III. AMIDAH ("Standing")

The Amidah is the main prayer portion of the service. When read on weekday services, this section includes a number of petitionary prayers. On Shabbat, there are fewer of these, in recognition that even God rests on this day. The Amidah is traditionally recited standing, as one would petition a king. Most Reform congregations sit after the third tefillah (prayer).

All rise.

Avot v’Imahot ("Fathers and Mothers")

Avot means “fathers” or “ancestors.” As Reform Jews, we add “matriarchs” to that definition. The prayer ties us together with our ancestors and God. The Avot are the patriarchs Abraham, Isaac and Jacob; the Imahot are Sarah, Rebecca, Leah and Rachel. Avot v’Imahot is called “God of all Generations” in Gates of Prayer, and it ties together us, our ancestors and God.

We rise for this prayer.

Ba-ruch a-ta Adonai,
Eh-lo-hei nu vei-lo-hei a-vo-tei-nu v’i-mo-tei-nu: Eh-lo-hei Av-ra-ham, Eh-lo-hei Yitz-chak vei-lo-hei Ya-a-kov.
Eh-lo-hei Sa-rach, Eh-lo-hei Riv-kah,
Eh-lo-hei Lei-ah, vei-lo-hei Ra-cheil.
Ha-eil ha-ga-dol ha-gi-bor v’ha-no-ra, Ell el-yon, go-meil cha-sa-dim toh-vim, v’ko-nei ha-kol, v’zo-cheir cha-s’dei a-voht v’i-ma-hoht, u-mei-vi g’u-la li-vnei v’nei-hem, l’ma-an sh’mo, b’ha-ha-va.
Meh-lech o-zeir u-mo-shi-a u-r 3-gein.
Ba-ruch a-ta Adonai, ma-gein Av-ra-ham v’ez-rat Sa-rach.
Praised be our God, the God of our fathers and our mothers: God of Abraham, God of Isaac, and God of Jacob; God of Sarah, God of Rebekah, God of Leah and God of Rachel; great, mighty, and awesome God, God supreme.

Ruler of the living, Your ways are ways of love. You remember the faithfulness of our ancestors, and in love bring redemption to their children's children for the sake of Your name.

You are our Sovereign and our Help, our Redeemer and our Shield. We praise You, Eternal One, Shield of Abraham, Protector of Sarah.

G’vurot (Power)

G’vurot is prayer praising God’s might and in it, we reflect on God’s wondrous acts:

A-ta gi-bor le-o-lam, A-do-nai, מאתה בוגר לעולם, אֲדô-נײְ—
mecha-yei ha-kol a-ta, מֶה-כְּ-יֶי הָ-קול אָ-טָ—
rav le-ho-shi-a. ראָ-וּ הַ-וּ-שִּ-א—
Me-chal-keil cha-yim be-che-sed, מֶ-הָ-כְּ-לָ-ויֶל חַיִּּ-ים בֵּ-כֶָשֶׁד—
So-mich no-fe-lim, ve-ro-fei cho-lim, סֹּ-מִָ-יֶכְנֶ לִימָ, וּ-רְוֹ-פֵּי חוּ-לִּים—
u-ma-tir a-su-rim, u-me-ka-yeim עֹ-מֶָ-תיֶר אֵ-סָוֹ-רִים, וּ-מֶ-קְָ-יֶאִים—
e-mu-na-to li-shei-nei a-far. אֶ-מְנוֹ-טָוּ לְיֵ-שֶׁינֶי-אָ-פָר—
Mi cha-mo-cha, ba-al ge-vo-rot, מְיוֹ-כָּ-וֹ-כָּ-וּ בָּ-אָ-ל גֶָֹ-וּ-获得感—
u-mi do-meh lach, וּ-מִי דּוּ-מֶ-ה לָ-ךָ—
me-lech mei-mit u-meh-cha-yeh me-lech mei-mit u-meh-cha-yeh וּ-מִלְכָּ-מִי-מִי-יֶהוֹ וּ-מִלְכָּ-מִי-מִי-יֶה—
Ve-ne-e-man a-ta le-ha-cha-yot ha-kol. וּ-נֵ-הֶ-ע-מָן אֶ-טָו לֶ-הָ-כָּ-יוֹ-ת הָ-קול—
Ba-ruch a-ta, A-do-nai, בָּ-רְוּ-כָּ-אָ-טָו אֲדָוּ-נֶי—
mecha-yei ha-kol. מֶה-כְּ-יֶי הָ-коло.
Eternal is Your might O God; all life is your gift; great is Your power to save!

