

AMIDAH FOR SHABBAT MORNING

עמידה - שמונה עשרה

SHEMONEH ESREH - AMIDAH

(EIGHTEEN) - (STANDING)

יְיָ , שֹׁפְתֵי תִפְתָּח ,

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

וּפִי יַגִּיד תְּהִלָּתְךָ .

u-fi' ya-gid' te-hi-la-te'-cha .  
and mouth my will tell glory Your.

אבות

First Blessing:

Avot

Fathers/Patriarchs/Ancestors

בָּרוּךְ אַתָּה , יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי

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

אֲבוֹתֵינוּ , אֱלֹהֵי אַבְרָהָם ,

a-vo-tei'-nu , E-lo-hei' av-ra-ham',  
fathers our , G-d of Abraham ,

אֱלֹהֵי יִצְחָק , וְאֱלֹהֵי יַעֲקֹב , אֱלֹהֵי שָׂרָה ,

E-lo-hei' yits-chak', ve-lo-hei' ya-a-kov' E-lo-hei' sa-rah',  
G-d of Isaac , and G-d of Jacob G-d of Sarah

אֱלֹהֵי רִבְקָה , אֱלֹהֵי רָחֵל וְאֱלֹהֵי לֵאָה ,

E-lo-hei' riv-kah', E-lo-hei' ra-chel', ve-lo-hei' le-ah' ,  
G-d of Rebekah, G-d of Rachel and G-d of Leah

הָאֵל הַגָּדוֹל , הַגִּבּוֹר וְהַנּוֹרָא ,

ha-el' ha-ga-dol', ha-gi-bor' ve-ha-no-ra' ,  
the G-d the great, the powerful, and the awesome,  
mighty terrible

אֵל עֲלִיּוֹן , גּוֹמֵל תְּסֻדִּים טוֹבִים ,

El el-yon', go-mel' cha-sa-dim' to-vim',  
G-d most high. He rewards merciful, compassionate deeds good

וְקוֹנֵה הַכֹּל , וְזוֹכֵר חַסְדֵי אֲבוֹת ,

ve-ko-neh' ha-kol' , ve-zo-cher' chas-dei' a-vot',  
and he creates the all and remembers kindnesses of fathers

וּמְבִיא גּוֹאֵל לְבָנֵי בְנֵיהֶם ,

u-me-vi' go-el' li-ve-nei' ve-nei- hem',  
and brings a redeemer to children of children their

לְמַעַן שְׁמוֹ , בְּאַהֲבָה .

le-ma'-an she-mo', be-a-ha-vah'.  
for the sake of name His in/with love

☆On Shabbat before Yom Kippur (Shabbat Shuvah):

זְכוֹרֵנוּ לְחַיִּים , מֶלֶךְ חַפֵּץ בְּחַיִּים ,

Zoch-re'-nu le-chai-yim', me'-lech cha-fetz' be-chai-yim',  
Remember us for life King (One Who) delights in life

וְכַתְּבֵנוּ בְּסֵפֶר הַחַיִּים

ve-chot-ve'-nu be-se'-fer ha-chai-yim'  
and write us in book (of) the life (the book of life)

לְמַעַנְךָ אֱלֹהִים חַיִּים .

le-ma-an-cha' E-lo-him' chai-yim'  
for the sake of You G-d (of) life ☆

מֶלֶךְ עוֹזֵר וּפְקֹד וּמוֹשִׁיעַ וּמַגֵּן . בְּרוּךְ

Me'-lech O-zer' u-fo-ched' u-mo-shi'-a u-ma-gen'. Ba-ruch'  
King Helper and (One Who)...\* and Savior and Shield blessed (are)

אַתָּה יי , מַגֵּן אַבְרָהָם וּפְקֹד שָׂרָה .

