

# BIRKAT HACHAMAH

סדר  
ברכת  
החמה

על פי מנהג חב"ד

∞  
*BIRKAT*  
*HACHAMAH*

ACCORDING TO  
CHABAD CUSTOM  
ANNOTATED EDITION



**BIRKAT HACHAMAH**

WITH ENGLISH TRANSLATION

ANNOTATED EDITION

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by

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## PREFACE

With thanks to the Almighty, we hereby present the *Order of Birkat Hachamah according to Chabad Custom—Annotated Edition*.

The blessing over the sun is recited only once in every twenty-eight years, when the sun returns to the position where it was when it was first created, on the same day of the week and hour of the day. This year the blessing will be recited on Erev Pesach, 14 Nissan, 5769 (April 8<sup>th</sup> 2009).

This publication contains:

1) A compilation of Chabad customs related to this special event. These originally appeared in Hebrew in *Seder Birkat Hachamah—Al Pi Minhag Chabad*, which was edited by the Lubavitcher Rebbe, Rabbi Menachem M. Schneerson of righteous memory, and published by Kehot Publication Society, in 5741 (1981).

2) The full prayer for this unique occasion in the user-friendly format of the *Annotated Liturgy Series*. A more detailed description of the *Annotated Series* appears in the Preface to the *Siddur Tehillat Hashem—Annotated Edition* (Merkos L'Inyonei Chinuch, 2002).

3) Transliteration of the entire text of the prayer.

**Kehot Publication Society**

Brooklyn, New York  
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Year of Hakhel

למנצח Lam'natzay-ach bin'ginos miz'mor shir. Elohim y'chö-naynu vi-vör'chaynu, yö-ayr pönöv itönu selö. Löda-as bö-öretz dar'kechö, b'chöl goyim y'shu-ösechö. Yoduchö amim elohim, yoduchö amim kulöm. Yis'm'chu viran'nu l'umim, ki sishpot amim mishor, ul'umim bö-öretz tan'chaym selö. Yoduchö amim elohim, yoduchö amim kulöm. Eretz nö's'nö y'vulö, y'vör'chaynu elohim elohaynu. Y'vör'chaynu elohim, v'yir'u oso köl af'say öretz.

עלינו Ölaynu l'shabay-ach la-adon hakol, lösays g'dulö l'yotzayr b'rayshis, shelo ösönu k'go-yay hö-arötzos, v'lo sömönu k'mish-p'chos hö-adömö, shelo söm chelkaynu köhem, v'gorölaynu k'chöl ha-monöm she-haym mishtachavim l'hevel v'lörük. Va-anachnu kor'im u-mishtachavim u-modim, lif'nay melech mal'chay ha-m'löchim, ha-ködosh böruch hu. She-hu no-te shöma-yim v'yosayd öretz, u-moshav y'köro ba-shömayim mima-al, u-sh'chinas u-zo b'göv'hay m'romim, hu elohaynu ayn od. Emes malkaynu, efes zulöso, kakösuv b'soröso: V'yöda-tö ha-yom vaha-shayvosö el l'vövechö, ki adonöy hu hö-elohim ba-shöma-yim mima-al, v'al hö-öretz mi-töchas, ayn od.

ועל V'al kayn n'ka-ve l'chö adonöy elohaynu, lir-os m'hayrö b'sif-eres uzechö, l'ha-avir gilulim min hö-öretz v'hö-elilim köros yiköray-sun, l'sakayn olöm b'ma-l'chus shadai, v'chöl b'nay vösör yik-r'u vi-sh'mechö, l'hafnos ay-lechö köl ri-sh'ay öretz. Yakiru v'yay-d'u köl yo-sh'vay sayvayl, ki l'chö tichra köl berech, tishöva köl löshon. L'fönechö adonöy elohaynu yich-r'u v'yipolu, v'li-ch'vod shim'chö y'kör yitaynu, vika-b'lu chulöm alay-hem es ol ma-l'chusechö, v'simloch alayhem m'hayrö l'olöm vö-ed, ki hama-l'chus she-l'chö hi, u-l'ol'may ad timloch b'chövod, ka-kösuv b'sorösechö, adonöy yimloch l'olöm vö-ed. V'ne-emar, v'hö-yö adonöy l'melech al köl hö-öretz, ba-yom hahu yih-yeh adonöy echöd ush'mo echöd.

