
Torah Portion: Vayeitzei, Genesis 28:10–32:3
Haftarah: Hosea 12:13-14:10

Sanctuary / V'asu Li Mikdash

Oh Lord, prepare me to be a sanctuary, pure and holy, tried and true; with thanksgiving, I'll be a living sanctuary for You.

וְעָשׂוּ לִי מִקְדָּשׁ וְשָׁכַנְתִּי בְּתוֹכָם

V'asu li mikdash, v'shachanti b'tocham.

Let them make Me a sanctuary,
that I may dwell among them. (Ex. 25:8)

וְאֶנְחֲנוּ נְבִירָךְ יְהִי מֵעַתָּה וְעַד־עוֹלָם.

Vaanachnu n'va-reich Yah meiatah v'ad olam.

We will bless God, now and always. (Ps. 115:18)

May the words of my mouth and the meditations of my heart
be acceptable to You, O God, my Rock and my Redeemer.

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!

Prayer for Redemption of Hostages

*By CCAR members Rabbis Ofer and
Rachel Sabath Beit Halachmi*

*Our God, the One who raised Joseph up from the pit, be
"a refuge for the oppressed, a refuge in times of trouble."
(Psalm 9:10)*

Send complete rescue and full redemption to all those held
captive by the enemy.

Strengthen their spirit and bring them our prayers that they be
protected from all harm.

Implant understanding in the heart of the enemy that they may
return the captives in wholeness of body and spirit.

Grant wisdom to the Israel Defense Forces that they may
secure freedom for the captives without loss of life. Grant
strength of spirit and courage of heart to all the sons and
daughters of Abraham, Sarah, and Hagar to release bonds of
captivity and allow us all to live in freedom.

*"They shall call upon Me, and I will answer them; I will be
with them in distress; I will rescue them, and honor them."
(after Psalm 91:15).*

Mi Shebeirach

Music by Craig Taubman

מִי שֶׁבִירָךְ אֲבוֹתֵינוּ, אֲבָרְהָם יִצְחָק וְיַעֲקֹב,

שָׂרָה רִבְקָה רַחֵל וְלֵיָאָה, הוּא יְבָרְךְ וִירַפָּא 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.