

**A·na, b'Cho·ach**

**אָנָא, בְּכַח**

Please, with Power

A·na, b'cho·ach g'du·lat y'min·cha  
ta·tir tz'ru·rah.

אָנָא, בְּכַח גְּדֹלַת יְמִינְךָ  
תַּתִּיר צְרוּרָה:

Please, with the power of Your great right hand  
free the bound.

Ka·beil ri·nat am·cha sa·g'vei·nu  
ta·ha·rei·nu no·ra.

קַבֵּל רִנַּת עַמְּךָ שְׂגָבָנוּ  
טַהַרְנוּ נוֹרָא:

Accept the song of Your people, empower us,  
make us pure, Awesome One!

Na gi·bor dor·shei yi·chud·cha  
k'va·vat sho·m'reim.

נָא גִבּוֹר דּוֹרְשֵׁי יְחֻדְךָ  
כְּכַבַּת שְׁמַרְם:

Please, Mighty One, the seekers of Your unity,  
watch them like the pupil of an eye.

Ba·r'cheim ta·ha·reim  
ra·cha·meim tzid·kat·cha  
ta·mid go·m'leim.

בְּרַכֵּם טַהַרְם  
רַחֲמֵם צְדִקְתְּךָ  
תָּמִיד גְּמִלֵם:

Bless them, make them pure,  
have mercy on them; Your justness  
bestow upon them always.

Cha·sin ka·dosh b'rov tuv·cha  
na·heil a·da·te·cha.

חֲסִין קְדוֹשׁ בְּרוּב טוֹבְךָ  
נְהַל עֲדָתְךָ:

Tremendous Holy One, in Your abundant goodness  
lead Your community.

Ya·chid gei·eh l'am·cha p'neih  
zoch·rei k'du·sha·te·cha.

יְחִיד גֵּאָה לְעַמְּךָ פְּנֵיה  
זוֹכְרֵי קְדוּשַׁתְךָ:

One and Only, Exalted One, face Your people  
who remember Your holiness.

Shav·a·tei·nu ka·beil u·sh'ma tza·a·ka·tei·nu  
yo·dei·a ta·a·lu·mot.

שׁוּעָתָנוּ קַבֵּל וּשְׁמַע צְעָקָתָנוּ  
יִדְעַתְּ מַעֲלָמוֹת:

Accept our prayer, hear our cry,  
Knower of secrets.

Ba·ruch sheim k'vod mal·chu·to  
l'o·lam va·ed.

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ  
לְעוֹלָם וָעֶד:

Blessed is the name of God's glorious majesty  
forever and ever.

*A·na, b'Cho·ach* is a mystical meditation attributed to Rabbi Nechunya ben Hakanah of the second century. It contains seven names of God (Awesome One, Mighty One, Tremendous One, Holy One, One and Only, Exalted One, Knower of Secrets) which are said to correspond to the seven voices of God (*Kol A·do·nai*) in the previous psalm. It is usually recited among traditional communities.

The following reading expresses ways in which our tradition enables us to experience these names of God in our own lives and through our own actions.

**So Many Ways To Pray**

There are so many ways to pray,  
so many doors  
that open our minds  
to greater understanding,  
so many paths  
that open our hearts  
to greater caring.

Ours is a tradition which recognizes  
the infinite manifestations of the Divine  
in the miracles of nature,  
in the sanctity of deeds.

Ours is a tradition which calls us  
to an encounter with the Divine,  
to seek the signs of transcendence  
in the commonplace,  
to seek holiness through intimacy.

*Rabbi Laurence Elis Milder*