

Sacred Hebrew Chanting *Shakharit (morning service)*

Opening in Gratitude

אֹדֶךָ בְּעוֹד תְּהִיָּה נִשְׁמַת אֱלֹהִים בִּי

Odach b'od ti'h'yeh nishmat Eloha bi .

(“I will thank You as long as the divine breath is in me.”)
(Solomon ibn Gabirol, 11th c. Spanish poet and philosopher)

Entering into the Larger Goodness

מַה טּוֹבוֹ אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֹתֶיךָ יִשְׂרָאֵל.

וְאֲנִי בָרַב חַסְדֶּךָ אָבּוֹא בֵּיתְךָ.

Ma tovu ohalecha Ya'akov; mish'k'notekha Yisrael. (2x)

Va'ani b'rov khas'decha avo veitecha (2x)

(How good are your tents Ya'akov; your dwelling places, Yisrael. By your grace I will enter your house.)

Opening to the Source of Flow/ Creation

וְנָהָר יוֹצֵא מֵעֵדֶן לְהַשְׁקוֹת אֶת הַגֶּן

V'nahar yotzei me'Eden l'hashkot et ha'gan.

(A river comes forth from Eden to water the garden. Gen 2:10)

Singing Out with our Whole Self

הַלְּלִי נַפְשִׁי אֶת יי. אֶהְלֵלָה יי בְּחַיִּי, אֲזַמְרָה לֵאלֹהֵי בְּעוֹדִי.

Halleli naf'shi et Adonai, ahal'la Adonai b'kha'yai,

Azamra l'Elohai b'odi (2x). Halleluya!

(My soul sings out hallel for Adonai.

I sing out to Elohim with all my might. Halleluya! Ps 148)

Source of Blessing Exists Eternally

בְּרַכּוּ אֶת יְיָ הַמְּבָרָךְ.

בְּרוּךְ יְיָ הַמְּבָרָךְ לְעוֹלָם וָעֶד.

Baruch Adonai ham'vorach l'olam va'ed

Great Love

אַהֲבָה רַבָּה אַהֲבַתְנוּ

Ahava rabbah ahav'tanu

(With a great love You love us).

Oneness

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד.

בְּרוּךְ שֵׁם כְּבוֹד מְלִכּוּתוֹ לְעוֹלָם וָעֶד.

Shema Yisrael Adonai Eloheynu.

Adonai ekhad.

Personal Prayers

Silent Amidah / עֲמִידָה

Healing

(אָנָּה) אֵל נָא רַפָּא נָא לָהּ

Ana el na (3x) r'fa na la

(Please God, heal [her]; Ex. 12:13)

Torah

כָּלֵם אֱהוּבִים, כָּלֵם בְּרוּרִים, כָּלֵם גְּבוּרִים

All light, all clarity, all power!

Kulam ahuvim, kulam b'ru'rim, kulam giborim.

(All love, all clarity, all power! May Torah help us act in the world in this way.)

Comfort/ Kaddish

Closing: Let us Rejoice on this Day!

זֶה הַיּוֹם עָשָׂה יי, נְגִילָה וְנִשְׂמְחָה בּוּ.

Zeh ha'yom asah Adonai nagila v'ni's'mkha vo

(This is the day that Adonai has made. Let us be happy and rejoice in it!)

With gratitude to Rabbis Shefa Gold, Jarah Greenfield, and Miriam Margles for these powerful melodies!