AMIDAH FOR SHABBAT MORNING
שָׁמוֹנה עַשְׁרוֹה
SHEMONEH ESREH - AMIDAH
(EIGHTEEN) - (STANDING)

יִי , שְֹפָתַי תִּפְתָּח
Adonai, se-fa-tai tif-tach',
Adonai, lips my You will open

וּפִי נַנְדָה תְּהִלָּתֶֿה
You will open, my mouth will tell Your glory.

אבוֹת
First Blessing: Avot
Fathers/Patriarchs/Ancestors

בָּרֵךְ אֲתָה , יי אֱלֹהֵי אַבְרָהָם
Ba-ruch' A-tah', Adonai E-lo-hei'-nu ve-lo-hei'
blessed (are) You, Adonai G-d our and G-d of

אָבֹתֵיֵנוּ , אֱלוֹהִי אֲבָרָהָם
fathers our G-d of Abraham,

אָבֹתֵיֵנוּ , אֱלוֹהִי יִצְחָק , וֵאֱלֹהִי יַעֲקֹב
fathers our G-d of Isaac, and G-d of Jacob:

1985 Siddur Sim Shalom, p. 354~~~1998 Siddur Sim Shalom, p.115a
The great, the powerful, and the awesome, mighty terrible

Most high. He rewards merciful, compassionate deeds good

and he creates the all and remembers kindnesses of fathers

and brings a redeemer to children of children their

for the sake of name His in/with love

On Shabbat before Yom Kippur:

Remember us for life King (One Who) delights in life

1985 Siddur Sim Shalom, p. 354~~~1998 Siddur Sim Shalom, p.115
לְמַעַנְךָ אֱלֹהִים  הַחַיִּים
for the sake of You G-d (of) life

מֶֿלֶךְ עוֹזֵר וּמוֹשִֿׁיעַ וּמָגֵן
King Helper and Savior and Shield

בָּרֻךְ אַתָּה יי , מָגֵן אַבְרָהָם
blessed (are) You , Adonai, Shield ( of) Abraham

גֶֿבֶרְוָה
Second blessing: Gevurot (ge-vu-rot’)
Powers

Aַתָּה גִּבּוֹר לְעוֹלָם , יי , מְחַיֵּה מֵתִים
You (are) mighty to eternity, Adonai, enlivening dead

Aָתָה , רַב לֶוֶשׁע
(are) You, great to save.

1985 Siddur Sim Shalom, p. 354~~~1998 Siddur Sim Shalom, p.115
From Shemini Atzeret to Pesach add:

Mashiv *ha-ru'-ach* *u-mo-rid'* *ha-ge'-shem.*
You cause to blow the wind and cause to descend the rain

Me-chal-kel' *chai-yim' be'-che'-sed*,
you feed life (the living) with lovingkindness,

Me-chai-yeh' *me-tim' be'-ra-cha-mim' ra-bim',
You enliven (the) dead with compassion great

So-mech' *nof-lim', ve-ro-feh' cho-lim', u-ma-tir'
You support (the) falling, and heal (the) sick, and free

a-su-rim', *u-me-ka-yem' e-mu-na-to' li-she-nei' a-far'.
prisoners, and He keeps faith His to sleepers (in) dust

Mi *cha-mo'-cha*, Ba'-al *ge-vu-rot', u-mi' do'-meh
who (is) like You, Master of powers, and who resembles

1985 Siddur Sim Shalom, p. 354~~~1998 Siddur Sim Shalom, p.115
לָּךְ ,   מֶֿלֶךְ   מֵמִית

to You, King of death and of life

u-matz-mi'-ach                                          ye-shu-ah’.
and (One Who) causes to grow, to spring up salvation

וְנֶאֱמָן   אַתָּה   לְהַחֲיוֹת    מֵתִים

and reliable, (are) You to give life to, enliven dead faithful

בָּר
blessed (are) You, Adonai, giving life to, the dead enlivening

During the silent shemoneh esreh, continue with "Atah kadosh..", below
During chazzan’s repetition, the Kedushah is recited here, p. 356/116 in Siddurim

אַתָּה   קָדוֹשׁ   וְשִׁמְךָ   קָדוֹשׁ
You (are) holy and name Your (is) holy,

קְדוֹשִׁים   בְּכָל   יוֹם   יְהַלְלֿ
and holy ones in every day will praise You

Ba-ruch’ A-tah’, Adonai, ha-El’ ha-ka-dosh’.  
blessed (are) You, Adonai, the G-d the holy.

