A-na, b’Chō-ach

A-na, b'cho-ach g'du-lat y'min-cha
ta-tir tz’u-rubah.

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

Na gi-bor dor-shai yi-chud-cha
k'va-vat sho-m'reim.

Bar'cheim ta-ha-reim
ra-cham-aim tzid-ka-cha
ta-mid go-m'leim.

Chai-sin ka-dosh b'rov tuv-cha
na-heil a-da-te-cha.

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

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

Baruch she'aim k'vod ma-chu-to
l'o-lam va-ed.

A-na, b'Chō-ach

Please, with Power

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

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

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

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

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

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

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

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

A-na, b’Chō-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 Adonai) 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 Ely Milgrom