A-tah', Adonai, Ma-gen' av-ra-ham' u-fo-ked' sa-rah'.  
You Adonai Shield (of) Abraham and (One Who) remembers, Sarah  
thinks of, takes note of\*

\*p/f-k-d (פקד)-the definitions given by Klein (Bibliog. #1) include: attend to, observe; command, order; number, count; remember, recall; and others, not including guard. The pasuk to which this alludes is Bereshit 21: 1, which begins, "va-Adonai pakad et Sarah", and is translated as "Hashem had remembered Sarah" in the Artscroll Chumash, and as "The Lord took note of Sarah" in Etz Hayim and in the JPS Tanakh.

# גבורו

Second Blessing:                   Gevurot (ge-vu-rot')  
  Powers

אַתָּה גִּבּוֹר לְעוֹלָם , יי , מְחַיֶּה מֵתִים

A-tah'           gi-bor'    le-o-lam',    Adonai,    me-cha-yeh'    me-tim'  
You (are) mighty    to eternity,    Adonai,    enlivening    dead

אַתָּה , רַב לְהוֹשִׁיעַ .

A'-tah,    rav    le-ho-shi'-a .  
(are) You,    great    to save .

☆From Shemini Atzeret to Pesach add:

מְשִׁיב הַרוּחַ וּמוֹרִיד הַגֶּשֶׁם .

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

מְכַלְכֵּל חַיִּים בְּחַסֵּד

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

מְחַיֶּה מֵתִים בְּרַחֲמִים רַבִּים ,

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

סוֹמֵךְ נוֹפְלִים , וְרוֹפֵא חוֹלִים , וּמַתִּיר

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

אֲסוּרִים , וּמְקַיֵּם אֱמוּנָתוֹ לְיִשְׁנֵי עֶפְר .

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

מִי כְמוֹךָ , בַּעַל גְּבוּרוֹת , וּמִי דְּוֹמָה

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

לָךְ , מֶלֶךְ מִמִּית וּמַחְיָה

lach, Me'-lech me-mit' u-me-cha-yeh'  
to You, King of death and of life

וּמַצְמִיחַ יְשׁוּעָה .

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

On Shabat Shuvah:

מִי כְמוֹךָ אֵב הַרְחָמִים ,

Mi cha-mo'-cha Av ha-ra-cha-mim',  
who (is) like You Father of the mercies

זוֹכֵר יְצוּרָיו בְּרַחֲמִים .

zo-cher' ye-tzu-rav' be-ra-cha-mim'.  
(One Who) remembers creatures His with mercies

וְנֶאֱמַן אֶתָּה לְהַחְיֹת מֵתִים .

Ve-ne-e-man'      A-tah'      le-ha-cha-yot'      me-tim'.  
and reliable,      (are) You      to give life to, enliven      dead  
faithful

בְּרוּךְ אַתָּה , יי , מַחְיֵה הַמֵּתִים .

Ba-ruch'      A-tah' ,      Adonai ,      me-chai-yeh'      ha-me-tim'.  
blessed (are) You ,      Adonai ,      giving life to,      the dead  
enlivening

During the silent Amidah, continue with "Atah kadosh.." , next page.  
During repetition aloud, the Kedushah is recited here, p. 116 in Siddur

אַתָּה קָדוֹשׁ וְשִׁמְךָ קָדוֹשׁ ,

A-tah'      ka-dosh'      ve-shim-cha'      ka-dosh',  
You      (are)      holy      and name Your      (is)      holy ,

וְקָדוֹשִׁים בְּכֹל יוֹם יְהִלְלוּךָ סֵלָה .

u-ke-do-shim'      be-chol'      yom      ye-ha-le-lu'-cha      se'-lah .  
and holy ones      in every      day      will praise You      pause & think

בְּרוּךְ אַתָּה , יי , הָאֵל הַקָּדוֹשׁ .

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

☆On Shabat Shuvah:

בְּרוּךְ אַתָּה , יי , הַמֶּלֶךְ הַקָּדוֹשׁ .

Ba-ruch'      A-tah' ,      Adonai ,      ha-me'-lech      ha-ka-dosh'.  
blessed (are) You ,      Adonai ,      the king      the holy (the holy king)☆  
1998 Siddur Sim Shalom, p. 115b