From Rosh Hashanah to Yom Kippur substitute:

Ba-ruch’ A-tah’, Adonai, ha- me’-lech ha- ka-dosh’.  
blessed (are) You, Adonai, the king the holy (the holy king)

The Kedushah

Ne-ka-desh’ et shim-cha’ ba-o-lam’, ke-shem’  
we will sanctify (d.o.) name Your in the world , just as

she-mak-di-shim’ o-to’ bish-mei’ ma-rom’,  
that they sanctify it with names of high places (heaven)

ka-ka-tuv’ al yad’ ne-vi-e’-cha’ ,  
as it is written at the hand (of) prophet Your

The Kedushah

Holy, Holy, Holy Adonai (of) hosts

fills all the earth glory, honor His

then with a sound/voice of noise great powerful and strong

they cause to be heard a voice, raising opposite Seraphim

facing them blessed they will say

Blessed (is) honor, glory of Adonai from place His (from place His)
mim-ko-me-cha’ mal-ke’-nu to-fi’-a
from place Your King our You will appear (le-ho-fi’-a, יッツה)

ve-tim-loch’ a-lei’-nu, ki me-cha-kim’ a-nach’-nu lach.
and You will reign over us because are waiting we for You.

Ma-tai’ tim-loch’ be-tzi-yon’, be-ka-rov’ be-ya-me’i’-nu ,
when You will reign in Zion soon in days our

le-o-lam’ va-ed’ tish-kon’.
to eternity and forever You will dwell

Tit-ga-dal’ ve-tit-ka-dash’ be-toch’ ye-ru-sha-la’-yim
You will be great and You will be holy within Jerusalem

i-re-cha’, le-dor’ va-dor’ u-le-ne’-tzach ne-tza-chim’.
city Your to generation and generation and to endurance of perpetuity

and eyes our will see kingship Your as word the (one that) is said

in songs of strength Your at hands of David annointed one of

justice Your will reign Adonai for eternity G-d your Zion

to generation and generation praise G-d to generation and generation

we will tell greatness Your and to perpetuity, endurance of time (of)
Ve-shiv-cha'cha' E-lo-hei'-nu, mi-pi'-nu
and praise Your G-d our, from mouth our

Lo ya-mush' le-o-lam' va-ed'. Ki El Me'-leich
not will depart to eternity and forever. because G-d King

Ga-dol' ve-ka-dosh' A'-tah.
great and holy (are) You.

Ba-ruch' A-tah', Adonai, * ha-el' ha-ka-dosh'.*
blessed (are) You, Adonai, * the G-d the holy. *
*(the holy God)*

★From Rosh Hashanah to Yom Kippur substitute “ha-me'-leich ha-ka-dosh” ★
the king the holy

4th blessing: kedushat hayom (sanctification of the day)

Yis-mach' Mo-sheh' be-mat-nat chel-ko', ki
will be happy/content Moses with gift of lot, portion his because

1985 Siddur Sim Shalom, p. 358~~~1998 Siddur Sim Shalom, p.117
עֶבֶד נֶאֱמָן קָרָאת לּו . כְּלִיל תִּפְאֶֿרֶת בְּרֹאשׁוֹ

e'-ved ne-e-man’ ka-ra’-ta lo. Ke-lil’ tif-e’-ret be-ro-sho’
a servant faithful You called to him. (a) crown (of) glory on head his

בָּמַת לָא , בֶּשְׁמֶדֶר כִּפּוֹת עַל הַר סִינָי

na-ta’-ta lo , be-am-do’ le-fa-nei’-cha al har si-nai’
You gave to him, with standing his to presence Your on mountain Sinai

וְשָׁנֵי לְחוֹת אֲבָנִים הֹרִיד בְּיָדוֹ

u-she-ni’ lu-chot’ a-va-nim’ ho-rid’ be-yà-do’,
and two tablets of stones he caused to descend in hand his (brought down)

וְכֵן כָּת בְּתוֹרָתֶֿךָ

vè-cha-tuv’ ba-hem’ she-mi-ra’ sha-bat’, vè-chen’ ka-tuv’
and it is written in them guarding of Shabbat and thus it is written

