולא
שמןנו כמשפחות האדמה, של א שם חלקנו
בהם, וגרלנו ככל המוןם ואנחנו כורעים
ומשתחנים ומודים, לפניך, מלכי המלכים,
הקדוש ברוך הוא.

שהוא נוטה שמ ים ני סד ארץ, ומושב יקרו
בשמ ים ממ על, ושכינת עזו בגבהי מרומים,
הוא אל ה ינו אין עוד. אמת מלךנו אפס
זולתו, ככתוב בתורתו: וידעתה היום והשב
אל לבך, כי יי הוא האל הים בשמ ים
ממ על, ועל הארץ מתחת, אין עוד: ככתוב
בתורתך, יי ימלך לעולם ועד: ונאמר, והיה
יי למלך על כל הארץ, ביום ההוא יהיה יי
אחד, ושמו אחד.

It is our responsibility to praise the Master of all, to offer praise to the One who created all, Who has not made us as the other nations on earth, Who has not made us as the other families on earth, Who has not made our portion like theirs, Who has given us a unique destiny. We therefore bow in awe and thanksgiving before the One who is sovereign over all, the Holy and Blessed one. You spread out the heavens and established the earth. The seat of Your power is in the heavens above Your powerful presence in the highest heights. You are our God; there is none else. In truth You are our sovereign; there is none other. as it is written in Your Torah: And you shall know this day and take it to heart that You are our God in the heavens above and on the earth below; there is none else. You spread out the heavens and established the earth. The seat of Your power is in the heavens above Your powerful presence in the highest heights. You are our God; there is none else. In truth You are our sovereign; there is none other. as it is written in Your Torah: And you shall know this day and take it to heart that You are our God in the heavens above and on the earth below; there is none else. is our responsibility to praise the Master of all, to offer praise to the One who created all, Who has not made us as the other nations on earth, Who has not made us as the other families on earth, Who has not made our portion like theirs, Who has given us a unique destiny. We therefore bow in awe and thanksgiving before the One who is sovereign over all, the Holy and Blessed one

Identity is a part of each of our lives. Everyone has a different identity, depending on how we were raised, where we grew up, and many other things. My identity will always be that of a Mexican Jew, living in the town of Belmont.

קדיש יתום

*Yitgadal v'yit'kadash sh'mei rabah.
B'alma div'ra chirutei, v'yam'lich mal'chutei
b'chayeichon uv'yom ichon uv'chaye d'chol
beit yisrael, ba'agalah uviz'man kariv,
v'im'ru: Amen. Y'hei sh'mei rabah m'vorach
l'alam u'lalmei al'maya. Yit'barach v'yish'tabach
v'yit'pa'ar v'yit'romam v'yit'nasei v'yit'hadar
v'yit'aleh v'yit'halal sh'meih d'kud'sha, B'rich
Hu, L'eila min kol bir'chata v'shirata
tush'b'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'im'ru:
Amen. Oseh shalom bim'romav, hu
ya'aseh shalom aleinu v'al kol*

Yisrael v'imru: Amen

*May God's great name be extolled and sanctified in the world that God created at will. May God's authority rule in our lives and days and in the life of all Israel, now and in coming times, and let us say: Amen.
May God's great name be praised forever and ever. May the name of the Holy One, Blessed be God, be blessed, praised, honored, elevated, carried high, glorified, raised, and rejoiced, Who is above all the blessings and songs, praises and adorations that we utter in the world. And let us say: Amen. For us and for all Israel, may the blessing of peace and the promise of life come true and let us say: amen May the One who makes peace in the high places, make peace for us, for all Israel and all the world, and let us say: amen.*

יתגדל ויתקדש שמה רבא. בעלמא די ברא
כרעותה, ונמליך מלכותה בחיכון וביומיכון
ובחיי דכל בית ישראל. בעגלא ובזמן קריב
ואמרו אמן:

יהא שמה רבא מברך לעלם ולעלמי עלמיה:
יתברך וישתבח, ויתפאר ויתרומם ויתנשא
ויתהדר ויתעלה ויתהלל שמה דקדשא בריך
הוא לעלא מן כל ברכתא ושירתא, תשבחתא
ונחמתא, דאמירן בעלמא, ואמרו אמן:
יהא שלמא רבא מן שמיא וחיים על ינו ועל
כל ישראל, ואמרו אמן:

עשה שלום במרומו הוא יעשה שלום על ינו
ועל כל ישראל [וכ' ל בני אדם], ואמרו אמן:

Closing Song: I Don't Want to Be

I don't need to be anything other than a prison guard's son
I don't need to be anything other than a specialist's son
I don't have to be anyone other than the birth of two souls in one
Part of where I'm going is knowing where I'm coming from

(Chorus)

I don't want to be anything other than what I've been trying to be lately
All I have to do is think of me and I have peace of mind
I'm tired of looking 'round rooms wondering what I gotta do
Or who I'm supposed to be
I don't want to be anything other than me

I'm surrounded by liars everywhere I turn
I'm surrounded by imposters everywhere I turn
I'm surrounded by identity crisis everywhere I turn
Am I the only one to notice?
I can't be the only one who's learned

(Chorus)

I don't want to be anything other than what I've been trying to be lately
All I have to do is think of me and I have peace of mind
I'm tired of looking 'round rooms wondering what I gotta do
Or who I'm supposed to be
I don't want to be anything other than me

Can I have everyone's attention please
If you're not like this and that
You're gonna have to leave
I came from the mountain, the crust of creation
My whole situation made from clay to stone
And now I'm telling everybody

(Chorus)

I don't want to be anything other than what I've been trying to be lately
All I have to do is think of me and I have peace of mind
I'm tired of looking 'round rooms wondering what I gotta do
Or who I'm supposed to be
I don't want to be anything other than me
I don't want to be
I don't want to be
I don't want to be
I don't want to be