
Torah Portion: Nitzavim - Vayeilech, Deuteronomy 29:9–30:20, 31:1–30
Haftarah: Isaiah 61:10-63:9

Morning Blessings

Music by Shefa Gold

יְיָ מַתִּיר אֲסוּרִים, יְיָ פּוֹקֵחַ עֵינַיִם,
יְיָ זוֹקֵף כְּפוּפִים, יְיָ אוֹהֵב צַדִּיקִים.

*Adonai matir asurim, A-do-nai po-kei-ach iv-rim,
Adonai zokeif k'fufim, Adonai ohev tsadikim.*

Adonai frees the captives, Adonai opens the eyes of the blind,
Adonai lifts up the fallen, Adonai loves the righteous.

Ahal'lah Adonai b'chayai!

אֶהְלֵלָה יְיָ בְּחַיָּי.

I will praise Adonai with my life!

Mi Shebeirach

by Craig Taubman

מִי שֶׁבִּירַךְ אֲבוֹתֵינוּ, אֲבָרָהֶם יִצְחָק וְיַעֲקֹב,
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרַךְ וְיִרְפָּא אֶת־הַחֹלִים.

*Mi shebeirach avoteinu, Avraham, Yitschak v'Yaakov,
Sarah, Rivkah, Racheil v'Leiah,
Hu y'vareich virapei et hacholim.*

May God, who blessed our ancestors, Abraham, Isaac and
Jacob, Sarah, Rebekah, Rachel and Leah, bless and heal
those who are ill.

Eil nah r'fah nah lah.

אֵל נָא רַפָּא נָא לָהּ.

God, please, we pray, bring healing.

Yitchazeik V'Yashuv

Musi by Benjie Ellen Schiller

יִתְחַזֵּק וְיָשׁוּב לְבָנוֹת אֶת עַצְמוֹ.

Yitchazeik v'yashuv livnot et atsmo.

Be strengthened and return by rebuilding yourself.