

Ashrei

אֲשֶׁרֵי יוֹשְׁבֵי בֵיתְךָ, עוֹד יִהְלְלוּךָ סֵלָה:
אֲשֶׁרֵי הָעַם שָׁכְכָה לוֹ, אֲשֶׁרֵי הָעַם שִׁי אֵלֵהֶיו:
תִּהְלֶה לְדוֹד,
אֲרוֹמְמָךָ אֱלוֹהֵי הַמֶּלֶךְ, וְאַבְרַכָּה שְׁמֶךָ לְעוֹלָם וָעֶד:
בְּכֹל יוֹם אֲבָרְכֶךָ, וְאֶהְלֶלֶה שְׁמֶךָ לְעוֹלָם וָעֶד:
גָּדוֹל יְיָ וּמְהֻלָּל מְאֹד, וְלִגְדֻלְתּוֹ אֵין חֶקֶר:
דוֹר לְדוֹר יִשְׁבַח מַעֲשֵׂיךָ, וְגִבּוֹרְתֶיךָ יִגִּידוּ:
הַדָּר כְּבוֹד הַוִּדּוּהָ, וְדַבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה:
וְעִזּוֹז נוֹרְאוֹתֶיךָ יֹאמְרוּ וּגְדוּלְתֶךָ אֲסַפְּרֶנָּה:
זָכַר רַב טוֹבָךָ יִבְיָעוּ, וְצִדְקֹתֶךָ יִרְנְנוּ:
חֲנוּן וְרַחוּם יְיָ, אֶרֶךְ אַפַּיִם וְגָדֹל חֶסֶד:
טוֹב יְיָ לְכֹל, וְרַחֲמָיו עַל כָּל מַעֲשָׂיו:
יִדְוֶה יְיָ כָּל מַעֲשֵׂיךָ, וְחִסְדֵיךָ יִבְרַכּוּכָה:
כְּבוֹד מַלְכוּתֶךָ יֹאמְרוּ, וְגִבּוֹרְתֶךָ יִדְבְּרוּ:
לְהוֹדִיעַ לְבַנְי הָאָדָם גִּבּוֹרְתֵינוּ, וְכְבוֹד הַדָּר מַלְכוּתוֹ:
מַלְכוּתֶךָ מַלְכוּת כָּל עֲלָמִים, וּמִמְשַׁלְתֶךָ בְּכֹל דוֹר וָדוֹר:
סוֹמֵךְ יְיָ לְכֹל הַנִּפְלָאִים, וְזוֹקֵף לְכֹל הַכִּפּוּפִים:
עֵינֵי כָל אֱלֹהֵי יִשְׁבְּרוּ, וְאַתָּה נוֹתֵן לָהֶם אֶת אֲכֹלָם בְּעֵתוֹ:
פּוֹתַח אֶת יְדֶךָ, וּמִשְׁבִּיעַ לְכֹל חַי רְצוֹן:
צִדִּיק יְיָ בְּכֹל דְרָכָיו, וְחֹסִיד בְּכֹל מַעֲשָׂיו:
קָרוֹב יְיָ לְכֹל קִרְאָיו, לְכֹל אֲשֶׁר יִקְרָאֵהוּ בְּאַמְתּוֹ:
רְצוֹן יִרְאֵיו יַעֲשֶׂה, וְאֶת שׁוֹעֲתָם יִשְׁמַע וַיּוֹשִׁיעֵם:
שׁוֹמֵר יְיָ אֶת כָּל אֲהַבָּיו, וְאֶת כָּל הַרְשָׁעִים יִשְׁמִיד:
תִּהְלֶת יְיָ יִדְבֵר פִּי, וַיִּבְרַךְ כָּל בָּשָׂר שֵׁם קִדְשׁוֹ, לְעוֹלָם וָעֶד:
וְאַנְחֵנוּ נִבְרַךְ יְיָ, מִעַתָּה וְעַד עוֹלָם, הִלְלוּיָהּ:*

Ash-rei yosh-vei vei-te-kha, od y'ha-l'lu-kha se-la.

Ash-rei ha-am she-ka-kha lo, ash-rei ha-am she-a-do-nai e-lo-hav.

T'hi-la l'da-vid

A-ro-mim-kha e-lo-hai ha-me-lekh, v'a-var-kha shim-kha l'o-lam v'ed.

B'khol yom a-var-khe-kha, va'a-ha-l'la shim-kha l'o-lam v'ed.

Ga-dol a-do-nai u-m'hu-lal m'od, v'lig-du-la-to ein khei-ker.