בְּנוֹתֵי יִשְׂרָאֵל אֶת הַשַּׁבָּת

Ve-sham-ru’ ve-nei’ yis-ra-el’ et ha-sha-bat’,
and will keep, guard children of Israel (d.o.) the Sabbath,

1985 Siddur Sim Shalom, p. 358~~~1998 Siddur Sim Shalom, p.117
to make (d.o.) the Sabbath for generations their a covenant eternal.

between Me and between children of Israel a sign (is) it, f. to eternity

for six of days made Adonai (d.o.) the heavens

and (d.o.) the earth, and on the day the seventh He rested

and was refreshed and not You gave it Adonai G-d our

to nations of the lands and not You bequeathed it King our
לעונבי פסלים, בם בנגסהו

1985 Siddur Sim Shalom, p. 358~~~1998 Siddur Sim Shalom, p.117
חֶמְדַּת יָמִים אֲתַוּ קָרָֿאתָ
Chem-da'ya-mim'o-to'ka-ra'-ta',
desired of days it/him (d.o.) You called,

זֵֿכֶר לְמַעֲשֵֹה בְּרֵאשִׁית
ze'-cherle-ma-a-seh've-re-shit'.
a remembrance for work (of) beginning

אֶ-לוֹהֵי נְעַלְהֵי אֲבֹהֵי נְעַלְהֵי אֲבֹהֵי בְּרֵאשִׁית גֻד
e-lo-hei'-nu ve-lo-hei'a-vo-tei'-nu, re-tseh'
G-d our and G-d of fathers/ancestors our, be pleased

בְּמִצְוֹתֶֿי בִּתּוֹרָתֶֿךָ
vi-me-nu-cha-te'-nu. Kad-she'-nu be-mits-vo-tei'-cha,
with rest our sanctify us with commandments Your

וְתֵן חֶלְקֵֿנָה בְּתּוֹרָתֶֿךָ
ve-ten'chel-ke'-nu be-to-ra-te'-cha. Sab-e'-nu
and give share our in Torah Your. satisfy us

בְּשַֹמְּחֵֿנָה בְּבֵכָֿךָ
mi-tu-ve'-cha', ve-sam-che'-nu bi-shu-a-te'-cha',
with goodness Your and gladden us with help Your,

1985 Siddur Sim Shalom, p. 358~~~1998 Siddur Sim Shalom, p.117
and purify hearts our to serve, worship You in truth.

and bestow on us Adonai G-d our, with love

and with willingness Sabbath holy Your,

and will rest in it/him Israel sanctifiers of name Your

blessed (are) You, Adonai, You sanctify the Sabbath.

be pleased, Adonai G-d our, with people Your Israel
and prayer their and return (d.o.) the service, worship

and will be for favor always service of Israel people Your

will arise and will come

and will arrive and will see and will be pleased and will hear and will attend to

1985 Siddur Sim Shalom, p. 360~~~1998 Siddur Sim Shalom, p.118
and will remember memory our and deposit, store* our and reminder of

*fing left in trust, what was left for future generations

fathers our and reminder of anointed one son of David servant Your

Jerusalem city holy Your and memory of

all people Your house of Israel for deliverance, escape

for good for favor and for lovingkindness and for mercy

for life and for peace
בְּיוֹם רֹאשׁ הַחֹֿדֶשׁ הַזֶּה.

Be-yom’ rosh ha-cho’-desh ha-zeh’.
in day of head of the month (the) this

בְּיוֹם חַג הַמַּצוֹת הַזֶּה.

Be-yom’ chag ha-ma-tzot’ ha-zeh’.
in day of festival of the matzahs (the) this

בְּיוֹם חַג הַמסֻּכּוֹת הַזֶּה.

Be-yom’ chag ha-su-kot’ ha-zeh’.
in day of festival of the booths (the) this

זוכְּרֵֿנּ לַלֹּאֵהִים בִּזְכָּרָה
Remember us Adonai G-d our in it, m. for good

וְפָקְדֵֿנּ לְבָרָכָה
And attend to us in it, m. for blessing.

וְהוֹשִׁיעֵֿנּ לַזְיָהִים
And save us in it, m. for life

1985 Siddur Sim Shalom, p. 360~~~1998 Siddur Sim Shalom, p.118
u-vi-de-var’ ye-shu-ah’ ve-ra-cha-mim’ chus ve-cha-ne’-nu
and with speech of salvation and mercies have pity and favor us

ve-ra-chem’ a-lei’-nu ve-ho-shi-e’-nu, ki e-lei’-cha
and have mercy upon us and save us because toward You (are)

End of addition for Rosh Chodesh and Chol Hamoed.

