

שמונה עשרה
SHEMONEH ESREH
EIGHT TEN (EIGHTEEN)

אֲדֹנָי, 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

בָּרוּךְ אַתָּה, יי 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,

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

הָאֵל הַגָּדוֹל , הַגִּבּוֹר וְהַנּוֹרָא ,

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

אֵל עֲלִיוֹן . גּוֹמֵל חַסְדִּים 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 לְבָנָי בְּנֵיהֶם ,

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

☆From Rosh Hashanah to Yom Kippur add:

זְכֹרֵנוּ לְחַיִּים , מֶלֶךְ חַפֵּץ בַּחַיִּים ,

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

וְכָתַבְנוּ 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 וּמוֹשִׁיעַ וּמַגֵּן .

Me'-lech O-zer' u-mo-shi'-a u-ma-gen'.
King Helper and Savior and Shield

בָּרוּךְ אַתָּה יי, מֶגֶן אַבְרָהָם .

Ba-ruch' A-tah', Adonai , Ma-gen' av-ra-ham'.
blessed (are) You , Adonai, Shield (of) Abraham

גבורות

Second blessing, *Gevurot* (*ge-vu-rot'*)
Powers

אַתָּה גִּבּוֹר לְעוֹלָם , אֲדֹנָי , 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-ge'-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 , וּמְקִיִּים אֲמוּנָתוֹ לִישְׁנֵי עָפָר .

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 דּוֹמֶה

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 וּמְחַיֶּה

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

וְנֶאֱמָן אֶתָּה לְהַחְיֹת מֵתִים .

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

בְּרוּךְ אַתָּה , יי , מְחַיֶּה הַמֵּתִים .

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

Third blessing, Kedushat HaShem, Sanctification of the Name

During the silent Shemoneh Esreh, continue with "Atah kadosh..", as follows:
(During the chazzan's repetition, the Kedushah is recited here, p. 422 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 יְהַלְלוּךָ סֵלָה .

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

בָּרוּךְ 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)

☆From Rosh Hashanah to Yom Kippur substitute :

בָּרוּךְ 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)☆

📖 The Kedushah 📖

נְקַדְשׁ אֶת שְׁמֶךָ בְּעוֹלָם , כְּשֵׁם

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

שְׁמֵקְדֵי שֵׁים אוֹתוֹ בְּשֵׁמי מְרוֹם ,

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

כְּכַתוּב עַל יַד נְבִיאָךְ ,

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

וְקָרָא זֶה אֶל זֶה וְאָמַר :

ve -ka-ra' zeh el zeh ve -a-mar':
and call out this (one angel) to this (another) and will say :

קְדוֹשׁ , קְדוֹשׁ , קְדוֹשׁ יְיָ צְבָאוֹת ,

Ka-dosh', Ka-dosh', Ka-dosh' Adonai tse-va-ot',
Holy Holy Holy Lord (of) hosts

מְלֵא כָּל הָאָרֶץ כְּבוֹדוֹ .

me-lo' chol ha-a'-rets ke-vo-do'.
fills all the earth glory, honor His

אִז , בְּקוֹל רַעַשׁ גָּדוֹל אֲדִיר וְחֲזָק

Az, be-kol' ra'-ash ga-dol' a-dir' ve-cha-zak'
then with a sound (of) noise great powerful and strong

מִשְׁמִיעִים קוֹל , מִתְנַשְׂאִים לְעֵמַת שְׂרָפִים ,

mash-mi-im' kol , mit-nas-im' le-u-mat' se-ra-fim',
they cause to be heard a voice , raising opposite Seraphim

לְעַמְתָּם בָּרוּךְ יֵאמְרוּ :

le-u-ma-tam' ba-ruch' yo-me'-ru :
facing them blessed they will say

בָּרוּךְ כְּבוֹד יְיָ מִמְּקוֹמוֹ .

Ba-ruch' ke-vod' Adonai mim-ko-mo' (mi makom o).
Blessed (is) honor, glory of Adonai from place His (from place His)

מִמְּקוֹמָךְ מְלִכְנוּ תוֹפִיעַ

mim-ko-me-cha' mal-ke'-nu to-fi'-a
from place Your King our You will appear (le-ho-fi'-a, יפע)

וְתִמְלֹךְ עָלֵינוּ , כִּי מְחַכִּים אֲנַחְנוּ לָךְ .

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.