Dor l'dor y'sha-bakh ma-a-se-kha, ug-vu-ro-te-kha ya-gi-do.

Ha-dar k'vod ho-de-kha, v'div-rei nif-l'o-te-kha a-si-kha.

Ve-e-zuz no-r'o-te-kha yo-mei-ru, ug-du-la-t'kha a-sap-re-na.

Zei-kher rav tu-v'kha ya-bi-u, v'tzid-ka-t'kha y'ra-nei-nu.

Kha-nun v'ra-khum a-do-nai, e-rekh a-pa-yim ug-dol-kha-sed.
 Tov a-do-nai la-kol, v'rakh-a-mav al kol-ma-a-sav.
 Yo-du-kha a-do-nai kol-ma-a-se-kha, v'kha-si-de-kha y'var-khu-kha.
 K-vod mal-khu-t'kha yo-mei-ru, ug-vu-ra-t'kha y'da-bei-ru.
 L'ho-di-a liv-nei ha-a-dam g'vu-ro-tav, u-kh'vod ha-dar mal-khu-to.
 Mal-khu-t'kha mal-khut kol-o-la-mim, u-mem-shal-t'kha b'khol-dor va-dor.
 So-meikh a-do-nai l'khol-ha-nof-lim, v'zo-keif l'khol-ha-k'fu-fim.
 Ei-nei khol ei-le-kha y-sa-bei-ru, v'a-ta no-tein la-hem et-okh-lam b'i-to.
 Po-tei-akh et-ya-de-kha, u-mas-bi-a l'khol-khai ra-tzon.
 Tza-dik a-do-nai b'khol-d'ra-khav, v'kha-sid b'khol-ma-a-sav.
 Ka-rov a-do-nai l'khol-ko-r'av, l'khol a-sher yik-ra-u-hu ve-e-met.
 R'tzon y'rei-av ya-a-seh, v'et-shav-a-tam yish-ma v'yo-shi-eim.
 Sho-meir a-do-nai et-kol-o-ha-vav, v'eit kol-ha-r'sha-im yash-mid.
 T'hi-lat a-do-nai y'da-ber pi, vi-va-reikh kol-ba-sar sheim kod-sho l'o-lam va-ed.
 Va-a-nakh-nu n'va-reikh ya, mei-a-ta v'ad o-lam. Ha-l'lu-ya.

Happy are those who dwell in Your house; they are always praising You, Selah!
 Happy is the people for whom this is so, happy is the people whose God is Adonai.
 A psalm of praise by David,
 I will exalt You, my God the Ruler, and I will bless Your Name forever and ever.
 Every day I will bless You, and I will extol Your Name forever and ever.
 Adonai is great and exceedingly praised, and God's greatness is beyond investigation.
 Each generation will praise Your deeds to the next and of Your mighty deeds they will tell.
 The majestic glory of Your grandeur and Your wondrous deeds I shall meditate on.
 And of Your awesome power they will speak, and Your greatness I shall relate.
 A memory of Your abundant goodness they will utter and of Your righteousness they will sing exultantly.
 Gracious and merciful is Adonai, slow to anger and abundant in kindness.
 Adonai is good to all; God's mercies are on all God's works.
 All Your works shall thank You, Adonai, and Your devout ones will bless You.
 Of the glory of Your kingdom they will speak, and of Your power they will tell;
 To make known to human beings God's mighty deeds, and the majestic splendor of God's kingdom.
 Your kingdom is a kingdom of all eternities, and Your dominion is throughout every generation.
 Adonai supports all the fallen ones and straightens all the bent.
 The eyes of all look to You with hope and You give them their food in its time;
 You open Your hand, and satisfy the desire of every living thing.
 Righteous is Adonai in all God's ways and magnanimous in all God's deeds.
 Adonai is close to all who call upon God, to all who call upon God in truth.
 The will of those who fear God, God will do; and their cry God will hear, and save them.
 Adonai protects all who love God; but all the wicked God will destroy.
 May my mouth declare the praise of Adonai and may all flesh bless God's Holy Name forever and ever.
 And we will bless God from this time and forever, Halleluyah!