mach'kimas pesi. Pikuday adonöy y'shörim m'sam'chay layv, mitz'vas adonöy börö m'iras ay-nöyim. Yir'as adonöy t'hora omedes lö-ad, mish'p'tay adonöy emes, tzöd'ku yach'döv. Ha-neche-mödim mizöhöv umipaz röy, um'sukim mid'vash v'nofes tzufim. Gam av'd'chö niz'hör böhem, b'shöm'röm aykev röy. Sh'gios mi yövin, ministöros na-kayni. Gam mizaydim chasoch av'dechö, al yim'sh'lu vi, öz ay-söm, v'nikaysi mipesha röy. Yih'yu l'röt-zon imray fi v'hegyon libi l'fönechö, adonöy tzuri v'go-ali.

שיר Shir la-malos, esö ay-nai el hehörim, may-ayin yövo ezri. Ezri may-im adonöy, osay shöma-yim yö-öretz. Al yitayn lamot rag'lechö, al yönum shom'rechö. Hinay lo yönum v'lo yishön shomayr yisrö-ayl. Adonöy shom'rechö, adonöy tzil'chö al yad y'minechö. Yomöm hashemesh lo yakekö, v'yöray-ach ba-löy'lö. Adonöy yish'mör'chö miköl rö, yish'mor es naf'shechö. Adonöy yishmör tzayschö uvoechö, may-atö v'ad olöm.

הללויה Hal'lu-yö, hal'lu ayl b'köd'sho, Hal'lu-hu bir'kia uzo. Hal'lu-hu big'vurosöv, Hal'lu-hu k'rov gud'lo. Hal'lu-hu b'sayka shoför, Hal'lu-hu b'nayvel v'chinor. Hal'lu-hu b'sof umöchol, Hal'lu-hu b'minim v'ugöv. Hal'lu-hu b'tzil'tzilay shöma, Hal'lu-hu b'tzil'tzilay s'ruö. Kol han'shömö t'halayl yö hal'lu-yö.

תנו Tönu rabönön: höroe chamö vis'kufösö, omayr Böruch Osay V'rayshis. V'aymas ha-vay? Ömar aba-yay: köl chöf ches sh'nin, vahadar machazor, v'nöf'lö t'kufas nisön b'shab'sö-i, b'ur'tö dis'las, nag'hay ar'ba.



### ORDER OF BIRKAT HACHAMAH ACCORDING TO CHABAD CUSTOM<sup>1</sup>

1. The text of the Blessing of the Sun contains the words “Lord our God, King of the Universe.” It also reads: “who re-enacts the **work of Creation**.”

2. Preferably, the blessing should be recited between dawn and the end of the third “proportional hour” of the day (each hour is defined as one twelfth of the time between sunrise and sunset). However, if for some reason, one did not recite the blessing during this time, it may be recited until noon (the end of six “proportional hours”).

3. It is customary to recite the blessing after Shacharit, among a large assembly of people.

4. Before reciting the blessing one should place one's feet together and glance at the sun once. Once the blessing is begun, one should not look at the sun at all.

5. The order of the recitations is as follows: The first six verses of Psalm 148; The two blessings; Psalm 19; Psalm 121; Psalm 150; Our Rabbis taught: One who sees the sun...; Psalm 67; Aleinu; Mourner's Kaddish (when a *minyán* of ten is present). It is the custom of some communities to add to this order.