Ve-te-che-zei’-nah ei-nei’-nu be-shuv-cha’ le-tzi-yon’
and You will cause to behold eyes our in return Your to Zion

be-ra-cha-mim’. Ba-ruch’ A-tah’ Adonai
in mercy blessed (are) You Adonai

ha-ma-cha-zir’ She-chi-na-to’ le-tzi-yon’.
the (One Who)causes to reflect Divine Presence His to Zion.

1985 Siddur Sim Shalom, p. 360~~~1998 Siddur Sim Shalom, p.118
Sixth Blessing: Acknowledging our debt of gratitude.

Mo-dim’ a-nach’-nu lach, sha-a-tah’ Hu gratefully acknowledge we to You, that You (are) He

Adonai E-lo-hei’-nu ve-lo-hei’ a-vo-tei’-nu le-o-lam’ Adonai G-d our and G-d of fathers our to eternity

va-ed’. Tzur chai ye’-nu, Ma-gen’ yish e’-nu, and forever. Rock of life our, Shield of salvation our,

A-tah’ Hu le-dor’ va-dor’. No-deh’ le-cha’ You (are) He to for generation and generation. we will thank to You

u-ne-sa-per’ te-hi-la-te’-cha, al chai yei’-nu ha-me-su-rim’ and we will tell praise, glory Your, for lives our the (ones) delivered

1985 Siddur Sim Shalom, p. 360~~~1998 Siddur Sim Shalom, p.118
for You, and for miracles Your that in each day (are) with us

and about wonders Your and goodesses You

that (are) in every time, season evening and morning and noon

the Good for not ended (are) mercies Your and the Compassionate

for not finished (are) kindnesses Your, from eternity we hoped for you

☆Modim of the Rabbis follows, recited softly by the congregation while the Chazzan recites the regular modim aloud (you have already said the regular Modim during the silent recitation of the Shemoneh Esrehs):

1985 Siddur Sim Shalom, p. 360~~~1998 Siddur Sim Shalom, p.118
Mo-dim'  a-nach'-nu lach ,  sha-a-tah' Hu gratefully acknowledge we to You, that You (are) He

דֶף

וּאֱלֹהֵי כָּל בָּשָֹר, אֱלֹהֵי אֲבוֹתֵֿינ וֵּאֱלֹהֵֿי אֲבוֹתֵֿי הַגָּדוֹל וְהַקָּדוֹשׁ , עַל שֶׁהֶחֱיִיתָֿנ to name Your the great and the holy about that you caused to live us

לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ , עַל שֶׁהֶחֱיִיתָֿנ le-shim-cha' ha-ga-dol' ve-ha-ka-dosh', al she-he-che-yi-ta'nu to name Your the great and the holy about that you caused to live us

לְחַצְרוֹת קָדְשֶֿׁךְ יָוְקִיַּמְתָּךְ וְקִיַּמְתָּךְ לְחַצְרוֹת קָדְשֶֿׁךְ יָוְקִיַּמְתָּךְ וְקִיַּמְתָּךְ to enliven us and You will enliven us

וְקִיַּמְתָּךְ לְחַצְרוֹת קָדְשֶֿׁךְ יָוְקִיַּמְתָּךְ וְקִיַּמְתָּךְ to enliven us and You will enliven us

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נַחֲשֲׁוֹת בִּילָגְוֹו מֵי תָּרָא והָיִיתָן בָּמַע וַתָּרָא מִי תָּרָא he will create our for courts of holiness Your

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1985 Siddur Sim Shalom, p. 360~~~1998 Siddur Sim Shalom, p.118
לשמור חֻקֶּיךָ וְלַעֲשׁוֹת רְצֹונֶךָ,

li-she-mor' chu-kei'-cha ve-la-a-sot' re-tzo-ne'-cha,

to guard laws Your and to do will Your

וְלַעֲשׁוֹת רְצֹונֶךָ,

v e-la-a-sot' re-tzo-ne'-cha,

to do Your will

לַעֲבְדְךָ בְּלֵבָב שָׁלֵם עַל שֶׁאֲנַחְנָה,

u-le-av-de-cha' be-le-vav' sha-lem', al she-a-nach'-nu mo-dim'

and to worship You with heart whole, for that we thank

מִדְרְשִׁים לָךְ. בָּרֻךְ אל הַהוֹדָאֹת.