מִתִּי תִמְלֹךְ בְּצִיּוֹן , בְּקֶרֶב בְּיָמֵינוּ ,

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

לְעוֹלָם וָעֶד תִּשְׁכּוֹן .

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

תִּתְגַּדַּל וְתִתְקַדַּשׁ בְּתוֹךְ יְרוּשָׁלַיִם

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

עִירָךְ, לְדוֹר וָדוֹר וּלְנֵצַח וְנֵצַחִים.

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

וְעֵינֵינוּ תִרְאֶינָה מַלְכוּתְךָ, כַּדְּבַר הָאָמוּר

ve-ei-nei'-nu tir-e'-nah mal-chu-te'-cha, ka-da-var' ha-a-mur'
and eyes our will see kingship Your as word the (one that) is said

בְּשִׁירֵי עֶזְרָךְ, עַל יְדֵי דָוִד מְשִׁיחַ

be-shi-rei' u-ze'-cha, al ye-dei' Da-vid' me-shi'-ach
in songs of strength Your at hands of David annointed one of

צִדְקָתְךָ : יְמִלְךָ יי לְעוֹלָם, אֱלֹהֵיךָ צִיּוֹן

tzid-ke'-cha: Yim-loch' Adonai le-o-lam', E-lo-ha'-yich tzi-yon',
justice Your will reign Adonai for eternity G-d your Zion

לְדוֹר וָדוֹר, הַלְלוּיָהּ, לְדוֹר וָדוֹר

le-dor' va-dor', ha-le-lu-Yah', le-dor' va-dor'
to generation and generation praise G-d to generation and generation

נְגִיד וְלִנְצַח גְּדֻלָּתְךָ וְלִנְצַח

na-gid' god-le'-cha , u-le-ne'-tsach
we will tell greatness Your and to perpetuity, endurance of time (of)

נְצַחִים קְדֻשָּׁתְךָ נְקַדִּישׁ ,

ne-tsa-chim' ke-du-shat-cha' nak-dish',
perpetuities holiness Your we will sanctify

וְשִׁבְחְךָ אֱלֹהֵינוּ , מִפִּינוּ

Ve-shiv-cha -cha' E-lo-hei'-nu , mi-pi'-nu
and praise Your G-d our , from mouth our

לֹא יִמוּשׁ לְעוֹלָם וָעֶד . כִּי אֵל מֶלֶךְ

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

גָּדוֹל וְקָדוֹשׁ אַתָּה .

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

בָּרוּךְ 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 God)

☆From Rosh Hashanah to Yom Kippur substitute "ha-me'-lech ha-ka-dosh'" ☆
the King the holy

Sixth blessing: Kedushat Hayom (sanctification of the day)

יְשַׂמַּח מֹשֶׁה בְּמַתַּת חֶלְקוֹ , כִּי

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

עֶבֶד נֶאֱמַן קָרָאתָ לוֹ . כְּלִיל תִּפְאֶרֶת 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

נָתַתָּ לוֹ , בְּעִמְדוֹ לְפָנַיִךְ עַל הַר סִינַי .

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

וְשָׂנִי לַוְחוֹת אֲבָנִים הוֹרִיד בְּיָדוֹ ,

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

וְכָתוּב בָּהֶם שְׁמִירַת שַׁבָּת , וְכֵן כָּתוּב

ve-cha-tuv' ba-hem' she-mi-rat' sha-bat', ve-chen' ka-tuv'
and it is written in them guarding of Shabbat and thus it is written

בְּתוֹרַתְךָ :

be-to-ra-te'-cha .
in Torah Your

וְשָׁמְרוּ בְנֵי 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,

לַעֲשׂוֹת אֶת הַשַּׁבָּת לְדֹרוֹתָם בְּרִית עוֹלָם .

la-a-sot' et ha-sha-bat' le-do-ro-tam' be-rit' o-lam'.
to make (d.o.) the Sabbath for generations their a covenant eternal.

