

BIRKOT HASHAHAR

ברכות השחר

MORNING BLESSINGS



מוֹדָה אֲנִי כָּל בֹּקֵר שֶׁחֲזָרָה אֵלַי נִשְׁמַתִּי. מוֹדָה אֲנִי
עַל הַבְּגָד שֶׁמִּכְסָּה אֶת גּוּפִי מִפְּנֵי הַקּוֹר. מוֹדָה אֲנִי
כָּל בֹּקֵר עַל הָאוֹר, עַל עֵצִים חַיִּוֹתַי. מוֹדָה אֲנִי
עַל הַלֶּחֶם שֶׁמוֹנַח עַל שְׁלַחְנִי שְׁלֹא אֶהְיֶה רָעֵב.
מוֹדָה אֲנִי כָּל בֹּקֵר עַל כַּחַי וְעֶרְנוּתִי, עַל חֻבְרֵי וְעַל
מִשְׁפָּחָתִי. מוֹדָה אֲנִי עַל הַגֶּשֶׁם בְּשָׂדוֹתַי.
עַל יוֹם הַמְּנוּחָה מוֹדָה אֲנִי. עַל כֵּי־שְׁלוֹנוֹתַי
עַל אֲכֻזּוֹתַי, וְעַל כָּל פְּחָדֵי מוֹדָה אֲנִי. הַמְּכַשּׁוּלִים
לִפְנֵי הֵם כּוֹלֵם לְטוֹבָתִי. וְעַל כּוֹלֵם מוֹדָה אֲנִי

Modé aní kol boker shehazera elai nishmatí. Modé aní 'al habeged
shemechase hagufi mipné hakor. Modé aní kol
boker al ha'or, 'al etsem hayutí. Modé aní 'al halehem shemunah al
shulhaní shelo ehyé ra'ev. Modé aní kol boker 'al kohí ve'eranuti, 'al
haverai ve'al mishpahatí. Modé aní 'al geshem bisdotai. 'Al yom
hamenuhah mode ani. Al kol kishlonotai 'al achzavotai, ve'al kol
pehadai modé aní. Hamichsholim lifanai hem kulam
letovati, ve'al kulam modé ani.



**I am grateful every morning that my
breath** has returned to me.

I am grateful for my clothing that is placed
on my body, so that I will not be cold.

I am grateful every morning for the light,
for the essence of my life.

I am grateful for the bread on my table that
I will not be hungry,
that I will not know sorrow.

I am grateful every morning for my strength,
for my friends and for my family.

I am grateful for the rain on my fields.
For the day of rest I give thanks.

For all my failures,
for my disappointments, my fears,
and my obstacles;
they are all for my benefit.

For all of them, I am grateful



נְשִׁמַת כּוֹל חַי
תְּבָרֵךְ אֶת הַשְּׂמִיחָה
מִן הָעוֹלָם
וְעַד הָעוֹלָם

Nishmat kol hai
tevaréç et hasimha,
min ha'olam
ve'ad ha'olam!

Everything that has breath
shall bless happiness,
from everlasting
to everlasting.



We are not a people that dies....

I know it is difficult to find the balm
which would heal our body and our soul.

But perhaps it will do us good if we kindle freely the lights of
our own treasures and then sing freely
in all the hues with which they were born.

They will follow us in this world as a shadow that is no shadow
at all - it is the Jew within us.

It becomes abundantly clear that the freer we are,
the more Jewish we are,
and the more Jewish we are,
the more human we become.

Marc Chagall



AHAVA RABA

Take a moment to bring to mind your loved ones and imagine them receiving unconditional love, perhaps the love of a parent or a partner, perhaps a grandparent or friend. Think about how that love has been passed down from person to person, throughout the generations, in an unending web of connection and care. Note how this feels and extend this to the people you care about, these people, your chosen family, are “our people.”



אַהֲבָה רַבָּה נֹאֲהֵב אֶת־עַמִּינוּ
חֶמְלָה גְּדוֹלָה וַיִּתְּרָה נַחֲמוּל עָלֵינוּ
בְּעֵבוֹר אַבוֹתֵינוּ

Ahava raba nohav et-aménu

hemla gedola vítera nachmol

alénu ba'avur avoténu

With abundant love we will love our people,
with great and exceeding compassion upon us,
for the sake of our ancestors.