m o-dim' lach. Ba-ruch' El ha-ho-da-ot'.

to You. Blessed (is) G-d of the thanksgivings (the G-d of thanksgivings)

* On Chanukah, continue here:

עַל הַנִּסִּים וְעַל הַפֻּרְקָן, וְעַל הַגְּב

Al ha-ni-sim' v e-al' ha-pur-kan', ve-al' ha-ge-vu-rot'

For the miracles and for the deliverance, and for the heroism

עַל הַחֲשָׁוֵהוֹת בֵּין הַפְּלָכָות שֵׁשֶׁשׁית

v e-al' ha-te-shu-ot' ve-al' ha-mil-cha-mot' she-a-si'-ta

and for the victories and for the battles which You did

לאֵבְוַוַיְהָנוּ בְּכֵיָּמִים הָהֵם בֵּןָמֶלֶם הָזֶה.

la-a-vo-tei'-nu ba-ya-mim' ha-hem' ba-ze-man' ha-zeh'.

for fathers our in the days (the) those in the time, season (the) this

in days of Mattathias son of Jochanan priest great, (high priest)

Hasmonean and sons his, when stood kingdom of Greece

the wicked, evil, cruel against people Your Israel

to cause to forget them Torah Your, and to cause to pass them (cause them to forget) (cause them to pass)

from laws of will Your. but You in compassion Your

the great stood by them in time (of) trouble their.

Rav'-ta et ri-vam’, dan’-ta et di-nam’,
You strove (d.o.) striving their
You judged (d.o.) judgment their,
na-kam’-ta et nik-ma-tam’. Ma-sar’-ta gi-bo-rim’
You avenged (d.o.) revenge their
You delivered strong ones
be-yad’ cha-la-shim’, ve-ra-bim’ be-yad’ me-a-tim’,
by hand of weak ones, and many by hand of few,
and unclean ones by hand of pure ones, and wicked ones
be-yad’ tza-di-kim’, ve-ze-dim’ be-yad’
by hand of just ones, and insolent ones by hand of
(ones who) busy themselves with Torah your.

U-le-cha' a-si'-ta shem ga-dol' ve-ka-dosh'
and for You(rself) You made name great and holy

be-o-la-me'-cha u-le-am-cha' yis-ra-el' a-si'-ta
in world Your, and for people Your Israel You did, made

teshu-ah' ge-do-lah' u-fur-kan' ke*-ha-yom' ha-zeh'.
victory, great and deliverance, as* the day (the) this.
deliverance redemption

*the prefix "ke" (כְּ) means: as, like, or the likeness of; it seems to refer to
the anniversary of the event.

Ve-a-char' ken ba'-u va-nei'-cha li-de-vir' * bei-te'-cha
and after thus came children Your to "devir"* (of) house Your
(afterwards) (Temple)

*de-vir' (דְבִיר): the innermost room of the Temple, the Holy of Holies, where
the Ark of the Covenant was kept.

u-fi-nu' et hei-cha-le'-cha , ve-ti-ha-ru'
and they cleared out (d.o.) Temple Your, and they cleansed, purified
את מקדשך והללקו ברוח במחילות
et mik-da-sh'cha ve-hid-li-ku ne-rōt' be-chats-rot'
(d.o.) holy place Your and they kindled lamps in courts, enclosures

כּוֹדְשֶֿךָ , לְקֵם שְׁמוֹנַת שְׁמֹנַת קַדְשֶֿךָ , וְקָבְעָה שְׁמוֹנַת יְמֵי חֲנֻכָּה
kod-sh'cha, ve-kav-u' shmo-nat' ye-mei' cha-ru-kah'
holy Your, and they established eight of days of dedication
(drove in, inserted)

לְהַלֵּל לְשִׁמְךָ הַגָּדוֹל
e'-lu, le-ho-dot' u-le-ha-lel' le-shim-cha' ha-ga-dol'.
these, to thank and to praise to name Your the great.

☆ end of addition for Chanukah.