בֵּינִי וּבֵין בְּנֵי יִשְׂרָאֵל אֹת הִיא לְעוֹלָם ,

Bei-ni' u-vein' be-nei' yis-ra-el' ot hi le-o-lam',
between Me and between children of Israel a sign (is) it, *f.* to eternity

כִּי שֵׁשֶׁת יָמִים עָשָׂה יְיָ אֶת הַשָּׁמַיִם

ki she'-shet ya-mim' a-sah' Adonai et ha-sha-ma'-yim
for six of days made Adonai (d.o.) the heavens

וְאֵת הָאָרֶץ , וּבַיּוֹם הַשְּׁבִיעִי שָׁבַת

ve-et' ha-a'-rets , u-va-yom' ha-she-vi-i' sha-vat'
and (d.o.) the earth , and on the day the seventh He rested

וַיִּנְפֹּשׁ . וְלֹא נָתַתּוּ יְיָ אֱלֹהֵינוּ

va-yi-na-fash'. Ve-lo' ne-ta-to' Adonai E-lo-hei'-nu
and was refreshed and not You gave it Adonai G-d our

לְגוֹיֵי הָאָרְצוֹת, וְלֹא הִנְחַלְתּוֹ מִלְּכָנּוּ

le-goi-yei' ha-a-ra-tzot', ve-lo' hin-chal-to' Mal-ke'-nu
to nations of the lands and not You bequeathed it King our

לְעוֹבְדֵי פְסִילִים, וְגַם בְּמִנוּחָתּוֹ

le-ov-dei' fe-si-lim'*, ve-gam' bi-me-nu-cha-to'
to servants, worshippers of carved idols and also in rest its, m.

*root פּוּל = f/p - s - l : to hew out, to carve

לֹא יִשְׁכְּנוּ עִרְלִים. כִּי לְיִשְׂרָאֵל עִמָּךְ

lo yish-ke-nu' a-re-lim'. Ki le-yis-ra-el' am-cha'
not will dwell uncircumcised ones. because to Israel people Your

נָתַתּוֹ בְּאַהֲבָה, לְזֶרַע יַעֲקֹב אֲשֶׁר בָּם

ne-ta-to' be-a-ha-vah', le-ze'-ra ya-a-kov' a-she'r' bam
You gave it, m. with love to offspring of Jacob who (in)them

בְּחַרְתָּ. עִם מְקַדְּשֵׁי שְׁבִיעֵי כָלָם

ba-char'-ta. Am me-ka-de-shei' she-vi-i' ku-lam'
You chose a people sanctifying seventh (day) all of them

יִשְׂבְּעוּ וְיִתְעַנְּגוּ מִטוֹבְךָ.

yis-be-u' ve-yit-an-gu' mi-tu-ve'-cha.
will be satisfied and will be pleased from goodness Your .

וְהִשְׁבִּיעֵי רָצִיתָ בּוֹ וְקִדַּשְׁתָּו .

Ve-hash-vi-i' ra-tzi'-ta bo ve-ki-dash-to' .
and the seventh (day) You were pleased in it,m. and sanctified it,m.

חֲמַדַּת יָמִים אוֹתוֹ קָרָאתָ ,

Chem-dat' ya-mim' o-to' ka-ra'-ta ,
desired of days it, m. (d.o.) You called ,

זֵכֶר לְמַעֲשֵׂה בְּרֵאשִׁית .

ze'-cher le-ma-a-seh' ve-re-shit' .
a remembrance for work (of) beginning



אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ , רְצֵה

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

בְּמִנוּחָתָנוּ . קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ ,

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

וְתֵן חֶלְקֵנוּ בְּתוֹרָתְךָ . שְׂבִיעֵנוּ

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

מְטוֹבֶיךָ , וְשִׂמְחֵנוּ בִישׁוּעָתְךָ ,

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

וְטַהַר לִבֵּנוּ לְעַבְדְּךָ בְאֵמֶת .

ve-ta-her' li-be'-nu le-av-de-cha' be-e-met'.
and purify hearts our to serve, worship You in truth.

וְהִנְחִילֵנוּ , יי אֱלֹהֵינוּ , בְּאַהֲבָה

Ve-han-chi-le'-nu , Adonai e-lo-hei'-nu , be-a-ha-vah'
and bestow on us Adonai G-d our , with love

וּבְרָצוֹן שַׁבַּת קְדֹשְׁךָ

u-ve-ra-tson' sha-bat' kod-she'-cha ,
and with willingness Sabbath holy Your ,

וַיָּנוּחוּ בּוֹ יִשְׂרָאֵל מִקְדָּשֵׁי שְׁמֶךָ .

ve-ya-nu'-chu vo yis-ra-el' me-ka-de-shei' she-me'-cha.
and will rest in it/him Israel sanctifiers of name Your

בְּרוּךְ אַתָּה , יי , מְקַדֵּשׁ הַשַּׁבַּת .

Ba-ruch' A-tah' , Adonai , me-ka-desh' ha-sha-bat'.
blessed (are) You , Adonai , You sanctify the Sabbath.

