

Sacred Hebrew Chanting

Shakharit (morning service)

Opening in Gratitude

מוֹדָה/מוֹדָה אֲנִי . לְפָנֶיךָ לְפָנֶיךָ

Modeh (masc.) / Modah (fem.) ani l'fanya'ich/ l'fanecha.

(I am grateful before You (fem/masc Divine energy).)

Entering into the Larger Goodness

מַה טּוֹב אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֶיךָ יִשְׂרָאֵל.

וְאֲנִי בְרוֹב חֲסִדֶיךָ אָבוֹא בֵיתֶךָ.

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

הַלְלִי נַפְשִׁי אֶת יי. אֱהַלְלָה יי בְּחַיִּי, אֲזַמְרָה לֵאלֹהֵי בְעוֹדִי.

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!