פָנֵל בְּנֵי בְרִיתֶֿךָ בְּהֵרְשֵׁם שְׁמָךְ ,
Ve-al' ku-lam' yit-ba-rach' ve-yit-ro-mam' shim-cha',
and for all of them will be blessed and will be exalted name Your,

מלְכֵֿנּו , תָּמִיד לְעֹלָם וָעֶד
mal-ke'-nu, ta-mid' le-o-lam' va-ed'.
king our, continuously to eternity and forever.

☆From Rosh HaShanah to Yom Kippur, add:

וכּוֹתֵב לְחַיִּים טוֹבִים קְל בְּנֵי בְרִיתֶֿךָ
U-che-tov' le-chai-yim' to-vim' kol be-nei' ve-ri-te'-cha.☆
and write for life good all children of covenant Your

Ve-chol' ha-chai-yim' yo-du'-cha se'-lah,
and all the living will thank You pause and consider,

vi-ha-le-lu' et shim-cha' be-e-met', ha-el'
and they will praise (d.o.) name Your in truth, the G-d

ye-shu-a-te'-nu ve-ez-ra-te'-nu se'-la.
help, salvation our and help, assistance our pause and consider.

Ba-ruch' A-tah', Adonai, ha-tov' shim-cha'
blessed (are) You, Adonai, the good (is) name Your

u-le-cha' na-eh' le-ho-dot'.
and to You it is befitting to give thanks

Birkat Kohanim: E-lo-hei'-nu, ve-lo-hei' a-vo-tei'-nu, bar-che'-nu
Blessing of the Priests: G-d our and G-d of fathers our bless us

Bavrekh Hamelekhah Bethorah
va-be-ra-chah’ ham-shu-le’-shet ba-to-rah’
with the blessing the threefold in the Torah

Hehhuva’ha’ al yedey Mo-sheh av-de’-cha,
the (one) written at hands of Moses servant Your

Hama’ora’ ha’pi’ A-ha-ron’ u-va-nav’,
the (one) spoken from mouth of Aaron and sons his

Khona’mim zum Kodishcha, ka-a’mur’:
priests of people holy Your, as it said:

Ye-hva-re’-che’cha Adonai ve-yish-me-re’-cha,
He will bless you Adonai and He will guard you

Ken yehi’ raftzon’.
yes, thus will be (His) will
Ya-er’ 
Adonai
pa-nav’
e-lei’-cha
vi-chu-ne’-cha
will shine, will illuminate Adonai face His toward you and will favor you

ken ye-hi’ ra-tzon’.
yes, thus will be favor, will

Seventh Blessing: Prayer for Peace and Harmony among the Jewish People

Sim sha-lom’, to-vah’, y-ve-ra-chah’, chen, va-che’-sed
place peace goodness and blessing favor, grace and kindness

1985 Siddur Sim Shalom, p. 362 ~~~ 1998 Siddur Sim Shalom, p. 120
ברכהו, אבינו, וכל אחרים באחד בורוכך. והרבה רבבות נכשך עKeyListenerו.

and mercy upon us and upon all Israel people Your

Bar-che’nu, A-vi’nu, ku-la’nu ke-e-chad’ be-or’ Pa-nei’-cha,
bless us Father our all of us as one in light of Presence Your

ki be-or’ Pa-nei’-cha na-ta’-ta la’-nu, Adonai E-lo-hei’-nu,
because in light of Presence Your You gave to us, Adonai G-d our

תורת חיות ואהבה ושלום, ובחקה

to-rat’ chai-yim’ ve-a-ha-vat’ che’-sed, u-tze-da-kah’
a Torah of life and love of kindness and justice

ברכה ורדיימ שנימי ישלאם.

u-ve-ra-chah’ ve-ra-cha-mim’ ve-chai-yim’ ve-sha-lom’.
and blessing and mercy and life and peace.

ונעב בועניא לעבה את עמך ישראל

Ve-tov’ be-ei-nei’-cha le-va-rech’ et am-cha’ yis-ra-el’
and good in eyes Your to bless (d.o.) people Your Israel

1985 Siddur Sim Shalom, p. 362~~~1998 Siddur Sim Shalom, p.120
In every season and in every hour with peace Your

Ba-ruch' a-tah', Adonai, blessed (are) You, Adonai

The (one who) blesses (d.o.) people His Israel with the peace

From Rosh Hashanah to Yom Kippur substitute:

And sustenance good we will be remembered and we will be written

To Face/Presence Your we and all people Your house of Israel

1985 Siddur Sim Shalom, p. 362~~~1998 Siddur Sim Shalom, p.120
לְחַיִּיםְ וּמְטֹבִים וּלְשָׁלוֹם.
le-chai-yim' to-vim' u-le-sha-lom'.
for life good and for peace.