Fifth blessing: Restoration of the Temple Service - Avodah

רְצֵה , יי אֱלֹהֵינוּ , בְּעַמְּךָ יִשְׂרָאֵל

Re-tzeh', Adonai E-lo-hei'-nu , be-am-cha' yis-ra-el'
be pleased, Adonai G-d our, with people Your Israel

וּתְפִלָּתָם וְהֵשֵׁב אֶת הָעֲבוֹדָה

u-te-fi-la-tam' ve-ha-shev' et ha-a-vo-dah'
and prayer their and return (d.o.) the service, worship

לְדַבֵּיר בֵּיתְךָ . וְאֲשֵׁי יִשְׂרָאֵל

li-de-vir' bei-te'-cha . Ve-i-shei' yis-ra-el'
to holy of holies* of House Your and people of Israel

*innermost part of the Temple, where the Ark was kept, and where the only person to enter it was the high priest, on Yom Kippur, with a rope tied around his leg in case he would die there, they could pull him out.

וּתְפִלָּתָם בְּאַהֲבָה תִּקְבַּל בְּרָצוֹן ,

u-te-fi-la-tam' be-a-ha-vah' te-ka-bel' be-ra-tzon',
and prayer their with love You will receive, accept with favor

וְתִהְיֶה לְרָצוֹן תָּמִיד עֲבוֹדַת יִשְׂרָאֵל עִמָּךְ .

u-te-hi' le-ra-tzon' ta-mid' a-vo-dat' yis-ra-el' a-me'-cha.
and will be for favor always service of Israel people Your

☆ON ROSH CHODESH AND CHOL HAMOED ADD THE FOLLOWING:

אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ יַעֲלֶה וַיָּבֹא ,

E-lo-hei'-nu ve-lo-hei' a-vo-tei'-nu , ya-a-leh' ve-ya-vo'
G-d our and G-d of fathers our will arise and will come

וַיָּגִיעַ וַיִּרְאֶה וַיִּרְצֶה וַיִּשְׁמַע וַיִּפְקֹד

ve-ya-gi'-a ve-ye-ra-eh' ve-ye-ra-tzeh' ve-yish-ma' ve-yi-pa-ked'
and will arrive and will see and will be pleased and will hear and will attend to

וַיִּזְכֹּר זְכוֹרֹנוּ וּפְקֻדוֹנוּ וְזִכְרוֹן

ve-yi-za-cher' zich-ro-ne'-nu u-fik-do-ne'-nu ve-zich-ron'
and will remember memory our and deposit, store* our and reminder of

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

אֲבוֹתֵינוּ וְזִכְרוֹן מְשִׁיחַ בֶּן דָּוִד עַבְדְּךָ ,

a-vo-tei'-nu ve-zich-ron' ma-shi'-ach ben Da-vid' av-de'-cha
fathers our and reminder of anointed one son of David servant Your

וְזִכְרוֹן יְרוּשָׁלַיִם עִיר קֹדְשְׁךָ , וְזִכְרוֹן

ve-zich-ron' ye-ru-sha-la'-yim ir kod-she'-cha, ve-zich-ron'
and memory of Jerusalem city holy Your and memory of

כָּל עַמְּךָ בֵּית יִשְׂרָאֵל לְפִלִּיטָה

kol am-cha' beit yis-ra-el' lif-lei-tah'
all people Your house of Israel for deliverance, escape

לְטוֹבָה לְחַן וּלְחֶסֶד וּלְרַחֲמִים ,

le-to-vah' le-chen' u-le-che'-sed u-le-ra-cha-mim',
for good for favor and for lovingkindness and for mercy

לְחַיִּים וּלְשָׁלוֹם

le-chai-yim' u-le-sha-lom'
for life and for peace Fill in from the following :

☆ בְּיוֹם רֹאשׁ הַחֹדֶשׁ הַזֶּה .

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

☆ גְּבִיּוֹם חַג הַמַּצּוֹת הַזֶּה .

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

☆ בְּיוֹם חַג הַמְּסֻכּוֹת הַזֶּה .

