

Shabbat –Parshah Va'yishlach

Ya-ir ba-boker, ba-boker, ya-ir li ozen (2x)

lish'moa kali mudim (2x)

Morning by morning Hashem awakens me, awakens my ear,
teaching me to listen.*

יְהוָה מַתִּיר אֲסוּרִים, יְהוָה פֶּקַח עֵינַיִם
יְהוָה זֶקֶף כְּפוּפִים יְהוָה אֱהָב צַדִּיקִים
אֶהְלֶלָה יְהוָה בְּחַיִּי

Adonai matir asurim, Adonai pokayah ivrim

Adonai zokayf k'fufim, Adonai ohayv tzadikim

Ahal'lah Yah b'chayai

(from Psalm 146:2, 146:7 and 8)

Oh God, who sets the captive free,
Who opens the eyes of the blind to see,
Who heals the lame and loves the just, I will praise Yah with my life!

מַה טּוֹב אֱהָלֶיךָ יַעֲקֹב, מִשְׁכְּנֶיךָ יִשְׂרָאֵל.
וְאֲנִי בְּרֹב חֲסָדֶיךָ אֲבֹא בֵיתְךָ

Mah tovu ohalecha Ya'akov, mish'k'notecha Yisra'el.

Va'ani b'rov chas'd'cha, avo betecha.

How good are your tents, Jacob; your Divine dwelling places, Israel. (Numbers 24:5)

אָנָּה, בְּכַח גְּדֻלַּת יְמִינְךָ, תַּתִּיר צְרוּרָה

Ana b'choach gedulat y'mincha Tatir Tz'rurah (Kabbalistic prayer)

Please, with the strength of your right hand, untie our tangles.

Ahavah rabbah ahavtanu
with boundless love You have loved us

לְלַמֵּד וּלְלַמֵּד, לְשָׁמֹר וּלְעָשׂוֹת וּלְקַיֵּם
L'ilmod u'l'lamayd lishmor v'la'asot u'l'kayaym (from Ahava Rabbah)
To learn and to teach, to uphold and to practice and to manifest

Shma yisra'el havaya/adonai elohainu havaya/adonai echad
Listen! you who struggle with the Infinite, that which is possibility and becoming,
that is our god which is one

אֹר חָדָשׁ עַל צִיּוֹן תִּאִיר, וְנִזְכֶּה כָּלֵנוּ מִהֲרָה לְאֹרֹר
Or Chadash al Tzion ta-ir, v'nizkeh chulanu m'hayra l'oro (Liturgy)
Shine a New Light on Zion, and may all of us soon be worthy of enlightenment.

רוֹפֵא כָּל בָּשָׂר וּמַפְלִיא לַעֲשׂוֹת
Rofay kol basar umaflee la'asot (from the Morning liturgy)
Oh wondrous Healer of all flesh!

Kaddish

הַמָּקוֹם יִנַּחֵם אֶתְכֶם
HaMakom yinachem etchem
The Place will comfort you.

לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדַי
L'takayn Olam b'malchut Shaddai
Healing the World through the Majesty of Nurture (Alaynu)