ברוך אתה, וברכתו*n.
Ba-ruch' A-tah', Adonai, o-seh' ha-sha-lom'.
blessed (are) You, Adonai, You make the peace.

* end of substitution for High Holy Days

יִהְיֶה לְרָצוֹן אִמְרֵי פִי וְהֶגְיוֹן.
Yi-he-yu' le-ra-tson' im-rei' fi ve-he-ge-yon'.
will be for favor sayings of mouth my and meditation of

לְבֵךְ לְפָנֶֿיךָ יִהְיֶה טְוָדְרוֹ בִּיאֲלֹהַי.
li-bi' le-fa-nei'-cha, Adonai, Tzu-ri' ve-go-a-li'.
heart my to face, presence Your, Adonai, Rock my and Redeemer my

אֱלֹהַי הַנְּצֹר לְשׁוֹנִי מֵרָע.
E-lo-ha', ne-tzor' le-sho-ni' me-ra', u-se-fa-tai'
G-d my, keep, guard(imp.) tongue my from evil, and lips my

1985 Siddur Sim Shalom, p. 364~~~1998 Siddur Sim Shalom, p.120
מִדַּבֵּר מִרְמָה , וְלִמְקַלְלַי נַפְשִׁי

from speaking deceit, and at cursing, derision my soul my

הָדָֽוָּה , בְּפִּשֵּׂר לֵילָ֣ה תִּהְיֶה
ti-dom', ve-naf-shi' ke-a-far' la-kol' ti-he-yeh'.
(she) will be silent, and soul my like dust to (the) all (she) will be.

פְּתַח אֵלָּי בִּתְוָרָתָּךְ , בְּקַמְצָנְתָּךְ
Pe-tach' li-bi be-to-ra-te'-cha, uv-mits-vo-tei'-cha
open heart my with Torah Your, and with commandments Your

מִלְּחָדֶּה בְּפִּשֵּׂר . וכל חַשְׁבֵּנָם עַלְיָה רָעָּה,
mireh bi-pis're. ve-chol ha-chosh-vim a-la' ra-ah'.
You will pursue soul my.* and all the (ones who) think about me evil,

*or: my soul will pursue (in) Your commandments

מְהֵרָה הָפֵר עֲצָתָם וְקַלְקֵל מַחֲשַׁבְתָּם
me-he-rah' ha-fer' a-tsa-tam' ve-kal-kel' ma-cha-shav-tam'.
quickly break plan their and spoil, nullify thinking their.

The preceding was written by Mar the son of Ravina in the 4th Century C.E.

A-seh' le-ma'-an she-me'-cha, a-seh' le-ma'-an
act for the sake of name Your, act for the sake of
ye-mi-ne'-cha , a-seh' le-ma'-an ke-du-sha-te'-cha ,
right hand Your , act for the sake of holiness Your ,

a-seh' le-ma'-an to-ra-te'-cha. Le-ma'-an ye-chal-tsun'
act for the sake of Torah Your in order that (He) will rescue

ye-di-dei'-cha , ho-shi'-ah ye-min'-cha' va-a-ne'-ni.
loved ones, friends Your saves, rescues right hand Your and answers me.

Yi-he-yu' le-ra-tson' im-rei' fi ve-he-ge-yon' li-bi'
will be for favor sayings of mouth my and meditation of heart my

le-fa-nei'-cha , Adonai, tzu-ri' ve-go-a-li'.
to face, presence Your, Adonai, Rock my and Redeemer my

Bow: take three steps back. Bow left and say:

O-seh' sha-lom' bim-ro-mav',
He makes peace in heavens His.
Bow right and say:

והו יעשנה שלום עלינו

hu ya-a-seh' sha-lom' a-lei'-nu
He will make peace upon us

Bow forward and say:

על כל ישראל, אמרו: אמן.

ve-al' kol yis-ra-el', ve-im-ru': A-men'.
and upon all Israel, and say: Amen

The individual's recitation of the Shemoneh Esreh ends here.

1985 Siddur Sim Shalom, p. 364~~~1998 Siddur Sim Shalom, p.120