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

זְכֹרֵנוּ יי אֱלֹהֵינוּ בּו לְטוֹבָה

Zoch-re'-nu Adonai E-lo-hei'-nu bo le-to-vah'
remember us Adonai G-d our in it, m. for good

וּפְקִדְנוּ בּוֹ לְבִרְכָה ,

u-fak-de'-nu vo liv-ra-chah',
and attend to us in it, m. for blessing,

וְהוֹשִׁיעֵנוּ בּוֹ לְחַיִּים .

ve-ho-shi-e'-nu vo le-chai-yim'.
and save us in it, m. for life

וּבְדַבַּר יְשׁוּעָה וְרַחֲמִים חוּס וְחַנּוּנוּ

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 on and favor us

וְרַחֵם עָלֵינוּ וְהוֹשִׁיעֵנוּ , כִּי אֱלֹהֶיךָ

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)

עֵינֵינוּ , כִּי אֵל מֶלֶךְ חַנּוּן וְרַחוּם אַתָּה .

ei-nei'-nu , ki El me'-lech cha-nun' ve-ra-chum' A'-tah.☆
eyes our for G-d king gracious and merciful (are) You

End of addition for Rosh Chodesh and Chol Hamoed.☆

וְתַחֲזִינָה עֵינֵינוּ בְּשׁוּבָךָ לְצִיּוֹן

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

בְּרַחֲמִים . בְּרוּךְ אַתָּה יי

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

הַמַּחְזִיר שְׂכִינָתוֹ לְצִיּוֹן .

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

Sixth Blessing: Acknowledging our debt of gratitude.

מוֹדִים אֲנַחְנוּ לָךְ , שְׂאֵתָה הוּא

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

יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ לְעוֹלָם

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

וְעַד . צוּר תַּיִינוּ , מַגֵּן יִשְׁעֵנוּ ,

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

אַתָּה הוּא לְדוֹר וְדוֹר . נוֹדָה לָךְ

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

וְנִסְפֵּר תְּהִלָּתְךָ עַל חַיֵּינוּ הַמְּסוּרִים ,

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

בְּיָדְךָ , וְעַל נְשָׁמוֹתֵינוּ הַפְּקוּדוֹת

be-ya-de'-cha , ve-al' nish-mo-tei'-nu ha-pe-ku-dot'
with hand Your , and about souls our the (ones) numbered, counted

לְךָ וְעַל נֹסֵיךָ שְׁבֹכָל יוֹם עִמָּנוּ ,

lach ve-al' ni-sei'-cha she-be-chol' yom i-ma'-nu,
for You, and about miracles Your that in each day (are) with us

וְעַל נִפְלְאוֹתֶיךָ וְטוֹבוֹתֶיךָ

ve-al' nif-le-o-tei'-cha ve-to-vo-tei'-cha
and about wonders Your and goodnesses Your

נְשֹׁבֹכָל עֵת , עֶרֶב וּבֹקֶר וְצַהֲרָיִם .

she-be-chol' et' , e'-rev va-vo'-ker ve-tso-ho-ra'-yim.
that (are) in every time, season evening and morning and noon

הַטוֹב כִּי לֹא כָּלוּ רַחֲמֶיךָ , וְהַמְּרַחֵם

Ha-tov' ki lo cha-lu' ra-cha-mei'-cha , ve-ha-me-ra-chem'
the Good for not ended (are) mercies Your and the Compassionate

כִּי לֹא תָמוּ חַסְדֵיךָ, מֵעוֹלָם קִוִּינוּ לָךְ

ki lo ta'-mu cha-sa-dei'-cha, me-o-lam' ki-vi'-nu lach.
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 Esreh):

מוֹדִים אֲנַחְנוּ לָךְ, שְׂאֵתָהּ הוּא

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

יְיָ אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ אֱלֹהֵי כָל בָּשָׂר,

Adonai E-lo-hei'-nu ve-lo-hei' a-vo-tei'-nu E-lo-hei' chol ba-sar',
Adonai G-d our and G-d of fathers our G-d of all flesh

יוֹצֵרֵנוּ, יוֹצֵר בְּרֵאשִׁית. בְּרָכוֹת וְהוֹדָאוֹת

Yotz-re'-nu, Yo-tzer' be-re-shit'. Be-ra-chot' ve-ho-da-ot'
Creator our Creator of creation blessings and thanksgivings

לְשִׁמְךָ הַגָּדוֹל וְהַקָּדוֹשׁ, עַל שֶׁחַיֵּיתָנוּ

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

וְקִיַּמְתֵּנוּ . כֵּן תַּחֲיֵנוּ וּתְקַיְמֵנוּ .

ve-ki-yam-ta'-nu. Ken te-cha-yei'-nu u-te-ka-ye-me'-nu
and You sustained us. thus, yes You will enliven us and You will sustain us

