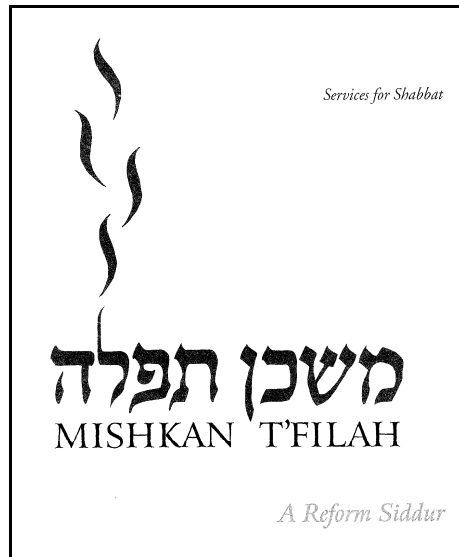


Name \_\_\_\_\_

*Temple Rodef Shalom B'nai Mitzvah Program*



*Saturday Mincha Bar/Bat Mitzvah Prayerbook*

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**Mincha Prayer Packet**

**A/B**

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Temple Rodef Shalom

*Revised: January, 2015*

**Student A begins at Rabbi's Podium  
after Cantor has congregation rise.**

SLOW  
LOUD  
CLEAR

Say: **"We continue with the T'filah, on page 226.**

**Please join me as we chant the prayers on the next 2 pages together."**

אֲדֹנָי, שִׁפְתַי תִּפְתָּח,  
וּפִי יַגִּיד תְּהִלָּתְךָ.

Adonai, open up my lips,  
that my mouth may declare Your praise



STUDENT A: Avot

bow bend knees

בְּרוּךְ אַתָּה, יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאִמּוֹתֵינוּ,  
 אֱלֹהֵי אַבְרָהָם, אֱלֹהֵי יִצְחָק וְאֱלֹהֵי יַעֲקֹב,  
 אֱלֹהֵי שָׂרָה, אֱלֹהֵי רֵבֶקָה, אֱלֹהֵי רַחֵל וְאֱלֹהֵי לֵאָה.  
 הָאֵל הַגָּדוֹל הַגִּבּוֹר וְהַנּוֹרָא, אֵל עֲלִיוֹן,  
 גּוֹמֵל חֲסָדִים טוֹבִים, וְקוֹנֵה הַכֹּל,  
 וְזוֹכֵר חֲסִדֵי אֲבוֹת וְאִמָּהוֹת,  
 וּמְבִיא גְאֻלָּה לְבָנֵי בְנֵיהֶם לְמַעַן שְׁמוֹ בְּאַהֲבָה.  
 מְלַךְ עוֹזֵר וּמוֹשִׁיעַ וּמַגֵּן.

bow bend knees

בְּרוּךְ אַתָּה, יי, מֶגֶן אַבְרָהָם וְעֵזֶר שָׂרָה.

Say: **"We continue in responsive prayer on page 229."**

OUR FATHERS AND MOTHERS PRAYED,  
 each through their own experience of God,  
 each through their own visions which we have come to share.

*Abraham with the fervor of justice, pleaded the cause of cities.*

*Sarah, in the pain of waiting, dared to hope for new life.*

Isaac, meditating alone in the field, lifted his eyes to find love.

Rebecca asked for the ability to discern God's call.

*Jacob climbed the rungs of his night into heaven, seeking destiny.*

*Leah dreamed of love; and Rachel sought harmony.*

We, as they, seek God's presence.

(Do not read aloud.) *Translation of Avot:* 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. Sovereign, Deliverer, Helper and Shield, Blessed are You, Adonai, Sarah's Helper, Abraham's shield.

Say: **"We continue together on page 230 with Gevurot."**

**אַתָּה גְבוּר לְעוֹלָם, אֲדֹנָי, מְחַיֶּה הַכֹּל אֶתָּה,  
רַב לְהוֹשִׁיעַ.**

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם. - winter\*

מוֹרִיד הַטַּל. - summer\*

מְכַלְכֵּל חַיִּים בְּחֶסֶד,

מְחַיֶּה הַכֹּל בְּרַחֲמֵי רַבִּים,

סוֹמֵךְ נוֹפְלִים, וְרוֹפֵא חוֹלִים, וּמַתִּיר אֲסוּרִים,

וּמְקַיֵּם אֲמוּנָתוֹ לַיּוֹשְׁנֵי עָפָר.