6. It is our custom to recite also the *Shehecheyanu* blessing, but in order to avoid even the slightest possibility of reciting an unnecessary blessing, one should wear a new gar-

<sup>1</sup> Translation of “*Seder Birkat Hachamah — Al Pi Minhag Chabad*” (Kehot, Brooklyn, NY 5741). For more detailed laws and customs see “*Order of Birkat Hachamah According to Chabad Custom*” (Kehot, Brooklyn, NY 5769).

ment—over which one would be required to recite the blessing *Shehecheyanu*. Alternatively, one should take a new fruit and place it before him while reciting the blessing and recite the blessing of *Shehecheyanu* while also bearing the garment or fruit in mind.

7. It is our custom that women recite this blessing too, among a large assembly of people.

8. The men and women should, **obviously**, congregate separately.

9. **It is a correct and good practice** to educate children, boys and girls, to [recite] this blessing.

10. It is a correct and good practice to give *tzedakah* soon after having recited the Order of the Blessing of the Sun.



## TRANSLITERATION

Preferably, the Blessing of the Sun should be recited between sunrise and the end of the third “proportional hour” of the day (each “hour” is defined as one twelfth of the time between sunrise and sunset). If this is not viable, it may be recited until noon (the end of six “proportional hours”).

It should be recited following Shacharit, if possible with a *minyan* of ten.

The Blessing of the Sun is recited facing east.

הללויה Hal’lu-yö hal’lu es adonöy min ha-shöma-yim, hal’lu-hu ba-m’romim. Hal’lu-hu chöl mal’öchöv, Hal’lu-hu köl tz’vö-öv. Hal’lu-hu shemesh v’yöray-ach, hal’lu-hu köl koch-vay or. Hal’lu-hu sh’may ha-shömöyim, v’hamay-im asher may-al ha-shömöyim. Y’hal’lu es shaym adonöy, ki hu tzivö v’niv’rö-u. Va-ya-ami-daym lö-ad l’olöm, chök nösan v’lo ya-avor.

Place your feet together and glance once at the sun before reciting the following blessing. Once the blessing is begun, do not look at the sun at all.

**ברוך Böruch atö adonöy, elohaynu melech hö-olöm, osay ma-a-say v’ray-shis.**

**ברוך Böruch atö adonöy, elohaynu melech hö-olöm, she-heche-yönu v’ki-y’mönu v’higi-önu liz’man ha-ze.**

למנצה Lam’natzay-ach miz’mor l’dövid. hashöma-yim m’sap’rim k’vod ayl, uma-a-say yödöv ma-gid hörökia. Yom l’yom yabi-a omer, v’la-ylö l’la-ylö h’chave dö’as. Ayn omer v’ayn d’vörim, b’li nish-mö kolöm. B’chöl hö-öretz yötzö kavöm uvik-tzay say-vayl milay-hem, la-shemesh söm ohel böhem. V’hu k’chösön yotzay may-chupaso, yösis k’gibor lörutz orach. Mik-tzay hashömayim motzö-o, us’kuföso al k’tzosöm, v’ayn nistör may-chamöso. Toras adonöy t’mimö m’shivas nöfesh, aydus adonöy ne-emönö

all the inhabitants of the world will recognize and know that every knee should bend to You, every tongue should swear [by Your Name]. Before You, Lord our God, they will bow and prostrate themselves, and give honor to the glory of Your Name; and they will all take upon themselves the yoke of Your kingdom. May You soon reign over them forever and ever, for kingship is Yours, and to all eternity You will reign in glory, as it is written in Your Torah: The Lord will reign forever and ever.<sup>1</sup> And it is said: The Lord will be King over the entire earth; on that day the Lord will be One and His Name One.<sup>2</sup>

## MOURNER'S KADDISH

When praying with a *minyan*, mourners recite the following Kaddish. Congregation responds Amen as indicated.

יִסְגַּד Yis-gadal v'yis-kadash sh'mayh rabö. (Cong: Ömayn)

B'öl'mö di v'rö chir'u-sayh v'yamlich mal'chusayh, v'yatzmach pur-könayh vikörayv m'shi-chayh. (Cong: Ömayn)

B'cha-yay-chon u-v'yomaychon u-v'cha-yay d'chöl bays yisrö-ayl, ba-agölö u-viz'man köriv v'im'ru ömayn.

