ADONAI, open up my lips,
that my mouth may declare Your praise.

For those who choose: Before reciting the קפלה Tfilah, one takes three steps forward.

ADONAI, s'fatai tiftach... Adonai, open up my lips... Psalm 51:17
Baruch atah, Adonai Eloheinu
v'Elohe avoteinu v'imoteinu, Elohei
Avraham, Elohei Yitzchak v'Elohei Yaakov,
Elohei Sarah, Elohei Rivkah, Elohei
Rachel v'Elohei Leah. Ha-El hagadol
hagibor v'hanora, El elyon, gomeil
chasadim tovim, v'koneih hakol, v'zocheir
chasdei avot v'imahot, umeivi g'ulah
liv'nei v'neihein l'maan sh'mo b'ahavah.

*SHABBAT SHUVAH —
Zochreinu l'chayim,
Melech chafeitz bachayim,
v'chotzeinu b'sefer hachayim,
l'maanecha Elohim chayim.

Melech ozeir umosha imagen.
Baruch atah, Adonai,
magein Avraham v'ezrat Sarah.

Blessed are You, Adonai our God,
God of our fathers and mothers,
God of Abraham, God of Isaac, and God of Jacob,
God of Sarah, God of Rebecca, God of Rachel, and God of Leah,
the great, mighty and awesome God, transcendent God
who bestows lovingkindness, creates everything out of love,
remembers the love of our fathers and mothers,
and brings redemption to their children's children for the sake of the Divine Name.

*SHABBAT SHUVAH — Remember us for life. O Sovereign who delights in life,
and inscribe us in the Book of Life, for Your sake, Living God.

Sovereign, Deliverer, Helper and Shield,
Blessed are You, Adonai, Sarah's Helper, Abraham's Shield.

Baruch atah, Adonai, magein Avraham v'ezrat Sarah.

*SHABBAT SHUVAH: The Shabbat between Rosh HaShanah and Yom Kippur.

For those who choose: At the beginning and end of the blessing, one bends the knees and bows
from the waist at the word Baruch and stands straight at the word Adonai.

The content of this prayer has to do with the merit of our ancestors. This is traditionally conceived
of as a sort of bank account into which the Patriarchs and Matriarchs deposited funds of
righteousness that were so great that they covered all future generations. Judith Z. Abrams
Atah gibor l'olam, Adonai, m'chayeih hakol (meitim) atah, rav l'hoshia.

*WINTER — Mashiv haruach umorid hagashem.
*SUMMER — Morid hatal.

M'chakel chayim b'chesed, m'm'chayeih hakol (meitim)
brachamim rabim, someich noslim,
v'rofei cholim, umatir asurim,
un'm'kayem emunato lishnei afar.

Mi chamocha baal g'vurot
umi domeh lach, melech meimit
um'm'chayeih umatzmiach y'shuah.

Shabbat Shuvah —
Mi chamocha El harachamim,
zocher y'tzurav l'chayim b'rachamim.

V'ne-eman atah l'hachayot hakol (meitim).
Baruch atah, Adonai, m'chayeih hakol (hameitim).

You are forever mighty, Adonai; You give life to all (revive the dead).

*WINTER — You cause the wind to shift and rain to fall.
*SUMMER — You rain dew upon us.

You sustain life through love, giving life to all (reviving the dead) through great compassion, supporting the fallen, healing the sick, freeing the captive, keeping faith with those who sleep in the dust. Who is like You, Source of mighty acts? Who resembles You, a Sovereign who takes and gives life, causing deliverance to spring up and faithfully giving life to all (reviving that which is dead)?

Shabbat Shuvah — Who is like You, Compassionate God, who mercifully remembers Your creatures for life?

Blessed are You, Adonai, who gives life to all (revives the dead).

Baruch atah, Adonai, m'chayeih hakol (hameitim).

The Ḥevrot emphasizes God's ability to renew us in the future. The resurrection of the dead, which may be taken literally, is best understood as a powerful metaphor for understanding the miracle of hope. Winter gives way to spring. Judith Z. Abrams

Winter: Shmini Atzeret / Simchat Torah to Pesach  Summer: Pesach to Shmini Atzeret / Simchat Torah

128 [246]