מִי כְמוֹךָ בְּעַל גְבוּרוֹת וּמִי דוֹמֶה לָךְ,

מְלַךְ מְמִית וּמְחַיֶּה וּמְצַמֵּחַ יְשׁוּעָה.

וּנְאֻמָּן אֶתָּה לְהַחְיֹת הַכֹּל.

בְּרוּךְ אַתָּה, יי, מְחַיֶּה הַכֹּל. no bowing

Say: **"We continue responsively on the next page."**(Do not read aloud.) *Translation of Gevurot:* You are forever mighty, Adonai; You give life to all.*Winter [Simchat Torah to Pesach]:* You cause the wind to shift and the rain to fall.)*Summer [Pesach to Simchat Torah]:* You rain dew upon us.

You sustain life through love, giving life to all 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? Blessed are You, Adonai, who gives life to all.

STUDENT B

Your might, O God is everlasting;  
help us to use our strength for good and not evil.

*You are the Source of life and blessing;  
help us to choose life for ourselves and our children.*

You are the support of the falling;  
help us to lift up the fallen.

*You are the author of freedom;  
help us to free the captive.*

You are our hope in death as in life;  
help us to keep faith with those who sleep in the dust.

*Your might, O God, is everlasting;  
help us to use our strength for good.*

For blessing and not for curse,  
for life and not death,  
for abundance, not want.

Say: **"We continue with the Kedusha on page 232."**

Cantor sings K'dushah:

נְקַדֵּשׁ אֶת שְׁמֶךָ בְּעוֹלָם, כְּשֵׁם שְׁמִקְדִּישִׁים אוֹתוֹ בְּשָׁמַי מְרוֹם,  
כְּפָתוּב עַל יַד נְבִיאֶךָ, וְקָרָא זֶה אֶל זֶה וְאָמַר:  
קְדוֹשׁ קְדוֹשׁ קְדוֹשׁ יְיָ צְבָאוֹת, מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ.  
אֲדִיר אֲדִירֵנוּ, יְיָ אֲדִירֵנוּ, מִה־אֲדִיר שְׁמֶךָ בְּכָל־הָאָרֶץ!  
בְּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ:  
אֶחָד הוּא אֱלֹהֵינוּ, הוּא אָבִינוּ, הוּא מְלִכְנוּ, הוּא מוֹשִׁיעֵנוּ,  
וְהוּא יִשְׁמִיעֵנוּ בְּרַחֲמָיו לְעֵינֵי כָּל־חַי: אֲנִי יְיָ אֱלֹהֵיכֶם.  
יְמִלֶךְ יְיָ לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן לְדֹר וָדֹר, הִלְלוּהָ.  
לְדֹר וָדֹר נְגִיד גְּדֻלָּה וְלִנְצַח נְצַחִים קְדֻשָׁתְךָ נְקַדִּישׁ, וְשִׁבְחְךָ אֱלֹהֵינוּ מִפִּינוּ  
לֹא יִמוּשׁ לְעוֹלָם וָעֶד, כִּי אֵל מְלֶכֶךְ גְּדוֹל וְקְדוֹשׁ אַתָּה.  
בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ.

STUDENT A: K'dushah Blessing

TO ALL GENERATIONS we will declare Your greatness, and for all eternity proclaim Your holiness. Your praise, O God, shall never depart from our lips. Blessed are You, Adonai, the Holy God.

בְּרוּךְ אַתָּה יְיָ, הָאֵל הַקְּדוֹשׁ.

Say: **"Please be seated."** (Pause)

**"Our service continues on page 234."**

STUDENT A: Atah Echad

אַתָּה אֶחָד וְשִׁמְךָ אֶחָד, וּמִי כְעִמְךָ יִשְׂרָאֵל,  
גּוֹי אֶחָד בְּאֶרֶץ, תִּפְאָרֶת גְּדֹלָה וְעֹטָרַת יְשׁוּעָה,  
יוֹם מְנוּחָה וְקִדְשָׁה לְעִמְךָ נְתַתָּ.  
אַבְרָהָם וְשָׂרָה יִגְּלוּ, יִצְחָק וְרִבְקָה יִרְנְנוּ,  
יַעֲקֹב וְרַחֵל וְלֵאָה וּבְנֵיהֶם יִנוּחוּ.  
מְנוּחַת אֱהָבָה וּנְדָבָה, מְנוּחַת אֱמֶת וְאַמוּנָה,  
מְנוּחַת שְׁלוֹם וְשִׁלְוָה וְהַשְׁקֵט וּבְטָח,  
מְנוּחָה שְׁלֵמָה שְׂאֵתָה רוּצָה בָּהּ.  
יִכִּירוּ בְּנֵיךָ וַיֵּדְעוּ כִּי מֵאֵתְךָ הִיא מְנוּחָתָם,  
וְעַל מְנוּחָתָם יִקְדִּישׁוּ אֶת שִׁמְךָ.