With love You sustain the living; with great compassion give life to all. You send help to the falling and healing to the sick; You bring freedom to the captive and keep faith with those who sleep in the dust.

Who is like You, Mighty One, Author of life and death, Source of salvation?

We praise You, O God, the Source of life.

**Kidushat Ha-Shem ("Sanctification of the Name")**

This prayer is an invocation of God’s holiness:

You are holy, Your name is holy, and those who strive to be holy declare Your glory day by day.

We praise You, Eternal One, the holy God.

*All are seated.*

**Kiddushat Ha-Yom ("Sanctification of the Day")**

This is an invocation of the holiness of the day:

Our God, God of our fathers and our mothers, may our rest on this day be pleasing in Your sight. Sanctify us with Your Mitzvot, and let Your Torah be our way of life. Satisfy us with Your goodness, gladden us with Your salvation, and purify our hearts to serve You in truth. In Your gracious love, Eternal God, let Your holy Sabbath remain our heritage, that all Israel, hallowing Your name, may find rest and peace. We praise You, O God, for the Sabbath and its holiness.
At this point, we close this section of the service by asking God to receive our prayers, thanking God for our blessings, and asking God for peace.

**Avodah ("Worship")**
The *Avodah* asks God to receive our prayers, and assure us of God’s presence in our lives:

Be gracious, Eternal God, to Your people Israel, and receive our prayers with love. O may our worship always be acceptable to You.

Fill us with the knowledge that You are near to all who seek You in truth. Let our eyes behold Your presence in our midst and in the midst of our people in Zion. We praise You, O God, whose presence give life to Zion and all Israel.

**Hoda'ah ("Thanksgiving")**
This prayer is an acknowledgment of God and a prayer of thanks.

We gratefully acknowledge that You are our God and the God and of all generations. You are the Rock of our life, the Power that shields us in every age.

We thank You and sing Your praises: for our lives, which are in Your hand; for our souls, which are in Your keeping; for the signs of Your presence we encounter every day; and for You wondrous gifts at all times, morning, noon, and night. You are Goodness: Your mercies never end; You are Compassion: Your love will never fail. You have always been our hope.

For all these things, O Sovereign God, let Your name be forever exalted and blessed.

O God our Redeemer and Helper, let all who live affirm You and praise Your name in truth. Eternal God, whose nature is Goodness, we give You thanks and praise.
Birkat Shalom ("Blessing for Peace")
Here we ask God for peace in the song we know as the “Shalom Rav” in Hebrew:

Shalom rov al Yisra-el amcha

O Sovereign Source of peace, let Israel Your people know enduring peace, for it is good in Your sight to bless Israel and all peoples continually with Your peace. We praise You, O God, for You bless Israel with peace.

Mi Shebeirach
At this point, a rabbi reads a list of seriously ill congregants, followed by a prayer for healing.

Mi she-bei-rach a-vo-tei-nu
M’kor ha-b’ra-chah l’i-mo-tei-nu

May the source of strength Who blessed the ones before us Help us find the courage to make our lives a blessing And let us say: Amein

Mi she-bei-rach i-mo-tei-nu
M’kor ha-b’ra-chah la-a-vo-tei-nu

Bless those in need of healing with r’-fu-a sh’lei-mah the renewal of body the renewal of spirit And let us say: Amein

Silent Prayer
This is an opportunity for individual and unique prayer in the context of our coming together as a community. After the silence, we are brought back together usually by singing the following:
Oseh Shalom ("Who Causes Peace")

Oseh shalom bimromav,  
hu ya-aseh shalom aleinu,  
v'al kol Yisra-el. V'imru Amen.

Sung in Hebrew:

May the One who causes peace to reign in the high heavens cause peace to reign among us, all Israel, and all the world.

Kiddush ("The Sanctification of Shabbat")
We celebrate the beauty of Shabbat with a blessing over wine, our symbol of joy.