(Cong: Ömayn. Y'hay sh'mayh rabö m'vörach l'ölam u-l'öl'may öl'ma-yö, yisböraych.)

Y'hay sh'mayh rabö m'vörach l'ölam u-l'öl'may öl'ma-yö. Yisböraych, v'yishtabach, v'yispö-ayr, v'yisromöm, v'yis-nasay, v'yis-hadör, v'yis-aleh, v'yis-halöl, sh'may d'kudshö b'rich hu. (Cong: Ömayn)

L'aylö min köl bir-chösö v'shirösö, tush-b'chösö v'neche-mösö, da-amirön b'öl'mö, v'im'ru ömayn. (Cong: Ömayn)

Y'hay sh'lömö rabö min sh'ma-yö, v'cha-yim tovim ölaynu v'al köl yisrö-ayl v'im'ru ömayn. (Cong: Ömayn)

Take three steps back, then bow right saying *Oseh shöлом bim'romöv*, bow forward saying *hu*, bow left saying *ya-aseh shöлом ölaynu*, and bow forward saying *v'al köl yisrö-ayl, v'im'ru ömayn*.

*Oseh shöлом bim'romöv, hu ya-a-se shöлом ölaynu v'al köl yisrö-ayl, v'im'ru ömayn.* (Cong: Ömayn)



## ORDER OF THE BLESSING OF THE SUN

Preferably, the Blessing of the Sun should be recited between sunrise and the end of the third "proportional hour" of the day (each "hour" is defined as one twelfth of the time between sunrise and sunset). If this is not viable, it may be recited until noon (the end of six "proportional hours").

It should be recited following Shacharit, if possible with a *minyan* of ten.

The Blessing of the Sun is recited facing east.

הַלְלוּ יְיָ, הַלְלוּ אֶת יְיָ מִן הַשָּׁמַיִם, הַלְלוּ וְהוֹדוּ  
בְּמִרוֹמֵי: הַלְלוּ כָּל מַלְאָכָיו,  
הַלְלוּ כָּל צְבָאוֹ: הַלְלוּ שֶׁמֶשׁ וְיָרֵחַ, הַלְלוּ וְהוֹדוּ  
כָּל כּוֹכְבֵי אֲוִיר: הַלְלוּ שְׁמֵי הַשָּׁמַיִם, וְהַמַּיִם  
אֲשֶׁר מַעַל הַשָּׁמַיִם: יְהַלְלוּ אֶת שֵׁם יְיָ, כִּי הוּא  
צָוָה וְנִבְרָאוּ: וַיַּעֲמִידֵם לְעֵד לְעוֹלָם, חָק נָתַן וְלֹא  
יֵעָבֹר:

Place your feet together and glance once at the sun before reciting the following blessing. Once the blessing is begun, do not look at the sun at all.

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,  
עֹשֶׂה מַעֲשֵׂה בְּרֵאשִׁית:

בְּרוּךְ אַתָּה יְיָ, אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, שֶׁחֲחִינּוּ  
וְקִיָּמנוּ וְהִגִּיעֵנוּ לְזְמַן הַזֶּה:

לְמַנְצַח מְזֻמּוֹר לְדָוִד: הַשָּׁמַיִם מְסֻפְּרִים כְּבוֹד  
אֵל, וּמַעֲשֵׂה יָדָיו מְגִיד הַרְקִיעַ: יוֹם  
לְיוֹם יִבִּיעַ אִמָּר, וְלִילָה לְלִילָה יְחַוֶּה דַּעַת: אִין

1. Psalms 148:1-6.



### ORDER OF THE BLESSING OF THE SUN

Preferably, the Blessing of the Sun should be recited between sunrise and the end of the third “proportional hour” of the day (each “hour” is defined as one twelfth of the time between sunrise and sunset). If this is not viable, it may be recited until noon (the end of six “proportional hours”).

It should be recited following Shacharit, if possible with a *minyan* of ten.

The Blessing of the Sun is recited facing east.

Transliteration, page 11.