וְתֵאֱסֹף גְּלִיּוֹתֵינוּ לְחֲצָרוֹת קְדֻשָּׁה ,

ve-te-e-sof' ga-lu-yo-tei'-nu le-chatz-rot' kod-she'-cha ,
and You will end dispersions our for courts of holiness Your

לְשִׁמּוֹר חֻקֶיךָ וְלַעֲשׂוֹת רְצוֹנְךָ ,

li-she-mor' chu-kei'-cha ve-la-a-sot' re-tzo-ne'-cha ,
to guard laws Your and to do will Your

וְלַעֲבֹדְךָ בְּלֵב שָׁלֵם עַל שְׂאֲנַחְנוּ ,

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

מוֹדִים לְךָ . בְּרוּךְ אַיִל הַהוֹדָאוֹת .

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 הַפְּרָקוֹן , וְעַל הַגְּבוּרוֹת

Al ha-ni-sim' ve-al' ha-pur-kan', ve-al' ha-ge-vu-rot'
about the miracles and about the deliverance, and about the heroism

מַחְקֵי רְצוֹנָךְ . וְאַתָּה בְּרַחֲמֶיךָ

me-chu-kei' re-tso-ne'-cha. Ve-a-tah' be-ra-cha-mei'-cha
from laws of will Your. but You in compassion Your

הַרְבִּים עֲמַדָּתָ לָהֶם בְּעֵת צָרָתָם .

ha-ra-bim' a-ma'-de-ta la-hem' be-et' tsa-ra-tam'.
the great stood by them in time (of) trouble their.

רַבֵּתָ אֶת רִיבָם , דִּינָתָ אֶת דֵּינָם ,

Rav'-ta et ri-vam', dan'-ta et di-nam',
You strove (d.o.) striving their You judged (d.o.) judgment their,

נִקְמַתָ אֶת נִקְמָתָם . מָסַרְתָ גְבוּרִים

na-kam'-ta et nik-ma-tam'. Ma-sar'-ta gi-bo-rim'
You avenged (d.o.) revenge their You delivered strong ones

בְּיַד חֲלָשִׁים , וְרַבִּים בְּיַד מְעַטִּים ,

be-yad' cha-la-shim', ve-ra-bim' be-yad' me-a-tim',
by hand of weak ones , and many by hand of few,

וְטִמְאִים בְּיַד טְהוֹרִים , וְרִשְׁעִים

u-te-me-im' be-yad' te-ho-rim', u-re-sha-im'
and spiritually impure ones by hand of pure ones , and wicked ones

בַּיַד צְדִיקִים , וְזָדִים בַּיַד

be-yad' tza-di-kim', ve-ze-dim' be-yad'
by hand of just ones, and insolent ones by hand of

עוֹסְקֵי תוֹרַתְךָ .

os-kei' To-ra-te'-cha .
(ones who) busy themselves with Torah your.

וְלָךְ עֲשִׂיתָ שֵׁם גָּדוֹל וְקָדוֹשׁ

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

בְּעוֹלָמְךָ , וּלְעַמְּךָ יִשְׂרָאֵל עֲשִׂיתָ

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

תְּשׁוּעָה גְדוֹלָה וּפְרָקוֹן כְּהַיּוֹם הַזֶּה .

te-shu-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" (כֶּ-) means: as, like, or the likeness of ; it seems to refer to the anniversary of the event; or perhaps, as You still do for us.

וְאַחַר כֵּן בָּאוּ בְנֵיךָ לְדַבֵּיר בֵּיתְךָ ,

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'(דְּבִיר) : the innermost room of the Temple, the Holy of Holies, where the Ark of the Covenant was kept.

וּפָנּוּ אֶת הַיְכָלְךָ , וְטָהָרוּ

u-fi-nu' et hei-cha-le'-cha , ve-ti-ha-ru'
and they cleared out (d.o.) Temple Your, and they cleansed, purified

אֶת מִקְדָּשֶׁךָ וְהִדְלִיקוּ נֵרוֹת בְּחֲצֵרוֹת

et mik-da-she'-cha ve-hid-li'-ku ne-rot' be-chats-rot'
(d.o.) holy place Your and they kindled lamps in courts, enclosures

קִדְשֶׁךָ , וְקָבְעוּ שְׁמוֹנַת יְמֵי חֲנֻכָּה

kod-she'-cha , ve-kav-u' shmo-naṭ' ye-me'i' cha-nu-kah'
holy Your , and they established eight of days of dedication
(drove in, inserted)

אֱלֹהֵינוּ , לְהוֹדוֹת וּלְהַלֵּל 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.

