
Torah Portion: Va-et'chanan - Deuteronomy 3:23–7:11
Haftarah: Isaiah 40:1–26

Morning Blessings

Music by Shefa Gold

יְיָ מַתִּיר אֲסוּרִים, יְיָ פּוֹקֵחַ עֵוְרִים,
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 שֶׁבֵּירַךְ אֲבוֹתֵינוּ, אֲבֹרָהֶם יִצְחָק וְיַעֲקֹב,
שָׂרָה רִבְקָה רָחֵל וְלֵאָה, הוּא יְבָרַךְ וְיִרְפֵּא 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 רְפֵא נָא לָהּ.

God, please, we pray, bring healing.

Nachamu/Comfort Us, Isaiah 40:1-3

Music and English text by Elana Arian

נַחֲמוּ נַחֲמוּ עַמִּי יֹאמַר אֱלֹהֵיכֶם

Nachamu, nachamu ami yomar Eloheichem (2x)

Comfort us, comfort us in our wilderness,
Comfort us as we struggle to take care of one another.
Comfort us, comfort us in our wilderness,
Comfort us as we struggle with this world.