**Praise the Lord. Praise the Lord from the heavens; praise Him in the celestial heights. Praise Him, all His angels; praise Him, all His hosts. Praise Him, sun and moon; praise Him, all the shining stars. Praise Him, heaven of heavens, and the waters that are above the heavens. Let them praise the Name of the Lord, for He commanded and they were created. He has established them forever, for all time; He issued a decree, and it shall not be transgressed.**<sup>1</sup>

Place your feet together and glance once at the sun before reciting the following blessing. Once the blessing is begun, do not look at the sun at all.

**Blessed are You, Lord our God, King of the universe, who re-enacts the work of Creation.**

**Blessed are You, Lord our God, King of the universe, who has granted us life, sustained us, and enabled us to reach this occasion.**

For the Choirmaster; a Psalm by David. The heavens recount the glory of the Almighty; the sky proclaims His handiwork. Day to day speech streams forth; night to night expresses knowledge.

אָרְץ. יִכִּירוּ וַיִּדְעוּ כָּל יְיֹשְׁבֵי תֵבֵל, כִּי לָךְ תִּכְרַע כָּל בְּרֵךְ, תִּשְׁבַּע כָּל לְשׁוֹן. לְפָנֶיךָ יי אֱלֹהֵינוּ יִכְרְעוּ וַיִּפְּלוּ, וְלִכְבוֹד שְׁמֶךָ יִקָּר וַיִּתְּנוּ. וַיִּקְפְּלוּ כָּלֶם עֲלֵיהֶם אֶת עוֹל מַלְכוּתְךָ, וְתִמְלֹךְ עֲלֵיהֶם מְהֵרָה לְעוֹלָם וָעֶד. כִּי הַמַּלְכוּת שֶׁלְּךָ הִיא, וְלְעוֹלָמֵי עַד תִּמְלֹךְ בְּכָבוֹד, בְּפָתוּב בְּתוֹרַתְךָ: יי יִמְלֹךְ לְעוֹלָם וָעֶד: וְנֹאמַר: וְהָיָה יי לְמִלְךָ עַל כָּל הָאָרֶץ, בַּיּוֹם הַהוּא יִהְיֶה יי אֶחָד וְשִׁמּוֹ אֶחָד:<sup>2</sup>

#### MOURNER'S KADDISH

When praying with a *minyan*, mourners recite the following Kaddish. Congregation responds אָמֵן as indicated.

יִתְגַּדֵּל וַיִּתְקַדַּשׁ שְׁמֵהּ רַבָּא. (אָמֵן—Cong) בְּעֶלְמָא דִּי בְרָא כְרַעוּתָהּ וַיִּמְלִיךְ מַלְכוּתָהּ, וַיִּצְמַח פּוֹרְקָנָהּ וַיִּקְרַב מְשִׁיחָהּ. (אָמֵן—Cong) בְּחַיִּיכוֹן וּבְיוֹמֵיכוֹן וּבְחַיֵּי דְכָל בֵּית יִשְׂרָאֵל, בְּעַגְלָא וּבְזִמְן קָרִיב וְאִמְרוּ אָמֵן:

(אָמֵן—Cong) יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעוֹלָם וְלְעוֹלָמֵי עֲלְמֵיָא, וַתְּבָרַךְ.

יְהִי שְׁמֵהּ רַבָּא מְבָרַךְ לְעוֹלָם וְלְעוֹלָמֵי עֲלְמֵיָא. וַתְּבָרַךְ, וַיִּשְׁתַּבַּח, וַיִּתְפָּאֵר, וַיִּתְרוֹמֵם, וַיִּתְנַשֵּׂא, וַיִּתְהַדָּר, וַיִּתְעַלֶּה, וַיִּתְהַלָּל, שְׁמֵהּ דְקוּדְשָׁא בְרִיךְ הוּא. (אָמֵן—Cong)

לְעֵלָא מִן כָּל בְּרַכְתָּא וְשִׁירְתָּא, תִּשְׁבַּחְתָּא וְנַחְמְתָא, דְאִמְרוּן בְּעֶלְמָא, וְאִמְרוּ אָמֵן: (אָמֵן—Cong)