D'rash

Happy are those who dwell in Your house; they will always praise You, Selah!—*Those who have made You a presence where they dwell are touched least by the forces that destroy individuals, families, and communities; may they never forget Hamakom (lit., “the place” where God is present).* **A Psalm of praise by David**—*An ancient voice, yet alive, turning my insides out, greeting the unknown in me, whether I am sovereign or subject.* **I will exalt You, my God the Ruler, and I will bless Your Name forever and ever. Every day I will bless You, and I will extol Your Name forever and ever. Adonai is great and exceedingly praised, and God's**

greatness is beyond investigation. Each generation will praise Your deeds to the next, and of Your mighty deeds they will tell—To those who will listen or learn, may I shout Your Name from the heights, protesting all that is malignant and cruel, knowing that therein is the legacy for our children and all the children that come after them. **The majestic glory of Your grandeur and Your wondrous deeds I shall meditate on. And of Your awesome power they will speak, and Your greatness I shall relate. A memory of Your abundant goodness they will utter and of Your righteousness they will sing exultantly—Your Shabbat, between what we have done to live in Your image and what we have yet to do, is our haven, the sacred time when we come together in consolation and celebration of the week past and joyful renewal of our vision and vitality for the struggles of the week ahead. Gracious and merciful is Adonai, slow to anger and abundant in kindness. Adonai is good to all; God's mercies are on all God's works—How little we have suffered for all our self-serving manipulations; how undeserving we have been for our survival and success—with chutzpah (effrontery) we've called them serendipitous. When living in God's image, our needs have been fulfilled; we have been shepherded and prepared for the challenges we've faced. All Your works shall thank You, Adonai, and Your devout ones will bless You. Of the glory of Your kingdom they will speak, and of Your power they will tell. To make known to human beings God's mighty deeds, and the majestic splendor of God's kingdom—Your rivers are running, Your justice demanding, Your creation renewed—another glorious day. You have filled us with wonder, lifting us high up above. The words spill out despite our reluctance: You have thrilled us beyond knowing, taking us out of ourselves. Your kingdom is a kingdom of all eternities, and Your dominion is throughout every generation—The sages of science have made it their mission to discover what we call the immutable laws of nature, succeeding beyond our wildest imagining. Adonai supports the fallen ones and straightens all the bent. The eyes of all look to You with hope and You give them food in its time—You have given us blessings beyond counting; You have given us life and hope, earth and its provender, and the loved ones you have made and brought to us in Your goodness. You open Your hand, and satisfy the desire of every living thing. Righteous is Adonai in all God's ways and magnanimous in all God's deeds—You are our source and our sustenance, Who without fail provides for all our needs when we reach within ourselves, our families, our communities, and our people to use all that You have given us. Adonai is close to all who call upon God, to all who call upon God in truth—We embrace Your divine power, accepting openly and joyfully that in You and Your Torah we are strengthened and guided to meet the challenges we face. The will of those who are in awe of God, God will do—When we are angry because we don't want to be held accountable for others and for the consequences of our own actions, we may choose atonement or greater spiritual alienation from the divine image that the Creator implanted within us. When we choose to be at one with God, in the service of the Holy One, God does our will. Adonai protects all who love God—But God rebuked Moses at the edge of the Reed Sea for remaining immobilized in prayer, waiting passively for God's salvation, while the Children of Israel were threatened by the pursuing Egyptians. We too must act to save ourselves. But all the wicked God will destroy—If we miss the right path, thus wronging or losing ourself and, possibly, others, because we fail to speak or act when we might prevent harm to one who is innocent, we tilt ourselves toward evil, which if not halted is the beginning of our destruction. In effect, we do evil by failing to act against it when it is within our power. We thus bear the burden of self-imposed alienation from the Creator of the world and all that is good in it. May my mouth declare the praise of Adonai and may all flesh bless God's Holy Name forever and ever. And we will bless God from this time and forever, Halleluyah!—May each of us, with the Torah as our guide, become a blessing in the lives of those around us, always acquiescing to the urge to tell of the gifts we have received in return, praise God!**

Iyun Tefilla

BE THE FIRST IN YOUR NEIGHBORHOOD!!!

To build a
Perpetual motion machine!
Project Plans
Available now!
Step 1:
Make yourself
Happy!

Grasp
Ashrei
(Read: Striding continuously forward)
Firmly
To set in motion
On path
As designated
In Torah manual,
Engaging both
Hands and feet.
Warning:
Do not attempt
This much happiness
Without Help.
(Consult Manual).
Step 2:
Take
Od y'hal'lukha—
I will praise You forever—
In your pocket
(Recommended fuel source)
Congratulations!
You are the first
In your neighborhood
To become
A living,
Breathing,
Never-ending
House of prayer
Bringing God's
Grace and peace
Wherever you go!
Warning:
DO NOT TURN OFF!

* From Psalms 84:5, 144:15, and 145.

Go to <http://www.gatherthepeople.org> for more congregational development and organizing tools.

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