You are one and Your name is one, and there is none like Your people Israel, a people unique on earth. A garland of glory have You given us, a crown of salvation, a day of rest and holiness. Abraham and Sarah rejoiced in it, Isaac and Rebecca sang, Jacob and Rachel and Leah and their children were refreshed by its rest. A rest of love freely given, a rest of truth and faithfulness, a rest of peace and serenity, tranquility and security, a perfect rest which You so desire. May Your children come to know that this sacred rest links them to You, and through their rest they sanctify Your name.

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ,

רְצֵה בְּמִנוּחַתֵּנוּ.

קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ וְתֵן חֶלְקֵנוּ בְּתוֹרַתֶךָ,

שְׂבַעֵנוּ מְטוֹבָךָ, וְשִׂמְחָנוּ בִּישׁוּעָתֶךָ,

וְטַהַר לִבֵּנוּ לְעִבְדֶּךָ בְּאַמֶּת,

וְהִנְחִילֵנוּ, יי אֱלֹהֵינוּ,

בְּאַהֲבָה וּבְרָצוֹן שַׁבַּת קִדְּשֶׁךָ

וְיִגְוַחוּ בָּהּ יִשְׂרָאֵל, מִקִּדְּשֵׁי שְׁמֶךָ.

בְּרוּךְ אַתָּה, יי, מִקִּדְּשׁ הַשַּׁבָּת.

Say: ***“Please join me responsively on page 235.”***

For the good in us  
which calls us to a better life, we give thanks.

*For the strength to improve the world with our hearts and hands,  
we give praise.*

For the peace in us  
which leads us to work for peace,  
we are grateful.

*For the gift of Shabbat  
which renews us for life, we offer blessing.*



Say: "Page 236"

רְצֵה, יי אֱלֹהֵינוּ, בְּעֲמָדָה יִשְׂרָאֵל,  
וּתְפִלָּתָם בְּאַהֲבָה תִקְבֹּל,  
וּתְהִי לְרִצּוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ.  
אֵל קְרוֹב לְכָל-קְרָאִיו,  
פְּנֵה אֶל עַבְדֶּיךָ וְחַנּוּנוּ.  
שְׂפּוֹךְ רוּחְךָ עָלֵינוּ.

Adonai our God, may we, Your people Israel,  
be worthy in our deeds and our prayer.  
Wherever we live, wherever we see You --  
in this land, in Zion restored, in all lands --  
You are our God, whom alone we serve in reverence.

בְּרוּךְ אַתָּה יי, שְׂאוֹתֶיךָ לְבִדְדָךְ בְּיִרְאָה נַעֲבֹד.

*Student A returns to seat.*

Say: **"Page 238"**

מוֹדִים אֲנַחְנוּ לָךְ,

שְׂאֵתָה הוּא, יי אֱלֹהֵינוּ

וְאֵלֵהי אֲבוֹתֵינוּ וְאֲמוֹתֵינוּ,

לְעוֹלָם וָעֶד.

צוּר חַיֵּינוּ, מְגִן יְשָׁעֵנוּ,

אַתָּה הוּא לְדוֹר וָדוֹר.

For the gift of our souls, for the promise of our lives,  
for all we are and all we might yet become,  
for the creative seeds sown within our minds,  
whose nurturing can yield a grand harvest;  
for all these gifts, we thank you, O God,  
and pray that we prove ourselves worthy.

**"together"**

May our lives be ripe with the fruit of compassion,  
sweetly sustaining those in need.  
May we use our gifts wisely and with love,  
true messengers of blessing to the world.

בְּרוּךְ אַתָּה, יי, הַטּוֹב שְׂמֵךְ וְלֵךְ נָא לְהוֹדוֹת.

*Student B returns to seat.*