יְהִי שְׁלָמָא רַבָּא מִן שְׁמַיָּא וְחַיִּים טוֹבִים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן: (אָמֵן—Cong)

הוא עשה שלום במרומי, bow right saying וְעַל כָּל יִשְׂרָאֵל, bow left saying וְעַל כָּל יִשְׂרָאֵל, and bow forward saying אָמֵן וְאִמְרוּ אָמֵן, וְעַל כָּל יִשְׂרָאֵל, bow forward saying וְעַל כָּל יִשְׂרָאֵל, bow forward saying אָמֵן וְאִמְרוּ אָמֵן.

עֲשֵׂה שְׁלֹום בְּמִרוֹמָיו, הוּא יַעֲשֶׂה שְׁלֹום עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל, וְאִמְרוּ אָמֵן: (אָמֵן—Cong)

1. Exodus 15:18. 2. Zechariah 14:9.

The nations will rejoice and sing for joy, for You will judge the peoples justly and guide the nations on earth forever. The peoples will extol You, O God; all the peoples will extol You, for the earth will have yielded its produce, and God, our God, will bless us. God will bless us; and all, from the farthest corners of the earth, shall fear Him.<sup>1</sup>

עלינו It is incumbent upon us to praise the Master of all things, to exalt the Creator of all existence, that He has not made us like the nations of the world, nor caused us to be like the families of the earth; that He has not assigned us a portion like theirs, nor a lot like that of all their multitudes, for they bow to vanity and nothingness. But we bend the knee, bow down, and offer praise before the supreme King of kings, the Holy One, blessed be He, who stretches forth the heavens and establishes the earth, the seat of whose glory is in the heavens above, and the abode of whose majesty is in the loftiest heights. He is our God; there is none else. Truly, He is our King; there is nothing besides Him, as it is written in His Torah: Know this day and take unto your heart that the Lord is God; in the heavens above and upon the earth below there is nothing else.<sup>2</sup>

ועל And therefore we hope to You, Lord our God, that we may speedily behold the splendor of Your might, to banish idolatry from the earth—and false gods will be utterly destroyed; to perfect the world under the sovereignty of the Almighty. All mankind shall invoke Your Name, to turn to You all the wicked of the earth. Then

אמר ואין דברים, בלי נשמע קולם: בכל הארץ יצא קום ובקצה תבל מליהם, לשמש שם אהל בהם: והוא כחתן יצא מחפתו, ישיש כגבור לרוץ ארח: מקצה השמים מוצאו, ותקופתו על קצותם, ואין נסתר מחפתו: תורת יי תמימה משיבת נפש, עדות יי נאמנה מחכימת פתי: פקודי יי ישרים משמחי לב, מצות יי ברה מאירת עינים: יראת יי טהורה עומדת לעד, משפטי יי אמת, צדקו יחדו: הנחמדים מזהב ומפז רב, ומתוקים מדבש ונפת צופים: גם עבדך נוהר בהם, בשמרם עקב רב: שגיאות מי יבין, מנסתרות נקני: גם מזדים השך עבדך, אל ימשלו בי, אז איתם, ונקיתי מפשע רב: יהיו לרצון אמרי פי והגיון לבי לפניך, יי צורי וגאלי:

שיר למעלות, אשא עיני אל ההרים, מאין יבוא עזרי: עזרי מעם יי, עשה שמים וארץ: אל יתן למוט רגלך, אל ינום שמרך: הנה לא ינום ולא ישן, שומר ישראל: יי שמרך, יי צלך על יד מינדך: יומם השמש לא יכפה, וירח בלילה: יי שמרך מכל רע,

