

A-lei-nu

Recite A-lei-nu while standing.
The traditional text begins here and continues on top of the next page.

A-lei-nu l'sha-bei-ach la-a-don ha-kol,
la-teit g'du-lah l'yo-tzeir b'rei-shit,
she-lo a-sa-nu k'go-yei ha-a-ra-tzot
v'lo sa-ma-nu k'mish-p'chot ha-a-da-mah.
She-lo sam chel-kei-nu ka-hem
v'go-ra-lei-nu k'chol ha-mo-nam. <

Va-a-nach-nu ko-r'im u-mish-ta-cha-vim u-mo-dim
li-f'nei
[me-lech mal-chei ha-m'la-chim | m'kor ha-cha-yim],
ha-Ka-dosh Ba-ruch Hu.

She-hu no-teh sha-ma-yim v'yo-seid a-retz,
u-mo-shav y'ka-ro ba-sha-ma-yim mi-ma'al,
u-sh'chi-nat u-zo
b'gov-hei m'ro-mim.

Hu e-lo-hei-nu ein od.
E-met mal-kei-nu e-fes zu-la-to.
Ka-ka-tuv b'to-ra-to: V'ya-da-ta ha-yom
va-ha-shei-vo-ta el l'va-ve-cha
ki A-do-nai hu ha-E-lo-him ba-sha-ma-yim mi-ma'al,
v'al ha-a-retz mi-ta-chat, ein od.

עֲלֵינוּ

עֲלֵינוּ לְשַׁבַּח לְאֲדוֹן הַכֹּל,
לְתֵת גְּדֻלָּה לְיוֹצֵר בְּרֵאשִׁית,
שֶׁלֹא עָשָׂנוּ כְּגוֹיֵי הָאָרְצוֹת,
וְלֹא שָׂמְנוּ כְּמִשְׁפְּחוֹת הָאֲדָמָה,
שֶׁלֹא שָׂם חֵלְקֵנוּ כֶּהֶם,
וְגִרְלָנוּ כְּכֹל הַמוֹנִם : <

וְאֵנַחְנוּ כּוֹרְעִים וּמִשְׁתַּחֲוִים וּמוֹדִים,
לְפָנָיו
[מֶלֶךְ, מְלִכֵי הַמַּלְכִּים | מְקוֹר הַחַיִּים]
הַקְּדוֹשׁ בְּרוּךְ הוּא.

שֶׁהוּא נוֹטֵה שָׁמַיִם וְיָסֵד אֶרֶץ,
וּמוֹשֵׁב יָקָרוֹ בְּשָׁמַיִם מִמַּעַל,
וְשֹׁכֵן עֵדוֹ
בְּגִבְהֵי מְרוֹמִים.

הוּא אֱלֹהֵינוּ אֵין עוֹד.
אֱמֶת מְלַכְנוּ אָפֶס זוּלָּתוֹ.
כְּכָתוּב בְּתוֹרָתוֹ : וַיִּדְעַתְּ הַיּוֹם
וְהִשְׁבַּחְתְּ אֶל לַבְּרָךְ
כִּי יְיָ הוּא הָאֱלֹהִים בְּשָׁמַיִם מִמַּעַל,
וְעַל הָאָרֶץ מִתַּחַת, אֵין עוֹד :

Deuteronomy 4:39

It is up to us

Recite A-lei-nu while standing.
The traditional text begins here and continues on top of the next page.

It is up to us to praise the Foundation of all,
to attribute greatness to the One who formed creation,
who did not make us like the nations of the lands,
and has not placed us like the families of the earth,
who did not make our portion like theirs,
nor our fate like that of all their masses. <

We kneel and bow and give thanks
before
[the Supreme Ruler | the Source of Life]
the blessed Holy One.

Who stretches out the skies and founds the earth
whose glory dwells in the heavens above
and whose powerful Presence
is in the exalted heights.

The One is our God, there is no other.
True is our Ruler, all else is insignificant.
As it is written in The Torah: "Know today
and make it dwell in your heart
that Adonai is our God in the heavens above
and on the earth below. There is no other."

Deuteronomy 4:39

A-lei-nu acknowledges the special role that God
gave the Jewish people by giving us the Torah. It
ends with a vision of the day when all people will
acknowledge God's rule, for that will enable us to
perfect the world under Shaddai's (God's)
dominion.

We kneel, bow, give thanks
to the true Source of Life,

to the Holy Eternal of old
the Holy One, blessed be.

Who stretched the skies above,
placed the land and poured the sea,
who made the radiance shine
through eternal space and time.
The Source of all Truth, the Source of all Life,
Eternal Source of all.

You are the true God, You the only One,
You that we seek in all the paths of life.
As Torah tells, as Torah tells:
You will know it today, you will know it today
and keep it in your heart:

One is Eternal in the skies above,
One is Eternal in the land below.
No other exists, no other exists.
The One, the One is All, the One is All.