וְעַל כָּל־יְתִרְוֹמָם וְיִתְבָּרַךְ שְׁמֶךָ ,

Ve-al' ku-lam' yit-ba-rach' ve-yit-ro-mam' shim-cha',
and about all of them will be blessed and will be exalted name Your ,

מְלִכְנוּ , תָּמִיד לְעוֹלָם 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:

וְכָתוּב לְחַיִּים טוֹבִים כָּל בְּנֵי בְרִיתְךָ .

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

וְכֹל הַחַיִּים יוֹדוּךָ סֵלָה ,

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

וַיְהִלְלוּ אֶת שְׁמֶךָ בְּאֵמֶת , הָאֵל

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 of

יְשׁוּעָתֵנוּ וְעִזְרָתֵנוּ . סֵלָה .

ye-shu-a-te'-nu ve-ez-ra-te'-nu se'-lah.
help, salvation our and help, assistance our selah

בְּרוּךְ אַתָּה , יי , הַטוֹב שְׁמִיךְ

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

וְלָךְ נָאֵה לְהוֹדוֹת .

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



ברכת כהנים : אֱלֹהֵינוּ , וְאֱלֹהֵי אֲבוֹתֵינוּ ,

Birkat kohanim: E-lo-hei'-nu , ve-lo-hei' a-vo-tei'-nu,
Blessing of priests: G-d our and G-d of fathers our

בְּרַכְנוּ בַּבְּרָכָה הַמְּשֻׁלֶּשֶׁת בַּתּוֹרָה

bar-che'-nu va-be-ra-chah' ham-shu-le'-shet ba-to-rah'
bless us with the blessing the threefold in the Torah

הַכְּתוּבָה עַל יְדֵי מֹשֶׁה עֶבְדְּךָ ,

ha-ke-tu-vah' al ye-dei' Mo-sheh av-de'-cha ,
the (one) written at hands of Moses servant Your

הַאֲמֹרָה מִפִּי אַהֲרֹן וּבָנָיו ,

ha-a-mu-rah' mi-pi' A-ha-ron' u-va-nav',
the (one) of spoken from mouth of Aaron and sons his

כֹּהֲנִים עִם קְדוֹשֶׁךָ , כְּאֲמֹר :

ko-ha-nim' am ke-do-she'-cha , ka-a-mur' :
priests of people holy Your , as it is said:

יְבָרְכֶךָ " וַיִּשְׁמְרֶךָ ,

ye-va-re'-che-cha Adonai ve-yish-me-re'-cha ,
will bless you Adonai and He will guard you

כֵּן יְהִי רְצוֹן .

ken ye-hi' ra-tzon'.
yes, thus will be (His) will

יָאֵר " פָּנָיו אֵלַי וַיְחַנֶּךָ

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

כֵּן יְהִי רְצוֹן .

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

יִשָּׂא יי פָּנָיו אֵלֶיךָ

Yi-sa' Adonai pa-nav' e-lei'-cha
will lift up Adonai face His toward you

וַיִּשֶׂם לָךְ שְׁלוֹם .

ve-ya-sem' le-cha' sha-lom'.
and he will place, lay to, for you peace

כֵּן יְהִי רָצוֹן .

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

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

שִׁים שְׁלוֹם , טוֹבָה וּבְרָכָה חֵן וְחֶסֶד

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

וְרַחֲמִים עָלֵינוּ וְעַל כָּל יִשְׂרָאֵל עַמֶּךָ .

ve-ra-cha-mim' a-lei'-nu ve-al' kol yis-ra-el' a-me'-cha .
and mercy upon us and upon all Israel people Your

בְּרַחֲמֵינוּ , אָבִינוּ , כְּלָנוּ כְּאֶחָד בְּאוֹר פְּנֵיךָ ,

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

כִּי בְּאוֹר פְּנֵיךָ נִתְּתָ לָנוּ , יי אֱלֹהֵינוּ ,

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

תּוֹרַת חַיִּים וְאַהֲבַת חֶסֶד , וּצְדָקָה

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

וּבְרָכָה וְרַחֲמִים וְחַיִּים וְשָׁלוֹם .