1. Psalm 19.



There is no utterance, there are no words; their voice is inaudible. Their arc extends throughout the world; their message to the end of the earth. He set in them [in the heavens] a tent for the sun which is like a groom coming forth from his bridal canopy, like a strong man rejoicing to run the course. Its rising is at one end of the heavens, and its orbit encompasses the other ends; nothing is hidden from its heat. The Torah of the Lord is perfect, restoring the soul; the testimony of the Lord is trustworthy, making wise the simpleton. The precepts of the Lord are just, rejoicing the heart; the *mitzvah* of the Lord is clear, enlightening the eyes. The fear of the Lord is pure, abiding forever; the judgments of the Lord are true, they are all righteous together. They are more desirable than gold, than much fine gold; sweeter than honey or the drippings of the honeycomb. Indeed, Your servant is scrupulous with them; in observing them there is abundant reward. Yet, who can discern inadvertent wrongs? Purge me of hidden sins. Also, hold back Your servant from willful sins; let them not prevail over me; then I will be unblemished and keep myself clean of gross transgression. May the words of my mouth and the meditation of my heart be acceptable before You, Lord, my Strength and my Redeemer.<sup>1</sup>

שיר A song of ascents. I lift my eyes to the mountains—from where will my help come? My help will come from the Lord, Maker of heaven and earth. He will not let your foot falter; your guardian does not slumber. Indeed, the Guardian of Israel neither slumbers nor sleeps. The Lord is your guardian; the Lord is your protective shade at your right hand. The sun will not harm you by day, nor the moon by night. The Lord will guard you from

יִשְׁמְחוּ וַיִּרְנְנוּ לְאֲמִים, כִּי תִשְׁפֹּט עַמִּים מִיִּשְׂרָאֵל,  
וּלְאֲמִים בְּאֶרֶץ תַּנְחֵם סֵלָה: יוֹדוּךָ עַמִּים  
אֱלֹהִים, יוֹדוּךָ עַמִּים כָּל־ם: אֶרֶץ נִתְּנָה יְבוּלָהּ,  
יְבָרְכֵנו אֱלֹהִים אֱלֹהֵינוּ: יְבָרְכֵנו אֱלֹהִים, וַיִּירָאוּ  
אוֹתוֹ כָּל אֲפָסֵי אֶרֶץ:

עָלֵינוּ לְשִׁבְחָ לְאֶדְוֵן הַכֹּל, לְתַת גְּדֻלָּה לְיוֹצֵר  
בְּרֵאשִׁית, שְׁלֵא עֲשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת, וְלֹא  
שָׁמְנוּ כְּמִשְׁפָּחוֹת הָאֲדָמָה, שְׁלֵא שָׁם חָלַקְנוּ כָּהֵם,  
וְגוֹרְלָנוּ כְּכֹל הַמוֹנֵם, שֶׁהֵם מִשְׁתַּחֲוִים לְהַבֵּל וְלָרִיק.  
וַאֲנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים לְפָנֵי מֶלֶךְ מַלְכֵי  
הַמַּלְכוּתִים, הַקְּדוֹשׁ בְּרוּךְ הוּא. שֶׁהוּא נוֹטֵה שָׁמַיִם  
וְיוֹסֵד אֶרֶץ, וּמוֹשֵׁב יְקָרוֹ בְּשָׁמַיִם מִמַּעַל, וְשֹׁכֵן תַּת  
עֵזוֹ בְּגִבְהֵי מְרוֹמִים. הוּא אֱלֹהֵינוּ אֵין עוֹד, אִמֶּת  
מִלְּכָנוּ, אִפְסֵם זוּלָתוֹ, כְּפֶתוּב בְּתוֹרָתוֹ: וַיִּדְעָתָ הַיּוֹם  
וְהִשְׁבַּתָּ אֶל לְבָבְךָ, כִּי יי הוּא הָאֱלֹהִים, בְּשָׁמַיִם  
מִמַּעַל וְעַל הָאֶרֶץ מִתַּחַת, אֵין עוֹד:<sup>2</sup>

