

Welcome

Modeh / Modah  
Ani

Shabbat Songs

Tzitzit

Mah Tov

Asher Yatzar

Elohai N'shamah

**Nisim B'chol Yom**

Laasok

V'haarev Na

Eilu D'varim

Kaddish

D'Rabanan

**I CAN STAY** the tears of others, if I can see myself  
as diminished of their sorrows.

I can hasten time when everyone will be able  
to rejoice in freedom,

And if I can see myself as the companion,  
of those fighting against oppression,

I can honor the struggle of people everywhere  
to gain dignity and deliverance from bondage.

When I look at myself in the mirror  
who will I see?

**RELIGION EMBRACES** both faith and action.

The primary quality is action,  
for it lays the foundation for faith;  
the more we do good,  
the more readily do we grasp the meaning of duty and life  
and the more readily do we believe in the Divine  
from which stems the good.

## נְסִימ בְּכֹל יוֹם

NISIM B'CHOL YOM — FOR DAILY MIRACLES

**BARUCH** atah, Adonai

Eloheinu, Melech haolam,

asher natan lasechvi vinah

l'havchin bein yom uvein lailah.

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who has given the mind the ability to distinguish day from night.

Baruch atah, Adonai

Eloheinu, Melech haolam,

pokei-ach ivrim.

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who opens the eyes of the blind.

Baruch atah, Adonai

Eloheinu, Melech haolam,

matir asurim.

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who frees the captive.

Baruch atah, Adonai

Eloheinu, Melech haolam,

zokeif k'fufim.

**PRAISE TO YOU**, Adonai our God, Sovereign of the universe,  
who lifts up the fallen.

בָּרוּךְ אַתָּה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
אֲשֶׁר נָתַן לְשִׁכְוֵי בֵינָה  
לְהַבְחִין בֵּין יוֹם וּבֵין לַיְלָה.

*For awakening*

בָּרוּךְ אַתָּה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
פוֹקֵי אֶחָד עֵרְוִים.

*For vision*

בָּרוּךְ אַתָּה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
מַתִּיר אֲסוּרִים.

*For the ability  
to stretch*

בָּרוּךְ אַתָּה, יְיָ  
אֱלֹהֵינוּ, מֶלֶךְ הָעוֹלָם,  
זוֹקֵף כְּפוּפִים.

*For rising to the  
new day*

**נְסִימ בְּכֹל יוֹם** *Nisim b'chol yom . . . For daily miracles . . .* These morning blessings evoke wonder at awakening to physical life: we open our eyes, clothe our bodies, and walk again with purpose; in spiritual life also, we are created in God's image, are free human beings, and as Jews, celebrate the joy and destiny of our people, Israel.

Though they are intended literally, we may perceive each blessing spiritually.

*For Daily Miracles — Inspiration for blessings three to five comes from Psalm 146:7–8.*