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

וְטוֹב בְּעֵינֶיךָ לְבָרֵךְ אֶת עַמְּךָ יִשְׂרָאֵל

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

בְּכָל עֵת וּבְכָל שָׁעָה בְּשָׁלוֹמְךָ .

be-chol' et u-ve-chol' sha-ah' bi-shlo-me'-cha .
in every season and in every hour with peace Your

בָּרוּךְ אַתָּה , יי ,

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

הַמְבַרֵךְ אֶת עַמּוֹ יִשְׂרָאֵל בְּשָׁלוֹם

ha-me-va-rech' et am-o' yis-ra-el' ba-sha-lom'.☆
the (one who) blesses (d.o.) people His Israel with the peace

☆ From Rosh Hashanah to Yom Kippur substitute :

בְּסֵפֶר חַיִּים בְּרָכָה וְשָׁלוֹם

Be-se'-fer chai-yim' be-ra-chah' ve-sha-lom'
in book (of) life blessing and peace

וּפְרִנְסָה טוֹבָה , נִזְכָּר וְנִכְתָּב

u-far-na-sah' to-vah' , ni-za-cher' ve-ni-ka-tev'
and sustenance good we will be remembered and we will be written

לְפָנֶיךָ , אֲנַחְנוּ וְכָל עַמְּךָ בֵּית יִשְׂרָאֵל ,

le-fa-nei'-cha , a-nach'-nu ve-chol' am-cha' beit yis-ra-el',
to Face/Presence Your we and all people Your house of Israel

לְחַיִּים טוֹבִים וְלְשָׁלוֹם .

le-chai-yim' to-vim' u-le-sha-lom'.
for life good and for peace .

בְּרוּךְ אַתָּה , יי , עוֹשֵׂה הַשָּׁלוֹם .

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

יְהִי לְרָצוֹן אִמְרֵי פִי וְהִגִּיוֹן

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

לְבִי לְפָנֶיךָ , יי , צוּרִי וְגוֹאֲלִי .

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



אֱלֹהֵי , נֹצֵר לְשׁוֹנֵי מִרְעַ , וְשֹׁפְתֵי

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

מִדְבַּר מְרָמָה , וְלִמְקַלְלֵי נַפְשִׁי

mi-da-ber' mi-re-mah', ve-li-me-ka-le-lai' naf-shi'
from speaking deceit, and at cursing, derision my soul my

תְּדוּם , וְנַפְשִׁי כְּעָפָר לְכֹל תְּהִיָּה .

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 .

פֶּתַח לְבַי בְּתוֹרָתְךָ , וּבְמִצְוֹתֶיךָ

Pe-tach' li-bi' be-to-ra-te'-cha , uy-mits-vo-tei'-cha
open heart my with Torah Your , and with, in commandments Your

תִּרְדּוֹף נַפְשִׁי . וְכֹל הַחֹשְׁבִים עָלַי רָעָה ,

ti-re-dof' naf-shi'. ve-chol' ha-chosh-vim' a-lai' ra-ah',
You will pursue soul my.* and all the (ones who) think about me evil ,

*or: my soul will pursue (in) Your commandments (the future tense *tir-dof'* is the same for *You* as for *she* (which would refer to soul, nefesh, which is female).

מְהֵרָה הַפֵּר עֲצָתָם וְקַלְקַל מַחְשַׁבְתָּם .

me-he-rah' ha-fer' a-tza-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.

עֲשֵׂה לְמַעַן שְׁמֶךָ , עֲשֵׂה לְמַעַן

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

יְמִינְךָ , עֲשֵׂה לְמַעַן קְדוּשַׁתְךָ ,

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

עֲשֵׂה לְמַעַן תּוֹרָתְךָ . לְמַעַן יִחַלְצוּן

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

יְדִידֶיךָ , הַיְשִׁיעָה יְמִינְךָ וְעֲנֵנִי .

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.

יְהִיו לְרִצּוֹן אִמְרֵי פִי וְהִגִּיוֹן לְבָבִי

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

לְפָנֶיךָ , יי , צוּרִי וְגוֹאֲלִי

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:

עֲשֵׂה שְׁלוֹם בְּמְרוֹמָיו ,

O-seh' sha-lom' bim-ro-mav' ,
He makes peace in heavens His,

Bow right and say:

הוּא יַעֲשֶׂה שְׁלוֹם עֲלֵינוּ

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

Bow forward and say:

וְעַל כָּל יִשְׂרָאֵל , וְאָמְרוּ : אָמֵן .

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.