וְעַל כֵּן נִקְוָה לְךָ יי אֱלֹהֵינוּ, לְרֵאוֹת מְהֵרָה  
בְּתַפְאֶרֶת עוֹד, לְהַעֲבִיר גְּלוּלִים מִן הָאֶרֶץ,  
וְהַאֲלִילִים כְּרוֹת יִכְרֵתוֹן, לְתַקֵּן עוֹלָם בְּמַלְכוּת שְׁדֵי,  
וְכֹל בְּנֵי בֶשֶׂר יִקְרָאוּ בְּשִׁמְךָ, לְהַפְנוֹת אֵלֶיךָ כָּל רְשָׁעֵי

1. Psalm 67. 2. Deuteronomy 4:39.

all evil; He will guard your soul. The Lord will guard your going and coming from now and for all time.<sup>1</sup>

הללויה Praise the Lord. Praise God in His holiness; praise Him in the firmament of His strength. Praise Him for His mighty acts; praise Him according to His abundant greatness. Praise Him with the call of the *shofar*; praise Him with harp and lyre. Praise Him with timbrel and dance; praise Him with stringed instruments and flute. Praise Him with resounding cymbals; praise Him with clanging cymbals. Let every being that has a soul praise the Lord. Praise the Lord.<sup>2</sup>

תנו Our Rabbis taught: One who sees the sun at its turning point, should say, “Blessed be He who re-enacts the [work of] creation.” When is this? Abbaye said: Every twenty-eight years, when the cycle begins again, and the Nissan [spring] equinox falls in Saturn, on the evening of Tuesday, going into Wednesday.<sup>3</sup>

למנצח For the Choirmaster; a song with instrumental music; a Psalm. May God be gracious to us and bless us, may He make His countenance shine upon us forever, that Your way be known on earth, Your salvation among all nations. The nations will extol You, O God; all the nations will extol You.

יִשְׁמַר אֶת נַפְשְׁךָ: יי יִשְׁמַר צֵאתְךָ וּבואֶךָ,  
מֵעַתָּה וְעַד עוֹלָם:

הַלְלוּיָהּ, הַלְלוּ אֵל בְּקֹדֶשׁוֹ, הַלְלוּהוּ בְרִקיעַ  
עִזּוֹ: הַלְלוּהוּ בְגִבּוֹרֹתָיו, הַלְלוּהוּ  
בְרַב גְּדֻלוֹ: הַלְלוּהוּ בְתִקְעַ שׁוֹפָר, הַלְלוּהוּ  
בְנִבְל וְכִנּוֹר: הַלְלוּהוּ בְתֶף וּמַחֲזֵל, הַלְלוּהוּ  
בְמִנִּים וְעִנָּב: הַלְלוּהוּ בְצִלְצְלֵי שִׁמְעַ, הַלְלוּהוּ  
בְצִלְצְלֵי תְרוּעָה: כָּל הַנְּשָׁמָה תְהַלֵּל יְהוָה  
הַלְלוּיָהּ:<sup>2</sup>

תִּנּוּ רַבָּנֵינוּ: הָרוּאָה חֲמָה בְתִקּוּפָתָהּ, אוֹמֵר  
בְּרוּךְ עוֹשֵׂה בְרֵאשִׁית. וְאיִמַת הָיִי?  
אָמַר אַבִּי: כָּל כ"ח שָׁנִין, וְהֵדָר מַחֲזוֹר,  
וְנִפְלָה תִקּוּפַת נִיסָן בְּשַׁבָּתָאֵי, בְּאוֹרְתָא  
דְתַלְתָּ, נִגְהִי אַרְבַּע:<sup>3</sup>

לְמַנְצַח בְּנִגִּינַת מְזֻמּוֹר שִׁיר: אֱלֹהִים יַחֲנֵנוּ  
וַיְבָרְכֵנוּ, יְיָ אֵלֵינוּ אֲתָנוּ סְלָה:  
לְדַעַת בְּאָרֶץ יִרְכָּךָ, בְּכָל גּוֹיִם יִשׁוּעָתְךָ:  
יִדְוֹךְ עַמִּים אֱלֹהִים, יִדְוֹךְ עַמִּים כָּלָם:

1. Psalm 121. 2. Ibid. 150. 3. Berachot 59b.