Temple Rodef Shalom B’nai Mitzvah Program

Saturday Mincha B’nai Mitzvah Prayerbook

Mincha Prayer Packet

A/B

Temple Rodef Shalom

Revised: July, 2023
STUDENT A: Adonai Sefatai Tiftach

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.”

אֲדֹנַי, שָפֵטִי הָפָדוּת, וְפִי יָיִד נֶהֲלוֹתָה.

Adonai, open up my lips,
that my mouth may declare Your praise
STUDENT A: Avot

bow      bend knees

1 בָּרוּךְ אָתָּה, בִּי אֶלָּהִים הָאֵלֹהִים אֲבֹתֵינוּ אֲמוֹרוֹתֵינוּ,
2 אֲלוֹהִים אֲבֹרָהָם, אֲלוֹהִים לִבְנֵךְ אֲלוֹהִים יָשָׁב.
3 אֲלוֹהִים שָׁרָה, אֲלוֹהִים רְבָּקָה, אֲלוֹהִים רַחֲלֵךְ אֲלוֹהִים לָא.
4 הָאֲלָלָה מִגְדוֹלָה בְּבוֹרֵיהּ, אֶל עָלֹיָה,
5 גּוֹמֵל בְּסֵדֶים תֹּבֵּיס, יָכֹּנֶה שָׁלוֹם,
6 יוֹנֵר מְסֵדֶי אֲבֹתֵינוּ בְּעֵטִים.
7 שֵׁמַע בְּשֵׁם בָּאָבֹת.
8 מִלָּהּ עַזּוֹר וּמוֹזֵשׁ עָלָיו.
9 בָּרוּךְ אָתָּה, יְיָ.
10 מַגּוּ אֲבֹרָהָם וּזְרַעֵהוּ שָׁרָה.
11

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 loving-kindness, 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.”

1. אָתָה בָּאָר לְעַלָּלָם, אָדוֹנִי,
2. מַחְיָה כַּל אָדָּנָה.
3. רַב לְחֹוֶשֶׁת.
4. מְשִׁיבָה חֵרֵּהּ וְמְוֹרֵיָּהּ חַצָּה. - winter*
5. מְוֹרֵיָּהּ חַצָּה. - summer*
6. מְכֹלֲּל חַהַד בָּהָדָד,
7. מַחְיָה חַל בָּרְפָּמָּא רַבִּים,
8. סְמוּךְ נְפָלָמָא, וּרְפָאָהוּ הָוָלָמָא, מַחְיָה אָסָרִים.
9. נְמוֹקָה אָתָאָמְתָה לְוַשֶּׁא עַפָּר,
10. עַל גְּמָעָה בִּצְלֵל בְּבָרוּחְתָּם וְמְיָיָהוּ לָזָא,
11. מְלַלְיָה מַמָּאָת מַמָּאָת מְצָפָמְתָה יָשָׁוּאוּ.
12. נְאָמְמָא אָתָאָ לְחֹוֶשֶׁת הָפֶּל.
13. בַּרְוָה אָתָה, יִי, מַחְיָה הָפֶּל.

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.
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:

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.

(Student Reads)

Say: “Please be seated.” (Pause)

“Our service continues on page 234.”
1. אֲנָהָ אִמְצָא אֲחַד, וַיִּמֶּנֶּה יִשְׂרָאֵל;
2. גֹּזַע אָחָד בָּאָרָא, וַתְּפָאַרְרָא יְפָרָה, יְטָרָה יְשׁוֹעָה;
3. וְיָשְׁמַעְתָּ וְקָרָאָתָה לְעָלְמָה נַחַת;
4. אָבֹרְבָּע וְשָׁרָה יִוְיָלָה, לְיַחְרֹק רַבְּכָה יָרֵנָה;
5. נְעָקַב וְרֵחַל לַלָּא הַבֶּניֹּם יִמְנוֹחַ.
6. מְנוֹתָת אֲשֶׁר בִּנְבָּה, מְנוֹתָת אֲמָתָה אֲמָנוּתָה;
7. מְנוֹתָת נְשֵׁלָמָה נֶשֶׁלָה וְזֵקַטְתָּ נֶבַעַת;
8. מְנוֹתָת נְשֵׁלָמָה נֶשֶׁלָּה שלָּמָה בֵּנָה.
9. יְכִיר בִּנְיָמִין נְדַע;
10. כִּי מְנָהָתָה הַיָּה מְנָהָתָה;
11. וְעַל מְנָהָתָהּ נְדַעְיָתָא אֲחַד שָׁמָּה.

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.
STUDENT B: Kad’sheinu

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: “Please join me responsively on page 235.”

234/235
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.

Student A returns to seat.
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.

Student B returns to seat.